



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



## Verbetering zwemmer - Details

## Alle wedstrijden

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

-



Aktivio							8
Angelique Jansma, 1800 (99 jaar), Dames							1
25m rugslag	series	4.	32.11	50	31.85	98%	
25m rugslag	series	3.	<b>31.85</b>	51	34.00	114%	
25m schoolslag	series	14.	36.25	48	35.92	98%	
25m schoolslag	series	13.	35.92	49	32.00	79%	
Doeke Visser, 1800 (99 jaar), Heren							1
25m vrije slag	series	35.	<b>39.29</b>	12	47.09	144%	
25m vrije slag	series	37.	47.09	7	33.00	49%	
25m rugslag	series	9.	39.28	18	37.29	90%	
25m rugslag	series	9.	37.29	21	NT	-	
Jakob Raap, 1800 (99 jaar), Heren							3
25m vrije slag	series	18.	28.69	31	28.28	97%	
25m vrije slag	series	15.	<b>28.28</b>	33	29.00	105%	
25m rugslag	series	8.	<b>35.28</b>	24	36.94	110%	
25m rugslag	series	8.	<b>36.94</b>	21	39.00	111%	
Thea Vellenga, 1800 (99 jaar), Dames							3
25m vrije slag	series	15.	31.97	35	29.72	86%	
25m vrije slag	series	10.	<b>29.72</b>	43	33.00	123%	
25m rugslag	series	3.	<b>30.57</b>	58	31.85	109%	
25m rugslag	series	4.	<b>31.85</b>	51	32.00	101%	



de Brug Midden-Groningen						20
Cindy Geertsema, 1800 (99 jaar), Dames						1
25m vrije slag	series	18.	34.79	27	34.31	97%
25m vrije slag	series	19.	<b>34.31</b>	28	36.00	110%
25m schoolslag	series	13.	35.60	50	34.97	96%
25m schoolslag	series	12.	34.97	53	34.82	99%
Daniel Radema, 1800 (99 jaar), Heren						4
50m vrije slag	series	3.	<b>46.27</b>	82	46.93	103%
50m vrije slag	series	4.	<b>46.34</b>	82	46.93	103%
25m rugslag	series	4.	<b>26.75</b>	57	26.85	101%
25m rugslag	series	4.	<b>26.85</b>	56	30.00	125%
Jolanda Hospers, 1800 (99 jaar), Dames						1
25m vrije slag	series	26.	49.64	9	46.30	87%
25m vrije slag	series	25.	<b>49.24</b>	9	49.64	102%
25m schoolslag	series	15.	51.97	16	46.87	81%
25m schoolslag	series	16.	46.87	22	46.52	99%
Lianne Jager, 1800 (99 jaar), Dames						2
50m vrije slag	series	8.	1:10.82	33	59.75	71%
50m vrije slag	series	5.	<b>59.75</b>	56	1:03.93	114%
50m schoolslag	series	2.	<b>1:07.32</b>	74	1:07.87	102%
50m schoolslag	series	1.	1:07.87	73	1:05.75	94%
Nicole Goos, 1800 (99 jaar), Dames						3
25m vrije slag	series	26.	57.12	6	55.95	96%
25m vrije slag	series	27.	<b>55.95</b>	6	1:05.64	138%
25m schoolslag	series	16.	<b>56.67</b>	12	58.64	107%
25m schoolslag	series	17.	<b>58.64</b>	11	59.92	104%
Patrick Brockschmidt, 1800 (99 jaar), Heren						1
50m vrije slag	series	6.	54.21	51	52.34	93%
50m vrije slag	series	6.	52.34	57	44.07	71%
50m schoolslag	series	1.	<b>47.18</b>	147	48.84	107%
50m schoolslag	series	1.	48.84	133	47.83	96%
Peter Kuizinga, 1800 (99 jaar), Heren						-
50m vrije slag	series	AFGEM	-	-	NT	-
50m vrije slag	series	AFGEM	-	-	46.37	-
50m schoolslag	series	AFGEM	-	-	NT	-
50m schoolslag	series	AFGEM	-	-	51.88	-
Ricette Schumer, 1800 (99 jaar), Dames						2
50m vrije slag	series	4.	59.39	57	58.67	98%
50m vrije slag	series	4.	<b>58.67</b>	59	1:00.14	105%
50m schoolslag	series	3.	<b>1:08.08</b>	72	1:09.77	105%
50m schoolslag	series	2.	1:09.77	67	1:05.95	89%
Rolf Smit, 1800 (99 jaar), Heren						4
25m rugslag	series	3.	<b>23.78</b>	81	24.59	107%
25m rugslag	series	3.	<b>24.59</b>	73	28.10	131%
50m schoolslag	series	5.	<b>54.70</b>	94	56.64	107%
50m schoolslag	series	5.	<b>56.64</b>	85	56.95	101%
Wendy Oosterveld, 1800 (99 jaar), Dames						1
50m vrije slag	series	11.	1:16.94	26	1:09.22	81%
50m vrije slag	series	9.	<b>1:09.22</b>	36	1:10.20	103%
50m schoolslag	series	4.	1:19.51	45	1:17.81	96%
Willem Holthuis, 1800 (99 jaar), Heren						1
50m vrije slag	series	2.	44.45	93	44.28	99%
50m vrije slag	series	2.	44.28	94	43.03	94%
50m schoolslag	series	2.	<b>50.34</b>	121	51.09	103%
50m schoolslag	series	2.	51.09	116	49.11	92%



