

Tijden van maandag 1 januari 1900 tot maandag 31 december 2018

**Alies Antonides**

25 vrije slag	15.33	25m	23-6-2018	Dokkum (NED)	332 Pnt.
50 vrije slag	34.17	25m	4-11-2017	Sneek (NED)	314 Pnt.
100 vrije slag	1:17.28	25m	4-2-2017	Dokkum (NED)	285 Pnt.
200 vrije slag	2:52.83	25m	11-3-2017	Dokkum (NED)	263 Pnt.
400 vrije slag	7:42.72	25m	7-4-2012	De Westereen	130 Pnt.
25 rugslag	19.14	25m	24-6-2017	Bergum (NED)	251 Pnt.
50 rugslag	42.15	25m	20-1-2018	Sneek (NED)	225 Pnt.
100 rugslag	1:32.64	25m	16-1-2016	Harlingen (NED)	209 Pnt.
200 rugslag	3:25.78	25m	16-4-2016	Bergum (NED)	194 Pnt.
25 schoolslag	20.56	25m	23-6-2018	Dokkum (NED)	271 Pnt.
50 schoolslag	47.13	25m	31-10-2015	Bergum (NED)	224 Pnt.
100 schoolslag	1:46.60	25m	15-11-2014	De Westereen (NED)	200 Pnt.
200 schoolslag	3:46.90	25m	22-3-2014	Dokkum (NED)	208 Pnt.
25 vlinderslag	17.21	25m	24-6-2017	Bergum (NED)	274 Pnt.
50 vlinderslag	41.77	25m	14-10-2017	Harlingen (NED)	198 Pnt.
100 vlinderslag	1:42.03	25m	14-11-2015	De Westereen (NED)	153 Pnt.
200 vlinderslag	3:57.51	25m	5-4-2014	Leeuwarden (NED)	127 Pnt.
100 wisselslag	1:30.95	25m	4-2-2017	Dokkum (NED)	241 Pnt.
200 wisselslag	3:17.90	25m	11-2-2017	Harlingen (NED)	233 Pnt.

**Rienk Antonides**

25 vrije slag	19.05	25m	18-6-2016	Buitenpost (NED)	110 Pnt.
50 vrije slag	31.98	25m	15-12-2018	Groningen (NED)	254 Pnt.
100 vrije slag	1:15.32	25m	22-9-2018	Bergum (NED)	212 Pnt.
200 vrije slag	2:44.60	25m	21-4-2018	Bergum (NED)	220 Pnt.
400 vrije slag	5:56.19	25m	10-3-2018	Bergum (NED)	211 Pnt.
25 rugslag	26.51	25m	28-11-2015	Dokkum (NED)	59 Pnt.
50 rugslag	39.80	25m	7-7-2018	Bergum (NED)	174 Pnt.
100 rugslag	1:26.00	25m	22-9-2018	Bergum (NED)	184 Pnt.
25 schoolslag	28.67	25m	18-6-2016	Buitenpost (NED)	66 Pnt.
50 schoolslag	48.80	25m	22-9-2018	Bergum (NED)	138 Pnt.
100 schoolslag	1:51.84	25m	8-12-2018	Bergum (NED)	122 Pnt.
50 vlinderslag	43.24	25m	7-7-2018	Bergum (NED)	128 Pnt.
100 vlinderslag	1:40.48	25m	15-12-2018	Groningen (NED)	109 Pnt.
100 wisselslag	1:27.66	25m	8-12-2018	Bergum (NED)	188 Pnt.
200 wisselslag	3:17.72	25m	10-6-2018	Heerenveen (NED)	170 Pnt.

**Jesse Bakker**

25 vrije slag	29.88	25m	12-5-2018	Bergum (NED)	28 Pnt.
25 rugslag	33.89	25m	13-10-2018	Bergum (NED)	28 Pnt.
25 schoolslag	33.97	25m	10-3-2018	Bergum (NED)	40 Pnt.

**Reinout Beerda**

25 vrije slag	13.65	25m	24-6-2017	Bergum (NED)	299 Pnt.
50 vrije slag	34.53	50m	25-8-2013	Hamburg (GER)	222 Pnt.
50 vrije slag	29.78	25m	4-6-2016	Heerenveen (NED)	314 Pnt.
100 vrije slag	1:07.05	50m	4-3-2017	Drachten (NED)	342 Pnt.
100 vrije slag	1:04.34	25m	4-2-2017	Dokkum (NED)	340 Pnt.
200 vrije slag	2:48.00	50m	24-8-2013	Hamburg (GER)	223 Pnt.
200 vrije slag	2:27.67	25m	30-9-2017	Bergum (NED)	304 Pnt.
400 vrije slag	6:51.59	25m	2-6-2012	Leeuwarden (NED)	137 Pnt.
25 rugslag	17.34	25m	24-6-2017	Bergum (NED)	213 Pnt.
50 rugslag	38.59	25m	7-7-2018	Bergum (NED)	190 Pnt.
100 rugslag	1:34.21	50m	25-8-2013	Hamburg (GER)	166 Pnt.
100 rugslag	1:23.24	25m	24-3-2018	Harlingen (NED)	202 Pnt.
200 rugslag	2:57.64	25m	11-3-2017	Dokkum (NED)	210 Pnt.
25 schoolslag	18.14	25m	23-6-2018	Dokkum (NED)	262 Pnt.
50 schoolslag	44.26	50m	25-8-2013	Hamburg (GER)	212 Pnt.
50 schoolslag	38.90	25m	31-10-2015	Bergum (NED)	273 Pnt.
100 schoolslag	1:33.18	50m	24-8-2013	Hamburg (GER)	230 Pnt.
100 schoolslag	1:24.85	25m	1-4-2017	Haren (NED)	281 Pnt.
200 schoolslag	3:07.33	25m	5-6-2016	Heerenveen (NED)	265 Pnt.
25 vlinderslag	14.58	25m	23-6-2018	Dokkum (NED)	313 Pnt.
50 vlinderslag	32.20	25m	24-3-2018	Harlingen (NED)	310 Pnt.
100 vlinderslag	1:20.04	50m	4-3-2017	Drachten (NED)	241 Pnt.
100 vlinderslag	1:15.32	25m	4-6-2016	Heerenveen (NED)	260 Pnt.
200 vlinderslag	3:18.00	25m	5-4-2014	Leeuwarden (NED)	164 Pnt.
100 wisselslag	1:16.71	25m	7-2-2015	Leeuwarden (NED)	281 Pnt.
200 wisselslag	3:06.14	50m	24-8-2013	Hamburg (GER)	229 Pnt.
200 wisselslag	2:48.42	25m	5-6-2016	Heerenveen (NED)	275 Pnt.

**Yanick van den Berg**

25 vrije slag	16.22	25m	12-5-2018	Bergum (NED)	178 Pnt.
50 vrije slag	36.92	25m	13-10-2018	Bergum (NED)	165 Pnt.
100 vrije slag	1:24.22	25m	13-10-2018	Bergum (NED)	151 Pnt.
200 vrije slag	3:14.28	25m	2-12-2018	Bergum (NED)	133 Pnt.
400 vrije slag	6:37.43	25m	2-12-2018	Bergum (NED)	152 Pnt.
25 rugslag	21.20	25m	13-5-2017	Bergum (NED)	116 Pnt.
50 rugslag	46.97	25m	7-7-2018	Bergum (NED)	105 Pnt.
100 rugslag	1:36.22	25m	13-10-2018	Bergum (NED)	131 Pnt.
25 schoolslag	24.45	25m	17-6-2017	Buitenpost (NED)	107 Pnt.
50 schoolslag	58.88	25m	26-11-2017	Heerenveen (NED)	78 Pnt.
50 vlinderslag	1:00.13	25m	4-11-2018	Bergum (NED)	47 Pnt.
100 wisselslag	1:43.72	25m	10-11-2018	Dokkum (NED)	114 Pnt.
200 wisselslag	4:03.30	25m	4-11-2018	Bergum (NED)	91 Pnt.

**Janke de Boer**

25 vrije slag	28.31	25m	7-10-2017	Bergum (NED)	52 Pnt.
25 rugslag	31.21	25m	27-1-2018	Bergum (NED)	57 Pnt.
25 schoolslag	30.95	25m	17-6-2017	Buitenpost (NED)	79 Pnt.

**Laura de Boer**

25 vrije slag	14.74	25m	24-6-2017	Bergum (NED)	374 Pnt.
50 vrije slag	34.00	50m	10-3-2018	Drachten (NED)	339 Pnt.
50 vrije slag	33.60	25m	17-12-2017	Hoogezand (NED)	330 Pnt.
100 vrije slag	1:15.70	50m	4-3-2017	Drachten (NED)	325 Pnt.
100 vrije slag	1:13.96	25m	27-5-2017	Emmen (NED)	326 Pnt.
200 vrije slag	2:44.83	25m	16-12-2018	Groningen (NED)	303 Pnt.
400 vrije slag	6:05.80	25m	14-5-2017	Burgum (NED)	263 Pnt.
800 vrije slag	12:26.89	25m	14-5-2017	Burgum (NED)	264 Pnt.
1500 vrije slag	24:06.01	25m	3-12-2017	Bergum (NED)	257 Pnt.
2000 vrije slag	33:00.02	25m	26-3-2017	Bergum (NED)	237 Pnt.
25 rugslag	18.57	25m	24-6-2017	Bergum (NED)	275 Pnt.
50 rugslag	41.67	25m	29-10-2016	Bergum (NED)	233 Pnt.
100 rugslag	1:27.75	25m	11-3-2017	Dokkum (NED)	246 Pnt.
200 rugslag	3:18.72	25m	11-2-2017	Harlingen (NED)	215 Pnt.
25 schoolslag	17.44	25m	24-6-2017	Bergum (NED)	445 Pnt.
50 schoolslag	39.07	25m	7-7-2018	Bergum (NED)	393 Pnt.
100 schoolslag	1:30.12	50m	10-3-2018	Drachten (NED)	364 Pnt.
100 schoolslag	1:26.20	25m	17-12-2017	Hoogezand (NED)	378 Pnt.
200 schoolslag	3:19.62	50m	4-3-2017	Drachten (NED)	338 Pnt.
200 schoolslag	3:10.23	25m	27-5-2017	Emmen (NED)	354 Pnt.
25 vlinderslag	16.50	25m	24-6-2017	Bergum (NED)	311 Pnt.
50 vlinderslag	38.47	25m	20-1-2018	Sneek (NED)	254 Pnt.
100 vlinderslag	1:27.55	25m	17-12-2017	Hoogezand (NED)	242 Pnt.
100 wisselslag	1:23.37	25m	17-3-2018	Dokkum (NED)	314 Pnt.
200 wisselslag	3:00.74	25m	16-12-2017	Hoogezand (NED)	306 Pnt.
400 wisselslag	6:22.06	25m	14-5-2017	Burgum (NED)	313 Pnt.

**Rixt Jyldau Boonstra**

25 vrije slag	22.56	25m	12-5-2018	Bergum (NED)	104 Pnt.
50 vrije slag	49.06	25m	13-10-2018	Bergum (NED)	106 Pnt.
25 rugslag	27.42	25m	7-7-2018	Bergum (NED)	85 Pnt.
50 rugslag	1:00.76	25m	13-10-2018	Bergum (NED)	75 Pnt.
25 schoolslag	24.71	25m	7-7-2018	Bergum (NED)	156 Pnt.
50 schoolslag	57.10	25m	27-1-2018	Bergum (NED)	126 Pnt.

**Yinte Sygrid Boonstra**

25 vrije slag	31.97	25m	13-10-2018	Bergum (NED)	36 Pnt.
25 rugslag	32.15	25m	13-10-2018	Bergum (NED)	53 Pnt.

**Kiyana Born**

25 vrije slag	50.38	25m	13-10-2018	Bergum (NED)	9 Pnt.
25 rugslag	39.32	25m	13-10-2018	Bergum (NED)	28 Pnt.

**Lars Bosscher**

25 vrije slag	34.33	25m	13-5-2017	Bergum (NED)	18 Pnt.
50 vrije slag	52.91	25m	13-5-2017	Bergum (NED)	56 Pnt.
25 rugslag	29.26	25m	13-5-2017	Bergum (NED)	44 Pnt.
50 rugslag	54.50	25m	7-7-2018	Bergum (NED)	67 Pnt.
25 schoolslag	27.22	25m	13-5-2017	Bergum (NED)	77 Pnt.
50 schoolslag	53.10	25m	7-7-2018	Bergum (NED)	107 Pnt.
25 vlinderslag	22.03	25m	7-7-2018	Bergum (NED)	90 Pnt.

**Nynke-Marije de Bruin**

25 vrije slag	23.76	25m	13-10-2018	Bergum (NED)	89 Pnt.
25 rugslag	25.18	25m	13-10-2018	Bergum (NED)	110 Pnt.
25 schoolslag	29.01	25m	23-6-2018	Buitenpost (NED)	96 Pnt.

**Ytsen de Bruin**

25 vrije slag	19.75	25m	10-3-2018	Bergum (NED)	98 Pnt.
50 vrije slag	44.45	25m	14-4-2018	Leeuwarden (NED)	94 Pnt.
100 vrije slag	1:48.12	25m	22-9-2018	Bergum (NED)	71 Pnt.
25 rugslag	23.59	25m	27-1-2018	Bergum (NED)	84 Pnt.
50 rugslag	54.87	25m	12-5-2018	Bergum (NED)	66 Pnt.
25 schoolslag	32.14	25m	27-1-2018	Bergum (NED)	47 Pnt.
50 schoolslag	1:02.29	25m	22-9-2018	Bergum (NED)	66 Pnt.

