

NK MBO  
Arnhem, 25-5-2023

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
<b>Albeda College Sport en Bewegen</b>								<b>1</b>
<b>Leyla Oversluizen, 23-04-2006</b>								<b>1</b>
50m vrije slag	series	2.	27.74	564	NT		-	
100m vrije slag	series	2.	1:00.02	586	NT		-	
50m schoolslag	series	1.	<b>33.94</b>	595	34.45	17-12-2022	103%	
100m schoolslag	series	1.	1:16.07	550	1:14.39	23-10-2022	96%	
50m vlinderslag	series	1.	29.19	582	28.58	11-02-2023	96%	
100m vlinderslag	series	1.	1:09.95	475	1:05.23	03-07-2022	87%	
<b>Nikhom Westphal, 09-09-2002</b>								-
50m vrije slag	series	1.	24.02	591	23.53	25-09-2021	96%	
100m vrije slag	series	1.	52.46	628	51.42	02-10-2021	96%	
50m rugslag	series	1.	26.36	598	25.10	26-06-2022	91%	
100m rugslag	series	1.	1:03.26	445	54.09	03-07-2022	73%	
50m schoolslag	series	1.	28.88	668	28.87	20-11-2022	100%	
100m schoolslag	series	1.	1:10.36	486	1:02.20	04-10-2020	78%	
50m vlinderslag	series	1.	24.64	687	24.38	30-10-2022	98%	
100m vlinderslag	series	1.	58.20	553	53.63	04-12-2021	85%	
100m wisselslag	series	1.	1:00.71	534	55.20	05-12-2021	83%	
<b>Ryan van Vliet,</b>								-
50m vrije slag	series	3.	28.34	359	NT		-	
100m vrije slag	series	4.	1:15.86	207	NT		-	
50m vlinderslag	series	1.	32.51	299	NT		-	
<b>Sjoerd Seekles,</b>								-
50m vrije slag	series	7.	32.54	237	NT		-	
100m vrije slag	series	5.	1:21.26	169	NT		-	
<b>Alfa College</b>								<b>4</b>
<b>Jovanny Timmer, 11-04-2003</b>								-
100m vrije slag	series	6.	1:00.23	415	57.72	24-09-2022	92%	
100m rugslag	series	2.	1:08.08	357	1:07.05	02-10-2021	97%	
100m schoolslag	series	3.	1:13.71	423	1:11.17	02-10-2021	93%	
100m vlinderslag	series	4.	1:10.19	315	1:06.86	21-01-2023	91%	
100m wisselslag	series	3.	1:05.45	426	1:04.96	03-07-2022	99%	
<b>Taco Hengstman, 24-05-2003</b>								<b>4</b>
50m vrije slag	series	2.	<b>24.29</b>	571	24.65	17-09-2022	103%	
50m rugslag	series	2.	28.22	488	28.16	29-12-2022	100%	
50m schoolslag	series	3.	<b>31.73</b>	503	32.56	28-12-2022	105%	
50m vlinderslag	series	3.	<b>27.61</b>	488	27.78	28-01-2023	101%	
100m wisselslag	series	2.	<b>1:04.76</b>	440	1:05.09	28-12-2022	101%	
<b>Aqua-Novio'94</b>								-
<b>Arnhemse Watervrienden</b>								-
<b>Batavia Swim</b>								-
<b>Blue Marlins</b>								-
<b>BZV</b>								-
<b>CIOS Arnhem</b>								<b>8</b>
<b>Fay Bongers, 16-06-2004</b>								<b>1</b>
50m vrije slag	series	1.	<b>31.04</b>	403	40.83	16-04-2023	173%	
100m vrije slag	series	1.	1:07.92	404	NT		-	
50m rugslag	series	2.	39.89	264	NT		-	
<b>Kaj Hugen, 16-11-2006</b>								<b>2</b>
50m vrije slag	series	9.	28.07	370	NT		-	
100m vrije slag	series	7.	<b>1:01.89</b>	382	1:02.65	14-11-2021	102%	
50m rugslag	series	3.	32.55	318	NT		-	
50m schoolslag	series	5.	37.57	303	NT		-	
50m vlinderslag	series	5.	<b>30.29</b>	370	31.41	28-01-2023	108%	
100m wisselslag	series	4.	1:09.87	350	NT		-	
<b>Matthijs Franswa, 16-10-2023</b>								-
50m vrije slag	series	6.	26.52	439	NT		-	
50m vlinderslag	series	6.	30.88	349	NT		-	
<b>Melle Schipper,</b>								-
50m vrije slag	series	4.	28.51	353	NT		-	
100m vrije slag	series	3.	1:03.07	361	NT		-	
50m rugslag	series	2.	37.28	211	NT		-	

