

NASU Swimming Database

RECORDS Namibia Short Course

SC Meters-Women

8 & U	50 Free	39.84	5-Aug-11	DOL	Heleni Stergiadis	at SC Champs 2011
	50 Back	41.22	9-Sep-11	DOL	Heleni Stergiadis	SC Gala 4
	50 Breast	52.79	1-Jan-00	MAR	Anke Brummund	BEST TIME
	50 Fly	43.97	9-Jul-10	DOL	Jessica Hoeksema	SC Champs 2010
	100 IM	1:36.59	5-Aug-11	DOL	Heleni Stergiadis	Record Set
	200 IM	3:50.66	8-Apr-11	DOL	Heleni Stergiadis	SC Gala 5
9-10	50 Free	32.13	5-Aug-11	NSA	Zune Weber	SC Champs 2011
	100 Free	1:11.69	13-Apr-13	DOL	Heleni Stergiadis	NASU SC Gala 4 2013
	50 Back	36.07	5-Aug-11	NSA	Zune Weber	SC Champs 2011
	100 Back	1:20.63	18-Jul-09	NSA	Zanre Oberholzer	
	50 Breast	40.70	1-Jan-00	MAR	Regine Hoffmann	BEST TIME
	100 Breast	1:37.45	12-Apr-13	DOL	Heleni Stergiadis	NASU SC Gala 4 2013
	50 Fly	38.19	1-Jan-00	MAR	Monica Dahl	BEST TIME
	100 Fly	1:22.87	13-Apr-13	DOL	Heleni Stergiadis	NASU SC Gala 4 2013
	100 IM	1:25.36	19-Sep-09	NSA	Zanre Oberholzer	Rec set
	200 IM	2:56.92	12-Apr-13	DOL	Heleni Stergiadis	NASU SC Gala 4 2013
11-12	50 Free	29.20	18-Jul-08	NSA	Christine Briedenhann	
	100 Free	1:04.26	13-Apr-12	NSA	Kiara Shatz	SC Gala 5
	50 Back	33.28	5-Aug-11	NSA	Zanre Oberholzer	SC Champs 2011
	100 Back	1:12.54	5-Aug-11	NSA	Zanre Oberholzer	SC Champs 2011
	50 Breast	38.76	3-Nov-07	NSA	Christine Briedenhann	
	100 Breast	1:25.44	18-Apr-08	NSA	Christine Briedenhann	
	50 Fly	31.87	18-Jul-08	NSA	Christine Briedenhann	
	100 Fly	1:12.90	5-Aug-11	NSA	Sonja Adelaar	SC Champs 2011
	100 IM	1:14.12	14-Apr-12	NSA	Kiara Schatz	SC Gala 5
	200 IM	2:42.24	18-Apr-08	NSA	Christine Briedenhann	
12 & U	200 Free	2:24.18	20-Oct-07	DOL	Nadine Arlove	
	400 Free	5:11.76	9-Sep-11	NSA	Zanre Oberholzer	Record Set
	800 Free	10:40.10	3-Mar-04	DOL	Alexandra Agenbach	
	1500 Free	24:10.13	9-Jun-12	DOL	Angelika Hass	Record Set SC Gala 1
	200 Back	2:35.30	9-Sep-11	NSA	Zanre Oberholzer	SC GALA 4
	200 Breast	3:04.42	3-Mar-04	SWA	Melany du Toit	
	200 Fly	3:09.65	9-Sep-11	DOL	Sonja Adelaar	SC Gala 4 Record Set
	400 IM	6:08.00	3-Mar-04	DOL	Alexandra Agenbach	
13-14	50 Free	26.82	15-Dec-10	NSA	Christine Briedenhann	10th FINA World Championships, Dubai
	100 Free	58.87	3-Sep-10	NSA	Christine Briedenhann	SC Gala 3&4 2010
	200 Free	2:14.88	11-Aug-12	NSA	Kiara Shatz	SC Gala 3
	400 Free	4:45.73	12-Apr-13	NSA	Zanre Oberholzer	NASU SC Gala 4 2013
	800 Free	9:42.55	13-Apr-13	DOL	Molina Smalley	NASU SC Gala 4 2013
	1500 Free	19:41.26	9-Jun-12	NSA	Zanre Oberholzer	Record Set Gala 1
	50 Back	31.49	5-Oct-12	NSA	Zanre Oberholzer	NASU SC Gala 4 2012
	100 Back	1:07.07	5-Oct-12	NSA	Zanre Oberholzer	NASU SC Gala 4 2012
	200 Back	2:25.02	11-Aug-12	NSA	Zanre Oberholzer	SC Gala 3
	50 Breast	34.85	3-Sep-10	NSA	Michaela Cloete	SC Gala 3&4 2010
	100 Breast	1:16.29	15-Sep-12	NSA	Kiah Borg	C Champs 2012
	200 Breast	2:51.44	11-Aug-12	NSA	Kiah Borg	NASU SC Gala 3
	50 Fly	29.77	14-Sep-12	NSA	Kiah Borg	SC Champs 2012
	100 Fly	1:07.66	16-Sep-12	NSA	Kiara Schatz	SC Champs
	200 Fly	2:33.62	11-Aug-12	NSA	Kiara Schatz	NASU SC GALA 3
	100 IM	1:08.10	15-Dec-10	NSA	Christine Briedenhann	10th FINA World Championships, Dubai

