



Clubkampioenschappen 2019-2020
Heerenveen, 19-1-2020

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Avéna								-
De Bevelanders								-
Charlotte Duine, 21-10-2007								-
50m vrije slag	series	6.	32.40	-	31.89	24-11-2019	97%	
50m rugslag	series	7.	36.83	-	36.62	17-11-2019	99%	
50m schoolslag	series	9.	44.11	-	43.99	23-11-2019	99%	
50m vlinderslag	series	9.	38.45	-	NT		-	
De Lansingh								-
HZ&PC Heerenveen								164
Alissa van Lingen, 27-4-2006								-
50m vrije slag	series	AFGEM		-	NT		-	
50m rugslag	series	AFGEM		-	NT		-	
50m schoolslag	series	AFGEM		-	NT		-	
25m vlinderslag	series	AFGEM		-	NT		-	
Amarinske Meijer, 25-11-2006								-
50m vrije slag	series	10.	33.22	-	30.38	17-3-2019	84%	
50m rugslag	series	9.	38.25	-	36.32	28-4-2019	90%	
50m schoolslag	series	8.	43.81	-	42.58	22-9-2018	94%	
50m vlinderslag	series	4.	34.40	-	34.03	18-11-2018	98%	
Amber Boomsma, 8-2-2004								4
50m vrije slag	series	2.	30.41	-	30.86	12-10-2019	103%	
50m rugslag	series	6.	36.15	-	37.22	5-1-2019	106%	
50m schoolslag	series	3.	39.50	-	39.66	12-10-2019	101%	
50m vlinderslag	series	1.	33.27	-	33.59	28-4-2019	102%	
Amber Tiesinga, 17-9-2006								-
50m vrije slag	series	5.	32.23	-	30.69	19-10-2019	91%	
50m rugslag	series	8.	36.96	-	36.12	3-11-2019	96%	
50m schoolslag	series	3.	40.31	-	38.38	20-10-2019	91%	
50m vlinderslag	series	6.	35.46	-	33.11	3-11-2019	87%	
Aniek Vuist, 31-8-2006								2
50m vrije slag	series	1.	29.35	-	28.70	7-12-2019	96%	
50m rugslag	series	4.	35.54	-	36.76	9-11-2019	107%	
50m schoolslag	series	4.	41.81	-	43.33	2-2-2019	107%	
50m vlinderslag	series	5.	35.20	-	34.53	12-10-2019	96%	
Anna van Eeken, 7-6-2004								4
50m vrije slag	series	6.	31.45	-	32.08	19-10-2019	104%	
50m rugslag	series	7.	36.67	-	36.77	27-10-2019	101%	
50m schoolslag	series	2.	38.33	-	39.48	27-10-2019	106%	
50m vlinderslag	series	6.	36.83	-	38.14	27-10-2019	107%	
Anne de Jonge, 15-11-2006								3
50m vrije slag	series	14.	38.63	-	38.96	30-11-2019	102%	
50m rugslag	series	14.	46.19	-	46.14	30-11-2019	100%	
50m schoolslag	series	14.	50.57	-	50.71	5-10-2019	101%	
50m vlinderslag	series	14.	50.11	-	52.98	5-1-2019	112%	
Anouk Hoekstra, 10-2-2004								-
50m vrije slag	series	9.	35.01	-	33.46	21-9-2019	91%	
50m rugslag	series	9.	42.21	-	41.87	21-9-2019	98%	
50m schoolslag	series	9.	46.11	-	44.33	9-3-2019	92%	
50m vlinderslag	series	8.	41.58	-	40.43	24-2-2019	95%	
Ansaar Raouj, 1-7-2011								-
25m vrije slag	series	6.	31.08	-	NT		-	
25m rugslag	series	6.	30.31	-	NT		-	
50m schoolslag	series	8.	1:10.09	-	NT		-	
Bart Langenberg, 16-12-2004								4
50m vrije slag	series	8.	32.62	-	37.06	5-1-2019	129%	
50m rugslag	series	7.	40.03	-	44.53	28-1-2018	124%	
50m schoolslag	series	6.	43.77	-	48.45	17-3-2019	123%	
50m vlinderslag	series	7.	40.97	-	42.66	5-1-2019	108%	
Bert Jonker, 30-5-1966								-
50m vrije slag	series	AFGEM		-	27.69	26-5-2002	-	
50m rugslag	series	AFGEM		-	33.19	5-2-2011	-	
50m schoolslag	series	AFGEM		-	40.32	30-11-2002	-	
50m vlinderslag	series	AFGEM		-	31.41	30-11-2002	-	
Borre Tichelaar, 10-6-2007								4
50m vrije slag	series	10.	34.11	-	36.48	2-6-2019	114%	
50m rugslag	series	10.	41.80	-	42.25	5-1-2019	102%	
50m schoolslag	series	7.	44.86	-	47.07	12-10-2019	110%	
50m vlinderslag	series	6.	40.02	-	40.36	12-10-2019	102%	



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Cas Jonker, 25-1-2009								-
