

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
								-
?								-
Avena								3
Ina Knol, 2010 (15 jaar), Meisjes								1
50m rugslag	series	16.	42.47	209	41.56	29-3-2025	96%	
100m vlinderslag	series	13.	1:39.36	149	1:43.33	16-11-2025	108%	
Janneke Postma, 2010 (15 jaar), Meisjes								2
100m vrije slag	series	10.	1:08.51	394	1:07.58	5-10-2025	97%	
200m vrije slag	series	7.	2:32.38	379	2:37.45	16-11-2025	107%	
50m vlinderslag	series	7.	35.01	319	36.33	1-12-2024	108%	
Bolsward								-
De Forel								12
Christiaan Ensing, 2006 (19 jaar), Heren								3
50m vrije slag	series	3.	28.13	354	28.69	1-11-2025	104%	
100m schoolslag	series	6.	1:19.51	336	1:23.30	18-10-2025	110%	
50m vlinderslag	series	5.	31.91	298	33.56	18-10-2025	111%	
Edith Robben, 2013 (12 jaar), Meisjes								4
50m vrije slag	series	14.	40.18	183	43.67	18-10-2025	118%	
100m vrije slag	series	17.	1:29.51	176	1:41.69	30-11-2024	129%	
50m rugslag	series	13.	44.38	183	53.99	18-1-2025	148%	
100m schoolslag	series	18.	1:54.35	162	2:00.83	18-10-2025	112%	
Myrthe de Ruiter, 2012 (13 jaar), Meisjes								2
50m vrije slag	series	15.	40.32	181	40.11	1-11-2025	99%	
100m vrije slag	series	18.	1:30.65	170	1:29.92	18-10-2025	98%	
50m rugslag	series	15.	46.90	155	47.40	1-11-2025	102%	
100m schoolslag	series	19.	1:56.48	153	2:03.75	30-11-2024	113%	
Senna van den Hoed, 2004 (21 jaar), Heren								3
50m vrije slag	series	8.	25.79	459	28.56	14-11-2025	123%	
100m vrije slag	series	7.	57.56	472	1:08.55	14-11-2025	142%	
50m vlinderslag	series	9.	28.47	419	29.54	14-11-2025	108%	
de Granaet								4
Hylke de Jong, 2008 (17 jaar), Jongens								4
50m vrije slag	series	4.	25.43	479	25.88	21-12-2024	104%	
100m vrije slag	series	6.	56.87	490	56.84	15-11-2025	100%	
50m vlinderslag	series	4.	28.32	426	29.09	21-12-2024	106%	
100m vlinderslag	series	4.	1:05.29	390	1:09.30	8-3-2025	113%	
100m wisselslag	series	4.	1:07.60	387	1:10.90	4-10-2025	110%	
De Vikings								41
Auke van Hulst, 2013 (12 jaar), Jongens								2
100m vrije slag	series	6.	1:29.52	125	1:29.69	11-10-2025	100%	
50m rugslag	series	4.	43.78	128	45.15	11-10-2025	106%	
Elske de Vries, 2008 (17 jaar), Meisjes								-
50m vrije slag	series	13.	33.31	321	32.43	6-7-2025	95%	
100m vrije slag	series	12.	1:14.68	304	1:12.63	28-6-2025	95%	
200m vrije slag	series	5.	2:39.15	332	2:34.18	5-7-2025	94%	
50m rugslag	series	7.	43.29	197	41.59	31-5-2025	92%	
100m schoolslag	series	6.	1:38.55	253	1:33.94	1-6-2025	91%	
50m vlinderslag	series	11.	39.19	227	37.35	5-7-2025	91%	
100m wisselslag	series	10.	1:24.82	274	1:24.57	28-6-2025	99%	
200m wisselslag	series	8.	3:08.14	270	3:02.92	1-6-2025	95%	
Femke De Vries, 2012 (13 jaar), Meisjes								6
50m vrije slag	series	9.	34.90	279	35.46	1-12-2024	103%	
100m vrije slag	series	9.	1:16.47	283	1:16.81	31-5-2025	101%	
50m rugslag	series	5.	38.81	274	39.97	6-7-2025	106%	
100m schoolslag	series	10.	1:39.45	246	1:38.63	5-7-2025	98%	
50m vlinderslag	series	3.	41.28	195	43.51	11-10-2025	111%	
100m wisselslag	series	4.	1:26.98	254	1:27.18	18-10-2025	100%	
200m wisselslag	series	8.	3:10.93	258	3:12.25	2-11-2025	101%	
Fleur Bos, 2005 (20 jaar), Dames								3
100m vrije slag	series	8.	1:07.88	405	1:05.85	31-5-2025	94%	
200m vrije slag	series	2.	2:23.13	457	2:27.24	4-10-2025	106%	
400m vrije slag	series	2.	5:00.21	451	5:02.20	1-6-2025	101%	
100m vlinderslag	series	2.	1:19.13	295	1:16.59	22-5-2025	94%	
200m vlinderslag	series	2.	2:52.86	328	2:49.64	1-6-2025	96%	

100m wisselslag	series	4.	1:17.31	362	1:14.50	4-10-2025	93%	
200m wisselslag	series	2.	2:42.89	416	2:40.44	8-3-2025	97%	
400m wisselslag	series	3.	5:40.53	422	5:41.18	31-5-2025	100%	
Froukje Nijkamp, 2013 (12 jaar), Meisjes								3
50m vrije slag	series	4.	33.92	304	35.94	28-6-2025	112%	
100m vrije slag	series	5.	1:13.82	315	1:14.39	15-11-2025	102%	
200m vrije slag	series	8.	2:51.11	267	2:49.60	15-6-2025	98%	
200m rugslag	series	9.	3:03.14	267	3:01.66	4-10-2025	98%	
100m schoolslag	series	12.	1:40.25	240	1:40.25	2-11-2025	100%	
100m vlinderslag	series	8.	1:34.01	176	1:39.01	4-10-2025	111%	
200m wisselslag	series	7.	3:10.80	259	3:09.52	14-6-2025	99%	
Jelte de Boer, 2007 (18 jaar), Jongens								2
50m schoolslag	series	5.	31.73	486	31.03	20-12-2024	96%	
100m schoolslag	series	4.	1:08.83	518	1:08.35	22-12-2024	99%	
200m schoolslag	series	5.	2:35.59	460	2:30.85	6-4-2025	94%	
50m vlinderslag	series	3.	27.93	444	28.36	2-11-2025	103%	
100m vlinderslag	series	4.	1:02.37	447	1:02.68	11-1-2025	101%	
100m wisselslag	series	5.	1:02.80	483	1:01.98	5-7-2025	97%	
200m wisselslag	series	3.	2:15.84	514	2:15.57	2-11-2025	100%	
Jetze de Vries, 2006 (19 jaar), Heren								1
200m vrije slag	series	2.	1:58.44	577	1:58.96	28-12-2024	101%	
50m schoolslag	series	2.	30.02	574	29.42	29-6-2025	96%	
50m vlinderslag	series	1.	26.53	518	26.37	28-6-2025	99%	
100m wisselslag	series	3.	1:01.44	516	1:00.16	28-6-2025	96%	
Kia Afzali, 2003 (22 jaar), Heren								1
100m rugslag	series	2.	59.82	527	1:01.84	6-4-2025	107%	
50m vlinderslag	series	2.	25.47	586	24.83	1-2-2025	95%	
Kyara Balt, 2011 (14 jaar), Meisjes								3
100m vrije slag	series	4.	1:05.45	452	1:03.82	28-6-2025	95%	
400m vrije slag	series	1.	4:49.53	502	4:46.34	9-11-2025	98%	
100m rugslag	series	5.	1:13.29	400	1:12.19	6-7-2025	97%	
200m rugslag	series	2.	2:28.09	506	2:32.81	5-7-2025	106%	
100m vlinderslag	series	2.	1:14.08	360	1:13.89	8-11-2025	99%	
200m vlinderslag	series	1.	2:36.63	442	2:38.37	9-11-2025	102%	
200m wisselslag	series	3.	2:38.49	451	2:37.13	6-7-2025	98%	
400m wisselslag	series	1.	5:22.08	499	5:27.71	28-9-2025	104%	
Marije Nieuwenhuizen, 2013 (12 jaar), Meisjes								3
100m rugslag	series	11.	1:31.60	205	1:43.16	1-2-2025	127%	
50m schoolslag	series	8.	49.41	189	53.14	31-5-2025	116%	
50m vlinderslag	series	4.	41.36	193	48.30	10-5-2025	136%	
Melissa Zeegers, 2010 (15 jaar), Meisjes								-
50m vrije slag	series	10.	34.55	288	33.48	1-6-2025	94%	
50m rugslag	series	14.	40.70	238	38.02	31-5-2025	87%	
100m rugslag	series	12.	1:26.11	246	1:21.40	6-4-2025	89%	
200m rugslag	series	10.	3:07.64	248	3:01.28	5-7-2025	93%	
50m schoolslag	series	10.	47.82	208	43.29	29-12-2024	82%	
100m wisselslag	series	14.	1:30.71	224	1:27.40	10-11-2024	93%	
Nanne Woldring, 2011 (14 jaar), Jongens								5
100m vrije slag	series	5.	1:00.82	400	1:01.17	8-11-2025	101%	
200m vrije slag	series	4.	2:18.47	361	2:16.46	9-11-2025	97%	
200m rugslag	series	AFGEM	-	-	2:58.43	30-11-2024	-	
100m schoolslag	series	8.	1:27.49	252	1:28.58	15-11-2025	103%	
100m vlinderslag	series	8.	1:19.04	219	1:16.43	12-10-2025	94%	
100m wisselslag	series	8.	1:15.58	277	1:17.19	5-7-2025	104%	
200m wisselslag	series	7.	2:40.01	315	2:41.01	6-4-2025	101%	
400m wisselslag	series	5.	5:39.17	331	6:06.85	11-1-2025	117%	
Quinten van Zanten, 2011 (14 jaar), Jongens								-
50m schoolslag	series	2.	41.97	210	39.83	28-9-2025	90%	
100m wisselslag	series	10.	1:23.35	206	1:19.24	30-11-2024	90%	
Ranomi Zeegers, 2012 (13 jaar), Meisjes								3
100m vrije slag	series	3.	1:12.31	335	1:11.18	12-10-2025	97%	
400m vrije slag	series	2.	5:24.10	358	5:22.41	11-10-2025	99%	
200m rugslag	series	5.	2:54.30	310	3:02.38	6-10-2024	109%	
100m schoolslag	series	7.	1:35.23	280	1:32.15	11-10-2025	94%	
100m vlinderslag	series	2.	1:24.01	246	1:24.91	12-10-2025	102%	
200m wisselslag	series	4.	2:56.38	327	2:55.37	6-7-2025	99%	
400m wisselslag	series	3.	6:09.06	331	6:14.51	8-11-2025	103%	
Sven Koornstra, 2009 (16 jaar), Jongens								-
100m rugslag	series	AFGEM	-	-	1:03.50	6-4-2025	-	
50m schoolslag	series	AFGEM	-	-	33.22	18-5-2025	-	
400m wisselslag	series	AFGEM	-	-	4:45.86	9-11-2025	-	
Tycho Wienbelt, 2010 (15 jaar), Jongens								5
100m vrije slag	series	4.	1:00.52	406	59.17	8-3-2025	96%	
100m rugslag	series	2.	1:06.60	382	1:06.96	6-4-2025	101%	
200m rugslag	series	3.	2:21.25	418	2:22.76	1-2-2025	102%	
100m schoolslag	series	3.	1:15.44	393	1:15.84	11-10-2025	101%	
100m vlinderslag	series	1.	1:05.91	379	1:06.96	6-7-2025	103%	
100m wisselslag	series	3.	1:07.75	384	1:07.61	5-7-2025	100%	
200m wisselslag	series	3.	2:23.45	437	2:23.48	6-7-2025	100%	

