

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 1
17-11-2018 - 9:30

Gemengd, 4 x 100m wisselslag

11 jaar en ouder
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1	WVZ	3:55.92	3:56.18 +0,66
	Thomas Jansen	+0,66 27.30	56.77 Chefanja Nunes	+0,18 27.57 1:00.80
	Rosey Metz	+0,27 31.05	1:07.53 Sean Niewold	+0,29 24.30 51.08
2.	Feijenoord Albion 1	Feijenoord Albion	4:03.79	4:08.19 +0,56
	Ensgar Kotterink	+0,56 25.94	54.43 Timo Dinkelberg	+0,13 26.63 57.94
	Annemarie Meijer	+0,52 34.81	1:14.91 Tessa Giele	+0,38 29.26 1:00.91
3.	ZV Vlaardingen-Schiedam 1	ZV Vlaardingen-Schiedam	4:15.26	4:14.55 +0,62
	Anna van Droffelaar	+0,62 30.53	1:04.56 Jelle Bon	+0,29 28.74 1:02.44
	Wesley Zulver	+0,15 31.00	1:07.72 Jill Nai Chung Tong	+0,11 27.94 59.83
4.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	4:12.57	4:22.77 +0,71
	Lotte Hospers	+0,71 30.32	1:02.60 Zev Bulk	+0,07 28.80 1:01.76
	Lynn Blommers	+0,15 34.43	1:13.87 Maxim Noordman	+0,11 29.89 1:04.54
5.	GZC Donk 1	Widex GZC Donk	4:21.28	4:23.79 +0,78
	Annik de Ruiter	+0,78 33.75	1:10.82 Paul van Grol	+0,36 28.74 1:02.96
	Duncan van Haaren	+0,33 30.57	1:05.64 Mandy van der Meijden	+0,21 30.56 1:04.37
6.	LinK 1	LinK	4:27.81	4:27.57 +0,77
	Jenna Klein	+0,77 34.09	1:10.67 Tjeerd van Stein	+0,57 28.08 1:01.65
	Kim de Jong	+0,64 35.30	1:15.84 Boy Borreman	+0,51 28.41 59.41
7.	ZOB'66 1	ZOB'66	4:24.41	4:28.46 +0,69
	Rozemarijn van Haaff	+0,69 34.77	1:11.76 Daan Siebenheller	+0,27 27.46 59.65
	Tristan Stam	+0,68 34.59	1:14.54 Wendy de Bruin	+0,38 29.45 1:02.51
8.	Zoetermeer 1	Zoetermeer	4:33.28	4:32.97 +0,77
	Elyanne Boudestein	+0,77 34.84	1:12.52 Jarno Verbeek	+0,62 28.20 1:00.85
	Mairo Bonte	+0,01 34.04	1:14.97 Lisanne Dijkman	+0,36 30.55 1:04.63
9.	ZPB H&L 1	ZPB H&L Productions	4:29.49	4:33.66 +0,72
	Estelle van Wijngaarden	+0,72 35.94	1:14.85 Lars Schoffelmeer	+0,26 27.36 59.90
	Linquendo van der Klooster	33.57	1:12.12 Aylin van Uffelen	32.00 1:06.79
10.	Wiekslag 1 *BU 50m	ZPC Wiekslag	4:40.61	4:39.05
	Isabel Scheepbouwer	03 33.63	1:10.01 Timo Huizer	04 32.79 1:11.50
	Raphaël Boorman	03 34.04	1:13.39 Wendy ten Wolde	03 29.61 1:04.15
11.	De Schotejil 1	z.c De Schotejil	4:35.96	4:42.60 +0,60
	Aron Paasse	+0,60 31.42	1:04.54 Christian Kalle	+0,56 33.40 1:13.22
	Lieske Zijlstra	+0,56 37.88	1:20.61 Manon Middelbos	+0,66 30.38 1:04.23
12.	LinK 2	LinK	4:49.33	4:55.50 +0,70
	Daan Hogerhuis	+0,70 32.89	1:08.00 Lize van Stigt	+0,26 32.96 1:12.78
	Sytze van Stein	+0,42 41.04	1:30.83 Nora van der Steen	+0,26 29.99 1:03.89
AFGEM	ZOB'66 2	ZOB'66	4:43.93	

Programmanr. 2
17-11-2018 - 9:40

Heren, 200m schoolslag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1									
1.	Thijs van den Berg	The Hague Swimming (3:27.59	200600971	2:59.64	+0,82	42.15	1:27.59	2:14.74	2:59.64
2.	Mark Demianenko	Zoetermeer	3:18.78 200600409	3:01.66	+0,66	40.57	1:27.05	2:15.78	3:01.66
3.	Daan Sonneveld	WVZ	3:16.80 200601085	3:02.09	+0,80	40.44	1:27.05	2:15.02	3:02.09
4.	Laurens Kalle	z.c De Schotejil	3:13.25 200600161	3:05.43	+0,75	41.65	1:29.98	2:18.59	3:05.43
5.	Winston van den Berg	Rotterdam Swimming (3:22.17	200600253	3:06.40	+0,74	40.93	1:28.17	2:16.83	3:06.40
6.	Benjamin Vermeer	Zoetermeer	3:23.24 200600177	3:21.65	+0,68	44.57	1:35.79	2:28.55	3:21.65
Junioren 2									
1.	River Streefland	The Hague Swimming (2:52.16	200502253	2:40.13	+0,79	34.90	1:15.82	1:58.70	2:40.13
2.	Yanieck Frijstein	The Hague Swimming (2:51.09	200500329	2:41.17	+0,77	37.19	1:18.21	1:59.62	2:41.17
3.	Gabriel Been	The Hague Swimming (2:58.02	200501467	2:44.39	+0,79	36.71	1:17.89	2:01.00	2:44.39
4.	Émile Fouzaï	The Hague Swimming (2:57.81	200500263	2:48.17	+0,76	38.11	1:21.05	2:05.20	2:48.17
5.	Aaïke de Tender	De Geul	2:50.04 200502189	2:49.32	+0,80	37.20	1:20.16	2:04.90	2:49.32
6.	Björn Verkaik	The Hague Swimming (3:06.20	200500411	2:54.01		40.57	1:25.14	2:10.38	2:54.01
7.	Menno Wieringa	KZV de Lansingh	3:04.67 200500927	2:59.20	+0,59	38.95	1:25.77	2:12.80	2:59.20
8.	Thijs Visser	ZPV Barracuda	2:58.19 200502129	3:01.15	+0,90	40.22	1:27.11	2:14.03	3:01.15
9.	Simon Thijsssen	WZK	3:19.25 200503759	3:05.59	+0,77	41.00	1:28.84	2:17.92	3:05.59

