

Tijden van maandag 1 januari 1900 tot dinsdag 31 juli 2018  
Verbeteringspercentage berekent per dinsdag 1 augustus 2017.

Alleen absolute pers. records

**Ardicyaka Irem**

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 50 vrije slag  | 44.16   | 25m | 1-10-2017 | Purmerend (NED) | 145 Pnt. | 128 % |
| 50 rugslag     | 1:01.87 | 25m | 16-3-2017 | Heemskerk (NED) | 71 Pnt.  | 100 % |
| 100 wisselslag | 1:56.02 | 25m | 1-10-2017 | Purmerend (NED) | 121 Pnt. | 113 % |

Gemiddelde punten over beste 3 zwemslagen aan het 1-8-2017: 90 Pnt.

Gemiddelde punten over beste 3 zwemslagen aan het 31-7-2018: 112 Pnt.

**van Assema Eline**

|                 |         |     |            |                  |          |       |
|-----------------|---------|-----|------------|------------------|----------|-------|
| 50 vrije slag   | 41.69   | 25m | 30-12-2016 | Leeuwarden (NED) | 173 Pnt. | 100 % |
| 100 vrije slag  | 1:37.68 | 50m | 2-4-2017   | Alkmaar (NED)    | 151 Pnt. | 100 % |
| 100 vrije slag  | 1:29.27 | 25m | 21-5-2017  | Purmerend (NED)  | 186 Pnt. | 100 % |
| 200 vrije slag  | 3:27.38 | 50m | 2-4-2017   | Alkmaar (NED)    | 161 Pnt. | 100 % |
| 200 vrije slag  | 3:12.97 | 25m | 16-3-2017  | Heemskerk (NED)  | 191 Pnt. | 100 % |
| 400 vrije slag  | 6:53.19 | 50m | 2-4-2017   | Alkmaar (NED)    | 193 Pnt. | 100 % |
| 400 vrije slag  | 7:10.46 | 25m | 12-6-2016  | Zaandam (NED)    | 161 Pnt. | 100 % |
| 50 rugslag      | 43.26   | 50m | 2-4-2017   | Alkmaar (NED)    | 244 Pnt. | 100 % |
| 50 rugslag      | 45.03   | 25m | 21-5-2017  | Purmerend (NED)  | 185 Pnt. | 100 % |
| 100 rugslag     | 1:32.69 | 25m | 21-5-2017  | Purmerend (NED)  | 211 Pnt. | 100 % |
| 200 rugslag     | 3:17.41 | 25m | 19-3-2017  | Zaandam (NED)    | 224 Pnt. | 100 % |
| 50 schoolslag   | 51.98   | 25m | 13-11-2016 | Purmerend (NED)  | 170 Pnt. | 100 % |
| 100 schoolslag  | 1:59.57 | 25m | 9-10-2016  | Alkmaar (NED)    | 141 Pnt. | 100 % |
| 200 schoolslag  | 4:03.40 | 25m | 4-12-2016  | Zaandam (NED)    | 168 Pnt. | 100 % |
| 50 vlinderslag  | 50.60   | 25m | 19-3-2017  | Zaandam (NED)    | 111 Pnt. | 100 % |
| 100 vlinderslag | 1:55.80 | 25m | 2-2-2017   | Heemskerk (NED)  | 107 Pnt. | 100 % |
| 100 wisselslag  | 1:41.06 | 25m | 7-5-2017   | Zaandam (NED)    | 183 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 212 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 212 Pnt.

**Blaauw Eric**

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 14.07    | 25m | 26-4-2012  | Heemskerk (NED)   | 275 Pnt. | 100 % |
| 50 vrije slag   | 30.96    | 50m | 5-9-2013   | Eindhoven (NED)   | 308 Pnt. | 100 % |
| 50 vrije slag   | 31.04    | 25m | 25-4-2013  | Heemskerk (NED)   | 279 Pnt. | 100 % |
| 100 vrije slag  | 1:13.92  | 50m | 21-6-2014  | Beverwijk (NED)   | 255 Pnt. | 100 % |
| 100 vrije slag  | 1:09.03  | 25m | 22-9-2013  | Purmerend (NED)   | 275 Pnt. | 100 % |
| 200 vrije slag  | 2:48.99  | 25m | 19-5-2013  | Purmerend (NED)   | 203 Pnt. | 100 % |
| 300 vrije slag  | 4:28.68  | 25m | 31-3-2013  | Haarlem (NED)     | 195 Pnt. | 100 % |
| 400 vrije slag  | 6:00.60  | 25m | 21-12-2014 | Zaandam (NED)     | 203 Pnt. | 100 % |
| 1000 vrije slag | 17:24.00 | OW  | 17-6-2012  | Spaarnwoude (NED) |          | 100 % |
| 2000 vrije slag | 36:58.45 | OW  | 17-6-2012  | Spaarnwoude (NED) |          | 100 % |
| 50 rugslag      | 35.82    | 50m | 14-4-2012  | Kampen (NED)      | 302 Pnt. | 100 % |
| 50 rugslag      | 34.98    | 25m | 24-1-2015  | Heerenveen (NED)  | 270 Pnt. | 100 % |
| 100 rugslag     | 1:17.58  | 50m | 6-9-2013   | Eindhoven (NED)   | 300 Pnt. | 100 % |
| 100 rugslag     | 1:16.81  | 25m | 31-3-2013  | Haarlem (NED)     | 258 Pnt. | 100 % |
| 200 rugslag     | 2:56.80  | 50m | 5-9-2013   | Eindhoven (NED)   | 253 Pnt. | 100 % |
| 200 rugslag     | 2:52.40  | 25m | 5-10-2013  | Zwolle (NED)      | 233 Pnt. | 100 % |
| 50 schoolslag   | 42.12    | 25m | 5-10-2013  | Zwolle (NED)      | 215 Pnt. | 100 % |
| 100 schoolslag  | 1:38.29  | 50m | 24-3-2013  | Amersfoort (NED)  | 210 Pnt. | 100 % |
| 100 schoolslag  | 1:34.61  | 25m | 11-10-2012 | Heemskerk (NED)   | 203 Pnt. | 100 % |
| 200 schoolslag  | 3:29.92  | 25m | 19-5-2013  | Purmerend (NED)   | 189 Pnt. | 100 % |

|                |         |     |           |                  |          |       |
|----------------|---------|-----|-----------|------------------|----------|-------|
| 25 vlinderslag | 15.86   | 25m | 12-1-2013 | Zwolle (NED)     | 243 Pnt. | 100 % |
| 50 vlinderslag | 36.86   | 50m | 24-3-2013 | Amersfoort (NED) | 225 Pnt. | 100 % |
| 50 vlinderslag | 36.26   | 25m | 19-5-2013 | Purmerend (NED)  | 217 Pnt. | 100 % |
| 100 wisselslag | 1:19.49 | 25m | 26-4-2012 | Heemskerk (NED)  | 259 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 292 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 292 Pnt.

### **Blaauw Mica**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 41.91   | 50m | 3-12-2016  | Beverwijk (NED) | 124 Pnt. | 100 % |
| 50 vrije slag   | 35.96   | 25m | 14-5-2017  | Haarlem (NED)   | 179 Pnt. | 100 % |
| 100 vrije slag  | 1:21.31 | 25m | 10-9-2017  | Purmerend (NED) | 168 Pnt. | 102 % |
| 200 vrije slag  | 2:55.21 | 25m | 7-5-2017   | Zaandam (NED)   | 182 Pnt. | 100 % |
| 50 rugslag      | 45.76   | 50m | 5-12-2015  | Beverwijk (NED) | 144 Pnt. | 100 % |
| 50 rugslag      | 40.97   | 25m | 14-5-2017  | Haarlem (NED)   | 168 Pnt. | 100 % |
| 100 rugslag     | 1:29.25 | 25m | 10-6-2017  | Zaandam (NED)   | 164 Pnt. | 100 % |
| 200 rugslag     | 3:13.21 | 25m | 1-10-2017  | Purmerend (NED) | 165 Pnt. | 101 % |
| 25 schoolslag   | 30.70   | 25m | 7-4-2013   | Castricum (NED) | 54 Pnt.  | 100 % |
| 50 schoolslag   | 54.90   | 50m | 3-12-2016  | Beverwijk (NED) | 114 Pnt. | 100 % |
| 50 schoolslag   | 51.42   | 25m | 2-2-2017   | Heemskerk (NED) | 118 Pnt. | 100 % |
| 100 schoolslag  | 1:50.92 | 25m | 7-5-2017   | Zaandam (NED)   | 126 Pnt. | 100 % |
| 25 vlinderslag  | 24.11   | 25m | 30-10-2014 | Heemskerk (NED) | 69 Pnt.  | 100 % |
| 50 vlinderslag  | 57.47   | 50m | 3-12-2016  | Beverwijk (NED) | 59 Pnt.  | 100 % |
| 50 vlinderslag  | 47.68   | 25m | 11-6-2017  | Zaandam (NED)   | 95 Pnt.  | 100 % |
| 100 vlinderslag | 1:53.70 | 25m | 1-10-2017  | Purmerend (NED) | 77 Pnt.  | 102 % |
| 100 wisselslag  | 1:34.42 | 25m | 11-5-2017  | Heemskerk (NED) | 154 Pnt. | 100 % |
| 200 wisselslag  | 3:21.81 | 25m | 11-6-2017  | Zaandam (NED)   | 160 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 171 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 172 Pnt.

### **Blaauw Xam**

|                |         |     |            |                  |          |       |
|----------------|---------|-----|------------|------------------|----------|-------|
| 25 vrije slag  | 26.00   | 25m | 2-3-2014   | Haarlem (NED)    | 43 Pnt.  | 100 % |
| 50 vrije slag  | 45.35   | 50m | 3-12-2016  | Beverwijk (NED)  | 98 Pnt.  | 100 % |
| 50 vrije slag  | 40.89   | 25m | 12-3-2017  | Purmerend (NED)  | 122 Pnt. | 100 % |
| 100 vrije slag | 1:30.40 | 25m | 30-10-2016 | Den Helder (NED) | 122 Pnt. | 100 % |
| 25 rugslag     | 26.31   | 25m | 2-3-2014   | Haarlem (NED)    | 64 Pnt.  | 100 % |
| 50 rugslag     | 47.03   | 50m | 3-12-2016  | Beverwijk (NED)  | 133 Pnt. | 100 % |
| 50 rugslag     | 45.34   | 25m | 7-5-2017   | Zaandam (NED)    | 124 Pnt. | 100 % |
| 100 rugslag    | 1:34.65 | 25m | 18-9-2016  | Zaandam (NED)    | 138 Pnt. | 100 % |
| 25 schoolslag  | 36.54   | 25m | 2-2-2014   | Haarlem (NED)    | 32 Pnt.  | 100 % |
| 50 schoolslag  | 1:02.28 | 50m | 3-12-2016  | Beverwijk (NED)  | 78 Pnt.  | 100 % |
| 50 schoolslag  | 55.86   | 25m | 14-5-2017  | Haarlem (NED)    | 92 Pnt.  | 100 % |
| 100 schoolslag | 2:00.03 | 25m | 2-10-2016  | Purmerend (NED)  | 99 Pnt.  | 100 % |
| 25 vlinderslag | 26.03   | 25m | 10-12-2015 | Heemskerk (NED)  | 55 Pnt.  | 100 % |
| 50 vlinderslag | 1:01.41 | 50m | 3-12-2016  | Beverwijk (NED)  | 48 Pnt.  | 100 % |
| 50 vlinderslag | 53.06   | 25m | 16-3-2017  | Heemskerk (NED)  | 69 Pnt.  | 100 % |
| 100 wisselslag | 1:41.96 | 25m | 7-5-2017   | Zaandam (NED)    | 123 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 127 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 127 Pnt.

**Blaauw Yente**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 21.02   | 25m | 26-4-2012  | Heemskerk (NED) | 128 Pnt. | 100 % |
| 50 vrije slag   | 33.23   | 50m | 5-3-2017   | Alkmaar (NED)   | 364 Pnt. | 100 % |
| 50 vrije slag   | 32.12   | 25m | 15-10-2017 | Alkmaar (NED)   | 378 Pnt. | 103 % |
| 100 vrije slag  | 1:13.90 | 50m | 27-5-2017  | Alkmaar (NED)   | 349 Pnt. | 100 % |
| 100 vrije slag  | 1:09.09 | 25m | 15-10-2017 | Alkmaar (NED)   | 402 Pnt. | 111 % |
| 200 vrije slag  | 2:36.20 | 25m | 16-3-2017  | Heemskerk (NED) | 360 Pnt. | 100 % |
| 400 vrije slag  | 6:21.60 | 25m | 15-6-2014  | Zaandam (NED)   | 232 Pnt. | 100 % |
| 25 rugslag      | 25.37   | 25m | 22-4-2012  | Haarlem (NED)   | 108 Pnt. | 100 % |
| 50 rugslag      | 40.99   | 50m | 3-12-2016  | Beverwijk (NED) | 287 Pnt. | 100 % |
| 50 rugslag      | 37.86   | 25m | 15-10-2017 | Alkmaar (NED)   | 312 Pnt. | 101 % |
| 100 rugslag     | 1:25.06 | 50m | 5-2-2017   | Alkmaar (NED)   | 319 Pnt. | 100 % |
| 100 rugslag     | 1:21.57 | 25m | 8-10-2017  | Alkmaar (NED)   | 310 Pnt. | 101 % |
| 200 rugslag     | 3:01.95 | 50m | 27-5-2017  | Alkmaar (NED)   | 316 Pnt. | 100 % |
| 200 rugslag     | 2:49.15 | 25m | 19-3-2017  | Zaandam (NED)   | 357 Pnt. | 100 % |
| 50 schoolslag   | 49.07   | 50m | 5-12-2015  | Beverwijk (NED) | 216 Pnt. | 100 % |
| 50 schoolslag   | 44.08   | 25m | 16-3-2017  | Heemskerk (NED) | 278 Pnt. | 100 % |
| 100 schoolslag  | 1:42.02 | 50m | 5-3-2017   | Alkmaar (NED)   | 250 Pnt. | 100 % |
| 100 schoolslag  | 1:37.63 | 25m | 9-10-2016  | Alkmaar (NED)   | 260 Pnt. | 100 % |
| 200 schoolslag  | 3:27.26 | 25m | 12-2-2017  | Purmerend (NED) | 273 Pnt. | 100 % |
| 25 vlinderslag  | 24.46   | 25m | 13-12-2012 | Heemskerk (NED) | 95 Pnt.  | 100 % |
| 50 vlinderslag  | 43.39   | 50m | 3-12-2016  | Beverwijk (NED) | 192 Pnt. | 100 % |
| 50 vlinderslag  | 38.45   | 25m | 19-3-2017  | Zaandam (NED)   | 254 Pnt. | 100 % |
| 100 vlinderslag | 1:39.99 | 50m | 5-2-2017   | Alkmaar (NED)   | 175 Pnt. | 100 % |
| 100 vlinderslag | 1:33.45 | 25m | 19-3-2017  | Zaandam (NED)   | 204 Pnt. | 100 % |
| 200 vlinderslag | 3:38.15 | 25m | 27-11-2016 | Zaandam (NED)   | 169 Pnt. | 100 % |
| 100 wisselslag  | 1:21.09 | 25m | 7-5-2017   | Zaandam (NED)   | 355 Pnt. | 100 % |
| 200 wisselslag  | 3:03.74 | 50m | 20-5-2017  | Alkmaar (NED)   | 323 Pnt. | 100 % |
| 200 wisselslag  | 3:01.49 | 25m | 13-11-2016 | Purmerend (NED) | 312 Pnt. | 100 % |
| 400 wisselslag  | 6:17.24 | 25m | 19-3-2017  | Zaandam (NED)   | 330 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 357 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 370 Pnt.

**de Boer Isabel**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag  | 46.82   | 50m | 5-12-2015  | Beverwijk (NED) | 130 Pnt. | 100 % |
| 50 vrije slag  | 42.11   | 25m | 24-1-2016  | Zaandam (NED)   | 168 Pnt. | 100 % |
| 100 vrije slag | 1:29.86 | 25m | 11-6-2016  | Zaandam (NED)   | 182 Pnt. | 100 % |
| 50 rugslag     | 47.09   | 50m | 5-12-2015  | Beverwijk (NED) | 189 Pnt. | 100 % |
| 50 rugslag     | 47.19   | 25m | 17-1-2016  | Purmerend (NED) | 161 Pnt. | 100 % |
| 100 rugslag    | 1:38.26 | 25m | 11-6-2016  | Zaandam (NED)   | 177 Pnt. | 100 % |
| 50 schoolslag  | 58.32   | 50m | 5-12-2015  | Beverwijk (NED) | 129 Pnt. | 100 % |
| 50 schoolslag  | 55.26   | 25m | 6-9-2015   | Zaandam (NED)   | 141 Pnt. | 100 % |
| 100 schoolslag | 1:58.41 | 25m | 11-10-2015 | Zaandam (NED)   | 146 Pnt. | 100 % |
| 25 vlinderslag | 28.44   | 25m | 18-1-2015  | Zaandam (NED)   | 60 Pnt.  | 100 % |
| 50 vlinderslag | 55.08   | 25m | 11-6-2016  | Zaandam (NED)   | 86 Pnt.  | 100 % |
| 100 wisselslag | 1:49.92 | 25m | 14-6-2015  | Zaandam (NED)   | 142 Pnt. | 100 % |
| 200 wisselslag | 3:40.34 | 25m | 12-6-2016  | Zaandam (NED)   | 174 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 178 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 178 Pnt.

**de Boer Maia**

|                 |         |     |            |                  |          |       |
|-----------------|---------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 18.25   | 25m | 13-4-2014  | Zaandam (NED)    | 197 Pnt. | 100 % |
| 50 vrije slag   | 31.98   | 50m | 20-5-2017  | Alkmaar (NED)    | 408 Pnt. | 100 % |
| 50 vrije slag   | 33.34   | 25m | 14-2-2016  | Purmerend (NED)  | 338 Pnt. | 100 % |
| 100 vrije slag  | 1:13.08 | 50m | 27-5-2017  | Alkmaar (NED)    | 361 Pnt. | 100 % |
| 100 vrije slag  | 1:14.14 | 25m | 30-10-2016 | Den Helder (NED) | 325 Pnt. | 100 % |
| 200 vrije slag  | 2:44.07 | 50m | 21-5-2017  | Alkmaar (NED)    | 326 Pnt. | 100 % |
| 200 vrije slag  | 2:45.02 | 25m | 12-3-2017  | Purmerend (NED)  | 305 Pnt. | 100 % |
| 400 vrije slag  | 6:13.23 | 25m | 18-9-2016  | Zaandam (NED)    | 248 Pnt. | 100 % |
| 50 rugslag      | 40.68   | 50m | 2-4-2017   | Alkmaar (NED)    | 294 Pnt. | 100 % |
| 50 rugslag      | 42.26   | 25m | 15-10-2017 | Alkmaar (NED)    | 224 Pnt. | 102 % |
| 100 rugslag     | 1:37.77 | 50m | 15-3-2015  | Beverwijk (NED)  | 210 Pnt. | 100 % |
| 100 rugslag     | 1:30.08 | 25m | 18-12-2016 | Heemskerk (NED)  | 230 Pnt. | 100 % |
| 200 rugslag     | 3:18.10 | 25m | 11-10-2015 | Zaandam (NED)    | 222 Pnt. | 100 % |
| 50 schoolslag   | 41.41   | 50m | 20-5-2017  | Alkmaar (NED)    | 360 Pnt. | 100 % |
| 50 schoolslag   | 41.76   | 25m | 7-5-2017   | Zaandam (NED)    | 328 Pnt. | 100 % |
| 100 schoolslag  | 1:39.28 | 50m | 21-5-2017  | Alkmaar (NED)    | 272 Pnt. | 100 % |
| 100 schoolslag  | 1:34.65 | 25m | 30-10-2016 | Den Helder (NED) | 285 Pnt. | 100 % |
| 200 schoolslag  | 3:46.88 | 50m | 5-6-2016   | Alkmaar (NED)    | 230 Pnt. | 100 % |
| 200 schoolslag  | 3:34.31 | 25m | 11-10-2015 | Zaandam (NED)    | 247 Pnt. | 100 % |
| 25 vlinderslag  | 25.21   | 25m | 13-4-2014  | Zaandam (NED)    | 87 Pnt.  | 100 % |
| 50 vlinderslag  | 47.77   | 50m | 3-12-2016  | Beverwijk (NED)  | 144 Pnt. | 100 % |
| 50 vlinderslag  | 42.58   | 25m | 17-11-2016 | Heemskerk (NED)  | 187 Pnt. | 100 % |
| 100 vlinderslag | 1:45.85 | 25m | 2-10-2016  | Purmerend (NED)  | 140 Pnt. | 100 % |
| 200 vlinderslag | 3:55.74 | 25m | 27-11-2016 | Zaandam (NED)    | 134 Pnt. | 100 % |
| 100 wisselslag  | 1:24.33 | 25m | 11-5-2017  | Heemskerk (NED)  | 316 Pnt. | 100 % |
| 200 wisselslag  | 3:16.16 | 50m | 4-6-2016   | Alkmaar (NED)    | 265 Pnt. | 100 % |
| 200 wisselslag  | 3:15.54 | 25m | 13-11-2016 | Purmerend (NED)  | 250 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 354 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 354 Pnt.

**de Boer Tobias**

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 19.39    | 25m | 26-4-2012  | Heemskerk (NED) | 105 Pnt. | 100 % |
| 50 vrije slag   | 32.61    | 50m | 5-12-2015  | Beverwijk (NED) | 263 Pnt. | 100 % |
| 50 vrije slag   | 32.08    | 25m | 16-3-2017  | Heemskerk (NED) | 253 Pnt. | 100 % |
| 100 vrije slag  | 1:11.98  | 50m | 29-5-2016  | Alkmaar (NED)   | 276 Pnt. | 100 % |
| 100 vrije slag  | 1:09.56  | 25m | 11-5-2017  | Heemskerk (NED) | 269 Pnt. | 100 % |
| 200 vrije slag  | 2:38.44  | 50m | 5-6-2016   | Alkmaar (NED)   | 266 Pnt. | 100 % |
| 200 vrije slag  | 2:33.43  | 25m | 24-4-2016  | Zaandam (NED)   | 271 Pnt. | 100 % |
| 400 vrije slag  | 5:51.06  | 25m | 21-12-2014 | Zaandam (NED)   | 221 Pnt. | 100 % |
| 800 vrije slag  | 11:53.95 | 25m | 18-10-2015 | Zaandam (NED)   | 239 Pnt. | 100 % |
| 1500 vrije slag | 23:08.88 | 25m | 22-2-2015  | Zaandam (NED)   | 229 Pnt. | 100 % |
| 25 rugslag      | 24.41    | 25m | 25-9-2011  | Hoorn (NED)     | 80 Pnt.  | 100 % |
| 50 rugslag      | 38.70    | 50m | 4-6-2016   | Alkmaar (NED)   | 239 Pnt. | 100 % |
| 50 rugslag      | 37.85    | 25m | 18-2-2016  | Heemskerk (NED) | 213 Pnt. | 100 % |
| 100 rugslag     | 1:28.08  | 50m | 15-3-2015  | Beverwijk (NED) | 205 Pnt. | 100 % |
| 100 rugslag     | 1:21.60  | 25m | 12-3-2017  | Purmerend (NED) | 215 Pnt. | 100 % |
| 200 rugslag     | 2:54.30  | 25m | 24-1-2016  | Zaandam (NED)   | 225 Pnt. | 100 % |
| 25 schoolslag   | 27.66    | 25m | 30-6-2011  | Heemskerk (NED) | 74 Pnt.  | 100 % |
| 50 schoolslag   | 48.67    | 50m | 5-12-2015  | Beverwijk (NED) | 164 Pnt. | 100 % |
| 50 schoolslag   | 44.92    | 25m | 16-3-2017  | Heemskerk (NED) | 177 Pnt. | 100 % |
| 100 schoolslag  | 1:43.29  | 50m | 20-6-2015  | Beverwijk (NED) | 181 Pnt. | 100 % |
| 100 schoolslag  | 1:37.57  | 25m | 6-3-2016   | Purmerend (NED) | 185 Pnt. | 100 % |
| 200 schoolslag  | 3:25.49  | 25m | 12-3-2017  | Purmerend (NED) | 202 Pnt. | 100 % |
| 25 vlinderslag  | 21.21    | 25m | 13-12-2012 | Heemskerk (NED) | 101 Pnt. | 100 % |
| 50 vlinderslag  | 37.12    | 50m | 5-12-2015  | Beverwijk (NED) | 220 Pnt. | 100 % |
| 50 vlinderslag  | 35.84    | 25m | 14-2-2016  | Purmerend (NED) | 225 Pnt. | 100 % |
| 100 vlinderslag | 1:24.35  | 50m | 5-6-2016   | Alkmaar (NED)   | 206 Pnt. | 100 % |
| 100 vlinderslag | 1:21.97  | 25m | 18-2-2016  | Heemskerk (NED) | 206 Pnt. | 100 % |
| 200 vlinderslag | 3:21.04  | 50m | 17-5-2015  | Alkmaar (NED)   | 170 Pnt. | 100 % |
| 200 vlinderslag | 3:07.20  | 25m | 13-12-2015 | Zaandam (NED)   | 195 Pnt. | 100 % |

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 100 wisselslag | 1:21.36 | 25m | 9-10-2016 | Alkmaar (NED)   | 242 Pnt. | 100 % |
| 200 wisselslag | 2:55.47 | 25m | 12-2-2017 | Purmerend (NED) | 243 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 259 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 259 Pnt.

### **Bos Marieke**

|                 |         |     |            |                         |          |       |
|-----------------|---------|-----|------------|-------------------------|----------|-------|
| 50 vrije slag   | 38.22   | 50m | 2-7-2017   | Dordrecht (NED)         | 239 Pnt. | 100 % |
| 50 vrije slag   | 35.82   | 25m | 1-10-2017  | Purmerend (NED)         | 273 Pnt. | 104 % |
| 100 vrije slag  | 1:20.28 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 272 Pnt. | 100 % |
| 100 vrije slag  | 1:18.99 | 25m | 10-6-2017  | Zaandam (NED)           | 269 Pnt. | 100 % |
| 200 vrije slag  | 2:56.56 | 50m | 2-7-2017   | Dordrecht (NED)         | 262 Pnt. | 100 % |
| 200 vrije slag  | 2:51.40 | 25m | 11-6-2017  | Zaandam (NED)           | 272 Pnt. | 100 % |
| 400 vrije slag  | 6:03.63 | 50m | 2-7-2017   | Dordrecht (NED)         | 284 Pnt. | 100 % |
| 400 vrije slag  | 5:49.73 | 25m | 11-6-2017  | Zaandam (NED)           | 301 Pnt. | 100 % |
| 500 vrije slag  | 8:31.18 | OW  | 23-7-2016  | Amstelveen (NED)        |          | 100 % |
| 50 rugslag      | 45.44   | 25m | 16-3-2017  | Heemskerk (NED)         | 180 Pnt. | 100 % |
| 100 rugslag     | 1:35.64 | 25m | 11-6-2017  | Zaandam (NED)           | 192 Pnt. | 100 % |
| 200 rugslag     | 3:28.19 | 25m | 27-11-2016 | Zaandam (NED)           | 191 Pnt. | 100 % |
| 50 schoolslag   | 48.24   | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 228 Pnt. | 100 % |
| 50 schoolslag   | 46.57   | 25m | 15-10-2017 | Alkmaar (NED)           | 236 Pnt. | 102 % |
| 100 schoolslag  | 1:46.36 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 221 Pnt. | 100 % |
| 100 schoolslag  | 1:39.04 | 25m | 15-10-2017 | Alkmaar (NED)           | 249 Pnt. | 104 % |
| 200 schoolslag  | 3:37.80 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 260 Pnt. | 100 % |
| 200 schoolslag  | 3:40.07 | 25m | 18-9-2016  | Zaandam (NED)           | 228 Pnt. | 100 % |
| 50 vlinderslag  | 47.53   | 25m | 15-10-2017 | Alkmaar (NED)           | 134 Pnt. | 101 % |
| 100 vlinderslag | 1:57.68 | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 107 Pnt. | 100 % |
| 100 vlinderslag | 1:49.09 | 25m | 10-6-2017  | Zaandam (NED)           | 128 Pnt. | 100 % |
| 100 wisselslag  | 1:30.63 | 25m | 15-10-2017 | Alkmaar (NED)           | 254 Pnt. | 103 % |
| 200 wisselslag  | 3:24.29 | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 235 Pnt. | 100 % |
| 200 wisselslag  | 3:17.70 | 25m | 15-10-2017 | Alkmaar (NED)           | 241 Pnt. | 101 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 272 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 275 Pnt.

### **Broek Jade**

|                 |         |     |            |                         |          |       |           |
|-----------------|---------|-----|------------|-------------------------|----------|-------|-----------|
| 50 vrije slag   | 29.25   | 50m | 13-3-2016  | Alkmaar (NED)           | 533 Pnt. | 100 % |           |
| 50 vrije slag   | 28.47   | 25m | 6-12-2015  | Purmerend (NED)         | 543 Pnt. | 100 % |           |
| 100 vrije slag  | 1:03.11 | 50m | 5-6-2016   | Alkmaar (NED)           | 561 Pnt. | 100 % |           |
| 100 vrije slag  | 1:02.33 | 25m | 8-10-2017  | Alkmaar (NED)           | 548 Pnt. | 100 % |           |
| 200 vrije slag  | 2:27.44 | 50m | 21-5-2017  | Alkmaar (NED)           | 449 Pnt. | 100 % |           |
| 200 vrije slag  | 2:20.09 | 25m | 11-10-2015 | Alkmaar (NED)           | 499 Pnt. | 100 % |           |
| 300 vrije slag  | 3:44.41 | 25m | 4-10-2015  | Purmerend (NED)         | 456 Pnt. | 100 % |           |
| 400 vrije slag  | 5:04.72 | 25m | 4-10-2015  | Purmerend (NED)         | 455 Pnt. | 100 % |           |
| 50 rugslag      | 32.62   | 50m | 10-4-2016  | Eindhoven (NED)         | 570 Pnt. | 100 % |           |
| 50 rugslag      | 31.43   | 25m | 1-10-2017  | Purmerend (NED)         | 546 Pnt. | 105 % | CRS,CRM20 |
| 100 rugslag     | 1:11.17 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 544 Pnt. | 100 % | CRS,CRM20 |
| 100 rugslag     | 1:07.20 | 25m | 8-10-2017  | Alkmaar (NED)           | 555 Pnt. | 103 % | CRS,CRM20 |
| 200 rugslag     | 2:39.17 | 50m | 4-6-2016   | Alkmaar (NED)           | 473 Pnt. | 100 % |           |
| 200 rugslag     | 2:31.35 | 25m | 12-2-2017  | Purmerend (NED)         | 498 Pnt. | 100 % |           |
| 50 schoolslag   | 38.39   | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 452 Pnt. | 100 % |           |
| 50 schoolslag   | 36.51   | 25m | 13-11-2016 | Purmerend (NED)         | 490 Pnt. | 100 % |           |
| 100 schoolslag  | 1:23.64 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 455 Pnt. | 100 % |           |
| 100 schoolslag  | 1:20.60 | 25m | 30-12-2016 | Leeuwarden (NED)        | 463 Pnt. | 100 % |           |
| 200 schoolslag  | 3:05.06 | 50m | 5-6-2016   | Alkmaar (NED)           | 424 Pnt. | 100 % |           |
| 200 schoolslag  | 2:57.88 | 25m | 12-2-2017  | Purmerend (NED)         | 432 Pnt. | 100 % |           |
| 50 vlinderslag  | 31.37   | 50m | 13-3-2016  | Alkmaar (NED)           | 510 Pnt. | 100 % |           |
| 50 vlinderslag  | 30.60   | 25m | 10-12-2015 | Heemskerk (NED)         | 505 Pnt. | 100 % |           |
| 100 vlinderslag | 1:12.70 | 50m | 29-5-2016  | Alkmaar (NED)           | 456 Pnt. | 100 % |           |
| 100 vlinderslag | 1:10.25 | 25m | 18-2-2016  | Heemskerk (NED)         | 481 Pnt. | 100 % |           |

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 100 wisselslag | 1:09.81 | 25m | 2-1-2016   | Hoorn (NED)     | 557 Pnt. | 100 % |
| 200 wisselslag | 2:41.99 | 50m | 4-6-2016   | Alkmaar (NED)   | 472 Pnt. | 100 % |
| 200 wisselslag | 2:35.38 | 25m | 15-11-2015 | Purmerend (NED) | 498 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 555 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 557 Pnt.

### **Butter Martijn**

|                  |            |     |            |                           |          |                 |
|------------------|------------|-----|------------|---------------------------|----------|-----------------|
| 25 vrije slag    | 12.14      | 25m | 25-3-1999  | Heemskerk (NED)           | 428 Pnt. | 100 %           |
| 50 vrije slag    | 26.40      | 50m | 13-5-2001  | Beverwijk (NED)           | 496 Pnt. | 100 %           |
| 50 vrije slag    | 25.61      | 25m | 4-11-1999  | Heemskerk (NED)           | 498 Pnt. | 100 %           |
| 100 vrije slag   | 56.94      | 50m | 13-5-2001  | Beverwijk (NED)           | 559 Pnt. | 100 %           |
| 100 vrije slag   | 54.80      | 25m | 4-5-2000   | Heemskerk (NED)           | 551 Pnt. | 100 %           |
| 200 vrije slag   | 2:03.49    | 50m | 19-5-2001  | Beverwijk (NED)           | 563 Pnt. | 100 % CRS,CRM20 |
| 200 vrije slag   | 2:01.19    | 25m | 18-3-2001  | Zaandam (NED)             | 551 Pnt. | 100 %           |
| 300 vrije slag   | 3:25.33    | 50m | 17-4-2016  | Alkmaar (NED)             | 482 Pnt. | 100 % CRS,CRM35 |
| 300 vrije slag   | 3:20.17    | 25m | 12-4-2009  | Haarlem (NED)             | 471 Pnt. | 100 % CRS,CRM30 |
| 400 vrije slag   | 4:25.98    | 50m | 19-5-2001  | Beverwijk (NED)           | 566 Pnt. | 100 % CRS,CRM20 |
| 400 vrije slag   | 4:16.68    | 25m | 31-5-2001  | Heemskerk (NED)           | 565 Pnt. | 100 % CRS,CRM20 |
| 800 vrije slag   | 9:23.85    | 50m | 22-4-2001  | Amersfoort (NED)          | 515 Pnt. | 100 % CRS,CRM20 |
| 800 vrije slag   | 8:55.09    | 25m | 21-1-2001  | Heemskerk (NED)           | 569 Pnt. | 100 % CRS,CRM20 |
| 1000 vrije slag  | 11:58.63   | OW  | 11-6-2005  | Gorinchem (NED)           |          | 100 % CRS,CRM25 |
| 1500 vrije slag  | 17:59.54   | 50m | 22-4-2001  | Amersfoort (NED)          | 525 Pnt. | 100 % CRS,CRM20 |
| 1500 vrije slag  | 17:04.13   | 25m | 11-2-2001  | Zaandam (NED)             | 571 Pnt. | 100 % CRS,CRM20 |
| 1500 vrije slag  | 22:32.39   | OW  | 16-7-2017  | Amsterdam (NED)           |          | 100 %           |
| 2000 vrije slag  | 24:15.87   | 50m | 28-4-2001  | Drachten (NED)            | 507 Pnt. | 100 % CRS,CRM20 |
| 2000 vrije slag  | 23:14.53   | 25m | 11-2-2001  | Zaandam (NED)             | 536 Pnt. | 100 % CRS,CRM20 |
| 2000 vrije slag  | 24:01.31   | OW  | 24-6-2001  | Breukelen (NED)           |          | 100 % CRS,CRM20 |
| 2500 vrije slag  | 31:32.79   | OW  | 23-6-2001  | Scheerwolde (NED)         |          | 100 % CRS,CRM20 |
| 3000 vrije slag  | 36:36.01   | 50m | 28-4-2001  | Drachten (NED)            | 499 Pnt. | 100 % CRS,CRM20 |
| 3000 vrije slag  | 38:17.20   | OW  | 1-7-2001   | Sluis (NED)               |          | 100 % CRS,CRM20 |
| 5000 vrije slag  | 1:03:55.94 | OW  | 7-7-2001   | Vriezenveen (NED)         |          | 100 %           |
| 6000 vrije slag  | 1:07:17.50 | OW  | 12-7-2009  | Beusichem-Culemborg (NED) |          | 100 %           |
| 10000 vrije slag | 2:24:59.78 | OW  | 13-6-2009  | Vriezenveen (NED)         |          | 100 %           |
| 22000 vrije slag | 5:49:07.32 | OW  | 8-8-2009   | Stavoren-Medemblik (NED)  |          | 100 %           |
| 25 rugslag       | 15.00      | 25m | 19-4-2007  | Heemskerk (NED)           | 347 Pnt. | 100 %           |
| 50 rugslag       | 32.02      | 50m | 19-4-2008  | Kampen (NED)              | 423 Pnt. | 100 %           |
| 50 rugslag       | 31.18      | 25m | 12-4-2009  | Haarlem (NED)             | 381 Pnt. | 100 %           |
| 100 rugslag      | 1:09.03    | 50m | 9-5-2009   | Eindhoven (NED)           | 425 Pnt. | 100 %           |
| 100 rugslag      | 1:06.05    | 25m | 10-5-2009  | Purmerend (NED)           | 406 Pnt. | 100 %           |
| 200 rugslag      | 2:27.17    | 50m | 19-5-2001  | Beverwijk (NED)           | 439 Pnt. | 100 %           |
| 200 rugslag      | 2:19.48    | 25m | 14-12-2000 | Heemskerk (NED)           | 440 Pnt. | 100 %           |
| 25 schoolslag    | 15.10      | 25m | 29-5-2008  | Heemskerk (NED)           | 455 Pnt. | 100 %           |
| 50 schoolslag    | 34.57      | 50m | 18-4-2009  | Kampen (NED)              | 459 Pnt. | 100 %           |
| 50 schoolslag    | 33.43      | 25m | 22-1-2009  | Heemskerk (NED)           | 430 Pnt. | 100 %           |
| 100 schoolslag   | 1:24.60    | 50m | 1-6-1996   | Beverwijk (NED)           | 329 Pnt. | 100 %           |
| 100 schoolslag   | 1:16.26    | 25m | 29-3-2001  | Heemskerk (NED)           | 387 Pnt. | 100 %           |
| 200 schoolslag   | 3:12.58    | 50m | 13-5-2001  | Beverwijk (NED)           | 286 Pnt. | 100 %           |
| 200 schoolslag   | 2:49.74    | 25m | 25-1-2001  | Heemskerk (NED)           | 359 Pnt. | 100 %           |
| 1000 schoolslag  | 18:54.69   | OW  | 15-9-2007  | Hank (NED)                |          | 100 %           |
| 2000 schoolslag  | 38:27.41   | OW  | 25-8-2001  | Hoek (NED)                |          | 100 %           |
| 25 vlinderslag   | 13.41      | 25m | 25-3-1999  | Heemskerk (NED)           | 402 Pnt. | 100 %           |
| 50 vlinderslag   | 30.80      | 50m | 9-11-1997  | Beverwijk (NED)           | 386 Pnt. | 100 %           |
| 50 vlinderslag   | 30.20      | 25m | 21-1-1996  | Zuidoost Beemster (NED)   | 376 Pnt. | 100 %           |
| 100 vlinderslag  | 1:11.00    | 50m | 18-5-1996  | Beverwijk (NED)           | 345 Pnt. | 100 %           |
| 100 vlinderslag  | 1:06.40    | 25m | 30-5-1996  | Heemskerk (NED)           | 389 Pnt. | 100 %           |
| 200 vlinderslag  | 2:37.50    | 50m | 11-5-1996  | Beverwijk (NED)           | 354 Pnt. | 100 %           |
| 200 vlinderslag  | 2:32.30    | 25m | 9-3-1997   | Alkmaar (NED)             | 362 Pnt. | 100 %           |
| 100 wisselslag   | 1:06.54    | 25m | 29-5-2008  | Heemskerk (NED)           | 442 Pnt. | 100 %           |
| 200 wisselslag   | 2:31.41    | 50m | 13-5-2001  | Beverwijk (NED)           | 426 Pnt. | 100 %           |
| 200 wisselslag   | 2:24.98    | 25m | 25-10-2001 | Heemskerk                 | 432 Pnt. | 100 %           |
| 300 wisselslag   | 3:51.63    | 25m | 23-12-2001 | Amsterdam                 |          | 100 %           |
| 400 wisselslag   | 5:25.80    | 50m | 11-5-1997  | Beverwijk (NED)           | 419 Pnt. | 100 %           |
| 400 wisselslag   | 5:07.16    | 25m | 25-2-2001  | Heemskerk (NED)           | 450 Pnt. | 100 %           |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 565 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 565 Pnt.

### **Buur Cindy**

|                 |          |     |            |                     |          |       |
|-----------------|----------|-----|------------|---------------------|----------|-------|
| 25 vrije slag   | 19.72    | 25m | 14-4-2011  | Heemskerk (NED)     | 156 Pnt. | 100 % |
| 50 vrije slag   | 35.55    | 50m | 21-2-2016  | Alkmaar (NED)       | 297 Pnt. | 100 % |
| 50 vrije slag   | 34.01    | 25m | 13-10-2016 | Heemskerk (NED)     | 319 Pnt. | 100 % |
| 100 vrije slag  | 1:40.86  | 50m | 25-3-2012  | Beverwijk (NED)     | 137 Pnt. | 100 % |
| 100 vrije slag  | 1:18.91  | 25m | 19-5-2016  | Heemskerk (NED)     | 270 Pnt. | 100 % |
| 200 vrije slag  | 3:07.71  | 25m | 19-2-2015  | Heemskerk (NED)     | 207 Pnt. | 100 % |
| 500 vrije slag  | 14:05.57 | OW  | 23-7-2011  | Anna-Paulowna (NED) |          | 100 % |
| 1000 vrije slag | 21:02.70 | OW  | 17-8-2013  | Heerjansdam (NED)   |          | 100 % |
| 50 rugslag      | 44.16    | 50m | 21-2-2016  | Alkmaar (NED)       | 230 Pnt. | 100 % |
| 50 rugslag      | 42.81    | 25m | 18-2-2016  | Heemskerk (NED)     | 216 Pnt. | 100 % |
| 100 rugslag     | 1:29.89  | 25m | 2-10-2016  | Purmerend (NED)     | 231 Pnt. | 100 % |
| 200 rugslag     | 3:29.65  | 25m | 6-3-2016   | Purmerend (NED)     | 187 Pnt. | 100 % |
| 50 schoolslag   | 49.08    | 50m | 29-6-2013  | Eindhoven (NED)     | 216 Pnt. | 100 % |
| 50 schoolslag   | 44.60    | 25m | 13-11-2016 | Purmerend (NED)     | 269 Pnt. | 100 % |
| 100 schoolslag  | 1:52.92  | 50m | 25-3-2012  | Beverwijk (NED)     | 185 Pnt. | 100 % |
| 100 schoolslag  | 1:35.17  | 25m | 13-10-2016 | Heemskerk (NED)     | 281 Pnt. | 100 % |
| 200 schoolslag  | 3:37.72  | 25m | 26-10-2014 | Zaandam (NED)       | 236 Pnt. | 100 % |
| 500 schoolslag  | 11:05.80 | OW  | 17-8-2013  | Heerjansdam (NED)   |          | 100 % |
| 25 vlinderslag  | 26.96    | 25m | 30-6-2011  | Heemskerk (NED)     | 71 Pnt.  | 100 % |
| 50 vlinderslag  | 57.53    | 50m | 24-11-2012 | Beverwijk (NED)     | 82 Pnt.  | 100 % |
| 50 vlinderslag  | 41.16    | 25m | 17-11-2016 | Heemskerk (NED)     | 207 Pnt. | 100 % |
| 100 vlinderslag | 2:06.11  | 25m | 30-1-2014  | Heemskerk (NED)     | 83 Pnt.  | 100 % |
| 100 wisselslag  | 1:27.97  | 25m | 19-5-2016  | Heemskerk (NED)     | 278 Pnt. | 100 % |
| 200 wisselslag  | 3:32.74  | 25m | 7-6-2014   | Purmerend (NED)     | 194 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 283 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 283 Pnt.