de Brug Noord-Groningen						9
Gertjan Groendijk, 1800 (99 jaar), Heren						2
25m rugslag	series	2.	<b>22.43</b>	96	24.13	116%
25m rugslag	series	2.	24.13	77	21.23	77%
50m schoolslag	series	3.	<b>51.37</b>	114	52.40	104%
50m schoolslag	series	4.	52.40	107	48.50	86%
Jessica Hofste, 1800 (99 jaar), Dames						1
50m vrije slag	series	2.	<b>45.54</b>	127	45.87	101%
50m vrije slag	series	1.	45.87	124	40.00	76%
25m rugslag	series	2.	23.62	126	23.39	98%
25m rugslag	series	1.	23.39	130	21.70	86%
Michel Dam, 1800 (99 jaar), Heren						2
25m vrije slag	series	10.	24.19	52	24.00	98%
25m vrije slag	series	10.	<b>24.00</b>	54	25.36	112%
25m schoolslag	series	8.	31.66	47	30.76	94%
25m schoolslag	series	7.	<b>30.76</b>	51	35.87	136%
Sander van den Berg, 1800 (99 jaar), Heren						2
25m schoolslag	series	1.	<b>22.99</b>	124	23.67	106%
25m schoolslag	series	2.	23.67	113	22.30	89%
50m schoolslag	series	4.	<b>51.37</b>	114	51.85	102%
50m schoolslag	series	3.	51.85	111	48.00	86%
Sonja de Winter - Vos, 1800 (99 jaar), Dames						2
25m vrije slag	series	6.	<b>27.50</b>	55	29.83	118%
25m vrije slag	series	11.	29.83	43	NT	-
25m schoolslag	series	9.	<b>32.64</b>	65	34.06	109%
25m schoolslag	series	10.	34.06	57	NT	-
Theo Schuiling, 1800 (99 jaar), Heren						-
25m vrije slag	series	2.	17.37	142	16.81	94%
25m vrije slag	series	2.	16.81	157	15.83	89%
50m vrije slag	series	1.	36.92	162	35.73	94%
50m vrije slag	series	1.	35.73	179	35.00	96%



