

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
De Krabben								36
Britt Boogaart, 21-7-2002								2
100m vrije slag	series	4.	1:11.16	366	1:13.50	17-4-2016	107%	
100m vlinderslag	series	2.	1:21.68	298	1:25.73		110%	
Charlotte de Koning, 3-8-2001								-
100m vrije slag	series	AFGEM		-	1:36.46		-	
Christan de Koning, 14-3-1999								-
100m schoolslag	series	AFGEM		-	1:15.14	10-1-2016	-	
200m wisselslag	series	AFGEM		-	2:34.36		-	
Christy Baaij, 24-8-2002								-
100m vrije slag	series	NG		-	1:16.72	10-4-2016	-	
100m vlinderslag	series	NG		-	NT		-	
Cora van Dorst, 17-3-1991								2
200m vrije slag	series	1.	2:09.56	625	2:11.02	23-1-2016	102%	
100m rugslag	series	1.	1:10.16	482	1:12.43	6-3-2016	107%	
David Malm, 3-4-2004								1
100m vrije slag	series	4.	1:13.23	231	1:19.27	29-5-2016	117%	
200m wisselslag	series	7.	3:13.89	180	NT		-	
Diederik Colombijn, 17-11-2004								2
100m vrije slag	series	3.	1:08.00	288	1:10.82	9-10-2016	108%	
200m wisselslag	series	2.	2:58.80	230	3:08.43	12-6-2016	111%	
Effi Suijkerbuijk, 12-9-1997								-
200m vrije slag	series	9.	3:02.90	222	2:53.79		90%	
100m rugslag	series	5.	1:28.39	241	1:26.92	6-3-2016	97%	
Emma van Aalzum, 6-8-2000								1
100m schoolslag	series	5.	1:45.02	209	1:45.85	6-3-2016	102%	
200m wisselslag	series	10.	3:33.79	185	NT		-	
Femke Heimerikx, 29-9-2002								1
100m vrije slag	series	5.	1:14.85	314	1:18.47		110%	
100m vlinderslag	series	7.	1:35.53	186	NT		-	
Florian Edelenbosch, 31-10-1992								-
200m vrije slag	series	10.	2:22.81	336	NT		-	
100m rugslag	series	1.	1:12.92	301	NT		-	
Hilde de Heer, 22-9-2005								-
200m wisselslag	series	23.	3:59.04	132	NT		-	
Jaëla Goossens, 21-1-2000								1
100m schoolslag	series	1.	1:30.62	325	1:30.95	6-3-2016	101%	
200m wisselslag	series	6.	3:12.67	253	3:07.89		95%	
Kevin Kersten, 21-2-2003								1
100m vrije slag	series	6.	1:17.88	192	1:17.81		100%	
200m wisselslag	series	5.	3:10.20	191	3:31.82		124%	
Kim Kluts, 26-11-2002								2
100m vrije slag	series	1.	1:08.95	402	1:11.52	22-5-2016	108%	
100m vlinderslag	series	1.	1:20.91	307	1:25.67	10-4-2016	112%	
Kimberly Bernaards, 12-1-2001								1
100m vrije slag	series	3.	1:11.03	368	1:11.70		102%	
100m vlinderslag	series	2.	1:21.68	298	1:21.58	29-5-2016	100%	
Koen de Weert, 15-10-1996								2
200m vrije slag	series	9.	2:22.18	341	2:26.51		106%	
100m rugslag	series	2.	1:13.73	292	1:14.39	6-3-2016	102%	
Lars de Kock, 6-4-1999								2
100m schoolslag	series	3.	1:40.59	168	1:41.34	29-5-2016	101%	
200m wisselslag	series	3.	3:01.89	218	3:08.12		107%	
Leonie Heijboer, 21-7-1992								-
200m vrije slag	series	3.	2:34.34	369	2:32.50		98%	
100m rugslag	series	6.	1:33.63	203	1:29.69	6-3-2016	92%	
