

Nationale Zwemcompetitie deel 3
#19796 - Aalsmeer (NED)

Korte baan (25m)
12 jan 2020

Heren				Pnt.		Vorig persoonlijk record		
BALZAR, Quinten - 2009								
50m rugslag	series	 3.	52.30	76	25m	52.82	102.0%	1 dec 2019
50m schoolslag	100m schoolslag, series	Tussentijd	58.31	81	25m	1:03.24	117.6%	12 mei 2019
100m schoolslag	series	 1.	2:03.59	91	25m			
BREE, Robbert Jan - 1991								
200m schoolslag	series	 2.	2:42.33	405	25m	2:44.38	102.5%	4 feb 2018
50m vlinderslag	series	 3.	29.41	404	25m	28.42	93.4%	16 jan 2011
DUIVENDIJK van, Jake - 2010								
50m rugslag	series	 2.	52.30	76	25m	53.07	103.0%	1 dec 2019
100m schoolslag	series	 3.	2:13.33	72	25m	2:04.33	87.0%	15 dec 2019
GLOVER, Owen - 2009								
50m rugslag	series	 1.	48.95	93	25m	48.35	97.6%	29 sep 2019
100m schoolslag	series	 2.	2:06.70	84	25m	2:01.18	91.5%	15 dec 2019
HENDRIKS, Julian - 2006								
100m vrije slag	series	8.	1:34.34	108	25m	1:36.44	104.5%	17 nov 2019
50m rugslag	100m rugslag, series	Tussentijd	1:00.25	50	25m	58.09	93.0%	24 nov 2019

100m rugslag	series	11.	2:02.73	63	25m	1:58.96	94.0%	24 nov 2019
HUNTER, Alex - 2002								
100m vrije slag	4 x 100m vrije slag, series	Estafette	59.59	428	25m	57.40	92.8%	17 nov 2019
100m vlinderslag	series	 3.	1:14.04	273	25m	1:11.14	92.3%	10 feb 2019
200m wisselslag	series	 2.	2:30.91	383	25m	2:26.00	93.6%	10 feb 2019
KOSTER, Christiaan - 2002								
100m vlinderslag	series	5.	1:25.82	175	25m	1:32.28	115.6%	11 feb 2018
200m wisselslag	series	4.	2:50.54	265	25m	2:51.51	101.1%	10 nov 2019
MAFAIT, Bas - 1999								
100m vrije slag	4 x 100m vrije slag, series	Estafette	1:05.68	320	25m	1:03.32	92.9%	24 mrt 2019
100m rugslag	series	10.	1:18.98	237	25m	1:17.98	97.5%	10 feb 2019
200m schoolslag	series	9.	3:04.06	278	25m	3:01.33	97.1%	20 jan 2019
50m vlinderslag	series	12.	34.65	247	25m	35.10	102.6%	4 nov 2018
MAFAIT, Joep - 2001								
100m rugslag	series	12.	1:32.99	145	25m	1:38.27	111.7%	22 apr 2018
200m schoolslag	series	DIS	NT	-	25m			
50m vlinderslag	series	13.	40.91	150	25m	47.13	132.7%	12 feb 2017
MAFAIT, Pim - 2004								
100m vrije slag	series	5.	1:05.13	328	25m	1:04.80	99.0%	1 dec 2019
50m vlinderslag	200m wisselslag, series	Tussentijd	34.62	247	25m	34.71	100.5%	1 dec 2019

