

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|----------------|----------|
| 50 vrije slag | 41.00 | 25m | 17-4-2022 | Almere (NED) | 174 Pnt. |
| 50 rugslag | 44.60 | 50m | 29-5-2022 | Den Haag (NED) | 221 Pnt. |
| 50 rugslag | 44.50 | 25m | 22-5-2022 | Tilburg (NED) | 190 Pnt. |
| 100 rugslag | 1:33.40 | 25m | 22-5-2022 | Tilburg (NED) | 202 Pnt. |
| 50 schoolslag | 46.85 | 50m | 29-5-2022 | Den Haag (NED) | 247 Pnt. |
| 50 schoolslag | 45.70 | 25m | 13-3-2022 | Almere (NED) | 244 Pnt. |
| 100 schoolslag | 1:41.47 | 50m | 29-5-2022 | Den Haag (NED) | 252 Pnt. |
| 100 schoolslag | 1:38.80 | 25m | 22-5-2022 | Tilburg (NED) | 251 Pnt. |
| 200 schoolslag | 3:39.50 | 25m | 17-4-2022 | Almere (NED) | 230 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 42.44 | 50m | 27-3-2022 | Eindhoven (NED) | 119 Pnt. |
| 50 vrije slag | 38.40 | 25m | 13-3-2022 | Almere (NED) | 144 Pnt. |
| 100 vrije slag | 1:31.92 | 50m | 27-3-2022 | Eindhoven (NED) | 132 Pnt. |
| 100 vrije slag | 1:32.70 | 25m | 17-4-2022 | Almere (NED) | 113 Pnt. |
| 200 vrije slag | 3:18.05 | 50m | 27-3-2022 | Eindhoven (NED) | 136 Pnt. |
| 200 vrije slag | 3:28.60 | 25m | 7-11-2021 | Helmond (NED) | 108 Pnt. |
| 400 vrije slag | 7:20.80 | 25m | 7-11-2021 | Helmond (NED) | 111 Pnt. |
| 50 rugslag | 53.64 | 50m | 27-3-2022 | Eindhoven (NED) | 89 Pnt. |
| 50 rugslag | 53.50 | 25m | 13-3-2022 | Almere (NED) | 71 Pnt. |
| 50 schoolslag | 53.10 | 25m | 13-3-2022 | Almere (NED) | 107 Pnt. |
| 100 schoolslag | 2:02.40 | 25m | 17-4-2022 | Almere (NED) | 92 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|---------|-----|-----------|----------------|----------|
| 50 vrije slag | 25.29 | 50m | 29-5-2022 | Den Haag (NED) | 565 Pnt. |
| 50 vrije slag | 24.30 | 25m | 15-5-2022 | Helmond (NED) | 571 Pnt. |
| 100 vrije slag | 56.03 | 50m | 29-5-2022 | Den Haag (NED) | 586 Pnt. |
| 100 vrije slag | 54.20 | 25m | 13-2-2022 | Almere (NED) | 570 Pnt. |
| 50 rugslag | 31.40 | 25m | 13-2-2022 | Almere (NED) | 354 Pnt. |
| 100 rugslag | 1:04.40 | 25m | 13-2-2022 | Almere (NED) | 422 Pnt. |
| 50 vlinderslag | 29.11 | 50m | 29-5-2022 | Den Haag (NED) | 447 Pnt. |
| 50 vlinderslag | 26.80 | 25m | 15-5-2022 | Helmond (NED) | 534 Pnt. |
| 100 vlinderslag | 1:03.12 | 50m | 29-5-2022 | Den Haag (NED) | 482 Pnt. |
| 100 wisselslag | 1:02.30 | 25m | 13-2-2022 | Almere (NED) | 494 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|---------------|----------|
| 50 vrije slag | 36.10 | 25m | 15-5-2022 | Helmond (NED) | 174 Pnt. |
| 100 vrije slag | 1:24.60 | 25m | 15-5-2022 | Helmond (NED) | 149 Pnt. |
| 200 vrije slag | 3:02.30 | 25m | 15-5-2022 | Helmond (NED) | 161 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|----------|-----|-----------|---------------|----------|
