

**Flevo**  
**Deel 5 nationale zwemcompetitie districtklasse**  
**2016-04-16=Hattem-NZCdeel5-Flevo-uitsl**

**Hattem (NED) 16-4-2016**

Uitslag overzicht

Korte baan (25m)

|                          | Afstand/zwemslag | Pl.       | Tijd    | Ronde | oude PR. | Versch. |     |
|--------------------------|------------------|-----------|---------|-------|----------|---------|-----|
| van de Beek Gysan        | 22-6-2000        | 200001156 |         |       |          |         |     |
|                          | 50 rugslag       |           | 42.96   |       | 40.98    | 91%     |     |
|                          | 100 rugslag      | 2         | 1:26.65 |       | 1:26.53  | 100%    |     |
|                          | 100 wisselslag   | 1         | 1:24.50 |       | 1:24.30  | 100%    |     |
| van de Beek Marije       | 7-5-1995         | 199503876 |         |       |          |         |     |
|                          | 50 vrije slag    | 6         | 34.79   |       | 35.51    | 104%    | PR. |
|                          | 50 vlinderslag   |           | 43.39   |       | 39.60    | 83%     |     |
|                          | 200 wisselslag   | 6         | 3:15.23 |       | 3:06.89  | 92%     |     |
| Bijl Arjan               | 13-1-1998        | 199800117 |         |       |          |         |     |
|                          | 50 vrije slag    |           | 30.96   |       | 28.61    | 85%     |     |
|                          | 100 vrije slag   | 4         | 1:03.96 |       | 1:01.76  | 93%     |     |
|                          | 50 rugslag       | 3         | 34.79   |       | 34.10    | 96%     |     |
| Blom Romy                | 2-4-2000         | 200004896 |         |       |          |         |     |
|                          | 50 vrije slag    | Est.      | 33.92   |       | 33.79    | 99%     |     |
|                          | 50 vrije slag    |           | 36.59   |       | 33.79    | 85%     |     |
|                          | 100 vrije slag   | 6         | 1:16.21 |       | 1:15.29  | 98%     |     |
|                          | 50 rugslag       | 4         | 40.18   |       | 40.35    | 101%    | PR. |
| van Dusschoten Noah      | 19-1-2000        | 200003832 |         |       |          |         |     |
|                          | 50 rugslag       |           | 44.44   |       | 43.20    | 94%     |     |
|                          | 100 rugslag      | 5         | 1:31.18 |       | 1:33.64  | 105%    | PR. |
|                          | 100 wisselslag   | 5         | 1:28.39 |       | 1:29.07  | 102%    | PR. |
| van den Ham Rhodée       | 7-8-2007         | 200700090 |         |       |          |         |     |
|                          | 25 schoolslag    | 1         | 24.10   |       | 23.84    | 98%     |     |
| van Hamersveld Charlotte | 27-7-2003        | 200303174 |         |       |          |         |     |
|                          | 50 vrije slag    |           | 40.73   |       | 36.49    | 80%     |     |
|                          | 100 vrije slag   | 2         | 1:21.92 |       | 1:28.97  | 118%    | PR. |
|                          | 50 schoolslag    | 9         | 48.86   |       | 52.35    | 115%    | PR. |
| Harteman Zoë             | 17-4-2001        | 200103376 |         |       |          |         |     |
|                          | 50 rugslag       |           | 44.07   |       | 42.20    | 92%     |     |
|                          | 100 rugslag      | 4         | 1:30.25 |       | --       |         | PR. |
|                          | 100 wisselslag   | 3         | 1:26.16 |       | 1:37.80  | 129%    | PR. |
| van der Horst Noa        | 12-4-1998        | 199801430 |         |       |          |         |     |
|                          | 50 vrije slag    |           | 34.38   |       | 31.50    | 84%     |     |
|                          | 100 vrije slag   | 2         | 1:10.06 |       | 1:09.20  | 98%     |     |
|                          | 50 rugslag       | 2         | 37.32   |       | 37.64    | 102%    | PR. |
| Kamphuis Anna            | 3-4-2006         | 200600334 |         |       |          |         |     |
|                          | 100 wisselslag   | 1         | 1:39.95 |       | 1:46.00  | 112%    | PR. |
|                          | 25 schoolslag    | 3         | 24.77   |       | 23.87    | 93%     |     |
| Kooijman Tijn            | 18-5-2003        | 200303443 |         |       |          |         |     |
|                          | 50 vrije slag    |           | 43.02   |       | 40.06    | 87%     |     |
|                          | 100 vrije slag   | 5         | 1:33.39 |       | 1:28.81  | 90%     |     |
|                          | 50 schoolslag    | 8         | 52.96   |       | 1:01.36  | 134%    | PR. |
| de Kreek Luc             | 30-3-2001        | 200101661 |         |       |          |         |     |
|                          | 50 rugslag       |           | 37.56   |       | 34.89    | 86%     |     |
|                          | 100 rugslag      | 2         | 1:16.32 |       | 1:17.87  | 104%    | PR. |
|                          | 100 wisselslag   | 4         | 1:15.96 |       | 1:15.16  | 98%     |     |
| de Kreek Rick            | 17-3-2004        | 200400201 |         |       |          |         |     |
|                          | 50 vrije slag    | 3         | 36.10   |       | 38.09    | 111%    | PR. |
|                          | 50 vlinderslag   | 4         | 43.40   |       | 48.55    | 125%    | PR. |
| de Lange Frans           | 26-9-1992        | 199206249 |         |       |          |         |     |
|                          | 50 vrije slag    | 6         | 30.03   |       | 29.57    | 97%     |     |
|                          | 50 vlinderslag   |           | 40.13   |       | 41.04    | 105%    | PR. |
|                          | 200 wisselslag   | 7         | 2:58.31 |       | 2:58.20  | 100%    |     |

