



Zuiderzee Masters Circuit 2019-2020 deel 6
Heerenveen, 8-2-2020

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Aqua-Novio '94								
Henriette Driesen-Joanknecht, 2-3-1971								
100m vrije slag	series	6.	1:25.48	203	1:28.30	25-3-2017	107%	2
400m wisselslag	series	3.	7:33.22	186	7:58.80	2-12-2018	112%	2
Aqualero								
Annette Korving-Leijenaar, 19-1-1967								
100m rugslag	series	AFGEM		-	1:34.00		-	-
50m schoolslag	series	AFGEM		-	44.00		-	-
Avena								
Pia van der Molen, 25-10-1960								
100m vrije slag	series	AFGEM		-	1:24.02	27-10-2019	-	-
100m rugslag	series	AFGEM		-	1:41.44		-	-
400m wisselslag	series	AFGEM		-	8:00.00		-	-
AZ&PC De Futen								
Arnold de Rover, 5-12-1964								
100m rugslag	series	1.	1:15.89	267	1:12.06	12-1-2020	90%	-
100m schoolslag	series	2.	1:21.76	314	1:20.47	1-10-2017	97%	-
Erwin Zuidervelt, 4-2-1975								
25m vrije slag	series	1.	12.85	358	12.87	17-11-2019	100%	2
25m vlinderslag	series	3.	15.25	271	15.04	18-11-2018	97%	-
400m wisselslag	series	2.	5:58.41	283	6:01.31	16-2-2019	102%	-
Melano Winter, 25-5-1987								
25m vrije slag	series	2.	12.59	381	12.92	8-12-2018	105%	1
25m vlinderslag	series	3.	13.76	369	13.53	18-11-2018	97%	-
400m wisselslag	series	4.	5:52.46	298	5:50.00		99%	-
Nella Diepeveen, 16-11-1998								
100m vrije slag	series	4.	1:11.30	350	1:10.77	16-3-2019	99%	2
100m rugslag	series	4.	1:20.11	324	1:20.78	10-2-2019	102%	-
25m vlinderslag	series	3.	15.41	382	15.82	29-9-2018	105%	-
Batavia Swim								
Andrei Kotsubailo, 10-12-1983								
25m vrije slag	series	1.	12.33	405	12.76	21-12-2019	107%	2
50m schoolslag	series	3.	39.56	260	41.40	7-7-2019	110%	-
Eric van den Blink, 4-3-1970								
100m vrije slag	series	8.	1:26.62	139	1:22.00		90%	-
100m rugslag	series	5.	1:46.04	97	1:41.00		91%	-
100m schoolslag	series	5.	1:40.39	169	1:39.00		97%	-
Monique Berentse, 31-5-1969								
25m vrije slag	series	4.	28.49	49	29.39	21-12-2019	106%	2
50m schoolslag	series	2.	57.48	122	55.14	7-7-2019	92%	-
100m schoolslag	series	6.	2:07.95	115	2:10.82	2-2-2019	105%	-
Roel van der Schee, 21-10-1963								
25m vrije slag	series	4.	18.27	124	18.00		97%	1
50m schoolslag	series	11.	49.76	130	48.00		93%	-
25m vlinderslag	series	4.	25.79	56	28.00		118%	-
Saskia Verbeek, 30-7-1975								
25m vrije slag	series	3.	18.52	180	17.92	21-12-2019	94%	1
50m schoolslag	series	3.	52.16	164	51.12	30-11-2019	96%	-
100m schoolslag	series	6.	2:01.06	136	2:10.00		115%	-
Borger								
Melanie Zondag, 16-4-1998								
100m vrije slag	series	8.	1:13.77	316	1:12.04	12-10-2019	95%	1
400m wisselslag	series	5.	6:43.05	265	6:49.01	19-1-2019	103%	-
Naomi van der Sluijs, 3-1-1998								
100m rugslag	series	6.	1:24.36	277	1:26.72	17-3-2018	106%	1
100m schoolslag	series	3.	1:30.97	322	1:30.41	15-12-2019	99%	-
Paul Schutrups, 13-7-1997								
100m vrije slag	series	3.	1:07.69	292	1:12.89	15-12-2019	116%	1
100m rugslag	series	2.	1:15.26	273	1:14.74	16-3-2019	99%	-
Daw								
Alina Spijkerman, 1-1-1977								
100m vrije slag	series	1.	1:11.88	341	1:17.39		116%	2
100m rugslag	series	2.	1:22.03	301	1:30.00		120%	-



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Inge Koopman, 1-1-1993								1
100m vrije slag	series	6.	1:08.80	389	1:07.20	21-12-2019	95%	
100m rugslag	series	6.	1:18.88	339	1:21.27	14-9-2019	106%	
Jacqueline Tuin, 21-4-1966								-
100m vrije slag	series	2.	1:13.39	320	1:08.39	20-1-2017	87%	
100m rugslag	series	3.	1:30.05	228	1:22.96	21-5-2017	85%	
100m schoolslag	series	1.	1:26.25	377	1:23.50	16-2-2019	94%	
Janos Loczi, 16-6-1958								1
25m vrije slag	series	2.	15.44	206	15.48	27-5-2018	101%	
50m schoolslag	series	6.	46.80	157	44.07	9-12-2017	89%	
100m schoolslag	series	3.	1:43.94	153	1:40.27		93%	
Mariska van Engeldorp - Gastelaar, 1-1-1995								3
25m vrije slag	series	3.	13.80	435	25.00		328%	
50m schoolslag	series	2.	39.41	380	45.00		130%	
25m vlinderslag	series	2.	14.25	484	25.00		308%	
Michiël Brinkman, 14-8-1980								-
50m schoolslag	series	AFGEM	-	-	36.96	8-7-2018	-	
400m wisselslag	series	AFGEM	-	-	5:45.00		-	
Petra Tossings, 22-11-1961								1
100m vrije slag	series	4.	1:17.07	277	1:15.86	16-2-2019	97%	
400m wisselslag	series	3.	6:31.66	288	6:34.76	22-1-2017	102%	
Sandra Zwaanswijk, 30-12-1985								3
25m vrije slag	series	1.	13.76	439	14.03	18-11-2018	104%	
100m vrije slag	series	1.	1:05.53	450	1:06.09	25-1-2019	102%	
25m vlinderslag	series	1.	14.15	494	16.59		137%	
De Dolfijn								1
Tamara Grove, 2-10-1996								1
25m vrije slag	series	1.	12.58	574	12.69	8-12-2018	102%	
25m vlinderslag	series	1.	13.95	516	13.53	18-11-2018	94%	
400m wisselslag	series	1.	5:13.57	563	5:12.25	12-1-2019	99%	
De Duinkickers								9
Annet Verhoeven - Steggerda, 17-10-1946								-
100m rugslag	series	2.	2:13.36	70	2:07.88	16-2-2019	92%	
50m schoolslag	series	2.	55.60	135	50.37		82%	
25m vlinderslag	series	1.	27.84	64	25.53	28-9-2019	84%	
Christine Buist, 22-1-1964								-
25m vrije slag	series	AFGEM	-	-	16.32	8-12-2018	-	
50m schoolslag	series	AFGEM	-	-	48.16		-	
Inge Roskam, 13-1-1978								1
25m vrije slag	series	3.	15.20	325	14.96	18-11-2018	97%	
50m schoolslag	series	2.	38.89	396	38.51	21-1-2018	98%	
400m wisselslag	series	5.	7:17.65	207	7:50.00		115%	
Manouk Ticheler, 2-6-1987								-
100m vrije slag	series	AFGEM	-	-	1:15.56	21-1-2017	-	
100m rugslag	series	AFGEM	-	-	1:25.36	28-9-2019	-	
25m vlinderslag	series	AFGEM	-	-	16.31	18-11-2018	-	
Marcel Brittijn, 1-2-1969								-
25m vrije slag	series	1.	13.90	283	13.63	18-11-2018	96%	
50m schoolslag	series	2.	40.46	243	38.93	6-1-2018	93%	
Mathieu Rikken, 23-3-1967								2
100m vrije slag	series	3.	1:07.01	301	1:08.07	21-12-2019	103%	
100m rugslag	series	3.	1:18.11	245	1:24.12	17-11-2019	116%	
Richard Hill, 8-11-1966								1
100m vrije slag	series	4.	1:07.76	291	1:06.04	20-4-2019	95%	
400m wisselslag	series	1.	7:21.74	151	7:24.08	18-11-2018	101%	
Robert de Brauwer, 8-3-1964								2
25m vrije slag	series	1.	12.78	364	13.33	8-12-2018	109%	
25m vlinderslag	series	1.	14.38	323	14.35	18-11-2018	100%	
400m wisselslag	series	2.	6:36.11	210	6:45.00		105%	
Robin Roskam, 13-1-1978								-
100m vrije slag	series	3.	1:19.45	180	1:15.85	23-3-2019	91%	
100m rugslag	series	3.	1:38.21	123	1:31.80	19-11-2017	87%	
100m schoolslag	series	4.	1:28.11	251	1:26.71	30-9-2017	97%	
Saskia op den Velde, 24-4-1979								2
50m schoolslag	series	7.	50.20	184	46.61	27-5-2018	86%	
25m vlinderslag	series	2.	18.82	210	19.41	28-9-2019	106%	
400m wisselslag	series	6.	7:41.94	176	7:50.94	18-11-2018	104%	
Sebastiaan de Vos, 8-8-1984								1
25m vrije slag	series	4.	18.70	116	18.86	21-12-2019	102%	
100m rugslag	series	5.	2:02.31	63	1:53.31	27-5-2018	86%	
100m schoolslag	series	4.	1:54.85	113	1:49.26	25-3-2017	91%	
De Forel								-



