

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
AquaWaard								-
De Krabben								28
Aassim Ajary, 7-4-1996								-
100m schoolslag	series	18.	1:38.72	178	NT		-	
50m vlinderslag	series	13.	38.66	179	NT		-	
Bibi de Jong, 2-1-2004								2
100m vrije slag	series	3.	1:41.08	128	1:41.10	14-4-2013	100%	
50m rugslag	series	2.	50.80	129	54.00	9-6-2013	113%	
Britt Boogaart, 21-7-2002								-
400m vrije slag	series	14.	6:17.67	240	6:14.80	9-6-2013	98%	
Effi Suijkerbuijk, 12-9-1997								-
50m vlinderslag	series	16.	37.01	285	36.09	11-11-2012	95%	
Femke Heimerikx, 29-9-2002								3
50m vrije slag	series	32.	39.00	211	40.15	7-4-2013	106%	
100m schoolslag	series	18.	1:41.72	234	1:46.97	10-3-2013	111%	
50m vlinderslag	series	39.	45.70	151	52.63	7-4-2013	133%	
Jaëla Goossens, 21-1-2000								2
50m vrije slag	series	10.	31.52	401	31.60	2-6-2013	101%	
50m vlinderslag	series	24.	39.51	234	43.34	17-3-2013	120%	
Justine Brummel, 18-12-1997								-
100m schoolslag	series	12.	1:39.11	253	NT		-	
Koen de Weert, 15-10-1996								2
100m rugslag	series	7.	1:15.33	274	1:15.34	1-4-2012	100%	
100m schoolslag	series	12.	1:28.04	252	1:28.00	10-3-2013	100%	
50m vlinderslag	series	7.	30.91	350	32.10	18-12-2011	108%	
Lara Corbeau, 12-11-1999								2
100m schoolslag	series	10.	1:35.66	281	1:37.83	11-11-2012	105%	
50m vlinderslag	series	32.	42.54	188	44.77	20-1-2013	111%	
Lars de Kock, 6-4-1999								2
50m vrije slag	series	23.	37.20	162	39.49	10-3-2013	113%	
100m rugslag	series	20.	1:36.23	131	1:41.42	14-4-2013	111%	
Lieke de Kock, 23-12-2001								2
50m vrije slag	series	20.	34.10	316	35.56	7-4-2013	109%	
50m vlinderslag	series	29.	41.59	201	42.42	7-4-2013	104%	
Madelon van Uchelen, 21-1-1996								-
400m vrije slag	series	11.	5:45.03	315	5:37.03	15-9-2012	95%	
50m vlinderslag	series	18.	37.20	281	33.03		79%	
Melvin Giebels, 23-8-2001								3
50m vrije slag	series	19.	33.28	226	35.70	5-5-2013	115%	
100m rugslag	series	16.	1:32.64	147	1:32.65	8-6-2013	100%	
100m schoolslag	series	14.	1:32.29	218	1:39.73	8-6-2013	117%	
Myrthe Franken, 14-5-1997								-
100m wisselslag	series	8.	1:23.66	328	1:21.56	1-4-2012	95%	
Rick de Schutter, 1-12-1982								1
200m vrije slag	series	12.	2:22.48	339	2:20.97	5-2-2012	98%	
200m wisselslag	series	4.	2:43.42	305	2:44.81	7-4-2013	102%	
Saad Danjaoui, 20-12-2004								1
100m vrije slag	series	6.	1:44.54	79	1:57.22	2-6-2013	126%	
Sanne van Poelje, 29-11-1999								1
50m vrije slag	series	21.	34.15	315	34.00	7-4-2013	99%	
50m vlinderslag	series	17.	37.07	284	39.52	2-6-2013	114%	
Steijn Louter, 19-5-2005								-
100m vrije slag	series	1.	1:31.35	119	NT		-	
50m schoolslag	series	3.	53.44	105	NT		-	
Sven ten Hove, 19-7-2005								3
100m vrije slag	series	4.	1:41.13	87	1:54.02	17-3-2013	127%	
50m rugslag	series	4.	53.64	74	1:03.80	17-3-2013	141%	
50m schoolslag	series	10.	1:01.29	69	1:02.08	14-4-2013	103%	
Tim Verheesen, 16-1-2002								1
50m vrije slag	series	24.	39.15	139	40.34	27-1-2013	106%	
Timothy Giebels, 14-1-1999								3
50m vrije slag	series	12.	28.48	362	29.40	25-11-2012	107%	
100m rugslag	series	6.	1:12.95	301	1:15.56	12-1-2013	107%	
50m vlinderslag	series	10.	31.73	324	35.78	25-11-2012	127%	
Tristan Goossens, 2-4-2002								-
50m vrije slag	series	25.	45.10	91	NT		-	

De Watervogels

De Wildert								18
Amanda van Hasselt, 25-8-1993								1
50m vrije slag	series	36.	44.94	138	43.44	16-1-2011	93%	
100m schoolslag	series	28.	1:49.22	189	1:51.52		104%	
50m vlinderslag	series	47.	54.58	89	54.33	24-6-2013	99%	
Ann Kerstens, 8-9-1996								1
50m vrije slag	series	8.	30.16	458	29.52	1-4-2012	96%	
100m schoolslag	series	1.	1:23.91	417	1:23.97	23-9-2012	100%	
50m vlinderslag	series	3.	32.49	422	32.01	18-5-2013	97%	
Daan Verdonschot, 25-5-2001								1
50m vrije slag	series	26.	46.58	82	45.90	14-4-2013	97%	
100m schoolslag	series	24.	1:58.18	104	2:02.00	17-3-2013	107%	
50m vlinderslag	series	21.	1:01.14	45	NT		-	
