

## Namibia Swimming Federation - Database

### Individual Records Report for NASFED-S

**NASFED BW SC Nationals 2024 26-Sep-24 to 29-Sep-24 SC Meters**

#### Men 13-14 800 Free

**9:10.04**     **Oliver B. Durand at SC Gala 3 (Windhoek) 29 - 30 July 2022**     **29/07/2022**     **DOL**

9:09.85 \*\*     Naan Jiao at NASFED BW SC Nationals 2024     26/09/2024     DOL

#### Men 13-14 1500 Free

**17:55.76**     **Naan Jiao at SC Gala 3 (Windhoek) 19 - 20 July 2024**     **19/07/2024**     **DOL**

17:34.72 \*\*     Naan Jiao at NASFED BW SC Nationals 2024     26/09/2024     DOL

#### Women 9-10 400 Free Relay

**5:46.95**     **Dolphins Swimming Club**     **28/09/2023**     **DOL**  
**S. Glen-Spyron, J. Oudshoorn, K. Dippenaar, X. Hua**

5:40.27 \*\*     Dolphins Swimming Club     26/09/2024     DOL  
 J. Oudshoorn, S. Husselmann, Y. Guo, S. Glen-Spyro

#### Men 9-10 400 Free Relay

**5:05.15**     **Dolphins Swimming Club**     **28/09/2023**     **DOL**  
**A. Diehl, D. Badenhorst, D. Cowley, P. Durand**

4:52.96 \*\*     Dolphins Swimming Club     26/09/2024     DOL  
 D. Badenhorst, G. Huang, J. Coetzee, P. Durand

#### Women 15-16 400 Free Relay

**4:07.49**     **Aqua Swimming and Fitness Club**     **28/09/2023**     **AQUA**  
**J. Humphrey, S. Rey, Q. Benade, R. Westerduin**

4:06.02 \*\*     Aqua Swimming and Fitness Club     26/09/2024     AQUA  
 Q. Benade, A. Kapapa, M. Bergh, J. Humphrey

#### Mixed 15-16 400 Medley Relay

**4:21.21**     **Dolphins Swimming Club**     **28/09/2023**     **DOL**  
**M. Brinkmann, O. Durand, R. Engelhard, A. Naukosho**

4:17.25 \*\*     Aqua Swimming and Fitness Club     26/09/2024     AQUA  
 J. Humphrey, A. Kapapa, L. Esterhuizen, L. Beukes