

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 400 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
5:03.57	509	H	02/08/04	ASA National Youth Champs 2004	Sheffield	Guernsey	1
5:04.82	503	H	08/08/00	National Age Groups	Coventry	Guernsey	1
5:10.93	474	H	24/06/00	Southern Counties Age Groups	Crystal Palace	Guernsey	1
5:11.83	470	H	19/05/01	Southern Counties Age Groups	Crystal Palace	Guernsey	1
5:11.83	470	H	19/05/01	Southern Counties Champs	Crystal Palace	Guernsey	1
5:30.14	396	H	26/06/99	SCASA Championships	Crystal Palace	Guernsey	1
5:30.53	394	H	03/08/99	ASA National Age Group Champs.	Coventry	Guernsey	1

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