

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Verbetering zwemmer - Details

Alle wedstrijden

Programmanr.	Ronde	Rang	Eindtijd	Pnt	Inschrijftijd	Datum	%	PR
								-
								-
ACZ								
Albion								
Dave Jansen, 28-10-1998								2
50m vrije slag	series	4.	26.14	511	25.29	20-12-2015	94%	-
50m rugslag	series	3.	30.12	508	28.94	29-11-2015	92%	-
50m schoolslag	series	3.	33.25	516	33.00	18-10-2015	99%	-
50m vlinderslag	series	9.	29.32	447	28.62	29-11-2015	95%	-
Ensger Kotterink, 18-2-1994								-
50m vrije slag	series	3.	23.81	677	22.90	20-12-2015	93%	-
50m rugslag	series	1.	26.96	708	26.08	29-11-2015	94%	-
50m schoolslag	series	1.	29.72	722	29.55	29-11-2015	99%	-
50m vlinderslag	series	3.	26.05	638	24.78	19-12-2015	90%	-
Floris Kotterink, 29-8-1998								1
50m vrije slag	series	1.	24.11	652	23.06	29-1-2016	91%	-
50m rugslag	series	1.	28.28	614	29.61	20-9-2015	110%	-
50m schoolslag	series	2.	30.48	669	30.42	9-1-2016	100%	-
50m vlinderslag	series	1.	25.67	667	24.67	30-1-2016	92%	-
Michel van Nieuwkerk, 12-7-1997								1
50m vrije slag	series	11.	25.92	524	25.57	20-12-2015	97%	-
50m rugslag	series	11.	31.10	461	30.63	27-6-2016	97%	-
50m schoolslag	series	6.	32.76	539	32.32	27-6-2015	97%	-
50m vlinderslag	series	12.	28.65	479	28.94	9-1-2016	102%	-
Ruben Stam, 14-5-1998								-
50m vrije slag	series	2.	24.70	606	23.82	20-12-2015	93%	-
50m rugslag	series	2.	30.01	514	27.50	27-6-2015	84%	-
50m schoolslag	series	4.	33.93	485	33.57	27-6-2015	98%	-
50m vlinderslag	series	2.	25.70	664	24.98	30-1-2016	94%	-
AZC								
Annemiek van Niekerk, 5-4-2002								3
50m schoolslag	series	14.	41.39	361	40.32	7-2-2016	95%	-
Dylan de Wit, 14-8-2001								-
50m vrije slag	series	19.	29.38	360	28.96	22-11-2015	97%	-
50m rugslag	series	14.	34.69	332	34.15	29-11-2015	97%	-
50m schoolslag	series	10.	37.89	348	36.59	10-4-2016	93%	-
Guido Keutgen, 25-3-1968								-
50m rugslag	series	12.	31.31	452	30.51	29-11-2015	95%	-
Joeri Stoffels, 11-7-1973								-
50m vrije slag	series	10.	25.88	527	25.52	24-1-2016	97%	-
Jonne Moleman, 9-6-2000								-
50m vrije slag	series	20.	33.41	358	32.09	6-4-2016	92%	-
50m rugslag	series	11.	40.25	303	37.87	17-4-2016	89%	-
50m schoolslag	series	14.	47.54	238	45.72	7-2-2016	92%	-
Julia Wortman, 10-12-1996								-
50m vrije slag	series	5.	29.00	547	28.67	29-11-2015	98%	-
50m vlinderslag	series	4.	31.51	466	31.33	10-4-2016	99%	-
Lorena van Leijden, 7-10-2002								-
50m vrije slag	series	24.	32.39	393	30.62	17-4-2016	89%	-
50m rugslag	series	11.	38.80	339	35.67	6-3-2016	85%	-
50m vlinderslag	series	17.	35.51	325	32.76	10-4-2016	85%	-
Lukas Schouten, 13-11-1996								-
50m vrije slag	series	NG		-	27.27	10-4-2016	-	-
Lynn Blommers, 1-1-2001								1
50m vrije slag	series	3.	28.60	571	28.76	10-4-2016	101%	-
50m rugslag	series	4.	34.91	465	34.23	29-11-2015	96%	-
50m schoolslag	series	1.	36.36	532	35.81	7-2-2016	97%	-
50m vlinderslag	series	2.	31.92	448	31.36	28-2-2016	97%	-
Merel Leuring, 20-5-2004								-
50m vrije slag	series	14.	34.38	328	33.44	17-4-2016	95%	-
50m schoolslag	series	8.	43.46	312	41.93	7-2-2016	93%	-
Tygo Stoffels, 29-6-2003								2
50m vrije slag	series	5.	30.07	336	30.23	29-11-2015	101%	-
50m rugslag	series	4.	35.60	307	36.67	6-3-2016	106%	-
50m schoolslag	series	2.	38.82	324	38.23	7-2-2016	97%	-

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Wouter Daamen, 1-1-2001									-
50m vrije slag	series	21.	29.49	356	29.41	22-11-2015	99%		
50m rugslag	series	20.	36.18	293	34.03	17-4-2016	88%		
D'elft									4
Erik Simons, 22-1-1989									-
50m vrije slag	series	13.	26.06	516	23.99	27-6-2015	85%		
50m schoolslag	series	4.	30.46	671	29.43	23-1-2016	93%		
Floris van der Meer, 14-1-1997									-
50m vrije slag	series	18.	27.11	458	25.28	26-3-2016	87%		
Iris van den Berg, 15-5-2001									-
50m vrije slag	series	10.	30.20	485	29.56	29-11-2015	96%		
50m rugslag	series	9.	35.51	442	34.57	29-11-2015	95%		
50m vlinderslag	series	11.	34.07	368	33.98	3-4-2016	99%		
Jimmy Dukker, 27-6-1997									-
50m vrije slag	series	20.	27.82	424	26.79	26-3-2016	93%		
Lucile Bazalgette, 23-4-2004									1
50m vrije slag	series	17.	34.68	320	33.69	17-4-2016	94%		
50m schoolslag	series	15.	47.61	237	42.38	17-1-2016	79%		
50m vlinderslag	series	9.	38.52	255	38.81	6-3-2016	102%		
Nina van Mourik, 13-9-1998									1
50m vrije slag	series	14.	30.63	464	30.86	29-11-2015	102%		
Nol van Thull, 9-5-1980									1
50m vrije slag	series	8.	25.40	557	23.96	24-1-2016	89%		
50m rugslag	series	7.	30.30	499	28.19	29-12-2015	87%		
50m vlinderslag	series	11.	28.14	506	28.32	8-5-2015	101%		
Roos van Esch, 17-7-1982									-
50m vrije slag	series	16.	30.75	459	30.15	13-3-2016	96%		
50m rugslag	series	4.	34.38	487	33.45	4-10-2015	95%		
50m vlinderslag	series	8.	32.91	409	32.12	8-5-2015	95%		
Yara Aldring, 23-10-2003									1
50m vrije slag	series	15.	33.33	360	33.91	17-1-2016	104%		
De Columbiaan									7
Anouque Berghuis, 2-6-1996									-
50m vrije slag	series	3.	28.75	562	28.00	30-10-2015	95%		
50m rugslag	series	1.	32.07	600	30.87	30-10-2015	93%		
50m vlinderslag	series	3.	31.51	466	30.65	17-1-2016	95%		
Bas Verdoes, 19-7-1998									-
50m vrije slag	series	5.	26.14	511	25.51	6-3-2016	95%		
50m rugslag	series	6.	31.13	460	30.50	6-3-2016	96%		
50m schoolslag	series	6.	34.73	452	33.47	9-1-2016	93%		
50m vlinderslag	series	3.	27.88	520	27.71	3-5-2015	99%		
Dave van den Nieuwendijk, 1-1-2001									-
50m vrije slag	series	13.	28.28	404	27.76	13-2-2016	96%		
50m rugslag	series	13.	34.47	339	32.44	6-3-2016	89%		
50m schoolslag	series	1.	33.36	510	31.99	29-1-2016	92%		
Finn van Bommel, 13-8-2001									-
50m vrije slag	series	9.	27.98	417	27.20	6-3-2016	95%		
50m schoolslag	series	14.	39.59	305	37.78	27-6-2015	91%		
Giulia Corsi, 30-1-2001									3
50m vrije slag	series	9.	29.94	497	28.96	19-12-2015	94%		
50m rugslag	series	7.	35.25	452	35.26	13-2-2016	100%		
50m schoolslag	series	5.	37.66	479	39.49	9-1-2016	110%		
50m vlinderslag	series	8.	33.25	396	33.76	10-1-2016	103%		
Jens Krijgsman, 1-5-1999									1
50m vrije slag	series	1.	24.34	634	22.79	29-1-2016	88%		
50m rugslag	series	1.	28.04	630	26.77	31-1-2016	91%		
50m schoolslag	series	1.	31.38	613	31.60	9-5-2015	101%		
50m vlinderslag	series	1.	26.29	621	25.25	20-12-2015	92%		
Kristel Beijl, 1-1-2002									1
50m vrije slag	series	28.	33.55	353	31.70	6-12-2015	89%		
50m schoolslag	series	9.	39.97	401	40.55	6-12-2015	103%		
Lianne Bouwmeester, 30-3-2000									-
50m vrije slag	series	1.	28.63	569	27.50	19-12-2015	92%		
50m rugslag	series	1.	32.96	553	31.45	29-11-2015	91%		
50m schoolslag	series	1.	34.64	616	32.41	29-1-2016	88%		
50m vlinderslag	series	2.	31.35	473	31.32	28-2-2016	100%		
Liset Jansen, 11-4-1995									-
50m vrije slag	series	2.	28.55	574	27.20	1-11-2015	91%		
50m rugslag	series	3.	33.02	550	31.68	4-10-2015	92%		
50m schoolslag	series	3.	37.54	484	35.61	15-11-2015	90%		
50m vlinderslag	series	5.	32.32	431	30.59	17-1-2016	90%		
Megan van Beelen, 24-2-2001									-
50m vrije slag	series	5.	29.04	545	28.39	28-6-2015	96%		
50m schoolslag	series	12.	39.64	411	39.42	28-6-2015	99%		

