

# Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 800 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
9:32.00	493	H	27/01/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
9:42.55	467	F	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Erith & Dist	1

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