



Limietwedstrijd Heerenveen
Heerenveen, 5-9-2020

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Aqua 68								34
Aimée Wolbersen, 23-3-2008								4
100m vrije slag	series	50.	1:19.39	-	1:25.51	23-3-2019	116%	
100m rugslag	series	40.	1:30.12	-	1:34.66	14-12-2019	110%	
100m schoolslag	series	18.	1:38.53	-	1:42.47	18-1-2020	108%	
100m vlinderslag	series	27.	1:33.83	-	1:47.13	5-10-2019	130%	
Ciska de Lugt, 8-5-2005								-
100m vrije slag	series	16.	1:05.43	-	1:03.03	2-2-2020	93%	
100m rugslag	series	8.	1:11.74	-	1:08.49	6-12-2019	91%	
100m schoolslag	series	6.	1:31.19	-	1:29.64	2-2-2020	97%	
100m vlinderslag	series	14.	1:20.87	-	1:12.11	3-11-2018	80%	
Damian Emmanuel, 14-6-2003								2
100m vrije slag	series	7.	56.84	-	57.82	29-2-2020	103%	
100m vlinderslag	series	5.	1:05.68	-	1:08.32	11-1-2020	108%	
Imke Bontjes, 5-4-2006								-
100m vrije slag	series	22.	1:07.59	-	1:06.24	11-1-2020	96%	
100m rugslag	series	27.	1:21.11	-	1:19.32	15-6-2019	96%	
100m schoolslag	series	5.	1:28.76	-	1:26.08	5-10-2019	94%	
100m vlinderslag	series	21.	1:25.90	-	1:24.95	1-2-2020	98%	
Joachim Wolbersen, 6-1-2006								4
100m vrije slag	series	15.	1:04.08	-	1:08.11	7-12-2019	113%	
100m rugslag	series	8.	1:13.41	-	1:14.18	29-2-2020	102%	
100m schoolslag	series	13.	1:26.86	-	1:29.80	2-2-2020	107%	
100m vlinderslag	series	16.	1:21.47	-	1:26.39	18-1-2020	112%	
Joline Koop, 5-5-2004								-
100m vrije slag	series	8.	1:02.31	-	1:01.02	2-2-2020	96%	
100m rugslag	series	2.	1:06.57	-	1:05.48	24-11-2019	97%	
100m vlinderslag	series	8.	1:13.60	-	1:13.34	1-2-2020	99%	
Kamina van Osch, 24-6-2006								3
100m vrije slag	series	9.	1:03.06	-	1:03.55	27-10-2019	102%	
100m rugslag	series	12.	1:13.85	-	1:15.02	7-12-2019	103%	
100m vlinderslag	series	4.	1:11.71	-	1:13.81	1-3-2020	106%	
Kevin Vermeulen, 17-5-2002								1
100m vrije slag	series	10.	1:00.39	-	1:00.85	1-2-2020	102%	
100m rugslag	series	10.	1:14.53	-	1:11.38	2-2-2020	92%	
Luesza Siahaija, 24-10-2008								4
100m vrije slag	series	41.	1:15.22	-	1:17.02	2-11-2019	105%	
100m rugslag	series	36.	1:24.57	-	1:27.26	14-12-2019	106%	
100m schoolslag	series	12.	1:34.86	-	1:35.06	29-2-2020	100%	
100m vlinderslag	series	30.	1:37.14	-	1:40.22	5-10-2019	106%	
Marc Hoogeveen, 5-3-2001								-
100m rugslag	series	2.	1:04.95	-	1:03.15	26-11-2016	95%	
Milou Geneuglijk, 8-2-2009								2
100m vrije slag	series	48.	1:17.50	-	1:18.58	8-2-2020	103%	
100m rugslag	series	38.	1:26.37	-	1:28.58	2-2-2020	105%	
Nienke Koop, 12-1-2008								3
100m vrije slag	series	34.	1:11.96	-	1:17.90	1-2-2020	117%	
100m rugslag	series	26.	1:21.01	-	1:23.62	14-12-2019	107%	
100m schoolslag	series	19.	1:39.94	-	1:42.37	11-1-2020	105%	
Quinten Stuut, 23-10-2002								-
100m vrije slag	series	5.	56.31	-	55.97	1-2-2020	99%	
100m schoolslag	series	7.	1:19.47	-	1:13.95	12-10-2019	87%	
100m vlinderslag	series	4.	1:05.58	-	1:05.21	11-1-2020	99%	
Rick Smit, 8-8-2006								4
100m vrije slag	series	18.	1:04.64	-	1:07.86	1-2-2020	110%	
100m rugslag	series	11.	1:14.95	-	1:17.14	29-2-2020	106%	
100m schoolslag	series	9.	1:20.82	-	1:24.89	14-12-2019	110%	
100m vlinderslag	series	15.	1:19.84	-	1:27.48	18-1-2020	120%	
Roeland Oosterhuis, 23-4-2008								4
100m vrije slag	series	30.	1:15.62	-	1:15.86	14-12-2019	101%	
100m rugslag	series	16.	1:21.36	-	1:26.94	2-2-2020	114%	
100m schoolslag	series	20.	1:40.32	-	1:44.96	14-12-2019	109%	
100m vlinderslag	series	24.	1:48.44	-	1:51.02	18-1-2020	105%	



