

Regiokampioenschappen Midwest deel 2
Veenendaal, 18 - 19/11/2017

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
								-
								-
								-
Aquarijn								18
Bjorn, van DOESBURG, 18/12/2002								1
200m vrije slag	series	1.	1:54.22	658	1:56.93	29/01/2017	105%	
100m rugslag	series	1.	1:00.36	532	59.83	01/10/2017	98%	
50m vlinderslag	series	1.	25.85	599	25.40	09/07/2017	97%	
Eva, WERKMAN, 30/05/1997								2
200m vrije slag	series	3.	2:11.91	592	2:11.86	03/12/2016	100%	
100m schoolslag	series	6.	1:19.44	483	1:19.54	01/10/2017	100%	
50m vlinderslag	series	6.	30.97	487	31.16	10/06/2017	101%	
Jonna, WIELING, 09/09/2002								3
50m vrije slag	series	2.	27.13	628	27.47	13/05/2017	103%	
200m vrije slag	series	2.	2:10.78	607	2:10.76	01/10/2017	100%	
100m rugslag	series	3.	1:11.10	463	1:10.30	24/09/2017	98%	
100m schoolslag	series	1.	1:17.73	516	1:19.13	01/10/2017	104%	
50m vlinderslag	series	2.	29.43	568	30.04	08/07/2017	104%	
Karl, van den BURG, 19/07/2000								3
50m vrije slag	series	15.	26.39	452	26.92	11/12/2016	104%	
200m vrije slag	series	13.	2:08.79	459	2:12.62	12/03/2017	106%	
50m vlinderslag	series	15.	29.50	403	29.67	10/06/2017	101%	
Linda, KAMPERMAN, 01/04/1996								1
50m vrije slag	series	13.	29.38	494	28.65	12/03/2017	95%	
200m vrije slag	series	2.	2:11.64	595	2:10.09	15/10/2017	98%	
50m vlinderslag	series	5.	30.75	498	30.72	09/07/2017	100%	
200m vlinderslag	series	2.	2:29.14	515	2:32.64	12/03/2017	105%	
Marije, JANSEN, 29/09/1985								1
50m vrije slag	series	4.	28.27	555	29.20	23/10/2016	107%	
Marin, WIELING, 25/04/2005								4
50m vrije slag	series	1.	29.90	469	31.05	09/07/2017	108%	
100m rugslag	series	3.	1:18.55	343	1:22.63	28/05/2017	111%	
100m schoolslag	series	2.	1:26.58	373	1:30.20	14/10/2017	109%	
50m vlinderslag	series	2.	34.00	368	34.92	13/05/2017	105%	
Pieke, STERK, 20/04/2004								3
50m vrije slag	series	5.	29.65	481	30.33	13/05/2017	105%	
200m vrije slag	series	2.	2:19.59	499	2:24.10	08/01/2017	107%	
50m vlinderslag	series	6.	33.12	398	34.98	13/05/2017	112%	
Quinty, JANSEN, 03/11/2000								-
50m vrije slag	series	AFGEM		-	29.17	03/12/2016	-	
100m schoolslag	series	AFGEM		-	1:18.95	03/12/2016	-	
50m vlinderslag	series	AFGEM		-	32.46	03/12/2016	-	
Yara, WELDAM, 17/12/2001								-
50m vrije slag	series	AFGEM		-	29.48	11/12/2016	-	
100m schoolslag	series	AFGEM		-	1:21.69	02/10/2016	-	
50m vlinderslag	series	AFGEM		-	32.92	10/06/2017	-	
Batavia Swim								-
BZ&PC								-
De Amstel								-
De Blauwe Schuur								1
Dirk, van BENNEKOM, 25/12/2002								-
50m vrije slag	series	8.	29.66	318	29.51	30/09/2017	99%	
Joep, GROOTHUIS, 16/09/2003								1
50m vrije slag	series	8.	29.27	331	30.09	17/06/2017	106%	
De Duinkickers								6
Deborah, VISSER, 04/07/2001								-
50m vrije slag	series	AFGEM		-	32.78	21/10/2017	-	
200m vrije slag	series	AFGEM		-	2:37.28	18/06/2017	-	
100m rugslag	series	AFGEM		-	1:21.08	24/06/2017	-	
50m vlinderslag	series	AFGEM		-	36.72	18/06/2017	-	

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Femke, DOORENBOS, 12/03/2004									1
50m vrije slag	series	9.	30.59	438	30.08	21/10/2017	97%		
200m vrije slag	series	4.	2:22.58	469	2:22.78	03/06/2017	100%		
100m rugslag	series	4.	1:17.15	362	1:16.61	21/10/2017	99%		
Kevin, ROEST, 28/09/2000									1
50m vrije slag	series	19.	26.98	423	27.63	22/10/2016	105%		
Maaïke, de BOER, 07/11/1990									1
100m schoolslag	series	9.	1:21.42	449	1:21.66	18/02/2017	101%		
Noortje, WIJNSTEKERS, 24/04/2003									-
50m vrije slag	series	11.	30.70	433	30.50	30/09/2017	99%		
Sam, STALENHOEF, 21/01/2003									1
50m vrije slag	series	7.	28.70	351	29.94	30/09/2017	109%		
Tess, BEMER, 28/02/2006									2
50m vrije slag	series	6.	34.18	314	34.44	29/10/2016	102%		
50m vlinderslag	series	3.	36.37	301	38.34	11/02/2017	111%		
De Fuut									14
Alessandra, ROSS, 28/06/2002									1
50m vrije slag	series	9.	30.51	441	31.79	01/07/2017	109%		
Dianne, POSTMA, 25/09/2004									4
50m vrije slag	series	11.	30.96	422	31.18	23/09/2017	101%		
50m vlinderslag	series	8.	33.31	392	34.10	28/01/2017	105%		
200m vlinderslag	series	2.	2:53.95	325	2:55.93	08/10/2017	102%		
400m wisselslag	series	3.	5:53.12	396	6:10.69	18/03/2017	110%		
Fayssal, LANTEMA, 18/03/2001									4
50m vrije slag	series	13.	26.28	458	26.20	23/09/2017	99%		
200m vrije slag	series	8.	2:04.91	503	2:07.14	12/03/2017	104%		
1500m vrije slag	series	1.	17:50.79	496	18:26.64	08/10/2017	107%		
50m vlinderslag	series	19.	30.16	377	30.99	14/10/2017	106%		
400m wisselslag	series	8.	5:16.77	410	5:25.32	11/12/2016	105%		
Jesper, de LANGE, 15/10/1986									-
50m vrije slag	series	3.	38.20	149	36.69	12/03/2017	92%		
100m rugslag	series	3.	1:39.39	119	1:34.07	12/03/2017	90%		
Mika, van RIET, 15/07/2005									2
100m schoolslag	series	3.	1:29.03	343	1:29.96	08/10/2017	102%		
400m wisselslag	series	2.	6:14.95	331	6:26.28	20/05/2017	106%		
Myrthe, POSTMA, 15/03/2002									-
50m vrije slag	series	16.	32.30	372	31.57	13/05/2017	96%		
50m vlinderslag	series	6.	33.88	372	33.88	28/05/2017	100%		
Stefan, ROOZE, 26/06/2001									2
200m vrije slag	series	10.	2:05.25	499	2:05.43	09/10/2016	100%		
