

Namibia Swimming Federation - Database

Individual Records Report for NAS-Mas-S

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

Women 45 & Over 50 Back

38.66 Lucy Louw at SC Gala 3 (Swakopmund) 19 - 20 July 2024 **19/07/2024** **SWA**

38.08 ** Lucy Louw at NASFED BW SC Nationals 2024 26/09/2024 SWA

Women 45 & Over 200 Back

3:10.93 Lucy Louw at NASFED SC GALA 4 (12 - 13 AUG 12/08/2022) **SWA**
'22)

3:07.24 ** Lucy Louw at NASFED BW SC Nationals 2024 26/09/2024 SWA

Men 25-44 400 IM

6:11.65 Dentie Louw at SC Gala 3 (Swakopmund) 19 - 20 July 2024 **19/07/2024** **SWA**

6:02.78 ** Dentie Louw at NASFED BW SC Nationals 2024 26/09/2024 SWA

Men 45 & Over 100 Fly

1:19.78 Alex Skinner at Nasfed BW SC4 (SWA) 16-17 August 2024 **16/08/2024** **DOL**

1:17.92 ** Alex Skinner at NASFED BW SC Nationals 2024 26/09/2024 DOL

Men 45 & Over 200 IM

3:29.98 Richard E. Coomer at NASFED BW SC Nationals 2023 **28/09/2023** **AQUA**

3:26.23 ** Richard E. Coomer at NASFED BW SC Nationals 2024 26/09/2024 AQUA