

Heren

Lange baan (50m)

Dames

Lange baan (50m)

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Heren

Korte baan (25m)

|               |         |            |    |           |                 |
|---------------|---------|------------|----|-----------|-----------------|
| 25 vrije slag | 38.48   | Banks Ryan | 18 | 7-12-2023 | Heemskerk (NED) |
| 50 vrije slag | 1:13.66 | Banks Ryan | 18 | 21-9-2023 | Heemskerk (NED) |
| 25 schoolslag | 39.55   | Banks Ryan | 18 | 7-12-2023 | Heemskerk (NED) |
| 50 schoolslag | 1:24.96 | Banks Ryan | 18 | 21-9-2023 | Heemskerk (NED) |

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Dames

Korte baan (25m)

|               |       |                     |    |            |                 |
|---------------|-------|---------------------|----|------------|-----------------|
| 25 vrije slag | 38.49 | Oliveira Rocha Yara | 17 | 15-12-2022 | Heemskerk (NED) |
| 25 schoolslag | 42.34 | Haack Zowi          | 18 | 7-12-2023  | Heemskerk (NED) |





Heren

Lange baan (50m)

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Dames

Lange baan (50m)

|               |         |            |    |           |                 |
|---------------|---------|------------|----|-----------|-----------------|
| 50 vrije slag | 1:04.15 | Haack Zowi | 18 | 7-12-2024 | Beverwijk (NED) |
| 50 schoolslag | 1:11.59 | Haack Zowi | 18 | 7-12-2024 | Beverwijk (NED) |

Heren

Korte baan (25m)

|               |         |               |    |            |                 |
|---------------|---------|---------------|----|------------|-----------------|
| 25 vrije slag | 23.98   | Kleijne Barry | 93 | 25-11-1999 | Heemskerk       |
| 50 vrije slag | 1:13.66 | Banks Ryan    | 18 | 21-9-2023  | Heemskerk (NED) |
| 25 rugslag    | 26.48   | Kleijne Barry | 93 | 16-12-1999 | Heemskerk       |
| 50 rugslag    | 59.44   | Blaauw Xam    | 07 | 12-12-2013 | Heemskerk (NED) |
| 25 schoolslag | 27.95   | Kleijne Barry | 93 | 25-11-1999 | Heemskerk       |
| 50 schoolslag | 1:04.95 | Kleijne Barry | 93 | 16-12-1999 | Heemskerk       |

Dames

Korte baan (25m)

|                |         |              |    |            |                 |
|----------------|---------|--------------|----|------------|-----------------|
| 25 vrije slag  | 22.10   | Banks Riley  | 17 | 10-12-2023 | Hoofddorp (NED) |
| 50 vrije slag  | 49.53   | Banks Riley  | 17 | 7-12-2023  | Heemskerk (NED) |
| 25 rugslag     | 25.69   | Banks Riley  | 17 | 10-12-2023 | Hoofddorp (NED) |
| 50 rugslag     | 57.50   | Banks Riley  | 17 | 7-12-2023  | Heemskerk (NED) |
| 100 rugslag    | 2:06.91 | Dekker Elise | 97 | 25-9-2003  | Heemskerk (NED) |
| 25 schoolslag  | 28.12   | Banks Riley  | 17 | 10-12-2023 | Hoofddorp (NED) |
| 50 schoolslag  | 1:06.90 | Banks Riley  | 17 | 21-9-2023  | Heemskerk (NED) |
| 25 vlinderslag | 33.22   | Haack Zowi   | 18 | 24-10-2024 | Heemskerk (NED) |
| 100 wisselslag | 1:58.12 | Dekker Elise | 97 | 25-9-2003  | Heemskerk (NED) |

Heren

Open Water



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Heren

Lange baan (50m)

|               |         |            |    |            |                 |
|---------------|---------|------------|----|------------|-----------------|
| 50 vrije slag | 52.93   | Blaauw Xam | 07 | 29-11-2014 | Beverwijk (NED) |
| 50 rugslag    | 55.44   | Blaauw Xam | 07 | 29-11-2014 | Beverwijk (NED) |
| 50 schoolslag | 1:10.40 | Blaauw Xam | 07 | 29-11-2014 | Beverwijk (NED) |

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Dames

Lange baan (50m)

|               |         |            |    |           |                 |
|---------------|---------|------------|----|-----------|-----------------|
| 50 vrije slag | 1:04.15 | Haack Zowi | 18 | 7-12-2024 | Beverwijk (NED) |
| 50 schoolslag | 1:11.59 | Haack Zowi | 18 | 7-12-2024 | Beverwijk (NED) |

Heren

Korte baan (25m)

|                |         |               |    |            |                 |
|----------------|---------|---------------|----|------------|-----------------|
| 25 vrije slag  | 19.28   | Kleijne Barry | 93 | 8-10-2000  | Heemskerk (NED) |
| 50 vrije slag  | 42.36   | Kleijne Barry | 93 | 26-10-2000 | Heemskerk (NED) |
| 100 vrije slag | 1:39.81 | Kleijne Barry | 93 | 30-11-2000 | Heemskerk (NED) |
| 25 rugslag     | 25.09   | Kleijne Barry | 93 | 17-2-2000  | Heemskerk (NED) |
| 50 rugslag     | 48.86   | Kleijne Barry | 93 | 8-10-2000  | Heemskerk (NED) |
| 100 rugslag    | 1:51.06 | Kleijne Barry | 93 | 14-12-2000 | Heemskerk (NED) |
| 25 schoolslag  | 25.45   | Kleijne Barry | 93 | 19-11-2000 | Zaandam (NED)   |
| 50 schoolslag  | 57.87   | Kleijne Barry | 93 | 26-10-2000 | Heemskerk (NED) |
| 100 schoolslag | 2:27.18 | Blaauw Xam    | 07 | 14-12-2014 | Zaandam (NED)   |
| 25 vlinderslag | 26.64   | Kleijne Barry | 93 | 4-5-2000   | Heemskerk (NED) |
| 50 vlinderslag | 55.87   | Kleijne Barry | 93 | 30-11-2000 | Heemskerk (NED) |
| 100 wisselslag | 1:48.07 | Kleijne Barry | 93 | 19-11-2000 | Zaandam (NED)   |

**Dames**

**Korte baan (25m)**

|                   |         |                 |    |            |                 |
|-------------------|---------|-----------------|----|------------|-----------------|
| 25 vrije slag     | 21.76   | Banks Riley     | 17 | 4-4-2024   | Heemskerk (NED) |
| 50 vrije slag     | 44.64   | Dekker Elise    | 97 | 7-11-2004  | IJmuiden (NED)  |
| 100 vrije slag    | 1:42.55 | Stel Kaylin     | 01 | 14-12-2008 | Zaandam (NED)   |
| 200 vrije slag    | 4:09.06 | Dekker Elise    | 97 | 29-4-2004  | Heemskerk (NED) |
| 25 rugslag        | 25.69   | Banks Riley     | 17 | 10-12-2023 | Hoofddorp (NED) |
| 50 rugslag        | 50.15   | Dekker Elise    | 97 | 21-11-2004 | Zaandam (NED)   |
| 100 rugslag       | 1:51.94 | Stel Kaylin     | 01 | 14-12-2008 | Zaandam (NED)   |
| 25 schoolslag     | 27.93   | Banks Riley     | 17 | 21-4-2024  | Krommenie (NED) |
| 50 schoolslag     | 57.33   | Banks Riley     | 17 | 20-10-2024 | Heemskerk (NED) |
| 100 schoolslag    | 2:03.20 | Dijkstra Pascal | 89 | 7-11-1996  | Heemskerk (NED) |
| 25 vlinderslag    | 25.36   | Banks Riley     | 17 | 24-10-2024 | Heemskerk (NED) |
| 50 vlinderslag    | 55.54   | Dekker Elise    | 97 | 23-12-2004 | Heemskerk (NED) |
| 100 wisselslag    | 1:51.09 | Dekker Elise    | 97 | 28-11-2004 | Heemskerk (NED) |
| 4 x 50 vrije slag | 4:01.85 | OEZA Dames      |    | 10-12-2023 | Hoofddorp (NED) |

*Banks Riley, Oliveira Rocha Yara, Haack Fenna, Butter Noor*



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Dames

Open Water

|                |          |             |    |          |                     |
|----------------|----------|-------------|----|----------|---------------------|
| 250 vrije slag | 10:50.21 | Butter Noor | 16 | 8-7-2023 | Anna Paulowna (NED) |
|----------------|----------|-------------|----|----------|---------------------|

Heren

Lange baan (50m)

|                |         |               |    |            |                 |
|----------------|---------|---------------|----|------------|-----------------|
| 50 vrije slag  | 44.52   | Offringa Rick | 03 | 3-12-2011  | Beverwijk (NED) |
| 50 rugslag     | 50.02   | Blaauw Xam    | 07 | 5-12-2015  | Beverwijk (NED) |
| 100 rugslag    | 1:42.29 | Kleijne Barry | 93 | 29-4-2001  | Beverwijk (NED) |
| 50 schoolslag  | 57.44   | Offringa Rick | 03 | 3-12-2011  | Beverwijk (NED) |
| 100 schoolslag | 1:59.43 | Kleijne Barry | 93 | 21-10-2001 | Beverwijk (NED) |
| 50 vlinderslag | 49.13   | Kleijne Barry | 93 | 21-10-2001 | Beverwijk (NED) |

**Dames**

**Lange baan (50m)**

|                |         |                 |    |           |                 |
|----------------|---------|-----------------|----|-----------|-----------------|
| 50 vrije slag  | 41.08   | Stel Kaylin     | 01 | 5-12-2009 | Beverwijk (NED) |
| 400 vrije slag | 9:09.00 | Dijkstra Pascal | 89 | 9-11-1997 | Beverwijk (NED) |
| 50 rugslag     | 46.16   | Stel Kaylin     | 01 | 5-12-2009 | Beverwijk (NED) |
| 100 rugslag    | 1:54.51 | Dekker Elise    | 97 | 17-4-2005 | Beverwijk (NED) |
| 50 schoolslag  | 57.73   | Butter Noor     | 16 | 7-12-2024 | Beverwijk (NED) |
| 50 vlinderslag | 59.10   | Stel Kaylin     | 01 | 30-5-2009 | Hagen (GER)     |

**Heren**

**Korte baan (25m)**

|                                  |         |               |    |            |                     |
|----------------------------------|---------|---------------|----|------------|---------------------|
| 25m vrije slag met koprol        | 30.27   | Butter Stijn  | 11 | 29-9-2019  | Haarlem (NED)       |
| 25m rugslag start                | 26.23   | Butter Stijn  | 11 | 15-12-2019 | Haarlem (NED)       |
| 15m vlinderslag benen onderwater | 25.47   | Butter Stijn  | 11 | 15-12-2019 | Haarlem (NED)       |
| 50m borstcrawl benen             | 1:08.78 | Butter Stijn  | 11 | 29-9-2019  | Haarlem (NED)       |
| 25 vrije slag                    | 17.53   | Kleijne Barry | 93 | 7-10-2001  | Zaandam (NED)       |
| 50 vrije slag                    | 39.05   | Kleijne Barry | 93 | 27-9-2001  | Heemskerk           |
| 100 vrije slag                   | 1:31.42 | Kleijne Barry | 93 | 16-12-2001 | Zaandam             |
| 200 vrije slag                   | 3:18.52 | Kleijne Barry | 93 | 31-5-2001  | Heemskerk (NED)     |
| 300 vrije slag                   | 5:02.60 | Kleijne Barry | 93 | 4-11-2001  | Heemskerk           |
| 400 vrije slag                   | 7:20.24 | Kleijne Barry | 93 | 11-2-2001  | Zaandam (NED)       |
| 25 rugslag                       | 22.11   | Kleijne Barry | 93 | 14-1-2001  | Heemskerk (NED)     |
| 50 rugslag                       | 44.95   | Kleijne Barry | 93 | 7-10-2001  | Zaandam (NED)       |
| 100 rugslag                      | 1:40.19 | Blaauw Xam    | 07 | 11-10-2015 | Zaandam (NED)       |
| 25 schoolslag                    | 24.45   | Kleijne Barry | 93 | 18-11-2001 | Heemskerk           |
| 50 schoolslag                    | 53.08   | Kleijne Barry | 93 | 20-12-2001 | Heemskerk           |
| 100 schoolslag                   | 1:55.47 | Kleijne Barry | 93 | 29-11-2001 | Heemskerk           |
| 25 vlinderslag                   | 22.78   | Kleijne Barry | 93 | 25-3-2001  | Heerhugowaard (NED) |
| 50 vlinderslag                   | 53.14   | Kleijne Barry | 93 | 15-4-2001  | Haarlem (NED)       |
| 100 vlinderslag                  | 1:56.77 | Kleijne Barry | 93 | 20-12-2001 | Heemskerk           |
| 100 wisselslag                   | 1:38.00 | Kleijne Barry | 93 | 27-9-2001  | Heemskerk           |
| 200 wisselslag                   | 3:52.91 | Kleijne Barry | 93 | 25-2-2001  | Heemskerk (NED)     |

**Dames**

**Korte baan (25m)**

|                   |         |                                                                      |    |            |                  |
|-------------------|---------|----------------------------------------------------------------------|----|------------|------------------|
| 25 vrije slag     | 19.34   | Dekker Elise                                                         | 97 | 20-3-2005  | Heemstede (NED)  |
| 50 vrije slag     | 41.61   | Stel Kaylin                                                          | 01 | 22-11-2009 | Zaandam (NED)    |
| 100 vrije slag    | 1:31.41 | Stel Kaylin                                                          | 01 | 13-12-2009 | Zaandam (NED)    |
| 200 vrije slag    | 3:23.95 | Stel Kaylin                                                          | 01 | 26-10-2009 | Haarlem (NED)    |
| 300 vrije slag    | 5:27.33 | Stel Kaylin                                                          | 01 | 8-11-2009  | Zaandam (NED)    |
| 25 rugslag        | 23.11   | Dekker Elise                                                         | 97 | 20-3-2005  | Heemstede (NED)  |
| 50 rugslag        | 45.67   | Stel Kaylin                                                          | 01 | 25-10-2009 | Nieuwegein (NED) |
| 100 rugslag       | 1:36.87 | Stel Kaylin                                                          | 01 | 13-12-2009 | Zaandam (NED)    |
| 25 schoolslag     | 25.00   | van der Zee Paula                                                    | 68 | 14-9-1976  | Heemskerk (NED)  |
|                   | 25.00   | Jonker Nicole                                                        | 68 | 14-9-1976  | Heemskerk (NED)  |
| 50 schoolslag     | 51.30   | van Honk Chantal                                                     | 80 | 15-12-1988 | Heemskerk (NED)  |
| 100 schoolslag    | 1:51.60 | van Leeuwen Andrea                                                   | 71 | 25-11-1979 | Heemskerk (NED)  |
| 25 vlinderslag    | 23.51   | Butter Noor                                                          | 16 | 24-10-2024 | Heemskerk (NED)  |
| 50 vlinderslag    | 51.84   | Dekker Elise                                                         | 97 | 15-12-2005 | Heemskerk (NED)  |
| 100 wisselslag    | 1:45.97 | Stel Kaylin                                                          | 01 | 19-11-2009 | Heemskerk (NED)  |
| 200 wisselslag    | 3:57.54 | Dekker Elise                                                         | 97 | 30-1-2005  | Zaandam (NED)    |
| 4 x 50 vrije slag | 3:10.31 | OEZA Dames                                                           |    | 15-12-2024 | Amsterdam (NED)  |
|                   |         | <i>Butter Noor, Haack Fenna, Banks Riley, Oliveira Rocha Yara</i>    |    |            |                  |
| 4 x 25 wisselslag | 2:22.12 | OEZA Dames                                                           |    | 2-4-2023   | Haarlem (NED)    |
|                   |         | <i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i> |    |            |                  |
| 4 x 50 wisselslag | 3:40.07 | OEZA Dames                                                           |    | 24-11-2024 | Zaandam (NED)    |
|                   |         | <i>Haack Fenna, Butter Noor, Oliveira Rocha Yara, Banks Riley</i>    |    |            |                  |

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Heren

Open Water

|                |          |               |    |           |                  |
|----------------|----------|---------------|----|-----------|------------------|
| 250 vrije slag | 6:22.07  | Butter Stijn  | 11 | 22-6-2019 | Bodegraven (NED) |
| 500 schoolslag | 11:58.67 | Kleijne Barry | 93 | 14-7-2001 | Oss (NED)        |

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Dames

Open Water

|                |         |             |    |          |                  |
|----------------|---------|-------------|----|----------|------------------|
| 250 vrije slag | 5:19.71 | Stel Kaylin | 01 | 6-9-2009 | Vlissingen (NED) |
| 250 schoolslag | 6:20.75 | Butter Noor | 16 | 6-7-2024 | Hoek (NED)       |

Heren

Lange baan (50m)

|                |         |                 |    |            |                 |
|----------------|---------|-----------------|----|------------|-----------------|
| 50 vrije slag  | 40.84   | Gaal Roel       | 01 | 4-12-2010  | Beverwijk (NED) |
| 100 vrije slag | 1:39.92 | Koopman Axel    | 92 | 26-5-2001  | Beverwijk (NED) |
| 50 rugslag     | 44.33   | Gaal Roel       | 01 | 4-12-2010  | Beverwijk (NED) |
| 100 rugslag    | 1:42.29 | Kleijne Barry   | 93 | 29-4-2001  | Beverwijk (NED) |
| 50 schoolslag  | 57.04   | de Vriend Ruben | 03 | 24-11-2012 | Beverwijk (NED) |
| 100 schoolslag | 1:53.90 | Yayli Serkan    | 92 | 21-10-2001 | Beverwijk (NED) |
| 50 vlinderslag | 46.64   | Kleijne Barry   | 93 | 20-10-2002 | Beverwijk (NED) |

**Dames**

**Lange baan (50m)**

|                |         |                 |    |            |                 |
|----------------|---------|-----------------|----|------------|-----------------|
| 50 vrije slag  | 41.08   | Stel Kaylin     | 01 | 5-12-2009  | Beverwijk (NED) |
| 100 vrije slag | 1:40.08 | Essers Sanne    | 91 | 7-5-2000   | Beverwijk (NED) |
| 400 vrije slag | 9:09.00 | Dijkstra Pascal | 89 | 9-11-1997  | Beverwijk (NED) |
| 50 rugslag     | 44.88   | van Rijn Eline  | 07 | 3-12-2016  | Beverwijk (NED) |
| 100 rugslag    | 1:53.56 | Essers Sanne    | 91 | 7-5-2000   | Beverwijk (NED) |
| 50 schoolslag  | 53.90   | Hoekstra Eline  | 03 | 24-11-2012 | Beverwijk (NED) |
| 100 schoolslag | 1:53.90 | Crok Linda      | 94 | 12-10-2003 | Beverwijk (NED) |
| 50 vlinderslag | 48.99   | Crok Linda      | 94 | 12-10-2003 | Beverwijk (NED) |

**Heren**

**Korte baan (25m)**

|                                  |         |                |    |            |                 |
|----------------------------------|---------|----------------|----|------------|-----------------|
| 25m vrije slag met koprol        | 30.27   | Butter Stijn   | 11 | 29-9-2019  | Haarlem (NED)   |
| 15m vlinderslag benen onderwater | 25.47   | Butter Stijn   | 11 | 15-12-2019 | Haarlem (NED)   |
| 25m rugslag start                | 26.23   | Butter Stijn   | 11 | 15-12-2019 | Haarlem (NED)   |
| 50m borstcrawl benen             | 1:08.78 | Butter Stijn   | 11 | 29-9-2019  | Haarlem (NED)   |
| 25 vrije slag                    | 16.38   | Dekker Ruben   | 93 | 6-10-2002  | Zaandam         |
| 50 vrije slag                    | 35.30   | Offringa Rick  | 03 | 11-10-2012 | Heemskerk (NED) |
| 100 vrije slag                   | 1:17.40 | Dekker Ruben   | 93 | 8-12-2002  | Heemskerk       |
| 200 vrije slag                   | 2:58.70 | Dekker Ruben   | 93 | 22-12-2002 | Zaandam         |
| 300 vrije slag                   | 4:46.05 | Dekker Ruben   | 93 | 1-12-2002  | Heemskerk       |
| 400 vrije slag                   | 6:10.29 | Dekker Ruben   | 93 | 30-5-2002  | Heemskerk       |
| 25 rugslag                       | 20.64   | Kleijne Barry  | 93 | 13-1-2002  | Zaandam         |
| 50 rugslag                       | 41.31   | Dekker Ruben   | 93 | 10-11-2002 | Zaandam (NED)   |
| 100 rugslag                      | 1:28.07 | Dekker Ruben   | 93 | 8-12-2002  | Heemskerk       |
| 25 schoolslag                    | 23.00   | Keessen Jeroen | 67 | 30-3-1976  | Heemskerk (NED) |
| 50 schoolslag                    | 48.93   | Offringa Rick  | 03 | 18-11-2012 | Zaandam (NED)   |
| 100 schoolslag                   | 1:45.10 | Offringa Rick  | 03 | 25-11-2012 | Heemskerk (NED) |
| 200 schoolslag                   | 4:10.03 | Gaal Roel      | 01 | 25-3-2010  | Heemskerk (NED) |
| 25 vlinderslag                   | 20.57   | Offringa Rick  | 03 | 13-12-2012 | Heemskerk (NED) |
| 50 vlinderslag                   | 42.66   | Dekker Ruben   | 93 | 29-9-2002  | Zaandam (NED)   |
| 100 vlinderslag                  | 1:40.54 | Dekker Ruben   | 93 | 28-11-2002 | Heemskerk       |
| 100 wisselslag                   | 1:32.16 | Dekker Ruben   | 93 | 15-12-2002 | Zaandam (NED)   |
| 200 wisselslag                   | 3:33.85 | Kleijne Barry  | 93 | 24-2-2002  | Heemskerk       |

**Dames**

**Korte baan (25m)**

|                                  |         |                                                                      |    |            |                 |
|----------------------------------|---------|----------------------------------------------------------------------|----|------------|-----------------|
| 25m vrije slag met koprol        | 24.63   | van Ederen Jasmijn                                                   | 10 | 29-9-2019  | Haarlem (NED)   |
| 25m rugslag start                | 24.90   | van Ederen Jasmijn                                                   | 10 | 15-12-2019 | Haarlem (NED)   |
| 15m vlinderslag benen onderwater | 22.06   | van Ederen Jasmijn                                                   | 10 | 15-12-2019 | Haarlem (NED)   |
| 50m borstcrawl benen             | 1:06.46 | van Ederen Jasmijn                                                   | 10 | 29-9-2019  | Haarlem (NED)   |
| 25 vrije slag                    | 17.16   | Stel Kaylin                                                          | 01 | 3-1-2010   | Culemborg (NED) |
| 50 vrije slag                    | 36.52   | Crok Linda                                                           | 94 | 23-11-2003 | Zaandam (NED)   |
| 100 vrije slag                   | 1:20.75 | Crok Linda                                                           | 94 | 18-12-2003 | Heemskerk (NED) |
| 200 vrije slag                   | 3:05.29 | Crok Linda                                                           | 94 | 26-10-2003 | Zaandam         |
| 300 vrije slag                   | 4:47.33 | Crok Linda                                                           | 94 | 16-11-2003 | Heemskerk (NED) |
| 400 vrije slag                   | 6:30.74 | Stel Kaylin                                                          | 01 | 28-3-2010  | Zeist (NED)     |
| 25 rugslag                       | 20.44   | Stel Kaylin                                                          | 01 | 3-1-2010   | Culemborg (NED) |
| 50 rugslag                       | 41.78   | Stel Kaylin                                                          | 01 | 22-5-2010  | Purmerend (NED) |
| 100 rugslag                      | 1:32.72 | Stel Kaylin                                                          | 01 | 5-4-2010   | Haarlem (NED)   |
| 25 schoolslag                    | 20.50   | van Honk Chantal                                                     | 80 | 31-12-1989 | Heemskerk (NED) |
| 50 schoolslag                    | 45.52   | Teufer Irene                                                         | 96 | 24-11-2005 | Heemskerk (NED) |
| 100 schoolslag                   | 1:38.00 | van Honk Chantal                                                     | 80 | 7-12-1989  | Heemskerk (NED) |
| 200 schoolslag                   | 3:55.56 | Stel Kaylin                                                          | 01 | 25-3-2010  | Heemskerk (NED) |
| 25 vlinderslag                   | 19.00   | van Honk Chantal                                                     | 80 | 31-12-1989 | Heemskerk (NED) |
| 50 vlinderslag                   | 43.12   | Teufer Irene                                                         | 96 | 15-12-2005 | Heemskerk (NED) |
| 100 vlinderslag                  | 1:55.09 | Stel Kaylin                                                          | 01 | 20-5-2010  | Heemskerk (NED) |
| 100 wisselslag                   | 1:33.15 | Crok Linda                                                           | 94 | 30-11-2003 | Heemskerk (NED) |
| 200 wisselslag                   | 3:43.96 | Stel Kaylin                                                          | 01 | 28-2-2010  | Zaandam (NED)   |
| 4 x 25 vrije slag                | 1:51.86 | OEZA Dames                                                           |    | 8-10-2023  | Zaandam (NED)   |
|                                  |         | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>  |    |            |                 |
| 4 x 50 vrije slag                | 3:10.31 | OEZA Dames                                                           |    | 15-12-2024 | Amsterdam (NED) |
|                                  |         | <i>Butter Noor, Haack Fenna, Banks Riley, Oliveira Rocha Yara</i>    |    |            |                 |
| 4 x 25 wisselslag                | 2:22.12 | OEZA Dames                                                           |    | 2-4-2023   | Haarlem (NED)   |
|                                  |         | <i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i> |    |            |                 |
| 4 x 50 wisselslag                | 3:40.07 | OEZA Dames                                                           |    | 24-11-2024 | Zaandam (NED)   |
|                                  |         | <i>Haack Fenna, Butter Noor, Oliveira Rocha Yara, Banks Riley</i>    |    |            |                 |

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Heren

Open Water

|                |          |               |    |           |                     |
|----------------|----------|---------------|----|-----------|---------------------|
| 250 vrije slag | 4:58.49  | Nijland Yoran | 05 | 26-7-2014 | Anna-Paulowna (NED) |
| 500 vrije slag | 8:34.47  | Dekker Ruben  | 93 | 18-8-2002 | Eersel (NED)        |
| 500 schoolslag | 11:58.67 | Kleijne Barry | 93 | 14-7-2001 | Oss (NED)           |

**Dames**

**Open Water**

|                |         |             |    |          |                  |
|----------------|---------|-------------|----|----------|------------------|
| 250 vrije slag | 5:19.71 | Stel Kaylin | 01 | 6-9-2009 | Vlissingen (NED) |
| 250 schoolslag | 6:20.75 | Butter Noor | 16 | 6-7-2024 | Hoek (NED)       |

Heren

Lange baan (50m)

|                 |         |                |    |            |                 |
|-----------------|---------|----------------|----|------------|-----------------|
| 50 vrije slag   | 36.38   | Offringa Rick  | 03 | 30-6-2013  | Dordrecht (NED) |
| 100 vrije slag  | 1:14.46 | Dekker Ruben   | 93 | 29-6-2003  | Dordrecht (NED) |
| 200 vrije slag  | 3:19.12 | Schelvis Sjeng | 89 | 31-10-1999 | Beverwijk (NED) |
| 400 vrije slag  | 6:41.31 | Schelvis Sjeng | 89 | 31-10-1999 | Beverwijk (NED) |
| 50 rugslag      | 38.77   | Dekker Ruben   | 93 | 12-10-2003 | Beverwijk (NED) |
| 100 rugslag     | 1:23.76 | Dekker Ruben   | 93 | 29-6-2003  | Dordrecht (NED) |
| 50 schoolslag   | 51.22   | Offringa Rick  | 03 | 30-6-2013  | Dordrecht (NED) |
| 100 schoolslag  | 1:45.30 | de Rooij Roel  | 87 | 9-11-1997  | Beverwijk (NED) |
| 50 vlinderslag  | 37.36   | Dekker Ruben   | 93 | 12-10-2003 | Beverwijk (NED) |
| 100 vlinderslag | 1:54.30 | de Rooij Roel  | 87 | 9-11-1997  | Beverwijk (NED) |

**Dames**

**Lange baan (50m)**

|                |         |                  |    |            |                 |
|----------------|---------|------------------|----|------------|-----------------|
| 50 vrije slag  | 36.32   | Renkema Iris     | 04 | 29-11-2014 | Beverwijk (NED) |
| 100 vrije slag | 1:13.08 | Stel Serena      | 98 | 7-12-2008  | Eindhoven (NED) |
| 200 vrije slag | 3:18.21 | Visser Kelly     | 89 | 31-10-1999 | Beverwijk (NED) |
| 400 vrije slag | 6:39.10 | Dijkstra Lisette | 86 | 4-5-1996   | Beverwijk (NED) |
| 50 rugslag     | 43.16   | Hoekstra Eline   | 03 | 7-12-2013  | Beverwijk (NED) |
| 100 rugslag    | 1:31.73 | Crok Linda       | 94 | 25-4-2004  | Beverwijk (NED) |
| 50 schoolslag  | 50.26   | Hoekstra Eline   | 03 | 7-12-2013  | Beverwijk (NED) |
| 100 schoolslag | 1:35.77 | Teufer Irene     | 96 | 2-7-2006   | Dordrecht (NED) |
| 50 vlinderslag | 39.74   | Teufer Irene     | 96 | 2-7-2006   | Dordrecht (NED) |
| 200 wisselslag | 3:11.16 | Stel Serena      | 98 | 7-12-2008  | Eindhoven (NED) |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                         |    |            |                     |
|----------------------------------|----------|-------------------------------------------------------------------------|----|------------|---------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                            | 11 | 29-9-2019  | Haarlem (NED)       |
| 25m rugslag start                | 26.23    | Butter Stijn                                                            | 11 | 15-12-2019 | Haarlem (NED)       |
| 15m vlinderslag benen onderwater | 25.47    | Butter Stijn                                                            | 11 | 15-12-2019 | Haarlem (NED)       |
| 50m borstcrawl benen             | 1:08.78  | Butter Stijn                                                            | 11 | 29-9-2019  | Haarlem (NED)       |
| 25 vrije slag                    | 16.38    | Dekker Ruben                                                            | 93 | 6-10-2002  | Zaandam             |
| 50 vrije slag                    | 33.47    | Offringa Rick                                                           | 03 | 31-10-2013 | Heemskerk (NED)     |
| 100 vrije slag                   | 1:11.10  | Dekker Ruben                                                            | 93 | 23-11-2003 | Zaandam (NED)       |
| 200 vrije slag                   | 2:36.40  | Dekker Ruben                                                            | 93 | 26-10-2003 | Zaandam             |
| 300 vrije slag                   | 4:26.41  | Tijms Stefan                                                            | 93 | 16-11-2003 | Heemskerk (NED)     |
| 400 vrije slag                   | 5:40.02  | Dekker Ruben                                                            | 93 | 16-11-2003 | Heemskerk (NED)     |
| 800 vrije slag                   | 14:39.17 | Groen Jarno                                                             | 01 | 4-12-2011  | Zaandam (NED)       |
| 25 rugslag                       | 18.64    | Dekker Ruben                                                            | 93 | 19-1-2003  | Zaandam             |
| 50 rugslag                       | 37.37    | Dekker Ruben                                                            | 93 | 30-10-2003 | Heemskerk           |
| 100 rugslag                      | 1:22.80  | Dekker Ruben                                                            | 93 | 28-9-2003  | Zaandam (NED)       |
| 200 rugslag                      | 3:13.50  | van der Kroft Barry                                                     | 82 | 12-11-1992 | Heemskerk (NED)     |
| 25 schoolslag                    | 20.60    | Feyen Erik                                                              | 66 | 14-9-1976  | Heemskerk (NED)     |
| 50 schoolslag                    | 45.40    | Oudendijk Paul                                                          | 81 | 14-11-1991 | Heemskerk (NED)     |
| 100 schoolslag                   | 1:33.10  | de Boer Stephan                                                         | 83 | 18-11-1993 | Heemskerk           |
| 200 schoolslag                   | 3:40.90  | van der Kroft Barry                                                     | 82 | 14-5-1992  | Heemskerk (NED)     |
| 25 vlinderslag                   | 18.50    | Lamers Koen                                                             | 91 | 25-3-2001  | Heerhugowaard (NED) |
| 50 vlinderslag                   | 37.05    | Dekker Ruben                                                            | 93 | 21-4-2003  | Haarlem             |
| 100 vlinderslag                  | 1:25.33  | Dekker Ruben                                                            | 93 | 27-11-2003 | Heemskerk (NED)     |
| 100 wisselslag                   | 1:24.19  | Dekker Ruben                                                            | 93 | 23-11-2003 | Zaandam (NED)       |
| 200 wisselslag                   | 3:06.01  | Dekker Ruben                                                            | 93 | 28-9-2003  | Zaandam (NED)       |
| 4 x 50 vrije slag                | 2:31.19  | OEZA Heren                                                              |    | 22-11-2015 | Haarlem (NED)       |
|                                  |          | <i>Nijland Yoran, Camphuijnder Jasper, van Rijn Ian, Oortwijn Kalle</i> |    |            |                     |
| 4 x 50 wisselslag                | 3:18.48  | OEZA Heren                                                              |    | 20-11-2011 | Zaandam (NED)       |
|                                  |          | <i>de Boer Tobias, Wassenaar Joris, Groen Jarno, van Vegten Teun</i>    |    |            |                     |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                       |    |            |                      |
|----------------------------------|----------|-----------------------------------------------------------------------|----|------------|----------------------|
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                    | 10 | 15-12-2019 | Haarlem (NED)        |
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                    | 10 | 15-12-2019 | Haarlem (NED)        |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                    | 10 | 19-1-2020  | Zaandam (NED)        |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                    | 10 | 29-9-2019  | Haarlem (NED)        |
| 25 vrije slag                    | 16.00    | Dijkstra Lisette                                                      | 86 | 14-3-1996  | Heemskerk (NED)      |
| 50 vrije slag                    | 34.16    | Stel Serena                                                           | 98 | 5-10-2008  | Heemskerk (NED)      |
| 100 vrije slag                   | 1:12.54  | Stel Serena                                                           | 98 | 23-11-2008 | Zaandam (NED)        |
| 200 vrije slag                   | 2:37.25  | Stel Serena                                                           | 98 | 14-12-2008 | Zaandam (NED)        |
| 300 vrije slag                   | 4:47.33  | Crok Linda                                                            | 94 | 16-11-2003 | Heemskerk (NED)      |
| 400 vrije slag                   | 5:40.44  | Stel Serena                                                           | 98 | 9-11-2008  | Zaandam (NED)        |
| 800 vrije slag                   | 14:16.20 | van Honk Chantal                                                      | 80 | 7-6-1990   | Heemskerk (NED)      |
| 25 rugslag                       | 19.50    | Schelvis Femke                                                        | 84 | 17-2-1994  | Heemskerk            |
| 50 rugslag                       | 40.82    | Stel Serena                                                           | 98 | 26-10-2008 | Eindhoven (NED)      |
| 100 rugslag                      | 1:25.96  | Stel Serena                                                           | 98 | 16-11-2008 | Amsterdam-oost (NED) |
| 200 rugslag                      | 3:21.20  | Bakker Jesca                                                          | 79 | 2-11-1989  | Heemskerk (NED)      |
| 25 schoolslag                    | 20.50    | van Honk Chantal                                                      | 80 | 31-12-1989 | Heemskerk (NED)      |
| 50 schoolslag                    | 41.40    | van Honk Chantal                                                      | 80 | 8-11-1990  | Heemskerk (NED)      |
| 100 schoolslag                   | 1:30.00  | van Honk Chantal                                                      | 80 | 27-9-1990  | Heemskerk (NED)      |
| 200 schoolslag                   | 3:16.90  | van Honk Chantal                                                      | 80 | 6-12-1990  | Heemskerk (NED)      |
| 25 vlinderslag                   | 18.40    | Bakker Jesca                                                          | 79 | 31-12-1989 | Heemskerk (NED)      |
| 50 vlinderslag                   | 38.84    | Teufer Irene                                                          | 96 | 14-12-2006 | Heemskerk (NED)      |
| 100 vlinderslag                  | 1:32.89  | Teufer Irene                                                          | 96 | 30-11-2006 | Heemskerk            |
| 100 wisselslag                   | 1:25.61  | Stel Serena                                                           | 98 | 5-10-2008  | Heemskerk (NED)      |
| 200 wisselslag                   | 3:08.02  | Teufer Irene                                                          | 96 | 8-10-2006  | Zaandam (NED)        |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                            |    | 8-10-2023  | Zaandam (NED)        |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>   |    |            |                      |
| 4 x 50 vrije slag                | 3:10.31  | OEZA Dames                                                            |    | 15-12-2024 | Amsterdam (NED)      |
|                                  |          | <i>Butter Noor, Haack Fenna, Banks Riley, Oliveira Rocha Yara</i>     |    |            |                      |
| 4 x 100 vrije slag               | 7:13.50  | OEZA Dames                                                            |    | 25-1-1998  | Zaandam (NED)        |
|                                  |          | <i>Dijkstra Pascal, Hoek Daniëlle, Kleijne Daisy, Koopman Anitra</i>  |    |            |                      |
| 4 x 50 schoolslag                | 3:38.20  | OEZA Dames                                                            |    | 25-1-1998  | Zaandam (NED)        |
|                                  |          | <i>Hoek Daniëlle, Koopman Anitra, Kleijne Daisy, Dijkstra Pascal</i>  |    |            |                      |
| 4 x 25 wisselslag                | 2:22.12  | OEZA Dames                                                            |    | 2-4-2023   | Haarlem (NED)        |
|                                  |          | <i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>  |    |            |                      |
| 4 x 50 wisselslag                | 3:02.10  | OEZA Dames                                                            |    | 20-11-2011 | Zaandam (NED)        |
|                                  |          | <i>Koper Fiona, van Huisstede Nikita, Buur Naomi, de Vriend Sofie</i> |    |            |                      |

Heren

Open Water

|                |          |               |    |           |                     |
|----------------|----------|---------------|----|-----------|---------------------|
| 250 vrije slag | 4:58.49  | Nijland Yoran | 05 | 26-7-2014 | Anna-Paulowna (NED) |
| 500 vrije slag | 7:18.04  | Dekker Ruben  | 93 | 5-7-2003  | Sluis (NED)         |
| 500 schoolslag | 11:58.67 | Kleijne Barry | 93 | 14-7-2001 | Oss (NED)           |

Dames

Open Water

|                |         |             |    |           |                  |
|----------------|---------|-------------|----|-----------|------------------|
| 250 vrije slag | 5:19.71 | Stel Kaylin | 01 | 6-9-2009  | Vlissingen (NED) |
| 500 vrije slag | 8:31.18 | Bos Marieke | 06 | 23-7-2016 | Amstelveen (NED) |
| 250 schoolslag | 6:20.75 | Butter Noor | 16 | 6-7-2024  | Hoek (NED)       |

Heren

Lange baan (50m)

|                 |         |                |    |            |                 |
|-----------------|---------|----------------|----|------------|-----------------|
| 50 vrije slag   | 33.26   | Offringa Rick  | 03 | 29-11-2014 | Beverwijk (NED) |
| 100 vrije slag  | 1:10.36 | Dekker Ruben   | 93 | 25-4-2004  | Beverwijk (NED) |
| 200 vrije slag  | 3:19.12 | Schelvis Sjeng | 89 | 31-10-1999 | Beverwijk (NED) |
| 400 vrije slag  | 6:41.31 | Schelvis Sjeng | 89 | 31-10-1999 | Beverwijk (NED) |
| 50 rugslag      | 38.77   | Dekker Ruben   | 93 | 12-10-2003 | Beverwijk (NED) |
| 100 rugslag     | 1:22.01 | Dekker Ruben   | 93 | 15-2-2004  | Eindhoven (NED) |
| 50 schoolslag   | 46.64   | Offringa Rick  | 03 | 29-11-2014 | Beverwijk (NED) |
| 100 schoolslag  | 1:37.10 | Keessen Jeroen | 67 | 11-6-1978  | Beverwijk (NED) |
| 50 vlinderslag  | 35.14   | Dekker Ruben   | 93 | 27-6-2004  | Dordrecht (NED) |
| 100 vlinderslag | 1:48.50 | Hoenink Jarl   | 86 | 9-11-1997  | Beverwijk (NED) |

**Dames**

**Lange baan (50m)**

|                 |         |                |    |            |                         |
|-----------------|---------|----------------|----|------------|-------------------------|
| 50 vrije slag   | 33.36   | Stel Serena    | 98 | 28-11-2009 | Eindhoven (NED)         |
| 100 vrije slag  | 1:08.90 | Stel Serena    | 98 | 28-11-2009 | Eindhoven (NED)         |
| 200 vrije slag  | 2:32.68 | Stel Serena    | 98 | 5-7-2009   | Dordrecht (NED)         |
| 400 vrije slag  | 5:19.98 | Stel Serena    | 98 | 5-7-2009   | Dordrecht (NED)         |
| 50 rugslag      | 38.83   | Stel Serena    | 98 | 5-12-2009  | Beverwijk (NED)         |
| 100 rugslag     | 1:24.20 | Schelvis Femke | 84 | 20-5-1995  | Beverwijk (NED)         |
| 200 rugslag     | 3:01.74 | Stel Serena    | 98 | 30-5-2009  | Hagen (GER)             |
| 50 schoolslag   | 44.98   | Stel Serena    | 98 | 30-5-2009  | Hagen (GER)             |
| 100 schoolslag  | 1:35.77 | Teufer Irene   | 96 | 2-7-2006   | Dordrecht (NED)         |
| 200 schoolslag  | 3:37.80 | Bos Marieke    | 06 | 18-6-2017  | Bergbad Bückeburg (GER) |
| 50 vlinderslag  | 35.10   | Teufer Irene   | 96 | 1-7-2007   | Dordrecht (NED)         |
| 100 vlinderslag | 1:23.86 | Teufer Irene   | 96 | 22-4-2007  | Breda (NED)             |
| 200 wisselslag  | 3:07.26 | Stel Serena    | 98 | 30-5-2009  | Hagen (GER)             |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                                 |    |            |                        |
|----------------------------------|----------|---------------------------------------------------------------------------------|----|------------|------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                                    | 11 | 29-9-2019  | Haarlem (NED)          |
| 15m vlinderslag benen onderwater | 21.13    | Ayari Adam                                                                      | 08 | 29-9-2019  | Haarlem (NED)          |
| 25m rugslag start                | 26.23    | Butter Stijn                                                                    | 11 | 15-12-2019 | Haarlem (NED)          |
| 50m borstcrawl benen             | 1:08.78  | Butter Stijn                                                                    | 11 | 29-9-2019  | Haarlem (NED)          |
| 25 vrije slag                    | 16.06    | Schelvis Sjeng                                                                  | 89 | 4-5-2000   | Heemskerk (NED)        |
| 50 vrije slag                    | 31.13    | Dekker Ruben                                                                    | 93 | 11-4-2004  | Haarlem                |
| 100 vrije slag                   | 1:06.63  | Dekker Ruben                                                                    | 93 | 12-12-2004 | Zaandam (NED)          |
| 200 vrije slag                   | 2:31.37  | Dekker Ruben                                                                    | 93 | 17-10-2004 | Zaandam (NED)          |
| 300 vrije slag                   | 4:16.09  | Druyven Jorrick                                                                 | 94 | 13-11-2005 | Zaandam (NED)          |
| 400 vrije slag                   | 5:27.56  | Kleijne Barry                                                                   | 93 | 14-11-2004 | Heemskerk (NED)        |
| 800 vrije slag                   | 11:26.30 | Dekker Ruben                                                                    | 93 | 7-3-2004   | Zaandam                |
| 25 rugslag                       | 18.64    | Dekker Ruben                                                                    | 93 | 19-1-2003  | Zaandam                |
| 50 rugslag                       | 35.35    | Dekker Ruben                                                                    | 93 | 28-10-2004 | Heemskerk (NED)        |
| 100 rugslag                      | 1:17.47  | Dekker Ruben                                                                    | 93 | 3-10-2004  | Heemskerk (NED)        |
| 200 rugslag                      | 3:06.90  | Gaal Koen                                                                       | 99 | 31-10-2010 | Zaandam (NED)          |
| 25 schoolslag                    | 20.60    | Feyen Erik                                                                      | 66 | 14-9-1976  | Heemskerk (NED)        |
| 50 schoolslag                    | 42.60    | Schaaper Bart                                                                   | 73 | 2-9-1984   | Heemskerk (NED)        |
| 100 schoolslag                   | 1:31.44  | de Ruijter Richard                                                              | 88 | 12-12-1999 | Heemskerk (NED)        |
| 200 schoolslag                   | 3:22.00  | de Boer Stephan                                                                 | 83 | 24-11-1994 | Heemskerk (NED)        |
| 25 vlinderslag                   | 17.18    | Schelvis Sjeng                                                                  | 89 | 4-5-2000   | Heemskerk (NED)        |
| 50 vlinderslag                   | 34.84    | Dekker Ruben                                                                    | 93 | 23-12-2004 | Heemskerk (NED)        |
| 100 vlinderslag                  | 1:19.93  | Dekker Ruben                                                                    | 93 | 10-10-2004 | Zaandam (NED)          |
| 100 wisselslag                   | 1:19.26  | Dekker Ruben                                                                    | 93 | 19-12-2004 | Heemskerk (NED)        |
| 200 wisselslag                   | 2:52.67  | Dekker Ruben                                                                    | 93 | 12-12-2004 | Zaandam (NED)          |
| 4 x 50 vrije slag                | 2:12.17  | OEZA Heren<br><i>Druyven Jorrick, Kleijne Barry, Tijms Stefan, Dekker Ruben</i> |    | 31-10-2004 | Zuidoostbeemster (NED) |
| 4 x 50 schoolslag                | 3:15.79  | OEZA Heren<br><i>Druyven Jorrick, Kleijne Barry, Tijms Stefan, Dekker Ruben</i> |    | 31-10-2004 | Zuidoostbeemster (NED) |
| 4 x 50 wisselslag                | 2:31.43  | OEZA Heren<br><i>Tijms Stefan, Kleijne Barry, Dekker Ruben, Druyven Jorrick</i> |    | 31-10-2004 | Zuidoostbeemster (NED) |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                           |    |            |                 |
|----------------------------------|----------|---------------------------------------------------------------------------|----|------------|-----------------|
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                        | 10 | 15-12-2019 | Haarlem (NED)   |
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                        | 10 | 15-12-2019 | Haarlem (NED)   |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                        | 10 | 19-1-2020  | Zaandam (NED)   |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                        | 10 | 29-9-2019  | Haarlem (NED)   |
| 25 vrije slag                    | 15.17    | Petit Kirsten                                                             | 00 | 30-6-2011  | Heemskerk (NED) |
| 50 vrije slag                    | 31.60    | Schelvis Femke                                                            | 84 | 14-12-1995 | Heemskerk (NED) |
| 100 vrije slag                   | 1:08.10  | Schelvis Femke                                                            | 84 | 3-12-1995  | Alkmaar (NED)   |
| 200 vrije slag                   | 2:27.90  | Stel Serena                                                               | 98 | 11-10-2009 | Zaandam (NED)   |
| 300 vrije slag                   | 3:51.59  | Stel Serena                                                               | 98 | 19-12-2009 | Amsterdam (NED) |
| 400 vrije slag                   | 5:11.39  | Stel Serena                                                               | 98 | 19-12-2009 | Amsterdam (NED) |
| 800 vrije slag                   | 10:23.65 | Stel Serena                                                               | 98 | 20-12-2009 | Amsterdam (NED) |
| 25 rugslag                       | 17.80    | Schelvis Femke                                                            | 84 | 27-4-1995  | Heemskerk (NED) |
| 50 rugslag                       | 36.10    | Schelvis Femke                                                            | 84 | 9-11-1995  | Heemskerk (NED) |
| 100 rugslag                      | 1:17.20  | Schelvis Femke                                                            | 84 | 17-12-1995 | Volendam (NED)  |
| 200 rugslag                      | 2:46.41  | Stel Serena                                                               | 98 | 13-12-2009 | Zaandam (NED)   |
| 25 schoolslag                    | 17.80    | van Honk Chantal                                                          | 80 | 16-5-1991  | Heemskerk (NED) |
| 50 schoolslag                    | 40.20    | van Honk Chantal                                                          | 80 | 13-6-1991  | Heemskerk (NED) |
| 100 schoolslag                   | 1:23.70  | van Honk Chantal                                                          | 80 | 15-12-1991 | Heemskerk (NED) |
| 200 schoolslag                   | 3:07.74  | Teufer Irene                                                              | 96 | 27-10-2007 | Barneveld (NED) |
| 25 vlinderslag                   | 16.45    | Teufer Irene                                                              | 96 | 19-4-2007  | Heemskerk (NED) |
| 50 vlinderslag                   | 34.41    | Teufer Irene                                                              | 96 | 28-10-2007 | Zaandam (NED)   |
| 100 vlinderslag                  | 1:18.72  | Teufer Irene                                                              | 96 | 21-10-2007 | Zaandam (NED)   |
| 200 vlinderslag                  | 2:54.51  | Teufer Irene                                                              | 96 | 16-12-2007 | Zaandam (NED)   |
| 100 wisselslag                   | 1:19.40  | Schelvis Femke                                                            | 84 | 3-12-1995  | Alkmaar (NED)   |
| 200 wisselslag                   | 2:47.90  | van Honk Chantal                                                          | 80 | 22-12-1991 | Alkmaar (NED)   |
| 400 wisselslag                   | 7:19.60  | de Wildt Maud                                                             | 05 | 11-12-2016 | Alkmaar (NED)   |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                |    | 8-10-2023  | Zaandam (NED)   |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>       |    |            |                 |
| 4 x 50 vrije slag                | 2:24.00  | OEZA Dames                                                                |    | 22-11-2015 | Haarlem (NED)   |
|                                  |          | <i>Wentink Yara, Siemerink Laura, Visser Shana, Renkema Iris</i>          |    |            |                 |
| 4 x 100 vrije slag               | 7:13.50  | OEZA Dames                                                                |    | 25-1-1998  | Zaandam (NED)   |
|                                  |          | <i>Dijkstra Pascal, Hoek Daniëlle, Kleijne Daisy, Koopman Anitra</i>      |    |            |                 |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                |    | 10-4-2011  | Hoorn (NED)     |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i> |    |            |                 |
| 4 x 50 schoolslag                | 3:12.98  | OEZA Dames                                                                |    | 30-11-2014 | Zaandam (NED)   |
|                                  |          | <i>Renkema Iris, Scholten Britt, Blaauw Yente, Hoekstra Eline</i>         |    |            |                 |
| 4 x 25 wisselslag                | 2:22.12  | OEZA Dames                                                                |    | 2-4-2023   | Haarlem (NED)   |
|                                  |          | <i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>      |    |            |                 |
| 4 x 50 wisselslag                | 2:42.81  | OEZA Dames                                                                |    | 30-11-2014 | Zaandam (NED)   |
|                                  |          | <i>Blaauw Yente, Scholten Britt, Hoekstra Eline, Renkema Iris</i>         |    |            |                 |