Evi van Gils, 19-8-2003								1
100m vrije slag	series	5.	1:43.13	121	NT		-	
50m rugslag	series	5.	53.95	108	56.86	3-2-2013	111%	
50m schoolslag	series	4.	56.98	129	53.75	14-4-2013	89%	
Gitte Matheussen, 23-4-1996								1
50m vrije slag	series	23.	34.58	303	33.47	24-6-2013	94%	
100m rugslag	series	22.	1:36.79	185	1:32.77	20-1-2013	92%	
50m vlinderslag	series	33.	42.70	186	44.22	24-6-2013	107%	
Ineke Vriends, 20-2-1997								1
50m vrije slag	series	37.	45.32	135	43.81	24-6-2013	93%	
100m schoolslag	series	27.	1:47.75	197	1:48.51	23-9-2012	101%	
50m vlinderslag	series	43.	51.08	108	49.94	17-2-2013	96%	
Jelle Vermeiren, 9-12-2003								-
100m vrije slag	series	11.	2:04.47	47	NT		-	
Joke Matheussen, 8-2-2002								3
50m vrije slag	series	30.	36.79	252	36.98	17-2-2013	101%	
100m rugslag	series	24.	1:39.00	173	1:41.93	17-2-2013	106%	
50m vlinderslag	series	26.	40.67	215	43.13	7-4-2013	112%	
Jolien Matheussen, 20-2-1998								1
50m vrije slag	series	24.	34.95	294	34.22	24-6-2013	96%	
100m rugslag	series	23.	1:38.74	175	1:31.34	7-4-2013	86%	
50m vlinderslag	series	31.	42.01	195	42.80	2-6-2013	104%	
Krista Verstralen, 9-4-1992								2
50m vrije slag	series	19.	34.05	318	34.39	25-9-2011	102%	
100m schoolslag	series	23.	1:45.67	208	1:46.41	22-1-2012	101%	
50m vlinderslag	series	34.	42.74	185	42.28		98%	
Lien Stevens, 19-12-2000								1
50m vrije slag	series	38.	48.64	109	47.43	24-6-2013	95%	
100m schoolslag	series	36.	1:59.53	144	2:08.92	25-3-2012	116%	
Lynn Vermeiren, 25-7-2002								1
50m vrije slag	series	40.	59.61	59	56.84	24-6-2013	91%	
100m schoolslag	series	41.	2:06.45	121	2:11.62	17-3-2013	108%	
50m vlinderslag	series	50.	1:09.06	43	NT		-	
Midas Overbeeke, 9-6-1999								1
100m schoolslag	series	16.	1:36.63	190	1:35.06	11-11-2012	97%	
50m vlinderslag	series	15.	40.54	155	41.32	20-1-2013	104%	
Saskia Rombouts, 20-7-1993								-
100m schoolslag	series	32.	1:50.63	182	1:39.56		81%	
50m vlinderslag	series	19.	37.32	278	36.36	23-9-2012	95%	
100m wisselslag	series	12.	1:27.30	289	1:22.74	30-9-2012	90%	
Tim Vinckx, 12-7-1990								1
50m vrije slag	series	3.	25.64	496	25.65	2-6-2013	100%	
50m vlinderslag	series	1.	27.37	505	27.12	17-2-2013	98%	
200m wisselslag	series	2.	2:28.76	405	2:25.61	7-4-2013	96%	
Tom Kerstens, 12-5-1998								2
400m vrije slag	series	9.	5:24.21	282	NT		-	
100m schoolslag	series	9.	1:21.97	312	1:23.63	13-1-2013	104%	
100m wisselslag	series	2.	1:10.57	372	1:12.18	23-9-2012	105%	
Hieronymus								64
Andy van Akkeren, 23-3-1995								-
50m vrije slag	series	7.	26.71	439	25.92	25-11-2012	94%	
400m vrije slag	series	3.	4:36.47	455	4:28.42	16-12-2012	94%	
50m vlinderslag	series	4.	29.56	401	28.15	25-11-2012	91%	
Annika Spijker, 17-12-1999								1
400m vrije slag	series	9.	5:23.18	384	5:20.86	10-3-2013	99%	
100m wisselslag	series	6.	1:19.60	381	1:20.20	23-6-2013	102%	
Bram van Ginneken, 20-10-1995								-
50m vrije slag	series	15.	29.09	339	28.38	31-8-2013	95%	
200m vrije slag	series	14.	2:23.36	333	2:17.40	22-4-2012	92%	
400m vrije slag	series	7.	5:01.77	350	4:51.19	17-3-2012	93%	

Ceylan Dursun, 14-6-1996									2
400m vrije slag	series	3.	4:55.82	500	4:56.60	11-11-2012	101%		
100m wisselslag	series	2.	1:13.48	485	1:13.81	21-4-2013	101%		
Christan de Koning, 14-3-1999									1
50m vrije slag	series	9.	26.74	437	27.40	25-11-2012	105%		
100m schoolslag	series	5.	1:20.22	333	1:16.27	13-1-2013	90%		
Christel Brugmans, 12-12-2000									3
50m vrije slag	series	5.	29.64	482	30.20	31-8-2013	104%		
100m rugslag	series	9.	1:20.62	321	1:22.33	10-3-2013	104%		
100m wisselslag	series	5.	1:16.20	435	1:17.67	1-9-2013	104%		
Coen de Bruijn, 6-7-1992									1
100m schoolslag	series	1.	1:03.01	687	1:03.29	8-8-2013	101%		
Cédric Broere, 13-12-1999									2
50m vrije slag	series	8.	26.74	437	26.89	1-2-2013	101%		
50m vlinderslag	series	5.	29.95	385	30.14	31-8-2013	101%		
Dennis van Wensen, 15-9-1997									1
