

## Verbetering zwemmer - Details

## Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
<b>de Granaet</b>								<b>9</b>
<b>Annet de Graaf, 27-6-2012</b>								<b>2</b>
50m vrije slag	series	7.	<b>47.85</b>	-	49.74	3-7-2021	108%	
100m rugslag	series	5.	1:52.93	-	NT		-	
50m schoolslag	series	5.	<b>1:01.08</b>	-	1:02.60	3-7-2021	105%	
<b>Jildou Blom, 23-9-2011</b>								<b>2</b>
100m vrije slag	series	13.	1:42.08	-	1:38.08	9-10-2021	92%	
50m vlinderslag	series	7.	<b>1:00.91</b>	-	1:07.76	9-10-2021	124%	
100m wisselslag	series	8.	<b>1:54.54</b>	-	1:55.84	9-10-2021	102%	
<b>Stefan Pestman, 15-12-2012</b>								<b>2</b>
100m vrije slag	series	3.	1:37.98	-	1:34.80	9-10-2021	94%	
50m rugslag	series	3.	<b>49.21</b>	-	53.20	3-7-2021	117%	
100m schoolslag	series	3.	<b>1:58.53</b>	-	2:01.51	26-9-2020	105%	
<b>Wyneke Edou van der Heide, 24-5-2011</b>								<b>3</b>
100m vrije slag	series	2.	<b>1:24.37</b>	-	1:25.04	9-10-2021	102%	
50m vlinderslag	series	3.	<b>51.27</b>	-	54.20	3-7-2021	112%	
100m wisselslag	series	2.	<b>1:38.74</b>	-	1:40.36	9-10-2021	103%	

<b>De Vikings</b>								<b>10</b>
<b>Femke De Vries, 14-10-2012</b>								<b>2</b>
50m vrije slag	series	6.	<b>47.85</b>	-	52.90	6-11-2021	122%	
50m schoolslag	series	9.	<b>1:04.04</b>	-	1:06.44	9-10-2021	108%	
<b>Julissa Veenstra, 5-3-2011</b>								<b>2</b>
100m vrije slag	series	4.	<b>1:27.57</b>	-	1:32.54	10-9-2021	112%	
100m wisselslag	series	3.	<b>1:41.48</b>	-	1:44.49	9-10-2021	106%	
<b>Kyara Balt, 7-7-2011</b>								<b>3</b>
100m vrije slag	series	6.	<b>1:30.77</b>	-	1:33.94	10-9-2021	107%	
50m vlinderslag	series	1.	<b>46.26</b>	-	56.05	9-10-2021	147%	
100m wisselslag	series	5.	<b>1:45.17</b>	-	1:49.35	9-10-2021	108%	
<b>Tim Koornstra, 21-7-2012</b>								<b>1</b>
50m rugslag	series	4.	<b>50.97</b>	-	57.06	26-9-2020	125%	
<b>Tycho Wienbelt, 20-2-2010</b>								<b>2</b>
50m vrije slag	series	8.	39.32	-	39.22	9-10-2021	99%	
100m rugslag	series	10.	<b>1:39.96</b>	-	1:45.93	9-10-2021	112%	
100m schoolslag	series	6.	<b>1:53.13</b>	-	2:08.45	2-10-2021	129%	

								10
<b>Dz&amp;Pc</b>								<b>2</b>
<b>Amila Mustafic, 7-6-2012</b>								
50m vrije slag	series	1.	38.64	-	38.45	9-10-2021	99%	
100m rugslag	series	1.	<b>1:36.79</b>	-	1:38.62	30-10-2021	104%	
50m schoolslag	series	2.	<b>53.72</b>	-	54.96	30-10-2021	105%	
<b>Bram Dijkstra, 29-5-2012</b>								<b>1</b>
100m vrije slag	series	5.	1:53.05	-	1:49.63	25-9-2021	94%	
50m rugslag	series	6.	<b>53.33</b>	-	54.73	3-7-2021	105%	
<b>David Jetten, 20-6-2011</b>								-
50m vrije slag	series	AFGEM		-	44.76	3-7-2021	-	
100m schoolslag	series	AFGEM		-	2:06.06	5-6-2021	-	
<b>Djurre Bosma, 28-1-2014</b>								<b>1</b>
100m vrije slag	series	8.	<b>2:12.13</b>	-	2:16.88	9-10-2021	107%	
100m schoolslag	series	8.	2:22.83	-	NT		-	
<b>Emma Mintjes, 31-8-2012</b>								<b>1</b>
50m vrije slag	series	5.	46.80	-	41.94	9-10-2021	80%	
100m rugslag	series	4.	<b>1:48.31</b>	-	1:48.46	30-10-2021	100%	
50m schoolslag	series	7.	1:01.92	-	1:01.58	3-7-2021	99%	
<b>Fedde Jelsma, 17-1-2014</b>								-
100m vrije slag	series	AFGEM		-	2:03.54	9-10-2021	-	
50m rugslag	series	AFGEM		-	1:03.31	9-10-2021	-	
100m schoolslag	series	AFGEM		-	NT		-	
<b>Robin Mintjes, 2-8-2010</b>								<b>3</b>
50m vrije slag	series	5.	<b>36.96</b>	-	37.30	9-10-2021	102%	
100m rugslag	series	4.	<b>1:27.37</b>	-	1:30.74	9-10-2021	108%	
100m schoolslag	series	4.	<b>1:44.28</b>	-	1:45.47	9-10-2021	102%	
<b>Stijn Dijkstra, 15-9-2010</b>								<b>2</b>
50m vrije slag	series	2.	34.10	-	33.82	30-10-2021	98%	
100m rugslag	series	2.	<b>1:23.51</b>	-	1:24.28	30-10-2021	102%	
100m schoolslag	series	2.	<b>1:37.15</b>	-	1:46.01	16-10-2021	119%	