| 50 vrije slag | 32.40 | 25m | 15-5-2022 | Helmond (NED) | 240 Pnt. |
| 100 vrije slag | 1:13.20 | 25m | 15-5-2022 | Helmond (NED) | 231 Pnt. |
| 200 vrije slag | 2:44.30 | 25m | 15-5-2022 | Helmond (NED) | 221 Pnt. |
| 400 vrije slag | 6:01.10 | 25m | 17-4-2022 | Almere (NED) | 203 Pnt. |
| 800 vrije slag | 12:12.50 | 25m | 17-4-2022 | Almere (NED) | 221 Pnt. |
| 1500 vrije slag | 22:55.80 | 25m | 17-4-2022 | Almere (NED) | 234 Pnt. |
| 50 rugslag | 41.40 | 25m | 15-5-2022 | Helmond (NED) | 154 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|---------|-----|-----------|---------------|----------|
| 50 vrije slag | 27.30 | 25m | 13-3-2022 | Almere (NED) | 402 Pnt. |
| 100 vrije slag | 1:01.20 | 25m | 13-2-2022 | Almere (NED) | 395 Pnt. |
| 50 rugslag | 36.20 | 25m | 2-4-2022 | Deurne (NED) | 231 Pnt. |
| 50 schoolslag | 35.60 | 25m | 13-3-2022 | Almere (NED) | 356 Pnt. |
| 100 schoolslag | 1:20.80 | 25m | 2-4-2022 | Deurne (NED) | 321 Pnt. |
| 200 schoolslag | 3:04.60 | 25m | 15-5-2022 | Helmond (NED) | 275 Pnt. |
| 50 vlinderslag | 30.10 | 25m | 13-3-2022 | Almere (NED) | 377 Pnt. |
| 100 vlinderslag | 1:12.60 | 25m | 15-5-2022 | Helmond (NED) | 285 Pnt. |
| 100 wisselslag | 1:11.50 | 25m | 13-2-2022 | Almere (NED) | 327 Pnt. |
| 400 wisselslag | 5:59.70 | 25m | 7-11-2021 | Helmond (NED) | 278 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|---------------|-------|-----|----------|--------------|----------|
| 50 vrije slag | 36.00 | 25m | 2-4-2022 | Deurne (NED) | 175 Pnt. |
| 25 rugslag | 21.00 | 25m | 2-4-2022 | Deurne (NED) | 120 Pnt. |
| 25 schoolslag | 21.40 | 25m | 2-4-2022 | Deurne (NED) | 160 Pnt. |
| 50 schoolslag | 44.60 | 25m | 2-4-2022 | Deurne (NED) | 181 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 33.04 | 50m | 27-3-2022 | Eindhoven (NED) | 253 Pnt. |
| 50 vrije slag | 29.30 | 25m | 13-2-2022 | Almere (NED) | 325 Pnt. |
| 100 vrije slag | 1:12.27 | 50m | 27-3-2022 | Eindhoven (NED) | 273 Pnt. |
| 100 vrije slag | 1:02.40 | 25m | 13-2-2022 | Almere (NED) | 373 Pnt. |
| 200 vrije slag | 2:29.47 | 50m | 27-3-2022 | Eindhoven (NED) | 317 Pnt. |
| 50 vlinderslag | 30.90 | 50m | 27-3-2022 | Eindhoven (NED) | 374 Pnt. |
| 50 vlinderslag | 30.60 | 25m | 13-2-2022 | Almere (NED) | 359 Pnt. |
| 100 vlinderslag | 1:17.56 | 50m | 27-3-2022 | Eindhoven (NED) | 259 Pnt. |
| 100 vlinderslag | 1:09.40 | 25m | 13-2-2022 | Almere (NED) | 326 Pnt. |
| 200 vlinderslag | 2:47.51 | 50m | 27-3-2022 | Eindhoven (NED) | 288 Pnt. |
| 200 wisselslag | 2:38.70 | 25m | 13-2-2022 | Almere (NED) | 329 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 36.47 | 50m | 27-3-2022 | Eindhoven (NED) | 273 Pnt. |
