

# Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 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
2:10.31	479	F	25/05/19	2019 London Swimming National Qualifier	London	Erith & Dist	1
2:10.93	472	H	10/02/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
2:10.98	472	F	06/04/19	Crawley Spring Open	Crawley	Erith & Dist	1
2:12.01	461	H	25/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
2:12.28	458	H	20/04/19	Beckenham Easter International Open 2019	London	Erith & Dist	1
2:13.30	448	H	18/05/19	London 2019 Long Course Summer Championships	Crystal Palace	Erith & Dist	1
2:13.96	441	F	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:14.33	437	H	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:16.18	420	H	07/07/18	20th Netherlands Invitational Meet 2018	Eindhoven		1
2:17.17	411	H	05/02/17	Kent Swimming Championships	Crystal Palace	Erith & Dist	1
2:20.11	385	H	20/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	Erith & Dist	1
2:21.04	378	H	04/02/18	Kent Swimming Championships 2018	Crystal Palace	Erith & Dist	1
2:22.12	369	F	20/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	Erith & Dist	1
2:27.59	330	H	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	Erith & Dist	1
2:30.43	311	H	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Erith & Dist	1

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