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Esther Tournier, 18-4-1994								-
100m vrije slag	series	12.	1:23.80	215	1:17.10		85%	
100m rugslag	series	11.	1:40.03	166	1:37.40		95%	
Lenie Veldhuizen, 25-8-1968								-
100m vrije slag	series	7.	2:04.58	65	1:45.90		72%	
100m rugslag	series	6.	2:26.80	52	2:06.89		75%	
De Hokseberg								-
De Spatters								5
Elvira Feikens, 14-6-1995								-
100m vrije slag	series		AFGEM	-	1:20.47	21-12-2019	-	
100m rugslag	series		AFGEM	-	1:35.13	16-2-2019	-	
100m schoolslag	series		AFGEM	-	1:46.95	19-11-2017	-	
Margriet Daalman, 14-10-1978								2
25m vrije slag	series	2.	15.06	335	14.80	16-2-2019	97%	
50m schoolslag	series	4.	42.38	306	42.86	18-5-2019	102%	
25m vlinderslag	series	1.	16.89	290	17.75	27-10-2019	110%	
René Speelman, 8-5-1966								-
100m vrije slag	series	6.	1:14.73	217	1:11.60	26-10-2019	92%	
100m schoolslag	series	4.	1:39.48	174	1:34.96	17-12-2017	91%	
Roelien Speelman-Tigelaar, 13-4-1966								-
25m vrije slag	series	1.	15.60	301	15.32	17-11-2019	96%	
50m schoolslag	series	1.	44.37	266	44.21	4-1-2020	99%	
100m schoolslag	series	3.	1:41.52	231	1:37.42	17-11-2019	92%	
Roelof Broekman, 11-3-1968								3
100m vrije slag	series	5.	1:13.38	229	1:15.33	26-10-2019	105%	
100m rugslag	series	4.	1:24.26	195	1:30.08	17-11-2019	114%	
100m schoolslag	series	3.	1:28.96	244	1:32.18	17-11-2019	107%	
Deltasteur								10
Alistair Critchell, 14-6-1971								-
25m vrije slag	series		AFGEM	-	13.48	9-12-2017	-	
50m schoolslag	series		AFGEM	-	37.86	9-12-2017	-	
25m vlinderslag	series		AFGEM	-	14.96	17-11-2019	-	
Bob Potkamp, 19-10-1994								-
25m vrije slag	series		AFGEM	-	14.01	28-10-2017	-	
50m schoolslag	series	3.	38.58	280	37.18	6-1-2018	93%	
Desiree Rave, 31-8-1999								1
50m schoolslag	series	4.	47.97	211	46.74	14-7-2018	95%	
400m wisselslag	series	6.	6:45.06	261	7:00.00		108%	
Gea van der Schaaf, 11-6-1979								2
100m vrije slag	series	4.	1:13.99	313	1:12.50	26-1-2019	96%	
50m schoolslag	series	6.	47.72	214	48.16	16-2-2019	102%	
400m wisselslag	series	4.	6:41.01	269	7:00.00		110%	
Margriet Leeffers, 2-12-1978								2
25m vrije slag	series	4.	15.56	303	15.99	21-12-2019	106%	
50m schoolslag	series	5.	46.39	233	46.00	4-1-2020	98%	
25m vlinderslag	series	4.	19.78	181	20.03	17-11-2019	103%	
Nienke Fuite, 29-11-1995								-
25m vrije slag	series	4.	14.98	340	14.86	8-12-2018	98%	
100m vrije slag	series	11.	1:16.60	282	1:12.53	11-2-2017	90%	
25m vlinderslag	series	6.	15.78	356	15.15	16-2-2019	92%	
Patrick de Jonge, 7-9-1989								-
25m vrije slag	series	3.	12.77	365	12.56	16-2-2019	97%	
50m schoolslag	series	3.	37.91	295	37.17	9-12-2017	96%	
25m vlinderslag	series	2.	13.68	375	13.33	16-2-2019	95%	
Pieter Bardelmeijer, 11-7-1972								1
50m schoolslag	series	6.	42.62	207	41.36	4-1-2020	94%	
100m schoolslag	series	7.	1:34.15	206	1:32.46	14-9-2019	96%	
25m vlinderslag	series	4.	18.01	164	18.49	24-11-2019	105%	
Sander de Velde, 26-10-1983								1
25m vrije slag	series	3.	14.89	230	14.81	9-12-2017	99%	
50m schoolslag	series	4.	41.39	227	41.06	6-1-2018	98%	
25m vlinderslag	series	1.	16.51	213	16.67	16-2-2019	102%	
Sigrit Aarten, 23-12-1993								1
100m vrije slag	series	8.	1:10.33	364	1:11.43	26-10-2019	103%	
100m rugslag	series	7.	1:20.39	320	1:19.65	28-9-2019	98%	
Thirza Bollema, 5-12-2000								2
100m rugslag	series	9.	1:26.40	258	1:25.65	25-10-2019	98%	
50m schoolslag	series	3.	43.88	275	44.48	3-11-2018	103%	
25m vlinderslag	series	4.	16.68	301	18.00		116%	
Tom de Lange, 21-6-1993								-
25m vrije slag	series	2.	12.37	402	12.31	16-2-2019	99%	
50m schoolslag	series	1.	35.91	347	32.78	3-6-2017	83%	
25m vlinderslag	series	2.	16.36	219	16.03	16-2-2019	96%	



