

## Jongens 0/8 jaar

<b>25m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
25m	0.20.01	05/12/2015	0.23.46	05/12/2015	0.18.82	29/11/2014	0.17.16	29/11/2014		
	Floris Tanis		Floris Tanis		Laurens Kalle		Laurens Kalle			
50m	0.43.78	07/11/2015	0.48.56	07/11/2015	0.45.73	12/12/2015	0.36.96	07/11/2015		
	Floris Tanis		Floris Tanis		Floris Tanis		Floris Tanis			
100m	1.43.82	10/10/2015	1.46.82	12/12/2015	2.04.02		1.26.75	10/10/2015	1.41.18	13/12/2008
	Floris Tanis		Floris Tanis		William Weeda		Floris Tanis		Aron Paasse	
200m							3.01.43	22/11/2015		
							Floris Tanis			
8x50m							4.13.15	30/10/1999		
							Limiet			
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
50m			0.55.02	27/06/2015			0.39.93	27/06/2015		
			Floris Tanis				Floris Tanis			

## Jongens 0/10 jaar

<b>25m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
25m	0.20.07	27/04/2002	0.21.20	06/04/2013	0.17.70	23/10/2010	0.16.76	21/11/1998		
	Mark Costeris		Xander Vis		Aron Paasse		Dion Beukers			
50m	0.39.28	16/01/2016	0.44.10	10/06/2017	0.37.35	11/02/2017	0.33.16	18/02/2017		
	Laurens Kalle		Floris Tanis		Floris Tanis		Floris Tanis			
100m	1.23.13	26/11/2016	1.32.71	10/06/2017	1.22.64	29/10/2016	1.11.58	02/07/2017	1.23.88	11/06/2017
	Laurens Kalle		Floris Tanis		Laurens Kalle		Floris Tanis		Floris Tanis	
200m			3.42.55	25/02/2017			2.42.48	03/12/2016	3.18.54	28/02/2016
			Floris Tanis				Laurens Kalle		Floris Tanis	
400m							5.46.75	26/11/2016		
							Laurens Kalle			
4x50m							2.49.06	10/09/2016	3.04.11	21/11/2009
							Estafette		Estafette	
8x50m							4.13.15	30/10/1999		
							Limiet			
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
50m	0.41.97	21/05/2016	0.45.86	02/07/2017	0.37.57	03/12/2016	0.33.87	25/06/2016		
	Laurens Kalle		Floris Tanis		Laurens Kalle		Laurens Kalle			
100m	1.26.29	02/07/2017	1.36.40	02/07/2017	2.08.64	25/03/2006	1.11.58	02/07/2017		
	Floris Tanis		Floris Tanis		Mico Pavlovic		Floris Tanis			
200m			3.42.55	25/02/2017			2.42.48	03/12/2016	3.18.54	28/02/2016
			Floris Tanis				Laurens Kalle		Floris Tanis	

## Jongens 0/12 jaar

<b>25m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>
25m	0.17.69	22/10/2016	0.17.95	22/10/2016	0.19.78	23/10/2010	0.13.98	22/10/2016	
	Julien Tanis		Julien Tanis		Jorian Tanis		Julien Tanis		
50m	0.34.24	29/11/2008	0.37.14	03/12/2016	0.32.53	05/11/2016	0.28.11	26/11/2016	
	Bjorn Vogelaar		Julien Tanis		Julien Tanis		Julien Tanis		
100m	1.13.85	10/12/2016	1.21.09	01/10/2016	1.16.65	10/12/2016	1.01.24	10/12/2016	1.10.48 26/11/2016
	Julien Tanis		Julien Tanis		Julien Tanis		Julien Tanis		Julien Tanis
200m	2.38.91	10/12/2016	2.59.32	17/09/2016	3.01.44	08/12/2012	2.19.02	29/10/2016	2.37.33 12/11/2016
	Julien Tanis		Julien Tanis		Aron Paasse		Julien Tanis		Julien Tanis
300m							4.00.55	24/03/2012	
							Aron Paasse		
400m							5.05.06	18/12/2004	6.08.28 13/12/2003
							Mark Costeris		Sebastiaan Rosendaal
800m							10.42.0	18/12/2004	
							Mark Costeris		
4x50m							2.19.72	31/05/2003	2.42.70
							Limiet		Limiet
8x50m							4.13.15	30/10/1999	
							Limiet		
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>
50m	0.34.27	03/12/2016	0.37.14	03/12/2016	0.35.30	29/03/2003	0.32.72	07/03/2004	
	Julien Tanis		Julien Tanis		Sebastiaan Rosendaal		Mark Costeris		
100m	1.24.64	27/06/2004	1.29.26	21/11/2015	1.22.45	09/03/2003	1.03.30	03/12/2016	
	Mark Costeris		Xander Vis		Sebastiaan Rosendaal		Julien Tanis		
200m			4.30.52	25/02/2017			2.37.54	03/07/2011	2.54.97 29/06/2003
			Thijs v. Dijk				Jorian Tanis		Sebastiaan Rosendaal
300m							4.32.88	28/02/2010	
							Jorian Tanis		
400m							6.00.51	28/02/2010	
							Jorian Tanis		

