| Heren |  |  |  | Pnt. |  | Vorig persoonlijk record |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BEEKES, Roland - 1991 |  |  |  |  |  |  |  |  |
| 50 m rugslag | series | 5. | 31.14 | 363 | 25m | 30.47 | 95.7\% | 12 feb 2012 |
| 100m schoolslag | series | 7. | 1:16.64 | 382 | 25m | 1:16.42 | 99.4\% | 1 okt 2017 |
| 100 m wisselslag | series | 8. | 1:08.20 | 401 | 25m | 1:05.42 | 92.0\% | 30 sep 2012 |
| BREE, Robbert Jan - 1991 |  |  |  |  |  |  |  |  |
| 50 m rugslag | series | 9. | 31.47 | 351 | 25m | 32.32 | 105.5\% | 11 apr 2010 |
| 100m schoolslag | series | 6. | 1:14.84 | 410 | 25m | 1:13.85 | 97.4\% | 2 okt 2016 |
| 100 m wisselslag | series | 4. | 1:05.31 | 456 | 25m | 1:05.95 | 102.0\% | 2 okt 2016 |
| HUNTER, Alex-2002 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | $4 \times 50 \mathrm{~m}$ vrije slag, series | Estafette | 26.67 | 438 | 25m | 27.19 | 103.9\% | 16 jun 2018 |
| 100m rugslag | series | 1. | 1:08.84 | 358 | 25m | 1:09.42 | 101.7\% | 4 feb 2018 |
| 200m schoolslag | series | 1. | 2:53.50 | 334 | 25m | 2:54.61 | 101.3\% | 1 okt 2017 |
| KOSTER, Christiaan - 2002 |  |  |  |  |  |  |  |  |
| 100m rugslag | series | 6. | 1:23.48 | 201 | 25m | 1:27.24 | 109.2\% | 4 feb 2018 |
| 200m schoolslag | series | 4. | 3:04.32 | 278 | 25m | 3:17.63 | 115.0\% | 12 mrt 2017 |
| MAFAIT, Bas - 1999 |  |  |  |  |  |  |  |  |
| 50m rugslag | series | 19. | 37.17 | 213 | 25m | 42.70 | 132.0\% | 12 mrt 2017 |


| 50m schoolslag | 100m schoolslag, series | Tussentijd | 38.30 | 286 | 25m | 39.90 | 108.5\% | 1 okt 2017 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 m schoolslag | series | 13. | 1:23.40 | 296 | 25 m | 1:25.59 | 105.3\% | 1 okt 2017 |
| 100 m wisselslag | series | 22. | 1:18.30 | 265 | 25m | 1:21.11 | 107.3\% | 1 okt 2017 |
| MAFAIT, Pim - 2004 |  |  |  |  |  |  |  |  |
| 200m vrije slag | series | 2. | 2:32.91 | 274 | 25m | 2:36.83 | 105.2\% | 22 apr 2018 |
| 100m schoolslag | series | $\sigma_{2}$ | 1:30.76 | 230 | 25m | 1:43.68 | 130.5\% | 22 okt 2017 |
| NIJBURG van, Nick - 1999 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | $4 \times 50 \mathrm{~m}$ vrije slag, series | Estafette | 25.78 | 485 | 25m | 26.58 | 106.3\% | 20 sep 2015 |
| 50 m rugslag | series | 7. | 31.37 | 355 | 25m | 31.84 | 103.0\% | 24 jun 2017 |
| 100m schoolslag | series | 3. | 1:10.72 | 486 | 25m | 1:09.54 | 96.7\% | 24 jun 2017 |
| 100 m wisselslag | series | 7. | 1:08.00 | 404 | 25m | 1:03.16 | 86.3\% | 22 okt 2016 |
| OORD, Berend - 2004 |  |  |  |  |  |  |  |  |
| 200 m vrije slag | series | DIS | NT | - | 25 m |  |  |  |
| 50 m schoolslag | 100m schoolslag, series | Tussentijd | 44.20 | 186 | 25m | 44.97 | 103.5\% | 23 sep 2018 |
| 100m schoolslag | series | 3. | 1:36.29 | 192 | 25m | 1:40.03 | 107.9\% | 14 jan 2018 |
| PENNEKAMP, lan - 2001 |  |  |  |  |  |  |  |  |
| 50m rugslag | 100m rugslag, series | Tussentijd | 34.19 | 274 | 25m | 35.72 | 109.2\% | 12 mrt 2017 |
| 100m rugslag | series | 2 | 1:10.72 | 331 | 25m | 1:12.25 | 104.4\% | 18 mrt 2018 |
| 50 m schoolslag | 200m schoolslag, series | Tussentijd | 41.67 | 222 | 25m | 42.31 | 103.1\% | 14 jan 2018 |


