Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 400 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
5:18.28	401	F	18/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
5:20.91	391	F	22/11/18	EDSC Club Championships 2018	Erith	Erith & Dist	4
5:23.91	380	F	20/07/21	Erith and District	Erith		0
5:24.84	377	F	21/11/19	EDSC Club Championships 2019	Erith Leisure Centre	Erith & Dist	4
5:42.13	323	F	16/11/17	EDSC Club Championships 2017	Erith	Erith & Dist	4
5:46.34	311	F	05/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	Erith & Dist	3
5:49.05	304	F	20/10/16	Erith & District Club Championships	Erith	Erith & Dist	4
6:49.92	187	F	22/10/15	Erith & District SC Club Championships 2015	Erith	Erith & Dist	4
7:46.93	127	F	16/10/14	Erith & District Club Championships 2014	Erith	Erith & Dist	4

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