50m vrije slag	series	10.	26.84	432	26.70	25-11-2012	99%		
200m vrije slag	series	9.	2:11.12	435	2:12.84	17-2-2013	103%		
200m wisselslag	series	3.	2:34.27	363	2:30.50	12-1-2013	95%		
Edith Jongmans, 13-1-1999									1
200m vrije slag	series	10.	2:57.75	244	2:55.41	7-4-2013	97%		
100m schoolslag	series	22.	1:45.33	210	1:43.78	17-2-2013	97%		
100m wisselslag	series	18.	1:36.72	212	1:40.18	30-9-2012	107%		
Emiel van Avezaath, 9-7-1992									-
50m vrije slag	series	16.	29.48	326	27.87	2-12-2012	89%		
100m wisselslag	series	4.	1:16.14	296	1:13.90	2-10-2011	94%		
Esther Jongmans, 4-11-2000									1
100m rugslag	series	27.	1:43.64	151	1:41.09	23-9-2012	95%		
100m schoolslag	series	29.	1:49.77	186	1:50.74	23-9-2012	102%		
Eva van Ginneken, 10-1-1998									1
50m vrije slag	series	4.	28.91	520	29.00	31-8-2013	101%		
400m vrije slag	series	2.	4:55.51	502	4:54.93	7-1-2012	100%		
Eveline van Avezaath, 7-6-1987									-
100m rugslag	series	21.	1:35.83	191	1:28.64		86%		
100m schoolslag	series	33.	1:50.94	180	1:46.20	22-1-2012	92%		
Jan van Opstal, 1-12-1986									1
100m schoolslag	series	3.	1:13.11	440	1:19.04	2-10-2011	117%		
Janne Englebert, 4-3-2001									2
100m wisselslag	series	8.	1:23.66	223	1:25.08	1-9-2013	103%		
200m wisselslag	series	7.	3:05.67	208	3:11.48	16-12-2012	106%		
Jannemieke van Avezaath, 11-2-1989									-
100m rugslag	series	8.	1:20.24	326	1:14.89		87%		
100m schoolslag	series	2.	1:25.64	392	1:24.46	30-9-2012	97%		
Jennefer van Terheijden, 25-1-1998									1
50m vlinderslag	series	8.	34.39	356	34.31	27-11-2011	100%		
200m wisselslag	series	3.	2:45.54	426	2:47.41	22-1-2012	102%		
Jessie Vercauteren, 17-11-2002									2
50m vrije slag	series	35.	42.66	161	43.86	14-4-2013	106%		
100m wisselslag	series	19.	1:40.34	190	1:43.80	14-4-2013	107%		
Jordi van Akkeren, 16-9-1996									2
200m vrije slag	series	11.	2:19.08	364	2:20.70	30-9-2012	102%		
100m rugslag	series	10.	1:21.25	218	1:21.86	7-4-2013	102%		
100m schoolslag	series	11.	1:22.92	301	1:20.87	31-8-2013	95%		
Karlijn Spijker, 17-12-1999									1
50m vrije slag	series	14.	31.98	384	31.74	31-8-2013	99%		
400m vrije slag	series	10.	5:27.50	369	5:32.39	10-3-2013	103%		
Kelly van Dongen, 21-3-2000									3
100m rugslag	series	14.	1:28.40	243	1:30.39	11-11-2012	105%		
100m schoolslag	series	8.	1:33.05	305	1:34.31	17-2-2013	103%		
100m wisselslag	series	11.	1:26.36	298	1:29.07	23-6-2013	106%		
Kimberly Bernaards, 12-1-2001									2
200m vrije slag	series	11.	2:58.43	241	3:03.00	30-8-2013	105%		
100m rugslag	series	16.	1:30.09	230	1:29.95	31-8-2013	100%		
100m schoolslag	series	19.	1:42.00	232	1:42.38	31-8-2013	101%		
Linda van Zundert, 1-4-1985									-
50m vrije slag	series	16.	32.42	368	32.03	14-10-2012	98%		
100m rugslag	series	19.	1:33.34	207	1:32.89	20-1-2013	99%		
50m vlinderslag	series	22.	38.79	248	37.29	23-9-2012	92%		
Lisa Trinh, 16-12-2000									2
50m vrije slag	series	31.	37.02	247	38.00	20-1-2013	105%		
50m vlinderslag	series	37.	44.33	166	44.06	2-6-2013	99%		
200m wisselslag	series	10.	3:21.90	235	3:48.94	10-3-2013	129%		
Maartje Bastiaansen, 1-1-1995									-
100m wisselslag	series	3.	1:15.56	446	1:14.55	25-11-2012	97%		

Maartje Tak, 29-1-2000									2
50m vrije slag	series	13.	31.66	396	32.10	4-11-2012	103%		
100m rugslag	series	11.	1:23.96	284	1:24.26	20-1-2013	101%		
Manon Vermariën, 26-5-1997									-
400m vrije slag	series	6.	5:07.86	444	5:03.93	6-4-2013	97%		
100m schoolslag	series	11.	1:37.40	266	1:36.72	30-9-2012	99%		
Margaux Damen, 9-2-1997									2
50m vrije slag	series	25.	34.95	294	33.94	4-11-2012	94%		
400m vrije slag	series	12.	5:52.55	295	6:02.06	3-3-2013	105%		
50m vlinderslag	series	25.	40.18	223	44.32	2-6-2013	122%		
Marith Schuur, 5-12-1998									-
100m schoolslag	series	9.	1:35.54	282	1:35.47	10-3-2013	100%		
50m vlinderslag	series	11.	35.21	331	33.68	31-8-2013	91%		
Mariëtte Bulman, 15-5-1995									2
50m vrije slag	series	12.	31.56	399	32.15	31-8-2013	104%		