| 100m schoolslag | 200m schoolslag, series | Tussentijd | 1:29.94 | 236 | 25m | 1:30.25 | 100.7\% | 14 jan 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 200m schoolslag | series | 5. | 3:08.52 | 260 | 25m | 3:27.31 | 120.9\% | 12 mrt 2017 |
| POST, Joep - 2000 |  |  |  |  |  |  |  |  |
| 50 m rugslag | series | 11. | 32.21 | 328 | 25m | 34.44 | 114.3\% | 22 apr 2018 |
| 50m schoolslag | 100m schoolslag, series | Tussentijd | 35.72 | 353 | 25 m | 36.88 | 106.6\% | 14 jan 2018 |
| 100m schoolslag | series | 9. | 1:16.80 | 379 | 25m | 1:18.17 | 103.6\% | 14 jan 2018 |
| 100m wisselslag | series | 6. | 1:07.43 | 415 | 25m | 1:08.15 | 102.1\% | 18 mrt 2018 |
| PRUMMEL, Julian - 2005 |  |  |  |  |  |  |  |  |
| 200m rugslag | series | 2 | 2:50.61 | 237 | 25m |  |  |  |
| 50 m vlinderslag | 100m vlinderslag, series | Tussentijd | 38.55 | 180 | 25m | 41.35 | 115.1\% | 4 feb 2018 |
| 100m vlinderslag | series | 2 | 1:27.76 | 164 | 25m | 1:38.58 | 126.2\% | 11 feb 2018 |
| 50 m vrije slag Lap | $4 \times 50 \mathrm{~m}$ vrije slag, series | Estafette | 28.47 | - | 25m |  |  |  |
| RENKEMA, Josh - 2004 |  |  |  |  |  |  |  |  |
| 100 m vrije slag | 200m vrije slag, series | Tussentijd | 1:42.26 | 84 | 25m | 1:43.17 | 101.8\% | 23 sep 2018 |
| 200m vrije slag | series | 6. | 3:32.17 | 102 | 25m | 3:38.62 | 106.2\% | 16 dec 2017 |
| 100m rugslag | series | 9. | 1:55.91 | 75 | 25m | 1:55.63 | 99.5\% | 23 sep 2018 |
| SLIJP, Devi - 2008 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 7. | 44.76 | 92 | 25m | 43.41 | 94.1\% | 18 mrt 2018 |
| 100m wisselslag | series | 5. | 1:52.42 | 89 | 25m | 1:55.46 | 105.5\% | 22 apr 2018 |


