

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 200 Individual Medley - 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 |
|---------|--------|-------|----------|--------------------------------|---------------------|-----------------|-------|
| 2:17.29 | 572 | F | 30/04/05 | Southern Counties Youth Champs | Crystal Palace | Guernsey | 1 |
| 2:17.65 | 568 | H | 20/03/06 | Commonwealth Games 2006 | Melbourne Australia | Guernsey | 1 |
| 2:17.92 | 564 | F | 01/05/04 | SCASA Youth Championships 2004 | Crystal Palace | Guernsey | 1 |
| 2:20.49 | 534 | H | 30/07/01 | National Age Groups | Sheffield | Guernsey | 1 |
| 2:21.13 | 527 | H | 05/08/04 | ASA National Youth Champs 2004 | Sheffield | Guernsey | 1 |
| 2:21.23 | 525 | F | 17/11/01 | Ealing Autumn LC Open Meet | Gurnell Pool | Guernsey | 1 |
| 2:23.02 | 506 | H | 01/05/04 | SCASA Youth Championships 2004 | Crystal Palace | Guernsey | 1 |
| 2:23.34 | 503 | H | 17/11/01 | Ealing Autumn LC Open Meet | Gurnell Pool | Guernsey | 1 |
| 2:23.86 | 497 | H | 24/06/00 | Southern Counties Age Groups | Crystal Palace | Guernsey | 1 |
| 2:24.32 | 492 | H | 11/08/00 | National Age Groups | Coventry | Guernsey | 1 |
| 2:24.76 | 488 | H | 16/12/01 | Leatherhead Xmas Open Meet | Crystal Palace | Guernsey | 1 |
| 2:29.33 | 444 | H | 30/04/05 | Southern Counties Youth Champs | Crystal Palace | Guernsey | 1 |
| 2:37.33 | 380 | H | 26/06/99 | SCASA Championships | Crystal Palace | Guernsey | 1 |
| 2:53.02 | 286 | H | 04/05/98 | SCASA Championships | Crystal Palace | Guernsey | 1 |
| 2:56.26 | 270 | | 04/05/97 | SCASA Championships | Crystal Palace | Guernsey | 1 |

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