

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
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Aqua'68

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PK Friesland
Heerenveen, 21- - 22-1-2023

Avena								13
Anneroos Gardenier, 17-1-2008								2
50m vrije slag	series	17.	34.45	-	35.15	26-11-2022	104%	
100m schoolslag	series	11.	1:35.26	-	1:35.99	20-11-2021	102%	
Dilan Gaemers, 19-9-2006								2
50m vrije slag	series	7.	28.19	-	28.13	8-10-2022	100%	
100m vrije slag	series	6.	1:01.00	-	1:01.43	10-12-2022	101%	
50m vlinderslag	series	4.	32.27	-	34.38	1-5-2022	114%	
Emma Graafsma, 21-10-2003								1
100m vrije slag	series	17.	1:15.29	-	1:13.65	10-12-2022	96%	
50m vlinderslag	series	14.	37.65	-	39.63	1-5-2022	111%	
Geuvert Hoogkamp, 13-11-2006								1
100m rugslag	series	5.	1:17.94	-	1:17.39	10-12-2022	99%	
50m vlinderslag	series	6.	37.30	-	38.28	22-10-2022	105%	
Lena Kuindersma, 24-10-2008								1
50m vrije slag	series	18.	35.30	-	35.92	26-11-2022	104%	
Lisa van Ewijck, 13-12-2009								2
50m vrije slag	series	19.	35.47	-	35.87	8-10-2022	102%	
100m wisselslag	series	24.	1:33.28	-	1:34.91	10-12-2022	104%	
Pascal Boersma, 29-5-2008								2
50m vrije slag	series	13.	31.92	-	33.23	26-11-2022	108%	
100m vrije slag	series	8.	1:12.22	-	1:10.86	10-12-2022	96%	
100m wisselslag	series	11.	1:24.51	-	1:26.59	10-12-2022	105%	
Raoul Melein, 19-6-2009								2
100m schoolslag	series	7.	1:34.48	-	1:38.58	10-12-2022	109%	
100m wisselslag	series	7.	1:24.00	-	1:29.39	19-11-2022	113%	

Bolsward

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de Granaet							20
Anke Emma Blom, 31-8-2009							2
100m vrije slag	series	19.	1:15.17	-	1:12.55	10-12-2022	93%
100m rugslag	series	11.	1:22.01	-	1:21.12	10-12-2022	98%
50m schoolslag	series	9.	45.57	-	45.67	17-12-2022	100%
50m vlinderslag	series	19.	40.20	-	42.04	17-12-2022	109%
Anna Lieke Feenstra, 25-9-2011							3
100m vrije slag	series	21.	1:32.93	-	1:34.47	19-11-2022	103%
100m rugslag	series	11.	1:40.46	-	1:45.24	10-12-2022	110%
50m schoolslag	series	14.	50.37	-	51.13	17-12-2022	103%
Daphne Westra, 23-6-2009							1
50m vrije slag	series	11.	30.38	-	29.90	17-12-2022	97%
100m vrije slag	series	8.	1:06.08	-	1:05.92	10-12-2022	100%
50m schoolslag	series	5.	39.02	-	38.81	2-7-2022	99%
100m schoolslag	series	6.	1:28.28	-	1:26.40	10-12-2022	96%
50m vlinderslag	series	9.	35.04	-	34.50	2-7-2022	97%
100m vlinderslag	series	10.	1:24.09	-	1:25.09	1-5-2022	102%
100m wisselslag	series	11.	1:18.15	-	1:16.33	10-12-2022	95%
Devenda van der Meer, 2-4-2009							2
50m vrije slag	series	13.	31.37	-	31.12	2-7-2022	98%
100m vrije slag	series	15.	1:09.15	-	1:08.97	10-12-2022	99%
50m rugslag	series	9.	34.24	-	34.47	17-12-2022	101%
100m rugslag	series	8.	1:14.73	-	1:14.30	10-12-2022	99%
100m schoolslag	series	9.	1:32.45	-	1:29.94	12-3-2022	95%
50m vlinderslag	series	13.	36.66	-	37.06	2-7-2022	102%
100m wisselslag	series	12.	1:18.92	-	1:18.22	10-12-2022	98%
Frederik Adema, 18-11-2003							4
50m vrije slag	series	7.	24.97	-	25.09	17-12-2022	101%
100m vrije slag	series	6.	54.83	-	55.46	11-7-2021	102%
50m schoolslag	series	7.	32.51	-	31.33	26-6-2022	93%
100m schoolslag	series	6.	1:11.06	-	1:08.65	26-6-2022	93%
50m vlinderslag	series	8.	27.32	-	27.51	2-7-2022	101%
100m wisselslag	series	6.	1:02.77	-	1:03.19	1-10-2022	101%
Hylke de Jong, 7-11-2008							1
50m vrije slag	series	9.	29.17	-	29.01	1-10-2022	99%
100m schoolslag	series	5.	1:24.14	-	1:24.83	19-11-2022	102%
100m wisselslag	series	6.	1:15.42	-	1:14.59	10-12-2022	98%
Mare Nelleke Torensma, 12-5-2009							3
100m vrije slag	series	21.	1:17.08	-	1:17.28	10-12-2022	101%
100m rugslag	series	16.	1:27.04	-	1:27.20	10-12-2022	100%
50m schoolslag	series	8.	44.54	-	44.47	17-12-2022	100%
50m vlinderslag	series	22.	43.88	-	45.46	30-10-2022	107%
Nicole Pestman, 17-5-2010							3
50m vrije slag	series	3.	31.99	-	31.82	17-12-2022	99%
100m vrije slag	series	3.	1:10.53	-	1:11.00	10-12-2022	101%
50m rugslag	series	4.	37.66	-	37.19	17-12-2022	98%
100m rugslag	series	5.	1:21.92	-	1:21.51	10-12-2022	99%
50m vlinderslag	series	6.	39.74	-	42.94	3-7-2021	117%
100m wisselslag	series	9.	1:27.50	-	1:27.89	25-6-2022	101%
Sophie Hiemstra, 13-4-2008							1
50m vrije slag	series	14.	31.91	-	31.55	2-10-2021	98%
100m vrije slag	series	18.	1:13.71	-	1:11.72	10-12-2022	95%
100m rugslag	series	12.	1:22.51	-	1:21.63	19-11-2022	98%
50m vlinderslag	series	11.	36.20	-	35.81	17-12-2022	98%
100m vlinderslag	series	9.	1:23.32	-	1:24.36	10-12-2022	103%
100m wisselslag	series	17.	1:23.13	-	1:22.52	10-12-2022	99%

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De Vikings							22
Amber Lubbers, 7-4-2007							2
50m vrije slag	series	5.	30.29	-	29.29	10-9-2021	94%
100m vrije slag	series	4.	1:05.66	-	1:04.60	3-7-2021	97%
50m schoolslag	series	4.	38.36	-	38.71	3-7-2021	102%
100m schoolslag	series	4.	1:26.36	-	1:22.69	11-12-2021	92%
50m vlinderslag	series	6.	33.80	-	34.66	16-10-2022	105%
100m vlinderslag	series	AFGEM		-	1:19.82	10-12-2022	-
100m wisselslag	series	9.	1:21.44	-	1:15.06	10-12-2022	85%
Elske de Vries, 8-6-2008							2
100m vrije slag	series	23.	1:23.63	-	1:20.19	10-12-2022	92%
50m rugslag	series	17.	43.97	-	43.03	1-5-2022	96%
50m schoolslag	series	12.	48.84	-	49.58	30-10-2021	103%
50m vlinderslag	series	23.	46.02	-	47.25	17-9-2022	105%
100m wisselslag	series	25.	1:36.65	-	1:34.88	2-7-2022	96%
Hessel Broekstra, 1-2-2004							-
50m vrije slag	series	9.	25.38	-	24.30	6-11-2021	92%
50m rugslag	series	5.	28.84	-	28.33	2-7-2022	96%
Jannoula Jaspers, 11-5-2008							5
50m vrije slag	series	7.	29.45	-	28.95	11-12-2022	97%
100m vrije slag	series	7.	1:05.35	-	1:05.79	19-11-2022	101%
50m rugslag	series	6.	32.52	-	33.43	16-10-2022	106%
100m rugslag	series	5.	1:10.45	-	1:09.41	11-12-2022	97%
50m schoolslag	series	2.	36.19	-	36.01	10-12-2022	99%
100m schoolslag	series	2.	1:18.32	-	1:16.76	10-12-2022	96%
50m vlinderslag	series	4.	31.19	-	31.53	28-12-2022	102%
100m vlinderslag	series	6.	1:14.83	-	1:16.11	19-11-2022	103%
100m wisselslag	series	5.	1:11.25	-	1:12.20	25-6-2022	103%
Jetze de Vries, 12-10-2006							-
50m vrije slag	series	4.	26.59	-	26.17	17-9-2022	97%
100m vrije slag	series	2.	58.86	-	56.30	26-11-2022	91%
50m schoolslag	series	2.	32.40	-	31.93	16-12-2022	97%
100m schoolslag	series	2.	1:12.60	-	1:10.01	18-12-2022	93%
50m vlinderslag	series	2.	28.32	-	27.85	18-12-2022	97%
Kyara Balt, 7-7-2011							1
50m vrije slag	series	11.	36.72	-	36.55	17-9-2022	99%
100m vrije slag	series	10.	1:19.83	-	1:18.02	19-11-2022	96%
50m rugslag	series	8.	40.68	-	40.72	16-10-2022	100%
100m rugslag	series	7.	1:28.28	-	1:24.54	19-11-2022	92%
50m vlinderslag	series	9.	42.80	-	42.11	19-11-2022	97%
100m vlinderslag	series	3.	1:29.98	-	1:29.18	19-11-2022	98%
100m wisselslag	series	13.	1:33.02	-	1:30.80	29-12-2022	95%
Lycke Stam, 22-5-2010							1
100m wisselslag	series	7.	1:26.26	-	1:33.19	25-6-2022	117%
Melissa Zeegers, 25-10-2010							5
50m vrije slag	series	15.	38.75	-	37.25	17-9-2022	92%
100m vrije slag	series	16.	1:27.11	-	1:27.62	10-12-2022	101%
50m rugslag	series	11.	42.37	-	43.91	17-9-2022	107%
100m rugslag	series	10.	1:33.36	-	1:36.18	19-11-2022	106%
50m schoolslag	series	10.	47.30	-	46.98	17-9-2022	99%
100m schoolslag	series	8.	1:43.63	-	1:44.60	8-10-2022	102%
100m wisselslag	series	17.	1:37.15	-	1:39.08	10-12-2022	104%
Silke Hooghiemstra, 14-6-2010							1
50m schoolslag	series	13.	49.85	-	49.31	23-4-2022	98%
50m vlinderslag	series	19.	49.52	-	46.68	16-10-2022	89%
100m wisselslag	series	15.	1:36.79	-	1:37.57	10-12-2022	102%
Sven Koornstra, 1-2-2009							1
50m vrije slag	series	1.	28.06	-	27.60	19-11-2022	97%
100m vrije slag	series	1.	1:00.77	-	59.89	10-12-2022	97%
50m rugslag	series	1.	32.66	-	32.30	17-9-2022	98%
100m rugslag	series	1.	1:10.59	-	1:09.00	8-10-2022	96%
50m schoolslag	series	1.	34.99	-	34.34	11-12-2022	96%
100m schoolslag	series	1.	1:14.61	-	1:13.25	11-12-2022	96%
50m vlinderslag	series	1.	31.56	-	31.46	29-12-2022	99%
100m vlinderslag	series	1.	1:09.00	-	1:07.76	11-12-2022	96%
100m wisselslag	series	1.	1:08.00	-	1:08.27	15-10-2022	101%
Tinco Stam, 16-9-2008							1
50m vrije slag	series	AFGEM		-	32.34	26-11-2022	-
100m rugslag	series	10.	1:20.84	-	1:22.76	19-11-2022	105%
Tycho Wienbelt, 20-2-2010							2
50m vrije slag	series	13.	34.96	-	34.42	15-10-2022	97%
100m vrije slag	series	11.	1:16.55	-	1:12.97	26-11-2022	91%
50m rugslag	series	10.	40.75	-	39.68	28-12-2022	95%
100m rugslag	series	11.	1:25.59	-	1:22.16	28-12-2022	92%
50m vlinderslag	series	9.	41.68	-	39.99	28-12-2022	92%
100m vlinderslag	series	4.	1:33.17	-	1:35.50	26-11-2022	105%
100m wisselslag	series	9.	1:27.24	-	1:32.27	15-10-2022	112%

