

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				
Women 75-79 50 Free								
1	52.11 L	F	Grobler, Vilma	76	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:15.56 L	F	du Plooy, Christie	78	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 100 Free								
1	1:59.48 L	F	Grobler, Vilma	76	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	3:07.32 L	F	du Plooy, Christie	78	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 200 Free								
1	4:24.61 L	F	Grobler, Vilma	76	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 400 Free								
1	9:38.65 L	F	Grobler, Vilma	76	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 800 Free								
1	20:20.07 L	F	Grobler, Vilma	76	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 1500 Free								
1	41:36.00 L	F	Grobler, Vilma	75	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Women 75-79 50 Back								
1	1:18.03 L	F	Grobler, Vilma	76	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	1:19.52 L	F	Wallace, Greta	76	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
3	1:21.30 L	F	du Plooy, Christie	78	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 100 Back								
1	3:01.00 L	F	du Plooy, Christie	78	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 50 Breast								
1	1:15.90 L	F	Wallace, Greta	76	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
2	1:36.22 L	F	du Plooy, Christie	78	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 75-79 100 Breast								
1	3:46.06 L	F	du Plooy, Christie	78	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	