

Zuyderzee Masters Circuit 2015-2016 deel 6
Heerenveen, 20-2-2016

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
								-
								-
								1
								1
Aqua-Novio '94								
Gregor Pompen, 9-4-1937								
200m vrije slag	series	1.	3:36.17	97	3:37.00		101%	
Wim Witjes, 22-8-1958								-
200m vrije slag	series	AFGEM		-	2:32.35	23-1-2016	-	
100m wisselslag	series	AFGEM		-	1:25.23	22-2-2015	-	
400m wisselslag	series	AFGEM		-	6:37.84	20-12-2014	-	
								6
								1
Aqualero								
Annette Korving-Leijenaar, 19-1-1967								
50m rugslag	series	3.	43.09	211	43.30	21-2-2015	101%	
25m schoolslag	series	3.	19.67	316	19.45	22-11-2015	98%	
25m vlinderslag	series	1.	18.23	231	17.32		90%	
Henry Brouwer, 10-4-1963								-
50m vrije slag	series	AFGEM		-	29.77	25-1-2015	-	
25m schoolslag	series	AFGEM		-	17.67	22-11-2015	-	
25m vlinderslag	series	AFGEM		-	14.96	19-12-2015	-	
Maaïke Hiemstra, 15-5-1990								1
50m vrije slag	series	3.	35.75	274	35.35	25-1-2015	98%	
25m schoolslag	series	4.	21.94	227	20.96	25-10-2014	91%	
25m vlinderslag	series	9.	18.98	204	19.08		101%	
Marcel Jonkman, 14-2-1968								-
50m vrije slag	series	3.	27.96	380	27.73	10-1-2015	98%	
25m schoolslag	series	1.	15.61	412	15.03		93%	
25m vlinderslag	series	2.	14.41	324	13.45	20-12-2014	87%	
Marloes Benjamins, 13-9-1991								2
25m schoolslag	series	5.	22.03	225	22.50		104%	
25m vlinderslag	series	8.	18.90	207	19.00		101%	
100m wisselslag	series	6.	1:30.18	248	1:26.00		91%	
Selly Swieringa, 21-8-1990								-
50m vrije slag	series	2.	33.23	342	30.79	25-1-2015	86%	
50m rugslag	series	4.	43.39	207	39.11		81%	
100m wisselslag	series	4.	1:26.95	277	1:18.90	17-10-2015	82%	
Tessa Benjamins, 5-11-1995								2
50m vrije slag	series	3.	31.96	384	32.36	21-2-2015	103%	
50m rugslag	series	6.	39.05	284	40.07	9-1-2016	105%	
25m vlinderslag	series	3.	16.58	307	16.43	19-12-2015	98%	
								-
								-
Aquapoldro								
Edzo Huisman, 27-3-1963								
50m vrije slag	series	AFGEM		-	30.00		-	
200m vrije slag	series	AFGEM		-	2:30.00		-	
50m rugslag	series	AFGEM		-	40.00		-	
Haya van Blommestein-Mellema, 4-9-1966								-
50m vrije slag	series	AFGEM		-	55.00		-	
200m vrije slag	series	AFGEM		-	4:00.00		-	
50m rugslag	series	AFGEM		-	55.00		-	
Leny Kamp, 12-7-1944								-
50m rugslag	series	2.	1:00.02	78	58.00		93%	
25m schoolslag	series	2.	30.10	88	29.00		93%	
25m vlinderslag	series	1.	35.21	32	34.00		93%	
								16
								3
Daw								
Agnes van Brug, 17-7-1980								
50m vrije slag	series	2.	31.82	389	32.86	21-2-2015	107%	
50m rugslag	series	3.	39.55	273	41.51	21-3-2015	110%	
25m vlinderslag	series	1.	16.84	293	17.62	20-12-2014	109%	
Dennis Kraakman, 1-1-1987								3
50m vrije slag	series	4.	28.71	351	29.91	26-10-2014	109%	
200m vrije slag	series	4.	2:29.40	294	2:31.00		102%	
100m wisselslag	series	3.	1:15.94	296	1:20.00		111%	
Fred Heemstra, 9-1-1965								-
50m vrije slag	series	AFGEM		-	30.58		-	
50m rugslag	series	AFGEM		-	36.27		-	
25m vlinderslag	series	AFGEM		-	16.02		-	

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Hans Schoenmakers, 11-7-1969								-
200m vrije slag	series	3.	2:29.77	292	2:26.95	25-10-2014	96%	
100m wisselslag	series	4.	1:19.94	254	1:18.23	25-1-2015	96%	
Ingeborg Stokx, 1-1-1967								2
50m vrije slag	series	6.	35.21	287	36.59	25-1-2015	108%	
200m vrije slag	series	5.	2:55.11	253	2:55.09	23-1-2016	100%	
50m rugslag	series	4.	48.59	147	48.97	23-1-2016	102%	
Jacqueline Tuin, 1-1-1966								3
50m vrije slag	series	1.	31.18	414	31.75	20-9-2015	104%	
100m vlinderslag	series	2.	1:25.36	261	1:33.57		120%	
100m wisselslag	series	1.	1:18.78	372	1:20.53	31-5-2015	104%	
John Stokx, 19-3-1964								1
50m vrije slag	series	1.	28.69	352	28.89	15-3-2014	101%	
50m rugslag	series	1.	33.19	300	32.76	23-1-2015	97%	
Maaike Vooren, 6-7-1991								2
50m vrije slag	series	1.	28.84	523	29.17	9-3-2014	102%	
200m vrije slag	series	1.	2:13.82	567	2:11.59	23-1-2015	97%	
100m vlinderslag	series	2.	1:09.52	484	1:10.23	25-10-2014	102%	
Michiel Brinkman, 14-8-1980								-
200m vrije slag	series	4.	2:21.76	344	2:20.00		98%	
Petra Tossings, 22-11-1961								2
50m vrije slag	series	1.	33.88	322	33.92	21-2-2015	100%	
50m rugslag	series	1.	42.56	219	42.19	20-4-2014	98%	
100m vlinderslag	series	2.	1:25.70	258	1:27.50	21-2-2015	104%	
De Aalscholver								3
Gerhard Knol, 16-7-1971								-
200m vrije slag	series	5.	2:37.82	249	2:33.50		95%	
100m wisselslag	series	2.	1:16.34	292	1:16.10		99%	
400m wisselslag	series	3.	6:23.61	231	6:21.30		99%	
Ingrid Boot-De Groot, 8-8-1970								-
50m vrije slag	series	2.	28.57	538	27.87		95%	
100m vlinderslag	series	1.	1:10.29	468	1:09.49		98%	
Jan Wierenga, 9-3-1964								-
50m vrije slag	series	4.	29.71	317	28.54	29-3-2014	92%	
200m vrije slag	series	1.	2:30.57	287	2:25.87		94%	
Ron van der Zande, 9-1-1955								-
200m vrije slag	series	1.	2:44.30	221	2:40.51	25-10-2014	95%	
100m vlinderslag	series	2.	1:29.88	156	1:28.02		96%	
Ronald van Vliet, 15-8-1963								-
25m schoolslag	series	2.	18.05	266	17.60		95%	
25m vlinderslag	series	2.	15.88	242	15.53	19-12-2015	96%	
100m wisselslag	series	2.	1:20.61	248	1:19.42		97%	
Rykele Betten, 12-12-1962								3
50m vrije slag	series	12.	36.70	168	37.50		104%	
25m schoolslag	series	8.	21.77	152	22.50		107%	
100m wisselslag	series	6.	1:39.99	130	1:45.00		110%	
De Duinkickers								9
Annet Verhoeven - Steggerda, 17-10-1946								-
50m vrije slag	series	1.	47.23	119	44.50		89%	
25m schoolslag	series	1.	23.65	181	22.97		94%	
Inge Roskam, 13-1-1978								1
50m vrije slag	series	9.	36.97	248	37.17	31-5-2015	101%	
50m rugslag	series	5.	45.55	178	43.84	9-1-2016	93%	
100m wisselslag	series	6.	1:34.44	216	1:32.75	17-6-2015	96%	
Manouk Ticheler, 2-6-1987								1
200m vrije slag	series	6.	2:49.19	280	2:45.00		95%	
25m vlinderslag	series	4.	17.08	281	17.50		105%	
Marcel Brittijn, 1-2-1969								3
200m vrije slag	series	6.	2:39.02	244	2:42.65	15-3-2014	105%	
25m vlinderslag	series	4.	15.35	268	15.50		102%	
100m vlinderslag	series	3.	1:25.52	181	1:25.82	17-10-2015	101%	
Robin Eggenkamp, 1-4-1987								3
50m vrije slag	series	6.	30.23	301	31.00	28-6-2014	105%	
50m rugslag	series	3.	35.65	242	36.25		103%	
25m schoolslag	series	3.	17.46	294	17.50		100%	
Robin Roskam, 13-1-1978								1
25m schoolslag	series	2.	18.55	245	18.20	22-11-2015	96%	
25m vlinderslag	series	3.	16.98	198	16.96	20-12-2014	100%	
100m wisselslag	series	2.	1:28.13	189	1:30.27	17-6-2015	105%	
De Forel								2