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Dwk									6
Greta Wyma-Teitsma, 23-9-1971									1
25m vrije slag	series	2.	18.05	194	17.22	8-12-2018	91%		
100m vrije slag	series	7.	1:27.57	188	1:28.68	16-3-2019	103%		
100m rugslag	series	5.	1:42.17	156	1:39.82	27-1-2019	95%		
Jennie Resink-lindeboom, 30-7-1960									1
25m vrije slag	series	2.	17.54	212	17.22	18-11-2018	96%		
100m rugslag	series	1.	1:38.37	175	1:38.96	16-2-2019	101%		
50m schoolslag	series	3.	51.71	168	51.44	16-2-2019	99%		
Martijn de Jong, 9-10-1971									3
100m rugslag	series	4.	1:25.97	183	1:35.00		122%		
50m schoolslag	series	4.	36.96	318	38.54	25-1-2019	109%		
100m schoolslag	series	2.	1:23.88	291	1:29.13	20-1-2018	113%		
Willy Schoenmaker-ter Veer, 25-2-1959									1
25m vrije slag	series	3.	19.97	143	19.50	17-11-2019	95%		
50m schoolslag	series	2.	51.67	168	50.48	27-10-2018	95%		
25m vlinderslag	series	2.	22.77	118	23.08	17-11-2019	103%		
Dwt									1
Bertjan Schelhaas, 22-6-1965									1
25m vrije slag	series	2.	14.64	242	15.88		118%		
50m schoolslag	series	1.	36.14	341	35.02	20-1-2017	94%		
100m schoolslag	series	1.	1:21.36	319	1:17.00	22-1-2017	90%		
Gay Swim Amsterdam									5
Kees Bakker, 11-5-1975									3
100m vrije slag	series	1.	59.18	437	59.80		102%		
50m schoolslag	series	1.	33.05	445	33.50		103%		
400m wisselslag	series	1.	5:33.71	351	5:40.00		104%		
Rob van Wanrooy, 8-2-1982									2
25m vrije slag	series	2.	12.64	376	12.78		102%		
50m schoolslag	series	1.	33.22	439	32.36		95%		
100m schoolslag	series	2.	1:14.35	418	1:15.21		102%		
Gzww									2
Henriëtte Manting, 10-8-1971									-
25m vrije slag	series	1.	15.59	302	15.23	28-10-2017	95%		
100m rugslag	series	2.	1:26.44	258	1:25.26	27-5-2017	97%		
Patrick Graver, 14-12-1994									2
100m vrije slag	series	1.	1:06.31	311	1:08.41	20-10-2019	106%		
100m rugslag	series	1.	1:21.26	217	1:24.62	9-2-2019	108%		
100m schoolslag	series	1.	1:24.60	284	1:24.19	6-10-2018	99%		
H2Oldambt									1
Jenny Westervarder, 30-6-1962									-
100m vrije slag	series	5.	1:28.31	184	1:27.37	16-3-2019	98%		
100m schoolslag	series	3.	1:52.66	169	1:50.65	18-1-2018	96%		
Robert Schulein, 8-11-1959									1
50m schoolslag	series	4.	44.95	177	46.32	15-12-2019	106%		
Sylvia Hidding, 30-5-1996									-
400m wisselslag	series	7.	8:02.80	154	7:38.39	17-2-2018	90%		
HZ&PC Heerenveen									33
Arnold Jonker, 8-6-1970									2
100m vrije slag	series	7.	1:23.92	153	1:25.00		103%		
400m wisselslag	series	2.	7:53.23	123	8:00.00		103%		
Casper Hut, 11-1-1978									2
100m rugslag	series	1.	1:02.46	479	1:04.08		105%		
100m schoolslag	series	1.	1:09.85	504	1:09.65		99%		
400m wisselslag	series	1.	5:02.86	470	5:03.22		100%		
Christien Liemburg, 5-8-1999									1
100m rugslag	series	1.	1:11.71	451	1:19.78		124%		
Daniëlle de Boer, 3-12-1994									3
100m vrije slag	series	1.	1:02.66	515	1:02.96		101%		
100m rugslag	series	1.	1:06.97	554	1:08.28		104%		
100m schoolslag	series	1.	1:19.29	486	1:19.90		102%		
Esther de With, 8-4-1990									1
25m vlinderslag	series	2.	17.47	262	18.00		106%		
Esther Kwebeman, 15-12-1991									1
100m vrije slag	series	9.	1:12.74	329	1:12.10		98%		
400m wisselslag	series	4.	6:22.41	310	6:30.00		104%		
Evelien van Klaarbergen, 8-3-1972									-
100m vrije slag	series	1.	1:05.02	461	1:04.65		99%		
100m rugslag	series	1.	1:11.65	453	1:11.32		99%		
400m wisselslag	series	1.	5:38.73	446	5:33.47		97%		



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Fraukje Puts, 28-1-1992								1
100m vrije slag	series	2.	1:02.76	513	1:02.30		99%	
100m rugslag	series	5.	1:16.10	378	1:15.00		97%	
100m schoolslag	series	2.	1:21.94	440	1:23.00		103%	
Ineke Meijer, 30-5-1952								1
400m wisselslag	series	2.	8:54.86	113	9:00.00		102%	
Jannie Vennik, 30-1-1976								1
100m rugslag	series	6.	1:35.55	191	1:36.61		102%	
100m schoolslag	series	2.	1:40.17	241	1:39.15		98%	
400m wisselslag	series	3.	6:39.68	271	6:35.13		98%	
Lysbeth Wiersma, 3-12-1992								2
25m vlinderslag	series	4.	15.05	411	17.00		128%	
400m wisselslag	series	5.	6:31.24	289	6:33.00		101%	
Marten de Groot, 25-11-1958								3
100m rugslag	series	1.	1:14.19	285	1:16.51		106%	
25m vlinderslag	series	1.	14.09	343	14.88		112%	
400m wisselslag	series	1.	5:49.08	307	5:51.50		101%	
Marten Ettema, 13-2-1990								2
100m vrije slag	series	2.	1:08.76	279	1:12.32		111%	
100m schoolslag	series	2.	1:22.46	306	1:26.02		109%	
Michelle Frijlink, 23-7-1984								1
100m vrije slag	series	4.	1:22.43	226	1:20.00		94%	
100m schoolslag	series	2.	1:42.11	227	1:47.00		110%	
Monique Jansma, 23-6-1985								1
25m vrije slag	series	3.	15.52	306	15.23		96%	
25m vlinderslag	series	3.	17.22	274	17.67		105%	
Paul Hoving, 22-2-1976								3
25m vrije slag	series	2.	12.86	357	15.00		136%	
50m schoolslag	series	1.	34.77	382	49.00		199%	
25m vlinderslag	series	1.	13.99	351	17.00		148%	
Peggi Hurenkamp, 16-5-1969								3
100m vrije slag	series	3.	1:14.69	304	1:15.16		101%	
100m rugslag	series	2.	1:25.33	268	1:28.46		107%	
100m schoolslag	series	2.	1:39.61	245	1:46.05		113%	
Pieter Ponne, 16-6-1976								2
25m vrije slag	series	3.	13.44	313	14.00		109%	
25m vlinderslag	series	5.	14.90	290	16.00		115%	
René Beetsma, 13-8-1969								3
100m vrije slag	series	2.	1:01.74	385	1:02.80		103%	
100m rugslag	series	2.	1:09.68	345	1:10.00		101%	
100m schoolslag	series	1.	1:17.41	370	1:18.00		102%	
Wiebren Dijkstra, 29-12-1958								-
50m schoolslag	series	3.	44.56	181	43.90		97%	
25m vlinderslag	series	3.	21.28	99	20.40		92%	
Ijzpc								6
Els Hertsworm, 29-4-1957								2
100m vrije slag	series	4.	1:24.15	212	1:28.00		109%	
100m rugslag	series	4.	1:45.91	140	1:39.50		88%	
25m vlinderslag	series	1.	20.22	169	25.00		153%	
Eveline Hacquebord, 14-5-1979								2
100m vrije slag	series	2.	1:12.04	339	1:12.29	16-3-2019	101%	
50m schoolslag	series	3.	40.27	356	39.30	30-3-2019	95%	
100m schoolslag	series	1.	1:27.68	359	1:27.71	12-1-2020	100%	
Rogier van Gent, 31-3-1980								-
100m vrije slag	series	1.	1:05.85	317	1:05.07		98%	
400m wisselslag	series	3.	6:27.65	224	6:20.00		96%	
Sylvia Tetteroo, 23-2-1973								1
100m vrije slag	series	9.	1:56.64	79	1:50.11	25-3-2018	89%	
400m wisselslag	series	4.	9:07.40	105	9:20.00		105%	
Tom van Norden, 27-6-1989								1
25m vrije slag	series	7.	17.44	143	17.50		101%	
100m vrije slag	series	4.	1:25.27	146	1:24.00		97%	
Isis								6
Albert Dijkma, 16-5-1987								-
25m vrije slag	series	4.	13.34	320	13.20	21-12-2019	98%	
50m schoolslag	series	6.	41.00	233	40.18	6-4-2019	96%	
25m vlinderslag	series	4.	14.53	313	14.51	16-2-2019	100%	
Petra Zandstra, 12-1-1990								-
100m vrije slag	series	5.	1:15.29	297	1:13.53	16-2-2019	95%	
50m schoolslag	series	2.	39.96	365	39.79	27-12-2018	99%	
400m wisselslag	series	3.	6:58.35	237	6:55.00		98%	



