
Zpch**Competitie ronde 4****Purmerend (NED) 23-4-2023**

PR lijst

Uitslag overzicht

Korte baan (25m)

| Achternaam, Voornaam | Gbjr | Afstand/zwemslag | Pl. | oude PR. | Tijd | |
|----------------------|------|------------------|-----|----------|---------|-------------------------------------|
| Brouwer Sophie | 05: | 50 vrije slag | | 29.55 | 30.43 | |
| | | 100 vrije slag | 12 | 1:03.57 | 1:04.70 | |
| | | 50 rugslag | | 34.42 | 34.67 | |
| | | 100 rugslag | 5 | 1:13.84 | 1:11.80 | PR. |
| Croes Sophia | 10: | 50 vrije slag | | 44.23 | 44.99 | |
| | | 100 vrije slag | | 1:31.46 | 1:35.98 | |
| | | 200 vrije slag | 21 | 4:03.36 | 3:20.87 | PR. vd week! 42.49 seconden! |
| | | 50 schoolslag | | 52.40 | 51.80 | PR. |
| Degenaaars Colin | 95: | 100 schoolslag | 21 | 1:50.93 | 1:50.79 | PR. |
| | | 50 vrije slag | | 27.41 | 29.66 | |
| | | 100 vrije slag | 23 | 1:00.38 | 1:02.55 | |
| | | 50 rugslag | | 33.08 | 35.52 | |
| Douwma Kelvin | 04: | 100 rugslag | 22 | 1:12.05 | 1:15.67 | |
| | | 50 vlinderslag | | 30.44 | 33.20 | |
| | | 200 wisselslag | 18 | 2:35.21 | 2:45.66 | |
| | | 50 rugslag | | 28.73 | 31.97 | |
| Douwma Lucas | 04: | 100 rugslag | 9 | 1:01.44 | 1:05.51 | |
| | | 50 vlinderslag | | 27.33 | 28.60 | |
| | | 200 wisselslag | 3 | 2:19.84 | 2:19.08 | PR. |
| | | 50 vrije slag | | 25.27 | 26.86 | |
| ten Have Dewi | 07: | 100 vrije slag | 9 | 57.29 | 56.42 | PR. |
| | | 50 vlinderslag | | 26.97 | 29.34 | |
| | | 200 wisselslag | 2 | 2:15.53 | 2:18.42 | |
| | | 50 vrije slag | | 31.32 | 32.98 | |
| de Heij Remco | 02: | 100 vrije slag | 6 | 1:08.15 | 1:08.17 | |
| | | 50 vrije slag | | 25.98 | 27.10 | |
| | | 100 vrije slag | 6 | 56.38 | 56.07 | PR. |
| | | 50 rugslag | | 31.50 | 34.31 | |
| Hermans Wies | 10: | 100 rugslag | 15 | 1:06.14 | 1:09.48 | |
| | | 50 vlinderslag | | 28.33 | 29.60 | |
| | | 200 wisselslag | 5 | 2:18.51 | 2:19.91 | |
| | | 50 rugslag | | 38.20 | 38.64 | |
| Holswilder Lisa | 11: | 100 rugslag | 8 | 1:23.69 | 1:19.58 | PR. |
| | | 50 schoolslag | | 46.20 | 48.02 | |
| | | 100 schoolslag | | 1:44.02 | 1:44.47 | |
| | | 200 schoolslag | 11 | 3:34.83 | 3:36.97 | |
| Holswilder Lisa | 11: | 50 vrije slag | | 47.03 | 51.88 | |
| | | 100 vrije slag | | 1:39.41 | 1:52.00 | |