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Wytse Broekstra, 26-3-2008

1

100m vrije slag	series	1.	55.19	-	53.81	10-12-2022	95%
50m rugslag	series	1.	28.17	-	28.79	10-12-2022	104%
100m rugslag	series	1.	1:00.76	-	59.29	10-12-2022	95%
50m schoolslag	series	1.	30.07	-	29.78	28-12-2022	98%
100m schoolslag	series	1.	1:05.09	-	1:03.98	11-12-2022	97%
100m wisselslag	series	1.	1:00.85	-	59.92	30-10-2022	97%

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De Wellerobben							2
Arianne Jonkman, 23-8-1998							1
100m vrije slag	series	9.	1:05.56	-	1:05.78	101%	
50m vlinderslag	series	8.	32.62	-	32.31	98%	
Iwan van der Flier, 21-9-2006							-
50m vrije slag	series	AFGEM		-	30.60	-	
50m rugslag	series	AFGEM		-	36.63	-	
Mandy Noord, 18-10-2006							-
50m schoolslag	series	AFGEM		-	35.88	-	
50m vlinderslag	series	AFGEM		-	36.89	-	
Pascal de Jong, 14-1-1997							1
50m vrije slag	series	18.	29.34	-	29.26	15-10-2022	99%
100m schoolslag	series	10.	1:24.43	-	1:24.96	2-7-2022	101%

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							55
Dz&Pc							2
Amber Tiesinga, 17-9-2006							
50m vrije slag	series	6.	30.85	-	29.87	8-10-2022	94%
100m vrije slag	series	6.	1:05.87	-	1:05.81	12-3-2022	100%
50m rugslag	series	6.	34.75	-	34.18	16-10-2022	97%
50m schoolslag	series	2.	36.70	-	36.09	26-11-2022	97%
100m schoolslag	series	2.	1:20.68	-	1:19.17	20-11-2022	96%
50m vlinderslag	series	2.	31.70	-	32.10	30-10-2022	103%
100m wisselslag	series	4.	1:12.90	-	1:13.64	16-10-2022	102%
Cisca de Lugt, 8-5-2005							3
50m vrije slag	series	2.	27.74	-	27.93	8-10-2022	101%
100m vrije slag	series	3.	1:00.22	-	59.78	28-12-2022	99%
50m rugslag	series	3.	31.69	-	31.78	25-6-2022	101%
100m rugslag	series	4.	1:09.40	-	1:09.04	4-12-2021	99%
50m vlinderslag	series	6.	30.60	-	30.39	7-1-2023	99%
100m vlinderslag	series	4.	1:09.64	-	1:08.80	16-10-2022	98%
100m wisselslag	series	3.	1:10.52	-	1:10.53	7-1-2023	100%
Damir Mustafic, 19-3-2008							-
100m vrije slag	series		AFGEM	-	58.48	16-10-2022	-
100m rugslag	series		AFGEM	-	1:05.25	10-12-2022	-
100m schoolslag	series		AFGEM	-	1:13.37	1-10-2022	-
100m wisselslag	series		AFGEM	-	1:06.88	26-6-2022	-
Erik Nijholt, 22-1-1994							1
50m vrije slag	series	2.	24.39	-	24.04	24-4-2022	97%
100m vrije slag	series	3.	52.89	-	53.84	5-6-2021	104%
Esmee Mulder, 4-1-2008							2
50m vrije slag	series	4.	28.33	-	27.18	28-11-2021	92%
100m vrije slag	series	2.	1:00.11	-	57.84	12-12-2021	93%
50m rugslag	series	3.	31.63	-	31.48	16-10-2021	99%
50m schoolslag	series	1.	34.04	-	34.49	10-12-2022	103%
100m schoolslag	series	1.	1:13.67	-	1:13.02	10-12-2022	98%
50m vlinderslag	series	2.	29.89	-	30.14	26-6-2022	102%
100m vlinderslag	series	2.	1:08.38	-	1:08.14	3-7-2022	99%
100m wisselslag	series	1.	1:07.20	-	1:07.17	29-10-2022	100%
Fay Boxum, 29-4-2009							2
50m vrije slag	series	3.	28.31	-	28.04	24-4-2022	98%
100m vrije slag	series	3.	1:01.20	-	1:00.26	10-9-2022	97%
50m rugslag	series	5.	31.91	-	31.24	11-12-2022	96%
100m rugslag	series	4.	1:08.12	-	1:05.92	13-11-2022	94%
50m schoolslag	series	3.	36.35	-	34.89	10-9-2022	92%
100m schoolslag	series	3.	1:18.64	-	1:15.31	10-9-2022	92%
50m vlinderslag	series	5.	31.44	-	31.70	11-12-2022	102%
100m vlinderslag	series	3.	1:09.42	-	1:10.94	10-9-2022	104%
100m wisselslag	series	3.	1:08.99	-	1:07.56	26-6-2022	96%
Frouke Ludwig, 2-3-2008							4
50m vrije slag	series	2.	28.15	-	27.82	7-1-2023	98%
100m vrije slag	series	1.	59.20	-	1:00.35	24-10-2021	104%
50m rugslag	series	1.	30.64	-	30.47	17-12-2022	99%
100m rugslag	series	1.	1:03.87	-	1:02.81	11-12-2022	97%
100m schoolslag	series	4.	1:20.01	-	1:21.39	1-10-2022	103%
50m vlinderslag	series	1.	29.40	-	29.61	10-12-2022	101%
100m vlinderslag	series	1.	1:06.02	-	1:04.24	10-12-2022	95%
100m wisselslag	series	2.	1:07.43	-	1:08.72	7-1-2023	104%
Hein Muller, 25-3-2008							3
100m vrije slag	series	6.	1:04.92	-	1:06.25	8-10-2022	104%
100m rugslag	series	7.	1:14.71	-	1:13.99	20-11-2022	98%
100m schoolslag	series	4.	1:12.50	-	1:10.08	11-12-2022	93%
50m vlinderslag	series	4.	33.30	-	33.88	7-1-2023	104%
100m vlinderslag	series	5.	1:14.92	-	1:19.00	20-11-2022	111%
Ilse Wiltjer, 9-1-2009							-
50m vrije slag	series	1.	28.11	-	27.92	11-12-2022	99%
100m vrije slag	series	6.	1:03.01	-	1:01.29	11-12-2022	95%
50m rugslag	series	7.	33.44	-	33.11	30-10-2022	98%
100m rugslag	series	6.	1:11.61	-	1:10.55	29-10-2022	97%
100m wisselslag	series	8.	1:15.24	-	1:13.62	16-10-2022	96%
Jelena Krikke, 24-10-2004							1
50m vrije slag	series	11.	33.16	-	32.04	26-6-2022	93%
100m vrije slag	series	16.	1:13.93	-	1:11.67	26-6-2022	94%
50m rugslag	series	7.	38.55	-	39.00	7-1-2023	102%
100m rugslag	series	10.	1:24.91	-	1:24.65	12-3-2022	99%
50m vlinderslag	series	13.	36.29	-	35.47	27-11-2022	96%
100m vlinderslag	series	8.	1:35.99	-	1:25.04	26-6-2022	78%
100m wisselslag	series	9.	1:24.73	-	1:23.80	1-10-2022	98%
Jelle Betten, 27-1-2000							-
100m vrije slag	series	1.	52.22	-	50.66	5-12-2021	94%
50m schoolslag	series	2.	29.46	-	28.64	16-12-2022	95%
50m vlinderslag	series	1.	25.78	-	25.29	18-12-2022	96%