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Albert Dijkstra, 16-5-1987								-
200m vrije slag	series	5.	2:35.81	259	2:26.11		88%	
100m vlinderslag	series	3.	1:20.87	214	1:18.87	21-2-2015	95%	
100m wisselslag	series	5.	1:18.06	273	1:14.67		92%	
Jacqueline Oostenbrink, 17-7-1984								1
400m wisselslag	series	1.	6:01.62	371	6:27.23		115%	
Lars Roelofs, 28-5-1996								1
50m rugslag	series	1.	35.15	252	33.72		92%	
25m schoolslag	series	2.	16.82	329	18.51		121%	
25m vlinderslag	series	3.	14.58	313	14.21		95%	
Laurens Koning, 11-7-1980								-
50m vrije slag	series				32.73		-	
200m vrije slag	series				2:51.64	22-11-2015	-	
100m wisselslag	series				1:23.88		-	
Rene Bakker, 17-12-1965								-
50m vrije slag	series	5.	30.61	289	30.03	9-1-2016	96%	
200m vrije slag	series	5.	2:54.04	186	2:51.06	21-2-2015	97%	
De Futen								2
Arnold de Rover, 5-12-1964								2
50m rugslag	series	2.	34.01	278	35.51	22-11-2015	109%	
100m vlinderslag	series	1.	1:14.16	278	1:13.72	21-2-2015	99%	
400m wisselslag	series	1.	5:33.71	351	5:37.92	24-1-2015	103%	
Erwin Zuidervelt, 4-2-1975								-
50m vrije slag	series	1.	27.36	406	26.81	29-3-2015	96%	
200m vrije slag	series	2.	2:18.95	365	2:16.20	23-1-2015	96%	
100m vlinderslag	series	5.	1:15.56	263	1:14.72	9-3-2014	98%	
De Fuut								4
John Tersteeg, 29-9-1960								-
200m vrije slag	series	5.	3:04.89	155	2:57.89		93%	
100m wisselslag	series	6.	1:38.30	136	1:35.26		94%	
Mark Vermeulen, 22-1-1973								2
50m vrije slag	series	8.	32.67	238	34.50		112%	
100m wisselslag	series	7.	1:23.97	219	1:25.00		102%	
Marleen Prins, 30-11-1973								-
50m vrije slag	series	7.	38.91	213	38.16	24-1-2015	96%	
200m vrije slag	series	4.	3:27.48	152	3:21.66	25-10-2014	94%	
Martin Postma, 23-2-1973								2
50m vrije slag	series	4.	28.56	356	29.89		110%	
100m wisselslag	series	3.	1:13.90	322	1:20.00		117%	
De Hokseberg								-
De Houtrib								-
Eric van den Blink, 4-3-1970								-
50m vrije slag	series	7.	34.44	203	33.70	8-11-2014	96%	
200m vrije slag	series	9.	3:07.27	149	3:00.15	21-2-2015	93%	
Roel van der Schee, 21-10-1963								-
50m vrije slag	series	16.	39.60	133	38.64	15-3-2014	95%	
200m vrije slag	series	8.	3:44.38	86	3:40.00		96%	
25m schoolslag	series	7.	20.49	182	19.97	15-11-2015	95%	
Rutger Vos, 22-8-1975								-
100m wisselslag	series	6.	1:23.45	223	1:20.91	17-10-2015	94%	
Sjoerd Boertien, 9-2-1990								-
50m vrije slag	series	2.	25.84	481	25.21	25-1-2015	95%	
200m vrije slag	series	2.	2:09.38	453	2:06.32	15-11-2014	95%	
100m vlinderslag	series	1.	1:03.77	438	1:02.73	22-11-2014	97%	
De Spatters								3
Gerwin Vonk, 6-7-1982								-
50m rugslag	series	2.	31.84	339	30.94	24-1-2015	94%	
25m schoolslag	series	1.	15.42	427	14.78	30-11-2014	92%	
Jan Haitsma, 25-7-1960								1
200m vrije slag	series	4.	3:04.00	157	3:06.03	22-11-2015	102%	
100m vlinderslag	series	3.	1:41.05	110	1:40.66		99%	
Karin Hovenkamp, 13-6-1987								1
25m vlinderslag	series	1.	14.86	427	14.65	20-12-2014	97%	
100m vlinderslag	series	3.	1:14.62	391	1:14.81	25-1-2015	101%	
400m wisselslag	series	2.	6:00.09	375	5:53.49	21-2-2015	96%	
René Speelman, 8-5-1966								-
50m vrije slag	series	8.	31.53	265	31.23	18-5-2014	98%	
200m vrije slag	series	4.	2:53.86	186	2:47.17	23-1-2016	92%	
25m schoolslag	series	4.	19.78	202	19.56	21-2-2015	98%	

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Roelien Speelman-Tigelaar, 13-4-1966								1
50m vrije slag	series	6.	34.70	300	33.76	25-1-2015	95%	
50m rugslag	series	3.	43.31	208	43.34	10-1-2015	100%	
25m schoolslag	series	2.	21.50	242	20.48	25-10-2014	91%	
Roelof Broekman, 11-3-1968								-
25m schoolslag	series	7.	18.64	242	17.87	25-10-2014	92%	
25m vlinderslag	series	6.	15.99	237	15.51	19-12-2015	94%	
100m wisselslag	series	5.	1:21.38	241	1:18.72	21-2-2015	94%	
Yvette Nota-Peters, 1-7-1987								-
50m vrije slag	series	AFGEM		-	32.31	21-2-2015	-	
50m rugslag	series	AFGEM		-	36.54	21-2-2015	-	
Dedemsvaart-AC								2
Annemiek van Veen, 13-10-1993								2
200m vrije slag	series	10.	3:14.24	185	3:16.88	15-11-2014	103%	
100m vlinderslag	series	6.	1:52.23	115	1:57.55	4-4-2015	110%	
Deltasteur								18
Bob Potkamp, 19-10-1994								1
50m vrije slag	series	4.	31.05	277	30.95	14-3-2015	99%	
200m vrije slag	series	3.	2:52.65	190	2:53.38	8-5-2015	101%	
25m schoolslag	series	3.	18.06	266	17.54	21-2-2015	94%	
Ciska Bats, 14-9-1985								-
50m vrije slag	series	3.	37.95	229	37.07	21-2-2015	95%	
50m rugslag	series	6.	46.01	173	43.53		90%	
25m schoolslag	series	3.	23.45	186	21.97	25-10-2014	88%	
Dianne Kragt, 11-8-1993								-
50m vrije slag	series	9.	43.91	148	38.00		75%	
Erika Boogaard-Zwep, 29-7-1983								-
25m schoolslag	series	AFGEM		-	22.00		-	
25m vlinderslag	series	AFGEM		-	17.50		-	
100m wisselslag	series	AFGEM		-	1:28.00		-	
Fabiola Bosman, 15-3-1977								-
50m vrije slag	series	5.	33.24	341	32.71	10-1-2015	97%	
200m vrije slag	series	3.	2:54.32	256	2:47.62	15-11-2014	92%	
Herbert Steenstra, 18-5-1984								1
50m vrije slag	series	10.	31.63	262	31.70	21-2-2015	100%	
25m schoolslag	series	7.	20.72	176	20.60	21-2-2015	99%	
100m wisselslag	series	6.	1:23.04	227	1:21.07	25-10-2014	95%	
Jannica Lieste, 31-8-1990								1
50m vrije slag	series	4.	35.97	269	35.45	21-2-2015	97%	
50m rugslag	series	3.	42.51	220	40.98	21-2-2015	93%	
25m vlinderslag	series	7.	18.89	207	19.00	21-2-2015	101%	
Joanne Berg van den, 24-10-1992								3
50m vrije slag	series	6.	34.26	312	35.00		104%	
200m vrije slag	series	9.	2:54.89	254	3:00.00		106%	
50m rugslag	series	5.	36.41	350	38.00		109%	
Jordie Bats, 19-8-1989								1
50m vrije slag	series	9.	33.70	217	33.62	9-1-2016	100%	
200m vrije slag	series	7.	3:09.35	144	3:11.99	26-9-2015	103%	
Margriet Leeffers, 2-12-1978								2
50m vrije slag	series	7.	33.74	326	33.80	16-1-2016	100%	
50m rugslag	series	4.	43.25	209	42.58	9-1-2016	97%	
100m vlinderslag	series	3.	1:39.12	167	1:45.48		113%	
Nienke Fuite, 29-11-1995								1
50m rugslag	series	7.	39.39	276	38.89		97%	
25m vlinderslag	series	2.	16.37	319	15.61	19-12-2015	91%	
400m wisselslag	series	3.	6:30.37	294	7:00.00		116%	
René Beens, 10-8-1978								2
50m vrije slag	series	4.	28.68	352	29.25	26-9-2015	104%	
200m vrije slag	series	6.	2:33.25	272	2:34.87	26-9-2015	102%	
50m rugslag	series	2.	33.25	298	33.02	24-1-2015	99%	
Rianne van Vegchelen, 9-10-1981								1
50m rugslag	series	6.	51.40	124	52.79	9-1-2016	105%	
25m vlinderslag	series	3.	20.65	159	18.64	20-12-2014	81%	
100m vlinderslag	series	4.	1:54.31	109	1:52.92	23-10-2015	98%	
Sander de Velde, 26-10-1983								2
25m schoolslag	series	6.	18.99	229	19.11	21-2-2015	101%	
25m vlinderslag	series	3.	17.63	177	18.50		110%	
100m wisselslag	series	7.	1:26.25	202	1:23.36		93%	
Sanne Oegema, 22-9-1995								2
50m vrije slag	series	7.	34.49	305	35.54		106%	
25m schoolslag	series	3.	20.05	298	20.00		100%	
100m wisselslag	series	3.	1:27.94	268	1:35.36		118%	