NK MBO  
Arnhem, 25-5-2023

Nina van der Vorst,								-
50m vrije slag	series	2.	32.16	362	NT		-	
100m vrije slag	series	2.	1:12.91	327	NT		-	
50m rugslag	series	3.	40.29	256	NT		-	
100m wisselslag	series	1.	1:23.52	309	NT		-	
Tess Panjer, 16-09-2004								4
50m vrije slag	series	1.	<b>27.70</b>	567	27.73	29-10-2022	100%	
100m vrije slag	series	1.	<b>59.08</b>	615	59.34	17-12-2022	101%	
50m rugslag	series	2.	<b>31.87</b>	518	32.07	01-04-2023	101%	
100m rugslag	series	1.	1:08.16	522	NT		-	
50m schoolslag	series	2.	<b>35.10</b>	538	35.46	25-06-2022	102%	
100m wisselslag	series	1.	1:07.92	575	1:06.64	01-04-2023	96%	
Tim Kennis,								-
50m vrije slag	series	5.	29.00	335	NT		-	
50m rugslag	series	1.	37.28	211	NT		-	
50m vlinderslag	series	2.	33.38	276	NT		-	
Wendy van Luttkhuizen, 04-02-2005								1
50m vrije slag	series	11.	34.93	282	33.43	25-06-2022	92%	
100m vrije slag	series	6.	1:12.37	334	1:11.81	20-11-2021	98%	
50m rugslag	series	4.	<b>38.58</b>	292	38.79	01-10-2022	101%	
50m vlinderslag	series	6.	35.32	328	NT		-	
100m vlinderslag	series	4.	1:28.30	236	1:26.60	23-04-2022	96%	
100m wisselslag	series	4.	1:24.04	304	1:23.91	23-04-2022	100%	
CIOS Heerenveen Leeuwarden								3
Bridget Portijk,								-
50m vrije slag	series	10.	47.02	115	NT		-	
Cas van Doorn,								-
50m vrije slag	series	6.	29.00	335	NT		-	
50m schoolslag	series	2.	36.91	320	NT		-	
100m wisselslag	series	1.	1:18.02	251	NT		-	
Gerbrich de Vries, 08-04-2006								-
100m vrije slag	series	9.	1:14.23	310	NT		-	
50m vlinderslag	series	4.	34.90	340	NT		-	
Hermien Ouwejan,								-
100m rugslag	series	1.	2:01.62	91	NT		-	
50m schoolslag	series	2.	46.02	239	NT		-	
Hidde Betten, 01-01-2002								-
50m vrije slag	series	4.	26.02	465	NT		-	
100m vrije slag	series	9.	1:08.65	280	56.00	29-02-2020	67%	
100m rugslag	series	3.	1:08.16	356	1:06.26	29-02-2020	95%	
50m vlinderslag	series	7.	32.13	310	NT		-	
Janna Achttien,								-
50m vrije slag	series	7.	39.76	191	NT		-	
Stella Buijtenhuis,								-
50m vrije slag	series	4.	36.19	254	NT		-	
50m rugslag	series	1.	35.75	367	NT		-	
50m schoolslag	series	3.	51.10	174	NT		-	
Sterre van der Wal, 22-03-2005								3
50m schoolslag	series	3.	<b>35.82</b>	506	36.59	19-06-2021	104%	
100m schoolslag	series	2.	<b>1:19.52</b>	482	1:20.68	02-07-2022	103%	
50m vlinderslag	series	2.	<b>31.80</b>	450	32.02	28-01-2023	101%	
100m vlinderslag	series	2.	1:16.83	359	1:15.89	28-11-2021	98%	
CIOS Zuidwest-NL								1
Bridget de Bat, 11-03-2004								-
50m vrije slag	series	4.	30.17	439	28.28	22-01-2023	88%	
50m rugslag	series	1.	31.23	550	30.74	22-01-2023	97%	
100m rugslag	series	2.	1:09.03	502	1:05.94	11-01-2020	91%	
50m vlinderslag	series	3.	33.83	374	30.39	29-01-2023	81%	
Esmee van den Hout, 20-12-2005								-
100m vrije slag	series	7.	1:13.06	325	1:11.22	21-01-2023	95%	
50m schoolslag	series	4.	38.82	398	38.73	21-01-2023	100%	
100m schoolslag	series	3.	1:24.31	404	1:23.27	02-10-2022	98%	
Evy de Wit,								-
50m vrije slag	series	9.	45.87	124	NT		-	
Isa van der Zalm, 26-05-2003								-
50m vrije slag	series	7.	31.59	382	30.47	04-12-2021	93%	
100m vrije slag	series	8.	1:13.45	320	1:11.43	04-12-2021	95%	
50m vlinderslag	series	7.	35.49	324	34.64	04-12-2021	95%	
Kavita Verelst,								-
50m vrije slag	series	6.	36.63	245	NT		-	
100m vrije slag	series	3.	1:21.86	231	NT		-	
50m rugslag	series	4.	40.73	248	NT		-	
50m schoolslag	series	1.	43.80	277	NT		-	
100m schoolslag	series	1.	1:43.61	218	NT		-	

