

## Namibia Swimming Federation - Database

### RECORDS NAM-L

#### LC Meters-Women

8 & U	50 Free	36.82	<b>28-Jan-10</b>	NSA	Zuné Weber - Namibian National Championships 2010
	50 Back	42.35	<b>11-Oct-19</b>	AQUA	Roselinda Matyayi - BWK LC Gala 1 (Oct '19)
	50 Breast	46.00	<b>1-Jan-00</b>	TSUNM	Tesra Broodryk - Date Unknown
	50 Fly	42.90	<b>10-Dec-04</b>	NSANM	Christine Briedenhann - Set Dec 2004
	200 IM	3:29.57	<b>11-Oct-19</b>	AQUA	Roselinda Matyayi - BWK LC Gala 1 (Oct '19)
	200 Free Relay	2:20.78	<b>21-Feb-19</b>	DOL	Dolphins Relay - Ellis, Brinkmann, Naukosho, De Sousa
	200 Medley Relay	2:28.93	<b>29-Aug-09</b>	NSA	Namib Swim Academy J. Oberholzer, A. Olivotto, Y. Hierath, Z. Weber
9-10	50 Free	30.89	<b>13-Dec-06</b>	NSANM	Christine Briedenhann - Set December 2006
	100 Free	1:07.28	<b>13-Dec-06</b>	NSANM	Christine Briedenhann - Set December 2006
	50 Back	36.34	<b>11-Mar-21</b>	AQUA	Roselinda Matyayi - BKW LC Nationals 2021
	100 Back	1:18.13	<b>4-Dec-14</b>	DOL	Tiana Esslinger - NTS Championships 2014
	50 Breast	41.58	<b>13-Dec-06</b>	NSANM	Christine Briedenhann - Set December 2006
	100 Breast	1:32.11	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	50 Fly	33.96	<b>13-Dec-06</b>	NSANM	Christine Briedenhann - Set December 2006
	100 Fly	1:21.18	<b>13-Dec-06</b>	NSANM	Christine Briedenhann - Set December 2006
	200 IM	2:51.28	<b>12-Oct-13</b>	DOL	Heleni Stergiadis - BKW LC Gala 1 Tsumeb (Oct '13)
	200 Free Relay	2:23.88	<b>29-Nov-12</b>	DOL	Dolphins Swimming Club H. Stergiadis, V. Botha, J. Liebenberg, C. Essling
	200 Medley Relay	2:42.06	<b>22-Feb-22</b>	DOL	Dolphins Relay - Bank Windhoek LC Nationals 2022
10 & U	400 Free Relay	5:47.32	<b>28-Jan-22</b>	DOL	Dolphins Relay - C. Meyer, C. Jansen, S. McNamara, A. Naukosho - LC Gala 4
11-12	50 Free	28.72	<b>1-Dec-08</b>	NSA	Christine Briedenhann - 9th Senior African Championships (Dec '08)
	100 Free	1:02.08	<b>22-Aug-08</b>	NSA	Christine Briedenhann - Set August 2008
	50 Back	33.74	<b>7-Dec-16</b>	DOL	Tiana Esslinger - Set Decemer 2016
	100 Back	1:12.08	<b>7-Dec-16</b>	DOL	Tiana Esslinger - NTS Championships (2016)
	50 Breast	37.60	<b>1-Jan-00</b>	SWANM	Gwen Currie
	100 Breast	1:22.17	<b>1-Jan-00</b>	SWANM	Gwen Currie
	50 Fly	31.42	<b>1-Dec-11</b>	NAMJR	Sonja Adelaar - 9th African Junior Swimming Champs (Dec '11)
	100 Fly	1:10.99	<b>1-Dec-11</b>	NAMJR	Sonja Adelaar - 9th African Junior Swimming Champs (Dec '11)
	200 IM	2:35.27	<b>12-Jun-08</b>	SWA	Christine Briedenhann - NTS Champs 2008
	200 Free Relay	2:07.28	<b>11-Mar-05</b>	DOLNM	Dolphins Relay - Wahl, Preschel, Adrian, Minders
	200 Medley Relay	2:25.70	<b>27-Feb-20</b>	DOL	Dolphins Relay - M. Brinkmann, A. Naukosho, M. Ohm, C. Rossouw
12 & U	200 Free	2:18.25	<b>17-Mar-12</b>	NAMIB	Kiara Schatz - SA Level 3 Age Group Gala (Mar '12)
	400 Free	5:00.78	<b>14-Apr-21</b>	NSFED	Jessica Humphrey - SANJ Champs (Apr '21)
	800 Free	10:20.75	<b>1-Nov-14</b>	NASU- ZZ	Heleni Stergiadis - BKW LC Gala 3 (Nov '14)
	1500 Free	20:21.14	<b>14-Feb-14</b>	DOL	Heleni Stergiadis - BWK LC Gala 4 (Feb '14)
	200 Back	2:33.54	<b>7-Dec-16</b>	DOL	Tiana Esslinger - NTS Championships (Dec '16)
	200 Breast	3:03.77	<b>3-Jan-04</b>	SPANM	Daniela Lindemeier - January 2004
	200 Fly	2:45.26	<b>4-Dec-14</b>	DOL	Heleni Stergiadis - NTS Championships (Dec '14)
	400 IM	5:35.01	<b>12-Mar-15</b>	NASU- ZZ	Heleni Stergiadis - SA Level 3 National Age Group Champs (Mar '15)
	13-14	50 Free	27.26	<b>13-Sep-10</b>	NSA
100 Free		1:00.53	<b>13-Sep-10</b>	NAM	Christine M. Briedenhann at 10th African Swimming Championships
200 Free		2:11.21	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships
400 Free		4:37.61	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships
800 Free		9:45.33	<b>3-Dec-12</b>	NASU	DOLNM Marike Meyer
1500 Free		19:02.16	<b>13-Feb-04</b>	DOLNM	Marike Meyer
50 Back		30.89	<b>25-Apr-13</b>	NAMIB	Zanre Oberholzer CANA Zone III & IV Lusaka
100 Back		1:03.36	<b>19-Jul-13</b>	NAM	Zanre Oberholzer 15 FINA World Championships 2013
200 Back		2:14.52	<b>19-Jul-13</b>	NAM	Zanre Oberholzer 15th FINA World Championships 2013
50 Breast		35.97	<b>1-Dec-12</b>	NSA	Kiah T. Borg Namibia Nat LC Champs
100 Breast		1:17.85	<b>8-Dec-12</b>	NAM	Kiah T. Borg CANA Zone VI 2012, Lusaka