de Brug Veendam						13
Anthony Woldijk, 1800 (99 jaar), Heren						1
50m vrije slag	series	8.	1:06.55	27	1:06.15	99%
50m vrije slag	series	9.	1:06.15	28	1:04.77	96%
50m schoolslag	series	7.	<b>1:14.37</b>	37	1:14.72	101%
50m schoolslag	series	7.	1:14.72	37	1:13.68	97%
Astrid Wever, 1800 (99 jaar), Dames						4
25m vrije slag	series	2.	<b>22.51</b>	100	22.99	104%
25m vrije slag	series	2.	<b>22.99</b>	94	24.24	111%
25m schoolslag	series	1.	<b>27.34</b>	112	27.49	101%
25m schoolslag	series	1.	<b>27.49</b>	110	30.08	120%
Damian Franzen, 1800 (99 jaar), Heren						1
25m vrije slag	series	1.	14.69	236	14.56	98%
25m vrije slag	series	1.	14.56	242	14.41	98%
25m rugslag	series	1.	<b>19.85</b>	139	20.30	105%
25m rugslag	series	1.	20.30	130	19.98	97%
Lianne Lageveen, 1800 (99 jaar), Dames						3
25m vrije slag	series	8.	27.93	52	27.78	99%
25m vrije slag	series	5.	<b>27.41</b>	55	27.93	104%
25m schoolslag	series	2.	<b>28.96</b>	94	29.24	102%
25m schoolslag	series	2.	<b>29.24</b>	91	31.54	116%
Tessa de Boer, 1800 (99 jaar), Dames						1
25m vrije slag	series	18.	33.90	29	30.71	82%
25m vrije slag	series	19.	35.06	26	33.90	93%
25m schoolslag	series	3.	<b>30.00</b>	84	30.78	105%
25m schoolslag	series	3.	30.78	78	30.17	96%
Tristan Franzen, 1800 (99 jaar), Heren						1
50m vrije slag	series	4.	47.88	74	46.34	94%
50m vrije slag	series	3.	<b>46.34</b>	82	47.47	105%
50m schoolslag	series	6.	1:05.16	56	1:01.15	88%
50m schoolslag	series	6.	1:01.15	67	56.00	84%
Youri Kaput, 1800 (99 jaar), Heren						2
25m vrije slag	series	6.	21.60	74	18.83	76%
25m vrije slag	series	5.	<b>18.83</b>	112	19.13	103%
25m schoolslag	series	2.	<b>24.76</b>	99	24.87	101%
25m schoolslag	series	3.	24.87	98	24.00	93%