Lieke de Kock, 23-12-2001								-
100m vrije slag	series	6.	1:14.96	313	1:11.63		91%	
100m vlinderslag	series	5.	1:33.40	199	1:32.25	10-4-2016	98%	
Lucas Liplijn, 14-1-2001								2
100m vrije slag	series	6.	1:11.97	243	1:14.10	29-5-2016	106%	
100m vlinderslag	series	4.	1:31.81	146	1:38.18		114%	
Luna van Tilburg, 25-2-2005								2
100m vrije slag	series	1.	1:14.34	321	1:17.03	9-10-2016	107%	
200m wisselslag	series	3.	3:03.20	294	3:24.65		125%	
Maaïke van Mechelen, 26-5-2003								2
100m vrije slag	series	6.	1:19.22	265	1:27.64		122%	
200m wisselslag	series	12.	3:17.46	235	3:36.20	6-3-2016	120%	

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Marith Schuur, 5-12-1998									
100m rugslag	series	2.	1:17.37	359	NT		-		-
Melvin Giebels, 23-8-2001									2
100m vrije slag	series	1.	1:01.74	385	1:03.01	29-5-2016	104%		
100m vlinderslag	series	1.	1:18.50	234	1:20.57		105%		
Mike Corporaal, 30-5-2003									1
100m vrije slag	series	2.	1:07.94	289	1:10.66	3-7-2016	108%		
200m wisselslag	series	4.	3:03.19	214	NT		-		
Myrthe van Riet, 1-1-2003									-
100m vrije slag	series	13.	1:32.80	165	NT		-		
Nikki de Deugd, 26-7-2002									1
100m vrije slag	series	10.	1:22.30	236	1:28.80	17-4-2016	116%		
Sanne van Poelje, 29-11-1999									2
100m schoolslag	series	2.	1:36.54	269	1:41.39		110%		
200m wisselslag	series	5.	3:03.80	291	3:09.87		107%		
Shea de Vries, 17-2-2004									-
100m vrije slag	series	9.	1:29.69	125	NT		-		
200m wisselslag	series	12.	3:48.86	109	NT		-		
Tim Verheesen, 16-1-2002									2
100m vrije slag	series	4.	1:07.09	300	1:10.81		111%		
100m vlinderslag	series	3.	1:22.31	203	1:51.32		183%		
Timothy Giebels, 14-1-1999									2
100m schoolslag	series	1.	1:23.14	299	1:24.47	9-10-2016	103%		
200m wisselslag	series	1.	2:37.43	337	2:55.00		124%		
Tristan Goossens, 2-4-2002									2
100m vrije slag	series	5.	1:11.45	248	1:20.04		125%		
100m vlinderslag	series	5.	1:46.79	93	2:02.68		132%		

Hieronymus										41
Amber Saabeel, 8-11-2005										1
50m schoolslag	series	2.	50.15	189	56.20	3-7-2016	126%			
100m wisselslag	series	4.	1:51.24	132	NT		-			
Bram van Ginneken, 20-10-1995										1
200m vrije slag	series	8.	2:20.83	351	2:19.29		98%			
50m rugslag	series	6.	35.28	249	35.57	6-3-2016	102%			
Elise van der Velden, 8-9-2000										1
50m schoolslag	series	1.	37.21	463	37.91		104%			
200m wisselslag	series	1.	2:46.18	394	2:41.68	10-1-2016	95%			
Elise Voll, 31-12-2005										2
50m schoolslag	series	1.	46.62	235	46.78	3-7-2016	101%			
100m wisselslag	series	1.	1:33.98	219	1:36.72	9-10-2016	106%			
Erik Raesen, 28-10-1983										-
200m vrije slag	series	12.	2:40.31	238	2:34.30		93%			
50m rugslag	series	8.	37.25	212	36.04	6-3-2016	94%			