**Zpch
Competitie ronde 4****Bladzijde 2
Purmerend (NED) 23-4-2023**

| | | | | | | |
|-------------------|-----|----------------|----|---------|---------|-----|
| | | 200 vrije slag | 25 | 3:44.74 | 3:41.23 | PR. |
| | | 50 schoolslag | | 54.97 | 57.39 | |
| | | 100 schoolslag | 25 | 1:59.88 | 2:03.10 | |
| Holswilder Ruud | 78: | 50 vrije slag | | 25.85 | 26.90 | |
| | | 100 vrije slag | 8 | 56.43 | 56.38 | PR. |
| | | 50 rugslag | | 29.25 | 31.61 | |
| | | 100 rugslag | 6 | 1:03.04 | 1:05.07 | |
| de Jong Alysha | 04: | 50 vrije slag | | 28.05 | 28.33 | |
| | | 100 vrije slag | 1 | 59.53 | 59.05 | PR. |
| | | 50 rugslag | | 33.68 | 33.87 | |
| | | 100 rugslag | 4 | 1:09.30 | 1:10.36 | |
| | | 50 vlinderslag | | 30.43 | 30.62 | |
| | | 200 wisselslag | 2 | 2:25.60 | 2:25.22 | PR. |
| de Jong Jelte | 09: | 50 rugslag | | 32.81 | 33.00 | |
| | | 100 rugslag | 4 | 1:07.42 | 1:08.02 | |
| | | 50 schoolslag | | 36.54 | 37.62 | |
| | | 100 schoolslag | | 1:17.29 | 1:20.63 | |
| | | 200 schoolslag | 4 | 2:44.81 | 2:47.77 | |
| de Jong Lisa | 11: | 50 vrije slag | | 40.33 | 42.87 | |
| | | 100 vrije slag | | 1:31.21 | 1:32.00 | |
| | | 200 vrije slag | 18 | --:-- | 3:10.63 | PR. |
| | | 50 schoolslag | | 51.36 | 49.50 | PR. |
| | | 100 schoolslag | 17 | 1:52.27 | 1:46.35 | PR. |
| van Kampen Linou | 10: | 50 vrije slag | | 31.65 | 33.89 | |
| | | 100 vrije slag | | 1:05.68 | 1:11.40 | |
| | | 200 vrije slag | 1 | 2:25.29 | 2:27.46 | |
| | | 50 schoolslag | | 39.52 | 38.63 | PR. |
| | | 100 schoolslag | 1 | 1:25.40 | 1:23.33 | PR. |
| van Kampen Roubin | 12: | 50 vrije slag | | 33.45 | 39.00 | |
| | | 100 vrije slag | | 1:14.12 | 1:21.65 | |
| | | 200 vrije slag | 9 | 2:46.71 | 2:45.98 | PR. |
| | | 50 schoolslag | | 42.95 | 43.42 | |
| | | 100 schoolslag | 3 | 1:34.29 | 1:30.27 | PR. |
| Krist Ewan | 11: | 50 vrije slag | | 34.30 | 38.24 | |
| | | 100 vrije slag | | 1:15.76 | 1:22.56 | |
| | | 200 vrije slag | 19 | 2:49.30 | 2:52.97 | |
| | | 50 schoolslag | | 41.53 | 42.42 | |
| | | 100 schoolslag | 8 | 1:29.13 | 1:28.38 | PR. |
| Kroon Noëmi | 10: | 50 vrije slag | | 34.87 | 38.59 | |
| | | 100 vrije slag | | 1:15.03 | 1:22.71 | |
| | | 200 vrije slag | 10 | 2:50.78 | 2:47.73 | PR. |
| | | 50 schoolslag | | 45.84 | 48.29 | |

