

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 1
24-11-2018 - 9:30

Gemengd, 4 x 100m vrije slag

alg. leeftijdsgroep
Resultaten

rang	vereniging	intijd	tijd	RT
1.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	3:45.43	3:43.62 +0,66
	Lynn Blommers	+0,66 28.08	58.36	Chris van der Hout +0,33 26.13 55.62
	Femke Hoppenbrouwer	+0,15 27.39	57.62	Jonne Schaafsma +0,34 25.20 52.02
2.	Feijenoord Albion 1	Feijenoord Albion	3:45.46	3:43.84 +0,71
	Jamo van Oijen	+0,71 25.71	53.63	Fenna de Groot +0,37 29.05 1:00.95
	Ensger Kotterink	+0,42 24.00	50.16	Tessa Giele +0,34 28.80 59.10
3.	WVZ 1	WVZ	3:46.54	3:48.19 +0,77
	Sophie de Jonge	+0,77 28.56	59.29	Scott Jansen +0,35 26.31 55.31
	Lauren van IJll	+0,44 29.25	1:01.77	Sean Niewold +0,12 24.76 51.82
4.	Rotterdam Swimming 1	Rotterdam Swimming (SG)	3:53.68	3:56.15 +0,65
	Kayra Deger	+0,65 31.59	1:06.71	Marco Rolla +0,22 24.93 52.53
	Elijdjah van der Heul	+0,38 30.47	1:04.17	Derk Jan Speelman +0,08 24.90 52.74
5.	De Schotejil 1	z.c De Schotejil	3:53.79	3:57.75 +0,71
	Aron Paasse	+0,71 26.75	56.46	Lotte Tillema +0,77 30.75 1:03.69
	Jorian Tanis	+0,29 25.67	53.85	Lieske Zijlstra +0,65 31.14 1:03.75
6.	GZC Donk 1	Widex GZC Donk	3:56.45	3:58.06 +0,74
	Duncan van Haaren	+0,74 26.40	55.52	Anniek de Ruiter +0,42 29.31 1:02.40
	Paul van Grol	+0,37 26.86	55.92	Mandy van der Meijden +0,39 30.30 1:04.22
7.	ZVL-1886 1	ZVL-1886 1	3:59.16	3:58.69 +0,71
	Sanne Heemskerk	+0,71 28.48	1:00.39	Guus Hoogduin +0,57 27.53 57.71
	Moniek Heemskerk	+0,28 31.94	1:06.83	Robin van Beek +0,39 25.67 53.76
8.	WVZ 2	WVZ	3:56.51	3:59.00
	Catharina Chulick	01 31.07	1:03.75	Noah Legerstee 00 26.49 56.44
	Grace Anderson	02 30.37	1:04.18	Dave Jansen 98 25.63 54.63
9.	Lansingh 1	KZV de Lansingh	3:56.32	3:59.34 +0,74
	Esther Reinders	+0,74 31.56	1:06.36	Mariska Scheel +0,36 28.54 1:00.28
	Stefan Groen	+0,14 27.42	57.99	Rutger Dalm +0,25 26.14 54.71
10.	LinK 1	LinK	3:59.15	4:00.01 +0,75
	Tjeerd van Stein	+0,75 26.20	55.93	Nora van der Steen +0,36 30.12 1:04.03
	Daan Hogerhuis	+0,18 26.64	56.83	Kim de Jong +0,51 30.30 1:03.22
11.	ZOB'66 1	ZOB'66	3:58.40	4:00.63 +0,71
	Daan Siebenheller	+0,71 26.80	55.82	Tristan Stam +0,61 28.26 59.74
	Wendy de Bruin	+0,44 29.64	1:02.16	Rozemarijn van Haaff +0,36 30.12 1:02.91
12.	D'elft 1	D'elft	4:12.14	4:11.44 +0,71
	Suzanne Dorsman	+0,71 29.67	1:02.04	Timon Wijsman +0,32 30.69 1:05.28
	Thijs Molendijk	+0,42 26.72	56.44	Felicia Adema +0,26 31.87 1:07.68
13.	Zoetermeer 1	Zoetermeer	4:09.34	4:13.00 +0,79
	Anne Straub	+0,79 31.18	1:05.61	Lisanne Dijkman +0,41 30.61 1:04.57
	Mark Demianenko	+0,37 31.01	1:06.22	Jamo Verbeek +0,32 26.44 56.60
14.	ZPC Numansdorp 1	ZPC Numansdorp	4:16.72	4:15.47 +0,79
	Perry Laarhoven	+0,79 27.20	56.51	Soscha van den Heuvel +0,62 31.96 1:08.58
	Serena den Tuinder	+0,47 33.45	1:10.34	Niels van der Mast +0,56 28.69 1:00.04
15.	LinK 2	LinK	4:18.79	4:24.45 +0,66
	Boy Borreman	+0,66 28.21	59.21	Marije de Jager +0,22 31.54 1:07.14
	Sytze van Stein	+0,09 32.24	1:09.69	Lize van Stigt +0,29 32.22 1:08.41

Programmanr. 2
24-11-2018 - 9:40

Dames, 200m schoolslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Junioren 1										
1.	Ananda van der Wiel	WVZ	3:09.01	200701562	3:07.27	+0,72	43.17	1:32.12	2:20.40	3:07.27
2.	Samantha van der Jagt	ZZ&PC De Devel	3:31.07	200700220	3:08.94	+0,72	43.86	1:32.54	2:22.28	3:08.94
3.	Thalia Meijer	z.c De Schotejil	3:15.68	200700730	3:09.50	+0,67	43.89	1:32.32	2:21.80	3:09.50
4.	Anniqne Rupke	Widex GZC Donk	3:28.92	200700876	3:14.21	+0,79	45.43	1:34.56	2:24.93	3:14.21
	<i>*BU 100m en 150m</i>									
5.	Stella van Droffelaar	ZV Vlaardingen-Schied	3:34.27	200700048	3:23.59	+0,58	46.01	1:38.57	2:31.79	3:23.59
	<i>*BU 200m</i>									
6.	Britte Lodder	ZZ&PC De Devel	3:35.56	200702290	3:29.17	+0,68	47.04	1:41.28	2:35.96	3:29.17

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 2, Dames, 200m schoolslag

Junioren 2

1. Elijdjah van der Heul	Rotterdam Swimming	(Σ :2:55.39	200602180	2:48.62	+0,81	38.74	1:21.60	2:05.63	2:48.62
2. Megan Jonkman	The Hague Swimming	(Σ :3:07.31	200600508	2:56.21	+0,89	39.21	1:24.16	2:10.50	2:56.21
3. Avery Collins	The Hague Swimming	(Σ :3:09.21	200603622	3:00.24	+0,71	41.04	1:27.37	2:14.30	3:00.24
4. Charlize Rovers	De Kempvis	3:00.75	200600684	3:03.82	+0,91	39.78	1:25.37	2:14.29	3:03.82
5. Sam Boom	MNC Dordrecht	3:08.00	200600384	3:04.28	+0,73	42.09	1:29.95	2:17.67	3:04.28
6. Sanne Slof	Van Vliet-Barracuda	3:15.66	200601810	3:21.36	+0,87	42.92	1:34.29	2:28.38	3:21.36
7. Evelien Holterman	Zoetermeer	3:22.49	200601124	3:21.67	+0,94	43.94	1:34.46	2:28.30	3:21.67
8. Eva v.d. Slik	z.c De Schotejil	3:32.72	200602876	3:22.88		46.18	1:37.74	2:30.17	3:22.88

Junioren 3

1. Niké Telkamp	The Hague Swimming	(Σ :2:50.51	200501088	2:50.72	+0,68	38.02	1:22.16	2:07.51	2:50.72
2. Merel Schravendijk	The Hague Swimming	(Σ :2:56.30	200503382	2:50.77	+0,73	40.44	1:24.45	2:08.21	2:50.77
3. Jelsie van Ruijven	WVZ	2:52.10	200500282	2:50.93	+0,68	38.34	1:22.89	2:07.45	2:50.93
4. Isa Maes	Feijenoord Albion	3:00.86	200500110	2:55.84	+0,71	39.52	1:24.54	2:10.41	2:55.84
5. Elise Vink	De Columbiaan 1	2:59.48	200502588	2:59.61	+0,83	39.52	1:24.30	2:11.33	2:59.61
6. Emi Schipper	ZOB'66	3:00.12	200502126	3:00.95	+0,80	41.48	1:27.49	2:14.13	3:00.95
7. Asha van Lobberegt	Feijenoord Albion	3:05.79	200500088	3:01.31		40.41	1:26.63	2:13.70	3:01.31
8. Noor Frijlink	De Columbiaan 1	3:08.45	200500970	3:02.86	+0,49	42.22	1:28.96	2:16.30	3:02.86
9. Lyke Buscop	z.c De Schotejil	3:03.38	200500552	3:02.88		40.36	1:27.08	2:15.04	3:02.88
10. Anastasia Romano	MNC Dordrecht	3:00.15	200501076	3:03.22	+0,78	40.93	1:27.77	2:16.86	3:03.22
11. Sylvie Roos	Feijenoord Albion	3:12.55	200502772	3:05.05	+0,71	41.62	1:28.80	2:17.02	3:05.05
12. Milou Demirel	The Hague Swimming	(Σ :3:05.84	200501254	3:05.46	+0,96	42.42	1:29.39	2:17.50	3:05.46
13. Anique Hazebroek	The Hague Swimming	(Σ :3:08.48	200502196	3:07.29	+0,77	42.91	1:31.67	2:18.82	3:07.29
<i>*BU 100m</i>									
14. Vivianne Woltjes	The Hague Swimming	(Σ :3:12.11	200501524	3:08.82	+0,79	42.06	1:29.81	2:19.28	3:08.82
DIS Ada Eker	WZK	3:24.37	200504608						
<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdeste gedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.</i>									

Jeugd 1 en 2

1. Maaïke Issard	The Hague Swimming	(Σ :2:39.92	200300022	2:44.34	+0,78	37.35	1:18.89	2:01.19	2:44.34
2. Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:44.47	200404272	2:46.45	+0,80	37.68	1:20.21	2:03.17	2:46.45
3. Rinske Bouman	Rotterdam Swimming	(Σ :2:50.18	200400578	2:46.57	+0,79	38.30	1:20.56	2:03.24	2:46.57
4. Jade Geurts	WVZ	2:46.41	200402278	2:48.91	+0,75	37.82	1:19.91	2:03.17	2:48.91
5. Irma van der Wulp	WVZ	2:52.19	200401950	2:50.81	+0,78	38.91	1:22.60	2:06.55	2:50.81
6. Phaedra Meijer	z.c De Schotejil	2:59.09	200401354	2:56.06		38.47	1:23.16	2:08.99	2:56.06
Mara Bosman	The Hague Swimming	(Σ :3:04.99	200303048	2:56.06	+0,74	39.72	1:24.76	2:10.91	2:56.06
8. Maaïke van Lochem	Zoetermeer	3:01.29	200301390	2:59.08	+0,73	40.53	1:25.65	2:12.19	2:59.08
9. Jenna Klein	LinK	3:09.66	200400914	2:59.33	+0,76	40.26	1:26.57	2:12.64	2:59.33
10. Jet van Oudheusden	ZOB'66	3:00.26	200401012	2:59.37	+0,77	39.79	1:25.32	2:12.56	2:59.37
11. Tessa Poot	ZV Vlaardingen-Schied	3:01.18	200404264	3:01.85	+0,89	39.83	1:27.43	2:15.50	3:01.85
12. Sanne Vermeulen	The Hague Swimming	(Σ :2:58.94	200303902	3:02.58	+0,61	40.80	1:26.51	2:14.05	3:02.58
<i>*BU 200m</i>									
13. Melanie Marinus-Cruz	WVZ	3:10.66	200404702	3:05.77	+0,77	42.13	1:29.32	2:17.65	3:05.77
14. Lize van Stigt	LinK	3:09.77	200401510	3:11.77	+0,70	44.39	1:34.71	2:23.21	3:11.77
<i>*BU 100m</i>									
15. Marije de Jager	LinK	3:09.39	200301394	3:23.80	+0,71	44.66	1:35.69	2:30.09	3:23.80
16. Milou van Winkel	LinK	3:47.78	200402296	3:39.47	+0,82	47.06	1:42.45	2:41.14	3:39.47
DIS Daniëlle Vis	De Columbiaan 1	2:51.05	200401044						
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>									

NG.ZA Amy Koelman De Columbiaan 1 3:02.07 200300922

Senioren 1 en 2

1. Lotte Hosper	The Hague Swimming	(Σ :2:36.03	200201414	2:35.77	+0,77	34.86	1:14.11	1:54.45	2:35.77
2. Lynn Blommers	The Hague Swimming	(Σ :2:39.40	200105062	2:39.67	+0,66	35.27	1:15.51	1:56.78	2:39.67
3. Sophie de Jonge	WVZ	2:43.30	200200118	2:44.47	+0,73	37.40	1:18.49	2:01.25	2:44.47
4. Grace Anderson	WVZ	2:44.86	200200578	2:47.22	+0,75	37.18	1:19.53	2:03.19	2:47.22
5. Elyanne Boudestein	Zoetermeer	2:48.68	200101060	2:51.99	+0,78	37.39	1:20.47	2:05.99	2:51.99
6. Lieske Zijlstra	z.c De Schotejil	2:52.42	200200996	2:53.26	+0,81	39.87	1:23.72	2:07.99	2:53.26
7. Susan van Grol	Widex GZC Donk	2:56.38	200201344	2:54.75	+0,76	39.47	1:25.38	2:10.06	2:54.75
8. Anniek de Ruiters	Widex GZC Donk	2:52.78	200101224	2:55.21	+0,77	38.39	1:22.40	2:08.84	2:55.21
9. Anna Hoogenboezem	KZV de Lansingh	2:58.78	200200658	2:59.41		39.75	1:25.67	2:12.18	2:59.41

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 2, Dames, 200m schoolslag, Senioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
10. Manon Middelbos	z.c De Schotejil	2:54.32 200100056	3:01.21		39.98	1:25.11	2:12.42	3:01.21
11. Amy van Leersum	Poseidon'56	3:01.54 200200300	3:03.22	+0,78	40.22	1:26.96	2:15.34	3:03.22
12. Amber Hesper	Van Vliet-Barracuda	3:00.61 200202188	3:05.25	+0,75	39.22	1:24.96	2:13.54	3:05.25

Senioren

1. Ilse Rijnja	The Hague Swimming	(2:34.61 199802432	2:35.19	+0,71	34.52	1:13.39	1:54.02	2:35.19
2. Angelique van Vark	Z&PC De Gouwe	2:37.08 199701478	2:40.37	+0,68	35.56	1:15.58	1:57.94	2:40.37
3. Annemarie Meijer	Feijenoord Albion	2:39.38 199900964	2:44.49	+0,84	36.46	1:17.63	2:00.72	2:44.49
4. Lotte Middelbos	z.c De Schotejil	2:49.26 199900680	2:49.18	+0,77	37.30	1:19.66	2:03.85	2:49.18
5. Aylin van Uffelen	ZPB H&L Productions	2:53.37 199600352	2:58.06	+0,72	39.67	1:24.71	2:11.20	2:58.06
6. Moniek Heemskerk	ZVL-1886 1	2:51.83 199601964	3:06.58	+0,75	41.41	1:28.47	2:17.76	3:06.58

Programmanr. 3
24-11-2018 - 10:15

Heren, 200m vlinderslag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Junioren 1

1. Bas Blanker <i>*BU 150m</i>	ZPB H&L Productions	2:55.53 200601497	2:51.44	+0,72	37.27	1:21.80	2:07.56	2:51.44
2. Dimi Stoyanov <i>*BU 200m</i>	The Hague Swimming	(2:59.26 200601067	2:53.69	+0,84	35.77	1:19.42	2:06.12	2:53.69
3. Joshua Agussalim <i>*BU 50m</i>	Van Vliet-Barracuda	2:59.25 200600153	3:03.78		37.25	1:24.84	2:14.00	3:03.78

Junioren 2

1. Émile Fouzaï <i>*BU 200m</i>	The Hague Swimming	(2:34.16 200500263	2:32.42	+0,69	33.21	1:12.92	1:53.62	2:32.42
2. Yanieck Frijstein	The Hague Swimming	(2:42.91 200500329	2:40.08	+0,73	34.96	1:15.82	1:57.78	2:40.08
3. Björn Verkaik	The Hague Swimming	(3:01.00 200500411	2:42.26	+0,75	35.58	1:17.00	1:59.39	2:42.26
4. Casper Hoogervorst	De Columbiaan 1	3:03.81 200500183	2:58.15	+0,76	38.98	1:24.38	2:11.36	2:58.15

Junioren 3

1. Jay de Vries	Rotterdam Swimming	(2:25.29 200400669	2:21.61	+0,89	31.33	1:07.02	1:44.23	2:21.61
2. Pepijn van Egmond	WVZ	2:29.48 200402309	2:26.49	+0,74	31.57	1:08.42	1:46.57	2:26.49
3. Chris van der Hout	The Hague Swimming	(2:34.53 200401355	2:26.53	+0,79	30.69	1:07.99	1:47.26	2:26.53
4. Thijm Kruit	De Columbiaan 1	2:36.54 200401339	2:32.39	+0,77	33.92	1:12.24	1:51.05	2:32.39
5. Nathan Janssen	MNC Dordrecht	2:42.76 200401565	2:33.63	+0,73	33.35	1:12.82	1:54.00	2:33.63
6. Wen-Ye Chen	Rotterdam Swimming	(2:48.65 200402859	2:35.36	+0,68	33.27	1:12.20	1:53.46	2:35.36
7. Christian Kalle	z.c De Schotejil	2:51.29 200400687	2:39.79		34.46	1:15.21	1:57.41	2:39.79
NG Timo Kock	Rotterdam Swimming	(2:29.42 200400387						

Junioren 4

1. Michael Smink	The Hague Swimming	(2:17.60 200302169	2:17.19	+0,81	29.24	1:04.94	1:40.61	2:17.19
2. Milan Hamel	The Hague Swimming	(2:34.07 200302125	2:25.24	+0,66	31.46	1:08.97	1:46.81	2:25.24
3. Julian Stok	ZZ&PC De Devel	2:42.58 200300071	2:28.22	+0,82	32.16	1:09.48	1:49.12	2:28.22
4. Yassine Maas <i>*BU 200m</i>	The Hague Swimming	(2:34.06 200301505	2:29.51	+0,85	32.06	1:09.78	1:50.40	2:29.51
5. Jort Jongenelen	Zoetermeer	2:33.23 200303233	2:33.43	+0,75	32.65	1:11.05	1:52.25	2:33.43
6. Daan Hogerhuis	LinK	2:40.74 200300317	2:34.55	+0,85	32.49	1:10.48	1:51.58	2:34.55

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 3, Heren, 200m vlinderslag

Jeugd 1 en 2

1. Gerard Willighagen	Poseidon'56	2:08.50	200103663	2:09.82	+0,71	29.12	1:02.48	1:35.95	2:09.82
2. Freek Hollander	The Hague Swimming (:2:13.08	200103815		2:11.87	+0,79	29.34	1:02.83	1:37.22	2:11.87
3. Nikhom Westphal	SG SCOM/de Zeehond"2:14.98	200203329		2:12.23	+0,72	30.17	1:04.48	1:38.08	2:12.23
4. Guus Hoogduin	ZVL-1886 1	2:17.67	200201069	2:15.95	+0,79	29.86	1:04.06	1:39.91	2:15.95
5. Björn de Heus	ZV Vlaardingen-Schied2:25.36	200201077		2:27.73	+0,66	31.02	1:07.87	1:46.85	2:27.73
6. Justin Slootweg	MNC Dordrecht	2:34.42	200201407	2:38.39	+0,73	30.71	1:08.27	1:52.62	2:38.39
DIS Sean Niewold	WVZ	2:20.16	200204699		+0,75				

VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.

Senioren 1 en ouder

1. Ensger Kotterink	Feijenoord Albion	2:00.60	199403391	2:03.88	+0,66	27.59	58.47	1:30.43	2:03.88
2. Melvin Prins	ZPC Wiekslag	2:09.44	199500201	2:11.18	+0,69	27.43	59.41	1:34.55	2:11.18
3. Timo Dinkelberg	Feijenoord Albion	2:09.67	199300773	2:11.93	+0,69	29.03	1:02.88	1:37.91	2:11.93
4. Lars Schoffelmeer	ZPB H&L Productions	2:13.40	199501907	2:12.30	+0,78	29.50	1:02.95	1:36.82	2:12.30
5. Matthew Dullemond	Rotterdam Swimming (S2:14.19	199805005		2:12.37	+0,72	29.63	1:03.96	1:39.34	2:12.37
6. Daan Siebenheller	ZOB'66	2:15.57	199804955	2:16.62	+0,71	29.30	1:04.09	1:40.16	2:16.62
7. Jasper Breugem	WVZ	2:21.28	200000303	2:22.32		29.95	1:05.15	1:42.95	2:22.32
8. Noah Legerstee	WVZ	2:16.19	200003593	2:24.46	+0,80	30.41	1:05.54	1:43.34	2:24.46
9. Paul van Grol	Widex GZC Donk	2:30.59	199602951	2:27.33	+0,72	31.72	1:09.22	1:48.39	2:27.33
10. Bart Drechsel	Feijenoord Albion	2:26.37	198604135	2:27.91		30.38	1:06.82	1:45.66	2:27.91
AFGEM Ruben Stolk	ZPB H&L Productions	2:24.76	199005665						

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Dames, 50m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Robin Vermeulen	MNC Dordrecht	29.67	200700412	29.41 +0,83
2.	Ananda van der Wiel	WVZ	30.13	200701562	29.89 +0,68
3.	Thalia Meijer	z.c De Schotejil	31.76	200700730	30.84 +0,67
4.	Charlotte Woltjes	The Hague Swimming (SG)	31.32	200700110	30.99 +0,74
5.	Fleur Kamminga	WVZ	33.59	200701838	31.26
6.	Mila Oomens	Van Vliet-Barracuda	31.67	200700016	31.36 +0,63
7.	Daniek Wijnen	ZVL-1886 1	31.63	200701280	31.60 +0,70
8.	Floor Hogervorst	Noordwijkerhout	32.70	200701400	31.81
9.	Charlene Ruiters	De Columbiaan 1	32.18	200700522	32.05 +0,75
10.	Dide Provily	ZPC Wiekslag	32.81	200700480	32.12 +0,72
11.	Liza Voronov	WVZ	34.03	200700564	32.51 +0,66
12.	Yrsah Verheijen	The Hague Swimming (SG)	34.72	200700350	33.00 +0,72
13.	Britte Lodder	ZZ&PC De Devel	34.14	200702290	33.02 +0,68
14.	Esmee Ouwers	ZPB H&L Productions	34.43	200700936	33.12 +0,83
15.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	33.32	200700048	33.31 +0,57
16.	Samantha van der Jagt	ZZ&PC De Devel	34.51	200700220	33.35 +0,75
17.	Annieke Rupke	Widex GZC Donk	33.97	200700876	33.42
18.	Roos Schotmeijer	D'elft	35.18	200701010	34.02 +0,75
19.	Dominique Overduin	z.c De Schotejil	34.26	200700172	34.13 +0,83
20.	Evi Bol	ZPC Wiekslag	35.93	200700790	34.16
21.	Donna Verhoef	De Geul	34.76	200701934	34.27 +0,81
22.	Eloisa Gomes Delgado	Feijenoord Albion	35.47	200700812	34.32 +0,92
23.	Aukje Schonewille	ZPB H&L Productions	37.18	200702340	34.36 +0,76
24.	Sophie Adriaanse	De Columbiaan 1	34.77	200701066	35.03 +0,81
25.	Jaylin van der Linden	ZZ&PC De Devel	36.54	200701766	35.20 +0,77
26.	Renske Snip	De Columbiaan 1	35.30	200703628	35.40 +0,56
27.	Anoeska Wiltenburg	Widex GZC Donk	40.88	200703028	35.81 +0,72
28.	Lea Visser	ZPC Numansdorp	39.63	200703572	36.76 +0,78
29.	Nada Mghizrat	Widex GZC Donk	40.04	200702178	37.14 +0,68
30.	Semme van Ewijk	Widex GZC Donk	39.87	200701518	37.59 +0,81
31.	Katinka Smaling	Widex GZC Donk	40.01	200702180	38.16 +1,03
32.	Naema Smit	Widex GZC Donk	40.80	200702636	38.57 +0,68
33.	Storm Maliepaard	ZPC Numansdorp	38.52	200702310	39.48 +0,82
DIS	Janneke Twigt	KZV de Lansingh	35.69	200701040	+0,59
AA - Gestart voor het startsignaal (en wel gezwommen).					
NG	Renske van Eijdsen	Poseidon'56	35.81	200701948	

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Programmanr. 4, Dames, 50m vrije slag

Junioren 2

1.	Kimberly Ruiter	De Columbiaan 1	27.82	200600492	28.00	+0,78
2.	Elijdjah van der Heul	Rotterdam Swimming (SG)	30.15	200602180	29.54	+0,76
3.	Estelle van Wijngaarden	ZPB H&L Productions	30.52	200601020	30.14	+0,75
4.	Laura 't Lam	De Geul	31.09	200603376	30.15	+0,71
5.	Leyla Oversluisen	z.c De Schotejil	29.84	200602730	30.25	+0,71
6.	Sanne Slof	Van Vliet-Barracuda	31.05	200601810	30.31	+0,82
7.	Megan Jonkman	The Hague Swimming (SG)	32.38	200600508	30.41	+0,81
8.	Loïs van Valen	De Geul	31.65	200600396	30.93	+0,68
9.	Hilda Vrijbloed	De Duck	31.77	200600732	31.27	+0,74
10.	Mara Tims	Rotterdam Swimming (SG)	32.22	200601136	31.36	+0,73
11.	Avery Collins	The Hague Swimming (SG)	32.51	200603622	31.48	
12.	G. Schrijvers van Zenden	The Hague Swimming (SG)	31.34	200601618	31.60	+0,75
13.	Eva v.d. Slik	z.c De Schotejil	32.29	200602876	31.64	
14.	Jessica Pol	Poseidon'56	31.53	200600030	31.75	
15.	Nikita Snoeren	WVZ	32.06	200600342	31.78	+0,65
16.	Quinty Kersten	ZOB'66	34.13	200601166	31.82	+0,73
17.	Jamila de Lobel	SG SCOM/de Zeehond'73	33.20	200602320	32.01	+0,67
18.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	32.28	200602328	32.22	+0,80
19.	Nayely Acosta Avarado	D'elft	33.71	200602934	32.23	+0,68
20.	Noa Bijl	SG SCOM/de Zeehond'73	33.03	200603586	32.28	+0,76
21.	Luna van Hoff	ZPB H&L Productions	33.37	200601074	32.49	+0,71
22.	Suzanne Brunenberg	ZPC Wiekslag	34.56	200600170	33.17	+0,80
23.	Lotte Cornelissen	De Watervogels	33.27	200601182	33.25	+0,71
24.	Emma Suderee	MNC Dordrecht	34.35	200603598	33.30	
25.	Fieke Hoogduin	ZVL-1886 1	34.47	200600836	33.56	+0,69
26.	Puck van Rijn	De Watervogels	33.77	200603302	33.76	+0,71
27.	Noémi Oldenkamp	KZV de Lansingh	35.21	200600162	33.99	+0,75
28.	Charlize Rovers	De Kempvis	33.13	200600684	34.18	+0,88
29.	Zahra Day	The Hague Swimming (SG)	35.84	200601374	34.42	+0,77
30.	Evelien Holterman	Zoetermeer	33.84	200601124	34.49	+0,88
NG.ZA	Piera Stallen	Widex GZC Donk	36.58	200600510		
AFGEM	Meygan Leuring	ZVL-1886 1	33.91	200602366		+0,76

Junioren 3

1.	Jelsie van Ruijven	WVZ	27.60	200500282	27.73	+0,73
2.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	28.58	200500330	28.03	+0,72
3.	Anique Hazebroek	The Hague Swimming (SG)	28.83	200502196	28.98	+0,77
4.	Madelief Mans	The Hague Swimming (SG)	30.79	200501260	29.19	+0,81
5.	Sophie Buurman	ZPC Wiekslag	30.74	200502530	29.31	
6.	Asha van Lobberegt	Feijenoord Albion	29.48	200500088	29.39	+0,69
7.	Marit Huisman	Van Vliet-Barracuda	29.95	200502620	29.54	
8.	Isa Maes	Feijenoord Albion	29.65	200500110	29.57	+0,76
9.	Yente Bouwmeester	De Columbiaan 1	30.25	200500340	29.73	+0,74
10.	Niké Telkamp	The Hague Swimming (SG)	30.69	200501088	29.96	+0,68
11.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	30.67	200501256	30.18	+0,68
12.	Vivianne Woltjes	The Hague Swimming (SG)	31.29	200501524	30.32	+0,84
13.	Laura Hoogenboezem	KZV de Lansingh	30.67	200500390	30.34	+0,78
14.	Emma Verkuijl	Van Vliet-Barracuda	30.83	200500826	30.40	+0,75
15.	Anastasia Romano	MNC Dordrecht	30.13	200501076	30.45	
16.	Soscha van den Heuvel	ZPC Numansdorp	30.52	200500804	30.49	+0,83
17.	Britt van't Zant	Feijenoord Albion	30.35	200501170	30.53	+0,71
18.	Elise Vink	De Columbiaan 1	31.29	200502588	30.58	+0,78
19.	Mar Stoel	De Columbiaan 1	31.22	200500520	30.68	+0,76
20.	Madoline Held	The Hague Swimming (SG)	31.17	200503412	30.75	+0,73
21.	Lyke Buscop	z.c De Schotejil	30.92	200500552	30.81	
22.	Felicia Adema	D'elft	31.63	200501310	30.82	+0,73
23.	Anouchka Bos	Van Vliet-Barracuda	31.30	200501528	30.88	+0,74
24.	Aisha Nobels	z.c De Schotejil	31.04	200501710	31.01	+0,70
25.	Milou Adriaanse	De Columbiaan 1	31.71	200500968	31.08	
26.	Elisabeth Kruger	Feijenoord Albion	33.70	200503938	31.09	+0,74
27.	Lilian Kint	Rotterdam Swimming (SG)	33.86	200503408	31.25	+0,70
28.	Daphne van Tilburg	De Geul	32.30	200500580	31.39	+0,79
29.	Milou Demirel	The Hague Swimming (SG)	31.88	200501254	31.54	+0,82
30.	Meira Simons	The Hague Swimming (SG)	32.36	200502984	31.63	+0,85
31.	Emi Schipper	ZOB'66	30.90	200502126	31.64	+0,72
32.	Sylvie Roos	Feijenoord Albion	31.52	200502772	31.85	+0,75
33.	Femke van Dam	ZV Vlaardingen-Schiedam	32.36	200504548	32.21	+0,74
34.	Anna van Oudheusden	Z&PC De Gouwe	33.07	200503774	32.82	+0,64

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Programmanr. 4, Meisjes, 50m vrije slag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT
35.	Amber Saabeel	Rotterdam Swimming (SG)	34.19	200503838	32.91	+0,76
36.	Peggy Blom	Z&PC De Gouwe	33.39	200503166	32.92	
	<i>*BU 50m</i>					
37.	Ada Eker	WZK	33.11	200504608	33.10	
38.	Noor Frijlink	De Columbiaan 1	33.59	200500970	33.66	+0,69
39.	Maud van der Burgh	ZOB'66	35.10	200502990	33.88	
40.	Nynke Roosendaal	Feijenoord Albion	33.26	200502040	34.01	+0,71
DIS	Karlijn Offeringa	ZV Vlaardingen-Schiedam	29.71	200503292		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Annick Ouwendijk	ZPB H&L Productions	34.30	200503912		
NG	Evelyn Liket	ZV Vlaardingen-Schiedam	29.31	200503118		

