



Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Avéna								-
HZ&PC Heerenveen								91
Amarinske Meijer, 25-11-2006								1
50m vrije slag	series	8.	31.72	377	30.38	17-3-2019	92%	
200m vrije slag	series	2.	2:31.97	383	2:32.51	3-10-2020	101%	
100m wisselslag	series	4.	1:21.07	338	1:19.87	1-2-2020	97%	
Amber Boomsma, 8-2-2004								1
50m vrije slag	series	3.	30.26	435	30.41	19-1-2020	101%	
100m vrije slag	series	3.	1:06.84	424	1:05.93	27-10-2019	97%	
100m schoolslag	series	5.	1:24.83	397	1:24.78	26-9-2020	100%	
Aniek Vuist, 31-8-2006								-
50m vrije slag	series	2.	29.41	473	28.70	7-12-2019	95%	
100m vrije slag	series	7.	1:08.86	388	1:04.90	23-11-2019	89%	
50m rugslag	series	3.	35.83	367	35.54	19-1-2020	98%	
Anna van Eeken, 7-6-2004								3
50m vrije slag	series	7.	31.38	390	31.45	19-1-2020	100%	
100m vrije slag	series	8.	1:09.88	371	1:12.08	8-12-2019	106%	
100m schoolslag	series	3.	1:22.66	429	1:24.09	25-10-2020	103%	
Anne de Jonge, 15-11-2006								-
50m rugslag	series	AFGEM		-	46.14	30-11-2019	-	
100m wisselslag	series	AFGEM		-	1:42.69	30-11-2019	-	
Cas Jonker, 25-1-2009								2
50m vrije slag	series	10.	43.45	101	48.41	25-10-2020	124%	
50m rugslag	series	5.	50.70	84	NT		-	
50m vlinderslag	series	4.	52.15	72	59.62	25-10-2020	131%	
Charley Zethoven, 21-12-2005								-
50m vrije slag	series	5.	30.85	410	29.00	30-6-2019	88%	
200m vrije slag	series	3.	2:32.10	382	2:23.30	30-6-2019	89%	
Danne-Bo Eghuizen, 9-8-2011								2
100m vrije slag	series	3.	1:49.07	97	1:52.96	26-9-2020	107%	
50m rugslag	series	3.	53.99	107	57.26	1-11-2020	112%	
50m schoolslag	series	3.	1:11.28	64	1:11.11	26-9-2020	100%	
Djurre van der Wal, 22-3-2005								1
100m vrije slag	series	4.	1:03.36	356	1:01.29	1-11-2020	94%	
50m vlinderslag	series	1.	30.52	361	30.54	1-11-2020	100%	
100m vlinderslag	series	2.	1:10.45	317	1:07.62	25-10-2020	92%	
200m wisselslag	series	2.	2:31.04	382	2:29.12	4-10-2020	97%	
Elise Dorlandt, 10-9-2010								-
50m vrije slag	series	AFGEM		-	42.06	1-11-2020	-	
50m rugslag	series	AFGEM		-	46.28	25-10-2020	-	
100m rugslag	series	AFGEM		-	1:38.15	25-10-2020	-	
200m wisselslag	series	AFGEM		-	3:35.88	25-10-2020	-	
Femke Smilde, 11-8-2008								1
100m vrije slag	series	14.	1:16.04	288	1:14.08	8-12-2019	95%	
200m rugslag	series	5.	2:53.59	324	3:00.92	5-10-2019	109%	
100m wisselslag	series	6.	1:25.70	286	1:24.10	1-2-2020	96%	
Finn Eghuizen, 24-12-2009								2
100m vrije slag	series	3.	1:18.61	186	1:18.47	1-11-2020	100%	
50m vlinderslag	series	2.	46.76	100	46.93	2-2-2020	101%	
200m wisselslag	series	3.	3:16.90	172	3:16.97	1-11-2020	100%	
Friso Moedt, 6-8-2009								1
50m vrije slag	series	4.	37.85	152	37.37	5-10-2019	97%	
100m vrije slag	series	6.	1:26.65	139	1:24.61	9-11-2019	95%	