Zpch
Competitie ronde 4**Bladzijde 3**
Purmerend (NED) 23-4-2023

| | | | | | | |
|--------------------|-----|----------------|----|---------|---------|-----|
| van Leeuwen Jenthe | 09: | 100 schoolslag | 13 | 1:40.40 | 1:39.57 | PR. |
| | | 50 rugslag | | 45.22 | 46.21 | |
| | | 100 rugslag | 12 | 1:36.71 | 1:30.38 | PR. |
| | | 50 schoolslag | | 50.21 | 49.69 | PR. |
| | | 100 schoolslag | | 1:47.02 | 1:47.00 | PR. |
| Meeuwissen Tim | 09: | 200 schoolslag | 1 | --:-- | 3:45.21 | PR. |
| | | 50 vrije slag | | 31.65 | 34.49 | |
| | | 100 vrije slag | | 1:09.60 | 1:14.03 | |
| | | 200 vrije slag | 7 | 2:37.26 | 2:31.22 | PR. |
| | | 50 schoolslag | | 43.22 | 43.51 | |
| Muntinga Jenny | 09: | 100 schoolslag | 14 | 1:33.56 | 1:32.46 | PR. |
| | | 50 rugslag | | 33.44 | 34.83 | |
| | | 100 rugslag | 3 | 1:08.68 | 1:11.68 | |
| | | 50 schoolslag | | 37.00 | 41.05 | |
| | | 100 schoolslag | | 1:19.83 | 1:27.37 | |
| Muntinga Lucas | 03: | 200 schoolslag | 4 | 3:00.13 | 3:01.27 | |
| | | 50 vrije slag | | 27.79 | 28.21 | |
| | | 100 vrije slag | 17 | 1:01.07 | 59.57 | PR. |
| | | 50 rugslag | | 34.49 | 35.83 | |
| | | 100 rugslag | 18 | 1:13.60 | 1:13.59 | PR. |
| Muntinga Nynke | 11: | 50 vlinderslag | | 31.13 | 32.35 | |
| | | 200 wisselslag | 13 | 2:33.59 | 2:32.06 | PR. |
| | | 50 vrije slag | | 32.35 | 35.95 | |
| | | 100 vrije slag | | 1:10.82 | 1:16.49 | |
| | | 200 vrije slag | 5 | 2:42.14 | 2:37.46 | PR. |
| Nigten Twan | 06: | 50 schoolslag | | 44.05 | 44.26 | |
| | | 100 schoolslag | 9 | 1:33.02 | 1:35.40 | |
| | | 50 vrije slag | | 28.52 | 30.08 | |
| | | 100 vrije slag | 11 | 1:02.26 | 1:02.86 | |
| | | 50 rugslag | | 35.21 | 36.21 | |
| Pas Britt | 09: | 100 rugslag | | 1:12.24 | 1:14.67 | |
| | | 200 rugslag | 9 | 2:35.56 | 2:36.64 | |
| | | 50 schoolslag | | 48.30 | 49.47 | |
| | | 100 schoolslag | | 1:45.07 | 1:47.14 | |
| | | 200 schoolslag | 14 | 3:45.88 | 3:41.26 | PR. |
| Rozenburg Joshua | 11: | 50 vrije slag | | 35.64 | 42.27 | |
| | | 100 vrije slag | | 1:33.18 | 1:32.99 | PR. |
| | | 200 vrije slag | 24 | 3:24.88 | 3:11.95 | PR. |
| | | 50 schoolslag | | 51.21 | 52.60 | |
| | | 100 schoolslag | 24 | 2:16.14 | 1:52.22 | PR. |
| Russel Maxwell | 10: | 50 vrije slag | | 33.71 | 35.46 | |
| | | 100 vrije slag | | 1:13.64 | 1:16.55 | |

