

Verbetering zwemmer - Details

Alle wedstrijden

| Programmanr. | Ronde | Rang | Eindtijd | Pnt | Inschrijftijd | Datum | % | PR |
|--------------|-------|------|----------|-----|---------------|-------|---|----|
|--------------|-------|------|----------|-----|---------------|-------|---|----|

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| de Granaet | | | | | | | | 30 |
|----------------------------------|--------|----|----------------|---|---------|------|--|----|
| Anna Marie van Kan, 26-8-2009 | | | | | | | | 2 |
| 100m vrije slag | series | 4. | 1:16.70 | - | 1:23.17 | 118% | | |
| 50m vlinderslag | series | 4. | 42.84 | - | 48.08 | 126% | | |
| Daphne Westra, 23-6-2009 | | | | | | | | 2 |
| 100m vlinderslag | series | 1. | 1:28.20 | - | 1:33.44 | 112% | | |
| 100m wisselslag | series | 1. | 1:20.48 | - | 1:25.62 | 113% | | |
| Denma Lingtsang, 11-7-2007 | | | | | | | | 2 |
| 100m vrije slag | series | 2. | 1:08.44 | - | 1:15.29 | 121% | | |
| 50m vlinderslag | series | 2. | 37.78 | - | 55.91 | 219% | | |
| Devenda van der Meer, 2-4-2009 | | | | | | | | 2 |
| 100m vlinderslag | series | 2. | 1:31.20 | - | 1:38.34 | 116% | | |
| 100m wisselslag | series | 2. | 1:24.90 | - | 1:29.55 | 111% | | |
| Frederik Adema, 18-11-2003 | | | | | | | | 1 |
| 50m schoolslag | series | 2. | 31.47 | - | 31.62 | 101% | | |
| 100m wisselslag | series | 2. | 1:03.91 | - | 1:03.33 | 98% | | |
| Gerbranda Beijgaard, 26-2-1990 | | | | | | | | - |
| 50m schoolslag | series | 7. | 41.86 | - | 38.85 | 86% | | |
| 100m wisselslag | series | 7. | 1:20.85 | - | 1:12.77 | 81% | | |
| Hylke de Jong, 7-11-2008 | | | | | | | | 2 |
| 100m vlinderslag | series | 1. | 1:22.08 | - | 1:28.66 | 117% | | |
| 100m wisselslag | series | 2. | 1:19.45 | - | 1:22.05 | 107% | | |
| Ilse van der Kooi, 2-12-2002 | | | | | | | | - |
| 50m schoolslag | series | 9. | 48.50 | - | 46.70 | 93% | | |
| 100m wisselslag | series | 9. | 1:28.08 | - | 1:24.64 | 92% | | |
| Ingrid de Vries, 8-3-2001 | | | | | | | | - |
| 50m schoolslag | series | 3. | 40.10 | - | 36.99 | 85% | | |
| 100m wisselslag | series | 4. | 1:20.08 | - | 1:13.34 | 84% | | |
| Jacko Korporaal, 8-1-1998 | | | | | | | | - |
| 50m schoolslag | series | 6. | 37.34 | - | 37.09 | 99% | | |
| 100m wisselslag | series | 5. | 1:10.28 | - | 1:09.65 | 98% | | |
| Jacob de Roos, 16-3-1999 | | | | | | | | - |
| 50m schoolslag | series | 1. | 29.74 | - | 28.64 | 93% | | |
| 100m wisselslag | series | 1. | 57.87 | - | 57.57 | 99% | | |
| Jan Berend Sipma, 25-2-2002 | | | | | | | | - |
| 50m schoolslag | series | 4. | 34.66 | - | 33.55 | 94% | | |
| 100m wisselslag | series | 4. | 1:09.95 | - | 1:07.30 | 93% | | |
| Lieke Visser, 14-12-2004 | | | | | | | | - |
| 50m schoolslag | series | 1. | 38.95 | - | 38.84 | 99% | | |
| 100m wisselslag | series | 1. | 1:15.05 | - | 1:13.12 | 95% | | |
| Lisa van As, 21-12-2003 | | | | | | | | 1 |
| 50m schoolslag | series | 2. | 39.66 | - | 40.03 | 102% | | |
| 100m wisselslag | series | 5. | 1:20.54 | - | 1:20.05 | 99% | | |
| Lotte van Hof, 6-9-2002 | | | | | | | | 1 |
| 50m schoolslag | series | 6. | 41.52 | - | 41.98 | 102% | | |
| 100m wisselslag | series | 6. | 1:20.56 | - | 1:19.19 | 97% | | |
| Marco Korporaal, 30-11-2000 | | | | | | | | - |
| 50m schoolslag | series | 5. | 36.51 | - | 35.51 | 95% | | |
| 100m wisselslag | series | 6. | 1:14.68 | - | 1:14.61 | 100% | | |
| Mare Nelleke Torensma, 12-5-2009 | | | | | | | | 1 |
| 100m vlinderslag | series | 3. | 1:43.58 | - | NT | - | | |
| 100m wisselslag | series | 3. | 1:34.56 | - | 1:42.56 | 118% | | |
| Mats Iedema, 6-3-2008 | | | | | | | | 2 |
| 100m vlinderslag | series | 5. | 1:36.79 | - | 1:51.52 | 133% | | |
| 100m wisselslag | series | 5. | 1:26.03 | - | 1:36.22 | 125% | | |
| Merle Stavorus, 1-2-2004 | | | | | | | | 1 |
| 50m schoolslag | series | 4. | 40.44 | - | 41.38 | 105% | | |
| 100m wisselslag | series | 2. | 1:16.55 | - | 1:15.94 | 98% | | |
| Nicole Pestman, 17-5-2010 | | | | | | | | 2 |
| 100m vlinderslag | series | 4. | 1:51.73 | - | 1:57.25 | 110% | | |
| 100m wisselslag | series | 4. | 1:35.62 | - | 1:37.40 | 104% | | |
| Patrick de Roos, 25-2-1997 | | | | | | | | 1 |
| 50m schoolslag | series | 3. | 34.66 | - | 33.08 | 91% | | |
| 100m wisselslag | series | 3. | 1:04.96 | - | 1:05.55 | 102% | | |
| Redmar Visser, 6-7-2004 | | | | | | | | - |
| 200m vrije slag | series | 2. | 2:32.19 | - | 2:27.55 | 94% | | |
| 100m schoolslag | series | 1. | 1:23.04 | - | 1:22.62 | 99% | | |
| Rinlaphad Elzinga, 19-1-2005 | | | | | | | | 1 |
| 200m vrije slag | series | 3. | 2:38.31 | - | 2:33.14 | 94% | | |
| 100m schoolslag | series | 2. | 1:31.16 | - | 1:31.86 | 102% | | |
| Robin Groenevelt, 8-6-2007 | | | | | | | | 2 |
| 100m vrije slag | series | 4. | 1:13.09 | - | 1:16.21 | 109% | | |
| 50m vlinderslag | series | 4. | 39.28 | - | 41.62 | 112% | | |