### **Buur Naomi**

|                 |          |     |           |                      |          |       |
|-----------------|----------|-----|-----------|----------------------|----------|-------|
| 25 vrije slag   | 16.60    | 25m | 26-4-2012 | Heemskerk (NED)      | 261 Pnt. | 100 % |
| 50 vrije slag   | 31.26    | 50m | 22-2-2015 | Alkmaar (NED)        | 437 Pnt. | 100 % |
| 50 vrije slag   | 30.48    | 25m | 1-2-2015  | Zaandam (NED)        | 443 Pnt. | 100 % |
| 100 vrije slag  | 1:07.60  | 50m | 13-3-2016 | Alkmaar (NED)        | 457 Pnt. | 100 % |
| 100 vrije slag  | 1:06.49  | 25m | 17-4-2017 | Haarlem (NED)        | 451 Pnt. | 100 % |
| 200 vrije slag  | 2:33.21  | 50m | 29-5-2016 | Alkmaar (NED)        | 400 Pnt. | 100 % |
| 200 vrije slag  | 2:28.35  | 25m | 17-3-2016 | Heemskerk (NED)      | 420 Pnt. | 100 % |
| 300 vrije slag  | 4:02.95  | 25m | 7-6-2014  | Purmerend (NED)      | 360 Pnt. | 100 % |
| 400 vrije slag  | 5:33.54  | 50m | 17-5-2014 | Beverwijk (NED)      | 368 Pnt. | 100 % |
| 400 vrije slag  | 5:17.34  | 25m | 6-4-2015  | Haarlem (NED)        | 403 Pnt. | 100 % |
| 500 vrije slag  | 9:10.10  | OW  | 1-9-2012  | Wilhelminadorp (NED) |          | 100 % |
| 800 vrije slag  | 12:01.21 | 50m | 18-2-2014 | Beverwijk (NED)      | 321 Pnt. | 100 % |
| 800 vrije slag  | 12:07.32 | 25m | 9-2-2014  | Zaandam (NED)        | 286 Pnt. | 100 % |
| 1000 vrije slag | 17:46.78 | OW  | 25-8-2013 | Oosterhout (NED)     |          | 100 % |
| 1500 vrije slag | 22:49.10 | 25m | 9-2-2014  | Zaandam (NED)        | 310 Pnt. | 100 % |
| 25 rugslag      | 24.95    | 25m | 3-1-2010  | Culemborg (NED)      | 114 Pnt. | 100 % |
| 50 rugslag      | 36.57    | 50m | 21-2-2016 | Alkmaar (NED)        | 405 Pnt. | 100 % |
| 50 rugslag      | 34.76    | 25m | 18-2-2016 | Heemskerk (NED)      | 404 Pnt. | 100 % |
| 100 rugslag     | 1:20.81  | 50m | 29-5-2016 | Alkmaar (NED)        | 372 Pnt. | 100 % |
| 100 rugslag     | 1:16.29  | 25m | 27-3-2016 | Haarlem (NED)        | 379 Pnt. | 100 % |
| 200 rugslag     | 2:53.58  | 50m | 25-4-2015 | Alkmaar (NED)        | 365 Pnt. | 100 % |
| 200 rugslag     | 2:46.99  | 25m | 15-5-2016 | Purmerend (NED)      | 371 Pnt. | 100 % |
| 25 schoolslag   | 23.02    | 25m | 13-3-2011 | Heemskerk (NED)      | 197 Pnt. | 100 % |
| 50 schoolslag   | 43.39    | 50m | 29-5-2016 | Alkmaar (NED)        | 313 Pnt. | 100 % |
| 50 schoolslag   | 41.76    | 25m | 17-3-2016 | Heemskerk (NED)      | 328 Pnt. | 100 % |
| 100 schoolslag  | 1:34.77  | 50m | 28-5-2016 | Alkmaar (NED)        | 313 Pnt. | 100 % |
| 100 schoolslag  | 1:31.22  | 25m | 4-10-2015 | Purmerend (NED)      | 319 Pnt. | 100 % |
| 200 schoolslag  | 3:22.86  | 50m | 22-2-2015 | Alkmaar (NED)        | 322 Pnt. | 100 % |

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 200 schoolslag  | 3:18.33  | 25m | 11-9-2016  | Purmerend (NED)   | 312 Pnt. | 100 % |
| 500 schoolslag  | 10:43.20 | OW  | 9-8-2014   | Heerjansdam (NED) |          | 100 % |
| 25 vlinderslag  | 18.78    | 25m | 17-11-2011 | Heemskerk (NED)   | 211 Pnt. | 100 % |
| 50 vlinderslag  | 35.05    | 50m | 5-6-2016   | Alkmaar (NED)     | 365 Pnt. | 100 % |
| 50 vlinderslag  | 34.78    | 25m | 15-2-2015  | Purmerend (NED)   | 344 Pnt. | 100 % |
| 100 vlinderslag | 1:30.39  | 50m | 20-6-2015  | Beverwijk (NED)   | 237 Pnt. | 100 % |
| 100 vlinderslag | 1:26.83  | 25m | 18-2-2016  | Heemskerk (NED)   | 254 Pnt. | 100 % |
| 200 vlinderslag | 3:47.93  | 25m | 6-4-2014   | Zaandam (NED)     | 148 Pnt. | 100 % |
| 100 wisselslag  | 1:16.81  | 25m | 10-1-2016  | Purmerend (NED)   | 418 Pnt. | 100 % |
| 200 wisselslag  | 2:55.94  | 50m | 30-5-2015  | Beverwijk (NED)   | 368 Pnt. | 100 % |
| 200 wisselslag  | 2:47.45  | 25m | 27-3-2016  | Haarlem (NED)     | 398 Pnt. | 100 % |
| 400 wisselslag  | 6:38.69  | 25m | 23-2-2014  | Zaandam (NED)     | 280 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 428 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 428 Pnt.

### **Buur Rene**

|                 |          |    |           |                   |  |       |
|-----------------|----------|----|-----------|-------------------|--|-------|
| 1000 schoolslag | 23:18.75 | OW | 17-8-2013 | Heerjansdam (NED) |  | 100 % |
|-----------------|----------|----|-----------|-------------------|--|-------|

### **de Caluwé Niels**

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 13.33    | 25m | 19-4-2007  | Heemskerk (NED)  | 323 Pnt. | 100 % |
| 50 vrije slag   | 29.07    | 50m | 22-4-2007  | Antwerpen (BEL)  | 372 Pnt. | 100 % |
| 50 vrije slag   | 28.43    | 25m | 25-1-2007  | Heemskerk (NED)  | 364 Pnt. | 100 % |
| 100 vrije slag  | 1:06.57  | 50m | 21-4-2007  | Antwerpen (BEL)  | 349 Pnt. | 100 % |
| 100 vrije slag  | 1:04.40  | 25m | 25-4-2013  | Heemskerk (NED)  | 339 Pnt. | 100 % |
| 200 vrije slag  | 2:31.89  | 25m | 14-12-2006 | Heemskerk (NED)  | 280 Pnt. | 100 % |
| 300 vrije slag  | 4:44.80  | 25m | 29-4-2004  | Heemskerk (NED)  | 163 Pnt. | 100 % |
| 400 vrije slag  | 5:45.25  | 25m | 31-5-2007  | Heemskerk (NED)  | 232 Pnt. | 100 % |
| 800 vrije slag  | 13:58.04 | 25m | 16-11-2003 | Heemskerk (NED)  | 148 Pnt. | 100 % |
| 25 rugslag      | 16.15    | 25m | 19-4-2007  | Heemskerk (NED)  | 278 Pnt. | 100 % |
| 50 rugslag      | 36.02    | 50m | 22-4-2007  | Antwerpen (BEL)  | 297 Pnt. | 100 % |
| 50 rugslag      | 33.01    | 25m | 18-3-2007  | Heemskerk (NED)  | 321 Pnt. | 100 % |
| 100 rugslag     | 1:36.27  | 50m | 25-4-2004  | Beverwijk (NED)  | 157 Pnt. | 100 % |
| 100 rugslag     | 1:16.18  | 25m | 27-3-2008  | Heemskerk (NED)  | 265 Pnt. | 100 % |
| 200 rugslag     | 2:50.07  | 25m | 18-3-2007  | Heemskerk (NED)  | 242 Pnt. | 100 % |
| 25 schoolslag   | 17.04    | 25m | 19-4-2007  | Heemskerk (NED)  | 317 Pnt. | 100 % |
| 50 schoolslag   | 39.26    | 50m | 6-5-2007   | Eindhoven (NED)  | 313 Pnt. | 100 % |
| 50 schoolslag   | 38.12    | 25m | 30-11-2006 | Heemskerk        | 290 Pnt. | 100 % |
| 100 schoolslag  | 1:28.48  | 50m | 21-4-2007  | Antwerpen (BEL)  | 288 Pnt. | 100 % |
| 100 schoolslag  | 1:25.37  | 25m | 29-12-2006 | Maastricht (NED) | 276 Pnt. | 100 % |
| 200 schoolslag  | 3:13.12  | 25m | 30-9-2007  | Volendam (NED)   | 243 Pnt. | 100 % |
| 25 vlinderslag  | 15.39    | 25m | 19-4-2007  | Heemskerk (NED)  | 266 Pnt. | 100 % |
| 50 vlinderslag  | 35.33    | 25m | 30-11-2006 | Heemskerk        | 234 Pnt. | 100 % |
| 100 vlinderslag | 1:23.75  | 25m | 24-11-2005 | Heemskerk (NED)  | 193 Pnt. | 100 % |
| 100 wisselslag  | 1:15.33  | 25m | 19-4-2007  | Heemskerk (NED)  | 305 Pnt. | 100 % |
| 200 wisselslag  | 2:58.90  | 25m | 15-12-2005 | Heemskerk (NED)  | 230 Pnt. | 100 % |
| 300 wisselslag  | 5:31.40  | 25m | 30-11-2003 | Heemskerk (NED)  |          | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 336 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 336 Pnt.



**Camphuijnder Jasper**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 33.97   | 50m | 2-7-2017   | Dordrecht (NED) | 233 Pnt. | 100 % |
| 50 vrije slag   | 31.08   | 25m | 15-10-2017 | Alkmaar (NED)   | 278 Pnt. | 110 % |
| 100 vrije slag  | 1:11.68 | 50m | 2-7-2017   | Dordrecht (NED) | 280 Pnt. | 100 % |
| 100 vrije slag  | 1:07.52 | 25m | 15-10-2017 | Alkmaar (NED)   | 294 Pnt. | 110 % |
| 200 vrije slag  | 2:48.29 | 25m | 15-10-2017 | Alkmaar (NED)   | 205 Pnt. | 103 % |
| 400 vrije slag  | 5:41.06 | 25m | 15-10-2017 | Alkmaar (NED)   | 241 Pnt. | 105 % |
| 50 rugslag      | 36.80   | 25m | 16-4-2017  | Haarlem (NED)   | 231 Pnt. | 100 % |
| 100 rugslag     | 1:19.42 | 25m | 1-10-2017  | Purmerend (NED) | 233 Pnt. | 101 % |
| 200 rugslag     | 2:46.09 | 25m | 1-10-2017  | Purmerend (NED) | 260 Pnt. |       |
| 50 schoolslag   | 47.97   | 25m | 12-3-2017  | Purmerend (NED) | 145 Pnt. | 100 % |
| 100 schoolslag  | 1:42.88 | 25m | 12-3-2017  | Purmerend (NED) | 157 Pnt. | 100 % |
| 200 schoolslag  | 3:49.81 | 25m | 12-2-2017  | Purmerend (NED) | 144 Pnt. | 100 % |
| 50 vlinderslag  | 38.80   | 25m | 1-10-2017  | Purmerend (NED) | 177 Pnt. | 104 % |
| 100 vlinderslag | 1:23.91 | 25m | 1-10-2017  | Purmerend (NED) | 192 Pnt. | 135 % |
| 100 wisselslag  | 1:29.59 | 25m | 13-11-2016 | Purmerend (NED) | 181 Pnt. | 100 % |
| 200 wisselslag  | 3:01.40 | 25m | 11-6-2017  | Zaandam (NED)   | 220 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 240 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 261 Pnt.

**ten Gate Joyce**

|                 |         |     |            |                   |          |       |
|-----------------|---------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 15.60   | 25m | 13-5-2007  | Grootebroek (NED) | 315 Pnt. | 100 % |
| 50 vrije slag   | 34.23   | 25m | 9-3-2008   | Heemskerk (NED)   | 312 Pnt. | 100 % |
| 100 vrije slag  | 1:24.52 | 50m | 4-6-2000   | Beverwijk (NED)   | 233 Pnt. | 100 % |
| 100 vrije slag  | 1:15.85 | 25m | 13-1-2008  | Heemskerk (NED)   | 304 Pnt. | 100 % |
| 200 vrije slag  | 2:48.82 | 25m | 25-4-2002  | Heemskerk         | 285 Pnt. | 100 % |
| 300 vrije slag  | 4:36.25 | 25m | 29-4-2004  | Heemskerk (NED)   | 244 Pnt. | 100 % |
| 400 vrije slag  | 6:01.34 | 25m | 30-5-2002  | Heemskerk         | 273 Pnt. | 100 % |
| 25 rugslag      | 18.80   | 25m | 13-2-1997  | Heemskerk (NED)   | 266 Pnt. | 100 % |
| 50 rugslag      | 39.60   | 25m | 27-1-2000  | Heemskerk (NED)   | 273 Pnt. | 100 % |
| 100 rugslag     | 1:32.32 | 50m | 25-10-1998 | Beverwijk (NED)   | 249 Pnt. | 100 % |
| 100 rugslag     | 1:25.11 | 25m | 4-5-2000   | Heemskerk (NED)   | 273 Pnt. | 100 % |
| 200 rugslag     | 3:04.65 | 25m | 19-3-2006  | Heemskerk (NED)   | 274 Pnt. | 100 % |
| 25 schoolslag   | 21.58   | 25m | 21-11-2010 | Almere-Stad (NED) | 239 Pnt. | 100 % |
| 50 schoolslag   | 47.21   | 25m | 27-1-2011  | Heemskerk (NED)   | 227 Pnt. | 100 % |
| 100 schoolslag  | 1:50.19 | 50m | 25-10-1998 | Beverwijk (NED)   | 199 Pnt. | 100 % |
| 100 schoolslag  | 1:42.76 | 25m | 27-3-2008  | Heemskerk (NED)   | 223 Pnt. | 100 % |
| 200 schoolslag  | 3:41.08 | 25m | 19-10-2006 | Heemskerk         | 225 Pnt. | 100 % |
| 25 vlinderslag  | 18.59   | 25m | 17-11-2011 | Heemskerk (NED)   | 218 Pnt. | 100 % |
| 50 vlinderslag  | 41.94   | 25m | 18-2-2010  | Heemskerk (NED)   | 196 Pnt. | 100 % |
| 100 vlinderslag | 1:35.29 | 25m | 26-2-2009  | Heemskerk (NED)   | 192 Pnt. | 100 % |
| 100 wisselslag  | 1:28.63 | 25m | 27-4-2006  | Heemskerk         | 272 Pnt. | 100 % |
| 200 wisselslag  | 3:10.38 | 25m | 9-3-2008   | Heemskerk (NED)   | 270 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 298 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 298 Pnt.

**Crok Dirk**

|                |         |     |            |                   |          |       |
|----------------|---------|-----|------------|-------------------|----------|-------|
| 25 vrije slag  | 14.97   | 25m | 19-4-2007  | Heemskerk (NED)   | 228 Pnt. | 100 % |
| 50 vrije slag  | 33.03   | 50m | 19-9-2009  | Cadiz (ESP)       | 253 Pnt. | 100 % |
| 50 vrije slag  | 33.27   | 25m | 31-10-2013 | Heemskerk (NED)   | 227 Pnt. | 100 % |
| 100 vrije slag | 1:21.10 | 50m | 18-9-2009  | Cadiz (ESP)       | 193 Pnt. | 100 % |
| 100 vrije slag | 1:15.45 | 25m | 25-4-2013  | Heemskerk (NED)   | 211 Pnt. | 100 % |
| 200 vrije slag | 3:02.26 | 50m | 2-5-2014   | Den Haag (NED)    | 175 Pnt. | 100 % |
| 200 vrije slag | 2:54.30 | 25m | 24-1-2009  | Vlissingen (NED)  | 185 Pnt. | 100 % |
| 300 vrije slag | 4:49.55 | 50m | 3-5-2014   | Den Haag (NED)    | 172 Pnt. | 100 % |
| 300 vrije slag | 4:45.36 | 25m | 22-1-2016  | Papendrecht (NED) | 162 Pnt. | 100 % |
| 400 vrije slag | 6:30.53 | 50m | 3-5-2014   | Den Haag (NED)    | 178 Pnt. | 100 % |
| 400 vrije slag | 6:17.28 | 25m | 17-2-2013  | Aberdeen (GBR)    | 178 Pnt. | 100 % |

|                 |            |     |            |                           |          |       |
|-----------------|------------|-----|------------|---------------------------|----------|-------|
| 800 vrije slag  | 13:20.08   | 50m | 2-5-2014   | Den Haag (NED)            | 180 Pnt. | 100 % |
| 800 vrije slag  | 12:58.61   | 25m | 10-2-2013  | Zaandam (NED)             | 184 Pnt. | 100 % |
| 1000 vrije slag | 16:40.59   | OW  | 20-7-2013  | Anna-Paulowna (NED)       |          | 100 % |
| 1500 vrije slag | 25:24.21   | 50m | 4-5-2014   | Den Haag (NED)            | 186 Pnt. | 100 % |
| 1500 vrije slag | 24:39.30   | 25m | 10-2-2013  | Zaandam (NED)             | 189 Pnt. | 100 % |
| 1500 vrije slag | 27:09.92   | OW  | 28-7-2012  | Anna-Paulowna (NED)       |          | 100 % |
| 2000 vrije slag | 38:31.55   | OW  | 3-8-2013   | Hoorn (NED)               |          | 100 % |
| 2500 vrije slag | 48:51.23   | OW  | 26-7-2009  | Langedijk (NED)           |          | 100 % |
| 3000 vrije slag | 50:46.90   | OW  | 7-9-2013   | Eindhoven (NED)           |          | 100 % |
| 5000 vrije slag | 1:33:49.64 | OW  | 25-8-2013  | Oosterhout (NED)          |          | 100 % |
| 6000 vrije slag | 1:24:18.16 | OW  | 8-7-2012   | Beusichem-Culemborg (NED) |          | 100 % |
| 25 rugslag      | 22.65      | 25m | 29-5-2008  | Heemskerk (NED)           | 101 Pnt. | 100 % |
| 50 rugslag      | 46.60      | 25m | 26-2-2009  | Heemskerk (NED)           | 114 Pnt. | 100 % |
| 100 rugslag     | 1:47.64    | 25m | 4-11-2010  | Heemskerk (NED)           | 93 Pnt.  | 100 % |
| 25 schoolslag   | 20.52      | 25m | 29-5-2008  | Heemskerk (NED)           | 181 Pnt. | 100 % |
| 50 schoolslag   | 44.52      | 50m | 2-5-2014   | Den Haag (NED)            | 214 Pnt. | 100 % |
| 50 schoolslag   | 43.93      | 25m | 30-1-2014  | Heemskerk (NED)           | 189 Pnt. | 100 % |
| 100 schoolslag  | 1:43.18    | 50m | 4-5-2014   | Den Haag (NED)            | 181 Pnt. | 100 % |
| 100 schoolslag  | 1:39.44    | 25m | 11-10-2012 | Heemskerk (NED)           | 174 Pnt. | 100 % |
| 200 schoolslag  | 3:43.05    | 25m | 4-5-2008   | Winterswijk (NED)         | 158 Pnt. | 100 % |
| 1000 schoolslag | 21:04.90   | OW  | 4-8-2012   | Hoorn (NED)               |          | 100 % |
| 2000 schoolslag | 43:38.78   | OW  | 6-7-2012   | Appeltern (NED)           |          | 100 % |
| 25 vlinderslag  | 20.21      | 25m | 4-11-2010  | Heemskerk (NED)           | 117 Pnt. | 100 % |
| 50 vlinderslag  | 53.04      | 25m | 26-2-2009  | Heemskerk (NED)           | 69 Pnt.  | 100 % |
| 100 wisselslag  | 1:39.44    | 25m | 29-5-2008  | Heemskerk (NED)           | 132 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 219 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 219 Pnt.

### **Crok Linda**

|                 |            |     |            |                       |          |       |
|-----------------|------------|-----|------------|-----------------------|----------|-------|
| 25 vrije slag   | 13.48      | 25m | 30-6-2011  | Heemskerk (NED)       | 488 Pnt. | 100 % |
| 50 vrije slag   | 29.42      | 50m | 21-5-2011  | Beverwijk (NED)       | 524 Pnt. | 100 % |
| 50 vrije slag   | 28.99      | 25m | 24-4-2011  | Haarlem (NED)         | 515 Pnt. | 100 % |
| 100 vrije slag  | 1:03.27    | 50m | 22-5-2011  | Beverwijk (NED)       | 557 Pnt. | 100 % |
| 100 vrije slag  | 1:02.01    | 25m | 3-4-2011   | Zaandam (NED)         | 556 Pnt. | 100 % |
| 200 vrije slag  | 2:18.66    | 50m | 15-5-2011  | Alkmaar (NED)         | 540 Pnt. | 100 % |
| 200 vrije slag  | 2:17.72    | 25m | 2-10-2011  | Heemskerk (NED)       | 525 Pnt. | 100 % |
| 300 vrije slag  | 3:46.05    | 50m | 14-5-2011  | Beverwijk (NED)       | 472 Pnt. | 100 % |
| 300 vrije slag  | 3:38.23    | 25m | 25-4-2011  | Haarlem (NED)         | 496 Pnt. | 100 % |
| 400 vrije slag  | 5:00.42    | 50m | 14-5-2011  | Beverwijk (NED)       | 504 Pnt. | 100 % |
| 400 vrije slag  | 4:50.50    | 25m | 25-4-2011  | Haarlem (NED)         | 526 Pnt. | 100 % |
| 800 vrije slag  | 10:11.36   | 25m | 16-10-2011 | Zaandam (NED)         | 481 Pnt. | 100 % |
| 1000 vrije slag | 14:29.84   | OW  | 10-7-2010  | Wijk en Aalburg (NED) |          | 100 % |
| 1500 vrije slag | 19:23.75   | 25m | 4-12-2011  | Zaandam (NED)         | 505 Pnt. | 100 % |
| 1500 vrije slag | 22:12.06   | OW  | 24-7-2010  | Anna-Paulowna (NED)   |          | 100 % |
| 2000 vrije slag | 26:17.78   | 25m | 13-2-2011  | Zaandam (NED)         | 480 Pnt. | 100 % |
| 2000 vrije slag | 28:47.21   | OW  | 5-9-2009   | Wilhelminadorp (NED)  |          | 100 % |
| 2500 vrije slag | 37:25.63   | OW  | 25-7-2010  | Langedijk (NED)       |          | 100 % |
| 3000 vrije slag | 45:46.47   | OW  | 10-7-2010  | Wijk en Aalburg (NED) |          | 100 % |
| 5000 vrije slag | 1:18:13.04 | OW  | 20-6-2010  | Spaarnwoude (NED)     |          | 100 % |
| 25 rugslag      | 16.95      | 25m | 29-5-2008  | Heemskerk (NED)       | 363 Pnt. | 100 % |
| 50 rugslag      | 35.74      | 50m | 22-5-2011  | Beverwijk (NED)       | 434 Pnt. | 100 % |
| 50 rugslag      | 34.25      | 25m | 3-3-2013   | Purmerend (NED)       | 422 Pnt. | 100 % |
| 100 rugslag     | 1:16.15    | 50m | 21-5-2011  | Beverwijk (NED)       | 444 Pnt. | 100 % |
| 100 rugslag     | 1:12.23    | 25m | 17-11-2011 | Heemskerk (NED)       | 447 Pnt. | 100 % |
| 200 rugslag     | 2:43.20    | 50m | 15-5-2011  | Alkmaar (NED)         | 439 Pnt. | 100 % |
| 200 rugslag     | 2:36.36    | 25m | 11-4-2010  | Zaandam (NED)         | 452 Pnt. | 100 % |
| 25 schoolslag   | 18.68      | 25m | 29-5-2008  | Heemskerk (NED)       | 369 Pnt. | 100 % |
| 50 schoolslag   | 41.36      | 50m | 16-5-2010  | Alkmaar (NED)         | 362 Pnt. | 100 % |
| 50 schoolslag   | 39.33      | 25m | 3-3-2013   | Purmerend (NED)       | 392 Pnt. | 100 % |
| 100 schoolslag  | 1:33.55    | 50m | 15-5-2010  | Beverwijk (NED)       | 325 Pnt. | 100 % |
| 100 schoolslag  | 1:25.35    | 25m | 1-10-2017  | Purmerend (NED)       | 390 Pnt. | 101 % |
| 200 schoolslag  | 3:18.11    | 50m | 29-5-2010  | Beverwijk (NED)       | 346 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 200 schoolslag  | 3:05.44 | 25m | 19-1-2014  | Zaandam (NED)   | 382 Pnt. | 100 % |
| 25 vlinderslag  | 15.98   | 25m | 30-6-2011  | Heemskerk (NED) | 343 Pnt. | 100 % |
| 50 vlinderslag  | 36.06   | 50m | 15-5-2010  | Beverwijk (NED) | 336 Pnt. | 100 % |
| 50 vlinderslag  | 34.09   | 25m | 12-6-2011  | Purmerend (NED) | 365 Pnt. | 100 % |
| 100 vlinderslag | 1:28.91 | 50m | 29-3-2009  | Alkmaar (NED)   | 249 Pnt. | 100 % |
| 100 vlinderslag | 1:17.58 | 25m | 13-11-2016 | Purmerend (NED) | 357 Pnt. | 100 % |
| 200 vlinderslag | 3:06.01 | 25m | 18-2-2010  | Heemskerk (NED) | 273 Pnt. | 100 % |
| 100 wisselslag  | 1:12.98 | 25m | 11-4-2010  | Zaandam (NED)   | 487 Pnt. | 100 % |
| 200 wisselslag  | 2:44.33 | 50m | 21-5-2011  | Beverwijk (NED) | 452 Pnt. | 100 % |
| 200 wisselslag  | 2:38.33 | 25m | 24-4-2011  | Haarlem (NED)   | 471 Pnt. | 100 % |
| 300 wisselslag  | 4:25.22 | 25m | 9-11-2008  | Zaandam (NED)   |          | 100 % |
| 400 wisselslag  | 5:58.13 | 25m | 24-2-2008  | Zaandam (NED)   | 386 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 530 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 530 Pnt.

### van Dam Erik

|                 |          |    |           |                  |  |       |
|-----------------|----------|----|-----------|------------------|--|-------|
| 2000 vrije slag | 49:11.14 | OW | 18-7-2015 | Amstelveen (NED) |  | 100 % |
|-----------------|----------|----|-----------|------------------|--|-------|

### Essers Tim

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 13.66    | 25m | 29-5-2008  | Heemskerk (NED)   | 300 Pnt. | 100 % |
| 50 vrije slag   | 29.02    | 50m | 31-5-2008  | Beverwijk (NED)   | 374 Pnt. | 100 % |
| 50 vrije slag   | 28.05    | 25m | 27-1-2005  | Heemskerk (NED)   | 379 Pnt. | 100 % |
| 100 vrije slag  | 1:03.81  | 50m | 20-10-2002 | Beverwijk (NED)   | 397 Pnt. | 100 % |
| 100 vrije slag  | 1:01.53  | 25m | 28-12-2004 | Maastricht (NED)  | 389 Pnt. | 100 % |
| 200 vrije slag  | 2:25.27  | 50m | 26-5-2002  | Beverwijk (NED)   | 346 Pnt. | 100 % |
| 200 vrije slag  | 2:17.77  | 25m | 2-12-2012  | Amstelveen (NED)  | 375 Pnt. | 100 % |
| 300 vrije slag  | 3:56.39  | 25m | 29-4-2004  | Heemskerk (NED)   | 286 Pnt. | 100 % |
| 400 vrije slag  | 4:53.83  | 25m | 28-4-2005  | Heemskerk (NED)   | 376 Pnt. | 100 % |
| 800 vrije slag  | 10:44.91 | 25m | 10-2-2002  | Zaandam           | 325 Pnt. | 100 % |
| 1000 vrije slag | 15:22.72 | OW  | 14-8-2010  | Heerjansdam (NED) |          | 100 % |
| 1500 vrije slag | 20:11.97 | 25m | 1-12-2002  | Heemskerk         | 345 Pnt. | 100 % |
| 2000 vrije slag | 27:46.20 | 25m | 16-2-2003  | Zaandam           | 314 Pnt. | 100 % |
| 2500 vrije slag | 40:51.97 | OW  | 25-7-2010  | Langedijk (NED)   |          | 100 % |
| 25 rugslag      | 15.20    | 25m | 27-4-2006  | Heemskerk         | 334 Pnt. | 100 % |
| 50 rugslag      | 32.73    | 50m | 18-5-2003  | Beverwijk (NED)   | 396 Pnt. | 100 % |
| 50 rugslag      | 30.79    | 25m | 11-4-2004  | Haarlem           | 395 Pnt. | 100 % |
| 100 rugslag     | 1:10.26  | 50m | 25-4-2004  | Beverwijk (NED)   | 404 Pnt. | 100 % |
| 100 rugslag     | 1:06.37  | 25m | 28-12-2004 | Maastricht (NED)  | 400 Pnt. | 100 % |
| 200 rugslag     | 2:35.14  | 50m | 26-5-2002  | Beverwijk (NED)   | 375 Pnt. | 100 % |
| 200 rugslag     | 2:26.24  | 25m | 29-5-2004  | Z.o. Beemster     | 382 Pnt. | 100 % |
| 25 schoolslag   | 17.88    | 25m | 29-5-2008  | Heemskerk (NED)   | 274 Pnt. | 100 % |
| 50 schoolslag   | 37.53    | 25m | 28-12-2004 | Maastricht (NED)  | 304 Pnt. | 100 % |
| 100 schoolslag  | 1:22.48  | 50m | 25-5-2002  | Beverwijk (NED)   | 356 Pnt. | 100 % |
| 100 schoolslag  | 1:19.14  | 25m | 16-10-2005 | Alkmaar (NED)     | 346 Pnt. | 100 % |
| 200 schoolslag  | 3:03.29  | 50m | 11-5-2002  | Beverwijk (NED)   | 332 Pnt. | 100 % |
| 200 schoolslag  | 2:56.38  | 25m | 5-10-2003  | Heemskerk (NED)   | 320 Pnt. | 100 % |
| 25 vlinderslag  | 14.16    | 25m | 19-4-2007  | Heemskerk (NED)   | 341 Pnt. | 100 % |
| 50 vlinderslag  | 34.67    | 50m | 24-5-2003  | Beverwijk (NED)   | 270 Pnt. | 100 % |
| 50 vlinderslag  | 30.74    | 25m | 18-1-2009  | Haarlem (NED)     | 356 Pnt. | 100 % |
| 100 vlinderslag | 1:09.26  | 50m | 10-6-2012  | Beverwijk (NED)   | 372 Pnt. | 100 % |
| 100 vlinderslag | 1:07.94  | 25m | 28-12-2004 | Maastricht (NED)  | 363 Pnt. | 100 % |
| 200 vlinderslag | 2:49.00  | 50m | 18-5-2003  | Beverwijk (NED)   | 287 Pnt. | 100 % |
| 200 vlinderslag | 2:43.76  | 25m | 14-3-2010  | Heemskerk (NED)   | 291 Pnt. | 100 % |
| 100 wisselslag  | 1:08.53  | 25m | 30-12-2005 | Maastricht (NED)  | 405 Pnt. | 100 % |
| 200 wisselslag  | 2:36.18  | 50m | 22-4-2012  | Beverwijk (NED)   | 388 Pnt. | 100 % |
| 200 wisselslag  | 2:27.82  | 25m | 13-3-2005  | Amsterdam (NED)   | 407 Pnt. | 100 % |
| 300 wisselslag  | 4:04.54  | 25m | 24-11-2002 | Amsterdam         |          | 100 % |
| 400 wisselslag  | 5:26.13  | 25m | 23-2-2003  | Heemskerk         | 376 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 401 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 401 Pnt.

### Gaal Koen

|                 |          |     |            |                         |          |       |
|-----------------|----------|-----|------------|-------------------------|----------|-------|
| 25 vrije slag   | 14.81    | 25m | 14-4-2011  | Heemskerk (NED)         | 235 Pnt. | 100 % |
| 50 vrije slag   | 28.00    | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 416 Pnt. | 100 % |
| 50 vrije slag   | 28.19    | 25m | 13-10-2016 | Heemskerk (NED)         | 373 Pnt. | 100 % |
| 100 vrije slag  | 1:04.53  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 384 Pnt. | 100 % |
| 100 vrije slag  | 1:01.75  | 25m | 12-3-2017  | Purmerend (NED)         | 385 Pnt. | 100 % |
| 200 vrije slag  | 2:41.84  | 50m | 29-6-2013  | Eindhoven (NED)         | 250 Pnt. | 100 % |
| 200 vrije slag  | 2:14.96  | 25m | 16-3-2017  | Heemskerk (NED)         | 399 Pnt. | 100 % |
| 300 vrije slag  | 4:06.71  | 25m | 18-5-2013  | Purmerend (NED)         | 251 Pnt. | 100 % |
| 400 vrije slag  | 5:51.45  | 50m | 19-5-2012  | Beverwijk (NED)         | 245 Pnt. | 100 % |
| 400 vrije slag  | 5:13.42  | 25m | 11-10-2015 | Alkmaar (NED)           | 310 Pnt. | 100 % |
| 800 vrije slag  | 11:12.14 | 25m | 8-2-2015   | Zaandam (NED)           | 287 Pnt. | 100 % |
| 1500 vrije slag | 20:59.91 | 25m | 8-2-2015   | Zaandam (NED)           | 307 Pnt. | 100 % |
| 2000 vrije slag | 28:00.68 | 25m | 22-2-2015  | Zaandam (NED)           | 306 Pnt. | 100 % |
| 25 rugslag      | 20.93    | 25m | 29-5-2008  | Heemskerk (NED)         | 128 Pnt. | 100 % |
| 50 rugslag      | 34.27    | 50m | 4-6-2016   | Alkmaar (NED)           | 345 Pnt. | 100 % |
| 50 rugslag      | 31.51    | 25m | 2-2-2017   | Heemskerk (NED)         | 369 Pnt. | 100 % |
| 100 rugslag     | 1:13.12  | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 358 Pnt. | 100 % |
| 100 rugslag     | 1:08.20  | 25m | 10-9-2017  | Purmerend (NED)         | 369 Pnt. | 100 % |
| 200 rugslag     | 2:39.98  | 50m | 31-5-2015  | Alkmaar (NED)           | 342 Pnt. | 100 % |
| 200 rugslag     | 2:27.28  | 25m | 12-3-2017  | Purmerend (NED)         | 373 Pnt. | 100 % |
| 25 schoolslag   | 23.99    | 25m | 29-5-2008  | Heemskerk (NED)         | 113 Pnt. | 100 % |
| 50 schoolslag   | 39.46    | 50m | 19-2-2017  | Amsterdam (NED)         | 308 Pnt. | 100 % |
| 50 schoolslag   | 36.31    | 25m | 16-3-2017  | Heemskerk (NED)         | 336 Pnt. | 100 % |
| 100 schoolslag  | 1:25.02  | 50m | 19-2-2017  | Amsterdam (NED)         | 325 Pnt. | 100 % |
| 100 schoolslag  | 1:22.95  | 25m | 1-10-2017  | Purmerend (NED)         | 301 Pnt. | 100 % |
| 200 schoolslag  | 3:05.98  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 318 Pnt. | 100 % |
| 200 schoolslag  | 3:06.49  | 25m | 2-10-2016  | Purmerend (NED)         | 270 Pnt. | 100 % |
| 25 vlinderslag  | 19.07    | 25m | 30-6-2011  | Heemskerk (NED)         | 139 Pnt. | 100 % |
| 50 vlinderslag  | 53.13    | 50m | 4-12-2010  | Beverwijk (NED)         | 75 Pnt.  | 100 % |
| 50 vlinderslag  | 33.37    | 25m | 2-2-2017   | Heemskerk (NED)         | 278 Pnt. | 100 % |
| 100 vlinderslag | 1:18.78  | 25m | 12-2-2017  | Purmerend (NED)         | 233 Pnt. | 100 % |
| 200 vlinderslag | 3:49.53  | 25m | 18-3-2012  | Zaandam (NED)           | 105 Pnt. | 100 % |
| 100 wisselslag  | 1:09.67  | 25m | 11-5-2017  | Heemskerk (NED)         | 385 Pnt. | 100 % |
| 200 wisselslag  | 2:35.30  | 25m | 12-2-2017  | Purmerend (NED)         | 351 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 391 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 391 Pnt.

### Gaal Roel

|                |          |     |            |                         |          |       |
|----------------|----------|-----|------------|-------------------------|----------|-------|
| 25 vrije slag  | 17.18    | 25m | 30-6-2011  | Heemskerk (NED)         | 151 Pnt. | 100 % |
| 50 vrije slag  | 26.40    | 50m | 27-5-2017  | Alkmaar (NED)           | 496 Pnt. | 100 % |
| 50 vrije slag  | 26.08    | 25m | 10-9-2017  | Purmerend (NED)         | 471 Pnt. | 102 % |
| 100 vrije slag | 56.63    | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 568 Pnt. | 100 % |
| 100 vrije slag | 55.41    | 25m | 11-5-2017  | Heemskerk (NED)         | 533 Pnt. | 100 % |
| 200 vrije slag | 2:07.40  | 50m | 28-5-2017  | Alkmaar (NED)           | 513 Pnt. | 100 % |
| 200 vrije slag | 2:04.93  | 25m | 7-5-2017   | Zaandam (NED)           | 503 Pnt. | 100 % |
| 300 vrije slag | 3:38.21  | 50m | 28-5-2016  | Alkmaar (NED)           | 401 Pnt. | 100 % |
| 400 vrije slag | 4:51.57  | 50m | 28-5-2016  | Alkmaar (NED)           | 429 Pnt. | 100 % |
| 400 vrije slag | 4:43.11  | 25m | 1-10-2017  | Purmerend (NED)         | 421 Pnt. | 102 % |
| 800 vrije slag | 10:40.87 | 25m | 18-10-2015 | Zaandam (NED)           | 331 Pnt. | 100 % |
| 50 rugslag     | 34.63    | 50m | 4-6-2016   | Alkmaar (NED)           | 334 Pnt. | 100 % |
| 50 rugslag     | 32.51    | 25m | 30-12-2016 | Leeuwarden (NED)        | 336 Pnt. | 100 % |
| 100 rugslag    | 1:15.05  | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 331 Pnt. | 100 % |
| 100 rugslag    | 1:12.75  | 25m | 17-11-2016 | Heemskerk (NED)         | 304 Pnt. | 100 % |
| 200 rugslag    | 2:47.82  | 50m | 20-5-2017  | Alkmaar (NED)           | 296 Pnt. | 100 % |
| 200 rugslag    | 2:32.19  | 25m | 12-3-2017  | Purmerend (NED)         | 338 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 schoolslag   | 23.54   | 25m | 13-3-2011  | Heemskerk (NED) | 120 Pnt. | 100 % |
| 50 schoolslag   | 40.86   | 50m | 27-5-2017  | Alkmaar (NED)   | 278 Pnt. | 100 % |
| 50 schoolslag   | 37.84   | 25m | 7-5-2017   | Zaandam (NED)   | 297 Pnt. | 100 % |
| 100 schoolslag  | 1:32.74 | 50m | 20-6-2015  | Beverwijk (NED) | 250 Pnt. | 100 % |
| 100 schoolslag  | 1:26.74 | 25m | 13-10-2016 | Heemskerk (NED) | 263 Pnt. | 100 % |
| 200 schoolslag  | 3:49.26 | 50m | 29-6-2013  | Eindhoven (NED) | 170 Pnt. | 100 % |
| 200 schoolslag  | 3:31.92 | 25m | 16-3-2014  | Zaandam (NED)   | 184 Pnt. | 100 % |
| 25 vlinderslag  | 19.57   | 25m | 13-12-2012 | Heemskerk (NED) | 129 Pnt. | 100 % |
| 50 vlinderslag  | 34.48   | 50m | 29-5-2016  | Alkmaar (NED)   | 275 Pnt. | 100 % |
| 50 vlinderslag  | 32.55   | 25m | 17-11-2016 | Heemskerk (NED) | 300 Pnt. | 100 % |
| 100 vlinderslag | 1:36.90 | 25m | 30-1-2014  | Heemskerk (NED) | 125 Pnt. | 100 % |
| 100 wisselslag  | 1:09.90 | 25m | 11-5-2017  | Heemskerk (NED) | 381 Pnt. | 100 % |
| 200 wisselslag  | 3:09.91 | 50m | 17-5-2014  | Beverwijk (NED) | 216 Pnt. | 100 % |
| 200 wisselslag  | 2:36.50 | 25m | 12-2-2017  | Purmerend (NED) | 343 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 481 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 481 Pnt.

### Glorie Daan

|                  |            |     |            |                           |          |       |                  |
|------------------|------------|-----|------------|---------------------------|----------|-------|------------------|
| 25 vrije slag    | 12.89      | 25m | 27-4-2006  | Heemskerk                 | 357 Pnt. | 100 % |                  |
| 50 vrije slag    | 28.09      | 50m | 13-5-2006  | Beverwijk (NED)           | 412 Pnt. | 100 % |                  |
| 50 vrije slag    | 27.03      | 25m | 30-12-2005 | Maastricht (NED)          | 423 Pnt. | 100 % |                  |
| 100 vrije slag   | 1:01.74    | 50m | 14-5-2006  | Beverwijk (NED)           | 438 Pnt. | 100 % |                  |
| 100 vrije slag   | 58.54      | 25m | 29-12-2006 | Maastricht (NED)          | 452 Pnt. | 100 % |                  |
| 200 vrije slag   | 2:11.92    | 50m | 20-5-2007  | Beverwijk (NED)           | 462 Pnt. | 100 % |                  |
| 200 vrije slag   | 2:06.85    | 25m | 24-2-2007  | Hoorn (NED)               | 480 Pnt. | 100 % |                  |
| 300 vrije slag   | 3:31.66    | 25m | 3-3-2007   | Hoorn (NED)               | 398 Pnt. | 100 % |                  |
| 400 vrije slag   | 4:42.15    | 50m | 19-5-2007  | Beverwijk (NED)           | 474 Pnt. | 100 % |                  |
| 400 vrije slag   | 4:29.85    | 25m | 8-4-2007   | Haarlem (NED)             | 486 Pnt. | 100 % |                  |
| 800 vrije slag   | 10:17.80   | 50m | 12-11-2006 | Eindhoven (NED)           | 391 Pnt. | 100 % |                  |
| 800 vrije slag   | 9:37.88    | 25m | 11-2-2007  | Zaandam (NED)             | 451 Pnt. | 100 % |                  |
| 800 vrije slag   | 12:33.07   | OW  | 8-7-2001   | Amsterdam (NED)           |          | 100 % | CRS,CR13,CR14,CR |
| 1000 vrije slag  | 12:32.18   | OW  | 8-9-2007   | Middelburg (NED)          |          | 100 % |                  |
| 1500 vrije slag  | 18:44.71   | 50m | 1-4-2007   | Amersfoort (NED)          | 464 Pnt. | 100 % |                  |
| 1500 vrije slag  | 18:15.40   | 25m | 11-2-2007  | Zaandam (NED)             | 467 Pnt. | 100 % |                  |
| 1500 vrije slag  | 19:34.17   | OW  | 22-7-2006  | Anna-Paulowna (NED)       |          | 100 % | CRS,CR18,CR19,JR |
| 2000 vrije slag  | 24:24.56   | 25m | 11-2-2007  | Zaandam (NED)             | 463 Pnt. | 100 % |                  |
| 2000 vrije slag  | 24:33.59   | OW  | 2-9-2007   | Vlissingen (NED)          |          | 100 % |                  |
| 2500 vrije slag  | 31:49.92   | OW  | 7-7-2007   | Oss (NED)                 |          | 100 % |                  |
| 3000 vrije slag  | 39:22.10   | OW  | 15-7-2006  | Wijk en Aalburg (NED)     |          | 100 % |                  |
| 5000 vrije slag  | 1:05:48.38 | 50m | 21-4-2007  | Zwaag (NED)               | 397 Pnt. | 100 % | CRS,CR19,JR19    |
| 5000 vrije slag  | 1:02:33.86 | OW  | 1-7-2007   | Bodegraven (NED)          |          | 100 % | CRS,CR19,JR19    |
| 6000 vrije slag  | 50:21.66   | OW  | 8-7-2007   | Beusichem-Culemborg (NED) |          | 100 % | CRS,CR19,JR19    |
| 10000 vrije slag | 2:12:39.35 | 50m | 21-4-2007  | Zwaag (NED)               |          | 100 % | CRS,CR19,JR19    |
| 10000 vrije slag | 2:17:26.45 | OW  | 25-8-2007  | Tilburg (NED)             |          | 100 % | CRS,CR19,JR19    |
| 20000 vrije slag | 4:54:12.95 | 50m | 24-12-2006 | Amsterdam (NED)           |          | 100 % | CRS,CR18,CR19,JR |
| 22000 vrije slag | 5:10:46.39 | OW  | 12-8-2006  | Stavoren-Medemblik (NED)  |          | 100 % | CRS,CR18,CR19,JR |
| 25 rugslag       | 15.70      | 25m | 27-4-2006  | Heemskerk                 | 303 Pnt. | 100 % |                  |
| 50 rugslag       | 34.79      | 50m | 14-5-2006  | Beverwijk (NED)           | 329 Pnt. | 100 % |                  |
| 50 rugslag       | 32.57      | 25m | 27-10-2005 | Heemskerk (NED)           | 334 Pnt. | 100 % |                  |
| 100 rugslag      | 1:14.10    | 50m | 17-4-2005  | Beverwijk (NED)           | 344 Pnt. | 100 % |                  |
| 100 rugslag      | 1:08.95    | 25m | 26-5-2005  | Heemskerk (NED)           | 357 Pnt. | 100 % |                  |
| 200 rugslag      | 2:56.65    | 50m | 25-5-2003  | Beverwijk (NED)           | 254 Pnt. | 100 % |                  |
| 200 rugslag      | 2:31.21    | 25m | 26-1-2006  | Heemskerk (NED)           | 345 Pnt. | 100 % |                  |
| 500 rugslag      | 8:13.97    | OW  | 7-7-2007   | Oss (NED)                 |          | 100 % |                  |
| 25 schoolslag    | 16.68      | 25m | 27-4-2006  | Heemskerk                 | 338 Pnt. | 100 % |                  |
| 50 schoolslag    | 36.65      | 50m | 29-5-2005  | Beverwijk (NED)           | 385 Pnt. | 100 % |                  |
| 50 schoolslag    | 35.14      | 25m | 30-12-2005 | Maastricht (NED)          | 371 Pnt. | 100 % |                  |
| 100 schoolslag   | 1:23.54    | 50m | 28-5-2005  | Beverwijk (NED)           | 342 Pnt. | 100 % |                  |
| 100 schoolslag   | 1:17.01    | 25m | 26-10-2014 | Zaandam (NED)             | 376 Pnt. | 100 % |                  |
| 200 schoolslag   | 2:57.54    | 50m | 13-5-2006  | Beverwijk (NED)           | 366 Pnt. | 100 % |                  |
| 200 schoolslag   | 2:45.33    | 25m | 18-1-2015  | Zaandam (NED)             | 388 Pnt. | 100 % |                  |
| 500 schoolslag   | 8:47.22    | OW  | 21-8-2004  | Bussloo (NED)             |          | 100 % |                  |
| 2000 schoolslag  | 33:10.63   | OW  | 10-9-2005  | Oosterhout (NED)          |          | 100 % |                  |

|                 |         |     |            |                  |          |       |               |
|-----------------|---------|-----|------------|------------------|----------|-------|---------------|
| 25 vlinderslag  | 13.62   | 25m | 27-4-2006  | Heemskerk        | 384 Pnt. | 100 % |               |
| 50 vlinderslag  | 29.49   | 50m | 20-5-2006  | Beverwijk (NED)  | 440 Pnt. | 100 % |               |
| 50 vlinderslag  | 28.96   | 25m | 29-12-2005 | Maastricht (NED) | 426 Pnt. | 100 % |               |
| 100 vlinderslag | 1:04.97 | 50m | 21-5-2006  | Beverwijk (NED)  | 450 Pnt. | 100 % |               |
| 100 vlinderslag | 1:03.59 | 25m | 17-4-2006  | Haarlem (NED)    | 443 Pnt. | 100 % |               |
| 200 vlinderslag | 2:23.62 | 50m | 13-5-2007  | Alkmaar (NED)    | 468 Pnt. | 100 % | CRS,CR19,JR19 |
| 200 vlinderslag | 2:19.44 | 25m | 30-11-2006 | Heemskerk        | 471 Pnt. | 100 % |               |
| 100 wisselslag  | 1:07.31 | 25m | 19-11-2006 | Purmerend (NED)  | 427 Pnt. | 100 % |               |
| 200 wisselslag  | 2:33.94 | 50m | 13-5-2006  | Beverwijk (NED)  | 406 Pnt. | 100 % |               |
| 200 wisselslag  | 2:25.60 | 25m | 14-12-2006 | Heemskerk (NED)  | 426 Pnt. | 100 % |               |
| 300 wisselslag  | 3:50.50 | 25m | 12-1-2006  | Heemskerk (NED)  |          | 100 % |               |
| 400 wisselslag  | 5:10.47 | 25m | 28-1-2007  | Zaandam (NED)    | 436 Pnt. | 100 % |               |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 473 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 473 Pnt.

