



Verbetering zwemmer - Details

[Alle wedstrijden](#)

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
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AquAmigos

David Koers, 6-10-1995								-
400m wisselslag	series	1.	5:18.10	450	5:06.39	24-2-2013	93%	-
Jeroen Bechtold, 8-2-2001								-
400m vrije slag	series	6.	5:47.19	254	5:41.54	27-1-2013	97%	-
Laura van Engelen, 4-10-2000								-
800m vrije slag	series	1.	9:58.48	562	9:49.86	28-10-2012	97%	-
Lisa Coppelmans, 6-7-1998								-
800m vrije slag	series	10.	11:37.76	355	11:04.75	25-3-2012	91%	-
Luc van Druenen, 29-10-2001								-
400m vrije slag	series	9.	5:50.14	248	5:47.03	24-2-2013	98%	-
Marijn van Keulen, 22-9-2001								-
400m vrije slag	series	5.	5:43.00	264	5:41.57	27-1-2013	99%	-
Melissa van der Geld, 1-1-1995								-
800m vrije slag	series	3.	10:42.98	453	10:22.70		94%	-



Arethusa									3
Bas de Reuver, 13-5-2001									-
400m vrije slag	series	11.	5:53.00	242	5:50.93	27-1-2013	99%		
Famke Slabbers, 16-7-2002									1
400m vrije slag	series	5.	6:15.87	257	6:34.30	27-1-2013	110%		
Kemi van de Wetering, 22-3-2002									1
400m vrije slag	series	3.	6:08.40	273	6:15.14	27-1-2013	104%		
Lars van Tuijl, 13-10-1999									1
1500m vrije slag	series	1.	19:15.57	433	19:30.89	24-2-2013	103%		
Tygo van Empel, 18-4-2001									-
400m vrije slag	series	2.	5:27.49	303	5:24.00	27-1-2013	98%		



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Argo									1
Alex Schouten, 23-7-2002									-
400m vrije slag	series	10.	6:22.06	245	6:18.59	27-1-2013	98%		
Loes van Eindhoven, 23-2-1999									-
800m vrije slag	series	3.	11:29.91	367	11:16.77	5-10-2012	96%		
Luc van Eijndhoven, 6-4-2002									1
400m vrije slag	series	5.	6:08.36	213	6:21.04	22-2-2013	107%		
Roel Janssen, 27-7-2002									-
400m vrije slag	series	12.	6:36.61	170	6:32.04	3-2-2013	98%		



Arnhemse Watervrienden

-



AZ&PC

-



BZV 's-Hertogenbosch
Arja den Boer, 26-5-1994
400m wisselslag

series

1.

5:33.86

525

5:21.11

24-2-2013

93%

-
-



Dbd

Bobby van Dijk, 26-3-2002
400m vrije slag

series

2.

5:49.80

249

6:25.45

121%

1
1



De Biesboschwemmers								3
Leendert Paans, 18-1-2001								1
400m vrije slag	series	4.	5:41.49	267	6:00.07	27-1-2013	111%	
Simon Schmidt, 21-3-2001								1
400m vrije slag	series	7.	5:50.06	248	6:01.71	27-1-2013	107%	
Thomas Zielhorst, 21-1-1997								1
1500m vrije slag	series	1.	18:39.03	477	18:47.30	25-3-2012	101%	



De Treffers

Robin van Lokven, 1-1-1998

1500m vrije slag

series

1.

19:06.43

443

19:05.90

100%

-
-



De Vennen

Carina Spronk, 30-12-1997

800m vrije slag

series

5.

10:48.05

443

10:42.86

16-3-2013

98%

-

-

De Warande								2
Britt van Zundert, 15-10-2000								1
800m vrije slag	series	13.	11:44.66	344	11:45.84	17-11-2012	100%	
Désirée Emmen, 14-11-1992								-
800m vrije slag	series	1.	10:17.81	511	10:09.27	6-5-2012	97%	
Lonne Beskers, 19-6-1997								-
800m vrije slag	series	3.	10:37.07	466	10:28.42	21-10-2012	97%	
Maartje Beskers, 19-6-1997								-
800m vrije slag	series	2.	10:36.29	468	10:10.49	21-10-2012	92%	
Max Botermans, 18-4-2001								1
400m vrije slag	series	10.	5:50.64	247	5:54.04	27-1-2013	102%	
Nicko Kamphuis, 8-7-1999								-
1500m vrije slag	series	3.	19:22.66	425	18:57.15	16-2-2013	96%	
400m wisselslag	series	3.	5:25.92	418	5:15.70	1-3-2013	94%	
Rick Embregts, 15-6-2000								-
1500m vrije slag	series	2.	21:05.28	330	20:40.51		96%	
400m wisselslag	series	2.	6:08.52	289	5:59.45	1-3-2013	95%	



