

## Verbetering zwemmer - Details

## Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
<b>Aqua-Novio '94</b>								<b>10</b>
<b>Antoine Habeck, 2-6-1999</b>								<b>2</b>
100m vrije slag	series	20.	<b>1:07.86</b>	290	1:10.39	19-3-2011	108%	
200m vrije slag	series	16.	<b>2:30.57</b>	287	2:32.57	8-10-2011	103%	
<b>Bjarne Langkamp, 20-10-2000</b>								<b>2</b>
100m vrije slag	series	24.	<b>1:13.82</b>	225	1:16.05	19-11-2011	106%	
100m schoolslag	series	18.	<b>1:36.02</b>	194	1:39.21	17-9-2011	107%	
<b>Jeremy van Tricht, 16-7-1997</b>								<b>-</b>
200m vrije slag	series	NG		-	2:27.21	2-10-2011	-	
200m vlinderslag	series	NG		-	3:00.54	26-11-2011	-	
200m wisselslag	series	NG		-	2:42.92	5-2-2011	-	
<b>Lars van Eldijk, 6-7-1999</b>								<b>2</b>
100m vrije slag	series	18.	<b>1:07.41</b>	296	1:09.33	19-3-2011	106%	
200m vrije slag	series	15.	<b>2:29.06</b>	296	2:31.13	8-10-2011	103%	
<b>Lodi Broeder, 18-9-1993</b>								<b>2</b>
100m vrije slag	series	1.	<b>1:00.62</b>	595	1:01.08	16-10-2011	102%	
200m vrije slag	series	1.	<b>2:13.51</b>	577	2:14.02		101%	
<b>Nina Geul, 16-11-1999</b>								<b>-</b>
200m vrije slag	series	8.	2:26.64	435	2:26.39	17-9-2011	100%	
200m wisselslag	series	2.	2:44.20	436	2:43.35	13-11-2011	99%	
<b>Tim Verbeek, 13-12-1998</b>								<b>2</b>
100m vrije slag	series	21.	<b>1:09.07</b>	275	1:12.39	3-4-2011	110%	
100m schoolslag	series	15.	<b>1:27.63</b>	255	1:32.52	2-10-2011	111%	

