



Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Avéna								-
HZ&PC Heerenveen								51
Amarinske Meijer, 25-11-2006								1
50m vrije slag	series	3.	31.69	-	30.38	17-3-2019	92%	
50m vlinderslag	series	4.	34.13	-	33.55	2-2-2020	97%	
100m vlinderslag	series	1.	1:16.57	-	1:17.50	26-9-2020	102%	
Amber Boomsma, 8-2-2004								1
200m vrije slag	series	1.	2:23.31	-	2:25.38	19-10-2019	103%	
50m schoolslag	series	4.	39.61	-	39.41	26-9-2020	99%	
50m vlinderslag	series	2.	33.38	-	33.27	19-1-2020	99%	
Aniek Vuist, 31-8-2006								1
50m vrije slag	series	1.	29.52	-	28.70	7-12-2019	95%	
50m rugslag	series	2.	36.22	-	35.54	19-1-2020	96%	
50m vlinderslag	series	3.	33.57	-	34.20	3-10-2020	104%	
Anna van Eeken, 7-6-2004								1
50m rugslag	series	3.	37.08	-	36.67	19-1-2020	98%	
50m schoolslag	series	3.	38.40	-	38.33	19-1-2020	100%	
100m schoolslag	series	1.	1:24.09	-	1:24.39	3-10-2020	101%	
Cas Jonker, 25-1-2009								2
200m vrije slag	series	5.	3:59.81	-	4:26.45	18-1-2020	123%	
50m schoolslag	series	2.	55.26	-	1:02.10	14-12-2019	126%	
200m wisselslag	series	3.	4:16.14	-	NT		-	
Danne-Bo Eghuizen, 9-8-2011								2
200m vrije slag	series	2.	3:58.18	-	4:16.37	5-9-2020	116%	
100m rugslag	series	3.	2:00.42	-	2:02.59	5-9-2020	104%	
Djurre van der Wal, 22-3-2005								2
50m vrije slag	series	3.	28.13	-	29.85	5-9-2020	113%	
1500m vrije slag	series	2.	19:11.04	-	18:55.26		97%	
100m vlinderslag	series	1.	1:07.62	-	1:09.77	5-9-2020	106%	
Elise Dorlandt, 10-9-2010								1
100m rugslag	series	1.	1:38.15	-	1:41.29	26-9-2020	107%	
100m vlinderslag	series	3.	2:04.72	-	NT		-	
200m wisselslag	series	3.	3:35.88	-	NT		-	
Femke Smilde, 11-8-2008								2
50m rugslag	series	4.	37.88	-	38.68	19-1-2020	104%	
100m schoolslag	series	4.	1:36.53	-	1:37.08	3-11-2019	101%	
50m vlinderslag	series	7.	39.93	-	39.28	19-1-2020	97%	
Finn Eghuizen, 24-12-2009								1
1500m vrije slag	series	5.	23:14.93	-	NT		-	
100m rugslag	series	1.	1:28.81	-	1:33.25	8-2-2020	110%	
Friso Moedt, 6-8-2009								1
100m vrije slag	series	4.	1:25.23	-	1:24.61	9-11-2019	99%	
50m rugslag	series	4.	44.53	-	45.81	19-1-2020	106%	
200m schoolslag	series	2.	3:41.75	-	NT		-	
Gijs Koehoorn, 15-6-2008								1
1500m vrije slag	series	3.	20:23.70	-	NT		-	
200m schoolslag	series	1.	3:14.31	-	NT		-	
200m wisselslag	series	2.	2:52.80	-	3:04.37	13-10-2019	114%	
Hedwig Bolt, 9-8-2006								2
50m schoolslag	series	1.	36.66	-	36.01	6-12-2019	96%	
200m schoolslag	series	1.	2:50.11	-	2:54.84	21-8-2020	106%	
200m wisselslag	series	1.	2:34.63	-	2:40.64	11-9-2020	108%	
Hugo de Vrije, 30-11-2004								-
50m vrije slag	series	2.	27.57	-	NT		-	
100m vrije slag	series	2.	1:00.93	-	NT		-	
200m vrije slag	series	3.	2:17.84	-	NT		-	
Ilse Smilde, 11-12-2010								1
200m vrije slag	series	1.	3:24.28	-	3:29.53	26-9-2020	105%	