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|------------------------------|--------|----|----------------|---|---------|------|---|
| Shenpen Lingsang, 24-3-2004 | | | | | | | 2 |
| 200m vrije slag | series | 1. | 2:27.08 | - | 2:33.51 | 109% | |
| 100m schoolslag | series | 2. | 1:24.69 | - | 1:27.93 | 108% | |
| Sophie Hiemstra, 13-4-2008 | | | | | | | 2 |
| 100m vrije slag | series | 2. | 1:12.10 | - | 1:13.83 | 105% | |
| 50m vlinderslag | series | 1. | 36.10 | - | 37.60 | 108% | |
| Tim Yarne Bosch, 11-5-2008 | | | | | | | 2 |
| 100m vlinderslag | series | 2. | 1:23.97 | - | 1:37.24 | 134% | |
| 100m wisselslag | series | 1. | 1:18.81 | - | 1:23.35 | 112% | |
| Vincent Horsthuis, 15-2-2003 | | | | | | | 1 |
| 50m schoolslag | series | 7. | 39.10 | - | 38.06 | 95% | |
| 100m wisselslag | series | 7. | 1:14.68 | - | 1:15.49 | 102% | |
| Wiebe Wijbenga, 4-10-1991 | | | | | | | - |
| 50m schoolslag | series | | AFGEM | - | 35.07 | - | |
| 100m wisselslag | series | | AFGEM | - | 1:10.99 | - | |