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Jere Wiersma, 24-12-2007								2
50m vrije slag	series	5.	27.84	-	27.43	30-10-2022	97%	
50m rugslag	series	3.	31.08	-	31.17	10-12-2022	101%	
100m rugslag	series	4.	1:06.41	-	1:04.99	10-12-2022	96%	
50m schoolslag	series	3.	37.00	-	35.85	29-10-2022	94%	
50m vlinderslag	series	2.	29.70	-	29.52	27-11-2022	99%	
100m wisselslag	series	4.	1:07.72	-	1:08.41	16-10-2022	102%	
Jildou van der Hoek, 4-10-2008								1
100m schoolslag	series	5.	1:26.58	-	1:22.76	8-10-2022	91%	
100m wisselslag	series	16.	1:22.86	-	1:23.09	7-1-2023	101%	
Jip Bakker, 2-3-2006								3
50m vrije slag	series	1.	24.92	-	24.99	30-10-2022	101%	
100m vrije slag	series	1.	54.47	-	54.01	16-12-2022	98%	
50m rugslag	series	1.	29.42	-	29.41	7-1-2023	100%	
100m rugslag	series	1.	1:03.37	-	1:03.79	1-10-2022	101%	
50m schoolslag	series	1.	31.11	-	30.47	16-12-2022	96%	
100m schoolslag	series	1.	1:09.41	-	1:07.08	20-11-2022	93%	
50m vlinderslag	series	1.	27.24	-	27.08	28-12-2022	99%	
100m vlinderslag	series	1.	1:01.20	-	1:03.18	12-3-2022	107%	
100m wisselslag	series	1.	1:02.30	-	1:01.10	18-12-2022	96%	
Jochum van Hattum, 29-5-2006								5
50m vrije slag	series	8.	28.68	-	29.78	7-1-2023	108%	
100m vrije slag	series	7.	1:05.06	-	1:07.50	24-4-2022	108%	
50m rugslag	series	5.	32.72	-	32.84	10-9-2022	101%	
100m rugslag	series	4.	1:10.17	-	1:11.84	1-10-2022	105%	
100m wisselslag	series	6.	1:14.34	-	1:17.43	12-3-2022	108%	
Julia Agricola, 22-3-2008								-
50m vrije slag	series		AFGEM	-	28.72	11-12-2022	-	
100m vrije slag	series		AFGEM	-	1:03.44	30-10-2022	-	
50m schoolslag	series		AFGEM	-	37.32	7-1-2023	-	
100m schoolslag	series		AFGEM	-	1:19.82	10-12-2022	-	
100m vlinderslag	series		AFGEM	-	1:11.64	20-11-2022	-	
Karin Rijkelijkhuisen, 27-1-1994								1
100m vrije slag	series	4.	1:00.71	-	1:00.86	30-10-2021	100%	
50m vlinderslag	series	1.	29.14	-	28.68	29-10-2022	97%	
Krista de Reus-Trompetter, 31-7-1976								-
50m vrije slag	series	8.	30.88	-	30.33	24-4-2022	96%	
Lise Kleinbekman, 16-9-2005								-
50m schoolslag	series	2.	35.83	-	34.24	20-11-2022	91%	
100m schoolslag	series		AFGEM	-	1:18.41	26-11-2022	-	
50m vlinderslag	series	10.	35.21	-	32.82	20-11-2021	87%	
100m wisselslag	series		AFGEM	-	1:16.54	1-10-2022	-	
Luca Ebbinge, 30-6-1998								1
50m vrije slag	series	3.	28.26	-	28.16	23-10-2021	99%	
100m vrije slag	series	5.	1:01.20	-	1:00.25	24-10-2021	97%	
50m schoolslag	series	1.	35.25	-	35.74	7-1-2023	103%	
100m schoolslag	series	1.	1:18.49	-	1:18.34	29-10-2022	100%	
50m vlinderslag	series	4.	29.98	-	29.42	29-10-2022	96%	
100m vlinderslag	series	3.	1:07.51	-	1:05.36	26-6-2022	94%	
Maaïke Issard, 10-5-2003								-
100m vrije slag	series	2.	59.17	-	58.24	10-9-2022	97%	
50m rugslag	series	2.	31.08	-	30.54	1-10-2022	97%	
100m rugslag	series	1.	1:06.78	-	1:05.50	12-3-2022	96%	
50m vlinderslag	series	2.	29.33	-	28.69	7-1-2023	96%	
100m vlinderslag	series	1.	1:03.58	-	1:03.17	20-11-2022	99%	
100m wisselslag	series	1.	1:06.79	-	1:05.23	1-10-2022	95%	
Marc Hoogeveen, 5-3-2001								-
50m vrije slag	series	12.	26.03	-	25.19	29-5-2022	94%	
50m rugslag	series	8.	30.16	-	29.23	16-10-2022	94%	
100m rugslag	series	4.	1:04.34	-	1:03.09	15-10-2022	96%	
50m vlinderslag	series	12.	28.69	-	28.04	8-10-2022	96%	
Marlies Brouwer, 2-1-2011								1
50m vrije slag	series	12.	37.93	-	36.52	26-11-2022	93%	
100m vrije slag	series	12.	1:26.06	-	1:23.13	20-11-2022	93%	
50m rugslag	series	15.	45.95	-	45.70	10-9-2022	99%	
50m schoolslag	series	12.	49.03	-	47.41	26-11-2022	94%	
100m schoolslag	series	10.	1:46.15	-	1:48.85	1-10-2022	105%	
Mees Niemeijer, 26-4-2002								2
100m vrije slag	series	8.	55.29	-	55.02	20-11-2022	99%	
50m rugslag	series	3.	28.32	-	28.47	7-1-2023	101%	
50m vlinderslag	series	7.	27.13	-	27.00	7-1-2023	99%	
100m wisselslag	series	4.	1:02.08	-	1:02.54	1-10-2022	101%	
Meindert Dekkinga, 7-8-2004								1
50m vrije slag	series	14.	26.65	-	26.92	6-11-2021	102%	
100m vrije slag	series	13.	59.11	-	58.00	2-10-2021	96%	
50m rugslag	series	11.	32.38	-	31.91	4-7-2021	97%	
100m rugslag	series	5.	1:08.86	-	1:07.16	3-7-2021	95%	
50m schoolslag	series	9.	35.68	-	35.10	6-11-2021	97%	

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Niek Issard, 21-4-2007								2
50m vrije slag	series	1.	25.26	-	25.48	15-10-2022	102%	
100m vrije slag	series	3.	56.41	-	56.24	8-10-2022	99%	
50m rugslag	series	2.	28.33	-	28.27	16-10-2022	100%	
100m rugslag	series	3.	1:01.63	-	1:00.44	26-6-2022	96%	
100m vlinderslag	series	1.	1:01.34	-	1:01.58	26-6-2022	101%	
Remco Jelsma, 6-5-2008								-
50m vrije slag	series	AFGEM		-	31.69	20-11-2021	-	
100m wisselslag	series	AFGEM		-	1:20.98	7-11-2021	-	
Roy Hofman, 13-7-2009								4
50m vrije slag	series	3.	30.50	-	29.94	29-12-2022	96%	
100m vrije slag	series	3.	1:05.99	-	1:06.09	10-12-2022	100%	
50m rugslag	series	4.	35.20	-	35.95	7-1-2023	104%	
100m rugslag	series	3.	1:17.17	-	1:18.39	30-10-2022	103%	
50m vlinderslag	series	2.	34.91	-	34.30	7-1-2023	97%	
100m wisselslag	series	4.	1:18.54	-	1:20.62	7-1-2023	105%	
Ruben Kommerie, 7-6-2004								-
100m wisselslag	series	AFGEM		-	1:05.80	1-10-2022	-	
Ruben Trompetter, 31-12-2005								1
100m vrije slag	series	4.	59.21	-	58.44	26-11-2022	97%	
100m rugslag	series	3.	1:08.29	-	1:10.73	1-10-2022	107%	
Sander Heinsius, 4-2-2004								-
100m vrije slag	series	14.	59.28	-	59.25	23-10-2021	100%	
100m schoolslag	series	5.	1:10.81	-	1:10.53	1-10-2022	99%	
Stijn Dijkstra, 15-9-2010								3
50m vrije slag	series	8.	32.26	-	31.97	24-4-2022	98%	
100m vrije slag	series	6.	1:09.29	-	1:10.33	30-10-2022	103%	
100m rugslag	series	5.	1:17.75	-	1:16.94	27-11-2022	98%	
100m schoolslag	series	6.	1:34.39	-	1:31.95	27-11-2022	95%	
50m vlinderslag	series	6.	38.73	-	39.29	7-1-2023	103%	
100m wisselslag	series	6.	1:23.20	-	1:24.84	7-1-2023	104%	
Storm Boxum, 30-10-2007								2
50m vrije slag	series	6.	27.96	-	26.89	29-12-2022	92%	
50m rugslag	series	4.	31.10	-	31.18	7-1-2023	101%	
100m schoolslag	series	2.	1:09.60	-	1:08.63	11-12-2022	97%	
100m vlinderslag	series	4.	1:06.63	-	1:07.70	11-7-2021	103%	
100m wisselslag	series	3.	1:05.77	-	1:05.50	2-7-2022	99%	
Tieme Wiersma, 24-12-2007								1
50m vrije slag	series	2.	26.10	-	25.89	8-10-2022	98%	
100m vrije slag	series	2.	55.86	-	55.08	1-10-2022	97%	
100m rugslag	series	2.	1:01.31	-	59.74	10-12-2022	95%	
50m schoolslag	series	2.	34.28	-	32.71	10-12-2022	91%	
100m schoolslag	series	3.	1:10.95	-	1:09.36	10-12-2022	96%	
50m vlinderslag	series	1.	29.34	-	28.86	7-1-2023	97%	
100m vlinderslag	series	2.	1:05.41	-	1:04.35	8-10-2022	97%	
100m wisselslag	series	2.	1:02.98	-	1:03.27	26-6-2022	101%	
Tiemen Jonkman, 1-6-2003								1
50m vrije slag	series	16.	26.71	-	25.99	24-10-2021	95%	
50m schoolslag	series	5.	32.31	-	31.03	3-12-2021	92%	
100m schoolslag	series	7.	1:13.18	-	1:09.19	5-12-2021	89%	
50m vlinderslag	series	15.	29.52	-	29.83	12-3-2022	102%	
100m wisselslag	series	9.	1:10.83	-	1:05.87	2-10-2021	86%	
Tim van Erven, 7-2-2007								2
50m vrije slag	series	3.	26.39	-	26.18	10-12-2022	98%	
100m vrije slag	series	4.	57.05	-	56.71	10-12-2022	99%	
100m rugslag	series	5.	1:08.76	-	1:08.23	15-10-2022	98%	
50m vlinderslag	series	3.	30.09	-	30.46	30-10-2022	102%	
100m vlinderslag	series	3.	1:06.49	-	1:06.93	30-10-2022	101%	
Ylja Meulman, 29-7-2010								4
100m vrije slag	series	7.	1:15.95	-	1:16.81	26-11-2022	102%	
50m schoolslag	series	8.	44.40	-	46.42	26-11-2022	109%	
100m schoolslag	series	7.	1:36.61	-	1:38.02	15-10-2022	103%	
100m vlinderslag	series	6.	1:43.41	-	1:42.63	1-10-2022	98%	
100m wisselslag	series	10.	1:27.97	-	1:29.73	16-10-2022	104%	