100m schoolslag	series	2.	2:05.04	-	2:02.43	26-9-2020	96%	
200m wisselslag	series	4.	3:46.27	-	NT		-	
Ivan Vuist, 30-12-2008								3
50m vrije slag	series	5.	34.62	-	35.10	30-11-2019	103%	
50m rugslag	series	2.	39.41	-	40.77	19-1-2020	107%	
50m vlinderslag	series	3.	46.88	-	50.27	19-1-2020	115%	
Jelmar Hartmann, 3-1-2012								-
200m vrije slag	series	2.	3:24.08	-	NT		-	
100m schoolslag	series	3.	2:13.70	-	NT		-	
Jelte Ruitenbergh, 14-6-2009								1
200m vrije slag	series	4.	3:07.54	-	3:10.21	5-9-2020	103%	
1500m vrije slag	series	6.	26:38.62	-	NT		-	



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Jesse Stel, 19-7-2007								1
50m rugslag	series	3.	43.14	269	41.85	19-1-2020	94%	
50m schoolslag	series	1.	48.19	222	47.50	6-12-2019	97%	
50m vlinderslag	series	2.	44.90	177	45.53	19-1-2020	103%	
Jorian Darwinkel, 10-7-2003								2
50m vrije slag	series	1.	24.92	-	25.17	9-10-2020	102%	
100m vrije slag	series	1.	55.27	-	55.54	30-6-2019	101%	
200m vrije slag	series	2.	2:05.42	-	2:05.18	29-6-2019	100%	
Jorick Johannes, 2-9-2010								1
100m rugslag	series	1.	1:29.75	-	1:31.22	26-9-2020	103%	
100m vlinderslag	series	1.	1:50.04	-	NT		-	
200m wisselslag	series	1.	3:18.59	-	NT		-	
Lars van Zessen, 15-11-2006								2
50m vrije slag	series	4.	30.02	-	33.65	19-1-2020	126%	
1500m vrije slag	series	4.	22:28.21	-	NT		-	
50m rugslag	series	1.	37.15	-	39.94	19-1-2020	116%	
Laura van Etten, 1-7-2008								1
1500m vrije slag	series	1.	22:31.21	-	NT		-	
100m rugslag	series	5.	1:22.24	-	1:23.52	14-12-2019	103%	
Liselotte Schaap, 9-6-2006								1
100m vrije slag	series	2.	1:08.06	-	1:07.12	5-9-2020	97%	
50m vlinderslag	series	5.	34.81	-	34.06	4-10-2020	96%	
100m vlinderslag	series	2.	1:18.25	-	1:25.61	7-12-2019	120%	
Lobke Hempenius, 10-6-2011								-
100m rugslag	series	2.	1:45.63	-	1:42.86	5-9-2020	95%	
100m vlinderslag	series	2.	1:52.45	-	NT		-	
200m wisselslag	series	2.	3:33.27	-	NT		-	
Lois Jalving, 31-5-2004								3
50m vrije slag	series	2.	30.06	-	30.36	30-6-2019	102%	
100m rugslag	series	1.	1:12.49	-	1:13.21	3-11-2019	102%	
200m rugslag	series	3.	2:38.62	-	2:38.64	20-10-2019	100%	
Mark van het Meer, 5-5-2009								1
200m rugslag	series	2.	3:45.99	-	NT		-	
200m schoolslag	series	4.	4:02.87	-	NT		-	
100m vlinderslag	series	2.	2:02.29	-	2:03.85	1-2-2020	103%	
Marre van der Wal, 5-7-2010								2
100m schoolslag	series	1.	1:36.75	-	1:37.95	11-9-2020	102%	
100m vlinderslag	series	1.	1:33.87	-	NT		-	
200m wisselslag	series	1.	3:04.89	-	3:10.19		106%	
Mattias Stolk, 4-5-2010								1
100m rugslag	series	4.	1:42.34	-	1:43.47	5-9-2020	102%	
100m vlinderslag	series	2.	1:53.66	-	NT		-	
200m wisselslag	series	2.	3:28.31	-	NT		-	
Maud Koehoorn, 10-11-2005								-
100m rugslag	series	4.	1:16.68	-	1:13.70	26-9-2020	92%	
