



Verbetering zwemmer - Details

[Alle wedstrijden](#)

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
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Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



Aqualero

Iris Boer, 9-5-2006

100m rugslag	series	7.	1:22.47	-	1:22.46	6-11-2021	100%
50m vlinderslag	series	17.	38.95	-	39.23	2-4-2022	101%
200m wisselslag	series	7.	3:07.67	-	3:02.32	6-11-2021	94%

Kim van Duinen, 28-5-2006

50m vrije slag	series	16.	32.67	-	32.30	11-1-2020	98%
100m vrije slag	series	19.	1:15.03	-	1:13.18	21-11-2021	95%
100m vlinderslag	series	15.	1:33.86	-	1:28.34	7-12-2019	89%

1
1

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Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



Avena								6
Dilan Gaemers, 19-9-2006								3
50m vrije slag	series	8.	29.38	-	29.93	20-11-2021	104%	
100m schoolslag	series	3.	1:27.30	-	1:29.27	20-11-2021	105%	
50m vlinderslag	series	7.	34.38	-	50.58	16-3-2019	216%	
Emma Graafsma, 21-10-2003								1
100m schoolslag	series	8.	1:36.34	-	1:38.41	20-11-2021	104%	
50m vlinderslag	series	20.	39.63	-	NT		-	
Lisa van Ewijk, 13-12-2009								2
50m rugslag	series	19.	44.87	-	51.47	11-1-2020	132%	
50m vlinderslag	series	22.	45.20	-	1:02.92	23-3-2019	194%	



Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



								7
Batavia Swim								1
Arie Brussaard, 24-1-2007								
50m vrije slag	series	5.	27.03	-	28.18	13-11-2021	109%	
100m vlinderslag	series	7.	1:13.19	-	1:13.02	12-2-2022	100%	
200m wisselslag	series	7.	2:40.08	-	2:39.78	20-11-2021	100%	
Hayleigh Onstwedder, 3-8-2010								1
100m vrije slag	series	25.	1:30.55	-	1:28.82	19-3-2022	96%	
100m schoolslag	series	10.	1:46.89	-	1:44.75	12-3-2022	96%	
200m schoolslag	series	5.	3:45.17	-	3:45.57	19-3-2022	100%	
Isabel Renaud, 3-7-2010								3
50m vrije slag	series	23.	38.31	-	39.76	12-3-2022	108%	
50m rugslag	series	20.	45.58	-	45.91	2-4-2022	101%	
50m schoolslag	series	11.	50.78	-	51.25	2-4-2022	102%	
Maria Kotsubailo, 29-11-2010								-
50m vlinderslag	series	18.	39.02	-	NT	-	-	
200m wisselslag	series	8.	3:11.20	-	NT	-	-	
Sofia Renaud, 28-8-2008								2
100m vrije slag	series	24.	1:29.66	-	1:28.87	12-2-2022	98%	
100m rugslag	series	12.	1:33.65	-	1:36.34	2-4-2022	106%	
100m schoolslag	series	13.	1:50.43	-	1:50.57	26-3-2022	100%	



Bolsward

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Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



de Granaet								11
Daphne Westra, 23-6-2009								3
50m vrije slag	series	10.	31.27	-	32.02	3-7-2021	105%	
400m vrije slag	series	8.	5:30.57	-	5:38.07	18-1-2020	105%	
100m vlinderslag	series	14.	1:25.09	-	1:27.87	20-3-2022	107%	
Devenda van der Meer, 2-4-2009								2
400m vrije slag	series	7.	5:20.61	-	5:38.35	28-11-2021	111%	
100m rugslag	series	5.	1:15.46	-	1:16.14	15-4-2022	102%	
100m schoolslag	series	7.	1:31.23	-	1:29.94	12-3-2022	97%	
Hylke de Jong, 7-11-2008								3
50m vrije slag	series	11.	30.03	-	30.28	20-11-2021	102%	
400m vrije slag	series	8.	5:25.52	-	5:27.91	28-11-2021	101%	
200m schoolslag	series	4.	3:10.77	-	3:31.91	11-1-2020	123%	
Nicole Pestman, 17-5-2010								1
200m vrije slag	series	9.	2:42.48	-	2:49.92	12-2-2022	109%	
200m rugslag	series	3.	3:07.20	-	NT	-	-	
200m wisselslag	series	10.	3:17.94	-	3:11.32	19-3-2022	93%	
Stefan Pestman, 15-12-2012								1
100m schoolslag	series	2.	1:50.55	-	1:58.53	27-11-2021	115%	
Tim Yarne Bosch, 11-5-2008								1
50m vrije slag	series	9.	29.77	-	30.81	2-4-2022	107%	
100m vrije slag	series	15.	1:07.10	-	1:05.55	2-4-2022	95%	
200m wisselslag	series	10.	2:46.67	-	2:46.09	28-11-2021	99%	