NASU Swimming Database

RECORDS Namibia Short Course

13-14	200 IM	2:28.01	12-Apr-13	DOL	Molina Smalley	NASU SC Gala 4 2013	
	400 IM	5:28.82	11-Aug-12	NSA	Toni Roth	NASU SC GALA 3	
15-16	50 Free	26.74	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 October	
	100 Free	57.95	13-Dec-12	NAM	Christine Briedenhann	11th FINA World Champs, Istanbul	
	200 Free	2:10.89	9-Apr-08	NAM	Christine Minders		
	400 Free	4:38.95	9-Apr-08	NAM	Christine Minders		
	800 Free	9:50.76	16-May-08	DOL	Christine Minders	BEST TIME	
	1500 Free	20:51.73	9-Jun-12	DOL	Silja Hentzen	Record Set SC Gala 1	
	50 Back	30.97	5-Aug-11	NSA	Christine Briedenhann	SC Champs 2011	
	100 Back	1:08.20	13-Apr-13	NSA	Toni Roth	NASU SC Gala 4 2013	
	200 Back	2:29.60	10-Dec-10	DOL	Kari van der Vaart	SCSA Zone VI u20 Youth Games	
	50 Breast	34.61	4-Sep-08	MAR	Daniela Lindemeier		
	100 Breast	1:15.47	4-Sep-08	MAR	Daniela Lindemeier		
	200 Breast	2:40.70	4-Sep-08	MAR	Daniela Lindemeier		
	50 Fly	29.49	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 2012	
	100 Fly	1:06.29	28-Sep-06	NSA	Jonay Briedenhann		
	200 Fly	2:36.97	3-Jan-08	MAR	Daniela Lindemeier	BEST TIME	
	100 IM	1:06.71	13-Dec-12	NAM	Christine Briedenhann	11th FINA World Champs, Istanbul	
	200 IM	2:25.23	11-Nov-05	NSA	Jonay Briedenhann		
	400 IM	5:44.83	11-Jun-10	DOL	Kari vd Vaart	Record Set: SC Gala 1&2	
	17-18	50 Free	27.58	5-Aug-11	DOL	Kari Van Der Vaart	SC Champs 2011
		100 Free	59.39	6-Aug-11	DOL	Kari Van Der Vaart	SC Chamos 2011
200 Free		2:07.53	9-Apr-08	NAM	Jonay Briedenhann	BEST TIME	
400 Free		4:36.07	17-Oct-09	NAM	Christine Minders	FINA World Cup Durban	
50 Back		31.52	18-Jul-08	NSA	Jonay Briedenhann		
100 Back		1:07.10	3-Nov-07	NSA SW	Jonay Briedenhann	BEST TIME	
200 Back		2:36.31	11-Jun-10	DOL	Christine Minders	Record Set: SC Gala 1&2	
50 Breast		33.85	15-Dec-10	NSA	Daniela Lindemeier	10th FINA World Championships	
100 Breast		1:13.44	15-Dec-10	NSA	Daniela Lindemeier	10th FINA World Championships, Dubai	
200 Breast		2:38.36	15-Dec-10	NSA	Daniela Lindemeier	10th FINA World Championships, Dubai	
50 Fly		30.18	3-Nov-07	NSA	Jonay Briedenhann		
100 Fly		1:06.64	18-Jul-08	NSA	Jonay Briedenhann		
100 IM		1:06.60	9-Apr-08	NAM	Jonay Briedenhann		
200 IM		2:20.97	9-Apr-08	NAM	Jonay Briedenhann		
400 IM		5:33.95	8-Jul-11	DOL	Kari van der Vaart		
Open		50 Free	26.74	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 2012
		100 Free	57.95	13-Dec-12	NAM	Christine Briedenhann	11th FINA World Champs, Istanbul
		200 Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann	
	400 Free	4:36.07	17-Oct-09	NAM	Christine Minders	FINA World Cup Durban	
	800 Free	9:50.76	16-May-08	DOL	Christine Minders		
	1500 Free	19:41.26	9-Jun-12	NSA	Zanre Oberholzer	Record Set Gala 1	
	50 Back	30.97	5-Aug-11	NSA	Christine Briedenhann	SC Champs 2011	
	100 Back	1:06.64	18-Jul-09	NSA	Jonay Briedenhann		
	200 Back	2:25.02	11-Aug-12	NSA	Zanre Oberholzer	SC Gala 3	
	50 Breast	33.85	15-Dec-10	NSA	Daniela Lindemeier	10th FINA World Championships, Dubai	
	100 Breast	1:13.23	14-Dec-12	NAM	Daniela Lindemeier	11th FINA World Champs, Istanbul	
	200 Breast	2:35.12	16-Dec-12	NAM	Daniela Lindemeier	11th FINA World Champs, Istanbul	
	50 Fly	26.49	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 2012	
	100 Fly	1:06.29	28-Sep-06	NSA	Jonay Briedenhann		
	200 Fly	2:33.62	11-Aug-12	NSA	Kiara Schatz	SC Gala 3	
	100 IM	1:06.60	9-Apr-08	NSA	Jonay Briedenhann		
	200 IM	2:20.97	9-Apr-08	NSA	Jonay Briedenhann		
	400 IM	5:20.59	4-Jul-09	NSA	Jonay Briedenhann		

NASU Swimming Database

RECORDS Namibia Short Course

Open	200 Free Relay	1:56.57	18-Sep-09	NAM	NAMIBIA 2009 Best time	vd Vaart, Lindemeier, Wahl, Minders
	200 Medley Relay	2:08.44	18-Sep-09	NAM	NAMIBIA 2009 Best time	Minders, Lindemeier, Wasserfall, Wahl