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Rene Knijpstra, 20-4-1988								-
100m vrije slag	series	1.	1:04.43	339	1:03.12	7-1-2017	96%	
50m schoolslag	series	4.	38.05	292	37.95	30-12-2019	99%	
400m wisselslag	series	5.	6:15.48	246	6:07.51	9-12-2017	96%	
Rieneke Achtien, 1-11-1968								3
25m vrije slag	series	2.	16.66	247	20.00		144%	
100m vrije slag	series	6.	1:34.09	152	1:45.00		125%	
25m vlinderslag	series	1.	18.81	210	22.00		137%	
Rudy de Jong, 15-12-1983								-
100m vrije slag	series	3.	1:09.35	272	1:08.26	8-12-2018	97%	
100m rugslag	series	2.	1:18.23	243	1:16.29	14-4-2018	95%	
50m schoolslag	series	5.	41.62	223	40.85	8-7-2017	96%	
Tessa van Dijk, 19-1-1994								3
25m vrije slag	series	5.	17.03	231	17.32		103%	
100m vrije slag	series	13.	1:26.53	195	1:26.94		101%	
400m wisselslag	series	6.	7:40.46	177	7:49.56	16-2-2019	104%	
MSV-Zeemacht								10
Annette van Dok, 19-3-1968								2
25m vrije slag	series	3.	18.27	187	17.48	8-12-2018	92%	
100m rugslag	series	4.	1:33.05	206	1:36.35	13-10-2019	107%	
25m vlinderslag	series	2.	19.89	178	20.36	18-2-2017	105%	
Bianca Groot, 31-12-1970								3
100m vrije slag	series	1.	1:07.80	407	1:08.53	12-1-2020	102%	
100m rugslag	series	1.	1:21.65	306	1:27.37	24-3-2019	115%	
400m wisselslag	series	1.	5:59.87	372	6:20.98	17-3-2019	112%	
Peter van Maurik, 3-3-1963								1
25m vrije slag	series	3.	14.77	236	14.68	28-10-2017	99%	
50m schoolslag	series	2.	37.48	305	41.84		125%	
Suzanne Mosch, 11-5-1994								2
100m rugslag	series	3.	1:12.09	444	1:12.43	12-1-2020	101%	
25m vlinderslag	series	3.	14.26	483	16.00		126%	
Tessa Mosch, 28-10-1991								2
25m vrije slag	series	2.	13.23	494	13.35	21-12-2019	102%	
100m vrije slag	series	3.	1:03.52	495	1:05.63	12-1-2020	107%	
Nat Utrecht								2
Jan Roelants, 11-7-1973								2
100m rugslag	series	5.	1:55.62	75	1:55.00		99%	
100m schoolslag	series	6.	1:31.75	222	1:35.10	25-5-2019	107%	
25m vlinderslag	series	5.	18.06	163	19.69	23-9-2017	119%	
Neptunia'24								1
Evelien de Jong, 18-12-1998								1
100m vrije slag	series	2.	1:04.91	463	1:06.10		104%	
100m rugslag	series	2.	1:18.26	347	1:17.13		97%	
Jolanda Cnossen, 30-10-1986								-
100m vrije slag	series	2.	1:09.65	375	1:09.22		99%	
100m rugslag	series	2.	1:17.50	358	1:17.02		99%	
Myrna Gorter, 2-7-1996								-
100m vrije slag	series	1.	1:04.59	470	1:04.32		99%	
100m schoolslag	series	1.	1:25.92	382	1:23.20		94%	
Noord-Veluwe								2
Betsie Klompmaker-Mulder, 17-2-1959								2
100m rugslag	series	5.	2:08.68	78	2:09.91	7-10-2017	102%	
100m schoolslag	series	2.	2:37.08	62	2:37.29	16-2-2019	100%	
400m wisselslag	series	4.	10:30.34	69	10:28.37	16-2-2019	99%	
Erik Verholt, 27-1-1988								-
50m schoolslag	series	1.	31.28	525	29.79	22-12-2018	91%	
100m schoolslag	series	1.	1:09.52	511	1:06.05	27-1-2019	90%	
Rianne van Rijssen, 3-12-1997								-
100m vrije slag	series	3.	1:07.96	404	1:04.55	16-6-2019	90%	
50m schoolslag	series	1.	38.93	394	36.67	15-6-2019	89%	
400m wisselslag	series	2.	6:00.46	370	5:57.63		98%	
Oceanus								1
Annette de Visser, 28-8-1971								1
100m vrije slag	series	2.	1:07.54	411	1:06.66		97%	
100m schoolslag	series	2.	1:30.07	331	1:30.16		100%	
Arjan Bellaart, 9-4-1969								-
100m vrije slag	series	1.	1:00.10	418	1:00.02		100%	
100m rugslag	series	1.	1:08.71	360	1:08.09		98%	
100m schoolslag	series	2.	1:22.14	310	1:20.56		96%	



