



Clubkampioenschappen 2023-2024
Heerenveen, 23-12-2023

Verbetering zwemmer - Details

Alle wedstrijden

| Programmanr. | Ronde | Rang | Eindtijd | Pnt | Inschrijftijd | Datum | % | PR |
|--------------|-------|------|----------|-----|---------------|-------|---|----|
| Avéna | | | | | | | | - |



Clubkampioenschappen 2023-2024
Heerenveen, 23-12-2023

Haren

-



Clubkampioenschappen 2023-2024
Heerenveen, 23-12-2023

| | | | | | | | | 96 |
|--------------------------------------|--------|-------|--------------|-----|-------|------------|------|----------|
| HZ&PC Heerenveen | | | | | | | | 2 |
| Alena Ytsma, 31-5-2012 | | | | | | | | |
| 50m vrije slag | series | 5. | 38.49 | 211 | 39.12 | 18-11-2023 | 103% | |
| 50m rugslag | series | 4. | 42.93 | 203 | 42.80 | 18-11-2023 | 99% | |
| 50m schoolslag | series | 4. | 46.42 | 228 | 44.85 | 14-10-2023 | 93% | |
| 50m vlinderslag | series | 4. | 44.26 | 167 | 45.88 | 12-11-2023 | 107% | |
| Alisia Stevens, 16-11-2009 | | | | | | | | |
| 50m vrije slag | series | 7. | 39.42 | 196 | NT | | - | |
| 50m rugslag | series | 7. | 51.69 | 116 | NT | | - | |
| 50m schoolslag | series | 7. | 54.90 | 137 | NT | | - | |
| 25m vlinderslag | series | 11. | 28.48 | 60 | NT | | - | |
| Alissa van Lingen, 27-4-2006 | | | | | | | | |
| 50m vrije slag | series | 10. | 31.87 | 372 | NT | | - | |
| 50m rugslag | series | 8. | 36.66 | 326 | NT | | - | |
| 50m schoolslag | series | 10. | 43.11 | 284 | NT | | - | |
| 25m vlinderslag | series | 1. | 17.98 | 241 | NT | | - | |
| Anton de Vries, 30-12-2014 | | | | | | | | |
| 25m vrije slag | series | 1. | 30.84 | 25 | NT | | - | |
| 25m rugslag | series | 1. | 42.05 | 14 | NT | | - | |
| 25m schoolslag | series | 6. | 40.13 | 23 | NT | | - | |
| Ben Barwegen, 7-4-2015 | | | | | | | | 3 |
| 50m vrije slag | series | 1. | 44.39 | 93 | 42.36 | 18-11-2023 | 91% | |
| 50m rugslag | series | 1. | 45.62 | 113 | 47.09 | 18-11-2023 | 107% | |
| 50m schoolslag | series | 1. | 56.33 | 86 | 57.55 | 14-10-2023 | 104% | |
| 25m vlinderslag | series | 1. | 24.13 | 68 | 24.81 | 15-4-2023 | 106% | |
| Bert Jonker, 30-5-1966 | | | | | | | | |
| 50m vrije slag | series | 3. | 31.54 | 261 | 27.69 | 26-5-2002 | 77% | |
| 50m rugslag | series | 3. | 37.52 | 204 | 33.19 | 5-2-2011 | 78% | |
| 50m schoolslag | series | 4. | 44.19 | 179 | 40.32 | 30-11-2002 | 83% | |
| 50m vlinderslag | series | 3. | 37.10 | 201 | 31.41 | 30-11-2002 | 72% | |
| Bo Isa Kroon, 31-3-2014 | | | | | | | | |
| 25m vrije slag | series | 2. | 32.09 | 34 | NT | | - | |
| 25m rugslag | series | 2. | 29.49 | 65 | NT | | - | |
| 25m schoolslag | series | 7. | 32.74 | 65 | NT | | - | |
| Daley Boersma, 2-10-2014 | | | | | | | | |
| 25m vrije slag | series | AFGEM | - | - | 36.20 | | - | |
| 25m rugslag | series | AFGEM | - | - | NT | | - | |
| 25m schoolslag | series | AFGEM | - | - | 31.88 | | - | |
| 25m vlinderslag | series | AFGEM | - | - | NT | | - | |
| Danne-Bo Eghuizen, 9-8-2011 | | | | | | | | |
| 50m vrije slag | series | 4. | 38.23 | 215 | 37.12 | 18-11-2023 | 94% | |
| 50m rugslag | series | 5. | 43.51 | 195 | 42.54 | 2-4-2023 | 96% | |
| 50m schoolslag | series | 11. | 56.09 | 129 | 54.08 | 2-12-2023 | 93% | |
| 50m vlinderslag | series | 5. | 47.44 | 135 | 45.19 | 14-10-2023 | 91% | |
| Dianne Silvie Kas, 19-11-2010 | | | | | | | | |
| 50m vrije slag | series | 8. | 42.25 | 159 | NT | | - | |
| 50m rugslag | series | 12. | 56.09 | 91 | NT | | - | |
| 50m schoolslag | series | 6. | 51.80 | 164 | NT | | - | |
| 25m vlinderslag | series | 10. | 25.62 | 83 | NT | | - | |
| Diede Veld, 9-3-2008 | | | | | | | | 4 |
| 50m vrije slag | series | 2. | 25.93 | 469 | 27.64 | 28-10-2023 | 114% | |
| 50m rugslag | series | 2. | 30.73 | 372 | 31.79 | 29-10-2023 | 107% | |
| 50m schoolslag | series | 2. | 36.22 | 326 | 36.93 | 18-11-2023 | 104% | |
| 50m vlinderslag | series | 2. | 29.74 | 391 | 30.57 | 11-11-2023 | 106% | |
| 100m wisselslag | series | 5. | 1:04.93 | 437 | NT | | - | |
| Doutzen Werkman, 13-3-2013 | | | | | | | | |
| 50m vrije slag | series | 2. | 40.78 | 177 | NT | | - | |
| 25m rugslag | series | 1. | 21.54 | 167 | NT | | - | |
| 25m schoolslag | series | 1. | 25.04 | 145 | NT | | - | |
| Elise Dorlandt, 10-9-2010 | | | | | | | | |
| 50m vrije slag | series | 1. | 29.95 | 448 | 29.89 | 2-4-2023 | 100% | |
| 50m rugslag | series | 2. | 36.35 | 335 | 34.94 | 2-4-2023 | 92% | |
| 50m schoolslag | series | 3. | 43.99 | 268 | 42.12 | 21-1-2023 | 92% | |
| 50m vlinderslag | series | 2. | 37.28 | 279 | 34.77 | 2-4-2023 | 87% | |
| Elynn Eghuizen, 12-2-2015 | | | | | | | | 1 |
| 50m vrije slag | series | 1. | 49.87 | 97 | 46.94 | 18-11-2023 | 89% | |
| 50m rugslag | series | 1. | 58.54 | 80 | 53.43 | 18-11-2023 | 83% | |
| 50m schoolslag | series | 1. | 1:00.44 | 103 | 58.12 | 7-10-2023 | 92% | |
| 25m vlinderslag | series | 1. | 28.35 | 61 | 30.06 | 4-2-2023 | 112% | |
| Emma Mintjes, 31-8-2012 | | | | | | | | 2 |
| 50m vrije slag | series | 7. | 40.37 | 183 | 39.40 | 25-11-2023 | 95% | |
| 50m rugslag | series | 6. | 45.55 | 170 | 45.37 | 2-4-2023 | 99% | |
| 50m schoolslag | series | 5. | 51.42 | 167 | 52.29 | 2-12-2023 | 103% | |
| 50m vlinderslag | series | 6. | 49.22 | 121 | 50.70 | 25-11-2023 | 106% | |
| Esmée Ykema, 12-3-2008 | | | | | | | | 2 |
| 50m vrije slag | series | 4. | 30.34 | 431 | 29.79 | 18-11-2023 | 96% | |
| 50m rugslag | series | 5. | 35.11 | 371 | 38.69 | 1-10-2023 | 121% | |
| 50m schoolslag | series | 2. | 39.80 | 362 | 41.03 | 29-10-2023 | 106% | |



