

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Avéna								-
HZ&PC Heerenveen								64
Amber Boomsma, 8-2-2004								-
100m vrije slag	series	5.	1:06.46	-	1:05.93	27-10-2019	98%	
50m vlinderslag	series	4.	33.10	-	32.50	1-11-2020	96%	
400m wisselslag	series	2.	5:52.05	-	5:50.22	29-2-2020	99%	
Aniek Vuist, 31-8-2006								1
100m vrije slag	series	7.	1:08.43	-	1:04.90	23-11-2019	90%	
50m schoolslag	series	3.	39.18	-	41.81	19-1-2020	114%	
Anna van Eeken, 7-6-2004								-
50m schoolslag	series	2.	38.74	-	38.33	19-1-2020	98%	
100m schoolslag	series	3.	1:24.52	-	1:22.66	13-12-2020	96%	
Cas Jonker, 25-1-2009								-
100m vrije slag	series	AFGEM		-	1:53.14	14-12-2019	-	
50m schoolslag	series	AFGEM		-	55.26	25-10-2020	-	
100m schoolslag	series	AFGEM		-	2:08.31	14-12-2019	-	
Danne-Bo Eghuizen, 9-8-2011								2
100m vrije slag	series	4.	1:45.46	-	1:49.07	13-12-2020	107%	
50m schoolslag	series	1.	1:05.90	-	1:11.11	26-9-2020	116%	
50m vlinderslag	series	1.	1:00.37	-	59.54	18-4-2021	97%	
Djurre van der Wal, 22-3-2005								3
100m vrije slag	series	4.	58.99	-	1:01.29	1-11-2020	108%	
50m vlinderslag	series	4.	28.52	-	30.52	13-12-2020	115%	
400m wisselslag	series	2.	5:11.98	-	5:28.41	16-11-2019	111%	
Elise Dorlandt, 10-9-2010								2
100m vrije slag	series	2.	1:22.84	-	1:29.57	1-11-2020	117%	
200m rugslag	series	2.	3:19.19	-	NT		-	
100m schoolslag	series	2.	1:53.84	-	1:57.22	26-9-2020	106%	
Famke Ytsma, 5-2-2011								2
50m vrije slag	series	4.	54.56	-	1:10.68	1-11-2020	168%	
25m rugslag	series	4.	28.32	-	NT		-	
25m schoolslag	series	5.	30.73	-	32.87	1-11-2020	114%	
Fardau Loots, 4-3-2013								2
50m vrije slag	series	6.	1:09.75	-	NT		-	
25m rugslag	series	5.	29.09	-	34.20	26-9-2020	138%	
25m schoolslag	series	6.	32.89	-	37.68	26-9-2020	131%	
Fenna Ytsma, 14-11-2012								1
50m vrije slag	series	5.	1:06.42	-	1:19.15	1-11-2020	142%	
25m schoolslag	series	4.	30.67	-	NT		-	
Finn Eghuizen, 24-12-2009								2
100m vrije slag	series	2.	1:15.98	-	1:17.68	18-4-2021	105%	
50m vlinderslag	series	2.	46.47	-	45.11	18-4-2021	94%	
200m wisselslag	series	2.	3:13.74	-	3:16.90	13-12-2020	103%	
Gijs Koehoorn, 15-6-2008								2
100m vrije slag	series	5.	1:02.55	-	1:05.77	1-11-2020	111%	
100m schoolslag	series	3.	1:30.69	-	1:30.32	18-4-2021	99%	
50m vlinderslag	series	5.	34.75	-	38.30	2-2-2020	121%	
Hannelore Buze, 20-11-2008								1
100m vrije slag	series	10.	1:15.68	-	1:17.34	16-5-2021	104%	
200m rugslag	series	3.	3:00.67	-	NT		-	
100m schoolslag	series	6.	1:39.11	-	1:38.74	16-5-2021	99%	
Hedwig Bolt, 9-8-2006								2
100m vrije slag	series	3.	1:01.28	-	1:02.81	13-12-2020	105%	
50m vlinderslag	series	2.	31.14	-	30.97	3-10-2020	99%	
400m wisselslag	series	1.	5:11.56	-	5:32.21	26-9-2020	114%	