DIO

Fabio Mieris, 28-10-1998									-
400m wisselslag	series	3.	5:41.26	364	5:32.21	22-2-2013	95%		-
Nadja Wortel, 24-10-1998									-
400m wisselslag	series	5.	5:53.74	441	5:49.94	22-2-2013	98%		-
Sanne van Gelder, 20-4-1998									-
800m vrije slag	series	8.	11:01.75	416	10:56.44	22-2-2013	98%		-
Selene Wortel, 15-1-1997									-
400m wisselslag	series	5.	5:52.73	445	5:42.08	22-2-2013	94%		-

Eurode Kerkrade								1
Céline Jennes, 1-1-1996								-
800m vrije slag	series	3.	10:28.15	486	10:18.83	6-1-2013	97%	-
Jordy Severins, 21-9-1998								-
1500m vrije slag	series	NG		-	17:51.02	6-1-2013	-	-
400m wisselslag	series	NG		-	5:40.71	12-5-2012	-	-
Joëlle Savelberg, 11-9-1997								1
800m vrije slag	series	1.	10:29.45	483	10:31.64	9-9-2012	101%	-
400m wisselslag	series	2.	5:45.80	473	5:39.07	2-12-2012	96%	-
Lieve Göbbels, 12-3-2000								-
400m wisselslag	series	4.	6:06.56	397	6:01.92	2-12-2012	97%	-
Manon Ritten, 22-6-2000								-
800m vrije slag	series	4.	10:34.63	471	10:32.33	9-9-2012	99%	-
400m wisselslag	series	6.	6:08.93	389	5:52.20	2-12-2012	91%	-
McKenzie Kelly, 24-8-1998								-
800m vrije slag	series	3.	10:26.56	490	10:21.51	6-1-2013	98%	-
400m wisselslag	series	2.	5:45.70	473	5:40.16	2-12-2012	97%	-
Niels de Boer, 8-3-2000								-
1500m vrije slag	series	1.	20:27.58	361	20:13.68	23-9-2012	98%	-
400m wisselslag	series	1.	5:57.76	316	5:55.43	2-12-2012	99%	-
Rebecca Vroomen, 16-1-1993								-
800m vrije slag	series	2.	10:31.74	478	9:57.10	25-3-2012	89%	-
Shania Haenen, 14-11-1998								-
800m vrije slag	series	1.	10:08.31	535	10:05.98	25-3-2012	99%	-
400m wisselslag	series	3.	5:45.96	472	5:44.86	19-5-2012	99%	-
Timo Billman, 21-10-1996								-
1500m vrije slag	series	NG		-	17:36.29	6-1-2013	-	-
400m wisselslag	series	NG		-	5:10.72	17-6-2012	-	-

Hieronymus								2
Coen de Bruijn, 6-7-1992								-
400m wisselslag	series	1.	5:01.12	531	4:48.95		92%	-
Dennis van Wensen, 15-9-1997								-
400m wisselslag	series	3.	5:42.82	359	5:21.43		88%	-
Eva van Ginneken, 10-1-1998								-
800m vrije slag	series	5.	10:36.51	467	10:08.32		91%	-
400m wisselslag	series	4.	5:48.51	462	5:46.01		99%	-
Maartje Tak, 29-1-2000								-
800m vrije slag	series	9.	11:31.28	365	11:27.72		99%	-
Nikita van den Ouden, 14-9-1999								-
800m vrije slag	series	1.	10:26.80	489	10:15.34		96%	-
400m wisselslag	series	1.	5:43.98	480	5:30.84	16-12-2012	93%	-
Rick Bulman, 5-2-2001								-
400m vrije slag	series	1.	5:18.20	330	4:58.86		88%	-
Rick Minkman, 7-12-1997								-
1500m vrije slag	series	3.	19:23.24	424	18:36.58		92%	-
400m wisselslag	series	2.	5:40.29	367	5:16.44		86%	-
Steyn Nieuwstad, 21-3-2001								1
400m vrije slag	series	13.	6:00.49	227	6:07.07		104%	-
Tessa Loos, 3-1-2002								1
400m vrije slag	series	1.	5:48.29	323	5:52.51	27-1-2013	102%	-
Vincent Dermaux, 18-7-1996								-
1500m vrije slag	series	3.	18:46.58	467	18:24.60	15-12-2012	96%	-