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|---------------------------|--------|-----|--------------|-------|-------|------------|------|---|
| 50m vlinderslag | series | 4. | 36.35 | 301 | 36.31 | 11-11-2023 | 100% | - |
| Familie Bahlmann, | | | | | | | | - |
| 100m vrije slag | series | 15. | 51.87 | 909 | NT | | - | - |
| Familie Barwegen/Karsten, | | | | | | | | - |
| 100m vrije slag | series | 10. | 48.83 | 1.089 | NT | | - | - |
| Familie Bokelaar, | | | | | | | | - |
| 100m vrije slag | series | 20. | 1:04.20 | 479 | NT | | - | - |
| Familie Boomsma, | | | | | | | | - |
| 100m vrije slag | series | 17. | 54.55 | 781 | NT | | - | - |
| Familie Bruinsma, | | | | | | | | - |
| 100m vrije slag | series | 12. | 49.35 | 1.055 | NT | | - | - |
| Familie de Ridder, | | | | | | | | - |
| 100m vrije slag | series | 11. | 49.34 | 1.056 | NT | | - | - |
| Familie Dijkstra, | | | | | | | | - |
| 100m vrije slag | series | 13. | 49.50 | 1.046 | NT | | - | - |
| Familie Eghuizen, | | | | | | | | - |
| 100m vrije slag | series | 14. | 50.56 | 981 | NT | | - | - |
| Familie Hartman, | | | | | | | | - |
| 100m vrije slag | series | 16. | 52.45 | 879 | NT | | - | - |
| Familie Hooghiemstra, | | | | | | | | - |
| 100m vrije slag | series | 9. | 47.66 | 1.172 | NT | | - | - |
| Familie Hoyng, | | | | | | | | - |
| 100m vrije slag | series | 19. | 59.91 | 590 | NT | | - | - |
| Familie Jalving, | | | | | | | | - |
| 100m vrije slag | series | 8. | 46.01 | 1.302 | NT | | - | - |
| Familie Johannes, | | | | | | | | - |
| 100m vrije slag | series | 7. | 45.48 | 1.348 | NT | | - | - |
| Familie Loots, | | | | | | | | - |
| 100m vrije slag | series | 21. | 1:11.86 | 341 | NT | | - | - |
| Familie Noppert, | | | | | | | | - |
| 100m vrije slag | series | 18. | 58.36 | 638 | NT | | - | - |
| Familie van Wier, | | | | | | | | - |
| 100m vrije slag | series | 1. | 39.91 | 1.996 | NT | | - | - |
| Famke Ytsma, 5-2-2011 | | | | | | | | 2 |
| 50m vrije slag | series | 9. | 42.42 | 157 | 42.06 | 22-1-2023 | 98% | |
| 50m rugslag | series | 9. | 49.38 | 133 | 49.47 | 22-1-2023 | 100% | |
| 50m schoolslag | series | 12. | 56.64 | 125 | 57.67 | 23-4-2023 | 104% | |
| 50m vlinderslag | series | 8. | 53.44 | 94 | 53.02 | 11-3-2023 | 98% | |
| Fardau Loots, 4-3-2013 | | | | | | | | 4 |
| 50m vrije slag | series | 2. | 38.87 | 205 | 39.55 | 18-11-2023 | 104% | |
| 50m rugslag | series | 1. | 41.83 | 219 | 43.98 | 2-12-2023 | 111% | |
| 50m schoolslag | series | 3. | 53.32 | 150 | 53.54 | 2-12-2023 | 101% | |
| 50m vlinderslag | series | 1. | 46.04 | 148 | 47.61 | 14-10-2023 | 107% | |
| Femke Smilde, 11-8-2008 | | | | | | | | - |
| 50m vrije slag | series | 5. | 31.31 | 392 | 29.52 | 18-11-2023 | 89% | |
| 50m rugslag | series | 4. | 34.91 | 378 | 33.86 | 29-10-2023 | 94% | |
| 50m schoolslag | series | 5. | 44.90 | 252 | 41.00 | 30-10-2022 | 83% | |
| 50m vlinderslag | series | 5. | 36.40 | 300 | 34.82 | 8-10-2022 | 92% | |
| Fenna Noppert, 2-7-2012 | | | | | | | | - |
| 50m vrije slag | series | 4. | 50.31 | 94 | NT | | - | |
| 25m rugslag | series | 4. | 27.17 | 83 | NT | | - | |
| 25m schoolslag | series | 6. | 29.51 | 89 | NT | | - | |
| Finn Eghuizen, 24-12-2009 | | | | | | | | 3 |
| 50m vrije slag | series | 3. | 27.22 | 406 | 27.64 | 18-11-2023 | 103% | |
| 50m rugslag | series | 3. | 31.19 | 356 | 31.92 | 5-11-2023 | 105% | |
| 50m schoolslag | series | 4. | 38.36 | 275 | 37.07 | 2-12-2023 | 93% | |
| 50m vlinderslag | series | 3. | 32.18 | 308 | 32.33 | 11-11-2023 | 101% | |
| 100m wisselslag | series | 7. | 1:09.50 | 356 | NT | | - | |
| Gijs Koehoorn, 15-6-2008 | | | | | | | | 4 |
| 50m vrije slag | series | 1. | 24.58 | 551 | 24.81 | 29-10-2023 | 102% | |
| 50m rugslag | series | 1. | 28.76 | 454 | 30.50 | 2-4-2023 | 112% | |
| 50m schoolslag | series | 1. | 32.93 | 434 | 35.02 | 29-10-2023 | 113% | |
| 50m vlinderslag | series | 1. | 28.99 | 422 | 29.51 | 14-10-2023 | 104% | |
| 100m wisselslag | series | 4. | 1:03.63 | 464 | NT | | - | |
| Gijs Leeneman, 17-3-2012 | | | | | | | | 3 |
| 50m vrije slag | series | 2. | 33.51 | 217 | 35.06 | 15-4-2023 | 109% | |
| 50m rugslag | series | 1. | 38.55 | 188 | 41.47 | 21-10-2023 | 116% | |
| 50m schoolslag | series | 3. | 48.60 | 135 | 47.86 | 14-10-2023 | 97% | |
| 50m vlinderslag | series | 1. | 41.24 | 146 | 43.74 | 15-4-2023 | 112% | |
| Inge Dekker, 25-3-2002 | | | | | | | | - |
| 50m vrije slag | series | 4. | 29.21 | 483 | 27.63 | 3-7-2022 | 89% | |
| 50m rugslag | series | 3. | 31.60 | 510 | 30.49 | 5-12-2021 | 93% | |
| 50m schoolslag | series | 3. | 38.06 | 414 | 35.70 | 2-12-2018 | 88% | |
| 50m vlinderslag | series | 4. | 31.70 | 454 | 29.55 | 23-10-2021 | 87% | |
| 100m wisselslag | series | 7. | 1:15.57 | 418 | NT | | - | |