**Mats Buikema**

25 vrije slag	19.78	25m	20-1-2018	Dokkum (NED)	98 Pnt.
50 vrije slag	43.10	25m	22-9-2018	Bergum (NED)	103 Pnt.
100 vrije slag	1:38.83	25m	13-10-2018	Bergum (NED)	94 Pnt.
200 vrije slag	3:26.99	25m	4-11-2018	Bergum (NED)	110 Pnt.
400 vrije slag	7:15.57	25m	11-2-2018	Bergum (NED)	115 Pnt.
25 rugslag	23.88	25m	14-4-2018	Leeuwarden (NED)	81 Pnt.
50 rugslag	51.62	25m	7-10-2017	Bergum (NED)	79 Pnt.
100 rugslag	1:52.69	25m	27-1-2018	Bergum (NED)	81 Pnt.
25 schoolslag	25.41	25m	20-1-2018	Dokkum (NED)	95 Pnt.
50 schoolslag	54.08	25m	10-11-2018	Dokkum (NED)	101 Pnt.
100 schoolslag	2:00.81	25m	8-12-2018	Bergum (NED)	97 Pnt.
50 vlinderslag	54.68	25m	8-12-2018	Bergum (NED)	63 Pnt.
100 wisselslag	1:49.32	25m	13-10-2018	Bergum (NED)	97 Pnt.
200 wisselslag	3:57.56	25m	25-3-2018	Bergum (NED)	98 Pnt.

**Suze Buikema**

25 vrije slag	14.89	25m	23-6-2018	Dokkum (NED)	362 Pnt.
50 vrije slag	34.83	50m	10-3-2018	Drachten (NED)	316 Pnt.
50 vrije slag	31.21	25m	17-11-2018	Heerenveen (NED)	412 Pnt.
100 vrije slag	1:16.93	50m	24-2-2018	Drachten (NED)	309 Pnt.
100 vrije slag	1:09.41	25m	29-12-2018	Leeuwarden (NED)	394 Pnt.
200 vrije slag	2:37.08	25m	16-12-2018	Groningen (NED)	350 Pnt.
400 vrije slag	5:42.64	25m	4-11-2018	Bergum (NED)	320 Pnt.
800 vrije slag	11:34.85	25m	4-11-2018	Bergum (NED)	328 Pnt.

25 rugslag	18.53	25m	23-6-2018	Dokkum (NED)	277 Pnt.
50 rugslag	40.60	50m	26-5-2018	Drachten (NED)	296 Pnt.
50 rugslag	37.54	25m	30-12-2018	Leeuwarden (NED)	319 Pnt.
100 rugslag	1:28.69	50m	26-5-2018	Drachten (NED)	281 Pnt.
100 rugslag	1:21.73	25m	15-12-2018	Groningen (NED)	305 Pnt.
200 rugslag	2:58.72	50m	26-5-2018	Drachten (NED)	334 Pnt.
200 rugslag	2:52.42	25m	16-12-2018	Groningen (NED)	330 Pnt.
25 schoolslag	20.06	25m	23-6-2018	Dokkum (NED)	292 Pnt.
50 schoolslag	45.19	25m	22-9-2018	Bergum (NED)	254 Pnt.
100 schoolslag	1:36.74	25m	8-12-2018	Bergum (NED)	267 Pnt.
200 schoolslag	3:54.04	25m	17-9-2016	Leeuwarden (NED)	190 Pnt.
25 vlinderslag	16.74	25m	23-6-2018	Dokkum (NED)	298 Pnt.
50 vlinderslag	40.68	50m	24-2-2018	Drachten (NED)	216 Pnt.
50 vlinderslag	37.31	25m	8-12-2018	Bergum (NED)	279 Pnt.
100 vlinderslag	1:26.11	25m	3-11-2018	Groningen (NED)	255 Pnt.
100 wisselslag	1:22.80	25m	29-12-2018	Leeuwarden (NED)	320 Pnt.
200 wisselslag	3:02.69	50m	27-5-2018	Drachten (NED)	329 Pnt.
200 wisselslag	2:56.03	25m	15-12-2018	Groningen (NED)	331 Pnt.

**Janneke Cnossen**

25 vrije slag	24.47	25m	24-6-2017	Bergum (NED)	81 Pnt.
50 vrije slag	48.15	25m	20-1-2018	Dokkum (NED)	112 Pnt.
100 vrije slag	1:50.11	25m	22-9-2018	Bergum (NED)	98 Pnt.
25 rugslag	29.81	25m	24-6-2017	Bergum (NED)	66 Pnt.
50 rugslag	57.46	25m	27-1-2018	Bergum (NED)	89 Pnt.
25 schoolslag	27.15	25m	17-6-2017	Buitenpost (NED)	118 Pnt.
50 schoolslag	55.04	25m	22-9-2018	Bergum (NED)	140 Pnt.
100 schoolslag	2:02.25	25m	8-12-2018	Bergum (NED)	132 Pnt.
25 vlinderslag	29.19	25m	7-7-2018	Bergum (NED)	56 Pnt.
50 vlinderslag	1:02.92	25m	8-12-2018	Bergum (NED)	58 Pnt.
100 wisselslag	1:55.37	25m	8-12-2018	Bergum (NED)	118 Pnt.

**Willem Cnossen**

25 vrije slag	17.28	25m	23-6-2018	Dokkum (NED)	147 Pnt.
50 vrije slag	38.11	25m	14-4-2018	Leeuwarden (NED)	150 Pnt.
100 vrije slag	1:26.99	25m	22-9-2018	Bergum (NED)	137 Pnt.
200 vrije slag	3:06.78	25m	2-12-2018	Bergum (NED)	150 Pnt.
400 vrije slag	6:28.36	25m	2-12-2018	Bergum (NED)	163 Pnt.
800 vrije slag	12:57.00	25m	2-12-2018	Bergum (NED)	185 Pnt.
1500 vrije slag	27:15.63	25m	11-2-2018	Bergum (NED)	139 Pnt.
25 rugslag	22.50	25m	23-6-2018	Dokkum (NED)	97 Pnt.
50 rugslag	47.55	25m	20-1-2018	Dokkum (NED)	102 Pnt.
100 rugslag	1:41.95	25m	24-3-2018	Harlingen (NED)	110 Pnt.
25 schoolslag	23.83	25m	24-6-2017	Bergum (NED)	115 Pnt.
50 schoolslag	48.98	25m	22-9-2018	Bergum (NED)	137 Pnt.
100 schoolslag	1:43.66	25m	8-12-2018	Bergum (NED)	154 Pnt.
25 vlinderslag	22.26	25m	23-6-2018	Dokkum (NED)	87 Pnt.
50 vlinderslag	49.18	25m	8-12-2018	Bergum (NED)	87 Pnt.
100 vlinderslag	2:00.46	25m	7-4-2018	Leeuwarden (NED)	63 Pnt.
100 wisselslag	1:45.72	25m	30-9-2017	Bergum (NED)	107 Pnt.
200 wisselslag	3:22.18	25m	2-12-2018	Bergum (NED)	159 Pnt.
400 wisselslag	7:36.04	25m	7-4-2018	Leeuwarden (NED)	137 Pnt.

**Sybren Deelstra**

25 vrije slag	19.52	25m	8-2-2014	Bergum (NED)	102 Pnt.
50 vrije slag	29.45	25m	15-12-2018	Groningen (NED)	325 Pnt.
100 vrije slag	1:04.32	25m	17-11-2018	Heerenveen (NED)	341 Pnt.
200 vrije slag	2:34.25	25m	6-10-2018	Bergum (NED)	267 Pnt.
400 vrije slag	5:50.32	25m	13-3-2016	Bergum (NED)	222 Pnt.
25 rugslag	26.26	25m	29-6-2013	Bergum (NED)	61 Pnt.
50 rugslag	38.50	25m	3-11-2018	Groningen (NED)	192 Pnt.
100 rugslag	1:22.31	25m	22-9-2018	Bergum (NED)	209 Pnt.
25 schoolslag	27.65	25m	29-6-2013	Bergum (NED)	74 Pnt.
50 schoolslag	41.20	25m	22-9-2018	Bergum (NED)	230 Pnt.
100 schoolslag	1:32.74	25m	3-11-2018	Groningen (NED)	215 Pnt.
50 vlinderslag	36.41	25m	8-12-2018	Bergum (NED)	214 Pnt.
100 vlinderslag	1:43.81	25m	12-12-2015	Bolsward (NED)	99 Pnt.
100 wisselslag	1:19.55	25m	8-12-2018	Bergum (NED)	252 Pnt.
200 wisselslag	3:13.55	25m	12-11-2016	Franeker (NED)	181 Pnt.

**Marcel Delfstra**

25 vrije slag	12.00	25m	24-6-2017	Bergum (NED)	440 Pnt.
50 vrije slag	26.82	50m	3-6-2018	Drachten (NED)	473 Pnt.
50 vrije slag	25.91	25m	21-4-2018	Bergum (NED)	478 Pnt.
100 vrije slag	58.39	50m	27-5-2018	Drachten (NED)	518 Pnt.
100 vrije slag	55.30	25m	29-12-2018	Leeuwarden (NED)	536 Pnt.
200 vrije slag	2:10.80	50m	28-5-2016	Drachten (NED)	474 Pnt.
200 vrije slag	2:06.40	25m	30-9-2017	Bergum (NED)	485 Pnt.
300 vrije slag	5:01.83	25m	3-1-2010	Dokkum (NED)	137 Pnt.
400 vrije slag	4:45.00	50m	11-6-2015	Eindhoven (NED)	460 Pnt.
400 vrije slag	4:27.61	25m	26-11-2016	Leeuwarden (NED)	498 Pnt.
800 vrije slag	9:15.39	25m	5-11-2017	Bergum (NED)	508 Pnt.
1500 vrije slag	17:30.95	25m	3-12-2017	Bergum (NED)	525 Pnt.
2000 vrije slag	23:45.19	25m	17-4-2016	Leeuwarden (NED)	499 Pnt.
25 rugslag	13.55	25m	24-6-2017	Bergum (NED)	446 Pnt.
50 rugslag	30.47	50m	13-5-2018	Amersfoort (NED)	491 Pnt.
50 rugslag	28.20	25m	7-7-2018	Bergum (NED)	489 Pnt.
100 rugslag	1:05.60	50m	26-3-2017	Alkmaar (NED)	493 Pnt.
100 rugslag	1:00.12	25m	29-12-2018	Leeuwarden (NED)	538 Pnt.
200 rugslag	2:20.51	50m	27-5-2016	Drachten (NED)	505 Pnt.
200 rugslag	2:11.80	25m	12-11-2017	Emmen (NED)	514 Pnt.
25 schoolslag	14.99	25m	24-6-2017	Bergum (NED)	465 Pnt.
50 schoolslag	33.47	50m	10-4-2016	Eindhoven (NED)	491 Pnt.
50 schoolslag	32.48	25m	7-7-2018	Bergum (NED)	469 Pnt.
100 schoolslag	1:12.15	50m	19-5-2017	Drachten (NED)	496 Pnt.
100 schoolslag	1:08.73	25m	8-7-2017	Amsterdam (NED)	529 Pnt.
200 schoolslag	2:31.91	50m	16-6-2016	Dordrecht (NED)	584 Pnt.
200 schoolslag	2:25.66	25m	11-11-2017	Emmen (NED)	565 Pnt.
25 vlinderslag	12.50	25m	24-6-2017	Bergum (NED)	496 Pnt.
50 vlinderslag	27.73	50m	2-6-2018	Drachten (NED)	529 Pnt.
50 vlinderslag	26.63	25m	23-12-2018	Tilburg (NED)	548 Pnt.
100 vlinderslag	1:01.64	50m	12-5-2018	Drachten (NED)	527 Pnt.
100 vlinderslag	58.12	25m	30-12-2018	Leeuwarden (NED)	566 Pnt.
200 vlinderslag	2:21.98	50m	16-6-2017	Eindhoven (NED)	484 Pnt.
200 vlinderslag	2:12.86	25m	21-12-2018	Tilburg (NED)	545 Pnt.
100 wisselslag	1:01.42	25m	29-12-2018	Leeuwarden (NED)	549 Pnt.
200 wisselslag	2:17.75	50m	26-5-2018	Drachten (NED)	566 Pnt.
200 wisselslag	2:12.07	25m	4-11-2018	Bergum (NED)	571 Pnt.
400 wisselslag	4:53.36	50m	18-6-2017	Eindhoven (NED)	574 Pnt.
400 wisselslag	4:41.35	25m	11-2-2017	Leeuwarden (NED)	586 Pnt.

**Marinte van Dijk**

25 vrije slag	26.21	25m	24-6-2017	Bergum (NED)	66 Pnt.
50 vrije slag	49.22	25m	7-7-2018	Bergum (NED)	105 Pnt.
25 rugslag	28.63	25m	24-6-2017	Bergum (NED)	75 Pnt.
50 rugslag	54.83	25m	12-5-2018	Bergum (NED)	102 Pnt.
25 schoolslag	33.68	25m	24-6-2017	Bergum (NED)	61 Pnt.
50 schoolslag	1:05.06	25m	12-5-2018	Bergum (NED)	85 Pnt.
25 vlinderslag	28.03	25m	7-7-2018	Bergum (NED)	63 Pnt.

