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| 50m Freistil | 100m Freistil | 200m Freistil |
| Amelie Kneer 00:28,50 (12.2008, Singen) | Amelie Kneer 01:01,77 (11.2006, S.-Gmünd) | Sandra Webs 02:14,70 (1992, Tuttlingen) |
| Christoph Roth 00:24,46 (10.2004, Friedrichshafen) | Sebastian Rombach 00:53,62 (11.2016, Neckarsulm) | Matthias Grießhaber 01:57,25 (12.2007, Singen) |
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| 400m Freistil | 800m Freistil | 1500m Freistil |
| Amelie Kneer 04:50,14* (12.2007, Singen) | Sandra Webs 09:53,50 (1992, Tübingen) | Sabrina Schrenk 19:17,37* (09.2006, Dagersheim) |
| Matthias Grießhaber 04:06,92* (02.2007, Ravensburg) | Matthias Grießhaber 08:35,67* (11.2006, Tübingen) | Matthias Grießhaber 16:01,75* (11.2008, Heilbronn) |
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| 50m Brust | 100m Brust | 200m Brust |
| Jennifer Fricker 00:37,20 (12.2005, Singen) | Sandra Webs 01:18,00 (1992, S.-Gmünd) | Sandra Webs 02:48,54 (1992, Tuttlingen) |
| Davide Petrella 00:31,24 (03.2026, Lindau) | Davide Petrella 01:06,87 (03.2026, Lindau) | Davide Petrella 02:23,34 (11.2025, Stuttgart) |
| | | |
| 50m Rücken | 100m Rücken | 200m Rücken |
| Amelie Kneer 00:32,91 (11.2007, Dagersheim) | Amelie Kneer 01:12,23 (12.2008, Singen) | Sandra Webs 02:32,20 (1991, Tuttlingen) |
| Ben Leiser 00:27,24* (11.2016, Neckarsulm) | Ben Leiser 00:59,30* (10.2016, Bad Saulgau) | Matthias Grießhaber 02:07,90* (10.2006, Bad Saulgau) |
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| 50m Delphin | 100m Delphin | 200m Delphin |
| Amelie Kneer 00:31,62 (07.2009, Leonberg**) | Sandra Webs 01:09,00 (1992, Tuttlingen) | Sandra Webs 02:32,90 (1992, Tuttlingen) |
| Ben Leiser 00:26,64 (01.2016, Bad Saulgau) | Matthias Grießhaber 00:58,71 (09.2009, Balingen) | Matthias Grießhaber 02:07,26* (12.2009, Gelnhausen) |
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| 100m Lagen | 200m Lagen | 400m Lagen |
| Jennifer Fricker 01:13,27 (11.2006, Friedrichshafen) | Sandra Webs 02:30,10 (1992, S.-Gmünd) | Sandra Webs 05:20,20 (1992, Tübingen) |
| Sebastian Rombach 01:01,39 (01.2017, Bad Saulgau) | Sebastian Rombach 02:14,61 (11.2016, Neckarsulm) | Matthias Grießhaber 04:45,46 (01.2008, Algesheim) |

* Rekord der SG Schwarzwald-Baar-Heuberg (ab 2000)

** Langbahn