50m vrije slag	series	AFGEM	-	54.75	9-11-2019	-	-	
50m rugslag	series	AFGEM	-	NT		-	-	
50m schoolslag	series	AFGEM	-	NT		-	-	
50m vlinderslag	series	AFGEM	-	1:03.45	9-11-2019	-	-	
Chantal Tiesinga, 31-10-2003								1
50m vrije slag	series	6.	30.09	-	29.42	16-11-2019	96%	
50m rugslag	series	4.	33.83	-	33.63	30-12-2018	99%	
50m schoolslag	series	3.	38.98	-	39.39	1-4-2017	102%	
50m vlinderslag	series	4.	32.41	-	32.27	18-11-2018	99%	
100m wisselslag	series	6.	1:13.37	-	NT		-	
Charley Zethoven, 21-12-2005								1
50m vrije slag	series	1.	29.58	-	29.00	30-6-2019	96%	
50m rugslag	series	5.	36.07	-	34.50	30-6-2019	91%	
50m schoolslag	series	4.	42.21	-	42.66	5-1-2019	102%	
50m vlinderslag	series	3.	33.61	-	33.00	8-12-2018	96%	
Daniëlle de Boer, 3-12-1994								2
50m vrije slag	series	1.	29.01	-	28.82	18-11-2018	99%	
50m rugslag	series	1.	31.80	-	31.75	5-1-2019	100%	
50m schoolslag	series	1.	36.38	-	36.75	27-10-2018	102%	
50m vlinderslag	series	2.	32.27	-	32.36	16-1-2016	101%	
100m wisselslag	series	3.	1:09.78	-	NT		-	
Danne-Bo Eghuizen, 9-8-2011								3
25m vrije slag	series	5.	25.14	-	26.69	21-9-2019	113%	
25m rugslag	series	4.	26.01	-	32.04	24-2-2019	152%	
50m schoolslag	series	6.	1:17.38	-	1:27.13	5-1-2019	127%	
Dennis Bos, 27-8-1992								-
50m vrije slag	series	3.	26.55	-	24.14	5-11-2016	83%	
50m rugslag	series	2.	29.11	-	27.53	15-10-2016	89%	
50m schoolslag	series	1.	29.68	-	29.01	9-6-2019	96%	
50m vlinderslag	series	1.	26.62	-	25.74	18-1-2014	93%	
Emma Cimic, 7-5-2013								-
25m vrije slag	series	1.	32.86	-	NT		-	
25m rugslag	series	1.	28.46	-	NT		-	
50m schoolslag	series	1.	1:14.99	-	NT		-	
Fardau Loots, 4-3-2013								-
25m vrije slag	series	4.	45.66	-	NT		-	
25m rugslag	series	4.	42.09	-	NT		-	
50m schoolslag	series	3.	1:38.30	-	NT		-	
Femke Kramp, 5-2-2012								-
25m vrije slag	series	3.	41.87	-	NT		-	
25m rugslag	series	3.	37.08	-	NT		-	
50m schoolslag	series	4.	1:46.28	-	NT		-	
Femke Smilde, 11-8-2008								3
50m vrije slag	series	1.	33.79	-	33.44	16-11-2019	98%	
50m rugslag	series	2.	38.68	-	40.42	2-11-2019	109%	
50m schoolslag	series	1.	44.33	-	45.28	3-11-2019	104%	
50m vlinderslag	series	2.	39.28	-	44.03	12-10-2019	126%	
Fenne de Jong, 21-11-2008								-
50m vrije slag	series	5.	38.54	358	37.40	7-12-2019	94%	
50m rugslag	series	3.	44.29	366	43.40	7-12-2019	96%	
50m schoolslag	series	6.	52.93	264	49.71	17-11-2019	88%	
50m vlinderslag	series	4.	49.62	187	NT		-	
Finn Eghuizen, 24-12-2009								3
50m vrije slag	series	4.	37.75	-	39.97	14-12-2019	112%	
50m rugslag	series	3.	43.29	-	46.19	30-11-2019	114%	
50m schoolslag	series	5.	54.88	-	54.58	30-11-2019	99%	
50m vlinderslag	series	3.	50.06	-	54.97	2-6-2019	121%	
Floortje van der Velde, 19-8-2005								4
50m vrije slag	series	8.	34.24	-	35.23	28-1-2018	106%	
50m rugslag	series	8.	39.40	-	40.36	28-1-2018	105%	
50m schoolslag	series	6.	43.39	-	44.44	28-1-2018	105%	
25m vlinderslag	series	2.	18.97	-	21.08	5-1-2019	123%	
Fraukje Puts, 28-1-1992								1
50m vrije slag	series	2.	29.37	-	28.19	24-1-2015	92%	
50m rugslag	series	2.	34.32	-	35.08	5-1-2019	104%	
50m schoolslag	series	2.	38.10	-	37.72	3-12-2016	98%	
50m vlinderslag	series	1.	31.77	-	31.34	16-1-2016	97%	
100m wisselslag	series	5.	1:13.29	-	NT		-	
Friso Moedt, 6-8-2009								2
50m vrije slag	series	3.	37.60	-	37.37	5-10-2019	99%	
50m rugslag	series	4.	45.81	-	47.98	2-11-2019	110%	
