

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 Individual Medley - 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
2:29.01	398	F	29/06/19	The White Horse League 2019	Becontree	Erith & Dist	3
2:29.14	397	F	23/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
2:30.41	387	F	29/06/21	Erith and District	Erith		0
2:31.49	378	F	03/10/19	EDSC Club Championships 2019	Erith Leisure Centre	Erith & Dist	4
2:32.23	373	F	11/11/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
2:36.67	342	F	21/04/18	The White Horse League	The Eltham Centre	Erith & Dist	3
2:39.55	324	F	04/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	Erith & Dist	3
2:41.20	314	F	07/01/17	Bromley New Year Invitation Meet	Beckenham	Erith & Dist	3
2:41.50	312	F	06/01/18	Erith & District New Year Invitational Meet	Beckenham	Erith & Dist	3
2:43.71	300	H	01/10/16	Orpington Ojays Season Starter 2016	Gillingham	Erith & Dist	3
2:44.87	294	F	25/11/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
2:45.27	291	F	26/11/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
3:04.47	209	H	05/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham	Erith & Dist	3
3:07.10	201	F	31/10/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	Erith & Dist	3
3:07.14	201	F	28/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4
3:26.00	150	H	06/12/14	Gravesend & Northfleet Open Meet 2014	Gillingham	Erith & Dist	3
3:33.95	134	F	22/11/14	Erith & District Club Championships	Bexleyheath	Erith & Dist	4

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