



Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
AquAmigos								1
David Koers, 6-10-1995								-
400m wisselslag	series	2.	5:15.10	463	5:07.61	9-2-2014	95%	-
Laura van Engelen, 4-10-2000								-
800m vrije slag	series	1.	9:42.05	611	9:25.56	3-11-2013	94%	-
Melissa van der Geld, 15-9-1995								-
800m vrije slag	series	2.	10:08.65	534	9:59.36	9-2-2014	97%	-
Sam van Drunen, 6-10-2003								-
400m vrije slag	series	15.	6:49.84	154	6:42.06	9-2-2014	96%	-
Wouter van Gent, 30-1-2003								1
400m vrije slag	series	11.	6:17.39	198	6:21.75	9-2-2014	102%	-

Arethusa									3
Famke Slabbers, 16-7-2002									1
800m vrije slag	series	5.	11:24.26	376	11:29.47	21-2-2014	102%		
Lars van Tuijl, 13-10-1999									-
1500m vrije slag	series	3.	19:24.01	424	19:15.57	24-3-2013	99%		
Ricardo Jansen, 14-4-2003									-
400m vrije slag	series	13.	6:34.25	173	6:21.75	9-2-2014	94%		
Roos Kalberg, 14-3-2003									1
400m vrije slag	series	11.	6:31.52	227	6:40.52	26-1-2014	105%		
Sanne Teeuwssen, 24-3-2003									-
400m vrije slag	series	8.	6:27.83	234	6:24.13	26-1-2014	98%		
Sophie Albers, 8-7-2003									1
400m vrije slag	series	10.	6:31.29	228	6:38.04	26-1-2014	103%		
Steeff Warmerdam, 19-7-2000									-
1500m vrije slag	series	5.	20:18.88	369	19:41.27	21-2-2014	94%		



Argo								1
Bram Rooyakkers, 5-8-2001								-
400m wisselslag	series	1.	6:09.73	286	6:04.43	2-2-2014	97%	
Luc van Eijndhoven, 6-4-2002								1
400m vrije slag	series	4.	5:30.89	294	5:39.84	26-1-2014	105%	
Roel Janssen, 27-7-2002								-
400m vrije slag	series	11.	6:08.95	212	6:01.58	22-2-2014	96%	



AZ&PC

-



De Biesboschzwemmers

Simon Schmidt, 21-3-2001

400m wisselslag	series	2.	6:11.84	281	5:51.29	23-11-2013	89%
-----------------	--------	----	---------	-----	---------	------------	-----

Thomas Zielhorst, 21-1-1997

1500m vrije slag	series	2.	19:40.03	407	18:39.03	24-3-2013	90%
------------------	--------	----	----------	-----	----------	-----------	-----

Tom Kruis, 24-4-2000

400m wisselslag	series	3.	5:59.28	312	5:52.52	28-12-2013	96%
-----------------	--------	----	---------	-----	---------	------------	-----



De Brabantse Dolfijnen

Bobby van Dijk, 26-3-2002

400m vrije slag

series

2.

5:27.26

304

5:23.71

98%

-
-



De Treffers

Robin van Lokven, 1-1-1998

1

1

1500m vrije slag

series

2.

18:53.38

459

19:06.43

24-3-2013

102%



Dommelbaarzen

Devin Servais, 12-5-2002

400m vrije slag

series

9.

6:04.62

219

5:59.97

26-1-2014

97%

Edvina Hodzic, 28-10-2003

400m vrije slag

series

13.

6:42.11

210

6:16.38

26-1-2014

88%

Ramón Pleijers, 1-1-1998

400m wisselslag

series

3.

5:47.79

344

4:55.17

3-11-2013

72%

Eurode Kerkrade									1
Céline Jennes, 25-8-1996									-
800m vrije slag	series	3.	10:42.68	454	10:01.51	15-9-2013	88%		
Jordy Severins, 21-9-1998									-
1500m vrije slag	series	1.	17:47.36	550	16:56.60	2-11-2013	91%		
Joëlle Savelberg, 11-9-1997									-
800m vrije slag	series	2.	10:19.81	506	10:03.38	9-2-2014	95%		
400m wisselslag	series	2.	5:49.21	459	5:41.21	25-5-2013	95%		
Lina Vanderliek, 14-7-1998									-
800m vrije slag	series	NG		-	10:40.37	15-9-2013	-		
Manon Ritten, 22-6-2000									1
800m vrije slag	series	2.	9:56.76	567	10:01.60	15-9-2013	102%		
Niels de Boer, 8-3-2000									-
1500m vrije slag	series	NG		-	19:50.77	15-9-2013	-		
400m wisselslag	series	NG		-	5:46.42	23-6-2013	-		
Rebecca Vroomen, 16-1-1993									-
800m vrije slag	series	NG		-	9:33.69	24-1-2014	-		



Hgn (Sg)

Bas Dijkstra, 13-2-2000

1500m vrije slag

series

1.