## Jongens 0/14 jaar

	<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>				
25m	0.17.28	25/10/2014	0.17.08	22/10/2016	0.16.06	25/10/2014	0.14.26	25/10/2014		
	Aron Paasse		Xander Vis		Aron Paasse		Aron Paasse			
50m	0.29.21	09/12/2006	0.31.94	10/12/2005	0.27.94	09/09/2006	0.25.12	09/12/2006		
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris			
100m	1.03.80	04/11/2006	1.13.14	03/12/2005	1.01.22	05/11/2006	0.55.17	28/10/2006	1.07.32	03/09/2005
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris		Sebastiaan Rosendaal	
200m	2.20.45	25/11/2006	2.44.27	11/03/2017	2.43.14	21/05/2005	2.02.72	26/11/2005	2.26.88	28/01/2005
	Mark Costeris		Xander Vis		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal	
300m							3.21.15	28/01/2005	4.30.90	08/01/2005
							Sebastiaan Rosendaal		Mark Costeris	
400m							4.25.34	08/10/2005	5.25.25	16/04/2005
							Sebastiaan Rosendaal		Sebastiaan Rosendaal	
600m							7.32.87	17/10/2015		
							Luuk Kieviet			
800m							9.08.86	16/12/2006		
							Mark Costeris			
1000m							14.31.0			
							Leander Noordijk			
1500m							17.46.6	13/11/2005		
							Sebastiaan Rosendaal			
4x50m			2.55.08	23/09/2006			1.59.60	08/11/2014	2.18.57	16/11/2013
			Limiet				Estafette		Estafette	
8x50m							4.13.15	30/10/1999		
							Limiet			
4x100m							4.38.19	12/11/2016		
							Estafette			
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
50m	0.31.12	14/05/2006	0.35.64	16/06/2017	0.28.70	22/04/2006	0.26.10	13/05/2006		
	Mark Costeris		Xander Vis		Mark Costeris		Mark Costeris			
100m	1.07.72	16/06/2006	1.17.13	28/05/2017	1.05.39	21/05/2006	0.57.27	16/06/2006		
	Mark Costeris		Xander Vis		Mark Costeris		Mark Costeris			
200m	2.34.43	20/05/2017	2.46.05	15/06/2017	2.43.14	21/05/2005	2.09.90	16/06/2006	2.34.07	22/05/2005
	Julien Tanis		Xander Vis		Sebastiaan Rosendaal		Mark Costeris		Sebastiaan Rosendaal	
300m							3.35.87	21/06/2013		
							Jorian Tanis			
400m							4.37.85	28/05/2005	5.37.29	27/05/2017
							Sebastiaan Rosendaal		Julien Tanis	
4x50m							2.09.07	25/03/2006		
							Limiet			
4x100m							4.49.05	29/06/2013		
							Estafette			