Heren

Open Water

|                |          |               |    |           |                     |
|----------------|----------|---------------|----|-----------|---------------------|
| 250 vrije slag | 4:58.49  | Nijland Yoran | 05 | 26-7-2014 | Anna-Paulowna (NED) |
| 500 vrije slag | 6:36.38  | Dekker Ruben  | 93 | 3-7-2004  | Sluis (NED)         |
| 500 schoolslag | 11:58.67 | Kleijne Barry | 93 | 14-7-2001 | Oss (NED)           |

**Dames**

**Open Water**

|                |          |             |    |          |                  |
|----------------|----------|-------------|----|----------|------------------|
| 250 vrije slag | 5:19.71  | Stel Kaylin | 01 | 6-9-2009 | Vlissingen (NED) |
| 500 vrije slag | 7:26.55  | Stel Serena | 98 | 2-8-2009 | Hoorn (NED)      |
| 250 schoolslag | 6:20.75  | Butter Noor | 16 | 6-7-2024 | Hoek (NED)       |
| 500 schoolslag | 11:36.17 | Buur Naomi  | 01 | 2-9-2012 | Vlissingen (NED) |

**Heren**

**Lange baan (50m)**

|                    |          |                    |    |            |                 |
|--------------------|----------|--------------------|----|------------|-----------------|
| 50 vrije slag      | 33.26    | Offringa Rick      | 03 | 29-11-2014 | Beverwijk (NED) |
| 100 vrije slag     | 1:05.37  | Dekker Ruben       | 93 | 19-6-2005  | Dordrecht (NED) |
| 200 vrije slag     | 2:39.11  | Druyven Jorrick    | 94 | 12-11-2006 | Eindhoven (NED) |
| 300 vrije slag     | 3:40.76  | Dekker Ruben       | 93 | 27-2-2005  | Amsterdam (NED) |
| 400 vrije slag     | 5:26.14  | Druyven Jorrick    | 94 | 12-11-2006 | Eindhoven (NED) |
| 800 vrije slag     | 11:02.03 | Druyven Jorrick    | 94 | 12-11-2006 | Eindhoven (NED) |
| 1500 vrije slag    | 20:44.43 | Druyven Jorrick    | 94 | 12-11-2006 | Eindhoven (NED) |
| 50 rugslag         | 37.44    | Offringa Rick      | 03 | 5-12-2015  | Beverwijk (NED) |
| 100 rugslag        | 1:19.55  | Dekker Ruben       | 93 | 19-6-2005  | Dordrecht (NED) |
| 200 rugslag        | 2:57.70  | Tijms Stefan       | 93 | 17-4-2005  | Beverwijk (NED) |
| 50 schoolslag      | 46.64    | Offringa Rick      | 03 | 29-11-2014 | Beverwijk (NED) |
| 100 schoolslag     | 1:27.30  | de Ruijter Richard | 88 | 22-10-2000 | Beverwijk (NED) |
| 200 schoolslag     | 3:29.01  | Doodeman Niels     | 89 | 29-4-2001  | Beverwijk (NED) |
| 50 vlinderslag     | 35.14    | Dekker Ruben       | 93 | 27-6-2004  | Dordrecht (NED) |
| 100 vlinderslag    | 1:19.82  | Druyven Jorrick    | 94 | 2-7-2006   | Dordrecht (NED) |
| 200 wisselslag     | 2:52.92  | Dekker Ruben       | 93 | 17-4-2005  | Beverwijk (NED) |
| 4 x 100 vrije slag | 6:07.30  | OEZA Heren         |    | 8-3-1981   | Beverwijk (NED) |

*Huisman Rene, van de Wijst Peter, Pover Peter, van Rijn Michael*

**Dames**

**Lange baan (50m)**

|                    |          |                  |    |           |                  |
|--------------------|----------|------------------|----|-----------|------------------|
| 50 vrije slag      | 31.54    | Zwarthoed Brenda | 96 | 24-5-2008 | Beverwijk (NED)  |
| 100 vrije slag     | 1:07.02  | Zwarthoed Brenda | 96 | 15-6-2008 | Drachten (NED)   |
| 200 vrije slag     | 2:28.41  | Zwarthoed Brenda | 96 | 18-5-2008 | Alkmaar (NED)    |
| 300 vrije slag     | 4:19.91  | Bos Marieke      | 06 | 3-6-2018  | Amersfoort (NED) |
| 400 vrije slag     | 5:07.93  | Stel Serena      | 98 | 25-4-2010 | Drachten (NED)   |
| 800 vrije slag     | 10:18.62 | Stel Serena      | 98 | 25-4-2010 | Drachten (NED)   |
| 50 rugslag         | 38.42    | Hoekstra Eline   | 03 | 5-12-2015 | Beverwijk (NED)  |
| 100 rugslag        | 1:18.30  | Schelvis Femke   | 84 | 4-5-1996  | Beverwijk (NED)  |
| 200 rugslag        | 2:54.64  | Hoekstra Eline   | 03 | 25-4-2015 | Alkmaar (NED)    |
| 50 schoolslag      | 41.05    | Teufer Irene     | 96 | 26-7-2008 | Amsterdam (NED)  |
| 100 schoolslag     | 1:30.47  | Teufer Irene     | 96 | 27-7-2008 | Amsterdam (NED)  |
| 200 schoolslag     | 3:21.06  | Teufer Irene     | 96 | 25-7-2008 | Amsterdam (NED)  |
| 50 vlinderslag     | 33.06    | Teufer Irene     | 96 | 12-4-2008 | Antwerpen (BEL)  |
| 100 vlinderslag    | 1:16.12  | Teufer Irene     | 96 | 13-4-2008 | Antwerpen (BEL)  |
| 200 vlinderslag    | 2:49.76  | Teufer Irene     | 96 | 12-4-2008 | Antwerpen (BEL)  |
| 200 wisselslag     | 2:52.91  | Teufer Irene     | 96 | 26-7-2008 | Amsterdam (NED)  |
| 4 x 100 vrije slag | 5:43.60  | OEZA Dames       |    | 8-3-1981  | Beverwijk (NED)  |

*de Graaf Annemiek, Aafjes Suzan, van der Horst Sacha, Windmuller Wendy*

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                               |    |            |                        |
|----------------------------------|----------|-------------------------------------------------------------------------------|----|------------|------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                                  | 11 | 29-9-2019  | Haarlem (NED)          |
| 15m vlinderslag benen onderwater | 21.13    | Ayari Adam                                                                    | 08 | 29-9-2019  | Haarlem (NED)          |
| 25m rugslag start                | 26.23    | Butter Stijn                                                                  | 11 | 15-12-2019 | Haarlem (NED)          |
| 50m borstcrawl benen             | 56.43    | Ayari Adam                                                                    | 08 | 19-1-2020  | Zaandam (NED)          |
| 25 vrije slag                    | 14.40    | Meijer Arno                                                                   | 75 | 17-12-1987 | Heemskerk (NED)        |
| 50 vrije slag                    | 29.17    | Camphuijnder Jasper                                                           | 05 | 30-12-2017 | Leeuwarden (NED)       |
| 100 vrije slag                   | 1:04.36  | Dekker Ruben                                                                  | 93 | 28-12-2005 | Maastricht (NED)       |
| 200 vrije slag                   | 2:21.65  | Druyven Jorrick                                                               | 94 | 26-11-2006 | Heemskerk (NED)        |
| 300 vrije slag                   | 4:00.00  | Druyven Jorrick                                                               | 94 | 18-5-2006  | Heemskerk (NED)        |
| 400 vrije slag                   | 5:00.77  | Druyven Jorrick                                                               | 94 | 18-11-2006 | Barneveld (NED)        |
| 800 vrije slag                   | 10:11.12 | Druyven Jorrick                                                               | 94 | 3-12-2006  | Zaandam (NED)          |
| 1500 vrije slag                  | 19:31.77 | Druyven Jorrick                                                               | 94 | 17-12-2006 | Drachten (NED)         |
| 25 rugslag                       | 16.91    | Druyven Jorrick                                                               | 94 | 27-4-2006  | Heemskerk              |
| 50 rugslag                       | 32.93    | Dekker Ruben                                                                  | 93 | 27-10-2005 | Heemskerk (NED)        |
| 100 rugslag                      | 1:12.76  | Dekker Ruben                                                                  | 93 | 2-10-2005  | Zaandam (NED)          |
| 200 rugslag                      | 2:37.37  | Camphuijnder Jasper                                                           | 05 | 16-12-2017 | Eindhoven (NED)        |
| 25 schoolslag                    | 19.18    | de Ruijter Richard                                                            | 88 | 17-2-2000  | Heemskerk (NED)        |
| 50 schoolslag                    | 38.60    | Schaaper Bart                                                                 | 73 | 10-11-1985 |                        |
| 100 schoolslag                   | 1:24.20  | Schaaper Bart                                                                 | 73 | 19-5-1985  | Alkmaar (NED)          |
| 200 schoolslag                   | 3:06.22  | de Ruijter Richard                                                            | 88 | 19-11-2000 | Zaandam (NED)          |
| 25 vlinderslag                   | 15.75    | Schelvis Sjeng                                                                | 89 | 29-3-2001  | Heemskerk (NED)        |
| 50 vlinderslag                   | 32.66    | Druyven Jorrick                                                               | 94 | 5-11-2006  | Zaandam (NED)          |
| 100 vlinderslag                  | 1:12.43  | Druyven Jorrick                                                               | 94 | 10-12-2006 | Heemskerk (NED)        |
| 200 vlinderslag                  | 2:43.64  | Druyven Jorrick                                                               | 94 | 30-11-2006 | Heemskerk              |
| 100 wisselslag                   | 1:13.84  | Druyven Jorrick                                                               | 94 | 30-12-2006 | Maastricht (NED)       |
| 200 wisselslag                   | 2:39.81  | Druyven Jorrick                                                               | 94 | 14-12-2006 | Heemskerk (NED)        |
| 300 wisselslag                   | 4:33.34  | Schelvis Sjeng                                                                | 89 | 23-12-2001 | Amsterdam              |
| 400 wisselslag                   | 6:07.38  | Druyven Jorrick                                                               | 94 | 15-6-2006  | Heemskerk (NED)        |
| 4 x 50 vrije slag                | 2:12.17  | OEZA Heren                                                                    |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>Druyven Jorrick, Kleijne Barry, Tijms Stefan, Dekker Ruben</i>             |    |            |                        |
| 4 x 100 vrije slag               | 5:25.50  | OEZA Heren                                                                    |    | 29-11-1987 | Amstelveen (NED)       |
|                                  |          | <i>Schaap Paul, Meijer Arno, Brands Ronald, Andeweg Celedonio</i>             |    |            |                        |
| 4 x 50 schoolslag                | 3:15.79  | OEZA Heren                                                                    |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>Druyven Jorrick, Kleijne Barry, Tijms Stefan, Dekker Ruben</i>             |    |            |                        |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                    |    | 28-9-1975  | Zaandam (NED)          |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i>     |    |            |                        |
| 4 x 50 wisselslag                | 2:31.43  | OEZA Heren                                                                    |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>Tijms Stefan, Kleijne Barry, Dekker Ruben, Druyven Jorrick</i>             |    |            |                        |
| 4 x 100 wisselslag               | 6:18.00  | OEZA Heren                                                                    |    | 23-9-1984  | Heemskerk (NED)        |
|                                  |          | <i>Ursem Jerre, Tholen Martijn, Schaaper Bart, Kerkhof Arno</i>               |    |            |                        |
| 5 x 50 vrije slag                | 3:07.70  | OEZA Heren                                                                    |    | 21-9-1980  | Heemskerk (NED)        |
|                                  |          | <i>Hagebout Marcel, Boonacker Wietse, Rasch Wilco, Smit Rob, Huisman Rene</i> |    |            |                        |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                                          |    |            |                   |
|----------------------------------|----------|------------------------------------------------------------------------------------------|----|------------|-------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                                       | 10 | 15-12-2019 | Haarlem (NED)     |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                                       | 10 | 15-12-2019 | Haarlem (NED)     |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                                       | 10 | 19-1-2020  | Zaandam (NED)     |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                                       | 10 | 29-9-2019  | Haarlem (NED)     |
| 25 vrije slag                    | 14.00    | Schelvis Femke                                                                           | 84 | 14-3-1996  | Heemskerk (NED)   |
| 50 vrije slag                    | 30.08    | Zwarthoed Brenda                                                                         | 96 | 31-5-2008  | Aalsmeer (NED)    |
| 100 vrije slag                   | 1:05.50  | Schelvis Femke                                                                           | 84 | 15-12-1996 | Heemskerk (NED)   |
| 200 vrije slag                   | 2:21.69  | Stel Serena                                                                              | 98 | 18-4-2010  | Zaandam (NED)     |
| 300 vrije slag                   | 3:50.73  | Stel Serena                                                                              | 98 | 29-1-2010  | Heerenveen (NED)  |
| 400 vrije slag                   | 5:06.13  | Stel Serena                                                                              | 98 | 28-3-2010  | Zeist (NED)       |
| 800 vrije slag                   | 10:13.69 | Stel Serena                                                                              | 98 | 28-3-2010  | Zeist (NED)       |
| 25 rugslag                       | 16.70    | Schelvis Femke                                                                           | 84 | 8-2-1996   | Heemskerk (NED)   |
| 50 rugslag                       | 35.20    | Schelvis Femke                                                                           | 84 | 7-11-1996  | Heemskerk (NED)   |
| 100 rugslag                      | 1:14.80  | Schelvis Femke                                                                           | 84 | 30-5-1996  | Heemskerk (NED)   |
| 200 rugslag                      | 2:41.22  | Stel Serena                                                                              | 98 | 21-3-2010  | Zaandam (NED)     |
| 25 schoolslag                    | 17.80    | van Honk Chantal                                                                         | 80 | 16-5-1991  | Heemskerk (NED)   |
| 50 schoolslag                    | 37.40    | van Honk Chantal                                                                         | 80 | 2-2-1992   |                   |
| 100 schoolslag                   | 1:19.80  | van Honk Chantal                                                                         | 80 | 13-12-1992 | Heemskerk (NED)   |
| 200 schoolslag                   | 2:57.30  | van Honk Chantal                                                                         | 80 | 3-3-1992   | Heemskerk (NED)   |
| 25 vlinderslag                   | 16.10    | Schelvis Femke                                                                           | 84 | 8-2-1996   | Heemskerk (NED)   |
| 50 vlinderslag                   | 33.18    | Teufer Irene                                                                             | 96 | 9-3-2008   | Heemskerk (NED)   |
| 100 vlinderslag                  | 1:17.25  | Teufer Irene                                                                             | 96 | 17-2-2008  | Zaandam (NED)     |
| 200 vlinderslag                  | 2:54.51  | Teufer Irene                                                                             | 96 | 16-12-2007 | Zaandam (NED)     |
| 100 wisselslag                   | 1:17.60  | Schelvis Femke                                                                           | 84 | 27-10-1996 | Zaandam (NED)     |
| 200 wisselslag                   | 2:44.06  | Stel Serena                                                                              | 98 | 18-4-2010  | Zaandam (NED)     |
| 300 wisselslag                   | 4:49.39  | Koopman Anitra                                                                           | 89 | 23-12-2001 | Amsterdam         |
| 400 wisselslag                   | 6:10.60  | Schelvis Roos                                                                            | 86 | 10-5-1998  | Zaandam (NED)     |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                               |    | 8-10-2023  | Zaandam (NED)     |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>                      |    |            |                   |
| 4 x 50 vrije slag                | 2:24.00  | OEZA Dames                                                                               |    | 22-11-2015 | Haarlem (NED)     |
|                                  |          | <i>Wentink Yara, Siemerink Laura, Visser Shana, Renkema Iris</i>                         |    |            |                   |
| 4 x 100 vrije slag               | 4:57.00  | OEZA Dames                                                                               |    | 28-1-1996  | Zaandam (NED)     |
|                                  |          | <i>Schelvis Femke, de Boer Irene, van Ballegooie Simone, Gijzen-van der Kroft Nicole</i> |    |            |                   |
| 4 x 200 vrije slag               | 10:48.50 | OEZA Dames                                                                               |    | 10-11-1996 | Grootebroek (NED) |
|                                  |          | <i>Gijzen-van der Kroft Nicole, van Ballegooie Simone, de Boer Irene, Schelvis Femke</i> |    |            |                   |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                               |    | 10-4-2011  | Hoorn (NED)       |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>                |    |            |                   |
| 4 x 50 schoolslag                | 3:12.98  | OEZA Dames                                                                               |    | 30-11-2014 | Zaandam (NED)     |
|                                  |          | <i>Renkema Iris, Scholten Britt, Blaauw Yente, Hoekstra Eline</i>                        |    |            |                   |
| 4 x 25 wisselslag                | 2:22.12  | OEZA Dames                                                                               |    | 2-4-2023   | Haarlem (NED)     |
|                                  |          | <i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                     |    |            |                   |
| 4 x 50 wisselslag                | 2:31.20  | OEZA Dames                                                                               |    | 11-2-1996  | Schagen (NED)     |
|                                  |          | <i>van Ballegooie Simone, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    |            |                   |
| 4 x 100 wisselslag               | 5:32.80  | OEZA Dames                                                                               |    | 22-9-1996  | Heemskerk (NED)   |
|                                  |          | <i>van Ballegooie Simone, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    |            |                   |

|                   |         |                                                                                              |           |                 |
|-------------------|---------|----------------------------------------------------------------------------------------------|-----------|-----------------|
| 5 x 50 vrije slag | 3:11.60 | OEZA Dames                                                                                   | 21-9-1980 | Heemskerk (NED) |
|                   |         | <i>Plokker Sylvia, Dijkstra Ingrid, van Giezen Corina, Huisman Jolanda, Windmuller Wendy</i> |           |                 |

Heren

Open Water

|                 |          |                    |    |           |                     |
|-----------------|----------|--------------------|----|-----------|---------------------|
| 250 vrije slag  | 4:58.49  | Nijland Yoran      | 05 | 26-7-2014 | Anna-Paulowna (NED) |
| 500 vrije slag  | 6:31.30  | Dekker Ruben       | 93 | 2-7-2005  | Sluis (NED)         |
| 800 vrije slag  | 14:23.22 | de Ruijter Richard | 88 | 23-7-2000 | Amsterdam (NED)     |
| 1000 vrije slag | 14:08.48 | Dekker Ruben       | 93 | 21-8-2005 | Eersel (NED)        |
| 500 schoolslag  | 9:19.44  | Dekker Ruben       | 93 | 2-7-2005  | Sluis (NED)         |

**Dames**

**Open Water**

|                 |          |                |    |           |                     |
|-----------------|----------|----------------|----|-----------|---------------------|
| 250 vrije slag  | 5:19.71  | Stel Kaylin    | 01 | 6-9-2009  | Vlissingen (NED)    |
| 500 vrije slag  | 7:26.55  | Stel Serena    | 98 | 2-8-2009  | Hoorn (NED)         |
| 1000 vrije slag | 15:11.73 | Koopman Anitra | 89 | 24-6-2001 | Breukelen (NED)     |
| 1250 vrije slag | 22:34.57 | Bos Marieke    | 06 | 21-7-2018 | Hoorn (NED)         |
| 1500 vrije slag | 25:43.38 | Bos Marieke    | 06 | 15-7-2018 | Amsterdam (NED)     |
| 250 schoolslag  | 6:20.75  | Butter Noor    | 16 | 6-7-2024  | Hoek (NED)          |
| 500 schoolslag  | 10:59.95 | Kleijne Daisy  | 89 | 14-7-2001 | Oss (NED)           |
| 1000 schoolslag | 23:37.46 | Bos Marieke    | 06 | 16-9-2018 | Anna-Paulowna (NED) |

Heren

Lange baan (50m)

|                    |          |                     |    |            |                  |
|--------------------|----------|---------------------|----|------------|------------------|
| 50 vrije slag      | 28.92    | Camphuijnder Jasper | 05 | 17-6-2018  | Eindhoven (NED)  |
| 100 vrije slag     | 1:04.73  | Camphuijnder Jasper | 05 | 13-5-2018  | Alkmaar (NED)    |
| 200 vrije slag     | 2:19.63  | Druyven Jorrick     | 94 | 16-6-2007  | Eindhoven (NED)  |
| 300 vrije slag     | 3:40.76  | Dekker Ruben        | 93 | 27-2-2005  | Amsterdam (NED)  |
| 400 vrije slag     | 5:02.61  | Druyven Jorrick     | 94 | 19-5-2007  | Beverwijk (NED)  |
| 800 vrije slag     | 10:37.18 | Druyven Jorrick     | 94 | 20-4-2007  | Antwerpen (BEL)  |
| 1500 vrije slag    | 19:48.89 | Druyven Jorrick     | 94 | 1-4-2007   | Amersfoort (NED) |
| 50 rugslag         | 35.07    | Druyven Jorrick     | 94 | 28-7-2007  | Amsterdam (NED)  |
| 100 rugslag        | 1:14.41  | Druyven Jorrick     | 94 | 12-5-2007  | Beverwijk (NED)  |
| 200 rugslag        | 2:40.50  | Essers Tim          | 88 | 16-6-2001  | Dordrecht (NED)  |
| 50 schoolslag      | 40.36    | Druyven Jorrick     | 94 | 27-7-2007  | Amsterdam (NED)  |
| 100 schoolslag     | 1:22.62  | de Ruijter Richard  | 88 | 21-10-2001 | Beverwijk (NED)  |
| 200 schoolslag     | 2:59.91  | de Ruijter Richard  | 88 | 15-6-2001  | Dordrecht (NED)  |
| 50 vlinderslag     | 32.93    | Druyven Jorrick     | 94 | 16-6-2007  | Eindhoven (NED)  |
| 100 vlinderslag    | 1:12.73  | Druyven Jorrick     | 94 | 28-7-2007  | Amsterdam (NED)  |
| 200 vlinderslag    | 2:45.68  | Druyven Jorrick     | 94 | 13-5-2007  | Alkmaar (NED)    |
| 200 wisselslag     | 2:39.95  | Druyven Jorrick     | 94 | 16-6-2007  | Eindhoven (NED)  |
| 400 wisselslag     | 5:37.52  | Druyven Jorrick     | 94 | 17-6-2007  | Eindhoven (NED)  |
| 4 x 100 vrije slag | 6:07.30  | OEZA Heren          |    | 8-3-1981   | Beverwijk (NED)  |

*Huisman Rene, van de Wijst Peter, Pover Peter, van Rijn Michael*

**Dames**

**Lange baan (50m)**

|                    |          |                  |    |           |                 |
|--------------------|----------|------------------|----|-----------|-----------------|
| 50 vrije slag      | 29.23    | Koster Lisa      | 94 | 15-6-2007 | Eindhoven (NED) |
| 100 vrije slag     | 1:04.50  | Schelvis Femke   | 84 | 9-11-1997 | Beverwijk (NED) |
| 200 vrije slag     | 2:22.40  | Schelvis Femke   | 84 | 27-4-1997 | Beverwijk (NED) |
| 400 vrije slag     | 5:04.10  | Schelvis Femke   | 84 | 1-6-1997  | Beverwijk (NED) |
| 800 vrije slag     | 10:18.62 | Stel Serena      | 98 | 25-4-2010 | Drachten (NED)  |
| 50 rugslag         | 34.90    | Schelvis Femke   | 84 | 25-5-1997 | Beverwijk (NED) |
| 100 rugslag        | 1:14.20  | Schelvis Femke   | 84 | 31-5-1997 | Beverwijk (NED) |
| 200 rugslag        | 2:38.70  | Schelvis Femke   | 84 | 31-5-1997 | Beverwijk (NED) |
| 50 schoolslag      | 37.00    | van Honk Chantal | 80 | 21-3-1993 | Beverwijk (NED) |
| 100 schoolslag     | 1:23.00  | van Honk Chantal | 80 | 22-5-1993 | Beverwijk (NED) |
| 200 schoolslag     | 3:14.58  | Schelvis Roos    | 86 | 5-6-1999  | Beverwijk (NED) |
| 50 vlinderslag     | 33.06    | Teufer Irene     | 96 | 12-4-2008 | Antwerpen (BEL) |
| 100 vlinderslag    | 1:16.12  | Teufer Irene     | 96 | 13-4-2008 | Antwerpen (BEL) |
| 200 vlinderslag    | 2:49.76  | Teufer Irene     | 96 | 12-4-2008 | Antwerpen (BEL) |
| 200 wisselslag     | 2:44.60  | Schelvis Femke   | 84 | 24-5-1997 | Beverwijk (NED) |
| 400 wisselslag     | 5:56.50  | Schelvis Femke   | 84 | 27-4-1997 | Beverwijk (NED) |
| 4 x 100 vrije slag | 5:43.60  | OEZA Dames       |    | 8-3-1981  | Beverwijk (NED) |

*de Graaf Annemiek, Aafjes Suzan, van der Horst Sacha, Windmuller Wendy*

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                                   |    |            |                        |
|----------------------------------|----------|-----------------------------------------------------------------------------------|----|------------|------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                                      | 11 | 29-9-2019  | Haarlem (NED)          |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                                      | 06 | 15-12-2019 | Haarlem (NED)          |
| 25m rugslag start                | 26.23    | Butter Stijn                                                                      | 11 | 15-12-2019 | Haarlem (NED)          |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                        | 07 | 19-1-2020  | Zaandam (NED)          |
| 25 vrije slag                    | 13.86    | Druyven Jorrick                                                                   | 94 | 19-4-2007  | Heemskerk (NED)        |
| 50 vrije slag                    | 26.92    | Druyven Jorrick                                                                   | 94 | 30-12-2007 | Maastricht (NED)       |
| 100 vrije slag                   | 59.39    | Druyven Jorrick                                                                   | 94 | 25-11-2007 | Amsterdam (NED)        |
| 200 vrije slag                   | 2:12.50  | Druyven Jorrick                                                                   | 94 | 25-10-2007 | Heemskerk (NED)        |
| 300 vrije slag                   | 3:33.01  | Druyven Jorrick                                                                   | 94 | 14-10-2007 | Zaandam (NED)          |
| 400 vrije slag                   | 4:42.30  | Druyven Jorrick                                                                   | 94 | 14-10-2007 | Zaandam (NED)          |
| 800 vrije slag                   | 9:54.13  | Druyven Jorrick                                                                   | 94 | 23-12-2007 | Amsterdam (NED)        |
| 1500 vrije slag                  | 18:38.36 | Druyven Jorrick                                                                   | 94 | 23-12-2007 | Amsterdam (NED)        |
| 25 rugslag                       | 16.00    | Druyven Jorrick                                                                   | 94 | 19-4-2007  | Heemskerk (NED)        |
| 50 rugslag                       | 31.37    | Druyven Jorrick                                                                   | 94 | 28-12-2007 | Maastricht (NED)       |
| 100 rugslag                      | 1:07.31  | Druyven Jorrick                                                                   | 94 | 29-12-2007 | Maastricht (NED)       |
| 200 rugslag                      | 2:29.80  | Camphuijnder Jasper                                                               | 05 | 2-12-2018  | Zaandam (NED)          |
| 25 schoolslag                    | 17.93    | Druyven Jorrick                                                                   | 94 | 19-4-2007  | Heemskerk (NED)        |
| 50 schoolslag                    | 37.06    | Crok Pieter                                                                       | 91 | 28-12-2004 | Maastricht (NED)       |
| 100 schoolslag                   | 1:19.08  | de Ruijter Richard                                                                | 88 | 9-12-2001  | Heemskerk              |
| 200 schoolslag                   | 2:53.37  | de Ruijter Richard                                                                | 88 | 29-11-2001 | Heemskerk              |
| 25 vlinderslag                   | 14.89    | Druyven Jorrick                                                                   | 94 | 19-4-2007  | Heemskerk (NED)        |
| 50 vlinderslag                   | 29.67    | Druyven Jorrick                                                                   | 94 | 29-12-2007 | Maastricht (NED)       |
| 100 vlinderslag                  | 1:08.39  | Druyven Jorrick                                                                   | 94 | 15-12-2007 | Heemskerk (NED)        |
| 200 vlinderslag                  | 2:35.75  | Druyven Jorrick                                                                   | 94 | 18-11-2007 | Alkmaar (NED)          |
| 100 wisselslag                   | 1:08.59  | Druyven Jorrick                                                                   | 94 | 30-12-2007 | Maastricht (NED)       |
| 200 wisselslag                   | 2:31.09  | Druyven Jorrick                                                                   | 94 | 14-10-2007 | Zaandam (NED)          |
| 300 wisselslag                   | 4:06.02  | Druyven Jorrick                                                                   | 94 | 9-12-2007  | Zaandam (NED)          |
| 400 wisselslag                   | 5:20.80  | Druyven Jorrick                                                                   | 94 | 27-10-2007 | Barneveld (NED)        |
| 4 x 50 vrije slag                | 2:07.22  | OEZA Heren                                                                        |    | 28-11-2004 | Heemskerk (NED)        |
|                                  |          | <i>Tijms Stefan, Kemmeren Ferry, Dekker Ruben, Lamers Koen</i>                    |    |            |                        |
| 4 x 100 vrije slag               | 4:52.30  | OEZA Heren                                                                        |    | 26-11-1995 | Heemskerk (NED)        |
|                                  |          | <i>Steenbergen Roderik, van Rookhuizen Barry, de Boer Stephan, Kramer Vincent</i> |    |            |                        |
| 4 x 50 schoolslag                | 3:15.79  | OEZA Heren                                                                        |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>Druyven Jorrick, Kleijne Barry, Tijms Stefan, Dekker Ruben</i>                 |    |            |                        |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                        |    | 28-9-1975  | Zaandam (NED)          |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i>         |    |            |                        |
| 4 x 50 wisselslag                | 2:24.69  | OEZA Heren                                                                        |    | 28-12-2004 | Maastricht (NED)       |
|                                  |          | <i>Koopman Axel, Lamers Koen, Kemmeren Ferry, Crok Pieter</i>                     |    |            |                        |
| 4 x 100 wisselslag               | 6:18.00  | OEZA Heren                                                                        |    | 23-9-1984  | Heemskerk (NED)        |
|                                  |          | <i>Ursem Jerre, Tholen Martijn, Schaaper Bart, Kerkhof Arno</i>                   |    |            |                        |
| 5 x 50 vrije slag                | 3:07.70  | OEZA Heren                                                                        |    | 21-9-1980  | Heemskerk (NED)        |
|                                  |          | <i>Hagebout Marcel, Boonacker Wietse, Rasch Wilco, Smit Rob, Huisman Rene</i>     |    |            |                        |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                                                        |    |            |                         |
|----------------------------------|----------|--------------------------------------------------------------------------------------------------------|----|------------|-------------------------|
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                                                     | 10 | 15-12-2019 | Haarlem (NED)           |
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                                                     | 10 | 15-12-2019 | Haarlem (NED)           |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                                                     | 10 | 19-1-2020  | Zaandam (NED)           |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                                                     | 10 | 29-9-2019  | Haarlem (NED)           |
| 25 vrije slag                    | 14.00    | Schelvis Femke                                                                                         | 84 | 14-3-1996  | Heemskerk (NED)         |
| 50 vrije slag                    | 29.18    | Koster Lisa                                                                                            | 94 | 30-12-2007 | Maastricht (NED)        |
| 100 vrije slag                   | 1:02.75  | Koster Lisa                                                                                            | 94 | 15-12-2007 | Heemskerk (NED)         |
| 200 vrije slag                   | 2:15.30  | Schelvis Femke                                                                                         | 84 | 11-12-1997 | Heemskerk (NED)         |
| 300 vrije slag                   | 3:50.73  | Stel Serena                                                                                            | 98 | 29-1-2010  | Heerenveen (NED)        |
| 400 vrije slag                   | 4:59.80  | Schelvis Femke                                                                                         | 84 | 21-9-1997  | Alkmaar (NED)           |
| 800 vrije slag                   | 10:13.69 | Stel Serena                                                                                            | 98 | 28-3-2010  | Zeist (NED)             |
| 1500 vrije slag                  | 22:20.60 | Besse Karen                                                                                            | 75 | 29-12-1988 | Heemskerk (NED)         |
| 25 rugslag                       | 16.60    | Schelvis Femke                                                                                         | 84 | 13-2-1997  | Heemskerk (NED)         |
| 50 rugslag                       | 33.90    | Schelvis Femke                                                                                         | 84 | 9-10-1997  | Heemskerk (NED)         |
| 100 rugslag                      | 1:11.10  | Schelvis Femke                                                                                         | 84 | 16-11-1997 | Zaandam (NED)           |
| 200 rugslag                      | 2:31.90  | Schelvis Femke                                                                                         | 84 | 16-11-1997 | Zaandam (NED)           |
| 25 schoolslag                    | 17.80    | van Honk Chantal                                                                                       | 80 | 16-5-1991  | Heemskerk (NED)         |
| 50 schoolslag                    | 37.00    | van Honk Chantal                                                                                       | 80 | 12-5-1993  |                         |
| 100 schoolslag                   | 1:19.80  | van Honk Chantal                                                                                       | 80 | 13-12-1992 | Heemskerk (NED)         |
| 200 schoolslag                   | 2:55.20  | van Honk Chantal                                                                                       | 80 | 9-1-1993   | Zuidoost Beemster (NED) |
| 25 vlinderslag                   | 15.40    | Schelvis Femke                                                                                         | 84 | 13-2-1997  | Heemskerk (NED)         |
| 50 vlinderslag                   | 32.50    | Schelvis Femke                                                                                         | 84 | 11-12-1997 | Heemskerk (NED)         |
| 100 vlinderslag                  | 1:12.40  | Schelvis Femke                                                                                         | 84 | 14-12-1997 | Heemskerk (NED)         |
| 200 vlinderslag                  | 2:54.51  | Teufer Irene                                                                                           | 96 | 16-12-2007 | Zaandam (NED)           |
| 100 wisselslag                   | 1:13.50  | Schelvis Femke                                                                                         | 84 | 30-11-1997 | Alkmaar (NED)           |
| 200 wisselslag                   | 2:38.00  | Schelvis Femke                                                                                         | 84 | 6-11-1997  | Heemskerk (NED)         |
| 300 wisselslag                   | 4:31.54  | Mallon Danique                                                                                         | 94 | 9-12-2007  | Zaandam (NED)           |
| 400 wisselslag                   | 5:55.90  | Schelvis Femke                                                                                         | 84 | 23-2-1997  | Zaandam (NED)           |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames<br><i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>                      |    | 8-10-2023  | Zaandam (NED)           |
| 4 x 50 vrije slag                | 2:10.52  | OEZA Dames<br><i>Smit Sanne, Angenent Nienke, Koper Fiona, Buur Naomi</i>                              |    | 26-10-2014 | Zaandam (NED)           |
| 4 x 100 vrije slag               | 4:45.66  | OEZA Dames<br><i>Renkema Iris, Blaauw Yente, van 't Veer Iris, Hoekstra Eline</i>                      |    | 2-10-2016  | Purmerend (NED)         |
| 4 x 200 vrije slag               | 10:48.50 | OEZA Dames<br><i>Gijzen-van der Kroft Nicole, van Ballegooie Simone, de Boer Irene, Schelvis Femke</i> |    | 10-11-1996 | Grootebroek (NED)       |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames<br><i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>                |    | 10-4-2011  | Hoorl (NED)             |
| 4 x 50 schoolslag                | 3:09.60  | OEZA Dames<br><i>Hommersen Sandra, Dijkstra Maud, de Boer Irene, van Ballegooie Simone</i>             |    | 12-10-1997 | Assendelft (NED)        |
| 4 x 25 wisselslag                | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                     |    | 2-4-2023   | Haarlem (NED)           |
| 4 x 50 wisselslag                | 2:31.20  | OEZA Dames<br><i>van Ballegooie Simone, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    | 11-2-1996  | Schagen (NED)           |
| 4 x 100 wisselslag               | 5:32.80  | OEZA Dames<br><i>van Ballegooie Simone, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    | 22-9-1996  | Heemskerk (NED)         |

|                   |         |                                                                                                                                                             |           |                  |
|-------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------|
| 5 x 50 vrije slag | 2:53.00 | OEZA Dames                                                                                                                                                  | 16-2-1997 | Volendam (NED)   |
|                   |         | <i>Hommersen Sandra, Stins Mariska, Gijzen-van der Kroft Nicole, van Ballegooie Simone, de Boer Irene</i>                                                   |           |                  |
| 8 x 50 vrije slag | 4:32.20 | OEZA Dames                                                                                                                                                  | 31-8-1997 | Assendelft (NED) |
|                   |         | <i>Zonneveld Chantal, Hommersen Sandra, Stins Mariska, Dijkstra Maud, van Ballegooie Simone, de Boer Irene, Gijzen-van der Kroft Nicole, Schelvis Femke</i> |           |                  |

Heren

Open Water

|                 |          |                 |    |           |                     |
|-----------------|----------|-----------------|----|-----------|---------------------|
| 250 vrije slag  | 4:58.49  | Nijland Yoran   | 05 | 26-7-2014 | Anna-Paulowna (NED) |
| 500 vrije slag  | 6:31.30  | Dekker Ruben    | 93 | 2-7-2005  | Sluis (NED)         |
| 800 vrije slag  | 12:33.07 | Glorie Daan     | 88 | 8-7-2001  | Amsterdam (NED)     |
| 1000 vrije slag | 13:53.65 | Druyven Jorrick | 94 | 24-6-2007 | Breukelen (NED)     |
| 1500 vrije slag | 25:43.69 | Butter Stijn    | 11 | 21-7-2024 | Amsterdam (NED)     |
| 2000 vrije slag | 29:30.77 | Dekker Matthijs | 90 | 10-8-2003 | Stadskanaal (NED)   |
| 2500 vrije slag | 45:01.03 | Butter Stijn    | 11 | 6-7-2024  | Hoek (NED)          |
| 3000 vrije slag | 46:54.89 | Dekker Matthijs | 90 | 13-9-2003 | Tilburg (NED)       |
| 500 schoolslag  | 8:24.51  | Druyven Jorrick | 94 | 4-8-2007  | Hoorn (NED)         |
| 1000 schoolslag | 19:05.76 | Druyven Jorrick | 94 | 21-7-2007 | Anna-Paulowna (NED) |

**Dames**

**Open Water**

|                 |          |                  |    |           |                  |
|-----------------|----------|------------------|----|-----------|------------------|
| 250 vrije slag  | 5:19.71  | Stel Kaylin      | 01 | 6-9-2009  | Vlissingen (NED) |
| 500 vrije slag  | 7:26.55  | Stel Serena      | 98 | 2-8-2009  | Hoorn (NED)      |
| 800 vrije slag  | 13:19.97 | de Ruijter Linda | 87 | 23-7-2000 | Amsterdam (NED)  |
| 1000 vrije slag | 15:11.73 | Koopman Anitra   | 89 | 24-6-2001 | Breukelen (NED)  |
| 1250 vrije slag | 22:34.57 | Bos Marieke      | 06 | 21-7-2018 | Hoorn (NED)      |
| 1500 vrije slag | 25:43.38 | Bos Marieke      | 06 | 15-7-2018 | Amsterdam (NED)  |
| 250 schoolslag  | 6:20.75  | Butter Noor      | 16 | 6-7-2024  | Hoek (NED)       |
| 500 schoolslag  | 9:24.30  | Vink Marjolein   | 93 | 19-8-2006 | Bussloo (NED)    |
| 1000 schoolslag | 20:29.19 | Vink Marjolein   | 93 | 13-8-2006 | Aalsmeer (NED)   |

Heren

Lange baan (50m)

|                    |          |                                                                        |    |           |                  |
|--------------------|----------|------------------------------------------------------------------------|----|-----------|------------------|
| 50 vrije slag      | 26.89    | Druyven Jorrick                                                        | 94 | 17-5-2008 | Beverwijk (NED)  |
| 100 vrije slag     | 59.44    | Druyven Jorrick                                                        | 94 | 18-5-2008 | Alkmaar (NED)    |
| 200 vrije slag     | 2:10.45  | Druyven Jorrick                                                        | 94 | 14-6-2008 | Drachten (NED)   |
| 300 vrije slag     | 3:29.96  | Druyven Jorrick                                                        | 94 | 13-6-2008 | Drachten (NED)   |
| 400 vrije slag     | 4:39.11  | Druyven Jorrick                                                        | 94 | 24-5-2008 | Beverwijk (NED)  |
| 800 vrije slag     | 9:58.50  | Druyven Jorrick                                                        | 94 | 27-4-2008 | Dordrecht (NED)  |
| 1500 vrije slag    | 18:54.93 | Druyven Jorrick                                                        | 94 | 27-4-2008 | Dordrecht (NED)  |
| 50 rugslag         | 31.80    | Druyven Jorrick                                                        | 94 | 13-4-2008 | Antwerpen (BEL)  |
| 100 rugslag        | 1:08.04  | Druyven Jorrick                                                        | 94 | 17-5-2008 | Beverwijk (NED)  |
| 200 rugslag        | 2:29.06  | Druyven Jorrick                                                        | 94 | 25-5-2008 | Beverwijk (NED)  |
| 50 schoolslag      | 37.27    | Ayari Adam                                                             | 08 | 15-5-2022 | Amsterdam (NED)  |
| 100 schoolslag     | 1:19.84  | van Rijn Michael                                                       | 70 | 7-7-1984  | Amersfoort (NED) |
| 200 schoolslag     | 2:57.54  | de Ruijter Richard                                                     | 88 | 21-4-2002 | Beverwijk (NED)  |
| 50 vlinderslag     | 29.26    | Camphuijnder Jasper                                                    | 05 | 19-5-2019 | Amersfoort (NED) |
| 100 vlinderslag    | 1:06.96  | Camphuijnder Jasper                                                    | 05 | 15-6-2019 | Eindhoven (NED)  |
| 200 vlinderslag    | 2:30.83  | Druyven Jorrick                                                        | 94 | 15-6-2008 | Drachten (NED)   |
| 200 wisselslag     | 2:30.47  | Druyven Jorrick                                                        | 94 | 14-6-2008 | Drachten (NED)   |
| 400 wisselslag     | 5:16.99  | Druyven Jorrick                                                        | 94 | 15-6-2008 | Drachten (NED)   |
| 4 x 100 vrije slag | 5:18.90  | OEZA Heren                                                             |    | 8-3-1981  | Beverwijk (NED)  |
|                    |          | <i>Hagebout Marcel, van Hannen Erik, Huisman Rene, Keessen Jeroen</i>  |    |           |                  |
| 4 x 100 wisselslag | 5:50.90  | OEZA Heren                                                             |    | 8-3-1981  | Beverwijk (NED)  |
|                    |          | <i>Schaaper Hans, Keessen Jeroen, Hagebout Marcel, van Hannen Erik</i> |    |           |                  |

