

NASU Swimming Database

RECORDS NAM-L

LC Meters-Women

8 & U	50 Free	36.82	28-Jan-10	NSA	Zuné Weber at Namibian National Championships 2010
	50 Back	43.00	1-Jan-00	TSUNM	Juanita Delaney
	50 Breast	46.00	1-Jan-00	TSUNM	Tesra Broodryk
	50 Fly	42.90	10-Dec-04	NSANM	Christine Briedenhann
	200 IM	3:35.00	15-Dec-04	NSANM	Christine Briedenhann
	200 Free Relay	3:06.70	1-Jan-00	MARNM	Marlins '84
	150 Medley Relay	2:27.81	1-Jan-00	MARNM	Marlins '84
	200 Medley Relay	3:14.43	1-Jan-00	MARNM	Marlins '84
9-10	50 Free	30.89	13-Dec-06	NSANM	Christine Briedenhann
	100 Free	1:07.28	13-Dec-06	NSANM	Christine Briedenhann
	50 Back	37.53	28-Jan-12	NSA	Zune Weber Namibian Nat Championships
	100 Back	1:20.39	28-Aug-09	NSA	Zanré Oberholzer at Gala 1 2009
	50 Breast	41.58	13-Dec-06	NSANM	Christine Briedenhann
	100 Breast	1:32.11	13-Dec-06	NSANM	Christine Briedenhann
	50 Fly	33.96	13-Dec-06	NSANM	Christine Briedenhann
	100 Fly	1:21.18	13-Dec-06	NSANM	Christine Briedenhann
	200 IM	2:52.66	1-Dec-06	NSANM	Christine Briedenhann
	200 Free Relay	2:28.01	19-Mar-04	DOLNM	Dolphins
	200 Medley Relay	2:47.84	19-Apr-93	DOLNM	Dolphins
11-12	50 Free	28.72	1-Dec-08	NSA	Christine Briedenhann 9th Senior African Championships
	100 Free	1:02.08	22-Aug-08	NSA	Christine Briedenhann
	50 Back	33.93	7-Oct-11	NSA	Zanré Oberholzer at Gala 1 and 2 - 7 & 8 October 2011
	100 Back	1:13.03	16-Mar-12	NAMIB	Kiara Schatz at SA Level 3 National Age Group Champs PE 2012
	50 Breast	37.60	1-Jan-00	SWANM	Gwen Currie
	100 Breast	1:22.17	1-Jan-00	SWANM	Gwen Currie
	50 Fly	31.42	1-Dec-11	NAMJR	Sonja Adelaar at 9th Africa Junior Swimming Championships
	100 Fly	1:10.99	1-Dec-11	NAMJR	Sonja Adelaar at 9th Africa Junior Swimming Championships
	200 IM	2:35.27	6-Dec-08	NSA	Christine Briedenhann NTS Champs
	200 Free Relay	2:07.28	11-Mar-05	DOLNM	Dolphins Wahl, Preschel, Adrian, Minders
200 Medley Relay	2:26.89	1-Jan-00	MARNM	Marlins 1988	
12 & U	200 Free	2:18.25	17-Mar-12	NAMIB	Kiara Schatz SA Level 3 Age Group Gala level 3
	400 Free	5:05.73	3-Nov-88	MARNM	Monica Dahl
	800 Free	10:57.71	4-Nov-11	NSA	Zanré Oberholzer at NASU LC Gala 3 & 4
	1500 Free	21:24.20	1-Dec-06	NSANM	Christine Briedenhann
	200 Back	2:38.38	4-Nov-11	NSA	Zanré Oberholzer at NASU LC Gala 3 & 4
	200 Breast	3:03.77	3-Jan-04	SPANM	Daniela Lindemeier
	200 Fly	2:46.92	3-Nov-04	SPANM	Daniela Lindemeier
	400 IM	5:54.32	3-Dec-04	SPANM	Daniela Lindemeier
13-14	50 Free	27.26	13-Sep-10	NSA	Christine M. Briedenhann at 10th African Swimming Championships
	100 Free	1:00.53	13-Sep-10	NAM	Christine M. Briedenhann at 10th African Swimming Championships
	200 Free	2:14.56	8-Dec-12	NAM	Kiara Schatz CANA Zone VI 2012, Lusaka
	400 Free	4:44.71	12-Dec-03	TUKS	Sonja Adelaar SA Level 3 KZN 2013