## Jongens 0/16 jaar

	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>
25m	0.15.88	25/10/2014	0.16.40	22/10/2016	0.13.95	25/10/2014	0.12.99	22/10/2016	
	Jorian Tanis		Jacob Mackloet		Jorian Tanis		Aron Paasse		
50m	0.26.91	20/12/2008	0.31.39	08/12/2007	0.25.24	21/12/2008	0.23.12	06/12/2008	
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris		
100m	0.58.83	02/11/2008	1.09.32	05/11/2006	0.57.82	20/12/2008	0.51.27	21/12/2008	1.02.99
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris		Sebastiaan Rosendaal
200m	2.15.81	29/11/2015	2.35.95	31/10/2015	2.21.07	10/02/2007	1.54.92	21/12/2007	2.15.66
	Jorian Tanis		David Kievit		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal
300m							3.08.37	31/10/2015	4.24.94
							Jorian Tanis		William Weeda
400m							4.09.32	04/10/2008	4.59.40
							Mark Costeris		Jorian Tanis
600m							6.38.30	01/11/2015	
							Jorian Tanis		
800m							8.48.21	22/11/2015	
							Jorian Tanis		
1500m							16.46.0	01/11/2015	
							Jorian Tanis		
2000m							27.36.7	19/02/2005	
							William Weeda		
4x50m			2.34.45	21/04/2001			1.50.85	12/03/2005	2.03.95
			Estafette				Estafette		24/10/2015
8x50m							4.13.15	30/10/1999	Estafette
							Limiet		
4x100m							4.07.21	03/10/2015	4.41.56
							Estafette		10/09/2016
4x200m							9.10.85	16/05/2015	Estafette
							Estafette		
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>
50m	0.28.67	19/04/2008	0.33.02	21/05/2006	0.26.57	24/05/2008	0.24.54	17/05/2008	
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris		
100m	1.02.10	14/06/2008	1.12.96	16/06/2006	1.00.90	13/06/2008	0.53.83	19/04/2008	
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris		
200m	2.19.01	12/06/2015	2.44.56	16/06/2006	2.27.13	24/03/2007	2.00.66	15/06/2007	2.21.76
	Jorian Tanis		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal		13/05/2007
300m							3.14.41	15/06/2007	Sebastiaan Rosendaal
							Sebastiaan Rosendaal		
400m							4.19.52	16/06/2006	5.11.44
							Sebastiaan Rosendaal		16/05/2015
600m							7.02.40	18/04/2015	Jorian Tanis
							Jorian Tanis		
800m							9.25.14	18/04/2015	
							Jorian Tanis		
1500m							17.35.9	18/04/2015	
							Jorian Tanis		
4x50m							1.59.47	28/02/2015	
							Estafette		
4x100m							4.09.54	30/05/2015	4.47.33
							Estafette		27/05/2017
4x200m							9.10.85	16/05/2015	Estafette
							Estafette		

