

Individual Best Times (All Time)

Ben Blowers - (930066) - Loughborough University Swimming - 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
4:10.65	607	H	03/11/18	Swim England East Region Short Course Championship	Luton	Co Norwich	2
4:10.81	606	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Co Norwich	2
4:12.29	595	H	17/11/18	The 2018 Leicester Open	Braunstone	Co Norwich	2
4:19.66	546	F	26/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
4:20.76	539	F	27/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
4:22.55	528	F	29/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
4:37.27	448	H	23/01/16	Norfolk County Championships 2016	Wymondham	Co Norwich	2
4:42.06	426	F	24/09/15	UEA City of Norwich Club Championships 2015	Norwich	Co Norwich	4
4:45.03	412	F	03/10/15	UEA City of Norwich SC Halloween Howler 2015	Norwich	Co Norwich	2
4:47.74	401	H	21/02/15	Norfolk County Championships	Wymondham		2
5:03.23	342	F	02/11/14	City of Norwich Big Bang Meet	Norwich	Co Norwich	2
5:07.79	327	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	Co Norwich	2
5:36.91	250	F	27/09/13	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
5:37.71	248	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	Co Norwich	2
5:38.17	247	F	07/07/13	Norwich Mid-Summer Madness Open Meet	Norwich	Co Norwich	3
5:57.36	209	F	02/12/12	UEA City of Norwich Xmas Star Open Meet	Norwich	Co Norwich	3

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