

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
't Tolhekke								
Klaas Pit, 19-3-2001								
50m vrije slag	series	1.	30.45	333	30.14	7-4-2013	98%	-
50m schoolslag	series	1.	38.18	337	37.89	15-12-2012	98%	-
De Krabben								
De Meermin								
Alita Roks, 1-1-2004								
25m vrije slag	series	13.	30.90	44	NT		-	-
50m schoolslag	series	14.	1:15.27	64	NT		-	-
Anouk Naalden, 1-1-2003								
25m vrije slag	series	8.	24.07	93	NT		-	-
50m schoolslag	series	8.	1:04.24	103	NT		-	-
Britt de Vos, 1-1-2002								
50m vrije slag	series	4.	55.60	79	NT		-	-
50m schoolslag	series	1.	55.69	157	NT		-	-
Fenno de Pater, 1-1-2001								
50m vrije slag	series	4.	44.50	107	NT		-	-
50m schoolslag	series	2.	49.22	157	NT		-	-
Iris van Nieuwenhuizen, 1-1-2002								
50m vrije slag	series	3.	52.64	93	NT		-	-
50m schoolslag	series	2.	57.52	143	NT		-	-
Jentina Verhoog, 1-1-1998								
100m vrije slag	series	4.	1:47.81	115	NT		-	-
100m wisselslag	series	2.	1:55.21	139	NT		-	-
Linde de Pater, 1-1-2006								
25m vrije slag	series	6.	33.21	35	NT		-	-
25m schoolslag	series	6.	36.28	58	NT		-	-
Marit Heshof, 1-1-2004								
25m vrije slag	series	14.	31.28	42	NT		-	-
50m schoolslag	series	10.	1:07.02	90	NT		-	-
Roan Lindenberg, 1-1-2001								
50m vrije slag	series	1.	34.09	237	NT		-	-
50m schoolslag	series	1.	46.88	182	NT		-	-
Sterre de Pater, 1-1-2004								
25m vrije slag	series	11.	28.37	57	NT		-	-
50m schoolslag	series	9.	1:06.10	94	NT		-	-
Vannesa Verhelst, 1-1-2002								
50m vrije slag	series	5.	1:07.79	43	NT		-	-
50m schoolslag	series	4.	1:02.98	109	NT		-	-
Hieronymus								
Andy van Akkeren, 23-3-1995								
100m vrije slag	series	3.	57.20	536	56.29	21-4-2013	97%	-
100m wisselslag	series	4.	1:07.14	471	1:04.68	24-11-2012	93%	-
Anne van Loon, 24-2-2002								
50m vrije slag	series	15.	45.13	147	48.16	7-4-2013	114%	2
50m schoolslag	series	7.	49.65	222	51.00	20-1-2013	106%	-
Annika Spijker, 17-12-1999								
100m vrije slag	series	4.	1:07.53	468	1:08.00	21-4-2013	101%	2
100m wisselslag	series	7.	1:20.20	414	1:21.37	14-10-2012	103%	-
Bas de Bruijn, 30-12-1994								
100m vrije slag	series	2.	56.17	566	55.29	2-12-2012	97%	-
100m wisselslag	series	2.	1:02.27	590	1:01.52	24-11-2012	98%	-
Bas Erdmann, 23-3-2000								
100m vrije slag	series	20.	1:10.65	284	1:11.63	27-4-2013	103%	2
100m wisselslag	series	13.	1:20.03	278	1:21.91	4-11-2012	105%	-
Coen de Bruijn, 6-7-1992								
100m vrije slag	series	1.	53.97	638	53.07	27-10-2012	97%	-
100m wisselslag	series	1.	1:01.29	619	59.82	4-11-2012	95%	-
Daan Trinh, 28-4-2004								
25m vrije slag	series	5.	24.05	63	23.62	17-3-2013	96%	-
25m schoolslag	series	3.	27.34	91	NT		-	-
Daniek van den Bos, 24-3-2004								
25m vrije slag	series	1.	18.32	211	19.78	11-11-2012	117%	1
25m schoolslag	series	3.	25.18	173	24.84	7-4-2013	97%	-

Erik Raesen, 28-10-1983								2
100m vrije slag	series	8.	1:03.59	390	1:04.31	16-12-2012	102%	
100m wisselslag	series	9.	1:16.04	324	1:16.33		101%	
Esmee Kersten, 20-5-2000								1