200m wisselslag	series	 3.	2:40.47	318	25m	2:40.82	100.4%	10 nov 2019
PENNEKAMP, Ian - 2001								
100m rugslag	series	4.	1:08.84	357	25m	1:10.72	105.5%	7 okt 2018
200m schoolslag	series	10.	3:07.60	262	25m	3:08.52	101.0%	7 okt 2018
50m vlinderslag	series	6.	30.25	371	25m	32.57	115.9%	10 feb 2019
POST, Joep - 2000								
100m rugslag	series	6.	1:13.07	299	25m	1:10.39	92.8%	13 jan 2019
200m schoolslag	series	6.	2:58.70	304	25m	2:48.73	89.2%	10 feb 2019
50m vlinderslag	series	5.	29.46	402	25m	29.61	101.0%	10 nov 2019
PRUMMEL, Julian - 2005								
50m vrije slag	4 x 50m vrije slag, series	Estafette	27.33	407	25m	27.24	99.3%	24 nov 2019
100m vrije slag	series	 1.	1:00.03	419	25m	1:00.64	102.0%	17 nov 2019
50m vlinderslag	200m wisselslag, series	Tussentijd	34.68	246	25m	34.13	96.9%	10 nov 2019
200m wisselslag	series	 1.	2:36.09	346	25m	2:39.02	103.8%	10 nov 2019
RENKEMA, Josh - 2004								
100m vrije slag	series	9.	1:35.43	104	25m	1:32.75	94.5%	8 dec 2019
100m rugslag	series	13.	1:47.08	95	25m	1:43.87	94.1%	24 nov 2019
200m wisselslag	series	6.	4:06.89	87	25m	4:02.73	96.7%	14 dec 2018
SCHOUTEN, Vincent - 2007								
50m rugslag	100m rugslag, series	Tussentijd	49.89	88	25m	51.78	107.7%	3 mrt 2019

100m rugslag	series	8.	1:43.05	106	25m	1:49.52	113.0%	3 mrt 2019
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200m schoolslag	series	DIS	NT	-	25m			
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VERHOEFF, Merijn - 2006

50m rugslag	100m rugslag, series	Tussentijd	38.96	185	25m	41.97	116.0%	29 sep 2019
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100m rugslag	series	 2.	1:20.70	222	25m	1:26.21	114.1%	10 nov 2019
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50m schoolslag	200m schoolslag, series	Tussentijd	50.37	125	25m	51.04	102.7%	15 dec 2019
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200m schoolslag	series	4.	3:39.33	164	25m	3:55.16	115.0%	29 sep 2019
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WEERTMAN, Ferry - 1992

100m rugslag	series	 1.	59.67	549	25m	59.62	99.8%	15 nov 2015
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200m schoolslag	series	 1.	2:22.37	601	25m	2:26.49	105.9%	6 mrt 2010
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50m vlinderslag	series	 1.	26.65	543	25m	27.02	102.8%	17 okt 2009
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WEERTMAN, Jarno - 1990

100m rugslag	series	 3.	1:08.53	362	25m	1:08.65	100.4%	10 mrt 2013
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50m schoolslag	200m schoolslag, series	Tussentijd	38.84	274	25m	36.43	88.0%	6 okt 2019
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200m schoolslag	series	7.	3:00.60	294	25m			
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50m vlinderslag	series	 2.	29.03	420	25m	27.77	91.5%	12 feb 2017
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Dames

Pnt.

Vorig persoonlijk record

ADEL van den, Eva - 2001

100m rugslag	series	 1.	1:11.69	452	25m	1:10.35	96.3%	1 dec 2018
200m schoolslag	series	5.	3:17.01	318	25m	3:26.96	110.4%	19 jan 2014
50m vlinderslag	series	 1.	30.46	512	25m	29.90	96.4%	29 jan 2017

AERLE van, Marieke - 2009

50m rugslag	series	 2.	50.65	130	25m	55.81	121.4%	1 dec 2019
100m schoolslag	series	 2.	2:02.18	132	25m			

ARENSMAN, Carmen - 2007

50m vrije slag	4 x 50m vrije slag, series	Estafette	42.03	162	25m	43.02	104.8%	3 mrt 2019
50m rugslag	100m rugslag, series	Tussentijd	51.91	120	25m	50.85	96.0%	15 dec 2019
100m rugslag	series	12.	1:47.14	135	25m	1:45.04	96.1%	15 dec 2019
50m schoolslag	200m schoolslag, series	Tussentijd	53.90	148	25m			
100m schoolslag	200m schoolslag, series	Tussentijd	1:54.44	161	25m			
200m schoolslag	series	12.	4:02.09	171	25m			

