

Verbetering zwemmer - Details

Alle wedstrijden

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Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
-								

De Granaet								84
Anke Emma Blom, 31-8-2009								4
50m vrije slag	series	4.	<b>33.78</b>	312	34.02	2-7-2022	101%	
50m rugslag	series	4.	<b>37.10</b>	316	37.94	2-7-2022	105%	
50m schoolslag	series	5.	<b>45.67</b>	244	46.28	2-7-2022	103%	
50m vlinderslag	series	4.	<b>42.04</b>	195	44.54	2-7-2022	112%	
Anna Lieke Feenstra, 25-9-2011								3
50m vrije slag	series	3.	<b>40.79</b>	177	44.42		119%	
50m rugslag	series	2.	<b>47.31</b>	152	51.77		120%	
50m schoolslag	series	3.	<b>51.13</b>	174	53.17		108%	
50m vlinderslag	series	2.	52.88	98	NT		-	
Annet de Graaf, 27-6-2012								2
50m vrije slag	series	1.	46.34	121	45.04		94%	
50m rugslag	series	1.	<b>51.56</b>	117	52.81		105%	
50m schoolslag	series	1.	<b>58.36</b>	117	1:00.19		106%	
50m vlinderslag	series	1.	57.37	76	57.32	11-6-2022	100%	
Daniel van der Kooi, 19-6-2013								3
25m vrije slag	series	1.	<b>19.72</b>	97	22.97	2-7-2022	136%	
25m rugslag	series	1.	<b>24.25</b>	77	26.13	14-5-2022	116%	
25m schoolslag	series	1.	<b>26.33</b>	82	26.97	2-7-2022	105%	
Daphne Amber Rozema, 1-12-2009								3
50m vrije slag	series	7.	<b>43.02</b>	151	45.45	29-10-2022	112%	
50m rugslag	series	7.	<b>51.00</b>	121	53.33	29-10-2022	109%	
50m schoolslag	series	6.	<b>50.26</b>	183	51.70	29-10-2022	106%	
Daphne Westra, 23-6-2009								2
50m vrije slag	series	1.	<b>29.90</b>	451	30.48	2-7-2022	104%	
50m rugslag	series	2.	<b>36.12</b>	342	36.72	12-3-2022	103%	
50m schoolslag	series	1.	39.25	385	38.81	2-7-2022	98%	
50m vlinderslag	series	1.	34.95	339	34.50	2-7-2022	97%	
Denma Lingtsang, 11-7-2007								4
50m vrije slag	series	3.	<b>29.66</b>	314	30.06	2-7-2022	103%	
50m rugslag	series	4.	<b>38.23</b>	196	39.80	2-7-2022	108%	
50m schoolslag	series	4.	<b>44.65</b>	174	44.79	2-7-2022	101%	
50m vlinderslag	series	3.	<b>35.68</b>	226	35.87	2-7-2022	101%	
Devenda van der Meer, 2-4-2009								1
50m vrije slag	series	2.	31.82	374	31.12	2-7-2022	96%	