400m wisselslag	series	3.	5:00.60	476	4:58.85	8-3-2025	99%	4	
Wytse Broekstra, 2008 (17 jaar), Jongens									
100m vrije slag	series	1.	51.86	646	51.28	8-11-2025	98%		
400m vrije slag	series	2.	4:05.90	643	4:02.45	4-10-2025	97%		
50m rugslag	series	1.	26.63	572	27.27	29-12-2024	105%		
100m rugslag	series	1.	57.86	582	58.32	4-10-2025	102%		
200m rugslag	series	1.	2:07.57	567	2:04.34	8-11-2025	95%		
50m schoolslag	series	1.	28.71	656	28.40	8-11-2025	98%		
100m schoolslag	series	1.	1:01.85	713	1:01.89	12-10-2025	100%		
200m schoolslag	series	1.	2:13.23	733	2:13.70	11-10-2025	101%		
100m wisselslag	series	1.	56.92	648	56.65	4-10-2025	99%		
200m wisselslag	series	1.	2:03.49	685	2:03.05	20-12-2024	99%		
400m wisselslag	series	1.	4:31.85	644	4:25.84	10-10-2025	96%		
Dz&Pc								64	
Amber Tiesinga, 2006 (19 jaar), Dames								-	
100m vrije slag	series	4.	1:04.21	479	1:03.63	28-9-2025	98%	1	
50m rugslag	series	4.	33.83	414	33.01	28-9-2024	95%		
100m rugslag	series	5.	1:13.81	392	1:12.00	9-11-2024	95%		
200m rugslag	series	4.	2:37.76	418	2:34.45	5-7-2025	96%		
50m schoolslag	series	1.	37.26	441	35.71	9-11-2024	92%		
100m schoolslag	series	2.	1:19.68	479	1:18.93	10-11-2024	98%		
200m schoolslag	series	1.	2:55.14	433	2:50.21	10-11-2024	94%		
50m vlinderslag	series	3.	32.09	415	31.11	1-2-2025	94%		
100m wisselslag	series	3.	1:13.85	415	1:10.42	5-10-2024	91%		
200m wisselslag	series	1.	2:38.11	455	2:32.78	19-10-2024	93%		
400m wisselslag	series	2.	5:33.80	448	5:28.90	15-11-2025	97%		
Amila Mustafic, 2012 (13 jaar), Meisjes									1
50m vrije slag	series	1.	29.34	471	29.00	19-10-2024	98%		7
50m rugslag	series	1.	35.20	368	34.25	4-1-2025	95%		
100m rugslag	series	1.	1:13.97	389	1:13.16	1-12-2024	98%		
50m vlinderslag	series	1.	35.41	309	33.38	4-1-2025	89%		
100m vlinderslag	series	3.	1:24.55	242	1:14.67	14-12-2024	78%		
100m wisselslag	series	1.	1:17.26	362	1:17.72	10-11-2024	101%		
Ashal Yon, 2013 (12 jaar), Meisjes								7	
50m vrije slag	series	2.	33.86	306	34.05	11-10-2025	101%	1	
100m vrije slag	series	7.	1:15.17	298	1:17.27	15-11-2025	106%		
200m vrije slag	series	7.	2:50.34	271	2:49.76	8-11-2025	99%		
50m rugslag	series	4.	38.02	292	40.82	10-5-2025	115%		
100m rugslag	series	9.	1:26.43	244	1:27.77	5-10-2025	103%		
200m rugslag	series	11.	3:07.11	251	3:00.99	5-10-2025	94%		
50m schoolslag	series	7.	48.33	202	51.38	28-6-2025	113%		
100m schoolslag	series	16.	1:46.04	203	1:50.92	14-6-2025	109%		
50m vlinderslag	series	2.	40.61	204	38.90	28-9-2025	92%		
100m wisselslag	series	5.	1:27.25	251	1:30.22	28-9-2025	107%		
Colin Bes, 2005 (20 jaar), Heren								1	
50m vrije slag	series	3.	23.96	572	23.63	22-12-2024	97%	3	
100m vrije slag	series	2.	51.41	663	51.14	10-11-2024	99%		
200m vrije slag	series	3.	2:00.96	541	1:51.32	15-11-2025	85%		
200m rugslag	series	2.	2:12.63	505	2:10.96	1-2-2025	97%		
100m schoolslag	series	3.	1:07.43	550	1:08.45	5-4-2025	103%		
100m wisselslag	series	3.	59.80	559	59.03	5-7-2025	97%		
200m wisselslag	series	3.	2:12.60	553	2:08.02	11-10-2025	93%		
Devenda van der Meer, 2009 (16 jaar), Meisjes								3	
50m vrije slag	series	10.	30.29	428	30.14	10-11-2024	99%	-	
100m vrije slag	series	9.	1:08.62	392	1:06.28	15-11-2025	93%		
50m rugslag	series	4.	32.57	464	33.49	28-9-2024	106%		
50m schoolslag	series	3.	40.70	338	41.00	12-10-2024	101%		
100m wisselslag	series	8.	1:17.00	366	1:17.06	5-10-2025	100%		
Emiel de Bruijn, 2007 (18 jaar), Jongens								-	
50m schoolslag	series	3.	30.66	538	29.92		95%	1	
100m schoolslag	series	2.	1:06.98	562	1:06.13		97%		
200m schoolslag	series	2.	2:26.12	556	2:22.76		95%		
50m vlinderslag	series	2.	27.79	451	27.48		98%		
100m vlinderslag	series	3.	1:02.14	452	1:00.12		94%		
100m wisselslag	series	4.	1:02.56	488	1:00.47		93%		
200m wisselslag	series	4.	2:16.04	512	2:14.94		98%		
400m wisselslag	series	2.	4:50.01	530	4:44.06		96%		
Esmee Mulder, 2008 (17 jaar), Meisjes								1	
50m vrije slag	series	2.	27.95	544	27.85	8-3-2025	99%	-	
50m rugslag	series	2.	31.77	500	31.63	28-9-2025	99%		
50m schoolslag	series	1.	34.44	558	34.10	9-11-2025	98%		
100m schoolslag	series	1.	1:13.60	608	1:13.10	8-11-2025	99%		
200m schoolslag	series	1.	2:36.96	601	2:35.67	20-12-2024	98%		
50m vlinderslag	series	3.	30.26	495	30.74	8-11-2025	103%		
100m wisselslag	series	1.	1:06.79	561	1:06.61	20-12-2024	99%		
200m wisselslag	series	1.	2:24.71	593	2:22.55	15-11-2025	97%		

Fay Boxum, 2009 (16 jaar), Meisjes

50m vrije slag	series	AFGEM	-	26.46	28-6-2025	-
100m vrije slag	series	AFGEM	-	57.13	11-1-2025	-
200m vrije slag	series	AFGEM	-	2:01.79	26-10-2025	-
400m vrije slag	series	AFGEM	-	4:23.87	11-1-2025	-
50m rugslag	series	AFGEM	-	29.38	5-10-2025	-
100m rugslag	series	AFGEM	-	1:02.16	25-10-2025	-
200m rugslag	series	AFGEM	-	2:14.44	11-10-2025	-
50m schoolslag	series	AFGEM	-	34.14	28-6-2025	-
100m schoolslag	series	AFGEM	-	1:16.04	11-1-2025	-
200m schoolslag	series	AFGEM	-	2:43.23	26-10-2024	-
50m vlinderslag	series	AFGEM	-	28.75	29-6-2025	-
100m vlinderslag	series	AFGEM	-	1:03.62	15-11-2025	-
200m vlinderslag	series	AFGEM	-	2:27.54	14-6-2025	-
100m wisselslag	series	AFGEM	-	1:03.66	29-6-2025	-
200m wisselslag	series	AFGEM	-	2:16.36	24-10-2025	-
400m wisselslag	series	AFGEM	-	4:52.21	20-10-2024	-

Fenna Westerneng, 2009 (16 jaar), Meisjes

50m vrije slag	series	3.	28.03	540	27.09	15-12-2024	93%
100m vrije slag	series	2.	1:00.51	572	57.59	15-12-2024	91%
400m vrije slag	series	AFGEM	-	-	4:32.73	14-12-2024	-
50m rugslag	series	3.	32.15	483	31.77	10-11-2024	98%
200m rugslag	series	AFGEM	-	-	2:23.73	14-12-2024	-
100m schoolslag	series	AFGEM	-	-	1:19.99	11-1-2025	-
50m vlinderslag	series	AFGEM	-	-	29.94	11-10-2025	-
100m vlinderslag	series	AFGEM	-	-	1:10.44	1-2-2025	-

Floris Stork, 2003 (22 jaar), Heren

50m vrije slag	series	2.	23.86	580	23.88	8-3-2025	100%
100m vrije slag	series	3.	52.22	633	51.51	5-7-2025	97%
200m vrije slag	series	5.	2:05.13	489	1:53.97	1-2-2025	83%
100m schoolslag	series	1.	1:03.64	655	1:07.39	23-3-2025	112%
50m vlinderslag	series	3.	25.87	559	25.89	6-7-2025	100%
100m vlinderslag	series	1.	56.18	612	55.90	15-11-2025	99%
100m wisselslag	series	1.	57.43	631	57.00	5-7-2025	99%
200m wisselslag	series	1.	2:04.44	669	2:05.87	8-3-2025	102%

Gijs de Jong, 2011 (14 jaar), Jongens

50m vrije slag	series	10.	35.37	178	37.85	30-11-2024	115%
100m vrije slag	series	9.	1:20.21	174	1:26.56	28-6-2025	116%
200m vrije slag	series	7.	3:01.76	159	3:02.70	5-10-2025	101%
400m vrije slag	series	4.	6:28.44	163	6:23.39	15-11-2025	97%
100m schoolslag	series	9.	1:49.13	129	1:54.11	11-1-2025	109%

Hammada Wali, 2012 (13 jaar), Jongens

50m rugslag	series	3.	41.65	149	44.11	8-11-2025	112%
100m rugslag	series	6.	1:30.83	150	1:29.62	8-11-2025	97%
200m schoolslag	series	3.	3:20.26	216	3:21.65	28-9-2025	101%
200m wisselslag	series	5.	3:15.90	171	3:22.54	8-11-2025	107%

Jan Kooistra, 2013 (12 jaar), Jongens

50m vrije slag	series	6.	42.92	99	45.82	28-6-2025	114%
100m vrije slag	series	7.	1:38.76	93	2:16.76	-	192%
100m schoolslag	series	5.	2:03.81	89	2:05.15	15-11-2025	102%

Jelle Betten, 2000 (25 jaar), Heren

50m vrije slag	series	1.	23.27	625	22.76	22-12-2024	96%
100m vrije slag	series	1.	51.14	674	49.88	22-12-2024	95%
50m rugslag	series	1.	26.01	614	24.83	21-12-2024	91%
100m rugslag	series	1.	55.66	654	53.85	20-12-2024	94%
200m rugslag	series	1.	2:04.97	603	2:03.89	28-9-2025	98%

Jere Wiersma, 2007 (18 jaar), Jongens

50m vrije slag	series	2.	26.77	410	26.87	9-11-2025	101%
100m vrije slag	series	5.	58.36	453	58.37	5-7-2025	100%
200m vrije slag	series	5.	2:05.12	489	2:05.09	9-11-2025	100%
400m vrije slag	series	2.	4:21.70	533	4:21.07	16-11-2025	100%
50m rugslag	series	3.	30.16	393	30.18	5-10-2025	100%
100m rugslag	series	1.	1:04.64	417	1:04.64	9-11-2025	100%
200m rugslag	series	3.	2:19.20	436	2:17.43	1-12-2024	97%
100m vlinderslag	series	5.	1:06.31	372	1:05.52	11-1-2025	98%
200m wisselslag	series	5.	2:22.57	445	2:23.02	11-1-2025	101%

Julia Agricola, 2008 (17 jaar), Meisjes

50m vrije slag	series	6.	28.67	504	28.17	28-9-2025	97%
100m vrije slag	series	4.	1:02.31	524	1:00.89	15-11-2025	95%
100m rugslag	series	4.	1:10.66	446	1:11.80	11-10-2025	103%
200m rugslag	series	3.	2:29.49	492	2:28.78	9-11-2025	99%
100m schoolslag	series	3.	1:20.68	461	1:19.88	1-2-2025	98%
50m vlinderslag	series	6.	31.51	438	31.27	22-12-2024	98%
100m vlinderslag	series	3.	1:09.39	438	1:08.33	11-1-2025	97%
100m wisselslag	series	5.	1:10.67	474	1:10.58	5-10-2024	100%
200m wisselslag	series	2.	2:30.51	527	2:32.06	11-1-2025	102%

Lise Kleinbekman, 2005 (20 jaar), Dames

100m schoolslag	series	1.	1:17.36	523	1:16.82	11-10-2025	99%
200m schoolslag	series	2.	2:46.54	503	2:46.02	8-3-2025	99%