50m vlinderslag	series	12.	27.92	476	28.86	05/11/2016	107%		
Zena, BOUT, 14/12/2006									1
50m vrije slag	series	3.	32.95	350	33.71	13/05/2017	105%		
De Hardenberg									-
De Vrije Slag									-
De Zwoer									13
Charlotte, BREUKINK, 25/07/2004									1
50m vrije slag	series	12.	31.16	414	31.11	21/10/2017	100%		
200m vrije slag	series	7.	2:24.83	447	2:34.08	03/06/2017	113%		
Jasper, van VEEN, 05/07/2002									2
50m vrije slag	series	AFGEM	-	-	26.21	08/10/2017	-		
100m rugslag	series	AFGEM	-	-	1:06.25	04/12/2016	-		
100m schoolslag	series	5.	1:20.97	323	1:21.74	25/03/2017	102%		
50m vlinderslag	series	4.	29.07	421	29.10	08/10/2017	100%		
Juriaan, ESCHAUZIER, 23/05/2005									1
50m vrije slag	series	5.	32.67	238	34.23	23/09/2017	110%		
Leon, JANSEN, 07/10/2003									-
50m vrije slag	series	13.	31.40	268	31.28	30/09/2017	99%		
Mariëlle, VISSER, 07/01/2005									3
50m vrije slag	series	5.	31.69	394	32.69	21/10/2017	106%		
200m vrije slag	series	4.	2:30.57	398	2:35.96	29/04/2017	107%		
100m rugslag	series	1.	1:15.08	393	1:15.72	14/10/2017	102%		
Mijke, BERGKOTTE, 02/04/1999									1
50m vrije slag	series	7.	28.94	517	29.30	07/01/2017	103%		
50m vlinderslag	series	AFGEM	-	-	33.11	28/05/2017	-		
Nathalie, HULST, 20/11/2005									-
50m vrije slag	series	7.	34.72	299	34.58	30/09/2017	99%		

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Rick, DOUMA, 26/01/2001									1
50m vrije slag	series	18.	26.94	425	28.03	01/10/2016	108%		
Suzanne, LANGE, 06/11/1992									4
50m vrije slag	series	5.	28.38	549	29.71	07/01/2017	110%		
200m vrije slag	series	6.	2:16.82	530	2:21.02	12/11/2016	106%		
100m schoolslag	series	8.	1:19.97	474	1:21.73	01/10/2016	104%		
50m vlinderslag	series	10.	31.66	456	32.44	01/07/2017	105%		
GoSwim									6
Myrthe, BEIJEN, 08/12/2000									-
50m vrije slag	series	AFGEM	-	-	27.44	13/05/2017	-		
200m vrije slag	series	AFGEM	-	-	2:14.07	30/09/2017	-		
100m rugslag	series	AFGEM	-	-	1:09.73	15/01/2017	-		
50m vlinderslag	series	AFGEM	-	-	29.71	13/05/2017	-		
Pepijn, LAHAJE, 17/12/2002									4
50m vrije slag	series	3.	25.47	503	25.59		101%		
200m vrije slag	series	3.	2:02.96	527	2:09.32		111%		
100m rugslag	series	6.	1:07.97	372	1:12.36	01/07/2017	113%		
50m vlinderslag	series	5.	30.50	365	35.88	15/10/2016	138%		
Victor, BARNAR, 05/04/1978									2
50m vrije slag	series	14.	27.08	418	27.23	07/05/2017	101%		
100m schoolslag	series	7.	1:12.32	454	1:13.64	06/05/2017	104%		
50m vlinderslag	series	14.	31.86	320	29.32	06/05/2017	85%		
IJZPC									6
Anique, HAZEBROEK, 07/10/2005									3
50m vrije slag	series	3.	30.58	438	32.25	21/01/2017	111%		
200m vrije slag	series	2.	2:27.84	420	2:39.76	11/03/2017	117%		
50m vlinderslag	series	3.	34.06	366	36.90	25/03/2017	117%		
Lisa, SPRONK, 03/01/1991									1
50m vrije slag	series	2.	52.98	84	53.52	07/01/2017	102%		
100m rugslag	series	2.	1:53.73	113	1:52.33	11/03/2017	98%		
100m schoolslag	series	2.	2:32.78	68	2:32.67	02/10/2016	100%		
Lisanne, KLEIN, 07/09/2003									-
50m vrije slag	series	14.	31.43	404	31.17	30/09/2017	98%		
Ralph, SAMUELS, 19/01/2003									2
50m vrije slag	series	6.	28.66	353	29.51	14/10/2017	106%		
200m vrije slag	series	7.	2:31.45	282	2:32.45	30/09/2017	101%		
LZ&PC De Haaien									21
Aaron, HENDRIKSEN OF HENDRIKS, 05/07/2000									4
50m vrije slag	series	7.	25.23	517	25.27	24/06/2017	100%		
200m vrije slag	series	9.	2:05.01	502	2:00.66	29/01/2017	93%		
50m vlinderslag	series	2.	26.77	540	27.17	24/06/2017	103%		
200m vlinderslag	series	1.	2:13.76	534	2:17.21	11/03/2017	105%		
400m wissel	series	4.	4:45.85	559	4:47.79	29/01/2017	101%		
Anniek, van BOHEEMEN, 19/02/2004									-
50m vrije slag	series	8.	30.56	439	29.99	24/06/2017	96%		
200m vrije slag	series	8.	2:34.47	368	2:20.91	11/03/2017	83%		
100m rugslag	series	3.	1:12.24	442	1:11.80	11/02/2017	99%		
100m schoolslag	series	4.	1:34.25	289	1:27.37	11/03/2017	86%		
50m vlinderslag	series	10.	35.18	332	34.29	24/06/2017	95%		
Arnold, van STELTEN, 03/01/2002									1
50m vrije slag	series	9.	29.67	318	29.33	24/06/2017	98%		
50m vlinderslag	series	8.	31.19	341	32.23	24/06/2017	107%		
Cynthia, SIEBRAND, 24/07/1996									-
50m vrije slag	series	2.	27.81	583	27.68	24/06/2017	99%		
100m rugslag	series	4.	1:10.64	472	1:09.36	15/01/2017	96%		
100m schoolslag	series	12.	1:23.01	423	1:22.78	01/10/2016	99%		
50m vlinderslag	series	1.	28.99	594	28.88	06/11/2016	99%		
Daniek, HENDRIKSEN OF HENDRIKS, 21/04/2002									1
50m vrije slag	series	10.	30.55	440	30.94	24/06/2017	103%		
Femke, van BOHEEMEN, 27/11/2002									2
50m vrije slag	series	8.	30.31	450	30.07	08/04/2017	98%		
200m vrije slag	series	6.	2:20.07	494	2:16.87	25/03/2017	95%		
50m vlinderslag	series	4.	31.22	476	32.02	13/05/2017	105%		
200m vlinderslag	series	2.	2:54.50	322	2:43.17	29/04/2017	87%		
400m wissel	series	3.	5:34.98	464	5:36.71	08/01/2017	101%		
Jasmijn, JEULINK, 14/03/2004									1
50m vrije slag	series	14.	31.82	389	33.02	24/06/2017	108%		
Joop, van den HOVEN, 19/09/2004									3
50m vrije slag	series	9.	31.18	274	32.72	24/06/2017	110%		
50m vlinderslag	series	7.	34.71	247	35.78	24/06/2017	106%		
400m wissel	series	4.	6:15.58	246	6:31.06	29/04/2017	108%		