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### RECORDS NAM-L

13-14	200 Breast	2:48.02	<b>9-Dec-12</b>	NAM	Kaih T Borg	CANA Zone VI 2012, Lusaka	
	50 Fly	29.57	<b>13-Sep-10</b>	NSA	Christine M. Briedenhann at 10th African Swimming Championships		
	100 Fly	1:06.23	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	200 Fly	2:29.69	<b>17-Mar-17</b>	NASU	Heleni Stergiadis - SA National JNR Champs (KZN) 2017		
	200 IM	2:27.41	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	400 IM	5:09.65	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	200 Free Relay	1:57.85	<b>2-Dec-12</b>	NSA	NSA	Schatz K Oberholzer Z Adelaar S Borg K	
	400 Free Relay	4:32.16	<b>16-Feb-19</b>	NAM	Namibia	C. Viljoen, K. Herbst, D. Mostert, T. Mutumbulua	
	200 Medley Relay	2:12.62	<b>2-Dec-12</b>	NSA	NSA A	Oberholzer Z Borg K Adelaar S Schatz K	
400 Medley Relay	5:07.93	<b>26-Nov-21</b>	AQUA	Aqua Swimming and Fitness ClubJ. Humphrey, Q. Benade, S. Rey, R. Westerduin			
15-16	50 Free	27.25	<b>14-Jun-12</b>	NSA	Christine Briedenhann - Bahamas 2012 Nationals		
	100 Free	58.53	<b>14-Jun-12</b>	NSA	Christine M. Briedenhann - Bahamas 2012 Nationals		
	200 Free	2:08.43	<b>23-May-14</b>	NAM	Sonja Adelaar - ANOCA Games 2014		
	400 Free	4:33.99	<b>1-Jan-00</b>	MARNM	Anita Kruger		
	800 Free	9:33.60	<b>23-Aug-06</b>	NSANM	Marike Meyer		
	1500 Free	18:34.94	<b>1-Jan-00</b>	MARNM	Anita Kruger		
	50 Back	30.09	<b>10-Dec-14</b>	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	100 Back	1:03.81	<b>10-Dec-14</b>	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	200 Back	2:16.99	<b>10-Dec-14</b>	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	50 Breast	34.53	<b>8-Dec-12</b>	NAM	Christine Briedenhann	CANA Zone VI 2012, Lusaka	
	100 Breast	1:15.78	<b>12-Oct-08</b>	NAMJU	Daniela Lindemeier	Commonwealth Youth Games	
	200 Breast	2:41.14	<b>28-Nov-13</b>	NAM	Toni Roth	10th Africa Junior Swimming Champs 2013	
	50 Fly	28.99	<b>7-Apr-14</b>	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	100 Fly	1:05.30	<b>7-Apr-14</b>	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	200 Fly	2:24.17	<b>7-Jul-15</b>	NSA- ZZ	Sonja Adelaar	Prestige 2015	
	200 IM	2:22.54	<b>17-Aug-14</b>	NAM	Sonja Adelaar at 2nd Youth Olympic Games		
	400 IM	5:06.23	<b>7-Jul-15</b>	NSA	Sonja Adelaar	Prestige 2015	