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Rong Fu van der Neut, 26-12-2006								3
100m vrije slag	series	32.	1:19.34	-	1:25.84	8-2-2020	117%	
100m rugslag	series	20.	1:26.30	-	1:30.86	5-10-2019	111%	
100m schoolslag	series	21.	1:54.79	-	1:52.84	24-11-2019	97%	
100m vlinderslag	series	23.	1:45.42	-	1:57.66	18-1-2020	125%	
Xoë St uut, 20-12-2004								-
100m vrije slag	series	10.	1:03.16	-	1:02.72	2-2-2020	99%	
100m rugslag	series	16.	1:15.05	-	1:14.69	2-2-2020	99%	
100m vlinderslag	series	10.	1:16.76	-	1:13.65	29-2-2020	92%	
Avéna								-
De Kikker								-
De Spatters								-
De Vikings								19
Amber Lubbers, 7-4-2007								1
100m vrije slag	series	28.	1:08.81	-	1:07.56	24-11-2019	96%	
100m vlinderslag	series	24.	1:29.91	-	1:35.71	5-10-2019	113%	
David da Silva Miranda, 10-2-2005								-
100m vrije slag	series	9.	59.99	-	58.93	23-11-2019	96%	
100m rugslag	series	5.	1:10.04	-	1:09.96	21-8-2020	100%	
100m schoolslag	series	3.	1:13.53	-	1:13.16	24-11-2019	99%	
Gabiella da Silva Miranda, 23-8-2007								1
100m vrije slag	series	38.	1:13.81	-	1:13.39	2-11-2019	99%	
100m rugslag	series	35.	1:24.30	-	1:25.63	27-10-2019	103%	
100m schoolslag	series	25.	1:42.65	-	1:40.13	18-1-2020	95%	
Gerda Woldendorp, 14-6-2003								-
100m rugslag	series	AFGEM		-	1:17.52	7-10-2017	-	
Jannoula Jaspers, 11-5-2008								1
100m vrije slag	series	44.	1:15.72	-	1:17.33	20-10-2019	104%	
100m rugslag	series	25.	1:20.60	-	1:19.97	17-11-2019	98%	
100m schoolslag	series	13.	1:35.17	-	1:33.81	18-1-2020	97%	
Jelte de Boer, 23-8-2007								2
100m vrije slag	series	21.	1:06.37	-	1:06.16	2-11-2019	99%	
100m rugslag	series	13.	1:16.71	-	1:18.20	16-11-2019	104%	
100m vlinderslag	series	12.	1:15.98	-	1:17.08	17-11-2019	103%	
Jetze de Vries, 12-10-2006								3
100m vrije slag	series	13.	1:03.92	-	1:04.10	29-2-2020	101%	
100m rugslag	series	7.	1:12.45	-	1:14.97	29-2-2020	107%	
100m schoolslag	series	12.	1:24.82	-	1:25.63	14-12-2019	102%	
Mare Broekstra, 24-6-2006								1
100m vrije slag	series	14.	1:04.25	-	1:03.13	5-10-2019	97%	
100m rugslag	series	10.	1:12.89	-	1:16.21	12-10-2019	109%	
100m schoolslag	series	8.	1:31.93	-	1:27.72	5-10-2019	91%	
Noa Teuben, 9-5-2005								-
100m vrije slag	series	7.	1:02.13	-	59.18	9-2-2019	91%	
100m rugslag	series	7.	1:10.26	-	1:07.00	5-10-2019	91%	
Sterre van der Wal, 22-3-2005								1
100m vrije slag	series	18.	1:07.05	-	1:06.59	29-6-2019	99%	
100m rugslag	series	20.	1:17.51	-	1:16.03	19-1-2019	96%	
100m vlinderslag	series	11.	1:19.01	-	1:19.06	27-10-2019	100%	
Sven Koornstra, 1-2-2009								3
200m vrije slag	series	2.	2:43.59	-	3:02.63	18-1-2020	125%	
100m rugslag	series	2.	1:28.87	-	1:29.22	2-11-2019	101%	
50m schoolslag	series	2.	45.38	-	46.13	19-10-2019	103%	
Tijn Bijma, 24-7-2009								2
200m vrije slag	series	6.	3:08.28	-	3:38.20	18-1-2020	134%	
100m rugslag	series	12.	1:40.37	-	1:43.22	3-11-2019	106%	
50m schoolslag	series	10.	54.49	-	53.80	3-11-2019	97%	
Veerle Estelle Tuinema, 30-8-2007								1
100m vrije slag	series	35.	1:11.97	-	1:15.70	21-8-2020	111%	
100m vlinderslag	series	17.	1:23.29	-	NT		-	
Wytse Broekstra, 26-3-2008								3
100m vrije slag	series	14.	1:03.98	-	1:04.69	7-3-2020	102%	
100m schoolslag	series	4.	1:16.29	-	1:18.49	8-3-2020	106%	



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100m vlinderslag	series	18.	1:23.55	-	1:26.40	18-1-2020	107%	
Haren								-
HZ&PC Heerenveen								72
Amarinske Meijer, 25-11-2006								-