Esmee de Volder, 25-10-2004										1
50m vrije slag	series	1.	33.02	348	33.20	3-7-2016	101%			
200m wisselslag	series	5.	3:08.14	271	NT		-			
Fabian Sebregts, 21-3-1995										-
200m vrije slag	series	4.	2:14.17	406	2:12.39		97%			
50m rugslag	series	1.	30.71	378	30.43		98%			
Heidi van Dijke, 28-8-2003										2
50m vrije slag	series	5.	35.05	291	35.25	16-10-2016	101%			
200m wisselslag	series	10.	3:15.62	241	3:35.65		122%			
Isa Bakker, 3-9-2003										-
50m vrije slag	series	8.	40.04	195	39.41	28-3-2016	97%			
200m wisselslag	series	22.	3:57.09	135	NT		-			
Isabella Castelijns, 25-1-2001										2
100m vrije slag	series	2.	1:10.97	369	1:12.55	15-10-2016	105%			
50m vlinderslag	series	1.	37.01	285	37.80	16-10-2016	104%			
Jan Douwe Postmus, 17-9-2002										2
100m vrije slag	series	8.	1:16.40	203	1:19.86	17-4-2016	109%			
50m vlinderslag	series	2.	43.49	125	50.79	29-5-2016	136%			
Jordi van Akkeren, 16-9-1996										-
200m vrije slag	series	6.	2:18.87	366	2:15.81		96%			
50m rugslag	series	7.	36.02	234	35.52	6-3-2016	97%			
Julia van Loon, 17-2-2005										2
50m vrije slag	series	7.	35.66	276	37.09	3-7-2016	108%			
200m wisselslag	series	11.	3:17.31	235	3:23.27	11-6-2016	106%			
Karlijn Spijker, 17-12-1999										-
50m schoolslag	series	3.	42.66	307	42.02	6-3-2016	97%			
200m wisselslag	series	2.	2:53.79	344	2:45.28	10-4-2016	90%			
Kyra Musters, 23-1-1996										1
200m vrije slag	series	5.	2:37.29	349	2:41.78		106%			
50m rugslag	series	2.	40.08	262	39.64	6-3-2016	98%			
Lara van Aalst, 29-11-2002										-
100m vrije slag	series	AFGEM		-	1:22.42	17-4-2016	-			
50m vlinderslag	series	AFGEM		-	44.00	17-1-2016	-			
Laura Looy, 12-8-2003										-
50m vrije slag	series	AFGEM		-	39.23	28-3-2016	-			
Laura Vos, 18-6-2005										2
50m schoolslag	series	5.	56.29	133	1:01.34	3-7-2016	119%			
100m wisselslag	series	5.	1:58.61	109	2:01.16	9-10-2016	104%			
Linda van Zundert, 1-4-1985										1
200m vrije slag	series	8.	2:55.09	253	2:38.47		82%			
50m rugslag	series	4.	44.25	195	45.26	6-3-2016	105%			
Lisa Trinh, 16-12-2000										1
50m schoolslag	series	2.	41.97	323	41.02		96%			
200m wisselslag	series	4.	3:02.36	298	3:17.42		117%			
Lotte van Ruiten, 28-8-1985										1
200m vrije slag	series	6.	2:42.13	319	2:36.78		94%			
50m rugslag	series	1.	38.89	287	39.19	6-3-2016	102%			
Lynn Lossie, 9-2-1990										2
200m vrije slag	series	4.	2:34.55	368	2:49.30	10-4-2016	120%			
50m rugslag	series	3.	40.62	252	43.00		112%			
Max Balsen Versteeg, 16-4-2003										1
100m vrije slag	series	7.	1:15.07	214	1:17.75	9-10-2016	107%			
50m vlinderslag	series	1.	39.43	169	39.07	2-10-2016	98%			
Max van Zeijl, 11-2-2004										2