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 2, Jongens, 200m schoolslag, Junioren 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
10. Casper Hoogervorst	De Columbiaan	3:08.12	200500183	3:06.61	42.79	1:30.90	2:19.66	3:06.61	
11. Onno Roeleveld	De Columbiaan	3:20.00	200502775	3:11.00	42.04	1:30.14	2:20.55	3:11.00	
12. Sytze van Stein	LinK	3:26.62	200501155	3:12.40	+0,70	43.39	1:33.92	2:24.27	3:12.40

* Backup 100m

Junioren 3

1. Timo Wouters	MNC Dordrecht	2:49.85	200401363	2:34.71	+0,81	34.73	1:14.38	1:54.21	2:34.71
2. Jason van den Berg	Rotterdam Swimming	(£2:41.06	200400009	2:36.08	+0,73	34.58	1:15.10	1:55.64	2:36.08
3. Abel te Riele	WVZ	2:45.34	200402317	2:36.18	+0,70	35.22	1:15.50	1:56.41	2:36.18
4. Nathan Janssen	MNC Dordrecht	2:42.91	200401565	2:41.08	+0,72	37.08	1:17.57	1:59.45	2:41.08
5. Julien Tanis	Rotterdam Swimming	(£2:45.06	200401045	2:44.74	+0,66	37.21	1:19.26	2:02.23	2:44.74
6. Erik Oldenkamp	KZV de Lansingh	2:42.30	200400597	2:44.91	+0,72	36.63	1:18.11	2:00.85	2:44.91
7. Wen-Ye Chen	Rotterdam Swimming	(£2:52.07	200402859	2:45.95		36.56	1:18.64	2:02.36	2:45.95
8. Max van Schagen	De Columbiaan	2:58.17	200402591	2:48.39	+0,74	37.37	1:21.09	2:05.17	2:48.39
9. Milan Masselink	The Hague Swimming	(£2:57.91	200402165	2:49.99	+0,79	38.83	1:21.73	2:05.95	2:49.99
10. Tim Haimé	The Hague Swimming	(£2:46.35	200403567	2:51.79	+0,82	40.41	1:23.62	2:08.18	2:51.79
11. Kun Woo Kim	The Hague Swimming	(£2:56.90	200401361	2:53.15	+0,73	38.25	1:22.18	2:08.39	2:53.15
12. Sem Verberg	The Hague Swimming	(£3:02.36	200402105	2:56.34	+0,78	40.44	1:25.76	2:11.33	2:56.34
13. Kamyar Tamjidi	SG SCOM/de Zeehond	2:56.43	200404457	2:59.26	+0,69	39.98	1:25.87	2:13.57	2:59.26
14. Thomas van Peenen	De Columbiaan	2:57.60	200400097	3:01.40		39.68	1:26.00	2:14.03	3:01.40
15. Marijn Dekkers	Widex GZC Donk	3:15.05	200402275	3:05.54	+0,76	40.43	1:28.55	2:18.10	3:05.54
16. Casper van Nijnatten	Rotterdam Swimming	(£3:06.23	200402559	3:06.90	+0,77	41.69	1:29.42	2:19.07	3:06.90
17. Jip van Veen	ZPV Barracuda	3:01.67	200401353	3:12.37	+0,85	42.62	1:31.28	2:21.69	3:12.37

Junioren 4

1. Perry Laarhoven	ZPC Numansdorp	2:39.74	200301321	2:28.61	+0,77	33.14	1:11.22	1:49.89	2:28.61
2. Wesley Zulver	ZV Vlaardingen-Schied	2:28.84	200301319	2:30.31	+0,70	33.86	1:11.90	1:50.93	2:30.31
3. Xander Vis	z.c De Schotejil	2:32.36	200300173	2:30.43	+0,72	33.40	1:11.34	1:50.43	2:30.43
4. Milan Hamel	The Hague Swimming	(£2:37.70	200302125	2:33.33	+0,65	35.36	1:14.87	1:54.47	2:33.33
5. Michael Smink	The Hague Swimming	(£2:48.44	200302169	2:36.99		34.66	1:14.75	1:56.33	2:36.99
6. Bjarne Buijs	The Hague Swimming	(£2:41.91	200301089	2:40.65	+0,73	36.10	1:16.93	1:58.97	2:40.65
7. Daan Hogerhuis	LinK	2:48.16	200300317	2:43.66		37.08	1:19.05	2:01.17	2:43.66
8. Kenan Coeruez	Feijenoord Albion	2:46.84	200300357	2:44.52	+0,68	36.31	1:17.74	2:00.56	2:44.52

* BU 200m

9. Raphaël Booiman	ZPC Wiekslag	2:46.11	200300727	2:45.45	+0,72	35.97	1:17.28	2:01.07	2:45.45
10. Tygo Korving	ZPB H&L Productions	2:58.06	200300773	2:52.33	+0,69	36.98	1:20.76	2:06.72	2:52.33
11. Brandon Groeneveld	De Geul	3:00.21	200300595	2:56.67	+0,64	38.97	1:23.57	2:09.80	2:56.67
12. Quinten Nieuwenhuis	WZK	3:10.46	200304577	3:02.11	+0,80	38.90	1:24.47	2:12.71	3:02.11

DIS Milan van Aken The Hague Swimming (£2:55.24 200303307

SP - Eén of meerdere vlinderbeenslagen gemaakt na de eerste schoolslagbeenslag.