<b>Delft</b>								<b>21</b>
<b>Celina von Berg, 21-7-2000</b>								-
100m vrije slag	series	23.	1:24.54	219	1:23.14		97%	
100m rugslag	series	12.	1:30.08	230	1:29.86	13-11-2011	100%	
<b>Daphne Hulst, 30-1-1997</b>								<b>2</b>
100m schoolslag	series	4.	<b>1:26.47</b>	381	1:27.40		102%	
200m schoolslag	series	4.	<b>3:05.12</b>	384	3:09.64		105%	
<b>Femke Rongen, 27-11-1998</b>								<b>2</b>
200m vrije slag	series	12.	<b>2:36.82</b>	356	2:37.24		101%	
100m schoolslag	series	9.	<b>1:31.96</b>	316	1:32.84		102%	
<b>Floris van der Meer, 14-1-1997</b>								<b>1</b>
100m vrije slag	series	9.	<b>1:01.15</b>	396	1:01.67	13-11-2011	102%	
200m schoolslag	series	9.	3:08.03	264	3:07.54		99%	
<b>Frances Speekenbrink, 8-5-2000</b>								<b>2</b>
100m vrije slag	series	22.	<b>1:19.38</b>	265	1:23.38	28-5-2011	110%	
200m schoolslag	series	10.	<b>3:42.29</b>	221	3:56.81		113%	
<b>Ilse Noorlander, 13-7-1993</b>								<b>2</b>
200m vrije slag	series	7.	<b>2:25.44</b>	446	2:39.92		121%	
200m wisselslag	series	3.	<b>2:46.03</b>	422	2:46.92		101%	
<b>Jimmy Dukker, 27-6-1997</b>								<b>1</b>
100m vrije slag	series	10.	<b>1:02.34</b>	374	1:04.72	14-5-2011	108%	
200m schoolslag	series	7.	3:07.27	267	3:05.86		98%	
<b>Joey Dukker, 27-6-1997</b>								<b>2</b>
100m vrije slag	series	16.	<b>1:06.07</b>	314	1:07.72	14-5-2011	105%	
200m rugslag	series	6.	<b>2:44.89</b>	266	2:48.93	13-11-2011	105%	
<b>Jort Stienstra, 28-9-1998</b>								<b>2</b>
100m vrije slag	series	5.	<b>59.81</b>	424	1:02.02		108%	
200m vrije slag	series	9.	<b>2:17.13</b>	380	2:20.55		105%	
<b>Linda Hoogendam, 28-9-1983</b>								-
100m vrije slag	series	8.	1:07.66	428	1:05.25		93%	
200m vrije slag	series	9.	2:27.05	432	2:18.93		89%	
<b>Noah Legerstee, 28-4-2000</b>								<b>1</b>
200m vrije slag	series	17.	<b>2:42.20</b>	229	2:43.68		102%	
100m vlinderslag	series	7.	1:31.09	150	NT		-	
<b>Noortje de Ronde, 2-1-1998</b>								<b>1</b>
100m vrije slag	series	9.	1:07.77	426	1:07.01		98%	
100m rugslag	series	3.	<b>1:17.77</b>	358	1:19.43	21-5-2011	104%	
<b>Ricardo Hauber, 12-6-1994</b>								-
200m schoolslag	series	2.	2:41.48	417	2:37.43		95%	
100m vlinderslag	series	5.	1:10.20	329	1:09.06		97%	
<b>Rolf Bavelaar, 26-7-2000</b>								<b>1</b>
100m vrije slag	series	29.	1:22.51	161	1:22.39	19-6-2011	100%	
200m schoolslag	series	11.	<b>3:38.52</b>	168	3:41.06		102%	
<b>Sytske van der Laan, 29-8-1999</b>								<b>1</b>
100m vrije slag	series	17.	<b>1:15.12</b>	313	1:16.52		104%	
200m schoolslag	series	7.	3:21.58	297	3:17.38		96%	
<b>Ton van der Plaats, 4-10-1995</b>								<b>1</b>
100m vrije slag	series	8.	<b>1:00.59</b>	408	1:01.84		104%	
200m vrije slag	series	10.	2:17.67	376	2:16.39		98%	
<b>Uma Kraus, 7-3-1998</b>								<b>2</b>
100m schoolslag	series	3.	<b>1:23.70</b>	420	1:27.05		108%	
200m schoolslag	series	3.	<b>3:03.95</b>	391	3:10.09		107%	
<b>Vincent Reintjens, 27-10-2000</b>								-
100m vrije slag	series	31.	1:28.90	129	1:27.10		96%	

De Columbiaan

Nathalie Bakker, 27-5-1999

200m rugslag	series	1.	<b>2:41.67</b>	410	2:41.85	2-10-2011	100%
200m schoolslag	series	2.	<b>3:02.84</b>	398	3:05.74	23-10-2011	103%

2

2

De Krabben								2
Sanne van Poelje, 29-11-1999								1
100m vrije slag	series	24.	1:24.85	217	1:21.35	13-11-2011	92%	
100m vlinderslag	series	7.	<b>1:42.75</b>	153	1:59.34	20-3-2011	135%	
Timothy Giebels, 14-1-1999								1
100m vrije slag	series	27.	<b>1:15.47</b>	211	1:18.11	2-10-2011	107%	
100m rugslag	series	6.	1:31.01	155	NT		-	