**Jente-Piebe Dijkstra**

25 vrije slag	18.05	25m	12-5-2018	Bergum (NED)	129 Pnt.
50 vrije slag	38.21	25m	8-12-2018	Bergum (NED)	149 Pnt.
100 vrije slag	1:26.16	25m	13-10-2018	Bergum (NED)	141 Pnt.
200 vrije slag	3:10.72	25m	29-12-2018	Leeuwarden (NED)	141 Pnt.
400 vrije slag	6:47.65	25m	2-12-2018	Bergum (NED)	141 Pnt.
25 rugslag	22.64	25m	12-5-2018	Bergum (NED)	95 Pnt.
50 rugslag	48.88	25m	7-7-2018	Bergum (NED)	93 Pnt.
100 rugslag	1:45.87	25m	10-6-2018	Heerenveen (NED)	98 Pnt.
25 schoolslag	24.46	25m	20-1-2018	Dokkum (NED)	107 Pnt.
50 schoolslag	52.78	25m	9-6-2018	Heerenveen (NED)	109 Pnt.
100 schoolslag	1:51.53	25m	9-6-2018	Heerenveen (NED)	123 Pnt.
50 vlinderslag	49.71	25m	29-12-2018	Leeuwarden (NED)	84 Pnt.
100 wisselslag	1:43.75	25m	10-6-2018	Heerenveen (NED)	113 Pnt.
200 wisselslag	3:41.35	25m	4-11-2018	Bergum (NED)	121 Pnt.

**Fardau Dijkers**

25 vrije slag	14.59	25m	23-6-2018	Dokkum (NED)	385 Pnt.
50 vrije slag	32.57	25m	3-11-2018	Groningen (NED)	363 Pnt.
100 vrije slag	1:23.93	50m	4-3-2017	Drachten (NED)	238 Pnt.
100 vrije slag	1:14.03	25m	22-9-2018	Bergum (NED)	325 Pnt.
200 vrije slag	2:49.08	25m	6-10-2018	Bergum (NED)	281 Pnt.
400 vrije slag	6:09.74	25m	4-11-2018	Bergum (NED)	255 Pnt.
800 vrije slag	12:27.11	25m	4-11-2018	Bergum (NED)	264 Pnt.
25 rugslag	17.94	25m	23-6-2018	Dokkum (NED)	305 Pnt.
50 rugslag	44.85	50m	4-3-2017	Drachten (NED)	219 Pnt.
50 rugslag	41.18	25m	7-7-2018	Bergum (NED)	242 Pnt.
100 rugslag	1:26.73	25m	3-11-2018	Groningen (NED)	255 Pnt.
25 schoolslag	18.48	25m	23-6-2018	Dokkum (NED)	374 Pnt.
50 schoolslag	50.16	50m	4-3-2017	Drachten (NED)	203 Pnt.
50 schoolslag	42.56	25m	22-9-2018	Bergum (NED)	304 Pnt.
100 schoolslag	1:32.38	25m	8-12-2018	Bergum (NED)	307 Pnt.
25 vlinderslag	17.96	25m	23-6-2018	Dokkum (NED)	241 Pnt.
50 vlinderslag	40.45	25m	8-12-2018	Bergum (NED)	218 Pnt.
100 vlinderslag	1:38.67	25m	3-11-2018	Groningen (NED)	169 Pnt.
100 wisselslag	1:22.81	25m	8-12-2018	Bergum (NED)	320 Pnt.
200 wisselslag	3:03.30	25m	2-12-2018	Bergum (NED)	293 Pnt.

**Denny Douwes**

25 vrije slag	11.25	25m	24-6-2017	Bergum (NED)	534 Pnt.
50 vrije slag	25.28	50m	29-5-2016	Drachten (NED)	565 Pnt.
50 vrije slag	24.50	25m	29-10-2016	Bergum (NED)	565 Pnt.
100 vrije slag	59.30	50m	19-5-2006	Drachten	495 Pnt.
100 vrije slag	56.02	25m	10-12-2016	Haren (NED)	516 Pnt.
200 vrije slag	2:12.78	25m	25-11-2006	Bergum	419 Pnt.
25 rugslag	14.71	25m	23-6-2018	Dokkum (NED)	349 Pnt.
50 rugslag	31.45	25m	22-6-2012	Burgum (NED)	352 Pnt.
100 rugslag	1:12.09	50m	13-5-2007	Drachten (NED)	372 Pnt.
100 rugslag	1:07.45	25m	1-1-2000	Bergum	381 Pnt.
200 rugslag	2:31.87	25m	25-11-2006	Bergum	336 Pnt.
25 schoolslag	14.71	25m	23-6-2018	Dokkum (NED)	492 Pnt.
50 schoolslag	33.61	25m	29-10-2016	Bergum (NED)	424 Pnt.
100 schoolslag	1:18.59	25m	30-9-2006	St.annaparochi	354 Pnt.
200 schoolslag	2:54.78	25m	13-1-2007	Franeke (NED)	327 Pnt.
25 vlinderslag	12.30	25m	24-6-2017	Bergum (NED)	521 Pnt.
50 vlinderslag	29.40	50m	11-5-2007	Drachten (NED)	444 Pnt.
50 vlinderslag	27.76	25m	29-10-2016	Bergum (NED)	484 Pnt.
100 vlinderslag	1:05.47	25m	8-3-2014	Sneek (NED)	396 Pnt.
100 wisselslag	1:06.12	25m	5-10-2013	Bergum (NED)	440 Pnt.
200 wisselslag	2:34.03	50m	19-5-2006	Drachten	405 Pnt.
200 wisselslag	2:26.36	25m	14-4-2007	Harlingen (NED)	420 Pnt.

**Annick van Eeuwijk**

25 vrije slag	16.23	25m	12-5-2018	Bergum (NED)	280 Pnt.
50 vrije slag	37.38	25m	7-7-2018	Bergum (NED)	240 Pnt.
100 vrije slag	1:20.95	25m	8-12-2018	Bergum (NED)	248 Pnt.
200 vrije slag	3:13.82	25m	4-11-2018	Bergum (NED)	186 Pnt.
400 vrije slag	6:41.57	25m	4-11-2018	Bergum (NED)	199 Pnt.
25 rugslag	20.31	25m	12-5-2018	Bergum (NED)	210 Pnt.
50 rugslag	46.45	25m	9-6-2018	Heerenveen (NED)	168 Pnt.
100 rugslag	1:35.62	25m	9-6-2018	Heerenveen (NED)	190 Pnt.
25 schoolslag	22.94	25m	14-4-2018	Leeuwarden (NED)	195 Pnt.
50 schoolslag	48.98	25m	10-6-2018	Heerenveen (NED)	199 Pnt.
100 schoolslag	1:43.95	25m	10-6-2018	Heerenveen (NED)	215 Pnt.
50 vlinderslag	42.97	25m	9-6-2018	Heerenveen (NED)	182 Pnt.
100 vlinderslag	1:39.90	25m	8-12-2018	Bergum (NED)	163 Pnt.
100 wisselslag	1:36.50	25m	10-11-2018	Dokkum (NED)	202 Pnt.
200 wisselslag	3:23.11	25m	13-10-2018	Bergum (NED)	215 Pnt.

**Emma Rigt van Groning**

25 vrije slag	21.58	25m	24-6-2017	Bergum (NED)	119 Pnt.
50 vrije slag	39.25	25m	16-12-2018	Groningen (NED)	207 Pnt.
100 vrije slag	1:34.21	25m	22-9-2018	Bergum (NED)	157 Pnt.
200 vrije slag	3:18.47	25m	16-12-2018	Groningen (NED)	173 Pnt.
400 vrije slag	7:41.12	25m	16-9-2017	Bergum (NED)	131 Pnt.
25 rugslag	25.85	25m	13-5-2017	Bergum (NED)	102 Pnt.
50 rugslag	50.33	25m	12-5-2018	Bergum (NED)	132 Pnt.
100 rugslag	1:49.30	25m	22-9-2018	Bergum (NED)	127 Pnt.
25 schoolslag	24.51	25m	17-6-2017	Buitenpost (NED)	160 Pnt.
50 schoolslag	48.57	25m	14-4-2018	Leeuwarden (NED)	205 Pnt.
100 schoolslag	1:45.59	25m	8-12-2018	Bergum (NED)	205 Pnt.
200 schoolslag	3:45.63	25m	29-12-2018	Leeuwarden (NED)	212 Pnt.



50 vlinderslag	51.86	25m	27-10-2018	Leeuwarden (NED)	103 Pnt.
100 vlinderslag	1:59.44	25m	16-12-2018	Groningen (NED)	95 Pnt.
100 wisselslag	1:45.21	25m	8-12-2018	Bergum (NED)	156 Pnt.
200 wisselslag	3:43.88	25m	29-12-2018	Leeuwarden (NED)	161 Pnt.

**Tamar de Groot**

25 vrije slag	22.81	25m	23-6-2018	Buitenpost (NED)	100 Pnt.
50 vrije slag	51.99	25m	13-10-2018	Bergum (NED)	89 Pnt.
25 rugslag	26.77	25m	27-1-2018	Bergum (NED)	91 Pnt.
50 rugslag	1:05.13	25m	13-10-2018	Bergum (NED)	61 Pnt.
25 schoolslag	28.58	25m	7-7-2018	Bergum (NED)	101 Pnt.

**Ilse Hoekstra**

50 vrije slag	58.49	25m	14-4-2018	Leeuwarden (NED)	62 Pnt.
50 rugslag	1:03.33	25m	12-5-2018	Bergum (NED)	66 Pnt.
50 schoolslag	1:04.37	25m	14-4-2018	Leeuwarden (NED)	88 Pnt.
25 vlinderslag	30.94	25m	7-7-2018	Bergum (NED)	47 Pnt.

**Esmee Hofstra**

25 vrije slag	16.10	25m	23-6-2018	Dokkum (NED)	287 Pnt.
50 vrije slag	33.94	25m	16-12-2018	Groningen (NED)	321 Pnt.
100 vrije slag	1:14.14	25m	15-12-2018	Groningen (NED)	323 Pnt.
200 vrije slag	2:38.86	25m	16-12-2018	Groningen (NED)	339 Pnt.
400 vrije slag	5:39.59	25m	2-12-2018	Bergum (NED)	329 Pnt.
800 vrije slag	11:19.71	25m	4-11-2018	Bergum (NED)	350 Pnt.
1500 vrije slag	23:59.30	25m	11-2-2018	Bergum (NED)	260 Pnt.
25 rugslag	19.38	25m	23-6-2018	Dokkum (NED)	242 Pnt.
50 rugslag	40.84	25m	6-1-2018	Winschoten (NED)	248 Pnt.
100 rugslag	1:26.99	25m	15-12-2018	Groningen (NED)	253 Pnt.
200 rugslag	2:59.68	25m	16-12-2018	Groningen (NED)	292 Pnt.
25 schoolslag	20.16	25m	23-6-2018	Dokkum (NED)	288 Pnt.
50 schoolslag	44.98	25m	22-9-2018	Bergum (NED)	258 Pnt.
100 schoolslag	1:36.16	25m	6-10-2018	Bergum (NED)	272 Pnt.
200 schoolslag	3:49.80	25m	17-9-2016	Leeuwarden (NED)	200 Pnt.
25 vlinderslag	17.34	25m	23-6-2018	Dokkum (NED)	268 Pnt.
50 vlinderslag	38.52	25m	14-7-2018	Dokkum (NED)	253 Pnt.
100 vlinderslag	1:29.55	25m	3-11-2018	Groningen (NED)	226 Pnt.
100 wisselslag	1:25.41	25m	8-12-2018	Bergum (NED)	292 Pnt.
200 wisselslag	2:58.94	25m	15-12-2018	Groningen (NED)	315 Pnt.
400 wisselslag	6:46.01	25m	25-3-2018	Bergum (NED)	260 Pnt.

**Eva Hooghiemstra**

**Auke Jan Jilderda**

25 vrije slag	17.96	25m	24-6-2017	Bergum (NED)	131 Pnt.
50 vrije slag	37.27	25m	7-7-2018	Bergum (NED)	160 Pnt.
100 vrije slag	1:24.97	25m	22-9-2018	Bergum (NED)	147 Pnt.
200 vrije slag	3:25.92	25m	9-12-2017	Bergum (NED)	112 Pnt.
400 vrije slag	6:59.46	25m	9-12-2017	Bergum (NED)	129 Pnt.
25 rugslag	22.43	25m	24-6-2017	Bergum (NED)	98 Pnt.
50 rugslag	46.95	25m	12-5-2018	Bergum (NED)	106 Pnt.
100 rugslag	1:41.03	25m	22-9-2018	Bergum (NED)	113 Pnt.
25 schoolslag	24.10	25m	24-6-2017	Bergum (NED)	112 Pnt.
50 schoolslag	46.32	25m	22-9-2018	Bergum (NED)	161 Pnt.
100 schoolslag	1:44.53	25m	8-12-2018	Bergum (NED)	150 Pnt.
25 vlinderslag	26.86	25m	24-6-2017	Bergum (NED)	50 Pnt.
50 vlinderslag	50.48	25m	8-12-2018	Bergum (NED)	80 Pnt.
100 vlinderslag	1:59.82	25m	6-10-2018	Bergum (NED)	64 Pnt.
100 wisselslag	1:37.23	25m	8-12-2018	Bergum (NED)	138 Pnt.
200 wisselslag	4:00.97	25m	7-10-2017	Bergum (NED)	94 Pnt.