200m rugslag	series	4.	2:40.88	-	2:36.69	26-9-2020	95%	
50m vlinderslag	series	6.	37.58	-	36.56	9-10-2020	95%	
Maud Roffel, 4-7-2007								2
50m rugslag	series	1.	33.70	-	35.11	19-1-2020	109%	
100m rugslag	series	3.	1:14.31	-	1:14.24	14-12-2019	100%	
200m rugslag	series	2.	2:38.32	-	2:40.03	11-9-2020	102%	
Michelle van den Hoofdakker, 22-3-2003								1
100m vrije slag	series	1.	1:03.26	-	1:02.01	24-11-2019	96%	
50m vlinderslag	series	1.	30.34	-	31.39	12-10-2019	107%	
Myrte van Mook, 18-7-2006								1
100m rugslag	series	2.	1:13.84	-	1:11.90	19-10-2019	95%	
200m rugslag	series	1.	2:37.67	-	2:37.73	9-2-2019	100%	
Nadia Veenstra, 28-3-2006								2
100m rugslag	series	6.	1:23.65	-	1:24.72	5-10-2019	103%	
50m schoolslag	series	5.	42.66	-	42.76	19-1-2020	100%	
100m schoolslag	series	3.	1:31.84	-	1:31.43	26-9-2020	99%	
Rixt Loots, 10-6-2011								1
200m vrije slag	series	3.	4:35.82	-	NT		-	
100m rugslag	series	4.	2:16.19	-	2:18.54	5-9-2020	103%	
200m wisselslag	series	5.	4:40.37	-	NT		-	
Roan Krikke, 5-6-2012								-
200m vrije slag	series	3.	4:30.12	-	NT		-	
100m rugslag	series	6.	2:18.96	-	NT		-	
100m schoolslag	series	4.	2:52.60	-	NT		-	
Roel Meijer, 18-12-2010								1
100m rugslag	series	3.	1:36.94	-	1:40.20	26-9-2020	107%	
100m vlinderslag	series	3.	1:58.10	-	NT		-	
200m wisselslag	series	3.	3:36.07	-	NT		-	
Silke Koehoorn, 15-10-2003								1
100m vrije slag	series	3.	1:11.04	-	1:10.57	3-10-2020	99%	
100m rugslag	series	7.	1:24.73	-	1:24.65	5-9-2020	100%	
100m vlinderslag	series	4.	1:21.23	-	1:23.09	5-9-2020	105%	



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Sterre van der Wal, 22-3-2005								-
50m schoolslag	series	2.	38.40	-	38.00	17-11-2018	98%	
100m schoolslag	series	2.	1:25.36	-	1:24.19	18-11-2018	97%	
100m vlinderslag	series	3.	1:20.10	-	1:17.21	26-9-2020	93%	
Tije Hempenius, 1-10-2009								-
200m rugslag	series	1.	3:31.40	-	NT		-	
200m schoolslag	series	3.	3:57.38	-	NT		-	
100m vlinderslag	series	3.	2:04.27	-	2:00.43	18-1-2020	94%	
Timo Vuist, 6-4-2011								-
100m rugslag	series	5.	1:54.74	-	NT		-	
100m schoolslag	series	2.	2:00.91	-	NT		-	
Vasco Strampel, 19-6-2007								1
100m vrije slag	series	3.	1:11.83	-	1:10.27	5-9-2020	96%	
50m vlinderslag	series	1.	37.44	-	38.89	19-1-2020	108%	
Victor de Haan, 7-6-2010								-
100m vlinderslag	series	4.	2:01.04	-	NT		-	
200m wisselslag	series	4.	3:40.67	-	NT		-	
Wouter Zijlstra, 15-6-2004								1
200m vrije slag	series	1.	2:03.20	-	2:01.88	6-12-2019	98%	
1500m vrije slag	series	1.	17:13.65	-	17:06.83	21-12-2019	99%	
200m wisselslag	series	1.	2:14.25	-	2:15.82	6-12-2019	102%	
Yorre van der Wal, 5-7-2010								2
200m vrije slag	series	1.	3:00.27	-	3:07.82	5-9-2020	109%	
100m rugslag	series	2.	1:30.51	-	1:30.53	26-9-2020	100%	
100m schoolslag	series	1.	1:45.35	-	1:44.58		99%	
unattached								-