100m vrije slag	series	21.	1:21.87	262	1:22.52	21-4-2013	102%	
Fabian Sebregts, 21-3-1995								1
100m vrije slag	series	5.	57.62	524	57.77	10-3-2013	101%	
100m wisselslag	series	3.	1:07.08	472	1:05.25	24-11-2012	95%	
Iris Iriks, 18-11-2005								2
25m vrije slag	series	4.	21.44	131	21.95	17-3-2013	105%	
25m schoolslag	series	6.	28.14	124	28.98	1-4-2013	106%	
Janne Englebert, 4-3-2001								1
50m vrije slag	series	2.	33.81	243	33.70	25-11-2012	99%	
50m schoolslag	series	4.	46.84	182	49.46	4-11-2012	111%	
Job Erdmann, 7-9-2003								2
50m vrije slag	series	14.	42.48	123	43.32	1-4-2013	104%	
50m schoolslag	series	7.	50.70	144	54.94	1-4-2013	117%	
Jordi van Akkeren, 16-9-1996								-
100m vrije slag	series	10.	1:05.61	355	1:03.51	7-4-2013	94%	
100m wisselslag	series	11.	1:17.57	305	1:14.84	23-9-2012	93%	
Joris Jorissen, 12-12-2000								2
100m vrije slag	series	21.	1:13.00	258	1:16.61	21-4-2013	110%	
100m wisselslag	series	20.	1:26.10	223	1:34.97	30-9-2012	122%	
Karlijn Spijker, 17-12-1999								1
100m vrije slag	series	10.	1:12.37	380	1:11.36	21-4-2013	97%	
100m wisselslag	series	9.	1:23.98	360	1:24.44	14-10-2012	101%	
Kelly van Dongen, 21-3-2000								1
100m vrije slag	series	15.	1:18.42	299	1:18.22	17-2-2013	99%	
100m wisselslag	series	16.	1:29.07	302	1:43.71		136%	
Kevin Kersten, 21-2-2003								1
50m vrije slag	series	18.	48.13	84	43.10	1-4-2013	80%	
50m schoolslag	series	9.	52.50	129	55.38	4-11-2012	111%	
Kim Becx, 11-3-2003								1
50m vrije slag	series	14.	45.06	148	46.87	27-1-2013	108%	
50m schoolslag	series	15.	54.60	167	NT		-	
Kimberly Bernaards, 12-1-2001								-
50m vrije slag	series	5.	36.29	282	36.00	28-4-2013	98%	
50m schoolslag	series	5.	48.11	244	47.90	1-4-2013	99%	
Koen Iriks, 12-5-2003								2
50m vrije slag	series	5.	36.95	186	36.97	25-11-2012	100%	
50m schoolslag	series	8.	51.08	141	53.20	18-11-2012	108%	
Lara van Aalst, 29-11-2002								1
50m vrije slag	series	16.	45.67	142	47.64	14-4-2013	109%	
50m schoolslag	series	9.	50.50	211	NT		-	
Lars Bulman, 4-8-2006								1
25m vrije slag	series	1.	20.36	103	22.05	17-3-2013	117%	
25m schoolslag	series	2.	25.51	112	NT		-	
Laura Looy, 12-8-2003								-
50m vrije slag	series	AFGEM		-	45.10	27-1-2013	-	
50m schoolslag	series	AFGEM		-	59.27	18-11-2012	-	
Levi Brouwers, 20-10-2002								1
50m vrije slag	series	11.	41.84	128	45.02	7-4-2013	116%	
50m schoolslag	series	15.	1:01.27	81	NT		-	
Lisa Trinh, 16-12-2000								1
100m vrije slag	series	24.	1:24.82	236	1:31.66	17-2-2013	117%	
Marijn van den Bos, 4-6-2002								1
50m vrije slag	series	9.	40.72	139	40.67		100%	
50m schoolslag	series	11.	53.02	126	56.59		114%	
Marith Schuur, 5-12-1998								-
100m vrije slag	series	AFGEM		-	1:06.78	21-4-2013	-	
100m wisselslag	series	AFGEM		-	1:17.02	7-4-2013	-	
Mariëtte Bulman, 15-5-1995								2
100m vrije slag	series	7.	1:09.73	425	1:11.65	7-4-2013	106%	
100m wisselslag	series	13.	1:26.54	329	1:30.59	10-3-2013	110%	
Max van Zeijl, 11-2-2004								-