Maaïke Issard, 2003 (22 jaar), Dames								-
50m schoolslag	series	2.	36.67	463	34.32	5-7-2025	88%	
50m vlinderslag	series	2.	29.30	545	28.92	1-2-2025	97%	
100m wisselslag	series	1.	1:06.75	562	1:05.03	5-7-2025	95%	
Marc Hoogeveen, 2001 (24 jaar), Heren								-
50m vrije slag	series	AFGEM	-	-	25.97	24-11-2024	-	
100m vrije slag	series	AFGEM	-	-	56.18	22-11-2024	-	
50m rugslag	series	AFGEM	-	-	30.11	9-11-2024	-	
Marlies Brouwer, 2011 (14 jaar), Meisjes								2
50m vrije slag	series	6.	31.02	398	31.04	4-1-2025	100%	
100m vrije slag	series	8.	1:07.19	418	1:06.44	11-1-2025	98%	
200m vrije slag	series	4.	2:25.99	431	2:23.62	5-4-2025	97%	
400m vrije slag	series	3.	5:02.26	442	5:02.12	8-3-2025	100%	
50m rugslag	series	12.	37.77	298	38.19	27-10-2024	102%	
50m schoolslag	series	7.	42.01	307	41.80	15-11-2025	99%	
100m schoolslag	series	9.	1:32.54	306	1:30.38	10-11-2024	95%	
Matthijs van Meerendonk, 1999 (26 jaar), Heren								-
50m vrije slag	series	AFGEM	-	-	23.31	8-3-2025	-	
100m vrije slag	series	AFGEM	-	-	52.29	20-12-2024	-	
50m schoolslag	series	1.	29.27	619	28.73	11-1-2025	96%	
100m schoolslag	series	2.	1:04.69	624	1:04.27	9-11-2024	99%	
50m vlinderslag	series	1.	24.78	636	24.50	22-12-2024	98%	
100m vlinderslag	series	2.	56.36	606	54.36	6-7-2025	93%	
100m wisselslag	series	2.	59.79	559	56.90	5-7-2025	91%	
200m wisselslag	series	4.	2:15.80	515	2:08.88	8-3-2025	90%	
Maud Roffel, 2007 (18 jaar), Meisjes								-
50m vrije slag	series	4.	29.42	467	28.73	19-10-2024	95%	
50m rugslag	series	1.	31.40	518	31.25	10-11-2024	99%	
100m rugslag	series	2.	1:08.64	487	1:06.91	15-9-2024	95%	
200m rugslag	series	2.	2:28.14	505	2:26.03	8-3-2025	97%	
50m schoolslag	series	2.	38.90	387	37.76	9-11-2024	94%	
100m schoolslag	series	5.	1:22.71	428	1:21.58	1-2-2025	97%	
100m wisselslag	series	2.	1:12.89	432	1:10.79	5-10-2024	94%	
Myrthe Natzijs, 2004 (21 jaar), Dames								-
100m vrije slag	series	5.	1:03.58	493	1:01.68	5-4-2025	94%	
200m vrije slag	series	1.	2:14.75	548	2:10.30	22-12-2024	94%	
50m rugslag	series	6.	33.29	435	32.05	1-12-2024	93%	
100m rugslag	series	1.	1:08.70	486	1:07.81	5-4-2025	97%	
200m rugslag	series	1.	2:26.51	522	2:23.19	1-12-2024	96%	
200m schoolslag	series	3.	3:00.09	398	2:54.03	6-7-2025	93%	
Nicole Pestman, 2010 (15 jaar), Meisjes								2
50m vrije slag	series	1.	28.26	527	28.15	8-11-2025	99%	
100m vrije slag	series	1.	1:03.08	505	1:01.30	29-3-2025	94%	
200m vrije slag	series	6.	2:28.95	406	2:18.38	5-10-2025	86%	
50m rugslag	series	2.	32.06	487	31.87	9-11-2025	99%	
100m rugslag	series	2.	1:09.96	460	1:10.23	28-9-2025	101%	
200m rugslag	series	3.	2:31.44	473	2:30.58	9-11-2025	99%	
100m wisselslag	series	3.	1:11.85	451	1:13.16	8-11-2025	104%	
Niek Issard, 2007 (18 jaar), Jongens								1
100m vrije slag	series	1.	52.64	618	52.59	28-9-2024	100%	
50m rugslag	series	1.	26.18	602	26.20	5-7-2025	100%	
100m rugslag	series	2.	1:05.34	404	57.23	20-12-2024	77%	
50m schoolslag	series	4.	31.62	491	31.20	15-11-2025	97%	
100m wisselslag	series	1.	1:00.92	529	1:00.25	5-10-2024	98%	
Ruben Trompetter, 2005 (20 jaar), Heren								3
200m vrije slag	series	6.	2:05.78	481	2:07.25	1-2-2025	102%	
50m vlinderslag	series	11.	29.40	381	29.82	10-11-2024	103%	
100m wisselslag	series	7.	1:05.13	433	1:05.64	5-10-2025	102%	
Sara Korthuis, 2006 (19 jaar), Dames								1
50m vrije slag	series	1.	25.74	697	25.64	20-12-2024	99%	
100m vrije slag	series	1.	56.37	708	55.47	21-12-2024	97%	
200m vrije slag	series	1.	2:02.61	728	2:01.47	19-10-2024	98%	
50m rugslag	series	AFGEM	-	-	29.49	28-6-2025	-	
100m rugslag	series	1.	1:02.77	637	1:02.08	21-12-2024	98%	
200m rugslag	series	AFGEM	-	-	2:17.30	1-2-2025	-	
50m schoolslag	series	AFGEM	-	-	34.37	15-11-2025	-	
100m schoolslag	series	1.	1:16.30	545	1:19.38	-	108%	
50m vlinderslag	series	1.	27.66	648	27.32	20-12-2024	98%	
100m vlinderslag	series	1.	1:03.56	570	1:02.11	11-1-2025	95%	
100m wisselslag	series	1.	1:05.58	593	1:05.08	4-1-2025	98%	
Stijn Dijkstra, 2010 (15 jaar), Jongens								6
50m vrije slag	series	4.	26.91	404	28.52	28-9-2025	112%	
100m vrije slag	series	2.	57.56	472	59.33	28-9-2025	106%	
200m vrije slag	series	3.	2:09.15	445	2:07.94	9-11-2025	98%	
400m vrije slag	series	3.	4:37.11	449	4:32.29	15-11-2025	97%	
100m rugslag	series	3.	1:06.62	381	1:07.55	9-11-2025	103%	
200m rugslag	series	4.	2:25.72	380	2:30.60	1-2-2025	107%	
100m schoolslag	series	5.	1:18.00	355	1:17.68	15-11-2025	99%	
100m vlinderslag	series	7.	1:12.49	285	1:15.36	1-2-2025	108%	



200m wisselslag	series	5.	2:28.88	391	2:36.09	5-4-2025	110%	-
Storm Boxum, 2007 (18 jaar), Jongens								
50m schoolslag	series	1.	28.62	662	28.36	24-10-2025	98%	-
100m schoolslag	series	1.	1:02.16	703	1:01.77	25-10-2025	99%	-
200m schoolslag	series	1.	2:20.09	631	2:14.25	21-12-2024	92%	-
100m wisselslag	series	AFGEM	-	-	58.50	4-1-2025	-	-
Storm Tolsma, 2006 (19 jaar), Heren								-
200m vrije slag	series	3.	1:58.82	571	1:55.56	20-12-2024	95%	-
200m rugslag	series	2.	2:15.94	469	2:15.69	1-2-2025	100%	-
100m schoolslag	series	3.	1:08.19	532	1:07.04	6-7-2025	97%	-
200m schoolslag	series	3.	2:28.71	527	2:26.50	5-7-2025	97%	-
100m vlinderslag	series	2.	1:01.47	467	59.64	11-1-2025	94%	-
100m wisselslag	series	2.	1:01.37	517	1:00.60	5-7-2025	98%	-
200m wisselslag	series	2.	2:14.28	533	2:11.26	20-12-2024	96%	-
400m wisselslag	series	3.	4:51.41	523	4:39.84	21-12-2024	92%	-
Syll Rinsma, 2012 (13 jaar), Meisjes								-
200m vrije slag	series	AFGEM	-	-	2:32.04	8-11-2025	-	-
400m vrije slag	series	6.	5:41.87	305	5:36.11	6-7-2025	97%	-
100m rugslag	series	AFGEM	-	-	1:20.62	28-9-2025	-	-
200m rugslag	series	7.	2:54.58	309	2:52.67	5-10-2025	98%	-
100m schoolslag	series	5.	1:30.37	328	1:26.86	8-11-2025	92%	-
200m schoolslag	series	3.	3:09.46	342	3:07.81	9-11-2025	98%	-
100m vlinderslag	series	4.	1:26.49	226	1:22.85	28-9-2025	92%	-
200m wisselslag	series	AFGEM	-	-	2:54.09	6-7-2025	-	-
Tieme Wiersma, 2007 (18 jaar), Jongens								2
100m vrije slag	series	2.	53.75	580	54.13	28-9-2025	101%	-
200m vrije slag	series	1.	1:53.32	658	1:53.13	5-4-2025	100%	-
400m vrije slag	series	1.	4:01.62	677	3:57.68	22-12-2024	97%	-
200m rugslag	series	1.	2:11.79	514	2:09.06	8-3-2025	96%	-
200m schoolslag	series	4.	2:35.15	464	2:26.71	11-10-2025	89%	-
100m vlinderslag	series	1.	1:01.29	471	1:02.77	11-1-2025	105%	-
200m wisselslag	series	1.	2:10.86	576	2:09.83	20-12-2024	98%	-
400m wisselslag	series	1.	4:40.70	585	4:30.10	15-11-2025	93%	-
Tim van Erven, 2007 (18 jaar), Jongens								-
50m vrije slag	series	1.	25.00	504	24.85	9-11-2025	99%	-
100m vrije slag	series	3.	53.98	573	53.69	20-12-2024	99%	-
200m vrije slag	series	4.	1:58.90	570	1:56.71	21-12-2024	96%	-
400m vrije slag	series	3.	4:27.31	500	4:12.82	22-12-2024	89%	-
50m rugslag	series	2.	29.88	405	29.54	4-1-2025	98%	-
200m rugslag	series	AFGEM	-	-	2:15.09	8-11-2025	-	-
50m schoolslag	series	6.	34.11	391	33.32	15-11-2025	95%	-
100m schoolslag	series	5.	1:14.20	413	1:13.19	1-2-2025	97%	-
Tycho Veenstra, 2005 (20 jaar), Heren								2
50m vrije slag	series	10.	27.10	395	26.84	5-7-2025	98%	-
100m vrije slag	series	6.	57.44	475	58.45	28-9-2025	104%	-
50m schoolslag	series	8.	33.45	414	32.84	15-11-2025	96%	-
100m schoolslag	series	7.	1:14.11	415	1:13.43	9-11-2025	98%	-
50m vlinderslag	series	13.	30.68	335	31.87	15-11-2025	108%	-
100m wisselslag	series	8.	1:08.78	367	1:07.96	5-10-2025	98%	-
Vera Wassink, 2006 (19 jaar), Dames								4
50m vrije slag	series	3.	29.23	476	27.89	19-10-2024	91%	-
100m vrije slag	series	3.	1:02.37	522	59.17	20-10-2024	90%	-
200m vrije slag	series	3.	2:17.46	516	2:11.90	19-10-2024	92%	-
400m vrije slag	series	2.	4:45.84	522	4:37.66	20-10-2024	94%	-
100m rugslag	series	4.	1:10.73	445	1:12.96	8-11-2025	106%	-
200m rugslag	series	3.	2:33.29	456	2:35.09	1-2-2025	102%	-
100m vlinderslag	series	2.	1:09.08	444	1:11.83	15-11-2025	108%	-
400m wisselslag	series	1.	5:19.69	510	5:24.82	15-11-2025	103%	-
Vita Tjoelker, 2013 (12 jaar), Meisjes								8
50m vrije slag	series	10.	34.98	278	36.12	28-6-2025	107%	-
100m vrije slag	series	11.	1:17.70	270	1:16.08	15-11-2025	96%	-
200m vrije slag	series	4.	2:45.76	294	2:56.75	28-9-2025	114%	-
400m vrije slag	series	7.	5:54.31	274	6:41.13	8-3-2025	128%	-
50m rugslag	series	6.	40.91	234	41.24	8-11-2025	102%	-
100m rugslag	series	8.	1:26.24	245	1:34.66	5-10-2025	120%	-
200m rugslag	series	10.	3:04.77	260	3:11.43	5-10-2025	107%	-
50m schoolslag	series	4.	45.50	242	46.74	11-10-2025	106%	-
100m schoolslag	series	11.	1:39.90	243	1:40.58	8-11-2025	101%	-
F.Z.C.'54								7
Feyona Vonk, 2006 (19 jaar), Dames								1
50m vrije slag	series	6.	30.31	427	29.99	8-3-2025	98%	-
100m vrije slag	series	6.	1:06.66	428	1:04.79	5-4-2025	94%	-
100m schoolslag	series	6.	1:25.62	386	1:26.79	5-4-2025	103%	-
Ilse de Jong, 2013 (12 jaar), Meisjes								1
50m vrije slag	series	17.	43.52	144	36.15	19-10-2025	69%	-
100m vrije slag	series	16.	1:24.78	208	1:18.30	19-10-2025	85%	-
200m vrije slag	series	AFGEM	-	-	2:52.50	12-4-2025	-	-
50m rugslag	series	12.	44.20	185	41.80	19-10-2025	89%	-