100m vrije slag	series	32.	1:11.09	-	1:08.01	24-11-2018	92%	
100m rugslag	series	30.	1:22.22	-	1:20.74	2-2-2020	96%	
100m schoolslag	series	21.	1:40.20	-	1:33.75	12-1-2019	88%	
100m vlinderslag	series	12.	1:19.70	-	1:18.47	2-2-2019	97%	
Amber Boomsma, 8-2-2004								-
100m vrije slag	series	23.	1:07.59	-	1:05.93	27-10-2019	95%	
100m rugslag	series	24.	1:19.61	-	1:19.44	13-10-2018	100%	
100m schoolslag	series	4.	1:27.21	-	1:26.11	23-9-2018	97%	
Aniek Vuist, 31-8-2006								2
100m vrije slag	series	24.	1:08.09	-	1:04.90	23-11-2019	91%	
100m rugslag	series	22.	1:18.50	-	1:22.63	30-11-2019	111%	
100m vlinderslag	series	13.	1:20.31	-	1:39.67	25-11-2017	154%	
Anna van Eeken, 7-6-2004								-
100m vrije slag	series	AFGEM		-	1:12.08	8-12-2019	-	
100m rugslag	series	AFGEM		-	1:21.06	5-10-2019	-	
100m schoolslag	series	AFGEM		-	1:26.25	15-1-2017	-	
Chantal van Willegen, 9-1-2003								-
100m vrije slag	series	54.	1:21.46	-	1:02.67	3-12-2016	59%	
100m rugslag	series	41.	1:32.01	-	1:12.25	9-10-2016	62%	
Daniëlle de Boer, 3-12-1994								-
100m vrije slag	series	2.	1:03.64	-	1:02.66	8-2-2020	97%	
100m rugslag	series	1.	1:10.86	-	1:06.80	24-1-2020	89%	
Danne-Bo Eghuizen, 9-8-2011								-
200m vrije slag	series	7.	4:16.37	-	NT		-	
100m rugslag	series	7.	2:02.59	-	NT		-	
Dennis Bos, 27-8-1992								-
100m schoolslag	series	1.	1:07.48	-	1:04.73	8-1-2017	92%	
Djurre van der Wal, 1-1-2005								2
100m vrije slag	series	16.	1:04.39	-	1:02.93	23-11-2019	96%	
100m rugslag	series	6.	1:10.83	-	1:14.56	26-10-2019	111%	
100m schoolslag	series	11.	1:24.26	-	1:24.08	12-10-2019	100%	
100m vlinderslag	series	7.	1:09.77	-	1:11.61	26-10-2019	105%	
Elise Dorlandt, 10-9-2010								2
200m vrije slag	series	2.	3:25.00	-	NT		-	
100m rugslag	series	4.	1:47.52	-	1:51.43	14-12-2019	107%	
50m schoolslag	series	2.	51.44	-	54.79	8-2-2020	113%	
Esther Roele, 22-9-2000								3
100m vrije slag	series	33.	1:11.77	-	1:12.71	16-12-2017	103%	
100m rugslag	series	29.	1:22.10	-	1:24.49	22-12-2018	106%	
100m vlinderslag	series	29.	1:36.51	-	1:37.18	2-11-2019	101%	
Evelien van Klaarbergen, 8-3-1972								1
100m rugslag	series	2.	1:12.81	-	1:11.32	16-2-2019	96%	
100m schoolslag	series	2.	1:25.42	-	1:27.33	18-11-2018	105%	
Femke Smilde, 11-8-2008								1
100m vrije slag	series	45.	1:16.05	-	1:14.08	8-12-2019	95%	
100m rugslag	series	33.	1:23.03	-	1:23.66	14-12-2019	102%	
100m schoolslag	series	15.	1:38.24	-	1:37.08	3-11-2019	98%	
100m vlinderslag	series	32.	1:39.03	-	1:39.02	1-2-2020	100%	
Finn Eghuizen, 24-12-2009								2
200m vrije slag	series	4.	2:56.19	-	3:04.94	18-1-2020	110%	
100m rugslag	series	6.	1:36.08	-	1:33.25	8-2-2020	94%	
50m schoolslag	series	8.	53.18	-	54.44	11-1-2020	105%	
Fraukje Puts, 28-1-1992								1
100m vrije slag	series	1.	1:03.08	-	1:00.26	16-1-2016	91%	
100m schoolslag	series	1.	1:21.06	-	1:21.94	8-2-2020	102%	
Friso Moedt, 6-8-2009								2
200m vrije slag	series	10.	3:14.18	-	3:14.59	18-1-2020	100%	
100m rugslag	series	7.	1:38.32	-	1:36.34	2-11-2019	96%	
50m schoolslag	series	3.	45.68	-	45.96	19-1-2020	101%	
Gijs Koehoorn, 15-6-2008								1
100m vrije slag	series	26.	1:11.36	-	1:08.53	7-3-2020	92%	
100m rugslag	series	18.	1:21.50	-	1:20.86	8-2-2020	98%	
100m schoolslag	series	19.	1:37.50	-	1:40.43	8-2-2020	106%	



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Hanna Cimic, 30-3-2011									-
200m vrije slag	series	AFGEM	-	NT	-	-	-	-	-
100m rugslag	series	AFGEM	-	NT	-	-	-	-	-
50m schoolslag	series	AFGEM	-	1:10.57	19-1-2020	-	-	-	-