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Sigrit Aarten, 23-12-1993								-
200m vrije slag	series	3.	2:24.18	453	2:17.77	15-11-2014	91%	
50m rugslag	series	3.	35.18	388	34.72	3-10-2015	97%	
100m vlinderslag	series	4.	1:24.44	270	1:22.86	21-2-2015	96%	
Tom de Lange, 21-6-1993								1
50m vrije slag	series	3.	28.19	371	28.02	18-10-2014	99%	
50m rugslag	series	2.	41.71	151	39.39	17-10-2014	89%	
100m wisselslag	series	4.	1:16.19	293	1:16.76	25-10-2014	102%	
Dwk								12
Gerco Schakel, 16-10-1969								1
200m vrije slag	series	4.	2:35.49	261	2:37.35	25-10-2014	102%	
100m vlinderslag	series	2.	1:19.16	229	1:18.23		98%	
Greta Wyma-Teitsma, 23-9-1971								-
200m vrije slag	series	6.	3:09.13	200	3:04.60	23-1-2015	95%	
25m schoolslag	series	5.	22.00	225	21.98	25-10-2014	100%	
25m vlinderslag	series	5.	22.91	116	21.78	20-12-2014	90%	
Iris van Aurich, 18-10-1969								-
200m vrije slag	series	AFGEM	-	-	2:41.39	23-1-2016	-	
25m schoolslag	series	AFGEM	-	-	19.65	21-2-2015	-	
25m vlinderslag	series	AFGEM	-	-	16.82	20-12-2014	-	
Jennie Resink-lindeboom, 30-7-1960								2
200m vrije slag	series	1.	3:02.39	224	3:05.58	21-2-2015	104%	
50m rugslag	series	4.	46.39	169	48.62	24-1-2016	110%	
25m vlinderslag	series	2.	19.54	187	19.45	20-12-2014	99%	
Jeroen Dellebeke, 30-9-1981								3
50m vrije slag	series	3.	28.07	376	28.86	22-3-2015	106%	
200m vrije slag	series	3.	2:20.63	352	2:39.45	22-3-2015	129%	
100m wisselslag	series	1.	1:10.33	373	1:18.00		123%	
Kevin Eltink, 29-10-1991								-
50m vrije slag	series	1.	23.96	604	23.72	20-12-2015	98%	
200m vrije slag	series	1.	1:53.38	673	1:51.73	27-6-2015	97%	
Liesbeth van Mill, 22-7-1987								2
200m vrije slag	series	3.	2:33.70	374	2:40.07	11-4-2015	108%	
100m vlinderslag	series	4.	1:18.84	332	1:17.77	14-11-2015	97%	
100m wisselslag	series	1.	1:18.95	370	1:19.23	31-5-2015	101%	
Martijn de Jong, 9-10-1971								2
50m vrije slag	series	6.	30.14	303	32.97	21-11-2015	120%	
200m vrije slag	series	8.	2:56.23	179	2:40.00		82%	
100m wisselslag	series	6.	1:28.84	185	1:30.00		103%	
Martin Kaptein, 1-1-1967								2
50m vrije slag	series	2.	26.98	423	27.02	9-1-2016	100%	
25m schoolslag	series	3.	17.15	311	17.68	21-2-2015	106%	
100m wisselslag	series	1.	1:09.87	381	1:09.66	23-1-2016	99%	
Willy Schoenmaker-ter Veer, 25-2-1959								-
50m vrije slag	series	6.	46.46	125	45.64	9-1-2016	97%	
200m vrije slag	series	5.	4:15.04	81	3:55.00		85%	
25m schoolslag	series	2.	24.34	166	24.32	21-2-2015	100%	
Dwt								2
Bertjan Schelhaas, 22-6-1965								1
50m vrije slag	series	7.	31.25	272	31.08	10-1-2015	99%	
100m wisselslag	series	1.	1:16.21	293	1:16.56	21-2-2015	101%	
Corine Kalbfleisch, 10-11-1952								-
25m schoolslag	series	1.	23.51	185	21.67	25-10-2014	85%	
25m vlinderslag	series	1.	28.89	58	25.24	20-12-2014	76%	
Peter van de Bor, 18-8-1984								1
50m vrije slag	series	5.	27.91	382	28.24	19-4-2015	102%	
25m schoolslag	series	5.	17.39	298	16.80		93%	
100m wisselslag	series	3.	1:13.33	329	1:12.89	4-10-2015	99%	
Dz&Pc								1
Krista de Reus-Trompetter, 31-7-1976								1
50m vrije slag	series	3.	29.93	468	29.98	22-12-2015	100%	
Gay Swim Amsterdam								1
Kees Bakker, 11-5-1975								1
200m vrije slag	series	3.	2:20.32	355	2:22.00		102%	
25m schoolslag	series	2.	16.53	347	15.50		88%	
100m vlinderslag	series	3.	1:11.91	305	1:10.50		96%	
Rob van Wanrooy, 8-2-1982								-
25m schoolslag	series	3.	16.71	336	15.29	21-2-2015	84%	
25m vlinderslag	series	2.	14.31	331	13.47	19-12-2015	89%	
100m wisselslag	series	2.	1:11.78	351	1:08.40	9-1-2016	91%	
H2Oldambt								-

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jenny westervarder, 30-6-1962									-
50m vrije slag	series	AFGEM	-	40.08	-	-	-	-	-
25m schoolslag	series	AFGEM	-	20.01	-	-	-	-	-
Het Ravijn									2
Désirée Hulsmeijer, 15-1-1990									-
200m vrije slag	series	5.	2:43.42	311	2:29.28	-	-	83%	-
50m rugslag	series	2.	39.03	284	36.76	7-6-2015	-	89%	-
100m vlinderslag	series	5.	1:23.25	282	1:18.87	7-6-2015	-	90%	-
Mans Buis, 23-7-1947									1
50m vrije slag	series	1.	37.75	154	37.20	15-3-2014	-	97%	-
200m vrije slag	series	2.	3:35.78	97	3:36.16	25-10-2014	-	100%	-
50m rugslag	series	1.	49.71	89	48.61	10-1-2015	-	96%	-
Matthijs van Doorn, 7-2-1992									1
50m vrije slag	series	5.	32.64	239	32.77	-	-	101%	-
200m vrije slag	series	4.	3:03.18	159	2:49.45	-	-	86%	-
100m wisselslag	series	5.	1:30.61	174	1:27.99	-	-	94%	-
Het Y									2
Arjan Bellaart, 9-4-1969									2
50m vrije slag	series	1.	26.91	426	26.86	29-11-2015	-	100%	-
50m rugslag	series	1.	32.01	334	33.01	10-1-2016	-	106%	-
100m vlinderslag	series	1.	1:08.35	355	1:08.99	28-11-2015	-	102%	-
Manuel Arostegui Ramirez, 1-4-1984									-
50m vrije slag	series	AFGEM	-	-	27.36	8-3-2015	-	-	-
200m vrije slag	series	AFGEM	-	-	2:10.00	-	-	-	-
HZ&PC Heerenveen									18
Alie Visser, 29-5-1964									3
50m rugslag	series	5.	48.48	148	55.00	-	-	129%	-
25m schoolslag	series	5.	24.04	173	26.00	-	-	117%	-
25m vlinderslag	series	4.	21.09	149	24.00	-	-	129%	-
Arnold Jonker, 8-6-1970									2
200m vrije slag	series	7.	2:54.27	185	2:56.00	-	-	102%	-
400m wisselslag	series	4.	7:35.66	138	7:50.00	-	-	106%	-
Evelien van Klaarbergen, 8-3-1972									2
200m vrije slag	series	1.	2:27.18	426	2:26.95	-	-	100%	-
50m rugslag	series	2.	35.01	394	35.50	-	-	103%	-
400m wisselslag	series	1.	5:44.43	429	5:49.67	-	-	103%	-
Fraukje Puts, 28-1-1992									1
200m vrije slag	series	1.	2:14.30	561	2:14.88	-	-	101%	-
100m wisselslag	series	1.	1:12.79	472	1:12.76	-	-	100%	-
400m wisselslag	series	2.	5:42.72	435	5:42.37	-	-	100%	-
Gerard Eghuizen, 14-8-1974									1
200m vrije slag	series	5.	2:34.98	263	2:25.24	-	-	88%	-
100m wisselslag	series	2.	1:11.98	348	1:11.12	-	-	98%	-
400m wisselslag	series	1.	5:56.03	289	6:05.04	-	-	105%	-
Jannie Vennik, 30-1-1976									2
200m vrije slag	series	3.	2:40.46	329	2:42.28	-	-	102%	-
400m wisselslag	series	3.	6:35.40	283	6:40.83	-	-	103%	-
Marten de Groot, 25-11-1958									2
50m rugslag	series	1.	35.34	248	34.27	-	-	94%	-
100m vlinderslag	series	1.	1:07.70	366	1:09.02	-	-	104%	-
100m wisselslag	series	1.	1:09.70	383	1:11.19	-	-	104%	-
Peggi Hurenkamp, 16-5-1969									3
50m rugslag	series	2.	41.88	230	42.81	-	-	104%	-
100m vlinderslag	series	2.	1:25.03	264	1:28.15	-	-	107%	-
100m wisselslag	series	3.	1:26.74	279	1:28.47	-	-	104%	-
Pia van der Molen, 25-10-1960									-
200m vrije slag	series	2.	3:09.40	200	3:04.76	-	-	95%	-
25m vlinderslag	series	3.	19.56	187	18.58	-	-	90%	-
400m wisselslag	series	2.	7:37.08	183	7:24.63	-	-	95%	-
René Beetsma, 13-8-1969									2
50m rugslag	series	2.	32.26	326	32.50	-	-	101%	-
25m vlinderslag	series	1.	13.87	363	13.59	-	-	96%	-
400m wisselslag	series	1.	5:16.35	412	5:30.00	-	-	109%	-
Ijzpc									9
Anne Terlouw, 22-2-1990									3
25m schoolslag	series	2.	16.30	362	16.50	-	-	102%	-
100m vlinderslag	series	2.	1:08.95	346	1:12.00	-	-	109%	-
100m wisselslag	series	1.	1:09.81	382	1:12.00	-	-	106%	-
Aris Jan van Ek, 5-10-1961									-
50m vrije slag	series	3.	38.48	145	38.38	-	-	99%	-
200m vrije slag	series	6.	3:24.25	115	3:15.48	-	-	92%	-
100m wisselslag	series	7.	1:50.39	96	1:45.30	31-5-2015	-	91%	-