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Orca									-
Psv									5
André Pantekoek, 26-10-1958									3
100m vrije slag	series	4.	1:20.11	176	1:22.00			105%	
100m rugslag	series	2.	1:30.83	155	1:36.00			112%	
100m schoolslag	series	1.	1:41.43	164	1:46.00			109%	
Rob Hanou, 25-12-1943									1
25m vrije slag	series	1.	17.26	148	17.50			103%	
50m schoolslag	series	1.	45.03	176	45.00			100%	
100m schoolslag	series	1.	1:39.36	175	1:35.00			91%	
Tom Bandsma, 27-11-1977									1
25m vrije slag	series	4.	13.62	301	13.53	9-12-2017		99%	
50m schoolslag	series	2.	38.11	290	37.43	16-12-2018		96%	
25m vlinderslag	series	6.	16.53	212	16.71	3-3-2018		102%	
Scom									3
Hetty Smalheer, 18-2-1967									1
100m vrije slag	series	4.	1:24.59	209	1:24.29	16-2-2019		99%	
100m rugslag	series	5.	1:36.08	187	1:39.52	28-9-2019		107%	
100m schoolslag	series	4.	1:45.30	207	1:42.96	16-2-2019		96%	
Jan Smalheer, 8-10-1964									2
100m vrije slag	series	4.	1:11.16	251	1:11.17	16-2-2019		100%	
100m rugslag	series	6.	1:27.73	172	1:28.70	28-9-2019		102%	
100m schoolslag	series	5.	1:30.96	228	1:30.55	16-2-2019		99%	
SG FZC54-De Vikings 1									1
Pier van der Sluis, 15-12-1959									1
100m vrije slag	series	3.	1:18.33	188	1:18.42	26-10-2019		100%	
50m schoolslag	series	2.	43.25	198	40.98	16-2-2019		90%	
Steenwijk 1934									18
Alies Wagter, 20-5-1999									1
100m rugslag	series	5.	1:21.49	307	1:15.51	29-1-2017		86%	
100m schoolslag	series	4.	1:33.23	299	1:29.76	16-6-2018		93%	
25m vlinderslag	series	2.	15.05	411	15.08	30-11-2019		100%	
Casper Dollekamp, 13-9-1963									2
100m rugslag	series	2.	1:19.36	233	1:17.32	21-5-2017		95%	
50m schoolslag	series	4.	38.34	285	39.05	27-10-2018		104%	
100m schoolslag	series	3.	1:26.14	269	1:27.63	15-12-2019		103%	
Charlotte Groeneveld, 20-3-1987									-
100m vrije slag	series	1.	1:05.72	447	1:04.47	25-1-2019		96%	
100m rugslag	series	1.	1:15.71	384	1:11.98	27-5-2018		90%	
Diederik de Boer, 9-6-2000									-
100m vrije slag	series	2.	1:00.49	410	58.78	2-12-2017		94%	
100m rugslag	series	1.	1:07.97	371	1:06.79	24-3-2018		97%	
Ellen Oenema, 1-7-1992									2
100m rugslag	series	10.	1:33.45	204	1:40.00			115%	
25m vlinderslag	series	8.	18.50	221	20.00			117%	
Getrude Corporaal, 26-2-1992									1
100m vrije slag	series	7.	1:09.04	385	1:06.92	31-3-2019		94%	
100m schoolslag	series	5.	1:30.95	322	1:32.66	12-1-2019		104%	
Guido Keutgen, 25-3-1968									1
50m schoolslag	series	1.	36.14	341	35.09	5-11-2017		94%	
25m vlinderslag	series	1.	14.09	343	14.26	28-9-2019		102%	
Hans van Scheepen, 9-8-1962									-
100m vrije slag	series	6.	1:29.44	126	1:25.92	8-12-2018		92%	
50m schoolslag	series	10.	46.34	161	44.41	6-1-2018		92%	
100m schoolslag	series	8.	1:41.92	162	1:36.86	16-12-2018		90%	
Huyb Stegeman, 8-5-1967									-
100m vrije slag	series	AFGEM		-	1:06.47	6-1-2018		-	
25m vlinderslag	series	AFGEM		-	15.66	18-11-2018		-	
400m wisselslag	series	AFGEM		-	6:17.59	16-2-2019		-	
Inge Soeters, 24-9-1973									2
100m vrije slag	series	4.	1:19.76	250	1:18.46	9-12-2017		97%	
100m rugslag	series	4.	1:38.42	174	1:41.30	19-11-2017		106%	
100m schoolslag	series	3.	1:47.49	195	1:50.48	16-2-2019		106%	
Jacyntha Plat, 20-7-1990									1
50m schoolslag	series	1.	37.43	444	35.09	4-2-2017		88%	
400m wisselslag	series	1.	5:43.93	426	6:00.00			110%	
Korstiaan de Boer, 17-3-1971									2
100m vrije slag	series	4.	1:08.65	280	1:09.03	16-2-2019		101%	
100m rugslag	series	3.	1:19.17	235	1:16.91	19-1-2018		94%	
100m schoolslag	series	3.	1:24.12	288	1:25.75	21-12-2019		104%	



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Lauren Vis, 21-12-1982								1
100m vrije slag	series	1.	55.11	542	54.33	26-1-2019	97%	
100m rugslag	series	1.	1:05.59	413	1:05.01	16-2-2019	98%	
100m schoolslag	series	1.	1:09.67	508	1:09.76	27-1-2019	100%	
Leonie Scholten, 1-1-1979								1
100m vrije slag	series	6.	1:25.33	204	1:24.69	21-12-2019	99%	
100m rugslag	series	5.	1:26.96	253	1:27.00	27-1-2019	100%	
25m vlinderslag	series	3.	19.06	202	18.65	30-11-2019	96%	
Linda Wibbelink, 17-5-1959								1
100m vrije slag	series	1.	1:15.91	290	1:17.00		103%	
400m wisselslag	series	2.	7:00.40	233	7:00.00		100%	
Lonneke Oenema, 29-4-1991								1
100m rugslag	series	9.	1:23.83	282	1:21.64	27-1-2019	95%	
25m vlinderslag	series	7.	15.90	348	16.70	18-2-2017	110%	
Monica Bakker, 30-1-1956								-
100m vrije slag	series	3.	1:22.89	222	1:20.88	6-1-2018	95%	
100m rugslag	series	3.	1:39.33	170	1:37.32	26-1-2019	96%	
Nanda de Vries, 1-10-1992								1
100m vrije slag	series	4.	1:03.64	492	1:02.95	12-2-2017	98%	
100m rugslag	series	4.	1:12.54	436	1:13.57	27-5-2018	103%	
100m schoolslag	series	4.	1:23.83	411	1:23.50	16-2-2019	99%	
Patrick Wobben, 16-7-1993								-
25m vrije slag	series	3.	14.21	265	13.70	17-11-2019	93%	
50m schoolslag	series	2.	38.42	283	38.16	16-2-2019	99%	
100m schoolslag	series	2.	1:26.39	266	1:26.14	15-12-2019	99%	
Rick Driezen, 28-5-1986								1
100m rugslag	series	1.	1:06.81	391	1:04.93	2-12-2017	94%	
400m wisselslag	series	2.	5:25.44	378	5:30.76	16-2-2019	103%	
Riekie Schra, 16-3-1964								-
25m vrije slag	series	5.	25.88	66	24.80	28-10-2017	92%	
100m vrije slag	series	7.	2:19.78	46	2:03.98	9-12-2017	79%	
25m vlinderslag	series	4.	38.54	24	31.60	9-12-2017	67%	
Wilna Heijman, 3-5-1964								-
100m vrije slag	series	2.	1:16.26	286	1:13.86	9-12-2017	94%	
50m schoolslag	series	3.	46.83	226	44.94	7-1-2017	92%	
400m wisselslag	series	2.	6:31.15	290	6:18.73	18-2-2017	94%	
Swol 1894								22
Annemarie Vuist, 15-1-1963								1
100m rugslag	series	2.	1:34.28	198	1:31.25		94%	
50m schoolslag	series	2.	45.63	245	45.45		99%	
100m schoolslag	series	1.	1:37.91	258	1:37.93		100%	
Annet Kootstra, 14-2-1971								-
100m rugslag	series	6.	1:44.28	146	1:39.72		91%	
50m schoolslag	series	2.	48.90	199	48.33		98%	
400m wisselslag	series	2.	7:05.96	224	6:59.99		97%	
Arjan Aalbers, 9-11-1975								2
100m vrije slag	series	3.	1:05.93	316	1:07.13		104%	
100m rugslag	series	1.	1:16.34	262	1:17.79		104%	
Bea Swijnenberg, 3-2-1949								1
25m vrije slag	series	1.	17.94	198	18.27		104%	
50m schoolslag	series	1.	47.29	220	46.75		98%	
Han Boone, 1-12-1977								-
100m vrije slag	series	2.	1:06.97	302	1:05.95		97%	
Henk Boswinkel, 16-7-1976								2
25m vrije slag	series	1.	12.75	367	12.97		103%	
50m schoolslag	series	4.	39.22	266	36.50		87%	
25m vlinderslag	series	4.	14.70	302	14.80		101%	
Jappie Kuiper, 30-4-1955								1
50m schoolslag	series	1.	47.35	151	47.00		99%	
25m vlinderslag	series	1.	17.08	192	18.00		111%	
Jolijn Keegstra, 29-1-1996								1
100m rugslag	series	10.	1:27.80	246	1:26.00		96%	
100m schoolslag	series	2.	1:28.98	344	1:30.59		104%	
Kasper van den Berghe, 9-7-1973								1
25m vrije slag	series	3.	13.67	297	13.95		104%	
100m rugslag	series	2.	1:17.24	253	1:17.19		100%	
100m schoolslag	series	4.	1:25.88	271	1:24.39		97%	
Lieke van Essen, 14-9-1995								2
25m vlinderslag	series	5.	15.65	365	16.50		111%	
400m wisselslag	series	1.	5:49.85	405	5:56.19		104%	
Lisa van Riel, 18-9-1998								-
25m vrije slag	series	2.	14.50	375	14.00		93%	
100m rugslag	series	3.	1:19.59	330	1:17.45		95%	