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F.Z.C.'54								10
Feyona Vonk, 26-10-2006								2
50m vrije slag	series	6.	30.85	-	29.97	17-12-2022	94%	
100m vrije slag	series	9.	1:07.58	-	1:06.03	2-4-2022	95%	
50m rugslag	series	9.	39.50	-	38.26	17-12-2022	94%	
100m rugslag	series	9.	1:22.80	-	1:21.69	12-3-2022	97%	
50m schoolslag	series	5.	39.58	-	38.78	19-11-2022	96%	
100m schoolslag	series	5.	1:32.67	-	1:37.34	1-10-2022	110%	
50m vlinderslag	series	9.	34.48	-	36.03	20-11-2021	109%	
100m vlinderslag	series	5.	1:26.34	-	1:24.60	24-4-2022	96%	
100m wisselslag	series	8.	1:20.41	-	1:19.49	2-4-2022	98%	
Juan Cruz Slappendel, 29-11-2009								3
50m vrije slag	series	5.	30.60	-	30.31	19-11-2022	98%	
100m vrije slag	series	5.	1:09.07	-	1:13.86	16-10-2022	114%	
50m schoolslag	series	6.	45.16	-	47.29	24-4-2022	110%	
50m vlinderslag	series	3.	35.60	-	39.86	15-10-2022	125%	
Maico Langhout, 10-4-2002								-
50m vrije slag	series	19.	29.86	-	28.53	15-10-2022	91%	
100m vrije slag	series	16.	1:05.73	-	1:04.51	19-11-2022	96%	
50m rugslag	series	13.	36.02	-	34.80	15-10-2022	93%	
100m rugslag	series	7.	1:18.12	-	1:16.00	2-4-2022	95%	
50m schoolslag	series	10.	39.26	-	37.28	9-10-2021	90%	
100m schoolslag	series	11.	1:27.50	-	1:23.77	1-10-2022	92%	
50m vlinderslag	series	16.	35.15	-	34.90	12-3-2022	99%	
100m vlinderslag	series	8.	1:24.86	-	1:19.73	24-4-2022	88%	
100m wisselslag	series	10.	1:17.40	-	1:14.78	11-12-2021	93%	
Silke Prins, 30-3-2011								-
50m rugslag	series	16.	48.82	-	48.35		98%	
50m schoolslag	series	19.	55.17	-	53.47		94%	
Vito Kuperus, 30-9-2004								-
50m vrije slag	series	17.	27.29	-	26.95	12-3-2022	98%	
100m vrije slag	series	12.	59.04	-	58.18	30-10-2021	97%	
50m rugslag	series	12.	33.71	-	31.90	18-12-2021	90%	
100m rugslag	series	6.	1:12.29	-	1:08.57	30-10-2021	90%	
50m schoolslag	series	8.	35.41	-	34.86	9-10-2021	97%	
100m schoolslag	series	9.	1:17.89	-	1:14.34	30-10-2021	91%	
50m vlinderslag	series	14.	29.35	-	29.23	20-11-2021	99%	
100m vlinderslag	series	7.	1:06.65	-	1:04.19	2-4-2022	93%	
100m wisselslag	series	8.	1:09.44	-	1:06.77	18-12-2021	92%	
Yenthe Segeren, 6-10-2008								5
50m vrije slag	series	16.	34.28	-	34.40	17-12-2022	101%	
100m vrije slag	series	20.	1:15.96	-	1:14.97	2-4-2022	97%	
50m rugslag	series	16.	40.27	-	39.42	18-12-2021	96%	
100m rugslag	series	15.	1:26.09	-	1:25.79	24-4-2022	99%	
50m schoolslag	series	11.	47.59	-	48.20	17-12-2022	103%	
100m schoolslag	series	12.	1:42.67	-	1:44.36	15-4-2022	103%	
50m vlinderslag	series	17.	38.00	-	38.57	18-12-2021	103%	
100m vlinderslag	series	12.	1:29.90	-	1:28.72	12-3-2022	97%	
100m wisselslag	series	22.	1:27.95	-	1:28.43	12-3-2022	101%	

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							111
HZ&PC Heerenveen							4
Casper Hut, 11-1-1978							4
50m vrije slag	series	1.	24.34	-	24.36	7-1-2023	100%
100m vrije slag	series	4.	53.36	-	55.12	7-1-2023	107%
50m vlinderslag	series	4.	26.71	-	27.14	22-10-2022	103%
100m vlinderslag	series	1.	59.17	-	1:03.22	22-10-2022	114%
Danne-Bo Eghuizen, 9-8-2011							4
50m vrije slag	series	18.	39.96	-	39.91	30-10-2022	100%
100m vrije slag	series	20.	1:29.77	-	1:30.86	30-10-2022	102%
50m rugslag	series	13.	43.92	-	46.33	12-11-2022	111%
50m schoolslag	series	21.	56.83	-	1:01.86	26-11-2022	118%
50m vlinderslag	series	17.	48.90	-	53.65	1-10-2022	120%
Elise Dorlandt, 10-9-2010							9
50m vrije slag	series	1.	30.27	-	31.63	20-11-2022	109%
100m vrije slag	series	2.	1:07.49	-	1:07.51	10-12-2022	100%
50m rugslag	series	2.	35.95	-	39.02	26-11-2022	118%
100m rugslag	series	2.	1:18.31	-	1:19.66	26-11-2022	103%
50m schoolslag	series	3.	42.12	-	46.88	12-3-2022	124%
100m schoolslag	series	2.	1:31.02	-	1:38.43	30-10-2022	117%
50m vlinderslag	series	2.	34.97	-	42.10	1-10-2022	145%
100m vlinderslag	series	4.	1:32.28	-	1:35.38	1-10-2022	107%
100m wisselslag	series	3.	1:21.40	-	1:34.30	2-10-2021	134%
Famke Ytsma, 5-2-2011							3
50m vrije slag	series	19.	42.06	-	46.71	26-11-2022	123%
50m rugslag	series	17.	49.47	-	55.60	3-7-2022	126%
50m schoolslag	series	22.	58.03	-	1:00.17	26-11-2022	108%
Femke Smilde, 11-8-2008							1
50m vrije slag	series	9.	30.28	-	30.05	8-10-2022	98%
100m vrije slag	series	13.	1:07.32	-	1:06.95	2-7-2022	99%
50m rugslag	series	10.	35.19	-	34.55	3-7-2022	96%
50m schoolslag	series	6.	41.30	-	41.00	30-10-2022	99%
50m vlinderslag	series	10.	35.75	-	34.82	8-10-2022	95%
100m wisselslag	series	10.	1:17.22	-	1:18.81	12-3-2022	104%
Finn Eghuizen, 24-12-2009							3
50m vrije slag	series	2.	28.71	-	28.54	13-11-2022	99%
100m vrije slag	series	2.	1:02.26	-	1:01.76	10-12-2022	98%
50m rugslag	series	2.	33.62	-	32.07	24-9-2022	91%
100m rugslag	series	2.	1:13.37	-	1:13.92	26-11-2022	102%
50m schoolslag	series	2.	41.29	-	41.21	26-11-2022	100%
100m schoolslag	series	3.	1:28.71	-	1:27.79	26-11-2022	98%
50m vlinderslag	series	4.	35.65	-	36.60	26-11-2022	105%
100m wisselslag	series	2.	1:15.84	-	1:26.59	2-10-2021	130%
Gavin van der Werf, 11-10-1993							1
50m schoolslag	series	1.	28.73	-	28.20	16-12-2022	96%
100m schoolslag	series	1.	1:02.78	-	1:02.27	18-12-2022	98%
50m vlinderslag	series	5.	26.84	-	26.46	26-11-2022	97%
100m wisselslag	series	1.	58.83	-	59.81	1-10-2022	103%
Gijs Koehoorn, 15-6-2008							1
50m vrije slag	series	4.	26.42	-	25.76	30-10-2022	95%
100m vrije slag	series	5.	57.87	-	56.79	29-10-2022	96%
50m rugslag	series	5.	31.72	-	30.89	12-3-2022	95%
100m rugslag	series	6.	1:09.04	-	1:06.37	27-11-2022	92%
100m wisselslag	series	5.	1:08.71	-	1:13.60	2-10-2021	115%
Hanna Cimic, 30-3-2011							4
50m vrije slag	series	14.	38.69	-	39.06	3-7-2022	102%
100m vrije slag	series	13.	1:26.65	-	1:27.59	19-3-2022	102%
50m vlinderslag	series	12.	44.54	-	46.82	11-6-2022	111%
100m wisselslag	series	18.	1:41.71	-	1:56.93	16-5-2021	132%
Hannelore Buze, 20-11-2008							6
100m vrije slag	series	12.	1:07.30	-	1:08.39	30-10-2022	103%
100m rugslag	series	10.	1:19.53	-	1:25.23	20-11-2021	115%
100m schoolslag	series	8.	1:31.92	-	1:33.19	27-11-2022	103%
50m vlinderslag	series	14.	36.79	-	37.53	11-6-2022	104%
100m vlinderslag	series	11.	1:24.19	-	1:27.03	27-11-2022	107%
100m wisselslag	series	13.	1:19.27	-	1:26.97	3-7-2021	120%
Hedwig Bolt, 9-8-2006							5
50m vrije slag	series	1.	27.75	-	27.80	6-11-2021	100%
100m vrije slag	series	1.	59.29	-	59.86	12-3-2022	102%
50m rugslag	series	1.	31.55	-	31.58	25-6-2022	100%
100m rugslag	series	1.	1:06.81	-	1:07.19	2-7-2022	101%
50m schoolslag	series	1.	33.64	-	33.21	28-12-2022	97%
100m schoolslag	series	1.	1:13.35	-	1:12.48	20-11-2022	98%
50m vlinderslag	series	1.	29.78	-	29.88	26-6-2022	101%
100m vlinderslag	series	1.	1:07.78	-	1:06.87	1-5-2022	97%
100m wisselslag	series	1.	1:07.15	-	1:06.67	29-10-2022	99%
Inge Dekker, 25-3-2002							-
50m vrije slag	series	4.	28.39	-	27.72	25-6-2022	95%
100m vrije slag	series	6.	1:02.24	-	1:00.54	1-5-2022	95%
50m rugslag	series	1.	30.94	-	30.49	5-12-2021	97%

