

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Hieronymus								44
Amber Saabeel, 8-11-2005								1
400m vrije slag	series	27.	8:37.07	93	NT		-	
50m rugslag	series	21.	50.08	134	51.66	20-3-2016	106%	
Berend van der Schrier, 10-4-2006								-
50m vlinderslag	series	4.	53.86	66	51.53	13-12-2015	92%	
100m wisselslag	series	4.	1:54.65	86	1:48.19	17-4-2016	89%	
Bibi de Jong, 2-1-2004								3
400m vrije slag	series	10.	6:08.57	257	7:15.75		140%	
50m rugslag	series	6.	40.39	256	42.79	17-1-2016	112%	
200m schoolslag	series	5.	3:27.42	273	3:43.51	11-10-2015	116%	
Daan Trinh, 28-4-2004								2
400m vrije slag	series	9.	5:27.97	271	5:38.21	11-6-2016	106%	
50m rugslag	series	3.	35.20	251	37.30	28-3-2016	112%	
200m schoolslag	series	6.	3:13.79	240	NT		-	
Daniel van Hassel, 3-12-2006								1
50m vlinderslag	series	5.	1:06.20	35	1:15.26	24-4-2016	129%	
Daphne Vroege, 27-9-2006								-
400m vrije slag	series	4.	7:01.78	171	NT		-	
200m schoolslag	series	2.	3:48.27	204	NT		-	
Dion Potters, 17-12-2006								2
50m vlinderslag	series	1.	42.75	132	45.93	12-6-2016	115%	
100m wisselslag	series	2.	1:31.70	168	1:41.23	17-4-2016	122%	
Elise Voll, 31-12-2005								2
400m vrije slag	series	19.	6:42.77	197	7:05.07		111%	
50m rugslag	series	14.	45.62	178	47.37	24-4-2016	108%	
200m schoolslag	series	10.	3:39.92	229	NT		-	
Esmee de Volder, 25-10-2004								1
400m vrije slag	series	5.	5:57.86	281	NT		-	
50m rugslag	series	3.	38.96	286	40.94	29-5-2016	110%	
200m schoolslag	series	9.	3:38.49	233	NT		-	
Esmee Hereijgers, 13-4-2003								2
400m vrije slag	series	3.	5:31.50	354	5:33.16	6-3-2016	101%	
50m rugslag	series	1.	37.04	332	37.40	29-11-2015	102%	
200m schoolslag	series	4.	3:24.92	283	NT		-	
Floortje Bartels, 7-9-2006								-
400m vrije slag	series	5.	7:22.11	149	NT		-	
200m schoolslag	series	3.	3:50.81	198	NT		-	
Félinn van Lienden, 7-6-2006								-
400m vrije slag	series	3.	7:00.90	172	NT		-	
200m schoolslag	series	4.	3:57.04	182	NT		-	
Heidi van Dijke, 28-8-2003								1
400m vrije slag	series	20.	6:54.36	181	NT		-	
50m rugslag	series	5.	40.10	262	40.73	29-5-2016	103%	
200m schoolslag	series	15.	3:49.02	202	NT		-	
Isa Bakker, 3-9-2003								-
400m vrije slag	series	24.	7:16.78	154	NT		-	
Jan Douwe Postmus, 17-9-2002								3
400m vrije slag	series	18.	6:40.67	148	7:41.80		133%	
50m rugslag	series	16.	43.99	128	44.75	17-4-2016	103%	
200m schoolslag	series	13.	3:55.93	133	4:34.50		135%	
Janne Englebert, 4-3-2001								1
400m vrije slag	series	1.	4:24.31	517	4:31.55	16-6-2016	106%	
50m rugslag	series	2.	32.04	333	31.35	8-11-2015	96%	
200m schoolslag	series	1.	2:56.35	318	2:53.01	26-6-2016	96%	
Job Erdmann, 7-9-2003								-
400m vrije slag	series	11.	5:39.81	243	5:38.06	6-3-2016	99%	