## Heren

	<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>				
25m	0.14.41	16/12/2007	0.18.19	06/03/2005	0.14.06	06/03/2005	0.12.25	24/02/2008		
	Leander Noordijk		Will van Vliet		Martijn v.d. Kamp		Leander Noordijk			
50m	0.26.94	28/06/2009	0.29.76	28/06/2009	0.25.49	27/06/2009	0.22.92	28/06/2009		
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris			
100m	0.59.30	08/11/2009	1.08.01	10/01/2009	0.57.47	24/05/2009	0.51.22	21/12/2008	1.01.88	09/02/2008
	Mark Costeris		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal	
200m	2.13.22	29/01/2017	2.30.72	04/10/2008	2.14.97	09/02/2008	1.51.35	28/03/2009	2.12.21	29/11/2008
	Jorian Tanis		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal	
300m							3.07.07	12/06/2009	4.05.93	08/01/2005
							Sebastiaan Rosendaal		Leander Noordijk	
400m							4.09.44	12/06/2009	4.54.87	08/10/2016
							Sebastiaan Rosendaal		Jorian Tanis	
600m							6.35.65	28/01/2017		
							Jorian Tanis			
800m							8.51.55	28/01/2017		
							Jorian Tanis			
1000m							12.36.4			
							John Albrechts			
1500m							16.45.3	28/01/2016		
							Jorian Tanis			
2000m							22.54.6	13/05/2017		
							Jorian Tanis			
4x50m			2.34.45	21/04/2001			1.35.73	27/06/2009	1.53.34	25/10/2008
			Estafette				Estafette		Estafette	
8x50m							4.11.99	30/10/1999		
							Limiet			
4x100m							3.43.77	17/05/2009	4.11.07	15/11/2008
							Estafette		Estafette	
4x200m							8.09.32	14/03/2009		
							Estafette			
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
50m	0.27.52	05/12/2009	0.32.74	25/05/2008	0.25.76	16/04/2009	0.23.68	12/06/2009		
	Mark Costeris		Sebastiaan Rosendaal		Mark Costeris		Mark Costeris			
100m	1.01.32	23/05/2009	1.11.54	23/05/2009	0.57.47	24/05/2009	0.51.69	14/06/2009		
	Mark Costeris		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Mark Costeris			
200m	2.16.33	04/03/2017	2.42.02	22/04/2016	2.24.70	15/03/2008	1.54.35	13/06/2009	2.17.52	17/05/2009
	Jorian Tanis		David Kievit		Sebastiaan Rosendaal		Sebastiaan Rosendaal		Sebastiaan Rosendaal	
300m							3.07.07	12/06/2009		
							Sebastiaan Rosendaal			
400m							4.09.44	12/06/2009	5.15.76	04/06/2016
							Sebastiaan Rosendaal		David Kievit	
600m							6.59.45	28/05/2017		
							Jorian Tanis			
800m							9.21.84	18/06/2016		
							Jorian Tanis			
1500m							17.37.0	18/06/2016		
							Jorian Tanis			
4x50m							1.48.27	05/05/2012	2.00.56	06/05/2012
							Estafette		Estafette	
4x100m							3.43.77	17/05/2009	4.15.01	23/05/2009
							Estafette		Estafette	
4x200m							8.35.98	16/06/2017		
							Estafette			

## Meisjes 0/8 jaar

<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
25m	0.20.43 09/12/2000 Esmee Koedoot	0.21.39 04/12/2010 Sophie de Jonge	0.19.99 18/01/2014 Emma de Jonge	0.17.48 18/11/2000 Esmee Koedoot	
50m	0.44.77 11/11/2000 Esmee Koedoot	0.48.85 16/12/2000 Esmee Koedoot	0.44.56 17/09/2016 Meyke v. Nimwegen	0.38.43 11/11/2000 Esmee Koedoot	
100m	1.40.02 11/12/2010 Elise Tanis	1.44.38 16/12/2000 Esmee Koedoot	1.55.88 14/10/2000 Esmee Koedoot	1.22.27 11/12/2010 Sophie de Jonge	1.36.84 10/12/2016 Meyke v. Nimwegen
200m				3.16.85 05/12/2010 Elise Tanis	
4x50m				3.27.74 10/09/2016 Estafette	
<b>50m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
50m	0.48.38 07/12/2013 Emma de Jonge	0.56.70 25/06/2016 Meyke v. Nimwegen		0.40.66 04/05/2014 Emma de Jonge	
100m	1.41.42 03/05/2014 Emma de Jonge			1.35.37 04/05/2014 Emma de Jonge	

