

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
24.86	595	F	25/02/23	Kent Swimming Championships 2023	Stratford	Erith & Dist	1
24.97	587	H	25/02/23	Kent Swimming Championships 2023	Stratford	Erith & Dist	1
25.28	565	H	29/04/23	SE London Summer Championships 2023	Stratford		1
25.37	559	H	05/02/22	Kent County Championships 2022	London Aqu Cen	Erith & Dist	1
25.40	557	H	01/05/22	SE London Summer Championships 2022	Stratford		1
26.12	513	H	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace		1
26.44	494	F	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
27.07	460	H	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
27.31	448	F	08/06/19	The White Horse League 2019	Crystal Palace	Erith & Dist	3
27.51	439	H	07/07/19	21st Netherlands Invitational Meet 2019	Eindhoven		1
27.72	429	H	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Erith & Dist	1
27.77	426	H	20/01/19	Kent Swimming Championships 2019	London	Erith & Dist	1
27.84	423	F	20/01/19	Kent Swimming Championships 2019	London	Erith & Dist	1
28.64	389	F	11/02/18	Kent Swimming Championships 2018	London	Erith & Dist	1
28.67	387	H	11/02/18	Kent Swimming Championships 2018	London	Erith & Dist	1
28.76	384	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
28.93	377	F	12/02/17	Kent Swimming Championships	London Aquatics	Erith & Dist	1
28.94	377	H	12/02/17	Kent Swimming Championships	London Aquatics	Erith & Dist	1
29.00	374	H	07/07/18	20th Netherlands Invitational Meet 2018	Eindhoven		1
29.32	362	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
29.32	362	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
30.59	319	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Erith & Dist	1
30.84	311	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Erith & Dist	1
31.74	285	F	14/02/16	Kent Swimming Championships 2016	London	Erith & Dist	1
32.41	268	H	14/02/16	Kent Swimming Championships 2016	London	Erith & Dist	1
34.30	226	H	19/07/15	London Region End of Season Meet	Crystal Palace	Erith & Dist	3

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25.37	559	H	05/02/22	Kent County Championships 2022	London Aqu Cen	Erith & Dist	1
26.44	494	F	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
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