BOORSMA, Mette - 2009

50m rugslag	100m rugslag, series	Tussentijd	45.35	181	25m	47.26	108.6%	7 okt 2018
100m rugslag	series	4.	1:30.56	224	25m	1:34.80	109.6%	29 sep 2019
50m schoolslag	200m schoolslag, series	Tussentijd	50.71	178	25m	50.55	99.4%	29 sep 2019
200m schoolslag	series	8.	3:49.18	202	25m			

BROERE, Lieke - 2003

100m rugslag	series	13.	1:25.76	264	25m	1:27.29	103.6%	6 okt 2019
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50m vlinderslag	series	17.	39.22	240	25m	38.82	98.0%	2 dec 2018
CNOSSEN, Hildemarij - 2008								
100m rugslag	series	DIS	NT	-	25m			
200m schoolslag	series	DIS	NT	-	25m			
DIJKHUIZEN, Fleur - 2002								
100m rugslag	series	8.	1:21.60	306	25m	1:16.92	88.9%	7 okt 2018
200m schoolslag	series	 1.	2:53.75	464	25m	2:52.05	98.1%	7 okt 2018
50m vlinderslag	series	 3.	34.25	360	25m	32.95	92.6%	10 nov 2019
DROST, Lily - 2010								
50m vrije slag	series	 2.	47.08	115	25m	54.50	134.0%	15 dec 2019
25m vlinderslag	series	 2.	27.20	-	25m			
GOEDMAKERS, Eveline - 2010								
50m vrije slag	series	 3.	56.38	67	25m			
25m vlinderslag	series	 3.	31.66	-	25m			
GRIJPINK, Frederique - 2010								
50m vrije slag	series	 1.	44.58	136	25m	46.18	107.3%	6 okt 2019
25m vlinderslag	series	 1.	22.90	-	25m			
GROOT de, Willemijn - 2005								
50m vrije slag	100m vrije slag, series	Tussentijd	35.09	279	25m	36.72	109.5%	1 dec 2019

100m vrije slag	series	6.	1:13.36	321	25m	1:18.22	113.7%	1 dec 2019
50m vlinderslag	200m wisselslag, series	Tussentijd	40.98	210	25m	47.31	133.3%	3 mrt 2019
200m wisselslag	series	4.	3:04.47	288	25m	3:22.05	120.0%	13 jan 2019

IRVINE, Eefje - 2007

50m rugslag	4 x 50m wisselslag, series	Estafette	34.36	416	25m	34.72	102.1%	3 mrt 2019
100m rugslag	series	 1.	1:13.13	426	25m	1:11.79	96.4%	6 dec 2019
50m schoolslag	200m schoolslag, series	Tussentijd	43.31	286	25m	41.54	92.0%	8 dec 2019
200m schoolslag	series	 2.	3:09.28	359	25m	3:06.93	97.5%	7 dec 2019

IRVINE, Famke - 2005

50m vrije slag	4 x 50m vrije slag, series	Estafette	30.70	416	25m	30.37	97.9%	1 dec 2018
100m vrije slag	series	 1.	1:05.23	457	25m	1:06.76	104.7%	24 nov 2018
200m wisselslag	series	 1.	2:44.17	408	25m	2:42.65	98.2%	17 nov 2019

KOOPMANS, Marline - 2006

50m vlinderslag	100m vlinderslag, series	Tussentijd	43.97	170	25m	44.96	104.6%	1 dec 2019
50m vlinderslag	200m wisselslag, series	Tussentijd	44.44	165	25m			
100m vlinderslag	series	6.	1:40.04	162	25m	1:42.92	105.8%	1 dec 2019
200m wisselslag	series	7.	3:18.87	230	25m	3:28.24	109.6%	13 jan 2019