FZC'54

HZ&PC Heerenveen									25
Danne-Bo Eghuizen, 9-8-2011									2
100m vrije slag	series	8.	<b>1:38.78</b>	-	1:42.22	9-10-2021	107%		
50m vlinderslag	series	5.	<b>57.14</b>	-	59.54	18-4-2021	109%		
Emma Cimic, 7-5-2013									2
50m vrije slag	series	4.	46.14	-	41.94	9-10-2021	83%		
100m rugslag	series	3.	<b>1:47.85</b>	-	1:51.09	30-10-2021	106%		
50m schoolslag	series	4.	<b>59.34</b>	-	1:01.17	12-6-2021	106%		
Famke Ytsma, 5-2-2011									3
100m vrije slag	series	15.	<b>1:56.35</b>	-	2:02.50	23-10-2021	111%		
50m vlinderslag	series	8.	<b>1:02.81</b>	-	1:06.57	30-10-2021	112%		
100m wisselslag	series	12.	<b>2:02.14</b>	-	2:06.24	9-10-2021	107%		
Fardau Loots, 4-3-2013									3
50m vrije slag	series	10.	<b>53.98</b>	-	58.69	30-10-2021	118%		
100m rugslag	series	7.	<b>1:59.61</b>	-	2:08.59	30-10-2021	116%		
50m schoolslag	series	10.	<b>1:06.30</b>	-	1:07.31	9-10-2021	103%		
Fenna Ytsma, 14-11-2012									3
50m vrije slag	series	9.	<b>48.98</b>	-	50.85	23-10-2021	108%		
100m rugslag	series	9.	<b>2:11.41</b>	-	2:22.29	30-10-2021	117%		
50m schoolslag	series	6.	<b>1:01.48</b>	-	1:07.31	9-10-2021	120%		
Hanna Cimic, 30-3-2011									1
100m vrije slag	series	5.	<b>1:29.61</b>	-	1:35.51	9-10-2021	114%		
50m vlinderslag	series	2.	48.69	-	48.20	30-10-2021	98%		
Jelmar Hartmann, 3-1-2012									-
100m vrije slag	series	1.	1:26.66	-	1:22.48	9-10-2021	91%		
50m rugslag	series	1.	43.93	-	42.94	9-10-2021	96%		
100m schoolslag	series	1.	1:55.90	-	1:54.84	30-10-2021	98%		
Jorick Johannes, 2-9-2010									2
50m vrije slag	series	1.	<b>31.83</b>	-	33.30	9-10-2021	109%		
100m rugslag	series	1.	<b>1:21.36</b>	-	1:23.85	9-10-2021	106%		
Lobke Hempenius, 10-6-2011									2
100m vrije slag	series	1.	<b>1:21.08</b>	-	1:21.59	9-10-2021	101%		
100m wisselslag	series	1.	<b>1:30.20</b>	-	1:30.68	9-10-2021	101%		
Marit Vuist, 26-3-2013									-
50m vrije slag	series	AFGEM		-	49.30	9-10-2021	-		
100m rugslag	series	AFGEM		-	1:59.66	30-10-2021	-		
50m schoolslag	series	AFGEM		-	1:02.66	9-10-2021	-		
Mattias Stolk, 4-5-2010									-
50m vrije slag	series	7.	37.99	-	37.38	9-10-2021	97%		
100m rugslag	series	7.	1:34.03	-	1:34.00	9-10-2021	100%		
100m schoolslag	series	5.	1:44.65	-	1:40.34	13-12-2020	92%		
Rixt Loots, 10-6-2011									-
100m vrije slag	series	17.	2:08.36	-	2:04.18	9-10-2021	94%		
100m wisselslag	series	14.	2:15.29	-	2:08.04	9-10-2021	90%		
Roan Krikke, 5-6-2012									2
100m vrije slag	series	4.	<b>1:44.19</b>	-	1:48.04	30-10-2021	108%		
50m rugslag	series	5.	52.25	-	50.73	9-10-2021	94%		
100m schoolslag	series	7.	<b>2:19.93</b>	-	2:27.26	30-10-2021	111%		
Roel Meijer, 18-12-2010									-
50m vrije slag	series	3.	34.20	-	33.72	9-10-2021	97%		
100m rugslag	series	6.	1:29.52	-	1:26.82	9-10-2021	94%		
100m schoolslag	series	AFGEM		-	1:54.67	9-10-2021	-		
Timo Vuist, 6-4-2011									-
50m vrije slag	series	AFGEM		-	41.60	9-10-2021	-		
100m rugslag	series	AFGEM		-	1:36.52	30-10-2021	-		
100m schoolslag	series	AFGEM		-	1:50.34	30-10-2021	-		
Victor de Haan, 7-6-2010									3
50m vrije slag	series	4.	<b>35.77</b>	-	36.55	13-12-2020	104%		
100m rugslag	series	8.	<b>1:36.74</b>	-	1:39.52	26-9-2020	106%		
100m schoolslag	series	8.	<b>1:58.02</b>	-	2:03.17	30-10-2021	109%		
Yorre van der Wal, 5-7-2010									2
100m rugslag	series	3.	<b>1:24.96</b>	-	1:26.38	9-10-2021	103%		
100m schoolslag	series	3.	<b>1:39.38</b>	-	1:39.83	9-10-2021	101%		