De Vikings								28
Amber Lubbers, 7-4-2007								2
50m rugslag	series	6.	35.48	-	35.80	20-11-2021	102%	
200m schoolslag	series	2.	3:02.31	-	3:07.21	14-12-2019	105%	
Djurre van der Wal, 22-3-2005								1
50m schoolslag	series	3.	34.30	-	35.22	6-11-2021	105%	
50m vlinderslag	series	4.	28.76	-	28.25	20-11-2021	96%	
100m vlinderslag	series	2.	1:03.92	-	1:03.52	11-7-2021	99%	
Elske de Vries, 8-6-2008								1
100m vrije slag	series	23.	1:21.58	-	1:21.12	11-12-2021	99%	
50m rugslag	series	17.	43.03	-	44.86	11-7-2021	109%	
100m schoolslag	series	11.	1:49.89	-	1:47.51	11-7-2021	96%	
Jannoula Jaspers, 11-5-2008								1
50m schoolslag	series	3.	37.82	-	37.49	11-12-2021	98%	
100m schoolslag	series	2.	1:20.89	-	1:19.35	11-12-2021	96%	
50m vlinderslag	series	5.	31.85	-	35.36	20-11-2021	123%	
Jetze de Vries, 12-10-2006								2
100m vrije slag	series	8.	58.64	-	57.79	30-10-2021	97%	
100m vlinderslag	series	3.	1:04.00	-	1:04.52	12-3-2022	102%	
200m wisselslag	series	5.	2:27.29	-	2:28.82	23-10-2021	102%	
Julissa Veenstra, 5-3-2011								3
100m rugslag	series	3.	1:34.61	-	1:35.86	9-4-2022	103%	
100m schoolslag	series	2.	1:36.87	-	1:39.33	12-3-2022	105%	
200m wisselslag	series	4.	3:37.49	-	3:44.61	19-3-2022	107%	
Kyara Balt, 7-7-2011								2
100m rugslag	series	2.	1:31.73	-	1:36.44	12-2-2022	111%	
200m wisselslag	series	3.	3:25.29	-	3:38.01	19-3-2022	113%	
Marre van der Wal, 5-7-2010								3
400m vrije slag	series	2.	5:01.20	-	5:22.27	10-12-2021	114%	
100m vlinderslag	series	11.	1:21.53	-	1:22.76	11-12-2021	103%	
200m wisselslag	series	3.	2:42.98	-	2:44.13	12-12-2021	101%	
Melissa Zeegers, 25-10-2010								2
100m schoolslag	series	11.	1:49.89	-	1:51.23	2-4-2022	102%	
200m wisselslag	series	13.	3:47.64	-	3:58.03	19-3-2022	109%	
Silke Hooghiemstra, 14-6-2010								2
50m schoolslag	series	10.	50.50	-	53.77	11-12-2021	113%	
200m wisselslag	series	12.	3:44.78	-	4:01.71	19-3-2022	116%	
Sterre van der Wal, 22-3-2005								-
50m schoolslag	series	4.	37.92	-	36.59	19-6-2021	93%	
200m schoolslag	series	1.	2:53.74	-	2:52.93	3-12-2021	99%	
100m vlinderslag	series	8.	1:19.40	-	1:15.89	28-11-2021	91%	
Sven Koornstra, 1-2-2009								2
100m vrije slag	series	AFGEM		-	1:07.09	20-11-2021	-	
400m vrije slag	series	3.	4:47.50	-	6:10.63	18-1-2020	166%	
100m vlinderslag	series	10.	1:19.09	-	1:26.76	2-10-2021	120%	
400m wisselslag	series	4.	5:36.89	-	NT		-	
Tijn Bijma, 24-7-2009								1
200m vrije slag	series	4.	2:45.77	-	2:45.12	30-10-2021	99%	
400m vrije slag	series	10.	5:56.19	-	5:54.96	10-10-2021	99%	
200m wisselslag	series	12.	3:12.88	-	3:16.30	30-10-2021	104%	
Tycho Wienbelt, 20-2-2010								3
200m vrije slag	series	6.	2:57.97	-	3:00.65	9-4-2022	103%	
100m rugslag	series	9.	1:36.17	-	1:38.15	12-2-2022	104%	
100m schoolslag	series	5.	1:48.02	-	1:48.35	9-4-2022	101%	
Wytse Broekstra, 26-3-2008								1
100m vrije slag	series	3.	56.44	-	55.64	11-12-2021	97%	
100m vlinderslag	series	4.	1:05.25	-	1:04.62	12-3-2022	98%	
200m wisselslag	series	1.	2:15.22	-	2:17.40	11-12-2021	103%	
Yorre van der Wal, 5-7-2010								2
100m vrije slag	series	17.	1:15.48	-	1:14.57	26-3-2022	98%	
400m vrije slag	series	9.	5:41.14	-	5:53.59	21-11-2021	107%	
100m rugslag	series	6.	1:22.90	-	1:23.37	12-2-2022	101%	