|                           |                |                   |         |                       |      |     |         |
|---------------------------|----------------|-------------------|---------|-----------------------|------|-----|---------|
| van der Louw Matthijs     | 10-10-1997     | 199705313         |         |                       |      |     |         |
|                           | 50 vrije slag  | 7                 | 30.73   | 32.38                 | 111% | PR. |         |
|                           | 50 vlinderslag |                   | 37.98   | 37.98                 | 100% |     |         |
|                           | 200 wisselslag | 6                 | 2:50.52 | 2:52.55               | 102% | PR. |         |
| Meester Renzo             | 26-11-2002     | 200202897         |         |                       |      |     |         |
|                           | 50 vrije slag  |                   | 40.38   | 36.35                 | 81%  |     |         |
|                           | 100 vrije slag | 4                 | 1:21.87 | 1:19.89               | 95%  |     |         |
|                           | 50 rugslag     | Est.              | 43.96   | 43.82                 | 99%  |     |         |
|                           | 50 schoolslag  | 6                 | 48.16   | 48.80                 | 103% | PR. |         |
| Molan Vera                | 7-5-2000       | 200000182         |         |                       |      |     |         |
|                           | 50 vrije slag  |                   | 33.83   | 31.92                 | 89%  |     |         |
|                           | 100 vrije slag | 3                 | 1:10.61 | 1:11.57               | 103% | PR. |         |
|                           | 50 rugslag     | 3                 | 37.32   | 40.48                 | 118% | PR. |         |
| Reichardt Caitlin         | 28-3-2000      | 200001748         |         |                       |      |     |         |
|                           | 50 vrije slag  | 4                 | 32.89   | 32.39                 | 97%  |     |         |
|                           | 50 vlinderslag |                   | 39.15   | 37.12                 | 90%  |     |         |
|                           | 200 wisselslag | 4                 | 3:05.42 | 3:00.02               | 94%  |     |         |
| Reichardt Maureen         | 22-1-2004      | 200400112         |         |                       |      |     |         |
|                           | 50 vrije slag  | 1                 | 33.04   | 33.21                 | 101% | PR. |         |
|                           | 50 vlinderslag | 1                 | 38.35   | 40.68                 | 113% | PR. |         |
| Rook Bart                 | 24-2-1998      | 199802265         |         |                       |      |     |         |
|                           | 50 vrije slag  |                   | 32.72   | 29.87                 | 83%  |     |         |
|                           | 100 vrije slag | 5                 | 1:07.22 | 1:10.13               | 109% | PR. |         |
|                           | 50 rugslag     | 2                 | 34.04   | 35.04                 | 106% | PR. |         |
| Rook Jacco                | 13-7-2004      | 200402141         |         |                       |      |     |         |
|                           | 50 vrije slag  | Est.              | 37.39   | 37.87                 | 103% | PR. |         |
|                           | 50 vrije slag  | 2                 | 35.94   | 37.87                 | 111% | PR. |         |
|                           | 50 vlinderslag | 3                 | 41.90   | 45.27                 | 117% | PR. |         |
| van Rooten Daan           | 16-9-2002      | 200203331         |         |                       |      |     |         |
|                           | 50 vrije slag  | Est.              | 33.06   | 32.75                 | 98%  |     |         |
|                           | 50 vrije slag  |                   | 34.82   | 32.75                 | 88%  |     |         |
|                           | 100 vrije slag | 1                 | 1:13.89 | 1:16.92               | 108% | PR. |         |
|                           | 50 schoolslag  | 1                 | 44.29   | 43.78                 | 98%  |     |         |
| 4 x 50 vrije slag Heren   | :              | Rook Jacco        | 04      | de Kreek Rick         | 04   | 2   | 2:27.50 |
|                           |                | Kooijman Tijn     | 03      | van Rooten Daan       | 02   |     |         |
| 4 x 50 vrije slag Dames   | :              | Blom Romy         | 00      | Harteman Zoë          | 01   | 2   | 2:10.60 |
|                           |                | van de Beek Gysan | 00      | Molan Vera            | 00   |     |         |
| 4 x 50 wisselslag Heren   | :              | Meester Renzo     | 02      | de Kreek Luc          | 01   | 3   | 2:23.11 |
|                           |                | Bijl Arjan        | 98      | Rook Bart             | 98   |     |         |
| 8 x 50 vrije slag Gemengd | :              | van Rooten Daan   | 02      | Bijl Arjan            | 98   | 3   | 4:12.41 |
|                           |                | Reichardt Maureen | 04      | van der Horst Noa     | 98   |     |         |
|                           |                | de Kreek Luc      | 01      | van der Louw Matthijs | 97   |     |         |
|                           |                | Molan Vera        | 00      | Reichardt Caitlin     | 00   |     |         |

Totaal 64 persoonlijke uitslag, Gemiddelde prestatie: 100,0%  
 0 nieuw(e) record(s), 28 nieuw(e) persoonlijke record(s)  
 Grootste verbetering: Kooijman Tijn, 50 schoolslag 52.96