

nieuwe records (update 31-12-2023)

Heren				< 11 jaar	Dames			
00:30.98	28/01/2018	Vanderbruggen Nathan	RSC	50 vrije slag	00:32.09	19/11/2021	Michiels Nore	TSZ
01:04.96	17/11/2019	Waerniers Bere	AZ	100 vrije slag	01:05.95	19/07/2013	De Baere Anneleen	MEGA
02:29.17	10/02/2019	Waerniers Bere	AZ	200 vrije slag	02:29.83	09/02/2013	De Baere Anneleen	MEGA
04:59.48	22/07/2004	Bauwens Ward	AST	400 vrije slag	05:01.53	26/07/2007	Bonne Yasmine	MEGA
11:09.51	01/11/2010	Schepens Andreas	MEGA	800 vrije slag	10:53.08	24/03/2018	De Vriese Laurien	MEGA
21:24.87	30/10/2016	Talloen Sander	FIRST	1500 vrije slag	22:20.73	30/10/2016	Van Imschoot Emma	FIRST
00:36.98	20/04/2007	Van Audekerke Nils	TSZ	50 rugslag	00:36.63	16/05/2007	De Vos Kjenta	FIRST
01:15.97	22/07/2022	Thonon Matisse	MEGA	100 rugslag	01:16.93	31/07/2009	Vinck Natalie	TSZ
02:48.26	08/03/2020	Van Hoey Billiet A.	STW	200 rugslag	02:49.79	03/02/2007	De Vos Kjenta	FIRST
00:42.52	26/01/2020	Van Hoey Billiet A.	STW	50 schoolslag	00:41.32	20/04/2007	Ramael Maaike	GBZ
01:26.57	27/04/2014	Hebb Xander	STW	100 schoolslag	01:24.63	19/07/2013	De Baere Anneleen	MEGA
03:10.82	06/02/2016	Talloen Sander	FIRST	200 schoolslag	03:03.20	06/10/2013	De Steur Emma	FIRST
00:33.98	28/01/2018	Vanderbruggen Nathan	RSC	50 vlinderslag	00:35.25	03/11/2019	Vermeir Marie	LZV
01:15.65	22/07/2016	Talloen Sander	FIRST	100 vlinderslag	01:14.45	28/11/2009	Vinck Natalie	TSZ
02:58.97	15/05/2011	Heuninck Stijn	SWEM	200 vlinderslag	03:09.68	01/05/2016	Van Imschoot Emma	FIRST
				-				
02:42.01	20/07/2019	Waerniers Bere	AZ	200 wisselslag	02:44.63	31/07/2009	Matthys Karen	SOS
06:16.86	12/04/2008	Goethals Timon	MEGA	400 wisselslag	06:11.31	29/10/2017	Hermans Elena	OZEKA

nieuwe records (update 31-12-2023)

Heren				12 jaar	Dames			
00:29.52	19/04/2015	David Loeka	MEGA	50 vrije slag	00:29.35	23/04/2010	Vinck Natalie	TSZ
01:01.47	22/07/2017	Talloon Sander	FIRST	100 vrije slag	01:02.09	11/11/2008	Bonne Yasmine	MEGA
02:18.84	25/07/2008	Van Audekerke Nils	TSZ	200 vrije slag	02:14.90	25/07/2008	Bonne Yasmine	MEGA
04:44.83	19/07/2014	Van Synghel Noah	OZEKA	400 vrije slag	04:43.53	25/07/2008	Bonne Yasmine	MEGA
09:49.16	23/11/2014	Van Synghel Noah	OZEKA	800 vrije slag	09:34.25	25/07/2008	Bonne Yasmine	MEGA
19:35.63	06/04/2019	Van Hecke Warre	MEGA	1500 vrije slag	22:52.27	29/10/2017	Jacobs Ella	LZV
00:34.13	29/01/2017	Talloon Sander	FIRST	50 rugslag	00:33.62	25/07/2008	De Vos Kjenta	FIRST
<b>01:08.23</b>	<b>21/07/2023</b>	<b>Thonon Matisse</b>	<b>MEGA</b>	100 rugslag	01:11.46	28/07/2005	Bomon Ruby	ZNA
02:31.15	25/07/2008	Van Audekerke Nils	TSZ	200 rugslag	02:38.13	23/04/2010	Vinck Natalie	TSZ
00:38.39	05/05/2005	Bonne Tom	MEGA	50 schoolslag	00:37.06	19/04/2014	De Steur Emma	FIRST
01:18.99	18/07/2014	Leman Thomas	MEGA	100 schoolslag	01:18.62	08/02/2014	De Steur Emma	FIRST
<b>02:57.19</b>	<b>07/05/2023</b>	<b>Thonon Matisse</b>	<b>MEGA</b>	200 schoolslag	02:51.35	25/07/2008	Bonne Yasmine	MEGA
00:32.38	29/01/2017	Talloon Sander	FIRST	50 vlinderslag	00:32.43	23/04/2010	Vinck Natalie	TSZ
01:09.98	03/06/2017	Talloon Sander	FIRST	100 vlinderslag	01:09.47	25/07/2010	Vinck Natalie	TSZ
02:48.61	07/10/2012	Heuninck Stijn	FIRST	200 vlinderslag	02:48.95	03/10/2010	Guillaume Maeva	FIRST
				-				
02:32.92	23/07/2017	Talloon Sander	FIRST	200 wisselslag	02:34.09	10/05/2008	Bonne Yasmine	MEGA
05:40.62	07/05/2017	Talloon Sander	FIRST	400 wisselslag	05:43.40	29/02/2008	Bonne Yasmine	MEGA