	200 Free Relay	1:58.56	<b>7-Jul-15</b>	NSA	Namib Swim Academy	Z. Weber, J. Coury, N. Joseph, S. Adelaar	
	400 Free Relay	4:12.09	<b>28-Mar-17</b>	MAC	Marlins Swimming Club		
	800 Free Relay	9:18.74	<b>28-Mar-17</b>	MAC	Marlins Swimming Club		
	200 Medley Relay	2:14.65	<b>1-Feb-09</b>	DOL	Dolphins A	Arlove, Wasserfall, Wahl, Minders	
	400 Medley Relay	4:33.83	<b>28-Nov-13</b>	NAM	Namibia	Z, Oberholzer, T. Roth, S. Adelaar, K. Schatz	
	17-18	50 Free	26.95	<b>1-Jan-00</b>	MARNM	Monica Dahl	
		100 Free	58.47	<b>1-Jan-00</b>	MARNM	Monica Dahl	
200 Free		2:10.81	<b>1-Jan-00</b>	MARNM	Anita Kruger		
400 Free		4:34.01	<b>1-Jan-00</b>	MARNM	Ilona Schutte		
800 Free		9:25.14	<b>1-Mar-96</b>	MARNM	Anita Kruger		
1500 Free		19:12.78	<b>1-Oct-95</b>	MARNM	Anita Kruger		
50 Back		30.49	<b>25-Feb-16</b>	NSA	Zanre Oberholzer	Bank Windhoek LC National Championships	
100 Back		1:04.89	<b>17-Mar-17</b>	TUKS- NT	Zanré Oberholzer at SA National JNR Age Group Champs 2017-KZN		
200 Back		2:20.65	<b>17-Mar-17</b>	TUKS- NT	Zanré Oberholzer at SA National JNR Age Group Champs 2017-KZN		
50 Breast		34.12	<b>25-Jul-09</b>	DOL	Daniela Lindemeier at 13th FINA World Championships		
100 Breast		1:13.82	<b>25-Jul-09</b>	DOL	Daniela Lindemeier at 13th FINA World Championships		
200 Breast		2:39.71	<b>25-Jul-09</b>	DOL	Daniela Lindemeier at 13th FINA World Championships		
50 Fly		29.99	<b>8-Dec-08</b>	NSA	Jonay Briedenhann	Zone 6, RSA	
100 Fly		1:04.26	<b>1-Jan-00</b>	MARNM	Monica Dahl		
200 Fly		2:25.92	<b>1-Jan-00</b>	MARNM	Dorothea Neumeister		
200 IM		2:26.88	<b>13-Apr-15</b>	NASU- ZZ	Toni Roth at Sa National Aquatic Championship 2015 Durban		
400 IM		5:13.35	<b>17-Mar-17</b>	NASU	Molina M. Smalley at SA National JNR Age Group Champs 2017-KZN		
200 Free Relay		1:54.10	<b>15-Apr-13</b>	NASU	NASU at SA NAT 2015	Z. Oberholzer, A. Roth, S. Adelaar, K. Schatz	
400 Free Relay		4:20.65	<b>8-Dec-08</b>	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Laborn	
800 Free Relay		9:38.34	<b>11-Oct-21</b>	NAM	Namibia	N. Redecker, M. Brinkmann, R. Westerduin, T. Mutum	
200 Medley Relay		2:24.73	<b>31-Jan-20</b>	DOL	Dolphins Swimming Club	H. Stergiadis, V. Botha, C. Esslinger, J. Liebenbe	
400 Medley Relay		4:47.00	<b>1-Jan-00</b>	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Lindemeier	