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



De Forel

-



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



De Wellerobben

-



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



HZ&PC Heerenveen

-





"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



Isis

-



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



Neptunia'24

-



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



Orca

-



Samen Onderweg Heerenveen							22
Adri Hoiting, 1800 (99 jaar), Dames							1
25m vrije slag	series	23.	41.31	16	38.80	88%	
25m vrije slag	series	23.	41.89	15	41.31	97%	
50m vrije slag	series	12.	1:25.34	19	1:21.41	91%	
50m vrije slag	series	12.	<b>1:21.41</b>	22	1:26.00	112%	
Alienke Remmelts, 1800 (99 jaar), Dames							3
25m vrije slag	series	4.	26.95	58	26.06	94%	
25m vrije slag	series	3.	<b>26.06</b>	64	26.80	106%	
50m vrije slag	series	5.	<b>1:00.94</b>	53	1:04.10	111%	
50m vrije slag	series	6.	<b>1:04.10</b>	45	1:10.00	119%	
Ciska Wolters, 1800 (99 jaar), Dames							1
25m vrije slag	series	22.	39.36	18	37.43	90%	
25m vrije slag	series	22.	<b>37.43</b>	21	37.70	101%	
50m vrije slag	series	13.	1:31.44	15	1:28.76	94%	
50m vrije slag	series	13.	1:28.76	17	1:25.00	92%	
Femke Hoogland, 1800 (99 jaar), Dames							1
25m vrije slag	series	9.	28.18	51	27.00	92%	
25m vrije slag	series	8.	<b>27.70</b>	53	28.18	103%	
50m vrije slag	series	9.	1:10.88	33	1:07.41	90%	
50m vrije slag	series	8.	1:07.41	39	1:05.00	93%	
Janneke Walda, 1800 (99 jaar), Dames							3
25m vrije slag	series	14.	30.83	39	28.50	85%	
25m vrije slag	series	12.	<b>30.51</b>	40	30.83	102%	
50m vrije slag	series	7.	<b>1:07.52</b>	39	1:10.06	108%	
50m vrije slag	series	10.	<b>1:10.06</b>	35	1:35.00	184%	
John Wijngaard, 1800 (99 jaar), Heren							3
25m vrije slag	series	13.	<b>25.37</b>	45	25.89	104%	
25m vrije slag	series	13.	<b>25.89</b>	43	26.50	105%	
50m vrije slag	series	7.	1:02.69	33	58.59	87%	
50m vrije slag	series	7.	<b>58.59</b>	40	1:16.00	168%	
Mats de Boer, 1800 (99 jaar), Heren							3
25m vrije slag	series	5.	<b>21.44</b>	75	22.34	109%	
25m vrije slag	series	7.	<b>22.34</b>	67	22.80	104%	
50m vrije slag	series	5.	50.05	65	49.23	97%	
50m vrije slag	series	5.	<b>49.23</b>	68	51.00	107%	
Rianne Kuier, 1800 (99 jaar), Dames							1
50m vrije slag	series	6.	<b>1:04.63</b>	44	1:04.66	100%	
50m vrije slag	series	7.	1:04.66	44	1:03.00	95%	
25m rugslag	series	5.	32.66	48	32.00	96%	
25m rugslag	series	5.	32.00	51	31.40	96%	
Sam Mulder, 1800 (99 jaar), Heren							3
25m vrije slag	series	15.	<b>27.07</b>	37	27.70	105%	
25m vrije slag	series	14.	<b>27.70</b>	35	27.80	101%	
50m vrije slag	series	9.	1:06.55	27	1:03.60	91%	
50m vrije slag	series	8.	<b>1:03.60</b>	31	1:12.00	128%	
Sietse Krist, 1800 (99 jaar), Heren							3
25m vrije slag	series	29.	<b>36.20</b>	15	39.21	117%	
25m vrije slag	series	31.	<b>39.21</b>	12	42.00	115%	
50m vrije slag	series	11.	1:36.44	9	1:31.95	91%	
50m vrije slag	series	11.	<b>1:31.95</b>	10	1:35.00	107%	