25m vrije slag	series	6.	23.37	68	NT		-	
50m schoolslag	series	4.	58.46	94	NT		-	
Nadia Dahmani, 21-3-2001								-
50m vrije slag	series	1.	34.67	324	NT		-	
50m schoolslag	series	1.	43.81	323	NT		-	
Owen van Aalst, 27-3-2005								-
25m vrije slag	series	3.	22.15	80	NT		-	
25m schoolslag	series	1.	24.06	133	NT		-	

Rana Mabrouk, 25-9-2001									1
50m vrije slag	series	13.	44.40	154	47.40	11-11-2012	114%		
Ronaldo Nagtzaam, 27-8-1998									2
100m vrije slag	series	4.	57.36	531	58.54	20-1-2013	104%		
100m wisselslag	series	5.	1:08.56	442	1:10.04	24-11-2012	104%		
Roos Englebert, 25-4-2002									1
50m vrije slag	series	1.	34.67	324	33.72	24-2-2013	95%		
50m schoolslag	series	3.	45.66	286	46.31	4-11-2012	103%		
Rosemarie Engelbert-Verstraten, 1-1-1970									-
100m vrije slag	series	AFGEM		-	NT		-		
100m wisselslag	series	AFGEM		-	NT		-		
Rowey van de Klundert, 6-9-1996									-
100m vrije slag	series	9.	1:10.13	418	1:09.63	7-4-2013	99%		
100m wisselslag	series	6.	1:19.45	425	1:19.31		100%		
Said Mabrouk, 7-10-1999									2
100m vrije slag	series	31.	1:30.41	136	1:42.19	17-2-2013	128%		
100m wisselslag	series	25.	1:34.99	166	1:48.63		131%		
Sander van Akkeren, 11-12-1999									1
100m vrije slag	series	29.	1:23.99	169	1:24.62	17-2-2013	102%		
100m wisselslag	series	26.	1:35.11	166	1:34.85	23-9-2012	99%		
Sanne Healy, 13-9-2003									-
25m vrije slag	series	1.	18.29	212	NT		-		
50m schoolslag	series	3.	58.19	138	NT		-		
Sanne Rebers, 26-9-1999									2
100m vrije slag	series	8.	1:10.11	418	1:10.61	21-4-2013	101%		
100m wisselslag	series	8.	1:21.09	400	1:23.02		105%		
Sarah Uuldriks, 3-4-2000									1
100m vrije slag	series	6.	1:08.17	455	1:08.52	5-5-2013	101%		
100m wisselslag	series	4.	1:18.18	446	1:18.09	25-11-2012	100%		
Steyn Nieuwstad, 21-3-2001									2
50m vrije slag	series	4.	34.77	223	35.45	1-4-2013	104%		
50m schoolslag	series	2.	44.52	212	46.06	1-4-2013	107%		
Stijn Nagtzaam, 15-11-2000									2
100m vrije slag	series	26.	1:19.12	202	1:23.32	7-4-2013	111%		
100m wisselslag	series	23.	1:32.41	181	1:34.44	30-9-2012	104%		
Sverre Spijker, 26-1-2007									1
25m vrije slag	series	5.	26.57	46	28.80	17-3-2013	117%		
25m schoolslag	series	5.	32.86	52	32.61	1-4-2013	98%		
Tessa Kerkhof, 1-7-2003									2
50m vrije slag	series	22.	55.61	78	56.26	27-1-2013	102%		
50m schoolslag	series	17.	58.20	138	1:00.13	1-4-2013	107%		
Tobias Sebregts, 28-6-1993									-
100m vrije slag	series	6.	1:02.09	419	1:01.82		99%		
100m wisselslag	series	6.	1:11.36	392	1:11.29		100%		
Wesley Beck, 16-3-1993									1
100m vrije slag	series	7.	1:03.39	393	1:04.04	20-1-2013	102%		
100m wisselslag	series	7.	1:11.61	388	1:11.07	30-9-2012	98%		
O.Z. & P.C. De Warande									24
Amy de Veth, 29-12-2002									2
50m vrije slag	series	10.	39.90	213	42.11	17-3-2013	111%		
50m schoolslag	series	13.	52.51	188	53.99	1-4-2013	106%		
Arnold Franssen, 22-7-2003									-
50m vrije slag	series	17.	46.58	93	NT		-		
Bente Koeman, 26-1-2005									1
25m vrije slag	series	5.	22.60	112	25.52	17-3-2013	128%		