Friese kampioenschappen Heerenveen, 6- - 7-12-2025

100m rugslag	series	AFGEM		-	1:29.74	5-10-2025	-	
100m schoolslag	series	15.	1:45.30	207	1:45.52	12-4-2025	100%	
100m wisselslag	series	AFGEM		-	1:33.74	18-10-2025	-	
Iris Segeren, 2012 (13 jaar), Meisjes								
50m rugslag	series	AFGEM		-	42.02	8-11-2025	-	
100m schoolslag	series	AFGEM		-	1:53.77	1-2-2025	-	
Maico Langhout, 2002 (23 jaar), Heren								
50m vrije slag	series	12.	28.08	355	27.49	29-3-2025	96%	2
100m vrije slag	series	8.	1:01.28	391	1:01.90	5-4-2025	102%	
50m rugslag	series	3.	35.30	245	34.68	18-10-2025	97%	
100m schoolslag	series	8.	1:23.56	289	1:24.99	30-11-2024	103%	
Sanne de Jong, 2013 (12 jaar), Meisjes								
50m vrije slag	series	18.	44.20	137	43.49	16-11-2025	97%	1
100m vrije slag	series	19.	1:40.02	126	1:36.96	19-10-2025	94%	
50m rugslag	series	16.	48.92	137	49.87	19-10-2025	104%	
50m schoolslag	series	AFGEM		-	57.31	18-10-2025	-	
100m schoolslag	series	21.	2:05.36	123	2:02.18	18-10-2025	95%	
50m vlinderslag	series	AFGEM		-	50.88	10-5-2025	-	
100m wisselslag	series	AFGEM		-	1:51.25	16-11-2025	-	
Yenthe Segeren, 2008 (17 jaar), Meisjes								
50m vrije slag	series	12.	31.57	378	31.59	16-11-2025	100%	2
100m vrije slag	series	11.	1:10.39	363	1:11.21	5-4-2025	102%	
50m rugslag	series	6.	37.30	309	37.15	10-11-2024	99%	
200m vlinderslag	series	6.	3:06.96	259	3:06.43	29-3-2025	99%	
Haren								
HZ&PC Heerenveen								
Alena Ytsma, 2012 (13 jaar), Meisjes								
100m vrije slag	series	1.	1:07.12	419	1:07.48	29-3-2025	101%	6
200m vrije slag	series	AFGEM		-	2:32.07	9-11-2024	-	
400m vrije slag	series	1.	5:18.58	377	5:16.98	1-12-2024	99%	
100m rugslag	series	2.	1:15.93	360	1:19.16	1-2-2025	109%	
200m rugslag	series	2.	2:43.60	375	2:45.85	5-10-2025	103%	
100m schoolslag	series	1.	1:21.72	444	1:23.54	1-12-2024	105%	
200m schoolslag	series	1.	2:53.44	445	2:58.32	1-2-2025	106%	
100m vlinderslag	series	1.	1:10.59	416	1:13.24	2-11-2025	108%	
200m wisselslag	series	1.	2:41.37	428	2:38.73	5-4-2025	97%	
400m wisselslag	series	1.	5:38.83	428	5:36.02	15-11-2025	98%	
Annefleur Schraa, 2011 (14 jaar), Meisjes								
100m vrije slag	series	11.	1:08.87	388	1:08.49	3-5-2025	99%	1
400m vrije slag	series	8.	5:21.43	367	5:11.10	27-9-2025	94%	
50m rugslag	series	9.	36.68	325	35.28	29-12-2024	93%	
100m rugslag	series	7.	1:16.35	354	1:13.07	5-4-2025	92%	
200m rugslag	series	6.	2:39.42	405	2:36.40	29-3-2025	96%	
100m schoolslag	series	8.	1:30.66	325	1:31.62	7-12-2024	102%	
100m vlinderslag	series	6.	1:23.67	250	1:18.42	29-3-2025	88%	
100m wisselslag	series	10.	1:20.91	315	1:19.24	26-10-2024	96%	
200m wisselslag	series	8.	2:51.01	359	2:48.26	3-5-2025	97%	
400m wisselslag	series	6.	5:56.52	367	5:56.52	8-3-2025	100%	
Carina Kooistra, 2013 (12 jaar), Meisjes								
50m vrije slag	series	8.	34.46	290	37.23	10-5-2025	117%	4
100m vrije slag	series	12.	1:17.98	267	1:20.34	8-11-2025	106%	
200m vrije slag	series	5.	2:46.61	290	2:58.81	8-11-2025	115%	
50m schoolslag	series	5.	46.82	222	50.41	8-11-2025	116%	
Danne-Bo Eghuizen, 2011 (14 jaar), Meisjes								
100m vrije slag	series	18.	1:19.47	252	1:19.62	12-10-2024	100%	2
200m vrije slag	series	13.	2:50.37	271	2:47.91	5-4-2025	97%	
50m vlinderslag	series	10.	42.07	184	41.81	8-11-2025	99%	
100m vlinderslag	series	11.	1:33.65	178	1:33.43	8-11-2025	100%	
100m wisselslag	series	13.	1:29.70	231	1:30.32	24-5-2025	101%	
Diede Veld, 2008 (17 jaar), Jongens								
100m vrije slag	series	2.	53.33	594	53.24	5-7-2025	100%	4
200m vrije slag	series	1.	1:53.93	648	1:55.61	6-7-2025	103%	
400m vrije slag	series	1.	3:59.97	691	4:01.63	5-7-2025	101%	
50m vlinderslag	series	2.	26.92	496	26.89	6-7-2025	100%	
100m vlinderslag	series	1.	58.78	534	58.00	18-10-2025	97%	
200m vlinderslag	series	1.	2:09.79	557	2:09.84	8-11-2025	100%	
400m wisselslag	series	2.	4:35.28	620	4:36.08	21-12-2024	101%	
Elise Dorlandt, 2010 (15 jaar), Meisjes								
50m vrije slag	series	2.	28.62	507	28.63	10-11-2024	100%	6
100m vrije slag	series	2.	1:03.43	497	1:02.38	15-11-2025	97%	
200m vrije slag	series	1.	2:18.13	509	2:19.82	5-7-2025	102%	
400m vrije slag	series	2.	4:55.28	474	4:57.13	10-11-2024	101%	
50m rugslag	series	5.	34.70	384	34.88	4-1-2025	101%	
50m schoolslag	series	4.	39.67	365	41.09	4-1-2025	107%	
100m schoolslag	series	5.	1:27.24	365	1:28.30	18-10-2025	102%	
50m vlinderslag	series	4.	33.78	355	33.57	5-7-2025	99%	

Emma Loijens, 2013 (12 jaar), Meisjes							2
50m vrije slag	series	AFGEM	-	41.27	-		
100m vrije slag	series	15.	1:24.46	210	1:13.95	77%	
50m rugslag	series	8.	41.91	218	46.15	121%	
100m rugslag	series	AFW	-	NT	-		
50m schoolslag	series	2.	42.59	295	43.52	104%	
100m schoolslag	series	AFGEM	-	1:36.59	-		
Emma Mintjes, 2012 (13 jaar), Meisjes							3
50m vrije slag	series	11.	37.02	234	35.62	8-11-2025	93%
50m rugslag	series	7.	41.07	231	43.51	5-10-2025	112%
100m schoolslag	series	13.	1:40.59	238	1:48.61	1-12-2024	117%
200m schoolslag	series	7.	3:39.26	220	3:46.86	1-12-2024	107%
Esmee Ykema, 2008 (17 jaar), Meisjes							2
100m vrije slag	series	8.	1:03.87	486	1:02.16	11-1-2025	95%
200m vrije slag	series	2.	2:16.78	524	2:12.82	22-12-2024	94%
400m vrije slag	series	1.	4:45.93	522	4:40.07	10-11-2024	96%
200m rugslag	series	5.	2:37.42	421	2:33.79	8-3-2025	95%
100m schoolslag	series	4.	1:21.35	450	1:22.40	1-2-2025	103%
200m schoolslag	series	3.	2:56.36	424	2:54.35	5-4-2025	98%
50m vlinderslag	series	8.	33.60	361	33.58	11-1-2025	100%
200m vlinderslag	series	5.	2:55.63	313	2:47.65	8-3-2025	91%
200m wisselslag	series	6.	2:38.23	454	2:32.52	6-7-2025	93%
400m wisselslag	series	1.	5:34.29	446	5:40.19	8-11-2025	104%
Famke Ytsma, 2011 (14 jaar), Meisjes							6
50m vrije slag	series	11.	37.05	233	37.66	1-11-2025	103%
100m vrije slag	series	19.	1:23.12	220	1:23.42	5-10-2025	101%
200m vrije slag	series	14.	3:00.15	229	2:55.69	5-4-2025	95%
400m vrije slag	series	9.	6:19.71	222	6:21.27	8-3-2025	101%
100m schoolslag	series	11.	1:47.01	197	1:46.59	8-3-2025	99%
200m schoolslag	series	6.	3:43.98	207	3:51.19	5-10-2025	107%
50m vlinderslag	series	11.	45.88	142	43.51	5-4-2025	90%
100m vlinderslag	series	12.	1:38.20	154	1:45.47	11-1-2025	115%
100m wisselslag	series	15.	1:33.57	204	1:34.85	24-5-2025	103%
200m wisselslag	series	9.	3:20.51	223	3:15.62	5-4-2025	95%
Fardau Loots, 2013 (12 jaar), Meisjes							6
100m vrije slag	series	4.	1:13.54	319	1:14.51	15-11-2025	103%
200m vrije slag	series	3.	2:39.35	331	2:42.57	18-10-2025	104%
400m vrije slag	series	3.	5:28.34	344	5:50.38	28-9-2025	114%
100m rugslag	series	5.	1:21.46	291	1:21.09	15-6-2025	99%
200m rugslag	series	3.	2:48.50	343	2:57.62	29-3-2025	111%
100m schoolslag	series	14.	1:43.83	216	1:41.65	8-11-2025	96%
200m schoolslag	series	6.	3:36.93	227	3:31.79	8-11-2025	95%
100m vlinderslag	series	5.	1:27.73	216	1:29.97	28-9-2025	105%
200m wisselslag	series	5.	3:03.71	290	3:03.98	14-6-2025	100%
400m wisselslag	series	5.	6:29.37	282	6:27.74	15-11-2025	99%
Fayen Norde, 2013 (12 jaar), Meisjes							6
100m vrije slag	series	14.	1:23.73	216	1:24.79	11-10-2025	103%
200m vrije slag	series	11.	3:00.22	229	3:04.59	15-6-2025	105%
400m vrije slag	series	10.	6:20.92	220	6:26.44	18-10-2025	103%
100m rugslag	series	13.	1:32.79	197	1:37.12	15-6-2025	110%
100m schoolslag	series	9.	1:39.16	248	1:42.60	12-4-2025	107%
100m vlinderslag	series	11.	1:41.52	139	1:39.53	18-10-2025	96%
200m wisselslag	series	10.	3:15.74	239	3:19.22	11-10-2025	104%
Feline Evertse, 2013 (12 jaar), Meisjes							6
50m vrije slag	series	12.	37.23	230	39.41	24-5-2025	112%
100m vrije slag	series	13.	1:20.94	239	1:23.98	28-9-2025	108%
200m vrije slag	series	9.	2:54.04	254	2:58.47	28-9-2025	105%
400m vrije slag	series	9.	6:05.87	249	6:12.04	11-10-2025	103%
50m rugslag	series	11.	43.30	197	44.59	24-5-2025	106%
100m rugslag	series	12.	1:32.24	200	1:32.32	11-10-2025	100%
100m schoolslag	series	17.	1:49.29	185	1:48.39	24-5-2025	98%
200m wisselslag	series	AFGEM	-	-	3:30.96	16-11-2025	-
Fenna Ykema, 2013 (12 jaar), Meisjes							8
100m vrije slag	series	6.	1:14.76	303	1:13.90	15-11-2025	98%
200m vrije slag	series	2.	2:39.11	333	2:50.67	23-2-2025	115%
400m vrije slag	series	4.	5:34.35	326	5:48.48	8-11-2025	109%
100m rugslag	series	6.	1:21.48	291	1:29.47	15-6-2025	121%
200m rugslag	series	5.	2:54.30	310	3:02.75	5-10-2025	110%
100m schoolslag	series	6.	1:33.90	292	1:34.34	29-3-2025	101%
200m schoolslag	series	5.	3:20.42	288	3:24.55	28-9-2025	104%
100m vlinderslag	series	7.	1:32.89	182	1:34.62	8-11-2025	104%
200m wisselslag	series	6.	3:04.95	284	3:10.65	14-6-2025	106%
Finn Eghuizen, 2009 (16 jaar), Jongens							2
50m vrije slag	series	2.	25.21	491	25.26	28-9-2025	100%
100m vrije slag	series	5.	55.68	522	54.05	8-11-2025	94%
200m vrije slag	series	2.	1:58.39	577	1:58.43	18-10-2025	100%
400m vrije slag	series	4.	4:20.84	538	4:16.94	5-10-2025	97%
50m rugslag	series	3.	29.90	404	29.84	4-1-2025	100%
100m rugslag	series	2.	1:06.40	385	1:02.43	1-2-2025	88%
200m rugslag	series	2.	2:24.43	391	2:20.85	1-2-2025	95%