NASU Swimming Database

RECORDS Namibia Short Course

SC Meters-Men

8 & U	50 Free	38.26	13-Apr-13	DOL	Mikhael K Burger	NASU SC Gala 4 2013
	50 Back	46.20	15-Sep-12	DOL	Cameron-Jon Delie	SC Champs 2012
	50 Breast	49.94	17-Jul-09	NSA	Florian Hecht	
	50 Fly	47.44	5-Oct-12	DOL	Charl Malan	NASU SC Gala 4 2012
	100 IM	1:44.41	19-Jul-09	DOL	De Wet Oosthuizen	
	200 IM	3:50.74	12-Apr-13	DOL	Mikhail K Burger	NASU SC Gala 4 2013
	200 Free Relay	3:15.56	18-Sep-09	NAM	NAMIBIA 2009 Best time	Hecht, Le Roux, Loftie-Eaton, Oosthuizen
9-10	50 Free	33.12	5-Oct-12	DOL	Corne Le Roux	NASU SC Gala 4 2012
	100 Free	1:13.31	5-Oct-12	DOL	Corne Le Roux	NASU SC Gala 4 2012
	50 Back	37.95	18-Jul-09	DOL	Sascha Rapp	
	100 Back	1:23.34	18-Jul-09	DOL	Sacha Rapp	
	50 Breast	43.14	5-Aug-11	DOL	De Wet Oosthuizen	Record Set
	100 Breast	1:35.45	15-Sep-12	DOL	Corne Le Roux	SC Champs 2012
	50 Fly	36.31	16-Sep-12	DOL	Corne Le Roux	SC Champs 2012
	100 Fly	1:23.67	14-Sep-11	DOL	Corne Le Roux	SC Champs 2012
	100 IM	1:24.71	5-Aug-11	DOL	De Wet Oosthuizen	SC Champs 2011
	200 IM	3:05.55	5-Oct-12	DOL	Corne Le Roux	NASU SC Gala 4 2012
	200 Free Relay	2:31.69	18-Sep-09	NAM	NAMIBIA 2009 Best time	Cloete, Lampbrecht, Nell, Theissen
	200 Medley Relay	3:04.86	18-Sep-09	NAM	NAMIBIA 2009 Best time	Cloete, Nell, Borg, Theissen
	11-12	50 Free	30.08 *	25-Apr-09	DOL	Jean-Paul Burger
50 Free		30.08 *	10-Apr-10	DOL	Jacques Adelaar	Gala 6
100 Free		1:05.35	1-Jan-00	MAR	Chris Bass	BEST TIME
50 Back		34.22	15-Sep-12	DOL	Ricardo N Richter	SC Champs 2012
100 Back		1:12.69	1-Jan-00	MAR	Chris Bass	BEST TIME
50 Breast		38.24	17-Jul-09	DOL	Wessel Louw	
100 Breast		1:24.30	18-Jul-09	DOL	Wessel Louw	
50 Fly		33.89	5-Aug-11	NSA	Sascha Rapp	Record Set
100 Fly		1:19.60	1-May-03	DOL	Byron Briedenhann	
100 IM		1:16.80	16-Sep-12	DOL	Ricardo N Richter	SC Champs 2012
200 IM		2:41.79	1-Jan-00	MAR	Chris Bass	BEST TIME
200 Medley Relay		2:29.08	18-Sep-09	NAM	NAMIBIA 2009 Best time	Visser, Neumann, Visser, Adelaar
12 & U	200 Free	2:23.21	3-Jul-93	MAR	Chris Bass	BEST TIME
	400 Free	4:58.45	3-Jul-93	MAR	Chris Bass	BEST TIME
	800 Free	11:12.56	13-Apr-13	DOL	Barend Lofty-Eaton	NASU SC Gala 4 2013
	1500 Free	21:39.86	11-Jun-10	NSA	Lushano Lamprecht	Record Set: SC Gala 1&2
	200 Back	2:32.22	3-Jul-93	MAR	Chris Bass	BEST TIME
	200 Breast	3:07.80	11-Dec-03	DOL	Byron Briedenhann	
	200 Fly	2:49.60	11-Dec-03	DOL	Byron Briedenhann	
	400 IM	5:55.50	12-Dec-03	DOL	Byron Briedenhann	
13-14	50 Free	25.90	12-Apr-13	NSA	Nicolai Flemming	NASU SC Gala 4 2013
	100 Free	57.51	13-Apr-13	NSA	Nicolai Flemming	NASU SC Gala 4 2013
	200 Free	2:07.55	13-Jul-12	NSA	Lushano Lamprecht	NASU SC Gala 2
	400 Free	4:31.13	12-Apr-13	NSA	Nicolai Flemming	NASU SC Gala 4 2013
	800 Free	9:12.22	13-Apr-13	NSA	Nicolai Flemming	NASU SC Gala 4 2013
	1500 Free	18:30.06	9-Jun-12	NSA	Lushano Lamprecht	SC Gala 1
	50 Back	29.68	15-Sep-12	NSA	Nicolai Flemming	SC Champs 2012
	100 Back	1:04.22	11-Aug-12	NSA	Lushano Lamprecht	SC Gala 3
	200 Back	2:20.32	8-Jun-12	NSA	Lushano Lamprecht	SC GALA 1
	50 Breast	34.40	14-Sep-12	DOL	Arthur B. Lofty-Eaton	SC Champs 2012
	100 Breast	1:13.08	8-Sep-05	NSA	Byron Briedenhann	