100m rugslag	series	8.	1:40.91	113	1:36.34	2-11-2019	91%	
100m schoolslag	series	3.	1:40.49	169	1:41.06	8-2-2020	101%	
Gijs Koehoorn, 15-6-2008								2
100m vrije slag	series	5.	1:05.92	316	1:05.77	1-11-2020	100%	
400m vrije slag	series	2.	4:58.82	358	5:10.76	4-10-2020	108%	
100m vlinderslag	series	3.	1:29.38	155	1:27.75	3-10-2020	96%	
200m wisselslag	series	3.	2:47.71	279	2:52.80	25-10-2020	106%	
Hanna Cimic, 30-3-2011								3
100m vrije slag	series	2.	1:43.82	113	1:55.65	26-9-2020	124%	
50m rugslag	series	2.	50.45	131	53.15	1-11-2020	111%	
50m schoolslag	series	2.	1:01.52	100	1:08.51	26-9-2020	124%	
Hannelore Buze, 20-11-2008								2
50m rugslag	series	5.	43.77	201	45.17	19-1-2020	106%	
100m wisselslag	series	7.	1:31.77	233	1:39.35	12-10-2019	117%	
Hedwig Bolt, 9-8-2006								4
50m vrije slag	series	1.	28.66	512	29.18	1-11-2020	104%	
100m vrije slag	series	1.	1:02.81	512	1:02.86	1-11-2020	100%	
50m rugslag	series	1.	33.82	437	35.38	9-10-2020	109%	



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100m schoolslag	series	1.	1:18.58	499	1:19.01	26-9-2020	101%	
Hugo de Vrije, 30-11-2004								-
100m vrije slag	series	3.	1:00.41	411	1:00.40	1-11-2020	100%	
400m vrije slag	series	3.	4:59.20	356	NT		-	
50m vlinderslag	series	2.	31.16	340	NT		-	
Ilse Smilde, 11-12-2010								4
50m vrije slag	series	9.	40.00	188	42.06	1-11-2020	111%	
100m vrije slag	series	8.	1:31.06	168	1:32.37	1-11-2020	103%	
100m rugslag	series	6.	1:39.76	166	1:42.07	5-9-2020	105%	
50m vlinderslag	series	1.	46.47	144	47.14	25-10-2020	103%	
Ivan Vuist, 30-12-2008								3
100m vrije slag	series	7.	1:16.67	201	1:18.64	5-9-2020	105%	
50m rugslag	series	2.	38.14	197	39.41	25-10-2020	107%	
50m vlinderslag	series	3.	44.02	120	45.56	1-11-2020	107%	
Jelmar Hartmann, 3-1-2012								2
100m vrije slag	series	1.	1:28.69	130	NT		-	
50m rugslag	series	1.	45.07	119	47.92	26-9-2020	113%	
50m schoolslag	series	1.	57.60	84	1:02.53	19-1-2020	118%	
Jelte Ruitenbergh, 14-6-2009								3
50m vrije slag	series	8.	39.93	130	41.44	25-10-2020	108%	
100m vrije slag	series	7.	1:27.97	133	1:28.18	1-11-2020	100%	
100m rugslag	series	5.	1:39.26	119	1:37.27	26-9-2020	96%	
100m schoolslag	series	8.	1:54.87	113	1:58.16	26-9-2020	106%	
Jesse Stel, 19-7-2007								2
400m vrije slag	series	4.	5:54.41	214	6:02.40	5-12-2019	105%	
100m vlinderslag	series	4.	1:35.10	129	1:39.03	1-11-2020	108%	
Jorian Darwinkel, 10-7-2003								1
100m vrije slag	series	1.	54.57	558	55.27	25-10-2020	103%	
400m vrije slag	series	1.	4:27.64	498	4:23.99	3-10-2020	97%	
50m rugslag	series	1.	30.54	385	30.28	19-1-2020	98%	
Jorick Johannes, 2-9-2010								4
50m vrije slag	series	1.	34.60	200	35.51	8-3-2020	105%	
100m vrije slag	series	2.	1:17.07	198	1:18.11	1-11-2020	103%	
