

| Uitslag overzicht   |      |                |         |          |                | 25m bad |          |
|---------------------|------|----------------|---------|----------|----------------|---------|----------|
| Juliette Aarts      | 02 : | 50m vrije slag | 55.25   | 84%      | 50m schoolslag | 56.88   | 94%      |
|                     |      | 50m rugslag    | 58.29   | 89%      |                |         |          |
| David Booij         | 02 : | 50m vrije slag | 44.42   | 94%      | 50m schoolslag | 58.21   | 85%      |
|                     |      | 50m rugslag    | 1:11.25 | 52%      |                |         |          |
| Jonna van der Borgh | 01 : | 50m vrije slag | 46.39   | 74%      | 50m schoolslag | 55.10   | 86%      |
|                     |      | 50m rugslag    | 50.63   | 77%      |                |         |          |
| Benjamin Dorst      | 03 : | 50m vrije slag | 50.50   | 114% PR. | 50m schoolslag | 59.00   | 87%      |
|                     |      | 50m rugslag    | 1:00.33 | 96%      |                |         |          |
| Naomi Dorst         | 00 : | 50m vrije slag | 54.25   | 86%      | 50m schoolslag | 54.80   | 95%      |
|                     |      | 50m rugslag    | 1:06.19 | 66%      |                |         |          |
| Irene de Fouw       | 04 : | 50m vrije slag | 50.90   | 85%      | 50m schoolslag | 54.07   | 92%      |
|                     |      | 50m rugslag    | 56.47   | 97%      |                |         |          |
| Antje Gerrits       | 09 : | 50m vrije slag | 1:06.24 | 82%      | 50m schoolslag | 1:06.39 | 108% PR. |
|                     |      | 50m rugslag    | 1:05.49 | 124% PR. |                |         |          |
| Jochem Jagerman     | 07 : | 50m vrije slag | 1:12.97 | 70%      | 50m schoolslag | 1:10.72 | 94%      |
|                     |      | 50m rugslag    | 1:11.60 | 95%      |                |         |          |
| Wietske Jong        | 08 : | 50m vrije slag | 1:01.80 | 124% PR. | 50m schoolslag | 1:18.23 | 101% PR. |
|                     |      | 50m rugslag    | 1:39.90 | 94%      |                |         |          |
| Florian Koetsier    | 06 : | 50m vrije slag | 53.99   | 84%      | 50m schoolslag | 1:08.15 | 90%      |
|                     |      | 50m rugslag    | 1:05.35 | 83%      |                |         |          |
| Lotte Slinkert      | 08 : | 50m vrije slag | 1:09.53 | 90%      | 50m schoolslag | 1:13.25 | 90%      |
|                     |      | 50m rugslag    | 1:11.78 | 122% PR. |                |         |          |
| Patricia Vallant    | 04 : | 50m vrije slag | 54.65   | 86%      | 50m schoolslag | 58.22   | 86%      |
|                     |      | 50m rugslag    | 1:03.42 | 80%      |                |         |          |
| Saskia Vallant      | 08 : | 50m vrije slag | 1:28.06 | 80%      | 50m schoolslag | 1:30.16 | 100%     |
|                     |      | 50m rugslag    | 1:34.12 | 92%      |                |         |          |
| Jesse de Vries      | 06 : | 50m vrije slag | 1:01.97 | 117% PR. | 50m schoolslag | 1:05.49 | 104% PR. |
|                     |      | 50m rugslag    | 1:03.09 | 102% PR. |                |         |          |
| Sietse de Vries     | 08 : | 50m vrije slag | 1:03.42 | 131% PR. | 50m schoolslag | 1:06.49 | 116% PR. |
|                     |      | 50m rugslag    | 57.58   | 118% PR. |                |         |          |
| Ties de Vries       | 08 : | 50m vrije slag | 1:09.10 | 157% PR. | 50m schoolslag | 1:10.13 | PR.      |
|                     |      | 50m rugslag    | 1:17.54 | 96%      |                |         |          |
| Igle Weidenaar      | 00 : | 50m vrije slag | 44.50   | 88%      | 50m schoolslag | 1:00.22 | 86%      |
|                     |      | 50m rugslag    | 1:02.09 | 77%      |                |         |          |
| Liz de Wolf         | 07 : | 50m vrije slag | 1:02.63 | 56%      | 50m schoolslag | 57.86   | 93%      |
|                     |      | 50m rugslag    | 1:12.62 | 62%      |                |         |          |

Totaal 54 persoonlijke uitslag, Gemiddelde prestatie: 93,2%  
 0 nieuw(e) record(s), 14 nieuw(e) persoonlijke record(s)  
 Grootste verbetering: Ties de Vries, 50m vrije slag 1:09.10