



## Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
<b>Aqualero</b>								<b>14</b>
<b>Nada Lisa Hut, 17-4-1993</b>								<b>3</b>
200m vrije slag	series	19.	<b>2:46.80</b>	-	3:03.03		120%	
200m rugslag	series	11.	<b>3:00.75</b>	-	3:33.33		139%	
50m vlinderslag	series	22.	<b>40.05</b>	-	55.55		192%	
<b>Paulien Baas, 30-9-2009</b>								<b>3</b>
50m vrije slag	series	34.	<b>43.11</b>	-	49.37	28-8-2021	131%	
50m rugslag	series	25.	<b>53.05</b>	-	59.59		126%	
50m schoolslag	series	21.	<b>50.16</b>	-	52.87	2-10-2021	111%	
<b>Rieka Heldoorn, 22-6-1996</b>								<b>3</b>
50m vrije slag	series	25.	<b>32.02</b>	-	33.00		106%	
100m schoolslag	series	10.	<b>1:31.75</b>	-	1:35.00		107%	
100m vlinderslag	series	14.	<b>1:26.76</b>	-	1:40.00		133%	
<b>Roos Eilers, 14-1-1997</b>								<b>2</b>
100m vrije slag	series	50.	<b>1:16.26</b>	-	1:24.00		121%	
200m schoolslag	series	11.	<b>3:24.36</b>	-	3:40.00		116%	
<b>Yanoah Winkels, 1-9-2009</b>								<b>3</b>
100m vrije slag	series	30.	<b>1:46.59</b>	-	1:48.17	8-2-2020	103%	
50m rugslag	series	17.	<b>55.53</b>	-	58.39	4-10-2020	111%	
100m schoolslag	series	14.	<b>2:04.08</b>	-	2:09.75	4-10-2020	109%	



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Azuro									5
Amber Godlieb, 11-8-2007									1
50m vrije slag	series	24.	<b>32.00</b>	-	33.05	18-9-2021	107%		
100m vrije slag	series	42.	1:12.95	-	1:12.53	2-10-2021	99%		
Amelina Stevens, 9-9-2004									2
100m vrije slag	series	28.	<b>1:08.79</b>	-	1:09.47	1-2-2020	102%		
50m vlinderslag	series	13.	<b>33.21</b>	-	33.89	18-1-2020	104%		
Anne Fleur Willemsen, 24-12-1999									-
100m vrije slag	series	3.	59.83	-	57.50	22-12-2018	92%		
50m vlinderslag	series	1.	29.11	-	28.62	16-6-2018	97%		
Annika Saari, 7-4-2010									1
100m rugslag	series	16.	<b>1:33.45</b>	-	1:50.78	2-11-2019	141%		
200m wisselslag	series	13.	3:30.36	-	NT		-		
Elisa Stevens, 6-3-2006									-
100m vrije slag	series	51.	1:17.39	-	1:15.28	18-9-2021	95%		
50m rugslag	series	21.	43.88	-	42.81	21-9-2019	95%		
Guusje Kroeze, 18-6-2004									-
100m rugslag	series	7.	1:15.49	-	1:15.30	11-1-2020	99%		
200m wisselslag	series	10.	2:55.32	-	2:48.69	11-1-2020	93%		
Harmen van der Ploeg, 4-6-2002									-
50m vlinderslag	series		AFGEM	-	27.57	18-9-2021	-		
100m vlinderslag	series		AFGEM	-	1:04.75	11-1-2020	-		
Jesper Tjassing, 3-1-2002									-
50m vrije slag	series	9.	27.27	-	26.48	29-9-2018	94%		
50m rugslag	series	3.	31.48	-	30.34	16-3-2019	93%		
Robin Diekema, 24-7-2002									-
50m schoolslag	series	4.	33.92	-	32.95	1-12-2018	94%		
100m schoolslag	series	6.	1:13.26	-	1:10.97	30-12-2018	94%		
Sanne Bosker, 2-4-2007									-
100m vrije slag	series	22.	1:07.00	-	1:06.81	3-10-2020	99%		
50m vlinderslag	series	12.	32.77	-	32.69	28-12-2019	100%		
Wout Kroeze, 23-7-2006									1
50m rugslag	series	6.	33.11	-	32.99	2-10-2021	99%		
200m wisselslag	series	6.	<b>2:40.39</b>	-	2:41.05	18-9-2021	101%		



Bolsward



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								21
<b>Bubble</b>								-
<b>Anna Mulder, 27-11-2005</b>								
200m vrije slag	series	8.	2:27.08	-	2:23.68	30-6-2019	95%	
200m wisselslag	series	8.	2:52.28	-	2:46.46	11-10-2020	93%	
<b>Daniëlle Cosse, 17-6-2005</b>								2
50m vrije slag	series	15.	31.15	-	30.78	25-9-2021	98%	
100m vrije slag	series	21.	<b>1:06.89</b>	-	1:07.01	26-9-2020	100%	
50m vlinderslag	series	14.	<b>34.48</b>	-	34.56	26-9-2020	100%	
<b>Esmee Kloezen, 15-11-2002</b>								-
50m vrije slag	series	10.	29.93	-	29.60	13-10-2018	98%	
100m vrije slag	series	19.	1:06.60	-	1:05.33	26-9-2020	96%	
200m vrije slag	series	7.	2:26.83	-	2:25.90	17-6-2018	99%	
<b>Gertjan Hadders, 28-4-2010</b>								3
100m vrije slag	series	27.	<b>1:23.21</b>	-	1:28.97	1-2-2020	114%	
100m schoolslag	series	12.	<b>1:47.15</b>	-	1:51.79	26-9-2020	109%	
50m vlinderslag	series	16.	<b>45.24</b>	-	48.34	2-10-2021	114%	
<b>Jacco Schott, 25-2-2008</b>								3
50m vrije slag	series	20.	<b>35.97</b>	-	36.77	9-10-2021	104%	
50m rugslag	series	15.	<b>43.68</b>	-	50.12	1-2-2020	132%	
50m schoolslag	series	8.	<b>44.15</b>	-	46.22	9-10-2021	110%	
<b>Lyanne Pathuis, 10-3-2008</b>								-
100m vrije slag	series	44.	1:13.88	-	1:11.89	2-10-2021	95%	
50m vlinderslag	series	20.	38.89	-	38.87	2-10-2021	100%	
<b>Marieke Speijer, 4-10-2004</b>								-
100m vrije slag	series	45.	1:13.94	-	1:11.43	15-12-2018	93%	
100m rugslag	series	12.	1:25.34	-	1:21.84	20-10-2018	92%	
50m vlinderslag	series	18.	37.41	-	37.14	19-1-2019	99%	
<b>Melanie Schaap, 22-2-2005</b>								-
100m vrije slag	series	36.	1:11.00	-	1:06.10	21-12-2019	87%	
200m vrije slag	series	12.	2:31.99	-	2:28.17	16-6-2019	95%	
100m schoolslag	series	9.	1:28.82	-	1:24.73	8-12-2019	91%	
<b>Mendie Dijk van, 27-11-2006</b>								1
50m vrije slag	series	28.	33.61	-	33.44	19-10-2019	99%	
50m schoolslag	series	13.	<b>43.21</b>	-	43.79	11-7-2021	103%	
200m wisselslag	series	OPG		-	3:04.51	7-12-2019	-	
<b>Pepijn Houwen, 14-11-2005</b>								2
100m vrije slag	series	18.	<b>1:03.31</b>	-	1:04.91	26-9-2020	105%	
50m rugslag	series	7.	34.06	-	33.95	29-2-2020	99%	
50m vlinderslag	series	11.	<b>32.95</b>	-	34.49	3-10-2020	110%	
<b>Rowan Bosma, 4-2-2007</b>								3
100m vrije slag	series	19.	<b>1:04.09</b>	-	1:05.22	2-10-2021	104%	
50m schoolslag	series	6.	<b>38.51</b>	-	40.50	11-7-2021	111%	
50m vlinderslag	series	12.	<b>33.74</b>	-	33.83	11-7-2021	101%	
<b>Ryan Huizinga, 20-1-2007</b>								2
100m vrije slag	series	13.	1:01.50	-	1:01.27	11-7-2021	99%	
100m rugslag	series	4.	<b>1:10.16</b>	-	1:10.83	11-7-2021	102%	
50m vlinderslag	series	9.	<b>30.49</b>	-	31.15	3-10-2020	104%	
<b>Sanne Kloezen, 15-11-2002</b>								-
50m vrije slag	series	6.	28.32	-	28.22	26-9-2020	99%	
100m vrije slag	series	10.	1:02.86	-	1:02.34	20-10-2018	98%	
200m vrije slag	series	6.	2:21.23	-	2:18.95	8-12-2019	97%	
<b>Sari Schott, 24-1-2006</b>								-
50m vrije slag	series	20.	31.68	-	31.39	3-2-2019	98%	
50m rugslag	series	9.	36.89	-	36.64	20-10-2018	99%	
200m rugslag	series	10.	2:59.29	-	2:58.50	2-11-2019	99%	
<b>Stefan Feer van der, 5-3-2007</b>								2
50m schoolslag	series	7.	38.72	-	38.27	9-10-2021	98%	
200m schoolslag	series	7.	<b>3:03.01</b>	-	3:15.95	7-12-2019	115%	
200m wisselslag	series	7.	<b>2:47.21</b>	-	2:56.73	23-11-2019	112%	
<b>Tim Speijer, 3-1-2003</b>								1
50m rugslag	series	5.	32.28	-	31.04	2-3-2019	92%	
100m schoolslag	series	5.	1:13.05	-	1:10.82	18-1-2020	94%	
50m vlinderslag	series	4.	<b>28.44</b>	-	29.16	24-11-2019	105%	
<b>Tom Mulder, 4-6-2008</b>								2
50m vrije slag	series	13.	32.33	-	31.82	25-9-2021	97%	
50m rugslag	series	10.	<b>38.46</b>	-	41.53	2-10-2021	117%	
50m vlinderslag	series	15.	<b>39.42</b>	-	41.03	11-7-2021	108%	