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### RECORDS NAM-L

25-44	50 Free	30.45	<b>5-Aug-19</b>	MARL	Sonja Obholzer	18th FINA Masters Champs	
	100 Free	1:09.02	<b>5-Aug-19</b>	MARL	Sonja Obholzer	18th FINA Masters Champs	
	200 Free	2:42.68	<b>24-Jan-19</b>	MARL	Benita Kasch	BWK LC Gala 4 record set	
	400 Free	5:50.08	<b>23-Nov-18</b>	MARL	Benita Kasch	BWK LC Gala 3 record set	
	800 Free	11:56.58	<b>25-Jan-19</b>	MARL	Benita Kasch	BWK LC Gala 4 record set	
	1500 Free	23:42.36	<b>25-Jan-19</b>	MARL	Benita Kasch	BWK LC Gala 4 record set	
	50 Back	37.25	<b>5-Aug-19</b>	MARL	Sonja Obholzer	18th FINA Masters Champs	
	100 Back	1:24.05	<b>6-Apr-19</b>	MARL	Sonja Obholzer	Aquapentathlon record set	
	200 Back	3:24.54	<b>2-Nov-18</b>	DOL	Sunel Badenhorst	BWK LC Gala 2 record set	
	50 Breast	41.20	<b>25-Jan-19</b>	MARL	Sonja Obholzer	BWK LC Gala 4 record set	
	100 Breast	1:44.06	<b>11-Oct-19</b>	DOL	Sunel Badenhorst	BWK LC Gala 1	
	200 Breast	3:37.16	<b>15-Nov-19</b>	DOL	Lena Brinkmann	BWK LC Gala 2	
	50 Fly	40.70	<b>11-Oct-19</b>	DOL	Lena Brinkmann	BWK LC Gala 1	
	200 IM	3:19.51	<b>11-Oct-19</b>	DOL	Lena Brinkmann	BWK LC Gala 1	
	400 IM	7:24.72	<b>15-Nov-19</b>	DOL	Sunel Badenhorst	BWK LC Gala 2	
	45 & O	50 Free	32.84	<b>26-Nov-21</b>	MAC	Ilona Sickel at LC Gala 3 (Windhoek) 26 - 27 November 2021	
		100 Free	1:15.90	<b>20-Mar-19</b>	MAC	Jane Samson at SAMS 35th National Swimming Championship 2019	
200 Free		2:35.57	<b>5-Aug-19</b>	NAM	Cheryl Young - 18th FINA Masters Champs 2019		
400 Free		5:30.11	<b>19-Aug-05</b>	NAM	Cheryl Young - 18th FINA Masters Champs 2019		
800 Free		11:35.17	<b>5-Aug-19</b>	MARL	Cheryl Young - 18th FINA Masters Champs 2019		
100 Back		1:36.44	<b>24-Feb-22</b>	SWA	Lucy Louw at BKW Namibia National LC Championships 2022		
200 Back		3:33.43	<b>24-Feb-22</b>	AQUA	Ulrike C. Leitner at BKW Namibia National LC Championships 2022		
50 Fly		36.91	<b>23-Nov-18</b>	NSA	Jane Samson at BWK LC Gala 3 23-24 November 2018		
200 IM		3:00.87	<b>19-Aug-05</b>	NAM	Cheryl Young - 18th FINA Masters Champs 2019		
400 IM		6:41.84	<b>19-Aug-05</b>	NAM	Cheryl Young - 18th FINA Master 2019		
Open	50 Free	26.76	<b>1-Jul-96</b>	MARNM	Monica Dahl		
	100 Free	57.95	<b>1-Jul-96</b>	MARNM	Monica Dahl		
	200 Free	2:08.43	<b>23-May-14</b>	NAM	Sonja Adelaar	ANOCA Games 2014	
	400 Free	4:33.47	<b>1-Mar-96</b>	MARNM	Anita Kruger		
	800 Free	9:25.14	<b>1-Mar-96</b>	MARNM	Anita Kruger		
	1500 Free	18:34.94	<b>1-Jan-00</b>	MARNM	Anita Kruger		
	50 Back	30.09	<b>10-Dec-14</b>	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	100 Back	1:03.36	<b>19-Jul-13</b>	NAM	Zanre Oberholzer	15 FINA World Championships 2013	
	200 Back	2:14.52	<b>19-Jul-13</b>	NAM	Zanre Oberholzer	15 FINA World Championships 2013	
	50 Breast	32.69	<b>4-Sep-15</b>	NAM- ZZ	Daniela Lindemeier	All African Games Congo	
	100 Breast	1:10.62	<b>13-Apr-15</b>	NASU- ZZ	Daniela Lindemeier at Sa National Aquatic Championship 2015 Durban		
	200 Breast	2:33.16	<b>13-Apr-15</b>	NASU- ZZ	Daniela Lindemeier at Sa National Aquatic Championship 2015 Durban		
	50 Fly	28.99	<b>7-Apr-14</b>	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	100 Fly	1:04.26	<b>1-Jan-00</b>	MARNM	Monica Dahl		
	200 Fly	2:24.17	<b>1-Jan-00</b>	NSA	Sonja Adelaar	Prestige 2015	
	200 IM	2:22.54	<b>17-Aug-14</b>	NAM	Sonja Adelaar at 2nd Youth Olympic Games		
	400 IM	5:05.80	<b>1-Jan-00</b>	MARNM	Dorothea Neumeister		
	200 Free Relay	1:53.30	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games K Schatz, A Roth, Z Oberholzer, S Adelaar		
	400 Free Relay	4:09.82	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games K Schatz, M Smalley, Z Weber, S Adelaar		
	800 Free Relay	9:08.62	<b>1-Jan-00</b>	NAM	Namibia Team 1992		
	200 Medley Relay	2:04.87	<b>26-Feb-15</b>	NSA	Namib Swim Academy	Z. Oberholzer, D. Lindemeier, S. Adelaar, Z. Web	
	400 Medley Relay	4:28.30	<b>15-Apr-13</b>	NASU	NASU at SA NAT 2015	Z. Oberholzer, D. Lindemeier, S. Adelaar, K. Schatz	