19:24.05

424

18:42.64

9-2-2014

93%

-

-



Hieronymus

Janne Englebert, 4-3-2001

1500m vrije slag	series	3.	23:04.49	252	20:34.53	9-2-2014	80%
400m wisselslag	series	3.	6:31.41	241	6:12.43	8-3-2014	91%

Nienke Jonk, 21-1-2002

800m vrije slag	series	2.	10:58.44	422	10:57.85	8-3-2014	100%
-----------------	--------	----	----------	-----	----------	----------	------

Roos Englebert, 25-4-2002

800m vrije slag	series	3.	11:08.57	403	11:00.47	8-3-2014	98%
-----------------	--------	----	----------	-----	----------	----------	-----



Nautilus

Myra Breman, 5-8-1998

800m vrije slag

series

5.

10:58.40

422

10:31.77

21-2-2014

92%

-
-

O.Z. & P.C. De Warande									3
Amy de Veth, 29-12-2002									-
800m vrije slag	series	13.	13:06.85	247	12:36.19	8-3-2014	92%		
Britt van Zundert, 15-10-2000									-
800m vrije slag	series	10.	13:05.54	248	11:22.19	12-10-2013	75%		
Désirée Emmen, 14-11-1992									-
800m vrije slag	series	4.	10:43.20	453	10:17.81	24-3-2013	92%		
Fleur Koreman, 3-3-2000									-
800m vrije slag	series	9.	11:36.39	357	11:03.23	23-11-2013	91%		
Jens Doomen, 2-2-2003									1
400m vrije slag	series	14.	6:36.61	170	6:43.02	8-12-2013	103%		
Lené Doomen, 24-1-2000									1
800m vrije slag	series	4.	10:19.77	506	10:08.63	12-10-2013	96%		
400m wisselslag	series	2.	5:41.02	493	5:41.74	21-2-2014	100%		
Marit van Uijen, 20-2-2001									-
800m vrije slag	series	6.	12:29.14	286	11:59.36	12-10-2013	92%		
Max Botermans, 18-4-2001									1
1500m vrije slag	series	2.	20:37.32	353	20:39.32	8-3-2014	100%		
Max Embregts, 11-6-2002									-
400m vrije slag	series	12.	6:19.22	195	6:11.51	26-1-2014	96%		
Nicko Kamphuis, 8-7-1999									-
1500m vrije slag	series	1.	18:22.88	498	17:43.59	8-3-2014	93%		
400m wisselslag	series	1.	5:09.63	488	5:03.78	28-12-2013	96%		
Rick Embregts, 15-6-2000									-
1500m vrije slag	series	4.	20:03.15	384	19:11.70	8-3-2014	92%		
400m wisselslag	series	1.	5:32.76	393	5:22.73	21-2-2014	94%		
Sammy Koster, 16-1-2002									-
800m vrije slag	series	12.	12:41.05	273	12:27.17	8-3-2014	96%		
Shayen Bakx, 24-12-2003									-
400m vrije slag	series	12.	6:36.63	219	6:32.17	12-10-2013	98%		