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								24
<b>De Vikings</b>								<b>1</b>
<b>David da Silva Miranda, 10-2-2005</b>								<b>1</b>
100m vrije slag	series	7.	57.27	-	56.50	10-10-2021	97%	
100m schoolslag	series	1.	1:10.44	-	1:09.57	16-10-2021	98%	
200m schoolslag	series	4.	<b>2:33.62</b>	-	2:34.23	30-10-2020	101%	
<b>Elske de Vries, 8-6-2008</b>								<b>2</b>
50m schoolslag	series	20.	<b>49.58</b>	-	50.78	9-10-2020	105%	
50m vlinderslag	series	27.	<b>47.81</b>	-	48.20	12-6-2021	102%	
<b>Gabriella da Silva Miranda, 23-8-2007</b>								<b>3</b>
50m vrije slag	series	14.	<b>31.14</b>	-	31.16	3-7-2021	100%	
100m rugslag	series	8.	<b>1:17.28</b>	-	1:17.78	10-10-2021	101%	
200m wisselslag	series	11.	<b>2:56.45</b>	-	2:56.84	30-10-2020	100%	
<b>Jannoula Jaspers, 11-5-2008</b>								<b>3</b>
100m vrije slag	series	25.	<b>1:07.80</b>	-	1:09.33	2-10-2021	105%	
100m rugslag	series	4.	<b>1:13.21</b>	-	1:14.32	10-9-2021	103%	
100m schoolslag	series	5.	<b>1:21.34</b>	-	1:27.78	10-10-2021	116%	
<b>Jetze de Vries, 12-10-2006</b>								<b>3</b>
50m vrije slag	series	7.	<b>26.56</b>	-	26.62	16-10-2021	100%	
100m vrije slag	series	9.	<b>57.79</b>	-	58.15	16-10-2021	101%	
100m vlinderslag	series	6.	<b>1:05.93</b>	-	1:07.14	10-10-2021	104%	
<b>Sven Koornstra, 1-2-2009</b>								<b>3</b>
100m rugslag	series	7.	<b>1:18.50</b>	-	1:24.30	3-7-2021	115%	
100m schoolslag	series	11.	<b>1:31.44</b>	-	1:35.32	3-7-2021	109%	
50m vlinderslag	series	14.	<b>37.48</b>	-	37.73	11-7-2021	101%	
<b>Tijn Bijma, 24-7-2009</b>								<b>3</b>
50m vrije slag	series	16.	<b>33.91</b>	-	35.66	11-7-2021	111%	
200m vrije slag	series	11.	<b>2:45.12</b>	-	2:48.20	10-10-2021	104%	
200m wisselslag	series	14.	<b>3:16.30</b>	-	3:55.65	14-12-2019	144%	
<b>Veerle Estelle Tuinema, 30-8-2007</b>								<b>3</b>
200m vrije slag	series	11.	<b>2:31.88</b>	-	2:40.44	21-8-2020	112%	
50m schoolslag	series	14.	<b>43.33</b>	-	45.77	10-9-2021	112%	
200m wisselslag	series	7.	<b>2:51.70</b>	-	3:05.68	3-7-2021	117%	
<b>Wytse Broekstra, 26-3-2008</b>								<b>3</b>
200m schoolslag	series	2.	<b>2:30.79</b>	-	2:32.32	10-10-2021	102%	
100m vlinderslag	series	8.	<b>1:09.24</b>	-	1:09.58	16-10-2021	101%	
200m wisselslag	series	3.	<b>2:20.44</b>	-	2:23.35	12-6-2021	104%	



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De Wellerobben								4
Karin van Dijk, 29-8-1986								-
100m schoolslag	series	4.	1:21.32	-	1:19.00	8-12-2019	94%	
200m schoolslag	series	5.	2:59.04	-	2:55.64	24-1-2020	96%	
Laura Noord, 9-3-2002								1
200m rugslag	series	8.	<b>2:47.91</b>	-	2:54.14	15-6-2019	108%	
100m vlinderslag	series	9.	1:15.65	-	1:14.54	19-10-2019	97%	
Mandy Noord, 18-10-2006								3
50m rugslag	series	13.	<b>38.42</b>	-	40.39	30-11-2019	111%	
50m schoolslag	series	7.	<b>39.08</b>	-	39.28	9-10-2021	101%	
200m schoolslag	series	8.	<b>3:06.52</b>	-	3:17.21	27-10-2019	112%	