25m schoolslag	series	5.	26.54	148	NT		-		
Bram Damen, 27-6-2002									1
50m vrije slag	series	10.	41.39	132	42.60	6-1-2013	106%		
50m schoolslag	series	12.	54.55	115	54.01	11-11-2012	98%		
Britt van Zundert, 15-10-2000									2
100m vrije slag	series	3.	1:07.30	473	1:09.73	10-3-2013	107%		
100m wisselslag	series	5.	1:19.39	426	1:24.64	28-10-2012	114%		
Chimène Gelderman, 5-6-2002									1
50m vrije slag	series	21.	48.80	116	51.60	23-3-2013	112%		
50m schoolslag	series	19.	59.28	131	NT		-		
Claudia Siemons, 23-3-1995									-
100m vrije slag	series	AFGEM		-	1:21.79	11-11-2012	-		
100m wisselslag	series	AFGEM		-	1:28.97	14-10-2012	-		
Elisabeth Verschure, 28-9-2001									2
50m vrije slag	series	6.	36.64	274	37.36	16-12-2012	104%		
50m schoolslag	series	8.	50.41	212	51.26	21-10-2012	103%		
Ferron Huijbregts, 18-11-2003									-
50m vrije slag	series	13.	42.12	126	NT		-		
50m schoolslag	series	10.	52.85	127	NT		-		

Fleur Koreman, 3-3-2000									1
100m vrije slag	series	12.	1:13.87	357	1:12.00	12-1-2013	95%		
100m wisselslag	series	10.	1:24.26	357	1:25.45	21-4-2013	103%		
Helen de Rooij, 7-3-1995									-
100m vrije slag	series	AFGEM	-	-	NT	-	-		
100m wisselslag	series	AFGEM	-	-	NT	-	-		
Jelle Baart, 25-1-1999									2
100m vrije slag	series	11.	1:05.76	352	1:05.82	21-4-2013	100%		
100m wisselslag	series	8.	1:15.98	325	1:19.32	28-10-2012	109%		
Loes van Geel, 2-10-2002									2
50m vrije slag	series	11.	42.81	172	42.95	17-3-2013	101%		
50m schoolslag	series	12.	51.63	198	53.13	21-10-2012	106%		
Luuk Vermeulen, 2-3-2001									-
50m vrije slag	series	6.	37.24	182	36.20	1-4-2013	94%		
50m schoolslag	series	AFGEM	-	-	51.73	1-4-2013	-		
Max Botermans, 18-4-2001									2
50m vrije slag	series	3.	34.42	230	34.64	14-4-2013	101%		
50m schoolslag	series	5.	46.84	182	48.57	17-3-2013	108%		
Nick Flipsen, 13-2-2002									-
50m vrije slag	series	7.	50.64	72	NT	-	-		
50m schoolslag	series	5.	52.50	129	NT	-	-		
Ricky Yeung, 21-6-2001									-
50m vrije slag	series	20.	56.19	53	53.61	27-1-2013	91%		
50m schoolslag	series	14.	59.52	89	59.50	21-10-2012	100%		
Romy Bakx, 26-3-2001									1
50m vrije slag	series	7.	37.72	252	39.14	1-4-2013	108%		
Roos Potter, 19-6-2000									2
100m vrije slag	series	20.	1:21.22	269	1:24.40	10-3-2013	108%		
100m wisselslag	series	18.	1:29.74	295	1:29.85	14-4-2013	100%		
Ruben Vermeulen, 2-3-2001									2
50m vrije slag	series	7.	37.67	176	38.35	1-4-2013	104%		
50m schoolslag	series	6.	49.86	151	50.39	1-4-2013	102%		
Ruud Smeets, 16-7-1998									2
100m vrije slag	series	19.	1:09.49	299	1:09.95	10-3-2013	101%		
100m wisselslag	series	18.	1:23.91	241	1:27.07	28-10-2012	108%		
Samantha Verschure, 21-2-2003									1
50m vrije slag	series	19.	46.64	133	44.14	14-4-2013	90%		
50m schoolslag	series	20.	1:02.80	110	1:13.02	6-1-2013	135%		
Timo van Helvoort, 9-10-1997									-
100m vrije slag	series	14.	1:08.89	307	1:07.01	21-4-2013	95%		
100m wisselslag	series	17.	1:22.74	252	1:20.44	21-4-2013	95%		