50m rugslag	series	12.	41.54	153	40.12	26-6-2016	93%	
200m schoolslag	series	8.	3:28.78	192	3:27.56	17-1-2016	99%	
Jolie Frik, 7-1-2009								-
100m rugslag	series	2.	2:02.60	90	NT		-	
50m vlinderslag	series	2.	1:10.19	41	NT		-	
Julia van Loon, 17-2-2005								-
400m vrije slag	series	21.	6:55.37	179	NT		-	
50m rugslag	series	20.	47.96	153	46.69	14-5-2016	95%	
200m schoolslag	series	13.	3:46.93	208	NT		-	
Kim Becx, 11-3-2003								1
400m vrije slag	series	4.	5:44.33	315	5:40.18	6-3-2016	98%	
50m rugslag	series	7.	40.65	251	42.42	17-1-2016	109%	
200m schoolslag	series	2.	3:17.12	318	3:14.49	17-1-2016	97%	

Min/Jun deel 1
 Roosendaal, 18-9-2016

Kim Vriens, 14-2-2004									2
400m vrije slag	series	14.	6:11.58	251	NT			-	
50m rugslag	series	2.	38.42	298	41.25	29-11-2015		115%	
200m schoolslag	series	3.	3:19.24	308	3:28.05	20-3-2016		109%	
Lars Kammers, 19-5-2001									1
400m vrije slag	series	4.	5:04.53	338	5:14.97	10-4-2016		107%	
50m rugslag	series	4.	35.21	251	34.96	18-10-2015		99%	
200m schoolslag	series	5.	3:11.69	248	3:05.01	6-3-2016		93%	
Laura Vos, 18-6-2005									1
400m vrije slag	series	26.	8:34.82	94	NT			-	
50m rugslag	series	23.	59.54	80	1:00.67	20-3-2016		104%	
Levi Brouwers, 20-10-2002									2
400m vrije slag	series	13.	5:46.81	229	6:47.07			138%	
50m rugslag	series	6.	36.56	224	37.51	26-6-2016		105%	
200m schoolslag	series	7.	3:28.59	192	NT			-	
Lieke Konings, 16-2-2005									-
400m vrije slag	series	15.	6:14.67	245	6:13.68	12-6-2016		99%	
50m rugslag	series	4.	40.01	264	39.50	29-11-2015		97%	
200m schoolslag	series	6.	3:28.95	267	NT			-	
Max Balsen Versteeg, 16-4-2003									-
400m vrije slag	series	14.	5:50.34	222	5:48.49			99%	
50m rugslag	series	14.	42.47	143	42.27			99%	
Max van Zeijl, 11-2-2004									2
400m vrije slag	series	17.	6:22.33	171	6:25.18	11-6-2016		101%	
50m rugslag	series	17.	45.08	119	47.70			112%	
200m schoolslag	series	11.	3:35.91	173	NT			-	
Merel Coljee, 12-1-2006									-
400m vrije slag	series	7.	9:35.87	67	NT			-	
200m schoolslag	series	5.	4:25.45	130	NT			-	
Mirthe Vlegels, 25-1-2005									1
400m vrije slag	series	16.	6:22.33	230	NT			-	
50m rugslag	series	8.	42.47	220	45.63	24-4-2016		115%	
200m schoolslag	series	16.	3:51.67	195	NT			-	
Mischa Beks, 27-10-2004									1
50m rugslag	series	18.	46.50	109	47.86	20-2-2016		106%	
200m schoolslag	series	14.	4:09.00	113	NT			-	
Nienke van den Hout, 25-2-2004									1
400m vrije slag	series	12.	6:10.12	254	6:36.43			115%	
50m rugslag	series	8.	42.47	220	42.00	8-11-2015		98%	
200m schoolslag	series	8.	3:36.75	239	NT			-	
Rinz van der Staal, 26-9-2007									-
100m rugslag	series	1.	1:32.41	148	1:30.20	12-6-2016		95%	
50m vlinderslag	series	1.	42.81	132	38.89	24-4-2016		83%	
