

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 19-24 50 Free							
1	30.86 L	F Skinner, Tazlin	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	31.71 L	F Steenkamp, Aletta	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	32.45 L	F Breetzke, Nicola	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 100 Free							
1	1:14.57 L	F Verryn, Sandra	20	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
2	1:18.94 L	F Lambrechts, Elize	20	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 19-24 200 Free							
1	2:22.85 L	F Stanford, Tarryn	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	2:39.22 L	F Skinner, Tazlin	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	2:47.78 L	F Lambrechts, Elize	19	SWAH NT	2008-11-08	TMS Interregional @ Hillcrest	
4	2:58.77 L	F Breetzke, Nicola	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 400 Free							
1	4:58.87 L	F Stanford, Tarryn	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	6:02.20 L	F Lambrechts, Elize	20	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 19-24 800 Free							
1	10:17.34 L	F Stanford, Tarryn	23	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
2	12:17.00 L	F Lambrechts, Elize	20	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	13:20.15 L	F Breetzke, Nicola	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 1500 Free							
1	20:00.47 L	F Stanford, Tarryn	23	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
2	23:11.81 L	F Lambrechts, Elize	20	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	23:28.00 L	F Verryn, Sandra	20	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Women 19-24 50 Back							
1	34.96 L	F Stanford, Tarryn	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 100 Back							
1	1:14.53 L	F Stanford, Tarryn	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 200 Back							
1	2:39.56 L	F Stanford, Tarryn	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	3:04.00 L	F Verryn, Sandra	21	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 19-24 50 Breast							
1	38.87 L	F Steenkamp, Aletta	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	44.27 L	F Breetzke, Nicola	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	44.32 L	F Verryn, Sandra	20	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
4	52.68 L	F Townsend, Kirsty	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 100 Breast							
1	1:25.87 L	F Steenkamp, Aletta	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:48.50 L	F Lambrechts, Elize	20	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	1:54.85 L	F Townsend, Kirsty	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 200 Breast							
1	3:11.35 L	F Steenkamp, Aletta	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	4:10.82 L	F Townsend, Kirsty	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 19-24 50 Fly							
1	32.46 L	F Skinner, Tazlin	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	33.33 L	F Steenkamp, Aletta	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	33.50 L	F Stanford, Tarryn	23	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
4	34.47 L	F Verryn, Sandra	21	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 19-24 100 Fly							
1	1:19.47 L	F Skinner, Tazlin	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:21.28 L	F Verryn, Sandra	20	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Women 19-24 200 Fly							
1	3:18.16 L	F Skinner, Tazlin	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	

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	Time	P/F/S	Name	Age/Yr				
Women 19-24 200 IM								
1	2:52.93 L	F	Steenkamp, Aletta	23	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	2:56.23 L	F	Skinner, Tazlin	20	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	3:22.46 L	F	Lambrechts, Elize	20	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	