| 50 vrije slag | 35.30 | 25m | 22-5-2022 | Tilburg (NED) | 274 Pnt. |
| 100 vrije slag | 1:18.50 | 25m | 22-5-2022 | Tilburg (NED) | 262 Pnt. |
| 50 schoolslag | 46.54 | 50m | 27-3-2022 | Eindhoven (NED) | 252 Pnt. |
| 50 schoolslag | 46.00 | 25m | 22-5-2022 | Tilburg (NED) | 239 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|-------|-----|-----------|-----------------|----------|
| 25 vrije slag | 19.50 | 25m | 22-5-2022 | Tilburg (NED) | 154 Pnt. |
| 50 vrije slag | 51.38 | 50m | 27-3-2022 | Eindhoven (NED) | 97 Pnt. |
| 50 vrije slag | 45.40 | 25m | 17-4-2022 | Almere (NED) | 128 Pnt. |
| 25 schoolslag | 23.60 | 25m | 22-5-2022 | Tilburg (NED) | 178 Pnt. |
| 50 schoolslag | 56.45 | 50m | 27-3-2022 | Eindhoven (NED) | 141 Pnt. |
| 50 schoolslag | 55.10 | 25m | 17-4-2022 | Almere (NED) | 139 Pnt. |
| 25 vlinderslag | 20.80 | 25m | 22-5-2022 | Tilburg (NED) | 155 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|--------------|----------|
| 50 vrije slag | 51.00 | 25m | 17-4-2022 | Almere (NED) | 90 Pnt. |
| 100 vrije slag | 1:53.20 | 25m | 17-4-2022 | Almere (NED) | 87 Pnt. |
| 50 rugslag | 1:08.90 | 25m | 17-4-2022 | Almere (NED) | 51 Pnt. |
| 100 rugslag | 2:19.50 | 25m | 17-4-2022 | Almere (NED) | 60 Pnt. |
| 50 schoolslag | 55.90 | 25m | 17-4-2022 | Almere (NED) | 133 Pnt. |
| 100 schoolslag | 1:57.60 | 25m | 17-4-2022 | Almere (NED) | 149 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|----------|-----|-----------|-----------------|----------|
| 50 vrije slag | 32.60 | 50m | 27-3-2022 | Eindhoven (NED) | 382 Pnt. |
| 50 vrije slag | 31.10 | 25m | 15-5-2022 | Helmond (NED) | 400 Pnt. |
| 100 vrije slag | 1:10.60 | 50m | 27-3-2022 | Eindhoven (NED) | 392 Pnt. |
| 100 vrije slag | 1:08.50 | 25m | 17-4-2022 | Almere (NED) | 394 Pnt. |
| 200 vrije slag | 2:20.80 | 25m | 13-2-2022 | Almere (NED) | 482 Pnt. |
| 400 vrije slag | 4:57.90 | 25m | 7-11-2021 | Helmond (NED) | 484 Pnt. |
| 800 vrije slag | 10:02.00 | 25m | 7-11-2021 | Helmond (NED) | 504 Pnt. |
| 1500 vrije slag | 18:54.20 | 25m | 7-11-2021 | Helmond (NED) | 530 Pnt. |
| 50 schoolslag | 41.16 | 50m | 27-3-2022 | Eindhoven (NED) | 364 Pnt. |
| 50 schoolslag | 40.40 | 25m | 13-2-2022 | Almere (NED) | 353 Pnt. |
| 100 schoolslag | 1:32.39 | 50m | 27-3-2022 | Eindhoven (NED) | 334 Pnt. |
| 100 schoolslag | 1:25.70 | 25m | 13-2-2022 | Almere (NED) | 385 Pnt. |
| 200 schoolslag | 3:13.50 | 50m | 27-3-2022 | Eindhoven (NED) | 371 Pnt. |
| 200 schoolslag | 3:04.40 | 25m | 17-4-2022 | Almere (NED) | 388 Pnt. |
| 50 vlinderslag | 37.60 | 25m | 15-5-2022 | Helmond (NED) | 272 Pnt. |
| 200 wisselslag | 2:47.70 | 25m | 15-5-2022 | Helmond (NED) | 383 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

| | | | | | |