								19
Dedemsvaart-AC								
Alessia Sluis, 8-4-2003								-
50m schoolslag	series	1.	35.67	-	35.13	2-10-2021	97%	
50m vlinderslag	series	1.	29.82	-	29.34	30-10-2021	97%	
200m wisselslag	series	1.	2:28.58	-	2:28.45	10-10-2020	100%	
Annet Hartholt, 23-8-2004								1
100m vrije slag	series	16.	1:10.48	-	1:12.73	8-12-2019	106%	
50m rugslag	series	8.	36.19	-	36.07	11-7-2021	99%	
50m vlinderslag	series	14.	36.02	-	34.91	19-6-2021	94%	
Daphne Dijsselhof, 17-9-2009								-
200m vrije slag	series	8.	2:37.75	-	NT		-	
50m vlinderslag	series	19.	39.39	-	38.73	12-2-2022	97%	
Esther Dijsselhof, 10-3-2008								3
100m vrije slag	series	12.	1:09.81	-	1:10.09	19-3-2022	101%	
200m vrije slag	series	6.	2:31.43	-	2:38.61	26-2-2022	110%	
50m vlinderslag	series	15.	36.93	-	37.56	12-2-2022	103%	
Finmar Rijnkels, 30-12-2006								3
100m rugslag	series	5.	1:20.30	-	1:21.87	2-4-2022	104%	
50m schoolslag	series	4.	36.84	-	36.95	19-3-2022	101%	
100m schoolslag	series	2.	1:26.94	-	1:27.16	19-3-2022	101%	
Gijs Vrieling, 16-8-2005								1
100m vrije slag	series	7.	57.98	-	58.07	12-3-2022	100%	
200m vrije slag	series	1.	2:11.06	-	2:09.08	20-11-2021	97%	
Karlijn Bredenoort, 15-4-2008								2
50m vrije slag	series	19.	33.72	-	33.99	16-4-2022	102%	
200m vrije slag	series	12.	2:47.60	-	2:47.31	2-10-2021	100%	
50m rugslag	series	11.	37.72	-	38.21	27-11-2021	103%	
Leyona Lichtendonk, 12-3-2007								2
200m vrije slag	series	2.	2:15.04	-	2:16.70	20-11-2021	102%	
400m vrije slag	series	1.	4:49.96	-	4:54.75	24-10-2021	103%	
Lily Zandstra, 15-3-2007								-
100m vrije slag	series	11.	1:09.63	-	1:07.53	19-3-2022	94%	
100m rugslag	series	6.	1:18.03	-	1:17.02	26-2-2022	97%	
100m vlinderslag	series	10.	1:20.43	-	1:19.96	2-4-2022	99%	
Marlies Dijsselhof, 12-6-2006								2
400m vrije slag	series	3.	5:03.06	-	5:08.67	2-10-2021	104%	
50m schoolslag	series	2.	37.47	-	36.69	16-4-2022	96%	
100m vlinderslag	series	5.	1:15.73	-	1:17.38	2-4-2022	104%	
Simone Kragt, 12-1-2009								2
50m vrije slag	series	22.	36.62	-	37.30	27-11-2021	104%	
50m rugslag	series	15.	41.80	-	43.69	11-9-2021	109%	
400m wisselslag	series	4.	6:55.54	-	NT		-	
Sofie Kragt, 2-9-2007								1
400m vrije slag	series	6.	5:19.99	-	5:26.41	26-2-2022	104%	
50m schoolslag	series	8.	42.16	-	40.79	5-3-2022	94%	
100m vlinderslag	series	12.	1:22.14	-	1:22.11	12-3-2022	100%	
Torben Rijnkels, 8-2-2004								2
100m rugslag	series	4.	1:11.87	-	1:16.68	12-3-2022	114%	
100m schoolslag	series	1.	1:09.61	-	1:09.10	5-12-2021	99%	
400m wisselslag	series	1.	5:19.37	-	5:50.44	11-1-2020	120%	