Dames

Lange baan (50m)

|                    |          |                                                                                  |    |            |                  |
|--------------------|----------|----------------------------------------------------------------------------------|----|------------|------------------|
| 50 vrije slag      | 27.93    | Kingma Danae                                                                     | 00 | 20-6-2014  | Amsterdam (NED)  |
| 100 vrije slag     | 1:00.90  | Kingma Danae                                                                     | 00 | 30-11-2014 | Alkmaar (NED)    |
| 200 vrije slag     | 2:14.82  | Kingma Danae                                                                     | 00 | 21-6-2014  | Amsterdam (NED)  |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                                   | 84 | 4-7-1998   | Amersfoort (NED) |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                                   | 84 | 4-7-1998   | Amersfoort (NED) |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                                      | 98 | 25-4-2010  | Drachten (NED)   |
| 1500 vrije slag    | 22:30.05 | Wentink Yara                                                                     | 04 | 15-4-2018  | Alkmaar (NED)    |
| 50 rugslag         | 34.10    | Kingma Danae                                                                     | 00 | 25-5-2014  | Beverwijk (NED)  |
| 100 rugslag        | 1:14.20  | Schelvis Femke                                                                   | 84 | 31-5-1997  | Beverwijk (NED)  |
| 200 rugslag        | 2:38.70  | Schelvis Femke                                                                   | 84 | 31-5-1997  | Beverwijk (NED)  |
| 50 schoolslag      | 36.33    | Kingma Danae                                                                     | 00 | 18-5-2014  | Alkmaar (NED)    |
| 100 schoolslag     | 1:21.54  | Kingma Danae                                                                     | 00 | 13-4-2014  | Eindhoven (NED)  |
| 200 schoolslag     | 3:04.77  | Kingma Danae                                                                     | 00 | 24-5-2014  | Beverwijk (NED)  |
| 50 vlinderslag     | 32.73    | Schelvis Femke                                                                   | 84 | 25-10-1998 | Beverwijk (NED)  |
| 100 vlinderslag    | 1:13.69  | Schelvis Femke                                                                   | 84 | 4-7-1998   | Amersfoort (NED) |
| 200 vlinderslag    | 2:49.76  | Teufer Irene                                                                     | 96 | 12-4-2008  | Antwerpen (BEL)  |
| 200 wisselslag     | 2:43.54  | Schelvis Femke                                                                   | 84 | 5-7-1998   | Amersfoort (NED) |
| 400 wisselslag     | 5:56.50  | Schelvis Femke                                                                   | 84 | 27-4-1997  | Beverwijk (NED)  |
| 4 x 50 vrije slag  | 2:07.66  | OEZA Dames                                                                       |    | 16-6-2018  | Buckeburg (GER)  |
|                    |          | <i>Wentink Yara, de Wildt Maud, Siemerink Laura, Scholten Britt</i>              |    |            |                  |
| 4 x 100 vrije slag | 4:36.32  | OEZA Dames                                                                       |    | 19-5-2007  | Beverwijk (NED)  |
|                    |          | <i>Vink Marjolein, Crok Linda, de Groot Daniëlle, Koster Lisa</i>                |    |            |                  |
| 4 x 200 vrije slag | 10:13.00 | OEZA Dames                                                                       |    | 25-5-2008  | Beverwijk (NED)  |
|                    |          | <i>Zwarthoed Brenda, Mallon Danique, Crok Linda, Koster Lisa</i>                 |    |            |                  |
| 4 x 100 wisselslag | 5:16.04  | OEZA Dames                                                                       |    | 3-7-1998   | Amersfoort (NED) |
|                    |          | <i>Schelvis Roos, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    |            |                  |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                                                               |    |            |                         |
|----------------------------------|----------|---------------------------------------------------------------------------------------------------------------|----|------------|-------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                                                                  | 11 | 29-9-2019  | Haarlem (NED)           |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                                                                  | 06 | 15-12-2019 | Haarlem (NED)           |
| 25m rugslag start                | 26.23    | Butter Stijn                                                                                                  | 11 | 15-12-2019 | Haarlem (NED)           |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                                                    | 07 | 19-1-2020  | Zaandam (NED)           |
| 25 vrije slag                    | 12.52    | Druyven Jorrick                                                                                               | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 vrije slag                    | 26.82    | Druyven Jorrick                                                                                               | 94 | 10-2-2008  | Purmerend (NED)         |
| 100 vrije slag                   | 58.60    | Gaal Roel                                                                                                     | 01 | 29-11-2015 | Heemskerk (NED)         |
| 200 vrije slag                   | 2:06.52  | Gaal Roel                                                                                                     | 01 | 6-12-2015  | Purmerend (NED)         |
| 300 vrije slag                   | 3:26.39  | Druyven Jorrick                                                                                               | 94 | 25-1-2008  | Terneuzen (NED)         |
| 400 vrije slag                   | 4:29.62  | Druyven Jorrick                                                                                               | 94 | 12-5-2008  | Purmerend (NED)         |
| 800 vrije slag                   | 9:40.09  | Druyven Jorrick                                                                                               | 94 | 30-3-2008  | Zaandam (NED)           |
| 1500 vrije slag                  | 18:07.48 | Druyven Jorrick                                                                                               | 94 | 30-3-2008  | Zaandam (NED)           |
| 25 rugslag                       | 14.87    | Druyven Jorrick                                                                                               | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 rugslag                       | 31.26    | Druyven Jorrick                                                                                               | 94 | 10-2-2008  | Purmerend (NED)         |
| 100 rugslag                      | 1:06.59  | Druyven Jorrick                                                                                               | 94 | 27-3-2008  | Heemskerk (NED)         |
| 200 rugslag                      | 2:25.00  | Druyven Jorrick                                                                                               | 94 | 16-3-2008  | Zaandam (NED)           |
| 25 schoolslag                    | 16.10    | Schaaper Bart                                                                                                 | 73 | 17-12-1987 | Heemskerk (NED)         |
| 50 schoolslag                    | 34.80    | Schaaper Bart                                                                                                 | 73 | 8-3-1987   | Zaandam (NED)           |
| 100 schoolslag                   | 1:16.00  | van Rijn Michael                                                                                              | 70 | 4-11-1984  | Heemskerk (NED)         |
| 200 schoolslag                   | 2:49.20  | van Rijn Michael                                                                                              | 70 | 18-11-1984 | Heemskerk (NED)         |
| 25 vlinderslag                   | 13.45    | Druyven Jorrick                                                                                               | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 vlinderslag                   | 29.52    | Druyven Jorrick                                                                                               | 94 | 24-3-2008  | Haarlem (NED)           |
| 100 vlinderslag                  | 1:08.39  | Druyven Jorrick                                                                                               | 94 | 15-12-2007 | Heemskerk (NED)         |
| 200 vlinderslag                  | 2:26.21  | Druyven Jorrick                                                                                               | 94 | 16-3-2008  | Zaandam (NED)           |
| 100 wisselslag                   | 1:06.58  | Druyven Jorrick                                                                                               | 94 | 29-5-2008  | Heemskerk (NED)         |
| 200 wisselslag                   | 2:26.61  | Druyven Jorrick                                                                                               | 94 | 24-3-2008  | Haarlem (NED)           |
| 300 wisselslag                   | 4:02.39  | Schelvis Sjeng                                                                                                | 89 | 30-11-2003 | Heemskerk (NED)         |
| 400 wisselslag                   | 5:13.58  | Druyven Jorrick                                                                                               | 94 | 30-3-2008  | Zaandam (NED)           |
| 4 x 50 vrije slag                | 1:54.74  | OEZA Heren<br><i>Lamers Koen, Kemmeren Ferry, Dekker Ruben, Crok Pieter</i>                                   |    | 27-11-2005 | Heemskerk (NED)         |
| 4 x 100 vrije slag               | 4:11.63  | OEZA Heren<br><i>Gaal Roel, Offringa Rick, Groen Jarno, Jongert Sjoerd</i>                                    |    | 15-11-2015 | Purmerend (NED)         |
| 4 x 50 schoolslag                | 3:15.79  | OEZA Heren<br><i>Druyven Jorrick, Kleijne Barry, Tijms Stefan, Dekker Ruben</i>                               |    | 31-10-2004 | Zuidoostbeemster (NED)  |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren<br><i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i>                       |    | 28-9-1975  | Zaandam (NED)           |
| 4 x 50 wisselslag                | 2:15.89  | OEZA Heren<br><i>Dekker Ruben, Crok Pieter, Kemmeren Ferry, Lamers Koen</i>                                   |    | 6-2-2005   | Zuidoost-Beemster (NED) |
| 4 x 100 wisselslag               | 4:57.05  | OEZA Heren<br><i>Blaauw Mica, Oortwijn Kalle, Camphuijnder Jasper, van Heerwaarden Chiel</i>                  |    | 6-10-2019  | Purmerend (NED)         |
| 5 x 50 vrije slag                | 2:37.10  | OEZA Heren<br><i>Keessen Jeroen, Boonacker Wietse, van Hannen Erik, Hagebout Marcel, van Honschoten Jacky</i> |    | 1-11-1981  | Bergen (NED)            |

Dames

Korte baan (25m)

|                                  |          |                                                                                           |    |            |                         |
|----------------------------------|----------|-------------------------------------------------------------------------------------------|----|------------|-------------------------|
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                                        | 10 | 15-12-2019 | Haarlem (NED)           |
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                                        | 10 | 15-12-2019 | Haarlem (NED)           |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                                        | 10 | 19-1-2020  | Zaandam (NED)           |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                                        | 10 | 29-9-2019  | Haarlem (NED)           |
| 25 vrije slag                    | 13.50    | Schelvis Femke                                                                            | 84 | 8-1-1998   | Heemskerk (NED)         |
| 50 vrije slag                    | 27.50    | Kingma Danae                                                                              | 00 | 31-1-2014  | Amsterdam (NED)         |
| 100 vrije slag                   | 59.30    | Kingma Danae                                                                              | 00 | 2-11-2014  | Amsterdam (NED)         |
| 200 vrije slag                   | 2:12.70  | Schelvis Femke                                                                            | 84 | 15-3-1998  | Harderwijk (NED)        |
| 300 vrije slag                   | 3:44.00  | Schelvis Femke                                                                            | 84 | 19-4-1998  | Zaandam (NED)           |
| 400 vrije slag                   | 4:44.10  | Schelvis Femke                                                                            | 84 | 8-3-1998   | Zaandam (NED)           |
| 800 vrije slag                   | 10:01.40 | Schelvis Femke                                                                            | 84 | 22-2-1998  | Zaandam (NED)           |
| 1500 vrije slag                  | 20:04.86 | Vink Lidewij                                                                              | 90 | 14-11-2004 | Heemskerk (NED)         |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                                            | 84 | 15-1-1998  | Heemskerk (NED)         |
| 50 rugslag                       | 32.40    | Kingma Danae                                                                              | 00 | 7-9-2014   | Zaandam (NED)           |
| 100 rugslag                      | 1:10.40  | Kingma Danae                                                                              | 00 | 30-10-2014 | Heemskerk (NED)         |
| 200 rugslag                      | 2:30.70  | Schelvis Femke                                                                            | 84 | 23-5-1998  | Zaandam (NED)           |
| 25 schoolslag                    | 17.80    | van Honk Chantal                                                                          | 80 | 16-5-1991  | Heemskerk (NED)         |
| 50 schoolslag                    | 36.07    | Kingma Danae                                                                              | 00 | 7-9-2014   | Zaandam (NED)           |
| 100 schoolslag                   | 1:19.25  | Kingma Danae                                                                              | 00 | 16-11-2014 | Zaandam (NED)           |
| 200 schoolslag                   | 2:55.20  | van Honk Chantal                                                                          | 80 | 9-1-1993   | Zuidoost Beemster (NED) |
| 25 vlinderslag                   | 15.00    | Schelvis Femke                                                                            | 84 | 15-1-1998  | Heemskerk (NED)         |
| 50 vlinderslag                   | 30.86    | Kingma Danae                                                                              | 00 | 30-10-2014 | Heemskerk (NED)         |
| 100 vlinderslag                  | 1:10.93  | Schelvis Femke                                                                            | 84 | 13-12-1998 | Heemskerk (NED)         |
| 200 vlinderslag                  | 2:54.51  | Teufer Irene                                                                              | 96 | 16-12-2007 | Zaandam (NED)           |
| 100 wisselslag                   | 1:09.82  | Kingma Danae                                                                              | 00 | 7-12-2014  | Heemskerk (NED)         |
| 200 wisselslag                   | 2:33.30  | Schelvis Femke                                                                            | 84 | 9-5-1998   | Zaandam (NED)           |
| 300 wisselslag                   | 4:24.09  | Vink Lidewij                                                                              | 90 | 19-12-2004 | Heemskerk (NED)         |
| 400 wisselslag                   | 5:29.20  | Schelvis Femke                                                                            | 84 | 10-5-1998  | Zaandam (NED)           |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames<br><i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>         |    | 8-10-2023  | Zaandam (NED)           |
| 4 x 50 vrije slag                | 2:00.65  | OEZA Dames<br><i>de Groot Daniëlle, Mallon Danique, Vink Marjolein, Koster Lisa</i>       |    | 28-12-2007 | Maastricht (NED)        |
| 4 x 100 vrije slag               | 4:33.30  | OEZA Dames<br><i>Dijkstra Lisette, Schelvis Roos, de Boer Irene, Schelvis Femke</i>       |    | 24-5-1998  | Zaandam (NED)           |
| 4 x 200 vrije slag               | 10:03.30 | OEZA Dames<br><i>Dijkstra Lisette, Schelvis Roos, de Boer Irene, Schelvis Femke</i>       |    | 16-5-1998  | Zaandam (NED)           |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames<br><i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>   |    | 10-4-2011  | Hoor (NED)              |
| 4 x 50 schoolslag                | 3:05.53  | OEZA Dames<br><i>van der Gracht Anouk, Koopman Anitra, de Ruijter Linda, Visser Kelly</i> |    | 15-4-2001  | Haarlem (NED)           |
| 4 x 25 wisselslag                | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>        |    | 2-4-2023   | Haarlem (NED)           |
| 4 x 50 wisselslag                | 2:17.93  | OEZA Dames<br><i>Koper Fiona, Kingma Danae, de Haan Shira, Smit Sanne</i>                 |    | 16-11-2014 | Zaandam (NED)           |
| 4 x 100 wisselslag               | 5:06.27  | OEZA Dames<br><i>Crok Linda, Teufer Irene, Mallon Danique, Koster Lisa</i>                |    | 9-3-2008   | Heemskerk (NED)         |

|                   |         |                                                                                                                                                             |           |                  |
|-------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------|
| 5 x 50 vrije slag | 2:50.90 | OEZA Dames                                                                                                                                                  | 1-11-1981 | Bergen (NED)     |
|                   |         | <i>Plokker Sylvia, van Giezen Irene, Dijkstra Ingrid, van Giezen Corina, Pover Karin</i>                                                                    |           |                  |
| 8 x 50 vrije slag | 4:32.20 | OEZA Dames                                                                                                                                                  | 31-8-1997 | Assendelft (NED) |
|                   |         | <i>Zonneveld Chantal, Hommersen Sandra, Stins Mariska, Dijkstra Maud, van Ballegooie Simone, de Boer Irene, Gijzen-van der Kroft Nicole, Schelvis Femke</i> |           |                  |

Heren

Open Water

|                 |          |                  |    |           |                       |
|-----------------|----------|------------------|----|-----------|-----------------------|
| 250 vrije slag  | 4:58.49  | Nijland Yoran    | 05 | 26-7-2014 | Anna-Paulowna (NED)   |
| 500 vrije slag  | 6:31.30  | Dekker Ruben     | 93 | 2-7-2005  | Sluis (NED)           |
| 800 vrije slag  | 12:33.07 | Glorie Daan      | 88 | 8-7-2001  | Amsterdam (NED)       |
| 1000 vrije slag | 13:14.39 | Dekker Matthijs  | 90 | 27-6-2004 | Breukelen (NED)       |
| 1500 vrije slag | 20:18.79 | Dekker Matthijs  | 90 | 24-7-2004 | Wijk en Aalburg (NED) |
| 2000 vrije slag | 27:29.36 | Dekker Matthijs  | 90 | 27-6-2004 | Breukelen (NED)       |
| 2500 vrije slag | 45:01.03 | Butter Stijn     | 11 | 6-7-2024  | Hoek (NED)            |
| 3000 vrije slag | 41:18.47 | Dekker Matthijs  | 90 | 16-7-2004 | Tilburg (NED)         |
| 500 schoolslag  | 8:24.51  | Druyven Jorrick  | 94 | 4-8-2007  | Hoorn (NED)           |
| 1000 schoolslag | 18:25.74 | Druyven Jorrick  | 94 | 19-7-2008 | Anna-Paulowna (NED)   |
| 2000 schoolslag | 35:42.10 | van Rijn Michael | 70 | 17-6-1984 | Amstelveen (NED)      |

**Dames**

**Open Water**

|                 |          |                  |    |           |                           |
|-----------------|----------|------------------|----|-----------|---------------------------|
| 250 vrije slag  | 5:19.71  | Stel Kaylin      | 01 | 6-9-2009  | Vlissingen (NED)          |
| 500 vrije slag  | 7:26.55  | Stel Serena      | 98 | 2-8-2009  | Hoorn (NED)               |
| 800 vrije slag  | 13:19.97 | de Ruijter Linda | 87 | 23-7-2000 | Amsterdam (NED)           |
| 1000 vrije slag | 14:37.06 | Vink Lidewij     | 90 | 27-6-2004 | Breukelen (NED)           |
| 1250 vrije slag | 22:34.57 | Bos Marieke      | 06 | 21-7-2018 | Hoorn (NED)               |
| 1500 vrije slag | 23:50.30 | Vink Lidewij     | 90 | 24-7-2004 | Wijk en Aalburg (NED)     |
| 2000 vrije slag | 33:01.63 | Vink Lidewij     | 90 | 11-7-2004 | Beusichem-Culemborg (NED) |
| 250 schoolslag  | 6:20.75  | Butter Noor      | 16 | 6-7-2024  | Hoek (NED)                |
| 500 schoolslag  | 8:55.64  | Vink Marjolein   | 93 | 4-8-2007  | Hoorn (NED)               |
| 1000 schoolslag | 20:23.77 | Niesten Iris     | 92 | 13-8-2006 | Aalsmeer (NED)            |

Heren

Lange baan (50m)

|                    |          |                                                                             |    |           |                  |
|--------------------|----------|-----------------------------------------------------------------------------|----|-----------|------------------|
| 50 vrije slag      | 26.87    | Gaal Roel                                                                   | 01 | 18-6-2016 | Dordrecht (NED)  |
| 100 vrije slag     | 58.38    | Gaal Roel                                                                   | 01 | 17-6-2016 | Dordrecht (NED)  |
| 200 vrije slag     | 2:09.17  | Gaal Roel                                                                   | 01 | 19-6-2016 | Dordrecht (NED)  |
| 300 vrije slag     | 3:29.96  | Druyven Jorrick                                                             | 94 | 13-6-2008 | Drachten (NED)   |
| 400 vrije slag     | 4:39.11  | Druyven Jorrick                                                             | 94 | 24-5-2008 | Beverwijk (NED)  |
| 800 vrije slag     | 9:58.50  | Druyven Jorrick                                                             | 94 | 27-4-2008 | Dordrecht (NED)  |
| 1500 vrije slag    | 18:54.93 | Druyven Jorrick                                                             | 94 | 27-4-2008 | Dordrecht (NED)  |
| 50 rugslag         | 31.80    | Druyven Jorrick                                                             | 94 | 13-4-2008 | Antwerpen (BEL)  |
| 100 rugslag        | 1:08.04  | Druyven Jorrick                                                             | 94 | 17-5-2008 | Beverwijk (NED)  |
| 200 rugslag        | 2:29.06  | Druyven Jorrick                                                             | 94 | 25-5-2008 | Beverwijk (NED)  |
| 50 schoolslag      | 36.58    | de Ruijter Richard                                                          | 88 | 25-5-2003 | Beverwijk (NED)  |
| 100 schoolslag     | 1:19.37  | de Ruijter Richard                                                          | 88 | 24-5-2003 | Beverwijk (NED)  |
| 200 schoolslag     | 2:48.11  | de Boer Stephan                                                             | 83 | 3-7-1998  | Amersfoort (NED) |
| 50 vlinderslag     | 29.26    | Camphuijnder Jasper                                                         | 05 | 19-5-2019 | Amersfoort (NED) |
| 100 vlinderslag    | 1:06.96  | Camphuijnder Jasper                                                         | 05 | 15-6-2019 | Eindhoven (NED)  |
| 200 vlinderslag    | 2:30.83  | Druyven Jorrick                                                             | 94 | 15-6-2008 | Drachten (NED)   |
| 200 wisselslag     | 2:30.47  | Druyven Jorrick                                                             | 94 | 14-6-2008 | Drachten (NED)   |
| 400 wisselslag     | 5:16.99  | Druyven Jorrick                                                             | 94 | 15-6-2008 | Drachten (NED)   |
| 4 x 100 vrije slag | 4:35.87  | OEZA Heren                                                                  |    | 11-5-2002 | Beverwijk (NED)  |
|                    |          | <i>Glorie Daan, de Ruijter Richard, Essers Tim, van der Gracht Jory</i>     |    |           |                  |
| 4 x 100 wisselslag | 5:07.19  | OEZA Heren                                                                  |    | 19-5-2001 | Beverwijk (NED)  |
|                    |          | <i>Essers Tim, de Ruijter Richard, van der Gracht Jory, de Ruijter René</i> |    |           |                  |

**Dames**

**Lange baan (50m)**

|                    |          |                                                                                  |    |           |                  |
|--------------------|----------|----------------------------------------------------------------------------------|----|-----------|------------------|
| 50 vrije slag      | 27.48    | Kingma Danae                                                                     | 00 | 13-6-2015 | Eindhoven (NED)  |
| 100 vrije slag     | 59.79    | Kingma Danae                                                                     | 00 | 26-6-2015 | Alkmaar (NED)    |
| 200 vrije slag     | 2:14.82  | Kingma Danae                                                                     | 00 | 21-6-2014 | Amsterdam (NED)  |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                                   | 84 | 4-7-1998  | Amersfoort (NED) |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                                   | 84 | 4-7-1998  | Amersfoort (NED) |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                                      | 98 | 25-4-2010 | Drachten (NED)   |
| 1500 vrije slag    | 22:30.05 | Wentink Yara                                                                     | 04 | 15-4-2018 | Alkmaar (NED)    |
| 50 rugslag         | 33.42    | Kingma Danae                                                                     | 00 | 31-5-2015 | Alkmaar (NED)    |
| 100 rugslag        | 1:12.31  | Kingma Danae                                                                     | 00 | 26-6-2015 | Alkmaar (NED)    |
| 200 rugslag        | 2:38.70  | Schelvis Femke                                                                   | 84 | 31-5-1997 | Beverwijk (NED)  |
| 50 schoolslag      | 36.33    | Kingma Danae                                                                     | 00 | 18-5-2014 | Alkmaar (NED)    |
| 100 schoolslag     | 1:21.54  | Kingma Danae                                                                     | 00 | 13-4-2014 | Eindhoven (NED)  |
| 200 schoolslag     | 3:04.77  | Kingma Danae                                                                     | 00 | 24-5-2014 | Beverwijk (NED)  |
| 50 vlinderslag     | 31.35    | Siemerink Laura                                                                  | 04 | 26-5-2019 | Amersfoort (NED) |
| 100 vlinderslag    | 1:13.69  | Schelvis Femke                                                                   | 84 | 4-7-1998  | Amersfoort (NED) |
| 200 vlinderslag    | 2:49.76  | Teufer Irene                                                                     | 96 | 12-4-2008 | Antwerpen (BEL)  |
| 200 wisselslag     | 2:39.31  | Kingma Danae                                                                     | 00 | 30-5-2015 | Beverwijk (NED)  |
| 400 wisselslag     | 5:56.50  | Schelvis Femke                                                                   | 84 | 27-4-1997 | Beverwijk (NED)  |
| 4 x 50 vrije slag  | 2:07.66  | OEZA Dames                                                                       |    | 16-6-2018 | Buckeburg (GER)  |
|                    |          | <i>Wentink Yara, de Wildt Maud, Siemerink Laura, Scholten Britt</i>              |    |           |                  |
| 4 x 100 vrije slag | 4:36.32  | OEZA Dames                                                                       |    | 19-5-2007 | Beverwijk (NED)  |
|                    |          | <i>Vink Marjolein, Crok Linda, de Groot Daniëlle, Koster Lisa</i>                |    |           |                  |
| 4 x 200 vrije slag | 10:13.00 | OEZA Dames                                                                       |    | 25-5-2008 | Beverwijk (NED)  |
|                    |          | <i>Zwarthoed Brenda, Mallon Danique, Crok Linda, Koster Lisa</i>                 |    |           |                  |
| 4 x 100 schoolslag | 6:22.28  | OEZA Dames                                                                       |    | 17-6-2018 | Buckeburg (GER)  |
|                    |          | <i>van 't Veer Iris, Wentink Yara, de Wildt Maud, Hoekstra Eline</i>             |    |           |                  |
| 4 x 100 wisselslag | 5:16.04  | OEZA Dames                                                                       |    | 3-7-1998  | Amersfoort (NED) |
|                    |          | <i>Schelvis Roos, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    |           |                  |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                                      |    |            |                         |
|----------------------------------|----------|--------------------------------------------------------------------------------------|----|------------|-------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                                         | 11 | 29-9-2019  | Haarlem (NED)           |
| 25m rugslag start                | 26.23    | Butter Stijn                                                                         | 11 | 15-12-2019 | Haarlem (NED)           |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                                         | 06 | 15-12-2019 | Haarlem (NED)           |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                           | 07 | 19-1-2020  | Zaandam (NED)           |
| 25 vrije slag                    | 12.52    | Druyven Jorrick                                                                      | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 vrije slag                    | 26.36    | Gaal Roel                                                                            | 01 | 13-10-2016 | Heemskerk (NED)         |
| 100 vrije slag                   | 56.68    | Gaal Roel                                                                            | 01 | 13-11-2016 | Purmerend (NED)         |
| 200 vrije slag                   | 2:05.52  | Gaal Roel                                                                            | 01 | 2-10-2016  | Purmerend (NED)         |
| 300 vrije slag                   | 3:26.39  | Druyven Jorrick                                                                      | 94 | 25-1-2008  | Terneuzen (NED)         |
| 400 vrije slag                   | 4:29.62  | Druyven Jorrick                                                                      | 94 | 12-5-2008  | Purmerend (NED)         |
| 800 vrije slag                   | 9:40.09  | Druyven Jorrick                                                                      | 94 | 30-3-2008  | Zaandam (NED)           |
| 1500 vrije slag                  | 18:07.48 | Druyven Jorrick                                                                      | 94 | 30-3-2008  | Zaandam (NED)           |
| 2000 vrije slag                  | 26:19.41 | Schelvis Sjeng                                                                       | 89 | 7-3-2004   | Zaandam                 |
| 25 rugslag                       | 14.87    | Druyven Jorrick                                                                      | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 rugslag                       | 30.89    | Essers Tim                                                                           | 88 | 16-3-2003  | Heemskerk               |
| 100 rugslag                      | 1:06.59  | Druyven Jorrick                                                                      | 94 | 27-3-2008  | Heemskerk (NED)         |
| 200 rugslag                      | 2:25.00  | Druyven Jorrick                                                                      | 94 | 16-3-2008  | Zaandam (NED)           |
| 25 schoolslag                    | 16.10    | Schaaper Bart                                                                        | 73 | 17-12-1987 | Heemskerk (NED)         |
| 50 schoolslag                    | 33.60    | van Rijn Michael                                                                     | 70 | 10-11-1985 |                         |
| 100 schoolslag                   | 1:13.69  | de Boer Stephan                                                                      | 83 | 13-12-1998 | Heemskerk (NED)         |
| 200 schoolslag                   | 2:42.40  | de Boer Stephan                                                                      | 83 | 16-5-1998  | Zaandam (NED)           |
| 25 vlinderslag                   | 13.45    | Druyven Jorrick                                                                      | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 vlinderslag                   | 28.56    | Schelvis Sjeng                                                                       | 89 | 23-12-2004 | Heemskerk (NED)         |
| 100 vlinderslag                  | 1:05.70  | Schelvis Sjeng                                                                       | 89 | 7-11-2004  | Amsterdam (NED)         |
| 200 vlinderslag                  | 2:26.21  | Druyven Jorrick                                                                      | 94 | 16-3-2008  | Zaandam (NED)           |
| 100 wisselslag                   | 1:06.58  | Druyven Jorrick                                                                      | 94 | 29-5-2008  | Heemskerk (NED)         |
| 200 wisselslag                   | 2:26.61  | Druyven Jorrick                                                                      | 94 | 24-3-2008  | Haarlem (NED)           |
| 300 wisselslag                   | 3:53.16  | Schelvis Sjeng                                                                       | 89 | 19-12-2004 | Heemskerk (NED)         |
| 400 wisselslag                   | 5:13.58  | Druyven Jorrick                                                                      | 94 | 30-3-2008  | Zaandam (NED)           |
| 4 x 50 vrije slag                | 1:52.74  | OEZA Heren                                                                           |    | 28-12-2006 | Maastricht (NED)        |
|                                  |          | <i>Crok Pieter, de Caluwé Niels, Lamers Koen, Kemmeren Ferry</i>                     |    |            |                         |
| 4 x 100 vrije slag               | 4:04.31  | OEZA Heren                                                                           |    | 13-11-2016 | Purmerend (NED)         |
|                                  |          | <i>Gaal Roel, Groen Jarno, Offringa Rick, Jongert Sjoerd</i>                         |    |            |                         |
| 4 x 200 vrije slag               | 10:18.50 | OEZA Heren                                                                           |    | 10-11-1996 | Grootebroek (NED)       |
|                                  |          | <i>Steenbergen Roderik, Oudendijk Paul, van Rookhuizen Barry, Krijger Jan-Willem</i> |    |            |                         |
| 4 x 100 rugslag                  | 5:05.70  | OEZA Heren                                                                           |    | 6-10-1996  | Zuidoost Beemster (NED) |
|                                  |          | <i>Krijger Jan-Willem, Steenbergen Roderik, Kramer Vincent, Oudendijk Paul</i>       |    |            |                         |
| 4 x 50 schoolslag                | 2:40.20  | OEZA Heren                                                                           |    | 30-8-1997  | Assendelft (NED)        |
|                                  |          | <i>de Boer Stephan, Kramer Vincent, Steenbergen Roderik, Stins Arnold</i>            |    |            |                         |
| 4 x 100 schoolslag               | 5:51.10  | OEZA Heren                                                                           |    | 6-10-1996  | Zuidoost Beemster (NED) |
|                                  |          | <i>Steenbergen Roderik, van Rookhuizen Barry, Krijger Jan-Willem, Oudendijk Paul</i> |    |            |                         |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                           |    | 28-9-1975  | Zaandam (NED)           |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i>            |    |            |                         |
| 4 x 50 wisselslag                | 2:10.50  | OEZA Heren                                                                           |    | 26-10-1997 | Heemskerk (NED)         |
|                                  |          | <i>Steenbergen Roderik, de Boer Stephan, Kramer Vincent, van Rookhuizen Barry</i>    |    |            |                         |

|                    |         |                                                                                                 |           |                 |
|--------------------|---------|-------------------------------------------------------------------------------------------------|-----------|-----------------|
| 4 x 100 wisselslag | 4:52.86 | OEZA Heren                                                                                      | 4-10-2020 | Heemskerk (NED) |
|                    |         | <i>Oortwijn Kalle, Ayari Adam, Camphuijnder Jasper, van Heerwaarden Chiel</i>                   |           |                 |
| 5 x 50 vrije slag  | 2:36.00 | OEZA Heren                                                                                      | 16-2-1997 | Volendam (NED)  |
|                    |         | <i>Stins Arnold, de Boer Stephan, Kramer Vincent, Steenbergen Roderik, van Rookhuizen Barry</i> |           |                 |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                             |    |            |                  |
|----------------------------------|----------|-----------------------------------------------------------------------------|----|------------|------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                          | 10 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                          | 10 | 15-12-2019 | Haarlem (NED)    |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                          | 10 | 19-1-2020  | Zaandam (NED)    |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                          | 10 | 29-9-2019  | Haarlem (NED)    |
| 25 vrije slag                    | 13.11    | Schelvis Femke                                                              | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vrije slag                    | 26.93    | Kingma Danae                                                                | 00 | 11-10-2015 | Alkmaar (NED)    |
| 100 vrije slag                   | 59.30    | Kingma Danae                                                                | 00 | 2-11-2014  | Amsterdam (NED)  |
|                                  | 59.30    | Kingma Danae                                                                | 00 | 1-2-2015   | Amsterdam (NED)  |
| 200 vrije slag                   | 2:07.73  | Schelvis Femke                                                              | 84 | 25-11-1999 | Heemskerk        |
| 300 vrije slag                   | 3:41.56  | Hoekstra Eline                                                              | 03 | 25-11-2018 | Hoofddorp (NED)  |
| 400 vrije slag                   | 4:40.35  | Schelvis Femke                                                              | 84 | 28-2-1999  | Zaandam (NED)    |
| 800 vrije slag                   | 9:32.54  | Schelvis Femke                                                              | 84 | 28-2-1999  | Zaandam (NED)    |
| 1500 vrije slag                  | 20:04.86 | Vink Lidewij                                                                | 90 | 14-11-2004 | Heemskerk (NED)  |
| 2000 vrije slag                  | 26:56.35 | van de Poll Marianne                                                        | 89 | 7-3-2004   | Zaandam          |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                              | 84 | 15-1-1998  | Heemskerk (NED)  |
| 50 rugslag                       | 32.23    | Kingma Danae                                                                | 00 | 8-1-2015   | Heemskerk (NED)  |
| 100 rugslag                      | 1:08.44  | Kingma Danae                                                                | 00 | 10-12-2015 | Heemskerk (NED)  |
| 200 rugslag                      | 2:26.44  | Schelvis Femke                                                              | 84 | 10-10-1999 | Zaandam (NED)    |
| 25 schoolslag                    | 17.22    | Palmboom Nicole                                                             | 91 | 27-4-2006  | Heemskerk        |
| 50 schoolslag                    | 34.93    | Kingma Danae                                                                | 00 | 15-11-2015 | Purmerend (NED)  |
| 100 schoolslag                   | 1:17.27  | Kingma Danae                                                                | 00 | 15-11-2015 | Purmerend (NED)  |
| 200 schoolslag                   | 2:53.96  | Kingma Danae                                                                | 00 | 4-10-2015  | Purmerend (NED)  |
| 25 vlinderslag                   | 14.07    | Schelvis Femke                                                              | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vlinderslag                   | 30.59    | Kingma Danae                                                                | 00 | 6-9-2015   | Zaandam (NED)    |
| 100 vlinderslag                  | 1:08.80  | Schelvis Femke                                                              | 84 | 10-10-1999 | Zaandam (NED)    |
| 200 vlinderslag                  | 2:47.28  | Vink Lidewij                                                                | 90 | 24-11-2005 | Heemskerk (NED)  |
| 100 wisselslag                   | 1:09.81  | Kingma Danae                                                                | 00 | 8-3-2015   | Zaandam (NED)    |
| 200 wisselslag                   | 2:29.81  | Schelvis Femke                                                              | 84 | 4-11-1999  | Heemskerk (NED)  |
| 300 wisselslag                   | 4:12.63  | Vink Lidewij                                                                | 90 | 13-11-2005 | Zaandam (NED)    |
| 400 wisselslag                   | 5:29.20  | Schelvis Femke                                                              | 84 | 10-5-1998  | Zaandam (NED)    |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                  |    | 8-10-2023  | Zaandam (NED)    |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>         |    |            |                  |
| 4 x 50 vrije slag                | 2:00.65  | OEZA Dames                                                                  |    | 28-12-2007 | Maastricht (NED) |
|                                  |          | <i>de Groot Daniëlle, Mallon Danique, Vink Marjolein, Koster Lisa</i>       |    |            |                  |
| 4 x 100 vrije slag               | 4:22.19  | OEZA Dames                                                                  |    | 14-12-2018 | Eindhoven (NED)  |
|                                  |          | <i>Hoekstra Eline, van 't Veer Iris, Siemerink Laura, Wentink Yara</i>      |    |            |                  |
| 4 x 200 vrije slag               | 10:03.30 | OEZA Dames                                                                  |    | 16-5-1998  | Zaandam (NED)    |
|                                  |          | <i>Dijkstra Lisette, Schelvis Roos, de Boer Irene, Schelvis Femke</i>       |    |            |                  |
| 4 x 100 rugslag                  | 5:01.04  | OEZA Dames                                                                  |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>Petit Kirsten, Smit Sanne, Koper Fiona, Kingma Danae</i>                 |    |            |                  |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                  |    | 10-4-2011  | Hoorn (NED)      |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>   |    |            |                  |
| 4 x 50 schoolslag                | 3:05.53  | OEZA Dames                                                                  |    | 15-4-2001  | Haarlem (NED)    |
|                                  |          | <i>van der Gracht Anouk, Koopman Anitra, de Ruijter Linda, Visser Kelly</i> |    |            |                  |
| 4 x 100 schoolslag               | 5:58.86  | OEZA Dames                                                                  |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>van Huisstede Nikita, Smit Sanne, Hoekstra Eline, Kingma Danae</i>       |    |            |                  |

|                     |          |                                                                                                                                                                                                  |            |                  |
|---------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------------|
| 4 x 50 vlinderslag  | 2:33.60  | OEZA Dames<br><i>Niesten Annet, Verbree Bets, Bakkum Wilma, Lund Karin</i>                                                                                                                       | 23-10-1977 | Zandvoort (NED)  |
| 4 x 25 wisselslag   | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                                                                                                               | 2-4-2023   | Haarlem (NED)    |
| 4 x 50 wisselslag   | 2:17.93  | OEZA Dames<br><i>Koper Fiona, Kingma Danae, de Haan Shira, Smit Sanne</i>                                                                                                                        | 16-11-2014 | Zaandam (NED)    |
| 4 x 100 wisselslag  | 5:06.27  | OEZA Dames<br><i>Crok Linda, Teufer Irene, Mallon Danique, Koster Lisa</i>                                                                                                                       | 9-3-2008   | Heemskerk (NED)  |
| 5 x 50 vrije slag   | 2:50.20  | OEZA Dames<br><i>Verbree Bets, Bouwman Esther, Bakkum Wilma, Niesten Annet, Munnik Yvonne</i>                                                                                                    | 27-11-1977 | IJmuiden (NED)   |
| 6 x 50 vrije slag   | 3:44.30  | OEZA Dames<br><i>Missot Gonda, van Galen Angela, Verbree Bets, Bakkum Wilma, Niesten Annet, Bouwman Esther</i>                                                                                   | 17-9-1977  | Heemskerk (NED)  |
| 8 x 50 vrije slag   | 4:32.20  | OEZA Dames<br><i>Zonneveld Chantal, Hommersen Sandra, Stins Mariska, Dijkstra Maud, van Ballegooie Simone, de Boer Irene, Gijzen-van der Kroft Nicole, Schelvis Femke</i>                        | 31-8-1997  | Assendelft (NED) |
| 10 x 100 vrije slag | 14:34.70 | OEZA Dames<br><i>Huisman Jolanda, Plokker Sylvia, Dijkstra Ingrid, Hermans Liesbeth, Terhorst Ilja, Palthe Yvonne, Tholen Kirsten, Windmuller Annemarie, van Galen Angela, van Giezen Corina</i> | 27-4-1980  | Assendelft (NED) |

**Heren**

**Open Water**

|                 |          |                  |    |           |                           |
|-----------------|----------|------------------|----|-----------|---------------------------|
| 250 vrije slag  | 4:58.49  | Nijland Yoran    | 05 | 26-7-2014 | Anna-Paulowna (NED)       |
| 500 vrije slag  | 6:31.30  | Dekker Ruben     | 93 | 2-7-2005  | Sluis (NED)               |
| 800 vrije slag  | 12:33.07 | Glorie Daan      | 88 | 8-7-2001  | Amsterdam (NED)           |
| 1000 vrije slag | 13:14.39 | Dekker Matthijs  | 90 | 27-6-2004 | Breukelen (NED)           |
| 1500 vrije slag | 20:18.79 | Dekker Matthijs  | 90 | 24-7-2004 | Wijk en Aalburg (NED)     |
| 2000 vrije slag | 25:59.36 | Dekker Matthijs  | 90 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 2500 vrije slag | 45:01.03 | Butter Stijn     | 11 | 6-7-2024  | Hoek (NED)                |
| 3000 vrije slag | 41:18.47 | Dekker Matthijs  | 90 | 16-7-2004 | Tilburg (NED)             |
| 500 schoolslag  | 8:22.25  | Dekker Matthijs  | 90 | 26-6-2005 | Breukelen (NED)           |
| 1000 schoolslag | 17:43.94 | Jongert Sjoerd   | 01 | 23-7-2016 | Amstelveen (NED)          |
| 1500 schoolslag | 28:06.00 | Jongert Sjoerd   | 01 | 3-9-2016  | Wilhelminadorp (NED)      |
| 2000 schoolslag | 35:42.10 | van Rijn Michael | 70 | 17-6-1984 | Amstelveen (NED)          |

**Dames**

**Open Water**

|                 |            |                  |    |           |                       |
|-----------------|------------|------------------|----|-----------|-----------------------|
| 250 vrije slag  | 5:19.71    | Stel Kaylin      | 01 | 6-9-2009  | Vlissingen (NED)      |
| 500 vrije slag  | 7:26.55    | Stel Serena      | 98 | 2-8-2009  | Hoorn (NED)           |
| 800 vrije slag  | 13:19.97   | de Ruijter Linda | 87 | 23-7-2000 | Amsterdam (NED)       |
| 1000 vrije slag | 14:37.06   | Vink Lidewij     | 90 | 27-6-2004 | Breukelen (NED)       |
| 1250 vrije slag | 22:34.57   | Bos Marieke      | 06 | 21-7-2018 | Hoorn (NED)           |
| 1500 vrije slag | 23:50.30   | Vink Lidewij     | 90 | 24-7-2004 | Wijk en Aalburg (NED) |
| 2000 vrije slag | 28:16.92   | Vink Lidewij     | 90 | 26-6-2005 | Breukelen (NED)       |
| 2500 vrije slag | 36:34.47   | Vink Lidewij     | 90 | 9-7-2005  | Oss (NED)             |
| 3000 vrije slag | 45:27.59   | Vink Lidewij     | 90 | 16-7-2005 | Wijk en Aalburg (NED) |
| 5000 vrije slag | 1:20:03.26 | Crok Linda       | 94 | 6-9-2009  | Vlissingen (NED)      |
| 250 schoolslag  | 6:20.75    | Butter Noor      | 16 | 6-7-2024  | Hoek (NED)            |
| 500 schoolslag  | 8:55.64    | Vink Marjolein   | 93 | 4-8-2007  | Hoorn (NED)           |
| 1000 schoolslag | 19:48.74   | Niesten Iris     | 92 | 4-8-2007  | Hoorn (NED)           |
| 2000 schoolslag | 36:26.77   | Niesten Iris     | 92 | 24-6-2007 | Breukelen (NED)       |
| 3000 schoolslag | 1:01:29.87 | de Haan Shira    | 00 | 25-7-2015 | Anna Paulowna (NED)   |

**Heren**

**Lange baan (50m)**

|                    |          |                                                                    |    |           |                         |
|--------------------|----------|--------------------------------------------------------------------|----|-----------|-------------------------|
| 50 vrije slag      | 26.40    | Gaal Roel                                                          | 01 | 27-5-2017 | Alkmaar (NED)           |
| 100 vrije slag     | 56.63    | Gaal Roel                                                          | 01 | 16-6-2017 | Eindhoven (NED)         |
|                    | 56.63    | Gaal Roel                                                          | 01 | 18-6-2017 | Bergbad Bückeburg (GER) |
| 200 vrije slag     | 2:07.40  | Gaal Roel                                                          | 01 | 28-5-2017 | Alkmaar (NED)           |
| 300 vrije slag     | 3:29.96  | Druyven Jorrick                                                    | 94 | 13-6-2008 | Drachten (NED)          |
| 400 vrije slag     | 4:39.11  | Druyven Jorrick                                                    | 94 | 24-5-2008 | Beverwijk (NED)         |
| 800 vrije slag     | 9:58.50  | Druyven Jorrick                                                    | 94 | 27-4-2008 | Dordrecht (NED)         |
| 1500 vrije slag    | 18:40.70 | Butter Martijn                                                     | 79 | 14-5-1995 | Beverwijk (NED)         |
| 50 rugslag         | 31.80    | Druyven Jorrick                                                    | 94 | 13-4-2008 | Antwerpen (BEL)         |
| 100 rugslag        | 1:08.04  | Druyven Jorrick                                                    | 94 | 17-5-2008 | Beverwijk (NED)         |
| 200 rugslag        | 2:29.06  | Druyven Jorrick                                                    | 94 | 25-5-2008 | Beverwijk (NED)         |
| 50 schoolslag      | 35.62    | de Ruijter Richard                                                 | 88 | 16-5-2004 | Beverwijk (NED)         |
| 100 schoolslag     | 1:19.37  | de Ruijter Richard                                                 | 88 | 24-5-2003 | Beverwijk (NED)         |
| 200 schoolslag     | 2:48.11  | de Boer Stephan                                                    | 83 | 3-7-1998  | Amersfoort (NED)        |
| 50 vlinderslag     | 28.70    | Schelvis Sjeng                                                     | 89 | 28-5-2005 | Beverwijk (NED)         |
| 100 vlinderslag    | 1:05.63  | Schelvis Sjeng                                                     | 89 | 29-5-2005 | Beverwijk (NED)         |
| 200 vlinderslag    | 2:30.83  | Druyven Jorrick                                                    | 94 | 15-6-2008 | Drachten (NED)          |
| 200 wisselslag     | 2:30.47  | Druyven Jorrick                                                    | 94 | 14-6-2008 | Drachten (NED)          |
| 400 wisselslag     | 5:16.99  | Druyven Jorrick                                                    | 94 | 15-6-2008 | Drachten (NED)          |
| 4 x 100 vrije slag | 4:13.09  | OEZA Heren                                                         |    | 12-6-2004 | Eindhoven (NED)         |
|                    |          | <i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i> |    |           |                         |
| 4 x 100 wisselslag | 4:43.27  | OEZA Heren                                                         |    | 13-6-2004 | Eindhoven (NED)         |
|                    |          | <i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i> |    |           |                         |

| <b>Dames</b>       |          |                                                                                  |    |           | <b>Lange baan (50m)</b> |
|--------------------|----------|----------------------------------------------------------------------------------|----|-----------|-------------------------|
| 50 vrije slag      | 27.48    | Kingma Danae                                                                     | 00 | 13-6-2015 | Eindhoven (NED)         |
| 100 vrije slag     | 59.79    | Kingma Danae                                                                     | 00 | 26-6-2015 | Alkmaar (NED)           |
| 200 vrije slag     | 2:14.82  | Kingma Danae                                                                     | 00 | 21-6-2014 | Amsterdam (NED)         |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                                   | 84 | 4-7-1998  | Amersfoort (NED)        |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                                   | 84 | 4-7-1998  | Amersfoort (NED)        |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                                      | 98 | 25-4-2010 | Drachten (NED)          |
| 1500 vrije slag    | 22:11.17 | Wentink Yara                                                                     | 04 | 19-1-2020 | Alkmaar (NED)           |
| 50 rugslag         | 32.35    | Kingma Danae                                                                     | 00 | 10-4-2016 | Eindhoven (NED)         |
| 100 rugslag        | 1:12.31  | Kingma Danae                                                                     | 00 | 26-6-2015 | Alkmaar (NED)           |
| 200 rugslag        | 2:33.86  | Kingma Danae                                                                     | 00 | 4-6-2016  | Alkmaar (NED)           |
| 50 schoolslag      | 35.43    | Kingma Danae                                                                     | 00 | 8-4-2016  | Eindhoven (NED)         |
| 100 schoolslag     | 1:20.02  | Kingma Danae                                                                     | 00 | 21-2-2016 | Alkmaar (NED)           |
| 200 schoolslag     | 3:04.77  | Kingma Danae                                                                     | 00 | 24-5-2014 | Beverwijk (NED)         |
| 50 vlinderslag     | 30.48    | Kingma Danae                                                                     | 00 | 5-6-2016  | Alkmaar (NED)           |
| 100 vlinderslag    | 1:12.40  | Smit Sanne                                                                       | 01 | 26-3-2017 | Alkmaar (NED)           |
| 200 vlinderslag    | 2:49.76  | Teufer Irene                                                                     | 96 | 12-4-2008 | Antwerpen (BEL)         |
| 200 wisselslag     | 2:35.74  | Kingma Danae                                                                     | 00 | 30-4-2016 | Alkmaar (NED)           |
| 400 wisselslag     | 5:52.33  | Hoekstra Eline                                                                   | 03 | 24-2-2019 | Den Haag (NED)          |
| 4 x 50 vrije slag  | 2:07.66  | OEZA Dames                                                                       |    | 16-6-2018 | Buckeburg (GER)         |
|                    |          | <i>Wentink Yara, de Wildt Maud, Siemerink Laura, Scholten Britt</i>              |    |           |                         |
| 4 x 100 vrije slag | 4:24.27  | OEZA Dames                                                                       |    | 5-6-2016  | Alkmaar (NED)           |
|                    |          | <i>Smit Sanne, de Haan Shira, Buur Naomi, Kingma Danae</i>                       |    |           |                         |
| 4 x 200 vrije slag | 9:53.35  | OEZA Dames                                                                       |    | 4-6-2016  | Alkmaar (NED)           |
|                    |          | <i>Smit Sanne, de Haan Shira, Hoekstra Eline, Kingma Danae</i>                   |    |           |                         |
| 4 x 100 schoolslag | 6:22.28  | OEZA Dames                                                                       |    | 17-6-2018 | Buckeburg (GER)         |
|                    |          | <i>van 't Veer Iris, Wentink Yara, de Wildt Maud, Hoekstra Eline</i>             |    |           |                         |
| 4 x 100 wisselslag | 5:16.04  | OEZA Dames                                                                       |    | 3-7-1998  | Amersfoort (NED)        |
|                    |          | <i>Schelvis Roos, Gijzen-van der Kroft Nicole, Schelvis Femke, de Boer Irene</i> |    |           |                         |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                                      |    |            |                         |
|----------------------------------|----------|--------------------------------------------------------------------------------------|----|------------|-------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                                         | 11 | 29-9-2019  | Haarlem (NED)           |
| 25m rugslag start                | 26.23    | Butter Stijn                                                                         | 11 | 15-12-2019 | Haarlem (NED)           |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                                         | 06 | 15-12-2019 | Haarlem (NED)           |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                           | 07 | 19-1-2020  | Zaandam (NED)           |
| 25 vrije slag                    | 12.10    | Meijer Arno                                                                          | 75 | 16-5-1991  | Heemskerk (NED)         |
| 50 vrije slag                    | 25.31    | Gaal Roel                                                                            | 01 | 18-11-2017 | Hoofddorp (NED)         |
| 100 vrije slag                   | 55.39    | Gaal Roel                                                                            | 01 | 11-11-2017 | Hoofddorp (NED)         |
| 200 vrije slag                   | 2:01.22  | Hogenstijn Peter                                                                     | 84 | 30-11-2000 | Heemskerk (NED)         |
| 300 vrije slag                   | 3:26.39  | Druyven Jorrick                                                                      | 94 | 25-1-2008  | Terneuzen (NED)         |
| 400 vrije slag                   | 4:29.62  | Druyven Jorrick                                                                      | 94 | 12-5-2008  | Purmerend (NED)         |
| 800 vrije slag                   | 9:30.50  | Butter Martijn                                                                       | 79 | 5-11-1995  | Volendam (NED)          |
| 1500 vrije slag                  | 17:57.50 | Butter Martijn                                                                       | 79 | 17-12-1995 | Zaandam (NED)           |
| 2000 vrije slag                  | 25:37.42 | Crok Pieter                                                                          | 91 | 11-2-2007  | Zaandam (NED)           |
| 25 rugslag                       | 14.87    | Druyven Jorrick                                                                      | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 rugslag                       | 30.79    | Essers Tim                                                                           | 88 | 11-4-2004  | Haarlem                 |
| 100 rugslag                      | 1:05.79  | Kleijne Barry                                                                        | 93 | 24-9-2009  | Heemskerk (NED)         |
| 200 rugslag                      | 2:25.00  | Druyven Jorrick                                                                      | 94 | 16-3-2008  | Zaandam (NED)           |
| 25 schoolslag                    | 15.92    | de Boer Stephan                                                                      | 83 | 25-3-1999  | Heemskerk (NED)         |
| 50 schoolslag                    | 33.48    | de Boer Stephan                                                                      | 83 | 14-2-1999  | Dordrecht (NED)         |
| 100 schoolslag                   | 1:13.69  | de Boer Stephan                                                                      | 83 | 13-12-1998 | Heemskerk (NED)         |
| 200 schoolslag                   | 2:42.40  | de Boer Stephan                                                                      | 83 | 16-5-1998  | Zaandam (NED)           |
| 25 vlinderslag                   | 13.45    | Druyven Jorrick                                                                      | 94 | 29-5-2008  | Heemskerk (NED)         |
| 50 vlinderslag                   | 27.82    | Hogenstijn Peter                                                                     | 84 | 3-12-2000  | Zaandam (NED)           |
| 100 vlinderslag                  | 1:00.81  | Hogenstijn Peter                                                                     | 84 | 9-12-2000  | Nieuwegein (NED)        |
| 200 vlinderslag                  | 2:26.21  | Druyven Jorrick                                                                      | 94 | 16-3-2008  | Zaandam (NED)           |
| 100 wisselslag                   | 1:05.04  | Hogenstijn Peter                                                                     | 84 | 10-12-2000 | Heemskerk (NED)         |
| 200 wisselslag                   | 2:21.53  | Hogenstijn Peter                                                                     | 84 | 26-10-2000 | Heemskerk (NED)         |
| 300 wisselslag                   | 3:53.16  | Schelvis Sjeng                                                                       | 89 | 19-12-2004 | Heemskerk (NED)         |
| 400 wisselslag                   | 5:13.58  | Druyven Jorrick                                                                      | 94 | 30-3-2008  | Zaandam (NED)           |
| 4 x 50 vrije slag                | 1:52.30  | OEZA Heren                                                                           |    | 5-4-1998   | Heemskerk (NED)         |
|                                  |          | <i>Steenbergen Roderik, de Boer Stephan, Kramer Vincent, van Rookhuizen Barry</i>    |    |            |                         |
| 4 x 100 vrije slag               | 4:04.31  | OEZA Heren                                                                           |    | 13-11-2016 | Purmerend (NED)         |
|                                  |          | <i>Gaal Roel, Groen Jarno, Offringa Rick, Jongert Sjoerd</i>                         |    |            |                         |
| 4 x 200 vrije slag               | 9:26.20  | OEZA Heren                                                                           |    | 9-5-1998   | Zaandam (NED)           |
|                                  |          | <i>Stins Arnold, Steenbergen Roderik, de Boer Stephan, Kramer Vincent</i>            |    |            |                         |
| 4 x 100 rugslag                  | 4:49.47  | OEZA Heren                                                                           |    | 31-10-2004 | Zuidoostbeemster (NED)  |
|                                  |          | <i>de Ruijter Richard, Dekker Matthijs, Schelvis Sjeng, Essers Tim</i>               |    |            |                         |
| 4 x 50 schoolslag                | 2:40.20  | OEZA Heren                                                                           |    | 30-8-1997  | Assendelft (NED)        |
|                                  |          | <i>de Boer Stephan, Kramer Vincent, Steenbergen Roderik, Stins Arnold</i>            |    |            |                         |
| 4 x 100 schoolslag               | 5:51.10  | OEZA Heren                                                                           |    | 6-10-1996  | Zuidoost Beemster (NED) |
|                                  |          | <i>Steenbergen Roderik, van Rookhuizen Barry, Krijger Jan-Willem, Oudendijk Paul</i> |    |            |                         |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                           |    | 28-9-1975  | Zaandam (NED)           |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i>            |    |            |                         |
| 4 x 50 wisselslag                | 2:03.42  | OEZA Heren                                                                           |    | 19-6-2004  | Emmen (NED)             |
|                                  |          | <i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, Glorie Daan</i>                   |    |            |                         |

