

zondag 1 januari 1950 - zaterdag 30 oktober 2021

Vrijeslag 50 meter jaargang 7 jaar, heren

50 vrije slag	1:03.41	25m	Akkerman Silvan	97	Wolvega (NED)	2-10-2004
50 vrije slag	1:01.00	25m	Visser Justin	01	Heerenveen (NED)	29-11-2008
50 vrije slag	52.69	25m	Hartmann Jelmar	12	Leeuwarden (NED)	9-11-2019

Vrijeslag 50 meter jaargang 8 jaar, heren

50 vrije slag	1:09.46	25m	Koopsma Sierd	92	Drachten (NED)	11-11-2000
50 vrije slag	50.17	25m	Engelbertink Mario	94	Sneek (NED)	2-3-2002
50 vrije slag	40.70	25m	Engelbertink Mario	94	Heerenveen (NED)	21-9-2002
50 vrije slag	40.20	25m	Engelbertink Mario	94	Bolsward (NED)	9-11-2002
50 vrije slag	39.19	25m	Hartmann Jelmar	12	Heerenveen (NED)	1-11-2020

Vrijeslag 50 meter jaargang 9 jaar, heren

50 vrije slag	46.20	25m	van Aurich Frans	61	Heerenveen (NED)	18-4-1970
50 vrije slag	43.10	25m	van Aurich Frans	61	Leeuwarden (NED)	18-10-1970
50 vrije slag	40.10	25m	Sipma Jetze	62	Heerenveen (NED)	29-5-1971
50 vrije slag	38.00	25m	Boonstra Walter	62	Den Haag (NED)	25-7-1971
50 vrije slag	36.40	25m	Boonstra Walter	62	Veenwouden (NED)	4-9-1971
50 vrije slag	34.50	25m	Boonstra Walter	62	Heerenveen (NED)	11-12-1971
50 vrije slag	34.40	25m	Boonstra Walter	62	Heerenveen (NED)	19-12-1971

Vrijeslag 50 meter jaargang 10 jaar, heren

50 vrije slag	46.20	25m	van Aurich Frans	61	Heerenveen (NED)	18-4-1970
50 vrije slag	43.10	25m	van Aurich Frans	61	Leeuwarden (NED)	18-10-1970
50 vrije slag	41.00	25m	Strikwerda Johan	60	Meppel (NED)	7-11-1970
50 vrije slag	40.10	25m	Sipma Jetze	62	Heerenveen (NED)	29-5-1971
50 vrije slag	38.00	25m	Boonstra Walter	62	Den Haag (NED)	25-7-1971
50 vrije slag	36.40	25m	Boonstra Walter	62	Veenwouden (NED)	4-9-1971
50 vrije slag	34.50	25m	Boonstra Walter	62	Heerenveen (NED)	11-12-1971
50 vrije slag	34.40	25m	Boonstra Walter	62	Heerenveen (NED)	19-12-1971
50 vrije slag	33.60	25m	Boonstra Walter	62	Heerenveen (NED)	29-4-1972
50 vrije slag	32.60	25m	Boonstra Walter	62	Utrecht (NED)	23-7-1972

Vrijeslag 50 meter jaargang 11 jaar, heren

50 vrije slag	46.20	25m	van Aurich Frans	61	Heerenveen (NED)	18-4-1970
50 vrije slag	37.20	25m	Boonstra Sander	59	Heerenveen (NED)	27-6-1970
50 vrije slag	36.40	25m	Boonstra Walter	62	Veenwouden (NED)	4-9-1971
50 vrije slag	34.50	25m	Boonstra Walter	62	Heerenveen (NED)	11-12-1971
50 vrije slag	34.40	25m	Boonstra Walter	62	Heerenveen (NED)	19-12-1971
50 vrije slag	33.60	25m	Boonstra Walter	62	Heerenveen (NED)	29-4-1972
50 vrije slag	32.60	25m	Boonstra Walter	62	Utrecht (NED)	23-7-1972
50 vrije slag	29.90	25m	Koehoorn Richard	79	Apeldoorn (NED)	9-12-1990

Vrijeslag 50 meter jaargang 12 jaar, heren

50 vrije slag	38.10	25m	Wieling Paul	58	Heerenveen (NED)	21-2-1970
50 vrije slag	37.20	25m	Boonstra Sander	59	Heerenveen (NED)	27-6-1970
50 vrije slag	36.60	25m	Wielink Rob	58	Roden (NED)	29-8-1970
50 vrije slag	36.40	25m	Boonstra Walter	62	Veenwouden (NED)	4-9-1971
50 vrije slag	34.50	25m	Boonstra Walter	62	Heerenveen (NED)	11-12-1971
50 vrije slag	34.40	25m	Boonstra Walter	62	Heerenveen (NED)	19-12-1971
50 vrije slag	33.60	25m	Boonstra Walter	62	Heerenveen (NED)	29-4-1972

50 vrije slag	32.60	25m	Boonstra Walter	62	Utrecht (NED)	23-7-1972
50 vrije slag	30.90	25m	Koopman André	76	Bergum (NED)	16-7-1988
50 vrije slag	30.00	25m	Koopman André	76	Leeuwarden (NED)	19-11-1988
50 vrije slag	29.90	25m	Koehoorn Richard	79	Apeldoorn (NED)	9-12-1990
50 vrije slag	29.90	25m	Koehoorn Richard	79	Apeldoorn (NED)	9-12-1990
50 vrije slag	28.70	25m	Koehoorn Richard	79	Leeuwarden (NED)	12-10-1991

Vrijeslag 50 meter jaargang 13 jaar, heren

50 vrije slag	38.10	25m	Wieling Paul	58	Heerenveen (NED)	21-2-1970
50 vrije slag	37.20	25m	Boonstra Sander	59	Heerenveen (NED)	27-6-1970
50 vrije slag	36.60	25m	Wielink Rob	58	Roden (NED)	29-8-1970
50 vrije slag	36.40	25m	Boonstra Walter	62	Veenwouden (NED)	4-9-1971
50 vrije slag	34.50	25m	Boonstra Walter	62	Heerenveen (NED)	11-12-1971
50 vrije slag	34.40	25m	Boonstra Walter	62	Heerenveen (NED)	19-12-1971
50 vrije slag	33.60	25m	Boonstra Walter	62	Heerenveen (NED)	29-4-1972
50 vrije slag	32.60	25m	Boonstra Walter	62	Utrecht (NED)	23-7-1972
50 vrije slag	30.90	25m	Koopman André	76	Bergum (NED)	16-7-1988
50 vrije slag	30.00	25m	Koopman André	76	Leeuwarden (NED)	19-11-1988
50 vrije slag	28.10	25m	Koopman André	76	Sneek (NED)	30-9-1989
50 vrije slag	27.84	25m	Mooij Dennis	89	Heerenveen (NED)	13-4-2002
50 vrije slag	27.34	25m	Mooij Dennis	89	Heerenveen (NED)	30-11-2002

Vrijeslag 50 meter jaargang 14 jaar, heren

50 vrije slag	38.10	25m	Wieling Paul	58	Heerenveen (NED)	21-2-1970
50 vrije slag	33.40	25m	Boonstra Jelte	56	Heerenveen (NED)	27-6-1970
50 vrije slag	30.80	25m	Wielink Rob	58	Heerenveen (NED)	29-4-1972
50 vrije slag	28.60	25m	van Wier René	65	Wolvega (NED)	3-11-1979
50 vrije slag	28.10	25m	Koopman André	76	Sneek (NED)	30-9-1989
50 vrije slag	27.60	25m	Koopman André	76	Beilen (NED)	20-1-1990
50 vrije slag	26.40	25m	Koopman André	76	Apeldoorn (NED)	9-12-1990
50 vrije slag	26.00	25m	Koehoorn Richard	79	Heerenveen (NED)	17-4-1993
50 vrije slag	25.90	25m	Koehoorn Richard	79	Steenwijk (NED)	18-9-1993
50 vrije slag	25.78	25m	Koehoorn Richard	79	Emmen (NED)	31-10-1993

Vrijeslag 50 meter jaargang 15 jaar, heren

50 vrije slag	31.10	25m	Vonk Jan	54	Drachten (NED)	25-10-1969
50 vrije slag	30.80	25m	Wielink Rob	58	Heerenveen (NED)	29-4-1972
50 vrije slag	28.60	25m	van Wier René	65	Wolvega (NED)	3-11-1979
50 vrije slag	28.10	25m	Koopman André	76	Sneek (NED)	30-9-1989
50 vrije slag	27.60	25m	Koopman André	76	Beilen (NED)	20-1-1990
50 vrije slag	26.40	25m	Koopman André	76	Apeldoorn (NED)	9-12-1990
50 vrije slag	25.60	25m	Koopman André	76	Emmeloord (NED)	30-11-1991
50 vrije slag	25.40	25m	Koopman André	76	Groningen (NED)	14-12-1991
50 vrije slag	25.23	25m	Koehoorn Richard	79	Drachten (NED)	20-2-1994
50 vrije slag	24.90	25m	Koehoorn Richard	79	Steenwijk (NED)	1-10-1994
50 vrije slag	24.65	25m	Mooij Dennis	89	Emmen (NED)	19-6-2004
50 vrije slag	24.64	25m	Mooij Dennis	89	Heerenveen (NED)	19-9-2004
50 vrije slag	24.44	25m	Mooij Dennis	89	Drachten (NED)	17-12-2004

Vrijeslag 50 meter jaargang 16 jaar, heren

50 vrije slag	31.10	25m	Vonk Jan	54	Drachten (NED)	25-10-1969
50 vrije slag	29.30	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
50 vrije slag	28.60	25m	van Wier René	65	Wolvega (NED)	3-11-1979