50m vrije slag	series	2.	34.91	195	35.65	3-7-2016	104%			
200m wisselslag	series	6.	3:12.99	183	3:15.51	12-6-2016	103%			
Melissa de Wit, 4-4-2003										1
50m vrije slag	series	2.	33.99	319	35.45	2-10-2016	109%			
200m wisselslag	series	4.	3:08.06	272	NT		-			

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Mischa Beks, 27-10-2004									-
50m vrije slag	series	3.	38.06	150	36.97	20-2-2016	94%		
200m wisselslag	series	11.	3:35.53	131	NT		-		
Nienke van den Hout, 25-2-2004									2
50m vrije slag	series	3.	34.04	318	35.17	3-7-2016	107%		
200m wisselslag	series	1.	3:03.01	295	3:05.74	16-10-2016	103%		
Ramon Verhulst, 5-3-1996									-
200m vrije slag	series	11.	2:32.32	277	2:03.98		66%		
50m rugslag	series	4.	32.29	325	28.17		76%		
Sander van Akkeren, 11-12-1999									2
50m schoolslag	series	1.	36.75	324	38.16	16-10-2016	108%		
200m wisselslag	series	2.	2:39.81	322	2:40.10	16-10-2016	100%		
Sara Knook, 30-8-2000									1
50m schoolslag	series	5.	49.18	200	47.14		92%		
200m wisselslag	series	9.	3:32.13	189	3:36.90		105%		
Sebastiaan Broere, 8-11-1998									1
200m vrije slag	series	2.	2:12.06	426	2:12.91	30-1-2016	101%		
50m rugslag	series	5.	34.24	273	33.63		96%		
Sem Lazeroms, 24-2-2004									2
50m vrije slag	series	1.	33.23	226	35.20	17-4-2016	112%		
200m wisselslag	series	3.	2:59.11	229	3:17.72	12-6-2016	122%		
Sofie van der Velden, 13-5-2005									1
50m vrije slag	series	4.	34.65	301	35.24	6-11-2016	103%		
Sophie van Dongen, 19-8-1999									1
50m schoolslag	series	4.	44.90	263	44.05		96%		
200m wisselslag	series	3.	2:58.28	319	2:59.52		101%		
Timo Musters, 19-10-1998									1
200m vrije slag	series	3.	2:12.55	421	2:14.73	22-5-2016	103%		
50m rugslag	series	3.	32.28	326	31.58		96%		
Viktor Warndorff, 26-9-1997									1
200m vrije slag	series	1.	2:06.99	479	2:06.99		100%		
50m rugslag	series	2.	31.99	335	32.43		103%		
Violette van der Bijl, 20-8-2005									1
50m schoolslag	series	2.	50.15	189	52.89	17-1-2016	111%		
100m wisselslag	series	2.	1:38.52	190	1:38.48	9-10-2016	100%		
Yara Wortel, 11-1-2003									2
50m vrije slag	series	6.	35.21	287	38.45	22-6-2016	119%		
200m wisselslag	series	17.	3:26.70	204	3:34.68	19-3-2016	108%		

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Tiamat

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Z & PC De Zeeuwse Kust									35
Adne Sandifort, 16-2-2004									1
100m vrije slag	series	8.	1:20.46	174	1:29.28	13-3-2016	123%		
200m wisselslag	series	10.	3:27.37	147	NT		-		
Anouck Romeijnsen, 17-11-2004									1
200m wisselslag	series	8.	3:12.63	253	3:26.16	13-3-2016	115%		
Astrid Bosselaar, 23-8-2003									1
100m vrije slag	series	7.	1:21.83	240	1:26.17	2-10-2016	111%		
Bradley Eijke, 29-3-2000									1