De Schelde									3
<b>Felicia Groenewold, 4-5-1998</b>									-
200m rugslag	series	2.	2:55.44	321	2:50.69	20-3-2011	95%		
200m wisselslag	series	6.	3:04.58	307	2:57.60	13-3-2011	93%		
<b>Manon Aerssens, 20-4-1999</b>									2
200m vrije slag	series	2.	<b>2:16.81</b>	536	2:18.84	29-1-2011	103%		
200m wisselslag	series	1.	<b>2:37.05</b>	499	2:37.95	29-1-2011	101%		
<b>Melanie Franssens, 23-12-1999</b>									-
100m rugslag	series	13.	1:33.22	207	1:29.39	13-11-2011	92%		
100m vlinderslag	series	6.	1:42.43	155	1:41.09	18-9-2011	97%		
<b>Niels Dieleman, 3-10-1999</b>									1
100m vrije slag	series	22.	1:10.10	263	1:07.93	13-11-2011	94%		
100m schoolslag	series	12.	<b>1:25.10</b>	279	1:26.89	27-11-2011	104%		
<b>Pieter Dieleman, 27-9-2000</b>									-
100m vrije slag	series	30.	1:27.69	134	NT		-		

Hieronymus								41
Andy van Akkeren, 23-3-1995								2
200m vrije slag	series	4.	<b>2:07.68</b>	471	2:08.00	6-11-2011	101%	
100m schoolslag	series	4.	1:20.32	331	1:19.15	13-11-2011	97%	
100m vlinderslag	series	4.	<b>1:09.91</b>	333	1:13.30	13-3-2011	110%	
Annika Spijker, 17-12-1999								3
100m rugslag	series	10.	<b>1:26.59</b>	259	1:30.77	27-3-2011	110%	
200m schoolslag	series	11.	<b>3:47.86</b>	205	4:00.80	23-1-2011	112%	
100m vlinderslag	series	5.	<b>1:28.93</b>	237	1:29.98	15-5-2011	102%	
Bas Erdmann, 23-3-2000								1
100m vrije slag	series	28.	1:22.38	162	1:20.63	11-6-2011	96%	
200m wisselslag	series	3.	<b>3:14.29</b>	189	3:15.62	17-4-2011	101%	
Christan de Koning, 14-3-1999								1
100m schoolslag	series	13.	<b>1:25.36</b>	276	1:28.03	17-9-2011	106%	
200m schoolslag	series	7.	3:07.27	267	NT		-	
Coen de Bruijn, 6-7-1992								1
100m schoolslag	series	1.	<b>1:06.45</b>	586	1:06.61	9-1-2011	100%	
200m schoolslag	series	NG		-	2:24.95	16-1-2011	-	
Emiel van Avezaath, 9-7-1992								1
100m vrije slag	series	12.	1:03.82	349	1:03.12		98%	
100m schoolslag	series	9.	<b>1:23.10</b>	299	1:23.39	13-3-2011	101%	
Fabian Sebregts, 21-3-1995								2
100m vrije slag	series	7.	<b>1:00.48</b>	410	1:02.18	2-10-2011	106%	
100m rugslag	series	1.	<b>1:07.54</b>	380	1:08.82	2-10-2011	104%	
Jennefer van Terheijden, 25-1-1998								1
200m wisselslag	series	4.	<b>2:50.79</b>	388	2:58.48	13-3-2011	109%	
Jordi van Akkeren, 16-9-1996								2
200m vrije slag	series	14.	<b>2:25.26</b>	320	2:41.22		123%	
100m schoolslag	series	10.	1:23.74	292	1:23.17	2-10-2011	99%	