## Meisjes 0/10 jaar

<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
25m	0.18.30 Rhiana van Kempen	0.20.72 31/03/2012 Elise Tanis	0.16.70 Rhiana van Kempen	0.14.67 27/10/2012 Elise Tanis	
50m	0.37.24 04/11/2012 Elise Tanis	0.41.05 16/11/2002 Esmee Koedoot	0.35.60 01/12/2012 Elise Tanis	0.32.20 27/10/2012 Elise Tanis	
100m	1.18.00 16/12/2012 Elise Tanis	1.30.86 14/12/2002 Esmee Koedoot	1.25.07 20/10/2012 Elise Tanis	1.10.19 17/11/2012 Elise Tanis	1.19.41 04/11/2012 Elise Tanis
200m	2.53.09 16/12/2012 Elise Tanis	3.18.95 12/10/2002 Esmee Koedoot		2.32.10 08/12/2012 Elise Tanis	2.59.34 01/07/2012 Elise Tanis
300m				4.46.38 13/05/2017 Meyke v. Nimwegen	
400m				6.19.16 13/05/2017 Meyke v. Nimwegen	
4x50m					2.54.19 17/11/2012 Estafette
<b>50m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
50m	0.41.29 01/07/2012 Elise Tanis	0.48.12 03/03/2012 Elise Tanis	0.37.76 01/07/2012 Elise Tanis	0.34.86 10/02/2002 Esmee Koedoot	
100m	1.25.89 01/07/2012 Elise Tanis	1.36.57 30/06/2002 Esmee Koedoot	1.35.82 10/02/2002 Esmee Koedoot	1.11.74 01/07/2012 Elise Tanis	
200m				2.57.44 21/11/2015 Lyke Buscop	2.59.34 01/07/2012 Elise Tanis

## Meisjes 0/12 jaar

<b>25m Rug</b>			<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
25m	0.16.63	25/10/2014	0.21.28	22/10/2016	0.14.22	25/10/2014	0.13.84	25/10/2014		
	Elise Tanis		Dena Vis		Elise Tanis		Elise Tanis			
50m	0.33.20	01/12/2001	0.37.82	29/03/2014	0.30.94	25/10/2014	0.28.23	20/09/2014		
	Rhiana van Kempen		Sophie de Jonge		Elise Tanis		Elise Tanis			
100m	1.09.92	20/09/2014	1.22.11	02/02/2014	1.08.69	20/06/2014	1.00.89	15/11/2014	1.12.22	31/05/2014
	Elise Tanis		Sophie de Jonge		Elise Tanis		Elise Tanis		Elise Tanis	
200m	2.29.77	01/11/2014	2.53.79	21/06/2014	2.49.94	05/04/2014	2.18.36	14/12/2014	2.33.62	22/06/2014
	Elise Tanis		Sophie de Jonge		Elise Tanis		Elise Tanis		Elise Tanis	
300m							3.36.24	19/06/2014	4.20.06	18/12/2004
							Sophie de Jonge		Esmee Koedoot	
400m							4.50.62	19/06/2014	5.24.14	14/12/2014
							Sophie de Jonge		Elise Tanis	
600m							7.37.65	19/04/2014		
							Sophie de Jonge			
800m							10.05.9	19/04/2014		
							Sophie de Jonge			
4x50m	3.07.23	10/09/2016					2.09.20	31/05/2014	2.26.66	29/09/2013
	Estafette						Estafette		Estafette	
4x100m							5.31.48	10/09/2016	6.00.69	
							Estafette		Estafette	
4x200m							10.15.6	17/05/2014		
							Limiet			
<b>50m Rug</b>			<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
50m	0.34.42	19/04/2014	0.39.28	11/05/2014	0.31.48	11/05/2014	0.29.70	11/05/2014		
	Elise Tanis		Sophie de Jonge		Elise Tanis		Elise Tanis			
100m	1.11.42	21/06/2014	1.23.15	22/06/2014	1.08.69	20/06/2014	1.02.37	06/12/2014		
	Elise Tanis		Sophie de Jonge		Elise Tanis		Elise Tanis			
200m	2.34.49	20/06/2014	2.53.79	21/06/2014	3.12.50	17/05/2014	2.18.43	21/06/2014	2.33.62	22/06/2014
	Elise Tanis		Sophie de Jonge		Bibi Middelbos		Sophie de Jonge		Elise Tanis	
300m							3.36.24	19/06/2014		
							Sophie de Jonge			
400m							4.50.62	19/06/2014	6.27.33	20/05/2017
							Sophie de Jonge		Aisha Nobels	
600m							7.37.65	19/04/2014		
							Sophie de Jonge			
800m							10.05.9	19/04/2014		
							Sophie de Jonge			
4x50m							2.15.29	06/12/2014		
							Estafette			
4x200m							10.15.6	17/05/2014		
							Limiet			