Rosalie van der Bijl, 2-10-2007									1
50m vlinderslag	series	4.	58.30	73	58.95	24-4-2016		102%	
100m wisselslag	series	3.	1:52.08	129	NT			-	
Sabrina Sahebzadah, 16-3-2006									-
400m vrije slag	series	6.	8:53.07	85	NT			-	
200m schoolslag	series	6.	4:53.73	96	NT			-	
Sem Lazeroms, 24-2-2004									2
400m vrije slag	series	15.	6:01.30	202	6:43.92	24-1-2016		125%	
50m rugslag	series	13.	42.22	145	48.28	17-1-2016		131%	
200m schoolslag	series	10.	3:33.62	179	NT			-	
Sofie van der Velden, 13-5-2005									-
400m vrije slag	series	17.	6:25.50	225	NT			-	
50m rugslag	series	15.	45.92	174	44.62	6-7-2016		94%	
200m schoolslag	series	14.	3:47.99	205	NT			-	
Suzie Pellis, 30-11-2007									-
50m vlinderslag	series	1.	55.58	84	NT			-	
100m wisselslag	series	1.	1:59.49	106	NT			-	
Sven ten Hove, 19-7-2005									-
400m vrije slag	series	1.	5:38.38	246	NT			-	
200m schoolslag	series	1.	3:21.64	213	NT			-	
Teun van der Schrier, 20-9-2004									2
400m vrije slag	series	7.	5:18.86	294	5:19.30	3-7-2016		100%	
50m rugslag	series	8.	36.83	219	37.18	28-3-2016		102%	
200m schoolslag	series	4.	3:11.18	250	NT			-	
Vera Bastiaensen, 4-3-2008									-
100m rugslag	series	1.	1:54.89	109	NT			-	
50m vlinderslag	series	1.	53.80	93	NT			-	
Violette van der Bijl, 20-8-2005									2
400m vrije slag	series	23.	7:02.83	170	7:33.75	24-1-2016		115%	
50m rugslag	series	19.	47.73	155	47.84	14-5-2016		100%	
200m schoolslag	series	17.	4:09.76	156	NT			-	

Wessel Heijnemans, 16-4-2003								3
400m vrije slag	series	5.	5:05.45	335	5:13.44	4-6-2016	105%	
50m rugslag	series	7.	36.57	224	37.99	26-6-2016	108%	
200m schoolslag	series	3.	3:10.86	251	3:13.69	5-6-2016	103%	
Yara Mabrouk, 12-2-2007								-
50m vlinderslag	series	9.	1:14.38	35	1:03.85	12-6-2016	74%	
Zara van Zeijl, 13-5-2007								1
100m wisselslag	series	5.	1:53.23	125	1:56.20	12-6-2016	105%	
Zoë de Jong, 12-8-2005								2
400m vrije slag	series	22.	6:57.57	177	7:15.43	24-1-2016	109%	
50m rugslag	series	17.	46.83	164	48.04	4-10-2015	105%	
200m schoolslag	series	12.	3:44.08	216	NT		-	

Z & PC De Zeeuwse Kust									19
Amasja Marinissen, 20-11-2005									-
400m vrije slag	series	9.	7:17.45	114	NT				-
Anna Tiemersma, 16-4-2004									2
400m vrije slag	series	2.	5:12.70	421	5:17.10	16-6-2016	103%		
200m schoolslag	series	1.	3:01.20	409	3:02.92	30-1-2016	102%		
Anouck Romeijnsen, 17-11-2004									2
400m vrije slag	series	6.	5:59.85	276	6:21.65	24-4-2016	112%		
50m rugslag	series	18.	47.38	159	51.15	17-1-2016	117%		
Babet de Voogd, 19-6-2003									1
400m vrije slag	series	1.	4:54.79	503	4:58.82	24-4-2016	103%		
Barend de Voogd, 24-5-2005									-
400m vrije slag	series	2.	5:43.10	236	NT				
Bo Peeters, 27-6-2007									1