NASU Swimming Database

RECORDS Namibia Short Course

13-14	200 Breast	2:33.84	8-Sep-05	NSA	Byron Briedenhann		
	50 Fly	29.34	27-Aug-05	NSA	Byron Briedenhann		
	100 Fly	1:03.52	8-Sep-05	NSA	Byron Briedenhann		
	200 Fly	2:41.53	3-Jan-08	NAM	JP Engelbrecht		
	100 IM	1:06.08	8-Sep-05	NSA	Byron Briedenhann		
	200 IM	2:20.60	8-Sep-05	NSA	Byron Briedenhann		
	400 IM	5:11.72	11-Aug-12	NSA	Lushano Lamprecht	SC Gala 3	
15-16	50 Free	25.07	3-Jan-08	DOL	Quinton Delie		
	100 Free	54.48	18-Jul-08	DOL	Quinton Delie		
	200 Free	2:00.78	4-Sep-08	DOL	Quinton Delie		
	400 Free	4:22.60	12-Apr-13	NSA	Lushano Lamprecht	NASU SC Gala 4 2013	
	800 Free	9:07.21	13-Apr-13	NSA	Lushano Lamprecht	NASU SC Gala 4 2013	
	1500 Free	18:24.02	9-Jun-12	NSA	Jorn Diekmann	SC Gala 1	
	50 Back	28.58	18-Jul-08	DOL	Quinton Delie		
	100 Back	1:01.80	13-Apr-13	NSA	Lushano Lamprecht	NASU SC Gala 4 2013	
	200 Back	2:15.14	9-Sep-11	NSA	Christiaan Lamprecht	SC GALA 4	
	50 Breast	31.75	3-Nov-07	NSA	Byron Briedenhann		
	100 Breast	1:09.47	24-Nov-08	NSA	Max Siedentopf		
	200 Breast	2:34.22	16-Nov-06	MAR	Maximilian Siedentopf		
	50 Fly	27.46	1-Dec-07	NSA	Byron Briedenhann		
	100 Fly	59.90	18-Jul-08	NSA	Byron Briedenhann		
	200 Fly	2:16.95	4-Sep-08	DOL	Quinton Delie	BEST TIME	
	100 IM	1:02.17	4-Sep-08	DOL	Quinton Delie		
	200 IM	2:16.61	24-Nov-07	NSA	Byron Briedenhann		
	400 IM	5:06.29	9-Sep-11	NSA	Christiaan Lamprecht	SC GALA 4	
	200 Free Relay	1:47.10	18-Sep-09	NAM	NAMIBIA 2009 Best time	Mudge, Van Wyk, Leitner, Engelbrecht	
	200 Medley Relay	2:01.76	18-Sep-09	NAM	NAMIBIA 2009 Best time	Leitner, Van Wyk, Mudge, Engelbrecht	
	17-18	50 Free	24.01	5-Aug-11	NSA	JP Engelbrecht	SC Champs 2011
		100 Free	52.03	15-Dec-10	DOL	Quinton Delie	10th FINA World Championships, Dubai