|                    |         |                                                                                                                                               |            |                  |
|--------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------|------------------|
| 4 x 100 wisselslag | 4:52.86 | OEZA Heren                                                                                                                                    | 4-10-2020  | Heemskerk (NED)  |
|                    |         | <i>Oortwijn Kalle, Ayari Adam, Camphuijnder Jasper, van Heerwaarden Chiel</i>                                                                 |            |                  |
| 5 x 50 vrije slag  | 2:34.60 | OEZA Heren                                                                                                                                    | 23-10-1977 | Zandvoort (NED)  |
|                    |         | <i>Windmuller Ton, Verbree John, Dekker Erik, de Caluwe Perry, van Dijck Bart</i>                                                             |            |                  |
| 6 x 50 vrije slag  | 3:26.60 | OEZA Heren                                                                                                                                    | 17-9-1977  | Heemskerk (NED)  |
|                    |         | <i>Plokker Robert, Wolf Gert Jan, Missot Paul, de Caluwe Johan, Verbree John, de Caluwe Perry</i>                                             |            |                  |
| 8 x 50 vrije slag  | 4:32.50 | OEZA Heren                                                                                                                                    | 20-9-1981  | Den Helder (NED) |
|                    |         | <i>Schaaper Hans, van Duin Peter, van der Linden René, Keessen Jeroen, Pover Peter, Boonacker Wietse, Wolf Gert Jan, van de Sluis Nicolai</i> |            |                  |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                                 |    |            |                  |
|----------------------------------|----------|---------------------------------------------------------------------------------|----|------------|------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                              | 10 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                              | 10 | 15-12-2019 | Haarlem (NED)    |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                              | 10 | 19-1-2020  | Zaandam (NED)    |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                              | 10 | 29-9-2019  | Haarlem (NED)    |
| 25 vrije slag                    | 13.11    | Schelvis Femke                                                                  | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vrije slag                    | 26.92    | Kingma Danae                                                                    | 00 | 29-1-2016  | Amsterdam (NED)  |
| 100 vrije slag                   | 58.46    | Kingma Danae                                                                    | 00 | 5-11-2016  | Hoofddorp (NED)  |
| 200 vrije slag                   | 2:07.73  | Schelvis Femke                                                                  | 84 | 25-11-1999 | Heemskerk        |
| 300 vrije slag                   | 3:40.07  | Vink Lidewij                                                                    | 90 | 18-5-2006  | Heemskerk (NED)  |
| 400 vrije slag                   | 4:40.35  | Schelvis Femke                                                                  | 84 | 28-2-1999  | Zaandam (NED)    |
| 800 vrije slag                   | 9:32.54  | Schelvis Femke                                                                  | 84 | 28-2-1999  | Zaandam (NED)    |
| 1500 vrije slag                  | 19:04.76 | Schelvis Femke                                                                  | 84 | 23-1-2000  | Heemskerk (NED)  |
| 2000 vrije slag                  | 25:28.90 | Schelvis Femke                                                                  | 84 | 5-3-2000   | Zaandam (NED)    |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                                  | 84 | 15-1-1998  | Heemskerk (NED)  |
| 50 rugslag                       | 31.76    | Kingma Danae                                                                    | 00 | 18-2-2016  | Heemskerk (NED)  |
| 100 rugslag                      | 1:08.44  | Kingma Danae                                                                    | 00 | 10-12-2015 | Heemskerk (NED)  |
| 200 rugslag                      | 2:26.44  | Schelvis Femke                                                                  | 84 | 10-10-1999 | Zaandam (NED)    |
| 25 schoolslag                    | 17.22    | Palmboom Nicole                                                                 | 91 | 27-4-2006  | Heemskerk        |
| 50 schoolslag                    | 34.17    | Kingma Danae                                                                    | 00 | 13-11-2016 | Purmerend (NED)  |
| 100 schoolslag                   | 1:16.62  | Kingma Danae                                                                    | 00 | 13-11-2016 | Purmerend (NED)  |
| 200 schoolslag                   | 2:53.96  | Kingma Danae                                                                    | 00 | 4-10-2015  | Purmerend (NED)  |
| 25 vlinderslag                   | 13.74    | Schelvis Femke                                                                  | 84 | 4-5-2000   | Heemskerk (NED)  |
| 50 vlinderslag                   | 30.59    | Kingma Danae                                                                    | 00 | 6-9-2015   | Zaandam (NED)    |
| 100 vlinderslag                  | 1:08.80  | Schelvis Femke                                                                  | 84 | 10-10-1999 | Zaandam (NED)    |
| 200 vlinderslag                  | 2:40.19  | Hoekstra Eline                                                                  | 03 | 23-11-2019 | Hoofddorp (NED)  |
| 100 wisselslag                   | 1:08.21  | Kingma Danae                                                                    | 00 | 29-12-2016 | Leeuwarden (NED) |
| 200 wisselslag                   | 2:29.81  | Schelvis Femke                                                                  | 84 | 4-11-1999  | Heemskerk (NED)  |
| 300 wisselslag                   | 4:12.63  | Vink Lidewij                                                                    | 90 | 13-11-2005 | Zaandam (NED)    |
| 400 wisselslag                   | 5:29.10  | Hoekstra Eline                                                                  | 03 | 24-11-2019 | Hoofddorp (NED)  |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                      |    | 8-10-2023  | Zaandam (NED)    |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>             |    |            |                  |
| 4 x 50 vrije slag                | 2:00.00  | OEZA Dames                                                                      |    | 6-4-1997   | Heemskerk (NED)  |
|                                  |          | <i>Meijer Sylvia, Gijzen-van der Kroft Nicole, Stam Sabrina, Schelvis Femke</i> |    |            |                  |
| 4 x 100 vrije slag               | 4:14.09  | OEZA Dames                                                                      |    | 30-1-2016  | Amsterdam (NED)  |
|                                  |          | <i>Smit Sanne, Buur Naomi, de Haan Shira, Kingma Danae</i>                      |    |            |                  |
| 4 x 200 vrije slag               | 10:03.30 | OEZA Dames                                                                      |    | 16-5-1998  | Zaandam (NED)    |
|                                  |          | <i>Dijkstra Lisette, Schelvis Roos, de Boer Irene, Schelvis Femke</i>           |    |            |                  |
| 4 x 100 rugslag                  | 5:01.04  | OEZA Dames                                                                      |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>Petit Kirsten, Smit Sanne, Koper Fiona, Kingma Danae</i>                     |    |            |                  |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                      |    | 10-4-2011  | Hoorn (NED)      |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>       |    |            |                  |
| 4 x 50 schoolslag                | 3:05.53  | OEZA Dames                                                                      |    | 15-4-2001  | Haarlem (NED)    |
|                                  |          | <i>van der Gracht Anouk, Koopman Anitra, de Ruijter Linda, Visser Kelly</i>     |    |            |                  |
| 4 x 100 schoolslag               | 5:58.86  | OEZA Dames                                                                      |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>van Huisstede Nikita, Smit Sanne, Hoekstra Eline, Kingma Danae</i>           |    |            |                  |

|                     |          |                                                                                                                                                                                                  |            |                     |
|---------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------|
| 4 x 50 vlinderslag  | 2:33.60  | OEZA Dames<br><i>Niesten Annet, Verbree Bets, Bakkum Wilma, Lund Karin</i>                                                                                                                       | 23-10-1977 | Zandvoort (NED)     |
| 4 x 25 wisselslag   | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                                                                                                               | 2-4-2023   | Haarlem (NED)       |
| 4 x 50 wisselslag   | 2:17.81  | OEZA Dames<br><i>Niesten Iris, Palmboom Nicole, Vink Lidewij, Essers Sanne</i>                                                                                                                   | 17-4-2006  | Haarlem (NED)       |
| 4 x 100 wisselslag  | 5:06.27  | OEZA Dames<br><i>Crok Linda, Teufer Irene, Mallon Danique, Koster Lisa</i>                                                                                                                       | 9-3-2008   | Heemskerk (NED)     |
| 5 x 50 vrije slag   | 2:50.20  | OEZA Dames<br><i>Verbree Bets, Bouwman Esther, Bakkum Wilma, Niesten Annet, Munnik Yvonne</i>                                                                                                    | 27-11-1977 | IJmuiden (NED)      |
| 6 x 50 vrije slag   | 3:38.00  | OEZA Dames<br><i>van de Kamp Yvonne, van Giezen Corina, Sierra Ana Maria, Huisman Jolanda, Windmuller Wendy, Hermans Liesbeth</i>                                                                | 31-5-1981  | Heerhugowaard (NED) |
| 8 x 50 vrije slag   | 4:32.20  | OEZA Dames<br><i>Zonneveld Chantal, Hommersen Sandra, Stins Mariska, Dijkstra Maud, van Ballegooie Simone, de Boer Irene, Gijzen-van der Kroft Nicole, Schelvis Femke</i>                        | 31-8-1997  | Assendelft (NED)    |
| 10 x 100 vrije slag | 14:34.70 | OEZA Dames<br><i>Huisman Jolanda, Plokker Sylvia, Dijkstra Ingrid, Hermans Liesbeth, Terhorst Ilja, Palthe Yvonne, Tholen Kirsten, Windmuller Annemarie, van Galen Angela, van Giezen Corina</i> | 27-4-1980  | Assendelft (NED)    |

**Heren**

**Open Water**

|                 |            |                  |    |           |                           |
|-----------------|------------|------------------|----|-----------|---------------------------|
| 250 vrije slag  | 4:58.49    | Nijland Yoran    | 05 | 26-7-2014 | Anna-Paulowna (NED)       |
| 500 vrije slag  | 6:31.30    | Dekker Ruben     | 93 | 2-7-2005  | Sluis (NED)               |
| 800 vrije slag  | 12:33.07   | Glorie Daan      | 88 | 8-7-2001  | Amsterdam (NED)           |
| 1000 vrije slag | 12:58.09   | Glorie Daan      | 88 | 28-8-2004 | Middelburg (NED)          |
| 1250 vrije slag | 17:45.10   | Jongert Sjoerd   | 01 | 10-9-2017 | Hoor (NED)                |
| 1500 vrije slag | 20:18.79   | Dekker Matthijs  | 90 | 24-7-2004 | Wijk en Aalburg (NED)     |
| 2000 vrije slag | 25:59.36   | Dekker Matthijs  | 90 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 2500 vrije slag | 34:26.19   | Glorie Daan      | 88 | 26-6-2004 | Scheerwolde (NED)         |
| 3000 vrije slag | 40:45.41   | Glorie Daan      | 88 | 16-7-2004 | Tilburg (NED)             |
| 5000 vrije slag | 1:11:56.36 | Kleijne Barry    | 93 | 6-9-2009  | Vlissingen (NED)          |
| 500 schoolslag  | 8:22.25    | Dekker Matthijs  | 90 | 26-6-2005 | Breukelen (NED)           |
| 1000 schoolslag | 17:33.80   | Crok Pieter      | 91 | 30-6-2007 | Scheerwolde (NED)         |
| 1500 schoolslag | 28:06.00   | Jongert Sjoerd   | 01 | 3-9-2016  | Wilhelminadorp (NED)      |
| 2000 schoolslag | 35:42.10   | van Rijn Michael | 70 | 17-6-1984 | Amstelveen (NED)          |

**Dames**

**Open Water**

|                 |            |                  |    |           |                       |
|-----------------|------------|------------------|----|-----------|-----------------------|
| 250 vrije slag  | 5:19.71    | Stel Kaylin      | 01 | 6-9-2009  | Vlissingen (NED)      |
| 500 vrije slag  | 7:26.55    | Stel Serena      | 98 | 2-8-2009  | Hoorn (NED)           |
| 800 vrije slag  | 13:19.97   | de Ruijter Linda | 87 | 23-7-2000 | Amsterdam (NED)       |
| 1000 vrije slag | 14:29.79   | Vink Lidewij     | 90 | 8-7-2006  | Oss (NED)             |
| 1250 vrije slag | 22:34.57   | Bos Marieke      | 06 | 21-7-2018 | Hoorn (NED)           |
| 1500 vrije slag | 21:58.33   | Vink Lidewij     | 90 | 22-7-2006 | Anna-Paulowna (NED)   |
| 2000 vrije slag | 28:16.03   | Vink Lidewij     | 90 | 25-6-2006 | Breukelen (NED)       |
| 2500 vrije slag | 36:34.47   | Vink Lidewij     | 90 | 9-7-2005  | Oss (NED)             |
| 3000 vrije slag | 44:59.59   | Vink Lidewij     | 90 | 15-7-2006 | Wijk en Aalburg (NED) |
| 5000 vrije slag | 1:18:13.04 | Crok Linda       | 94 | 20-6-2010 | Spaarnwoude (NED)     |
| 250 schoolslag  | 6:20.75    | Butter Noor      | 16 | 6-7-2024  | Hoek (NED)            |
| 500 schoolslag  | 8:55.64    | Vink Marjolein   | 93 | 4-8-2007  | Hoorn (NED)           |
| 1000 schoolslag | 19:48.74   | Niesten Iris     | 92 | 4-8-2007  | Hoorn (NED)           |
| 2000 schoolslag | 36:26.77   | Niesten Iris     | 92 | 24-6-2007 | Breukelen (NED)       |
| 3000 schoolslag | 1:01:29.87 | de Haan Shira    | 00 | 25-7-2015 | Anna Paulowna (NED)   |

**Heren**

**Lange baan (50m)**

|                    |            |                                                                                      |    |           |                  |
|--------------------|------------|--------------------------------------------------------------------------------------|----|-----------|------------------|
| 50 vrije slag      | 25.27      | Gaal Roel                                                                            | 01 | 29-5-2018 | Beverwijk (NED)  |
| 100 vrije slag     | 55.69      | Gaal Roel                                                                            | 01 | 17-6-2018 | Eindhoven (NED)  |
| 200 vrije slag     | 2:06.68    | Gaal Roel                                                                            | 01 | 25-3-2018 | Alkmaar (NED)    |
| 300 vrije slag     | 3:29.96    | Druyven Jorrick                                                                      | 94 | 13-6-2008 | Drachten (NED)   |
| 400 vrije slag     | 4:39.11    | Druyven Jorrick                                                                      | 94 | 24-5-2008 | Beverwijk (NED)  |
| 800 vrije slag     | 9:55.30    | Butter Martijn                                                                       | 79 | 4-5-1996  | Beverwijk (NED)  |
| 1500 vrije slag    | 18:40.70   | Butter Martijn                                                                       | 79 | 14-5-1995 | Beverwijk (NED)  |
| 10000 vrije slag   | 2:28:53.85 | Glorie Daan                                                                          | 88 | 23-4-2005 | Zwaag (NED)      |
| 50 rugslag         | 30.90      | Kleijne Barry                                                                        | 93 | 16-5-2010 | Alkmaar (NED)    |
| 100 rugslag        | 1:07.53    | Kleijne Barry                                                                        | 93 | 15-5-2010 | Beverwijk (NED)  |
| 200 rugslag        | 2:27.38    | Kleijne Barry                                                                        | 93 | 30-5-2010 | Beverwijk (NED)  |
| 50 schoolslag      | 35.62      | de Ruijter Richard                                                                   | 88 | 16-5-2004 | Beverwijk (NED)  |
| 100 schoolslag     | 1:19.37    | de Ruijter Richard                                                                   | 88 | 24-5-2003 | Beverwijk (NED)  |
| 200 schoolslag     | 2:48.11    | de Boer Stephan                                                                      | 83 | 3-7-1998  | Amersfoort (NED) |
| 50 vlinderslag     | 28.70      | Schelvis Sjeng                                                                       | 89 | 28-5-2005 | Beverwijk (NED)  |
| 100 vlinderslag    | 1:02.93    | Hogenstijn Peter                                                                     | 84 | 29-4-2001 | Beverwijk (NED)  |
| 200 vlinderslag    | 2:28.11    | Hogenstijn Peter                                                                     | 84 | 22-4-2001 | Amersfoort (NED) |
| 200 wisselslag     | 2:30.47    | Druyven Jorrick                                                                      | 94 | 14-6-2008 | Drachten (NED)   |
| 400 wisselslag     | 5:16.99    | Druyven Jorrick                                                                      | 94 | 15-6-2008 | Drachten (NED)   |
| 4 x 50 vrije slag  | 2:07.83    | OEZA Heren<br><i>Butter Stijn, Schoonakker Mick, Kuijper Alex, Paap Jaidy</i>        |    | 8-6-2024  | Bückeburg (GER)  |
| 4 x 100 vrije slag | 4:13.09    | OEZA Heren<br><i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i>     |    | 12-6-2004 | Eindhoven (NED)  |
| 4 x 200 vrije slag | 10:13.70   | OEZA Heren<br><i>Kramer Vincent, Kuilman Joris, Oudendijk Paul, Oortwijn Maarten</i> |    | 24-5-1997 | Beverwijk (NED)  |
| 4 x 100 wisselslag | 4:43.27    | OEZA Heren<br><i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i>     |    | 13-6-2004 | Eindhoven (NED)  |

Dames

Lange baan (50m)

|                    |          |                                                                      |    |           |                  |
|--------------------|----------|----------------------------------------------------------------------|----|-----------|------------------|
| 50 vrije slag      | 27.47    | Kingma Danae                                                         | 00 | 9-4-2017  | Eindhoven (NED)  |
| 100 vrije slag     | 59.59    | Kingma Danae                                                         | 00 | 8-4-2017  | Eindhoven (NED)  |
| 200 vrije slag     | 2:13.79  | Kingma Danae                                                         | 00 | 21-5-2017 | Alkmaar (NED)    |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                       | 84 | 4-7-1998  | Amersfoort (NED) |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                       | 84 | 4-7-1998  | Amersfoort (NED) |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                          | 98 | 25-4-2010 | Drachten (NED)   |
| 1500 vrije slag    | 20:25.20 | Hoekstra Eline                                                       | 03 | 1-3-2020  | Alkmaar (NED)    |
| 50 rugslag         | 31.90    | Kingma Danae                                                         | 00 | 6-4-2017  | Eindhoven (NED)  |
| 100 rugslag        | 1:12.31  | Kingma Danae                                                         | 00 | 26-6-2015 | Alkmaar (NED)    |
| 200 rugslag        | 2:33.86  | Kingma Danae                                                         | 00 | 4-6-2016  | Alkmaar (NED)    |
| 50 schoolslag      | 35.43    | Kingma Danae                                                         | 00 | 8-4-2016  | Eindhoven (NED)  |
| 100 schoolslag     | 1:20.02  | Kingma Danae                                                         | 00 | 21-2-2016 | Alkmaar (NED)    |
| 200 schoolslag     | 3:01.71  | de Haan Shira                                                        | 00 | 28-5-2017 | Alkmaar (NED)    |
| 50 vlinderslag     | 30.46    | Kingma Danae                                                         | 00 | 6-4-2017  | Eindhoven (NED)  |
| 100 vlinderslag    | 1:12.40  | Smit Sanne                                                           | 01 | 26-3-2017 | Alkmaar (NED)    |
| 200 vlinderslag    | 2:49.42  | Hoekstra Eline                                                       | 03 | 22-2-2020 | Den Haag (NED)   |
| 200 wisselslag     | 2:34.82  | Kingma Danae                                                         | 00 | 20-5-2017 | Alkmaar (NED)    |
| 400 wisselslag     | 5:52.33  | Hoekstra Eline                                                       | 03 | 24-2-2019 | Den Haag (NED)   |
| 4 x 50 vrije slag  | 2:07.66  | OEZA Dames                                                           |    | 16-6-2018 | Buckeburg (GER)  |
|                    |          | <i>Wentink Yara, de Wildt Maud, Siemerink Laura, Scholten Britt</i>  |    |           |                  |
| 4 x 100 vrije slag | 4:24.27  | OEZA Dames                                                           |    | 5-6-2016  | Alkmaar (NED)    |
|                    |          | <i>Smit Sanne, de Haan Shira, Buur Naomi, Kingma Danae</i>           |    |           |                  |
| 4 x 200 vrije slag | 9:53.35  | OEZA Dames                                                           |    | 4-6-2016  | Alkmaar (NED)    |
|                    |          | <i>Smit Sanne, de Haan Shira, Hoekstra Eline, Kingma Danae</i>       |    |           |                  |
| 4 x 100 schoolslag | 6:22.28  | OEZA Dames                                                           |    | 17-6-2018 | Buckeburg (GER)  |
|                    |          | <i>van 't Veer Iris, Wentink Yara, de Wildt Maud, Hoekstra Eline</i> |    |           |                  |
| 4 x 50 wisselslag  | 2:18.56  | OEZA Dames                                                           |    | 11-4-2008 | Antwerpen (BEL)  |
|                    |          | <i>Koster Lisa, Palmboom Nicole, Teufer Irene, de Groot Daniëlle</i> |    |           |                  |
| 4 x 100 wisselslag | 5:13.80  | OEZA Dames                                                           |    | 25-5-1997 | Beverwijk (NED)  |
|                    |          | <i>Schelvis Femke, Kramer Miranda, Stam Vanessa, Meijer Sylvia</i>   |    |           |                  |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                           |    |            |                        |
|----------------------------------|----------|---------------------------------------------------------------------------|----|------------|------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                              | 11 | 29-9-2019  | Haarlem (NED)          |
| 25m rugslag start                | 26.23    | Butter Stijn                                                              | 11 | 15-12-2019 | Haarlem (NED)          |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                              | 06 | 15-12-2019 | Haarlem (NED)          |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                | 07 | 19-1-2020  | Zaandam (NED)          |
| 25 vrije slag                    | 11.90    | Meijer Arno                                                               | 75 | 18-6-1992  | Heemskerk              |
| 50 vrije slag                    | 25.24    | Gaal Roel                                                                 | 01 | 24-11-2018 | Hoofddorp (NED)        |
|                                  | 25.24    | Gaal Roel                                                                 | 01 | 30-12-2018 | Leeuwarden (NED)       |
| 100 vrije slag                   | 54.61    | Gaal Roel                                                                 | 01 | 16-9-2018  | Alkmaar (NED)          |
| 200 vrije slag                   | 2:00.73  | Gaal Roel                                                                 | 01 | 25-11-2018 | Hoofddorp (NED)        |
| 300 vrije slag                   | 3:26.39  | Druyven Jorrick                                                           | 94 | 25-1-2008  | Terneuzen (NED)        |
| 400 vrije slag                   | 4:29.62  | Druyven Jorrick                                                           | 94 | 12-5-2008  | Purmerend (NED)        |
| 800 vrije slag                   | 9:30.50  | Butter Martijn                                                            | 79 | 5-11-1995  | Volendam (NED)         |
| 1500 vrije slag                  | 17:57.50 | Butter Martijn                                                            | 79 | 17-12-1995 | Zaandam (NED)          |
| 2000 vrije slag                  | 24:32.46 | Stins Arnold                                                              | 83 | 5-3-2000   | Zaandam (NED)          |
| 25 rugslag                       | 14.80    | Kerkhof Arno                                                              | 72 | 31-12-1989 | Heemskerk (NED)        |
| 50 rugslag                       | 29.81    | Kleijne Barry                                                             | 93 | 7-3-2010   | Purmerend (NED)        |
| 100 rugslag                      | 1:04.70  | Kleijne Barry                                                             | 93 | 28-12-2010 | Maastricht (NED)       |
| 200 rugslag                      | 2:22.75  | Kleijne Barry                                                             | 93 | 14-3-2010  | Heemskerk (NED)        |
| 25 schoolslag                    | 15.60    | Kerkhof Arno                                                              | 72 | 12-1-1989  | Heemskerk (NED)        |
| 50 schoolslag                    | 33.48    | de Boer Stephan                                                           | 83 | 14-2-1999  | Dordrecht (NED)        |
| 100 schoolslag                   | 1:13.69  | de Boer Stephan                                                           | 83 | 13-12-1998 | Heemskerk (NED)        |
| 200 schoolslag                   | 2:38.53  | Hogenstijn Peter                                                          | 84 | 25-1-2001  | Heemskerk (NED)        |
| 25 vlinderslag                   | 12.90    | Kerkhof Arno                                                              | 72 | 12-1-1989  | Heemskerk (NED)        |
| 50 vlinderslag                   | 27.67    | Hogenstijn Peter                                                          | 84 | 10-2-2001  | Emmen (NED)            |
| 100 vlinderslag                  | 1:00.81  | Hogenstijn Peter                                                          | 84 | 9-12-2000  | Nieuwegein (NED)       |
| 200 vlinderslag                  | 2:19.84  | Hogenstijn Peter                                                          | 84 | 18-3-2001  | Zaandam (NED)          |
| 1000 vlinderslag                 | 17:01.35 | Jongert Sjoerd                                                            | 01 | 7-1-2018   | Haarlem (NED)          |
| 100 wisselslag                   | 1:05.04  | Hogenstijn Peter                                                          | 84 | 10-12-2000 | Heemskerk (NED)        |
| 200 wisselslag                   | 2:21.53  | Hogenstijn Peter                                                          | 84 | 26-10-2000 | Heemskerk (NED)        |
| 300 wisselslag                   | 3:53.16  | Schelvis Sjeng                                                            | 89 | 19-12-2004 | Heemskerk (NED)        |
| 400 wisselslag                   | 5:02.52  | Hogenstijn Peter                                                          | 84 | 25-2-2001  | Heemskerk (NED)        |
| 4 x 50 vrije slag                | 1:47.11  | OEZA Heren                                                                |    | 30-12-2018 | Leeuwarden (NED)       |
|                                  |          | <i>Camphuijnder Jasper, Oortwijn Kalle, Jongert Sjoerd, Gaal Roel</i>     |    |            |                        |
| 4 x 100 vrije slag               | 4:04.31  | OEZA Heren                                                                |    | 13-11-2016 | Purmerend (NED)        |
|                                  |          | <i>Gaal Roel, Groen Jarno, Offringa Rick, Jongert Sjoerd</i>              |    |            |                        |
| 4 x 200 vrije slag               | 9:26.20  | OEZA Heren                                                                |    | 9-5-1998   | Zaandam (NED)          |
|                                  |          | <i>Stins Arnold, Steenbergen Roderik, de Boer Stephan, Kramer Vincent</i> |    |            |                        |
| 4 x 100 rugslag                  | 4:49.47  | OEZA Heren                                                                |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>de Ruijter Richard, Dekker Matthijs, Schelvis Sjeng, Essers Tim</i>    |    |            |                        |
| 4 x 50 schoolslag                | 2:40.20  | OEZA Heren                                                                |    | 30-8-1997  | Assendelft (NED)       |
|                                  |          | <i>de Boer Stephan, Kramer Vincent, Steenbergen Roderik, Stins Arnold</i> |    |            |                        |
| 4 x 100 schoolslag               | 5:19.80  | OEZA Heren                                                                |    | 16-10-2005 | Alkmaar (NED)          |
|                                  |          | <i>Essers Tim, Crok Pieter, Palmboom Pascal, Glorie Daan</i>              |    |            |                        |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                |    | 28-9-1975  | Zaandam (NED)          |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i> |    |            |                        |

|                    |         |                                                                                                                                               |            |                        |
|--------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------|------------------------|
| 4 x 50 wisselslag  | 2:03.42 | OEZA Heren                                                                                                                                    | 19-6-2004  | Emmen (NED)            |
|                    |         | <i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, Glorie Daan</i>                                                                            |            |                        |
| 4 x 100 wisselslag | 4:37.31 | OEZA Heren                                                                                                                                    | 31-10-2004 | Zuidoostbeemster (NED) |
|                    |         | <i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, van der Gracht Jory</i>                                                                    |            |                        |
| 5 x 50 vrije slag  | 2:34.60 | OEZA Heren                                                                                                                                    | 23-10-1977 | Zandvoort (NED)        |
|                    |         | <i>Windmuller Ton, Verbree John, Dekker Erik, de Caluwe Perry, van Dijck Bart</i>                                                             |            |                        |
| 6 x 50 vrije slag  | 3:26.60 | OEZA Heren                                                                                                                                    | 17-9-1977  | Heemskerk (NED)        |
|                    |         | <i>Plokker Robert, Wolf Gert Jan, Missot Paul, de Caluwe Johan, Verbree John, de Caluwe Perry</i>                                             |            |                        |
| 8 x 50 vrije slag  | 4:32.50 | OEZA Heren                                                                                                                                    | 20-9-1981  | Den Helder (NED)       |
|                    |         | <i>Schaaper Hans, van Duin Peter, van der Linden René, Keessen Jeroen, Pover Peter, Boonacker Wietse, Wolf Gert Jan, van de Sluis Nicolai</i> |            |                        |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                                 |    |            |                  |
|----------------------------------|----------|---------------------------------------------------------------------------------|----|------------|------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                              | 10 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                              | 10 | 15-12-2019 | Haarlem (NED)    |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                              | 10 | 19-1-2020  | Zaandam (NED)    |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                              | 10 | 29-9-2019  | Haarlem (NED)    |
| 25 vrije slag                    | 13.11    | Schelvis Femke                                                                  | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vrije slag                    | 26.92    | Kingma Danae                                                                    | 00 | 29-1-2016  | Amsterdam (NED)  |
| 100 vrije slag                   | 58.46    | Kingma Danae                                                                    | 00 | 5-11-2016  | Hoofddorp (NED)  |
| 200 vrije slag                   | 2:07.73  | Schelvis Femke                                                                  | 84 | 25-11-1999 | Heemskerk        |
| 300 vrije slag                   | 3:38.23  | Crok Linda                                                                      | 94 | 25-4-2011  | Haarlem (NED)    |
| 400 vrije slag                   | 4:40.35  | Schelvis Femke                                                                  | 84 | 28-2-1999  | Zaandam (NED)    |
| 800 vrije slag                   | 9:32.54  | Schelvis Femke                                                                  | 84 | 28-2-1999  | Zaandam (NED)    |
| 1500 vrije slag                  | 19:04.76 | Schelvis Femke                                                                  | 84 | 23-1-2000  | Heemskerk (NED)  |
| 2000 vrije slag                  | 25:28.90 | Schelvis Femke                                                                  | 84 | 5-3-2000   | Zaandam (NED)    |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                                  | 84 | 15-1-1998  | Heemskerk (NED)  |
| 50 rugslag                       | 31.06    | Kingma Danae                                                                    | 00 | 30-12-2017 | Leeuwarden (NED) |
| 100 rugslag                      | 1:07.40  | Kingma Danae                                                                    | 00 | 1-10-2017  | Purmerend (NED)  |
| 200 rugslag                      | 2:26.44  | Schelvis Femke                                                                  | 84 | 10-10-1999 | Zaandam (NED)    |
| 25 schoolslag                    | 17.22    | Palmboom Nicole                                                                 | 91 | 27-4-2006  | Heemskerk        |
| 50 schoolslag                    | 34.17    | Kingma Danae                                                                    | 00 | 13-11-2016 | Purmerend (NED)  |
| 100 schoolslag                   | 1:16.62  | Kingma Danae                                                                    | 00 | 13-11-2016 | Purmerend (NED)  |
| 200 schoolslag                   | 2:53.96  | Kingma Danae                                                                    | 00 | 4-10-2015  | Purmerend (NED)  |
| 25 vlinderslag                   | 13.74    | Schelvis Femke                                                                  | 84 | 4-5-2000   | Heemskerk (NED)  |
| 50 vlinderslag                   | 29.36    | Kingma Danae                                                                    | 00 | 20-10-2017 | Amsterdam (NED)  |
| 100 vlinderslag                  | 1:07.49  | Wentink Yara                                                                    | 04 | 5-12-2021  | Den Haag (NED)   |
| 200 vlinderslag                  | 2:40.19  | Hoekstra Eline                                                                  | 03 | 23-11-2019 | Hoofddorp (NED)  |
| 100 wisselslag                   | 1:07.44  | Kingma Danae                                                                    | 00 | 23-12-2017 | Hoofddorp (NED)  |
| 200 wisselslag                   | 2:29.81  | Schelvis Femke                                                                  | 84 | 4-11-1999  | Heemskerk (NED)  |
| 300 wisselslag                   | 4:12.63  | Vink Lidewij                                                                    | 90 | 13-11-2005 | Zaandam (NED)    |
| 400 wisselslag                   | 5:29.10  | Hoekstra Eline                                                                  | 03 | 24-11-2019 | Hoofddorp (NED)  |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                      |    | 8-10-2023  | Zaandam (NED)    |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>             |    |            |                  |
| 4 x 50 vrije slag                | 2:00.00  | OEZA Dames                                                                      |    | 6-4-1997   | Heemskerk (NED)  |
|                                  |          | <i>Meijer Sylvia, Gijzen-van der Kroft Nicole, Stam Sabrina, Schelvis Femke</i> |    |            |                  |
| 4 x 100 vrije slag               | 4:14.09  | OEZA Dames                                                                      |    | 30-1-2016  | Amsterdam (NED)  |
|                                  |          | <i>Smit Sanne, Buur Naomi, de Haan Shira, Kingma Danae</i>                      |    |            |                  |
| 4 x 200 vrije slag               | 10:03.30 | OEZA Dames                                                                      |    | 16-5-1998  | Zaandam (NED)    |
|                                  |          | <i>Dijkstra Lisette, Schelvis Roos, de Boer Irene, Schelvis Femke</i>           |    |            |                  |
| 4 x 100 rugslag                  | 5:01.04  | OEZA Dames                                                                      |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>Petit Kirsten, Smit Sanne, Koper Fiona, Kingma Danae</i>                     |    |            |                  |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                      |    | 10-4-2011  | Hoorn (NED)      |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>       |    |            |                  |
| 4 x 50 schoolslag                | 2:44.77  | OEZA Dames                                                                      |    | 27-3-2005  | Haarlem (NED)    |
|                                  |          | <i>Palmboom Nicole, Crok Annemarie, Kleijne Daisy, Hoek Daniëlle</i>            |    |            |                  |
| 4 x 100 schoolslag               | 5:58.86  | OEZA Dames                                                                      |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>van Huisstede Nikita, Smit Sanne, Hoekstra Eline, Kingma Danae</i>           |    |            |                  |

|                     |          |                                                                                                                                                                                    |            |                     |
|---------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------|
| 4 x 50 vlinderslag  | 2:33.60  | OEZA Dames                                                                                                                                                                         | 23-10-1977 | Zandvoort (NED)     |
|                     |          | <i>Niesten Annet, Verbree Bets, Bakkum Wilma, Lund Karin</i>                                                                                                                       |            |                     |
| 4 x 100 vlinderslag | 5:28.81  | OEZA Dames                                                                                                                                                                         | 16-10-2005 | Alkmaar (NED)       |
|                     |          | <i>Koopman Anitra, Hoek Daniëlle, Kleijne Daisy, Crok Annemarie</i>                                                                                                                |            |                     |
| 4 x 25 wisselslag   | 2:22.12  | OEZA Dames                                                                                                                                                                         | 2-4-2023   | Haarlem (NED)       |
|                     |          | <i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                                                                                                               |            |                     |
| 4 x 50 wisselslag   | 2:14.05  | OEZA Dames                                                                                                                                                                         | 28-12-2005 | Maastricht (NED)    |
|                     |          | <i>Kleijne Daisy, Palmboom Nicole, Vink Lidewij, Hoek Daniëlle</i>                                                                                                                 |            |                     |
| 4 x 100 wisselslag  | 5:06.20  | OEZA Dames                                                                                                                                                                         | 30-3-1997  | Haarlem (NED)       |
|                     |          | <i>Schelvis Femke, Kramer Miranda, Stam Vanessa, Meijer Sylvia</i>                                                                                                                 |            |                     |
| 5 x 50 vrije slag   | 2:37.00  | OEZA Dames                                                                                                                                                                         | 16-2-1997  | Volendam (NED)      |
|                     |          | <i>Kramer Miranda, Stam Sabrina, Stam Vanessa, Schelvis Femke, Meijer Sylvia</i>                                                                                                   |            |                     |
| 6 x 50 vrije slag   | 3:38.00  | OEZA Dames                                                                                                                                                                         | 31-5-1981  | Heerhugowaard (NED) |
|                     |          | <i>van de Kamp Yvonne, van Giezen Corina, Sierra Ana Maria, Huisman Jolanda, Windmuller Wendy, Hermans Liesbeth</i>                                                                |            |                     |
| 8 x 50 vrije slag   | 4:10.94  | OEZA Dames                                                                                                                                                                         | 28-3-2005  | Haarlem (NED)       |
|                     |          | <i>Hogema Fabiën, van der Gracht Anouk, Essers Sanne, Crok Annemarie, Koopman Anitra, Palmboom Nicole, Kleijne Daisy, Hoek Daniëlle</i>                                            |            |                     |
| 10 x 100 vrije slag | 14:34.70 | OEZA Dames                                                                                                                                                                         | 27-4-1980  | Assendelft (NED)    |
|                     |          | <i>Huisman Jolanda, Plokker Sylvia, Dijkstra Ingrid, Hermans Liesbeth, Terhorst Ilja, Palthe Yvonne, Tholen Kirsten, Windmuller Annemarie, van Galen Angela, van Giezen Corina</i> |            |                     |

**Heren**

**Open Water**

|                  |            |                 |    |           |                           |
|------------------|------------|-----------------|----|-----------|---------------------------|
| 250 vrije slag   | 4:58.49    | Nijland Yoran   | 05 | 26-7-2014 | Anna-Paulowna (NED)       |
| 500 vrije slag   | 6:31.30    | Dekker Ruben    | 93 | 2-7-2005  | Sluis (NED)               |
| 800 vrije slag   | 12:33.07   | Glorie Daan     | 88 | 8-7-2001  | Amsterdam (NED)           |
| 1000 vrije slag  | 12:58.09   | Glorie Daan     | 88 | 28-8-2004 | Middelburg (NED)          |
| 1250 vrije slag  | 17:45.10   | Jongert Sjoerd  | 01 | 10-9-2017 | Hoon (NED)                |
| 1500 vrije slag  | 19:51.83   | Glorie Daan     | 88 | 23-7-2005 | Anna-Paulowna (NED)       |
| 2000 vrije slag  | 25:59.36   | Dekker Matthijs | 90 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 2500 vrije slag  | 34:26.19   | Glorie Daan     | 88 | 26-6-2004 | Scheerwolde (NED)         |
| 3000 vrije slag  | 40:45.41   | Glorie Daan     | 88 | 16-7-2004 | Tilburg (NED)             |
| 5000 vrije slag  | 1:09:39.55 | Glorie Daan     | 88 | 4-9-2005  | Vlissingen (NED)          |
| 6000 vrije slag  | 1:14:46.63 | Glorie Daan     | 88 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 10000 vrije slag | 2:29:15.15 | Glorie Daan     | 88 | 27-8-2005 | Tilburg (NED)             |
| 500 schoolslag   | 8:22.25    | Dekker Matthijs | 90 | 26-6-2005 | Breukelen (NED)           |
| 1000 schoolslag  | 17:33.80   | Crok Pieter     | 91 | 30-6-2007 | Scheerwolde (NED)         |
| 1500 schoolslag  | 28:06.00   | Jongert Sjoerd  | 01 | 3-9-2016  | Wilhelminadorp (NED)      |
| 2000 schoolslag  | 33:10.63   | Glorie Daan     | 88 | 10-9-2005 | Oosterhout (NED)          |
| 3000 schoolslag  | 1:00:35.79 | Tijms Stefan    | 93 | 10-7-2010 | Wijk en Aalburg (NED)     |

**Dames**

**Open Water**

|                 |            |                      |    |           |                       |
|-----------------|------------|----------------------|----|-----------|-----------------------|
| 250 vrije slag  | 5:19.71    | Stel Kaylin          | 01 | 6-9-2009  | Vlissingen (NED)      |
| 500 vrije slag  | 7:26.55    | Stel Serena          | 98 | 2-8-2009  | Hoorn (NED)           |
| 800 vrije slag  | 13:19.97   | de Ruijter Linda     | 87 | 23-7-2000 | Amsterdam (NED)       |
| 1000 vrije slag | 14:29.79   | Vink Lidewij         | 90 | 8-7-2006  | Oss (NED)             |
| 1250 vrije slag | 22:34.57   | Bos Marieke          | 06 | 21-7-2018 | Hoorn (NED)           |
| 1500 vrije slag | 21:58.33   | Vink Lidewij         | 90 | 22-7-2006 | Anna-Paulowna (NED)   |
| 2000 vrije slag | 28:16.03   | Vink Lidewij         | 90 | 25-6-2006 | Breukelen (NED)       |
| 2500 vrije slag | 36:34.47   | Vink Lidewij         | 90 | 9-7-2005  | Oss (NED)             |
| 3000 vrije slag | 44:59.59   | Vink Lidewij         | 90 | 15-7-2006 | Wijk en Aalburg (NED) |
| 5000 vrije slag | 1:18:13.04 | Crok Linda           | 94 | 20-6-2010 | Spaarnwoude (NED)     |
| 250 schoolslag  | 6:20.75    | Butter Noor          | 16 | 6-7-2024  | Hoek (NED)            |
| 500 schoolslag  | 8:55.64    | Vink Marjolein       | 93 | 4-8-2007  | Hoorn (NED)           |
| 1000 schoolslag | 19:10.26   | van der Gracht Anouk | 89 | 29-7-2006 | Hoorn (NED)           |
| 2000 schoolslag | 36:26.77   | Niesten Iris         | 92 | 24-6-2007 | Breukelen (NED)       |
| 3000 schoolslag | 58:40.50   | van der Gracht Anouk | 89 | 22-7-2006 | Anna-Paulowna (NED)   |

| <b>Heren</b>       |            |                                                                        |    |            | <b>Lange baan (50m)</b> |
|--------------------|------------|------------------------------------------------------------------------|----|------------|-------------------------|
| 50 vrije slag      | 25.27      | Gaal Roel                                                              | 01 | 29-5-2018  | Beverwijk (NED)         |
| 100 vrije slag     | 55.29      | Gaal Roel                                                              | 01 | 13-4-2019  | Eindhoven (NED)         |
| 200 vrije slag     | 2:05.84    | Gaal Roel                                                              | 01 | 18-5-2019  | Amersfoort (NED)        |
| 300 vrije slag     | 3:29.96    | Druyven Jorrick                                                        | 94 | 13-6-2008  | Drachten (NED)          |
| 400 vrije slag     | 4:39.11    | Druyven Jorrick                                                        | 94 | 24-5-2008  | Beverwijk (NED)         |
| 800 vrije slag     | 9:55.30    | Butter Martijn                                                         | 79 | 4-5-1996   | Beverwijk (NED)         |
| 1500 vrije slag    | 18:39.70   | Butter Martijn                                                         | 79 | 27-4-1997  | Beverwijk (NED)         |
| 10000 vrije slag   | 2:17:33.81 | Glorie Daan                                                            | 88 | 24-12-2006 | Amsterdam (NED)         |
| 20000 vrije slag   | 4:54:12.95 | Glorie Daan                                                            | 88 | 24-12-2006 | Amsterdam (NED)         |
| 50 rugslag         | 30.62      | Kleijne Barry                                                          | 93 | 15-5-2011  | Alkmaar (NED)           |
| 100 rugslag        | 1:07.53    | Kleijne Barry                                                          | 93 | 15-5-2010  | Beverwijk (NED)         |
| 200 rugslag        | 2:22.93    | Kleijne Barry                                                          | 93 | 22-5-2011  | Beverwijk (NED)         |
| 50 schoolslag      | 35.62      | de Ruijter Richard                                                     | 88 | 16-5-2004  | Beverwijk (NED)         |
| 100 schoolslag     | 1:19.37    | de Ruijter Richard                                                     | 88 | 24-5-2003  | Beverwijk (NED)         |
| 200 schoolslag     | 2:48.11    | de Boer Stephan                                                        | 83 | 3-7-1998   | Amersfoort (NED)        |
| 50 vlinderslag     | 28.17      | Kleijne Barry                                                          | 93 | 21-5-2011  | Beverwijk (NED)         |
| 100 vlinderslag    | 1:02.93    | Hogenstijn Peter                                                       | 84 | 29-4-2001  | Beverwijk (NED)         |
| 200 vlinderslag    | 2:28.11    | Hogenstijn Peter                                                       | 84 | 22-4-2001  | Amersfoort (NED)        |
| 200 wisselslag     | 2:29.70    | Hogenstijn Peter                                                       | 84 | 20-10-2002 | Beverwijk (NED)         |
| 400 wisselslag     | 5:16.99    | Druyven Jorrick                                                        | 94 | 15-6-2008  | Drachten (NED)          |
| 4 x 50 vrije slag  | 2:07.83    | OEZA Heren                                                             |    | 8-6-2024   | Bückeburg (GER)         |
|                    |            | <i>Butter Stijn, Schoonakker Mick, Kuijper Alex, Paap Jaidy</i>        |    |            |                         |
| 4 x 100 vrije slag | 4:13.09    | OEZA Heren                                                             |    | 12-6-2004  | Eindhoven (NED)         |
|                    |            | <i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i>     |    |            |                         |
| 4 x 200 vrije slag | 10:13.70   | OEZA Heren                                                             |    | 24-5-1997  | Beverwijk (NED)         |
|                    |            | <i>Kramer Vincent, Kuilman Joris, Oudendijk Paul, Oortwijn Maarten</i> |    |            |                         |
| 4 x 100 wisselslag | 4:43.27    | OEZA Heren                                                             |    | 13-6-2004  | Eindhoven (NED)         |
|                    |            | <i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i>     |    |            |                         |