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|-----------------------|-----|----------------|----|---------|---------|-----|
| | | 200 vrije slag | 14 | 2:42.85 | 2:40.60 | PR. |
| | | 50 schoolslag | | 47.67 | 47.50 | PR. |
| van der Schuit Damian | 07: | 100 schoolslag | 19 | 1:42.90 | 1:41.68 | PR. |
| | | 50 rugslag | | 44.94 | 43.68 | PR. |
| | | 100 rugslag | 14 | 1:33.55 | 1:34.08 | |
| Smith Fabian | 09: | 50 vrije slag | | 37.03 | 37.03 | |
| | | 100 vrije slag | | 1:21.49 | 1:21.21 | PR. |
| | | 200 vrije slag | 18 | 2:58.54 | 2:52.75 | PR. |
| | | 50 schoolslag | | 45.78 | 46.57 | |
| | | 100 schoolslag | 16 | 1:40.40 | 1:40.21 | PR. |
| Steenart Laurens | 11: | 50 vrije slag | | 35.51 | 39.69 | |
| | | 100 vrije slag | | 1:19.99 | 1:24.45 | |
| | | 200 vrije slag | 20 | 2:53.72 | 2:53.18 | PR. |
| | | 50 schoolslag | | 44.99 | 46.77 | |
| | | 100 schoolslag | 18 | 1:36.08 | 1:41.02 | |
| Thuijs Danielle | 03: | 50 vrije slag | | 30.62 | 32.77 | |
| | | 100 vrije slag | 18 | 1:07.58 | 1:07.74 | |
| | | 50 rugslag | | 36.86 | 40.24 | |
| | | 100 rugslag | 21 | 1:19.18 | 1:22.28 | |
| Tomu Baris | 10: | 50 vrije slag | | 30.62 | 32.67 | |
| | | 100 vrije slag | | 1:07.21 | 1:09.93 | |
| | | 200 vrije slag | 4 | 2:29.07 | 2:22.71 | PR. |
| | | 50 schoolslag | | 43.08 | 41.63 | PR. |
| | | 100 schoolslag | 7 | 1:28.57 | 1:27.86 | PR. |
| Winkel Guusje | 07: | 50 vrije slag | | 30.66 | 32.52 | |
| | | 100 vrije slag | 9 | 1:10.52 | 1:09.24 | PR. |
| | | 50 rugslag | | 37.10 | 40.14 | |
| | | 100 rugslag | | 1:19.52 | 1:23.79 | |
| | | 200 rugslag | 13 | 2:56.46 | 2:57.90 | |
| de Zoete Bo | 10: | 50 vrije slag | | 34.58 | 36.44 | |
| | | 100 vrije slag | | 1:21.34 | 1:20.76 | PR. |
| | | 200 vrije slag | 22 | 3:08.22 | 2:55.51 | PR. |
| | | 50 schoolslag | | 47.90 | 47.55 | PR. |
| | | 100 schoolslag | 21 | 1:45.39 | 1:45.55 | |
| Zwinkels Kim | 03: | 50 vrije slag | | 29.48 | 29.96 | |
| | | 100 vrije slag | 2 | 1:00.83 | 1:00.79 | PR. |
| | | 50 rugslag | | 32.55 | 33.68 | |
| | | 100 rugslag | 1 | 1:08.59 | 1:09.04 | |
| | | 50 vlinderslag | | 29.84 | 30.80 | |
| | | 200 wisselslag | 1 | 2:26.82 | 2:24.81 | PR. |

Zpch
Competitie ronde 4**Bladzijde 5**
Purmerend (NED) 23-4-2023

| | | | | |
|----------------------------|---|---|---|---------|
| 4 x 100 vrije slag Gemengd | Douwma Kelvin Brouwer Sophie | Thuijs Danielle Muntinga Lucas | 6 | 4:08.76 |
| 4 x 100 vrije slag Gemengd | ten Have Dewi Meeuwissen Tim | van der Schuit Damian Winkel Guusje | 6 | 4:46.68 |
| 4 x 100 vrije slag Gemengd | de Heij Remco Zwinkels Kim | de Jong Alysha Douwma Lucas | 1 | 3:54.89 |
| 4 x 100 vrije slag Gemengd | van Kampen Linou Nigten Twan | Muntinga Jenny de Jong Jelte | 4 | 4:13.58 |
| 4 x 100 wisselslag Gemengd | Hermans Wies Steenart Laurens | Russel Maxwell van Leeuwen Jenthe | 6 | 5:40.61 |
| 4 x 100 wisselslag Gemengd | Meeuwissen Tim Krist Ewan | Muntinga Nynke Kroon Noëmi | 5 | 5:23.06 |
| 4 x 100 wisselslag Gemengd | Muntinga Jenny van Kampen Linou | de Jong Jelte Tomu Baris | 4 | 4:49.27 |
| 8 x 50 vrije slag Gemengd | van Kampen Roubin Russel Maxwell Muntinga Nynke Meeuwissen Tim | ten Have Dewi van der Schuit Damian Zwinkels Kim Douwma Kelvin | 6 | 4:07.04 |
| 8 x 50 vrije slag Gemengd | van Kampen Linou Tomu Baris Muntinga Jenny de Jong Jelte | Winkel Guusje Nigten Twan de Jong Alysha Douwma Lucas | 4 | 3:51.82 |