Jeugd 1 en 2

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	26.04	200400258	26.03	+0,64
2.	Milou van Wijk	MNC Dordrecht	26.74	200404948	26.53	+0,72
3.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	27.76	200404272	28.23	+0,82
4.	Phaedra Meijer	z.c De Schotejil	28.57	200401354	28.25	+0,78
5.	Isis Naaktgeboren	ZZ&PC De Devel	29.69	200403914	28.76	+0,75
6.	Suzanne Dorsman	D'elft	29.38	200303314	28.87	
7.	Megan de Hoog	SG SCOM/de Zeehond'73	28.49	200300214	28.89	+0,77
8.	Fee Smittenaar	De Columbiaan 1	29.52	200303060	28.94	+0,65
9.	Wendy ten Wolde	ZPC Wiekslag	29.13	200302658	28.95	+0,71
10.	Lara Hoeksema	The Hague Swimming (SG)	29.46	200400514	28.97	+0,78
11.	Rinske Bouman	Rotterdam Swimming (SG)	29.07	200400578	29.02	
12.	Michelle van der Steen	ZV Vlaardingen-Schiedam	28.78	200300052	29.12	
13.	Sanne Vermeulen	The Hague Swimming (SG)	28.69	200303902	29.22	+0,80
	Julia Notenboom	De Columbiaan 1	29.79	200302596	29.22	+0,80
15.	Kim de Jong	LinK	29.38	200301026	29.24	+0,80
16.	Mandy van der Meijden	Widex GZC Donk	29.76	200402574	29.31	+0,72
17.	Nora van der Steen	LinK	29.11	200403458	29.43	+0,74
18.	Renee de Kleer	Widex GZC Donk	33.03	200301064	29.66	+0,85
19.	Daniëlle Vis	De Columbiaan 1	29.97	200401044	29.82	+0,77
20.	Fenna Herwig	ZPC Wiekslag	29.59	200400908	29.98	+0,73
21.	Joyce van 't Hof	ZZ&PC De Devel	29.32	200302122	30.01	+0,71
22.	Jenna Klein	LinK	31.00	200400914	30.02	+0,78
23.	Robine Boer	De Columbiaan 1	31.25	200402180	30.06	+0,75
24.	Tessa Poot	ZV Vlaardingen-Schiedam	29.71	200404264	30.10	
25.	Isabel Scheepbouwer	ZPC Wiekslag	30.87	200301106	30.13	+0,69
26.	Marije de Jager	LinK	30.50	200301394	30.14	+0,66
27.	Esther Reinders	KZV de Lansingh	30.19	200301798	30.43	+0,69
28.	Anique Star	De Columbiaan 1	30.34	200400446	30.48	+0,83
29.	Mara Bosman	The Hague Swimming (SG)	31.19	200303048	30.66	
	Britt van Bommel	De Columbiaan 1	29.88	200301982	30.66	+0,82
31.	Jet van Oudheusden	ZOB'66	31.11	200401012	30.70	+0,72
32.	Lize van Stigt	LinK	30.26	200401510	30.73	+0,65
33.	Carmen Lems	KZV de Lansingh	31.44	200402632	30.89	
34.	Zoë Molenaar	Zoetermeer	30.47	200300978	30.91	
35.	Jade Geurts	WVZ	30.83	200402278	31.12	+0,77
36.	Feline Jonkers	Poseidon'56	30.95	200401160	31.36	+0,78
	Kim Rutters	De Kempvis	30.61	200302318	31.36	+1,95
38.	Juliette Boon	ZZ&PC De Devel	30.83	200401908	31.55	+0,84
39.	Lucile Bazalgette	D'elft	32.37	200403484	31.72	+0,64
40.	Valerie Bulten	Poseidon'56	31.84	200300888	31.81	+0,71
41.	Serena den Tuinder	ZPC Numansdorp	32.33	200303552	32.04	+0,80
42.	Melanie Marinus-Cruz	WVZ	31.65	200404702	32.40	+0,79
43.	Julia de Heide	KZV de Lansingh	31.77	200302934	32.48	+0,68
44.	Feija de Bruin	WVZ	32.93	200400106	32.82	+0,74
45.	Maaïke van Lochem	Zoetermeer	32.45	200301390	33.06	+0,69
46.	Esmeralda Elbers	ZOB'66	33.07	200404888	33.45	+0,73
47.	Milou van Winkel	LinK	34.09	200402296	34.02	+0,81
DIS	Femke Hoppenbrouwer	The Hague Swimming (SG)	26.80	200301124		+0,61
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
NG.ZA	Amy Koelman	De Columbiaan 1	31.39	200300922		
NG	Mandy Pol	Poseidon'56	31.08	200302052		
NG	Isa van der Zalm	Poseidon'56	31.71	200304156		
NG	Joyce Lodder	ZPC Wiekslag	31.67	200302268		

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Senioren 1 en 2

1.	Lynn Blommers	The Hague Swimming (SG)	26.84	200105062	26.80	+0,66
2.	Lotte Hosper	The Hague Swimming (SG)	27.44	200201414	27.04	+0,72
3.	Maaïke Broersma	BZ en PC	27.32	200201522	27.46	+0,74
4.	Sophie de Jonge	WVZ	27.26	200200118	27.48	+0,72
5.	Sam IJzerman	De Geul	27.18	200101204	27.56	+0,67
6.	Ilse Kraaijeveld	The Hague Swimming (SG)	27.60	200202190	27.58	+0,73
7.	Sanne Busch	MNC Dordrecht	27.24	200101486	27.93	+0,74
8.	Sanne Heemskerck	ZVL-1886 1	28.60	200100600	28.00	+0,70
9.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	28.49	200100904	28.21	+0,64
	Anne de Kleer	Widex GZC Donk	31.21	200102504	28.21	+0,84
11.	Robin Pienaar	Van Vliet-Barracuda	28.81	200102236	28.42	+0,81
	Nienke Mierop	z.c De Schotejil	28.68	200203294	28.42	+0,73
13.	Giulia Corsi	De Columbiaan 1	28.53	200100468	28.60	+0,76
14.	Isa Boom	MNC Dordrecht	27.97	200200186	28.61	+0,71
15.	Lara Idsinga	ZZ&PC De Devel	29.03	200200678	28.98	+0,75
16.	Lotte Tillemans	z.c De Schotejil	28.98	200200692	29.00	+0,73
17.	Annie de Ruiter	Widex GZC Donk	28.87	200101224	29.02	+0,81
18.	Esmée Roodenburg	De Geul	28.84	200100040	29.03	+0,71
19.	Amy van Leersum	Poseidon'56	29.02	200200300	29.09	+0,77
20.	Manon Middelbos	z.c De Schotejil	28.83	200100056	29.13	+0,77
21.	Marbel Diderik	De Columbiaan 1	28.94	200205752	29.18	
22.	Catharina Chulick	WVZ	29.05	200106304	29.20	+0,70
23.	Amber Hesper	Van Vliet-Barracuda	29.23	200202188	29.22	+0,75
24.	Rozemarijn van Haaff	ZOB'66	28.76	200201852	29.23	
25.	Lieske Zijlstra	z.c De Schotejil	29.69	200200996	29.47	+0,82
26.	Grace Anderson	WVZ	28.75	200200578	29.55	+0,76
27.	Lisanne Dijkman	Zoetermeer	27.90	200102676	29.64	
28.	Anne Straub	Zoetermeer	29.04	200201402	29.71	+0,76
29.	Anouk Vis	De Columbiaan 1	29.99	200203322	29.93	+0,77
30.	Jana Driest	Widex GZC Donk	31.16	200103582	30.26	+0,73
31.	Angelina Schellen	SG SCOM/de Zeehond'73	30.77	200203618	30.30	+0,70
32.	Faustine Mussig	De Geul	29.52	200202080	30.37	+0,72
33.	Sara Claps	The Hague Swimming (SG)	30.39	200205916	30.80	+0,72
34.	Susan van Grol	Widex GZC Donk	30.59	200201344	31.48	+0,72
35.	Myrthe van Wijngaarden	KZV de Lansingh	31.62	200204862	32.10	+0,71

Senioren

1.	Angelique van Vark	Z&PC De Gouwe	27.46	199701478	27.27	+0,72	
2.	Mariska Scheel	KZV de Lansingh	27.32	199306344	27.29	+0,74	
3.	Miranda Nijenhuis	De Columbiaan 1	26.78	199204076	27.36	+0,80	
4.	Babette van der Kaaij	Rotterdam Swimming (SG)	28.67	199902234	27.62		
5.	Alisha Vieira	Rotterdam Swimming (SG)	28.92	199904554	27.99	+0,66	
6.	Annemarie Meijer	Feijenoord Albion	28.86	199900964	28.35	+0,80	
7.	Lauren van IJll	WVZ	28.11	200001064	28.36	+0,70	
8.	Lotte Middelbos	z.c De Schotejil	28.08	199900680	28.38	+0,73	
9.	Inge van der Hoek	The Hague Swimming (SG)	28.82	199204034	28.52	+0,72	
	Fenna de Groot	Feijenoord Albion	29.01	199701796	28.52	+0,66	
11.	Lincy de Winter	The Hague Swimming (SG)	28.48	199805886	28.61	+0,74	
12.	Nilce Mendes Barbosa	Feijenoord Albion	28.73	199800214	28.75	+0,65	
13.	Nikita Herwig	ZPC Wiekslag	28.49	199903552	28.81	+0,73	
14.	Wendy de Bruin	ZOB'66	29.07	199206320	28.92	+0,64	
15.	Sanne Hobé	Poseidon'56	29.14	200000826	29.06	+0,74	
16.	Karen van Dee	SG SCOM/de Zeehond'73	30.05	199604074	29.80	+0,81	
17.	Kayra Deger	Rotterdam Swimming (SG)	30.10	200003890	30.27	+0,65	
18.	Lianne Boegheim	Widex GZC Donk	29.51	199805454	30.58	+0,76	
19.	Kirana Hoogenbosch	De Geul	30.15	200003428	30.88	+0,66	
20.	Jonne Moleman	LinK	32.89	200006264	33.65	+0,96	S10
NG	Kelly Wigleven	Poseidon'56	29.43	199500058			593

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Heren, 100m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
Junioren 1								
1.	Daan Sonneveld	WVZ	1:10.84	200601085	1:08.52	+0,70	33.00	1:08.52
2.	Thom de Hoog	SG SCOM/de Zeehond'73	1:16.74	200600019	1:13.28	+0,71	35.94	1:13.28
3.	Joris Lissenberg	The Hague Swimming (SG)	1:17.40	200600585	1:15.22	+0,77	36.39	1:15.22
4.	Mark Demianenko	Zoetermeer	1:16.59	200600409	1:15.55	+0,68	37.17	1:15.55
5.	Bjorn Rijkaart	BZ en PC	1:17.69	200601337	1:16.82	+0,70	37.48	1:16.82
6.	Laurens Kalle	z.c De Schotelijk	1:18.83	200600161	1:18.01	+0,73	37.34	1:18.01
7.	Bas Bechtold	Van Vliet-Barracuda	1:24.30	200600007	1:18.27	+0,61	38.42	1:18.27
8.	Benjamin Vermeer	Zoetermeer	1:17.63	200600177	1:18.46	+0,60	37.78	1:18.46
9.	Floris Wassenaar	WVZ	1:23.77	200600649	1:18.66	+0,67	37.90	1:18.66
10.	Sven Eschbach	ZZ&PC De Devel	1:18.17	200602013	1:18.85	+0,57	37.42	1:18.85
11.	Thijs van den Berg	The Hague Swimming (SG)	1:22.32	200600971	1:19.16	+0,73	38.34	1:19.16
12.	Bas Blanker	ZPB H&L Productions	1:18.18	200601497	1:19.52	+0,64	38.72	1:19.52
13.	Tibbe Veldboer	ZPB H&L Productions	1:24.69	200600911	1:22.37	+0,77	40.32	1:22.37
14.	Thomas Klaassen	ZOB'66	1:29.59	200601535	1:26.08	+0,70	41.12	1:26.08
Junioren 2								
1.	Menno Wieringa	KZV de Lansingh	1:07.47	200500927	1:06.51	+0,58	32.09	1:06.51
2.	Gabriel Been	The Hague Swimming (SG)	1:12.56	200501467	1:07.20	+0,73	31.96	1:07.20
3.	Björn Verkaik	The Hague Swimming (SG)	1:10.02	200500411	1:08.87	+0,76	33.49	1:08.87
4.	River Streefland	The Hague Swimming (SG)	1:10.13	200502253	1:09.94	+0,75	34.40	1:09.94
5.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:10.30	200500781	1:10.24	+0,64	34.91	1:10.24
6.	Yanieck Frijstein	The Hague Swimming (SG)	1:12.36	200500329	1:11.85	+0,76	35.28	1:11.85
7.	Luuk Bogaert	De Watervogels	1:14.36	200503203	1:13.27	+0,58	35.09	1:13.27
8.	Émile Fouzai	The Hague Swimming (SG)	1:21.49	200500263	1:15.59	+0,65	36.66	1:15.59
9.	Tim van Lochem	Zoetermeer	1:15.55	200500077	1:15.68	+0,58	37.03	1:15.68
10.	Tjomme de Tender	De Geul	1:18.32	200502187	1:16.77	+0,95	36.97	1:16.77
11.	Onno Roeleveld	De Columbiaan 1	1:16.70	200502775	1:16.85	+0,68	36.50	1:16.85
12.	Aaïke de Tender	De Geul	1:15.17	200502189	1:17.76	+0,65	37.44	1:17.76
13.	Yassine Mellah	Widex GZC Donk	1:22.73	200502159	1:18.76	+0,73	38.55	1:18.76
14.	Sytze van Stein	Link	1:19.85	200501155	1:20.76	+0,63	39.34	1:20.76
15.	Nikita Lubbe	ZPB H&L Productions	1:21.22	200502219	1:24.69	+0,66	40.43	1:24.69
Junioren 3								
1.	Jay de Vries	Rotterdam Swimming (SG)	1:02.79	200400669	1:02.32	+0,73	30.15	1:02.32
2.	Abel te Riele	WVZ	1:05.27	200402317	1:03.40	+0,63	30.82	1:03.40
3.	Chris van der Hout	The Hague Swimming (SG)	1:04.28	200401355	1:04.42	+0,77	32.06	1:04.42
4.	Jason van den Berg	Rotterdam Swimming (SG)	1:07.14	200400009	1:06.42	+0,73	32.59	1:06.42
5.	Max van Schagen	De Columbiaan 1	1:09.59	200402591	1:06.47	+0,61	31.79	1:06.47
6.	Pepijn van Egmond	WVZ	1:07.44	200402309	1:07.20	+0,73	32.74	1:07.20
7.	Sem Verberg	The Hague Swimming (SG)	1:07.53	200402105	1:07.73	+0,81	32.64	1:07.73
8.	Kun Woo Kim	The Hague Swimming (SG)	1:08.75	200401361	1:08.31	+0,75	33.47	1:08.31
9.	Julien Tanis	Rotterdam Swimming (SG)	1:07.59	200401045	1:08.71	+0,62	33.44	1:08.71
10.	Loeka Wubben	The Hague Swimming (SG)	1:09.64	200400307	1:09.01	+0,74	33.88	1:09.01
11.	Timo Huizer	ZPC Wiekslag	1:13.61	200401125	1:11.86	+0,73	35.06	1:11.86
12.	Niels van der Mast	ZPC Numansdorp	1:12.06	200401917	1:11.95	+0,75	35.10	1:11.95
	<i>*BU 100m</i>							
13.	Daniel 't Mannetje	z.c De Schotelijk	1:18.24	200400183	1:12.03	+0,73	35.04	1:12.03
14.	Thomas van Peenen	De Columbiaan 1	1:12.60	200400097	1:12.16	+0,62	35.15	1:12.16
15.	Thijm Kruit	De Columbiaan 1	1:14.51	200401339	1:13.40	+0,69	36.03	1:13.40
16.	Lars van den Heuvel	ZPB H&L Productions	1:14.53	200402623	1:15.10	+0,74	36.85	1:15.10
17.	Timon Wijsman	D'elft	1:14.91	200403707	1:15.21	+0,70	36.69	1:15.21
18.	Marijn Dekkers	Widex GZC Donk	1:17.07	200402275	1:16.23	+0,74	37.08	1:16.23
NG	Timo Kock	Rotterdam Swimming (SG)	1:04.97	200400387				

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Programmanr. 5, Heren, 100m rugslag

Junioren 4

1.	Keanu Streefland	The Hague Swimming (SG)	58.55	200302445	59.88	+0,67	28.71	59.88
2.	Jelle Bon	ZV Vlaardingen-Schiedam	1:02.92	200301077	1:02.26	+0,62	29.81	1:02.26
3.	Michael Smink	The Hague Swimming (SG)	1:04.63	200302169	1:03.41	+0,73	31.03	1:03.41
4.	Perry Laarhoven	ZPC Numansdorp	1:06.22	200301321	1:05.28	+0,77	31.81	1:05.28
5.	Stefan Groen	KZV de Lansingh	1:08.48	200301179	1:06.08	+0,61	32.26	1:06.08
6.	Daan Hogerhuis	LinK	1:06.25	200300317	1:06.64	+0,69	32.48	1:06.64
7.	Bjarne Buijs	The Hague Swimming (SG)	1:07.04	200301089	1:08.50	+0,79	33.48	1:08.50
8.	Chris Vogelaar	ZVL-1886 1	1:09.80	200302241	1:08.87	+0,72	33.26	1:08.87
9.	Nils Mulder	MNC Dordrecht	1:10.53	200300049	1:10.66	+0,70	34.28	1:10.66
10.	Julian Stok	ZZ&PC De Devel	1:09.63	200300071	1:10.74	+0,75	34.48	1:10.74
11.	Thimo van Beek	ZVL-1886 1	1:13.54	200301347	1:12.37	+0,62	34.83	1:12.37
12.	Tygo Korving	ZPB H&L Productions	1:11.33	200300773	1:12.73	+0,70	34.92	1:12.73
13.	Mike van Huizen	ZPC Numansdorp	1:13.85	200300891	1:13.47	+0,81	36.24	1:13.47
14.	Quinten Nieuwenhuis	WZK	1:11.83	200304577	1:13.56	+0,75	35.59	1:13.56
15.	Jort Jongenelen	Zoetermeer	1:14.60	200303233	1:15.79	+0,56	36.98	1:15.79
16.	Yassine Maas	The Hague Swimming (SG)	1:11.86	200301505	1:16.17	+0,97	36.50	1:16.17
AFGEM	Dylan Jansen	WVZ	1:02.28	200300817				

Jeugd 1 en 2

1.	Ivo Stolk	SG SCOM/de Zeehond'73	57.27	200100615	58.86	+0,70	29.02	58.86
2.	Nikhom Westphal	SG SCOM/de Zeehond'73	58.36	200203329	59.32	+0,62	29.47	59.32
3.	Jarno Verbeek	Zoetermeer	58.81	200200931	1:00.07	+0,69	29.74	1:00.07
4.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	1:00.47	200203079	1:00.30	+0,68	29.45	1:00.30
5.	Tjeerd van Stein	LinK	1:00.53	200101439	1:00.52	+0,70	29.83	1:00.52
6.	Sjoerd van Weelden	PCG	1:02.82	200101217	1:01.69	+0,69	29.77	1:01.69
7.	Gerard Willighagen	Poseidon'56	1:01.90	200103663	1:01.76	+0,72	30.35	1:01.76
8.	Viktor Koets	De Columbiaan 1	1:00.42	200201677	1:02.17	+0,67	30.31	1:02.17
9.	Sander Iuga	Feijenoord Albion	1:02.18	200101389	1:02.66	+0,65	30.25	1:02.66
10.	Wesley Scheepbouwer	ZPC Wiekslag	1:03.39	200101959	1:03.22	+0,53	30.41	1:03.22
11.	Scott Jansen	WVZ	1:02.05	200202455	1:03.47	+0,67	30.65	1:03.47
12.	Rolf Jens	PCG	1:03.47	200100527	1:04.03	+0,68	30.30	1:04.03
13.	Jarno van Oijen	Feijenoord Albion	1:05.12	200100055	1:05.68	+0,85	31.29	1:05.68
14.	Guus Hoogduin	ZVL-1886 1	1:05.09	200201069	1:05.91	+0,80	31.91	1:05.91
15.	Bas van Nisius	The Hague Swimming (SG)	1:10.54	200202107	1:06.55	+0,71	32.64	1:06.55
16.	Wessel Bonkestoter	Widex GZC Donk	1:07.45	200100625	1:07.36	+0,56	33.16	1:07.36
17.	Boy Borreman	LinK	1:09.31	200102751	1:07.53	+0,58	33.00	1:07.53
18.	Björn de Heus	ZV Vlaardingen-Schiedam	1:06.33	200201077	1:07.83	+0,66	32.56	1:07.83
19.	Robert Speksnijder	ZPB H&L Productions	1:08.56	200200429	1:08.70	+0,67	33.15	1:08.70
AFGEM	Dylano Termoshuizen	WVZ	1:03.78	200202169				

Senioren 1 en ouder

1.	Ensgor Kotterink	Feijenoord Albion	53.15	199403391	54.79	+0,60	26.31	54.79
2.	Melvin Prins	ZPC Wiekslag	57.79	199500201	58.39	+0,62	28.39	58.39
3.	Jason Vlasopoulos	The Hague Swimming (SG)	1:02.25	199905313	59.35	+0,59	28.77	59.35
4.	Jonne Schaafsma	The Hague Swimming (SG)	1:00.51	199800745	1:00.27	+0,61	29.46	1:00.27
5.	Jorian Tanis	z.c De Schotejil	1:01.46	199900327	1:00.58	+0,71	29.90	1:00.58
6.	Thijs Molendijk	D'elft	1:01.21	199900477	1:00.60	+0,62	29.58	1:00.60
7.	Dave Jansen	WVZ	1:00.46	199805299	1:00.73	+0,65	29.77	1:00.73
8.	Timo Dinkelberg	Feijenoord Albion	1:00.51	199300773	1:01.08	+0,70	29.69	1:01.08
9.	Derk Jan Speelman	Rotterdam Swimming (SG)	59.78	199602425	1:01.18	+0,69	29.52	1:01.18
10.	Robin van Beek	ZVL-1886 1	1:03.47	199704023	1:02.73	+0,62	29.97	1:02.73
11.	Daan Siebenheller	ZOB'66	1:03.95	199804955	1:02.77	+0,64	30.45	1:02.77
12.	Jasper Breugem	WVZ	1:02.22	200000303	1:02.93	+0,72	30.82	1:02.93
13.	Noah Legerstee	WVZ	1:02.45	200003593	1:03.29	+0,72	30.39	1:03.29
14.	Duncan van Haaren	Widex GZC Donk	1:03.11	200000681	1:03.80	+0,74	31.12	1:03.80
15.	David Kievit	z.c De Schotejil	1:02.77	199900325	1:03.92	+0,87	31.27	1:03.92
16.	Aron Paasse	z.c De Schotejil	1:03.83	200000099	1:04.41	+0,65	31.63	1:04.41
17.	Tristan Stam	ZOB'66	1:07.30	199903551	1:07.58	+0,68	32.27	1:07.58
18.	Ian van Mullem	ZOB'66	1:09.29	199602545	1:08.93	+0,58	33.31	1:08.93
BM	Ivo van Dijk	The Hague Swimming (SG)	1:02.21	199702985	1:08.61	+0,65	28.64	1:08.61

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Programmanr. 6
24-11-2018 - 11:30

Meisjes, 4 x 200m vrije slag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Barracuda 1 Van Vliet-Barracuda	9:41.12	9:38.35	+0,74
	Anouchka Bos 05	+0,74 33.63	1:10.84 1:50.46	2:28.53 2:28.53
	Marit Huisman 05	+0,42 31.73	1:07.92 1:46.39	2:24.31 2:24.31
	Sanne Slof 06	+0,64 33.67	1:11.21 1:49.97	2:26.88 2:26.88
	Emma Verkuil 05	+0,58 31.82	1:06.95 1:43.25	2:18.63 2:18.63
2.	De Columbiaan 1 *BU 600m De Columbiaan 1	9:57.33	9:48.41	+0,68
	Milou Adriaanse 05	+0,68 33.86	1:11.83 1:51.63	2:28.39 2:28.39
	Yente Bouwmeester 05	+0,28 32.37	1:09.16 1:48.11	2:26.57 2:26.57
	Elise Vink 05	+0,41 32.98	1:09.52 1:48.63	2:26.92 2:26.92
	Mar Stoel 05	31.99	1:08.78 1:48.10	2:26.53 2:26.53
3.	De Schotejil 1 z.c De Schotejil	9:55.63	9:51.43	+0,75
	Leyla Oversluisen 06	+0,75 32.53	1:09.84 1:48.35	2:24.55 2:24.55
	Thalia Meijer 07	+0,66 34.39	1:13.66 1:55.26	2:35.18 2:35.18
	Lyke Buscoop 05	+0,45 33.04	1:10.78 1:50.89	2:28.97 2:28.97
	Aisha Nobels 05	+0,49 32.50	1:09.41 1:46.65	2:22.73 2:22.73
4.	The Hague Swimming (SG) 1 The Hague Swimming (SG)	10:16.72	10:05.27	+0,76
	Charlotte Woltjes 07	+0,76 33.91	1:11.75 1:51.08	2:30.08 2:30.08
	Zahra Day 06	+0,46 35.60	1:15.86 1:58.64	2:40.15 2:40.15
	Madoline Held 05	+0,71 33.96	1:12.40 1:53.16	2:31.91 2:31.91
	Niké Telkamp 05	+0,45 32.00	1:08.15 1:45.71	2:23.13 2:23.13
5.	WVZ 1 *BU 50m WVZ	10:42.37	10:18.79	+0,71
	Ananda van der Wiel 07	+0,71 33.58	1:11.99 1:55.80	2:26.30 2:26.30
	Nikita Snoeren 06	34.78	1:14.90 1:55.80	2:33.45 2:33.45
	Liza Voronov 07	+0,48 34.46	1:14.34 1:56.84	2:31.91 2:31.91
	Fleur Kamminga 07	+0,62 35.04	1:15.70 1:57.92	2:40.30 2:40.30

Programmanr. 7
24-11-2018 - 11:45

Dames, 4 x 200m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	The Hague Swimming (SG) 1 The Hague Swimming (SG)	8:50.12	8:48.91	
	Mara Bosman 03	30.78	1:05.48 1:41.64	2:17.89 2:17.89
	Sacha van den Dobbelsteen 01	+1,34 30.53	1:05.62 1:42.05	2:18.05 2:18.05
	Lotte Hosper 02	+0,28 27.79	58.68 1:31.01	2:03.29 2:03.29
	Femke Hoppenbrouwer 03	+0,25 28.83	1:01.92 1:36.00	2:09.68 2:09.68
2.	De Schotejil 1 z.c De Schotejil	9:11.68	9:12.82	+0,80
	Lieske Zijlstra 02	+0,80 32.34	1:07.74 1:42.66	2:16.76 2:16.76
	Lotte Tillema 02	+0,51 30.72	1:04.83 1:40.36	2:16.53 2:16.53
	Phaedra Meijer 04	+0,72 31.21	1:06.48 1:43.33	2:20.25 2:20.25
	Lotte Middelbos 99	+0,58 30.88	1:06.04 1:42.45	2:19.28 2:19.28
3.	De Columbiaan 1 De Columbiaan 1	9:19.56	9:17.94	+0,79
	Daniëlle Vis 04	+0,79 32.00	1:07.14 1:42.85	2:17.98 2:17.98
	Giulia Corsi 01	+0,48 32.17	1:08.17 1:43.62	2:17.17 2:17.17
	Marbel Diderik 02	+0,61 32.10	1:08.13 1:45.65	2:23.85 2:23.85
	Anouk Vis 02	+0,36 31.81	1:06.62 1:43.04	2:18.94 2:18.94
4.	De Geul 1 De Geul	9:16.96	9:20.31	+0,75
	Faustine Mussig 02	+0,75 32.96	1:10.06 1:48.83	2:26.24 2:26.24
	Debra de Lange 02	+0,10 32.38	1:09.01 1:46.66	2:23.14 2:23.14
	Esmée Roodenburg 01	+0,30 30.60	1:05.81 1:42.57	2:18.94 2:18.94
	Sam IJerman 01	+0,23 28.97	1:01.87 1:36.55	2:11.99 2:11.99
5.	WVZ 1 WVZ	9:36.66	9:31.07	+0,71
	Sophie de Jonge 02	+0,71 29.64	1:02.20 1:35.63	2:08.06 2:08.06
	Melanie Marinus-Cruz 04	+0,76 34.03	1:11.59 1:51.03	2:27.23 2:27.23
	Feija de Bruin 04	+0,45 33.50	1:10.62 1:48.96	2:27.82 2:27.82
	Jade Geurts 04	+0,52 33.57	1:11.30 1:49.68	2:27.96 2:27.96
6.	Zoetermeer 1 Zoetermeer	9:36.28	9:39.57	+0,75
	Elyanne Boudestein 01	+0,75 31.32	1:07.24 1:45.03	2:23.42 2:23.42
	Zoë Molenaar 03	+0,47 32.87	1:11.86 1:52.46	2:29.88 2:29.88
	Lisanne Dijkman 01	+0,42 31.28	1:07.12 1:44.17	2:21.54 2:21.54
	Anne Straub 02	+0,44 31.43	1:07.86 1:46.26	2:24.73 2:24.73
7.	LinK 1 *BU 750m LinK	9:24.79	9:43.09	+0,84
	Kim de Jong 03	+0,84 32.82	1:08.90 1:45.34	2:20.43 2:20.43
	Jenna Klein 04	+0,82 32.59	1:09.82 1:49.61	2:26.92 2:26.92
	Marije de Jager 03	+0,32 32.01	1:09.33 1:50.15	2:30.78 2:30.78
	Nora van der Steen 04	+0,19 31.23	1:07.29 1:45.71	2:24.96 2:24.96

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Programmanr. 7, Dames, 4 x 200m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT
8.	ZOB'66 1	ZOB'66	9:37.22	9:50.37 +0,58
	Wendy de Bruin	92	+0,58 32.02	1:07.60 1:43.69 2:18.70 2:18.70
	Jet van Oudheusden	04	+0,40 33.32	1:11.03 1:50.73 2:29.87 2:29.87
	Emi Schipper	05	+0,46 36.65	1:18.26 2:00.73 2:43.05 2:43.05
	Rozemarijn van Haaff	02	+0,20 31.44	1:06.67 1:43.53 2:18.75 2:18.75
9.	GZC Donk 1	Widex GZC Donk	9:37.78	9:50.69 +0,77
	Susan van Grol	02	+0,77 34.37	1:13.40 1:53.12 2:32.02 2:32.02
	Mandy van der Meijden	04	+0,38 32.83	1:10.62 1:51.12 2:29.93 2:29.93
	Renee de Kleer	03	+0,58 31.86	1:07.37 1:46.47 2:26.14 2:26.14
	Anniek de Ruitter	01	+0,28 32.52	1:09.33 1:47.09 2:22.60 2:22.60

Programmanr. 8
24-11-2018 - 13:30

Heren, 100m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1							
1.	Mark Demianenko	Zoetermeer	1:05.19	200600409	1:03.37	+0,66	30.53 1:03.37
2.	Daan Sonneveld	WVZ	1:04.09	200601085	1:04.04	+0,87	30.37 1:04.04
3.	Bas Blanker	ZPB H&L Productions	1:06.52	200601497	1:04.98	+0,71	31.17 1:04.98
4.	Thom de Hoog	SG SCOM/de Zeehond'73	1:07.80	200600019	1:05.13	+0,87	31.30 1:05.13
5.	Laurens Kalle	z.c De Schotejil	1:06.24	200600161	1:06.24	+0,71	31.87 1:06.24
6.	Bjorn Rijkaart	BZ en PC	1:07.34	200601337	1:06.43	+0,90	31.70 1:06.43
7.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	1:12.53	200601453	1:07.45	+0,70	33.53 1:07.45
8.	Dimi Stoyanov *BU 100m	The Hague Swimming (SG)	1:10.14	200601067	1:09.12		32.84 1:09.12
	Sven Eschbach	ZZ&PC De Devel	1:10.25	200602013	1:09.12		32.34 1:09.12
10.	Wout Jonkers	Poseidon'56	1:13.22	200600939	1:09.69	+0,72	32.90 1:09.69
11.	Benjamin Vermeer	Zoetermeer	1:09.57	200600177	1:09.95	+0,75	33.03 1:09.95
12.	Joris Lissenberg	The Hague Swimming (SG)	1:12.02	200600585	1:09.96	+0,75	33.59 1:09.96
13.	Floris Wassenaar	WVZ	1:10.91	200600649	1:10.00	+0,68	33.56 1:10.00
14.	Thijs van den Berg	The Hague Swimming (SG)	1:13.82	200600971	1:11.27	+0,83	34.03 1:11.27
15.	Bo Merkestein	WVZ	1:10.36	200602451	1:11.48	+0,75	34.40 1:11.48
16.	Dylan Groeneveld	De Geul	1:12.23	200600011	1:11.71		33.89 1:11.71
17.	Bas Bechtold	Van Vliet-Barracuda	1:10.68	200600007	1:11.75	+0,68	33.76 1:11.75
18.	Winston van den Berg	Rotterdam Swimming (SG)	1:12.95	200600253	1:13.72	+0,72	35.63 1:13.72
19.	Joshua Agussalim	Van Vliet-Barracuda	1:13.02	200600153	1:13.97	+0,76	34.22 1:13.97
20.	Jasper Groen *BU 100m	KZV de Lansingh	1:13.02	200602325	1:15.49	+0,68	34.97 1:15.49
AFGEM	Karol Sas	MNC Dordrecht	1:12.52	200602321			

Junioren 2

1.	Gabriel Been	The Hague Swimming (SG)	1:01.96	200501467	58.24	+0,71	28.09 58.24
2.	Menno Wieringa	KZV de Lansingh	1:02.56	200500927	1:01.31	+0,72	29.37 1:01.31
3.	Sem Agterdenbos	MNC Dordrecht	59.52	200500049	1:01.37	+0,67	28.66 1:01.37
4.	Yanieck Frijstein	The Hague Swimming (SG)	1:04.79	200500329	1:01.55		29.91 1:01.55
5.	River Streefland	The Hague Swimming (SG)	1:00.80	200502253	1:02.07	+0,76	29.80 1:02.07
6.	Émile Fouzaï	The Hague Swimming (SG)	1:03.47	200500263	1:02.57	+0,72	30.05 1:02.57
7.	Björn Verkaik	The Hague Swimming (SG)	1:04.29	200500411	1:02.89	+0,76	29.94 1:02.89
8.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:03.58	200500781	1:03.68	+0,68	30.72 1:03.68
9.	Aaïke de Tender	De Geul	1:07.74	200502189	1:06.41	+0,70	31.47 1:06.41
10.	Luuk Bogaert	De Watervogels	1:09.21	200503203	1:06.61	+0,74	32.39 1:06.61
11.	Onno Roeleveld	De Columbiaan 1	1:06.04	200502775	1:06.73	+0,69	31.68 1:06.73
12.	Tim van Lochem	Zoetermeer	1:09.51	200500077	1:07.08	+0,77	32.16 1:07.08
13.	Tjomme de Tender	De Geul	1:10.46	200502187	1:07.85	+0,76	32.98 1:07.85
14.	Stef van Heijst	De Kempvis	1:13.97	200503665	1:08.13		32.66 1:08.13
15.	Casper Hoogervorst	De Columbiaan 1	1:07.53	200500183	1:08.21		33.15 1:08.21
16.	Thijs Visser	Van Vliet-Barracuda	1:06.15	200502129	1:08.38	+0,82	32.80 1:08.38
17.	Stijn de Bondt	ZPB H&L Productions	1:10.30	200502249	1:08.96	+0,87	32.90 1:08.96
18.	Emin Bayram	WVZ	1:08.63	200502753	1:09.33	+0,62	32.72 1:09.33
19.	Sytze van Stein	LinK	1:09.40	200501155	1:09.72	+0,71	33.11 1:09.72
20.	Reinier Velthuijs	Van Vliet-Barracuda	1:10.26	200503537	1:10.22	+0,83	33.71 1:10.22

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Junioren 3

1.	Chris van der Hout	The Hague Swimming (SG)	57.11	200401355	55.88	+0,76	26.49	55.88
2.	Jay de Vries	Rotterdam Swimming (SG)	56.29	200400669	56.09	+0,78	27.15	56.09
3.	Abel te Riele	WVZ	57.30	200402317	57.60	+0,67	27.88	57.60
4.	Thijm Kruit	De Columbiaan 1	58.09	200401339	57.81	+0,77	26.89	57.81
5.	Pepijn van Egmond	WVZ	57.96	200402309	58.19	+0,62	28.25	58.19
6.	Jason van den Berg	Rotterdam Swimming (SG)	58.86	200400009	58.22		27.97	58.22
7.	Erik Oldenkamp	KZV de Lansingh	1:00.82	200400597	58.91	+0,70	28.29	58.91
8.	Kun Woo Kim	The Hague Swimming (SG)	1:00.13	200401361	59.37	+0,70	28.38	59.37
9.	Julien Tanis	Rotterdam Swimming (SG)	59.23	200401045	59.39	+0,64	28.53	59.39
10.	Wen-Ye Chen	Rotterdam Swimming (SG)	1:00.78	200402859	59.50	+0,64	28.70	59.50
11.	Anthony Kraag	WVZ	57.78	200401973	59.67	+0,69	28.09	59.67
12.	Loeka Wubben	The Hague Swimming (SG)	1:00.69	200400307	59.87	+0,73	28.70	59.87
13.	Nathan Janssen	MNC Dordrecht	1:02.64	200401565	59.92		29.17	59.92
14.	Niels van der Mast	ZPC Numansdorp	1:00.17	200401917	1:00.13	+0,77	29.35	1:00.13
15.	Max van Schagen	De Columbiaan 1	1:01.10	200402591	1:00.48	+0,72	29.31	1:00.48
16.	Arthur Bondartsov	Rotterdam Swimming (SG)	1:04.19	200403231	1:01.15	+0,76	29.76	1:01.15
17.	Milan Masselink	The Hague Swimming (SG)	1:06.78	200402165	1:01.26	+0,82	29.59	1:01.26
18.	Timo Huizer	ZPC Wiekslag	1:03.17	200401125	1:01.78	+0,79	30.46	1:01.78
19.	Daniel 't Mannetje	z.c De Schotejil	1:02.18	200400183	1:02.49	+0,73	30.05	1:02.49
20.	Sem Verberg	The Hague Swimming (SG)	1:02.51	200402105	1:02.55	+0,58	29.73	1:02.55
21.	Michael van den Enden	PCG	1:06.04	200401589	1:02.81	+0,62	29.93	1:02.81
22.	Christian Kalle	z.c De Schotejil	1:04.38	200400687	1:04.04	+0,76	31.26	1:04.04
23.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:03.56	200404457	1:04.07	+0,66	31.01	1:04.07
24.	Thomas van Peenen	De Columbiaan 1	1:02.31	200400097	1:04.53	+0,71	30.71	1:04.53
25.	Bo Schoenmakers	Widex GZC Donk	1:06.32	200402919	1:05.37	+0,74	31.49	1:05.37
26.	Marijn Dekkers	Widex GZC Donk	1:04.81	200402275	1:05.70	+0,81	31.29	1:05.70
27.	Duncan den Hartog	De Kempvis	1:07.79	200401889	1:06.22	+0,76	32.41	1:06.22
28.	Guus Geelen	ZVL-1886 1	1:05.28	200401183	1:06.34		32.26	1:06.34
29.	Nathan Vos	Van Vliet-Barracuda	1:08.39	200402335	1:07.35	+0,71	31.81	1:07.35
30.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:06.45	200402559	1:07.94	+0,76	33.69	1:07.94
DIS	Timon Wijsman	D'elft	1:05.09	200403707				

AA - Gestart voor het startsignaal (en wel gezwommen).