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|------------------------------|--------|-------|--------------|-----|-------|------------|------|---|
| Isabella de Vries, 17-2-2012 | | | | | | | | - |
| 50m vrije slag | series | 3. | 46.95 | 116 | NT | | | - |
| 25m rugslag | series | 3. | 27.00 | 84 | NT | | | - |
| 25m schoolslag | series | 3. | 28.29 | 101 | NT | | | - |
| Jan-Eggo Huininga, 19-8-1984 | | | | | | | | - |
| 50m vrije slag | series | 2. | 30.33 | 293 | 28.12 | 2-1-2016 | 86% | |
| 50m rugslag | series | 2. | 36.49 | 222 | 33.65 | 2-1-2016 | 85% | |
| 50m schoolslag | series | 2. | 36.47 | 320 | 34.53 | 2-1-2016 | 90% | |
| 50m vlinderslag | series | 1. | 31.37 | 333 | 27.25 | 17-5-2003 | 75% | |
| Jannie Vennik, 30-1-1976 | | | | | | | | - |
| 50m vrije slag | series | 3. | 35.04 | 280 | 34.26 | 11-12-2016 | 96% | |
| 50m rugslag | series | 3. | 43.55 | 194 | 40.75 | 22-1-2011 | 88% | |
| 50m schoolslag | series | 2. | 46.18 | 231 | 45.26 | 3-12-2016 | 96% | |
| 50m vlinderslag | series | 3. | 41.50 | 202 | 40.35 | 17-12-2017 | 95% | |
| Jelte Ruitenbergh, 14-6-2009 | | | | | | | | 4 |
| 50m vrije slag | series | 10. | 32.98 | 228 | 33.30 | 25-11-2023 | 102% | |
| 50m rugslag | series | 9. | 37.88 | 198 | 39.44 | 18-11-2023 | 108% | |
| 50m schoolslag | series | 10. | 45.10 | 169 | 46.84 | 22-1-2023 | 108% | |
| 50m vlinderslag | series | 10. | 43.34 | 126 | 43.84 | 25-11-2023 | 102% | |
| Joep Barwegen, 25-2-2012 | | | | | | | | 3 |
| 50m vrije slag | series | 1. | 32.75 | 233 | 33.05 | 21-10-2023 | 102% | |
| 50m rugslag | series | 3. | 42.07 | 145 | 43.65 | 21-10-2023 | 108% | |
| 50m schoolslag | series | 1. | 45.24 | 167 | 45.06 | 2-12-2023 | 99% | |
| 50m vlinderslag | series | 2. | 41.25 | 146 | 42.56 | 14-10-2023 | 106% | |
| Jorian Darwinkel, 10-7-2003 | | | | | | | | 1 |
| 50m vrije slag | series | 1. | 24.58 | 551 | 24.42 | 2-7-2022 | 99% | |
| 50m rugslag | series | 2. | 28.54 | 464 | 28.66 | 21-1-2023 | 101% | |
| 50m schoolslag | series | 2. | 30.93 | 524 | 30.78 | 1-10-2023 | 99% | |
| 50m vlinderslag | series | 2. | 26.94 | 526 | 26.39 | 5-12-2021 | 96% | |
| 100m wisselslag | series | 2. | 1:01.63 | 511 | NT | | - | |
| Jorick Johannes, 2-9-2010 | | | | | | | | 4 |
| 50m vrije slag | series | 4. | 29.25 | 327 | 30.17 | 5-11-2023 | 106% | |
| 50m rugslag | series | 4. | 34.69 | 258 | 36.42 | 21-1-2023 | 110% | |
| 50m schoolslag | series | 7. | 41.26 | 221 | 43.60 | 11-3-2023 | 112% | |
| 50m vlinderslag | series | 6. | 35.73 | 225 | 36.37 | 22-1-2023 | 104% | |
| Katinka Elders, 7-8-1960 | | | | | | | | - |
| 50m vrije slag | series | 4. | 44.71 | 134 | 42.39 | 7-1-2023 | 90% | |
| 50m rugslag | series | 4. | 50.47 | 125 | 48.18 | 18-2-2023 | 91% | |
| 50m schoolslag | series | 4. | 57.94 | 117 | NT | | - | |
| 50m vlinderslag | series | 4. | 1:00.23 | 66 | NT | | - | |
| Katrijn van Goor, 30-9-2012 | | | | | | | | - |
| 50m vrije slag | series | 6. | 54.89 | 72 | NT | | - | |
| 25m rugslag | series | 6. | 28.04 | 75 | NT | | - | |
| 25m schoolslag | series | 8. | 34.51 | 55 | NT | | - | |
| Lars van der Wal, 31-7-2013 | | | | | | | | - |
| 50m vrije slag | series | 5. | 52.77 | 55 | NT | | - | |
| 25m rugslag | series | 4. | 27.80 | 50 | NT | | - | |
| 25m schoolslag | series | 5. | 39.01 | 25 | NT | | - | |
| Laura van Etten, 1-7-2008 | | | | | | | | 1 |
| 50m vrije slag | series | 1. | 28.04 | 546 | 27.70 | 14-10-2023 | 98% | |
| 50m rugslag | series | 1. | 30.40 | 573 | 30.16 | 18-11-2023 | 98% | |
| 50m schoolslag | series | 1. | 39.16 | 380 | 38.81 | 21-1-2023 | 98% | |
| 50m vlinderslag | series | 1. | 30.45 | 513 | 30.74 | 11-11-2023 | 102% | |
| 100m wisselslag | series | 2. | 1:07.31 | 591 | NT | | - | |
| Laurens Loots, 30-7-2015 | | | | | | | | - |
| 25m vrije slag | series | 1. | 35.29 | 17 | 33.85 | 9-12-2023 | 92% | |
| 25m rugslag | series | 1. | 35.12 | 25 | 34.91 | 9-12-2023 | 99% | |
| 25m schoolslag | series | 2. | 35.53 | 33 | 33.18 | 9-12-2023 | 87% | |
| Lean van der Dam, 15-12-2009 | | | | | | | | - |
| 50m vrije slag | series | AFGEM | | - | NT | | - | |
| 50m rugslag | series | AFGEM | | - | NT | | - | |
| 50m schoolslag | series | AFGEM | | - | NT | | - | |
| 25m vlinderslag | series | AFGEM | | - | NT | | - | |
| Lianne van Wier, 5-2-2002 | | | | | | | | - |
| 50m vrije slag | series | 2. | 27.46 | 582 | 26.65 | 20-12-2019 | 94% | |
| 50m rugslag | series | 5. | 32.47 | 470 | 32.23 | 2-4-2023 | 99% | |
| 50m schoolslag | series | 2. | 37.45 | 434 | 36.42 | 11-2-2023 | 95% | |
| 50m vlinderslag | series | 3. | 31.00 | 486 | 29.74 | 30-11-2019 | 92% | |
| 100m wisselslag | series | 8. | 1:17.51 | 387 | NT | | - | |
| Lieke Boelsma, 9-8-2012 | | | | | | | | 1 |
| 50m vrije slag | series | 10. | 42.67 | 155 | 40.46 | | 90% | |
| 50m rugslag | series | 9. | 49.38 | 133 | 50.19 | | 103% | |
| 50m schoolslag | series | 10. | 55.60 | 132 | 52.06 | | 88% | |
| 50m vlinderslag | series | 7. | 52.29 | 101 | 52.13 | | 99% | |
| Liesette Bruinsma, 9-9-2000 | | | | | | | | 1 |
| 50m vrije slag | series | 6. | 30.14 | 440 | 30.07 | 16-2-2023 | 100% | |
| 50m rugslag | series | 13. | 40.82 | 236 | 40.92 | 17-12-2022 | 100% | |
| 50m schoolslag | series | 5. | 39.90 | 359 | 38.53 | 31-10-2015 | 93% | |