Hannelore Buze, 20-11-2008									1
100m vrije slag	series	55.	1:21.97	-	1:21.53	8-2-2020	99%	-	-
100m rugslag	series	43.	1:34.39	-	1:37.91	11-1-2020	108%	-	-
Hedwig Bolt, 9-8-2006									3
100m vrije slag	series	15.	1:04.52	-	1:05.03	21-8-2020	102%	-	-
100m rugslag	series	15.	1:14.98	-	1:16.42	2-2-2020	104%	-	-
100m schoolslag	series	3.	1:19.25	-	1:19.32	23-11-2019	100%	-	-
Ilse Smilde, 11-12-2010									2
200m vrije slag	series	4.	3:33.73	-	NT	-	-	-	-
100m rugslag	series	2.	1:42.07	-	1:43.12	14-12-2019	102%	-	-
50m schoolslag	series	5.	57.70	-	58.47	8-2-2020	103%	-	-
Ivan Vuist, 30-12-2008									2
100m vrije slag	series	31.	1:18.64	-	1:22.76	1-2-2020	111%	-	-
100m rugslag	series	21.	1:28.59	-	1:29.11	8-2-2020	101%	-	-
100m vlinderslag	series	25.	1:51.21	-	NT	-	-	-	-
Janine ter Schure, 6-12-2001									1
100m vrije slag	series	20.	1:07.39	-	1:06.71	17-11-2018	98%	-	-
100m rugslag	series	21.	1:18.43	-	1:23.10	30-11-2019	112%	-	-
100m vlinderslag	series	19.	1:25.39	-	1:20.80	1-12-2018	90%	-	-
Jelte Ruitenbergh, 14-6-2009									3
200m vrije slag	series	7.	3:10.21	-	3:27.00	10-11-2019	118%	-	-
100m rugslag	series	8.	1:39.79	-	1:39.95	2-11-2019	100%	-	-
50m schoolslag	series	9.	54.38	-	55.48	2-11-2019	104%	-	-
Jesse Stel, 19-7-2007									1
100m vrije slag	series	33.	1:20.27	-	1:17.68	8-12-2019	94%	-	-
100m rugslag	series	22.	1:31.12	-	1:30.89	6-12-2019	99%	-	-
100m vlinderslag	series	22.	1:44.06	-	1:51.31	11-5-2019	114%	-	-
Jorian Darwinkel, 10-7-2003									-
100m vrije slag	series	6.	56.31	-	55.54	30-6-2019	97%	-	-
100m schoolslag	series	2.	1:09.68	-	1:09.40	29-6-2019	99%	-	-
Lars van Zessen, 15-11-2006									3
100m vrije slag	series	29.	1:12.80	-	1:16.90	1-2-2020	112%	-	-
100m schoolslag	series	15.	1:30.73	-	1:35.42	2-2-2020	111%	-	-
100m vlinderslag	series	21.	1:39.61	-	1:56.37	1-2-2020	136%	-	-
Laura van Etten, 1-7-2008									1
100m vrije slag	series	39.	1:14.78	-	1:15.01	8-2-2020	101%	-	-
100m vlinderslag	series	25.	1:32.33	-	1:31.98	1-2-2020	99%	-	-
Lianne van Wier, 5-2-2002									-
100m vlinderslag	series	1.	1:10.05	-	1:09.18	16-11-2019	98%	-	-
Liselotte Schaap, 9-6-2006									1
100m vrije slag	series	19.	1:07.12	-	1:08.44	3-11-2019	104%	-	-
100m rugslag	series	23.	1:18.96	-	1:18.78	7-12-2019	100%	-	-
Lobke Hempenius, 10-6-2011									2
200m vrije slag	series	3.	3:29.59	-	NT	-	-	-	-
100m rugslag	series	3.	1:42.86	-	1:46.73	14-12-2019	108%	-	-
50m schoolslag	series	3.	52.29	-	52.41	19-1-2020	100%	-	-
Lois Jalving, 31-5-2004									-
100m vrije slag	series	25.	1:08.19	-	1:05.67	16-11-2019	93%	-	-
100m rugslag	series	13.	1:14.41	-	1:13.21	3-11-2019	97%	-	-
Mark van het Meer, 5-5-2009									2
200m vrije slag	series	8.	3:10.43	-	3:22.81	28-4-2019	113%	-	-
100m rugslag	series	9.	1:39.91	-	1:40.72	8-2-2020	102%	-	-
Marre van der Wal, 1-1-2010									2
200m vrije slag	series	1.	2:55.16	-	3:07.97	13-10-2019	115%	-	-
100m rugslag	series	1.	1:31.06	-	1:27.03	7-3-2020	91%	-	-
50m schoolslag	series	1.	47.49	-	48.08	8-2-2020	103%	-	-
Marten Ettema, 13-2-1990									2
100m vrije slag	series	2.	1:08.14	-	1:08.76	8-2-2020	102%	-	-
100m schoolslag	series	2.	1:20.57	-	1:22.46	8-2-2020	105%	-	-
Mattias Stolk, 4-5-2010									2
200m vrije slag	series	14.	3:17.69	-	NT	-	-	-	-
100m rugslag	series	13.	1:43.47	-	1:49.41	18-1-2020	112%	-	-
50m schoolslag	series	6.	50.37	-	51.73	1-2-2020	105%	-	-



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Maud Koehoorn, 10-11-2005								3
