

| jaargang | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | 1999 | 1998 | 1997 | 1996 | 1995 | 1994 | 1993 | 1992 |
|-----------------|--|--|---|--|--|---|--|--|---|--|--|--|--|--|---|
| 2011 | 5 jaar | 6 jaar | 7 jaar | 8 jaar | 9 jaar | 10 jaar | 11 jaar | 12 jaar | 13 jaar | 14 jaar | 15 jaar | 16 jaar | 17 jaar | 18 jaar | Heren |
| 25 vrij | 9-10-2011 0.47.10 Tygo Ulkeman | 16-12-2003 0.29.53 Luuk Nijland | 28-12-2006 0.21.30 Torben Lammerdink | 27-12-2005 0.17.89 Luuk Nijland | 28-12-2006 0.16.00 Luuk Nijland | 29-12-2009 0.14.26 Torben Lammerdink | 28-12-2010 0.13.37 Torben Lammerdink | 29-12-2009 0.13.86 Luuk Nijland | 28-12-2010 0.13.02 Luuk Nijland | 25-12-2007 0.13.07 Berjan Ebbekink | 30-12-2008 0.12.54 Berjan Ebbekink | 29-12-2009 0.12.29 Berjan Ebbekink | 29-12-2009 0.12.68 Taco Braakhekke | 28-12-2006 0.13.09 Mark Wentink | 22 12 03 0.12.17 Han Nijland |
| 50 vrij | | 27-11-2004 0.53.08 Luuk Nijland | 27-11-2004 0.53.08 Luuk Nijland | 14-5-2005 0.42.03 Luuk Nijland | 5-10-2008 0.34.46 Torben Lammerdink | 14-11-2009 0.31.42 Torben Lammerdink | 6-11-2010 29.20 Torben Lammerdink | 5-11-2011 0.26.99 Torben Lammerdink | 6-11-2010 0.28.84 Luuk Nijland | 27-11-2011 0.25.99 Luuk Nijland | 5-1-2011 0.26.66 Niels Tjoonk | 19-7-2009 0.26.18 Berjan Ebbekink | 11-4-2010 0.25.86 Berjan Ebbekink | 10-4-2011 0.26.14 Berjan Ebbekink | 15-10-2011 0.24.44 Brendon Scheepers |
| 100 vrij | | | | 17-12-2005 1.33.50 Luuk Nijland | 25-11-2006 1.18.45 Luuk Nijland | 28-11-2009 1.11.12 Torben Lammerdink | 9-10-2010 1.04.80 Torben Lammerdink | 12-11-2011 0.59.49 Torben Lammerdink | 12-11-2011 1.03.45 Nick Bongers | 12-11-2011 0.57.55 Luuk Nijland | 14-12-2008 0.58.64 Berjan Ebbekink | 24-10-2009 0.57.16 Berjan Ebbekink | 3-4-2010 0.56.13 Berjan Ebbekink | 9-1-2011 0.56.46 Berjan Ebbekink | 17-9-2011 0.54.95 Brendon Scheepers |
| 200 vrij | | | | 1-11-2007 3.50.54 Torben Lammerdink | 28-11-2010 3.24.26 Jordy Wissink | 5-11-2009 2.51.10 Torben Lammerdink | 11-12-2010 2.24.67 Torben Lammerdink | 8-10-2011 2.15.53 Torben Lammerdink | 21-11-2009 2.22.57 Niels Tjoonk | 27-11-2011 2.06.33 Luuk Nijland | 30-3-2008 2.12.97 Berjan Ebbekink | 28-3-2009 0.09.89 Berjan Ebbekink | 16-3-2010 2.10.64 Berjan Ebbekink | 12-6-2011 2.22.54 Berjan Ebbekink | 12-11-2011 2.05.48 Brendon Scheepers |
| 400 vrij | | | | 22-10-2005 7.37.62 Luuk Nijland | 21-12-2008 6.12.95 Torben Lammerdink | 19-12-2009 5.27.36 Torben Lammerdink | 28-10-2010 5.13.92 Torben Lammerdink | 27-10-2011 4.53.37 Torben Lammerdink | 28-10-2010 0.51.51 Luuk Nijland | 27-10-2011 0.43.76 Luuk Nijland | 21-12-2008 4.41.86 Berjan Ebbekink | 3-10-2009 4.40.60 Berjan Ebbekink | 2-10-2010 4.45.02 Berjan Ebbekink | 02-02-200 0.51.12 Mark Wentink | 4.36.6 Otto Zeijpveld |