## Namibia Swimming Federation - Database

### RECORDS NAM-L

#### LC Meters-Men

8 & U	50 Free	36.18	<b>30-Nov-02</b>	NOONM	Hardus Louw - Set on 30/11/2002
	50 Back	41.79	<b>11-Oct-19</b>	DOL	Ryan Steyn - BWK LC Gala 1 (Oct '19)
	50 Breast	47.88	<b>1-Jan-00</b>	SPANM	Francois Saayman
	50 Fly	39.85	<b>3-Nov-17</b>	AQUA	Eliphas Nakaleke - BWK LC Gala 2 (3 - 4 Nov '17)
	200 IM	3:21.33	<b>31-Jan-20</b>	DOL	André Badenhorst - BWK LC Gala 3 (Jan '20)
	200 Free Relay	2:47.06	<b>21-Feb-19</b>	DOL	Dolphins Swimming Club A. Badenhorst, J. Badenhorst, N. Jiao, R. Steyn
	200 Medley Relay	3:03.32	<b>29-Aug-09</b>	DOL	Dolphins Swimming Club
9-10	50 Free	30.70	<b>5-Dec-19</b>	ORA	Nathan Bock - NCASA Champs (Dec '19)
	100 Free	1:10.38	<b>5-Dec-19</b>	ORA	Nathan Bock - NCASA Champs (Dec '19)
	50 Back	36.25	<b>28-Jan-22</b>	DOL	Ryan Steyn at BWK LC Gala 4 (28-29 Jan '22) - WHK
	100 Back	1:19.14	<b>6-Dec-17</b>	DOL	Oliver Durand - NTS Championships 2017
	50 Breast	40.74	<b>3-Apr-18</b>	NASU	Oliver Durand - SA Level 3 Regional Age Group Champs (2018)
	100 Breast	1:27.24	<b>3-Apr-18</b>	NASU	Oliver Durand - SA Level 3 Regional Age Group Champs (2018)
	50 Fly	32.87	<b>27-Feb-20</b>	ORA	Nathan Bock - BWK LC Nationals 2020
	100 Fly	1:20.86	<b>5-Dec-19</b>	ORA	Nathan Bock - NCASA Champs (Dec '19)
	200 IM	2:47.68	<b>3-Apr-18</b>	NASU	Oliver Durand - SA Level 3 Regional Age Group Champs (2018)
	200 Free Relay	2:16.92	<b>26-Feb-15</b>	DOL	Dolphins Swimming Club B. van der Walt, C. De Jager, E. Von Alvensleben
	200 Medley Relay	2:38.82	<b>1-Jan-00</b>	NAM	SWA Team '88
	10 & U	400 Free Relay	5:18.10	<b>15-Nov-19</b>	DOL
11-12	50 Free	27.37	<b>17-Mar-17</b>	NASU	Mikah Burger - SA National JNR Age Group Champs (2017)
	100 Free	59.23	<b>17-Mar-17</b>	NASU	Mikah Burger - SA National Junior Champs (2017)
	50 Back	30.86	<b>6-Apr-22</b>	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Back	1:06.55	<b>6-Apr-22</b>	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
	50 Breast	33.96	<b>28-Mar-17</b>	NAM	Mikah Burger - African Junior Swimming Champs (Mar '17)
	100 Breast	1:15.74	<b>7-Dec-16</b>	DOL	Mikah Burger - NTS Championships (2016)
	50 Fly	29.61	<b>17-Mar-17</b>	NASU	Mikah Burger - SA National Junior Champs (Mar '17)
	100 Fly	1:04.22	<b>17-Mar-17</b>	NASU	Mikah Burger - SA National Junior Champs (Mar '17)
	200 IM	2:26.33	<b>17-Mar-17</b>	NASU	Mikah Burger - SA National Junior Champs (Mar '17)
	200 Free Relay	2:01.28	<b>23-Feb-17</b>	DOL	Dolphins Swimming Club B. van der Walt, J. Canjulo, M. Burger
	400 Free Relay	4:49.01	<b>15-Nov-19</b>	DOL	Dolphins Relay - R. Engelhard, L. Kinnaird, H. Grant, O. Durand
	200 Medley Relay	2:17.93	<b>23-Feb-17</b>	DOL	Dolphins Swimming Club B. van der Walt, M. Burger, J. Canjulo, E. Von Al
	400 Medley Relay	5:31.87	<b>27-Nov-20</b>	DOL	Dolphins Relay - J.Langford, F.Steyn, M.Bauernschmitt, L.Kinnaird
12 & U	200 Free	2:11.42	<b>17-Mar-17</b>	NASU	Mikah K. Burger - SA National Junior Champs (Mar '17)
	400 Free	4:39.03	<b>21-Mar-18</b>	NASU	Jose Canjulo - SA National Junior Champs (Mar '18)
	800 Free	10:29.53	<b>28-Nov-14</b>	DOL	Corné le Roux - BWK LC 3 (Nov '14)
	1500 Free	19:52.37	<b>2-Nov-18</b>	DOL	Nico Esslinger - BWK LC Gala 2 (Nov '18)
	200 Back	2:25.69	<b>24-Feb-22</b>	AQUA	Lorenzo Esterhuizen at BKW Namibia National LC Championships 2022
	200 Breast	2:48.03	<b>20-Feb-20</b>	NAM	Oliver Durand - CANA Zone IV (Feb '20)
	200 Fly	2:29.14	<b>6-Apr-22</b>	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
	400 IM	5:15.01	<b>6-Apr-22</b>	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
	13-14	50 Free	25.56	<b>11-Sep-19</b>	NAM
100 Free		55.62	<b>11-Sep-19</b>	NAM	Jose Canjulo 13th Junior African Champs
200 Free		2:00.58	<b>11-Sep-19</b>	NAM	Jose Canjulo 13th Junior African Champs
400 Free		4:14.45	<b>11-Sep-19</b>	NAM	Jose Canjulo 13th Junior African Champs
800 Free		9:18.10	<b>1-Mar-07</b>	NSANM	Tristan McDonald
1500 Free		18:08.73	<b>26-Nov-21</b>	DOL	Oliver B. Durand at LC Gala 3 (Windhoek) 26 - 27 November 2021
50 Back		28.67	<b>11-Sep-19</b>	NAM	Jose Canjulo 13th Junior African Champs
100 Back		1:00.99	<b>4-Dec-19</b>	MAC	Jose Canjulo NTS Champs
200 Back		2:14.74	<b>19-Mar-19</b>	NASU	Jose Canjulo SA Junior Championships