50 vrije slag	25.70	25m	van Wier René	65	Leeuwarden (NED)	5-12-1981
50 vrije slag	25.60	25m	Koopman André	76	Emmeloord (NED)	30-11-1991
50 vrije slag	25.40	25m	Koopman André	76	Groningen (NED)	14-12-1991
50 vrije slag	25.30	25m	Koopman André	76	Steenwijk (NED)	26-9-1992
50 vrije slag	25.23	25m	Koehoorn Richard	79	Drachten (NED)	20-2-1994
50 vrije slag	24.90	25m	Koehoorn Richard	79	Steenwijk (NED)	1-10-1994
50 vrije slag	24.57	25m	Koehoorn Richard	79	Emmen (NED)	24-2-1995
50 vrije slag	24.44	25m	Mooij Dennis	89	Drachten (NED)	17-12-2004
50 vrije slag	24.21	25m	Mooij Dennis	89	Drachten (NED)	5-2-2005
50 vrije slag	23.77	25m	Mooij Dennis	89	Roosendaal (NED)	25-6-2005
50 vrije slag	23.73	25m	Mooij Dennis	89	Amsterdam (NED)	16-12-2005

Vrijeslag 50 meter jaargang 17 jaar, heren

50 vrije slag	31.10	25m	Vonk Jan	54	Drachten (NED)	25-10-1969
50 vrije slag	29.30	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
50 vrije slag	28.60	25m	van Wier René	65	Wolvega (NED)	3-11-1979
50 vrije slag	25.70	25m	van Wier René	65	Leeuwarden (NED)	5-12-1981
50 vrije slag	25.60	25m	Koopman André	76	Emmeloord (NED)	30-11-1991
50 vrije slag	25.40	25m	Koopman André	76	Groningen (NED)	14-12-1991
50 vrije slag	25.30	25m	Koopman André	76	Steenwijk (NED)	26-9-1992
50 vrije slag	25.23	25m	Koehoorn Richard	79	Drachten (NED)	20-2-1994
50 vrije slag	24.90	25m	Koehoorn Richard	79	Steenwijk (NED)	1-10-1994
50 vrije slag	24.57	25m	Koehoorn Richard	79	Emmen (NED)	24-2-1995
50 vrije slag	24.44	25m	Mooij Dennis	89	Drachten (NED)	17-12-2004
50 vrije slag	24.21	25m	Mooij Dennis	89	Drachten (NED)	5-2-2005
50 vrije slag	23.77	25m	Mooij Dennis	89	Roosendaal (NED)	25-6-2005
50 vrije slag	23.73	25m	Mooij Dennis	89	Amsterdam (NED)	16-12-2005
50 vrije slag	23.47	25m	Mooij Dennis	89	Drachten (NED)	15-12-2006

Vrijeslag 50 meter jaargang 18 jaar, heren

50 vrije slag	31.10	25m	Vonk Jan	54	Drachten (NED)	25-10-1969
50 vrije slag	29.30	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
50 vrije slag	28.60	25m	van Wier René	65	Wolvega (NED)	3-11-1979
50 vrije slag	25.70	25m	van Wier René	65	Leeuwarden (NED)	5-12-1981
50 vrije slag	24.70	25m	van Wier René	65	Leeuwarden (NED)	3-12-1983
50 vrije slag	24.57	25m	Koehoorn Richard	79	Emmen (NED)	24-2-1995
50 vrije slag	24.44	25m	Mooij Dennis	89	Drachten (NED)	17-12-2004
50 vrije slag	24.21	25m	Mooij Dennis	89	Drachten (NED)	5-2-2005
50 vrije slag	23.77	25m	Mooij Dennis	89	Roosendaal (NED)	25-6-2005
50 vrije slag	23.73	25m	Mooij Dennis	89	Amsterdam (NED)	16-12-2005
50 vrije slag	23.47	25m	Mooij Dennis	89	Drachten (NED)	15-12-2006
50 vrije slag	23.34	25m	Mooij Dennis	89	Amsterdam (NED)	21-12-2007

Vrijeslag 50 meter jaargang 19 jaar, heren )

50 vrije slag	31.10	25m	Vonk Jan	54	Drachten (NED)	25-10-1969
50 vrije slag	29.30	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
50 vrije slag	28.60	25m	van Wier René	65	Wolvega (NED)	3-11-1979
50 vrije slag	24.70	25m	Riemersma Jelle	60	Leeuwarden (NED)	8-12-1979
50 vrije slag	24.57	25m	Koehoorn Richard	79	Emmen (NED)	24-2-1995
50 vrije slag	24.44	25m	Mooij Dennis	89	Drachten (NED)	17-12-2004
50 vrije slag	24.21	25m	Mooij Dennis	89	Drachten (NED)	5-2-2005
50 vrije slag	23.77	25m	Mooij Dennis	89	Roosendaal (NED)	25-6-2005
50 vrije slag	23.73	25m	Mooij Dennis	89	Amsterdam (NED)	16-12-2005
50 vrije slag	23.47	25m	Mooij Dennis	89	Drachten (NED)	15-12-2006
50 vrije slag	23.34	25m	Mooij Dennis	89	Amsterdam (NED)	21-12-2007

50 vrije slag	23.32	25m	Mooij Dennis	89	Leeuwarden (NED)	31-5-2008
50 vrije slag	23.18	25m	Mooij Dennis	89	Heerenveen (NED)	29-11-2008
50 vrije slag	22.95	25m	Mooij Dennis	89	Amsterdam (NED)	19-12-2008

Vrijeslag 50 meter jaargang senioren, dames

50 vrije slag	24.98	50m	van der Meulen Miriam	84	Drachten (NED)	29-4-2000
50 vrije slag	25.73	25m	Dekker Inge	85	Drachten (NED)	19-1-2002
50 vrije slag	26.39	50m	Dekker Inge	85	Amsterdam (NED)	16-3-2002
50 vrije slag	26.27	50m	Dekker Inge	85	Amersfoort (NED)	19-4-2002
50 vrije slag	27.21	50m	van Wier Leonie	02	Seraing (BEL)	24-3-2019

Vrijeslag 100 meter jaargang 7 jaar, heren

100 vrije slag	2:25.66	25m	Ruiz Quentin	01	Bergum (NED)	11-10-2008
----------------	---------	-----	--------------	----	--------------	------------

Vrijeslag 100 meter jaargang 8 jaar, heren

100 vrije slag	1:31.83	25m	Engelbertink Mario	94	Franeker (NED)	14-12-2002
100 vrije slag	1:28.69	25m	Hartmann Jelmar	12	Heerenveen (NED)	13-12-2020

Vrijeslag 100 meter jaargang 9 jaar, heren

100 vrije slag	1:25.00	25m	Koehoorn Richard	79	Heerenveen (NED)	21-12-1988
100 vrije slag	1:20.41	25m	Meijer Jelmer	90	Heerenveen (NED)	20-11-1999

Vrijeslag 100 meter jaargang 10 jaar, heren

100 vrije slag	1:17.40	25m	Sipma Jetze	62	Heerenveen (NED)	14-10-1972
100 vrije slag	1:17.40	25m	Sipma Jetze	62	Heerenveen (NED)	14-10-1972
100 vrije slag	1:14.70	25m	Koehoorn Richard	79	Heerenveen (NED)	23-12-1989
100 vrije slag	1:13.81	25m	Meijer Jelmer	90	Drachten (NED)	15-10-2000

Vrijeslag 100 meter jaargang 11 jaar, heren

100 vrije slag	1:17.40	25m	Sipma Jetze	62	Heerenveen (NED)	14-10-1972
100 vrije slag	1:14.30	25m	Boonstra Walter	62	Heerenveen (NED)	6-1-1973
100 vrije slag	1:12.90	25m	Boonstra Walter	62	Heerenveen (NED)	2-3-1973
100 vrije slag	1:05.00	25m	Koehoorn Richard	79	Heerenveen (NED)	22-12-1990

Vrijeslag 100 meter jaargang 12 jaar, heren

100 vrije slag	1:25.10	25m	Wieling Paul	58	Franeker (NED)	6-6-1970
100 vrije slag	1:18.50	25m	Akkerman Jeen	58	Meppel (NED)	7-11-1970
100 vrije slag	1:16.80	25m	Dirkse Erwin	60	Emmen (NED)	5-6-1972
100 vrije slag	1:14.40	25m	Dirkse Erwin	60	Utrecht (NED)	23-7-1972
100 vrije slag	1:14.30	25m	Boonstra Walter	62	Heerenveen (NED)	6-1-1973
100 vrije slag	1:12.90	25m	Boonstra Walter	62	Heerenveen (NED)	2-3-1973
100 vrije slag	1:12.10	25m	Sipma Jetze	62	Groningen (NED)	2-11-1974
100 vrije slag	1:09.80	25m	Klijnstra Henk-Anno	75	Leeuwarden (NED)	7-11-1987
100 vrije slag	1:08.90	25m	Koopman André	76	Vriezenveen (NED)	11-6-1988
100 vrije slag	1:07.20	25m	Koopman André	76	Joure (NED)	1-10-1988
100 vrije slag	1:05.50	25m	Koopman André	76	Apeldoorn (NED)	6-11-1988
100 vrije slag	1:25.00	25m	Koehoorn Richard	79	Heerenveen (NED)	21-12-1988
100 vrije slag	1:04.80	25m	Koehoorn Richard	79	Drachten (NED)	2-3-1991
100 vrije slag	1:04.00	25m	Koehoorn Richard	79	Leiden (NED)	10-3-1991

100 vrije slag	1:03.60	25m	Koehoorn Richard	79	Vriezenveen (NED)	8-6-1991
100 vrije slag	1:03.18	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
100 vrije slag	1:02.50	25m	Koehoorn Richard	79	Joure (NED)	28-9-1991
100 vrije slag	1:01.50	25m	Koehoorn Richard	79	Arnhem (NED)	16-11-1991