Gijs Koehoorn, 2008 (17 jaar), Jongens							3
50m vrije slag	series	1.	23.98	571	24.17	29-6-2025	102%
100m vrije slag	series	3.	54.23	565	52.77	20-12-2024	95%
50m schoolslag	series	2.	30.91	525	30.42	29-6-2025	97%
100m schoolslag	series	2.	1:08.41	527	1:08.76	26-9-2025	101%
50m vlinderslag	series	1.	25.58	578	25.84	28-6-2025	102%
100m vlinderslag	series	2.	58.86	532	57.78	15-11-2025	96%
100m wisselslag	series	2.	58.53	596	58.52	5-10-2025	100%
200m wisselslag	series	2.	2:13.11	547	2:12.83	20-12-2024	100%
Gijs Leeneman, 2012 (13 jaar), Jongens							6
50m vrije slag	series	2.	27.03	399	27.42	2-11-2025	103%
50m rugslag	series	2.	32.96	301	36.23	15-12-2024	121%
100m rugslag	series	2.	1:11.17	313	1:14.20	5-7-2025	109%
50m vlinderslag	series	2.	30.90	328	33.83	11-10-2025	120%
100m vlinderslag	series	1.	1:09.83	318	1:15.36	5-10-2025	116%
200m wisselslag	series	2.	2:34.55	349	2:40.03	11-10-2025	107%
Inge Dekker, 2002 (23 jaar), Dames							-
100m vrije slag	series	AFGEM	-	-	1:03.07	5-4-2025	-
50m rugslag	series	3.	31.72	503	30.47	12-10-2024	92%
100m rugslag	series	2.	1:09.43	471	1:08.28	24-11-2024	97%
50m vlinderslag	series	4.	31.49	439	29.90	9-11-2024	90%
100m wisselslag	series	AFGEM	-	-	1:11.09	10-11-2024	-
Jelmar Hartmann, 2012 (13 jaar), Jongens							4
50m vrije slag	series	4.	30.78	270	31.38	18-10-2025	104%
200m vrije slag	series	2.	2:33.87	263	2:35.97	18-10-2025	103%
100m rugslag	series	3.	1:19.29	226	1:25.76	5-10-2025	117%
100m schoolslag	series	3.	1:38.41	177	1:45.00	29-3-2025	114%
Jelte Ruitenbergh, 2009 (16 jaar), Jongens							5
50m vrije slag	series	8.	27.79	367	27.26	8-11-2025	96%
100m vrije slag	series	8.	1:00.53	406	59.49	8-11-2025	97%
200m vrije slag	series	5.	2:16.47	377	2:20.87	5-10-2025	107%
50m rugslag	series	5.	32.33	319	34.86	9-11-2024	116%
100m rugslag	series	3.	1:10.34	324	1:12.35	1-12-2024	106%
200m rugslag	series	3.	2:39.03	293	2:40.35	1-12-2024	102%
100m wisselslag	series	7.	1:11.40	328	1:13.02	5-10-2025	105%
Joep Barwegen, 2012 (13 jaar), Jongens							3
50m vrije slag	series	1.	26.54	421	27.13	5-7-2025	104%
100m vrije slag	series	1.	58.43	451	57.37	15-11-2025	96%
200m vrije slag	series	1.	2:10.45	431	2:12.47	5-10-2025	103%
400m vrije slag	series	1.	4:39.53	437	4:48.86	11-10-2025	107%
200m rugslag	series	2.	2:41.82	278	2:41.75	8-11-2025	100%
200m schoolslag	series	1.	3:02.58	285	2:57.25	18-10-2025	94%
50m vlinderslag	series	1.	29.92	361	29.87	2-11-2025	100%
Jorian Darwinkel, 2003 (22 jaar), Heren							2
50m vrije slag	series	4.	24.76	519	24.59	24-11-2024	99%
100m vrije slag	series	4.	54.10	569	53.69	10-11-2024	98%
200m vrije slag	series	2.	2:00.01	554	2:01.10	8-11-2025	102%
50m rugslag	series	2.	28.41	471	28.73	12-10-2024	102%
50m schoolslag	series	3.	30.96	523	30.41	11-1-2025	96%
100m schoolslag	series	4.	1:07.88	540	1:07.43	22-11-2024	99%
50m vlinderslag	series	4.	27.07	488	26.52	10-11-2024	96%
100m wisselslag	series	4.	1:01.99	502	1:01.35	9-11-2024	98%
Jorick Johannes, 2010 (15 jaar), Jongens							6
50m vrije slag	series	1.	26.11	442	26.65	18-10-2025	104%
100m rugslag	series	1.	1:05.51	401	1:07.21	18-10-2025	105%
200m rugslag	series	2.	2:20.78	422	2:23.10	8-11-2025	103%
100m schoolslag	series	4.	1:15.73	388	1:20.66	6-7-2025	113%
100m wisselslag	series	2.	1:06.80	401	1:12.45	9-11-2024	118%
200m wisselslag	series	4.	2:23.71	434	2:25.52	15-11-2025	103%
Laura van Etten, 2008 (17 jaar), Meisjes							1
50m vrije slag	series	1.	27.40	578	26.62	8-3-2025	94%
100m vrije slag	series	1.	58.50	633	57.45	15-11-2025	96%
50m rugslag	series	1.	29.98	596	29.42	4-1-2025	96%
100m rugslag	series	1.	1:05.35	564	1:02.48	21-12-2024	91%
200m rugslag	series	1.	2:17.27	635	2:14.67	20-12-2024	96%
50m vlinderslag	series	1.	29.15	553	29.35	11-1-2025	101%
100m vlinderslag	series	1.	1:05.71	516	1:04.48	15-11-2025	96%
200m vlinderslag	series	1.	2:27.29	531	2:24.22	21-12-2024	96%
100m wisselslag	series	2.	1:07.70	539	1:06.28	4-1-2025	96%
Leonie van Wier, 2002 (23 jaar), Dames							-
50m vrije slag	series	2.	28.14	534	27.43	4-1-2025	95%
100m vrije slag	series	3.	1:01.81	537	59.87	23-11-2024	94%
100m schoolslag	series	2.	1:23.94	410	1:21.75	5-4-2025	95%
Lianne van Wier, 2002 (23 jaar), Dames							1
50m vrije slag	series	3.	28.45	516	27.92	8-3-2025	96%
100m vrije slag	series	4.	1:02.64	516	1:02.44	5-4-2025	99%
50m schoolslag	series	3.	37.37	437	37.29	9-11-2024	100%
50m vlinderslag	series	3.	30.66	476	30.83	9-11-2024	101%
100m vlinderslag	series	1.	1:13.59	367	1:13.10	11-1-2025	99%

Lieke Boelsma, 2012 (13 jaar), Meisjes							3
50m vrije slag	series	AFGEM	-	35.17	18-10-2025	-	
200m vrije slag	series	10.	2:56.21	245	2:59.24	5-4-2025	103%
50m schoolslag	series	6.	47.63	211	47.64	1-11-2025	100%
100m vlinderslag	series	9.	1:40.62	143	1:39.46	5-10-2025	98%
200m wisselslag	series	11.	3:20.05	224	3:23.91	5-4-2025	104%
Liesette Bruinsma, 2000 (25 jaar), Dames							-
100m vrije slag	series	AFGEM	-	1:04.30	21-12-2024	-	
50m rugslag	series	AFGEM	-	38.51	22-12-2024	-	
100m vlinderslag	series	AFGEM	-	1:19.51	22-12-2024	-	
Liselotte Schaap, 2006 (19 jaar), Dames							4
100m vrije slag	series	5.	1:06.00	441	1:06.14	8-11-2025	100%
200m vrije slag	series	4.	2:28.48	410	2:24.07	8-11-2025	94%
400m vrije slag	series	3.	5:01.88	443	5:08.40	5-10-2025	104%
50m rugslag	series	5.	35.68	353	35.61	4-1-2025	100%
200m rugslag	series	5.	2:45.32	364	2:47.73	1-2-2025	103%
200m vlinderslag	series	1.	2:58.07	300	2:58.91	5-4-2025	101%
200m wisselslag	series	2.	2:47.00	386	2:44.86	8-3-2025	97%
400m wisselslag	series	3.	5:58.89	360	5:51.01	15-11-2025	96%
Lobke Hempenius, 2011 (14 jaar), Meisjes							8
100m vrije slag	series	3.	1:03.90	486	1:03.99	8-11-2025	100%
50m rugslag	series	1.	31.94	492	33.61	4-1-2025	111%
100m rugslag	series	1.	1:09.42	471	1:10.07	18-10-2025	102%
200m rugslag	series	1.	2:27.20	515	2:30.05	14-12-2024	104%
100m schoolslag	series	2.	1:18.47	501	1:20.98	15-11-2025	106%
100m wisselslag	series	1.	1:10.68	474	1:13.89	10-11-2024	109%
200m wisselslag	series	1.	2:32.41	508	2:35.47	28-9-2025	104%
400m wisselslag	series	2.	5:22.35	497	5:29.04	14-12-2024	104%
Loïs Jalving, 2004 (21 jaar), Dames							4
100m vrije slag	series	6.	1:04.11	481	1:04.63	22-11-2024	102%
50m rugslag	series	4.	32.73	458	32.27	18-10-2025	97%
100m rugslag	series	3.	1:09.58	467	1:09.81	18-10-2025	101%
200m rugslag	series	2.	2:34.94	442	2:34.45	23-11-2024	99%
50m schoolslag	series	4.	40.38	346	40.93	8-11-2025	103%
50m vlinderslag	series	6.	33.07	379	33.77	8-11-2025	104%
Luca Karsten Schöler, 2011 (14 jaar), Jongens							5
50m vrije slag	series	2.	26.59	419	26.75	18-10-2025	101%
100m rugslag	series	6.	1:12.32	298	1:13.15	28-9-2025	102%
200m rugslag	series	7.	2:37.89	299	2:42.12	29-3-2025	105%
100m schoolslag	series	7.	1:19.50	336	1:16.52	11-10-2025	93%
200m schoolslag	series	5.	2:53.11	334	2:49.22	18-10-2025	96%
100m vlinderslag	series	6.	1:11.42	298	1:14.80	11-10-2025	110%
200m wisselslag	series	6.	2:32.76	362	2:33.51	11-10-2025	101%
Mattias Stolk, 2010 (15 jaar), Jongens							4
100m vrije slag	series	1.	57.08	484	57.40	8-11-2025	101%
200m vrije slag	series	1.	2:02.28	524	1:59.10	18-10-2025	95%
400m vrije slag	series	1.	4:14.03	583	4:09.98	15-11-2025	97%
100m schoolslag	series	1.	1:10.52	481	1:10.57	15-11-2025	100%
200m schoolslag	series	1.	2:29.70	517	2:28.65	5-10-2025	99%
100m wisselslag	series	1.	1:04.26	451	1:05.95	5-7-2025	105%
200m wisselslag	series	1.	2:16.58	506	2:15.60	18-10-2025	99%
400m wisselslag	series	1.	4:47.42	545	5:02.39	8-3-2025	111%
Milou Geneuglijk, 2009 (16 jaar), Meisjes							2
50m vrije slag	series	8.	28.97	489	28.72	28-9-2025	98%
100m vrije slag	series	5.	1:03.26	501	1:03.39	8-3-2025	100%
200m vrije slag	series	3.	2:18.14	509	2:16.78	29-3-2025	98%
100m rugslag	series	3.	1:09.25	474	1:07.16	15-12-2024	94%
200m rugslag	series	4.	2:32.10	467	2:29.88	8-11-2025	97%
100m schoolslag	series	5.	1:26.31	377	1:29.57	11-1-2025	108%
50m vlinderslag	series	5.	31.28	448	30.42	8-11-2025	95%
100m vlinderslag	series	4.	1:10.48	418	1:09.21	18-10-2025	96%
100m wisselslag	series	6.	1:12.81	433	1:11.54	5-10-2025	97%
200m wisselslag	series	7.	2:38.26	453	2:37.86	5-4-2025	99%
Nadia Veenstra, 2006 (19 jaar), Dames							1
100m vrije slag	series	8.	1:13.86	314	1:12.30	5-4-2025	96%
50m rugslag	series	6.	37.55	303	37.41	8-11-2025	99%
100m rugslag	series	6.	1:22.06	285	1:22.32	29-3-2025	101%
200m rugslag	series	6.	2:58.83	287	2:55.27	9-11-2024	96%
50m schoolslag	series	4.	43.59	275	43.23	8-11-2025	98%
100m wisselslag	series	4.	1:25.58	267	1:22.03	15-3-2025	92%
Quirine de Ridder, 2010 (15 jaar), Meisjes							1
100m vrije slag	series	9.	1:08.04	402	1:09.96	12-10-2024	106%
Remco Dijkstra, 2001 (24 jaar), Heren							-
50m vrije slag	series	5.	25.24	490	24.81	15-12-2024	97%
50m vlinderslag	series	5.	27.26	478	26.94	4-1-2025	98%
Richard Kuipers, 1997 (28 jaar), Heren							1
50m vrije slag	series	9.	25.82	457	25.40	4-1-2025	97%
100m rugslag	series	3.	1:01.79	478	1:01.56	24-11-2024	99%
50m schoolslag	series	7.	32.33	459	32.43	10-11-2024	101%

100m schoolslag	series	5.	1:11.29	466	1:10.37	5-4-2025	97%	8	
50m vlinderslag	series	8.	28.08	437	27.89	4-1-2025	99%		
100m wisselslag	series	5.	1:03.10	476	1:02.82	5-10-2024	99%		
Roan Krikke, 2012 (13 jaar), Jongens									-
100m vrije slag	series	4.	1:13.69	225	1:14.32	15-11-2025	102%		
400m vrije slag	series	3.	5:53.25	216	5:58.66	11-10-2025	103%		
100m rugslag	series	4.	1:21.66	207	1:22.89	8-11-2025	103%		
200m rugslag	series	3.	2:54.66	221	2:58.60	5-10-2025	105%		
100m schoolslag	series	4.	1:38.87	174	1:42.53	8-11-2025	108%		
200m schoolslag	series	4.	3:37.11	169	3:40.76	18-10-2025	103%		
200m wisselslag	series	3.	3:03.35	209	3:12.16	5-4-2025	110%		
400m wisselslag	series	1.	6:36.06	208	6:37.60	8-11-2025	101%	2	
Rob van Wier, 1999 (26 jaar), Heren									
50m vrije slag	series	11.	27.35	385	27.15	4-1-2025	99%		
100m vrije slag	series	9.	1:01.55	386	1:00.30	10-11-2024	96%	-	
Robin Mintjes, 2010 (15 jaar), Jongens									
200m schoolslag	series	3.	2:49.50	356	2:47.28	5-10-2025	97%		
50m vlinderslag	series	1.	30.34	346	30.11	8-11-2025	98%		
100m vlinderslag	series	4.	1:11.07	302	1:07.44	28-9-2025	90%		
200m vlinderslag	series	1.	2:36.39	318	2:33.17	18-10-2025	96%		
100m wisselslag	series	4.	1:10.01	348	1:10.67	5-7-2025	102%		
400m wisselslag	series	4.	5:19.08	398	5:20.74	8-11-2025	101%		
Romy Jalving, 2000 (25 jaar), Dames									-
100m vrije slag	series	9.	1:10.73	358	1:07.84	22-11-2024	92%		
50m schoolslag	series	5.	41.51	319	41.27	4-1-2025	99%		
50m vlinderslag	series	8.	35.20	314	33.54	4-1-2025	91%	-	
Senna Hof, 2006 (19 jaar), Heren									
50m vrije slag	series	AFGEM	-	-	25.94	8-11-2025	-		
50m schoolslag	series	AFGEM	-	-	31.99	8-11-2025	-		
50m vlinderslag	series	AFGEM	-	-	27.82	8-11-2025	-	7	
100m vlinderslag	series	AFGEM	-	-	1:06.24	-	-		
Senna Oosterkamp, 2013 (12 jaar), Meisjes									
50m vrije slag	series	5.	33.97	303	33.88	8-2-2025	99%	1	
100m vrije slag	series	8.	1:16.31	285	1:14.97	15-11-2025	97%		
200m vrije slag	series	6.	2:48.77	279	2:49.74	15-6-2025	101%		
50m rugslag	series	3.	37.41	306	37.90	8-2-2025	103%		
100m rugslag	series	7.	1:21.61	290	1:22.06	16-3-2025	101%		
200m rugslag	series	8.	2:57.21	295	3:02.20	29-3-2025	106%		
50m schoolslag	series	3.	44.78	254	46.70	4-1-2025	109%		
100m schoolslag	series	8.	1:37.49	261	1:40.32	12-4-2025	106%		
100m wisselslag	series	3.	1:25.74	265	1:27.12	23-2-2025	103%		
400m wisselslag	series	6.	6:44.38	252	6:39.39	15-11-2025	98%		
Silke Hooghiemstra, 2009 (16 jaar), Meisjes									
50m vrije slag	series	5.	28.32	523	27.55	15-12-2024	95%		
100m vrije slag	series	3.	1:01.09	556	59.85	15-12-2024	96%		
100m rugslag	series	2.	1:06.28	541	1:02.29	15-12-2024	88%		
200m rugslag	series	2.	2:26.46	523	2:27.08	14-12-2024	101%		
50m vlinderslag	series	2.	29.96	510	29.20	29-6-2025	95%		
100m vlinderslag	series	2.	1:06.47	498	1:04.99	14-12-2024	96%		
200m vlinderslag	series	2.	2:40.39	411	2:34.70	1-12-2024	93%		
100m wisselslag	series	4.	1:10.32	481	1:10.16	11-10-2025	100%		
200m wisselslag	series	3.	2:30.81	524	2:27.40	5-4-2025	96%	2	
Tije Hempenius, 2009 (16 jaar), Jongens									
50m vrije slag	series	6.	27.22	390	26.66	18-10-2025	96%		
100m vrije slag	series	9.	1:00.77	401	58.13	18-10-2025	92%		
200m vrije slag	series	4.	2:11.37	422	2:10.60	28-9-2025	99%		
50m rugslag	series	4.	32.23	322	31.27	4-1-2025	94%		
100m schoolslag	series	3.	1:17.89	357	1:20.11	28-9-2025	106%		
50m vlinderslag	series	7.	31.09	322	31.41	15-11-2025	102%		
100m wisselslag	series	5.	1:08.55	371	1:07.96	5-10-2025	98%	6	
200m wisselslag	series	3.	2:35.61	342	2:30.49	15-11-2025	94%		
Vajen de Vries, 2013 (12 jaar), Meisjes									
100m vrije slag	series	2.	1:10.61	360	1:09.70	15-11-2025	97%		
200m vrije slag	series	1.	2:38.30	338	2:44.01	12-4-2025	107%		
400m vrije slag	series	5.	5:35.11	324	5:50.00	8-11-2025	109%		
100m rugslag	series	4.	1:21.24	294	1:23.53	5-10-2025	106%		
200m rugslag	series	4.	2:48.67	342	2:52.67	5-10-2025	105%		
100m schoolslag	series	4.	1:29.99	332	1:29.94	26-9-2025	100%	4	
100m vlinderslag	series	6.	1:31.90	188	1:31.55	5-10-2025	99%		
200m wisselslag	series	3.	2:52.87	348	2:53.27	16-11-2025	100%		
400m wisselslag	series	4.	6:10.04	329	6:17.60	15-11-2025	104%		
Veerle de Ridder, 2007 (18 jaar), Meisjes									
50m vrije slag	series	2.	27.99	542	26.79	8-3-2025	92%		
100m vrije slag	series	2.	58.87	621	58.62	15-11-2025	99%		
200m vrije slag	series	2.	2:07.27	651	2:07.76	5-4-2025	101%		
400m vrije slag	series	1.	4:33.32	597	4:33.89	18-10-2025	100%		
50m rugslag	series	2.	31.45	516	31.16	18-10-2025	98%		
100m rugslag	series	3.	1:08.70	486	1:07.11	1-2-2025	95%		
200m rugslag	series	1.	2:22.95	563	2:24.84	11-10-2025	103%		
100m schoolslag	series	3.	1:22.13	437	1:22.45	18-10-2025	101%		