DIS Hugo Katerbau The Hague Swimming (£2:56.94 200301051

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

Jeugd 1 en 2

1. D. van den Nieuwendijk	De Columbiaan	2:27.72	200100475	2:26.09	+0,74	32.85	1:09.11	1:46.90	2:26.09
2. Scott Jansen	WVZ	2:28.89	200202455	2:28.27	+0,79	33.36	1:10.39	1:48.86	2:28.27
3. Guus Hoogduin	Zvl-1886	2:38.08	200201069	2:36.57	+0,71	34.54	1:14.09	1:55.71	2:36.57
4. Mart de Koning	ZOB'66	2:41.18	200203253	2:41.65	+0,71	34.69	1:15.62	1:58.82	2:41.65
5. Robin van Peenen	De Columbiaan	2:41.88	200201059	2:41.90	+0,80	35.12	1:16.38	1:59.30	2:41.90
6. Simon Dijkstra	Rotterdam Swimming	(£2:46.68	200204905	2:42.84		35.76	1:16.96	1:59.73	2:42.84
7. Björn de Heus	ZV Vlaardingen-Schied	2:42.36	200201077	2:44.85	+0,68	36.71	1:19.09	2:02.24	2:44.85
8. Daan Snijders	MNC Dordrecht	2:51.13	200202475	2:46.47	+0,78	35.40	1:17.86	2:02.69	2:46.47
9. Boaz Troost	ZOB'66	2:49.14	200100371	2:47.60	+0,72	36.93	1:19.39	2:04.42	2:47.60
10. Joris de Gier	Widex GZC Donk	2:48.16	200103817	2:49.90	+0,74	37.41	1:20.93	2:05.72	2:49.90
NG Justin Slootweg	MNC Dordrecht	2:37.80	200201407						

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 2, Heren, 200m schoolslag

Senioren 1 en ouder

1. Mark Baars	Rotterdam Swimming	(S2:15.87 198500059	2:18.27	+0,67	30.41	1:06.00	1:41.60	2:18.27
2. Ensger Kotterink	Feijenoord Albion	2:19.66 199403391	2:18.67	+0,67	31.59	1:07.39	1:44.32	2:18.67
3. J. de Roy van Zuydewij	WVZ	2:21.76 200000255	2:20.91	+0,70	31.18	1:06.89	1:43.67	2:20.91
4. Duncan van Haaren	Widex GZC Donk	2:22.65 200000681	2:23.20	+0,74	31.37	1:08.11	1:46.31	2:23.20
5. Kevin Panoet	The Hague Swimming	(2:20.05 199307253	2:24.98	+0,69	31.91	1:08.71	1:46.43	2:24.98
6. Paul van Grol	Widex GZC Donk	2:27.28 199602951	2:28.89	+0,68	33.58	1:11.97	1:50.30	2:28.89
7. Thomas Hesper	ZPV Barracuda	2:29.97 200004181	2:30.38	+0,88	33.60	1:11.43	1:50.39	2:30.38
8. Dave Jansen	WVZ	2:32.96 199805299	2:31.63	+0,69	34.39	1:13.22	1:52.15	2:31.63
9. Kevin Kingma	KZV de Lansingh	2:36.50 199700559	2:34.99	+0,74	33.30	1:13.03	1:54.27	2:34.99
10. David Kievit	z.c De Schotejil	2:31.35 199900325	2:36.71		34.18	1:12.66	1:52.70	2:36.71
11. Timo Dinkelberg	Feijenoord Albion	2:34.90 199300773	2:38.48	+0,66	33.68	1:13.18	1:55.27	2:38.48
12. K. de Kruyf Molina	The Hague Swimming	(2:39.15 200002667	2:42.26	+0,80	36.58	1:18.07	2:00.01	2:42.26
13. Tristan Stam	ZOB'66	2:42.62 199903551	2:44.35	+0,71	37.30	1:18.77	2:01.47	2:44.35
14. Wesley Agterdenbos	MNC Dordrecht	2:53.50 200001327	2:57.35	+0,72	37.37	1:20.67	2:07.19	2:57.35
NG Kenneth Caster	Feijenoord Albion	2:41.66 199100375						

Programmanr. 3
17-11-2018 - 10:15

Dames, 200m vlinderslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Junioren 1								
1. Ananda van der Wiel	WVZ	2:56.79 200701562	2:56.12	+0,80	37.91	1:23.19	2:09.94	2:56.12
Junioren 2								
1. Mara Tims	Rotterdam Swimming	(S2:45.25 200601136	2:34.50	+0,74	34.31	1:13.24	1:54.48	2:34.50
2. Jade van der Maas	WVZ	2:50.51 200600408	2:45.44	+0,78	37.48	1:21.31	2:03.21	2:45.44
3. Elijdjah van der Heul	Rotterdam Swimming	(S3:02.11 200602180	2:52.77	+0,79	37.08	1:20.55	2:07.16	2:52.77
4. E. van Wijngaarden	ZPB H&L Productions	3:05.80 200601020	2:52.86	+0,82	36.43	1:20.66	2:07.18	2:52.86
5. G. Schrijvers van Zende	The Hague Swimming	(3:11.61 200601618	2:54.84		38.77	1:23.00	2:09.40	2:54.84
6. Leyla Oversluizen	z.c De Schotejil	2:57.98 200602730	3:03.12	+0,74	36.06	1:24.09	2:14.80	3:03.12
Junioren 3								
1. Jelsie van Ruijven	WVZ	2:46.46 200500282	2:41.31	+0,75	34.98	1:16.42	1:58.25	2:41.31
2. Isa Maes	Feijenoord Albion	2:45.55 200500110	2:42.69		34.98	1:16.84	1:59.40	2:42.69
3. Asha van Lobberregt	Feijenoord Albion	2:49.06 200500088	2:43.72	+0,74	34.25	1:15.64	1:58.92	2:43.72
4. Sylvie Roos	Feijenoord Albion	2:53.42 200502772	2:57.45	+0,85	36.05	1:19.79	2:06.97	2:57.45
5. Anique Hazebroek	The Hague Swimming	(2:54.92 200502196	3:14.98		33.40	1:16.76	2:14.43	3:14.98
DIS Felicia Bosse	WZK	3:02.01 200504468						

VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd., VB Armen niet gelijktijdig naar voren bewogen

Jeugd 1 en 2

1. Maaïke Issard	The Hague Swimming	(2:30.09 200300022	2:28.29	+0,84	33.01	1:11.68	1:50.58	2:28.29
2. Rinske Bouman	Rotterdam Swimming	(S2:40.96 200400578	2:34.12	+0,80	32.78	1:12.47	1:52.87	2:34.12
3. Lize van Stigt	LinK	2:36.09 200401510	2:43.73	+0,72	36.96	1:19.38	2:03.07	2:43.73
4. Julia Notenboom	De Columbiaan	2:53.70 200302596	2:44.49	+0,86	34.51	1:14.93	1:58.80	2:44.49
5. Nora van der Steen	LinK	2:39.20 200403458	2:45.25	+0,74	32.86	1:12.97	1:56.94	2:45.25
6. Cheyenne Elburg	KZV de Lansingh	2:56.88 200401170	2:50.97	+0,73	36.00	1:19.78	2:05.91	2:50.97
7. Jet van Oudheusden	ZOB'66	3:01.37 200401012	2:56.55	+0,79	36.19	1:20.09	2:08.50	2:56.55

Senioren 1 en 2

1. Lotte Hesper	The Hague Swimming	(2:15.06 200201414	2:14.83	+0,75	29.85	1:03.49	1:38.34	2:14.83
2. Tessa Giele	Feijenoord Albion	2:18.18 200203124	2:25.97	+0,65	32.36	1:10.21	1:48.62	2:25.97
3. Ilse Kraaijeveld	The Hague Swimming	(2:34.64 200202190	2:30.89		32.12	1:10.20	1:50.52	2:30.89
4. Anne Straub	Zoetermeer	2:47.91 200201402	2:45.85	+0,80	34.60	1:15.79	1:59.09	2:45.85
5. Anna Hoogenboezem	KZV de Lansingh	2:52.42 200200658	2:54.48	+0,87	36.42	1:20.92	2:07.62	2:54.48

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 3, Dames, 200m vlinderslag

Senioren

1. Fenna de Groot	Feijenoord Albion	2:31.70	199701796	2:26.99	+0,69	31.64	1:08.23	1:46.78	2:26.99
2. Mariska Scheel	KZV de Lansingh	2:24.68	199306344	2:32.38	+0,75	31.00	1:07.88	1:49.02	2:32.38
3. Angelique van Vark	Z&PC De Gouwe	2:27.41	199701478	2:32.74	+0,72	32.69	1:11.15	1:51.81	2:32.74
4. Wendy de Bruin	ZOB'66	2:42.17	199206320	2:44.76	+0,63	34.75	1:16.53	2:00.26	2:44.76
5. Moniek Heemskerk	Zvl-1886	2:38.69	199601964	2:48.52	+0,74	36.28	1:18.29	2:02.87	2:48.52
6. Aylin van Uffelen	ZPB H&L Productions	2:44.52	199600352	2:52.33	+0,77	36.92	1:21.55	2:06.31	2:52.33
NG Roos van Esch	Feijenoord Albion	2:32.81	198200468						

Programmanr. 4
17-11-2018 - 10:40

Heren, 50m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Daan Sonneveld	WVZ	29.21	200601085	28.93	+0,80
2.	Mark Demianenko	Zoetermeer	29.96	200600409	29.52	+0,67
3.	Bas Blanker	ZPB H&L Productions	29.75	200601497	29.92	+0,57
4.	Laurens Kalle	z.c De Schotejil	30.20	200600161	30.11	+0,69
5.	Thom de Hoog	SG SCOM/de Zeehond'73	32.72	200600019	30.34	+0,78
6.	Bjorn Rijkaart	BZ en PC	31.59	200601337	30.37	+0,79
7.	Joris Lissenberg	The Hague Swimming (SG)	32.88	200600585	30.92	+0,72
8.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	31.38	200601453	31.26	+0,74
9.	Wout Jonkers	Poseidon'56	31.77	200600939	31.40	
10.	Bas Bechtold	ZPV Barracuda	31.51	200600007	31.60	+0,67
11.	Floris Wassenaar	WVZ	32.53	200600649	31.96	+0,70
12.	Dimi Stoyanov	The Hague Swimming (SG)	33.03	200601067	31.97	+0,75
13.	Dylan Groeneveld	De Geul	33.33	200600011	32.26	+0,66
14.	Benjamin Vermeer	Zoetermeer	31.98	200600177	32.34	+0,68
15.	Hessel de Jong	KZV de Lansingh	33.77	200602753	32.40	
16.	Jasper Groen	KZV de Lansingh	33.34	200602325	32.98	+0,67
17.	Bo Merkestein	WVZ	32.68	200602451	33.01	+0,81
18.	Thijs van den Berg	The Hague Swimming (SG)	34.37	200600971	33.19	+0,73
19.	Max van der Linden	Rotterdam Swimming (SG)	34.22	200602193	33.47	+0,75
20.	Tibbe Veldboer	ZPB H&L Productions	35.71	200600911	33.67	+0,88
21.	Robin den Ouden	ZPC Wiekslag	34.71	200600255	33.75	+0,76
22.	Daniel Gavran	Widex GZC Donk	35.06	200600667	33.80	
23.	Winston van den Berg	Rotterdam Swimming (SG)	34.50	200600253	33.85	+0,66
24.	Casper van Leeuwen	Widex GZC Donk	35.94	200601329	33.90	+0,79
25.	Thomas Klaassen	ZOB'66	35.98	200601535	33.99	+0,75
26.	Arthur Verhoef	ZPC Numansdorp	35.46	200602263	35.20	+0,74
27.	Dominique Drabbe	Zoetermeer	35.23	200600145	35.81	+0,78
28.	Roan van der Weide	Widex GZC Donk	34.95	200601629	36.03	+0,47
DIS	Tavi de Gelder	ZOB'66	33.20	200602335		