### de Goed Remco

|                 |          |    |           |                  |  |       |
|-----------------|----------|----|-----------|------------------|--|-------|
| 2000 vrije slag | 41:16.31 | OW | 18-7-2015 | Amstelveen (NED) |  | 100 % |
|-----------------|----------|----|-----------|------------------|--|-------|

### de Graaf Isabella

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 44.09   | 50m | 3-12-2016  | Beverwijk (NED) | 155 Pnt. | 100 % |
| 50 vrije slag   | 41.05   | 25m | 27-11-2016 | Zaandam (NED)   | 181 Pnt. | 100 % |
| 100 vrije slag  | 1:28.76 | 50m | 2-4-2017   | Alkmaar (NED)   | 201 Pnt. | 100 % |
| 100 vrije slag  | 1:27.05 | 25m | 11-5-2017  | Heemskerk (NED) | 201 Pnt. | 100 % |
| 200 vrije slag  | 3:14.82 | 25m | 12-3-2017  | Purmerend (NED) | 185 Pnt. | 100 % |
| 400 vrije slag  | 7:18.41 | 25m | 18-9-2016  | Zaandam (NED)   | 153 Pnt. | 100 % |
| 50 rugslag      | 50.17   | 50m | 2-4-2017   | Alkmaar (NED)   | 156 Pnt. | 100 % |
| 50 rugslag      | 49.49   | 25m | 2-2-2017   | Heemskerk (NED) | 140 Pnt. | 100 % |
| 100 rugslag     | 1:44.74 | 25m | 12-2-2017  | Purmerend (NED) | 146 Pnt. | 100 % |
| 200 rugslag     | 3:42.46 | 25m | 19-3-2017  | Zaandam (NED)   | 157 Pnt. | 100 % |
| 50 schoolslag   | 53.38   | 25m | 15-10-2017 | Alkmaar (NED)   | 157 Pnt. | 105 % |
| 100 schoolslag  | 1:53.64 | 25m | 15-10-2017 | Alkmaar (NED)   | 165 Pnt. | 106 % |
| 200 schoolslag  | 4:04.41 | 25m | 12-2-2017  | Purmerend (NED) | 166 Pnt. | 100 % |
| 50 vlinderslag  | 51.76   | 50m | 3-12-2016  | Beverwijk (NED) | 113 Pnt. | 100 % |
| 50 vlinderslag  | 44.64   | 25m | 15-10-2017 | Alkmaar (NED)   | 162 Pnt. | 108 % |
| 100 vlinderslag | 1:46.72 | 25m | 1-10-2017  | Purmerend (NED) | 137 Pnt. | 107 % |
| 100 wisselslag  | 1:41.36 | 25m | 11-5-2017  | Heemskerk (NED) | 182 Pnt. | 100 % |
| 200 wisselslag  | 3:41.76 | 25m | 13-11-2016 | Purmerend (NED) | 171 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 184 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 184 Pnt.

### van der Gracht Adrie

|                 |            |     |            |                   |          |       |
|-----------------|------------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 16.66      | 25m | 17-2-2013  | Aberdeen (GBR)    | 165 Pnt. | 100 % |
| 50 vrije slag   | 40.90      | 50m | 23-9-2012  | Alkmaar (NED)     | 133 Pnt. | 100 % |
| 50 vrije slag   | 38.72      | 25m | 20-5-2010  | Heemskerk (NED)   | 144 Pnt. | 100 % |
| 100 vrije slag  | 1:43.82    | 50m | 4-5-2013   | Eindhoven (NED)   | 92 Pnt.  | 100 % |
| 100 vrije slag  | 1:37.81    | 25m | 6-4-2015   | Haarlem (NED)     | 96 Pnt.  | 100 % |
| 200 vrije slag  | 3:50.58    | 25m | 25-10-2007 | Heemskerk (NED)   | 80 Pnt.  | 100 % |
| 3000 vrije slag | 58:49.30   | OW  | 17-6-2012  | Riccione (ITA)    |          | 100 % |
| 5000 vrije slag | 2:07:22.45 | OW  | 4-7-2010   | Bodegraven (NED)  |          | 100 % |
| 25 rugslag      | 24.08      | 25m | 26-5-2013  | Grootebroek (NED) | 84 Pnt.  | 100 % |
| 50 rugslag      | 53.97      | 50m | 6-7-2014   | Eindhoven (NED)   | 88 Pnt.  | 100 % |
| 50 rugslag      | 54.50      | 25m | 19-2-2015  | Heemskerk (NED)   | 71 Pnt.  | 100 % |
| 100 rugslag     | 2:01.96    | 25m | 25-9-2008  | Heemskerk (NED)   | 64 Pnt.  | 100 % |

|                 |            |     |            |                       |          |       |
|-----------------|------------|-----|------------|-----------------------|----------|-------|
| 25 schoolslag   | 19.58      | 25m | 29-5-2008  | Heemskerk (NED)       | 209 Pnt. | 100 % |
| 50 schoolslag   | 45.70      | 50m | 14-4-2012  | Kampen (NED)          | 198 Pnt. | 100 % |
| 50 schoolslag   | 44.02      | 25m | 3-2-2007   | Aberdeen (GBR)        | 188 Pnt. | 100 % |
| 100 schoolslag  | 1:44.76    | 50m | 4-5-2013   | Eindhoven (NED)       | 173 Pnt. | 100 % |
| 100 schoolslag  | 1:40.31    | 25m | 31-5-2007  | Heemskerk (NED)       | 170 Pnt. | 100 % |
| 200 schoolslag  | 4:04.49    | 50m | 20-4-2007  | Eindhoven (NED)       | 140 Pnt. | 100 % |
| 200 schoolslag  | 3:53.00    | 25m | 12-1-2008  | Zwolle (NED)          | 138 Pnt. | 100 % |
| 1000 schoolslag | 22:10.71   | OW  | 25-8-2007  | Tilburg (NED)         |          | 100 % |
| 1500 schoolslag | 38:14.47   | OW  | 30-6-2012  | Scheerwolde (NED)     |          | 100 % |
| 2000 schoolslag | 44:13.50   | OW  | 5-7-2013   | Appeltern (NED)       |          | 100 % |
| 3000 schoolslag | 1:14:49.08 | OW  | 14-7-2012  | Wijk en Aalburg (NED) |          | 100 % |
| 25 vlinderslag  | 19.55      | 25m | 20-2-2010  | Heerenveen (NED)      | 129 Pnt. | 100 % |
| 50 vlinderslag  | 45.52      | 50m | 17-4-2010  | Kampen (NED)          | 119 Pnt. | 100 % |
| 50 vlinderslag  | 46.57      | 25m | 19-10-2013 | Emmeloord (NED)       | 102 Pnt. | 100 % |
| 100 wisselslag  | 1:44.82    | 25m | 21-2-2015  | Heerenveen (NED)      | 113 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 177 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 177 Pnt.

### van der Gracht Anouk

|                 |            |     |            |                      |          |       |
|-----------------|------------|-----|------------|----------------------|----------|-------|
| 25 vrije slag   | 14.95      | 25m | 19-4-2007  | Heemskerk (NED)      | 358 Pnt. | 100 % |
| 50 vrije slag   | 30.65      | 50m | 25-5-2013  | Beverwijk (NED)      | 464 Pnt. | 100 % |
| 50 vrije slag   | 31.22      | 25m | 21-4-2013  | Heemskerk (NED)      | 412 Pnt. | 100 % |
| 100 vrije slag  | 1:09.15    | 50m | 30-6-2013  | Eindhoven (NED)      | 426 Pnt. | 100 % |
| 100 vrije slag  | 1:07.45    | 25m | 25-4-2013  | Heemskerk (NED)      | 432 Pnt. | 100 % |
| 200 vrije slag  | 2:31.11    | 50m | 29-6-2013  | Eindhoven (NED)      | 417 Pnt. | 100 % |
| 200 vrije slag  | 2:25.68    | 25m | 25-11-2007 | Amsterdam (NED)      | 444 Pnt. | 100 % |
| 300 vrije slag  | 4:09.38    | 50m | 11-4-2008  | Antwerpen (BEL)      | 351 Pnt. | 100 % |
| 300 vrije slag  | 3:52.29    | 25m | 18-5-2013  | Purmerend (NED)      | 411 Pnt. | 100 % |
| 400 vrije slag  | 5:29.59    | 50m | 30-6-2013  | Eindhoven (NED)      | 382 Pnt. | 100 % |
| 400 vrije slag  | 5:11.00    | 25m | 31-5-2007  | Heemskerk (NED)      | 428 Pnt. | 100 % |
| 800 vrije slag  | 11:07.28   | 50m | 11-4-2008  | Antwerpen (BEL)      | 405 Pnt. | 100 % |
| 800 vrije slag  | 10:43.54   | 25m | 3-2-2008   | Zaandam (NED)        | 413 Pnt. | 100 % |
| 1000 vrije slag | 14:55.47   | OW  | 5-7-2009   | Bodegraven (NED)     |          | 100 % |
| 1500 vrije slag | 20:26.00   | 25m | 3-2-2008   | Zaandam (NED)        | 432 Pnt. | 100 % |
| 1500 vrije slag | 23:28.37   | OW  | 24-7-2010  | Anna-Paulowna (NED)  |          | 100 % |
| 2000 vrije slag | 27:22.08   | 25m | 3-2-2008   | Zaandam (NED)        | 426 Pnt. | 100 % |
| 2000 vrije slag | 29:22.21   | OW  | 4-9-2010   | Wilhelminadorp (NED) |          | 100 % |
| 2500 vrije slag | 39:11.50   | OW  | 4-7-2009   | Oss (NED)            |          | 100 % |
| 3000 vrije slag | 48:05.75   | OW  | 29-8-2009  | Tilburg (NED)        |          | 100 % |
| 5000 vrije slag | 1:22:18.67 | OW  | 16-8-2008  | Heerjansdam (NED)    |          | 100 % |
| 25 rugslag      | 17.72      | 25m | 27-4-2006  | Heemskerk            | 318 Pnt. | 100 % |
| 50 rugslag      | 37.94      | 50m | 13-4-2008  | Antwerpen (BEL)      | 362 Pnt. | 100 % |
| 50 rugslag      | 35.78      | 25m | 18-5-2013  | Purmerend (NED)      | 370 Pnt. | 100 % |
| 100 rugslag     | 1:21.64    | 50m | 15-6-2013  | Beverwijk (NED)      | 360 Pnt. | 100 % |
| 100 rugslag     | 1:17.74    | 25m | 18-3-2007  | Heemskerk (NED)      | 358 Pnt. | 100 % |
| 200 rugslag     | 2:57.28    | 50m | 21-4-2007  | Antwerpen (BEL)      | 342 Pnt. | 100 % |
| 200 rugslag     | 2:47.36    | 25m | 16-11-2014 | Zaandam (NED)        | 368 Pnt. | 100 % |
| 500 rugslag     | 8:56.86    | OW  | 7-7-2007   | Oss (NED)            |          | 100 % |
| 25 schoolslag   | 18.41      | 25m | 27-4-2006  | Heemskerk            | 385 Pnt. | 100 % |
| 50 schoolslag   | 42.01      | 50m | 22-4-2007  | Antwerpen (BEL)      | 345 Pnt. | 100 % |
| 50 schoolslag   | 40.72      | 25m | 8-4-2007   | Haarlem (NED)        | 353 Pnt. | 100 % |
| 100 schoolslag  | 1:31.69    | 50m | 6-5-2007   | Eindhoven (NED)      | 345 Pnt. | 100 % |
| 100 schoolslag  | 1:29.12    | 25m | 29-4-2007  | Alkmaar (NED)        | 342 Pnt. | 100 % |
| 200 schoolslag  | 3:34.62    | 50m | 17-4-2005  | Beverwijk (NED)      | 272 Pnt. | 100 % |
| 200 schoolslag  | 3:14.82    | 25m | 13-1-2008  | Heemskerk (NED)      | 329 Pnt. | 100 % |
| 500 schoolslag  | 9:24.99    | OW  | 8-7-2006   | Oss (NED)            |          | 100 % |
| 1000 schoolslag | 19:10.26   | OW  | 29-7-2006  | Hoorn (NED)          |          | 100 % |
| 2000 schoolslag | 36:32.33   | OW  | 24-6-2007  | Breukelen (NED)      |          | 100 % |
| 3000 schoolslag | 58:40.50   | OW  | 22-7-2006  | Anna-Paulowna (NED)  |          | 100 % |

CRS,CR18,CR19,JR

CRS,CR17,CR18,CR

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vlinderslag  | 15.40   | 25m | 29-5-2008  | Heemskerk (NED) | 383 Pnt. | 100 % |
| 50 vlinderslag  | 32.18   | 50m | 24-3-2013  | Beverwijk (NED) | 472 Pnt. | 100 % |
| 50 vlinderslag  | 31.89   | 25m | 12-12-2013 | Heemskerk (NED) | 446 Pnt. | 100 % |
| 100 vlinderslag | 1:14.52 | 50m | 29-6-2013  | Eindhoven (NED) | 423 Pnt. | 100 % |
| 100 vlinderslag | 1:13.93 | 25m | 9-3-2014   | Zaandam (NED)   | 412 Pnt. | 100 % |
| 200 vlinderslag | 3:05.89 | 50m | 25-5-2008  | Beverwijk (NED) | 281 Pnt. | 100 % |
| 200 vlinderslag | 2:52.59 | 25m | 9-3-2008   | Heemskerk (NED) | 342 Pnt. | 100 % |
| 100 wisselslag  | 1:16.15 | 25m | 20-5-2013  | Purmerend (NED) | 429 Pnt. | 100 % |
| 200 wisselslag  | 2:49.18 | 50m | 30-3-2008  | Alkmaar (NED)   | 414 Pnt. | 100 % |
| 200 wisselslag  | 2:45.00 | 25m | 1-3-2008   | Hoorn (NED)     | 416 Pnt. | 100 % |
| 300 wisselslag  | 4:30.13 | 25m | 3-12-2006  | Zaandam (NED)   |          | 100 % |
| 400 wisselslag  | 5:52.01 | 25m | 24-2-2008  | Zaandam (NED)   | 406 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 448 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 448 Pnt.

### van der Gracht Jory

|                 |            |     |            |                       |          |       |
|-----------------|------------|-----|------------|-----------------------|----------|-------|
| 25 vrije slag   | 12.98      | 25m | 30-6-2011  | Heemskerk (NED)       | 350 Pnt. | 100 % |
| 50 vrije slag   | 27.31      | 50m | 6-6-2009   | Beverwijk (NED)       | 448 Pnt. | 100 % |
| 50 vrije slag   | 26.58      | 25m | 12-3-2017  | Purmerend (NED)       | 445 Pnt. | 100 % |
| 100 vrije slag  | 59.67      | 50m | 6-6-2009   | Beverwijk (NED)       | 485 Pnt. | 100 % |
| 100 vrije slag  | 57.95      | 25m | 7-11-2009  | Hoorn (NED)           | 466 Pnt. | 100 % |
| 200 vrije slag  | 2:15.99    | 50m | 4-5-2012   | Eindhoven (NED)       | 421 Pnt. | 100 % |
| 200 vrije slag  | 2:08.49    | 25m | 27-9-2009  | Zaandam (NED)         | 462 Pnt. | 100 % |
| 300 vrije slag  | 3:35.98    | 25m | 14-5-2016  | Purmerend (NED)       | 375 Pnt. | 100 % |
| 400 vrije slag  | 4:53.13    | 50m | 30-6-2013  | Eindhoven (NED)       | 423 Pnt. | 100 % |
| 400 vrije slag  | 4:39.01    | 25m | 18-12-2011 | Zaandam (NED)         | 440 Pnt. | 100 % |
| 800 vrije slag  | 10:04.40   | 25m | 14-10-2007 | Zaandam (NED)         | 394 Pnt. | 100 % |
| 1000 vrije slag | 13:27.87   | OW  | 5-9-2009   | Wilhelminadorp (NED)  |          | 100 % |
| 1500 vrije slag | 19:22.18   | 25m | 1-5-2005   | Zaandam (NED)         | 391 Pnt. | 100 % |
| 1500 vrije slag | 21:21.66   | OW  | 24-7-2010  | Anna-Paulowna (NED)   |          | 100 % |
| 2000 vrije slag | 26:19.79   | 25m | 1-3-2009   | Zaandam (NED)         | 369 Pnt. | 100 % |
| 2000 vrije slag | 26:48.10   | OW  | 22-6-2008  | Breukelen (NED)       |          | 100 % |
| 2500 vrije slag | 35:47.10   | OW  | 7-7-2007   | Oss (NED)             |          | 100 % |
| 3000 vrije slag | 41:22.95   | OW  | 7-9-2013   | Eindhoven (NED)       |          | 100 % |
| 4000 vrije slag | 1:01:07.01 | OW  | 4-8-2013   | Amstelveen (NED)      |          | 100 % |
| 5000 vrije slag | 1:12:38.11 | OW  | 15-6-2008  | Spaarnwoude (NED)     |          | 100 % |
| 25 rugslag      | 16.05      | 25m | 19-4-2007  | Heemskerk (NED)       | 284 Pnt. | 100 % |
| 50 rugslag      | 33.36      | 50m | 7-12-2013  | Beverwijk (NED)       | 374 Pnt. | 100 % |
| 50 rugslag      | 32.31      | 25m | 30-1-2014  | Heemskerk (NED)       | 342 Pnt. | 100 % |
| 100 rugslag     | 1:11.79    | 50m | 5-7-2014   | Eindhoven (NED)       | 378 Pnt. | 100 % |
| 100 rugslag     | 1:07.85    | 25m | 12-12-2013 | Heemskerk (NED)       | 375 Pnt. | 100 % |
| 200 rugslag     | 2:29.13    | 25m | 16-11-2014 | Zaandam (NED)         | 360 Pnt. | 100 % |
| 25 schoolslag   | 17.15      | 25m | 27-4-2006  | Heemskerk             | 311 Pnt. | 100 % |
| 50 schoolslag   | 37.33      | 50m | 5-7-2014   | Eindhoven (NED)       | 364 Pnt. | 100 % |
| 50 schoolslag   | 35.08      | 25m | 7-1-2012   | Hoorn (NED)           | 372 Pnt. | 100 % |
| 100 schoolslag  | 1:22.16    | 50m | 20-6-2015  | Beverwijk (NED)       | 360 Pnt. | 100 % |
| 100 schoolslag  | 1:16.74    | 25m | 31-10-2013 | Heemskerk (NED)       | 380 Pnt. | 100 % |
| 200 schoolslag  | 2:59.83    | 50m | 10-4-2011  | Beverwijk (NED)       | 352 Pnt. | 100 % |
| 200 schoolslag  | 2:45.91    | 25m | 17-1-2010  | Amsterdam-oost (NED)  | 384 Pnt. | 100 % |
| 500 schoolslag  | 8:36.29    | OW  | 8-7-2006   | Oss (NED)             |          | 100 % |
| 1000 schoolslag | 17:36.42   | OW  | 9-7-2011   | Wijk en Aalburg (NED) |          | 100 % |
| 2000 schoolslag | 37:20.28   | OW  | 23-7-2006  | Langedijk (NED)       |          | 100 % |
| 25 vlinderslag  | 13.42      | 25m | 30-6-2011  | Heemskerk (NED)       | 401 Pnt. | 100 % |
| 50 vlinderslag  | 28.67      | 50m | 19-5-2012  | Beverwijk (NED)       | 478 Pnt. | 100 % |
| 50 vlinderslag  | 28.52      | 25m | 3-3-2013   | Purmerend (NED)       | 446 Pnt. | 100 % |
| 100 vlinderslag | 1:05.35    | 50m | 22-5-2011  | Beverwijk (NED)       | 443 Pnt. | 100 % |
| 100 vlinderslag | 1:02.84    | 25m | 27-11-2011 | Heemskerk (NED)       | 459 Pnt. | 100 % |
| 200 vlinderslag | 2:33.00    | 50m | 4-5-2013   | Eindhoven (NED)       | 387 Pnt. | 100 % |
| 200 vlinderslag | 2:22.47    | 25m | 25-10-2009 | Nieuwegein (NED)      | 442 Pnt. | 100 % |



|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 100 wisselslag | 1:06.35 | 25m | 7-1-2012  | Hoorn (NED)     | 446 Pnt. | 100 % |
| 200 wisselslag | 2:31.10 | 50m | 14-5-2011 | Beverwijk (NED) | 429 Pnt. | 100 % |
| 200 wisselslag | 2:24.23 | 25m | 3-4-2011  | Zaandam (NED)   | 439 Pnt. | 100 % |
| 300 wisselslag | 3:47.27 | 25m | 8-11-2009 | Zaandam (NED)   |          | 100 % |
| 400 wisselslag | 5:40.56 | 50m | 13-3-2016 | Alkmaar (NED)   | 367 Pnt. | 100 % |
| 400 wisselslag | 5:09.36 | 25m | 28-3-2010 | Zeist (NED)     | 441 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 466 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 466 Pnt.

### Grapendaal Aad

|                |         |     |            |                   |          |       |
|----------------|---------|-----|------------|-------------------|----------|-------|
| 25 vrije slag  | 19.11   | 25m | 17-10-2015 | Emmeloord (NED)   | 109 Pnt. | 100 % |
| 50 vrije slag  | 42.07   | 50m | 26-9-2015  | Kampen (NED)      | 122 Pnt. | 100 % |
| 50 vrije slag  | 43.50   | 25m | 17-4-2014  | Heemskerk (NED)   | 101 Pnt. | 100 % |
| 100 vrije slag | 2:20.48 | 50m | 23-9-2012  | Alkmaar (NED)     | 37 Pnt.  | 100 % |
| 100 vrije slag | 1:49.56 | 25m | 30-1-2014  | Heemskerk (NED)   | 69 Pnt.  | 100 % |
| 25 rugslag     | 25.06   | 25m | 18-11-2012 | Almere-Stad (NED) | 74 Pnt.  | 100 % |
| 50 rugslag     | 55.94   | 50m | 4-9-2013   | Eindhoven (NED)   | 79 Pnt.  | 100 % |
| 50 rugslag     | 54.39   | 25m | 21-3-2013  | Heemskerk (NED)   | 71 Pnt.  | 100 % |
| 100 rugslag    | 2:06.59 | 25m | 26-5-2013  | Grootebroek (NED) | 57 Pnt.  | 100 % |
| 25 schoolslag  | 25.85   | 25m | 16-2-2013  | Heerenveen (NED)  | 90 Pnt.  | 100 % |
| 50 schoolslag  | 1:03.16 | 50m | 21-4-2013  | Kampen (NED)      | 75 Pnt.  | 100 % |
| 50 schoolslag  | 1:01.41 | 25m | 30-1-2014  | Heemskerk (NED)   | 69 Pnt.  | 100 % |
| 100 schoolslag | 2:29.17 | 25m | 31-10-2013 | Heemskerk (NED)   | 51 Pnt.  | 100 % |
| 25 vlinderslag | 29.66   | 25m | 5-10-2013  | Zwolle (NED)      | 37 Pnt.  | 100 % |
| 50 vlinderslag | 1:14.59 | 50m | 24-3-2013  | Amersfoort (NED)  | 27 Pnt.  | 100 % |
| 50 vlinderslag | 1:15.26 | 25m | 13-12-2012 | Heemskerk (NED)   | 24 Pnt.  | 100 % |
| 100 wisselslag | 2:18.10 | 25m | 23-4-2015  | Heemskerk (NED)   | 49 Pnt.  | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 95 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 95 Pnt.

### Groen Anne

|                 |          |     |            |                         |          |       |
|-----------------|----------|-----|------------|-------------------------|----------|-------|
| 25 vrije slag   | 14.32    | 25m | 30-6-2011  | Heemskerk (NED)         | 407 Pnt. | 100 % |
| 50 vrije slag   | 28.97    | 50m | 12-6-2016  | Buckeburg (GER)         | 549 Pnt. | 100 % |
| 50 vrije slag   | 28.77    | 25m | 13-10-2016 | Heemskerk (NED)         | 527 Pnt. | 100 % |
| 100 vrije slag  | 1:03.93  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 540 Pnt. | 100 % |
| 100 vrije slag  | 1:02.91  | 25m | 18-12-2016 | Heemskerk (NED)         | 533 Pnt. | 100 % |
| 200 vrije slag  | 2:24.86  | 50m | 21-5-2017  | Alkmaar (NED)           | 474 Pnt. | 100 % |
| 200 vrije slag  | 2:17.96  | 25m | 13-11-2016 | Purmerend (NED)         | 523 Pnt. | 100 % |
| 300 vrije slag  | 3:52.00  | 25m | 25-4-2011  | Haarlem (NED)           | 413 Pnt. | 100 % |
| 400 vrije slag  | 5:01.68  | 25m | 1-10-2017  | Purmerend (NED)         | 469 Pnt. | 106 % |
| 800 vrije slag  | 11:03.36 | 25m | 16-10-2011 | Zaandam (NED)           | 377 Pnt. | 100 % |
| 1500 vrije slag | 21:38.25 | 25m | 19-12-2010 | Zaandam (NED)           | 363 Pnt. | 100 % |
| 2000 vrije slag | 29:43.90 | 25m | 13-2-2011  | Zaandam (NED)           | 332 Pnt. | 100 % |
| 25 rugslag      | 19.94    | 25m | 29-5-2008  | Heemskerk (NED)         | 223 Pnt. | 100 % |
| 50 rugslag      | 35.37    | 50m | 21-5-2017  | Alkmaar (NED)           | 447 Pnt. | 100 % |
| 50 rugslag      | 34.04    | 25m | 2-10-2016  | Purmerend (NED)         | 430 Pnt. | 100 % |
| 100 rugslag     | 1:17.26  | 50m | 4-6-2011   | Beverwijk (NED)         | 425 Pnt. | 100 % |
| 100 rugslag     | 1:13.36  | 25m | 15-1-2017  | Alkmaar (NED)           | 426 Pnt. | 100 % |
| 200 rugslag     | 2:43.66  | 50m | 12-5-2013  | Beverwijk (NED)         | 435 Pnt. | 100 % |
| 200 rugslag     | 2:36.81  | 25m | 12-2-2017  | Purmerend (NED)         | 448 Pnt. | 100 % |
| 25 schoolslag   | 22.84    | 25m | 29-5-2008  | Heemskerk (NED)         | 201 Pnt. | 100 % |
| 50 schoolslag   | 44.84    | 50m | 3-12-2011  | Beverwijk (NED)         | 284 Pnt. | 100 % |
| 50 schoolslag   | 39.62    | 25m | 16-3-2017  | Heemskerk (NED)         | 384 Pnt. | 100 % |
| 100 schoolslag  | 1:36.98  | 50m | 5-6-2011   | Beverwijk (NED)         | 292 Pnt. | 100 % |
| 100 schoolslag  | 1:26.47  | 25m | 13-10-2016 | Heemskerk (NED)         | 375 Pnt. | 100 % |
| 200 schoolslag  | 3:13.13  | 25m | 18-1-2015  | Zaandam (NED)           | 338 Pnt. | 100 % |

|                 |         |     |           |                 |          |       |
|-----------------|---------|-----|-----------|-----------------|----------|-------|
| 25 vlinderslag  | 16.50   | 25m | 30-6-2011 | Heemskerk (NED) | 311 Pnt. | 100 % |
| 50 vlinderslag  | 33.48   | 50m | 3-12-2016 | Beverwijk (NED) | 419 Pnt. | 100 % |
| 50 vlinderslag  | 32.57   | 25m | 12-2-2017 | Purmerend (NED) | 419 Pnt. | 100 % |
| 100 vlinderslag | 1:32.76 | 50m | 4-6-2011  | Beverwijk (NED) | 219 Pnt. | 100 % |
| 100 vlinderslag | 1:16.26 | 25m | 2-2-2017  | Heemskerk (NED) | 376 Pnt. | 100 % |
| 200 vlinderslag | 3:05.24 | 25m | 12-3-2017 | Purmerend (NED) | 277 Pnt. | 100 % |
| 100 wisselslag  | 1:13.00 | 25m | 2-10-2016 | Purmerend (NED) | 487 Pnt. | 100 % |
| 200 wisselslag  | 2:44.09 | 50m | 5-3-2017  | Alkmaar (NED)   | 454 Pnt. | 100 % |
| 200 wisselslag  | 2:37.83 | 25m | 12-3-2017 | Purmerend (NED) | 475 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 514 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 514 Pnt.

### Groen Jarno

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 16.40    | 25m | 26-4-2012  | Heemskerk (NED)   | 173 Pnt. | 100 % |
| 50 vrije slag   | 28.73    | 50m | 27-5-2017  | Alkmaar (NED)     | 385 Pnt. | 100 % |
| 50 vrije slag   | 28.06    | 25m | 14-1-2017  | Alkmaar (NED)     | 378 Pnt. | 100 % |
| 100 vrije slag  | 1:03.57  | 50m | 19-2-2017  | Amsterdam (NED)   | 401 Pnt. | 100 % |
| 100 vrije slag  | 1:01.74  | 25m | 18-12-2016 | Heemskerk (NED)   | 385 Pnt. | 100 % |
| 200 vrije slag  | 2:26.00  | 50m | 13-3-2016  | Alkmaar (NED)     | 340 Pnt. | 100 % |
| 200 vrije slag  | 2:17.81  | 25m | 15-1-2017  | Alkmaar (NED)     | 374 Pnt. | 100 % |
| 400 vrije slag  | 5:11.89  | 50m | 2-4-2017   | Alkmaar (NED)     | 351 Pnt. | 100 % |
| 400 vrije slag  | 5:03.92  | 25m | 18-9-2016  | Zaandam (NED)     | 340 Pnt. | 100 % |
| 500 vrije slag  | 9:12.72  | OW  | 17-6-2012  | Spaarnwoude (NED) |          | 100 % |
| 800 vrije slag  | 11:00.16 | 25m | 19-10-2014 | Zaandam (NED)     | 303 Pnt. | 100 % |
| 1500 vrije slag | 22:09.67 | 25m | 22-2-2015  | Zaandam (NED)     | 261 Pnt. | 100 % |
| 25 rugslag      | 25.68    | 25m | 26-9-2010  | Hoorn (NED)       | 69 Pnt.  | 100 % |
| 50 rugslag      | 35.45    | 50m | 2-4-2017   | Alkmaar (NED)     | 311 Pnt. | 100 % |
| 50 rugslag      | 33.97    | 25m | 2-2-2017   | Heemskerk (NED)   | 294 Pnt. | 100 % |
| 100 rugslag     | 1:18.96  | 50m | 19-2-2017  | Amsterdam (NED)   | 284 Pnt. | 100 % |
| 100 rugslag     | 1:11.71  | 25m | 17-11-2016 | Heemskerk (NED)   | 317 Pnt. | 100 % |
| 200 rugslag     | 2:46.65  | 50m | 21-2-2016  | Alkmaar (NED)     | 302 Pnt. | 100 % |
| 200 rugslag     | 2:33.28  | 25m | 19-3-2017  | Zaandam (NED)     | 331 Pnt. | 100 % |
| 25 schoolslag   | 25.17    | 25m | 3-4-2011   | Zaandam (NED)     | 98 Pnt.  | 100 % |
| 50 schoolslag   | 47.47    | 50m | 29-11-2014 | Beverwijk (NED)   | 177 Pnt. | 100 % |
| 50 schoolslag   | 40.19    | 25m | 16-3-2017  | Heemskerk (NED)   | 247 Pnt. | 100 % |
| 100 schoolslag  | 1:43.94  | 50m | 23-3-2014  | Beverwijk (NED)   | 177 Pnt. | 100 % |
| 100 schoolslag  | 1:26.93  | 25m | 13-10-2016 | Heemskerk (NED)   | 261 Pnt. | 100 % |
| 200 schoolslag  | 3:12.66  | 25m | 4-10-2015  | Purmerend (NED)   | 245 Pnt. | 100 % |
| 25 vlinderslag  | 18.42    | 25m | 13-12-2012 | Heemskerk (NED)   | 155 Pnt. | 100 % |
| 50 vlinderslag  | 32.21    | 50m | 29-5-2016  | Alkmaar (NED)     | 337 Pnt. | 100 % |
| 50 vlinderslag  | 31.59    | 25m | 19-3-2017  | Zaandam (NED)     | 328 Pnt. | 100 % |
| 100 vlinderslag | 1:16.20  | 50m | 21-6-2015  | Beverwijk (NED)   | 279 Pnt. | 100 % |
| 100 vlinderslag | 1:11.87  | 25m | 2-2-2017   | Heemskerk (NED)   | 306 Pnt. | 100 % |
| 200 vlinderslag | 3:09.85  | 50m | 2-4-2017   | Alkmaar (NED)     | 202 Pnt. | 100 % |
| 200 vlinderslag | 2:54.80  | 25m | 27-11-2016 | Zaandam (NED)     | 239 Pnt. | 100 % |
| 100 wisselslag  | 1:12.40  | 25m | 11-5-2017  | Heemskerk (NED)   | 343 Pnt. | 100 % |
| 200 wisselslag  | 2:44.87  | 50m | 30-4-2016  | Alkmaar (NED)     | 330 Pnt. | 100 % |
| 200 wisselslag  | 2:42.80  | 25m | 12-2-2017  | Purmerend (NED)   | 305 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 370 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 370 Pnt.

**de Haan Shira**

|                 |          |     |            |                         |          |       |
|-----------------|----------|-----|------------|-------------------------|----------|-------|
| 25 vrije slag   | 17.65    | 25m | 14-4-2011  | Heemskerk (NED)         | 217 Pnt. | 100 % |
| 50 vrije slag   | 31.09    | 50m | 20-5-2017  | Alkmaar (NED)           | 444 Pnt. | 100 % |
| 50 vrije slag   | 30.39    | 25m | 13-10-2016 | Heemskerk (NED)         | 447 Pnt. | 100 % |
| 100 vrije slag  | 1:07.50  | 50m | 27-5-2017  | Alkmaar (NED)           | 459 Pnt. | 100 % |
| 100 vrije slag  | 1:06.80  | 25m | 11-5-2017  | Heemskerk (NED)         | 445 Pnt. | 100 % |
| 200 vrije slag  | 2:34.33  | 50m | 21-5-2017  | Alkmaar (NED)           | 392 Pnt. | 100 % |
| 200 vrije slag  | 2:27.13  | 25m | 13-11-2016 | Purmerend (NED)         | 431 Pnt. | 100 % |
| 300 vrije slag  | 4:44.01  | 25m | 18-5-2013  | Purmerend (NED)         | 225 Pnt. | 100 % |
| 400 vrije slag  | 5:13.43  | 25m | 17-4-2017  | Haarlem (NED)           | 418 Pnt. | 100 % |
| 800 vrije slag  | 11:37.34 | 25m | 18-10-2015 | Zaandam (NED)           | 324 Pnt. | 100 % |
| 1000 vrije slag | 16:59.66 | OW  | 26-8-2017  | Eindhoven (NED)         |          |       |
| 25 rugslag      | 30.24    | 25m | 29-5-2008  | Heemskerk (NED)         | 64 Pnt.  | 100 % |
| 50 rugslag      | 37.54    | 50m | 28-5-2016  | Alkmaar (NED)           | 374 Pnt. | 100 % |
| 50 rugslag      | 36.04    | 25m | 2-2-2017   | Heemskerk (NED)         | 362 Pnt. | 100 % |
| 100 rugslag     | 1:23.86  | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 332 Pnt. | 100 % |
| 100 rugslag     | 1:16.55  | 25m | 5-6-2017   | Purmerend (NED)         | 375 Pnt. | 100 % |
| 200 rugslag     | 2:52.09  | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 374 Pnt. | 100 % |
| 200 rugslag     | 2:47.64  | 25m | 30-12-2016 | Leeuwarden (NED)        | 367 Pnt. | 100 % |
| 25 schoolslag   | 25.39    | 25m | 3-1-2010   | Culemborg (NED)         | 147 Pnt. | 100 % |
| 50 schoolslag   | 39.34    | 50m | 20-5-2017  | Alkmaar (NED)           | 420 Pnt. | 100 % |
| 50 schoolslag   | 38.19    | 25m | 29-12-2016 | Leeuwarden (NED)        | 428 Pnt. | 100 % |
| 100 schoolslag  | 1:25.72  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 423 Pnt. | 100 % |
| 100 schoolslag  | 1:22.34  | 25m | 8-1-2017   | Purmerend (NED)         | 434 Pnt. | 100 % |
| 200 schoolslag  | 3:01.71  | 50m | 28-5-2017  | Alkmaar (NED)           | 448 Pnt. | 100 % |
| 200 schoolslag  | 2:54.99  | 25m | 15-1-2017  | Alkmaar (NED)           | 454 Pnt. | 100 % |
| 500 schoolslag  | 10:22.42 | OW  | 26-8-2017  | Eindhoven (NED)         |          |       |
| 2000 schoolslag | 37:10.13 | OW  | 23-7-2016  | Amstelveen (NED)        |          | 100 % |
| 3000 schoolslag | 59:23.60 | OW  | 2-9-2017   | Wilhelminadorp (NED)    |          | 107 % |
| 25 vlinderslag  | 19.62    | 25m | 30-6-2011  | Heemskerk (NED)         | 185 Pnt. | 100 % |
| 50 vlinderslag  | 31.88    | 50m | 28-5-2017  | Alkmaar (NED)           | 486 Pnt. | 100 % |
| 50 vlinderslag  | 33.35    | 25m | 12-2-2017  | Purmerend (NED)         | 390 Pnt. | 100 % |
| 100 vlinderslag | 1:18.66  | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 360 Pnt. | 100 % |
| 100 vlinderslag | 1:14.89  | 25m | 12-2-2017  | Purmerend (NED)         | 397 Pnt. | 100 % |
| 200 vlinderslag | 2:58.95  | 25m | 12-3-2017  | Purmerend (NED)         | 307 Pnt. | 100 % |
| 100 wisselslag  | 1:15.07  | 25m | 11-5-2017  | Heemskerk (NED)         | 448 Pnt. | 100 % |
| 200 wisselslag  | 2:48.62  | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 418 Pnt. | 100 % |
| 200 wisselslag  | 2:42.93  | 25m | 12-2-2017  | Purmerend (NED)         | 432 Pnt. | 100 % |
| 400 wisselslag  | 6:14.47  | 50m | 28-5-2016  | Alkmaar (NED)           | 368 Pnt. | 100 % |
| 400 wisselslag  | 5:51.41  | 25m | 4-6-2017   | Purmerend (NED)         | 409 Pnt. | 100 % |

CRS,CR17,CR18,CR

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 458 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 458 Pnt.

**Heus Pauline**

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 14.94    | 25m | 4-5-2000   | Heemskerk (NED)  | 359 Pnt. | 100 % |
| 50 vrije slag   | 36.04    | 50m | 24-3-2013  | Amersfoort (NED) | 285 Pnt. | 100 % |
| 50 vrije slag   | 32.30    | 25m | 16-11-1997 | Zaandam (NED)    | 372 Pnt. | 100 % |
| 100 vrije slag  | 1:14.70  | 50m | 2-6-1996   | Beverwijk (NED)  | 338 Pnt. | 100 % |
| 100 vrije slag  | 1:12.70  | 25m | 8-3-1998   | Zaandam (NED)    | 345 Pnt. | 100 % |
| 200 vrije slag  | 2:40.00  | 25m | 14-4-1996  | Zaandam (NED)    | 335 Pnt. | 100 % |
| 300 vrije slag  | 4:23.79  | 25m | 29-4-2004  | Heemskerk (NED)  | 281 Pnt. | 100 % |
| 400 vrije slag  | 5:51.10  | 25m | 21-9-1997  | Alkmaar (NED)    | 298 Pnt. | 100 % |
| 1000 vrije slag | 16:45.90 | OW  | 4-8-2013   | Amstelveen (NED) |          | 100 % |
| 1500 vrije slag | 26:10.58 | OW  | 21-7-2013  | Amsterdam (NED)  |          | 100 % |
| 2000 vrije slag | 35:03.55 | OW  | 4-8-2013   | Amstelveen (NED) |          | 100 % |
| 3000 vrije slag | 50:50.35 | OW  | 7-9-2013   | Eindhoven (NED)  |          | 100 % |
| 25 rugslag      | 18.00    | 25m | 16-3-1995  | Heemskerk (NED)  | 303 Pnt. | 100 % |
| 50 rugslag      | 44.67    | 50m | 24-3-2013  | Amersfoort (NED) | 222 Pnt. | 100 % |
| 50 rugslag      | 38.00    | 25m | 17-12-1995 | Volendam (NED)   | 309 Pnt. | 100 % |
| 100 rugslag     | 1:24.70  | 50m | 1-6-1996   | Beverwijk (NED)  | 323 Pnt. | 100 % |
| 100 rugslag     | 1:20.50  | 25m | 10-12-1995 | Heemskerk (NED)  | 322 Pnt. | 100 % |
| 200 rugslag     | 2:59.50  | 25m | 12-10-1995 | Heemskerk (NED)  | 299 Pnt. | 100 % |

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 schoolslag   | 19.50    | 25m | 19-3-1998  | Heemskerk (NED) | 324 Pnt. | 100 % |
| 50 schoolslag   | 47.00    | 50m | 6-9-2013   | Eindhoven (NED) | 246 Pnt. | 100 % |
| 50 schoolslag   | 42.10    | 25m | 5-10-1997  | Zaandam (NED)   | 320 Pnt. | 100 % |
| 100 schoolslag  | 1:32.20  | 50m | 2-6-1996   | Beverwijk (NED) | 339 Pnt. | 100 % |
| 100 schoolslag  | 1:30.50  | 25m | 13-4-1998  | Haarlem (NED)   | 327 Pnt. | 100 % |
| 200 schoolslag  | 3:29.66  | 50m | 14-4-2012  | Kampen (NED)    | 292 Pnt. | 100 % |
| 200 schoolslag  | 3:11.60  | 25m | 6-4-1997   | Heemskerk (NED) | 346 Pnt. | 100 % |
| 1000 schoolslag | 19:15.32 | OW  | 21-7-2013  | Amsterdam (NED) |          | 100 % |
| 25 vlinderslag  | 16.40    | 25m | 13-2-1997  | Heemskerk (NED) | 317 Pnt. | 100 % |
| 50 vlinderslag  | 38.74    | 50m | 25-10-1998 | Beverwijk (NED) | 271 Pnt. | 100 % |
| 50 vlinderslag  | 37.60    | 25m | 23-1-1997  | Heemskerk       | 272 Pnt. | 100 % |
| 100 vlinderslag | 1:34.80  | 50m | 1-6-1996   | Beverwijk (NED) | 205 Pnt. | 100 % |
| 100 vlinderslag | 1:31.80  | 25m | 6-4-1996   | Haarlem (NED)   | 215 Pnt. | 100 % |
| 100 wisselslag  | 1:20.70  | 25m | 15-12-1996 | Heemskerk (NED) | 360 Pnt. | 100 % |
| 200 wisselslag  | 3:07.50  | 50m | 9-11-1997  | Beverwijk (NED) | 304 Pnt. | 100 % |
| 200 wisselslag  | 2:56.70  | 25m | 2-3-1997   | Haarlem (NED)   | 338 Pnt. | 100 % |
| 300 wisselslag  | 4:44.97  | 25m | 23-1-2000  | Heemskerk (NED) |          | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 356 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 356 Pnt.