Victor de Haan, 2010 (15 jaar), Jongens							4
50m vrije slag	series	3.	26.62	417	26.43	8-11-2025	99%
100m vrije slag	series	3.	59.38	430	57.69	18-10-2025	94%
100m rugslag	series	4.	1:07.81	362	1:07.98	8-11-2025	101%
200m rugslag	series	5.	2:31.10	341	2:30.44	1-2-2025	99%
50m vlinderslag	series	3.	31.04	324	32.07	2-11-2025	107%
100m vlinderslag	series	3.	1:10.70	307	1:11.02	2-11-2025	101%
100m wisselslag	series	5.	1:10.36	343	1:13.39	27-9-2025	109%
Wendy Elferink, 2006 (19 jaar), Dames							-
100m vrije slag	series	AFGEM	-	-	1:16.07	31-5-2025	-
200m vrije slag	series	AFGEM	-	-	2:45.28	1-3-2025	-
400m vrije slag	series	AFGEM	-	-	5:43.09	1-6-2025	-
50m rugslag	series	AFGEM	-	-	38.73	31-5-2025	-
Wouter Zijlstra, 2004 (21 jaar), Heren							1
200m vrije slag	series	1.	1:53.14	662	1:51.83	21-12-2024	98%
400m vrije slag	series	1.	4:01.19	681	3:57.88	29-3-2025	97%
200m schoolslag	series	1.	2:20.87	620	2:22.03	8-3-2025	102%
100m vlinderslag	series	3.	58.66	538	58.06	15-11-2025	98%
200m wisselslag	series	2.	2:07.57	621	2:03.66	20-12-2024	94%
400m wisselslag	series	1.	4:28.13	671	4:26.31	21-12-2024	99%
Wyneke Edou van der Heide, 2011 (14 jaar), Meisjes							3
50m vrije slag	series	7.	31.28	388	30.61	1-12-2024	96%
200m vrije slag	series	2.	2:22.47	464	2:22.70	8-11-2025	100%
400m vrije slag	series	5.	5:03.34	437	5:00.30	15-11-2025	98%
50m schoolslag	series	3.	39.19	379	38.21	9-11-2024	95%
100m schoolslag	series	3.	1:25.26	391	1:23.64	30-11-2024	96%
200m schoolslag	series	2.	3:00.70	394	3:00.72	5-10-2025	100%
100m vlinderslag	series	5.	1:22.42	261	1:22.87	18-10-2025	101%
Middelsé							-
Neptunia '24							30
Brent Hoekstra, 2011 (14 jaar), Jongens							2
50m vrije slag	series	9.	34.83	186	38.46	28-6-2025	122%
200m vrije slag	series	6.	2:58.23	169	2:57.71	15-11-2025	99%
50m schoolslag	series	3.	45.49	164	47.55	8-11-2025	109%
Eva Kalter, 2013 (12 jaar), Meisjes							4
50m vrije slag	series	16.	41.92	161	42.55	29-12-2024	103%
50m schoolslag	series	10.	52.59	156	54.39	29-12-2024	107%
100m schoolslag	series	20.	1:57.63	148	1:57.75	12-10-2025	100%
50m vlinderslag	series	7.	54.20	86	53.00	18-10-2025	96%
100m vlinderslag	series	12.	1:59.88	85	2:09.01	15-6-2025	116%
200m wisselslag	series	12.	4:01.90	127	3:51.72	18-1-2025	92%
Evelien de Jong, 1998 (27 jaar), Dames							-
50m vrije slag	series	5.	29.80	449	29.68	29-12-2024	99%
100m vrije slag	series	7.	1:06.88	424	1:05.82	22-11-2024	97%
Fenne Kouer, 2010 (15 jaar), Meisjes							1
50m rugslag	series	10.	36.98	317	37.47	12-10-2024	103%
Hanna Fluks, 2006 (19 jaar), Dames							2
200m vrije slag	series	5.	2:41.05	321	3:00.28	4-10-2025	125%
50m schoolslag	series	5.	47.52	212	47.41	15-11-2025	100%
50m vlinderslag	series	5.	39.14	228	40.52	15-11-2025	107%
100m wisselslag	series	5.	1:25.70	265	1:25.08	1-6-2025	99%
Harry Bartelds, 1992 (33 jaar), Heren							1
100m vrije slag	series	10.	1:04.12	341	1:04.48	11-1-2025	101%
Herre Verkaik, 2012 (13 jaar), Jongens							2
50m vrije slag	series	5.	33.47	210	33.39	8-11-2025	100%
100m vrije slag	series	5.	1:15.61	208	1:18.19	18-10-2025	107%
100m rugslag	series	5.	1:28.30	163	1:26.43	4-10-2025	96%
200m wisselslag	series	4.	3:07.86	194	3:14.74	12-10-2025	107%
Hylke Verkaik, 2010 (15 jaar), Jongens							4
50m vrije slag	series	7.	31.54	251	32.57	29-3-2025	107%
100m vrije slag	series	8.	1:11.51	246	1:12.45	4-10-2025	103%
50m vlinderslag	series	5.	37.58	182	38.42	18-10-2025	105%
200m wisselslag	series	9.	2:56.24	235	3:04.03	18-10-2025	109%
Jesper Nauta, 2012 (13 jaar), Jongens							-
50m rugslag	series	5.	56.40	60	55.34	1-2-2025	96%
100m schoolslag	series	6.	2:04.15	88	2:03.62	31-5-2025	99%
Joyce Toonstra, 2005 (20 jaar), Dames							1
50m schoolslag	series	AFGEM	-	-	38.24	9-11-2024	-
100m schoolslag	series	3.	1:26.06	380	1:24.59	10-11-2024	97%
50m vlinderslag	series	7.	33.74	357	34.45	12-10-2025	104%
Jozef Lambrechtsen, 2012 (13 jaar), Jongens							1
50m schoolslag	series	3.	50.32	121	53.45	12-10-2024	113%

Judith Laskewitz, 2012 (13 jaar), Meisjes							5
50m vrije slag	series	13.	37.56	224	37.65	15-11-2025	100%
200m vrije slag	series	12.	3:04.81	212	3:12.06	12-10-2025	108%
50m rugslag	series	10.	43.02	201	45.46	8-3-2025	112%
50m schoolslag	series	9.	49.75	185	52.54	18-10-2025	112%
100m wisselslag	series	6.	1:33.40	205	1:39.12	22-3-2025	113%
Marije Jaspers, 2008 (17 jaar), Meisjes							-
50m vrije slag	series	7.	28.87	494	28.58	10-11-2024	98%
100m vrije slag	series	7.	1:03.63	492	1:02.77	28-9-2024	97%
Melanie Matthews-Brzozowski, 2011 (14 jaar), Meisjes							2
100m vrije slag	series	15.	1:16.60	282	1:15.53	28-6-2025	97%
200m vrije slag	series	12.	2:45.67	295	2:48.76	8-11-2025	104%
50m rugslag	series	15.	41.33	227	42.20	1-2-2025	104%
Pieter Dekker, 2006 (19 jaar), Heren							-
50m vrije slag	series	4.	28.37	345	28.32	8-2-2025	100%
Silvan Jonge de, 2011 (14 jaar), Jongens							3
50m vrije slag	series	8.	32.42	231	35.67	4-10-2025	121%
200m vrije slag	series	5.	2:43.84	218	2:49.14	8-3-2025	107%
100m wisselslag	series	11.	1:25.38	192	1:29.85	12-4-2025	111%
Tessel Cnossen, 2013 (12 jaar), Meisjes							2
50m vrije slag	series	2.	33.86	306	34.29	28-6-2025	103%
50m rugslag	series	9.	42.79	204	44.64	25-1-2025	109%
100m wisselslag	series	AFGEM		-	1:33.76	15-11-2025	-
Orca							-
Orca Leeuwarden							60
Anna-Mare Meerman, 2008 (17 jaar), Meisjes							1
200m rugslag	series	6.	2:44.04	372	2:40.38	8-3-2025	96%
50m vlinderslag	series	7.	32.92	384	32.37	5-7-2025	97%
100m wisselslag	series	7.	1:16.28	377	1:16.43	18-10-2025	100%
Esmee Tuintjer, 2013 (12 jaar), Meisjes							4
50m rugslag	series	2.	35.71	352	35.65	11-10-2025	100%
100m rugslag	series	3.	1:17.89	333	1:16.83	16-3-2025	97%
200m rugslag	series	1.	2:41.44	390	2:45.47	4-10-2025	105%
100m schoolslag	series	2.	1:26.67	372	1:26.75	11-10-2025	100%
200m schoolslag	series	2.	3:08.48	347	3:07.15	9-11-2025	99%
100m wisselslag	series	2.	1:17.42	360	1:17.14	18-10-2025	99%
200m wisselslag	series	2.	2:46.44	390	2:50.45	9-11-2025	105%
400m wisselslag	series	2.	5:57.94	363	6:03.10	15-11-2025	103%
Evy Anna Nijdam, 2011 (14 jaar), Meisjes							3
50m vrije slag	series	5.	30.65	413	30.40	27-9-2025	98%
100m vrije slag	series	12.	1:09.66	375	1:08.13	15-11-2025	96%
400m vrije slag	series	7.	5:17.98	379	5:21.98	4-10-2025	103%
50m rugslag	series	11.	37.44	306	36.21	7-6-2025	94%
100m rugslag	series	9.	1:19.47	314	1:19.45	6-4-2025	100%
200m rugslag	series	9.	2:48.00	346	2:52.45	9-11-2024	105%
50m schoolslag	series	6.	41.70	314	42.45	15-11-2025	104%
Femke Backx, 2001 (24 jaar), Dames							1
400m wisselslag	series	1.	5:15.03	533	5:15.07	15-11-2025	100%
Femke van der Veen, 2011 (14 jaar), Meisjes							3
50m vrije slag	series	8.	31.50	380	31.14	27-9-2025	98%
100m vrije slag	series	13.	1:11.05	353	1:09.04	11-10-2025	94%
100m rugslag	series	8.	1:19.22	317	1:17.95	9-11-2024	97%
100m schoolslag	series	6.	1:28.05	355	1:26.52	15-11-2025	97%
50m vlinderslag	series	6.	34.90	322	35.06	9-11-2024	101%
100m vlinderslag	series	7.	1:25.00	238	1:22.65	1-2-2025	95%
100m wisselslag	series	7.	1:17.02	366	1:17.19	10-11-2024	100%
200m wisselslag	series	5.	2:43.72	410	2:47.78	11-10-2025	105%
Indy Feenema, 2010 (15 jaar), Meisjes							-
50m vlinderslag	series	1.	32.40	403	32.00	5-7-2025	98%
100m wisselslag	series	5.	1:14.96	397	1:13.85	5-7-2025	97%
Isa Nijdam, 2013 (12 jaar), Meisjes							5
50m vrije slag	series	6.	34.05	301	34.79	8-11-2025	104%
100m vrije slag	series	10.	1:17.56	271	1:16.30	15-11-2025	97%
400m vrije slag	series	8.	5:59.12	263	6:13.98	16-11-2025	108%
100m rugslag	series	10.	1:31.08	208	1:28.91	11-10-2025	95%
50m vlinderslag	series	5.	43.08	171	43.17	19-10-2025	100%
100m vlinderslag	series	10.	1:41.08	141	1:39.21	5-7-2025	96%
200m wisselslag	series	9.	3:13.07	250	3:13.40	8-11-2025	100%
400m wisselslag	series	7.	6:51.02	240	6:51.91	15-11-2025	100%
Isa Segenhout, 2010 (15 jaar), Meisjes							5
100m vrije slag	series	7.	1:07.18	418	1:05.70	15-11-2025	96%
200m vrije slag	series	5.	2:28.39	410	2:23.63	1-2-2025	94%
400m vrije slag	series	4.	5:02.80	439	5:02.62	13-4-2025	100%
50m rugslag	series	4.	34.69	384	34.26	9-11-2025	98%
100m rugslag	series	6.	1:16.29	355	1:16.76	6-7-2025	101%