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|------------------------------------|--------|-------|--------------|-----|-------|------------|------|---|
| 50m vlinderslag | series | 9. | 36.07 | 308 | 35.00 | 5-1-2019 | 94% | |
| Liselotte Schaap, 9-6-2006 | | | | | | | | 1 |
| 50m vrije slag | series | 8. | 30.58 | 421 | 29.86 | 11-11-2023 | 95% | |
| 50m rugslag | series | 7. | 34.91 | 378 | 34.70 | 24-11-2019 | 99% | |
| 50m schoolslag | series | 9. | 42.56 | 296 | 44.18 | 2-4-2023 | 108% | |
| 50m vlinderslag | series | 8. | 35.04 | 336 | 33.65 | 26-2-2022 | 92% | |
| Lobke Hempenius, 10-6-2011 | | | | | | | | 3 |
| 50m vrije slag | series | 3. | 32.76 | 342 | 32.35 | 22-1-2023 | 98% | |
| 50m rugslag | series | 3. | 36.45 | 332 | 36.48 | 2-4-2023 | 100% | |
| 50m schoolslag | series | 1. | 41.09 | 329 | 41.12 | 18-11-2023 | 100% | |
| 50m vlinderslag | series | 1. | 36.97 | 286 | 38.73 | 12-11-2023 | 110% | |
| Lotte van de Rijdt, 26-10-2011 | | | | | | | | - |
| 50m vrije slag | series | AFGEM | | - | NT | | - | |
| Lois Jalving, 31-5-2004 | | | | | | | | - |
| 50m vrije slag | series | 7. | 30.46 | 426 | 29.23 | 29-10-2022 | 92% | |
| 50m rugslag | series | 6. | 33.50 | 428 | 32.50 | 30-10-2022 | 94% | |
| 50m schoolslag | series | 7. | 42.12 | 305 | 41.02 | 6-11-2021 | 95% | |
| 50m vlinderslag | series | 7. | 34.40 | 355 | 34.30 | 23-10-2021 | 99% | |
| Luca Karsten Schüler, 25-5-2011 | | | | | | | | 2 |
| 50m vrije slag | series | 9. | 32.73 | 233 | 33.47 | 2-4-2023 | 105% | |
| 50m rugslag | series | 10. | 38.77 | 185 | 40.51 | 18-3-2023 | 109% | |
| 50m schoolslag | series | 9. | 43.99 | 182 | 43.46 | 14-10-2023 | 98% | |
| 50m vlinderslag | series | 9. | 41.31 | 145 | 40.73 | 14-10-2023 | 97% | |
| Maeve van der Heide, 2-6-2016 | | | | | | | | - |
| 25m vrije slag | series | 1. | 31.59 | 36 | NT | | - | |
| 25m rugslag | series | 1. | 35.18 | 38 | NT | | - | |
| 25m schoolslag | series | 1. | 36.26 | 48 | NT | | - | |
| Maja Spoel, 16-10-2011 | | | | | | | | - |
| 50m vrije slag | series | 12. | 46.30 | 121 | NT | | - | |
| 50m rugslag | series | 11. | 49.85 | 129 | NT | | - | |
| 50m schoolslag | series | 8. | 53.15 | 152 | NT | | - | |
| 25m vlinderslag | series | 8. | 24.11 | 99 | NT | | - | |
| Mare Spagnoletti, 2-5-2006 | | | | | | | | - |
| 50m vrije slag | series | 15. | 35.08 | 279 | NT | | - | |
| 50m schoolslag | series | 12. | 46.15 | 232 | NT | | - | |
| 25m vlinderslag | series | 2. | 18.27 | 229 | NT | | - | |
| Mark van het Meer, 5-5-2009 | | | | | | | | - |
| 50m vrije slag | series | 11. | 38.18 | 147 | 37.50 | 2-4-2023 | 96% | |
| 50m rugslag | series | 11. | 45.82 | 112 | 43.14 | 12-3-2022 | 89% | |
| 50m schoolslag | series | 11. | 51.69 | 112 | 49.11 | 2-4-2023 | 90% | |
| 50m vlinderslag | series | 11. | 50.20 | 81 | 47.23 | 18-3-2023 | 89% | |
| Marlijne Palma, 24-7-2016 | | | | | | | | - |
| 25m vrije slag | series | 2. | 42.94 | 14 | NT | | - | |
| 25m rugslag | series | 2. | 37.47 | 31 | NT | | - | |
| 25m schoolslag | series | 3. | 43.89 | 27 | NT | | - | |
| Marte Hieke van der Kamp, 4-4-2005 | | | | | | | | 2 |
| 50m vrije slag | series | 3. | 27.64 | 570 | 27.21 | 11-11-2023 | 97% | |
| 50m rugslag | series | 1. | 31.41 | 519 | 31.50 | 2-4-2023 | 101% | |
| 50m schoolslag | series | 1. | 36.75 | 460 | 36.60 | 2-4-2023 | 99% | |
| 50m vlinderslag | series | 1. | 29.68 | 554 | 29.87 | 2-4-2023 | 101% | |
| 100m wisselslag | series | 1. | 1:06.56 | 611 | NT | | - | |
| Mattias Stolk, 4-5-2010 | | | | | | | | 4 |
| 50m vrije slag | series | 6. | 30.27 | 295 | 32.01 | 25-11-2023 | 112% | |
| 50m rugslag | series | 6. | 35.55 | 240 | 38.37 | 18-11-2023 | 116% | |
| 50m schoolslag | series | 3. | 37.61 | 291 | 38.39 | 5-11-2023 | 104% | |
| 50m vlinderslag | series | 7. | 38.16 | 185 | 38.54 | 18-11-2023 | 102% | |
| Maud Roffel, 4-7-2007 | | | | | | | | - |
| 50m vrije slag | series | 5. | 29.68 | 461 | 29.26 | 2-4-2023 | 97% | |
| 50m rugslag | series | 4. | 31.67 | 506 | 31.07 | 24-6-2023 | 96% | |
| 50m schoolslag | series | 4. | 38.80 | 390 | 37.81 | 2-4-2023 | 95% | |
| 50m vlinderslag | series | 5. | 31.95 | 444 | 31.79 | 2-4-2023 | 99% | |
| 100m wisselslag | series | 4. | 1:13.19 | 460 | NT | | - | |
| Mette Hoyng, 25-8-2014 | | | | | | | | - |
| 25m vrije slag | series | 1. | 20.54 | 132 | NT | | - | |
| 25m rugslag | series | 1. | 24.54 | 113 | NT | | - | |
| 25m schoolslag | series | 2. | 28.10 | 103 | NT | | - | |
| Milou Geneuglijk, 8-2-2009 | | | | | | | | 1 |
| 50m vrije slag | series | 3. | 30.02 | 445 | 29.34 | 4-6-2023 | 96% | |
| 50m rugslag | series | 3. | 32.70 | 460 | 32.43 | 22-4-2023 | 98% | |
| 50m schoolslag | series | 4. | 42.55 | 296 | 42.89 | 1-10-2022 | 102% | |
| 50m vlinderslag | series | 3. | 31.76 | 452 | 31.42 | 1-7-2023 | 98% | |
| 100m wisselslag | series | 6. | 1:14.96 | 428 | NT | | - | |
| Mirthe Jonker, 19-1-2010 | | | | | | | | - |
| 50m vrije slag | series | AFGEM | | - | NT | | - | |
| 50m schoolslag | series | AFGEM | | - | NT | | - | |