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Julian, SIEBRAND, 20/06/2001								3
50m vrije slag	series	14.	26.28	458	26.69	24/06/2017	103%	
200m vrije slag	series	15.	2:11.81	428	2:12.19	11/03/2017	101%	
50m vlinderslag	series	7.	27.41	503	27.38	24/06/2017	100%	
400m wisselslag	series	9.	5:17.11	409	5:17.49	29/04/2017	100%	
Merel, VERHULST, 15/03/2002								-
200m vrije slag	series	10.	2:24.72	448	2:23.04	11/02/2017	98%	
100m schoolslag	series	4.	1:25.82	383	1:23.46	08/01/2017	95%	
400m wisselslag	series	5.	6:02.08	367	5:55.98	29/04/2017	97%	
Midas, JAGER, 09/04/2002								5
50m vrije slag	series	5.	26.73	435	27.71	14/01/2017	107%	
200m vrije slag	series	5.	2:07.29	475	2:09.23	15/01/2017	103%	
100m rugslag	series	5.	1:06.85	391	1:08.08	29/10/2016	104%	
100m schoolslag	series	4.	1:18.81	351	1:21.36	30/09/2017	107%	
50m vlinderslag	series	7.	30.68	358	31.40	24/06/2017	105%	
Nienke, van STELTEN, 24/10/2006								1
50m vrije slag	series	5.	33.54	332	35.43	24/06/2017	112%	
unattached								-
VZC								77
Amber, van de KRAATS, 23/12/1999								-
50m vrije slag	series	14.	29.65	481	29.36	05/11/2016	98%	
800m vrije slag	series	2.	10:10.38	484	10:05.34	18/02/2017	98%	
100m schoolslag	series	11.	1:22.88	425	1:19.80	30/09/2017	93%	
50m vlinderslag	series	14.	33.15	397	32.12	12/02/2017	94%	
400m wisselslag	series	2.	5:32.27	476	5:29.56	08/01/2017	98%	
Aniek, van de WEERD, 02/03/2004								4
50m vrije slag	series	3.	29.06	511	30.70	13/05/2017	112%	
200m vrije slag	series	1.	2:17.66	521	2:19.89	30/09/2017	103%	
100m rugslag	series	2.	1:08.56	517	1:09.86	07/10/2017	104%	
50m vlinderslag	series	3.	32.24	432	33.51	13/05/2017	108%	
400m wisselslag	series	1.	5:28.77	491	5:24.55	07/10/2017	97%	
Anne-Fleur, OPDAM, 24/09/2003								2
50m vrije slag	series	5.	29.90	469	30.64	20/05/2017	105%	
200m vrije slag	series	7.	2:20.85	486	2:24.70	04/03/2017	106%	
400m wisselslag	series	4.	5:50.13	406	5:45.92	18/03/2017	98%	
Arie, van der VLIST, 08/12/1998								1
50m vrije slag	series	6.	25.23	517	25.20	04/12/2016	100%	
200m vrije slag	series	6.	2:06.46	485	2:05.72	04/12/2016	99%	
50m vlinderslag	series	4.	27.45	500	27.81	07/10/2017	103%	
Babet, KRUGER, 05/05/2000								-
50m vrije slag	series	11.	29.06	511	28.37	13/05/2017	95%	
200m vrije slag	series	9.	2:20.50	490	2:14.01	05/11/2016	91%	
800m vrije slag	series	3.	10:31.91	436	10:06.38	18/02/2017	92%	
100m schoolslag	series	10.	1:22.68	429	1:21.70	12/11/2016	98%	
50m vlinderslag	series	7.	31.14	479	30.07	13/05/2017	93%	
Bram, SCHAAFSMA, 09/07/2003								4
50m vrije slag	series	4.	27.52	399	28.64	28/01/2017	108%	
200m vrije slag	series	1.	2:07.89	469	2:08.83	30/09/2017	101%	
1500m vrije slag	series	1.	17:50.69	496	18:18.04	20/10/2017	105%	
100m rugslag	series	1.	1:07.97	372	1:09.14	01/07/2017	103%	
100m schoolslag	series	5.	1:21.36	319	1:19.54	30/09/2017	96%	
Brent, GÜNTHER, 29/12/2000								5
50m vrije slag	series	12.	25.89	479	26.10	04/12/2016	102%	
200m vrije slag	series	11.	2:07.33	475	2:08.04	02/04/2017	101%	
100m rugslag	series	8.	1:04.64	433	1:05.48	02/04/2017	103%	
100m schoolslag	series	9.	1:14.63	413	1:15.58	07/10/2017	103%	
50m vlinderslag	series	5.	27.11	519	27.13	08/10/2016	100%	
200m vlinderslag	series	4.	2:16.21	506	2:15.90	27/01/2017	100%	
Bridget, VERMEER, 26/07/2005								7
50m vrije slag	series	2.	29.91	469	31.20	27/05/2017	109%	
200m vrije slag	series	1.	2:18.22	514	2:21.81	07/10/2017	105%	
800m vrije slag	series	1.	9:52.05	530	10:01.44	21/10/2017	103%	
100m rugslag	series	2.	1:16.86	367	1:19.59	30/09/2017	107%	
100m schoolslag	series	1.	1:22.48	432	1:25.04	07/10/2017	106%	
50m vlinderslag	series	1.	33.75	376	35.22	30/09/2017	109%	
400m wisselslag	series	1.	5:41.85	437	5:47.43	07/10/2017	103%	
Daen, SPOOR, 14/07/2001								1
50m vrije slag	series	11.	25.33	511	25.43	26/11/2016	101%	
200m vrije slag	series	7.	2:04.34	510	2:03.30	07/10/2017	98%	
100m rugslag	series	7.	1:03.85	449	1:01.61	11/03/2017	93%	
100m schoolslag	series	8.	1:09.86	504	1:06.93	01/10/2016	92%	
50m vlinderslag	series	6.	27.17	516	26.94	12/02/2017	98%	
Duncan, van de WEERDHOF, 23/02/2005								4
50m vrije slag	series	6.	33.08	229	33.15	14/10/2017	100%	
200m vrije slag	series	2.	2:30.94	285	2:42.79	11/12/2016	116%	

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1500m vrije slag	series	1.	21:18.48	291	22:27.39	10/09/2017	111%	
100m rugslag	series	2.	1:20.94	220	1:20.90	24/06/2017	100%	
50m vlinderslag	series	1.	37.00	204	38.86	13/05/2017	110%	
Dèlenn, van OOSTROM, 12/04/1996								
50m vrije slag	series	AFGEM	-	-	29.73	11/03/2017	-	
800m vrije slag	series	AFGEM	-	-	10:05.27	26/03/2017	-	
Eelke, van BALLEGOOIJEN, 19/04/2001								
50m vrije slag	series	12.	29.32	497	30.10	10/12/2016	105%	1
100m schoolslag	series	4.	1:18.23	506	1:17.47	07/01/2017	98%	
Evica, KLOK, 16/04/2005								
200m vrije slag	series	3.	2:28.88	411	2:37.50	08/01/2017	112%	3
800m vrije slag	series	2.	11:15.70	357	11:34.25	18/02/2017	106%	
50m vlinderslag	series	4.	34.38	356	35.71	13/05/2017	108%	
Femke, KATS, 27/01/2006								
50m vrije slag	series	4.	33.54	332	33.93	30/09/2017	102%	1
Femke, SPIERING, 21/10/2002								
50m vrije slag	series	1.	26.75	655	26.42	22/10/2017	98%	2
