**De Granaet**
**FWK 2010** **Burgum (NED) 9-1-/10-1-2010**

Uitslag overzicht Korte baan (25m)

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| de Boer Maayke | 95 : | 100m vrije slag | 21 | 1:09.67 | 95% | 200m schoolslag | 9 | 3:11.34 | 107% PR. |
| | | 100m rugslag | 11 | 1:17.64 | 94% | 200m wisselslag | 7 | 2:48.42 | 100% PR. |
| de Boer Marike | 97 : | 100m vrije slag | 13 | 1:16.45 | 100% | 200m schoolslag | 9 | 3:23.88 | 107% PR. |
| Dammer Ilse | 94 : | 100m vrije slag | 28 | 1:12.13 | 99% | 200m wisselslag | 17 | 2:58.82 | 95% |
| van Dolder Annette | 95 : | 100m vrije slag | 34 | 1:16.96 | 89% | | | | |
| van Dolder Patricia | 91 : | 100m vrije slag | 18 | 1:09.71 | 88% | | | | |
| de Joode Robin | 96 : | 200m vrije slag | 1 | 2:17.66 | 103% PR. | 100m schoolslag | 2 | 1:23.47 | 105% PR. |
| | | 200m rugslag | 1 | 2:33.05 | 102% PR. | 100m vlinderslag | 1 | 1:12.67 | 111% PR. |
| Lindemulder Marissa | 93 : | 100m vrije slag | 4 | 1:04.51 | 102% PR. | 200m wisselslag | 7 | 2:46.05 | 100% PR. |
| | | 100m rugslag | 4 | 1:15.15 | 104% PR. | | | | |
| Meulenbeld Annemiek | 95 : | 100m vrije slag | 18 | 1:09.21 | 97% | 100m rugslag | 27 | 1:24.89 | 96% |
| Nicolai Tineke | 96 : | 100m rugslag | 20 | 1:29.08 | 93% | | | | |
| van der Veen Brigitte | 98 : | 100m vrije slag | 9 | 1:18.35 | 101% PR. | 200m schoolslag | 8 | 3:37.86 | 102% PR. |
| | | 100m rugslag | 7 | 1:26.51 | 106% PR. | 200m wisselslag | 5 | 3:09.77 | 109% PR. |
| Verkaik Cynthia | 96 : | 100m vrije slag | Est. | 1:05.43 | 94% | 200m schoolslag | 2 | 2:51.52 | 102% cr18,cr13,cr14,cr1 |
| | | 100m vrije slag | 2 | 1:04.00 | 99% | 200m vlinderslag | 1 | 2:40.36 | 106% PR. |
| | | 100m rugslag | 1 | 1:13.04 | 99% | 200m wisselslag | | 2:34.67 | DIS |
| Verkaik Henk-Jan | 93 : | 200m vrije slag | 5 | 2:09.77 | 103% PR. | 100m schoolslag | 1 | 1:11.99 | 104% PR. |
| | | 200m rugslag | 7 | 2:29.08 | 100% PR. | | | | |
| Verkaik Sander | 94 : | 100m schoolslag | 4 | 1:18.42 | 103% PR. | | | | |
| Wilbers Rixt | 95 : | 100m vrije slag | 11 | 1:06.44 | 98% | 200m vlinderslag | | 2:59.26 | DIS |
| | | 100m rugslag | 22 | 1:21.18 | 103% PR. | 200m wisselslag | 6 | 2:47.09 | 97% |
| | | 200m schoolslag | 12 | 3:14.14 | 92% | | | | |
| van der Zee Marianne | 93 : | 100m vrije slag | 9 | 1:06.13 | 100% | 200m wisselslag | 11 | 2:52.81 | 95% |
| | | 100m rugslag | 17 | 1:21.61 | 92% | | | | |
| Zijlstra Amarins | 94 : | 200m schoolslag | 16 | 3:19.60 | 101% PR. | | | | |
| Zijlstra Rixt-Nynke | 98 : | 100m vrije slag | 13 | 1:21.52 | 97% | | | | |

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|---|---|---|---|---|---|---|---|
| 4 x 100m vrije slag Dames | : | Verkaik Cynthia | 96 | van der Zee Marianne | 93 | 4 | 4:24.00 |
| | | Wilbers Rixt | 95 | Lindemulder Marissa | 93 | | |

Totaal 44 persoonlijke uitslag, Gemiddelde prestatie: 99,6%
1 nieuw(e) record(s), 22 nieuw(e) persoonlijke record(s)
Grootste verbetering: de Joode Robin, 100m vlinderslag 1:12.67