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Thijs van Wieringen, 21-6-1999								-
50m vrije slag	series	NG	-	23.48	29-1-2016	-	-	-
50m rugslag	series	NG	-	28.94	9-5-2015	-	-	-
50m schoolslag	series	NG	-	33.40	9-5-2015	-	-	-
50m vlinderslag	series	NG	-	27.25	30-1-2016	-	-	-
Wouter Verdoes, 1-7-2002								2
50m vrije slag	series	11.	29.97	339	29.44	6-12-2015	96%	-
50m rugslag	series	6.	34.90	326	34.99	6-12-2015	101%	-
50m schoolslag	series	4.	38.34	336	38.91	6-12-2015	103%	-
de Devel								9
Daniel Stok, 5-9-2003								1
50m schoolslag	series	11.	42.57	245	41.64	27-6-2015	96%	-
50m vlinderslag	series	10.	36.75	227	37.18	19-12-2015	102%	-
Danielle van Valen, 8-8-2001								-
50m vrije slag	series	15.	30.56	468	30.18	29-11-2015	98%	-
50m vlinderslag	series	6.	32.91	409	32.74	29-11-2015	99%	-
David Kras, 17-12-2001								-
50m schoolslag	series	12.	38.52	331	37.34	24-10-2015	94%	-
Isis Naaktgeboren, 20-12-2004								2
50m vrije slag	series	2.	31.68	420	33.46	6-2-2016	112%	-
50m vlinderslag	series	8.	36.92	289	37.72	6-3-2016	104%	-
Jessica Kras, 24-9-2004								-
50m schoolslag	series	10.	43.96	301	42.44	26-9-2015	93%	-
Julian Stok, 5-9-2003								-
50m rugslag	series	8.	37.23	269	36.63	31-10-2015	97%	-
50m schoolslag	series	15.	43.94	223	42.75	6-3-2016	95%	-
50m vlinderslag	series	5.	34.09	284	33.30	30-1-2016	95%	-
Lara Idsinga, 1-4-2002								1
50m vrije slag	series	6.	30.28	481	30.34	13-2-2016	100%	-
Laura Tromp, 20-11-2000								-
50m vrije slag	series	15.	31.51	427	29.98	29-11-2015	91%	-
50m schoolslag	series	7.	40.85	375	38.62	29-11-2015	89%	-
50m vlinderslag	series	7.	34.00	370	33.69	29-11-2015	98%	-
Lorenzo Punt, 22-7-2003								-
50m schoolslag	series	5.	41.21	271	40.73	27-2-2016	98%	-
50m vlinderslag	series	11.	37.74	209	37.31	17-1-2016	98%	-
Mark de Jongh, 29-8-2000								1
50m vrije slag	series	3.	26.99	465	26.46	26-9-2015	96%	-
50m rugslag	series	18.	35.22	318	35.29	21-11-2015	100%	-
50m schoolslag	series	12.	37.29	365	35.19	24-10-2015	89%	-
50m vlinderslag	series	12.	31.15	373	29.48	29-11-2015	90%	-
Naomi Knetemann, 20-10-2000								-
50m vrije slag	series	6.	30.54	469	29.64	29-11-2015	94%	-
50m rugslag	series	6.	35.75	433	34.27	29-11-2015	92%	-
50m vlinderslag	series	9.	34.23	363	33.11	29-11-2015	94%	-
Rainier Voll, 11-8-1998								-
50m vrije slag	series	9.	26.96	466	25.62	29-11-2015	90%	-
50m rugslag	series	9.	34.32	343	30.61	29-11-2015	80%	-
50m schoolslag	series	5.	34.09	478	32.09	29-11-2015	89%	-
50m vlinderslag	series	5.	28.39	493	26.90	28-12-2015	90%	-
Rinske Bouman, 15-9-2004								1
50m vrije slag	series	6.	32.25	398	31.08	29-1-2016	93%	-
50m rugslag	series	6.	38.21	355	38.69	10-1-2016	103%	-
50m schoolslag	series	7.	42.94	323	41.66	29-11-2015	94%	-
50m vlinderslag	series	4.	35.02	339	33.83	29-11-2015	93%	-
Rogier Dorsman, 28-7-1999								1
50m vrije slag	series	6.	28.14	410	27.91	6-3-2016	98%	-
50m rugslag	series	7.	33.65	364	33.22	26-2-2016	97%	-
50m schoolslag	series	6.	35.91	409	34.97	1-11-2015	95%	-
50m vlinderslag	series	4.	29.41	443	29.90	10-4-2016	103%	-
Stijn den Otter, 23-10-2002								2
50m vrije slag	series	6.	28.72	385	29.21	6-2-2016	103%	-
50m rugslag	series	11.	36.03	297	37.32	21-11-2015	107%	-
50m schoolslag	series	13.	41.92	257	40.00	6-3-2016	91%	-
50m vlinderslag	series	6.	32.47	329	32.30	10-4-2016	99%	-
Sybe de Waard, 15-11-1999								-
50m vrije slag	series	4.	26.72	479	26.65	26-9-2015	99%	-
50m schoolslag	series	3.	35.24	433	33.40	29-11-2015	90%	-
50m vlinderslag	series	5.	30.21	409	29.53	29-11-2015	96%	-
De Duck								8
Desny Kloet, 19-11-2003								1
50m vrije slag	series	14.	33.33	360	33.80	30-4-2016	103%	-

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Dylan Kalden, 4-4-2000								-
50m vrije slag	series	8.	28.03	415	27.70	26-9-2015	98%	
50m rugslag	series	16.	34.63	334	33.10	29-11-2015	91%	
50m vlinderslag	series	8.	30.31	405	29.81	30-4-2016	97%	
Eveline van Oudheusden, 23-8-1999								1
50m vrije slag	series	15.	30.67	463	31.15	20-2-2016	103%	
Jari Voogt, 9-9-2000								-
50m vrije slag	series	1.	26.16	510	26.07	13-2-2016	99%	
50m rugslag	series	4.	33.05	384	30.90	29-11-2015	87%	
50m vlinderslag	series	4.	29.56	436	28.65	20-2-2016	94%	
Jasper van Oudheusden, 7-3-2001								-
50m rugslag	series	11.	34.38	341	33.52	30-4-2016	95%	
Jesper Oranje, 15-5-1992								-
50m vrije slag	series	9.	25.83	530	24.97	29-11-2015	93%	
50m rugslag	series	8.	30.30	499	29.05	29-11-2015	92%	
50m vlinderslag	series	6.	26.38	614	25.78	3-5-2015	96%	
Maryn Both, 12-2-2002								2
50m vrije slag	series	14.	43.17	113	46.76	10-1-2016	117%	
50m schoolslag	series	14.	58.63	94	59.41	14-11-2015	103%	
Mick van den Houten, 18-9-2003								-
50m vlinderslag	series	6.	34.60	272	34.34	2-4-2016	99%	
Mike Hoek, 25-7-1997								1
50m vrije slag	series	5.	24.29	637	24.36	29-11-2015	101%	
50m rugslag	series	4.	29.07	565	27.71	29-11-2015	91%	
50m vlinderslag	series	5.	26.25	623	25.67	29-11-2015	96%	
Misty de Voogt, 8-1-2001								1
50m vrije slag	series	21.	31.04	446	29.98	29-11-2015	93%	
50m vlinderslag	series	13.	34.23	363	34.42	29-11-2015	101%	
Noa de Bock, 1-7-2003								1
50m vrije slag	series	10.	32.72	381	33.15	5-12-2015	103%	
Rowan de Voogt, 5-3-1998								1
50m vrije slag	series	10.	27.67	431	27.86	3-5-2015	101%	
50m vlinderslag	series	12.	30.12	412	29.81	3-5-2015	98%	
Tessa Giele, 1-11-2002								-
50m vrije slag	series	2.	28.94	551	28.40	29-11-2015	96%	
50m rugslag	series	2.	34.07	501	32.66	29-11-2015	92%	
50m vlinderslag	series	2.	31.56	463	30.99	19-9-2015	96%	
De Geul								7
Aidan van Gool, 1-10-2000								2
50m vrije slag	series	6.	27.65	432	27.68	22-11-2015	100%	
50m rugslag	series	20.	35.73	304	35.53	12-3-2016	99%	
50m schoolslag	series	19.	39.97	297	36.96	29-11-2015	86%	
50m vlinderslag	series	11.	30.91	382	31.09	2-4-2016	101%	
Ben Muller, 16-6-1998								-
50m vrije slag	series	7.	26.68	481	26.27	29-11-2015	97%	
50m schoolslag	series	7.	35.08	439	34.54	13-2-2016	97%	
50m vlinderslag	series	11.	29.75	428	29.64	17-4-2016	99%	
Brandon Groeneveld, 16-5-2003								-
50m rugslag	series	17.	40.24	213	38.68	13-2-2016	92%	
Carmen Muilwijk, 10-3-1995								-
50m vrije slag	series	15.	30.68	462	30.30		98%	
50m rugslag	series	6.	34.81	469	32.87	3-10-2015	89%	
Daan Wesdorp, 14-6-2000								1
50m vrije slag	series	24.	30.03	337	30.06	26-9-2015	100%	
50m schoolslag	series	14.	37.89	348	36.94	19-12-2015	95%	
Esmée Roodenburg, 9-3-2001								-
50m vrije slag	series	13.	30.32	479	29.39	16-4-2016	94%	
50m schoolslag	series	16.	40.87	375	39.24	2-4-2016	92%	
Kirana Hoogenbosch, 7-4-2000								-
50m vrije slag	series	14.	31.25	437	30.76	28-6-2015	97%	
50m schoolslag	series	6.	40.07	398	38.81	26-3-2016	94%	
Liam van Gool, 1-10-2000								1
50m rugslag	series	13.	34.17	348	34.49	12-3-2016	102%	
Max Muller, 16-6-1998								1
50m vrije slag	series	8.	26.78	476	26.16	2-4-2016	95%	
50m rugslag	series	5.	30.58	485	29.93	16-4-2016	96%	
50m vlinderslag	series	10.	29.75	428	30.26	30-5-2015	103%	
Sam IJerman, 11-9-2001								1
50m vrije slag	series	2.	28.44	580	27.91	21-11-2015	96%	
50m rugslag	series	6.	35.07	459	33.86	2-4-2016	93%	
50m schoolslag	series	7.	38.10	463	36.14	2-4-2016	90%	
50m vlinderslag	series	5.	32.63	419	32.68	2-4-2016	100%	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Tim van Heeswijk, 27-12-1998								1
50m vrije slag	series	12.	27.73	428	27.74	6-2-2016	100%	
50m schoolslag	series	8.	35.59	420	35.45	3-10-2015	99%	
Zoë van Gool, 1-10-2000								-
50m vrije slag	series	21.	34.90	314	32.07	9-4-2016	84%	
50m rugslag	series	10.	37.67	370	36.49	12-3-2016	94%	
50m vlinderslag	series	10.	35.16	335	33.70	29-11-2015	92%	
De Kempvis								10
Daniel van der Sluijs, 9-6-2000								-
50m schoolslag	series	AFGEM		-	37.59	14-2-2016	-	
Fenna de Groot, 24-7-1997								1
50m vrije slag	series	9.	29.74	508	29.02	6-2-2016	95%	
50m schoolslag	series	6.	38.18	460	36.90	3-5-2015	93%	
50m vlinderslag	series	1.	30.51	513	31.12	3-5-2015	104%	
Glenn van Gaalen, 9-2-2002								2
50m vrije slag	series	3.	28.24	405	29.42	12-6-2015	109%	
50m rugslag	series	7.	35.05	322	36.15	3-5-2015	106%	
Kim Rutters, 3-1-2003								2
50m vrije slag	series	20.	33.88	343	33.96	6-2-2016	100%	
50m rugslag	series	2.	36.93	393	38.49	3-5-2015	109%	
Lisa Pijlman, 2-4-2001								2
50m vrije slag	series	8.	29.88	500	30.17	12-6-2015	102%	
50m vlinderslag	series	4.	32.00	444	33.20	3-5-2015	108%	
Maurice van Philips, 10-6-2003								1
50m schoolslag	series	6.	41.23	270	41.33	21-11-2015	100%	
Quinty Plet, 22-11-1998								2
50m vrije slag	series	8.	29.46	522	30.01	3-5-2015	104%	
50m rugslag	series	14.	37.09	388	34.00	21-11-2015	84%	
50m schoolslag	series	6.	39.74	408	38.42	3-5-2015	93%	
50m vlinderslag	series	6.	32.30	432	32.87	28-6-2015	104%	
Senna Mooldijk, 17-7-2003								-
50m vrije slag	series	6.	30.43	324	29.98	6-2-2016	97%	
50m schoolslag	series	13.	43.94	223	42.83	27-2-2016	95%	
De Stelle								3
Nienke Mierop, 19-10-2002								1
50m vrije slag	series	12.	31.02	447	31.21	31-10-2015	101%	
50m schoolslag	series	7.	39.49	416	38.16	3-5-2015	93%	
Phaedra Meijer, 6-11-2004								2
50m vrije slag	series	13.	34.20	334	34.53	17-10-2015	102%	
50m schoolslag	series	5.	42.36	337	43.41	16-4-2016	105%	
De Vliet (SG)								1
Anke Lambooi, 14-12-1980								-
50m vrije slag	series	4.	29.00	547	28.12	10-4-2016	94%	
50m schoolslag	series	9.	40.13	396	38.36	10-4-2016	91%	
Arnt Berck, 30-1-2001								-
50m vrije slag	series	20.	29.45	357	28.75	22-11-2015	95%	
50m rugslag	series	22.	36.79	279	34.14	6-3-2016	86%	
50m vlinderslag	series	11.	32.87	317	32.62	15-11-2015	98%	
Dilara Kocaman, 30-8-2000								-
50m vrije slag	series	10.	30.84	455	30.39	29-11-2015	97%	
50m schoolslag	series	12.	42.82	326	41.28	10-4-2016	93%	
Meike de Beer, 12-7-2003								1
50m vrije slag	series	17.	33.43	357	33.96	10-4-2016	103%	
Ophelie Thijm, 16-1-2000								-
50m vrije slag	series	17.	31.87	412	31.45	4-10-2015	97%	
50m schoolslag	series	8.	41.33	362	39.60	15-11-2015	92%	
Tim Raaphorst, 9-9-2001								-
50m vrije slag	series	25.	30.62	318	29.28	22-11-2015	91%	
50m rugslag	series	23.	37.38	266	34.95	29-11-2015	87%	
50m schoolslag	series	8.	36.85	379	36.09	10-4-2016	96%	
De Watervogels								-
Emma Rijnsdorp, 2-3-1999								-
50m vrije slag	series	25.	34.19	334	31.04	29-11-2015	82%	
50m vlinderslag	series	AFGEM		-	31.89	5-7-2015	-	
Femke Noordhoek, 19-6-1999								-
50m vrije slag	series	12.	30.30	480	29.87	17-1-2016	97%	
Ilse la Brijn, 27-8-1998								-
50m schoolslag	series	5.	38.66	443	36.56	4-7-2015	89%	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Jade Verbrugge, 8-8-2003									-
50m schoolslag	series	8.	43.47	311	41.60	10-4-2016	92%		-
Marloes Apperloo, 18-4-2003									-
50m vrije slag	series	18.	33.47	356	32.62	17-4-2016	95%		-
De Zeehond'73									
de Zijl/LGB									
Herman de Bruin, 5-11-1999									2
50m vrije slag	series	NG		-	27.55	22-11-2015	-		-
Mark Bom, 26-8-2002									1
50m rugslag	series	10.	35.71	305	36.35	3-5-2015	104%		1
50m schoolslag	series	10.	40.42	287	39.95	14-2-2016	98%		
Melissa Weber, 7-10-1997									1
50m vrije slag	series	14.	30.63	464	30.83	3-5-2015	101%		1
50m vlinderslag	series	6.	32.44	427	30.95	17-1-2016	91%		
DES									
DSZ									
DWF									
KZV de Lansingh									
Aniek Huijsman, 29-11-1988									4
50m vrije slag	series	13.	30.48	471	29.37	29-11-2015	93%		-
50m rugslag	series	5.	34.47	483	34.12	9-5-2015	98%		-
50m schoolslag	series	2.	37.35	491	36.83	20-3-2016	97%		-
Carmen Lems, 1-12-2004									-
50m vrije slag	series	20.	35.46	299	35.41	6-2-2016	100%		-
Cheyenne Elburg, 8-2-2004									1
50m vrije slag	series	19.	35.41	300	34.12	17-4-2016	93%		1
50m schoolslag	series	12.	45.75	267	44.83	29-11-2015	96%		
50m vlinderslag	series	10.	38.52	255	40.17	17-4-2016	109%		
Esther Reinders, 25-5-2003									2
50m vrije slag	series	6.	31.87	412	33.65	3-5-2015	111%		2
50m vlinderslag	series	7.	36.78	293	37.30	22-4-2016	103%		
Fleur van Norren, 12-1-2002									-
50m vrije slag	series	15.	31.37	432	30.61	28-2-2016	95%		-
50m schoolslag	series	5.	39.29	422	39.09	28-2-2016	99%		-
Hanne Snijders, 25-6-2002									-
50m vrije slag	series	17.	31.48	428	31.36	29-11-2015	99%		-
50m vlinderslag	series	15.	35.13	336	34.78	29-11-2015	98%		-
Kirsten Erkamp, 13-3-2004									-
50m schoolslag	series	13.	46.38	256	44.68	26-3-2016	93%		-
Minouk Hol, 24-6-2002									-
50m vrije slag	series	34.	34.86	315	33.57	20-3-2016	93%		-
Stefan Groen, 14-7-2003									1
50m vrije slag	series	12.	31.50	292	31.50	5-3-2016	100%		1
50m rugslag	series	13.	38.56	242	39.46	28-2-2016	105%		
50m schoolslag	series	14.	43.94	223	43.26	27-2-2016	97%		
LZ 1886									
Anique Star, 17-7-2004									15
50m vrije slag	series	5.	31.91	411	31.93	12-3-2016	100%		1
50m schoolslag	series	16.	47.87	233	44.73	29-11-2015	87%		
50m vlinderslag	series	5.	35.52	325	34.41	6-3-2016	94%		
Anisa Groeneschey, 16-1-2003									-
50m vrije slag	series	AFGEM		-	29.83	29-1-2016	-		-
50m rugslag	series	AFGEM		-	38.56	26-2-2016	-		-
50m vlinderslag	series	AFGEM		-	34.44	26-2-2016	-		-
Boy Borreman, 12-11-2001									-
50m vrije slag	series	24.	30.49	322	29.99	20-12-2015	97%		-
50m rugslag	series	19.	35.99	298	34.75	20-3-2016	93%		-
50m vlinderslag	series	10.	32.82	319	32.49	12-3-2016	98%		-
Chris Vogelaar, 5-3-2003									2
50m vrije slag	series	7.	30.47	323	31.28	28-2-2016	105%		2
50m rugslag	series	10.	37.84	256	39.90	28-2-2016	111%		
50m vlinderslag	series	9.	35.81	245	34.63	1-11-2015	94%		
Debby Bavelaar, 24-8-1995									1
50m vrije slag	series	10.	30.11	489	31.00	3-5-2015	106%		1
50m schoolslag	series	7.	38.18	460	37.45	3-5-2015	96%		