200m vrije slag	series	1.	2:03.81	716	2:00.42	15/10/2017	95%	
800m vrije slag	series	1.	9:04.01	684	9:22.68	18/02/2017	107%	
100m rugslag	series	1.	1:05.30	598	1:04.13	01/07/2017	96%	
100m schoolslag	series	2.	1:18.02	510	1:18.12	30/09/2017	100%	
50m vlinderslag	series	1.	28.53	624	27.51	14/10/2017	93%	
400m wisselslag	series	1.	4:58.71	655	4:55.03	13/10/2017	98%	
Joeri, SCHEIDT, 28/08/1991								
200m vrije slag	series	4.	2:01.86	542	2:00.18	15/01/2017	97%	-
100m schoolslag	series	9.	1:13.25	437	1:12.35	15/01/2017	98%	
50m vlinderslag	series	10.	29.38	408	28.83	13/05/2017	96%	
Josine, van BALLEGOOIJEN, 11/09/1997								
50m vrije slag	series	15.	30.98	422	30.51	03/12/2016	97%	-
Josse, BERGMAN, 19/04/2003								
50m vrije slag	series	3.	28.94	517	29.64	13/05/2017	105%	6
200m vrije slag	series	3.	2:14.59	557	2:15.51	30/09/2017	101%	
800m vrije slag	series	3.	9:49.44	537	10:23.86	21/05/2017	112%	
100m rugslag	series	2.	1:09.29	500	1:10.33	14/10/2017	103%	
50m vlinderslag	series	3.	30.97	487	31.67	13/05/2017	105%	
400m wisselslag	series	2.	5:15.18	557	5:36.98	30/12/2016	114%	
Kelly, PATRICIA, 24/09/2004								
50m vrije slag	series	7.	30.21	455	30.79	05/11/2016	104%	5
200m vrije slag	series	6.	2:24.71	448	2:26.93	08/01/2017	103%	
100m rugslag	series	6.	1:19.39	333	1:15.21	12/02/2017	90%	
100m schoolslag	series	2.	1:20.91	457	1:21.11	11/03/2017	100%	
50m vlinderslag	series	9.	33.76	376	35.00	13/05/2017	107%	
200m vlinderslag	series	3.	2:56.68	310	2:59.67	26/11/2016	103%	
Kirsten, VERHALLE, 31/12/2004								
50m vrije slag	series	4.	29.08	510	29.75	13/05/2017	105%	5
100m schoolslag	series	1.	1:20.66	462	1:23.39	07/10/2017	107%	
50m vlinderslag	series	4.	32.24	432	32.86	13/05/2017	104%	
200m vlinderslag	series	1.	2:48.82	355	2:56.76	22/04/2017	110%	
400m wisselslag	series	2.	5:32.57	474	5:34.77	07/10/2017	101%	
Lars, VERHALLE, 08/05/2002								
50m vrije slag	series	1.	24.44	569	25.06	28/01/2017	105%	4
200m vrije slag	series	2.	2:02.80	529	2:01.18	30/09/2017	97%	
100m rugslag	series	3.	1:01.21	510	1:02.59	16/09/2017	105%	
100m schoolslag	series	1.	1:07.56	557	1:08.78	30/09/2017	104%	
50m vlinderslag	series	2.	26.91	531	27.34	13/05/2017	103%	
Lisanne, SEISING, 16/04/2000								
100m schoolslag	series	7.	1:19.88	475	1:20.97	01/07/2017	103%	2
50m vlinderslag	series	13.	32.80	410	32.54	13/05/2017	98%	
400m wisselslag	series	3.	5:32.33	475	5:38.09	08/01/2017	103%	
Lotus, van GEEMEN, 22/12/2002								
50m vrije slag	series	7.	29.93	468	28.85	25/03/2017	93%	-
200m vrije slag	series	AFGEM	-	-	2:15.22	08/01/2017	-	
50m vlinderslag	series	AFGEM	-	-	32.48	13/05/2017	-	
400m wisselslag	series	AFGEM	-	-	5:47.65	18/02/2017	-	
Maaïke, TIJHOF, 08/03/1998								
50m vrije slag	series	9.	29.00	514	28.63	11/03/2017	97%	-
200m vrije slag	series	4.	2:14.60	557	2:07.67	05/11/2016	90%	
800m vrije slag	series	1.	9:39.96	564	9:19.92	05/11/2016	93%	
Manon, KOOIJ, 21/05/2006								
50m vrije slag	series	7.	35.34	284	35.58	30/09/2017	101%	1
Marjolein, DELNO, 17/03/1994								
50m vrije slag	series	1.	25.66	742	25.51	06/11/2016	99%	1
200m vrije slag	series	AFGEM	-	-	1:56.60	06/08/2017	-	
100m rugslag	series	1.	1:03.70	644	1:04.22	11/03/2017	102%	
100m schoolslag	series	AFGEM	-	-	1:09.24	24/09/2017	-	

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Olaf, ACHTERBERG, 31/01/1990								3
50m vrije slag	series	2.	24.11	593	24.29	14/01/2017	101%	
200m vrije slag	series	1.	1:58.94	583	1:59.96	15/01/2017	102%	
100m rugslag	series	4.	1:02.36	482	1:00.60	08/01/2017	94%	
50m vlinderslag	series	3.	27.14	518	27.68	12/02/2017	104%	
Sam, van der DRIFT, 05/05/2003								3
50m vrije slag	series	5.	27.77	388	28.76	14/10/2017	107%	
200m vrije slag	series	2.	2:12.21	424	2:12.82	30/09/2017	101%	
100m rugslag	series	4.	1:14.74	280	1:12.63	24/06/2017	94%	
100m schoolslag	series	6.	1:26.45	266	1:21.78	30/09/2017	89%	
50m vlinderslag	series	3.	32.64	297	32.99	01/07/2017	102%	
Sander, CROOIJMANS, 08/12/2001								1
100m rugslag	series	6.	1:03.31	461	1:02.08	01/07/2017	96%	
100m schoolslag	series	6.	1:08.67	531	1:08.60	01/07/2017	100%	
200m vlinderslag	series	3.	2:16.11	507	2:19.14	16/10/2016	105%	
400m wisselslag	series	3.	4:39.89	595	4:38.08	21/10/2017	99%	
Sanne, VONK, 27/01/2003								-
200m vrije slag	series	9.	2:24.29	452	2:23.88	09/10/2016	99%	
Silke, MOLENDIJK, 10/08/2001								1
50m vrije slag	series	6.	28.70	530	28.53	11/12/2016	99%	
100m rugslag	series	5.	1:10.64	472	1:08.55	01/07/2017	94%	
100m schoolslag	series	3.	1:17.89	513	1:15.29	26/01/2017	93%	
50m vlinderslag	series	2.	29.53	562	29.33	12/08/2017	99%	
200m vlinderslag	series	1.	2:21.62	602	2:20.70	21/10/2017	99%	
400m wisselslag	series	1.	5:07.16	602	5:08.17	29/01/2017	101%	
Sjoerd, GÜNTHER, 29/12/2000								3
50m vrije slag	series	20.	27.80	387	27.88	04/12/2016	101%	
200m vrije slag	series	16.	2:13.23	414	2:12.51	02/04/2017	99%	
50m vlinderslag	series	20.	30.53	364	30.91	17/06/2017	103%	
400m wisselslag	series	10.	5:30.26	362	5:33.93	08/10/2016	102%	
Sten, POSTMA, 26/04/2000								1
50m vrije slag	series	1.	23.87	611	23.43	12/08/2017	96%	
100m rugslag	series	2.	1:00.08	539	59.15	01/07/2017	97%	