100m vrije slag	series	37.	1:13.37	-	1:09.45	11-1-2020	90%	
100m rugslag	series	14.	1:14.64	-	1:15.86	27-10-2019	103%	
100m schoolslag	series	10.	1:33.73	-	1:40.38	5-10-2019	115%	
100m vlinderslag	series	19.	1:25.39	-	1:29.34	1-2-2020	109%	
Maud Roffel, 4-7-2007								1
100m vrije slag	series	36.	1:12.82	-	1:13.18	29-9-2019	101%	
100m rugslag	series	18.	1:16.54	-	1:14.24	14-12-2019	94%	
100m schoolslag	series	7.	1:31.46	-	1:29.96	18-1-2020	97%	
100m vlinderslag	series	18.	1:25.26	-	1:25.19	3-11-2019	100%	
Michelle van den Hoofdakker, 22-3-2003								-
100m vrije slag	series	12.	1:03.58	-	1:02.01	24-11-2019	95%	
100m rugslag	series	5.	1:09.35	-	1:07.21	17-11-2019	94%	
Myrte van Mook, 18-7-2006								-
100m vrije slag	series	29.	1:09.53	-	1:03.70	29-6-2019	84%	
100m rugslag	series	11.	1:13.85	-	1:11.90	19-10-2019	95%	
Nadia Veenstra, 28-3-2006								-
100m vrije slag	series	46.	1:16.29	-	1:14.29	1-2-2020	95%	
100m schoolslag	series	16.	1:38.46	-	1:32.54	2-2-2020	88%	
René Beetsma, 13-8-1969								-
100m vrije slag	series	1.	1:02.87	-	1:00.08	21-1-2017	91%	
100m rugslag	series	1.	1:12.50	-	1:07.59	19-1-2018	87%	
Rixt Loots, 10-6-2011								1
100m rugslag	series	8.	2:18.54	-	NT		-	
50m schoolslag	series	7.	1:04.39	-	1:06.73	6-7-2019	107%	
Roel Meijer, 18-12-2010								1
200m vrije slag	series	11.	3:15.08	-	NT		-	
50m schoolslag	series	12.	59.81	-	1:01.28	19-1-2020	105%	
Romana Jonker, 19-11-2004								-
100m vrije slag	series	26.	1:08.51	-	1:07.67	11-1-2020	98%	
100m rugslag	series	19.	1:16.98	-	1:16.85	5-10-2019	100%	
100m schoolslag	series	2.	1:18.84	-	1:15.71	20-12-2019	92%	
Romy Jalving, 16-3-2000								-
100m vrije slag	series	21.	1:07.46	-	1:04.21	13-10-2018	91%	
Sanne Hoving, 10-7-2000								-
100m vrije slag	series	AFGEM		-	1:12.32	21-12-2019	-	
100m rugslag	series	AFGEM		-	1:25.18	21-12-2019	-	
Sem Ligtoet, 2-11-2006								3
100m vrije slag	series	24.	1:08.77	-	1:09.78	1-2-2020	103%	
100m rugslag	series	12.	1:15.09	-	1:17.02	2-2-2020	105%	
100m vlinderslag	series	19.	1:23.99	-	1:30.15	1-2-2020	115%	
Senna van den Hoed, 27-10-2004								-
100m vrije slag	series	3.	55.77	-	55.71	8-12-2019	100%	
100m vlinderslag	series	6.	1:06.28	-	1:03.97	11-1-2020	93%	
Silke Koehoorn, 15-10-2003								3
100m vrije slag	series	31.	1:10.92	-	1:12.17	27-10-2019	104%	
100m rugslag	series	37.	1:24.65	-	1:25.86	5-10-2019	103%	
100m vlinderslag	series	15.	1:23.09	-	1:23.48	1-2-2020	101%	
Tije Hempenius, 1-10-2009								3
200m vrije slag	series	9.	3:14.09	-	3:23.66	18-1-2020	110%	
100m rugslag	series	10.	1:39.91	-	1:44.26	8-2-2020	109%	
50m schoolslag	series	7.	50.56	-	52.04	19-1-2020	106%	
Vasco Strampel, 19-6-2007								3
100m vrije slag	series	25.	1:10.27	-	1:10.51	1-2-2020	101%	
100m rugslag	series	19.	1:21.92	-	1:24.63	2-2-2020	107%	
100m schoolslag	series	18.	1:34.05	-	1:37.70	7-12-2019	108%	
Victor de Haan, 7-6-2010								-
200m vrije slag	series	AFGEM		-	NT		-	
100m rugslag	series	AFGEM		-	NT		-	
50m schoolslag	series	AFGEM		-	1:04.38	19-1-2020	-	
Vlora Berisha, 7-9-2007								2
100m vrije slag	series	52.	1:20.31	-	1:32.24	10-11-2019	132%	
100m vlinderslag	series	31.	1:37.45	-	2:00.92	10-3-2018	154%	
Wiebren Dijkstra, 29-12-1958								-
100m vrije slag	series	3.	1:21.08	-	NT		-	
100m schoolslag	series	3.	1:42.62	-	NT		-	
Wouter Zijlstra, 15-6-2004								4
100m vrije slag	series	4.	56.02	-	57.35	23-11-2019	105%	
100m rugslag	series	3.	1:06.41	-	1:08.43	5-10-2019	106%	