AFGEM	Benjamin Boender	ZOB'66	1:05.07	200401351				
NG	Timo Wouters	MNC Dordrecht	58.53	200401363				

Junioren 4

1.	Keanu Streefland	The Hague Swimming (SG)	55.65	200302445	54.93	+0,71	26.82	54.93
2.	Perry Laarhoven	ZPC Numansdorp	56.70	200301321	55.44	+0,74	26.65	55.44
3.	M. Lopes Cardozo	WZK	57.14	200300665	56.05	+0,69	26.99	56.05
4.	Michael Smink	The Hague Swimming (SG)	56.88	200302169	56.35	+0,82	27.23	56.35
5.	Daan Hogerhuis	LinK	58.38	200300317	56.71	+0,76	27.06	56.71
6.	Kenan Coeruez	Feijenoord Albion	57.81	200300357	56.82		26.84	56.82
7.	Wesley Zulver	ZV Vlaardingens-Schiedam	56.36	200301319	56.90	+0,69	27.02	56.90
8.	Milan Hamel	The Hague Swimming (SG)	57.80	200302125	57.69	+0,69	27.72	57.69
9.	Milan van Aken	The Hague Swimming (SG)	57.99	200303307	57.86	+0,73	28.01	57.86
10.	Xander Vis	z.c De Schotejil	59.77	200300173	57.88	+0,72	27.39	57.88
11.	Chris Vogelaar	ZVL-1886 1	57.95	200302241	57.91	+0,75	27.30	57.91
12.	Bjarne Buijs	The Hague Swimming (SG)	59.13	200301089	58.24	+0,72	28.21	58.24
13.	Stefan Groen	KZV de Lansingh	58.97	200301179	58.27	+0,76	28.22	58.27
14.	Senna Mooldijk	Feijenoord Albion	58.38	200301147	58.48	+0,73	28.20	58.48
15.	Zev Bulk	The Hague Swimming (SG)	56.70	200304021	58.97	+0,72	28.00	58.97
16.	Nils Mulder	MNC Dordrecht	59.66	200300049	59.58	+0,75	28.90	59.58
17.	Erik van Gemert	Poseidon'56	1:01.48	200300587	59.93	+0,80	28.89	59.93
18.	Julian Stok	ZZ&PC De Devel	1:00.71	200300071	1:00.68		29.31	1:00.68
19.	Jarno Klink	De Stelle	1:02.33	200302067	1:01.13	+0,70	29.82	1:01.13
20.	Yassine Maas	The Hague Swimming (SG)	1:02.38	200301505	1:01.17	+0,75	29.43	1:01.17
21.	Tygo Korving	ZPB H&L Productions	1:01.42	200300773	1:01.81	+0,72	29.16	1:01.81
22.	Quinten Nieuwenhuis	WZK	1:05.27	200304577	1:01.84		29.64	1:01.84
23.	Thimo van Beek	ZVL-1886 1	1:02.77	200301347	1:01.96	+0,72	29.81	1:01.96
24.	Christiaan van Es	ZOB'66	1:02.21	200304141	1:02.05	+0,72	29.71	1:02.05
25.	Brandon Groeneveld	De Geul	1:04.12	200300595	1:02.72	+0,64	29.89	1:02.72
26.	Raphaël Booiman	ZPC Wiekslag	1:02.95	200300727	1:03.02	+0,70	29.81	1:03.02
27.	Jort Jongenelen	Zoetermeer	1:03.03	200303233	1:03.99	+0,80	30.98	1:03.99
28.	Maxim Noordman	The Hague Swimming (SG)	1:06.29	200304067	1:05.18	+0,71	30.81	1:05.18

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Jeugd 1 en 2

1.	Brandon van den Berg	Rotterdam Swimming (SG)	52.70	200200669	52.30	+0,68	25.47	52.30
2.	Sean Niewold	WVZ	51.59	200204699	52.40	+0,74	25.75	52.40
3.	Gerard Willighagen	Poseidon'56	53.60	200103663	53.82	+0,75	26.15	53.82
4.	Floris de Leeuw	The Hague Swimming (SG)	53.54	200105317	53.89	+0,74	26.38	53.89
5.	Ivo Stolk	SG SCOM/de Zeehond'73	52.94	200100615	54.09	+0,73	26.13	54.09
6.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	54.28	200203079	54.29	+0,55	26.23	54.29
7.	Nikhom Westphal	SG SCOM/de Zeehond'73	53.51	200203329	54.67	+0,75	27.02	54.67
	Jarno van Oijen	Feijenoord Albion	54.80	200100055	54.67		26.46	54.67
9.	Scott Jansen	WVZ	55.23	200202455	54.89	+0,79	26.41	54.89
10.	Tjeerd van Stein	LinK	55.30	200101439	55.39	+0,76	26.36	55.39
11.	Thomas van Wanrooij	Poseidon'56	56.60	200201473	56.06		26.95	56.06
12.	Glenn van Gaalen	De Kempvis	56.43	200200521	56.31	+0,75	27.07	56.31
13.	Jarno Verbeek	Zoetermeer	56.18	200200931	56.92		27.67	56.92
14.	Sjoerd van Weelden	PCG	58.74	200101217	57.44	+0,77	28.44	57.44
15.	Justin Slootweg	MNC Dordrecht	56.20	200201407	57.55	+0,70	27.90	57.55
	Guus Hoogduin	ZVL-1886 1	59.22	200201069	57.55	+0,76	27.74	57.55
	Querijn Hensen	The Hague Swimming (SG)	55.87	200102121	57.55	+0,71	27.09	57.55
18.	Youri ten Brink	The Hague Swimming (SG)	56.50	200104719	57.68	+0,72	27.52	57.68
19.	Robin van Peenen	De Columbiaan 1	1:00.08	200201059	58.36	+0,70	27.74	58.36
20.	Joris de Gier	Widex GZC Donk	57.74	200103817	58.39	+0,68	27.61	58.39
21.	Stijn den Otter	ZZ&PC De Devel	57.03	200200225	58.40	+0,64	28.31	58.40
22.	Viktor Koets	De Columbiaan 1	56.75	200201677	58.65	+0,78	28.24	58.65
23.	Cas Jansen	The Hague Swimming (SG)	58.69	200203263	58.67	+0,69	28.13	58.67
24.	D. van den Nieuwendijk	De Columbiaan 1	57.57	200100475	58.72		27.84	58.72
25.	Ryan de Laat	ZPC Wiekslag	57.92	200101553	58.91	+0,68	27.86	58.91
26.	Mart de Koning	ZOB'66	58.55	200203253	59.13	+0,75	28.19	59.13
27.	Sasa Stefanovic	MNC Dordrecht	59.80	200100805	59.23		29.39	59.23
28.	Rob Lugtenburg	The Hague Swimming (SG)	1:01.62	200201123	59.55		28.67	59.55
29.	Thom van Vark	Z&PC De Gouwe	1:00.10	200101305	59.94	+0,76	28.72	59.94
30.	Wessel Bonkestoter	Widex GZC Donk	1:01.38	200100625	59.96	+0,76	28.86	59.96
31.	Robert Speksnijder	ZPB H&L Productions	59.05	200200429	1:00.29	+0,84	29.67	1:00.29
32.	Esper Paans	ZZ&PC De Devel	1:02.97	200100607	1:00.47	+0,70	28.97	1:00.47
33.	Boy Borreman	LinK	59.22	200102751	1:00.61		29.18	1:00.61
34.	Simon Dijkstra	Rotterdam Swimming (SG)	1:01.04	200204905	1:00.65	+0,70	28.62	1:00.65
35.	Johrick Wijma	KZV de Lansingh	59.41	200204435	1:00.72	+0,64	29.05	1:00.72
	Bas van Nisius	The Hague Swimming (SG)	59.50	200202107	1:00.72	+0,74	29.10	1:00.72
37.	Wouter Verdoes	De Columbiaan 1	59.95	200200351	1:01.30	+0,77	29.79	1:01.30
38.	Luc Brasz	The Hague Swimming (SG)	1:00.65	200200919	1:01.57	+0,70	29.37	1:01.57
39.	Rolf Jens	PCG	58.42	200100527	1:02.00		29.90	1:02.00
40.	Boaz Troost	ZOB'66	1:02.19	200100371	1:02.51	+0,72	29.19	1:02.51
41.	Daan Sniijders	MNC Dordrecht	1:03.87	200202475	1:03.74		30.22	1:03.74
	Dylan van Kleij	Poseidon'56	1:03.75	200203297	1:03.74	+0,74	30.41	1:03.74
AFGEM	Dylano Termoshuizen	WVZ	57.18	200202169				
NG	Ignazio Nunzi	WVZ	58.51	200101803				

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming (SG)	49.17	199200031	49.77	+0,70	23.99	49.77
2.	Ensgar Kotterink	Feijenoord Albion	49.95	199403391	50.25	+0,64	24.02	50.25
3.	Thomas Verhoeven	Rotterdam Swimming (SG)	49.63	199700311	50.88	+0,70	24.06	50.88
4.	Mark Baars	Rotterdam Swimming (SG)	50.96	198500059	51.22	+0,66	24.72	51.22
5.	Pascal Nuijten	Feijenoord Albion	52.42	199701353	52.63	+0,76	24.94	52.63
6.	Melvin Prins	ZPC Wiekslag	52.46	199500201	53.25		25.40	53.25
7.	Derk Jan Speelman	Rotterdam Swimming (SG)	52.06	199602425	53.37	+0,68	25.76	53.37
8.	Marco Rolla	Rotterdam Swimming (SG)	52.49	199605723	53.43	+0,77	25.75	53.43
9.	Bram de Leeuw	The Hague Swimming (SG)	54.62	199805753	53.83		25.71	53.83
10.	Jorian Tanis	z.c De Schotelijk	53.28	199900327	53.92	+0,77	26.04	53.92
11.	Joris Bezemer	De Kempvis	53.43	199900527	54.15	+0,76	25.73	54.15
12.	Timo Dinkelberg	Feijenoord Albion	53.45	199300773	54.21	+0,68	26.08	54.21
13.	Matthew Dullemond	Rotterdam Swimming (SG)	55.00	199805005	54.22	+0,75	26.18	54.22
14.	Marc Botter	The Hague Swimming (SG)	53.91	200000329	54.99	+0,71	25.81	54.99
15.	Stijn Geelen	MNC Dordrecht	55.19	199801363	55.00	+0,72	26.22	55.00
	Robin van Beek	ZVL-1886 1	55.62	199704023	55.00	+0,75	26.35	55.00
17.	L. van der Klooster	ZPB H&L Productions	54.81	199801361	55.03	+0,65	27.15	55.03
18.	Bart Drechsel	Feijenoord Albion	55.65	198604135	55.19	+0,68	26.61	55.19
19.	Rutger Dalm	KZV de Lansingh	54.46	199005561	55.38	+0,73	26.70	55.38
20.	Duncan van Haaren	Widex GZC Donk	55.09	200000681	55.58	+0,73	26.47	55.58
21.	Dave Jansen	WVZ	55.54	199805299	55.78		26.90	55.78

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rang	naam	vereniging	intijd	tijd	RT	50m	100m	
22.	Kevin Kingma	KZV de Lansingh	56.77	199700559	55.90	+0,73	26.58	55.90
23.	Noah Legerstee	WVZ	56.64	200003593	55.93	+0,74	26.77	55.93
24.	J. de Roy van Zuydewijn	WVZ	56.68	200000255	55.95	+0,70	26.71	55.95
25.	Daan Siebenheller	ZOB'66	56.31	199804955	56.17	+0,74	27.04	56.17
26.	Ryan van den Ouden	Poseidon'56	55.71	199900377	56.20	+0,82	26.24	56.20
27.	Aron Paasse	z.c De Schotejil	56.57	200000099	56.89	+0,72	27.34	56.89
28.	Jordy van Oel	WVZ	59.27	199802003	57.01	+0,79	27.66	57.01
29.	Kevin Panoet	The Hague Swimming (SG)	55.96	199307253	57.05	+0,67	26.54	57.05
30.	Stijn Lafontaine	The Hague Swimming (SG)	55.91	200005205	57.07	+0,77	27.17	57.07
31.	Rogier Dorsman	ZZ&PC De Devel	58.34	199900211	57.20	+0,68	27.68	57.20
32.	Mark de Jongh	MNC Dordrecht	56.27	200001325	57.45	+0,70	27.52	57.45
33.	K. de Kruyf Molina	The Hague Swimming (SG)	57.22	200002667	57.81	+0,78	27.78	57.81
34.	Paul van Grol	Widex GZC Donk	56.22	199602951	58.02	+0,64	27.88	58.02
35.	Sander van Beek	ZVL-1886 1	55.76	200002917	58.21	+0,71	27.46	58.21
NG.ZA	Jim Geestman	Rotterdam Swimming (SG)	54.77	198300699				
AFGEM	Ian Minnigh	Rotterdam Swimming (SG)	51.94	199702737				
NG	Martijn Dolk	Rotterdam Swimming (SG)	53.34	198900737				

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Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 2						
1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	5:42.52	200602180	5:31.35 +0,81	
	50m: 36.82	36.82	150m: 2:06.24	45.29	250m: 3:33.87	44.34
	100m: 1:20.95	44.13	200m: 2:49.53	43.29	300m: 4:19.82	45.95
					350m: 4:56.44	36.62
					400m: 5:31.35	34.91
2.	Mara Tims	Rotterdam Swimming (SG)	5:55.54	200601136	5:32.56 +0,69	
	50m: 33.90	33.90	150m: 1:56.19	44.07	250m: 3:26.44	47.21
	100m: 1:12.12	38.22	200m: 2:39.23	43.04	300m: 4:14.81	48.37
					350m: 4:54.48	39.67
					400m: 5:32.56	38.08
3.	Megan Jonkman	The Hague Swimming (SG)	6:02.90	200600508	5:34.29	
	50m: 36.47	36.47	150m: 2:03.96	42.30	250m: 3:31.99	46.69
	100m: 1:21.66	45.19	200m: 2:45.30	41.34	300m: 4:19.37	47.38
					350m: 4:57.59	38.22
					400m: 5:34.29	36.70
4.	Avery Collins	The Hague Swimming (SG)	5:58.41	200603622	5:38.03 +0,74	
	50m: 36.90	36.90	150m: 2:05.26	42.43	250m: 3:34.32	46.75
	100m: 1:22.83	45.93	200m: 2:47.57	42.31	300m: 4:21.71	47.39
					350m: 5:00.99	39.28
					400m: 5:38.03	37.04
5.	Estelle van Wijngaarden	ZPB H&L Productions	5:51.75	200601020	5:40.65 +0,76	
	50m: 35.51	35.51	150m: 2:02.88	44.19	250m: 3:34.93	48.46
	100m: 1:18.69	43.18	200m: 2:46.47	43.59	300m: 4:23.22	48.29
					350m: 5:02.92	39.70
					400m: 5:40.65	37.73
6.	Jade van der Maas	WVZ	5:47.60	200600408	5:52.02 +0,79	
	50m: 34.84	34.84	150m: 2:00.48	43.84	250m: 3:34.24	52.09
	100m: 1:16.64	41.80	200m: 2:42.15	41.67	300m: 4:30.71	56.47
					350m: 5:12.01	41.30
					400m: 5:52.02	40.01
7.	Hilda Vrijbloed	De Duck	6:21.76	200600732	5:53.27 +0,76	
	50m: 38.62	38.62	150m: 2:10.59	43.69	250m: 3:42.70	51.19
	100m: 1:26.90	48.28	200m: 2:51.51	40.92	300m: 4:34.30	51.60
					350m: 5:15.24	40.94
					400m: 5:53.27	38.03
8.	G. Schrijvers van Zenden	The Hague Swimming (SG)	6:12.32	200601618	5:58.89	
	50m: 38.12	38.12	150m: 2:08.45	47.76	250m: 3:47.37	52.59
	100m: 1:20.69	42.57	200m: 2:54.78	46.33	300m: 4:40.62	53.25
					350m: 5:21.28	40.66
					400m: 5:58.89	37.61
9.	Leyla Oversluizen	z.c De Schotejil	5:57.47	200602730	6:02.06 +0,78	
	<i>*BU 400m</i>					
	50m: 37.47	37.47	150m: 2:14.74	46.46	250m: 3:49.76	49.50
	100m: 1:28.28	50.81	200m: 3:00.26	45.52	300m: 4:42.47	52.71
					350m: 5:23.64	41.17
					400m: 6:02.06	38.42
10.	Zahra Day	The Hague Swimming (SG)	6:30.72	200601374	6:17.17	
	50m: 42.54	42.54	150m: 2:20.01	47.77	250m: 4:00.55	53.22
	100m: 1:32.24	49.70	200m: 3:07.33	47.32	300m: 4:53.74	53.19
					350m: 5:37.10	43.36
					400m: 6:17.17	40.07
Junioren 3						
1.	Jelsie van Ruijven	WVZ	5:26.71	200500282	5:17.49 +0,71	
	50m: 34.28	34.28	150m: 1:56.87	40.36	250m: 3:20.87	44.74
	100m: 1:16.51	42.23	200m: 2:36.13	39.26	300m: 4:05.97	45.10
					350m: 4:43.36	37.39
					400m: 5:17.49	34.13
2.	Merel Schravendijk	The Hague Swimming (SG)	5:21.97	200503382	5:17.67 +0,74	
	50m: 35.87	35.87	150m: 1:59.26	40.32	250m: 3:23.24	44.66
	100m: 1:18.94	43.07	200m: 2:38.58	39.32	300m: 4:09.00	45.76
					350m: 4:44.40	35.40
					400m: 5:17.67	33.27
3.	Isa Maes	Feijenoord Albion	5:35.79	200500110	5:23.86 +0,60	
	50m: 34.35	34.35	150m: 1:57.09	41.60	250m: 3:24.29	46.20
	100m: 1:15.49	41.14	200m: 2:38.09	41.00	300m: 4:10.67	46.38
					350m: 4:47.91	37.24
					400m: 5:23.86	35.95

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Programmanr. 9, Meisjes, 400m wisselslag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT		
4.	Emma Verkuijl	Van Vliet-Barracuda	5:54.09	200500826	5:33.25		
	50m: 35.98	35.98 150m: 2:03.04	44.60	250m: 3:34.06	49.29	350m: 4:58.45	36.87
	100m: 1:18.44	42.46 200m: 2:44.77	41.73	300m: 4:21.58	47.52	400m: 5:33.25	34.80
5.	Laura Hoogenboezem	KZV de Lansingh	6:03.22	200500390	5:39.63	+0,74	
	50m: 35.32	35.32 150m: 2:02.22	44.20	250m: 3:31.12	46.17	350m: 5:00.36	40.86
	100m: 1:18.02	42.70 200m: 2:44.95	42.73	300m: 4:19.50	48.38	400m: 5:39.63	39.27
6.	Asha van Lobberegt	Feijenoord Albion	5:41.99	200500088	5:42.48	+0,73	
	50m: 36.28	36.28 150m: 2:03.97	44.23	250m: 3:36.51	49.34	350m: 5:04.69	38.35
	100m: 1:19.74	43.46 200m: 2:47.17	43.20	300m: 4:26.34	49.83	400m: 5:42.48	37.79
7.	Niké Telkamp	The Hague Swimming (SG)	5:48.28	200501088	5:43.94	+0,75	
	50m: 36.42	36.42 150m: 2:08.13	44.54	250m: 3:39.43	47.21	350m: 5:06.51	39.61
	100m: 1:23.59	47.17 200m: 2:52.22	44.09	300m: 4:26.90	47.47	400m: 5:43.94	37.43
8.	Madelif Mans <i>*BU 150m en 350m</i>	The Hague Swimming (SG)	6:22.45	200501260	5:45.87	+0,86	
	50m: 36.30	36.30 150m: 2:03.17	43.10	250m: 3:35.56	49.92	350m: 5:06.33	40.46
	100m: 1:20.07	43.77 200m: 2:45.64	42.47	300m: 4:25.87	50.31	400m: 5:45.87	39.54
9.	Vivianne Woltjes	The Hague Swimming (SG)	5:51.69	200501524	5:47.75	+0,78	
	50m: 34.82	34.82 150m: 2:04.16	45.30	250m: 3:36.30	48.31	350m: 5:07.15	40.75
	100m: 1:18.86	44.04 200m: 2:47.99	43.83	300m: 4:26.40	50.10	400m: 5:47.75	40.60
10.	Aisha Nobels	z.c De Schotejil	6:00.03	200501710	5:53.60	+0,71	
	50m: 38.93	38.93 150m: 2:10.56	45.14	250m: 3:45.27	50.87	350m: 5:16.80	39.13
	100m: 1:25.42	46.49 200m: 2:54.40	43.84	300m: 4:37.67	52.40	400m: 5:53.60	36.80
11.	Elise Vink	De Columbiaan 1	6:01.04	200502588	5:55.03		
	50m: 37.64	37.64 150m: 2:10.03	45.51	250m: 3:43.74	49.04	350m: 5:15.70	42.36
	100m: 1:24.52	46.88 200m: 2:54.70	44.67	300m: 4:33.34	49.60	400m: 5:55.03	39.33
12.	Milou Demirel	The Hague Swimming (SG)	6:13.03	200501254	5:57.61		
	50m: 38.00	38.00 150m: 2:11.11	46.79	250m: 3:46.97	49.34	350m: 5:18.27	41.71
	100m: 1:24.32	46.32 200m: 2:57.63	46.52	300m: 4:36.56	49.59	400m: 5:57.61	39.34
13.	Meira Simons	The Hague Swimming (SG)	6:04.36	200502984	5:59.17	+0,88	
	50m: 40.27	40.27 150m: 2:10.22	43.47	250m: 3:45.66	52.25	350m: 5:19.68	41.17
	100m: 1:26.75	46.48 200m: 2:53.41	43.19	300m: 4:38.51	52.85	400m: 5:59.17	39.49
14.	Milou Adriaanse	De Columbiaan 1	6:13.52	200500968	6:10.32	+0,73	
	50m: 39.28	39.28 150m: 2:14.19	47.06	250m: 3:52.75	52.14	350m: 5:29.75	43.30
	100m: 1:27.13	47.85 200m: 3:00.61	46.42	300m: 4:46.45	53.70	400m: 6:10.32	40.57
15.	Noor Frijlink	De Columbiaan 1	6:13.83	200500970	6:19.97	+0,79	
	50m: 43.42	43.42 150m: 2:21.97	45.60	250m: 3:59.93	52.08	350m: 5:36.93	45.29
	100m: 1:36.37	52.95 200m: 3:07.85	45.88	300m: 4:51.64	51.71	400m: 6:19.97	43.04
NG	Evelyn Liket	ZV Vlaardingens-Schiedam	5:59.47	200503118			

Jeugd 1 en 2

1.	Anna van Droffelaar	ZV Vlaardingens-Schiedam	5:04.98	200400258	5:03.25	+0,79	
	50m: 30.87	30.87 150m: 1:48.35	38.75	250m: 3:08.92	42.22	350m: 4:29.72	37.08
	100m: 1:09.60	38.73 200m: 2:26.70	38.35	300m: 3:52.64	43.72	400m: 5:03.25	33.53
2.	Maaïke Issard	The Hague Swimming (SG)	5:14.18	200300022	5:14.85	+0,83	
	50m: 33.18	33.18 150m: 1:53.24	40.62	250m: 3:17.81	44.32	350m: 4:39.90	36.64
	100m: 1:12.62	39.44 200m: 2:33.49	40.25	300m: 4:03.26	45.45	400m: 5:14.85	34.95
3.	Irma van der Wulp	WVZ	5:32.08	200401950	5:19.62	+0,84	
	50m: 33.97	33.97 150m: 1:58.90	42.97	250m: 3:24.71	44.84	350m: 4:45.33	35.43
	100m: 1:15.93	41.96 200m: 2:39.87	40.97	300m: 4:09.90	45.19	400m: 5:19.62	34.29
4.	Rinske Bouman	Rotterdam Swimming (SG)	5:20.49	200400578	5:20.67	+0,85	
	50m: 32.49	32.49 150m: 1:55.70	42.96	250m: 3:23.78	44.07	350m: 4:45.96	35.55
	100m: 1:12.74	40.25 200m: 2:39.71	44.01	300m: 4:10.41	46.63	400m: 5:20.67	34.71
5.	Daniëlle Vis	De Columbiaan 1	5:32.75	200401044	5:28.97	+0,80	
	50m: 35.57	35.57 150m: 2:01.56	43.86	250m: 3:29.15	45.64	350m: 4:53.90	39.17
	100m: 1:17.70	42.13 200m: 2:43.51	41.95	300m: 4:14.73	45.58	400m: 5:28.97	35.07
6.	Milou van Wijk	MNC Dordrecht	5:45.62	200404948	5:29.08	+0,82	
	50m: 32.93	32.93 150m: 1:56.49	43.30	250m: 3:26.62	49.53	350m: 4:53.92	37.07
	100m: 1:13.19	40.26 200m: 2:37.09	40.60	300m: 4:16.85	50.23	400m: 5:29.08	35.16
7.	Mara Bosman	The Hague Swimming (SG)	5:36.92	200303048	5:32.44		
	50m: 37.93	37.93 150m: 2:03.89	40.67	250m: 3:30.82	46.83	350m: 4:56.18	38.08
	100m: 1:23.22	45.29 200m: 2:43.99	40.10	300m: 4:18.10	47.28	400m: 5:32.44	36.26
8.	Suzanne Dorsman	D'elft	5:30.50	200303314	5:32.64	+0,74	
	50m: 32.91	32.91 150m: 1:59.19	43.26	250m: 3:28.95	48.34	350m: 4:56.63	38.07
	100m: 1:15.93	43.02 200m: 2:40.61	41.42	300m: 4:18.56	49.61	400m: 5:32.64	36.01
9.	Esther Reinders	KZV de Lansingh	5:37.64	200301798	5:39.12	+0,71	
	50m: 35.70	35.70 150m: 2:02.34	42.80	250m: 3:32.70	47.44	350m: 5:01.97	39.45
	100m: 1:19.54	43.84 200m: 2:45.26	42.92	300m: 4:22.52	49.82	400m: 5:39.12	37.15

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Programmanr. 9, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
10.	Lize van Stigt	LinK	5:35.03	200401510	5:40.77 +0,87
	50m: 35.84	35.84 150m: 2:01.63	42.84	250m: 3:33.56	48.79 350m: 5:02.77
	100m: 1:18.79	42.95 200m: 2:44.77	43.14	300m: 4:25.23	51.67 400m: 5:40.77
11.	Jet van Oudheusden	ZOB'66	5:52.52	200401012	5:42.20 +0,79
	50m: 36.61	36.61 150m: 2:05.25	44.32	250m: 3:35.93	47.32 350m: 5:03.68
	100m: 1:20.93	44.32 200m: 2:48.61	43.36	300m: 4:23.55	47.62 400m: 5:42.20
12.	Wendy ten Wolde	ZPC Wiekslag	5:44.23	200302658	5:43.80 +0,73
	50m: 35.77	35.77 150m: 2:05.19	44.84	250m: 3:36.27	45.78 350m: 5:07.25
	100m: 1:20.35	44.58 200m: 2:50.49	45.30	300m: 4:25.83	49.56 400m: 5:43.80
13.	Amy Koelman	De Columbiaan 1	5:57.46	200300922	5:44.12 +0,85
	50m: 36.58	36.58 150m: 2:03.74	45.25	250m: 3:35.06	47.09 350m: 5:05.02
	100m: 1:18.49	41.91 200m: 2:47.97	44.23	300m: 4:23.29	48.23 400m: 5:44.12
14.	Jenna Klein	LinK	6:11.02	200400914	5:47.59 +0,64
	50m: 36.74	36.74 150m: 2:05.65	42.85	250m: 3:36.82	49.36 350m: 5:09.03
	100m: 1:22.80	46.06 200m: 2:47.46	41.81	300m: 4:27.90	51.08 400m: 5:47.59
15.	Julia Notenboom	De Columbiaan 1	5:57.63	200302596	5:49.32 +0,93
	50m: 35.30	35.30 150m: 2:02.50	44.39	250m: 3:36.44	51.50 350m: 5:09.78
	100m: 1:18.11	42.81 200m: 2:44.94	42.44	300m: 4:29.93	53.49 400m: 5:49.32
16.	Zinzi van der Maas	WVZ	6:09.85	200402028	5:52.84 +0,82
	50m: 37.26	37.26 150m: 2:04.58	42.70	250m: 3:37.92	51.73 350m: 5:13.87
	100m: 1:21.88	44.62 200m: 2:46.19	41.61	300m: 4:31.75	53.83 400m: 5:52.84
17.	Britt van Bommel	De Columbiaan 1	5:56.14	200301982	5:57.98
	50m: 36.40	36.40 150m: 2:12.37	44.85	250m: 3:47.14	50.88 350m: 5:20.19
	100m: 1:27.52	51.12 200m: 2:56.26	43.89	300m: 4:40.86	53.72 400m: 5:57.98
18.	Melanie Marinus-Cruz	WVZ	6:16.55	200404702	5:58.21 +0,79
	50m: 39.96	39.96 150m: 2:17.11	48.37	250m: 3:51.00	47.58 350m: 5:20.82
	100m: 1:28.74	48.78 200m: 3:03.42	46.31	300m: 4:40.58	49.58 400m: 5:58.21
19.	Robine Boer	De Columbiaan 1	5:56.77	200402180	6:00.45
	50m: 37.05	37.05 150m: 2:07.42	46.07	250m: 3:45.59	52.13 350m: 5:19.83
	100m: 1:21.35	44.30 200m: 2:53.46	46.04	300m: 4:37.59	52.00 400m: 6:00.45
20.	Feija de Bruin <i>*BU 200m</i>	WVZ	6:07.39	200400106	6:01.13 +0,84
	50m: 37.42	37.42 150m: 2:06.11	45.02	250m: 3:44.65	54.87 350m: 5:20.98
	100m: 1:21.09	43.67 200m: 2:49.78	43.67	300m: 4:40.34	55.69 400m: 6:01.13
21.	Carmen Lems	KZV de Lansingh	6:13.92	200402632	6:04.67 +0,70
	50m: 37.32	37.32 150m: 2:10.67	46.58	250m: 3:48.18	51.86 350m: 5:24.89
	100m: 1:24.09	46.77 200m: 2:56.32	45.65	300m: 4:42.66	54.48 400m: 6:04.67
22.	Anique Star	De Columbiaan 1	6:04.61	200400446	6:10.68 +0,86
	50m: 38.87	38.87 150m: 2:14.97	51.01	250m: 3:56.31	53.15 350m: 5:32.03
	100m: 1:23.96	45.09 200m: 3:03.16	48.19	300m: 4:49.76	53.45 400m: 6:10.68
23.	Julia de Heide	KZV de Lansingh	6:18.33	200302934	6:30.85 +0,64
	50m: 40.32	40.32 150m: 2:21.70	51.22	250m: 4:06.18	55.12 350m: 5:47.32
	100m: 1:30.48	50.16 200m: 3:11.06	49.36	300m: 5:02.88	56.70 400m: 6:30.85