Spelend Sporten Leeuwarden								20
Alejandro Weistra, 1800 (99 jaar), Heren								1
25m vrije slag	series	31.	<b>37.50</b>	14	37.78		101%	
25m vrije slag	series	27.	37.78	13	35.00		86%	
Bas Galema, 1800 (99 jaar), Heren								1
25m vrije slag	series	21.	30.19	27	30.03		99%	
25m vrije slag	series	19.	<b>30.03</b>	27	34.00		128%	
Diane Brouwer, 1800 (99 jaar), Dames								-
25m vrije slag	series	20.	36.18	24	31.00		73%	
25m vrije slag	series	21.	37.11	22	36.18		95%	
Jacob Boonstra, 1800 (99 jaar), Heren								1
25m vrije slag	series	14.	<b>26.48</b>	40	28.28		114%	
25m vrije slag	series	16.	28.28	33	28.00		98%	
Jannie Abel, 1800 (99 jaar), Dames								-
25m vrije slag	series	28.	1:18.20	2	40.00		26%	
25m vrije slag	series	28.	1:22.43	2	1:18.20		90%	
Joni Tingen, 1800 (99 jaar), Heren								-
25m vrije slag	series	34.	38.32	13	38.23		100%	
25m vrije slag	series	28.	38.23	13	36.00		89%	
Margot Mooi, 1800 (99 jaar), Dames								1
25m vrije slag	series	24.	45.00	12	34.00		57%	
25m vrije slag	series	24.	<b>43.53</b>	13	45.00		107%	
Marjet Veltman, 1800 (99 jaar), Dames								3
25m vrije slag	series	1.	<b>20.99</b>	123	21.30		103%	
25m vrije slag	series	1.	<b>21.30</b>	118	28.00		173%	
50m vrije slag	series	3.	47.18	114	45.87		95%	
50m vrije slag	series	2.	<b>45.87</b>	124	1:00.00		171%	
Menno Atema, 1800 (99 jaar), Heren								2
25m vrije slag	series	17.	<b>28.69</b>	31	29.11		103%	
25m vrije slag	series	17.	<b>29.11</b>	30	36.00		153%	
Ramon Hofstede, 1800 (99 jaar), Heren								2
25m vrije slag	series	25.	<b>32.96</b>	20	33.51		103%	
25m vrije slag	series	23.	<b>33.51</b>	19	34.00		103%	
Raymon van Huizen, 1800 (99 jaar), Heren								1
25m vrije slag	series	30.	<b>36.42</b>	15	40.75		125%	
25m vrije slag	series	34.	40.75	11	33.00		66%	
Rienk Visser, 1800 (99 jaar), Heren								2
25m vrije slag	series	20.	<b>29.38</b>	29	31.15		112%	
25m vrije slag	series	22.	<b>31.15</b>	24	37.00		141%	
Sven Vermeer, 1800 (99 jaar), Heren								1
25m vrije slag	series	12.	25.20	46	23.43		86%	
25m vrije slag	series	8.	<b>23.43</b>	58	32.00		187%	
Thomas Veltman, 1800 (99 jaar), Heren								1
25m vrije slag	series	11.	25.20	46	25.00		98%	
25m vrije slag	series	12.	<b>25.00</b>	47	27.00		117%	
Watze van den Berg, 1800 (99 jaar), Heren								2
25m vrije slag	series	22.	<b>30.80</b>	25	30.81		100%	
25m vrije slag	series	20.	<b>30.81</b>	25	38.00		152%	
Wesley Miedema, 1800 (99 jaar), Heren								2
25m vrije slag	series	9.	<b>23.54</b>	57	23.83		102%	
25m vrije slag	series	9.	<b>23.83</b>	55	36.00		228%	