### Hoek Daniëlle

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 14.12    | 25m | 30-6-2011  | Heemskerk (NED)  | 425 Pnt. | 100 % |
| 50 vrije slag   | 30.71    | 50m | 28-5-2005  | Beverwijk (NED)  | 461 Pnt. | 100 % |
| 50 vrije slag   | 29.49    | 25m | 28-12-2004 | Maastricht (NED) | 489 Pnt. | 100 % |
| 100 vrije slag  | 1:07.49  | 50m | 21-4-2007  | Antwerpen (BEL)  | 459 Pnt. | 100 % |
| 100 vrije slag  | 1:05.01  | 25m | 28-12-2004 | Maastricht (NED) | 483 Pnt. | 100 % |
| 200 vrije slag  | 2:27.77  | 50m | 4-5-2012   | Eindhoven (NED)  | 446 Pnt. | 100 % |
| 200 vrije slag  | 2:20.46  | 25m | 22-3-2012  | Heemskerk (NED)  | 495 Pnt. | 100 % |
| 300 vrije slag  | 3:47.20  | 25m | 18-5-2006  | Heemskerk (NED)  | 440 Pnt. | 100 % |
| 400 vrije slag  | 5:01.12  | 25m | 18-5-2006  | Heemskerk (NED)  | 472 Pnt. | 100 % |
| 800 vrije slag  | 10:19.78 | 25m | 17-10-2004 | Zaandam (NED)    | 462 Pnt. | 100 % |
| 1500 vrije slag | 20:03.26 | 25m | 14-11-2004 | Heemskerk (NED)  | 457 Pnt. | 100 % |
| 2000 vrije slag | 27:21.57 | 25m | 7-3-2004   | Zaandam          | 426 Pnt. | 100 % |
| 25 rugslag      | 17.26    | 25m | 29-5-2008  | Heemskerk (NED)  | 344 Pnt. | 100 % |
| 50 rugslag      | 36.31    | 50m | 16-5-2004  | Beverwijk (NED)  | 413 Pnt. | 100 % |
| 50 rugslag      | 35.31    | 25m | 28-10-2004 | Heemskerk (NED)  | 385 Pnt. | 100 % |
| 100 rugslag     | 1:21.57  | 50m | 25-4-2004  | Beverwijk (NED)  | 361 Pnt. | 100 % |
| 100 rugslag     | 1:16.53  | 25m | 11-3-2012  | Zaandam (NED)    | 375 Pnt. | 100 % |
| 200 rugslag     | 3:03.06  | 50m | 29-3-2003  | Beverwijk (NED)  | 311 Pnt. | 100 % |
| 200 rugslag     | 2:45.92  | 25m | 13-11-2011 | Zaandam (NED)    | 378 Pnt. | 100 % |
| 25 schoolslag   | 20.30    | 25m | 29-5-2008  | Heemskerk (NED)  | 287 Pnt. | 100 % |
| 50 schoolslag   | 41.52    | 25m | 5-6-2005   | Alkmaar (NED)    | 333 Pnt. | 100 % |
| 100 schoolslag  | 1:39.99  | 50m | 2-6-2002   | Beverwijk        | 266 Pnt. | 100 % |
| 100 schoolslag  | 1:31.06  | 25m | 3-10-2004  | Heemskerk (NED)  | 321 Pnt. | 100 % |
| 200 schoolslag  | 3:39.73  | 50m | 29-4-2001  | Beverwijk (NED)  | 253 Pnt. | 100 % |
| 200 schoolslag  | 3:18.93  | 25m | 27-10-2005 | Heemskerk (NED)  | 309 Pnt. | 100 % |
| 25 vlinderslag  | 15.41    | 25m | 30-6-2011  | Heemskerk (NED)  | 382 Pnt. | 100 % |
| 50 vlinderslag  | 34.69    | 50m | 11-5-2013  | Beverwijk (NED)  | 377 Pnt. | 100 % |
| 50 vlinderslag  | 33.06    | 25m | 19-2-2012  | Purmerend (NED)  | 401 Pnt. | 100 % |
| 100 vlinderslag | 1:21.38  | 50m | 13-5-2012  | Beverwijk (NED)  | 325 Pnt. | 100 % |
| 100 vlinderslag | 1:15.40  | 25m | 9-2-2012   | Heemskerk (NED)  | 389 Pnt. | 100 % |
| 200 vlinderslag | 3:07.93  | 25m | 31-1-2008  | Heemskerk (NED)  | 265 Pnt. | 100 % |
| 100 wisselslag  | 1:16.84  | 25m | 12-2-2012  | Heemstede (NED)  | 417 Pnt. | 100 % |
| 200 wisselslag  | 2:52.89  | 50m | 17-4-2005  | Beverwijk (NED)  | 388 Pnt. | 100 % |
| 200 wisselslag  | 2:45.72  | 25m | 16-1-2005  | Zaandam (NED)    | 410 Pnt. | 100 % |
| 300 wisselslag  | 4:24.44  | 25m | 13-11-2005 | Zaandam (NED)    |          | 100 % |
| 400 wisselslag  | 6:05.19  | 25m | 30-1-2005  | Zaandam (NED)    | 364 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 480 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 480 Pnt.

**Hoekstra Eline**

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 19.46    | 25m | 26-4-2012  | Heemskerk (NED) | 162 Pnt. | 100 % |
| 50 vrije slag   | 30.60    | 50m | 5-3-2017   | Alkmaar (NED)   | 466 Pnt. | 100 % |
| 50 vrije slag   | 29.56    | 25m | 8-10-2017  | Alkmaar (NED)   | 485 Pnt. | 104 % |
| 100 vrije slag  | 1:07.39  | 50m | 27-5-2017  | Alkmaar (NED)   | 461 Pnt. | 100 % |
| 100 vrije slag  | 1:04.79  | 25m | 8-10-2017  | Alkmaar (NED)   | 488 Pnt. | 104 % |
| 200 vrije slag  | 2:30.42  | 50m | 21-5-2017  | Alkmaar (NED)   | 423 Pnt. | 100 % |
| 200 vrije slag  | 2:20.39  | 25m | 1-10-2017  | Purmerend (NED) | 496 Pnt. | 102 % |
| 400 vrije slag  | 5:15.82  | 50m | 28-5-2017  | Alkmaar (NED)   | 434 Pnt. | 100 % |
| 400 vrije slag  | 5:12.09  | 25m | 15-1-2017  | Alkmaar (NED)   | 424 Pnt. | 100 % |
| 800 vrije slag  | 12:20.36 | 25m | 8-2-2015   | Zaandam (NED)   | 271 Pnt. | 100 % |
| 25 rugslag      | 24.72    | 25m | 7-1-2012   | Hoorn (NED)     | 117 Pnt. | 100 % |
| 50 rugslag      | 35.91    | 50m | 5-3-2017   | Alkmaar (NED)   | 427 Pnt. | 100 % |
| 50 rugslag      | 34.16    | 25m | 2-2-2017   | Heemskerk (NED) | 425 Pnt. | 100 % |
| 100 rugslag     | 1:17.05  | 50m | 5-2-2017   | Alkmaar (NED)   | 429 Pnt. | 100 % |
| 100 rugslag     | 1:14.16  | 25m | 17-11-2016 | Heemskerk (NED) | 413 Pnt. | 100 % |
| 200 rugslag     | 2:52.46  | 50m | 27-5-2017  | Alkmaar (NED)   | 372 Pnt. | 100 % |
| 200 rugslag     | 2:42.71  | 25m | 19-3-2017  | Zaandam (NED)   | 401 Pnt. | 100 % |
| 25 schoolslag   | 24.63    | 25m | 11-3-2012  | Zaandam (NED)   | 161 Pnt. | 100 % |
| 50 schoolslag   | 42.27    | 50m | 20-5-2017  | Alkmaar (NED)   | 339 Pnt. | 100 % |
| 50 schoolslag   | 40.61    | 25m | 1-10-2017  | Purmerend (NED) | 356 Pnt. | 101 % |
| 100 schoolslag  | 1:34.38  | 50m | 28-5-2016  | Alkmaar (NED)   | 316 Pnt. | 100 % |
| 100 schoolslag  | 1:26.71  | 25m | 1-10-2017  | Purmerend (NED) | 371 Pnt. | 107 % |
| 200 schoolslag  | 3:23.77  | 50m | 5-2-2017   | Alkmaar (NED)   | 318 Pnt. | 100 % |
| 200 schoolslag  | 3:11.69  | 25m | 12-2-2017  | Purmerend (NED) | 345 Pnt. | 100 % |
| 25 vlinderslag  | 19.97    | 25m | 13-12-2012 | Heemskerk (NED) | 175 Pnt. | 100 % |
| 50 vlinderslag  | 33.46    | 50m | 5-3-2017   | Alkmaar (NED)   | 420 Pnt. | 100 % |
| 50 vlinderslag  | 32.62    | 25m | 15-10-2017 | Alkmaar (NED)   | 417 Pnt. | 105 % |
| 100 vlinderslag | 1:28.86  | 50m | 21-5-2017  | Alkmaar (NED)   | 250 Pnt. | 100 % |
| 100 vlinderslag | 1:19.00  | 25m | 2-2-2017   | Heemskerk (NED) | 338 Pnt. | 100 % |
| 200 vlinderslag | 3:02.29  | 25m | 27-11-2016 | Zaandam (NED)   | 290 Pnt. | 100 % |
| 100 wisselslag  | 1:13.97  | 25m | 15-10-2017 | Alkmaar (NED)   | 468 Pnt. | 106 % |
| 200 wisselslag  | 2:49.87  | 50m | 4-6-2016   | Alkmaar (NED)   | 409 Pnt. | 100 % |
| 200 wisselslag  | 2:41.31  | 25m | 15-10-2017 | Alkmaar (NED)   | 445 Pnt. | 104 % |
| 400 wisselslag  | 6:06.35  | 50m | 19-2-2017  | Amsterdam (NED) | 393 Pnt. | 100 % |
| 400 wisselslag  | 5:47.81  | 25m | 19-3-2017  | Zaandam (NED)   | 421 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 454 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 476 Pnt.

**Hoekstra Erwin**

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 100 vrije slag | 1:12.02 | 25m | 31-1-2013 | Heemskerk (NED) | 242 Pnt. | 100 % |
| 50 rugslag     | 40.30   | 25m | 21-3-2013 | Heemskerk (NED) | 176 Pnt. | 100 % |
| 50 schoolslag  | 43.83   | 25m | 31-1-2013 | Heemskerk (NED) | 191 Pnt. | 100 % |
| 50 vlinderslag | 37.73   | 25m | 21-3-2013 | Heemskerk (NED) | 192 Pnt. | 100 % |

Gemiddelde punten over beste 4 zwemslagen aan het 1-8-2017: 200 Pnt.

Gemiddelde punten over beste 4 zwemslagen aan het 31-7-2018: 200 Pnt.

**Hofland Yasmin**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag  | 20.03   | 25m | 26-4-2012  | Heemskerk (NED) | 149 Pnt. | 100 % |
| 50 vrije slag  | 33.39   | 50m | 20-5-2017  | Alkmaar (NED)   | 358 Pnt. | 100 % |
| 50 vrije slag  | 33.86   | 25m | 13-10-2016 | Heemskerk (NED) | 323 Pnt. | 100 % |
| 100 vrije slag | 1:16.70 | 50m | 5-2-2017   | Alkmaar (NED)   | 312 Pnt. | 100 % |
| 100 vrije slag | 1:14.37 | 25m | 11-5-2017  | Heemskerk (NED) | 322 Pnt. | 100 % |
| 200 vrije slag | 2:46.64 | 25m | 16-3-2017  | Heemskerk (NED) | 296 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 rugslag      | 40.10   | 50m | 5-2-2017   | Alkmaar (NED)   | 307 Pnt. | 100 % |
| 50 rugslag      | 39.68   | 25m | 2-2-2017   | Heemskerk (NED) | 271 Pnt. | 100 % |
| 100 rugslag     | 1:29.47 | 50m | 20-6-2015  | Beverwijk (NED) | 274 Pnt. | 100 % |
| 100 rugslag     | 1:25.18 | 25m | 15-11-2015 | Purmerend (NED) | 272 Pnt. | 100 % |
| 200 rugslag     | 3:06.10 | 25m | 13-11-2016 | Purmerend (NED) | 268 Pnt. | 100 % |
| 50 schoolslag   | 50.29   | 50m | 25-4-2015  | Alkmaar (NED)   | 201 Pnt. | 100 % |
| 50 schoolslag   | 47.75   | 25m | 16-3-2017  | Heemskerk (NED) | 219 Pnt. | 100 % |
| 100 schoolslag  | 1:43.44 | 25m | 6-3-2016   | Purmerend (NED) | 219 Pnt. | 100 % |
| 200 schoolslag  | 3:37.99 | 25m | 12-3-2017  | Purmerend (NED) | 235 Pnt. | 100 % |
| 50 vlinderslag  | 42.93   | 50m | 6-7-2014   | Eindhoven (NED) | 199 Pnt. | 100 % |
| 50 vlinderslag  | 40.85   | 25m | 17-11-2016 | Heemskerk (NED) | 212 Pnt. | 100 % |
| 100 vlinderslag | 1:36.84 | 50m | 20-6-2015  | Beverwijk (NED) | 193 Pnt. | 100 % |
| 100 vlinderslag | 1:33.50 | 25m | 13-11-2016 | Purmerend (NED) | 204 Pnt. | 100 % |
| 200 vlinderslag | 3:40.40 | 25m | 6-4-2014   | Zaandam (NED)   | 164 Pnt. | 100 % |
| 100 wisselslag  | 1:26.89 | 25m | 11-5-2017  | Heemskerk (NED) | 289 Pnt. | 100 % |
| 200 wisselslag  | 3:19.57 | 50m | 5-2-2017   | Alkmaar (NED)   | 252 Pnt. | 100 % |
| 200 wisselslag  | 3:13.06 | 25m | 16-3-2014  | Zaandam (NED)   | 259 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 314 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 314 Pnt.

### van Huisstede Nikita

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 19.15    | 25m | 26-4-2012  | Heemskerk (NED)   | 170 Pnt. | 100 % |
| 50 vrije slag   | 36.68    | 50m | 21-6-2015  | Beverwijk (NED)   | 270 Pnt. | 100 % |
| 50 vrije slag   | 32.43    | 25m | 13-10-2016 | Heemskerk (NED)   | 368 Pnt. | 100 % |
| 100 vrije slag  | 1:19.95  | 50m | 26-5-2015  | Beverwijk (NED)   | 276 Pnt. | 100 % |
| 100 vrije slag  | 1:14.24  | 25m | 6-12-2015  | Purmerend (NED)   | 324 Pnt. | 100 % |
| 200 vrije slag  | 2:45.31  | 25m | 2-10-2016  | Purmerend (NED)   | 304 Pnt. | 100 % |
| 400 vrije slag  | 6:55.18  | 25m | 3-6-2012   | Zaandam (NED)     | 180 Pnt. | 100 % |
| 1000 vrije slag | 19:27.30 | OW  | 17-8-2013  | Heerjansdam (NED) |          | 100 % |
| 50 rugslag      | 41.09    | 25m | 12-3-2017  | Purmerend (NED)   | 244 Pnt. | 100 % |
| 100 rugslag     | 1:32.42  | 50m | 20-6-2015  | Beverwijk (NED)   | 248 Pnt. | 100 % |
| 100 rugslag     | 1:25.15  | 25m | 10-12-2015 | Heemskerk (NED)   | 272 Pnt. | 100 % |
| 200 rugslag     | 3:25.31  | 25m | 14-4-2013  | Zaandam (NED)     | 199 Pnt. | 100 % |
| 25 schoolslag   | 23.89    | 25m | 3-4-2011   | Zaandam (NED)     | 176 Pnt. | 100 % |
| 50 schoolslag   | 44.06    | 50m | 15-3-2015  | Beverwijk (NED)   | 299 Pnt. | 100 % |
| 50 schoolslag   | 41.62    | 25m | 19-2-2015  | Heemskerk (NED)   | 331 Pnt. | 100 % |
| 100 schoolslag  | 1:35.48  | 50m | 15-3-2015  | Beverwijk (NED)   | 306 Pnt. | 100 % |
| 100 schoolslag  | 1:31.14  | 25m | 6-3-2016   | Purmerend (NED)   | 320 Pnt. | 100 % |
| 200 schoolslag  | 3:15.53  | 25m | 12-3-2017  | Purmerend (NED)   | 325 Pnt. | 100 % |
| 25 vlinderslag  | 23.47    | 25m | 17-11-2011 | Heemskerk (NED)   | 108 Pnt. | 100 % |
| 50 vlinderslag  | 39.95    | 25m | 10-12-2015 | Heemskerk (NED)   | 227 Pnt. | 100 % |
| 100 vlinderslag | 1:37.90  | 25m | 13-11-2016 | Purmerend (NED)   | 177 Pnt. | 100 % |
| 100 wisselslag  | 1:25.21  | 25m | 6-12-2015  | Purmerend (NED)   | 306 Pnt. | 100 % |
| 200 wisselslag  | 3:07.83  | 25m | 17-1-2016  | Purmerend (NED)   | 282 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 333 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 333 Pnt.

### Ijntema Tjeerd

|                |         |     |            |                  |          |       |
|----------------|---------|-----|------------|------------------|----------|-------|
| 50 vrije slag  | 29.55   | 25m | 13-10-2016 | Heemskerk (NED)  | 324 Pnt. | 100 % |
| 100 vrije slag | 1:09.29 | 25m | 30-10-2016 | Den Helder (NED) | 272 Pnt. | 100 % |
| 200 vrije slag | 2:42.23 | 25m | 13-11-2016 | Purmerend (NED)  | 229 Pnt. | 100 % |
| 50 rugslag     | 38.32   | 25m | 2-10-2016  | Purmerend (NED)  | 205 Pnt. | 100 % |
| 100 rugslag    | 1:23.47 | 25m | 2-10-2016  | Purmerend (NED)  | 201 Pnt. | 100 % |
| 200 rugslag    | 3:28.79 | 25m | 29-3-2015  | Zaandam (NED)    | 131 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 schoolslag   | 40.12   | 25m | 9-10-2016  | Alkmaar (NED)   | 249 Pnt. | 100 % |
| 100 schoolslag  | 1:28.86 | 25m | 9-10-2016  | Alkmaar (NED)   | 245 Pnt. | 100 % |
| 200 schoolslag  | 3:21.21 | 25m | 2-10-2016  | Purmerend (NED) | 215 Pnt. | 100 % |
| 50 vlinderslag  | 37.35   | 25m | 17-11-2016 | Heemskerk (NED) | 198 Pnt. | 100 % |
| 100 vlinderslag | 1:43.12 | 25m | 18-2-2016  | Heemskerk (NED) | 103 Pnt. | 100 % |
| 100 wisselslag  | 1:21.68 | 25m | 19-5-2016  | Heemskerk (NED) | 239 Pnt. | 100 % |
| 200 wisselslag  | 3:13.92 | 25m | 12-2-2017  | Purmerend (NED) | 180 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 265 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 265 Pnt.

### de Jonge Marco

|                  |            |     |            |                      |          |       |
|------------------|------------|-----|------------|----------------------|----------|-------|
| 50 vrije slag    | 30.98      | 50m | 7-12-2013  | Beverwijk (NED)      | 307 Pnt. | 100 % |
| 50 vrije slag    | 32.32      | 25m | 31-10-2013 | Heemskerk (NED)      | 247 Pnt. | 100 % |
| 100 vrije slag   | 1:13.40    | 25m | 30-1-2014  | Heemskerk (NED)      | 229 Pnt. | 100 % |
| 1000 vrije slag  | 14:30.14   | OW  | 5-9-2015   | Wilhelminadorp (NED) |          | 100 % |
| 1250 vrije slag  | 22:40.04   | OW  | 10-9-2017  | Hoorn (NED)          |          |       |
| 1500 vrije slag  | 26:27.66   | OW  | 17-7-2016  | Amsterdam (NED)      |          | 100 % |
| 2000 vrije slag  | 36:21.72   | OW  | 21-8-2016  | Hoorn (NED)          |          | 100 % |
| 3000 vrije slag  | 43:59.30   | OW  | 7-9-2013   | Eindhoven (NED)      |          | 100 % |
| 5000 vrije slag  | 1:19:25.95 | OW  | 7-9-2014   | Vlissingen (NED)     |          | 100 % |
| 6500 vrije slag  | 1:59:53.25 | OW  | 28-8-2016  | Oosterhout (NED)     |          | 100 % |
| 10000 vrije slag | 2:50:56.97 | OW  | 14-6-2014  | Vriezenveen (NED)    |          | 100 % |

CRS,CRM50

Gemiddelde punten over beste 2 zwemslagen aan het 1-8-2017: 268 Pnt.

Gemiddelde punten over beste 2 zwemslagen aan het 31-7-2018: 268 Pnt.

### Jongert Jeroen

|                 |         |     |            |                        |          |       |
|-----------------|---------|-----|------------|------------------------|----------|-------|
| 50 vrije slag   | 25.37   | 50m | 5-3-2017   | Alkmaar (NED)          | 559 Pnt. | 100 % |
| 50 vrije slag   | 24.78   | 25m | 13-10-2016 | Heemskerk (NED)        | 549 Pnt. | 100 % |
| 100 vrije slag  | 56.28   | 50m | 18-6-2017  | Bergbad Bückebug (GER) | 579 Pnt. | 100 % |
| 100 vrije slag  | 53.64   | 25m | 12-2-2017  | Purmerend (NED)        | 588 Pnt. | 100 % |
| 200 vrije slag  | 2:10.04 | 50m | 28-5-2017  | Alkmaar (NED)          | 482 Pnt. | 100 % |
| 200 vrije slag  | 2:00.76 | 25m | 16-3-2017  | Heemskerk (NED)        | 557 Pnt. | 100 % |
| 300 vrije slag  | 3:26.99 | 25m | 4-10-2015  | Purmerend (NED)        | 426 Pnt. | 100 % |
| 400 vrije slag  | 4:27.04 | 25m | 8-1-2017   | Purmerend (NED)        | 502 Pnt. | 100 % |
| 50 rugslag      | 30.33   | 50m | 13-3-2016  | Alkmaar (NED)          | 497 Pnt. | 100 % |
| 50 rugslag      | 28.42   | 25m | 2-7-2017   | Den Helder (NED)       | 503 Pnt. | 100 % |
| 100 rugslag     | 1:04.28 | 50m | 21-5-2017  | Alkmaar (NED)          | 527 Pnt. | 100 % |
| 100 rugslag     | 1:00.52 | 25m | 16-4-2017  | Haarlem (NED)          | 528 Pnt. | 100 % |
| 200 rugslag     | 2:23.59 | 50m | 17-6-2017  | Bergbad Bückebug (GER) | 473 Pnt. | 100 % |
| 200 rugslag     | 2:15.60 | 25m | 12-2-2017  | Purmerend (NED)        | 479 Pnt. | 100 % |
| 50 schoolslag   | 34.91   | 25m | 6-9-2015   | Zaandam (NED)          | 378 Pnt. | 100 % |
| 100 schoolslag  | 1:17.43 | 25m | 13-10-2016 | Heemskerk (NED)        | 370 Pnt. | 100 % |
| 50 vlinderslag  | 26.94   | 50m | 9-4-2017   | Eindhoven (NED)        | 577 Pnt. | 100 % |
| 50 vlinderslag  | 26.37   | 25m | 12-2-2017  | Purmerend (NED)        | 564 Pnt. | 100 % |
| 100 vlinderslag | 1:00.05 | 50m | 5-3-2017   | Alkmaar (NED)          | 571 Pnt. | 100 % |
| 100 vlinderslag | 59.13   | 25m | 4-6-2017   | Purmerend (NED)        | 551 Pnt. | 100 % |
| 200 vlinderslag | 2:26.94 | 50m | 27-5-2017  | Alkmaar (NED)          | 437 Pnt. | 100 % |
| 200 vlinderslag | 2:18.01 | 25m | 12-3-2017  | Purmerend (NED)        | 486 Pnt. | 100 % |
| 100 wisselslag  | 1:03.02 | 25m | 4-10-2015  | Purmerend (NED)        | 521 Pnt. | 100 % |
| 200 wisselslag  | 2:18.71 | 25m | 12-3-2017  | Purmerend (NED)        | 493 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 570 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 570 Pnt.

**Jongert Sjoerd**

|                 |          |     |            |                         |          |       |
|-----------------|----------|-----|------------|-------------------------|----------|-------|
| 50 vrije slag   | 28.00    | 50m | 26-3-2017  | Alkmaar (NED)           | 416 Pnt. | 100 % |
| 50 vrije slag   | 27.34    | 25m | 16-4-2017  | Haarlem (NED)           | 409 Pnt. | 100 % |
| 100 vrije slag  | 1:01.25  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 449 Pnt. | 100 % |
| 100 vrije slag  | 58.79    | 25m | 8-10-2017  | Alkmaar (NED)           | 446 Pnt. | 102 % |
| 200 vrije slag  | 2:18.36  | 50m | 28-5-2017  | Alkmaar (NED)           | 400 Pnt. | 100 % |
| 200 vrije slag  | 2:13.11  | 25m | 16-3-2017  | Heemskerk (NED)         | 416 Pnt. | 100 % |
| 400 vrije slag  | 5:06.59  | 50m | 2-4-2017   | Alkmaar (NED)           | 369 Pnt. | 100 % |
| 1000 vrije slag | 14:26.70 | OW  | 2-9-2017   | Wilhelminadorp (NED)    |          | 103 % |
| 1250 vrije slag | 17:45.10 | OW  | 10-9-2017  | Hoorn (NED)             |          |       |
| 1500 vrije slag | 23:18.60 | OW  | 17-7-2016  | Amsterdam (NED)         |          | 100 % |
| 2500 vrije slag | 37:05.15 | OW  | 3-9-2017   | Vlissingen (NED)        |          | 112 % |
| 50 rugslag      | 34.86    | 50m | 30-4-2016  | Alkmaar (NED)           | 327 Pnt. | 100 % |
| 50 rugslag      | 32.37    | 25m | 15-1-2017  | Alkmaar (NED)           | 340 Pnt. | 100 % |
| 100 rugslag     | 1:17.31  | 50m | 21-5-2017  | Alkmaar (NED)           | 303 Pnt. | 100 % |
| 100 rugslag     | 1:09.48  | 25m | 12-3-2017  | Purmerend (NED)         | 349 Pnt. | 100 % |
| 200 rugslag     | 2:49.40  | 50m | 20-5-2017  | Alkmaar (NED)           | 288 Pnt. | 100 % |
| 200 rugslag     | 2:34.06  | 25m | 19-3-2017  | Zaandam (NED)           | 326 Pnt. | 100 % |
| 50 schoolslag   | 37.92    | 50m | 26-3-2017  | Alkmaar (NED)           | 347 Pnt. | 100 % |
| 50 schoolslag   | 36.66    | 25m | 15-5-2016  | Purmerend (NED)         | 326 Pnt. | 100 % |
| 100 schoolslag  | 1:24.67  | 50m | 5-2-2017   | Alkmaar (NED)           | 329 Pnt. | 100 % |
| 100 schoolslag  | 1:19.11  | 25m | 13-10-2016 | Heemskerk (NED)         | 347 Pnt. | 100 % |
| 200 schoolslag  | 3:02.07  | 50m | 5-2-2017   | Alkmaar (NED)           | 339 Pnt. | 100 % |
| 200 schoolslag  | 2:50.51  | 25m | 12-3-2017  | Purmerend (NED)         | 354 Pnt. | 100 % |
| 500 schoolslag  | 8:50.75  | OW  | 4-9-2016   | Vlissingen (NED)        |          | 100 % |
| 1000 schoolslag | 17:43.94 | OW  | 23-7-2016  | Amstelveen (NED)        |          | 100 % |
| 1500 schoolslag | 28:06.00 | OW  | 3-9-2016   | Wilhelminadorp (NED)    |          | 100 % |
| 50 vlinderslag  | 31.87    | 50m | 21-5-2017  | Alkmaar (NED)           | 348 Pnt. | 100 % |
| 50 vlinderslag  | 30.44    | 25m | 8-1-2017   | Purmerend (NED)         | 367 Pnt. | 100 % |
| 100 vlinderslag | 1:10.79  | 50m | 26-3-2017  | Alkmaar (NED)           | 348 Pnt. | 100 % |
| 100 vlinderslag | 1:07.28  | 25m | 15-10-2017 | Alkmaar (NED)           | 374 Pnt. | 104 % |
| 200 vlinderslag | 2:42.39  | 50m | 27-5-2017  | Alkmaar (NED)           | 323 Pnt. | 100 % |
| 200 vlinderslag | 2:38.30  | 25m | 27-11-2016 | Zaandam (NED)           | 322 Pnt. | 100 % |
| 100 wisselslag  | 1:06.34  | 25m | 15-10-2017 | Alkmaar (NED)           | 446 Pnt. | 103 % |
| 200 wisselslag  | 2:36.25  | 50m | 27-5-2017  | Alkmaar (NED)           | 388 Pnt. | 100 % |
| 200 wisselslag  | 2:30.52  | 25m | 15-10-2017 | Alkmaar (NED)           | 386 Pnt. | 102 % |
| 400 wisselslag  | 5:27.25  | 25m | 19-3-2017  | Zaandam (NED)           | 372 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 418 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 423 Pnt.

**Kingma Danae**

|                |          |     |            |                 |          |       |                  |
|----------------|----------|-----|------------|-----------------|----------|-------|------------------|
| 50 vrije slag  | 27.47    | 50m | 9-4-2017   | Eindhoven (NED) | 644 Pnt. | 100 % | CRS,CR17,CR18,CR |
| 50 vrije slag  | 26.92    | 25m | 29-1-2016  | Amsterdam (NED) | 643 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 100 vrije slag | 59.59    | 50m | 8-4-2017   | Eindhoven (NED) | 667 Pnt. | 100 % | CRS,CR17,CR18,CR |
| 100 vrije slag | 58.46    | 25m | 5-11-2016  | Hoofddorp (NED) | 664 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 200 vrije slag | 2:13.79  | 50m | 21-5-2017  | Alkmaar (NED)   | 602 Pnt. | 100 % |                  |
| 200 vrije slag | 2:11.46  | 25m | 15-11-2015 | Purmerend (NED) | 604 Pnt. | 100 % |                  |
| 400 vrije slag | 5:17.00  | 25m | 19-10-2014 | Zaandam (NED)   | 404 Pnt. | 100 % |                  |
| 800 vrije slag | 10:34.87 | 25m | 19-10-2014 | Zaandam (NED)   | 430 Pnt. | 100 % |                  |
| 50 rugslag     | 31.90    | 50m | 6-4-2017   | Eindhoven (NED) | 610 Pnt. | 100 % | CRS,CR17,CR18,CR |
| 50 rugslag     | 31.76    | 25m | 18-2-2016  | Heemskerk (NED) | 529 Pnt. | 100 % |                  |
| 100 rugslag    | 1:12.31  | 50m | 26-6-2015  | Alkmaar (NED)   | 519 Pnt. | 100 % |                  |
| 100 rugslag    | 1:07.40  | 25m | 1-10-2017  | Purmerend (NED) | 550 Pnt. | 103 % |                  |
| 200 rugslag    | 2:33.86  | 50m | 4-6-2016   | Alkmaar (NED)   | 524 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 200 rugslag    | 2:28.91  | 25m | 29-3-2015  | Zaandam (NED)   | 523 Pnt. | 100 % |                  |
| 50 schoolslag  | 35.43    | 50m | 8-4-2016   | Eindhoven (NED) | 576 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 50 schoolslag  | 34.17    | 25m | 13-11-2016 | Purmerend (NED) | 598 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 100 schoolslag | 1:20.02  | 50m | 21-2-2016  | Alkmaar (NED)   | 520 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 100 schoolslag | 1:16.62  | 25m | 13-11-2016 | Purmerend (NED) | 539 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 200 schoolslag | 3:04.77  | 50m | 24-5-2014  | Beverwijk (NED) | 426 Pnt. | 100 % |                  |
| 200 schoolslag | 2:53.96  | 25m | 4-10-2015  | Purmerend (NED) | 462 Pnt. | 100 % | CRS,CR15,CR16,CR |



|                 |         |     |            |                  |          |       |                  |
|-----------------|---------|-----|------------|------------------|----------|-------|------------------|
| 50 vlinderslag  | 30.46   | 50m | 6-4-2017   | Eindhoven (NED)  | 557 Pnt. | 100 % | CRS,CR17,CR18,CR |
| 50 vlinderslag  | 30.41   | 25m | 15-1-2017  | Alkmaar (NED)    | 515 Pnt. | 100 % | CRS,CR17,CR18,CR |
| 100 vlinderslag | 1:15.73 | 50m | 25-4-2015  | Alkmaar (NED)    | 403 Pnt. | 100 % |                  |
| 100 vlinderslag | 1:09.75 | 25m | 12-2-2017  | Purmerend (NED)  | 491 Pnt. | 100 % |                  |
| 100 wisselslag  | 1:08.21 | 25m | 29-12-2016 | Leeuwarden (NED) | 597 Pnt. | 100 % | CRS,CR16,CR17,CR |
| 200 wisselslag  | 2:34.82 | 50m | 20-5-2017  | Alkmaar (NED)    | 540 Pnt. | 100 % | CRS,CR17,CR18,CR |
| 200 wisselslag  | 2:30.72 | 25m | 12-2-2017  | Purmerend (NED)  | 546 Pnt. | 100 % |                  |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 624 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 624 Pnt.

### Kleine Barry

|                 |            |     |            |                      |          |       |           |
|-----------------|------------|-----|------------|----------------------|----------|-------|-----------|
| 25 vrije slag   | 12.14      | 25m | 30-6-2011  | Heemskerk (NED)      | 428 Pnt. | 100 % |           |
| 50 vrije slag   | 25.28      | 50m | 22-2-2015  | Alkmaar (NED)        | 565 Pnt. | 100 % | CRS,CRM20 |
| 50 vrije slag   | 24.96      | 25m | 29-3-2015  | Zaandam (NED)        | 537 Pnt. | 100 % |           |
| 100 vrije slag  | 56.79      | 50m | 15-3-2015  | Beverwijk (NED)      | 563 Pnt. | 100 % |           |
| 100 vrije slag  | 54.59      | 25m | 23-4-2015  | Heemskerk (NED)      | 557 Pnt. | 100 % |           |
| 200 vrije slag  | 2:09.46    | 50m | 25-5-2014  | Beverwijk (NED)      | 489 Pnt. | 100 % |           |
| 200 vrije slag  | 2:02.51    | 25m | 6-3-2014   | Heemskerk (NED)      | 533 Pnt. | 100 % |           |
| 300 vrije slag  | 3:21.95    | 25m | 4-10-2015  | Purmerend (NED)      | 459 Pnt. | 100 % |           |
| 400 vrije slag  | 4:53.15    | 50m | 29-5-2010  | Beverwijk (NED)      | 423 Pnt. | 100 % |           |
| 400 vrije slag  | 4:31.98    | 25m | 4-10-2015  | Purmerend (NED)      | 475 Pnt. | 100 % |           |
| 500 vrije slag  | 9:04.12    | OW  | 18-8-2002  | Eersel (NED)         |          | 100 % |           |
| 800 vrije slag  | 9:33.95    | 25m | 12-9-2010  | Zaandam (NED)        | 461 Pnt. | 100 % |           |
| 1000 vrije slag | 13:41.09   | OW  | 25-7-2010  | Langedijk (NED)      |          | 100 % |           |
| 1500 vrije slag | 18:29.63   | 25m | 28-3-2010  | Zeist (NED)          | 449 Pnt. | 100 % |           |
| 1500 vrije slag | 21:11.80   | OW  | 24-7-2010  | Anna-Paulowna (NED)  |          | 100 % |           |
| 2000 vrije slag | 24:51.60   | 25m | 28-2-2010  | Zaandam (NED)        | 438 Pnt. | 100 % |           |
| 2000 vrije slag | 26:03.55   | OW  | 4-9-2010   | Wilhelminadorp (NED) |          | 100 % |           |
| 2500 vrije slag | 35:16.17   | OW  | 25-7-2010  | Langedijk (NED)      |          | 100 % |           |
| 3000 vrije slag | 44:07.60   | OW  | 24-7-2010  | Anna-Paulowna (NED)  |          | 100 % |           |
| 5000 vrije slag | 1:11:56.36 | OW  | 6-9-2009   | Vlissingen (NED)     |          | 100 % |           |
| 25 rugslag      | 16.86      | 25m | 19-4-2007  | Heemskerk (NED)      | 245 Pnt. | 100 % |           |
| 50 rugslag      | 29.02      | 50m | 8-4-2016   | Eindhoven (NED)      | 568 Pnt. | 100 % | CRS,CRM20 |
| 50 rugslag      | 27.86      | 25m | 9-3-2014   | Zaandam (NED)        | 534 Pnt. | 100 % | CRS,CRM20 |
| 100 rugslag     | 1:01.98    | 50m | 9-4-2016   | Eindhoven (NED)      | 588 Pnt. | 100 % | CRS,CRM20 |
| 100 rugslag     | 58.63      | 25m | 9-3-2014   | Zaandam (NED)        | 581 Pnt. | 100 % | CRS,CRM20 |
| 200 rugslag     | 2:17.29    | 50m | 7-4-2016   | Eindhoven (NED)      | 541 Pnt. | 100 % | CRS,CRM20 |
| 200 rugslag     | 2:11.82    | 25m | 16-11-2014 | Zaandam (NED)        | 521 Pnt. | 100 % | CRS,CRM20 |
| 25 schoolslag   | 21.00      | 25m | 19-4-2007  | Heemskerk (NED)      | 169 Pnt. | 100 % |           |
| 50 schoolslag   | 38.55      | 50m | 25-5-2014  | Beverwijk (NED)      | 331 Pnt. | 100 % |           |
| 50 schoolslag   | 34.37      | 25m | 17-3-2016  | Heemskerk (NED)      | 396 Pnt. | 100 % |           |
| 100 schoolslag  | 1:25.41    | 50m | 12-6-2010  | Beverwijk (NED)      | 320 Pnt. | 100 % |           |
| 100 schoolslag  | 1:16.72    | 25m | 18-9-2014  | Heemskerk (NED)      | 380 Pnt. | 100 % |           |
| 200 schoolslag  | 2:51.78    | 25m | 18-1-2015  | Zaandam (NED)        | 346 Pnt. | 100 % |           |
| 500 schoolslag  | 9:25.47    | OW  | 26-7-2009  | Langedijk (NED)      |          | 100 % |           |
| 1000 schoolslag | 21:33.04   | OW  | 17-8-2008  | Aalsmeer (NED)       |          | 100 % |           |
| 25 vlinderslag  | 12.84      | 25m | 30-6-2011  | Heemskerk (NED)      | 458 Pnt. | 100 % |           |
| 50 vlinderslag  | 28.13      | 50m | 29-5-2016  | Alkmaar (NED)        | 506 Pnt. | 100 % |           |
| 50 vlinderslag  | 27.04      | 25m | 10-12-2015 | Heemskerk (NED)      | 524 Pnt. | 100 % |           |
| 100 vlinderslag | 1:03.41    | 50m | 25-5-2014  | Beverwijk (NED)      | 484 Pnt. | 100 % |           |
| 100 vlinderslag | 1:00.35    | 25m | 8-3-2015   | Zaandam (NED)        | 518 Pnt. | 100 % |           |
| 200 vlinderslag | 2:36.58    | 50m | 15-5-2011  | Alkmaar (NED)        | 361 Pnt. | 100 % |           |
| 200 vlinderslag | 2:30.37    | 25m | 18-2-2010  | Heemskerk (NED)      | 376 Pnt. | 100 % |           |
| 100 wisselslag  | 1:02.37    | 25m | 23-4-2015  | Heemskerk (NED)      | 537 Pnt. | 100 % | CRS,CRM20 |
| 200 wisselslag  | 2:24.62    | 50m | 16-5-2015  | Beverwijk (NED)      | 489 Pnt. | 100 % | CRS,CRM20 |
| 200 wisselslag  | 2:17.16    | 25m | 30-3-2014  | Zaandam (NED)        | 510 Pnt. | 100 % | CRS,CRM20 |
| 300 wisselslag  | 4:22.74    | 25m | 9-11-2008  | Zaandam (NED)        |          | 100 % |           |
| 400 wisselslag  | 5:18.83    | 25m | 7-2-2010   | Zaandam (NED)        | 402 Pnt. | 100 % |           |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 565 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 565 Pnt.

**Knight Kayleigh**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 19.17   | 25m | 30-6-2011  | Heemskerk (NED) | 170 Pnt. | 100 % |
| 50 vrije slag   | 38.07   | 50m | 24-11-2012 | Beverwijk (NED) | 242 Pnt. | 100 % |
| 50 vrije slag   | 33.83   | 25m | 13-10-2016 | Heemskerk (NED) | 324 Pnt. | 100 % |
| 100 vrije slag  | 1:34.19 | 50m | 22-4-2012  | Beverwijk (NED) | 168 Pnt. | 100 % |
| 100 vrije slag  | 1:15.26 | 25m | 12-3-2017  | Purmerend (NED) | 311 Pnt. | 100 % |
| 200 vrije slag  | 3:23.87 | 50m | 25-3-2012  | Beverwijk (NED) | 170 Pnt. | 100 % |
| 200 vrije slag  | 2:51.30 | 25m | 16-3-2017  | Heemskerk (NED) | 273 Pnt. | 100 % |
| 25 rugslag      | 31.00   | 25m | 27-9-2009  | Hoorn (NED)     | 59 Pnt.  | 100 % |
| 50 rugslag      | 50.21   | 50m | 3-12-2011  | Beverwijk (NED) | 156 Pnt. | 100 % |
| 50 rugslag      | 41.59   | 25m | 1-10-2017  | Purmerend (NED) | 235 Pnt. | 101 % |
| 100 rugslag     | 2:02.68 | 50m | 4-6-2011   | Beverwijk (NED) | 106 Pnt. | 100 % |
| 100 rugslag     | 1:27.94 | 25m | 1-10-2017  | Purmerend (NED) | 247 Pnt. | 103 % |
| 200 rugslag     | 3:11.31 | 25m | 12-3-2017  | Purmerend (NED) | 246 Pnt. | 100 % |
| 25 schoolslag   | 28.35   | 25m | 27-9-2009  | Hoorn (NED)     | 105 Pnt. | 100 % |
| 50 schoolslag   | 46.69   | 50m | 24-11-2012 | Beverwijk (NED) | 251 Pnt. | 100 % |
| 50 schoolslag   | 42.50   | 25m | 16-3-2017  | Heemskerk (NED) | 311 Pnt. | 100 % |
| 100 schoolslag  | 1:39.76 | 50m | 28-5-2016  | Alkmaar (NED)   | 268 Pnt. | 100 % |
| 100 schoolslag  | 1:35.98 | 25m | 6-3-2016   | Purmerend (NED) | 274 Pnt. | 100 % |
| 200 schoolslag  | 4:01.30 | 50m | 25-3-2012  | Beverwijk (NED) | 191 Pnt. | 100 % |
| 200 schoolslag  | 3:30.10 | 25m | 1-10-2017  | Purmerend (NED) | 262 Pnt. | 101 % |
| 25 vlinderslag  | 23.11   | 25m | 30-6-2011  | Heemskerk (NED) | 113 Pnt. | 100 % |
| 50 vlinderslag  | 48.26   | 50m | 24-11-2012 | Beverwijk (NED) | 140 Pnt. | 100 % |
| 50 vlinderslag  | 40.35   | 25m | 17-4-2017  | Haarlem (NED)   | 220 Pnt. | 100 % |
| 100 vlinderslag | 2:04.95 | 50m | 22-4-2012  | Beverwijk (NED) | 89 Pnt.  | 100 % |
| 100 vlinderslag | 1:43.90 | 25m | 18-2-2016  | Heemskerk (NED) | 148 Pnt. | 100 % |
| 200 vlinderslag | 4:18.31 | 25m | 18-3-2012  | Zaandam (NED)   | 102 Pnt. | 100 % |
| 100 wisselslag  | 1:29.91 | 25m | 19-5-2016  | Heemskerk (NED) | 260 Pnt. | 100 % |
| 200 wisselslag  | 3:13.38 | 25m | 17-1-2016  | Purmerend (NED) | 258 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 298 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 298 Pnt.