DZ&PC



| Wetterwille | | | | | | | | 30 |
|-----------------------------------|--------|-------|----------------|---|---------|------|--|----|
| Annick van Eeuwijk, 31-8-2008 | | | | | | | | 2 |
| 100m vrije slag | series | 1. | 1:09.55 | - | 1:14.87 | 116% | | |
| 50m vlinderslag | series | 2. | 37.69 | - | 39.38 | 109% | | |
| Emma Rigt van Groning, 26-1-2007 | | | | | | | | 2 |
| 100m vrije slag | series | 3. | 1:13.02 | - | 1:16.93 | 111% | | |
| 50m vlinderslag | series | 3. | 41.06 | - | 43.05 | 110% | | |
| Fardau Dijkers, 2-9-2005 | | | | | | | | 2 |
| 200m vrije slag | series | 1. | 2:30.35 | - | 2:43.75 | 119% | | |
| 100m schoolslag | series | 1. | 1:23.10 | - | 1:27.42 | 111% | | |
| Feddrick van der Meer, 17-1-1994 | | | | | | | | - |
| 50m schoolslag | series | 8. | 40.01 | - | 39.62 | 98% | | |
| Gertjan van der Meer, 4-7-2007 | | | | | | | | 2 |
| 100m vrije slag | series | 3. | 1:10.64 | - | 1:23.54 | 140% | | |
| 50m vlinderslag | series | 3. | 38.53 | - | 48.62 | 159% | | |
| Henriëtte Ytsma, 27-11-2007 | | | | | | | | - |
| 100m vrije slag | series | 8. | 1:39.94 | - | NT | - | | |
| 50m vlinderslag | series | 8. | 53.50 | - | NT | - | | |
| Janne Zandstra, 16-10-2007 | | | | | | | | 1 |
| 100m vrije slag | series | 7. | 1:28.66 | - | NT | - | | |
| 50m vlinderslag | series | 5. | 43.26 | - | 56.52 | 171% | | |
| Jens Schievink, 19-12-2003 | | | | | | | | 2 |
| 50m schoolslag | series | 9. | 40.08 | - | 43.81 | 119% | | |
| 100m wisselslag | series | 8. | 1:18.50 | - | 1:19.56 | 103% | | |
| Jente-Piebe Dijkstra, 17-3-2008 | | | | | | | | 2 |
| 100m vlinderslag | series | 4. | 1:33.70 | - | 1:43.89 | 123% | | |
| 100m wisselslag | series | 4. | 1:23.62 | - | 1:25.78 | 105% | | |
| Jorn van Kammen, 24-7-2008 | | | | | | | | 2 |
| 100m vrije slag | series | 5. | 1:16.13 | - | 1:24.21 | 122% | | |
| 50m vlinderslag | series | 5. | 42.47 | - | 48.53 | 131% | | |
| Lisanne Rinzema, 24-9-2002 | | | | | | | | - |
| 50m schoolslag | series | 8. | 43.83 | - | 41.81 | 91% | | |
| 100m wisselslag | series | 8. | 1:22.47 | - | 1:19.27 | 92% | | |
| Lusanne van der Wal, 23-6-2008 | | | | | | | | - |
| 100m vrije slag | series | AFGEM | | - | NT | - | | |
| 50m vlinderslag | series | AFGEM | | - | NT | - | | |
| Maaïke van der Wal, 19-10-2006 | | | | | | | | 2 |
| 200m vrije slag | series | 2. | 2:35.31 | - | 2:48.98 | 118% | | |
| 100m schoolslag | series | 3. | 1:35.13 | - | 1:42.27 | 116% | | |
| Marinte van Dijk, 23-3-2006 | | | | | | | | 2 |
| 50m schoolslag | series | 10. | 53.27 | - | 53.62 | 101% | | |
| 100m wisselslag | series | 10. | 1:45.91 | - | 1:48.13 | 104% | | |
| Marye Toonstra, 12-12-2007 | | | | | | | | - |
| 100m vrije slag | series | AFGEM | | - | NT | - | | |
| 50m vlinderslag | series | AFGEM | | - | NT | - | | |
| Motvey Tymts, 26-9-2012 | | | | | | | | 1 |
| 50m rugslag | series | 1. | 57.49 | - | 1:03.97 | 124% | | |
| Nika Gjaltema, 8-1-2007 | | | | | | | | - |
| 100m vrije slag | series | 9. | 1:40.59 | - | NT | - | | |
| Nynke-Marije de Bruin, 14-5-2009 | | | | | | | | 1 |
| 100m wisselslag | series | 5. | 1:42.09 | - | 1:50.20 | 117% | | |
| Rixt Jyldau Boonstra, 10-6-2008 | | | | | | | | - |
| 100m vrije slag | series | 6. | 1:27.97 | - | NT | - | | |
| 50m vlinderslag | series | 7. | 51.93 | - | NT | - | | |
| Ruben De Vries, 28-5-2009 | | | | | | | | 2 |
| 100m vlinderslag | series | 3. | 1:27.62 | - | 1:37.91 | 125% | | |
| 100m wisselslag | series | 3. | 1:20.39 | - | 1:23.59 | 108% | | |
| Sophie Eloise Nienhuis, 17-8-2008 | | | | | | | | 1 |
| 100m vrije slag | series | 5. | 1:19.45 | - | 1:18.89 | 99% | | |
| 50m vlinderslag | series | 6. | 43.79 | - | 46.30 | 112% | | |
| Suze Buikema, 15-7-2006 | | | | | | | | 2 |
| 50m schoolslag | series | 5. | 41.52 | - | 41.53 | 100% | | |
| 100m wisselslag | series | 3. | 1:17.53 | - | 1:19.57 | 105% | | |
| Tamar de Groot, 10-6-2008 | | | | | | | | - |
| 100m vrije slag | series | AFGEM | | - | NT | - | | |
| 50m vlinderslag | series | AFGEM | | - | NT | - | | |
| Willem Cnossen, 29-9-2005 | | | | | | | | 2 |
| 200m vrije slag | series | 3. | 2:41.07 | - | 2:59.63 | 124% | | |
| 100m schoolslag | series | 3. | 1:31.23 | - | 1:43.66 | 129% | | |
| Willem Poortinga, 3-6-2001 | | | | | | | | - |
| 50m schoolslag | series | 10. | 41.91 | - | 40.91 | 95% | | |
| 100m wisselslag | series | 9. | 1:23.64 | - | 1:19.18 | 90% | | |

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|--------------------------|--------|----|----------------|---|---------|------|---|
| Ytsen de Bruin, 4-1-2006 | | | | | | | 2 |
| 100m vrije slag | series | 1. | 1:07.50 | - | 1:14.70 | 122% | |
| 50m vlinderslag | series | 1. | 35.16 | - | 37.44 | 113% | |

ZPD