---

Orca

Orca 1								20
Aafke Vlaar, 15-11-2013								-
50m vrije slag	series	11.	54.54	-	NT	-	-	-
100m rugslag	series	8.	2:00.46	-	NT	-	-	-
50m schoolslag	series	12.	1:08.42	-	NT	-	-	-
Emma Langenberg, 30-8-2011								-
100m vrije slag	series	AFGEM	-	-	1:54.87	27-6-2021	-	-
50m vlinderslag	series	AFGEM	-	-	NT	-	-	-
100m wisselslag	series	AFGEM	-	-	2:06.91	-	-	-
Esmee Tuintjer, 1-8-2013								1
50m vrije slag	series	3.	<b>45.12</b>	-	46.88	2-10-2021	108%	-
100m rugslag	series	2.	1:47.79	-	NT	-	-	-
50m schoolslag	series	3.	57.30	-	55.82	-	95%	-
Evy Anna Nijdam, 7-8-2011								1
100m vrije slag	series	14.	1:48.27	-	1:46.59	27-6-2021	97%	-
100m wisselslag	series	6.	<b>1:52.68</b>	-	1:57.67	-	109%	-
Famke Douma, 1-11-2011								2
100m vrije slag	series	10.	<b>1:39.60</b>	-	1:53.10	27-6-2021	129%	-
50m vlinderslag	series	11.	1:06.40	-	NT	-	-	-
100m wisselslag	series	9.	<b>1:56.54</b>	-	2:06.19	-	117%	-
Femke van der Veen, 2-11-2011								2
100m vrije slag	series	7.	<b>1:34.86</b>	-	1:37.80	-	106%	-
50m vlinderslag	series	9.	1:03.63	-	NT	-	-	-
100m wisselslag	series	7.	<b>1:53.24</b>	-	1:54.58	-	102%	-
Hammada Wali, 4-12-2012								-
100m vrije slag	series	6.	1:59.98	-	NT	-	-	-
50m rugslag	series	7.	56.51	-	NT	-	-	-
100m schoolslag	series	5.	2:15.20	-	NT	-	-	-
Ids Douma, 24-4-2012								1
100m vrije slag	series	7.	2:01.94	-	1:58.41	-	94%	-
50m rugslag	series	8.	<b>56.75</b>	-	1:00.27	26-9-2020	113%	-
100m schoolslag	series	4.	2:09.79	-	NT	-	-	-
Kasper Lubbers, 28-3-2011								3
50m vrije slag	series	6.	<b>37.34</b>	-	37.38	-	100%	-
100m rugslag	series	5.	<b>1:27.93</b>	-	1:28.92	-	102%	-
100m schoolslag	series	1.	<b>1:35.14</b>	-	1:37.35	2-10-2021	105%	-
Kristian Lubbers, 25-11-2013								1
100m vrije slag	series	10.	2:25.41	-	2:23.80	-	98%	-
50m rugslag	series	9.	<b>1:01.29</b>	-	1:03.57	-	108%	-
Lana Noordenbos, 5-12-2011								2
100m vrije slag	series	3.	<b>1:25.71</b>	-	1:34.73	27-6-2021	122%	-
50m vlinderslag	series	4.	55.60	-	NT	-	-	-
100m wisselslag	series	4.	<b>1:45.13</b>	-	1:48.05	-	106%	-
Marietta Brkic, 20-4-2012								1
50m vrije slag	series	8.	<b>48.96</b>	-	1:00.23	-	151%	-
50m schoolslag	series	11.	1:07.51	-	NT	-	-	-
Rowena Bons, 21-9-2011								1
100m vrije slag	series	16.	<b>2:02.99</b>	-	2:05.12	-	103%	-
Ruben Lubbers, 25-11-2013								1
100m vrije slag	series	9.	<b>2:17.92</b>	-	2:31.39	-	120%	-
50m rugslag	series	10.	1:02.83	-	NT	-	-	-
100m schoolslag	series	6.	2:15.70	-	NT	-	-	-
Syll Rinsma, 1-11-2012								2
50m vrije slag	series	2.	<b>44.71</b>	-	47.82	-	114%	-
100m rugslag	series	6.	1:55.31	-	NT	-	-	-
50m schoolslag	series	1.	<b>53.57</b>	-	1:00.94	-	129%	-
Timo van de Pavoordt, 31-3-2011								2
50m vrije slag	series	9.	<b>39.68</b>	-	41.81	6-12-2020	111%	-
100m rugslag	series	9.	<b>1:37.10</b>	-	1:42.19	-	111%	-
100m schoolslag	series	7.	1:58.02	-	1:56.09	27-6-2021	97%	-