**Koper Fiona**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 17.19   | 25m | 26-4-2012  | Heemskerk (NED) | 235 Pnt. | 100 % |
| 50 vrije slag   | 32.18   | 50m | 20-5-2017  | Alkmaar (NED)   | 400 Pnt. | 100 % |
| 50 vrije slag   | 30.48   | 25m | 13-10-2016 | Heemskerk (NED) | 443 Pnt. | 100 % |
| 100 vrije slag  | 1:13.19 | 50m | 5-2-2017   | Alkmaar (NED)   | 360 Pnt. | 100 % |
| 100 vrije slag  | 1:08.70 | 25m | 12-3-2017  | Purmerend (NED) | 409 Pnt. | 100 % |
| 200 vrije slag  | 2:35.69 | 25m | 16-3-2017  | Heemskerk (NED) | 364 Pnt. | 100 % |
| 25 rugslag      | 22.67   | 25m | 26-9-2010  | Hoorn (NED)     | 152 Pnt. | 100 % |
| 50 rugslag      | 34.70   | 50m | 5-2-2017   | Alkmaar (NED)   | 474 Pnt. | 100 % |
| 50 rugslag      | 33.41   | 25m | 2-2-2017   | Heemskerk (NED) | 455 Pnt. | 100 % |
| 100 rugslag     | 1:17.45 | 50m | 5-6-2016   | Alkmaar (NED)   | 422 Pnt. | 100 % |
| 100 rugslag     | 1:12.27 | 25m | 17-11-2016 | Heemskerk (NED) | 446 Pnt. | 100 % |
| 200 rugslag     | 3:07.75 | 50m | 12-5-2013  | Beverwijk (NED) | 288 Pnt. | 100 % |
| 200 rugslag     | 2:46.50 | 25m | 12-3-2017  | Purmerend (NED) | 374 Pnt. | 100 % |
| 25 schoolslag   | 24.62   | 25m | 3-4-2011   | Zaandam (NED)   | 161 Pnt. | 100 % |
| 50 schoolslag   | 41.41   | 50m | 20-5-2017  | Alkmaar (NED)   | 360 Pnt. | 100 % |
| 50 schoolslag   | 41.35   | 25m | 16-3-2017  | Heemskerk (NED) | 337 Pnt. | 100 % |
| 100 schoolslag  | 1:33.56 | 25m | 13-10-2016 | Heemskerk (NED) | 296 Pnt. | 100 % |
| 200 schoolslag  | 3:26.05 | 25m | 1-10-2017  | Purmerend (NED) | 278 Pnt. | 102 % |
| 25 vlinderslag  | 23.79   | 25m | 30-6-2011  | Heemskerk (NED) | 104 Pnt. | 100 % |
| 50 vlinderslag  | 35.90   | 50m | 28-5-2017  | Alkmaar (NED)   | 340 Pnt. | 100 % |
| 50 vlinderslag  | 34.73   | 25m | 17-11-2016 | Heemskerk (NED) | 345 Pnt. | 100 % |
| 100 vlinderslag | 1:30.94 | 25m | 2-2-2017   | Heemskerk (NED) | 221 Pnt. | 100 % |
| 100 wisselslag  | 1:24.79 | 25m | 21-9-2014  | Purmerend (NED) | 311 Pnt. | 100 % |
| 200 wisselslag  | 2:57.59 | 25m | 12-2-2017  | Purmerend (NED) | 333 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 429 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 429 Pnt.

**Leegwater Martijn**

|                 |          |    |           |                  |       |
|-----------------|----------|----|-----------|------------------|-------|
| 2000 vrije slag | 37:01.29 | OW | 18-7-2015 | Amstelveen (NED) | 100 % |
|-----------------|----------|----|-----------|------------------|-------|

**van Leeuwen Eddy****Liu Andy**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag  | 41.23   | 25m | 7-5-2017   | Zaandam (NED)   | 119 Pnt. | 100 % |
| 100 vrije slag | 1:31.01 | 25m | 7-5-2017   | Zaandam (NED)   | 120 Pnt. | 100 % |
| 200 vrije slag | 3:19.88 | 25m | 7-5-2017   | Zaandam (NED)   | 122 Pnt. | 100 % |
| 50 rugslag     | 49.22   | 25m | 2-2-2017   | Heemskerk (NED) | 96 Pnt.  | 100 % |
| 100 rugslag    | 1:46.09 | 25m | 19-3-2017  | Zaandam (NED)   | 98 Pnt.  | 100 % |
| 200 rugslag    | 3:34.61 | 25m | 19-3-2017  | Zaandam (NED)   | 120 Pnt. | 100 % |
| 50 schoolslag  | 49.91   | 25m | 16-3-2017  | Heemskerk (NED) | 129 Pnt. | 100 % |
| 100 schoolslag | 1:58.45 | 25m | 13-11-2016 | Purmerend (NED) | 103 Pnt. | 100 % |
| 100 wisselslag | 1:42.32 | 25m | 11-5-2017  | Heemskerk (NED) | 121 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 122 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 122 Pnt.

**Mallon Danique**

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 14.67    | 25m | 29-5-2008  | Heemskerk (NED) | 379 Pnt. | 100 % |
| 50 vrije slag   | 31.26    | 50m | 29-5-2010  | Beverwijk (NED) | 437 Pnt. | 100 % |
| 50 vrije slag   | 30.47    | 25m | 27-2-2010  | Hoorn (NED)     | 443 Pnt. | 100 % |
| 100 vrije slag  | 1:08.10  | 50m | 13-6-2010  | Beverwijk (NED) | 447 Pnt. | 100 % |
| 100 vrije slag  | 1:05.55  | 25m | 5-4-2010   | Haarlem (NED)   | 471 Pnt. | 100 % |
| 200 vrije slag  | 2:33.54  | 50m | 18-5-2008  | Alkmaar (NED)   | 398 Pnt. | 100 % |
| 200 vrije slag  | 2:23.87  | 25m | 3-10-2010  | Zaandam (NED)   | 461 Pnt. | 100 % |
| 300 vrije slag  | 4:08.45  | 25m | 14-10-2007 | Zaandam (NED)   | 336 Pnt. | 100 % |
| 400 vrije slag  | 5:35.85  | 50m | 29-3-2009  | Alkmaar (NED)   | 361 Pnt. | 100 % |
| 400 vrije slag  | 5:30.28  | 25m | 9-12-2007  | Zaandam (NED)   | 358 Pnt. | 100 % |
| 800 vrije slag  | 11:12.78 | 25m | 9-12-2007  | Zaandam (NED)   | 361 Pnt. | 100 % |
| 1500 vrije slag | 23:47.44 | 25m | 28-1-2007  | Zaandam (NED)   | 273 Pnt. | 100 % |
| 25 rugslag      | 16.78    | 25m | 29-5-2008  | Heemskerk (NED) | 374 Pnt. | 100 % |
| 50 rugslag      | 36.05    | 50m | 25-5-2008  | Beverwijk (NED) | 422 Pnt. | 100 % |
| 50 rugslag      | 34.73    | 25m | 22-5-2010  | Purmerend (NED) | 405 Pnt. | 100 % |
| 100 rugslag     | 1:19.85  | 50m | 24-5-2008  | Beverwijk (NED) | 385 Pnt. | 100 % |
| 100 rugslag     | 1:14.20  | 25m | 4-11-2010  | Heemskerk (NED) | 412 Pnt. | 100 % |
| 200 rugslag     | 2:50.17  | 50m | 16-5-2010  | Alkmaar (NED)   | 387 Pnt. | 100 % |
| 200 rugslag     | 2:42.74  | 25m | 11-4-2010  | Zaandam (NED)   | 401 Pnt. | 100 % |
| 25 schoolslag   | 20.36    | 25m | 19-4-2007  | Heemskerk (NED) | 285 Pnt. | 100 % |
| 50 schoolslag   | 41.66    | 25m | 14-3-2010  | Heemskerk (NED) | 330 Pnt. | 100 % |
| 100 schoolslag  | 1:32.61  | 50m | 13-6-2010  | Beverwijk (NED) | 335 Pnt. | 100 % |
| 100 schoolslag  | 1:28.39  | 25m | 14-3-2010  | Heemskerk (NED) | 351 Pnt. | 100 % |
| 200 schoolslag  | 3:11.53  | 25m | 25-3-2010  | Heemskerk (NED) | 346 Pnt. | 100 % |
| 25 vlinderslag  | 15.70    | 25m | 30-6-2011  | Heemskerk (NED) | 362 Pnt. | 100 % |
| 50 vlinderslag  | 34.99    | 50m | 16-5-2009  | Beverwijk (NED) | 367 Pnt. | 100 % |
| 50 vlinderslag  | 33.41    | 25m | 23-5-2010  | Purmerend (NED) | 388 Pnt. | 100 % |
| 100 vlinderslag | 1:18.44  | 50m | 18-5-2008  | Alkmaar (NED)   | 363 Pnt. | 100 % |
| 100 vlinderslag | 1:13.93  | 25m | 23-5-2010  | Purmerend (NED) | 412 Pnt. | 100 % |
| 200 vlinderslag | 2:54.66  | 50m | 30-5-2010  | Beverwijk (NED) | 339 Pnt. | 100 % |
| 200 vlinderslag | 2:48.96  | 25m | 18-2-2010  | Heemskerk (NED) | 365 Pnt. | 100 % |
| 100 wisselslag  | 1:15.90  | 25m | 11-4-2010  | Zaandam (NED)   | 433 Pnt. | 100 % |
| 200 wisselslag  | 2:52.70  | 50m | 24-5-2008  | Beverwijk (NED) | 389 Pnt. | 100 % |
| 200 wisselslag  | 2:45.92  | 25m | 26-9-2010  | Zaandam (NED)   | 409 Pnt. | 100 % |
| 300 wisselslag  | 4:41.82  | 25m | 9-11-2008  | Zaandam (NED)   | 100 %    |       |
| 400 wisselslag  | 6:04.26  | 25m | 24-2-2008  | Zaandam (NED)   | 367 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 446 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 446 Pnt.

### **Martens landra**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 36.48   | 25m | 24-9-2015  | Heemskerk (NED) | 258 Pnt. | 100 % |
| 100 vrije slag  | 1:25.50 | 25m | 29-3-2015  | Zaandam (NED)   | 212 Pnt. | 100 % |
| 200 vrije slag  | 3:09.63 | 25m | 19-4-2015  | Zaandam (NED)   | 201 Pnt. | 100 % |
| 50 rugslag      | 49.98   | 25m | 17-1-2016  | Purmerend (NED) | 135 Pnt. | 100 % |
| 100 rugslag     | 1:43.23 | 25m | 17-1-2016  | Purmerend (NED) | 153 Pnt. | 100 % |
| 50 schoolslag   | 48.63   | 25m | 8-1-2015   | Heemskerk (NED) | 207 Pnt. | 100 % |
| 100 schoolslag  | 1:45.06 | 25m | 24-9-2015  | Heemskerk (NED) | 209 Pnt. | 100 % |
| 200 schoolslag  | 3:53.03 | 25m | 22-3-2015  | Zaandam (NED)   | 192 Pnt. | 100 % |
| 50 vlinderslag  | 46.52   | 25m | 29-3-2015  | Zaandam (NED)   | 143 Pnt. | 100 % |
| 100 vlinderslag | 1:58.83 | 25m | 8-1-2015   | Heemskerk (NED) | 99 Pnt.  | 100 % |
| 100 wisselslag  | 1:46.83 | 25m | 16-11-2014 | Zaandam (NED)   | 155 Pnt. | 100 % |
| 200 wisselslag  | 3:33.84 | 25m | 15-11-2015 | Purmerend (NED) | 191 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 217 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 217 Pnt.

### **Di Mattia Angelo**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 28.44   | 50m | 29-11-2014 | Beverwijk (NED) | 397 Pnt. | 100 % |
| 50 vrije slag   | 26.59   | 25m | 15-2-2015  | Purmerend (NED) | 444 Pnt. | 100 % |
| 100 vrije slag  | 1:07.60 | 50m | 21-6-2014  | Beverwijk (NED) | 334 Pnt. | 100 % |
| 100 vrije slag  | 59.19   | 25m | 8-1-2015   | Heemskerk (NED) | 437 Pnt. | 100 % |
| 200 vrije slag  | 2:23.07 | 25m | 26-10-2014 | Zaandam (NED)   | 335 Pnt. | 100 % |
| 50 rugslag      | 33.87   | 25m | 8-1-2015   | Heemskerk (NED) | 297 Pnt. | 100 % |
| 100 rugslag     | 1:24.77 | 50m | 22-6-2014  | Beverwijk (NED) | 230 Pnt. | 100 % |
| 100 rugslag     | 1:12.28 | 25m | 29-3-2015  | Zaandam (NED)   | 310 Pnt. | 100 % |
| 200 rugslag     | 2:36.44 | 25m | 18-1-2015  | Zaandam (NED)   | 312 Pnt. | 100 % |
| 50 schoolslag   | 35.61   | 25m | 1-2-2015   | Zaandam (NED)   | 356 Pnt. | 100 % |
| 100 schoolslag  | 1:27.83 | 50m | 21-6-2014  | Beverwijk (NED) | 294 Pnt. | 100 % |
| 100 schoolslag  | 1:17.87 | 25m | 15-3-2015  | Zaandam (NED)   | 364 Pnt. | 100 % |
| 200 schoolslag  | 2:51.66 | 25m | 8-3-2015   | Zaandam (NED)   | 347 Pnt. | 100 % |
| 50 vlinderslag  | 33.80   | 50m | 29-11-2014 | Beverwijk (NED) | 292 Pnt. | 100 % |
| 50 vlinderslag  | 32.14   | 25m | 30-10-2014 | Heemskerk (NED) | 312 Pnt. | 100 % |
| 100 vlinderslag | 1:29.71 | 50m | 22-6-2014  | Beverwijk (NED) | 171 Pnt. | 100 % |
| 100 vlinderslag | 1:18.37 | 25m | 26-10-2014 | Zaandam (NED)   | 236 Pnt. | 100 % |
| 100 wisselslag  | 1:09.21 | 25m | 8-3-2015   | Zaandam (NED)   | 393 Pnt. | 100 % |
| 200 wisselslag  | 2:39.88 | 25m | 16-11-2014 | Zaandam (NED)   | 322 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 398 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 398 Pnt.

### **Meijer Viggo**

|                |         |     |           |                 |         |
|----------------|---------|-----|-----------|-----------------|---------|
| 50 vrije slag  | 45.40   | 25m | 1-10-2017 | Purmerend (NED) | 89 Pnt. |
| 100 wisselslag | 1:55.63 | 25m | 1-10-2017 | Purmerend (NED) | 84 Pnt. |

Gemiddelde punten over beste 2 zwemslagen aan het 31-7-2018: 86 Pnt.

**Mulder Joost**

|                 |          |    |           |                  |  |       |
|-----------------|----------|----|-----------|------------------|--|-------|
| 2000 vrije slag | 39:37.48 | OW | 18-7-2015 | Amstelveen (NED) |  | 100 % |
|-----------------|----------|----|-----------|------------------|--|-------|

**Nijland Yoran**

|                 |          |     |            |                     |          |       |
|-----------------|----------|-----|------------|---------------------|----------|-------|
| 25 vrije slag   | 20.45    | 25m | 13-4-2014  | Zaandam (NED)       | 89 Pnt.  | 100 % |
| 50 vrije slag   | 37.71    | 50m | 5-12-2015  | Beverwijk (NED)     | 170 Pnt. | 100 % |
| 50 vrije slag   | 36.15    | 25m | 13-10-2016 | Heemskerk (NED)     | 177 Pnt. | 100 % |
| 100 vrije slag  | 1:18.66  | 25m | 2-2-2017   | Heemskerk (NED)     | 186 Pnt. | 100 % |
| 200 vrije slag  | 2:56.58  | 25m | 30-10-2016 | Den Helder (NED)    | 178 Pnt. | 100 % |
| 250 vrije slag  | 4:58.49  | OW  | 26-7-2014  | Anna-Paulowna (NED) |          | 100 % |
| 400 vrije slag  | 6:04.86  | 25m | 15-10-2017 | Alkmaar (NED)       | 196 Pnt. | 115 % |
| 500 vrije slag  | 9:02.02  | OW  | 23-7-2016  | Amstelveen (NED)    |          | 100 % |
| 800 vrije slag  | 13:12.25 | 25m | 7-2-2016   | Zaandam (NED)       | 175 Pnt. | 100 % |
| 25 rugslag      | 23.86    | 25m | 13-4-2014  | Zaandam (NED)       | 86 Pnt.  | 100 % |
| 50 rugslag      | 47.66    | 50m | 5-12-2015  | Beverwijk (NED)     | 128 Pnt. | 100 % |
| 50 rugslag      | 45.85    | 25m | 17-1-2016  | Purmerend (NED)     | 119 Pnt. | 100 % |
| 100 rugslag     | 1:33.51  | 25m | 12-3-2017  | Purmerend (NED)     | 143 Pnt. | 100 % |
| 200 rugslag     | 3:19.42  | 25m | 1-10-2017  | Purmerend (NED)     | 150 Pnt. | 105 % |
| 50 schoolslag   | 59.47    | 50m | 5-12-2015  | Beverwijk (NED)     | 90 Pnt.  | 100 % |
| 50 schoolslag   | 52.14    | 25m | 18-2-2016  | Heemskerk (NED)     | 113 Pnt. | 100 % |
| 100 schoolslag  | 1:53.10  | 25m | 13-10-2016 | Heemskerk (NED)     | 118 Pnt. | 100 % |
| 25 vlinderslag  | 21.53    | 25m | 30-10-2014 | Heemskerk (NED)     | 97 Pnt.  | 100 % |
| 50 vlinderslag  | 44.28    | 50m | 3-12-2016  | Beverwijk (NED)     | 129 Pnt. | 100 % |
| 50 vlinderslag  | 40.13    | 25m | 17-11-2016 | Heemskerk (NED)     | 160 Pnt. | 100 % |
| 100 vlinderslag | 1:40.49  | 25m | 27-11-2016 | Zaandam (NED)       | 112 Pnt. | 100 % |
| 100 wisselslag  | 1:32.95  | 25m | 11-5-2017  | Heemskerk (NED)     | 162 Pnt. | 100 % |
| 200 wisselslag  | 3:24.76  | 25m | 20-3-2016  | Purmerend (NED)     | 153 Pnt. | 100 % |

CRS,CR09,CR10,CR

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 175 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 182 Pnt.

**Offringa Rick**

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 18.51    | 25m | 26-4-2012  | Heemskerk (NED)  | 120 Pnt. | 100 % |
| 50 vrije slag   | 29.64    | 50m | 27-5-2017  | Alkmaar (NED)    | 351 Pnt. | 100 % |
| 50 vrije slag   | 29.21    | 25m | 29-1-2016  | Amsterdam (NED)  | 335 Pnt. | 100 % |
| 100 vrije slag  | 1:05.94  | 50m | 5-3-2017   | Alkmaar (NED)    | 360 Pnt. | 100 % |
| 100 vrije slag  | 1:02.90  | 25m | 15-10-2017 | Alkmaar (NED)    | 364 Pnt. | 103 % |
| 200 vrije slag  | 2:25.46  | 50m | 19-2-2017  | Amsterdam (NED)  | 344 Pnt. | 100 % |
| 200 vrije slag  | 2:18.22  | 25m | 7-5-2017   | Zaandam (NED)    | 371 Pnt. | 100 % |
| 300 vrije slag  | 3:58.30  | 50m | 30-4-2016  | Alkmaar (NED)    | 308 Pnt. | 100 % |
| 300 vrije slag  | 3:46.91  | 25m | 28-1-2016  | Amsterdam (NED)  | 323 Pnt. | 100 % |
| 400 vrije slag  | 5:11.99  | 50m | 2-4-2017   | Alkmaar (NED)    | 350 Pnt. | 100 % |
| 400 vrije slag  | 4:58.72  | 25m | 8-1-2017   | Purmerend (NED)  | 358 Pnt. | 100 % |
| 1000 vrije slag | 15:07.50 | OW  | 29-7-2017  | Amstelveen (NED) |          | 100 % |
| 25 rugslag      | 22.07    | 25m | 7-1-2012   | Hoorn (NED)      | 109 Pnt. | 100 % |
| 50 rugslag      | 35.99    | 50m | 4-6-2016   | Alkmaar (NED)    | 298 Pnt. | 100 % |
| 50 rugslag      | 34.60    | 25m | 2-2-2017   | Heemskerk (NED)  | 279 Pnt. | 100 % |
| 100 rugslag     | 1:16.64  | 50m | 21-5-2017  | Alkmaar (NED)    | 311 Pnt. | 100 % |
| 100 rugslag     | 1:13.45  | 25m | 15-10-2017 | Alkmaar (NED)    | 295 Pnt. | 103 % |
| 200 rugslag     | 2:46.23  | 50m | 20-5-2017  | Alkmaar (NED)    | 305 Pnt. | 100 % |
| 200 rugslag     | 2:41.14  | 25m | 19-3-2017  | Zaandam (NED)    | 285 Pnt. | 100 % |
| 25 schoolslag   | 23.50    | 25m | 11-3-2012  | Zaandam (NED)    | 120 Pnt. | 100 % |
| 50 schoolslag   | 45.71    | 50m | 3-12-2016  | Beverwijk (NED)  | 198 Pnt. | 100 % |
| 50 schoolslag   | 41.59    | 25m | 16-3-2017  | Heemskerk (NED)  | 223 Pnt. | 100 % |
| 100 schoolslag  | 1:47.63  | 50m | 30-6-2013  | Dordrecht (NED)  | 160 Pnt. | 100 % |
| 100 schoolslag  | 1:28.04  | 25m | 12-3-2017  | Purmerend (NED)  | 252 Pnt. | 100 % |
| 200 schoolslag  | 3:12.04  | 25m | 11-10-2015 | Zaandam (NED)    | 248 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vlinderslag  | 20.57   | 25m | 13-12-2012 | Heemskerk (NED) | 111 Pnt. | 100 % |
| 50 vlinderslag  | 36.68   | 50m | 3-12-2016  | Beverwijk (NED) | 228 Pnt. | 100 % |
| 50 vlinderslag  | 35.10   | 25m | 19-3-2017  | Zaandam (NED)   | 239 Pnt. | 100 % |
| 100 vlinderslag | 1:26.88 | 50m | 28-5-2017  | Alkmaar (NED)   | 188 Pnt. | 100 % |
| 100 vlinderslag | 1:20.58 | 25m | 11-12-2016 | Alkmaar (NED)   | 217 Pnt. | 100 % |
| 200 vlinderslag | 3:06.47 | 25m | 27-11-2016 | Zaandam (NED)   | 197 Pnt. | 100 % |
| 100 wisselslag  | 1:16.09 | 25m | 27-11-2016 | Zaandam (NED)   | 296 Pnt. | 100 % |
| 200 wisselslag  | 2:47.67 | 50m | 27-5-2017  | Alkmaar (NED)   | 314 Pnt. | 100 % |
| 200 wisselslag  | 2:43.88 | 25m | 14-1-2017  | Alkmaar (NED)   | 299 Pnt. | 100 % |
| 400 wisselslag  | 6:01.16 | 50m | 28-5-2017  | Alkmaar (NED)   | 307 Pnt. | 100 % |
| 400 wisselslag  | 5:48.63 | 25m | 19-3-2017  | Zaandam (NED)   | 308 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 352 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 353 Pnt.

### Oortwijn Bouke

|                 |         |     |            |                   |          |       |
|-----------------|---------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 13.54   | 25m | 17-10-2015 | Emmeloord (NED)   | 308 Pnt. | 100 % |
| 50 vrije slag   | 28.79   | 25m | 24-9-2015  | Heemskerk (NED)   | 350 Pnt. | 100 % |
| 100 vrije slag  | 1:07.04 | 25m | 17-10-2015 | Emmeloord (NED)   | 301 Pnt. | 100 % |
| 200 vrije slag  | 2:31.10 | 25m | 17-2-1994  | Heemskerk         | 284 Pnt. | 100 % |
| 400 vrije slag  | 5:53.00 | 25m | 27-9-1992  | Wormerveer (NED)  | 217 Pnt. | 100 % |
| 25 rugslag      | 20.20   | 25m | 16-5-1991  | Heemskerk (NED)   | 142 Pnt. | 100 % |
| 50 rugslag      | 39.04   | 25m | 17-3-2016  | Heemskerk (NED)   | 194 Pnt. | 100 % |
| 100 rugslag     | 1:23.30 | 25m | 17-3-1994  | Heemskerk         | 202 Pnt. | 100 % |
| 200 rugslag     | 3:19.50 | 25m | 20-3-1993  |                   | 150 Pnt. | 100 % |
| 25 schoolslag   | 17.92   | 25m | 30-11-2014 | Almere-Stad (NED) | 272 Pnt. | 100 % |
| 50 schoolslag   | 39.50   | 25m | 14-10-1993 | Heemskerk         | 261 Pnt. | 100 % |
| 100 schoolslag  | 1:26.30 | 25m | 27-11-1993 |                   | 267 Pnt. | 100 % |
| 200 schoolslag  | 3:08.20 | 25m | 7-1-1993   | Heemskerk (NED)   | 263 Pnt. | 100 % |
| 25 vlinderslag  | 15.72   | 25m | 5-10-2013  | Zwolle (NED)      | 249 Pnt. | 100 % |
| 50 vlinderslag  | 33.20   | 25m | 18-11-1993 | Heemskerk         | 283 Pnt. | 100 % |
| 100 vlinderslag | 1:20.40 | 25m | 16-1-1994  | Heemskerk         | 219 Pnt. | 100 % |
| 100 wisselslag  | 1:20.33 | 25m | 19-5-2016  | Heemskerk (NED)   | 251 Pnt. | 100 % |
| 200 wisselslag  | 2:50.80 | 25m | 20-1-1994  | Heemskerk         | 264 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 305 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 305 Pnt.

### Oortwijn Kalle

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 19.78   | 25m | 13-4-2014  | Zaandam (NED)   | 98 Pnt.  | 100 % |
| 50 vrije slag   | 40.91   | 50m | 29-11-2014 | Beverwijk (NED) | 133 Pnt. | 100 % |
| 50 vrije slag   | 32.09   | 25m | 15-10-2017 | Alkmaar (NED)   | 253 Pnt. | 101 % |
| 100 vrije slag  | 1:14.89 | 25m | 19-3-2017  | Zaandam (NED)   | 216 Pnt. | 100 % |
| 200 vrije slag  | 2:52.16 | 25m | 7-5-2017   | Zaandam (NED)   | 192 Pnt. | 100 % |
| 25 rugslag      | 23.13   | 25m | 13-4-2014  | Zaandam (NED)   | 94 Pnt.  | 100 % |
| 50 rugslag      | 48.99   | 50m | 29-11-2014 | Beverwijk (NED) | 118 Pnt. | 100 % |
| 50 rugslag      | 38.99   | 25m | 14-5-2017  | Haarlem (NED)   | 195 Pnt. | 100 % |
| 100 rugslag     | 1:26.66 | 25m | 12-3-2017  | Purmerend (NED) | 180 Pnt. | 100 % |
| 200 rugslag     | 3:14.62 | 25m | 27-11-2016 | Zaandam (NED)   | 162 Pnt. | 100 % |
| 25 schoolslag   | 26.89   | 25m | 2-2-2014   | Haarlem (NED)   | 80 Pnt.  | 100 % |
| 50 schoolslag   | 57.48   | 50m | 29-11-2014 | Beverwijk (NED) | 99 Pnt.  | 100 % |
| 50 schoolslag   | 45.81   | 25m | 15-10-2017 | Alkmaar (NED)   | 167 Pnt. | 105 % |
| 100 schoolslag  | 1:35.47 | 25m | 1-10-2017  | Purmerend (NED) | 197 Pnt. | 109 % |
| 25 vlinderslag  | 23.10   | 25m | 30-10-2014 | Heemskerk (NED) | 78 Pnt.  | 100 % |
| 50 vlinderslag  | 56.23   | 50m | 29-11-2014 | Beverwijk (NED) | 63 Pnt.  | 100 % |
| 50 vlinderslag  | 42.26   | 25m | 12-2-2017  | Purmerend (NED) | 137 Pnt. | 100 % |
| 100 vlinderslag | 1:39.69 | 25m | 11-6-2017  | Zaandam (NED)   | 115 Pnt. | 100 % |

|                |         |     |            |               |          |       |
|----------------|---------|-----|------------|---------------|----------|-------|
| 100 wisselslag | 1:21.56 | 25m | 15-10-2017 | Alkmaar (NED) | 240 Pnt. | 106 % |
| 200 wisselslag | 3:03.11 | 25m | 15-10-2017 | Alkmaar (NED) | 214 Pnt. | 103 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 217 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 224 Pnt.

### Palmboom Nicole

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 13.79    | 25m | 27-4-2006  | Heemskerk        | 456 Pnt. | 100 % |
| 50 vrije slag   | 29.38    | 50m | 13-4-2008  | Antwerpen (BEL)  | 526 Pnt. | 100 % |
| 50 vrije slag   | 28.58    | 25m | 23-3-2008  | Haarlem (NED)    | 537 Pnt. | 100 % |
| 100 vrije slag  | 1:05.58  | 50m | 12-4-2008  | Antwerpen (BEL)  | 500 Pnt. | 100 % |
| 100 vrije slag  | 1:03.79  | 25m | 9-3-2008   | Heemskerk (NED)  | 511 Pnt. | 100 % |
| 200 vrije slag  | 2:27.29  | 50m | 13-5-2007  | Alkmaar (NED)    | 451 Pnt. | 100 % |
| 200 vrije slag  | 2:22.48  | 25m | 1-3-2008   | Hoorn (NED)      | 475 Pnt. | 100 % |
| 300 vrije slag  | 4:10.32  | 50m | 21-5-2005  | Beverwijk (NED)  | 347 Pnt. | 100 % |
| 300 vrije slag  | 3:51.10  | 25m | 18-5-2006  | Heemskerk (NED)  | 418 Pnt. | 100 % |
| 400 vrije slag  | 5:36.95  | 50m | 21-5-2005  | Beverwijk (NED)  | 357 Pnt. | 100 % |
| 400 vrije slag  | 5:08.81  | 25m | 18-5-2006  | Heemskerk (NED)  | 437 Pnt. | 100 % |
| 2000 vrije slag | 32:20.54 | OW  | 5-7-2009   | Bodegraven (NED) |          | 100 % |
| 25 rugslag      | 16.02    | 25m | 19-4-2007  | Heemskerk (NED)  | 430 Pnt. | 100 % |
| 50 rugslag      | 36.54    | 50m | 21-5-2006  | Beverwijk (NED)  | 406 Pnt. | 100 % |
| 50 rugslag      | 33.39    | 25m | 29-12-2007 | Maastricht (NED) | 455 Pnt. | 100 % |
| 100 rugslag     | 1:20.24  | 50m | 20-5-2006  | Beverwijk (NED)  | 380 Pnt. | 100 % |
| 100 rugslag     | 1:16.47  | 25m | 30-9-2007  | Volendam (NED)   | 376 Pnt. | 100 % |
| 200 rugslag     | 2:53.65  | 50m | 14-5-2006  | Beverwijk (NED)  | 364 Pnt. | 100 % |
| 200 rugslag     | 2:41.16  | 25m | 9-3-2008   | Heemskerk (NED)  | 413 Pnt. | 100 % |
| 25 schoolslag   | 17.22    | 25m | 27-4-2006  | Heemskerk        | 471 Pnt. | 100 % |
| 50 schoolslag   | 38.70    | 50m | 22-5-2005  | Beverwijk (NED)  | 442 Pnt. | 100 % |
| 50 schoolslag   | 37.64    | 25m | 30-12-2007 | Maastricht (NED) | 447 Pnt. | 100 % |
| 100 schoolslag  | 1:26.05  | 50m | 12-5-2007  | Beverwijk (NED)  | 418 Pnt. | 100 % |
| 100 schoolslag  | 1:22.16  | 25m | 25-11-2007 | Amsterdam (NED)  | 437 Pnt. | 100 % |
| 200 schoolslag  | 3:13.60  | 50m | 20-5-2006  | Beverwijk (NED)  | 370 Pnt. | 100 % |
| 200 schoolslag  | 3:02.96  | 25m | 13-12-2007 | Heemskerk (NED)  | 397 Pnt. | 100 % |
| 500 schoolslag  | 9:24.22  | OW  | 7-7-2007   | Oss (NED)        |          | 100 % |
| 25 vlinderslag  | 15.02    | 25m | 19-4-2007  | Heemskerk (NED)  | 413 Pnt. | 100 % |
| 50 vlinderslag  | 31.78    | 50m | 12-4-2008  | Antwerpen (BEL)  | 490 Pnt. | 100 % |
| 50 vlinderslag  | 31.87    | 25m | 24-3-2008  | Haarlem (NED)    | 447 Pnt. | 100 % |
| 100 vlinderslag | 1:15.79  | 50m | 18-5-2008  | Alkmaar (NED)    | 402 Pnt. | 100 % |
| 100 vlinderslag | 1:13.63  | 25m | 17-11-2007 | Barneveld (NED)  | 417 Pnt. | 100 % |
| 200 vlinderslag | 2:51.40  | 25m | 31-1-2008  | Heemskerk (NED)  | 349 Pnt. | 100 % |
| 100 wisselslag  | 1:12.94  | 25m | 10-2-2008  | Purmerend (NED)  | 488 Pnt. | 100 % |
| 200 wisselslag  | 2:50.86  | 50m | 20-5-2006  | Beverwijk (NED)  | 402 Pnt. | 100 % |
| 200 wisselslag  | 2:39.09  | 25m | 13-1-2008  | Heemskerk (NED)  | 464 Pnt. | 100 % |
| 300 wisselslag  | 4:42.54  | 25m | 19-12-2004 | Heemskerk (NED)  |          | 100 % |
| 400 wisselslag  | 5:55.32  | 25m | 15-6-2006  | Heemskerk (NED)  | 395 Pnt. | 100 % |

CRS,CR15,CR16,CR

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 500 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 500 Pnt.

### Palmboom Pascal

|                |          |     |            |                 |          |       |
|----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag  | 13.08    | 25m | 30-6-2011  | Heemskerk (NED) | 342 Pnt. | 100 % |
| 50 vrije slag  | 28.02    | 50m | 6-5-2007   | Eindhoven (NED) | 415 Pnt. | 100 % |
| 50 vrije slag  | 27.40    | 25m | 8-4-2007   | Haarlem (NED)   | 406 Pnt. | 100 % |
| 100 vrije slag | 1:04.98  | 50m | 6-5-2007   | Eindhoven (NED) | 376 Pnt. | 100 % |
| 100 vrije slag | 1:02.75  | 25m | 17-2-2008  | Zaandam (NED)   | 367 Pnt. | 100 % |
| 200 vrije slag | 3:07.84  | 50m | 21-4-2002  | Beverwijk (NED) | 160 Pnt. | 100 % |
| 200 vrije slag | 2:24.24  | 25m | 25-10-2007 | Heemskerk (NED) | 326 Pnt. | 100 % |
| 300 vrije slag | 4:07.13  | 25m | 29-4-2004  | Heemskerk (NED) | 250 Pnt. | 100 % |
| 400 vrije slag | 5:22.23  | 25m | 28-4-2005  | Heemskerk (NED) | 285 Pnt. | 100 % |
| 800 vrije slag | 11:44.06 | 25m | 17-10-2004 | Zaandam (NED)   | 249 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 rugslag      | 16.60   | 25m | 27-4-2006  | Heemskerk       | 256 Pnt. | 100 % |
| 50 rugslag      | 34.23   | 25m | 13-12-2007 | Heemskerk (NED) | 288 Pnt. | 100 % |
| 100 rugslag     | 1:37.15 | 50m | 20-10-2002 | Beverwijk (NED) | 152 Pnt. | 100 % |
| 100 rugslag     | 1:14.45 | 25m | 9-3-2008   | Heemskerk (NED) | 284 Pnt. | 100 % |
| 200 rugslag     | 2:54.32 | 25m | 12-2-2017  | Purmerend (NED) | 225 Pnt. | 100 % |
| 25 schoolslag   | 15.91   | 25m | 19-4-2007  | Heemskerk (NED) | 389 Pnt. | 100 % |
| 50 schoolslag   | 35.93   | 50m | 27-5-2017  | Alkmaar (NED)   | 408 Pnt. | 100 % |
| 50 schoolslag   | 33.93   | 25m | 22-1-2009  | Heemskerk (NED) | 412 Pnt. | 100 % |
| 100 schoolslag  | 1:25.73 | 50m | 12-6-2010  | Beverwijk (NED) | 317 Pnt. | 100 % |
| 100 schoolslag  | 1:17.42 | 25m | 19-11-2009 | Heemskerk (NED) | 370 Pnt. | 100 % |
| 200 schoolslag  | 3:07.73 | 50m | 8-5-2004   | Beverwijk (NED) | 309 Pnt. | 100 % |
| 200 schoolslag  | 2:58.26 | 25m | 19-3-2006  | Heemskerk (NED) | 310 Pnt. | 100 % |
| 500 schoolslag  | 9:16.23 | OW  | 21-8-2004  | Bussloo (NED)   |          | 100 % |
| 25 vlinderslag  | 14.43   | 25m | 30-6-2011  | Heemskerk (NED) | 322 Pnt. | 100 % |
| 50 vlinderslag  | 32.79   | 50m | 6-5-2007   | Eindhoven (NED) | 320 Pnt. | 100 % |
| 50 vlinderslag  | 31.39   | 25m | 9-4-2007   | Haarlem (NED)   | 334 Pnt. | 100 % |
| 100 vlinderslag | 1:17.66 | 50m | 22-6-2014  | Beverwijk (NED) | 264 Pnt. | 100 % |
| 100 vlinderslag | 1:11.61 | 25m | 25-11-2007 | Amsterdam (NED) | 310 Pnt. | 100 % |
| 200 vlinderslag | 3:07.03 | 25m | 24-11-2005 | Heemskerk (NED) | 195 Pnt. | 100 % |
| 100 wisselslag  | 1:12.40 | 25m | 25-10-2007 | Heemskerk (NED) | 343 Pnt. | 100 % |
| 200 wisselslag  | 2:48.55 | 25m | 22-1-2009  | Heemskerk (NED) | 275 Pnt. | 100 % |
| 300 wisselslag  | 4:33.44 | 25m | 19-12-2004 | Heemskerk (NED) |          | 100 % |
| 400 wisselslag  | 6:16.28 | 25m | 29-2-2004  | Wormerveer      | 245 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 392 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 392 Pnt.

### **Petit Kirsten**

|                 |         |     |            |                  |          |       |
|-----------------|---------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 15.17   | 25m | 30-6-2011  | Heemskerk (NED)  | 343 Pnt. | 100 % |
| 50 vrije slag   | 31.93   | 50m | 30-4-2016  | Alkmaar (NED)    | 410 Pnt. | 100 % |
| 50 vrije slag   | 31.01   | 25m | 30-12-2016 | Leeuwarden (NED) | 420 Pnt. | 100 % |
| 100 vrije slag  | 1:10.30 | 50m | 5-6-2016   | Alkmaar (NED)    | 406 Pnt. | 100 % |
| 100 vrije slag  | 1:08.69 | 25m | 4-12-2016  | Zaandam (NED)    | 409 Pnt. | 100 % |
| 200 vrije slag  | 2:51.25 | 50m | 25-3-2012  | Beverwijk (NED)  | 287 Pnt. | 100 % |
| 200 vrije slag  | 2:30.10 | 25m | 13-11-2016 | Purmerend (NED)  | 406 Pnt. | 100 % |
| 25 rugslag      | 26.73   | 25m | 27-9-2009  | Hoorn (NED)      | 92 Pnt.  | 100 % |
| 50 rugslag      | 38.24   | 50m | 3-12-2016  | Beverwijk (NED)  | 354 Pnt. | 100 % |
| 50 rugslag      | 36.47   | 25m | 30-12-2016 | Leeuwarden (NED) | 349 Pnt. | 100 % |
| 100 rugslag     | 1:23.56 | 50m | 20-6-2015  | Beverwijk (NED)  | 336 Pnt. | 100 % |
| 100 rugslag     | 1:17.06 | 25m | 10-12-2015 | Heemskerk (NED)  | 368 Pnt. | 100 % |
| 200 rugslag     | 3:17.04 | 50m | 13-5-2012  | Beverwijk (NED)  | 249 Pnt. | 100 % |
| 200 rugslag     | 2:48.03 | 25m | 12-3-2017  | Purmerend (NED)  | 364 Pnt. | 100 % |
| 50 schoolslag   | 45.43   | 50m | 3-12-2016  | Beverwijk (NED)  | 273 Pnt. | 100 % |
| 50 schoolslag   | 41.59   | 25m | 13-11-2016 | Purmerend (NED)  | 332 Pnt. | 100 % |
| 100 schoolslag  | 1:42.70 | 50m | 16-6-2013  | Beverwijk (NED)  | 245 Pnt. | 100 % |
| 100 schoolslag  | 1:30.01 | 25m | 13-11-2016 | Purmerend (NED)  | 332 Pnt. | 100 % |
| 200 schoolslag  | 3:24.20 | 25m | 1-10-2017  | Purmerend (NED)  | 286 Pnt. | 113 % |
| 25 vlinderslag  | 18.22   | 25m | 30-6-2011  | Heemskerk (NED)  | 231 Pnt. | 100 % |
| 50 vlinderslag  | 35.93   | 50m | 5-6-2016   | Alkmaar (NED)    | 339 Pnt. | 100 % |
| 50 vlinderslag  | 35.31   | 25m | 10-12-2015 | Heemskerk (NED)  | 329 Pnt. | 100 % |
| 100 vlinderslag | 1:36.36 | 50m | 29-6-2013  | Eindhoven (NED)  | 196 Pnt. | 100 % |
| 100 vlinderslag | 1:27.26 | 25m | 12-2-2017  | Purmerend (NED)  | 251 Pnt. | 100 % |
| 200 vlinderslag | 3:30.05 | 25m | 20-5-2013  | Purmerend (NED)  | 190 Pnt. | 100 % |
| 100 wisselslag  | 1:17.74 | 25m | 4-12-2016  | Zaandam (NED)    | 403 Pnt. | 100 % |
| 200 wisselslag  | 2:52.33 | 25m | 17-1-2016  | Purmerend (NED)  | 365 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 401 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 401 Pnt.



**Prins Hilbert**

|                 |          |     |           |                   |          |       |
|-----------------|----------|-----|-----------|-------------------|----------|-------|
| 50 vrije slag   | 40.21    | 50m | 6-5-2016  | Eindhoven (NED)   | 140 Pnt. | 100 % |
| 50 vrije slag   | 38.77    | 25m | 22-1-2016 | Papendrecht (NED) | 143 Pnt. | 100 % |
| 100 vrije slag  | 1:24.64  | 50m | 6-5-2016  | Eindhoven (NED)   | 170 Pnt. | 100 % |
| 100 vrije slag  | 1:19.82  | 25m | 22-1-2016 | Papendrecht (NED) | 178 Pnt. | 100 % |
| 200 vrije slag  | 3:02.07  | 50m | 7-5-2016  | Eindhoven (NED)   | 175 Pnt. | 100 % |
| 200 vrije slag  | 2:56.10  | 25m | 23-1-2016 | Papendrecht (NED) | 179 Pnt. | 100 % |
| 300 vrije slag  | 4:45.06  | 50m | 2-9-2013  | Eindhoven (NED)   | 180 Pnt. | 100 % |
| 300 vrije slag  | 4:36.55  | 25m | 21-1-2016 | Papendrecht (NED) | 178 Pnt. | 100 % |
| 400 vrije slag  | 6:25.88  | 50m | 3-5-2013  | Eindhoven (NED)   | 185 Pnt. | 100 % |
| 400 vrije slag  | 6:10.10  | 25m | 10-2-2013 | Zaandam (NED)     | 188 Pnt. | 100 % |
| 800 vrije slag  | 13:10.05 | 50m | 3-5-2013  | Eindhoven (NED)   | 187 Pnt. | 100 % |
| 800 vrije slag  | 12:33.79 | 25m | 10-2-2013 | Zaandam (NED)     | 203 Pnt. | 100 % |
| 1000 vrije slag | 17:32.55 | OW  | 23-7-2016 | Amstelveen (NED)  |          | 100 % |
| 1500 vrije slag | 25:40.24 | 50m | 5-5-2016  | Eindhoven (NED)   | 180 Pnt. | 100 % |
| 1500 vrije slag | 23:51.77 | 25m | 10-2-2013 | Zaandam (NED)     | 209 Pnt. | 100 % |
| 1500 vrije slag | 28:36.38 | OW  | 17-7-2016 | Amsterdam (NED)   |          | 100 % |
| 3000 vrije slag | 52:37.20 | OW  | 7-9-2013  | Eindhoven (NED)   |          | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 191 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 191 Pnt.

**Ranzijn Bas**

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 50 vrije slag  | 33.58   | 25m | 25-4-2013 | Heemskerk (NED) | 220 Pnt. | 100 % |
| 100 vrije slag | 1:12.60 | 25m | 31-1-2013 | Heemskerk (NED) | 237 Pnt. | 100 % |

Gemiddelde punten over beste 2 zwemslagen aan het 1-8-2017: 228 Pnt.

Gemiddelde punten over beste 2 zwemslagen aan het 31-7-2018: 228 Pnt.