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Dion de Mooij, 15-8-1997									-
50m vrije slag	series	16.	26.56	487	26.01	29-11-2015	96%		
50m rugslag	series	14.	31.75	434	31.53	3-5-2015	99%		
50m vlinderslag	series	13.	29.75	428	29.40	17-1-2016	98%		
Emily Beres, 23-9-2000									-
50m vrije slag	series	11.	30.88	453	29.92	29-11-2015	94%		
50m vlinderslag	series	8.	34.20	364	33.14	1-11-2015	94%		
Floris Boendermaker, 29-1-1999									1
50m vrije slag	series	9.	28.57	392	28.27	29-11-2015	98%		
50m rugslag	series	8.	34.06	351	34.20	3-5-2015	101%		
50m vlinderslag	series	7.	30.88	383	29.97	29-11-2015	94%		
Frank Hezemans, 18-7-1992									-
50m vrije slag	series	NG		-	26.77	17-4-2016	-		
50m rugslag	series	NG		-	32.35	9-5-2015	-		
Jeroen de Mooij, 16-8-2001									-
50m rugslag	series	21.	36.67	281	35.06	17-4-2016	91%		
Kim de Jong, 19-2-2003									1
50m vrije slag	series	9.	32.71	381	31.99	17-1-2016	96%		
50m rugslag	series	6.	37.41	378	38.51	3-5-2015	106%		
50m schoolslag	series	2.	39.26	423	37.23	29-1-2016	90%		
50m vlinderslag	series	3.	35.20	334	34.28	29-11-2015	95%		
Lize van Stigt, 6-4-2004									2
50m vrije slag	series	8.	32.55	387	32.32	29-1-2016	99%		
50m rugslag	series	1.	35.89	428	37.87	10-4-2016	111%		
50m schoolslag	series	14.	46.49	254	43.44	29-11-2015	87%		
50m vlinderslag	series	2.	33.81	377	34.26	6-3-2016	103%		
Marije de Jager, 21-12-2003									1
50m vrije slag	series	13.	33.16	366	32.84	26-2-2016	98%		
50m vlinderslag	series	5.	35.59	323	36.26	26-2-2016	104%		
Moniek Heemskerk, 24-10-1996									-
50m vrije slag	series	19.	31.23	438	30.58	3-5-2015	96%		
50m schoolslag	series	5.	37.89	470	36.78	29-11-2015	94%		
Nora van der Steen, 12-2-2004									1
50m vrije slag	series	10.	33.39	358	33.22	28-2-2016	99%		
50m rugslag	series	5.	38.21	355	37.93	26-2-2016	99%		
50m schoolslag	series	11.	45.28	275	45.55	12-3-2016	101%		
50m vlinderslag	series	6.	36.36	303	34.90	6-3-2016	92%		
Robin van Beek, 25-11-1997									-
50m vrije slag	series	15.	26.32	501	25.44	29-11-2015	93%		
50m rugslag	series	10.	31.06	463	29.78	29-11-2015	92%		
50m vlinderslag	series	10.	28.14	506	27.80	3-5-2015	98%		
Samantha Gerritse, 16-1-2001									-
50m vrije slag	series	31.	33.66	350	30.60	29-11-2015	83%		
50m rugslag	series	16.	40.06	308	35.72	28-6-2015	80%		
50m schoolslag	series	18.	43.36	314	38.21	29-11-2015	78%		
50m vlinderslag	series	15.	35.24	333	34.21	3-5-2015	94%		
Sander van Beek, 5-10-2000									-
50m vrije slag	series	11.	28.37	400	27.35	20-12-2015	93%		
50m rugslag	series	15.	34.51	338	33.08	10-1-2016	92%		
50m schoolslag	series	17.	39.39	310	36.96	9-1-2016	88%		
50m vlinderslag	series	5.	29.56	436	29.49	28-2-2016	100%		
Sanne Heemskerk, 9-9-2001									-
50m vrije slag	series	4.	29.03	546	28.76	28-2-2016	98%		
50m schoolslag	series	13.	39.94	402	39.30	29-11-2015	97%		
50m vlinderslag	series	14.	34.43	357	32.85	29-11-2015	91%		
Tamara Caspers, 6-6-1990									-
50m vrije slag	series	20.	31.25	437	29.46	29-11-2015	89%		
50m rugslag	series	8.	35.50	442	34.75	9-5-2015	96%		
50m vlinderslag	series	11.	33.76	378	31.81	27-6-2015	89%		
Thimo van Beek, 25-3-2003									-
50m rugslag	series	18.	40.50	209	38.37	6-3-2016	90%		
50m vlinderslag	series	13.	38.94	191	38.16	10-4-2016	96%		
Tjeerd van Stein, 8-10-2001									1
50m vrije slag	series	17.	28.96	376	28.06	6-3-2016	94%		
50m rugslag	series	6.	32.41	408	34.65	3-5-2015	114%		
Victor van Dam, 21-3-2001									-
50m vlinderslag	series	13.	33.54	299	32.50	28-2-2016	94%		
Viktor Koets, 9-10-2002									4
50m vrije slag	series	5.	28.34	401	29.38	28-2-2016	107%		
50m rugslag	series	2.	31.52	443	32.67	7-2-2016	107%		
50m schoolslag	series	3.	37.09	371	40.05	3-5-2015	117%		
50m vlinderslag	series	3.	31.51	360	32.87	17-4-2016	109%		