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|-------------------------------|--------|-----|--------------|-----|-------|------------|------|---|
| Moniek Werkman, 14-7-1978 | | | | | | | | - |
| 50m vrije slag | series | 16. | 36.48 | 248 | NT | | - | |
| 50m rugslag | series | 15. | 41.80 | 220 | NT | | - | |
| 50m schoolslag | series | 13. | 48.15 | 204 | NT | | - | |
| 25m vlinderslag | series | 4. | 19.91 | 177 | NT | | - | |
| Nadia Veenstra, 28-3-2006 | | | | | | | | - |
| 50m vrije slag | series | 12. | 34.50 | 293 | 32.91 | 12-6-2021 | 91% | |
| 50m rugslag | series | 10. | 39.06 | 270 | 38.75 | 30-10-2021 | 98% | |
| 50m schoolslag | series | 11. | 43.90 | 269 | 41.97 | 19-6-2021 | 91% | |
| 50m vlinderslag | series | 11. | 41.27 | 206 | 39.67 | 26-2-2022 | 92% | |
| Nouk Coret, 27-4-2011 | | | | | | | | - |
| 50m vrije slag | series | 6. | 39.41 | 196 | 38.86 | 2-12-2023 | 97% | |
| 50m rugslag | series | 7. | 46.27 | 162 | 45.81 | 2-12-2023 | 98% | |
| 50m schoolslag | series | 9. | 53.45 | 149 | 52.30 | 2-12-2023 | 96% | |
| 25m vlinderslag | series | 9. | 24.32 | 97 | NT | | - | |
| Nova van Slooten, 30-11-2012 | | | | | | | | 2 |
| 50m vrije slag | series | 1. | 39.68 | 192 | 42.42 | 2-12-2023 | 114% | |
| 25m rugslag | series | 2. | 23.21 | 133 | 26.03 | 2-4-2023 | 126% | |
| 25m schoolslag | series | 4. | 28.41 | 99 | NT | | - | |
| Peggi Hurenkamp, 16-5-1969 | | | | | | | | 1 |
| 50m vrije slag | series | 2. | 34.65 | 289 | 33.31 | 21-2-2015 | 92% | |
| 50m rugslag | series | 2. | 40.49 | 242 | 40.62 | 17-2-2018 | 101% | |
| 50m schoolslag | series | 3. | 46.46 | 227 | 45.36 | 5-10-2013 | 95% | |
| 50m vlinderslag | series | 2. | 38.64 | 251 | 37.65 | 26-1-2019 | 95% | |
| Quirine de Ridder, 30-10-2010 | | | | | | | | 3 |
| 50m vrije slag | series | 2. | 32.58 | 348 | 32.76 | 2-12-2023 | 101% | |
| 50m rugslag | series | 1. | 34.83 | 380 | 34.84 | 2-12-2023 | 100% | |
| 50m schoolslag | series | 2. | 43.89 | 270 | 42.97 | 14-10-2023 | 96% | |
| 50m vlinderslag | series | 3. | 38.80 | 248 | 38.88 | 18-11-2023 | 100% | |
| Remco Dijkstra, 28-8-2001 | | | | | | | | - |
| 50m vrije slag | series | 3. | 25.09 | 518 | 24.72 | 28-4-2019 | 97% | |
| 50m rugslag | series | 4. | 29.25 | 431 | 28.55 | 2-4-2023 | 95% | |
| 50m schoolslag | series | 4. | 33.51 | 412 | 31.94 | 20-11-2021 | 91% | |
| 50m vlinderslag | series | 3. | 27.37 | 501 | 26.48 | 11-3-2023 | 94% | |
| 100m wisselslag | series | 6. | 1:08.92 | 365 | NT | | - | |
| René Beetsma, 13-8-1969 | | | | | | | | - |
| 50m vrije slag | series | 1. | 28.50 | 353 | 26.08 | 31-5-2008 | 84% | |
| 50m rugslag | series | 1. | 32.79 | 306 | 31.00 | 31-5-2008 | 89% | |
| 50m schoolslag | series | 1. | 35.23 | 355 | 33.14 | 31-5-2008 | 88% | |
| 50m vlinderslag | series | 2. | 31.92 | 316 | 29.48 | 23-1-2009 | 85% | |
| 100m wisselslag | series | 8. | 1:12.32 | 316 | NT | | - | |
| Richard Kuipers, 19-2-1997 | | | | | | | | - |
| 50m vrije slag | series | 4. | 25.27 | 507 | 23.63 | 1-7-2018 | 87% | |
| 50m rugslag | series | 3. | 29.08 | 439 | 27.45 | 30-6-2019 | 89% | |
| 50m schoolslag | series | 3. | 32.47 | 453 | 30.29 | 29-12-2016 | 87% | |
| 50m vlinderslag | series | 4. | 28.48 | 445 | 26.70 | 5-2-2017 | 88% | |
| 100m wisselslag | series | 3. | 1:03.08 | 476 | NT | | - | |
| Rixt Loots, 10-6-2011 | | | | | | | | 3 |
| 50m vrije slag | series | 11. | 43.79 | 143 | 44.81 | 2-12-2023 | 105% | |
| 50m rugslag | series | 8. | 46.79 | 157 | 50.36 | 2-12-2023 | 116% | |
| 50m schoolslag | series | 7. | 51.91 | 163 | 52.19 | 2-12-2023 | 101% | |
| 25m vlinderslag | series | 7. | 23.08 | 113 | NT | | - | |
| Roan Krikke, 5-6-2012 | | | | | | | | 3 |
| 50m vrije slag | series | 3. | 35.64 | 180 | 37.51 | 21-10-2023 | 111% | |
| 50m rugslag | series | 2. | 41.65 | 149 | 41.07 | 2-12-2023 | 97% | |
| 50m schoolslag | series | 4. | 49.27 | 129 | 52.46 | 2-12-2023 | 113% | |
| 50m vlinderslag | series | 3. | 46.90 | 99 | 50.55 | 14-10-2023 | 116% | |
| Rob van Wier, 7-1-1999 | | | | | | | | 1 |
| 50m vrije slag | series | 5. | 27.94 | 375 | 26.96 | 5-1-2019 | 93% | |
| 50m rugslag | series | 5. | 32.89 | 303 | 32.20 | 5-1-2019 | 96% | |
| 50m schoolslag | series | 6. | 39.41 | 253 | 39.43 | 6-4-2019 | 100% | |
| 50m vlinderslag | series | 5. | 31.96 | 315 | 31.68 | 21-10-2023 | 98% | |
| Robin Mintjes, 2-8-2010 | | | | | | | | 4 |
| 50m vrije slag | series | 8. | 31.76 | 255 | 32.19 | 7-10-2023 | 103% | |
| 50m rugslag | series | 8. | 37.40 | 206 | 38.84 | 2-4-2023 | 108% | |
| 50m schoolslag | series | 6. | 41.11 | 223 | 42.03 | 2-12-2023 | 105% | |
| 50m vlinderslag | series | 4. | 35.16 | 236 | 36.85 | 25-11-2023 | 110% | |
| Romy Jalving, 16-3-2000 | | | | | | | | - |
| 50m vrije slag | series | 9. | 31.33 | 392 | 29.04 | 23-12-2017 | 86% | |
| 50m rugslag | series | 9. | 37.73 | 299 | 36.00 | 2-4-2023 | 91% | |
| 50m schoolslag | series | 8. | 42.21 | 303 | 40.05 | 2-10-2021 | 90% | |
| 50m vlinderslag | series | 6. | 34.06 | 366 | 32.15 | 19-6-2021 | 89% | |
| Rosan Colmer, 11-3-2007 | | | | | | | | - |
| 50m vrije slag | series | 11. | 34.20 | 301 | NT | | - | |
| 50m rugslag | series | 12. | 39.85 | 254 | NT | | - | |
| 50m schoolslag | series | 15. | 49.00 | 194 | NT | | - | |
| 25m vlinderslag | series | 5. | 20.11 | 172 | NT | | - | |