	800 Free	9:45.33	12-Dec-03	DOLNM	Marike Meyer
	1500 Free	19:02.16	13-Feb-04	DOLNM	Marike Meyer
	50 Back	30.89	25-Apr-13	NAMIB	Zanre Oberholzer CANA Zone III & IV Lusaka
	100 Back	1:05.94	16-Mar-13	NAMIB	Zanre Oberholzer SA Level 3 KZN 2013
	200 Back	2:19.76	19-Mar-13	NAMIB	Zanre Oberholzer SA Level 3 KZN 2013
	50 Breast	35.97	1-Dec-12	NSA	Kiah T. Borg Namibia Nat LC Champs
	100 Breast	1:17.85	8-Dec-12	NAM	Kiah T. Borg CANA Zone VI 2012, Lusaka
	200 Breast	2:48.02	9-Dec-12	NAM	Kaih T Borg CANA Zone VI 2012, Lusaka

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13-14	50 Fly	29.57	13-Sep-10	NSA	Christine M. Briedenhann at 10th African Swimming Championships
	100 Fly	1:07.96	1-Jan-00	MARNM	Monica Dahl
	200 Fly	2:34.91	18-Mar-05	DOLNM	Nadja Sternagel
	200 IM	2:30.50	18-Mar-13	TUKS	Sonja Adelaar SA Level 3 KZN 2013
	400 IM	5:18.56	17-Mar-13	NAMIB	Molina Smalley SA Level 3 KZN 2013
	200 Free Relay	1:57.85	2-Dec-12	NSA	NSA Schatz K Oberholzer Z Adelaar S Borg K
	200 Medley Relay	2:12.62	2-Dec-12	NSA	NSA A Oberholzer Z Borg K Adelaar S Schatz K
	400 Medley Relay	5:13.08	1-Jan-00	NAM	SWA Team 1989
15-16	50 Free	27.25	14-Jun-12	NSA	Christine Briedenhann Bahamas 2012 Nationals
	100 Free	58.53	14-Jun-12	NSA	Christine M. Briedenhann Bahamas 2012 Nationals
	200 Free	2:12.65	1-Jan-00	MARNM	Anita Kruger
	400 Free	4:33.99	1-Jan-00	MARNM	Anita Kruger
	800 Free	9:33.60	23-Aug-06	NSANM	Marike Meyer
	1500 Free	18:34.94	1-Jan-00	MARNM	Anita Kruger
	50 Back	31.98	1-Dec-11	NAMJR	Christine M. Briedenhann at 9th Africa Junior Swimming Championships
	100 Back	1:08.87	1-Jan-00	MARNM	Monica Dahl
	200 Back	2:29.90	14-Dec-05	NSANM	Jonay Briedenhann
	50 Breast	34.53	8-Dec-12	NAM	Christine Briedenhann CANA Zone VI 2012, Lusaka
	100 Breast	1:15.78	12-Oct-08	NAMJU	Daniela Lindemeier Commonwealth Youth Games
	200 Breast	2:41.70	5-Jan-09	MAR	Daniella Lindemeier Zone 4 Youth Games
	50 Fly	29.00	8-Dec-12	NAM	Christine M. Briedenhann CANA Zone VI 2012, Lusaka
	100 Fly	1:06.53	1-Dec-12	NSA	Christine Briedenhann Namibia Nat LC Champs
	200 Fly	2:29.50	1-Jan-00	MARNM	Dorothea Neumeister
	200 IM	2:25.51	14-Jun-12	NSA	Christine Briedenhann Bahamas 2012 Nationals
	400 IM	5:13.70	1-Jan-00	MARNM	Dorothea Neumeister
	200 Free Relay	1:58.78	30-Jan-09	DOL	Dolphins 2009 Minders, Arlove, Wasserfall, Wahl
	400 Free Relay	4:23.64	31-Jan-09	DOL	Dolphins A Wasserfal, Wahl, Arlove, Minders
	800 Free Relay	9:49.27	21-Aug-05	NAM	Namibia Brock,Sternagel,Lumley,Meyer
	200 Medley Relay	2:14.65	1-Feb-09	DOL	Dolphins A Arlove, Wasserfall, Wahl, Minders
	400 Medley Relay	4:59.40	31-Jan-09	DOL	Dolphins A Wasserfal, Wahl, Arlove, Minders
17-18	50 Free	26.95	1-Jan-00	MARNM	Monica Dahl
	100 Free	58.47	1-Jan-00	MARNM	Monica Dahl