**Renkema Iris**

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 21.27    | 25m | 11-11-2012 | Schagen (NED)   | 124 Pnt. | 100 % |
| 50 vrije slag   | 32.73    | 50m | 5-2-2017   | Alkmaar (NED)   | 381 Pnt. | 100 % |
| 50 vrije slag   | 31.97    | 25m | 7-1-2017   | Purmerend (NED) | 384 Pnt. | 100 % |
| 100 vrije slag  | 1:13.92  | 50m | 19-2-2017  | Amsterdam (NED) | 349 Pnt. | 100 % |
| 100 vrije slag  | 1:09.97  | 25m | 15-10-2017 | Alkmaar (NED)   | 387 Pnt. | 106 % |
| 200 vrije slag  | 2:47.38  | 50m | 21-5-2017  | Alkmaar (NED)   | 307 Pnt. | 100 % |
| 200 vrije slag  | 2:41.45  | 25m | 12-3-2017  | Purmerend (NED) | 326 Pnt. | 100 % |
| 400 vrije slag  | 5:57.56  | 25m | 14-6-2015  | Zaandam (NED)   | 282 Pnt. | 100 % |
| 800 vrije slag  | 12:22.14 | 25m | 7-2-2016   | Zaandam (NED)   | 269 Pnt. | 100 % |
| 25 rugslag      | 25.14    | 25m | 30-9-2012  | Heemskerk (NED) | 111 Pnt. | 100 % |
| 50 rugslag      | 39.22    | 50m | 21-5-2017  | Alkmaar (NED)   | 328 Pnt. | 100 % |
| 50 rugslag      | 36.87    | 25m | 15-10-2017 | Alkmaar (NED)   | 338 Pnt. | 113 % |
| 100 rugslag     | 1:25.55  | 50m | 28-5-2017  | Alkmaar (NED)   | 313 Pnt. | 100 % |
| 100 rugslag     | 1:23.71  | 25m | 12-2-2017  | Purmerend (NED) | 287 Pnt. | 100 % |
| 200 rugslag     | 3:06.78  | 50m | 27-5-2017  | Alkmaar (NED)   | 293 Pnt. | 100 % |
| 200 rugslag     | 2:58.37  | 25m | 19-3-2017  | Zaandam (NED)   | 304 Pnt. | 100 % |
| 25 schoolslag   | 25.11    | 25m | 10-3-2013  | Schagen (NED)   | 151 Pnt. | 100 % |
| 50 schoolslag   | 42.98    | 50m | 29-5-2016  | Alkmaar (NED)   | 322 Pnt. | 100 % |
| 50 schoolslag   | 43.05    | 25m | 6-9-2015   | Zaandam (NED)   | 299 Pnt. | 100 % |
| 100 schoolslag  | 1:37.02  | 50m | 28-5-2016  | Alkmaar (NED)   | 291 Pnt. | 100 % |
| 100 schoolslag  | 1:34.36  | 25m | 17-1-2016  | Purmerend (NED) | 288 Pnt. | 100 % |
| 200 schoolslag  | 3:36.41  | 50m | 5-6-2016   | Alkmaar (NED)   | 265 Pnt. | 100 % |
| 200 schoolslag  | 3:34.39  | 25m | 12-2-2017  | Purmerend (NED) | 247 Pnt. | 100 % |
| 25 vlinderslag  | 24.96    | 25m | 20-1-2013  | Heemskerk (NED) | 90 Pnt.  | 100 % |
| 50 vlinderslag  | 37.77    | 50m | 28-5-2017  | Alkmaar (NED)   | 292 Pnt. | 100 % |
| 50 vlinderslag  | 37.17    | 25m | 9-10-2016  | Alkmaar (NED)   | 282 Pnt. | 100 % |
| 100 vlinderslag | 1:32.76  | 25m | 1-10-2017  | Purmerend (NED) | 209 Pnt. | 102 % |
| 200 vlinderslag | 3:50.96  | 25m | 13-12-2015 | Zaandam (NED)   | 143 Pnt. | 100 % |

|                |         |     |           |               |          |       |
|----------------|---------|-----|-----------|---------------|----------|-------|
| 100 wisselslag | 1:22.47 | 25m | 9-10-2016 | Alkmaar (NED) | 338 Pnt. | 100 % |
| 200 wisselslag | 3:08.37 | 50m | 20-5-2017 | Alkmaar (NED) | 300 Pnt. | 100 % |
| 200 wisselslag | 3:01.92 | 25m | 7-2-2016  | Zaandam (NED) | 310 Pnt. | 100 % |
| 400 wisselslag | 7:00.17 | 25m | 19-3-2017 | Zaandam (NED) | 239 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 346 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 354 Pnt.

### van Rijn Eline

|                |         |     |            |                  |          |       |
|----------------|---------|-----|------------|------------------|----------|-------|
| 50 vrije slag  | 45.41   | 50m | 5-12-2015  | Beverwijk (NED)  | 142 Pnt. | 100 % |
| 50 vrije slag  | 38.94   | 25m | 14-5-2017  | Haarlem (NED)    | 212 Pnt. | 100 % |
| 100 vrije slag | 1:27.63 | 25m | 18-12-2016 | Heemskerk (NED)  | 197 Pnt. | 100 % |
| 200 vrije slag | 3:24.97 | 25m | 27-11-2016 | Zaandam (NED)    | 159 Pnt. | 100 % |
| 400 vrije slag | 6:48.61 | 25m | 27-11-2016 | Zaandam (NED)    | 189 Pnt. | 100 % |
| 50 rugslag     | 44.88   | 50m | 3-12-2016  | Beverwijk (NED)  | 219 Pnt. | 100 % |
| 50 rugslag     | 44.83   | 25m | 30-10-2016 | Den Helder (NED) | 188 Pnt. | 100 % |
| 100 rugslag    | 1:34.77 | 25m | 27-11-2016 | Zaandam (NED)    | 197 Pnt. | 100 % |
| 50 schoolslag  | 58.00   | 50m | 5-12-2015  | Beverwijk (NED)  | 131 Pnt. | 100 % |
| 50 schoolslag  | 53.14   | 25m | 13-11-2016 | Purmerend (NED)  | 159 Pnt. | 100 % |
| 100 schoolslag | 1:52.96 | 25m | 18-12-2016 | Heemskerk (NED)  | 168 Pnt. | 100 % |
| 50 vlinderslag | 53.32   | 25m | 17-11-2016 | Heemskerk (NED)  | 95 Pnt.  | 100 % |
| 100 wisselslag | 1:38.71 | 25m | 11-5-2017  | Heemskerk (NED)  | 197 Pnt. | 100 % |
| 200 wisselslag | 3:30.41 | 25m | 11-6-2017  | Zaandam (NED)    | 200 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 205 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 205 Pnt.

### van Rijn Ian

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag  | 26.12   | 25m | 13-4-2014  | Zaandam (NED)   | 42 Pnt.  | 100 % |
| 50 vrije slag  | 36.37   | 25m | 11-5-2017  | Heemskerk (NED) | 173 Pnt. | 100 % |
| 100 vrije slag | 1:22.00 | 25m | 2-2-2017   | Heemskerk (NED) | 164 Pnt. | 100 % |
| 200 vrije slag | 2:57.53 | 25m | 7-5-2017   | Zaandam (NED)   | 175 Pnt. | 100 % |
| 25 rugslag     | 26.44   | 25m | 13-4-2014  | Zaandam (NED)   | 63 Pnt.  | 100 % |
| 50 rugslag     | 42.46   | 25m | 16-3-2017  | Heemskerk (NED) | 150 Pnt. | 100 % |
| 100 rugslag    | 1:39.43 | 25m | 17-11-2016 | Heemskerk (NED) | 119 Pnt. | 100 % |
| 50 schoolslag  | 48.43   | 25m | 10-6-2017  | Zaandam (NED)   | 141 Pnt. | 100 % |
| 100 schoolslag | 1:45.33 | 25m | 10-6-2017  | Zaandam (NED)   | 147 Pnt. | 100 % |
| 25 vlinderslag | 25.75   | 25m | 18-1-2015  | Zaandam (NED)   | 56 Pnt.  | 100 % |
| 50 vlinderslag | 46.53   | 25m | 16-3-2017  | Heemskerk (NED) | 102 Pnt. | 100 % |
| 100 wisselslag | 1:33.88 | 25m | 11-5-2017  | Heemskerk (NED) | 157 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 163 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 163 Pnt.

### van Rijn Sydney

|                |         |     |            |                  |          |       |
|----------------|---------|-----|------------|------------------|----------|-------|
| 25 vrije slag  | 19.35   | 25m | 13-4-2014  | Zaandam (NED)    | 165 Pnt. | 100 % |
| 50 vrije slag  | 33.92   | 50m | 20-5-2017  | Alkmaar (NED)    | 342 Pnt. | 100 % |
| 50 vrije slag  | 34.14   | 25m | 13-10-2016 | Heemskerk (NED)  | 315 Pnt. | 100 % |
| 100 vrije slag | 1:18.91 | 25m | 30-10-2016 | Den Helder (NED) | 270 Pnt. | 100 % |
| 200 vrije slag | 2:56.01 | 25m | 7-5-2017   | Zaandam (NED)    | 251 Pnt. | 100 % |
| 50 rugslag     | 43.62   | 25m | 17-1-2016  | Purmerend (NED)  | 204 Pnt. | 100 % |
| 100 rugslag    | 1:30.53 | 25m | 17-1-2016  | Purmerend (NED)  | 227 Pnt. | 100 % |
| 200 rugslag    | 3:17.33 | 25m | 2-10-2016  | Purmerend (NED)  | 225 Pnt. | 100 % |
| 50 schoolslag  | 49.80   | 25m | 17-3-2016  | Heemskerk (NED)  | 193 Pnt. | 100 % |
| 100 schoolslag | 1:50.44 | 25m | 12-2-2017  | Purmerend (NED)  | 180 Pnt. | 100 % |
| 200 schoolslag | 3:57.33 | 25m | 12-2-2017  | Purmerend (NED)  | 182 Pnt. | 100 % |

|                 |         |     |           |                 |          |       |
|-----------------|---------|-----|-----------|-----------------|----------|-------|
| 25 vlinderslag  | 22.62   | 25m | 13-4-2014 | Zaandam (NED)   | 121 Pnt. | 100 % |
| 50 vlinderslag  | 41.73   | 25m | 9-10-2016 | Alkmaar (NED)   | 199 Pnt. | 100 % |
| 100 vlinderslag | 1:39.27 | 25m | 2-10-2016 | Purmerend (NED) | 170 Pnt. | 100 % |
| 100 wisselslag  | 1:29.80 | 25m | 9-10-2016 | Alkmaar (NED)   | 261 Pnt. | 100 % |
| 200 wisselslag  | 3:22.93 | 25m | 13-3-2016 | Zaandam (NED)   | 223 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 270 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 270 Pnt.

### van Rijn-Hofwegen Wilma

|                |       |     |           |                   |          |       |
|----------------|-------|-----|-----------|-------------------|----------|-------|
| 50 vrije slag  | 29.61 | 25m | 1-12-2013 | Vlaardingen (NED) | 483 Pnt. | 100 % |
| 25 vlinderslag | 14.72 | 25m | 1-12-2013 | Vlaardingen (NED) | 439 Pnt. | 100 % |

Gemiddelde punten over beste 2 zwemslagen aan het 1-8-2017: 461 Pnt.

Gemiddelde punten over beste 2 zwemslagen aan het 31-7-2018: 461 Pnt.

### van Rookhuizen Barry

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 12.60    | 25m | 12-2-1998  | Heemskerk (NED) | 382 Pnt. | 100 % |
| 50 vrije slag   | 26.68    | 50m | 29-5-1999  | Beverwijk (NED) | 481 Pnt. | 100 % |
| 50 vrije slag   | 26.48    | 25m | 17-10-1999 | Zaandam (NED)   | 450 Pnt. | 100 % |
| 100 vrije slag  | 1:01.30  | 50m | 30-5-1999  | Beverwijk (NED) | 448 Pnt. | 100 % |
| 100 vrije slag  | 58.78    | 25m | 12-12-1999 | Heemskerk (NED) | 446 Pnt. | 100 % |
| 200 vrije slag  | 2:34.20  | 50m | 9-11-1997  | Beverwijk (NED) | 289 Pnt. | 100 % |
| 200 vrije slag  | 2:19.00  | 25m | 19-11-2000 | Zaandam (NED)   | 365 Pnt. | 100 % |
| 300 vrije slag  | 3:43.95  | 25m | 29-4-2004  | Heemskerk (NED) | 336 Pnt. | 100 % |
| 400 vrije slag  | 5:07.41  | 25m | 29-4-2004  | Heemskerk (NED) | 329 Pnt. | 100 % |
| 800 vrije slag  | 11:41.10 | 25m | 23-2-1997  | Zaandam (NED)   | 252 Pnt. | 100 % |
| 25 rugslag      | 16.44    | 25m | 22-2-2001  | Heemskerk (NED) | 264 Pnt. | 100 % |
| 50 rugslag      | 33.62    | 25m | 31-10-2002 | Heemskerk       | 304 Pnt. | 100 % |
| 100 rugslag     | 1:36.90  | 50m | 11-6-1995  | Beverwijk (NED) | 154 Pnt. | 100 % |
| 100 rugslag     | 1:12.76  | 25m | 24-4-2003  | Heemskerk       | 304 Pnt. | 100 % |
| 200 rugslag     | 2:56.14  | 25m | 14-12-2000 | Heemskerk (NED) | 218 Pnt. | 100 % |
| 25 schoolslag   | 16.66    | 25m | 22-2-2001  | Heemskerk (NED) | 339 Pnt. | 100 % |
| 50 schoolslag   | 37.00    | 50m | 6-6-1999   | Beverwijk (NED) | 374 Pnt. | 100 % |
| 50 schoolslag   | 36.22    | 25m | 20-12-2001 | Heemskerk       | 338 Pnt. | 100 % |
| 100 schoolslag  | 1:28.14  | 50m | 31-10-1999 | Beverwijk (NED) | 291 Pnt. | 100 % |
| 100 schoolslag  | 1:19.96  | 25m | 7-4-2002   | Heemskerk       | 336 Pnt. | 100 % |
| 200 schoolslag  | 3:08.97  | 50m | 31-10-1999 | Beverwijk (NED) | 303 Pnt. | 100 % |
| 200 schoolslag  | 2:56.87  | 25m | 17-11-2002 | Heemskerk       | 317 Pnt. | 100 % |
| 25 vlinderslag  | 13.58    | 25m | 4-5-2000   | Heemskerk (NED) | 387 Pnt. | 100 % |
| 50 vlinderslag  | 30.49    | 50m | 5-6-1999   | Beverwijk (NED) | 398 Pnt. | 100 % |
| 50 vlinderslag  | 30.23    | 25m | 14-11-1999 | Zaandam (NED)   | 375 Pnt. | 100 % |
| 100 vlinderslag | 1:12.51  | 50m | 6-6-1999   | Beverwijk (NED) | 324 Pnt. | 100 % |
| 100 vlinderslag | 1:08.80  | 25m | 12-3-2000  | Heemskerk (NED) | 349 Pnt. | 100 % |
| 200 vlinderslag | 3:14.50  | 50m | 11-5-1996  | Beverwijk (NED) | 188 Pnt. | 100 % |
| 200 vlinderslag | 2:45.08  | 25m | 20-12-2001 | Heemskerk       | 284 Pnt. | 100 % |
| 100 wisselslag  | 1:10.53  | 25m | 17-10-1999 | Zaandam (NED)   | 371 Pnt. | 100 % |
| 200 wisselslag  | 2:41.58  | 25m | 8-10-2000  | Heemskerk (NED) | 312 Pnt. | 100 % |
| 400 wisselslag  | 5:57.32  | 25m | 30-3-2000  | Heemskerk (NED) | 286 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 419 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 419 Pnt.

**de Ruijter Linda**

|                 |          |     |            |                 |          |       |                  |
|-----------------|----------|-----|------------|-----------------|----------|-------|------------------|
| 25 vrije slag   | 16.00    | 25m | 15-2-2001  | Heemskerk (NED) | 292 Pnt. | 100 % |                  |
| 50 vrije slag   | 36.25    | 50m | 4-6-2000   | Beverwijk (NED) | 280 Pnt. | 100 % |                  |
| 50 vrije slag   | 32.93    | 25m | 23-3-2003  | Heemstede       | 351 Pnt. | 100 % |                  |
| 100 vrije slag  | 1:13.82  | 50m | 20-10-2002 | Beverwijk (NED) | 350 Pnt. | 100 % |                  |
| 100 vrije slag  | 1:11.63  | 25m | 27-3-2003  | Heemskerk       | 361 Pnt. | 100 % |                  |
| 200 vrije slag  | 2:37.43  | 50m | 29-3-2003  | Beverwijk (NED) | 369 Pnt. | 100 % |                  |
| 200 vrije slag  | 2:37.33  | 25m | 26-9-2002  | Heemskerk       | 352 Pnt. | 100 % |                  |
| 300 vrije slag  | 4:07.06  | 25m | 29-4-2004  | Heemskerk (NED) | 342 Pnt. | 100 % |                  |
| 400 vrije slag  | 5:31.42  | 25m | 29-4-2004  | Heemskerk (NED) | 354 Pnt. | 100 % |                  |
| 800 vrije slag  | 11:39.46 | 25m | 8-9-2002   | Heemskerk       | 321 Pnt. | 100 % |                  |
| 800 vrije slag  | 13:19.97 | OW  | 23-7-2000  | Amsterdam (NED) |          | 100 % | CRS,CR13,CR14,CR |
| 1000 vrije slag | 15:40.56 | OW  | 8-7-2001   | Amsterdam (NED) |          | 100 % |                  |
| 1500 vrije slag | 21:56.67 | 25m | 1-12-2002  | Heemskerk       | 348 Pnt. | 100 % |                  |
| 2000 vrije slag | 29:15.39 | 25m | 16-2-2003  | Zaandam         | 349 Pnt. | 100 % |                  |
| 25 rugslag      | 18.54    | 25m | 22-2-2001  | Heemskerk (NED) | 277 Pnt. | 100 % |                  |
| 50 rugslag      | 39.04    | 25m | 7-6-2003   | Z.o. Beemster   | 285 Pnt. | 100 % |                  |
| 100 rugslag     | 1:27.90  | 50m | 31-5-2003  | Beverwijk       | 289 Pnt. | 100 % |                  |
| 100 rugslag     | 1:24.44  | 25m | 10-12-2015 | Heemskerk (NED) | 279 Pnt. | 100 % |                  |
| 200 rugslag     | 3:18.79  | 50m | 21-10-2001 | Beverwijk (NED) | 243 Pnt. | 100 % |                  |
| 200 rugslag     | 3:05.06  | 25m | 19-12-2002 | Heemskerk       | 272 Pnt. | 100 % |                  |
| 25 schoolslag   | 20.40    | 25m | 20-1-2000  | Heemskerk (NED) | 283 Pnt. | 100 % |                  |
| 50 schoolslag   | 44.09    | 25m | 25-11-2004 | Heemskerk (NED) | 278 Pnt. | 100 % |                  |
| 100 schoolslag  | 1:36.03  | 50m | 12-10-2003 | Beverwijk (NED) | 300 Pnt. | 100 % |                  |
| 100 schoolslag  | 1:33.02  | 25m | 23-3-2003  | Heemstede       | 301 Pnt. | 100 % |                  |
| 200 schoolslag  | 3:24.01  | 50m | 25-5-2002  | Beverwijk (NED) | 317 Pnt. | 100 % |                  |
| 200 schoolslag  | 3:18.60  | 25m | 17-11-2002 | Heemskerk       | 311 Pnt. | 100 % |                  |
| 25 vlinderslag  | 17.37    | 25m | 17-11-2011 | Heemskerk (NED) | 267 Pnt. | 100 % |                  |
| 50 vlinderslag  | 37.35    | 25m | 22-12-2002 | Zaandam         | 278 Pnt. | 100 % |                  |
| 100 vlinderslag | 1:25.47  | 50m | 12-10-2003 | Beverwijk (NED) | 280 Pnt. | 100 % |                  |
| 100 vlinderslag | 1:22.80  | 25m | 22-12-2002 | Zaandam         | 293 Pnt. | 100 % |                  |
| 200 vlinderslag | 3:20.51  | 50m | 26-5-2002  | Beverwijk (NED) | 224 Pnt. | 100 % |                  |
| 200 vlinderslag | 3:07.60  | 25m | 22-12-2002 | Zaandam         | 266 Pnt. | 100 % |                  |
| 100 wisselslag  | 1:23.76  | 25m | 25-9-2003  | Heemskerk (NED) | 322 Pnt. | 100 % |                  |
| 200 wisselslag  | 3:18.79  | 50m | 7-5-2000   | Beverwijk (NED) | 255 Pnt. | 100 % |                  |
| 200 wisselslag  | 2:57.34  | 25m | 30-1-2003  | Heemskerk       | 335 Pnt. | 100 % |                  |
| 300 wisselslag  | 4:39.73  | 25m | 24-11-2002 | Amsterdam       |          | 100 % |                  |
| 400 wisselslag  | 6:18.75  | 25m | 23-2-2003  | Heemskerk       | 326 Pnt. | 100 % |                  |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 356 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 356 Pnt.

**Schaaper Hans**

|                 |          |     |            |                  |          |       |           |
|-----------------|----------|-----|------------|------------------|----------|-------|-----------|
| 25 vrije slag   | 12.50    | 25m | 17-12-1987 | Heemskerk (NED)  | 392 Pnt. | 100 % |           |
| 50 vrije slag   | 27.10    | 25m | 5-11-1989  | Heemskerk (NED)  | 420 Pnt. | 100 % |           |
| 100 vrije slag  | 1:00.60  | 25m | 18-2-1989  |                  | 407 Pnt. | 100 % |           |
| 200 vrije slag  | 2:18.20  | 25m | 4-10-1989  |                  | 371 Pnt. | 100 % |           |
| 400 vrije slag  | 5:03.00  | 25m | 19-2-1989  | Heemskerk (NED)  | 343 Pnt. | 100 % |           |
| 1000 vrije slag | 15:38.50 | OW  | 17-6-1984  | Amstelveen (NED) |          | 100 % |           |
| 25 rugslag      | 14.00    | 25m | 12-1-1989  | Heemskerk (NED)  | 427 Pnt. | 100 % | CRS,CRM20 |
| 50 rugslag      | 31.20    | 25m | 15-12-1988 | Heemskerk (NED)  | 380 Pnt. | 100 % |           |
| 100 rugslag     | 1:07.60  | 25m | 22-1-1989  | Zaandam (NED)    | 379 Pnt. | 100 % |           |
| 200 rugslag     | 2:31.70  | 25m | 30-9-1989  |                  | 342 Pnt. | 100 % |           |
| 25 schoolslag   | 15.30    | 25m | 12-1-1989  | Heemskerk (NED)  | 438 Pnt. | 100 % |           |
| 50 schoolslag   | 35.10    | 25m | 14-12-1988 |                  | 372 Pnt. | 100 % |           |
| 100 schoolslag  | 1:18.60  | 25m | 9-3-1989   | Heemskerk (NED)  | 354 Pnt. | 100 % |           |
| 200 schoolslag  | 2:58.40  | 25m | 15-3-1987  | Heemskerk (NED)  | 309 Pnt. | 100 % |           |
| 25 vlinderslag  | 13.20    | 25m | 12-1-1989  | Heemskerk (NED)  | 421 Pnt. | 100 % |           |
| 50 vlinderslag  | 29.80    | 25m | 13-12-1989 |                  | 391 Pnt. | 100 % |           |
| 100 vlinderslag | 1:06.30  | 25m | 23-2-1992  | Zaandam (NED)    | 390 Pnt. | 100 % |           |

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 100 wisselslag | 1:09.20 | 25m | 12-1-1989 | Heemskerk (NED) | 393 Pnt. | 100 % |
| 200 wisselslag | 2:30.40 | 25m | 21-5-1987 | Heemskerk (NED) | 387 Pnt. | 100 % |
| 400 wisselslag | 7:05.50 | 25m | 3-4-1982  | Heemskerk (NED) | 169 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 422 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 422 Pnt.

### **Schaefer Lisa**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag  | 42.36   | 25m | 8-10-2017  | Alkmaar (NED)   | 165 Pnt. | 116 % |
| 50 rugslag     | 49.91   | 25m | 15-10-2017 | Alkmaar (NED)   | 136 Pnt. | 115 % |
| 50 schoolslag  | 52.39   | 25m | 8-10-2017  | Alkmaar (NED)   | 166 Pnt. |       |
| 100 schoolslag | 1:58.98 | 25m | 15-10-2017 | Alkmaar (NED)   | 143 Pnt. |       |
| 50 vlinderslag | 48.73   | 25m | 15-10-2017 | Alkmaar (NED)   | 125 Pnt. |       |
| 100 wisselslag | 1:52.06 | 25m | 11-5-2017  | Heemskerk (NED) | 134 Pnt. | 100 % |

Gemiddelde punten over beste 3 zwemslagen aan het 1-8-2017: 125 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 148 Pnt.

### **Schillemans Bram**

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 30.89    | 50m | 20-6-2015  | Beverwijk (NED) | 310 Pnt. | 100 % |
| 50 vrije slag   | 30.45    | 25m | 13-10-2016 | Heemskerk (NED) | 296 Pnt. | 100 % |
| 100 vrije slag  | 1:09.51  | 50m | 20-6-2015  | Beverwijk (NED) | 307 Pnt. | 100 % |
| 100 vrije slag  | 1:05.76  | 25m | 11-5-2017  | Heemskerk (NED) | 319 Pnt. | 100 % |
| 200 vrije slag  | 2:31.69  | 25m | 17-3-2016  | Heemskerk (NED) | 281 Pnt. | 100 % |
| 400 vrije slag  | 6:09.33  | 25m | 8-2-2015   | Zaandam (NED)   | 189 Pnt. | 100 % |
| 800 vrije slag  | 12:44.07 | 25m | 8-2-2015   | Zaandam (NED)   | 195 Pnt. | 100 % |
| 1500 vrije slag | 24:00.91 | 25m | 8-2-2015   | Zaandam (NED)   | 205 Pnt. | 100 % |
| 50 rugslag      | 37.71    | 50m | 23-3-2014  | Beverwijk (NED) | 259 Pnt. | 100 % |
| 50 rugslag      | 35.71    | 25m | 2-2-2017   | Heemskerk (NED) | 253 Pnt. | 100 % |
| 100 rugslag     | 1:23.06  | 50m | 22-2-2015  | Alkmaar (NED)   | 244 Pnt. | 100 % |
| 100 rugslag     | 1:19.87  | 25m | 10-12-2015 | Heemskerk (NED) | 230 Pnt. | 100 % |
| 200 rugslag     | 2:53.02  | 25m | 12-3-2017  | Purmerend (NED) | 230 Pnt. | 100 % |
| 50 schoolslag   | 49.02    | 50m | 5-12-2015  | Beverwijk (NED) | 161 Pnt. | 100 % |
| 50 schoolslag   | 45.23    | 25m | 9-10-2016  | Alkmaar (NED)   | 173 Pnt. | 100 % |
| 100 schoolslag  | 1:37.84  | 25m | 13-10-2016 | Heemskerk (NED) | 183 Pnt. | 100 % |
| 200 schoolslag  | 3:54.69  | 25m | 4-10-2015  | Purmerend (NED) | 135 Pnt. | 100 % |
| 50 vlinderslag  | 39.46    | 50m | 27-4-2014  | Beverwijk (NED) | 183 Pnt. | 100 % |
| 50 vlinderslag  | 36.55    | 25m | 12-2-2017  | Purmerend (NED) | 212 Pnt. | 100 % |
| 100 vlinderslag | 1:32.37  | 50m | 21-6-2015  | Beverwijk (NED) | 156 Pnt. | 100 % |
| 100 vlinderslag | 1:26.92  | 25m | 18-2-2016  | Heemskerk (NED) | 173 Pnt. | 100 % |
| 100 wisselslag  | 1:18.72  | 25m | 19-5-2016  | Heemskerk (NED) | 267 Pnt. | 100 % |
| 200 wisselslag  | 2:58.40  | 25m | 12-2-2017  | Purmerend (NED) | 232 Pnt. | 100 % |
| 400 wisselslag  | 6:41.90  | 25m | 9-10-2016  | Alkmaar (NED)   | 201 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 287 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 287 Pnt.

### **Scholten Britt**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag  | 35.59   | 50m | 20-5-2017  | Alkmaar (NED)   | 296 Pnt. | 100 % |
| 50 vrije slag  | 34.80   | 25m | 13-10-2016 | Heemskerk (NED) | 297 Pnt. | 100 % |
| 100 vrije slag | 1:19.48 | 50m | 2-4-2017   | Alkmaar (NED)   | 281 Pnt. | 100 % |
| 100 vrije slag | 1:20.19 | 25m | 8-11-2015  | Amsterdam (NED) | 257 Pnt. | 100 % |
| 200 vrije slag | 2:56.12 | 50m | 21-5-2017  | Alkmaar (NED)   | 263 Pnt. | 100 % |
| 200 vrije slag | 2:49.16 | 25m | 12-3-2017  | Purmerend (NED) | 283 Pnt. | 100 % |
| 400 vrije slag | 6:09.40 | 25m | 18-9-2016  | Zaandam (NED)   | 255 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 rugslag      | 39.09   | 50m | 2-4-2017   | Alkmaar (NED)   | 331 Pnt. | 100 % |
| 50 rugslag      | 40.61   | 25m | 6-9-2015   | Zaandam (NED)   | 253 Pnt. | 100 % |
| 100 rugslag     | 1:28.94 | 50m | 5-6-2016   | Alkmaar (NED)   | 279 Pnt. | 100 % |
| 100 rugslag     | 1:23.92 | 25m | 12-2-2017  | Purmerend (NED) | 285 Pnt. | 100 % |
| 200 rugslag     | 3:04.97 | 50m | 27-5-2017  | Alkmaar (NED)   | 301 Pnt. | 100 % |
| 200 rugslag     | 2:59.80 | 25m | 19-3-2017  | Zaandam (NED)   | 297 Pnt. | 100 % |
| 25 schoolslag   | 25.58   | 25m | 7-4-2013   | Castricum (NED) | 143 Pnt. | 100 % |
| 50 schoolslag   | 44.53   | 50m | 20-5-2017  | Alkmaar (NED)   | 290 Pnt. | 100 % |
| 50 schoolslag   | 45.36   | 25m | 16-3-2017  | Heemskerk (NED) | 255 Pnt. | 100 % |
| 100 schoolslag  | 1:42.50 | 50m | 2-4-2017   | Alkmaar (NED)   | 247 Pnt. | 100 % |
| 100 schoolslag  | 1:38.86 | 25m | 12-3-2017  | Purmerend (NED) | 250 Pnt. | 100 % |
| 200 schoolslag  | 3:26.30 | 25m | 12-2-2017  | Purmerend (NED) | 277 Pnt. | 100 % |
| 25 vlinderslag  | 25.32   | 25m | 13-12-2012 | Heemskerk (NED) | 86 Pnt.  | 100 % |
| 50 vlinderslag  | 41.30   | 50m | 5-6-2016   | Alkmaar (NED)   | 223 Pnt. | 100 % |
| 50 vlinderslag  | 38.86   | 25m | 19-3-2017  | Zaandam (NED)   | 246 Pnt. | 100 % |
| 100 vlinderslag | 1:34.25 | 25m | 19-3-2017  | Zaandam (NED)   | 199 Pnt. | 100 % |
| 200 vlinderslag | 3:45.13 | 25m | 27-11-2016 | Zaandam (NED)   | 154 Pnt. | 100 % |
| 100 wisselslag  | 1:24.95 | 25m | 9-10-2016  | Alkmaar (NED)   | 309 Pnt. | 100 % |
| 200 wisselslag  | 3:09.13 | 50m | 20-5-2017  | Alkmaar (NED)   | 296 Pnt. | 100 % |
| 200 wisselslag  | 3:15.44 | 25m | 19-4-2015  | Zaandam (NED)   | 250 Pnt. | 100 % |
| 400 wisselslag  | 6:38.53 | 25m | 19-3-2017  | Zaandam (NED)   | 280 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 306 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 306 Pnt.

### **Siemerink Laura**

|                 |         |     |            |                         |          |       |
|-----------------|---------|-----|------------|-------------------------|----------|-------|
| 50 vrije slag   | 32.37   | 50m | 20-5-2017  | Alkmaar (NED)           | 393 Pnt. | 100 % |
| 50 vrije slag   | 33.99   | 25m | 8-10-2017  | Alkmaar (NED)           | 319 Pnt. | 102 % |
| 100 vrije slag  | 1:17.26 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 306 Pnt. | 100 % |
| 100 vrije slag  | 1:11.53 | 25m | 8-10-2017  | Alkmaar (NED)           | 362 Pnt. | 121 % |
| 200 vrije slag  | 2:54.45 | 25m | 7-5-2017   | Zaandam (NED)           | 258 Pnt. | 100 % |
| 400 vrije slag  | 6:59.07 | 25m | 18-9-2016  | Zaandam (NED)           | 175 Pnt. | 100 % |
| 50 rugslag      | 41.27   | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 281 Pnt. | 100 % |
| 50 rugslag      | 39.02   | 25m | 15-10-2017 | Alkmaar (NED)           | 285 Pnt. | 109 % |
| 100 rugslag     | 1:29.79 | 25m | 12-2-2017  | Purmerend (NED)         | 232 Pnt. | 100 % |
| 200 rugslag     | 3:14.52 | 25m | 1-10-2017  | Purmerend (NED)         | 234 Pnt. | 102 % |
| 50 schoolslag   | 42.87   | 50m | 20-5-2017  | Alkmaar (NED)           | 325 Pnt. | 100 % |
| 50 schoolslag   | 43.78   | 25m | 7-5-2017   | Zaandam (NED)           | 284 Pnt. | 100 % |
| 100 schoolslag  | 1:42.02 | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 250 Pnt. | 100 % |
| 100 schoolslag  | 1:34.51 | 25m | 8-10-2017  | Alkmaar (NED)           | 287 Pnt. | 110 % |
| 200 schoolslag  | 3:42.80 | 50m | 5-2-2017   | Alkmaar (NED)           | 243 Pnt. | 100 % |
| 200 schoolslag  | 3:30.80 | 25m | 12-2-2017  | Purmerend (NED)         | 260 Pnt. | 100 % |
| 50 vlinderslag  | 38.17   | 50m | 5-3-2017   | Alkmaar (NED)           | 283 Pnt. | 100 % |
| 50 vlinderslag  | 35.08   | 25m | 8-10-2017  | Alkmaar (NED)           | 335 Pnt. | 125 % |
| 100 vlinderslag | 1:30.84 | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 234 Pnt. | 100 % |
| 100 vlinderslag | 1:26.89 | 25m | 1-10-2017  | Purmerend (NED)         | 254 Pnt. | 104 % |
| 200 vlinderslag | 3:41.76 | 50m | 2-4-2017   | Alkmaar (NED)           | 165 Pnt. | 100 % |
| 200 vlinderslag | 3:37.20 | 25m | 27-11-2016 | Zaandam (NED)           | 171 Pnt. | 100 % |
| 100 wisselslag  | 1:23.92 | 25m | 11-5-2017  | Heemskerk (NED)         | 320 Pnt. | 100 % |
| 200 wisselslag  | 3:13.92 | 50m | 20-5-2017  | Alkmaar (NED)           | 275 Pnt. | 100 % |
| 200 wisselslag  | 3:06.34 | 25m | 15-10-2017 | Alkmaar (NED)           | 289 Pnt. | 115 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 325 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 347 Pnt.

**Smit Sanne**

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 28.65    | 50m | 5-3-2017   | Alkmaar (NED)   | 568 Pnt. | 100 % |
| 50 vrije slag   | 28.61    | 25m | 11-12-2016 | Alkmaar (NED)   | 535 Pnt. | 100 % |
| 100 vrije slag  | 1:02.58  | 50m | 27-5-2017  | Alkmaar (NED)   | 576 Pnt. | 100 % |
| 100 vrije slag  | 1:01.20  | 25m | 8-10-2017  | Alkmaar (NED)   | 579 Pnt. | 100 % |
| 200 vrije slag  | 2:22.12  | 50m | 29-5-2016  | Alkmaar (NED)   | 502 Pnt. | 100 % |
| 200 vrije slag  | 2:13.76  | 25m | 16-3-2017  | Heemskerk (NED) | 574 Pnt. | 100 % |
| 400 vrije slag  | 5:01.84  | 50m | 26-3-2017  | Alkmaar (NED)   | 497 Pnt. | 100 % |
| 400 vrije slag  | 5:07.66  | 25m | 1-10-2017  | Purmerend (NED) | 442 Pnt. | 104 % |
| 800 vrije slag  | 10:49.15 | 50m | 5-3-2017   | Alkmaar (NED)   | 440 Pnt. | 100 % |
| 800 vrije slag  | 10:36.60 | 25m | 8-10-2017  | Alkmaar (NED)   | 426 Pnt. | 107 % |
| 50 rugslag      | 35.49    | 50m | 31-5-2015  | Alkmaar (NED)   | 443 Pnt. | 100 % |
| 50 rugslag      | 34.37    | 25m | 15-2-2015  | Purmerend (NED) | 418 Pnt. | 100 % |
| 100 rugslag     | 1:18.41  | 50m | 30-5-2015  | Beverwijk (NED) | 407 Pnt. | 100 % |
| 100 rugslag     | 1:13.59  | 25m | 10-1-2016  | Purmerend (NED) | 422 Pnt. | 100 % |
| 200 rugslag     | 2:46.75  | 25m | 13-11-2016 | Purmerend (NED) | 372 Pnt. | 100 % |
| 50 schoolslag   | 42.29    | 50m | 29-5-2016  | Alkmaar (NED)   | 338 Pnt. | 100 % |
| 50 schoolslag   | 40.95    | 25m | 15-2-2015  | Purmerend (NED) | 347 Pnt. | 100 % |
| 100 schoolslag  | 1:33.72  | 50m | 22-2-2015  | Alkmaar (NED)   | 323 Pnt. | 100 % |
| 100 schoolslag  | 1:28.41  | 25m | 1-10-2017  | Purmerend (NED) | 350 Pnt. | 102 % |
| 200 schoolslag  | 3:08.36  | 25m | 12-3-2017  | Purmerend (NED) | 364 Pnt. | 100 % |
| 50 vlinderslag  | 35.63    | 50m | 16-5-2015  | Beverwijk (NED) | 348 Pnt. | 100 % |
| 50 vlinderslag  | 33.07    | 25m | 17-11-2016 | Heemskerk (NED) | 400 Pnt. | 100 % |
| 100 vlinderslag | 1:12.40  | 50m | 26-3-2017  | Alkmaar (NED)   | 462 Pnt. | 100 % |
| 100 vlinderslag | 1:16.36  | 25m | 9-10-2016  | Alkmaar (NED)   | 374 Pnt. | 100 % |
| 100 wisselslag  | 1:15.06  | 25m | 11-12-2016 | Alkmaar (NED)   | 448 Pnt. | 100 % |
| 200 wisselslag  | 2:47.94  | 50m | 5-2-2017   | Alkmaar (NED)   | 423 Pnt. | 100 % |
| 200 wisselslag  | 2:39.42  | 25m | 12-2-2017  | Purmerend (NED) | 461 Pnt. | 100 % |
| 400 wisselslag  | 5:56.97  | 50m | 21-5-2017  | Alkmaar (NED)   | 425 Pnt. | 100 % |
| 400 wisselslag  | 5:47.60  | 25m | 8-1-2017   | Purmerend (NED) | 422 Pnt. | 100 % |

CRS,CR16,CR17,CR

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 535 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 536 Pnt.

**Sobh Shaime**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 20.01   | 25m | 13-4-2014  | Zaandam (NED)   | 149 Pnt. | 100 % |
| 50 vrije slag   | 37.66   | 25m | 24-9-2015  | Heemskerk (NED) | 234 Pnt. | 100 % |
| 100 vrije slag  | 1:37.72 | 50m | 21-6-2014  | Beverwijk (NED) | 151 Pnt. | 100 % |
| 100 vrije slag  | 1:26.13 | 25m | 15-11-2015 | Purmerend (NED) | 207 Pnt. | 100 % |
| 200 vrije slag  | 3:07.48 | 25m | 19-2-2015  | Heemskerk (NED) | 208 Pnt. | 100 % |
| 50 rugslag      | 43.40   | 25m | 18-2-2016  | Heemskerk (NED) | 207 Pnt. | 100 % |
| 100 rugslag     | 1:48.18 | 50m | 21-6-2014  | Beverwijk (NED) | 155 Pnt. | 100 % |
| 100 rugslag     | 1:32.54 | 25m | 4-10-2015  | Purmerend (NED) | 212 Pnt. | 100 % |
| 200 rugslag     | 3:19.93 | 25m | 11-10-2015 | Zaandam (NED)   | 216 Pnt. | 100 % |
| 25 schoolslag   | 31.76   | 25m | 11-3-2012  | Zaandam (NED)   | 75 Pnt.  | 100 % |
| 50 schoolslag   | 45.01   | 25m | 6-3-2016   | Purmerend (NED) | 261 Pnt. | 100 % |
| 100 schoolslag  | 2:05.73 | 50m | 22-6-2014  | Beverwijk (NED) | 134 Pnt. | 100 % |
| 100 schoolslag  | 1:52.58 | 25m | 17-1-2016  | Purmerend (NED) | 169 Pnt. | 100 % |
| 200 schoolslag  | 3:57.71 | 25m | 11-10-2015 | Zaandam (NED)   | 181 Pnt. | 100 % |
| 25 vlinderslag  | 23.17   | 25m | 13-4-2014  | Zaandam (NED)   | 112 Pnt. | 100 % |
| 50 vlinderslag  | 46.67   | 25m | 10-12-2015 | Heemskerk (NED) | 142 Pnt. | 100 % |
| 100 vlinderslag | 1:45.15 | 25m | 18-2-2016  | Heemskerk (NED) | 143 Pnt. | 100 % |
| 100 wisselslag  | 1:34.59 | 25m | 19-5-2016  | Heemskerk (NED) | 224 Pnt. | 100 % |
| 200 wisselslag  | 3:33.44 | 25m | 25-1-2015  | Zaandam (NED)   | 192 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 229 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 229 Pnt.

**van Staveren Marina**

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 14.04    | 25m | 14-4-2011  | Heemskerk (NED)   | 432 Pnt. | 100 % |
| 50 vrije slag   | 31.02    | 50m | 18-3-2012  | Amersfoort (NED)  | 447 Pnt. | 100 % |
| 50 vrije slag   | 30.06    | 25m | 18-2-2012  | Heerenveen (NED)  | 462 Pnt. | 100 % |
| 100 vrije slag  | 1:07.70  | 50m | 14-4-2012  | Kampen (NED)      | 454 Pnt. | 100 % |
| 100 vrije slag  | 1:07.26  | 25m | 9-2-2012   | Heemskerk (NED)   | 436 Pnt. | 100 % |
| 200 vrije slag  | 2:45.64  | 50m | 18-3-2012  | Amersfoort (NED)  | 317 Pnt. | 100 % |
| 200 vrije slag  | 2:31.15  | 25m | 17-11-2013 | Almere-Stad (NED) | 397 Pnt. | 100 % |
| 400 vrije slag  | 5:44.09  | 50m | 18-3-2012  | Amersfoort (NED)  | 335 Pnt. | 100 % |
| 400 vrije slag  | 5:29.02  | 25m | 22-5-2011  | Grootebroek (NED) | 362 Pnt. | 100 % |
| 1000 vrije slag | 15:45.07 | OW  | 4-8-2013   | Amstelveen (NED)  |          | 100 % |
| 1500 vrije slag | 25:21.32 | OW  | 22-7-2012  | Amsterdam (NED)   |          | 100 % |
| 50 rugslag      | 37.55    | 50m | 16-4-2011  | Kampen (NED)      | 374 Pnt. | 100 % |
| 50 rugslag      | 37.12    | 25m | 22-3-2012  | Heemskerk (NED)   | 331 Pnt. | 100 % |
| 100 rugslag     | 1:26.27  | 50m | 13-3-2011  | Amersfoort (NED)  | 305 Pnt. | 100 % |
| 100 rugslag     | 1:18.30  | 25m | 13-5-2012  | Grootebroek (NED) | 350 Pnt. | 100 % |
| 200 rugslag     | 3:04.40  | 50m | 24-3-2013  | Amersfoort (NED)  | 304 Pnt. | 100 % |
| 200 rugslag     | 2:54.20  | 25m | 7-1-2012   | Zwolle (NED)      | 327 Pnt. | 100 % |
| 25 schoolslag   | 19.54    | 25m | 18-11-2012 | Almere-Stad (NED) | 322 Pnt. | 100 % |
| 50 schoolslag   | 43.26    | 50m | 14-4-2012  | Kampen (NED)      | 316 Pnt. | 100 % |
| 50 schoolslag   | 41.98    | 25m | 9-2-2012   | Heemskerk (NED)   | 322 Pnt. | 100 % |
| 100 schoolslag  | 1:31.70  | 25m | 13-5-2012  | Grootebroek (NED) | 314 Pnt. | 100 % |
| 200 schoolslag  | 3:27.23  | 25m | 17-10-2015 | Emmeloord (NED)   | 273 Pnt. | 100 % |
| 25 vlinderslag  | 15.06    | 25m | 17-11-2011 | Heemskerk (NED)   | 410 Pnt. | 100 % |
| 50 vlinderslag  | 33.87    | 50m | 24-3-2013  | Amersfoort (NED)  | 405 Pnt. | 100 % |
| 50 vlinderslag  | 33.15    | 25m | 22-3-2012  | Heemskerk (NED)   | 397 Pnt. | 100 % |
| 100 vlinderslag | 1:21.95  | 50m | 14-4-2012  | Kampen (NED)      | 318 Pnt. | 100 % |
| 100 vlinderslag | 1:17.69  | 25m | 18-2-2012  | Heerenveen (NED)  | 355 Pnt. | 100 % |
| 100 wisselslag  | 1:16.71  | 25m | 13-5-2012  | Grootebroek (NED) | 420 Pnt. | 100 % |
| 200 wisselslag  | 2:59.65  | 50m | 13-3-2011  | Amersfoort (NED)  | 346 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 435 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 435 Pnt.