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|------------------------------|--------|-------|-----|----------------|---------|----------|------------|------|---|
| Rosanne Oenema, 17-9-2010 | | | | | | | | | - |
| 50m vrije slag | series | AFGEM | | - | NT | | | | - |
| 50m schoolslag | series | AFGEM | | - | 1:11.17 | 5-1-2019 | | | - |
| Sanne Hoving, 10-7-2000 | | | | | | | | | - |
| 50m vrije slag | series | | 13. | 34.65 | 289 | 33.59 | 20-12-2019 | 94% | |
| 50m rugslag | series | | 14. | 40.89 | 235 | 39.56 | 24-11-2019 | 94% | |
| 50m schoolslag | series | | 14. | 48.31 | 202 | 47.40 | 19-1-2020 | 96% | |
| 50m vlinderslag | series | | 10. | 40.64 | 215 | 39.03 | 19-1-2020 | 92% | |
| Senna Oosterkamp, 6-1-2013 | | | | | | | | | 1 |
| 50m vrije slag | series | | 3. | 42.26 | 159 | 40.65 | 21-10-2023 | 93% | |
| 50m rugslag | series | | 3. | 46.48 | 160 | 45.33 | 14-10-2023 | 95% | |
| 50m schoolslag | series | | 2. | 51.85 | 163 | 51.47 | 14-10-2023 | 99% | |
| 50m vlinderslag | series | | 3. | 56.24 | 81 | 56.49 | 14-10-2023 | 101% | |
| Siebe Hoyng, 3-5-2012 | | | | | | | | | - |
| 50m vrije slag | series | | 1. | 34.30 | 203 | NT | | | - |
| 25m rugslag | series | | 2. | 24.15 | 77 | NT | | | - |
| 25m schoolslag | series | | 1. | 21.91 | 143 | NT | | | - |
| Silke Hooghiemstra, 5-8-2009 | | | | | | | | | 1 |
| 50m vrije slag | series | | 2. | 29.24 | 482 | 28.19 | 10-12-2023 | 93% | |
| 50m rugslag | series | | 2. | 30.76 | 553 | 30.10 | 24-6-2023 | 96% | |
| 50m schoolslag | series | | 3. | 41.10 | 328 | 41.38 | 2-4-2023 | 101% | |
| 50m vlinderslag | series | | 2. | 30.70 | 500 | 30.66 | 14-10-2023 | 100% | |
| 100m wisselslag | series | | 5. | 1:13.21 | 459 | NT | | | - |
| Simone Mus, 18-2-1996 | | | | | | | | | - |
| 50m vrije slag | series | | 1. | 30.31 | 432 | 29.71 | 5-1-2019 | 96% | |
| 50m rugslag | series | | 1. | 34.96 | 376 | 34.29 | 5-1-2019 | 96% | |
| 50m schoolslag | series | | 1. | 40.95 | 332 | 40.52 | 5-1-2019 | 98% | |
| 50m vlinderslag | series | | 1. | 32.88 | 407 | 32.80 | 5-1-2019 | 100% | |
| Sverre Oenema, 4-5-2012 | | | | | | | | | - |
| 50m vrije slag | series | | 4. | 50.46 | 63 | NT | | | - |
| 25m rugslag | series | | 5. | 27.99 | 49 | NT | | | - |
| 25m schoolslag | series | | 3. | 26.81 | 78 | NT | | | - |
| Tije Hempenius, 1-10-2009 | | | | | | | | | 1 |
| 50m vrije slag | series | | 7. | 30.45 | 290 | 30.76 | 18-11-2023 | 102% | |
| 50m rugslag | series | | 7. | 36.53 | 221 | 36.51 | 2-4-2023 | 100% | |
| 50m schoolslag | series | | 5. | 40.73 | 229 | 40.12 | 18-11-2023 | 97% | |
| 50m vlinderslag | series | | 8. | 40.42 | 155 | 38.86 | 12-11-2023 | 92% | |
| Timo Hartmann, 14-12-2014 | | | | | | | | | 1 |
| 50m vrije slag | series | | 2. | 52.36 | 57 | 51.72 | 18-11-2023 | 98% | |
| 50m rugslag | series | | 2. | 1:01.86 | 45 | 56.84 | 18-11-2023 | 84% | |
| 50m schoolslag | series | | 2. | 1:04.79 | 57 | 1:06.27 | 18-11-2023 | 105% | |
| 25m vlinderslag | series | | 2. | 28.99 | 39 | NT | | | - |
| Timo Johannes, 8-8-2013 | | | | | | | | | 3 |
| 50m vrije slag | series | | 4. | 38.00 | 149 | 37.89 | 3-6-2023 | 99% | |
| 50m rugslag | series | | 4. | 42.81 | 137 | 46.38 | 3-6-2023 | 117% | |
| 50m schoolslag | series | | 2. | 47.87 | 141 | 50.10 | 25-3-2023 | 110% | |
| 50m vlinderslag | series | | 4. | 55.03 | 61 | 1:01.29 | 18-11-2023 | 124% | |
| Tosca van Haren, 14-4-1970 | | | | | | | | | - |
| 50m vrije slag | series | | 17. | 38.31 | 214 | NT | | | - |
| 50m rugslag | series | | 16. | 44.91 | 177 | NT | | | - |
| 50m schoolslag | series | | 17. | 52.30 | 159 | NT | | | - |
| 25m vlinderslag | series | | 3. | 19.85 | 179 | NT | | | - |
| Tylo Haasjes, 27-12-2013 | | | | | | | | | - |
| 50m vrije slag | series | | 3. | 42.53 | 106 | NT | | | - |
| 25m rugslag | series | | 3. | 25.63 | 64 | NT | | | - |
| 25m schoolslag | series | | 4. | 28.53 | 64 | NT | | | - |
| Vajen de Vries, 5-4-2013 | | | | | | | | | 4 |
| 50m vrije slag | series | | 1. | 38.66 | 208 | 41.82 | 14-10-2023 | 117% | |
| 50m rugslag | series | | 2. | 44.72 | 180 | 45.99 | 18-11-2023 | 106% | |
| 50m schoolslag | series | | 1. | 48.40 | 201 | 48.98 | 14-10-2023 | 102% | |
| 50m vlinderslag | series | | 2. | 49.01 | 123 | 49.40 | 18-11-2023 | 102% | |
| Valerio Bokelaar, 16-11-2016 | | | | | | | | | - |
| 25m vrije slag | series | | 2. | 35.60 | 16 | 27.41 | 11-5-2019 | 59% | |
| 25m rugslag | series | | 2. | 36.27 | 22 | 28.37 | 19-1-2020 | 61% | |
| 25m schoolslag | series | | 1. | 34.82 | 35 | 29.01 | 21-9-2019 | 69% | |
| Veerle Boelsma, 7-8-2016 | | | | | | | | | - |
| 25m vrije slag | series | | 3. | 43.81 | 13 | NT | | | - |
| 25m rugslag | series | | 3. | 38.27 | 29 | NT | | | - |
| 25m schoolslag | series | | 2. | 38.76 | 39 | NT | | | - |
| Veerle de Ridder, 27-9-2007 | | | | | | | | | 2 |
| 50m vrije slag | series | | 1. | 27.37 | 588 | 27.24 | 2-7-2023 | 99% | |
| 50m rugslag | series | | 2. | 31.44 | 518 | 31.23 | 18-11-2023 | 99% | |
| 50m schoolslag | series | | 6. | 40.00 | 356 | 40.51 | 18-11-2023 | 103% | |
| 50m vlinderslag | series | | 2. | 30.88 | 492 | 33.11 | 1-7-2023 | 115% | |
| 100m wisselslag | series | | 3. | 1:11.86 | 486 | NT | | | - |