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

Junioren 2

1.	Sem Agterdenbos	MNC Dordrecht	27.06	200500049	27.03	+0,67
2.	Gabriel Been	The Hague Swimming (SG)	27.98	200501467	27.30	+0,70
3.	Menno Wieringa	KZV de Lansingh	28.29	200500927	27.72	+0,67
4.	Coen Frkovic	ZPB H&L Productions	29.89	200502397	28.09	+0,72
5.	River Streefland	The Hague Swimming (SG)	29.00	200502253	28.46	+0,79
6.	Émile Fouzaï	The Hague Swimming (SG)	29.60	200500263	28.69	+0,64
7.	Björn Verkaik	The Hague Swimming (SG)	30.20	200500411	28.96	+0,75
8.	Yanieck Frijstein	The Hague Swimming (SG)	30.81	200500329	29.10	+0,70
9.	Onno Roeleveld	De Columbiaan	30.23	200502775	29.57	
10.	Tjomme de Tender	De Geul	31.51	200502187	29.80	+0,74
11.	Luuk Bogaert	De Watervogels	31.00	200503203	29.97	+0,75
12.	Aaïke de Tender	De Geul	30.46	200502189	30.00	+0,73
13.	Simon Thijsssen	WZK	30.97	200503759	30.03	+0,75
14.	Sidique Turay	ZPV Barracuda	30.76	200500981	30.58	
15.	Stef van Heijst	De Kempvis	32.73	200503665	30.83	
16.	Tim van Lochem	Zoetermeer	32.11	200500077	30.91	+0,75
17.	Casper Hoogervorst	De Columbiaan	31.64	200500183	31.42	+0,73
18.	Stijn de Bondt	ZPB H&L Productions	31.93	200502249	31.53	+0,88
19.	Sytze van Stein	LinK	32.59	200501155	31.60	+0,78

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rang	naam	vereniging	intijd		tijd	RT
20.	Nick Dirks	ZV Vlaardingen-Schiedam	31.80	200503637	31.67	+0,76
21.	Dobbe Kruit	De Columbiaan	32.39	200501367	31.75	+0,77
22.	Thijs Visser	ZPV Barracuda	30.98	200502129	31.76	+0,76
23.	Yassine Mellah	Widex GZC Donk	33.02	200502159	32.07	+0,60
24.	Reinier Velthuijs	ZPV Barracuda	32.26	200503537	32.20	
25.	Lucas Senden Fernández	D'elft	33.47	200503283	32.73	+0,81
26.	Kor Eefting	Poseidon'56	33.78	200502869	33.43	+0,81
27.	Nino de Lange	SG SCOM/de Zeehond'73	32.43	200500047	33.50	+0,85
28.	Thijs Gulden	ZOB'66	34.39	200501501	34.36	+0,77

Junioren 3

1.	Jay de Vries	Rotterdam Swimming (SG)	25.85	200400669	25.55	+0,75	
2.	Chris van der Hout	The Hague Swimming (SG)	26.71	200401355	25.64	+1,97	
3.	Thijm Kruit	De Columbiaan	26.74	200401339	26.47		
4.	Jason van den Berg	Rotterdam Swimming (SG)	26.46	200400009	26.53	+0,68	
5.	Abel te Riele	WVZ	27.69	200402317	26.66	+0,69	
6.	Anthony Kraag	WVZ	27.53	200401973	26.88		
7.	Pepijn van Egmond	WVZ	27.02	200402309	26.97	+0,73	
8.	Timo Wouters	MNC Dordrecht	26.80	200401363	27.17	+0,73	
9.	Niels van der Mast	ZPC Numansdorp	27.54	200401917	27.29	+0,68	
10.	Julien Tanis	Rotterdam Swimming (SG)	27.15	200401045	27.48	+0,68	
11.	Max van Schagen	De Columbiaan	27.62	200402591	27.58	+0,75	
12.	Kun Woo Kim	The Hague Swimming (SG)	27.59	200401361	27.62	+0,67	
13.	Timon Wijsman	D'elft	28.95	200403707	28.47	+0,70	
14.	Erik Oldenkamp	KZV de Lansingh	28.34	200400597	28.74	+0,72	
15.	Michael van den Enden	PCG	28.29	200401589	28.77	+0,66	
16.	Daniel 't Mannetje	z.c De Schotejil	29.09	200400183	28.89	+0,73	
17.	Tim Haimé	The Hague Swimming (SG)	30.40	200403567	28.92	+0,80	
18.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	28.51	200404457	28.96	+0,73	
	Sem Verberg	The Hague Swimming (SG)	29.63	200402105	28.96	+0,76	
20.	Timo Huizer	ZPC Wiekslag	29.02	200401125	29.04	+0,78	
21.	Benjamin Boender	ZOB'66	29.28	200401351	29.34	+0,69	
22.	Thomas van Peenen	De Columbiaan	29.57	200400097	29.35	+0,74	
23.	Gino Martir	ACZ	30.90	200404459	29.49	+0,86	
24.	Christian Kalle	z.c De Schotejil	28.92	200400687	29.64	+0,78	
25.	Lars van den Heuvel	ZPB H&L Productions	30.00	200402623	29.80	+0,74	
	Olaf Herman	Feijenoord Albion	31.02	200404421	29.80		
27.	Nathan Vos	ZPV Barracuda	29.85	200402335	30.36		
28.	Casper van Nijnatten	Rotterdam Swimming (SG)	28.82	200402559	30.60	+0,76	
29.	Bo Schoenmakers	Widex GZC Donk	30.75	200402919	30.68	+0,76	
30.	Marijn Dekkers	Widex GZC Donk	30.04	200402275	30.76	+0,75	
31.	Duncan den Hartog	De Kempvis	30.70	200401889	30.92	+0,79	
32.	Christiaan Dalmeijer	SG SCOM/de Zeehond'73	32.36	200400829	31.21	+0,87	435