Vrijeslag 100 meter jaargang 13 jaar, heren

100 vrije slag	1:25.10	25m	Wieling Paul	58	Franeker (NED)	6-6-1970
100 vrije slag	1:18.50	25m	Akkerman Jeen	58	Meppel (NED)	7-11-1970
100 vrije slag	1:10.40	25m	Wielink Rob	58	Meppel (NED)	6-11-1971
100 vrije slag	1:09.80	25m	Klijnstra Henk-Anno	75	Leeuwarden (NED)	7-11-1987
100 vrije slag	1:08.90	25m	Koopman André	76	Vriezenveen (NED)	11-6-1988
100 vrije slag	1:07.20	25m	Koopman André	76	Joure (NED)	1-10-1988
100 vrije slag	1:05.50	25m	Koopman André	76	Apeldoorn (NED)	6-11-1988
100 vrije slag	1:25.00	25m	Koehoorn Richard	79	Heerenveen (NED)	21-12-1988
100 vrije slag	1:01.50	25m	Koopman André	76	Sneek (NED)	21-10-1989
100 vrije slag	1:00.80	25m	Koopman André	76	Apeldoorn (NED)	20-11-1989
100 vrije slag	57.20	25m	Koehoorn Richard	79	Heerenveen (NED)	29-9-1992

Vrijeslag 100 meter jaargang 14 jaar, heren

100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:18.20	25m	van der Weide Fedde	55	Heerenveen (NED)	20-12-1969
100 vrije slag	1:12.70	25m	Bijma Jan	56	Leeuwarden (NED)	11-4-1970
100 vrije slag	1:11.40	25m	Bijma Jan	56	Meppel (NED)	7-11-1970
100 vrije slag	1:10.40	25m	Wielink Rob	58	Meppel (NED)	6-11-1971
100 vrije slag	1:07.60	25m	Wielink Rob	58	Assen (NED)	12-3-1972
100 vrije slag	1:05.80	25m	Wielink Rob	58	Heerenveen (NED)	7-4-1972
100 vrije slag	1:04.20	25m	Wielink Rob	58	Sneek (NED)	17-6-1972
100 vrije slag	1:03.40	25m	Damstra Jasper	69	Workum (NED)	5-11-1983
100 vrije slag	1:03.10	25m	Damstra Jasper	69	Dokkum (NED)	12-11-1983
100 vrije slag	1:01.50	25m	Koopman André	76	Sneek (NED)	21-10-1989
100 vrije slag	1:00.80	25m	Koopman André	76	Apeldoorn (NED)	20-11-1989
100 vrije slag	59.60	25m	Koopman André	76	Beilen (NED)	20-1-1990
100 vrije slag	57.60	25m	Koopman André	76	Joure (NED)	29-9-1990
100 vrije slag	57.20	25m	Koehoorn Richard	79	Heerenveen (NED)	29-9-1992
100 vrije slag	57.00	25m	Koehoorn Richard	79	Den Haag (NED)	24-10-1993
100 vrije slag	55.70	25m	Koehoorn Richard	79	Smilde (NED)	20-11-1993

Vrijeslag 100 meter jaargang 15 jaar, heren

100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:18.20	25m	van der Weide Fedde	55	Heerenveen (NED)	20-12-1969
100 vrije slag	1:12.70	25m	Bijma Jan	56	Leeuwarden (NED)	11-4-1970
100 vrije slag	1:11.40	25m	Bijma Jan	56	Meppel (NED)	7-11-1970
100 vrije slag	1:10.40	25m	Wielink Rob	58	Meppel (NED)	6-11-1971
100 vrije slag	1:07.60	25m	Wielink Rob	58	Assen (NED)	12-3-1972
100 vrije slag	1:05.80	25m	Wielink Rob	58	Heerenveen (NED)	7-4-1972
100 vrije slag	1:04.20	25m	Wielink Rob	58	Sneek (NED)	17-6-1972
100 vrije slag	1:03.80	25m	Wielink Rob	58	Heerenveen (NED)	20-1-1973
100 vrije slag	1:02.40	25m	Sipma Jetze	62	Hövelhoff (GER)	10-4-1977
100 vrije slag	1:01.80	25m	Sipma Jetze	62	Heerenveen (NED)	3-12-1977
100 vrije slag	1:01.50	25m	Koopman André	76	Sneek (NED)	21-10-1989
100 vrije slag	1:00.80	25m	Koopman André	76	Apeldoorn (NED)	20-11-1989
100 vrije slag	59.60	25m	Koopman André	76	Beilen (NED)	20-1-1990
100 vrije slag	57.60	25m	Koopman André	76	Joure (NED)	29-9-1990

100 vrije slag	57.40	25m	Koopman André	76	Drachten (NED)	23-2-1991
100 vrije slag	56.60	25m	Koopman André	76	Heerenveen (NED)	16-11-1991
100 vrije slag	55.90	25m	Koopman André	76	Drachten (NED)	8-12-1991
100 vrije slag	55.70	25m	Koehoorn Richard	79	Smilde (NED)	20-11-1993
100 vrije slag	55.70	25m	Koehoorn Richard	79	Smilde (NED)	20-11-1993
100 vrije slag	55.40	25m	Koehoorn Richard	79	Heerenveen (NED)	29-1-1994
100 vrije slag	55.18	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
100 vrije slag	55.10	25m	Koehoorn Richard	79	Den Haag (NED)	30-10-1994
100 vrije slag	54.60	25m	Koehoorn Richard	79	Heerenveen (NED)	30-11-1994
100 vrije slag	53.86	25m	Mooij Dennis	89	Bergum (NED)	9-10-2004
100 vrije slag	53.15	25m	Mooij Dennis	89	Drachten (NED)	30-10-2004

Vrijeslag 100 meter jaargang 16 jaar, heren

100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:18.20	25m	van der Weide Fedde	55	Heerenveen (NED)	20-12-1969
100 vrije slag	1:07.90	25m	Vonk Jan	54	Drachten (NED)	24-1-1970
100 vrije slag	1:04.80	25m	Vonk Jan	54	Emmen (NED)	30-5-1970
100 vrije slag	1:03.20	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
100 vrije slag	1:02.40	25m	Sipma Jetze	62	Hövelhoff (GER)	10-4-1977
100 vrije slag	1:01.80	25m	Sipma Jetze	62	Heerenveen (NED)	3-12-1977
100 vrije slag	1:01.10	25m	Sipma Jetze	62	Veenwouden (NED)	3-6-1978
100 vrije slag	58.90	25m	Sipma Jetze	62	Workum (NED)	18-11-1978
100 vrije slag	58.80	25m	Sipma Jetze	62	Heerenveen (NED)	25-11-1978
100 vrije slag	58.10	25m	van Wier René	65	Heerenveen (NED)	10-1-1981
100 vrije slag	57.70	25m	van Wier René	65	Den Haag (NED)	27-9-1981
100 vrije slag	57.50	25m	van Wier René	65	Wolvega (NED)	7-11-1981
100 vrije slag	57.40	25m	Koopman André	76	Drachten (NED)	23-2-1991
100 vrije slag	56.60	25m	Koopman André	76	Heerenveen (NED)	16-11-1991
100 vrije slag	55.90	25m	Koopman André	76	Drachten (NED)	8-12-1991
100 vrije slag	55.60	25m	Koopman André	76	Joure (NED)	25-4-1992
100 vrije slag	55.40	25m	Koehoorn Richard	79	Heerenveen (NED)	29-1-1994
100 vrije slag	55.18	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
100 vrije slag	55.10	25m	Koehoorn Richard	79	Den Haag (NED)	30-10-1994
100 vrije slag	54.60	25m	Koehoorn Richard	79	Heerenveen (NED)	30-11-1994
100 vrije slag	53.90	25m	Koehoorn Richard	79	Drachten (NED)	21-1-1995
100 vrije slag	53.86	25m	Mooij Dennis	89	Bergum (NED)	9-10-2004
100 vrije slag	53.15	25m	Mooij Dennis	89	Drachten (NED)	30-10-2004
100 vrije slag	52.41	25m	Mooij Dennis	89	Heerenveen (NED)	1-10-2005
100 vrije slag	51.45	25m	Mooij Dennis	89	Amsterdam (NED)	30-10-2005

Vrijeslag 100 meter jaargang 17 jaar, heren

100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:18.20	25m	van der Weide Fedde	55	Heerenveen (NED)	20-12-1969
100 vrije slag	1:07.90	25m	Vonk Jan	54	Drachten (NED)	24-1-1970
100 vrije slag	1:04.80	25m	Vonk Jan	54	Emmen (NED)	30-5-1970
100 vrije slag	1:03.20	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
100 vrije slag	1:02.40	25m	Sipma Jetze	62	Hövelhoff (GER)	10-4-1977
100 vrije slag	1:01.80	25m	Sipma Jetze	62	Heerenveen (NED)	3-12-1977
100 vrije slag	1:01.10	25m	Sipma Jetze	62	Veenwouden (NED)	3-6-1978
100 vrije slag	58.90	25m	Sipma Jetze	62	Workum (NED)	18-11-1978
100 vrije slag	58.80	25m	Sipma Jetze	62	Heerenveen (NED)	25-11-1978
100 vrije slag	58.10	25m	van Wier René	65	Heerenveen (NED)	10-1-1981
100 vrije slag	57.70	25m	van Wier René	65	Den Haag (NED)	27-9-1981
100 vrije slag	57.50	25m	van Wier René	65	Wolvega (NED)	7-11-1981