50m vlinderslag	series	21.	37.70	270	37.76	31-8-2013	100%		
Nadia Dahmani, 21-3-2001									2
100m rugslag	series	10.	1:22.51	299	1:25.60	2-12-2012	108%		
100m schoolslag	series	6.	1:29.67	341	1:29.35	31-8-2013	99%		
100m wisselslag	series	7.	1:21.96	349	1:23.55	1-9-2013	104%		
Nick Vissers, 3-10-1999									2
50m vrije slag	series	13.	28.57	358	29.95	31-8-2013	110%		
100m rugslag	series	9.	1:18.75	240	1:30.04	11-11-2012	131%		
Nienke Jonk, 21-1-2002									2
200m vrije slag	series	8.	2:44.20	310	2:48.38	31-8-2013	105%		
200m wisselslag	series	7.	3:03.09	315	3:05.00		102%		
Paul Koster, 30-1-1993									-
200m vrije slag	series	2.	1:58.38	591	1:56.23	10-3-2013	96%		
Ralph Damen, 10-2-2001									-
100m rugslag	series	17.	1:32.80	146	1:29.83	8-6-2013	94%		
100m schoolslag	series	19.	1:39.86	172	1:38.97	8-6-2013	98%		
Ramon Verhulst, 5-3-1996									3
50m vrije slag	series	1.	25.50	504	25.84	27-11-2011	103%		
100m rugslag	series	1.	1:01.72	498	1:02.69	12-1-2013	103%		
50m vlinderslag	series	2.	27.45	500	27.55	17-2-2013	101%		
Rana Mabrouk, 25-9-2001									2
100m schoolslag	series	35.	1:54.76	163	2:02.38	10-3-2013	114%		
100m wisselslag	series	21.	1:54.66	127	2:02.00	15-4-2012	113%		
Rick Minkman, 7-12-1997									2
50m vrije slag	series	6.	26.52	448	27.37	25-11-2012	107%		
100m rugslag	series	5.	1:09.46	349	1:10.57	13-1-2013	103%		
Roos Englebert, 25-4-2002									1
200m vrije slag	series	6.	2:38.30	346	2:41.82	23-2-2013	104%		
200m wisselslag	series	6.	3:02.91	316	2:59.83	23-2-2013	97%		
Rowey van de Klundert, 6-9-1996									2
100m rugslag	series	2.	1:14.60	405	1:15.15	7-4-2013	101%		
50m vlinderslag	series	7.	34.16	363	35.09	31-8-2013	106%		
Sander van Akkeren, 11-12-1999									3
100m rugslag	series	15.	1:31.46	153	1:31.78	1-9-2013	101%		
100m schoolslag	series	23.	1:47.10	139	1:50.59	11-11-2012	107%		
100m wisselslag	series	13.	1:33.54	159	1:34.85	23-9-2012	103%		
Sander van Bentum, 24-11-1996									-
200m vrije slag	series	13.	2:23.02	335	2:19.90	11-3-2012	96%		
100m schoolslag	series	10.	1:22.13	310	1:18.32	15-1-2012	91%		
Sanne Rebers, 26-9-1999									3
50m vrije slag	series	15.	32.19	376	32.55	2-6-2013	102%		
100m rugslag	series	3.	1:19.14	339	1:19.88	13-1-2013	102%		
50m vlinderslag	series	14.	36.40	300	36.77	31-8-2013	102%		
Sarah Uuldriks, 3-4-2000									-
200m vrije slag	series	4.	2:31.33	396	2:29.58	17-2-2013	98%		
200m wisselslag	series	4.	2:47.00	415	2:46.25	13-1-2013	99%		
Sebastiaan Broere, 8-11-1998									-
50m vrije slag	series	20.	34.13	210	33.21	1-9-2013	95%		
200m vrije slag	series	15.	2:39.92	239	NT		-		
Shakira Verschuren, 3-10-2002									-
50m vrije slag	series	39.	59.01	61	52.56	14-4-2013	79%		
100m rugslag	series	31.	1:53.19	116	NT		-		
Steyn Nieuwstad, 21-3-2001									1
50m vrije slag	series	22.	36.16	176	34.77	23-6-2013	92%		
200m vrije slag	series	18.	2:54.87	183	2:51.82	9-12-2012	97%		
400m vrije slag	series	12.	5:57.68	210	6:04.93	8-6-2013	104%		
Stijn Nagtzaam, 15-11-2000									1
200m vrije slag	series	17.	2:46.88	211	2:49.81	7-4-2013	104%		

Sygrid Jongmans, 29-10-1997								1
100m ruqslag	series	15.	1:28.61	242	1:27.21	1-4-2012	97%	
50m vlinderslag	series	23.	39.50	235	41.00	16-1-2011	108%	
Valesca Bogert, 6-4-2001								-
50m vrije slag	series	22.	34.27	312	NT		-	
400m vrije slag	series	13.	5:59.09	279	NT		-	
Viktor Warndorff, 26-9-1997								2
400m vrije slag	series	5.	4:52.77	383	6:23.95		172%	
100m wisselslag	series	3.	1:12.52	342	1:12.73	7-4-2013	101%	
Wimar Lindenbergh, 8-12-1996								1
200m vrije slag	series	3.	1:58.40	591	1:59.31	27-10-2012	102%	
Njord								-
O.Z. & P.C. De Warande								35
Amy de Veth, 29-12-2002								1
100m schoolslag	series	30.	1:49.90	185	NT		-	
50m vlinderslag	series	40.	48.70	125	56.19	17-3-2013	133%	
Britt van Zundert, 15-10-2000								-
50m vlinderslag	series	15.	36.60	295	36.55	24-11-2012	100%	
200m wisselslag	series	5.	2:58.46	340	2:56.23	15-4-2012	98%	