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Dz&Pc									33
Amber Tiesinga, 17-9-2006									-
50m vrije slag	series	18.	31.57	-	30.69	19-10-2019	95%		
50m schoolslag	series	4.	38.38	-	37.15	11-7-2021	94%		
200m schoolslag	series	6.	3:00.24	-	2:59.09	16-11-2019	99%		
Amila Mustafic, 7-6-2012									2
100m rugslag	series	3.	<b>1:38.62</b>	-	1:51.77	14-12-2019	128%		
100m schoolslag	series	4.	<b>1:54.24</b>	-	2:12.77	26-9-2020	135%		
Chantal Tiesinga, 30-10-2003									2
200m rugslag	series	4.	2:34.81	-	2:33.99	23-11-2019	99%		
50m vlinderslag	series	10.	<b>31.88</b>	-	32.41	19-1-2020	103%		
100m vlinderslag	series	7.	<b>1:13.05</b>	-	1:13.80	30-6-2019	102%		
Damir Mustafic, 19-3-2008									1
100m vrije slag	series	16.	<b>1:02.59</b>	-	1:03.15	16-10-2021	102%		
100m vlinderslag	series	11.	1:15.98	-	1:14.15	2-10-2021	95%		
Emma Mintjes, 31-8-2012									2
100m rugslag	series	10.	<b>1:48.46</b>	-	2:02.22	12-12-2020	127%		
100m schoolslag	series	15.	<b>2:16.09</b>	-	2:17.66	26-9-2020	102%		
Frouke Ludwig, 2-3-2008									2
100m vlinderslag	series	4.	<b>1:08.61</b>	-	1:08.81	26-9-2021	101%		
200m wisselslag	series	2.	<b>2:29.60</b>	-	2:30.38	26-9-2021	101%		
Hein Muller, 25-3-2008									1
200m wisselslag	series	9.	<b>2:48.53</b>	-	2:58.13	13-10-2019	112%		
Ilse Wiltjer, 9-1-2009									2
100m vrije slag	series	15.	<b>1:04.77</b>	-	1:04.96	4-7-2021	101%		
50m rugslag	series	5.	<b>34.88</b>	-	35.05	11-7-2021	101%		
Indy Hof, 19-1-2008									1
100m vrije slag	series	37.	1:11.75	-	1:06.60	11-7-2021	86%		
200m vrije slag	series	10.	2:28.51	-	2:24.30	2-10-2021	94%		
100m schoolslag	series	8.	<b>1:27.03</b>	-	1:28.47	5-6-2021	103%		
Jere Wiersma, 24-12-2007									3
50m vrije slag	series	10.	<b>28.33</b>	-	29.14	11-7-2021	106%		
100m rugslag	series	1.	<b>1:07.02</b>	-	1:07.29	26-9-2021	101%		
200m rugslag	series	5.	<b>2:29.62</b>	-	2:45.95	5-10-2019	123%		
Jildou van der Hoek, 4-10-2008									3
100m vrije slag	series	43.	<b>1:12.97</b>	-	1:14.63	11-7-2021	105%		
50m rugslag	series	12.	<b>38.31</b>	-	38.35	26-9-2021	100%		
200m schoolslag	series	7.	<b>3:00.97</b>	-	3:08.09	11-7-2021	108%		
Jochum van Hattum, 29-5-2006									2
50m rugslag	series	8.	<b>35.52</b>	-	36.72	16-10-2021	107%		
200m wisselslag	series	11.	<b>2:55.32</b>	-	3:13.45	8-12-2019	122%		
Karin Rijkelijhuizen, 27-1-1994									-
100m vrije slag	series	7.	1:00.86	-	1:00.22	24-6-2018	98%		
Luca Ebbinge, 30-6-1998									-
100m vrije slag	series	4.	1:00.42	-	1:00.19	18-11-2018	99%		
200m vrije slag	series	16.	2:41.43	-	2:12.52	18-11-2018	67%		
Maaïke Issard, 10-5-2003									1
200m rugslag	series	2.	2:25.63	-	2:20.86		94%		
50m vlinderslag	series	2.	<b>29.91</b>	-	30.23	26-9-2021	102%		
100m vlinderslag	series	3.	1:07.44	-	1:04.70	29-8-2021	92%		
Mees Niemeijer, 26-4-2002									1
100m vlinderslag	series	4.	1:03.45	-	1:02.83	26-9-2021	98%		
200m wisselslag	series	2.	<b>2:19.90</b>	-	2:20.58	19-9-2020	101%		
Meindert Dekkinga, 7-8-2004									-
200m vrije slag	series	7.	2:10.44	-	2:04.82	29-6-2019	92%		
200m rugslag	series	4.	2:25.32	-	2:22.02	29-6-2019	96%		
50m vlinderslag	series	7.	29.88	-	29.66	3-7-2021	99%		
Remco Jelsma, 6-5-2008									2
100m rugslag	series	8.	<b>1:21.51</b>	-	1:23.40	11-7-2021	105%		
100m vlinderslag	series	16.	1:30.68	-	1:28.92	11-7-2021	96%		
200m wisselslag	series	10.	<b>2:52.77</b>	-	3:07.08	14-12-2019	117%		
Robin Mintjes, 2-8-2010									2
100m vlinderslag	series	17.	<b>1:38.03</b>	-	1:39.50	2-10-2021	103%		
200m wisselslag	series	15.	<b>3:16.72</b>	-	3:38.01	12-12-2020	123%		
Roy Hofman, 13-7-2009									-
200m vrije slag	series	12.	2:45.54	-	2:44.39		99%		
200m rugslag	series	10.	3:03.00	-	NT		-		



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<b>Sander Heinsius, 4-2-2004</b>								<b>3</b>
100m schoolslag	series	2.	<b>1:10.93</b>	-	1:11.06	2-10-2021	100%	
50m vlinderslag	series	6.	<b>28.85</b>	-	30.56	3-7-2021	112%	
100m vlinderslag	series	7.	<b>1:07.06</b>	-	1:08.08	11-7-2021	103%	
<b>Stijn Dijkstra, 15-9-2010</b>								<b>3</b>
50m vrije slag	series	15.	<b>33.82</b>	-	34.64	9-10-2021	105%	
100m vrije slag	series	24.	<b>1:16.67</b>	-	1:18.62	16-10-2021	105%	
100m rugslag	series	9.	<b>1:24.28</b>	-	1:27.61	9-10-2021	108%	
<b>Tieme Wiersma, 24-12-2007</b>								-
200m vrije slag	series	6.	2:07.48	-	2:05.02	11-7-2021	96%	
200m rugslag	series	2.	2:19.50	-	2:19.49	4-7-2021	100%	
<b>Tiemen Jonkman, 1-6-2003</b>								-
50m schoolslag	series	2.	31.38	-	31.17	2-10-2021	99%	
100m schoolslag	series	3.	1:11.05	-	1:08.39	3-10-2020	93%	





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<b>F.Z.C.'54</b>									<b>15</b>
<b>Feyona Vonk, 26-10-2006</b>									<b>3</b>
50m vrije slag	series	11.	<b>30.06</b>	-	31.72	29-2-2020	111%		
100m vrije slag	series	24.	<b>1:07.77</b>	-	1:11.02	16-3-2019	110%		
50m rugslag	series	14.	<b>38.54</b>	-	38.74	29-2-2020	101%		
<b>Sam Derkx, 7-3-2006</b>									<b>2</b>
50m vrije slag	series	8.	<b>26.83</b>	-	28.79	9-10-2021	115%		
100m vrije slag	series	14.	1:01.64	-	1:01.61	4-10-2020	100%		
100m rugslag	series	6.	<b>1:12.97</b>	-	1:13.61	11-1-2020	102%		
<b>Sophie de Grave, 2-10-2007</b>									<b>2</b>
50m vrije slag	series	27.	<b>32.56</b>	-	34.46	9-10-2021	112%		
100m vrije slag	series	46.	1:14.83	-	1:13.01	9-10-2021	95%		
50m rugslag	series	10.	<b>37.05</b>	-	42.45	11-1-2020	131%		
<b>Vienna Maura Delea, 14-8-2008</b>									<b>2</b>
100m vrije slag	series	38.	1:12.27	-	1:09.95	9-10-2021	94%		
50m rugslag	series	11.	<b>37.35</b>	-	40.98	14-12-2019	120%		
100m schoolslag	series	11.	<b>1:32.43</b>	-	1:34.73	29-2-2020	105%		
<b>Vito Kuperus, 30-9-2004</b>									<b>3</b>
100m vrije slag	series	10.	<b>58.18</b>	-	59.25	23-11-2019	104%		
100m rugslag	series	3.	<b>1:08.57</b>	-	1:08.81	5-10-2019	101%		
100m schoolslag	series	7.	<b>1:14.34</b>	-	1:16.32	24-11-2019	105%		
<b>Yenthe Segeren, 6-10-2008</b>									<b>3</b>
50m vrije slag	series	32.	<b>35.69</b>	-	37.43	9-10-2021	110%		
50m schoolslag	series	19.	<b>48.89</b>	-	54.75	14-9-2019	125%		
100m vlinderslag	series	16.	<b>1:31.22</b>	-	1:47.40	4-10-2020	139%		