100 vrije slag	57.40	25m	Koopman André	76	Drachten (NED)	23-2-1991
100 vrije slag	56.60	25m	Koopman André	76	Heerenveen (NED)	16-11-1991
100 vrije slag	55.90	25m	Koopman André	76	Drachten (NED)	8-12-1991
100 vrije slag	55.60	25m	Koopman André	76	Joure (NED)	25-4-1992
100 vrije slag	55.40	25m	Koehoorn Richard	79	Heerenveen (NED)	29-1-1994
100 vrije slag	55.18	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
100 vrije slag	55.10	25m	Koehoorn Richard	79	Den Haag (NED)	30-10-1994
100 vrije slag	54.60	25m	Koehoorn Richard	79	Heerenveen (NED)	30-11-1994
100 vrije slag	53.90	25m	Koehoorn Richard	79	Drachten (NED)	21-1-1995
100 vrije slag	53.86	25m	Mooij Dennis	89	Bergum (NED)	9-10-2004
100 vrije slag	53.15	25m	Mooij Dennis	89	Drachten (NED)	30-10-2004
100 vrije slag	52.41	25m	Mooij Dennis	89	Heerenveen (NED)	1-10-2005
100 vrije slag	51.45	25m	Mooij Dennis	89	Amsterdam (NED)	30-10-2005
100 vrije slag	50.96	25m	Mooij Dennis	89	Amsterdam (NED)	5-11-2006
100 vrije slag	50.61	25m	Mooij Dennis	89	Drachten (NED)	17-12-2006

Vrijeslag 100 meter jaargang 18 jaar, heren

100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:18.20	25m	van der Weide Fedde	55	Heerenveen (NED)	20-12-1969
100 vrije slag	1:07.90	25m	Vonk Jan	54	Drachten (NED)	24-1-1970
100 vrije slag	1:04.80	25m	Vonk Jan	54	Emmen (NED)	30-5-1970
100 vrije slag	1:03.20	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
100 vrije slag	1:02.40	25m	Sipma Jetze	62	Hövelhoff (GER)	10-4-1977
100 vrije slag	1:01.80	25m	Sipma Jetze	62	Heerenveen (NED)	3-12-1977
100 vrije slag	1:01.10	25m	Sipma Jetze	62	Veenwouden (NED)	3-6-1978
100 vrije slag	58.90	25m	Sipma Jetze	62	Workum (NED)	18-11-1978
100 vrije slag	56.40	25m	Riemersma Jelle	60	Heerenveen (NED)	25-11-1978
100 vrije slag	55.90	25m	Koopman André	76	Drachten (NED)	8-12-1991
100 vrije slag	55.60	25m	Koopman André	76	Joure (NED)	25-4-1992
100 vrije slag	55.40	25m	Koehoorn Richard	79	Heerenveen (NED)	29-1-1994
100 vrije slag	55.18	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
100 vrije slag	55.10	25m	Koehoorn Richard	79	Den Haag (NED)	30-10-1994
100 vrije slag	54.60	25m	Koehoorn Richard	79	Heerenveen (NED)	30-11-1994
100 vrije slag	53.90	25m	Koehoorn Richard	79	Drachten (NED)	21-1-1995
100 vrije slag	53.86	25m	Mooij Dennis	89	Bergum (NED)	9-10-2004
100 vrije slag	53.15	25m	Mooij Dennis	89	Drachten (NED)	30-10-2004
100 vrije slag	52.41	25m	Mooij Dennis	89	Heerenveen (NED)	1-10-2005
100 vrije slag	51.45	25m	Mooij Dennis	89	Amsterdam (NED)	30-10-2005
100 vrije slag	50.96	25m	Mooij Dennis	89	Amsterdam (NED)	5-11-2006
100 vrije slag	50.61	25m	Mooij Dennis	89	Drachten (NED)	17-12-2006

Vrijeslag 100 meter jaargang 19 jaar, heren

100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:39.10	25m	Sipma Sijmen	55	Leeuwarden (NED)	25-6-1969
100 vrije slag	1:18.20	25m	van der Weide Fedde	55	Heerenveen (NED)	20-12-1969
100 vrije slag	1:07.90	25m	Vonk Jan	54	Drachten (NED)	24-1-1970
100 vrije slag	1:04.80	25m	Vonk Jan	54	Emmen (NED)	30-5-1970
100 vrije slag	1:03.20	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
100 vrije slag	1:02.40	25m	Sipma Jetze	62	Hövelhoff (GER)	10-4-1977
100 vrije slag	1:01.80	25m	Sipma Jetze	62	Heerenveen (NED)	3-12-1977
100 vrije slag	1:01.10	25m	Sipma Jetze	62	Veenwouden (NED)	3-6-1978
100 vrije slag	58.90	25m	Sipma Jetze	62	Workum (NED)	18-11-1978
100 vrije slag	56.40	25m	Riemersma Jelle	60	Heerenveen (NED)	25-11-1978
100 vrije slag	55.40	25m	Riemersma Jelle	60	Zwaagwesteinde (NED)	3-2-1979
100 vrije slag	55.00	25m	Riemersma Jelle	60	Hövelhof (GER)	13-10-1979

100 vrije slag	54.70	25m	Riemersma Jelle	60	Assen (NED)	10-11-1979
100 vrije slag	53.40	25m	van Wier René	65	Heerenveen (NED)	4-2-1984
100 vrije slag	53.15	25m	Mooij Dennis	89	Drachten (NED)	30-10-2004
100 vrije slag	52.41	25m	Mooij Dennis	89	Heerenveen (NED)	1-10-2005
100 vrije slag	51.45	25m	Mooij Dennis	89	Amsterdam (NED)	30-10-2005
100 vrije slag	50.96	25m	Mooij Dennis	89	Amsterdam (NED)	5-11-2006
100 vrije slag	50.61	25m	Mooij Dennis	89	Drachten (NED)	17-12-2006
100 vrije slag	50.12	25m	Mooij Dennis	89	Amsterdam (NED)	21-12-2008

Vrijeslag 100 meter jaargang senioren, dames

100 vrije slag	56.22	25m	Dekker Inge	85	Berlijn (GER)	26-1-2002
100 vrije slag	56.80	50m	Dekker Inge	85	Canet (FRA)	8-6-2002
5000 vrije slag	1:06:00.80	50m	Hassing Lisanne	97	Amersfoort (NED)	19-4-2014
5000 vrije slag	1:06:00.80	50m	Hassing Lisanne	97	Amersfoort (NED)	19-4-2014

Vrijeslag 200 meter jaargang 8 jaar, heren

200 vrije slag	4:03.48	25m	Visser Justin	01	Heerenveen (NED)	19-9-2009
200 vrije slag	3:24.08	25m	Hartmann Jelmar	12	Heerenveen (NED)	25-10-2020

Vrijeslag 200 meter jaargang 9 jaar, heren

200 vrije slag	3:54.09	25m	Heinsius Erwin	99	Heerenveen (NED)	16-3-2008
200 vrije slag	3:34.48	25m	van het Meer Mark	09	Bergum (NED)	4-11-2018
200 vrije slag	3:24.08	25m	Hartmann Jelmar	12	Heerenveen (NED)	25-10-2020

Vrijeslag 200 meter jaargang 10 jaar, heren

200 vrije slag	2:55.77	25m	Meijer Jelmer	90	Drachten (NED)	15-10-2000
----------------	---------	-----	---------------	----	----------------	------------

Vrijeslag 200 meter jaargang 11 jaar, heren

200 vrije slag	2:24.50	25m	Koehoorn Richard	79	Heerenveen (NED)	3-11-1990
----------------	---------	-----	------------------	----	------------------	-----------

Vrijeslag 200 meter jaargang 12 jaar, heren

200 vrije slag	2:33.20	25m	Klijnstra Henk-Anno	75	Heerenveen (NED)	28-11-1987
200 vrije slag	2:26.00	25m	Koopman André	76	Heerenveen (NED)	29-10-1988
200 vrije slag	2:24.50	25m	Koehoorn Richard	79	Heerenveen (NED)	3-11-1990
200 vrije slag	2:19.90	25m	Koehoorn Richard	79	Drachten (NED)	23-2-1991
200 vrije slag	2:15.10	25m	Koehoorn Richard	79	Heerenveen (NED)	2-11-1991

Vrijeslag 200 meter jaargang 13 jaar, heren

200 vrije slag	2:47.80	25m	Akkerman Jeen	58	Heerenveen (NED)	21-6-1971
200 vrije slag	2:33.20	25m	Klijnstra Henk-Anno	75	Heerenveen (NED)	28-11-1987
200 vrije slag	2:26.00	25m	Koopman André	76	Heerenveen (NED)	29-10-1988
200 vrije slag	2:19.90	25m	Koopman André	76	Heerenveen (NED)	16-12-1989
200 vrije slag	2:15.10	25m	Koehoorn Richard	79	Heerenveen (NED)	2-11-1991
200 vrije slag	2:09.91	25m	Koehoorn Richard	79	Drachten (NED)	16-2-1992
200 vrije slag	2:07.40	25m	Koehoorn Richard	79	Heerenveen (NED)	7-11-1992

Vrijeslag 200 meter jaargang 14 jaar, heren (

200 vrije slag	2:47.80	25m	Akkerman Jeen	58	Heerenveen (NED)	21-6-1971
200 vrije slag	2:44.60	25m	Akkerman Jeen	58	Drachten (NED)	22-1-1972
200 vrije slag	2:40.30	25m	Wielink Rob	58	Leeuwarden (NED)	19-2-1972
200 vrije slag	2:26.00	25m	Wielink Rob	58	Neheim Hüsten (GER)	20-5-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:20.20	25m	van Straten Sander	73	Leeuwarden (NED)	7-11-1987
200 vrije slag	2:19.90	25m	Koopman André	76	Heerenveen (NED)	16-12-1989
200 vrije slag	2:15.40	25m	Koopman André	76	Sneek (NED)	7-1-1990
200 vrije slag	2:14.10	25m	Koopman André	76	Drachten (NED)	3-2-1990
200 vrije slag	2:11.60	25m	Koopman André	76	Hoogeveen (NED)	17-2-1990
200 vrije slag	2:09.91	25m	Koehoorn Richard	79	Drachten (NED)	16-2-1992
200 vrije slag	2:07.40	25m	Koehoorn Richard	79	Heerenveen (NED)	7-11-1992
200 vrije slag	2:06.99	25m	Koehoorn Richard	79	Dordrecht (NED)	7-3-1993
200 vrije slag	2:03.80	25m	Koehoorn Richard	79	Winschoten (NED)	6-11-1993