**Dames**

**Lange baan (50m)**

|                    |          |                                                                      |    |           |                         |
|--------------------|----------|----------------------------------------------------------------------|----|-----------|-------------------------|
| 50 vrije slag      | 27.47    | Kingma Danae                                                         | 00 | 9-4-2017  | Eindhoven (NED)         |
| 100 vrije slag     | 59.59    | Kingma Danae                                                         | 00 | 8-4-2017  | Eindhoven (NED)         |
| 200 vrije slag     | 2:13.79  | Kingma Danae                                                         | 00 | 21-5-2017 | Alkmaar (NED)           |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                       | 84 | 4-7-1998  | Amersfoort (NED)        |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                       | 84 | 4-7-1998  | Amersfoort (NED)        |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                          | 98 | 25-4-2010 | Drachten (NED)          |
| 1500 vrije slag    | 20:25.20 | Hoekstra Eline                                                       | 03 | 1-3-2020  | Alkmaar (NED)           |
| 50 rugslag         | 31.90    | Kingma Danae                                                         | 00 | 6-4-2017  | Eindhoven (NED)         |
| 100 rugslag        | 1:12.31  | Kingma Danae                                                         | 00 | 26-6-2015 | Alkmaar (NED)           |
| 200 rugslag        | 2:33.86  | Kingma Danae                                                         | 00 | 4-6-2016  | Alkmaar (NED)           |
| 50 schoolslag      | 35.43    | Kingma Danae                                                         | 00 | 8-4-2016  | Eindhoven (NED)         |
| 100 schoolslag     | 1:20.02  | Kingma Danae                                                         | 00 | 21-2-2016 | Alkmaar (NED)           |
| 200 schoolslag     | 3:01.71  | de Haan Shira                                                        | 00 | 28-5-2017 | Alkmaar (NED)           |
| 50 vlinderslag     | 30.04    | Wentink Yara                                                         | 04 | 16-6-2022 | Amersfoort (NED)        |
| 100 vlinderslag    | 1:09.85  | Wentink Yara                                                         | 04 | 19-6-2022 | Bergbad Bückeburg (GER) |
| 200 vlinderslag    | 2:49.42  | Hoekstra Eline                                                       | 03 | 22-2-2020 | Den Haag (NED)          |
| 200 wisselslag     | 2:34.82  | Kingma Danae                                                         | 00 | 20-5-2017 | Alkmaar (NED)           |
| 400 wisselslag     | 5:52.33  | Hoekstra Eline                                                       | 03 | 24-2-2019 | Den Haag (NED)          |
| 4 x 50 vrije slag  | 2:07.66  | OEZA Dames                                                           |    | 16-6-2018 | Buckeburg (GER)         |
|                    |          | <i>Wentink Yara, de Wildt Maud, Siemerink Laura, Scholten Britt</i>  |    |           |                         |
| 4 x 100 vrije slag | 4:24.27  | OEZA Dames                                                           |    | 5-6-2016  | Alkmaar (NED)           |
|                    |          | <i>Smit Sanne, de Haan Shira, Buur Naomi, Kingma Danae</i>           |    |           |                         |
| 4 x 200 vrije slag | 9:53.35  | OEZA Dames                                                           |    | 4-6-2016  | Alkmaar (NED)           |
|                    |          | <i>Smit Sanne, de Haan Shira, Hoekstra Eline, Kingma Danae</i>       |    |           |                         |
| 4 x 100 schoolslag | 6:22.28  | OEZA Dames                                                           |    | 17-6-2018 | Buckeburg (GER)         |
|                    |          | <i>van 't Veer Iris, Wentink Yara, de Wildt Maud, Hoekstra Eline</i> |    |           |                         |
| 4 x 50 wisselslag  | 2:18.56  | OEZA Dames                                                           |    | 11-4-2008 | Antwerpen (BEL)         |
|                    |          | <i>Koster Lisa, Palmboom Nicole, Teufer Irene, de Groot Daniëlle</i> |    |           |                         |
| 4 x 100 wisselslag | 5:13.80  | OEZA Dames                                                           |    | 25-5-1997 | Beverwijk (NED)         |
|                    |          | <i>Schelvis Femke, Kramer Miranda, Stam Vanessa, Meijer Sylvia</i>   |    |           |                         |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                           |    |            |                        |
|----------------------------------|----------|---------------------------------------------------------------------------|----|------------|------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                              | 11 | 29-9-2019  | Haarlem (NED)          |
| 25m rugslag start                | 26.23    | Butter Stijn                                                              | 11 | 15-12-2019 | Haarlem (NED)          |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                              | 06 | 15-12-2019 | Haarlem (NED)          |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                | 07 | 19-1-2020  | Zaandam (NED)          |
| 25 vrije slag                    | 11.90    | Meijer Arno                                                               | 75 | 18-6-1992  | Heemskerk              |
| 50 vrije slag                    | 24.86    | Gaal Roel                                                                 | 01 | 24-11-2019 | Hoofddorp (NED)        |
| 100 vrije slag                   | 54.58    | Gaal Roel                                                                 | 01 | 13-10-2019 | Heemskerk (NED)        |
| 200 vrije slag                   | 1:58.67  | Gaal Roel                                                                 | 01 | 23-11-2019 | Hoofddorp (NED)        |
| 300 vrije slag                   | 3:26.39  | Druyven Jorrick                                                           | 94 | 25-1-2008  | Terneuzen (NED)        |
| 400 vrije slag                   | 4:27.90  | Butter Martijn                                                            | 79 | 26-10-1997 | Heemskerk (NED)        |
| 800 vrije slag                   | 9:17.50  | Butter Martijn                                                            | 79 | 23-2-1997  | Zaandam (NED)          |
| 1500 vrije slag                  | 17:37.40 | Butter Martijn                                                            | 79 | 23-2-1997  | Zaandam (NED)          |
| 2000 vrije slag                  | 24:32.46 | Stins Arnold                                                              | 83 | 5-3-2000   | Zaandam (NED)          |
| 25 rugslag                       | 14.70    | Pover Peter                                                               | 69 | 17-12-1987 | Heemskerk (NED)        |
| 50 rugslag                       | 29.77    | Kleijne Barry                                                             | 93 | 25-4-2011  | Haarlem (NED)          |
| 100 rugslag                      | 1:03.00  | Kleijne Barry                                                             | 93 | 28-12-2011 | Maastricht (NED)       |
| 200 rugslag                      | 2:17.11  | Kleijne Barry                                                             | 93 | 13-11-2011 | Zaandam (NED)          |
| 25 schoolslag                    | 15.60    | Kerkhof Arno                                                              | 72 | 12-1-1989  | Heemskerk (NED)        |
| 50 schoolslag                    | 33.48    | de Boer Stephan                                                           | 83 | 14-2-1999  | Dordrecht (NED)        |
| 100 schoolslag                   | 1:13.69  | de Boer Stephan                                                           | 83 | 13-12-1998 | Heemskerk (NED)        |
| 200 schoolslag                   | 2:38.53  | Hogenstijn Peter                                                          | 84 | 25-1-2001  | Heemskerk (NED)        |
| 25 vlinderslag                   | 12.84    | Kleijne Barry                                                             | 93 | 30-6-2011  | Heemskerk (NED)        |
| 50 vlinderslag                   | 27.58    | Kleijne Barry                                                             | 93 | 17-11-2011 | Heemskerk (NED)        |
| 100 vlinderslag                  | 1:00.81  | Hogenstijn Peter                                                          | 84 | 9-12-2000  | Nieuwegein (NED)       |
| 200 vlinderslag                  | 2:19.44  | Glorie Daan                                                               | 88 | 30-11-2006 | Heemskerk              |
| 1000 vlinderslag                 | 17:01.35 | Jongert Sjoerd                                                            | 01 | 7-1-2018   | Haarlem (NED)          |
| 100 wisselslag                   | 1:04.20  | Gaal Roel                                                                 | 01 | 24-11-2019 | Hoofddorp (NED)        |
| 200 wisselslag                   | 2:18.42  | Offringa Rick                                                             | 03 | 21-11-2021 | Den Helder (NED)       |
| 300 wisselslag                   | 3:50.50  | Glorie Daan                                                               | 88 | 12-1-2006  | Heemskerk (NED)        |
| 400 wisselslag                   | 5:02.52  | Hogenstijn Peter                                                          | 84 | 25-2-2001  | Heemskerk (NED)        |
| 4 x 50 vrije slag                | 1:47.11  | OEZA Heren                                                                |    | 30-12-2018 | Leeuwarden (NED)       |
|                                  |          | <i>Camphuijnder Jasper, Oortwijn Kalle, Jongert Sjoerd, Gaal Roel</i>     |    |            |                        |
| 4 x 100 vrije slag               | 4:04.31  | OEZA Heren                                                                |    | 13-11-2016 | Purmerend (NED)        |
|                                  |          | <i>Gaal Roel, Groen Jarno, Offringa Rick, Jongert Sjoerd</i>              |    |            |                        |
| 4 x 200 vrije slag               | 9:26.20  | OEZA Heren                                                                |    | 9-5-1998   | Zaandam (NED)          |
|                                  |          | <i>Stins Arnold, Steenbergen Roderik, de Boer Stephan, Kramer Vincent</i> |    |            |                        |
| 4 x 100 rugslag                  | 4:49.47  | OEZA Heren                                                                |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>de Ruijter Richard, Dekker Matthijs, Schelvis Sjeng, Essers Tim</i>    |    |            |                        |
| 4 x 50 schoolslag                | 2:40.20  | OEZA Heren                                                                |    | 30-8-1997  | Assendelft (NED)       |
|                                  |          | <i>de Boer Stephan, Kramer Vincent, Steenbergen Roderik, Stins Arnold</i> |    |            |                        |
| 4 x 100 schoolslag               | 5:19.80  | OEZA Heren                                                                |    | 16-10-2005 | Alkmaar (NED)          |
|                                  |          | <i>Essers Tim, Crok Pieter, Palmboom Pascal, Glorie Daan</i>              |    |            |                        |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                |    | 28-9-1975  | Zaandam (NED)          |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i> |    |            |                        |
| 4 x 50 wisselslag                | 2:03.42  | OEZA Heren                                                                |    | 19-6-2004  | Emmen (NED)            |
|                                  |          | <i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, Glorie Daan</i>        |    |            |                        |

|                    |         |            |            |                                                                                                                                                                   |
|--------------------|---------|------------|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 x 100 wisselslag | 4:37.31 | OEZA Heren | 31-10-2004 | Zuidoostbeemster (NED)<br><i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, van der Gracht Jory</i>                                                              |
| 5 x 50 vrije slag  | 2:34.60 | OEZA Heren | 23-10-1977 | Zandvoort (NED)<br><i>Windmuller Ton, Verbree John, Dekker Erik, de Caluwe Perry, van Dijck Bart</i>                                                              |
| 6 x 50 vrije slag  | 3:26.60 | OEZA Heren | 17-9-1977  | Heemskerk (NED)<br><i>Plokker Robert, Wolf Gert Jan, Missot Paul, de Caluwe Johan, Verbree John, de Caluwe Perry</i>                                              |
| 8 x 50 vrije slag  | 4:32.50 | OEZA Heren | 20-9-1981  | Den Helder (NED)<br><i>Schaaper Hans, van Duin Peter, van der Linden René, Keessen Jeroen, Pover Peter, Boonacker Wietse, Wolf Gert Jan, van de Sluis Nicolai</i> |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                                          |    |            |                  |
|----------------------------------|----------|------------------------------------------------------------------------------------------|----|------------|------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                                       | 10 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                                       | 10 | 15-12-2019 | Haarlem (NED)    |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                                       | 10 | 19-1-2020  | Zaandam (NED)    |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                                       | 10 | 29-9-2019  | Haarlem (NED)    |
| 25 vrije slag                    | 13.11    | Schelvis Femke                                                                           | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vrije slag                    | 26.92    | Kingma Danae                                                                             | 00 | 29-1-2016  | Amsterdam (NED)  |
| 100 vrije slag                   | 58.38    | Kingma Danae                                                                             | 00 | 18-3-2018  | Purmerend (NED)  |
| 200 vrije slag                   | 2:07.73  | Schelvis Femke                                                                           | 84 | 25-11-1999 | Heemskerk        |
| 300 vrije slag                   | 3:38.23  | Crok Linda                                                                               | 94 | 25-4-2011  | Haarlem (NED)    |
| 400 vrije slag                   | 4:40.35  | Schelvis Femke                                                                           | 84 | 28-2-1999  | Zaandam (NED)    |
| 800 vrije slag                   | 9:32.54  | Schelvis Femke                                                                           | 84 | 28-2-1999  | Zaandam (NED)    |
| 1500 vrije slag                  | 19:04.76 | Schelvis Femke                                                                           | 84 | 23-1-2000  | Heemskerk (NED)  |
| 2000 vrije slag                  | 25:28.90 | Schelvis Femke                                                                           | 84 | 5-3-2000   | Zaandam (NED)    |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                                           | 84 | 15-1-1998  | Heemskerk (NED)  |
| 50 rugslag                       | 31.06    | Kingma Danae                                                                             | 00 | 30-12-2017 | Leeuwarden (NED) |
| 100 rugslag                      | 1:07.40  | Kingma Danae                                                                             | 00 | 1-10-2017  | Purmerend (NED)  |
| 200 rugslag                      | 2:26.44  | Schelvis Femke                                                                           | 84 | 10-10-1999 | Zaandam (NED)    |
| 25 schoolslag                    | 17.22    | Palmboom Nicole                                                                          | 91 | 27-4-2006  | Heemskerk        |
| 50 schoolslag                    | 34.17    | Kingma Danae                                                                             | 00 | 13-11-2016 | Purmerend (NED)  |
| 100 schoolslag                   | 1:16.62  | Kingma Danae                                                                             | 00 | 13-11-2016 | Purmerend (NED)  |
| 200 schoolslag                   | 2:53.96  | Kingma Danae                                                                             | 00 | 4-10-2015  | Purmerend (NED)  |
| 25 vlinderslag                   | 13.74    | Schelvis Femke                                                                           | 84 | 4-5-2000   | Heemskerk (NED)  |
| 50 vlinderslag                   | 28.75    | Wentink Yara                                                                             | 04 | 22-5-2022  | Hoofddorp (NED)  |
| 100 vlinderslag                  | 1:05.97  | Wentink Yara                                                                             | 04 | 20-11-2022 | Den Helder (NED) |
| 200 vlinderslag                  | 2:40.19  | Hoekstra Eline                                                                           | 03 | 23-11-2019 | Hoofddorp (NED)  |
| 100 wisselslag                   | 1:07.44  | Kingma Danae                                                                             | 00 | 23-12-2017 | Hoofddorp (NED)  |
| 200 wisselslag                   | 2:29.81  | Schelvis Femke                                                                           | 84 | 4-11-1999  | Heemskerk (NED)  |
| 300 wisselslag                   | 4:12.63  | Vink Lidewij                                                                             | 90 | 13-11-2005 | Zaandam (NED)    |
| 400 wisselslag                   | 5:29.10  | Hoekstra Eline                                                                           | 03 | 24-11-2019 | Hoofddorp (NED)  |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames<br><i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>        |    | 8-10-2023  | Zaandam (NED)    |
| 4 x 50 vrije slag                | 1:54.37  | OEZA Dames<br><i>Palmboom Nicole, Vink Lidewij, de Groot Daniëlle, Koster Lisa</i>       |    | 22-6-2008  | Alkmaar (NED)    |
| 4 x 100 vrije slag               | 4:14.09  | OEZA Dames<br><i>Smit Sanne, Buur Naomi, de Haan Shira, Kingma Danae</i>                 |    | 30-1-2016  | Amsterdam (NED)  |
| 4 x 200 vrije slag               | 9:34.14  | OEZA Dames<br><i>Koster Lisa, Palmboom Nicole, de Groot Daniëlle, Vink Lidewij</i>       |    | 13-1-2008  | Heemskerk (NED)  |
| 4 x 100 rugslag                  | 5:01.04  | OEZA Dames<br><i>Petit Kirsten, Smit Sanne, Koper Fiona, Kingma Danae</i>                |    | 22-11-2015 | Zaandam (NED)    |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames<br><i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>  |    | 10-4-2011  | Hoorn (NED)      |
| 4 x 50 schoolslag                | 2:44.75  | OEZA Dames<br><i>van der Gracht Anouk, Hoek Daniëlle, Vink Lidewij, Palmboom Nicole</i>  |    | 16-4-2006  | Haarlem (NED)    |
| 4 x 100 schoolslag               | 5:57.85  | OEZA Dames<br><i>Essers Sanne, Crok Annemarie, van der Gracht Anouk, Palmboom Nicole</i> |    | 4-11-2007  | Purmerend (NED)  |

|                     |          |                                                                                                                                                                                                  |            |                     |
|---------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------|
| 4 x 50 vlinderslag  | 2:33.60  | OEZA Dames<br><i>Niesten Annet, Verbree Bets, Bakkum Wilma, Lund Karin</i>                                                                                                                       | 23-10-1977 | Zandvoort (NED)     |
| 4 x 100 vlinderslag | 5:24.44  | OEZA Dames<br><i>Hoek Daniëlle, Crok Annemarie, Kleijne Daisy, Vink Lidewij, Koopman Anitra</i>                                                                                                  | 15-10-2006 | Purmerend (NED)     |
| 4 x 25 wisselslag   | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                                                                                                               | 2-4-2023   | Haarlem (NED)       |
| 4 x 50 wisselslag   | 2:10.44  | OEZA Dames<br><i>Kingma Danae, de Haan Shira, Hoekstra Eline, Smit Sanne</i>                                                                                                                     | 29-12-2018 | Leeuwarden (NED)    |
| 4 x 100 wisselslag  | 5:00.22  | OEZA Dames<br><i>Kleijne Daisy, Palmboom Nicole, Vink Lidewij, Hoek Daniëlle</i>                                                                                                                 | 19-3-2006  | Heemskerk (NED)     |
| 5 x 50 vrije slag   | 2:32.22  | OEZA Dames<br><i>Zwarthoed Brenda, de Groot Daniëlle, Vink Lidewij, Koster Lisa, Nijman José</i>                                                                                                 | 31-5-2008  | Aalsmeer (NED)      |
| 6 x 50 vrije slag   | 3:38.00  | OEZA Dames<br><i>van de Kamp Yvonne, van Giezen Corina, Sierra Ana Maria, Huisman Jolanda, Windmuller Wendy, Hermans Liesbeth</i>                                                                | 31-5-1981  | Heerhugowaard (NED) |
| 8 x 50 vrije slag   | 4:04.24  | OEZA Dames<br><i>Palmboom Nicole, van der Gracht Anouk, Hogema Fabiën, Essers Sanne, Crok Annemarie, Hoek Daniëlle, Kleijne Daisy, Vink Lidewij</i>                                              | 17-4-2006  | Haarlem (NED)       |
| 10 x 50 vrije slag  | 5:41.80  | OEZA Dames<br><i>Verbree Bets, Tholen Kirsten, van Giezen Sandra, Dijkstra Ingrid, van Giezen Corina, Plokker Sylvia, Pover Karin, de Graaf Annemiek, Windmuller Wendy, Hermans Liesbeth</i>     | 19-12-1981 | Hilversum (NED)     |
| 10 x 100 vrije slag | 14:34.70 | OEZA Dames<br><i>Huisman Jolanda, Plokker Sylvia, Dijkstra Ingrid, Hermans Liesbeth, Terhorst Ilja, Palthe Yvonne, Tholen Kirsten, Windmuller Annemarie, van Galen Angela, van Giezen Corina</i> | 27-4-1980  | Assendelft (NED)    |

Heren

Open Water

|                  |            |                 |    |           |                           |
|------------------|------------|-----------------|----|-----------|---------------------------|
| 250 vrije slag   | 4:58.49    | Nijland Yoran   | 05 | 26-7-2014 | Anna-Paulowna (NED)       |
| 500 vrije slag   | 6:31.30    | Dekker Ruben    | 93 | 2-7-2005  | Sluis (NED)               |
| 800 vrije slag   | 12:33.07   | Glorie Daan     | 88 | 8-7-2001  | Amsterdam (NED)           |
| 1000 vrije slag  | 12:44.94   | Glorie Daan     | 88 | 8-7-2006  | Oss (NED)                 |
| 1250 vrije slag  | 15:32.19   | Tijms Stefan    | 93 | 19-8-2011 | Leiden (NED)              |
| 1500 vrije slag  | 19:34.17   | Glorie Daan     | 88 | 22-7-2006 | Anna-Paulowna (NED)       |
| 2000 vrije slag  | 24:55.21   | Glorie Daan     | 88 | 3-9-2006  | Vlissingen (NED)          |
| 2500 vrije slag  | 33:05.56   | Glorie Daan     | 88 | 8-7-2006  | Oss (NED)                 |
| 3000 vrije slag  | 39:22.10   | Glorie Daan     | 88 | 15-7-2006 | Wijk en Aalburg (NED)     |
| 5000 vrije slag  | 1:06:44.33 | Glorie Daan     | 88 | 27-8-2006 | Oosterhout (NED)          |
| 6000 vrije slag  | 1:14:46.63 | Glorie Daan     | 88 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 10000 vrije slag | 2:19:29.74 | Glorie Daan     | 88 | 26-8-2006 | Tilburg (NED)             |
| 22000 vrije slag | 5:10:46.39 | Glorie Daan     | 88 | 12-8-2006 | Stavoren-Medemblik (NED)  |
| 500 schoolslag   | 8:22.25    | Dekker Matthijs | 90 | 26-6-2005 | Breukelen (NED)           |
| 1000 schoolslag  | 17:08.23   | Tijms Stefan    | 93 | 9-7-2011  | Wijk en Aalburg (NED)     |
| 1500 schoolslag  | 28:06.00   | Jongert Sjoerd  | 01 | 3-9-2016  | Wilhelminadorp (NED)      |
| 2000 schoolslag  | 33:10.63   | Glorie Daan     | 88 | 10-9-2005 | Oosterhout (NED)          |
| 3000 schoolslag  | 52:30.51   | Tijms Stefan    | 93 | 9-7-2011  | Wijk en Aalburg (NED)     |

**Dames**

**Open Water**

|                 |            |                      |    |           |                       |
|-----------------|------------|----------------------|----|-----------|-----------------------|
| 250 vrije slag  | 5:19.71    | Stel Kaylin          | 01 | 6-9-2009  | Vlissingen (NED)      |
| 500 vrije slag  | 7:26.55    | Stel Serena          | 98 | 2-8-2009  | Hoorn (NED)           |
| 800 vrije slag  | 13:19.97   | de Ruijter Linda     | 87 | 23-7-2000 | Amsterdam (NED)       |
| 1000 vrije slag | 14:29.79   | Vink Lidewij         | 90 | 8-7-2006  | Oss (NED)             |
| 1250 vrije slag | 22:34.57   | Bos Marieke          | 06 | 21-7-2018 | Hoorn (NED)           |
| 1500 vrije slag | 21:58.33   | Vink Lidewij         | 90 | 22-7-2006 | Anna-Paulowna (NED)   |
| 2000 vrije slag | 28:16.03   | Vink Lidewij         | 90 | 25-6-2006 | Breukelen (NED)       |
| 2500 vrije slag | 36:34.47   | Vink Lidewij         | 90 | 9-7-2005  | Oss (NED)             |
| 3000 vrije slag | 44:59.59   | Vink Lidewij         | 90 | 15-7-2006 | Wijk en Aalburg (NED) |
| 5000 vrije slag | 1:18:13.04 | Crok Linda           | 94 | 20-6-2010 | Spaarnwoude (NED)     |
| 500 rugslag     | 8:56.86    | van der Gracht Anouk | 89 | 7-7-2007  | Oss (NED)             |
| 250 schoolslag  | 6:20.75    | Butter Noor          | 16 | 6-7-2024  | Hoek (NED)            |
| 500 schoolslag  | 8:55.64    | Vink Marjolein       | 93 | 4-8-2007  | Hoorn (NED)           |
| 1000 schoolslag | 19:10.26   | van der Gracht Anouk | 89 | 29-7-2006 | Hoorn (NED)           |
| 2000 schoolslag | 36:26.77   | Niesten Iris         | 92 | 24-6-2007 | Breukelen (NED)       |
| 3000 schoolslag | 58:40.50   | van der Gracht Anouk | 89 | 22-7-2006 | Anna-Paulowna (NED)   |

**Heren**

**Lange baan (50m)**

|                    |            |                                                                        |    |            |                         |
|--------------------|------------|------------------------------------------------------------------------|----|------------|-------------------------|
| 50 vrije slag      | 25.27      | Gaal Roel                                                              | 01 | 29-5-2018  | Beverwijk (NED)         |
| 100 vrije slag     | 54.88      | Gaal Roel                                                              | 01 | 23-2-2020  | Den Haag (NED)          |
| 200 vrije slag     | 2:05.84    | Gaal Roel                                                              | 01 | 18-5-2019  | Amersfoort (NED)        |
| 300 vrije slag     | 3:29.96    | Druyven Jorrick                                                        | 94 | 13-6-2008  | Drachten (NED)          |
| 400 vrije slag     | 4:39.11    | Druyven Jorrick                                                        | 94 | 24-5-2008  | Beverwijk (NED)         |
| 800 vrije slag     | 9:55.30    | Butter Martijn                                                         | 79 | 4-5-1996   | Beverwijk (NED)         |
| 1500 vrije slag    | 18:39.70   | Butter Martijn                                                         | 79 | 27-4-1997  | Beverwijk (NED)         |
| 5000 vrije slag    | 1:05:48.38 | Glorie Daan                                                            | 88 | 21-4-2007  | Zwaag (NED)             |
| 10000 vrije slag   | 2:12:39.35 | Glorie Daan                                                            | 88 | 21-4-2007  | Zwaag (NED)             |
| 20000 vrije slag   | 4:54:12.95 | Glorie Daan                                                            | 88 | 24-12-2006 | Amsterdam (NED)         |
| 50 rugslag         | 29.60      | Kleijne Barry                                                          | 93 | 13-5-2012  | Beverwijk (NED)         |
| 100 rugslag        | 1:03.30    | Kleijne Barry                                                          | 93 | 22-4-2012  | Beverwijk (NED)         |
| 200 rugslag        | 2:22.93    | Kleijne Barry                                                          | 93 | 22-5-2011  | Beverwijk (NED)         |
| 50 schoolslag      | 34.39      | Offringa Rick                                                          | 03 | 15-5-2022  | Amsterdam (NED)         |
| 100 schoolslag     | 1:12.56    | Offringa Rick                                                          | 03 | 19-6-2022  | Bergbad Bückeburg (GER) |
| 200 schoolslag     | 2:38.27    | Offringa Rick                                                          | 03 | 19-6-2022  | Bergbad Bückeburg (GER) |
| 50 vlinderslag     | 27.94      | Camphuijnder Jasper                                                    | 05 | 7-12-2024  | Beverwijk (NED)         |
| 100 vlinderslag    | 1:02.93    | Hogenstijn Peter                                                       | 84 | 29-4-2001  | Beverwijk (NED)         |
| 200 vlinderslag    | 2:23.62    | Glorie Daan                                                            | 88 | 13-5-2007  | Alkmaar (NED)           |
| 200 wisselslag     | 2:19.42    | Offringa Rick                                                          | 03 | 9-4-2022   | Antwerpen (BEL)         |
| 400 wisselslag     | 5:03.74    | Offringa Rick                                                          | 03 | 8-4-2022   | Antwerpen (BEL)         |
| 4 x 50 vrije slag  | 2:07.83    | OEZA Heren                                                             |    | 8-6-2024   | Bückeburg (GER)         |
|                    |            | <i>Butter Stijn, Schoonakker Mick, Kuijper Alex, Paap Jaidy</i>        |    |            |                         |
| 4 x 100 vrije slag | 4:13.09    | OEZA Heren                                                             |    | 12-6-2004  | Eindhoven (NED)         |
|                    |            | <i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i>     |    |            |                         |
| 4 x 200 vrije slag | 10:13.70   | OEZA Heren                                                             |    | 24-5-1997  | Beverwijk (NED)         |
|                    |            | <i>Kramer Vincent, Kuilman Joris, Oudendijk Paul, Oortwijn Maarten</i> |    |            |                         |
| 4 x 100 wisselslag | 4:43.27    | OEZA Heren                                                             |    | 13-6-2004  | Eindhoven (NED)         |
|                    |            | <i>Essers Tim, de Ruijter Richard, Glorie Daan, Schelvis Sjeng</i>     |    |            |                         |

| <b>Dames</b>       |          |                                                                                  |    |            | <b>Lange baan (50m)</b> |
|--------------------|----------|----------------------------------------------------------------------------------|----|------------|-------------------------|
| 50 vrije slag      | 27.47    | Kingma Danae                                                                     | 00 | 9-4-2017   | Eindhoven (NED)         |
| 100 vrije slag     | 59.59    | Kingma Danae                                                                     | 00 | 8-4-2017   | Eindhoven (NED)         |
| 200 vrije slag     | 2:13.79  | Kingma Danae                                                                     | 00 | 21-5-2017  | Alkmaar (NED)           |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                                   | 84 | 4-7-1998   | Amersfoort (NED)        |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                                   | 84 | 4-7-1998   | Amersfoort (NED)        |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                                      | 98 | 25-4-2010  | Drachten (NED)          |
| 1500 vrije slag    | 20:25.20 | Hoekstra Eline                                                                   | 03 | 1-3-2020   | Alkmaar (NED)           |
| 50 rugslag         | 31.90    | Kingma Danae                                                                     | 00 | 6-4-2017   | Eindhoven (NED)         |
| 100 rugslag        | 1:11.52  | Broek Jade                                                                       | 97 | 12-6-2016  | Buckeburg (GER)         |
| 200 rugslag        | 2:33.86  | Kingma Danae                                                                     | 00 | 4-6-2016   | Alkmaar (NED)           |
| 50 schoolslag      | 35.43    | Kingma Danae                                                                     | 00 | 8-4-2016   | Eindhoven (NED)         |
| 100 schoolslag     | 1:20.02  | Kingma Danae                                                                     | 00 | 21-2-2016  | Alkmaar (NED)           |
| 200 schoolslag     | 3:01.71  | de Haan Shira                                                                    | 00 | 28-5-2017  | Alkmaar (NED)           |
| 50 vlinderslag     | 29.56    | Wentink Yara                                                                     | 04 | 21-5-2023  | Amsterdam (NED)         |
| 100 vlinderslag    | 1:09.33  | Wentink Yara                                                                     | 04 | 11-6-2023  | Bückeburg (GER)         |
| 200 vlinderslag    | 2:48.79  | Wentink Yara                                                                     | 04 | 14-5-2023  | Amsterdam (NED)         |
| 200 wisselslag     | 2:34.82  | Kingma Danae                                                                     | 00 | 20-5-2017  | Alkmaar (NED)           |
| 400 wisselslag     | 5:48.87  | Hoekstra Eline                                                                   | 03 | 14-5-2022  | Amsterdam (NED)         |
| 4 x 50 vrije slag  | 2:07.66  | OEZA Dames                                                                       |    | 16-6-2018  | Buckeburg (GER)         |
|                    |          | <i>Wentink Yara, de Wildt Maud, Siemerink Laura, Scholten Britt</i>              |    |            |                         |
| 4 x 100 vrije slag | 4:20.86  | OEZA Dames                                                                       |    | 12-10-2003 | Beverwijk (NED)         |
|                    |          | <i>Hoek Daniëlle, Stins Mariska, Gijzen-van der Kroft Nicole, Schelvis Femke</i> |    |            |                         |
| 4 x 200 vrije slag | 9:53.35  | OEZA Dames                                                                       |    | 4-6-2016   | Alkmaar (NED)           |
|                    |          | <i>Smit Sanne, de Haan Shira, Hoekstra Eline, Kingma Danae</i>                   |    |            |                         |
| 4 x 100 schoolslag | 6:19.70  | OEZA Dames                                                                       |    | 16-6-2019  | Bückeburg (GER)         |
|                    |          | <i>van 't Veer Iris, de Haan Shira, Bos Marieke, de Wildt Maud</i>               |    |            |                         |
| 4 x 50 wisselslag  | 2:18.56  | OEZA Dames                                                                       |    | 11-4-2008  | Antwerpen (BEL)         |
|                    |          | <i>Koster Lisa, Palmboom Nicole, Teufer Irene, de Groot Daniëlle</i>             |    |            |                         |
| 4 x 100 wisselslag | 5:13.80  | OEZA Dames                                                                       |    | 25-5-1997  | Beverwijk (NED)         |
|                    |          | <i>Schelvis Femke, Kramer Miranda, Stam Vanessa, Meijer Sylvia</i>               |    |            |                         |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                           |    |            |                        |
|----------------------------------|----------|---------------------------------------------------------------------------|----|------------|------------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                              | 11 | 29-9-2019  | Haarlem (NED)          |
| 25m rugslag start                | 26.23    | Butter Stijn                                                              | 11 | 15-12-2019 | Haarlem (NED)          |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                              | 06 | 15-12-2019 | Haarlem (NED)          |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                | 07 | 19-1-2020  | Zaandam (NED)          |
| 25 vrije slag                    | 11.36    | Offringa Rick                                                             | 03 | 7-7-2022   | Heemskerk (NED)        |
| 50 vrije slag                    | 24.45    | Offringa Rick                                                             | 03 | 17-4-2022  | Haarlem (NED)          |
| 100 vrije slag                   | 53.29    | Gaal Roel                                                                 | 01 | 12-1-2020  | Purmerend (NED)        |
| 200 vrije slag                   | 1:58.67  | Gaal Roel                                                                 | 01 | 23-11-2019 | Hoofddorp (NED)        |
| 300 vrije slag                   | 3:26.39  | Druyven Jorrick                                                           | 94 | 25-1-2008  | Terneuzen (NED)        |
| 400 vrije slag                   | 4:25.20  | Butter Martijn                                                            | 79 | 19-3-1998  | Heemskerk (NED)        |
| 800 vrije slag                   | 9:13.45  | Offringa Rick                                                             | 03 | 23-10-2022 | Hoofddorp (NED)        |
| 1500 vrije slag                  | 17:37.40 | Butter Martijn                                                            | 79 | 23-2-1997  | Zaandam (NED)          |
| 2000 vrije slag                  | 24:24.56 | Glorie Daan                                                               | 88 | 11-2-2007  | Zaandam (NED)          |
| 25 rugslag                       | 13.78    | Offringa Rick                                                             | 03 | 7-7-2022   | Heemskerk (NED)        |
| 50 rugslag                       | 28.80    | Kleijne Barry                                                             | 93 | 9-4-2012   | Haarlem (NED)          |
| 100 rugslag                      | 1:01.45  | Jongert Jeroen                                                            | 96 | 10-12-2015 | Heemskerk (NED)        |
| 200 rugslag                      | 2:13.75  | Kleijne Barry                                                             | 93 | 27-5-2012  | Purmerend (NED)        |
| 25 schoolslag                    | 14.56    | Offringa Rick                                                             | 03 | 7-7-2022   | Heemskerk (NED)        |
| 50 schoolslag                    | 31.16    | Offringa Rick                                                             | 03 | 20-11-2022 | Den Helder (NED)       |
| 100 schoolslag                   | 1:10.09  | Offringa Rick                                                             | 03 | 6-11-2022  | Alkmaar (NED)          |
| 200 schoolslag                   | 2:29.61  | Offringa Rick                                                             | 03 | 6-11-2022  | Alkmaar (NED)          |
| 25 vlinderslag                   | 12.63    | Offringa Rick                                                             | 03 | 7-7-2022   | Heemskerk (NED)        |
| 50 vlinderslag                   | 26.92    | Jongert Jeroen                                                            | 96 | 10-12-2015 | Heemskerk (NED)        |
| 100 vlinderslag                  | 1:00.39  | Jongert Jeroen                                                            | 96 | 29-11-2015 | Heemskerk (NED)        |
| 200 vlinderslag                  | 2:19.44  | Glorie Daan                                                               | 88 | 30-11-2006 | Heemskerk              |
| 1000 vlinderslag                 | 17:01.35 | Jongert Sjoerd                                                            | 01 | 7-1-2018   | Haarlem (NED)          |
| 100 wisselslag                   | 1:01.18  | Offringa Rick                                                             | 03 | 2-10-2022  | Den Helder (NED)       |
| 200 wisselslag                   | 2:13.34  | Offringa Rick                                                             | 03 | 23-10-2022 | Hoofddorp (NED)        |
| 300 wisselslag                   | 3:50.50  | Glorie Daan                                                               | 88 | 12-1-2006  | Heemskerk (NED)        |
| 400 wisselslag                   | 4:50.38  | Offringa Rick                                                             | 03 | 22-5-2022  | Hoofddorp (NED)        |
| 4 x 50 vrije slag                | 1:47.11  | OEZA Heren                                                                |    | 30-12-2018 | Leeuwarden (NED)       |
|                                  |          | <i>Camphuijnder Jasper, Oortwijn Kalle, Jongert Sjoerd, Gaal Roel</i>     |    |            |                        |
| 4 x 100 vrije slag               | 4:04.31  | OEZA Heren                                                                |    | 13-11-2016 | Purmerend (NED)        |
|                                  |          | <i>Gaal Roel, Groen Jarno, Offringa Rick, Jongert Sjoerd</i>              |    |            |                        |
| 4 x 200 vrije slag               | 9:26.20  | OEZA Heren                                                                |    | 9-5-1998   | Zaandam (NED)          |
|                                  |          | <i>Stins Arnold, Steenbergen Roderik, de Boer Stephan, Kramer Vincent</i> |    |            |                        |
| 4 x 100 rugslag                  | 4:49.47  | OEZA Heren                                                                |    | 31-10-2004 | Zuidoostbeemster (NED) |
|                                  |          | <i>de Ruijter Richard, Dekker Matthijs, Schelvis Sjeng, Essers Tim</i>    |    |            |                        |
| 4 x 50 schoolslag                | 2:30.30  | OEZA Heren                                                                |    | 30-8-1997  | Assendelft (NED)       |
|                                  |          | <i>Oudendijk Paul, Stam Daniël, Beentjes Bastiaan, Butter Martijn</i>     |    |            |                        |
| 4 x 100 schoolslag               | 5:19.80  | OEZA Heren                                                                |    | 16-10-2005 | Alkmaar (NED)          |
|                                  |          | <i>Essers Tim, Crok Pieter, Palmboom Pascal, Glorie Daan</i>              |    |            |                        |
| 4 x 25 wisselslag                | 1:19.90  | OEZA Heren                                                                |    | 28-9-1975  | Zaandam (NED)          |
|                                  |          | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i> |    |            |                        |
| 4 x 50 wisselslag                | 2:03.42  | OEZA Heren                                                                |    | 19-6-2004  | Emmen (NED)            |
|                                  |          | <i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, Glorie Daan</i>        |    |            |                        |

|                    |         |            |            |                                                                                                                                                            |
|--------------------|---------|------------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 x 100 wisselslag | 4:37.31 | OEZA Heren | 31-10-2004 | Zuidoostbeemster (NED)<br><i>Essers Tim, de Ruijter Richard, Schelvis Sjeng, van der Gracht Jory</i>                                                       |
| 5 x 50 vrije slag  | 2:26.80 | OEZA Heren | 22-1-1978  | Zaandam (NED)<br><i>Verbree John, Windmuller Ton, Windmuller Hans-Pieter, Goverde Ad, Overmeer Michel</i>                                                  |
| 6 x 50 vrije slag  | 3:26.60 | OEZA Heren | 17-9-1977  | Heemskerk (NED)<br><i>Plokker Robert, Wolf Gert Jan, Missot Paul, de Caluwe Johan, Verbree John, de Caluwe Perry</i>                                       |
| 8 x 50 vrije slag  | 4:06.61 | OEZA Heren | 16-4-2001  | Haarlem (NED)<br><i>Essers Tim, de Ruijter Richard, Butter Joris, van der Gracht Jory, de Ruijter René, van der Kroft Barry, Tamis Thijs, Hermans Luuk</i> |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                            |    |            |                  |
|----------------------------------|----------|----------------------------------------------------------------------------|----|------------|------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                         | 10 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                         | 10 | 15-12-2019 | Haarlem (NED)    |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                         | 10 | 19-1-2020  | Zaandam (NED)    |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                         | 10 | 29-9-2019  | Haarlem (NED)    |
| 25 vrije slag                    | 13.11    | Schelvis Femke                                                             | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vrije slag                    | 26.92    | Kingma Danae                                                               | 00 | 29-1-2016  | Amsterdam (NED)  |
| 100 vrije slag                   | 58.38    | Kingma Danae                                                               | 00 | 18-3-2018  | Purmerend (NED)  |
| 200 vrije slag                   | 2:07.73  | Schelvis Femke                                                             | 84 | 25-11-1999 | Heemskerk        |
| 300 vrije slag                   | 3:38.23  | Crok Linda                                                                 | 94 | 25-4-2011  | Haarlem (NED)    |
| 400 vrije slag                   | 4:40.35  | Schelvis Femke                                                             | 84 | 28-2-1999  | Zaandam (NED)    |
| 800 vrije slag                   | 9:32.54  | Schelvis Femke                                                             | 84 | 28-2-1999  | Zaandam (NED)    |
| 1500 vrije slag                  | 19:04.76 | Schelvis Femke                                                             | 84 | 23-1-2000  | Heemskerk (NED)  |
| 2000 vrije slag                  | 25:28.90 | Schelvis Femke                                                             | 84 | 5-3-2000   | Zaandam (NED)    |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                             | 84 | 15-1-1998  | Heemskerk (NED)  |
| 50 rugslag                       | 31.06    | Kingma Danae                                                               | 00 | 30-12-2017 | Leeuwarden (NED) |
| 100 rugslag                      | 1:07.00  | Kingma Danae                                                               | 00 | 24-3-2019  | Purmerend (NED)  |
| 200 rugslag                      | 2:26.44  | Schelvis Femke                                                             | 84 | 10-10-1999 | Zaandam (NED)    |
| 25 schoolslag                    | 17.22    | Palmboom Nicole                                                            | 91 | 27-4-2006  | Heemskerk        |
| 50 schoolslag                    | 34.17    | Kingma Danae                                                               | 00 | 13-11-2016 | Purmerend (NED)  |
| 100 schoolslag                   | 1:16.62  | Kingma Danae                                                               | 00 | 13-11-2016 | Purmerend (NED)  |
| 200 schoolslag                   | 2:53.96  | Kingma Danae                                                               | 00 | 4-10-2015  | Purmerend (NED)  |
| 25 vlinderslag                   | 13.74    | Schelvis Femke                                                             | 84 | 4-5-2000   | Heemskerk (NED)  |
| 50 vlinderslag                   | 28.75    | Wentink Yara                                                               | 04 | 22-5-2022  | Hoofddorp (NED)  |
| 100 vlinderslag                  | 1:05.63  | Wentink Yara                                                               | 04 | 22-1-2023  | Hoofddorp (NED)  |
| 200 vlinderslag                  | 2:39.69  | Hoekstra Eline                                                             | 03 | 6-11-2022  | Alkmaar (NED)    |
| 1000 vlinderslag                 | 16:15.59 | Wentink Yara                                                               | 04 | 8-1-2023   | Haarlem (NED)    |
| 100 wisselslag                   | 1:07.44  | Kingma Danae                                                               | 00 | 23-12-2017 | Hoofddorp (NED)  |
| 200 wisselslag                   | 2:29.81  | Schelvis Femke                                                             | 84 | 4-11-1999  | Heemskerk (NED)  |
| 300 wisselslag                   | 4:07.83  | Schelvis Femke                                                             | 84 | 30-11-2003 | Heemskerk (NED)  |
| 400 wisselslag                   | 5:29.10  | Hoekstra Eline                                                             | 03 | 24-11-2019 | Hoofddorp (NED)  |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                 |    | 8-10-2023  | Zaandam (NED)    |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>        |    |            |                  |
| 4 x 50 vrije slag                | 1:54.37  | OEZA Dames                                                                 |    | 22-6-2008  | Alkmaar (NED)    |
|                                  |          | <i>Palmboom Nicole, Vink Lidewij, de Groot Daniëlle, Koster Lisa</i>       |    |            |                  |
| 4 x 100 vrije slag               | 4:14.09  | OEZA Dames                                                                 |    | 30-1-2016  | Amsterdam (NED)  |
|                                  |          | <i>Smit Sanne, Buur Naomi, de Haan Shira, Kingma Danae</i>                 |    |            |                  |
| 4 x 200 vrije slag               | 9:34.14  | OEZA Dames                                                                 |    | 13-1-2008  | Heemskerk (NED)  |
|                                  |          | <i>Koster Lisa, Palmboom Nicole, de Groot Daniëlle, Vink Lidewij</i>       |    |            |                  |
| 4 x 100 rugslag                  | 5:01.04  | OEZA Dames                                                                 |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>Petit Kirsten, Smit Sanne, Koper Fiona, Kingma Danae</i>                |    |            |                  |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                 |    | 10-4-2011  | Hoorn (NED)      |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>  |    |            |                  |
| 4 x 50 schoolslag                | 2:44.75  | OEZA Dames                                                                 |    | 16-4-2006  | Haarlem (NED)    |
|                                  |          | <i>van der Gracht Anouk, Hoek Daniëlle, Vink Lidewij, Palmboom Nicole</i>  |    |            |                  |
| 4 x 100 schoolslag               | 5:57.85  | OEZA Dames                                                                 |    | 4-11-2007  | Purmerend (NED)  |
|                                  |          | <i>Essers Sanne, Crok Annemarie, van der Gracht Anouk, Palmboom Nicole</i> |    |            |                  |

|                     |          |                                                                                                                                                                                                  |            |                     |
|---------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------|
| 4 x 50 vlinderslag  | 2:33.60  | OEZA Dames<br><i>Niesten Annet, Verbree Bets, Bakkum Wilma, Lund Karin</i>                                                                                                                       | 23-10-1977 | Zandvoort (NED)     |
| 4 x 100 vlinderslag | 5:24.44  | OEZA Dames<br><i>Hoek Daniëlle, Crok Annemarie, Kleijne Daisy, Vink Lidewij, Koopman Anitra</i>                                                                                                  | 15-10-2006 | Purmerend (NED)     |
| 4 x 25 wisselslag   | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                                                                                                               | 2-4-2023   | Haarlem (NED)       |
| 4 x 50 wisselslag   | 2:10.44  | OEZA Dames<br><i>Kingma Danae, de Haan Shira, Hoekstra Eline, Smit Sanne</i>                                                                                                                     | 29-12-2018 | Leeuwarden (NED)    |
| 4 x 100 wisselslag  | 4:45.56  | OEZA Dames<br><i>Broek Jade, de Haan Shira, Kingma Danae, Smit Sanne</i>                                                                                                                         | 2-10-2016  | Purmerend (NED)     |
| 5 x 50 vrije slag   | 2:32.22  | OEZA Dames<br><i>Zwarthoed Brenda, de Groot Daniëlle, Vink Lidewij, Koster Lisa, Nijman José</i>                                                                                                 | 31-5-2008  | Aalsmeer (NED)      |
| 6 x 50 vrije slag   | 3:38.00  | OEZA Dames<br><i>van de Kamp Yvonne, van Giezen Corina, Sierra Ana Maria, Huisman Jolanda, Windmuller Wendy, Hermans Liesbeth</i>                                                                | 31-5-1981  | Heerhugowaard (NED) |
| 8 x 50 vrije slag   | 4:04.24  | OEZA Dames<br><i>Palmboom Nicole, van der Gracht Anouk, Hogema Fabiën, Essers Sanne, Crok Annemarie, Hoek Daniëlle, Kleijne Daisy, Vink Lidewij</i>                                              | 17-4-2006  | Haarlem (NED)       |
| 10 x 50 vrije slag  | 5:41.80  | OEZA Dames<br><i>Verbree Bets, Tholen Kirsten, van Giezen Sandra, Dijkstra Ingrid, van Giezen Corina, Plokker Sylvia, Pover Karin, de Graaf Annemiek, Windmuller Wendy, Hermans Liesbeth</i>     | 19-12-1981 | Hilversum (NED)     |
| 10 x 100 vrije slag | 14:34.70 | OEZA Dames<br><i>Huisman Jolanda, Plokker Sylvia, Dijkstra Ingrid, Hermans Liesbeth, Terhorst Ilja, Palthe Yvonne, Tholen Kirsten, Windmuller Annemarie, van Galen Angela, van Giezen Corina</i> | 27-4-1980  | Assendelft (NED)    |

