

## Namibia Swimming Federation - Database

### RECORDS Nasfed Masters

#### SC Meters-Women

25-44	50 Free	31.09	<b>22-Sep-22</b>	SWA	Ruth Hornickel at Namibia Nationals	
	100 Free	1:10.11	<b>22-Sep-22</b>	SWA	Ruth Hornickel at Namibia Nationals	
	200 Free	2:41.48	<b>4-Nov-22</b>	SWA	Ruth Hornickel at BWK LC-SC Gala 2 (SWA) 04-05 Nov 22	
	400 Free	5:34.32	<b>22-Sep-22</b>	SWA	Ruth Hornickel at Namibia Nationals	
	800 Free	12:15.12	<b>10-Nov-23</b>	SWA	Ruth Hornickel at BW LC-SC Gala 2 (Swa) 10-11 November 2023	
	50 Back	37.86	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021	
	100 Back	1:23.92	<b>22-Sep-22</b>	SWA	Ruth Hornickel at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
	200 Back	3:02.35	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021	
	50 Breast	40.78	<b>27-Sep-18</b>	DOL	Sunel Badenhorst - Namibia SC	
	100 Breast	1:36.70	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals	
	200 Breast	3:23.28	<b>12-May-23</b>	SWA	Ruth Hornickel at NASFED SC Gala 1 (WHK) 12-13 May 2023	
	50 Fly	37.80	<b>22-Sep-22</b>	SWA	Ruth Hornickel at Namibia Nationals	
	100 IM	1:21.32	<b>22-Sep-22</b>	SWA	Ruth Hornickel at Namibia Nationals	
	200 IM	3:01.06	<b>22-Sep-22</b>	DOL	Ruth Hornickel at Namibia Nationals	
	45 & O	50 Free	33.11	<b>5-Nov-21</b>	SWA	Lucy Louw BW LC Gala 2 (SC) Oranjemund
		100 Free	1:12.19	<b>22-Sep-22</b>	DOL	Lena Brinkmann at NAMIBIA NATIONAL CHAMPIONSHIPS 2022
200 Free		2:55.32	<b>5-Nov-21</b>	SWA	Lucy Louw BW LC Gala 2 (SC) Oranjemund	
400 Free		5:45.69	<b>21-Jun-19</b>	MARL	Cheryl Young - SC Gala 2 (Jun '19)	
800 Free		11:59.03	<b>21-Jun-19</b>	MARL	Cheryl Young - SC Gala 2 (Jun '19)	
50 Back		38.66	<b>19-Jul-24</b>	SWA	Lucy Louw at SC Gala 3 (Swakopmund) 19 - 20 July 2024	
100 Back		1:23.44	<b>22-Sep-22</b>	DOL	Lena Brinkmann at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
200 Back		3:10.93	<b>12-Aug-22</b>	SWA	Lucy Louw at NASFED SC GALA 4 (12 - 13 AUG '22)	
50 Breast		44.18	<b>2-Sep-22</b>	MAC	Jane Samson at NASFED SC Gala 5 (02 - 03 SEP) - WHK	
100 Breast		1:33.70	<b>22-Sep-22</b>	DOL	Lena Brinkmann at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
50 Fly		37.82	<b>20-Oct-23</b>	SWA	Lucy Louw at BWK LC Gala 1 (SWA) 20-21 October 2023	
100 IM		1:22.96	<b>22-Sep-22</b>	DOL	Lena Brinkmann at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
200 IM		3:04.56	<b>12-Jul-19</b>	MAC	Cheryl Young at NASU Short Course Gala 3 12-13 July 2019	
400 IM		6:59.56	<b>26-Jan-24</b>	SWA	Lucy Louw at BW LC-SC Gala 4 Swakopmund 26-27 January 2024	