Vrijeslag 200 meter jaargang 15 jaar, heren

200 vrije slag	2:47.80	25m	Akkerman Jeen	58	Heerenveen (NED)	21-6-1971
200 vrije slag	2:44.60	25m	Akkerman Jeen	58	Drachten (NED)	22-1-1972
200 vrije slag	2:40.30	25m	Wielink Rob	58	Leeuwarden (NED)	19-2-1972
200 vrije slag	2:26.00	25m	Wielink Rob	58	Neheim Hüsten (GER)	20-5-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:20.90	25m	Sipma Jetze	62	Drachten (NED)	24-6-1977
200 vrije slag	2:20.20	25m	van Straten Sander	73	Leeuwarden (NED)	7-11-1987
200 vrije slag	2:19.90	25m	Koopman André	76	Heerenveen (NED)	16-12-1989
200 vrije slag	2:15.40	25m	Koopman André	76	Sneek (NED)	7-1-1990
200 vrije slag	2:14.10	25m	Koopman André	76	Drachten (NED)	3-2-1990
200 vrije slag	2:11.60	25m	Koopman André	76	Hoogeveen (NED)	17-2-1990
200 vrije slag	2:09.00	25m	Koopman André	76	Heerenveen (NED)	13-1-1991
200 vrije slag	2:08.10	25m	Koopman André	76	Drachten (NED)	23-2-1991
200 vrije slag	2:05.50	25m	Koopman André	76	Groningen (NED)	14-12-1991
200 vrije slag	2:03.80	25m	Koehoorn Richard	79	Winschoten (NED)	6-11-1993
200 vrije slag	2:01.00	25m	Koehoorn Richard	79	Heerenveen (NED)	30-1-1994
200 vrije slag	2:00.71	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
200 vrije slag	1:59.80	25m	Koehoorn Richard	79	Heerenveen (NED)	7-5-1994

Vrijeslag 200 meter jaargang 16 jaar, heren

200 vrije slag	2:37.30	25m	Vonk Jan	54	Leeuwarden (NED)	21-3-1970
200 vrije slag	2:30.40	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
200 vrije slag	2:24.70	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:20.90	25m	Sipma Jetze	62	Drachten (NED)	24-6-1977
200 vrije slag	2:13.00	25m	Sipma Jetze	62	Heerenveen (NED)	15-4-1978
200 vrije slag	2:09.80	25m	van Wier René	65	Dokkum (NED)	24-10-1981
200 vrije slag	2:09.00	25m	Koopman André	76	Heerenveen (NED)	13-1-1991
200 vrije slag	2:08.10	25m	Koopman André	76	Drachten (NED)	23-2-1991
200 vrije slag	2:05.50	25m	Koopman André	76	Groningen (NED)	14-12-1991
200 vrije slag	2:05.00	25m	Koopman André	76	Dokkum (NED)	5-1-1992
200 vrije slag	2:03.80	25m	Koopman André	76	Drachten (NED)	12-1-1992
200 vrije slag	2:01.00	25m	Koehoorn Richard	79	Heerenveen (NED)	30-1-1994
200 vrije slag	2:00.71	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
200 vrije slag	1:59.80	25m	Koehoorn Richard	79	Heerenveen (NED)	7-5-1994
200 vrije slag	1:58.98	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
200 vrije slag	1:58.15	25m	Mooij Dennis	89	Dedemsvaart (NED)	15-1-2005

200 vrije slag	1:57.28	25m	Mooij Dennis	89	Heerenveen (NED)	26-11-2005
----------------	---------	-----	--------------	----	------------------	------------

Vrijeslag 200 meter jaargang 17 jaar, heren

200 vrije slag	2:37.30	25m	Vonk Jan	54	Leeuwarden (NED)	21-3-1970
200 vrije slag	2:30.40	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
200 vrije slag	2:28.40	25m	van der Weide Fedde	55	Zwolle (NED)	13-2-1972
200 vrije slag	2:24.70	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:20.90	25m	Sipma Jetze	62	Drachten (NED)	24-6-1977
200 vrije slag	2:13.00	25m	Sipma Jetze	62	Heerenveen (NED)	15-4-1978
200 vrije slag	2:09.80	25m	van Wier René	65	Dokkum (NED)	24-10-1981
200 vrije slag	2:09.00	25m	Koopman André	76	Heerenveen (NED)	13-1-1991
200 vrije slag	2:08.10	25m	Koopman André	76	Drachten (NED)	23-2-1991
200 vrije slag	2:05.50	25m	Koopman André	76	Groningen (NED)	14-12-1991
200 vrije slag	2:05.00	25m	Koopman André	76	Dokkum (NED)	5-1-1992
200 vrije slag	2:03.80	25m	Koopman André	76	Drachten (NED)	12-1-1992
200 vrije slag	2:01.00	25m	Koehoorn Richard	79	Heerenveen (NED)	30-1-1994
200 vrije slag	2:00.71	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
200 vrije slag	1:59.80	25m	Koehoorn Richard	79	Heerenveen (NED)	7-5-1994
200 vrije slag	1:58.98	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
200 vrije slag	1:58.15	25m	Mooij Dennis	89	Dedemsvaart (NED)	15-1-2005
200 vrije slag	1:57.28	25m	Mooij Dennis	89	Heerenveen (NED)	26-11-2005
200 vrije slag	1:56.41	25m	Zijlstra Wouter	04	Heerenveen (NED)	3-7-2021

Vrijeslag 200 meter jaargang 18 jaar, heren

200 vrije slag	2:37.30	25m	Vonk Jan	54	Leeuwarden (NED)	21-3-1970
200 vrije slag	2:30.40	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
200 vrije slag	2:28.40	25m	van der Weide Fedde	55	Zwolle (NED)	13-2-1972
200 vrije slag	2:24.70	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:20.90	25m	Sipma Jetze	62	Drachten (NED)	24-6-1977
200 vrije slag	2:13.00	25m	Sipma Jetze	62	Heerenveen (NED)	15-4-1978
200 vrije slag	2:09.80	25m	van Wier René	65	Dokkum (NED)	24-10-1981
200 vrije slag	2:02.90	25m	van Wier René	65	Heerenveen (NED)	8-10-1983
200 vrije slag	2:01.00	25m	Koehoorn Richard	79	Heerenveen (NED)	30-1-1994
200 vrije slag	2:00.71	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
200 vrije slag	1:59.80	25m	Koehoorn Richard	79	Heerenveen (NED)	7-5-1994
200 vrije slag	1:58.98	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
200 vrije slag	1:58.15	25m	Mooij Dennis	89	Dedemsvaart (NED)	15-1-2005
200 vrije slag	1:57.28	25m	Mooij Dennis	89	Heerenveen (NED)	26-11-2005
200 vrije slag	1:56.24	25m	Mooij Dennis	89	Groningen (NED)	13-1-2007

Vrijeslag 200 meter jaargang 19 jaar, heren

200 vrije slag	2:37.30	25m	Vonk Jan	54	Leeuwarden (NED)	21-3-1970
200 vrije slag	2:30.40	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
200 vrije slag	2:28.40	25m	van der Weide Fedde	55	Zwolle (NED)	13-2-1972
200 vrije slag	2:24.70	25m	Bijma Jan	56	Heerenveen (NED)	29-4-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:21.40	25m	Wielink Rob	58	Utrecht (NED)	23-7-1972
200 vrije slag	2:20.90	25m	Sipma Jetze	62	Drachten (NED)	24-6-1977
200 vrije slag	2:13.00	25m	Sipma Jetze	62	Heerenveen (NED)	15-4-1978
200 vrije slag	2:06.30	25m	Riemersma Jelle	60	Wolvega (NED)	31-3-1979
200 vrije slag	2:02.90	25m	van Wier René	65	Heerenveen (NED)	8-10-1983

200 vrije slag	1:59.20	25m	van Wier René	65	Heerenveen (NED)	10-11-1984
200 vrije slag	1:58.98	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
200 vrije slag	1:58.15	25m	Mooij Dennis	89	Dedemsvaart (NED)	15-1-2005
200 vrije slag	1:57.28	25m	Mooij Dennis	89	Heerenveen (NED)	26-11-2005
200 vrije slag	1:56.24	25m	Mooij Dennis	89	Groningen (NED)	13-1-2007
200 vrije slag	1:55.63	25m	Mooij Dennis	89	Groningen (NED)	15-11-2008

Vrijeslag 200 meter jaargang senioren, dames

5000 vrije slag	1:06:00.80	50m	Hassing Lianne	97	Amersfoort (NED)	19-4-2014
5000 vrije slag	1:06:00.80	50m	Hassing Lianne	97	Amersfoort (NED)	19-4-2014
200 vrije slag	2:04.35	25m	Hassing Lianne	97	Amsterdam (NED)	3-7-2016
200 vrije slag	2:06.75	50m	Hassing Lianne	97	Drachten (NED)	4-2-2017