| WAVEREN van, Jules - 2002 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100m rugslag | series | 8. | 1:27.62 | 174 | 25m | 1:28.61 | 102.3\% | 12 mrt 2017 |
| 200 m schoolslag | series | 8. | 3:36.54 | 172 | 25m | 3:50.82 | 113.6\% | 1 okt 2017 |
| WEERTMAN, Ferry - 1992 |  |  |  |  |  |  |  |  |
| 50m rugslag | series | 1. | 27.64 | 519 | 25m | 29.04 | 110.4\% | 7 nov 2009 |
| 100m schoolslag | series | 1. | 1:05.70 | 606 | 25m | 1:04.80 | 97.3\% | 30 dec 2015 |
| 100m wisselslag | series | 1. | 58.91 | 622 | 25m | 58.37 | 98.2\% | 1 okt 2017 |
| Dames |  |  |  | Pnt. |  | Vorig pers | jk record |  |
| BOORSMA, Mette-2009 |  |  |  |  |  |  |  |  |
| 50 m rugslag | series | 1. | 47.26 | 160 | 25m | 50.52 | 114.3\% | 10 jun 2018 |
| 25m schoolslag | series | 1. | 23.54 | - | 25m | 25.64 | 118.6\% | 22 apr 2018 |
| BROERE, Lieke - 2003 |  |  |  |  |  |  |  |  |
| 200 m vrije slag | series | 2 | 2:32.40 | 384 | 25m | 2:39.65 | 109.7\% | 12 mrt 2017 |
| 100m rugslag | $4 \times 100 \mathrm{~m}$ wisselslag, series | Estafette | 1:29.68 | 231 | 25m | 1:28.58 | 97.6\% | 2 apr 2018 |
| 50 m schoolslag | 100 m schoolslag, series | Tussentijd | 48.64 | 204 | 25m | 48.77 | 100.5\% | 12 feb 2017 |
| 100m schoolslag | series | 12. | 1:43.33 | 219 | 25m | 1:42.17 | 97.8\% | 12 mrt 2017 |

## CAUMON, Chiara - 2007

| 50m vrije slag | series | 4. | 37.43 | 239 | 25m | 41.98 | 125.8\% | 23 sep 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100m wisselslag | series | 5. | 1:40.02 | 181 | 25m |  |  |  |
| CLIJDESDALE, Geertje - 2009 |  |  |  |  |  |  |  |  |
| 50m rugslag | series | DIS | NT | - | 25m |  |  |  |
| 25 m schoolslag | series | 2. | 25.23 | - | 25m | 27.26 | 116.7\% | 18 mrt 2018 |
| DIJKHUIZEN, Fleur - 2002 |  |  |  |  |  |  |  |  |
| 100m rugslag | series | 3. | 1:16.92 | 366 | 25m | 1:17.82 | 102.4\% | 12 mrt 2017 |
| 200m schoolslag | series | 1. | 2:52.05 | 478 | 25m | 2:52.83 | 100.9\% | 4 feb 2018 |
| ElJK van, Sophie - 2005 |  |  |  |  |  |  |  |  |
| 200m rugslag | series | 10. | 3:20.13 | 211 | 25m | 3:43.42 | 124.6\% | 19 mrt 2017 |
| 100m vlinderslag | series | DIS | NT | - | 25m |  |  |  |
| GROOT de, Willemijn - 2005 |  |  |  |  |  |  |  |  |
| 50 m rugslag | series | 11. | 45.19 | 183 | 25m | 45.10 | 99.6\% | 23 sep 2018 |
| 100m wisselslag | series | 16. | 1:37.33 | 197 | 25m |  |  |  |
| HOMBERGH van den, Lara-2008 |  |  |  |  |  |  |  |  |
| 50m vrije slag | series | 4. | 37.43 | 239 | 25 m | 41.39 | 122.3\% | 11 mrt 2018 |
| 100m wisselslag | series | 10. | 1:44.97 | 157 | 25m |  |  |  |