MNC Dordrecht

8

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Anouk Brand, 17-9-2003									-
50m schoolslag	series	9.	43.72	306	42.37	9-4-2016	94%		
Daan Snijders, 16-1-2002									1
50m schoolslag	series	1.	35.00	442	35.03	29-1-2016	100%		
Danique Gerritsen, 25-1-2004									-
50m vrije slag	series	9.	32.77	379	32.20	4-10-2015	97%		
50m rugslag	series	8.	39.90	311	38.36	17-1-2016	92%		
Debbie Bruijgoms, 12-4-2003									3
50m vrije slag	series	21.	33.91	342	34.01	6-2-2016	101%		
50m schoolslag	series	1.	39.26	423	39.37	23-4-2016	101%		
50m vlinderslag	series	8.	37.15	284	37.32	10-4-2016	101%		
Igor Ostrowski, 18-3-1998									1
50m vrije slag	series	3.	25.63	543	25.76	6-3-2016	101%		
50m schoolslag	series	1.	30.18	690	28.66	29-1-2016	90%		
50m vlinderslag	series	4.	28.02	512	27.46		96%		
Ilse Kraaijeveld, 21-4-2002									2
50m vrije slag	series	3.	29.80	504	29.67	26-9-2015	99%		
50m rugslag	series	5.	36.04	423	35.35	21-11-2015	96%		
50m schoolslag	series	11.	40.45	387	40.69	21-11-2015	101%		
50m vlinderslag	series	4.	32.26	434	32.54	9-1-2016	102%		
Jeroen Baars, 21-8-1992									-
50m vrije slag	series	2.	23.50	704	22.46	20-12-2015	91%		
50m rugslag	series	3.	28.69	588	26.78	29-11-2015	87%		
50m schoolslag	series	2.	30.04	699	29.31	29-11-2015	95%		
50m vlinderslag	series	2.	24.82	738	24.32	20-12-2015	96%		
Kayra Deger, 22-7-2000									-
50m vrije slag	series	16.	31.59	423	31.38	3-5-2015	99%		
Sasa Stefanovic, 30-4-2001									1
50m vrije slag	series	5.	27.33	447	27.40	17-10-2015	101%		
Thomas Verhoeven, 18-4-1997									-
50m vrije slag	series	1.	23.32	720	22.85	20-12-2015	96%		
50m schoolslag	series	3.	30.42	673	28.69	29-11-2015	89%		
50m vlinderslag	series	1.	24.82	738	24.78	22-4-2016	100%		
Wesley Agterdenbos, 8-7-2000									-
50m vrije slag	series	18.	29.06	372	28.65	24-4-2016	97%		
50m schoolslag	series	7.	36.06	404	35.76	10-4-2016	98%		
NZ&PC									-
PCG									-
Anouk van Weelden, 18-10-1999									-
50m vrije slag	series	4.	28.74	562	28.51	29-11-2015	98%		
50m rugslag	series	2.	32.65	569	32.07	6-6-2015	96%		
50m vlinderslag	series	4.	31.40	470	31.23	29-11-2015	99%		
Esmee Wijnmaalen, 20-5-2001									-
50m vrije slag	series	22.	31.23	438	30.16	16-4-2016	93%		
50m rugslag	series	11.	35.96	426	34.94	29-11-2015	94%		
50m vlinderslag	series	9.	33.44	389	32.90	29-11-2015	97%		
Esmeralda van Werkhoven, 24-3-1999									-
50m vrije slag	series	16.	30.69	462	29.93	29-11-2015	95%		
50m vlinderslag	series	9.	33.28	395	31.47	29-11-2015	89%		
Lise van Mourik, 24-1-1999									-
50m vrije slag	series	18.	31.04	446	29.62	16-1-2016	91%		
50m schoolslag	series	4.	38.60	445	37.43	29-11-2015	94%		
50m vlinderslag	series	11.	34.27	362	32.81	3-5-2015	92%		
Sjoerd van Weelden, 6-11-2001									-
50m rugslag	series	10.	34.24	346	33.23	16-4-2016	94%		
50m schoolslag	series	15.	40.03	295	38.70	6-2-2016	93%		
PLONS									-
Poseidon'56									10
Amy van Leersum, 2-7-2002									3
50m vrije slag	series	9.	30.49	471	30.62	6-2-2016	101%		
50m schoolslag	series	10.	40.44	387	42.01	21-11-2015	108%		
50m vlinderslag	series	6.	33.19	398	34.00	24-10-2015	105%		
Brandon van den Berg, 23-5-2002									2
50m vrije slag	series	1.	26.91	469	26.31	30-4-2016	96%		
50m rugslag	series	3.	32.03	422	32.66	29-11-2015	104%		
50m schoolslag	series	2.	35.71	416	34.76	29-1-2016	95%		
50m vlinderslag	series	2.	30.64	392	30.89	29-11-2015	102%		
Dillon van den Berg, 17-2-2003									2
50m vrije slag	series	2.	28.48	395	29.40	6-2-2016	107%		
50m rugslag	series	2.	35.15	319	34.21	9-4-2016	95%		
50m schoolslag	series	16.	45.13	206	42.96	5-3-2016	91%		

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

50m vlinderslag	series	4.	33.78	292	34.35	29-11-2015	103%	
Feline Jonkers, 18-2-2004								1
50m vrije slag	series	3.	31.72	418	32.20	9-4-2016	103%	
50m vlinderslag	series	15.	45.00	160	37.63	5-3-2016	70%	
Floriaan Bulten, 9-6-2000								-
50m vrije slag	series	23.	29.66	350	27.72	29-11-2015	87%	
50m rugslag	series	12.	34.10	350	33.95	21-11-2015	99%	
50m schoolslag	series	18.	39.79	301	37.51	27-2-2016	89%	
Gerard Willighagen, 2-4-2001								-
50m vrije slag	series	2.	26.76	477	26.02	9-4-2016	95%	
50m rugslag	series	5.	32.16	417	32.15	29-11-2015	100%	
50m schoolslag	series	3.	34.87	447	34.33	27-2-2016	97%	
50m vlinderslag	series	1.	27.48	543	27.30	30-1-2016	99%	
Gregory Abeldynov, 30-4-2001								-
50m vrije slag	series	16.	28.91	378	28.52	29-11-2015	97%	
50m rugslag	series	9.	33.99	353	32.53	29-11-2015	92%	
Ilse van Leersum, 18-5-2000								-
50m vrije slag	series	19.	33.18	365	32.84	17-10-2015	98%	
Kelly de Jonge, 22-1-1997								-
50m vrije slag	series	7.	29.50	520	28.74	3-5-2015	95%	
50m rugslag	series	9.	35.50	442	34.67	3-5-2015	95%	
50m vlinderslag	series	10.	32.99	406	31.74	3-5-2015	93%	
Kirsten den Ouden, 18-5-2002								-
50m vrije slag	series	AFGEM		-	32.03	30-4-2016	-	
Mandy Pol, 3-12-2003								-
50m vrije slag	series	23.	34.10	337	33.58	5-3-2016	97%	
Marieke Lodder, 17-1-2000								-
50m vrije slag	series	18.	32.55	387	31.98	9-4-2016	97%	
Quincy Belder, 28-7-2003								1
50m vrije slag	series	11.	32.72	381	33.14	29-11-2015	103%	
Quinty Huisman, 25-1-2004								1
50m vrije slag	series	16.	34.66	320	35.59	13-2-2016	105%	
Rianne Bresser, 17-10-1999								-
50m vrije slag	series	13.	30.41	475	30.33	3-5-2015	99%	
50m vlinderslag	series	8.	32.98	406	32.87	2-5-2015	99%	
Sander Iuga, 4-9-2001								-
50m vrije slag	series	8.	27.69	430	27.23	9-4-2016	97%	
50m schoolslag	series	11.	38.05	344	37.10	27-2-2016	95%	
50m vlinderslag	series	12.	33.14	310	31.41	30-4-2016	90%	
Sunniva Moed, 2-11-2002								-
50m vrije slag	series	29.	33.71	348	32.48	12-12-2015	93%	
50m schoolslag	series	18.	42.16	341	41.60	10-4-2016	97%	
50m vlinderslag	series	18.	37.77	270	33.89	18-10-2015	81%	
Thomas van Wanrooij, 20-11-2002								-
50m rugslag	series	12.	37.22	269	35.61	29-11-2015	92%	
Valerie Bulten, 25-9-2003								-
50m vrije slag	series	26.	35.13	308	34.88	20-2-2016	99%	
SG SCOM/de Zeehond '73								13
Angelina Schellen, 27-10-2002								-
50m vrije slag	series	16.	31.40	431	31.07	13-2-2016	98%	
Daphne Zoetekouw, 20-3-2003								1
50m vrije slag	series	7.	32.07	405	32.45	29-11-2015	102%	
Diana Noordermeer, 22-4-2001								2
50m vrije slag	series	24.	31.84	413	31.76	29-11-2015	99%	
50m schoolslag	series	14.	39.95	401	39.97	24-10-2015	100%	
50m vlinderslag	series	10.	33.77	378	34.18	29-11-2015	102%	
Giorgia Colle, 21-1-2002								-
50m vrije slag	series	8.	30.41	475	29.06	19-9-2015	91%	
50m rugslag	series	4.	36.00	424	33.47	26-9-2015	86%	
50m schoolslag	series	21.	43.42	312	39.69	19-9-2015	84%	
50m vlinderslag	series	3.	32.16	438	30.90	3-5-2015	92%	
Isabella de Wit, 28-2-2003								-
50m vrije slag	series	27.	35.31	303	34.01	6-2-2016	93%	
50m rugslag	series	5.	37.32	381	36.69	29-11-2015	97%	
Ivo Stolk, 16-5-2001								3
50m vrije slag	series	6.	27.36	446	27.40	31-1-2016	100%	
50m rugslag	series	1.	30.34	497	30.18	31-1-2016	99%	
50m schoolslag	series	6.	35.74	415	37.05	10-1-2016	107%	
50m vlinderslag	series	2.	28.55	484	29.64	29-11-2015	108%	
Jarno van Oyen, 25-11-2001								3
50m vrije slag	series	14.	28.54	393	28.24	19-12-2015	98%	
50m rugslag	series	16.	34.84	328	35.56	21-11-2015	104%	
50m schoolslag	series	16.	40.11	293	40.51	6-2-2016	102%	
50m vlinderslag	series	8.	30.44	400	31.34	2-4-2016	106%	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Jim van Vliet, 21-9-2000										
50m schoolslag	series	8.	36.21	399	35.96	24-10-2015	99%			-
Karen van Dee, 20-1-1996										
50m vrije slag	series	11.	30.43	474	29.70	24-1-2016	95%			-
50m rugslag	series	7.	35.08	458	34.28	3-5-2015	95%			
Kirsten de Hoog, 2-5-2000										1
50m vrije slag	series	7.	30.54	469	29.84	29-11-2015	95%			
50m rugslag	series	5.	34.94	464	34.67	10-1-2016	98%			
50m schoolslag	series	3.	39.02	431	39.46	6-3-2016	102%			
Max Huige, 1-8-2001										
50m vrije slag	series	4.	27.25	451	26.45	31-1-2016	94%			-
50m rugslag	series	2.	31.72	435	31.68	29-11-2015	100%			
50m schoolslag	series	4.	34.87	447	34.55	29-11-2015	98%			
50m vlinderslag	series	4.	28.87	468	28.78	29-11-2015	99%			
Maxim Bolander, 2-1-2003										
50m vrije slag	series	13.	32.76	260	31.53	5-7-2015	93%			-
50m rugslag	series	9.	37.50	263	35.28	29-11-2015	89%			
50m schoolslag	series	17.	45.19	205	44.32	21-11-2015	96%			
50m vlinderslag	series	8.	35.51	252	33.66	2-4-2016	90%			
Megan de Hoog, 1-4-2003										
50m vrije slag	series	1.	29.39	526	28.77	31-1-2016	96%			-
50m rugslag	series	1.	34.42	485	32.54	29-11-2015	89%			
50m schoolslag	series	4.	40.98	372	39.28	10-1-2016	92%			
50m vlinderslag	series	1.	33.86	375	33.79	29-11-2015	100%			
Nienke de Vries, 1-1-2001										1
50m vrije slag	series	29.	32.19	400	32.75	26-9-2015	104%			
Nikhom Westphal, 9-9-2002										2
50m vrije slag	series	4.	28.25	405	28.09	31-1-2016	99%			
50m rugslag	series	1.	31.31	452	31.71	2-4-2016	103%			
50m schoolslag	series	11.	40.59	283	40.09	6-3-2016	98%			
50m vlinderslag	series	1.	29.20	453	29.80	31-1-2016	104%			
Otto Pranger, 4-6-2000										
50m vrije slag	series	12.	28.39	399	26.62	19-9-2015	88%			-
50m rugslag	series	17.	35.01	323	32.62	29-11-2015	87%			
50m schoolslag	series	16.	38.67	328	35.77	29-11-2015	86%			
50m vlinderslag	series	7.	30.21	409	29.36	20-6-2015	94%			
Senna Pols, 1-1-1997										
50m vrije slag	series	6.	29.29	531	29.12	6-3-2016	99%			-
50m schoolslag	series	1.	35.39	578	34.26	28-6-2015	94%			
The Hague Swimming (SG)										11
Anne van der Zwan, 13-5-2001										1
50m vrije slag	series	19.	30.97	449	30.31	6-3-2016	96%			
50m vlinderslag	series	3.	31.99	445	32.69	19-12-2015	104%			
Anouk de Vreede, 11-1-2001										
50m schoolslag	series	9.	38.37	453	37.53	19-12-2015	96%			-
Bobby Jean Fidder, 20-6-2004										1
50m vrije slag	series	22.	35.97	287	35.50	26-2-2016	97%			
50m schoolslag	series	9.	43.86	303	45.49	26-2-2016	108%			
Cade Vente, 6-1-2000										1
50m vrije slag	series	14.	28.53	393	28.80	19-12-2015	102%			
50m vlinderslag	series	16.	31.42	363	30.81	10-3-2016	96%			
Eva Coops, 22-6-2002										
50m vrije slag	series	30.	33.84	344	33.44	17-4-2016	98%			-
50m schoolslag	series	15.	41.44	360	40.37	10-4-2016	95%			
Hugo Katerbau, 16-5-2003										1
50m schoolslag	series	8.	42.02	255	42.11	17-4-2016	100%			
Ignazio Nunzi, 5-1-2001										1
50m vrije slag	series	15.	28.80	382	29.27	26-2-2016	103%			
Jelmer Lankhorst, 29-1-1998										
50m rugslag	series	4.	30.31	498	28.91	29-11-2015	91%			-
Jip Veeman, 1-1-2001										2
50m vrije slag	series	7.	29.86	501	29.89	24-4-2016	100%			
50m rugslag	series	2.	34.59	478	34.61	14-6-2015	100%			
50m schoolslag	series	4.	37.35	491	36.95	23-4-2016	98%			
Joeri Snippert, 12-11-1997										
50m vrije slag	series	AFGEM		-	24.83	20-3-2016	-			-
50m schoolslag	series	AFGEM		-	30.46	9-4-2016	-			-
50m vlinderslag	series	AFGEM		-	28.62	26-2-2016	-			-
Julian Oude Maatman, 11-1-1998										
50m vlinderslag	series	AFGEM		-	29.28	27-9-2015	-			-
Lincy de Winter, 13-10-1998										
50m vrije slag	series	10.	29.61	514	29.01	19-12-2015	96%			-
50m rugslag	series	12.	35.99	425	33.77	29-11-2015	88%			