200m schoolslag	series	4.	<b>3:01.51</b>	293	3:02.91	17-4-2011	102%	
Karlijn Spijker, 17-12-1999								3
100m vrije slag	series	16.	<b>1:14.82</b>	316	1:16.50	13-11-2011	105%	
100m rugslag	series	11.	<b>1:26.88</b>	256	1:28.39	27-3-2011	104%	
200m schoolslag	series	9.	<b>3:38.25</b>	234	3:52.74	23-1-2011	114%	
Kristy Nagtzaam, 29-5-2000								2
100m vrije slag	series	10.	<b>1:08.25</b>	417	1:08.76	11-6-2011	102%	
100m schoolslag	series	7.	<b>1:28.95</b>	350	1:36.32	16-1-2011	117%	
Laura van Dijke, 22-1-1998								1
100m rugslag	series	5.	1:22.58	299	1:22.18	6-11-2011	99%	
200m wisselslag	series	5.	<b>2:56.89</b>	349	2:59.98	9-1-2011	104%	
Lilly de Wit, 2-3-1998								2
100m vrije slag	series	3.	<b>1:04.29</b>	499	1:04.82	13-11-2011	102%	
200m vrije slag	series	4.	<b>2:20.09</b>	499	2:21.52	6-11-2011	102%	
200m schoolslag	series	AFGEM		-	3:08.55		-	
Maartje Bastiaansen, 1-1-1995								1
100m rugslag	series	2.	<b>1:17.58</b>	360	1:18.82	2-10-2011	103%	
Madelon van Uchelen, 21-1-1996								1
200m vrije slag	series	10.	2:30.84	400	2:28.74	30-1-2011	97%	
100m vlinderslag	series	2.	<b>1:18.33</b>	347	1:18.81	13-3-2011	101%	
Margaux Damen, 9-2-1997								-
100m schoolslag	series	12.	1:37.99	261	1:35.68	13-3-2011	95%	
200m schoolslag	series	8.	3:30.28	262	NT		-	
Marissa Minkman, 14-4-1993								-
100m vrije slag	series	2.	1:02.23	550	1:01.84	8-1-2011	99%	
100m schoolslag	series	1.	1:15.70	568	1:14.07	17-9-2011	96%	
Marith Schuur, 5-12-1998								2
100m vrije slag	series	19.	<b>1:16.41</b>	297	1:16.94	26-6-2011	101%	
100m rugslag	series	9.	<b>1:25.88</b>	265	1:27.99	13-11-2011	105%	
Ramon Verhulst, 5-3-1996								2
100m vrije slag	series	1.	<b>56.43</b>	505	57.71	13-11-2011	105%	
200m vrije slag	series	1.	<b>2:03.98</b>	514	2:06.85	2-10-2011	105%	
Rick Minkman, 7-12-1997								-
200m rugslag	series	5.	2:39.30	295	2:34.41	20-3-2011	94%	
200m schoolslag	series	3.	2:54.57	330	2:53.32	23-1-2011	99%	
Ronaldo Nagtzaam, 27-8-1998								2
100m rugslag	series	4.	<b>1:15.23</b>	275	1:18.25	2-10-2011	108%	
200m vlinderslag	series	4.	<b>2:51.10</b>	259	3:08.73		122%	
Sander van Akkeren, 11-12-1999								-
100m vrije slag	series	32.	1:36.94	99	1:33.50	30-1-2011	93%	
200m rugslag	series	7.	3:17.94	154	NT		-	
Sander van Bentum, 24-11-1996								1
100m vrije slag	series	11.	<b>1:03.21</b>	359	1:04.54	13-11-2011	104%	
100m schoolslag	series	5.	1:20.34	331	1:19.75	2-10-2011	99%	