| IRVINE, Eefje - 2007 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 m vrije slag | series | 1. | 33.76 | 326 | 25m | 36.32 | 115.7\% | 14 jan 2018 |
| 100m vrije slag | $4 \times 100 \mathrm{~m}$ vrije slag, series | Estafette | 1:13.49 | 332 | 25m | 1:14.22 | 102.0\% | 23 sep 2018 |
| 100m wisselslag | series | $1$ | 1:23.19 | 316 | 25 m | 1:32.19 | 122.8\% | 14 jan 2018 |
| IRVINE, Famke - 2005 |  |  |  |  |  |  |  |  |
| 100m rugslag | $4 \times 100 \mathrm{~m}$ wisselslag, series | Estafette | 1:20.80 | 315 | 25m | 1:18.85 | 95.2\% | 18 mrt 2018 |
| 200m rugslag | series | 1. | 2:46.74 | 365 | 25 m | 3:11.00 | 131.2\% | 19 mrt 2017 |
| 100m vlinderslag | series | $1$ | 1:26.61 | 250 | 25m | 1:29.26 | 106.2\% | 11 feb 2018 |
| KOOPMANS, Marline - 2006 |  |  |  |  |  |  |  |  |
| 50m rugslag | 200m rugslag, series | Tussentijd | 48.37 | 149 | 25m | 47.71 | 97.3\% | 18 mrt 2018 |
| 100m rugslag | 200m rugslag, series | Tussentijd | 1:43.56 | 150 | 25 m | 1:44.85 | 102.5\% | 23 sep 2018 |
| 200 m rugslag | series | 14. | 3:33.36 | 174 | 25m |  |  |  |
| 50 m vlinderslag | 100m vlinderslag, series | Tussentijd | 51.21 | 107 | 25m | 51.43 | 100.9\% | 22 apr 2018 |
| 100m vlinderslag | series | 14. | 1:56.15 | 103 | 25m |  |  |  |
| MALIPIERO, Daniela - GBR-2009 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 7. | 38.54 | 219 | 25m | 38.94 | 102.1\% | 6 mei 2018 |
| 100m wisselslag | series | 4. | 1:36.19 | 204 | 25m | 1:39.09 | 106.1\% | 10 jun 2018 |


| PENNEKAMP, Nienke-2003 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 m vrije slag | 200 m vrije slag, series | Tussentijd | 1:18.21 | 275 | 25m | 1:18.84 | 101.6\% | 1 okt 2017 |
| 200m vrije slag | series | 6. | 2:45.77 | 298 | 25m | 2:50.47 | 105.8\% | 1 okt 2017 |
| 50 m schoolslag | 100m schoolslag, series | Tussentijd | 46.83 | 228 | 25m | 49.44 | 111.5\% | 14 jan 2018 |
| 100m schoolslag | series | 10. | 1:40.41 | 239 | 25m | 1:46.40 | 112.3\% | 14 jan 2018 |
| POL van de, Manon - 2002 |  |  |  |  |  |  |  |  |
| 100m rugslag | series | 9. | 1:28.02 | 244 | 25m |  |  |  |
| 100 m wisselslag | series | 14. | 1:27.02 | 276 | 25m |  |  |  |
| POST, Anna-2003 |  |  |  |  |  |  |  |  |
| 100 m vrije slag | 200m vrije slag, series | Tussentijd | 1:18.16 | 276 | 25 m | 1:19.15 | 102.5\% | 13 nov 2016 |
| 200m vrije slag | series | 5. | 2:44.04 | 307 | 25 m | 2:49.10 | 106.3\% | 14 jan 2018 |
| 50m schoolslag | 100m schoolslag, series | Tussentijd | 46.52 | 233 | 25m | 47.26 | 103.2\% | 13 nov 2016 |
| 100 m schoolslag | series | 8. | 1:39.56 | 245 | 25m | 1:42.19 | 105.4\% | 18 mrt 2018 |
| RENKEMA, Eva - 2002 |  |  |  |  |  |  |  |  |
| 100 m rugslag | series | 6. | 1:24.86 | 272 | 25m | 1:25.08 | 100.5\% | 22 sep 2018 |
| 200m schoolslag | series | 8. | 3:27.04 | 274 | 25m | 3:36.47 | 109.3\% | 1 okt 2017 |
| RENKEMA, Jenna-2007 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | series | 3 | 37.33 | 241 | 25 m | 39.00 | 109.1\% | 14 jan 2018 |
| 100 m wisselslag | series | 3 | 1:32.29 | 231 | 25m | 1:43.25 | 125.2\% | 14 jan 2018 |