nieuwe records (update 31-12-2023)

Heren				13 jaar	Dames			
00:26.15	22/07/2018	Talloon Sander	FIRST	50 vrije slag	00:26.82	31/07/2003	Aerents Jorina	SOS
00:58.07	11/11/2008	Deolet Timothy	MEGA	100 vrije slag	00:58.06	29/07/2003	Aerents Jorina	SOS
02:08.19	28/07/2009	Van Audekerke Nils	TSZ	200 vrije slag	02:09.61	22/07/2009	Bonne Yasmine	MEGA
04:29.84	23/04/2022	Van Remoortere Jasper	STW	400 vrije slag	04:32.40	23/07/1974	Verbauwen Carine	MZV
09:22.31	18/07/2015	Van Synghel Noah	OZEKA	800 vrije slag	09:13.51	24/08/1974	Verbauwen Carine	MZV
17:37.54	18/07/2015	Van Synghel Noah	OZEKA	1500 vrije slag	20:03.63	01/11/2015	De Carne Lara	FIRST
00:31.19	28/01/2018	Talloon Sander	FIRST	50 rugslag	00:32.40	17/04/2006	Bomon Ruby	ZNA
01:03.34	28/11/2009	Van Audekerke Nils	TSZ	100 rugslag	01:08.72	20/07/2018	Mattheeuws Lie	MEGA
02:17.84	28/07/2009	Van Audekerke Nils	TSZ	200 rugslag	02:27.34	21/07/2018	Mattheeuws Lie	MEGA
00:35.35	28/01/2018	Talloon Sander	FIRST	50 schoolslag	00:35.68	25/07/2008	Van Erum Eva	MEGA
01:14.05	22/07/2016	Vyvey Rizuan	AST	100 schoolslag	01:17.53	17/07/2015	De Steur Emma	FIRST
02:39.16	24/07/2016	Hebb Xander	STW	200 schoolslag	02:44.98	18/07/2015	De Steur Emma	FIRST
00:29.41	28/01/2018	Talloon Sander	FIRST	50 vlinderslag	00:30.50	01/05/2011	Vinck Natalie	TSZ
01:03.38	20/07/2018	Talloon Sander	FIRST	100 vlinderslag	01:07.39	05/02/2011	Vinck Natalie	TSZ
02:25.53	24/07/2022	Van Remoortere Jasper	STW	200 vlinderslag	02:32.03	20/07/2019	Regniers Rinske	MEGA
				-				
02:20.80	21/07/2018	Talloon Sander	FIRST	200 wisselslag	02:28.75	31/07/2009	Bonne Yasmine	MEGA
05:05.86	22/07/2016	Hebb Xander	STW	400 wisselslag	05:20.20	24/07/1974	Verbauwen Carine	MZV

nieuwe records (update 31-12-2023)