<b>Sanne Rebers, 26-9-1999</b>								2
100m vrije slag	series	15.	<b>1:14.28</b>	323	1:14.92	27-2-2011	102%	
100m schoolslag	series	11.	<b>1:34.64</b>	290	1:36.16	16-1-2011	103%	
<b>Sarah Uuldriks, 3-4-2000</b>								2
100m vrije slag	series	11.	<b>1:12.16</b>	353	1:15.53	29-5-2011	110%	
100m schoolslag	series	10.	<b>1:33.86</b>	298	1:39.29	12-6-2011	112%	
<b>Senna Lindenberg, 5-12-1999</b>								1
100m vrije slag	series	13.	1:12.47	348	1:12.29	18-6-2011	100%	
200m vrije slag	series	11.	<b>2:36.61</b>	357	2:42.80		108%	
<b>Stefan van Vlimmeren, 1-8-1996</b>								-
100m vrije slag	series	13.	1:04.21	342	1:03.66	25-9-2011	98%	
100m schoolslag	series	7.	1:22.86	302	1:22.76	2-10-2011	100%	
<b>Viktor Warndorff, 26-9-1997</b>								1
100m schoolslag	series	16.	<b>1:28.76</b>	245	1:34.05	2-10-2011	112%	
<b>Vincent Dermaux, 18-7-1996</b>								1
100m vrije slag	series	14.	1:04.44	339	59.58	26-6-2011	85%	
200m vrije slag	series	12.	2:19.65	360	2:10.34	2-10-2011	87%	
100m schoolslag	series	6.	<b>1:21.23</b>	320	1:21.98	2-10-2011	102%	
<b>Wesley Beck, 16-3-1993</b>								1
100m vrije slag	series	6.	1:00.45	410	58.70		94%	
100m rugslag	series	2.	<b>1:08.66</b>	362	1:09.23	30-1-2011	102%	
<b>Wimar Lindenberg, 8-12-1996</b>								2
100m vrije slag	series	25.	1:13.91	224	57.22	24-9-2011	60%	
200m vrije slag	series	3.	<b>2:06.39</b>	485	2:08.12	3-4-2011	103%	
100m schoolslag	series	2.	<b>1:12.78</b>	446	1:13.76	21-5-2011	103%	

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<b>Hzpc</b>								<b>2</b>
<b>Koen Koster, 8-1-1999</b>								
100m rugslag	series	3.	<b>1:14.19</b>	287	1:16.00	2-10-2011	105%	
200m schoolslag	series	5.	<b>3:05.94</b>	273	3:12.04	9-10-2011	107%	
<b>Max Hermans, 28-9-1997</b>								<b>1</b>
200m rugslag	series	3.	2:20.92	426	2:20.89	28-1-2011	100%	
200m vlinderslag	series	2.	<b>2:22.04</b>	453	2:27.80	30-1-2011	108%	
<b>Sem Hermans, 27-5-1996</b>								<b>2</b>
200m rugslag	series	1.	<b>2:14.86</b>	487	2:17.05	13-11-2011	103%	
200m schoolslag	series	1.	<b>2:37.15</b>	452	2:40.30	2-10-2011	104%	
<b>Serafina Vlijt, 28-2-1998</b>								<b>1</b>
200m vrije slag	series	6.	<b>2:23.84</b>	461	2:27.09	17-4-2011	105%	
100m vlinderslag	series	1.	1:12.28	441	1:11.07	2-10-2011	97%	



