

		NWK							
		Dames			Heren				
		1993	1994	1995		1991	1992	1993	
50m	rug	00:30,18	00:30,73	00:31,19	00:31,55	00:26,46	00:26,96	00:27,40	00:28,60
100m	rug	01:05,20	01:06,46	01:07,61	01:08,37	00:57,31	00:58,24	00:58,96	01:01,87
200m	rug	02:21,26	02:24,11	02:26,76	02:28,42	02:06,02	02:08,07	02:09,68	02:16,08
50m	school	00:33,92	00:34,56	00:35,13	00:35,46	00:29,81	00:30,22	00:30,48	00:31,80
100m	school	01:14,29	01:15,61	01:16,73	01:17,45	01:05,11	01:06,15	01:06,95	01:10,51
200m	school	02:39,64	02:42,32	02:44,47	02:46,00	02:21,30	02:23,67	02:25,59	02:33,32
50m	vlinder	00:28,60	00:29,50	00:30,28	00:30,30	00:25,40	00:25,84	00:26,19	00:27,20
100m	vlinder	01:04,18	01:05,56	01:06,90	01:07,12	00:56,42	00:57,28	00:57,92	01:00,95
200m	vlinder	02:21,91	02:24,54	02:26,82	02:27,30	02:06,74	02:08,91	02:10,70	02:17,53
50m	vrij	00:26,90	00:27,60	00:28,20	00:28,20	00:23,79	00:24,09	00:24,26	00:25,10
100m	vrij	00:58,90	01:00,20	01:00,95	01:01,61	00:52,06	00:52,82	00:53,35	00:55,86
200m	vrij	02:08,68	02:10,86	02:12,62	02:14,05	01:55,98	01:57,28	01:57,86	02:03,41
400m	vrij	04:32,01	04:35,82	04:38,33	04:42,42	04:05,57	04:09,18	04:11,71	04:22,70
800m	vrij	09:19,53	09:29,55	09:38,08	09:46,57	x	x	x	x
1500m	vrij	x	x	x	x	16:24,66	16:38,83	16:48,49	17:39,60
200m	wissel	02:25,09	02:27,02	02:28,20	02:29,32	02:09,65	02:11,67	02:13,17	02:19,69
400m	wissel	05:07,85	05:13,39	05:18,12	05:20,51	04:35,69	04:39,99	04:43,22	04:56,80
4*100m	vrij	04:05,02				03:36,57			
4*100m	wissel	04:33,07				04:00,14			
4*200m	vrij	08:55,30				08:02,48			

		NK															
		Dames						Heren									
		1993		1994		1995		1991		1992		1993					
		50	25	50	25	50	25	50	25	50	25	50	25	50	25		
50m	rug	00:31,41	00:29,88	00:32,15	00:30,42	00:32,64	00:30,88	00:33,01	00:31,23	00:28,04	00:26,20	00:28,56	00:26,69	00:29,03	00:27,13	00:29,70	00:28,31
100m	rug	01:07,07	01:04,55	01:08,75	01:05,80	01:09,94	01:06,93	01:10,73	01:07,69	01:00,44	00:56,74	01:01,42	00:57,66	01:02,18	00:58,37	01:05,25	01:01,25
200m	rug	02:24,39	02:19,85	02:28,16	02:22,67	02:30,89	02:25,29	02:32,59	02:26,94	02:11,37	02:04,76	02:13,51	02:06,79	02:15,18	02:08,38	02:21,85	02:14,72
50m	school	00:34,61	00:33,58	00:35,46	00:34,21	00:36,04	00:34,78	00:36,38	00:35,11	00:30,70	00:29,51	00:31,12	00:29,92	00:31,39	00:30,18	00:33,06	00:31,48
100m	school	01:15,70	01:13,55	01:17,44	01:14,85	01:18,58	01:15,96	01:19,32	01:16,68	01:07,30	01:04,46	01:08,38	01:05,49	01:09,21	01:06,28	01:12,88	01:09,80
200m	school	02:42,87	02:38,04	02:46,40	02:40,70	02:48,60	02:42,83	02:50,18	02:44,34	02:25,78	02:19,89	02:28,23	02:22,23	02:30,20	02:24,13	02:38,17	02:31,79