## Namibia Swimming Federation - Database

### RECORDS NAM-L

13-14	50 Breast	30.91	<b>15-Nov-19</b>	MAC	Jose Canjulo	BWK LC Gala 2	
	100 Breast	1:09.50	<b>1-Jan-00</b>	TIGNM	Ricardo Eerenstein		
	200 Breast	2:28.33	<b>6-Apr-22</b>	NAM	Oliver B. Durand at SA National Aquatic SNR-JNR Champ 2022-PE		
	50 Fly	26.92	<b>27-Feb-20</b>	MAC	Jose Canjulo - BWK LC Nationals (Feb '20)		
	100 Fly	59.40	<b>4-Dec-19</b>	MAC	Jose Canjulo	NTS Champs	
	200 Fly	2:13.32	<b>17-Mar-17</b>	NASU	Corné Le Roux at SA National JNR Age Group Champs 2017-KZN		
	200 IM	2:13.82	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs	
	400 IM	4:44.94	<b>6-Apr-22</b>	NAM	Oliver B. Durand at SA National Aquatic SNR-JNR Champ 2022-PE		
	200 Free Relay	1:48.23	<b>16-Feb-19</b>	NAM	Namibia	J. Canjulo, Q. Ellis, C. De Jager, M. Burger	
	400 Free Relay	4:00.25	<b>16-Feb-19</b>	NAM	Namibia	J. Canjulo, Q. Ellis, C. De Jager, M. Burger	
200 Medley Relay	1:58.60	<b>16-Feb-19</b>	NAM	Namibia	M. Burger, J. Canjulo, C. De Jager, Q. Ellis		
15-16	50 Free	24.58	<b>1-Dec-17</b>	NSA	Ronan Wantenaar - WP Summer Champs		
	100 Free	53.69	<b>12-Mar-15</b>	NASU- ZZ	Alexander Skinner at SA Level 3 National Age Group Champs 2015-PE		
	200 Free	1:58.60	<b>11-Oct-21</b>	NASFD	José Canjulo - 14th African CANA Games - (Oct '21)		
	400 Free	4:12.98	<b>11-Oct-21</b>	NSFED	José Canjulo - 14th African CANA Games - (Oct '21)		
	800 Free	9:11.22	<b>14-Apr-21</b>	NSFED	Oliver Ohm at SANJ Champs 2021 in Stellenbosch		
	1500 Free	17:16.50	<b>4-Mar-08</b>	NAMIB- ZZ	Tristan McDonald	RSA Level 3	
	50 Back	27.16	<b>5-Nov-21</b>	NAM	José Canjulo - NTS Prestige Gala 2021		
	100 Back	58.91	<b>23-Jul-17</b>	NAM	Ronan Z. Wantenaar at 17th FINA World Championships 2017		
	200 Back	2:05.80	<b>17-Aug-14</b>	NAM	Lushano P. Lamprecht at 2nd Youth Olympic Games		
	50 Breast	30.14	<b>5-Nov-21</b>	NAM	José Canjulo - NTS Prestige Gala 2021		
	100 Breast	1:06.54	<b>1-Dec-17</b>	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	200 Breast	2:29.94	<b>1-Sep-98</b>	MARNM	Derrick Langford		
	50 Fly	26.21	<b>28-May-22</b>	AQUA	José N. Canjulo at Taça Barracudas		
	100 Fly	58.03	<b>11-Oct-21</b>	NSFED	José Canjulo - 14th African CANA Games - (Oct '21)		
	200 Fly	2:11.69	<b>23-Apr-18</b>	NASU	Corné Le Roux at Sa National Aquatic Championship 2018-PE		
	200 IM	2:13.00	<b>1-Dec-17</b>	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	400 IM	4:55.26	<b>20-Mar-00</b>	NASU	Martin Oosthuizen	SA Junior Championships	
	200 Free Relay	1:49.89	<b>1-Jan-00</b>	NAM	NASU Team 1993		
	400 Free Relay	3:48.16	<b>28-Mar-17</b>	MAC	Marlins Swimming Club		
	800 Free Relay	8:20.12	<b>28-Mar-17</b>	MAC	Marlins Swimming Club		
	200 Medley Relay	2:02.08	<b>1-Jan-00</b>	MARNM	Marlins 1985		
	400 Medley Relay	4:16.56	<b>28-Mar-17</b>	MAC	Marlins Swimming Club		
	17-18	50 Free	23.58	<b>22-Oct-16</b>	NASU	Alexander Skinner	African Swimming Champs
		100 Free	51.54	<b>17-Oct-16</b>	DOL	Alexander Skinner	African Swimming Champs
		200 Free	1:54.92	<b>18-Mar-16</b>	NASU	Alexander Skinner	Level 3 Championships
		400 Free	4:09.35	<b>10-Apr-16</b>	NAMIB	Philip Seidler	SA Nationals 2016
		800 Free	8:32.76	<b>10-Apr-16</b>	NAMIB	Philip Seidler	SA Nationals 2016
1500 Free		16:28.58	<b>10-Apr-16</b>	NAMIB	Philip Seidler	SA Nationals 2016	
50 Back		26.99	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
100 Back		57.75	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
200 Back		2:05.26	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
50 Breast		29.35	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
100 Breast		1:03.75	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
200 Breast		2:21.85	<b>20-Mar-19</b>	NASU	Ronan Z. Wantenaar	SA Junior Championships	
50 Fly		25.98	<b>25-Aug-15</b>	NAM	Lushano Lamprecht - 5th FINA Junior World Championships		
100 Fly		56.74	<b>4-May-04</b>	MARNM	Günther Streit		
200 Fly		2:08.88	<b>4-May-04</b>	MARNM	Günther Streit		
200 IM		2:07.47	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
400 IM		4:40.18	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
200 Free Relay		1:40.21	<b>28-Apr-12</b>	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht	
400 Free Relay		3:44.18	<b>26-Apr-12</b>	NAMIB	F Hentzen, C Lamprecht	M Winkler, JP Engelbrecht	
800 Free Relay		8:05.60	<b>25-Aug-15</b>	NAM	NAM FINA Junior World Champs	Flemming, Seidler, Lamprecht, Skinner	
200 Medley Relay		1:54.46	<b>25-Apr-12</b>	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht	

