

## Verbetering zwemmer - Details

## Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR	
De Krabben									-
De Zilvermeeuw									-
Hieronymus									64
Andy van Akkeren, 23-3-1995									-
200m vrije slag	series	1.	2:09.79	448	2:02.14		89%		
400m vrije slag	series	1.	4:33.75	466	4:28.42		96%		
100m schoolslag	series	3.	1:17.07	375	1:12.36	23-2-2014	88%		
50m vlinderslag	series	4.	29.70	395	28.07	19-1-2014	89%		
Anne van Loon, 24-2-2002									-
100m vrije slag	series	1.	1:26.79	203	1:24.76	16-2-2014	95%		
50m schoolslag	series	2.	47.00	230	45.06	19-1-2014	92%		
Bas Erdmann, 23-3-2000									2
50m vrije slag	series	1.	28.99	343	29.84		106%		
50m vlinderslag	series	1.	31.39	334	32.79		109%		
Bram van Ginneken, 20-10-1995									1
1500m vrije slag	series	1.	20:08.93	347	20:19.57		102%		
Ceylan Dursun, 14-6-1996									1
400m vrije slag	series	2.	4:55.17	501	4:55.82		100%		
50m vlinderslag	series	AFGEM		-	31.18		-		
Christel Brugmans, 12-12-2000									3
50m vrije slag	series	1.	29.16	506	29.48	31-1-2014	102%		
200m vrije slag	series	1.	2:24.05	459	2:34.34	16-2-2014	115%		
400m vrije slag	series	2.	5:14.07	416	5:14.24	16-2-2014	100%		
Coen de Bruijn, 6-7-1992									2
100m vrije slag	series	2.	53.15	604	53.07		100%		
50m schoolslag	series	1.	28.74	678	29.23	12-1-2014	103%		
100m schoolslag	series	1.	1:03.25	679	1:02.67		98%		
50m vlinderslag	series	2.	26.14	580	26.61	19-1-2014	104%		
Cédric Broere, 13-12-1999									3
50m vrije slag	series	1.	25.32	515	25.40	28-6-2014	101%		
100m vrije slag	series	1.	56.48	503	56.46	2-2-2014	100%		
200m vrije slag	series	1.	2:07.09	478	2:13.13		110%		
400m vrije slag	series	1.	4:33.86	465	5:12.61		130%		
50m schoolslag	series	1.	34.71	384	33.32	28-6-2014	92%		
50m vlinderslag	series	1.	28.72	437	28.52		99%		
100m vlinderslag	series	1.	1:09.92	333	1:04.63	12-1-2014	85%		
Daan Trinh, 28-4-2004									1
100m vrije slag	series	6.	1:44.02	80	1:38.73	14-6-2014	90%		
100m schoolslag	series	12.	2:01.19	96	2:04.62	15-12-2013	106%		
100m wisselslag	series	6.	1:50.49	96	1:49.50	30-3-2014	98%		
Elise van der Velden, 8-9-2000									1
200m vrije slag	series	3.	2:46.22	299	2:50.79		106%		
400m vrije slag	series	3.	5:56.88	283	NT		-		
100m schoolslag	series	1.	1:29.22	341	1:27.75	11-1-2014	97%		
100m vlinderslag	series	1.	1:31.58	217	NT		-		
200m wisselslag	series	3.	3:13.14	259	3:08.68	16-3-2014	95%		
Esmee Hereijgers, 13-4-2003									2
100m vrije slag	series	2.	1:28.97	188	1:29.70	16-3-2014	102%		
50m rugslag	series	1.	44.53	192	45.13	21-4-2014	103%		
50m schoolslag	series	5.	50.23	188	47.83	22-6-2014	91%		
Eva van Ginneken, 10-1-1998									1
100m vrije slag	series	2.	1:03.44	519	1:02.02	11-1-2014	96%		
400m vrije slag	series	1.	4:50.72	524	5:06.00	8-3-2014	111%		
200m wisselslag	series	1.	2:37.88	475	2:33.43		94%		
Gerwin Konings, 26-6-2004									1
100m vrije slag	series	9.	1:50.61	67	1:53.43	6-4-2014	105%		