| 800 vrij | | | | | | | 21-12-2008 11.32.20 Luuk Nijland | 21-12-2008 11.00.79 Niels Tjoonk | 5-11-2009 10.38.23 Niels Tjoonk | 28-10-2010 10.49.82 Niels Tjoonk | 27-10-2011 10.50.68 Niels Tjoonk | 5-11-2009 10.13.12 Berjan Ebbekink | | | 9.51.0 Otto Zeijpveld |
| 1500 vrij | | | | | | | | 5-11-2009 21.25.63 Luuk Nijland | 5-11-2009 20.00.84 Niels Tjoonk | 28-10-2010 20.12.99 Niels Tjoonk | 27-10-2011 20.20.31 Niels Tjoonk | 5-11-2009 19.29.40 Berjan Ebbekink | | | 18.46.6 Otto Zeijpveld |
| 25 rug | 30-12-2008 52.76 Ivan Brummelman | 27-12-2005 0.29.70 Torben Lammerdink | 16-12-2006 0.24.39 Torben Lammerdink | 27-12-2007 0.21.32 Torben Lammerdink | 28-12-2006 0.19.13 Luuk Nijland | 29-12-2009 0.18.10 Torben Lammerdink | 28-12-2010 0.16.41 Torben Lammerdink | 29-12-2009 0.16.60 Luuk Nijland | 28-12-2010 0.15.75 Luuk Nijland | 28-12-2010 0.15.42 Niels Tjoonk | 30-12-2008 0.14.42 Berjan Ebbekink | 29-12-2009 0.14.50 Berjan Ebbekink | 29-12-2009 0.15.60 Taco Braakhekke | 30-12-2008 0.16.26 Richard Ebbers | 29-12-2004 0.14.67 Han Nijland |
| 50 rug | 30-12-2008 1.10.86 Mikay Linker | 18-12-2004 0.58.88 Luuk Nijland | 27-10-2007 0.48.29 Torben Lammerdink | 18-11-2006 0.40.79 Torben Lammerdink | 5-5-2010 0.38.93 Bas Wensink | 5-6-2010 0.35.16 Torben Lammerdink | 26-11-2011 0.31.88 Torben Lammerdink | 6-11-2010 0.33.02 Luuk Nijland | 9-4-2011 0.31.36 Luuk Nijland | 12-4-2008 0.31.05 Berjan Ebbekink | 29-11-2009 0.30.16 Berjan Ebbekink | 28-12-2010 0.29.43 Berjan Ebbekink | 10-4-2011 0.29.47 Berjan Ebbekink | 1-10-2011 0.29.86 Brendon Scheepers | 15-10-2011 1.04.86 Brendon Scheepers |
| 100 rug | | 2-12-2007 1.45.70 Torben Lammerdink | 7-10-2006 1.30.43 Luuk Nijland | 8-11-2009 1.21.36 Torben Lammerdink | 30-10-2010 1.14.74 Torben Lammerdink | 1-10-2011 1.10.57 Torben Lammerdink | 14-11-2009 1.12.16 Niels Tjoonk | 12-11-2011 1.06.02 Luuk Nijland | 21-6-2008 1.06.36 Berjan Ebbekink | 22-7-2009 1.02.99 Berjan Ebbekink | 9-1-2011 1.03.30 Berjan Ebbekink | 8-1-2011 1.03.77 Berjan Ebbekink | 15-10-2011 1.04.86 Brendon Scheepers | 25-11-2006 2.28.70 Han Nijland | 25-11-2006 2.28.70 Han Nijland |
| 200 rug | | | | 23-5-2010 3.16.30 Bas Wensink | 11-6-2011 2.57.17 Bas Wensink | 22-10-2011 2.36.07 Torben Lammerdink | 12-12-2009 2.35.02 Niels Tjoonk | 22-11-2011 2.24.04 Luuk Nijland | 16-4-2011 2.27.67 Niels Tjoonk | 22-7-2009 2.19.72 Berjan Ebbekink | 16-1-2010 2.28.19 Berjan Ebbekink | 13-3-2010 2.40.58 Taco Braakhekke | 25-11-2006 2.28.70 Han Nijland | 25-11-2006 2.28.70 Han Nijland | 25-11-2006 2.28.70 Han Nijland |