Junioren 4

1.	Michael Smink	The Hague Swimming (SG)	27.32	200302169	25.55	+0,81	
2.	Perry Laarhoven	ZPC Numansdorp	26.02	200301321	25.76	+0,78	
3.	Kenan Coeruez	Feijenoord Albion	25.83	200300357	25.81	+0,63	
4.	Erik van Gemert	Poseidon'56	26.35	200300587	26.06	+0,74	
5.	Jelle Bon	ZV Vlaardingen-Schiedam	26.46	200301077	26.23	+0,69	
6.	Zev Bulk	The Hague Swimming (SG)	25.91	200304021	26.27	+0,67	
7.	Xander Vis	z.c De Schotejil	26.55	200300173	26.30	+0,72	
8.	Wesley Zulver	ZV Vlaardingen-Schiedam	25.06	200301319	26.51	+0,70	
9.	Senna Mooldijk	Feijenoord Albion	26.87	200301147	26.69	+0,72	
10.	Milan van Aken	The Hague Swimming (SG)	26.60	200303307	26.73		
11.	Daan Hogerhuis	LinK	27.30	200300317	27.21		
12.	Milan Hamel	The Hague Swimming (SG)	26.97	200302125	27.33	+0,66	
13.	Julian Stok	ZZ&PC De Devel	28.23	200300071	27.94	+0,73	
14.	Laren Schavemaker	The Hague Swimming (SG)	30.07	200300607	27.96	+0,74	
15.	Thimo van Beek	Zvl-1886	29.36	200301347	28.15	+0,72	
	Quinten Nieuwenhuis	WZK	29.43	200304577	28.15	+0,76	
17.	Tygo Korving	ZPB H&L Productions	27.64	200300773	28.19	+0,74	
18.	Brandon Groeneveld	De Geul	29.78	200300595	28.41	+0,65	
19.	Jarno Klink	De Stelle	28.67	200302067	28.89	+0,74	
20.	Jort Jongenelen	Zoetermeer	29.28	200303233	28.98	+0,69	
21.	Maxim Noordman	The Hague Swimming (SG)	28.91	200304067	29.12	+0,66	
22.	Mike van Huizen	ZPC Numansdorp	30.93	200300891	29.70	+0,82	
23.	Pepyn van Brakel	ZPC Numansdorp	31.40	200300877	30.18	+0,82	481

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Programmanr. 4, Jongens, 50m vrije slag, Junioren 4

rang	naam	vereniging	intijd		tijd	RT
24.	Hugo Katerbau	The Hague Swimming (SG)	30.77	200301051	30.72	+0,77
NG	Christiaan van Es	ZOB'66	27.84	200304141		

Jeugd 1 en 2

1.	Sean Niewold	WVZ	23.73	200204699	23.91	+0,72
2.	Brandon van den Berg	Rotterdam Swimming (SG)	23.96	200200669	24.17	+0,67
3.	Thomas Jansen	WVZ	24.72	200100143	24.42	+0,71
4.	Nikhom Westphal	SG SCOM/de Zeehond'73	24.39	200203329	24.78	+0,69
5.	Gerard Willighagen	Poseidon'56	24.52	200103663	24.91	+0,71
6.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	25.08	200203079	25.02	+0,71
7.	Tjeerd van Stein	LinK	26.07	200101439	25.07	+0,77
8.	Jarno Verbeek	Zoetermeer	25.68	200200931	25.39	+0,68
9.	Jarno Oijen	Feijenoord Albion	25.52	200100055	25.51	
10.	Wesley Scheepbouwer	ZPC Wiekslag	25.26	200101959	25.54	+0,57
11.	Youri ten Brink	The Hague Swimming (SG)	25.93	200104719	25.86	+0,71
12.	Glenn van Gaalen	De Kempvis	25.88	200200521	25.97	+0,73
13.	Scott Jansen	WVZ	26.02	200202455	25.99	+0,77
14.	Ryan de Laat	ZPC Wiekslag	25.57	200101553	26.00	
	Dylano Termoshuizen	WVZ	26.24	200202169	26.00	+0,69
16.	Sander Iuga	Feijenoord Albion	26.17	200101389	26.13	
17.	Dave van den Nieuwendijk	De Columbiaan	27.24	200100475	26.74	+0,77
18.	Guus Hoogduin	Zvl-1886	28.20	200201069	26.78	+0,74
19.	Ignazio Nunzi	WVZ	26.84	200101803	27.06	+0,71
20.	Esper Paans	ZZ&PC De Devel	28.23	200100607	27.46	+0,75
21.	Simon Dijkstra	Rotterdam Swimming (SG)	28.06	200204905	27.48	+0,70
22.	Robin van Peenen	De Columbiaan	28.22	200201059	27.54	
23.	Boy Borreman	LinK	27.13	200102751	27.58	+0,67
24.	Luc Brasz	The Hague Swimming (SG)	27.66	200200919	27.59	
25.	Mart de Koning	ZOB'66	27.15	200203253	27.76	+0,72
26.	Wessel Bonkestoter	Widex GZC Donk	27.88	200100625	28.05	+0,72
27.	Bas van Nisius	The Hague Swimming (SG)	28.57	200202107	28.16	+0,68
28.	Boaz Troost	ZOB'66	28.10	200100371	28.32	+0,76
29.	Björn de Heus	ZV Vlaardingen-Schiedam	28.06	200201077	28.44	+0,66
30.	Dylan van Kleij	Poseidon'56	29.26	200203297	28.85	
31.	Daan Sniijders	MNC Dordrecht	28.79	200202475	29.16	+0,83
DIS	Joris de Gier	Widex GZC Donk	25.95	200103817		

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

AFGEM	Johrick Wijma	KZV de Lansingh	27.34	200204435		
NG	Justin Slootweg	MNC Dordrecht	26.06	200201407		
NG	Sasa Stefanovic	MNC Dordrecht	27.21	200100805		