## Meisjes 0/14 jaar

	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
25m	0.16.60	22/10/2016	0.17.08	22/10/2016	0.15.72	22/10/2016	0.14.54	22/10/2016		
	Lieske Zijlstra		Lieske Zijlstra		Bibi Middelbos		Lotte Tillema			
50m	0.30.28	22/10/2016	0.36.02	09/12/2006	0.28.39	30/01/2016	0.26.70	29/01/2016		
	Elise Tanis		Melanie van Gemert		Elise Tanis		Elise Tanis			
100m	1.04.25	05/11/2016	1.17.61	09/01/2016	1.03.27	12/11/2016	0.57.78	31/01/2016	1.06.64	06/11/2016
	Elise Tanis		Lieske Zijlstra		Elise Tanis		Elise Tanis		Elise Tanis	
200m	2.20.35	29/01/2016	2.50.38	25/11/2006	2.33.29	05/03/2016	2.08.41	30/01/2016	2.23.85	31/01/2016
	Elise Tanis		Esmee Koedoot		Elise Tanis		Elise Tanis		Elise Tanis	
300m							3.23.63	16/06/2006		
							Danica Koedoot			
400m							4.42.16	01/10/2016	5.15.09	12/11/2016
							Elise Tanis		Elise Tanis	
600m							7.50.08	17/10/2015		
							Manon Middelbos			
800m							10.09.9	03/02/2007		
							Melanie van Gemert			
1000m							16.07.0			
							Nicoline Rurenga			
1500m							20.07.5	22/11/2015		
							Manon Middelbos			
4x50m			3.06.67	23/09/2006			1.56.27	24/06/2006	2.16.36	24/06/2006
			Estafette				Estafette		Estafette	
4x100m	5.02.39	27/09/2015	5.40.47	27/09/2015			4.20.30	19/06/2016	4.49.80	05/03/2016
	Estafette		Estafette				Estafette		Estafette	
4x200m							9.25.60	18/06/2016		
							Estafette			
<b>50m</b>	<b>Rug</b>		<b>School</b>		<b>Vlinder</b>		<b>Vrij</b>		<b>Wissel</b>	
50m	0.31.10	14/05/2016	0.37.35	23/04/2016	0.28.82	27/11/2016	0.27.19	06/04/2016		
	Elise Tanis		Lieske Zijlstra		Elise Tanis		Elise Tanis			
100m	1.06.47	17/12/2016	1.21.00	10/04/2016	1.05.05	05/06/2016	0.59.13	09/04/2016		
	Elise Tanis		Lieske Zijlstra		Elise Tanis		Elise Tanis			
200m	2.30.24	28/05/2016	2.54.20	12/03/2016	2.41.98	04/06/2016	2.10.90	18/06/2016	2.30.39	22/04/2016
	Elise Tanis		Lieske Zijlstra		Elise Tanis		Elise Tanis		Elise Tanis	
300m							3.23.63	16/06/2006		
							Danica Koedoot			
400m							4.58.60	13/02/2016	5.42.56	16/06/2006
							Elise Tanis		Esmee Koedoot	
600m							8.15.60	15/03/2015		
							Manon Middelbos			
800m							10.43.9	02/04/2006		
							Esmee Koedoot			
4x50m							2.03.34	25/03/2006		
							Estafette			
4x100m							4.20.30	19/06/2016	4.57.23	17/05/2015
							Estafette		Estafette	
4x200m							9.25.60	18/06/2016		
							Estafette			