100m schoolslag	series	5.	1:45.33	147	1:49.24	26-9-2020	108%	
200m wisselslag	series	2.	3:11.05	188	3:18.59	25-10-2020	108%	
Laura van Etten, 1-7-2008								2
100m vrije slag	series	13.	1:14.39	308	1:14.64	26-9-2020	101%	
200m vrije slag	series	7.	2:39.14	334	2:37.64	1-11-2020	98%	
200m rugslag	series	4.	2:46.60	366	3:01.79	7-12-2019	119%	
Liselotte Schaap, 9-6-2006								1
100m vrije slag	series	9.	1:09.98	370	1:07.12	5-9-2020	92%	
200m vrije slag	series	8.	2:46.81	290	2:26.33	3-10-2020	77%	
100m wisselslag	series	1.	1:18.49	373	1:19.33	8-12-2019	102%	
Lobke Hempenius, 10-6-2011								3
100m vrije slag	series	1.	1:28.44	183	1:34.04	26-9-2020	113%	
50m rugslag	series	1.	43.79	201	45.27	8-2-2020	107%	
50m schoolslag	series	1.	47.95	211	52.29	5-9-2020	119%	
Lois Jalving, 31-5-2004								1
100m vrije slag	series	2.	1:05.26	456	1:05.67	16-11-2019	101%	
200m vrije slag	series	4.	2:35.10	360	2:27.21	30-6-2018	90%	
Mark van het Meer, 5-5-2009								3
50m vrije slag	series	5.	38.31	147	39.34	5-10-2019	105%	
50m rugslag	series	2.	44.15	127	48.25	19-1-2020	119%	
100m schoolslag	series	7.	1:54.06	115	1:53.04	11-1-2020	98%	
200m wisselslag	series	6.	3:39.73	124	3:43.39	1-11-2020	103%	
Marre van der Wal, 5-7-2010								3
100m vrije slag	series	1.	1:13.99	313	1:15.39	1-11-2020	104%	
100m rugslag	series	1.	1:27.96	243	1:27.03	7-3-2020	98%	
100m schoolslag	series	1.	1:35.30	280	1:36.75	25-10-2020	103%	
200m wisselslag	series	1.	3:00.64	307	3:04.89	25-10-2020	105%	
Mattias Stolk, 4-5-2010								4
50m vrije slag	series	6.	38.42	146	40.39	1-11-2020	111%	
50m rugslag	series	4.	47.67	101	49.11	19-1-2020	106%	
100m rugslag	series	4.	1:38.31	122	1:42.34	25-10-2020	108%	
100m schoolslag	series	2.	1:40.34	170	1:49.08	11-9-2020	118%	
Maud Koehoorn, 10-11-2005								-
100m vrije slag	series	12.	1:13.46	320	1:09.45	11-1-2020	89%	
50m rugslag	series	2.	35.75	370	33.93	26-9-2020	90%	
200m rugslag	series	3.	2:41.61	401	2:36.69	26-9-2020	94%	
100m wisselslag	series	3.	1:20.58	344	1:20.00	9-10-2020	99%	
Maud Roffel, 4-7-2007								3
100m vrije slag	series	10.	1:10.05	369	1:11.48	26-9-2020	104%	
200m vrije slag	series	1.	2:31.20	389	2:31.24	1-11-2020	100%	
200m rugslag	series	1.	2:37.81	431	2:38.32	25-10-2020	101%	
Myrte van Mook, 18-7-2006								-
100m vrije slag	series	4.	1:06.92	423	1:03.70	29-6-2019	91%	
200m vrije slag	series	6.	2:38.70	336	2:24.76	18-11-2018	83%	
200m rugslag	series	2.	2:38.08	429	2:37.67	25-10-2020	99%	



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Nadia Veenstra, 28-3-2006								2
50m rugslag	series	4.	40.91	247	39.57	6-7-2019	94%	
100m schoolslag	series	6.	1:31.14	320	1:31.43	26-9-2020	101%	
100m wisselslag	series	5.	1:25.38	289	1:25.51	8-12-2019	100%	
Rixt Loots, 10-6-2011								2