<b>O.Z. &amp; P.C. De Warande</b>								<b>10</b>
<b>Britt van Zundert, 15-10-2000</b>								<b>2</b>
100m vrije slag	series	20.	<b>1:17.58</b>	284	1:22.07	9-10-2011	112%	
200m wisselslag	series	7.	<b>3:13.59</b>	266	3:17.10	25-9-2011	104%	
<b>Bryan Borsje, 13-3-1996</b>								<b>-</b>
100m schoolslag	series	11.	1:24.23	287	1:22.94	9-1-2011	97%	
200m schoolslag	series	6.	3:06.97	268	2:57.64		90%	
<b>Fleur Koreman, 3-3-2000</b>								<b>2</b>
100m vrije slag	series	21.	<b>1:18.69</b>	272	1:20.28	2-10-2011	104%	
100m rugslag	series	14.	<b>1:34.82</b>	197	1:38.04	17-9-2011	107%	
<b>Jennifer Borsje, 4-10-1999</b>								<b>1</b>
100m vrije slag	series	25.	1:37.75	142	1:34.23	13-11-2011	93%	
100m schoolslag	series	13.	<b>1:50.04</b>	184	1:50.91	17-9-2011	102%	
<b>Leroy Hogerbrug, 27-6-1997</b>								<b>1</b>
100m vrije slag	series	17.	<b>1:06.66</b>	306	1:08.81	13-11-2011	107%	
100m schoolslag	series	17.	1:33.94	207	NT		-	
<b>Nicko Kamphuis, 8-7-1999</b>								<b>1</b>
100m schoolslag	series	8.	<b>1:22.99</b>	300	1:27.51		111%	
200m vlinderslag	series	5.	2:58.40	228	2:55.99	6-11-2011	97%	
<b>Rick Embregts, 15-6-2000</b>								<b>1</b>
200m schoolslag	series	10.	3:35.90	174	NT		-	
200m wisselslag	series	2.	<b>3:06.56</b>	213	3:06.96	22-10-2011	100%	
<b>Timo van Helvoort, 9-10-1997</b>								<b>2</b>
100m vrije slag	series	23.	<b>1:13.57</b>	227	1:17.57	10-4-2011	111%	
100m rugslag	series	5.	<b>1:21.23</b>	218	1:21.82	6-11-2011	101%	

Patrick

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								8
<b>Sbc2000</b>								<b>1</b>
<b>Joeri Prins, 15-7-1993</b>								
200m vrije slag	series	2.	<b>2:06.16</b>	488	2:06.69	30-1-2011	101%	
200m vlinderslag	series	3.	2:22.46	449	2:20.00	6-11-2011	97%	
<b>Jordy Jongenelen, 1-4-1995</b>								<b>1</b>
200m rugslag	series	4.	<b>2:30.39</b>	351	2:30.64		100%	
200m wisselslag	series	1.	2:31.74	397	2:26.78	8-1-2011	94%	
<b>Margot Stenveld, 19-12-1988</b>								<b>2</b>
200m vrije slag	series	3.	<b>2:17.60</b>	527	2:20.03	13-2-2011	104%	
200m schoolslag	series	1.	<b>2:53.36</b>	467	2:59.27	15-1-2011	107%	
<b>Melvin Prins, 3-4-1995</b>								<b>2</b>
200m rugslag	series	2.	<b>2:16.90</b>	465	2:21.35	13-3-2011	107%	
200m vlinderslag	series	1.	<b>2:21.81</b>	455	2:24.35	26-3-2011	104%	
<b>Nicole van der Kooy, 5-6-1987</b>								<b>-</b>
100m schoolslag	series	5.	1:26.96	374	1:24.47	2-10-2011	94%	
200m schoolslag	series	5.	3:07.73	368	3:00.05	16-1-2011	92%	
<b>Sven Alderlieste, 3-2-1995</b>								<b>1</b>
200m vrije slag	series	5.	2:08.04	467	2:07.93	13-11-2011	100%	
100m vlinderslag	series	3.	<b>1:05.75</b>	400	1:07.03	9-1-2011	104%	
<b>Valerie Jongenelen, 27-4-1997</b>								<b>1</b>
100m vrije slag	series	6.	<b>1:07.28</b>	435	1:09.31	22-5-2011	106%	
200m vrije slag	series	13.	2:39.89	336	2:39.88	27-2-2011	100%	

SG De Zeeuwse Kust

Rowena de Kok, 15-11-1996

100m rugslag	series	7.	<b>1:22.82</b>	296	1:29.20		116%
100m schoolslag	series	8.	1:29.76	340	1:29.64	13-3-2011	100%
100m vlinderslag	series	4.	1:23.60	285	1:22.50	13-11-2011	97%

1

1

								2
Vzv								1
Ben Zentveld, 28-1-1995								
100m vrije slag	series	4.	<b>59.22</b>	437	1:01.08	19-11-2011	106%	
200m vrije slag	series	11.	2:18.28	371	2:17.44		99%	
Lars Bottelier, 4-3-1997								1
100m vrije slag	series	2.	<b>57.69</b>	472	58.40	19-11-2011	102%	
200m vrije slag	series	8.	2:10.70	439	2:07.80		96%	