Heren				14 jaar	Dames			
00:24.76	21/07/2019	Talloon Sander	FIRST	50 vrije slag	00:26.70	25/01/2004	Aerents Jorina	FIRST
00:54.81	20/07/2019	Talloon Sander	FIRST	100 vrije slag	00:57.56	22/07/2004	Aerents Jorina	FIRST
<b>02:01.93</b>	<b>06/05/2023</b>	<b>Van Remoortere Jasper</b>	<b>STW</b>	200 vrije slag	02:05.97	22/07/2004	Aerents Jorina	FIRST
<b>04:14.91</b>	<b>23/07/2023</b>	<b>Van Remoortere Jasper</b>	<b>STW</b>	400 vrije slag	04:28.36	10/08/1975	Verbauwen Carine	MZV
09:00.81	23/07/2016	Van Synghel Noah	OZEKA	800 vrije slag	09:02.11	08/08/1975	Verbauwen Carine	MZV
16:58.87	23/07/2016	Van Synghel Noah	OZEKA	1500 vrije slag	18:33.41	03/08/2006	Tratsaert Marjolein	MEGA
00:29.30	27/01/2019	Talloon Sander	FIRST	50 rugslag	00:31.76	02/08/2007	Bomon Ruby	ZNA
01:01.49	21/07/2019	Talloon Sander	FIRST	100 rugslag	01:06.68	06/07/2007	Bomon Ruby	ZNA
02:12.53	23/04/2010	Van Audekerke Nils	TSZ	200 rugslag	02:23.97	20/07/2019	Mattheeuws Lie	MEGA
00:33.05	29/01/2017	Hebb Xander	STW	50 schoolslag	00:35.13	29/07/2004	Schatteman Ansofie	FIRST
01:09.86	03/06/2017	Hebb Xander	STW	100 schoolslag	01:15.30	28/05/2016	De Steur Emma	FIRST
02:29.49	22/07/2012	De Gols Senne	ZNA	200 schoolslag	02:43.75	22/07/2016	De Steur Emma	FIRST
00:27.55	27/01/2019	Talloon Sander	FIRST	50 vlinderslag	00:28.81	22/07/2004	Aerents Jorina	FIRST
01:00.00	19/07/2019	Talloon Sander	FIRST	100 vlinderslag	01:05.07	06/03/2004	Aerents Jorina	FIRST
<b>02:14.92</b>	<b>23/07/2023</b>	<b>Van Remoortere Jasper</b>	<b>STW</b>	200 vlinderslag	02:28.00	25/07/2008	Hofman Marit	TSZ
				-				
02:14.50	18/05/2019	Talloon Sander	FIRST	200 wisselslag	02:28.07	25/07/2010	Bonne Yasmine	MEGA
04:52.16	21/07/2017	Hebb Xander	STW	400 wisselslag	05:11.34	24/07/2010	Bonne Yasmine	MEGA

nieuwe records (update 31-12-2023)

Heren				15 jaar	Dames			
00:24.27	22/02/2020	Talloon Sander	FIRST	50 vrije slag	00:26.27	11/03/2005	Aerents Jorina	FIRST
00:53.04	03/04/2004	Surgeloose Glenn	FIRST	100 vrije slag	00:57.61	23/04/2005	Aerents Jorina	FIRST
01:55.63	22/07/2004	Surgeloose Glenn	FIRST	200 vrije slag	02:04.68	23/04/2005	Aerents Jorina	FIRST
04:10.87	30/07/2010	Deolet Timothy	MEGA	400 vrije slag	04:24.27	30/07/1978	Verbauwen Pascale	MZV
08:37.21	01/05/2008	Bauwens Ward	AST	800 vrije slag	08:57.31	24/07/1976	Verbauwen Carine	MZV
16:22.68	01/05/2008	Bauwens Ward	AST	1500 vrije slag	17:33.75	29/01/1978	Verbauwen Pascale	MZV
00:27.42	21/02/2020	Talloon Sander	FIRST	50 rugslag	00:29.97	16/07/2005	Aerents Jorina	FIRST
00:59.26	18/01/2020	Talloon Sander	FIRST	100 rugslag	01:04.87	08/07/2009	Deolet Timothy	MEGA
02:10.13	25/07/2011	Van Audekerke Nils	TSZ	200 rugslag	02:23.30	15/08/1976	Verbauwen Carine	MZV
00:31.75	21/02/2020	Talloon Sander	FIRST	50 schoolslag	00:33.84	04/08/2005	Schatteman Ansofie	FIRST
01:08.39	28/07/2018	Hebb Xander	STW	100 schoolslag	01:15.00	29/07/2005	Schatteman Ansofie	FIRST
02:25.99	28/07/2013	De Gols Senne	ZNA	200 schoolslag	02:40.21	29/07/2005	De Ridder Sarah	DZO
00:26.20	30/07/2017	Van Horen Senne	ZNA	50 vlinderslag	00:28.45	28/07/2005	Aerents Jorina	FIRST
00:58.98	28/07/2017	Van Horen Senne	ZNA	100 vlinderslag	<b>01:04.88</b>	<b>06/05/2023</b>	<b>D'hooghe Elina</b>	<b>MEGA</b>
02:14.27	16/01/2010	Deolet Timothy	MEGA	200 vlinderslag	02:24.86	25/07/2008	Maes Katrien	STW
				-				
02:13.94	21/02/2020	Talloon Sander	FIRST	200 wisselslag	02:25.53	21/01/2011	Bonne Yasmine	MEGA
04:41.81	25/07/2008	Bauwens Ward	AST	400 wisselslag	05:06.67	28/07/2005	Vereecken Shana	STW