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming (SG)	22.15	199200031	22.34	+0,72
2.	Ensgar Kotterink	Feijenoord Albion	22.72	199403391	22.66	+0,63
3.	Thomas Verhoeven	Rotterdam Swimming (SG)	22.22	199700311	22.71	+0,68
4.	Mark Baars	Rotterdam Swimming (SG)	22.91	198500059	23.31	+0,67
5.	Ian Minnigh	Rotterdam Swimming (SG)	23.60	199702737	23.60	+0,70
6.	Melvin Prins	ZPC Wiekslag	23.65	199500201	23.65	+0,69
7.	Bram de Leeuw	The Hague Swimming (SG)	24.76	199805753	24.26	+0,62
8.	Martijn Dolk	Rotterdam Swimming (SG)	24.35	198900737	24.63	
9.	Timo Dinkelberg	Feijenoord Albion	24.23	199300773	24.71	+0,68
10.	Kevin Kingma	KZV de Lansingh	25.08	199700559	25.15	+0,69
	Robin van Beek	Zvl-1886	25.06	199704023	25.15	+0,70
12.	Rutger Dalm	KZV de Lansingh	25.22	199005561	25.30	+0,72
13.	Ryan van den Ouden	Poseidon'56	25.67	199900377	25.38	+0,80
14.	Linquendo van der Klooster	ZPB H&L Productions	25.07	199801361	25.42	+0,71
15.	Daan Siebenheller	ZOB'66	25.92	199804955	25.46	+0,76
16.	Jim Geestman	Rotterdam Swimming (SG)	25.48	198300699	25.49	+0,79
17.	Joost de Roy van Zuydewijn	WVZ	26.06	200000255	25.50	+0,74
18.	Remco Oskam	Widex GZC Donk	25.90	199205583	25.54	+0,77
19.	Duncan van Haaren	Widex GZC Donk	25.51	200000681	25.56	+0,75
20.	Kevin Panoet	The Hague Swimming (SG)	24.93	199307253	25.62	+0,75
21.	Aron Paasse	z.c De Schotejil	25.36	200000099	25.74	+0,72
22.	Dave Jansen	WVZ	25.02	199805299	25.75	+0,69
23.	Bert Duivenvoorde	Noordwijkerhout	25.29	199701805	25.77	+0,70
24.	Sander van Beek	Zvl-1886	25.95	200002917	25.88	
25.	Yaro Roodenburg	De Geul	26.31	199700335	25.94	+0,67

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Programmanr. 4, Heren, 50m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT
26.	Otto Pranger	SG SCOM/de Zeehond'73	25.17	200000007	26.18	
27.	Paul van Grol	Widex GZC Donk	26.11	199602951	26.22	+0,67
28.	Emiel van Beusekom	ZPV Barracuda	25.69	199403951	26.23	+0,81
29.	Thijs Molendijk	D'elft	26.11	199900477	26.26	+0,75
30.	Lars Schoffelmeer	ZPB H&L Productions	25.43	199501907	26.39	+0,74
31.	Bart Spaans	ACZ	26.27	199902559	26.68	+0,65
32.	Ian van Mullem	ZOB'66	27.25	199602545	27.07	+0,74
33.	David Kievit	z.c De Schotejil	27.40	199900325	27.12	+0,78
34.	Tristan Stam	ZOB'66	26.96	199903551	27.14	
	Kilian Xavier de Kruyf Molina	The Hague Swimming (SG)	26.33	200002667	27.14	+0,77
36.	Thomas Hesper	ZPV Barracuda	27.01	200004181	27.24	+0,79
37.	Mairo Bonte	Zoetermeer	28.74	199905271	28.38	
AFGEM	Robbert Donk	ZPC Wiekslag	24.41	198900745		
AFGEM	Jorrit de Vries	ZPC Wiekslag	26.78	199902621		
AFGEM	Noah Legerstee	WVZ	25.45	200003593		

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Dames, 100m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
Junioren 1								
1.	Robin Vermeulen *BU 100m	MNC Dordrecht	1:16.16	200700412	1:15.65	+0,75	37.19	1:15.65
2.	Ananda van der Wiel	WVZ	1:17.13	200701562	1:16.47	+0,81	37.42	1:16.47
3.	Dide Provily	ZPC Wiekslag	1:19.35	200700480	1:17.14	+0,76	37.34	1:17.14
4.	Mila Oomens	ZPV Barracuda	1:20.36	200700016	1:18.76	+0,67	37.93	1:18.76
5.	Floor Hogervorst	Noordwijkerhout	1:22.63	200701400	1:19.17	+0,79	38.51	1:19.17
6.	Charlotte Wolties	The Hague Swimming (SG)	1:20.57	200700110	1:19.42	+0,70	38.99	1:19.42
7.	Fleur Kamminga	WVZ	1:21.97	200701838	1:21.28	+0,74	38.85	1:21.28
8.	Charlene Ruiters *BU 100m	De Columbiaan	1:23.70	200700522	1:22.37	+0,58	40.85	1:22.37
9.	Samantha van der Jagt	ZZ&PC De Devel	1:27.45	200700220	1:22.96	+0,70	41.10	1:22.96
10.	Dominique Overduin	z.c De Schotejil	1:25.81	200700172	1:25.68	+0,70	41.18	1:25.68
11.	Janneke Twigt	KZV de Lansingh	1:24.89	200701040	1:25.93	+0,76	42.04	1:25.93
NG.ZA	Anniqne Rupke	Widex GZC Donk	1:25.42	200700876				
Junioren 2								
1.	Megan Jonkman	The Hague Swimming (SG)	1:15.58	200600508	1:13.37	+0,73	36.19	1:13.37
2.	Jade van der Maas	WVZ	1:13.23	200600408	1:13.95	+0,66	36.78	1:13.95
3.	Hilda Vrijbloed	De Duck	1:16.54	200600732	1:15.06	+0,77	36.31	1:15.06
4.	Kimberly Ruiters	De Columbiaan	1:17.17	200600492	1:15.28	+0,65	36.56	1:15.28
5.	Nikita Snoeren *BU 100m	WVZ	1:19.13	200600342	1:15.95	+0,77	37.79	1:15.95
6.	Mara Tims	Rotterdam Swimming (SG)	1:17.52	200601136	1:16.39	+0,68	37.65	1:16.39
7.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:15.32	200602180	1:18.25	+0,79	38.41	1:18.25
8.	Lotte Cornelissen	De Watervogels	1:19.06	200601182	1:18.76	+0,58	38.76	1:18.76
9.	Jamila de Lobel	SG SCOM/de Zeehond'73	1:22.36	200602320	1:20.75	+0,69	39.64	1:20.75
10.	Noémi Oldenkamp	KZV de Lansingh	1:24.05	200600162	1:22.45	+0,71	39.61	1:22.45
11.	Emma Suderee	MNC Dordrecht	1:22.72	200603598	1:22.69	+0,65	40.68	1:22.69
12.	Luna van Hoff	ZPB H&L Productions	1:23.50	200601074	1:22.78	+0,67	40.56	1:22.78
13.	Evelien Holterman	Zoetermeer	1:27.08	200601124	1:26.38	+0,68	41.40	1:26.38
Junioren 3								
1.	Jelsie van Ruijven	WVZ	1:10.16	200500282	1:08.70	+0,59	33.39	1:08.70
2.	Karlijn Offeringa	ZV Vlaardingse-Schiedam	1:12.10	200503292	1:11.71	+0,67	34.39	1:11.71
3.	Emma Verkuijl	ZPV Barracuda	1:13.43	200500826	1:11.86	+0,70	35.84	1:11.86
4.	Niké Telkamp	The Hague Swimming (SG)	1:16.14	200501088	1:11.97	+0,74	34.93	1:11.97
5.	Marit Huisman	ZPV Barracuda	1:14.03	200502620	1:12.89	+0,75	35.33	1:12.89
6.	Sophie Buurman	ZPC Wiekslag	1:15.14	200502530	1:13.22	+0,71	35.93	1:13.22
7.	Laura Hoogenboezem	KZV de Lansingh	1:16.13	200500390	1:13.42	+0,84	35.60	1:13.42
8.	Yente Bouwmeester	De Columbiaan	1:14.54	200500340	1:14.72	+0,65	35.85	1:14.72

