

LAC 1
Bergum, 31-10-2021

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
Aqualero								
Iris Boer, 9-5-2006								3
800m vrije slag	series	4.	12:26.59	-	12:48.82	13-10-2019	106%	2
200m wisselslag	series	3.	3:05.68	-	3:08.09	13-10-2019	103%	
Kim van Duinen, 28-5-2006								1
800m vrije slag	series	5.	12:42.85	-	12:43.30	13-10-2019	100%	
200m wisselslag	series	4.	3:14.92	-	3:05.75	11-1-2020	91%	
de Granaet								
Daphne Westra, 23-6-2009								7
800m vrije slag	series	2.	11:53.60	-	NT		-	1
200m wisselslag	series	1.	2:55.50	-	3:07.33		114%	
Devenda van der Meer, 2-4-2009								1
800m vrije slag	series	1.	11:36.95	-	NT		-	
200m wisselslag	series	2.	2:57.84	-	3:11.92	2-11-2019	116%	
Frederik Adema, 18-11-2003								1
800m vrije slag	series	1.	9:36.57	-	9:32.41	3-11-2019	99%	
200m wisselslag	series	1.	2:17.14	-	2:17.77	11-1-2020	101%	
Hylke de Jong, 7-11-2008								2
800m vrije slag	series	1.	11:16.11	-	13:07.88	10-2-2019	136%	
200m wisselslag	series	3.	2:49.74	-	2:59.56	14-12-2019	112%	
Merle Stavorinus, 1-2-2004								-
800m vrije slag	series	2.	10:36.44	-	10:10.78	17-11-2018	92%	
200m wisselslag	series	1.	2:45.83	-	2:43.18	11-1-2020	97%	
Nicole Pestman, 17-5-2010								-
800m vrije slag	series	3.	13:35.73	-	NT		-	
200m wisselslag	series	3.	3:25.28	-	NT		-	
Sophie Hiemstra, 13-4-2008								1
800m vrije slag	series	2.	12:04.50	-	NT		-	
200m wisselslag	series	1.	2:59.34	-	3:12.02	11-1-2020	115%	
Stefan Pestman, 15-12-2012								-
200m vrije slag	series	1.	3:32.57	-	NT		-	
Tim Yarne Bosch, 11-5-2008								1
800m vrije slag	series	2.	11:38.27	-	NT		-	
200m wisselslag	series	2.	2:46.85	-	3:17.45	14-12-2019	140%	
Dz&Pc								
Amé Hulleman, 25-5-2002								2
800m vrije slag	series	1.	9:39.77	-	9:22.98		94%	-
Damir Mustafic, 19-3-2008								1
200m wisselslag	series	1.	2:38.97	-	2:50.53	11-10-2020	115%	
Indy Hof, 19-1-2008								-
800m vrije slag	series	AFGEM		-	11:06.59	3-11-2019	-	
Julia Agricola, 22-3-2008								1
800m vrije slag	series	1.	9:58.35	-	11:01.09	23-11-2019	122%	
Meindert Dekkinga, 7-8-2004								-
800m vrije slag	series	1.	9:39.43	-	9:12.81	10-11-2019	91%	
Orca 1								
Marte Hieke van der Kamp, 4-4-2005								-
800m vrije slag	series	1.	9:11.99	-	9:08.44	12-6-2021	99%	-
Pwc								
Aletta Leijendekker, 26-10-2006								6
800m vrije slag	series	AFGEM		-	NT		-	-
200m wisselslag	series	AFGEM		-	3:09.53	11-1-2020	-	
Axel Jorn Veenstra, 15-11-2005								1
800m vrije slag	series	4.	11:30.82	-	11:30.41	13-10-2019	100%	
200m wisselslag	series	3.	2:47.69	-	2:57.43	11-1-2020	112%	
Roan Altena, 4-12-2003								2
800m vrije slag	series	3.	11:54.78	-	12:01.21	24-3-2019	102%	
200m wisselslag	series	2.	2:41.21	-	2:47.64	11-1-2020	108%	
Stella Lusan Hooisma, 27-10-2008								2
800m vrije slag	series	5.	13:59.97	-	16:37.48	3-11-2019	141%	
200m wisselslag	series	4.	3:26.51	-	3:58.82	18-1-2020	134%	
Wilco Driessen, 2-2-2009								1
800m vrije slag	series	3.	13:12.34	-	NT		-	
200m wisselslag	series	4.	2:57.84	-	3:10.75	3-11-2019	115%	

