

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 200 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
2:26.52	551		27/10/06	Tigers AIB 25th Autumn	Jersey	Guernsey	2
2:29.71	517		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
2:29.91	514		14/10/08	Guernsey Club Champs	Guernsey	Guernsey	4
2:30.96	504		16/10/09	Guernsey Club Champs	Guernsey	Guernsey	4
2:31.51	498		28/03/03	Guernsey Island Championships	Guernsey	Guernsey	2
2:31.51	498	F	14/07/05	Natwest Island Games	Shetland	Guernsey	2
2:31.89	495		28/10/05	Tigers 24th Autumn Open Mt	St Brelade	Guernsey	2
2:32.17	492		24/01/09	Channel Islands Champs	Guernsey	Guernsey	2
2:32.20	492	H	14/07/05	Natwest Island Games	Shetland	Guernsey	2
2:33.77	477	F	26/09/18	Guernsey Swimming Club 200m Back & Breast	St Sampson School	Guernsey	4
2:34.59	469	F	18/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
2:35.67	459		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
2:36.05	456		19/01/08	Channel Island Champs	Jersey & Guernsey	Guernsey	2
2:36.41	453	F	20/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
2:37.69	442		16/10/07	Guernsey Club Champs	Guernsey	Guernsey	4
2:37.93	440		23/11/07	Guernsey Island Champs	Guernsey	Guernsey	3
2:38.00	439	F	13/09/17	Rothschilds 200m Series Backstroke & Breaststroke	St Sampsons	Guernsey	4
2:39.14	430		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
2:41.27	413	F	08/10/15	Guernsey Club Championships	Guernsey	Guernsey	4
2:41.41	412		06/04/01	Guernsey Island Championships	Guernsey	Guernsey	2
2:41.46	412	F	08/10/14	Guernsey Club Championships	Guernsey	Guernsey	4
2:41.65	410	F	07/10/13	Guernsey Club Championships	Guernsey	Guernsey	4
2:42.38	405		25/05/07	Beau Sejour Barracudas	Guernsey	Guernsey	1
2:42.69	402	F	27/04/16	Guernsey Rothschild 200m Sprint Gala	Guernsey	Guernsey	4
2:44.16	392	F	28/09/11	Guernsey Club Championsips	Guernsey	Guernsey	4
2:45.37	383	H	22/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
2:45.06	370		25/05/07	Beau Sejour Barracudas Meet	Guernsey Channel Is	Guernsey	2

2:45.96	373		23/03/01	Beau Sejour Barracudas meet	Guernsey Channel Is	Guernsey	
2:46.79	373	H	12/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2
2:48.26	364		26/05/06	Beau Sejour Barracuda	Guernsey	Guernsey	1
2:57.81	308		23/04/99	Island Championships	Guernsey	Guernsey	2
3:00.12	296		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
3:16.81	227		30/01/98	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
3:20.26	216		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
3:27.84	193		24/04/98	Island Championships	Guernsey	Guernsey	2

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