50m schoolslag	series	2.	45.96	-	47.57	2-11-2019	107%	
50m vlinderslag	series	2.	50.05	-	48.94	2-6-2019	96%	
Gijs Koehoorn, 15-6-2008								4
50m vrije slag	series	1.	31.88	-	33.81	21-12-2019	112%	
50m rugslag	series	1.	38.31	-	41.61	6-10-2018	118%	
50m schoolslag	series	1.	45.44	-	48.51	14-12-2019	114%	



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50m vlinderslag	series	1.	38.46	-	41.01	1-6-2019	114%	
Hanna Cemic, 30-3-2011								3
25m vrije slag	series	4.	24.98	-	28.01		126%	
25m rugslag	series	3.	24.83	-	28.01	26-1-2019	127%	
50m schoolslag	series	5.	1:10.57	-	1:52.38	28-1-2018	254%	
Hannelore Buze, 20-11-2008								2
50m vrije slag	series	3.	37.64	-	43.22		132%	
50m rugslag	series	4.	45.17	-	50.53		125%	
50m vlinderslag	series	5.	51.50	-	50.66		97%	
Hedwig Bolt, 9-8-2006								2
50m vrije slag	series	4.	30.52	-	30.32	16-11-2019	99%	
50m rugslag	series	5.	35.92	-	36.70	12-10-2019	104%	
50m schoolslag	series	1.	36.60	-	36.01	6-12-2019	97%	
50m vlinderslag	series	2.	32.74	-	33.55	12-10-2019	105%	
100m wisselslag	series	8.	1:13.67	-	NT		-	
Ilse Smilde, 11-12-2010								4
50m vrije slag	series	2.	42.98	-	44.15	14-12-2019	106%	
50m rugslag	series	1.	46.69	-	48.30	9-11-2019	107%	
50m schoolslag	series	3.	58.87	-	1:00.51	1-6-2019	106%	
25m vlinderslag	series	1.	20.60	-	23.09	5-1-2019	126%	
Ivan Vuist, 30-12-2008								2
50m vrije slag	series	2.	36.97	-	35.10	30-11-2019	90%	
50m rugslag	series	2.	40.77	-	42.03	12-10-2019	106%	
50m vlinderslag	series	4.	50.27	-	52.22	20-10-2019	108%	
Jelmar Hartmann, 3-1-2012								-
25m vrije slag	series	1.	22.95	-	NT		-	
25m rugslag	series	1.	23.07	-	NT		-	
50m schoolslag	series	1.	1:02.53	-	NT		-	
Jelmer Meijer, 3-1-1990								4
50m vrije slag	series	1.	25.36	-	25.40	17-3-2019	100%	
50m rugslag	series	1.	28.72	-	28.73	5-10-2019	100%	
50m schoolslag	series	2.	32.01	-	32.38	2-11-2019	102%	
50m vlinderslag	series	2.	27.53	-	28.70	2-11-2019	109%	
100m wisselslag	series	1.	1:01.52	-	NT		-	
Jelte Ruitenbergh, 14-6-2009								1
50m vrije slag	series	8.	45.28	-	44.21	22-9-2018	95%	
50m rugslag	series	5.	47.64	-	48.96	2-11-2019	106%	
50m schoolslag	series	6.	55.82	-	55.48	2-11-2019	99%	
50m vlinderslag	series	8.	1:00.54	-	59.05	2-3-2019	95%	
Jesse Stel, 19-7-2007								2
50m vrije slag	series	11.	36.67	252	35.63	7-12-2019	94%	
50m rugslag	series	11.	41.85	295	42.69	7-12-2019	104%	
50m schoolslag	series	10.	48.48	218	47.50	6-12-2019	96%	
50m vlinderslag	series	8.	45.53	170	48.55	23-11-2019	114%	
Jessica Dekkinga, 30-11-2006								-
50m vrije slag	series	12.	34.16	-	32.08	3-11-2019	88%	
50m rugslag	series	12.	39.86	-	38.23	12-10-2019	92%	
50m schoolslag	series	12.	46.22	-	44.67	20-10-2019	93%	
50m vlinderslag	series	11.	45.10	-	44.55	2-11-2019	98%	
Johannes van Esch, 24-9-2004								4
50m vrije slag	series	4.	31.20	-	37.72	5-1-2019	146%	
50m rugslag	series	5.	39.30	-	49.05	5-1-2019	156%	
50m schoolslag	series	5.	43.34	-	47.90	5-1-2019	122%	
25m vlinderslag	series	2.	18.35	-	21.57	5-1-2019	138%	
Jorian Darwinkel, 10-7-2003								3
50m vrije slag	series	1.	25.60	-	25.62	29-6-2019	100%	
50m rugslag	series	1.	30.28	-	31.43	5-1-2019	108%	
50m schoolslag	series	1.	32.56	-	32.45	29-6-2019	99%	
50m vlinderslag	series	1.	28.05	-	28.75	25-11-2018	105%	
100m wisselslag	series	2.	1:03.65	-	NT		-	
Jorick Johannes, 2-9-2010								4