<b>Sportstichting Dol Fijn</b>						<b>27</b>
<b>Bennie Nauta, 1800 (99 jaar), Heren</b>						<b>3</b>
25m vrije slag	series	37.	<b>44.01</b>	8	44.67	103%
25m vrije slag	series	35.	<b>44.67</b>	8	51.10	131%
25m rugslag	series	10.	51.56	7	50.05	94%
25m rugslag	series	10.	<b>50.05</b>	8	1:02.09	154%
<b>Dennis van Leeuwen, 1800 (99 jaar), Heren</b>						<b>3</b>
25m vrije slag	series	26.	<b>33.15</b>	20	34.89	111%
25m vrije slag	series	25.	34.89	17	33.99	95%
25m rugslag	series	6.	<b>32.14</b>	32	33.38	108%
25m rugslag	series	7.	<b>33.38</b>	29	37.56	127%
<b>Henny van Elmpt, 1800 (99 jaar), Heren</b>						<b>2</b>
25m vrije slag	series	28.	<b>35.53</b>	16	46.20	169%
25m vrije slag	series	36.	46.20	7	44.90	94%
25m rugslag	series	11.	52.69	7	50.18	91%
25m rugslag	series	11.	<b>50.18</b>	8	52.73	110%
<b>Jeldau Brink, 1800 (99 jaar), Dames</b>						<b>2</b>
25m vrije slag	series	9.	28.97	47	27.67	91%
25m vrije slag	series	6.	<b>27.67</b>	54	34.06	152%
25m schoolslag	series	12.	35.18	52	33.35	90%
25m schoolslag	series	9.	<b>33.35</b>	61	36.10	117%
<b>Kevin Geurts, 1800 (99 jaar), Heren</b>						<b>2</b>
25m rugslag	series	5.	30.63	38	26.85	77%
25m rugslag	series	5.	<b>26.85</b>	56	32.66	148%
25m schoolslag	series	4.	26.17	84	24.90	91%
25m schoolslag	series	4.	<b>24.90</b>	97	29.34	139%
<b>Klazina Nicolai, 1800 (99 jaar), Dames</b>						<b>2</b>
25m vrije slag	series	16.	34.13	28	32.09	88%
25m vrije slag	series	17.	<b>32.09</b>	34	32.97	106%
25m rugslag	series	7.	36.18	35	35.72	97%
25m rugslag	series	7.	<b>35.72</b>	36	38.95	119%
<b>Maaïke Bijlsma, 1800 (99 jaar), Dames</b>						<b>4</b>
25m vrije slag	series	3.	<b>26.78</b>	59	26.80	100%
25m vrije slag	series	4.	<b>26.80</b>	59	30.28	128%
25m schoolslag	series	6.	<b>31.07</b>	76	31.34	102%
25m schoolslag	series	6.	<b>31.34</b>	74	33.62	115%
<b>Priscilla van Vugt, 1800 (99 jaar), Dames</b>						<b>3</b>
25m rugslag	series	6.	34.85	39	34.61	99%
25m rugslag	series	6.	<b>34.61</b>	40	47.49	188%
25m schoolslag	series	8.	<b>31.36</b>	74	32.01	104%
25m schoolslag	series	7.	<b>32.01</b>	69	39.68	154%
<b>Renske Meestringa, 1800 (99 jaar), Dames</b>						<b>3</b>
25m vrije slag	series	11.	30.41	40	30.14	98%
25m vrije slag	series	13.	<b>30.14</b>	41	36.88	150%
25m schoolslag	series	5.	<b>31.06</b>	76	31.19	101%
25m schoolslag	series	5.	<b>31.19</b>	75	34.20	120%
<b>Richard Pestman, 1800 (99 jaar), Heren</b>						<b>3</b>
25m vrije slag	series	3.	<b>17.54</b>	138	18.09	106%
25m vrije slag	series	3.	<b>18.09</b>	126	19.97	122%
25m schoolslag	series	1.	<b>22.09</b>	139	24.34	121%



Trebokama								11
Alien de Jonge, 1800 (99 jaar), Dames								-
50m vrije slag	series	10.	1:14.82	28	1:11.57		92%	
50m vrije slag	series	11.	1:11.57	32	1:05.00		82%	
Bertus van Holten, 1800 (99 jaar), Heren								2
50m vrije slag	series	10.	1:27.59	12	1:27.13		99%	
50m vrije slag	series	10.	<b>1:27.13</b>	12	1:39.00		129%	
25m rugslag	series	7.	34.08	27	33.24		95%	
25m rugslag	series	6.	<b>33.24</b>	29	1:39.00		887%	
Franka Boer, 1800 (99 jaar), Dames								1
50m schoolslag	series	6.	2:04.39	11	1:23.83		45%	
50m schoolslag	series	3.	<b>1:23.83</b>	38	1:24.00		100%	
Janet Brinkman, 1800 (99 jaar), Dames								3
25m vrije slag	series	7.	<b>27.66</b>	54	31.03		126%	
25m vrije slag	series	15.	<b>31.03</b>	38	1:49.00		1234%	
25m schoolslag	series	15.	<b>38.48</b>	40	1:49.00		802%	
Miranda Moes, 1800 (99 jaar), Dames								2
50m schoolslag	series	5.	<b>1:27.87</b>	33	1:28.15		101%	
50m schoolslag	series	4.	<b>1:28.15</b>	33	1:34.00		114%	
Rian Wemmenhove, 1800 (99 jaar), Dames								3
25m vrije slag	series	10.	<b>29.38</b>	45	29.88		103%	
25m vrije slag	series	12.	<b>29.88</b>	42	1:15.00		630%	
50m schoolslag	series	1.	<b>1:04.16</b>	86	1:08.14		113%	