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Maartje Rijnja, 7-9-2001								-
50m vrije slag	series	12.	30.25	482	30.03	17-4-2016	99%	
50m rugslag	series	15.	37.64	371	34.65	18-10-2015	85%	
Maxim Noordman, 1-1-2003								1
50m schoolslag	series	12.	42.89	240	42.99	14-2-2016	100%	
Nika Tchikhinachvili, 18-3-2001								-
50m vrije slag	series	AFGEM	-	-	26.99	12-6-2015	-	
50m schoolslag	series	AFGEM	-	-	37.59	4-10-2015	-	
50m vlinderslag	series	AFGEM	-	-	29.21	26-2-2016	-	
Oliver Maddock, 1-1-2000								-
50m vrije slag	series	5.	27.03	462	26.60	29-11-2015	97%	
50m rugslag	series	6.	33.28	376	31.86	29-11-2015	92%	
50m vlinderslag	series	15.	31.38	365	30.31	19-12-2015	93%	
Remco Holstege, 1-7-2001								1
50m vrije slag	series	23.	29.77	346	30.52	12-3-2016	105%	
50m rugslag	series	15.	34.70	332	34.66	12-3-2016	100%	
Roderick van Doeselaar, 30-3-1992								-
50m vrije slag	series	14.	26.12	513	24.40	5-3-2016	87%	
50m rugslag	series	5.	30.13	507	28.23	7-6-2015	88%	
50m schoolslag	series	8.	33.41	508	32.09	14-11-2015	92%	
50m vlinderslag	series	8.	27.10	566	25.59	10-1-2016	89%	
Sadie Vente, 28-8-2001								-
50m vrije slag	series	25.	31.88	412	31.84	10-3-2016	100%	
Stijn Koornneef, 11-10-1999								-
50m rugslag	series	AFGEM	-	-	33.69	3-5-2015	-	
Tessa Lin van Baal, 17-11-1998								1
50m vrije slag	series	7.	29.32	530	28.21	29-11-2015	93%	
50m rugslag	series	4.	33.55	524	31.35	29-11-2015	87%	
50m vlinderslag	series	5.	32.23	435	32.89	20-3-2016	104%	
Weston Betz, 1-1-1999								-
50m vrije slag	series	3.	26.55	488	25.55	10-3-2016	93%	
50m rugslag	series	4.	32.90	390	31.64	10-4-2016	92%	
50m vlinderslag	series	3.	29.31	448	28.77	10-4-2016	96%	
Yasmin Day, 3-8-2002								-
50m vrije slag	series	35.	34.91	314	33.44	10-3-2016	92%	
Youri ten Brink, 23-11-2001								1
50m vrije slag	series	12.	28.16	409	28.18	17-4-2016	100%	
Éléana Poilpré, 4-6-2004								-
50m schoolslag	series	AFGEM	-	-	44.92	13-3-2016	-	
50m vlinderslag	series	AFGEM	-	-	36.47	22-4-2016	-	
Van Vliet-Barracuda								1
Amber Hesper, 26-8-2002								1
50m vrije slag	series	21.	31.82	414	30.98	6-2-2016	95%	
50m schoolslag	series	3.	38.99	432	39.35	17-4-2016	102%	
Christina Agussalim, 17-3-2003								-
50m vrije slag	series	16.	33.40	358	32.53	17-4-2016	95%	
50m schoolslag	series	6.	42.62	330	40.54	21-11-2015	90%	
Emiel van Beusekom, 2-6-1994								-
50m vrije slag	series	AFGEM	-	-	25.73	17-4-2016	-	
50m rugslag	series	AFGEM	-	-	29.40	17-4-2016	-	
50m schoolslag	series	AFGEM	-	-	32.54	17-4-2016	-	
50m vlinderslag	series	AFGEM	-	-	27.40	17-4-2016	-	
Giulia Rolloos, 5-9-1995								-
50m vrije slag	series	22.	31.58	424	30.03	17-4-2016	90%	
50m rugslag	series	10.	36.95	392	35.33	17-4-2016	91%	
50m schoolslag	series	13.	43.66	307	40.72	17-4-2016	87%	
50m vlinderslag	series	12.	33.76	378	32.27	17-4-2016	91%	
Iris van Berkel, 18-5-2000								-
50m vrije slag	series	13.	31.23	438	30.50	26-9-2015	95%	
50m rugslag	series	9.	36.56	405	35.84	29-11-2015	96%	
50m schoolslag	series	11.	42.41	335	40.50	29-11-2015	91%	
Isa van der Wal, 31-5-2002								-
50m vrije slag	series	31.	34.08	337	32.84	17-4-2016	93%	
Manon Kalmeijer, 23-12-1999								-
50m vrije slag	series	22.	31.47	428	30.18	26-9-2015	92%	
50m rugslag	series	9.	35.39	447	33.31	17-4-2016	89%	
50m schoolslag	series	8.	45.08	279	42.70	24-10-2015	90%	
50m vlinderslag	series	14.	36.26	305	33.98	17-4-2016	88%	
Mark van Berkel, 6-6-2003								-
50m vrije slag	series	10.	30.92	309	30.50	6-2-2016	97%	
50m rugslag	series	15.	39.28	229	37.52	26-9-2015	91%	
Melissa van der Heijden, 25-10-1996								-
50m vrije slag	series	AFGEM	-	-	29.14	28-11-2015	-	
50m rugslag	series	AFGEM	-	-	34.17	24-10-2015	-	
50m schoolslag	series	AFGEM	-	-	37.98	6-2-2016	-	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

50m vlinderslag	series	AFGEM	-	31.94	2-5-2015	-	-
Robin Pienaar, 10-12-2001							
50m vrije slag	series	AFGEM	-	29.40	17-4-2016	-	-
50m rugslag	series	AFGEM	-	34.61	17-4-2016	-	-
50m schoolslag	series	AFGEM	-	42.72	17-4-2016	-	-
50m vlinderslag	series	AFGEM	-	34.35	17-4-2016	-	-
Thomas Hesper, 21-12-2000							
50m vrije slag	series	19.	29.23	366	28.16	29-11-2015	93%
50m schoolslag	series	4.	34.13	477	32.99	29-11-2015	93%
50m vlinderslag	series	19.	33.82	291	32.06	17-4-2016	90%
Thommy Nickel, 11-12-1984							
50m vrije slag	series	AFGEM	-	26.65	17-4-2016	-	-
50m rugslag	series	AFGEM	-	31.07	23-1-2016	-	-
50m schoolslag	series	AFGEM	-	34.87	17-4-2016	-	-
50m vlinderslag	series	AFGEM	-	29.15	17-4-2016	-	-
Wiekslag							9
Abigail den Boef, 15-2-2002							1
50m vrije slag	series	4.	29.82	503	29.53	10-10-2015	98%
50m vlinderslag	series	5.	32.57	422	34.26	6-6-2015	111%
Aimee de Werk, 24-6-1997							
50m vrije slag	series	1.	28.16	598	27.54	29-11-2015	96%
50m rugslag	series	2.	32.91	555	31.61	10-4-2016	92%
50m schoolslag	series	10.	40.25	392	37.64	14-11-2015	87%
50m vlinderslag	series	2.	30.99	489	29.87	10-4-2016	93%
Celina Brandt, 10-11-2003							2
50m vrije slag	series	12.	33.05	370	32.09	22-11-2015	94%
50m schoolslag	series	5.	41.43	360	41.98	10-4-2016	103%
50m vlinderslag	series	4.	35.37	329	36.25	13-2-2016	105%
David Kroon, 18-5-1995							
50m vrije slag	series	22.	29.91	341	28.41	31-10-2015	90%
50m rugslag	series	15.	38.80	237	37.11	19-3-2016	91%
50m vlinderslag	series	15.	32.87	317	32.60	29-11-2015	98%
Fenna Herwig, 9-1-2004							4
50m vrije slag	series	4.	31.87	412	31.90	6-2-2016	100%
50m rugslag	series	2.	36.53	406	37.33	10-4-2016	104%
50m schoolslag	series	4.	41.85	349	42.04	3-1-2016	101%
50m vlinderslag	series	3.	34.76	347	34.79	5-3-2016	100%
Isabel Scheepbouwer, 28-10-2003							
50m vrije slag	series	22.	33.92	342	33.01	22-11-2015	95%
50m rugslag	series	8.	38.37	350	37.44	28-11-2015	95%
Jorrit de Vries, 9-12-1999							
50m vrije slag	series	7.	28.25	405	26.59	3-1-2016	89%
50m rugslag	series	6.	33.05	384	32.10	19-3-2016	94%
50m schoolslag	series	7.	36.43	392	35.51	5-12-2015	95%
Melvin Prins, 3-4-1995							
50m vrije slag	series	6.	24.36	632	23.96	3-1-2016	97%
50m rugslag	series	2.	28.25	616	27.13	13-12-2015	92%
50m vlinderslag	series	4.	26.08	636	25.52	24-1-2016	96%
Nikita Herwig, 17-11-1999							
50m vrije slag	series	9.	29.53	518	28.56	19-12-2015	94%
50m rugslag	series	11.	35.59	439	34.72	20-12-2015	95%
50m vlinderslag	series	10.	34.11	367	32.48	10-4-2016	91%
Raphaël Booiman, 27-4-2003							
50m rugslag	series	14.	38.58	241	36.77	10-4-2016	91%
50m schoolslag	series	10.	42.22	252	40.20	29-11-2015	91%
50m vlinderslag	series	12.	38.12	203	36.31	10-4-2016	91%
Rens Julicher, 6-5-1998							
50m vrije slag	series	6.	26.39	497	24.95	29-11-2015	89%
50m rugslag	series	8.	32.18	416	29.64	10-4-2016	85%
50m vlinderslag	series	8.	28.76	474	28.11	10-4-2016	96%
Rik Verloop, 16-10-1990							
50m vrije slag	series	NG	-	-	25.76	20-12-2015	-
Romy de Laat, 27-10-1999							
50m vrije slag	series	3.	28.50	577	27.34	29-11-2015	92%
50m rugslag	series	3.	32.79	562	31.67	29-11-2015	93%
50m vlinderslag	series	2.	29.67	558	28.90	22-11-2015	95%
Ryan de Laat, 18-7-2001							2
50m vrije slag	series	3.	26.90	469	26.91	20-12-2015	100%
50m rugslag	series	17.	34.88	327	32.16	20-2-2016	85%
50m schoolslag	series	7.	36.53	389	33.92	24-10-2015	86%
50m vlinderslag	series	5.	29.38	444	29.54	10-4-2016	101%
Sabrina de Graaf, 24-2-1998							
50m vrije slag	series	20.	31.14	442	30.16	26-9-2015	94%
50m rugslag	series	13.	36.08	421	35.60	21-11-2015	97%
50m schoolslag	series	7.	42.11	343	39.29	24-10-2015	87%
50m vlinderslag	series	12.	34.55	353	32.75	20-2-2016	90%