Cathy Hekker, 29-3-2000								-
100m schoolslag	series	38.	2:01.65	136	2:00.77	6-1-2013	99%	
50m vlinderslag	series	28.	41.54	202	41.45	9-12-2012	100%	
Fleur Koreman, 3-3-2000								2
200m vrije slag	series	5.	2:32.76	385	2:39.32	30-9-2012	109%	
100m wisselslag	series	9.	1:23.74	327	1:24.26	23-6-2013	101%	
Isabel Schapers, 20-5-2002								1
50m vlinderslag	series	49.	1:01.54	62	1:04.57	23-3-2013	110%	
Jelle Gommers, 5-5-2001								1
50m vlinderslag	series	19.	50.74	79	52.56	23-3-2013	107%	
Jordi Hendriks, 3-8-2001								2
100m schoolslag	series	21.	1:46.04	144	1:49.67	20-1-2013	107%	
50m vlinderslag	series	20.	54.39	64	55.77	23-3-2013	105%	
Kristy Nagtzaam, 29-5-2000								1
50m vlinderslag	series	2.	30.71	500	30.80	24-11-2012	101%	
200m wisselslag	series	1.	2:40.88	464	2:40.26	16-12-2012	99%	
Lené Doomen, 24-1-2000								2
100m wisselslag	series	4.	1:15.94	439	1:18.86	25-11-2012	108%	
200m wisselslag	series	2.	2:41.86	456	2:50.39	13-1-2013	111%	
Lonne Beskers, 19-6-1997								-
50m vrije slag	series	9.	30.20	456	30.10	24-11-2012	99%	
100m rugslag	series	1.	1:12.84	435	1:10.72	16-12-2012	94%	
50m vlinderslag	series	5.	33.36	390	32.93	24-11-2012	97%	
Luuk Vermeulen, 2-3-2001								1
50m vlinderslag	series	18.	46.51	102	47.11	23-3-2013	103%	
Maartje Beskers, 19-6-1997								-
50m vrije slag	series	7.	30.13	459	29.35	24-11-2012	95%	
200m vrije slag	series	2.	2:23.32	466	2:20.66	18-12-2011	96%	
Malou van Fessem, 22-4-2002								1
100m schoolslag	series	31.	1:50.47	182	NT		-	
50m vlinderslag	series	44.	51.84	104	54.23	9-12-2012	109%	
Marit van Uijen, 20-2-2001								1
50m vlinderslag	series	27.	40.83	212	43.95	1-3-2013	116%	
200m wisselslag	series	9.	3:13.30	267	3:13.11	17-3-2013	100%	
Max Botermans, 18-4-2001								1
400m vrije slag	series	11.	5:44.36	235	5:40.33	8-6-2013	98%	
100m wisselslag	series	10.	1:28.82	186	1:35.52	27-1-2013	116%	
Merel Zimmerman, 30-12-2000								1
100m schoolslag	series	24.	1:46.49	204	NT		-	
50m vlinderslag	series	38.	45.59	152	49.15	2-6-2013	116%	
Nicko Kamphuis, 8-7-1999								2
200m vrije slag	series	5.	2:05.33	498	2:10.43	2-2-2013	108%	
100m schoolslag	series	2.	1:11.28	474	1:13.70	3-2-2013	107%	
Rick Embregts, 15-6-2000								1
100m wisselslag	series	5.	1:16.23	295	1:18.67	24-11-2012	107%	
200m wisselslag	series	5.	2:45.32	295	2:43.59	17-3-2013	98%	
Ricky Yeung, 21-6-2001								-
50m vrije slag	series	27.	49.71	68	NT		-	
Romy Bakx, 26-3-2001								3
100m schoolslag	series	13.	1:39.59	249	1:39.62	9-2-2013	100%	
50m vlinderslag	series	35.	43.05	181	44.18	23-3-2013	105%	
200m wisselslag	series	8.	3:13.14	268	3:19.73	17-3-2013	107%	

Romy Hekker, 9-8-1996									1
100m schoolslag	series	20.	1:42.28	230	1:41.55	23-9-2012	99%		
50m vlinderslag	series	20.	37.40	277	38.57	29-4-2012	106%		
Ronaldo Nagtzaam, 27-8-1998									2
50m vrije slag	series	5.	26.11	469	26.82	15-12-2012	106%		
400m vrije slag	series	4.	4:43.36	423	4:54.20	23-9-2012	108%		
Ruben Vermeulen, 2-3-2001									2
50m vlinderslag	series	17.	45.54	109	47.68	23-3-2013	110%		
200m wisselslag	series	9.	3:24.64	155	4:02.20	15-4-2012	140%		
Sammy Koster, 16-1-2002									2
100m schoolslag	series	34.	1:51.53	177	1:52.20	17-3-2013	101%		
50m vlinderslag	series	42.	50.30	113	55.97	23-3-2013	124%		
Sanne van der Schans, 7-9-1996									-
100m schoolslag	series	3.	1:28.56	354	1:24.99	26-2-2012	92%		
50m vlinderslag	series	9.	34.47	353	33.22	24-11-2012	93%		
Sebastian de Been, 28-2-1993									2
200m vrije slag	series	7.	2:09.97	446	2:10.80	14-5-2011	101%		
100m rugslag	series	2.	1:05.28	421	1:07.95	22-1-2012	108%		
Timo van Helvoort, 9-10-1997									1
100m rugslag	series	8.	1:17.78	249	NT		-		
50m vlinderslag	series	12.	36.25	217	39.36	28-10-2012	118%		
100m wisselslag	series	AFGEM		-	1:20.44	21-4-2013	-		
Tom van Oorschot, 31-7-1987									2
100m schoolslag	series	6.	1:21.20	321	1:25.39	30-9-2012	111%		