**Hendrik Jilderda**

25 vrije slag	11.63	25m	23-6-2018	Dokkum (NED)	483 Pnt.
50 vrije slag	26.71	50m	3-6-2018	Drachten (NED)	479 Pnt.
50 vrije slag	25.87	25m	7-7-2018	Bergum (NED)	480 Pnt.
100 vrije slag	1:03.65	50m	25-3-2017	Drachten (NED)	400 Pnt.
100 vrije slag	1:01.24	25m	12-11-2016	Franeker (NED)	395 Pnt.
200 vrije slag	2:44.55	50m	18-5-2014	Drachten (NED)	238 Pnt.
200 vrije slag	2:23.45	25m	5-3-2016	Franeker (NED)	332 Pnt.
400 vrije slag	5:25.39	25m	30-10-2016	Bergum (NED)	277 Pnt.
800 vrije slag	11:03.86	25m	30-10-2016	Bergum (NED)	298 Pnt.
1500 vrije slag	21:30.85	25m	27-11-2016	Bergum (NED)	283 Pnt.
2000 vrije slag	28:43.36	25m	26-3-2017	Bergum (NED)	282 Pnt.
25 rugslag	15.16	25m	23-6-2018	Dokkum (NED)	319 Pnt.
50 rugslag	31.59	25m	7-7-2018	Bergum (NED)	348 Pnt.
100 rugslag	1:39.98	50m	25-8-2013	Hamburg (GER)	139 Pnt.
100 rugslag	1:10.28	25m	17-3-2018	Dokkum (NED)	337 Pnt.
200 rugslag	2:48.04	25m	16-4-2016	Bergum (NED)	248 Pnt.
25 schoolslag	13.69	25m	23-6-2018	Dokkum (NED)	611 Pnt.
50 schoolslag	30.97	50m	15-4-2018	Eindhoven (NED)	620 Pnt.
50 schoolslag	30.78	25m	7-7-2018	Bergum (NED)	552 Pnt.
100 schoolslag	1:10.03	50m	2-6-2018	Drachten (NED)	542 Pnt.
100 schoolslag	1:08.84	25m	25-11-2018	Heerenveen (NED)	527 Pnt.
200 schoolslag	2:56.80	50m	29-5-2016	Drachten (NED)	370 Pnt.
200 schoolslag	2:42.36	25m	1-10-2016	Bergum (NED)	408 Pnt.
25 vlinderslag	12.75	25m	23-6-2018	Dokkum (NED)	468 Pnt.
50 vlinderslag	28.71	50m	2-6-2018	Drachten (NED)	476 Pnt.
50 vlinderslag	28.31	25m	7-7-2018	Bergum (NED)	456 Pnt.
100 vlinderslag	1:05.02	25m	17-3-2018	Dokkum (NED)	404 Pnt.
100 wisselslag	1:07.64	25m	1-4-2017	Haren (NED)	411 Pnt.
200 wisselslag	3:05.53	50m	18-5-2014	Drachten (NED)	231 Pnt.
200 wisselslag	2:34.88	25m	11-2-2017	Harlingen (NED)	354 Pnt.
400 wisselslag	5:47.81	25m	12-2-2017	Bergum (NED)	310 Pnt.

**Jorn van Kammen**

25 vrije slag	20.21	25m	20-1-2018	Dokkum (NED)	92 Pnt.
50 vrije slag	41.45	25m	8-12-2018	Bergum (NED)	116 Pnt.
100 vrije slag	1:33.68	25m	13-10-2018	Bergum (NED)	110 Pnt.
200 vrije slag	3:33.79	25m	2-12-2018	Bergum (NED)	100 Pnt.
400 vrije slag	7:15.48	25m	2-12-2018	Bergum (NED)	115 Pnt.
25 rugslag	25.82	25m	14-4-2018	Leeuwarden (NED)	64 Pnt.
50 rugslag	54.84	25m	27-1-2018	Bergum (NED)	66 Pnt.
25 schoolslag	23.63	25m	20-1-2018	Dokkum (NED)	118 Pnt.
50 schoolslag	51.79	25m	10-3-2018	Bergum (NED)	115 Pnt.
100 schoolslag	1:48.68	25m	22-9-2018	Bergum (NED)	133 Pnt.
50 vlinderslag	57.45	25m	4-11-2018	Bergum (NED)	54 Pnt.
200 wisselslag	3:40.68	25m	4-11-2018	Bergum (NED)	122 Pnt.

**Mirko van Ligtenberg**

25 vrije slag	11.07	25m	23-6-2018	Dokkum (NED)	561 Pnt.
50 vrije slag	25.12	50m	3-6-2018	Drachten (NED)	576 Pnt.
50 vrije slag	24.28	25m	21-4-2018	Bergum (NED)	580 Pnt.
100 vrije slag	56.52	50m	28-5-2016	Drachten (NED)	571 Pnt.
100 vrije slag	53.37	25m	14-7-2018	Dokkum (NED)	597 Pnt.
200 vrije slag	2:07.27	50m	2-6-2018	Drachten (NED)	514 Pnt.
200 vrije slag	2:02.39	25m	14-7-2018	Dokkum (NED)	535 Pnt.
400 vrije slag	4:52.53	50m	10-5-2013	Drachten (NED)	425 Pnt.
400 vrije slag	4:30.11	25m	30-10-2016	Bergum (NED)	485 Pnt.
800 vrije slag	10:47.71	50m	13-5-2012	Drachten (NED)	340 Pnt.
800 vrije slag	9:24.04	25m	30-10-2016	Bergum (NED)	485 Pnt.
1500 vrije slag	20:17.09	50m	13-5-2012	Drachten (NED)	366 Pnt.
1500 vrije slag	18:15.56	25m	25-3-2018	Bergum (NED)	463 Pnt.
2000 vrije slag	24:32.38	25m	25-3-2018	Bergum (NED)	452 Pnt.
25 rugslag	13.41	25m	23-6-2018	Dokkum (NED)	461 Pnt.
50 rugslag	29.93	50m	27-5-2018	Drachten (NED)	518 Pnt.
50 rugslag	28.23	25m	30-12-2017	Leeuwarden (NED)	487 Pnt.
100 rugslag	1:05.06	50m	3-6-2018	Drachten (NED)	506 Pnt.
100 rugslag	1:01.51	25m	17-3-2018	Dokkum (NED)	503 Pnt.
200 rugslag	2:31.20	50m	16-5-2014	Drachten (NED)	405 Pnt.
200 rugslag	2:21.42	25m	13-1-2018	Oosterwolde (NED)	416 Pnt.
25 schoolslag	13.70	25m	23-6-2018	Dokkum (NED)	610 Pnt.
50 schoolslag	32.73	50m	26-5-2018	Drachten (NED)	525 Pnt.
50 schoolslag	31.04	25m	7-7-2018	Bergum (NED)	538 Pnt.
100 schoolslag	1:15.45	50m	27-5-2016	Drachten (NED)	434 Pnt.
100 schoolslag	1:08.20	25m	6-10-2018	Bergum (NED)	542 Pnt.
200 schoolslag	2:56.14	50m	12-5-2013	Drachten (NED)	374 Pnt.
200 schoolslag	2:38.03	25m	11-2-2017	Harlingen (NED)	442 Pnt.
25 vlinderslag	11.58	25m	23-6-2018	Dokkum (NED)	624 Pnt.
50 vlinderslag	26.72	50m	2-6-2018	Drachten (NED)	591 Pnt.
50 vlinderslag	26.18	25m	7-7-2018	Bergum (NED)	577 Pnt.
100 vlinderslag	1:04.87	50m	26-5-2018	Drachten (NED)	452 Pnt.
100 vlinderslag	1:00.99	25m	17-3-2018	Dokkum (NED)	489 Pnt.
200 vlinderslag	3:06.65	50m	14-5-2011	Drachten (NED)	213 Pnt.
200 vlinderslag	2:34.25	25m	20-1-2018	Sneek (NED)	348 Pnt.
100 wisselslag	1:00.83	25m	6-10-2018	Bergum (NED)	565 Pnt.
200 wisselslag	2:27.63	50m	28-2-2015	Drachten (NED)	460 Pnt.
200 wisselslag	2:15.79	25m	30-10-2016	Bergum (NED)	526 Pnt.
400 wisselslag	5:24.83	50m	11-5-2013	Drachten (NED)	423 Pnt.
400 wisselslag	5:05.27	25m	8-10-2016	Leek (NED)	459 Pnt.

**Gertjan van der Meer**

25 vrije slag	21.15	25m	24-6-2017	Bergum (NED)	80 Pnt.
50 vrije slag	38.75	25m	29-12-2018	Leeuwarden (NED)	142 Pnt.
100 vrije slag	1:30.44	25m	10-2-2018	Bergum (NED)	122 Pnt.
200 vrije slag	3:17.16	25m	2-12-2018	Bergum (NED)	128 Pnt.
400 vrije slag	6:46.86	25m	2-12-2018	Bergum (NED)	141 Pnt.
800 vrije slag	15:34.24	25m	11-2-2018	Bergum (NED)	106 Pnt.
25 rugslag	26.88	25m	13-5-2017	Bergum (NED)	57 Pnt.
50 rugslag	48.06	25m	29-12-2018	Leeuwarden (NED)	98 Pnt.
100 rugslag	1:45.58	25m	13-10-2018	Bergum (NED)	99 Pnt.
25 schoolslag	30.61	25m	24-6-2017	Bergum (NED)	54 Pnt.
50 schoolslag	1:01.51	25m	10-6-2018	Heerenveen (NED)	69 Pnt.
100 schoolslag	2:07.06	25m	10-6-2018	Heerenveen (NED)	83 Pnt.
50 vlinderslag	54.93	25m	7-7-2018	Bergum (NED)	62 Pnt.
100 wisselslag	1:51.88	25m	10-11-2018	Dokkum (NED)	90 Pnt.
200 wisselslag	3:42.06	25m	4-11-2018	Bergum (NED)	120 Pnt.

**Ielan van Meerlo**

25 vrije slag	14.39	25m	23-6-2018	Dokkum (NED)	401 Pnt.
50 vrije slag	32.98	50m	28-5-2016	Drachten (NED)	372 Pnt.
50 vrije slag	31.68	25m	31-10-2015	Bergum (NED)	394 Pnt.
100 vrije slag	1:12.66	50m	29-5-2016	Drachten (NED)	367 Pnt.
100 vrije slag	1:09.40	25m	21-11-2015	Bergum (NED)	394 Pnt.
200 vrije slag	2:35.03	25m	28-5-2017	Emmen (NED)	364 Pnt.
25 rugslag	18.06	25m	23-6-2018	Dokkum (NED)	299 Pnt.
50 rugslag	45.26	50m	24-8-2013	Hamburg (GER)	213 Pnt.
50 rugslag	38.43	25m	7-7-2018	Bergum (NED)	298 Pnt.
100 rugslag	1:29.56	50m	18-5-2014	Drachten (NED)	273 Pnt.
100 rugslag	1:22.08	25m	21-4-2018	Bergum (NED)	301 Pnt.
200 rugslag	2:50.28	25m	5-6-2016	Heerenveen (NED)	343 Pnt.
25 schoolslag	17.12	25m	24-6-2017	Bergum (NED)	470 Pnt.
50 schoolslag	50.75	50m	25-8-2013	Hamburg (GER)	196 Pnt.
50 schoolslag	38.59	25m	28-3-2015	Bolsward (NED)	408 Pnt.
100 schoolslag	1:29.90	50m	27-5-2016	Drachten (NED)	366 Pnt.
100 schoolslag	1:25.16	25m	12-11-2016	Franeker (NED)	392 Pnt.
200 schoolslag	3:15.11	50m	28-5-2016	Drachten (NED)	362 Pnt.
200 schoolslag	3:06.74	25m	27-5-2017	Emmen (NED)	374 Pnt.
25 vlinderslag	15.12	25m	23-6-2018	Dokkum (NED)	405 Pnt.
50 vlinderslag	38.50	50m	20-5-2017	Drachten (NED)	255 Pnt.
50 vlinderslag	34.74	25m	7-7-2018	Bergum (NED)	345 Pnt.
100 vlinderslag	1:23.96	25m	10-12-2016	Haren (NED)	275 Pnt.
100 wisselslag	1:19.49	25m	20-11-2016	Stadskanaal (NED)	362 Pnt.
200 wisselslag	3:00.89	50m	16-5-2015	Drachten (NED)	338 Pnt.
200 wisselslag	2:51.29	25m	1-4-2017	Haren (NED)	360 Pnt.

**Jurre van Meerlo**

25 vrije slag	13.02	25m	23-6-2018	Dokkum (NED)	344 Pnt.
50 vrije slag	29.77	50m	20-5-2017	Drachten (NED)	346 Pnt.
50 vrije slag	27.44	25m	14-1-2017	Burgum (NED)	402 Pnt.
100 vrije slag	1:37.16	50m	4-6-2011	Friesland (NED)	112 Pnt.
100 vrije slag	1:02.41	25m	28-5-2017	Emmen (NED)	373 Pnt.
200 vrije slag	2:20.98	25m	12-11-2016	Franeker (NED)	350 Pnt.
25 rugslag	16.81	25m	23-6-2018	Dokkum (NED)	234 Pnt.
50 rugslag	53.13	50m	24-8-2013	Hamburg (GER)	92 Pnt.
50 rugslag	36.39	25m	6-10-2018	Bergum (NED)	227 Pnt.
100 rugslag	1:54.31	50m	25-8-2013	Hamburg (GER)	93 Pnt.
100 rugslag	1:15.50	25m	24-3-2018	Harlingen (NED)	272 Pnt.