100m schoolslag	series	NG		-	NT		-		
100m wisselslag	series	NG		-	NT		-		
Jan Douwe Postmus, 17-9-2002									1
100m vrije slag	series	2.	1:30.86	120	1:34.57	16-3-2014	108%		
100m wisselslag	series	1.	1:56.47	82	1:50.84		91%		
Janne Englebort, 4-3-2001									5
50m vrije slag	series	2.	30.73	288	31.87	13-4-2014	108%		
200m vrije slag	series	1.	2:24.09	327	2:31.35		110%		
400m vrije slag	series	1.	5:06.22	332	5:15.14	16-2-2014	106%		
100m vlinderslag	series	1.	1:23.21	197	1:33.68	8-3-2014	127%		
100m wisselslag	series	1.	1:19.99	254	1:20.22	1-6-2014	101%		

Jordi van Akkeren, 16-9-1996											
200m schoolslag	series	1.	3:20.18	219	2:47.48		70%				-
Julia van Loon, 17-2-2005											-
100m schoolslag	series	6.	1:56.21	154	NT		-				-
100m wisselslag	series	9.	2:02.79	102	NT		-				-
Karlijn Spijker, 17-12-1999											-
50m vrije slag	series	AFGEM		-	32.14	23-2-2014		-			-
Kelly van Dongen, 21-3-2000											1
50m vrije slag	series	2.	32.79	356	32.32	1-6-2014	97%				
200m vrije slag	series	4.	2:47.04	294	2:50.13	16-2-2014	104%				
400m vrije slag	series	4.	6:03.32	268	5:52.14	16-2-2014	94%				
100m schoolslag	series	2.	1:30.39	328	1:29.29	16-2-2014	98%				
50m vlinderslag	series	2.	41.38	204	39.86	13-4-2014	93%				
Kevin Kersten, 21-2-2003											1
100m vrije slag	series	3.	1:31.72	117	1:36.28	16-2-2014	110%				
50m rugslag	series	1.	51.84	82	48.16		86%				
50m schoolslag	series	2.	54.01	102	49.97	19-1-2014	86%				
Kim Becx, 11-3-2003											2
100m vrije slag	series	4.	1:32.16	169	1:30.63	16-3-2014	97%				
50m rugslag	series	4.	48.88	145	51.09	26-1-2014	109%				
50m schoolslag	series	4.	49.66	195	50.29	16-3-2014	103%				
Kimberly Bernaards, 12-1-2001											3
50m vrije slag	series	3.	33.57	331	33.93	13-4-2014	102%				
400m vrije slag	series	5.	6:30.24	217	6:23.63		97%				
100m rugslag	series	1.	1:24.37	280	1:24.42	12-1-2014	100%				
100m vlinderslag	series	2.	1:34.57	197	1:33.75	8-3-2014	98%				
200m wisselslag	series	2.	3:08.17	280	3:15.70		108%				
Lars Kammers, 19-5-2001											-
100m vrije slag	series	1.	1:18.58	187	1:14.15	22-6-2014	89%				
400m vrije slag	series	2.	5:49.21	224	5:39.09	13-4-2014	94%				
50m rugslag	series	1.	38.91	196	38.77	23-2-2014	99%				
100m rugslag	series	1.	1:24.36	195	1:21.74	11-1-2014	94%				
50m schoolslag	series	2.	45.68	168	44.52	21-4-2014	95%				
Laura Looy, 12-8-2003											1
50m rugslag	series	3.	47.18	161	49.31	16-3-2014	109%				
50m schoolslag	series	6.	53.73	154	53.59	22-6-2014	99%				
Laura van Dijke, 22-1-1998											-
50m rugslag	series	2.	36.35	353	36.07		98%				
100m wisselslag	series	1.	1:16.85	417	1:15.00		95%				
Levi Brouwers, 20-10-2002											-
50m vrije slag	series	1.	38.19	150	34.18	22-6-2014	80%				
50m rugslag	series	NG		-	41.33	21-4-2014	-				
100m rugslag	series	NG		-	1:26.95	14-6-2014	-				
50m vlinderslag	series	1.	45.00	113	43.25	21-4-2014	92%				