Senioren 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	4:47.09	200201414	4:51.25 +0,78
	50m: 31.21	31.21 150m: 1:43.94	37.64	250m: 3:02.29	42.04 350m: 4:19.13
	100m: 1:06.30	35.09 200m: 2:20.25	36.31	300m: 3:44.82	42.53 400m: 4:51.25
2.	Grace Anderson	WVZ	5:18.27	200200578	5:23.20 +0,74
	50m: 34.23	34.23 150m: 1:55.52	41.22	250m: 3:21.05	44.88 350m: 4:45.69
	100m: 1:14.30	40.07 200m: 2:36.17	40.65	300m: 4:06.47	45.42 400m: 5:23.20
3.	Giulia Corsi	De Columbiaan 1	5:23.53	200100468	5:29.83 +0,77
	50m: 35.80	35.80 150m: 2:02.01	43.24	250m: 3:32.01	46.81 350m: 4:56.09
	100m: 1:18.77	42.97 200m: 2:45.20	43.19	300m: 4:20.19	48.18 400m: 5:29.83
4.	Anouk Vis	De Columbiaan 1	5:32.99	200203322	5:33.06 +0,82
	50m: 35.72	35.72 150m: 2:00.53	42.97	250m: 3:29.22	47.84 350m: 4:54.73
	100m: 1:17.56	41.84 200m: 2:41.38	40.85	300m: 4:16.54	47.32 400m: 5:33.06
5.	Elyanne Boudestein	Zoetermeer	5:32.57	200101060	5:35.03 +0,78
	50m: 34.68	34.68 150m: 2:02.89	42.60	250m: 3:31.25	47.04 350m: 4:57.56
	100m: 1:20.29	45.61 200m: 2:44.21	41.32	300m: 4:18.24	46.99 400m: 5:35.03
6.	Diana Noordermeer	SG SCOM/de Zeehond'73	5:34.44	200102110	5:46.21 +0,65
	50m: 35.69	35.69 150m: 2:02.85	44.90	250m: 3:36.39	49.78 350m: 5:06.93
	100m: 1:17.95	42.26 200m: 2:46.61	43.76	300m: 4:26.97	50.58 400m: 5:46.21
7.	Anna Hoogenboezem	KZV de Lansingh	5:57.08	200200658	5:48.98
	50m: 36.06	36.06 150m: 2:07.96	47.47	250m: 3:39.31	46.02 350m: 5:09.04
	100m: 1:20.49	44.43 200m: 2:53.29	45.33	300m: 4:26.76	47.45 400m: 5:48.98

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rang	naam	vereniging	intijd		tijd	RT
8.	Susan van Grol	Widex GZC Donk	5:53.40	200201344	5:57.30	
	50m: 37.08	37.08 150m: 2:13.84	48.50	250m: 3:49.97	46.84 350m: 5:18.09	40.59
	100m: 1:25.34	48.26 200m: 3:03.13	49.29	300m: 4:37.50	47.53 400m: 5:57.30	39.21
9.	Faustine Mussig	De Geul	6:01.15	200202080	6:11.29	+0,80
	50m: 39.25	39.25 150m: 2:17.33	47.24	250m: 3:56.87	52.66 350m: 5:32.10	40.77
	100m: 1:30.09	50.84 200m: 3:04.21	46.88	300m: 4:51.33	54.46 400m: 6:11.29	39.19
NG.ZA	Amy van Leersum	Poseidon'56	6:01.00	200200300		

Senioren

1.	Angelique van Vark	Z&PC De Gouwe	5:02.53	199701478	5:08.83	+0,74
	50m: 32.88	32.88 150m: 1:50.76	39.87	250m: 3:14.03	44.25 350m: 4:34.89	36.10
	100m: 1:10.89	38.01 200m: 2:29.78	39.02	300m: 3:58.79	44.76 400m: 5:08.83	33.94
2.	Annemarie Meijer	Feijenoord Albion	5:09.34	199900964	5:17.17	+0,82
	50m: 33.62	33.62 150m: 1:58.52	42.95	250m: 3:23.46	43.49 350m: 4:42.98	35.44
	100m: 1:15.57	41.95 200m: 2:39.97	41.45	300m: 4:07.54	44.08 400m: 5:17.17	34.19
3.	Lotte Middelbos	z.c De Schotejil	5:29.87	199900680	5:28.23	+0,80
	50m: 34.50	34.50 150m: 1:59.39	43.64	250m: 3:27.17	44.71 350m: 4:51.19	38.45
	100m: 1:15.75	41.25 200m: 2:42.46	43.07	300m: 4:12.74	45.57 400m: 5:28.23	37.04
4.	Moniek Heemskerk	ZVL-1886 1	5:34.60	199601964	5:56.75	+0,77
	50m: 36.65	36.65 150m: 2:08.26	46.94	250m: 3:42.56	48.22 350m: 5:14.39	41.83
	100m: 1:21.32	44.67 200m: 2:54.34	46.08	300m: 4:32.56	50.00 400m: 5:56.75	42.36
5.	Kirana Hoogenbosch	De Geul	5:47.91	200003428	6:06.63	+0,66
	50m: 37.42	37.42 150m: 2:11.97	47.92	250m: 3:48.63	50.36 350m: 5:24.23	45.31
	100m: 1:24.05	46.63 200m: 2:58.27	46.30	300m: 4:38.92	50.29 400m: 6:06.63	42.40

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Heren, 50m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Bas Blanker	ZPB H&L Productions	34.63	200601497	32.37	
2.	Mark Demianenko	Zoetermeer	32.25	200600409	32.51	+0,71
3.	Thom de Hoog	SG SCOM/de Zeehond'73	33.54	200600019	33.00	+0,92
4.	Sven Eschbach	ZZ&PC De Devel	33.22	200602013	33.28	+0,70
	Yagiz Atilgan	ZV Vlaardingen-Schiedam	34.21	200601453	33.28	+0,80
6.	Laurens Kalle	z.c De Schotejil	33.92	200600161	33.68	+0,76
7.	Joris Lissenberg	The Hague Swimming (SG)	34.18	200600585	34.56	+0,78
	<i>*BU 50m</i>					
8.	Dimi Stoyanov	The Hague Swimming (SG)	34.65	200601067	34.68	+0,67
9.	Daan Sonneveld	WVZ	34.20	200601085	34.73	+0,73
10.	Joshua Agussalim	Van Vliet-Barracuda	34.73	200600153	35.36	
11.	Benjamin Vermeer	Zoetermeer	34.80	200600177	35.77	+0,70
12.	Bjorn Rijkaart	BZ en PC	37.67	200601337	35.93	+0,78
13.	Thijs van den Berg	The Hague Swimming (SG)	37.05	200600971	37.03	+0,78
14.	Thomas Klaassen	ZOB'66	40.74	200601535	37.16	+0,79
15.	Bas Bechtold	Van Vliet-Barracuda	36.90	200600007	37.53	
16.	Tibbe Veldboer	ZPB H&L Productions	38.91	200600911	38.01	+0,87
17.	Robin den Ouden	ZPC Wiekslag	39.01	200600255	39.09	
18.	Dominique Drabbe	Zoetermeer	38.95	200600145	39.41	+0,82
19.	Jasper Groen	KZV de Lansingh	39.84	200602325	39.46	+0,71
20.	Daniel Gavran	Widex GZC Donk	39.65	200600667	40.75	+0,66
21.	Wout Jonkers	Poseidon'56	39.73	200600939	40.87	+0,74
22.	Winston van den Berg	Rotterdam Swimming (SG)	40.00	200600253	43.36	+0,79
DIS	Bo Merkestein	WVZ	37.67	200602451		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Karol Sas	MNC Dordrecht	36.27	200602321		

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Programmanr. 10, Heren, 50m vlinderslag

Junioren 2

1.	Gabriel Been	The Hague Swimming (SG)	30.40	200501467	29.06	+0,70
2.	Émile Fouzaï	The Hague Swimming (SG)	31.50	200500263	30.28	+0,71
3.	Sem Agterdenbos	MNC Dordrecht	31.49	200500049	30.40	+0,67
4.	Menno Wieringa	KZV de Lansingh	32.46	200500927	31.46	+0,69
5.	Björn Verkaik	The Hague Swimming (SG)	33.76	200500411	31.79	+0,71
6.	River Streefland	The Hague Swimming (SG)	33.79	200502253	32.16	
7.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	32.57	200500781	32.48	+0,48
8.	Yanieck Frijstein	The Hague Swimming (SG)	33.60	200500329	32.74	+0,75
9.	Tim van Lochem	Zoetermeer	36.92	200500077	34.92	
10.	Onno Roeleveld	De Columbiaan 1	35.75	200502775	34.97	+0,67
11.	Casper Hoogervorst	De Columbiaan 1	35.07	200500183	35.09	+0,75
12.	Emin Bayram	WVZ	34.66	200502753	35.79	+0,67
13.	Aaïke de Tender	De Geul	37.36	200502189	36.01	+0,66
14.	Sytze van Stein	LinK	39.14	200501155	36.99	+0,67
15.	Thijs Visser	Van Vliet-Barracuda	37.60	200502129	38.48	+0,83
16.	Yassine Mellah	Widex GZC Donk	41.91	200502159	39.66	+0,84
NG.ZA	Stijn de Bondt	ZPB H&L Productions	53.14	200502249		

Junioren 3

1.	Jay de Vries	Rotterdam Swimming (SG)	28.80	200400669	27.32	+0,75
2.	Max van Schagen	De Columbiaan 1	29.34	200402591	28.63	+0,69
3.	Chris van der Hout	The Hague Swimming (SG)	28.99	200401355	28.71	+0,72
4.	Jason van den Berg	Rotterdam Swimming (SG)	29.20	200400009	28.88	+0,72
5.	Thijm Kruit	De Columbiaan 1	29.53	200401339	28.90	+0,73
6.	Abel te Riele	WVZ	30.67	200402317	28.99	+0,60
7.	Pepijn van Egmond	WVZ	29.36	200402309	29.04	+0,67
8.	Anthony Kraag	WVZ	28.98	200401973	29.39	+0,67
9.	Nathan Janssen	MNC Dordrecht	30.28	200401565	29.87	
10.	Niels van der Mast	ZPC Numansdorp	30.93	200401917	30.14	+0,74
11.	Julien Tanis	Rotterdam Swimming (SG)	30.15	200401045	30.24	+0,62
12.	Erik Oldenkamp	KZV de Lansingh	30.92	200400597	30.43	+0,75
13.	Sem Verberg	The Hague Swimming (SG)	31.03	200402105	30.53	+0,76
14.	Milan Masselink	The Hague Swimming (SG)	32.43	200402165	30.66	+0,80
15.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	31.11	200404457	31.30	+0,70
16.	Timon Wijsman	D'elft	33.43	200403707	31.86	+0,75
17.	Timo Huizer	ZPC Wiekslag	31.25	200401125	31.91	+0,81
18.	Daniel 't Mannetje	z.c De Schotejil	33.81	200400183	32.67	+0,73
19.	Christian Kalle	z.c De Schotejil	32.19	200400687	32.94	+0,75
20.	Michael van den Enden	PCG	32.61	200401589	32.97	+0,63
21.	Thomas van Peenen	De Columbiaan 1	33.61	200400097	32.99	
22.	Arthur Bondartsov	Rotterdam Swimming (SG)	35.21	200403231	33.29	+0,80
23.	Guus Geelen	ZVL-1886 1	33.07	200401183	33.33	+0,70
24.	Kun Woo Kim	The Hague Swimming (SG)	33.59	200401361	33.52	+0,75
25.	Marijn Dekkers	Widex GZC Donk	34.45	200402275	34.04	+0,78
26.	Nathan Vos	Van Vliet-Barracuda	33.78	200402335	34.46	
27.	Bo Schoenmakers	Widex GZC Donk	34.70	200402919	34.65	+0,56
NG.ZA	Wen-Ye Chen	Rotterdam Swimming (SG)	31.14	200402859		
AFGEM	Benjamin Boender	ZOB'66	33.88	200401351		
NG	Timo Wouters	MNC Dordrecht	29.02	200401363		
NG	Timo Kock	Rotterdam Swimming (SG)	29.39	200400387		

Junioren 4

1.	Michael Smink	The Hague Swimming (SG)	26.94	200302169	26.85	+0,80
2.	Keanu Streefland	The Hague Swimming (SG)	27.30	200302445	27.23	+0,71
3.	Jelle Bon	ZV Vlaardingen-Schiedam	28.44	200301077	28.10	+0,71
4.	Zev Bulk	The Hague Swimming (SG)	27.43	200304021	28.15	+0,67
5.	Erik van Gemert	Poseidon'56	29.90	200300587	28.22	
6.	Perry Laarhoven	ZPC Numansdorp	28.98	200301321	28.25	+0,77
7.	Milan Hamel	The Hague Swimming (SG)	29.31	200302125	28.37	
8.	Kenan Coeruez	Feijenoord Albion	28.82	200300357	28.53	+0,64
9.	Milan van Aken	The Hague Swimming (SG)	29.47	200303307	28.59	
10.	Wesley Zulver	ZV Vlaardingen-Schiedam	28.78	200301319	28.67	+0,67
11.	Xander Vis	z.c De Schotejil	30.46	200300173	28.81	+0,71
12.	Maximilian Lopes Cardozo	WZK	31.48	200300665	29.31	+0,73
13.	Daan Hogerhuis	LinK	30.96	200300317	29.69	+0,76
14.	Raphaël Booiman	ZPC Wiekslag	31.00	200300727	29.80	+0,70
15.	Nils Mulder	MNC Dordrecht	29.88	200300049	29.88	+0,74

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rang	naam	vereniging	intijd		tijd	RT
16.	Julian Stok	ZZ&PC De Devel	30.56	200300071	30.53	+0,72
17.	Senna Mooldijk	Feijenoord Albion	29.53	200301147	30.59	+0,70
18.	Tygo Korving	ZPB H&L Productions	30.92	200300773	30.96	
19.	Chris Vogelaar	ZVL-1886 1	31.75	200302241	30.97	
20.	Jort Jongenelen	Zoetermeer	31.84	200303233	30.99	+0,76
21.	Stefan Groen	KZV de Lansingh	32.67	200301179	31.09	
22.	Christiaan van Es	ZOB'66	30.83	200304141	31.31	+0,75
23.	Thimo van Beek	ZVL-1886 1	32.59	200301347	31.79	+0,73
24.	Yassine Maas	The Hague Swimming (SG)	31.37	200301505	31.88	+0,82
25.	Maxim Noordman	The Hague Swimming (SG)	33.87	200304067	32.04	+0,68
NG	Maurice van Philips	De Kempvis	31.56	200301387		

Jeugd 1 en 2

1.	Sean Niewold	WVZ	25.52	200204699	25.89	+0,72	
2.	Nikhom Westphal	SG SCOM/de Zeehond'73	26.00	200203329	26.28	+0,68	
3.	Jarno Verbeek	Zoetermeer	26.64	200200931	26.36	+0,71	
4.	Brandon van den Berg	Rotterdam Swimming (SG)	26.63	200200669	26.57	+0,69	
5.	Floris de Leeuw	The Hague Swimming (SG)	26.47	200105317	26.82	+0,71	
6.	Gerard Willighagen	Poseidon'56	26.66	200103663	26.87	+0,69	
7.	Rolf Jens	PCG	27.87	200100527	27.36	+0,74	
8.	Sjoerd van Weelden	PCG	28.32	200101217	27.43	+0,75	
9.	Jarno van Oijen	Feijenoord Albion	27.34	200100055	27.56	+0,74	
10.	Wesley Scheepbouwer	ZPC Wiekslag	27.85	200101959	27.61	+0,59	
11.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	28.87	200203079	27.84	+0,73	
12.	Thomas van Wanrooij	Poseidon'56	29.23	200201473	27.99	+0,73	679
13.	Viktor Koets	De Columbiaan 1	28.93	200201677	28.00	+0,76	
14.	Ryan de Laat	ZPC Wiekslag	27.68	200101553	28.22	+0,75	
15.	Tjeerd van Stein	LinK	28.94	200101439	28.30	+0,74	
16.	Youri ten Brink	The Hague Swimming (SG)	27.52	200104719	28.38		
17.	Glenn van Gaalen	De Kempvis	28.21	200200521	28.44	+0,71	
	Querijn Hensen	The Hague Swimming (SG)	29.14	200102121	28.44	+0,72	722
19.	Stijn den Otter	ZZ&PC De Devel	28.44	200200225	28.49	+0,59	
20.	Mart de Koning	ZOB'66	29.01	200203253	28.95		
21.	Björn de Heus	ZV Vlaardingen-Schiedam	29.22	200201077	29.12	+0,65	
22.	Cas Jansen	The Hague Swimming (SG)	30.16	200203263	29.21	+0,70	
23.	Justin Slootweg	MNC Dordrecht	28.61	200201407	29.31		
	Robin van Peenen	De Columbiaan 1	31.24	200201059	29.31	+0,75	
25.	Rob Lugtenburg	The Hague Swimming (SG)	29.88	200201123	29.60	+0,70	
26.	Sasa Stefanovic	MNC Dordrecht	29.66	200100805	29.71	+0,83	
27.	Johrick Wijma	KZV de Lansingh	29.33	200204435	29.76	+0,62	
28.	Boy Borreman	LinK	30.01	200102751	29.91	+0,66	
29.	Dave van den Nieuwendijk	De Columbiaan 1	29.85	200100475	30.24	+0,74	
30.	Wouter Verdoes	De Columbiaan 1	30.91	200200351	30.45		
31.	Wessel Bonkestoter	Widex GZC Donk	30.10	200100625	30.50	+0,71	
32.	Luc Brasz	The Hague Swimming (SG)	30.27	200200919	30.55	+0,55	
33.	Bas van Nisius	The Hague Swimming (SG)	31.56	200202107	31.41		
34.	Simon Dijkstra	Rotterdam Swimming (SG)	31.35	200204905	31.46	+0,71	
35.	Thom van Vark	Z&PC De Gouwe	32.20	200101305	32.17	+0,76	
36.	Esper Paans	ZZ&PC De Devel	33.03	200100607	32.18	+0,75	
37.	Boaz Troost	ZOB'66	33.18	200100371	32.72	+0,71	
38.	Joris de Gier	Widex GZC Donk	33.30	200103817	33.52	+0,73	
39.	Daan Sniijders	MNC Dordrecht	35.02	200202475	34.73	+0,72	
DIS	Scott Jansen	WVZ	28.95	200202455			

VG - Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.

AFGEM	Dylano Termoshuizen	WVZ	30.57	200202169		
NG	Ignazio Nunzi	WVZ	31.12	200101803		

Senioren 1 en ouder

1.	Thomas Verhoeven	Rotterdam Swimming (SG)	23.80	199700311	24.00	+0,69
2.	Jeroen Baars	Rotterdam Swimming (SG)	23.83	199200031	24.38	+0,72
3.	Mark Baars	Rotterdam Swimming (SG)	24.68	198500059	24.84	+0,63
4.	Enger Kotterink	Feijenoord Albion	24.52	199403391	25.38	+0,63
5.	Melvin Prins	ZPC Wiekslag	25.44	199500201	25.72	+0,68
6.	Derk Jan Speelman	Rotterdam Swimming (SG)	26.45	199602425	26.29	
7.	Pascal Nuijten	Feijenoord Albion	26.45	199701353	26.43	+0,70
8.	Joris Bezemer	De Kempvis	26.79	199900527	26.79	+0,75
	Jonne Schaafsma	The Hague Swimming (SG)	26.57	199800745	26.79	+0,71

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rang	naam	vereniging	intijd		tijd	RT		
10.	Timo Dinkelberg	Feijenoord Albion	27.08	199300773	26.83	+0,65		
11.	Duncan van Haaren	Widex GZC Donk	26.91	200000681	26.90	+0,74		
12.	Dave Jansen	WVZ	27.25	199805299	26.97	+0,67		
13.	Daan Siebenheller	ZOB'66	26.56	199804955	27.11	+0,72		
14.	Bart Drechsel	Feijenoord Albion	27.14	198604135	27.12			
15.	Robin van Beek	ZVL-1886 1	26.83	199704023	27.13	+0,69		
16.	Stijn Geelen	MNC Dordrecht	27.17	199801363	27.16	+0,70		
17.	Noah Legerstee	WVZ	27.32	200003593	27.18	+0,77		
18.	Bram de Leeuw	The Hague Swimming (SG)	27.63	199805753	27.35			
19.	Joost de Roy van Zuydewijn	WVZ	27.25	200000255	27.39	+0,69		
20.	Kevin Panoet	The Hague Swimming (SG)	26.31	199307253	27.46	+0,66		
21.	Thijs Molendijk	D'elft	27.75	199900477	27.62	+0,70		
22.	Ryan van den Ouden	Poseidon'56	28.52	199900377	27.63	+0,83		
23.	Jorian Tanis	z.c De Schotejil	27.58	199900327	27.76	+0,76		
24.	Kevin Kingma	KZV de Lansingh	28.00	199700559	27.94	+0,69		
25.	Sander van Beek	ZVL-1886 1	27.72	200002917	28.05	+0,70		
26.	Rogier Dorsman	ZZ&PC De Devel	28.31	199900211	28.17	+0,66	S12	855
27.	Jordy van Oel	WVZ	27.62	199802003	28.23	+0,79		
28.	Georgios Kroukis	WZK	28.21	199007677	28.27	+0,81		
29.	Paul van Grol	Widex GZC Donk	28.15	199602951	28.35	+0,64		
30.	Aron Paasse	z.c De Schotejil	28.18	200000099	28.36			
31.	Stijn Lafontaine	The Hague Swimming (SG)	28.43	200005205	28.79	+0,72		
32.	Davy de Greef	SG-H.G.A.	28.68	199305463	28.82	+0,81		
33.	David Kievit	z.c De Schotejil	28.63	199900325	28.99	+0,85		
34.	Kilian Xavier de Kruyf Molina	The Hague Swimming (SG)	29.25	200002667	29.15	+0,74		
35.	Linquendo van der Klooster	ZPB H&L Productions	29.00	199801361	29.36	+0,71		
36.	Remco Oskam	Widex GZC Donk	29.29	199205583	29.58	+0,77		
37.	Ferdy van Mastrigt	Rotterdam Swimming (SG)	29.38	198802315	29.77			
38.	Ian van Mullem	ZOB'66	29.80	199602545	30.02	+0,70		
39.	Mark de Jongh	MNC Dordrecht	30.18	200001325	30.27	+0,66		
40.	Thomas Hesper	Van Vliet-Barracuda	30.77	200004181	30.36	+0,78		
41.	Jeroen van Blanken	KZV de Lansingh	30.27	199206451	30.94	+0,80		
DIS	Mairo Bonte	Zoetermeer	31.97	199905271				
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
AFGEM	Ian Minnigh	Rotterdam Swimming (SG)	26.25	199702737				
NG	Martijn Dolk	Rotterdam Swimming (SG)	27.59	198900737				

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Dames, 200m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
Junioren 1										
1.	Ananda van der Wiel	WVZ	2:44.99	200701562	2:41.17	+0,78	39.02	1:20.53	2:01.56	2:41.17
2.	Robin Vermeulen	MNC Dordrecht	2:48.63	200700412	2:43.05	+0,79	39.72	1:22.08	2:05.08	2:43.05
3.	Charlotte Woltjes	The Hague Swimming	(2:53.05	200700110	2:46.19	+0,77	40.26	1:22.95	2:05.48	2:46.19
4.	Samantha van der Jagt	ZZ&PC De Devel	2:56.83	200700220	2:51.44	+0,69	40.95	1:25.18	2:10.05	2:51.44
5.	Fleur Kamminga	WVZ	2:56.08	200701838	2:55.29	+0,80	41.28	1:26.04	2:11.55	2:55.29
6.	Mila Oomens	Van Vliet-Barracuda	2:55.99	200700016	2:55.81	+0,65	40.28	1:24.71	2:10.55	2:55.81
<i>*BU 200m</i>										
7.	Stella van Droffelaar	ZV Vlaardingen-Schied	2:59.35	200700048	2:56.74	+0,66	41.40	1:25.44	2:08.72	2:56.74
<i>*BU 50m en 100m</i>										
8.	Thalia Meijer	z.c De Schotejil	2:58.19	200700730	2:59.31	+0,75	41.23	1:27.37	2:14.68	2:59.31
DIS	Dide Provily	ZPC Wiekslag	2:47.11	200700480						
<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>										

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 11, Dames, 200m rugslag

Junioren 2

1. E. van Wijngaarden	ZPB H&L Productions	2:42.34	200601020	2:37.52	+0,69	36.56	1:16.97	1:57.80	2:37.52
2. Jade van der Maas	WVZ	2:34.52	200600408	2:39.20	+0,70	35.74	1:17.21	2:00.03	2:39.20
3. Hilda Vrijbloed	De Duck	2:41.13	200600732	2:39.48	+0,68	37.50	1:19.33	2:01.32	2:39.48
4. Kimberly Ruiten	De Columbiaan 1	2:43.21	200600492	2:41.92	+0,67	37.71	1:19.26	2:02.16	2:41.92
<i>*BU 100m</i>									
5. Nikita Snoeren	WVZ	2:46.18	200600342	2:43.26	+0,72	38.83	1:20.63	2:03.43	2:43.26
6. Lotte Cornelissen	De Watervogels	2:48.81	200601182	2:49.89	+0,56	40.50	1:23.72	2:07.60	2:49.89
7. Elijdjah van der Heul	Rotterdam Swimming (S2)	2:44.26	200602180	2:50.47	+0,83	40.96	1:24.36	2:08.35	2:50.47
<i>*BU 200m</i>									
8. Laura 't Lam	De Geul	2:56.42	200603376	2:52.62	+0,73	40.65	1:24.14	2:10.78	2:52.62
9. Noémi Oldenkamp	KZV de Lansingh	2:54.24	200600162	2:54.47	+0,74	39.92	1:25.17	2:10.09	2:54.47
10. G. Schrijvers van Zende	The Hague Swimming (I2)	2:51.67	200601618	2:55.52	+0,74	43.50	1:29.33	2:14.14	2:55.52
11. Emma Suderee	MNC Dordrecht	2:54.95	200603598	2:57.04	+0,66	41.95	1:27.52	2:14.13	2:57.04
12. Zahra Day	The Hague Swimming (I2)	2:57.05	200601374	2:58.85	+0,69	42.99	1:28.69	2:14.85	2:58.85
13. Quinty Kersten	ZOB'66	2:59.56	200601166	2:58.92	+0,68	41.54	1:27.04	2:14.99	2:58.92
14. Evelien Holterman	Zoetermeer	3:05.05	200601124	3:05.31	+0,73	42.49	1:29.63	2:18.72	3:05.31

Junioren 3

1. Jelsie van Ruijven	WVZ	2:32.70	200500282	2:28.90	+0,59	35.54	1:14.81	1:52.92	2:28.90
2. Emma Verkuijl	Van Vliet-Barracuda	2:35.71	200500826	2:34.47	+0,69	37.27	1:16.79	1:56.65	2:34.47
3. Karlijn Offeringa	ZV Vlaardingen-Schied	2:37.61	200503292	2:37.64	+0,70	37.24	1:18.77	1:59.02	2:37.64
4. Marit Huisman	Van Vliet-Barracuda	2:39.41	200502620	2:38.80	+0,66	37.56	1:16.56	1:57.99	2:38.80
5. Madelif Mans	The Hague Swimming (I2)	2:41.96	200501260	2:39.36	+0,76	37.56	1:18.65	2:01.00	2:39.36
<i>*BU 150m</i>									
6. Anique Hazebroek	The Hague Swimming (I2)	2:43.27	200502196	2:39.55	+0,75	37.71	1:18.75	1:59.01	2:39.55
7. Sophie Buurman	ZPC Wiekslag	2:41.95	200502530	2:39.87	+0,72	37.89	1:18.22	1:59.38	2:39.87
8. Nurlaylah Kartosentiko	ZV Vlaardingen-Schied	2:42.53	200501256	2:39.99	+0,66	36.50	1:17.10	1:58.69	2:39.99
9. Niké Telkamp	The Hague Swimming (I2)	2:46.58	200501088	2:40.85	+0,66	37.25	1:17.78	1:59.50	2:40.85
10. Meira Simons	The Hague Swimming (I2)	2:41.45	200502984	2:43.93		39.02	1:19.44	2:01.95	2:43.93
11. Yente Bouwmeester	De Columbiaan 1	2:43.45	200500340	2:44.58	+0,63	37.17	1:18.66	2:02.06	2:44.58
12. Britt van't Zant	Feijenoord Albion	2:47.62	200501170	2:45.82	+0,76	38.49	1:21.09	2:04.71	2:45.82
13. Vivianne Woltjes	The Hague Swimming (I2)	2:42.37	200501524	2:46.67	+0,77	38.35	1:21.90	2:05.73	2:46.67
14. Milou Adriaanse	De Columbiaan 1	2:46.50	200500968	2:48.07	+0,74	38.92	1:21.25	2:06.09	2:48.07
15. Madoline Held	The Hague Swimming (I2)	2:52.39	200503412	2:50.51	+0,89	39.83	1:22.81	2:07.20	2:50.51
DIS Laura Hoogenboezem	KZV de Lansingh	2:40.47	200500390						
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>									

Jeugd 1 en 2

1. Maaïke Issard	The Hague Swimming (I2)	2:22.83	200300022	2:23.93	+0,86	33.90	1:10.47	1:48.49	2:23.93
2. Femke Hoppenbrouwer	The Hague Swimming (I2)	2:27.85	200301124	2:24.02	+0,68	34.19	1:10.68	1:48.45	2:24.02
3. Milou van Wijk	MNC Dordrecht	2:35.70	200404948	2:28.46	+0,70	33.87	1:12.27	1:51.69	2:28.46
4. Michelle van der Steen	ZV Vlaardingen-Schied	2:28.79	200300052	2:28.55	+0,71	35.00	1:13.01	1:51.37	2:28.55
5. Megan de Hoog	SG SCOM/de Zeehond	2:35.57	200300214	2:29.43	+0,66	35.07	1:12.65	1:51.33	2:29.43
6. Isabel Scheepbouwer	ZPC Wiekslag	2:32.49	200301106	2:30.35		35.13	1:13.50	1:52.47	2:30.35
<i>*BU 200m</i>									
7. Zinzi van der Maas	WVZ	2:40.77	200402028	2:34.94	+0,64	36.11	1:15.61	1:56.13	2:34.94
8. Irma van der Wulp	WVZ	2:33.54	200401950	2:34.96	+0,72	36.56	1:16.19	1:56.04	2:34.96
9. Isis Naaktgeboren	ZZ&PC De Devel	2:41.22	200403914	2:35.50	+0,78	36.03	1:15.97	1:57.43	2:35.50
10. Jenna Klein	LinK	2:38.73	200400914	2:37.09	+0,81	36.60	1:17.03	1:58.49	2:37.09
11. Esther Reinders	KZV de Lansingh	2:38.70	200301798	2:37.51	+0,60	37.10	1:17.26	1:58.06	2:37.51
12. Kim Rutters	De Kempvis	2:30.48	200302318	2:37.90	+0,71	36.22	1:15.81	1:56.89	2:37.90
13. Kim de Jong	LinK	2:34.64	200301026	2:38.14	+0,72	38.17	1:18.66	1:59.86	2:38.14
14. Julia Notenboom	De Columbiaan 1	2:33.30	200302596	2:38.49	+0,75	36.45	1:16.71	1:58.15	2:38.49
15. Suzanne Dorsman	D'elft	2:32.75	200303314	2:39.93	+0,63	37.62	1:18.51	2:00.14	2:39.93
16. Lize van Stigt	LinK	2:33.62	200401510	2:41.79	+0,59	36.92	1:17.82	2:00.71	2:41.79
17. Mara Bosman	The Hague Swimming (I2)	2:40.45	200303048	2:42.07	+0,88	38.80	1:19.40	2:00.90	2:42.07
18. Jet van Oudheusden	ZOB'66	2:42.39	200401012	2:45.16	+0,70	38.53	1:20.06	2:02.90	2:45.16
19. Nora van der Steen	LinK	2:48.70	200403458	2:48.09	+0,76	38.55	1:20.31	2:04.61	2:48.09

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Programmanr. 11, Dames, 200m rugslag

Senioren 1 en 2

1. Lotte Hosper	The Hague Swimming	(:2:17.98	200201414	2:15.09	+0,74	32.21	1:06.32	1:40.83	2:15.09
2. Elise Tanis	z.c De Schotejil	2:18.15	200200120	2:16.43	+0,59	32.14	1:06.58	1:41.84	2:16.43
3. Sanne Heemskerck	ZVL-1886 1	2:25.52	200100600	2:25.64	+0,63	33.75	1:10.78	1:48.09	2:25.64
4. Tessa Giele	Feijenoord Albion	2:26.48	200203124	2:26.09	+0,66	34.43	1:12.35	1:50.66	2:26.09
5. Ilse Kraaijeveld	The Hague Swimming	(:2:29.25	200202190	2:27.31	+0,67	34.46	1:11.75	1:49.96	2:27.31
6. Robin Pienaar	Van Vliet-Barracuda	2:39.06	200102236	2:35.57	+0,74	36.14	1:16.31	1:56.88	2:35.57
7. Lieske Zijlstra	z.c De Schotejil	2:34.65	200200996	2:36.28	+0,71	37.23	1:17.57	1:57.40	2:36.28
<i>*BU 150m</i>									
8. Manon Middelbos	z.c De Schotejil	2:31.68	200100056	2:38.80	+0,78	36.54	1:16.76	1:57.96	2:38.80
9. Anouk Vis	De Columbiaan 1	2:35.44	200203322	2:43.97	+0,67	38.97	1:19.79	2:02.72	2:43.97

