

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 100 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
57.90	581		02/07/09	Nat West Island Games 2009	Aland	Guernsey	2
58.99	549		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
1:00.27	515	F	12/02/18	Rothschilds 100m Gala Backstroke & Butterfly	St Sampsons School	Guernsey	4
1:00.61	507		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
1:01.01	497	F	22/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
1:01.14	493		08/02/08	Guernsey Club Champs	Guernsey	Guernsey	4
1:01.29	490		26/10/07	AIB Jersey Tigers Open	St Brelade	Guernsey	2
1:01.29	490	H	02/04/11	Jersey 39th Island Championships	LEs Quennevais	Guernsey	2
1:01.98	474		03/02/10	Guernsey Club Champs	Guernsey	Guernsey	4
1:01.99	473	F	02/02/11	Guernsey Club Championships	Guernsey	Guernsey	4
1:02.03	472		06/07/19	Natwest International Island Games XVIII	Gibraltar		2
1:02.03	472	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
1:02.03	472	H	11/07/19	Natwest International Island Games XVIII	Gibraltar		2
1:02.10	471	F	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	Guernsey	2
1:02.29	467	F	21/09/13	Guernsey ASA Specsavers 100m Champs	Guernsey	Guernsey	3
1:02.31	466	F	17/09/11	Guernsey ASA 100m Sprints	Guernsey	Guernsey	4
1:02.35	465	F	29/09/18	Guernsey Inter-Insular 2018	Guernsey		4
1:02.56	461		02/07/09	Nat West Island Games 2009	Aland	Guernsey	2
1:02.95	452		23/11/07	Guernsey Island Champs	Guernsey	Guernsey	3
1:03.01	451	F	22/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
1:03.03	450	F	27/02/17	Rothschilds 100m Gala Backstroke & Butterfly	St Sampson	Guernsey	4
1:03.09	449	F	01/10/16	Guernsey 100m Sprint Gala	Guernsey	Guernsey	4
1:03.58	439		02/02/07	Guernsey Closed Champs	Guernsey	Guernsey	4
1:03.86	433	F	16/04/15	Guernsey SC Club Championships	Guernsey	Guernsey	4
1:03.98	431	F	15/12/12	Jersey SC 45th Annual Age Group Champs	Jersey	Guernsey	2
1:04.01	430	F	26/03/17	Rothschilds Island Championships (Closed)	St Sampsons	Guernsey	3
1:04.05	425	F	10/10/15	Jersey ASA Inter Insular 2015	Jersey		4

1:04.23	423	F	10/10/15	Jersey ASA Inter Insular 2015	Jersey		
1:05.06	409	F	29/05/10	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
1:05.16	408	F	03/03/16	Guernsey SC Rothschild 100m Sprint Gala	Guernsey	Guernsey	4
1:05.44	402		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
1:06.20	389		23/01/09	Channel Islands Champs	Guernsey	Guernsey	2
1:06.36	386	F	01/02/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
1:08.92	344	F	01/02/14	Guernsey Club Championships	Guernsey	Guernsey	4
1:09.07	342	H	22/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
1:09.51	336	F	22/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
1:11.87	304		04/02/00	Channel Islands Champs Gala 1	Guernsey	Guernsey	2
1:13.06	289		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:13.27	286	F	03/04/99	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:13.34	286		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:13.57	283		23/04/99	Island Championships	Guernsey	Guernsey	2
1:13.81	280	H	03/04/99	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:17.24	244		11/04/98	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:17.60	241		11/04/98	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:17.77	240	H	06/03/99	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
1:18.78	230		24/04/98	Island Championships	Guernsey	Guernsey	2
1:18.78	230	H	06/02/99	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2
1:20.17	219		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:20.26	218		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:22.41	201		28/02/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
1:22.98	197		30/01/98	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
1:26.45	174		23/05/97	Killerwhales May Desig. Meet	Fullwell Cross	Guernsey	2

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