## Namibia Swimming Federation - Database

### RECORDS NAM-L

17-18	400 Medley Relay	4:16.89	<b>8-Dec-08</b>	NAM	NAM Team, Zone 6, 2008	McDonald, Siedentopf, Briedenhann, Delie
25-44	50 Free	27.25	<b>5-Aug-19</b>	MARL	Sven Obholzer	18th FINA Masters Champs
	100 Free	1:01.78	<b>5-Aug-19</b>	MARL	Sven Obholzer	18th FINA Masters Champs
	200 Free	2:22.81	<b>14-Apr-22</b>	NAM	Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2022	
	400 Free	5:12.26	<b>14-Apr-22</b>	NAM	Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2022	
	800 Free	11:13.69	<b>14-Apr-22</b>	NAM	Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2022	
	1500 Free	22:20.28	<b>24-Feb-22</b>	SWA	Dentie Louw at BKW Namibia National LC Championships 2022	
	50 Back	34.30	<b>24-Feb-22</b>	SWA	Morné Honiball at BKW Namibia National LC Championships 2022	
	100 Back	1:17.98	<b>24-Feb-22</b>	SWA	Morné Honiball at BKW Namibia National LC Championships 2022	
	50 Breast	35.21	<b>24-Feb-22</b>	MAC	Quinton Delie at BKW Namibia National LC Championships 2022	
	100 Breast	1:22.21	<b>2-Nov-18</b>	DOL	Jurie Badenhorst	BWK LC Gala 2 record set
	200 Breast	3:03.00	<b>26-Jan-19</b>	DOL	Jurie Badenhorst	BWK LC Gala 4 record set
	50 Fly	29.39	<b>9-Oct-21</b>	MAC	Quintin Delie -	BWK LC Gala 1 (Oct '21)
	100 Fly	1:19.00	<b>16-Feb-19</b>	NAM	Jurie Badenhorst	CANA Zone IV record set
	200 Fly	3:14.18	<b>31-Jan-10</b>	DOL	Jan Louis Mostert	LC Gala 3
	200 IM	2:47.87	<b>25-Jan-19</b>	DOL	Jurie Badenhorst	BWK LC Gala 4 Record Set
	400 IM	6:32.54	<b>31-Jan-10</b>	DOL	Jan Louis Mostert	LC Gala 3
	45 & O	50 Free	29.61	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen
100 Free		1:06.36	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs
200 Free		2:35.29	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs
400 Free		5:44.17	<b>16-Feb-19</b>	NAM	Paddy Murphy -	CANA Zone IV
800 Free		11:18.79	<b>20-Mar-19</b>	MARL	Paddy Murphy -	SAMS National Champs '19
1500 Free		23:04.20	<b>25-Jan-19</b>	NSA	Paddy Murphy -	BWK LC Gala 4
50 Back		38.62	<b>23-Nov-18</b>	MARL	Francois van der Westhuizen -	BWK LC Gala 3
100 Back		1:26.88	<b>27-Feb-20</b>	MAC	Johan Bekker -	BKW Namibia National LC Champs '18
50 Breast		36.57	<b>26-Nov-21</b>	MAC	Francois van der Westhuizen at LC Gala 3 (Windhoek) 26 - 27 November 20	
100 Breast		1:23.76	<b>26-Nov-21</b>	MAC	Francois van der Westhuizen at LC Gala 3 (Windhoek) 26 - 27 November 20	
50 Fly		32.88	<b>24-Nov-18</b>	MARL	Gabor Salamon -	BWK LC Gala 3
100 Fly		1:23.04	<b>20-Mar-19</b>	MARL	Gabor Salamon	SAMS Nationa Champs record set
200 IM		3:17.12	<b>23-Nov-18</b>	NSA	Paddy Murphy	BWK LC Gala 3 record set
Open	50 Free	23.04	<b>26-Jul-19</b>	NAM	Alexander Skinner -	18th FINA World Champs '19
	100 Free	50.43	<b>6-Apr-22</b>	NAM	Alexander Skinner at SA National Aquatic SNR-JNR Champ 2022-PE	
	200 Free	1:52.11	<b>6-Apr-22</b>	NAM	Alexander Skinner at SA National Aquatic SNR-JNR Champ 2022-PE	
	400 Free	4:04.84	<b>3-Apr-17</b>	NASU	Phillip Seidler at Sa National Aquatic Championship 2017 Durban	
	800 Free	8:25.48	<b>3-Apr-17</b>	NASU	Phillip Seidler at Sa National Aquatic Championship 2017 Durban	
	1500 Free	16:07.86	<b>23-Apr-18</b>	NASU	Phillip Seidler at Sa National Aquatic Championship 2018-PE	
	50 Back	26.99	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs
	100 Back	57.75	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs
	200 Back	2:05.26	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs	
	50 Breast	28.71	<b>11-Oct-21</b>	NAM	Ronan Wantenaar -	14th African CANA Games - (Oct '21)
	100 Breast	1:03.11	<b>14-Jun-21</b>	NAM	Ronan Wantenaar -	Golden Orlando Swimming Champs - Croatia
	200 Breast	2:21.85	<b>20-Mar-19</b>	NASU	Ronan Z. Wantenaar	SA Junior Championships
	50 Fly	25.77	<b>6-Apr-22</b>	NAM	Alexander Skinner at SA National Aquatic SNR-JNR Champ 2022-PE	
	100 Fly	56.74	<b>4-May-04</b>	MARNM	Günther Streit	
	200 Fly	2:08.88	<b>4-May-04</b>	MARNM	Günther Streit	
	200 IM	2:07.47	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs
	400 IM	4:40.18	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs	
	200 Free Relay	1:37.70	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games A Skinner, L Lamprecht, C Lamprecht, N Fle	
	400 Free Relay	3:41.30	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games C Lamprecht, L Lamprecht, A Skinner, N Fle	
	800 Free Relay	8:05.60	<b>25-Aug-15</b>	NAM	NAM FINA Junior World Champs Flemming, Seidler, Lamprecht, Skinner	
	200 Medley Relay	1:51.67	<b>16-Feb-19</b>	NAM	Namibia	R. Wantenaar, R. Viljoen, C. Le Roux, M. Oosthuizen
	400 Medley Relay	4:09.28	<b>14-Dec-16</b>	NAM	Namibia -	R. Wantenaar, A. Loftie-Eaton, A. Oberholster, D. Nell