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#### SC Meters-Men

25-44	50 Free	24.88	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NAMIBIA NATIONAL CHAMPIONSHIPS	
	100 Free	58.90	<b>28-Sep-23</b>	AQUA	Lushano P. Lamprecht at NASFED BW SC Nationals 2023	
	200 Free	2:18.61	<b>22-Sep-22</b>	MAC	Jörn Diekmann at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
	400 Free	5:00.00	<b>17-Jun-22</b>	MAC	Jörn Diekmann at NASFED SC Gala 2 (WHK) 17-18 June 2022	
	800 Free	10:23.24	<b>22-Sep-22</b>	MAC	Jörn Diekmann at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
	1500 Free	20:37.62	<b>12-May-23</b>	MAC	Jörn Diekmann at NAFED SC1 Gala (WhK)	
	50 Back	27.69	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NAMIBIA NATIONAL CHAMPIONSHIPS	
	100 Back	59.42	<b>28-Sep-23</b>	AQUA	Lushano P. Lamprecht at NASFED BW SC Nationals 2023	
	200 Back	2:08.71	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NASFED Nationals 2022	
	50 Breast	33.27	<b>23-Sep-21</b>	MAC	Quinton Delie - SC Nationals 2021	
	100 Breast	1:18.98	<b>27-Sep-18</b>	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)	
	200 Breast	2:50.72	<b>27-Sep-18</b>	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)	
	50 Fly	26.81	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NAMIBIA NATIONAL CHAMPIONSHIPS	
	100 Fly	59.65	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NAMIBIA NATIONAL CHAMPIONSHIPS	
	200 Fly	3:23.34	<b>14-Oct-22</b>	SWA	Dentie Louw at BWK LC-SC Gala 1 (SWA) 14-15 October 2022	
	100 IM	1:04.35	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NAMIBIA NATIONAL CHAMPIONSHIPS	
	200 IM	2:17.75	<b>22-Sep-22</b>	AQUA	Lushano P. Lamprecht at NAMIBIA NATIONAL CHAMPIONSHIPS	
	400 IM	6:11.65	<b>19-Jul-24</b>	SWA	Dentie Louw at SC Gala 3 (Swakopmund) 19 - 20 July 2024	
	45 & 0	50 Free	28.64	<b>12-Jul-19</b>	DOL	Alex Skinner at NASU Short Course Gala 3 12-13 July 2019
		100 Free	1:04.74	<b>23-Sep-21</b>	MAC	Francois van der Westhuizen - SC Nationals 2021
200 Free		2:20.07	<b>30-Jan-20</b>	DOL	Alex Skinner at LC/SC Gala 3 (SWakopmund) 31 Jan - 1	
400 Free		5:22.63	<b>5-Oct-12</b>	NSA	Paddy Murphy at NASU SC Gala 4 5 & 6 Oct 2012 (LC g	
800 Free		11:40.56	<b>19-Sep-19</b>	MAC	Paddy Murphy - SC Nationals 2019	
1500 Free		22:02.59	<b>19-Sep-19</b>	MAC	Paddy Murphy - SC Nationals 2019	
50 Back		35.54	<b>30-Jan-20</b>	DOL	Alex Skinner at LC Gala 3 (SWakopmund) 31 Jan - 1 Feb 2020	
100 Back		1:21.59	<b>14-Jun-24</b>	MAC	Morten Scheuermann SC gala 2 2024	
50 Breast		36.75	<b>29-Jul-22</b>	SWA	Francois van der Westhuizen at SC Gala 3 (Windhoek) 29 - 30 Jul	
100 Breast		1:22.86	<b>28-Sep-23</b>	SWA	Francois van der Westhuizen at NASFED BW SC Nationals 2023	
200 Breast		3:06.85	<b>29-Jul-22</b>	SWA	Francois van der Westhuizen at SC Gala 3 (Windhoek) 29 - 30 Ju	
50 Fly		31.15	<b>30-Jan-20</b>	DOL	Alex Skinner at LC Gala 3 (SWakopmund) 31 Jan - 1 Feb 2020	
100 Fly		1:19.78	<b>16-Aug-24</b>	DOL	Alex Skinner at Nasfed BW SC4 (SWA) 16-17 August 2024	
100 IM		1:15.00	<b>12-Jul-19</b>	DOL	Alex Skinner at NASU Short Course Gala 3 12-13 July 2019	
200 IM		3:29.98	<b>28-Sep-23</b>	AQUA	Richard E. Coomer at NASFED BW SC Nationals 2023	