Ilse Smilde, 11-12-2010								-
100m vrije slag	series	AFGEM		-	1:31.06	13-12-2020	-	
50m vlinderslag	series	AFGEM		-	46.47	13-12-2020	-	
200m wisselslag	series	AFGEM		-	3:44.94	1-11-2020	-	
Ivan Vuist, 30-12-2008								3
100m vrije slag	series	8.	1:15.17	-	1:16.07	18-4-2021	102%	
50m schoolslag	series	5.	49.87	-	52.66	1-11-2020	112%	
50m vlinderslag	series	6.	42.09	-	44.02	13-12-2020	109%	
Jelte Ruitenbergh, 14-6-2009								-
100m vrije slag	series	7.	1:29.81	-	1:27.97	13-12-2020	96%	
200m rugslag	series	3.	3:33.53	-	NT		-	
200m wisselslag	series	5.	3:58.34	-	3:44.67	1-11-2020	89%	
Jesse Stel, 19-7-2007								2
100m vrije slag	series	7.	1:13.48	332	1:17.68	8-12-2019	112%	
50m schoolslag	series	4.	47.10	237	47.50	6-12-2019	102%	

Jorian Darwinkel, 10-7-2003								2
100m vrije slag	series	1.	53.84	-	54.57	13-12-2020	103%	
50m schoolslag	series	2.	32.33	-	32.10	26-9-2020	99%	
50m vlinderslag	series	1.	27.08	-	28.05	19-1-2020	107%	
Jorick Johannes, 2-9-2010								3
100m vrije slag	series	1.	1:14.44	-	1:17.07	13-12-2020	107%	
50m vlinderslag	series	1.	40.93	-	43.61	13-12-2020	114%	
200m wisselslag	series	1.	3:09.29	-	3:11.05	13-12-2020	102%	
Lars van Zessen, 15-11-2006								3
100m vrije slag	series	6.	1:04.54	-	1:09.59	18-4-2021	116%	
50m schoolslag	series	3.	38.65	-	42.19	5-9-2020	119%	
100m schoolslag	series	2.	1:26.23	-	1:28.00	18-4-2021	104%	
Laura van Etten, 1-7-2008								-
200m rugslag	series	2.	2:47.13	-	2:46.60	13-12-2020	99%	
400m wisselslag	series	3.	5:58.36	-	NT		-	
Leonie van Wier, 5-2-2002								-
100m vrije slag	series	1.	1:00.06	-	57.96	21-12-2019	93%	
100m schoolslag	series	1.	1:20.42	-	1:20.26	5-10-2019	100%	
Lianne van Wier, 5-2-2002								-
100m vrije slag	series	2.	1:00.50	-	57.66	21-12-2019	91%	
50m vlinderslag	series	1.	29.90	-	29.74	30-11-2019	99%	
Liselotte Schaap, 9-6-2006								-
100m vrije slag	series	6.	1:07.99	-	1:07.12	5-9-2020	97%	
50m vlinderslag	series	6.	34.57	-	34.06	4-10-2020	97%	
Lobke Hempenius, 10-6-2011								2
100m vrije slag	series	3.	1:27.28	-	1:28.44	13-12-2020	103%	
100m schoolslag	series	1.	1:48.05	-	1:51.59	26-9-2020	107%	
Lois Jalving, 31-5-2004								1
100m vrije slag	series	4.	1:04.15	-	1:05.26	13-12-2020	103%	
50m vlinderslag	series	7.	35.49	-	35.30	5-1-2019	99%	
Luca Karsten Schöler, 25-5-2011								3
50m vrije slag	series	2.	43.77	-	46.77	1-11-2020	114%	
25m rugslag	series	1.	21.59	-	24.83	19-1-2020	132%	
25m schoolslag	series	2.	26.03	-	27.20	1-11-2020	109%	
Mark van het Meer, 5-5-2009								1
100m vrije slag	series	8.	1:30.10	-	1:28.84	1-11-2020	97%	
100m schoolslag	series	2.	1:51.88	-	1:53.04	11-1-2020	102%	
50m vlinderslag	series	4.	52.96	-	51.79	9-11-2019	96%	
Marre van der Wal, 5-7-2010								2