## Meisjes 0/16 jaar

	<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
25m	0.16.94	22/10/2016	0.17.13	22/10/2016	0.15.12	22/10/2016
	Manon Middelbos		Manon Middelbos		Manon Middelbos	
50m	0.30.16	06/04/2017	0.33.89	27/06/2009	0.28.34	18/06/2017
	Elise Tanis		Melanie van Gemert	Elise Tanis	0.26.73	15/06/2017
100m	1.04.48	07/04/2017	1.16.88	08/01/2017	1.03.59	03/03/2017
	Elise Tanis		Elise Tanis	Elise Tanis	0.57.87	29/01/2017
200m	2.23.65	15/06/2017	2.47.96	31/10/2015	2.40.02	08/03/2008
	Elise Tanis		Lotte Middelbos	Melanie van Gemert	2.08.08	08/01/2017
300m					Elise Tanis	
					3.40.76	15/02/2009
400m					Melanie van Gemert	
					4.48.94	09/02/2008
600m					Esmee Koedoot	5.15.62
					7.41.98	17/10/2015
800m					Lotte Middelbos	
					10.00.1	13/05/2017
1000m					Lieske Zijlstra	
					16.31.0	
1500m					Jantine Slinger	
					19.48.4	22/11/2015
4x50m			2.55.92	21/04/2001	Lotte Middelbos	
			Estafette		1.57.77	01/12/2007
4x100m					Estafette	2.11.14
					4.11.16	29/01/2017
4x200m					Estafette	Estafette
					9.21.11	28/01/2017
					Estafette	
<b>50m</b>	<b>Rug</b>		<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
50m	0.30.16	06/04/2017	0.35.84	16/04/2009	0.28.34	18/06/2017
	Elise Tanis		Melanie van Gemert	Elise Tanis	0.26.73	15/06/2017
100m	1.04.48	07/04/2017	1.19.81	21/05/2017	1.03.59	03/03/2017
	Elise Tanis		Elise Tanis	Elise Tanis	0.58.04	08/04/2017
200m	2.23.65	15/06/2017	2.53.99	23/05/2009	2.51.67	24/05/2008
	Elise Tanis		Melanie van Gemert	Esmee Koedoot	2.10.45	21/05/2017
300m					Elise Tanis	2.24.16
					3.40.76	09/04/2017
400m					Melanie van Gemert	Elise Tanis
					4.55.73	15/02/2009
600m					Melanie van Gemert	5.20.68
					8.06.42	20/05/2017
800m					Lotte Middelbos	Elise Tanis
					10.51.6	15/03/2015
4x50m					Lotte Middelbos	
					1.59.14	06/12/2014
4x100m					Estafette	2.16.68
					4.13.84	28/05/2017
4x200m					Estafette	Estafette
					9.39.71	24/05/2008
					Estafette	Estafette

## Dames

<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
25m	0.17.11 22/10/2016 Lotte Middelbos	0.15.60 22/10/2016 Lotte Middelbos	0.16.15 26/11/2006 Rianne Noordijk	0.15.29 28/09/2003 Conny Wielaard	
50m	0.32.86 24/04/2010 Danica Koedoot	0.34.43 15/01/2017 Lotte Middelbos	0.31.95 25/04/2009 Esmee Koedoot	0.28.30 14/01/2017 Lotte Middelbos	
100m	1.11.89 07/03/2009 Esmee Koedoot	1.16.26 09/01/2016 Lotte Middelbos	1.13.05 27/02/2010 Esmee Koedoot	1.02.02 19/06/2010 Esmee Koedoot	1.10.75 08/04/2017 Lotte Middelbos
200m	2.33.28 09/01/2016 Lotte Middelbos	2.47.97 10/01/2016 Lotte Middelbos	2.43.16 12/03/2011 Esmee Koedoot	2.18.17 08/01/2017 Lotte Middelbos	2.29.82 10/04/2010 Esmee Koedoot
300m				3.39.36 24/04/2010 Danica Koedoot	
400m				4.52.28 04/02/2017 Lotte Middelbos	5.19.57 24/04/2010 Esmee Koedoot
600m				9.32.36 19/01/2017 Whitley Rens	
800m				10.29.6 13/05/2017 Lotte Middelbos	
1000m				18.11.0 Mariska Franzen-Lodder	
1500m				19.54.0 13/05/2017 Lotte Middelbos	
2000m				28.04.5 19/02/2005 Daniëlle Roodnat	
4x50m		2.55.92 21/04/2001 Estafette		1.58.55 09/05/2015 Estafette	2.12.75 05/10/2002 Estafette
4x100m				4.14.24 12/11/2016 Estafette	4.42.56 07/01/2017 Estafette
4x200m				9.09.67 14/01/2017 Estafette	
<b>50m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
50m	0.33.22 30/05/2010 Danica Koedoot	0.36.06 14/05/2016 Lotte Middelbos	0.32.03 16/05/2009 Esmee Koedoot	0.29.09 03/12/2016 Lotte Middelbos	
100m	1.14.74 25/03/2017 Marjon van Kempen	1.19.47 12/03/2016 Lotte Middelbos	1.13.26 17/05/2009 Esmee Koedoot	1.03.46 29/05/2010 Esmee Koedoot	
200m	2.41.57 28/05/2016 Lotte Middelbos	2.54.39 29/05/2010 Esmee Koedoot	2.44.57 29/05/2010 Esmee Koedoot	2.19.88 16/05/2010 Esmee Koedoot	2.35.79 24/05/2009 Esmee Koedoot
300m				3.42.97 15/05/2010 Esmee Koedoot	
400m				4.58.20 15/05/2010 Esmee Koedoot	5.42.54 28/05/2016 Lotte Middelbos
600m				9.55.27 07/05/2017 Whitley Rens	
800m				11.05.0 01/05/2005 Daniëlle Roodnat	
4x50m				1.59.23 18/02/2017 Estafette	2.19.60 01/03/2014 Estafette
4x100m				4.22.42 24/05/2009 Estafette	4.48.48 20/05/2017 Estafette
4x200m				9.28.90 27/05/2017 Estafette	

