

# Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 Freestyle - 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
2:06.93	479	F	02/11/19	DDSC EDSC Fireworks Meet 2019	Bexleyheath	Erith & Dist	3
2:07.00	479	F	13/10/19	EDSC Club Championships 2019	Erith Leisure Centre	Erith & Dist	4
2:07.22	476	F	01/07/23	The White Horse League 2023	Crook Log LC		3
2:08.09	466	F	09/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
2:08.86	458	F	16/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	Erith & Dist	3
2:10.63	440	F	03/11/18	DDSC & EDSC Fireworks Meet 2018	Crook Log	Erith & Dist	3
2:10.96	436	F	14/10/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
2:12.95	417	F	18/12/16	Bromley Christmas Gold Open Meet 2016	Bromley	Erith & Dist	3
2:15.66	393	F	15/10/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
2:15.83	391	F	04/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	Erith & Dist	3
2:17.25	379	F	17/12/17	Bromley Christmas Gold Open Meet 2017	Gillingham	Erith & Dist	3
2:17.43	378	F	22/04/17	The White Horse League 2017	Becontree	Erith & Dist	3
2:20.17	356	F	09/10/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
2:21.34	347	H	30/04/16	Black Lion L3 Spring Open Meet	Gillingham	Erith & Dist	3
2:37.21	252	F	18/10/15	Bromley Autumn Gold Open Meet 2015	Beckenham	Erith & Dist	3
2:38.65	245	F	21/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4
2:51.96	192	H	21/02/15	2015 Kent County Swimming Championships	Gillingham	Erith & Dist	2
3:01.48	164	H	06/12/14	Gravesend & Northfleet Open Meet 2014	Gillingham	Erith & Dist	3
3:07.25	149	F	15/11/14	Erith & District	Bexleyheath	Erith & Dist	4
3:11.25	140	F	01/11/14	Dartford & Erith Fireworks Open Meet	Bexleyheath	Erith & Dist	3

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2:15.83	391	F	04/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	Erith & Dist	3
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