Nautilus									1
Lana Breman, 4-9-2000									-
800m vrije slag	series	12.	11:40.53	350	11:21.14	14-12-2012	95%		
Myra Breman, 5-8-1998									-
800m vrije slag	series	9.	11:03.80	412	10:53.77	22-2-2013	97%		
Sam van Nunen, 15-3-2001									1
800m vrije slag	series	2.	11:18.12	386	11:20.73	14-12-2012	101%		



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Njord

Ivar Koevoet, 26-3-2002								1
400m vrije slag	series	6.	6:08.80	212	6:41.16	6-1-2013	118%	1
Jelmer North, 8-10-2002								-
400m vrije slag	series	11.	6:36.36	171	6:35.09	24-2-2013	99%	

								7
PSV								1
Ananye Achintye, 29-8-2002								
400m vrije slag	series	9.	6:16.45	199	6:19.29	15-12-2012	102%	
Dian van Leeuwen, 1-9-1998								-
800m vrije slag	series	4.	10:26.60	490	10:21.99	17-11-2012	99%	
Eline Hartogs, 20-5-1999								1
800m vrije slag	series	2.	10:52.50	434	10:54.37	17-11-2012	101%	
Esmée Six, 17-6-1997								-
400m wisselslag	series	1.	5:41.62	490	5:29.68	25-3-2012	93%	
Hannah Franssen, 20-8-2002								1
400m vrije slag	series	7.	6:16.41	256	6:30.96	27-1-2013	108%	
Isa van der Meijden, 30-10-2002								1
400m vrije slag	series	4.	6:08.74	272	6:24.43	27-1-2013	109%	
Joko Vievermanns, 10-10-1999								-
1500m vrije slag	series	4.	19:57.94	389	19:19.58	17-11-2012	94%	
Lisa de Beijer, 25-9-2000								1
800m vrije slag	series	7.	11:03.03	413	11:51.12	15-12-2012	115%	
Luka Bouwman, 27-3-2002								1
400m vrije slag	series	3.	5:50.07	248	5:57.62	15-12-2012	104%	
Mathijs Verdonck, 26-3-2001								-
400m vrije slag	series	3.	5:30.31	295	5:29.98	27-1-2013	100%	
Meike Simons, 15-2-2002								1
400m vrije slag	series	11.	6:22.42	244	6:31.68	27-1-2013	105%	
Mike van Herk, 9-2-1996								-
1500m vrije slag	series	2.	18:09.28	517	17:38.85	24-2-2013	94%	
Pepijn Smits, 9-12-1996								-
1500m vrije slag	series	1.	17:29.89	578	17:23.48	15-12-2012	99%	
Stijn Simons, 5-4-1999								-
400m wisselslag	series	1.	5:18.54	448	5:14.41	16-12-2012	97%	
Thomas van Beers, 8-6-2002								-
400m vrije slag	series	14.	7:10.47	133	6:39.63	15-12-2012	86%	

