



Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Avéna								-
HZ&PC Heerenveen								55
Amarinske Meijer, 25-11-2006								-
50m vrije slag	series	8.	31.81	-	30.38	17-3-2019	91%	
50m vlinderslag	series	7.	35.08	-	33.55	2-2-2020	91%	
100m wisselslag	series	5.	1:22.41	-	1:19.87	1-2-2020	94%	
Amber Boomsma, 8-2-2004								-
50m vrije slag	series	6.	30.63	-	30.26	13-12-2020	98%	
200m schoolslag	series	2.	3:08.23	-	3:05.04	28-4-2018	97%	
50m vlinderslag	series	3.	33.46	-	32.50	1-11-2020	94%	
Aniek Vuist, 31-8-2006								1
50m vrije slag	series	3.	28.93	-	28.70	7-12-2019	98%	
100m vrije slag	series	5.	1:07.31	-	1:04.90	23-11-2019	93%	
50m vlinderslag	series	2.	30.80	-	32.92	1-11-2020	114%	
Danne-Bo Eghuizen, 9-8-2011								-
50m vrije slag	series	3.	49.02	-	45.24	12-6-2021	85%	
50m vlinderslag	series	4.	1:00.64	-	59.54	18-4-2021	96%	
Djurre van der Wal, 22-3-2005								1
100m vrije slag	series	3.	59.16	-	58.99	19-6-2021	99%	
200m vlinderslag	series	2.	2:30.58	-	2:33.65	26-9-2020	104%	
Elise Dorlandt, 10-9-2010								2
400m vrije slag	series	1.	6:27.84	-	7:00.88	26-9-2020	118%	
100m rugslag	series	2.	1:34.32	-	1:32.71	12-6-2021	97%	
200m wisselslag	series	1.	3:34.25	-	3:35.88	25-10-2020	102%	
Emma Cimic, 7-5-2013								1
25m vrije slag	series	1.	20.73	-	21.61	12-6-2021	109%	
50m rugslag	series	2.	53.81	-	NT		-	
Famke Ytsma, 5-2-2011								-
50m vrije slag	series	4.	56.70	-	54.56	19-6-2021	93%	
100m schoolslag	series	1.	2:18.02	-	NT		-	
Femke Smilde, 11-8-2008								1
50m vrije slag	series	10.	33.06	-	32.34	12-6-2021	96%	
200m schoolslag	series	4.	3:22.99	-	3:32.39	14-12-2019	109%	
100m wisselslag	series	6.	1:24.43	-	1:24.10	1-2-2020	99%	
Finn Eghuizen, 24-12-2009								-
400m vrije slag	series	1.	5:57.99	-	5:56.14	26-9-2020	99%	
100m rugslag	series	4.	1:33.29	-	1:28.81	25-10-2020	91%	
50m vlinderslag	series	2.	47.98	-	45.11	18-4-2021	88%	
Gijs Koehoorn, 15-6-2008								2
50m vrije slag	series	4.	28.51	-	28.89	12-6-2021	103%	
100m vrije slag	series	4.	1:04.12	-	1:02.55	19-6-2021	95%	
200m vrije slag	series	2.	2:21.62	-	2:26.09	13-12-2020	106%	
Hanna Cimic, 30-3-2011								-
50m vrije slag	series	2.	46.79	-	44.00	12-6-2021	88%	
100m rugslag	series	4.	1:49.85	-	1:49.24	1-11-2020	99%	
200m schoolslag	series	3.	4:26.26	-	NT		-	
Hannelore Buze, 20-11-2008								3
200m vrije slag	series	3.	2:44.56	-	3:15.40	28-9-2019	141%	
200m schoolslag	series	5.	3:27.51	-	4:02.24	11-1-2020	136%	
100m wisselslag	series	8.	1:26.97	-	1:30.52	16-5-2021	108%	
Hedwig Bolt, 9-8-2006								-
100m vrije slag	series	2.	1:01.96	-	1:01.28	19-6-2021	98%	
200m vlinderslag	series	1.	2:39.05	-	NT		-	
Ilse Smilde, 11-12-2010								1
50m vrije slag	series	1.	40.76	-	39.56	12-6-2021	94%	
100m rugslag	series	3.	1:40.62	-	1:39.76	13-12-2020	98%	
50m vlinderslag	series	3.	45.80	-	46.47	13-12-2020	103%	
Ivan Vuist, 30-12-2008								1
50m vrije slag	series	5.	32.06	-	31.85	12-6-2021	99%	
100m vrije slag	series	7.	1:15.53	-	1:15.17	19-6-2021	99%	
50m vlinderslag	series	4.	41.40	-	42.09	19-6-2021	103%	