100m vlinderslag	series	NG		-	1:37.22	15-6-2014	-				
Lieke Konings, 16-2-2005											-
100m vrije slag	series	10.	1:53.97	89	NT		-				
100m schoolslag	series	10.	1:58.09	147	NT		-				
Lisa Trinh, 16-12-2000											-
50m vlinderslag	series	1.	39.62	233	39.35	19-1-2014	99%				
Lotte van Ineveld, 2-12-2003											-
100m vrije slag	series	5.	1:47.57	106	NT		-				
50m schoolslag	series	7.	1:02.03	100	59.34	22-6-2014	92%				
Luka de Neef, 3-1-2004											1
100m vrije slag	series	1.	1:17.84	281	1:17.56	14-6-2014	99%				
100m schoolslag	series	1.	1:31.90	312	1:33.33	15-6-2014	103%				
Max van Zeijl, 11-2-2004											2
100m vrije slag	series	7.	1:48.41	71	1:49.78	16-3-2014	103%				
100m schoolslag	series	5.	1:52.35	121	NT		-				
100m wisselslag	series	8.	1:52.41	91	2:07.12	26-1-2014	128%				
Nick Vissers, 3-10-1999											4
100m vrije slag	series	2.	1:01.24	395	1:05.82		116%				
200m vrije slag	series	3.	2:21.39	347	2:25.12	4-5-2014	105%				
100m rugslag	series	1.	1:12.81	303	1:14.11	16-2-2014	104%				
100m schoolslag	series	2.	1:26.31	267	1:30.69		110%				
Niels van Beers, 18-3-1999											3
50m rugslag	series	2.	35.18	265	34.95	21-4-2014	99%				
50m schoolslag	series	2.	36.28	337	37.35	1-6-2014	106%				
100m schoolslag	series	1.	1:18.69	352	1:20.77	1-6-2014	105%				
50m vlinderslag	series	3.	33.01	288	54.17		269%				
Nienke Jonk, 21-1-2002											5
200m vrije slag	series	1.	2:23.17	468	2:29.96	1-2-2014	110%				
400m vrije slag	series	1.	5:19.74	394	5:34.12	8-3-2014	109%				
200m rugslag	series	1.	2:46.29	376	2:59.19		116%				
100m vlinderslag	series	1.	1:13.94	412	1:18.10	11-1-2014	112%				
200m wisselslag	series	1.	2:47.75	396	2:49.14	1-2-2014	102%				

Nienke van den Hout, 15-2-2004								-
100m schoolslag	series	4.	1:51.90	173	NT			-
Owen van Aalst, 27-3-2005								1
100m vrije slag	series	8.	1:48.54	70	NT			-
100m schoolslag	series	3.	1:50.75	126	1:49.02	6-4-2014	97%	
100m wisselslag	series	4.	1:47.56	104	1:49.37	30-3-2014	103%	
Ramon Verhulst, 5-3-1996								-
50m vrije slag	series	2.	26.39	455	25.44	13-4-2014	93%	
50m vlinderslag	series	3.	27.73	485	27.44		98%	
Saad Danjaoui, 20-12-2004								1
100m vrije slag	series	3.	1:37.58	97	1:30.99	14-6-2014	87%	
100m schoolslag	series	9.	1:57.80	105	1:59.53	14-6-2014	103%	
100m wisselslag	series	3.	1:45.82	110	1:42.40	1-6-2014	94%	
Sander van Akkeren, 11-12-1999								1
200m vrije slag	series	5.	2:38.18	247	2:43.03	16-2-2014	106%	
50m vlinderslag	series	4.	39.70	165	38.97	13-4-2014	96%	
Sanne Rebers, 26-9-1999								2
50m rugslag	series	1.	34.80	402	34.64	1-6-2014	99%	
100m rugslag	series	2.	1:16.37	378	1:16.24	13-4-2014	100%	
200m rugslag	series	1.	2:42.80	400	2:43.84	16-2-2014	101%	
200m wisselslag	series	2.	2:44.76	418	2:46.24	30-3-2014	102%	
Sanne Scheepers, 4-9-2003								-
100m vrije slag	series	3.	1:31.46	173	NT			-
50m rugslag	series	2.	45.27	182	NT			-