200 rugslag	3:02.44	25m	28-3-2015	Bolsward (NED)	194 Pnt.
25 schoolslag	16.46	25m	23-6-2018	Dokkum (NED)	351 Pnt.
50 schoolslag	50.88	50m	25-8-2013	Hamburg (GER)	140 Pnt.
50 schoolslag	35.86	25m	14-10-2017	Harlingen (NED)	349 Pnt.
100 schoolslag	1:27.11	50m	23-4-2016	Drachten (NED)	282 Pnt.
100 schoolslag	1:18.27	25m	1-4-2017	Haren (NED)	358 Pnt.
200 schoolslag	2:53.33	25m	11-2-2017	Harlingen (NED)	335 Pnt.
25 vlinderslag	14.82	25m	24-6-2017	Bergum (NED)	298 Pnt.
50 vlinderslag	1:01.51	50m	4-6-2011	Friesland (NED)	48 Pnt.
50 vlinderslag	32.26	25m	7-7-2018	Bergum (NED)	308 Pnt.
100 vlinderslag	1:17.17	25m	20-1-2018	Sneek (NED)	241 Pnt.
100 wisselslag	1:13.10	25m	19-11-2016	Stadskanaal (NED)	325 Pnt.
200 wisselslag	3:47.86	50m	24-8-2013	Hamburg (GER)	125 Pnt.
200 wisselslag	2:35.96	25m	1-4-2017	Haren (NED)	347 Pnt.

**Nynke Mellema**

25 vrije slag	21.81	25m	24-6-2017	Bergum (NED)	115 Pnt.
50 vrije slag	42.14	25m	23-6-2018	Buitenpost (NED)	167 Pnt.
25 rugslag	25.73	25m	24-6-2017	Bergum (NED)	103 Pnt.
50 rugslag	50.71	25m	12-5-2018	Bergum (NED)	129 Pnt.
25 schoolslag	28.86	25m	24-6-2017	Bergum (NED)	98 Pnt.
50 schoolslag	55.47	25m	23-6-2018	Buitenpost (NED)	137 Pnt.
25 vlinderslag	28.04	25m	7-7-2018	Bergum (NED)	63 Pnt.

**Sophie Eloise Nienhuis**

25 vrije slag	17.87	25m	7-7-2018	Bergum (NED)	209 Pnt.
50 vrije slag	42.69	25m	10-3-2018	Bergum (NED)	161 Pnt.
100 vrije slag	1:28.10	25m	8-12-2018	Bergum (NED)	192 Pnt.
25 rugslag	21.19	25m	12-5-2018	Bergum (NED)	185 Pnt.
50 rugslag	52.45	25m	7-10-2017	Bergum (NED)	117 Pnt.
100 rugslag	1:40.66	25m	13-10-2018	Bergum (NED)	163 Pnt.
25 schoolslag	24.51	25m	14-4-2018	Leeuwarden (NED)	160 Pnt.
50 schoolslag	55.06	25m	10-3-2018	Bergum (NED)	140 Pnt.
50 vlinderslag	50.36	25m	13-10-2018	Bergum (NED)	113 Pnt.
100 vlinderslag	2:02.87	25m	8-12-2018	Bergum (NED)	87 Pnt.
100 wisselslag	1:38.67	25m	10-11-2018	Dokkum (NED)	189 Pnt.
200 wisselslag	3:36.37	25m	13-10-2018	Bergum (NED)	178 Pnt.

**Marijke Poortinga**

25 vrije slag	15.43	25m	24-6-2017	Bergum (NED)	326 Pnt.
50 vrije slag	33.44	25m	28-5-2017	Emmen (NED)	335 Pnt.
100 vrije slag	1:16.73	50m	25-3-2017	Drachten (NED)	312 Pnt.
100 vrije slag	1:13.85	25m	4-2-2017	Dokkum (NED)	327 Pnt.
200 vrije slag	2:42.91	25m	4-2-2017	Dokkum (NED)	314 Pnt.
400 vrije slag	5:57.76	25m	11-4-2015	De Westereen (NED)	281 Pnt.
800 vrije slag	12:15.20	25m	30-10-2016	Bergum (NED)	277 Pnt.
1500 vrije slag	24:21.53	25m	26-3-2017	Bergum (NED)	249 Pnt.
2000 vrije slag	32:29.71	25m	26-3-2017	Bergum (NED)	248 Pnt.
25 rugslag	18.30	25m	24-6-2017	Bergum (NED)	287 Pnt.
50 rugslag	40.20	25m	7-7-2018	Bergum (NED)	260 Pnt.
100 rugslag	1:24.23	25m	8-1-2017	Heerenveen (NED)	278 Pnt.
200 rugslag	3:01.08	25m	11-3-2017	Dokkum (NED)	285 Pnt.

25 schoolslag	20.43	25m	24-6-2017	Bergum (NED)	277 Pnt.
50 schoolslag	44.54	25m	29-10-2016	Bergum (NED)	265 Pnt.
100 schoolslag	1:37.97	25m	28-5-2017	Emmen (NED)	257 Pnt.
200 schoolslag	3:36.09	25m	11-2-2017	Harlingen (NED)	241 Pnt.
25 vlinderslag	17.34	25m	24-6-2017	Bergum (NED)	268 Pnt.
50 vlinderslag	40.27	25m	29-10-2016	Bergum (NED)	221 Pnt.
100 vlinderslag	1:35.56	25m	11-3-2017	Dokkum (NED)	186 Pnt.
100 wisselslag	1:24.66	25m	20-11-2016	Stadskanaal (NED)	299 Pnt.
200 wisselslag	3:06.56	25m	30-10-2016	Bergum (NED)	278 Pnt.
400 wisselslag	6:45.58	25m	12-2-2017	Bergum (NED)	261 Pnt.

**Willem Poortinga**

25 vrije slag	14.79	25m	23-6-2018	Dokkum (NED)	235 Pnt.
50 vrije slag	31.93	50m	28-4-2018	Dordrecht (NED)	280 Pnt.
50 vrije slag	30.45	25m	15-12-2018	Groningen (NED)	294 Pnt.
100 vrije slag	1:11.32	50m	27-5-2018	Drachten (NED)	284 Pnt.
100 vrije slag	1:08.10	25m	14-7-2018	Dokkum (NED)	287 Pnt.
200 vrije slag	2:45.77	50m	16-6-2018	Eindhoven (NED)	232 Pnt.
200 vrije slag	2:35.94	25m	15-12-2018	Groningen (NED)	258 Pnt.
400 vrije slag	6:04.28	50m	27-5-2018	Drachten (NED)	220 Pnt.
400 vrije slag	5:42.16	25m	12-11-2017	Emmen (NED)	238 Pnt.
800 vrije slag	11:57.13	25m	5-11-2017	Bergum (NED)	236 Pnt.
1500 vrije slag	22:44.31	25m	3-12-2017	Bergum (NED)	240 Pnt.
2000 vrije slag	32:05.11	25m	25-3-2018	Bergum (NED)	202 Pnt.
25 rugslag	18.00	25m	23-6-2018	Dokkum (NED)	190 Pnt.
50 rugslag	37.82	50m	16-6-2018	Eindhoven (NED)	256 Pnt.
50 rugslag	37.55	25m	30-12-2018	Leeuwarden (NED)	207 Pnt.
100 rugslag	1:24.65	50m	28-4-2018	Dordrecht (NED)	229 Pnt.
100 rugslag	1:21.41	25m	29-12-2018	Leeuwarden (NED)	216 Pnt.
200 rugslag	3:16.27	50m	4-3-2017	Drachten (NED)	185 Pnt.
200 rugslag	3:16.68	25m	18-3-2017	Dokkum (NED)	154 Pnt.
25 schoolslag	19.40	25m	23-6-2018	Dokkum (NED)	214 Pnt.
50 schoolslag	43.12	50m	24-2-2018	Drachten (NED)	230 Pnt.
50 schoolslag	42.05	25m	6-1-2018	Winschoten (NED)	216 Pnt.
100 schoolslag	1:36.23	50m	18-2-2018	Alkmaar (NED)	209 Pnt.
100 schoolslag	1:33.35	25m	6-10-2018	Bergum (NED)	211 Pnt.
200 schoolslag	3:57.77	25m	17-9-2016	Beilen (NED)	129 Pnt.
25 vlinderslag	16.10	25m	23-6-2018	Dokkum (NED)	232 Pnt.
50 vlinderslag	35.50	50m	2-6-2018	Drachten (NED)	252 Pnt.
50 vlinderslag	36.12	25m	27-10-2018	Leeuwarden (NED)	219 Pnt.
100 vlinderslag	1:24.41	50m	26-5-2018	Drachten (NED)	205 Pnt.
100 vlinderslag	1:21.56	25m	14-7-2018	Dokkum (NED)	204 Pnt.
100 wisselslag	1:21.03	25m	6-10-2018	Bergum (NED)	239 Pnt.
200 wisselslag	3:02.19	50m	26-5-2018	Drachten (NED)	244 Pnt.
200 wisselslag	2:54.95	25m	4-11-2018	Bergum (NED)	246 Pnt.
400 wisselslag	6:11.88	25m	11-2-2018	Bergum (NED)	253 Pnt.

**Wiebe Auke Postma**

25 vrije slag	21.80	25m	12-4-2008	Leeuwarden (NED)	73 Pnt.
50 vrije slag	27.95	25m	19-5-2012	Leeuwarden (NED)	380 Pnt.
100 vrije slag	1:03.04	50m	12-5-2012	Drachten (NED)	412 Pnt.
100 vrije slag	1:00.98	25m	21-4-2012	De Westereen	400 Pnt.
200 vrije slag	2:24.06	50m	13-5-2012	Drachten (NED)	354 Pnt.
200 vrije slag	2:21.62	25m	2-4-2011	Burgum (NED)	345 Pnt.
25 rugslag	21.01	25m	21-3-2009	Zwaagwesteinde	119 Pnt.
50 rugslag	37.10	25m	24-6-2011	Burgum (NED)	214 Pnt.
100 rugslag	1:19.99	25m	5-3-2016	Franeker (NED)	228 Pnt.

25 schoolslag	25.36	25m	2-6-2007	Leeuwarden (NED)	96 Pnt.
50 schoolslag	38.48	50m	19-6-2011	Dordrecht (NED)	323 Pnt.
50 schoolslag	36.12	25m	29-10-2016	Bergum (NED)	341 Pnt.
100 schoolslag	1:22.17	50m	19-6-2011	Dordrecht (NED)	336 Pnt.
100 schoolslag	1:18.89	25m	10-3-2012	De Westereen	350 Pnt.
200 schoolslag	3:07.20	50m	15-5-2011	Drachten (NED)	312 Pnt.
200 schoolslag	2:52.02	25m	21-1-2012	Burgum (NED)	343 Pnt.
50 vlinderslag	30.91	25m	29-10-2016	Bergum (NED)	350 Pnt.
100 vlinderslag	1:13.78	25m	22-10-2011	Leeuwarden (NED)	276 Pnt.
100 wisselslag	1:12.96	25m	5-10-2013	Bergum (NED)	327 Pnt.
200 wisselslag	3:03.09	50m	13-2-2010	Drachten (NED)	241 Pnt.
200 wisselslag	2:38.39	25m	31-3-2012	Franeker (NED)	331 Pnt.

**Alicia Rinzema**

25 vrije slag	16.80	25m	23-6-2018	Dokkum (NED)	252 Pnt.
50 vrije slag	36.31	25m	16-12-2018	Groningen (NED)	262 Pnt.
100 vrije slag	1:19.99	25m	15-12-2018	Groningen (NED)	257 Pnt.
200 vrije slag	3:06.31	25m	16-12-2018	Groningen (NED)	210 Pnt.
25 rugslag	22.37	25m	23-6-2018	Dokkum (NED)	157 Pnt.
50 rugslag	47.16	25m	10-2-2018	Bergum (NED)	161 Pnt.
100 rugslag	1:43.56	25m	20-1-2018	Sneek (NED)	150 Pnt.
25 schoolslag	21.92	25m	23-6-2018	Dokkum (NED)	224 Pnt.
50 schoolslag	48.32	25m	22-9-2018	Bergum (NED)	208 Pnt.
100 schoolslag	1:41.70	25m	13-1-2018	Oosterwolde (NED)	230 Pnt.
25 vlinderslag	23.78	25m	23-6-2018	Dokkum (NED)	104 Pnt.
50 vlinderslag	46.57	25m	8-12-2018	Bergum (NED)	143 Pnt.
100 vlinderslag	1:49.14	25m	3-11-2018	Groningen (NED)	125 Pnt.
100 wisselslag	1:38.92	25m	8-12-2018	Bergum (NED)	188 Pnt.
200 wisselslag	3:31.33	25m	17-3-2018	Dokkum (NED)	191 Pnt.