Onderlinge wedstrijd nr 9
Heerenveen, 3-7-2021



Jelmar Hartmann, 3-1-2012									-
400m vrije slag	series	1.	7:00.69	-	NT			-	
200m wisselslag	series	1.	3:45.43	-	NT			-	
Jelte Ruitenbergh, 14-6-2009									-
50m vrije slag	series	4.	41.30	-	39.93	13-12-2020	93%		
400m vrije slag	series	2.	6:49.86	-	6:36.11	26-9-2020	93%		
50m vlinderslag	series	5.	58.93	-	57.45	18-4-2021	95%		
Jorian Darwinkel, 10-7-2003									2
50m vrije slag	series	1.	25.11	-	24.92	25-10-2020	98%		
100m vrije slag	series	1.	54.38	-	53.84	19-6-2021	98%		
50m vlinderslag	series	1.	27.01	-	27.08	19-6-2021	101%		
100m wisselslag	series	1.	1:01.64	-	1:03.65	19-1-2020	107%		
Jorick Johannes, 2-9-2010									-
100m rugslag	series	1.	1:28.44	-	1:26.11	12-6-2021	95%		
200m schoolslag	series	3.	3:33.31	-	NT			-	
200m wisselslag	series	1.	3:11.36	-	3:09.29	19-6-2021	98%		
Lars van Zessen, 15-11-2006									4
50m vrije slag	series	3.	28.13	-	28.19	12-6-2021	100%		
100m vrije slag	series	5.	1:04.19	-	1:04.54	19-6-2021	101%		
200m vrije slag	series	3.	2:29.08	-	2:39.39	3-10-2020	114%		
50m vlinderslag	series	3.	33.79	-	38.57	1-11-2020	130%		
Laura van Etten, 1-7-2008									3
50m vrije slag	series	9.	32.38	-	33.79	16-11-2019	109%		
100m vrije slag	series	8.	1:10.49	-	1:14.39	13-12-2020	111%		
50m vlinderslag	series	9.	37.89	-	38.40	19-1-2020	103%		
Leonie van Wier, 5-2-2002									-
50m vrije slag	series	2.	27.69	-	26.82	20-12-2019	94%		
100m vrije slag	series	1.	59.48	-	57.96	21-12-2019	95%		
100m wisselslag	series	1.	1:10.98	-	1:07.11	20-12-2019	89%		
Lianne van Wier, 5-2-2002									-
50m vrije slag	series	1.	27.55	-	26.65	20-12-2019	94%		
50m vlinderslag	series	1.	30.22	-	29.74	30-11-2019	97%		
Liselotte Schaap, 9-6-2006									-
50m vrije slag	series	7.	31.45	-	30.48	3-10-2020	94%		
100m vrije slag	series	9.	1:11.75	-	1:07.12	5-9-2020	88%		
50m vlinderslag	series	4.	34.64	-	34.06	4-10-2020	97%		
Lobke Hempenius, 10-6-2011									1
200m schoolslag	series	2.	3:48.20	-	NT			-	
50m vlinderslag	series	2.	45.79	-	46.25	1-11-2020	102%		
Loïs Jalving, 31-5-2004									-
50m vrije slag	series	4.	29.57	-	29.27	12-6-2021	98%		
100m vrije slag	series	3.	1:04.69	-	1:04.15	19-6-2021	98%		
Luca Karsten Schüler, 25-5-2011									-
50m rugslag	series	1.	48.79	-	45.31	26-9-2020	86%		
Mark van het Meer, 5-5-2009									1
50m vrije slag	series	3.	40.59	-	38.31	13-12-2020	89%		
50m vlinderslag	series	4.	54.79	-	51.79	9-11-2019	89%		
200m wisselslag	series	3.	3:34.20	-	3:39.73	13-12-2020	105%		
Marre van der Wal, 5-7-2010									2
100m rugslag	series	1.	1:23.21	-	1:27.03	7-3-2020	109%		
200m schoolslag	series	1.	3:11.67	-	NT			-	
50m vlinderslag	series	1.	37.42	-	38.64	19-6-2021	107%		
Mattias Stolk, 4-5-2010									2
200m schoolslag	series	2.	3:31.38	-	NT			-	
50m vlinderslag	series	3.	48.28	-	51.38	25-10-2020	113%		
200m wisselslag	series	2.	3:23.60	-	3:28.31	25-10-2020	105%		
Maud Koehoorn, 10-11-2005									1
100m vrije slag	series	7.	1:08.50	-	1:09.45	11-1-2020	103%		
50m vlinderslag	series	8.	36.86	-	36.07	1-11-2020	96%		
100m wisselslag	series	3.	1:20.11	-	1:20.00	9-10-2020	100%		
Maud Roffel, 4-7-2007									3
100m vrije slag	series	4.	1:07.10	-	1:10.00	16-5-2021	109%		
50m vlinderslag	series	5.	34.65	-	35.96	3-10-2020	108%		
100m wisselslag	series	2.	1:16.27	-	1:19.81	9-10-2020	109%		
Myrte van Mook, 18-7-2006									-
100m vrije slag	series	6.	1:07.86	-	1:03.70	29-6-2019	88%		
50m vlinderslag	series	6.	35.08	-	33.19	12-10-2019	90%		
100m wisselslag	series	4.	1:21.90	-	1:16.31	30-6-2019	87%		