**Heren**

**Open Water**

|                  |            |                 |    |           |                           |
|------------------|------------|-----------------|----|-----------|---------------------------|
| 250 vrije slag   | 4:58.49    | Nijland Yoran   | 05 | 26-7-2014 | Anna-Paulowna (NED)       |
| 500 vrije slag   | 6:31.30    | Dekker Ruben    | 93 | 2-7-2005  | Sluis (NED)               |
| 800 vrije slag   | 12:33.07   | Glorie Daan     | 88 | 8-7-2001  | Amsterdam (NED)           |
| 1000 vrije slag  | 12:32.18   | Glorie Daan     | 88 | 8-9-2007  | Middelburg (NED)          |
| 1250 vrije slag  | 15:32.19   | Tijms Stefan    | 93 | 19-8-2011 | Leiden (NED)              |
| 1500 vrije slag  | 19:34.17   | Glorie Daan     | 88 | 22-7-2006 | Anna-Paulowna (NED)       |
| 2000 vrije slag  | 24:33.59   | Glorie Daan     | 88 | 2-9-2007  | Vlissingen (NED)          |
| 2500 vrije slag  | 31:49.92   | Glorie Daan     | 88 | 7-7-2007  | Oss (NED)                 |
| 3000 vrije slag  | 39:22.10   | Glorie Daan     | 88 | 15-7-2006 | Wijk en Aalburg (NED)     |
| 4000 vrije slag  | 1:05:28.98 | Tijms Stefan    | 93 | 8-6-2012  | Leiden (NED)              |
| 5000 vrije slag  | 1:02:33.86 | Glorie Daan     | 88 | 1-7-2007  | Bodegraven (NED)          |
| 6000 vrije slag  | 50:21.66   | Glorie Daan     | 88 | 8-7-2007  | Beusichem-Culemborg (NED) |
| 10000 vrije slag | 2:17:26.45 | Glorie Daan     | 88 | 25-8-2007 | Tilburg (NED)             |
| 22000 vrije slag | 5:10:46.39 | Glorie Daan     | 88 | 12-8-2006 | Stavoren-Medemblik (NED)  |
| 500 rugslag      | 8:13.97    | Glorie Daan     | 88 | 7-7-2007  | Oss (NED)                 |
| 500 schoolslag   | 8:22.25    | Dekker Matthijs | 90 | 26-6-2005 | Breukelen (NED)           |
| 1000 schoolslag  | 16:28.52   | Offringa Rick   | 03 | 16-7-2022 | Amstelveen (NED)          |
| 1500 schoolslag  | 28:06.00   | Jongert Sjoerd  | 01 | 3-9-2016  | Wilhelminadorp (NED)      |
| 2000 schoolslag  | 32:15.80   | Oudendijk Paul  | 81 | 25-6-2000 | Breukelen (NED)           |
| 3000 schoolslag  | 49:43.50   | Oudendijk Paul  | 81 | 29-7-2000 | Anna-Paulowna (NED)       |

**Dames**

**Open Water**

|                 |            |                      |    |           |                       |
|-----------------|------------|----------------------|----|-----------|-----------------------|
| 250 vrije slag  | 5:19.71    | Stel Kaylin          | 01 | 6-9-2009  | Vlissingen (NED)      |
| 500 vrije slag  | 7:26.55    | Stel Serena          | 98 | 2-8-2009  | Hoorn (NED)           |
| 800 vrije slag  | 13:19.97   | de Ruijter Linda     | 87 | 23-7-2000 | Amsterdam (NED)       |
| 1000 vrije slag | 14:29.79   | Vink Lidewij         | 90 | 8-7-2006  | Oss (NED)             |
| 1250 vrije slag | 22:34.57   | Bos Marieke          | 06 | 21-7-2018 | Hoorn (NED)           |
| 1500 vrije slag | 21:58.33   | Vink Lidewij         | 90 | 22-7-2006 | Anna-Paulowna (NED)   |
| 2000 vrije slag | 28:16.03   | Vink Lidewij         | 90 | 25-6-2006 | Breukelen (NED)       |
| 2500 vrije slag | 36:34.47   | Vink Lidewij         | 90 | 9-7-2005  | Oss (NED)             |
| 3000 vrije slag | 44:59.59   | Vink Lidewij         | 90 | 15-7-2006 | Wijk en Aalburg (NED) |
| 5000 vrije slag | 1:18:13.04 | Crok Linda           | 94 | 20-6-2010 | Spaarnwoude (NED)     |
| 500 rugslag     | 8:56.86    | van der Gracht Anouk | 89 | 7-7-2007  | Oss (NED)             |
| 250 schoolslag  | 6:20.75    | Butter Noor          | 16 | 6-7-2024  | Hoek (NED)            |
| 500 schoolslag  | 8:55.64    | Vink Marjolein       | 93 | 4-8-2007  | Hoorn (NED)           |
| 1000 schoolslag | 19:10.26   | van der Gracht Anouk | 89 | 29-7-2006 | Hoorn (NED)           |
| 2000 schoolslag | 36:26.77   | Niesten Iris         | 92 | 24-6-2007 | Breukelen (NED)       |
| 3000 schoolslag | 58:40.50   | van der Gracht Anouk | 89 | 22-7-2006 | Anna-Paulowna (NED)   |

**Heren**

**Lange baan (50m)**

|                    |            |                                                                           |    |            |                         |
|--------------------|------------|---------------------------------------------------------------------------|----|------------|-------------------------|
| 50 vrije slag      | 25.27      | Gaal Roel                                                                 | 01 | 29-5-2018  | Beverwijk (NED)         |
| 100 vrije slag     | 54.88      | Gaal Roel                                                                 | 01 | 23-2-2020  | Den Haag (NED)          |
| 200 vrije slag     | 2:03.49    | Butter Martijn                                                            | 79 | 19-5-2001  | Beverwijk (NED)         |
| 300 vrije slag     | 3:25.33    | Butter Martijn                                                            | 79 | 17-4-2016  | Alkmaar (NED)           |
| 400 vrije slag     | 4:25.98    | Butter Martijn                                                            | 79 | 19-5-2001  | Beverwijk (NED)         |
| 800 vrije slag     | 9:23.85    | Butter Martijn                                                            | 79 | 22-4-2001  | Amersfoort (NED)        |
| 1500 vrije slag    | 17:59.54   | Butter Martijn                                                            | 79 | 22-4-2001  | Amersfoort (NED)        |
| 2000 vrije slag    | 24:15.87   | Butter Martijn                                                            | 79 | 28-4-2001  | Drachten (NED)          |
| 3000 vrije slag    | 36:36.01   | Butter Martijn                                                            | 79 | 28-4-2001  | Drachten (NED)          |
| 5000 vrije slag    | 1:05:48.38 | Glorie Daan                                                               | 88 | 21-4-2007  | Zwaag (NED)             |
| 10000 vrije slag   | 2:12:39.35 | Glorie Daan                                                               | 88 | 21-4-2007  | Zwaag (NED)             |
| 20000 vrije slag   | 4:54:12.95 | Glorie Daan                                                               | 88 | 24-12-2006 | Amsterdam (NED)         |
| 50 rugslag         | 29.02      | Kleijne Barry                                                             | 93 | 8-4-2016   | Eindhoven (NED)         |
| 100 rugslag        | 1:01.98    | Kleijne Barry                                                             | 93 | 9-4-2016   | Eindhoven (NED)         |
| 200 rugslag        | 2:17.29    | Kleijne Barry                                                             | 93 | 7-4-2016   | Eindhoven (NED)         |
| 50 schoolslag      | 31.06      | Offringa Rick                                                             | 03 | 19-3-2023  | Alkmaar (NED)           |
| 100 schoolslag     | 1:10.56    | Offringa Rick                                                             | 03 | 11-6-2023  | Bückeburg (GER)         |
| 200 schoolslag     | 2:36.96    | Offringa Rick                                                             | 03 | 5-2-2023   | Alkmaar (NED)           |
| 50 vlinderslag     | 26.94      | Jongert Jeroen                                                            | 96 | 9-4-2017   | Eindhoven (NED)         |
| 100 vlinderslag    | 1:00.05    | Jongert Jeroen                                                            | 96 | 5-3-2017   | Alkmaar (NED)           |
| 200 vlinderslag    | 2:23.62    | Glorie Daan                                                               | 88 | 13-5-2007  | Alkmaar (NED)           |
| 200 wisselslag     | 2:19.42    | Offringa Rick                                                             | 03 | 9-4-2022   | Antwerpen (BEL)         |
| 400 wisselslag     | 4:59.74    | Offringa Rick                                                             | 03 | 26-3-2023  | Alkmaar (NED)           |
| 4 x 50 vrije slag  | 1:43.97    | OEZA Heren                                                                |    | 18-6-2022  | Bergbad Bückeburg (GER) |
|                    |            | <i>Offringa Rick, Camphuijnder Jasper, Jongert Sjoerd, Jongert Jeroen</i> |    |            |                         |
| 4 x 100 vrije slag | 3:58.31    | OEZA Heren                                                                |    | 28-5-2017  | Alkmaar (NED)           |
|                    |            | <i>Gaal Roel, van der Gracht Jory, Jongert Sjoerd, Jongert Jeroen</i>     |    |            |                         |
| 4 x 200 vrije slag | 8:55.31    | OEZA Heren                                                                |    | 18-5-2008  | Alkmaar (NED)           |
|                    |            | <i>Druyven Jorrick, Oudendijk Paul, Crok Pieter, Butter Martijn</i>       |    |            |                         |
| 4 x 50 wisselslag  | 2:10.82    | OEZA Heren                                                                |    | 22-4-2007  | Antwerpen (BEL)         |
|                    |            | <i>Hermans Luuk, de Caluwé Niels, Druyven Jorrick, Crok Pieter</i>        |    |            |                         |
| 4 x 100 wisselslag | 4:26.09    | OEZA Heren                                                                |    | 19-6-2022  | Bergbad Bückeburg (GER) |
|                    |            | <i>Gaal Koen, Offringa Rick, Jongert Jeroen, Jongert Sjoerd</i>           |    |            |                         |

**Dames**

**Lange baan (50m)**

|                    |          |                                                                      |    |           |                         |
|--------------------|----------|----------------------------------------------------------------------|----|-----------|-------------------------|
| 50 vrije slag      | 27.47    | Kingma Danae                                                         | 00 | 9-4-2017  | Eindhoven (NED)         |
| 100 vrije slag     | 59.59    | Kingma Danae                                                         | 00 | 8-4-2017  | Eindhoven (NED)         |
| 200 vrije slag     | 2:11.02  | Schelvis Femke                                                       | 84 | 23-4-2005 | Amsterdam (NED)         |
| 300 vrije slag     | 3:39.20  | Schelvis Femke                                                       | 84 | 4-7-1998  | Amersfoort (NED)        |
| 400 vrije slag     | 4:52.03  | Schelvis Femke                                                       | 84 | 4-7-1998  | Amersfoort (NED)        |
| 800 vrije slag     | 10:18.62 | Stel Serena                                                          | 98 | 25-4-2010 | Drachten (NED)          |
| 1500 vrije slag    | 20:25.20 | Hoekstra Eline                                                       | 03 | 1-3-2020  | Alkmaar (NED)           |
| 2000 vrije slag    | 28:13.56 | Hoekstra Eline                                                       | 03 | 24-3-2024 | Alkmaar (NED)           |
| 50 rugslag         | 31.90    | Kingma Danae                                                         | 00 | 6-4-2017  | Eindhoven (NED)         |
| 100 rugslag        | 1:08.53  | Broek Jade                                                           | 97 | 16-6-2019 | Bückeburg (GER)         |
| 200 rugslag        | 2:33.86  | Kingma Danae                                                         | 00 | 4-6-2016  | Alkmaar (NED)           |
| 50 schoolslag      | 35.43    | Kingma Danae                                                         | 00 | 8-4-2016  | Eindhoven (NED)         |
| 100 schoolslag     | 1:20.02  | Kingma Danae                                                         | 00 | 21-2-2016 | Alkmaar (NED)           |
| 200 schoolslag     | 3:01.71  | de Haan Shira                                                        | 00 | 28-5-2017 | Alkmaar (NED)           |
| 50 vlinderslag     | 29.56    | Wentink Yara                                                         | 04 | 21-5-2023 | Amsterdam (NED)         |
| 100 vlinderslag    | 1:08.00  | Wentink Yara                                                         | 04 | 16-6-2024 | Amersfoort (NED)        |
| 200 vlinderslag    | 2:48.79  | Wentink Yara                                                         | 04 | 14-5-2023 | Amsterdam (NED)         |
| 200 wisselslag     | 2:34.82  | Kingma Danae                                                         | 00 | 20-5-2017 | Alkmaar (NED)           |
| 400 wisselslag     | 5:48.87  | Hoekstra Eline                                                       | 03 | 14-5-2022 | Amsterdam (NED)         |
| 4 x 50 vrije slag  | 1:58.28  | OEZA Dames                                                           |    | 18-6-2022 | Bergbad Bückeburg (GER) |
|                    |          | <i>Broek Jade, Hoekstra Eline, Groen Anne, Wentink Yara</i>          |    |           |                         |
| 4 x 100 vrije slag | 4:15.81  | OEZA Dames                                                           |    | 21-5-2017 | Alkmaar (NED)           |
|                    |          | <i>Broek Jade, Smit Sanne, Groen Anne, Kingma Danae</i>              |    |           |                         |
| 4 x 200 vrije slag | 9:42.04  | OEZA Dames                                                           |    | 26-5-2019 | Amersfoort (NED)        |
|                    |          | <i>Broek Jade, Hoekstra Eline, Wentink Yara, Smit Sanne</i>          |    |           |                         |
| 4 x 100 schoolslag | 6:19.70  | OEZA Dames                                                           |    | 16-6-2019 | Bückeburg (GER)         |
|                    |          | <i>van 't Veer Iris, de Haan Shira, Bos Marieke, de Wildt Maud</i>   |    |           |                         |
| 4 x 50 wisselslag  | 2:18.56  | OEZA Dames                                                           |    | 11-4-2008 | Antwerpen (BEL)         |
|                    |          | <i>Koster Lisa, Palmboom Nicole, Teufer Irene, de Groot Daniëlle</i> |    |           |                         |
| 4 x 100 wisselslag | 5:01.00  | OEZA Dames                                                           |    | 11-6-2023 | Bückeburg (GER)         |
|                    |          | <i>Broek Jade, van 't Veer Iris, Wentink Yara, Hoekstra Eline</i>    |    |           |                         |

**Heren**

**Korte baan (25m)**

|                                  |          |                                                                            |    |            |                  |
|----------------------------------|----------|----------------------------------------------------------------------------|----|------------|------------------|
| 25m vrije slag met koprol        | 30.27    | Butter Stijn                                                               | 11 | 29-9-2019  | Haarlem (NED)    |
| 25m rugslag start                | 26.23    | Butter Stijn                                                               | 11 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 18.53    | Meijer Viggo                                                               | 06 | 15-12-2019 | Haarlem (NED)    |
| 50m borstcrawl benen             | 55.87    | Blaauw Xam                                                                 | 07 | 19-1-2020  | Zaandam (NED)    |
| 25 vrije slag                    | 11.36    | Offringa Rick                                                              | 03 | 7-7-2022   | Heemskerk (NED)  |
| 50 vrije slag                    | 24.16    | Offringa Rick                                                              | 03 | 9-4-2023   | Haarlem (NED)    |
| 100 vrije slag                   | 53.29    | Gaal Roel                                                                  | 01 | 12-1-2020  | Purmerend (NED)  |
| 200 vrije slag                   | 1:57.80  | Offringa Rick                                                              | 03 | 30-3-2023  | Heemskerk (NED)  |
| 300 vrije slag                   | 3:14.75  | Offringa Rick                                                              | 03 | 1-10-2023  | Den Helder (NED) |
| 400 vrije slag                   | 4:16.68  | Butter Martijn                                                             | 79 | 31-5-2001  | Heemskerk (NED)  |
| 800 vrije slag                   | 8:55.09  | Butter Martijn                                                             | 79 | 21-1-2001  | Heemskerk (NED)  |
| 1500 vrije slag                  | 17:04.13 | Butter Martijn                                                             | 79 | 11-2-2001  | Zaandam (NED)    |
| 2000 vrije slag                  | 23:14.53 | Butter Martijn                                                             | 79 | 11-2-2001  | Zaandam (NED)    |
| 25 rugslag                       | 13.78    | Offringa Rick                                                              | 03 | 7-7-2022   | Heemskerk (NED)  |
| 50 rugslag                       | 27.86    | Kleijne Barry                                                              | 93 | 9-3-2014   | Zaandam (NED)    |
| 100 rugslag                      | 58.63    | Kleijne Barry                                                              | 93 | 9-3-2014   | Zaandam (NED)    |
| 200 rugslag                      | 2:11.82  | Kleijne Barry                                                              | 93 | 16-11-2014 | Zaandam (NED)    |
| 25 schoolslag                    | 14.41    | Haack Stefan                                                               | 82 | 7-7-2022   | Heemskerk (NED)  |
| 50 schoolslag                    | 30.04    | Offringa Rick                                                              | 03 | 9-4-2023   | Haarlem (NED)    |
| 100 schoolslag                   | 1:06.68  | Offringa Rick                                                              | 03 | 10-4-2023  | Haarlem (NED)    |
| 200 schoolslag                   | 2:28.79  | Offringa Rick                                                              | 03 | 29-1-2023  | Heemskerk (NED)  |
| 800 schoolslag                   | 11:39.47 | Oudendijk Paul                                                             | 81 | 20-9-2003  | Hulst (NED)      |
| 1500 schoolslag                  | 22:09.46 | Oudendijk Paul                                                             | 81 | 20-9-2003  | Hulst (NED)      |
| 25 vlinderslag                   | 12.44    | Jongert Jeroen                                                             | 96 | 7-7-2022   | Heemskerk (NED)  |
| 50 vlinderslag                   | 26.37    | Jongert Jeroen                                                             | 96 | 12-2-2017  | Purmerend (NED)  |
| 100 vlinderslag                  | 59.13    | Jongert Jeroen                                                             | 96 | 4-6-2017   | Purmerend (NED)  |
| 200 vlinderslag                  | 2:18.01  | Jongert Jeroen                                                             | 96 | 12-3-2017  | Purmerend (NED)  |
| 1000 vlinderslag                 | 14:33.83 | Offringa Rick                                                              | 03 | 8-1-2023   | Haarlem (NED)    |
| 100 wisselslag                   | 59.94    | Offringa Rick                                                              | 03 | 9-4-2023   | Haarlem (NED)    |
| 200 wisselslag                   | 2:11.40  | Offringa Rick                                                              | 03 | 10-4-2023  | Haarlem (NED)    |
| 300 wisselslag                   | 3:44.15  | Oudendijk Paul                                                             | 81 | 9-12-2007  | Zaandam (NED)    |
| 400 wisselslag                   | 4:50.38  | Offringa Rick                                                              | 03 | 22-5-2022  | Hoofddorp (NED)  |
| 4 x 50 vrije slag                | 1:41.72  | OEZA Heren                                                                 |    | 21-11-2021 | Den Helder (NED) |
|                                  |          | <i>Gaal Koen, Jongert Jeroen, Jongert Sjoerd, Offringa Rick</i>            |    |            |                  |
| 4 x 100 vrije slag               | 3:42.92  | OEZA Heren                                                                 |    | 3-10-2021  | Den Helder (NED) |
|                                  |          | <i>Gaal Roel, Jongert Sjoerd, Offringa Rick, Jongert Jeroen</i>            |    |            |                  |
| 4 x 200 vrije slag               | 8:23.43  | OEZA Heren                                                                 |    | 6-3-2016   | Purmerend (NED)  |
|                                  |          | <i>Jongert Jeroen, Butter Martijn, Gaal Roel, Kleijne Barry</i>            |    |            |                  |
| 4 x 100 rugslag                  | 4:33.70  | OEZA Heren                                                                 |    | 1-11-2009  | Purmerend (NED)  |
|                                  |          | <i>van der Gracht Jory, Butter Martijn, Crok Pieter, Oudendijk Paul</i>    |    |            |                  |
| 4 x 50 schoolslag                | 2:17.00  | OEZA Heren                                                                 |    | 15-4-2001  | Haarlem (NED)    |
|                                  |          | <i>Meijer Arno, Butter Martijn, Hogenstijn Peter, Oudendijk Paul</i>       |    |            |                  |
| 4 x 100 schoolslag               | 5:06.74  | OEZA Heren                                                                 |    | 1-11-2009  | Purmerend (NED)  |
|                                  |          | <i>Butter Martijn, van der Gracht Jory, Crok Pieter, Oudendijk Paul</i>    |    |            |                  |
| 4 x 100 vlinderslag              | 4:35.00  | OEZA Heren                                                                 |    | 16-10-2005 | Alkmaar (NED)    |
|                                  |          | <i>Oudendijk Paul, Butter Martijn, van der Gracht Jory, Kramer Vincent</i> |    |            |                  |

|                    |         |                                                                                                                                                                                  |           |                     |
|--------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------|
| 4 x 25 wisselslag  | 1:19.90 | OEZA Heren                                                                                                                                                                       | 28-9-1975 | Zaandam (NED)       |
|                    |         | <i>Missot Paul, Geurtsen Arjan, van den Akker Dennis, de Caluwe Johan</i>                                                                                                        |           |                     |
| 4 x 50 wisselslag  | 1:53.93 | OEZA Heren                                                                                                                                                                       | 28-6-2009 | Alkmaar (NED)       |
|                    |         | <i>Oudendijk Paul, Breton Wouter, van der Gracht Jory, van Beek Klaas</i>                                                                                                        |           |                     |
| 4 x 100 wisselslag | 4:06.92 | OEZA Heren                                                                                                                                                                       | 29-1-2023 | Heemskerk (NED)     |
|                    |         | <i>Gaal Koen, Offringa Rick, Jongert Jeroen, Gaal Roel</i>                                                                                                                       |           |                     |
| 5 x 50 vrije slag  | 2:19.40 | OEZA Heren                                                                                                                                                                       | 22-3-1981 | Wieringerwerf (NED) |
|                    |         | <i>Plokker Robert, Windmuller Ton, Roozendaal Ben, Verbree John, Kranenburg Fred</i>                                                                                             |           |                     |
| 6 x 50 vrije slag  | 3:26.60 | OEZA Heren                                                                                                                                                                       | 17-9-1977 | Heemskerk (NED)     |
|                    |         | <i>Plokker Robert, Wolf Gert Jan, Missot Paul, de Caluwe Johan, Verbree John, de Caluwe Perry</i>                                                                                |           |                     |
| 8 x 50 vrije slag  | 3:36.35 | OEZA Heren                                                                                                                                                                       | 16-4-2001 | Haarlem (NED)       |
|                    |         | <i>Kramer Vincent, Stins Arnold, Kuilman Joris, Oudendijk Paul, van Rookhuizen Barry, Hogenstijn Peter, Butter Martijn, Meijer Arno</i>                                          |           |                     |
| 10 x 50 vrije slag | 4:55.10 | OEZA Heren                                                                                                                                                                       | 5-4-1981  | Heemskerk (NED)     |
|                    |         | <i>van de Sluis Nicolai, Korzelius Ron, van Honschoten Jacky, Hagebout Marcel, Roozendaal Ben, van Duin Peter, Plokker Robert, Windmuller Ton, Kranenburg Fred, Verbree John</i> |           |                     |

**Dames**

**Korte baan (25m)**

|                                  |          |                                                                                  |    |            |                  |
|----------------------------------|----------|----------------------------------------------------------------------------------|----|------------|------------------|
| 25m rugslag start                | 24.90    | van Ederen Jasmijn                                                               | 10 | 15-12-2019 | Haarlem (NED)    |
| 15m vlinderslag benen onderwater | 22.06    | van Ederen Jasmijn                                                               | 10 | 15-12-2019 | Haarlem (NED)    |
| 25m vrije slag met koprol        | 23.13    | van Ederen Jasmijn                                                               | 10 | 19-1-2020  | Zaandam (NED)    |
| 50m borstcrawl benen             | 1:06.46  | van Ederen Jasmijn                                                               | 10 | 29-9-2019  | Haarlem (NED)    |
| 25 vrije slag                    | 13.11    | Schelvis Femke                                                                   | 84 | 25-3-1999  | Heemskerk (NED)  |
| 50 vrije slag                    | 26.92    | Kingma Danae                                                                     | 00 | 29-1-2016  | Amsterdam (NED)  |
| 100 vrije slag                   | 58.38    | Kingma Danae                                                                     | 00 | 18-3-2018  | Purmerend (NED)  |
| 200 vrije slag                   | 2:07.73  | Schelvis Femke                                                                   | 84 | 25-11-1999 | Heemskerk        |
| 300 vrije slag                   | 3:27.55  | Schelvis Femke                                                                   | 84 | 17-12-2004 | Drachten (NED)   |
| 400 vrije slag                   | 4:32.44  | Schelvis Femke                                                                   | 84 | 14-11-2004 | Heemskerk (NED)  |
| 800 vrije slag                   | 9:32.54  | Schelvis Femke                                                                   | 84 | 28-2-1999  | Zaandam (NED)    |
| 1500 vrije slag                  | 19:04.76 | Schelvis Femke                                                                   | 84 | 23-1-2000  | Heemskerk (NED)  |
| 2000 vrije slag                  | 25:28.90 | Schelvis Femke                                                                   | 84 | 5-3-2000   | Zaandam (NED)    |
| 25 rugslag                       | 15.10    | Schelvis Femke                                                                   | 84 | 15-1-1998  | Heemskerk (NED)  |
| 50 rugslag                       | 31.06    | Kingma Danae                                                                     | 00 | 30-12-2017 | Leeuwarden (NED) |
| 100 rugslag                      | 1:06.99  | Broek Jade                                                                       | 97 | 24-3-2019  | Purmerend (NED)  |
| 200 rugslag                      | 2:26.44  | Schelvis Femke                                                                   | 84 | 10-10-1999 | Zaandam (NED)    |
| 25 schoolslag                    | 17.22    | Palmboom Nicole                                                                  | 91 | 27-4-2006  | Heemskerk        |
| 50 schoolslag                    | 34.17    | Kingma Danae                                                                     | 00 | 13-11-2016 | Purmerend (NED)  |
| 100 schoolslag                   | 1:16.62  | Kingma Danae                                                                     | 00 | 13-11-2016 | Purmerend (NED)  |
| 200 schoolslag                   | 2:53.96  | Kingma Danae                                                                     | 00 | 4-10-2015  | Purmerend (NED)  |
| 25 vlinderslag                   | 13.74    | Schelvis Femke                                                                   | 84 | 4-5-2000   | Heemskerk (NED)  |
| 50 vlinderslag                   | 28.75    | Wentink Yara                                                                     | 04 | 22-5-2022  | Hoofddorp (NED)  |
| 100 vlinderslag                  | 1:05.06  | Wentink Yara                                                                     | 04 | 23-11-2024 | Den Haag (NED)   |
| 200 vlinderslag                  | 2:34.17  | Wentink Yara                                                                     | 04 | 10-3-2024  | Purmerend (NED)  |
| 1000 vlinderslag                 | 15:22.84 | Wentink Yara                                                                     | 04 | 16-2-2025  | Haarlem (NED)    |
| 100 wisselslag                   | 1:07.44  | Kingma Danae                                                                     | 00 | 23-12-2017 | Hoofddorp (NED)  |
| 200 wisselslag                   | 2:29.81  | Schelvis Femke                                                                   | 84 | 4-11-1999  | Heemskerk (NED)  |
| 300 wisselslag                   | 4:07.83  | Schelvis Femke                                                                   | 84 | 30-11-2003 | Heemskerk (NED)  |
| 400 wisselslag                   | 5:29.10  | Hoekstra Eline                                                                   | 03 | 24-11-2019 | Hoofddorp (NED)  |
| 4 x 25 vrije slag                | 1:51.86  | OEZA Dames                                                                       |    | 8-10-2023  | Zaandam (NED)    |
|                                  |          | <i>Butter Noor, van Dam Merel, Oliveira Rocha Yara, Banks Riley</i>              |    |            |                  |
| 4 x 50 vrije slag                | 1:53.92  | OEZA Dames                                                                       |    | 13-1-2019  | Purmerend (NED)  |
|                                  |          | <i>Smit Sanne, Broek Jade, Hoekstra Eline, Kingma Danae</i>                      |    |            |                  |
| 4 x 100 vrije slag               | 4:06.13  | OEZA Dames                                                                       |    | 23-12-2017 | Hoofddorp (NED)  |
|                                  |          | <i>Smit Sanne, Groen Anne, Broek Jade, Kingma Danae</i>                          |    |            |                  |
| 4 x 200 vrije slag               | 9:07.60  | OEZA Dames                                                                       |    | 4-2-2018   | Purmerend (NED)  |
|                                  |          | <i>Smit Sanne, Hoekstra Eline, Groen Anne, Kingma Danae</i>                      |    |            |                  |
| 4 x 100 rugslag                  | 5:01.04  | OEZA Dames                                                                       |    | 22-11-2015 | Zaandam (NED)    |
|                                  |          | <i>Petit Kirsten, Smit Sanne, Koper Fiona, Kingma Danae</i>                      |    |            |                  |
| 4 x 25 schoolslag                | 1:43.27  | OEZA Dames                                                                       |    | 10-4-2011  | Hoorn (NED)      |
|                                  |          | <i>de Vriend Sofie, Welboren Julia, Koper Fiona, van Huisstede Nikita</i>        |    |            |                  |
| 4 x 50 schoolslag                | 2:41.61  | OEZA Dames                                                                       |    | 15-4-2001  | Haarlem (NED)    |
|                                  |          | <i>Stins Mariska, Schelvis Roos, Gijzen-van der Kroft Nicole, Kramer Miranda</i> |    |            |                  |
| 4 x 100 schoolslag               | 5:57.85  | OEZA Dames                                                                       |    | 4-11-2007  | Purmerend (NED)  |
|                                  |          | <i>Essers Sanne, Crok Annemarie, van der Gracht Anouk, Palmboom Nicole</i>       |    |            |                  |

|                     |          |                                                                                                                                                                                                  |            |                        |
|---------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------------------|
| 4 x 50 vlinderslag  | 2:33.60  | OEZA Dames<br><i>Niesten Annet, Verbree Bets, Bakkum Wilma, Lund Karin</i>                                                                                                                       | 23-10-1977 | Zandvoort (NED)        |
| 4 x 100 vlinderslag | 5:11.36  | OEZA Dames<br><i>Hoek Daniëlle, Butter Anouk, Stins Mariska, Schelvis Femke</i>                                                                                                                  | 31-10-2004 | Zuidoostbeemster (NED) |
| 4 x 25 wisselslag   | 2:22.12  | OEZA Dames<br><i>Oliveira Rocha Yara, Butter Noor, de Weers Marit, Banks Riley</i>                                                                                                               | 2-4-2023   | Haarlem (NED)          |
| 4 x 50 wisselslag   | 2:09.48  | OEZA Dames<br><i>Hoekstra Eline, Broek Jade, Siemerink Laura, Wentink Yara</i>                                                                                                                   | 3-10-2021  | Den Helder (NED)       |
| 4 x 100 wisselslag  | 4:45.32  | OEZA Dames<br><i>Broek Jade, de Haan Shira, Kingma Danae, Smit Sanne</i>                                                                                                                         | 7-10-2018  | Purmerend (NED)        |
| 5 x 50 vrije slag   | 2:32.22  | OEZA Dames<br><i>Zwarthoed Brenda, de Groot Daniëlle, Vink Lidewij, Koster Lisa, Nijman José</i>                                                                                                 | 31-5-2008  | Aalsmeer (NED)         |
| 6 x 50 vrije slag   | 3:38.00  | OEZA Dames<br><i>van de Kamp Yvonne, van Giezen Corina, Sierra Ana Maria, Huisman Jolanda, Windmuller Wendy, Hermans Liesbeth</i>                                                                | 31-5-1981  | Heerhugowaard (NED)    |
| 8 x 50 vrije slag   | 4:04.24  | OEZA Dames<br><i>Palmboom Nicole, van der Gracht Anouk, Hogema Fabiën, Essers Sanne, Crok Annemarie, Hoek Daniëlle, Kleijne Daisy, Vink Lidewij</i>                                              | 17-4-2006  | Haarlem (NED)          |
| 10 x 50 vrije slag  | 5:41.80  | OEZA Dames<br><i>Verbree Bets, Tholen Kirsten, van Giezen Sandra, Dijkstra Ingrid, van Giezen Corina, Plokker Sylvia, Pover Karin, de Graaf Annemiek, Windmuller Wendy, Hermans Liesbeth</i>     | 19-12-1981 | Hilversum (NED)        |
| 10 x 100 vrije slag | 14:34.70 | OEZA Dames<br><i>Huisman Jolanda, Plokker Sylvia, Dijkstra Ingrid, Hermans Liesbeth, Terhorst Ilja, Palthe Yvonne, Tholen Kirsten, Windmuller Annemarie, van Galen Angela, van Giezen Corina</i> | 27-4-1980  | Assendelft (NED)       |

**Heren**

**Open Water**

|                  |            |                |    |           |                           |
|------------------|------------|----------------|----|-----------|---------------------------|
| 250 vrije slag   | 4:58.49    | Nijland Yoran  | 05 | 26-7-2014 | Anna-Paulowna (NED)       |
| 500 vrije slag   | 6:31.30    | Dekker Ruben   | 93 | 2-7-2005  | Sluis (NED)               |
| 800 vrije slag   | 12:33.07   | Glorie Daan    | 88 | 8-7-2001  | Amsterdam (NED)           |
| 1000 vrije slag  | 11:58.63   | Butter Martijn | 79 | 11-6-2005 | Gorinchem (NED)           |
| 1250 vrije slag  | 15:32.19   | Tijms Stefan   | 93 | 19-8-2011 | Leiden (NED)              |
| 1500 vrije slag  | 19:34.17   | Glorie Daan    | 88 | 22-7-2006 | Anna-Paulowna (NED)       |
| 2000 vrije slag  | 24:01.31   | Butter Martijn | 79 | 24-6-2001 | Breukelen (NED)           |
| 2500 vrije slag  | 31:32.79   | Butter Martijn | 79 | 23-6-2001 | Scheerwolde (NED)         |
| 3000 vrije slag  | 38:17.20   | Butter Martijn | 79 | 1-7-2001  | Sluis (NED)               |
| 4000 vrije slag  | 57:43.84   | Butter Martijn | 79 | 15-7-2023 | Amstelveen (NED)          |
| 5000 vrije slag  | 1:02:33.86 | Glorie Daan    | 88 | 1-7-2007  | Bodegraven (NED)          |
| 6000 vrije slag  | 50:21.66   | Glorie Daan    | 88 | 8-7-2007  | Beusichem-Culemborg (NED) |
| 6500 vrije slag  | 1:59:53.25 | de Jonge Marco | 66 | 28-8-2016 | Oosterhout (NED)          |
| 10000 vrije slag | 2:17:26.45 | Glorie Daan    | 88 | 25-8-2007 | Tilburg (NED)             |
| 22000 vrije slag | 5:10:46.39 | Glorie Daan    | 88 | 12-8-2006 | Stavoren-Medemblik (NED)  |
| 500 rugslag      | 7:14.51    | Oudendijk Paul | 81 | 7-7-2007  | Oss (NED)                 |
| 500 schoolslag   | 7:27.71    | Oudendijk Paul | 81 | 8-7-2006  | Oss (NED)                 |
| 1000 schoolslag  | 14:53.32   | Oudendijk Paul | 81 | 30-8-2009 | Oosterhout (NED)          |
| 1250 schoolslag  | 21:32.10   | Tijms Stefan   | 93 | 28-7-2019 | Hoorn (NED)               |
| 1500 schoolslag  | 24:13.94   | Oudendijk Paul | 81 | 26-6-2010 | Scheerwolde (NED)         |
| 2000 schoolslag  | 23:08.19   | Oudendijk Paul | 81 | 8-7-2007  | Beusichem-Culemborg (NED) |
| 2500 schoolslag  | 38:11.73   | Oudendijk Paul | 81 | 28-6-2009 | Sluis (NED)               |
| 3000 schoolslag  | 46:04.10   | Oudendijk Paul | 81 | 4-9-2005  | Vlissingen (NED)          |
| 4000 schoolslag  | 1:05:16.66 | Oudendijk Paul | 81 | 15-6-2002 | Spaarnwoude (NED)         |
| 5000 schoolslag  | 1:21:37.09 | Oudendijk Paul | 81 | 7-7-2001  | Vriezenveen (NED)         |

**Dames**

**Open Water**

|                 |            |                      |    |           |                     |
|-----------------|------------|----------------------|----|-----------|---------------------|
| 250 vrije slag  | 5:19.71    | Stel Kaylin          | 01 | 6-9-2009  | Vlissingen (NED)    |
| 500 vrije slag  | 7:26.55    | Stel Serena          | 98 | 2-8-2009  | Hoorn (NED)         |
| 800 vrije slag  | 13:19.97   | de Ruijter Linda     | 87 | 23-7-2000 | Amsterdam (NED)     |
| 1000 vrije slag | 14:29.79   | Vink Lidewij         | 90 | 8-7-2006  | Oss (NED)           |
| 1250 vrije slag | 22:34.57   | Bos Marieke          | 06 | 21-7-2018 | Hoorn (NED)         |
| 1500 vrije slag | 21:58.33   | Vink Lidewij         | 90 | 22-7-2006 | Anna-Paulowna (NED) |
| 2000 vrije slag | 26:11.56   | Schelvis Femke       | 84 | 27-6-2004 | Breukelen (NED)     |
| 2500 vrije slag | 33:53.31   | Schelvis Femke       | 84 | 26-6-2004 | Scheerwolde (NED)   |
| 3000 vrije slag | 42:18.93   | Schelvis Femke       | 84 | 19-6-2004 | Vriezenveen (NED)   |
| 5000 vrije slag | 1:10:50.81 | Schelvis Femke       | 84 | 4-7-2004  | Sluis (NED)         |
| 500 rugslag     | 8:56.86    | van der Gracht Anouk | 89 | 7-7-2007  | Oss (NED)           |
| 250 schoolslag  | 6:20.75    | Butter Noor          | 16 | 6-7-2024  | Hoek (NED)          |
| 500 schoolslag  | 8:55.64    | Vink Marjolein       | 93 | 4-8-2007  | Hoorn (NED)         |
| 1000 schoolslag | 19:10.26   | van der Gracht Anouk | 89 | 29-7-2006 | Hoorn (NED)         |
| 2000 schoolslag | 36:26.77   | Niesten Iris         | 92 | 24-6-2007 | Breukelen (NED)     |
| 3000 schoolslag | 57:26.50   | van Rookhuizen Sieta | 79 | 5-9-1999  | Vlissingen (NED)    |
| 5000 schoolslag | 1:35:09.71 | van Rookhuizen Sieta | 79 | 7-7-2001  | Vriezenveen (NED)   |

Heren

Lange baan (50m)

|                                                                          |          |                |    |           |                  |
|--------------------------------------------------------------------------|----------|----------------|----|-----------|------------------|
| 50 vrije slag                                                            | 25.28    | Kleijne Barry  | 93 | 22-2-2015 | Alkmaar (NED)    |
| 100 vrije slag                                                           | 55.41    | Gaal Roel      | 01 | 13-5-2023 | Amsterdam (NED)  |
| 200 vrije slag                                                           | 2:03.49  | Butter Martijn | 79 | 19-5-2001 | Beverwijk (NED)  |
| 400 vrije slag                                                           | 4:25.98  | Butter Martijn | 79 | 19-5-2001 | Beverwijk (NED)  |
| 800 vrije slag                                                           | 9:23.85  | Butter Martijn | 79 | 22-4-2001 | Amersfoort (NED) |
| 1500 vrije slag                                                          | 17:59.54 | Butter Martijn | 79 | 22-4-2001 | Amersfoort (NED) |
| 2000 vrije slag                                                          | 24:15.87 | Butter Martijn | 79 | 28-4-2001 | Drachten (NED)   |
| 3000 vrije slag                                                          | 36:36.01 | Butter Martijn | 79 | 28-4-2001 | Drachten (NED)   |
| 50 rugslag                                                               | 29.02    | Kleijne Barry  | 93 | 8-4-2016  | Eindhoven (NED)  |
| 100 rugslag                                                              | 1:01.98  | Kleijne Barry  | 93 | 9-4-2016  | Eindhoven (NED)  |
| 200 rugslag                                                              | 2:17.29  | Kleijne Barry  | 93 | 7-4-2016  | Eindhoven (NED)  |
| 50 schoolslag                                                            | 31.06    | Offringa Rick  | 03 | 19-3-2023 | Alkmaar (NED)    |
| 100 schoolslag                                                           | 1:10.56  | Offringa Rick  | 03 | 11-6-2023 | Bückeburg (GER)  |
| 200 schoolslag                                                           | 2:36.96  | Offringa Rick  | 03 | 5-2-2023  | Alkmaar (NED)    |
| 50 vlinderslag                                                           | 26.94    | Jongert Jeroen | 96 | 9-4-2017  | Eindhoven (NED)  |
| 100 vlinderslag                                                          | 1:00.05  | Jongert Jeroen | 96 | 5-3-2017  | Alkmaar (NED)    |
| 200 vlinderslag                                                          | 2:26.94  | Jongert Jeroen | 96 | 27-5-2017 | Alkmaar (NED)    |
| 200 wisselslag                                                           | 2:21.24  | Offringa Rick  | 03 | 26-3-2023 | Alkmaar (NED)    |
| 400 wisselslag                                                           | 4:59.74  | Offringa Rick  | 03 | 26-3-2023 | Alkmaar (NED)    |
| 4 x 100 vrije slag                                                       | 4:10.72  | OEZA Heren     |    | 5-4-2003  | Amsterdam (NED)  |
| <i>Butter Martijn, Steenbergen Roderik, Stins Arnold, Oudendijk Paul</i> |          |                |    |           |                  |

Dames

Lange baan (50m)

|                 |          |                  |    |           |                         |
|-----------------|----------|------------------|----|-----------|-------------------------|
| 50 vrije slag   | 28.39    | Schelvis Femke   | 84 | 1-4-2004  | Amsterdam (NED)         |
| 100 vrije slag  | 1:01.61  | Schelvis Femke   | 84 | 25-4-2004 | Beverwijk (NED)         |
| 200 vrije slag  | 2:11.02  | Schelvis Femke   | 84 | 23-4-2005 | Amsterdam (NED)         |
| 300 vrije slag  | 3:58.86  | Hoekstra Eline   | 03 | 4-5-2024  | Eindhoven (NED)         |
| 400 vrije slag  | 5:19.42  | Hoekstra Eline   | 03 | 21-5-2023 | Amsterdam (NED)         |
| 800 vrije slag  | 10:53.65 | van 't Veer Iris | 03 | 19-2-2023 | Alkmaar (NED)           |
| 1500 vrije slag | 20:26.79 | van 't Veer Iris | 03 | 19-2-2023 | Alkmaar (NED)           |
| 2000 vrije slag | 28:13.56 | Hoekstra Eline   | 03 | 24-3-2024 | Alkmaar (NED)           |
| 50 rugslag      | 32.26    | Broek Jade       | 97 | 13-4-2019 | Eindhoven (NED)         |
| 100 rugslag     | 1:08.53  | Broek Jade       | 97 | 16-6-2019 | Bückeburg (GER)         |
| 200 rugslag     | 2:38.72  | Broek Jade       | 97 | 26-1-2020 | Alkmaar (NED)           |
| 50 schoolslag   | 38.39    | Broek Jade       | 97 | 18-6-2017 | Bergbad Bückeburg (GER) |
| 100 schoolslag  | 1:23.64  | Broek Jade       | 97 | 18-6-2017 | Bergbad Bückeburg (GER) |
| 200 schoolslag  | 3:07.20  | Broek Jade       | 97 | 28-5-2017 | Alkmaar (NED)           |
| 50 vlinderslag  | 29.73    | Wentink Yara     | 04 | 17-3-2024 | Alkmaar (NED)           |
| 100 vlinderslag | 1:08.00  | Wentink Yara     | 04 | 16-6-2024 | Amersfoort (NED)        |
| 200 vlinderslag | 2:50.09  | Hoekstra Eline   | 03 | 26-5-2024 | Amsterdam (NED)         |
| 200 wisselslag  | 2:44.09  | Groen Anne       | 95 | 5-3-2017  | Alkmaar (NED)           |
| 400 wisselslag  | 5:49.40  | Hoekstra Eline   | 03 | 10-5-2025 | Drachten (NED)          |

| <b>Heren</b>       |          |                                                                           | <b>Korte baan (25m)</b> |            |                  |
|--------------------|----------|---------------------------------------------------------------------------|-------------------------|------------|------------------|
| 25 vrije slag      | 11.60    | Meijer Arno                                                               | 75                      | 13-3-1997  | Heemskerk (NED)  |
|                    | 11.60    | Gaal Roel                                                                 | 01                      | 7-7-2022   | Heemskerk (NED)  |
| 50 vrije slag      | 24.16    | Offringa Rick                                                             | 03                      | 9-4-2023   | Haarlem (NED)    |
| 100 vrije slag     | 53.41    | Gaal Roel                                                                 | 01                      | 3-10-2021  | Den Helder (NED) |
| 200 vrije slag     | 1:57.80  | Offringa Rick                                                             | 03                      | 30-3-2023  | Heemskerk (NED)  |
| 300 vrije slag     | 3:14.75  | Offringa Rick                                                             | 03                      | 1-10-2023  | Den Helder (NED) |
| 400 vrije slag     | 4:16.68  | Butter Martijn                                                            | 79                      | 31-5-2001  | Heemskerk (NED)  |
| 800 vrije slag     | 8:55.09  | Butter Martijn                                                            | 79                      | 21-1-2001  | Heemskerk (NED)  |
| 1500 vrije slag    | 17:04.13 | Butter Martijn                                                            | 79                      | 11-2-2001  | Zaandam (NED)    |
| 2000 vrije slag    | 23:14.53 | Butter Martijn                                                            | 79                      | 11-2-2001  | Zaandam (NED)    |
| 25 rugslag         | 14.00    | Schaaper Hans                                                             | 68                      | 12-1-1989  | Heemskerk (NED)  |
| 50 rugslag         | 27.86    | Kleijne Barry                                                             | 93                      | 9-3-2014   | Zaandam (NED)    |
| 100 rugslag        | 58.63    | Kleijne Barry                                                             | 93                      | 9-3-2014   | Zaandam (NED)    |
| 200 rugslag        | 2:11.82  | Kleijne Barry                                                             | 93                      | 16-11-2014 | Zaandam (NED)    |
| 25 schoolslag      | 14.72    | Oudendijk Paul                                                            | 81                      | 22-2-2001  | Heemskerk (NED)  |
| 50 schoolslag      | 30.04    | Offringa Rick                                                             | 03                      | 9-4-2023   | Haarlem (NED)    |
| 100 schoolslag     | 1:06.68  | Offringa Rick                                                             | 03                      | 10-4-2023  | Haarlem (NED)    |
| 200 schoolslag     | 2:28.79  | Offringa Rick                                                             | 03                      | 29-1-2023  | Heemskerk (NED)  |
| 800 schoolslag     | 11:39.47 | Oudendijk Paul                                                            | 81                      | 20-9-2003  | Hulst (NED)      |
| 1500 schoolslag    | 22:09.46 | Oudendijk Paul                                                            | 81                      | 20-9-2003  | Hulst (NED)      |
| 25 vlinderslag     | 12.63    | Gaal Roel                                                                 | 01                      | 7-7-2022   | Heemskerk (NED)  |
| 50 vlinderslag     | 26.37    | Jongert Jeroen                                                            | 96                      | 12-2-2017  | Purmerend (NED)  |
| 100 vlinderslag    | 59.13    | Jongert Jeroen                                                            | 96                      | 4-6-2017   | Purmerend (NED)  |
| 200 vlinderslag    | 2:18.01  | Jongert Jeroen                                                            | 96                      | 12-3-2017  | Purmerend (NED)  |
| 1000 vlinderslag   | 14:33.83 | Offringa Rick                                                             | 03                      | 8-1-2023   | Haarlem (NED)    |
| 100 wisselslag     | 59.94    | Offringa Rick                                                             | 03                      | 9-4-2023   | Haarlem (NED)    |
| 200 wisselslag     | 2:11.40  | Offringa Rick                                                             | 03                      | 10-4-2023  | Haarlem (NED)    |
| 300 wisselslag     | 3:47.27  | van der Gracht Jory                                                       | 87                      | 8-11-2009  | Zaandam (NED)    |
| 400 wisselslag     | 5:07.16  | Butter Martijn                                                            | 79                      | 25-2-2001  | Heemskerk (NED)  |
| 4 x 100 vrije slag | 3:47.10  | OEZA Heren                                                                |                         | 9-3-2025   | Purmerend (NED)  |
|                    |          | <i>Camphuijnder Jasper, Jongert Jeroen, Jongert Sjoerd, Gaal Koen</i>     |                         |            |                  |
| 4 x 200 vrije slag | 8:25.58  | OEZA Heren                                                                |                         | 12-1-2025  | Heemskerk (NED)  |
|                    |          | <i>Gaal Koen, Camphuijnder Jasper, Jongert Sjoerd, Jongert Jeroen</i>     |                         |            |                  |
| 4 x 50 wisselslag  | 1:53.93  | OEZA Heren                                                                |                         | 28-6-2009  | Alkmaar (NED)    |
|                    |          | <i>Oudendijk Paul, Breton Wouter, van der Gracht Jory, van Beek Klaas</i> |                         |            |                  |
| 4 x 100 wisselslag | 4:06.92  | OEZA Heren                                                                |                         | 29-1-2023  | Heemskerk (NED)  |
|                    |          | <i>Gaal Koen, Offringa Rick, Jongert Jeroen, Gaal Roel</i>                |                         |            |                  |