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Sofia de Graaf, 10-9-2001									-
50m vrije slag	series	28.	32.16	401	31.60	31-10-2015	97%		-
Sylvana Kusters, 12-10-1994									-
50m vrije slag	series	NG		-	30.23	29-11-2015	-		-
50m rugslag	series	NG		-	33.57	19-3-2016	-		-
50m vlinderslag	series	NG		-	31.02	19-12-2015	-		-
Tom Romeijn, 15-2-2000									-
50m vrije slag	series	NG		-	28.28	20-12-2015	-		-
50m schoolslag	series	NG		-	34.19	3-1-2016	-		-
Wendy ten Wolde, 4-3-2003									-
50m vrije slag	series	2.	30.57	467	30.49	10-4-2016	99%		-
50m rugslag	series	4.	37.26	383	36.90	31-10-2015	98%		-
50m schoolslag	series	3.	40.48	386	39.43	13-2-2016	95%		-
50m vlinderslag	series	6.	35.59	323	35.35	31-10-2015	99%		-
Wesley Scheepbouwer, 6-5-2001									-
50m vrije slag	series	10.	28.00	416	27.60	26-9-2015	97%		-
50m rugslag	series	7.	32.80	393	31.33	20-2-2016	91%		-
50m schoolslag	series	13.	38.95	321	35.82	19-3-2016	85%		-
50m vlinderslag	series	7.	29.84	424	29.76	29-11-2015	99%		-
WVZ									19
Alyssa Kuivenhoven, 10-8-2003									-
50m vrije slag	series	24.	34.20	334	34.13	24-4-2016	100%		-
50m vlinderslag	series	9.	37.23	282	37.10	22-4-2016	99%		-
Arie Herremans, 17-10-2001									-
50m rugslag	series	24.	40.19	214	37.44	25-10-2015	87%		-
Chefanja Nunes, 5-8-2001									-
50m vrije slag	series	1.	27.69	629	26.67	29-1-2016	93%		-
50m vlinderslag	series	1.	29.12	590	27.85	30-1-2016	91%		-
Daniël Apperloo, 31-1-2000									-
50m vrije slag	series	16.	28.71	386	28.56	26-2-2016	99%		-
50m rugslag	series	21.	39.50	225	32.44	29-11-2015	67%		-
50m schoolslag	series	2.	33.48	505	32.59	7-11-2015	95%		-
50m vlinderslag	series	3.	28.95	465	28.82	12-3-2016	99%		-
Desiré Verlaan, 6-9-2001									1
50m vrije slag	series	16.	30.68	462	31.96	3-5-2015	109%		1
50m rugslag	series	14.	36.62	403	36.04	6-3-2016	97%		-
50m schoolslag	series	15.	40.61	382	40.31	3-4-2016	99%		-
Dylano Termoshuizen, 26-7-2002									1
50m vrije slag	series	10.	29.60	352	29.80	20-12-2015	101%		1
50m rugslag	series	5.	34.64	334	33.96	29-11-2015	96%		-
Eline Duynisveld, 3-5-2001									-
50m vrije slag	series	27.	32.05	405	30.55	29-11-2015	91%		-
50m rugslag	series	8.	35.43	445	33.81	29-11-2015	91%		-
50m schoolslag	series	2.	36.77	515	35.83	29-1-2016	95%		-
50m vlinderslag	series	12.	34.17	365	33.64	17-1-2016	97%		-
Eline van Ruijven, 7-3-2001									1
50m vrije slag	series	23.	31.44	429	32.49	27-12-2015	107%		1
50m schoolslag	series	11.	39.53	414	38.22	27-12-2015	93%		-
Esmée van Geest, 27-1-2000									-
50m vrije slag	series	2.	29.35	528	28.78	29-11-2015	96%		-
50m rugslag	series	4.	33.78	514	32.51	21-11-2015	93%		-
Feija de Bruin, 19-5-2004									1
50m vrije slag	series	23.	38.47	234	38.08	13-12-2015	98%		1
50m rugslag	series	10.	45.03	217	46.14	14-2-2016	105%		-
50m schoolslag	series	17.	55.15	152	51.52	14-2-2016	87%		-
50m vlinderslag	series	16.	46.45	145	45.80	6-3-2016	97%		-
Grace Anderson, 14-2-2002									-
50m vrije slag	series	7.	30.38	476	29.61	29-11-2015	95%		-
50m schoolslag	series	2.	38.04	465	37.80	29-11-2015	99%		-
50m vlinderslag	series	12.	34.64	350	33.51	29-11-2015	94%		-
Irma van der Wulp, 4-9-2004									-
50m vrije slag	series	15.	34.40	328	32.32	20-2-2016	88%		-
50m rugslag	series	4.	37.83	365	37.36	16-1-2016	98%		-
50m schoolslag	series	2.	40.11	397	39.60	13-2-2016	97%		-
50m vlinderslag	series	7.	36.68	295	36.29	5-3-2016	98%		-
Isabelle Massar, 9-8-1991									-
50m vrije slag	series	8.	29.68	511	28.67	29-11-2015	93%		-
50m schoolslag	series	4.	37.54	484	36.67	29-11-2015	95%		-
50m vlinderslag	series	8.	32.91	409	31.73	8-5-2015	93%		-
Isobel Bowering, 2-3-1999									-
50m vrije slag	series	2.	27.88	616	26.99	28-6-2015	94%		-
50m rugslag	series	5.	33.75	515	32.07	28-6-2015	90%		-
50m vlinderslag	series	3.	29.96	542	29.55	27-6-2015	97%		-

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Jasmijn Boon, 27-5-2000								-
50m vrije slag	series	AFGEM	-	25.56	29-1-2016	-	-	-
50m rugslag	series	AFGEM	-	29.77	31-1-2016	-	-	-
50m schoolslag	series	AFGEM	-	36.67	2-1-2016	-	-	-
50m vlinderslag	series	AFGEM	-	27.84	30-1-2016	-	-	-
Jasper Breugem, 2-9-2000								-
50m vrije slag	series	7.	27.73	428	27.71	29-11-2015	100%	-
50m rugslag	series	8.	33.45	371	31.66	29-11-2015	90%	-
50m schoolslag	series	15.	37.99	345	35.30	29-11-2015	86%	-
50m vlinderslag	series	10.	30.75	388	29.79	15-11-2015	94%	-
Joost de Roy van Zuydewijn, 30-8-2000								-
50m vrije slag	series	15.	28.56	392	26.84	29-1-2016	88%	-
50m rugslag	series	14.	34.42	340	31.63	31-1-2016	84%	-
50m schoolslag	series	1.	32.76	539	31.87	31-1-2016	95%	-
50m vlinderslag	series	6.	29.84	424	29.84	17-1-2016	100%	-
Jordy van Oel, 10-2-1998								-
50m vrije slag	series	11.	27.72	429	27.03	29-11-2015	95%	-
50m rugslag	series	7.	31.91	427	30.86	29-11-2015	94%	-
50m vlinderslag	series	6.	28.39	493	27.10	17-1-2016	91%	-
Lauren van IJl, 13-4-2000								1
50m vrije slag	series	3.	29.79	505	28.41	29-11-2015	91%	-
50m rugslag	series	3.	33.74	515	33.91	10-1-2016	101%	-
50m schoolslag	series	2.	37.28	494	34.10	28-6-2015	84%	-
50m vlinderslag	series	1.	30.92	493	30.08	25-10-2015	95%	-
Markus van Rest, 28-10-1977								-
50m vlinderslag	series	14.	30.02	417	29.33	24-1-2016	95%	-
Marlinde Beukers, 25-8-2001								-
50m vrije slag	series	6.	29.59	515	29.14	19-12-2015	97%	-
50m rugslag	series	1.	34.53	481	33.57	29-11-2015	95%	-
50m schoolslag	series	3.	37.10	501	36.57	29-11-2015	97%	-
Matin Yousufi, 8-4-2000								-
50m vrije slag	series	NG	-	-	29.40	24-4-2016	-	-
50m rugslag	series	NG	-	-	36.57	6-3-2016	-	-
50m schoolslag	series	NG	-	-	39.15	3-4-2016	-	-
50m vlinderslag	series	NG	-	-	32.57	22-4-2016	-	-
Matthijs Arnoldus, 10-12-2000								1
50m vrije slag	series	20.	29.24	365	28.49	6-9-2015	95%	-
50m rugslag	series	10.	33.72	362	32.85	6-9-2015	95%	-
50m schoolslag	series	9.	36.21	399	35.89	29-11-2015	98%	-
50m vlinderslag	series	13.	31.19	371	31.69	6-9-2015	103%	-
Maya Ball, 25-3-2002								1
50m vrije slag	series	14.	31.22	439	32.86	3-5-2015	111%	-
50m schoolslag	series	20.	42.61	331	40.49	24-5-2015	90%	-
Michelle Kluiters, 3-4-2003								1
50m vrije slag	series	8.	32.46	390	34.62	22-11-2015	114%	-
Nicole van Strien, 31-10-2002								1
50m vrije slag	series	27.	33.23	364	32.46	29-11-2015	95%	-
50m schoolslag	series	12.	40.60	382	40.21	3-4-2016	98%	-
50m vlinderslag	series	9.	33.94	372	34.49	29-11-2015	103%	-
Noah Legerstee, 28-4-2000								1
50m vrije slag	series	2.	26.20	508	25.82	29-11-2015	97%	-
50m rugslag	series	1.	30.82	474	29.73	29-11-2015	93%	-
50m schoolslag	series	6.	35.63	419	34.23	2-1-2016	92%	-
50m vlinderslag	series	1.	27.82	524	28.13	29-11-2015	102%	-
Noria Yousufi, 15-9-2002								-
50m vrije slag	series	11.	30.88	453	30.12	29-11-2015	95%	-
50m vlinderslag	series	14.	34.79	346	34.31	24-10-2015	97%	-
Sanjiv Gangaram Panday, 12-10-1997								-
50m vrije slag	series	4.	24.06	656	23.56	6-3-2016	96%	-
50m schoolslag	series	5.	31.58	602	31.39	29-11-2015	99%	-
Sanne van Ruijven, 24-8-2002								2
50m vrije slag	series	10.	30.75	459	32.36	15-11-2015	111%	-
50m schoolslag	series	15.	41.44	360	41.75	23-4-2016	102%	-
Scott Jansen, 6-7-2002								2
50m vrije slag	series	7.	29.17	368	29.63	29-11-2015	103%	-
50m rugslag	series	8.	35.24	317	35.09	29-11-2015	99%	-
50m schoolslag	series	9.	39.73	302	39.11	3-4-2016	97%	-
50m vlinderslag	series	8.	34.68	270	34.84	12-3-2016	101%	-
Stefan Weegink, 4-5-1999								-
50m rugslag	series	5.	32.90	390	32.02	29-11-2015	95%	-
Steven van Santen, 10-1-2000								3
50m vrije slag	series	4.	27.01	463	26.68	6-3-2016	98%	-
50m rugslag	series	3.	32.54	403	33.00	26-2-2016	103%	-
50m schoolslag	series	3.	33.60	500	33.77	26-2-2016	101%	-
50m vlinderslag	series	2.	28.79	472	29.32	24-10-2015	104%	-

