

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
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Avena								14
Dilan Gaemers, 2006 (18 jaar), Jongens								2
50m schoolslag	series	3.	33.50	413	33.96	20-4-2024	103%	
50m vlinderslag	series	4.	30.41	365	31.45	18-11-2023	107%	
Geuvert Hoogkamp, 2006 (18 jaar), Jongens								1
100m vrije slag	series	6.	1:01.60	385	1:00.83	12-10-2024	98%	
100m rugslag	series	2.	1:09.28	339	1:12.39	14-1-2024	109%	
Ina Knol, 2010 (14 jaar), Meisjes								-
50m rugslag	series	AFGEM	-	-	42.66	10-2-2024	-	
100m schoolslag	series	AFGEM	-	-	1:50.55	27-1-2024	-	
Janneke Postma, 2010 (14 jaar), Meisjes								2
100m vrije slag	series	16.	1:13.64	317	1:15.08	29-6-2024	104%	
50m vlinderslag	series	11.	37.79	268	46.46	16-3-2024	151%	
Lena Kuindersma, 2008 (16 jaar), Meisjes								1
100m schoolslag	series	4.	1:39.01	249	1:42.47	16-3-2024	107%	
100m wisselslag	series	8.	1:31.03	239	1:27.47	29-6-2024	92%	
Lisa van Ewijck, 2009 (15 jaar), Meisjes								4
50m vrije slag	series	14.	32.40	354	33.34	12-10-2024	106%	
100m vrije slag	series	13.	1:11.63	345	1:13.32	20-4-2024	105%	
50m vlinderslag	series	12.	38.37	256	40.02	11-11-2023	109%	
100m wisselslag	series	10.	1:24.54	298	1:30.24	6-4-2024	114%	
MARIKE DE JONG, 2001 (23 jaar), Dames								1
50m vlinderslag	series	7.	32.87	408	33.08	14-1-2024	101%	
Silvan Boersma, 2011 (13 jaar), Jongens								1
50m vrije slag	series	1.	30.35	293	31.00	12-10-2024	104%	
Tess Knol, 2007 (17 jaar), Meisjes								2
50m vrije slag	series	9.	33.73	314	34.92	11-11-2023	107%	
50m rugslag	series	6.	38.26	287	39.55	12-10-2024	107%	

Bolsward

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De Forel

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de Granaet								4
Daphne Westra, 2009 (15 jaar), Meisjes								-
50m vrije slag	series	AFGEM	-	29.05	25-11-2023	-	-	
100m vrije slag	series	AFGEM	-	1:03.37	20-4-2024	-	-	
100m rugslag	series	AFGEM	-	1:13.45	20-4-2024	-	-	
50m schoolslag	series	AFGEM	-	36.24	18-11-2023	-	-	
100m schoolslag	series	AFGEM	-	1:20.80	25-11-2023	-	-	
200m schoolslag	series	AFGEM	-	2:53.55	13-1-2024	-	-	
50m vlinderslag	series	AFGEM	-	34.17	14-10-2023	-	-	
100m wisselslag	series	AFGEM	-	1:13.63	13-1-2024	-	-	
Hylke de Jong, 2008 (16 jaar), Jongens								-
50m vrije slag	series	AFGEM	-	26.49	6-7-2024	-	-	
50m vlinderslag	series	AFGEM	-	29.81	30-3-2024	-	-	
200m vlinderslag	series	AFGEM	-	2:43.15	20-4-2024	-	-	
Nicole Pestman, 2010 (14 jaar), Meisjes								4
50m vrije slag	series	3.	28.68	511	29.10	19-10-2024	103%	
100m vrije slag	series	5.	1:03.89	486	1:04.50	20-10-2024	102%	
50m rugslag	series	5.	33.59	424	33.83	19-10-2024	101%	
200m rugslag	series	7.	2:44.66	376	2:41.08	19-10-2024	96%	
100m wisselslag	series	8.	1:20.58	344	1:23.37	5-10-2024	107%	

De Skelp

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De Vikings								66
Elske de Vries, 2008 (16 jaar), Meisjes								1
100m vrije slag	series	7.	1:14.51	306	1:14.35	6-7-2024	100%	
100m rugslag	series	4.	1:30.90	220	1:27.32	13-10-2024	92%	
50m schoolslag	series	4.	44.55	258	44.24	27-10-2024	99%	
50m vlinderslag	series	6.	39.29	238	41.45	12-10-2024	111%	
Femke De Vries, 2012 (12 jaar), Meisjes								6
400m vrije slag	series	7.	6:02.32	260	6:10.29	28-9-2024	104%	
50m rugslag	series	7.	39.98	251	41.13	13-4-2024	106%	
100m rugslag	series	9.	1:28.26	240	1:29.20	13-10-2024	102%	
200m rugslag	series	5.	3:01.23	282	3:08.40	6-10-2024	108%	
50m schoolslag	series	6.	46.26	230	48.00	14-1-2024	108%	
100m schoolslag	series	9.	1:43.87	216	1:41.67	26-10-2024	96%	
50m vlinderslag	series	7.	45.90	149	45.24	14-1-2024	97%	
100m wisselslag	series	10.	1:31.33	236	1:34.33	29-6-2024	107%	
200m wisselslag	series	6.	3:21.16	222	3:19.25	30-3-2024	98%	
Jelte de Boer, 2007 (17 jaar), Jongens								6
100m vrije slag	series	4.	58.10	459	57.61	12-10-2024	98%	
50m rugslag	series	4.	30.36	386	30.40	9-3-2024	100%	
50m schoolslag	series	2.	32.69	444	32.97	20-10-2024	102%	
100m schoolslag	series	4.	1:10.78	476	1:11.10	20-10-2024	101%	
200m schoolslag	series	3.	2:37.59	443	2:44.49	7-10-2023	109%	
100m wisselslag	series	2.	1:03.45	468	1:04.38	6-10-2024	103%	
200m wisselslag	series	2.	2:21.49	465	2:21.48	28-9-2024	100%	
400m wisselslag	series	4.	5:05.21	455	5:06.74	9-3-2024	101%	
Jetze de Vries, 2006 (18 jaar), Jongens								2
100m vrije slag	series	4.	55.20	536	54.45	13-1-2024	97%	
50m schoolslag	series	2.	29.99	575	29.76	30-6-2024	98%	
100m schoolslag	series	1.	1:06.69	569	1:06.11	7-7-2024	98%	
200m schoolslag	series	2.	2:29.56	518	2:30.73	28-12-2023	102%	
50m vlinderslag	series	2.	26.67	542	26.68	7-7-2024	100%	
100m vlinderslag	series	2.	1:01.61	466	1:00.81	6-7-2024	97%	
100m wisselslag	series	2.	1:03.05	477	1:01.58	29-6-2024	95%	
Kyara Balt, 2011 (13 jaar), Meisjes								8
100m vrije slag	series	3.	1:08.10	401	1:09.60	27-10-2024	104%	
200m vrije slag	series	2.	2:23.72	452	2:30.16	6-10-2024	109%	
100m rugslag	series	3.	1:18.24	345	1:21.75	6-10-2024	109%	
100m schoolslag	series	5.	1:30.29	329	1:30.82	6-7-2024	101%	
200m schoolslag	series	4.	3:11.76	345	3:16.40	7-7-2024	105%	
100m vlinderslag	series	2.	1:17.17	343	1:22.31	29-6-2024	114%	
200m vlinderslag	series	1.	2:51.89	336	2:49.59	29-6-2024	97%	
100m wisselslag	series	5.	1:18.43	374	1:20.70	28-12-2023	106%	
400m wisselslag	series	2.	5:46.07	418	5:49.30	7-7-2024	102%	
Melissa Zeegers, 2010 (14 jaar), Meisjes								1
50m rugslag	series	12.	42.28	212	39.52	6-7-2024	87%	
100m wisselslag	series	11.	1:27.40	270	1:33.68	7-10-2023	115%	
Myrthe Offenga, 1999 (25 jaar), Dames								-
50m vrije slag	series	AFGEM	-	-	27.16	13-1-2024	-	
Nanne Woldring, 2011 (13 jaar), Jongens								8
50m vrije slag	series	2.	30.69	283	31.29	26-10-2024	104%	
100m vrije slag	series	4.	1:07.73	290	1:09.12	13-10-2024	104%	
400m vrije slag	series	4.	5:21.44	287	6:24.50	11-11-2023	143%	
100m schoolslag	series	5.	1:31.33	221	1:41.15	13-10-2024	123%	
200m schoolslag	series	2.	3:19.36	218	3:37.77	12-10-2024	119%	
100m vlinderslag	series	5.	1:28.51	157	1:30.76	28-9-2024	105%	
100m wisselslag	series	5.	1:20.14	232	1:23.30	26-10-2024	108%	
400m wisselslag	series	3.	6:07.72	260	6:46.15	6-4-2024	122%	
Quinten van Zanten, 2011 (13 jaar), Jongens								7
50m vrije slag	series	5.	32.49	238	32.17	27-10-2024	98%	
100m vrije slag	series	7.	1:12.21	239	1:12.65	27-10-2024	101%	
200m vrije slag	series	4.	2:45.06	218	2:49.85	12-10-2024	106%	
400m vrije slag	series	6.	5:45.12	232	5:57.57	12-10-2024	107%	
100m schoolslag	series	7.	1:34.50	200	1:36.34	28-9-2024	104%	
200m schoolslag	series	3.	3:25.96	198	3:29.95	6-10-2024	104%	
100m wisselslag	series	7.	1:22.89	210	1:28.04	26-10-2024	113%	
200m wisselslag	series	7.	2:59.64	227	3:16.31	9-3-2024	119%	
Ranomi Zeegers, 2012 (12 jaar), Meisjes								6
50m vrije slag	series	3.	33.37	324	35.02	30-3-2024	110%	
100m vrije slag	series	8.	1:15.08	299	1:13.99	13-10-2024	97%	
400m vrije slag	series	6.	5:35.65	327	6:22.81	11-11-2023	130%	
50m rugslag	series	8.	40.40	244	41.71	7-7-2024	107%	
100m rugslag	series	8.	1:25.08	268	1:26.95	7-7-2024	104%	
100m schoolslag	series	8.	1:40.12	241	1:39.36	13-10-2024	98%	
50m vlinderslag	series	6.	41.48	203	44.18	13-10-2024	113%	
200m wisselslag	series	3.	3:01.78	301	2:59.49	13-10-2024	97%	
400m wisselslag	series	4.	6:29.60	293	6:55.20	6-4-2024	114%	

Silke Hooghiemstra, 2010 (14 jaar), Meisjes								1
50m vrije slag	series	16.	34.72	288	33.42	13-4-2024	93%	
100m rugslag	series	12.	1:25.25	266	1:24.48	26-10-2024	98%	
50m schoolslag	series	7.	43.37	279	43.26	28-9-2024	99%	
100m schoolslag	series	5.	1:36.05	273	1:38.74	6-10-2024	106%	
Sven Koornstra, 2009 (15 jaar), Jongens								1
50m vrije slag	series	1.	25.69	483	26.37	29-12-2023	105%	
100m schoolslag	series	1.	1:14.42	409	1:07.41	10-12-2023	82%	
Tim Koornstra, 2012 (12 jaar), Jongens								7
100m vrije slag	series	6.	1:10.18	260	1:12.77	9-6-2024	108%	
200m vrije slag	series	3.	2:40.87	235	2:38.24	8-6-2024	97%	
400m vrije slag	series	5.	5:33.11	258	5:43.44	28-9-2024	106%	
100m rugslag	series	5.	1:23.12	196	1:21.80	12-10-2024	97%	
200m rugslag	series	1.	2:51.99	231	2:53.25	6-10-2024	101%	
100m schoolslag	series	3.	1:28.93	240	1:28.41	28-9-2024	99%	
100m vlinderslag	series	3.	1:21.63	200	1:24.46	8-6-2024	107%	
100m wisselslag	series	3.	1:18.74	245	1:22.04	25-2-2024	109%	
200m wisselslag	series	5.	2:53.25	253	2:56.36	9-6-2024	104%	
400m wisselslag	series	2.	6:02.84	271	6:13.55	12-10-2024	106%	
Tycho Wienbelt, 2010 (14 jaar), Jongens								9
200m vrije slag	series	3.	2:08.91	458	2:09.83	20-10-2024	101%	
400m vrije slag	series	3.	4:31.86	475	4:34.61	12-10-2024	102%	
100m rugslag	series	2.	1:08.45	351	1:10.19	27-10-2024	105%	
200m rugslag	series	2.	2:25.82	380	2:28.79	20-10-2024	104%	
100m schoolslag	series	4.	1:17.72	359	1:18.91	20-10-2024	103%	
200m schoolslag	series	2.	2:45.72	381	2:49.93	19-10-2024	105%	
100m wisselslag	series	2.	1:09.86	351	1:11.34	26-10-2024	104%	
200m wisselslag	series	2.	2:26.54	418	2:29.31	28-9-2024	104%	
400m wisselslag	series	1.	5:04.40	459	5:08.30	19-10-2024	103%	
Wytse Broekstra, 2008 (16 jaar), Jongens								3
50m vrije slag	series	1.	23.94	597	24.15	7-10-2023	102%	
400m vrije slag	series	2.	4:09.11	618	4:09.12	6-10-2024	100%	
50m rugslag	series	2.	28.44	469	27.34	29-12-2023	92%	
100m schoolslag	series	1.	1:02.26	699	1:02.07	10-12-2023	99%	
200m schoolslag	series	1.	2:15.47	697	2:15.51	16-12-2023	100%	
100m vlinderslag	series	1.	1:01.12	477	58.08	28-9-2024	90%	
100m wisselslag	series	1.	57.40	632	57.37	6-10-2024	100%	

Dz&Pc								62
Alissa Bosma, 2012 (12 jaar), Meisjes								-
100m vrije slag	series	AFGEM	-	1:34.56	28-9-2024	-	-	
100m rugslag	series	AFGEM	-	1:48.57	26-5-2024	-	-	
50m schoolslag	series	AFGEM	-	59.88	23-3-2024	-	-	
Amber Tiesinga, 2006 (18 jaar), Meisjes								7
100m vrije slag	series	5.	1:04.10	481	1:04.37	14-1-2024	101%	
400m vrije slag	series	4.	4:52.46	494	4:54.91	20-10-2024	102%	
100m rugslag	series	3.	1:12.00	443	1:12.25	26-10-2024	101%	
50m schoolslag	series	2.	35.71	501	36.13	29-6-2024	102%	
100m schoolslag	series	3.	1:18.93	493	1:19.79	6-7-2024	102%	
200m schoolslag	series	2.	2:50.21	494	2:51.20	7-7-2024	101%	
50m vlinderslag	series	4.	31.31	472	31.62	28-9-2024	102%	
Amila Mustafic, 2012 (12 jaar), Meisjes								2
100m vrije slag	series	1.	1:03.92	485	1:03.30	20-10-2024	98%	
200m vrije slag	series	1.	2:22.28	466	2:19.28	27-10-2024	96%	
50m rugslag	series	1.	34.63	387	34.63	15-9-2024	100%	
100m rugslag	series	2.	1:15.35	386	1:14.72	15-9-2024	98%	
50m schoolslag	series	4.	44.43	260	45.12	14-10-2023	103%	
50m vlinderslag	series	1.	34.64	348	33.45	26-10-2024	93%	
100m wisselslag	series	4.	1:17.72	384	1:20.10	30-3-2024	106%	
400m wisselslag	series	3.	6:18.53	320	6:16.88	10-3-2024	99%	
Colin Bes, 2005 (19 jaar), Heren								2
50m vrije slag	series	2.	23.97	594	23.83	30-6-2024	99%	
100m vrije slag	series	1.	51.24	670	51.26	15-12-2023	100%	
200m vrije slag	series	1.	1:54.95	646	1:53.43	20-10-2024	97%	
400m vrije slag	series	2.	4:14.92	577	4:17.99	5-10-2024	102%	
50m rugslag	series	2.	28.60	462	27.89	5-10-2024	95%	
100m rugslag	series	1.	1:04.18	427	59.48	19-10-2024	86%	
100m wisselslag	series	1.	59.78	560	59.11	29-6-2024	98%	
Collard Jungeling, 2007 (17 jaar), Jongens								1
100m vrije slag	series	3.	56.61	496	57.34	10-2-2024	103%	
50m vlinderslag	series	3.	27.81	478	27.57	28-12-2023	98%	
200m vlinderslag	series	1.	2:18.29	461	2:10.31	15-12-2023	89%	
Damir Mustafic, 2008 (16 jaar), Jongens								-
400m vrije slag	series	AFGEM	-	4:41.08	5-10-2024	-	-	
50m rugslag	series	AFGEM	-	28.76	7-7-2024	-	-	
100m schoolslag	series	3.	1:10.36	484	1:10.03	25-11-2023	99%	
100m wisselslag	series	4.	1:04.13	453	1:03.73	19-10-2024	99%	
Devenda van der Meer, 2009 (15 jaar), Meisjes								-
50m vrije slag	series	6.	30.14	440	29.72	29-12-2023	97%	
100m vrije slag	series	12.	1:09.10	384	1:07.09	14-1-2024	94%	
50m rugslag	series	6.	34.07	407	32.80	6-7-2024	93%	
100m rugslag	series	9.	1:15.40	385	1:12.15	10-12-2023	92%	
50m schoolslag	series	6.	42.62	294	40.54	6-7-2024	90%	
50m vlinderslag	series	10.	35.53	323	35.00	13-4-2024	97%	
100m wisselslag	series	7.	1:17.64	385	1:17.46	29-6-2024	100%	
Dominique Sikkema, 1995 (29 jaar), Heren								2
50m vrije slag	series	2.	23.18	657	22.71	7-7-2024	96%	
100m vrije slag	series	2.	51.61	655	53.65	19-5-2024	108%	
50m rugslag	series	2.	26.65	571	25.98	7-7-2024	95%	
50m schoolslag	series	1.	28.24	689	27.73	30-6-2024	96%	
100m schoolslag	series	1.	1:02.85	680	1:03.36	18-5-2024	102%	
50m vlinderslag	series	2.	26.31	564	24.98	7-7-2024	90%	
100m wisselslag	series	3.	1:01.02	526	56.52	17-12-2023	86%	
Esmee Mulder, 2008 (16 jaar), Meisjes								-
50m vrije slag	series	3.	28.25	534	27.43	14-10-2023	94%	
100m vrije slag	series	3.	1:00.63	569	59.26	10-3-2024	96%	
200m vrije slag	series	2.	2:10.38	605	2:06.82	7-7-2024	95%	
400m vrije slag	series	2.	4:33.91	602	4:33.02	26-10-2024	99%	
50m rugslag	series	3.	31.80	500	30.84	6-7-2024	94%	
100m rugslag	series	3.	1:08.60	512	1:06.11	25-11-2023	93%	
200m rugslag	series	3.	2:26.70	532	2:23.21	6-7-2024	95%	
100m schoolslag	series	1.	1:15.37	566	1:13.10	27-1-2024	94%	
200m schoolslag	series	1.	2:39.98	595	2:36.11	15-12-2023	95%	
100m wisselslag	series	2.	1:07.93	575	1:06.68	28-10-2023	96%	
200m wisselslag	series	2.	2:24.42	600	2:22.34	6-7-2024	97%	
400m wisselslag	series	2.	5:18.65	536	5:06.94	11-11-2023	93%	
Fay Boxum, 2009 (15 jaar), Meisjes								6
100m vrije slag	series	1.	57.68	661	57.38	20-10-2024	99%	
200m vrije slag	series	1.	2:06.85	657	2:05.14	19-10-2024	97%	
400m vrije slag	series	1.	4:27.40	647	4:33.28	1-10-2023	104%	
50m rugslag	series	1.	29.59	621	30.00	6-7-2024	103%	
100m rugslag	series	1.	1:02.17	688	1:03.20	27-10-2024	103%	
200m rugslag	series	1.	2:17.52	646	2:17.24	26-10-2024	100%	
50m schoolslag	series	1.	34.48	557	35.46	14-1-2024	106%	
200m schoolslag	series	1.	2:43.92	553	2:43.15	29-10-2023	99%	
50m vlinderslag	series	1.	29.74	550	29.63	6-7-2024	99%	
100m vlinderslag	series	2.	1:06.31	541	1:07.55	11-11-2023	104%	

200m wisselslag	series	1.	2:19.65	664	2:19.93	19-10-2024	100%	
400m wisselslag	series	1.	4:54.98	676	4:52.21	20-10-2024	98%	
Fenna Westerneng, 2009 (15 jaar), Meisjes								
100m vrije slag	series	2.	1:00.28	579	58.35	6-7-2024	94%	2
200m vrije slag	series	2.	2:08.85	627	2:08.19	9-12-2023	99%	
50m rugslag	series	3.	31.77	502	32.60	15-10-2023	105%	
100m rugslag	series	3.	1:06.98	550	1:07.53	26-10-2024	102%	
100m schoolslag	series	2.	1:20.49	465	1:20.26	28-10-2023	99%	
100m vlinderslag	series	3.	1:11.18	437	1:10.51	7-7-2024	98%	
100m wisselslag	series	1.	1:10.41	516	1:08.17	27-10-2024	94%	
Floris Stork, 2003 (21 jaar), Heren								
50m vrije slag	series	4.	24.24	575	24.85	19-10-2024	105%	5
100m vrije slag	series	3.	51.79	649	51.91	20-4-2024	100%	
200m vrije slag	series	1.	1:57.52	604	1:58.36	14-1-2024	101%	
100m vlinderslag	series	1.	56.81	594	57.63	20-4-2024	103%	
100m wisselslag	series	1.	58.38	601	58.24	29-6-2024	100%	
200m wisselslag	series	1.	2:07.78	631	2:12.93	13-1-2024	108%	
Frouke Ludwig, 2008 (16 jaar), Meisjes								
200m vrije slag	series	1.	2:06.70	659	2:06.06	30-3-2024	99%	1
400m vrije slag	series	1.	4:26.26	655	4:22.65	6-7-2024	97%	
200m rugslag	series	2.	2:20.22	610	2:13.78	6-7-2024	91%	
200m schoolslag	series	2.	2:49.60	499	2:48.82	30-3-2024	99%	
100m vlinderslag	series	2.	1:06.30	541	1:02.88	17-12-2023	90%	
200m vlinderslag	series	1.	2:21.41	605	2:22.08	16-12-2023	101%	
200m wisselslag	series	1.	2:22.48	625	2:21.68	6-7-2024	99%	
400m wisselslag	series	1.	5:03.06	623	4:56.12	17-12-2023	95%	
Jelena Krikke, 2004 (20 jaar), Dames								
50m vrije slag	series	8.	31.77	375	32.49	7-7-2024	105%	5
100m vrije slag	series	7.	1:10.73	358	1:10.97	28-9-2024	101%	
200m vrije slag	series	5.	2:34.80	361	2:35.80	19-10-2024	101%	
50m rugslag	series	AFGEM	-	-	39.10	6-1-2024	-	
100m rugslag	series	4.	1:23.11	288	1:24.13	27-1-2024	102%	
50m vlinderslag	series	10.	34.78	344	35.08	28-9-2024	102%	
100m vlinderslag	series	AFGEM	-	-	1:37.37	11-11-2023	-	
Jelle Betten, 2000 (24 jaar), Heren								
50m vrije slag	series	1.	23.15	660	23.30	17-12-2023	101%	1
100m vrije slag	series	1.	50.85	685	49.61	17-12-2023	95%	
50m rugslag	series	1.	25.61	643	25.07	30-6-2024	96%	
100m rugslag	series	1.	56.71	618	55.06	19-10-2024	94%	
Jere Wiersma, 2007 (17 jaar), Jongens								
200m vlinderslag	series	2.	2:25.02	399	2:37.33	2-3-2024	118%	1
400m wisselslag	series	3.	5:01.79	471	4:54.17	16-12-2023	95%	
Jip Bakker, 2006 (18 jaar), Jongens								
50m vrije slag	series	1.	23.84	604	23.63	26-10-2024	98%	1
100m vrije slag	series	2.	52.91	608	52.00	17-12-2023	97%	
50m rugslag	series	1.	28.09	487	27.78	27-10-2024	98%	
50m schoolslag	series	1.	29.83	585	29.80	28-10-2023	100%	
50m vlinderslag	series	1.	26.10	578	26.22	26-10-2024	101%	
100m vlinderslag	series	1.	1:00.95	481	59.77	27-10-2024	96%	
100m wisselslag	series	3.	1:04.38	448	59.01	29-10-2023	84%	
Julia Agricola, 2008 (16 jaar), Meisjes								
400m vrije slag	series	AFGEM	-	-	4:40.30	25-11-2023	-	-
200m vlinderslag	series	3.	2:34.08	467	2:32.87	18-11-2023	98%	
100m wisselslag	series	5.	1:13.19	460	1:10.42	28-12-2023	93%	
Karin Rijkelijhuizen, 1994 (30 jaar), Dames								
50m vrije slag	series	3.	28.07	545	26.84	15-12-2023	91%	-
100m vrije slag	series	3.	1:01.24	552	1:00.00	29-10-2023	96%	
50m rugslag	series	4.	33.35	434	31.76	6-1-2024	91%	
100m rugslag	series	AFGEM	-	-	1:10.42	14-10-2023	-	
50m schoolslag	series	AFGEM	-	-	32.57	16-12-2023	-	
50m vlinderslag	series	2.	29.59	559	28.56	15-12-2023	93%	
100m vlinderslag	series	2.	1:09.33	473	1:06.30	11-11-2023	91%	
100m wisselslag	series	AFGEM	-	-	1:06.22	1-10-2023	-	
Lise Kleinbekman, 2005 (19 jaar), Dames								
50m schoolslag	series	3.	35.74	500	34.55	16-12-2023	93%	-
100m schoolslag	series	2.	1:18.53	500	1:16.83	27-1-2024	96%	
200m schoolslag	series	1.	2:49.18	503	2:46.47	29-10-2023	97%	
100m wisselslag	series	3.	1:15.71	415	1:13.78	15-10-2023	95%	
Maaïke Issard, 2003 (21 jaar), Dames								
50m rugslag	series	1.	30.57	563	29.90	5-10-2024	96%	4
100m rugslag	series	1.	1:04.94	603	1:05.47	13-1-2024	102%	
200m rugslag	series	1.	2:18.44	634	2:24.99	1-10-2023	110%	
100m vlinderslag	series	1.	1:03.17	626	1:04.03	27-10-2024	103%	
200m vlinderslag	series	1.	2:21.37	605	2:21.85	26-10-2024	101%	
200m wisselslag	series	1.	2:21.16	643	2:21.12	26-10-2024	100%	
Marc Hoogeveen, 2001 (23 jaar), Heren								
100m vrije slag	series	8.	56.76	493	56.28	10-3-2024	98%	1
50m rugslag	series	6.	30.11	395	29.94	28-10-2023	99%	
50m vlinderslag	series	7.	28.77	432	28.71	29-10-2023	100%	

100m vlinderslag	series	6.	1:05.01	397	1:09.83	22-10-2023	115%	4
Marlies Brouwer, 2011 (13 jaar), Meisjes								
100m vrije slag	series	5.	1:09.11	384	1:08.29	27-10-2024	98%	
400m vrije slag	series	2.	5:12.92	403	5:19.12	6-7-2024	104%	
50m rugslag	series	5.	38.52	281	38.19	27-10-2024	98%	
50m schoolslag	series	3.	42.30	301	42.62	7-7-2024	102%	
100m schoolslag	series	6.	1:30.38	328	1:32.37	27-1-2024	104%	
50m vlinderslag	series	3.	38.91	245	38.89	26-10-2024	100%	
100m wisselslag	series	6.	1:19.82	354	1:20.61	27-10-2024	102%	
Matthijs van Meerendonk, 1999 (25 jaar), Heren								
50m vrije slag	series	3.	23.83	605	23.09	6-7-2024	94%	
100m schoolslag	series	2.	1:04.27	636	1:03.75	17-12-2023	98%	
50m vlinderslag	series	1.	24.78	676	24.43	7-7-2024	97%	
100m vlinderslag	series	2.	57.89	562	54.26	6-7-2024	88%	
100m wisselslag	series	2.	58.63	593	57.10	29-6-2024	95%	
Maud Roffel, 2007 (17 jaar), Meisjes								
50m vrije slag	series	6.	29.02	493	28.73	19-10-2024	98%	2
100m vrije slag	series	5.	1:03.95	485	1:02.60	10-3-2024	96%	
50m rugslag	series	2.	31.25	527	31.25	20-4-2024	100%	
50m schoolslag	series	2.	37.76	424	37.45	20-4-2024	98%	
100m schoolslag	series	3.	1:22.18	436	1:21.76	3-2-2024	99%	
200m schoolslag	series	3.	2:53.77	464	2:55.66	13-1-2024	102%	
50m vlinderslag	series	3.	32.17	435	30.82	24-3-2024	92%	
100m vlinderslag	series	3.	1:11.87	425	1:11.12	30-5-2024	98%	
100m wisselslag	series	3.	1:10.81	508	1:10.79	5-10-2024	100%	
200m wisselslag	series	4.	2:32.74	507	2:34.62	24-3-2024	102%	
Mees Niemeijer, 2002 (22 jaar), Heren								
50m rugslag	series	3.	28.28	477	27.91	10-3-2024	97%	1
100m rugslag	series	2.	1:02.06	472	1:00.91	10-3-2024	96%	
100m schoolslag	series	4.	1:10.63	479	1:11.64	18-11-2023	103%	
400m wisselslag	series	2.	4:59.52	481	4:53.50	16-12-2023	96%	
Myrthe Natzijl, 2004 (20 jaar), Dames								
200m vrije slag	series	1.	2:11.15	595	2:07.60	15-12-2023	95%	
400m vrije slag	series	1.	4:31.65	617	4:28.60	15-12-2023	98%	
200m rugslag	series	2.	2:24.14	561	2:23.19	18-11-2023	99%	
Niek Issard, 2007 (17 jaar), Jongens								
50m vrije slag	series	3.	24.24	575	24.05	26-10-2024	98%	1
400m vrije slag	series	5.	4:20.69	539	4:24.17	28-10-2023	103%	
50m rugslag	series	1.	26.76	564	26.67	20-10-2024	99%	
100m rugslag	series	1.	58.85	553	58.08	19-10-2024	97%	
200m rugslag	series	1.	2:11.18	522	2:10.07	13-1-2024	98%	
50m vlinderslag	series	2.	26.98	523	26.80	6-1-2024	99%	
Roy Hofman, 2009 (15 jaar), Jongens								
50m vrije slag	series	9.	28.91	339	29.69	6-1-2024	105%	2
100m vrije slag	series	8.	1:03.67	349	1:01.67	10-12-2023	94%	
50m rugslag	series	5.	33.77	280	33.80	6-1-2024	100%	
100m rugslag	series	9.	1:12.51	296	1:10.85	9-12-2023	95%	
Ruben Trompetter, 2005 (19 jaar), Heren								
100m vrije slag	series	5.	57.54	473	58.39	10-3-2024	103%	2
50m vlinderslag	series	3.	29.82	388	30.16	28-9-2024	102%	
Sara Korthuis, 2006 (18 jaar), Meisjes								
50m vrije slag	series	1.	26.10	678	25.57	29-12-2023	96%	
100m vrije slag	series	1.	56.79	692	55.75	10-3-2024	96%	
200m vrije slag	series	2.	2:03.33	715	2:01.47	19-10-2024	97%	
400m vrije slag	series	2.	4:23.43	676	4:17.46	20-10-2024	96%	
50m rugslag	series	1.	29.50	627	29.13	10-3-2024	98%	
100m rugslag	series	1.	1:03.44	647	1:02.10	16-12-2023	96%	
200m rugslag	series	2.	2:19.02	626	2:11.20	15-12-2023	89%	
50m vlinderslag	series	1.	28.12	651	27.24	15-12-2023	94%	
100m vlinderslag	series	1.	1:03.76	609	1:02.97	17-12-2023	98%	
200m vlinderslag	series	2.	2:28.52	522	2:26.02	10-3-2024	97%	
100m wisselslag	series	1.	1:05.63	638	1:04.25	28-12-2023	96%	
200m wisselslag	series	3.	2:23.26	615	2:19.63	10-3-2024	95%	
400m wisselslag	series	2.	4:59.93	643	4:57.06	11-11-2023	98%	
Stijn Dijkstra, 2010 (14 jaar), Jongens								
100m vrije slag	series	7.	1:02.30	372	1:02.35	27-10-2024	100%	6
200m vrije slag	series	5.	2:14.68	401	2:18.85	5-10-2024	106%	
400m vrije slag	series	5.	4:45.39	411	4:55.21	8-12-2023	107%	
50m rugslag	series	4.	33.40	290	33.26	27-10-2024	99%	
100m rugslag	series	6.	1:11.69	306	1:12.11	26-10-2024	101%	
100m wisselslag	series	3.	1:11.30	330	1:12.55	27-10-2024	104%	
200m wisselslag	series	4.	2:37.76	335	2:40.95	18-5-2024	104%	
Storm Boxum, 2007 (17 jaar), Jongens								
200m vrije slag	series	1.	1:56.97	613	1:56.28	15-9-2024	99%	1
50m schoolslag	series	1.	28.98	638	29.07	19-10-2024	101%	
100m schoolslag	series	2.	1:02.52	691	1:02.49	27-10-2024	100%	
200m schoolslag	series	2.	2:16.05	688	2:15.95	6-7-2024	100%	

Storm Tolsma, 2006 (18 jaar), Jongens								-
100m vrije slag	series	3.	54.29	563	54.22	7-7-2024	100%	
200m vrije slag	series	2.	1:58.69	586	1:57.17	20-10-2024	97%	
400m vrije slag	series	1.	4:14.90	577	4:13.44	25-10-2024	99%	
200m schoolslag	series	1.	2:29.52	519	2:26.51	16-12-2023	96%	
200m wisselslag	series	1.	2:13.50	553	2:10.49	15-12-2023	96%	
400m wisselslag	series	1.	4:48.54	538	4:44.61	19-10-2024	97%	
Tieme Wiersma, 2007 (17 jaar), Jongens								-
400m vrije slag	series	1.	4:01.83	676	3:59.97	19-10-2024	98%	
400m wisselslag	series	1.	4:36.14	614	4:31.05	16-12-2023	96%	
Tim van Erven, 2007 (17 jaar), Jongens								-
50m vrije slag	series	4.	25.34	503	24.98	6-7-2024	97%	
200m vrije slag	series	3.	1:59.26	578	1:56.10	6-7-2024	95%	
400m vrije slag	series	4.	4:18.48	553	4:12.02	7-7-2024	95%	
50m rugslag	series	3.	30.08	397	30.00	6-1-2024	99%	
100m rugslag	series	2.	1:03.76	435	1:03.59	19-10-2024	99%	
100m wisselslag	series	3.	1:03.79	461	1:02.85	6-1-2024	97%	
Vera Wassink, 2006 (18 jaar), Meisjes								2
50m vrije slag	series	3.	27.89	555	27.89	19-10-2024	100%	
100m vrije slag	series	3.	1:00.65	568	59.17	20-10-2024	95%	
200m vrije slag	series	3.	2:15.27	542	2:11.90	19-10-2024	95%	
400m vrije slag	series	3.	4:40.93	558	4:37.66	20-10-2024	98%	
50m vlinderslag	series	5.	31.75	452	31.01	26-10-2024	95%	
100m vlinderslag	series	4.	1:12.37	416	1:12.88	11-11-2023	101%	
400m wisselslag	series	3.	5:29.76	484	5:32.40	11-11-2023	102%	

F.Z.C.'54								5
Iris Segeren, 2012 (12 jaar), Meisjes								1
100m schoolslag	series	11.	1:56.07	155	1:58.21	26-10-2024	104%	
100m wisselslag	series	13.	1:41.91	170	1:41.49	26-10-2024	99%	
Lisa Veenstra, 2003 (21 jaar), Dames								-
50m vrije slag	series	10.	31.98	368	30.83	25-11-2023	93%	
Maico Langhout, 2002 (22 jaar), Heren								2
50m vrije slag	series	12.	28.80	342	28.56	21-10-2023	98%	
100m vrije slag	series	11.	1:03.77	347	1:03.55	29-6-2024	99%	
50m rugslag	series	AFGEM		-	35.51	14-10-2023	-	
100m rugslag	series	5.	1:16.84	248	1:22.42	2-3-2024	115%	
50m schoolslag	series	7.	38.76	266	38.17	20-4-2024	97%	
100m schoolslag	series	8.	1:27.72	250	1:25.33	26-10-2024	95%	
50m vlinderslag	series	12.	33.54	272	35.86	2-3-2024	114%	
100m wisselslag	series	6.	1:16.20	270	1:15.24	29-6-2024	97%	
Yenthe Segeren, 2008 (16 jaar), Meisjes								2
50m rugslag	series	5.	37.15	313	38.66	13-1-2024	108%	
100m vlinderslag	series	5.	1:20.55	302	1:20.19	13-1-2024	99%	
100m wisselslag	series	6.	1:20.69	343	1:22.62	5-10-2024	105%	

HZ&PC Heerenveen								135
Alena Ytsma, 2012 (12 jaar), Meisjes								9
100m vrije slag	series	6.	1:09.32	380	1:16.90	13-4-2024	123%	
200m vrije slag	series	5.	2:32.07	381	2:55.91	27-1-2024	134%	
400m vrije slag	series	4.	5:23.16	366	7:08.48	12-11-2023	176%	
100m rugslag	series	5.	1:19.19	333	1:26.49	5-10-2024	119%	
200m rugslag	series	2.	2:50.51	339	2:54.93	5-10-2024	105%	
100m schoolslag	series	3.	1:25.26	391	1:28.53	12-10-2024	108%	
200m schoolslag	series	1.	2:59.56	420	3:07.55	12-10-2024	109%	
100m vlinderslag	series	1.	1:15.54	366	1:23.99	5-10-2024	124%	
200m wisselslag	series	2.	2:47.64	384	2:53.52	12-10-2024	107%	
Danne-Bo Eghuizen, 2011 (13 jaar), Meisjes								3
50m vrije slag	series	6.	35.87	261	36.18	13-4-2024	102%	
100m rugslag	series	10.	1:29.49	230	1:30.61	14-10-2023	103%	
50m schoolslag	series	8.	52.23	160	51.74	6-4-2024	98%	
100m wisselslag	series	11.	1:32.23	230	1:32.52	11-5-2024	101%	
David Kuipers, 2000 (24 jaar), Heren								2
50m vrije slag	series	9.	25.48	495	25.82	14-7-2024	103%	
200m vlinderslag	series	2.	2:19.68	447	2:27.42	28-12-2023	111%	
Diede Veld, 2008 (16 jaar), Jongens								5
50m vrije slag	series	5.	25.79	477	25.93	23-12-2023	101%	
100m vrije slag	series	2.	55.19	536	55.68	10-3-2024	102%	
200m vrije slag	series	2.	1:57.22	609	1:58.63	6-7-2024	102%	
400m vrije slag	series	3.	4:12.66	592	4:09.98	26-10-2024	98%	
100m vlinderslag	series	3.	1:02.95	437	1:03.83	6-7-2024	103%	
400m wisselslag	series	2.	4:41.85	578	4:51.10	25-10-2024	107%	
Elise Dorlandt, 2010 (14 jaar), Meisjes								4
50m vrije slag	series	2.	28.63	513	29.24	28-9-2024	104%	
100m vrije slag	series	4.	1:03.12	504	1:04.06	13-4-2024	103%	
200m vrije slag	series	5.	2:23.14	457	2:20.92	5-10-2024	97%	
400m vrije slag	series	3.	4:57.13	471	5:00.88	12-10-2024	103%	
100m rugslag	series	10.	1:20.02	322	1:14.32	13-4-2024	86%	
200m rugslag	series	8.	2:46.49	364	2:53.46	18-11-2023	109%	
50m vlinderslag	series	7.	34.65	348	34.36	23-12-2023	98%	
Emma Mintjes, 2012 (12 jaar), Meisjes								1
100m vrije slag	series	11.	1:25.79	200	1:26.13	16-9-2023	101%	
100m schoolslag	series	AFGEM	-	-	1:48.10	14-1-2024	-	
50m vlinderslag	series	8.	49.71	117	49.17	29-12-2023	98%	
100m wisselslag	series	AFGEM	-	-	1:38.81	13-1-2024	-	
Esmée Ykema, 2008 (16 jaar), Meisjes								5
50m vrije slag	series	4.	28.52	519	28.68	7-7-2024	101%	
100m vrije slag	series	4.	1:02.29	524	1:02.10	6-7-2024	99%	
200m vrije slag	series	4.	2:13.17	568	2:13.04	7-7-2024	100%	
400m vrije slag	series	3.	4:40.07	563	4:44.92	20-10-2024	103%	
200m schoolslag	series	4.	2:57.39	436	3:02.00	13-1-2024	105%	
50m vlinderslag	series	4.	33.80	375	33.78	6-7-2024	100%	
100m vlinderslag	series	4.	1:15.25	370	1:18.99	11-11-2023	110%	
200m vlinderslag	series	4.	2:49.68	350	2:50.77	20-10-2024	101%	
200m wisselslag	series	5.	2:35.21	483	2:31.47	6-7-2024	95%	
Famke Ytsma, 2011 (13 jaar), Meisjes								3
50m vrije slag	series	7.	38.76	207	39.98	12-10-2024	106%	
200m vrije slag	series	6.	3:04.83	212	3:14.09	27-1-2024	110%	
50m schoolslag	series	7.	52.11	161	51.92	12-10-2024	99%	
100m schoolslag	series	10.	1:52.08	172	1:51.25	12-10-2024	99%	
100m wisselslag	series	12.	1:38.50	188	1:46.44	11-5-2024	117%	
Finn Eghuizen, 2009 (15 jaar), Jongens								5
50m vrije slag	series	1.	25.69	483	26.28	20-10-2024	105%	
100m vrije slag	series	1.	55.06	540	55.11	19-10-2024	100%	
200m vrije slag	series	1.	2:03.99	514	2:03.27	20-10-2024	99%	
400m vrije slag	series	1.	4:23.15	524	4:31.97	27-1-2024	107%	
50m rugslag	series	1.	30.48	381	31.12	13-4-2024	104%	
100m rugslag	series	1.	1:05.31	405	1:03.78	13-10-2024	95%	
200m rugslag	series	1.	2:25.47	382	2:22.99	13-4-2024	97%	
100m wisselslag	series	1.	1:06.34	409	1:08.09	11-5-2024	105%	
Gijs Koehoorn, 2008 (16 jaar), Jongens								5
50m vrije slag	series	2.	24.23	575	24.25	30-6-2024	100%	
100m vrije slag	series	1.	53.41	591	53.53	27-10-2024	100%	
100m rugslag	series	3.	1:04.46	421	1:01.22	20-4-2024	90%	
200m schoolslag	series	4.	2:37.68	442	2:35.76	28-12-2023	98%	
50m vlinderslag	series	1.	26.60	546	27.00	7-7-2024	103%	
100m vlinderslag	series	2.	1:01.40	471	1:01.57	6-7-2024	101%	
200m wisselslag	series	1.	2:14.80	537	2:16.78	18-11-2023	103%	
Gijs Leeneman, 2012 (12 jaar), Jongens								3
100m vrije slag	series	5.	1:08.95	275	1:10.46	13-4-2024	104%	
50m rugslag	series	2.	37.62	203	36.79	19-10-2024	96%	
100m rugslag	series	4.	1:21.10	211	1:20.13	20-10-2024	98%	
200m rugslag	series	2.	2:55.15	219	2:55.40	19-10-2024	100%	
200m schoolslag	series	4.	3:29.93	187	3:28.82	12-10-2024	99%	
200m wisselslag	series	6.	2:57.90	234	3:02.11	24-2-2024	105%	

Hedwig Bolt, 2006 (18 jaar), Meisjes							3
200m vrije slag	series	1.	2:02.80	724	2:01.14	7-7-2024	97%
400m vrije slag	series	1.	4:17.12	727	4:14.94	6-7-2024	98%
100m vlinderslag	series	3.	1:04.51	588	1:05.96	11-11-2023	105%
200m vlinderslag	series	1.	2:25.68	553	2:25.08	10-3-2024	99%
200m wisselslag	series	1.	2:17.90	690	2:18.25	16-12-2023	101%
400m wisselslag	series	1.	4:49.94	712	4:51.64	25-10-2024	101%
Inge Dekker, 2002 (22 jaar), Dames							5
50m vrije slag	series	4.	28.52	519	28.87	11-11-2023	102%
50m rugslag	series	2.	30.95	543	30.47	12-10-2024	97%
100m rugslag	series	2.	1:08.49	514	1:08.70	10-2-2024	101%
200m rugslag	series	3.	2:34.36	457	2:36.98	12-10-2024	103%
50m vlinderslag	series	3.	29.90	542	30.30	28-10-2023	103%
100m wisselslag	series	2.	1:11.09	502	1:11.98	1-10-2023	103%
Jelte Ruitenbergh, 2009 (15 jaar), Jongens							7
50m vrije slag	series	11.	29.47	320	30.27	28-9-2024	106%
100m vrije slag	series	11.	1:04.80	331	1:04.22	28-9-2024	98%
200m vrije slag	series	6.	2:21.47	346	2:21.88	12-10-2024	101%
400m vrije slag	series	7.	5:00.65	351	4:57.10	5-10-2024	98%
50m rugslag	series	6.	34.86	255	35.59	12-10-2024	104%
100m rugslag	series	10.	1:13.12	288	1:12.88	12-10-2024	99%
200m rugslag	series	4.	2:40.39	285	2:54.06	13-1-2024	118%
100m schoolslag	series	6.	1:29.66	234	1:41.00	27-1-2024	127%
100m wisselslag	series	6.	1:15.71	275	1:17.24	5-10-2024	104%
400m wisselslag	series	3.	5:47.83	307	6:11.09	13-4-2024	114%
Joep Barwegen, 2012 (12 jaar), Jongens							6
100m vrije slag	series	3.	1:04.75	332	1:05.87	28-9-2024	103%
200m vrije slag	series	2.	2:24.41	325	2:26.24	20-10-2024	103%
100m schoolslag	series	6.	1:32.05	216	1:33.93	2-3-2024	104%
50m vlinderslag	series	3.	34.28	255	37.39	13-4-2024	119%
100m vlinderslag	series	2.	1:21.25	203	1:25.86	5-10-2024	112%
100m wisselslag	series	2.	1:16.74	264	1:30.13	14-10-2023	138%
Jorian Darwinkel, 2003 (21 jaar), Heren							3
50m vrije slag	series	6.	24.65	547	24.48	11-11-2023	99%
100m vrije slag	series	4.	53.69	582	54.61	14-1-2024	103%
50m rugslag	series	5.	28.97	444	28.54	23-12-2023	97%
100m rugslag	series	4.	1:03.95	431	1:03.96	27-1-2024	100%
50m schoolslag	series	3.	30.97	522	30.77	6-7-2024	99%
100m schoolslag	series	3.	1:07.70	544	1:07.92	29-10-2023	101%
50m vlinderslag	series	3.	26.52	551	26.45	29-10-2023	99%
100m vlinderslag	series	3.	1:01.45	470	1:00.31	11-11-2023	96%
100m wisselslag	series	4.	1:01.35	518	1:01.07	29-10-2023	99%
Jorick Johannes, 2010 (14 jaar), Jongens							6
50m vrije slag	series	7.	28.27	362	29.25	23-12-2023	107%
100m vrije slag	series	6.	1:01.47	388	1:03.54	13-1-2024	107%
100m rugslag	series	8.	1:12.22	299	1:14.76	11-11-2023	107%
50m vlinderslag	series	4.	33.76	267	35.73	23-12-2023	112%
100m wisselslag	series	4.	1:12.45	314	1:16.21	28-12-2023	111%
200m wisselslag	series	5.	2:38.34	331	2:43.56	25-11-2023	107%
Laura van Etten, 2008 (16 jaar), Meisjes							2
50m vrije slag	series	1.	27.34	589	27.60	3-2-2024	102%
100m vrije slag	series	1.	59.67	597	58.57	10-3-2024	96%
50m rugslag	series	1.	30.68	557	29.48	20-4-2024	92%
100m rugslag	series	1.	1:03.85	635	1:03.49	1-10-2023	99%
200m rugslag	series	1.	2:15.78	672	2:16.44	26-10-2024	101%
50m vlinderslag	series	1.	29.64	556	29.50	7-7-2024	99%
100m vlinderslag	series	1.	1:06.27	542	1:03.91	7-7-2024	93%
200m vlinderslag	series	2.	2:28.26	525	2:27.58	12-10-2024	99%
100m wisselslag	series	1.	1:07.65	582	1:07.16	30-6-2024	99%
200m wisselslag	series	3.	2:25.59	586	2:23.50	11-11-2023	97%
Leonie van Wier, 2002 (22 jaar), Dames							3
50m vrije slag	series	2.	27.79	561	27.55	14-10-2023	98%
100m vrije slag	series	2.	1:00.28	579	1:00.18	18-11-2023	100%
200m vrije slag	series	3.	2:19.01	499	2:27.41	27-1-2024	112%
100m schoolslag	series	3.	1:22.48	432	1:23.87	28-10-2023	103%
50m vlinderslag	series	6.	31.74	453	31.98	12-10-2024	102%
Lianne van Wier, 2002 (22 jaar), Dames							2
100m vrije slag	series	4.	1:02.92	509	1:02.74	10-2-2024	99%
50m schoolslag	series	2.	37.29	440	37.31	24-3-2024	100%
50m vlinderslag	series	4.	30.83	494	30.86	25-5-2024	100%
Liselotte Schaap, 2006 (18 jaar), Meisjes							-
100m vrije slag	series	6.	1:08.25	399	1:04.84	10-3-2024	90%
200m vrije slag	series	4.	2:32.73	376	2:21.44	28-10-2023	86%
50m schoolslag	series	6.	43.58	275	42.56	23-12-2023	95%
50m vlinderslag	series	6.	34.12	364	33.67	6-7-2024	97%
Lobke Hempenius, 2011 (13 jaar), Meisjes							5
400m vrije slag	series	1.	5:04.60	437	5:16.74	13-4-2024	108%
100m rugslag	series	1.	1:13.09	423	1:15.09	5-10-2024	106%
200m rugslag	series	1.	2:33.77	462	2:33.38	5-10-2024	99%

100m schoolslag	series	1.	1:22.14	437	1:24.99	9-12-2023	107%	
200m schoolslag	series	2.	3:02.35	401	3:01.50	12-10-2024	99%	
100m wisselslag	series	1.	1:13.89	447	1:17.64	13-1-2024	110%	
200m wisselslag	series	1.	2:41.69	428	2:38.87	12-10-2024	97%	
400m wisselslag	series	1.	5:38.49	447	5:43.97	10-3-2024	103%	
Loïs Jalving, 2004 (20 jaar), Dames								
50m vrije slag	series	6.	30.07	443	29.64	13-4-2024	97%	3
50m rugslag	series	3.	32.54	467	32.67	13-4-2024	101%	
100m rugslag	series	3.	1:11.21	457	1:11.40	20-4-2024	101%	
200m rugslag	series	4.	2:34.86	453	2:38.67	12-10-2024	105%	
50m vlinderslag	series	9.	34.42	355	33.99	6-7-2024	98%	
Luca Karsten Schüler, 2011 (13 jaar), Jongens								
100m vrije slag	series	2.	1:04.69	333	1:03.40	28-9-2024	96%	5
200m vrije slag	series	1.	2:21.93	343	2:33.45	27-1-2024	117%	
400m vrije slag	series	2.	5:11.18	317	5:54.41	11-11-2023	130%	
100m rugslag	series	2.	1:17.37	243	1:20.17	28-9-2024	107%	
100m schoolslag	series	2.	1:22.53	300	1:27.58	12-10-2024	113%	
200m wisselslag	series	2.	2:41.61	312	3:03.07	1-10-2023	128%	
Marte Hieke van der Kamp, 2005 (19 jaar), Dames								
50m vrije slag	series	2.	27.59	574	27.21	11-11-2023	97%	2
100m vrije slag	series	2.	58.97	618	58.72	28-12-2023	99%	
50m rugslag	series	2.	32.11	486	31.41	23-12-2023	96%	
100m rugslag	series	2.	1:06.80	554	1:06.19	28-10-2023	98%	
200m rugslag	series	1.	2:18.43	634	2:18.14	15-12-2023	100%	
100m schoolslag	series	1.	1:18.16	507	1:17.20	27-1-2024	98%	
50m vlinderslag	series	2.	29.48	565	29.28	6-7-2024	99%	
100m vlinderslag	series	2.	1:03.81	607	1:04.31	11-11-2023	102%	
200m wisselslag	series	2.	2:22.56	624	2:25.47	10-3-2024	104%	
Mattias Stolk, 2010 (14 jaar), Jongens								
50m vrije slag	series	6.	28.10	369	29.51	20-10-2024	110%	8
100m vrije slag	series	4.	1:00.35	410	1:01.94	28-9-2024	105%	
200m vrije slag	series	4.	2:09.32	453	2:10.03	20-10-2024	101%	
400m vrije slag	series	2.	4:26.90	502	4:33.62	19-10-2024	105%	
100m schoolslag	series	3.	1:15.39	394	1:18.25	20-10-2024	108%	
200m schoolslag	series	1.	2:43.03	400	2:42.89	19-10-2024	100%	
50m vlinderslag	series	3.	33.48	274	36.14	23-12-2023	117%	
200m wisselslag	series	1.	2:26.52	418	2:36.79	13-4-2024	115%	
400m wisselslag	series	2.	5:05.38	454	5:31.63	10-3-2024	118%	
Milou Geneuglijk, 2009 (15 jaar), Meisjes								
50m vrije slag	series	4.	29.40	474	29.34	10-12-2023	100%	3
50m rugslag	series	4.	31.90	495	32.51	6-7-2024	104%	
100m rugslag	series	4.	1:09.09	501	1:08.31	19-10-2024	98%	
200m rugslag	series	3.	2:31.23	486	2:33.00	9-12-2023	102%	
50m vlinderslag	series	3.	31.38	468	31.19	6-7-2024	99%	
100m vlinderslag	series	4.	1:12.82	408	1:11.59	26-11-2023	97%	
200m vlinderslag	series	3.	2:57.07	308	2:57.13	13-4-2024	100%	
200m wisselslag	series	5.	2:44.95	403	2:43.52	6-7-2024	98%	
Nadia Veenstra, 2006 (18 jaar), Meisjes								
50m vrije slag	series	5.	33.38	324	33.44	12-10-2024	100%	5
100m rugslag	series	4.	1:22.38	295	1:24.38	28-12-2023	105%	
200m rugslag	series	3.	2:55.27	312	3:05.96	8-6-2024	113%	
50m schoolslag	series	5.	43.48	277	43.81	12-10-2024	102%	
100m schoolslag	series	6.	1:34.08	291	1:36.86	14-1-2024	106%	
50m vlinderslag	series	9.	41.42	203	41.27	23-12-2023	99%	
Quirine de Ridder, 2010 (14 jaar), Meisjes								
50m vrije slag	series	11.	31.37	390	31.33	12-10-2024	100%	3
100m vrije slag	series	14.	1:12.02	339	1:09.96	12-10-2024	94%	
200m vrije slag	series	8.	2:29.24	403	2:38.50	29-12-2023	113%	
50m rugslag	series	7.	34.11	405	34.19	12-10-2024	100%	
100m rugslag	series	7.	1:14.24	404	1:15.29	14-10-2023	103%	
Remco Dijkstra, 2001 (23 jaar), Heren								
50m vrije slag	series	8.	25.46	496	25.03	10-2-2024	97%	-
50m vlinderslag	series	4.	27.09	517	26.84	20-4-2024	98%	
Richard Kuipers, 1997 (27 jaar), Heren								
100m vrije slag	series	7.	55.69	521	55.37	10-2-2024	99%	-
50m rugslag	series	4.	28.80	452	28.61	14-10-2023	99%	
100m rugslag	series	3.	1:02.46	463	1:01.82	6-7-2024	98%	
50m schoolslag	series	5.	32.43	455	32.20	13-1-2024	99%	
100m schoolslag	series	6.	1:11.31	465	1:10.05	13-1-2024	96%	
50m vlinderslag	series	6.	28.40	449	28.12	27-1-2024	98%	
100m vlinderslag	series	5.	1:04.42	408	1:02.68	11-11-2023	95%	
100m wisselslag	series	5.	1:03.91	458	1:02.07	14-10-2023	94%	
Roan Krikke, 2012 (12 jaar), Jongens								
400m vrije slag	series	7.	6:29.27	162	6:53.76	12-11-2023	113%	2
50m rugslag	series	3.	39.47	175	39.01	6-4-2024	98%	
100m rugslag	series	6.	1:29.45	157	1:24.04	25-2-2024	88%	
200m rugslag	series	3.	3:06.98	180	3:06.31	5-10-2024	99%	
100m schoolslag	series	9.	1:49.37	129	1:48.83	28-9-2024	99%	
100m wisselslag	series	8.	1:33.14	148	1:36.17	10-2-2024	107%	
200m wisselslag	series	8.	3:23.89	155	3:19.80	13-4-2024	96%	

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Rob van Wier, 1999 (25 jaar), Heren								-
50m vrije slag	series	11.	27.35	400	26.53	14-1-2024	94%	
100m vrije slag	series	10.	1:00.30	411	1:00.27	11-5-2024	100%	
Robin Mintjes, 2010 (14 jaar), Jongens								4
100m vrije slag	series	10.	1:04.29	339	1:03.75	28-9-2024	98%	
200m schoolslag	series	4.	2:52.85	335	3:03.97	5-10-2024	113%	
50m vlinderslag	series	2.	32.17	309	32.47	12-10-2024	102%	
100m vlinderslag	series	2.	1:13.99	269	1:12.42	28-9-2024	96%	
200m vlinderslag	series	1.	2:44.00	276	2:55.87	7-7-2024	115%	
100m wisselslag	series	5.	1:13.73	298	1:18.57	6-7-2024	114%	
Romy Jalving, 2000 (24 jaar), Dames								1
50m vrije slag	series	7.	31.64	380	31.33	23-12-2023	98%	
100m vrije slag	series	6.	1:09.11	384	1:09.15	11-5-2024	100%	
50m vlinderslag	series	8.	34.31	358	33.38	21-10-2023	95%	
Silke Hooghiemstra, 2009 (15 jaar), Meisjes								1
50m vrije slag	series	1.	28.25	534	28.19	10-12-2023	100%	
100m vrije slag	series	3.	1:01.43	547	1:00.41	10-12-2023	97%	
50m rugslag	series	2.	29.90	602	29.86	6-7-2024	100%	
100m rugslag	series	2.	1:04.96	603	1:03.56	7-7-2024	96%	
200m rugslag	series	2.	2:27.82	520	2:19.89	9-12-2023	90%	
50m vlinderslag	series	2.	29.98	537	29.71	6-7-2024	98%	
100m vlinderslag	series	1.	1:06.21	544	1:05.91	7-7-2024	99%	
200m vlinderslag	series	1.	2:38.82	427	2:42.00	29-10-2023	104%	
400m wisselslag	series	2.	5:27.89	492	5:21.58	8-12-2023	96%	
Tije Hempenius, 2009 (15 jaar), Jongens								5
50m vrije slag	series	5.	27.11	411	27.63	28-9-2024	104%	
100m vrije slag	series	3.	1:00.10	415	1:00.20	13-10-2024	100%	
100m rugslag	series	7.	1:12.07	301	1:11.05	12-10-2024	97%	
200m schoolslag	series	5.	2:55.92	318	2:59.93	5-10-2024	105%	
100m vlinderslag	series	3.	1:15.42	254	1:30.60	11-11-2023	144%	
200m wisselslag	series	3.	2:37.62	336	2:46.02	10-3-2024	111%	
Veerle de Ridder, 2007 (17 jaar), Meisjes								-
50m vrije slag	series	2.	27.66	569	27.27	15-12-2023	97%	
100m vrije slag	series	2.	1:00.46	574	59.06	10-3-2024	95%	
50m rugslag	series	4.	32.53	467	31.23	18-11-2023	92%	
100m rugslag	series	2.	1:08.53	513	1:08.03	13-1-2024	99%	
Victor de Haan, 2010 (14 jaar), Jongens								4
50m vrije slag	series	8.	28.60	350	28.24	20-10-2024	97%	
100m vrije slag	series	5.	1:00.58	405	1:02.58	7-7-2024	107%	
400m vrije slag	series	6.	4:45.80	409	4:49.86	13-4-2024	103%	
100m rugslag	series	4.	1:10.76	318	1:12.65	19-10-2024	105%	
50m vlinderslag	series	5.	34.25	256	35.70	23-12-2023	109%	
Wouter Zijlstra, 2004 (20 jaar), Heren								2
50m vrije slag	series	5.	24.53	555	24.52	11-11-2023	100%	
400m vrije slag	series	1.	4:02.32	672	4:01.34	17-12-2023	99%	
200m rugslag	series	1.	2:07.86	563	2:11.45	17-3-2024	106%	
200m vlinderslag	series	1.	2:09.99	555	2:10.93	28-10-2023	101%	
200m wisselslag	series	2.	2:08.92	614	2:04.97	15-12-2023	94%	
400m wisselslag	series	1.	4:30.91	651	4:28.83	16-12-2023	98%	

Neptunia '24								19
Brent Hoekstra, 2011 (13 jaar), Jongens								2
50m vrije slag	series	7.	40.25	125	41.32	12-10-2024	105%	
50m schoolslag	series	2.	51.12	116	56.22	10-2-2024	121%	
Evelien de Jong, 1998 (26 jaar), Dames								1
50m vrije slag	series	5.	29.86	452	29.78	13-4-2024	99%	
100m vrije slag	series	5.	1:06.54	430	1:06.31	14-1-2024	99%	
200m vrije slag	series	6.	2:35.22	358	2:33.99	11-5-2024	98%	
400m vrije slag	series	4.	5:32.89	335	5:44.44	5-10-2024	107%	
100m wisselslag	series	4.	1:18.72	369	1:17.86	14-10-2023	98%	
Femke-Romy Wiersma, 2001 (23 jaar), Dames								2
50m vlinderslag	series	5.	30.89	491	31.00	14-1-2024	101%	
100m wisselslag	series	3.	1:11.11	501	1:15.70	30-9-2023	113%	
Fenne Kouer, 2010 (14 jaar), Meisjes								1
50m vlinderslag	series	9.	35.39	326	35.08	28-9-2024	98%	
200m wisselslag	series	9.	3:01.98	300	3:05.14	9-3-2024	104%	
Herre Verkaik, 2012 (12 jaar), Jongens								2
50m vrije slag	series	6.	36.30	171	37.62	16-3-2024	107%	
100m vrije slag	series	8.	1:22.23	162	1:27.73	9-3-2024	114%	
Hylke Verkaik, 2010 (14 jaar), Jongens								2
50m vrije slag	series	12.	33.49	218	34.71	12-10-2024	107%	
100m vrije slag	series	12.	1:14.96	214	1:14.51	5-10-2024	99%	
100m wisselslag	series	7.	1:26.32	186	1:28.80	29-6-2024	106%	
Jelle Vellinga, 2012 (12 jaar), Jongens								1
100m rugslag	series	7.	1:49.10	86	1:55.31	5-10-2024	112%	
Jesper Nauta, 2012 (12 jaar), Jongens								2
50m vrije slag	series	8.	49.69	66	54.23	16-3-2024	119%	
50m schoolslag	series	3.	57.72	80	1:01.20	12-10-2024	112%	
Joyce Toonstra, 2005 (19 jaar), Dames								2
50m schoolslag	series	4.	38.24	408	38.38	14-1-2024	101%	
100m schoolslag	series	5.	1:24.59	400	1:25.63	14-1-2024	102%	
50m vlinderslag	series	7.	34.55	351	33.75	11-5-2024	95%	
100m wisselslag	series	4.	1:17.90	381	1:17.55	30-9-2023	99%	
Marije Jaspers, 2008 (16 jaar), Meisjes								2
50m vrije slag	series	5.	28.58	516	29.22	13-1-2024	105%	
50m vlinderslag	series	2.	31.63	457	32.13	28-9-2024	103%	
Melanie Matthews-Brzozowski, 2011 (13 jaar), Meisjes								1
50m schoolslag	series	5.	45.31	245	47.38	25-11-2023	109%	
Noël Iris Hettinga, 2000 (24 jaar), Dames								-
50m schoolslag	series	1.	35.71	501	34.54	25-11-2023	94%	
100m schoolslag	series	1.	1:19.44	483	1:16.40	14-1-2024	92%	
200m schoolslag	series	AFGEM	-	-	2:47.91	18-11-2023	-	
100m wisselslag	series	AFGEM	-	-	1:11.44	13-1-2024	-	
Pieter Dekker, 2006 (18 jaar), Jongens								1
50m vrije slag	series	4.	28.47	355	29.42	6-4-2024	107%	
100m vrije slag	series	7.	1:09.46	269	1:03.93	20-4-2024	85%	
100m wisselslag	series	5.	1:19.58	237	1:16.86	6-4-2024	93%	

Orca

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Orca Leeuwarden								56
Amelie Berk, 2010 (14 jaar), Meisjes								1
50m vrije slag	series	15.	33.57	318	33.93	28-9-2024	102%	
Amélie Wortel, 2005 (19 jaar), Dames								-
50m vrije slag	series	AFGEM	-	-	28.63	13-1-2024	-	
100m vrije slag	series	AFGEM	-	-	1:03.18	10-3-2024	-	
100m schoolslag	series	AFGEM	-	-	1:22.50	27-1-2024	-	
50m vlinderslag	series	AFGEM	-	-	32.87	27-1-2024	-	
Eise van der Zee, 2005 (19 jaar), Heren								-
50m vrije slag	series	3.	25.88	472	25.32	14-7-2024	96%	
100m schoolslag	series	2.	1:15.76	388	1:12.76	27-1-2024	92%	
100m wisselslag	series	4.	1:05.76	420	1:02.76	14-7-2024	91%	
Evy Anna Nijdam, 2011 (13 jaar), Meisjes								4
50m vrije slag	series	2.	31.18	397	33.20	26-10-2024	113%	
100m vrije slag	series	7.	1:10.75	358	1:10.63	22-6-2024	100%	
400m vrije slag	series	5.	5:29.50	345	5:37.24	12-10-2024	105%	
50m rugslag	series	6.	38.55	281	38.12	11-5-2024	98%	
100m rugslag	series	7.	1:24.24	276	1:20.31	6-10-2024	91%	
200m rugslag	series	4.	2:52.45	328	2:57.98	12-10-2024	107%	
100m wisselslag	series	8.	1:25.11	292	1:25.59	26-10-2024	101%	
200m wisselslag	series	4.	3:04.12	289	3:02.67	13-4-2024	98%	
Femke van der Veen, 2011 (13 jaar), Meisjes								5
50m rugslag	series	2.	36.24	338	36.88	13-10-2024	104%	
100m rugslag	series	4.	1:18.41	343	1:19.53	20-4-2024	103%	
50m schoolslag	series	2.	40.83	335	40.67	22-6-2024	99%	
100m schoolslag	series	4.	1:29.11	342	1:29.13	28-9-2024	100%	
50m vlinderslag	series	2.	35.06	336	35.31	6-10-2024	101%	
100m wisselslag	series	2.	1:17.19	392	1:19.53	22-6-2024	106%	
Ilana Gentile, 2008 (16 jaar), Meisjes								1
200m vrije slag	series	3.	2:11.01	596	2:11.38	13-4-2024	101%	
Indy Feenema, 2010 (14 jaar), Meisjes								1
50m rugslag	series	AFGEM	-	-	33.13	6-7-2024	-	
100m rugslag	series	6.	1:13.34	419	1:10.77	20-4-2024	93%	
200m rugslag	series	4.	2:34.57	455	2:33.96	19-10-2024	99%	
50m schoolslag	series	4.	38.41	402	37.88	28-12-2023	97%	
100m schoolslag	series	AFGEM	-	-	1:22.07	28-9-2024	-	
200m schoolslag	series	AFGEM	-	-	2:57.90	7-7-2024	-	
50m vlinderslag	series	4.	32.20	434	32.57	14-7-2024	102%	
100m wisselslag	series	AFGEM	-	-	1:13.65	14-7-2024	-	
200m wisselslag	series	4.	2:40.91	434	2:39.72	20-4-2024	99%	
Isa Segenhout, 2010 (14 jaar), Meisjes								3
50m vrije slag	series	13.	31.88	372	31.01	28-9-2024	95%	
100m vrije slag	series	10.	1:08.52	394	1:07.34	28-9-2024	97%	
200m vrije slag	series	10.	2:33.69	369	2:26.74	19-10-2024	91%	
400m vrije slag	series	5.	5:16.58	390	5:09.43	28-9-2024	96%	
50m rugslag	series	11.	38.59	280	35.64	19-10-2024	85%	
100m schoolslag	series	4.	1:28.94	344	1:30.53	11-5-2024	104%	
50m vlinderslag	series	8.	34.83	342	34.04	25-11-2023	96%	
200m vlinderslag	series	4.	2:59.26	297	3:03.24	13-4-2024	104%	
200m wisselslag	series	7.	2:49.60	370	2:50.20	20-4-2024	101%	
Juan Cruz Slappendel, 2009 (15 jaar), Jongens								5
50m vrije slag	series	3.	26.21	455	26.45	14-7-2024	102%	
100m vrije slag	series	2.	57.11	484	57.71	7-7-2024	102%	
200m vrije slag	series	2.	2:04.61	507	2:09.17	6-10-2024	107%	
400m vrije slag	series	4.	4:35.07	459	5:23.14	12-11-2023	138%	
50m vlinderslag	series	1.	28.55	442	28.48	14-7-2024	100%	
100m vlinderslag	series	1.	1:04.74	401	1:08.22	12-10-2024	111%	
Kasper Lubbers, 2011 (13 jaar), Jongens								9
100m vrije slag	series	1.	1:03.07	359	1:03.37	19-10-2024	101%	
400m vrije slag	series	1.	4:43.76	418	4:50.02	13-4-2024	104%	
100m rugslag	series	1.	1:11.74	305	1:13.14	28-9-2024	104%	
100m schoolslag	series	1.	1:18.72	346	1:19.19	28-9-2024	101%	
200m schoolslag	series	1.	2:45.02	386	2:49.58	6-10-2024	106%	
100m vlinderslag	series	1.	1:11.49	298	1:14.40	10-12-2023	108%	
100m wisselslag	series	1.	1:11.19	331	1:13.45	26-10-2024	106%	
200m wisselslag	series	1.	2:27.82	407	2:34.75	28-9-2024	110%	
400m wisselslag	series	1.	5:11.20	429	5:16.52	19-10-2024	103%	
Lana Noordenbos, 2011 (13 jaar), Meisjes								6
50m vrije slag	series	1.	31.00	404	32.57	26-10-2024	110%	
100m vrije slag	series	2.	1:07.95	404	1:09.80	27-10-2024	106%	
200m vrije slag	series	3.	2:26.84	423	2:32.15	12-10-2024	107%	
50m rugslag	series	3.	36.84	321	37.13	29-12-2023	102%	
100m rugslag	series	6.	1:21.95	300	1:20.23	30-3-2024	96%	
200m rugslag	series	3.	2:50.67	338	2:53.66	13-4-2024	104%	
100m wisselslag	series	7.	1:22.78	318	1:24.68	26-10-2024	105%	
Lilian Mulder, 2009 (15 jaar), Meisjes								1
50m vrije slag	series	12.	31.70	378	33.23	27-10-2024	110%	
100m schoolslag	series	6.	1:43.17	220	1:42.15	6-10-2024	98%	

Lize Janna de Vries, 2001 (23 jaar), Dames								2
200m vrije slag	series	2.	2:16.01	533	2:17.86		103%	
400m vrije slag	series	2.	4:42.23	550	4:39.85		98%	
200m wisselslag	series	2.	2:30.99	525	2:31.10	26-10-2024	100%	
Nynke van der Zee, 2007 (17 jaar), Meisjes								-
50m vrije slag	series	7.	29.36	476	28.73	29-6-2024	96%	
50m schoolslag	series	1.	37.23	442	36.50	29-6-2024	96%	
100m schoolslag	series	2.	1:21.89	441	1:20.81	28-9-2024	97%	
100m wisselslag	series	4.	1:11.55	492	1:10.08	15-12-2023	96%	
200m wisselslag	series	6.	2:38.58	453	2:33.60	14-1-2024	94%	
Olena Dijkstra, 2002 (22 jaar), Dames								2
50m vrije slag	series	1.	27.37	588	27.51	29-6-2024	101%	
100m vrije slag	series	1.	1:00.20	581	1:00.64	10-3-2024	101%	
50m vlinderslag	series	1.	28.66	615	28.62	6-7-2024	100%	
100m wisselslag	series	1.	1:08.71	556	1:08.22	6-10-2024	99%	
Syll Rinsma, 2012 (12 jaar), Meisjes								-
400m vrije slag	series	AFGEM	-	-	5:43.02	8-12-2023	-	
100m rugslag	series	AFGEM	-	-	1:21.69	19-10-2024	-	
100m schoolslag	series	AFGEM	-	-	1:28.15	18-11-2023	-	
200m schoolslag	series	AFGEM	-	-	3:07.99	22-6-2024	-	
200m wisselslag	series	AFGEM	-	-	2:55.38	28-9-2024	-	
400m wisselslag	series	AFGEM	-	-	6:12.31	10-3-2024	-	
Timo van de Pavoordt, 2011 (13 jaar), Jongens								7
400m vrije slag	series	3.	5:13.94	309	5:16.46	28-9-2024	102%	
50m rugslag	series	1.	36.14	228	37.84	27-10-2024	110%	
100m rugslag	series	3.	1:19.27	226	1:19.76	22-6-2024	101%	
100m schoolslag	series	8.	1:35.14	196	1:36.07	27-10-2024	102%	
50m vlinderslag	series	1.	33.82	265	34.60	26-10-2024	105%	
100m wisselslag	series	4.	1:19.31	239	1:19.77	26-10-2024	101%	
200m wisselslag	series	3.	2:47.46	280	2:52.88	28-9-2024	107%	
Wyneke Edou van der Heide, 2011 (13 jaar), Meisjes								5
100m vrije slag	series	4.	1:08.83	389	1:08.90	20-10-2024	100%	
200m vrije slag	series	4.	2:27.62	417	2:29.53	19-10-2024	103%	
400m vrije slag	series	3.	5:17.21	387	5:23.01	6-7-2024	104%	
50m schoolslag	series	1.	38.21	409	38.86	20-10-2024	103%	
100m schoolslag	series	2.	1:25.24	391	1:24.50	27-1-2024	98%	
200m schoolslag	series	3.	3:04.41	388	3:04.41	20-10-2024	100%	
100m wisselslag	series	3.	1:17.66	385	1:20.06	14-7-2024	106%	
Yannick Dijks, 2007 (17 jaar), Jongens								4
50m vrije slag	series	10.	31.43	263	32.73	26-10-2024	108%	
200m vrije slag	series	4.	2:29.05	296	2:32.70	22-6-2024	105%	
400m vrije slag	series	6.	5:09.25	323	5:16.41	6-10-2024	105%	
50m rugslag	series	6.	35.20	247	33.81	12-10-2024	92%	
100m rugslag	series	4.	1:14.10	277	1:13.31	12-10-2024	98%	
200m rugslag	series	2.	2:34.42	320	2:34.07	12-10-2024	100%	
50m vlinderslag	series	6.	36.56	210	37.86	14-7-2024	107%	

PWC								8
Aliena de Vries, 2011 (13 jaar), Meisjes								2
50m vrije slag	series	4.	33.63	316	34.12	6-7-2024	103%	
100m vrije slag	series	10.	1:19.77	249	1:16.10	20-4-2024	91%	
50m rugslag	series	4.	37.98	293	37.57	6-7-2024	98%	
50m vlinderslag	series	5.	40.65	215	39.42	11-5-2024	94%	
100m wisselslag	series	9.	1:31.07	238	1:31.66	6-4-2024	101%	
Bouke van der Zaag, 1996 (28 jaar), Heren								1
100m vrije slag	series	9.	58.61	447	58.12	9-3-2024	98%	
50m vlinderslag	series	9.	30.02	380	30.66	6-7-2024	104%	
Hendrike Bakker, 2009 (15 jaar), Meisjes								-
50m vrije slag	series	17.	37.54	227	37.17	6-7-2024	98%	
Herman Buist, 1998 (26 jaar), Heren								-
50m vlinderslag	series	11.	30.87	349	29.89	6-7-2024	94%	
Janneke Bierma, 2001 (23 jaar), Dames								-
50m schoolslag	series	3.	42.25	302	41.82	20-4-2024	98%	
Margreet Bosch, 2004 (20 jaar), Dames								-
50m vrije slag	series	9.	31.95	369	31.91	6-7-2024	100%	
Roan Altena, 2003 (21 jaar), Heren								4
50m schoolslag	series	6.	33.18	425	33.55	6-7-2024	102%	
100m schoolslag	series	7.	1:13.68	422	1:14.59	30-3-2024	102%	
200m schoolslag	series	1.	2:52.51	337	2:55.36	7-10-2023	103%	
50m vlinderslag	series	8.	29.44	403	29.54	22-6-2024	101%	
Rutger Hoving, 1995 (29 jaar), Heren								-
50m vlinderslag	series	10.	30.78	352	29.63	27-1-2024	93%	
Sylke Vrieswijk, 2007 (17 jaar), Meisjes								1
50m vrije slag	series	8.	31.29	393	34.43		121%	
100m vrije slag	series	6.	1:12.17	337	1:10.90	22-6-2024	97%	

SG. Bolsward-Workum							42
Anna Schuurman, 2010 (14 jaar), Meisjes							2
400m vrije slag	series	6.	5:24.87	360	5:21.01	20-10-2024	98%
50m rugslag	series	10.	38.26	287	38.34	20-10-2024	100%
100m rugslag	series	11.	1:20.87	312	1:20.82	15-9-2024	100%
200m rugslag	series	9.	2:52.99	325	2:49.55	6-7-2024	96%
200m vlinderslag	series	6.	3:11.21	244	3:10.36	22-6-2024	99%
100m wisselslag	series	9.	1:23.81	306	1:23.68	22-6-2024	100%
200m wisselslag	series	8.	3:01.04	304	2:58.24	13-10-2024	97%
400m wisselslag	series	7.	6:11.77	337	6:15.51	19-10-2024	102%
Britt Jellesma, 2010 (14 jaar), Meisjes							4
100m vrije slag	series	11.	1:08.70	391	1:08.02	29-9-2024	98%
200m vrije slag	series	9.	2:32.55	378	2:40.73	11-5-2024	111%
50m schoolslag	series	3.	38.07	413	38.72	29-9-2024	103%
100m schoolslag	series	3.	1:25.93	382	1:23.79	13-10-2024	95%
200m schoolslag	series	3.	3:09.73	356	3:06.66	13-10-2024	97%
50m vlinderslag	series	6.	33.50	385	35.10	6-7-2024	110%
100m vlinderslag	series	8.	1:26.87	240	1:29.10	29-9-2024	105%
100m wisselslag	series	6.	1:17.56	386	1:16.30	5-10-2024	97%
Hidde Bruins Slot, 2008 (16 jaar), Jongens							4
50m vrije slag	series	6.	27.46	395	27.47	13-4-2024	100%
100m vrije slag	series	5.	1:01.98	378	1:00.98	7-10-2023	97%
100m schoolslag	series	6.	1:22.30	303	1:22.72	30-3-2024	101%
50m vlinderslag	series	5.	31.93	316	31.52	30-3-2024	97%
100m wisselslag	series	5.	1:12.61	312	1:12.70	5-10-2024	100%
200m wisselslag	series	3.	2:37.74	335	2:39.69	9-3-2024	102%
Jildau Folmer, 2010 (14 jaar), Meisjes							3
50m vrije slag	series	10.	31.23	395	31.06	19-10-2024	99%
50m rugslag	series	9.	35.01	375	34.90	19-10-2024	99%
100m rugslag	series	8.	1:15.20	388	1:16.31	20-10-2024	103%
200m rugslag	series	6.	2:42.93	389	2:40.46	13-10-2024	97%
100m wisselslag	series	5.	1:15.80	414	1:16.09	5-10-2024	101%
200m wisselslag	series	6.	2:46.64	391	2:52.43	9-3-2024	107%
Kian Bloemendal, 2007 (17 jaar), Jongens							2
50m vrije slag	series	9.	29.37	323	30.12	7-10-2023	105%
100m schoolslag	series	8.	1:28.21	246	1:33.61	27-1-2024	113%
Lena Offringa, 2009 (15 jaar), Meisjes							2
50m vrije slag	series	8.	31.14	399	30.64	31-3-2024	97%
200m vrije slag	series	7.	2:28.17	412	2:31.24	13-10-2024	104%
50m vlinderslag	series	5.	33.13	398	33.22	1-4-2024	101%
100m vlinderslag	series	9.	1:27.38	236	1:21.89	31-3-2024	88%
Mare Offringa, 2010 (14 jaar), Meisjes							3
50m vrije slag	series	7.	30.38	429	30.18	28-9-2024	99%
100m vrije slag	series	8.	1:05.91	443	1:05.29	15-9-2024	98%
200m vrije slag	series	4.	2:22.55	463	2:19.91	19-10-2024	96%
400m vrije slag	series	2.	4:54.81	482	5:00.03	20-10-2024	104%
50m schoolslag	series	5.	40.84	335	39.12	22-6-2024	92%
100m wisselslag	series	3.	1:14.95	428	1:15.14	20-10-2024	101%
400m wisselslag	series	4.	5:41.27	436	5:45.90	20-4-2024	103%
Marre van der Wal, 2010 (14 jaar), Meisjes							2
100m vrije slag	series	6.	1:03.94	485	1:03.80	19-11-2023	100%
200m vrije slag	series	3.	2:19.67	492	2:16.16	19-10-2024	95%
50m schoolslag	series	2.	35.27	520	35.09	5-10-2024	99%
100m schoolslag	series	1.	1:17.63	518	1:15.76	9-12-2023	95%
200m schoolslag	series	2.	2:44.41	548	2:43.41	28-10-2023	99%
100m vlinderslag	series	5.	1:14.30	384	1:14.93	31-3-2024	102%
100m wisselslag	series	2.	1:11.45	494	1:12.23	7-7-2024	102%
200m wisselslag	series	2.	2:37.32	464	2:34.74	10-12-2023	97%
400m wisselslag	series	3.	5:40.18	441	5:28.92	8-10-2023	93%
Motvey Tymts, 2012 (12 jaar), Jongens							5
50m vrije slag	series	3.	31.49	262	32.91	28-9-2024	109%
50m rugslag	series	4.	40.10	167	43.02	10-2-2024	115%
50m schoolslag	series	1.	40.83	228	42.06	28-9-2024	106%
100m schoolslag	series	4.	1:29.92	232	1:42.17	16-3-2024	129%
50m vlinderslag	series	4.	37.22	199	39.44	5-10-2024	112%
Nathalie Veenstra, 2009 (15 jaar), Meisjes							2
100m vrije slag	series	15.	1:13.54	319	1:14.90	13-4-2024	104%
50m vlinderslag	series	13.	39.73	231	39.79	28-9-2024	100%
Rinze Bruins Slot, 2011 (13 jaar), Jongens							5
50m vrije slag	series	4.	31.64	258	33.50	11-5-2024	112%
100m vrije slag	series	AFGEM		-	1:11.08	28-9-2024	-
50m vlinderslag	series	2.	34.07	260	35.56	5-10-2024	109%
100m vlinderslag	series	4.	1:22.45	194	1:25.05	14-1-2024	106%
100m wisselslag	series	6.	1:21.70	219	1:23.40	20-4-2024	104%
200m wisselslag	series	4.	2:51.19	262	2:59.37	13-4-2024	110%
Robin de Jong, 2001 (23 jaar), Heren							2
50m vrije slag	series	7.	24.96	526	24.45	7-10-2023	96%
100m vrije slag	series	5.	55.44	529	56.06	13-1-2024	102%
50m schoolslag	series	2.	30.68	537	31.18	13-1-2024	103%

Friese Kampioenschappen 2024
Heerenveen, 9- - 10-11-2024



100m vlinderslag	series	4.	1:03.64	423	1:02.07	13-4-2024	95%	
Yorre van der Wal, 2010 (14 jaar), Jongens								
50m vrije slag	series	10.	29.23	328	29.21	6-7-2024	100%	3
100m vrije slag	series	9.	1:04.06	342	1:03.91	19-10-2024	100%	
50m rugslag	series	3.	33.05	299	34.24	19-10-2024	107%	
100m rugslag	series	5.	1:10.91	316	1:10.85	19-10-2024	100%	
200m rugslag	series	3.	2:30.00	349	2:29.88	20-10-2024	100%	
50m schoolslag	series	2.	36.90	309	37.14	5-10-2024	101%	
100m schoolslag	series	5.	1:22.66	299	1:21.01	13-1-2024	96%	
200m schoolslag	series	3.	2:52.34	338	2:52.49	19-10-2024	100%	
Zoe Schurer, 2011 (13 jaar), Meisjes								
50m vrije slag	series	5.	35.04	280	34.46	12-10-2024	97%	
100m vrije slag	series	9.	1:15.91	290	1:16.20	6-4-2024	101%	
50m rugslag	series	9.	43.28	198	46.45	18-11-2023	115%	
100m schoolslag	series	7.	1:36.14	272	1:42.47	14-1-2024	114%	
50m vlinderslag	series	4.	39.86	228	39.10	5-10-2024	96%	
200m wisselslag	series	5.	3:10.92	260	3:08.59	30-3-2024	98%	

SVW

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Wetterwille								1
Fardau Dijkers, 2005 (19 jaar), Dames								1
50m vrije slag	series	4.	28.11	542	28.02	6-7-2024	99%	
100m vrije slag	series	4.	1:02.72	514	1:03.56	28-12-2023	103%	
50m rugslag	series	3.	33.68	421	32.51	6-7-2024	93%	
50m schoolslag	series	1.	35.55	508	34.39	14-1-2024	94%	
100m schoolslag	series	4.	1:19.49	482	1:17.69	14-10-2023	96%	
50m vlinderslag	series	3.	30.87	492	30.38	20-4-2024	97%	
100m wisselslag	series	2.	1:11.01	503	1:10.45	13-1-2024	98%	
Hielke van der Zwaag, 2007 (17 jaar), Jongens								3
50m vrije slag	series	7.	27.82	380	28.15	6-7-2024	102%	
100m vrije slag	series	6.	1:03.27	355	1:00.60	20-4-2024	92%	
50m rugslag	series	5.	32.71	308	32.63	6-7-2024	100%	
100m rugslag	series	AFGEM	-	-	1:17.85	30-9-2023	-	
50m schoolslag	series	AFGEM	-	-	36.63	20-4-2024	-	
100m schoolslag	series	7.	1:23.78	287	1:20.09	30-3-2024	91%	
50m vlinderslag	series	4.	29.16	414	29.65	30-3-2024	103%	
100m vlinderslag	series	4.	1:08.50	339	1:12.13	11-5-2024	111%	
Jente-Piebe Dijkstra, 2008 (16 jaar), Jongens								1
50m vrije slag	series	8.	28.03	372	27.14	6-7-2024	94%	
100m schoolslag	series	5.	1:22.04	305	1:22.72	30-3-2024	102%	
100m wisselslag	series	6.	1:13.88	296	1:12.90	14-1-2024	97%	
Lotte Nienhuis, 2011 (13 jaar), Meisjes								2
100m vrije slag	series	12.	1:32.23	161	1:34.48	11-11-2023	105%	
50m vlinderslag	series	9.	54.18	91	55.05	6-7-2024	103%	
Marinte van Dijk, 2006 (18 jaar), Meisjes								2
50m vrije slag	series	6.	34.66	289	33.71	30-3-2024	95%	
100m vrije slag	series	7.	1:19.82	249	1:16.72	5-10-2024	92%	
200m vrije slag	series	5.	3:01.38	224	2:56.85	11-5-2024	95%	
100m rugslag	series	5.	1:29.30	232	1:28.30	27-1-2024	98%	
200m rugslag	series	4.	3:17.80	217	3:23.04	30-9-2023	105%	
50m schoolslag	series	7.	47.56	212	47.22	22-6-2024	99%	
100m schoolslag	series	7.	1:44.36	213	1:42.01	11-5-2024	96%	
50m vlinderslag	series	8.	40.50	218	41.34	20-4-2024	104%	
100m wisselslag	series	5.	1:33.31	222	1:30.28	22-6-2024	94%	
Marye Toonstra, 2007 (17 jaar), Meisjes								1
100m vrije slag	series	9.	1:21.08	238	1:19.92	9-3-2024	97%	
50m vlinderslag	series	8.	41.75	199	44.90	6-7-2024	116%	
Rixt Boonstra, 2008 (16 jaar), Meisjes								-
50m vrije slag	series	10.	34.02	306	33.98	29-12-2023	100%	
50m schoolslag	series	3.	42.97	287	41.97	22-6-2024	95%	
50m vlinderslag	series	5.	35.32	328	35.19	6-7-2024	99%	
100m wisselslag	series	7.	1:24.62	297	1:23.30	5-10-2024	97%	
Ruben de Vries, 2009 (15 jaar), Jongens								3
50m vrije slag	series	4.	27.07	413	27.22	5-10-2024	101%	
50m rugslag	series	2.	32.87	304	31.49	5-10-2024	92%	
100m rugslag	series	3.	1:10.29	325	1:12.14	11-5-2024	105%	
50m schoolslag	series	1.	33.60	409	34.17	20-4-2024	103%	
100m schoolslag	series	2.	1:14.96	401	1:14.81	5-10-2024	100%	
Sophie Nienhuis, 2008 (16 jaar), Meisjes								-
100m vrije slag	series	8.	1:16.05	288	1:14.89	22-6-2024	97%	
50m vlinderslag	series	6.	39.29	238	38.42	6-7-2024	96%	
Tamar de Groot, 2008 (16 jaar), Meisjes								3
50m vrije slag	series	11.	36.35	251	35.96	30-3-2024	98%	
100m vrije slag	series	10.	1:24.17	212	1:25.30	22-6-2024	103%	
100m schoolslag	series	5.	1:43.10	221	1:44.12	14-10-2023	102%	
50m vlinderslag	series	9.	45.84	150	48.53	11-5-2024	112%	
100m wisselslag	series	9.	1:37.07	197	1:31.84	5-10-2024	90%	

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Zcnf'34								4
Arend Vlasma, 2004 (20 jaar), Heren								
50m vrije slag	series	10.	25.60	488	25.61	6-4-2024	100%	
100m vrije slag	series	6.	55.63	523	55.89	13-1-2024	101%	
200m vrije slag	series	2.	2:02.31	536	2:06.34	14-1-2024	107%	
50m schoolslag	series	4.	32.16	466	32.56	13-1-2024	103%	
100m schoolslag	series	5.	1:10.98	472	1:10.96	25-11-2023	100%	
50m vlinderslag	series	5.	28.25	456	28.15	21-10-2023	99%	
100m vlinderslag	series	7.	1:05.18	393	1:04.27	11-11-2023	97%	
200m vlinderslag	series	3.	2:28.79	370	2:27.55	12-10-2024	98%	
Fardau Cazemier, 2009 (15 jaar), Meisjes								4
50m vrije slag	series	5.	29.55	467	29.79	13-1-2024	102%	
100m vrije slag	series	7.	1:05.41	453	1:04.52	5-10-2024	97%	
100m vlinderslag	series	5.	1:14.30	384	1:16.54	13-1-2024	106%	
200m vlinderslag	series	2.	2:48.20	359	2:54.78	26-5-2024	108%	
200m wisselslag	series	3.	2:37.44	463	2:40.54	19-10-2024	104%	
400m wisselslag	series	5.	5:46.41	417	5:41.18	20-10-2024	97%	
Lotte Berghout, 2009 (15 jaar), Meisjes								1
100m vrije slag	series	9.	1:07.26	417	1:06.42	13-1-2024	98%	
200m vrije slag	series	6.	2:26.37	428	2:23.88	19-10-2024	97%	
400m vrije slag	series	4.	5:09.78	416	5:07.38	13-4-2024	98%	
100m vlinderslag	series	7.	1:20.56	302	1:16.78	13-1-2024	91%	
200m vlinderslag	series	5.	3:00.78	289	2:56.73	13-4-2024	96%	
400m wisselslag	series	6.	5:52.19	397	5:59.87	9-3-2024	104%	
Mirthe de Haan, 2010 (14 jaar), Meisjes								3
50m vrije slag	series	9.	31.16	398	31.72	6-4-2024	104%	
50m rugslag	series	8.	34.90	378	34.87	11-5-2024	100%	
100m rugslag	series	5.	1:13.21	421	1:13.23	20-10-2024	100%	
200m rugslag	series	5.	2:35.79	445	2:36.38	19-10-2024	101%	
100m wisselslag	series	4.	1:15.11	425	1:14.96	5-10-2024	100%	
Roos de Jong, 2003 (21 jaar), Dames								4
200m vrije slag	series	4.	2:19.82	491	2:26.95	5-10-2024	110%	
400m vrije slag	series	3.	4:50.97	502	4:54.24	5-10-2024	102%	
100m schoolslag	series	2.	1:21.93	440	1:22.90	12-10-2024	102%	
200m schoolslag	series	1.	2:51.46	483	2:49.81	12-10-2024	98%	
200m wisselslag	series	3.	2:36.72	470	2:40.45	12-10-2024	105%	