50m	vlinder	00:28,87	00:28,31	00:29,80	00:29,20	00:30,55	00:29,98	00:30,65	00:30,00	00:26,05	00:25,15	00:26,50	00:25,58	00:26,86	00:25,93	00:28,00	00:26,93
100m	vlinder	01:04,34	01:03,54	01:06,14	01:04,90	01:07,49	01:06,23	01:07,71	01:06,45	00:57,74	00:55,86	00:58,63	00:56,71	00:59,29	00:57,34	01:02,39	01:00,34
200m	vlinder	02:22,33	02:20,49	02:25,73	02:23,09	02:28,04	02:25,35	02:28,52	02:25,83	02:09,77	02:05,47	02:12,00	02:07,62	02:13,83	02:09,39	02:20,82	02:16,15
50m	vrij	00:27,30	00:26,63	00:28,00	00:27,32	00:28,60	00:27,92	00:28,60	00:27,92	00:24,46	00:23,55	00:24,77	00:23,85	00:24,94	00:24,02	00:25,60	00:24,85
100m	vrij	01:00,14	00:58,31	01:01,39	00:59,60	01:02,16	01:00,34	01:02,83	01:00,99	00:53,74	00:51,54	00:54,53	00:52,29	00:55,07	00:52,82	00:57,67	00:55,30
200m	vrij	02:09,95	02:07,39	02:12,78	02:09,55	02:14,57	02:11,29	02:16,02	02:12,71	01:58,97	01:54,82	02:00,30	01:56,11	02:00,89	01:56,68	02:06,59	02:02,18
400m	vrij	04:34,60	04:29,29	04:39,57	04:33,06	04:42,11	04:35,55	04:46,26	04:39,60	04:11,35	04:03,11	04:15,05	04:06,69	04:17,63	04:09,19	04:30,20	04:20,07
800m	vrij	09:24,90	09:13,93	09:37,98	09:33,85	09:46,63	09:32,30	09:55,24	09:40,70	08:47,29	08:32,34	08:53,96	08:38,82	09:01,47	08:46,13	09:21,80	09:14,36
1500m	vrij	18:16,05	17:56,29	18:32,61	18:12,55	18:37,29	18:17,15	18:53,70	18:33,26	16:43,25	16:14,81	16:57,68	16:28,84	17:07,53	16:38,41	18:00,30	17:29,00
200m	wissel	02:27,51	02:23,64	02:30,04	02:25,55	02:31,24	02:26,72	02:32,38	02:27,83	02:13,63	02:08,35	02:15,71	02:10,35	02:17,27	02:11,84	02:23,98	02:18,29
400m	wissel	05:11,33	05:04,77	05:18,56	05:10,26	05:23,37	05:14,94	05:25,81	05:17,30	04:44,01	04:32,93	04:48,44	04:37,19	04:51,77	04:40,39	05:04,60	04:53,83
4*100m	vrij	04:10,18	04:02,57							03:43,56	03:34,40						
4*100m	wissel	04:37,94	04:30,34							04:08,79	03:57,74						
4*200m	vrij	09:00,59	08:49,95							08:14,92	07:57,65						

		NJK korte baan						
		Meisjes			Jongens			
		1998	1997	1996	1997	1996	1995	1994
100m	rug	01:18,09	01:14,98	01:12,76	01:09,17	01:06,23	01:04,24	01:02,45
200m	rug	02:49,52	02:42,78	02:37,95	02:32,13	02:25,66	02:21,30	02:17,35
100m	school	01:27,09	01:23,70	01:21,30	01:19,49	01:15,61	01:13,18	01:11,09
200m	school	03:06,67	02:59,40	02:54,00	02:52,85	02:44,40	02:39,13	02:34,59
100m	vlinder	01:17,66	01:13,81	01:11,41	01:09,17	01:05,67	01:03,25	01:01,35
200m	vlinder	x	02:41,97	02:36,70	02:36,07	02:28,18	02:22,73	02:18,44
50m	vrij	x	00:30,10	00:29,30	00:28,27	00:27,23	00:26,50	00:25,77
100m	vrij	01:09,72	01:07,05	01:04,70	01:02,17	00:59,88	00:58,28	00:56,68