| jaargang | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | 1999 | 1998 | 1997 | 1996 | 1995 | 1994 | 1993 | 1992 |
| 2011 | 5 jaar | 6 jaar | 7 jaar | 8 jaar | 9 jaar | 10 jaar | 11 jaar | 12 jaar | 13 jaar | 14 jaar | 15 jaar | 16 jaar | 17 jaar | 18 jaar | Heren |
| 25 school | 9-10-2011 0.44.64 Tygo Ulkeman | 27-12-2005 0.32.53 Torben Lammerdink | 15-12-2007 0.27.48 Gideon Prakke | 27-12-2007 0.24.04 Torben Lammerdink | 27-12-2007 0.21.57 Torben Lammerdink | 29-12-2009 0.19.42 Torben Lammerdink | 28-12-2010 0.17.86 Torben Lammerdink | 29-12-2009 0.18.92 Daan Nijland | 29-12-2009 0.16.32 Niels Tjoonk | 29-12-2009 0.17.77 Sander Wissink | 28-12-2010 0.15.05 Daan Nijland | 29-12-2009 0.15.57 Berjan Ebbekink | 28-12-2010 0.15.32 Berjan Ebbekink | 28-12-2006 0.16.22 Mark Wentink | 29-12-2004 0.16.09 Han Nijland |
| 50 school | 30-12-2008 1.58.45 Ivan Brummelman | 30-12-2008 1.36.45 Mikay Linker | 27-11-2004 1.05.96 Luuk Nijland | 22 11 03 0.54.48 Daan Nijland | 29-12-2009 0.47.43 Bas Wensink | 14-11-2009 0.43.04 Torben Lammerdink | 13-11-2010 0.39.95 Torben Lammerdink | 27-11-2011 0.37.05 Torben Lammerdink | 19-9-2010 0.33.73 Mark Wentink | 26-11-2011 0.32.42 Niels Tjoonk | 9-4-2011 0.33.38 Daan Nijland | 6-6-2010 0.33.33 Berjan Ebbekink | 10-4-2011 0.34.88 Berjan Ebbekink | 12-11-2011 0.33.40 Brendon Scheepers | 12-11-2011 0.33.40 Brendon Scheepers |
| 100 school | | | | 13 12 03 1.55.54 Daan Nijland | 12-12-2009 1.45.54 Bas Wensink | 11-12-2010 1.34.87 Bas Wensink | 13-6-2010 1.28.57 Torben Lammerdink | 27-11-2011 1.18.96 Torben Lammerdink | 25-9-2011 1.21.10 Nick Bongers | 13-11-2010 1.14.90 Niels Tjoonk | 26-11-2011 1.11.19 Niels Tjoonk | 3-10-2009 1.16.37 Berjan Ebbekink | 9-1-2010 1.16.37 Berjan Ebbekink | 11-2-2006 1.15.82 Mark Wentink | 1.17.68 Martin Hesselink |
| 200 school | | | | 22-5-2010 3.36.43 Bas Wensink | 11-6-2011 3.28.64 Bas Wensink | 29-12-2009 3.03.85 Torben Lammerdink | 27-11-2011 2.54.18 Nick Bongers | 30-1-2010 2.49.45 Niels Tjoonk | 17-9-2011 2.39.95 Niels Tjoonk | 1-10-2011 2.57.02 Sander Wissink | 16-1-2010 2.50.165 Berjan Ebbekink | 9-4-2006 2.49.76 Mark Wentink | 9-4-2006 2.49.76 Mark Wentink | 13-1-2007 2.51.98 Mark Wentink | 13-1-2007 2.51.98 Mark Wentink |