100m schoolslag	series	1.	1:05.36	615	1:03.25	01/07/2017	94%	
50m vlinderslag	series	3.	26.77	540	26.18	13/05/2017	96%	
200m vlinderslag	series	2.	2:14.94	520	2:11.65	07/10/2017	95%	
400m wisselslag	series	1.	4:32.17	647	4:34.22	15/10/2016	102%	
Thom, DELNO, 08/05/2000								3
50m vrije slag	series	8.	25.27	515	25.13	11/03/2017	99%	
200m vrije slag	series	3.	2:00.33	563	2:00.73	29/01/2017	101%	
100m rugslag	series	10.	1:04.78	430	1:02.03	01/07/2017	92%	
100m schoolslag	series	2.	1:05.36	615	1:04.04	01/07/2017	96%	
50m vlinderslag	series	10.	27.81	481	28.01	01/07/2017	101%	
200m vlinderslag	series	5.	2:16.77	500	2:17.95	07/10/2017	102%	
Tim, SEISING, 25/11/2005								2
50m vrije slag	series	8.	34.30	206	34.24	06/05/2017	100%	
200m vrije slag	series	5.	2:45.33	217	2:45.85	06/05/2017	101%	
100m schoolslag	series	3.	1:30.50	232	1:34.09	24/06/2017	108%	
Vincent, CROOIJMANS, 08/12/2001								1
50m vrije slag	series	6.	24.94	536	25.06	28/01/2017	101%	
200m vrije slag	series	1.	1:54.81	648	1:54.76	20/10/2017	100%	
100m rugslag	series	3.	1:00.60	526	59.86	01/07/2017	98%	
100m schoolslag	series	5.	1:08.46	535	1:07.93	30/09/2017	98%	
Watervlo								3
Ben, de KOK, 26/07/2002								2
50m vrije slag	series	6.	27.32	407	27.21	30/09/2017	99%	
200m vrije slag	series	7.	2:10.40	442	2:18.57	14/10/2017	113%	
100m schoolslag	series	2.	1:15.28	403	1:15.32	30/09/2017	100%	
Berkay, AKALIN, 29/08/2003								-
50m vrije slag	series	12.	29.99	308	29.88	23/09/2017	99%	
Romée, HEIJNEN, 30/08/2002								-
50m vrije slag	series	12.	30.76	431	30.42	30/09/2017	98%	
Tijmen, ELLEN, 09/09/2004								1
50m vrije slag	series	6.	30.19	302	30.21	14/10/2017	100%	
ZPC AMERSFOORT								82
Anders, van NORDEN, 06/05/2004								3
50m vrije slag	series	5.	28.58	356	29.44	22/10/2017	106%	
200m vrije slag	series	1.	2:14.09	406	2:20.19	18/06/2017	109%	
100m schoolslag	series	2.	1:17.08	375	1:15.85	24/09/2017	97%	
50m vlinderslag	series	4.	34.00	263	35.80	30/09/2017	111%	
Auke, GIELEN, 19/07/2004								1
1500m vrije slag	series	1.	20:43.12	317	21:30.86	23/12/2016	108%	

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Austin, NAMESNIK, 27/07/2001								-
50m vrije slag	series	2.	24.13	591	24.04	18/12/2016	99%	
100m rugslag	series	1.	59.15	565	56.87	20/10/2017	92%	
50m vlinderslag	series	1.	25.85	599	25.78	20/10/2017	99%	
400m wisselslag	series	2.	4:39.10	600	4:37.44	29/01/2017	99%	
Bas, MORELISSSEN, 12/10/2001								3
50m vrije slag	series	9.	25.27	515	25.21	28/01/2017	100%	
100m rugslag	series	4.	1:00.68	523	1:01.33	11/03/2017	102%	
50m vlinderslag	series	9.	27.51	497	27.55	14/10/2017	100%	
400m wisselslag	series	5.	4:46.79	553	4:53.45	04/12/2016	105%	
Daniël, CLAASEN, 21/06/2001								-
50m vrije slag	series	4.	24.27	581	24.20	28/01/2017	99%	
200m vrije slag	series	2.	1:58.94	583	1:56.63	20/10/2017	96%	
50m vlinderslag	series	8.	27.44	501	26.97	14/10/2017	97%	
Daniël, RYKOV, 22/04/2002								3
50m vlinderslag	series	3.	29.01	424	29.26	01/07/2017	102%	
200m vlinderslag	series	2.	2:24.34	425	2:24.51	27/01/2017	100%	
400m wisselslag	series	1.	5:03.00	469	5:10.75	29/01/2017	105%	
Dave, HOLWEG, 03/12/1997								4
50m vrije slag	series	6.	25.23	517	26.30	26/03/2017	109%	
200m vrije slag	series	2.	2:00.09	566	2:00.71	08/07/2017	101%	
100m rugslag	series	3.	1:00.68	523	1:01.78	15/10/2017	104%	
100m schoolslag	series	6.	1:11.32	474	1:10.87	11/12/2016	99%	
50m vlinderslag	series	7.	28.15	464	28.23	01/10/2016	101%	
400m wisselslag	series	1.	4:46.52	555	4:42.61	13/10/2017	97%	
Edwin, v. NORDEN, 24/04/1963								1
50m vrije slag	series	13.	26.76	433	27.02	19/02/2017	102%	
100m rugslag	series	7.	1:06.08	405	1:02.82	22/01/2017	90%	
100m schoolslag	series	11.	1:13.26	437	1:12.59	01/10/2017	98%	
50m vlinderslag	series	6.	28.15	464	28.14	17/12/2016	100%	
Florian, van HEEST, 04/01/2003								1
100m schoolslag	series	4.	1:18.78	351	1:17.96	11/03/2017	98%	
50m vlinderslag	series	5.	33.35	279	33.69	15/10/2016	102%	
Gideon, HEIJ, 04/04/1998								-
50m vrije slag	series	5.	24.75	548	24.53	18/12/2016	98%	
Hidde Sander, DRAGSTRA, 28/03/2005								1
50m vrije slag	series	4.	32.25	247	34.54	14/10/2017	115%	
Jelle, BLANKESTIJN, 03/07/1998								2
50m vrije slag	series	9.	25.76	486	25.73	14/10/2017	100%	
200m vrije slag	series	3.	2:00.45	561	2:00.03	04/11/2016	99%	
100m rugslag	series	6.	1:04.97	426	1:06.92	21/05/2017	106%	
50m vlinderslag	series	9.	28.62	441	29.30	22/10/2016	105%	
Jesse, van DIJK, 11/02/1999								1
100m schoolslag	series	1.	1:05.15	621	1:04.09	24/06/2017	97%	
50m vlinderslag	series	1.	25.53	622	25.34	29/01/2017	99%	
200m vlinderslag	series	1.	2:06.64	629	2:07.28	14/10/2017	101%	
Jetske, MOOT, 11/05/2004								3
50m vrije slag	series	1.	28.00	571	28.08	26/01/2017	101%	
100m rugslag	series	1.	1:06.71	561	1:06.74	28/01/2017	100%	
50m vlinderslag	series	1.	31.66	456	32.25	01/07/2017	104%	
Jorick, van BON, 05/02/2003								2
50m vrije slag	series	11.	29.63	319	30.61	30/04/2017	107%	
200m vrije slag	series	5.	2:19.61	360	2:24.68	11/03/2017	107%	
50m vlinderslag	series	6.	35.79	225	35.45	22/04/2017	98%	
400m wisselslag	series	2.	6:18.05	241	6:15.62	27/05/2017	99%	
Joëlla, BRUINS, 21/02/2003								-