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|------------------------------|--------|-----|--------------|-----|-------|------------|------|---|
| Victor de Haan, 7-6-2010 | | | | | | | | 4 |
| 50m vrije slag | series | 5. | 29.49 | 319 | 29.83 | 1-7-2023 | 102% | |
| 50m rugslag | series | 5. | 35.17 | 248 | 37.19 | 18-11-2023 | 112% | |
| 50m schoolslag | series | 8. | 43.21 | 192 | 44.07 | 29-10-2023 | 104% | |
| 50m vlinderslag | series | 5. | 35.70 | 226 | 38.09 | 2-7-2023 | 114% | |
| Wendy Elferink, 25-3-2006 | | | | | | | | 1 |
| 50m vrije slag | series | 14. | 35.02 | 280 | 33.31 | 18-3-2023 | 90% | |
| 50m rugslag | series | 11. | 39.77 | 255 | 40.10 | 11-3-2023 | 102% | |
| 50m schoolslag | series | 16. | 50.10 | 181 | NT | | - | |
| 50m vlinderslag | series | 12. | 42.14 | 193 | 39.00 | 18-3-2023 | 86% | |
| Wiebren Dijkstra, 29-12-1958 | | | | | | | | - |
| 50m vrije slag | series | 4. | 35.49 | 183 | 34.52 | 30-9-2023 | 95% | |
| 50m schoolslag | series | 3. | 43.68 | 186 | 43.45 | 19-2-2023 | 99% | |
| 50m vlinderslag | series | 4. | 54.67 | 62 | NT | | - | |
| Wouter Zijlstra, 15-6-2004 | | | | | | | | 2 |
| 50m vrije slag | series | 2. | 24.70 | 543 | 24.22 | 1-7-2023 | 96% | |
| 50m rugslag | series | 1. | 27.47 | 521 | 27.77 | 14-10-2023 | 102% | |
| 50m schoolslag | series | 1. | 30.55 | 544 | 30.95 | 2-7-2023 | 103% | |
| 50m vlinderslag | series | 1. | 26.55 | 549 | 26.00 | 24-6-2023 | 96% | |
| 100m wisselslag | series | 1. | 58.27 | 604 | NT | | - | |
| Yvet Bahlmann, 3-8-2009 | | | | | | | | 1 |
| 50m vrije slag | series | 6. | 36.26 | 252 | 34.38 | 21-10-2023 | 90% | |
| 50m rugslag | series | 6. | 41.02 | 233 | 41.59 | 21-10-2023 | 103% | |
| 50m schoolslag | series | 6. | 46.70 | 224 | 45.79 | 3-6-2023 | 96% | |
| 25m vlinderslag | series | 6. | 20.13 | 171 | NT | | - | |