	200 Free	2:10.81	1-Jan-00	MARNM	Anita Kruger
	400 Free	4:34.01	1-Jan-00	MARNM	Ilona Schutte
	800 Free	9:25.14	1-Mar-96	MARNM	Anita Kruger
	1500 Free	19:12.78	1-Oct-95	MARNM	Anita Kruger
	50 Back	32.17	1-Jan-00	MARNM	Monica Dahl
	100 Back	1:07.87	1-Jan-00	MARNM	Monica Dahl
	200 Back	2:28.81	20-Mar-12	NAMIB	Kari J. van der Vaart at SA Level 3 National Age Group Champs PE 20
	50 Breast	34.12	25-Jul-09	DOL	Daniela Lindemeier at 13th FINA World Championships
	100 Breast	1:13.82	25-Jul-09	DOL	Daniela Lindemeier at 13th FINA World Championships
	200 Breast	2:39.71	25-Jul-09	DOL	Daniela Lindemeier at 13th FINA World Championships
	50 Fly	29.99	8-Dec-08	NSA	Jonay Briedenhann Zone 6, RSA
	100 Fly	1:04.26	1-Jan-00	MARNM	Monica Dahl
	200 Fly	2:25.92	1-Jan-00	MARNM	Dorothea Neumeister
	200 IM	2:26.94	1-Dec-08	NSA	Jonay Briedenhann 9th Sen African Championships
	400 IM	5:21.89	23-Mar-07	NSANM	Jonay Briedenhann
	200 Free Relay	1:56.98	8-Dec-08	NAM	NAM Team, Zone 6, 2008 Briedenhann,Wahl, Wasserfall, Lindemeier
	400 Free Relay	4:20.65	8-Dec-08	NAM	NAM team, Zone 6, 2008 Briedenhann, Wahl, Wasserfall, Laborn
	800 Free Relay	10:50.93	1-Jan-95	MARNM	Marlins
	200 Medley Relay	2:30.90	1-Jan-00	SWANM	Swakopmund 1974
	400 Medley Relay	4:47.00	1-Jan-00	NAM	NAM team, Zone 6, 2008 Briedenhann, Wahl, Wasserfall, Lindemeier
Open	50 Free	26.76	1-Jul-96	MARNM	Monica Dahl

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Open	Distance	Stroke	Time	Date	Country	Swimmer	Event
	100	Free	57.63	1-Jul-96	MARNM	Monica Dahl	
	200	Free	2:10.78	1-Jan-00	MARNM	Frauke Buecking	
	400	Free	4:33.47	1-Mar-96	MARNM	Anita Kruger	
	800	Free	9:25.14	1-Mar-96	MARNM	Anita Kruger	
	1500	Free	18:34.94	1-Jan-00	MARNM	Anita Kruger	
	50	Back	30.89	25-Apr-13	NAMIB	Zanre Oberholzer	CANA Zone III & IV Lusaka
	100	Back	1:05.94	16-Mar-13	NAMIB	Zanre Oberholzer	SA Level 3 KZN 2013
	200	Back	2:19.76	19-Mar-13	NAMIB	Zanre Oberholzer	SA Level 3 KZN 2013
	50	Breast	33.50	25-Jul-09	NSA	Jonay Briedenhann	FINA World Champs Rome
	100	Breast	1:13.48	17-Apr-12	TUKS	Daniella Lindemeier	SA National Champs Durban 2012
	200	Breast	2:37.19	20-Apr-12	TUKS	Daniella Lindemeier	SA National Champs Durban 2012
	50	Fly	29.00	8-Dec-12	NAM	Christine Briedenhann	CANA Zone VI 2012, Lusaka
	100	Fly	1:04.26	1-Jan-00	MARNM	Monica Dahl	
	200	Fly	2:25.92	1-Jan-00	MARNM	Dorothea Neumeister	
	200	IM	2:23.54	25-Jul-09	NSA	Jonay Briedenhann	FINA World Champs Rome
	400	IM	5:05.80	1-Jan-00	MARNM	Dorothea Neumeister	
	200	Free Relay	1:54.38	1-Jan-00	NAM	Namibia Team 1992	
	400	Free Relay	4:11.33	1-Jan-00	NAM	SWA C.C.Team 1980	
	800	Free Relay	9:08.62	1-Jan-00	NAM	Namibia Team 1992	
	200	Medley Relay	2:07.91	2-Dec-12	NSA	NSA A	Oberholzer Z Lindemeier D Borg K Briedenhann C