**Lisanne Rinzema**

25 vrije slag	14.39	25m	23-6-2018	Dokkum (NED)	401 Pnt.
50 vrije slag	32.13	50m	28-5-2016	Drachten (NED)	402 Pnt.
50 vrije slag	30.43	25m	7-7-2018	Bergum (NED)	445 Pnt.
100 vrije slag	1:10.60	50m	12-5-2018	Drachten (NED)	400 Pnt.
100 vrije slag	1:07.60	25m	4-2-2017	Dokkum (NED)	427 Pnt.
200 vrije slag	2:30.82	25m	16-12-2018	Groningen (NED)	396 Pnt.
400 vrije slag	5:33.42	25m	4-11-2017	Sneek (NED)	347 Pnt.
800 vrije slag	11:25.29	25m	30-10-2016	Bergum (NED)	342 Pnt.
1500 vrije slag	21:54.87	25m	3-12-2017	Bergum (NED)	342 Pnt.
2000 vrije slag	30:12.00	25m	25-3-2018	Bergum (NED)	309 Pnt.
25 rugslag	17.22	25m	23-6-2018	Dokkum (NED)	345 Pnt.
50 rugslag	37.17	50m	4-3-2017	Drachten (NED)	385 Pnt.
50 rugslag	36.02	25m	10-12-2016	Haren (NED)	361 Pnt.
100 rugslag	1:21.98	50m	4-3-2017	Drachten (NED)	356 Pnt.
100 rugslag	1:17.91	25m	4-2-2017	Dokkum (NED)	352 Pnt.
200 rugslag	2:52.59	25m	14-1-2017	Burgum (NED)	329 Pnt.
25 schoolslag	18.90	25m	23-6-2018	Dokkum (NED)	350 Pnt.
50 schoolslag	41.81	25m	7-7-2018	Bergum (NED)	321 Pnt.
100 schoolslag	1:35.17	25m	16-12-2018	Groningen (NED)	281 Pnt.
200 schoolslag	3:33.73	25m	21-3-2015	Dokkum (NED)	249 Pnt.
25 vlinderslag	15.75	25m	23-6-2018	Dokkum (NED)	358 Pnt.
50 vlinderslag	33.95	25m	8-10-2016	Leek (NED)	370 Pnt.
100 vlinderslag	1:27.92	50m	12-5-2018	Drachten (NED)	251 Pnt.
100 vlinderslag	1:21.50	25m	16-12-2018	Groningen (NED)	300 Pnt.
200 vlinderslag	3:51.18	25m	18-4-2015	Bergum (NED)	138 Pnt.

100 wisselslag	1:19.27	25m	21-4-2018	Bergum (NED)	365 Pnt.
200 wisselslag	3:13.17	50m	16-5-2015	Drachten (NED)	278 Pnt.
200 wisselslag	2:53.89	25m	4-11-2018	Bergum (NED)	344 Pnt.
400 wisselslag	6:24.69	25m	12-2-2017	Bergum (NED)	306 Pnt.

**Bent Rügebregt**

25 vrije slag	14.49	25m	23-6-2018	Dokkum (NED)	250 Pnt.
50 vrije slag	29.75	25m	15-12-2018	Groningen (NED)	315 Pnt.
100 vrije slag	1:22.51	50m	4-3-2017	Drachten (NED)	183 Pnt.
100 vrije slag	1:10.01	25m	22-9-2018	Bergum (NED)	264 Pnt.
200 vrije slag	2:35.64	25m	6-10-2018	Bergum (NED)	260 Pnt.
400 vrije slag	7:05.12	25m	17-9-2016	Beilen (NED)	124 Pnt.
25 rugslag	17.93	25m	23-6-2018	Dokkum (NED)	192 Pnt.
50 rugslag	35.31	25m	15-12-2018	Groningen (NED)	249 Pnt.
100 rugslag	1:21.64	25m	22-9-2018	Bergum (NED)	215 Pnt.
200 rugslag	3:25.13	25m	18-3-2017	Dokkum (NED)	136 Pnt.
25 schoolslag	18.76	25m	23-6-2018	Dokkum (NED)	237 Pnt.
50 schoolslag	49.66	50m	4-3-2017	Drachten (NED)	150 Pnt.
50 schoolslag	40.34	25m	22-9-2018	Bergum (NED)	245 Pnt.
100 schoolslag	1:26.84	25m	3-11-2018	Groningen (NED)	262 Pnt.
200 schoolslag	3:20.84	25m	17-6-2018	Hoogezand (NED)	215 Pnt.
25 vlinderslag	16.46	25m	23-6-2018	Dokkum (NED)	217 Pnt.
50 vlinderslag	38.00	25m	8-12-2018	Bergum (NED)	188 Pnt.
100 vlinderslag	1:35.97	25m	10-2-2018	Bergum (NED)	125 Pnt.
100 wisselslag	1:16.60	25m	8-12-2018	Bergum (NED)	283 Pnt.
200 wisselslag	3:00.25	25m	17-3-2018	Dokkum (NED)	224 Pnt.

**Jens Schievink**

25 vrije slag	14.55	25m	23-6-2018	Dokkum (NED)	247 Pnt.
50 vrije slag	30.59	25m	22-9-2018	Bergum (NED)	290 Pnt.
100 vrije slag	1:08.01	25m	16-12-2018	Groningen (NED)	288 Pnt.
200 vrije slag	2:31.16	25m	15-12-2018	Groningen (NED)	284 Pnt.
400 vrije slag	6:01.46	25m	4-11-2018	Bergum (NED)	202 Pnt.
800 vrije slag	12:03.46	25m	4-11-2018	Bergum (NED)	230 Pnt.
1500 vrije slag	23:34.52	25m	2-12-2018	Bergum (NED)	215 Pnt.
25 rugslag	18.89	25m	23-6-2018	Dokkum (NED)	164 Pnt.
50 rugslag	38.35	25m	3-11-2018	Groningen (NED)	194 Pnt.
100 rugslag	1:23.19	25m	22-9-2018	Bergum (NED)	203 Pnt.
200 rugslag	3:00.62	25m	15-12-2018	Groningen (NED)	200 Pnt.
25 schoolslag	20.05	25m	23-6-2018	Dokkum (NED)	194 Pnt.
50 schoolslag	44.95	25m	7-7-2018	Bergum (NED)	177 Pnt.
100 schoolslag	1:35.07	25m	8-12-2018	Bergum (NED)	200 Pnt.
200 schoolslag	3:35.73	25m	17-6-2018	Hoogezand (NED)	174 Pnt.
25 vlinderslag	17.98	25m	23-6-2018	Dokkum (NED)	166 Pnt.
50 vlinderslag	39.23	25m	7-7-2018	Bergum (NED)	171 Pnt.
100 vlinderslag	1:33.86	25m	15-12-2018	Groningen (NED)	134 Pnt.
100 wisselslag	1:22.67	25m	8-12-2018	Bergum (NED)	225 Pnt.
200 wisselslag	2:58.37	25m	4-11-2018	Bergum (NED)	232 Pnt.



**Myrthe Sietsma**

25 vrije slag	13.92	25m	23-6-2018	Dokkum (NED)	444 Pnt.
50 vrije slag	30.00	50m	2-6-2018	Drachten (NED)	494 Pnt.
50 vrije slag	29.50	25m	24-3-2018	Harlingen (NED)	488 Pnt.
100 vrije slag	1:04.67	50m	13-5-2018	Amersfoort (NED)	521 Pnt.
100 vrije slag	1:03.52	25m	13-1-2018	Oosterwolde (NED)	514 Pnt.
200 vrije slag	2:25.55	50m	12-5-2018	Drachten (NED)	467 Pnt.
200 vrije slag	2:20.57	25m	16-12-2018	Groningen (NED)	489 Pnt.
400 vrije slag	5:14.96	25m	25-3-2018	Bergum (NED)	412 Pnt.
800 vrije slag	10:43.17	25m	25-3-2018	Bergum (NED)	413 Pnt.
1500 vrije slag	20:16.42	25m	25-3-2018	Bergum (NED)	432 Pnt.
1852 vrije slag	28:45.20	OW	9-9-2018	Dokkum (NED)	
2000 vrije slag	26:57.59	25m	25-3-2018	Bergum (NED)	435 Pnt.
25 rugslag	17.61	25m	23-6-2018	Dokkum (NED)	322 Pnt.
50 rugslag	37.55	50m	13-5-2018	Amersfoort (NED)	374 Pnt.
50 rugslag	35.61	25m	7-7-2018	Bergum (NED)	374 Pnt.
100 rugslag	1:25.79	50m	25-3-2017	Drachten (NED)	310 Pnt.
100 rugslag	1:16.26	25m	20-1-2018	Sneek (NED)	375 Pnt.
200 rugslag	2:51.52	25m	11-3-2017	Dokkum (NED)	335 Pnt.
25 schoolslag	17.84	25m	23-6-2018	Dokkum (NED)	416 Pnt.
50 schoolslag	42.85	50m	3-6-2018	Drachten (NED)	325 Pnt.
50 schoolslag	38.80	25m	16-12-2018	Groningen (NED)	402 Pnt.
100 schoolslag	1:31.10	50m	25-3-2017	Drachten (NED)	352 Pnt.
100 schoolslag	1:22.29	25m	24-3-2018	Harlingen (NED)	435 Pnt.
200 schoolslag	2:59.57	25m	15-12-2018	Groningen (NED)	420 Pnt.
25 vlinderslag	14.05	25m	23-6-2018	Dokkum (NED)	505 Pnt.
50 vlinderslag	31.18	50m	15-4-2018	Alkmaar (NED)	480 Pnt.
50 vlinderslag	31.02	25m	7-7-2018	Bergum (NED)	485 Pnt.
100 vlinderslag	1:13.56	50m	10-3-2018	Drachten (NED)	429 Pnt.
100 vlinderslag	1:10.40	25m	17-3-2018	Dokkum (NED)	466 Pnt.
200 vlinderslag	2:45.89	50m	10-3-2018	Drachten (NED)	395 Pnt.
200 vlinderslag	3:36.98	25m	18-4-2015	Bergum (NED)	167 Pnt.
100 wisselslag	1:13.52	25m	29-12-2017	Leeuwarden (NED)	457 Pnt.
200 wisselslag	2:40.96	50m	27-5-2018	Drachten (NED)	481 Pnt.
200 wisselslag	2:38.20	25m	15-12-2018	Groningen (NED)	457 Pnt.
400 wisselslag	5:51.21	50m	3-6-2018	Drachten (NED)	436 Pnt.
400 wisselslag	5:38.54	25m	20-1-2018	Sneek (NED)	450 Pnt.

**Quinten Sietsma**

25 vrije slag	38.73	25m	12-5-2018	Bergum (NED)	13 Pnt.
25 rugslag	40.57	25m	14-4-2018	Leeuwarden (NED)	16 Pnt.
25 schoolslag	39.16	25m	14-4-2018	Leeuwarden (NED)	26 Pnt.

**Jelisa Strelman**

25 vrije slag	30.45	25m	13-10-2018	Bergum (NED)	42 Pnt.
25 rugslag	32.54	25m	13-10-2018	Bergum (NED)	51 Pnt.
25 schoolslag	34.30	25m	7-7-2018	Bergum (NED)	58 Pnt.

**Marye Toonstra**

25 vrije slag	25.38	25m	7-7-2018	Bergum (NED)	73 Pnt.
50 vrije slag	57.02	25m	23-6-2018	Buitenpost (NED)	67 Pnt.
25 rugslag	27.42	25m	7-7-2018	Bergum (NED)	85 Pnt.
50 rugslag	1:05.47	25m	12-5-2018	Bergum (NED)	60 Pnt.
25 schoolslag	29.44	25m	7-7-2018	Bergum (NED)	92 Pnt.
50 schoolslag	1:06.86	25m	14-4-2018	Leeuwarden (NED)	78 Pnt.

**Mark Vanger**

50 vrije slag	41.45	50m	25-8-2013	Hamburg (GER)	128 Pnt.
50 vrije slag	28.83	25m	27-5-2017	Emmen (NED)	347 Pnt.
100 vrije slag	1:05.85	50m	4-3-2017	Drachten (NED)	361 Pnt.
100 vrije slag	1:04.69	25m	28-5-2017	Emmen (NED)	335 Pnt.
200 vrije slag	2:35.75	50m	25-3-2017	Drachten (NED)	280 Pnt.
200 vrije slag	2:26.32	25m	27-5-2017	Emmen (NED)	313 Pnt.
400 vrije slag	5:28.37	25m	10-12-2016	Haren (NED)	270 Pnt.
800 vrije slag	11:39.56	25m	26-3-2017	Bergum (NED)	254 Pnt.
1500 vrije slag	22:15.39	25m	27-11-2016	Bergum (NED)	256 Pnt.
2000 vrije slag	30:08.48	25m	25-3-2018	Bergum (NED)	244 Pnt.
50 rugslag	35.41	25m	18-6-2016	Buitenpost (NED)	247 Pnt.
100 rugslag	1:19.58	50m	24-2-2018	Drachten (NED)	276 Pnt.
100 rugslag	1:16.38	25m	28-5-2017	Emmen (NED)	262 Pnt.
50 schoolslag	54.19	50m	25-8-2013	Hamburg (GER)	115 Pnt.
50 schoolslag	40.47	25m	29-10-2016	Bergum (NED)	242 Pnt.
100 schoolslag	2:01.68	50m	24-8-2013	Hamburg (GER)	103 Pnt.
100 schoolslag	1:26.10	25m	1-4-2017	Haren (NED)	269 Pnt.
200 schoolslag	3:05.12	25m	11-2-2017	Harlingen (NED)	275 Pnt.
25 vlinderslag	17.92	25m	25-10-2014	Bergum (NED)	168 Pnt.
50 vlinderslag	34.76	50m	24-2-2018	Drachten (NED)	268 Pnt.
50 vlinderslag	33.94	25m	7-7-2018	Bergum (NED)	264 Pnt.
100 vlinderslag	1:28.45	50m	4-3-2017	Drachten (NED)	178 Pnt.
100 vlinderslag	1:23.55	25m	27-5-2017	Emmen (NED)	190 Pnt.
200 vlinderslag	3:27.47	25m	28-5-2017	Emmen (NED)	143 Pnt.
100 wisselslag	1:16.64	25m	1-4-2017	Haren (NED)	282 Pnt.
200 wisselslag	3:53.15	50m	24-8-2013	Hamburg (GER)	116 Pnt.
200 wisselslag	2:47.44	25m	30-10-2016	Bergum (NED)	280 Pnt.
400 wisselslag	5:59.73	25m	12-2-2017	Bergum (NED)	280 Pnt.