50m vlinderslag	series	2.	49.40	120	53.96	13-3-2016	119%		
Emma de Voogd, 15-1-2007									1
50m vlinderslag	series	3.	53.29	95	57.09	13-3-2016	115%		
100m wisselslag	series	2.	1:49.20	139	1:46.34	12-6-2016	95%		
Emma Siebons, 26-4-2004									1
400m vrije slag	series	8.	6:06.06	262	6:36.87	22-11-2015	118%		
Flynn Wolterman, 13-3-2003									-
400m vrije slag	series	10.	5:39.43	244	NT				
50m rugslag	series	11.	40.24	168	NT				
Guido Brink, 21-1-2002									-
200m schoolslag	series	AFGEM		-	2:34.55	30-1-2016			
Kylian Oosterveen, 21-3-2006									2
50m vlinderslag	series	2.	43.07	129	44.97	14-5-2016	109%		
100m wisselslag	series	1.	1:30.22	177	1:31.87	12-6-2016	104%		
Lieke Duijkerke, 12-6-2007									2
50m vlinderslag	series	5.	59.14	70	1:04.81	12-6-2016	120%		
100m wisselslag	series	6.	1:54.73	120	2:02.89	12-6-2016	115%		
Lotte Olko, 6-12-2007									2
50m vlinderslag	series	6.	1:00.10	66	1:00.25	12-6-2016	100%		
100m wisselslag	series	4.	1:52.85	126	1:54.14	17-4-2016	102%		
Manouk Maas, 8-3-2005									1
400m vrije slag	series	9.	6:07.84	259	6:03.99	12-6-2016	98%		
50m rugslag	series	10.	43.45	206	45.22	10-4-2016	108%		
Nathan de Bruin, 29-3-2003									1
400m vrije slag	series	8.	5:21.55	287	5:37.68	24-4-2016	110%		
Owen Riemens, 16-2-2005									-
400m vrije slag	series	4.	6:10.84	187	NT				
Presley Dean Henkes, 23-10-2005									-
400m vrije slag	series	7.	7:07.68	122	NT				
Sem Bonte, 7-6-2004									1
400m vrije slag	series	12.	5:39.92	243	5:41.16	11-6-2016	101%		
Shanna Joppe, 12-2-2006									-
400m vrije slag	series	1.	5:50.06	300	NT				
200m schoolslag	series	1.	3:23.76	288	NT				
Steyn Mosterd, 29-11-2004									2
400m vrije slag	series	16.	6:20.37	173	6:36.23	11-6-2016	109%		
50m rugslag	series	15.	43.70	131	47.17	10-4-2016	117%		
Tjeerd Bakker, 30-1-2005									-
400m vrije slag	series	5.	6:33.26	157	NT				
Vilmar Sosa Rodriguez, 28-1-2005									-
400m vrije slag	series	6.	7:07.55	122	NT				

								20
Zwemclub Koewacht								1
Aaron van Waes, 9-2-2003								
400m vrije slag	series	19.	7:11.15	119	NT	-	-	
50m rugslag	series	9.	39.31	180	40.22	6-3-2016	105%	
Amy van der Zwan, 4-8-2005								2
400m vrije slag	series	25.	7:57.69	118	8:14.61	12-6-2016	107%	
50m rugslag	series	22.	52.27	118	53.80	12-6-2016	106%	
Casper van der Zwan, 27-9-2006								1
100m wisselslag	series	5.	2:00.99	73	2:01.54	17-4-2016	101%	
Danny Poot, 29-4-2004								1
50m rugslag	series	19.	47.03	105	43.29	10-4-2016	85%	
200m schoolslag	series	9.	3:31.43	185	3:33.96	6-12-2015	102%	
Indy Kaijser, 27-8-2003								1
400m vrije slag	series	13.	6:10.95	252	NT	-	-	
50m rugslag	series	12.	44.28	194	47.03	6-3-2016	113%	
Isa de Bruijn, 29-3-2003								-
400m vrije slag	series	AFGEM	-	-	NT	-	-	
