

ZPCH

								26
<b>Jelte de Jong, 05-03-2009</b>								8
100m vrije slag	series	19.	<b>1:01.99</b>	378	1:02.27	06-11-2022	101%	
200m vrije slag	series	18.	<b>2:15.37</b>	395	2:15.73	02-10-2022	101%	
400m vrije slag	series	14.	4:45.89	409	4:42.11	06-11-2022	97%	
100m rugslag	series	12.	<b>1:10.46</b>	322	1:10.92	27-11-2022	101%	
200m rugslag	series	7.	<b>2:27.32</b>	368	2:50.79	11-07-2021	134%	
100m schoolslag	series	18.	1:21.50	312	1:21.48	27-11-2022	100%	
200m schoolslag	series	12.	<b>2:50.95</b>	347	3:14.02	24-10-2021	129%	
100m vlinderslag	series	10.	<b>1:08.32</b>	342	1:13.98	09-10-2022	117%	
200m wisselslag	series	16.	<b>2:32.48</b>	371	2:32.52	20-11-2022	100%	
400m wisselslag	series	10.	<b>5:22.40</b>	386	5:43.63	29-05-2022	114%	
<b>Jenny Muntinga, 12-02-2009</b>								7
100m vrije slag	Voorronde	19.	<b>1:02.60</b>	517	1:03.12	06-11-2022	102%	
100m rugslag	Finale	9.	<b>1:08.68</b>	510	1:10.06		104%	
100m rugslag	Voorronde	13.	<b>1:10.06</b>	480	1:10.46	06-11-2022	101%	
200m rugslag	series	13.	<b>2:29.50</b>	503	2:33.05	20-11-2022	105%	
100m schoolslag	Voorronde	21.	<b>1:19.83</b>	476	1:20.26	06-11-2022	101%	
200m wisselslag	series	21.	<b>2:34.00</b>	495	2:34.74	23-10-2022	101%	
400m wisselslag	series	21.	<b>5:30.22</b>	482	5:37.23	09-10-2022	104%	
<b>Linou van Kampen, 13-10-2010</b>								4
100m vrije slag	series	14.	<b>1:06.12</b>	438	1:06.81	20-11-2022	102%	
200m vrije slag	series	10.	<b>2:25.29</b>	437	2:31.40	20-11-2022	109%	
400m vrije slag	series	17.	<b>5:12.77</b>	418	5:23.02	27-11-2022	107%	
100m rugslag	series	28.	1:18.55	341	1:17.13	27-11-2022	96%	
200m rugslag	series	31.	2:48.94	348	2:48.77	02-10-2022	100%	
100m schoolslag	series	14.	1:27.15	366	1:25.40	06-11-2022	96%	
100m vlinderslag	series	21.	<b>1:20.84</b>	307	1:22.04	02-10-2022	103%	
200m wisselslag	series	22.	2:47.91	382	2:45.40	20-11-2022	97%	
<b>Lucas Schouten, 18-06-2009</b>								7
100m vrije slag	series	26.	<b>1:03.27</b>	355	1:05.64	20-11-2022	108%	
200m vrije slag	series	28.	<b>2:20.51</b>	353	2:27.87	27-11-2022	111%	
400m vrije slag	series	33.	5:02.12	346	5:02.05	27-11-2022	100%	
100m rugslag	series	40.	<b>1:16.56</b>	251	1:18.21	06-11-2022	104%	
200m rugslag	series	41.	<b>2:44.76</b>	263	2:55.06	02-10-2022	113%	
200m schoolslag	series	37.	<b>3:05.50</b>	271	3:21.30	09-10-2022	118%	
100m vlinderslag	series	39.	<b>1:19.94</b>	213	1:23.34	27-11-2022	109%	
200m wisselslag	series	42.	<b>2:43.15</b>	303	2:48.63	23-10-2022	107%	
400m wisselslag	series	38.	5:46.65	310	NT		-	

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NIEUW

<b>Clubrecord 100 rug:</b>	Imani de Jong	1:08.77	Jenny Muntinga	1:08.68
<b>Clubrecord 200 rug:</b>	Jelte de Jong	2:30.62	Jelte de Jong	2:27.32
<b>Clubrecord 100 vlinder:</b>	Tristan Kroon	1:10.40	Jelte de Jong	1:08.32
<b>Clubrecord 100 rug:</b>	Jelte de jong	1:10.92	Jelte de Jong	1:10.46
<b>Clubrecord 50 rug:</b>	Tristan Kroon	0:34.20	Jelte de Jong	0:34.12
<b>Clubrecord 200 school:</b>	Marijn Kagchelland	2:55.46	Jelte de Jong	2:50.95
<b>Clubrecord 400 wissel:</b>	Tristan Kroon	5:30.10	Jelte de Jong	5:22.40

**PR van de week: Jelte de Jong – 200 schoolslag – 3:14.02 -> 2:50.95 – 23.07 seconden!**