**Jan Veenstra**

25 vrije slag	25.81	25m	13-10-2018	Bergum (NED)	44 Pnt.
25 rugslag	27.20	25m	13-10-2018	Bergum (NED)	55 Pnt.
25 schoolslag	29.72	25m	10-3-2018	Bergum (NED)	59 Pnt.

**Naomi Vellinga**

25 vrije slag	17.25	25m	6-6-2015	De Westereen (NED)	233 Pnt.
50 vrije slag	32.53	50m	21-5-2017	Drachten (NED)	388 Pnt.
50 vrije slag	30.85	25m	17-11-2018	Heerenveen (NED)	427 Pnt.
100 vrije slag	1:12.50	50m	24-2-2018	Drachten (NED)	370 Pnt.
100 vrije slag	1:09.09	25m	15-12-2018	Groningen (NED)	400 Pnt.
200 vrije slag	2:41.04	50m	24-2-2018	Drachten (NED)	345 Pnt.
200 vrije slag	2:35.75	25m	16-12-2018	Groningen (NED)	359 Pnt.
400 vrije slag	5:57.12	50m	19-5-2017	Drachten (NED)	290 Pnt.
400 vrije slag	5:39.93	25m	22-4-2017	Leeuwarden (NED)	328 Pnt.
800 vrije slag	11:30.52	25m	14-5-2017	Burgum (NED)	334 Pnt.
1500 vrije slag	22:40.55	25m	11-2-2018	Bergum (NED)	308 Pnt.

25 rugslag	20.47	25m	6-6-2015	De Westereen (NED)	205 Pnt.
50 rugslag	40.07	50m	4-3-2017	Drachten (NED)	307 Pnt.
50 rugslag	36.69	25m	22-9-2018	Bergum (NED)	342 Pnt.
100 rugslag	1:24.23	50m	24-2-2018	Drachten (NED)	328 Pnt.
100 rugslag	1:20.54	25m	15-12-2018	Groningen (NED)	318 Pnt.
200 rugslag	3:09.05	50m	19-5-2017	Drachten (NED)	282 Pnt.
200 rugslag	2:52.14	25m	16-12-2018	Groningen (NED)	332 Pnt.
25 schoolslag	24.41	25m	6-6-2015	De Westereen (NED)	162 Pnt.
50 schoolslag	44.10	25m	22-9-2018	Bergum (NED)	273 Pnt.
100 schoolslag	1:35.82	25m	16-12-2018	Groningen (NED)	275 Pnt.
200 schoolslag	3:42.52	25m	17-9-2016	Beilen (NED)	221 Pnt.
25 vlinderslag	22.51	25m	6-6-2015	De Westereen (NED)	122 Pnt.
50 vlinderslag	42.08	50m	20-5-2017	Drachten (NED)	195 Pnt.
50 vlinderslag	37.59	25m	7-7-2018	Bergum (NED)	272 Pnt.
100 vlinderslag	1:43.04	50m	21-5-2017	Drachten (NED)	156 Pnt.
100 vlinderslag	1:29.40	25m	16-12-2018	Groningen (NED)	227 Pnt.
100 wisselslag	1:24.12	25m	30-9-2017	Bergum (NED)	305 Pnt.
200 wisselslag	3:10.21	50m	20-5-2017	Drachten (NED)	291 Pnt.
200 wisselslag	3:00.76	25m	15-12-2018	Groningen (NED)	306 Pnt.
400 wisselslag	6:45.48	50m	21-5-2017	Drachten (NED)	283 Pnt.
400 wisselslag	6:37.33	25m	18-3-2017	Dokkum (NED)	278 Pnt.

**Pieter Verhulst**

25 vrije slag	27.10	25m	12-5-2018	Bergum (NED)	38 Pnt.
25 rugslag	26.05	25m	7-7-2018	Bergum (NED)	62 Pnt.
25 schoolslag	33.55	25m	10-3-2018	Bergum (NED)	41 Pnt.

**Julian Verweij**

25 vrije slag	27.02	25m	10-3-2018	Bergum (NED)	38 Pnt.
50 vrije slag	59.77	25m	13-10-2018	Bergum (NED)	38 Pnt.
25 rugslag	30.05	25m	13-5-2017	Bergum (NED)	40 Pnt.
50 rugslag	1:02.45	25m	13-10-2018	Bergum (NED)	45 Pnt.
25 schoolslag	28.89	25m	10-3-2018	Bergum (NED)	65 Pnt.
50 schoolslag	1:03.78	25m	12-5-2018	Bergum (NED)	62 Pnt.
25 vlinderslag	28.15	25m	7-7-2018	Bergum (NED)	43 Pnt.

**Sjoerd Vonk**

25 vrije slag	11.17	25m	24-6-2017	Bergum (NED)	546 Pnt.
50 vrije slag	25.76	50m	29-5-2016	Drachten (NED)	534 Pnt.
50 vrije slag	24.52	25m	24-11-2018	Heerenveen (NED)	564 Pnt.
100 vrije slag	55.76	50m	27-5-2018	Drachten (NED)	595 Pnt.
100 vrije slag	53.82	25m	21-4-2018	Bergum (NED)	582 Pnt.
200 vrije slag	2:09.91	50m	2-6-2018	Drachten (NED)	484 Pnt.
200 vrije slag	2:04.29	25m	16-12-2017	Hoogezand (NED)	511 Pnt.
400 vrije slag	4:42.36	25m	5-11-2017	Bergum (NED)	424 Pnt.
800 vrije slag	9:41.47	25m	5-11-2017	Bergum (NED)	443 Pnt.
1500 vrije slag	18:47.96	25m	3-12-2017	Bergum (NED)	425 Pnt.
2000 vrije slag	25:19.19	25m	25-3-2018	Bergum (NED)	412 Pnt.
25 rugslag	13.60	25m	24-6-2017	Bergum (NED)	442 Pnt.
50 rugslag	29.67	50m	27-5-2018	Drachten (NED)	531 Pnt.
50 rugslag	28.30	25m	6-10-2018	Bergum (NED)	484 Pnt.
100 rugslag	1:05.72	50m	28-5-2016	Drachten (NED)	491 Pnt.
100 rugslag	1:01.99	25m	14-10-2017	Harlingen (NED)	491 Pnt.
200 rugslag	2:29.71	50m	19-5-2017	Drachten (NED)	417 Pnt.
200 rugslag	2:21.84	25m	16-4-2016	Bergum (NED)	413 Pnt.

25 schoolslag	14.71	25m	24-6-2017	Bergum (NED)	492 Pnt.
50 schoolslag	34.52	50m	26-5-2018	Drachten (NED)	448 Pnt.
50 schoolslag	32.36	25m	7-7-2018	Bergum (NED)	475 Pnt.
100 schoolslag	1:15.30	50m	27-5-2016	Drachten (NED)	436 Pnt.
100 schoolslag	1:11.55	25m	10-12-2016	Haren (NED)	469 Pnt.
200 schoolslag	3:07.59	50m	18-5-2014	Drachten (NED)	310 Pnt.
200 schoolslag	2:43.50	25m	3-2-2018	Bolsward (NED)	399 Pnt.
25 vlinderslag	12.34	25m	24-6-2017	Bergum (NED)	516 Pnt.
50 vlinderslag	28.19	50m	2-6-2018	Drachten (NED)	503 Pnt.
50 vlinderslag	26.91	25m	7-7-2018	Bergum (NED)	531 Pnt.
100 vlinderslag	1:02.34	25m	14-1-2017	Burgum (NED)	458 Pnt.
100 wisselslag	1:02.25	25m	4-2-2017	Dokkum (NED)	527 Pnt.
200 wisselslag	2:27.92	50m	26-5-2018	Drachten (NED)	457 Pnt.
200 wisselslag	2:18.91	25m	30-10-2016	Bergum (NED)	491 Pnt.
400 wisselslag	5:06.65	25m	12-2-2017	Bergum (NED)	452 Pnt.

**Willem Vonk**

25 vrije slag	13.45	25m	24-6-2017	Bergum (NED)	312 Pnt.
50 vrije slag	28.89	50m	20-5-2017	Drachten (NED)	379 Pnt.
50 vrije slag	27.15	25m	17-3-2018	Dokkum (NED)	415 Pnt.
100 vrije slag	1:04.86	50m	27-5-2018	Drachten (NED)	378 Pnt.
100 vrije slag	1:00.46	25m	13-1-2018	Oosterwolde (NED)	410 Pnt.
200 vrije slag	2:31.51	50m	25-3-2017	Drachten (NED)	305 Pnt.
200 vrije slag	2:18.46	25m	16-6-2018	Hoogezand (NED)	369 Pnt.
400 vrije slag	5:27.38	25m	10-12-2016	Haren (NED)	272 Pnt.
800 vrije slag	11:11.50	25m	5-11-2017	Bergum (NED)	287 Pnt.
1500 vrije slag	21:47.02	25m	3-12-2017	Bergum (NED)	273 Pnt.
2000 vrije slag	29:05.86	25m	25-3-2018	Bergum (NED)	271 Pnt.
25 rugslag	17.95	25m	24-6-2017	Bergum (NED)	192 Pnt.
50 rugslag	34.80	25m	6-1-2018	Winschoten (NED)	260 Pnt.
100 rugslag	1:16.19	25m	24-3-2018	Harlingen (NED)	264 Pnt.
200 rugslag	2:58.90	25m	21-4-2018	Bergum (NED)	205 Pnt.
25 schoolslag	17.93	25m	24-6-2017	Bergum (NED)	272 Pnt.
50 schoolslag	39.84	25m	7-1-2018	Winschoten (NED)	254 Pnt.
100 schoolslag	1:27.80	25m	16-12-2017	Hoogezand (NED)	254 Pnt.
200 schoolslag	3:15.45	25m	17-12-2017	Hoogezand (NED)	233 Pnt.
25 vlinderslag	15.18	25m	24-6-2017	Bergum (NED)	277 Pnt.
50 vlinderslag	32.13	50m	2-6-2018	Drachten (NED)	340 Pnt.
50 vlinderslag	31.26	25m	7-1-2018	Winschoten (NED)	339 Pnt.
100 vlinderslag	1:18.47	25m	13-1-2018	Oosterwolde (NED)	230 Pnt.
200 vlinderslag	3:13.67	25m	17-12-2017	Hoogezand (NED)	176 Pnt.
100 wisselslag	1:15.24	25m	6-1-2018	Winschoten (NED)	298 Pnt.
200 wisselslag	2:48.02	25m	3-2-2018	Bolsward (NED)	277 Pnt.
400 wisselslag	6:00.34	25m	11-2-2018	Bergum (NED)	279 Pnt.

**Ruben De Vries**

25 vrije slag	17.95	25m	12-5-2018	Bergum (NED)	131 Pnt.
50 vrije slag	37.98	25m	10-11-2018	Dokkum (NED)	151 Pnt.
100 vrije slag	1:29.31	25m	13-10-2018	Bergum (NED)	127 Pnt.
200 vrije slag	3:13.56	25m	4-11-2018	Bergum (NED)	135 Pnt.
400 vrije slag	7:53.68	25m	11-2-2018	Bergum (NED)	89 Pnt.
25 rugslag	21.15	25m	14-4-2018	Leeuwarden (NED)	117 Pnt.
50 rugslag	45.20	25m	10-11-2018	Dokkum (NED)	118 Pnt.
100 rugslag	1:42.68	25m	22-9-2018	Bergum (NED)	108 Pnt.
25 schoolslag	23.18	25m	14-4-2018	Leeuwarden (NED)	125 Pnt.
50 schoolslag	51.55	25m	10-11-2018	Dokkum (NED)	117 Pnt.

50 vlinderslag	54.72	25m	7-7-2018	Bergum (NED)	63 Pnt.
100 wisselslag	1:38.89	25m	13-10-2018	Bergum (NED)	131 Pnt.
200 wisselslag	3:55.22	25m	25-3-2018	Bergum (NED)	101 Pnt.

**Maaïke van der Wal**

25 vrije slag	16.70	25m	23-6-2018	Dokkum (NED)	257 Pnt.
50 vrije slag	37.15	25m	3-11-2018	Groningen (NED)	244 Pnt.
100 vrije slag	1:21.73	25m	15-12-2018	Groningen (NED)	241 Pnt.
200 vrije slag	2:56.02	25m	16-12-2018	Groningen (NED)	249 Pnt.
400 vrije slag	6:26.20	25m	2-12-2018	Bergum (NED)	223 Pnt.
800 vrije slag	12:39.82	25m	2-12-2018	Bergum (NED)	251 Pnt.
25 rugslag	20.33	25m	23-6-2018	Dokkum (NED)	209 Pnt.
50 rugslag	43.96	25m	7-7-2018	Bergum (NED)	199 Pnt.
100 rugslag	1:31.04	25m	15-12-2018	Groningen (NED)	220 Pnt.
200 rugslag	3:18.17	25m	6-10-2018	Bergum (NED)	217 Pnt.
25 schoolslag	22.67	25m	23-6-2018	Dokkum (NED)	202 Pnt.
50 schoolslag	50.78	25m	16-12-2018	Groningen (NED)	179 Pnt.
100 schoolslag	1:47.41	25m	16-12-2018	Groningen (NED)	195 Pnt.
25 vlinderslag	21.18	25m	23-6-2018	Dokkum (NED)	147 Pnt.
50 vlinderslag	48.53	25m	8-12-2018	Bergum (NED)	126 Pnt.
100 vlinderslag	1:49.77	25m	3-11-2018	Groningen (NED)	123 Pnt.
100 wisselslag	1:34.34	25m	8-12-2018	Bergum (NED)	216 Pnt.
200 wisselslag	3:17.50	25m	15-12-2018	Groningen (NED)	234 Pnt.