HZ&PC Heerenveen								19
Anna van Eeken, 7-6-2004								-
50m schoolslag	series	6.	39.11	-	38.10	2-10-2021	95%	
100m schoolslag	series	4.	1:25.49	-	1:22.66	13-12-2020	93%	
Elise Dorlandt, 10-9-2010								1
50m vrije slag	series	15.	32.08	-	33.10	19-3-2022	106%	
100m rugslag	series	10.	1:26.64	-	1:26.24	12-2-2022	99%	
Esther Roele, 22-9-2000								2
100m vrije slag	series	15.	1:10.42	-	1:10.68	30-10-2021	101%	
50m rugslag	series	10.	37.13	-	39.06	3-10-2020	111%	
200m wisselslag	series	4.	2:53.22	-	2:52.24	20-11-2021	99%	
Hannelore Buze, 20-11-2008								2
100m vrije slag	series	14.	1:10.36	-	1:12.46	30-10-2021	106%	
400m vrije slag	series	5.	5:19.43	-	5:51.88	12-6-2021	121%	
Hedwig Bolt, 9-8-2006								2
100m rugslag	series	1.	1:07.45	-	1:09.12	12-6-2021	105%	
100m schoolslag	series	1.	1:15.23	-	1:14.65	16-10-2021	98%	
100m vlinderslag	series	1.	1:06.87	-	1:10.34	12-6-2021	111%	
Jelte Ruitenbergh, 14-6-2009								2
200m vrije slag	series	5.	2:52.10	-	3:01.86	16-10-2021	112%	
50m schoolslag	series	5.	52.85	-	52.53	6-11-2021	99%	
200m wisselslag	series	13.	3:32.30	-	3:36.67	23-10-2021	104%	
Jorian Darwinkel, 10-7-2003								1
50m schoolslag	series	1.	31.38	-	31.62	20-11-2021	102%	
50m vlinderslag	series	1.	26.58	-	26.39	5-12-2021	99%	
100m vlinderslag	series	1.	59.88	-	59.41	4-12-2021	98%	
Lars van Zessen, 15-11-2006								3
400m vrije slag	series	2.	4:46.03	-	5:14.84	21-11-2021	121%	
50m rugslag	series	8.	33.41	-	36.83	16-10-2021	122%	
400m wisselslag	series	2.	5:25.79	-	5:44.45	6-3-2022	112%	
Laura van Etten, 1-7-2008								1
50m vrije slag	series	5.	29.57	-	30.73	6-11-2021	108%	
100m rugslag	series	4.	1:13.64	-	1:13.34	12-12-2021	99%	
200m rugslag	series	1.	2:37.36	-	2:34.77	11-12-2021	97%	
Liselotte Schaap, 9-6-2006								1
100m vrije slag	series	6.	1:07.11	-	1:06.41	12-3-2022	98%	
200m vrije slag	series	3.	2:26.00	-	2:26.33	3-10-2020	100%	
50m vlinderslag	series	10.	34.25	-	33.65	26-2-2022	97%	
Lois Jalving, 31-5-2004								1
50m vrije slag	series	6.	29.89	-	29.27	12-6-2021	96%	
100m vrije slag	series	5.	1:05.88	-	1:03.61	12-3-2022	93%	
50m rugslag	series	4.	33.54	-	33.99	12-6-2021	103%	
Maud Roffel, 4-7-2007								2
50m rugslag	series	3.	32.20	-	32.24	24-10-2021	100%	
100m schoolslag	series	3.	1:23.76	-	1:26.76	6-3-2022	107%	
100m vlinderslag	series	9.	1:20.41	-	1:17.09	12-3-2022	92%	
Remco Dijkstra, 28-8-2001								1
50m vrije slag	series	2.	25.07	-	24.72	28-4-2019	97%	
50m rugslag	series	3.	29.20	-	28.70	30-10-2021	97%	
50m vlinderslag	series	2.	27.21	-	27.22	27-10-2019	100%	
Richard Kuipers, 19-2-1997								-
50m rugslag	series	1.	29.07	-	27.45	30-6-2019	89%	
100m rugslag	series	2.	1:01.58	-	59.22	30-6-2019	92%	
200m wisselslag	series	2.	2:16.26	-	2:12.01	23-11-2019	94%	
Romy Jalving, 16-3-2000								-
50m vrije slag	series	7.	30.17	-	29.96	6-11-2021	99%	
100m vrije slag	series	7.	1:07.17	-	1:04.72	9-2-2019	93%	



Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



MZ&PC De Reest								8
Bram Wolters, 24-4-2006								1
50m vrije slag	series	7.	28.38	-	28.27	29-5-2021	99%	
100m vrije slag	series	13.	1:04.32	-	1:02.95	27-11-2021	96%	
50m vlinderslag	series	6.	31.41	-	31.74	5-9-2020	102%	
Collin Visscher, 5-1-2010								1
100m vrije slag	series	20.	1:21.27	-	1:18.97		94%	
100m rugslag	series	7.	1:26.25	-	1:27.73	12-2-2022	103%	
100m schoolslag	series	4.	1:33.61	-	1:33.41	12-3-2022	100%	
Daan van de Belt, 20-9-2006								2
400m vrije slag	series	4.	4:50.52	-	4:56.49		104%	
400m wisselslag	series	3.	5:28.70	-	6:10.08		127%	
Koen de Vries, 17-8-2008								2
100m vrije slag	series	14.	1:06.30	-	1:05.41		97%	
400m vrije slag	series	6.	5:03.90	-	5:13.00	12-2-2022	106%	
200m wisselslag	series	9.	2:43.59	-	2:46.40	28-11-2021	103%	
Maud Slijkhuis, 13-10-2011								1
200m vrije slag	series	1.	3:05.72	-	3:03.14		97%	
100m rugslag	series	5.	1:37.57	-	1:35.20		95%	
100m schoolslag	series	5.	1:49.08	-	1:52.40		106%	
Rens de Boer, 15-5-2007								1
50m vrije slag	series	10.	29.92	-	30.11	24-10-2021	101%	
100m vrije slag	series	16.	1:07.86	-	1:07.49	27-11-2021	99%	
200m vrije slag	series	2.	2:32.14	-	2:29.83	24-10-2021	97%	
Yalina Visscher, 5-5-2007								-
50m vrije slag	series	12.	31.51	-	31.26		98%	
50m schoolslag	series	7.	40.30	-	40.00		99%	



Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



Neptunia '24

Joyce Toonstra, 31-3-2005

50m rugslag	series	12.	38.25	-	49.74		169%
50m schoolslag	series	5.	39.07	-	38.62	30-10-2021	98%
100m schoolslag	series	5.	1:26.77	-	1:25.27	30-10-2021	97%

1
1



O Z & P C							15
Fien de Zeeuw, 20-10-2006							3
50m vrije slag	series	13.	31.54	-	31.58	12-3-2022	100%
100m vrije slag	series	8.	1:08.22	-	1:08.77	13-12-2020	102%
200m vrije slag	series	4.	2:26.75	-	2:27.79	2-10-2021	101%
Niek Evers, 6-4-2007							2
50m vrije slag	series	12.	31.46	-	31.50	26-9-2021	100%
200m schoolslag	series	3.	3:00.85	-	3:03.35	20-11-2021	103%
400m wisselslag	series	5.	6:10.51	-	6:01.12		95%
Niek Vreeling, 19-1-2006							2
100m vrije slag	series	6.	57.77	-	56.17	26-2-2022	95%
100m rugslag	series	3.	1:03.98	-	1:04.16	31-10-2021	101%
200m wisselslag	series	3.	2:21.42	-	2:23.94	28-11-2021	104%
Nouk Achterhuis, 8-10-2006							2
100m vrije slag	series	4.	1:03.29	-	1:05.09	20-11-2021	106%
50m vlinderslag	series	7.	33.08	-	32.67	12-3-2022	98%
100m vlinderslag	series	4.	1:15.72	-	1:25.64	13-10-2019	128%
Renske Oude Egbrink, 10-4-2006							2
100m vrije slag	series	3.	1:02.89	-	1:02.82	6-11-2021	100%
50m vlinderslag	series	8.	33.39	-	33.65	6-11-2021	102%
100m vlinderslag	series	6.	1:15.91	-	1:17.29	26-9-2021	104%
Siem de Zeeuw, 19-8-2008							3
100m vrije slag	series	5.	57.62	-	59.17	11-12-2021	105%
400m vrije slag	series	1.	4:36.62	-	4:50.01	10-12-2021	110%
100m vlinderslag	series	9.	1:15.85	-	1:18.66	12-12-2021	108%
Teun Overmars, 7-12-2008							1
100m vrije slag	series	10.	59.27	-	1:00.05	26-2-2022	103%
400m vrije slag	series	5.	4:59.80	-	4:59.16	10-12-2021	100%
50m rugslag	series	6.	32.91	-	32.83	5-3-2022	100%

Orca Leeuwarden							29
Amke Kersten, 4-11-2008							3
50m vrije slag	series	11.	31.28	-	31.95	20-3-2022	104%
200m vrije slag	series	7.	2:35.27	-	2:35.38	19-3-2022	100%
50m vlinderslag	series	16.	37.42	-	39.81	27-6-2021	113%
Amélie Wortel, 23-12-2005							1
50m vrije slag	series	3.	28.48	-	28.63	26-9-2021	101%
100m vrije slag	series	2.	1:02.13	-	1:01.90	11-1-2020	99%
50m vlinderslag	series	6.	32.22	-	31.67	23-10-2021	97%
Auke Jan Ytsma, 25-8-1999							2
100m vrije slag	series	2.	55.50	-	55.93	9-2-2019	102%
50m rugslag	series	4.	29.83	-	30.01	14-11-2021	101%
Dirk van der Eems, 6-2-1995							2
100m vrije slag	series	9.	59.16	-	1:00.51		105%
50m rugslag	series	7.	33.08	-	34.71	12-3-2022	110%
Esmee Tuintjer, 1-8-2013							1
100m rugslag	series	6.	1:41.12	-	1:45.57	19-3-2022	109%
100m schoolslag	series	6.	1:53.11	-	1:51.20	9-4-2022	97%
Fleur Bos, 20-8-2005							-
50m rugslag	series	5.	34.26	-	33.82	3-12-2021	97%
50m vlinderslag	series	4.	31.45	-	30.59	20-11-2021	95%
400m wisselslag	series	2.	5:27.99	-	5:23.69	5-12-2021	97%
Ilana Gentile, 1-10-2008							3
50m vrije slag	series	4.	28.61	-	29.47	12-12-2021	106%
100m rugslag	series	3.	1:11.58	-	1:14.19	30-10-2021	107%
100m vlinderslag	series	3.	1:10.31	-	1:12.65	26-9-2021	107%
Inge Dekker, 25-3-2002							1
100m vrije slag	series	1.	1:00.54	-	1:00.83	24-11-2019	101%
50m rugslag	series	1.	30.64	-	30.49	5-12-2021	99%
50m vlinderslag	series	2.	29.95	-	29.80	28-12-2019	99%
Isa Segenhout, 6-5-2010							3
50m vrije slag	series	21.	35.05	-	35.84	16-10-2021	105%
100m vrije slag	series	21.	1:18.28	-	1:18.95	16-4-2022	102%
50m rugslag	series	13.	40.28	-	40.31	28-11-2021	100%
Jens Hoekstra, 4-8-2008							2
200m vrije slag	series	7.	2:59.36	-	NT		-
50m rugslag	series	9.	49.19	-	50.41	2-4-2022	105%
50m schoolslag	series	6.	53.44	-	56.22	12-3-2022	111%
Joleen Noordenbos, 13-7-2009							2
100m vrije slag	series	17.	1:11.50	-	1:09.26	2-4-2022	94%
100m vlinderslag	series	13.	1:24.78	-	1:30.51	16-4-2022	114%
200m wisselslag	series	5.	2:59.12	-	3:01.65	28-11-2021	103%
Joël Malda, 24-7-2003							1
50m vrije slag	series	3.	25.15	-	25.00	28-11-2021	99%
50m rugslag	series	2.	29.10	-	29.11	23-10-2021	100%
50m vlinderslag	series	3.	27.32	-	27.05	12-3-2022	98%
Kasper Lubbers, 28-3-2011							2
200m vrije slag	series	1.	2:38.62	-	2:40.61	12-2-2022	103%
100m rugslag	series	1.	1:23.06	-	1:24.81	12-2-2022	104%
100m schoolslag	series	1.	1:33.39	-	1:33.16	12-2-2022	100%
Myrthe Natzijs, 6-1-2004							2
50m vrije slag	series	2.	28.15	-	28.23	16-10-2021	101%
200m vrije slag	series	1.	2:12.27	-	2:09.38	23-10-2021	96%
400m wisselslag	series	1.	5:20.95	-	5:23.82	9-2-2019	102%
Olena Dijkstra, 15-10-2002							1
50m vrije slag	series	1.	27.71	-	27.61	23-10-2021	99%
50m rugslag	series	2.	31.35	-	32.08	12-3-2022	105%
50m vlinderslag	series	3.	30.07	-	29.60	23-10-2021	97%
Yannick Dijks, 13-12-2007							3
50m vrije slag	series	14.	34.70	-	35.03	26-9-2021	102%
100m vrije slag	series	18.	1:16.00	-	1:16.51	11-12-2021	101%
200m vrije slag	series	3.	2:40.03	-	2:47.31	2-10-2021	109%