50m rugslag	series	AFGEM	-	-	37.62	10-4-2016	-	
200m schoolslag	series	AFGEM	-	-	NT	-	-	
Lotte Vandamme, 2-6-2006								-
400m vrije slag	series	2.	6:51.13	185	NT	-	-	
Maike Wauters, 3-11-2004								-
400m vrije slag	series	AFGEM	-	-	NT	-	-	
50m rugslag	series	AFGEM	-	-	47.51	17-1-2016	-	
200m schoolslag	series	AFGEM	-	-	NT	-	-	
Marit Wauters, 7-1-2007								1
50m vlinderslag	series	1.	48.63	126	48.48	12-6-2016	99%	
100m wisselslag	series	1.	1:37.50	196	1:38.98	12-6-2016	103%	
Maud Ruitenbeek, 8-10-2005								2
400m vrije slag	series	18.	6:33.18	212	6:55.42	24-1-2016	112%	
50m rugslag	series	16.	46.61	167	46.94	10-4-2016	101%	
Max Verschueren, 30-9-2007								-
100m rugslag	series	3.	1:59.64	68	NT	-	-	
50m vlinderslag	series	3.	1:00.17	47	NT	-	-	
Myrthe Wauters, 12-2-2003								-
400m vrije slag	series	11.	6:09.79	255	NT	-	-	
50m rugslag	series	13.	44.63	190	43.07	6-3-2016	93%	
200m schoolslag	series	7.	3:34.38	247	NT	-	-	
Nasca van Dijk, 17-10-2003								2
400m vrije slag	series	7.	6:00.90	274	6:11.81	22-11-2015	106%	
50m rugslag	series	11.	44.11	197	45.26	6-3-2016	105%	
200m schoolslag	series	11.	3:42.45	221	NT	-	-	
Pieter Nuijten, 25-5-2006								2
50m vlinderslag	series	3.	52.44	71	53.97	12-6-2016	106%	
100m wisselslag	series	3.	1:45.74	109	1:47.18	12-6-2016	103%	
Ralf van den Hoven, 13-9-2007								1
100m rugslag	series	2.	1:49.50	89	1:58.27	11-10-2015	117%	
50m vlinderslag	series	2.	54.23	64	49.84	12-6-2016	84%	
Rinke Hiel, 18-4-2001								2
400m vrije slag	series	2.	4:50.13	391	5:15.07	17-10-2015	118%	
50m rugslag	series	5.	35.81	238	35.87	6-12-2015	100%	
200m schoolslag	series	2.	3:08.83	259	3:08.82	4-10-2015	100%	
Roderik Vantricht, 12-7-2002								-
50m rugslag	series	AFGEM	-	-	38.91	10-4-2016	-	
200m schoolslag	series	AFGEM	-	-	NT	-	-	
Sander Provoost, 7-9-2003								1
400m vrije slag	series	6.	5:15.30	305	5:20.85	3-6-2016	104%	
50m rugslag	series	10.	39.60	176	38.97	6-3-2016	97%	
200m schoolslag	series	12.	3:48.78	146	NT	-	-	
Stijn de Rechter, 23-4-2002								2
400m vrije slag	series	3.	4:59.92	354	5:41.72	21-2-2016	130%	
50m rugslag	series	1.	31.97	335	32.60	10-4-2016	104%	
Tara Hoefijzers, 14-9-2007								-
50m vlinderslag	series	7.	1:00.38	65	NT	-	-	
Tessa Walhout, 18-2-2007								-
100m wisselslag	series	AFGEM	-	-	NT	-	-	
Wies Ruitenbeek, 17-9-2007								-
50m vlinderslag	series	8.	1:01.98	60	NT	-	-	
100m wisselslag	series	7.	1:57.47	112	1:54.38	21-5-2016	95%	
Wouter Buijs, 22-8-2005								-
400m vrije slag	series	8.	7:15.58	115	NT	-	-	
200m schoolslag	series	3.	4:43.10	77	NT	-	-	
Wouter Provoost, 24-2-2005								1
400m vrije slag	series	3.	5:58.42	207	6:01.30	21-2-2016	102%	
200m schoolslag	series	2.	3:53.11	138	NT	-	-	