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100m rugslag	series	3.	1:08.14	-	1:06.06	4-12-2021	94%	
50m vlinderslag	series	5.	30.42	-	29.55	23-10-2021	94%	
Jelte Ruitenbergh, 14-6-2009								
50m vrije slag	series	12.	34.77	-	36.35	28-12-2022	109%	4
100m vrije slag	series	10.	1:15.60	-	1:17.62	26-11-2022	105%	
50m rugslag	series	9.	39.90	-	39.71	29-12-2022	99%	
100m rugslag	series	10.	1:25.28	-	1:26.86	26-11-2022	104%	
50m schoolslag	series	7.	46.84	-	49.68	26-11-2022	112%	
100m wisselslag	series	12.	1:32.95	-	1:32.90	28-12-2022	100%	
Jorian Darwinkel, 10-7-2003								
50m vrije slag	series	5.	24.68	-	24.42	2-7-2022	98%	2
100m vrije slag	series	5.	53.82	-	53.60	5-12-2021	99%	
50m rugslag	series	4.	28.66	-	29.27	29-12-2022	104%	
100m rugslag	series	3.	1:03.35	-	1:04.58	14-11-2021	104%	
50m schoolslag	series	4.	31.77	-	31.38	1-5-2022	98%	
100m schoolslag	series	4.	1:09.48	-	1:08.71	20-11-2021	98%	
50m vlinderslag	series	2.	26.50	-	26.39	5-12-2021	99%	
100m vlinderslag	series	3.	1:01.04	-	59.41	4-12-2021	95%	
100m wisselslag	series	3.	1:01.83	-	1:01.32	28-12-2022	98%	
Jorick Johannes, 2-9-2010								
50m vrije slag	series	4.	30.55	-	31.83	27-11-2021	109%	5
100m vrije slag	series	4.	1:07.67	-	1:06.13	20-11-2022	96%	
50m rugslag	series	5.	36.42	-	38.35	26-11-2022	111%	
100m rugslag	series	4.	1:17.47	-	1:18.71	26-11-2022	103%	
50m vlinderslag	series	5.	36.37	-	39.00	20-11-2022	115%	
100m vlinderslag	series	2.	1:24.42	-	1:25.59	14-5-2022	103%	
Lars van Zessen, 15-11-2006								
50m vrije slag	series	6.	27.53	-	28.13	3-7-2021	104%	5
100m vrije slag	series	3.	59.12	-	59.19	30-10-2022	100%	
50m schoolslag	series	4.	37.97	-	38.59	20-11-2022	103%	
50m vlinderslag	series	5.	32.92	-	33.04	12-3-2022	101%	
100m vlinderslag	series	3.	1:17.79	-	1:12.24	12-3-2022	86%	
100m wisselslag	series	5.	1:12.48	-	1:12.66	26-3-2022	100%	
Laura van Etten, 1-7-2008								
50m vrije slag	series	5.	28.40	-	28.25	20-11-2022	99%	3
100m vrije slag	series	4.	1:01.92	-	1:01.88	30-10-2022	100%	
50m rugslag	series	4.	31.65	-	31.95	11-12-2022	102%	
100m rugslag	series	2.	1:05.40	-	1:04.87	11-12-2022	98%	
50m schoolslag	series	4.	38.81	-	40.76	24-9-2022	110%	
100m wisselslag	series	6.	1:11.58	-	1:11.94	28-12-2022	101%	
Liesette Bruinsma, 9-9-2000								
100m vrije slag	series	12.	1:07.64	977	1:04.85	17-12-2022	92%	2
100m rugslag	series	11.	1:29.95	673	1:24.24	17-12-2022	88%	
50m schoolslag	series	5.	39.72	1.101	40.36	18-12-2022	103%	
50m vlinderslag	series	12.	36.25	1.097	37.19	18-12-2022	105%	
Liselotte Schaap, 9-6-2006								
50m vrije slag	series	8.	30.96	-	30.47	8-10-2022	97%	3
100m vrije slag	series	10.	1:08.23	-	1:06.41	12-3-2022	95%	
50m rugslag	series	7.	35.71	-	36.28	16-10-2021	103%	
100m rugslag	series	7.	1:15.82	-	1:16.60	12-6-2021	102%	
50m vlinderslag	series	7.	34.03	-	33.65	26-2-2022	98%	
100m wisselslag	series	6.	1:19.26	-	1:19.52	1-10-2022	101%	
Lobke Hempenius, 10-6-2011								
50m vrije slag	series	4.	32.35	-	32.50	29-12-2022	101%	8
100m vrije slag	series	4.	1:13.34	-	1:15.90	29-12-2022	107%	
50m rugslag	series	5.	37.98	-	40.64	24-9-2022	114%	
100m rugslag	series	4.	1:21.00	-	1:26.03	8-10-2022	113%	
50m schoolslag	series	3.	42.12	-	43.09	28-12-2022	105%	
100m schoolslag	series	3.	1:32.49	-	1:37.16	30-10-2022	110%	
50m vlinderslag	series	5.	39.01	-	40.25	1-10-2022	106%	
100m vlinderslag	series	5.	1:33.38	-	1:31.48	1-10-2022	96%	
100m wisselslag	series	2.	1:21.07	-	1:21.70	28-12-2022	102%	
Lois Jalving, 31-5-2004								
50m vrije slag	series	9.	30.93	-	29.23	29-10-2022	89%	-
100m vrije slag	series	11.	1:07.54	-	1:03.60	30-10-2022	89%	
50m rugslag	series	5.	34.10	-	32.50	30-10-2022	91%	
100m rugslag	series	7.	1:14.64	-	1:10.64	27-11-2022	90%	
Marissa Visser, 14-4-2009								
50m vrije slag	series	20.	39.77	-	41.53	12-11-2022	109%	4
100m vrije slag	series	24.	1:31.57	-	1:28.78	8-10-2022	94%	
50m rugslag	series	18.	44.95	-	45.71	14-5-2022	103%	
100m rugslag	series	17.	1:40.03	-	1:37.11	8-10-2022	94%	
50m vlinderslag	series	24.	48.43	-	49.79	26-2-2022	106%	
100m wisselslag	series	26.	1:37.43	-	1:43.53	12-11-2022	113%	
Mattias Stolk, 4-5-2010								
50m vrije slag	series	10.	34.37	-	36.17	20-11-2022	111%	4
50m schoolslag	series	3.	41.64	-	43.10	22-5-2022	107%	
50m vlinderslag	series	11.	44.61	-	46.02	20-11-2022	106%	
100m vlinderslag	series	6.	1:39.54	-	1:41.86	26-11-2022	105%	