200m vrije slag	series	AFGEM		-	2:23.64	01/10/2017	-	
Kirill, HRABCUNS, 22/01/2002								2
50m vrije slag	series	2.	25.22	518	26.65	24/09/2017	112%	
100m rugslag	series	2.	1:00.68	523	1:01.03	09/07/2017	101%	
Koen, MARSMAN, 12/11/2005								3
50m vrije slag	series	3.	31.98	254	32.47	22/10/2017	103%	
200m vrije slag	series	3.	2:31.35	283	2:31.45	22/10/2017	100%	
50m vlinderslag	series	3.	37.59	195	39.07	21/06/2017	108%	
Larissa, BRAK, 28/07/1988								1
200m vrije slag	series	5.	2:14.99	552	2:17.21	24/06/2017	103%	
100m schoolslag	series	1.	1:13.89	601	1:11.21	06/11/2016	93%	
50m vlinderslag	series	9.	31.27	473	31.08	06/05/2017	99%	
Lieke, NIJMEIJER, 29/03/2003								2
50m vrije slag	series	4.	29.71	478	29.51	18/12/2016	99%	
200m vrije slag	series	5.	2:18.94	506	2:19.47	18/12/2016	101%	
800m vrije slag	series	4.	10:15.72	471	10:30.32	23/12/2016	105%	
Lisa, KRUGER, 04/09/2000								1
50m vrije slag	series	1.	29.02	513	28.92	06/11/2016	99%	
200m vrije slag	series	1.	2:17.72	520	2:14.95	04/11/2016	96%	
100m rugslag	series	1.	1:10.80	469	1:09.38	04/10/2017	96%	
100m schoolslag	series	1.	1:16.51	541	1:14.43	03/10/2017	95%	

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50m vlinderslag	series	1.	31.75	452	31.84	06/11/2016	101%	1
Lucrecia, FRETZ, 26/12/2004								
50m vrije slag	series	10.	30.93	424	30.81	22/10/2017	99%	
200m vrije slag	series	9.	2:44.12	307	2:32.32	08/01/2017	86%	
50m vlinderslag	series	7.	33.31	392	34.28	14/01/2017	106%	
Marijn, SNEL, 05/01/2004								4
50m vrije slag	series	8.	30.57	291	30.97	27/05/2017	103%	
100m rugslag	series	5.	1:19.46	233	1:19.82	21/05/2017	101%	
100m schoolslag	series	5.	1:32.75	215	1:33.27	05/03/2017	101%	
50m vlinderslag	series	5.	34.21	258	34.56	18/03/2017	102%	
400m wisselslag	series	3.	6:08.46	261	5:58.73	11/12/2016	95%	
Mart, NIEHOFF, 20/08/2001								1
50m vrije slag	series	5.	24.54	562	24.49	14/10/2017	100%	
200m vrije slag	series	6.	2:03.02	527	1:58.10	15/10/2017	92%	
100m rugslag	series	5.	1:00.89	518	59.72	30/09/2017	96%	
50m vlinderslag	series	4.	26.84	535	28.20	21/05/2017	110%	
Mats, van de WEERD, 19/10/2001								2
50m vlinderslag	series	17.	29.80	391	30.57	01/07/2017	105%	
400m wisselslag	series	6.	5:09.46	440	5:34.89	15/01/2017	117%	
Milan, ten BROEK, 02/05/2000								-
100m schoolslag	series	4.	1:07.26	565	1:06.61	24/06/2017	98%	
Nathan, van WEES, 23/12/2001								4
50m vrije slag	series	1.	26.51	446	27.61	27/05/2017	108%	
200m vrije slag	series	2.	2:11.15	434	2:13.63	18/06/2017	104%	
100m rugslag	series	2.	1:09.14	354	1:10.77	09/07/2017	105%	
50m vlinderslag	series	1.	30.12	379	30.55	18/06/2017	103%	
Nienke, SNEL, 05/01/2004								-
50m vrije slag	series	AFGEM	-	-	29.13	18/12/2016	-	
100m rugslag	series	AFGEM	-	-	1:12.57	24/06/2017	-	
100m schoolslag	series	AFGEM	-	-	1:23.45	24/06/2017	-	
50m vlinderslag	series	AFGEM	-	-	33.67	18/03/2017	-	
400m wisselslag	series	AFGEM	-	-	5:41.79	29/01/2017	-	
Noa, STEENPOORTE, 07/06/2003								1
100m schoolslag	series	3.	1:22.59	430	1:25.71	09/04/2017	108%	
Pippa, van 't LAND, 25/01/2006								4
50m vrije slag	series	1.	29.10	509	30.08	25/03/2017	107%	
200m vrije slag	series	1.	2:23.79	457	2:23.57	30/09/2017	100%	
100m rugslag	series	1.	1:16.12	377	1:16.23	11/03/2017	100%	
100m schoolslag	series	2.	1:26.54	374	1:28.73	24/06/2017	105%	
50m vlinderslag	series	1.	31.54	461	33.28	25/03/2017	111%	
Rijk, DRAGSTRA, 25/07/2001								2
50m vrije slag	series	10.	25.33	511	25.62	28/01/2017	102%	
200m vrije slag	series	5.	2:01.65	545	1:59.75	15/10/2017	97%	
100m rugslag	series	9.	1:04.64	433	1:05.95	30/09/2017	104%	
100m schoolslag	series	7.	1:09.32	516	1:08.18	15/10/2017	97%	
50m vlinderslag	series	14.	29.06	422	28.80	01/07/2017	98%	
Rijk, HEERE, 28/11/2003								3
50m vrije slag	series	1.	26.52	445	26.72	02/09/2017	102%	
1500m vrije slag	series	2.	18:11.35	469	18:44.48	17/06/2017	106%	
100m schoolslag	series	1.	1:12.43	452	1:12.52	24/09/2017	100%	
Ruben, CLAASEN, 23/09/2004								2
50m vrije slag	series	2.	26.73	435	27.58	14/10/2017	106%	
100m rugslag	series	1.	1:08.09	370	1:10.57	11/03/2017	107%	
100m schoolslag	series	1.	1:10.88	482	1:10.71	22/10/2017	100%	
50m vlinderslag	series	2.	29.35	409	28.88	22/10/2017	97%	
Sam, JANMAAT, 16/05/2002								3
50m vrije slag	series	2.	26.62	440	27.24	11/08/2017	105%	
200m vrije slag	series	1.	2:03.45	521	2:04.98	30/09/2017	102%	
100m rugslag	series	1.	1:03.65	454	1:04.59	11/08/2017	103%	
100m schoolslag	series	1.	1:16.49	384	1:13.94	30/09/2017	93%	
Simon, CLAASEN, 23/09/2004								4
50m vrije slag	series	1.	26.15	465	26.53	28/01/2017	103%	
50m vlinderslag	series	1.	27.64	490	28.22	22/10/2017	104%	
200m vlinderslag	series	1.	2:28.73	388	2:31.97	27/01/2017	104%	
400m wisselslag	series	1.	5:01.26	477	5:10.13	18/02/2017	106%	
Sophie, FAVEAUX, 04/01/2006								3
50m vrije slag	series	2.	31.25	411	31.64	22/10/2017	103%	
200m vrije slag	series	2.	2:34.91	365	2:38.81	06/05/2017	105%	
100m schoolslag	series	1.	1:24.73	398	1:26.09	06/05/2017	103%	
50m vlinderslag	series	2.	36.21	305	35.80	22/10/2017	98%	
Storm, WILLEMSSEN, 01/01/2001								1
50m vlinderslag	series	4.	30.48	511	30.71	09/04/2017	102%	