Sbc2000									5
Anne Dickens, 3-5-2001									-
800m vrije slag	series	1.	11:05.79	408	10:42.56	28-10-2012	93%		-
Anne May Alkemade, 31-5-1999									-
400m wisselslag	series	2.	6:06.71	396	5:58.45		96%		-
Anne Paulusse, 4-4-2002									-
400m vrije slag	series	2.	5:51.04	316	5:43.73	27-1-2013	96%		-
Chloë de Vetter, 11-9-2001									1
800m vrije slag	series	3.	11:54.30	330	12:04.80	16-2-2013	103%		-
Dagmar Alderlieste, 13-4-2001									-
800m vrije slag	series	4.	12:08.29	312	12:04.39	16-2-2013	99%		-
Joeri Prins, 15-7-1993									-
1500m vrije slag	series	2.	18:39.75	476	17:39.75	16-2-2013	90%		-
400m wisselslag	series	2.	5:18.45	448	5:11.87	25-3-2012	96%		-
Jordy Jongenelen, 1-4-1995									-
400m wisselslag	series	2.	5:18.66	448	5:16.77	25-3-2012	99%		-
Julia Vos, 11-8-2002									-
400m vrije slag	series	6.	6:16.12	257	6:13.10	27-1-2013	98%		-
Justin Slootweg, 11-1-2002									1
400m vrije slag	series	4.	5:50.48	247	6:18.81	21-10-2012	117%		-
Kim Vos, 11-1-2000									1
800m vrije slag	series	2.	10:12.01	526	10:27.35	21-10-2012	105%		-
Larissa Bakker, 6-11-2000									-
800m vrije slag	series	10.	11:38.00	354	11:22.95	17-11-2012	96%		-
Lindi Verkooijen, 26-12-1995									-
800m vrije slag	series	2.	9:48.77	591	9:41.24	15-12-2012	97%		-
Margot Stenveld, 19-12-1988									-
800m vrije slag	series	3.	10:35.46	470	10:03.94	25-3-2012	90%		-
400m wisselslag	series	3.	5:49.20	459	5:33.80	26-1-2013	91%		-
Marij van der Mast, 2-3-2000									1
800m vrije slag	series	3.	10:18.92	508	10:29.92	28-10-2012	104%		-
Maya Kingma, 8-9-1995									-
800m vrije slag	series	1.	9:36.93	628	9:32.74	9-6-2012	99%		-
Melvin Prins, 3-4-1995									-
1500m vrije slag	series	1.	17:52.00	542	17:24.57	23-9-2012	95%		-
Myrthe Bakker, 20-1-2000									-
400m wisselslag	series	1.	5:44.02	480	5:33.43		94%		-
Nils Mulder, 17-3-2003									1
400m vrije slag	series	10.	6:19.85	194	6:23.32	16-2-2013	102%		-
Pernilla Mulder, 28-10-2001									-
800m vrije slag	series	5.	12:34.15	281	12:10.52	16-2-2013	94%		-
Pim Verdaasdonk, 26-3-2001									-
400m vrije slag	series	AFGEM		-	5:16.80	27-1-2013	-		-
Remco van Althuis, 25-1-1983									-
1500m vrije slag	series	1.	18:11.44	514	17:22.83	25-1-2013	91%		-



Tempo Valkenswaard

Bram van Kessel, 11-5-1999

400m wisselslag

series

4.

5:44.67

354

5:34.61

23-12-2012

94%

-

-

Trb/Res									
Amy van Lier, 21-11-1996									1
800m vrije slag	series	1.	10:08.04	536	9:50.67	18-11-2012	94%		1
400m wisselslag	series	1.	5:33.52	527	5:35.28	25-3-2012	101%		
Claudia den Ottelander, 11-3-1995									-
400m wisselslag	series	2.	5:34.35	523	5:26.12	11-11-2012	95%		
Jari den Ottelander, 21-5-1998									-
400m wisselslag	series	2.	5:41.00	365	5:27.36	20-1-2013	92%		
Laurie Mabelis, 21-6-1997									-
400m wisselslag	series	3.	5:49.91	456	5:40.72	20-1-2013	95%		
Lené Doomen, 24-1-2000									-
800m vrije slag	series	6.	10:52.43	434	10:39.52	17-2-2013	96%		
400m wisselslag	series	3.	5:58.30	425	5:51.69	4-11-2012	96%		
Manon van Esch, 7-11-1997									-
400m wisselslag	series	4.	5:50.05	456	5:39.57	20-1-2013	94%		
Peter Rietveld, 25-9-1996									-
1500m vrije slag	series	4.	19:35.20	412	18:54.28	21-4-2012	93%		
400m wisselslag	series	1.	5:35.65	383	5:22.46	25-3-2012	92%		
Roos van Esch, 17-7-1982									-
800m vrije slag	series	4.	10:44.48	450	10:15.70	9-2-2013	91%		
400m wisselslag	series	2.	5:40.52	495	5:29.67	17-2-2013	94%		



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Wzv

Marte van Broekhoven, 29-1-2002

1

1

400m vrije slag

series

12.