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Daatje de Wit, 14-1-1982								1
50m rugslag	series	4.	43.62	203	42.50		95%	
25m schoolslag	series	1.	19.72	313	19.00		93%	
100m wisselslag	series	5.	1:26.87	278	1:30.01	9-1-2016	107%	
Eveline Hacquebord, 14-5-1979								2
50m vrije slag	series	1.	30.79	430	31.15	9-1-2016	102%	
200m vrije slag	series	1.	2:36.28	356	2:38.54	21-2-2015	103%	
Jan Timmerman, 23-12-1957								-
25m schoolslag	series	2.	20.13	192	19.39	22-2-2015	93%	
25m vlinderslag	series	3.	20.01	121	18.89	21-2-2015	89%	
100m wisselslag	series	5.	1:37.63	139	1:34.80	25-1-2015	94%	
Jeroen Tebbens, 15-2-1976								-
50m vrije slag	series	10.	36.30	173	35.17		94%	
200m vrije slag	series	6.	3:22.25	118	3:09.58		88%	
25m schoolslag	series	3.	23.42	122	21.36		83%	
Klaas Landeweer, 15-11-1956								3
50m vrije slag	series	3.	36.40	172	38.00		109%	
50m rugslag	series	1.	46.96	105	48.00		104%	
100m wisselslag	series	3.	1:41.36	124	1:48.00		114%	
Rinke Nijland, 7-9-1979								-
50m vrije slag	series	5.	31.58	264	31.13		97%	
200m vrije slag	series	AFGEM	-	-	2:44.82		-	
100m wisselslag	series	AFGEM	-	-	1:21.79		-	
Rogier van Gent, 31-3-1980								-
200m vrije slag	series	AFGEM	-	-	2:40.77		-	
25m vlinderslag	series	AFGEM	-	-	13.82	19-12-2015	-	
400m wisselslag	series	AFGEM	-	-	6:35.00		-	
Sylvia Tetteroo, 23-2-1973								-
50m rugslag	series	6.	55.63	98	52.97	10-1-2015	91%	
25m schoolslag	series	2.	28.89	99	27.60	30-11-2014	91%	
25m vlinderslag	series	3.	24.57	94	23.22	21-2-2015	89%	
Isis								7
Brechtje de Jong, 8-6-1989								-
50m vrije slag	series	5.	46.85	122	44.08		89%	
25m schoolslag	series	6.	25.17	150	23.50		87%	
Harry Dijkstra, 29-3-1991								-
50m vrije slag	series	3.	27.59	395	26.72	29-3-2014	94%	
50m rugslag	series	2.	33.70	286	32.18		91%	
100m wisselslag	series	2.	1:13.37	329	1:10.21		92%	
Jeanette van Dijk, 7-9-1987								-
50m vrije slag	series	AFGEM	-	-	30.70	10-1-2015	-	
50m rugslag	series	AFGEM	-	-	36.36	10-1-2015	-	
Leo Zijlstra, 27-2-1990								3
50m vrije slag	series	7.	32.02	253	35.18		121%	
25m schoolslag	series	4.	19.37	215	19.62		103%	
25m vlinderslag	series	2.	15.91	240	17.66		123%	
Petra Zandstra, 12-1-1990								1
200m vrije slag	series	7.	2:51.65	268	2:55.69	14-11-2015	105%	
25m schoolslag	series	1.	19.20	339	18.92	30-11-2014	97%	
25m vlinderslag	series	5.	17.43	264	17.30	20-12-2014	99%	
Rene Knijpstra, 20-4-1988								2
50m vrije slag	series	5.	29.46	325	29.50	22-12-2015	100%	
100m vlinderslag	series	4.	1:21.19	212	1:24.00		107%	
100m wisselslag	series	4.	1:17.85	275	1:17.28	3-10-2015	99%	
René van Dijk, 3-4-1984								1
50m vrije slag	series	7.	29.16	335	28.83	22-12-2015	98%	
100m vlinderslag	series	4.	1:18.05	239	1:17.16		98%	
400m wisselslag	series	1.	5:54.87	292	6:18.84	20-12-2014	114%	
Rudy de Jong, 15-12-1983								-
200m vrije slag	series	AFGEM	-	-	2:36.37	21-2-2015	-	
25m vlinderslag	series	AFGEM	-	-	15.84	21-2-2015	-	
100m wisselslag	series	AFGEM	-	-	1:15.82	13-9-2014	-	
Tessa van Dijk, 19-1-1994								-
50m vrije slag	series	8.	39.29	206	38.35	21-2-2015	95%	
50m rugslag	series	9.	47.47	158	44.00		86%	
100m wisselslag	series	6.	1:45.54	155	1:41.08		92%	
Willem Maat, 24-4-1987								-
50m vrije slag	series	10.	34.07	210	30.55		80%	
50m rugslag	series	4.	46.66	107	39.40		71%	
MSV- Zeemacht								-
Annette van Dok, 19-3-1968								-
25m vlinderslag	series	4.	19.98	175	18.96	20-12-2014	90%	
100m vlinderslag	series	4.	1:42.33	151	1:40.51	7-12-2014	96%	
400m wisselslag	series	3.	7:14.25	214	7:07.18	19-12-2015	97%	

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Neptunia'24								1
Amarins Doevedans, 29-11-1978								-
50m rugslag	series	1.	36.31	353	35.90		98%	
100m wisselslag	series	2.	1:21.45	337	1:21.14		99%	
Jolanda Cossen, 30-10-1986								1
50m rugslag	series	1.	35.43	380	34.00		92%	
100m wisselslag	series	3.	1:18.39	378	1:21.15		107%	
Neptunus								-
Pieter Scharphorn, 20-12-1938								-
50m rugslag	series	1.	1:11.65	29	1:08.03	25-10-2015	90%	
25m schoolslag	series	1.	31.43	50	31.25	25-10-2015	99%	
25m vlinderslag	series	1.	35.61	21	34.73	19-12-2015	95%	
Noord Veluwe								2
Betsie Klompmaker-Mulder, 17-2-1959								2
200m vrije slag	series	4.	3:41.92	124	3:44.17	31-10-2015	102%	
50m rugslag	series	5.	1:06.08	58	1:00.26	20-12-2014	83%	
400m wisselslag	series	3.	9:57.48	82	11:00.00		122%	
Normerven								1
Matthijs Vergaai, 1-1-1983								1
50m vrije slag	series	3.	25.83	482	25.79		100%	
25m schoolslag	series	2.	15.80	397	16.13		104%	
25m vlinderslag	series	1.	14.26	334	13.74		93%	
Nova								2
Janine de Groot, 5-1-1995								2
50m vrije slag	series	1.	29.44	491	29.59	8-3-2014	101%	
50m rugslag	series	2.	34.18	423	33.44	22-1-2016	96%	
100m vlinderslag	series	2.	1:15.26	382	1:17.99	25-1-2015	107%	
Oceanus								6
Annette de Visser, 28-8-1971								-
50m vrije slag	series	3.	30.09	460	30.07		100%	
200m vrije slag	series	1.	2:22.74	467	2:22.64		100%	
400m wisselslag	series	1.	6:04.12	363	6:02.23		99%	
Laura Staal, 21-7-1967								-
50m vrije slag	series	AFGEM		-	33.00		-	
200m vrije slag	series	AFGEM		-	2:37.40		-	
100m vlinderslag	series	AFGEM		-	1:30.00		-	
Margriet Grove-Lingeman, 5-2-1962								3
50m vrije slag	series	4.	33.52	333	34.48		106%	
50m rugslag	series	1.	38.90	287	40.07		106%	
100m vlinderslag	series	1.	1:20.62	310	1:23.86		108%	
Ronald Grove, 7-2-1961								3
50m rugslag	series	2.	38.11	198	40.27		112%	
100m vlinderslag	series	2.	1:16.46	254	1:22.04		115%	
400m wisselslag	series	1.	5:48.75	307	5:54.09		103%	
Octopus								1
Han Boone, 1-12-1977								-
200m vrije slag	series	7.	2:43.94	222	2:40.00		95%	
25m vlinderslag	series	1.	14.92	292	14.00		88%	
Margriet Aan het Rot, 6-4-1986								-
50m rugslag	series	5.	43.85	200	42.22	19-6-2015	93%	
400m wisselslag	series	2.	6:34.83	285	6:32.04		99%	
Stefan van de Grift, 13-5-1987								1
50m rugslag	series	1.	33.66	287	33.14	23-1-2016	97%	
400m wisselslag	series	2.	5:35.16	346	5:40.00		103%	
Orca								6
Jorn Lubbinge, 28-8-1986								-
50m vrije slag	series	9.	30.50	293	29.02		91%	
50m rugslag	series	3.	37.03	216	36.11		95%	
Michiel Punter, 11-3-1984								-
50m vrije slag	series	1.	24.64	555	24.50		99%	
50m rugslag	series	1.	30.38	391	29.80		96%	
100m vlinderslag	series	3.	1:03.66	440	1:02.00		95%	
Nadiëh Kikstra, 11-2-1993								3
200m vrije slag	series	8.	2:51.64	268	2:59.16		109%	
100m vlinderslag	series	5.	1:38.97	167	1:42.36		107%	
100m wisselslag	series	5.	1:29.27	256	1:32.43	13-12-2015	107%	