50m rugslag	series	1.	<b>34.47</b>	393	34.90	2-7-2022	103%	
50m schoolslag	series	2.	41.86	317	41.20	12-3-2022	97%	
50m vlinderslag	series	3.	37.31	279	37.06	2-7-2022	99%	
Frederik Adema, 18-11-2003								2
50m vrije slag	series	2.	<b>25.09</b>	518	25.47	2-7-2022	103%	
50m rugslag	series	2.	<b>29.23</b>	439	29.53	2-7-2022	102%	
50m schoolslag	series	2.	32.41	456	31.33	26-6-2022	93%	
50m vlinderslag	series	2.	27.65	486	27.51	2-7-2022	99%	
Gerbranda Beijgaard, 26-2-1990								1
50m vrije slag	series	6.	32.84	340	32.54	2-7-2022	98%	
50m rugslag	series	4.	<b>36.30</b>	337	36.52	2-7-2022	101%	
50m schoolslag	series	4.	41.68	321	41.25	2-7-2022	98%	
50m vlinderslag	series	3.	35.36	327	35.08	2-7-2022	98%	
Hylke de Jong, 7-11-2008								3
50m vrije slag	series	1.	29.02	335	29.01	1-10-2022	100%	
50m rugslag	series	1.	<b>34.56</b>	265	35.26	2-7-2022	104%	
50m schoolslag	series	1.	<b>37.83</b>	286	38.77	2-7-2022	105%	
50m vlinderslag	series	2.	<b>34.69</b>	246	35.01	2-7-2022	102%	
Ilse van der Kooi, 2-12-2002								-
50m vrije slag	series	7.	35.59	267	34.83	2-7-2022	96%	
50m rugslag	series	7.	38.23	288	37.83	2-7-2022	98%	
50m schoolslag	series	7.	50.87	176	50.54	2-7-2022	99%	
50m vlinderslag	series	7.	40.15	223	40.06	2-7-2022	100%	
Ingrid de Vries, 8-3-2001								3
50m vrije slag	series	3.	30.70	416	29.76		94%	
50m rugslag	series	3.	<b>35.15</b>	371	36.60	1-10-2022	108%	
50m schoolslag	series	2.	<b>37.81</b>	430	38.53	26-6-2022	104%	
50m vlinderslag	series	2.	<b>34.25</b>	360	37.77	12-3-2022	122%	
Jacob de Roos, 16-3-1999								1
50m vrije slag	series	1.	24.12	583	23.21		93%	
50m rugslag	series	1.	27.22	543	26.89		98%	
50m schoolslag	series	1.	29.16	626	28.64		96%	
50m vlinderslag	series	1.	<b>25.57</b>	615	25.89	21-5-2022	103%	
Jan Berend Sipma, 25-2-2002								2
50m vrije slag	series	3.	<b>26.17</b>	457	26.50	19-11-2022	103%	
50m rugslag	series	3.	32.44	321	30.74		90%	
50m schoolslag	series	3.	<b>34.44</b>	380	34.95	19-11-2022	103%	
50m vlinderslag	series	5.	32.16	309	30.94	12-3-2022	93%	