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|----------------------------|--------|----|--------------|-----|-------|----------|------|---|
| HZ&PC Heerenveen 2 | | | | | | | | 4 |
| Hemmo Yntema, 29-11-1995 | | | | | | | | - |
| 50m vrije slag | series | 6. | 28.31 | 361 | NT | | - | |
| 50m schoolslag | series | 5. | 39.12 | 259 | NT | | - | |
| 25m vlinderslag | series | 1. | 17.92 | 167 | NT | | - | |
| Kobus Raatjes, 16-12-2012 | | | | | | | | 2 |
| 50m vrije slag | series | 2. | 35.06 | 190 | 38.73 | 2-4-2023 | 122% | |
| 25m rugslag | series | 1. | 18.43 | 174 | 19.21 | 2-4-2023 | 109% | |
| 25m schoolslag | series | 2. | 23.61 | 114 | NT | | - | |
| Marleen Boomsma, 15-2-2012 | | | | | | | | 2 |
| 50m vrije slag | series | 5. | 53.29 | 79 | 54.81 | 2-4-2023 | 106% | |
| 25m rugslag | series | 5. | 27.87 | 77 | 29.18 | 2-4-2023 | 110% | |
| 25m schoolslag | series | 5. | 29.39 | 90 | NT | | - | |



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Isis

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Neptunia'24

-



Clubkampioenschappen 2023-2024
Heerenveen, 23-12-2023

Orca

-



Clubkampioenschappen 2023-2024
Heerenveen, 23-12-2023

unattached

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|--|--------|----|-------|-------|----|---|---|
| Familie Gijs Femke Maud, 100m vrije slag | series | 4. | 41.69 | 1.244 | NT | - | - |
| Familie K3, 100m vrije slag | series | 2. | 41.46 | 1.265 | NT | - | - |
| Familie Liselotte Nadia Inge, 100m vrije slag | series | 6. | 44.32 | 1.035 | NT | - | - |
| Familie Victor Diede Tije, 100m vrije slag | series | 3. | 41.58 | 1.254 | NT | - | - |
| Kuipertjes, 100m vrije slag | series | 5. | 42.32 | 1.189 | NT | - | - |