nieuwe records (update 31-12-2023)

Heren				16 jaar	Dames			
00:24.00	25/07/2008	Aerents Jasper	SOS	50 vrije slag	00:26.34	12/03/2006	Aerents Jorina	FIRST
<b>00:52.52</b>	<b>23/04/2023</b>	<b>Tuypens Emile</b>	<b>FIRST</b>	100 vrije slag	00:57.21	04/08/2005	Van den Branden Sascha	MEGA
01:55.63	22/07/2004	Vandevelde Axel	MEGA	200 vrije slag	02:02.78	17/07/1999	Van Koeckhoven Nina	MZV
04:01.37	21/07/2009	Bauwens Ward	AST	400 vrije slag	04:22.26	31/07/2009	Maes Katrien	STW
08:26.20	20/05/2009	Bauwens Ward	AST	800 vrije slag	08:52.80	**/**/1979	Verbauwen Pascale	MZV
15:52.03	20/05/2009	Bauwens Ward	AST	1500 vrije slag	17:35.73	29/04/2014	Bonne Yasmine	MEGA
00:26.38	10/04/2021	Talloon Sander	FIRST	50 rugslag	00:29.82	10/03/2006	Aerents Jorina	FIRST
00:57.34	03/04/2021	Talloon Sander	FIRST	100 rugslag	01:04.18	12/03/2006	Aerents Jorina	FIRST
02:06.07	20/07/2012	Van Audekerke Nils	TSZ	200 rugslag	02:18.77	31/07/2009	Verhaert Nathalie	STW
00:30.45	17/05/2019	Hebb Xander	STW	50 schoolslag	00:33.60	28/07/2005	Ooms Ariane	STW
01:05.75	18/05/2019	Hebb Xander	STW	100 schoolslag	01:14.06	01/08/2021	Gobert Lies	MEGA
02:21.78	04/05/2014	De Gols Senne	ZNA	200 schoolslag	02:40.76	30/07/2011	Van Erum Eva	MEGA
00:25.31	14/02/2021	Talloon Sander	FIRST	50 vlinderslag	00:27.81	29/07/2005	Buys Kimberly	GBZ
00:56.21	04/08/2005	Surgeloose Glenn	FIRST	100 vlinderslag	01:03.49	29/07/2005	Buys Kimberly	GBZ
02:09.64	16/05/2015	Meskens Dries	AZL	200 vlinderslag	02:18.49	28/07/2009	Maes Katrien	STW
				-				
02:10.33	17/12/2015	Martens Noah	MEGA	200 wisselslag	02:22.98	28/07/2008	Van den Branden Sascha	MEGA
04:37.04	15/05/2015	Meskens Dries	AZL	400 wisselslag	05:01.25	28/07/2009	Maes Katrien	STW

nieuwe records (update 31-12-2023)