50m vrije slag	series	1.	37.35	-	40.27	21-9-2019	116%	
50m rugslag	series	1.	43.71	-	54.64	5-1-2019	156%	
50m schoolslag	series	1.	52.18	-	54.66	9-11-2019	110%	
25m vlinderslag	series	1.	20.33	-	27.61	5-1-2019	184%	
Kimm Bakker, 3-9-2004								1
50m vrije slag	series	3.	30.46	-	30.40	17-11-2019	100%	
50m rugslag	series	4.	36.03	-	36.76	2-12-2017	104%	
50m schoolslag	series	5.	42.24	-	39.90	7-12-2019	89%	
50m vlinderslag	series	4.	34.55	-	34.23	30-11-2019	98%	
Kyandro van den Berg, 21-4-2009								2
50m vrije slag	series	9.	1:16.73	-	1:16.78	30-11-2019	100%	
25m rugslag	series	1.	30.60	-	35.30	5-1-2019	133%	
Kyara Domingos Fidalgo, 16-8-2010								-
25m vrije slag	series	AFGEM		-	NT		-	
25m rugslag	series	AFGEM		-	NT		-	
50m schoolslag	series	AFGEM		-	NT		-	



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Larissa Krist, 20-10-2008								3
50m vrije slag	series	6.	41.54	-	41.67	11-5-2019	101%	
25m rugslag	series	1.	20.89	-	22.07	5-1-2019	112%	
50m schoolslag	series	5.	52.44	-	53.35	21-9-2019	104%	
Lars van Zessen, 15-11-2006								3
50m vrije slag	series	9.	33.65	-	35.07	20-10-2019	109%	
50m rugslag	series	6.	39.94	-	42.51	30-11-2019	113%	
50m schoolslag	series	8.	45.47	-	45.03	19-10-2019	98%	
50m vlinderslag	series	9.	48.41	-	48.96	21-9-2019	102%	
Laura van Etten, 1-7-2008								2
50m vrije slag	series	2.	33.96	-	33.79	16-11-2019	99%	
50m rugslag	series	1.	38.33	-	38.11	24-11-2019	99%	
50m schoolslag	series	2.	47.53	-	48.23	14-12-2019	103%	
50m vlinderslag	series	1.	38.40	-	41.63	17-3-2019	118%	
Leonie van Wier, 5-2-2002								2
50m vrije slag	series	2.	27.59	-	26.92	30-6-2019	95%	
50m rugslag	series	2.	32.52	-	32.67	5-1-2019	101%	
50m schoolslag	series	1.	36.95	-	36.08	7-10-2017	95%	
50m vlinderslag	series	2.	30.74	-	30.94	12-10-2019	101%	
100m wisselslag	series	1.	1:07.95	-	NT		-	
Lianne van Wier, 5-2-2002								2
50m vrije slag	series	1.	26.78	-	26.84	5-1-2019	100%	
50m rugslag	series	3.	32.54	-	33.02	28-1-2018	103%	
50m schoolslag	series	2.	37.38	-	36.61	7-10-2017	96%	
50m vlinderslag	series	1.	29.87	-	29.74	30-11-2019	99%	
100m wisselslag	series	2.	1:08.34	-	NT		-	
Linne Tichelaar, 9-4-2009								2
50m vrije slag	series	7.	43.85	-	42.43	5-10-2019	94%	
50m rugslag	series	5.	47.16	-	51.07	9-11-2019	117%	
50m schoolslag	series	3.	49.97	-	48.24	2-11-2019	93%	
50m vlinderslag	series	6.	54.78	-	58.64	26-1-2019	115%	
Liselotte Schaap, 9-6-2006								1
50m vrije slag	series	9.	32.96	-	31.77	3-11-2019	93%	
50m rugslag	series	6.	36.41	-	34.70	24-11-2019	91%	
50m schoolslag	series	10.	44.28	-	45.42	12-10-2019	105%	
50m vlinderslag	series	7.	35.69	-	34.24	27-10-2019	92%	
Lobke Hempenius, 10-6-2011								4
50m vrije slag	series	1.	41.81	-	46.69	9-11-2019	125%	
50m rugslag	series	2.	46.96	-	49.20	9-11-2019	110%	
50m schoolslag	series	1.	52.41	-	55.00	2-11-2019	110%	
25m vlinderslag	series	2.	23.07	-	36.73	5-1-2019	253%	
Lois Jalving, 31-5-2004								1
50m vrije slag	series	4.	30.99	-	30.36	30-6-2019	96%	
50m rugslag	series	3.	35.44	-	34.49	27-10-2019	95%	
50m schoolslag	series	7.	44.07	-	44.22	6-10-2018	101%	
50m vlinderslag	series	5.	35.59	-	35.30	5-1-2019	98%	
Luca Karsten Schüler, 25-5-2011								-
25m vrije slag	series	4.	24.84	-	NT		-	
25m rugslag	series	3.	24.83	-	NT		-	
50m schoolslag	series	4.	1:03.00	-	NT		-	
Lucas Bos, 21-6-2010								-
25m vrije slag	series	3.	22.42	-	NT		-	