Senioren

1. Leonie van Noort	WVZ	2:21.37	199301752	2:19.00	+0,72	32.39	1:07.19	1:43.04	2:19.00
2. Babette van der Kaaij	Rotterdam Swimming	(S2:27.61	199902234	2:28.26	+0,62	34.13	1:11.83	1:50.12	2:28.26
3. Lauren van IJll	WVZ	2:26.70	200001064	2:31.35	+0,68	34.13	1:12.97	1:52.27	2:31.35
4. Laura Tromp	ZZ&PC De Devel	2:35.86	200000276	2:39.78	+0,77	36.23	1:16.18	1:57.80	2:39.78
5. Jonne Moleman	LinK	2:44.89	200006264	2:46.29	+0,91	40.66	1:22.91	2:05.05	2:46.29

Programmanr. 12
24-11-2018 - 16:05

Jongens, 4 x 100m wisselslag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	4:03.37	4:09.05 +0,72
	Keanu Streefland	+0,72 29.60	1:00.85 Michael Smink	+0,55 27.61 1:00.98
	Milan Hamel	+0,45 32.82	1:10.46 Zev Bulk	+0,20 27.17 56.76
2.	WVZ 1	WVZ	4:24.43	4:27.97 +0,71
	Daan Sonneveld	+0,71 33.17	1:09.40 Anthony Kraag	+0,50 30.17 1:06.26
	Abel te Riele	+0,22 34.09	1:14.01 Pepijn van Egmond	+0,45 28.15 58.30
3.	The Hague Swimming (SG) 2	The Hague Swimming (SG)	4:30.57	4:28.29 +0,76
	<i>*BU 300m</i>			
	Sem Verberg	+0,76 32.32	1:07.13 Gabriel Been	+0,60 30.51 1:05.62
	Milan van Aken	+0,27 36.57	1:19.17 Chris van der Hout	26.62 56.37
4.	De Columbiaan 1	De Columbiaan 1	4:39.57	4:40.22 +0,67
	Thomas van Peenen	+0,67 35.36	1:13.22 Thijm Kruit	+0,28 29.90 1:05.76
	Max van Schagen	+0,32 34.47	1:14.99 Onno Roeleveld	+0,17 31.07 1:06.25
5.	ZPC Numansdorp 1	ZPC Numansdorp	4:40.14	4:41.85 +0,79
	Mike van Huizen	+0,79 36.17	1:15.63 Niels van der Mast	+0,62 32.10 1:09.52
	Perry Laarhoven	+0,62 33.56	1:12.54 Pepyn van Brakel	+0,40 29.88 1:04.16
6.	De Schotejil 1	z.c De Schotejil	4:41.26	4:47.73 +0,70
	Laurens Kalle	+0,70 38.71	1:19.72 Christian Kalle	+0,69 33.84 1:14.16
	Xander Vis	+0,66 33.23	1:11.17 Daniel 't Mannetje	+0,45 30.19 1:02.68
7.	Zoetermeer 1	Zoetermeer	4:57.95	5:05.54 +0,58
	Tim van Lochem	+0,58 37.65	1:17.30 Jort Jongenelen	+0,50 31.57 1:08.59
	Mark Demianenko	+0,48 40.99	1:28.25 Benjamin Vermeer	+0,61 33.52 1:11.40
8.	GZC Donk 1	Widex GZC Donk	5:21.09	5:18.35 +0,77
	Yassine Mellah	+0,77 39.23	1:19.74 Bo Schoenmakers	+0,84 36.58 1:21.08
	Marijn Dekkers	+0,43 39.58	1:24.42 Daniel Gavran	+0,20 34.67 1:13.11
9.	Barracuda 1	Van Vliet-Barracuda	5:11.62	5:21.13 +0,61
	Bas Bechtold	+0,61 40.33	1:23.47 Joshua Agussalim	+0,57 36.93 1:23.23
	Thijs Visser	+0,92 39.74	1:26.22 Nathan Vos	+0,51 31.76 1:08.21
10.	WVZ 2	WVZ	5:26.52	5:31.87 +0,68
	Floris Wassenaar	+0,68 39.07	1:20.56 Bo Merkestein	+0,66 40.14 1:29.13
	Merlijn van der Hoeven	+0,65 43.24	1:33.53 Emin Bayram	+0,29 31.21 1:08.65

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Programmanr. 13
24-11-2018 - 16:15

Heren, 4 x 100m wisselslag

Junioren 1 en ouder
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Rotterdam Swimming 1	Rotterdam Swimming (SG) 3:44.19	3:50.81	+0,74
	Matthew Dullemond +0,74 29.52	1:00.61 Thomas Verhoeven	+0,48 25.24	56.62
	Mark Baars +0,38 28.77	1:01.93 Jeroen Baars	+0,42 24.95	51.65
2.	Feijenoord Albion 1	Feijenoord Albion 3:54.91	3:54.84	+0,56
	Ensger Kotterink +0,56 26.48	55.12 Jarno van Oijen	+0,51 27.60	1:00.33
	Timo Dinkelberg +0,37 30.99	1:07.83 Pascal Nuijten	+0,14 24.41	51.56
3.	WVZ 1	WVZ 3:55.80	3:59.10	+0,65
	Dave Jansen +0,65 29.79	1:00.83 Noah Legerstee	+0,33 28.21	1:01.25
	Joost de Roy van Zuydewijn +0,31 30.08	1:03.90 Sean Niewold	+0,08 25.35	53.12
4.	Rotterdam Swimming 2	Rotterdam Swimming (SG) 3:57.39	4:05.37	+0,58
	Brandon van den Berg +0,58 30.16	1:02.04 Marco Rolla	+0,29 26.76	59.37
	Derk Jan Speelman +0,37 31.48	1:08.07 Jay de Vries	+0,31 26.61	55.89
5.	ZV Vlaardingen-Schiedam 1	ZV Vlaardingen-Schiedam 4:08.54	4:08.91	+0,65
	Jelle Bon +0,65 29.88	1:02.35 Björn de Heus	+0,39 29.01	1:04.38
	Wesley Zulver +0,41 31.28	1:08.24 Niels Dijkshoorn	+0,23 25.87	53.94
6.	GZC Donk 1	Widex GZC Donk 4:13.35	4:11.03	+0,59
	Wessel Bonkestoter +0,59 33.37	1:08.33 Duncan van Haaren	+0,28 27.23	59.33
	Paul van Grol +0,17 31.06	1:06.35 Remco Oskam	+0,40 27.34	57.02
7.	ZOB'66 1	ZOB'66 4:21.15	4:26.86	+0,56
	Ian van Muller +0,56 33.01	1:08.95 Daan Siebenheller	+0,27 27.32	1:01.33
	Boaz Troost +0,40 35.06	1:16.23 Mart de Koning	+0,50 28.78	1:00.35
8.	LinK 1	LinK 4:34.71	4:29.79	+0,64
	Tjeerd van Stein +0,64 29.11	59.86 Boy Borreman	+0,81 30.91	1:07.86
	Daan Hogerhuis +0,41 34.75	1:14.35 Sytze van Stein	+0,26 31.76	1:07.72
DIS	Lansingh 1	KZV de Lansingh 4:17.90		+0,65
	<i>EA - Te vroeg overgenomen., Betreft 4e zwemmer</i>			
	Stefan Groen +0,65 32.33	1:06.18 Johrick Wijma	+0,18 30.14	1:06.57
	Kevin Kingma +0,48 31.34	1:07.93 Rutger Dalm	-0,12	
DIS	ZZ&PC De Devel 1	ZZ&PC De Devel 4:26.38		+0,55
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>			
	Stijn den Otter +0,55 32.31	1:07.63 Julian Stok	+0,53	
	Rogier Dorsman +1,02	Esper Paans	+0,44	
AFGEM	WVZ 2	WVZ 4:10.57		
NG	Rotterdam Swimming 3	Rotterdam Swimming (SG) 4:14.02		

Programmanr. 14
25-11-2018 - 9:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Robin Vermeulen	MNC Dordrecht	5:10.17	200700412	5:07.38 +0,82
	50m: 34.98	34.98 150m: 1:55.06	40.24 250m: 3:13.84	39.46	350m: 4:33.31
	100m: 1:14.82	39.84 200m: 2:34.38	39.32 300m: 3:54.02	40.18	400m: 5:07.38
2.	Ananda van der Wiel	WVZ	5:21.11	200701562	5:13.74 +0,73
	50m: 35.22	35.22 150m: 1:56.53	40.76 250m: 3:16.60	40.27	350m: 4:36.88
	100m: 1:15.77	40.55 200m: 2:36.33	39.80 300m: 3:57.25	40.65	400m: 5:13.74
3.	Charlotte Woltjes	The Hague Swimming (SG)	5:35.18	200700110	5:20.65 +0,78
	50m: 36.04	36.04 150m: 1:58.60	42.07 250m: 3:20.92	40.96	350m: 4:40.92
	100m: 1:16.53	40.49 200m: 2:39.96	41.36 300m: 4:01.76	40.84	400m: 5:20.65
4.	Dide Provily	ZPC Wiekslag	5:23.31	200700480	5:24.72 +0,76
	50m: 36.64	36.64 150m: 1:59.23	42.24 250m: 3:21.81	41.35	350m: 4:40.10
	100m: 1:16.99	40.35 200m: 2:40.46	41.23 300m: 4:02.13	40.32	400m: 5:24.72
5.	Samantha van der Jagt	ZZ&PC De Devel	5:29.76	200700220	5:26.64 +0,79
	50m: 37.44	37.44 150m: 2:01.87	42.43 250m: 3:26.30	42.25	350m: 4:48.64
	100m: 1:19.44	42.00 200m: 2:44.05	42.18 300m: 4:07.55	41.25	400m: 5:26.64
6.	Mila Oomens <i>*bu 400m</i>	Van Vliet-Barracuda	5:40.62	200700016	5:28.83 +0,66
	50m: 36.81	36.81 150m: 2:00.30	41.89 250m: 3:24.85	42.47	350m: 4:49.78
	100m: 1:18.41	41.60 200m: 2:42.38	42.08 300m: 4:07.47	42.62	400m: 5:28.83
7.	Liza Voronov	WVZ	5:45.56	200700564	5:30.43
	50m: 34.16	34.16 150m: 1:54.22	41.37 250m: 3:19.68	42.65	350m: 4:46.98
	100m: 1:12.85	38.69 200m: 2:37.03	42.81 300m: 4:02.48	42.80	400m: 5:30.43

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Programmanr. 14, Meisjes, 400m vrije slag, Junioren 1

rang	naam	vereniging	intijd	tijd	RT
8.	Thalia Meijer	z.c De Schotejil	5:51.86	200700730	5:36.93
	50m: 36.96	36.96 150m: 2:02.35	43.28	250m: 3:29.39	43.53
	100m: 1:19.07	42.11 200m: 2:45.86	43.51	300m: 4:13.93	44.54
				350m: 4:57.22	43.29
				400m: 5:36.93	39.71
9.	Janneke Twigt	KZV de Lansingh	5:46.91	200701040	5:38.51
	50m: 37.30	37.30 150m: 2:02.68	43.17	250m: 3:30.28	43.63
	100m: 1:19.51	42.21 200m: 2:46.65	43.97	300m: 4:14.18	43.90
				350m: 4:57.63	43.45
				400m: 5:38.51	40.88
10.	Yrsah Verheijen	The Hague Swimming (SG)	5:47.29	200700350	5:39.26
	50m: 35.50	35.50 150m: 1:58.59	42.20	250m: 3:26.27	44.04
	100m: 1:16.39	40.89 200m: 2:42.23	43.64	300m: 4:11.09	44.82
				350m: 4:55.90	44.81
				400m: 5:39.26	43.36
11.	Jaylin van der Linden	ZZ&PC De Devel	5:50.42	200701766	5:46.37
	50m: 38.78	38.78 150m: 2:06.52	44.29	250m: 3:35.32	44.46
	100m: 1:22.23	43.45 200m: 2:50.86	44.34	300m: 4:20.01	44.69
				350m: 5:04.02	44.01
				400m: 5:46.37	42.35

Junioren 2

1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	4:49.23	200602180	4:51.93
	50m: 32.60	32.60 150m: 1:46.00	37.37	250m: 3:01.18	37.42
	100m: 1:08.63	36.03 200m: 2:23.76	37.76	300m: 3:38.97	37.79
				350m: 4:16.11	37.14
				400m: 4:51.93	35.82
2.	Megan Jonkman	The Hague Swimming (SG)	5:05.28	200600508	4:55.26
	50m: 33.31	33.31 150m: 1:49.47	38.26	250m: 3:04.61	37.55
	100m: 1:11.21	37.90 200m: 2:27.06	37.59	300m: 3:42.09	37.48
				350m: 4:19.26	37.17
				400m: 4:55.26	36.00
3.	Avery Collins	The Hague Swimming (SG)	5:00.46	200603622	5:00.79
	50m: 33.86	33.86 150m: 1:49.85	38.17	250m: 3:06.78	38.44
	100m: 1:11.68	37.82 200m: 2:28.34	38.49	300m: 3:45.61	38.83
				350m: 4:23.93	38.32
				400m: 5:00.79	36.86
4.	Estelle van Wijngaarden	ZPB H&L Productions	5:01.90	200601020	5:06.65
	50m: 33.73	33.73 150m: 1:50.02	39.24	250m: 3:10.07	40.21
	100m: 1:10.78	37.05 200m: 2:29.86	39.84	300m: 3:50.16	40.09
				350m: 4:29.64	39.48
				400m: 5:06.65	37.01
5.	Hilda Vrijbloed	De Duck	5:09.76	200600732	5:15.15
	50m: 34.06	34.06 150m: 1:55.73	41.34	250m: 3:17.46	41.50
	100m: 1:14.39	40.33 200m: 2:35.96	40.23	300m: 3:57.75	40.29
				350m: 4:38.01	40.26
				400m: 5:15.15	37.14
6.	Jade van der Maas	WVZ	5:14.37	200600408	5:15.36
	50m: 34.80	34.80 150m: 1:55.13	40.56	250m: 3:16.54	40.58
	100m: 1:14.57	39.77 200m: 2:35.96	40.83	300m: 3:57.14	40.60
				350m: 4:37.57	40.43
				400m: 5:15.36	37.79
7.	G. Schrijvers van Zenden	The Hague Swimming (SG)	5:21.92	200601618	5:18.42
	50m: 36.03	36.03 150m: 1:56.74	40.66	250m: 3:18.56	40.82
	100m: 1:16.08	40.05 200m: 2:37.74	41.00	300m: 3:59.08	40.52
				350m: 4:39.53	40.45
				400m: 5:18.42	38.89
8.	Sanne Slof	Van Vliet-Barracuda	5:38.51	200601810	5:29.86
	50m: 34.88	34.88 150m: 1:56.87	42.15	250m: 3:21.30	42.37
	100m: 1:14.72	39.84 200m: 2:38.93	42.06	300m: 4:04.38	43.08
				350m: 4:47.69	43.31
				400m: 5:29.86	42.17
9.	Zahra Day	The Hague Swimming (SG)	5:25.67	200601374	5:35.83
	50m: 37.18	37.18 150m: 2:02.35	43.14	250m: 3:28.62	43.38
	100m: 1:19.21	42.03 200m: 2:45.24	42.89	300m: 4:12.22	43.60
				350m: 4:54.68	42.46
				400m: 5:35.83	41.15

Junioren 3

1.	Isa Maes	Feijenoord Albion	4:47.07	200500110	4:46.87
	50m: 32.25	32.25 150m: 1:43.87	36.34	250m: 2:57.67	36.67
	100m: 1:07.53	35.28 200m: 2:21.00	37.13	300m: 3:35.34	37.67
				350m: 4:12.62	37.28
				400m: 4:46.87	34.25
2.	Asha van Lobberegt	Feijenoord Albion	4:53.02	200500088	4:47.41
	50m: 32.40	32.40 150m: 1:44.05	36.40	250m: 2:57.80	37.11
	100m: 1:07.65	35.25 200m: 2:20.69	36.64	300m: 3:35.25	37.45
				350m: 4:12.49	37.24
				400m: 4:47.41	34.92
3.	Emma Verkuijl	Van Vliet-Barracuda	5:05.79	200500826	4:48.45
	50m: 32.99	32.99 150m: 1:46.05	36.91	250m: 3:00.83	37.43
	100m: 1:09.14	36.15 200m: 2:23.40	37.35	300m: 3:38.19	37.36
				350m: 4:14.80	36.61
				400m: 4:48.45	33.65
4.	Aisha Nobels	z.c De Schotejil	5:03.56	200501710	4:55.20
	50m: 33.09	33.09 150m: 1:46.94	36.98	250m: 3:03.17	38.31
	100m: 1:09.96	36.87 200m: 2:24.86	37.92	300m: 3:41.11	37.94
				350m: 4:18.63	37.52
				400m: 4:55.20	36.57
5.	Britt van't Zant	Feijenoord Albion	5:07.49	200501170	5:06.96
	50m: 33.31	33.31 150m: 1:47.79	37.71	250m: 3:05.98	39.89
	100m: 1:10.08	36.77 200m: 2:26.09	38.30	300m: 3:46.86	40.88
				350m: 4:27.96	41.10
				400m: 5:06.96	39.00
6.	Anique Hazebroek	The Hague Swimming (SG)	5:16.14	200502196	5:08.52
	50m: 34.59	34.59 150m: 1:51.62	39.34	250m: 3:10.83	39.54
	100m: 1:12.28	37.69 200m: 2:31.29	39.67	300m: 3:50.31	39.48
				350m: 4:30.51	40.20
				400m: 5:08.52	38.01
7.	Laura Hoogenboezem	KZV de Lansingh	5:13.30	200500390	5:08.82
	50m: 34.11	34.11 150m: 1:49.36	38.36	250m: 3:08.74	39.93
	100m: 1:11.00	36.89 200m: 2:28.81	39.45	300m: 3:49.24	40.50
				350m: 4:29.88	40.64
				400m: 5:08.82	38.94
8.	Yente Bouwmeester	De Columbiaan 1	5:16.97	200500340	5:15.09
	50m: 34.06	34.06 150m: 1:52.73	40.33	250m: 3:15.14	41.30
	100m: 1:12.40	38.34 200m: 2:33.84	41.11	300m: 3:55.47	40.33
				350m: 4:35.87	40.40
				400m: 5:15.09	39.22

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rang	naam	vereniging	intijd	tijd	RT
9.	Elise Vink	De Columbiaan 1	5:20.97	200502588	5:16.45 +0,85
	50m: 34.09	34.09 150m: 1:53.16	40.06	250m: 3:14.94	40.35 350m: 4:36.65
	100m: 1:13.10	39.01 200m: 2:34.59	41.43	300m: 3:55.93	40.99 400m: 5:16.45
10.	Meira Simons <i>*BU 300m</i>	The Hague Swimming (SG)	5:30.09	200502984	5:19.88 +0,83
	50m: 33.81	33.81 150m: 1:50.00	39.10	250m: 3:12.72	41.62 350m: 4:38.29
	100m: 1:10.90	37.09 200m: 2:31.10	41.10	300m: 3:55.62	42.90 400m: 5:19.88
11.	Madoline Held	The Hague Swimming (SG)	5:17.82	200503412	5:21.62
	50m: 34.81	34.81 150m: 1:56.30	41.35	250m: 3:19.30	41.60 350m: 4:43.21
	100m: 1:14.95	40.14 200m: 2:37.70	41.40	300m: 4:01.43	42.13 400m: 5:21.62
12.	Mar Stoel	De Columbiaan 1	5:13.73	200500520	5:21.72 +0,84
	50m: 34.83	34.83 150m: 1:54.31	40.53	250m: 3:17.18	41.43 350m: 4:40.35
	100m: 1:13.78	38.95 200m: 2:35.75	41.44	300m: 3:59.01	41.83 400m: 5:21.72
13.	Felicia Adema	D'elft	5:18.74	200501310	5:22.12
	50m: 34.09	34.09 150m: 1:53.93	40.61	250m: 3:17.08	41.55 350m: 4:41.81
	100m: 1:13.32	39.23 200m: 2:35.53	41.60	300m: 3:59.44	42.36 400m: 5:22.12
14.	Sylvie Roos	Feijenoord Albion	5:24.04	200502772	5:25.76 +0,76
	50m: 35.24	35.24 150m: 1:55.94	41.42	250m: 3:19.98	42.26 350m: 4:46.01
	100m: 1:14.52	39.28 200m: 2:37.72	41.78	300m: 4:02.85	42.87 400m: 5:25.76

Jeugd 1 en 2

1.	Femke Hoppenbrouwer	The Hague Swimming (SG)	4:34.50	200301124	4:28.27 +0,72
	50m: 29.01	29.01 150m: 1:35.20	33.69	250m: 2:44.37	34.70 350m: 3:54.45
	100m: 1:01.51	32.50 200m: 2:09.67	34.47	300m: 3:19.70	35.33 400m: 4:28.27
2.	Maaïke Issard	The Hague Swimming (SG)	4:43.31	200300022	4:37.43 +0,80
	50m: 31.77	31.77 150m: 1:40.53	34.61	250m: 2:50.38	34.93 350m: 4:02.65
	100m: 1:05.92	34.15 200m: 2:15.45	34.92	300m: 3:26.81	36.43 400m: 4:37.43
3.	Rinske Bouman	Rotterdam Swimming (SG)	4:44.12	200400578	4:44.57 +0,79
	50m: 31.63	31.63 150m: 1:43.71	36.87	250m: 2:57.27	35.94 350m: 4:09.84
	100m: 1:06.84	35.21 200m: 2:21.33	37.62	300m: 3:33.69	36.42 400m: 4:44.57
4.	Sanne Vermeulen	The Hague Swimming (SG)	4:50.50	200303902	4:48.67 +0,82
	50m: 31.76	31.76 150m: 1:44.30	36.85	250m: 2:57.89	37.05 350m: 4:12.39
	100m: 1:07.45	35.69 200m: 2:20.84	36.54	300m: 3:34.95	37.06 400m: 4:48.67
5.	Megan de Hoog	SG SCOM/de Zeehond'73	4:39.85	200300214	4:49.58 +0,79
	50m: 31.63	31.63 150m: 1:43.05	36.42	250m: 2:55.49	36.23 350m: 4:10.27
	100m: 1:06.63	35.00 200m: 2:19.26	36.21	300m: 3:32.27	36.78 400m: 4:49.58
6.	Kim de Jong	LinK	4:45.49	200301026	4:50.01 +0,86
	50m: 33.11	33.11 150m: 1:46.54	37.07	250m: 3:00.69	37.35 350m: 4:14.51
	100m: 1:09.47	36.36 200m: 2:23.34	36.80	300m: 3:37.83	37.14 400m: 4:50.01
7.	Lara Hoeksema	The Hague Swimming (SG)	4:46.97	200400514	4:52.53 +0,87
	50m: 30.77	30.77 150m: 1:44.15	37.50	250m: 2:59.83	38.16 350m: 4:15.47
	100m: 1:06.65	35.88 200m: 2:21.67	37.52	300m: 3:37.90	38.07 400m: 4:52.53
8.	Irma van der Wulp	WVZ	4:47.82	200401950	4:54.02
	50m: 32.11	32.11 150m: 1:45.86	37.27	250m: 3:01.21	37.90 350m: 4:17.62
	100m: 1:08.59	36.48 200m: 2:23.31	37.45	300m: 3:39.38	38.17 400m: 4:54.02
9.	Isis Naaktgeboren	ZZ&PC De Devel	4:47.63	200403914	4:54.53
	50m: 32.21	32.21 150m: 1:47.62	38.10	250m: 3:03.75	37.68 350m: 4:19.24
	100m: 1:09.52	37.31 200m: 2:26.07	38.45	300m: 3:41.77	38.02 400m: 4:54.53
10.	Mara Bosman	The Hague Swimming (SG)	4:48.13	200303048	4:55.04 +0,74
	50m: 33.23	33.23 150m: 1:48.37	37.73	250m: 3:01.91	36.90 350m: 4:17.34
	100m: 1:10.64	37.41 200m: 2:25.01	36.64	300m: 3:39.59	37.68 400m: 4:55.04
11.	Phaedra Meijer	z.c De Schotejil	5:04.44	200401354	4:59.68 +0,79
	50m: 33.46	33.46 150m: 1:47.97	37.89	250m: 3:04.87	38.66 350m: 4:23.08
	100m: 1:10.08	36.62 200m: 2:26.21	38.24	300m: 3:44.23	39.36 400m: 4:59.68
12.	Milou van Wijk	MNC Dordrecht	4:55.40	200404948	5:01.91 +0,80
	50m: 33.05	33.05 150m: 1:48.69	38.34	250m: 3:06.02	38.69 350m: 4:25.21
	100m: 1:10.35	37.30 200m: 2:27.33	38.64	300m: 3:45.25	39.23 400m: 5:01.91
13.	Julia Notenboom	De Columbiaan 1	5:05.65	200302596	5:02.25 +0,87
	50m: 33.64	33.64 150m: 1:49.70	38.76	250m: 3:07.15	38.57 350m: 4:25.32
	100m: 1:10.94	37.30 200m: 2:28.58	38.88	300m: 3:46.50	39.35 400m: 5:02.25
14.	Esther Reinders	KZV de Lansingh	4:58.88	200301798	5:04.09 +0,71
	50m: 32.86	32.86 150m: 1:48.33	38.41	250m: 3:07.00	39.52 350m: 4:26.28
	100m: 1:09.92	37.06 200m: 2:27.48	39.15	300m: 3:46.67	39.67 400m: 5:04.09
15.	Daniëlle Vis	De Columbiaan 1	5:04.68	200401044	5:04.49 +0,76
	50m: 33.37	33.37 150m: 1:49.21	38.82	250m: 3:08.20	39.36 350m: 4:26.95
	100m: 1:10.39	37.02 200m: 2:28.84	39.63	300m: 3:47.23	39.03 400m: 5:04.49

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rang	naam	vereniging	intijd	tijd	RT
16.	Joyce van 't Hof	ZZ&PC De Devel	5:00.90	200302122	5:08.27 +0,74
	50m: 33.41	33.41 150m: 1:50.39	38.97	250m: 3:09.09	39.27 350m: 4:29.33
	100m: 1:11.42	38.01 200m: 2:29.82	39.43	300m: 3:49.22	40.13 400m: 5:08.27
17.	Kim Rutters	De Kempvis	5:00.13	200302318	5:09.11 +0,79
	50m: 33.27	33.27 150m: 1:50.58	39.39	250m: 3:10.38	40.01 350m: 4:31.02
	100m: 1:11.19	37.92 200m: 2:30.37	39.79	300m: 3:50.56	40.18 400m: 5:09.11
18.	Wendy ten Wolde	ZPC Wiekslag	5:00.24	200302658	5:09.69 +0,73
	50m: 30.98	30.98 150m: 1:46.36	38.87	250m: 3:06.56	40.20 350m: 4:29.85
	100m: 1:07.49	36.51 200m: 2:26.36	40.00	300m: 3:48.19	41.63 400m: 5:09.69
19.	Lize van Stigt	LinK	5:05.97	200401510	5:13.37 +0,69
	50m: 34.77	34.77 150m: 1:55.35	40.72	250m: 3:16.00	40.07 350m: 4:35.95
	100m: 1:14.63	39.86 200m: 2:35.93	40.58	300m: 3:56.09	40.09 400m: 5:13.37
20.	Milou van Winkel	LinK	5:51.61	200402296	5:51.05 +0,82 520
	50m: 35.16	35.16 150m: 2:00.89	43.72	250m: 3:31.35	45.59 350m: 5:03.68
	100m: 1:17.17	42.01 200m: 2:45.76	44.87	300m: 4:16.87	45.52 400m: 5:51.05

Senioren 1 en 2

1.	Sophie de Jonge	WVZ	4:28.63	200200118	4:32.58 +0,74
	50m: 30.07	30.07 150m: 1:37.73	34.24	250m: 2:47.30	34.97 350m: 3:58.28
	100m: 1:03.49	33.42 200m: 2:12.33	34.60	300m: 3:22.71	35.41 400m: 4:32.58
2.	Ilse Kraaijeveld	The Hague Swimming (SG)	4:35.00	200202190	4:38.99 +0,73
	50m: 30.08	30.08 150m: 1:38.80	35.02	250m: 2:50.68	36.26 350m: 4:03.65
	100m: 1:03.78	33.70 200m: 2:14.42	35.62	300m: 3:27.11	36.43 400m: 4:38.99
3.	Tessa Giele	Feijenoord Albion	4:56.56	200203124	4:43.08 +0,44
	50m: 32.98	32.98 150m: 1:45.86	36.72	250m: 2:58.61	36.22 350m: 4:10.46
	100m: 1:09.14	36.16 200m: 2:22.39	36.53	300m: 3:34.58	35.97 400m: 4:43.08
4.	Sam IJzerman	De Geul	4:49.73	200101204	4:45.65 +0,72
	50m: 31.11	31.11 150m: 1:42.68	36.48	250m: 2:56.29	36.96 350m: 4:10.66
	100m: 1:06.20	35.09 200m: 2:19.33	36.65	300m: 3:33.52	37.23 400m: 4:45.65
5.	Catharina Chulick	WVZ	4:48.27	200106304	4:47.53 +0,75
	50m: 32.34	32.34 150m: 1:44.09	36.31	250m: 2:56.61	36.20 350m: 4:11.24
	100m: 1:07.78	35.44 200m: 2:20.41	36.32	300m: 3:33.72	37.11 400m: 4:47.53
6.	Elyanne Boudestein	Zoetermeer	4:51.05	200101060	4:56.46 +0,80
	50m: 32.40	32.40 150m: 1:46.10	37.42	250m: 3:02.23	38.16 350m: 4:19.04
	100m: 1:08.68	36.28 200m: 2:24.07	37.97	300m: 3:40.77	38.54 400m: 4:56.46
7.	Diana Noordermeer	SG SCOM/de Zeehond'73	4:52.80	200102110	4:57.47 +0,64
	50m: 33.85	33.85 150m: 1:47.23	37.14	250m: 3:03.54	38.21 350m: 4:20.51
	100m: 1:10.09	36.24 200m: 2:25.33	38.10	300m: 3:41.99	38.45 400m: 4:57.47
8.	Rozemarijn van Haaff	ZOB'66	5:02.41	200201852	5:01.29 39,48
	50m: 32.43	32.43 150m: 1:46.64	37.81	250m: 3:04.00	38.84 350m: 4:22.64
	100m: 1:08.83	36.40 200m: 2:25.16	38.52	300m: 3:43.16	39.16 400m: 5:01.29
9.	Anouk Vis	De Columbiaan 1	5:01.35	200203322	5:05.01 39,90
	50m: 33.92	33.92 150m: 1:48.77	37.73	250m: 3:05.60	38.67 350m: 4:25.11
	100m: 1:11.04	37.12 200m: 2:26.93	38.16	300m: 3:44.59	38.99 400m: 5:05.01
10.	Debra de Lange	De Geul	5:04.09	200202380	5:05.07 37,84
	50m: 34.33	34.33 150m: 1:50.65	38.77	250m: 3:08.62	39.24 350m: 4:27.23
	100m: 1:11.88	37.55 200m: 2:29.38	38.73	300m: 3:47.91	39.29 400m: 5:05.07
11.	Susan van Grol	Widex GZC Donk	5:02.31	200201344	5:15.37 38,74
	50m: 35.36	35.36 150m: 1:55.86	40.93	250m: 3:16.75	40.07 350m: 4:36.63
	100m: 1:14.93	39.57 200m: 2:36.68	40.82	300m: 3:56.78	40.03 400m: 5:15.37

Senioren

1.	Leonie van Noort	WVZ	4:20.65	199301752	4:20.44 +0,81
	50m: 30.02	30.02 150m: 1:35.85	33.27	250m: 2:41.79	32.51 350m: 3:47.52
	100m: 1:02.58	32.56 200m: 2:09.28	33.43	300m: 3:14.52	32.73 400m: 4:20.44
2.	Angelique van Vark	Z&PC De Gouwe	4:29.06	199701478	4:31.43 35,02
	50m: 30.96	30.96 150m: 1:38.60	33.99	250m: 2:47.93	35.12 350m: 3:57.87
	100m: 1:04.61	33.65 200m: 2:12.81	34.21	300m: 3:22.85	34.92 400m: 4:31.43
3.	Annemarie Meijer	Feijenoord Albion	4:36.27	199900964	4:33.86 33,59
	50m: 30.77	30.77 150m: 1:39.02	34.29	250m: 2:49.59	35.53 350m: 4:00.27
	100m: 1:04.73	33.96 200m: 2:14.06	35.04	300m: 3:25.08	35.49 400m: 4:33.86
4.	Wendy de Bruin	ZOB'66	4:54.95	199206320	4:56.25 37,19
	50m: 31.81	31.81 150m: 1:45.29	37.34	250m: 3:02.07	38.69 350m: 4:19.06
	100m: 1:07.95	36.14 200m: 2:23.38	38.09	300m: 3:40.62	38.55 400m: 4:56.25
5.	Laura Tromp	ZZ&PC De Devel	5:09.18	200000276	5:02.88 39,11
	50m: 33.52	33.52 150m: 1:49.30	38.64	250m: 3:06.69	38.51 350m: 4:25.15
	100m: 1:10.66	37.14 200m: 2:28.18	38.88	300m: 3:46.04	39.35 400m: 5:02.88

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Programmanr. 14, Dames, 400m vrije slag, Senioren

rang	naam	vereniging	intijd	tijd	RT	
6.	Jonne Moleman	LinK	4:56.88	200006264	S10	
	50m: 35.13	35.13	150m: 1:53.57	39.74	250m: 3:13.02	39.69
	100m: 1:13.83	38.70	200m: 2:33.33	39.76	300m: 3:52.58	39.56
					350m: 4:31.97	39.39
					400m: 5:10.66	38.69
NG.ZA	Marije Dinkelberg	Feijenoord Albion	4:57.00	199703192		