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Tristan van Renssen, 16-2-2003								1
50m rugslag	series	12.	38.29	247	38.58	29-11-2015	102%	
Tygo van Hassel, 20-4-2001								1
50m vrije slag	series	1.	26.16	510	25.76	29-1-2016	97%	
50m rugslag	series	4.	31.88	428	31.19	12-9-2015	96%	
50m schoolslag	series	5.	35.48	424	34.92	29-11-2015	97%	
50m vlinderslag	series	3.	28.76	474	29.86	29-11-2015	108%	
Valerie van Roon, 13-8-1998								-
50m vrije slag	series	1.	25.88	770	25.05	28-6-2015	94%	
50m rugslag	series	1.	29.76	751	28.82	30-10-2015	94%	
50m schoolslag	series	1.	33.48	682	32.38	28-6-2015	94%	
50m vlinderslag	series	1.	28.63	621	28.24	27-6-2015	97%	
WZ010/ ACZ (Sg)								4
Anouk Ruijters, 1-1-2002								1
50m vrije slag	series	32.	34.22	333	33.30	19-9-2015	95%	
50m schoolslag	series	8.	39.88	403	40.44	16-4-2016	103%	
Bart Spaans, 1-1-1999								1
50m vrije slag	series	5.	27.67	431	26.75	6-2-2016	93%	
50m schoolslag	series	4.	35.52	423	34.75	29-11-2015	96%	
50m vlinderslag	series	8.	31.08	375	31.50	12-3-2016	103%	
Bas-Jaap van Ommen, 8-9-2000								1
50m vrije slag	series	10.	28.17	408	27.88	26-9-2015	98%	
50m rugslag	series	7.	33.28	376	31.69	16-4-2016	91%	
50m schoolslag	series	5.	34.53	460	34.27	12-3-2016	98%	
50m vlinderslag	series	9.	30.66	391	31.25	14-11-2015	104%	
Iris van Rossum, 25-10-2000								-
50m vrije slag	series	12.	30.96	450	30.69	20-2-2016	98%	
50m schoolslag	series	13.	43.30	315	41.68	5-3-2016	93%	
Jaedy Saas, 10-2-2002								-
50m vrije slag	series	36.	35.22	305	33.04	6-2-2016	88%	
50m schoolslag	series	19.	42.18	341	40.39	16-4-2016	92%	
Nilce Mendes Barbosa, 2-3-1998								-
50m vrije slag	series	AFGEM	-	-	28.07	29-11-2015	-	
50m rugslag	series	AFGEM	-	-	31.93	29-11-2015	-	
50m schoolslag	series	AFGEM	-	-	36.75	29-11-2015	-	
50m vlinderslag	series	AFGEM	-	-	31.09	29-11-2015	-	
Olav de Ruijter, 22-1-2002								1
50m schoolslag	series	8.	39.32	312	39.74	16-4-2016	102%	
Owen Weerheim, 4-10-2000								-
50m vrije slag	series	22.	29.59	352	28.80	3-10-2015	95%	
50m rugslag	series	18.	35.22	318	33.89	21-11-2015	93%	
Quinty van Leeuwen, 3-2-2000								-
50m vrije slag	series	AFGEM	-	-	32.56	16-4-2016	-	
Taro Nishimura, 8-8-2001								-
50m vrije slag	series	7.	27.44	442	26.99	5-3-2016	97%	
50m rugslag	series	3.	31.84	430	31.26	6-2-2016	96%	
50m schoolslag	series	2.	34.23	472	32.91	5-3-2016	92%	
50m vlinderslag	series	6.	29.81	425	28.65	20-2-2016	92%	
WZK								2
Alex Vermeulen, 14-3-1989								-
50m vrije slag	series	19.	27.46	441	27.13	10-4-2016	98%	
50m rugslag	series	9.	30.98	467	29.75	10-4-2016	92%	
Cathelijn Bogers, 28-12-2001								1
50m vrije slag	series	17.	30.89	453	31.63	26-2-2016	105%	
50m rugslag	series	12.	36.52	406	36.23	26-2-2016	98%	
Charlotte Drastich, 11-4-2002								-
50m vrije slag	series	18.	31.52	426	30.14	29-11-2015	91%	
50m rugslag	series	6.	36.47	408	33.88	29-11-2015	86%	
50m schoolslag	series	4.	39.24	424	37.80	29-11-2015	93%	
50m vlinderslag	series	8.	33.70	380	32.68	29-11-2015	94%	
Jasmine el Taraboulsi, 1-5-2001								-
50m vrije slag	series	11.	30.21	484	29.65	29-11-2015	96%	
50m rugslag	series	5.	35.01	461	34.42	29-11-2015	97%	
50m schoolslag	series	10.	39.20	425	37.91	29-11-2015	94%	
50m vlinderslag	series	7.	33.16	399	32.30	29-11-2015	95%	
Mackenzie Plomp, 2-12-2003								-
50m vrije slag	series	NG	-	-	33.24	22-11-2015	-	
Maximilian Lopes Cardozo, 18-12-2003								-
50m vrije slag	series	11.	31.13	303	30.23	10-4-2016	94%	
50m rugslag	series	11.	38.02	252	36.59	10-4-2016	93%	
Nuria Boersma, 30-5-2001								-
50m vrije slag	series	18.	30.93	451	30.52	10-4-2016	97%	
50m schoolslag	series	6.	37.92	469	37.22	20-3-2016	96%	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Paige Lovelace, 22-12-2003								1
50m vrije slag	series	5.	31.69	419	32.20	10-4-2016	103%	
Petra Vermeulen, 5-12-1990								-
50m vrije slag	series	12.	30.45	473	29.96	20-3-2016	97%	
Z&PC Alkemade								
Daan Hogerhuis, 29-8-2003								-
50m vrije slag	series	8.	30.61	318	29.40	29-1-2016	92%	
50m rugslag	series	5.	35.68	305	32.42	31-1-2016	83%	
50m schoolslag	series	9.	42.20	252	39.97	29-11-2015	90%	
50m vlinderslag	series	7.	35.39	254	34.95	31-1-2016	98%	
Luc van Rooijen, 9-2-2002								-
50m vrije slag	series	12.	30.51	321	29.96	17-1-2016	96%	
50m rugslag	series	9.	35.69	305	34.64	29-11-2015	94%	
50m schoolslag	series	7.	39.27	313	38.32	6-3-2016	95%	
zc De Schotejil								
Aron Paase, 2-2-2000								5
50m vrije slag	series	9.	28.12	411	26.90	9-4-2016	92%	
50m rugslag	series	2.	32.34	410	31.39	20-2-2016	94%	
50m schoolslag	series	13.	37.86	349	35.33	2-4-2016	87%	
Bibi Middelbos, 1-1-2002								-
50m vrije slag	series	23.	32.03	406	31.21	6-2-2016	95%	
50m rugslag	series	10.	37.97	361	34.64	26-9-2015	83%	
50m schoolslag	series	17.	41.68	353	40.70	23-4-2016	95%	
50m vlinderslag	series	13.	34.73	348	32.64	20-6-2015	88%	
David Kievit, 7-11-1999								1
50m vrije slag	series	8.	28.52	394	28.10	29-11-2015	97%	
50m rugslag	series	3.	31.52	443	30.24	13-2-2016	92%	
50m schoolslag	series	5.	35.79	413	34.01	14-11-2015	90%	
50m vlinderslag	series	6.	30.36	403	30.55	22-4-2016	101%	
Elise Tanis, 1-1-2002								1
50m vrije slag	series	1.	27.30	656	26.70	29-1-2016	96%	
50m rugslag	series	1.	31.10	658	31.63	10-4-2016	103%	
50m vlinderslag	series	1.	29.34	577	28.39	30-1-2016	94%	
Jacob Mackloet, 1-1-2000								-
50m vrije slag	series	13.	28.41	398	27.32	9-4-2016	92%	
50m rugslag	series	9.	33.49	369	32.26	13-2-2016	93%	
50m schoolslag	series	10.	36.86	378	35.32	2-4-2016	92%	
50m vlinderslag	series	18.	32.36	333	31.37	31-10-2015	94%	
Lieske Zijlstra, 1-1-2002								1
50m vrije slag	series	5.	30.18	486	30.55	26-9-2015	102%	
50m rugslag	series	3.	34.26	492	33.89	26-9-2015	98%	
50m schoolslag	series	1.	38.00	466	36.90	29-11-2015	94%	
50m vlinderslag	series	7.	33.66	382	33.60	29-11-2015	100%	
Lotte Middelbos, 13-9-1999								-
50m vrije slag	series	6.	29.14	540	28.84	10-10-2015	98%	
50m rugslag	series	7.	34.78	470	33.59	13-2-2016	93%	
50m schoolslag	series	2.	36.06	546	34.71	13-2-2016	93%	
Luuk Kieviet, 1-1-2001								1
50m vrije slag	series	11.	28.03	415	27.92	31-10-2015	99%	
50m rugslag	series	12.	34.46	339	33.31	2-4-2016	93%	
50m vlinderslag	series	9.	31.91	347	32.42	31-10-2015	103%	
Manon Middelbos, 1-1-2001								-
50m vrije slag	series	14.	30.34	478	29.45	9-4-2016	94%	
50m rugslag	series	10.	35.51	442	33.84	2-4-2016	91%	
50m schoolslag	series	8.	38.23	458	36.68	13-2-2016	92%	
Odette Holster, 21-9-1999								-
50m vrije slag	series	11.	29.69	510	29.21	26-9-2015	97%	
Tamara de Ruiter, 10-10-2002								-
50m vrije slag	series	22.	31.94	410	31.84	29-11-2015	99%	
50m rugslag	series	8.	37.29	382	34.44	13-2-2016	85%	
50m vlinderslag	series	16.	35.46	327	34.91	31-10-2015	97%	
Xander Vis, 1-1-2003								1
50m vrije slag	series	9.	30.65	317	31.15	6-2-2016	103%	
50m rugslag	series	7.	36.95	275	36.53	2-4-2016	98%	
50m schoolslag	series	3.	39.06	318	37.78	2-4-2016	94%	
ZOB'66								
Almira Bekteshi, 30-8-2000								-
50m vrije slag	series	AFGEM		-	31.26	30-1-2016	-	
Daan Siebenheller, 29-10-1998								-
50m vrije slag	series	12.	27.73	428	26.67	16-1-2016	93%	
50m schoolslag	series	9.	36.09	403	34.12	24-10-2015	89%	
50m vlinderslag	series	7.	28.45	490	28.38	31-10-2015	100%	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Enisa Bekteshi, 30-12-2001								-
50m vrije slag	series	AFGEM		-	31.37	31-10-2015	-	-
Jet van Oudheusden, 1-1-2004								-
50m vrije slag	series	12.	34.18	334	33.61	13-2-2016	97%	-
50m rugslag	series	7.	39.51	321	39.21	29-11-2015	98%	-
50m vlinderslag	series	12.	39.45	237	38.41	16-4-2016	95%	-
Joey van der Valk, 13-6-1996								-
50m vrije slag	series	21.	28.72	385	27.35	16-4-2016	91%	-
50m schoolslag	series	9.	36.47	391	34.08	23-1-2016	87%	-
Lotte van der Maas, 5-4-2004								-
50m vrije slag	series	21.	35.87	289	34.54	19-3-2016	93%	-
50m schoolslag	series	6.	42.53	333	41.52	2-4-2016	95%	-
50m vlinderslag	series	13.	40.73	215	38.90	16-4-2016	91%	-
Mart de Koning, 21-9-2002								1
50m vrije slag	series	13.	30.94	308	30.00	5-3-2016	94%	-
50m rugslag	series	15.	38.13	250	35.00	5-3-2016	84%	-
50m schoolslag	series	6.	38.72	326	37.34	6-2-2016	93%	-
50m vlinderslag	series	7.	33.42	302	33.90	29-11-2015	103%	-
Rebecca Evers, 4-11-1992								1
50m vrije slag	series	18.	31.17	441	30.70	16-4-2016	97%	-
50m schoolslag	series	11.	40.73	379	40.70	24-10-2015	100%	-
50m vlinderslag	series	7.	32.55	422	33.23	8-5-2015	104%	-
Rozemarijn van Haaff, 11-7-2002								-
50m vrije slag	series	13.	31.17	441	30.18	2-4-2016	94%	-
50m rugslag	series	9.	37.36	379	35.48	5-3-2016	90%	-
50m schoolslag	series	6.	39.31	421	37.38	13-2-2016	90%	-
50m vlinderslag	series	11.	34.61	351	33.19	2-4-2016	92%	-
Thirza Belder, 6-7-1998								1
50m vrije slag	series	17.	30.79	457	29.97	4-7-2015	95%	-
50m rugslag	series	10.	35.52	442	34.26	13-2-2016	93%	-
50m schoolslag	series	3.	38.19	459	37.58	30-1-2016	97%	-
50m vlinderslag	series	7.	32.82	412	33.26	29-11-2015	103%	-
Zoetermeer								8
Alexander ten Haaft, 23-9-2003								1
50m rugslag	series	16.	40.04	216	40.48	24-4-2016	102%	-
Amanda Holst, 23-8-2000								3
50m vrije slag	series	5.	30.43	474	30.59	24-4-2016	101%	-
50m rugslag	series	8.	36.52	406	35.93		97%	-
50m schoolslag	series	9.	41.64	354	41.72	10-1-2016	100%	-
50m vlinderslag	series	5.	32.55	422	32.94	22-4-2016	102%	-
Anne Straub, 28-8-2002								1
50m vrije slag	series	20.	31.62	422	33.30	23-4-2016	111%	-
50m vlinderslag	series	10.	34.56	353	33.87	22-4-2016	96%	-
Elyanne Boudestein, 19-8-2001								1
50m vrije slag	series	30.	32.47	390	32.29	24-4-2016	99%	-
50m rugslag	series	13.	36.53	406	36.61	24-4-2016	100%	-
50m schoolslag	series	17.	41.28	364	40.07	23-4-2016	94%	-
Jarno Verbeek, 13-8-2002								-
50m vrije slag	series	NG		-	30.32	24-4-2016	-	-
50m rugslag	series	NG		-	33.70	24-4-2016	-	-
50m vlinderslag	series	NG		-	31.01	22-4-2016	-	-
Lisanne Dijkman, 13-9-2001								1
50m vrije slag	series	26.	31.96	409	32.01	24-4-2016	100%	-
50m vlinderslag	series	16.	35.41	328	35.12	5-7-2015	98%	-
Lisanne van 't Walderveen, 12-1-2002								-
50m vrije slag	series	33.	34.28	331	33.28	3-5-2015	94%	-
Marise van 't Walderveen, 25-4-2004								-
50m vrije slag	series	18.	35.24	305	33.96	24-4-2016	93%	-
50m rugslag	series	9.	40.26	303	39.44	24-4-2016	96%	-
Naomi Mesquita Ferreira, 31-8-2002								1
50m vrije slag	series	25.	32.79	379	33.32	3-5-2015	103%	-
Yancey Bouman, 4-11-1998								-
50m vrije slag	series	23.	31.72	418	31.02	3-5-2015	96%	-
Zpb H&L								3
Aylin van Uffelen, 24-7-1996								-
50m vrije slag	series	21.	31.31	435	30.64	16-4-2016	96%	-
50m rugslag	series	11.	37.60	372	36.14	24-10-2015	92%	-
50m schoolslag	series	8.	39.20	425	38.11	24-10-2015	95%	-
Eva Cornelisse, 16-2-1997								-
50m vrije slag	series	AFGEM		-	30.43	16-4-2016	-	-
50m schoolslag	series	AFGEM		-	41.38	24-10-2015	-	-
50m vlinderslag	series	AFGEM		-	34.25	5-12-2015	-	-

