| Heren |  |  |  | Pnt. |  | Vorig persoonlijk record |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| HENDRIKS, Julian - 2006 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 7. | 41.48 | 116 | 25m | 48.64 | 137.5\% | 3 mrt 2019 |
| 50m schoolslag | series | 8. | 1:15.32 | 37 | 25m | 1:32.80 | 151.8\% | 6 okt 2019 |
| HUNTER, Alex-2002 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 1. | 25.99 | 473 | 25m | 26.07 | 100.6\% | 20 okt 2019 |
| 50m schoolslag | series | 1. | 36.19 | 339 | 25m | 35.27 | 95.0\% | 20 jan 2019 |
| KOSTER, Christiaan - 2002 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | $\square^{5}$ | 31.18 | 274 | 25m | 30.95 | 98.5\% | 18 mrt 2018 |
| 50m schoolslag | series | 3 . | 38.73 | 277 | 25m | 38.96 | 101.2\% | 21 okt 2018 |
| 200m wisselslag | series | 1. | 2:51.51 | 261 | 25m | 2:54.88 | 104.0\% | 21 okt 2018 |
| MAFAIT, Bas - 1999 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 4. | 30.12 | 304 | 25m | 30.40 | 101.9\% | 24 mrt 2019 |
| 50 m schoolslag | series | $\mathrm{O}_{2}$ | 38.18 | 289 | 25m | 37.22 | 95.0\% | 20 jan 2019 |
| MAFAIT, Pim - 2004 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 2 | 29.97 | 308 | 25m | 32.36 | 116.6\% | 10 feb 2019 |
| 50 m vlinderslag | 200m wisselslag, series | Tussentijd | 35.21 | 235 | 25m | 36.32 | 106.4\% | 10 feb 2019 |


| 200m wisselslag | series | $3 .$ | 2:40.82 | 316 | 25m | 2:41.19 | 100.5\% | 10 feb 2019 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| PENNEKAMP, lan - 2001 |  |  |  |  |  |  |  |  |
| 400m vrije slag | series | 1. | 4:38.04 | 444 | 25m | 4:39.60 | 101.1\% | 21 okt 2018 |
| 800m vrije slag | series | $2 .$ | 9:39.97 | 446 | 25m | 9:57.72 | 106.2\% | 4 nov 2018 |
| POST, Joep - 2000 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | $2 .$ | 26.92 | 426 | 25m | 27.34 | 103.1\% | 4 feb 2018 |
| 50m vlinderslag | 100m vlinderslag, series | Tussentijd | 29.61 | 396 | 25m | 29.88 | 101.8\% | 10 feb 2019 |
| 100m vlinderslag | series | $1 .$ | 1:04.67 | 410 | 25m | 1:06.77 | 106.6\% | 1 okt 2017 |
| PRUMMEL, Julian - 2005 |  |  |  |  |  |  |  |  |
| 50m vrije slag | series | 1. | 27.36 | 406 | 25m | 28.14 | 105.8\% | 24 mrt 2019 |
| 50m vlinderslag | 200m wisselslag, series | Tussentijd | 34.13 | 258 | 25m | 37.07 | 118.0\% | 4 nov 2018 |
| 200m wisselslag | series | $2 .$ | 2:39.02 | 327 | 25m | 2:49.93 | 114.2\% | 17 nov 2018 |
| RENKEMA, Josh - 2004 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 7. | 43.47 | 101 | 25m | 44.78 | 106.1\% | 3 mrt 2019 |
| 50m schoolslag | series | 6. | 58.60 | 80 | 25m | 58.20 | 98.6\% | 6 okt 2019 |
| SCHOUTEN, Vincent - 2007 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 8. | 42.35 | 109 | 25m | 47.34 | 125.0\% | 14 okt 2018 |
| 50m schoolslag | series | 7. | 55.25 | 95 | 25m | 59.10 | 114.4\% | 27 jan 2019 |
| VERHOEFF, Merijn - 2006 |  |  |  |  |  |  |  |  |


| 50m rugslag | 100m rugslag, series | Tussentijd | 42.45 | 143 | 25m | 41.97 | 97.8\% | 29 sep 2019 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100m rugslag | series | $1$ | 1:26.21 | 182 | 25m | 1:27.80 | 103.7\% | 29 sep 2019 |
| 50 m vlinderslag | 200m wisselslag, series | Tussentijd | 42.57 | 133 | 25m | 43.75 | 105.6\% | 6 okt 2019 |
| 200m wisselslag | series | $1$ | 3:07.48 | 199 | 25m |  |  |  |


| Dames |  |  |  | Pnt. |  | Vorig persoonlijk record |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ADEL van den, Eva-2001 |  |  |  |  |  |  |  |  |
| 100m vrije slag | series | 1 。 | 1:03.10 | 505 | 25m | 1:01.88 | 96.2\% | 24 mrt 2019 |
| 50m rugslag | series | 1. | 33.24 | 460 | 25m | 32.50 | 95.6\% | 2 dec 2018 |
| CNOSSEN, Hildemarij - 2008 |  |  |  |  |  |  |  |  |
| 50m vrije slag | 100 m vrije slag, series | Tussentijd | 42.91 | 152 | 25m | 43.86 | 104.5\% | 12 mei 2019 |
| 100m vrije slag | series | 6. | 1:29.24 | 178 | 25m | 1:39.76 | 125.0\% | 6 okt 2019 |
| 100m schoolslag | series | DIS | NT | - | 25m |  |  |  |
| DIJKHUIZEN, Fleur - 2002 |  |  |  |  |  |  |  |  |
| 400m vrije slag | 800 m vrije slag, series | Tussentijd | 5:16.11 | 405 | 25m | 5:00.10 | 90.1\% | 30 okt 2016 |
| 800m vrije slag | series | $\bigcirc 2$. | 10:34.46 | 431 | $25 m$ | 11:00.94 | 108.5\% | 30 sep 2018 |
| 50 m vlinderslag | series | $\bigcirc 1$. | 32.95 | 405 | $25 m$ | 34.13 | 107.3\% | 22 sep 2018 |
| GROOT de, Willemijn - 2005 |  |  |  |  |  |  |  |  |
| 400m vrije slag | series | 1. | 5:54.52 | 287 | 25 m |  |  |  |