Tom Evers, 19-11-2000									-
50m vrije slag	series	19.	50.93	71	NT	-	-		
50m schoolslag	series	13.	57.10	101	NT	-	-		
Vera Vermeulen, 18-4-1999									-
100m vrije slag	series	25.	1:26.75	221	1:21.35	23-3-2013	88%		
100m wisselslag	series	22.	1:37.00	234	1:32.95	21-10-2012	92%		
Youri Huijbregts, 6-1-2002									-
50m vrije slag	series	16.	45.82	98	NT	-	-		
Thalassa									10
Anne van der Sanden, 7-8-1996									-
100m vrije slag	series	3.	1:47.22	117	NT	-	-		
Bob Simonis, 12-2-1997									1
100m vrije slag	series	13.	1:07.11	332	1:08.67	7-4-2013	105%		
Britt Kikkert, 21-6-2001									1
50m vrije slag	series	17.	46.43	135	NT	-	-		
50m schoolslag	series	14.	52.90	184	56.59	20-1-2013	114%		
Casper Hommersom, 4-7-2001									-
50m vrije slag	series	AFGEM	-	-	40.77	21-4-2013	-		
50m schoolslag	series	AFGEM	-	-	50.42	7-4-2013	-		
Estelle Deenen, 2-6-2002									-
50m vrije slag	series	AFGEM	-	-	40.22	10-3-2013	-		
50m schoolslag	series	AFGEM	-	-	53.52	20-1-2013	-		
Joran Gielissen, 4-9-1998									1
100m vrije slag	series	9.	1:04.34	376	1:07.69	30-9-2012	111%		
Joris Doensen, 22-6-2005									-
25m vrije slag	series	3.	23.62	66	NT	-	-		
25m schoolslag	series	2.	27.84	86	NT	-	-		
Lisa Simonis, 29-8-1993									2
100m vrije slag	series	18.	1:20.12	280	1:26.46	11-11-2012	116%		
100m wisselslag	series	20.	1:32.16	273	1:33.00	30-9-2012	102%		

Lucas Bingley, 18-1-1998									1
100m vrije slag	series	25.	1:16.58	223	1:18.00			104%	
100m wisselslag	series	22.	1:30.80	190	1:25.61	10-3-2013		89%	
Priscilla Gailliaert, 10-6-1994									-
100m vrije slag	series	AFGEM		-	NT			-	
Remco Steneker, 1-1-1993									1
100m vrije slag	series	16.	1:09.24	302	1:13.70	11-11-2012		113%	
100m wisselslag	series	19.	1:24.76	234	1:23.28	30-9-2012		97%	
Robin Simonis, 8-10-1991									1
100m vrije slag	series	12.	1:06.68	338	1:04.96			95%	
100m wisselslag	series	10.	1:16.80	315	1:18.40	7-4-2013		104%	
Selina van de Berge, 25-10-1995									1
100m vrije slag	series	16.	1:19.95	282	1:20.05	30-9-2012		100%	
100m wisselslag	series	14.	1:27.41	319	1:22.20			88%	
Shannen van Zantvoort, 15-11-2002									-
50m vrije slag	series	18.	46.56	134	45.09	10-3-2013		94%	
50m schoolslag	series	16.	55.40	160	54.50	21-4-2013		97%	
Simone van Bommel, 21-9-1994									-
100m vrije slag	series	AFGEM		-	1:28.72			-	
100m wisselslag	series	AFGEM		-	1:41.18			-	
Stefan Buring, 8-10-1997									1
100m vrije slag	series	18.	1:09.38	300	1:08.83	21-4-2013		98%	
100m wisselslag	series	15.	1:22.54	253	1:25.62	20-1-2013		108%	
Tamara Steneker, 14-7-1994									-
100m vrije slag	series	AFGEM		-	1:20.13			-	
100m wisselslag	series	AFGEM		-	1:29.81			-	
VZV Njord									18
Annelieke Verriet, 25-7-2003									2
50m vrije slag	series	20.	46.87	131	50.05	27-1-2013		114%	
50m schoolslag	series	18.	58.91	133	1:01.08	17-3-2013		108%	
Bram Zwetsloot, 3-8-2002									-
50m vrije slag	series	8.	38.19	169	36.00	21-4-2013		89%	
50m schoolslag	series	3.	46.34	188	46.12	9-6-2013		99%	