PSV									5
Dian van Leeuwen, 1-9-1998									-
800m vrije slag	series	2.	10:25.31	493	10:14.89	8-3-2014	97%		
Djurree Stoové, 30-11-1999									-
1500m vrije slag	series	6.	20:27.07	362	20:00.92	8-3-2014	96%		
Hannah Franssen, 20-8-2002									-
800m vrije slag	series	6.	11:41.23	349	11:40.68	8-3-2014	100%		
Ilse Verhoef, 14-8-2003									1
400m vrije slag	series	2.	5:56.19	302	6:13.20	26-1-2014	110%		
Isa van der Meijden, 30-10-2002									-
800m vrije slag	series	10.	12:03.77	318	11:38.06	8-3-2014	93%		
Jan Willem v.d. Graaf, 11-3-1989									-
1500m vrije slag	series	1.	18:08.57	518	17:13.96	8-3-2014	90%		
Lindi Verkooijen, 26-12-1995									-
800m vrije slag	series	1.	9:53.37	577	9:48.73	8-3-2014	98%		
Lisa de Beijer, 25-9-2000									-
800m vrije slag	series	3.	10:16.64	514	10:14.89	21-2-2014	99%		
Liselotte Joling, 1-1-1975									-
800m vrije slag	series	3.	10:11.83	526	10:00.85	26-1-2014	96%		
Lucas Peters, 18-1-2003									1
400m vrije slag	series	3.	5:39.49	272	5:53.38	5-1-2014	108%		
Luka Bouwman, 27-3-2002									-
400m vrije slag	series	1.	5:20.90	322	5:15.72	23-2-2014	97%		
Luuk van Rooij, 25-1-2004									1
400m vrije slag	series	1.	5:30.11	296	5:39.45	8-3-2014	106%		
Mathijs Verdonck, 26-3-2001									-
1500m vrije slag	series	1.	20:34.03	355	20:32.94	8-3-2014	100%		
Meike Simons, 15-2-2002									1
800m vrije slag	series	9.	12:03.05	319	12:24.09	8-3-2014	106%		
Pepijn Smits, 9-12-1996									-
1500m vrije slag	series	1.	16:50.94	647	16:18.62	3-11-2013	94%		
Thomas van Beers, 8-6-2002									-
400m vrije slag	series	10.	6:06.20	217	6:04.68	26-1-2014	99%		
Timo Spaans, 11-12-2002									-
400m vrije slag	series	3.	5:30.76	294	5:25.48	26-1-2014	97%		
Wynona van Gelder, 15-3-2003									1
400m vrije slag	series	5.	6:06.61	277	6:12.10	26-1-2014	103%		

Sbc2000									11
Anne Dickens, 3-5-2001									1
800m vrije slag	series	1.	10:23.31	498	10:24.35	3-11-2013	100%		
Anne May Alkemade, 31-5-1999									-
400m wisselslag	series	2.	5:56.11	433	5:50.55	19-1-2014	97%		
Anne Paulusse, 4-4-2002									1
800m vrije slag	series	1.	10:55.42	428	11:01.81	8-3-2014	102%		
Britt van Leijssen, 3-7-2001									1
800m vrije slag	series	5.	11:50.99	335	11:55.60	8-3-2014	101%		
Chloë de Vetter, 11-9-2001									1
800m vrije slag	series	2.	11:24.52	376	11:27.87	8-3-2014	101%		
Dagmar Alderlieste, 13-4-2001									1
800m vrije slag	series	3.	11:28.92	368	12:06.67	8-3-2014	111%		
Florian van Esch, 22-5-2000									-
400m wisselslag	series	4.	6:30.27	243	5:59.45	19-1-2014	85%		
Joeri Prins, 15-7-1993									-
1500m vrije slag	series	2.	18:35.90	481	17:40.90	8-3-2014	90%		
400m wisselslag	series	3.	5:26.08	418	5:05.13	8-3-2014	88%		
Joëlle Steltenpool, 27-5-2003									-
400m vrije slag	series	7.	6:23.67	242	6:10.91	26-1-2014	93%		
Julia Vos, 11-8-2002									-
800m vrije slag	series	8.	11:52.21	333	11:38.96	8-3-2014	96%		
Justin Slootweg, 11-1-2002									-
400m vrije slag	series	5.	5:33.19	288	5:26.82	23-2-2014	96%		
Kim Vos, 11-1-2000									-
800m vrije slag	series	5.	10:34.36	472	10:06.03	12-10-2013	91%		
400m wisselslag	series	1.	5:40.63	494	5:36.86	19-1-2014	98%		
Larissa Bakker, 6-11-2000									1
800m vrije slag	series	8.	11:15.87	390	11:38.00	24-3-2013	107%		
Melvin Prins, 3-4-1995									1
1500m vrije slag	series	3.	18:37.75	478	17:52.00	24-3-2013	92%		
400m wisselslag	series	1.	5:06.64	502	5:07.76	10-11-2013	101%		
Nils Mulder, 17-3-2003									1
400m vrije slag	series	2.	5:33.69	286	5:42.88	8-3-2014	106%		
Pernilla Mulder, 28-10-2001									1
800m vrije slag	series	4.	11:50.97	335	12:01.51	8-3-2014	103%		
Remco van Althuis, 25-1-1983									-
1500m vrije slag	series	AFGEM		-	18:11.44	24-3-2013	-		
Robbie van den Berg, 1-5-2003									1
400m vrije slag	series	9.	6:11.60	207	6:28.08	8-3-2014	109%		
Sterre van 't Land, 15-4-2003									1
400m vrije slag	series	10.	6:14.22	203	6:25.68	8-3-2014	106%		