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Maud Koehoorn, 10-11-2005								-
50m vrije slag	series	10.	31.61	-	29.87	3-7-2022	89%	
100m vrije slag	series	15.	1:11.81	-	1:08.50	3-7-2021	91%	
50m rugslag	series	6.	35.54	-	33.20	8-10-2022	87%	
100m rugslag	series	8.	1:15.47	-	1:11.52	26-11-2022	90%	
100m wisselslag	series	8.	1:22.33	-	1:17.02	1-10-2022	88%	
Maud Roffel, 4-7-2007								4
50m vrije slag	series	4.	29.70	-	29.61	29-10-2022	99%	
100m vrije slag	series	5.	1:05.84	-	1:04.00	26-11-2022	94%	
50m rugslag	series	2.	31.62	-	31.36	29-12-2022	98%	
100m rugslag	series	2.	1:08.81	-	1:06.97	27-11-2022	95%	
50m schoolslag	series	3.	38.05	-	38.40	27-3-2022	102%	
100m schoolslag	series	3.	1:21.42	-	1:22.51	20-11-2022	103%	
50m vlinderslag	series	4.	32.76	-	32.74	8-10-2022	100%	
100m vlinderslag	series	3.	1:16.07	-	1:17.09	12-3-2022	103%	
100m wisselslag	series	2.	1:12.71	-	1:12.94	3-7-2022	101%	
Melody Jankuloski, 3-10-2008								-
50m vrije slag	series	AFGEM		-	36.54	12-11-2022	-	
100m vrije slag	series	AFGEM		-	1:17.16	26-11-2022	-	
50m rugslag	series	AFGEM		-	40.23	12-11-2022	-	
Nadia Veenstra, 28-3-2006								-
100m vrije slag	series	13.	1:20.80	-	1:14.02	3-7-2021	84%	
100m rugslag	series	11.	1:25.55	-	1:24.71	12-6-2021	98%	
50m schoolslag	series	7.	43.72	-	41.97	19-6-2021	92%	
Remco Dijkstra, 28-8-2001								2
50m vrije slag	series	6.	24.95	-	25.02	26-11-2022	101%	
100m vrije slag	series	9.	55.70	-	55.95	28-12-2022	101%	
50m rugslag	series	7.	29.91	-	28.70	30-10-2021	92%	
50m vlinderslag	series	6.	27.10	-	26.70	8-10-2022	97%	
René Beetsma, 13-8-1969								-
100m vlinderslag	series	AFGEM		-	1:13.26	22-10-2022	-	
100m wisselslag	series	AFGEM		-	1:13.04	1-10-2022	-	
Richard Kuipers, 19-2-1997								-
50m vrije slag	series	11.	25.81	-	25.08	6-11-2021	94%	
100m vrije slag	series	7.	55.15	-	54.13	30-10-2021	96%	
50m rugslag	series	6.	29.04	-	28.36	2-7-2022	95%	
100m rugslag	series	2.	1:02.16	-	1:00.55	14-11-2021	95%	
50m vlinderslag	series	10.	28.21	-	27.41	3-7-2021	94%	
100m wisselslag	series	5.	1:02.30	-	1:01.64	3-7-2021	98%	
Rixt Meijer, 16-1-1997								1
100m vrije slag	series	7.	1:02.33	-	1:05.84	5-2-2022	112%	
100m rugslag	series	6.	1:12.67	-	1:12.20	12-3-2022	99%	
Robin Mintjes, 2-8-2010								2
50m vrije slag	series	11.	34.54	-	35.87	26-3-2022	108%	
100m vrije slag	series	12.	1:20.23	-	1:17.94	20-11-2022	94%	
100m rugslag	series	9.	1:24.32	-	1:23.78	8-10-2022	99%	
50m vlinderslag	series	8.	40.10	-	39.37	26-3-2022	96%	
100m vlinderslag	series	3.	1:31.44	-	1:29.42	11-6-2022	96%	
100m wisselslag	series	10.	1:27.68	-	1:31.30	9-7-2022	108%	
Romy Jalving, 16-3-2000								-
50m vrije slag	series	7.	30.85	-	29.96	6-11-2021	94%	
100m vrije slag	series	13.	1:08.20	-	1:06.70	30-10-2021	96%	
50m vlinderslag	series	9.	33.50	-	32.15	19-6-2021	92%	
100m vlinderslag	series	6.	1:17.98	-	1:15.25	24-4-2022	93%	
Silke Hooghiemstra, 5-8-2009								3
50m vrije slag	series	6.	29.43	-	29.02	11-12-2022	97%	
100m vrije slag	series	9.	1:06.36	-	1:04.21	27-11-2022	94%	
50m rugslag	series	2.	31.55	-	31.44	30-10-2022	99%	
100m rugslag	series	3.	1:07.58	-	1:06.67	11-12-2022	97%	
50m vlinderslag	series	3.	31.05	-	31.97	29-10-2022	106%	
100m vlinderslag	series	4.	1:10.05	-	1:11.47	10-12-2022	104%	
100m wisselslag	series	7.	1:13.18	-	1:13.97	28-12-2022	102%	
Silke Koehoorn, 15-10-2003								-
100m vrije slag	series	14.	1:11.21	-	1:09.74	19-6-2021	96%	
100m rugslag	series	9.	1:24.05	-	1:22.88	11-7-2021	97%	
100m schoolslag	series	5.	1:33.12	-	1:28.89	19-6-2021	91%	
50m vlinderslag	series	11.	35.26	-	34.44	19-6-2021	95%	
100m vlinderslag	series	7.	1:23.62	-	1:20.15	10-10-2021	92%	
100m wisselslag	series	7.	1:21.43	-	1:19.62	2-10-2021	96%	
Tije Hempenius, 1-10-2009								6
50m vrije slag	series	7.	31.86	-	31.29	29-12-2022	96%	
100m vrije slag	series	8.	1:10.26	-	1:12.93	26-11-2022	108%	
50m rugslag	series	6.	37.48	-	40.36	30-10-2022	116%	
100m rugslag	series	7.	1:21.40	-	1:26.53	26-11-2022	113%	
50m schoolslag	series	4.	42.67	-	43.03	24-9-2022	102%	
100m schoolslag	series	4.	1:29.92	-	1:33.33	29-12-2022	108%	
50m vlinderslag	series	7.	39.80	-	43.92	6-11-2022	122%	
100m wisselslag	series	8.	1:24.62	-	1:22.99	28-12-2022	96%	

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Veerle de Ridder, 27-9-2007								2
50m vrije slag	series	2.	28.73	-	28.81	29-12-2022	101%	
100m vrije slag	series	2.	1:03.42	-	1:04.15	28-12-2022	102%	
50m rugslag	series	3.	33.00	-	32.90	29-12-2022	99%	
100m rugslag	series	4.	1:11.63	-	1:11.56	26-11-2022	100%	
Victor de Haan, 7-6-2010								4
50m vrije slag	series	6.	30.94	-	33.95	26-11-2022	120%	
100m vrije slag	series	7.	1:09.99	-	1:09.45	20-11-2022	98%	
50m rugslag	series	8.	39.44	-	41.63	8-10-2022	111%	
100m rugslag	series	8.	1:24.24	-	1:26.29	8-10-2022	105%	
100m wisselslag	series	11.	1:28.56	-	1:33.86	24-4-2022	112%	
Wendy Elferink, 25-3-2006								2
50m vrije slag	series	11.	35.89	-	35.33	26-11-2022	97%	
100m vrije slag	series	12.	1:17.43	-	1:18.35	28-12-2022	102%	
50m rugslag	series	10.	41.23	-	41.77	29-12-2022	103%	
Wouter Zijlstra, 15-6-2004								4
50m vrije slag	series	4.	24.66	-	24.56	26-11-2022	99%	
100m vrije slag	series	2.	52.86	-	52.61	20-11-2022	99%	
50m rugslag	series	2.	28.09	-	28.45	1-10-2022	103%	
100m rugslag	series	1.	1:00.37	-	1:00.60	27-3-2022	101%	
50m schoolslag	series	3.	31.12	-	30.63	20-11-2022	97%	
100m schoolslag	series	2.	1:07.11	-	1:06.66	13-11-2022	99%	
50m vlinderslag	series	3.	26.61	-	27.00	24-4-2022	103%	
100m vlinderslag	series	2.	1:00.50	-	58.58	29-12-2022	94%	
100m wisselslag	series	2.	58.94	-	59.76	1-10-2022	103%	

Isis

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Neptunia '24							11
Danae Molleman, 9-5-2010							2
100m vrije slag	series	14.	1:26.74	-	1:40.27	134%	
50m schoolslag	series	20.	55.82	-	59.86	115%	
Esmee Ykema, 12-3-2008							4
100m vrije slag	series	16.	1:09.98	-	1:13.33	110%	
100m rugslag	series	14.	1:24.29	-	1:24.82	12-3-2022 101%	
100m schoolslag	series	7.	1:31.04	-	1:39.79	20-11-2021 120%	
100m wisselslag	series	15.	1:22.57	-	1:37.38	28-9-2019 139%	
Fenne Kouer, 7-10-2010							1
50m schoolslag	series	9.	46.92	-	49.03	109%	
50m vlinderslag	series	11.	43.18	-	39.88	85%	
Marije Jaspers, 5-11-2008							2
50m vrije slag	series	10.	30.30	-	30.04	98%	
100m vrije slag	series	10.	1:06.87	-	1:06.50	99%	
50m vlinderslag	series	12.	36.54	-	36.99	102%	
100m vlinderslag	series	7.	1:19.72	-	1:22.59	107%	
Sophie Legerstee, 4-12-2010							2
50m vrije slag	series	21.	45.73	-	46.01	19-11-2022 101%	
100m schoolslag	series	12.	1:49.78	-	2:00.69	9-4-2022 121%	