Heren				17 jaar	Dames			
00:23.78	16/05/2015	De Meulemeester Seba.	OZEKA	50 vrije slag	00:26.35	13/01/2007	Aerents Jorina	SOS
00:51.19	28/07/2012	Deolet Timothy	MEGA	100 vrije slag	00:56.56	14/01/2007	Aerents Jorina	SOS
01:51.87	03/08/2006	Surgeloose Glenn	SOS	200 vrije slag	02:00.90	07/07/2000	Van Koeckhoven Nina	MZV
03:59.15	28/07/2017	Martens Noah	MEGA	400 vrije slag	04:18.98	22/07/1980	Verbauwen Pascale	MZV
08:16.85	28/04/2017	Martens Noah	MEGA	800 vrije slag	08:44.84	26/07/1980	Verbauwen Pascale	MZV
15:49.94	29/06/2017	Martens Noah	MEGA	1500 vrije slag	17:07.79	25/04/1980	Verbauwen Pascale	MZV
00:26.43	26/02/2022	Talloon Sander	FIRST	50 rugslag	00:30.25	14/01/2007	Aerents Jorina	SOS
00:57.42	25/02/2022	Talloon Sander	FIRST	100 rugslag	01:04.78	20/08/1978	Verbauwen Carine	MEGA
02:02.50	12/07/2013	Van Audekerke Nils	TSZ	200 rugslag	02:18.41	01/05/2010	Verhaert Nathalie	STW
00:29.60	14/05/2010	Verheyen Jens	MEGA	50 schoolslag	00:33.36	31/07/2022	Gobert Lies	MEGA
01:05.49	31/07/2010	Verheyen Jens	MEGA	100 schoolslag	01:11.85	29/07/2022	Gobert Lies	MEGA
02:19.29	24/01/2015	De Gols Senne	ZNA	200 schoolslag	02:42.23	30/07/2022	Gobert Lies	MEGA
00:24.87	15/05/2015	De Meulemeester Seba.	OZEKA	50 vlinderslag	00:28.65	30/07/2016	Van Heghe Margot	FIRST
00:55.34	12/03/2006	Surgeloose Glenn	FIRST	100 vlinderslag	01:02.84	31/07/2016	Van Heghe Margot	FIRST
02:07.88	03/08/2006	Buseyne Stijn	MEGA	200 vlinderslag	02:19.34	29/07/2016	Van Heghe Margot	FIRST
				-				
02:06.07	27/07/12	Deolet Timothy	MEGA	200 wisselslag	02:24.09	19/05/2013	Bonne Yasmine	MEGA
04:31.90	24/02/2017	Martens Noah	MEGA	400 wisselslag	04:57.56	14/05/2010	Maes Katrien	STW

nieuwe records (update 31-12-2023)

Heren				18 jaar	Dames			
00:23.09	19/01/2013	Deolet Timothy	MEGA	50 vrije slag	00:26.69	02/08/2007	Van den Branden Sascha	MEGA
00:50.64	19/05/2013	Deolet Timothy	MEGA	100 vrije slag	00:57.53	24/07/2001	Van Koeckhoven Nina	MZV
01:49.43	02/08/2007	Surgeloose Glenn	SOS	200 vrije slag	02:03.62	27/03/2007	Van den Branden Sascha	MEGA
04:01.15	06/03/2009	Vandevelde Axel	MEGA	400 vrije slag	04:21.62	06/03/2004	De Waele Valerie	MEGA
08:25.55	04/05/2014	Van Audekerke Nils	TSZ	800 vrije slag	09:00.38	29/07/2011	Maes Katrien	STW
16:32.67	13/01/2007	De Baets Thomas	MEGA	1500 vrije slag	17:19.99	29/04/2011	Hofman Karlien	TSZ
<b>00:26.48</b>	<b>11/02/2023</b>	<b>Verreth Noah</b>	<b>MEGA</b>	50 rugslag	00:30.31	26/07/2013	Goethals Hilkje	MEGA
<b>00:56.15</b>	<b>08/07/2023</b>	<b>Verreth Noah</b>	<b>MEGA</b>	100 rugslag	01:04.41	18/08/1979	Verbauwen Carine	MZV
02:01.28	12/07/2014	Van Audekerke Nils	TSZ	200 rugslag	02:19.63	12/08/1979	Verbauwen Carine	MZV
00:29.42	29/07/2016	De Gols Senne	ZNA	50 schoolslag	<b>00:32.64</b>	<b>21/04/2023</b>	<b>Gobert Lies</b>	<b>MEGA</b>
01:04.18	30/07/2016	De Gols Senne	ZNA	100 schoolslag	<b>01:12.09</b>	<b>28/07/2023</b>	<b>Gobert Lies</b>	<b>MEGA</b>
02:18.09	23/01/2016	De Gols Senne	ZNA	200 schoolslag	<b>02:40.46</b>	<b>29/07/2023</b>	<b>Gobert Lies</b>	<b>MEGA</b>
<b>00:24.45</b>	<b>03/12/2023</b>	<b>Verreth Noah</b>	<b>MEGA</b>	50 vlinderslag	00:28.07	25/02/2017	Van Heghe Margot	FIRST
00:54.59	09/07/2016	De Meulemeester Seba.	ZNA	100 vlinderslag	01:02.48	26/02/2017	Van Heghe Margot	FIRST
02:03.62	28/05/2016	De Meulemeester Seba.	ZNA	200 vlinderslag	02:20.46	24/02/2017	Van Heghe Margot	FIRST
				-				
02:04.70	27/07/2018	Heuninck Maarten	FIRST	200 wisselslag	02:22.73	06/03/2004	De Waele Valerie	MEGA
04:31.78	26/02/2016	De Gols Senne	ZNA	400 wisselslag	05:00.77	21/01/2011	Maes Katrien	STW