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Pier van der Sluis, 15-12-1959								1
50m vrije slag	series	1.	33.07	229	33.00		100%	
25m vlinderslag	series	2.	17.55	179	19.50		123%	
100m wisselslag	series	3.	1:28.55	187	1:26.70		96%	
Robert Hoiting, 25-6-1980								2
50m vrije slag	series	2.	27.51	399	27.80		102%	
100m vlinderslag	series	2.	1:08.51	353	1:11.00		107%	
Psv								1
Mark Godwaldt, 24-8-1987								1
200m vrije slag	series	3.	2:25.05	321	2:21.90	23-1-2016	96%	
400m wisselslag	series	3.	6:08.72	260	6:15.00		103%	
Rob Hanou, 25-12-1943								-
50m vrije slag	series	1.	37.21	161	36.50		96%	
25m schoolslag	series	1.	19.60	208	18.99		94%	
100m wisselslag	series	1.	1:30.64	174	1:30.00		99%	
Scom								8
Hetty Smalheer, 18-2-1967								2
25m vlinderslag	series	2.	18.99	204	19.08	21-2-2015	101%	
100m vlinderslag	series	3.	1:40.54	160	1:38.15	25-10-2014	95%	
100m wisselslag	series	5.	1:32.22	232	1:33.45	25-10-2014	103%	
Jan Smalheer, 8-10-1964								3
25m vlinderslag	series	3.	17.02	196	17.36	21-2-2015	104%	
100m vlinderslag	series	4.	1:23.44	195	1:26.07	25-1-2015	106%	
100m wisselslag	series	3.	1:21.26	242	1:23.85	21-2-2015	106%	
Rebecca van Eeren, 11-10-1993								3
50m vrije slag	series	5.	33.38	337	33.50	28-3-2015	101%	
200m vrije slag	series	6.	2:39.77	333	2:44.13	22-11-2015	106%	
100m vlinderslag	series	3.	1:22.37	291	1:27.69	15-11-2015	113%	
SG Inktvis/De Pinquin								3
Heleen ten Have, 14-5-1994								2
50m vrije slag	series	4.	32.40	369	33.51		107%	
200m vrije slag	series	5.	2:39.51	334	2:42.05		103%	
50m rugslag	series	8.	39.63	271	39.53	10-5-2014	99%	
Margriet Pasma, 28-6-1955								1
400m wisselslag	series	1.	6:51.57	251	7:07.00		108%	
Steenwijk 1934								6
Casper Dollekamp, 14-9-1963								-
200m vrije slag	series	AFGEM	-	-	2:32.74	15-3-2014	-	
25m vlinderslag	series	AFGEM	-	-	17.12	13-12-2014	-	
100m wisselslag	series	AFGEM	-	-	1:19.48	21-2-2015	-	
Hans van Scheepen, 9-8-1962								2
50m vrije slag	series	14.	37.57	156	38.54	12-12-2015	105%	
25m schoolslag	series	5.	19.85	200	19.31	30-11-2014	95%	
100m wisselslag	series	5.	1:39.54	131	1:44.60	14-12-2014	110%	
Huyb Stegeman, 8-5-1967								-
25m schoolslag	series	5.	17.55	290	17.03	30-11-2014	94%	
25m vlinderslag	series	7.	16.36	221	15.67	12-12-2015	92%	
Ilse Blankvoort, 3-1-1992								-
200m vrije slag	series	7.	2:45.03	302	2:39.13	23-1-2016	93%	
100m wisselslag	series	4.	1:28.62	261	1:25.00		92%	
Inge Lolkema-Soeters, 24-9-1973								1
50m rugslag	series	5.	47.91	153	47.85	12-12-2015	100%	
25m vlinderslag	series	2.	21.15	148	20.48	19-12-2015	94%	
100m wisselslag	series	3.	1:39.15	187	1:39.31	9-1-2016	100%	
Lauren Vis, 21-12-1982								1
50m vrije slag	series	2.	24.67	553	24.55	9-1-2016	99%	
200m vrije slag	series	1.	2:03.04	526	2:04.11	21-2-2015	102%	
100m vlinderslag	series	2.	1:01.52	488	1:00.95	8-3-2014	98%	
Lonneke Oenema, 29-4-1991								1
200m vrije slag	series	4.	2:35.90	358	2:43.92	30-11-2014	111%	
25m schoolslag	series	2.	20.15	294	19.00		89%	
25m vlinderslag	series	2.	16.40	317	16.12	12-12-2015	97%	
Mike Koelewijn, 8-9-1993								-
50m vrije slag	series	1.	25.55	498	24.98	24-1-2015	96%	
25m vlinderslag	series	1.	13.91	360	13.71	20-12-2014	97%	
100m wisselslag	series	2.	1:06.20	448	1:05.41	21-2-2015	98%	
Rick Driezen, 28-5-1986								1
50m vrije slag	series	4.	26.12	466	25.87	22-2-2014	98%	
100m vlinderslag	series	1.	1:00.51	513	1:00.75	23-1-2016	101%	
100m wisselslag	series	1.	1:06.38	444	1:05.36	29-3-2014	97%	

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Riekie Schra, 16-3-1964								-
50m vrije slag	series	13.	59.47	59	52.10	18-5-2014	77%	
50m rugslag	series	7.	1:11.00	47	1:03.67	14-12-2014	80%	
25m schoolslag	series	6.	29.52	93	27.70	30-11-2014	88%	
Tara Keijzer, 21-11-1991								-
25m vlinderslag	series	3.	16.84	293	16.20		93%	
100m wisselslag	series	3.	1:25.93	287	1:23.50	14-3-2015	94%	
400m wisselslag	series	3.	7:28.59	194	6:45.00		82%	
Wilna Heijman, 3-5-1964								-
50m vrije slag	series	5.	33.98	319	32.83	15-3-2014	93%	
50m rugslag	series	2.	39.19	281	37.67	8-3-2014	92%	
100m vlinderslag	series	3.	1:26.39	252	1:24.83	8-3-2014	96%	
Swimcademy								-
Desiree van der Lem, 5-4-1968								-
50m vrije slag	series	AFGEM		-	31.03	25-5-2015	-	
25m schoolslag	series	AFGEM		-	17.83	30-11-2014	-	
100m wisselslag	series	AFGEM		-	1:21.09	9-6-2014	-	
Marcel van der Lem, 14-11-1965								-
50m vrije slag	series	AFGEM		-	27.71	25-1-2015	-	
25m schoolslag	series	AFGEM		-	15.51	25-10-2014	-	
100m wisselslag	series	AFGEM		-	1:12.03	25-1-2015	-	
Swol 1894								24
Annemarie Vuist, 15-1-1963								-
200m vrije slag	series	AFGEM		-	2:52.48		-	
50m rugslag	series	AFGEM		-	42.92		-	
400m wisselslag	series	AFGEM		-	6:20.12		-	
Annet Kootstra, 14-2-1971								2
200m vrije slag	series	4.	2:50.07	276	2:46.97	22-11-2015	96%	
100m wisselslag	series	4.	1:29.43	254	1:29.58		100%	
400m wisselslag	series	2.	6:43.10	267	6:44.16	19-12-2015	101%	
Babette Rens, 17-12-1978								-
200m vrije slag	series	2.	2:53.04	262	2:50.00		97%	
400m wisselslag	series	2.	6:51.52	251	6:45.00		97%	
Bea Swijnenberg, 3-2-1949								1
50m vrije slag	series	2.	38.30	223	38.53		101%	
50m rugslag	series	2.	48.73	146	47.25		94%	
Beau Rijpers, 1-1-1994								2
200m vrije slag	series	2.	2:17.93	518	2:20.13		103%	
100m vlinderslag	series	1.	1:14.85	388	1:15.93		103%	
Christien Nieuwenhuis, 17-5-1951								3
50m vrije slag	series	1.	32.63	361	33.00		102%	
200m vrije slag	series	1.	2:47.28	290	2:53.00		107%	
50m rugslag	series	1.	43.25	209	45.00		108%	
Erik Wetsteijn, 30-12-1965								2
50m vrije slag	series	3.	29.60	320	35.89	22-11-2015	147%	
25m vlinderslag	series	1.	14.44	322	13.71	20-12-2014	90%	
100m vlinderslag	series	3.	1:17.28	246	1:21.70	20-9-2015	112%	
Frank Verreij, 24-9-1969								-
50m vrije slag	series	AFGEM		-	28.57	9-1-2016	-	
100m wisselslag	series	AFGEM		-	1:13.00		-	
Henk Viering, 26-9-1966								1
50m vrije slag	series	17.	43.38	101	44.44		105%	
200m vrije slag	series	7.	3:21.90	119	3:15.42	25-10-2014	94%	
Jappie Kuiper, 30-4-1955								1
50m vrije slag	series	2.	32.48	242	32.52	9-1-2016	100%	
25m schoolslag	series	1.	21.02	168	19.75	25-10-2014	88%	
100m wisselslag	series	2.	1:34.13	155	1:31.13	21-2-2015	94%	
Johan Wezenberg, 25-10-1976								-
50m vrije slag	series	5.	29.13	336	28.50		96%	
100m wisselslag	series	4.	1:17.10	283	1:15.68	31-5-2015	96%	
Joke Burgers, 5-12-1960								1
25m schoolslag	series	3.	25.82	139	27.14	17-10-2015	110%	
100m wisselslag	series	2.	2:00.86	103	1:55.82	25-10-2014	92%	
Kasper van den Berghe, 9-7-1973								1
50m vrije slag	series	6.	29.24	332	28.61	15-3-2014	96%	
25m vlinderslag	series	2.	14.98	288	14.86	21-2-2015	98%	
100m vlinderslag	series	4.	1:12.61	296	1:12.82		101%	
Laura van den Berg, 1-1-1991								2
200m vrije slag	series	2.	2:22.56	469	2:28.11		108%	
100m vlinderslag	series	1.	1:07.19	536	1:09.03		106%	
Machiel Stolk, 29-9-1974								2
50m vrije slag	series	2.	27.40	404	27.01	10-1-2015	97%	
200m vrije slag	series	1.	2:18.26	371	2:22.89		107%	
100m vlinderslag	series	2.	1:08.37	355	1:10.20		105%	