Haren



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								66
<b>HZ&amp;PC Heerenveen</b>								
<b>Aniek Vuist, 31-8-2006</b>								1
100m vrije slag	series	17.	1:06.38	-	1:04.90	23-11-2019	96%	
50m rugslag	series	4.	<b>34.27</b>	-	35.54	19-1-2020	108%	
50m vlinderslag	series	8.	31.50	-	30.77	10-10-2021	95%	
<b>Anna van Eeken, 7-6-2004</b>								-
100m vrije slag	series	30.	1:09.94	-	1:09.88	13-12-2020	100%	
50m rugslag	series	AFGEM		-	36.67	19-1-2020	-	
100m schoolslag	series	6.	1:23.68	-	1:22.66	13-12-2020	98%	
<b>Danne-Bo Eghuizen, 9-8-2011</b>								2
100m rugslag	series	8.	<b>1:47.94</b>	-	1:58.87	1-11-2020	121%	
100m schoolslag	series	13.	<b>2:15.56</b>	-	2:33.88	26-9-2020	129%	
<b>Djurre van der Wal, 22-3-2005</b>								-
100m vrije slag	series	12.	59.20	-	58.99	19-6-2021	99%	
50m vlinderslag	series	5.	28.52	-	28.52	19-6-2021	100%	
100m vlinderslag	series	5.	1:04.01	-	1:03.52	11-7-2021	98%	
<b>Elise Dorlandt, 10-9-2010</b>								3
200m vrije slag	series	20.	<b>2:52.77</b>	-	3:12.04	3-7-2021	124%	
50m rugslag	series	18.	<b>40.19</b>	-	42.60	16-10-2021	112%	
50m schoolslag	series	18.	<b>47.87</b>	-	51.44	5-9-2020	115%	
<b>Emma Cimic, 7-5-2013</b>								-
200m vrije slag	series	7.	3:53.79	-	NT		-	
100m rugslag	series	11.	1:51.09	-	NT		-	
100m schoolslag	series	11.	2:14.83	-	NT		-	
<b>Esther Roele, 22-9-2000</b>								3
50m vrije slag	series	23.	<b>31.92</b>	-	33.14	17-3-2019	108%	
100m vrije slag	series	34.	<b>1:10.68</b>	-	1:11.68	3-10-2020	103%	
200m vrije slag	series	15.	<b>2:35.59</b>	-	2:37.49	16-10-2021	102%	
<b>Famke Ytsma, 5-2-2011</b>								1
100m rugslag	series	16.	2:03.53	-	NT		-	
100m schoolslag	series	12.	<b>2:14.86</b>	-	2:18.02	3-7-2021	105%	
200m wisselslag	series	7.	4:29.85	-	NT		-	
<b>Fardau Loots, 4-3-2013</b>								-
200m vrije slag	series	9.	4:18.24	-	NT		-	
100m rugslag	series	17.	2:08.59	-	NT		-	
100m schoolslag	series	17.	2:24.00	-	NT		-	
<b>Femke Smilde, 11-8-2008</b>								3
50m vrije slag	series	13.	<b>31.08</b>	-	32.34	12-6-2021	108%	
100m vrije slag	series	26.	<b>1:08.56</b>	-	1:11.03	16-10-2021	107%	
50m rugslag	series	7.	<b>35.28</b>	-	37.01	1-11-2020	110%	
<b>Fenna Ytsma, 14-11-2012</b>								-
200m vrije slag	series	10.	4:25.16	-	NT		-	
100m rugslag	series	19.	2:22.29	-	NT		-	
100m schoolslag	series	16.	2:17.03	-	NT		-	
<b>Fenne de Jong, 21-11-2008</b>								1
100m vrije slag	series	52.	<b>1:17.88</b>	460	1:19.21	10-10-2021	103%	
100m vlinderslag	series	18.	1:44.27	250	1:40.44	16-10-2021	93%	
<b>Finn Eghuizen, 24-12-2009</b>								-
200m vrije slag	series	AFGEM		-	2:37.39	10-10-2021	-	
200m rugslag	series	AFGEM		-	NT		-	
50m vlinderslag	series	AFGEM		-	42.73	10-10-2021	-	
<b>Gijs Koehoorn, 15-6-2008</b>								1
200m rugslag	series	6.	2:36.79	-	2:35.07	16-10-2021	98%	
200m schoolslag	series	6.	<b>3:00.92</b>	-	3:14.31	25-10-2020	115%	
100m vlinderslag	series	12.	1:17.43	-	1:16.33	2-10-2021	97%	
<b>Hanna Cimic, 30-3-2011</b>								1
100m rugslag	series	6.	<b>1:43.29</b>	-	1:49.24	1-11-2020	112%	
100m vlinderslag	series	1.	1:49.83	-	NT		-	
200m wisselslag	series	3.	3:36.65	-	NT		-	
<b>Hannelore Buze, 20-11-2008</b>								2
100m vrije slag	series	39.	<b>1:12.46</b>	-	1:14.65	11-7-2021	106%	
100m rugslag	series	15.	1:29.03	-	1:28.20	19-6-2021	98%	
100m vlinderslag	series	17.	<b>1:37.35</b>	-	1:40.16	11-7-2021	106%	
<b>Ivan Vuist, 30-12-2008</b>								3
50m vrije slag	series	12.	<b>31.63</b>	-	31.85	12-6-2021	101%	
100m vrije slag	series	23.	<b>1:11.78</b>	-	1:13.70	10-10-2021	105%	
50m rugslag	series	9.	<b>37.25</b>	-	37.97	11-7-2021	104%	



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Jelmar Hartmann, 3-1-2012									2
100m rugslag	series	1.	1:36.36	-	NT	-	-	-	
100m schoolslag	series	2.	<b>1:54.84</b>	-	2:13.70	25-10-2020	136%	-	
200m wisselslag	series	3.	<b>3:33.10</b>	-	3:45.43	3-7-2021	112%	-	
Jelte Ruitenberg, 14-6-2009									2
100m vrije slag	series	28.	<b>1:24.26</b>	-	1:26.78	16-10-2021	106%	-	
50m rugslag	series	13.	<b>42.59</b>	-	47.25	16-10-2021	123%	-	
200m schoolslag	series	10.	3:54.79	-	NT	-	-	-	
Jesse Stel, 19-7-2007									3
50m vrije slag	series	14.	<b>33.43</b>	346	35.39	19-6-2021	112%	-	
100m vrije slag	series	22.	<b>1:11.69</b>	362	1:13.48	19-6-2021	105%	-	
50m rugslag	series	11.	<b>39.20</b>	392	40.01	12-6-2021	104%	-	
Jorian Darwinkel, 10-7-2003									1
50m vrije slag	series	2.	24.83	-	24.47	16-10-2021	97%	-	
100m vrije slag	series	2.	53.84	-	53.84	19-6-2021	100%	-	
200m vrije slag	series	5.	<b>2:00.55</b>	-	2:05.18	29-6-2019	108%	-	
Lars van Zessen, 15-11-2006									1
200m rugslag	series	7.	2:41.83	-	NT	-	-	-	
200m schoolslag	series	5.	<b>2:59.31</b>	-	3:10.03	26-9-2020	112%	-	
Laura van Etten, 1-7-2008									3
50m vrije slag	series	19.	<b>31.59</b>	-	32.38	3-7-2021	105%	-	
100m vrije slag	series	27.	<b>1:08.61</b>	-	1:09.49	10-10-2021	103%	-	
200m vrije slag	series	9.	<b>2:28.14</b>	-	2:31.27	2-10-2021	104%	-	
Leonie van Wier, 5-2-2002									-
50m vrije slag	series	3.	27.73	-	26.82	20-12-2019	94%	-	
100m vrije slag	series	18.	1:06.39	-	57.96	21-12-2019	76%	-	
100m rugslag	series	2.	1:12.28	-	1:09.08	28-4-2019	91%	-	
Lianne van Wier, 5-2-2002									-
50m vrije slag	series	2.	27.09	-	26.65	20-12-2019	97%	-	
100m vrije slag	series	2.	59.72	-	57.66	21-12-2019	93%	-	
50m vlinderslag	series	3.	29.98	-	29.74	30-11-2019	98%	-	
Liselotte Schaap, 9-6-2006									-
50m vrije slag	series	16.	31.43	-	30.48	3-10-2020	94%	-	
100m vrije slag	series	23.	1:07.54	-	1:07.12	5-9-2020	99%	-	
100m rugslag	series	9.	1:18.09	-	1:16.60	12-6-2021	96%	-	
Lobke Hempenius, 10-6-2011									3
100m rugslag	series	1.	<b>1:29.56</b>	-	1:39.29	1-11-2020	123%	-	
100m schoolslag	series	1.	<b>1:43.47</b>	-	1:48.05	19-6-2021	109%	-	
200m wisselslag	series	1.	<b>3:10.63</b>	-	3:33.27	25-10-2020	125%	-	
Loïs Jalving, 31-5-2004									-
50m vrije slag	series	9.	29.78	-	29.27	12-6-2021	97%	-	
100m vrije slag	series	16.	1:06.30	-	1:04.15	19-6-2021	94%	-	
100m rugslag	series	3.	1:12.81	-	1:12.49	25-10-2020	99%	-	
Luca Karsten Schüler, 25-5-2011									-
200m vrije slag	series	AFGEM	-	-	NT	-	-	-	
100m rugslag	series	AFGEM	-	-	NT	-	-	-	
100m schoolslag	series	AFGEM	-	-	1:57.98	18-4-2021	-	-	
Marissa Visser, 14-4-2009									-
50m vrije slag	series	35.	43.80	-	NT	-	-	-	
50m rugslag	series	23.	48.86	-	NT	-	-	-	
50m schoolslag	series	22.	51.52	-	NT	-	-	-	
Marit Vuist, 26-3-2013									-
200m vrije slag	series	8.	3:55.83	-	NT	-	-	-	
100m rugslag	series	14.	1:59.66	-	NT	-	-	-	
100m schoolslag	series	14.	2:15.65	-	NT	-	-	-	
Mark van het Meer, 5-5-2009									2
50m vrije slag	series	21.	<b>37.75</b>	-	38.31	13-12-2020	103%	-	
100m rugslag	series	10.	<b>1:36.14</b>	-	1:37.07	12-6-2021	102%	-	
200m wisselslag	series	20.	3:36.61	-	3:34.20	3-7-2021	98%	-	
Marre van der Wal, 5-7-2010									1
100m vrije slag	series	40.	1:12.48	-	1:10.83	16-10-2021	95%	-	
100m vlinderslag	series	15.	1:27.67	-	1:25.77	2-10-2021	96%	-	
200m wisselslag	series	9.	<b>2:53.63</b>	-	2:54.68	19-6-2021	101%	-	
Mattias Stolk, 4-5-2010									1
50m rugslag	series	14.	<b>43.01</b>	-	45.79	9-10-2021	113%	-	
200m schoolslag	series	9.	3:36.77	-	3:31.38	3-7-2021	95%	-	
200m wisselslag	series	17.	3:25.53	-	3:23.60	3-7-2021	98%	-	