SG. Bolsward-Workum								4
Jens Hooghiemstra, 26-3-2011								-
100m rugslag	series	11.	2:13.54	-	NT		-	
100m schoolslag	series	9.	2:20.71	-	2:12.70	26-9-2020	89%	
Marije Zijlstra, 21-1-2011								1
100m vrije slag	series	AFGEM		-	1:48.33	9-10-2021	-	
100m wisselslag	series	13.	<b>2:03.08</b>	-	2:11.37	9-10-2021	114%	
Rinze Bruins Slot, 30-5-2011								-
50m vrije slag	series	AFGEM		-	40.22	26-6-2021	-	
100m rugslag	series	AFGEM		-	NT		-	
Skylar de Leeuw, 30-11-2012								2
100m vrije slag	series	2.	<b>1:34.42</b>	-	1:39.10	9-10-2021	110%	
50m rugslag	series	2.	<b>45.29</b>	-	50.50	9-10-2021	124%	
100m schoolslag	series	2.	1:56.79	-	NT		-	
Zoe Schurer, 18-10-2011								1
100m vrije slag	series	11.	1:39.72	-	1:36.72	9-10-2021	94%	
50m vlinderslag	series	10.	1:05.89	-	1:00.95	9-10-2021	86%	
100m wisselslag	series	10.	<b>1:59.51</b>	-	2:02.48	9-10-2021	105%	



---

SVW

Zcnf34									3
Fenna van Huis, 6-6-2013									1
50m vrije slag	series	12.	1:12.19	-	1:03.07	9-10-2021	76%		
50m schoolslag	series	8.	<b>1:02.29</b>	-	1:06.19	9-10-2021	113%		
Jasmijn Berghout, 19-5-2011									1
100m vrije slag	series	9.	<b>1:39.16</b>	-	1:49.54	9-10-2021	122%		
50m vlinderslag	series	6.	57.93	-	NT		-		
100m wisselslag	series	11.	2:00.88	-	1:58.25	9-10-2021	96%		
Lieke van Huis, 24-11-2011									1
100m vrije slag	series	12.	<b>1:41.29</b>	-	1:42.13	9-10-2021	102%		
50m vlinderslag	series	12.	1:07.61	-	NT		-		
Thijs Scholtens Ausma, 13-3-2013									-
50m rugslag	series		AFGEM	-	1:08.24	9-10-2021	-		
100m schoolslag	series		AFGEM	-	NT		-		

---

ZPD