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 Londo
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 Londo
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 Londo
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 Londo
2	5:20.87	L	F	Thompson, Hendrik	21	COEL	NT	2009-03-11	SAMS 25th LC Champs @ East Londo
Men 19-24 800 Free									
1	11:12.54	L	F	Thompson, Hendrik	21	COEL	NT	2009-03-11	SAMS 25th LC Champs @ East Londo
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 Londo
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 Londo
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 Londo
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 Londo
Men 19-24 200 IM									
1	2:44.32	L	F	Thompson, Hendrik	21	COEL	NT	2009-03-11	SAMS 25th LC Champs @ East Londo

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	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 Londo