Vrijeslag 400 meter jaargang 9 jaar, heren

400 vrije slag	7:57.07	25m	Heinsius Erwin	99	Heerenveen (NED)	16-3-2008
400 vrije slag	7:00.69	25m	Hartmann Jelmar	12	Heerenveen (NED)	3-7-2021

Vrijeslag 400 meter jaargang 10 jaar, heren

400 vrije slag	7:06.20	25m	Ensing Gerald	72	Drachten (NED)	27-3-1982
400 vrije slag	6:47.20	25m	Klijnstra Henk Anno	75	Wolvega (NED)	23-11-1985
400 vrije slag	6:13.00	25m	Koopman André	76	Burgum (NED)	13-12-1986
400 vrije slag	5:58.60	25m	de Jong Mike	78	Drachten (NED)	10-12-1988

Vrijeslag 400 meter jaargang 11 jaar, heren

400 vrije slag	7:06.20	25m	Ensing Gerald	72	Drachten (NED)	27-3-1982
400 vrije slag	6:47.20	25m	Klijnstra Henk Anno	75	Wolvega (NED)	23-11-1985
400 vrije slag	6:13.00	25m	Koopman André	76	Burgum (NED)	13-12-1986
400 vrije slag	5:47.00	25m	Koopman André	76	Bergum (NED)	24-10-1987
400 vrije slag	5:27.20	25m	Koehoorn Richard	79	Neheim Hüsten (GER)	1-6-1990
400 vrije slag	5:19.70	25m	Koehoorn Richard	79	Wolvega (NED)	27-10-1990

Vrijeslag 400 meter jaargang 12 jaar, heren

400 vrije slag	7:06.20	25m	Ensing Gerald	72	Drachten (NED)	27-3-1982
400 vrije slag	5:49.90	25m	Kerkhof Ben	70	Heerenveen (NED)	19-4-1982
400 vrije slag	5:47.00	25m	Koopman André	76	Bergum (NED)	24-10-1987
400 vrije slag	5:36.00	25m	Koopman André	76	Heerenveen (NED)	27-2-1988
400 vrije slag	5:28.70	25m	Koopman André	76	Sneek (NED)	5-3-1988
400 vrije slag	5:27.20	25m	Koehoorn Richard	79	Neheim Hüsten (GER)	1-6-1990
400 vrije slag	5:19.70	25m	Koehoorn Richard	79	Wolvega (NED)	27-10-1990
400 vrije slag	4:57.50	25m	Koehoorn Richard	79	Drachten (NED)	2-3-1991
400 vrije slag	4:52.58	25m	Koehoorn Richard	79	Drachten (NED)	16-6-1991

Vrijeslag 400 meter jaargang 13 jaar, heren

400 vrije slag	5:59.30	25m	Akkerman Jeen	58	Emmen (NED)	8-5-1971
400 vrije slag	5:46.90	25m	Akkerman Jeen	58	Heerenveen (NED)	21-6-1971
400 vrije slag	5:36.00	25m	Koopman André	76	Heerenveen (NED)	27-2-1988
400 vrije slag	5:28.70	25m	Koopman André	76	Sneek (NED)	5-3-1988
400 vrije slag	4:59.00	25m	Koopman André	76	Drachten (NED)	11-3-1989
400 vrije slag	4:57.50	25m	Koehoorn Richard	79	Drachten (NED)	2-3-1991
400 vrije slag	4:52.58	25m	Koehoorn Richard	79	Drachten (NED)	16-6-1991

400 vrije slag	4:41.90	25m	Koehoorn Richard	79	Heerenveen (NED)	25-1-1992
400 vrije slag	4:35.06	25m	Koehoorn Richard	79	Drachten (NED)	22-2-1992

Vrijeslag 400 meter jaargang 14 jaar, heren

400 vrije slag	5:59.30	25m	Akkerman Jeen	58	Emmen (NED)	8-5-1971
400 vrije slag	5:46.90	25m	Akkerman Jeen	58	Heerenveen (NED)	21-6-1971
400 vrije slag	5:18.60	25m	Wielink Rob	58	Emmeloord (NED)	19-3-1972
400 vrije slag	5:17.20	25m	Wielink Rob	58	Neheim Hüsten (GER)	20-5-1972
400 vrije slag	5:00.40	25m	Wielink Rob	58	Joure (NED)	26-6-1972
400 vrije slag	4:59.00	25m	Koopman André	76	Drachten (NED)	11-3-1989
400 vrije slag	4:52.00	25m	Koopman André	76	Wolvega (NED)	3-3-1990
400 vrije slag	4:41.90	25m	Koehoorn Richard	79	Heerenveen (NED)	25-1-1992
400 vrije slag	4:35.06	25m	Koehoorn Richard	79	Drachten (NED)	22-2-1992
400 vrije slag	4:34.60	25m	Koehoorn Richard	79	Heerenveen (NED)	6-2-1993
400 vrije slag	4:28.77	25m	Koehoorn Richard	79	Dordrecht (NED)	13-3-1993
400 vrije slag	4:27.90	25m	Koehoorn Richard	79	Heerenveen (NED)	2-4-1993

Vrijeslag 400 meter jaargang 15 jaar, heren

400 vrije slag	5:59.30	25m	Akkerman Jeen	58	Emmen (NED)	8-5-1971
400 vrije slag	5:46.90	25m	Akkerman Jeen	58	Heerenveen (NED)	21-6-1971
400 vrije slag	5:18.60	25m	Wielink Rob	58	Emmeloord (NED)	19-3-1972
400 vrije slag	5:17.20	25m	Wielink Rob	58	Neheim Hüsten (GER)	20-5-1972
400 vrije slag	5:00.40	25m	Wielink Rob	58	Joure (NED)	26-6-1972
400 vrije slag	4:59.00	25m	Koopman André	76	Drachten (NED)	11-3-1989
400 vrije slag	4:52.00	25m	Koopman André	76	Wolvega (NED)	3-3-1990
400 vrije slag	4:35.80	25m	Koopman André	76	Drachten (NED)	2-3-1991
400 vrije slag	4:35.06	25m	Koehoorn Richard	79	Drachten (NED)	22-2-1992
400 vrije slag	4:34.60	25m	Koehoorn Richard	79	Heerenveen (NED)	6-2-1993
400 vrije slag	4:28.77	25m	Koehoorn Richard	79	Dordrecht (NED)	13-3-1993
400 vrije slag	4:27.90	25m	Koehoorn Richard	79	Heerenveen (NED)	2-4-1993
400 vrije slag	4:18.20	25m	Koehoorn Richard	79	Veendam (NED)	15-1-1994
400 vrije slag	4:15.91	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994

Vrijeslag 400 meter jaargang 16 jaar, heren

400 vrije slag	5:46.10	25m	Vonk Jan	54	Heerenveen (NED)	17-1-1970
400 vrije slag	5:26.30	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
400 vrije slag	5:18.00	25m	van der Weide Fedde	55	Emmen (NED)	8-5-1971
400 vrije slag	5:17.20	25m	Wielink Rob	58	Neheim Hüsten (GER)	20-5-1972
400 vrije slag	5:00.40	25m	Wielink Rob	58	Joure (NED)	26-6-1972
400 vrije slag	4:54.30	25m	van Wier René	65	Franeker (NED)	18-4-1981
400 vrije slag	4:50.70	25m	van Wier René	65	Leek (NED)	30-5-1981
400 vrije slag	4:46.80	25m	Looijenga Erwin	66	Heerenveen (NED)	28-11-1982
400 vrije slag	4:35.80	25m	Koopman André	76	Drachten (NED)	2-3-1991
400 vrije slag	4:35.40	25m	Koopman André	76	Leeuwarden (NED)	1-2-1992
400 vrije slag	4:35.06	25m	Koehoorn Richard	79	Drachten (NED)	22-2-1992
400 vrije slag	4:34.60	25m	Koehoorn Richard	79	Heerenveen (NED)	6-2-1993
400 vrije slag	4:28.77	25m	Koehoorn Richard	79	Dordrecht (NED)	13-3-1993
400 vrije slag	4:27.90	25m	Koehoorn Richard	79	Heerenveen (NED)	2-4-1993
400 vrije slag	4:18.20	25m	Koehoorn Richard	79	Veendam (NED)	15-1-1994
400 vrije slag	4:15.91	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
400 vrije slag	4:15.25	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
400 vrije slag	4:11.83	25m	Zwertbroek Daan	99	Lelystad (NED)	14-11-2015

Vrijeslag 400 meter jaargang 17 jaar, heren

400 vrije slag	5:46.10	25m	Vonk Jan	54	Heerenveen (NED)	17-1-1970
400 vrije slag	5:26.30	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
400 vrije slag	5:18.00	25m	van der Weide Fedde	55	Emmen (NED)	8-5-1971
400 vrije slag	5:17.20	25m	Wielink Rob	58	Neheim Hùsten (GER)	20-5-1972
400 vrije slag	5:00.40	25m	Wielink Rob	58	Joure (NED)	26-6-1972
400 vrije slag	4:54.30	25m	van Wier René	65	Franeker (NED)	18-4-1981
400 vrije slag	4:50.70	25m	van Wier René	65	Leek (NED)	30-5-1981
400 vrije slag	4:29.30	25m	van Wier René	65	Oosterwolde (NED)	6-2-1982
400 vrije slag	4:25.10	25m	van Wier René	65	Heerenveen (NED)	6-3-1982
400 vrije slag	4:18.20	25m	Koehoorn Richard	79	Veendam (NED)	15-1-1994
400 vrije slag	4:15.91	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
400 vrije slag	4:15.25	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
400 vrije slag	4:11.83	25m	Zwertbroek Daan	99	Lelystad (NED)	14-11-2015
400 vrije slag	4:09.84	25m	Zijlstra Wouter	04	Heerenveen (NED)	12-6-2021