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Mans Buis, 23-7-1947								-
100m rugslag	series	1.	1:53.95	78	1:53.80		100%	
50m schoolslag	series	AFGEM		-	52.17		-	
100m schoolslag	series	AFGEM		-	1:55.45		-	
Marjan Spoelstra, 10-9-1960								2
25m vrije slag	series	1.	16.90	237	16.45		95%	
100m vrije slag	series	2.	1:22.01	230	1:22.73		102%	
100m rugslag	series	2.	1:38.38	175	1:40.40		104%	
Michael van Bekkum, 25-6-1972								1
100m vrije slag	series	2.	1:01.93	382	1:02.01		100%	
50m schoolslag	series	2.	34.98	376	34.69		98%	
100m schoolslag	series	1.	1:17.05	375	1:16.49		99%	
Miriam Visserman, 26-5-1987								1
100m rugslag	series	4.	1:26.66	256	1:25.00		96%	
50m schoolslag	series	3.	43.60	281	46.48		114%	
Peter Lommert, 5-7-1979								3
50m schoolslag	series	3.	38.81	275	39.39		103%	
100m schoolslag	series	3.	1:27.16	259	1:29.15		105%	
25m vlinderslag	series	3.	14.64	306	15.10		106%	
Rob Berkhof, 1-1-1952								3
100m vrije slag	series	1.	1:25.25	146	1:40.00		138%	
100m rugslag	series	1.	1:38.24	123	2:00.00		149%	
50m schoolslag	series	2.	49.60	131	1:00.00		146%	
Stefan van de Grift, 13-5-1987								1
50m schoolslag	series	2.	33.68	421	33.87		101%	
Thor								1
Ramona Hulshof, 19-9-1985								1
25m vrije slag	series	2.	14.67	362	14.36	17-11-2019	96%	
50m schoolslag	series	3.	46.89	225	46.63	4-1-2020	99%	
25m vlinderslag	series	2.	15.47	378	15.55	28-9-2019	101%	
Triton								6
Ellen Parma, 18-5-1962								-
25m vrije slag	series	2.	17.13	227	16.69	17-11-2019	95%	
100m rugslag	series	3.	1:36.42	185	1:35.59	19-1-2018	98%	
50m schoolslag	series	5.	50.43	181	49.36	27-5-2018	96%	
Francine Sommer, 3-10-1962								1
50m schoolslag	series	1.	45.14	253	45.31	4-1-2020	101%	
100m schoolslag	series	2.	1:39.90	243	1:38.20	7-10-2018	97%	
Janine van Kooten, 26-4-1984								2
100m rugslag	series	2.	1:28.99	236	1:33.01	6-4-2018	109%	
50m schoolslag	series	2.	45.41	248	46.11	4-1-2020	103%	
Jaro Oosting, 4-12-1999								2
25m vrije slag	series	1.	13.60	302	13.80		103%	
25m vlinderslag	series	1.	14.16	338	15.57		121%	
Margriet Grove-Lingeman, 5-2-1962								-
100m vrije slag	series	1.	1:14.96	301	1:12.62	6-1-2018	94%	
100m rugslag	series	1.	1:23.09	290	1:21.34	19-1-2018	96%	
Marieke Gorter, 6-10-2000								-
100m vrije slag	series	5.	1:12.18	337	1:09.36	24-3-2019	92%	
400m wisselslag	series	4.	6:32.34	287	6:23.25	29-4-2018	95%	
Paul Bunnik, 28-7-1956								1
100m vrije slag	series	1.	1:08.74	279	1:07.86	16-3-2019	97%	
50m schoolslag	series	1.	37.35	308	37.44	25-1-2019	100%	
400m wisselslag	series	2.	6:15.88	245	6:15.47	16-2-2019	100%	
Ronald Grove, 7-2-1961								-
100m vrije slag	series	1.	1:04.60	336	1:04.26	16-3-2019	99%	
50m schoolslag	series	3.	37.78	298	37.23	21-1-2018	97%	
400m wisselslag	series	1.	5:58.70	282	5:48.77	26-1-2019	95%	
Tim Bunnik, 1-4-1990								-
25m vrije slag	series	1.	11.69	476	11.67	2-12-2018	100%	
25m vlinderslag	series	1.	12.73	466	12.46	2-12-2018	96%	
400m wisselslag	series	1.	4:54.98	508	4:52.10	17-11-2019	98%	
TriVia								3
Hannie Poletiek, 31-10-1959								1
100m vrije slag	series	5.	1:24.27	212	1:25.34	16-3-2019	103%	
50m schoolslag	series	1.	49.17	195	47.53	21-1-2018	93%	
400m wisselslag	series	3.	7:22.96	199	7:14.83	22-1-2017	96%	
Margriet Pasma, 1-1-1955								2
100m rugslag	series	1.	1:30.00	228	1:32.34	28-9-2019	105%	
400m wisselslag	series	1.	6:58.47	236	7:01.70	17-11-2019	102%	