Fabienne Verriet-Regensburg, 9-6-1975									1
100m vrije slag	series	26.	1:35.61	165	1:36.07	16-3-2013		101%	
Jasper Verriet, 1-1-2005									2
25m vrije slag	series	7.	36.55	18	38.41	17-3-2013		110%	
25m schoolslag	series	7.	39.73	30	44.17	1-4-2013		124%	
Joris Hendriks, 1-1-1999									2
100m vrije slag	series	28.	1:22.15	181	1:24.29	26-5-2013		105%	
100m wisselslag	series	24.	1:34.27	170	1:40.46	14-4-2013		114%	
Kim Jansen van Galen, 29-11-2002									2
50m vrije slag	series	4.	35.14	311	36.91	1-4-2013		110%	
50m schoolslag	series	4.	46.32	274	47.90	1-4-2013		107%	
Kim Zwetsloot, 1-1-2000									2
100m vrije slag	series	28.	1:40.35	143	1:46.94	21-4-2013		114%	
100m wisselslag	series	24.	1:51.90	152	1:54.77	14-4-2013		105%	
Kym de Kuijper, 3-7-1998									2
100m vrije slag	series	14.	1:18.09	302	1:19.57	26-5-2013		104%	
100m wisselslag	series	11.	1:26.10	334	1:28.00	7-4-2013		104%	
Lilian Schippers, 25-6-1968									-
100m vrije slag	series	17.	1:20.10	280	1:19.81	26-5-2013		99%	
100m wisselslag	series	21.	1:33.03	265	NT			-	
Lisa de Kuijper, 7-6-2002									-
50m vrije slag	series	8.	37.98	246	37.97	8-6-2013		100%	
50m schoolslag	series	6.	48.65	236	47.73	9-6-2013		96%	
Luc Reinders, 1-1-2002									1
50m vrije slag	series	15.	45.34	101	48.34	21-4-2013		114%	
Niels Everstijn, 1-1-1970									-
100m vrije slag	series	27.	1:19.30	201	1:18.67	21-4-2013		98%	
Rani Rademaker, 18-8-2000									1
100m vrije slag	series	13.	1:17.82	306	1:24.19	7-4-2013		117%	
100m wisselslag	series	16.	1:29.07	302	NT			-	
Sterre Hendriks, 1-1-2004									1
25m vrije slag	series	2.	18.79	195	18.38	26-5-2013		96%	
25m schoolslag	series	2.	25.17	173	26.82	7-4-2013		114%	
Timo Jansen van Galen, 1-1-2006									2
25m vrije slag	series	4.	23.87	64	28.00	1-4-2013		138%	
25m schoolslag	series	4.	27.67	87	30.12	1-4-2013		118%	
Valerie Bakker, 11-4-2001									-
50m vrije slag	series	AFGEM		-	39.12	26-5-2013		-	
50m schoolslag	series	AFGEM		-	52.63	26-5-2013		-	

Ally Geers, 28-9-2004									1
25m vrije slag	series	3.	19.74	168	19.43	16-6-2013	97%		
25m schoolslag	series	1.	23.52	212	24.31	10-3-2013	107%		
André Geertsma, 31-8-1966									-
100m vrije slag	series	1.	1:11.27	277	NT		-		
100m wisselslag	series	1.	1:21.38	264	NT		-		
Annemieke ten Heuvel, 21-9-1963									2
100m vrije slag	series	1.	1:34.10	173	1:36.47	26-6-2011	105%		
100m wisselslag	series	1.	1:43.45	193	1:43.67	10-6-2012	100%		
Anouk Böhmer, 18-12-2001									2
50m vrije slag	series	12.	43.09	169	44.04	7-4-2013	104%		
50m schoolslag	series	10.	50.98	205	53.54	21-10-2012	110%		
Chris Geers, 29-11-2006									1
25m vrije slag	series	6.	25.58	52	27.78	17-3-2013	118%		
25m schoolslag	series	6.	31.03	62	29.91	7-4-2013	93%		
Elise Dörr, 3-5-2005									-
25m vrije slag	series	4.	24.32	90	NT		-		
25m schoolslag	series	1.	26.92	142	NT		-		
Martijn Sulsters, 17-12-1970									-
100m vrije slag	series	2.	1:13.40	253	NT		-		
100m wisselslag	series	2.	1:22.89	250	NT		-		