## Namibia Swimming Federation - Database

### RECORDS NAM-L

#### LC Meters-Mixed

8 & U	200 Free Relay	2:43.21	<b>31-Jan-20</b>	DOL	Dolphins Swimming Club - A. Naukosho, E. Brinkmann, J. Badenhorst, A. Ba
	200 Medley Relay	3:01.03	<b>15-Nov-19</b>	DOL	Dolphins Relay - A. Naukosho, E. Brinkmann, R. Steyn, A. Badenhorst
9-10	200 Free Relay	2:18.53	<b>28-Jan-22</b>	DOL	Dolphins Relay - A. Badenhorst, C. Meyer, A. Naukosho, R. Steyn
	200 Medley Relay	2:36.03	<b>28-Jan-22</b>	DOL	Dolphins Relay - R. Steyn, C. Meyer, A. Naukosho, A. Badenhorst (LC Gala 4)
10 & U	400 Medley Relay	6:09.36	<b>9-Oct-20</b>	DOL	Dolphins Swimming Club A. Naukosho, E. Jansen, N. Jiao, M. Prinsloo
11-12	200 Free Relay	2:06.43	<b>28-Jan-22</b>	AQUA	Aqua Relay - R. Feris, R. Matyayi, M. Bergh, L. Esterhuizen
	400 Free Relay	4:50.97	<b>21-Nov-05</b>	DOL	Dolphins LC Gala 2 J Senekal, E Jansen, M Geysler, J Langford
	200 Medley Relay	2:25.10	<b>28-Jan-22</b>	AQUA	Aqua Relay - L. Esterhuizen, C. Loubser, R. Matyayi, R. Feris (LC Gala 4)
	400 Medley Relay	5:21.54	<b>11-Oct-21</b>	AQUA	Aqua Relay - M. Bergh, A. Kapapa, E. Nakaleke, L. Esterhuizen
13-14	200 Free Relay	1:55.99	<b>31-Jan-20</b>	DOL	Dolphins Swimming Club Q. Ellis, M. Späth, M. Stange, O. Ohm
	400 Free Relay	4:19.18	<b>21-Nov-05</b>	DOL	Dolphins Record LC gala 2 C Rossouw, O Durand, A Naukosho, R Engelhar
	200 Medley Relay	2:13.46	<b>28-Jan-22</b>	DOL	Dolphins Relay - L. Kinnaird, O. Durand, A. Naukosho, M. Ohm (LC Gala 4)
	400 Medley Relay	4:38.64	<b>16-Feb-19</b>	NAM	Namibia T. Mutumbulua, J. Canjulo, M. Burger, C. Viljoen
15-16	200 Free Relay	1:51.64	<b>28-Jan-22</b>	DOL	Dolphins Relay - R. Engelhard, L. Kinnaird, M. Stange, O. Ohm
	200 Medley Relay	2:10.36	<b>28-Jan-22</b>	DOL	Dolphins Relay - O. Ohm, C. Coetzer, R. Engelhard, M. Stange (LC 4)
17-18	400 Free Relay	4:00.63	<b>11-Oct-21</b>	NAM	Namibia M. Burger, R. Westerduin, T. Mutumbulua, J. Canjul
	200 Medley Relay	1:56.91	<b>23-May-14</b>	NAM	Namibia Relay - Z. Oberholzer, N. Flemming, L. Lamprecht, S. Adela
Open	200 Free Relay	1:50.14	<b>23-May-14</b>	NAM	Namibia A. Roth, K. Schatz, J. Diekmann, A. Skinner
	400 Free Relay	3:54.58	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games A Skinner, K Schatz, S Adelaar, N Flemming
	200 Medley Relay	1:56.91	<b>23-May-14</b>	NAM	Namibia Z. Oberholzer, N. Flemming, L. Lamprecht, S. Adela
	400 Medley Relay	4:17.48	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games Z Oberholzer, A Roth, J Diekmann, N Flemm