

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 100 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
1:05.97	416	F	09/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
1:07.52	388	F	16/06/19	Dartford Dash 2019	Medway Park	Erith & Dist	3
1:09.53	356	F	22/09/19	EDSC Super Sunday Sprint Meet 2019	Crook Log	Erith & Dist	3
1:09.91	350	F	13/10/19	EDSC Club Championships 2019	Erith Leisure Centre	Erith & Dist	4
1:12.30	316	F	22/04/17	The White Horse League 2017	Becontree	Erith & Dist	3
1:12.34	316	F	14/10/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
1:13.22	304	F	23/09/18	EDSC Super Sunday Sprint Meet 2018	Bexleyheath	Erith & Dist	3
1:14.46	289	F	29/06/21	Erith and District	Erith		0
1:14.75	286	F	24/09/17	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
1:16.71	265	F	27/11/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
1:16.97	262	F	26/11/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
1:17.85	253	F	25/09/16	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
1:28.47	172	F	29/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4
1:30.78	159	H	07/03/15	2015 Kent County Swimming Championships	Gillingham	Erith & Dist	2
1:32.23	152	F	20/09/15	EDSC Super Sunday Sprint Meet 2015	Kent	Erith & Dist	3
1:39.41	121	F	02/11/14	Dartford & Erith Fireworks Open Meet	Bexleyheath	Erith & Dist	3
1:40.97	116	F	23/11/14	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
1:41.64	113	H	07/12/14	Gravesend & Northfleet Open Meet 2014	Gillingham	Erith & Dist	3
1:42.84	110	F	21/09/14	Erith & District SC Super Sunday Sprint Meet 2014	Bexleyheath	Erith & Dist	3

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