| 50m rugslag | series | $2 .$ | 40.19 | 260 | 25m | 41.87 | 108.5\% | 3 mrt 2019 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| IRVINE, Eefje - 2007 |  |  |  |  |  |  |  |  |
| 400 m vrije slag | series | 1. | 4:59.39 | 476 | 25m | 5:07.59 | 105.6\% | 20 okt 2019 |
| 50m schoolslag | 100m schoolslag, series | Tussentijd | 42.58 | 301 | 25m | 43.56 | 104.7\% | 24 mrt 2019 |
| 100m schoolslag | series | 1. | 1:29.40 | 339 | 25m | 1:32.19 | 106.3\% | 24 mrt 2019 |
| IRVINE, Famke - 2005 |  |  |  |  |  |  |  |  |
| 50m vlinderslag | series | $1 .$ | 33.73 | 377 | 25m | 34.68 | 105.7\% | 20 jan 2019 |
| 200m wisselslag | series | 1. | 2:47.54 | 384 | 25m | 2:48.62 | 101.3\% | 21 okt 2018 |
| KOOPMANS, Marline - 2006 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | 100 m vrije slag, series | Tussentijd | 37.17 | 234 | 25m | 39.31 | 111.8\% | 4 nov 2018 |
| 100 m vrije slag | series | 2. | 1:19.74 | 250 | 25m | 1:22.13 | 106.1\% | 6 okt 2019 |
| 50m schoolslag | 100m schoolslag, series | Tussentijd | 48.99 | 198 | 25m | 48.25 | 97.0\% | 9 dec 2018 |
| 100m schoolslag | series | $\square^{2}$ | 1:43.65 | 217 | 25m | 1:42.64 | 98.1\% | 9 dec 2018 |
| POST, Femke - 2003 |  |  |  |  |  |  |  |  |
| 100 m vrije slag | series | 4. | 1:26.32 | 197 | 25 m | 1:28.60 | 105.4\% | 17 mrt 2019 |
| 100m schoolslag | series | 3. | 1:50.48 | 179 | 25m |  |  |  |
| POST-GOEDEMOED, Margriet - 1964 |  |  |  |  |  |  |  |  |
| 400 m vrije slag | 800m vrije slag, series | Tussentijd | 5:54.70 | 286 | 25 m | 5:50.02 | 97.4\% | 26 okt 2019 |
| 800m vrije slag | series | 5. | 12:01.73 | 292 | 25 m |  |  |  |


| SCHATTE OLIVIER van der, Anne - 1996 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100m vrije slag | series | $2 .$ | 1:06.06 | 440 | 25m | 1:03.70 | 93.0\% | 12 feb 2017 |
| 400 m vrije slag | series | $2 .$ | 5:00.29 | 472 | 25 m | 4:50.71 | 93.7\% | 19 nov 2017 |
| SENTJENS, Maud - 2006 |  |  |  |  |  |  |  |  |
| 100 m vrije slag | series | 4. | 1:29.88 | 174 | 25m | 1:31.53 | 103.7\% | 17 mrt 2019 |
| 100m schoolslag | series | $1 .$ | 1:41.74 | 230 | 25m | 1:42.03 | 100.6\% | 9 dec 2018 |
| SIGSGAARD, Grith - 1972 |  |  |  |  |  |  |  |  |
| 400 m vrije slag | series | 1. | 4:53.07 | 508 | 25m | 4:38.72 | 90.4\% | 25 mrt 2004 |
| 800m vrije slag | series | $V_{1}$ | 9:58.19 | 514 | 25 m | 9:31.53 | 91.3\% | 28 mrt 2004 |
| SWART, Yuan Ame - 2006 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | 100 m vrije slag, series | Tussentijd | 33.96 | 307 | 25 m | 34.26 | 101.8\% | 3 mrt 2019 |
| 100 m vrije slag | series | 1. | 1:09.11 | 384 | 25m | 1:16.23 | 121.7\% | 6 okt 2019 |
| 100m schoolslag | series | DIS | NT | - | 25 m |  |  |  |
| 50 m vlinderslag | series | 3. | 36.70 | 293 | 25m | 46.33 | 159.4\% | 3 mrt 2019 |
| VEEN, Anne - 1997 |  |  |  |  |  |  |  |  |
| 400 m vrije slag | 800m vrije slag, series | Tussentijd | 5:45.10 | 311 | 25m | 5:17.52 | 84.7\% | 2 dec 2012 |
| 800 m vrije slag | series | 4. | 11:38.23 | 323 | 25 m | 11:34.54 | 98.9\% | 30 sep 2018 |
| Percentage is berekend als breuk van gekwadrateerde oude en nieuwe beste tijd (oud*oud)/(nieuw*nieuw) |  |  |  |  |  |  |  |  |