25m rugslag	series	4.	25.67	-	NT		-	
Lysbeth Wiersma, 3-12-1992								-
50m vrije slag	series	4.	32.11	-	30.34	31-10-2009	89%	
50m rugslag	series	4.	37.85	-	34.69	26-4-2008	84%	
50m schoolslag	series	4.	43.19	-	41.57	14-11-2009	93%	
50m vlinderslag	series	3.	34.90	-	33.01	29-5-2010	89%	
Marelyn Tuinstra, 3-10-2008								-
50m vrije slag	series	8.	52.95	-	NT		-	
25m rugslag	series	4.	25.85	-	NT		-	
Mark van het Meer, 5-5-2009								2
50m vrije slag	series	6.	40.38	-	39.34	5-10-2019	95%	
50m rugslag	series	7.	48.25	-	51.83	29-4-2018	115%	
50m schoolslag	series	4.	53.23	-	54.05	1-6-2019	103%	
50m vlinderslag	series	5.	53.79	-	51.79	9-11-2019	93%	
Marrit Otter, 6-4-2009								-
50m vrije slag	series	9.	1:01.58	-	NT		-	
25m rugslag	series	3.	25.55	-	NT		-	
50m schoolslag	series	8.	1:12.37	-	NT		-	
Marten de Groot, 25-11-1958								-
50m vrije slag	series	5.	27.96	-	26.47	29-1-2012	90%	
50m rugslag	series	5.	37.23	-	34.27	16-2-2013	85%	
50m schoolslag	series	5.	37.69	-	36.45	19-12-2015	94%	
50m vlinderslag	series	5.	31.38	-	30.20	25-1-2014	93%	



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Marten Ettema, 13-2-1990									2
50m vrije slag	series	6.	30.63	-	32.72	17-11-2019	114%		
50m rugslag	series	6.	39.29	-	NT		-		
50m schoolslag	series	6.	39.21	-	39.85	17-11-2019	103%		
Mattias Stolk, 4-5-2010									3
50m vrije slag	series	3.	44.00	-	43.34	21-9-2019	97%		
50m rugslag	series	3.	49.11	-	52.15	28-9-2019	113%		
50m schoolslag	series	2.	52.26	-	53.15	9-11-2019	103%		
25m vlinderslag	series	3.	24.27	-	30.92	5-1-2019	162%		
Maud Dokter, 3-8-2006									1
50m vrije slag	series	2.	30.11	-	29.46	16-11-2019	96%		
50m rugslag	series	1.	33.70	-	32.73	24-11-2019	94%		
50m schoolslag	series	2.	40.21	-	40.51	12-10-2019	101%		
50m vlinderslag	series	1.	31.99	-	31.37	10-11-2019	96%		
Maud Koehoorn, 10-11-2005									1
50m vrije slag	series	7.	32.23	-	31.57	12-10-2019	96%		
50m rugslag	series	2.	34.80	-	34.38	12-10-2019	98%		
50m schoolslag	series	8.	44.08	-	45.55	12-10-2019	107%		
50m vlinderslag	series	7.	40.42	-	37.96	12-10-2019	88%		
Maud Roffel, 4-7-2007									4
50m vrije slag	series	7.	32.61	-	34.10	5-1-2019	109%		
50m rugslag	series	3.	35.11	-	35.29	24-11-2019	101%		
50m schoolslag	series	5.	41.91	-	43.10	12-1-2019	106%		
50m vlinderslag	series	8.	36.48	-	37.97	28-4-2019	108%		
Mees Hoekstra, 1-8-2005									3
50m rugslag	series	12.	44.85	-	45.54	17-11-2018	103%		
50m schoolslag	series	11.	50.80	-	52.80	5-1-2019	108%		
25m vlinderslag	series	3.	18.85	-	21.07	5-1-2019	125%		
Meindert Dekkinga, 7-8-2004									1
50m vrije slag	series	3.	27.49	-	28.07	12-10-2019	104%		
50m rugslag	series	3.	32.28	-	32.25	12-10-2019	100%		
50m schoolslag	series	3.	37.54	-	37.17	5-1-2019	98%		
50m vlinderslag	series	3.	31.44	-	31.44	12-10-2019	100%		
Melvin van der Staaij, 31-7-2012									-
25m vrije slag	series	5.	46.64	-	NT		-		
50m schoolslag	series	5.	1:40.95	-	NT		-		
Michelle van den Hoofdakker, 22-3-2003									1
50m vrije slag	series	3.	28.37	-	28.33	16-11-2019	100%		
50m rugslag	series	1.	31.24	-	30.58	7-12-2019	96%		
50m schoolslag	series	5.	40.71	-	42.23	12-10-2019	108%		
50m vlinderslag	series	3.	31.39	-	31.39	12-10-2019	100%		
100m wisselslag	series	7.	1:13.46	-	NT		-		
Mila Campmans, 27-5-2012									-
25m vrije slag	series	2.	34.46	-	NT		-		
25m rugslag	series	2.	30.41	-	NT		-		
