

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 100 Freestyle - 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
54.84	623	H	18/03/06	Commonwealth Games 2006	Melbourne Australia	Guernsey	1
55.11	614	R	16/03/06	Commonwealth Games 2006	Melbourne Australia	Guernsey	1
55.53	600		18/05/03	SCASA Inter-County Gala	Crystal Palace	Guernsey	1
55.55	600	H	02/05/05	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
55.89	589	F	02/05/05	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
56.23	578		15/03/14	Hampshire County Championships	Portsmouth	Guernsey	1
56.57	568	H	03/05/04	SCASA Youth Championships 2004	Crystal Palace	Guernsey	1
56.60	567	H	11/08/02	ASA National Youth Champs	Sheffield	Guernsey	1
56.62	566	H	04/08/04	ASA National Youth Champs 2004	Sheffield	Guernsey	1
56.67	565		16/03/13	Hampshire County Championships	Portsmouth	Guernsey	1
56.98	556	H	12/05/02	Southern Counties Inter-County	Crystal Palace	Guernsey	1
57.09	553	H	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
57.65	537		17/03/12	Hampshire County Championships	Portsmouth	Guernsey	1
57.97	528	H	03/02/18	Hampshire County Championships 2018	Mountbatten LC	Guernsey	1
58.04	526	H	17/11/01	Ealing Autumn LC Open Meet	Gurnell Pool	Guernsey	1
58.77	506	F	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
58.82	505	F	17/11/01	Ealing Autumn LC Open Meet	Gurnell Pool	Guernsey	1
59.73	482	F	02/07/00	Southern Counties Age Groups	Crystal Palace	Guernsey	1
59.79	481	H	02/07/00	Southern Counties Age Groups	Crystal Palace	Guernsey	1
59.98	476	H	08/08/00	National Age Groups	Coventry	Guernsey	1
1:00.57	463	H	07/05/01	Southern Counties Champs	Crystal Palace	Guernsey	1
1:04.68	380	H	03/07/99	SCASA Championships	Crystal Palace	Guernsey	1
1:10.77	290	H	03/05/98	SCASA Championships	Crystal Palace	Guernsey	1
1:11.97	276		05/05/97	SCASA Championships	Crystal Palace	Guernsey	1

Swims in Date Order

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57.97	528	H	03/02/18	Hampshire County Championships 2018	Mountbatten LC	Guernsey	1
56.23	578		15/03/14	Hampshire County Championships	Portsmouth	Guernsey	1
56.67	565		16/03/13	Hampshire County Championships	Portsmouth	Guernsey	1
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55.11	614	R	16/03/06	Commonwealth Games 2006	Melbourne Australia	Guernsey	1
55.89	589	F	02/05/05	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
55.55	600	H	02/05/05	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
56.62	566	H	04/08/04	ASA National Youth Champs 2004	Sheffield	Guernsey	1
56.57	568	H	03/05/04	SCASA Youth Championships 2004	Crystal Palace	Guernsey	1
55.53	600		18/05/03	SCASA Inter-County Gala	Crystal Palace	Guernsey	1
56.60	567	H	11/08/02	ASA National Youth Champs	Sheffield	Guernsey	1
56.98	556	H	12/05/02	Southern Counties Inter-County	Crystal Palace	Guernsey	1
58.77	506	F	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
57.09	553	H	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
58.82	505	F	17/11/01	Ealing Autumn LC Open Meet	Gurnell Pool	Guernsey	1
58.04	526	H	17/11/01	Ealing Autumn LC Open Meet	Gurnell Pool	Guernsey	1
1:00.57	463	H	07/05/01	Southern Counties Champs	Crystal Palace	Guernsey	1
59.98	476	H	08/08/00	National Age Groups	Coventry	Guernsey	1
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59.79	481	H	02/07/00	Southern Counties Age Groups	Crystal Palace	Guernsey	1
1:04.68	380	H	03/07/99	SCASA Championships	Crystal Palace	Guernsey	1
1:10.77	290	H	03/05/98	SCASA Championships	Crystal Palace	Guernsey	1
1:11.97	276		05/05/97	SCASA Championships	Crystal Palace	Guernsey	1