|---------------|-------|-----|-----------|--------------|----------|
| 50 vrije slag | 33.60 | 25m | 13-3-2022 | Almere (NED) | 317 Pnt. |
| 50 rugslag | 39.70 | 25m | 13-3-2022 | Almere (NED) | 268 Pnt. |
| 50 schoolslag | 44.70 | 25m | 13-3-2022 | Almere (NED) | 260 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

| | | | | | |
|----------------|-------|-----|-----------|-----------------|----------|
| 50 vrije slag | 41.51 | 50m | 27-3-2022 | Eindhoven (NED) | 185 Pnt. |
| 50 vrije slag | 39.40 | 25m | 17-4-2022 | Almere (NED) | 197 Pnt. |
| 50 rugslag | 49.85 | 50m | 29-5-2022 | Den Haag (NED) | 158 Pnt. |
| 50 schoolslag | 55.84 | 50m | 27-3-2022 | Eindhoven (NED) | 145 Pnt. |
| 50 schoolslag | 53.80 | 25m | 17-4-2022 | Almere (NED) | 149 Pnt. |
| 50 vlinderslag | 56.69 | 50m | 29-5-2022 | Den Haag (NED) | 80 Pnt. |
| 50 vlinderslag | 54.70 | 25m | 17-4-2022 | Almere (NED) | 88 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|---------------|-------|-----|-----------|---------------|---------|
| 25 rugslag | 30.80 | 25m | 22-5-2022 | Tilburg (NED) | 59 Pnt. |
| 25 schoolslag | 30.10 | 25m | 22-5-2022 | Tilburg (NED) | 85 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

| | | | | | |
|----------------|---------|-----|-----------|-----------------|----------|
| 25 vrije slag | 18.30 | 25m | 22-5-2022 | Tilburg (NED) | 122 Pnt. |
| 50 vrije slag | 39.51 | 50m | 29-5-2022 | Den Haag (NED) | 148 Pnt. |
| 50 vrije slag | 39.60 | 25m | 17-4-2022 | Almere (NED) | 131 Pnt. |
| 25 rugslag | 21.10 | 25m | 22-5-2022 | Tilburg (NED) | 118 Pnt. |
| 50 rugslag | 49.87 | 50m | 27-3-2022 | Eindhoven (NED) | 111 Pnt. |
| 50 rugslag | 45.70 | 25m | 17-4-2022 | Almere (NED) | 114 Pnt. |
| 25 schoolslag | 23.70 | 25m | 22-5-2022 | Tilburg (NED) | 117 Pnt. |
| 50 schoolslag | 55.64 | 50m | 29-5-2022 | Den Haag (NED) | 101 Pnt. |
| 50 schoolslag | 52.70 | 25m | 17-4-2022 | Almere (NED) | 109 Pnt. |
| 25 vlinderslag | 25.20 | 25m | 22-5-2022 | Tilburg (NED) | 60 Pnt. |
| 50 vlinderslag | 1:05.51 | 50m | 27-3-2022 | Eindhoven (NED) | 39 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 26.19 | 50m | 29-5-2022 | Den Haag (NED) | 508 Pnt. |
| 50 vrije slag | 28.20 | 25m | 13-2-2022 | Almere (NED) | 365 Pnt. |
| 100 vrije slag | 58.69 | 50m | 29-5-2022 | Den Haag (NED) | 510 Pnt. |
| 100 vrije slag | 59.80 | 25m | 13-2-2022 | Almere (NED) | 424 Pnt. |
| 200 vrije slag | 2:11.03 | 50m | 27-3-2022 | Eindhoven (NED) | 471 Pnt. |
| 200 vrije slag | 2:04.80 | 25m | 13-2-2022 | Almere (NED) | 504 Pnt. |
| 50 rugslag | 31.85 | 50m | 27-3-2022 | Eindhoven (NED) | 427 Pnt. |
| 100 rugslag | 1:10.60 | 50m | 27-3-2022 | Eindhoven (NED) | 396 Pnt. |
| 50 schoolslag | 37.64 | 50m | 29-5-2022 | Den Haag (NED) | 327 Pnt. |