50m schoolslag	series	2.	1:18.69	-	NT		-		
Mireille Krist, 29-3-2011									2
25m vrije slag	series	1.	20.06	-	21.94	21-9-2019	120%		
25m rugslag	series	2.	22.80	-	23.67	24-2-2019	108%		
50m schoolslag	series	2.	56.51	-	55.59	11-5-2019	97%		
Mirthe Agricola, 28-7-2007									-
50m vrije slag	series	15.	38.67	-	35.73	16-12-2018	85%		
50m rugslag	series	13.	45.14	-	44.40	5-1-2019	97%		
50m schoolslag	series	13.	50.19	-	47.47	12-1-2019	89%		
50m vlinderslag	series	13.	49.62	-	47.47	27-10-2019	92%		
Myrte van Mook, 18-7-2006									1
50m vrije slag	series	3.	30.18	-	29.76	16-11-2019	97%		
50m rugslag	series	2.	34.12	-	33.81	3-2-2019	98%		
50m schoolslag	series	7.	43.77	-	44.00	12-10-2019	101%		
50m vlinderslag	series	3.	33.46	-	33.19	12-10-2019	98%		
Nadia Veenstra, 28-3-2006									2
50m vrije slag	series	11.	33.74	-	33.96	21-9-2019	101%		
50m rugslag	series	11.	39.61	-	39.57	6-7-2019	100%		
50m schoolslag	series	6.	42.76	-	43.89	9-3-2019	105%		
50m vlinderslag	series	10.	42.33	-	39.78	21-9-2019	88%		
Naud de Ridder, 17-4-2012									-
25m vrije slag	series	3.	30.54	-	28.29	30-11-2019	86%		
25m rugslag	series	4.	33.42	-	NT		-		
50m schoolslag	series	3.	1:13.72	-	NT		-		
Nilay Azimetli, 2-11-2008									-
25m rugslag	series	2.	24.93	-	23.87	6-4-2019	92%		
50m schoolslag	series	7.	56.42	-	NT		-		
Quirine de Ridder, 30-10-2010									1
25m vrije slag	series	2.	20.07	-	19.80		97%		
25m rugslag	series	1.	21.74	-	24.77	5-1-2019	130%		



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Remco Dijkstra, 28-8-2001								-
50m vrije slag	series	1.	24.88	-	24.72	28-4-2019	99%	
50m rugslag	series	1.	29.16	-	28.80	28-1-2018	98%	
50m schoolslag	series	2.	34.15	-	33.85	12-10-2019	98%	
50m vlinderslag	series	1.	27.57	-	27.22	27-10-2019	97%	
100m wisselslag	series	3.	1:03.98	-	NT		-	
René Beetsma, 13-8-1969								-
50m vrije slag	series	4.	27.74	-	26.08	31-5-2008	88%	
50m rugslag	series	4.	32.06	-	31.00	31-5-2008	93%	
50m schoolslag	series	3.	34.61	-	33.14	31-5-2008	92%	
50m vlinderslag	series	4.	30.67	-	29.48	23-1-2009	92%	
100m wisselslag	series	6.	1:09.75	-	NT		-	
Richard Koehoorn, 28-4-1979								-
50m vrije slag	series	2.	25.71	-	23.85	17-12-2004	86%	
50m rugslag	series	3.	30.60	-	28.26	5-2-2005	85%	
50m schoolslag	series	4.	34.70	-	32.91	18-9-2010	90%	
50m vlinderslag	series	3.	28.10	-	26.65	5-2-2005	90%	
100m wisselslag	series	7.	1:13.11	-	NT		-	
Rixt Loots, 10-6-2011								2
25m vrije slag	series	6.	31.08	-	35.01		127%	
25m rugslag	series	6.	30.41	-	30.48	30-11-2019	100%	
50m schoolslag	series	4.	1:07.27	-	1:06.73	6-7-2019	98%	
Rixt Meijer, 16-1-1997								2
50m vrije slag	series	3.	30.29	-	30.34	21-9-2019	100%	
50m rugslag	series	3.	36.05	-	36.76	30-11-2019	104%	
50m schoolslag	series	3.	40.13	-	39.87	5-1-2019	99%	
50m vlinderslag	series	4.	35.23	-	34.85	5-1-2019	98%	
Roan Krikke, 5-6-2012								-
25m vrije slag	series	4.	33.27	-	NT		-	
25m rugslag	series	3.	30.92	-	NT		-	
50m schoolslag	series	4.	1:33.86	-	NT		-	
Rob van Wier, 7-1-1999								-
50m vrije slag	series	4.	27.53	-	26.96	5-1-2019	96%	
50m rugslag	series	2.	32.33	-	32.20	5-1-2019	99%	
50m schoolslag	series	4.	40.16	-	39.43	6-4-2019	96%	
50m vlinderslag	series	4.	33.25	-	31.91	5-1-2019	92%	
Roel Meijer, 18-12-2010								3
50m vrije slag	series	2.	41.09	-	41.62	21-9-2019	103%	
50m rugslag	series	2.	45.80	-	50.51	28-9-2019	122%	