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



unattached

-





"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



ZCNF'34

-



ZCNF'34 - T Plomke							42
Alianne Karsten, 1800 (99 jaar), Dames							-
25m vrije slag	series	25.	48.70	9	43.00	78%	
25m vrije slag	series	27.	58.90	5	48.70	68%	
25m schoolslag	series	17.	1:00.18	10	59.72	98%	
25m schoolslag	series	18.	59.72	10	45.00	57%	
Bart Suurmond, 1800 (99 jaar), Heren							3
25m vrije slag	series	27.	<b>34.98</b>	17	38.24	120%	
25m vrije slag	series	29.	<b>38.24</b>	13	45.71	143%	
25m schoolslag	series	14.	48.15	13	40.96	72%	
25m schoolslag	series	11.	<b>40.96</b>	21	41.73	104%	
Damian Bos, 1800 (99 jaar), Heren							1
25m vrije slag	series	38.	47.59	6	38.68	66%	
25m vrije slag	series	30.	<b>38.68</b>	12	45.68	139%	
25m schoolslag	series	13.	46.22	15	39.12	72%	
Daphne Dunnebier, 1800 (99 jaar), Dames							4
25m vrije slag	series	17.	<b>34.54</b>	27	36.40	111%	
25m vrije slag	series	21.	<b>36.40</b>	23	50.57	193%	
25m schoolslag	series	11.	<b>35.06</b>	53	36.33	107%	
25m schoolslag	series	14.	<b>36.33</b>	47	37.77	108%	
Gaby de Vries, 1800 (99 jaar), Dames							2
25m vrije slag	series	20.	36.03	24	27.40	58%	
25m vrije slag	series	5.	<b>27.40</b>	55	28.36	107%	
25m schoolslag	series	10.	35.01	53	34.70	98%	
25m schoolslag	series	11.	<b>34.70</b>	54	36.61	111%	
Hannah Stalman, 1800 (99 jaar), Dames							-
25m vrije slag	series	AFGEM		-	1:06.63	-	
25m vrije slag	series	AFGEM		-	NT	-	
Jantien Visser, 1800 (99 jaar), Dames							-
25m vrije slag	series	AFGEM		-	41.09	-	
25m vrije slag	series	AFGEM		-	NT	-	
25m schoolslag	series	AFGEM		-	NT	-	
25m schoolslag	series	AFGEM		-	40.20	-	
Jappie Doller, 1800 (99 jaar), Heren							3
25m vrije slag	series	36.	42.13	10	39.69	89%	
25m vrije slag	series	32.	<b>39.69</b>	11	45.12	129%	
25m schoolslag	series	12.	<b>42.92</b>	19	43.46	103%	
25m schoolslag	series	13.	<b>43.46</b>	18	45.18	108%	
Jeroen van der Meer, 1800 (99 jaar), Heren							2
25m vrije slag	series	8.	22.56	65	21.99	95%	
25m vrije slag	series	6.	<b>21.99</b>	70	23.83	117%	
25m schoolslag	series	3.	<b>24.78</b>	99	26.65	116%	
Jochem Tuininga, 1800 (99 jaar), Heren							1
25m vrije slag	series	32.	37.50	14	34.35	84%	
25m vrije slag	series	24.	<b>34.35</b>	18	46.49	183%	
Johan de Vries, 1800 (99 jaar), Heren							2
25m vrije slag	series	19.	<b>29.09</b>	30	29.50	103%	
25m schoolslag	series	6.	29.93	56	29.91	100%	
25m schoolslag	series	6.	<b>29.91</b>	56	45.27	229%	
Marc de Haan, 1800 (99 jaar), Heren							1
25m vrije slag	series	33.	<b>38.31</b>	13	40.66	113%	
25m vrije slag	series	33.	40.66	11	39.97	97%	
Marjolein van 't Hof, 1800 (99 jaar), Dames							4
25m vrije slag	series	14.	<b>31.02</b>	38	31.46	103%	
25m vrije slag	series	16.	<b>31.46</b>	36	31.82	102%	
25m schoolslag	series	4.	<b>30.89</b>	77	30.93	100%	
25m schoolslag	series	4.	<b>30.93</b>	77	31.82	106%	
Mark de Jong, 1800 (99 jaar), Heren							2
25m vrije slag	series	40.	1:03.69	2	56.14	78%	
25m vrije slag	series	39.	<b>56.14</b>	4	57.09	103%	
25m schoolslag	series	15.	52.84	10	50.96	93%	
25m schoolslag	series	14.	<b>50.96</b>	11	53.74	111%	
Milan Bouland, 1800 (99 jaar), Heren							3
25m vrije slag	series	4.	19.58	99	18.66	91%	
25m vrije slag	series	4.	<b>18.66</b>	115	20.04	115%	
25m schoolslag	series	5.	<b>28.68</b>	63	29.39	105%	
25m schoolslag	series	5.	<b>29.39</b>	59	32.24	120%	
Nico de Jong, 1800 (99 jaar), Heren							3
25m vrije slag	series	23.	31.87	23	30.85	94%	
25m vrije slag	series	21.	<b>30.85</b>	25	40.26	170%	
25m schoolslag	series	7.	<b>31.59</b>	47	31.62	100%	
25m schoolslag	series	8.	<b>31.62</b>	47	35.52	126%	
Rutger Jonkers, 1800 (99 jaar), Heren							3
25m vrije slag	series	7.	<b>22.51</b>	65	24.00	114%	
25m vrije slag	series	11.	<b>24.00</b>	54	27.01	127%	
25m schoolslag	series	10.	<b>36.92</b>	29	37.36	102%	
25m schoolslag	series	10.	37.36	28	32.03	74%	



