

# Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 50 Breaststroke - 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
37.63	291	F	23/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
37.89	285	F	10/11/19	EDSC Club Championships 2019	Crook Log	Erith & Dist	4
38.01	282	F	25/09/22	Erith & District SC Super Sunday Sprint Meet 2022	Crook Log LC		3
38.06	281	F	26/09/21	Erith & District SC Super Sunday Sprint Meet	Crook Log		3
38.29	276	F	16/06/19	Dartford Dash 2019	Medway Park	Erith & Dist	3
38.49	272	F	08/06/21	Erith and District	Erith		0
38.49	272	F	08/06/21	Erith and District	Erith LC		0
39.14	259	F	11/11/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
39.55	251	F	22/09/19	EDSC Super Sunday Sprint Meet 2019	Crook Log	Erith & Dist	3
39.87	245	F	30/03/19	The White Horse League 2019	The Eltham Centre	Erith & Dist	3
40.25	238	F	03/03/19	EDSC OOJS Spring Charity Meet 2019	Crook Log	Erith & Dist	3
40.45	234	F	23/09/18	EDSC Super Sunday Sprint Meet 2018	Bexleyheath	Erith & Dist	3
41.29	220	F	24/09/17	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
41.68	214	F	12/11/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
45.08	169	F	13/11/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
45.65	163	F	25/09/16	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
46.28	156	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Erith & Dist	3
52.64	106	F	22/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4
55.52	90	F	22/11/14	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
56.64	85	F	16/11/14	Erith & District	Bexleyheath	Erith & Dist	4
56.87	84	F	21/09/14	Erith & District SC Super Sunday Sprint Meet 2014	Bexleyheath	Erith & Dist	3

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