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100m schoolslag	series	1.	1:09.68	-	1:10.78	8-12-2019	103%	
100m vlinderslag	series	3.	1:04.17	-	1:07.03	1-2-2020	109%	
Yorre van der Wal, 1-1-2010								3
200m vrije slag	series	5.	3:07.82	-	3:31.46	3-11-2019	127%	
100m rugslag	series	3.	1:34.19	-	1:35.40	1-2-2020	103%	
50m schoolslag	series	5.	49.59	-	50.44	8-3-2020	103%	
Ksn (Sg)								35
Aline Strijker, 14-5-2011								1
200m vrije slag	series	6.	3:55.44	-	NT		-	
100m rugslag	series	6.	1:59.16	-	1:54.54	25-1-2020	92%	
50m schoolslag	series	4.	55.30	-	55.64	25-1-2020	101%	
Anina Versteeg, 5-1-2006								3
100m vrije slag	series	56.	1:25.04	-	1:43.23	22-9-2018	147%	
100m rugslag	series	44.	1:35.11	-	1:37.86	29-2-2020	106%	
100m schoolslag	series	22.	1:40.44	-	1:44.09	29-2-2020	107%	
Anouk Maat, 21-6-2004								2
100m vrije slag	series	58.	1:27.62	-	1:37.03	29-2-2020	123%	
100m schoolslag	series	23.	1:40.51	-	1:41.98	29-2-2020	103%	
Daan Mulder, 1-4-2011								1
200m vrije slag	series	12.	3:16.88	-	NT		-	
100m rugslag	series	11.	1:40.23	-	1:38.40	18-1-2020	96%	
50m schoolslag	series	4.	48.90	-	50.29	25-1-2020	106%	
Daan Westerhof, 12-2-2009								3
200m vrije slag	series	1.	2:43.41	-	2:51.76	7-12-2019	110%	
100m rugslag	series	1.	1:27.96	-	1:29.96	28-9-2019	105%	
50m schoolslag	series	1.	40.85	-	41.60	7-3-2020	104%	
Femke Griemink, 18-5-2008								3
100m vrije slag	series	57.	1:25.62	-	1:25.03	4-1-2020	99%	
100m rugslag	series	42.	1:32.20	-	1:35.01	14-12-2019	106%	
100m schoolslag	series	24.	1:41.31	-	1:44.17	7-12-2019	106%	
100m vlinderslag	series	33.	1:40.47	-	1:55.44	14-9-2019	132%	
Filip Piszczynski, 2-8-2008								3
100m vrije slag	series	23.	1:07.87	-	1:17.97	7-12-2019	132%	
100m rugslag	series	14.	1:16.71	-	1:22.91	8-2-2020	117%	
100m schoolslag	series	17.	1:31.79	-	1:38.10	11-1-2020	114%	
100m vlinderslag	series	14.	1:18.12	-	NT		-	
Gerjan Berends, 27-8-2009								-
200m vrije slag	series	3.	2:51.47	-	NT		-	
100m rugslag	series	4.	1:34.51	-	1:31.13	4-1-2020	93%	
Hanna Sampimon, 4-5-2009								1
100m vrije slag	series	60.	1:34.55	-	1:58.29	18-1-2020	157%	
100m rugslag	series	46.	1:37.80	-	NT		-	
100m schoolslag	series	28.	1:47.25	-	NT		-	
Jovanny Timmer, 11-4-2003								1
100m vrije slag	series	8.	59.16	-	59.75	7-12-2019	102%	
100m rugslag	series	4.	1:08.89	-	1:07.87	17-3-2018	97%	
100m schoolslag	series	5.	1:16.94	-	1:14.17	18-11-2017	93%	
100m vlinderslag	series	8.	1:10.75	-	1:09.60	18-5-2019	97%	
Julia Boer, 8-1-2010								-
200m vrije slag	series	5.	3:52.55	-	NT		-	
100m rugslag	series	5.	1:56.11	-	1:51.13	14-12-2019	92%	
50m schoolslag	series	6.	1:01.95	-	1:00.89	8-2-2020	97%	
Lars Vos, 12-9-2005								2
100m vrije slag	series	20.	1:06.37	-	1:05.07	1-2-2020	96%	
100m rugslag	series	9.	1:14.45	-	1:17.34	2-2-2020	108%	
100m schoolslag	series	16.	1:31.02	-	1:26.79	7-12-2019	91%	
100m vlinderslag	series	13.	1:17.17	-	1:17.26	1-2-2020	100%	
Lotte Lübbers, 14-2-2009								4
100m vrije slag	series	30.	1:10.92	-	1:11.66	7-3-2020	102%	
100m rugslag	series	32.	1:22.88	-	1:27.14	11-1-2020	111%	
100m schoolslag	series	17.	1:38.50	-	1:43.60	7-12-2019	111%	
100m vlinderslag	series	21.	1:25.90	-	1:30.85	14-12-2019	112%	
Marjolijn de Wit, 1-10-2006								1
100m vrije slag	series	42.	1:15.34	-	1:13.98	11-1-2020	96%	
100m rugslag	series	31.	1:22.81	-	1:32.81	4-1-2020	126%	
100m schoolslag	series	14.	1:37.95	-	1:34.68	29-2-2020	93%	
100m vlinderslag	series	23.	1:27.97	-	1:27.89	4-1-2020	100%	