100m schoolslag	series	2.	1:31.32	225	1:34.19	6-3-2016	106%		
200m wisselslag	series	4.	3:07.23	200	3:04.43	17-1-2016	97%		
Bram van der Sar, 10-6-2004									-
100m vrije slag	series	10.	1:31.60	118	NT		-		
200m wisselslag	series	13.	3:50.28	107	NT		-		
Britt Dolk, 16-8-2005									-
50m schoolslag	series	AFGEM		-	NT		-		
100m wisselslag	series	AFGEM		-	NT		-		
Carmen Steijger, 26-5-2004									1
100m vrije slag	series	8.	1:22.81	232	1:25.05	6-3-2016	105%		
200m wisselslag	series	16.	3:24.92	210	NT		-		
Daphne de Jonge, 18-11-1998									-
200m vrije slag	series	AFGEM		-	2:43.38	15-11-2015	-		
100m rugslag	series	AFGEM		-	1:19.42	4-10-2015	-		
Emma Siebons, 26-4-2004									1
100m vrije slag	series	5.	1:17.72	281	1:23.47	9-10-2016	115%		
200m wisselslag	series	7.	3:10.05	263	NT		-		
Femke Michels, 24-3-2001									-
100m vrije slag	series	11.	1:26.09	206	NT		-		
100m vlinderslag	series	9.	1:54.48	108	NT		-		
Florian Solé, 9-7-2001									1
100m vrije slag	series	3.	1:06.43	309	1:07.82	15-11-2015	104%		
Flynn Wolterman, 13-3-2003									1
100m vrije slag	series	1.	1:07.76	291	1:13.88	17-4-2016	119%		
200m wisselslag	series	1.	2:54.94	246	NT		-		
Gwen Visser, 26-4-2000									1
100m schoolslag	series	4.	1:42.01	228	1:39.18	9-10-2016	95%		
200m wisselslag	series	8.	3:21.81	220	3:29.23	15-11-2015	107%		
Hannes Ye, 18-5-2001									-
100m vrije slag	series	9.	1:17.10	198	NT		-		
Jaimy Wondergem, 5-4-2001									1
100m schoolslag	series	3.	1:41.41	232	1:36.28	6-12-2015	90%		
200m wisselslag	series	7.	3:20.99	222	3:26.84	17-1-2016	106%		
Jasmijn Walraven, 14-2-2003									2
100m vrije slag	series	3.	1:16.90	290	1:19.85	2-10-2016	108%		
200m wisselslag	series	6.	3:08.25	271	3:16.76	6-3-2016	109%		
Jens Ingelse, 10-9-1999									1
200m vrije slag	series	5.	2:17.21	379	NT		-		
100m rugslag	series	4.	1:15.05	276	1:21.95	17-1-2016	119%		
Julia Poulard, 23-11-2002									2
100m vrije slag	series	7.	1:15.13	311	1:19.70	18-10-2015	113%		
100m vlinderslag	series	4.	1:23.12	283	1:29.23	9-1-2016	115%		
Lente Duvekot, 6-10-2003									2
100m vrije slag	series	14.	1:33.52	161	1:34.08	17-4-2016	101%		
200m wisselslag	series	19.	3:37.95	174	3:42.27	6-3-2016	104%		
Lise van der Feen, 25-5-2005									-
50m schoolslag	series	AFGEM		-	55.30	2-10-2016	-		
100m wisselslag	series	AFGEM		-	NT		-		
Lizzy Kikkert, 1-2-2005									-
100m vrije slag	series	9.	1:23.55	226	NT		-		
200m wisselslag	series	15.	3:23.57	214	NT		-		
Maaïke Meulblok, 7-1-2005									1
100m vrije slag	series	10.	1:23.98	222	1:21.52	17-4-2016	94%		
200m wisselslag	series	13.	3:18.47	231	3:19.19	24-4-2016	101%		
Madelief Kranz, 17-2-2005									2
100m vrije slag	series	11.	1:24.71	217	1:28.59	9-10-2016	109%		