	400	Medley Relay	4:39.62	1-Dec-12	NSA	NSA A Team, Oberholzer Z,	Lindemeier D, Schatz Kiara, Briedenhann C

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LC Meters-Men

8 & U	50 Free	36.18	30-Nov-02	NOONM	Hardus Louw	
	50 Back	41.93	1-Jan-00	SWANM	Kyle Owen-Smith	
	50 Breast	47.88	1-Jan-00	SPANM	Francois Saayman	
	50 Fly	42.10	25-Oct-02	NOONM	Hardus Louw	
	200 IM	3:32.27	26-Oct-02	NOONM	Hardus Louw	
	200 Free Relay	2:53.34	1-Jan-00	TIGNM	Windhoek Tigers '86	
	150 Medley Relay	2:35.75	1-Jan-00	SWANM	Swakop '84	
	200 Medley Relay	3:08.92	1-Jan-00	TIGNM	Windhoek Tigers '86	
9-10	50 Free	31.70	1-Jan-00	STPNM	Sean Lubbe	
	100 Free	1:11.57	20-Mar-13	NAMIB	Corne Le Roux	SA Reg Level 2 Champs - WP
	50 Back	37.90	1-Jan-00	KTMNM	Leon v.d.Heever	
	100 Back	1:24.00	1-Jan-00	KTMNM	Leon v.d. Heever	
	50 Breast	41.54	1-Aug-96	MARNM	Mark Horne	
	100 Breast	1:29.44	1-Jan-00	TIGNM	Ricardo Eerenstein	
	50 Fly	35.78	1-Jan-00	SWANM	Markus Koelle	
	100 Fly	1:28.02	25-Jan-13	DOL	Corne Le Roux	NASU LC Gala 3
	200 IM	2:57.06	1-Jan-00	TIGNM	Andre Eerenstein	
	200 Free Relay	2:21.37	29-Jan-11	DOL	Dolphins A	J Rechter, R Rechter, R Rich,DW Oosthuizen
200 Medley Relay	2:38.82	1-Jan-00	NAM	SWA Team '88		
11-12	50 Free	28.29	29-Jan-05	DOLNM	Quinton Delie	
	100 Free	1:03.41	12-Feb-05	DOLNM	Quinton Delie	
	50 Back	34.32	7-Dec-12	NSA	Ronan Wantenaar	NOCASA Sprints 2012
	100 Back	1:15.46	7-Dec-12	NSA	Ronan Wantenaar	NOCASA Sprints 2012
	50 Breast	35.79	1-Aug-96	MARNM	Mark Horne	
	100 Breast	1:17.26	1-Jan-00	TIGNM	Ricardo Eerenstein	
	50 Fly	32.16	1-Jan-00	SWANM	Markus Koelle	
	100 Fly	1:11.77	1-Jan-00	TIGNM	Ricardo Eerenstein	
	200 IM	2:37.96	29-Mar-04	DOLNM	Byron Briedenhann	
	200 Free Relay	2:07.32	2-Dec-12	DOL	Dolphins	Oosthuizen De W Rechter R Loftie-Eaton B Richter R
200 Medley Relay	2:28.56	2-Dec-12	DOL	Dolphins	Richter R Oosthuizen De W Rechter R Loftie-Eaton B	
12 & U	200 Free	2:21.45	3-Nov-03	DOLNM	Quinton Delie	
	400 Free	5:00.39	18-Mar-11	SWA	Philip Seidler at Telkom SA Level 3 National Champs Durban 2011	
	800 Free	10:35.16	5-Dec-03	DOLNM	Byron Briedenhann	
	1500 Free	19:58.63	7-Nov-03	DOLNM	Byron Briedenhann	
	200 Back	2:41.37	27-Apr-12	NAMIB	Dewald Nell	CANA Zone 3&4 Champs Maputo 2012
	200 Breast	2:48.97	18-Mar-92	MARNM	Mark Horn	
	200 Fly	2:41.75	3-Jan-03	DOLNM	Byron Briedenhann	
	400 IM	5:50.29	12-Dec-03	DOLNM	Byron Briedenhann	
13-14	50 Free	25.69	25-Apr-13	NAMIB	Nicolai Flemming	CANA Zone III & IV Lusaka
	100 Free	55.99	17-Mar-13	NAMIB	Nicolai Flemming	SA Level 3 KZN 2013
	200 Free	2:03.43	23-Aug-06	DOLNM	Quinton Delie	
	400 Free	4:23.26	15-Mar-13	NAMIB	Nicolai Flemming	SA Level 3 KZN 2013
	800 Free	9:18.10	1-Mar-07	NSANM	Tristan McDonald	
	1500 Free	18:16.79	29-Mar-04	DOLNM	Stefan van Zijl	