Friese kampioenschappen Heerenveen, 6 - 7-12-2025

100m schoolslag	series	4.	1:26.36	376	1:26.46	8-11-2025	100%	
50m vlinderslag	series	3.	32.82	388	32.89	5-7-2025	100%	
100m vlinderslag	series	3.	1:14.52	353	1:15.68	15-11-2025	103%	
200m wisselslag	series	6.	2:44.87	401	2:43.35	9-11-2025	98%	
400m wisselslag	series	5.	5:47.02	399	5:48.44	8-11-2025	101%	
Juan Cruz Slappendel, 2009 (16 jaar), Jongens								
50m vrije slag	series	3.	25.31	486	24.81	7-6-2025	96%	1
100m vrije slag	series	4.	54.93	543	53.96	5-7-2025	96%	
200m vrije slag	series	3.	1:58.81	571	1:57.72	6-7-2025	98%	
400m vrije slag	series	3.	4:14.05	583	4:13.30	8-11-2025	99%	
50m rugslag	series	2.	29.89	404	29.66	7-6-2025	98%	
50m schoolslag	series	3.	33.43	415	34.40	27-9-2025	106%	
50m vlinderslag	series	3.	27.37	472	27.04	28-6-2025	98%	
100m vlinderslag	series	3.	1:00.07	501	59.36	9-11-2025	98%	
200m vlinderslag	series	2.	2:16.74	477	2:15.41	8-11-2025	98%	
100m wisselslag	series	3.	1:04.84	439	1:03.09	9-11-2025	95%	
Kasper Lubbers, 2011 (14 jaar), Jongens								
200m vrije slag	series	2.	2:07.30	464	2:06.86	9-11-2025	99%	3
400m vrije slag	series	2.	4:33.37	468	4:30.62	15-11-2025	98%	
200m rugslag	series	1.	2:19.73	432	2:22.50	13-4-2025	104%	
100m schoolslag	series	2.	1:13.04	433	1:12.94	11-10-2025	100%	
200m schoolslag	series	2.	2:36.32	454	2:36.87	6-4-2025	101%	
100m vlinderslag	series	2.	1:08.17	342	1:07.84	9-11-2025	99%	
200m wisselslag	series	2.	2:21.17	458	2:22.64	13-4-2025	102%	
400m wisselslag	series	2.	4:57.56	491	4:56.88	6-7-2025	100%	
Kristian Lubbers, 2013 (12 jaar), Jongens								
200m rugslag	series	4.	3:10.52	170	3:13.35	4-10-2025	103%	3
50m schoolslag	series	2.	42.12	207	44.21	15-6-2025	110%	
100m wisselslag	series	2.	1:26.90	182	1:32.26	8-2-2025	113%	
Lana Noordenbos, 2011 (14 jaar), Meisjes								
50m vrije slag	series	3.	29.36	470	30.40	27-9-2025	107%	7
100m vrije slag	series	5.	1:05.82	444	1:06.37	29-3-2025	102%	
200m vrije slag	series	3.	2:24.40	445	2:25.51	8-3-2025	102%	
50m rugslag	series	6.	34.71	384	35.09	8-11-2025	102%	
200m rugslag	series	5.	2:39.10	408	2:50.67	9-11-2024	115%	
50m schoolslag	series	8.	45.16	247	44.92	8-3-2025	99%	
100m schoolslag	series	10.	1:37.41	262	1:37.45	15-11-2025	100%	
100m wisselslag	series	9.	1:18.37	347	1:18.45	7-6-2025	100%	
Lilian Mulder, 2009 (16 jaar), Meisjes								
50m vrije slag	series	11.	30.30	427	30.34	27-9-2025	100%	3
100m vrije slag	series	10.	1:09.47	378	1:08.28	18-10-2025	97%	
50m rugslag	series	5.	35.94	345	36.02	11-10-2025	100%	
100m rugslag	series	5.	1:18.78	322	1:19.73	11-10-2025	102%	
50m vlinderslag	series	9.	35.35	310	35.13	27-9-2025	99%	
100m wisselslag	series	9.	1:22.48	298	1:21.82	7-6-2025	98%	
Marre Zandringa, 1997 (28 jaar), Dames								
50m vrije slag	series	1.	26.98	605	26.62	28-6-2025	97%	1
100m vrije slag	series	1.	59.77	594	1:00.00	21-12-2024	101%	
50m rugslag	series	2.	31.06	535	30.52	28-6-2025	97%	
Olena Dijkstra, 2002 (23 jaar), Dames								
100m vrije slag	series	2.	1:00.52	572	1:00.20	9-11-2024	99%	-
50m rugslag	series	1.	30.84	547	30.50	6-7-2025	98%	
50m vlinderslag	series	1.	28.85	571	28.65	5-7-2025	99%	
100m wisselslag	series	2.	1:10.99	467	1:08.22	6-10-2024	92%	
Ruben Lubbers, 2013 (12 jaar), Jongens								
50m vrije slag	series	AFGEM	-	-	34.12	9-11-2025	-	-
100m vrije slag	series	AFGEM	-	-	1:15.70	15-11-2025	-	-
400m vrije slag	series	AFGEM	-	-	5:50.18	16-11-2025	-	-
50m rugslag	series	AFGEM	-	-	41.22	19-10-2025	-	-
100m rugslag	series	AFGEM	-	-	1:25.68	31-5-2025	-	-
50m schoolslag	series	AFGEM	-	-	43.42	27-9-2025	-	-
100m schoolslag	series	AFGEM	-	-	1:32.72	16-3-2025	-	-
50m vlinderslag	series	AFGEM	-	-	36.69	27-9-2025	-	-
Silke Dijkstra, 2013 (12 jaar), Meisjes								
50m vrije slag	series	7.	34.42	291	35.94	11-10-2025	109%	7
200m vrije slag	series	13.	3:05.55	210	3:15.72	15-6-2025	111%	
50m rugslag	series	14.	46.39	160	47.16	11-10-2025	103%	
50m schoolslag	series	1.	39.77	363	39.98	2-11-2025	101%	
100m schoolslag	series	3.	1:27.44	362	1:27.64	18-10-2025	100%	
200m schoolslag	series	4.	3:10.01	339	3:15.13	8-11-2025	105%	
50m vlinderslag	series	6.	46.78	134	45.93	19-10-2025	96%	
100m wisselslag	series	7.	1:33.65	203	1:36.36	18-10-2025	106%	
Tijn Pieters, 2013 (12 jaar), Jongens								
50m vrije slag	series	3.	27.81	366	28.11	27-9-2025	102%	8
100m vrije slag	series	2.	1:00.23	412	1:00.84	15-11-2025	102%	
400m vrije slag	series	2.	4:44.91	413	4:47.40	11-10-2025	102%	
50m rugslag	series	1.	31.48	346	32.09	27-9-2025	104%	
100m rugslag	series	1.	1:07.12	373	1:07.80	2-11-2025	102%	
200m rugslag	series	1.	2:25.38	383	2:27.80	4-10-2025	103%	
100m schoolslag	series	1.	1:19.52	335	1:19.63	11-10-2025	100%	

200m wisselslag	series	1.	2:28.79	391	2:33.09	11-10-2025	106%	3
Timo van de Pavoordt, 2011 (14 jaar), Jongens								
100m vrije slag	series	7.	1:03.68	349	1:04.86	1-12-2024	104%	
50m vrije slag	series	2.	33.02	300	34.13	7-6-2025	107%	
100m rugslag	series	7.	1:15.51	262	1:14.07	19-10-2025	96%	
50m vlinderslag	series	4.	32.12	292	31.95	18-10-2025	99%	
100m wisselslag	series	7.	1:13.76	298	1:13.26	18-10-2025	99%	
200m wisselslag	series	8.	2:41.30	307	2:41.57	13-4-2025	100%	
Yannick Dijks, 2007 (18 jaar), Jongens								
50m vrije slag	series	5.	29.85	296	29.31	11-10-2025	96%	2
100m vrije slag	series	6.	1:06.65	304	1:05.28	11-10-2025	96%	
200m vrije slag	series	6.	2:23.24	326	2:18.85	9-11-2025	94%	
400m vrije slag	series	4.	5:05.16	336	4:56.58	4-10-2025	94%	
50m rugslag	series	5.	32.11	326	32.23	11-10-2025	101%	
100m rugslag	series	3.	1:08.93	344	1:08.10	9-11-2025	98%	
200m rugslag	series	5.	2:29.44	353	2:31.29	13-4-2025	102%	
Pwc								13
Aliena de Vries, 2011 (14 jaar), Meisjes								3
50m vrije slag	series	9.	32.57	344	32.95	16-11-2025	102%	
100m vrije slag	series	16.	1:18.15	265	1:17.64	12-10-2024	99%	
50m rugslag	series	13.	38.53	280	37.98	10-11-2024	97%	
100m rugslag	series	11.	1:24.75	258	1:25.95	5-10-2024	103%	
50m vlinderslag	series	8.	37.88	252	38.24	16-11-2025	102%	
100m wisselslag	series	12.	1:29.19	235	1:27.61	5-4-2025	96%	
Bouke van der Zaag, 1996 (29 jaar), Heren								-
200m vrije slag	series	7.	2:14.88	390	2:13.19	5-10-2025	98%	
50m vlinderslag	series	12.	30.34	346	30.02	10-11-2024	98%	
Janneke Bierma, 2001 (24 jaar), Dames								-
50m schoolslag	series	6.	43.20	283	42.25	9-11-2024	96%	1
Kyra Kootstra, 2005 (20 jaar), Dames								
50m vrije slag	series	6.	31.29	388	32.59	11-5-2025	108%	
Margreet Bosch, 2004 (21 jaar), Dames								-
50m vrije slag	series	8.	32.10	359	31.95	10-11-2024	99%	1
Renske Driessen, 2004 (21 jaar), Dames								
50m vrije slag	series	7.	31.99	363	32.07	11-5-2025	101%	
Roan Altena, 2003 (22 jaar), Heren								2
50m vrije slag	series	7.	25.67	465	26.51	25-1-2025	107%	
50m schoolslag	series	6.	32.32	460	31.85	16-11-2025	97%	
100m schoolslag	series	6.	1:13.88	418	1:13.68	9-11-2024	99%	
50m vlinderslag	series	10.	28.87	402	29.11	1-2-2025	102%	3
Sylke Vrieswijk, 2007 (18 jaar), Meisjes								
50m vrije slag	series	7.	30.62	414	31.29	10-11-2024	104%	
100m vrije slag	series	7.	1:10.75	358	1:11.04	5-4-2025	101%	
50m vlinderslag	series	4.	33.65	360	33.83	30-11-2024	101%	
Wilco Driessen, 2009 (16 jaar), Jongens								3
50m vrije slag	series	7.	27.23	390	27.23	16-11-2025	100%	
100m vrije slag	series	11.	1:02.50	369	1:02.96	22-3-2025	101%	
50m rugslag	series	6.	32.72	308	34.19	12-10-2024	109%	
100m rugslag	series	4.	1:13.60	283	1:12.48	1-2-2025	97%	
50m vlinderslag	series	6.	30.96	326	32.16	30-11-2024	108%	
SG. Bolsward-Workum								30
Anna Schuurman, 2010 (15 jaar), Meisjes								2
200m vrije slag	series	8.	2:32.41	379	2:29.00	8-11-2025	96%	
400m vrije slag	series	6.	5:12.52	399	5:17.86	22-3-2025	103%	
100m rugslag	series	10.	1:20.26	304	1:18.60	8-11-2025	96%	
200m rugslag	series	8.	2:47.95	347	2:46.86	20-4-2025	99%	
100m vlinderslag	series	4.	1:20.22	283	1:21.00	15-11-2025	102%	
200m vlinderslag	series	2.	3:00.61	288	2:58.59	9-11-2025	98%	
400m wisselslag	series	7.	6:04.07	345	6:00.91	15-11-2025	98%	
Britt Jellesma, 2010 (15 jaar), Meisjes								
200m vrije slag	series	11.	2:39.95	328	2:32.55	9-11-2024	91%	
50m schoolslag	series	2.	39.00	384	38.07	9-11-2024	95%	
100m schoolslag	series	7.	1:29.07	343	1:23.79	13-10-2024	88%	
200m schoolslag	series	3.	3:12.08	328	3:06.66	13-10-2024	94%	
100m vlinderslag	series	9.	1:30.90	194	1:26.87	10-11-2024	91%	
400m wisselslag	series	AFGEM	-	-	6:07.77	1-2-2025	-	
Hidde Bruins Slot, 2008 (17 jaar), Jongens								1
100m vrije slag	series	10.	1:01.39	389	1:00.59	30-11-2024	97%	
100m schoolslag	series	5.	1:21.74	309	1:21.84	29-3-2025	100%	
400m wisselslag	series	3.	6:07.23	261	5:43.52	1-2-2025	88%	
Jildau Folmer, 2010 (15 jaar), Meisjes								1
200m vrije slag	series	9.	2:33.23	373	2:27.67	5-10-2024	93%	
50m rugslag	series	7.	35.17	369	34.59	28-6-2025	97%	
50m schoolslag	series	5.	39.85	360	39.58	27-9-2025	99%	
200m schoolslag	series	4.	3:12.74	324	3:09.77	13-10-2024	97%	