NK MBO  
Arnhem, 25-5-2023

Lonneke Flipsen,								-
50m vrije slag	series	3.	32.86	339	NT			-
50m vlinderslag	series	1.	41.30	205	NT			-
Marije de Ronde,								-
50m vrije slag	series	8.	40.76	178	NT			-
100m vrije slag	series	4.	1:26.61	195	NT			-
50m schoolslag	series	4.	51.68	168	NT			-
100m schoolslag	series	2.	1:54.69	160	NT			-
Thijs Hitzerd,								-
50m vrije slag	series	11.	31.07	273	NT			-
100m vrije slag	series	10.	1:11.67	246	NT			-
Vera de Munnik, 16-07-2004								1
50m vrije slag	series	5.	<b>30.89</b>	409	31.06	22-01-2023		101%
100m vrije slag	series	4.	1:10.40	363	1:09.27	13-03-2022		97%
De Aalscholver								-
De Hokseberg								-
De Rijn								-
De Waalstroom								-
Deltion College								-
Keanu Hawtin, 01-02-2005								-
50m vrije slag	series	10.	28.61	349	27.61	14-01-2023		93%
100m vrije slag	series	8.	1:05.80	318	1:02.59	25-06-2022		90%
50m schoolslag	series	4.	36.29	336	35.92	19-11-2022		98%
50m vlinderslag	series	8.	32.54	298	31.95	17-12-2022		96%
Lilly Hoog,								-
50m vrije slag	series	5.	36.63	245	NT			-
100m vrije slag	series	5.	1:27.86	187	NT			-
Mariana Rodrigues Gonçalves,								-
50m vrije slag	series	13.	40.18	185	NT			-
50m rugslag	series	7.	43.85	198	NT			-
Renée Otten, 01-01-2001								-
50m vrije slag	series	3.	30.11	441	NT			-
100m vrije slag	series	3.	1:04.50	472	NT			-
50m rugslag	series	3.	34.04	425	NT			-
Dulon College								2
Chantal Jansen, 07-02-2006								2
50m vrije slag	series	10.	33.46	321	32.20	12-03-2022		93%
50m rugslag	series	5.	<b>39.91</b>	263	40.09	11-12-2020		101%
50m schoolslag	series	6.	<b>45.63</b>	245	46.38	10-07-2021		103%
50m vlinderslag	series	9.	42.95	182	NT			-
100m wisselslag	series	5.	1:31.51	235	1:27.42	04-12-2020		91%
Jordy van den Bos,								-
50m vrije slag	series	9.	48.41	72	NT			-
50m rugslag	series	3.	58.76	54	NT			-
Landstede								7
Cynthia Koolman, 29-12-2003								-
50m vrije slag	series	6.	30.95	406	29.77	07-01-2023		93%
100m rugslag	series	3.	1:12.10	441	1:11.83	02-07-2022		99%
100m schoolslag	series	4.	1:27.83	357	1:24.08	11-03-2023		92%
100m vlinderslag	series	3.	1:27.26	245	1:21.63	24-04-2022		88%
100m wisselslag	series	2.	1:16.20	407	1:14.20	29-10-2022		95%
Nynke Jansen, 30-03-2004								3
50m vrije slag	series	8.	<b>31.84</b>	373	32.41	01-03-2020		104%
100m vrije slag	series	5.	1:10.40	363	1:08.95	22-04-2023		96%
50m vlinderslag	series	5.	<b>35.17</b>	333	35.80	04-07-2021		104%
100m wisselslag	series	3.	<b>1:21.59</b>	332	1:24.40	04-02-2023		107%
Stan Tibben, 17-08-2005								4
50m vrije slag	series	3.	<b>25.56</b>	490	25.70	22-01-2023		101%
100m vrije slag	series	2.	<b>55.23</b>	538	55.52	22-04-2023		101%
50m vlinderslag	series	2.	<b>26.82</b>	533	27.63	26-11-2022		106%
100m vlinderslag	series	2.	<b>1:00.51</b>	492	1:02.18	07-04-2023		106%
Landstede Haderwijk								-
Mondriaan College								2