50m schoolslag	series	3.	1:01.28	-	1:09.20	21-9-2019	128%	
25m vlinderslag	series	2.	22.27	-	NT		-	
Romana Jonker, 19-11-2004								3
50m vrije slag	series	5.	31.25	-	30.62	12-10-2019	96%	
50m rugslag	series	1.	33.82	-	34.79	12-10-2019	106%	
50m schoolslag	series	1.	34.73	-	34.78	6-12-2019	100%	
50m vlinderslag	series	2.	33.47	-	33.93	12-10-2019	103%	
100m wisselslag	series	4.	1:12.34	-	NT		-	
Romy Jalving, 16-3-2000								1
50m vrije slag	series	7.	30.54	-	29.04	23-12-2017	90%	
50m rugslag	series	5.	37.09	-	36.08	30-12-2016	95%	
50m schoolslag	series	4.	40.60	-	41.13	5-1-2019	103%	
50m vlinderslag	series	5.	32.77	-	32.52	3-11-2018	98%	
Rosanne Oenema, 17-9-2010								-
25m vrije slag	series	3.	23.29	-	NT		-	
25m rugslag	series	5.	26.92	-	NT		-	
Sanne Hoving, 10-7-2000								2
50m vrije slag	series	9.	34.43	552	34.26	3-3-2018	99%	
50m rugslag	series	7.	39.62	565	39.56	24-11-2019	100%	
50m schoolslag	series	9.	47.40	452	48.23	5-10-2019	104%	
50m vlinderslag	series	8.	39.03	499	41.64	19-11-2017	114%	
Sebastiaan Bos, 5-2-2007								-
50m rugslag	series	NG		-	NT		-	
50m schoolslag	series	NG		-	NT		-	
Sem Ligtvoet, 2-11-2006								3
50m vrije slag	series	6.	31.84	-	35.72	17-3-2019	126%	
50m rugslag	series	4.	36.06	-	41.14	5-1-2019	130%	
50m vlinderslag	series	4.	36.24	-	42.98	3-2-2019	141%	
Senna van den Hoed, 27-10-2004								1
50m vrije slag	series	1.	25.60	-	25.58	20-10-2019	100%	
50m rugslag	series	1.	31.11	-	31.72	12-10-2019	104%	
50m schoolslag	series	2.	34.65	-	34.50	24-11-2018	99%	
50m vlinderslag	series	1.	27.82	-	27.70	8-12-2019	99%	
100m wisselslag	series	5.	1:06.50	-	NT		-	
Silke Koehoorn, 15-10-2003								3
50m vrije slag	series	8.	32.98	-	32.79	12-10-2019	99%	
50m rugslag	series	8.	39.81	-	40.22	27-10-2019	102%	
50m schoolslag	series	7.	42.39	-	42.96	12-10-2019	103%	
50m vlinderslag	series	7.	35.80	-	36.74	12-10-2019	105%	



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Silvester Bokelaar, 22-5-2012									1
25m vrije slag	series	2.	28.24	-	27.94	21-9-2019	98%		
25m rugslag	series	2.	28.37	-	36.94	13-10-2018	170%		
50m schoolslag	series	2.	1:08.07	-	1:04.11	9-11-2019	89%		
Stevin Visser, 23-8-2011									-
25m vrije slag	series	7.	33.39	-	NT		-		
25m rugslag	series	7.	33.13	-	NT		-		
50m schoolslag	series	7.	1:06.93	-	NT		-		
Tanisha Tuinstra, 14-7-2010									-
25m vrije slag	series	7.	33.46	-	NT		-		
25m rugslag	series	7.	36.90	-	NT		-		
50m schoolslag	series	7.	1:27.55	-	NT		-		
Thijs Roffel, 24-12-2004									3
50m vrije slag	series	5.	31.63	-	32.79	6-4-2019	107%		
50m rugslag	series	9.	41.12	-	41.94	6-7-2019	104%		
50m schoolslag	series	4.	41.98	-	43.11	6-4-2019	105%		
25m vlinderslag	series	1.	16.85	-	NT		-		
Tije Hempenius, 1-10-2009									2
50m vrije slag	series	7.	40.84	-	40.68	30-11-2019	99%		
50m rugslag	series	6.	48.18	-	51.92	5-1-2019	116%		
50m schoolslag	series	3.	52.04	-	53.22	30-11-2019	105%		
50m vlinderslag	series	6.	53.85	-	50.02	14-12-2019	86%		
Tijn Keiser, 7-2-2011									-
25m vrije slag	series	2.	21.39	-	NT		-		
25m rugslag	series	1.	22.71	-	22.04	30-11-2019	94%		
Timo Vuist, 6-4-2011									-
25m vrije slag	series	5.	30.25	-	NT		-		
25m rugslag	series	5.	26.21	-	NT		-		
50m schoolslag	series	6.	1:06.84	-	NT		-		
Vasco Strampel, 19-6-2007									4
50m vrije slag	series	7.	32.03	-	33.86	27-10-2019	112%		
50m rugslag	series	8.	40.23	-	41.37	2-2-2019	106%		