| 50 vlinderslag | 28.39 | 50m | 29-5-2022 | Den Haag (NED) | 482 Pnt. |
| 50 vlinderslag | 27.70 | 25m | 13-2-2022 | Almere (NED) | 484 Pnt. |
| 100 vlinderslag | 1:02.17 | 50m | 29-5-2022 | Den Haag (NED) | 504 Pnt. |
| 100 vlinderslag | 1:00.50 | 25m | 13-2-2022 | Almere (NED) | 492 Pnt. |
| 100 wisselslag | 1:06.40 | 25m | 13-2-2022 | Almere (NED) | 408 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|---------------|-------|-----|-----------|-----------------|----------|
| 50 vrije slag | 41.10 | 25m | 22-5-2022 | Tilburg (NED) | 118 Pnt. |
| 50 rugslag | 52.41 | 50m | 27-3-2022 | Eindhoven (NED) | 96 Pnt. |
| 50 rugslag | 48.00 | 25m | 17-4-2022 | Almere (NED) | 99 Pnt. |
| 50 schoolslag | 57.82 | 50m | 27-3-2022 | Eindhoven (NED) | 90 Pnt. |
| 50 schoolslag | 54.60 | 25m | 17-4-2022 | Almere (NED) | 98 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 25.36 | 50m | 29-5-2022 | Den Haag (NED) | 560 Pnt. |
| 50 vrije slag | 26.00 | 25m | 13-2-2022 | Almere (NED) | 466 Pnt. |
| 100 vrije slag | 55.04 | 50m | 29-5-2022 | Den Haag (NED) | 619 Pnt. |
| 100 vrije slag | 54.20 | 25m | 13-2-2022 | Almere (NED) | 570 Pnt. |
| 200 vrije slag | 2:04.64 | 50m | 27-3-2022 | Eindhoven (NED) | 548 Pnt. |
| 50 rugslag | 30.27 | 50m | 27-3-2022 | Eindhoven (NED) | 498 Pnt. |
| 50 rugslag | 31.20 | 25m | 13-2-2022 | Almere (NED) | 361 Pnt. |
| 100 rugslag | 1:06.52 | 50m | 27-3-2022 | Eindhoven (NED) | 473 Pnt. |
| 100 rugslag | 1:05.30 | 25m | 13-2-2022 | Almere (NED) | 405 Pnt. |
| 200 rugslag | 2:18.51 | 50m | 29-5-2022 | Den Haag (NED) | 527 Pnt. |
| 200 rugslag | 2:17.20 | 25m | 13-2-2022 | Almere (NED) | 456 Pnt. |
| 50 vlinderslag | 28.30 | 25m | 13-2-2022 | Almere (NED) | 453 Pnt. |
| 200 wisselslag | 2:17.70 | 25m | 13-2-2022 | Almere (NED) | 504 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 29.83 | 50m | 29-5-2022 | Den Haag (NED) | 344 Pnt. |
| 50 vrije slag | 29.20 | 25m | 2-4-2022 | Deurne (NED) | 329 Pnt. |
| 100 vrije slag | 1:05.89 | 50m | 29-5-2022 | Den Haag (NED) | 360 Pnt. |
| 100 vrije slag | 1:03.30 | 25m | 13-2-2022 | Almere (NED) | 357 Pnt. |
| 200 vrije slag | 2:26.04 | 50m | 27-3-2022 | Eindhoven (NED) | 340 Pnt. |
| 200 vrije slag | 2:20.70 | 25m | 2-4-2022 | Deurne (NED) | 352 Pnt. |
| 400 vrije slag | 5:01.30 | 25m | 7-11-2021 | Helmond (NED) | 349 Pnt. |
| 50 rugslag | 36.88 | 50m | 27-3-2022 | Eindhoven (NED) | 275 Pnt. |
| 50 rugslag | 36.60 | 25m | 15-5-2022 | Helmond (NED) | 223 Pnt. |
| 100 rugslag | 1:22.84 | 50m | 27-3-2022 | Eindhoven (NED) | 245 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|----------------|----------|
| 50 vrije slag | 38.48 | 50m | 29-5-2022 | Den Haag (NED) | 232 Pnt. |
| 50 vrije slag | 36.40 | 25m | 22-5-2022 | Tilburg (NED) | 249 Pnt. |