	50 Back	29.16	18-Mar-13	NAMIB	Nicolai Flemming	SA Level 3 KZN 2013 & CANA III & IV Lusaka
	100 Back	1:02.68	16-Mar-13	NAMIB	Nicolai Flemming	SA Level 3 KZN 2013
	200 Back	2:17.06	19-Mar-13	NAMIB	Nicolai Flemming	SA Level 3 KZN 2013
	50 Breast	33.05	1-Mar-07	DOLNM	Abraham Louw	
	100 Breast	1:09.50	1-Jan-00	TIGNM	Ricardo Eerenstein	
	200 Breast	2:29.31	1-Jan-00	TIGNM	Ricardo Eerenstein	

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13-14	50 Fly	28.10	23-Aug-06	DOLNM	Quinton Delie	
	100 Fly	1:01.46	5-Jan-07	DOLNM	Quinton Delie	
	200 Fly	2:19.66	14-Mar-06	DOLNM	Quinton Delie	
	200 IM	2:22.68	23-Aug-06	DOLNM	Quinton Delie	
	400 IM	5:05.01	14-Dec-05	NSANM	Byron Briedenhann	
	200 Free Relay	1:52.80	28-Apr-12	NAMIB	NAMIB 2012 A Skinner, S Rapp, P Seidler, L Lamprecht	
	400 Free Relay	4:09.42	26-Apr-12	NAMIB	NAMIB Rec Set A Skinner, P Seidler, S Rapp, L Lamprecht	
	200 Medley Relay	2:11.67	25-Apr-12	NAMIB	NAMIB 2012 L Lamprecht, P Seidler, S Rapp, A Skinner	
15-16	50 Free	25.47	22-Oct-09	NSA	JP Engelbrecht	8th Junior African Champs
	100 Free	55.35	13-Mar-07	DOLNM	Quinton Delie	Gala 7
	200 Free	2:00.92	8-Dec-08	DOL	Quinton Delie	Zone 6 Youth Games
	400 Free	4:22.22	4-Mar-08	NAMIB ZZ	Tristan McDonald	RSA Level 3
	800 Free	9:16.69	8-Jul-08	NSA	Tristan McDonald	FINA World Youth Champs
	1500 Free	17:16.50	4-Mar-08	NAMIB ZZ	Tristan McDonald	RSA Level 3
	50 Back	29.20	25-Apr-13	NAMIB	Lushano Lamprecht	CANA Zone III & IV Lusaka
	100 Back	1:02.04	26-Apr-13	NAMIB	Lushano Lamprecht	CANA Zone III & IV Lusaka
	200 Back	2:12.86	27-Apr-13	NAMIB	Lushano Lamprecht	CANA Zone III & IV Lusaka
	50 Breast	32.37	4-Mar-08	NAMIB ZZ	Byron Briedenhann	RSA Level 3
	100 Breast	1:10.26	17-Mar-00	MARNM	Mark Horne	
	200 Breast	2:29.94	1-Sep-98	MARNM	Derrick Langford	
	50 Fly	27.07	26-Mar-02	MARNM	Günther Streit	
	100 Fly	59.00	27-Mar-02	MARNM	Günther Streit	
	200 Fly	2:14.38	25-Mar-02	MARNM	Günther Streit	
	200 IM	2:18.97	1-Dec-11	NAMJR	Christiaan P. Lamprecht at 9th Africa Junior Swimming Championships	
	400 IM	4:55.81	1-Jan-00	MARNM	Jurie Badenhorst	
	200 Free Relay	1:49.89	1-Jan-00	NAM	NASU Team 1993	
	400 Free Relay	4:05.08	1-Jan-00	NAM	NASU Team 1993	
	800 Free Relay	9:11.99	1-Jan-00	NAM	Nam Team Afr Jun 98	
	200 Medley Relay	2:02.08	1-Jan-00	MARNM	Marlins 1985	
	400 Medley Relay	4:31.11	1-Jan-00	NAM	NASU Team 1993	
17-18	50 Free	24.35	27-Apr-12	NAMIB	JP Engelbrecht	CANA Zone 3&4 Maputo 2012
	100 Free	53.20	28-Apr-12	NAMIB	JP Engelbrecht	CANA Zone 3&4 Maputo 2012
	200 Free	1:59.18	1-Jan-00	MARNM	Heiko Horn	
	400 Free	4:17.09	1-Jan-00	MARNM	Heiko Horn	
	800 Free	9:11.10	4-Dec-10	DOL	Quinton Delie at NTS Championships 2010	
	1500 Free	17:40.25	1-Jan-00	MARNM	J.von Alvensleben	