| RIJSDIJK, Jess - 2003 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 m vrije slag | 200m vrije slag, series | Tussentijd | 1:15.07 | 311 | 25m | 1:16.10 | 102.8\% | 10 jan 2016 |
| 200 m vrije slag | series | 4. | 2:39.30 | 336 | 25m | 2:43.86 | 105.8\% | 12 mrt 2017 |
| 50m schoolslag | 100m schoolslag, series | Tussentijd | 44.84 | 260 | 25m | 45.85 | 104.6\% | 20 mrt 2016 |
| 100 m schoolslag | series | 4. | 1:35.63 | 277 | 25m | 1:39.64 | 108.6\% | 20 mrt 2016 |
| SENTJENS, Maud - 2006 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | 200 m vrije slag, series | Tussentijd | 47.91 | 114 | 25m | 46.05 | 92.4\% | 23 sep 2018 |
| 200m vrije slag | series | 16. | 3:34.84 | 137 | 25m | 3:55.86 | 120.5\% | 7 mei 2017 |
| 100 m schoolslag | series | 13. | 1:43.50 | 218 | 25m | 1:44.77 | 102.5\% | 18 mrt 2018 |
| SLOP, Maartje - 2001 |  |  |  |  |  |  |  |  |
| 100m rugslag | series | 1. | 1:15.82 | 382 | 25m | 1:18.51 | 107.2\% | 15 jan 2017 |
| SOMERS, Anne-2009 |  |  |  |  |  |  |  |  |
| 50m rugslag | series | 3. | 51.31 | 125 | 25m |  |  |  |
| 25m schoolslag | series | DIS | NT | - | 25m |  |  |  |
| SWART, Yuan Ame - 2006 |  |  |  |  |  |  |  |  |
| 50 m vrije slag | 200 m vrije slag, series | Tussentijd | 43.67 | 150 | 25m |  |  |  |
| 100 m vrije slag | 200 m vrije slag, series | Tussentijd | 1:33.44 | 161 | 25m |  |  |  |
| 200 m vrije slag | series | 14. | 3:11.94 | 192 | 25m |  |  |  |
| 50m schoolslag | 100m schoolslag, series | Tussentijd | 46.05 | 240 | 25m |  |  |  |
| 100m schoolslag | series | 9. | 1:40.06 | 242 | 25m |  |  |  |

## THOMAS, Francesca - 2006

| 50m rugslag | series | 13. | 48.54 | 147 | 25m | 49.10 | 102.3\% | 23 sep 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100m wisselslag | series | 17. | 1:42.72 | 167 | 25m | 1:51.91 | 118.7\% | 14 jan 2018 |
| VEEN, Anne - 1997 |  |  |  |  |  |  |  |  |
| 50m rugslag | series | 8. | 39.25 | 279 | 25m | 38.16 | 94.5\% | 1 feb 2015 |
| 100m schoolslag | series | 7. | 1:40.11 | 241 | 25m | 1:38.03 | 95.9\% | 1 okt 2017 |
| 100m wisselslag | series | 13. | 1:24.01 | 306 | 25m | 1:23.27 | 98.2\% | 1 okt 2017 |
| VOS, Famke - 2003 |  |  |  |  |  |  |  |  |
| 50m rugslag | series | 12. | 47.89 | 154 | 25m | 55.36 | 133.6\% | 4 feb 2018 |
| 100m schoolslag | series | DIS | NT | - | 25m |  |  |  |
| 100m wisselslag | series | DIS | NT | - | 25m |  |  |  |


| Estafette |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Heren | $4 \times 50 \mathrm{~m}$ vrije slag | series | 1. | 1:39.99 | 563 | 25 m | van Nijburg N., Beekes R., Bree R., Weertman F. |
| Heren | $4 \times 50 \mathrm{~m}$ vrije slag | series | 4. | 1:50.39 | 418 | 25m | Hunter A., Prummel J., Pennekamp I., Post J. |
| Dames | $4 \times 100 \mathrm{~m}$ vrije slag | series | 2. | 5:02.14 | 319 | 25m | Irvine E., Renkema J., van Eijk S., Irvine F. |
| Dames | $4 \times 100 \mathrm{~m}$ wisselslag | series | 2. | 5:08.03 | 390 | 25m | Irvine F., Dijkhuizen F., Slop M., Veen A. |
| Dames | $4 \times 100 \mathrm{~m}$ wisselslag | series | 8. | 5:55.63 | 253 | 25 m | Broere L., Post A., Rijsdijk J., Renkema E. |

Percentage is berekend als breuk van gekwadrateerde oude en nieuwe beste tijd (oud*oud)/(nieuw*nieuw)