Tempo Valkenswaard

Marek Spit, 17-4-1999

1500m vrije slag	series	5.	20:22.22	366	19:59.92	21-2-2014	96%
------------------	--------	----	----------	-----	----------	-----------	-----

Mike van Herk, 9-2-1996

400m wisselslag	series	1.	4:58.65	544	4:57.26	13-12-2013	99%
-----------------	--------	----	---------	-----	---------	------------	-----

Yanna van der Heijden, 30-9-2003

400m vrije slag	series	9.	6:29.89	230	6:26.45	26-1-2014	98%
-----------------	--------	----	---------	-----	---------	-----------	-----



Tiamat

-

Trb/Res									1
Amy van Lier, 21-11-1996									-
800m vrije slag	series	1.	9:58.55	562	9:35.84	23-2-2014	93%		
Casper Bolkenbaas, 1-11-2000									-
400m wisselslag	series	2.	5:55.15	323	5:54.25	19-1-2014	99%		
Jari den Ottelander, 21-5-1998									-
400m wisselslag	series	2.	5:32.00	396	5:17.44	19-1-2014	91%		
Manon van Esch, 7-11-1997									-
800m vrije slag	series	1.	10:07.12	539	9:58.68	21-2-2014	97%		
Peter Rietveld, 25-9-1996									-
1500m vrije slag	series	2.	18:35.34	482	17:45.01	8-3-2014	91%		
Roos van Esch, 17-7-1982									-
400m wisselslag	series	1.	5:41.92	489	5:27.58	25-1-2014	92%		
Thijn Damen, 24-9-2003									1
400m vrije slag	series	6.	5:56.41	235	6:26.08	3-11-2013	117%		
Thijs Manders, 18-11-2000									-
1500m vrije slag	series	2.	19:47.09	399	19:09.27	13-12-2013	94%		



unattached

-



V.Z.V. Njord								1
Ivar Koevoet, 26-3-2002								1
400m vrije slag	series	7.	5:41.15	268	5:47.83	26-1-2014	104%	
Jelmer North, 8-10-2002								-
400m vrije slag	series	AFGEM		-	5:59.45	26-1-2014	-	
Stan de Swart, 5-5-2003								-
400m vrije slag	series	8.	6:07.22	215	6:06.54	8-12-2013	100%	



WZV

Jade Hoppenbrouwers, 1-6-2003

400m vrije slag

series

14.

6:49.19

199

6:40.81

26-1-2014

96%

-

-



Z & PC De Zeeuwse Kust

Jonathan Davidse, 10-3-1997

400m wisselslag series

1. 4:54.67 566 4:47.10 10-11-2013 95%

Nikita van den Ouden, 14-9-1999

800m vrije slag series

1. 9:53.38 577 9:38.13 2-11-2013 95%



Z & Pc Dio

IJsbrand Buijnsters, 8-1-2002

400m vrije slag	series	NG	-	6:07.42	26-1-2014	-
-----------------	--------	----	---	---------	-----------	---

Nadja Wortel, 24-10-1998

400m wisselslag	series	2.	6:01.62	413	5:40.61	15-12-2013	89%
-----------------	--------	----	---------	-----	---------	------------	-----

Sanne van Gelder, 20-4-1998

800m vrije slag	series	4.	10:49.14	440	10:36.79	23-11-2013	96%
-----------------	--------	----	----------	-----	----------	------------	-----

Selene Wortel, 15-1-1997

800m vrije slag	series	4.	10:48.29	442	10:14.80	30-8-2013	90%
-----------------	--------	----	----------	-----	----------	-----------	-----

400m wisselslag	series	1.	5:46.25	471	5:39.45	15-12-2013	96%
-----------------	--------	----	---------	-----	---------	------------	-----

