

# Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 50 Breaststroke - 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
30.70	536	H	30/06/15	NatWest Island Games 2015	Jersey		2
31.08	517	H	27/06/17	XVII Natwest Island Games	Gotland, Sweden	Guernsey	2
31.27	507	F	25/03/17	Rothschilds Island Championships (Closed)	St Sampsons	Guernsey	3
31.28	507	F	20/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	Guernsey	2
31.29	506	F	01/07/18	The Barracuda 30th Open Meet 2018	Guernsey	Guernsey	2
31.33	505	F	07/05/17	The Specsavers Meet 2017	Guernsey	Guernsey	2
31.36	503	H	28/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
31.36	503	F	18/02/17	Specsavers 50m Sprint Gala	St Sampsons	Guernsey	4
31.38	502	F	23/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	Guernsey	2
31.40	501	F	10/03/19	Guernsey Amateur Swimming Association LBG	St Sampsons	Guernsey	4
31.42	500	F	28/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
31.54	495	F	24/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	Guernsey	2
31.57	493	F	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	Guernsey	2
31.58	493	F	26/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
31.69	488	F	24/05/15	The Specsavers Open Meet	Guernsey	Guernsey	2
31.72	486		24/05/09	Beau Sejour Barracudas NRG	Guernsey	Guernsey	2
31.72	486	F	25/10/19	Calligo Tigers Annual Autumn Open Meet 2019	St Brelade	Guernsey	2
31.73	486	F	21/01/12	Channel Island Closed Championships	Les Quennevais	Guernsey	2
31.79	483	F	25/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
31.80	482	F	08/07/17	Rothschilds 50m Sprint Gala	St Sampson	Guernsey	4
31.81	482	F	25/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	Guernsey	2
31.84	481	F	09/06/18	Rothschild 50m Sprint Gala	St Sampsons High Sch	Guernsey	4
31.92	477	F	23/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
32.07	470	F	25/10/14	Walkers Tigers 33rd Open Meet	Jersey	Guernsey	2
32.13	468	F	20/11/10	Guernsey Island Champs	Guernsey	Guernsey	3
32.27	462	F	24/11/12	Guernsey Channel Island Championships	Guernsey	Guernsey	3
32.38	461	F	22/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2

32.20	401	F	22/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
32.36	458	F	10/03/18	Guernsey 50M Sprint Gala	St Sampsons School	Guernsey	4
32.38	457	F	19/06/16	The Specsavers Open Meet 2016	Guernsey	Guernsey	2
32.39	457	F	24/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
32.56	449		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
32.59	448		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
32.64	446	F	19/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
32.69	444	F	30/06/13	The Specsavers Open Meet 2013	Guernsey	Guernsey	2
32.69	444	F	29/06/14	Beau Sejour Barracudas Specsavers Open Meet	Guernsey	Guernsey	2
32.73	442	F	13/02/16	Guernsey ASA 50m Sprint Gala	Guernsey	Guernsey	4
32.93	434	F	21/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
32.95	434	F	22/06/13	Guernsey Club Championships	Guernsey	Guernsey	4
32.96	433	F	30/05/10	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
33.03	431		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Guernsey	2
33.24	422		27/05/05	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
33.38	417	F	01/07/16	Guernsey Rothschild 50m Sprint Gala	Guernsey	Guernsey	4
33.66	407	F	07/02/15	Guernsey ASA 50m Sprint Gala	Guernsey	Guernsey	4
34.45	379		26/05/06	Beau Sejour Barracuda	Guernsey	Guernsey	1
34.71	371	F	29/05/11	Beau Sejour Barracudas Open Meet 2011	Guernsey	Guernsey	2
36.42	321		26/05/00	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
37.13	303	H	12/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
37.72	289	H	11/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2
38.70	267		23/04/99	Island Championships	Guernsey	Guernsey	2
40.60	232	H	06/02/99	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2
42.49	202		24/04/98	Island Championships	Guernsey	Guernsey	2
44.55	175		30/01/98	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2

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31.81	482	F	25/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	Guernsey	2
31.28	507	F	20/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	Guernsey	2
31.80	482	F	08/07/17	Rothschilds 50m Sprint Gala	St Sampson	Guernsey	4
31.08	517	H	27/06/17	XVII Natwest Island Games	Gotland, Sweden	Guernsey	2
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