

Schaatstrainingsgroep 't Zwanenwater
 Persoonlijke records
 per 22 maart 2014

Naam	Wedstr.nr.	Categorie	100m	300m	500m	700m	1000m	1500m	3000m	5000m	puntentotaal (begin seizoen)	puntentotaal
Bjorn Sneekes	AL07413	Pupillen C	14.20	39.65	1:05.16						202,243	
Dwight Donkersloot	AL07414	Pupillen C	14.83	39.21	1:05.59						205,090	
Kay van der Geest	AL07475	Pupillen C	21.28	1:16.66	1:42.62						336,787	
Jurre Numan	AL07332	Pupillen B	13.90	38.27	56.52		2:30.46				265,033	280,063
Shirley Negenman	AL07237	Pupillen A	14.35	42.06	1:09.30	1:53.66	2:39.96				372,316	400,401
Gea Oosting	AL07416	Pupillen A	15.19	46.30	1:10.05	1:39.64	2:35.79				372,233	
Koen Jansen	AL07112	Pupillen A	14.27	38.73	1:01.94	1:43.16					271,526	281,526
Thion Glasbergen	AL07480	Pupillen A	14.12	44.94	1:04.14		2:18.62				278,950	
Iris Wagenaar	AL07230	Junioren C	15.87	45.06	1:10.10		2:28.50	3:44.54			373,647	229,960
Ilse Donker	AL07335	Junioren C	13.90	38.23	58.12		2:04.61	3:08.19			316,372	265,377
Bibi Roozing	AL07482	Junioren C			1:01.70		2:11.14	3:08.71			190,173	
Carlo Sneekes	AL06834	Junioren C	13.53	35.36	48.87	1:24.43	1:39.37	2:34.72			337,019	360,620
Jasper Spaans	AL06955	Junioren B	14.17	37.44	48.62	1:36.37	1:42.27	2:35.37			353,631	365,531
Danny Kuiper	AL06069	Junioren A	12.57	30.99	43.98	1:40.59	1:30.50	2:21.39	5:27.11		377,228	385,433
Sil-Arjen v Laar	AL06436	Junioren A	12.04	30.15	43.76		1:29.91	2:12.64	4:54.60		292,478	294,072
Marlies Borst	AL05848	Neo-senioren	13.95	38.28	55.62	1:37.50	1:53.94	2:54.86			374,070	374,230
Pascal v/d Geest	AL04500	Neo-senioren	11.97	31.39	42.64		1:25.86	2:17.07	4:51.29		291,975	291,975
Laura Kistemaker	AL07231	Senioren			1:01.17		2:09.73	3:15.29			191,132	207,653
Simone v/d Hulst	AL05020	Senioren	14.82	42.84	54.16		1:47.78	2:45.19	6:15.90		371,263	373,753
Jochem Komen	AL05530	Senioren	11.76	29.05	43.58		1:29.45	2:16.95	4:51.57		289,767	291,100
John van Muijen	AL07415	Senioren			44.15		1:27.50	2:12.82	4:36.11		178,192	
Karin Sneekes	HV25105	Masters	14.68	35.11	52.66		1:49.72	2:47.04	6:10.78		356,913	356,913
Suzanne Donker	AL06501	Masters			52.11		1:50.73	2:47.24			163,222	
Albert Hoekstra	AL07380	Masters			48.93		1:42.35	2:39.25	5:21.47		206,767	216,113
Nico Komen	AL05531	Masters	14.93	36.00	55.13		1:50.66	2:48.52	5:55.18		360,480	362,180
Hans v/d Geest	AL03816	Masters	12.29	29.57	46.10		1:37.44	2:29.04	5:26.15		309,592	309,807
Theo v Wel	AL00964	Masters	11.96	29.76	45.20		1:31.15	2:17.10	4:47.96	8:52.40	347,108	347,108
Jan v Laar	AL04025	Masters	12.54	29.87	45.07		1:30.63	2:16.35	4:47.57		296,247	296,467

Pos.	Naam	Progressie	100m	300m	500m	700m	1000m	1500m	3000m	5000m
1	Shirley Negenman	28,085	0,970	3,330	7,880	-	19,610	-	-	-
2	Carlo Sneekes	23,602	-	-	4,710	-	19,310	27,710	-	-
3	Laura Kistemaker	16,522	-	-	3,700	-	9,230	24,620	-	-
4	Jurre Numan	15,030	0,640	1,110	9,980	-	-	-	-	-
5	Jasper Spaans	11,900	-	-	3,290	-	14,940	3,420	-	-
6	Ilse Donker	11,735	-	-	5,830	-	11,810	-	-	-
7	Koen Jansen	10,000	0,710	1,860	3,350	-	-	-	-	-
8	Albert Hoekstra	9,347	-	-	2,080	-	7,080	-	22,360	-
9	Danny Kuiper	8,205	-	-	2,260	-	8,050	5,760	-	-
10	Iris Wagenaar	5,410	-	-	5,410	-	-	-	-	-