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Hanna Looi, 24-7-2000								1
50m vrije slag	series	8.	30.65	464	29.95	22-11-2015	95%	
50m rugslag	series	2.	33.62	521	33.10	19-9-2015	97%	
50m schoolslag	series	10.	41.84	349	39.17	13-2-2016	88%	
50m vlinderslag	series	4.	32.35	430	32.42	30-1-2016	100%	
Joyce van 't Hof, 17-1-2003								1
50m vrije slag	series	3.	30.83	456	30.75	6-2-2016	99%	
50m rugslag	series	7.	37.44	377	36.73	5-3-2016	96%	
50m schoolslag	series	7.	43.10	320	40.33	21-11-2015	88%	
50m vlinderslag	series	2.	34.69	349	34.94	29-11-2015	101%	
Julia Dmitroca, 9-3-2001								-
50m vrije slag	series	NG		-	31.09	16-4-2016	-	
Julian Mes, 4-1-2001								-
50m vrije slag	series	AFGEM		-	29.47	30-1-2016	-	
50m rugslag	series	AFGEM		-	34.39	21-11-2015	-	
Lars Schoffemeer, 20-5-1995								1
50m vrije slag	series	17.	26.57	487	25.96	16-4-2016	95%	
50m rugslag	series	13.	31.63	439	29.97	24-10-2015	90%	
50m vlinderslag	series	9.	27.71	530	28.97	14-2-2016	109%	
Linda Janssen, 17-11-1988								-
50m vrije slag	series	17.	30.80	457	29.70	16-4-2016	93%	
50m schoolslag	series	12.	41.09	369	39.55	29-11-2015	93%	
50m vlinderslag	series	13.	34.10	367	33.88	29-11-2015	99%	
Nino van Krimpen, 27-7-2000								-
50m vrije slag	series	AFGEM		-	29.38	3-10-2015	-	
50m rugslag	series	AFGEM		-	33.69	21-11-2015	-	
50m schoolslag	series	AFGEM		-	37.04	31-10-2015	-	
Robert Speksnijder, 16-11-2002								-
50m vrije slag	series	2.	28.04	414	27.96	30-1-2016	99%	
50m rugslag	series	4.	33.66	364	32.88	26-9-2015	95%	
50m schoolslag	series	12.	41.17	271	38.47	16-4-2016	87%	
50m vlinderslag	series	5.	31.85	349	31.52	29-11-2015	98%	
ZPCNumansdorp								9
Amber Kuntkes, 24-7-2002								1
50m vrije slag	series	19.	31.59	423	31.75	6-2-2016	101%	
Jeroen Reckman, 1-1-2001								2
50m vrije slag	series	22.	29.75	347	30.23	16-1-2016	103%	
50m rugslag	series	18.	35.53	309	36.02	3-5-2015	103%	
Jervis Boele, 24-7-2000								3
50m vrije slag	series	16.	28.71	386	28.78	29-11-2015	100%	
50m rugslag	series	5.	33.09	383	33.31	29-11-2015	101%	
50m vlinderslag	series	14.	31.29	368	32.74	29-11-2015	109%	
Míréé de Vette, 29-10-2003								-
50m vrije slag	series	NG		-	33.98	6-2-2016	-	
Pepyn van Brakel, 2-4-2003								-
50m schoolslag	series	18.	46.27	191	42.87	21-11-2015	86%	
Perry Laarhoven, 20-3-2003								1
50m vrije slag	series	4.	29.82	344	29.74	6-2-2016	99%	
50m rugslag	series	1.	35.15	319	33.95	31-1-2016	93%	
50m schoolslag	series	4.	39.33	311	37.36	29-1-2016	90%	
50m vlinderslag	series	3.	33.56	298	34.30	29-11-2015	104%	
Peter van Driel, 7-7-2002								2
50m vrije slag	series	8.	29.23	366	30.41	6-2-2016	108%	
50m schoolslag	series	5.	38.71	327	38.67	29-11-2015	100%	
50m vlinderslag	series	4.	31.76	352	33.24	24-10-2015	110%	
Serena den Tuinder, 10-12-2003								-
50m vrije slag	series	25.	34.58	323	33.91	9-5-2015	96%	
ZV Vlaardingen-Schiedam								13
Anna van Droffelaar, 28-5-2004								-
50m vrije slag	series	1.	29.49	521	28.41	29-1-2016	93%	
50m schoolslag	series	1.	35.67	564	35.17	29-1-2016	97%	
50m vlinderslag	series	1.	33.15	400	32.43	2-4-2016	96%	
Björn de Heus, 3-1-2002								1
50m rugslag	series	13.	37.28	268	38.09	12-9-2015	104%	
Chantal van der Vaart, 17-1-1998								-
50m vrije slag	series	24.	31.76	417	30.53	29-11-2015	92%	
Hanneke Schoenmakers, 9-2-1998								-
50m vrije slag	series	21.	31.38	432	29.93	29-11-2015	91%	
50m vlinderslag	series	13.	35.47	326	33.04	29-11-2015	87%	
Jaap Schoenmakers, 31-12-2002								1
50m rugslag	series	14.	37.79	257	38.52	2-5-2015	104%	

Regio Sprintkampioenschappen Lange Baan
Den Haag, 14-5-2016

Jill Nai Chung Tong, 16-8-2004									1
50m vrije slag	series	7.	32.43	391	32.15	9-4-2016	98%		
50m rugslag	series	3.	37.19	385	37.14	12-3-2016	100%		
50m schoolslag	series	3.	41.48	358	43.80	14-2-2016	111%		
50m vlinderslag	series	14.	41.48	204	37.26	5-3-2016	81%		
Kayal Kichari, 11-1-2003									-
50m vrije slag	series	19.	33.48	356	33.10	29-11-2015	98%		
Lougo Gorré, 13-4-2002									1
50m vrije slag	series	9.	29.23	366	29.88	6-2-2016	104%		
Marielle van der Vaart, 27-11-2000									2
50m vrije slag	series	9.	30.68	462	30.41	12-9-2015	98%		
50m rugslag	series	7.	36.14	419	36.69	21-11-2015	103%		
50m schoolslag	series	5.	39.62	411	38.17	2-4-2016	93%		
50m vlinderslag	series	3.	31.68	458	32.76	29-11-2015	107%		
Michelle van der Steen, 18-7-2003									1
50m vrije slag	series	4.	31.14	442	31.24	29-11-2015	101%		
50m rugslag	series	3.	37.11	387	35.75	29-11-2015	93%		
Ricardo van der Steen, 4-11-2000									4
50m vrije slag	series	21.	29.25	365	29.45	6-2-2016	101%		
50m rugslag	series	11.	33.87	357	34.92	6-3-2016	106%		
50m schoolslag	series	11.	36.89	377	38.66	6-2-2016	110%		
50m vlinderslag	series	17.	31.63	356	32.28	2-4-2016	104%		
Ryan Limburg, 30-12-2000									-
50m schoolslag	series	20.	40.07	294	39.68	6-2-2016	98%		
Tessa Poot, 6-6-2004									2
50m vrije slag	series	11.	33.93	342	35.34	6-2-2016	108%		
50m vlinderslag	series	11.	38.81	249	39.44	2-4-2016	103%		
Wesley Zulver, 10-10-2003									-
50m vrije slag	series	1.	28.41	398	28.37	29-1-2016	100%		
50m rugslag	series	6.	35.87	301	35.49	29-11-2015	98%		
50m schoolslag	series	1.	34.55	459	34.46	29-1-2016	99%		
50m vlinderslag	series	1.	32.60	325	32.13	26-2-2016	97%		
ZV Westland									13
Anouk van der Lans, 30-1-1998									-
50m vrije slag	series	19.	31.13	442	30.64	27-6-2015	97%		
50m rugslag	series	7.	34.78	470	33.13	27-6-2015	91%		
Armand Heyder, 30-8-1996									-
50m vrije slag	series	11.	25.92	524	25.33	29-11-2015	95%		
Babette van der Kaaij, 1-11-1999									-
50m vrije slag	series	5.	29.03	546	28.74	29-11-2015	98%		
50m rugslag	series	6.	33.99	504	32.79	29-11-2015	93%		
Celina von Berg, 21-7-2000									2
50m vrije slag	series	4.	30.27	481	30.14	29-11-2015	99%		
50m schoolslag	series	4.	39.19	425	39.32	27-6-2015	101%		
50m vlinderslag	series	6.	33.65	382	33.89	3-5-2015	101%		
Hieke de Lijster, 6-7-2002									2
50m vrije slag	series	26.	32.88	375	31.85	13-2-2016	94%		
50m rugslag	series	7.	36.48	408	37.70	24-4-2016	107%		
50m schoolslag	series	13.	40.99	372	41.64	23-4-2016	103%		
Jelle Bon, 9-7-2003									4
50m vrije slag	series	3.	29.78	346	32.30	28-2-2016	118%		
50m rugslag	series	3.	35.57	308	36.39	29-11-2015	105%		
50m schoolslag	series	7.	41.95	256	42.22	5-3-2016	101%		
50m vlinderslag	series	2.	32.96	315	34.16	28-2-2016	107%		
Laura Nuijten, 19-10-2001									2
50m vrije slag	series	20.	30.99	448	31.19	27-6-2015	101%		
50m rugslag	series	3.	34.63	477	34.97	13-2-2016	102%		
Marijn van Giesen, 15-7-1999									-
50m vrije slag	series	2.	25.06	580	24.98	29-11-2015	99%		
50m rugslag	series	2.	30.15	506	30.01	29-11-2015	99%		
50m schoolslag	series	2.	32.26	565	32.16	29-11-2015	99%		
50m vlinderslag	series	2.	28.94	465	28.85	29-11-2015	99%		
Michael Bokestijn, 31-7-2001									2
50m vrije slag	series	18.	29.00	374	28.83	22-11-2015	99%		
50m rugslag	series	8.	33.08	383	33.39	29-11-2015	102%		
50m schoolslag	series	9.	37.11	371	37.60	5-3-2016	103%		
Pascal Nuijten, 7-10-1997									1
50m vrije slag	series	7.	25.26	567	24.59	27-6-2015	95%		
50m rugslag	series	6.	30.17	505	29.71	27-6-2015	97%		
50m schoolslag	series	7.	32.80	537	33.24	3-5-2015	103%		
50m vlinderslag	series	7.	26.76	588	26.75	27-6-2015	100%		
Zvs									-