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Mathijs de Wit, 13-6-2010									1
200m vrije slag	series	13.	3:17.19	-	NT			-	
100m rugslag	series	5.	1:35.99	-	1:42.08	18-1-2020		113%	
50m schoolslag	series	11.	54.68	-	52.29	25-1-2020		91%	
Matthanja Alberts, 17-5-2003									2
100m vrije slag	series	40.	1:14.98	-	1:21.04	13-1-2018		117%	
100m rugslag	series	34.	1:23.42	-	1:30.95	21-4-2018		119%	
100m schoolslag	series	11.	1:34.04	-	1:33.70	23-3-2019		99%	
Maud Mulder, 4-8-2007									3
100m vrije slag	series	53.	1:21.38	-	1:21.82	4-1-2020		101%	
100m rugslag	series	39.	1:27.51	-	1:31.61	11-1-2020		110%	
100m schoolslag	series	26.	1:45.46	-	1:51.82	18-1-2020		112%	
Owen Horsting, 22-8-2004									4
100m vrije slag	series	22.	1:06.63	-	1:07.02	11-1-2020		101%	
100m rugslag	series	15.	1:17.29	-	1:24.57	20-10-2019		120%	
100m schoolslag	series	14.	1:27.01	-	1:35.61	5-10-2019		121%	
100m vlinderslag	series	17.	1:21.74	-	1:24.47	11-1-2020		107%	
MZ&PC De Reest									16
Bram Wolters, 24-4-2006									1
100m vrije slag	series	17.	1:04.55	-	1:04.29	7-3-2020		99%	
100m vlinderslag	series	9.	1:11.11	-	1:14.81	11-1-2020		111%	
Daan van de Belt, 20-9-2006									2
100m vrije slag	series	12.	1:03.02	-	1:03.96	7-3-2020		103%	
100m schoolslag	series	8.	1:20.65	-	1:22.79	7-3-2020		105%	
Erin Zantinge, 15-10-2000									-
100m vrije slag	series	3.	1:09.09	-	1:08.86	25-1-2020		99%	
100m rugslag	series	3.	1:18.08	-	1:17.60	25-1-2020		99%	
Evelien Husselman, 7-11-2005									1
100m vrije slag	series	27.	1:08.69	-	1:07.93	11-1-2020		98%	
100m vlinderslag	series	16.	1:23.13	-	1:27.82	2-11-2019		112%	
Hilma Buiten, 26-1-1994									2
100m vrije slag	series	5.	1:16.58	-	1:16.85	7-3-2020		101%	
100m schoolslag	series	3.	1:39.96	-	1:39.97	6-10-2018		100%	
Kim Bosman, 2-5-2009									2
100m vrije slag	series	63.	1:36.47	-	1:37.41	7-3-2020		102%	
100m rugslag	series	48.	1:42.48	-	1:47.72	25-1-2020		110%	
Koen de Vries, 17-8-2008									2
100m vrije slag	series	27.	1:12.26	-	1:14.86	7-3-2020		107%	
100m rugslag	series	17.	1:21.37	-	1:24.47	8-2-2020		108%	
Leonore Heerschop, 26-4-2008									1
100m vrije slag	series	59.	1:29.58	-	1:31.18	31-3-2019		104%	
100m rugslag	series	45.	1:37.38	-	1:35.97	11-1-2020		97%	
Martine Mulder - van Dijk, 25-9-1994									-
100m vrije slag	series	4.	1:16.21	-	1:15.33	25-5-2019		98%	
100m rugslag	series	4.	1:30.18	-	1:22.76	15-12-2018		84%	
Peter Lubberts, 27-10-2000									-
100m vrije slag	series	1.	1:02.87	-	1:02.51	21-4-2018		99%	
100m rugslag	series	1.	1:15.49	-	1:15.00	25-5-2019		99%	
Puck van Butzelaar, 27-5-2008									2
100m vrije slag	series	64.	1:41.31	-	1:48.90	23-3-2019		116%	
100m schoolslag	series	29.	1:49.88	-	1:55.52	11-1-2020		111%	
Quint Heerschop, 2-12-2010									1
100m rugslag	series	14.	2:26.15	-	NT			-	
50m schoolslag	series	13.	1:12.21	-	1:21.38	7-3-2020		127%	
Rens de Boer, 15-5-2007									2
100m vrije slag	series	28.	1:12.39	-	1:19.90	25-1-2020		122%	
100m vlinderslag	series	20.	1:38.14	-	1:49.02	29-2-2020		123%	
Rosalie Blauw, 3-6-2003									-
100m vrije slag	series	47.	1:16.70	-	1:13.37	2-6-2018		92%	
100m vlinderslag	series	26.	1:32.62	-	1:27.34	28-4-2018		89%	
Rosalie Jans, 23-12-2008									-
100m vrije slag	series	62.	1:36.14	-	NT			-	
Sterre Roescher, 2-10-2002									-
100m vrije slag	series	51.	1:19.62	-	1:16.11	7-3-2020		91%	
100m schoolslag	series	9.	1:32.96	-	1:30.76	13-4-2019		95%	