| 100 vrije slag | 1:22.73 | 50m | 29-5-2022 | Den Haag (NED) | 244 Pnt. |
| 100 vrije slag | 1:16.30 | 25m | 22-5-2022 | Tilburg (NED) | 285 Pnt. |
| 200 vrije slag | 2:54.52 | 50m | 29-5-2022 | Den Haag (NED) | 271 Pnt. |
| 200 vrije slag | 3:04.40 | 25m | 7-11-2021 | Helmond (NED) | 214 Pnt. |
| 400 vrije slag | 6:21.10 | 25m | 7-11-2021 | Helmond (NED) | 231 Pnt. |
| 50 rugslag | 40.48 | 50m | 29-5-2022 | Den Haag (NED) | 296 Pnt. |
| 50 rugslag | 40.60 | 25m | 22-5-2022 | Tilburg (NED) | 250 Pnt. |
| 100 rugslag | 1:29.64 | 50m | 29-5-2022 | Den Haag (NED) | 264 Pnt. |
| 100 rugslag | 1:26.00 | 25m | 22-5-2022 | Tilburg (NED) | 260 Pnt. |
| 100 wisselslag | 1:26.70 | 25m | 22-5-2022 | Tilburg (NED) | 276 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|----------------|---------|-----|-----------|-----------------|----------|
| 50 vrije slag | 29.51 | 50m | 29-5-2022 | Den Haag (NED) | 355 Pnt. |
| 50 vrije slag | 28.20 | 25m | 2-4-2022 | Deurne (NED) | 365 Pnt. |
| 100 vrije slag | 1:10.15 | 50m | 27-3-2022 | Eindhoven (NED) | 299 Pnt. |
| 100 vrije slag | 1:08.00 | 25m | 15-5-2022 | Helmond (NED) | 288 Pnt. |
| 200 vrije slag | 2:27.75 | 50m | 27-3-2022 | Eindhoven (NED) | 329 Pnt. |
| 200 vrije slag | 2:19.60 | 25m | 15-5-2022 | Helmond (NED) | 360 Pnt. |
| 50 rugslag | 36.37 | 50m | 27-3-2022 | Eindhoven (NED) | 287 Pnt. |
| 50 rugslag | 38.10 | 25m | 15-5-2022 | Helmond (NED) | 198 Pnt. |
| 100 rugslag | 1:19.80 | 50m | 27-3-2022 | Eindhoven (NED) | 274 Pnt. |
| 100 rugslag | 1:18.30 | 25m | 15-5-2022 | Helmond (NED) | 235 Pnt. |
| 200 rugslag | 2:53.10 | 50m | 29-5-2022 | Den Haag (NED) | 270 Pnt. |
| 200 rugslag | 2:42.70 | 25m | 15-5-2022 | Helmond (NED) | 273 Pnt. |
| 100 wisselslag | 1:14.90 | 25m | 15-5-2022 | Helmond (NED) | 284 Pnt. |

Tijden van woensdag 1 september 2021 tot zaterdag 11 juni 2022

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|-----------------|---------|-----|-----------|---------------|----------|
| 50 vrije slag | 33.50 | 25m | 13-2-2022 | Almere (NED) | 320 Pnt. |
| 100 vrije slag | 1:11.10 | 25m | 13-2-2022 | Almere (NED) | 353 Pnt. |
| 200 vrije slag | 2:29.40 | 25m | 13-2-2022 | Almere (NED) | 403 Pnt. |
| 400 vrije slag | 5:16.40 | 25m | 7-11-2021 | Helmond (NED) | 404 Pnt. |
| 50 schoolslag | 40.20 | 25m | 13-2-2022 | Almere (NED) | 358 Pnt. |
| 100 schoolslag | 1:26.50 | 25m | 13-2-2022 | Almere (NED) | 374 Pnt. |
| 50 vlinderslag | 37.60 | 25m | 13-2-2022 | Almere (NED) | 272 Pnt. |
| 100 vlinderslag | 1:23.40 | 25m | 7-11-2021 | Helmond (NED) | 280 Pnt. |
| 200 wisselslag | 2:52.40 | 25m | 13-2-2022 | Almere (NED) | 353 Pnt. |
| 400 wisselslag | 6:07.10 | 25m | 7-11-2021 | Helmond (NED) | 350 Pnt. |