| 25 vlinder | | | 11-12-2004 0.26.30 Luuk Nijland | 27-12-2005 0.19.81 Luuk Nijland | 28-12-2006 0.17.41 Luuk Nijland | 29-12-2009 0.15.86 Torben Lammerdink | 28-12-2010 0.14.84 Torben Lammerdink | 29-12-2009 0.14.70 Luuk Nijland | 28-12-2010 0.13.96 Luuk Nijland | 27-12-2007 0.13.92 Berjan Ebbekink | 30-12-2008 0.13.05 Berjan Ebbekink | 29-12-2009 0.13.04 Berjan Ebbekink | 29-12-2009 0.13.70 Taco Braakhekke | 28-12-2006 0.14.28 Mark Wentink | 29-12-2009 0.12.99 Han Nijland |
| 50 vlinder | | | 29-12-2004 1.04.52 Luuk Nijland | 8-10-2005 0.50.22 Luuk Nijland | 2-7-2006 0.38.69 Luuk Nijland | 12-12-2009 0.35.23 Torben Lammerdink | 20-11-2010 0.33.10 Torben Lammerdink | 22-11-2011 0.30.20 Torben Lammerdink | 6-6-2010 0.31.17 Luuk Nijland | 5-11-2011 0.28.42 Luuk Nijland | 31-5-2008 0.29.42 Berjan Ebbekink | 9-5-2009 0.28.20 Berjan Ebbekink | 3-4-2010 0.27.68 Berjan Ebbekink | 23-4-2011 0.27.60 Berjan Ebbekink | 26-11-2011 0.27.05 Brendon Scheepers |
| 100 vlinder | | | | 3-6-2006 1.56.7 Luuk Nijland | 4-11-2007 1.34.59 Luuk Nijland | 11-12-2010 1.16.83 Torben Lammerdink | 1-10-2011 1.11.50 Torben Lammerdink | 2-10-2010 1.11.48 Luuk Nijland | 12-11-2011 1.03.15 Luuk Nijland | 6-4-2008 1.07.20 Berjan Ebbekink | 19-4-2009 1.05.16 Berjan Ebbekink | 10-1-2010 1.05.19 Berjan Ebbekink | 9-1-2011 1.05.15 Berjan Ebbekink | 12-11-2011 1.01.58 Brendon Scheepers | 12-11-2011 1.01.58 Brendon Scheepers |
| 200 vlinder | | | | | | | 29-11-2009 2.49.16 Luuk Nijland | 31-1-2010 2.41.74 Luuk Nijland | 26-11-2011 2.25.95 Luuk Nijland | 6-4-2008 2.46.07 Berjan Ebbekink | 17-10-2009 2.40.19 Berjan Ebbekink | 20-11-2005 2.44.65 Mark Wentink | 9-4-2006 2.39.39 Mark Wentink | 15-10-2011 2.42.51 Brendon Scheepers | 15-10-2011 2.42.51 Brendon Scheepers |
| 100 wissel | | | 17-12-2005 1.44.57 Luuk Nijland | 10-6-2006 1.29.60 Luuk Nijland | 20-11-2010 1.23.49 Bas Wensink | 20-11-2010 1.15.15 Torben Lammerdink | 16-4-2011 1.12.12 Torben Lammerdink | 27-11-2010 1.13.87 Luuk Nijland | 11-9-2011 1.07.25 Luuk Nijland | 9-4-2011 1.06.80 Niels Tjoonk | 3-10-2009 1.05.26 Berjan Ebbekink | 6-6-2010 1.04.94 Berjan Ebbekink | 9-4-2011 1.05.24 Berjan Ebbekink | 1-10-2011 1.05.70 Brendon Scheepers | 1-10-2011 1.05.70 Brendon Scheepers |
| 200 wissel | | | | 2006 3.20.75 Luuk Nijland | 28-11-2009 2.47.73 Torben Lammerdink | 13-6-2010 2.47.73 Torben Lammerdink | 12-11-2011 2.36.17 Torben Lammerdink | 10-12-2006 2.41.50 Berjan Ebbekink | 22-10-2011 2.27.63 Luuk Nijland | 17-9-2011 2.29.77 Niels Tjoonk | 8-2-2009 2.26.57 Berjan Ebbekink | 10-1-2010 2.26.34 Berjan Ebbekink | 13-3-2011 2.32.16 Berjan Ebbekink | 12-11-2011 2.27.48 Brendon Scheepers | 12-11-2011 2.27.48 Brendon Scheepers |
| 400 wissel | | | | | | | 27-11-2011 5.36.96 Torben Lammerdink | 31-1-2010 5.51.60 Luuk Nijland | 20-2-2011 5.26.48 Luuk Nijland | 17-2-2008 5.55.46 Bram Siebers | 14-1-2007 5.53.14 Richard Ebbers | 30-11-2008 6.00.22 Richard Ebbers | | | |