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Mariska Hoekstra, 9-12-1975								1
50m vrije slag	series	4.	32.02	382	32.32	9-1-2016	102%	
100m wisselslag	series	2.	1:26.53	281	1:25.22	9-1-2016	97%	
Marjan Spoelstra, 10-9-1960								-
50m vrije slag	series	4.	39.55	202	39.37		99%	
25m vlinderslag	series	4.	21.68	137	20.59	21-2-2015	90%	
100m vlinderslag	series	3.	1:50.51	120	1:47.65	21-2-2015	95%	
Mathilde Vink, 12-12-1958								1
50m vrije slag	series	2.	36.86	250	37.00		101%	
50m rugslag	series	2.	42.79	215	39.52		85%	
Michael van Bekkum, 5-6-1972								1
50m vrije slag	series	3.	27.86	384	27.88	25-5-2014	100%	
25m schoolslag	series	1.	16.41	355	16.10	25-10-2014	96%	
25m vlinderslag	series	1.	14.54	315	14.24	20-12-2014	96%	
Nienke Nieuwenhuis, 25-8-1981								2
50m vrije slag	series	4.	32.55	363	32.79		101%	
25m schoolslag	series	2.	21.16	253	21.45		103%	
25m vlinderslag	series	2.	17.46	263	17.00		95%	
Peter Lommert, 5-7-1979								1
25m schoolslag	series	1.	18.32	255	18.00		97%	
25m vlinderslag	series	2.	15.24	274	15.00		97%	
100m vlinderslag	series	4.	1:33.62	138	1:35.00		103%	
Prynta Hoekstra, 19-12-1984								-
50m vrije slag	series	AFGEM		-	32.84		-	
100m wisselslag	series	AFGEM		-	1:24.28		-	
Triton								8
Angela Koekkoek, 18-7-1979								-
50m vrije slag	series	AFGEM		-	29.03	24-1-2016	-	
50m rugslag	series	AFGEM		-	36.36	9-1-2016	-	
100m vlinderslag	series	AFGEM		-	1:18.00		-	
Caroline Schreuder, 19-7-1967								1
50m vrije slag	series	4.	31.05	419	31.45	29-3-2015	103%	
200m vrije slag	series	2.	2:37.28	349	2:35.81	16-11-2014	98%	
25m schoolslag	series	2.	19.54	322	19.17	25-10-2014	96%	
Ellen Parma, 18-5-1962								-
50m vrije slag	series	11.	37.62	235	37.10	9-1-2016	97%	
25m vlinderslag	series	3.	19.78	181	19.11	20-12-2014	93%	
100m wisselslag	series	4.	1:37.54	196	1:36.90	25-5-2014	99%	
Francine Sommer, 3-10-1962								1
50m vrije slag	series	3.	33.27	340	32.67	24-1-2016	96%	
200m vrije slag	series	2.	2:42.76	315	2:45.51	16-11-2014	103%	
25m vlinderslag	series	2.	19.11	200	18.99	19-12-2015	99%	
Jennifer Go, 18-5-1984								-
50m rugslag	series	2.	40.82	248	40.00		96%	
25m schoolslag	series	2.	20.59	275	19.50	30-11-2014	90%	
25m vlinderslag	series	1.	18.51	220	17.07	20-12-2014	85%	
Lambert Morsink, 6-5-1965								-
50m vrije slag	series	6.	30.78	285	29.82	15-3-2014	94%	
200m vrije slag	series	3.	2:52.06	192	2:49.00		96%	
25m schoolslag	series	3.	19.05	226	18.60	30-11-2014	95%	
Margot Tijnagel, 2-12-1988								2
100m vlinderslag	series	6.	1:24.08	273	1:26.75	11-4-2014	106%	
100m wisselslag	series	2.	1:20.02	355	1:20.18	9-1-2016	100%	
Paul Bunnik, 28-7-1956								2
100m vlinderslag	series	1.	1:18.61	233	1:19.63	23-1-2016	103%	
100m wisselslag	series	1.	1:16.34	292	1:14.79	17-10-2015	96%	
400m wisselslag	series	1.	6:11.21	255	6:13.61	24-1-2016	101%	
Tim Bunnik, 1-4-1990								2
25m schoolslag	series	1.	14.91	473	15.64	21-2-2015	110%	
25m vlinderslag	series	1.	13.38	405	12.73	14-12-2014	91%	
400m wisselslag	series	1.	4:56.46	501	4:56.87	24-1-2016	100%	
TriVia								2
Arnoud van Royen, 16-7-1972								-
50m vrije slag	series	9.	34.99	194	31.95		83%	
Emmy in 't Veldt, 29-11-1966								-
50m vrije slag	series	2.	32.18	376	32.13		100%	
200m vrije slag	series	1.	2:41.02	325	2:37.33		95%	
100m wisselslag	series	2.	1:26.91	277	1:23.86		93%	
Fred Zanting, 26-3-1954								1
50m vrije slag	series	1.	32.43	243	32.00		97%	
25m vlinderslag	series	1.	15.45	263	15.00		94%	
100m vlinderslag	series	3.	1:34.91	132	1:35.00		100%	