50m schoolslag	series	3.	47.95	216	46.90	22-6-2014	96%	
Sebastiaan Broere, 8-11-1998								2
100m vrije slag	series	6.	1:13.06	232	1:09.19	12-1-2014	90%	
50m rugslag	series	3.	37.76	214	37.87	1-2-2014	101%	
100m rugslag	series	2.	1:20.37	225	1:20.85	1-2-2014	101%	
50m schoolslag	series	3.	43.92	190	42.96	16-2-2014	96%	
Senna Lindenberg, 5-12-1999								3
50m vrije slag	series	1.	28.86	522	28.94		101%	
100m vrije slag	series	1.	1:03.34	522	1:03.73	11-1-2014	101%	
50m schoolslag	series	2.	37.81	441	37.16		97%	
100m schoolslag	series	AFGEM		-	1:22.04	11-1-2014	-	
50m vlinderslag	series	1.	33.35	390	34.63		108%	
Steijn Louter, 19-5-2005								-
100m vrije slag	series	AFGEM		-	1:18.34	14-6-2014	-	
100m schoolslag	series	AFGEM		-	1:45.90	14-6-2014	-	
100m wisselslag	series	AFGEM		-	1:30.88	15-6-2014	-	
Steyn Nieuwstad, 21-3-2001								1
200m vrije slag	series	3.	2:42.34	229	2:50.29	16-2-2014	110%	
50m schoolslag	series	1.	43.93	189	43.06		96%	
50m vlinderslag	series	2.	44.07	121	44.02	1-6-2014	100%	
100m wisselslag	series	2.	1:28.80	186	1:28.24	22-6-2014	99%	
Stijn Nagtzaam, 15-11-2000								2
50m vrije slag	series	3.	32.26	249	33.38	30-3-2014	107%	
200m vrije slag	series	2.	2:32.69	275	2:46.88		119%	
Sven ten Hove, 19-7-2005								-
100m vrije slag	series	4.	1:39.86	91	1:30.88	14-6-2014	83%	
100m schoolslag	series	7.	1:57.34	106	NT		-	
100m wisselslag	series	2.	1:45.65	110	1:39.98	1-6-2014	90%	
Valesca van den Bogert, 6-4-2001								3
200m vrije slag	series	2.	2:28.26	421	2:55.82		141%	
400m vrije slag	series	1.	5:05.54	452	5:59.09		138%	
200m rugslag	series	1.	2:38.70	432	NT		-	
200m wisselslag	series	1.	2:43.71	426	2:49.87	25-5-2014	108%	
Wessel Heijnemans, 16-4-2003								-
50m vrije slag	series	2.	38.79	143	33.66		75%	
100m vrije slag	series	1.	1:20.22	175	1:15.85	14-6-2014	89%	
50m schoolslag	series	1.	46.05	164	43.42	22-6-2014	89%	
100m schoolslag	series	2.	1:39.69	173	1:38.19	15-6-2014	97%	
Wimar Lindenberg, 8-12-1996								1
50m vrije slag	series	1.	24.64	559	23.78		93%	
100m vrije slag	series	1.	52.88	613	51.62		95%	
50m schoolslag	series	2.	29.07	655	28.89		99%	
100m schoolslag	series	2.	1:12.45	452	1:03.44		77%	
50m vlinderslag	series	1.	25.99	590	26.06		101%	

SBC2000

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Wzv

<b>Ally Geers, 28-9-2004</b>								<b>2</b>
100m schoolslag	series	2.	1:45.72	205	1:47.10	5-1-2014	103%	
100m wisselslag	series	1.	1:40.14	188	1:40.94	6-7-2014	102%	
<b>Isabel van Gessel, 14-3-2005</b>								<b>-</b>
100m vrije slag	series	5.	1:43.55	119	1:38.76	14-6-2014	91%	
100m schoolslag	series	11.	2:00.14	139	1:59.06	5-7-2014	98%	
100m wisselslag	series	7.	1:51.71	136	1:49.79	15-6-2014	97%	
<b>Jade Hoppenbrouwers, 1-6-2003</b>								<b>1</b>
50m schoolslag	series	1.	42.09	320	41.78	19-1-2014	99%	
100m wisselslag	series	1.	1:27.74	280	1:26.53	6-7-2014	97%	
200m wisselslag	series	2.	3:17.75	241	3:24.20	8-12-2013	107%	