Niels Geertsma, 28-5-2004									1
25m vrije slag	series	2.	20.70	98	22.80	17-3-2013	121%		
25m schoolslag	series	5.	27.90	85	26.38	7-4-2013	89%		
Sabrina van den Hooven, 12-9-2002									2
50m vrije slag	series	9.	38.67	233	39.03	7-4-2013	102%		
50m schoolslag	series	10.	50.98	205	53.06	20-1-2013	108%		
Z & Pc Dio									17
Dennis van Haperen, 1-5-2001									-
50m vrije slag	series	12.	42.03	127	41.64	7-4-2013	98%		
Dynke van Sliedregt, 13-5-2003									2
25m vrije slag	series	3.	20.32	154	22.31	16-9-2012	121%		
50m schoolslag	series	1.	54.80	165	57.39	14-4-2013	110%		
Enya van Dongen, 22-2-2002									2
50m vrije slag	series	1.	48.40	119	55.33	3-2-2013	131%		
50m schoolslag	series	3.	58.28	137	58.74	17-3-2013	102%		
Gianluca Galvez, 14-11-2002									2
50m vrije slag	series	5.	48.53	82	53.76	30-5-2012	123%		
50m schoolslag	series	7.	1:01.61	80	1:03.30	17-3-2013	106%		
Heidi van Dijke, 28-8-2003									2
25m vrije slag	series	4.	21.89	123	26.81	16-9-2012	150%		
50m schoolslag	series	2.	57.55	143	59.84	14-4-2013	108%		
Iris van Haperen, 31-1-2004									2
25m vrije slag	series	7.	23.74	97	24.64	14-4-2013	108%		
50m schoolslag	series	11.	1:07.59	88	1:09.08	18-11-2012	104%		
Jordy Rens, 23-5-1999									1
100m vrije slag	series	17.	1:09.37	300	1:11.11	17-2-2013	105%		
100m wisselslag	series	12.	1:19.29	286	1:18.37		98%		
Nadine Moya, 21-8-2001									-
50m vrije slag	series	AFGEM		-	42.32	14-4-2013	-		
50m schoolslag	series	AFGEM		-	59.62	17-3-2013	-		
Nadja Wortel, 24-10-1998									2
100m vrije slag	series	2.	1:03.09	574	1:04.05	20-1-2013	103%		
100m wisselslag	series	2.	1:10.01	622	1:16.45	25-11-2012	119%		
Sander van Hoof, 4-8-2000									-
100m vrije slag	series	30.	1:25.37	161	1:24.60	17-3-2013	98%		
100m wisselslag	series	27.	1:39.63	144	1:36.70	14-4-2013	94%		
Selene Wortel, 15-1-1997									2
100m vrije slag	series	1.	1:01.52	619	1:02.47	10-3-2013	103%		
100m wisselslag	series	1.	1:09.86	626	1:10.98	25-11-2012	103%		
Stefan van Dijke, 1-4-2005									2
25m vrije slag	series	1.	21.75	85	23.31	17-3-2013	115%		
25m schoolslag	series	4.	28.54	80	29.51	14-4-2013	107%		
Zuidwesthoek									-
Bjorn Bakker, 1-1-2001									-
50m vrije slag	series	6.	48.63	82	NT		-		
50m schoolslag	series	6.	54.27	117	NT		-		
Chaymae Zerouali, 1-1-2004									-
25m vrije slag	series	10.	26.74	68	NT		-		
50m schoolslag	series	12.	1:11.01	76	NT		-		

Didier Kools, 1-1-2002									
50m vrije slag	series	3.	39.45	153	NT			-	-
50m schoolslag	series	4.	50.91	142	NT			-	-
Jamie Vlieger, 1-1-2002									
50m vrije slag	series	AFGEM		-	NT			-	-
50m schoolslag	series	AFGEM		-	NT			-	-
Zwemvereniging de Flippers									14
Anouk Martens, 22-5-1998									1
100m vrije slag	series	23.	1:22.95	252	1:24.99	10-3-2013		105%	
100m wisselslag	series	AFGEM		-	1:33.99	7-4-2013		-	
Bart de Bruijn, 1-1-2000									2
100m vrije slag	series	23.	1:14.58	242	1:17.57	2-12-2012		108%	
100m wisselslag	series	21.	1:29.89	196	1:30.54	10-3-2013		101%	
Jeroen de Hoon, 19-2-2003									-