**Stins Arnold**

|                 |            |     |            |                   |          |       |
|-----------------|------------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 12.22      | 25m | 4-5-2000   | Heemskerk (NED)   | 419 Pnt. | 100 % |
| 50 vrije slag   | 28.12      | 50m | 13-5-2001  | Beverwijk (NED)   | 411 Pnt. | 100 % |
| 50 vrije slag   | 27.44      | 25m | 18-3-2001  | Zaandam (NED)     | 404 Pnt. | 100 % |
| 100 vrije slag  | 1:02.25    | 50m | 22-10-2000 | Beverwijk (NED)   | 427 Pnt. | 100 % |
| 100 vrije slag  | 59.10      | 25m | 12-3-2000  | Heemskerk (NED)   | 439 Pnt. | 100 % |
| 200 vrije slag  | 2:15.95    | 50m | 18-5-2002  | Nordhorn (GER)    | 422 Pnt. | 100 % |
| 200 vrije slag  | 2:10.77    | 25m | 6-4-2002   | Hengelo (NED)     | 438 Pnt. | 100 % |
| 300 vrije slag  | 3:35.21    | 25m | 29-4-2004  | Heemskerk (NED)   | 379 Pnt. | 100 % |
| 400 vrije slag  | 4:42.76    | 25m | 31-5-2001  | Heemskerk (NED)   | 422 Pnt. | 100 % |
| 800 vrije slag  | 9:50.65    | 25m | 24-10-1999 | Zaandam (NED)     | 423 Pnt. | 100 % |
| 1000 vrije slag | 15:08.70   | OW  | 12-7-1998  | Amsterdam (NED)   |          | 100 % |
| 1500 vrije slag | 18:55.85   | 25m | 28-2-1999  | Zaandam (NED)     | 419 Pnt. | 100 % |
| 1500 vrije slag | 24:34.97   | OW  | 22-7-2012  | Amsterdam (NED)   |          | 100 % |
| 2000 vrije slag | 24:32.46   | 25m | 5-3-2000   | Zaandam (NED)     | 456 Pnt. | 100 % |
| 2000 vrije slag | 25:13.83   | OW  | 23-6-2002  | Breukelen (NED)   |          | 100 % |
| 2500 vrije slag | 33:22.92   | OW  | 29-6-2002  | Scheerwolde (NED) |          | 100 % |
| 3000 vrije slag | 40:01.29   | OW  | 1-7-2001   | Sluis (NED)       |          | 100 % |
| 5000 vrije slag | 1:08:48.37 | OW  | 7-7-2001   | Vriezenveen (NED) |          | 100 % |
| 25 rugslag      | 15.20      | 25m | 17-2-2000  | Heemskerk (NED)   | 334 Pnt. | 100 % |
| 50 rugslag      | 34.75      | 50m | 13-5-2001  | Beverwijk (NED)   | 331 Pnt. | 100 % |
| 50 rugslag      | 32.67      | 25m | 30-10-2003 | Heemskerk         | 331 Pnt. | 100 % |
| 100 rugslag     | 1:14.36    | 50m | 18-5-2002  | Nordhorn (GER)    | 340 Pnt. | 100 % |
| 100 rugslag     | 1:09.96    | 25m | 12-12-1999 | Heemskerk (NED)   | 342 Pnt. | 100 % |
| 200 rugslag     | 2:45.59    | 50m | 19-5-2001  | Beverwijk (NED)   | 308 Pnt. | 100 % |
| 200 rugslag     | 2:28.73    | 25m | 25-9-2003  | Heemskerk (NED)   | 363 Pnt. | 100 % |



|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 schoolslag   | 16.89    | 25m | 17-2-2000  | Heemskerk (NED) | 325 Pnt. | 100 % |
| 50 schoolslag   | 35.75    | 25m | 14-12-2000 | Heemskerk (NED) | 352 Pnt. | 100 % |
| 100 schoolslag  | 1:26.29  | 50m | 5-6-1999   | Beverwijk (NED) | 310 Pnt. | 100 % |
| 100 schoolslag  | 1:18.67  | 25m | 23-4-2000  | Haarlem (NED)   | 353 Pnt. | 100 % |
| 200 schoolslag  | 3:06.51  | 50m | 13-5-2001  | Beverwijk (NED) | 315 Pnt. | 100 % |
| 200 schoolslag  | 2:50.26  | 25m | 25-1-2001  | Heemskerk (NED) | 356 Pnt. | 100 % |
| 1000 schoolslag | 18:33.91 | OW  | 25-7-2010  | Langedijk (NED) |          | 100 % |
| 2000 schoolslag | 33:24.92 | OW  | 13-7-2003  | Eersel (NED)    |          | 100 % |
| 3000 schoolslag | 53:47.42 | OW  | 6-7-2002   | Sluis (NED)     |          | 100 % |
| 25 vlinderslag  | 13.65    | 25m | 29-3-2001  | Heemskerk (NED) | 381 Pnt. | 100 % |
| 50 vlinderslag  | 31.84    | 50m | 21-10-2001 | Beverwijk (NED) | 349 Pnt. | 100 % |
| 50 vlinderslag  | 30.80    | 25m | 31-1-2002  | Heemskerk       | 354 Pnt. | 100 % |
| 100 vlinderslag | 1:11.38  | 50m | 18-5-2002  | Nordhorn (GER)  | 340 Pnt. | 100 % |
| 100 vlinderslag | 1:07.54  | 25m | 31-3-2002  | Haarlem         | 369 Pnt. | 100 % |
| 200 vlinderslag | 2:43.85  | 50m | 13-5-2001  | Beverwijk (NED) | 315 Pnt. | 100 % |
| 200 vlinderslag | 2:33.99  | 25m | 16-4-2000  | Zaandam (NED)   | 350 Pnt. | 100 % |
| 100 wisselslag  | 1:09.28  | 25m | 26-4-2001  | Heemskerk (NED) | 392 Pnt. | 100 % |
| 200 wisselslag  | 2:34.66  | 50m | 18-5-2002  | Nordhorn (GER)  | 400 Pnt. | 100 % |
| 200 wisselslag  | 2:27.81  | 25m | 6-4-2002   | Hengelo (NED)   | 408 Pnt. | 100 % |
| 300 wisselslag  | 3:57.42  | 25m | 20-1-2001  | Amsterdam (NED) |          | 100 % |
| 400 wisselslag  | 5:18.45  | 25m | 30-3-2000  | Heemskerk (NED) | 404 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 435 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 435 Pnt.

### **Stins Mariska**

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 14.42    | 25m | 29-5-2008  | Heemskerk (NED)  | 399 Pnt. | 100 % |
| 50 vrije slag   | 32.32    | 50m | 18-3-2012  | Amersfoort (NED) | 395 Pnt. | 100 % |
| 50 vrije slag   | 30.30    | 25m | 11-4-2010  | Zaandam (NED)    | 451 Pnt. | 100 % |
| 100 vrije slag  | 1:11.90  | 50m | 2-6-2002   | Beverwijk        | 379 Pnt. | 100 % |
| 100 vrije slag  | 1:06.74  | 25m | 16-3-2003  | Heemskerk        | 446 Pnt. | 100 % |
| 200 vrije slag  | 2:46.07  | 50m | 18-5-2002  | Nordhorn (GER)   | 314 Pnt. | 100 % |
| 200 vrije slag  | 2:26.63  | 25m | 5-11-2000  | Zaandam (NED)    | 435 Pnt. | 100 % |
| 300 vrije slag  | 4:01.45  | 25m | 29-4-2004  | Heemskerk (NED)  | 366 Pnt. | 100 % |
| 400 vrije slag  | 5:19.17  | 25m | 30-5-2002  | Heemskerk        | 396 Pnt. | 100 % |
| 800 vrije slag  | 11:18.69 | 25m | 5-11-2000  | Zaandam (NED)    | 352 Pnt. | 100 % |
| 1000 vrije slag | 16:43.50 | OW  | 12-7-1998  | Amsterdam (NED)  |          | 100 % |
| 1500 vrije slag | 21:41.94 | 25m | 1-12-2002  | Heemskerk        | 360 Pnt. | 100 % |
| 2000 vrije slag | 29:08.81 | 25m | 5-3-2000   | Zaandam (NED)    | 352 Pnt. | 100 % |
| 25 rugslag      | 16.86    | 25m | 19-4-2007  | Heemskerk (NED)  | 369 Pnt. | 100 % |
| 50 rugslag      | 37.92    | 50m | 18-3-2012  | Amersfoort (NED) | 363 Pnt. | 100 % |
| 50 rugslag      | 35.29    | 25m | 7-6-2003   | Z.o. Beemster    | 386 Pnt. | 100 % |
| 100 rugslag     | 1:20.10  | 50m | 1-6-2002   | Beverwijk        | 382 Pnt. | 100 % |
| 100 rugslag     | 1:16.36  | 25m | 9-11-2003  | Zaandam          | 378 Pnt. | 100 % |
| 200 rugslag     | 2:52.41  | 50m | 18-5-2003  | Beverwijk (NED)  | 372 Pnt. | 100 % |
| 200 rugslag     | 2:44.24  | 25m | 16-3-2003  | Heemskerk        | 390 Pnt. | 100 % |
| 25 schoolslag   | 18.89    | 25m | 25-3-1999  | Heemskerk (NED)  | 356 Pnt. | 100 % |
| 50 schoolslag   | 41.73    | 25m | 15-4-2001  | Haarlem (NED)    | 328 Pnt. | 100 % |
| 100 schoolslag  | 1:34.74  | 50m | 29-5-1999  | Beverwijk (NED)  | 313 Pnt. | 100 % |
| 100 schoolslag  | 1:30.00  | 25m | 5-1-2003   | Aalsmeer (NED)   | 332 Pnt. | 100 % |
| 200 schoolslag  | 3:29.96  | 50m | 21-4-2002  | Beverwijk (NED)  | 290 Pnt. | 100 % |
| 200 schoolslag  | 3:15.82  | 25m | 16-1-2000  | Zaandam (NED)    | 324 Pnt. | 100 % |
| 25 vlinderslag  | 15.30    | 25m | 19-4-2007  | Heemskerk (NED)  | 391 Pnt. | 100 % |
| 50 vlinderslag  | 36.07    | 50m | 20-10-2002 | Beverwijk (NED)  | 335 Pnt. | 100 % |
| 50 vlinderslag  | 34.23    | 25m | 30-11-2000 | Heemskerk (NED)  | 361 Pnt. | 100 % |
| 100 vlinderslag | 1:18.47  | 50m | 25-4-2004  | Beverwijk (NED)  | 363 Pnt. | 100 % |
| 100 vlinderslag | 1:15.83  | 25m | 27-5-2004  | Heemskerk (NED)  | 382 Pnt. | 100 % |
| 200 vlinderslag | 3:12.70  | 50m | 17-4-2005  | Beverwijk (NED)  | 252 Pnt. | 100 % |
| 200 vlinderslag | 2:58.47  | 25m | 15-3-2009  | Haarlem (NED)    | 309 Pnt. | 100 % |

|                |         |     |            |                  |          |       |
|----------------|---------|-----|------------|------------------|----------|-------|
| 100 wisselslag | 1:18.32 | 25m | 28-12-2003 | Maastricht (NED) | 394 Pnt. | 100 % |
| 200 wisselslag | 2:58.92 | 50m | 20-10-2002 | Beverwijk (NED)  | 350 Pnt. | 100 % |
| 200 wisselslag | 2:47.46 | 25m | 11-4-2010  | Zaandam (NED)    | 398 Pnt. | 100 % |
| 300 wisselslag | 4:28.22 | 25m | 20-1-2001  | Amsterdam (NED)  |          | 100 % |
| 400 wisselslag | 5:55.41 | 25m | 24-2-2002  | Heemskerk        | 395 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 425 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 425 Pnt.

### Tijms Eric

|                 |            |     |            |                           |          |       |
|-----------------|------------|-----|------------|---------------------------|----------|-------|
| 25 vrije slag   | 13.70      | 25m | 29-5-2008  | Heemskerk (NED)           | 297 Pnt. | 100 % |
| 50 vrije slag   | 31.73      | 50m | 22-3-2009  | Amersfoort (NED)          | 286 Pnt. | 100 % |
| 50 vrije slag   | 30.97      | 25m | 24-4-2011  | Haarlem (NED)             | 281 Pnt. | 100 % |
| 100 vrije slag  | 1:16.05    | 50m | 18-9-2009  | Cadiz (ESP)               | 234 Pnt. | 100 % |
| 100 vrije slag  | 1:11.93    | 25m | 22-1-2011  | Heerenveen (NED)          | 243 Pnt. | 100 % |
| 200 vrije slag  | 2:48.22    | 50m | 2-5-2014   | Den Haag (NED)            | 222 Pnt. | 100 % |
| 200 vrije slag  | 2:42.71    | 25m | 21-2-2015  | Heerenveen (NED)          | 227 Pnt. | 100 % |
| 300 vrije slag  | 4:30.31    | 50m | 3-5-2014   | Den Haag (NED)            | 211 Pnt. | 100 % |
| 300 vrije slag  | 4:21.87    | 25m | 22-1-2016  | Papendrecht (NED)         | 210 Pnt. | 100 % |
| 400 vrije slag  | 6:05.69    | 50m | 3-5-2014   | Den Haag (NED)            | 217 Pnt. | 100 % |
| 400 vrije slag  | 5:53.58    | 25m | 22-1-2016  | Papendrecht (NED)         | 216 Pnt. | 100 % |
| 800 vrije slag  | 12:35.14   | 50m | 2-5-2014   | Den Haag (NED)            | 214 Pnt. | 100 % |
| 800 vrije slag  | 12:20.34   | 25m | 23-1-2015  | Heerenveen (NED)          | 214 Pnt. | 100 % |
| 1000 vrije slag | 15:46.38   | OW  | 31-8-2013  | Wilhelminadorp (NED)      |          | 100 % |
| 1250 vrije slag | 22:56.66   | OW  | 10-9-2017  | Hoorn (NED)               |          |       |
| 1500 vrije slag | 24:10.66   | 50m | 4-5-2014   | Den Haag (NED)            | 216 Pnt. | 100 % |
| 1500 vrije slag | 23:32.56   | 25m | 21-1-2016  | Papendrecht (NED)         | 217 Pnt. | 100 % |
| 1500 vrije slag | 25:38.60   | OW  | 28-7-2012  | Anna-Paulowna (NED)       |          | 100 % |
| 2000 vrije slag | 32:18.57   | OW  | 1-9-2012   | Wilhelminadorp (NED)      |          | 100 % |
| 2500 vrije slag | 47:48.09   | OW  | 23-7-2017  | Medemblik (NED)           |          | 100 % |
| 3000 vrije slag | 42:05.80   | OW  | 17-6-2012  | Riccione (ITA)            |          | 100 % |
| 4000 vrije slag | 1:11:51.90 | OW  | 18-7-2015  | Amstelveen (NED)          |          | 100 % |
| 5000 vrije slag | 1:31:03.05 | OW  | 26-8-2012  | Oosterhout (NED)          |          | 100 % |
| 6000 vrije slag | 1:17:08.68 | OW  | 10-7-2016  | Beusichem-Culemborg (NED) |          | 100 % |
| 25 rugslag      | 18.92      | 25m | 20-11-2011 | Almere-Stad (NED)         | 173 Pnt. | 100 % |
| 50 rugslag      | 42.61      | 50m | 3-6-2012   | Riccione (ITA)            | 179 Pnt. | 100 % |
| 50 rugslag      | 41.51      | 25m | 21-3-2013  | Heemskerk (NED)           | 161 Pnt. | 100 % |
| 100 rugslag     | 1:39.28    | 50m | 18-3-2012  | Amersfoort (NED)          | 143 Pnt. | 100 % |
| 100 rugslag     | 1:30.65    | 25m | 10-12-2015 | Heemskerk (NED)           | 157 Pnt. | 100 % |
| 25 schoolslag   | 17.25      | 25m | 29-5-2008  | Heemskerk (NED)           | 305 Pnt. | 100 % |
| 50 schoolslag   | 41.02      | 50m | 5-5-2012   | Eindhoven (NED)           | 274 Pnt. | 100 % |
| 50 schoolslag   | 39.91      | 25m | 31-5-2009  | Purmerend (NED)           | 253 Pnt. | 100 % |
| 100 schoolslag  | 1:34.58    | 50m | 4-5-2014   | Den Haag (NED)            | 236 Pnt. | 100 % |
| 100 schoolslag  | 1:29.20    | 25m | 30-10-2008 | Heemskerk (NED)           | 242 Pnt. | 100 % |
| 200 schoolslag  | 3:35.07    | 50m | 19-4-2015  | Alkmaar (NED)             | 205 Pnt. | 100 % |
| 200 schoolslag  | 3:27.18    | 25m | 12-6-2011  | Purmerend (NED)           | 197 Pnt. | 100 % |
| 1000 schoolslag | 19:56.19   | OW  | 22-6-2008  | Breukelen (NED)           |          | 100 % |
| 1250 schoolslag | 26:28.15   | OW  | 10-9-2017  | Hoorn (NED)               |          |       |
| 2000 schoolslag | 43:13.40   | OW  | 6-7-2012   | Appeltern (NED)           |          | 100 % |
| 25 vlinderslag  | 16.35      | 25m | 29-5-2008  | Heemskerk (NED)           | 221 Pnt. | 100 % |
| 50 vlinderslag  | 37.10      | 25m | 30-10-2008 | Heemskerk (NED)           | 202 Pnt. | 100 % |
| 100 vlinderslag | 1:36.09    | 25m | 26-2-2009  | Heemskerk (NED)           | 128 Pnt. | 100 % |
| 100 wisselslag  | 1:22.36    | 25m | 26-4-2012  | Heemskerk (NED)           | 233 Pnt. | 100 % |

CRS,CRM50

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 281 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 281 Pnt.

**Tijms Stefan**

|                  |            |     |            |                         |          |       |
|------------------|------------|-----|------------|-------------------------|----------|-------|
| 25 vrije slag    | 13.21      | 25m | 30-6-2011  | Heemskerk (NED)         | 332 Pnt. | 100 % |
| 50 vrije slag    | 28.04      | 50m | 24-11-2012 | Beverwijk (NED)         | 414 Pnt. | 100 % |
| 50 vrije slag    | 27.61      | 25m | 2-6-2013   | Purmerend (NED)         | 397 Pnt. | 100 % |
| 100 vrije slag   | 1:01.39    | 50m | 15-6-2013  | Beverwijk (NED)         | 446 Pnt. | 100 % |
| 100 vrije slag   | 59.76      | 25m | 19-5-2013  | Purmerend (NED)         | 425 Pnt. | 100 % |
| 200 vrije slag   | 2:23.00    | 50m | 10-4-2011  | Beverwijk (NED)         | 362 Pnt. | 100 % |
| 200 vrije slag   | 2:13.30    | 25m | 21-3-2013  | Heemskerk (NED)         | 414 Pnt. | 100 % |
| 300 vrije slag   | 3:37.54    | 25m | 24-4-2011  | Haarlem (NED)           | 367 Pnt. | 100 % |
| 400 vrije slag   | 4:52.54    | 25m | 24-4-2011  | Haarlem (NED)           | 381 Pnt. | 100 % |
| 500 vrije slag   | 7:21.85    | OW  | 10-7-2010  | Wijk en Aalburg (NED)   |          | 100 % |
| 800 vrije slag   | 10:27.55   | 25m | 9-2-2014   | Zaandam (NED)           | 352 Pnt. | 100 % |
| 1000 vrije slag  | 13:22.88   | OW  | 2-7-2011   | Appeltern (NED)         |          | 100 % |
| 1250 vrije slag  | 15:32.19   | OW  | 19-8-2011  | Leiden (NED)            |          | 100 % |
| 1500 vrije slag  | 20:01.73   | 25m | 9-2-2014   | Zaandam (NED)           | 353 Pnt. | 100 % |
| 1500 vrije slag  | 20:43.77   | OW  | 23-7-2011  | Anna-Paulowna (NED)     |          | 100 % |
| 2000 vrije slag  | 27:31.52   | 25m | 13-2-2011  | Zaandam (NED)           | 323 Pnt. | 100 % |
| 2000 vrije slag  | 27:15.27   | OW  | 3-7-2011   | Bodegraven (NED)        |          | 100 % |
| 2500 vrije slag  | 37:30.04   | OW  | 24-7-2011  | Langedijk (NED)         |          | 100 % |
| 3000 vrije slag  | 46:38.43   | OW  | 21-7-2013  | Amsterdam (NED)         |          | 100 % |
| 4000 vrije slag  | 1:05:28.98 | OW  | 8-6-2012   | Leiden (NED)            |          | 100 % |
| 5000 vrije slag  | 1:13:19.95 | OW  | 3-7-2011   | Bodegraven (NED)        |          | 100 % |
| 10000 vrije slag | 2:44:08.00 | OW  | 18-6-2011  | Vriezenveen (NED)       |          | 100 % |
| 25 rugslag       | 17.45      | 25m | 29-5-2008  | Heemskerk (NED)         | 220 Pnt. | 100 % |
| 50 rugslag       | 36.36      | 50m | 4-12-2010  | Beverwijk (NED)         | 289 Pnt. | 100 % |
| 50 rugslag       | 33.28      | 25m | 27-3-2011  | Heemstede (NED)         | 313 Pnt. | 100 % |
| 100 rugslag      | 1:22.74    | 50m | 17-4-2005  | Beverwijk (NED)         | 247 Pnt. | 100 % |
| 100 rugslag      | 1:11.28    | 25m | 3-4-2011   | Zaandam (NED)           | 323 Pnt. | 100 % |
| 200 rugslag      | 2:57.70    | 50m | 17-4-2005  | Beverwijk (NED)         | 249 Pnt. | 100 % |
| 200 rugslag      | 2:34.10    | 25m | 16-11-2014 | Zaandam (NED)           | 326 Pnt. | 100 % |
| 25 schoolslag    | 19.62      | 25m | 29-5-2008  | Heemskerk (NED)         | 207 Pnt. | 100 % |
| 50 schoolslag    | 37.84      | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 350 Pnt. | 100 % |
| 50 schoolslag    | 36.26      | 25m | 27-1-2011  | Heemskerk (NED)         | 337 Pnt. | 100 % |
| 100 schoolslag   | 1:23.70    | 50m | 15-6-2013  | Beverwijk (NED)         | 340 Pnt. | 100 % |
| 100 schoolslag   | 1:19.37    | 25m | 12-1-2014  | Purmerend (NED)         | 343 Pnt. | 100 % |
| 200 schoolslag   | 3:02.73    | 50m | 10-4-2011  | Beverwijk (NED)         | 335 Pnt. | 100 % |
| 200 schoolslag   | 2:50.66    | 25m | 19-1-2014  | Zaandam (NED)           | 353 Pnt. | 100 % |
| 500 schoolslag   | 9:15.90    | OW  | 22-6-2008  | Breukelen (NED)         |          | 100 % |
| 1000 schoolslag  | 17:01.72   | OW  | 21-7-2013  | Amsterdam (NED)         |          | 100 % |
| 2000 schoolslag  | 33:47.98   | OW  | 19-6-2011  | Spaarnwoude (NED)       |          | 100 % |
| 3000 schoolslag  | 52:30.51   | OW  | 9-7-2011   | Wijk en Aalburg (NED)   |          | 100 % |
| 25 vlinderslag   | 14.43      | 25m | 30-6-2011  | Heemskerk (NED)         | 322 Pnt. | 100 % |
| 50 vlinderslag   | 32.59      | 50m | 4-12-2010  | Beverwijk (NED)         | 326 Pnt. | 100 % |
| 50 vlinderslag   | 31.76      | 25m | 2-6-2013   | Purmerend (NED)         | 323 Pnt. | 100 % |
| 100 vlinderslag  | 1:30.40    | 50m | 13-6-2010  | Beverwijk (NED)         | 167 Pnt. | 100 % |
| 100 vlinderslag  | 1:10.58    | 25m | 12-1-2014  | Purmerend (NED)         | 324 Pnt. | 100 % |
| 100 wisselslag   | 1:10.85    | 25m | 14-4-2011  | Heemskerk (NED)         | 366 Pnt. | 100 % |
| 200 wisselslag   | 2:39.68    | 25m | 26-4-2012  | Heemskerk (NED)         | 323 Pnt. | 100 % |
| 300 wisselslag   | 4:44.57    | 25m | 9-12-2007  | Zaandam (NED)           |          | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 404 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 404 Pnt.

**van Tilburg Beau**

|                |         |     |           |                 |         |       |
|----------------|---------|-----|-----------|-----------------|---------|-------|
| 50 vrije slag  | 45.79   | 25m | 1-10-2017 | Purmerend (NED) | 87 Pnt. | 151 % |
| 100 wisselslag | 2:03.13 | 25m | 1-10-2017 | Purmerend (NED) | 69 Pnt. | 116 % |

Gemiddelde punten over beste 2 zwemslagen aan het 1-8-2017: 51 Pnt.

Gemiddelde punten over beste 2 zwemslagen aan het 31-7-2018: 78 Pnt.

**Vacca Sandro**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag  | 50.97   | 50m | 5-3-2017   | Alkmaar (NED)   | 69 Pnt.  | 100 % |
| 50 vrije slag  | 41.75   | 25m | 27-11-2016 | Zaandam (NED)   | 114 Pnt. | 100 % |
| 100 vrije slag | 1:33.83 | 25m | 12-2-2017  | Purmerend (NED) | 109 Pnt. | 100 % |
| 200 vrije slag | 3:20.39 | 25m | 7-5-2017   | Zaandam (NED)   | 121 Pnt. | 100 % |
| 50 rugslag     | 54.65   | 25m | 2-2-2017   | Heemskerk (NED) | 70 Pnt.  | 100 % |
| 50 schoolslag  | 50.26   | 25m | 12-3-2017  | Purmerend (NED) | 126 Pnt. | 100 % |
| 100 schoolslag | 1:48.77 | 25m | 12-3-2017  | Purmerend (NED) | 133 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 120 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 120 Pnt.

**van 't Veer Iris**

|                 |         |     |            |                         |          |       |
|-----------------|---------|-----|------------|-------------------------|----------|-------|
| 50 vrije slag   | 32.84   | 50m | 20-5-2017  | Alkmaar (NED)           | 377 Pnt. | 100 % |
| 50 vrije slag   | 32.37   | 25m | 15-10-2017 | Alkmaar (NED)           | 370 Pnt. | 100 % |
| 100 vrije slag  | 1:12.63 | 50m | 27-5-2017  | Alkmaar (NED)           | 368 Pnt. | 100 % |
| 100 vrije slag  | 1:07.91 | 25m | 15-10-2017 | Alkmaar (NED)           | 423 Pnt. | 107 % |
| 200 vrije slag  | 2:36.42 | 50m | 21-5-2017  | Alkmaar (NED)           | 376 Pnt. | 100 % |
| 200 vrije slag  | 2:30.47 | 25m | 7-5-2017   | Zaandam (NED)           | 403 Pnt. | 100 % |
| 400 vrije slag  | 5:43.88 | 50m | 2-4-2017   | Alkmaar (NED)           | 336 Pnt. | 100 % |
| 400 vrije slag  | 5:34.21 | 25m | 17-4-2017  | Haarlem (NED)           | 345 Pnt. | 100 % |
| 50 rugslag      | 36.05   | 50m | 21-5-2017  | Alkmaar (NED)           | 422 Pnt. | 100 % |
| 50 rugslag      | 35.66   | 25m | 15-10-2017 | Alkmaar (NED)           | 374 Pnt. | 106 % |
| 100 rugslag     | 1:18.50 | 50m | 17-6-2017  | Bergbad Bückeberg (GER) | 405 Pnt. | 100 % |
| 100 rugslag     | 1:13.84 | 25m | 15-10-2017 | Alkmaar (NED)           | 418 Pnt. | 112 % |
| 200 rugslag     | 2:50.42 | 50m | 27-5-2017  | Alkmaar (NED)           | 385 Pnt. | 100 % |
| 200 rugslag     | 2:41.43 | 25m | 15-10-2017 | Alkmaar (NED)           | 411 Pnt. | 112 % |
| 50 schoolslag   | 41.82   | 50m | 20-5-2017  | Alkmaar (NED)           | 350 Pnt. | 100 % |
| 50 schoolslag   | 41.38   | 25m | 7-5-2017   | Zaandam (NED)           | 337 Pnt. | 100 % |
| 100 schoolslag  | 1:31.91 | 50m | 21-5-2017  | Alkmaar (NED)           | 343 Pnt. | 100 % |
| 100 schoolslag  | 1:28.34 | 25m | 1-10-2017  | Purmerend (NED)         | 351 Pnt. | 106 % |
| 200 schoolslag  | 3:19.91 | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 336 Pnt. | 100 % |
| 200 schoolslag  | 3:16.55 | 25m | 12-2-2017  | Purmerend (NED)         | 320 Pnt. | 100 % |
| 50 vlinderslag  | 52.25   | 50m | 5-12-2015  | Beverwijk (NED)         | 110 Pnt. | 100 % |
| 50 vlinderslag  | 43.25   | 25m | 17-11-2016 | Heemskerk (NED)         | 179 Pnt. | 100 % |
| 100 vlinderslag | 1:38.34 | 25m | 2-2-2017   | Heemskerk (NED)         | 175 Pnt. | 100 % |
| 200 vlinderslag | 3:40.13 | 25m | 27-11-2016 | Zaandam (NED)           | 165 Pnt. | 100 % |
| 100 wisselslag  | 1:18.80 | 25m | 11-5-2017  | Heemskerk (NED)         | 387 Pnt. | 100 % |
| 200 wisselslag  | 2:59.49 | 50m | 20-5-2017  | Alkmaar (NED)           | 347 Pnt. | 100 % |
| 200 wisselslag  | 3:01.10 | 25m | 13-11-2016 | Purmerend (NED)         | 314 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 400 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 415 Pnt.

**van Vegten Teun**

|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag  | 17.06   | 25m | 26-4-2012  | Heemskerk (NED) | 154 Pnt. | 100 % |
| 50 vrije slag  | 28.78   | 50m | 5-2-2017   | Alkmaar (NED)   | 383 Pnt. | 100 % |
| 50 vrije slag  | 28.09   | 25m | 15-10-2017 | Alkmaar (NED)   | 377 Pnt. | 102 % |
| 100 vrije slag | 1:04.81 | 50m | 2-4-2017   | Alkmaar (NED)   | 379 Pnt. | 100 % |
| 100 vrije slag | 1:01.88 | 25m | 11-5-2017  | Heemskerk (NED) | 383 Pnt. | 100 % |
| 200 vrije slag | 2:28.70 | 50m | 28-5-2017  | Alkmaar (NED)   | 322 Pnt. | 100 % |
| 200 vrije slag | 2:23.18 | 25m | 16-3-2017  | Heemskerk (NED) | 334 Pnt. | 100 % |
| 400 vrije slag | 5:46.21 | 25m | 18-9-2016  | Zaandam (NED)   | 230 Pnt. | 100 % |
| 50 rugslag     | 34.78   | 50m | 28-5-2017  | Alkmaar (NED)   | 330 Pnt. | 100 % |
| 50 rugslag     | 32.45   | 25m | 12-3-2017  | Purmerend (NED) | 338 Pnt. | 100 % |
| 100 rugslag    | 1:18.72 | 50m | 5-2-2017   | Alkmaar (NED)   | 287 Pnt. | 100 % |
| 100 rugslag    | 1:14.13 | 25m | 12-3-2017  | Purmerend (NED) | 287 Pnt. | 100 % |
| 200 rugslag    | 2:45.42 | 25m | 13-11-2016 | Purmerend (NED) | 263 Pnt. | 100 % |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 schoolslag   | 27.69   | 25m | 30-6-2011  | Heemskerk (NED) | 73 Pnt.  | 100 % |
| 50 schoolslag   | 47.60   | 50m | 3-12-2016  | Beverwijk (NED) | 175 Pnt. | 100 % |
| 50 schoolslag   | 43.84   | 25m | 18-12-2016 | Heemskerk (NED) | 191 Pnt. | 100 % |
| 100 schoolslag  | 1:43.43 | 50m | 2-4-2017   | Alkmaar (NED)   | 180 Pnt. | 100 % |
| 100 schoolslag  | 1:32.94 | 25m | 18-12-2016 | Heemskerk (NED) | 214 Pnt. | 100 % |
| 200 schoolslag  | 3:24.41 | 25m | 12-3-2017  | Purmerend (NED) | 205 Pnt. | 100 % |
| 25 vlinderslag  | 18.50   | 25m | 13-12-2012 | Heemskerk (NED) | 153 Pnt. | 100 % |
| 50 vlinderslag  | 33.87   | 50m | 21-5-2017  | Alkmaar (NED)   | 290 Pnt. | 100 % |
| 50 vlinderslag  | 34.59   | 25m | 19-3-2017  | Zaandam (NED)   | 250 Pnt. | 100 % |
| 100 vlinderslag | 1:19.94 | 50m | 5-2-2017   | Alkmaar (NED)   | 242 Pnt. | 100 % |
| 100 vlinderslag | 1:16.30 | 25m | 2-2-2017   | Heemskerk (NED) | 256 Pnt. | 100 % |
| 200 vlinderslag | 3:32.65 | 25m | 19-4-2015  | Zaandam (NED)   | 133 Pnt. | 100 % |
| 100 wisselslag  | 1:15.42 | 25m | 11-5-2017  | Heemskerk (NED) | 303 Pnt. | 100 % |
| 200 wisselslag  | 2:51.25 | 50m | 5-2-2017   | Alkmaar (NED)   | 295 Pnt. | 100 % |
| 200 wisselslag  | 3:01.77 | 25m | 8-3-2015   | Zaandam (NED)   | 219 Pnt. | 100 % |
| 400 wisselslag  | 6:11.44 | 25m | 19-3-2017  | Zaandam (NED)   | 254 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 348 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 348 Pnt.

### **Veldhuis Amelia**

|                 |         |     |            |                  |          |       |
|-----------------|---------|-----|------------|------------------|----------|-------|
| 25 vrije slag   | 20.08   | 25m | 13-4-2014  | Zaandam (NED)    | 147 Pnt. | 100 % |
| 50 vrije slag   | 35.34   | 50m | 5-2-2017   | Alkmaar (NED)    | 302 Pnt. | 100 % |
| 50 vrije slag   | 35.21   | 25m | 27-11-2016 | Zaandam (NED)    | 287 Pnt. | 100 % |
| 100 vrije slag  | 1:20.34 | 50m | 2-4-2017   | Alkmaar (NED)    | 272 Pnt. | 100 % |
| 100 vrije slag  | 1:16.78 | 25m | 15-10-2017 | Alkmaar (NED)    | 293 Pnt. | 103 % |
| 200 vrije slag  | 2:56.04 | 50m | 21-5-2017  | Alkmaar (NED)    | 264 Pnt. | 100 % |
| 200 vrije slag  | 2:53.13 | 25m | 12-3-2017  | Purmerend (NED)  | 264 Pnt. | 100 % |
| 50 rugslag      | 40.59   | 50m | 2-4-2017   | Alkmaar (NED)    | 296 Pnt. | 100 % |
| 50 rugslag      | 40.31   | 25m | 2-7-2017   | Den Helder (NED) | 259 Pnt. | 100 % |
| 100 rugslag     | 1:31.87 | 50m | 5-2-2017   | Alkmaar (NED)    | 253 Pnt. | 100 % |
| 100 rugslag     | 1:31.47 | 25m | 12-2-2017  | Purmerend (NED)  | 220 Pnt. | 100 % |
| 200 rugslag     | 3:28.79 | 25m | 2-10-2016  | Purmerend (NED)  | 189 Pnt. | 100 % |
| 25 schoolslag   | 27.77   | 25m | 7-4-2013   | Castricum (NED)  | 112 Pnt. | 100 % |
| 50 schoolslag   | 47.20   | 50m | 3-12-2016  | Beverwijk (NED)  | 243 Pnt. | 100 % |
| 50 schoolslag   | 44.17   | 25m | 16-3-2017  | Heemskerk (NED)  | 277 Pnt. | 100 % |
| 100 schoolslag  | 1:41.77 | 50m | 2-4-2017   | Alkmaar (NED)    | 252 Pnt. | 100 % |
| 100 schoolslag  | 1:36.13 | 25m | 12-3-2017  | Purmerend (NED)  | 272 Pnt. | 100 % |
| 200 schoolslag  | 3:42.33 | 50m | 5-2-2017   | Alkmaar (NED)    | 244 Pnt. | 100 % |
| 200 schoolslag  | 3:29.45 | 25m | 12-2-2017  | Purmerend (NED)  | 265 Pnt. | 100 % |
| 25 vlinderslag  | 25.44   | 25m | 13-4-2014  | Zaandam (NED)    | 85 Pnt.  | 100 % |
| 50 vlinderslag  | 43.82   | 50m | 3-12-2016  | Beverwijk (NED)  | 187 Pnt. | 100 % |
| 50 vlinderslag  | 40.16   | 25m | 17-11-2016 | Heemskerk (NED)  | 223 Pnt. | 100 % |
| 100 vlinderslag | 1:45.31 | 50m | 5-2-2017   | Alkmaar (NED)    | 150 Pnt. | 100 % |
| 100 vlinderslag | 1:36.97 | 25m | 11-12-2016 | Alkmaar (NED)    | 182 Pnt. | 100 % |
| 200 vlinderslag | 3:51.64 | 25m | 27-11-2016 | Zaandam (NED)    | 141 Pnt. | 100 % |
| 100 wisselslag  | 1:27.86 | 25m | 11-5-2017  | Heemskerk (NED)  | 279 Pnt. | 100 % |
| 200 wisselslag  | 3:19.39 | 25m | 13-11-2016 | Purmerend (NED)  | 235 Pnt. | 100 % |
| 400 wisselslag  | 7:14.65 | 25m | 11-12-2016 | Alkmaar (NED)    | 216 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 286 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 289 Pnt.

**Venema Jalina**

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 19.46   | 25m | 13-4-2014  | Zaandam (NED)   | 162 Pnt. | 100 % |
| 50 vrije slag   | 34.53   | 25m | 13-10-2016 | Heemskerk (NED) | 304 Pnt. | 100 % |
| 100 vrije slag  | 1:16.66 | 25m | 13-11-2016 | Purmerend (NED) | 294 Pnt. | 100 % |
| 200 vrije slag  | 2:50.36 | 25m | 12-3-2017  | Purmerend (NED) | 277 Pnt. | 100 % |
| 50 rugslag      | 44.23   | 25m | 2-2-2017   | Heemskerk (NED) | 196 Pnt. | 100 % |
| 100 rugslag     | 1:41.25 | 25m | 17-11-2016 | Heemskerk (NED) | 162 Pnt. | 100 % |
| 200 rugslag     | 3:37.93 | 25m | 24-1-2016  | Zaandam (NED)   | 167 Pnt. | 100 % |
| 50 schoolslag   | 50.27   | 25m | 13-10-2016 | Heemskerk (NED) | 188 Pnt. | 100 % |
| 100 schoolslag  | 2:01.37 | 50m | 21-6-2015  | Beverwijk (NED) | 149 Pnt. | 100 % |
| 100 schoolslag  | 1:48.14 | 25m | 12-3-2017  | Purmerend (NED) | 191 Pnt. | 100 % |
| 50 vlinderslag  | 40.88   | 25m | 17-11-2016 | Heemskerk (NED) | 212 Pnt. | 100 % |
| 100 vlinderslag | 1:36.61 | 25m | 2-2-2017   | Heemskerk (NED) | 185 Pnt. | 100 % |
| 200 vlinderslag | 3:45.14 | 25m | 24-4-2016  | Zaandam (NED)   | 154 Pnt. | 100 % |
| 100 wisselslag  | 1:36.86 | 25m | 19-5-2016  | Heemskerk (NED) | 208 Pnt. | 100 % |
| 200 wisselslag  | 3:20.01 | 25m | 13-11-2016 | Purmerend (NED) | 233 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 264 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 264 Pnt.

**Vink Jan Jaap**

|                 |          |     |            |                  |          |       |
|-----------------|----------|-----|------------|------------------|----------|-------|
| 50 vrije slag   | 44.97    | 25m | 21-10-2012 | Zaandam (NED)    | 91 Pnt.  | 100 % |
| 100 vrije slag  | 1:31.06  | 25m | 21-10-2012 | Zaandam (NED)    | 120 Pnt. | 100 % |
| 200 vrije slag  | 3:05.94  | 25m | 21-10-2012 | Zaandam (NED)    | 152 Pnt. | 100 % |
| 400 vrije slag  | 6:15.91  | 25m | 21-10-2012 | Zaandam (NED)    | 180 Pnt. | 100 % |
| 800 vrije slag  | 12:39.31 | 25m | 21-10-2012 | Zaandam (NED)    | 199 Pnt. | 100 % |
| 1000 vrije slag | 17:47.18 | OW  | 23-7-2016  | Amstelveen (NED) |          | 100 % |
| 1500 vrije slag | 28:29.30 | OW  | 17-7-2016  | Amsterdam (NED)  |          | 100 % |
| 3000 vrije slag | 53:40.10 | OW  | 7-9-2013   | Eindhoven (NED)  |          | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 148 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 148 Pnt.

**Vink Marjolein**

|                 |          |     |            |                   |          |       |
|-----------------|----------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 14.37    | 25m | 29-5-2008  | Heemskerk (NED)   | 403 Pnt. | 100 % |
| 50 vrije slag   | 30.51    | 50m | 6-5-2007   | Eindhoven (NED)   | 470 Pnt. | 100 % |
| 50 vrije slag   | 29.88    | 25m | 8-4-2007   | Haarlem (NED)     | 470 Pnt. | 100 % |
| 100 vrije slag  | 1:07.30  | 50m | 20-5-2007  | Beverwijk (NED)   | 463 Pnt. | 100 % |
| 100 vrije slag  | 1:05.86  | 25m | 9-4-2007   | Haarlem (NED)     | 464 Pnt. | 100 % |
| 200 vrije slag  | 2:35.04  | 50m | 13-4-2008  | Antwerpen (BEL)   | 386 Pnt. | 100 % |
| 200 vrije slag  | 2:31.36  | 25m | 30-9-2007  | Volendam (NED)    | 396 Pnt. | 100 % |
| 300 vrije slag  | 4:16.78  | 25m | 14-10-2007 | Zaandam (NED)     | 304 Pnt. | 100 % |
| 400 vrije slag  | 5:44.72  | 50m | 29-3-2009  | Alkmaar (NED)     | 333 Pnt. | 100 % |
| 400 vrije slag  | 5:48.26  | 25m | 14-10-2007 | Zaandam (NED)     | 305 Pnt. | 100 % |
| 500 vrije slag  | 9:22.60  | OW  | 27-8-2005  | Tilburg (NED)     |          | 100 % |
| 800 vrije slag  | 11:39.17 | 25m | 14-10-2007 | Zaandam (NED)     | 322 Pnt. | 100 % |
| 1000 vrije slag | 17:04.18 | OW  | 5-7-2008   | Oss (NED)         |          | 100 % |
| 1500 vrije slag | 23:15.85 | 25m | 28-1-2007  | Zaandam (NED)     | 292 Pnt. | 100 % |
| 2000 vrije slag | 34:07.78 | OW  | 15-6-2008  | Spaarnwoude (NED) |          | 100 % |
| 25 rugslag      | 18.08    | 25m | 19-4-2007  | Heemskerk (NED)   | 299 Pnt. | 100 % |
| 50 rugslag      | 36.83    | 25m | 29-12-2007 | Maastricht (NED)  | 339 Pnt. | 100 % |
| 100 rugslag     | 1:26.68  | 50m | 2-6-2007   | Beverwijk (NED)   | 301 Pnt. | 100 % |
| 100 rugslag     | 1:20.67  | 25m | 9-3-2008   | Heemskerk (NED)   | 320 Pnt. | 100 % |
| 200 rugslag     | 2:57.16  | 25m | 23-4-2009  | Heemskerk (NED)   | 311 Pnt. | 100 % |
| 25 schoolslag   | 19.06    | 25m | 19-4-2007  | Heemskerk (NED)   | 347 Pnt. | 100 % |
| 50 schoolslag   | 43.05    | 50m | 13-5-2007  | Alkmaar (NED)     | 321 Pnt. | 100 % |
| 50 schoolslag   | 40.96    | 25m | 7-12-2008  | Zaandam (NED)     | 347 Pnt. | 100 % |
| 100 schoolslag  | 1:34.18  | 50m | 12-4-2008  | Antwerpen (BEL)   | 318 Pnt. | 100 % |
| 100 schoolslag  | 1:29.86  | 25m | 30-9-2007  | Volendam (NED)    | 334 Pnt. | 100 % |
| 200 schoolslag  | 3:17.85  | 50m | 19-5-2007  | Beverwijk (NED)   | 347 Pnt. | 100 % |
| 200 schoolslag  | 3:10.04  | 25m | 18-11-2007 | Alkmaar (NED)     | 355 Pnt. | 100 % |

|                 |          |     |            |                 |          |       |                  |
|-----------------|----------|-----|------------|-----------------|----------|-------|------------------|
| 500 schoolslag  | 8:55.64  | OW  | 4-8-2007   | Hoorn (NED)     |          | 100 % | CRS,CR14,CR15,CR |
| 1000 schoolslag | 20:29.19 | OW  | 13-8-2006  | Aalsmeer (NED)  |          | 100 % |                  |
| 25 vlinderslag  | 15.54    | 25m | 29-5-2008  | Heemskerk (NED) | 373 Pnt. | 100 % |                  |
| 50 vlinderslag  | 35.32    | 50m | 12-4-2008  | Antwerpen (BEL) | 357 Pnt. | 100 % |                  |
| 50 vlinderslag  | 35.07    | 25m | 8-3-2009   | Purmerend (NED) | 335 Pnt. | 100 % |                  |
| 100 vlinderslag | 1:22.18  | 25m | 26-2-2009  | Heemskerk (NED) | 300 Pnt. | 100 % |                  |
| 200 vlinderslag | 3:17.91  | 25m | 31-1-2008  | Heemskerk (NED) | 227 Pnt. | 100 % |                  |
| 100 wisselslag  | 1:18.37  | 25m | 2-12-2007  | Alkmaar (NED)   | 393 Pnt. | 100 % |                  |
| 200 wisselslag  | 2:52.66  | 50m | 24-5-2008  | Beverwijk (NED) | 390 Pnt. | 100 % |                  |
| 200 wisselslag  | 2:46.63  | 25m | 13-1-2008  | Heemskerk (NED) | 404 Pnt. | 100 % |                  |
| 300 wisselslag  | 5:05.15  | 25m | 13-11-2005 | Zaandam (NED)   |          | 100 % |                  |
| 400 wisselslag  | 6:21.35  | 25m | 11-2-2007  | Zaandam (NED)   | 320 Pnt. | 100 % |                  |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 427 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 427 Pnt.

