

# Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 200 Backstroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:43.92	318	H	03/07/99	SCASA Championships	Crystal Palace	Guernsey	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:43.92	318	H	03/07/99	SCASA Championships	Crystal Palace	Guernsey	1