50m vlinderslag	series	5.	34.75	326	35.59	27-9-2025	105%	
100m wisselslag	series	8.	1:17.61	358	1:15.80	10-11-2024	95%	
Mare Offringa, 2010 (15 jaar), Meisjes								
100m vrije slag	series	6.	1:06.60	429	1:04.80	19-4-2025	95%	-
200m vrije slag	series	10.	2:33.35	372	2:19.91	19-10-2024	83%	
50m rugslag	series	8.	36.51	330	35.46	28-9-2024	94%	
200m rugslag	series	7.	2:47.40	350	2:42.51	1-2-2025	94%	
100m wisselslag	series	6.	1:15.40	390	1:14.46	28-6-2025	98%	
200m wisselslag	series	7.	2:46.44	390	2:42.93	20-4-2025	96%	
Marre van der Wal, 2010 (15 jaar), Meisjes								
50m vrije slag	series	4.	29.89	445	29.73	27-9-2025	99%	3
100m rugslag	series	3.	1:12.45	414	1:12.75	8-11-2025	101%	
50m schoolslag	series	1.	35.42	513	35.09	5-10-2024	98%	
100m schoolslag	series	1.	1:16.98	531	1:15.63	14-12-2024	97%	
200m schoolslag	series	1.	2:43.78	529	2:42.77	15-12-2024	99%	
50m vlinderslag	series	2.	32.46	401	32.54	8-11-2025	100%	
100m vlinderslag	series	1.	1:12.45	385	1:13.76	15-11-2025	104%	
100m wisselslag	series	2.	1:11.30	461	1:10.97	8-11-2025	99%	
200m wisselslag	series	2.	2:34.88	484	2:32.70	15-12-2024	97%	
400m wisselslag	series	3.	5:35.28	442	5:30.80	15-11-2025	97%	
Motvey Tymts, 2012 (13 jaar), Jongens								
100m vrije slag	series	3.	1:04.29	339	1:05.18	18-10-2025	103%	6
50m schoolslag	series	1.	38.68	268	39.76	8-3-2025	106%	
100m schoolslag	series	2.	1:25.58	269	1:29.92	9-11-2024	110%	
200m schoolslag	series	2.	3:06.03	269	3:11.13	18-10-2025	106%	
50m vlinderslag	series	3.	34.74	231	37.22	10-11-2024	115%	
100m wisselslag	series	1.	1:17.41	258	1:20.54	28-6-2025	108%	
Niek Hofstra, 2007 (18 jaar), Jongens								
100m vrije slag	series	4.	57.79	467	57.43	28-6-2025	99%	3
50m rugslag	series	4.	30.60	377	31.39	4-10-2025	105%	
200m rugslag	series	4.	2:28.28	361	2:30.05	8-3-2025	102%	
50m vlinderslag	series	4.	28.11	436	29.23	24-5-2025	108%	
100m wisselslag	series	6.	1:06.63	404	1:05.59	28-6-2025	97%	
Rinze Bruins Slot, 2011 (14 jaar), Jongens								
50m vrije slag	series	6.	29.08	320	30.68	11-1-2025	111%	5
50m rugslag	series	3.	34.35	266	34.46	18-10-2025	101%	
100m rugslag	series	8.	1:16.63	250	1:20.86	30-11-2024	111%	
50m vlinderslag	series	2.	30.83	330	32.79	18-10-2025	113%	
100m vlinderslag	series	5.	1:11.12	301	1:16.44	5-4-2025	116%	
100m wisselslag	series	9.	1:18.34	248	1:16.81	28-6-2025	96%	
Robin de Jong, 2001 (24 jaar), Heren								
50m vrije slag	series	6.	25.39	481	24.96	9-11-2024	97%	-
100m vrije slag	series	5.	56.00	513	55.44	10-11-2024	98%	
50m schoolslag	series	4.	32.03	472	30.68	10-11-2024	92%	
50m vlinderslag	series	6.	27.45	468	27.22	1-2-2025	98%	
Sybrich Ouderkerken, 2010 (15 jaar), Meisjes								
100m vrije slag	series	17.	1:18.48	262	1:15.54	28-6-2025	93%	-
100m vlinderslag	series	10.	1:31.09	193	1:30.26	1-2-2025	98%	
Yorre van der Wal, 2010 (15 jaar), Jongens								
50m vrije slag	series	5.	27.93	361	28.24	9-11-2025	102%	5
100m vrije slag	series	6.	1:01.61	385	1:00.90	8-11-2025	98%	
50m rugslag	series	1.	31.71	338	32.14	27-9-2025	103%	
100m rugslag	series	5.	1:08.55	350	1:08.42	18-10-2025	100%	
200m rugslag	series	6.	2:31.18	341	2:27.36	8-11-2025	95%	
50m schoolslag	series	1.	35.44	348	35.19	27-9-2025	99%	
100m schoolslag	series	6.	1:18.18	353	1:18.78	18-10-2025	102%	
200m schoolslag	series	4.	2:51.58	343	2:52.34	9-11-2024	101%	
100m wisselslag	series	6.	1:11.40	328	1:11.85	13-9-2025	101%	
Zoe Schurer, 2011 (14 jaar), Meisjes								
100m vrije slag	series	14.	1:16.49	283	1:15.87	5-4-2025	98%	4
50m schoolslag	series	9.	45.28	245	45.38	1-2-2025	100%	
200m schoolslag	series	5.	3:27.96	258	3:27.14	4-10-2025	99%	
50m vlinderslag	series	9.	38.88	233	39.10	5-10-2024	101%	
100m vlinderslag	series	8.	1:28.69	209	1:30.18	5-4-2025	103%	
100m wisselslag	series	11.	1:25.32	269	1:26.07	28-6-2025	102%	
SVW								
SWOL 1894								
Wetterwille								
Fardau Dijkers, 2005 (20 jaar), Dames								
50m vrije slag	series	4.	29.10	482	28.11	10-11-2024	93%	7
50m rugslag	series	5.	33.06	444	33.42	5-10-2024	102%	1
50m schoolslag	series	1.	36.51	469	35.55	9-11-2024	95%	
50m vlinderslag	series	5.	32.16	412	30.87	9-11-2024	92%	
100m wisselslag	series	3.	1:14.39	406	1:11.01	10-11-2024	91%	

Hendrik Jilderda, 2001 (24 jaar), Heren								-
50m schoolslag	series	2.	30.46	549	29.92	28-6-2025	96%	
50m vlinderslag	series	7.	28.00	441	27.60	28-6-2025	97%	
100m wisselslag	series	6.	1:03.66	463	1:02.87	15-11-2025	98%	
Jente-Piebe Dijkstra, 2008 (17 jaar), Jongens								-
50m vrije slag	series	5.	26.82	408	26.36	28-6-2025	97%	
100m vrije slag	series	7.	1:00.07	415	59.49	5-4-2025	98%	
50m rugslag	series	7.	34.65	259	33.92	28-6-2025	96%	
50m schoolslag	series	AFGEM	-	-	35.28	15-11-2025	-	
100m schoolslag	series	4.	1:20.27	326	1:18.62	1-2-2025	96%	
50m vlinderslag	series	5.	30.82	331	30.39	28-6-2025	97%	
100m wisselslag	series	6.	1:10.00	348	1:09.14	15-11-2025	98%	
Lotte Nienhuis, 2011 (14 jaar), Meisjes								2
50m vlinderslag	series	12.	49.42	113	50.64	28-6-2025	105%	
100m wisselslag	series	16.	1:43.13	152	1:48.37	11-1-2025	110%	
Maaïke van der Wal, 2006 (19 jaar), Dames								4
50m vrije slag	series	5.	29.54	461	29.47	8-3-2025	100%	
50m rugslag	series	3.	32.65	461	34.23	28-6-2025	110%	
50m schoolslag	series	3.	40.97	332	41.67	28-6-2025	103%	
100m schoolslag	series	4.	1:22.52	431	1:33.69	5-4-2025	129%	
50m vlinderslag	series	2.	31.73	429	32.94	28-6-2025	108%	
Rixt Boonstra, 2008 (17 jaar), Meisjes								-
50m vlinderslag	series	10.	35.56	305	34.29	8-3-2025	93%	
100m wisselslag	series	11.	1:27.61	248	1:23.30	5-10-2024	90%	
Ruben de Vries, 2009 (16 jaar), Jongens								-
50m vrije slag	series	AFGEM	-	-	26.16	15-11-2025	-	
50m rugslag	series	AFGEM	-	-	31.49	5-10-2024	-	
100m rugslag	series	AFGEM	-	-	1:09.53	1-2-2025	-	
50m schoolslag	series	AFGEM	-	-	32.62	11-10-2025	-	
100m schoolslag	series	AFGEM	-	-	1:12.34	11-10-2025	-	
200m schoolslag	series	AFGEM	-	-	2:43.22	8-3-2025	-	
Tamar de Groot, 2008 (17 jaar), Meisjes								-
50m vlinderslag	series	12.	48.05	123	44.03	8-3-2025	84%	
100m wisselslag	series	12.	1:37.40	181	1:31.84	5-10-2024	89%	
Zcnf34								21
Arend Vlasma, 2004 (21 jaar), Heren								1
200m vrije slag	series	4.	2:04.34	498	2:02.31	10-11-2024	97%	
50m schoolslag	series	5.	32.11	469	31.82	15-3-2025	98%	
200m schoolslag	series	2.	2:35.25	463	2:42.68	8-2-2025	110%	
Fardau Cazemier, 2009 (16 jaar), Meisjes								4
50m vrije slag	series	9.	29.70	454	29.35	18-10-2025	98%	
100m vrije slag	series	6.	1:03.34	499	1:03.12	8-11-2025	99%	
200m vrije slag	series	1.	2:16.73	525	2:17.69	9-11-2025	101%	
400m vrije slag	series	3.	5:01.26	446	5:04.77	5-10-2025	102%	
100m vlinderslag	series	5.	1:12.95	377	1:13.64	11-10-2025	102%	
200m vlinderslag	series	3.	2:40.93	407	2:42.11	8-11-2025	101%	
200m wisselslag	series	5.	2:37.50	460	2:37.44	9-11-2024	100%	
Lotte Berghout, 2009 (16 jaar), Meisjes								3
200m vrije slag	series	4.	2:23.23	456	2:23.88	19-10-2024	101%	
400m vrije slag	series	2.	5:01.22	446	5:09.78	10-11-2024	106%	
100m vlinderslag	series	6.	1:13.94	362	1:12.34	16-11-2025	96%	
200m vlinderslag	series	4.	2:49.68	347	3:00.78	10-11-2024	114%	
Mirthe de Haan, 2010 (15 jaar), Meisjes								3
50m rugslag	series	3.	33.59	423	34.20	30-11-2024	104%	
100m rugslag	series	4.	1:12.52	413	1:12.87	5-4-2025	101%	
200m rugslag	series	4.	2:33.16	457	2:33.05	9-11-2025	100%	
100m wisselslag	series	4.	1:13.39	423	1:14.92	16-11-2025	104%	
200m wisselslag	series	4.	2:42.57	418	2:40.92	1-11-2025	98%	
400m wisselslag	series	4.	5:43.76	410	5:41.65	12-10-2025	99%	
Roos de Jong, 2003 (22 jaar), Dames								5
200m vrije slag	series	3.	2:24.52	444	2:19.82	9-11-2024	94%	
400m vrije slag	series	1.	4:51.40	493	4:50.97	10-11-2024	100%	
200m rugslag	series	3.	2:36.65	427	2:43.96	8-11-2025	110%	
200m schoolslag	series	1.	2:45.25	515	2:49.81	12-10-2024	106%	
200m vlinderslag	series	1.	2:39.63	417	2:45.53	29-3-2025	108%	
200m wisselslag	series	1.	2:34.10	491	2:35.33	1-11-2025	102%	
400m wisselslag	series	2.	5:18.24	517	5:23.81	26-1-2025	104%	
Roselie ter Borg, 2008 (17 jaar), Meisjes								5
50m vrije slag	series	4.	28.23	528	28.50	1-11-2025	102%	
50m schoolslag	series	2.	35.47	511	35.81	11-10-2025	102%	
100m schoolslag	series	2.	1:16.41	543	1:17.14	11-10-2025	102%	
200m schoolslag	series	2.	2:45.16	516	2:48.13	8-11-2025	104%	
50m vlinderslag	series	4.	31.10	456	31.82	18-10-2025	105%	
100m wisselslag	series	3.	1:09.58	496	1:08.88	16-11-2025	98%	
200m wisselslag	series	4.	2:31.45	517	2:29.81	1-11-2025	98%	
Zwemclub Polaris								-