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Maud Koehoorn, 10-11-2005								-
50m rugslag	series	6.	35.07	-	33.79	2-10-2021	93%	
100m rugslag	series	6.	1:14.57	-	1:12.79	16-10-2021	95%	
200m rugslag	series	6.	2:37.07	-	2:36.69	26-9-2020	100%	
Maud Roffel, 4-7-2007								-
50m rugslag	series	2.	32.73	-	32.61	2-10-2021	99%	
100m rugslag	series	1.	1:10.94	-	1:10.22	11-7-2021	98%	
200m rugslag	series	5.	2:36.90	-	2:34.39	19-6-2021	97%	
Nadia Veenstra, 28-3-2006								1
50m rugslag	series	16.	<b>38.75</b>	-	39.57	6-7-2019	104%	
50m schoolslag	series	10.	42.49	-	41.97	19-6-2021	98%	
100m schoolslag	series	13.	1:36.55	-	1:31.14	13-12-2020	89%	
Remco Dijkstra, 28-8-2001								1
50m rugslag	series	1.	<b>28.70</b>	-	28.80	28-1-2018	101%	
200m rugslag	series	3.	2:25.27	-	2:24.27	19-6-2021	99%	
50m vlinderslag	series	2.	27.59	-	27.22	27-10-2019	97%	
Richard Kuipers, 19-2-1997								-
50m vrije slag	series	4.	25.28	-	24.25	3-3-2018	92%	
100m vrije slag	series	4.	54.13	-	52.25	1-7-2018	93%	
200m vrije slag	series	3.	1:58.46	-	1:55.38	1-7-2018	95%	
Rixt Loots, 10-6-2011								3
100m rugslag	series	18.	<b>2:09.76</b>	-	2:10.00	3-7-2021	100%	
100m schoolslag	series	9.	<b>2:09.12</b>	-	2:20.69	26-9-2020	119%	
200m wisselslag	series	6.	<b>4:26.59</b>	-	4:40.37	25-10-2020	111%	
Roan Krikke, 5-6-2012								3
200m vrije slag	series	3.	<b>3:48.82</b>	-	4:30.12	25-10-2020	139%	
100m rugslag	series	3.	<b>1:54.17</b>	-	2:18.96	25-10-2020	148%	
100m schoolslag	series	3.	<b>2:27.26</b>	-	2:43.15	3-7-2021	123%	
Roel Meijer, 18-12-2010								1
100m vrije slag	series	26.	1:20.24	-	1:20.24	19-6-2021	100%	
200m wisselslag	series	16.	<b>3:20.20</b>	-	3:29.11	1-11-2020	109%	
Romy Jalving, 16-3-2000								-
100m vrije slag	series	20.	1:06.70	-	1:04.21	13-10-2018	93%	
50m vlinderslag	series	11.	32.30	-	32.15	19-6-2021	99%	
Silke Koehoorn, 15-10-2003								-
100m vrije slag	series	31.	1:10.09	-	1:09.74	19-6-2021	99%	
200m vrije slag	series	14.	2:33.48	-	2:32.49	1-11-2020	99%	
50m vlinderslag	series	16.	35.39	-	34.35	1-11-2020	94%	
Sterre van der Wal, 22-3-2005								2
50m schoolslag	series	3.	37.54	-	36.59	19-6-2021	95%	
100m schoolslag	series	2.	<b>1:20.73</b>	-	1:21.56	10-10-2021	102%	
200m schoolslag	series	4.	<b>2:54.24</b>	-	2:56.03	3-7-2021	102%	
Tije Hempenius, 1-10-2009								3
50m vrije slag	series	19.	<b>35.83</b>	-	37.36	12-6-2021	109%	
50m rugslag	series	16.	<b>44.42</b>	-	45.59	13-12-2020	105%	
50m schoolslag	series	9.	<b>46.68</b>	-	49.08	19-6-2021	111%	
Timo Vuist, 6-4-2011								2
100m rugslag	series	2.	<b>1:36.52</b>	-	1:37.98	9-10-2021	103%	
100m schoolslag	series	1.	<b>1:50.34</b>	-	1:53.96	9-10-2021	107%	
200m wisselslag	series	2.	3:33.06	-	NT	-	-	
Vasco Strampel, 19-6-2007								3
100m vrije slag	series	20.	<b>1:05.12</b>	-	1:06.47	10-10-2021	104%	
100m vlinderslag	series	13.	<b>1:19.85</b>	-	1:20.86	16-10-2021	103%	
200m wisselslag	series	8.	<b>2:48.42</b>	-	2:54.43	13-12-2020	107%	
Victor de Haan, 7-6-2010								2
200m vrije slag	series	16.	<b>3:16.00</b>	-	3:25.97	26-9-2020	110%	
100m schoolslag	series	13.	<b>2:03.17</b>	-	2:06.31	26-9-2020	105%	
Wouter Zijlstra, 15-6-2004								2
200m vrije slag	series	2.	1:57.72	-	1:56.41	3-7-2021	98%	
200m rugslag	series	1.	<b>2:13.99</b>	-	2:25.41	29-6-2019	118%	
200m schoolslag	series	1.	<b>2:23.23</b>	-	2:24.98	3-7-2021	102%	
Yorre van der Wal, 5-7-2010								3
50m vrije slag	series	17.	<b>34.91</b>	-	35.71	3-7-2021	105%	
200m vrije slag	series	10.	<b>2:41.67</b>	-	2:51.47	12-6-2021	112%	
200m rugslag	series	8.	<b>2:58.64</b>	-	3:06.78	19-6-2021	109%	



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<b>Neptunia '24</b>								<b>18</b>
<b>Esmee Ykema, 12-3-2008</b>								<b>3</b>
50m rugslag	series	17.	<b>38.84</b>	-	42.15	22-2-2020	118%	
50m schoolslag	series	17.	<b>46.69</b>	-	47.12	22-2-2020	102%	
50m vlinderslag	series	24.	<b>43.50</b>	-	49.15	23-3-2019	128%	
<b>Jasmijn Meesters, 23-5-2009</b>								<b>2</b>
50m vrije slag	series	31.	<b>34.58</b>	-	36.53	11-7-2021	112%	
50m schoolslag	series	16.	<b>43.87</b>	-	45.49	11-7-2021	108%	
50m vlinderslag	series	23.	41.06	-	NT		-	
<b>Joyce Toonstra, 31-3-2005</b>								<b>3</b>
50m schoolslag	series	5.	<b>38.62</b>	-	39.90	11-7-2021	107%	
100m schoolslag	series	7.	<b>1:25.27</b>	-	1:26.65	11-7-2021	103%	
200m schoolslag	series	9.	<b>3:06.85</b>	-	3:11.74	11-7-2021	105%	
<b>Marije Jaspers, 5-11-2008</b>								<b>2</b>
100m vrije slag	series	29.	<b>1:09.92</b>	-	1:17.20	22-2-2020	122%	
50m vlinderslag	series	19.	<b>37.45</b>	-	42.55	23-3-2019	129%	
<b>Mayra Stojanovski, 9-6-2008</b>								<b>2</b>
100m vrije slag	series	49.	<b>1:15.96</b>	-	1:26.03	2-11-2019	128%	
50m schoolslag	series	15.	<b>43.64</b>	-	45.11	13-4-2019	107%	
<b>Norah Kip, 5-11-2007</b>								<b>2</b>
50m schoolslag	series	11.	<b>42.66</b>	-	44.40	16-3-2019	108%	
100m schoolslag	series	12.	<b>1:32.47</b>	-	1:36.06	18-1-2020	108%	
<b>Rosalie Meesters, 11-1-2007</b>								<b>2</b>
50m vrije slag	series	22.	<b>31.80</b>	-	32.13	11-7-2021	102%	
100m vrije slag	series	41.	<b>1:12.50</b>	-	1:13.46	11-7-2021	103%	
50m rugslag	series	19.	41.39	-	39.47	29-2-2020	91%	
<b>Silke Hooghiemstra, 5-8-2009</b>								<b>2</b>
100m rugslag	series	11.	<b>1:18.65</b>	-	1:31.21	18-1-2020	134%	
200m wisselslag	series	12.	<b>2:59.29</b>	-	3:40.23	14-12-2019	151%	



