

<b>Slag / afstand</b>	<b>Dames</b>	<b>Heren</b>
<b>50m Vrijeslag - Freestyle</b>	0.27.74	0.24.94
<b>100m Vrijeslag - Freestyle</b>	1.01.36	0.55.11
<b>200m Vrijeslag - Freestyle</b>	2.11.97	2.00.79
<b>400m Vrijeslag - Freestyle</b>	4.42.52	4.17.45
<b>800m Vrijeslag - Freestyle</b>	9.33.14	8.54.00
<b>1500m Vrijeslag - Freestyle</b>	18.48.94	17.21.90
<b>50m Rugslag - Backstroke</b>	0.32.65	0.29.33
<b>100m Rugslag - Backstroke</b>	1.09.33	1.03.47
<b>200m Rugslag - Backstroke</b>	2.29.49	2.17.94
<b>50m Schoolslag- Breaststroke</b>	0.36.07	0.32.16
<b>100m Schoolslag- Breaststroke</b>	1.18.20	1.09.93
<b>200m Schoolslag- Breaststroke</b>	2.51.39	2.32.45
<b>50m Vlinderslag- Butterfly</b>	0.30.44	0.27.11
<b>100m Vlinderslag- Butterfly</b>	1.08.53	0.59.54
<b>200m Vlinderslag- Butterfly</b>	2.33.47	2.20.03
<b>200m wisselslag- Individual Medley</b>	2.31.66	2.17.18
<b>400m wisselslag- Individual Medley</b>	5.32.98	4.55.81
<b>4x100m Vrijeslag - Freestyle relay</b>	4.15.26	3.49.26
<b>4x200m Vrijeslag - Freestyle relay</b>	9.09.00	8.22.49
<b>4x100m wisselslag est. – Medley relay</b>	4.48.52	4.17.97