	50 Back	28.38	25-Jul-09	NSA	Byron Briedenhann	FINA World Champs Rome
	100 Back	1:00.57	25-Jul-09	NSA	Byron Briedenhann	FINA World Champs Rome
	200 Back	2:14.47	25-Jul-09	NSA	Byron Briedenhann	FINA World Champs Rome
	50 Breast	30.55	25-Jul-09	NSA	Byron Briedenhann	FINA World Champs Rome
	100 Breast	1:07.39	25-Jul-09	NSA	Maximilian Siedentopf at 13th FINA World Championships	
	200 Breast	2:24.70	25-Jul-09	NSA	Maximilian Siedentopf at 13th FINA World Championships	
	50 Fly	25.99	4-May-04	MARNM	Günther Streit	
	100 Fly	56.74	4-May-04	MARNM	Günther Streit	
	200 Fly	2:08.88	4-May-04	MARNM	Günther Streit	
	200 IM	2:10.95	25-Jul-09	NSA	Byron Briedenhann	FINA World Champs Rome
	400 IM	4:53.56	1-Jan-00	MARNM	Jurie Badenhorst	
	200 Free Relay	1:40.21	28-Apr-12	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht
	400 Free Relay	3:44.18	26-Apr-12	NAMIB	F Hentzen, C Lamprecht	M Winkler, JP Engelbrecht
	800 Free Relay	9:36.59	1-Jan-00	SWANM	Swakopmund 1995	
	200 Medley Relay	1:54.46	25-Apr-12	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht
	400 Medley Relay	4:16.89	8-Dec-08	NAM	NAM Team, Zone 6, 2008 McDonald, Siedentopf, Briedenhann, Delie	
Open	50 Free	24.20	16-Sep-12	NAN	JP Engelbrecht	11th Senior Africa Champs 2012

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Open	100 Free	52.61	5-Sep-11	DOL	Quinton Delie at 2011 All Africa Games
	200 Free	1:57.47	16-Jul-11	DOL	Quinton Delie at 14th FINA World Championships
	400 Free	4:13.09	1-Jul-96	MARNM	Heiko Horn
	800 Free	8:59.81	9-Dec-11	NSA	Quinton Delie at NTS Championships 2011
	1500 Free	17:16.50	4-Mar-08	NSA	Tristan McDonald LEVEL 3 RSA
	50 Back	28.38	25-Jul-09	NSA	Byron Briedenhann FINA World Champs Rome
	100 Back	1:00.57	25-Jul-09	NSA	Byron Briedenhann FINA World Champs Rome
	200 Back	2:12.86	27-Apr-13	NAMIB	Lushano Lamprecht CANA Zone III & IV Lusaka
	50 Breast	29.96	1-Sep-98	SPANM	Joerg Lindemeier Commonwealth Games
	100 Breast	1:04.60	1-Sep-98	SPANM	Joerg Lindemeier Commonwealth Games
	200 Breast	2:23.25	1-May-96	MARNM	Joerg Lindemeier Braunschweig
	50 Fly	25.99	4-May-04	MARNM	Günther Streit
	100 Fly	56.74	4-May-04	MARNM	Günther Streit
	200 Fly	2:08.88	4-May-04	MARNM	Günther Streit
	200 IM	2:10.95	25-Jul-09	NSA	Byron Briedenhann FINA World Champs Rome
	400 IM	4:48.24	1-Sep-98	MARNM	Werner Wagner Commonwealth Games
	200 Free Relay	1:40.21	28-Apr-12	NAMIB	C Lamprecht, M Winkler F Hentzen, JP Engelbrecht
	400 Free Relay	3:44.18	26-Apr-12	NAMIB	F Hentzen, C Lamprecht M Winkler, JP Engebrecht
	800 Free Relay	8:23.00	12-Jul-07	NAM	NAM All African Games 2007
	200 Medley Relay	1:54.46	25-Apr-12	NAMIB	C Lamprecht, M Winkler F Hentzen, JP Engelbrecht
	400 Medley Relay	4:12.53	1-Jan-00	NAM	Namibia AllAfrica 95