Orca

Orca 1									30
<b>Amke Kersten, 4-11-2008</b>									<b>2</b>
50m vrije slag	series	26.	<b>32.28</b>	-	32.91	16-10-2021	104%		
50m schoolslag	series	9.	<b>42.44</b>	-	43.39	16-10-2021	105%		
200m schoolslag	series	10.	3:15.69	-	NT		-		
<b>Amélie Wortel, 23-12-2005</b>									<b>1</b>
100m vrije slag	series	11.	1:03.07	-	1:01.90	11-1-2020	96%		
100m vlinderslag	series	8.	<b>1:13.97</b>	-	1:17.90	16-6-2019	111%		
<b>Anneke van der Laan, 25-7-2002</b>									<b>-</b>
100m schoolslag	series	3.	1:20.79	-	1:16.97	29-12-2019	91%		
200m schoolslag	series	3.	2:53.20	-	2:44.74	28-12-2019	90%		
<b>David Kuipers, 8-1-2000</b>									<b>1</b>
100m vrije slag	series	3.	53.88	-	53.25	23-11-2019	98%		
50m vlinderslag	series	1.	26.61	-	26.45	27-6-2021	99%		
100m vlinderslag	series	2.	<b>58.78</b>	-	59.20	30-12-2018	101%		
<b>Domingo Kuipers, 14-12-2005</b>									<b>-</b>
100m vlinderslag	series	1.	57.71	-	56.75	11-7-2021	97%		
200m wisselslag	series	1.	2:06.59	-	2:04.97	4-7-2021	97%		
<b>Eise van der Zee, 3-5-2005</b>									<b>3</b>
100m rugslag	series	2.	<b>1:07.31</b>	-	1:09.27	24-10-2021	106%		
50m schoolslag	series	5.	<b>34.85</b>	-	36.02	2-10-2021	107%		
50m vlinderslag	series	8.	<b>29.91</b>	-	30.53	26-6-2021	104%		
<b>Fleur Bos, 20-8-2005</b>									<b>-</b>
100m vrije slag	series	12.	1:04.46	-	1:03.64	28-12-2019	97%		
200m vrije slag	series	5.	2:19.98	-	2:14.86	23-10-2021	93%		
50m vlinderslag	series	9.	31.83	-	31.12	26-9-2021	96%		
<b>Ilana Gentile, 1-10-2008</b>									<b>3</b>
50m rugslag	series	3.	<b>34.14</b>	-	34.45	11-7-2021	102%		
100m rugslag	series	5.	<b>1:14.19</b>	-	1:15.23	27-6-2021	103%		
200m rugslag	series	7.	<b>2:41.58</b>	-	2:49.50	25-6-2021	110%		
<b>Inge Dekker, 25-3-2002</b>									<b>-</b>
100m vrije slag	series	9.	1:01.42	-	1:00.83	24-11-2019	98%		
200m vrije slag	series	4.	2:15.04	-	2:12.07	27-10-2019	96%		
50m vlinderslag	series	7.	30.52	-	29.80	28-12-2019	95%		
<b>Isa Segenhout, 6-5-2010</b>									<b>2</b>
100m vrije slag	series	54.	<b>1:23.26</b>	-	1:24.27	27-6-2021	102%		
100m schoolslag	series	19.	<b>1:51.76</b>	-	1:52.23	27-6-2021	101%		
100m vlinderslag	series	19.	1:47.97	-	1:45.69	2-10-2021	96%		
<b>Jip Bakker, 2-3-2006</b>									<b>1</b>
100m vrije slag	series	5.	56.20	-	55.91	11-7-2021	99%		
200m schoolslag	series	3.	<b>2:32.45</b>	-	2:34.65	7-11-2020	103%		
<b>Joleen Noordenbos, 13-7-2009</b>									<b>3</b>
100m vrije slag	series	33.	<b>1:10.52</b>	-	1:10.66	16-10-2021	100%		
100m schoolslag	series	14.	<b>1:38.01</b>	-	1:40.70	16-10-2021	106%		
50m vlinderslag	series	17.	<b>37.23</b>	-	40.33	26-9-2021	117%		
<b>Joël Malda, 24-7-2003</b>									<b>1</b>
50m vrije slag	series	6.	25.56	-	25.33	29-12-2019	98%		
50m rugslag	series	2.	29.51	-	29.11	23-10-2021	97%		
50m schoolslag	series	3.	<b>32.64</b>	-	33.11	16-11-2019	103%		
<b>Mare Meerman, 3-9-2008</b>									<b>2</b>
100m rugslag	series	13.	<b>1:26.03</b>	-	1:27.61	27-6-2021	104%		
50m vlinderslag	series	21.	<b>39.35</b>	-	40.09	2-10-2021	104%		
<b>Marijke van der Veen, 29-8-2003</b>									<b>-</b>
50m vrije slag	series	12.	30.20	-	29.74	26-9-2021	97%		
50m rugslag	series	8.	35.57	-	35.24	29-12-2018	98%		
50m schoolslag	series	6.	38.69	-	37.73	26-9-2021	95%		
<b>Marte Hieke van der Kamp, 4-4-2005</b>									<b>2</b>
200m vrije slag	series	2.	<b>2:06.89</b>	-	2:10.56	2-10-2021	106%		
200m rugslag	series	1.	<b>2:20.54</b>	-	2:24.68	20-10-2019	106%		
<b>Mathijs Baarda, 27-1-2003</b>									<b>2</b>
50m rugslag	series	4.	<b>31.70</b>	-	31.94	26-9-2021	102%		
50m vlinderslag	series	10.	<b>30.60</b>	-	30.71	26-9-2021	101%		
<b>Matthijs van Meerendonk, 18-1-1999</b>									<b>-</b>
50m vrije slag	series	AFGEM		-	23.49	22-12-2019	-		
100m vrije slag	series	AFGEM		-	52.44	22-12-2019	-		
50m rugslag	series	AFGEM		-	26.80	5-10-2019	-		
<b>Mirko van Ligtenberg, 22-2-1998</b>									<b>1</b>
50m vrije slag	series	1.	24.30	-	24.28	21-4-2018	100%		
200m vrije slag	series	4.	<b>1:59.44</b>	-	2:01.85	2-11-2019	104%		





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Heerenveen, 30-10-2021



50m schoolslag	series	1.	31.11	-	31.04	7-7-2018	100%	
<b>Myrthe Natzijl, 6-1-2004</b>								-
200m vrije slag	series	3.	2:09.88	-	2:09.38	23-10-2021	99%	
200m rugslag	series	3.	2:29.05	-	2:24.03	23-11-2019	93%	
<b>Nynke van der Zee, 1-7-2007</b>								3
50m schoolslag	series	8.	<b>39.43</b>	-	40.70	27-11-2020	107%	
100m vlinderslag	series	10.	<b>1:16.31</b>	-	1:30.50	16-6-2019	141%	
200m wisselslag	series	5.	<b>2:40.33</b>	-	2:44.48	4-10-2020	105%	
<b>Olena Dijkstra, 15-10-2002</b>								-
50m vrije slag	series	5.	27.99	-	27.61	23-10-2021	97%	
50m schoolslag	series	2.	36.81	-	36.14	24-10-2021	96%	
100m vlinderslag	series	6.	1:09.71	-	1:08.24	2-12-2018	96%	
<b>Silke van der Ploeg, 24-3-2010</b>								2
100m vrije slag	series	53.	<b>1:22.94</b>	-	1:25.81	27-6-2021	107%	
100m schoolslag	series	20.	1:58.88	-	1:55.99	11-1-2020	95%	
100m vlinderslag	series	20.	<b>1:47.99</b>	-	1:55.04	6-12-2020	113%	
<b>Yannick Dijks, 13-12-2007</b>								1
50m vrije slag	series	18.	35.64	-	35.03	26-9-2021	97%	
200m vrije slag	series	14.	2:49.40	-	2:47.31	2-10-2021	98%	
200m rugslag	series	9.	<b>3:02.54</b>	-	3:14.77	29-12-2019	114%	