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SG SCOM/de Zeehond'73

Merel Bijl, 7-4-2009

200m vrije slag

series

10.

2:45.57

-

2:45.97

31-10-2021

100%

200m wisselslag

series

6.

3:07.25

-

3:09.64

6-11-2021

103%

Noa Bijl, 16-5-2006

100m vrije slag

series

9.

1:08.34

-

1:07.28

31-10-2021

97%

50m vlinderslag

series

12.

34.90

-

34.65

7-11-2021

99%

2

2

-



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SG. Bolsward-Workum								8
Eline de Boer, 21-7-2011								2
200m vrije slag	series	3.	3:24.94	-	3:33.30	30-10-2021	108%	
100m rugslag	series	7.	1:46.86	-	1:54.79	12-2-2022	115%	
100m schoolslag	series	8.	1:59.01	-	1:57.87	2-10-2021	98%	
Elisa Hofstra, 24-10-2005								-
50m rugslag	series	AFGEM		-	38.95	2-3-2019	-	
100m schoolslag	series	AFGEM		-	1:30.42	5-10-2019	-	
Minke Postma, 3-10-2007								2
50m vrije slag	series	17.	33.22	-	33.55	26-6-2021	102%	
100m rugslag	series	8.	1:24.70	-	1:30.65	15-6-2019	115%	
Niek Hofstra, 5-7-2007								2
100m vrije slag	series	12.	1:04.23	-	1:06.65	20-11-2021	108%	
50m vlinderslag	series	5.	31.08	-	33.76	2-10-2021	118%	
Pieter de Boer, 16-8-2009								1
400m vrije slag	series	11.	6:08.84	-	6:39.43	26-9-2020	117%	
Robin de Jong, 1-5-2001								1
50m vrije slag	series	4.	25.52	-	25.08	17-11-2019	97%	
50m rugslag	series	5.	31.14	-	31.47	5-10-2019	102%	
50m schoolslag	series	2.	32.83	-	32.56	14-9-2019	98%	
Siete Bootsma, 6-2-2006								-
200m vrije slag	series	AFGEM		-	2:17.46	8-12-2019	-	
200m wisselslag	series	AFGEM		-	2:36.44	27-6-2021	-	
400m wisselslag	series	AFGEM		-	5:35.46	11-9-2020	-	