**Dames**

**Korte baan (25m)**

|                    |          |                                                                           |    |            |                         |
|--------------------|----------|---------------------------------------------------------------------------|----|------------|-------------------------|
| 25 vrije slag      | 13.74    | Meijer Sylvia                                                             | 81 | 29-3-2001  | Heemskerk (NED)         |
| 50 vrije slag      | 27.37    | Wentink Yara                                                              | 04 | 29-6-2024  | Rotterdam (NED)         |
| 100 vrije slag     | 59.32    | Schelvis Femke                                                            | 84 | 9-1-2005   | Zuidoost Beemster (NED) |
| 200 vrije slag     | 2:08.52  | Schelvis Femke                                                            | 84 | 12-6-2004  | Zuidbroek (NED)         |
| 300 vrije slag     | 3:27.55  | Schelvis Femke                                                            | 84 | 17-12-2004 | Drachten (NED)          |
| 400 vrije slag     | 4:32.44  | Schelvis Femke                                                            | 84 | 14-11-2004 | Heemskerk (NED)         |
| 800 vrije slag     | 10:17.25 | Schelvis Femke                                                            | 84 | 14-11-2004 | Heemskerk (NED)         |
| 1500 vrije slag    | 19:37.50 | Schelvis Femke                                                            | 84 | 14-11-2004 | Heemskerk (NED)         |
| 2000 vrije slag    | 26:01.09 | Schelvis Femke                                                            | 84 | 7-3-2004   | Zaandam                 |
| 25 rugslag         | 16.86    | Stins Mariska                                                             | 84 | 19-4-2007  | Heemskerk (NED)         |
| 50 rugslag         | 31.17    | Broek Jade                                                                | 97 | 16-11-2019 | Hoofddorp (NED)         |
| 100 rugslag        | 1:06.99  | Broek Jade                                                                | 97 | 24-3-2019  | Purmerend (NED)         |
| 200 rugslag        | 2:30.24  | Broek Jade                                                                | 97 | 16-11-2019 | Hoofddorp (NED)         |
| 25 schoolslag      | 17.81    | Kramer Miranda                                                            | 80 | 17-2-2000  | Heemskerk (NED)         |
| 50 schoolslag      | 36.58    | Broek Jade                                                                | 97 | 11-11-2017 | Hoofddorp (NED)         |
| 100 schoolslag     | 1:19.62  | Broek Jade                                                                | 97 | 24-11-2019 | Hoofddorp (NED)         |
| 200 schoolslag     | 2:57.88  | Broek Jade                                                                | 97 | 12-2-2017  | Purmerend (NED)         |
| 25 vlinderslag     | 14.73    | de Haan Shira                                                             | 00 | 7-7-2022   | Heemskerk (NED)         |
| 50 vlinderslag     | 29.22    | Wentink Yara                                                              | 04 | 28-1-2024  | Heemskerk (NED)         |
| 100 vlinderslag    | 1:05.06  | Wentink Yara                                                              | 04 | 23-11-2024 | Den Haag (NED)          |
| 200 vlinderslag    | 2:34.17  | Wentink Yara                                                              | 04 | 10-3-2024  | Purmerend (NED)         |
| 1000 vlinderslag   | 15:22.84 | Wentink Yara                                                              | 04 | 16-2-2025  | Haarlem (NED)           |
| 100 wisselslag     | 1:09.81  | Broek Jade                                                                | 97 | 7-10-2018  | Purmerend (NED)         |
| 200 wisselslag     | 2:32.25  | Wentink Yara                                                              | 04 | 16-11-2024 | Hoofddorp (NED)         |
| 300 wisselslag     | 4:44.97  | Heus Pauline                                                              | 78 | 23-1-2000  | Heemskerk (NED)         |
| 400 wisselslag     | 5:34.73  | Hoekstra Eline                                                            | 03 | 26-11-2023 | Hoofddorp (NED)         |
| 4 x 50 vrije slag  | 1:54.27  | OEZA Dames                                                                |    | 10-3-2024  | Purmerend (NED)         |
|                    |          | <i>Hoekstra Eline, Broek Jade, Groen Anne, Wentink Yara</i>               |    |            |                         |
| 4 x 200 vrije slag | 9:49.92  | OEZA Dames                                                                |    | 6-10-2024  | Den Helder (NED)        |
|                    |          | <i>Hoekstra Eline, Haasbroek Renske, de Haan Shira, Wentink Yara</i>      |    |            |                         |
| 4 x 100 rugslag    | 5:13.73  | OEZA Dames                                                                |    | 1-11-2009  | Purmerend (NED)         |
|                    |          | <i>van der Gracht Anouk, Hoek Daniëlle, Crok Annemarie, Kleijne Daisy</i> |    |            |                         |
| 4 x 50 wisselslag  | 2:13.94  | OEZA Dames                                                                |    | 23-11-2024 | Den Haag (NED)          |
|                    |          | <i>Hoekstra Eline, Groen Anne, Wentink Yara, Haasbroek Renske</i>         |    |            |                         |
| 4 x 100 wisselslag | 4:49.71  | OEZA Dames                                                                |    | 9-3-2025   | Purmerend (NED)         |
|                    |          | <i>Broek Jade, van 't Veer Iris, Wentink Yara, Hoekstra Eline</i>         |    |            |                         |

Heren

Open Water

|                 |            |                     |    |           |                           |
|-----------------|------------|---------------------|----|-----------|---------------------------|
| 500 vrije slag  | 7:09.24    | van Beek Klaas      | 88 | 3-7-2010  | Appeltern (NED)           |
| 1000 vrije slag | 12:59.92   | Oudendijk Paul      | 81 | 25-6-2005 | Scheerwolde (NED)         |
| 1500 vrije slag | 21:21.66   | van der Gracht Jory | 87 | 24-7-2010 | Anna-Paulowna (NED)       |
| 2000 vrije slag | 24:01.31   | Butter Martijn      | 79 | 24-6-2001 | Breukelen (NED)           |
| 2500 vrije slag | 31:32.79   | Butter Martijn      | 79 | 23-6-2001 | Scheerwolde (NED)         |
| 3000 vrije slag | 38:17.20   | Butter Martijn      | 79 | 1-7-2001  | Sluis (NED)               |
| 5000 vrije slag | 1:03:55.94 | Butter Martijn      | 79 | 7-7-2001  | Vriezenveen (NED)         |
| 6000 vrije slag | 1:31:30.75 | van Beek Klaas      | 88 | 11-7-2010 | Beusichem-Culemborg (NED) |
| 500 schoolslag  | 7:29.50    | Oudendijk Paul      | 81 | 20-7-2002 | Wijk en Aalburg (NED)     |
| 1000 schoolslag | 15:57.97   | Oudendijk Paul      | 81 | 30-7-2005 | Hoorn (NED)               |
| 2000 schoolslag | 28:34.29   | Oudendijk Paul      | 81 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 2500 schoolslag | 39:51.80   | Oudendijk Paul      | 81 | 26-6-2004 | Scheerwolde (NED)         |
| 3000 schoolslag | 46:04.10   | Oudendijk Paul      | 81 | 4-9-2005  | Vlissingen (NED)          |
| 4000 schoolslag | 1:05:16.66 | Oudendijk Paul      | 81 | 15-6-2002 | Spaarnwoude (NED)         |
| 5000 schoolslag | 1:21:37.09 | Oudendijk Paul      | 81 | 7-7-2001  | Vriezenveen (NED)         |

**Dames**

**Open Water**

|                 |            |                      |    |           |                     |
|-----------------|------------|----------------------|----|-----------|---------------------|
| 1000 vrije slag | 14:53.23   | Crok Annemarie       | 89 | 25-7-2010 | Langedijk (NED)     |
| 1500 vrije slag | 23:28.37   | van der Gracht Anouk | 89 | 24-7-2010 | Anna-Paulowna (NED) |
| 2000 vrije slag | 26:11.56   | Schelvis Femke       | 84 | 27-6-2004 | Breukelen (NED)     |
| 2500 vrije slag | 33:53.31   | Schelvis Femke       | 84 | 26-6-2004 | Scheerwolde (NED)   |
| 3000 vrije slag | 42:18.93   | Schelvis Femke       | 84 | 19-6-2004 | Vriezenveen (NED)   |
| 5000 vrije slag | 1:10:50.81 | Schelvis Femke       | 84 | 4-7-2004  | Sluis (NED)         |
| 1000 schoolslag | 23:11.82   | de Haan Shira        | 00 | 15-7-2023 | Amstelveen (NED)    |
| 2000 schoolslag | 37:11.40   | van Rookhuizen Sieta | 79 | 25-6-2000 | Breukelen (NED)     |
| 3000 schoolslag | 57:26.50   | van Rookhuizen Sieta | 79 | 5-9-1999  | Vlissingen (NED)    |
| 5000 schoolslag | 1:35:09.71 | van Rookhuizen Sieta | 79 | 7-7-2001  | Vriezenveen (NED)   |

**Heren**

**Lange baan (50m)**

|                  |            |                     |    |           |                 |
|------------------|------------|---------------------|----|-----------|-----------------|
| 50 vrije slag    | 26.42      | Jongert Jeroen      | 96 | 2-6-2024  | Amsterdam (NED) |
| 100 vrije slag   | 57.64      | Jongert Jeroen      | 96 | 14-5-2022 | Amsterdam (NED) |
| 200 vrije slag   | 2:11.22    | Butter Martijn      | 79 | 21-4-2007 | Eindhoven (NED) |
| 300 vrije slag   | 3:29.48    | Butter Martijn      | 79 | 24-5-2008 | Beverwijk (NED) |
| 400 vrije slag   | 4:41.68    | Butter Martijn      | 79 | 24-5-2008 | Beverwijk (NED) |
| 800 vrije slag   | 9:56.21    | Butter Martijn      | 79 | 19-1-2008 | Eindhoven (NED) |
| 1500 vrije slag  | 19:35.93   | Butter Martijn      | 79 | 22-4-2007 | Eindhoven (NED) |
| 2000 vrije slag  | 32:43.72   | Oudendijk Paul      | 81 | 28-4-2009 | Zwaag (NED)     |
| 3000 vrije slag  | 49:33.40   | Oudendijk Paul      | 81 | 28-4-2009 | Zwaag (NED)     |
| 5000 vrije slag  | 1:23:27.47 | Oudendijk Paul      | 81 | 28-4-2009 | Zwaag (NED)     |
| 10000 vrije slag | 2:50:22.37 | Oudendijk Paul      | 81 | 28-4-2009 | Zwaag (NED)     |
| 50 rugslag       | 29.88      | Oudendijk Paul      | 81 | 14-5-2006 | Beverwijk (NED) |
| 100 rugslag      | 1:05.10    | Oudendijk Paul      | 81 | 12-5-2007 | Beverwijk (NED) |
| 200 rugslag      | 2:19.02    | Oudendijk Paul      | 81 | 20-5-2007 | Beverwijk (NED) |
| 50 schoolslag    | 32.83      | Oudendijk Paul      | 81 | 24-5-2009 | Beverwijk (NED) |
| 100 schoolslag   | 1:12.06    | Oudendijk Paul      | 81 | 24-5-2008 | Beverwijk (NED) |
| 200 schoolslag   | 2:38.11    | Oudendijk Paul      | 81 | 17-5-2008 | Beverwijk (NED) |
| 50 vlinderslag   | 27.47      | Jongert Jeroen      | 96 | 15-1-2023 | Alkmaar (NED)   |
| 100 vlinderslag  | 1:02.43    | Jongert Jeroen      | 96 | 4-5-2024  | Eindhoven (NED) |
| 200 vlinderslag  | 2:33.00    | van der Gracht Jory | 87 | 4-5-2013  | Eindhoven (NED) |
| 200 wisselslag   | 2:26.29    | Oudendijk Paul      | 81 | 22-4-2007 | Eindhoven (NED) |
| 400 wisselslag   | 5:16.04    | Oudendijk Paul      | 81 | 6-8-2006  | Palo Alto (USA) |

**Dames**

**Lange baan (50m)**

|                    |         |                                                              |    |           |                 |
|--------------------|---------|--------------------------------------------------------------|----|-----------|-----------------|
| 50 vrije slag      | 29.67   | Broek Jade                                                   | 97 | 14-5-2022 | Amsterdam (NED) |
| 100 vrije slag     | 1:04.98 | Broek Jade                                                   | 97 | 15-5-2022 | Amsterdam (NED) |
| 200 vrije slag     | 2:37.19 | Koopman Inge                                                 | 93 | 20-2-2022 | Eindhoven (NED) |
| 300 vrije slag     | 4:13.48 | Koopman Inge                                                 | 93 | 8-4-2022  | Antwerpen (BEL) |
| 400 vrije slag     | 5:40.03 | Koopman Inge                                                 | 93 | 8-4-2022  | Antwerpen (BEL) |
| 50 rugslag         | 32.52   | Broek Jade                                                   | 97 | 15-5-2022 | Amsterdam (NED) |
| 100 rugslag        | 1:11.51 | Broek Jade                                                   | 97 | 11-6-2023 | Bückeburg (GER) |
| 200 rugslag        | 2:40.52 | Broek Jade                                                   | 97 | 4-5-2024  | Eindhoven (NED) |
| 50 schoolslag      | 38.64   | Broek Jade                                                   | 97 | 9-4-2022  | Antwerpen (BEL) |
| 100 schoolslag     | 1:27.90 | Broek Jade                                                   | 97 | 8-6-2024  | Bückeburg (GER) |
| 200 schoolslag     | 3:12.52 | Broek Jade                                                   | 97 | 5-5-2024  | Eindhoven (NED) |
| 50 vlinderslag     | 31.84   | Broek Jade                                                   | 97 | 19-3-2023 | Alkmaar (NED)   |
| 100 vlinderslag    | 1:13.38 | Broek Jade                                                   | 97 | 14-5-2022 | Amsterdam (NED) |
| 200 vlinderslag    | 3:09.31 | Spijker Kristel                                              | 84 | 8-5-2010  | Eindhoven (NED) |
| 200 wisselslag     | 2:47.56 | Broek Jade                                                   | 97 | 10-6-2023 | Bückeburg (GER) |
| 4 x 100 wisselslag | 5:03.26 | OEZA Dames                                                   |    | 5-5-2024  | Eindhoven (NED) |
|                    |         | <i>Broek Jade, de Haan Shira, Hoekstra Eline, Groen Anne</i> |    |           |                 |

| <b>Heren</b>       |          |                                                                           |    | <b>Korte baan (25m)</b> |                  |
|--------------------|----------|---------------------------------------------------------------------------|----|-------------------------|------------------|
| 25 vrije slag      | 11.70    | Camphuijnder Wilko                                                        | 69 | 12-2-1998               | Heemskerk (NED)  |
| 50 vrije slag      | 25.29    | Jongert Jeroen                                                            | 96 | 22-5-2022               | Hoofddorp (NED)  |
| 100 vrije slag     | 55.60    | Camphuijnder Wilko                                                        | 69 | 14-12-1997              | Heemskerk (NED)  |
| 200 vrije slag     | 2:03.89  | Butter Martijn                                                            | 79 | 3-10-2004               | Heemskerk (NED)  |
| 300 vrije slag     | 3:20.49  | Butter Martijn                                                            | 79 | 8-4-2007                | Haarlem (NED)    |
| 400 vrije slag     | 4:26.13  | Butter Martijn                                                            | 79 | 15-6-2006               | Heemskerk (NED)  |
| 800 vrije slag     | 9:19.36  | Butter Martijn                                                            | 79 | 1-4-2006                | Zaandam (NED)    |
| 1500 vrije slag    | 17:45.63 | Butter Martijn                                                            | 79 | 1-4-2006                | Zaandam (NED)    |
| 2000 vrije slag    | 24:08.54 | Butter Martijn                                                            | 79 | 24-2-2008               | Zaandam (NED)    |
| 25 rugslag         | 14.60    | Oudendijk Paul                                                            | 81 | 29-5-2008               | Heemskerk (NED)  |
| 50 rugslag         | 28.95    | Jongert Jeroen                                                            | 96 | 13-3-2022               | Den Helder (NED) |
| 100 rugslag        | 1:01.77  | Jongert Jeroen                                                            | 96 | 23-4-2023               | Den Helder (NED) |
| 200 rugslag        | 2:13.19  | Oudendijk Paul                                                            | 81 | 22-1-2006               | Emmeloord (NED)  |
| 25 schoolslag      | 14.72    | Oudendijk Paul                                                            | 81 | 27-4-2006               | Heemskerk        |
| 50 schoolslag      | 32.21    | Oudendijk Paul                                                            | 81 | 23-1-2009               | Vlissingen (NED) |
| 100 schoolslag     | 1:09.95  | Oudendijk Paul                                                            | 81 | 17-4-2006               | Haarlem (NED)    |
| 200 schoolslag     | 2:32.55  | Oudendijk Paul                                                            | 81 | 18-1-2009               | Haarlem (NED)    |
| 25 vlinderslag     | 12.44    | Jongert Jeroen                                                            | 96 | 7-7-2022                | Heemskerk (NED)  |
| 50 vlinderslag     | 26.97    | Jongert Jeroen                                                            | 96 | 13-3-2022               | Den Helder (NED) |
| 100 vlinderslag    | 1:00.23  | Jongert Jeroen                                                            | 96 | 13-1-2024               | Hoofddorp (NED)  |
| 200 vlinderslag    | 2:20.60  | Jongert Jeroen                                                            | 96 | 10-3-2024               | Purmerend (NED)  |
| 1000 vlinderslag   | 15:22.75 | Jongert Jeroen                                                            | 96 | 7-1-2024                | Haarlem (NED)    |
| 100 wisselslag     | 1:04.36  | Oudendijk Paul                                                            | 81 | 25-2-2006               | Hoorn (NED)      |
| 200 wisselslag     | 2:18.77  | Oudendijk Paul                                                            | 81 | 22-1-2006               | Emmeloord (NED)  |
| 300 wisselslag     | 3:44.15  | Oudendijk Paul                                                            | 81 | 9-12-2007               | Zaandam (NED)    |
| 400 wisselslag     | 5:00.89  | Jongert Jeroen                                                            | 96 | 12-1-2025               | Heemskerk (NED)  |
| 4 x 200 vrije slag | 8:30.58  | OEZA Heren                                                                |    | 1-10-2023               | Den Helder (NED) |
|                    |          | <i>Jongert Jeroen, Butter Martijn, Gaal Koen, Offringa Rick</i>           |    |                         |                  |
| 4 x 50 wisselslag  | 1:56.21  | OEZA Heren                                                                |    | 10-3-2024               | Purmerend (NED)  |
|                    |          | <i>Gaal Koen, Haack Stefan, Jongert Jeroen, Jongert Sjoerd</i>            |    |                         |                  |
| 4 x 100 wisselslag | 4:16.81  | OEZA Heren                                                                |    | 20-1-2013               | Heemskerk (NED)  |
|                    |          | <i>Kleijne Barry, Oudendijk Paul, van der Gracht Jory, Butter Martijn</i> |    |                         |                  |

**Dames**

**Korte baan (25m)**

|                    |         |                                                                          |    |            |                  |
|--------------------|---------|--------------------------------------------------------------------------|----|------------|------------------|
| 25 vrije slag      | 14.64   | Broek Jade                                                               | 97 | 7-7-2022   | Heemskerk (NED)  |
| 50 vrije slag      | 29.17   | Broek Jade                                                               | 97 | 24-4-2022  | Den Helder (NED) |
| 100 vrije slag     | 1:02.99 | Broek Jade                                                               | 97 | 20-11-2022 | Den Helder (NED) |
| 200 vrije slag     | 2:21.37 | Groen Anne                                                               | 95 | 30-3-2023  | Heemskerk (NED)  |
| 300 vrije slag     | 4:23.79 | Heus Pauline                                                             | 78 | 29-4-2004  | Heemskerk (NED)  |
| 400 vrije slag     | 5:11.60 | van der Gracht Anouk                                                     | 89 | 21-4-2014  | Haarlem (NED)    |
| 25 rugslag         | 15.49   | Broek Jade                                                               | 97 | 7-7-2022   | Heemskerk (NED)  |
| 50 rugslag         | 31.20   | Broek Jade                                                               | 97 | 24-6-2023  | Rotterdam (NED)  |
| 100 rugslag        | 1:07.79 | Broek Jade                                                               | 97 | 6-11-2022  | Alkmaar (NED)    |
| 200 rugslag        | 2:31.21 | Broek Jade                                                               | 97 | 22-5-2022  | Hoofddorp (NED)  |
| 25 schoolslag      | 18.10   | Broek Jade                                                               | 97 | 7-7-2022   | Heemskerk (NED)  |
| 50 schoolslag      | 36.64   | ten Bokkel Henrieke                                                      | 94 | 13-1-2019  | Purmerend (NED)  |
| 100 schoolslag     | 1:22.47 | Broek Jade                                                               | 97 | 6-11-2022  | Alkmaar (NED)    |
| 200 schoolslag     | 2:58.61 | Broek Jade                                                               | 97 | 29-1-2023  | Heemskerk (NED)  |
| 25 vlinderslag     | 14.03   | Koopman Inge                                                             | 93 | 7-7-2022   | Heemskerk (NED)  |
| 50 vlinderslag     | 31.32   | Broek Jade                                                               | 97 | 16-11-2024 | Hoofddorp (NED)  |
| 100 vlinderslag    | 1:12.21 | Broek Jade                                                               | 97 | 22-1-2023  | Hoofddorp (NED)  |
| 200 vlinderslag    | 2:58.47 | Stins Mariska                                                            | 84 | 15-3-2009  | Haarlem (NED)    |
| 100 wisselslag     | 1:11.51 | Broek Jade                                                               | 97 | 25-5-2023  | Heemskerk (NED)  |
| 200 wisselslag     | 2:39.66 | Broek Jade                                                               | 97 | 12-11-2023 | Den Helder (NED) |
| 4 x 50 vrije slag  | 2:10.80 | OEZA Dames                                                               |    | 19-2-2011  | Heerenveen (NED) |
|                    |         | <i>Visser Kelly, de Ruijter Linda, Heus Pauline, van Staveren Marina</i> |    |            |                  |
| 4 x 100 vrije slag | 4:20.31 | OEZA Dames                                                               |    | 12-1-2025  | Heemskerk (NED)  |
|                    |         | <i>Hoekstra Eline, van 't Veer Iris, Groen Anne, Broek Jade</i>          |    |            |                  |
| 4 x 100 wisselslag | 5:25.20 | OEZA Dames                                                               |    | 18-3-2007  | Heemskerk (NED)  |
|                    |         | <i>ten Cate Joyce, Heus Pauline, Butter Anouk, Stins Mariska</i>         |    |            |                  |

Heren

Open Water

|                  |            |                     |    |           |                           |
|------------------|------------|---------------------|----|-----------|---------------------------|
| 1000 vrije slag  | 11:58.63   | Butter Martijn      | 79 | 11-6-2005 | Gorinchem (NED)           |
| 1250 vrije slag  | 18:00.10   | Tijms Stefan        | 93 | 28-7-2019 | Hoorn (NED)               |
| 1500 vrije slag  | 22:14.63   | van der Gracht Jory | 87 | 22-7-2012 | Amsterdam (NED)           |
| 2000 vrije slag  | 24:50.78   | Butter Martijn      | 79 | 26-6-2005 | Breukelen (NED)           |
| 2500 vrije slag  | 34:25.35   | Butter Martijn      | 79 | 26-6-2004 | Scheerwolde (NED)         |
| 3000 vrije slag  | 38:23.24   | Butter Martijn      | 79 | 2-7-2005  | Sluis (NED)               |
| 4000 vrije slag  | 1:01:07.01 | van der Gracht Jory | 87 | 4-8-2013  | Amstelveen (NED)          |
| 5000 vrije slag  | 1:05:33.19 | Butter Martijn      | 79 | 1-7-2007  | Bodegraven (NED)          |
| 6000 vrije slag  | 1:10:05.48 | Butter Martijn      | 79 | 10-7-2005 | Beusichem-Culemborg (NED) |
| 10000 vrije slag | 2:19:17.31 | Glorie Daan         | 88 | 18-6-2016 | Vriezenveen (NED)         |
| 22000 vrije slag | 5:55:19.21 | Glorie Daan         | 88 | 13-8-2016 | Stavoren-Medemblik (NED)  |
| 500 rugslag      | 7:14.51    | Oudendijk Paul      | 81 | 7-7-2007  | Oss (NED)                 |
| 500 schoolslag   | 7:27.71    | Oudendijk Paul      | 81 | 8-7-2006  | Oss (NED)                 |
| 1000 schoolslag  | 14:53.32   | Oudendijk Paul      | 81 | 30-8-2009 | Oosterhout (NED)          |
| 1250 schoolslag  | 21:32.10   | Tijms Stefan        | 93 | 28-7-2019 | Hoorn (NED)               |
| 1500 schoolslag  | 24:13.94   | Oudendijk Paul      | 81 | 26-6-2010 | Scheerwolde (NED)         |
| 2000 schoolslag  | 23:08.19   | Oudendijk Paul      | 81 | 8-7-2007  | Beusichem-Culemborg (NED) |
| 2500 schoolslag  | 38:11.73   | Oudendijk Paul      | 81 | 28-6-2009 | Sluis (NED)               |
| 3000 schoolslag  | 46:09.15   | Oudendijk Paul      | 81 | 22-7-2006 | Anna-Paulowna (NED)       |

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Dames

Open Water

|                 |          |                      |    |           |                  |
|-----------------|----------|----------------------|----|-----------|------------------|
| 1000 vrije slag | 15:43.17 | van der Gracht Anouk | 89 | 19-7-2014 | Amstelveen (NED) |
| 1000 schoolslag | 19:12.90 | Oudendijk Bianca     | 79 | 4-9-2005  | Vlissingen (NED) |

| Heren              |         |                                                                                     |    |           | Lange baan (50m)          |
|--------------------|---------|-------------------------------------------------------------------------------------|----|-----------|---------------------------|
| 50 vrije slag      | 27.28   | Oudendijk Paul                                                                      | 81 | 11-5-2013 | Beverwijk (NED)           |
| 100 vrije slag     | 59.22   | Butter Martijn                                                                      | 79 | 18-4-2009 | Kampen (NED)              |
| 200 vrije slag     | 2:10.85 | Butter Martijn                                                                      | 79 | 24-5-2009 | Beverwijk (NED)           |
| 300 vrije slag     | 3:28.34 | Butter Martijn                                                                      | 79 | 9-5-2009  | Eindhoven (NED)           |
| 400 vrije slag     | 4:39.23 | Butter Martijn                                                                      | 79 | 9-5-2009  | Eindhoven (NED)           |
| 800 vrije slag     | 9:43.32 | Butter Martijn                                                                      | 79 | 9-5-2009  | Eindhoven (NED)           |
| 50 rugslag         | 31.50   | Oudendijk Paul                                                                      | 81 | 13-5-2012 | Beverwijk (NED)           |
| 100 rugslag        | 1:07.78 | Oudendijk Paul                                                                      | 81 | 3-5-2013  | Eindhoven (NED)           |
| 200 rugslag        | 2:25.62 | Oudendijk Paul                                                                      | 81 | 4-5-2013  | Eindhoven (NED)           |
| 50 schoolslag      | 34.57   | Butter Martijn                                                                      | 79 | 18-4-2009 | Kampen (NED)              |
| 100 schoolslag     | 1:16.68 | Oudendijk Paul                                                                      | 81 | 19-5-2012 | Beverwijk (NED)           |
| 200 schoolslag     | 2:48.36 | Oudendijk Paul                                                                      | 81 | 14-5-2011 | Beverwijk (NED)           |
| 50 vlinderslag     | 29.75   | van der Gracht Jory                                                                 | 87 | 21-5-2017 | Alkmaar (NED)             |
| 100 vlinderslag    | 1:08.39 | van der Gracht Jory                                                                 | 87 | 20-5-2017 | Alkmaar (NED)             |
| 200 vlinderslag    | 2:52.29 | Butter Martijn                                                                      | 79 | 18-3-2012 | Amersfoort (NED)          |
| 200 wisselslag     | 2:29.36 | Oudendijk Paul                                                                      | 81 | 3-5-2013  | Eindhoven (NED)           |
| 400 wisselslag     | 5:34.23 | Butter Martijn                                                                      | 79 | 16-4-2011 | Kampen (NED)              |
| 4 x 50 vrije slag  | 2:07.17 | OEZA Heren<br><i>Oudendijk Paul, Oudendijk Hans, Tijms Eric, Butter Martijn</i>     |    |           | 21-4-2007 Eindhoven (NED) |
| 4 x 100 wisselslag | 5:15.51 | OEZA Heren<br><i>Stins Arnold, Essers Tim, Butter Martijn, van Rookhuizen Barry</i> |    |           | 6-4-2014 Amersfoort (NED) |

**Dames**

**Lange baan (50m)**

|                 |          |                     |    |           |                  |
|-----------------|----------|---------------------|----|-----------|------------------|
| 50 vrije slag   | 31.02    | van Staveren Marina | 78 | 18-3-2012 | Amersfoort (NED) |
| 100 vrije slag  | 1:07.70  | van Staveren Marina | 78 | 14-4-2012 | Kampen (NED)     |
| 200 vrije slag  | 2:45.64  | van Staveren Marina | 78 | 18-3-2012 | Amersfoort (NED) |
| 400 vrije slag  | 5:44.09  | van Staveren Marina | 78 | 18-3-2012 | Amersfoort (NED) |
| 800 vrije slag  | 13:10.26 | Jongema Helena      | 80 | 3-6-2011  | Apeldoorn (NED)  |
| 1500 vrije slag | 24:45.29 | Jongema Helena      | 80 | 3-6-2011  | Apeldoorn (NED)  |
| 50 rugslag      | 37.55    | van Staveren Marina | 78 | 16-4-2011 | Kampen (NED)     |
| 100 rugslag     | 1:26.27  | van Staveren Marina | 78 | 13-3-2011 | Amersfoort (NED) |
| 50 schoolslag   | 43.26    | van Staveren Marina | 78 | 14-4-2012 | Kampen (NED)     |
| 100 schoolslag  | 1:37.86  | Heus Pauline        | 78 | 18-3-2012 | Amersfoort (NED) |
| 200 schoolslag  | 3:29.66  | Heus Pauline        | 78 | 14-4-2012 | Kampen (NED)     |
| 50 vlinderslag  | 36.47    | Stins Mariska       | 84 | 22-3-2015 | Amersfoort (NED) |
| 100 vlinderslag | 1:21.95  | van Staveren Marina | 78 | 14-4-2012 | Kampen (NED)     |
| 200 vlinderslag | 3:21.32  | Stins Mariska       | 84 | 6-4-2014  | Amersfoort (NED) |
| 200 wisselslag  | 2:59.65  | van Staveren Marina | 78 | 13-3-2011 | Amersfoort (NED) |

Heren

Korte baan (25m)

|                   |          |                                                                    |    |            |                   |
|-------------------|----------|--------------------------------------------------------------------|----|------------|-------------------|
| 25 vrije slag     | 12.00    | Meijer Arno                                                        | 75 | 22-5-2005  | Grootebroek (NED) |
| 50 vrije slag     | 26.34    | Meijer Arno                                                        | 75 | 22-5-2005  | Grootebroek (NED) |
| 100 vrije slag    | 57.91    | Butter Martijn                                                     | 79 | 24-9-2009  | Heemskerk (NED)   |
| 200 vrije slag    | 2:06.13  | Butter Martijn                                                     | 79 | 10-5-2009  | Purmerend (NED)   |
| 300 vrije slag    | 3:20.17  | Butter Martijn                                                     | 79 | 12-4-2009  | Haarlem (NED)     |
| 400 vrije slag    | 4:28.12  | Butter Martijn                                                     | 79 | 12-4-2009  | Haarlem (NED)     |
| 800 vrije slag    | 9:37.70  | Butter Martijn                                                     | 79 | 1-3-2009   | Zaandam (NED)     |
| 1500 vrije slag   | 18:13.73 | Butter Martijn                                                     | 79 | 1-3-2009   | Zaandam (NED)     |
| 2000 vrije slag   | 24:16.80 | Butter Martijn                                                     | 79 | 1-3-2009   | Zaandam (NED)     |
| 25 rugslag        | 14.98    | Camphuijnder Wilko                                                 | 69 | 22-2-2001  | Heemskerk (NED)   |
| 50 rugslag        | 30.68    | Oudendijk Paul                                                     | 81 | 23-1-2011  | Heerenveen (NED)  |
| 100 rugslag       | 1:04.73  | Oudendijk Paul                                                     | 81 | 11-3-2012  | Zaandam (NED)     |
| 200 rugslag       | 2:20.18  | Oudendijk Paul                                                     | 81 | 10-11-2013 | Zaandam (NED)     |
| 25 schoolslag     | 15.20    | Butter Martijn                                                     | 79 | 21-11-2010 | Almere-Stad (NED) |
| 50 schoolslag     | 33.28    | Oudendijk Paul                                                     | 81 | 30-9-2012  | Heemskerk (NED)   |
| 100 schoolslag    | 1:12.95  | Oudendijk Paul                                                     | 81 | 12-1-2014  | Purmerend (NED)   |
| 200 schoolslag    | 2:38.26  | Oudendijk Paul                                                     | 81 | 16-1-2011  | Zaandam (NED)     |
| 25 vlinderslag    | 13.04    | Meijer Arno                                                        | 75 | 18-3-2006  | Heerenveen (NED)  |
| 50 vlinderslag    | 28.75    | van der Gracht Jory                                                | 87 | 8-1-2017   | Purmerend (NED)   |
| 100 vlinderslag   | 1:03.06  | Camphuijnder Wilko                                                 | 69 | 22-4-1999  | Heemskerk (NED)   |
| 200 vlinderslag   | 2:31.35  | van der Gracht Jory                                                | 87 | 12-3-2017  | Purmerend (NED)   |
| 100 wisselslag    | 1:06.20  | Oudendijk Paul                                                     | 81 | 30-9-2012  | Heemskerk (NED)   |
| 200 wisselslag    | 2:22.98  | Oudendijk Paul                                                     | 81 | 7-4-2013   | Castricum (NED)   |
| 400 wisselslag    | 5:19.24  | Butter Martijn                                                     | 79 | 18-2-2012  | Heerenveen (NED)  |
| 4 x 50 vrije slag | 1:55.55  | OEZA Heren                                                         |    | 21-5-2006  | Grootebroek (NED) |
|                   |          | <i>Meijer Arno, Oudendijk Paul, Beentjes Bastiaan, Pover Peter</i> |    |            |                   |
| 4 x 50 wisselslag | 2:01.52  | OEZA Heren                                                         |    | 22-1-2006  | Emmeloord (NED)   |
|                   |          | <i>Pover Peter, Oudendijk Paul, Meijer Arno, Butter Martijn</i>    |    |            |                   |

**Dames**

**Korte baan (25m)**

|                   |         |                     |    |            |                   |
|-------------------|---------|---------------------|----|------------|-------------------|
| 25 vrije slag     | 14.04   | van Staveren Marina | 78 | 14-4-2011  | Heemskerk (NED)   |
| 50 vrije slag     | 29.77   | Groen Anne          | 95 | 9-3-2025   | Purmerend (NED)   |
| 100 vrije slag    | 1:04.83 | Groen Anne          | 95 | 27-2-2025  | Heemskerk (NED)   |
| 200 vrije slag    | 2:31.39 | van Staveren Marina | 78 | 20-11-2011 | Almere-Stad (NED) |
| 400 vrije slag    | 5:29.02 | van Staveren Marina | 78 | 22-5-2011  | Grootebroek (NED) |
| 25 rugslag        | 17.83   | Jongema Helena      | 80 | 20-11-2011 | Almere-Stad (NED) |
| 50 rugslag        | 35.95   | Jongema Helena      | 80 | 24-1-2010  | Vlaardingen (NED) |
| 100 rugslag       | 1:14.95 | Groen Anne          | 95 | 2-2-2025   | Den Helder (NED)  |
| 200 rugslag       | 2:38.01 | Groen Anne          | 95 | 2-2-2025   | Den Helder (NED)  |
| 25 schoolslag     | 19.54   | Heus Pauline        | 78 | 24-10-2009 | Emmeloord (NED)   |
| 50 schoolslag     | 41.04   | Groen Anne          | 95 | 12-1-2025  | Heemskerk (NED)   |
| 100 schoolslag    | 1:28.41 | Groen Anne          | 95 | 6-4-2025   | Purmerend (NED)   |
| 200 schoolslag    | 3:18.65 | Heus Pauline        | 78 | 13-1-2008  | Heemskerk (NED)   |
| 25 vlinderslag    | 15.06   | van Staveren Marina | 78 | 17-11-2011 | Heemskerk (NED)   |
| 50 vlinderslag    | 33.15   | van Staveren Marina | 78 | 22-3-2012  | Heemskerk (NED)   |
| 100 vlinderslag   | 1:17.69 | van Staveren Marina | 78 | 18-2-2012  | Heerenveen (NED)  |
| 200 vlinderslag   | 3:02.12 | Koopman Inge        | 93 | 18-2-2023  | Heerenveen (NED)  |
| 100 wisselslag    | 1:16.46 | Groen Anne          | 95 | 8-5-2025   | Heemskerk (NED)   |
| 200 wisselslag    | 2:44.08 | Groen Anne          | 95 | 9-3-2025   | Purmerend (NED)   |
| 400 wisselslag    | 6:19.70 | Stins Mariska       | 84 | 15-2-2014  | Heerenveen (NED)  |
| 4 x 50 vrije slag | 2:10.36 | OEZA Dames          |    | 21-11-2010 | Almere-Stad (NED) |

*van Staveren Marina, Heus Pauline, ten Cate Joyce, Stins Mariska*

Heren

Open Water

|                  |            |                     |    |           |                           |
|------------------|------------|---------------------|----|-----------|---------------------------|
| 1000 vrije slag  | 12:47.09   | Butter Martijn      | 79 | 18-7-2009 | Middelburg (NED)          |
| 1250 vrije slag  | 18:57.13   | van der Gracht Jory | 87 | 21-7-2018 | Hoorn (NED)               |
| 1500 vrije slag  | 22:14.96   | van der Gracht Jory | 87 | 16-7-2017 | Amsterdam (NED)           |
| 2000 vrije slag  | 37:01.29   | Leegwater Martijn   | 83 | 18-7-2015 | Amstelveen (NED)          |
| 2500 vrije slag  | 32:53.39   | Butter Martijn      | 79 | 4-7-2009  | Oss (NED)                 |
| 3000 vrije slag  | 38:58.87   | Butter Martijn      | 79 | 11-7-2009 | Wijk en Aalburg (NED)     |
| 5000 vrije slag  | 1:04:59.69 | Butter Martijn      | 79 | 5-7-2009  | Bodegraven (NED)          |
| 6000 vrije slag  | 1:07:17.50 | Butter Martijn      | 79 | 12-7-2009 | Beusichem-Culemborg (NED) |
| 10000 vrije slag | 2:24:59.78 | Butter Martijn      | 79 | 13-6-2009 | Vriezenveen (NED)         |
| 22000 vrije slag | 5:49:07.32 | Butter Martijn      | 79 | 8-8-2009  | Stavoren-Medemblik (NED)  |
| 1000 schoolslag  | 15:50.48   | Oudendijk Paul      | 81 | 21-7-2013 | Amsterdam (NED)           |
| 1250 schoolslag  | 23:25.00   | van der Gracht Jory | 87 | 28-7-2019 | Hoorn (NED)               |
| 2000 schoolslag  | 32:44.46   | Oudendijk Paul      | 81 | 16-6-2013 | Spaarnwoude (NED)         |
| 3000 schoolslag  | 46:23.36   | Oudendijk Paul      | 81 | 7-8-2011  | Amsterdam (NED)           |

Dames

Open Water

|                 |          |                     |    |           |                   |
|-----------------|----------|---------------------|----|-----------|-------------------|
| 1000 vrije slag | 16:05.77 | van Staveren Marina | 78 | 19-6-2011 | Spaarnwoude (NED) |
| 1500 vrije slag | 25:21.32 | van Staveren Marina | 78 | 22-7-2012 | Amsterdam (NED)   |
| 1000 schoolslag | 20:13.93 | Heus Pauline        | 78 | 8-9-2012  | Beilen (NED)      |

| Heren                                                                   |          |                 |    |           | Lange baan (50m) |
|-------------------------------------------------------------------------|----------|-----------------|----|-----------|------------------|
| 50 vrije slag                                                           | 26.65    | Butter Martijn  | 79 | 17-4-2016 | Alkmaar (NED)    |
| 100 vrije slag                                                          | 1:03.14  | Butter Martijn  | 79 | 28-5-2016 | Alkmaar (NED)    |
| 200 vrije slag                                                          | 2:12.22  | Butter Martijn  | 79 | 28-5-2016 | Alkmaar (NED)    |
| 300 vrije slag                                                          | 3:25.33  | Butter Martijn  | 79 | 17-4-2016 | Alkmaar (NED)    |
| 400 vrije slag                                                          | 4:36.94  | Butter Martijn  | 79 | 17-4-2016 | Alkmaar (NED)    |
| 800 vrije slag                                                          | 12:33.39 | de Weert Sander | 72 | 8-5-2011  | Eindhoven (NED)  |
| 1500 vrije slag                                                         | 24:20.30 | de Weert Sander | 72 | 3-6-2011  | Apeldoorn (NED)  |
| 50 rugslag                                                              | 32.62    | Butter Martijn  | 79 | 6-4-2014  | Amersfoort (NED) |
| 100 rugslag                                                             | 1:17.32  | Butter Martijn  | 79 | 6-4-2014  | Amersfoort (NED) |
| 200 rugslag                                                             | 2:38.60  | Butter Martijn  | 79 | 6-4-2014  | Amersfoort (NED) |
| 50 schoolslag                                                           | 40.65    | de Weert Sander | 72 | 4-6-2011  | Apeldoorn (NED)  |
| 100 schoolslag                                                          | 1:35.18  | de Weert Sander | 72 | 4-6-2011  | Apeldoorn (NED)  |
| 200 schoolslag                                                          | 3:30.88  | de Weert Sander | 72 | 6-5-2011  | Eindhoven (NED)  |
| 50 vlinderslag                                                          | 31.54    | Butter Martijn  | 79 | 22-3-2015 | Amersfoort (NED) |
| 100 vlinderslag                                                         | 1:32.51  | de Weert Sander | 72 | 16-4-2011 | Kampen (NED)     |
| 200 wisselslag                                                          | 3:13.30  | de Weert Sander | 72 | 7-5-2011  | Eindhoven (NED)  |
| 4 x 50 wisselslag                                                       | 2:19.91  | OEZA Heren      |    | 20-1-2008 | Eindhoven (NED)  |
| <i>Oudendijk Paul, van der Gracht Adrie, Butter Martijn, Tijms Eric</i> |          |                 |    |           |                  |

**Dames**

**Lange baan (50m)**

|                |          |                     |    |           |                  |
|----------------|----------|---------------------|----|-----------|------------------|
| 50 vrije slag  | 32.20    | van Staveren Marina | 78 | 6-9-2013  | Eindhoven (NED)  |
| 100 vrije slag | 1:10.67  | van Staveren Marina | 78 | 5-9-2013  | Eindhoven (NED)  |
| 200 vrije slag | 4:53.19  | Geluk Mabelle       | 73 | 4-6-2011  | Apeldoorn (NED)  |
| 400 vrije slag | 9:54.06  | Geluk Mabelle       | 73 | 4-6-2011  | Apeldoorn (NED)  |
| 800 vrije slag | 20:25.45 | Geluk Mabelle       | 73 | 4-6-2011  | Apeldoorn (NED)  |
| 50 rugslag     | 38.91    | van Staveren Marina | 78 | 24-3-2013 | Amersfoort (NED) |
| 100 rugslag    | 1:28.78  | van Staveren Marina | 78 | 24-3-2013 | Amersfoort (NED) |
| 200 rugslag    | 3:04.40  | van Staveren Marina | 78 | 24-3-2013 | Amersfoort (NED) |
| 50 schoolslag  | 47.00    | Heus Pauline        | 78 | 6-9-2013  | Eindhoven (NED)  |
| 100 schoolslag | 1:39.38  | Heus Pauline        | 78 | 6-9-2013  | Eindhoven (NED)  |
| 200 schoolslag | 3:31.36  | Heus Pauline        | 78 | 6-9-2013  | Eindhoven (NED)  |
| 50 vlinderslag | 33.87    | van Staveren Marina | 78 | 24-3-2013 | Amersfoort (NED) |

**Heren**

**Korte baan (25m)**

|                   |          |                     |    |            |                   |
|-------------------|----------|---------------------|----|------------|-------------------|
| 25 vrije slag     | 12.60    | Butter Martijn      | 79 | 20-12-2014 | Lelystad (NED)    |
| 50 vrije slag     | 26.23    | Butter Martijn      | 79 | 6-3-2016   | Purmerend (NED)   |
| 100 vrije slag    | 57.03    | Butter Martijn      | 79 | 17-1-2016  | Purmerend (NED)   |
| 200 vrije slag    | 2:04.88  | Butter Martijn      | 79 | 17-3-2016  | Heemskerk (NED)   |
| 300 vrije slag    | 3:27.04  | Butter Martijn      | 79 | 4-10-2015  | Purmerend (NED)   |
| 400 vrije slag    | 4:36.57  | Butter Martijn      | 79 | 27-5-2018  | Grootebroek (NED) |
| 800 vrije slag    | 12:13.81 | de Weert Sander     | 72 | 21-1-2011  | Heerenveen (NED)  |
| 1500 vrije slag   | 23:37.48 | de Weert Sander     | 72 | 19-12-2010 | Zaandam (NED)     |
| 25 rugslag        | 15.73    | Butter Martijn      | 79 | 30-11-2014 | Almere-Stad (NED) |
| 50 rugslag        | 29.86    | Breton Wouter       | 89 | 8-5-2025   | Heemskerk (NED)   |
| 100 rugslag       | 1:03.57  | Breton Wouter       | 89 | 6-4-2025   | Purmerend (NED)   |
| 200 rugslag       | 2:24.51  | Breton Wouter       | 89 | 2-2-2025   | Den Helder (NED)  |
| 25 schoolslag     | 15.77    | Butter Martijn      | 79 | 30-11-2014 | Almere-Stad (NED) |
| 50 schoolslag     | 31.25    | Haack Stefan        | 82 | 13-1-2019  | Purmerend (NED)   |
| 100 schoolslag    | 1:09.09  | Breton Wouter       | 89 | 6-4-2025   | Purmerend (NED)   |
| 200 schoolslag    | 2:40.72  | Breton Wouter       | 89 | 9-3-2025   | Purmerend (NED)   |
| 25 vlinderslag    | 13.69    | van der Gracht Jory | 87 | 7-7-2022   | Heemskerk (NED)   |
| 50 vlinderslag    | 29.25    | Breton Wouter       | 89 | 2-2-2025   | Den Helder (NED)  |
| 100 vlinderslag   | 1:06.55  | van der Gracht Jory | 87 | 17-4-2022  | Haarlem (NED)     |
| 200 vlinderslag   | 2:40.98  | van der Gracht Jory | 87 | 10-3-2024  | Purmerend (NED)   |
| 100 wisselslag    | 1:04.80  | Breton Wouter       | 89 | 8-5-2025   | Heemskerk (NED)   |
| 200 wisselslag    | 2:22.22  | Breton Wouter       | 89 | 9-3-2025   | Purmerend (NED)   |
| 400 wisselslag    | 5:28.62  | Butter Martijn      | 79 | 15-2-2014  | Heerenveen (NED)  |
| 4 x 50 vrije slag | 2:11.50  | OEZA Heren          |    | 21-11-2010 | Almere-Stad (NED) |