**Lotte van der Werf**

50 vrije slag	35.74	25m	29-12-2018	Leeuwarden (NED)	274 Pnt.
100 vrije slag	1:27.96	25m	27-10-2018	Leeuwarden (NED)	193 Pnt.
200 vrije slag	3:25.06	25m	2-12-2018	Bergum (NED)	157 Pnt.
400 vrije slag	6:48.13	25m	2-12-2018	Bergum (NED)	189 Pnt.
25 rugslag	25.86	25m	27-1-2018	Bergum (NED)	101 Pnt.
50 rugslag	44.33	25m	29-12-2018	Leeuwarden (NED)	194 Pnt.
100 rugslag	1:53.74	25m	22-9-2018	Bergum (NED)	113 Pnt.
25 schoolslag	26.29	25m	27-1-2018	Bergum (NED)	130 Pnt.
50 schoolslag	56.93	25m	22-9-2018	Bergum (NED)	127 Pnt.
25 vlinderslag	23.26	25m	7-7-2018	Bergum (NED)	111 Pnt.
50 vlinderslag	47.32	25m	8-12-2018	Bergum (NED)	136 Pnt.
100 vlinderslag	1:59.12	25m	3-11-2018	Groningen (NED)	96 Pnt.
100 wisselslag	1:41.02	25m	8-12-2018	Bergum (NED)	176 Pnt.
200 wisselslag	3:35.91	25m	2-12-2018	Bergum (NED)	179 Pnt.

**Karin Wiersma**

25 vrije slag	26.02	25m	7-7-2018	Bergum (NED)	67 Pnt.
50 vrije slag	1:01.25	25m	14-4-2018	Leeuwarden (NED)	54 Pnt.
25 rugslag	27.25	25m	7-7-2018	Bergum (NED)	87 Pnt.
50 rugslag	1:04.57	25m	12-5-2018	Bergum (NED)	62 Pnt.
25 schoolslag	36.52	25m	7-7-2018	Bergum (NED)	48 Pnt.
50 schoolslag	1:32.30	25m	12-5-2018	Bergum (NED)	29 Pnt.

**Sven Wijma**

25 vrije slag	14.91	25m	23-6-2018	Dokkum (NED)	229 Pnt.
50 vrije slag	33.41	25m	15-12-2018	Groningen (NED)	222 Pnt.
100 vrije slag	1:24.92	25m	4-11-2017	Sneek (NED)	148 Pnt.
200 vrije slag	3:00.29	25m	3-11-2018	Groningen (NED)	167 Pnt.
25 rugslag	20.03	25m	23-6-2018	Dokkum (NED)	138 Pnt.
50 rugslag	45.19	25m	7-7-2018	Bergum (NED)	118 Pnt.
100 rugslag	1:41.95	25m	24-3-2018	Harlingen (NED)	110 Pnt.
25 schoolslag	21.00	25m	24-6-2017	Bergum (NED)	169 Pnt.
50 schoolslag	45.06	25m	7-7-2018	Bergum (NED)	175 Pnt.
100 schoolslag	1:36.69	25m	6-10-2018	Bergum (NED)	190 Pnt.
25 vlinderslag	19.18	25m	23-6-2018	Dokkum (NED)	137 Pnt.
50 vlinderslag	45.25	25m	7-7-2018	Bergum (NED)	111 Pnt.
100 wisselslag	1:31.86	25m	6-10-2018	Bergum (NED)	164 Pnt.

**Nynke Ytsma**

25 vrije slag	15.39	25m	11-6-2011	De Westereen	328 Pnt.
50 vrije slag	30.80	50m	15-2-2014	Drachten (NED)	457 Pnt.
50 vrije slag	30.45	25m	10-1-2016	Bergum (NED)	444 Pnt.
100 vrije slag	1:09.38	50m	15-2-2014	Drachten (NED)	422 Pnt.
100 vrije slag	1:06.42	25m	20-4-2013	De Westereen	450 Pnt.
200 vrije slag	2:41.97	50m	12-5-2012	Drachten (NED)	339 Pnt.
200 vrije slag	2:28.36	25m	9-3-2013	Heerenveen (NED)	416 Pnt.
400 vrije slag	5:52.50	50m	14-5-2010	Drachten (NED)	301 Pnt.
400 vrije slag	5:21.22	25m	18-10-2014	Leeuwarden (NED)	389 Pnt.
800 vrije slag	11:35.86	25m	2-12-2018	Bergum (NED)	326 Pnt.
1500 vrije slag	22:02.27	25m	8-1-2012	Dokkum (NED)	336 Pnt.
2000 vrije slag	30:05.26	25m	11-3-2012	Dokkum (NED)	313 Pnt.
25 rugslag	17.56	25m	11-6-2011	De Westereen	325 Pnt.
50 rugslag	35.54	25m	8-2-2014	Bergum (NED)	376 Pnt.
100 rugslag	1:21.99	50m	13-5-2012	Drachten (NED)	356 Pnt.
100 rugslag	1:18.49	25m	5-3-2016	Franeker (NED)	344 Pnt.
200 rugslag	2:59.34	50m	11-5-2012	Drachten (NED)	331 Pnt.
200 rugslag	2:46.89	25m	11-3-2017	Dokkum (NED)	364 Pnt.
25 schoolslag	19.95	25m	11-6-2011	De Westereen	297 Pnt.
50 schoolslag	45.34	50m	25-8-2013	Hamburg (GER)	274 Pnt.
50 schoolslag	41.25	25m	25-10-2014	Bergum (NED)	334 Pnt.
100 schoolslag	1:34.19	50m	13-5-2011	Drachten (NED)	318 Pnt.
100 schoolslag	1:29.08	25m	9-3-2013	Heerenveen (NED)	343 Pnt.
200 schoolslag	3:30.35	50m	14-5-2011	Drachten (NED)	289 Pnt.
200 schoolslag	3:13.57	25m	11-2-2017	Harlingen (NED)	335 Pnt.
25 vlinderslag	15.32	25m	11-6-2011	De Westereen	389 Pnt.
50 vlinderslag	32.80	50m	24-8-2013	Hamburg (GER)	413 Pnt.
50 vlinderslag	32.08	25m	29-10-2016	Bergum (NED)	438 Pnt.
100 vlinderslag	1:15.92	50m	12-5-2012	Drachten (NED)	390 Pnt.
100 vlinderslag	1:14.14	25m	11-10-2014	Bergum (NED)	399 Pnt.
200 vlinderslag	3:05.48	50m	15-5-2011	Drachten (NED)	283 Pnt.
200 vlinderslag	2:56.84	25m	12-1-2013	Heerenveen (NED)	309 Pnt.
100 wisselslag	1:15.60	25m	8-2-2014	Bergum (NED)	421 Pnt.
200 wisselslag	2:51.15	50m	12-5-2012	Drachten (NED)	400 Pnt.
200 wisselslag	2:45.99	25m	14-1-2012	Dokkum (NED)	395 Pnt.
400 wisselslag	6:06.56	50m	13-5-2012	Drachten (NED)	383 Pnt.
400 wisselslag	6:05.21	25m	18-12-2011	Dokkum (NED)	358 Pnt.

**Janne Zandstra**

25 vrije slag	21.59	25m	10-3-2018	Bergum (NED)	119 Pnt.
50 vrije slag	51.30	25m	23-6-2018	Buitenpost (NED)	92 Pnt.
25 rugslag	27.67	25m	13-5-2017	Bergum (NED)	83 Pnt.
50 rugslag	1:04.85	25m	12-5-2018	Bergum (NED)	62 Pnt.
25 schoolslag	29.27	25m	10-3-2018	Bergum (NED)	94 Pnt.
50 schoolslag	1:02.04	25m	7-7-2018	Bergum (NED)	98 Pnt.
100 schoolslag	2:05.30	25m	8-12-2018	Bergum (NED)	123 Pnt.
25 vlinderslag	23.86	25m	7-7-2018	Bergum (NED)	103 Pnt.
50 vlinderslag	56.52	25m	8-12-2018	Bergum (NED)	80 Pnt.
100 wisselslag	1:54.02	25m	8-12-2018	Bergum (NED)	122 Pnt.

**Nynke Zandstra**

25 vrije slag	13.70	25m	6-6-2015	De Westereen (NED)	465 Pnt.
50 vrije slag	29.16	50m	4-2-2017	Drachten (NED)	538 Pnt.
50 vrije slag	27.84	25m	28-12-2016	Drachten (NED)	581 Pnt.
100 vrije slag	1:03.35	50m	25-3-2017	Drachten (NED)	554 Pnt.
100 vrije slag	1:00.85	25m	4-12-2016	Amsterdam (NED)	585 Pnt.
200 vrije slag	2:18.75	50m	20-5-2017	Drachten (NED)	539 Pnt.
200 vrije slag	2:13.07	25m	28-1-2017	Eindhoven (NED)	576 Pnt.
400 vrije slag	4:50.54	50m	1-7-2017	Luxembourg (LUX)	539 Pnt.
400 vrije slag	4:49.81	25m	11-11-2017	Emmen (NED)	529 Pnt.
800 vrije slag	10:09.76	50m	25-3-2017	Drachten (NED)	502 Pnt.
800 vrije slag	9:50.81	25m	12-2-2017	Bergum (NED)	534 Pnt.
1500 vrije slag	18:52.38	25m	3-12-2017	Bergum (NED)	535 Pnt.
25 rugslag	16.21	25m	6-6-2015	De Westereen (NED)	413 Pnt.
50 rugslag	34.13	50m	26-5-2018	Drachten (NED)	498 Pnt.
50 rugslag	33.36	25m	6-10-2018	Bergum (NED)	455 Pnt.
100 rugslag	1:20.21	50m	29-5-2016	Drachten (NED)	380 Pnt.
100 rugslag	1:11.95	25m	26-11-2016	Drachten (NED)	447 Pnt.
200 rugslag	2:34.72	25m	13-1-2018	Drachten (NED)	457 Pnt.
25 schoolslag	19.95	25m	6-6-2015	De Westereen (NED)	297 Pnt.
50 schoolslag	51.35	50m	25-8-2013	Hamburg (GER)	189 Pnt.
50 schoolslag	41.40	25m	28-12-2016	Drachten (NED)	331 Pnt.
100 schoolslag	1:29.56	25m	24-6-2017	Amsterdam (NED)	337 Pnt.
200 schoolslag	3:19.36	25m	11-3-2017	Lelystad (NED)	307 Pnt.
25 vlinderslag	15.53	25m	6-6-2015	De Westereen (NED)	374 Pnt.
50 vlinderslag	30.86	50m	18-6-2017	Eindhoven (NED)	496 Pnt.
50 vlinderslag	30.01	25m	28-12-2016	Drachten (NED)	536 Pnt.
100 vlinderslag	1:12.60	50m	20-5-2017	Drachten (NED)	446 Pnt.
100 vlinderslag	1:08.78	25m	4-12-2016	Amsterdam (NED)	500 Pnt.
200 vlinderslag	3:31.04	50m	18-5-2014	Drachten (NED)	192 Pnt.
200 vlinderslag	3:17.04	25m	5-4-2014	Leeuwarden (NED)	223 Pnt.
100 wisselslag	1:13.84	25m	28-12-2016	Drachten (NED)	452 Pnt.
200 wisselslag	2:52.43	50m	28-5-2016	Drachten (NED)	391 Pnt.
200 wisselslag	2:49.37	25m	5-3-2016	Franeker (NED)	372 Pnt.
400 wisselslag	6:21.03	50m	17-5-2015	Drachten (NED)	341 Pnt.
400 wisselslag	5:43.22	25m	11-2-2017	Hengelo (NED)	432 Pnt.

**Hielke van der Zwaag**

25 vrije slag	19.49	25m	24-6-2017	Bergum (NED)	102 Pnt.
50 vrije slag	39.95	25m	29-12-2018	Leeuwarden (NED)	130 Pnt.
100 vrije slag	1:25.88	25m	10-11-2018	Dokkum (NED)	143 Pnt.
200 vrije slag	2:56.74	25m	29-12-2018	Leeuwarden (NED)	177 Pnt.
400 vrije slag	6:26.14	25m	2-12-2018	Bergum (NED)	166 Pnt.
800 vrije slag	14:26.00	25m	11-2-2018	Bergum (NED)	134 Pnt.
25 rugslag	23.38	25m	24-6-2017	Bergum (NED)	87 Pnt.
50 rugslag	45.08	25m	7-7-2018	Bergum (NED)	119 Pnt.
100 rugslag	1:36.90	25m	13-10-2018	Bergum (NED)	128 Pnt.
200 rugslag	3:32.36	25m	29-12-2018	Leeuwarden (NED)	123 Pnt.
25 schoolslag	25.78	25m	24-6-2017	Bergum (NED)	91 Pnt.
50 schoolslag	52.71	25m	14-4-2018	Leeuwarden (NED)	109 Pnt.
100 schoolslag	1:53.40	25m	22-9-2018	Bergum (NED)	117 Pnt.
200 schoolslag	4:04.75	25m	29-12-2017	Leeuwarden (NED)	119 Pnt.
50 vlinderslag	46.37	25m	7-7-2018	Bergum (NED)	103 Pnt.
100 vlinderslag	1:53.90	25m	8-12-2018	Bergum (NED)	75 Pnt.
100 wisselslag	1:43.16	25m	10-11-2018	Dokkum (NED)	115 Pnt.
200 wisselslag	3:33.18	25m	8-12-2018	Bergum (NED)	136 Pnt.