SVW

-

TriVia								33
Anna Nauta, 10-11-2010								2
50m schoolslag	series	9.	49.80	-	49.65	28-11-2021	99%	
200m schoolslag	series	4.	3:41.74	-	3:50.90	6-11-2021	108%	
200m wisselslag	series	11.	3:26.56	-	3:35.80	6-11-2021	109%	
Elin Reinstra, 2-1-2011								2
100m schoolslag	series	1.	1:36.44	-	1:37.86	12-3-2022	103%	
200m wisselslag	series	1.	3:10.73	-	3:13.84	19-3-2022	103%	
Evita Hoornweg, 2-6-2010								3
200m vrije slag	series	14.	2:54.76	-	3:11.47	23-10-2021	120%	
200m rugslag	series	4.	3:12.71	-	3:20.95	2-4-2022	109%	
50m vlinderslag	series	21.	39.77	-	42.05	2-4-2022	112%	
Femke Nauta, 10-11-2010								3
200m vrije slag	series	15.	3:06.90	-	3:12.94	28-11-2021	107%	
50m rugslag	series	16.	42.66	-	46.83	20-11-2021	121%	
100m schoolslag	series	9.	1:44.48	-	1:45.50	12-2-2022	102%	
Gabriella Davids, 1-1-2012								1
100m rugslag	series	8.	1:49.29	-	1:46.92	27-11-2021	96%	
100m schoolslag	series	7.	1:57.19	-	1:58.29	9-4-2022	102%	
200m wisselslag	series	5.	4:14.65	-	NT		-	
Gabrielle Dijkstra, 1-1-2010								-
50m vrije slag	series	24.	40.31	-	39.80	12-2-2022	97%	
100m rugslag	series	13.	1:45.56	-	1:43.27	23-10-2021	96%	
50m schoolslag	series	12.	52.42	-	50.39	26-9-2021	92%	
Hebe Hollander, 1-1-2011								-
200m vrije slag	series	6.	4:50.13	-	NT		-	
100m rugslag	series	10.	2:17.77	-	NT		-	
100m schoolslag	series	10.	2:18.20	-	NT		-	
Ids Harms, 14-2-2007								3
50m vrije slag	series	6.	27.66	-	28.46	26-9-2021	106%	
100m vrije slag	series	11.	1:00.54	-	1:02.17	23-10-2021	105%	
100m vlinderslag	series	6.	1:11.90	-	1:12.00	12-3-2022	100%	
Ilse Kramer, 1-11-2004								3
200m vrije slag	series	5.	2:27.43	-	2:29.35	20-11-2021	103%	
100m schoolslag	series	6.	1:30.21	-	1:30.78	20-11-2021	101%	
50m vlinderslag	series	11.	34.36	-	35.20	2-10-2021	105%	
Jenthe Liest, 1-1-2011								2
200m vrije slag	series	5.	4:08.78	-	4:09.66	9-4-2022	101%	
100m rugslag	series	9.	2:02.63	-	2:00.04	12-2-2022	96%	
100m schoolslag	series	9.	2:03.00	-	2:03.52	9-4-2022	101%	
Mark Golovitser, 1-1-2012								-
200m vrije slag	series	2.	3:37.38	-	NT		-	
100m rugslag	series	2.	1:59.77	-	1:57.29	19-3-2022	96%	
100m schoolslag	series	3.	2:13.69	-	NT		-	
Milou Geneuglijk, 8-2-2009								2
50m vrije slag	series	9.	30.99	-	30.55	2-4-2022	97%	
100m vrije slag	series	10.	1:08.72	-	1:09.54	19-3-2022	102%	
400m vrije slag	series	4.	5:15.21	-	5:20.86	19-3-2022	104%	
100m vlinderslag	series	AFGEM		-	1:22.76	5-2-2022	-	
Monique Tienstra, 6-8-2006								3
50m vlinderslag	series	9.	34.12	-	34.19	8-2-2020	100%	
100m vlinderslag	series	7.	1:16.86	-	1:17.19	27-10-2019	101%	
400m wisselslag	series	3.	6:11.07	-	6:11.43	17-11-2019	100%	
Nienke Bakker, 29-3-2005								3
100m rugslag	series	2.	1:08.57	-	1:08.81	12-3-2022	101%	
100m vlinderslag	series	2.	1:09.00	-	1:09.05	30-10-2021	100%	
200m wisselslag	series	2.	2:39.27	-	2:39.51	30-10-2021	100%	
Rik Lantendorffer, 1-1-2010								2
100m vrije slag	series	21.	1:40.10	-	1:51.34	6-11-2021	124%	
100m rugslag	series	10.	1:59.57	-	2:04.14	10-10-2021	108%	
100m schoolslag	series	6.	2:25.05	-	2:16.82	9-4-2022	89%	
Sara van Dijk, 29-11-2010								3
100m vrije slag	series	22.	1:20.67	-	1:22.08	19-3-2022	104%	
400m vrije slag	series	11.	6:19.01	-	6:23.29	12-2-2022	102%	
50m rugslag	series	18.	43.20	-	44.05	20-11-2021	104%	
Veerle van Bloois, 1-1-2012								1
200m vrije slag	series	4.	3:30.77	-	NT		-	
100m schoolslag	series	4.	1:48.40	-	1:50.57	9-4-2022	104%	