Orca

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								45
Orca Leeuwarden								-
Amélie Wortel, 23-12-2005								-
50m vrije slag	series	5.	28.61	-	28.45	29-10-2022	99%	
100m wisselslag	series	5.	1:13.53	-	1:12.08	29-10-2022	96%	
David Kuipers, 8-1-2000								-
50m vrije slag	series	13.	26.45	-	24.99	24-4-2022	89%	
50m rugslag	series	10.	30.41	-	29.90	11-7-2021	97%	
100m schoolslag	series	8.	1:15.46	-	1:10.54	20-11-2021	87%	
100m vlinderslag	series	5.	1:03.77	-	58.78	30-10-2021	85%	
100m wisselslag	series	7.	1:05.33	-	1:03.26	2-10-2021	94%	
Eise van der Zee, 3-5-2005								-
50m vrije slag	series	2.	26.01	-	25.37	26-11-2022	95%	
50m rugslag	series	3.	31.32	-	31.30	10-7-2022	100%	
100m wisselslag	series	2.	1:05.75	-	1:04.68	30-10-2022	97%	
Eline Niessen, 1-1-2011								3
50m vrije slag	series	16.	39.18	-	39.98		104%	
50m rugslag	series	10.	42.29	-	45.60		116%	
50m schoolslag	series	18.	54.61	-	52.94		94%	
50m vlinderslag	series	16.	46.40	-	47.91		107%	
Emma Langenberg, 30-8-2011								1
50m vrije slag	series	20.	42.89	-	41.87	19-11-2022	95%	
100m schoolslag	series	13.	1:51.58	-	1:53.35	29-12-2022	103%	
Evy Anna Nijdam, 7-8-2011								4
50m vrije slag	series	13.	38.60	-	38.24		98%	
100m vrije slag	series	18.	1:29.68	-	1:22.36		84%	
100m rugslag	series	9.	1:33.24	-	1:34.11		102%	
50m schoolslag	series	16.	50.91	-	51.68	8-10-2022	103%	
100m vlinderslag	series	7.	1:50.70	-	2:01.38	12-6-2022	120%	
100m wisselslag	series	16.	1:36.85	-	1:38.96		104%	
Femke van der Veen, 2-11-2011								5
50m vrije slag	series	9.	36.09	-	34.98		94%	
100m vrije slag	series	9.	1:18.08	-	1:20.71	8-10-2022	107%	
50m schoolslag	series	7.	44.09	-	45.22		105%	
100m schoolslag	series	5.	1:34.17	-	1:39.85	8-10-2022	112%	
50m vlinderslag	series	7.	41.15	-	44.70		118%	
100m wisselslag	series	8.	1:26.48	-	1:38.75	23-4-2022	130%	
Giulia Copini, 28-2-2011								5
50m vrije slag	series	17.	39.25	-	39.41	19-11-2022	101%	
100m vrije slag	series	19.	1:29.76	-	1:30.92	10-12-2022	103%	
50m rugslag	series	12.	43.34	-	47.17	29-12-2022	118%	
50m schoolslag	series	15.	50.70	-	51.49	29-12-2022	103%	
50m vlinderslag	series	18.	48.99	-	50.07	28-12-2022	104%	
100m wisselslag	series	19.	1:42.23	-	1:38.51	29-12-2022	93%	
Ilana Gentile, 1-10-2008								1
100m vrije slag	series	5.	1:02.69	-	1:01.51	20-11-2022	96%	
100m rugslag	series	7.	1:11.99	-	1:10.09	8-10-2022	95%	
50m vlinderslag	series	6.	31.51	-	31.28	10-7-2022	99%	
100m vlinderslag	series	5.	1:11.77	-	1:10.31	1-5-2022	96%	
100m wisselslag	series	4.	1:10.74	-	1:11.06	28-12-2022	101%	
Indy Feenema, 5-3-2010								4
50m vrije slag	series	6.	33.83	-	33.35	29-12-2022	97%	
100m vrije slag	series	6.	1:14.59	-	1:13.47	10-12-2022	97%	
50m rugslag	series	7.	38.62	-	37.85	29-12-2022	96%	
50m schoolslag	series	2.	41.76	-	42.56	28-12-2022	104%	
100m schoolslag	series	4.	1:32.93	-	1:34.51	10-12-2022	103%	
50m vlinderslag	series	4.	37.21	-	38.13	28-12-2022	105%	
100m wisselslag	series	4.	1:22.95	-	1:23.97	28-12-2022	102%	
Isa Segenhout, 6-5-2010								5
50m vrije slag	series	5.	33.11	-	33.38	26-11-2022	102%	
100m vrije slag	series	5.	1:13.50	-	1:12.20	10-12-2022	96%	
50m rugslag	series	6.	38.14	-	37.86	30-10-2022	99%	
100m rugslag	series	6.	1:22.61	-	1:21.34	28-12-2022	97%	
50m schoolslag	series	5.	43.27	-	46.40	10-7-2022	115%	
50m vlinderslag	series	3.	36.91	-	38.17	28-12-2022	107%	
100m vlinderslag	series	2.	1:29.85	-	1:30.65	29-12-2022	102%	
100m wisselslag	series	5.	1:25.06	-	1:26.26	29-10-2022	103%	
Jens Hoekstra, 4-8-2008								3
50m vrije slag	series	15.	33.89	-	32.49	8-10-2022	92%	
100m vrije slag	series	10.	1:18.82	-	1:14.62	26-11-2022	90%	
50m rugslag	series	11.	45.22	-	48.43	19-11-2022	115%	
50m schoolslag	series	4.	47.78	-	48.74	1-10-2022	104%	
100m wisselslag	series	14.	1:37.11	-	1:43.44	2-4-2022	113%	
Joleen Noordenbos, 13-7-2009								-
50m vrije slag	series	8.	29.54	-	29.05	29-12-2022	97%	
100m vrije slag	series	14.	1:07.63	-	1:06.24	26-11-2022	96%	
50m rugslag	series	8.	34.15	-	33.71	29-12-2022	97%	
100m rugslag	series	9.	1:15.04	-	1:14.77	28-12-2022	99%	
50m vlinderslag	series	7.	34.75	-	33.51	29-10-2022	93%	

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100m wisselslag	series	9.	1:16.74	-	1:16.50	10-12-2022	99%	
Lana Noordenbos, 5-12-2011								
50m vrije slag	series	10.	36.35	-	37.27		105%	4
100m vrije slag	series	11.	1:20.49	-	1:20.45		100%	
50m schoolslag	series	11.	48.85	-	50.16		105%	
100m schoolslag	series	11.	1:46.53	-	1:48.33		103%	
50m vlinderslag	series	14.	44.98	-	46.02		105%	
100m wisselslag	series	12.	1:31.48	-	1:28.07		93%	
Marte Hieke van der Kamp, 4-4-2005								
50m vrije slag	series	1.	27.73	-	26.97	3-7-2022	95%	2
100m vrije slag	series	1.	59.05	-	59.20	8-10-2022	101%	
50m rugslag	series	4.	32.07	-	31.62	10-7-2022	97%	
100m rugslag	series	2.	1:07.33	-	1:06.28	23-10-2021	97%	
50m schoolslag	series	3.	36.52	-	35.86	20-11-2022	96%	
100m schoolslag	series	2.	1:18.90	-	1:17.70	2-10-2021	97%	
50m vlinderslag	series	3.	29.42	-	29.20	10-7-2022	99%	
100m vlinderslag	series	2.	1:05.45	-	1:05.63	20-11-2022	101%	
100m wisselslag	series	2.	1:10.05	-	1:06.79	28-12-2022	91%	
Matthijs van Meerendonk, 18-1-1999								
50m vrije slag	series	3.	24.52	-	23.36	2-7-2022	91%	-
50m rugslag	series	1.	27.64	-	26.39	2-7-2022	91%	
100m schoolslag	series	3.	1:07.33	-	1:04.84	20-11-2021	93%	
Myrthe Natzijl, 6-1-2004								
100m vrije slag	series	8.	1:02.90	-	1:00.08	2-7-2022	91%	-
100m rugslag	series	5.	1:10.02	-	1:07.51	23-10-2021	93%	
100m schoolslag	series	3.	1:19.43	-	1:18.67	20-11-2021	98%	
100m wisselslag	series	4.	1:11.39	-	1:08.40	23-10-2021	92%	
Nynke van der Zee, 27-8-2007								
50m vrije slag	series	3.	29.08	-	28.46	3-7-2022	96%	-
100m vrije slag	series	3.	1:03.65	-	1:01.94	2-7-2022	95%	
50m rugslag	series	5.	33.64	-	32.60	28-11-2021	94%	
100m rugslag	series	5.	1:13.59	-	1:09.44	12-12-2021	89%	
50m vlinderslag	series	3.	32.06	-	30.94	2-7-2022	93%	
100m vlinderslag	series	2.	1:14.60	-	1:12.17	3-7-2022	94%	
100m wisselslag	series	3.	1:12.74	-	1:11.75	10-7-2022	97%	
Sarah Vellinga, 17-8-2008								
50m vrije slag	series	15.	33.26	-	33.15	29-12-2022	99%	3
50m rugslag	series	15.	39.73	-	39.55	10-7-2022	99%	
50m schoolslag	series	10.	46.09	-	46.98	10-7-2022	104%	
50m vlinderslag	series	16.	37.12	-	38.55	26-11-2022	108%	
100m vlinderslag	series	13.	1:30.41	-	1:43.79	19-11-2022	132%	
100m wisselslag	series	21.	1:27.49	-	1:26.33	28-12-2022	97%	
Veerle Tuinema, 30-8-2007								
50m vrije slag	series	9.	31.37	-	30.94	17-9-2022	97%	-
50m rugslag	series	8.	38.38	-	36.39	26-11-2022	90%	
100m rugslag	series	8.	1:20.82	-	1:18.89	15-10-2022	95%	
50m schoolslag	series	8.	44.12	-	42.86	19-11-2022	94%	
50m vlinderslag	series	5.	33.72	-	32.88	20-11-2021	95%	
100m vlinderslag	series	4.	1:17.53	-	1:15.61	19-11-2022	95%	
100m wisselslag	series	7.	1:19.84	-	1:19.32	12-3-2022	99%	
Wyneke Edou van der Heide, 24-5-2011								
50m vrije slag	series	7.	34.59	-	34.80		101%	3
100m vrije slag	series	8.	1:16.61	-	1:15.92		98%	
50m schoolslag	series	6.	44.01	-	44.72		103%	
100m schoolslag	series	6.	1:36.00	-	1:38.20		105%	
50m vlinderslag	series	10.	43.09	-	42.79		99%	
100m wisselslag	series	11.	1:28.73	-	1:28.28		99%	
Yannick Dijks, 13-12-2007								
50m vrije slag	series	14.	33.26	-	32.71	29-12-2022	97%	2
100m vrije slag	series	9.	1:12.62	-	1:10.91	28-12-2022	95%	
50m rugslag	series	9.	37.15	-	36.55	29-12-2022	97%	
100m rugslag	series	9.	1:19.14	-	1:17.39	28-12-2022	96%	
50m schoolslag	series	5.	48.69	-	49.51	1-10-2022	103%	
50m vlinderslag	series	6.	40.22	-	39.64	28-12-2022	97%	
100m wisselslag	series	12.	1:25.73	-	1:26.60	10-12-2022	102%	

