

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 400 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
4:21.02	599	H	05/05/02	Southern Counties Youth Champs	Crystal Palace	Guernsey	1
4:29.21	546	H	20/05/01	Southern Counties Champs	Crystal Palace	Guernsey	1
4:29.21	546	H	20/05/01	Southern Counties Age Groups	Crystal Palace	Guernsey	1
4:30.70	537	H	01/05/04	SCASA Youth Championships 2004	Crystal Palace	Guernsey	1
4:33.13	523	H	09/08/00	National Age Groups	Coventry	Guernsey	1
4:33.57	520	H	01/07/00	Southern Counties Age Groups	Crystal Palace	Guernsey	1
4:50.85	433	H	27/06/99	SCASA Championships	Crystal Palace	Guernsey	1
5:18.40	330	H	03/05/98	SCASA Championships	Crystal Palace	Guernsey	1

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