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Hannie Poletiek, 31-10-1959								-
50m vrije slag	series	3.	38.77	215	36.50		89%	
50m rugslag	series	3.	45.35	181	42.00		86%	
400m wisselslag	series	1.	7:21.92	203	7:00.00		90%	
Mark Brinkhuis, 11-7-1983								1
200m vrije slag	series	2.	2:43.40	224	2:40.83		97%	
100m vlinderslag	series	5.	1:24.12	190	1:24.31		100%	
400m wisselslag	series	2.	6:36.98	208	6:16.14		90%	
Theo Bakker, 18-11-1964								-
50m vrije slag	series	2.	29.34	329	28.50		94%	
25m schoolslag	series	1.	16.86	327	15.50		85%	
100m vlinderslag	series	2.	1:16.80	250	1:14.72		95%	
Uzsc								5
Charlotte Groeneveld, 20-3-1987								1
400m wisselslag	series	1.	5:30.79	484	5:45.00		109%	
Greg Barwell, 31-8-1968								3
50m vrije slag	series	5.	28.84	346	32.00		123%	
200m vrije slag	series	2.	2:23.56	331	2:30.00		109%	
100m wisselslag	series	3.	1:16.67	288	1:20.00		109%	
Jan Lindenaar, 24-4-1967								1
200m vrije slag	series	1.	2:20.21	355	2:28.00	27-9-2014	111%	
25m schoolslag	series	6.	18.31	255	18.30		100%	
25m vlinderslag	series	3.	15.14	279	15.00		98%	
Wetterwille								-
WS Twente								23
Antoinette Gilding-Tussaud, 19-5-1950								2
200m vrije slag	series	2.	3:49.30	112	4:00.36	27-9-2014	110%	
100m vlinderslag	series	1.	2:12.67	69	2:06.49	25-1-2015	91%	
100m wisselslag	series	1.	1:51.98	129	1:53.40	31-5-2015	103%	
Ard Bols, 26-10-1982								3
50m vrije slag	series	8.	29.56	321	33.00		125%	
25m schoolslag	series	4.	16.89	325	22.00		170%	
100m wisselslag	series	4.	1:17.14	283	1:28.00		130%	
Herbert Katgert, 26-12-1959								3
200m vrije slag	series	3.	2:59.24	170	3:02.97	15-3-2014	104%	
25m schoolslag	series	3.	21.27	163	21.69		104%	
100m vlinderslag	series	4.	1:49.24	87	1:50.00		101%	
Jack Barends, 22-10-1962								2
50m vrije slag	series	9.	32.25	247	32.67	29-11-2015	103%	
200m vrije slag	series	2.	2:42.56	228	2:44.32	21-2-2015	102%	
Janneke Wynia, 26-6-1990								1
25m vlinderslag	series	6.	18.18	233	19.06	21-2-2015	110%	
100m wisselslag	series	5.	1:29.45	254	1:28.85	12-4-2015	99%	
Jorien Doets, 17-4-1986								3
50m vrije slag	series	1.	30.05	462	33.00		121%	
200m vrije slag	series	1.	2:23.37	461	2:45.00		132%	
100m wisselslag	series	1.	1:15.94	416	1:24.00		122%	
Marcel Reefhuis, 18-10-1981								2
200m vrije slag	series	2.	2:09.05	456	2:09.25	23-1-2016	100%	
50m rugslag	series	1.	31.63	346	31.82	22-1-2016	101%	
100m vlinderslag	series	3.	1:09.69	335	1:08.69	7-3-2015	97%	
Marijke Kraak-Beckers, 10-12-1960								2
25m vlinderslag	series	1.	17.35	268	17.87	21-2-2015	106%	
100m vlinderslag	series	1.	1:25.24	262	1:29.34	25-10-2014	110%	
100m wisselslag	series	1.	1:26.58	280	1:26.34	21-2-2015	99%	
Marion Broekhuis, 20-4-1968								1
200m vrije slag	series	3.	2:42.09	319	2:40.27	23-1-2016	98%	
25m schoolslag	series	4.	21.29	249	21.37	30-11-2014	101%	
25m vlinderslag	series	3.	19.22	197	19.02	21-2-2015	98%	
Marloes Rebel, 30-4-1984								-
50m vrije slag	series	4.	38.79	215	38.60	15-3-2015	99%	
100m wisselslag	series	6.	1:40.20	181	1:39.05	17-10-2015	98%	
400m wisselslag	series	3.	7:53.88	164	7:36.40	20-12-2014	93%	
Michiel Beemster, 28-10-1980								-
50m vrije slag	series	1.	26.00	473	25.26	8-3-2014	94%	
200m vrije slag	series	1.	2:04.55	507	2:04.37	14-2-2015	100%	
Patrick Roozeboom, 25-4-1977								2
200m vrije slag	series	5.	2:22.30	340	2:25.00		104%	
100m vlinderslag	series	1.	1:07.64	367	1:12.00		113%	
Paulien Schokker, 4-11-1983								2
100m vlinderslag	series	2.	1:26.88	248	1:28.07	14-2-2015	103%	
100m wisselslag	series	4.	1:19.97	356	1:20.85	12-4-2015	102%	

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Peter ten Dam, 21-1-1962									-
400m wisselslag	series	AFGEM		-	6:45.00				-
WZ&PC Purmerend									
Esther Mijnen, 28-9-1969									7
50m vrije slag	series	5.	32.40	369	34.40			113%	1
25m schoolslag	series	1.	19.03	349	18.54			95%	
100m wisselslag	series	2.	1:26.17	284	1:25.65	26-10-2014		99%	
Gabrielle Waldram, 19-1-1966									1
50m vrije slag	series	12.	42.03	169	41.05	20-9-2015		95%	
50m rugslag	series	6.	53.57	110	52.83	24-1-2015		97%	
25m schoolslag	series	4.	23.54	184	23.68	25-10-2014		101%	
Jeffrey Appel, 6-3-1992									-
200m vrije slag	series	1.	2:01.05	553	1:58.70	9-3-2014		96%	
100m wisselslag	series	1.	1:00.12	598	58.65	30-12-2015		95%	
400m wisselslag	series	1.	4:54.80	509	4:47.20			95%	
Jeroen v.d. Linden, 9-8-1966									-
50m vrije slag	series	10.	32.33	246	31.34	25-1-2015		94%	
25m schoolslag	series	6.	19.92	198	18.70	22-11-2015		88%	
100m wisselslag	series	4.	1:26.33	202	1:24.30	9-1-2016		95%	
Kimberly Mijnen, 17-8-1995									1
50m rugslag	series	1.	32.36	499	32.20	19-4-2014		99%	
25m vlinderslag	series	1.	14.32	477	15.20			113%	
400m wisselslag	series	1.	5:28.60	494	5:26.64	19-12-2015		99%	
Marcha Kemp, 28-7-1995									2
50m rugslag	series	4.	35.95	364	36.58			104%	
25m schoolslag	series	1.	16.61	525	25.02			227%	
Monique Tuijp, 28-1-1969									-
50m vrije slag	series	1.	28.02	570	27.69	9-3-2014		98%	
50m rugslag	series	1.	35.39	381	33.93	24-1-2015		92%	
100m wisselslag	series	1.	1:15.22	428	1:14.31	25-1-2015		98%	
Nathalie van Velzen, 11-12-1985									1
100m vlinderslag	series	1.	1:14.56	392	1:14.33	20-9-2015		99%	
100m wisselslag	series	2.	1:18.05	383	1:19.21			103%	
Pieter Schillemans, 15-12-1946									1
25m schoolslag	series	2.	24.58	105	35.00			203%	
Wendy v.d. Linden, 16-1-1973									-
25m schoolslag	series	1.	23.05	196	22.74	22-11-2015		97%	
25m vlinderslag	series	1.	20.01	174	19.58	20-12-2014		96%	
100m wisselslag	series	4.	1:43.04	166	1:40.43	25-1-2015		95%	
Z&PC Triton Putten									
Carola Jacobs, 24-5-1985									-
200m vrije slag	series	AFGEM		-	3:01.48	28-3-2015		-	
400m wisselslag	series	AFGEM		-	7:40.00			-	
Hans Stoffers, 9-5-1996									1
200m vrije slag	series	2.	2:15.88	391	2:12.22	23-1-2016		95%	
25m vlinderslag	series	2.	14.16	341	19.13			183%	
100m vlinderslag	series	1.	1:13.95	281	1:09.29	31-10-2015		88%	
ZC Polaris									
Gerrie de Hoop, 14-5-1964									1
50m vrije slag	series	13.	37.19	161	39.50			113%	1
Karin Schulte, 30-8-1971									-
50m vrije slag	series	7.	38.27	223	37.50			96%	
Zcnf34									
Eddy Bergsma, 9-12-1976									-
50m vrije slag	series	11.	39.16	138	36.47	21-2-2015		87%	
50m rugslag	series	1.	47.11	104	45.33	21-2-2015		93%	
Gea Kuiper, 2-12-1961									-
50m vrije slag	series	5.	45.38	134	42.10			86%	
200m vrije slag	series	3.	3:38.76	129	3:30.56			93%	
25m vlinderslag	series	5.	24.77	92	24.47			98%	
Helga Goettsch, 18-9-1979									2
50m vrije slag	series	8.	36.29	262	35.82	21-2-2015		97%	
25m schoolslag	series	1.	20.54	277	21.92			114%	
100m wisselslag	series	5.	1:32.13	233	1:35.19	21-2-2015		107%	
Marius Ros, 17-1-1959									-
200m vrije slag	series	1.	2:29.44	294	2:24.88			94%	
100m wisselslag	series	4.	1:30.28	176	1:19.86			78%	
400m wisselslag	series	2.	6:37.46	208	5:57.16			81%	
Mariët Karbet, 18-10-1974									-
50m vrije slag	series	6.	38.76	215	35.16			82%	
50m rugslag	series	4.	45.71	177	42.38			86%	