50m vlinderslag	series	6.	30.44	367	31.67	20-1-2013	108%		
Vera Vermeulen, 18-4-1999									2
100m schoolslag	series	14.	1:39.84	247	1:41.42	29-1-2012	103%		
50m vlinderslag	series	30.	41.72	199	42.33	11-11-2012	103%		
One Team Swimming									-
Martijn Kornet, 26-12-1997									-
200m vrije slag	series	4.	2:04.22	511	2:03.79	29-12-2012	99%		
400m vrije slag	series	2.	4:23.36	527	4:21.55	17-11-2012	99%		
S.Z.C. Daphnia									11
Amber Verhagen, 31-10-2000									1
100m rugslag	series	30.	1:52.10	119	1:48.67	16-12-2012	94%		
100m schoolslag	series	37.	2:00.75	140	1:59.63	11-11-2012	98%		
50m vlinderslag	series	36.	44.12	168	45.90	20-1-2013	108%		
Bas Nijssen, 30-10-1989									-
100m schoolslag	series	13.	1:32.11	220	1:30.96	21-4-2013	98%		
100m wisselslag	series	7.	1:20.07	254	1:19.57	1-4-2012	99%		
Denise Sloekers, 14-4-2001									2
100m rugslag	series	29.	1:50.45	125	1:48.69	5-2-2012	97%		
100m schoolslag	series	15.	1:40.08	245	1:41.36	10-3-2013	103%		
50m vlinderslag	series	45.	52.36	100	53.56	13-3-2011	105%		
Esmee Hereijgers, 13-4-2003									1
100m vrije slag	series	7.	1:45.95	111	1:45.11	10-3-2013	98%		
50m rugslag	series	3.	53.40	111	55.04	8-6-2013	106%		
50m schoolslag	series	5.	58.91	116	49.46	10-3-2013	70%		
Femke Buijs, 8-12-2001									3
100m rugslag	series	32.	1:54.21	113	2:13.17	16-12-2012	136%		
100m schoolslag	series	39.	2:04.85	126	2:17.13	10-3-2013	121%		
50m vlinderslag	series	48.	55.73	83	1:04.48	21-4-2013	134%		
Julian Verschuren, 18-9-1997									1
100m rugslag	series	18.	1:34.00	141	1:33.18	7-4-2013	98%		
100m schoolslag	series	15.	1:36.22	193	1:33.90	30-9-2012	95%		
50m vlinderslag	series	16.	43.88	122	46.66	20-4-2013	113%		
Tijmen Ros, 23-11-1994									1
100m rugslag	series	22.	1:41.73	111	1:31.20	22-1-2012	80%		
100m schoolslag	series	22.	1:46.91	140	1:41.06	26-2-2012	89%		
50m vlinderslag	series	14.	39.74	165	40.37	17-2-2013	103%		
Tinisha Cremers, 19-12-2000									2
100m rugslag	series	34.	2:01.09	94	2:11.52	11-11-2012	118%		
100m schoolslag	series	40.	2:04.97	126	2:19.64	23-9-2012	125%		
50m vlinderslag	series	46.	53.07	96	52.95	17-2-2013	100%		

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Aniek Resink, 12-1-1995									-
50m vrije slag	series	3.	28.86	522	28.82	8-6-2011	100%		
50m vlinderslag	series	10.	34.49	353	32.27	13-6-2012	88%		
Bas van Haperen, 21-12-1998									1
200m vrije slag	series	16.	2:40.50	237	NT		-		
100m rugslag	series	14.	1:30.42	158	1:31.67	7-4-2013	103%		
Evi Huijbregts, 7-9-2000									2
50m vrije slag	series	26.	35.18	288	36.04	5-6-2013	105%		
100m schoolslag	series	25.	1:46.65	203	1:54.31	18-12-2011	115%		
IJsbrand Buijnsters, 8-1-2002									3
50m vrije slag	series	21.	34.31	207	36.43	31-8-2013	113%		
100m schoolslag	series	20.	1:40.54	169	1:42.41	31-8-2013	104%		
100m wisselslag	series	11.	1:30.49	176	1:41.43	5-6-2013	126%		
Isis Knoop, 31-3-2002									1
100m rugslag	series	20.	1:34.71	198	1:31.69	9-6-2013	94%		
100m schoolslag	series	17.	1:41.32	236	1:40.55	31-8-2013	98%		
100m wisselslag	series	16.	1:35.72	219	1:35.96	1-9-2013	101%		
Jaro Musters, 19-10-1998									3
50m vrije slag	series	14.	28.57	358	29.46	2-6-2013	106%		
100m rugslag	series	4.	1:07.39	383	1:08.70	10-3-2013	104%		
50m vlinderslag	series	8.	31.45	333	32.36	19-6-2013	106%		
Jolanda Post, 7-8-1990									2
50m vrije slag	series	1.	27.07	633	28.50		111%		
400m vrije slag	series	8.	5:19.40	397	5:10.00		94%		
50m vlinderslag	series	1.	30.16	528	32.00		113%		
Jordy Rens, 23-5-1999									2
400m vrije slag	series	10.	5:29.33	269	6:00.57	30-8-2013	120%		
100m wisselslag	series	6.	1:16.43	292	1:16.77	1-9-2013	101%		
Karin Potters, 7-3-1999									-
50m vrije slag	series	29.	36.41	260	35.49	16-12-2012	95%		
100m schoolslag	series	16.	1:41.13	238	1:40.46	10-3-2013	99%		
50m vlinderslag	series	41.	49.14	122	47.15	19-6-2013	92%		
Martino Valentijn, 7-12-1994									2
400m vrije slag	series	8.	5:07.41	331	5:10.58	30-9-2012	102%		
