

## South African Masters Swimming 2007-2008 Season

### Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Women 19-24 50 Free</b>								
1	30.54 L	F	Verryn, Sandra	20	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
2	31.05 L	F	Liebenberg, Lindi	23	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	31.60 L	F	Steenkamp, Aletta	22	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 100 Free</b>								
1	1:07.31 L	F	Verryn, Sandra	20	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
2	1:10.72 L	F	Liebenberg, Lindi	23	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	1:13.57 L	F	Steenkamp, Aletta	22	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
4	1:17.11 L	F	de Pierres, Bonita	24	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:22.78 L	F	Lambrechts, Elize	19	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
<b>Women 19-24 200 Free</b>								
1	2:36.10 L	F	Steenkamp, Aletta	22	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
2	2:41.53 L	F	Liebenberg, Lindi	23	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	2:55.87 L	F	Lambrechts, Elize	19	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
<b>Women 19-24 400 Free</b>								
1	5:29.94 L	F	Steenkamp, Aletta	22	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	6:15.28 L	F	Lambrechts, Elize	19	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
<b>Women 19-24 800 Free</b>								
1	12:49.31 L	F	Lambrechts, Elize	19	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
<b>Women 19-24 1500 Free</b>								
1	24:12.09 L	F	Lambrechts, Elize	19	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
<b>Women 19-24 50 Back</b>								
1	35.47 L	F	Liebenberg, Lindi	23	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	36.63 L	F	Verryn, Sandra	20	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
3	48.65 L	F	Steenkamp, Aletta	22	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
<b>Women 19-24 100 Back</b>								
1	1:17.55 L	F	Liebenberg, Lindi	23	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 200 Back</b>								
1	3:02.98 L	F	Liebenberg, Lindi	23	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 50 Breast</b>								
1	38.50 L	F	Steenkamp, Aletta	22	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 100 Breast</b>								
1	1:25.25 L	F	Steenkamp, Aletta	22	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 200 Breast</b>								
1	3:12.00 L	F	Steenkamp, Aletta	22	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 50 Fly</b>								
1	31.83 L	F	Verryn, Sandra	20	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
2	32.63 L	F	Steenkamp, Aletta	22	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 100 Fly</b>								
1	1:15.40 L	F	Verryn, Sandra	20	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Women 19-24 200 IM</b>								
1	2:51.17 L	F	Verryn, Sandra	20	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	