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Mark Brinkhuis, 11-7-1983								-
100m rugslag	series	4.	1:38.87	120	1:34.76		92%	
50m schoolslag	series	2.	38.70	277	38.00		96%	
400m wisselslag	series	1.	6:55.67	181	6:39.58		92%	
Upstream Amsterdam								-
Angela Giezen, 12-3-1983								-
100m vrije slag	series	2.	1:08.55	393	1:08.17	8-2-2020	99%	
100m rugslag	series	1.	1:17.57	357	1:15.59	8-2-2020	95%	
50m schoolslag	series	1.	42.31	307	39.86	8-2-2020	89%	
WS Twente 1								4
Antoinette Gilding-Tussaud, 19-5-1950								1
100m vrije slag	series	1.	1:46.41	105	1:43.51	16-2-2019	95%	
100m rugslag	series	1.	1:51.85	119	1:48.00	26-1-2019	93%	
400m wisselslag	series	1.	8:42.71	121	8:49.95	18-11-2018	103%	
Herbert Katgert, 26-12-1959								1
100m rugslag	series	3.	2:02.46	63	1:53.16	19-11-2017	85%	
50m schoolslag	series	7.	49.10	136	49.79	19-11-2017	103%	
100m schoolslag	series	4.	1:49.40	131	1:45.01	19-11-2017	92%	
Jack Barends, 22-10-1962								-
100m rugslag	series	7.	1:33.67	142	1:28.56	16-2-2019	89%	
50m schoolslag	series	9.	43.31	198	42.09	27-10-2018	94%	
100m schoolslag	series	7.	1:37.98	182	1:32.33	16-2-2019	89%	
Janneke Wynia, 26-6-1990								1
100m rugslag	series	5.	1:39.44	169	1:36.42	16-2-2019	94%	
100m schoolslag	series	1.	1:39.07	249	1:37.95	16-2-2019	98%	
25m vlinderslag	series	3.	18.01	239	18.28	16-2-2019	103%	
Marijke Kraak-Beckers, 10-12-1960								1
100m schoolslag	series	1.	1:40.82	236	1:40.15	6-5-2017	99%	
400m wisselslag	series	1.	6:58.64	236	7:05.00		103%	
Wessel Everloo, 10-4-1989								-
100m rugslag	series	2.	1:11.82	315	1:09.03	15-12-2018	92%	
50m schoolslag	series	7.	42.51	209	39.73	28-1-2017	87%	
400m wisselslag	series	3.	5:35.86	344	5:29.13	17-11-2019	96%	
Z & PC Triton Putten								-
Hans Stoffers, 9-5-1996								-
100m vrije slag	series	1.	57.64	473	57.41	2-2-2019	99%	
50m schoolslag	series	1.	33.97	410	33.83	12-1-2019	99%	
400m wisselslag	series	1.	5:25.06	380	5:24.82	16-2-2019	100%	
Kim Nel, 28-4-1986								-
25m vrije slag	series	2.	17.45	215	16.00		84%	
50m schoolslag	series	4.	44.07	272	42.00		91%	
Rick Vaarkamp, 25-7-1994								-
100m rugslag	series	2.	1:36.62	129	1:31.17		89%	
100m schoolslag	series	3.	1:34.64	202	1:31.74		94%	
25m vlinderslag	series	3.	17.18	189	16.23	29-9-2018	89%	
Z&PC Hatto-Heim								1
Irmgard van Weeghel, 8-8-1992								1
100m vrije slag	series	10.	1:14.40	308	1:09.69	4-2-2017	88%	
100m rugslag	series	8.	1:23.34	287	1:19.32	1-4-2017	91%	
400m wisselslag	series	2.	6:16.84	324	6:17.51	20-1-2018	100%	
Zcnf34								6
Cor van Leeuwen, 16-9-1962								1
25m vrije slag	series	5.	18.86	113	20.29		116%	
Gea Kuiper, 2-12-1961								3
25m vrije slag	series	3.	20.18	139	20.29	28-10-2017	101%	
100m vrije slag	series	6.	1:40.55	124	1:44.02	28-10-2017	107%	
25m vlinderslag	series	2.	24.13	99	24.65	18-11-2018	104%	
Marius Ros, 17-1-1959								-
100m vrije slag	series	2.	1:16.67	201	1:14.13	6-1-2018	93%	
100m schoolslag	series	2.	1:42.27	160	1:35.96	20-1-2018	88%	
400m wisselslag	series	3.	7:09.68	164	6:43.99	17-2-2018	88%	
Petra Ros, 29-7-1961								2
25m vrije slag	series	4.	20.36	135	20.59	16-2-2019	102%	
50m schoolslag	series	4.	50.02	186	48.93	16-2-2019	96%	
25m vlinderslag	series	3.	25.79	81	26.32	28-9-2019	104%	
ZIGNEA								8
Heiner Stevens, 28-3-1972								1
25m vrije slag	series	2.	12.99	347	12.87	17-11-2019	98%	
50m schoolslag	series	3.	35.41	362	34.91		97%	



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25m vlinderslag	series	1.	13.17	420	13.18	17-11-2019	100%	
John Dam, 16-9-1960								2
25m vrije slag	series	1.	15.21	216	15.24	16-2-2019	100%	
50m schoolslag	series	5.	45.30	173	44.15	7-1-2017	95%	
25m vlinderslag	series	2.	16.69	206	16.79	16-2-2019	101%	
Miranda Keijl, 29-8-1965								2
25m vrije slag	series	1.	15.62	300	15.52	28-10-2017	99%	
100m vrije slag	series	3.	1:16.63	281	1:18.26	15-12-2019	104%	
25m vlinderslag	series	1.	17.45	263	17.76		104%	
Miranda Straetemans, 24-9-1974								-
100m vrije slag	series	5.	1:20.50	243	1:18.50		95%	
50m schoolslag	series	1.	40.97	338	40.15		96%	
100m schoolslag	series	1.	1:29.13	342	1:28.00		97%	
René Bakker, 17-12-1965								3
100m vrije slag	series	5.	1:13.99	224	1:14.94		103%	
50m schoolslag	series	8.	42.49	209	43.87		107%	
100m schoolslag	series	6.	1:33.71	208	1:35.60		104%	
Zpc Amersfoort								2
Henk Kuipers, 20-3-1962								2
100m vrije slag	series	2.	1:07.44	295	1:08.09	8-12-2018	102%	
100m rugslag	series	3.	1:22.16	210	1:22.57	19-11-2017	101%	
50m schoolslag	series	7.	40.77	237	40.02	27-5-2018	96%	
ZPC Nova								9
Angela van Dijken, 1-1-1975								2
100m vrije slag	series	3.	1:17.42	273	1:27.00		126%	
100m rugslag	series	3.	1:31.37	218	1:42.00		125%	
Janine de Groot, 5-1-1995								1
100m vrije slag	series	5.	1:03.93	485	1:02.56	11-2-2017	96%	
100m rugslag	series	2.	1:11.22	461	1:11.38	20-1-2017	100%	
100m schoolslag	series	3.	1:23.34	418	1:23.32	22-1-2017	100%	
Karin Groen, 8-3-1995								3
25m vrije slag	series	1.	12.45	593	12.46	18-11-2018	100%	
50m schoolslag	series	1.	34.87	549	35.21	12-1-2019	102%	
25m vlinderslag	series	1.	12.80	668	12.89	29-9-2018	101%	
Stefan Kwant, 18-5-1992								3
25m vrije slag	series	1.	11.59	488	11.73	27-5-2018	102%	
25m vlinderslag	series	1.	12.73	466	13.07	9-12-2017	105%	
400m wisselslag	series	1.	5:56.57	288	6:30.00		120%	
ZPC Stadskanaal								18
Anuschka Glazema-Boelema, 6-12-1977								3
100m vrije slag	series	3.	1:13.42	320	1:13.51		100%	
100m rugslag	series	3.	1:24.11	280	1:26.83		107%	
400m wisselslag	series	2.	6:24.27	305	7:03.55		121%	
Christien Hommes, 21-4-1986								3
25m vrije slag	series	1.	13.86	429	15.20		120%	
100m vrije slag	series	3.	1:10.28	365	1:13.50		109%	
25m vlinderslag	series	1.	15.13	404	16.10		113%	
Erik Veltman, 19-3-1972								2
100m vrije slag	series	5.	1:09.05	275	1:11.00		106%	
25m vlinderslag	series	2.	14.88	291	15.20		104%	
Gerben Glazema, 28-7-1979								2
25m vrije slag	series	6.	18.04	129	21.02		136%	
50m schoolslag	series	6.	49.62	131	59.32		143%	
Jeroen Hoving, 10-2-1987								1
25m vrije slag	series	5.	13.62	301	13.60		100%	
100m vrije slag	series	3.	1:08.78	278	1:05.00		89%	
400m wisselslag	series	6.	6:16.59	244	6:40.00		113%	
Jolien Kruijer, 31-7-1990								3
100m vrije slag	series	6.	1:26.98	192	1:27.38		101%	
100m rugslag	series	6.	1:41.00	161	1:54.27		128%	
100m schoolslag	series	2.	1:45.31	207	1:49.10		107%	
Jos Timmermans, 11-3-1979								1
400m wisselslag	series	2.	5:51.31	301	6:30.00		123%	
Monique Boets, 6-1-1976								3
100m rugslag	series	1.	1:14.83	397	1:15.06		101%	
50m schoolslag	series	1.	38.78	399	39.04		101%	
400m wisselslag	series	1.	6:06.00	354	6:20.03		108%	
ZPC Woerden								1
Marjan Remmits, 15-5-1963								1
400m wisselslag	series	1.	6:04.28	359	6:07.19	27-1-2019	102%	
Zpch								1