| jaargang | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | 1999 | 1998 | 1997 | 1996 | 1995 | 1994 | 1993 | 1992 |
| 2011 | 5 jaar | 6 jaar | 7 jaar | 8 jaar | 9 jaar | 10 jaar | 11 jaar | 12 jaar | 13 jaar | 14 jaar | 15 jaar | 16 jaar | 17 jaar | 18 jaar | Heren |
| 4x25 vrije slag | | | 28-12-2006 2.05.39 Edwin Jager Torben Lammerdink Daan Peters Brian Brunsveld | 28-12-2006 1.35.50 Martijn Tjoonk Emiel Brummelman Justin Nijland Boers Nick Bongers | 28-12-2006 1.11.58 Niels Tjoonk Irjan Brummelman Luuk Nijland Eising Harmen v Middelkoop | 28-12-2006 1.11.58 Luuk Nijland Eising Harmen v Middelkoop Lammerdink | 30-12-2008 1.00.73 Luuk Nijland Thomas Achtereekte Harmen v Middelkoop Sjoerd Teunissen Rick Havink | 30-12-2008 1.24.92 Thomas Achtereekte Harmen v Middelkoop Sjoerd Teunissen Rick Havink | 28-12-2010 0.56.26 Emiel Eising Torben Lammerdink Luuk Nijland Sander Nijland Luchies Wensink | 30-12-2008 0.58.82 Niels Tjoonk Daan Nijland Sander Nijland Wissink Rick Wassink | 29-12-2009 0.55.54 Niels Tjoonk Rick Wassink Niels Tjoonk | | | | 30-12-2008 0.50.07 Han Nijland Dinand Bleumink Taco Braakhekke Berjan Ebbekink |
| 4x 50 vrij | | | | | | 28-12-2006 2.43.23 Sjoerd Teunissen Niels Tjoonk Irjan Brummelman Luuk Nijland | 6-11-2010 2.17.13 Torben Lammerdink Edwin Jager Jordy Brummelman Wissink Bas Wensink | | 6-11-2010 2.00.33 Torben Lammerdink Cai Irjan Luchies Jeroen Kok Nick Bongers | 13-3-2011 2.04.82 Martijn Cai Torben Lammerdink Wissink | 5-11-2011 1.46.62 Niels Tjoonk Daan Nijland Niels Tjoonk Sander Nijland | 13-3-2011 1.51.76 Luuk Nijland Daan Nijland Niels Tjoonk Sander Nijland | | 1.55.0 Erik Schepers Martin Dinand Hesselink Petter Ebbekink Taco Rob Woestenenk | 30-12-2008 1.49.54 Han Nijland Dinand Bleumink Petter Ebbekink Taco Braakhekke |

| | | | | | | | | | | | | | | | |
|-----------------|--------|--------|--------|--------|--------|--|---|---|---|--|--|--|---|---|--|
| 4x100 vrij | | | | | | | | 25-9-2011 4.30.39 Torben Lammerdink Thomas Luchies Edwin Jager Nick Bongers | 12-11-2011 4.23.56 Nick Bongers Martijn Cai Thomas Luchies Emiel Eising | 12-11-2011 3.55.11 Luuk Nijland Emiel v. Bezooijen Niels Tjoonk Martijn Cai | 15-5-2011 4.09.71 Niels Tjoonk Daan Nijland Torben Lammerdink Luuk Nijland | | 13-2-2010 4.15.23 Niels Tjoonk Rick Wassink Daan Nijland Taco Braakhekke | 1-10-2011 3.52.43 Niels Tjoonk Torben Lammerdink Luuk Nijland Brendon Scheepers | |
