

# Individual Best Times (All Time)

Ben Blowers - (930066) - Loughborough University Swimming - 50 Backstroke - 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
28.46	566	H	01/05/23	East Midlands Regional LC Championships 2023	Derby	Lboro Uni	1
28.71	551	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
29.29	519	F	03/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
29.50	508	F	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
29.56	505	H	03/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
29.71	498	H	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
30.08	479	H	19/04/19	CoNSC EASTER MEET 2019	Norwich	Co Norwich	1
30.31	469	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Co Norwich	1
30.44	463	F	19/04/19	CoNSC EASTER MEET 2019	Norwich	Co Norwich	1
30.90	442	H	30/03/18	City of Norwich Easter Long Course Meet	Norwich		1
31.20	430	H	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
31.44	420	H	18/02/17	Hamilton Aquatics Dubai Open	Dubai	Co Norwich	1
31.50	417	F	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
31.51	417	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
31.70	410	H	13/05/17	City of Sheffield No Frills Meet	Sheffield	Co Norwich	1
31.74	408	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Co Norwich	1
31.76	407	H	14/04/18	N&EL L1 National Qualifying Meet	London		1
31.79	406	H	05/11/17	East Region Winter Championships	Norwich	Co Norwich	1
31.88	403	H	14/04/17	UEA City of Norwich Easter LC Meet	Norwich		1
31.97	399	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
33.14	358	H	30/05/16	ASA East Region Long Course Championships	Luton	Co Norwich	1
34.74	311	H	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
35.37	295	F	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
35.91	282	H	25/05/15	ASA East Region Summer Championships	Norwich		1
36.36	271	F	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	Co Norwich	3
36.85	261	H	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1
37.74	242	H	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield		1

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37.91	239	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Co Norwich		1
39.47	212	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Co Norwich		1
40.23	200	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Co Norwich		1
40.76	192	F	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	Co Norwich		1
40.83	191	F	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	Co Norwich		3
40.97	189	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Co Norwich		1
40.99	189	F	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	Co Norwich		1

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