100m vrije slag	series	1.	1:11.24	-	1:13.99	13-12-2020	108%	
200m rugslag	series	1.	3:00.01	-	NT		-	
200m wisselslag	series	1.	2:54.68	-	3:00.64	13-12-2020	107%	
Mattias Stolk, 4-5-2010								1
100m vrije slag	series	6.	1:25.03	-	1:26.86	1-11-2020	104%	
200m rugslag	series	2.	3:22.18	-	NT		-	
100m schoolslag	series	1.	1:44.08	-	1:40.34	13-12-2020	93%	
Maud Roffel, 4-7-2007								1
200m rugslag	series	1.	2:34.39	-	2:37.81	13-12-2020	104%	
Nadia Veenstra, 28-3-2006								1
100m vrije slag	series	9.	1:15.37	-	1:14.29	1-2-2020	97%	
50m schoolslag	series	4.	41.97	-	42.29	1-11-2020	102%	
100m schoolslag	series	5.	1:32.45	-	1:31.14	13-12-2020	97%	
Remco Dijkstra, 28-8-2001								1
200m rugslag	series	1.	2:24.27	-	2:25.76	9-10-2020	102%	
50m vlinderslag	series	2.	27.54	-	27.22	27-10-2019	98%	
Richard Kuipers, 19-2-1997								-
100m vrije slag	series	3.	54.56	-	53.04		95%	
50m schoolslag	series	1.	32.30	-	31.37		94%	
50m vlinderslag	series	3.	27.86	-	26.73		92%	
Roan Krikke, 5-6-2012								2
50m vrije slag	series	3.	52.02	-	55.06	1-11-2020	112%	
25m rugslag	series	3.	24.01	-	30.92	19-1-2020	166%	
25m schoolslag	series	3.	30.09	-	NT		-	
Roel Meijer, 18-12-2010								2
100m vrije slag	series	4.	1:20.24	-	1:23.97	1-11-2020	110%	
50m schoolslag	series	2.	54.90	-	59.81	5-9-2020	119%	
50m vlinderslag	series	3.	48.21	-	47.13	13-12-2020	96%	
Romy Jalving, 16-3-2000								1
50m vlinderslag	series	3.	32.15	-	32.52	3-11-2018	102%	
Silke Koehoorn, 15-10-2003								2
100m vrije slag	series	8.	1:09.74	-	1:10.41	13-12-2020	102%	
100m schoolslag	series	4.	1:28.89	-	1:30.39	3-10-2020	103%	
50m vlinderslag	series	5.	34.44	-	34.35	1-11-2020	99%	
Sterre van der Wal, 22-3-2005								2
50m schoolslag	series	1.	36.59	-	38.40	25-10-2020	110%	
100m schoolslag	series	2.	1:22.55	-	1:24.12	13-12-2020	104%	



Onderlinge wedstrijd nr 8
Heerenveen, 19-6-2021



400m wisselslag	series	4.	6:01.39	-	NT	-	-	2
Tije Hempenius, 1-10-2009								
100m vrije slag	series	5.	1:24.88	-	1:25.14	1-11-2020	101%	
50m schoolslag	series	1.	49.08	-	50.56	5-9-2020	106%	
200m wisselslag	series	4.	3:28.25	-	3:27.27	13-12-2020	99%	
Timo Vuist, 6-4-2011								2
50m vrije slag	series	1.	42.97	-	44.07	1-11-2020	105%	
25m rugslag	series	2.	21.76	-	26.21	19-1-2020	145%	
25m schoolslag	series	1.	25.53	-	NT	-	-	
Wouter Zijlstra, 15-6-2004								3
100m vrije slag	series	2.	54.11	-	54.99	13-12-2020	103%	
100m schoolslag	series	1.	1:07.47	-	1:09.13	3-10-2020	105%	
400m wisselslag	series	1.	4:41.95	-	4:47.25	11-9-2020	104%	
Yorre van der Wal, 5-7-2010								2
100m vrije slag	series	3.	1:18.08	-	1:20.69	18-4-2021	107%	
200m rugslag	series	1.	3:06.78	-	NT	-	-	
200m wisselslag	series	3.	3:15.05	-	3:21.41	1-11-2020	107%	
TriVia								-