

South African Masters Swimming

Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09
 Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
Men 19-24 50 Free							
1	27.92 L	F	Bouwer, Shaun	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
2	28.51 L	F	von Hoesslin, Jarryd	22	UNAT	2009-01-24	WPMSA (Cape Town) @ UWC
3	29.58 L	F	Nieuwstad, Craig	21	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC
4	31.48 L	F	du Plessis, Tiaan	24	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
Men 19-24 100 Free							
1	1:02.58 L	F	Bouwer, Shaun	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
2	1:04.19 L	F	von Hoesslin, Jarryd	22	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
3	1:04.34 L	F	Nieuwstad, Craig	21	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC
4	1:08.13 L	F	du Plessis, Tiaan	24	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
5	1:18.35 L	F	Thompson, Hendrik	21	COEL NT	2009-01-10	GMS (Orphan Annie) @ Delville
Men 19-24 200 Free							
1	2:24.61 L	F	Bouwer, Shaun	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
2	2:30.87 L	F	Thompson, Hendrik	20	COEL NT	2008-11-08	TMS Interregional @ Hillcrest
3	2:31.35 L	F	Nieuwstad, Craig	21	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
Men 19-24 400 Free							
1	5:13.21 L	F	Bouwer, Shaun	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
2	5:20.87 L	F	Thompson, Hendrik	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
Men 19-24 800 Free							
1	11:12.54 L	F	Thompson, Hendrik	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
Men 19-24 1500 Free							
1	22:43.03 L	F	Thompson, Hendrik	20	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
Men 19-24 50 Back							
1	33.31 L	F	Bouwer, Shaun	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
2	38.00 L	F	du Plessis, Tiaan	24	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford
Men 19-24 100 Back							
1	1:13.32 L	F	Bouwer, Shaun	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
2	1:21.48 L	F	du Plessis, Tiaan	24	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
3	1:23.30 L	F	Thompson, Hendrik	21	COEL NT	2009-02-28	GMS Interregional @ Ellis Park
Men 19-24 200 Back							
1	2:49.64 L	F	Thompson, Hendrik	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
Men 19-24 50 Breast							
1	33.23 L	F	van Rooijen, Reinhard	19	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	35.44 L	F	von Hoesslin, Jarryd	22	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
3	36.35 L	F	Nieuwstad, Craig	21	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC
Men 19-24 100 Breast							
1	1:16.51 L	F	van Rooijen, Reinhard	19	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	1:21.40 L	F	Nieuwstad, Craig	21	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC
3	1:22.12 L	F	von Hoesslin, Jarryd	22	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
4	1:43.19 L	F	Thompson, Hendrik	21	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
Men 19-24 200 Breast							
1	3:03.97 L	F	Nieuwstad, Craig	21	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
Men 19-24 50 Fly							
1	32.41 L	F	Bouwer, Shaun	21	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
2	35.72 L	F	Thompson, Hendrik	20	COEL NT	2008-11-08	TMS Interregional @ Hillcrest
Men 19-24 100 Fly							
1	1:20.93 L	F	Thompson, Hendrik	21	COEL NT	2009-02-28	GMS Interregional @ Ellis Park
Men 19-24 200 Fly							
1	3:06.74 L	F	Thompson, Hendrik	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond
Men 19-24 200 IM							
1	2:44.32 L	F	Thompson, Hendrik	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
Men 19-24 400 IM									
1	6:08.26 L	F	Thompson, Hendrik	21	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond		