



Limietwedstrijd 2 Heerenveen  
Heerenveen, 8-11-2025

Verbetering zwemmer - Details

Alle wedstrijden

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



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De Forel

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Limietwedstrijd 2 Heerenveen  
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De Kikker

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Limietwedstrijd 2 Heerenveen  
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De Spatters

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|                                        |        |     |         |     |         |            |      |    |
|----------------------------------------|--------|-----|---------|-----|---------|------------|------|----|
| Dz&Pc                                  |        |     |         |     |         |            |      | 10 |
| Alissa Bosma, 2012 (13 jaar), Meisjes  |        |     |         |     |         |            |      | 3  |
| 50m vrije slag                         | series | 30. | 37.35   | 228 | 39.30   | 1-11-2025  | 111% |    |
| 100m vrije slag                        | series | 55. | 1:28.75 | 181 | 1:30.44 | 30-11-2024 | 104% |    |
| 50m rugslag                            | series | 23. | 42.41   | 210 | 47.45   | 4-11-2023  | 125% |    |
| Ashal Yon, 2013 (12 jaar), Meisjes     |        |     |         |     |         |            |      | 1  |
| 50m vrije slag                         | series | 25. | 34.91   | 279 | 34.05   | 11-10-2025 | 95%  |    |
| 200m vrije slag                        | series | 30. | 2:49.76 | 274 | 2:52.03 | 28-9-2025  | 103% |    |
| Colin Bes, 2005 (20 jaar), Heren       |        |     |         |     |         |            |      | -  |
| 50m vrije slag                         | series | 1.  | 23.73   | 589 | 23.63   | 22-12-2024 | 99%  |    |
| 100m vrije slag                        | series | 1.  | 51.52   | 659 | 51.14   | 10-11-2024 | 99%  |    |
| 200m vrije slag                        | series | 1.  | 1:53.81 | 650 | 1:53.43 | 20-10-2024 | 99%  |    |
| Hammada Wali, 2012 (13 jaar), Jongens  |        |     |         |     |         |            |      | 3  |
| 100m rugslag                           | series | 8.  | 1:29.62 | 156 | 1:39.50 | 5-10-2025  | 123% |    |
| 50m schoolslag                         | series | 8.  | 44.21   | 179 | 44.31   | 11-10-2025 | 100% |    |
| 200m wisselslag                        | series | 6.  | 3:22.54 | 155 | 3:43.97 |            | 122% |    |
| Jan Kooistra, 2013 (12 jaar), Jongens  |        |     |         |     |         |            |      | -  |
| 50m vrije slag                         | series | NG  |         | -   | 46.73   | 11-10-2025 | -    |    |
| 100m vrije slag                        | series | NG  |         | -   | NT      |            | -    |    |
| 50m rugslag                            | series | NG  |         | -   | NT      |            | -    |    |
| Rick Offringa, 2003 (22 jaar), Heren   |        |     |         |     |         |            |      | -  |
| 200m schoolslag                        | series | NG  |         | -   | 2:17.40 | 6-7-2024   | -    |    |
| 200m wisselslag                        | series | NG  |         | -   | 2:09.31 | 18-5-2024  | -    |    |
| Vita Tjoelker, 2013 (12 jaar), Meisjes |        |     |         |     |         |            |      | 3  |
| 100m vrije slag                        | series | 52. | 1:21.65 | 233 | 1:22.30 | 11-10-2025 | 102% |    |
| 50m rugslag                            | series | 21. | 41.24   | 228 | 45.72   | 8-2-2025   | 123% |    |
| 100m schoolslag                        | series | 22. | 1:40.58 | 238 | 1:40.59 | 28-9-2025  | 100% |    |



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|                                          |        |     |              |     |         |            |      |   |
|------------------------------------------|--------|-----|--------------|-----|---------|------------|------|---|
| F.Z.C.'54                                |        |     |              |     |         |            |      | 4 |
| Feyona Vonk, 2006 (19 jaar), Dames       |        |     |              |     |         |            |      | - |
| 100m vrije slag                          | series | 16. | 1:06.23      | 436 | 1:04.27 | 20-4-2024  | 94%  |   |
| 50m schoolslag                           | series | 8.  | 38.96        | 386 | 37.68   | 29-3-2025  | 94%  |   |
| 50m vlinderslag                          | series | 10. | 33.38        | 368 | 32.65   | 20-4-2024  | 96%  |   |
| Iris Segeren, 2012 (13 jaar), Meisjes    |        |     |              |     |         |            |      | 3 |
| 50m vrije slag                           | series | 26. | <b>35.60</b> | 263 | 36.59   | 18-10-2025 | 106% |   |
| 50m rugslag                              | series | 22. | <b>42.02</b> | 216 | 43.56   | 1-2-2025   | 107% |   |
| 50m vlinderslag                          | series | 22. | <b>42.14</b> | 183 | 49.56   | 5-10-2024  | 138% |   |
| Maico Langhout, 2002 (23 jaar), Heren    |        |     |              |     |         |            |      | 1 |
| 50m vrije slag                           | series | 16. | 27.96        | 360 | 27.49   | 29-3-2025  | 97%  |   |
| 100m vrije slag                          | series | 16. | 1:01.90      | 380 | 1:01.90 | 5-4-2025   | 100% |   |
| 50m vlinderslag                          | series | 12. | <b>32.70</b> | 277 | 33.15   | 1-2-2025   | 103% |   |
| Mathijs Haitzma, 2007 (18 jaar), Jongens |        |     |              |     |         |            |      | - |
| 100m vrije slag                          | series | 17. | 1:02.03      | 377 | 1:01.30 | 28-6-2025  | 98%  |   |
| 100m vlinderslag                         | series | 11. | 1:15.82      | 249 | 1:15.07 | 11-1-2025  | 98%  |   |
| Yenthe Segeren, 2008 (17 jaar), Meisjes  |        |     |              |     |         |            |      | - |
| 100m vrije slag                          | series | 38. | 1:11.55      | 346 | 1:11.21 | 5-4-2025   | 99%  |   |
| 200m vlinderslag                         | series | 6.  | 3:10.70      | 244 | 3:06.43 | 29-3-2025  | 96%  |   |



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|                                         |        |     |         |     |         |            |      |
|-----------------------------------------|--------|-----|---------|-----|---------|------------|------|
| G.S.Z.V. De Golfbreker                  |        |     |         |     |         |            | 10   |
| Alice Stilma, 2003 (22 jaar), Dames     |        |     |         |     |         |            | 1    |
| 100m vrije slag                         | series | 6.  | 1:02.93 | 509 | 1:04.51 | 18-10-2025 | 105% |
| 50m rugslag                             | series | 12. | 35.23   | 367 | NT      |            | -    |
| 50m vlinderslag                         | series | 8.  | 32.17   | 412 | 31.86   | 11-10-2025 | 98%  |
| Anna Bulsing, 2003 (22 jaar), Dames     |        |     |         |     |         |            | 1    |
| 50m vrije slag                          | series | 22. | 32.78   | 337 | 34.32   | 9-3-2025   | 110% |
| 100m vrije slag                         | series | 45. | 1:15.01 | 300 | 1:13.39 | 9-3-2025   | 96%  |
| 50m schoolslag                          | series | 6.  | 38.75   | 392 | 38.06   | 29-3-2025  | 96%  |
| Celeste Suurd, 2007 (18 jaar), Meisjes  |        |     |         |     |         |            | -    |
| 50m vrije slag                          | series | 29. | 36.38   | 247 | NT      |            | -    |
| Fenna Boterman, 2007 (18 jaar), Meisjes |        |     |         |     |         |            | 3    |
| 50m schoolslag                          | series | 5.  | 38.68   | 394 | 39.61   | 27-9-2025  | 105% |
| 100m schoolslag                         | series | 3.  | 1:25.44 | 388 | 1:26.77 | 1-2-2025   | 103% |
| 50m vlinderslag                         | series | 11. | 33.49   | 365 | 33.52   | 29-3-2025  | 100% |
| Jesper Luppès, 2000 (25 jaar), Heren    |        |     |         |     |         |            | 1    |
| 50m rugslag                             | series | 4.  | 35.02   | 251 | 38.07   | 15-10-2022 | 118% |
| 200m rugslag                            | series | 5.  | 2:44.41 | 265 | NT      |            | -    |
| Raisa Neinhuis, 1985 (40 jaar), Dames   |        |     |         |     |         |            | 1    |
| 50m vrije slag                          | series | 32. | 45.80   | 123 | 45.89   | 26-10-2025 | 100% |
| 100m vrije slag                         | series | 59. | 1:45.86 | 106 | 1:43.79 | 26-10-2025 | 96%  |
| Rianne Beuker, 2004 (21 jaar), Dames    |        |     |         |     |         |            | 1    |
| 50m vrije slag                          | series | 14. | 30.48   | 420 | 30.47   | 20-4-2024  | 100% |
| 100m vrije slag                         | series | 33. | 1:09.65 | 375 | 1:09.65 |            | 100% |
| 100m vlinderslag                        | series | 8.  | 1:19.84 | 287 | 1:21.58 |            | 104% |
| Tessa Maat, 2002 (23 jaar), Dames       |        |     |         |     |         |            | 1    |
| 50m vrije slag                          | series | 17. | 30.91   | 402 | 30.03   | 15-10-2022 | 94%  |
| 100m vrije slag                         | series | 28. | 1:08.63 | 392 | 1:06.85 | 28-1-2023  | 95%  |
| 100m vlinderslag                        | series | 7.  | 1:19.23 | 294 | 1:22.83 | 6-3-2022   | 109% |
| Thomas Doornbos, 2000 (25 jaar), Heren  |        |     |         |     |         |            | 1    |
| 200m vrije slag                         | series | 12. | 2:28.27 | 294 | 2:39.69 | 24-2-2024  | 116% |
| 50m schoolslag                          | series | 7.  | 37.42   | 296 | 36.58   | 9-11-2024  | 96%  |



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|                                            |        |       |                |     |         |            |      |    |
|--------------------------------------------|--------|-------|----------------|-----|---------|------------|------|----|
| HZ&PC Heerenveen                           |        |       |                |     |         |            |      | 59 |
| Annefleur Schraa, 2011 (14 jaar), Meisjes  |        |       |                |     |         |            |      | -  |
| 50m rugslag                                | series | 13.   | 35.55          | 357 | 35.28   |            | 98%  |    |
| 100m rugslag                               | series | 7.    | 1:13.96        | 389 | 1:13.07 |            | 98%  |    |
| 200m rugslag                               | series | 7.    | 2:43.18        | 378 | 2:36.40 |            | 92%  |    |
| Carina Kooistra, 2013 (12 jaar), Meisjes   |        |       |                |     |         |            |      | 3  |
| 100m vrije slag                            | series | 51.   | <b>1:20.34</b> | 244 | 1:22.34 |            | 105% |    |
| 200m vrije slag                            | series | 34.   | <b>2:58.81</b> | 234 | 3:11.15 |            | 114% |    |
| 100m schoolslag                            | series | 24.   | <b>1:45.26</b> | 207 | 1:50.28 |            | 110% |    |
| Casper Hut, 1978 (47 jaar), Heren          |        |       |                |     |         |            |      | 1  |
| 50m vrije slag                             | series | 4.    | <b>25.56</b>   | 471 | 25.61   |            | 100% |    |
| 50m vlinderslag                            | series | 3.    | 27.80          | 451 | 27.75   |            | 100% |    |
| Danne-Bo Eghuizen, 2011 (14 jaar), Meisjes |        |       |                |     |         |            |      | 1  |
| 50m rugslag                                | series | 19.   | <b>39.27</b>   | 265 | 40.78   | 30-11-2024 | 108% |    |
| 200m vlinderslag                           | series | 9.    | 3:30.00        | 183 | NT      |            | -    |    |
| Diede Veld, 2008 (17 jaar), Jongens        |        |       |                |     |         |            |      | 2  |
| 100m vrije slag                            | series | 2.    | <b>53.60</b>   | 585 | 53.91   | 11-1-2025  | 101% |    |
| 200m vlinderslag                           | series | 1.    | <b>2:09.84</b> | 557 | 2:11.25 | 20-12-2024 | 102% |    |
| Elise Dorlandt, 2010 (15 jaar), Meisjes    |        |       |                |     |         |            |      | -  |
| 50m vrije slag                             | series | AFGEM |                | -   | 28.63   | 10-11-2024 | -    |    |
| 100m vrije slag                            | series | AFGEM |                | -   | 1:02.63 |            | -    |    |
| 200m vrije slag                            | series | AFGEM |                | -   | 2:19.82 |            | -    |    |
| Emma Loijens, 2013 (12 jaar), Meisjes      |        |       |                |     |         |            |      | 1  |
| 100m vrije slag                            | series | 56.   | <b>1:31.95</b> | 163 | 1:39.23 |            | 116% |    |
| 50m rugslag                                | series | 24.   | 46.15          | 163 | NT      |            | -    |    |
| 100m schoolslag                            | series | 20.   | 1:36.59        | 269 | NT      |            | -    |    |
| Emma Mintjes, 2012 (13 jaar), Meisjes      |        |       |                |     |         |            |      | 2  |
| 50m vrije slag                             | series | 27.   | <b>35.62</b>   | 263 | 37.97   | 1-12-2024  | 114% |    |
| 200m wisselslag                            | series | 18.   | <b>3:13.95</b> | 246 | 3:34.11 |            | 122% |    |
| Esmee Ykema, 2008 (17 jaar), Meisjes       |        |       |                |     |         |            |      | 1  |
| 50m rugslag                                | series | 10.   | 34.33          | 396 | 33.20   |            | 94%  |    |
| 200m schoolslag                            | series | 3.    | 3:00.95        | 392 | 2:54.35 |            | 93%  |    |
| 400m wisselslag                            | series | 3.    | <b>5:40.19</b> | 423 | 5:48.82 |            | 105% |    |
| Fardau Loots, 2013 (12 jaar), Meisjes      |        |       |                |     |         |            |      | -  |
| 100m vrije slag                            | series | 48.   | 1:16.43        | 284 | 1:15.13 |            | 97%  |    |
| 200m schoolslag                            | series | 11.   | 3:31.79        | 244 | NT      |            | -    |    |
| 200m vlinderslag                           | series | 8.    | 3:18.05        | 218 | NT      |            | -    |    |
| Feline Evertse, 2013 (12 jaar), Meisjes    |        |       |                |     |         |            |      | -  |
| 100m vrije slag                            | series | AFGEM |                | -   | 1:23.98 | 28-9-2025  | -    |    |
| 400m vrije slag                            | series | AFGEM |                | -   | 6:12.04 | 11-10-2025 | -    |    |
| 100m rugslag                               | series | AFGEM |                | -   | 1:32.32 | 11-10-2025 | -    |    |
| Fenna Ykema, 2013 (12 jaar), Meisjes       |        |       |                |     |         |            |      | 3  |
| 400m vrije slag                            | series | 8.    | <b>5:48.48</b> | 288 | 6:06.74 |            | 111% |    |
| 50m schoolslag                             | series | 15.   | <b>44.12</b>   | 265 | 44.43   |            | 101% |    |
| 100m vlinderslag                           | series | 13.   | <b>1:34.62</b> | 172 | 1:35.42 |            | 102% |    |
| Finn Eghuizen, 2009 (16 jaar), Jongens     |        |       |                |     |         |            |      | 3  |
| 100m vrije slag                            | series | 3.    | <b>54.05</b>   | 570 | 54.84   | 14-12-2024 | 103% |    |
| 100m vlinderslag                           | series | 6.    | <b>1:05.16</b> | 392 | 1:09.55 | 1-2-2025   | 114% |    |
| 200m wisselslag                            | series | 1.    | <b>2:17.92</b> | 491 | 2:19.54 | 18-10-2025 | 102% |    |
| Gijs Koehoorn, 2008 (17 jaar), Jongens     |        |       |                |     |         |            |      | -  |
| 50m vrije slag                             | series | 2.    | 24.25          | 552 | 24.17   |            | 99%  |    |
| 50m schoolslag                             | series | 2.    | 30.94          | 524 | 30.42   |            | 97%  |    |
| 50m vlinderslag                            | series | 1.    | 26.12          | 543 | 25.84   |            | 98%  |    |
| Gijs Leeneman, 2012 (13 jaar), Jongens     |        |       |                |     |         |            |      | 2  |
| 200m vrije slag                            | series | 7.    | <b>2:15.00</b> | 389 | 2:22.60 |            | 112% |    |
| 200m rugslag                               | series | 3.    | 2:40.97        | 282 | 2:38.60 | 5-10-2025  | 97%  |    |
| 100m schoolslag                            | series | 9.    | <b>1:23.91</b> | 285 | 1:28.97 | 28-9-2025  | 112% |    |
| Hedwig Bolt, 2006 (19 jaar), Dames         |        |       |                |     |         |            |      | -  |
| 50m vrije slag                             | series | 3.    | 27.55          | 569 | 27.03   | 4-1-2025   | 96%  |    |
| 200m vrije slag                            | series | 1.    | 2:02.54        | 729 | 2:00.56 |            | 97%  |    |
| 400m vrije slag                            | series | 6.    | 5:31.68        | 334 | 4:12.41 | 20-12-2024 | 58%  |    |
| Jelmar Hartmann, 2012 (13 jaar), Jongens   |        |       |                |     |         |            |      | 2  |
| 100m vrije slag                            | series | 22.   | 1:09.94        | 263 | 1:09.85 | 11-10-2025 | 100% |    |
| 400m vrije slag                            | series | 4.    | <b>5:33.61</b> | 257 | 5:59.85 |            | 116% |    |
| 100m vlinderslag                           | series | 13.   | <b>1:24.94</b> | 177 | 1:29.65 | 5-10-2025  | 111% |    |
| Jelte Ruitenbergh, 2009 (16 jaar), Jongens |        |       |                |     |         |            |      | 2  |
| 50m vrije slag                             | series | 13.   | <b>27.26</b>   | 389 | 29.09   | 4-1-2025   | 114% |    |
| 100m vrije slag                            | series | 10.   | <b>59.49</b>   | 428 | 1:03.13 | 11-1-2025  | 113% |    |
| Joep Barwegen, 2012 (13 jaar), Jongens     |        |       |                |     |         |            |      | 1  |
| 200m vrije slag                            | series | 6.    | 2:12.62        | 411 | 2:12.47 | 5-10-2025  | 100% |    |
| 200m rugslag                               | series | 4.    | <b>2:41.75</b> | 278 | 2:42.13 | 5-10-2025  | 100% |    |
| 100m schoolslag                            | series | 7.    | 1:21.01        | 317 | 1:20.79 | 28-9-2025  | 99%  |    |
| Jorian Darwinkel, 2003 (22 jaar), Heren    |        |       |                |     |         |            |      | -  |
| 200m vrije slag                            | series | 2.    | 2:01.10        | 539 | 2:00.55 |            | 99%  |    |
| 50m schoolslag                             | series | 1.    | 30.85          | 528 | 30.41   | 11-1-2025  | 97%  |    |



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|-------------------------------------------------|--------|-------|---------|-----|---------|------------|------|---|
| Jorick Johannes, 2010 (15 jaar), Jongens        |        |       |         |     |         |            |      | 2 |
| 200m vrije slag                                 | series | 5.    | 2:08.24 | 454 | 2:10.51 | 5-10-2025  | 104% |   |
| 200m rugslag                                    | series | 2.    | 2:23.10 | 402 | 2:32.37 | 1-2-2025   | 113% |   |
| Laura van Etten, 2008 (17 jaar), Meisjes        |        |       |         |     |         |            |      | - |
| 50m rugslag                                     | series | 2.    | 29.83   | 605 | 29.42   | 4-1-2025   | 97%  |   |
| 100m rugslag                                    | series | 1.    | 1:03.14 | 626 | 1:02.48 | 21-12-2024 | 98%  |   |
| 400m wisselslag                                 | series | 1.    | 5:01.76 | 606 | 4:58.28 |            | 98%  |   |
| Leonie van Wier, 2002 (23 jaar), Dames          |        |       |         |     |         |            |      | - |
| 50m vrije slag                                  | series | 4.    | 27.86   | 550 | 27.43   | 4-1-2025   | 97%  |   |
| 100m vrije slag                                 | series | 3.    | 1:01.58 | 543 | 59.87   |            | 95%  |   |
| 50m vlinderslag                                 | series | 9.    | 33.04   | 380 | 31.74   | 9-11-2024  | 92%  |   |
| Lianne van Wier, 2002 (23 jaar), Dames          |        |       |         |     |         |            |      | - |
| 100m vrije slag                                 | series | 17.   | 1:06.24 | 436 | 1:02.44 |            | 89%  |   |
| 100m vlinderslag                                | series | 6.    | 1:16.43 | 328 | 1:13.10 |            | 91%  |   |
| Liselotte Schaap, 2006 (19 jaar), Dames         |        |       |         |     |         |            |      | - |
| 100m vrije slag                                 | series | 15.   | 1:06.14 | 438 | 1:04.84 |            | 96%  |   |
| 200m vrije slag                                 | series | 12.   | 2:24.07 | 448 | 2:21.23 |            | 96%  |   |
| Lobke Hempenius, 2011 (14 jaar), Meisjes        |        |       |         |     |         |            |      | 1 |
| 100m vrije slag                                 | series | 9.    | 1:03.99 | 484 | 1:05.05 | 11-1-2025  | 103% |   |
| 200m vrije slag                                 | series | 5.    | 2:17.79 | 513 | 2:16.74 | 5-10-2025  | 98%  |   |
| 200m wisselslag                                 | series | 5.    | 2:35.82 | 475 | 2:35.47 | 28-9-2025  | 100% |   |
| Loïs Jalving, 2004 (21 jaar), Dames             |        |       |         |     |         |            |      | 2 |
| 50m vrije slag                                  | series | 9.    | 29.58   | 459 | 29.23   |            | 98%  |   |
| 50m rugslag                                     | series | 6.    | 32.53   | 466 | 32.27   | 18-10-2025 | 98%  |   |
| 50m schoolslag                                  | series | 12.   | 40.93   | 333 | 41.02   |            | 100% |   |
| 50m vlinderslag                                 | series | 12.   | 33.77   | 356 | 33.99   |            | 101% |   |
| Luca Karsten Schöler, 2011 (14 jaar), Jongens   |        |       |         |     |         |            |      | 1 |
| 200m vrije slag                                 | series | 8.    | 2:15.69 | 383 | 2:21.37 | 1-12-2024  | 109% |   |
| 100m schoolslag                                 | series | 6.    | 1:19.32 | 338 | 1:16.52 | 11-10-2025 | 93%  |   |
| 200m schoolslag                                 | series | 1.    | 2:50.57 | 349 | 2:49.22 | 18-10-2025 | 98%  |   |
| Marte Hieke van der Kamp, 2005 (20 jaar), Dames |        |       |         |     |         |            |      | 2 |
| 50m vrije slag                                  | series | 1.    | 26.81   | 617 | 26.75   |            | 100% |   |
| 400m vrije slag                                 | series | 1.    | 4:44.05 | 532 | 4:07.32 |            | 76%  |   |
| 200m rugslag                                    | series | 2.    | 2:17.52 | 632 | 2:18.14 |            | 101% |   |
| 100m vlinderslag                                | series | 1.    | 1:02.32 | 605 | 1:03.07 |            | 102% |   |
| Mattias Stolk, 2010 (15 jaar), Jongens          |        |       |         |     |         |            |      | 3 |
| 100m vrije slag                                 | series | 7.    | 57.40   | 476 | 57.99   | 18-10-2025 | 102% |   |
| 50m vlinderslag                                 | series | 8.    | 30.23   | 350 | 30.70   | 18-10-2025 | 103% |   |
| 100m vlinderslag                                | series | 8.    | 1:06.15 | 375 | 1:09.21 |            | 109% |   |
| Milou Geneuglijk, 2009 (16 jaar), Meisjes       |        |       |         |     |         |            |      | 2 |
| 50m vrije slag                                  | series | 7.    | 28.81   | 497 | 28.72   |            | 99%  |   |
| 200m rugslag                                    | series | 4.    | 2:29.88 | 488 | 2:31.23 |            | 102% |   |
| 50m vlinderslag                                 | series | 3.    | 30.42   | 487 | 30.69   | 18-10-2025 | 102% |   |
| 100m vlinderslag                                | series | 5.    | 1:10.02 | 426 | 1:09.21 | 18-10-2025 | 98%  |   |
| Nadia Veenstra, 2006 (19 jaar), Dames           |        |       |         |     |         |            |      | 2 |
| 50m rugslag                                     | series | 17.   | 37.41   | 306 | 37.68   | 4-1-2025   | 101% |   |
| 50m schoolslag                                  | series | 14.   | 43.23   | 282 | 43.36   | 11-1-2025  | 101% |   |
| Peter de Vries, 1974 (51 jaar), Heren           |        |       |         |     |         |            |      | 3 |
| 50m vrije slag                                  | series | 18.   | 28.25   | 349 | 29.11   |            | 106% |   |
| 100m vrije slag                                 | series | 18.   | 1:03.03 | 360 | 1:03.24 |            | 101% |   |
| 100m vlinderslag                                | series | 10.   | 1:15.28 | 254 | 1:15.67 |            | 101% |   |
| Pim van der Reijden, 2011 (14 jaar), Jongens    |        |       |         |     |         |            |      | - |
| 100m vrije slag                                 | series | AFGEM |         | -   | 1:39.23 | 18-10-2025 | -    |   |
| 50m rugslag                                     | series | AFGEM |         | -   | NT      |            | -    |   |
| 100m schoolslag                                 | series | AFGEM |         | -   | NT      |            | -    |   |
| Remco Dijkstra, 2001 (24 jaar), Heren           |        |       |         |     |         |            |      | - |
| 50m vrije slag                                  | series | 5.    | 25.68   | 465 | 24.81   | 15-12-2024 | 93%  |   |
| 50m rugslag                                     | series | 1.    | 29.39   | 425 | 28.84   | 4-1-2025   | 96%  |   |
| 50m vlinderslag                                 | series | 2.    | 27.33   | 474 | 26.94   | 4-1-2025   | 97%  |   |
| Roan Krikke, 2012 (13 jaar), Jongens            |        |       |         |     |         |            |      | 3 |
| 100m rugslag                                    | series | 7.    | 1:22.89 | 198 | 1:24.04 |            | 103% |   |
| 100m schoolslag                                 | series | 12.   | 1:42.53 | 156 | 1:43.37 | 28-9-2025  | 102% |   |
| 400m wisselslag                                 | series | 3.    | 6:37.60 | 205 | 6:58.56 | 11-1-2025  | 111% |   |
| Rob van Wier, 1999 (26 jaar), Heren             |        |       |         |     |         |            |      | - |
| 50m vrije slag                                  | series | 14.   | 27.33   | 386 | 27.15   | 4-1-2025   | 99%  |   |
| Robin Mintjes, 2010 (15 jaar), Jongens          |        |       |         |     |         |            |      | 3 |
| 50m vrije slag                                  | series | 15.   | 27.81   | 366 | 29.31   | 4-1-2025   | 111% |   |
| 50m vlinderslag                                 | series | 7.    | 30.11   | 355 | 31.19   | 4-1-2025   | 107% |   |
| 400m wisselslag                                 | series | 2.    | 5:20.74 | 392 | 5:39.01 | 19-10-2024 | 112% |   |
| Romy Jalving, 2000 (25 jaar), Dames             |        |       |         |     |         |            |      | - |
| 50m vrije slag                                  | series | 21.   | 32.73   | 339 | 31.33   | 4-1-2025   | 92%  |   |
| 50m vlinderslag                                 | series | 15.   | 35.74   | 300 | 33.54   | 4-1-2025   | 88%  |   |
| Senna Hof, 2006 (19 jaar), Heren                |        |       |         |     |         |            |      | - |
| 50m vrije slag                                  | series | 6.    | 25.94   | 451 | 25.00   |            | 93%  |   |
| 50m schoolslag                                  | series | 3.    | 31.99   | 474 | 31.50   |            | 97%  |   |
| 50m vlinderslag                                 | series | 4.    | 27.82   | 450 | 27.00   |            | 94%  |   |



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|                                                    |        |     |                |     |         |            |      |   |
|----------------------------------------------------|--------|-----|----------------|-----|---------|------------|------|---|
| Senna Oosterkamp, 2013 (12 jaar), Meisjes          |        |     |                |     |         |            |      | 1 |
| 400m vrije slag                                    | series | 10. | <b>6:06.75</b> | 247 | 6:07.54 | 1-3-2025   | 100% |   |
| 100m rugslag                                       | series | 11. | 1:22.86        | 277 | 1:22.15 | 23-2-2025  | 98%  |   |
| 100m schoolslag                                    | series | 23. | 1:41.09        | 234 | 1:40.66 | 18-10-2025 | 99%  |   |
| Silke Hooghiemstra, 2009 (16 jaar), Meisjes        |        |     |                |     |         |            |      | - |
| 400m vrije slag                                    | series | 2.  | 5:05.36        | 428 | 4:51.64 | 11-1-2025  | 91%  |   |
| 50m rugslag                                        | series | 3.  | 30.10          | 588 | 29.25   | 22-12-2024 | 94%  |   |
| 200m wisselslag                                    | series | 4.  | 2:35.17        | 481 | 2:27.40 |            | 90%  |   |
| Tije Hempenius, 2009 (16 jaar), Jongens            |        |     |                |     |         |            |      | 2 |
| 400m vrije slag                                    | series | 3.  | <b>4:46.68</b> | 405 | 4:46.91 | 5-10-2025  | 100% |   |
| 100m vlinderslag                                   | series | 9.  | <b>1:10.22</b> | 313 | 1:15.42 | 9-11-2024  | 115% |   |
| 200m wisselslag                                    | series | 3.  | 2:31.32        | 372 | 2:31.14 |            | 100% |   |
| Vajen de Vries, 2013 (12 jaar), Meisjes            |        |     |                |     |         |            |      | 2 |
| 100m vrije slag                                    | series | 36. | <b>1:11.20</b> | 351 | 1:13.98 | 23-2-2025  | 108% |   |
| 400m vrije slag                                    | series | 9.  | <b>5:50.00</b> | 284 | 5:54.77 | 25-1-2025  | 103% |   |
| 100m vlinderslag                                   | series | 14. | 1:37.47        | 158 | 1:31.55 | 5-10-2025  | 88%  |   |
| Veerle de Ridder, 2007 (18 jaar), Meisjes          |        |     |                |     |         |            |      | 1 |
| 50m vrije slag                                     | series | 2.  | 27.01          | 603 | 26.79   |            | 98%  |   |
| 50m vlinderslag                                    | series | 4.  | <b>30.62</b>   | 477 | 30.81   | 1-12-2024  | 101% |   |
| 200m wisselslag                                    | series | 2.  | 2:31.96        | 512 | 2:31.32 |            | 99%  |   |
| Victor de Haan, 2010 (15 jaar), Jongens            |        |     |                |     |         |            |      | 3 |
| 50m vrije slag                                     | series | 8.  | <b>26.43</b>   | 426 | 27.67   | 18-10-2025 | 110% |   |
| 200m vrije slag                                    | series | 4.  | <b>2:06.76</b> | 470 | 2:09.82 | 5-10-2025  | 105% |   |
| 100m rugslag                                       | series | 3.  | <b>1:07.98</b> | 359 | 1:09.98 | 1-12-2024  | 106% |   |
| Wyneke Edou van der Heide, 2011 (14 jaar), Meisjes |        |     |                |     |         |            |      | 2 |
| 100m vrije slag                                    | series | 22. | <b>1:07.16</b> | 418 | 1:08.14 |            | 103% |   |
| 200m vrije slag                                    | series | 9.  | <b>2:22.70</b> | 461 | 2:24.12 | 5-10-2025  | 102% |   |
| 400m vrije slag                                    | series | 3.  | 5:09.47        | 411 | 5:02.31 | 11-10-2025 | 95%  |   |



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|                                              |        |     |         |     |         |            |      |    |
|----------------------------------------------|--------|-----|---------|-----|---------|------------|------|----|
| Ksn (Sg)                                     |        |     |         |     |         |            |      | 48 |
| Alianne ter Veen, 2010 (15 jaar), Meisjes    |        |     |         |     |         |            |      | 3  |
| 100m vrije slag                              | series | 18. | 1:06.30 | 435 | 1:09.11 | 9-11-2024  | 109% |    |
| 100m schoolslag                              | series | 13. | 1:31.58 | 315 | 1:32.29 | 16-11-2024 | 102% |    |
| 50m vlinderslag                              | series | 13. | 34.77   | 326 | 36.80   | 9-11-2024  | 112% |    |
| Aline Strijker, 2011 (14 jaar), Meisjes      |        |     |         |     |         |            |      | 2  |
| 100m vrije slag                              | series | 27. | 1:07.83 | 406 | 1:07.74 | 20-9-2025  | 100% |    |
| 100m rugslag                                 | series | 8.  | 1:14.31 | 384 | 1:14.85 | 11-10-2025 | 101% |    |
| 100m schoolslag                              | series | 2.  | 1:24.14 | 407 | 1:24.69 | 20-9-2025  | 101% |    |
| Ashley Leinenga, 2012 (13 jaar), Meisjes     |        |     |         |     |         |            |      | 2  |
| 200m vrije slag                              | series | 25. | 2:40.25 | 326 | 2:39.11 | 11-10-2025 | 99%  |    |
| 100m schoolslag                              | series | 19. | 1:36.02 | 273 | 1:37.79 | 30-11-2024 | 104% |    |
| 50m vlinderslag                              | series | 18. | 40.09   | 212 | 40.89   | 6-7-2025   | 104% |    |
| Carlein Polinder, 2006 (19 jaar), Dames      |        |     |         |     |         |            |      | -  |
| 50m vrije slag                               | series | 5.  | 28.37   | 521 | 27.50   | 13-7-2024  | 94%  |    |
| 100m vrije slag                              | series | 1.  | 1:00.97 | 559 | 59.76   | 14-1-2024  | 96%  |    |
| 100m vlinderslag                             | series | 4.  | 1:09.95 | 427 | 1:09.40 | 25-11-2023 | 98%  |    |
| Cheng Van Vondel, 2009 (16 jaar), Jongens    |        |     |         |     |         |            |      | 4  |
| 50m vrije slag                               | series | 22. | 32.21   | 235 | 33.33   | 8-3-2025   | 107% |    |
| 100m vrije slag                              | series | 24. | 1:12.70 | 234 | 1:14.67 | 11-10-2025 | 105% |    |
| 50m rugslag                                  | series | 5.  | 40.01   | 168 | 40.17   | 18-10-2025 | 101% |    |
| 50m vlinderslag                              | series | 13. | 35.41   | 218 | 35.97   | 5-1-2025   | 103% |    |
| Daan Mulder, 2011 (14 jaar), Jongens         |        |     |         |     |         |            |      | 2  |
| 50m vrije slag                               | series | 10. | 26.53   | 422 | 27.11   | 6-7-2025   | 104% |    |
| 100m vrije slag                              | series | 6.  | 57.27   | 479 | 59.54   | 19-10-2025 | 108% |    |
| Devon Kruize, 2013 (12 jaar), Jongens        |        |     |         |     |         |            |      | 3  |
| 100m rugslag                                 | series | 6.  | 1:22.41 | 201 | 1:25.00 | 14-6-2025  | 106% |    |
| 100m schoolslag                              | series | 11. | 1:35.78 | 192 | 1:39.78 | 19-10-2025 | 109% |    |
| 100m vlinderslag                             | series | 14. | 1:26.22 | 169 | 1:30.25 | 4-10-2025  | 110% |    |
| Femke Griemink, 2008 (17 jaar), Meisjes      |        |     |         |     |         |            |      | 1  |
| 200m vrije slag                              | series | 19. | 2:33.93 | 368 | 2:34.30 | 5-4-2025   | 100% |    |
| 50m schoolslag                               | series | 13. | 42.46   | 298 | 42.05   | 17-9-2022  | 98%  |    |
| 50m vlinderslag                              | series | 17. | 37.07   | 269 | 36.23   | 17-9-2022  | 96%  |    |
| Guido Drenth, 2008 (17 jaar), Jongens        |        |     |         |     |         |            |      | 1  |
| 100m vrije slag                              | series | 11. | 1:00.05 | 416 | 1:00.72 | 11-1-2025  | 102% |    |
| 100m schoolslag                              | series | 5.  | 1:15.28 | 395 | 1:15.06 | 1-2-2025   | 99%  |    |
| 50m vlinderslag                              | series | 9.  | 30.26   | 349 | 29.94   | 6-7-2025   | 98%  |    |
| Jorien van Dalen, 2009 (16 jaar), Meisjes    |        |     |         |     |         |            |      | 3  |
| 200m vrije slag                              | series | 24. | 2:39.24 | 332 | 2:42.08 | 10-11-2024 | 104% |    |
| 50m schoolslag                               | series | 11. | 40.71   | 338 | 41.31   | 30-3-2024  | 103% |    |
| 100m schoolslag                              | series | 8.  | 1:28.36 | 351 | 1:31.75 | 27-1-2024  | 108% |    |
| Kyran Kroeze, 2009 (16 jaar), Jongens        |        |     |         |     |         |            |      | 3  |
| 50m vrije slag                               | series | 11. | 26.55   | 421 | 27.41   | 18-10-2025 | 107% |    |
| 100m vrije slag                              | series | 8.  | 57.72   | 468 | 59.32   | 8-3-2025   | 106% |    |
| 100m rugslag                                 | series | 4.  | 1:09.70 | 333 | 1:11.15 | 4-10-2025  | 104% |    |
| Linthe Van Gelderen, 2012 (13 jaar), Meisjes |        |     |         |     |         |            |      | 3  |
| 200m vrije slag                              | series | 14. | 2:24.87 | 441 | 2:28.90 | 4-10-2025  | 106% |    |
| 100m schoolslag                              | series | 15. | 1:32.62 | 305 | 1:32.78 | 11-10-2025 | 100% |    |
| 50m vlinderslag                              | series | 16. | 36.78   | 275 | 36.84   | 6-7-2025   | 100% |    |
| Lotte Euverman, 2011 (14 jaar), Meisjes      |        |     |         |     |         |            |      | 3  |
| 50m vrije slag                               | series | 8.  | 29.30   | 473 | 29.72   | 6-7-2025   | 103% |    |
| 100m vrije slag                              | series | 12. | 1:05.04 | 461 | 1:05.14 | 18-10-2025 | 100% |    |
| 200m vrije slag                              | series | 4.  | 2:17.29 | 518 | 2:22.09 | 4-10-2025  | 107% |    |
| Lotte Lübbers, 2009 (16 jaar), Meisjes       |        |     |         |     |         |            |      | -  |
| 50m vlinderslag                              | series | 1.  | 29.57   | 530 | 29.18   | 11-10-2025 | 97%  |    |
| 100m vlinderslag                             | series | 2.  | 1:08.19 | 461 | 1:05.68 | 14-12-2024 | 93%  |    |
| 200m wisselslag                              | series | 1.  | 2:28.21 | 552 | 2:26.82 | 15-12-2024 | 98%  |    |
| Mirthe de Leeuw, 2012 (13 jaar), Meisjes     |        |     |         |     |         |            |      | 2  |
| 50m vrije slag                               | series | 20. | 32.06   | 361 | 32.56   | 7-7-2024   | 103% |    |
| 200m vrije slag                              | series | 22. | 2:38.48 | 337 | 2:44.15 | 20-9-2025  | 107% |    |
| 50m schoolslag                               | series | 4.  | 38.47   | 401 | 38.00   | 10-11-2024 | 98%  |    |
| Roderick Veldhuizen, 2008 (17 jaar), Jongens |        |     |         |     |         |            |      | 2  |
| 50m vrije slag                               | series | 12. | 26.91   | 404 | 26.52   | 6-7-2025   | 97%  |    |
| 100m vrije slag                              | series | 12. | 1:00.12 | 414 | 59.80   | 20-9-2025  | 99%  |    |
| 50m vlinderslag                              | series | 6.  | 28.89   | 401 | 29.02   | 6-7-2025   | 101% |    |
| 100m vlinderslag                             | series | 7.  | 1:05.37 | 388 | 1:08.18 | 11-10-2025 | 109% |    |
| Saskia Lamberts, 1993 (32 jaar), Dames       |        |     |         |     |         |            |      | -  |
| 100m vrije slag                              | series | 44. | 1:14.35 | 308 | 1:14.05 | 26-10-2024 | 99%  |    |
| 200m vrije slag                              | series | 27. | 2:45.30 | 297 | NT      |            | -    |    |
| 200m wisselslag                              | series | 15. | 3:07.02 | 275 | NT      |            | -    |    |
| Sem Britstra, 2012 (13 jaar), Jongens        |        |     |         |     |         |            |      | 3  |
| 50m vrije slag                               | series | 21. | 30.71   | 272 | 32.86   | 6-7-2025   | 114% |    |
| 100m vrije slag                              | series | 23. | 1:10.39 | 258 | 1:10.49 | 20-9-2025  | 100% |    |
| 200m vrije slag                              | series | 13. | 2:29.13 | 289 | 2:31.27 | 20-9-2025  | 103% |    |



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|                                               |        |     |         |     |         |            |      |   |
|-----------------------------------------------|--------|-----|---------|-----|---------|------------|------|---|
| Teun de Bruin, 2010 (15 jaar), Jongens        |        |     |         |     |         |            |      | 3 |
| 100m vrije slag                               | series | 14. | 1:01.44 | 388 | 1:01.51 | 20-9-2025  | 100% |   |
| 200m vrije slag                               | series | 9.  | 2:15.74 | 383 | 2:22.48 | 4-10-2025  | 110% |   |
| 100m schoolslag                               | series | 3.  | 1:14.57 | 407 | 1:15.30 | 11-10-2025 | 102% |   |
| Thijs Mulder, 2013 (12 jaar), Jongens         |        |     |         |     |         |            |      | 1 |
| 200m schoolslag                               | series | 2.  | 3:12.27 | 244 | NT      |            | -    |   |
| 100m vlinderslag                              | series | 12. | 1:20.91 | 205 | 1:20.93 | 10-5-2025  | 100% |   |
| 200m wisselslag                               | series | 4.  | 2:52.75 | 250 | 2:47.24 | 15-3-2025  | 94%  |   |
| Twan Wielage, 2009 (16 jaar), Jongens         |        |     |         |     |         |            |      | 3 |
| 100m vlinderslag                              | series | 3.  | 1:03.13 | 431 | 1:05.28 | 1-2-2025   | 107% |   |
| 200m vlinderslag                              | series | 2.  | 2:28.22 | 374 | 2:49.42 | 13-1-2024  | 131% |   |
| 400m wisselslag                               | series | 1.  | 5:01.61 | 471 | 5:03.14 | 8-3-2025   | 101% |   |
| Valentijn van Huizen, 2009 (16 jaar), Jongens |        |     |         |     |         |            |      | 3 |
| 200m vrije slag                               | series | 11. | 2:22.93 | 328 | 2:36.92 | 5-10-2024  | 121% |   |
| 100m schoolslag                               | series | 8.  | 1:22.26 | 303 | 1:26.32 | 1-2-2025   | 110% |   |
| 50m vlinderslag                               | series | 11. | 31.99   | 296 | 33.44   | 6-7-2025   | 109% |   |
| Vienna Dik, 2011 (14 jaar), Meisjes           |        |     |         |     |         |            |      | 1 |
| 50m vrije slag                                | series | 23. | 33.20   | 325 | 32.98   | 19-10-2025 | 99%  |   |
| 100m vrije slag                               | series | 41. | 1:13.44 | 320 | 1:13.41 | 18-10-2025 | 100% |   |
| 100m schoolslag                               | series | 16. | 1:33.40 | 297 | 1:31.92 | 20-9-2025  | 97%  |   |
| 50m vlinderslag                               | series | 19. | 40.18   | 211 | 40.75   | 19-10-2025 | 103% |   |



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|                                                      |        |       |                |     |         |            |      |   |
|------------------------------------------------------|--------|-------|----------------|-----|---------|------------|------|---|
| Neptunia'24                                          |        |       |                |     |         |            |      | 7 |
| Brent Hoekstra, 2011 (14 jaar), Jongens              |        |       |                |     |         |            |      | 1 |
| 50m schoolslag                                       | series | 10.   | <b>47.55</b>   | 144 | 50.35   | 8-3-2025   | 112% |   |
| 200m schoolslag                                      | series | 4.    | 3:44.51        | 153 | NT      |            | -    |   |
| Evelien de Jong, 1998 (27 jaar), Dames               |        |       |                |     |         |            |      | 1 |
| 100m vrije slag                                      | series | 25.   | 1:07.73        | 408 | 1:05.82 | 22-11-2024 | 94%  |   |
| 400m vrije slag                                      | series | 5.    | <b>5:30.97</b> | 336 | 5:32.89 | 10-11-2024 | 101% |   |
| Femke-Romy Wiersma, 2001 (24 jaar), Dames            |        |       |                |     |         |            |      | 1 |
| 400m vrije slag                                      | series | 4.    | <b>5:17.58</b> | 381 | 5:17.99 | 4-10-2025  | 100% |   |
| 200m wisselslag                                      | series | 9.    | 2:43.16        | 414 | NT      |            | -    |   |
| Herre Verkaik, 2012 (13 jaar), Jongens               |        |       |                |     |         |            |      | 2 |
| 50m vrije slag                                       | series | 23.   | <b>33.39</b>   | 211 | 35.50   | 11-1-2025  | 113% |   |
| 100m rugslag                                         | series | AFGEM |                | -   | 1:26.43 | 4-10-2025  | -    |   |
| 50m schoolslag                                       | series | 9.    | <b>44.88</b>   | 171 | 45.57   | 12-10-2025 | 103% |   |
| Joyce Toonstra, 2005 (20 jaar), Dames                |        |       |                |     |         |            |      | - |
| 50m schoolslag                                       | series | AFGEM |                | -   | 38.24   | 9-11-2024  | -    |   |
| 100m schoolslag                                      | series | AFGEM |                | -   | 1:24.59 | 10-11-2024 | -    |   |
| 50m vlinderslag                                      | series | AFGEM |                | -   | 33.75   | 11-5-2024  | -    |   |
| Melanie Matthews-Brzozowski, 2011 (14 jaar), Meisjes |        |       |                |     |         |            |      | 2 |
| 200m vrije slag                                      | series | 29.   | <b>2:48.76</b> | 279 | 3:07.14 | 8-3-2025   | 123% |   |
| 50m schoolslag                                       | series | 16.   | 44.97          | 251 | 44.78   | 25-1-2025  | 99%  |   |
| 50m vlinderslag                                      | series | 21.   | <b>41.68</b>   | 189 | 44.14   | 31-5-2025  | 112% |   |
| Noël Iris Hettinga, 2000 (25 jaar), Dames            |        |       |                |     |         |            |      | - |
| 50m schoolslag                                       | series | 1.    | 35.61          | 505 | 34.54   | 25-11-2023 | 94%  |   |
| 200m schoolslag                                      | series | 2.    | 2:52.16        | 455 | 2:47.91 | 18-11-2023 | 95%  |   |
| Tessel Cnossen, 2013 (12 jaar), Meisjes              |        |       |                |     |         |            |      | - |
| 100m vrije slag                                      | series | AFGEM |                | -   | 1:21.27 | 14-6-2025  | -    |   |
| 50m rugslag                                          | series | AFGEM |                | -   | 44.64   | 25-1-2025  | -    |   |



Limietwedstrijd 2 Heerenveen  
Heerenveen, 8-11-2025

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Limietwedstrijd 2 Heerenveen  
Heerenveen, 8-11-2025

|                                             |        |     |                |     |         |            |      |    |
|---------------------------------------------|--------|-----|----------------|-----|---------|------------|------|----|
| Orca Leeuwarden                             |        |     |                |     |         |            |      | 14 |
| Evy Anna Nijdam, 2011 (14 jaar), Meisjes    |        |     |                |     |         |            |      | 2  |
| 50m vrije slag                              | series | 16. | 30.80          | 407 | 30.40   | 27-9-2025  | 97%  |    |
| 200m vrije slag                             | series | 18. | <b>2:32.55</b> | 378 | 2:34.82 | 4-10-2025  | 103% |    |
| 200m schoolslag                             | series | 6.  | <b>3:16.73</b> | 305 | 3:27.99 | 1-12-2024  | 112% |    |
| Femke van der Veen, 2011 (14 jaar), Meisjes |        |     |                |     |         |            |      | 1  |
| 100m rugslag                                | series | 10. | 1:19.35        | 315 | 1:17.95 | 9-11-2024  | 97%  |    |
| 100m schoolslag                             | series | 6.  | <b>1:27.08</b> | 367 | 1:29.11 | 10-11-2024 | 105% |    |
| 50m vlinderslag                             | series | 14. | 35.48          | 307 | 35.06   | 9-11-2024  | 98%  |    |
| Ilse van der Veen, 2011 (14 jaar), Meisjes  |        |     |                |     |         |            |      | 2  |
| 50m vrije slag                              | series | 31. | <b>42.74</b>   | 152 | 46.94   |            | 121% |    |
| 100m vrije slag                             | series | 58. | <b>1:41.20</b> | 122 | 1:46.72 |            | 111% |    |
| 50m schoolslag                              | series | 17. | 57.94          | 117 | 56.09   |            | 94%  |    |
| Indy Feenema, 2010 (15 jaar), Meisjes       |        |     |                |     |         |            |      | -  |
| 100m vrije slag                             | series | 32. | 1:09.33        | 380 | 1:05.52 | 6-7-2025   | 89%  |    |
| 50m rugslag                                 | series | 8.  | 33.43          | 429 | 32.60   | 6-7-2025   | 95%  |    |
| 100m rugslag                                | series | 5.  | 1:13.95        | 389 | 1:10.77 | 20-4-2024  | 92%  |    |
| 200m wisselslag                             | series | 8.  | 2:41.75        | 425 | 2:37.39 | 13-4-2025  | 95%  |    |
| Isa Nijdam, 2013 (12 jaar), Meisjes         |        |     |                |     |         |            |      | 3  |
| 50m vrije slag                              | series | 24. | <b>34.79</b>   | 282 | 35.06   | 11-10-2025 | 102% |    |
| 200m vrije slag                             | series | 28. | <b>2:47.36</b> | 286 | 2:56.07 | 15-6-2025  | 111% |    |
| 200m wisselslag                             | series | 17. | <b>3:13.40</b> | 248 | 3:19.78 | 6-7-2025   | 107% |    |
| Isa Segenhout, 2010 (15 jaar), Meisjes      |        |     |                |     |         |            |      | 2  |
| 200m vrije slag                             | series | 13. | 2:24.84        | 441 | 2:23.63 | 1-2-2025   | 98%  |    |
| 100m schoolslag                             | series | 4.  | <b>1:26.46</b> | 375 | 1:28.47 | 11-1-2025  | 105% |    |
| 400m wisselslag                             | series | 4.  | <b>5:48.44</b> | 394 | 5:50.73 | 5-7-2025   | 101% |    |
| Joas van den Berg, 2013 (12 jaar), Jongens  |        |     |                |     |         |            |      | 1  |
| 100m vrije slag                             | series | 25. | 1:35.76        | 102 | 1:31.05 | 11-10-2025 | 90%  |    |
| 100m rugslag                                | series | 9.  | <b>1:45.47</b> | 96  | 1:50.06 | 11-10-2025 | 109% |    |
| 100m schoolslag                             | series | 13. | 1:58.15        | 102 | NT      |            | -    |    |
| Lana Noordenbos, 2011 (14 jaar), Meisjes    |        |     |                |     |         |            |      | 1  |
| 100m vrije slag                             | series | 19. | 1:06.58        | 429 | 1:06.37 | 29-3-2025  | 99%  |    |
| 50m rugslag                                 | series | 11. | <b>35.09</b>   | 371 | 35.65   | 7-6-2025   | 103% |    |
| 200m schoolslag                             | series | 10. | 3:25.48        | 268 | NT      |            | -    |    |
| Silke Dijkstra, 2013 (12 jaar), Meisjes     |        |     |                |     |         |            |      | 2  |
| 100m vrije slag                             | series | 54. | 1:24.61        | 209 | 1:23.94 | 19-10-2025 | 98%  |    |
| 200m schoolslag                             | series | 5.  | <b>3:15.13</b> | 313 | 3:23.29 | 6-7-2025   | 109% |    |
| 200m wisselslag                             | series | 20. | <b>3:22.03</b> | 218 | 3:35.07 | 14-6-2025  | 113% |    |
| Yinthe Mulder, 2012 (13 jaar), Meisjes      |        |     |                |     |         |            |      | -  |
| 100m vrije slag                             | series | 57. | 1:35.99        | 143 | 1:28.72 | 11-10-2025 | 85%  |    |
| 50m rugslag                                 | series | 25. | 47.54          | 149 | 46.32   | 29-3-2025  | 95%  |    |



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|                                            |        |     |              |     |         |            |      |   |
|--------------------------------------------|--------|-----|--------------|-----|---------|------------|------|---|
| SG. Bolsward-Workum                        |        |     |              |     |         |            |      | 1 |
| Eline de Boer, 2011 (14 jaar), Meisjes     |        |     |              |     |         |            |      | - |
| 100m rugslag                               | series | 13. | 1:32.61      | 198 | 1:29.81 | 5-10-2024  | 94%  |   |
| 200m wisselslag                            | series | 21. | 3:35.32      | 180 | 3:30.31 | 30-9-2023  | 95%  |   |
| Nathalie Veenstra, 2009 (16 jaar), Meisjes |        |     |              |     |         |            |      | 1 |
| 50m vrije slag                             | series | 19. | <b>31.88</b> | 367 | 32.65   | 12-10-2024 | 105% |   |
| 100m vrije slag                            | series | 47. | 1:16.10      | 287 | 1:11.58 | 8-2-2025   | 88%  |   |
| Robin de Jong, 2001 (24 jaar), Heren       |        |     |              |     |         |            |      | - |
| 100m schoolslag                            | series | 2.  | 1:10.14      | 489 | 1:09.11 | 29-3-2025  | 97%  |   |
| 100m vlinderslag                           | series | 2.  | 1:02.55      | 443 | 1:02.07 | 13-4-2024  | 98%  |   |



Limietwedstrijd 2 Heerenveen  
Heerenveen, 8-11-2025

|                                                         |        |       |                |     |         |            |      |  |    |
|---------------------------------------------------------|--------|-------|----------------|-----|---------|------------|------|--|----|
| TriVia                                                  |        |       |                |     |         |            |      |  | 21 |
| Anna Nauta, 2010 (15 jaar), Meisjes                     |        |       |                |     |         |            |      |  | 1  |
| 100m vrije slag                                         | series | 29.   | 1:08.72        | 390 | 1:07.65 | 13-4-2025  | 97%  |  |    |
| 100m schoolslag                                         | series | 14.   | <b>1:31.77</b> | 313 | 1:35.23 | 21-9-2024  | 108% |  |    |
| Elin Reinstra, 2011 (14 jaar), Meisjes                  |        |       |                |     |         |            |      |  | 1  |
| 100m vrije slag                                         | series | 2.    | <b>1:01.29</b> | 551 | 1:01.59 | 15-12-2024 | 101% |  |    |
| 100m rugslag                                            | series | 2.    | 1:07.43        | 514 | 1:06.75 | 15-12-2024 | 98%  |  |    |
| 200m vlinderslag                                        | series | 3.    | 2:41.03        | 406 | NT      |            | -    |  |    |
| Elize Schierbeek, 2011 (14 jaar), Meisjes               |        |       |                |     |         |            |      |  | 2  |
| 100m vrije slag                                         | series | 26.   | 1:07.74        | 408 | 1:07.31 | 13-4-2025  | 99%  |  |    |
| 50m rugslag                                             | series | 16.   | <b>37.01</b>   | 316 | 38.06   | 4-11-2023  | 106% |  |    |
| 100m rugslag                                            | series | 9.    | <b>1:17.87</b> | 333 | 1:19.22 | 13-4-2024  | 103% |  |    |
| 100m schoolslag                                         | series | 17.   | 1:34.73        | 285 | 1:33.60 | 16-11-2024 | 98%  |  |    |
| Esmee van Peer, 2002 (23 jaar), Dames                   |        |       |                |     |         |            |      |  | -  |
| 50m vrije slag                                          | series | AFGEM |                | -   | 27.59   | 26-10-2025 | -    |  |    |
| 100m vrije slag                                         | series | AFGEM |                | -   | 1:01.41 | 9-11-2024  | -    |  |    |
| 100m rugslag                                            | series | AFGEM |                | -   | 1:13.64 | 12-3-2022  | -    |  |    |
| Eva Hardenberg, 2011 (14 jaar), Meisjes                 |        |       |                |     |         |            |      |  | 2  |
| 50m vrije slag                                          | series | 28.   | <b>36.00</b>   | 255 | 36.26   | 2-3-2025   | 101% |  |    |
| 200m vrije slag                                         | series | 35.   | <b>3:00.99</b> | 226 | 3:04.19 | 10-5-2025  | 104% |  |    |
| Evita Hoornweg, 2010 (15 jaar), Meisjes                 |        |       |                |     |         |            |      |  | -  |
| 50m vrije slag                                          | series | 11.   | 29.93          | 443 | 28.78   | 8-3-2025   | 92%  |  |    |
| 50m schoolslag                                          | series | 7.    | 38.90          | 387 | 38.30   | 7-7-2024   | 97%  |  |    |
| 50m vlinderslag                                         | series | 5.    | 31.12          | 455 | 30.98   | 5-7-2025   | 99%  |  |    |
| Jenthe Liest, 2011 (14 jaar), Meisjes                   |        |       |                |     |         |            |      |  | 2  |
| 200m vrije slag                                         | series | 32.   | <b>2:50.86</b> | 269 | 3:04.29 | 14-12-2024 | 116% |  |    |
| 200m wisselslag                                         | series | 13.   | <b>3:05.28</b> | 282 | 3:14.40 | 1-6-2025   | 110% |  |    |
| Julian Mithoe, 2011 (14 jaar), Jongens                  |        |       |                |     |         |            |      |  | 3  |
| 50m vrije slag                                          | series | 19.   | <b>28.68</b>   | 334 | 29.12   | 12-10-2025 | 103% |  |    |
| 100m vrije slag                                         | series | 15.   | <b>1:01.65</b> | 384 | 1:01.72 | 12-10-2025 | 100% |  |    |
| 200m vrije slag                                         | series | 10.   | <b>2:17.14</b> | 371 | 2:17.60 | 4-10-2025  | 101% |  |    |
| Lotte Pleizier, 2011 (14 jaar), Meisjes                 |        |       |                |     |         |            |      |  | 3  |
| 50m schoolslag                                          | series | 9.    | <b>40.07</b>   | 354 | 40.56   | 20-4-2024  | 102% |  |    |
| 100m schoolslag                                         | series | 5.    | <b>1:26.67</b> | 372 | 1:27.16 | 12-10-2024 | 101% |  |    |
| 100m vlinderslag                                        | series | 11.   | <b>1:24.88</b> | 239 | 1:31.35 | 12-10-2024 | 116% |  |    |
| Mandy Luchtenberg, 2011 (14 jaar), Meisjes              |        |       |                |     |         |            |      |  | 2  |
| 100m vrije slag                                         | series | 35.   | <b>1:11.05</b> | 353 | 1:11.83 | 12-10-2025 | 102% |  |    |
| 100m vlinderslag                                        | series | 12.   | 1:30.58        | 197 | NT      |            | -    |  |    |
| 200m wisselslag                                         | series | 14.   | <b>3:05.74</b> | 280 | 3:33.83 | 19-10-2024 | 133% |  |    |
| Niels Kragt, 2003 (22 jaar), Heren                      |        |       |                |     |         |            |      |  | 1  |
| 400m vrije slag                                         | series | 2.    | <b>4:32.86</b> | 470 | 4:35.51 | 28-6-2025  | 102% |  |    |
| 100m vlinderslag                                        | series | 4.    | 1:03.21        | 430 | 1:02.95 | 28-6-2025  | 99%  |  |    |
| Nienke Bakker, 2005 (20 jaar), Dames                    |        |       |                |     |         |            |      |  | 1  |
| 100m vrije slag                                         | series | 5.    | <b>1:01.80</b> | 537 | 1:02.09 | 12-10-2025 | 101% |  |    |
| 50m vlinderslag                                         | series | 2.    | 30.25          | 495 | 30.10   | 27-3-2022  | 99%  |  |    |
| 100m vlinderslag                                        | series | 3.    | 1:09.73        | 431 | 1:08.89 | 13-4-2024  | 98%  |  |    |
| Quinten Brouwer von Gonzenbach, 2007 (18 jaar), Jongens |        |       |                |     |         |            |      |  | 1  |
| 100m vrije slag                                         | series | 4.    | 55.09          | 539 | 53.58   | 5-7-2025   | 95%  |  |    |
| 100m schoolslag                                         | series | 1.    | 1:06.36        | 578 | 1:04.89 | 22-12-2024 | 96%  |  |    |
| 100m vlinderslag                                        | series | 1.    | <b>57.86</b>   | 560 | 58.06   | 29-12-2024 | 101% |  |    |
| Roos Meursing, 2012 (13 jaar), Meisjes                  |        |       |                |     |         |            |      |  | 2  |
| 50m rugslag                                             | series | 18.   | <b>39.20</b>   | 266 | 40.86   | 19-10-2025 | 109% |  |    |
| 50m vlinderslag                                         | series | 20.   | 41.57          | 190 | 40.39   | 4-10-2025  | 94%  |  |    |
| 200m wisselslag                                         | series | 19.   | <b>3:14.60</b> | 244 | 3:58.77 | 9-3-2024   | 151% |  |    |



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Heerenveen, 8-11-2025

|                                             |        |     |                |     |         |            |      |  |    |
|---------------------------------------------|--------|-----|----------------|-----|---------|------------|------|--|----|
| ZC Polaris                                  |        |     |                |     |         |            |      |  | 14 |
| Babette Heesakkers, 2013 (12 jaar), Meisjes |        |     |                |     |         |            |      |  | 1  |
| 100m vrije slag                             | series | 49. | 1:18.86        | 258 | 1:17.73 | 31-5-2025  | 97%  |  |    |
| 200m vrije slag                             | series | 31. | 2:49.89        | 273 | 2:47.62 | 5-4-2025   | 97%  |  |    |
| 100m schoolslag                             | series | 26. | <b>1:46.76</b> | 199 | 1:50.42 | 20-9-2025  | 107% |  |    |
| Danley Schneider, 2012 (13 jaar), Jongens   |        |     |                |     |         |            |      |  | 2  |
| 100m vrije slag                             | series | 20. | <b>1:07.87</b> | 288 | 1:09.46 | 28-9-2025  | 105% |  |    |
| 200m vrije slag                             | series | 14. | <b>2:32.22</b> | 271 | 2:40.02 | 5-4-2025   | 111% |  |    |
| 100m schoolslag                             | series | 10. | 1:34.60        | 199 | 1:31.45 | 28-9-2025  | 93%  |  |    |
| Esmee Reuver, 2011 (14 jaar), Meisjes       |        |     |                |     |         |            |      |  | 1  |
| 200m vrije slag                             | series | 10. | 2:23.53        | 453 | 2:22.18 | 4-10-2025  | 98%  |  |    |
| 200m rugslag                                | series | 6.  | <b>2:32.18</b> | 466 | 2:32.91 | 1-2-2025   | 101% |  |    |
| Feline Bruns, 2012 (13 jaar), Meisjes       |        |     |                |     |         |            |      |  | -  |
| 100m vrije slag                             | series | 34. | 1:09.66        | 375 | 1:06.17 | 29-3-2025  | 90%  |  |    |
| 200m vrije slag                             | series | 16. | 2:26.27        | 428 | 2:26.14 | 1-12-2024  | 100% |  |    |
| 100m schoolslag                             | series | 9.  | 1:29.10        | 342 | 1:27.03 | 8-3-2025   | 95%  |  |    |
| Frank Scheltens, 1999 (26 jaar), Heren      |        |     |                |     |         |            |      |  | -  |
| 50m vrije slag                              | series | 7.  | 26.04          | 446 | 25.67   | 8-3-2025   | 97%  |  |    |
| 100m vrije slag                             | series | 9.  | 58.69          | 445 | 58.38   | 9-3-2024   | 99%  |  |    |
| 50m rugslag                                 | series | 2.  | 31.59          | 342 | 30.85   | 9-3-2024   | 95%  |  |    |
| Ilse Arling, 2010 (15 jaar), Meisjes        |        |     |                |     |         |            |      |  | -  |
| 100m vrije slag                             | series | 42. | 1:13.83        | 315 | 1:12.65 | 28-9-2025  | 97%  |  |    |
| 200m vlinderslag                            | series | 7.  | 3:17.02        | 222 | NT      |            | -    |  |    |
| Ilse De Vries, 2013 (12 jaar), Meisjes      |        |     |                |     |         |            |      |  | 1  |
| 100m vrije slag                             | series | 53. | 1:22.65        | 224 | 1:20.90 | 10-5-2025  | 96%  |  |    |
| 200m vrije slag                             | series | 33. | 2:54.90        | 250 | 2:54.43 | 20-9-2025  | 99%  |  |    |
| 100m schoolslag                             | series | 25. | <b>1:45.96</b> | 203 | 1:47.20 | 31-5-2025  | 102% |  |    |
| Lieke Rossel, 2006 (19 jaar), Dames         |        |     |                |     |         |            |      |  | -  |
| 50m vrije slag                              | series | 15. | 30.76          | 408 | 30.21   | 30-10-2022 | 96%  |  |    |
| 100m vrije slag                             | series | 31. | 1:09.17        | 383 | 1:06.22 | 22-4-2023  | 92%  |  |    |
| 50m rugslag                                 | series | 14. | 36.35          | 334 | 34.87   | 20-4-2024  | 92%  |  |    |
| Norell Kroeze, 2011 (14 jaar), Meisjes      |        |     |                |     |         |            |      |  | 1  |
| 100m vrije slag                             | series | 22. | 1:07.16        | 418 | 1:05.78 | 28-9-2025  | 96%  |  |    |
| 50m rugslag                                 | series | 15. | 36.60          | 327 | 36.21   | 13-10-2024 | 98%  |  |    |
| 200m vlinderslag                            | series | 5.  | <b>2:44.18</b> | 383 | 2:51.01 | 29-3-2025  | 108% |  |    |
| Renske Van Ommen, 2012 (13 jaar), Meisjes   |        |     |                |     |         |            |      |  | 2  |
| 100m vrije slag                             | series | 40. | <b>1:12.07</b> | 338 | 1:16.17 | 19-10-2025 | 112% |  |    |
| 200m vrije slag                             | series | 23. | <b>2:38.73</b> | 335 | 2:41.82 | 20-9-2025  | 104% |  |    |
| 100m schoolslag                             | series | 10. | 1:30.27        | 329 | 1:28.86 | 8-3-2025   | 97%  |  |    |
| Robin Meide van der, 2006 (19 jaar), Dames  |        |     |                |     |         |            |      |  | 1  |
| 50m vrije slag                              | series | 12. | 29.96          | 442 | 29.76   | 3-4-2022   | 99%  |  |    |
| 100m vrije slag                             | series | 11. | <b>1:04.92</b> | 463 | 1:05.28 | 19-2-2023  | 101% |  |    |
| 50m rugslag                                 | series | 9.  | 34.12          | 404 | 34.05   | 26-3-2022  | 100% |  |    |
| Saar Meems, 2012 (13 jaar), Meisjes         |        |     |                |     |         |            |      |  | 1  |
| 100m vrije slag                             | series | 46. | 1:15.84        | 290 | 1:15.32 | 20-9-2025  | 99%  |  |    |
| 200m vrije slag                             | series | 26. | 2:44.28        | 302 | 2:39.24 | 20-9-2025  | 94%  |  |    |
| 100m schoolslag                             | series | 21. | <b>1:38.06</b> | 257 | 1:43.34 | 16-11-2024 | 111% |  |    |
| Sanne Reuver, 2013 (12 jaar), Meisjes       |        |     |                |     |         |            |      |  | 1  |
| 100m vrije slag                             | series | 50. | <b>1:19.66</b> | 251 | 1:20.33 | 14-6-2025  | 102% |  |    |
| 50m rugslag                                 | series | 20. | 40.88          | 235 | 40.87   | 28-9-2025  | 100% |  |    |
| 200m vlinderslag                            | series | 10. | 3:32.51        | 177 | NT      |            | -    |  |    |
| Vera Arling, 2012 (13 jaar), Meisjes        |        |     |                |     |         |            |      |  | 3  |
| 100m vrije slag                             | series | 37. | <b>1:11.23</b> | 351 | 1:13.10 | 11-1-2025  | 105% |  |    |
| 200m vrije slag                             | series | 20. | <b>2:34.53</b> | 363 | 2:36.50 | 20-9-2025  | 103% |  |    |
| 100m schoolslag                             | series | 12. | <b>1:31.55</b> | 316 | 1:33.31 | 8-3-2025   | 104% |  |    |



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|                                           |        |    |         |     |         |            |      |  |   |
|-------------------------------------------|--------|----|---------|-----|---------|------------|------|--|---|
| Zcnf34                                    |        |    |         |     |         |            |      |  | 3 |
| Fardau Cazemier, 2009 (16 jaar), Meisjes  |        |    |         |     |         |            |      |  | 2 |
| 100m vrije slag                           | series | 7. | 1:03.12 | 504 | 1:03.40 | 30-11-2024 | 101% |  |   |
| 200m vlinderslag                          | series | 4. | 2:42.11 | 398 | 2:48.20 | 10-11-2024 | 108% |  |   |
| Roos de Jong, 2003 (22 jaar), Dames       |        |    |         |     |         |            |      |  | - |
| 200m vrije slag                           | series | 8. | 2:22.43 | 464 | 2:19.82 | 9-11-2024  | 96%  |  |   |
| 200m rugslag                              | series | 8. | 2:43.96 | 373 | NT      |            | -    |  |   |
| Roselie ter Borg, 2008 (17 jaar), Meisjes |        |    |         |     |         |            |      |  | 1 |
| 50m vrije slag                            | series | 6. | 28.78   | 499 | 28.96   | 11-10-2025 | 101% |  |   |
| 200m schoolslag                           | series | 1. | 2:48.13 | 489 | NT      |            | -    |  |   |



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|                                              |        |     |                |     |         |            |      |    |
|----------------------------------------------|--------|-----|----------------|-----|---------|------------|------|----|
| ZPC Hoogeveen                                |        |     |                |     |         |            |      | 54 |
| Chantal Peters, 2010 (15 jaar), Meisjes      |        |     |                |     |         |            |      | 1  |
| 50m vrije slag                               | series | 13. | 30.45          | 421 | 30.25   | 21-12-2024 | 99%  |    |
| 100m vrije slag                              | series | 24. | <b>1:07.29</b> | 416 | 1:07.96 | 20-9-2025  | 102% |    |
| 200m vrije slag                              | series | 17. | 2:28.35        | 411 | 2:25.57 | 28-9-2025  | 96%  |    |
| Colin Beuker, 2008 (17 jaar), Jongens        |        |     |                |     |         |            |      | 2  |
| 200m vrije slag                              | series | 3.  | <b>2:06.70</b> | 471 | 2:12.56 | 4-10-2025  | 109% |    |
| 200m rugslag                                 | series | 1.  | <b>2:17.30</b> | 455 | 2:22.01 | 10-12-2023 | 107% |    |
| Dachen Haaijer, 2008 (17 jaar), Meisjes      |        |     |                |     |         |            |      | 2  |
| 50m rugslag                                  | series | 1.  | 29.52          | 624 | 29.40   | 5-10-2024  | 99%  |    |
| 200m rugslag                                 | series | 1.  | <b>2:12.79</b> | 702 | 2:16.74 | 21-9-2024  | 106% |    |
| 200m vlinderslag                             | series | 1.  | <b>2:25.04</b> | 556 | 2:47.21 | 24-4-2022  | 133% |    |
| Daequan Ramos, 2009 (16 jaar), Jongens       |        |     |                |     |         |            |      | 2  |
| 50m schoolslag                               | series | 4.  | <b>32.65</b>   | 446 | 32.81   | 17-11-2024 | 101% |    |
| 50m vlinderslag                              | series | 5.  | <b>27.94</b>   | 444 | 28.08   | 19-10-2024 | 101% |    |
| 100m vlinderslag                             | series | 5.  | 1:03.40        | 426 | 1:02.39 | 11-1-2025  | 97%  |    |
| Dex Kerpels, 2011 (14 jaar), Jongens         |        |     |                |     |         |            |      | 4  |
| 50m vrije slag                               | series | 20. | <b>30.29</b>   | 283 | 30.44   | 20-9-2025  | 101% |    |
| 100m vrije slag                              | series | 19. | <b>1:05.62</b> | 319 | 1:06.96 | 28-9-2025  | 104% |    |
| 50m rugslag                                  | series | 3.  | <b>34.13</b>   | 271 | 34.78   | 19-10-2025 | 104% |    |
| 50m vlinderslag                              | series | 14. | <b>38.67</b>   | 167 | 41.44   | 16-11-2024 | 115% |    |
| Eva ter Horst, 2012 (13 jaar), Meisjes       |        |     |                |     |         |            |      | 3  |
| 100m vrije slag                              | series | 10. | <b>1:04.44</b> | 474 | 1:06.99 | 13-4-2025  | 108% |    |
| 200m vrije slag                              | series | 11. | <b>2:23.70</b> | 452 | 2:28.48 | 5-4-2025   | 107% |    |
| 200m wisselslag                              | series | 7.  | <b>2:38.82</b> | 449 | 2:40.76 | 5-10-2025  | 102% |    |
| Fabiën van Halderen, 2012 (13 jaar), Meisjes |        |     |                |     |         |            |      | 1  |
| 100m vrije slag                              | series | 20. | 1:06.90        | 423 | 1:06.84 | 20-9-2025  | 100% |    |
| 200m vrije slag                              | series | 15. | <b>2:24.99</b> | 440 | 2:46.55 | 5-10-2025  | 132% |    |
| 200m rugslag                                 | series | 9.  | 2:49.48        | 337 | 2:47.62 | 4-10-2025  | 98%  |    |
| Femke ter Horst, 2010 (15 jaar), Meisjes     |        |     |                |     |         |            |      | 1  |
| 100m vrije slag                              | series | 13. | <b>1:05.24</b> | 456 | 1:06.08 | 8-3-2025   | 103% |    |
| 100m rugslag                                 | series | 5.  | 1:13.95        | 389 | 1:12.57 | 1-12-2024  | 96%  |    |
| 200m vlinderslag                             | series | 2.  | 2:40.39        | 411 | NT      |            | -    |    |
| Fenna Gabriëls, 2012 (13 jaar), Meisjes      |        |     |                |     |         |            |      | 2  |
| 100m vrije slag                              | series | 14. | <b>1:05.71</b> | 447 | 1:07.76 | 13-4-2025  | 106% |    |
| 100m rugslag                                 | series | 4.  | <b>1:13.21</b> | 401 | 1:15.64 | 20-9-2025  | 107% |    |
| 200m wisselslag                              | series | 10. | 2:46.52        | 389 | 2:42.80 | 5-10-2025  | 96%  |    |
| Gerjan Berends, 2009 (16 jaar), Jongens      |        |     |                |     |         |            |      | 1  |
| 50m vrije slag                               | series | 3.  | <b>25.09</b>   | 498 | 25.37   | 20-10-2024 | 102% |    |
| 50m schoolslag                               | series | 5.  | 32.68          | 445 | 32.00   | 17-11-2024 | 96%  |    |
| Imre Bouwland, 2007 (18 jaar), Meisjes       |        |     |                |     |         |            |      | -  |
| 100m vrije slag                              | series | 4.  | 1:01.69        | 540 | 1:01.41 | 5-4-2025   | 99%  |    |
| 200m vrije slag                              | series | 2.  | 2:12.25        | 580 | 2:12.16 | 22-12-2024 | 100% |    |
| Isa Kerpels, 2008 (17 jaar), Meisjes         |        |     |                |     |         |            |      | 1  |
| 200m vrije slag                              | series | 7.  | <b>2:21.99</b> | 468 | 2:25.34 | 30-9-2023  | 105% |    |
| 100m schoolslag                              | series | 1.  | 1:22.88        | 425 | 1:21.62 | 19-11-2023 | 97%  |    |
| Ismay Dekker, 2011 (14 jaar), Meisjes        |        |     |                |     |         |            |      | 1  |
| 400m vrije slag                              | series | 7.  | <b>5:44.23</b> | 299 | 5:45.17 | 4-5-2025   | 101% |    |
| 200m wisselslag                              | series | 12. | 3:01.93        | 298 | 3:01.07 | 3-5-2025   | 99%  |    |
| Jade van der Veen, 2012 (13 jaar), Meisjes   |        |     |                |     |         |            |      | 1  |
| 100m vrije slag                              | series | 30. | 1:08.73        | 390 | 1:07.34 | 28-9-2025  | 96%  |    |
| 100m schoolslag                              | series | 18. | 1:35.04        | 282 | 1:33.85 | 20-9-2025  | 98%  |    |
| 200m schoolslag                              | series | 8.  | <b>3:22.62</b> | 279 | 3:24.19 | 28-9-2025  | 102% |    |
| Joanne Vos, 2012 (13 jaar), Meisjes          |        |     |                |     |         |            |      | 2  |
| 100m vrije slag                              | series | 39. | <b>1:12.06</b> | 339 | 1:14.24 | 4-10-2025  | 106% |    |
| 200m vrije slag                              | series | 21. | 2:37.63        | 342 | 2:34.99 | 20-9-2025  | 97%  |    |
| 200m wisselslag                              | series | 16. | <b>3:11.57</b> | 255 | 3:14.23 | 1-6-2025   | 103% |    |
| Luesza Siahaija, 2008 (17 jaar), Meisjes     |        |     |                |     |         |            |      | 3  |
| 50m vrije slag                               | series | 10. | <b>29.62</b>   | 457 | 29.69   | 17-12-2022 | 100% |    |
| 50m rugslag                                  | series | 7.  | <b>33.29</b>   | 435 | 33.66   | 17-11-2024 | 102% |    |
| 50m schoolslag                               | series | 3.  | 37.69          | 426 | 37.25   | 10-11-2024 | 98%  |    |
| 50m vlinderslag                              | series | 7.  | <b>31.62</b>   | 433 | 32.19   | 17-12-2022 | 104% |    |
| Marjolie Spelde, 2009 (16 jaar), Meisjes     |        |     |                |     |         |            |      | 2  |
| 200m vrije slag                              | series | 6.  | 2:21.31        | 475 | 2:20.47 | 20-9-2025  | 99%  |    |
| 200m rugslag                                 | series | 5.  | <b>2:30.76</b> | 479 | 2:32.02 | 20-9-2025  | 102% |    |
| 400m wisselslag                              | series | 2.  | <b>5:39.89</b> | 424 | 5:44.86 | 8-3-2025   | 103% |    |
| Mathijs Boersma, 2010 (15 jaar), Jongens     |        |     |                |     |         |            |      | 2  |
| 100m rugslag                                 | series | 2.  | <b>1:06.60</b> | 382 | 1:08.36 | 17-11-2024 | 105% |    |
| 50m schoolslag                               | series | 6.  | <b>34.02</b>   | 394 | 34.10   | 17-11-2024 | 100% |    |
| 200m wisselslag                              | series | 2.  | 2:29.68        | 384 | 2:21.83 | 5-10-2025  | 90%  |    |
| Matthijs Wierbos, 2009 (16 jaar), Jongens    |        |     |                |     |         |            |      | -  |
| 50m vrije slag                               | series | 17. | 28.10          | 355 | 27.52   | 20-9-2025  | 96%  |    |
| 100m vrije slag                              | series | 13. | 1:00.92        | 398 | 1:00.68 | 3-5-2025   | 99%  |    |
| 50m vlinderslag                              | series | 10. | 31.60          | 307 | 30.76   | 20-9-2025  | 95%  |    |



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|                                            |        |     |                |     |         |            |      |
|--------------------------------------------|--------|-----|----------------|-----|---------|------------|------|
| Meike Pekelsma, 2013 (12 jaar), Meisjes    |        |     |                |     |         |            | 2    |
| 200m rugslag                               | series | 10. | 2:56.77        | 297 | 2:53.03 | 4-10-2025  | 96%  |
| 200m schoolslag                            | series | 8.  | <b>3:22.62</b> | 279 | 3:27.90 | 1-2-2025   | 105% |
| 100m vlinderslag                           | series | 9.  | <b>1:22.66</b> | 259 | 1:27.71 | 4-10-2025  | 113% |
| Myron Dekker, 2010 (15 jaar), Meisjes      |        |     |                |     |         |            | 2    |
| 50m schoolslag                             | series | 10. | <b>40.31</b>   | 348 | 40.85   | 21-12-2024 | 103% |
| 100m schoolslag                            | series | 7.  | <b>1:27.47</b> | 362 | 1:27.54 | 3-5-2025   | 100% |
| 200m schoolslag                            | series | 4.  | 3:04.81        | 368 | 3:03.49 | 4-10-2025  | 99%  |
| Nadine Beishuizen, 2013 (12 jaar), Meisjes |        |     |                |     |         |            | 3    |
| 100m vrije slag                            | series | 42. | <b>1:13.83</b> | 315 | 1:16.09 | 10-5-2025  | 106% |
| 100m rugslag                               | series | 12. | <b>1:24.24</b> | 263 | 1:25.04 | 1-3-2025   | 102% |
| 100m schoolslag                            | series | 11. | <b>1:30.32</b> | 329 | 1:32.02 | 16-3-2025  | 104% |
| Nienke Koster, 2009 (16 jaar), Meisjes     |        |     |                |     |         |            | -    |
| 50m rugslag                                | series | 4.  | 31.24          | 526 | 30.37   | 19-10-2024 | 95%  |
| 50m vlinderslag                            | series | 6.  | 31.59          | 435 | 30.77   | 9-11-2024  | 95%  |
| 200m wisselslag                            | series | 6.  | 2:36.87        | 466 | 2:32.25 | 9-3-2024   | 94%  |
| Nora Lynn Otten, 2009 (16 jaar), Meisjes   |        |     |                |     |         |            | 3    |
| 100m vrije slag                            | series | 7.  | <b>1:03.12</b> | 504 | 1:03.44 | 20-9-2025  | 101% |
| 50m rugslag                                | series | 5.  | <b>31.78</b>   | 500 | 32.49   | 20-9-2025  | 105% |
| 200m rugslag                               | series | 3.  | <b>2:22.54</b> | 567 | 2:30.58 | 1-2-2025   | 112% |
| Ramon Vos, 2011 (14 jaar), Jongens         |        |     |                |     |         |            | 3    |
| 50m vrije slag                             | series | 9.  | <b>26.51</b>   | 422 | 27.03   | 18-10-2025 | 104% |
| 100m vrije slag                            | series | 5.  | <b>57.09</b>   | 484 | 57.17   | 14-12-2024 | 100% |
| 100m rugslag                               | series | 1.  | <b>1:04.40</b> | 422 | 1:05.73 | 14-12-2024 | 104% |
| Rixt Rothschild, 2009 (16 jaar), Meisjes   |        |     |                |     |         |            | 3    |
| 200m vrije slag                            | series | 3.  | <b>2:15.42</b> | 540 | 2:16.96 | 1-2-2025   | 102% |
| 50m schoolslag                             | series | 2.  | <b>36.69</b>   | 462 | 37.36   | 20-9-2025  | 104% |
| 200m wisselslag                            | series | 3.  | <b>2:32.09</b> | 511 | 2:32.58 | 19-10-2024 | 101% |
| Sofie Vos, 2008 (17 jaar), Meisjes         |        |     |                |     |         |            | -    |
| 50m vrije slag                             | series | 18. | 31.08          | 396 | 29.70   | 8-3-2025   | 91%  |
| 100m vrije slag                            | series | 21. | 1:07.06        | 420 | 1:04.04 | 9-3-2024   | 91%  |
| 100m rugslag                               | series | 3.  | 1:12.52        | 413 | 1:08.92 | 16-12-2023 | 90%  |
| Stan Rothschild, 2010 (15 jaar), Jongens   |        |     |                |     |         |            | 2    |
| 400m vrije slag                            | series | 1.  | <b>4:31.82</b> | 476 | 4:35.99 | 9-3-2025   | 103% |
| 100m schoolslag                            | series | 4.  | <b>1:15.01</b> | 400 | 1:16.55 | 4-10-2025  | 104% |
| Tess Broer, 2012 (13 jaar), Meisjes        |        |     |                |     |         |            | 2    |
| 200m schoolslag                            | series | 7.  | <b>3:20.18</b> | 289 | 3:24.09 | 28-9-2025  | 104% |
| 100m vlinderslag                           | series | 10. | <b>1:24.35</b> | 244 | 1:25.66 | 28-9-2025  | 103% |
| 200m wisselslag                            | series | 11. | 2:58.71        | 315 | 2:55.67 | 20-9-2025  | 97%  |
| Thomas Boersma, 2013 (12 jaar), Jongens    |        |     |                |     |         |            | 2    |
| 200m schoolslag                            | series | 3.  | <b>3:31.14</b> | 184 | 3:32.99 | 13-4-2025  | 102% |
| 100m vlinderslag                           | series | 15. | <b>1:42.44</b> | 101 | 1:44.58 | 4-10-2025  | 104% |
| 200m wisselslag                            | series | 5.  | 3:15.81        | 171 | 3:12.13 | 5-10-2025  | 96%  |
| Vigo Norde, 2012 (13 jaar), Jongens        |        |     |                |     |         |            | 1    |
| 100m vrije slag                            | series | 21. | <b>1:09.52</b> | 268 | 1:10.27 | 19-10-2025 | 102% |
| 100m rugslag                               | series | 5.  | 1:19.23        | 226 | 1:18.02 | 1-2-2025   | 97%  |