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sietse Iedema, 1800 (99 jaar), Heren							3
25m vrije slag	series	16.	<b>27.63</b>	35	29.39	113%	
25m vrije slag	series	18.	29.39	29	26.26	80%	
25m schoolslag	series	11.	<b>37.25</b>	29	42.60	131%	
25m schoolslag	series	12.	<b>42.60</b>	19	42.77	101%	
Ward Peeters, 1800 (99 jaar), Heren							2
25m vrije slag	series	39.	<b>50.52</b>	5	53.13	111%	
25m vrije slag	series	38.	<b>53.13</b>	4	1:00.90	131%	
Ytje Miedema, 1800 (99 jaar), Dames							3
25m vrije slag	series	13.	30.70	39	27.67	81%	
25m vrije slag	series	6.	<b>27.67</b>	54	30.75	124%	
25m schoolslag	series	7.	<b>31.15</b>	75	32.22	107%	
25m schoolslag	series	8.	<b>32.22</b>	68	36.74	130%	



"SAMEN ONDERWEG"



Sport Mix Toernooi 2024  
Heerenveen, 6-4-2024



Sport  
Fryslân



ZuiderZeeZwemmers

Annemieke Visch, 1800 (99 jaar), Dames

50m vrije slag	series	1.	<b>45.00</b>	132	48.31	115%
50m vrije slag	series	3.	<b>48.31</b>	106	50.00	107%
25m rugslag	series	1.	<b>23.39</b>	130	24.41	109%
25m rugslag	series	2.	<b>24.41</b>	114	25.00	105%

Troy van Roenburg, 1800 (99 jaar), Heren

25m vrije slag	series	24.	<b>32.63</b>	21	35.87	121%
25m vrije slag	series	26.	<b>35.87</b>	16	45.00	157%
25m schoolslag	series	9.	<b>32.23</b>	45	34.21	113%
25m schoolslag	series	9.	<b>34.21</b>	37	45.00	173%

8

4

4