Programmanr. 15
25-11-2018 - 10:25

Heren, 200m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1										
1.	Thom de Hoog	SG SCOM/de Zeehond	2:42.77	200600019	2:39.92	+0,78	34.77	1:15.92	2:04.66	2:39.92
2.	Yagiz Atilgan	ZV Vlaardingen-Schied	2:55.88	200601453	2:44.23	+0,71	33.45	1:18.29	2:07.62	2:44.23
3.	Joris Lissenberg	The Hague Swimming	(2:48.47	200600585	2:44.92	+0,77	35.06	1:17.35	2:07.27	2:44.92
4.	Bas Blanker	ZPB H&L Productions	2:43.05	200601497	2:45.35	+0,68	35.89	1:19.63	2:09.79	2:45.35
5.	Thijs van den Berg	The Hague Swimming	(2:46.78	200600971	2:46.28	+0,79	36.60	1:18.36	2:06.48	2:46.28
6.	Sven Eschbach	ZZ&PC De Devel	2:51.19	200602013	2:46.74	+0,69	36.30	1:19.38	2:08.47	2:46.74
7.	Benjamin Vermeer	Zoetermeer	2:53.71	200600177	2:54.78		37.57	1:21.96	2:13.47	2:54.78
8.	Bjorn Rijkaart	BZ en PC	2:57.46	200601337	2:54.96		38.67	1:22.90	2:18.51	2:54.96
9.	Floris Wassenaar	WVZ	3:00.83	200600649	2:55.68	+0,64	40.33	1:24.75	2:16.72	2:55.68
10.	Tibbe Veldboer	ZPB H&L Productions	3:00.18	200600911	2:57.42	+0,82	38.51	1:23.20	2:17.78	2:57.42
11.	Bo Merkestein	WVZ	2:59.99	200602451	3:00.02	+0,85	39.02	1:23.16	2:19.19	3:00.02
12.	Dylan Groeneveld	De Geul	3:02.05	200600011	3:01.34	+0,66	42.04	1:27.49	2:21.50	3:01.34
13.	Bjorn Mulder	DSZ	3:02.21	200601517	3:04.20		46.10	1:33.18	2:23.74	3:04.20
14.	Jasper Groen	KZV de Lansingh	3:03.25	200602325	3:05.08		40.94	1:28.63	2:21.40	3:05.08
15.	Dominique Drabbe	Zoetermeer	3:02.16	200600145	3:07.96	+0,85	40.61	1:28.83	2:25.97	3:07.96
DIS	Mark Demianenko	Zoetermeer	2:40.74	200600409						
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>										
DIS	Daan Sonneveld	WVZ	2:42.17	200601085						
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>										

Junioren 2

1.	Gabriel Been	The Hague Swimming	(2:28.72	200501467	2:23.86	+0,74	30.92	1:09.23	1:51.47	2:23.86
2.	Yanieck Frijstein	The Hague Swimming	(2:26.59	200500329	2:26.86	+0,73	33.64	1:12.25	1:53.24	2:26.86
3.	River Streefland	The Hague Swimming	(2:29.79	200502253	2:29.67	+0,73	32.82	1:10.71	1:53.66	2:29.67
4.	Émile Fouzaï	The Hague Swimming	(2:40.67	200500263	2:30.18		31.77	1:11.96	1:56.43	2:30.18
5.	Björn Verkaik	The Hague Swimming	(2:35.99	200500411	2:32.34	+0,71	33.38	1:11.57	1:58.07	2:32.34
6.	Sem Agterdenbos	MNC Dordrecht	2:40.40	200500049	2:32.95	+0,68	31.90	1:11.71	1:59.16	2:32.95
7.	Luca Nguyen-Tri	Rotterdam Swimming	(2:38.10	200500781	2:36.74	+0,70	33.86	1:13.79	2:00.51	2:36.74
8.	Menno Wieringa	KZV de Lansingh	2:34.97	200500927	2:36.88	+0,73	32.88	1:11.81	1:59.60	2:36.88
9.	Aaïke de Tender	De Geul	2:42.12	200502189	2:37.35	+0,64	35.68	1:15.86	2:00.75	2:37.35
10.	Casper Hoogervorst	De Columbiaan 1	2:48.54	200500183	2:45.60	+0,50	37.24	1:20.74	2:09.22	2:45.60
11.	Tyler Diependaal	The Hague Swimming	(2:54.62	200500879	2:45.85	+0,73	34.77	1:18.33	2:07.03	2:45.85
12.	Tim van Lochem	Zoetermeer	2:59.72	200500077	2:47.42	+0,68	35.57	1:17.53	2:08.01	2:47.42
13.	Wouter Willig	De Watervogels	2:54.61	200502785	2:51.15	+0,76	37.04	1:20.91	2:11.99	2:51.15
14.	Onno Roeleveld	De Columbiaan 1	2:53.90	200502775	2:51.33	+0,71	37.51	1:20.28	2:11.54	2:51.33
15.	Luuk Bogaert	De Watervogels	2:50.74	200503203	2:51.82		38.17	1:20.13	2:13.15	2:51.82
DIS	Sytze van Stein	LinK	2:59.25	200501155	2:53.95		40.44	1:25.67	2:15.20	2:53.95
<i>ST - Bij het loslaten van de wand na het keerpunt de borstligging niet aangenomen.</i>										

Junioren 3

1.	Abel te Riele	WVZ	2:22.62	200402317	2:16.79	+0,69	30.55	1:04.89	1:44.98	2:16.79
2.	Pepijn van Egmond	WVZ	2:23.43	200402309	2:23.44	+0,66	30.66	1:06.24	1:49.62	2:23.44
3.	Nathan Janssen	MNC Dordrecht	2:26.40	200401565	2:24.61	+0,70	31.11	1:10.22	1:52.58	2:24.61
4.	Erik Oldenkamp	KZV de Lansingh	2:25.63	200400597	2:26.02	+0,77	30.98	1:09.23	1:52.51	2:26.02
5.	Wen-Ye Chen	Rotterdam Swimming	(2:28.42	200402859	2:28.04	+0,65	31.08	1:09.94	1:53.01	2:28.04
6.	Thijm Kruit	De Columbiaan 1	2:29.83	200401339	2:28.67	+0,79	30.83	1:09.97	1:56.39	2:28.67
7.	Loeka Wubben	The Hague Swimming	(2:33.41	200400307	2:30.06	+0,74	31.86	1:09.79	1:55.80	2:30.06
8.	Max van Schagen	De Columbiaan 1	2:30.74	200402591	2:30.35		32.10	1:11.90	1:55.41	2:30.35
9.	Milan Masselink	The Hague Swimming	(2:33.54	200402165	2:32.78		32.80	1:12.34	1:55.17	2:32.78
10.	Sem Verberg	The Hague Swimming	(2:33.65	200402105	2:33.08	+0,77	32.71	1:09.40	1:56.77	2:33.08
11.	Timo Huizer	ZPC Wiekslag	2:38.36	200401125	2:34.39	+0,85	31.92	1:11.36	2:00.14	2:34.39

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Programmanr. 15, Jongens, 200m wisselslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
12. Kun Woo Kim	The Hague Swimming	(2:34.38 200401361	2:35.14	+0,76	35.07	1:13.41	2:00.17	2:35.14
13. Kamyar Tamjidi	SG SCOM/de Zeehond	2:38.53 200404457	2:35.72	+0,70	33.18	1:15.65	2:00.86	2:35.72
14. Thomas van Peenen	De Columbiaan 1	2:37.90 200400097	2:38.75	+0,77	35.14	1:15.85	2:02.38	2:38.75
15. Marijn Dekkers	Widex GZC Donk	2:44.39 200402275	2:41.74	+0,81	35.17	1:17.20	2:04.52	2:41.74
16. Guus Geelen	ZVL-1886 1	2:45.30 200401183	2:41.89	+0,73	34.04	1:15.25	2:03.48	2:41.89
17. Timon Wijsman	D'eift	2:47.79 200403707	2:48.61	+0,74	34.81	1:19.24	2:09.86	2:48.61
18. Casper van Nijnatten	Rotterdam Swimming	(2:53.40 200402559	2:52.30	+0,77	40.12	1:24.11	2:12.83	2:52.30
DIS Duncan den Hartog	De Kempvis	2:54.02 200401889						
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>								
DIS Julien Tanis	Rotterdam Swimming	(2:28.89 200401045						
<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i>								
AFGEM Benjamin Boender	ZOB'66	2:46.84 200401351						
NG Timo Wouters	MNC Dordrecht	2:40.71 200401363						

Junioren 4

1. Keanu Streefland	The Hague Swimming	(2:15.84 200302445	2:14.93	+0,76	28.52	1:01.67	1:42.48	2:14.93
2. Michael Smink	The Hague Swimming	(2:18.78 200302169	2:15.64	+0,78	28.11	1:03.35	1:45.25	2:15.64
3. Perry Laarhoven	ZPC Numansdorp	2:21.62 200301321	2:15.96	+0,77	29.18	1:05.55	1:44.39	2:15.96
4. Jelle Bon	ZV Vlaardingen-Schied	2:22.13 200301077	2:18.60	+0,65	30.31	1:05.30	1:46.12	2:18.60
5. Wesley Zulver	ZV Vlaardingen-Schied	2:19.04 200301319	2:22.02	+0,71	30.22	1:06.93	1:47.23	2:22.02
6. Bjarne Buijs	The Hague Swimming	(2:22.33 200301089	2:23.46	+0,69	30.40	1:09.01	1:51.03	2:23.46
7. Milan Hamel	The Hague Swimming	(2:26.18 200302125	2:23.51		30.57	1:09.43	1:49.98	2:23.51
8. Stefan Groen	KZV de Lansingh	2:36.50 200301179	2:25.90	+0,76	31.61	1:08.31	1:52.15	2:25.90
9. Milan van Aken	The Hague Swimming	(2:28.82 200303307	2:28.31	+0,74	30.04	1:07.68	1:52.65	2:28.31
10. Yassine Maas	The Hague Swimming	(2:26.96 200301505	2:29.62		31.79	1:10.29	1:54.19	2:29.62
11. Chris Vogelaar	ZVL-1886 1	2:33.71 200302241	2:33.97	+0,73	31.52	1:08.84	1:58.45	2:33.97
12. Tygo Korving	ZPB H&L Productions	2:36.61 200300773	2:35.83	+0,71	31.85	1:12.06	1:58.66	2:35.83
13. Brandon Groeneveld	De Geul	2:42.95 200300595	2:37.13	+0,65	35.61	1:15.15	2:01.18	2:37.13
14. Quinten Nieuwenhuis	WZK	2:38.75 200304577	2:39.20	+0,79	34.84	1:14.80	2:02.45	2:39.20
15. Thimo van Beek	ZVL-1886 1	2:39.21 200301347	2:41.99	+0,69	31.85	1:12.62	2:06.34	2:41.99
16. Maxim Noordman	The Hague Swimming	(2:41.57 200304067	2:42.35		33.18	1:14.24	2:04.75	2:42.35

Jeugd 1 en 2

1. Sean Niewold	WVZ	2:08.74 200204699	2:11.32	+0,75	28.47	1:02.86	1:41.75	2:11.32
2. Nikhom Westphal	SG SCOM/de Zeehond	2:11.81 200203329	2:11.55	+0,72	28.34	1:02.55	1:41.48	2:11.55
3. Gerard Willighagen	Poseidon'56	2:15.31 200103663	2:12.72	+0,74	28.37	1:01.73	1:41.78	2:12.72
4. Scott Jansen	WVZ	2:14.05 200202455	2:14.41	+0,76	29.60	1:04.06	1:42.77	2:14.41
5. Jarno Verbeek	Zoetermeer	2:19.98 200200931	2:15.00	+0,70	28.07	1:01.92	1:42.35	2:15.00
6. Niels Dijkshoorn	ZV Vlaardingen-Schied	2:16.93 200203079	2:15.65	+0,74	29.47	1:03.80	1:44.71	2:15.65
7. Tjeerd van Stein	LinK	2:16.70 200101439	2:16.05	+0,74	29.73	1:03.68	1:44.20	2:16.05
8. Freek Hollander	The Hague Swimming	(2:17.28 200103815	2:17.99	+0,80	28.96	1:03.53	1:46.02	2:17.99
9. Viktor Koets	De Columbiaan 1	2:17.32 200201677	2:18.03		28.93	1:03.93	1:44.72	2:18.03
10. Guus Hoogduin	ZVL-1886 1	2:17.90 200201069	2:19.24	+0,83	29.39	1:04.97	1:47.08	2:19.24
11. Thomas van Wanrooij	Poseidon'56	2:24.13 200201473	2:21.08	+0,78	29.00	1:04.81	1:47.81	2:21.08
12. Sjoerd van Weelden	PCG	2:26.83 200101217	2:21.53	+0,79	28.49	1:03.65	1:47.08	2:21.53
13. Sander Iuga	Feijenoord Albion	2:24.58 200101389	2:22.68	+0,67	29.59	1:04.94	1:49.34	2:22.68
14. D. van den Nieuwendijk	De Columbiaan 1	2:24.03 200100475	2:23.19	+0,76	30.46	1:07.35	1:48.56	2:23.19
15. Bas van Wieringen	De Columbiaan 1	2:25.03 200200119	2:24.10	+0,70	31.78	1:11.27	1:51.16	2:24.10
16. Robin van Peenen	De Columbiaan 1	2:25.72 200201059	2:26.27	+0,75	31.28	1:08.71	1:52.43	2:26.27
17. Mart de Koning	ZOB'66	2:26.67 200203253	2:26.34		30.19	1:08.56	1:51.42	2:26.34
18. Wouter Verdoes	De Columbiaan 1	2:33.33 200200351	2:28.38	+0,76	31.63	1:11.60	1:54.43	2:28.38
19. Boy Borreman	LinK	2:29.12 200102751	2:30.44	+0,71	30.87	1:10.03	1:54.93	2:30.44
20. Simon Dijkstra	Rotterdam Swimming	(2:34.07 200204905	2:30.50	+0,71	33.41	1:11.91	1:56.22	2:30.50
21. Wessel Bonkestoter	Widex GZC Donk	2:33.54 200100625	2:32.90	+0,76	32.03	1:11.26	1:58.30	2:32.90
22. Bas van Nisius	The Hague Swimming	(2:34.34 200202107	2:33.48	+0,78	33.08	1:10.36	2:00.10	2:33.48
23. Joris de Gier	Widex GZC Donk	2:36.94 200103817	2:35.78		34.34	1:17.15	2:01.40	2:35.78
AFGEM Dylano Termoshuizen	WVZ	2:21.27 200202169						
NG Johrick Wijma	KZV de Lansingh	2:37.34 200204435						

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Programmanr. 15, Heren, 200m wisselslag

Senioren 1 en ouder

1. Ensger Kotterink	Feijenoord Albion	2:04.52	199403391	2:04.23	+0,64	26.87	57.30	1:33.98	2:04.23
2. J. de Roy van Zuydewij	WVZ	2:11.32	200000255	2:11.02	+0,68	28.41	1:03.51	1:39.34	2:11.02
3. Jorian Tanis	z.c De Schotejil	2:14.95	199900327	2:12.41	+0,78	28.94	1:03.69	1:42.20	2:12.41
4. Duncan van Haaren	Widex GZC Donk	2:12.65	200000681	2:12.59	+0,73	28.34	1:04.65	1:41.32	2:12.59
5. Derk Jan Speelman	Rotterdam Swimming (S2:	11.25	199602425	2:13.27	+0,68	28.04	1:02.05	1:41.45	2:13.27
6. Matthew Dullemond	Rotterdam Swimming (S2:	13.98	199805005	2:13.65	+0,73	28.77	1:03.33	1:43.20	2:13.65
7. Jasper Breugem	WVZ	2:13.51	200000303	2:15.21	+0,73	28.69	1:02.81	1:43.04	2:15.21
8. Dave Jansen	WVZ	2:17.58	199805299	2:15.52	+0,66	28.66	1:02.44	1:43.45	2:15.52
9. Rogier Dorsman	ZZ&PC De Devel	2:16.79	199900211	2:16.16	+0,71	29.18	1:04.18	1:42.92	2:16.16
10. Stijn Geelen	MNC Dordrecht	2:17.11	199801363	2:16.30	+0,73	29.08	1:04.23	1:43.72	2:16.30
11. Noah Legerstee	WVZ	2:17.03	200003593	2:19.75	+0,77	28.33	1:03.64	1:46.46	2:19.75
12. L. van der Klooster	ZPB H&L Productions	2:17.26	199801361	2:20.46	+0,67	30.26	1:06.12	1:47.80	2:20.46
13. Lars Schoffelmeer	ZPB H&L Productions	2:17.45	199501907	2:20.93	+0,72	27.95	1:02.81	1:46.63	2:20.93
14. Thijs Molendijk	D'elft	2:19.71	199900477	2:21.46		28.45	1:03.52	1:47.91	2:21.46
15. Kevin Kingma	KZV de Lansingh	2:27.25	199700559	2:24.71	+0,70	29.34	1:08.45	1:49.44	2:24.71
NG Kevin Panoet	The Hague Swimming (:2:	16.64	199307253						

Programmanr. 16
25-11-2018 - 11:05

Dames, 50m schoolslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1						
1.	Charlene Ruiters	De Columbiaan 1	41.35	200700522	38.21	+0,71
2.	Ananda van der Wiel	WVZ	38.29	200701562	39.32	+0,72
3.	Samantha van der Jagt	ZZ&PC De Devel	43.18	200700220	39.94	
4.	Thalia Meijer	z.c De Schotejil	40.55	200700730	39.95	+0,68
5.	Mila Oomens	Van Vliet-Barracuda	41.14	200700016	40.31	+0,62
6.	Annieke Rupke	Widex GZC Donk	42.61	200700876	40.33	+0,79
7.	Liza Voronov	WVZ	43.61	200700564	42.40	
8.	Daniek Wijnen	ZVL-1886 1	43.05	200701280	42.68	+0,73

Junioren 2

1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	35.00	200602180	34.70	+0,74
2.	Charlize Rovers	De Kempvis	38.16	200600684	37.22	+0,74
3.	Kimberly Ruiters	De Columbiaan 1	37.85	200600492	38.04	+0,80
4.	Sam Boom	MNC Dordrecht	40.02	200600384	38.59	+0,71
5.	Megan Jonkman	The Hague Swimming (SG)	40.27	200600508	38.68	
6.	Sanne Slof	Van Vliet-Barracuda	40.01	200601810	39.68	+0,86
7.	Jamila de Lobel	SG SCOM/de Zeehond'73	40.87	200602320	40.06	
8.	Mara Tims	Rotterdam Swimming (SG)	41.32	200601136	40.64	+0,69
NG.ZA	Avery Collins	The Hague Swimming (SG)	38.42	200603622		
AFGEM	Meygan Leuring	ZVL-1886 1	41.96	200602366		

Junioren 3

1.	Jelsie van Ruijven	WVZ	35.89	200500282	35.36	+0,73
2.	Niké Telkamp	The Hague Swimming (SG)	35.81	200501088	35.96	+0,73
3.	Laura Hoogenboezem	KZV de Lansingh	38.64	200500390	37.76	
4.	Lyke Buscop	z.c De Schotejil	37.83	200500552	37.78	+0,70
5.	Elise Vink	De Columbiaan 1	38.04	200502588	37.90	+0,83
6.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	39.03	200503292	37.92	
7.	Anastasia Romano	MNC Dordrecht	37.09	200501076	38.44	+0,78
8.	Anouchka Bos	Van Vliet-Barracuda	39.06	200501528	38.52	
9.	Yente Bouwmeester	De Columbiaan 1	39.65	200500340	38.95	+0,75
10.	Sylvie Roos	Feijenoord Albion	40.35	200502772	39.05	+0,73
11.	Vivianne Woltjes	The Hague Swimming (SG)	39.36	200501524	39.16	+0,76
12.	Madoline Held	The Hague Swimming (SG)	40.46	200503412	39.39	+0,77
13.	Ada Eker	WZK	39.79	200504608	39.44	+0,70
14.	Anique Hazebroek	The Hague Swimming (SG)	39.74	200502196	39.51	+0,79
15.	Milou Demirel	The Hague Swimming (SG)	39.43	200501254	39.76	+0,82
16.	Soscha van den Heuvel	ZPC Numansdorp	39.59	200500804	40.64	+0,86
NG.ZA	Emi Schipper	ZOB'66	37.84	200502126		
NG	Evelyn Liket	ZV Vlaardingen-Schiedam	37.73	200503118		

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Programmanr. 16, Dames, 50m schoolslag

Jeugd 1 en 2

1.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	34.43	200404272	34.27	+0,80	
2.	Femke Hoppenbrouwer	The Hague Swimming (SG)	34.84	200301124	34.50	+0,72	
3.	Daniëlle Vis	De Columbiaan 1	35.12	200401044	35.17	+0,75	
4.	Jade Geurts	WVZ	36.48	200402278	35.29	+0,73	
5.	Kim de Jong	LinK	34.78	200301026	35.40	+0,81	
6.	Phaedra Meijer	z.c De Schotejil	36.50	200401354	35.95		
7.	Tessa Poot	ZV Vlaardingen-Schiedam	36.28	200404264	36.59	+0,86	
8.	Irma van der Wulp	WVZ	36.53	200401950	37.31	+0,76	
9.	Lotte Koornneef	Racing Club	36.11	200303584	37.35	+0,74	
10.	Wendy ten Wolde	ZPC Wiekslag	38.61	200302658	37.71	+0,70	
11.	Sanne Vermeulen	The Hague Swimming (SG)	38.16	200303902	37.93	+0,77	
12.	Amy Koelman	De Columbiaan 1	39.68	200300922	38.17		
13.	Zoë Molenaar	Zoetermeer	37.82	200300978	38.27	+0,73	
14.	Jet van Oudheusden	ZOB'66	38.27	200401012	38.34		
15.	Megan de Hoog	SG SCOM/de Zeehond'73	38.62	200300214	38.99	+0,75	
16.	Joyce van 't Hof	ZZ&PC De Devel	38.22	200302122	39.61	+0,72	
17.	Julia Notenboom	De Columbiaan 1	39.32	200302596	39.64	+0,80	
18.	Milou van Winkel	LinK	47.36	200402296	46.55	+0,86	
19.	Megan van Delden	WVZ	47.77	200405500	46.88		425
DIS	Maaïke van Lochem	Zoetermeer	39.49	200301390	39.01	+0,80	

SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.

Senioren 1 en 2

1.	Sanne Busch	MNC Dordrecht	31.66	200101486	32.60	+0,72	
2.	Lynn Blommers	The Hague Swimming (SG)	33.21	200105062	32.66	+0,68	
3.	Sophie de Jonge	WVZ	34.05	200200118	34.09	+0,72	
4.	Eline Duynisveld	WVZ	35.17	200103958	35.03	+0,43	
5.	Anniek de Ruiter	Widex GZC Donk	35.89	200101224	35.33	+0,80	
6.	Nienke Mierop	z.c De Schotejil	36.06	200203294	35.50	+0,77	
	Grace Anderson	WVZ	35.27	200200578	35.50		
8.	Isa Boom	MNC Dordrecht	35.03	200200186	35.99	+0,72	
9.	Rozemarijn van Haaff	ZOB'66	35.15	200201852	36.20	+0,71	
10.	Tessa Giele	Feijenoord Albion	38.66	200203124	36.97	+0,63	
11.	Elyanne Boudestein	Zoetermeer	36.12	200101060	37.01	+0,79	
12.	Ilse Kraaijeveld	The Hague Swimming (SG)	36.93	200202190	37.02		
13.	Sam IJzerman	De Geul	35.89	200101204	37.12	+0,73	
14.	Amber Hesper	Van Vliet-Barracuda	37.95	200202188	38.07	+0,75	
15.	Esmée Roodenburg	De Geul	38.42	200100040	38.49	+0,71	
16.	Susan van Grol	Widex GZC Donk	36.77	200201344	38.50		
17.	Amy van Leersum	Poseidon'56	39.13	200200300	39.04	+0,78	
18.	Diana Noordermeer	SG SCOM/de Zeehond'73	38.86	200102110	40.43	+0,65	
NG	Jip Veeman	The Hague Swimming (SG)	33.93	200106100			

Senioren

1.	Ilse Rijnja	The Hague Swimming (SG)	32.78	199802432	32.91	+0,71	
2.	Nicole Bennis	WVZ	33.21	199600470	33.16	+0,70	
3.	Lotte Middelbos	z.c De Schotejil	34.97	199900680	35.06	+0,74	
4.	Miranda Nijenhuis	De Columbiaan 1	33.82	199204076	35.10	+0,79	
5.	Melissa van der Heijden	Van Vliet-Barracuda	35.83	199605226	35.31		
6.	Annemarie Meijer	Feijenoord Albion	34.88	199900964	35.42	+0,79	
7.	Senna Pols	SG SCOM/de Zeehond'73	34.59	199700012	35.54	+0,72	
8.	Inge van der Hoek	The Hague Swimming (SG)	36.30	199204034	36.09		
9.	Wendy de Bruin	ZOB'66	36.44	199206320	37.05	+0,66	
10.	Rebecca Evers	ZOB'66	37.12	199207916	38.95	+0,74	
11.	Kirana Hoogenbosch	De Geul	37.60	200003428	39.14	+0,66	
12.	Aylin van Uffelen	ZPB H&L Productions	38.65	199600352	39.44	+0,73	
NG	Kelly Wigleven	Poseidon'56	38.31	199500058			

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 17
25-11-2018 - 11:30

Jongens, 1500m vrije slag

Junioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1 en 2								
1.	Dimi Stoyanov	The Hague Swimming (SG)	20:29.30	200601067	20:42.02 +0,68			
	100m: 1:13.46	1:13.46	500m: 6:46.24	1:23.48	900m: 12:21.27	1:23.05	1300m: 17:57.74	1:23.40
	200m: 2:35.98	1:22.52	600m: 8:10.92	1:24.68	1000m: 13:45.84	1:24.57	1400m: 19:22.16	1:24.42
	300m: 3:59.57	1:23.59	700m: 9:34.14	1:23.22	1100m: 15:09.27	1:23.43	1500m: 20:42.02	1:19.86
	400m: 5:22.76	1:23.19	800m: 10:58.22	1:24.08	1200m: 16:34.34	1:25.07		
2.	Aaïke de Tender	De Geul	21:43.14	200502189	20:59.24 +0,86			
	<i>*BU 150m - 350m - 1300m - 1350m</i>							
	100m: 1:17.65	1:17.65	500m: 6:59.12	1:26.25	900m: 12:40.70	1:25.24	1300m: 18:17.91	1:23.02
	200m: 2:42.28	1:24.63	600m: 8:24.58	1:25.46	1000m: 14:05.68	1:24.98	1400m: 19:41.17	1:23.26
	300m: 4:08.12	1:25.84	700m: 9:50.47	1:25.89	1100m: 15:30.91	1:25.23	1500m: 20:59.24	1:18.07
	400m: 5:32.87	1:24.75	800m: 11:15.46	1:24.99	1200m: 16:54.89	1:23.98		
3.	Winston van den Berg	Rotterdam Swimming (SG)	22:53.01	200600253	21:00.54 +0,76			
	100m: 1:15.59	1:15.59	500m: 6:53.32	1:25.26	900m: 12:35.89	1:25.72	1300m: 18:18.06	1:24.58
	200m: 2:36.92	1:23.33	600m: 8:19.00	1:25.68	1000m: 14:01.82	1:25.93	1400m: 19:41.36	1:23.30
	300m: 4:03.15	1:24.23	700m: 9:44.56	1:25.56	1100m: 15:28.46	1:26.64	1500m: 21:00.54	1:19.18
	400m: 5:28.06	1:24.91	800m: 11:10.17	1:25.61	1200m: 16:53.48	1:25.02		
DIS	Tjomme de Tender	De Geul	23:26.36	200502187				
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>							
Junioren 3 en 4								
1.	Maximilian Lopes Cardozo	WZK	17:57.82	200300665	17:19.28 +0,74			
	<i>*BU 300M</i>							
	100m: 1:05.85	1:05.85	500m: 5:47.33	1:10.51	900m: 10:27.86	1:09.68	1300m: 15:06.79	1:09.18
	200m: 2:16.78	1:10.93	600m: 6:57.50	1:10.17	1000m: 11:37.63	1:09.77	1400m: 16:15.71	1:08.92
	300m: 3:26.34	1:09.56	700m: 8:07.53	1:10.03	1100m: 12:48.25	1:10.62	1500m: 17:19.28	1:03.57
	400m: 4:36.82	1:10.48	800m: 9:18.18	1:10.65	1200m: 13:57.61	1:09.36		
2.	Daan Hogerhuis	LinK	18:24.34	200300317	17:19.97 +0,75			
	100m: 1:02.80	1:02.80	500m: 5:40.28	1:10.02	900m: 10:20.31	1:09.99	1300m: 15:02.51	1:10.92
	200m: 2:11.16	1:08.36	600m: 6:50.00	1:09.72	1000m: 11:30.53	1:10.22	1400m: 16:12.89	1:10.38
	300m: 3:20.55	1:09.39	700m: 7:59.96	1:09.96	1100m: 12:40.48	1:09.95	1500m: 17:19.97	1:07.08
	400m: 4:30.26	1:09.71	800m: 9:10.32	1:10.36	1200m: 13:51.59	1:11.11		
3.	Nathan Janssen	MNC Dordrecht	18:17.79	200401565	17:27.66 +0,71			
	100m: 1:08.51	1:08.51	500m: 5:52.71	1:10.85	900m: 10:33.36	1:09.88	1300m: 15:12.98	1:08.98
	200m: 2:19.72	1:11.21	600m: 7:03.30	1:10.59	1000m: 11:43.29	1:09.93	1400m: 16:21.27	1:08.29
	300m: 3:31.48	1:11.76	700m: 8:13.10	1:09.80	1100m: 12:53.92	1:10.63	1500m: 17:27.66	1:06.39
	400m: 4:41.86	1:10.38	800m: 9:23.48	1:10.38	1200m: 14:04.00	1:10.08		
4.	Milan van Aken	The Hague Swimming (SG)	18:49.40	200303307	18:09.71 +0,74			
	100m: 1:05.77	1:05.77	500m: 5:52.69	1:12.25	900m: 10:47.93	1:14.67	1300m: 15:43.39	1:13.53
	200m: 2:17.18	1:11.41	600m: 7:05.39	1:12.70	1000m: 12:01.61	1:13.68	1400m: 16:57.70	1:14.31
	300m: 3:28.70	1:11.52	700m: 8:19.04	1:13.65	1100m: 13:15.75	1:14.14	1500m: 18:09.71	1:12.01
	400m: 4:40.44	1:11.74	800m: 9:33.26	1:14.22	1200m: 14:29.86	1:14.11		
5.	Sem Verberg	The Hague Swimming (SG)	19:34.59	200402105	19:11.67 +0,78			
	<i>*BU 150M</i>							
	100m: 1:08.90	1:08.90	500m: 6:23.95	1:18.37	900m: 11:39.06	1:19.08	1300m: 16:45.15	1:14.52
	200m: 2:27.17	1:18.27	600m: 7:42.91	1:18.96	1000m: 12:56.92	1:17.86	1400m: 17:59.91	1:14.76
	300m: 3:46.34	1:19.17	700m: 9:01.01	1:18.10	1100m: 14:14.71	1:17.79	1500m: 19:11.67	1:11.76
	400m: 5:05.58	1:19.24	800m: 10:19.98	1:18.97	1200m: 15:30.63	1:15.92		
6.	Brandon Groeneveld	De Geul	20:07.25	200300595	19:35.39 +0,63			
	100m: 1:09.99	1:09.99	500m: 6:27.88	1:19.75	900m: 11:47.16	1:18.90	1300m: 17:01.64	1:18.02
	200m: 2:28.47	1:18.48	600m: 7:48.02	1:20.14	1000m: 13:06.41	1:19.25	1400m: 18:19.34	1:17.70
	300m: 3:48.16	1:19.69	700m: 9:08.86	1:20.84	1100m: 14:25.50	1:19.09	1500m: 19:35.39	1:16.05
	400m: 5:08.13	1:19.97	800m: 10:28.26	1:19.40	1200m: 15:43.62	1:18.12		
7.	Tygo Korving	ZPB H&L Productions	20:48.91	200300773	20:03.49 +0,76			
	100m: 1:11.89	1:11.89	500m: 6:35.56	1:21.50	900m: 12:00.26	1:20.92	1300m: 17:24.82	1:21.22
	200m: 2:31.49	1:19.60	600m: 7:56.32	1:20.76	1000m: 13:21.46	1:21.20	1400m: 18:45.85	1:21.03
	300m: 3:52.29	1:20.80	700m: 9:17.67	1:21.35	1100m: 14:42.28	1:20.82	1500m: 20:03.49	1:17.64
	400m: 5:14.06	1:21.77	800m: 10:39.34	1:21.67	1200m: 16:03.60	1:21.32		
8.	Chris Vogelaar	ZVL-1886 1	20:54.66	200302241	20:25.42			
	100m: 1:08.72	1:08.72	500m: 6:26.34	1:20.49	900m: 12:00.25	1:24.74	1300m: 17:39.17	1:25.00
	200m: 2:27.14	1:18.42	600m: 7:48.58	1:22.24	1000m: 13:24.89	1:24.64	1400m: 19:04.04	1:24.87
	300m: 3:46.52	1:19.38	700m: 9:11.44	1:22.86	1100m: 14:49.46	1:24.57	1500m: 20:25.42	1:21.38
	400m: 5:05.85	1:19.33	800m: 10:35.51	1:24.07	1200m: 16:14.17	1:24.71		
9.	Marijn Dekkers	Widex GZC Donk	21:17.09	200402275	20:53.87 +0,82			
	100m: 1:16.34	1:16.34	500m: 6:58.67	1:26.55	900m: 12:38.98	1:25.58	1300m: 18:17.53	1:24.52
	200m: 2:40.61	1:24.27	600m: 8:24.09	1:25.42	1000m: 14:03.73	1:24.75	1400m: 19:38.33	1:20.80
	300m: 4:06.49	1:25.88	700m: 9:49.15	1:25.06	1100m: 15:28.16	1:24.43	1500m: 20:53.87	1:15.54
	400m: 5:32.12	1:25.63	800m: 11:13.40	1:24.25	1200m: 16:53.01	1:24.85		

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 17, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Benjamin Boender	ZOB'66	21:42.88	200401351	