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WZ&PC Purmerend

Mika Hebing, 16-1-2008

50m vrije slag	series	13.	32.08	-	32.45	7-11-2021	102%
100m vlinderslag	series	11.	1:26.10	-	1:29.84	7-3-2020	109%
400m wisselslag	series	6.	6:14.84	-	NT		-

2

2



								15
ZC Polaris								-
Almyra Santing, 13-9-2006								-
200m rugslag	series	2.	2:39.51	-	2:32.01	30-10-2021	91%	
50m vlinderslag	series	13.	35.06	-	34.26	6-11-2021	95%	
Colin Beuker, 26-8-2008								2
400m vrije slag	series	7.	5:10.19	-	6:27.58	18-1-2020	156%	
200m wisselslag	series	11.	2:46.81	-	3:28.15	14-12-2019	156%	
David Wesseling, 19-6-2005								2
200m schoolslag	series	1.	2:38.72	-	2:45.15	28-8-2021	108%	
200m wisselslag	series	4.	2:24.54	-	2:27.95	12-2-2022	105%	
Deaquan Ramos, 1-4-2009								2
100m vlinderslag	series	8.	1:13.58	-	1:21.35	30-10-2021	122%	
200m wisselslag	series	8.	2:40.27	-	3:54.29	14-12-2019	214%	
Esmee Reuver, 21-2-2011								2
100m rugslag	series	1.	1:27.43	-	1:27.89	9-4-2022	101%	
200m wisselslag	series	2.	3:11.55	-	3:29.55	28-8-2021	120%	
Feline Bruns, 2-1-2012								2
200m vrije slag	series	2.	3:08.42	-	3:22.30	30-10-2021	115%	
100m rugslag	series	4.	1:36.74	-	1:40.79	3-4-2022	109%	
Lotte Rolink, 1-1-1995								-
50m vrije slag	series	8.	30.79	-	29.88	27-1-2019	94%	
50m rugslag	series	7.	35.99	-	34.33	3-10-2020	91%	
Mirthe De Leeuw, 1-1-2012								1
100m schoolslag	series	3.	1:46.19	-	1:46.53	3-4-2022	101%	
Sophie Feiertag, 23-6-2009								1
50m vrije slag	series	18.	33.52	-	33.73	3-4-2022	101%	
50m rugslag	series	14.	41.60	-	40.21	6-3-2022	93%	
Thomas Boer, 30-3-2006								3
50m vrije slag	series	1.	25.07	-	25.31	30-10-2021	102%	
100m vrije slag	series	1.	54.43	-	54.81	3-4-2022	101%	
100m rugslag	series	1.	1:00.77	-	1:02.03	12-2-2022	104%	



								16
Zcnf34								2
Arend Vlasma, 21-12-2004								2
100m vrije slag	series	4.	57.54	-	1:00.75	29-2-2020	111%	
200m schoolslag	series	2.	2:41.29	-	2:47.87	29-2-2020	108%	
Fardau Cazemier, 22-4-2009								2
100m vrije slag	series	18.	1:15.01	-	1:20.06	8-2-2020	114%	
100m rugslag	series	9.	1:25.07	-	1:30.82	20-11-2021	114%	
Femke van Weperen, 14-4-2008								1
100m rugslag	series	11.	1:32.05	-	1:32.43	12-3-2022	101%	
200m rugslag	series	5.	3:18.74	-	NT		-	
Guido Brander, 8-8-2010								2
100m vrije slag	series	19.	1:21.04	-	1:23.63	19-3-2022	106%	
100m rugslag	series	8.	1:31.39	-	1:34.45	9-4-2022	107%	
100m vlinderslag	series	12.	1:54.54	-	NT		-	
Jildou Twijnstra, 10-2-2005								2
50m vrije slag	series	14.	31.86	-	32.58	11-1-2020	105%	
100m vrije slag	series	13.	1:10.12	-	1:12.72	9-2-2019	108%	
50m rugslag	series	9.	36.67	-	36.28	30-11-2019	98%	
Larissa Hendriks, 9-1-2009								1
100m vrije slag	series	20.	1:16.72	-	1:29.14	8-2-2020	135%	
200m schoolslag	series	3.	3:26.55	-	NT		-	
Mirthe de Haan, 6-5-2010								3
50m vrije slag	series	20.	34.54	-	35.38	26-3-2022	105%	
200m vrije slag	series	13.	2:49.44	-	2:51.66	9-4-2022	103%	
200m wisselslag	series	9.	3:11.59	-	3:13.61	19-3-2022	102%	
Ruben van Veenen, 1-1-2004								1
100m vlinderslag	series	5.	1:05.45	-	1:07.31	12-10-2019	106%	
200m wisselslag	series	6.	2:32.31	-	2:27.97	11-1-2020	94%	
Silver Veenstra, 5-8-2005								2
200m vrije slag	series	11.	2:45.66	-	3:02.34	31-10-2021	121%	
400m vrije slag	series	10.	5:54.51	-	6:17.76	31-10-2021	114%	



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Zwemsport Parkstad									1
Julie Simonis, 22-1-2010									1
400m vrije slag	series	9.	5:48.68	-	6:06.50	27-9-2020	110%		