Wzv

								1
<b>Catrina Hagens, 21-11-1993</b>								-
100m schoolslag	series	6.	1:28.61	354	1:28.08	13-3-2011	99%	
200m schoolslag	series	6.	3:10.04	355	3:06.20	10-4-2011	96%	
100m vlinderslag	series	3.	1:20.94	314	1:19.82	13-3-2011	97%	
<b>Manon Balvers, 20-2-1995</b>								-
100m vrije slag	series	18.	1:15.14	312	1:12.54	10-5-2009	93%	
100m rugslag	series	4.	1:21.73	308	1:20.20	3-4-2011	96%	
<b>Melissa van der Geld, 15-9-1995</b>								1
100m vrije slag	series	4.	1:04.37	497	1:04.30	26-6-2011	100%	
100m rugslag	series	1.	<b>1:14.04</b>	415	1:14.46	16-10-2011	101%	
<b>Rudy Chambon, 3-8-1993</b>								-
100m schoolslag	series	3.	1:17.88	364	1:17.62	2-10-2011	99%	
100m vlinderslag	series	6.	1:12.27	301	1:10.54	5-12-2010	95%	

								1
<b>Z &amp; Pc Dio</b>								-
<b>Jan van Opstal, 1-12-1986</b>								-
100m vlinderslag	series	2.	1:04.54	423	1:04.32	15-11-2009	99%	1
<b>Sanne van Gelder, 20-4-1998</b>								1
100m vrije slag	series	14.	<b>1:13.62</b>	332	1:14.16	13-11-2011	101%	
100m rugslag	series	8.	1:23.39	290	1:22.70	16-10-2011	98%	
<b>Susanne van der Linden, 11-10-1988</b>								-
100m vrije slag	series	7.	1:07.45	432	1:04.89	23-5-2007	93%	
100m schoolslag	series	2.	1:20.95	464	1:19.48	23-1-2011	96%	

zv De Vennen									10
Bram van Ginneken, 20-10-1995									2
100m vrije slag	series	15.	<b>1:05.67</b>	320	1:05.91	3-4-2011	101%		
200m vrije slag	series	13.	<b>2:20.29</b>	355	2:23.98	27-2-2011	105%		
Carina Spronk, 30-12-1997									-
100m vrije slag	series	12.	1:12.36	350	1:09.92	29-5-2011	93%		
100m rugslag	series	6.	1:22.70	297	1:21.83	13-11-2011	98%		
Eva van Ginneken, 10-1-1998									2
100m vrije slag	series	5.	<b>1:05.00</b>	483	1:05.19	6-11-2011	101%		
200m vrije slag	series	5.	<b>2:20.69</b>	493	2:21.72	3-4-2011	101%		
Jarno Koreman, 24-2-1999									2
100m vrije slag	series	26.	<b>1:15.30</b>	212	1:17.83	13-11-2011	107%		
100m rugslag	series	7.	<b>1:32.47</b>	148	1:33.14	2-10-2011	101%		
Joost Mulder, 17-3-1986									1
200m vrije slag	series	7.	2:09.76	449	2:05.67		94%		
100m vlinderslag	series	1.	<b>1:01.24</b>	496	1:01.35		100%		
Matthijs Schalk, 21-3-1999									2
100m vrije slag	series	19.	<b>1:07.63</b>	293	1:09.22	13-11-2011	105%		
100m schoolslag	series	14.	<b>1:25.64</b>	273	1:27.53	6-11-2011	104%		
Sander van Broekhoven, 28-5-1996									1
100m vrije slag	series	3.	58.19	460	57.71	6-11-2011	98%		
200m vrije slag	series	6.	<b>2:08.82</b>	459	2:09.36	2-10-2011	101%		