Programmanr. 18
25-11-2018 - 13:30

Heren, 1500m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Jeugd 1 en 2						
1.	Max Visser	WVZ	16:35.38	200100077	16:22.87 +0,88	
	100m: 1:01.68	1:01.68	500m: 5:24.28	1:05.81	900m: 9:48.95	1:06.09
	200m: 2:07.64	1:05.96	600m: 6:30.41	1:06.13	1000m: 10:54.93	1:05.98
	300m: 3:12.76	1:05.12	700m: 7:36.67	1:06.26	1100m: 12:01.02	1:06.09
	400m: 4:18.47	1:05.71	800m: 8:42.86	1:06.19	1200m: 13:07.22	1:06.20
1300m:	14:13.10					1:05.88
1400m:	15:18.68					1:05.58
1500m:	16:22.87					1:04.19
2.	Floris de Leeuw	The Hague Swimming (SG)	16:34.34	200105317	17:03.25 +0,76	
	100m: 1:02.26	1:02.26	500m: 5:33.15	1:08.99	900m: 10:10.62	1:09.69
	200m: 2:08.63	1:06.37	600m: 6:42.06	1:08.91	1000m: 11:20.24	1:09.62
	300m: 3:15.90	1:07.27	700m: 7:51.69	1:09.63	1100m: 12:29.73	1:09.49
	400m: 4:24.16	1:08.26	800m: 9:00.93	1:09.24	1200m: 13:39.41	1:09.68
1300m:	14:47.96					1:08.55
1400m:	15:57.21					1:09.25
1500m:	17:03.25					1:06.04
3.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	17:36.01	200203079	17:06.16 +0,72	
	100m: 1:02.92	1:02.92	500m: 5:34.76	1:08.82	900m: 10:12.49	1:09.69
	200m: 2:10.16	1:07.24	600m: 6:44.04	1:09.28	1000m: 11:22.98	1:10.49
	300m: 3:17.93	1:07.77	700m: 7:53.34	1:09.30	1100m: 12:33.02	1:10.04
	400m: 4:25.94	1:08.01	800m: 9:02.80	1:09.46	1200m: 13:42.49	1:09.47
1300m:	14:52.10					1:09.61
1400m:	16:00.31					1:08.21
1500m:	17:06.16					1:05.85
4.	Guus Hoogduin	ZVL-1886 1	17:54.22	200201069	17:15.45 +0,79	
	100m: 1:01.28	1:01.28	500m: 5:36.03	1:09.01	900m: 10:15.93	1:10.28
	200m: 2:08.72	1:07.44	600m: 6:45.91	1:09.88	1000m: 11:26.86	1:10.93
	300m: 3:17.64	1:08.92	700m: 7:55.66	1:09.75	1100m: 12:35.37	1:08.51
	400m: 4:27.02	1:09.38	800m: 9:05.65	1:09.99	1200m: 13:44.76	1:09.39
1300m:	14:56.27					1:11.51
1400m:	16:07.37					1:11.10
1500m:	17:15.45					1:08.08
5.	Bas van Nisius	The Hague Swimming (SG)	18:36.21	200202107	18:11.42 +0,83	
	100m: 1:07.38	1:07.38	500m: 6:02.26	1:13.52	900m: 10:56.86	1:13.85
	200m: 2:21.38	1:14.00	600m: 7:15.06	1:12.80	1000m: 12:10.65	1:13.79
	300m: 3:35.43	1:14.05	700m: 8:28.17	1:13.11	1100m: 13:25.16	1:14.51
	400m: 4:48.74	1:13.31	800m: 9:43.01	1:14.84	1200m: 14:38.15	1:12.99
1300m:	15:51.27					1:13.12
1400m:	17:02.86					1:11.59
1500m:	18:11.42					1:08.56
6.	Boy Borreman	LinK	18:51.19	200102751	19:06.65 +0,69	
	100m: 1:04.73	1:04.73	500m: 6:03.15	1:16.21	900m: 11:10.37	1:17.32
	200m: 2:17.69	1:12.96	600m: 7:18.93	1:15.78	1000m: 12:28.78	1:18.41
	300m: 3:32.17	1:14.48	700m: 8:35.72	1:16.79	1100m: 13:47.03	1:18.25
	400m: 4:46.94	1:14.77	800m: 9:53.05	1:17.33	1200m: 15:06.58	1:19.55
1300m:	16:27.11					1:20.53
1400m:	17:47.37					1:20.26
1500m:	19:06.65					1:19.28

Senioren 1 en ouder

1.	Timo Dinkelberg	Feijenoord Albion	16:21.47	199300773	16:39.45 +0,69	
	100m: 1:00.22	1:00.22	500m: 5:28.04	1:07.73	900m: 10:00.02	1:08.27
	200m: 2:05.96	1:05.74	600m: 6:35.88	1:07.84	1000m: 11:08.04	1:08.02
	300m: 3:12.75	1:06.79	700m: 7:43.91	1:08.03	1100m: 12:16.05	1:08.01
	400m: 4:20.31	1:07.56	800m: 8:51.75	1:07.84	1200m: 13:23.87	1:07.82
1300m:	14:30.97					1:07.10
1400m:	15:36.88					1:05.91
1500m:	16:39.45					1:02.57
2.	Jasper Breugem	WVZ	16:54.03	200000303	16:49.99 +0,79	
	100m: 1:03.47	1:03.47	500m: 5:32.57	1:07.36	900m: 10:04.00	1:07.83
	200m: 2:10.32	1:06.85	600m: 6:40.60	1:08.03	1000m: 11:11.28	1:07.28
	300m: 3:17.82	1:07.50	700m: 7:48.28	1:07.68	1100m: 12:19.27	1:07.99
	400m: 4:25.21	1:07.39	800m: 8:56.17	1:07.89	1200m: 13:27.41	1:08.14
1300m:	14:35.55					1:08.14
1400m:	15:43.08					1:07.53
1500m:	16:49.99					1:06.91
3.	Niels Albrechts	z.c De Schotejil	18:28.12	198800039	18:29.02 +0,83	
	100m: 1:12.48	1:12.48	500m: 6:09.03	1:14.19	900m: 11:05.89	1:13.46
	200m: 2:27.29	1:14.81	600m: 7:23.51	1:14.48	1000m: 12:20.26	1:14.37
	300m: 3:41.35	1:14.06	700m: 8:37.42	1:13.91	1100m: 13:34.22	1:13.96
	400m: 4:54.84	1:13.49	800m: 9:52.43	1:15.01	1200m: 14:48.60	1:14.38
1300m:	16:03.56					1:14.96
1400m:	17:18.09					1:14.53
1500m:	18:29.02					1:10.93
4.	Frank v.d. Voordt	z.c De Schotejil	18:48.71	198302259	19:18.86 +0,79	
	100m: 1:08.22	1:08.22	500m: 6:08.01	1:15.29	900m: 11:12.34	1:17.46
	200m: 2:22.26	1:14.04	600m: 7:23.27	1:15.26	1000m: 12:29.92	1:17.58
	300m: 3:37.28	1:15.02	700m: 8:38.76	1:15.49	1100m: 13:49.76	1:19.84
	400m: 4:52.72	1:15.44	800m: 9:54.88	1:16.12	1200m: 15:11.49	1:21.73
1300m:	16:34.07					1:22.58
1400m:	17:56.91					1:22.84
1500m:	19:18.86					1:21.95
NG	Joris Bezemer	De Kempvis	17:11.49	199900527		

Regiokampioenschappen korte baan
Dordrecht, 24- - 25-11-2018

Programmanr. 19
25-11-2018 - 14:10

Dames, 100m schoolslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
Junioren 1								
1.	Ananda van der Wiel	WVZ	1:28.09	200701562	1:25.95	+0,74	41.44	1:25.95
2.	Charlene Ruiten	De Columbiaan 1	1:30.36	200700522	1:26.51	+0,70	41.09	1:26.51
3.	Samantha van der Jagt	ZZ&PC De Devel	1:31.37	200700220	1:26.79	+0,72	41.72	1:26.79
4.	Annique Rupke	Widex GZC Donk	1:29.73	200700876	1:27.26	+0,79	41.56	1:27.26
5.	Thalia Meijer	z.c De Schotejil	1:28.62	200700730	1:27.32	+0,67	41.18	1:27.32
6.	Sophie Adriaanse	De Columbiaan 1	1:31.68	200701066	1:30.09	+0,77	42.93	1:30.09
7.	Daniek Wijnen	ZVL-1886 1	1:36.69	200701280	1:35.86		43.84	1:35.86
8.	Britte Lodder	ZZ&PC De Devel	1:39.28	200702290	1:40.48		46.54	1:40.48
Junioren 2								
1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:16.83	200602180	1:16.36	+0,79	36.35	1:16.36
2.	Charlize Rovers	De Kempvis	1:22.74	200600684	1:22.53	+0,77	39.27	1:22.53
3.	Megan Jonkman	The Hague Swimming (SG)	1:25.97	200600508	1:23.13	+0,80	38.69	1:23.13
4.	Avery Collins	The Hague Swimming (SG)	1:23.62	200603622	1:23.77	+0,79	40.57	1:23.77
5.	Mara Tims	Rotterdam Swimming (SG)	1:31.64	200601136	1:25.46		40.39	1:25.46
6.	Sam Boom	MNC Dordrecht	1:26.71	200600384	1:26.27		40.14	1:26.27
7.	Kimberly Ruiten	De Columbiaan 1	1:25.48	200600492	1:27.48	+0,82	40.61	1:27.48
8.	Sanne Slof	Van Vliet-Barracuda	1:26.54	200601810	1:30.85	+0,76	42.14	1:30.85
Junioren 3								
1.	Niké Telkamp	The Hague Swimming (SG)	1:19.14	200501088	1:18.72	+0,71	37.31	1:18.72
2.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:20.18	200500330	1:19.60	+0,77	37.04	1:19.60
	Jelsie van Ruijven	WVZ	1:20.46	200500282	1:19.60	+0,74	37.92	1:19.60
4.	Anastasia Romano	MNC Dordrecht	1:21.72	200501076	1:21.23	+0,76	37.77	1:21.23
5.	Elise Vink	De Columbiaan 1	1:22.07	200502588	1:21.84	+0,78	38.18	1:21.84
6.	Laura Hoogenboezem	KZV de Lansingh	1:26.06	200500390	1:21.98	+0,77	38.70	1:21.98
7.	Isa Maes	Feijenoord Albion	1:22.58	200500110	1:22.73	+0,71	38.99	1:22.73
8.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:28.22	200503292	1:23.51	+0,85	39.30	1:23.51
9.	Lyke Buscop	z.c De Schotejil	1:23.81	200500552	1:23.64		39.31	1:23.64
10.	Anouchka Bos	Van Vliet-Barracuda	1:25.10	200501528	1:23.94		40.57	1:23.94
11.	Asha van Lobberegt	Feijenoord Albion	1:24.10	200500088	1:24.94		39.65	1:24.94
12.	Milou Demirel	The Hague Swimming (SG)	1:25.90	200501254	1:25.14	+0,81	40.61	1:25.14
13.	Noor Frijlink	De Columbiaan 1	1:27.90	200500970	1:25.32	+0,68	40.38	1:25.32
14.	Yente Bouwmeester	De Columbiaan 1	1:29.81	200500340	1:25.45		39.83	1:25.45
15.	Ada Eker	WZK	1:25.99	200504608	1:25.46	+0,77	40.18	1:25.46
16.	Sylvie Roos	Feijenoord Albion	1:26.65	200502772	1:25.55	+0,75	40.72	1:25.55
17.	Vivianne Woltjes	The Hague Swimming (SG)	1:26.35	200501524	1:25.95	+0,80	40.37	1:25.95
18.	Anique Hazebroek	The Hague Swimming (SG)	1:26.95	200502196	1:28.37	+0,80	41.84	1:28.37
NG	Emi Schipper	ZOB'66	1:24.40	200502126				
Jeugd 1 en 2								
1.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:15.97	200404272	1:14.93	+0,75	35.06	1:14.93
2.	Maaïke Issard	The Hague Swimming (SG)	1:13.11	200300022	1:15.97	+0,76	35.71	1:15.97
3.	Kim de Jong	LinK	1:14.77	200301026	1:16.39	+0,80	35.92	1:16.39
4.	Jade Geurts	WVZ	1:18.17	200402278	1:17.09	+0,73	36.28	1:17.09
5.	Daniëlle Vis	De Columbiaan 1	1:16.66	200401044	1:17.67	+0,74	36.82	1:17.67
6.	Phaedra Meijer	z.c De Schotejil	1:20.12	200401354	1:18.87		37.44	1:18.87
7.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:19.12	200301124	1:19.84		37.03	1:19.84
8.	Irma van der Wulp	WVZ	1:18.63	200401950	1:20.63	+0,75	37.74	1:20.63
9.	Lotte Koornneef	Racing Club	1:22.66	200303584	1:21.19	+0,71	37.66	1:21.19
10.	Amy Koelman	De Columbiaan 1	1:23.23	200300922	1:21.86	+0,81	38.83	1:21.86
11.	Wendy ten Wolde	ZPC Wiekslag	1:22.61	200302658	1:22.95	+0,73	38.37	1:22.95
12.	Jet van Oudheusden	ZOB'66	1:23.27	200401012	1:23.15	+0,74	39.26	1:23.15
13.	Sanne Vermeulen	The Hague Swimming (SG)	1:22.41	200303902	1:23.57	+0,83	38.90	1:23.57
14.	Maaïke van Lochem	Zoetermeer	1:24.48	200301390	1:23.86	+0,79	39.65	1:23.86
15.	Mara Bosman	The Hague Swimming (SG)	1:24.82	200303048	1:24.80	+0,72	39.89	1:24.80
16.	Jenna Klein	LinK	1:25.90	200400914	1:24.86	+0,80	40.06	1:24.86
17.	Esther Reinders	KZV de Lansingh	1:25.48	200301798	1:25.39		39.85	1:25.39
18.	Juliette Boon	ZZ&PC De Devel	1:27.53	200401908	1:26.68	+0,82	40.28	1:26.68
19.	Tessa Poot	ZV Vlaardingen-Schiedam	1:21.62	200404264	1:27.59	+0,85	37.80	1:27.59
20.	Joyce van 't Hof	ZZ&PC De Devel	1:26.32	200302122	1:27.99		40.59	1:27.99

Regiokampioenschappen korte baan
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Programmanr. 19, Meisjes, 100m schoolslag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT	50m	100m
21.	Marije de Jager	LinK	1:26.09	200301394	1:31.23	+0,72	42.75	1:31.23
22.	Megan van Delden	WVZ	1:41.90	200405500	SB13 1:43.42	388	48.67	1:43.42

Senioren 1 en 2

1.	Lynn Blommers	The Hague Swimming (SG)	1:12.56	200105062	1:10.84	+0,63	33.36	1:10.84
2.	Sanne Busch	MNC Dordrecht	1:10.41	200101486	1:10.87	+0,74	33.52	1:10.87
3.	Sophie de Jonge	WVZ	1:13.04	200200118	1:14.04	+0,73	34.28	1:14.04
4.	Inge Vieveen	WVZ	1:13.75	200100024	1:14.38	+0,75	34.65	1:14.38
5.	Grace Anderson	WVZ	1:15.18	200200578	1:17.28	+0,71	36.29	1:17.28
6.	Anniek de Rooter	Widex GZC Donk	1:18.19	200101224	1:18.31		36.25	1:18.31
7.	Nienke Mierop	z.c De Schotelij	1:20.53	200203294	1:18.45	+0,78	36.97	1:18.45
8.	Rozemarijn van Haaff	ZOB'66	1:17.41	200201852	1:19.84		36.42	1:19.84
9.	Elyanne Boudestein	Zoetermeer	1:18.31	200101060	1:19.90	+0,79	37.19	1:19.90
10.	Sam IJzerman	De Geul	1:19.19	200101204	1:20.23	+0,71	37.66	1:20.23
11.	Manon Middelbos	z.c De Schotelij	1:19.35	200100056	1:21.54	+0,70	38.08	1:21.54
12.	Jasmine el Taraboulsi	WZK	1:26.15	200105788	1:22.99	+0,81	39.10	1:22.99
13.	Anna Hoogenboezem	KZV de Lansingh	1:25.01	200200658	1:23.88	+0,81	39.21	1:23.88
14.	Amber Hesper	Van Vliet-Barracuda	1:22.99	200202188	1:24.64		38.93	1:24.64
15.	Susan van Grol	Widex GZC Donk	1:20.57	200201344	1:24.69	+0,75	40.01	1:24.69
16.	Diana Noordermeer	SG SCOM/de Zeehond'73	1:22.93	200102110	1:28.76	+0,69	41.70	1:28.76
NG	Jip Veeman	The Hague Swimming (SG)	1:16.49	200106100				

Senioren

1.	Ilse Rijnja	The Hague Swimming (SG)	1:11.81	199802432	1:10.81	+0,72	32.99	1:10.81
2.	Angelique van Vark	Z&PC De Gouwe	1:13.26	199701478	1:13.66	+0,72	34.63	1:13.66
3.	Nicole Bennis	WVZ	1:13.37	199600470	1:13.69	+0,67	34.51	1:13.69
4.	Annemarie Meijer	Feijenoord Albion	1:14.61	199900964	1:16.74	+0,79	36.18	1:16.74
5.	Lotte Middelbos	z.c De Schotelij	1:17.25	199900680	1:17.70	+0,75	36.04	1:17.70
6.	Melissa van der Heijden	Van Vliet-Barracuda	1:18.05	199605226	1:18.63	+0,69	36.76	1:18.63
7.	Inge van der Hoek	The Hague Swimming (SG)	1:20.12	199204034	1:18.80	+0,70	36.25	1:18.80
8.	Birgit Adriaansen	MNC Dordrecht	1:20.97	199503342	1:19.88		37.61	1:19.88
9.	Laura Tromp	ZZ&PC De Devel	1:25.67	200000276	1:23.44	+0,76	39.12	1:23.44
10.	Aylin van Uffelen	ZPB H&L Productions	1:21.43	199600352	1:23.54		39.24	1:23.54
11.	Rebecca Evers	ZOB'66	1:22.16	199207916	1:25.85	+0,75	40.18	1:25.85
12.	Kirana Hoogenbosch	De Geul	1:21.40	200003428	1:26.14	+0,67	39.88	1:26.14
NG.ZA	Wendy de Bruin	ZOB'66	1:21.50	199206320				
NG	Kelly Wigleven	Poseidon'56	1:22.95	199500058				

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Heren, 50m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Daan Sonneveld	WVZ	33.36	200601085	31.14	+0,70
2.	Mark Demianenko	Zoetermeer	36.44	200600409	35.02	+0,69
3.	Thom de Hoog	SG SCOM/de Zeehond'73	37.21	200600019	35.45	+0,71
4.	Joris Lissenberg	The Hague Swimming (SG)	37.23	200600585	35.52	+0,78
5.	Bas Blanker	ZPB H&L Productions	36.29	200601497	36.58	+0,65
6.	Floris Wassenaar	WVZ	38.28	200600649	36.78	+0,69
7.	Benjamin Vermeer	Zoetermeer	36.67	200600177	38.00	+0,61
8.	Tibbe Veldboer	ZPB H&L Productions	40.00	200600911	38.53	+0,86
9.	Wout Jonkers	Poseidon'56	39.64	200600939	38.85	+0,73
10.	Daniel Gavran	Widex GZC Donk	40.93	200600667	40.18	+0,64
11.	Tavi de Gelder	ZOB'66	40.91	200602335	40.38	+0,75
12.	Casper van Leeuwen	Widex GZC Donk	42.90	200601329	40.62	+0,68
AFGEM	Karol Sas	MNC Dordrecht	38.52	200602321		

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Programmanr. 20, Heren, 50m rugslag

Junioren 2

1.	Menno Wieringa	KZV de Lansingh	31.10	200500927	30.77	+0,62
2.	Gabriel Been	The Hague Swimming (SG)	33.85	200501467	31.54	+0,89
3.	Björn Verkaik	The Hague Swimming (SG)	33.26	200500411	32.22	+0,68
4.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	33.39	200500781	32.95	+0,66
5.	River Streefland	The Hague Swimming (SG)	34.01	200502253	33.23	+0,73
6.	Luuk Bogaert	De Watervogels	34.87	200503203	33.91	+0,56
7.	Yanieck Frijstein	The Hague Swimming (SG)	35.56	200500329	34.76	+0,74
8.	Coen Frkovic	ZPB H&L Productions	37.18	200502397	35.67	+0,70
	Yassine Mellah	Widex GZC Donk	37.68	200502159	35.67	+0,67
10.	Onno Roeleveld	De Columbiaan 1	36.70	200502775	35.70	+0,53
11.	Sytze van Stein	Link	37.50	200501155	35.97	+0,57
12.	Tim van Lochem	Zoetermeer	37.88	200500077	36.25	+0,54
13.	Aaïke de Tender	De Geul	36.64	200502189	36.49	+0,64
14.	Nikita Lubbe	ZPB H&L Productions	38.54	200502219	39.16	+0,70
15.	Thijs Gulden	ZOB'66	40.11	200501501	40.38	+0,61
NG	Thijs Visser	Van Vliet-Barracuda	38.32	200502129		

Junioren 3

1.	Jay de Vries	Rotterdam Swimming (SG)	29.05	200400669	28.44	+0,71
2.	Abel te Riele	WVZ	31.72	200402317	29.41	+0,67
3.	Chris van der Hout	The Hague Swimming (SG)	31.10	200401355	29.78	+0,72
4.	Max van Schagen	De Columbiaan 1	31.26	200402591	30.49	+0,67
5.	Sem Verberg	The Hague Swimming (SG)	31.39	200402105	31.48	+0,76
6.	Kun Woo Kim	The Hague Swimming (SG)	32.44	200401361	31.81	+0,70
7.	Julien Tanis	Rotterdam Swimming (SG)	31.70	200401045	31.96	+0,66
	<i>*BU 50m</i>					
8.	Timon Wijsman	D'elft	34.31	200403707	32.87	+0,71
9.	Thijm Kruit	De Columbiaan 1	33.22	200401339	33.19	+0,70
10.	Niels van der Mast	ZPC Numansdorp	33.20	200401917	33.86	+0,89
11.	Thomas van Peenen	De Columbiaan 1	34.84	200400097	34.19	+0,65
12.	Michael van den Enden	PCG	34.26	200401589	34.48	+0,52
13.	Lars van den Heuvel	ZPB H&L Productions	34.03	200402623	35.03	+0,70
14.	Bo Schoenmakers	Widex GZC Donk	38.81	200402919	35.39	+0,71
15.	Marijn Dekkers	Widex GZC Donk	35.92	200402275	35.97	+0,83
AFGEM	Benjamin Boender	ZOB'66	35.84	200401351		
NG	Timo Kock	Rotterdam Swimming (SG)	30.11	200400387		

Junioren 4

1.	Keanu Streefland	The Hague Swimming (SG)	27.00	200302445	27.92	+0,69
2.	Michael Smink	The Hague Swimming (SG)	30.80	200302169	28.90	+0,74
3.	Jelle Bon	ZV Vlaardingen-Schiedam	29.67	200301077	28.96	+0,61
4.	Zev Bulk	The Hague Swimming (SG)	30.11	200304021	29.89	+0,73
	<i>*BU 50m</i>					
5.	Perry Laarhoven	ZPC Numansdorp	31.54	200301321	30.72	+0,85
6.	Kenan Coeruez	Feijenoord Albion	31.51	200300357	30.89	+0,72
	<i>*BU 50m</i>					
7.	Daan Hogerhuis	Link	32.05	200300317	31.34	+0,67
8.	Stefan Groen	KZV de Lansingh	32.34	200301179	31.56	+0,59
9.	Xander Vis	z.c De Schotejil	33.49	200300173	31.96	+0,60
10.	Milan Hamel	The Hague Swimming (SG)	33.82	200302125	32.16	+0,66
11.	Maximilian Lopes Cardozo	WZK	32.37	200300665	32.47	+0,67
12.	Milan van Aken	The Hague Swimming (SG)	34.45	200303307	32.67	+0,72
13.	Tygo Korving	ZPB H&L Productions	33.33	200300773	33.15	+0,71
14.	Julian Stok	ZZ&PC De Devel	32.88	200300071	33.34	+0,64
15.	Thimo van Beek	ZVL-1886 1	34.03	200301347	33.47	+0,58
16.	Mike van Huizen	ZPC Numansdorp	34.98	200300891	34.99	+0,84
17.	Yassine Maas	The Hague Swimming (SG)	33.68	200301505	36.76	+1,18

Regiokampioenschappen korte baan
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Programmanr. 20, Heren, 50m rugslag

Jeugd 1 en 2

1.	Jarno Verbeek	Zoetermeer	27.77	200200931		27.22	+0,67	
2.	Sean Niewold	WVZ	27.99	200204699		27.32	+0,69	
3.	Nikhom Westphal	SG SCOM/de Zeehond'73	26.93	200203329		27.47	+0,63	
4.	Sjoerd van Weelden	PCG	28.56	200101217		28.04	+0,71	
5.	Sander Iuga	Feijenoord Albion	28.74	200101389		28.77	+0,62	
6.	Tjeerd van Stein	LinK	29.26	200101439		28.92	+0,70	
7.	Wesley Scheepbouwer	ZPC Wiekslag	29.67	200101959		28.94	+0,63	
8.	Floris de Leeuw	The Hague Swimming (SG)	29.44	200105317		29.07	+0,64	
9.	Viktor Koets	De Columbiaan 1	28.87	200201677		29.14	+0,66	
10.	Thomas van Wanrooij	Poseidon'56	30.49	200201473	S13	29.25	+0,60	813
11.	Querijn Hensen	The Hague Swimming (SG)	28.84	200102121	S10	29.36	+0,64	775
12.	Scott Jansen	WVZ	29.97	200202455		29.52	+0,66	
13.	Jarno van Oijen	Feijenoord Albion	32.30	200100055		30.12	+0,85	
14.	Stijn den Otter	ZZ&PC De Devel	30.48	200200225		30.88	+0,65	
15.	Björn de Heus	ZV Vlaardingen-Schiedam	30.67	200201077		31.02	+0,67	
16.	Robin van Peenen	De Columbiaan 1	31.52	200201059		31.35	+0,70	
17.	Bas van Wieringen	De Columbiaan 1	32.52	200200119		31.52	+0,68	
18.	Boy Borreman	LinK	33.11	200102751		31.60	+0,58	
19.	Mart de Koning	ZOB'66	31.87	200203253		32.06	+0,70	
20.	Wessel Bonkestoter	Widex GZC Donk	31.96	200100625		32.14	+0,60	
DIS	Bas van Nisius	The Hague Swimming (SG)	32.32	200202107				

RA - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.

AFGEM	Dylano Termoshuizen	WVZ	30.02	200202169				
NG	Johrick Wijma	KZV de Lansingh	33.11	200204435				

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming (SG)	25.88	199200031		25.95	+0,74	
2.	Melvin Prins	ZPC Wiekslag	26.70	199500201		26.63	+0,63	
3.	Jason Vlasopoulos	The Hague Swimming (SG)	29.64	199905313		27.90	+0,60	
4.	Timo Dinkelberg	Feijenoord Albion	27.39	199300773		27.97	+0,65	
5.	Robin van Beek	ZVL-1886 1	29.09	199704023		28.37	+0,60	
6.	Thijs Molendijk	D'elft	28.82	199900477		28.53	+0,59	
7.	Dave Jansen	WVZ	28.19	199805299		28.80	+0,60	
8.	Jorian Tanis	z.c De Schotejil	30.43	199900327		28.98	+0,69	
9.	Alex Schelvis	LinK	29.59	198702927		29.13	+0,74	
10.	Noah Legerstee	WVZ	29.10	200003593		29.66	+0,71	
11.	Duncan van Haaren	Widex GZC Donk	29.80	200000681		29.83	+0,76	
12.	David Kievit	z.c De Schotejil	30.48	199900325		29.87	+0,82	
13.	Rogier Dorsman	ZZ&PC De Devel	30.67	199900211	S12	30.23	+0,61	816
14.	Linguendo van der Klooster	ZPB H&L Productions	29.76	199801361		30.59	+0,76	
15.	Tristan Stam	ZOB'66	31.22	199903551		31.20	+0,71	
16.	Jordy van Oel	WVZ	31.56	199802003		31.61	+0,69	
AFGEM	Ian Minnigh	Rotterdam Swimming (SG)	29.68	199702737				
NG	Martijn Dolk	Rotterdam Swimming (SG)	28.99	198900737				

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Dames, 100m vlinderslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1							
1.	Robin Vermeulen	MNC Dordrecht	1:16.94	200700412	1:15.53	+0,85	35.99 1:15.53
2.	Ananda van der Wiel	WVZ	1:17.41	200701562	1:15.94	+0,73	36.25 1:15.94
3.	Fleur Kamminga	WVZ	1:25.08	200701838	1:22.72	+0,95	36.54 1:22.72
4.	Dide Provily	ZPC Wiekslag	1:28.12	200700480	1:26.37	+0,78	38.66 1:26.37
5.	Samantha van der Jagt	ZZ&PC De Devel	1:29.44	200700220	1:26.99	+0,78	40.41 1:26.99
6.	Yrsah Verheijen	The Hague Swimming (SG)	1:27.51	200700350	1:27.21	+0,73	38.23 1:27.21
7.	Britte Lodder	ZZ&PC De Devel	1:34.10	200702290	1:40.86		44.91 1:40.86

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Junioren 2

1.	Mara Tims	Rotterdam Swimming (SG)	1:11.09	200601136	1:09.49	+0,68	32.74	1:09.49
2.	Estelle van Wijngaarden	ZPB H&L Productions	1:15.71	200601020	1:12.52	+0,82	33.40	1:12.52
3.	G. Schrijvers van Zender	The Hague Swimming (SG)	1:16.16	200601618	1:14.80	+0,77	35.72	1:14.80
4.	Jade van der Maas	WVZ	1:13.41	200600408	1:15.07	+0,71	34.93	1:15.07
5.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:16.34	200602180	1:17.86	+0,82	35.64	1:17.86
6.	Kimberly Ruiters	De Columbiaan 1	1:16.45	200600492	1:18.75	+0,81	35.72	1:18.75
7.	Laura 't Lam	De Geul	1:24.67	200603376	1:19.06		36.35	1:19.06
8.	Leyla Oversluizen	z.c De Schotegil	1:17.95	200602730	1:20.35	+0,77	35.21	1:20.35
9.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	1:21.84	200602328	1:21.20		36.04	1:21.20

Junioren 3

1.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:11.94	200500330	1:11.93	+0,76	32.75	1:11.93
2.	Jelsie van Ruijven	WVZ	1:12.84	200500282	1:13.61	+0,70	33.74	1:13.61
3.	Isa Maes	Feijenoord Albion	1:15.76	200500110	1:13.78	+0,70	34.46	1:13.78
4.	Milou Demirel	The Hague Swimming (SG)	1:17.33	200501254	1:15.14	+0,82	34.65	1:15.14
5.	Sylvie Roos	Feijenoord Albion	1:15.64	200502772	1:15.37	+0,81	35.27	1:15.37
6.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	1:14.99	200501256	1:15.71	+0,77	34.33	1:15.71
7.	Milou Adriaanse	De Columbiaan 1	1:20.76	200500968	1:15.72	+0,79	35.42	1:15.72
8.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:17.28	200503292	1:15.91	+0,84	34.50	1:15.91
9.	Emma Verkuijl	Van Vliet-Barracuda	1:16.09	200500826	1:16.02	+0,79	35.45	1:16.02
10.	Anique Hazebroek	The Hague Swimming (SG)	1:16.85	200502196	1:16.07		34.72	1:16.07
11.	Asha van Lobberegt	Feijenoord Albion	1:16.29	200500088	1:16.91	+0,72	34.87	1:16.91
12.	Vivianne Woltjes	The Hague Swimming (SG)	1:19.38	200501524	1:17.31	+0,80	35.42	1:17.31
13.	Yente Bouwmeester	De Columbiaan 1	1:17.81	200500340	1:17.91		34.84	1:17.91
14.	Elise Vink	De Columbiaan 1	1:19.22	200502588	1:19.74		36.06	1:19.74
15.	Mar Stoel	De Columbiaan 1	1:19.97	200500520	1:19.91	+0,78	36.69	1:19.91
16.	Laura Hoogenboezem	KZV de Lansingh	1:22.28	200500390	1:20.04	+0,90	36.34	1:20.04
17.	Britt van't Zant	Feijenoord Albion	1:20.08	200501170	1:21.33	+0,71	36.39	1:21.33
18.	Niké Telkamp	The Hague Swimming (SG)	1:18.02	200501088	1:23.38	+0,74	35.51	1:23.38
AFGEM	Felicia Bosse	WZK	1:20.57	200504468				
NG	Evelyn Liket	ZV Vlaardingen-Schiedam	1:16.63	200503118				

