

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 200 Butterfly - Long 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
2:09.49	618	F	01/05/05	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
2:09.69	615	H	04/10/10	Commonwealth Games 2010	Delhi, India	Guernsey	1
2:11.32	593	F	02/05/04	SCASA Youth Championships 2004	Crystal Palace	Guernsey	1
2:11.56	589	F	31/07/01	National Age Groups	Sheffield	Guernsey	1
2:12.12	582	H	04/08/04	ASA National Youth Champs 2004	Sheffield	Guernsey	1
2:12.56	576	H	11/08/02	ASA National Youth Champs	Sheffield	Guernsey	1
2:13.57	563	F	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
2:13.89	559	H	16/03/06	Commonwealth Games 2006	Melbourne Australia	Guernsey	1
2:14.22	555	H	31/07/01	National Age Groups	Sheffield	Guernsey	1
2:14.73	549	H	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
2:16.29	530		15/03/14	Hampshire County Championships	Portsmouth	Guernsey	1
2:16.68	526		15/03/14	Hampshire County Championships	Portsmouth	Guernsey	1
2:17.73	514	H	07/05/01	Southern Counties Champs	Crystal Palace	Guernsey	1
2:17.80	513		16/03/13	Hampshire County Championships	Portsmouth	Guernsey	1
2:18.24	508	H	02/05/04	SCASA Youth Championships 2004	Crystal Palace	Guernsey	1
2:18.26	508	H	18/11/01	Ealing Autumn LC Open Meet	Gurnell Pool	Guernsey	1
2:18.84	501	H	16/12/01	Leatherhead Xmas Open Meet	Crystal Palace	Guernsey	1
2:19.78	491		16/03/13	Hampshire County Championships	Portsmouth	Guernsey	1
2:20.91	480	H	05/05/01	Southern Counties Champs	Crystal Palace	Guernsey	1
2:21.97	469	H	01/05/05	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
2:22.73	462	F	11/08/00	National Age Groups	Coventry	Guernsey	1
2:22.99	459	H	11/08/00	National Age Groups	Coventry	Guernsey	1
2:23.27	456	H	03/02/18	Hampshire County Championships 2018	Mountbatten LC	Guernsey	1
2:27.60	417	H	25/06/00	Southern Counties Age Groups	Crystal Palace	Guernsey	1
2:30.19	396	F	06/08/99	ASA National Age Group Champs.	Coventry	Guernsey	1
2:31.44	386	H	06/08/99	ASA National Age Group Champs.	Coventry	Guernsey	1
2:33.84	388	H	04/07/00	SCASA Championships	Crystal Palace	Guernsey	1

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