50m vlinderslag	series	9.	31.57	329	32.18	17-2-2013	104%		
Nadja Wortel, 24-10-1998									-
400m vrije slag	series	5.	5:07.61	445	5:07.48	30-8-2013	100%		
100m wisselslag	series	1.	1:11.26	531	1:10.01	23-6-2013	97%		
Sanne van Gelder, 20-4-1998									1
200m vrije slag	series	3.	2:23.61	463	2:24.84	31-8-2013	102%		
400m vrije slag	series	7.	5:11.74	427	5:11.53	30-8-2013	100%		
Selene Wortel, 15-1-1997									2
50m vrije slag	series	2.	28.14	564	28.42	5-6-2013	102%		
400m vrije slag	series	1.	4:49.66	533	5:03.27	30-8-2013	110%		
Timo Musters, 19-10-1998									2
50m vrije slag	series	11.	28.42	364	29.11	5-6-2013	105%		
400m vrije slag	series	6.	4:59.47	358	NT		-		
100m schoolslag	series	8.	1:21.86	313	1:24.03	13-1-2013	105%		
ZC AquaDream									3
Lilianne Sweere, 10-3-1997									-
50m vrije slag	series	17.	33.27	341	32.28	2-12-2012	94%		
100m rugslag	series	6.	1:20.23	326	1:16.37	16-12-2012	91%		
50m vlinderslag	series	13.	35.88	313	35.56	4-11-2012	98%		
Tessa Loos, 3-1-2002									2
50m vrije slag	series	11.	31.56	399	33.43	24-2-2013	112%		
200m vrije slag	series	7.	2:41.84	324	2:45.76	23-2-2013	105%		
100m rugslag	series	13.	1:28.04	246	1:21.68	9-6-2013	86%		
Vincent Dermaux, 18-7-1996									1
200m vrije slag	series	6.	2:05.64	494	2:06.07	15-9-2012	101%		
100m rugslag	series	3.	1:07.08	388	1:06.70	14-1-2012	99%		
100m wisselslag	series	1.	1:08.62	404	1:05.22	21-4-2013	90%		
ZPC Woerden									3
Stijn Avezaat, 19-5-1997									3
200m vrije slag	series	1.	1:56.13	626	1:59.98	17-11-2012	107%		
400m vrije slag	series	1.	4:12.49	598	4:14.36	1-2-2013	101%		
200m wisselslag	series	1.	2:15.48	536	2:16.64	22-6-2013	102%		
zv De Vennen									1
Carina Spronk, 30-12-1997									1
200m vrije slag	series	1.	2:20.70	493	2:21.98	14-4-2013	102%		
400m vrije slag	series	4.	5:05.08	456	5:04.47	30-9-2012	100%		
100m schoolslag	series	4.	1:28.84	351	1:28.73	21-4-2013	100%		

Anna Burghout, 17-2-2004									1
100m vrije slag	series	9.	2:01.23	74	NT			-	
50m schoolslag	series	7.	59.65	112	1:00.71	16-3-2013		104%	
Anna de Rade, 25-8-2003									-
50m ruqslag	series		AFGEM	-	NT			-	
50m schoolslag	series		AFGEM	-	NT			-	
Antwan Duyzer, 24-6-1994									-
100m schoolslag	series		AFGEM	-	1:21.20	18-2-2012		-	
50m vlinderslag	series		AFGEM	-	36.33	7-4-2013		-	
Bram van de Water, 24-7-1995									-
50m vrije slag	series	2.	25.52	503	25.26	30-12-2012		98%	
200m vrije slag	series	10.	2:11.80	428	2:07.04	24-3-2012		93%	
Brian Kramer, 20-6-2002									1
100m rugslag	series	23.	1:58.16	71	NT			-	
100m wisselslag	series	15.	1:51.39	94	2:16.13	1-4-2012		149%	
Christel Kramer, 29-4-1999									2
50m vrije slag	series	6.	30.08	461	30.82	7-4-2013		105%	
100m ruqslag	series	4.	1:19.19	339	1:19.96	16-12-2012		102%	
Daan van de Water, 9-2-2000									2
100m ruqslag	series	19.	1:34.44	139	1:35.51	6-10-2012		102%	
100m wisselslag	series	12.	1:33.18	161	1:36.76	24-3-2012		108%	
Davina Branderhorst, 2-2-1996									-
100m ruqslag	series		AFGEM	-	1:16.03	18-2-2012		-	
50m vlinderslag	series		AFGEM	-	34.73	11-2-2012		-	
Derrek Koekkoek, 20-7-2003									2
100m vrije slag	series	2.	1:32.04	116	1:42.77	7-4-2013		125%	
50m schoolslag	series	1.	51.36	118	52.25	20-1-2013		103%	
Emiel Smits, 1-10-1996									-
100m rugslag	series	12.	1:22.97	205	1:18.94	7-4-2013		91%	
100m schoolslag	series	6.	1:21.20	321	1:18.66	11-11-2012		94%	
Esmee van der Pluym, 22-4-2001									2
50m vrije slag	series	33.	39.45	204	39.94	2-2-2013		102%	
100m ruqslag	series	28.	1:46.31	140	1:52.20	22-1-2012		111%	
Ida van de Water, 4-7-1997									-
100m rugslag	series	5.	1:19.94	329	1:17.67	22-1-2012		94%	
50m vlinderslag	series	4.	33.35	390	32.09	27-11-2011		93%	
Ilja van der Stelt, 12-11-2002									-
100m rugslag	series	26.	1:42.22	157	NT			-	
100m wisselslag	series	15.	1:35.19	223	NT			-	
Ilona Swart, 12-11-2003									2
50m rugslag	series	1.	48.42	149	55.25	25-2-2012		130%	