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Vera de Boer, 14-1-2009									-
100m vrije slag	series	43.	1:15.41	-	1:13.73	7-3-2020	96%		
100m rugslag	series	28.	1:21.19	-	1:20.65	8-3-2020	99%		
TriVia									12
Arianne Kooijinga, 18-9-2000									-
100m vrije slag	series	1.	57.20	-	56.83	21-12-2019	99%		
100m rugslag	series	1.	1:03.62	-	1:02.70	21-12-2019	97%		
Esmee van Peer, 1-1-2002									-
100m vrije slag	series	4.	1:01.88	-	1:01.29	24-11-2018	98%		
100m rugslag	series	17.	1:15.21	-	1:12.72	15-12-2018	93%		
100m vlinderslag	series	6.	1:12.45	-	1:12.44	30-12-2018	100%		
Inge Dekker, 25-3-2002									-
100m vrije slag	series	5.	1:01.88	-	1:00.83	24-11-2019	97%		
100m rugslag	series	4.	1:08.86	-	1:06.30	30-6-2018	93%		
100m vlinderslag	series	2.	1:11.17	-	1:10.23	4-1-2020	97%		
Iris Nieuwhof, 1-1-2004									-
100m vrije slag	series	11.	1:03.54	-	1:02.76	24-11-2019	98%		
100m rugslag	series	9.	1:12.48	-	1:12.08	5-10-2019	99%		
100m schoolslag	series	1.	1:15.91	-	1:13.86	8-12-2019	95%		
Kevin van Gelderen, 1-1-2004									2
100m vrije slag	series	11.	1:01.50	-	1:01.39	26-10-2019	100%		
100m schoolslag	series	6.	1:16.94	-	1:18.81	4-1-2020	105%		
100m vlinderslag	series	10.	1:15.19	-	1:16.77	8-12-2019	104%		
Mariëlle Dolfijn, 17-3-2002									-
100m vrije slag	series	2.	1:01.27	-	57.84	16-3-2019	89%		
100m rugslag	series	6.	1:10.26	-	1:08.09	12-10-2019	94%		
100m vlinderslag	series	9.	1:14.35	-	1:07.12	30-6-2019	81%		
Matthijs van Meerendonk, 1-1-1999									-
100m vrije slag	series	1.	52.62	-	52.19	27-1-2017	98%		
100m vlinderslag	series	1.	56.40	-	54.32	29-6-2019	93%		
Monique Tienstra, 1-1-2006									-
100m vrije slag	series	49.	1:18.00	-	1:11.42	27-10-2019	84%		
100m schoolslag	series	20.	1:40.20	-	1:31.41		83%		
100m vlinderslag	series	28.	1:34.78	-	1:17.19	27-10-2019	66%		
Myrthe Natzijl, 6-1-2004									1
100m vrije slag	series	6.	1:01.92	-	1:02.07	24-11-2018	100%		
100m rugslag	series	3.	1:08.14	-	1:07.13	8-12-2019	97%		
Nienke Bakker, 29-3-2005									-
100m vrije slag	series	17.	1:06.03	-	1:05.73	11-1-2020	99%		
100m vlinderslag	series	5.	1:12.06	-	1:11.74	16-11-2019	99%		
Norah Bloemink, 1-1-2009									3
100m vrije slag	series	66.	1:50.71	-	1:59.66	8-2-2020	117%		
100m rugslag	series	49.	1:52.86	-	2:00.42	18-1-2020	114%		
100m schoolslag	series	31.	1:57.89	-	2:06.43	10-11-2019	115%		
Olena Dijkstra, 15-10-2002									-
100m vrije slag	series	13.	1:03.92	-	1:00.80	30-6-2018	90%		
100m vlinderslag	series	3.	1:11.54	-	1:08.24	2-12-2018	91%		
Quinten Brouwer von Gonzenbach, 13-1-2007									1
100m vrije slag	series	19.	1:05.36	-	1:04.44	7-12-2019	97%		
100m schoolslag	series	10.	1:21.74	-	1:24.74	24-11-2019	107%		
100m vlinderslag	series	11.	1:15.28	-	1:15.12	8-12-2019	100%		
Richard Kuipers, 1-1-1997									-
100m vrije slag	series	2.	53.20	-	52.25	1-7-2018	96%		
100m rugslag	series	1.	1:01.00	-	59.14	20-10-2017	94%		
100m vlinderslag	series	2.	1:01.55	-	58.66	17-11-2019	91%		
Sanne Hellinga, 1-1-2009									2
100m vrije slag	series	61.	1:34.87	-	1:33.12	8-2-2020	96%		
100m rugslag	series	47.	1:39.77	-	1:43.82	18-1-2020	108%		
100m schoolslag	series	27.	1:47.07	-	1:47.73	28-9-2019	101%		
Sara Korhuis, 1-1-2006									1
100m vrije slag	series	3.	1:01.76	-	1:02.31	24-11-2019	102%		
100m vlinderslag	series	7.	1:12.51	-	1:11.70	16-11-2019	98%		
Sophie Zwart, 1-1-2009									2
100m vrije slag	series	65.	1:50.35	-	1:53.85	8-2-2020	106%		
100m schoolslag	series	30.	1:57.73	-	2:05.06	28-9-2019	113%		