Suze, BLEEKER, 21/08/2002								2
50m vrije slag	series	6.	29.92	468	30.38	18/12/2016	103%	
200m vrije slag	series	8.	2:23.36	461	2:26.48	21/05/2017	104%	

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Tom, BLANKESTIJN, 28/02/2002								5
50m vrije slag	series	7.	27.61	395	28.42	22/10/2017	106%	
200m vrije slag	series	6.	2:07.33	475	2:07.57	22/10/2017	100%	
50m vlinderslag	series	6.	30.53	364	31.27	30/10/2016	105%	
200m vlinderslag	series	1.	2:23.74	430	2:25.70	16/06/2017	103%	
400m wisselslag	series	2.	5:15.63	415	5:21.61	27/05/2017	104%	
Tyrese, WILSON, 14/02/2000								2
50m vrije slag	series	3.	24.14	591	24.48	28/01/2017	103%	
200m vrije slag	series	4.	2:00.34	563	1:59.77	27/01/2017	99%	
100m rugslag	series	11.	1:05.95	408	1:00.97	01/04/2017	85%	
100m schoolslag	series	3.	1:06.95	573	1:08.14	28/01/2017	104%	
50m vlinderslag	series	11.	27.87	478	27.58	18/06/2017	98%	
Wietse, WANINGE, 31/03/1998								1
50m vrije slag	series	4.	24.46	568	24.19	09/07/2017	98%	
100m rugslag	series	2.	1:00.34	532	1:00.39	09/10/2016	100%	
Ymke, DRAGSTRA, 02/11/2003								3
200m vrije slag	series	4.	2:15.07	551	2:17.86	27/05/2017	104%	
800m vrije slag	series	2.	9:42.95	555	9:56.58	16/06/2017	105%	
50m vlinderslag	series	5.	31.69	455	31.93	28/05/2017	102%	
200m vlinderslag	series	1.	2:50.73	343	2:45.24	18/12/2016	94%	
ZPC Woerden								11
Daan, HOOGENDOORN, 14/10/2005								4
50m vrije slag	series	2.	30.95	280	31.64	14/10/2017	105%	
200m vrije slag	series	4.	2:31.41	282	2:33.28	06/05/2017	102%	
100m schoolslag	series	2.	1:26.12	269	1:26.92	10/06/2017	102%	
50m vlinderslag	series	2.	37.48	196	37.85	18/02/2017	102%	
Ian, TERLOUW, 27/05/2000								-
200m vrije slag	series	12.	2:08.34	464	2:04.32	11/03/2017	94%	
50m vlinderslag	series	13.	28.51	447	28.30	18/12/2016	99%	
Jamilla, van VEEN, 24/07/1996								1
200m vrije slag	series	1.	2:05.35	690	2:07.91	12/11/2016	104%	
100m rugslag	series	2.	1:05.76	586	1:04.73	30/10/2016	97%	
50m vlinderslag	series	3.	30.45	513	29.88	18/12/2016	96%	
Lucas, PFAFF, 02/01/2003								3
50m vrije slag	series	3.	27.36	406	27.92	24/09/2017	104%	
200m vrije slag	series	4.	2:14.88	399	2:18.87	01/10/2017	106%	
100m rugslag	series	3.	1:10.82	329	1:10.43	21/10/2017	99%	
100m schoolslag	series	2.	1:12.80	445	1:15.55	01/10/2017	108%	
50m vlinderslag	series	2.	31.43	333	31.34	09/09/2017	99%	
Ruben, ZWARTENBOL, 12/11/2001								1
50m vlinderslag	series	22.	31.10	344	31.75	09/09/2017	104%	
Veerle, van MUNSTER, 20/10/2001								1
100m schoolslag	series	5.	1:18.96	492	1:20.42	08/01/2017	104%	
50m vlinderslag	series	15.	33.37	389	32.67	17/12/2016	96%	
Wim, van DUUREN, 24/10/2001								1
50m vlinderslag	series	21.	30.76	355	30.72	10/06/2017	100%	
400m wisselslag	series	7.	5:11.21	433	5:24.34	11/12/2016	109%	
Zwemclub Zeist								16
Aramis, BRONNEBERG, 04/07/2004								1
50m vrije slag	series	13.	31.76	391	32.54	13/05/2017	105%	
Beau, DEKKER, 14/04/2002								-
50m vrije slag	series	15.	31.86	388	31.40	03/12/2016	97%	
Brittney, HAHN, 13/04/2005								2
50m vrije slag	series	4.	31.69	394	32.12	25/03/2017	103%	
100m rugslag	series	4.	1:22.36	298	1:18.86	14/10/2017	92%	
50m vlinderslag	series	5.	35.66	319	36.88	14/10/2017	107%	
Lucas, BRUINS, 08/07/2003								1
50m vrije slag	series	14.	31.41	268	32.04	30/09/2017	104%	
Menno, BAS, 17/02/1999								3
200m vrije slag	series	5.	2:06.22	487	2:08.38	08/04/2017	103%	
100m schoolslag	series	4.	1:10.88	482	1:12.18	30/09/2017	104%	
400m wisselslag	series	2.	5:02.84	470	5:14.94	09/10/2016	108%	
Rick, DIJKHUIZEN, 26/10/2004								5
50m vrije slag	series	7.	30.32	298	32.02	08/04/2017	112%	
200m vrije slag	series	3.	2:27.25	307	2:33.07	23/09/2017	108%	
100m rugslag	series	3.	1:14.82	279	1:17.03	14/10/2017	106%	
50m vlinderslag	series	8.	35.22	237	37.70	21/05/2017	115%	
400m wisselslag	series	2.	6:05.97	266	6:27.97	18/03/2017	112%	
Ruben, de BRUIN, 08/12/1998								-
50m vrije slag	series	AFGEM	-	-	25.90	04/12/2016	-	
50m vlinderslag	series	12.	30.16	377	29.33	11/03/2017	95%	
400m wisselslag	series	3.	5:25.03	380	5:07.12	04/12/2016	89%	

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Timo, DEKKERS, 01/04/2003								4
50m vrije slag	series	9.	29.47	324	29.76	14/10/2017	102%	
200m vrije slag	series	6.	2:27.80	303	2:34.14	30/09/2017	109%	
100m rugslag	series	6.	1:15.27	274	1:16.52	21/05/2017	103%	
50m vlinderslag	series	4.	33.09	285	33.84	10/06/2017	105%	
Zwemlust-den Hommel								25
Amun, MAJIDZADA, 16/09/2004								5
50m vrije slag	series	4.	28.48	359	29.68	23/09/2017	109%	
200m vrije slag	series	2.	2:19.39	362	2:30.00	28/05/2017	116%	
100m rugslag	series	2.	1:13.36	296	1:15.37	30/09/2017	106%	
100m schoolslag	series	4.	1:18.36	357	1:27.46	25/03/2017	125%	
50m vlinderslag	series	6.	34.21	258	35.40	21/06/2017	107%	
Danny, van GRONDELLE, 22/04/2004								2
50m vrije slag	series	10.	31.97	254	33.82	27/05/2017	112%	
200m vrije slag	series	4.	2:31.97	279	2:40.30	28/05/2017	111%	
100m rugslag	series	4.	1:16.85	257	1:16.36	30/09/2017	99%	
Isabel, van KATWIJK, 09/04/2006								-
50m vlinderslag	series	4.	39.17	241	38.93	23/09/2017	99%	
Jonah, STEKELENBURG, 17/12/2001								2
50m vrije slag	series	17.	26.66	438	27.09	23/09/2017	103%	
