

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 Butterfly - Short 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
2:25.84	393	F	11/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
2:27.26	382	F	03/11/19	DDSC EDSC Fireworks Meet 2019	Bexleyheath	Erith & Dist	3
2:27.41	380	F	08/07/21	Erith and District Swimming Club	Erith Leisure Centre		0
2:32.84	341	F	16/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	Erith & Dist	3
2:33.13	339	F	18/10/18	EDSC Club Championships 2018	Erith	Erith & Dist	4
2:34.78	328	F	17/10/19	EDSC Club Championships 2019	Erith Leisure Centre	Erith & Dist	4
2:42.52	284	F	18/12/16	Bromley Christmas Gold Open Meet 2016	Bromley	Erith & Dist	3
2:44.57	273	H	29/04/17	Black Lion L3 Spring Open Meet 2017	Gillingham	Erith & Dist	3
2:50.25	247	F	05/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	Erith & Dist	3
2:51.14	243	F	03/11/16	Erith & District Club Championships	Erith	Erith & Dist	4
2:52.53	237	F	06/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	Erith & Dist	3
2:52.68	236	F	02/11/17	EDSC Club Championships 2017	Erith	Erith & Dist	4
3:05.31	191	H	06/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham	Erith & Dist	3
3:13.09	169	F	05/11/15	Erith & District Club Championships 2015	Erith	Erith & Dist	4
4:04.66	83	F	23/10/14	Erith & District Club Championships	Erith	Erith & Dist	4

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