		200 Free	1:54.58	17-Oct-09	NAM	Quinton Delie	FINA World Cup Durban
		400 Free	4:25.57	5-Oct-12	NSA	Cristiaan Lamprecht	SC Gala 4 (5&6)
		800 Free	9:16.43	14-Apr-12	DOL	Florian Hentzen	SC Gala 5
1500 Free		17:31.00	30-Jan-10	NSA	Maximilian Siedentopf	Best time: Spandau Langestrecke Gala	
50 Back		28.10	18-Jul-09	NSA	Byron Briedenhann		
100 Back		58.20	17-Oct-09	NAM	Quinton Delie	FINA World Cup Durban	
200 Back		2:15.97	8-Jun-12	NSA	Christiaan Lamprecht	SC Gala 1	
50 Breast		30.72	6-Jun-09	NSA	Maximilian Siedentopf		
100 Breast		1:06.61	18-Jul-09	NSA	Maximilian Siedentopf		
200 Breast		2:26.01	4-Jul-09	NSA	Maximilian Siedentopf	SC Gala 4	
50 Fly		26.70	18-Jul-09	NSA	Byron Briedenhann		
100 Fly		57.48	15-Dec-10	DOL	Quinton Delie	10th FINA World Championships, Dubai	
200 Fly		2:11.20	7-Aug-09	DOL	Quinton Delie		
100 IM		58.50	17-Oct-09	NAM	Quinton Delie	FINA World Cup Durban	
200 IM		2:09.59	17-Oct-09	NAM	Quinton Delie	FINA World Cup Durban	
400 IM		4:55.80	4-Jul-09	NSA	Maximilian Siedentopf	Record Set	
200 Free Relay		1:43.30	10-Dec-10	NAM	Zone 6 2010 BEST TIME	Niemann Kulikowski Mudge Engelbrecht	
400 Free Relay		3:48.79	10-Dec-10	NAM	Zone 6 2010 BEST TIME	Niemann Kulikowski Mudge Engelbrecht	
400 Medley Relay		4:20.32	10-Dec-10	NAM	Zone 6 2010 BEST TIME	Engelbrecht Kulikowski Mudge Niemann	
Open		50 Free	23.31	13-Dec-12	NAM	JP Engelbrecht	11th FINA World Champs, Istanbul
		100 Free	51.29	6-Aug-11	DOL	Quinton Delie	Telkom SA Short Course
		200 Free	1:52.87	6-Aug-11	DOL	Quinton Delie	Telkom SA Short Course Champs
		400 Free	4:09.26	18-Aug-12	TUKS	Quinton Delie	SA SC Swimming Champs 2012
	800 Free	9:00.27	6-Aug-11	DOL	Quinton Delie	Telkom SA Short Course Champs	