NK MBO  
Arnhem, 25-5-2023

<b>Menco Muller,</b>								-
50m vrije slag	series	1.	26.03	464	NT			-
100m vrije slag	series	2.	1:00.42	411	NT			-
50m schoolslag	series	1.	36.00	345	NT			-
<b>Neel Sahti, 05-01-2004</b>								2
50m vrije slag	series	8.	27.12	410	25.94	30-10-2022	91%	
100m vrije slag	series	4.	<b>57.64</b>	473	58.58	23-04-2023	103%	
50m vlinderslag	series	4.	29.00	421	28.81	22-01-2023	99%	
100m vlinderslag	series	3.	<b>1:06.28</b>	374	1:06.55	30-10-2022	101%	
<b>Sven Nieuwstraten,</b>								-
50m vrije slag	series	2.	26.03	464	NT			-
100m vrije slag	series	1.	58.07	463	NT			-
<b>Wesley Zulver, 10-10-2003</b>								-
50m vrije slag	series	5.	26.13	459	25.25	13-09-2020	93%	
100m vrije slag	series	3.	56.94	491	56.82	23-04-2023	100%	
50m schoolslag	series	2.	30.79	551	NT			-
100m schoolslag	series	2.	1:13.67	423	NT			-
<b>Nunspeet</b>								-
<b>SophieScholl</b>								-
<b>Luzifer Schulte,</b>								-
50m vrije slag	series	8.	46.15	83	NT			-
<b>Melissa Ozturk,</b>								-
50m schoolslag	series	7.	58.50	116	NT			-
<b>Michelle Tumulka,</b>								-
50m vrije slag	series	11.	1:05.19	43	NT			-
<b>Onur Karakus,</b>								-
100m vrije slag	series	6.	2:06.76	44	NT			-
<b>Stina Marks,</b>								-
50m vrije slag	series	9.	33.36	324	NT			-
50m vlinderslag	series	8.	40.02	226	NT			-
100m wisselslag	series	6.	1:33.42	221	NT			-
<b>Sportacademie MBO Utrecht</b>								6
<b>Marit van der Sanden, 12-05-2006</b>								4
50m vrije slag	series	12.	<b>35.02</b>	280	36.41	09-10-2022	108%	
100m vrije slag	series	10.	<b>1:20.20</b>	245	1:24.30	25-02-2023	110%	
50m rugslag	series	6.	<b>42.57</b>	217	44.69	06-11-2022	110%	
50m schoolslag	series	5.	<b>43.99</b>	273	47.05	15-10-2022	114%	
<b>Xander Schoneveld, 04-04-2005</b>								2
50m vrije slag	series	7.	<b>26.80</b>	425	27.57	15-04-2023	106%	
100m vrije slag	series	5.	59.68	426	59.37	19-11-2022	99%	
100m rugslag	series	4.	<b>1:09.41</b>	337	1:09.85	22-04-2023	101%	
<b>Steenwijk 1934</b>								-
<b>Zwemvereniging Zaltbommel</b>								-