Vrijeslag 400 meter jaargang 18 jaar, heren

400 vrije slag	5:46.10	25m	Vonk Jan	54	Heerenveen (NED)	17-1-1970
400 vrije slag	5:26.30	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
400 vrije slag	5:18.00	25m	van der Weide Fedde	55	Emmen (NED)	8-5-1971
400 vrije slag	5:17.20	25m	Wielink Rob	58	Neheim Hùsten (GER)	20-5-1972
400 vrije slag	5:00.40	25m	Wielink Rob	58	Joure (NED)	26-6-1972
400 vrije slag	4:54.30	25m	van Wier René	65	Franeker (NED)	18-4-1981
400 vrije slag	4:50.70	25m	van Wier René	65	Leek (NED)	30-5-1981
400 vrije slag	4:29.30	25m	van Wier René	65	Oosterwolde (NED)	6-2-1982
400 vrije slag	4:25.10	25m	van Wier René	65	Heerenveen (NED)	6-3-1982
400 vrije slag	4:18.20	25m	Koehoorn Richard	79	Veendam (NED)	15-1-1994
400 vrije slag	4:15.91	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
400 vrije slag	4:15.25	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
400 vrije slag	4:11.83	25m	Zwertbroek Daan	99	Lelystad (NED)	14-11-2015
400 vrije slag	4:08.60	25m	Zwertbroek Daan	99	Groningen (NED)	30-9-2017

Vrijeslag 400 meter jaargang 19 jaar, heren

400 vrije slag	5:46.10	25m	Vonk Jan	54	Heerenveen (NED)	17-1-1970
400 vrije slag	5:26.30	25m	Vonk Jan	54	Leeuwarden (NED)	26-6-1970
400 vrije slag	5:18.00	25m	van der Weide Fedde	55	Emmen (NED)	8-5-1971
400 vrije slag	5:17.20	25m	Wielink Rob	58	Neheim Hùsten (GER)	20-5-1972
400 vrije slag	5:00.40	25m	Wielink Rob	58	Joure (NED)	26-6-1972
400 vrije slag	4:54.30	25m	van Wier René	65	Franeker (NED)	18-4-1981
400 vrije slag	4:50.70	25m	van Wier René	65	Leek (NED)	30-5-1981
400 vrije slag	4:29.30	25m	van Wier René	65	Oosterwolde (NED)	6-2-1982
400 vrije slag	4:25.10	25m	van Wier René	65	Heerenveen (NED)	6-3-1982
400 vrije slag	4:18.20	25m	Koehoorn Richard	79	Veendam (NED)	15-1-1994
400 vrije slag	4:15.91	25m	Koehoorn Richard	79	Uden (NED)	26-2-1994
400 vrije slag	4:15.25	25m	Koehoorn Richard	79	Leiden (NED)	12-2-1995
400 vrije slag	4:11.83	25m	Zwertbroek Daan	99	Lelystad (NED)	14-11-2015
400 vrije slag	4:08.60	25m	Zwertbroek Daan	99	Groningen (NED)	30-9-2017

Vrijeslag 400 meter jaargang senioren, dames

400 vrije slag	4:27.91	50m	Hassing Lisanne	97	Drachten (NED)	27-5-2016
400 vrije slag	4:26.89	25m	Hassing Lisanne	97	Heerenveen (NED)	8-1-2017

Vrijeslag 800 meter jaargang 10 jaar, heren

800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
----------------	----------	-----	------------------	----	------------------	------------

Vrijeslag 800 meter jaargang 11 jaar, heren

800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
----------------	----------	-----	------------------	----	------------------	------------

Vrijeslag 800 meter jaargang 12 jaar, heren

800 vrije slag	12:13.80	25m	Dirkse Erwin	60	Drachten (NED)	23-9-1972
800 vrije slag	11:06.80	25m	Koopman André	76	Heerenveen (NED)	7-5-1988
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991

Vrijeslag 800 meter jaargang 13 jaar, heren

800 vrije slag	12:13.80	25m	Dirkse Erwin	60	Drachten (NED)	23-9-1972
800 vrije slag	11:06.80	25m	Koopman André	76	Heerenveen (NED)	7-5-1988
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:54.15	25m	van der Meulen Arjen	87	Heerenveen (NED)	16-12-2000

Vrijeslag 800 meter jaargang 14 jaar, heren

800 vrije slag	10:59.40	25m	Wielink Rob	58	Drachten (NED)	23-9-1972
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:57.64	25m	Bethlehem Martijn	86	Drachten (NED)	15-10-2000
800 vrije slag	9:54.15	25m	van der Meulen Arjen	87	Heerenveen (NED)	16-12-2000
800 vrije slag	9:38.48	25m	Mooij Dennis	89	Oosterwolde (NED)	13-10-2003
800 vrije slag	9:31.17	25m	Zijlstra Wouter	04	Zwolle (NED)	7-10-2018
800 vrije slag	9:29.29	25m	Zijlstra Wouter	04	Amsterdam (NED)	27-10-2018

Vrijeslag 800 meter jaargang 15 jaar, heren

800 vrije slag	10:59.40	25m	Wielink Rob	58	Drachten (NED)	23-9-1972
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:57.64	25m	Bethlehem Martijn	86	Drachten (NED)	15-10-2000
800 vrije slag	9:54.15	25m	van der Meulen Arjen	87	Heerenveen (NED)	16-12-2000
800 vrije slag	9:51.48	25m	Bethlehem Martijn	86	Drachten (NED)	30-9-2001
800 vrije slag	9:28.74	25m	Waterlander Jelmer	88	Oosterwolde (NED)	13-10-2003
800 vrije slag	9:25.91	25m	Veenstra Allard	97	Leeuwarden (NED)	23-12-2012
800 vrije slag	9:16.61	25m	Zijlstra Wouter	04	Hoogeveen (NED)	20-1-2019
800 vrije slag	9:07.74	25m	Zijlstra Wouter	04	Alkmaar (NED)	13-10-2019
800 vrije slag	9:01.15	25m	Zijlstra Wouter	04	Steenwijk (NED)	10-11-2019

Vrijeslag 800 meter jaargang 16 jaar, heren

800 vrije slag	10:59.40	25m	Wielink Rob	58	Drachten (NED)	23-9-1972
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:57.64	25m	Bethlehem Martijn	86	Drachten (NED)	15-10-2000
800 vrije slag	9:54.15	25m	van der Meulen Arjen	87	Heerenveen (NED)	16-12-2000
800 vrije slag	9:51.48	25m	Bethlehem Martijn	86	Drachten (NED)	30-9-2001
800 vrije slag	9:28.74	25m	Waterlander Jelmer	88	Oosterwolde (NED)	13-10-2003
800 vrije slag	9:18.67	25m	Bos Dennis	92	Apeldoorn (NED)	18-10-2008
800 vrije slag	9:16.61	25m	Zijlstra Wouter	04	Hoogeveen (NED)	20-1-2019
800 vrije slag	9:07.74	25m	Zijlstra Wouter	04	Alkmaar (NED)	13-10-2019
800 vrije slag	9:01.15	25m	Zijlstra Wouter	04	Steenwijk (NED)	10-11-2019

Vrijeslag 800 meter jaargang 17 jaar, heren

800 vrije slag	10:59.40	25m	Wielink Rob	58	Drachten (NED)	23-9-1972
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:57.64	25m	Bethlehem Martijn	86	Drachten (NED)	15-10-2000
800 vrije slag	9:51.43	25m	Zwanenburg Andries	83	Heerenveen (NED)	28-10-2000
800 vrije slag	9:32.71	25m	Huininga Jan-Eggo	84	Drachten (NED)	30-9-2001
800 vrije slag	9:28.74	25m	Waterlander Jelmer	88	Oosterwolde (NED)	13-10-2003
800 vrije slag	9:11.08	25m	Waterlander Jelmer	88	Lelystad (NED)	15-10-2005
800 vrije slag	9:07.26	25m	Bos Dennis	92	Heerenveen (NED)	19-9-2009
800 vrije slag	9:01.15	25m	Zijlstra Wouter	04	Steenwijk (NED)	10-11-2019

Vrijeslag 800 meter jaargang 18 jaar, heren

800 vrije slag	10:59.40	25m	Wielink Rob	58	Drachten (NED)	23-9-1972
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:57.64	25m	Bethlehem Martijn	86	Drachten (NED)	15-10-2000
800 vrije slag	9:51.43	25m	Zwanenburg Andries	83	Heerenveen (NED)	28-10-2000
800 vrije slag	9:32.71	25m	Huininga Jan-Eggo	84	Drachten (NED)	30-9-2001
800 vrije slag	9:28.74	25m	Waterlander Jelmer	88	Oosterwolde (NED)	13-10-2003
800 vrije slag	9:11.08	25m	Waterlander Jelmer	88	Lelystad (NED)	15-10-2005
800 vrije slag	9:07.26	25m	Bos Dennis	92	Heerenveen (NED)	19-9-2009
800 vrije slag	9:01.15	25m	Zijlstra Wouter	04	Steenwijk (NED)	10-11-2019

Vrijeslag 800 meter jaargang 19 jaar, heren

800 vrije slag	10:59.40	25m	Wielink Rob	58	Drachten (NED)	23-9-1972
800 vrije slag	10:55.30	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
800 vrije slag	10:46.70	25m	Koehoorn Richard	79	Heerenveen (NED)	16-12-1989
800 vrije slag	10:39.50	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991