Limietwedstrijd  
Heerenveen, 30-10-2021



SG. Bolsward-Workum								8
Britt Jellesma, 22-5-2010								2
50m vrije slag	series	33.	<b>40.80</b>	-	41.71	26-6-2021	105%	
50m rugslag	series	22.	<b>45.27</b>	-	50.10	22-2-2020	122%	
Eline de Boer, 21-7-2011								-
200m vrije slag	series	6.	3:33.30	-	NT		-	
100m schoolslag	series	5.	2:02.15	-	1:57.87	2-10-2021	93%	
Minke Postma, 3-10-2007								-
100m vrije slag	series	47.	1:15.58	-	1:13.47	3-10-2020	94%	
100m schoolslag	series	15.	1:40.79	-	1:36.44	18-1-2020	92%	
Pieter de Boer, 16-8-2009								3
200m vrije slag	series	15.	<b>3:04.70</b>	-	3:23.31	26-9-2020	121%	
50m vlinderslag	series	17.	<b>45.64</b>	-	46.96	11-5-2019	106%	
200m wisselslag	series	18.	<b>3:27.57</b>	-	3:29.17	14-12-2019	102%	
Siete Bootsma, 6-2-2006								3
100m vrije slag	series	11.	<b>58.77</b>	-	1:00.31	26-6-2021	105%	
100m schoolslag	series	9.	<b>1:16.10</b>	-	1:18.62	9-10-2020	107%	
100m vlinderslag	series	9.	<b>1:09.84</b>	-	1:11.53	6-12-2020	105%	



Stadskanaal

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Steenwijk 1934



Limietwedstrijd  
Heerenveen, 30-10-2021



<b>Swol 1894</b>									<b>7</b>
<b>Annefleur Schraa, 2-2-2011</b>									-
200m vrije slag	series	4.	3:14.75	-	NT			-	
200m wisselslag	series	2.	3:21.64	-	NT			-	
<b>Floris Meijers, 16-3-2013</b>									<b>1</b>
200m vrije slag	series	1.	<b>3:13.93</b>	-	3:39.22	24-10-2020	128%		
200m wisselslag	series	1.	3:27.68	-	NT			-	
<b>Milan Eikenaar, 28-2-2011</b>									<b>1</b>
200m vrije slag	series	2.	<b>3:23.00</b>	-	3:36.26	24-10-2020	113%		
200m wisselslag	series	4.	3:33.92	-	NT			-	
<b>Ryan Freriksen, 16-2-2010</b>									<b>3</b>
100m vrije slag	series	25.	1:19.77	-	1:18.65	25-9-2021	97%		
200m vrije slag	series	13.	<b>2:45.89</b>	-	2:59.84	6-12-2020	118%		
50m rugslag	series	12.	<b>41.24</b>	-	43.48	18-9-2021	111%		
200m wisselslag	series	13.	<b>3:13.97</b>	-	3:28.63	24-10-2020	116%		
<b>Tristan Meijers, 16-3-2010</b>									<b>2</b>
200m vrije slag	series	8.	<b>2:41.39</b>	-	2:58.33	6-12-2020	122%		
200m wisselslag	series	12.	<b>3:13.08</b>	-	3:22.75	24-10-2020	110%		



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Heerenveen, 30-10-2021



								12
<b>Thor</b>								1
<b>Elize Schierbeek, 18-9-2011</b>								
100m rugslag	series	7.	<b>1:46.28</b>	-	1:48.17	25-9-2021	104%	
100m schoolslag	series	8.	2:08.03	-	2:02.16	25-9-2021	91%	
200m wisselslag	series	5.	3:55.88	-	NT		-	
<b>Ilse Jongepier, 13-2-2010</b>								3
50m vrije slag	series	30.	<b>34.44</b>	-	35.15	21-8-2021	104%	
100m vrije slag	series	48.	<b>1:15.92</b>	-	1:16.27	18-9-2021	101%	
200m vrije slag	series	18.	<b>2:46.07</b>	-	3:00.78	28-11-2020	119%	
<b>Karin van Dijk, 8-1-1976</b>								-
200m vrije slag	series	17.	2:44.11	-	2:37.74		92%	
200m rugslag	series	12.	3:02.80	-	3:00.99		98%	
<b>Kim Buurmeijer, 16-8-2009</b>								2
50m rugslag	series	20.	<b>43.23</b>	-	47.79	9-7-2021	122%	
100m schoolslag	series	17.	<b>1:43.23</b>	-	1:43.96	18-9-2021	101%	
<b>Lana Keizer, 9-1-2013</b>								1
100m rugslag	series	13.	<b>1:59.22</b>	-	1:59.94	3-7-2021	101%	
100m schoolslag	series	10.	2:11.76	-	2:09.86	18-9-2021	97%	
<b>Marjolie Spelde, 13-10-2009</b>								2
200m vrije slag	series	13.	<b>2:33.38</b>	-	2:38.64	6-8-2021	107%	
200m wisselslag	series	6.	<b>2:50.23</b>	-	2:57.07	18-9-2021	108%	
<b>Sem Hiddingh, 12-1-2007</b>								2
50m vrije slag	series	11.	31.55	-	31.34	21-8-2021	99%	
200m vrije slag	series	9.	<b>2:41.57</b>	-	2:52.44	25-9-2021	114%	
200m schoolslag	series	8.	<b>3:29.76</b>	-	3:51.46	10-10-2020	122%	
<b>Yke Spelde, 16-5-2007</b>								1
100m rugslag	series	10.	<b>1:18.29</b>	-	1:20.48	18-9-2021	106%	
200m rugslag	series	9.	2:49.39	-	2:47.31	25-9-2021	98%	



