

# Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 400 Freestyle - 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
4:07.85	628		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
4:08.20	625		28/03/03	Guernsey Island Championships	Guernsey	Guernsey	2
4:08.77	621	H	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
4:09.36	616		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Guernsey	2
4:09.44	616		26/03/04	Guernsey Island Championships	Guernsey	Guernsey	2
4:10.00	611		19/04/02	Guernsey Island Championships	Guernsey	Guernsey	2
4:10.04	611	H	30/03/02	AIB Tigers Easter Meet	Fort Regent, Jersey	Guernsey	2
4:10.70	606		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
4:11.37	602		15/07/09	Guernsey Club Champs	Guernsey	Guernsey	4
4:13.42	587	H	24/02/02	Hampshire County Champs 2002	Southampton	Guernsey	2
4:14.66	578		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
4:14.98	576	F	10/11/10	Guernsey Club Champs	Guernsey	Guernsey	4
4:15.24	575		15/07/07	Guernsey Club Champs	Guernsey	Guernsey	4
4:15.90	570		23/05/03	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
4:16.25	568	F	23/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
4:16.99	563		27/06/08	Guernsey Club Champs	Guernsey	Guernsey	4
4:17.12	562		30/06/03	Island Games	Guernsey	Guernsey	2
4:18.08	556	F	19/10/16	Guernsey Distance Events 2016	St Sampsons	Guernsey	4
4:18.98	550	F	12/11/14	Guernsey Club Championships	Guernsey	Guernsey	4
4:19.00	550	F	18/01/17	GSC Distance Events 400 Free	St Sampsons	Guernsey	4
4:19.00	550	F	18/01/17	GSC Rothschilds 400m Freestyle Gala	St Sampsons School	Guernsey	4
4:22.21	530		25/05/01	Beau Sejour Barracudas Meet	Guernsey Channel Is	Guernsey	2
4:22.38	529		24/05/02	Beau Senior Barracudas Meet	Guernsey	Guernsey	2
4:22.90	526		25/05/07	Beau Sejour Barracudas	Guernsey	Guernsey	1
4:23.47	522	F	25/04/18	GSC Rothschilds 400m Freestyle Gala	St Sampsons School	Guernsey	4
4:23.58	522		13/04/01	Reading Easter Open Meet	Reading	Guernsey	2
4:23.58	522	F	07/11/10	Guernsey SC Bathchild Series	Guernsey	Guernsey	4

4:23.59	522	F	07/11/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	
4:23.98	519	H	17/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
4:26.79	503	H	03/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
4:27.30	500	H	11/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
4:29.71	487	F	09/11/11	Guernsey Club Championships	Guernsey	Guernsey	4
4:30.61	482	F	06/11/13	Guernsey Club Championships	Guernsey	Guernsey	4
4:32.71	471	F	04/11/15	Guernsey SC Club Championships	St Sampsons	Guernsey	4
4:48.63	397	H	06/03/99	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
5:08.51	325		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
5:17.75	298		30/01/98	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:23.47	522	F	25/04/18	GSC Rothschilds 400m Freestyle Gala	St Sampsons School	Guernsey	4
4:19.00	550	F	18/01/17	GSC Rothschilds 400m Freestyle Gala	St Sampsons School	Guernsey	4
4:19.00	550	F	18/01/17	GSC Distance Events 400 Free	St Sampsons	Guernsey	4
4:18.08	556	F	19/10/16	Guernsey Distance Events 2016	St Sampsons	Guernsey	4
4:32.71	471	F	04/11/15	Guernsey SC Club Championships	St Sampsons	Guernsey	4
4:16.25	568	F	23/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
4:18.98	550	F	12/11/14	Guernsey Club Championships	Guernsey	Guernsey	4
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