50m vlinderslag	series	16.	29.57	400	30.60	21/06/2017	107%	
Lisa, SHI, 24/05/2002								-
50m vrije slag	series	AFGEM	-	-	31.23	23/04/2017	-	
100m schoolslag	series	AFGEM	-	-	1:23.49	01/10/2016	-	
Liselot, WRISTERS, 07/10/2003								1
50m vrije slag	series	13.	30.87	426	30.89	23/09/2017	100%	
Lonneke, TIJMSTRA, 17/02/2005								2
50m vrije slag	series	6.	33.20	342	33.61	20/05/2017	102%	
200m vrije slag	series	5.	2:36.83	352	2:40.82	21/05/2017	105%	
Manar, TAYA, 13/01/2003								-
50m vrije slag	series	AFGEM	-	-	30.33	21/06/2017	-	
100m schoolslag	series	AFGEM	-	-	1:23.26	09/04/2017	-	
Mark, ZWART, 29/07/1979								1
50m vrije slag	series	12.	26.46	448	27.03	07/05/2017	104%	
100m schoolslag	series	10.	1:13.26	437	1:12.97	22/01/2017	99%	
50m vlinderslag	series	11.	29.89	387	29.68	22/01/2017	99%	
Martijn, KORNET, 01/01/1997								1
50m vrije slag	series	11.	26.15	465	26.51	22/01/2017	103%	
200m vrije slag	series	7.	2:07.85	469	2:07.25	21/01/2017	99%	
Nigel, WERRING, 29/09/2003								3
200m vrije slag	series	3.	2:14.39	404	2:14.63	30/09/2017	100%	
1500m vrije slag	series	3.	19:03.37	408	21:29.02	28/05/2017	127%	
100m rugslag	series	5.	1:15.00	277	1:13.15	23/09/2017	95%	
400m wisselslag	series	1.	5:29.88	363	6:00.06	27/05/2017	119%	
Norah, EIJSBROEK, 12/01/2003								-
50m vrije slag	series	AFGEM	-	-	29.93	20/05/2017	-	
200m vrije slag	series	AFGEM	-	-	2:23.12	30/09/2017	-	
50m vlinderslag	series	AFGEM	-	-	33.43	22/04/2017	-	
Sophie, STEKELENBURG, 21/01/2004								1
50m vrije slag	series	2.	28.94	517	29.57	21/06/2017	104%	
200m vrije slag	series	3.	2:22.58	469	2:20.44	11/03/2017	97%	
100m rugslag	series	5.	1:17.23	361	1:17.15	15/01/2017	100%	
50m vlinderslag	series	2.	32.18	434	31.54	28/05/2017	96%	
Thijmen, PEETERS, 23/10/2005								1
50m vrije slag	series	7.	33.37	223	34.32	23/04/2017	106%	
50m vlinderslag	series	4.	40.25	158	39.50	21/06/2017	96%	
Tristan, KORNET, 08/08/2002								2
50m vrije slag	series	10.	29.95	309	30.97	27/05/2017	107%	
50m vlinderslag	series	9.	32.20	310	32.62	21/06/2017	103%	
Vincent, VERSTEEG, 09/11/1977								-
100m schoolslag	series	5.	1:10.88	482	1:10.28	22/01/2017	98%	
50m vlinderslag	series	15.	32.08	313	30.43	21/05/2017	90%	
Yardan, TAYA, 20/06/2005								4
50m vrije slag	series	1.	29.36	328	30.11	23/09/2017	105%	
200m vrije slag	series	1.	2:22.74	337	2:29.33	30/09/2017	109%	
100m rugslag	series	1.	1:16.33	263	1:19.02	23/09/2017	107%	
100m schoolslag	series	1.	1:21.05	322	1:22.49	30/09/2017	104%	
Zwemvereniging Hoogland								20
Anne-Irene, DUCHEINE, 07/10/1995								4
50m vrije slag	series	8.	28.94	517	29.45	23/09/2017	104%	
200m vrije slag	series	7.	2:17.15	526	2:18.64	25/03/2017	102%	
100m rugslag	series	3.	1:07.47	542	1:08.37	23/09/2017	103%	
50m vlinderslag	series	12.	32.59	418	32.92	13/05/2017	102%	

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Bas, DRIES, 14/12/1995								4
50m vrije slag	series	3.	24.12	592	25.43	22/01/2017	111%	
100m rugslag	series	5.	1:03.15	464	1:06.73	12/11/2016	112%	
100m schoolslag	series	3.	1:10.15	498	1:13.59	30/09/2017	110%	
50m vlinderslag	series	8.	28.19	462	30.28	15/10/2017	115%	
Elenya, AKYUREK, 12/08/2004								1
50m vrije slag	series	6.	29.76	476	29.54	30/09/2017	99%	
200m vrije slag	series	5.	2:24.57	449	2:22.92	11/03/2017	98%	
100m schoolslag	series	3.	1:22.45	432	1:21.38	11/03/2017	97%	
50m vlinderslag	series	5.	33.08	400	34.79	18/02/2017	111%	
Eric, KALEE, 26/05/1990								-
50m vlinderslag	series	13.	31.13	343	30.87	15/10/2017	98%	
Esmée, MOREL, 24/11/1998								2
50m vrije slag	series	3.	28.27	555	28.99	16/04/2017	105%	
50m vlinderslag	series	8.	31.26	474	31.56	17/04/2017	102%	
400m wisselslag	series	4.	5:35.35	463	5:30.63	09/04/2017	97%	
Jort, SNIPPE, 15/01/2004								-
50m vrije slag	series	AFGEM		-	32.05	21/10/2017	-	
Myra, SMULDERS, 22/04/1999								-
50m vrije slag	series	NG		-	29.99	21/10/2017	-	
Stephan, PUTMAN, 22/09/1995								4
50m vrije slag	series	1.	23.07	677	24.21	12/03/2017	110%	
100m rugslag	series	1.	59.19	564	1:03.27	12/03/2017	114%	
100m schoolslag	series	2.	1:05.81	603	1:10.00	30/09/2017	113%	
50m vlinderslag	series	2.	26.48	557	27.49	15/10/2017	108%	
Tim, TIELKEMEIJER, 23/01/2003								4
50m vrije slag	series	2.	27.05	420	27.59	21/10/2017	104%	
100m rugslag	series	2.	1:09.31	351	1:10.21	21/10/2017	103%	
100m schoolslag	series	3.	1:14.63	413	1:20.28	11/03/2017	116%	
50m vlinderslag	series	1.	31.39	334	33.39	21/05/2017	113%	
Yuri, van OMME, 12/07/1985								1
100m schoolslag	series	8.	1:12.43	452	1:12.45	30/09/2017	100%	
Zwemvereniging Woestduin								6
Kevin, BUDDING, 06/01/1992								2
50m vrije slag	series	8.	25.31	512	26.28	22/10/2016	108%	
50m vlinderslag	series	5.	28.13	465	28.45	17/12/2016	102%	
Olivier, REEF, 29/04/2004								3
50m vrije slag	series	3.	27.89	383	28.26	30/09/2017	103%	
100m schoolslag	series	3.	1:17.28	372	1:22.08	18/02/2017	113%	
50m vlinderslag	series	3.	33.09	285	34.83	14/10/2017	111%	
Sander, KARTMAN, 03/07/1998								-
50m vrije slag	series	10.	25.76	486	25.75	23/09/2017	100%	
Thijs, van SPINGELEN, 12/03/2003								1
50m vrije slag	series	10.	29.54	322	30.83	23/09/2017	109%	