50m schoolslag	series	2.	53.43	156	56.64	11-11-2012		112%	
Janno Duyzer, 9-10-1988									-
100m schoolslag	series		AFGEM	-	1:16.92	16-1-2011		-	
50m vlinderslag	series		AFGEM	-	34.98	11-3-2012		-	
Jasmijn Ten Kate, 20-3-2002									-
50m vrije slag	series		AFGEM	-	48.46	16-3-2013		-	
100m ruqslag	series		AFGEM	-	2:05.79	20-1-2013		-	
Jasmine Kramer, 4-2-1997									1
100m schoolslag	series	21.	1:42.36	229	1:41.94	19-3-2011		99%	
100m wisselslag	series	14.	1:32.18	245	1:32.88	16-3-2013		102%	
Kaylie Branderhorst, 19-9-2002									2
100m rugslag	series	33.	1:54.76	111	1:58.60	20-1-2013		107%	
100m wisselslag	series	20.	1:52.18	136	1:54.23	11-11-2012		104%	
Lars Duijnhouwer, 6-11-1991									-
100m schoolslag	series		AFGEM	-	1:09.92	15-1-2012		-	
50m vlinderslag	series		AFGEM	-	30.48	29-10-2011		-	
Luuk Heijstek, 9-4-2000									1
100m rugslag	series	21.	1:41.44	112	1:51.04	11-11-2012		120%	
100m wisselslag	series	14.	1:35.38	150	NT			-	
Mandy Swart, 24-11-1999									1
100m rugslag	series	18.	1:30.75	225	1:28.82	11-11-2012		96%	
100m wisselslag	series	13.	1:29.98	264	1:31.22	30-9-2012		103%	
Olivier Koekkoek, 20-7-2005									2
50m rugslag	series	7.	1:02.47	47	1:13.52	20-1-2013		139%	
50m schoolslag	series	8.	1:00.47	72	1:01.35	16-3-2013		103%	
Pim Scheffer, 25-2-1992									-
50m vrije slag	series	4.	25.95	478	25.58	27-11-2011		97%	
200m vrije slag	series	8.	2:10.16	444	2:05.82	18-12-2011		93%	
Roos Suppers, 2-1-2005									-
100m vrije slag	series	8.	1:53.36	91	NT			-	
50m schoolslag	series	6.	59.42	113	NT			-	
Ruben Kant, 6-11-1997									-
100m ruqslag	series	11.	1:21.64	215	1:18.86	18-12-2011		93%	
50m vlinderslag	series	11.	33.02	287	32.96	5-1-2013		100%	

Sanne van der Stelt, 4-9-1993								-
100m rugslag	series	7.	1:20.24	326	1:14.96	18-12-2011	87%	
50m vlinderslag	series	6.	34.07	366	32.93	27-11-2011	93%	
Sasha Maas, 8-9-2001								2
100m rugslag	series	25.	1:39.98	168	1:42.67	24-3-2012	105%	
100m wisselslag	series	17.	1:35.73	219	1:50.02	25-2-2012	132%	
Tabitha de Ruijter, 15-6-1999								1
50m vrije slag	series	18.	33.27	341	32.90	27-11-2011	98%	
100m rugslag	series	12.	1:24.97	274	1:25.44	6-10-2012	101%	
Vera van der Stelt, 1-6-1997								-
100m schoolslag	series	5.	1:29.11	348	1:26.45	8-1-2011	94%	
50m vlinderslag	series	12.	35.36	327	34.44	23-2-2013	95%	
Walter van der Stelt, 16-6-1994								-
100m schoolslag	series	4.	1:15.83	394	1:12.23	24-3-2012	91%	
50m vlinderslag	series	3.	28.64	441	28.06	27-11-2011	96%	
Zwemvereniging de Flippers								5
Bart de Bruijn, 1-1-2000								2
50m vrije slag	series	18.	33.03	232	33.50	2-12-2012	103%	
200m wisselslag	series	8.	3:13.78	183	3:18.89	16-12-2012	105%	
Jordi Martens, 26-8-1999								1
50m vrije slag	series	17.	30.67	289	31.26	10-3-2013	104%	
100m rugslag	series	13.	1:23.55	200	1:23.10	16-12-2012	99%	
200m wisselslag	series	6.	2:57.92	236	NT		-	
Lieke Kranenkamp, 31-7-1998								2
50m vrije slag	series	28.	36.13	266	36.75	30-1-2011	103%	
100m rugslag	series	17.	1:30.63	226	1:37.50		116%	
Lizet Elsten, 13-7-1989								-
50m vrije slag	series	27.	35.63	277	35.22	1-4-2012	98%	
200m wisselslag	series	11.	3:31.09	205	NT		-	
Zwemvereniging De Zilvermeeuw								4
Elise van der Velden, 8-9-2000								2
200m vrije slag	series	9.	2:50.79	275	NT		-	
100m schoolslag	series	7.	1:31.40	322	1:37.18	2-12-2012	113%	
100m wisselslag	series	10.	1:25.82	304	1:28.09	1-6-2013	105%	
Jasmijn Govaarts, 22-3-2000								-
50m vrije slag	series	34.	40.84	184	39.60	20-1-2013	94%	
100m schoolslag	series	26.	1:47.06	200	NT		-	
Jordi van Paassen, 13-8-1996								-
100m schoolslag	series	17.	1:38.27	181	1:33.74	10-3-2013	91%	
100m wisselslag	series	9.	1:25.53	209	1:21.41	11-11-2012	91%	
Sofie van der Velden, 13-5-2005								2
100m vrije slag	series	10.	2:01.90	73	NT		-	
50m rugslag	series	6.	56.80	92	1:08.84	20-1-2013	147%	
50m schoolslag	series	9.	1:01.07	104	1:10.30	1-6-2013	133%	