NASU Swimming Database

RECORDS Namibia Short Course

Open	1500 Free	17:31.00	30-Jan-10	NSA	Maximillian Siedentopf	Record Set: Spandau Langestrecke Gala
	50 Back	27.35	6-Aug-11	DOL	Quinton Delie	Telkom SA Short Course Champs
	100 Back	58.20	17-Oct-09	NAM	Quinton Delie	FINA World Cup Durban
	200 Back	2:15.14	9-Sep-11	NSA	Christiaan Lamprecht	SC GALA 4
	50 Breast	30.37	1-Jan-00	MAR	Werner Wagner	
	100 Breast	1:05.79	1-Jan-00	MAR	Werner Wagner	
	200 Breast	2:21.54	15-Dec-10	NSA	Maximilian Siedentopf	10th FINA World Championships, Dubai
	50 Fly	26.49	28-Sep-06	MAR	Alex Ray	
	100 Fly	57.32	17-Aug-12	TUKS	Quinton Delie	SA SC Swimming Champs 2012
	200 Fly	2:10.82	6-Aug-11	DOL	Quinton Delie	Telkom SA Short Course Champs
	100 IM	58.50	17-Oct-09	NAM	Quinton Delie	FINA World Cup Durban
	200 IM	2:08.38	19-Aug-12	TUKS	Quinton Delie	SA SC Swimming Champs 2012
	400 IM	4:55.80	4-Jul-09	NSA	Maximilian Siedentopf	Record set
	200 Free Relay	1:42.86	18-Sep-09		NAMIBIA 2009 Best time	Briedenhann, Van Zijl, Van Wyk, Ray
	200 Medley Relay	1:54.58	18-Sep-09	NAM	NAMIBIA 2009 Best time	Briedenhann, Ray, Van Zijl, Van Wyk