| 4x200 vrij | | | | | | | | | | | 7-10-2006 10.50.29 Berjan Ebbekink Bart Kers Taco Braakhekke Richard Ebbers | | | 13-3-2011 9.01.04 Niels Tjoonk Han Nijland Luuk Nijland Berjan Ebbekink | |
| 4x25 wissel | | | | | | 30-12-2008 1.18.16 Luuk Nijland Martijn Cai Emiel Eising Torben Lammerdink | 30-12-2008 1.12.51 Thomas Achtereechte Harmen v. Middelkoop Sjoerd Teunissen Rick Haytink | 28-12-2010 1.07.56 Emiel Eising Torben Lammerdink Luuk Nijland Thomas Luchies | 30-12-2008 1.07.42 Niels Tjoonk Daan Nijland Emiel Tholen Rick Wassink | 29-12-2009 1.03.04 Niels Tjoonk Rick Wassink Luuk Nijland Daan Nijland | 28-12-2010 1.00.16 Niels Tjoonk Daan Nijland Emiel v. Bezooijen Rick Wassink | | 30-12-2008 0.57.06 Han Nijland Taco Braakhekke Berjan Ebbekink Dinand Bleumink | | |
| jaargang | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | 1999 | 1998 | 1997 | 1996 | 1995 | 1994 | 1993 | 1992 |
| 2011 | 5 jaar | 6 jaar | 7 jaar | 8 jaar | 9 jaar | 10 jaar | 11 jaar | 12 jaar | 13 jaar | 14 jaar | 15 jaar | 16 jaar | 17 jaar | 18 jaar | Heren |
| 4x50 wissel | | | | | | 20-11-2004 3.16.37 Hidde Ottens Tom Freriksen Daan Nijland Rik Lok | 6-11-2010 2.34.56 Edwin Jager Bas Wensink Torben Lammerdink Jordy Wissink | 28-12-2006 2.46.43 Hidde Ottens Sander Wissink Daan Nijland Bart Kers | 31-10-2009 2.16.86 Harmen van Middelkoop Niels Tjoonk Luuk Nijland Irjan Brummelman | 30-9-2006 2.28.53 Bart Kers Taco Braakhekke Berjan Ebbekink Rik Lok | 5-11-2011 2.01.17 Harmen van Middelkoop Niels Tjoonk Luuk Nijland Emiel v. Bezooijen | 27-10-2007 2.15.62 Richard Ebbers Taco Braakhekke Bram Siebers Jeffrey Vullink | 05-04-2008 02.08.20 Berjan Ebbekink Bram Siebers Richard Ebbers Taco Braakhekke | 11-9-2011 2.02.71 Daan Nijland Taco Braakhekke Luuk Nijland Brendon Scheepers | |
| 4x100 wissel | | | | | | | | | 25-9-2011 5.07.56 Bas Wensink Nick Bongers Torben Lammerdink Thomas Luchies | | 25-9-2011 4.29.73 Harmen v. Middelkoop Niels Tjoonk Luuk Nijland Emiel v. Bezooijen | 21-5-2011 4.41.03 Niels Tjoonk Daan Nijland Berjan Niiland Torben Lammerdink | 26-9-2009 4:43.79 Rick Wassink Daan Nijland Berjan Ebbekink Taco Braakhekke | | 12-11-2011 4.21.07 Torben Lammerdink Niels Tjoonk Luuk Niiland Brendon Scheepers |
| 4x50 School | | | | | | 22-9-2007 3.03.48 Niels Tjoonk Rick Haijink Sjoerd Teunissen Luuk Niiland | 23-9-2006 3.01.55 Niels Tjoonk Sander Wissink Rick Haijink Daan Niiland | 5-11-2011 2.41.95 Nick Bongers Wout Dijkstra Bas Wensink Torben Lammerdink | | 10-11-2007 2.32.80 Taco Braakhekke Berjan Ebbekink Bram Siebers Daan Niiland | | | | 29-11-2008 2.25.04 Berjan Ebbekink Han Nijland Daan Niiland Taco Braakhekke | |