<b>Niels Geertsma, 28-5-2004</b>								<b>3</b>
100m vrije slag	series	2.	1:34.25	108	1:39.23	14-6-2014	111%	
100m schoolslag	series	8.	1:57.41	106	2:04.00	14-6-2014	112%	
100m wisselslag	series	5.	1:48.09	103	1:50.89	15-6-2014	105%	
<b>Z &amp; Pc Dio</b>								<b>13</b>
<b>Bas van Haperen, 21-12-1998</b>								<b>2</b>
100m vrije slag	series	4.	1:02.58	370	1:05.67	22-6-2014	110%	
1500m vrije slag	series	2.	20:49.78	314	NT	-	-	
200m rugslag	series	2.	2:33.73	328	2:47.14	16-2-2014	118%	
50m vlinderslag	series	2.	32.62	298	32.24	11-6-2014	98%	
<b>IJsbrand Buijnsters, 8-1-2002</b>								<b>1</b>
200m vrije slag	series	1.	2:38.84	244	2:58.56	26-1-2014	126%	
100m schoolslag	series	1.	1:33.58	209	1:32.79	14-6-2014	98%	
<b>Jaro Musters, 19-10-1998</b>								<b>1</b>
200m vrije slag	series	2.	2:15.26	396	2:21.75	6-10-2013	110%	
400m vrije slag	series	2.	4:59.20	356	NT	-	-	
50m rugslag	series	1.	29.49	450	29.47	11-6-2014	100%	
200m rugslag	series	1.	2:23.81	401	2:22.77	23-2-2014	99%	
<b>Jordy Rens, 23-5-1999</b>								<b>4</b>
50m vrije slag	series	2.	27.66	395	28.47	8-12-2013	106%	
100m vrije slag	series	5.	1:03.39	356	1:03.17	22-6-2014	99%	
200m vrije slag	series	4.	2:21.51	346	2:29.32	13-4-2014	111%	
400m vrije slag	series	3.	5:23.52	282	5:29.33	22-9-2013	104%	
100m wisselslag	series	1.	1:12.67	339	1:13.66	22-6-2014	103%	
<b>Martino Valentijn, 7-12-1994</b>								<b>-</b>
100m vrije slag	series	3.	1:02.49	371	1:00.91	11-3-2012	95%	
400m vrije slag	series	2.	5:12.57	313	5:03.06	6-10-2013	94%	
50m schoolslag	series	3.	34.87	379	34.41	30-12-2013	97%	
100m schoolslag	series	4.	1:17.86	364	1:16.78	6-10-2013	97%	
50m vlinderslag	series	5.	32.34	306	31.07	28-12-2013	92%	
<b>Nadja Wortel, 24-10-1998</b>								<b>2</b>
50m vrije slag	series	2.	29.27	500	28.71	30-12-2013	96%	
400m vrije slag	series	2.	4:56.25	496	5:07.48	30-8-2013	108%	
50m schoolslag	series	1.	37.16	465	35.31	4-6-2014	90%	
200m schoolslag	series	1.	2:57.16	438	2:57.20	16-2-2014	100%	
100m vlinderslag	series	1.	1:15.86	382	1:12.49	11-1-2014	91%	
<b>Sanne van Gelder, 20-4-1998</b>								<b>-</b>
100m vrije slag	series	3.	1:05.45	473	1:04.99	8-12-2013	99%	
400m vrije slag	series	3.	5:04.66	456	4:58.86	14-12-2013	96%	
100m rugslag	series	1.	1:16.11	382	1:13.72	12-1-2014	94%	
<b>Selene Wortel, 15-1-1997</b>								<b>1</b>
50m vrije slag	series	1.	28.52	541	27.95	4-6-2014	96%	
100m vrije slag	series	1.	1:01.30	576	1:00.92	11-1-2014	99%	
200m vrije slag	series	1.	2:13.80	573	2:16.74	19-1-2014	104%	
400m vrije slag	series	1.	4:51.78	519	4:49.66	22-9-2013	99%	
50m schoolslag	series	1.	35.81	520	35.13	4-6-2014	96%	
<b>Timo Musters, 19-10-1998</b>								<b>2</b>
100m vrije slag	series	3.	1:02.40	373	1:02.59	19-1-2014	101%	
1500m vrije slag	series	1.	20:33.85	327	NT	-	-	
200m schoolslag	series	1.	2:55.24	326	2:56.89	16-2-2014	102%	
<b>ZDF</b>								<b>-</b>