

# Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 50 Backstroke - Short 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
27.23	535		29/06/09	Nat West Island Games 2009	Aland	Guernsey	2
27.38	526		22/05/09	Beau Sejour Barracudas NRG	Guernsey	Guernsey	2
27.60	514		24/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
27.68	509		29/06/09	Nat West Island Games 2009	Aland	Guernsey	2
27.77	504	F	22/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
27.78	504	F	01/04/11	Jersey 39th Island Championships	LEs Quennevais	Guernsey	2
27.90	497	F	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	Guernsey	2
27.94	495	F	20/11/10	Guernsey Island Champs	Guernsey	Guernsey	3
28.00	492	F	13/02/16	Guernsey ASA 50m Sprint Gala	Guernsey	Guernsey	4
28.07	488	F	23/05/15	The Specsavers Open Meet	Guernsey	Guernsey	2
28.12	486	F	27/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
28.12	486	F	24/03/18	Rothschild Island Championships	St Sampsons School	Guernsey	3
28.12	486	F	09/06/18	Rothschild 50m Sprint Gala	St Sampsons High Sch	Guernsey	4
28.23	480	F	21/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	Guernsey	2
28.24	479	F	09/02/14	City of Southampton SC Open Meet 2014	Southampton	Guernsey	2
28.26	478	F	23/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
28.26	478	F	21/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
28.29	477	H	27/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
28.29	477	F	10/03/18	Guernsey 50M Sprint Gala	St Sampsons School	Guernsey	4
28.31	476	F	27/05/11	Beau Sejour Barracudas Open Meet 2011	Guernsey	Guernsey	2
28.31	476	F	19/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
28.32	475	F	29/06/12	Beau Sejour Barracudas Specsavers Meet	Guernsey	Guernsey	2
28.37	473	F	18/02/17	Specsavers 50m Sprint Gala	St Sampsons	Guernsey	4
28.40	471	F	28/05/10	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
28.40	471	F	21/01/12	Channel Island Closed Championships	Les Quennevais	Guernsey	2
28.44	469	F	10/03/19	Guernsey Amateur Swimming Association LBG	St Sampsons	Guernsey	4
28.44	469	F	09/06/10	The Barracudas 21st Oak Open Meet 2010	Guernsey	Guernsey	3

28.44	469	F	08/06/19	The Barracudas 31st Oak Open Meet 2019	Guernsey	Guernsey	2
28.48	467	F	25/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
28.50	466	F	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	Guernsey	2
28.51	466	F	25/03/17	Rothschilds Island Championships (Closed)	St Sampsons	Guernsey	3
28.60	462	F	25/10/14	Walkers Tigers 33rd Open Meet	Jersey	Guernsey	2
28.62	461	F	26/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
28.70	457	F	07/02/15	Guernsey ASA 50m Sprint Gala	Guernsey	Guernsey	4
28.72	456	F	15/12/12	Jersey SC 45th Annual Age Group Champs	Jersey	Guernsey	3
28.72	456	F	18/06/16	The Specsavers Open Meet 2016	Guernsey	Guernsey	2
28.77	453	F	26/11/11	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
28.88	448	F	08/07/17	Rothschilds 50m Sprint Gala	St Sampson	Guernsey	4
28.97	444	F	24/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	Guernsey	2
29.19	434	F	29/06/13	The Specsavers Open Meet 2013	Guernsey	Guernsey	2
29.29	430	F	22/06/13	Guernsey Club Championships	Guernsey	Guernsey	4
29.42	424	F	01/07/16	Guernsey Rothschild 50m Sprint Gala	Guernsey	Guernsey	4
29.79	408	F	19/01/13	Channel Island Championships	Guernsey	Guernsey	2
29.97	401	F	24/11/12	Guernsey Channel Island Championships	Guernsey	Guernsey	3
31.52	345	F	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	Guernsey	2
32.68	309		26/05/00	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
33.16	296	H	12/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
33.96	275		04/02/00	Channel Islands Champs Gala 1	Guernsey	Guernsey	2
34.44	264		23/04/99	Island Championships	Guernsey	Guernsey	2
35.16	248		29/01/99	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
36.26	226		24/04/98	Island Championships	Guernsey	Guernsey	2
37.42	206	H	23/01/98	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2

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28.12	486	F	09/06/18	Rothschild 50m Sprint Gala	St Sampsons High Sch	Guernsey	4
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