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Steenwijk 1934									-
Wetterwille									12
Annick van Eeuwijk, 31-8-2008									1
800m vrije slag	series	3.	12:04.71	-	12:44.13	13-10-2019	111%		
200m wisselslag	series	2.	3:05.92	-	2:55.21	18-1-2020	89%		
Emma Rigt van Groning, 26-1-2007									2
800m vrije slag	series	4.	13:24.20	-	13:40.99		104%		
200m wisselslag	series	3.	3:15.91	-	3:24.92	2-11-2019	109%		
Feddrick van der Meer, 17-1-1994									-
800m vrije slag	series	2.	11:24.86	-	NT		-		
200m wisselslag	series	3.	3:00.99	-	NT		-		
Gertjan van der Meer, 4-7-2007									2
800m vrije slag	series	1.	12:08.81	-	13:30.49	3-11-2019	124%		
200m wisselslag	series	2.	3:01.06	-	3:29.80	3-11-2019	134%		
Janne Zandstra, 16-10-2007									-
800m vrije slag	series	6.	15:32.15	-	NT		-		
200m wisselslag	series	5.	3:51.18	-	NT		-		
Lars Bosscher, 7-4-2001									-
800m vrije slag	series	AFGEM		-	NT		-		
200m wisselslag	series	AFGEM		-	NT		-		
Lisanne Rinzema, 24-9-2002									-
800m vrije slag	series	4.	11:39.96	-	11:37.07	3-11-2019	99%		
200m wisselslag	series	3.	2:59.93	-	2:53.89	4-11-2018	93%		
Maaik van der Wal, 19-10-2006									2
800m vrije slag	series	3.	11:31.08	-	12:39.67	3-11-2019	121%		
200m wisselslag	series	1.	2:50.64	-	3:10.46	11-1-2020	125%		
Motvey Tymts, 26-9-2012									-
200m vrije slag	series	2.	3:56.65	-	NT		-		
Rixt Jyldau Boonstra, 10-6-2008									-
800m vrije slag	series	7.	15:54.57	-	NT		-		
200m wisselslag	series	6.	3:51.55	-	NT		-		
Ruben De Vries, 28-5-2009									-
800m vrije slag	series	AFGEM		-	13:00.99		-		
200m wisselslag	series	AFGEM		-	3:08.71	3-11-2019	-		
Sophie Eloise Nienhuis, 17-8-2008									-
800m vrije slag	series	AFGEM		-	13:07.51	3-11-2019	-		
200m wisselslag	series	AFGEM		-	3:12.11	18-1-2020	-		
Suze Buikema, 15-7-2006									1
800m vrije slag	series	2.	11:21.96	-	11:34.85	4-11-2018	104%		
200m wisselslag	series	2.	2:52.38	-	2:47.61	7-12-2019	95%		
Tamar de Groot, 10-6-2008									-
800m vrije slag	series	8.	16:15.77	-	NT		-		
200m wisselslag	series	7.	3:51.92	-	NT		-		
Willem Crossen, 29-9-2005									2
800m vrije slag	series	5.	12:09.35	-	12:57.00	2-12-2018	113%		
200m wisselslag	series	4.	3:00.79	-	3:20.92	13-10-2019	124%		
Ytsen de Bruin, 4-1-2006									2
800m vrije slag	series	2.	12:17.92	-	13:02.15	3-11-2019	112%		
200m wisselslag	series	1.	2:57.93	-	3:13.32	8-12-2019	118%		
Zcnf34									4
Arend Vlasma, 21-12-2004									1
800m vrije slag	series	2.	10:20.19	-	NT		-		
200m wisselslag	series	1.	2:25.78	-	2:31.04	11-1-2020	107%		
Roos de Jong, 27-6-2003									1
800m vrije slag	series	3.	11:26.06	-	11:22.86	4-11-2018	99%		
200m wisselslag	series	2.	2:49.58	-	2:52.68	15-12-2018	104%		
Ruben van Veenen, 1-1-2004									-
800m vrije slag	series	3.	10:21.19	-	NT		-		
200m wisselslag	series	2.	2:32.29	-	2:27.97	11-1-2020	94%		
Silver Veenstra, 5-8-2005									2
800m vrije slag	series	6.	12:30.69	-	15:05.09	3-11-2019	145%		
200m wisselslag	series	5.	3:03.96	-	3:48.46	11-1-2020	154%		
ZPD									-