nieuwe records (update 31-12-2023)

Heren				19+ jaar	Dames			
00:23.16	23/04/2022	Heuninck Maarten	FIRST	50 vrije slag	00:26.05	01/05/2008	Van Koeckhoven Nina	MEGA
00:50.01	24/04/2022	De Meulemeester Seba.	FIRST	100 vrije slag	00:56.09	09/01/2009	Van Koeckhoven Nina	MEGA
01:48.29	11/08/2010	Surgeloose Glenn	MEGA	200 vrije slag	02:01.70	09/01/2009	Van Koeckhoven Nina	MEGA
03:54.76	15/01/2011	Surgeloose Glenn	MEGA	400 vrije slag	04:18.50	29/07/2012	Van den Branden Sascha	MEGA
08:15.90	**/**1984	Van De Weghe Marc	MZV	800 vrije slag	09:04.01	29/07/2004	De Smet Lieselotte	MEGA
16:15.51	29/07/2017	Loones Matthias	MEGA	1500 vrije slag	17:31.71	16/03/2012	Hofman Karlien	TSZ
00:26.08	28/07/2012	Helderweirt Sander	MEGA	50 rugslag	00:29.34	17/05/2015	Goethals Hilkje	MEGA
00:56.07	17/03/2012	Helderweirt Sander	MEGA	100 rugslag	<b>01:03.31</b>	<b>22/04/2023</b>	<b>Goris Mirthe</b>	<b>MEGA</b>
02:00.46	05/03/2016	Van Audekerke Nils	TSZ	200 rugslag	02:18.49	02/05/2014	Laureys Nele	STW
<b>00:29.04</b>	<b>30/04/2023</b>	<b>De Schryver Noah</b>	<b>ZNA</b>	50 schoolslag	00:32.06	23/01/2022	Geeroms Anke	TSZ
<b>01:01.86</b>	<b>30/12/2023</b>	<b>Se Schryver Noah</b>	<b>ZNA</b>	100 schoolslag	<b>01:09.57</b>	<b>22/04/2023</b>	<b>Geeroms Anke</b>	<b>TSZ</b>
<b>02:10.83</b>	<b>23/04/2023</b>	<b>De Schryver Noah</b>	<b>ZNA</b>	200 schoolslag	<b>02:29.27</b>	<b>23/04/2023</b>	<b>Geeroms Anke</b>	<b>TSZ</b>
00:23.86	09/05/2015	De Wilde Gilles	MEGA	50 vlinderslag	00:27.95	24/04/2022	Van Heghe Margot	FIRST
00:52.95	13/08/2010	Surgeloose Glenn	MEGA	100 vlinderslag	<b>01:01.42</b>	<b>21/04/2023</b>	<b>Goris Mirthe</b>	<b>MEGA</b>
02:00.76	14/05/2010	Surgeloose Glenn	MEGA	200 vlinderslag	02:18.71	21/02/2020	Van Heghe Margot	FIRST
				-				
02:05.28	03/05/2014	Deolet Timothy	MEGA	200 wisselslag	02:21.80	06/03/2007	Van Koeckhoven Nina	MEGA
04:30.39	03/03/2017	De Gols Senne	ZNA	400 wisselslag	05:06.60	16/03/2012	Maes Katrien	STW