6:35.16

221

6:42.17

24-2-2013

104%

Z&PV Nuenen									7
Anne Gibbels, 20-11-1996									-
800m vrije slag	series	2.	10:27.01	489	10:09.47	22-2-2013	94%		
400m wisselslag	series	2.	5:56.46	431	5:36.58	14-12-2012	89%		
Ashley Stevens, 1-2-2002									1
400m vrije slag	series	9.	6:17.60	254	6:18.76	3-2-2013	101%		
Bas Gibbels, 12-2-1998									-
1500m vrije slag	series	3.	19:43.65	403	19:38.41	22-2-2013	99%		
400m wisselslag	series	4.	5:50.57	336	5:42.34	20-1-2013	95%		
Chris Verhoeven, 22-10-2004									1
400m vrije slag	series	13.	6:40.98	165	6:44.11	24-2-2013	102%		
Joeri Phaff, 28-4-1997									-
1500m vrije slag	series	2.	19:07.20	443	18:55.39	24-2-2013	98%		
400m wisselslag	series	4.	5:52.13	332	5:26.35	20-1-2013	86%		
Lot Sauren, 17-2-2000									1
800m vrije slag	series	11.	11:39.63	352	11:46.10	24-2-2013	102%		
Milan Meurs, 3-1-2002									1
400m vrije slag	series	8.	6:11.71	207	6:15.40	3-2-2013	102%		
Robin Goossens, 7-2-2000									-
400m wisselslag	series	5.	6:07.95	392	5:53.59	20-1-2013	92%		
Samantha Kardol, 2-10-1995									-
400m wisselslag	series	1.	5:34.34	523	5:25.36	25-3-2012	95%		
Silke Voets, 3-4-1998									1
800m vrije slag	series	2.	10:09.80	531	10:13.44	1-4-2012	101%		
400m wisselslag	series	1.	5:41.88	489	5:29.53	3-2-2013	93%		
Thomas van Ekert, 12-5-1999									1
1500m vrije slag	series	2.	19:18.83	429	19:38.98	22-2-2013	104%		
Tobias Geurts, 1-9-1998									1
1500m vrije slag	series	2.	19:08.60	441	19:43.35	25-3-2012	106%		
400m wisselslag	series	1.	5:40.88	366	5:14.14	3-2-2013	85%		



Zeester Meerval								3
Bram Rooyackers, 5-8-2001								1
400m vrije slag	series	8.	5:50.11	248	5:50.51	27-1-2013	100%	
Daniël van Dijk, 15-11-1997								-
400m wisselslag	series	1.	5:19.49	444	5:05.81	20-1-2013	92%	
Denise van der Burgt, 16-10-2002								1
400m vrije slag	series	8.	6:17.09	255	6:22.73	27-1-2013	103%	
Juliette van Latum, 2-12-1996								-
400m wisselslag	series	AFGEM		-	5:39.60	11-11-2012	-	
Lotte Verbiesen, 24-8-1998								1
800m vrije slag	series	7.	10:44.74	450	11:02.00	14-12-2012	105%	
400m wisselslag	series	6.	5:59.64	420	5:46.53	20-1-2013	93%	



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ZPK Budel								2
Guy Hungens, 22-8-2001								1
400m vrije slag	series	12.	5:56.16	235	6:00.48	102%		
Lisa Lukken, 7-6-2002								1
400m vrije slag	series	13.	6:36.39	219	6:38.82	101%		



Zv Kimbria									2
Amber Kerkhofs, 28-3-2000									-
400m wisselslag	series	2.	5:46.40	470	5:33.32	3-2-2013	93%		
Amber Raadschilders, 11-3-2000									-
800m vrije slag	series	5.	10:44.76	450	10:37.19	28-10-2012	98%		
Aukje Koetsier, 19-5-2000									1
800m vrije slag	series	8.	11:16.00	390	11:33.20	25-3-2012	105%		
Rani Skrabanja, 7-9-1998									1
800m vrije slag	series	6.	10:44.02	451	10:51.58	9-9-2012	102%		
Riku Wakabayashi, 11-4-1999									-
400m wisselslag	series	2.	5:23.02	430	5:08.20	24-2-2013	91%		



Zvdo'74

Marit Westerlaken, 2-4-2002

400m vrije slag	series	14.	6:40.14	213	6:39.01	99%	-
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Petri Velthuis, 30-1-1993

400m wisselslag	series	4.	5:49.56	458	5:38.18	94%	-
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Renske den Dekker, 7-10-1997

800m vrije slag	series	4.	10:45.41	448	10:38.71	24-2-2013	98%
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Sven Westerlaken, 31-7-1999

1500m vrije slag	series	5.	21:15.05	322	19:49.83	24-2-2013	87%
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Brabantse Lange Afstand Kampioenschappen
Eindhoven, 24-3-2013

ZWK Merlet								2
Coen Graat, 30-3-2002								1
400m vrije slag	series	7.	6:10.94	208	6:34.30	6-1-2013	113%	
Jarno Koster, 4-7-2002								1
400m vrije slag	series	1.	5:36.92	278	5:40.51	6-1-2013	102%	
Sabien Timmers, 18-1-1999								-
800m vrije slag	series	4.	11:33.99	360	11:31.26	6-1-2013	99%	