Onderlinge wedstrijd nr 9
Heerenveen, 3-7-2021



Nadia Veenstra, 28-3-2006								2
50m vrije slag	series	11.	33.42	-	32.91	12-6-2021	97%	
100m vrije slag	series	10.	1:14.02	-	1:14.29	1-2-2020	101%	
100m wisselslag	series	7.	1:24.51	-	1:25.38	13-12-2020	102%	
Richard Kuipers, 19-2-1997								-
50m vrije slag	series	2.	25.78	-	24.72		92%	
100m vrije slag	series	2.	54.97	-	53.04		93%	
50m vlinderslag	series	2.	27.41	-	26.73	28-12-2019	95%	
100m wisselslag	series	2.	1:01.64	-	59.59	7-7-2019	93%	
Rixt Loots, 10-6-2011								3
50m vrije slag	series	5.	57.42	-	1:00.83	25-10-2020	112%	
100m rugslag	series	5.	2:10.00	-	2:14.66	1-11-2020	107%	
50m vlinderslag	series	5.	1:04.62	-	1:08.85	25-10-2020	114%	
Roan Krikke, 5-6-2012								3
25m vrije slag	series	2.	20.80	-	25.41	8-2-2020	149%	
50m rugslag	series	3.	55.42	-	58.47	26-9-2020	111%	
100m schoolslag	series	2.	2:43.15	-	2:52.60	25-10-2020	112%	
Roel Meijer, 18-12-2010								3
50m vrije slag	series	1.	34.58	-	35.07	13-12-2020	103%	
100m rugslag	series	2.	1:29.46	-	1:31.77	13-12-2020	105%	
50m vlinderslag	series	1.	43.15	-	47.13	13-12-2020	119%	
Silke Koehoorn, 15-10-2003								2
200m vrije slag	series	2.	2:32.82	-	2:32.49	1-11-2020	100%	
200m schoolslag	series	3.	3:14.64	-	3:19.22	11-1-2020	105%	
200m vlinderslag	series	2.	3:13.26	-	3:14.57	26-9-2020	101%	
Sterre van der Wal, 22-3-2005								3
50m vrije slag	series	5.	30.53	-	30.78		102%	
200m vrije slag	series	1.	2:25.81	-	2:26.89	26-10-2019	101%	
200m schoolslag	series	1.	2:56.03	-	3:02.65	9-2-2019	108%	
Timo Vuist, 6-4-2011								1
50m vrije slag	series	5.	42.91	-	42.97	19-6-2021	100%	
Vasco Strampel, 19-6-2007								2
100m vrije slag	series	6.	1:07.65	-	1:08.71	13-12-2020	103%	
100m wisselslag	series	3.	1:17.22	-	1:22.19	16-5-2021	113%	
Wouter Zijlstra, 15-6-2004								3
200m vrije slag	series	1.	1:56.41	-	1:59.90	1-11-2020	106%	
200m schoolslag	series	1.	2:24.98	-	2:25.38	13-12-2020	101%	
200m vlinderslag	series	1.	2:15.24	-	2:28.58	26-9-2020	121%	
Yorre van der Wal, 5-7-2010								1
50m vrije slag	series	2.	35.71	-	36.15	12-6-2021	102%	
100m rugslag	series	3.	1:30.95	-	1:30.51	25-10-2020	99%	
200m schoolslag	series	1.	3:30.63	-	NT		-	