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Tineke van Diggelen, 25-10-1952								1
25m vrije slag	series	1.	19.36	157	19.36		100%	
100m rugslag	series	2.	1:50.85	122	1:51.69	25-5-2019	102%	
Zpd								3
Henk de Roos, 30-4-1971								2
50m schoolslag	series	5.	38.80	275	38.99		101%	
100m schoolslag	series	5.	1:26.26	267	1:29.01		106%	
Lucas de Vries, 21-6-1978								1
25m vrije slag	series	5.	14.93	228	14.31		92%	
50m schoolslag	series	5.	43.16	200	47.75		122%	
Zuiderzeezwemmers								5
Annemieke Visch, 7-3-1983								-
100m rugslag	series	5.	2:01.01	94	1:50.39		83%	
50m schoolslag	series	4.	54.78	141	51.65		89%	
25m vlinderslag	series	5.	25.80	81	25.14		95%	
Bert Veerkamp, 19-5-1952								-
25m vrije slag	series	1.	26.14	42	25.05	17-11-2019	92%	
50m schoolslag	series	3.	1:07.28	52	59.43	7-10-2017	78%	
25m vlinderslag	series	2.	42.05	12	40.67	9-12-2017	94%	
Irene Kasteel-Jaspersen, 6-3-1981								3
100m vrije slag	series	3.	1:16.33	285	1:20.20	2-6-2018	110%	
100m rugslag	series	3.	1:41.05	161	1:50.07	28-9-2019	119%	
100m schoolslag	series	1.	1:41.39	232	1:42.02	17-11-2019	101%	
Maarten Koolman, 12-9-1968								2
25m vrije slag	series	2.	19.03	110	22.00		134%	
50m schoolslag	series	3.	48.67	139	47.99	26-10-2019	97%	
100m schoolslag	series	6.	1:50.44	127	1:54.24	19-10-2019	107%	
Zv 44								4
Edward van Dootingh, 20-1-1984								-
100m vrije slag	series	2.	1:07.12	300	1:05.24	23-3-2019	94%	
100m rugslag	series	3.	1:24.67	192	1:21.67	23-3-2019	93%	
100m schoolslag	series	3.	1:31.06	227	1:25.81	11-1-2020	89%	
Femke Poll, 28-3-1974								2
25m vrije slag	series	4.	20.20	138	20.70	28-10-2017	105%	
100m vrije slag	series	8.	1:42.46	117	1:41.48	16-3-2019	98%	
100m schoolslag	series	5.	1:56.96	151	1:59.95	14-7-2018	105%	
Nicolette Zuidema, 24-12-1975								2
100m schoolslag	series	4.	1:51.41	175	1:58.51	8-6-2019	113%	
25m vlinderslag	series	1.	20.54	161	22.00		115%	
Rianne van Vegchelen, 9-10-1981								-
100m rugslag	series	4.	1:49.69	126	1:41.49		86%	
100m schoolslag	series	3.	1:58.18	146	1:50.39		87%	
25m vlinderslag	series	4.	19.86	178	18.64		88%	
ZV De Aalscholver								5
Frans Zoutberg, 5-4-1961								-
100m rugslag	series	AFGEM	-	-	1:24.21	29-9-2018	-	
50m schoolslag	series	AFGEM	-	-	41.78	16-2-2019	-	
25m vlinderslag	series	AFGEM	-	-	14.80	18-11-2018	-	
Jan Wierenga, 9-3-1964								1
100m rugslag	series	5.	1:23.28	202	1:24.23	19-11-2017	102%	
50m schoolslag	series	5.	38.97	272	38.08	9-12-2017	95%	
Jos Verhoeven, 25-7-1963								1
100m vrije slag	series	3.	1:10.36	260	1:09.19	4-1-2020	97%	
100m rugslag	series	4.	1:22.35	209	1:24.00		104%	
25m vlinderslag	series	2.	15.76	245	15.64	18-11-2018	98%	
Joyce Bakker, 16-9-1996								1
100m vrije slag	series	9.	1:16.96	278	1:15.00		95%	
100m rugslag	series	7.	1:24.81	273	1:26.39	28-9-2019	104%	
Robin Eggenkamp, 1-4-1987								-
25m vrije slag	series	6.	13.82	288	13.51	8-12-2018	96%	
50m schoolslag	series	4.	38.05	292	36.61		93%	
100m schoolslag	series	3.	1:23.48	295	1:20.64	16-2-2019	93%	
Ronald van Vliet, 15-8-1963								1
50m schoolslag	series	6.	39.85	254	40.08		101%	
100m schoolslag	series	4.	1:28.20	250	1:26.88	19-11-2017	97%	
25m vlinderslag	series	3.	15.88	240	15.54		96%	
Sophia Snoek, 20-5-1999								1
100m vrije slag	series	6.	1:12.45	333	1:10.00		93%	
100m rugslag	series	8.	1:25.40	267	1:28.00		106%	

ZV De Bron

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Henk Oostendorp, 15-8-1948								1
50m schoolslag	series	1.	56.26	90	55.00		96%	
100m schoolslag	series	1.	2:07.52	82	2:10.00		104%	
Kristel Lips, 24-4-1979								3
25m vrije slag	series	1.	15.04	336	15.62	17-11-2019	108%	
100m vrije slag	series	5.	1:14.66	304	1:15.39		102%	
100m rugslag	series	4.	1:25.06	270	1:25.79		102%	
Remona Dekker, 27-1-1966								1
100m vrije slag	series	5.	1:31.35	166	1:34.98		108%	
100m schoolslag	series	5.	1:48.77	188	1:47.58	17-11-2019	98%	
Zw								3
Ellen Rikken, 17-12-1996								-
25m vrije slag	series	3.	15.09	333	15.08	16-2-2019	100%	
100m vrije slag	series	7.	1:13.51	319	1:12.05	16-3-2019	96%	
Elmi Roelofsen, 3-5-1990								-
100m vrije slag	series	AFGEM		-	1:00.22	19-1-2018	-	
100m rugslag	series	AFGEM		-	1:08.86	19-1-2018	-	
Marjan Rikken, 4-6-1992								-
50m schoolslag	series	3.	43.58	281	42.98	2-11-2019	97%	
400m wisselslag	series	3.	6:21.92	311	6:13.80	1-12-2018	96%	
Sheila Ten Voorde, 11-8-1999								1
50m schoolslag	series	2.	40.89	340	40.83	2-11-2019	100%	
400m wisselslag	series	3.	6:18.94	319	6:26.51	13-1-2018	104%	
Wilco Steenwijk, 17-7-1980								2
100m rugslag	series	2.	1:15.87	267	1:17.57	23-3-2019	105%	
100m schoolslag	series	2.	1:26.05	269	1:31.44		113%	
25m vlinderslag	series	2.	14.60	308	14.43	18-11-2018	98%	
Zwemlust- den Hommel								-
Liesbeth van Mill, 22-7-1987								-
100m vrije slag	series	4.	1:10.48	362	1:08.72	7-1-2017	95%	
100m rugslag	series	3.	1:20.87	315	1:18.27	3-3-2018	94%	
400m wisselslag	series	2.	5:56.13	384	5:54.57	16-2-2019	99%	