Limietwedstrijd  
Heerenveen, 30-10-2021



								25
TriVia								3
Anna Nauta, 10-11-2010								3
100m vrije slag	series	56.	<b>1:31.70</b>	-	1:39.73	12-12-2020	118%	
200m vrije slag	series	22.	<b>3:27.02</b>	-	3:33.82	3-7-2021	107%	
50m vlinderslag	series	25.	<b>45.68</b>	-	49.14	2-10-2021	116%	
Elin Reinstra, 2-1-2011								1
100m rugslag	series	2.	<b>1:36.18</b>	-	1:45.52	25-9-2021	120%	
100m vlinderslag	series	2.	1:53.66	-	NT		-	
Emma Hofstee, 3-9-2004								1
200m schoolslag	series	1.	2:43.61	-	2:39.59	16-11-2019	95%	
100m vlinderslag	series	1.	<b>1:05.41</b>	-	1:05.45	16-10-2021	100%	
200m wisselslag	series	1.	2:26.44	-	2:25.93	29-6-2019	99%	
Fabienne Bos, 6-4-2011								-
100m rugslag	series	4.	1:39.66	-	1:36.99	25-9-2021	95%	
100m schoolslag	series	3.	1:53.99	-	1:52.96	25-9-2021	98%	
200m wisselslag	series	4.	3:43.85	-	NT		-	
Femke Nauta, 10-11-2010								3
100m vrije slag	series	57.	<b>1:34.77</b>	-	1:39.87	3-7-2021	111%	
100m rugslag	series	17.	<b>1:38.88</b>	-	1:49.54	3-7-2021	123%	
100m schoolslag	series	18.	<b>1:50.14</b>	-	2:00.70	26-9-2020	120%	
Fenna Boterman, 19-7-2007								2
50m vrije slag	series	29.	34.32	-	34.05	26-9-2021	98%	
100m rugslag	series	14.	<b>1:26.57</b>	-	1:33.93	11-1-2020	118%	
50m schoolslag	series	12.	<b>43.00</b>	-	43.82	26-9-2021	104%	
Gabriella Davids, 1-1-2012								1
100m rugslag	series	15.	2:02.64	-	NT		-	
100m schoolslag	series	7.	<b>2:06.28</b>	-	2:18.48	9-5-2021	120%	
Ids Harms, 14-2-2007								1
100m vrije slag	series	17.	1:02.91	-	1:02.33	11-7-2021	98%	
100m vlinderslag	series	10.	1:15.17	-	1:14.28	11-7-2021	98%	
200m wisselslag	series	5.	<b>2:38.73</b>	-	2:46.24	3-7-2021	110%	
Iris Nieuwhof, 5-7-2004								-
50m schoolslag	series	1.	35.50	-	34.56	6-12-2019	95%	
200m schoolslag	series	2.	2:48.16	-	2:41.36	7-12-2019	92%	
200m wisselslag	series	3.	2:38.84	-	2:30.49	11-1-2020	90%	
Jasmine Ye, 5-4-2010								-
50m vlinderslag	series	26.	47.01	-	NT		-	
100m vlinderslag	series	21.	1:49.45	-	NT		-	
Lisan Wennemars, 1-1-2010								2
50m rugslag	series	24.	<b>52.91</b>	-	57.86	3-7-2021	120%	
50m schoolslag	series	23.	<b>54.81</b>	-	55.38	9-5-2021	102%	
200m schoolslag	series	12.	4:01.94	-	NT		-	
Monique Tienstra, 6-8-2006								-
50m vlinderslag	series	15.	35.07	-	34.40	27-10-2019	96%	
100m vlinderslag	series	12.	1:22.52	-	1:17.19	27-10-2019	87%	
Nienke Bakker, 29-3-2005								3
50m vlinderslag	series	6.	<b>30.32</b>	-	31.99	3-7-2021	111%	
100m vlinderslag	series	5.	<b>1:09.05</b>	-	1:11.74	16-11-2019	108%	
200m wisselslag	series	4.	<b>2:39.51</b>	-	2:40.54	12-1-2019	101%	
Quinten Brouwer von Gonzenbach, 13-1-2007								-
200m rugslag	series	AFGEM		-	2:26.53	16-10-2021	-	
200m schoolslag	series	AFGEM		-	2:42.64	26-9-2021	-	
100m vlinderslag	series	AFGEM		-	1:08.75	3-7-2021	-	
Renske van Blois, 1-1-2010								3
100m vrije slag	series	55.	<b>1:24.91</b>	-	1:25.80	9-5-2021	102%	
200m vrije slag	series	21.	<b>3:06.76</b>	-	3:11.82	3-7-2021	105%	
100m schoolslag	series	16.	<b>1:43.11</b>	-	1:47.13	26-9-2021	108%	
Rohan de Graaf, 1-1-2009								2
100m vrije slag	series	29.	<b>1:33.13</b>	-	1:43.09	3-7-2021	123%	
200m vrije slag	series	17.	<b>3:21.17</b>	-	3:38.81	3-7-2021	118%	
200m wisselslag	series	19.	3:31.62	-	NT		-	
Sara Korhuis, 1-1-2006								3
50m vrije slag	series	1.	<b>26.88</b>	-	27.52	9-5-2021	105%	
100m vrije slag	series	1.	<b>58.57</b>	-	59.01	26-9-2021	102%	
200m vrije slag	series	1.	<b>2:06.49</b>	-	2:08.68	2-10-2021	103%	
Veerle Nieborg, 9-11-2004								-
100m vrije slag	series	5.	1:00.51	-	1:00.35	7-11-2020	99%	
50m vlinderslag	series	5.	30.12	-	29.55	5-9-2020	96%	
100m vlinderslag	series	2.	1:05.67	-	1:03.79	27-10-2019	94%	



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Veerle van Bloois, 1-1-2012

100m rugslag	series	12.	1:57.63	-	NT	-
100m schoolslag	series	6.	2:03.52	-	NT	-





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Wvz									2
Ivo Roozeboom, 11-4-1977									-
200m wisselslag	series	4.	2:21.47	-	2:20.52	3-11-2019	99%		
Malin Roozeboom, 28-1-2011									2
200m vrije slag	series	1.	<b>2:25.36</b>	-	2:25.80	12-9-2021	101%		
200m vrije slag	series	1.	<b>2:25.61</b>	-	2:25.80	12-9-2021	100%		



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ZC Polaris								15
Colin Bes, 21-1-2005								1
50m vrije slag	series	3.	<b>24.94</b>	-	25.49	28-8-2021	104%	
100m vrije slag	series	1.	53.51	-	53.36	10-7-2021	99%	
200m vrije slag	series	1.	1:57.09	-	1:56.90	2-10-2021	100%	
David Wesseling, 19-6-2005								3
100m vrije slag	series	15.	<b>1:02.42</b>	-	1:04.73	11-1-2020	108%	
100m rugslag	series	5.	<b>1:10.71</b>	-	1:14.15	8-12-2019	110%	
100m schoolslag	series	8.	<b>1:14.74</b>	-	1:19.71	28-8-2021	114%	
Deaquan Ramos, 1-4-2009								2
50m vlinderslag	series	13.	<b>34.83</b>	-	35.85	2-10-2021	106%	
100m vlinderslag	series	14.	<b>1:21.35</b>	-	1:24.33	2-10-2021	107%	
Esmee Reuver, 21-2-2011								2
200m vrije slag	series	2.	<b>2:58.50</b>	-	3:13.38	10-7-2021	117%	
100m schoolslag	series	2.	<b>1:49.94</b>	-	1:53.73	26-6-2021	107%	
Feline Bruns, 2-1-2012								2
200m vrije slag	series	5.	<b>3:22.30</b>	-	3:38.51	10-7-2021	117%	
100m rugslag	series	9.	<b>1:48.31</b>	-	2:02.43	10-7-2021	128%	
Norell Kroeze, 9-6-2011								-
200m vrije slag	series	3.	3:02.63	-	NT	-	-	
100m rugslag	series	5.	1:39.89	-	1:39.40	25-9-2021	99%	
Robin Meide van der, 3-1-2006								-
50m vrije slag	series	8.	29.70	-	29.18	29-2-2020	97%	
100m vrije slag	series	13.	1:04.60	-	1:02.96	3-10-2020	95%	
100m vlinderslag	series	11.	1:17.21	-	1:16.74	29-2-2020	99%	
Sanne Doornbos, 11-8-2007								2
50m vrije slag	series	17.	31.52	-	31.04	28-8-2021	97%	
100m vrije slag	series	34.	<b>1:10.68</b>	-	1:10.74	2-10-2021	100%	
50m rugslag	series	15.	<b>38.74</b>	-	39.46	28-8-2021	104%	
Thomas Boer, 30-3-2006								3
50m vrije slag	series	5.	<b>25.31</b>	-	26.20	28-8-2021	107%	
100m vrije slag	series	6.	<b>56.42</b>	-	57.25	2-10-2021	103%	
100m vlinderslag	series	3.	<b>1:01.03</b>	-	1:04.60	28-8-2021	112%	



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								10
<b>ZPC Nova</b>								-
<b>Elin Manning, 15-7-2002</b>								
50m vrije slag	series	4.	27.91	-	27.84	25-9-2021	99%	
100m vrije slag	series	8.	1:01.23	-	1:00.35	16-11-2019	97%	
50m rugslag	series	1.	32.47	-	32.04	24-11-2019	97%	
<b>Jesper Boets, 2-2-2004</b>								3
100m vrije slag	series	8.	<b>57.76</b>	-	1:00.51	11-1-2020	110%	
100m schoolslag	series	4.	<b>1:11.38</b>	-	1:12.15	2-10-2021	102%	
50m vlinderslag	series	3.	<b>28.32</b>	-	29.86	1-2-2020	111%	
<b>Josephine Swarts, 10-2-2007</b>								2
50m vrije slag	series	21.	31.79	-	31.33	25-9-2021	97%	
100m vrije slag	series	32.	<b>1:10.42</b>	-	1:10.71	11-1-2020	101%	
100m vlinderslag	series	13.	<b>1:26.54</b>	-	1:34.69	5-10-2019	120%	
<b>Linde Kasemir, 19-5-2005</b>								-
50m vrije slag	series	7.	29.61	-	29.05	16-3-2019	96%	
100m vrije slag	series	14.	1:04.73	-	1:03.04	11-1-2020	95%	
<b>Lisanne Boets, 26-2-2002</b>								2
100m vrije slag	series	6.	1:00.69	-	59.63	24-11-2019	97%	
100m schoolslag	series	1.	<b>1:16.66</b>	-	1:17.16	13-1-2018	101%	
50m vlinderslag	series	4.	<b>30.01</b>	-	30.48	1-2-2020	103%	
<b>Robbin Bagerman, 28-6-2009</b>								1
100m vrije slag	series	58.	2:32.31	75	NT	-	-	
50m rugslag	series	26.	<b>1:12.16</b>	110	1:16.15	9-10-2021	111%	
<b>Xander Boets, 18-6-2008</b>								2
100m vrije slag	series	21.	<b>1:07.04</b>	-	1:14.32	2-10-2021	123%	
100m schoolslag	series	10.	1:30.63	-	NT	-	-	
100m vlinderslag	series	15.	<b>1:25.01</b>	-	1:47.94	3-10-2020	161%	