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							26
SG. Bolsward-Workum							3
Britt Jellesma, 22-5-2010							3
50m vrije slag	series	8.	36.06	-	36.05	26-11-2022	100%
100m vrije slag	series	15.	1:27.10	-	1:22.16	10-12-2022	89%
50m rugslag	series	9.	42.15	-	42.86	26-11-2022	103%
100m rugslag	series	8.	1:31.53	-	1:34.57	10-12-2022	107%
50m vlinderslag	series	15.	46.12	-	51.97	8-10-2022	127%
100m wisselslag	series	14.	1:35.51	-	1:34.90	10-12-2022	99%
Djurre van der Wal, 22-3-2005							2
50m vrije slag	series	3.	26.27	-	26.27	17-9-2022	100%
50m rugslag	series	2.	30.23	-	30.34	17-9-2022	101%
100m wisselslag	series	3.	1:06.18	-	1:07.02	15-10-2022	103%
Hidde Bruins Slot, 9-8-2008							3
50m vrije slag	series	7.	28.80	-	29.50	8-10-2022	105%
50m rugslag	series	6.	35.45	-	35.64	12-3-2022	101%
100m wisselslag	series	7.	1:15.54	-	1:19.39	16-4-2022	110%
Kian Bloemendal, 11-9-2007							3
50m vrije slag	series	11.	31.43	-	32.14	23-4-2022	105%
50m rugslag	series	7.	35.81	-	40.24	19-11-2022	126%
100m wisselslag	series	13.	1:26.04	-	1:29.58	25-6-2022	108%
Marre van der Wal, 5-7-2010							3
50m vrije slag	series	2.	30.83	-	30.86	17-9-2022	100%
100m vrije slag	series	1.	1:07.48	-	1:05.25	11-12-2022	93%
50m rugslag	series	1.	35.48	-	35.87	17-9-2022	102%
100m rugslag	series	1.	1:17.01	-	1:14.96	11-12-2022	95%
50m schoolslag	series	1.	37.24	-	36.17	17-9-2022	94%
100m schoolslag	series	1.	1:18.72	-	1:17.40	10-12-2022	97%
50m vlinderslag	series	1.	34.90	-	34.78	17-9-2022	99%
100m vlinderslag	series	1.	1:19.36	-	1:17.24	10-12-2022	95%
100m wisselslag	series	1.	1:14.05	-	1:15.56	15-10-2022	104%
Minke Postma, 3-10-2007							2
100m vrije slag	series	11.	1:13.55	-	1:15.44	25-6-2022	105%
100m rugslag	series	10.	1:23.24	-	1:23.75	23-4-2022	101%
50m schoolslag	series	9.	45.04	-	43.23	19-11-2022	92%
Robin de Jong, 1-5-2001							5
50m vrije slag	series	8.	24.98	-	25.18	8-10-2022	102%
100m vrije slag	series	11.	56.38	-	56.45	8-10-2022	100%
50m rugslag	series	9.	30.35	-	30.52	1-10-2022	101%
50m vlinderslag	series	9.	27.80	-	28.04	12-3-2022	102%
100m vlinderslag	series	4.	1:02.41	-	1:03.16	19-11-2022	102%
Siete Bootsma, 6-2-2006							2
50m vrije slag	series	5.	26.65	-	26.65	19-11-2022	100%
100m vrije slag	series	5.	59.25	-	58.77	30-10-2021	98%
50m rugslag	series	4.	31.99	-	32.42	1-10-2022	103%
100m rugslag	series	2.	1:07.37	-	1:08.80	8-10-2022	104%
50m schoolslag	series	3.	35.98	-	35.03	19-11-2022	95%
50m vlinderslag	series	3.	30.78	-	29.53	20-11-2021	92%
100m vlinderslag	series	2.	1:11.14	-	1:09.57	16-4-2022	96%
100m wisselslag	series	4.	1:08.13	-	1:07.86	23-4-2022	99%
Sterre van der Wal, 22-3-2005							-
50m vrije slag	series	6.	30.07	-	29.85	4-6-2022	99%
100m vrije slag	series	10.	1:07.23	-	1:05.19	5-6-2022	94%
50m schoolslag	series	4.	37.03	-	36.59	19-6-2021	98%
100m schoolslag	series	4.	1:23.18	-	1:20.68	2-7-2022	94%
50m vlinderslag	series	7.	32.50	-	32.02	20-11-2021	97%
100m vlinderslag	series	5.	1:16.00	-	1:15.88	5-3-2022	100%
100m wisselslag	series	6.	1:15.21	-	1:14.22	23-4-2022	97%
Yorre van der Wal, 5-7-2010							3
50m vrije slag	series	9.	33.37	-	33.80	17-9-2022	103%
100m vrije slag	series	9.	1:14.71	-	1:11.99	28-12-2022	93%
50m rugslag	series	7.	38.78	-	37.73	2-7-2022	95%
100m rugslag	series	6.	1:20.24	-	1:18.94	8-10-2022	97%
50m schoolslag	series	5.	42.96	-	42.41	8-10-2022	97%
100m schoolslag	series	5.	1:31.46	-	1:31.80	23-10-2022	101%
50m vlinderslag	series	10.	42.96	-	42.57	15-10-2022	98%
100m vlinderslag	series	5.	1:38.44	-	1:37.20	19-3-2022	97%
100m wisselslag	series	5.	1:23.00	-	1:23.45	28-12-2022	101%

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Wetterwille							22
Annick van Eeuwijk, 31-8-2008							1
100m vrije slag	series	17.	1:13.22	-	1:09.37	90%	
50m rugslag	series	13.	38.35	-	37.97	98%	
50m vlinderslag	series	18.	38.24	-	36.68	92%	
100m wisselslag	series	19.	1:24.28	-	1:25.43	11-12-2021 103%	
Gertjan van der Meer, 4-7-2007							1
50m vrije slag	series	12.	31.60	-	31.04	96%	
100m vrije slag	series	7.	1:07.42	-	1:08.18	102%	
50m rugslag	series	10.	37.65	-	36.04	92%	
100m rugslag	series	8.	1:18.57	-	1:17.92	98%	
100m wisselslag	series	10.	1:22.63	-	1:20.55	95%	
Hielke van der Zwaag, 26-12-2007							3
50m vrije slag	series	10.	30.57	-	31.65	107%	
50m vlinderslag	series	5.	33.92	-	34.63	104%	
100m vlinderslag	series	6.	1:20.05	-	1:18.34	96%	
100m wisselslag	series	9.	1:20.18	-	1:22.22	105%	
Janne Zandstra, 16-10-2007							-
50m vrije slag	series	AFGEM		-	37.05	-	
Jelisa Strelman, 23-1-2010							2
50m rugslag	series	14.	44.51	-	48.69	120%	
100m schoolslag	series	9.	1:45.77	-	1:50.91	110%	
50m vlinderslag	series	13.	44.59	-	44.09	98%	
Jente-Piebe Dijkstra, 17-3-2008							1
50m vrije slag	series	8.	28.85	-	29.23	29-12-2022 103%	
50m rugslag	series	8.	36.27	-	36.03	29-12-2022 99%	
100m wisselslag	series	8.	1:18.56	-	1:18.17	99%	
Maaïke van der Wal, 19-10-2006							1
100m vrije slag	series	7.	1:06.85	-	1:05.34	96%	
50m rugslag	series	4.	33.16	-	32.46	96%	
100m rugslag	series	3.	1:10.71	-	1:11.21	101%	
50m schoolslag	series	6.	41.73	-	40.61	95%	
100m wisselslag	series	5.	1:14.87	-	1:14.66	99%	
Marinte van Dijk, 23-3-2006							3
50m vrije slag	series	10.	35.70	-	35.77	100%	
100m vrije slag	series	14.	1:22.83	-	1:22.01	98%	
50m rugslag	series	12.	45.78	-	44.72	95%	
50m schoolslag	series	10.	48.99	-	49.10	100%	
50m vlinderslag	series	10.	42.76	-	42.46	99%	
100m wisselslag	series	10.	1:37.51	-	1:39.39	104%	
Marye Toonstra, 12-12-2007							2
50m vrije slag	series	12.	38.15	-	38.10	100%	
50m rugslag	series	11.	43.60	-	44.90	106%	
100m wisselslag	series	11.	1:37.94	-	1:46.47	26-6-2021 118%	
Merite de Vos, 24-10-2010							1
100m vrije slag	series	17.	1:28.43	-	1:30.89	106%	
50m schoolslag	series	17.	52.37	-	52.02	99%	
Nika Gjaltema, 8-1-2007							-
100m vrije slag	series	15.	1:36.60	-	1:30.80	88%	
50m schoolslag	series	11.	51.77	-	51.43	99%	
100m wisselslag	series	12.	1:51.43	-	1:47.26	93%	
Rixt Jyldau Boonstra, 10-6-2008							3
50m schoolslag	series	7.	41.39	-	43.31	109%	
100m schoolslag	series	10.	1:34.09	-	1:37.14	107%	
50m vlinderslag	series	21.	43.58	-	42.88	97%	
100m wisselslag	series	20.	1:26.46	-	1:31.85	113%	
Ruben De Vries, 28-5-2009							2
50m rugslag	series	3.	35.09	-	35.74	104%	
100m schoolslag	series	2.	1:25.99	-	1:24.87	97%	
100m wisselslag	series	3.	1:17.47	-	1:17.77	101%	
Sophie Eloise Nienhuis, 17-8-2008							2
100m vrije slag	series	22.	1:17.44	-	1:17.14	99%	
50m rugslag	series	14.	39.42	-	41.31	110%	
50m vlinderslag	series	20.	40.52	-	43.79	2-10-2021 117%	
100m wisselslag	series	23.	1:30.87	-	1:29.68	97%	
Suze Buikema, 15-7-2006							-
100m vrije slag	series	8.	1:07.25	-	1:05.36	94%	
100m rugslag	series	6.	1:15.52	-	1:14.47	97%	
50m vlinderslag	series	8.	34.13	-	33.57	20-11-2021 97%	

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							14
Zcnf'34							1
Arend Vlasma, 21-12-2004							
50m vrije slag	series	10.	25.62	-	25.54	99%	
100m vrije slag	series	10.	55.77	-	55.72	100%	
50m schoolslag	series	6.	32.50	-	32.10	98%	
50m vlinderslag	series	11.	28.46	-	28.47	100%	
Fardau Cazemier, 22-4-2009							5
50m vrije slag	series	12.	31.26	-	32.31	107%	
100m vrije slag	series	11.	1:07.00	-	1:08.14	103%	
50m rugslag	series	11.	37.48	-	37.66	101%	
50m vlinderslag	series	8.	34.79	-	37.48	116%	
100m vlinderslag	series	8.	1:21.35	-	1:19.72	96%	
100m wisselslag	series	14.	1:20.93	-	1:23.61	107%	
Lotte Berghout, 1-5-2009							3
50m rugslag	series	12.	37.88	-	38.98	12-11-2022	106%
100m rugslag	series	13.	1:24.23	-	1:21.99	19-11-2022	95%
50m vlinderslag	series	15.	36.92	-	39.61	26-2-2022	115%
100m wisselslag	series	18.	1:23.40	-	1:26.80	12-11-2022	108%
Mirthe de Haan, 6-5-2010							3
50m rugslag	series	3.	36.44	-	36.83		102%
100m rugslag	series	3.	1:19.89	-	1:18.82		97%
50m vlinderslag	series	8.	41.61	-	42.42		104%
100m wisselslag	series	5.	1:25.06	-	1:27.08		105%
Ruben van Veenen, 1-1-2004							2
50m vrije slag	series	15.	26.66	-	26.49		99%
100m vrije slag	series	15.	59.64	-	58.01	20-11-2021	95%
50m vlinderslag	series	13.	28.84	-	28.97		101%
100m vlinderslag	series	6.	1:03.87	-	1:05.31		105%

ZPD

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