*Wassenaar Marcel, van der Gracht Adrie, Zonneveld Jeroen, Butter Martijn*

**Dames**

**Korte baan (25m)**

|                 |         |                     |    |            |                   |
|-----------------|---------|---------------------|----|------------|-------------------|
| 50 vrije slag   | 30.40   | van Staveren Marina | 78 | 31-10-2013 | Heemskerk (NED)   |
| 100 vrije slag  | 1:08.06 | van Staveren Marina | 78 | 12-1-2013  | Zwolle (NED)      |
| 200 vrije slag  | 2:31.15 | van Staveren Marina | 78 | 17-11-2013 | Almere-Stad (NED) |
| 400 vrije slag  | 5:33.78 | van Staveren Marina | 78 | 26-5-2013  | Grootebroek (NED) |
| 50 rugslag      | 39.07   | van Staveren Marina | 78 | 21-3-2013  | Heemskerk (NED)   |
| 100 rugslag     | 1:22.38 | van Staveren Marina | 78 | 26-5-2013  | Grootebroek (NED) |
| 200 rugslag     | 3:24.03 | ten Cate Joyce      | 80 | 17-1-2016  | Purmerend (NED)   |
| 25 schoolslag   | 26.65   | Geluk Mabelle       | 73 | 20-11-2011 | Almere-Stad (NED) |
| 50 schoolslag   | 43.07   | van Staveren Marina | 78 | 12-1-2013  | Zwolle (NED)      |
| 100 schoolslag  | 1:33.28 | van Staveren Marina | 78 | 31-10-2013 | Heemskerk (NED)   |
| 200 schoolslag  | 3:23.93 | Heus Pauline        | 78 | 5-10-2013  | Zwolle (NED)      |
| 25 vlinderslag  | 15.23   | van Staveren Marina | 78 | 16-2-2013  | Heerenveen (NED)  |
| 50 vlinderslag  | 33.33   | van Staveren Marina | 78 | 12-12-2013 | Heemskerk (NED)   |
| 100 vlinderslag | 1:20.77 | van Staveren Marina | 78 | 12-1-2014  | Alkmaar (NED)     |
| 100 wisselslag  | 1:20.37 | van Staveren Marina | 78 | 21-2-2015  | Heerenveen (NED)  |
| 200 wisselslag  | 3:11.95 | Heus Pauline        | 78 | 12-1-2014  | Alkmaar (NED)     |

Heren

Open Water

|                 |            |                 |    |           |                  |
|-----------------|------------|-----------------|----|-----------|------------------|
| 1000 vrije slag | 13:54.32   | Butter Martijn  | 79 | 1-7-2018  | Sluis (NED)      |
| 1500 vrije slag | 21:46.11   | Butter Martijn  | 79 | 15-7-2018 | Amsterdam (NED)  |
| 2000 vrije slag | 49:11.14   | van Dam Erik    | 79 | 18-7-2015 | Amstelveen (NED) |
| 5000 vrije slag | 1:24:17.57 | de Weert Sander | 72 | 3-7-2011  | Bodegraven (NED) |
| 1000 schoolslag | 19:09.03   | de Weert Sander | 72 | 26-6-2011 | Sluis (NED)      |

Dames

Open Water

|                 |          |                     |    |           |                  |
|-----------------|----------|---------------------|----|-----------|------------------|
| 1000 vrije slag | 15:45.07 | van Staveren Marina | 78 | 4-8-2013  | Amstelveen (NED) |
| 1500 vrije slag | 26:10.58 | Heus Pauline        | 78 | 21-7-2013 | Amsterdam (NED)  |
| 2000 vrije slag | 35:03.55 | Heus Pauline        | 78 | 4-8-2013  | Amstelveen (NED) |
| 3000 vrije slag | 50:50.35 | Heus Pauline        | 78 | 7-9-2013  | Eindhoven (NED)  |
| 1000 schoolslag | 19:15.32 | Heus Pauline        | 78 | 21-7-2013 | Amsterdam (NED)  |

| <b>Heren</b>      |          |                                                                               |    |           | <b>Lange baan (50m)</b> |
|-------------------|----------|-------------------------------------------------------------------------------|----|-----------|-------------------------|
| 50 vrije slag     | 30.29    | de Weert Sander                                                               | 72 | 13-6-2012 | Riccione (ITA)          |
| 100 vrije slag    | 1:09.52  | Butter Martijn                                                                | 79 | 6-5-2023  | Amersfoort (NED)        |
| 200 vrije slag    | 2:25.37  | Butter Martijn                                                                | 79 | 6-5-2023  | Amersfoort (NED)        |
| 300 vrije slag    | 3:42.54  | Butter Martijn                                                                | 79 | 6-5-2023  | Amersfoort (NED)        |
| 400 vrije slag    | 5:00.10  | Butter Martijn                                                                | 79 | 6-5-2023  | Amersfoort (NED)        |
| 800 vrije slag    | 10:06.66 | Butter Martijn                                                                | 79 | 6-5-2023  | Amersfoort (NED)        |
| 50 rugslag        | 42.61    | de Weert Sander                                                               | 72 | 23-9-2012 | Alkmaar (NED)           |
| 100 rugslag       | 1:36.86  | de Weert Sander                                                               | 72 | 14-4-2012 | Kampen (NED)            |
| 200 rugslag       | 3:21.73  | de Weert Sander                                                               | 72 | 14-4-2012 | Kampen (NED)            |
| 50 schoolslag     | 39.26    | de Weert Sander                                                               | 72 | 14-4-2012 | Kampen (NED)            |
| 100 schoolslag    | 1:29.20  | Wassenaar Marcel                                                              | 69 | 4-6-2011  | Beverwijk (NED)         |
| 200 schoolslag    | 3:35.84  | Tijms Eric                                                                    | 64 | 20-4-2007 | Eindhoven (NED)         |
| 50 vlinderslag    | 44.55    | de Weert Sander                                                               | 72 | 6-5-2012  | Eindhoven (NED)         |
| 100 vlinderslag   | 1:32.92  | Wassenaar Marcel                                                              | 69 | 5-6-2011  | Beverwijk (NED)         |
| 400 wisselslag    | 7:07.97  | de Weert Sander                                                               | 72 | 6-5-2012  | Eindhoven (NED)         |
| 4 x 50 vrije slag | 2:13.27  | OEZA Heren                                                                    |    | 14-6-2012 | Riccione (ITA)          |
|                   |          | <i>de Weert Sander, Tijms Eric, van der Gracht Adrie, van der Gracht Jory</i> |    |           |                         |
| 4 x 50 wisselslag | 2:27.74  | OEZA Heren                                                                    |    | 14-6-2012 | Riccione (ITA)          |
|                   |          | <i>Tijms Eric, van der Gracht Adrie, van der Gracht Jory, de Weert Sander</i> |    |           |                         |

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Dames

Lange baan (50m)

|                |       |              |    |           |                 |
|----------------|-------|--------------|----|-----------|-----------------|
| 50 vlinderslag | 35.99 | Butter Anouk | 82 | 7-12-2024 | Beverwijk (NED) |
|----------------|-------|--------------|----|-----------|-----------------|

Heren

Korte baan (25m)

|                   |          |                                                                         |    |            |                   |
|-------------------|----------|-------------------------------------------------------------------------|----|------------|-------------------|
| 25 vrije slag     | 12.43    | Haack Stefan                                                            | 82 | 23-6-2024  | Krommenie (NED)   |
| 50 vrije slag     | 27.23    | Butter Martijn                                                          | 79 | 24-3-2019  | Purmerend (NED)   |
| 100 vrije slag    | 59.11    | Butter Martijn                                                          | 79 | 10-2-2019  | Purmerend (NED)   |
| 200 vrije slag    | 2:10.12  | Butter Martijn                                                          | 79 | 6-10-2019  | Purmerend (NED)   |
| 300 vrije slag    | 3:24.91  | Butter Martijn                                                          | 79 | 1-10-2023  | Den Helder (NED)  |
| 400 vrije slag    | 4:33.53  | Butter Martijn                                                          | 79 | 21-4-2019  | Haarlem (NED)     |
| 800 vrije slag    | 9:31.39  | Butter Martijn                                                          | 79 | 3-12-2023  | Alkmaar (NED)     |
| 1500 vrije slag   | 17:59.04 | Butter Martijn                                                          | 79 | 3-12-2023  | Alkmaar (NED)     |
| 25 rugslag        | 16.18    | Butter Martijn                                                          | 79 | 7-7-2022   | Heemskerk (NED)   |
| 50 rugslag        | 33.39    | Butter Martijn                                                          | 79 | 24-3-2019  | Purmerend (NED)   |
| 100 rugslag       | 1:09.31  | Butter Martijn                                                          | 79 | 24-3-2019  | Purmerend (NED)   |
| 200 rugslag       | 2:32.04  | Butter Martijn                                                          | 79 | 10-2-2019  | Purmerend (NED)   |
| 25 schoolslag     | 14.41    | Haack Stefan                                                            | 82 | 7-7-2022   | Heemskerk (NED)   |
| 50 schoolslag     | 32.89    | Haack Stefan                                                            | 82 | 20-11-2022 | Den Helder (NED)  |
| 100 schoolslag    | 1:18.42  | Butter Martijn                                                          | 79 | 21-11-2021 | Den Helder (NED)  |
| 200 schoolslag    | 3:29.33  | de Weert Sander                                                         | 72 | 7-1-2012   | Zwolle (NED)      |
| 25 vlinderslag    | 14.96    | Butter Martijn                                                          | 79 | 7-7-2022   | Heemskerk (NED)   |
| 50 vlinderslag    | 31.10    | Butter Martijn                                                          | 79 | 21-11-2021 | Den Helder (NED)  |
| 100 vlinderslag   | 1:10.51  | Butter Martijn                                                          | 79 | 20-11-2022 | Den Helder (NED)  |
| 200 vlinderslag   | 3:21.43  | Wassenaar Marcel                                                        | 69 | 18-2-2010  | Heemskerk (NED)   |
| 100 wisselslag    | 1:11.20  | Butter Martijn                                                          | 79 | 1-10-2023  | Den Helder (NED)  |
| 200 wisselslag    | 2:30.12  | Butter Martijn                                                          | 79 | 3-11-2019  | Purmerend (NED)   |
| 400 wisselslag    | 6:12.59  | Wassenaar Marcel                                                        | 69 | 19-2-2011  | Heerenveen (NED)  |
| 4 x 50 vrije slag | 2:13.76  | OEZA Heren                                                              |    | 30-11-2014 | Almere-Stad (NED) |
|                   |          | <i>Tijms Eric, van der Gracht Adrie, Oortwijn Bouke, Butter Martijn</i> |    |            |                   |
| 4 x 50 wisselslag | 2:31.57  | OEZA Heren                                                              |    | 22-10-2011 | Emmeloord (NED)   |
|                   |          | <i>Zonneveld Jeroen, Tijms Eric, de Weert Sander, Wassenaar Marcel</i>  |    |            |                   |

Dames

Korte baan (25m)

|                |         |                             |    |            |                   |
|----------------|---------|-----------------------------|----|------------|-------------------|
| 25 vrije slag  | 16.42   | ten Cate Joyce              | 80 | 7-7-2022   | Heemskerk (NED)   |
| 50 vrije slag  | 29.61   | van Rijn-Hofwegen Wilma     | 71 | 1-12-2013  | Vlaardingen (NED) |
| 100 vrije slag | 1:15.50 | Smid Diane                  | 65 | 31-5-2007  | Heemskerk (NED)   |
| 400 vrije slag | 6:10.90 | Smid Diane                  | 65 | 13-5-2007  | Grootebroek (NED) |
| 25 rugslag     | 20.30   | ten Cate Joyce              | 80 | 7-7-2022   | Heemskerk (NED)   |
| 50 rugslag     | 40.53   | Gijzen-van der Kroft Nicole | 84 | 24-10-2024 | Heemskerk (NED)   |
| 100 rugslag    | 1:25.48 | Smid Diane                  | 65 | 13-5-2007  | Grootebroek (NED) |
| 25 schoolslag  | 22.72   | ten Cate Joyce              | 80 | 7-7-2022   | Heemskerk (NED)   |
| 50 schoolslag  | 43.93   | Smid Diane                  | 65 | 29-3-2007  | Heemskerk (NED)   |
| 100 schoolslag | 1:37.19 | Gijzen-van der Kroft Nicole | 84 | 26-9-2024  | Heemskerk (NED)   |
| 25 vlinderslag | 14.72   | van Rijn-Hofwegen Wilma     | 71 | 1-12-2013  | Vlaardingen (NED) |
| 50 vlinderslag | 34.81   | Butter Anouk                | 82 | 24-10-2024 | Heemskerk (NED)   |
| 100 wisselslag | 1:25.33 | Butter Anouk                | 82 | 8-5-2025   | Heemskerk (NED)   |

Heren

Open Water

|                 |            |                  |    |           |                           |
|-----------------|------------|------------------|----|-----------|---------------------------|
| 250 vrije slag  | 13:13.47   | Butter Martijn   | 79 | 25-6-2022 | Anna-Paulowna (NED)       |
| 1000 vrije slag | 13:36.71   | Butter Martijn   | 79 | 2-9-2023  | Wilhelminadorp (NED)      |
| 1250 vrije slag | 17:51.97   | Butter Martijn   | 79 | 19-6-2022 | Hoorn (NED)               |
| 1500 vrije slag | 21:24.33   | Butter Martijn   | 79 | 16-7-2023 | Amsterdam (NED)           |
| 2000 vrije slag | 26:58.88   | Butter Martijn   | 79 | 2-9-2023  | Wilhelminadorp (NED)      |
| 2500 vrije slag | 45:38.00   | de Weert Sander  | 72 | 24-8-2013 | Oirschot (NED)            |
| 3000 vrije slag | 40:54.74   | Butter Martijn   | 79 | 3-9-2023  | Vlissingen (NED)          |
| 4000 vrije slag | 57:43.84   | Butter Martijn   | 79 | 15-7-2023 | Amstelveen (NED)          |
| 5000 vrije slag | 1:12:47.24 | Butter Martijn   | 79 | 9-7-2022  | Strijen (NED)             |
| 6000 vrije slag | 1:14:12.72 | Wassenaar Marcel | 69 | 8-7-2012  | Beusichem-Culemborg (NED) |
| 500 schoolslag  | 10:17.92   | de Weert Sander  | 72 | 30-6-2012 | Scheerwolde (NED)         |
| 1000 schoolslag | 19:30.10   | Oudendijk Hans   | 54 | 9-8-1995  | Eersel (NED)              |
| 1500 schoolslag | 31:45.94   | de Weert Sander  | 72 | 30-6-2012 | Scheerwolde (NED)         |
| 2000 schoolslag | 42:02.53   | de Weert Sander  | 72 | 4-8-2012  | Hoorn (NED)               |
| 2500 schoolslag | 58:09.10   | de Weert Sander  | 72 | 15-7-2012 | Stadskanaal (NED)         |
| 3000 schoolslag | 59:32.95   | de Weert Sander  | 72 | 28-7-2012 | Anna-Paulowna (NED)       |

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Dames

Open Water

|                 |          |              |    |           |                  |
|-----------------|----------|--------------|----|-----------|------------------|
| 500 vrije slag  | 16:39.30 | Butter Anouk | 82 | 21-7-2024 | Amsterdam (NED)  |
| 1000 vrije slag | 16:39.99 | Smid Diane   | 65 | 26-8-2007 | Oosterhout (NED) |
| 1500 vrije slag | 27:52.84 | Butter Anouk | 82 | 21-7-2024 | Amsterdam (NED)  |

Heren

Lange baan (50m)

|                   |          |                |    |           |                  |
|-------------------|----------|----------------|----|-----------|------------------|
| 50 vrije slag     | 30.41    | Butter Martijn | 79 | 27-6-2024 | Belgrado (SRB)   |
| 100 vrije slag    | 1:00.59  | Butter Martijn | 79 | 7-4-2024  | Alkmaar (NED)    |
| 200 vrije slag    | 2:17.01  | Butter Martijn | 79 | 27-6-2024 | Belgrado (SRB)   |
| 300 vrije slag    | 3:30.27  | Butter Martijn | 79 | 7-4-2024  | Alkmaar (NED)    |
| 400 vrije slag    | 4:41.53  | Butter Martijn | 79 | 7-4-2024  | Alkmaar (NED)    |
| 800 vrije slag    | 9:38.86  | Butter Martijn | 79 | 15-6-2024 | Kortrijk (BEL)   |
| 1500 vrije slag   | 18:20.71 | Butter Martijn | 79 | 15-6-2024 | Kortrijk (BEL)   |
| 50 rugslag        | 35.82    | Blaauw Eric    | 67 | 14-4-2012 | Kampen (NED)     |
| 100 rugslag       | 1:13.98  | Butter Martijn | 79 | 9-5-2025  | Drachten (NED)   |
| 200 rugslag       | 2:56.80  | Blaauw Eric    | 67 | 5-9-2013  | Eindhoven (NED)  |
| 50 schoolslag     | 41.02    | Tijms Eric     | 64 | 5-5-2012  | Eindhoven (NED)  |
| 100 schoolslag    | 1:36.01  | Tijms Eric     | 64 | 17-9-2009 | Cadiz (ESP)      |
| 200 schoolslag    | 3:39.66  | Vink Gé        | 60 | 19-4-2008 | Kampen (NED)     |
| 50 vlinderslag    | 36.86    | Blaauw Eric    | 67 | 24-3-2013 | Amersfoort (NED) |
| 4 x 50 wisselslag | 2:35.74  | OEZA Heren     |    | 6-9-2013  | Eindhoven (NED)  |

*Blaauw Eric, van der Gracht Adrie, de Weert Sander, Crok Dirk*

Dames

Lange baan (50m)

Heren

Korte baan (25m)

|                   |          |                                                                    |    |            |                           |
|-------------------|----------|--------------------------------------------------------------------|----|------------|---------------------------|
| 25 vrije slag     | 14.07    | Blaauw Eric                                                        | 67 | 26-4-2012  | Heemskerk (NED)           |
| 50 vrije slag     | 28.84    | Butter Martijn                                                     | 79 | 28-1-2024  | Heemskerk (NED)           |
| 100 vrije slag    | 1:00.66  | Butter Martijn                                                     | 79 | 28-1-2024  | Heemskerk (NED)           |
| 200 vrije slag    | 2:07.31  | Butter Martijn                                                     | 79 | 28-1-2024  | Heemskerk (NED)           |
| 300 vrije slag    | 3:21.19  | Butter Martijn                                                     | 79 | 8-12-2024  | Papendrecht (NED)         |
| 400 vrije slag    | 4:29.43  | Butter Martijn                                                     | 79 | 8-12-2024  | Papendrecht (NED)         |
| 800 vrije slag    | 9:19.01  | Butter Martijn                                                     | 79 | 23-11-2024 | Den Haag (NED)            |
| 1500 vrije slag   | 17:47.37 | Butter Martijn                                                     | 79 | 30-3-2025  | Alphen aan den Rijn (NED) |
| 25 rugslag        | 18.92    | Tijms Eric                                                         | 64 | 20-11-2011 | Almere-Stad (NED)         |
| 50 rugslag        | 33.87    | Butter Martijn                                                     | 79 | 28-1-2024  | Heemskerk (NED)           |
| 100 rugslag       | 1:09.46  | Butter Martijn                                                     | 79 | 28-1-2024  | Heemskerk (NED)           |
| 200 rugslag       | 2:28.66  | Butter Martijn                                                     | 79 | 2-2-2025   | Den Helder (NED)          |
| 25 schoolslag     | 17.90    | Tijms Eric                                                         | 64 | 20-11-2011 | Almere-Stad (NED)         |
| 50 schoolslag     | 39.91    | Tijms Eric                                                         | 64 | 31-5-2009  | Purmerend (NED)           |
| 100 schoolslag    | 1:30.16  | Tijms Eric                                                         | 64 | 11-10-2012 | Heemskerk (NED)           |
| 200 schoolslag    | 3:24.03  | Vink Gé                                                            | 60 | 31-5-2007  | Heemskerk (NED)           |
| 25 vlinderslag    | 15.86    | Blaauw Eric                                                        | 67 | 12-1-2013  | Zwolle (NED)              |
| 50 vlinderslag    | 34.69    | Oortwijn Bouke                                                     | 78 | 30-3-2023  | Heemskerk (NED)           |
| 100 vlinderslag   | 1:32.91  | Vink Gé                                                            | 60 | 26-2-2009  | Heemskerk (NED)           |
| 100 wisselslag    | 1:19.49  | Blaauw Eric                                                        | 67 | 26-4-2012  | Heemskerk (NED)           |
| 4 x 50 vrije slag | 2:19.73  | OEZA Heren                                                         |    | 20-11-2011 | Almere-Stad (NED)         |
|                   |          | <i>Vink Gé, van der Gracht Adrie, de Weert Sander, Tijms Eric</i>  |    |            |                           |
| 4 x 50 wisselslag | 2:53.07  | OEZA Heren                                                         |    | 3-5-2008   | Winterswijk (NED)         |
|                   |          | <i>Crok Dirk, van der Gracht Adrie, Tijms Eric, Oudendijk Hans</i> |    |            |                           |

Dames

Korte baan (25m)

Heren

Open Water

|                  |            |                |    |           |                           |
|------------------|------------|----------------|----|-----------|---------------------------|
| 1000 vrije slag  | 13:35.56   | Butter Martijn | 79 | 16-6-2024 | Leiden (NED)              |
| 1500 vrije slag  | 20:06.76   | Butter Martijn | 79 | 21-7-2024 | Amsterdam (NED)           |
| 2000 vrije slag  | 27:55.05   | Butter Martijn | 79 | 7-7-2024  | Sluis (NED)               |
| 2500 vrije slag  | 32:56.63   | Butter Martijn | 79 | 6-7-2024  | Hoek (NED)                |
| 3000 vrije slag  | 42:05.80   | Tijms Eric     | 64 | 17-6-2012 | Riccione (ITA)            |
| 4000 vrije slag  | 1:18:32.74 | Tijms Eric     | 64 | 8-6-2012  | Leiden (NED)              |
| 5000 vrije slag  | 1:19:25.95 | de Jonge Marco | 66 | 7-9-2014  | Vlissingen (NED)          |
| 6000 vrije slag  | 1:01:09.04 | Butter Martijn | 79 | 14-7-2024 | Beusichem-Culemborg (NED) |
| 10000 vrije slag | 2:50:56.97 | de Jonge Marco | 66 | 14-6-2014 | Vriezenveen (NED)         |
| 1000 schoolslag  | 18:37.56   | Vink Gé        | 60 | 30-8-2009 | Oosterhout (NED)          |
| 2000 schoolslag  | 43:13.40   | Tijms Eric     | 64 | 6-7-2012  | Appeltern (NED)           |

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Dames

Open Water

|                 |          |                     |    |           |                  |
|-----------------|----------|---------------------|----|-----------|------------------|
| 1000 vrije slag | 17:55.88 | van Staveren Marina | 78 | 15-7-2023 | Amstelveen (NED) |
|-----------------|----------|---------------------|----|-----------|------------------|

| <b>Heren</b>      |          |                                                                               |    | <b>Lange baan (50m)</b> |                 |
|-------------------|----------|-------------------------------------------------------------------------------|----|-------------------------|-----------------|
| 50 vrije slag     | 33.03    | Crok Dirk                                                                     | 58 | 19-9-2009               | Cadiz (ESP)     |
| 100 vrije slag    | 1:18.88  | Tijms Eric                                                                    | 64 | 2-5-2014                | Den Haag (NED)  |
| 200 vrije slag    | 2:48.22  | Tijms Eric                                                                    | 64 | 2-5-2014                | Den Haag (NED)  |
| 300 vrije slag    | 4:30.31  | Tijms Eric                                                                    | 64 | 3-5-2014                | Den Haag (NED)  |
| 400 vrije slag    | 6:05.69  | Tijms Eric                                                                    | 64 | 3-5-2014                | Den Haag (NED)  |
| 800 vrije slag    | 12:35.14 | Tijms Eric                                                                    | 64 | 2-5-2014                | Den Haag (NED)  |
| 1500 vrije slag   | 24:10.66 | Tijms Eric                                                                    | 64 | 4-5-2014                | Den Haag (NED)  |
| 50 rugslag        | 43.05    | Tijms Eric                                                                    | 64 | 19-4-2015               | Alkmaar (NED)   |
| 50 schoolslag     | 42.07    | Tijms Eric                                                                    | 64 | 2-5-2014                | Den Haag (NED)  |
| 100 schoolslag    | 1:34.58  | Tijms Eric                                                                    | 64 | 4-5-2014                | Den Haag (NED)  |
| 200 schoolslag    | 3:35.07  | Tijms Eric                                                                    | 64 | 19-4-2015               | Alkmaar (NED)   |
| 50 vlinderslag    | 39.10    | Vink Gé                                                                       | 60 | 14-4-2012               | Kampen (NED)    |
| 4 x 50 vrije slag | 2:33.67  | OEZA Heren<br><i>Tijms Eric, Glorie Jan, van der Gracht Adrie, Crok Dirk</i>  |    | 5-5-2012                | Eindhoven (NED) |
| 4 x 50 wisselslag | 2:36.66  | OEZA Heren<br><i>Blaauw Eric, Crok Dirk, van der Gracht Adrie, Tijms Eric</i> |    | 6-5-2012                | Eindhoven (NED) |

Dames

Lange baan (50m)

**Heren**

**Korte baan (25m)**

|                   |          |                                                                 |    |            |                   |
|-------------------|----------|-----------------------------------------------------------------|----|------------|-------------------|
| 25 vrije slag     | 14.82    | Tijms Eric                                                      | 64 | 17-10-2015 | Emmeloord (NED)   |
| 50 vrije slag     | 31.52    | Blaauw Eric                                                     | 67 | 9-11-2017  | Heemskerk (NED)   |
| 100 vrije slag    | 1:13.38  | Tijms Eric                                                      | 64 | 22-1-2016  | Papendrecht (NED) |
| 200 vrije slag    | 2:42.71  | Tijms Eric                                                      | 64 | 21-2-2015  | Heerenveen (NED)  |
| 300 vrije slag    | 4:21.87  | Tijms Eric                                                      | 64 | 22-1-2016  | Papendrecht (NED) |
| 400 vrije slag    | 5:53.58  | Tijms Eric                                                      | 64 | 22-1-2016  | Papendrecht (NED) |
| 800 vrije slag    | 12:20.34 | Tijms Eric                                                      | 64 | 23-1-2015  | Heerenveen (NED)  |
| 1500 vrije slag   | 23:32.56 | Tijms Eric                                                      | 64 | 21-1-2016  | Papendrecht (NED) |
| 25 rugslag        | 19.72    | Tijms Eric                                                      | 64 | 30-11-2014 | Almere-Stad (NED) |
| 50 rugslag        | 35.59    | Blaauw Eric                                                     | 67 | 16-3-2017  | Heemskerk (NED)   |
| 100 rugslag       | 1:22.97  | Blaauw Eric                                                     | 67 | 7-11-2019  | Heemskerk (NED)   |
| 25 schoolslag     | 18.44    | Oudendijk Hans                                                  | 54 | 17-3-2007  | Lelystad (NED)    |
| 50 schoolslag     | 40.45    | Tijms Eric                                                      | 64 | 8-1-2015   | Heemskerk (NED)   |
| 100 schoolslag    | 1:30.91  | Tijms Eric                                                      | 64 | 23-1-2015  | Heerenveen (NED)  |
| 200 schoolslag    | 3:25.59  | Vink Gé                                                         | 60 | 7-1-2012   | Zwolle (NED)      |
| 25 vlinderslag    | 17.25    | Vink Gé                                                         | 60 | 17-11-2011 | Heemskerk (NED)   |
| 50 vlinderslag    | 38.56    | Blaauw Eric                                                     | 67 | 7-3-2019   | Heemskerk (NED)   |
| 100 wisselslag    | 1:21.87  | Blaauw Eric                                                     | 67 | 11-5-2017  | Heemskerk (NED)   |
| 200 wisselslag    | 4:59.11  | Glorie Jan                                                      | 57 | 20-11-2011 | Almere-Stad (NED) |
| 4 x 50 vrije slag | 2:26.54  | OEZA Heren                                                      |    | 25-1-2009  | Vlissingen (NED)  |
|                   |          | <i>Crok Dirk, Tijms Eric, Vink Gé, Oudendijk Hans</i>           |    |            |                   |
| 4 x 50 wisselslag | 2:53.37  | OEZA Heren                                                      |    | 24-1-2009  | Vlissingen (NED)  |
|                   |          | <i>Oudendijk Hans, van der Gracht Adrie, Vink Gé, Crok Dirk</i> |    |            |                   |

Dames

Korte baan (25m)

Heren

Open Water

|                 |            |                |    |           |                           |
|-----------------|------------|----------------|----|-----------|---------------------------|
| 1000 vrije slag | 15:51.70   | de Jonge Marco | 66 | 4-9-2016  | Vlissingen (NED)          |
| 1250 vrije slag | 22:18.56   | de Jonge Marco | 66 | 21-7-2018 | Hoorn (NED)               |
| 1500 vrije slag | 26:07.16   | Tijms Eric     | 64 | 19-7-2015 | Amsterdam (NED)           |
| 2000 vrije slag | 36:21.72   | de Jonge Marco | 66 | 21-8-2016 | Hoorn (NED)               |
| 2500 vrije slag | 44:29.24   | Tijms Eric     | 64 | 27-7-2014 | Medemblik (NED)           |
| 3000 vrije slag | 45:29.85   | de Jonge Marco | 66 | 3-9-2016  | Wilhelminadorp (NED)      |
| 4000 vrije slag | 1:11:51.90 | Tijms Eric     | 64 | 18-7-2015 | Amstelveen (NED)          |
| 5000 vrije slag | 1:36:35.57 | Crok Dirk      | 58 | 26-8-2012 | Oosterhout (NED)          |
| 6000 vrije slag | 1:17:08.68 | Tijms Eric     | 64 | 10-7-2016 | Beusichem-Culemborg (NED) |
| 6500 vrije slag | 1:59:53.25 | de Jonge Marco | 66 | 28-8-2016 | Oosterhout (NED)          |
| 1000 schoolslag | 18:53.31   | Oudendijk Hans | 54 | 22-6-2008 | Breukelen (NED)           |
| 1250 schoolslag | 26:28.15   | Tijms Eric     | 64 | 10-9-2017 | Hoorn (NED)               |
| 1500 schoolslag | 31:47.56   | Vink Gé        | 60 | 30-6-2012 | Scheerwolde (NED)         |
| 2000 schoolslag | 41:09.84   | Vink Gé        | 60 | 13-8-2011 | Heerjansdam (NED)         |
| 3000 schoolslag | 1:03:49.44 | Vink Gé        | 60 | 28-7-2012 | Anna-Paulowna (NED)       |

Dames

Open Water

Heren

Lange baan (50m)

|                 |          |                      |    |           |                 |
|-----------------|----------|----------------------|----|-----------|-----------------|
| 50 vrije slag   | 34.84    | Crok Dirk            | 58 | 6-9-2013  | Eindhoven (NED) |
| 100 vrije slag  | 1:23.37  | Crok Dirk            | 58 | 2-5-2014  | Den Haag (NED)  |
| 200 vrije slag  | 3:02.26  | Crok Dirk            | 58 | 2-5-2014  | Den Haag (NED)  |
| 300 vrije slag  | 4:49.55  | Crok Dirk            | 58 | 3-5-2014  | Den Haag (NED)  |
| 400 vrije slag  | 6:30.53  | Crok Dirk            | 58 | 3-5-2014  | Den Haag (NED)  |
| 800 vrije slag  | 13:20.08 | Crok Dirk            | 58 | 2-5-2014  | Den Haag (NED)  |
| 1500 vrije slag | 25:24.21 | Crok Dirk            | 58 | 4-5-2014  | Den Haag (NED)  |
| 50 rugslag      | 53.97    | van der Gracht Adrie | 57 | 6-7-2014  | Eindhoven (NED) |
| 50 schoolslag   | 44.52    | Crok Dirk            | 58 | 2-5-2014  | Den Haag (NED)  |
| 100 schoolslag  | 1:43.18  | Crok Dirk            | 58 | 4-5-2014  | Den Haag (NED)  |
| 200 schoolslag  | 3:38.00  | Vink Gé              | 60 | 19-4-2015 | Alkmaar (NED)   |
| 50 vlinderslag  | 47.35    | van der Gracht Adrie | 57 | 3-5-2014  | Den Haag (NED)  |

Dames

Lange baan (50m)

**Heren**

**Korte baan (25m)**

|                   |          |                                                                   |    |            |                   |
|-------------------|----------|-------------------------------------------------------------------|----|------------|-------------------|
| 25 vrije slag     | 16.08    | Tijms Eric                                                        | 64 | 7-7-2022   | Heemskerk (NED)   |
| 50 vrije slag     | 32.52    | Tijms Eric                                                        | 64 | 19-9-2019  | Heemskerk (NED)   |
| 100 vrije slag    | 1:15.41  | Tijms Eric                                                        | 64 | 24-1-2019  | Heemskerk (NED)   |
| 200 vrije slag    | 2:54.93  | Crok Dirk                                                         | 58 | 21-3-2013  | Heemskerk (NED)   |
| 300 vrije slag    | 4:45.36  | Crok Dirk                                                         | 58 | 22-1-2016  | Papendrecht (NED) |
| 400 vrije slag    | 6:17.28  | Crok Dirk                                                         | 58 | 17-2-2013  | Aberdeen (GBR)    |
| 800 vrije slag    | 12:58.61 | Crok Dirk                                                         | 58 | 10-2-2013  | Zaandam (NED)     |
| 1500 vrije slag   | 24:39.30 | Crok Dirk                                                         | 58 | 10-2-2013  | Zaandam (NED)     |
| 25 rugslag        | 20.98    | Tijms Eric                                                        | 64 | 7-7-2022   | Heemskerk (NED)   |
| 50 rugslag        | 43.41    | Tijms Eric                                                        | 64 | 7-3-2019   | Heemskerk (NED)   |
| 100 rugslag       | 1:38.34  | Tijms Eric                                                        | 64 | 7-11-2019  | Heemskerk (NED)   |
| 25 schoolslag     | 19.80    | van der Gracht Adrie                                              | 57 | 20-10-2012 | Emmeloord (NED)   |
| 50 schoolslag     | 42.00    | Tijms Eric                                                        | 64 | 7-10-2021  | Heemskerk (NED)   |
| 100 schoolslag    | 1:36.47  | Tijms Eric                                                        | 64 | 19-9-2019  | Heemskerk (NED)   |
| 200 schoolslag    | 3:32.08  | Oudendijk Hans                                                    | 54 | 11-9-2009  | Terneuzen (NED)   |
| 25 vlinderslag    | 18.89    | Oudendijk Hans                                                    | 54 | 4-11-2010  | Heemskerk (NED)   |
| 50 vlinderslag    | 40.38    | Tijms Eric                                                        | 64 | 7-11-2019  | Heemskerk (NED)   |
| 100 wisselslag    | 1:30.50  | Tijms Eric                                                        | 64 | 11-4-2019  | Heemskerk (NED)   |
| 4 x 50 vrije slag | 2:13.07  | OEZA Heren                                                        |    | 24-1-2015  | Heerenveen (NED)  |
|                   |          | <i>Tijms Eric, Blaauw Eric, Crok Dirk, Prins Hilbert</i>          |    |            |                   |
| 4 x 50 wisselslag | 2:56.76  | OEZA Heren                                                        |    | 23-1-2015  | Heerenveen (NED)  |
|                   |          | <i>van der Gracht Adrie, Crok Dirk, Tijms Eric, Prins Hilbert</i> |    |            |                   |

Dames

Korte baan (25m)

Heren

Open Water

|                 |            |                      |    |           |                           |
|-----------------|------------|----------------------|----|-----------|---------------------------|
| 1000 vrije slag | 16:40.59   | Crok Dirk            | 58 | 20-7-2013 | Anna-Paulowna (NED)       |
| 1250 vrije slag | 22:22.25   | Tijms Eric           | 64 | 28-7-2019 | Hoorn (NED)               |
| 1500 vrije slag | 27:32.41   | Crok Dirk            | 58 | 20-7-2014 | Amsterdam (NED)           |
| 2000 vrije slag | 38:31.55   | Crok Dirk            | 58 | 3-8-2013  | Hoorn (NED)               |
| 2500 vrije slag | 46:56.10   | Crok Dirk            | 58 | 27-7-2014 | Medemblik (NED)           |
| 3000 vrije slag | 50:46.90   | Crok Dirk            | 58 | 7-9-2013  | Eindhoven (NED)           |
| 5000 vrije slag | 1:33:49.64 | Crok Dirk            | 58 | 25-8-2013 | Oosterhout (NED)          |
| 6000 vrije slag | 1:25:24.83 | Crok Dirk            | 58 | 10-7-2016 | Beusichem-Culemborg (NED) |
| 1000 schoolslag | 18:41.73   | Oudendijk Hans       | 54 | 30-8-2009 | Oosterhout (NED)          |
| 1250 schoolslag | 27:06.35   | Tijms Eric           | 64 | 28-7-2019 | Hoorn (NED)               |
| 1500 schoolslag | 38:14.47   | van der Gracht Adrie | 57 | 30-6-2012 | Scheerwolde (NED)         |
| 2000 schoolslag | 42:59.32   | Oudendijk Hans       | 54 | 4-7-2009  | Oss (NED)                 |
| 3000 schoolslag | 1:14:49.08 | van der Gracht Adrie | 57 | 14-7-2012 | Wijk en Aalburg (NED)     |

Dames

Open Water

Heren

Lange baan (50m)

|                |          |                      |    |          |                 |
|----------------|----------|----------------------|----|----------|-----------------|
| 50 vrije slag  | 42.59    | Prins Hilbert        | 51 | 3-5-2013 | Eindhoven (NED) |
| 100 vrije slag | 1:27.94  | Prins Hilbert        | 51 | 2-9-2013 | Eindhoven (NED) |
| 200 vrije slag | 3:04.67  | Prins Hilbert        | 51 | 2-9-2013 | Eindhoven (NED) |
| 300 vrije slag | 4:45.06  | Prins Hilbert        | 51 | 2-9-2013 | Eindhoven (NED) |
| 400 vrije slag | 6:25.88  | Prins Hilbert        | 51 | 3-5-2013 | Eindhoven (NED) |
| 800 vrije slag | 13:10.05 | Prins Hilbert        | 51 | 3-5-2013 | Eindhoven (NED) |
| 50 rugslag     | 56.93    | van der Gracht Adrie | 57 | 9-4-2017 | Alkmaar (NED)   |
| 100 schoolslag | 1:53.99  | van der Gracht Adrie | 57 | 9-4-2017 | Alkmaar (NED)   |

Dames

Lange baan (50m)

Heren

Korte baan (25m)

|                 |          |                      |    |           |                  |
|-----------------|----------|----------------------|----|-----------|------------------|
| 50 vrije slag   | 40.04    | Prins Hilbert        | 51 | 24-1-2015 | Heerenveen (NED) |
| 100 vrije slag  | 1:22.44  | Prins Hilbert        | 51 | 24-1-2015 | Heerenveen (NED) |
| 200 vrije slag  | 2:58.34  | Prins Hilbert        | 51 | 23-1-2015 | Heerenveen (NED) |
| 300 vrije slag  | 4:40.33  | Prins Hilbert        | 51 | 23-1-2015 | Heerenveen (NED) |
| 400 vrije slag  | 6:10.10  | Prins Hilbert        | 51 | 10-2-2013 | Zaandam (NED)    |
| 800 vrije slag  | 12:33.79 | Prins Hilbert        | 51 | 10-2-2013 | Zaandam (NED)    |
| 1500 vrije slag | 23:51.77 | Prins Hilbert        | 51 | 10-2-2013 | Zaandam (NED)    |
| 50 rugslag      | 58.78    | van der Gracht Adrie | 57 | 12-4-2018 | Heemskerk (NED)  |
| 100 rugslag     | 2:18.90  | van der Gracht Adrie | 57 | 18-1-2018 | Heemskerk (NED)  |
| 50 schoolslag   | 46.24    | van der Gracht Adrie | 57 | 2-2-2017  | Heemskerk (NED)  |
| 100 schoolslag  | 1:51.69  | van der Gracht Adrie | 57 | 9-11-2017 | Heemskerk (NED)  |
| 50 vlinderslag  | 48.45    | van der Gracht Adrie | 57 | 16-3-2017 | Heemskerk (NED)  |
| 100 wisselslag  | 1:55.25  | van der Gracht Adrie | 57 | 17-5-2018 | Heemskerk (NED)  |

Dames

Korte baan (25m)

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Heren

Open Water

|                 |          |                      |    |           |                 |
|-----------------|----------|----------------------|----|-----------|-----------------|
| 3000 vrije slag | 52:37.20 | Prins Hilbert        | 51 | 7-9-2013  | Eindhoven (NED) |
| 1000 schoolslag | 21:58.80 | Oudendijk Hans       | 54 | 5-7-2014  | Macharen (NED)  |
| 1250 schoolslag | 35:27.26 | van der Gracht Adrie | 57 | 21-7-2018 | Hoorl (NED)     |
| 2000 schoolslag | 46:49.40 | Oudendijk Hans       | 54 | 30-8-2014 | Oirschot (NED)  |

Dames

Open Water

Heren

Lange baan (50m)

|                 |          |               |    |          |                 |
|-----------------|----------|---------------|----|----------|-----------------|
| 50 vrije slag   | 40.21    | Prins Hilbert | 51 | 6-5-2016 | Eindhoven (NED) |
| 100 vrije slag  | 1:24.64  | Prins Hilbert | 51 | 6-5-2016 | Eindhoven (NED) |
| 200 vrije slag  | 3:02.07  | Prins Hilbert | 51 | 7-5-2016 | Eindhoven (NED) |
| 300 vrije slag  | 4:51.42  | Prins Hilbert | 51 | 8-5-2016 | Eindhoven (NED) |
| 400 vrije slag  | 6:33.27  | Prins Hilbert | 51 | 8-5-2016 | Eindhoven (NED) |
| 800 vrije slag  | 13:19.23 | Prins Hilbert | 51 | 8-5-2016 | Eindhoven (NED) |
| 1500 vrije slag | 25:40.24 | Prins Hilbert | 51 | 5-5-2016 | Eindhoven (NED) |

Dames

Lange baan (50m)

Heren

Korte baan (25m)

|                 |          |                      |    |            |                   |
|-----------------|----------|----------------------|----|------------|-------------------|
| 25 vrije slag   | 19.41    | van der Gracht Adrie | 57 | 7-7-2022   | Heemskerk (NED)   |
| 50 vrije slag   | 38.77    | Prins Hilbert        | 51 | 22-1-2016  | Papendrecht (NED) |
| 100 vrije slag  | 1:19.82  | Prins Hilbert        | 51 | 22-1-2016  | Papendrecht (NED) |
| 200 vrije slag  | 2:56.10  | Prins Hilbert        | 51 | 23-1-2016  | Papendrecht (NED) |
| 300 vrije slag  | 4:36.55  | Prins Hilbert        | 51 | 21-1-2016  | Papendrecht (NED) |
| 400 vrije slag  | 6:12.45  | Prins Hilbert        | 51 | 22-1-2016  | Papendrecht (NED) |
| 800 vrije slag  | 13:01.37 | Prins Hilbert        | 51 | 23-1-2016  | Papendrecht (NED) |
| 1500 vrije slag | 25:03.40 | Prins Hilbert        | 51 | 19-1-2017  | Maastricht (NED)  |
| 25 rugslag      | 27.19    | van der Gracht Adrie | 57 | 7-7-2022   | Heemskerk (NED)   |
| 50 rugslag      | 1:00.84  | van der Gracht Adrie | 57 | 21-4-2022  | Heemskerk (NED)   |
| 25 schoolslag   | 22.14    | van der Gracht Adrie | 57 | 7-7-2022   | Heemskerk (NED)   |
| 50 schoolslag   | 52.35    | van der Gracht Adrie | 57 | 27-10-2022 | Heemskerk (NED)   |
| 25 vlinderslag  | 22.20    | van der Gracht Adrie | 57 | 7-7-2022   | Heemskerk (NED)   |
| 50 vlinderslag  | 53.29    | van der Gracht Adrie | 57 | 21-4-2022  | Heemskerk (NED)   |
| 100 wisselslag  | 2:05.97  | van der Gracht Adrie | 57 | 4-4-2024   | Heemskerk (NED)   |

Dames

Korte baan (25m)

Heren

Open Water

|                 |          |                      |    |           |                     |
|-----------------|----------|----------------------|----|-----------|---------------------|
| 1000 vrije slag | 17:32.55 | Prins Hilbert        | 51 | 23-7-2016 | Amstelveen (NED)    |
| 1500 vrije slag | 28:36.38 | Prins Hilbert        | 51 | 17-7-2016 | Amsterdam (NED)     |
| 1000 schoolslag | 32:55.97 | van der Gracht Adrie | 57 | 25-6-2022 | Anna-Paulowna (NED) |

Dames

Open Water

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Heren

Lange baan (50m)

|                |         |                |    |           |                  |
|----------------|---------|----------------|----|-----------|------------------|
| 50 vrije slag  | 42.07   | Grapendaal Aad | 42 | 26-9-2015 | Kampen (NED)     |
| 100 vrije slag | 2:20.48 | Grapendaal Aad | 42 | 23-9-2012 | Alkmaar (NED)    |
| 50 rugslag     | 55.94   | Grapendaal Aad | 42 | 4-9-2013  | Eindhoven (NED)  |
| 50 schoolslag  | 1:03.16 | Grapendaal Aad | 42 | 21-4-2013 | Kampen (NED)     |
| 50 vlinderslag | 1:14.59 | Grapendaal Aad | 42 | 24-3-2013 | Amersfoort (NED) |

Dames

Lange baan (50m)

Heren

Korte baan (25m)

|                |         |                |    |            |                   |
|----------------|---------|----------------|----|------------|-------------------|
| 25 vrije slag  | 19.11   | Grapendaal Aad | 42 | 17-10-2015 | Emmeloord (NED)   |
| 50 vrije slag  | 43.50   | Grapendaal Aad | 42 | 17-4-2014  | Heemskerk (NED)   |
| 100 vrije slag | 1:49.56 | Grapendaal Aad | 42 | 30-1-2014  | Heemskerk (NED)   |
| 25 rugslag     | 25.06   | Grapendaal Aad | 42 | 18-11-2012 | Almere-Stad (NED) |
| 50 rugslag     | 54.39   | Grapendaal Aad | 42 | 21-3-2013  | Heemskerk (NED)   |
| 100 rugslag    | 2:06.59 | Grapendaal Aad | 42 | 26-5-2013  | Grootebroek (NED) |
| 25 schoolslag  | 25.85   | Grapendaal Aad | 42 | 16-2-2013  | Heerenveen (NED)  |
| 50 schoolslag  | 1:01.41 | Grapendaal Aad | 42 | 30-1-2014  | Heemskerk (NED)   |
| 100 schoolslag | 2:29.17 | Grapendaal Aad | 42 | 31-10-2013 | Heemskerk (NED)   |
| 25 vlinderslag | 29.66   | Grapendaal Aad | 42 | 5-10-2013  | Zwolle (NED)      |
| 50 vlinderslag | 1:15.26 | Grapendaal Aad | 42 | 13-12-2012 | Heemskerk (NED)   |
| 100 wisselslag | 2:18.10 | Grapendaal Aad | 42 | 23-4-2015  | Heemskerk (NED)   |

Dames

Korte baan (25m)

Heren

Open Water

Dames

Open Water