Jelly-An Grijpma, 23-4-1970								-
50m vrije slag	series	1.	46.56	119	NT	-	-	-
50m schoolslag	series	1.	49.57	191	NT	-	-	-
Jildou Blom, 23-9-2011								2
50m vrije slag	series	2.	39.53	195	39.31	99%		
50m rugslag	series	1.	<b>47.24</b>	153	47.76	102%		
50m schoolslag	series	2.	<b>50.92</b>	176	52.16	105%		
50m vlinderslag	series	3.	55.43	85	53.11	2-7-2022	92%	
Job Hoogteijling, 18-6-2004								-
50m vrije slag	series		AFGEM	-	NT	-	-	-
50m rugslag	series		AFGEM	-	NT	-	-	-
50m schoolslag	series		AFGEM	-	NT	-	-	-
50m vlinderslag	series		AFGEM	-	NT	-	-	-
Lieke Visser, 14-12-2004								3
50m vrije slag	series	1.	29.12	488	28.82	23-4-2022	98%	
50m rugslag	series	1.	<b>32.94</b>	451	33.29	1-10-2022	102%	
50m schoolslag	series	1.	<b>37.43</b>	444	38.33	19-11-2022	105%	
50m vlinderslag	series	1.	<b>32.25</b>	432	33.26	2-7-2022	106%	
Liese Marije Feenstra, 27-3-2014								3
25m vrije slag	series	1.	<b>21.91</b>	108	24.80	19-3-2022	128%	
25m rugslag	series	1.	<b>23.63</b>	127	24.75	19-3-2022	110%	
25m schoolslag	series	1.	<b>28.18</b>	104	31.28	5-3-2022	123%	
Lotte van Hof, 6-9-2002								1
50m vrije slag	series	4.	31.23	395	30.96	23-4-2022	98%	
50m rugslag	series	6.	<b>38.09</b>	291	38.80	1-10-2022	104%	
50m schoolslag	series	6.	43.90	275	43.34	19-11-2022	97%	
50m vlinderslag	series	6.	39.23	240	37.59	12-3-2022	92%	
Marco Korporaal, 30-11-2000								-
50m vrije slag	series	8.	29.62	315	29.37	2-7-2022	98%	
50m rugslag	series	6.	35.63	242	35.02	2-7-2022	97%	
50m schoolslag	series	5.	36.11	329	35.80	2-7-2022	98%	
50m vlinderslag	series	6.	33.30	278	32.19	2-7-2022	93%	
Mare Nelleke Torensma, 12-5-2009								3
50m vrije slag	series	5.	<b>34.81</b>	285	37.34	2-7-2022	115%	
50m rugslag	series	5.	<b>39.88</b>	254	42.15	2-7-2022	112%	
50m schoolslag	series	4.	<b>44.47</b>	264	47.38	2-7-2022	114%	
50m vlinderslag	series	5.	45.83	150	45.46	30-10-2022	98%	
Merle Stavorinus, 1-2-2004								2
50m vrije slag	series	2.	<b>30.27</b>	434	30.34	2-7-2022	100%	
50m rugslag	series	2.	34.62	388	33.43	2-7-2022	93%	
50m schoolslag	series	3.	<b>40.91</b>	340	41.74	2-7-2022	104%	
50m vlinderslag	series	4.	35.41	326	34.81	12-3-2022	97%	
Mirthe Eleanne Rozema, 18-6-2012								3
50m vrije slag	series	1.	<b>50.57</b>	93	52.02	29-10-2022	106%	
50m rugslag	series	1.	<b>58.83</b>	79	1:03.77	29-10-2022	117%	
50m schoolslag	series	1.	<b>55.59</b>	135	58.69	9-10-2022	111%	
25m vlinderslag	series	1.	31.03	46	NT	-	-	
Nicole Pestman, 17-5-2010								3
50m vrije slag	series	1.	<b>31.82</b>	374	33.73	2-7-2022	112%	
50m rugslag	series	1.	<b>37.19</b>	313	38.37	2-7-2022	106%	
50m schoolslag	series	1.	48.79	200	48.28	2-7-2022	98%	
50m vlinderslag	series	1.	<b>45.82</b>	150	45.91	2-7-2022	100%	
Nout Buwalda, 17-4-2014								1
25m vrije slag	series	4.	31.31	24	27.80	29-10-2022	79%	
25m rugslag	series	3.	<b>31.40</b>	35	33.83	29-10-2022	116%	
25m schoolslag	series	3.	32.69	43	30.99	29-10-2022	90%	
Redmar Visser, 6-7-2004								2
50m vrije slag	series	5.	<b>28.81</b>	342	29.03		102%	
50m rugslag	series	5.	34.87	258	34.66		99%	
50m schoolslag	series	6.	<b>37.47</b>	295	38.21		104%	
50m vlinderslag	series	7.	33.31	278	32.57		96%	
Rinlaphad Elzinga, 19-1-2005								-
50m vrije slag	series	5.	31.36	390	31.19	2-7-2022	99%	
50m rugslag	series	5.	37.95	295	37.59	1-10-2022	98%	
50m schoolslag	series	5.	43.33	286	43.16	2-7-2022	99%	
50m vlinderslag	series	5.	35.90	313	33.68		88%	
Rob Pestman, 17-12-1978								-
50m vrije slag	series	1.	31.99	250	NT	-	-	
50m schoolslag	series	1.	39.99	242	NT	-	-	
Robin Groenevelt, 8-6-2007								4
50m vrije slag	series	4.	<b>30.53</b>	287	31.69	23-4-2022	108%	
50m rugslag	series	3.	<b>37.40</b>	209	38.71	2-7-2022	107%	
50m schoolslag	series	2.	<b>38.41</b>	274	39.19	2-7-2022	104%	
50m vlinderslag	series	4.	<b>37.00</b>	203	38.10	2-7-2022	106%	

