

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 100 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
55.71	595	H	25/02/23	Kent Swimming Championships 2023	Stratford	Erith & Dist	1
57.93	529	F	25/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
58.08	525	H	25/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
59.02	500	H	07/07/19	21st Netherlands Invitational Meet 2019	Eindhoven		1
1:00.39	467	F	10/02/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
1:00.86	456	H	10/02/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
1:01.80	435	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
1:02.34	424	F	05/02/17	Kent Swimming Championships	Crystal Palace	Erith & Dist	1
1:02.81	415	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
1:03.56	400	H	05/02/17	Kent Swimming Championships	Crystal Palace	Erith & Dist	1
1:03.71	397	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
1:03.76	396	F	04/02/18	Kent Swimming Championships 2018	Crystal Palace	Erith & Dist	1
1:04.00	392	H	08/07/18	20th Netherlands Invitational Meet 2018	Eindhoven		1
1:04.33	386	H	04/02/18	Kent Swimming Championships 2018	Crystal Palace	Erith & Dist	1
1:07.39	336	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Erith & Dist	1
1:09.95	300	F	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Erith & Dist	1
1:11.13	285	H	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Erith & Dist	1

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