



15, , 200m

(14-15)

24.				06.04.2012	III							3:10.54	III	287
	50m:	45.20	45.20	100m:	1:39.27	54.07	150m:	2:30.66	51.39	200m:	3:10.54	39.88		
25.				28.07.2012	III	"	"					3:11.02	III	284
	50m:	42.54	42.54	100m:	1:28.05	45.51	150m:	2:24.28	56.23	200m:	3:11.02	46.74		
26.				12.01.2012	III	Swim Team						3:14.16	III	271
	50m:	43.63	43.63	100m:	1:34.87	51.24	150m:	2:30.10	55.23	200m:	3:14.16	44.06		
27.				24.12.2011	III	Swim Team						3:19.08	III	251
	50m:	41.57	41.57	100m:	1:32.57	51.00	150m:	2:32.59	1:00.02	200m:	3:19.08	46.49		
28.				04.10.2011	I	Bionica Swim KZN						3:34.60	I	200
	50m:	42.09	42.09	100m:	1:36.55	54.46	150m:	2:41.30	1:04.75	200m:	3:34.60	53.30		
DSQ				01.11.2012	II	2 "	"						II	

(16-18)

1.				20.12.2010		"	"					2:25.35		646
	50m:	32.09	32.09	100m:	1:09.56	37.47	150m:	1:51.52	41.96	200m:	2:25.35	33.83		
2.				06.08.2008								2:28.54		606
	50m:	31.85	31.85	100m:	1:11.47	39.62	150m:	1:55.89	44.42	200m:	2:28.54	32.65		
3.				22.04.2010		.	.	.				2:31.93		566
	50m:	31.04	31.04	100m:	1:10.78	39.74	150m:	1:56.99	46.21	200m:	2:31.93	34.94		
4.				18.10.2008		.	.	.				2:32.12		564
	50m:	34.20	34.20	100m:	1:13.84	39.64	150m:	1:55.96	42.12	200m:	2:32.12	36.16		
5.				18.10.2009		"	"	-				2:33.10		553
	50m:	32.74	32.74	100m:	1:16.22	43.48	150m:	1:58.77	42.55	200m:	2:33.10	34.33		
6.				30.10.2010		"	"					2:48.41	II	415
	50m:	33.77	33.77	100m:	1:16.02	42.25	150m:	2:07.66	51.64	200m:	2:48.41	40.75		
7.				25.08.2010	I	"	"					2:49.95	II	404
	50m:	33.76	33.76	100m:	1:17.07	43.31	150m:	2:07.64	50.57	200m:	2:49.95	42.31		
8.				29.12.2010	II	"	"					2:50.75	II	398
	50m:	34.51	34.51	100m:	1:18.13	43.62	150m:	2:12.66	54.53	200m:	2:50.75	38.09		
9.				24.03.2010	II	Swim Team						3:16.18	III	263
	50m:	42.75	42.75	100m:	1:38.29	55.54	150m:	2:36.08	57.79	200m:	3:16.18	40.10		
DSQ				25.07.2008		"	"						I	