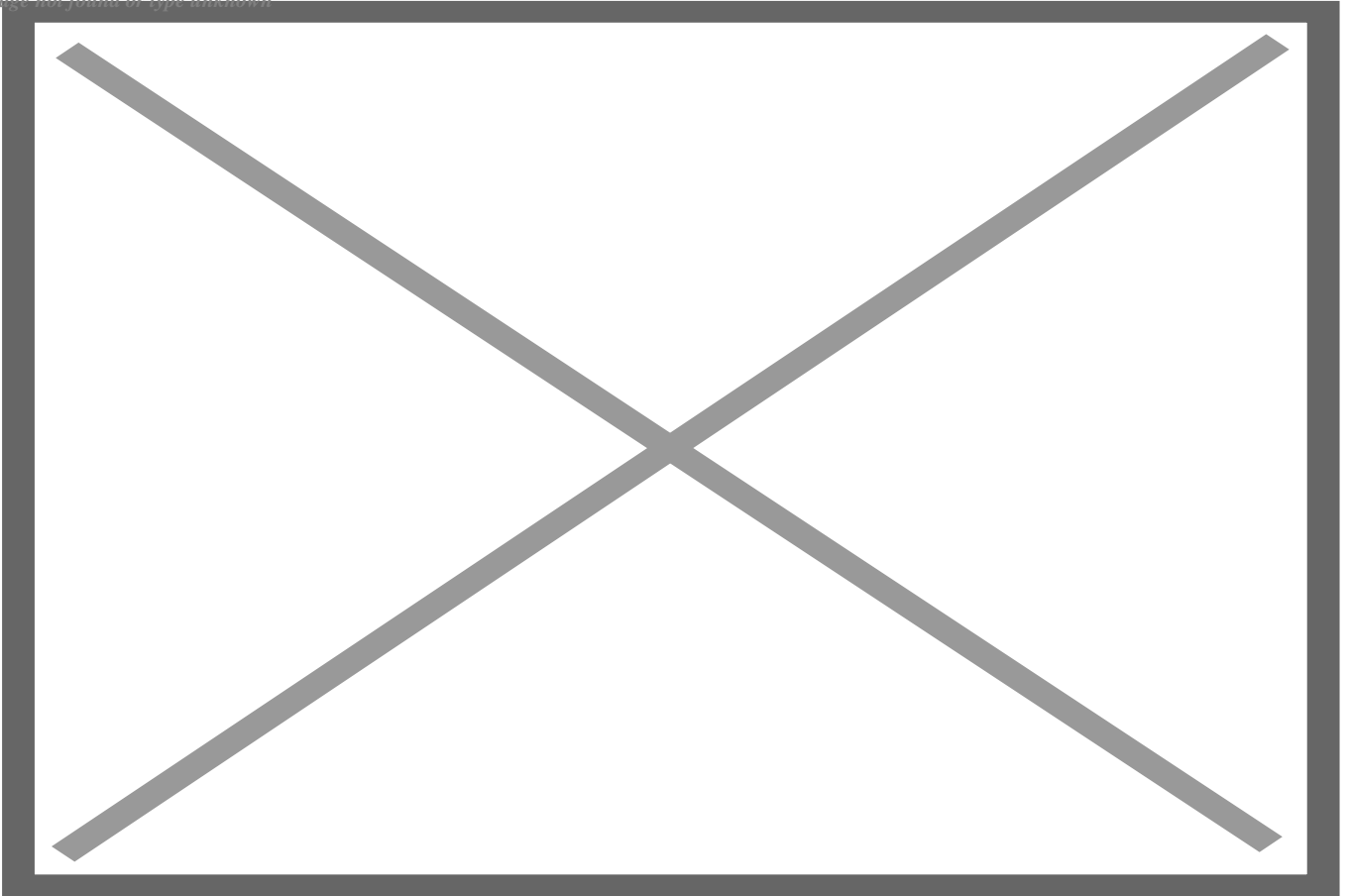


# *Jhoen Lefont broke his own world record today*

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**Johen Lefont**

Havana, Nov 14 (ACN) World record holder Jhoen Lefont achieved today another world record by keeping a ball over his head for a time of 8:30:66 hours, with a weight of five kilograms around his waist while floating in the waters of the Baragua Swimming Pool Complex, located east of Havana.

Owner of 10 records of ball control approved by Guinness World Records, Lefont dedicated his fourth world record of the year 2024 to the 505th anniversary of the founding of Havana, which will be celebrated this November 16.

The native of the province of Matanzas, broke his own record set in November 2023, when he remained with the ball on his head for 7:02.10 hours and with the same weight attached to his waist.

"In the initial part of the test I was moving too much; but after the fourth minute I began to stabilize and I knew I was going to make it, I am very happy," said the former polo player in exclusive statements to the Cuban News Agency (ACN).

With the world record, watched over by international referees from the FIFA and World Aquatics sports federations, Lefont concludes his attempts in 2024; by next January he plans to leave behind his Guinness record of 23 minutes and two seconds leaving the ball on his head while floating in a pool.

In September 2024, the 37-year-old athlete set a double world record in ball control as part of the III Gran Retto Cuba Open Water Crossing in the popular beach resort of Varadero, in the province of Matanzas.

The world record holder hit a ball 170 times with his head in a swimming pool in just one minute and in the waters of Varadero he covered 750 meters keeping the ball in balance also on his head.

The matancero conquered his first universal record in 2010, currently holds nearly twenty global records in modalities of balance with displacement and static, repetitions of hitting the ball, as well as in distance travel with the ball on the head.

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<https://www.radiohc.cu/index.php/en/noticias/deportes/369728-jhoen-lefont-broke-his-own-world-record-today>



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