800 vrije slag	10:14.50	25m	Koehoorn Richard	79	Sneek (NED)	4-5-1991
800 vrije slag	10:10.53	25m	Koehoorn Richard	79	Drachten (NED)	15-6-1991
800 vrije slag	10:02.20	25m	Koehoorn Richard	79	Drachten (NED)	12-1-1992
800 vrije slag	9:57.64	25m	Bethlehem Martijn	86	Drachten (NED)	15-10-2000
800 vrije slag	9:51.43	25m	Zwanenburg Andries	83	Heerenveen (NED)	28-10-2000
800 vrije slag	9:32.71	25m	Huininga Jan-Eggo	84	Drachten (NED)	30-9-2001
800 vrije slag	9:28.74	25m	Waterlander Jelmer	88	Oosterwolde (NED)	13-10-2003
800 vrije slag	9:11.08	25m	Waterlander Jelmer	88	Lelystad (NED)	15-10-2005
800 vrije slag	9:07.26	25m	Bos Dennis	92	Heerenveen (NED)	19-9-2009
800 vrije slag	9:01.15	25m	Zijlstra Wouter	04	Steenwijk (NED)	10-11-2019

Vrijeslag 800 meter jaargang senioren, dames

800 vrije slag	9:11.18	25m	Hassing Lianne	97	Hoofddorp (NED)	5-11-2016
800 vrije slag	9:18.90	50m	Hassing Lianne	97	Eindhoven (NED)	8-4-2017

Vrijeslag 1500 meter jaargang 11 jaar, heren

1500 vrije slag	23:14.93	25m	Eghuizen Finn	09	Heerenveen (NED)	25-10-2020
-----------------	----------	-----	---------------	----	------------------	------------

Vrijeslag 1500 meter jaargang 12 jaar, heren

1500 vrije slag	20:03.10	25m	Koehoorn Richard	79	Heerenveen (NED)	26-1-1991
-----------------	----------	-----	------------------	----	------------------	-----------

Vrijeslag 1500 meter jaargang 13 jaar, heren

1500 vrije slag	21:18.30	25m	Klijnstra Henk-Anno	75	Heerenveen (NED)	6-12-1988
1500 vrije slag	20:42.40	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
1500 vrije slag	19:52.60	25m	Koopman André	76	Heerenveen (NED)	15-4-1989
1500 vrije slag	18:40.60	25m	Koehoorn Richard	79	Drachten (NED)	21-3-1992

Vrijeslag 1500 meter jaargang 14 jaar, heren

1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	20:42.40	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
1500 vrije slag	19:52.60	25m	Koopman André	76	Heerenveen (NED)	15-4-1989
1500 vrije slag	18:48.90	25m	Koopman André	76	Heerenveen (NED)	27-2-1990
1500 vrije slag	18:40.60	25m	Koehoorn Richard	79	Drachten (NED)	21-3-1992
1500 vrije slag	18:00.90	25m	Koehoorn Richard	79	Drachten (NED)	27-3-1993
1500 vrije slag	17:59.40	25m	Zijlstra Wouter	04	Zwolle (NED)	7-10-2018

Vrijeslag 1500 meter jaargang 15 jaar, heren

1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	20:42.40	25m	Koopman André	76	Heerenveen (NED)	28-1-1989
1500 vrije slag	19:52.60	25m	Koopman André	76	Heerenveen (NED)	15-4-1989
1500 vrije slag	18:48.90	25m	Koopman André	76	Heerenveen (NED)	27-2-1990
1500 vrije slag	18:42.70	25m	Koopman André	76	Drachten (NED)	10-1-1991
1500 vrije slag	18:40.60	25m	Koehoorn Richard	79	Drachten (NED)	21-3-1992
1500 vrije slag	18:00.90	25m	Koehoorn Richard	79	Drachten (NED)	27-3-1993
1500 vrije slag	17:15.12	25m	Koehoorn Richard	79	Drachten (NED)	25-4-1994
1500 vrije slag	17:09.88	25m	Zijlstra Wouter	04	Emmen (NED)	24-11-2019
1500 vrije slag	17:06.83	25m	Zijlstra Wouter	04	Tilburg (NED)	21-12-2019

Vrijeslag 1500 meter jaargang 16 jaar, heren

1500 vrije slag	23:02.90	25m	Vonk Jan	54	Heerenveen (NED)	21-9-1970
1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	20:19.60	25m	Damstra Jasper	69	Heerenveen (NED)	3-3-1985
1500 vrije slag	20:16.30	25m	Welles Johnny	70	Heerenveen (NED)	8-2-1986
1500 vrije slag	19:47.80	25m	Johannes Louis	71	Heerenveen (NED)	28-2-1987
1500 vrije slag	18:48.90	25m	Koopman André	76	Heerenveen (NED)	27-2-1990
1500 vrije slag	18:42.70	25m	Koopman André	76	Drachten (NED)	10-1-1991
1500 vrije slag	18:27.60	25m	Koopman André	76	Drachten (NED)	21-3-1992
1500 vrije slag	18:00.90	25m	Koehoorn Richard	79	Drachten (NED)	27-3-1993
1500 vrije slag	17:15.12	25m	Koehoorn Richard	79	Drachten (NED)	25-4-1994
1500 vrije slag	17:01.20	25m	Koehoorn Richard	79	Heerenveen (NED)	7-1-1995

Vrijeslag 1500 meter jaargang 17 jaar, heren

1500 vrije slag	23:02.90	25m	Vonk Jan	54	Heerenveen (NED)	21-9-1970
1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	18:19.70	25m	van Wier René	65	Heerenveen (NED)	20-11-1982
1500 vrije slag	18:00.90	25m	Koehoorn Richard	79	Drachten (NED)	27-3-1993
1500 vrije slag	17:15.12	25m	Koehoorn Richard	79	Drachten (NED)	25-4-1994
1500 vrije slag	17:01.20	25m	Koehoorn Richard	79	Heerenveen (NED)	7-1-1995

Vrijeslag 1500 meter jaargang 18 jaar, heren

1500 vrije slag	23:02.90	25m	Vonk Jan	54	Heerenveen (NED)	21-9-1970
1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	18:19.70	25m	van Wier René	65	Heerenveen (NED)	20-11-1982
1500 vrije slag	18:00.90	25m	Koehoorn Richard	79	Drachten (NED)	27-3-1993
1500 vrije slag	17:15.12	25m	Koehoorn Richard	79	Drachten (NED)	25-4-1994
1500 vrije slag	17:01.20	25m	Koehoorn Richard	79	Heerenveen (NED)	7-1-1995

Vrijeslag 1500 meter jaargang 19 jaar, heren

1500 vrije slag	23:02.90	25m	Vonk Jan	54	Heerenveen (NED)	21-9-1970
1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	18:19.70	25m	van Wier René	65	Heerenveen (NED)	20-11-1982
1500 vrije slag	18:00.90	25m	Koehoorn Richard	79	Drachten (NED)	27-3-1993
1500 vrije slag	17:15.12	25m	Koehoorn Richard	79	Drachten (NED)	25-4-1994
1500 vrije slag	17:01.20	25m	Koehoorn Richard	79	Heerenveen (NED)	7-1-1995

Vrijeslag 1500 meter jaargang senioren, heren

1500 vrije slag	23:02.90	25m	Vonk Jan	54	Heerenveen (NED)	21-9-1970
1500 vrije slag	21:11.50	25m	Wielink Rob	58	Heerenveen (NED)	22-9-1972
1500 vrije slag	18:19.70	25m	van Wier René	65	Heerenveen (NED)	20-11-1982
1500 vrije slag	18:03.40	25m	Boomsma Roland	64	Heerenveen (NED)	8-2-1986
1500 vrije slag	17:46.40	25m	Boomsma Roland	64	Sneek (NED)	23-4-1986
1500 vrije slag	17:41.70	25m	van Wier René	65	Heerenveen (NED)	28-2-1987
1500 vrije slag	17:15.12	25m	Koehoorn Richard	79	Drachten (NED)	25-4-1994
1500 vrije slag	17:01.20	25m	Koehoorn Richard	79	Heerenveen (NED)	7-1-1995

Vrijeslag 2000 meter jaargang 13 jaar, heren

2000 vrije slag	27:31.51	25m	Dekkinga Meindert	04	Heerenveen (NED)	29-4-2017
-----------------	----------	-----	-------------------	----	------------------	-----------

Vrijeslag 2000 meter jaargang 14 jaar, heren

2000 vrije slag	27:31.51	25m	Dekkinga Meindert	04	Heerenveen (NED)	29-4-2017
-----------------	----------	-----	-------------------	----	------------------	-----------

Vrijeslag 2000 meter jaargang 15 jaar, heren

2000 vrije slag	23:38.50	25m	van der Meulen Arjen	87	Drachten (NED)	2-3-2002
2000 vrije slag	22:57.61	25m	Zijlstra Wouter	04	Heerenveen (NED)	1-7-2021

Vrijeslag 2000 meter jaargang 17 jaar, heren

2000 vrije slag	23:38.50	25m	van der Meulen Arjen	87	Drachten (NED)	2-3-2002
2000 vrije slag	22:57.61	25m	Zijlstra Wouter	04	Heerenveen (NED)	1-7-2021

Vrijeslag 2000 meter jaargang 18 jaar, heren

2000 vrije slag	23:38.50	25m	van der Meulen Arjen	87	Drachten (NED)	2-3-2002
2000 vrije slag	22:57.61	25m	Zijlstra Wouter	04	Heerenveen (NED)	1-7-2021

Vrijeslag 2000 meter jaargang 19 jaar, heren

2000 vrije slag	23:38.50	25m	van der Meulen Arjen	87	Drachten (NED)	2-3-2002
2000 vrije slag	22:57.61	25m	Zijlstra Wouter	04	Heerenveen (NED)	1-7-2021

Vrijeslag 2000 meter jaargang senioren, heren

2000 vrije slag	23:38.50	25m	van der Meulen Arjen	87	Drachten (NED)	2-3-2002
2000 vrije slag	22:57.61	25m	Zijlstra Wouter	04	Heerenveen (NED)	1-7-2021