METELEN, Nikki - 2009

50m rugslag	series	 1.	47.09	161	25m	55.17	137.3%	27 jan 2019
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100m schoolslag	series	DIS	NT	-	25m			
NIJBURG van, Roos - 2001								
100m rugslag	series	17.	1:28.26	242	25m	1:29.98	103.9%	8 mrt 2015
200m schoolslag	series	8.	3:22.60	293	25m	3:24.94	102.3%	1 feb 2015
50m vlinderslag	series	11.	36.50	298	25m	35.92	96.8%	10 feb 2019
POST, Anna - 2003								
100m vlinderslag	series	5.	1:37.21	177	25m	1:36.85	99.3%	13 jan 2019
200m wisselslag	series	6.	3:17.95	233	25m	3:09.73	91.9%	10 feb 2019
POST, Femke - 2003								
100m rugslag	series	22.	1:46.39	138	25m	1:44.02	95.6%	6 okt 2019
50m vlinderslag	series	24.	48.55	126	25m	51.56	112.8%	26 nov 2017
RENKEMA, Eva - 2002								
50m rugslag	4 x 50m wisselslag, series	Estafette	39.77	268	25m	38.60	94.2%	4 feb 2018
100m rugslag	series	14.	1:27.09	252	25m	1:24.86	94.9%	7 okt 2018
200m schoolslag	series	9.	3:22.60	293	25m	3:27.04	104.4%	7 okt 2018
SCHATTE OLIVIER van der, Anne - 1996								
100m rugslag	series	 2.	1:11.70	452	25m	1:10.87	97.7%	13 apr 2014
50m vlinderslag	series	5.	34.91	340	25m	32.70	87.7%	28 dec 2017
SENTJENS, Maud - 2006								
100m vrije slag	series	13.	1:26.95	193	25m	1:29.88	106.9%	10 nov 2019

200m wisselslag	series	DIS	NT	-	25m			
SIGSGAARD, Grith - 1972								
200m schoolslag	series	 2.	2:58.51	428	25m	2:57.06	98.4%	11 feb 2017
50m vlinderslag	series	13.	36.74	292	25m	35.99	96.0%	10 feb 2019
SOMERS, Anne - 2009								
50m rugslag	series	DIS	NT	-	25m			
50m schoolslag	100m schoolslag, series	Tussentijd	54.33	145	25m	55.13	103.0%	1 dec 2019
100m schoolslag	series	 1.	1:52.91	168	25m	2:01.50	115.8%	29 sep 2019
SWART, Yuan Ame - 2006								
50m vrije slag	100m vrije slag, series	Tussentijd	33.44	322	25m	33.96	103.1%	10 nov 2019
100m vrije slag	series	4.	1:09.65	375	25m	1:09.11	98.5%	10 nov 2019
200m wisselslag	series	DIS	NT	-	25m			
VERHOEFF, Isis - 2009								
50m rugslag	100m rugslag, series	Tussentijd	42.37	222	25m	44.01	107.9%	6 okt 2019
100m rugslag	series	 3.	1:28.07	243	25m	1:32.73	110.9%	6 okt 2019
50m schoolslag	200m schoolslag, series	Tussentijd	50.98	175	25m	49.60	94.7%	29 sep 2019
200m schoolslag	series	7.	3:49.09	202	25m			
Estafette								
Heren	4 x 50m vrije slag	series	 3.	2:11.15	242	25m	Prummel J., Verhoeff M., Renkema J., Mafait P.	

Heren	4 x 100m vrije slag	series	 1.	3:45.60	534	25m	Hunter A., Bree R., Weertman J., Weertman F.
Heren	4 x 100m vrije slag	series	 3.	4:07.98	402	25m	Mafait B., Post J., Pennekamp I., Prummel J.
Dames	4 x 50m vrije slag	series	 1.	2:04.64	427	25m	Irvine F., Swart Y., de Groot W., Irvine E.
Dames	4 x 50m vrije slag	series	4.	2:40.78	199	25m	Arensman C., Cnossen H., Sentjens M., Koopmans M.
Dames	4 x 50m wisselslag	series	 1.	2:12.87	457	25m	Irvine E., Dijkhuizen F., van den Adel E., van der Schatte Olivier A.
Dames	4 x 50m wisselslag	series	4.	2:27.72	332	25m	Renkema E., Sigsgaard G., Swart Y., van Nijburg R.

Percentage is berekend als breuk van gekwadeerde oude en nieuwe beste tijd (oud*oud)/(nieuw*nieuw)