Z&PV Nuenen									4
Anne Gibbels, 20-11-1996									1
800m vrije slag	series	2.	10:13.75	521	10:14.75	21-2-2014	100%		
400m wisselslag	series	1.	5:51.98	448	5:29.69	13-12-2013	88%		
Chris Verhoeven, 22-10-2004									1
400m vrije slag	series	4.	5:44.17	261	6:40.98	24-3-2013	136%		
Joeri Phaff, 28-4-1997									-
1500m vrije slag	series	1.	18:27.15	492	17:54.39	13-12-2013	94%		
Lot Sauren, 17-2-2000									1
800m vrije slag	series	6.	10:57.69	424	11:39.63	24-3-2013	113%		
Merel Phaff, 25-10-2001									-
400m wisselslag	series	1.	5:59.97	419	5:50.43	2-2-2014	95%		
Milan Meurs, 3-1-2002									-
400m vrije slag	series	8.	5:44.81	259	5:38.96	3-11-2013	97%		
Silke Voets, 3-4-1998									-
800m vrije slag	series	1.	10:11.79	526	9:50.34	7-4-2013	93%		
400m wisselslag	series	1.	5:38.54	504	5:26.74	19-1-2014	93%		
Thomas van Ekert, 12-5-1999									1
1500m vrije slag	series	2.	18:31.21	487	19:18.83	24-3-2013	109%		
400m wisselslag	series	2.	5:21.26	437	5:01.30	13-12-2013	88%		
Tobias Geurts, 1-9-1998									-
400m wisselslag	series	1.	5:17.46	453	5:01.90	19-1-2014	90%		



zc AquaDream

Rick Minkman, 7-12-1997

400m wisselslag	series	2.	5:30.02	403	5:16.44	8-3-2014	92%
-----------------	--------	----	---------	-----	---------	----------	-----

Vincent Dermaux, 18-7-1996

1500m vrije slag	series	3.	19:18.67	430	18:13.13	8-3-2014	89%
------------------	--------	----	----------	-----	----------	----------	-----

400m wisselslag	series	2.	5:32.81	393	5:09.82	21-2-2014	87%
-----------------	--------	----	---------	-----	---------	-----------	-----



ZCKoewacht								3
Isa de Bruijn, 29-3-2003								1
400m vrije slag	series	1.	5:55.82	303	6:15.33	26-1-2014	111%	
Myrthe Wauters, 12-2-2003								1
400m vrije slag	series	3.	6:06.05	278	6:17.55	26-1-2014	106%	
Sander Provoost, 7-9-2003								1
400m vrije slag	series	12.	6:24.33	187	6:26.45	8-3-2014	101%	



Zeester Meerval									2
Denise van der Burgt, 16-10-2002									1
800m vrije slag	series	7.	11:44.59	344	12:28.13	4-10-2013	113%		
Tijmen Vierwind, 27-1-2003									1
400m vrije slag	series	7.	5:57.38	233	6:17.14	4-10-2013	111%		



zv De Vennen

Carina Spronk, 30-12-1997

800m vrije slag

series

5.

11:04.39

411

10:29.10

9-3-2014

90%

-
-



Zv Kimbria								1
Aukje Koetsier, 19-5-2000								1
800m vrije slag	series	7.	11:07.16	406	11:16.00	24-3-2013	103%	
Denise Blok, 13-11-1999								-
800m vrije slag	series	2.	10:43.38	452	10:32.55	15-9-2013	97%	
Rani Skrabanja, 7-9-1998								-
800m vrije slag	series	3.	10:30.30	481	10:17.72	15-9-2013	96%	
Sofia Sadok, 20-5-2002								-
800m vrije slag	series	4.	11:11.15	399	11:01.93	9-2-2014	97%	



Zvdo'74

Lisanne van Giessen, 10-6-1999

400m wisselslag series

1. 5:54.60 438 5:47.41 9-3-2014 96%

Marit Westerlaken, 2-4-2002

800m vrije slag series

11. 12:25.37 291 12:19.34 9-3-2014 98%

Renske den Dekker, 7-10-1997

800m vrije slag series

3. 10:32.07 477 10:18.63 9-3-2014 96%

Sven Westerlaken, 31-7-1999

1500m vrije slag series

4. 20:10.47 377 19:07.06 9-3-2014 90%

Yulian Oppenhuizen, 3-12-2000

1500m vrije slag series

3. 19:47.37 399 19:36.44 9-3-2014 98%



ZWK Merlet									2
Coen Graat, 30-3-2002									-
400m vrije slag	series	6.	5:38.92	273	5:37.88	5-1-2014	99%		
Cynthia van Elen, 30-3-2003									1
400m vrije slag	series	6.	6:09.19	271	6:26.43	26-1-2014	110%		
Evy Bosmans, 18-6-2003									1
400m vrije slag	series	4.	6:06.20	278	6:17.76	26-1-2014	106%		
Sabien Timmers, 18-1-1999									-
800m vrije slag	series	3.	11:08.62	403	10:59.29	5-1-2014	97%		
Sjors Lemmers, 3-6-2003									-
400m vrije slag	series	5.	5:53.91	240	5:42.56	5-1-2014	94%		