200m	vrij	02:31,69	02:25,89	02:22,18	02:17,35	02:12,29	02:08,75	02:05,20
400m	vrij	05:21,70	05:06,66	04:57,14	04:55,59	04:43,02	04:35,57	04:26,22
800m	vrij	11:08,16	10:36,91	10:17,15	x	x	x	x
1500m	vrij	x	x	x	19:44,29	18:53,95	18:20,80	17:46,65
200m	wissel	02:50,47	02:42,98	02:38,85	02:37,64	02:31,57	02:26,66	02:23,30
400m	wissel	x	05:49,83	05:38,30	05:35,25	05:22,34	05:11,90	05:02,50
4*100m	vrij			04:29,15				03:55,79
4*100m	wissel			05:01,96				04:21,63
4*200m	vrij			09:51,47				08:40,00

		NJK													
		Meisjes						Jongens							
		1998		1997		1996		1997		1996		1995		1994	
		50	25	50	25	50	25	50	25	50	25	50	25	50	25
100m	rug	01:20,79	01:17,31	01:17,57	01:14,23	01:15,10	01:12,03	01:12,94	01:08,48	01:09,84	01:05,57	01:07,75	01:03,60	01:05,85	01:01,83
200m	rug	02:52,70	02:47,82	02:46,00	02:41,15	02:39,30	02:36,37	02:38,59	02:30,61	02:31,85	02:24,20	02:27,29	02:19,89	02:23,17	02:15,98
100m	school	01:29,19	01:26,22	01:25,72	01:22,86	01:22,00	01:20,49	01:22,17	01:18,70	01:18,15	01:14,85	01:15,65	01:12,45	01:13,49	01:10,38
200m	school	03:11,37	03:04,80	03:03,91	02:57,61	02:56,00	02:52,26	02:58,33	02:51,12	02:49,61	02:42,76	02:44,17	02:37,54	02:39,48	02:33,04
100m	vlinder	01:18,33	01:16,88	01:14,45	01:13,07	01:12,03	01:10,70	01:10,79	01:08,48	01:07,22	01:05,01	01:04,74	01:02,62	01:02,80	01:00,74
200m	vlinder	x	x	02:43,31	02:40,35	02:38,00	02:35,13	02:39,81	02:34,51	02:31,73	02:26,70	02:26,14	02:21,30	02:21,75	02:17,06
50m	vrij	x	x	00:30,30	00:29,80	00:29,40	00:29,01	00:28,60	00:27,99	00:27,80	00:26,96	00:27,10	00:26,24	00:26,40	00:25,51
100m	vrij	01:11,10	01:09,02	01:08,20	01:06,38	01:05,50	01:04,05	01:04,18	01:01,55	01:01,82	00:59,28	01:00,16	00:57,70	00:58,50	00:56,11
200m	vrij	02:33,93	02:30,17	02:28,04	02:24,43	02:23,50	02:20,76	02:20,89	02:15,98	02:15,70	02:10,97	02:12,06	02:07,46	02:08,43	02:03,95
400m	vrij	05:26,07	05:18,48	05:10,82	05:03,59	05:00,10	04:54,17	05:02,55	04:52,63	04:49,69	04:40,19	04:42,06	04:32,81	04:32,49	04:23,56
800m	vrij	11:18,04	11:01,48	10:46,33	10:30,54	10:26,28	10:10,98	x	x	x	x	x	x	x	x
1500m	vrij	x	x	x	x	x	x	20:06,65	19:54,58	19:14,70	18:42,61	18:37,30	18:09,79	18:06,79	17:35,98
200m	wissel	02:53,97	02:48,77	02:46,32	02:41,35	02:42,11	02:37,26	02:42,49	02:36,06	02:36,10	02:30,05	02:31,17	02:25,19	02:27,30	02:21,87
400m	wissel	x	x	05:54,70	05:46,33	05:40,20	05:34,92	05:45,37	05:31,90	05:32,07	05:19,12	05:18,30	05:08,78	05:09,70	04:59,48
4*100m	vrij					04:32,48	04:26,45							04:03,36	03:53,42
4*100m	wissel					05:06,59	04:58,95							04:31,66	04:19,02
4*200m	vrij					09:56,96	09:45,56							08:54,69	08:35,63