### Visser Kelly

|                 |          |     |            |                          |          |       |  |
|-----------------|----------|-----|------------|--------------------------|----------|-------|--|
| 25 vrije slag   | 14.45    | 25m | 23-10-2010 | Emmeloord (NED)          | 396 Pnt. | 100 % |  |
| 50 vrije slag   | 30.78    | 25m | 11-10-2012 | Heemskerk (NED)          | 430 Pnt. | 100 % |  |
| 100 vrije slag  | 1:14.97  | 50m | 21-10-2001 | Beverwijk (NED)          | 335 Pnt. | 100 % |  |
| 100 vrije slag  | 1:06.57  | 25m | 28-10-2012 | Amsterdam-Zuidoost (NED) | 449 Pnt. | 100 % |  |
| 200 vrije slag  | 2:41.51  | 50m | 21-4-2002  | Beverwijk (NED)          | 342 Pnt. | 100 % |  |
| 200 vrije slag  | 2:29.26  | 25m | 11-11-2012 | Schagen (NED)            | 413 Pnt. | 100 % |  |
| 300 vrije slag  | 4:28.39  | 25m | 21-1-2001  | Heemskerk (NED)          | 267 Pnt. | 100 % |  |
| 400 vrije slag  | 6:40.81  | 50m | 31-10-1999 | Beverwijk (NED)          | 212 Pnt. | 100 % |  |
| 400 vrije slag  | 5:42.43  | 25m | 31-5-2001  | Heemskerk (NED)          | 321 Pnt. | 100 % |  |
| 800 vrije slag  | 11:52.74 | 25m | 10-2-2002  | Zaandam                  | 304 Pnt. | 100 % |  |
| 1000 vrije slag | 16:23.59 | OW  | 16-6-2001  | Spaarnwoude (NED)        |          | 100 % |  |
| 1500 vrije slag | 22:30.91 | 25m | 10-2-2002  | Zaandam                  | 323 Pnt. | 100 % |  |
| 25 rugslag      | 17.62    | 25m | 21-11-2010 | Almere-Stad (NED)        | 323 Pnt. | 100 % |  |
| 50 rugslag      | 37.88    | 25m | 4-10-2015  | Purmerend (NED)          | 312 Pnt. | 100 % |  |
| 100 rugslag     | 1:24.79  | 50m | 21-10-2001 | Beverwijk (NED)          | 322 Pnt. | 100 % |  |
| 100 rugslag     | 1:20.89  | 25m | 11-11-2012 | Schagen (NED)            | 318 Pnt. | 100 % |  |
| 200 rugslag     | 2:58.26  | 25m | 10-11-2013 | Zaandam (NED)            | 305 Pnt. | 100 % |  |
| 25 schoolslag   | 21.40    | 25m | 22-2-2001  | Heemskerk (NED)          | 245 Pnt. | 100 % |  |
| 50 schoolslag   | 45.25    | 25m | 30-9-2012  | Heemskerk (NED)          | 257 Pnt. | 100 % |  |
| 100 schoolslag  | 1:50.24  | 50m | 22-10-2000 | Beverwijk (NED)          | 198 Pnt. | 100 % |  |
| 100 schoolslag  | 1:38.57  | 25m | 11-10-2012 | Heemskerk (NED)          | 253 Pnt. | 100 % |  |
| 200 schoolslag  | 3:30.96  | 25m | 29-11-2001 | Heemskerk                | 259 Pnt. | 100 % |  |
| 25 vlinderslag  | 16.37    | 25m | 4-11-2010  | Heemskerk (NED)          | 319 Pnt. | 100 % |  |
| 50 vlinderslag  | 42.27    | 50m | 22-10-2000 | Beverwijk (NED)          | 208 Pnt. | 100 % |  |
| 50 vlinderslag  | 34.34    | 25m | 17-3-2002  | Zaandam                  | 357 Pnt. | 100 % |  |
| 100 vlinderslag | 1:30.00  | 50m | 21-4-2002  | Beverwijk (NED)          | 240 Pnt. | 100 % |  |
| 100 vlinderslag | 1:28.50  | 25m | 28-2-2002  | Heemskerk                | 240 Pnt. | 100 % |  |
| 200 vlinderslag | 3:37.49  | 25m | 17-3-2002  | Zaandam                  | 171 Pnt. | 100 % |  |
| 100 wisselslag  | 1:22.38  | 25m | 27-2-2003  | Heemskerk                | 339 Pnt. | 100 % |  |
| 200 wisselslag  | 3:02.68  | 25m | 13-1-2002  | Zaandam                  | 306 Pnt. | 100 % |  |
| 400 wisselslag  | 6:22.96  | 25m | 24-2-2002  | Heemskerk                | 316 Pnt. | 100 % |  |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 409 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 409 Pnt.

### Visser Robin

|                |         |     |           |                 |          |       |  |
|----------------|---------|-----|-----------|-----------------|----------|-------|--|
| 50 vrije slag  | 37.09   | 50m | 20-5-2017 | Alkmaar (NED)   | 261 Pnt. | 100 % |  |
| 50 vrije slag  | 37.25   | 25m | 12-3-2017 | Purmerend (NED) | 242 Pnt. | 100 % |  |
| 100 vrije slag | 1:31.60 | 50m | 2-4-2017  | Alkmaar (NED)   | 183 Pnt. | 100 % |  |
| 100 vrije slag | 1:29.57 | 25m | 11-5-2017 | Heemskerk (NED) | 184 Pnt. | 100 % |  |
| 200 vrije slag | 3:11.91 | 25m | 7-5-2017  | Zaandam (NED)   | 194 Pnt. | 100 % |  |
| 400 vrije slag | 7:20.86 | 25m | 24-1-2016 | Zaandam (NED)   | 150 Pnt. | 100 % |  |

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 rugslag      | 45.94   | 50m | 2-4-2017   | Alkmaar (NED)   | 204 Pnt. | 100 % |
| 50 rugslag      | 42.32   | 25m | 2-10-2016  | Purmerend (NED) | 223 Pnt. | 100 % |
| 100 rugslag     | 1:42.82 | 50m | 5-2-2017   | Alkmaar (NED)   | 180 Pnt. | 100 % |
| 100 rugslag     | 1:33.82 | 25m | 17-11-2016 | Heemskerk (NED) | 204 Pnt. | 100 % |
| 200 rugslag     | 3:24.09 | 25m | 11-12-2016 | Alkmaar (NED)   | 203 Pnt. | 100 % |
| 50 schoolslag   | 58.96   | 50m | 5-12-2015  | Beverwijk (NED) | 125 Pnt. | 100 % |
| 50 schoolslag   | 50.38   | 25m | 11-12-2016 | Alkmaar (NED)   | 186 Pnt. | 100 % |
| 100 schoolslag  | 2:04.47 | 50m | 5-2-2017   | Alkmaar (NED)   | 138 Pnt. | 100 % |
| 100 schoolslag  | 1:49.09 | 25m | 13-10-2016 | Heemskerk (NED) | 186 Pnt. | 100 % |
| 200 schoolslag  | 4:19.07 | 50m | 5-2-2017   | Alkmaar (NED)   | 154 Pnt. | 100 % |
| 200 schoolslag  | 3:56.13 | 25m | 18-9-2016  | Zaandam (NED)   | 185 Pnt. | 100 % |
| 50 vlinderslag  | 1:06.10 | 50m | 5-12-2015  | Beverwijk (NED) | 54 Pnt.  | 100 % |
| 50 vlinderslag  | 50.18   | 25m | 12-2-2017  | Purmerend (NED) | 114 Pnt. | 100 % |
| 100 vlinderslag | 2:19.25 | 25m | 13-12-2015 | Zaandam (NED)   | 61 Pnt.  | 100 % |
| 100 wisselslag  | 1:33.80 | 25m | 11-5-2017  | Heemskerk (NED) | 229 Pnt. | 100 % |
| 200 wisselslag  | 3:46.41 | 25m | 24-4-2016  | Zaandam (NED)   | 161 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 224 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 224 Pnt.

### Visser Shana

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 50 vrije slag   | 35.32   | 50m | 20-5-2017  | Alkmaar (NED)   | 303 Pnt. | 100 % |
| 50 vrije slag   | 35.70   | 25m | 28-3-2016  | Haarlem (NED)   | 275 Pnt. | 100 % |
| 100 vrije slag  | 1:19.64 | 50m | 5-6-2016   | Alkmaar (NED)   | 279 Pnt. | 100 % |
| 100 vrije slag  | 1:18.32 | 25m | 15-10-2017 | Alkmaar (NED)   | 276 Pnt. | 101 % |
| 200 vrije slag  | 2:58.56 | 50m | 21-2-2016  | Alkmaar (NED)   | 253 Pnt. | 100 % |
| 200 vrije slag  | 2:50.56 | 25m | 17-3-2016  | Heemskerk (NED) | 276 Pnt. | 100 % |
| 400 vrije slag  | 6:10.45 | 25m | 18-9-2016  | Zaandam (NED)   | 253 Pnt. | 100 % |
| 50 rugslag      | 43.76   | 50m | 5-12-2015  | Beverwijk (NED) | 236 Pnt. | 100 % |
| 50 rugslag      | 42.53   | 25m | 28-3-2016  | Haarlem (NED)   | 220 Pnt. | 100 % |
| 100 rugslag     | 1:37.52 | 50m | 5-6-2016   | Alkmaar (NED)   | 211 Pnt. | 100 % |
| 100 rugslag     | 1:31.27 | 25m | 28-3-2016  | Haarlem (NED)   | 221 Pnt. | 100 % |
| 200 rugslag     | 3:21.74 | 50m | 21-2-2016  | Alkmaar (NED)   | 232 Pnt. | 100 % |
| 200 rugslag     | 3:18.71 | 25m | 1-10-2017  | Purmerend (NED) | 220 Pnt. | 102 % |
| 50 schoolslag   | 53.21   | 50m | 5-12-2015  | Beverwijk (NED) | 170 Pnt. | 100 % |
| 50 schoolslag   | 49.02   | 25m | 16-3-2017  | Heemskerk (NED) | 202 Pnt. | 100 % |
| 100 schoolslag  | 1:53.77 | 50m | 5-2-2017   | Alkmaar (NED)   | 180 Pnt. | 100 % |
| 100 schoolslag  | 1:45.20 | 25m | 9-10-2016  | Alkmaar (NED)   | 208 Pnt. | 100 % |
| 200 schoolslag  | 3:55.80 | 50m | 5-2-2017   | Alkmaar (NED)   | 205 Pnt. | 100 % |
| 200 schoolslag  | 3:44.95 | 25m | 18-9-2016  | Zaandam (NED)   | 214 Pnt. | 100 % |
| 50 vlinderslag  | 53.60   | 50m | 5-12-2015  | Beverwijk (NED) | 102 Pnt. | 100 % |
| 50 vlinderslag  | 46.21   | 25m | 1-10-2017  | Purmerend (NED) | 146 Pnt. | 101 % |
| 100 vlinderslag | 1:42.49 | 25m | 2-10-2016  | Purmerend (NED) | 154 Pnt. | 100 % |
| 100 wisselslag  | 1:33.65 | 25m | 11-5-2017  | Heemskerk (NED) | 230 Pnt. | 100 % |
| 200 wisselslag  | 3:28.86 | 50m | 5-2-2017   | Alkmaar (NED)   | 220 Pnt. | 100 % |
| 200 wisselslag  | 3:25.44 | 25m | 24-1-2016  | Zaandam (NED)   | 215 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 269 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 269 Pnt.

### van Vliet Isabel

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 50 vrije slag  | 33.78   | 50m | 28-5-2016 | Alkmaar (NED)   | 346 Pnt. | 100 % |
| 50 vrije slag  | 34.29   | 25m | 24-9-2015 | Heemskerk (NED) | 311 Pnt. | 100 % |
| 100 vrije slag | 1:18.68 | 25m | 11-5-2017 | Heemskerk (NED) | 272 Pnt. | 100 % |
| 200 vrije slag | 2:58.95 | 25m | 1-10-2017 | Purmerend (NED) | 239 Pnt. | 102 % |
| 50 rugslag     | 45.45   | 50m | 15-3-2015 | Beverwijk (NED) | 211 Pnt. | 100 % |
| 50 rugslag     | 40.62   | 25m | 4-10-2015 | Purmerend (NED) | 253 Pnt. | 100 % |
| 100 rugslag    | 1:34.86 | 50m | 20-6-2015 | Beverwijk (NED) | 229 Pnt. | 100 % |
| 100 rugslag    | 1:34.33 | 25m | 4-10-2015 | Purmerend (NED) | 200 Pnt. | 100 % |
| 200 rugslag    | 3:37.58 | 25m | 25-1-2015 | Zaandam (NED)   | 167 Pnt. | 100 % |



|                |         |     |            |                 |          |       |
|----------------|---------|-----|------------|-----------------|----------|-------|
| 50 schoolslag  | 47.12   | 50m | 15-3-2015  | Beverwijk (NED) | 244 Pnt. | 100 % |
| 50 schoolslag  | 47.81   | 25m | 1-2-2015   | Zaandam (NED)   | 218 Pnt. | 100 % |
| 100 schoolslag | 1:45.87 | 25m | 1-10-2017  | Purmerend (NED) | 204 Pnt. | 107 % |
| 200 schoolslag | 3:57.61 | 25m | 22-3-2015  | Zaandam (NED)   | 181 Pnt. | 100 % |
| 50 vlinderslag | 44.02   | 25m | 18-1-2015  | Zaandam (NED)   | 169 Pnt. | 100 % |
| 100 wisselslag | 1:38.83 | 25m | 26-10-2014 | Zaandam (NED)   | 196 Pnt. | 100 % |
| 200 wisselslag | 3:28.16 | 25m | 22-3-2015  | Zaandam (NED)   | 207 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 269 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 270 Pnt.

### de Vries Dylan

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 15.58   | 25m | 29-5-2008  | Heemskerk (NED) | 202 Pnt. | 100 % |
| 50 vrije slag   | 31.26   | 50m | 9-6-2012   | Beverwijk (NED) | 299 Pnt. | 100 % |
| 50 vrije slag   | 30.26   | 25m | 1-4-2012   | Zaandam (NED)   | 301 Pnt. | 100 % |
| 100 vrije slag  | 1:09.07 | 25m | 19-5-2016  | Heemskerk (NED) | 275 Pnt. | 100 % |
| 200 vrije slag  | 2:37.70 | 25m | 22-3-2012  | Heemskerk (NED) | 250 Pnt. | 100 % |
| 25 rugslag      | 20.06   | 25m | 29-5-2008  | Heemskerk (NED) | 145 Pnt. | 100 % |
| 50 rugslag      | 38.88   | 25m | 30-1-2014  | Heemskerk (NED) | 196 Pnt. | 100 % |
| 100 rugslag     | 1:22.15 | 25m | 11-11-2012 | Schagen (NED)   | 211 Pnt. | 100 % |
| 200 rugslag     | 2:57.13 | 25m | 14-3-2010  | Heemskerk (NED) | 214 Pnt. | 100 % |
| 25 schoolslag   | 18.88   | 25m | 29-5-2008  | Heemskerk (NED) | 233 Pnt. | 100 % |
| 50 schoolslag   | 37.59   | 25m | 30-9-2012  | Heemskerk (NED) | 303 Pnt. | 100 % |
| 100 schoolslag  | 1:27.36 | 50m | 9-6-2012   | Beverwijk (NED) | 299 Pnt. | 100 % |
| 100 schoolslag  | 1:23.62 | 25m | 2-10-2011  | Heemskerk (NED) | 294 Pnt. | 100 % |
| 200 schoolslag  | 3:02.38 | 25m | 25-3-2010  | Heemskerk (NED) | 289 Pnt. | 100 % |
| 25 vlinderslag  | 18.64   | 25m | 29-5-2008  | Heemskerk (NED) | 149 Pnt. | 100 % |
| 50 vlinderslag  | 36.28   | 25m | 30-10-2014 | Heemskerk (NED) | 216 Pnt. | 100 % |
| 100 vlinderslag | 1:28.73 | 25m | 9-3-2014   | Zaandam (NED)   | 163 Pnt. | 100 % |
| 200 vlinderslag | 3:38.56 | 25m | 18-2-2010  | Heemskerk (NED) | 122 Pnt. | 100 % |
| 100 wisselslag  | 1:19.93 | 25m | 17-4-2014  | Heemskerk (NED) | 255 Pnt. | 100 % |
| 200 wisselslag  | 2:54.52 | 25m | 1-4-2012   | Zaandam (NED)   | 247 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 293 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 293 Pnt.

### Wentink Yara

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 21.04   | 25m | 13-4-2014  | Zaandam (NED)   | 128 Pnt. | 100 % |
| 50 vrije slag   | 34.65   | 50m | 5-2-2017   | Alkmaar (NED)   | 321 Pnt. | 100 % |
| 50 vrije slag   | 33.86   | 25m | 13-10-2016 | Heemskerk (NED) | 323 Pnt. | 100 % |
| 100 vrije slag  | 1:14.51 | 50m | 27-5-2017  | Alkmaar (NED)   | 341 Pnt. | 100 % |
| 100 vrije slag  | 1:10.65 | 25m | 1-10-2017  | Purmerend (NED) | 376 Pnt. | 116 % |
| 200 vrije slag  | 2:45.55 | 50m | 21-5-2017  | Alkmaar (NED)   | 317 Pnt. | 100 % |
| 200 vrije slag  | 2:45.16 | 25m | 12-3-2017  | Purmerend (NED) | 304 Pnt. | 100 % |
| 400 vrije slag  | 6:13.33 | 50m | 2-4-2017   | Alkmaar (NED)   | 262 Pnt. | 100 % |
| 400 vrije slag  | 6:26.56 | 25m | 18-9-2016  | Zaandam (NED)   | 223 Pnt. | 100 % |
| 50 rugslag      | 38.66   | 50m | 21-5-2017  | Alkmaar (NED)   | 342 Pnt. | 100 % |
| 50 rugslag      | 40.75   | 25m | 2-2-2017   | Heemskerk (NED) | 250 Pnt. | 100 % |
| 100 rugslag     | 1:25.88 | 25m | 18-12-2016 | Heemskerk (NED) | 265 Pnt. | 100 % |
| 200 rugslag     | 3:06.19 | 25m | 1-10-2017  | Purmerend (NED) | 267 Pnt. | 106 % |
| 50 schoolslag   | 51.37   | 50m | 3-12-2016  | Beverwijk (NED) | 188 Pnt. | 100 % |
| 50 schoolslag   | 49.48   | 25m | 16-3-2017  | Heemskerk (NED) | 197 Pnt. | 100 % |
| 100 schoolslag  | 1:46.83 | 25m | 12-3-2017  | Purmerend (NED) | 198 Pnt. | 100 % |
| 200 schoolslag  | 3:48.06 | 25m | 12-2-2017  | Purmerend (NED) | 205 Pnt. | 100 % |
| 25 vlinderslag  | 29.61   | 25m | 13-4-2014  | Zaandam (NED)   | 53 Pnt.  | 100 % |
| 50 vlinderslag  | 37.05   | 50m | 28-5-2017  | Alkmaar (NED)   | 309 Pnt. | 100 % |
| 50 vlinderslag  | 36.71   | 25m | 15-10-2017 | Alkmaar (NED)   | 292 Pnt. | 100 % |
| 100 vlinderslag | 1:39.77 | 50m | 5-2-2017   | Alkmaar (NED)   | 176 Pnt. | 100 % |
| 100 vlinderslag | 1:27.56 | 25m | 1-10-2017  | Purmerend (NED) | 248 Pnt. | 112 % |
| 200 vlinderslag | 3:35.42 | 25m | 27-11-2016 | Zaandam (NED)   | 176 Pnt. | 100 % |

|                |         |     |            |               |          |       |
|----------------|---------|-----|------------|---------------|----------|-------|
| 100 wisselslag | 1:22.12 | 25m | 15-10-2017 | Alkmaar (NED) | 342 Pnt. | 106 % |
| 200 wisselslag | 3:10.59 | 50m | 20-5-2017  | Alkmaar (NED) | 289 Pnt. | 100 % |
| 200 wisselslag | 2:59.57 | 25m | 15-10-2017 | Alkmaar (NED) | 322 Pnt. | 112 % |
| 400 wisselslag | 6:42.66 | 25m | 19-3-2017  | Zaandam (NED) | 271 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 327 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 341 Pnt.

### Wiemman Lianne

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 19.03   | 25m | 13-4-2014  | Zaandam (NED)   | 173 Pnt. | 100 % |
| 50 vrije slag   | 38.89   | 25m | 13-10-2016 | Heemskerk (NED) | 213 Pnt. | 100 % |
| 100 vrije slag  | 1:25.42 | 25m | 1-10-2017  | Purmerend (NED) | 212 Pnt. | 103 % |
| 200 vrije slag  | 2:56.02 | 25m | 1-10-2017  | Purmerend (NED) | 251 Pnt. | 106 % |
| 400 vrije slag  | 6:33.33 | 25m | 18-9-2016  | Zaandam (NED)   | 211 Pnt. | 100 % |
| 25 rugslag      | 27.64   | 25m | 25-9-2011  | Hoorn (NED)     | 83 Pnt.  | 100 % |
| 50 rugslag      | 44.72   | 25m | 18-9-2016  | Zaandam (NED)   | 189 Pnt. | 100 % |
| 100 rugslag     | 1:38.32 | 25m | 17-1-2016  | Purmerend (NED) | 177 Pnt. | 100 % |
| 200 rugslag     | 3:27.35 | 25m | 2-10-2016  | Purmerend (NED) | 193 Pnt. | 100 % |
| 25 schoolslag   | 30.52   | 25m | 30-6-2011  | Heemskerk (NED) | 84 Pnt.  | 100 % |
| 50 schoolslag   | 48.06   | 25m | 16-3-2017  | Heemskerk (NED) | 215 Pnt. | 100 % |
| 100 schoolslag  | 1:46.11 | 25m | 1-10-2017  | Purmerend (NED) | 202 Pnt. | 106 % |
| 200 schoolslag  | 3:57.05 | 25m | 12-2-2017  | Purmerend (NED) | 182 Pnt. | 100 % |
| 25 vlinderslag  | 26.70   | 25m | 13-4-2014  | Zaandam (NED)   | 73 Pnt.  | 100 % |
| 50 vlinderslag  | 49.33   | 25m | 17-11-2016 | Heemskerk (NED) | 120 Pnt. | 100 % |
| 100 vlinderslag | 2:01.95 | 25m | 18-2-2016  | Heemskerk (NED) | 91 Pnt.  | 100 % |
| 100 wisselslag  | 1:42.76 | 25m | 19-5-2016  | Heemskerk (NED) | 174 Pnt. | 100 % |
| 200 wisselslag  | 3:36.44 | 25m | 13-11-2016 | Purmerend (NED) | 184 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 214 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 220 Pnt.

### de Wildt Maud

|                 |          |     |            |                         |          |       |
|-----------------|----------|-----|------------|-------------------------|----------|-------|
| 25 vrije slag   | 23.66    | 25m | 13-4-2014  | Zaandam (NED)           | 90 Pnt.  | 100 % |
| 50 vrije slag   | 36.59    | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 272 Pnt. | 100 % |
| 50 vrije slag   | 35.31    | 25m | 12-3-2017  | Purmerend (NED)         | 285 Pnt. | 100 % |
| 100 vrije slag  | 1:22.88  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 247 Pnt. | 100 % |
| 100 vrije slag  | 1:24.35  | 25m | 12-2-2017  | Purmerend (NED)         | 221 Pnt. | 100 % |
| 200 vrije slag  | 3:16.59  | 50m | 19-2-2017  | Amsterdam (NED)         | 189 Pnt. | 100 % |
| 200 vrije slag  | 3:09.00  | 25m | 16-3-2017  | Heemskerk (NED)         | 203 Pnt. | 100 % |
| 250 vrije slag  | 6:09.15  | OW  | 26-7-2014  | Anna-Paulowna (NED)     |          | 100 % |
| 400 vrije slag  | 6:45.17  | 50m | 2-4-2017   | Alkmaar (NED)           | 205 Pnt. | 100 % |
| 400 vrije slag  | 6:59.02  | 25m | 18-9-2016  | Zaandam (NED)           | 175 Pnt. | 100 % |
| 500 vrije slag  | 11:57.51 | OW  | 18-7-2015  | Amstelveen (NED)        |          | 100 % |
| 25 rugslag      | 31.05    | 25m | 13-4-2014  | Zaandam (NED)           | 59 Pnt.  | 100 % |
| 50 rugslag      | 46.13    | 50m | 3-12-2016  | Beverwijk (NED)         | 201 Pnt. | 100 % |
| 50 rugslag      | 43.21    | 25m | 2-2-2017   | Heemskerk (NED)         | 210 Pnt. | 100 % |
| 100 rugslag     | 1:39.46  | 25m | 19-3-2017  | Zaandam (NED)           | 171 Pnt. | 100 % |
| 200 rugslag     | 3:24.63  | 25m | 19-3-2017  | Zaandam (NED)           | 201 Pnt. | 100 % |
| 50 schoolslag   | 45.71    | 50m | 20-5-2017  | Alkmaar (NED)           | 268 Pnt. | 100 % |
| 50 schoolslag   | 45.53    | 25m | 16-3-2017  | Heemskerk (NED)         | 253 Pnt. | 100 % |
| 100 schoolslag  | 1:37.27  | 50m | 21-5-2017  | Alkmaar (NED)           | 289 Pnt. | 100 % |
| 100 schoolslag  | 1:37.04  | 25m | 17-4-2017  | Haarlem (NED)           | 265 Pnt. | 100 % |
| 200 schoolslag  | 3:36.43  | 50m | 18-6-2017  | Bergbad Bückeberg (GER) | 265 Pnt. | 100 % |
| 200 schoolslag  | 3:37.55  | 25m | 29-12-2016 | Leeuwarden (NED)        | 236 Pnt. | 100 % |
| 25 vlinderslag  | 24.56    | 25m | 30-10-2014 | Heemskerk (NED)         | 94 Pnt.  | 100 % |
| 50 vlinderslag  | 49.87    | 50m | 3-12-2016  | Beverwijk (NED)         | 127 Pnt. | 100 % |
| 50 vlinderslag  | 43.64    | 25m | 12-2-2017  | Purmerend (NED)         | 174 Pnt. | 100 % |
| 100 vlinderslag | 1:45.35  | 25m | 19-3-2017  | Zaandam (NED)           | 142 Pnt. | 100 % |
| 200 vlinderslag | 3:53.68  | 25m | 27-11-2016 | Zaandam (NED)           | 138 Pnt. | 100 % |

|                |         |     |            |                  |          |       |
|----------------|---------|-----|------------|------------------|----------|-------|
| 100 wisselslag | 1:30.18 | 25m | 11-5-2017  | Heemskerk (NED)  | 258 Pnt. | 100 % |
| 200 wisselslag | 3:22.49 | 50m | 20-5-2017  | Alkmaar (NED)    | 241 Pnt. | 100 % |
| 200 wisselslag | 3:20.05 | 25m | 30-12-2016 | Leeuwarden (NED) | 233 Pnt. | 100 % |
| 400 wisselslag | 7:03.06 | 25m | 19-3-2017  | Zaandam (NED)    | 234 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 273 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 273 Pnt.

### de Wit Matthew

|                |          |     |            |                 |          |       |
|----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag  | 19.98    | 25m | 30-6-2011  | Heemskerk (NED) | 96 Pnt.  | 100 % |
| 50 vrije slag  | 34.23    | 50m | 13-6-2015  | Eindhoven (NED) | 227 Pnt. | 100 % |
| 50 vrije slag  | 34.13    | 25m | 30-1-2015  | Amsterdam (NED) | 210 Pnt. | 100 % |
| 100 vrije slag | 1:15.26  | 50m | 14-6-2015  | Eindhoven (NED) | 242 Pnt. | 100 % |
| 100 vrije slag | 1:14.19  | 25m | 1-2-2015   | Amsterdam (NED) | 222 Pnt. | 100 % |
| 200 vrije slag | 2:44.87  | 50m | 13-6-2015  | Eindhoven (NED) | 236 Pnt. | 100 % |
| 200 vrije slag | 2:41.81  | 25m | 1-11-2014  | Hoorn (NED)     | 231 Pnt. | 100 % |
| 300 vrije slag | 4:19.48  | 50m | 13-6-2015  | Eindhoven (NED) | 239 Pnt. | 100 % |
| 300 vrije slag | 4:12.18  | 25m | 29-1-2015  | Amsterdam (NED) | 235 Pnt. | 100 % |
| 400 vrije slag | 5:50.78  | 50m | 13-6-2015  | Eindhoven (NED) | 246 Pnt. | 100 % |
| 400 vrije slag | 5:42.63  | 25m | 29-1-2015  | Amsterdam (NED) | 237 Pnt. | 100 % |
| 800 vrije slag | 12:17.28 | 25m | 18-10-2015 | Zaandam (NED)   | 217 Pnt. | 100 % |
| 25 rugslag     | 26.18    | 25m | 28-9-2008  | Hoorn (NED)     | 65 Pnt.  | 100 % |
| 50 rugslag     | 41.81    | 50m | 8-4-2016   | Eindhoven (NED) | 190 Pnt. | 100 % |
| 50 rugslag     | 40.98    | 25m | 2-2-2017   | Heemskerk (NED) | 167 Pnt. | 100 % |
| 100 rugslag    | 1:28.23  | 50m | 21-6-2014  | Amsterdam (NED) | 204 Pnt. | 100 % |
| 100 rugslag    | 1:26.20  | 25m | 31-1-2015  | Amsterdam (NED) | 183 Pnt. | 100 % |
| 200 rugslag    | 3:06.61  | 25m | 18-1-2015  | Zaandam (NED)   | 183 Pnt. | 100 % |
| 50 schoolslag  | 59.08    | 50m | 12-4-2014  | Eindhoven (NED) | 91 Pnt.  | 100 % |
| 50 schoolslag  | 56.67    | 25m | 17-3-2016  | Heemskerk (NED) | 88 Pnt.  | 100 % |
| 100 schoolslag | 2:10.92  | 50m | 3-4-2015   | Eindhoven (NED) | 89 Pnt.  | 100 % |
| 100 schoolslag | 2:02.84  | 25m | 24-9-2015  | Heemskerk (NED) | 92 Pnt.  | 100 % |
| 25 vlinderslag | 28.92    | 25m | 30-6-2011  | Heemskerk (NED) | 40 Pnt.  | 100 % |
| 50 vlinderslag | 54.80    | 50m | 11-5-2014  | Antwerpen (BEL) | 68 Pnt.  | 100 % |
| 50 vlinderslag | 52.17    | 25m | 30-10-2014 | Heemskerk (NED) | 72 Pnt.  | 100 % |
| 100 wisselslag | 1:38.00  | 25m | 19-5-2016  | Heemskerk (NED) | 138 Pnt. | 100 % |
| 200 wisselslag | 3:46.67  | 50m | 11-5-2014  | Antwerpen (BEL) | 127 Pnt. | 100 % |
| 200 wisselslag | 3:58.41  | 25m | 10-11-2013 | Zaandam (NED)   | 97 Pnt.  | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 238 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 238 Pnt.

### de Wolff Isabel

|                 |         |     |            |                 |          |       |
|-----------------|---------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 18.27   | 25m | 26-4-2012  | Heemskerk (NED) | 196 Pnt. | 100 % |
| 50 vrije slag   | 34.07   | 50m | 28-5-2016  | Alkmaar (NED)   | 337 Pnt. | 100 % |
| 50 vrije slag   | 33.82   | 25m | 13-10-2016 | Heemskerk (NED) | 324 Pnt. | 100 % |
| 100 vrije slag  | 1:20.30 | 50m | 22-6-2014  | Beverwijk (NED) | 272 Pnt. | 100 % |
| 100 vrije slag  | 1:15.62 | 25m | 19-5-2016  | Heemskerk (NED) | 306 Pnt. | 100 % |
| 200 vrije slag  | 2:50.56 | 25m | 17-3-2016  | Heemskerk (NED) | 276 Pnt. | 100 % |
| 50 rugslag      | 41.68   | 25m | 18-2-2016  | Heemskerk (NED) | 234 Pnt. | 100 % |
| 100 rugslag     | 1:33.06 | 25m | 10-12-2015 | Heemskerk (NED) | 209 Pnt. | 100 % |
| 200 rugslag     | 3:36.18 | 25m | 14-4-2013  | Zaandam (NED)   | 171 Pnt. | 100 % |
| 50 schoolslag   | 44.34   | 25m | 30-3-2014  | Zaandam (NED)   | 274 Pnt. | 100 % |
| 100 schoolslag  | 1:38.17 | 50m | 28-5-2016  | Alkmaar (NED)   | 281 Pnt. | 100 % |
| 100 schoolslag  | 1:35.66 | 25m | 6-3-2016   | Purmerend (NED) | 277 Pnt. | 100 % |
| 200 schoolslag  | 3:32.75 | 25m | 16-3-2014  | Zaandam (NED)   | 253 Pnt. | 100 % |
| 50 vlinderslag  | 43.98   | 25m | 17-11-2016 | Heemskerk (NED) | 170 Pnt. | 100 % |
| 100 vlinderslag | 1:46.70 | 25m | 18-2-2016  | Heemskerk (NED) | 137 Pnt. | 100 % |

|                |         |     |           |                 |          |       |
|----------------|---------|-----|-----------|-----------------|----------|-------|
| 100 wisselslag | 1:26.46 | 25m | 19-5-2016 | Heemskerk (NED) | 293 Pnt. | 100 % |
| 200 wisselslag | 3:23.07 | 25m | 17-1-2016 | Purmerend (NED) | 223 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 298 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 298 Pnt.

### Woudsma Maarten

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 27.77    | 25m | 26-4-2012  | Heemskerk (NED) | 35 Pnt.  | 100 % |
| 50 vrije slag   | 31.55    | 50m | 27-5-2017  | Alkmaar (NED)   | 291 Pnt. | 100 % |
| 50 vrije slag   | 32.09    | 25m | 11-5-2017  | Heemskerk (NED) | 253 Pnt. | 100 % |
| 100 vrije slag  | 1:16.50  | 50m | 30-4-2016  | Alkmaar (NED)   | 230 Pnt. | 100 % |
| 100 vrije slag  | 1:09.30  | 25m | 11-5-2017  | Heemskerk (NED) | 272 Pnt. | 100 % |
| 200 vrije slag  | 2:45.11  | 25m | 2-10-2016  | Purmerend (NED) | 217 Pnt. | 100 % |
| 400 vrije slag  | 7:00.99  | 25m | 19-10-2014 | Zaandam (NED)   | 128 Pnt. | 100 % |
| 800 vrije slag  | 14:23.60 | 25m | 19-10-2014 | Zaandam (NED)   | 135 Pnt. | 100 % |
| 25 rugslag      | 32.64    | 25m | 25-9-2011  | Hoorn (NED)     | 33 Pnt.  | 100 % |
| 50 rugslag      | 39.28    | 50m | 3-12-2016  | Beverwijk (NED) | 229 Pnt. | 100 % |
| 50 rugslag      | 39.52    | 25m | 2-2-2017   | Heemskerk (NED) | 187 Pnt. | 100 % |
| 100 rugslag     | 1:37.85  | 50m | 15-3-2015  | Beverwijk (NED) | 149 Pnt. | 100 % |
| 100 rugslag     | 1:24.26  | 25m | 17-11-2016 | Heemskerk (NED) | 195 Pnt. | 100 % |
| 200 rugslag     | 3:23.01  | 50m | 15-3-2015  | Beverwijk (NED) | 167 Pnt. | 100 % |
| 200 rugslag     | 3:29.15  | 25m | 5-10-2014  | Zaandam (NED)   | 130 Pnt. | 100 % |
| 25 schoolslag   | 30.75    | 25m | 30-6-2011  | Heemskerk (NED) | 53 Pnt.  | 100 % |
| 50 schoolslag   | 43.14    | 50m | 3-12-2016  | Beverwijk (NED) | 236 Pnt. | 100 % |
| 50 schoolslag   | 43.38    | 25m | 18-12-2016 | Heemskerk (NED) | 197 Pnt. | 100 % |
| 100 schoolslag  | 1:38.79  | 50m | 30-4-2016  | Alkmaar (NED)   | 207 Pnt. | 100 % |
| 100 schoolslag  | 1:31.82  | 25m | 18-12-2016 | Heemskerk (NED) | 222 Pnt. | 100 % |
| 200 schoolslag  | 3:40.94  | 25m | 22-3-2015  | Zaandam (NED)   | 162 Pnt. | 100 % |
| 25 vlinderslag  | 27.55    | 25m | 13-12-2012 | Heemskerk (NED) | 46 Pnt.  | 100 % |
| 50 vlinderslag  | 40.04    | 50m | 3-12-2016  | Beverwijk (NED) | 175 Pnt. | 100 % |
| 50 vlinderslag  | 38.75    | 25m | 12-2-2017  | Purmerend (NED) | 178 Pnt. | 100 % |
| 100 vlinderslag | 1:30.81  | 25m | 13-11-2016 | Purmerend (NED) | 152 Pnt. | 100 % |
| 100 wisselslag  | 1:26.37  | 25m | 19-5-2016  | Heemskerk (NED) | 202 Pnt. | 100 % |
| 200 wisselslag  | 2:58.26  | 25m | 12-2-2017  | Purmerend (NED) | 232 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 252 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 252 Pnt.

### Woudsma Stefan

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 vrije slag   | 18.19    | 25m | 26-4-2012  | Heemskerk (NED) | 127 Pnt. | 100 % |
| 50 vrije slag   | 28.97    | 50m | 4-6-2016   | Alkmaar (NED)   | 376 Pnt. | 100 % |
| 50 vrije slag   | 28.28    | 25m | 13-10-2016 | Heemskerk (NED) | 369 Pnt. | 100 % |
| 100 vrije slag  | 1:03.97  | 50m | 29-5-2016  | Alkmaar (NED)   | 394 Pnt. | 100 % |
| 100 vrije slag  | 1:02.45  | 25m | 19-5-2016  | Heemskerk (NED) | 372 Pnt. | 100 % |
| 200 vrije slag  | 2:23.34  | 50m | 5-6-2016   | Alkmaar (NED)   | 360 Pnt. | 100 % |
| 200 vrije slag  | 2:17.71  | 25m | 17-3-2016  | Heemskerk (NED) | 375 Pnt. | 100 % |
| 300 vrije slag  | 3:52.39  | 50m | 30-4-2016  | Alkmaar (NED)   | 332 Pnt. | 100 % |
| 400 vrije slag  | 5:10.24  | 50m | 30-4-2016  | Alkmaar (NED)   | 356 Pnt. | 100 % |
| 400 vrije slag  | 5:22.39  | 25m | 22-2-2015  | Zaandam (NED)   | 285 Pnt. | 100 % |
| 500 vrije slag  | 9:24.08  | OW  | 22-7-2012  | Amsterdam (NED) |          | 100 % |
| 800 vrije slag  | 10:53.68 | 25m | 19-10-2014 | Zaandam (NED)   | 312 Pnt. | 100 % |
| 1500 vrije slag | 21:07.25 | 25m | 22-2-2015  | Zaandam (NED)   | 301 Pnt. | 100 % |
| 2000 vrije slag | 28:13.03 | 25m | 22-2-2015  | Zaandam (NED)   | 300 Pnt. | 100 % |
| 25 rugslag      | 26.23    | 25m | 26-9-2010  | Hoorn (NED)     | 65 Pnt.  | 100 % |
| 50 rugslag      | 34.80    | 50m | 4-6-2016   | Alkmaar (NED)   | 329 Pnt. | 100 % |
| 50 rugslag      | 34.25    | 25m | 2-2-2017   | Heemskerk (NED) | 287 Pnt. | 100 % |
| 100 rugslag     | 1:18.95  | 50m | 21-6-2015  | Beverwijk (NED) | 284 Pnt. | 100 % |
| 100 rugslag     | 1:13.21  | 25m | 17-11-2016 | Heemskerk (NED) | 298 Pnt. | 100 % |
| 200 rugslag     | 2:44.91  | 50m | 28-5-2016  | Alkmaar (NED)   | 312 Pnt. | 100 % |
| 200 rugslag     | 2:42.51  | 25m | 6-3-2016   | Purmerend (NED) | 278 Pnt. | 100 % |

|                 |          |     |            |                 |          |       |
|-----------------|----------|-----|------------|-----------------|----------|-------|
| 25 schoolslag   | 26.37    | 25m | 3-4-2011   | Zaandam (NED)   | 85 Pnt.  | 100 % |
| 50 schoolslag   | 44.14    | 50m | 3-12-2016  | Beverwijk (NED) | 220 Pnt. | 100 % |
| 50 schoolslag   | 40.18    | 25m | 16-3-2017  | Heemskerk (NED) | 248 Pnt. | 100 % |
| 100 schoolslag  | 1:34.66  | 50m | 20-6-2015  | Beverwijk (NED) | 235 Pnt. | 100 % |
| 100 schoolslag  | 1:27.79  | 25m | 13-10-2016 | Heemskerk (NED) | 254 Pnt. | 100 % |
| 200 schoolslag  | 3:06.26  | 25m | 1-10-2017  | Purmerend (NED) | 271 Pnt. | 103 % |
| 500 schoolslag  | 11:18.19 | OW  | 22-7-2012  | Amsterdam (NED) |          | 100 % |
| 25 vlinderslag  | 24.78    | 25m | 17-11-2011 | Heemskerk (NED) | 63 Pnt.  | 100 % |
| 50 vlinderslag  | 32.87    | 50m | 21-5-2017  | Alkmaar (NED)   | 317 Pnt. | 100 % |
| 50 vlinderslag  | 32.35    | 25m | 17-11-2016 | Heemskerk (NED) | 306 Pnt. | 100 % |
| 100 vlinderslag | 1:24.69  | 50m | 21-6-2015  | Beverwijk (NED) | 203 Pnt. | 100 % |
| 100 vlinderslag | 1:14.94  | 25m | 12-2-2017  | Purmerend (NED) | 270 Pnt. | 100 % |
| 200 vlinderslag | 3:50.49  | 25m | 15-12-2013 | Zaandam (NED)   | 104 Pnt. | 100 % |
| 100 wisselslag  | 1:13.98  | 25m | 18-12-2016 | Heemskerk (NED) | 322 Pnt. | 100 % |
| 200 wisselslag  | 2:44.63  | 50m | 28-5-2016  | Alkmaar (NED)   | 332 Pnt. | 100 % |
| 200 wisselslag  | 2:41.60  | 25m | 17-1-2016  | Purmerend (NED) | 312 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 366 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 366 Pnt.

### Zonneveld Jeroen

|                 |         |     |            |                   |          |       |
|-----------------|---------|-----|------------|-------------------|----------|-------|
| 25 vrije slag   | 14.12   | 25m | 20-10-2012 | Emmeloord (NED)   | 272 Pnt. | 100 % |
| 50 vrije slag   | 33.18   | 50m | 21-4-2013  | Kampen (NED)      | 250 Pnt. | 100 % |
| 50 vrije slag   | 30.22   | 25m | 13-5-2007  | Grootebroek (NED) | 303 Pnt. | 100 % |
| 100 vrije slag  | 1:21.14 | 50m | 23-9-2012  | Alkmaar (NED)     | 193 Pnt. | 100 % |
| 100 vrije slag  | 1:11.56 | 25m | 14-2-1999  | Heemskerk (NED)   | 247 Pnt. | 100 % |
| 200 vrije slag  | 2:40.20 | 25m | 11-12-1997 | Heemskerk (NED)   | 238 Pnt. | 100 % |
| 400 vrije slag  | 5:50.60 | 25m | 4-4-1996   | Heemskerk (NED)   | 221 Pnt. | 100 % |
| 25 rugslag      | 17.20   | 25m | 13-2-1997  | Heemskerk (NED)   | 230 Pnt. | 100 % |
| 50 rugslag      | 35.20   | 25m | 9-10-1997  | Heemskerk (NED)   | 265 Pnt. | 100 % |
| 100 rugslag     | 1:32.27 | 50m | 27-9-2014  | Kampen (NED)      | 178 Pnt. | 100 % |
| 100 rugslag     | 1:20.60 | 25m | 12-2-1998  | Heemskerk (NED)   | 223 Pnt. | 100 % |
| 200 rugslag     | 3:01.61 | 25m | 22-11-1998 | Zaandam (NED)     | 199 Pnt. | 100 % |
| 25 schoolslag   | 18.13   | 25m | 22-10-2011 | Emmeloord (NED)   | 263 Pnt. | 100 % |
| 50 schoolslag   | 42.54   | 50m | 21-4-2013  | Kampen (NED)      | 246 Pnt. | 100 % |
| 50 schoolslag   | 40.10   | 25m | 5-10-1997  | Zaandam (NED)     | 249 Pnt. | 100 % |
| 100 schoolslag  | 1:47.36 | 50m | 19-4-2015  | Alkmaar (NED)     | 161 Pnt. | 100 % |
| 100 schoolslag  | 1:28.30 | 25m | 26-4-1998  | Alkmaar (NED)     | 249 Pnt. | 100 % |
| 200 schoolslag  | 3:35.67 | 50m | 23-9-2012  | Alkmaar (NED)     | 204 Pnt. | 100 % |
| 200 schoolslag  | 3:12.80 | 25m | 9-10-1997  | Heemskerk (NED)   | 245 Pnt. | 100 % |
| 25 vlinderslag  | 15.18   | 25m | 29-5-2008  | Heemskerk (NED)   | 277 Pnt. | 100 % |
| 50 vlinderslag  | 35.60   | 50m | 21-4-2013  | Kampen (NED)      | 250 Pnt. | 100 % |
| 50 vlinderslag  | 34.96   | 25m | 13-12-2012 | Heemskerk (NED)   | 242 Pnt. | 100 % |
| 100 vlinderslag | 1:25.60 | 25m | 8-3-1998   | Zaandam (NED)     | 181 Pnt. | 100 % |
| 100 wisselslag  | 1:19.00 | 25m | 5-10-1997  | Zaandam (NED)     | 264 Pnt. | 100 % |
| 200 wisselslag  | 3:23.21 | 50m | 19-4-2015  | Alkmaar (NED)     | 176 Pnt. | 100 % |
| 200 wisselslag  | 2:55.05 | 25m | 26-11-1998 | Heemskerk (NED)   | 245 Pnt. | 100 % |

Gemiddelde punten over beste 5 zwemslagen aan het 1-8-2017: 276 Pnt.

Gemiddelde punten over beste 5 zwemslagen aan het 31-7-2018: 276 Pnt.