Jeugd 1 en 2

1.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:10.13	200301124	1:06.68	+0,71	31.31	1:06.68
2.	Maaïke Issard	The Hague Swimming (SG)	1:07.66	200300022	1:07.40	+0,80	31.58	1:07.40
3.	Rinske Bouman	Rotterdam Swimming (SG)	1:07.96	200400578	1:08.62	+0,81	31.87	1:08.62
4.	Milou van Wijk	MNC Dordrecht	1:09.35	200404948	1:09.35	+0,76	31.21	1:09.35
5.	Nora van der Steen	LinK	1:09.98	200403458	1:09.59	+0,70	32.08	1:09.59
6.	Julia Notenboom	De Columbiaan 1	1:12.36	200302596	1:10.91	+0,83	33.06	1:10.91
7.	Isis Naaktgeboren	ZZ&PC De Devel	1:12.93	200403914	1:13.14	+0,82	33.28	1:13.14
8.	Lize van Stigt	LinK	1:09.58	200401510	1:13.62	+0,66	34.20	1:13.62
9.	Daniëlle Vis	De Columbiaan 1	1:14.97	200401044	1:14.62	+0,78	34.88	1:14.62
10.	Cheyenne Elburg	KZV de Lansingh	1:14.88	200401170	1:14.99	+0,68	33.71	1:14.99
11.	Robine Boer	De Columbiaan 1	1:14.59	200402180	1:16.31	+0,76	34.12	1:16.31
12.	Wendy ten Wolde	ZPC Wiekslag	1:16.28	200302658	1:16.48	+0,72	34.37	1:16.48
13.	Joyce van 't Hof	ZZ&PC De Devel	1:12.81	200302122	1:16.70		34.37	1:16.70
14.	Anique Star	De Columbiaan 1	1:16.82	200400446	1:17.10	+0,90	35.93	1:17.10
15.	Marije de Jager	LinK	1:19.54	200301394	1:17.82	+0,70	34.40	1:17.82
16.	Lara Hoeksema	The Hague Swimming (SG)	1:16.74	200400514	1:18.07	+0,81	35.73	1:18.07
17.	Jet van Oudheusden	ZOB'66	1:19.83	200401012	1:18.45	+0,75	35.80	1:18.45
18.	Jenna Klein	LinK	1:21.16	200400914	1:19.81	+0,81	35.73	1:19.81
19.	Zoë Molenaar	Zoetermeer	1:21.86	200300978	1:20.09	+0,72	36.56	1:20.09
20.	Fenna Herwig	ZPC Wiekslag	1:16.54	200400908	1:20.15	+0,78	35.85	1:20.15
21.	Tessa Poot	ZV Vlaardingen-Schiedam	1:18.32	200404264	1:20.25	+0,90	35.61	1:20.25
22.	Mandy van der Meijden	Widex GZC Donk	1:20.68	200402574	1:20.44	+0,73	35.44	1:20.44
23.	Feija de Bruin	WVZ	1:19.76	200400106	1:20.82	+0,78	36.38	1:20.82
24.	Serena den Tuinder	ZPC Numansdorp	1:20.68	200303552	1:22.42		36.76	1:22.42
25.	Maaïke van Lochem	Zoetermeer	1:21.33	200301390	1:22.53	+0,83	37.13	1:22.53
26.	Milou van Winkel	LinK	1:39.90	200402296	1:41.45		44.58	1:41.45

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Senioren 1 en 2

1.	Tessa Giele	Feijenoord Albion	1:03.77	200203124	1:04.51	+0,62	30.42	1:04.51
2.	Inge Vieveen	WVZ	1:06.17	200100024	1:05.73	+0,76	30.56	1:05.73
3.	Ilse Kraaijeveld	The Hague Swimming (SG)	1:08.30	200202190	1:06.23	+0,72	30.24	1:06.23
4.	Maaïke Broersma	BZ en PC	1:07.31	200201522	1:08.26	+0,73	30.80	1:08.26
5.	Anne Straub	Zoetermeer	1:11.92	200201402	1:11.17	+0,72	32.75	1:11.17
6.	Catharina Chulick	WVZ	1:12.13	200106304	1:11.69	+0,75	33.57	1:11.69
7.	Anouk Vis	De Columbiaan 1	1:13.71	200203322	1:12.55	+0,78	33.32	1:12.55
8.	Esmée Roodenburg	De Geul	1:12.76	200100040	1:13.12	+0,73	34.08	1:13.12
9.	Jasmine el Taraboulsi	WZK	1:13.23	200105788	1:13.29		33.61	1:13.29
10.	Anniek de Ruiter	Widex GZC Donk	1:15.54	200101224	1:14.02		33.75	1:14.02
11.	Jana Plaisier	ZZ&PC De Devel	1:11.54	200101266	1:15.18	+0,79	34.06	1:15.18
12.	Lisanne Dijkman	Zoetermeer	1:16.59	200102676	1:15.43	+0,68	33.61	1:15.43
13.	Diana Noordermeer	SG SCOM/de Zeehond'73	1:12.53	200102110	1:15.87	+0,64	33.81	1:15.87
14.	Amy van Leersum	Poseidon'56	1:11.84	200200300	1:15.94	+0,83	33.08	1:15.94
15.	S. van den Dobbelssteen	The Hague Swimming (SG)	1:14.48	200100904	1:16.39	+0,64	33.93	1:16.39
16.	Elyanne Boudestein	Zoetermeer	1:18.19	200101060	1:16.41	+0,77	34.04	1:16.41
17.	Anna Hoogenboezem	KZV de Lansingh	1:18.42	200200658	1:19.30		35.52	1:19.30
18.	Rozemarijn van Haaff	ZOB'66	1:15.99	200201852	1:19.81	+0,71	34.27	1:19.81
19.	Susan van Grol	Widex GZC Donk	1:16.43	200201344	1:23.24	+0,78	37.82	1:23.24
NG	Sara Claps	The Hague Swimming (SG)	1:12.01	200205916				

Senioren

1.	Mariska Scheel	KZV de Lansingh	1:04.77	199306344	1:04.70	+0,77	29.55	1:04.70
2.	Lauren van IJll	WVZ	1:05.90	200001064	1:07.52	+0,76	30.58	1:07.52
3.	Fenna de Groot	Feijenoord Albion	1:06.07	199701796	1:07.54	+0,67	31.10	1:07.54
4.	Nicole Bennis	WVZ	1:06.94	199600470	1:07.87	+0,71	31.36	1:07.87
5.	Angelique van Vark	Z&PC De Gouwe	1:08.15	199701478	1:08.15	+0,73	31.46	1:08.15
6.	Birgit Adriaansen	MNC Dordrecht	1:08.56	199503342	1:08.30	+0,70	31.53	1:08.30
7.	Melissa van der Heijden	Van Vliet-Barracuda	1:07.51	199605226	1:08.85	+0,75	32.40	1:08.85
8.	Babette van der Kaaij	Rotterdam Swimming (SG)	1:08.56	199902234	1:08.90		31.99	1:08.90
9.	Wendy de Bruin	ZOB'66	1:11.83	199206320	1:11.70	+0,63	32.48	1:11.70
10.	Nilce Mendes Barbosa	Feijenoord Albion	1:13.61	199800214	1:12.74	+0,64	33.24	1:12.74
11.	Annemarie Meijer	Feijenoord Albion	1:12.16	199900964	1:13.75	+0,79	33.53	1:13.75
12.	Nikita Herwig	ZPC Wiekslag	1:11.27	199903552	1:13.81	+0,80	33.04	1:13.81
13.	Rebecca Evers	ZOB'66	1:14.99	199207916	1:17.23		34.51	1:17.23
14.	Jonne Moleman	LinK	1:36.73	200006264	1:28.99		38.22	1:28.99

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Heren, 200m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1										
1.	Daan Sonneveld	WVZ	2:22.40	200601085	2:19.96	+0,78	32.22	1:08.85	1:46.10	2:19.96
2.	Mark Demianenko	Zoetermeer	2:24.88	200600409	2:21.20	+0,67	31.54	1:08.41	1:46.14	2:21.20
3.	Thom de Hoog	SG SCOM/de Zeehond'	2:25.27	200600019	2:21.99	+0,86	32.36	1:09.07	1:46.53	2:21.99
4.	Bas Blanker	ZPB H&L Productions	2:30.93	200601497	2:23.61	+0,69	32.53	1:09.83	1:48.01	2:23.61
5.	Bjorn Rijkaart	BZ en PC	2:26.62	200601337	2:24.17	+0,80	33.02	1:09.30	1:47.73	2:24.17
6.	Yagiz Atilgan	ZV Vlaardingens-Schied	2:45.02	200601453	2:26.53	+0,73	33.57	1:11.29	1:49.32	2:26.53
7.	Joris Lissenberg	The Hague Swimming (2:	38.71	200600585	2:27.78	+0,76	33.36	1:10.23	1:48.98	2:27.78
8.	Thijs van den Berg	The Hague Swimming (2:	43.45	200600971	2:30.38	+0,72	34.30	1:12.91	1:52.31	2:30.38
9.	Dave Dirks	ZV Vlaardingens-Schied	2:42.67	200602883	2:30.52		34.57	1:13.94	1:53.26	2:30.52
10.	Sven Eschbach	ZZ&PC De Devel	2:44.53	200602013	2:31.53	+0,67	33.61	1:11.52	1:51.31	2:31.53
11.	Bo Merkesteyn	WVZ	2:38.05	200602451	2:33.38		34.78	1:13.55	1:54.96	2:33.38
12.	Dylan Groeneveld	De Geul	2:33.31	200600011	2:34.12	+0,70	34.66	1:13.79	1:54.23	2:34.12
13.	Benjamin Vermeer	Zoetermeer	2:36.66	200600177	2:35.13		34.15	1:13.35	1:54.80	2:35.13
14.	Bjorn Mulder	DSZ	2:42.74	200601517	2:35.87	+0,81	36.45	1:15.85	1:56.39	2:35.87
15.	Merlijn van der Hoeven	WVZ	2:39.01	200600951	2:36.58	+0,73	34.02	1:13.96	1:56.73	2:36.58
16.	Floris Wassenaar	WVZ	2:46.27	200600649	2:41.04		36.22	1:18.40	2:00.40	2:41.04
17.	Roan van der Weide	Widex GZC Donk	2:44.74	200601629	2:42.27	+0,73	37.61	1:19.74	2:02.39	2:42.27
										<i>*BU 150</i>
18.	Jasper Groen	KZV de Lansingh	2:44.09	200602325	2:43.27	+0,47	36.14	1:18.57	2:01.37	2:43.27
AFGEM	Karol Sas	MNC Dordrecht	2:45.53	200602321						

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Programmanr. 22, Heren, 200m vrije slag

Junioren 2

1. Gabriel Been	The Hague Swimming	(2:15.94	200501467	2:08.20	+0,75	28.68	1:00.77	1:34.65	2:08.20
2. Yanieck Frijstein	The Hague Swimming	(2:16.73	200500329	2:11.50	+0,73	30.24	1:03.65	1:37.70	2:11.50
3. Sem Agterdenbos	MNC Dordrecht	2:14.29	200500049	2:13.54	+0,68	29.81	1:04.17	1:39.24	2:13.54
4. Émile Fouzaï	The Hague Swimming	(2:21.18	200500263	2:14.99	+0,73	30.85	1:05.56	1:41.20	2:14.99
5. Menno Wieringa	KZV de Lansingh	2:21.05	200500927	2:16.27	+0,75	31.16	1:06.31	1:42.05	2:16.27
6. River Streefland	The Hague Swimming	(2:23.87	200502253	2:16.82		30.45	1:05.10	1:41.94	2:16.82
7. Björn Verkaik	The Hague Swimming	(2:19.68	200500411	2:17.20	+0,70	31.24	1:06.14	1:41.91	2:17.20
8. Luca Nguyen-Tri	Rotterdam Swimming	(2:26.58	200500781	2:22.91		31.71	1:07.94	1:45.60	2:22.91
9. Sytze van Stein	LinK	2:27.15	200501155	2:25.14	+0,77	33.51	1:10.49	1:48.01	2:25.14
10. Casper Hoogervorst	De Columbiaan 1	2:29.14	200500183	2:25.84		34.25	1:12.13	1:50.16	2:25.84
11. Onno Roeleveld	De Columbiaan 1	2:30.42	200502775	2:27.23	+0,65	33.76	1:11.84	1:50.41	2:27.23
12. Luuk Bogaert	De Watervogels	2:31.53	200503203	2:29.16	+0,74	33.77	1:12.49	1:52.82	2:29.16
13. Tyler Diependaal	The Hague Swimming	(2:40.00	200500879	2:29.80	+0,72	33.51	1:11.44	1:50.99	2:29.80
14. Tim van Lochem	Zoetermeer	2:41.17	200500077	2:30.22		32.89	1:10.61	1:51.41	2:30.22
15. Tjomme de Tender	De Geul	2:33.18	200502187	2:30.61		34.24	1:14.01	1:54.06	2:30.61
16. Stijn de Bondt	ZPB H&L Productions	2:33.28	200502249	2:30.89		33.63	1:11.97	1:51.89	2:30.89
17. Reinier Velthuijs	Van Vliet-Barracuda	2:36.74	200503537	2:34.32	+0,73	34.21	1:13.37	1:54.67	2:34.32
18. Aaïke de Tender	De Geul	2:28.47	200502189	2:36.12	+0,74	35.12	1:14.95	1:56.85	2:36.12
19. Coen Frkovic	ZPB H&L Productions	2:33.39	200502397	2:41.79	+0,70	30.12	1:05.42	1:56.24	2:41.79
<i>*BU 150m</i>									
NG Thijs Visser	Van Vliet-Barracuda	2:29.86	200502129						

Junioren 3

1. Abel te Riele	WVZ	2:05.48	200402317	2:02.17	+0,69	28.24	59.54	1:31.08	2:02.17
2. Chris van der Hout	The Hague Swimming	(2:06.93	200401355	2:04.95	+0,71	28.66	1:01.48	1:33.78	2:04.95
3. Pepijn van Egmond	WVZ	2:07.88	200402309	2:06.82	+0,68	29.38	1:01.38	1:34.83	2:06.82
4. Niels van der Mast	ZPC Numansdorp	2:12.14	200401917	2:09.16	+0,71	29.81	1:03.18	1:36.52	2:09.16
<i>*BU 150m</i>									
5. Erik Oldenkamp	KZV de Lansingh	2:10.63	200400597	2:09.26	+0,81	28.92	1:02.16	1:36.15	2:09.26
6. Thijm Kruit	De Columbiaan 1	2:10.96	200401339	2:10.37	+0,79	29.61	1:02.56	1:36.73	2:10.37
7. Julien Tanis	Rotterdam Swimming	(2:11.16	200401045	2:12.54		29.66	1:03.11	1:38.26	2:12.54
8. Wen-Ye Chen	Rotterdam Swimming	(2:14.65	200402859	2:12.57	+0,67	30.80	1:05.06	1:40.39	2:12.57
9. Arthur Bondartsov	Rotterdam Swimming	(2:19.03	200403231	2:13.63	+0,78	30.57	1:04.85	1:40.12	2:13.63
10. Loeka Wubben	The Hague Swimming	(2:17.06	200400307	2:14.30	+0,74	29.64	1:03.83	1:39.40	2:14.30
11. Kun Woo Kim	The Hague Swimming	(2:15.65	200401361	2:14.33	+0,73	30.49	1:04.87	1:40.55	2:14.33
12. Kamyar Tamjidi	SG SCOM/de Zeehond	2:20.85	200404457	2:21.45	+0,66	31.69	1:08.04	1:45.37	2:21.45
13. Michael van den Enden	PCG	2:22.26	200401589	2:22.70	+0,65	32.06	1:08.33	1:46.23	2:22.70
<i>*BU 50m - 100m</i>									
14. Thomas van Peenen	De Columbiaan 1	2:25.61	200400097	2:22.76		32.44	1:09.84	1:47.29	2:22.76
15. Duncan den Hartog	De Kempvis	2:28.24	200401889	2:24.49	+0,79	34.22	1:10.25	1:49.21	2:24.49
<i>*BU 100m</i>									
16. Lars van den Heuvel	ZPB H&L Productions	2:31.28	200402623	2:27.16	+0,80	33.95	1:11.62	1:50.43	2:27.16
17. Jay de Vries	Rotterdam Swimming	(2:07.07	200400669	2:27.84	+0,70	26.59	56.71	1:46.55	2:27.84
<i>*BU 200m</i>									
18. Pim Romeijn	ZPC Wiekslag	2:36.07	200401321	2:31.17	+0,83	32.66	1:11.33	1:51.70	2:31.17
19. Timon Wijsman	D'elft	2:28.67	200403707	2:31.63		33.69	1:13.54	1:54.97	2:31.63
20. Marijn Dekkers	Widex GZC Donk	2:21.18	200402275	2:31.84	+0,86	33.94	1:13.10	1:53.60	2:31.84
21. Wout van Oevelen	D'elft	2:29.27	200404319	2:32.18	+0,79	34.60	1:13.08	1:52.68	2:32.18
22. Casper van Nijnatten	Rotterdam Swimming	(2:31.34	200402559	2:38.11	+0,73	35.89	1:16.65	1:58.29	2:38.11
<i>*BU 150</i>									
DIS Max van Schagen	De Columbiaan 1	2:19.72	200402591						
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>									
AFGEM Benjamin Boender	ZOB'66	2:27.02	200401351						
NG Timo Wouters	MNC Dordrecht	2:14.16	200401363						
NG Timo Kock	Rotterdam Swimming	(2:01.80	200400387						

Regiokampioenschappen korte baan
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Programmanr. 22, Heren, 200m vrije slag

Junioren 4

1. Keanu Streefland	The Hague Swimming	(2:06.10	200302445	1:59.92	+0,71	27.83	58.49	1:30.19	1:59.92
2. Jelle Bon	ZV Vlaardingen-Schied	2:03.67	200301077	2:01.09	+0,67	27.54	58.13	1:29.52	2:01.09
3. Perry Laarhoven	ZPC Numansdorp	2:04.36	200301321	2:01.69	+0,75	27.11	58.62	1:30.50	2:01.69
4. Wesley Zulver	ZV Vlaardingen-Schied	2:03.45	200301319	2:05.48	+0,66	28.02	59.72	1:32.36	2:05.48
5. Daan Hogerhuis	LinK	2:08.24	200300317	2:05.65		28.59	1:01.14	1:33.93	2:05.65
6. Milan van Aken	The Hague Swimming	(2:09.38	200303307	2:05.82	+0,75	28.45	1:00.91	1:33.72	2:05.82
7. Senna Mooldijk	Feijenoord Albion	2:05.55	200301147	2:06.15	+0,71	28.78	1:00.82	1:33.91	2:06.15
8. Kenan Coeruez	Feijenoord Albion	2:08.55	200300357	2:06.81	+0,66	29.35	1:01.50	1:34.71	2:06.81
9. Michael Smink	The Hague Swimming	(2:05.69	200302169	2:07.07	+0,82	29.02	1:02.16	1:35.75	2:07.07
10. Xander Vis	z.c De Schotejil	2:11.54	200300173	2:09.65		29.34	1:02.55	1:36.32	2:09.65
11. Stefan Groen	KZV de Lansingh	2:13.74	200301179	2:11.90	+0,75	30.32	1:03.98	1:38.43	2:11.90
12. Chris Vogelaar	ZVL-1886 1	2:13.59	200302241	2:12.16		28.16	1:00.43	1:35.65	2:12.16
13. Julian Stok	ZZ&PC De Devel	2:15.06	200300071	2:12.74	+0,71	30.66	1:04.55	1:39.14	2:12.74
14. Milan Hamel	The Hague Swimming	(2:08.82	200302125	2:13.09	+0,68	31.69	1:05.61	1:40.05	2:13.09
15. M. Lopes Cardozo	WZK	2:04.86	200300665	2:14.81	+0,70	28.91	1:02.83	1:38.82	2:14.81
16. Quinten Nieuwenhuis	WZK	2:20.33	200304577	2:15.62		31.25	1:06.07	1:40.77	2:15.62
17. Brandon Groeneveld	De Geul	2:21.52	200300595	2:17.39	+0,64	30.85	1:05.38	1:42.02	2:17.39
18. Thimo van Beek	ZVL-1886 1	2:19.23	200301347	2:18.68	+0,73	31.91	1:07.62	1:44.59	2:18.68
19. Pepyn van Brakel	ZPC Numansdorp	2:27.53	200300877	2:21.84	+0,83	31.74	1:07.46	1:45.00	2:21.84
20. Tygo Korving	ZPB H&L Productions	2:18.66	200300773	2:24.43		31.58	1:07.98	1:46.04	2:24.43
21. Yassine Maas	The Hague Swimming	(2:13.40	200301505	2:24.58	+0,82	32.32	1:09.02	1:46.67	2:24.58
22. Mike van Huizen	ZPC Numansdorp	2:27.45	200300891	2:24.60	+0,74	32.92	1:10.28	1:48.90	2:24.60
23. Maxim Noordman	The Hague Swimming	(2:27.01	200304067	2:26.10		31.44	1:08.25	1:47.80	2:26.10

Jeugd 1 en 2

1. Sean Niewold	WVZ	1:53.99	200204699	1:55.07	+0,72	27.83	57.38	1:26.90	1:55.07
2. Max Visser	WVZ	1:57.88	200100077	1:56.07	+0,75	27.22	57.39	1:27.48	1:56.07
3. Gerard Willighagen	Poseidon'56	1:58.58	200103663	1:57.21	+0,74	26.80	56.22	1:26.37	1:57.21
4. Brandon van den Berg	Rotterdam Swimming	(S1:59.48	200200669	1:58.77	+0,47	27.39	58.16	1:28.91	1:58.77
5. Tjeerd van Stein	LinK	2:03.10	200101439	1:59.04		27.64	57.88	1:28.78	1:59.04
6. Floris de Leeuw	The Hague Swimming	(1:56.39	200105317	1:59.54	+0,75	27.76	58.14	1:29.20	1:59.54
7. Jarno van Oijen	Feijenoord Albion	2:00.55	200100055	1:59.76		27.09	57.12	1:28.44	1:59.76
8. Niels Dijkshoorn	ZV Vlaardingen-Schied	1:58.13	200203079	2:01.00	+0,74	27.21	58.12	1:29.93	2:01.00
9. Jarno Verbeek	Zoetermeer	2:12.60	200200931	2:03.26	+0,71	28.91	1:00.92	1:32.27	2:03.26
10. Sander Iuga	Feijenoord Albion	2:04.88	200101389	2:03.59	+0,67	28.48	1:00.19	1:32.25	2:03.59
11. Nikhom Westphal	SG SCOM/de Zeehond	1:58.58	200203329	2:04.62	+0,75	28.61	59.93	1:32.31	2:04.62
12. Thomas van Wanrooij	Poseidon'56	2:03.80	200201473	2:05.12	+0,72	27.12	57.93	1:31.13	2:05.12
13. Sjoerd van Weelden	PCG	2:09.89	200101217	2:05.84	+0,75	28.97	1:01.42	1:34.68	2:05.84
14. Guus Hoogduin	ZVL-1886 1	2:09.48	200201069	2:06.97	+0,87	28.44	1:00.63	1:34.29	2:06.97
15. Bas van Wieringen	De Columbiaan 1	2:09.00	200200119	2:07.46		29.88	1:02.16	1:35.34	2:07.46
16. Querijn Hensen	The Hague Swimming	(2:08.75	200102121	2:07.82	+0,75	28.96	1:01.55	1:34.75	2:07.82
17. Luuk van Holstein	Feijenoord Albion	2:13.47	200203841	2:08.28		28.79	1:00.93	1:34.39	2:08.28
18. D. van den Nieuwendijk	De Columbiaan 1	2:10.65	200100475	2:09.47	+0,77	29.53	1:02.61	1:35.73	2:09.47
19. Robin van Peenen	De Columbiaan 1	2:11.21	200201059	2:11.20	+0,75	30.06	1:04.19	1:39.26	2:11.20
20. Joris de Gier	Widex GZC Donk	2:11.85	200103817	2:11.53		30.33	1:03.89	1:37.83	2:11.53
<i>*BU 200m</i>									
21. Stijn den Otter	ZZ&PC De Devel	2:09.13	200200225	2:11.60		29.39	1:02.75	1:37.84	2:11.60
22. Boy Borreman	LinK	2:12.07	200102751	2:11.66	+0,68	29.23	1:02.86	1:37.44	2:11.66
23. Mart de Koning	ZOB'66	2:12.33	200203253	2:12.50	+0,75	30.11	1:04.25	1:38.72	2:12.50
24. Simon Dijkstra	Rotterdam Swimming	(S2:19.70	200204905	2:12.95	+0,74	30.61	1:04.31	1:39.10	2:12.95
25. Wouter Verdoes	De Columbiaan 1	2:20.37	200200351	2:13.61		30.34	1:04.57	1:39.75	2:13.61
26. Luc Brasz	The Hague Swimming	(2:18.73	200200919	2:13.91	+0,70	31.61	1:06.08	1:39.64	2:13.91
Wessel Bonkestoter	Widex GZC Donk	2:19.99	200100625	2:13.91	+0,75	30.12	1:04.01	1:39.44	2:13.91
28. Bas van Nisius	The Hague Swimming	(2:16.41	200202107	2:16.49	+0,80	31.19	1:06.87	1:42.08	2:16.49
29. Esper Paans	ZZ&PC De Devel	2:23.56	200100607	2:16.89	+0,74	30.72	1:05.63	1:42.65	2:16.89
30. Daan Snijders	MNC Dordrecht	2:20.80	200202475	2:20.70	+0,76	31.49	1:07.07	1:44.00	2:20.70
AFGEM Dylano Termoshuizen	WVZ	2:08.18	200202169						
NG Johrick Wijma	KZV de Lansingh	2:13.01	200204435						

Regiokampioenschappen korte baan
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Programmanr. 22, Heren, 200m vrije slag

Senioren 1 en ouder

1. Jeroen Baars	Rotterdam Swimming (S1:51.57 199200031	1:52.53	+0,74	25.32	54.56	1:23.82	1:52.53
2. Pascal Nuijten	Feijenoord Albion 1:57.47 199701353	1:56.17	+0,73	25.85	55.11	1:25.23	1:56.17
3. Jorian Tanis	z.c De Schotejil 1:55.20 199900327	1:56.70	+0,76	26.69	55.95	1:26.58	1:56.70
4. Timo Dinkelberg	Feijenoord Albion 1:57.00 199300773	1:56.79	+0,67	26.97	56.58	1:27.12	1:56.79
5. Matthew Dullemond	Rotterdam Swimming (S2:02.38 199805005	1:59.30	+0,73	27.53	57.53	1:28.68	1:59.30
6. Robin van Beek	ZVL-1886 1 1:58.73 199704023	1:59.65	+0,72	27.90	58.25	1:29.12	1:59.65
7. Jasper Breugem	WVZ 1:59.58 200000303	2:01.36	+0,77	27.54	58.10	1:29.65	2:01.36
8. Alex Schelvis	LinK 2:02.00 198702927	2:01.42	+0,77	27.34	57.14	1:28.57	2:01.42
9. J. de Roy van Zuydewij	WVZ 2:04.55 200000255	2:02.19	+0,70	28.13	59.54	1:31.69	2:02.19
10. Stijn Geelen	MNC Dordrecht 2:03.67 199801363	2:02.53		28.06	59.42	1:31.07	2:02.53
11. Lars Schoffelman	ZPB H&L Productions 2:01.85 199501907	2:03.21		28.22	59.38	1:31.10	2:03.21
12. Derk Jan Speelman	Rotterdam Swimming (S1:56.22 199602425	2:03.48	+0,68	26.69	56.40	1:28.72	2:03.48
13. Thijs Molendijk	D'elft 2:06.14 199900477	2:03.60	+0,71	28.49	59.88	1:32.06	2:03.60
14. Rogier Dorsman	ZZ&PC De Devel 2:03.49 199900211 S12	2:03.63		28.09	59.45	1:31.70	2:03.63
15. Duncan van Haaren	Widex GZC Donk 2:02.49 200000681	2:03.82	+0,71	27.70	59.05	1:31.95	2:03.82
16. Noah Legerstee	WVZ 2:06.30 200003593	2:05.27	+0,76	28.77	1:00.53	1:33.71	2:05.27
17. L. van der Klooster	ZPB H&L Productions 2:04.24 199801361	2:06.24	+0,68	28.66	1:01.42	1:34.67	2:06.24
18. Jordy van Oel	WVZ 2:03.14 199802003	2:07.40	+0,86	28.60	1:00.30	1:33.44	2:07.40
19. David Kievit	z.c De Schotejil 2:06.85 199900325	2:08.86	+0,82	29.36	1:02.01	1:35.29	2:08.86
20. Stijn Lafontaine	The Hague Swimming (S2:08.52 200005205	2:09.05	+0,68	29.34	1:01.54	1:34.73	2:09.05
21. Tristan Stam	ZOB'66 2:08.67 199903551	2:10.46	+0,75	29.30	1:01.99	1:35.78	2:10.46
22. Kevin Kingma	KZV de Lansingh 2:08.11 199700559	2:10.74		27.89	1:00.11	1:35.21	2:10.74
23. Remco Oskam	Widex GZC Donk 2:10.24 199205583	2:11.37	+0,79	29.65	1:02.60	1:36.90	2:11.37
NG Jim Geestman	Rotterdam Swimming (S2:03.23 198300699						

Programmanr. 23
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Meisjes, 4 x 100m vrije slag

Juniores
Resultaten

rang	vereniging	intijd	tijd	RT	
1.	Feijenoord Albion 1	Feijenoord Albion	4:19.22	4:21.62	+0,75
	Britt van't Zant	+0,75 31.58	1:05.88 Sylvie Roos	+0,78 33.29	1:11.14
	Isa Maes	+0,34 30.23	1:02.60 Asha van Lobbeleg	+0,16 29.73	1:02.00
2.	De Columbiaan 1	De Columbiaan 1	4:23.96	4:22.30	+0,61
	Yente Bouwmeester	+0,61 30.47	1:03.85 Kimberly Ruiter	+0,57 30.89	1:05.58
	Elise Vink	31.24	1:06.19 Milou Adriaanse	+0,32 31.83	1:06.68
3.	ZV Vlaardingen-Schiedam 1	ZV Vlaardingen-Schiedam	4:16.61	4:23.93	+0,73
	Nurlayah Kartosentiko	+0,73 32.04	1:06.73 Jasmine Matuskova	+0,21 34.94	1:12.23
	Karlijn Offeringa	+0,19 29.98	1:04.12 Sophia van Droffelaar	+0,77 29.37	1:00.85
4.	WVZ 1	WVZ	4:24.90	4:24.12	+0,71
	Jelsie van Ruijven	+0,71 29.26	1:00.71 Fleur Kamminga	+0,47 32.78	1:09.00
	Ananda van der Wiel	+0,66 31.51	1:06.36 Jade van der Maas	+0,41 32.59	1:08.05
5.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	4:28.15	4:24.66	+0,72
	Charlotte Woltjes	+0,72 32.27	1:08.23 Vivianne Woltjes	+0,44 30.50	1:05.67
	Megan Jonkman	+0,55 31.17	1:06.13 Niké Telkamp	+0,57 31.03	1:04.63
6.	De Schotejil 1	z.c De Schotejil	4:29.97	4:28.64	+0,76
	Leyla Oversluisen	+0,76 31.66	1:06.69 Lyke Buscop		31.41
	Thalia Meijer	32.02	1:07.28 Aisha Nobels	+0,03 32.05	1:07.35
7.	Barracuda 1	Van Vliet-Barracuda	4:28.54	4:29.72	+0,68
	Mila Oomens	+0,68 32.73	1:09.99 Anouchka Bos	+0,38 32.15	1:06.86
	Sanne Slof	+0,43 31.78	1:08.45 Emma Verkuijl	+0,59 31.13	1:04.42
8.	De Geul 1	De Geul	5:06.26	4:51.98	
	Laura 't Lam	06 31.92	1:06.87 Donna Verhoef	07 35.25	1:17.12
	Evi Kleijn	06 36.08	1:17.79 Daphne van Tilburg	05 33.27	1:10.20

Regiokampioenschappen korte baan
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Programmanr. 24
25-11-2018 - 16:15

Dames, 4 x 100m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1	WVZ	3:58.00	3:58.24 +0,75
	Inge Vieveen +0,75 28.47	58.72	Lauren van IJl +0,41 28.83	1:00.92
	Nicole Bennis +0,33 28.45	1:00.29	Sophie de Jonge +0,40 27.87	58.31
2.	De Schotejil 1	z.c De Schotejil	4:10.47	4:11.18 +0,75
	Lotte Middelbos +0,75 29.39	1:02.24	Manon Middelbos +0,58 30.05	1:03.38
	Nienke Mierop +0,51 29.88	1:03.54	Phaedra Meijer +0,66 29.41	1:02.02
3.	LinK 1	LinK	4:18.52	4:16.48 +0,75
	Marije de Jager +0,75 31.23	1:05.72	Nora van der Steen +0,39 29.78	1:02.97
	Jenna Klein +0,50 30.95	1:05.08	Kim de Jong +0,40 29.95	1:02.71
4.	WVZ 2	WVZ	4:15.99	4:17.02 +0,75
	Grace Anderson +0,75 30.37	1:03.50	Jade Geurts +0,41 31.79	1:06.82
	Irma van der Wulp +0,25 30.12	1:04.09	Catharina Chulick +0,61 30.00	1:02.61
5.	De Geul 1	De Geul	4:13.57	4:17.39 +0,68
	Debra de Lange +0,68 32.53	1:08.08	Esmée Roodenburg +0,49 30.03	1:03.00
	Faustine Mussig +0,45 31.63	1:06.65	Sam IJzerman +0,34 28.46	59.66
6.	Zoetermeer 1	Zoetermeer	4:18.68	4:19.24 +0,73
	Elyanne Boudestein +0,73 30.71	1:04.97	Lisanne Dijkman +0,28 30.25	1:03.96
	Zoë Molenaar +0,48 31.60	1:06.19	Anne Straub +0,31 30.71	1:04.12
7.	ZOB'66 1	ZOB'66	4:16.22	4:20.94 +0,72
	Rozemarijn van Haaff +0,72 30.59	1:04.00	Jet van Oudheusden +0,41 32.02	1:07.84
	Rebecca Evers +0,51 31.81	1:06.86	Wendy de Bruin +0,45 29.69	1:02.24
8.	GZC Donk 1	Widex GZC Donk	4:26.58	4:31.75 +0,80
	Annik de Ruiters +0,80 30.28	1:04.35	Annique Rupke +0,56 35.31	1:15.21
	Susan van Grol +0,22 32.10	1:07.47	Mandy van der Meijden +0,45 30.57	1:04.72
9.	LinK 2	LinK	4:32.51	4:37.82 +0,68
	Lize van Stigt +0,68 32.11	1:07.89	Jonne Moleman +0,62 33.55	1:10.60
	Milou van Winkel +1,39 33.67	1:12.94	Heidi den Boer +0,31 31.54	1:06.39
DIS	ZZ&PC De Devel 1	ZZ&PC De Devel	4:13.36	+0,74
	<i>EA - Te vroeg overgenomen., betreft 4e zwemmer</i>			
	Laura Tromp +0,74 31.43	1:06.60	Joyce van 't Hof +0,29 30.53	1:06.35
	Jana Plaisier +0,47 32.46	1:08.90	Isis Naaktgeboren -0,05	
DIS	Feijenoord Albion 1	Feijenoord Albion	4:12.08	
	<i>EC - De estafette niet gezwommen met de opgegeven deelnemers. **</i>			
	Fenna de Groot, Marije Dinkelberg, Annemarie Meijer, Tessa Giele			