200m wisselslag	series	14.	3:22.95	216	3:40.09	24-4-2016	118%		
Manouk Maas, 8-3-2005									2
100m vrije slag	series	4.	1:17.64	281	1:19.29	17-4-2016	104%		
200m wisselslag	series	2.	3:03.06	294	3:12.56	11-6-2016	111%		
Medisa Fathi, 23-6-2003									2
100m vrije slag	series	12.	1:25.56	210	1:33.73	17-4-2016	120%		
200m wisselslag	series	18.	3:37.43	176	3:53.09	6-3-2016	115%		

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Naomi Dolk, 23-2-2004									-
100m vrije slag	series	AFGEM	-	-	NT	-	-	-	-
200m wisselslag	series	AFGEM	-	-	NT	-	-	-	-
Natasja Forat, 17-10-1977									-
200m vrije slag	series	7.	2:43.20	312	2:37.60	23-1-2016	93%	-	-
100m rugslag	series	4.	1:24.26	278	1:22.95	6-3-2016	97%	-	-
Nathan Bun, 11-11-1999									2
200m vrije slag	series	7.	2:20.60	353	2:23.27	2-10-2016	104%	-	-
100m rugslag	series	3.	1:13.90	290	1:15.45	17-1-2016	104%	-	-
Nena Koole, 6-9-2005									-
50m schoolslag	series	4.	53.94	152	NT	-	-	-	-
100m wisselslag	series	3.	1:49.31	139	NT	-	-	-	-
Niek Wildschut, 6-7-2003									-
100m vrije slag	series	10.	1:31.60	118	NT	-	-	-	-
Nikki Moerman, 23-7-2001									1
100m vrije slag	series	8.	1:15.62	305	1:14.07	31-1-2016	96%	-	-
100m vlinderslag	series	8.	1:42.10	153	1:47.36	4-10-2015	111%	-	-
Noa Boschloo, 12-9-2004									-
100m vrije slag	series	16.	1:38.97	136	1:36.43	6-3-2016	95%	-	-
200m wisselslag	series	20.	3:48.75	151	NT	-	-	-	-
Quinty van Dalen, 1-3-2005									-
100m vrije slag	series	AFGEM	-	-	1:39.30	13-3-2016	-	-	-
200m wisselslag	series	AFGEM	-	-	NT	-	-	-	-
Romy Steenpoorte, 3-11-2005									-
100m vrije slag	series	15.	1:36.72	145	1:31.47	6-3-2016	89%	-	-
200m wisselslag	series	21.	3:53.70	141	3:48.79	11-6-2016	96%	-	-
Ruben van Belzen, 7-4-2004									-
100m vrije slag	series	7.	1:19.87	178	1:16.63	13-3-2016	92%	-	-
200m wisselslag	series	9.	3:21.84	160	NT	-	-	-	-
Siepe Roos Spijker, 31-1-2003									2
100m vrije slag	series	2.	1:14.42	320	1:20.37	9-10-2016	117%	-	-
200m wisselslag	series	9.	3:15.07	243	3:24.91	6-3-2016	110%	-	-
Steyn Mosterd, 29-11-2004									2
100m vrije slag	series	5.	1:14.57	218	1:16.35	9-10-2016	105%	-	-
200m wisselslag	series	8.	3:21.47	161	3:33.07	12-6-2016	112%	-	-
Stijn Wildschut, 15-2-2002									1
100m vrije slag	series	2.	1:05.00	330	1:05.82	9-10-2016	103%	-	-
100m vlinderslag	series	2.	1:18.79	232	NT	-	-	-	-
Tamara Nordin, 17-3-1987									2
200m vrije slag	series	2.	2:32.83	380	2:34.70	15-11-2015	102%	-	-
100m rugslag	series	3.	1:17.90	352	1:18.63	24-1-2016	102%	-	-
Zoë van Eenennaam, 12-1-2001									1
100m vrije slag	series	9.	1:17.27	286	1:20.50	4-10-2015	109%	-	-
100m vlinderslag	series	6.	1:33.64	198	1:31.52	9-1-2016	96%	-	-

ZC Aquadream