

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 Butterfly - 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 |
|---------|--------|-------|----------|--|---------------------|-----------------|-------|
| 2:30.28 | 395 | H | 02/02/19 | Kent Swimming Championships 2019 | Crystal Palace | Erith & Dist | 1 |
| 2:30.81 | 391 | F | 06/04/19 | Crawley Spring Open | Crawley | Erith & Dist | 1 |
| 2:31.97 | 382 | H | 19/01/20 | 2020 Kent ASA Swimming Championships | London | Erith & Dist | 1 |
| 2:36.38 | 351 | H | 11/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Erith & Dist | 1 |
| 2:44.93 | 299 | H | 28/01/17 | Kent Swimming Championships | Crystal Palace | Erith & Dist | 1 |
| 2:48.33 | 281 | H | 12/05/18 | 2018 London Swimming Regional Summer Champs | Stratford | Erith & Dist | 1 |
| 2:54.34 | 253 | H | 27/01/18 | Kent Swimming Championships 2018 | Crystal Palace | Erith & Dist | 1 |
| 3:23.87 | 158 | H | 30/01/16 | Kent Swimming Championships 2016 | Crystal Palace | Erith & Dist | 1 |

Swims in Date Order

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