

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 1500 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
19:11.64	432	H	14/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
19:21.20	422	H	21/01/18	Kent Swimming Championships 2018	Crystal Palace	Erith & Dist	1
19:32.39	410	H	22/01/17	Kent Swimming Championships	Crystal Palace	Erith & Dist	1

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