25m vrije slag	series	2.	19.65	115	NT			-	
50m schoolslag	series	6.	59.44	89	NT			-	
Jordi Martens, 26-8-1999									2
100m vrije slag	series	15.	1:09.17	303	1:11.46	16-12-2012		107%	
100m wisselslag	series	14.	1:21.26	266	1:24.63	10-3-2013		108%	
Julian Antens, 22-5-2005									1
25m vrije slag	series	2.	23.23	69	23.19	17-3-2013		100%	
25m schoolslag	series	3.	28.30	82	29.16	17-3-2013		106%	
Lieke de Hoon, 19-8-2004									-
25m vrije slag	series	9.	26.68	68	NT			-	
50m schoolslag	series	7.	1:00.10	125	NT			-	
Lieke Kranenkamp, 31-7-1998									2
100m vrije slag	series	22.	1:22.34	258	1:23.30	10-3-2013		102%	
100m wisselslag	series	19.	1:30.17	291	1:31.59	20-1-2013		103%	
Melissa de Pijper, 7-7-1999									-
100m vrije slag	series	2.	1:43.16	131	1:43.16	18-11-2012		100%	
100m wisselslag	series	3.	2:03.01	115	2:02.97	3-2-2013		100%	
Rik Breugelmans, 8-5-2003									1
25m vrije slag	series	12.	30.18	32	NT			-	
50m schoolslag	series	13.	1:11.42	51	1:17.62	18-11-2012		118%	
Sabine Verstraeten, 5-10-1997									1
100m vrije slag	series	11.	1:13.44	364	1:14.05	10-3-2013		102%	
100m wisselslag	series	12.	1:26.47	330	1:24.95	7-4-2013		97%	
Sander van Eekelen, 19-2-1999									1
100m vrije slag	series	22.	1:14.53	242	1:16.10	7-4-2013		104%	
Tiemen Breugelmans, 16-11-2004									1
25m vrije slag	series	15.	31.68	27	NT			-	
50m schoolslag	series	15.	1:23.09	33	1:39.71	18-11-2012		144%	
Wendy Lauwerijssen, 8-9-2003									2
25m vrije slag	series	5.	22.67	111	26.57	16-9-2012		137%	
50m schoolslag	series	5.	58.61	135	1:03.84	16-9-2012		119%	
Zwemvereniging De Zilvermeeuw									7
Anka de Koning, 22-5-2000									-
100m vrije slag	series	AFGEM		-	1:21.39	18-11-2012		-	
100m wisselslag	series	AFGEM		-	1:29.70	1-6-2013		-	
Elise van der Velden, 8-9-2000									-
100m vrije slag	series	19.	1:20.56	276	1:17.99	21-4-2013		94%	
100m wisselslag	series	15.	1:28.67	306	1:28.09	1-6-2013		99%	
Jasmijn Govaarts, 22-3-2000									2
100m vrije slag	series	27.	1:36.14	162	1:41.16	7-4-2013		111%	
100m wisselslag	series	23.	1:41.54	204	1:43.83	1-6-2013		105%	
Jordi van Paassen, 13-8-1996									1
100m vrije slag	series	24.	1:16.52	224	1:16.62			100%	
100m wisselslag	series	16.	1:22.62	253	1:21.41	11-11-2012		97%	
Kyara Hertogs, 15-4-2001									-
50m vrije slag	series	2.	50.98	102	49.32	1-6-2013		94%	
50m schoolslag	series	5.	1:05.22	98	58.20	17-3-2013		80%	
Marit den Ouden, 22-5-1991									-
100m vrije slag	series	5.	1:08.06	457	1:06.19	21-4-2013		95%	
100m wisselslag	series	3.	1:17.11	465	1:14.87			94%	
Martijn Clarijs, 14-10-2001									2
50m vrije slag	series	2.	39.39	154	43.26	1-6-2013		121%	
50m schoolslag	series	3.	49.44	155	53.52	16-9-2012		117%	
Nienke Jonk, 21-1-2002									-
50m vrije slag	series	3.	34.74	322	34.70	5-6-2013		100%	
50m schoolslag	series	2.	45.54	288	45.20	5-6-2013		99%	

Sofie van der Velden, 13-5-2005

2

25m vrije slag	series	6.	23.90	95	31.56	16-9-2012	174%
25m schoolslag	series	4.	26.21	153	26.85	10-3-2013	105%