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Marty Krans-de Weerd, 10-2-1975								-
50m vrije slag	series	2.	29.23	502	29.19	25-1-2015	100%	
200m vrije slag	series	2.	2:28.41	415	2:23.33	23-1-2015	93%	
100m wisselslag	series	1.	1:17.72	388	1:17.57	25-5-2014	100%	
Miranda Bijzitter, 27-12-1990								-
50m rugslag	series	1.	38.61	293	35.54		85%	
100m vlinderslag	series	7.	1:27.83	240	1:22.91		89%	
Petra v.d. Steeg, 27-7-1961								1
50m vrije slag	series	7.	50.30	98	50.02		99%	
25m schoolslag	series	1.	23.18	193	25.10		117%	
25m vlinderslag	series	AFGEM		-	32.76		-	
Roelof-Geert Hoogenkamp, 16-4-1969								-
50m vrije slag	series	8.	35.11	192	34.58	21-2-2015	97%	
100m wisselslag	series	7.	1:30.70	174	1:29.94	21-2-2015	98%	
ZCNF'34 AFC (SG)								-
Zignea								-
Anoeschka Kroezen, 28-3-1990								-
50m vrije slag	series	AFGEM		-	33.67	15-3-2014	-	
200m vrije slag	series	AFGEM		-	3:08.10		-	
100m wisselslag	series	AFGEM		-	1:36.20		-	
Heiner Stevens, 28-3-1972								-
200m vrije slag	series	4.	2:27.34	306	2:21.12	21-2-2015	92%	
100m vlinderslag	series	1.	1:08.18	358	1:08.00	25-1-2015	99%	
100m wisselslag	series	1.	1:11.92	349	1:10.79	31-5-2015	97%	
John Dam, 16-9-1960								-
25m schoolslag	series	1.	20.08	193	18.99	17-10-2015	89%	
25m vlinderslag	series	1.	17.11	193	16.43	19-12-2015	92%	
100m wisselslag	series	2.	1:25.87	205	1:23.00	21-2-2015	93%	
Miranda Keijl, 29-8-1965								-
50m vrije slag	series	7.	35.16	288	33.87	10-1-2015	93%	
25m vlinderslag	series	1.	18.13	235	17.97	19-12-2015	98%	
100m wisselslag	series	3.	1:34.51	215	1:32.67	25-5-2014	96%	
Miranda Straetemans, 24-9-1974								-
50m vrije slag	series	5.	33.86	323	33.36	31-5-2014	97%	
50m rugslag	series	3.	42.85	214	41.71	31-5-2014	95%	
400m wisselslag	series	2.	6:35.34	283	6:31.11	21-2-2015	98%	
Zpc Amersfoort								9
Friderika Kerekes, 29-4-1965								3
50m vrije slag	series	8.	35.97	269	36.95	9-1-2016	106%	
50m rugslag	series	4.	47.73	155	50.05	22-11-2015	110%	
100m vlinderslag	series	4.	1:40.96	158	1:46.81	21-2-2015	112%	
Loekie v. Huissteden, 20-5-1945								1
50m vrije slag	series	2.	48.14	112	46.68	21-2-2015	94%	
50m rugslag	series	1.	56.96	91	58.09	20-9-2015	104%	
100m wisselslag	series	1.	2:13.39	76	2:09.19		94%	
Machteld Stiling, 8-2-1966								3
50m vrije slag	series	9.	37.27	242	37.47	9-1-2016	101%	
25m schoolslag	series	3.	21.68	236	23.45		117%	
100m wisselslag	series	5.	1:37.60	196	1:51.30		130%	
Martijn van Ginkel, 16-11-1979								2
50m vrije slag	series	7.	37.03	163	38.00		105%	
25m schoolslag	series	3.	20.53	181	20.00		95%	
25m vlinderslag	series	4.	22.19	88	23.00		107%	
zpc Stadskanaal								6
Anuschka Glazema-Boelema, 6-12-1977								2
50m vrije slag	series	3.	32.26	373	32.87		104%	
100m vlinderslag	series	1.	1:23.45	280	1:21.14		95%	
100m wisselslag	series	3.	1:22.51	324	1:23.70		103%	
Erik Veltman, 19-3-1972								1
50m vrije slag	series	7.	30.18	302	31.00		106%	
100m vlinderslag	series	6.	1:16.37	255	1:16.00		99%	
100m wisselslag	series	5.	1:20.16	252	1:19.50		98%	
Monique Boets, 6-1-1976								3
50m vrije slag	series	1.	28.87	521	29.51		104%	
50m rugslag	series	1.	33.98	431	34.25		102%	
100m vlinderslag	series	1.	1:14.75	389	1:16.01		103%	
Zuiderzeezwemmers								8
Adri Pasman, 23-2-1964								1
50m vrije slag	series	11.	35.00	193	36.67	14-2-2015	110%	
100m wisselslag	series	7.	1:40.33	128	1:31.28		83%	

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Arwin Stoop, 25-5-1993								1
50m vrije slag	series	2.	27.87	384	27.49	25-4-2015	97%	
25m schoolslag	series	1.	15.27	440	15.59		104%	
100m wisselslag	series	3.	1:09.49	387	1:09.28		99%	
Bert Veerkamp, 19-5-1952								-
50m vrije slag	series	4.	1:00.04	38	54.64	10-1-2015	83%	
25m schoolslag	series	2.	27.11	78	26.26		94%	
25m vlinderslag	series	2.	37.04	19	30.43		67%	
Ferdy van Savoyen, 19-2-1986								2
50m vrije slag	series	6.	28.96	342	29.67		105%	
50m rugslag	series	4.	37.65	205	37.66		100%	
100m wisselslag	series	5.	1:19.55	258	1:17.71		95%	
Gerko Versluis, 26-8-1969								2
50m rugslag	series	3.	39.60	176	41.60	25-4-2015	110%	
25m schoolslag	series	4.	17.35	300	16.80		94%	
400m wisselslag	series	2.	6:08.26	261	6:12.44	28-2-2015	102%	
Leonie Nijenhuis, 3-3-1992								1
50m vrije slag	series	2.	30.63	436	33.20	14-2-2015	117%	
25m schoolslag	series	2.	17.06	484	16.80		97%	
Remco Veerkamp, 18-10-1981								1
50m vrije slag	series	6.	34.80	197	33.37	25-1-2015	92%	
50m rugslag	series	3.	42.80	139	43.87		105%	
400m wisselslag	series	1.	7:01.39	174	6:40.00		90%	
Rosemarie Veerkamp, 15-1-1987								-
200m vrije slag	series	8.	3:05.06	214	3:04.66		100%	
25m schoolslag	series	3.	21.52	241	21.10		96%	
100m wisselslag	series	7.	1:34.04	219	1:33.22		98%	
ZV De Bron								4
Adrie Oostendorp-De Beer, 22-1-1949								1
50m vrije slag	series	3.	1:05.21	45	1:07.26	9-1-2016	106%	
25m schoolslag	series	1.	33.91	61	33.13	22-11-2015	95%	
Henk Oostendorp, 15-8-1948								1
50m vrije slag	series	2.	44.76	92	44.03	9-1-2016	97%	
200m vrije slag	series	3.	3:42.70	88	3:45.74	22-11-2015	103%	
25m schoolslag	series	1.	24.49	106	24.06	21-2-2015	97%	
Kristel Lips, 24-4-1979								-
50m vrije slag	series	6.	33.52	333	33.46	29-3-2014	100%	
100m vlinderslag	series	2.	1:25.40	261	1:23.32		95%	
100m wisselslag	series	4.	1:23.26	315	1:20.82		94%	
Perry Dekker, 29-9-1962								1
50m vrije slag	series	15.	37.60	156	36.94	10-1-2015	97%	
200m vrije slag	series	6.	3:19.22	124	3:20.08	25-10-2014	101%	
Remona Dekker, 27-1-1966								1
50m vrije slag	series	10.	37.51	237	37.74	26-9-2015	101%	
200m vrije slag	series	4.	3:16.88	178	3:13.57	22-11-2015	97%	
25m schoolslag	series	1.	20.41	282	20.14	25-10-2014	97%	
ZV De Zaan								3
Jeanette Ghatas, 27-9-1963								2
200m vrije slag	series	3.	3:08.49	203	3:06.86	22-11-2015	98%	
25m vlinderslag	series	5.	22.46	123	23.00		105%	
100m vlinderslag	series	5.	1:45.03	140	1:48.63	21-2-2015	107%	
Rob Hartog, 14-2-1958								1
50m vrije slag	series	2.	34.38	204	34.21	26-9-2015	99%	
200m vrije slag	series	2.	2:52.76	190	2:53.33	26-9-2015	101%	
ZV ZZG De Boskickers								3
Carmen Haan, 7-3-1979								3
50m rugslag	series	2.	36.66	343	37.57	10-1-2015	105%	
100m wisselslag	series	1.	1:21.16	340	1:25.31	25-5-2014	110%	
400m wisselslag	series	1.	6:27.23	302	6:47.04	24-1-2015	110%	
Danny Vochteloo, 24-7-1992								-
200m vrije slag	series	AFGEM	-	-	2:48.44	8-11-2014	-	
25m vlinderslag	series	AFGEM	-	-	18.98	22-6-2014	-	
400m wisselslag	series	AFGEM	-	-	7:20.51		-	
ZVZwartsluis								1
Desiree Kampherbeek, 14-4-1994								-
25m vlinderslag	series	AFGEM	-	-	26.00		-	
100m wisselslag	series	AFGEM	-	-	1:36.00		-	
Getrude Corporaal, 26-2-1992								-
200m vrije slag	series	4.	2:37.38	348	2:24.81	23-1-2015	85%	
100m wisselslag	series	2.	1:19.97	356	1:17.60	21-2-2015	94%	

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Monica Bakker, 30-1-1956								1
200m vrije slag	series	1.	2:53.46	260	2:54.61	25-5-2014	101%	
100m wisselslag	series	1.	1:31.10	241	1:30.51	25-10-2014	99%	
Zwemteam ISIS-DZ&PC (SG)								-
Zwemvereniging Hoogland								4
Fabienne Jeukens, 26-11-1984								-
50m vrije slag	series	2.	35.33	284	34.72	1-6-2014	97%	
50m rugslag	series	3.	41.71	233	41.20	8-3-2014	98%	
Jos Kamps, 4-1-1951								3
200m vrije slag	series	1.	2:56.41	178	2:56.42	21-2-2015	100%	
100m vlinderslag	series	1.	1:47.70	90	1:48.60	20-12-2014	102%	
400m wisselslag	series	1.	7:59.31	118	8:05.03	19-12-2015	102%	
Paul de Boer, 15-7-1968								1
50m vrije slag	series	4.	28.71	351	29.29	18-10-2015	104%	
25m schoolslag	series	2.	16.47	351	16.15	25-10-2014	96%	
25m vlinderslag	series	5.	15.40	265	14.51	20-12-2014	89%	
Wesley Determann, 30-4-1988								-
50m vrije slag	series	8.	32.32	246	31.33	31-10-2015	94%	
200m vrije slag	series	6.	2:41.59	232	2:36.34	14-11-2015	94%	
25m schoolslag	series	5.	19.45	213	18.79	21-2-2015	93%	