

# Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 Individual Medley - 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
2:33.67	408	H	27/01/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
2:36.57	386	F	20/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:37.97	375	H	20/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:40.89	355	H	11/02/17	Kent Swimming Championships	London Aquatics	Erith & Dist	1
2:41.98	348	F	27/05/17	2017 London Swimming May Open Meet	London	Erith & Dist	1
2:42.44	345	H	10/02/18	Kent Swimming Championships 2018	London	Erith & Dist	1
3:05.80	230	H	13/02/16	Kent Swimming Championships 2016	London	Erith & Dist	1

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