Rosalie van der Veen, 12-2-2009								4
50m vrije slag	series	6.	<b>38.37</b>	213	39.13	29-10-2022	104%	
50m rugslag	series	6.	<b>45.92</b>	166	47.75	29-10-2022	108%	
50m schoolslag	series	7.	<b>50.57</b>	180	55.13	29-10-2022	119%	
50m vlinderslag	series	6.	<b>54.06</b>	91	1:01.74	2-7-2022	130%	
Sanne Heidinga, 20-2-2009								1
50m vrije slag	series	8.	<b>45.86</b>	125	46.14	2-7-2022	101%	
Shenpen Lingsang, 24-3-2004								-
50m vrije slag	series	7.	29.31	325	28.68	12-3-2022	96%	
50m rugslag	series	8.	36.13	232	35.55	2-7-2022	97%	
50m schoolslag	series	7.	39.25	256	37.28	2-7-2022	90%	
50m vlinderslag	series	4.	31.87	317	31.65	2-7-2022	99%	
Sophie Hiemstra, 13-4-2008								3
50m vrije slag	series	3.	32.46	352	32.01	19-11-2022	97%	
50m rugslag	series	3.	<b>36.28</b>	337	37.76	2-7-2022	108%	
50m schoolslag	series	3.	<b>43.22</b>	288	44.40	2-7-2022	106%	
50m vlinderslag	series	2.	<b>35.81</b>	315	36.06	24-9-2022	101%	
Stefan Pestman, 15-12-2012								3
50m vrije slag	series	1.	<b>38.07</b>	148	39.18	12-6-2022	106%	
50m rugslag	series	1.	<b>45.43</b>	117	47.27	12-6-2022	108%	
50m schoolslag	series	1.	48.13	139	47.30	19-11-2022	97%	
50m vlinderslag	series	1.	<b>47.60</b>	95	49.99	9-10-2022	110%	
Stijn Roemeling, 13-8-2014								3
25m vrije slag	series	3.	<b>30.16</b>	27	30.44	9-10-2022	102%	
25m rugslag	series	4.	<b>31.98</b>	33	34.91	9-10-2022	119%	
25m schoolslag	series	4.	<b>32.75</b>	42	36.84	9-10-2022	127%	
Sven Jager, 13-11-2014								3
25m vrije slag	series	2.	<b>23.96</b>	54	24.76	9-10-2022	107%	
25m rugslag	series	2.	<b>25.58</b>	66	26.67	17-9-2022	109%	
25m schoolslag	series	2.	<b>30.08</b>	55	30.93	9-10-2022	106%	
Tim Yarne Bosch, 11-5-2008								2
50m vrije slag	series	2.	<b>29.02</b>	335	29.14	2-7-2022	101%	
50m rugslag	series	1.	34.56	265	34.28	2-7-2022	98%	
50m schoolslag	series	3.	39.67	248	38.36	2-7-2022	94%	
50m vlinderslag	series	1.	<b>33.23</b>	280	34.45	2-7-2022	107%	
Tristan Zijlstra, 14-4-2014								-
25m vrije slag	series	5.	32.53	21	NT		-	
25m rugslag	series	5.	35.19	25	NT		-	
25m schoolslag	series	5.	33.63	39	NT		-	
Vince Talens, 25-9-2010								-
50m vrije slag	series	1.	40.70	121	NT		-	
50m rugslag	series	1.	50.44	85	NT		-	
50m schoolslag	series	1.	57.25	82	NT		-	
50m vlinderslag	series	1.	1:00.92	45	NT		-	
Vincent Horsthuis, 15-2-2003								-
50m vrije slag	series	6.	28.94	338	28.57	23-4-2022	97%	
50m rugslag	series	7.	36.06	233	32.40		81%	
50m schoolslag	series	8.	40.90	227	38.06		87%	
50m vlinderslag	series	8.	34.59	248	32.65	12-3-2022	89%	
Wiebe Wijbenga, 4-10-1991								4
50m vrije slag	series	4.	<b>28.47</b>	355	29.22	2-7-2022	105%	
50m rugslag	series	4.	<b>34.20</b>	274	34.76	1-10-2022	103%	
50m schoolslag	series	4.	<b>35.04</b>	361	35.75	19-11-2022	104%	
50m vlinderslag	series	3.	<b>31.74</b>	321	32.44	2-7-2022	104%	
Wietske van der Veen, 8-12-2008								-
50m vrije slag	series	9.	1:13.20	30	NT		-	
50m rugslag	series	8.	1:07.69	52	NT		-	
50m schoolslag	series	8.	1:11.50	63	NT		-	

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Orca							3
Wyneke Edou van der Heide, 24-5-2011							3
50m vrije slag	series	1.	<b>34.88</b>	284	34.95	100%	
50m schoolslag	series	1.	<b>44.72</b>	260	45.27	102%	
50m vlinderslag	series	1.	<b>45.23</b>	156	45.55	101%	

ZPD