50m schoolslag	series	9.	46.31	-	47.75	9-3-2019	106%		
50m vlinderslag	series	5.	38.89	-	39.19	3-11-2019	102%		
Veerle de Ridder, 27-9-2007									3
50m vrije slag	series	8.	32.64	-	33.43	21-9-2019	105%		
50m rugslag	series	10.	39.26	-	39.20	30-11-2019	100%		
50m schoolslag	series	11.	45.47	-	50.20	21-9-2019	122%		
25m vlinderslag	series	1.	18.41	-	22.02		143%		
Victor de Haan, 1-1-2010									1
25m vrije slag	series	1.	19.88	-	NT		-		
25m rugslag	series	2.	23.42	-	23.33	30-11-2019	99%		
50m schoolslag	series	5.	1:04.38	-	1:16.82		142%		
Vlora Berisha, 7-9-2007									3
50m vrije slag	series	13.	38.18	-	40.10	30-11-2019	110%		
50m rugslag	series	15.	47.98	-	46.91	30-11-2019	96%		
50m schoolslag	series	15.	59.50	-	1:01.26	18-2-2018	106%		
50m vlinderslag	series	12.	46.26	-	49.84	5-1-2019	116%		
Wouter Zijlstra, 15-6-2004									4
50m vrije slag	series	2.	26.50	-	27.18	29-6-2019	105%		
50m rugslag	series	2.	32.07	-	32.90	5-1-2019	105%		
50m schoolslag	series	1.	33.16	-	33.58	16-11-2019	103%		
50m vlinderslag	series	2.	29.42	-	29.86	6-12-2019	103%		
100m wisselslag	series	4.	1:04.37	-	NT		-		
Steenwijk 1934									5
Alies Wagter, 20-5-1999									-
50m vrije slag	series	4.	29.10	-	27.88	9-7-2017	92%		
50m schoolslag	series	6.	40.94	-	39.59	21-5-2017	94%		
Anouk Poelstra, 27-4-1998									-
50m vrije slag	series	5.	29.97	-	29.89	30-11-2019	99%		
50m rugslag	series	6.	37.88	-	36.14	16-12-2017	91%		
50m vlinderslag	series	6.	34.96	-	33.67	28-1-2017	93%		
Diederik de Boer, 9-6-2000									-
50m vrije slag	series	3.	27.28	-	26.58	15-12-2018	95%		
50m rugslag	series	3.	32.72	-	31.15	17-2-2018	91%		
Dyon Scholten, 29-4-2009									-
50m vrije slag	series	5.	39.64	-	39.34	30-11-2019	98%		
50m rugslag	series	8.	50.62	-	49.14	31-3-2019	94%		
50m vlinderslag	series	7.	57.48	-	NT		-		
Fayola van den Berg, 11-10-2002									-
50m vrije slag	series	10.	35.28	-	33.80	13-10-2018	92%		
50m rugslag	series	9.	40.97	-	38.21	17-2-2018	87%		
50m schoolslag	series	8.	45.15	-	42.52	17-12-2017	89%		
50m vlinderslag	series	9.	41.12	-	36.07	2-12-2017	77%		



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Geert de Haan, 8-5-2002									1
50m vrije slag	series	2.	26.85	-	26.92	12-10-2019	101%		
50m rugslag	series	2.	34.42	-	33.52	12-10-2019	95%		
50m schoolslag	series	2.	37.57	-	36.81	12-10-2019	96%		
50m vlinderslag	series	2.	31.34	-	30.41	12-10-2019	94%		
Karlijn Dijkshoorn, 29-7-2008									4
50m vrije slag	series	3.	37.64	-	38.92	30-11-2019	107%		
50m rugslag	series	6.	48.42	-	51.90	9-11-2019	115%		
50m schoolslag	series	4.	52.03	-	54.46	30-11-2019	110%		
50m vlinderslag	series	3.	47.69	-	55.29	30-11-2019	134%		
Kylian Kooijman, 14-12-1999									-
50m vrije slag	series	2.	26.62	-	26.01	31-3-2019	95%		
50m rugslag	series	4.	32.82	-	32.01	17-2-2018	95%		
50m schoolslag	series	1.	32.87	-	32.20	31-3-2019	96%		
50m vlinderslag	series	2.	29.55	-	28.57	10-12-2016	93%		
Marco Wagter, 12-1-2005									-
50m vrije slag	series	AFGEM		-	31.01	12-10-2019	-		
50m schoolslag	series	AFGEM		-	41.21	15-12-2018	-		
50m vlinderslag	series	AFGEM		-	39.34	12-10-2019	-		
Martijn Lageweg, 27-5-1997									-
50m vrije slag	series	5.	29.08	-	27.59	16-12-2017	90%		
50m rugslag	series	5.	35.64	-	33.04	17-2-2018	86%		
50m schoolslag	series	3.	39.69	-	37.17	16-12-2017	88%		
50m vlinderslag	series	3.	32.88	-	31.34	26-11-2017	91%		