100m vrije slag	series	4.	2:12.21	54	2:16.17	1-11-2020	106%	
50m rugslag	series	4.	1:03.62	65	1:05.72	25-10-2020	107%	
Roan Krikke, 5-6-2012								-
100m vrije slag	series	3.	2:13.22	38	NT		-	
50m rugslag	series	3.	1:01.13	48	58.47	26-9-2020	91%	
50m schoolslag	series	3.	1:18.28	33	1:09.77	26-9-2020	79%	
Roel Meijer, 18-12-2010								4
50m vrije slag	series	2.	35.07	192	40.01	2-2-2020	130%	
50m rugslag	series	1.	43.89	129	45.68	8-2-2020	108%	
100m rugslag	series	2.	1:31.77	151	1:36.94	25-10-2020	112%	
50m vlinderslag	series	3.	47.13	98	52.35	1-11-2020	123%	
Romana Jonker, 19-11-2004								1
50m vrije slag	series	4.	30.44	427	30.62	12-10-2019	101%	
100m vrije slag	series	6.	1:07.87	405	1:07.67	11-1-2020	99%	
100m schoolslag	series	2.	1:19.65	479	1:15.71	20-12-2019	90%	
Silke Koehoorn, 15-10-2003								2
100m vrije slag	series	11.	1:10.41	363	1:10.57	3-10-2020	100%	
200m vrije slag	series	5.	2:36.18	353	2:32.49	1-11-2020	95%	
100m wisselslag	series	2.	1:19.21	363	1:22.24	1-2-2020	108%	
Sterre van der Wal, 22-3-2005								1
50m vrije slag	series	6.	31.28	393	30.78		97%	
100m vrije slag	series	5.	1:07.49	412	1:06.59	29-6-2019	97%	
100m schoolslag	series	4.	1:24.12	407	1:24.71	26-9-2020	101%	
Tije Hempenius, 1-10-2009								4
50m vrije slag	series	7.	38.81	141	39.71	1-11-2020	105%	
50m rugslag	series	3.	45.59	115	47.94	5-9-2020	111%	
100m schoolslag	series	6.	1:49.35	131	1:50.03	26-9-2020	101%	
200m wisselslag	series	5.	3:27.27	147	3:33.86	1-11-2020	106%	
Timo Vuist, 6-4-2011								1
100m vrije slag	series	2.	1:40.73	88	NT		-	
50m rugslag	series	2.	49.79	88	53.13	26-9-2020	114%	
50m schoolslag	series	2.	57.98	82	57.22	25-10-2020	97%	
Vasco Strampel, 19-6-2007								2
100m vrije slag	series	6.	1:08.71	279	1:10.22	1-11-2020	104%	
200m wisselslag	series	4.	2:54.43	248	3:03.58	8-12-2019	111%	
Victor de Haan, 7-6-2010								2
50m vrije slag	series	3.	36.55	169	40.61	1-11-2020	123%	
100m vrije slag	series	5.	1:24.17	152	1:25.09	1-11-2020	102%	
100m rugslag	series	7.	1:40.63	114	1:39.52	26-9-2020	98%	
50m vlinderslag	series	5.	55.63	59	53.34	1-11-2020	92%	
Vlora Berisha, 7-9-2007								1
100m wisselslag	series	8.	1:36.12	203	1:43.44	30-11-2019	116%	
Wouter Zijlstra, 15-6-2004								4
100m vrije slag	series	2.	54.99	545	55.73	1-11-2020	103%	
200m schoolslag	series	1.	2:25.38	564	2:28.23	21-8-2020	104%	
100m vlinderslag	series	1.	1:02.70	450	1:04.17	5-9-2020	105%	
200m wisselslag	series	1.	2:13.16	558	2:14.25	25-10-2020	102%	
Yorre van der Wal, 5-7-2010								1
100m vrije slag	series	4.	1:23.56	155	1:24.37	9-10-2020	102%	
100m rugslag	series	3.	1:32.96	145	1:30.51	25-10-2020	95%	
100m schoolslag	series	4.	1:44.65	150	1:44.58	8-3-2020	100%	
200m wisselslag	series	4.	3:23.33	156	3:21.41	1-11-2020	98%	

unattached