## Meisjes / Jongens 0/10 jaar

<b>25m</b>	<b>Rug</b>	<b>School</b>	<b>Vlinder</b>	<b>Vrij</b>	<b>Wissel</b>
4x50m				2.30.80 12/11/2011 Estafette	2.56.95 03/10/2009 Estafette

## Meisjes / Jongens 0/12 jaar

<b>25m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
4x50m	3.17.71	21/10/2000		2.15.78	29/10/2016	2.31.54	16/04/2005
	Estafette			Estafette		Estafette	
8x50m				5.42.65	28/06/2014		
				Estafette			
<b>50m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
4x50m				2.20.37	07/12/2013	2.44.41	22/03/2014
				Estafette		Estafette	
8x50m				5.42.65	28/06/2014		
				Estafette			

## Meisjes / Jongens 0/14 jaar

<b>25m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
4x50m	3.17.71	21/10/2000		2.09.64	05/02/2005	2.29.36	30/06/2001
	Estafette			Limiet		Limiet	
8x50m				4.15.27	20/09/2014		
				Estafette			
<b>50m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
8x50m				5.01.14	24/06/2017		
				Estafette			

## Meisjes / Jongens 0/16 jaar

<b>25m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
4x50m	3.17.71	21/10/2000		2.08.50	24/02/2001	2.09.44	18/02/2006
	Estafette			Estafette		Estafette	
8x50m				3.58.33	20/09/2014		
				Estafette			
<b>50m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
8x50m				4.11.54	29/03/2003		
				Limiet			

## Mix

<b>25m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
4x50m	2.40.16	24/02/2001		1.51.81	27/01/2013	2.00.04	05/11/2016
	Estafette			Estafette		Estafette	
8x50m				2.45.74	27/05/2006		
				Estafette			
10x50m				4.47.29	20/06/2009		
				Estafette			
4x100m				4.21.26	23/01/2016	4.57.43	26/01/2013
				Limiet		Estafette	
10x100				10.20.6	10/09/2016		
				Estafette			
4x200m				9.37.93	25/01/2013		
				Estafette			
<b>50m Rug</b>	<b>School</b>		<b>Vlinder</b>	<b>Vrij</b>		<b>Wissel</b>	
4x50m				1.55.06	21/11/2004	2.12.15	05/05/2012
				Estafette		Estafette	
8x50m				3.47.03	19/04/2008		
				Estafette			
10x50m				4.51.21	21/05/2016		
				Estafette			
4x100m						5.02.98	03/05/2014
						Limiet	