Regiokampioenschappen korte baan
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Programmanr. 5, Meisjes, 100m rugslag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT	50m	100m
9.	Milou Adriaanse	De Columbiaan	1:16.76	200500968	1:15.33	+0,71	36.08	1:15.33
10.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	1:13.92	200501256	1:15.90	+0,70	36.44	1:15.90
11.	Lyke Buscop	z.c De Schotejil	1:15.16	200500552	1:16.34	+0,64	36.80	1:16.34
12.	Vivianne Woltjes	The Hague Swimming (SG)	1:17.57	200501524	1:16.61	+0,70	37.04	1:16.61
13.	Aanique Hazebroek	The Hague Swimming (SG)	1:18.74	200502196	1:16.95	+0,70	37.99	1:16.95
14.	Meira Simons	The Hague Swimming (SG)	1:17.25	200502984	1:17.11		38.11	1:17.11
15.	Britt van't Zant	Feijenoord Albion	1:16.63	200501170	1:18.32	+0,66	37.58	1:18.32
16.	Aisha Nobels	z.c De Schotejil	1:21.96	200501710	1:20.06	+0,69	38.56	1:20.06
17.	Anne-Marie Twigt	KZV de Lansingh	1:21.02	200503290	1:22.55	+0,80	40.99	1:22.55
18.	Esmee Verbeek	Zoetermeer	1:23.24	200502086	1:24.06	+0,72	40.20	1:24.06
DIS	Felicia Bosse	WZK	1:17.62	200504468				

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

NG Anastasia Romano MNC Dordrecht 1:18.96 200501076

Jeugd 1 en 2

1.	Milou van Wijk	MNC Dordrecht	1:07.57	200404948	1:05.74	+0,67	32.31	1:05.74
2.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:07.27	200301124	1:06.23	+0,73	31.89	1:06.23
3.	Maaïke Issard	The Hague Swimming (SG)	1:06.06	200300022	1:07.21	+0,83	32.85	1:07.21
4.	Isabel Scheepbouwer	ZPC Wiekslag	1:09.90	200301106	1:08.87	+0,67	33.62	1:08.87
5.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:08.48	200404272	1:09.43	+0,77	33.55	1:09.43
6.	Julia Notenboom	De Columbiaan	1:08.16	200302596	1:09.56	+0,75	33.53	1:09.56
	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:09.73	200300052	1:09.56	+0,65	33.94	1:09.56
8.	Isis Naaktgeboren	ZZ&PC De Devel	1:14.87	200403914	1:10.75	+0,63	34.35	1:10.75
9.	Jenna Klein	LinK	1:12.12	200400914	1:10.80	+0,80	34.26	1:10.80
10.	Zinzi van der Maas	WVZ	1:15.67	200402028	1:11.16	+0,66	34.83	1:11.16
11.	Megan de Hoog	SG SCOM/de Zeehond'73	1:10.38	200300214	1:11.97	+0,70	34.13	1:11.97
12.	Kim Rutters	De Kempvis	1:10.35	200302318	1:14.22	+0,67	36.21	1:14.22
13.	Lize van Stigt	LinK	1:15.87	200401510	1:14.65	+0,61	35.92	1:14.65
14.	Esther Reinders	KZV de Lansingh	1:14.44	200301798	1:14.70	+0,64	35.89	1:14.70
15.	Kim de Jong	LinK	1:11.56	200301026	1:15.06	+0,69	36.86	1:15.06
16.	Joyce van 't Hof	ZZ&PC De Devel	1:15.58	200302122	1:15.27	+0,63	35.79	1:15.27
17.	Jet van Oudheusden	ZOB'66	1:16.08	200401012	1:15.49	+0,75	36.11	1:15.49
18.	Fenna Herwig	ZPC Wiekslag	1:15.20	200400908	1:15.82	+0,78	36.09	1:15.82
19.	Mara Bosman	The Hague Swimming (SG)	1:17.03	200303048	1:16.06	+0,88	37.45	1:16.06
20.	Wendy ten Wolde	ZPC Wiekslag	1:14.66	200302658	1:16.09	+0,63	35.90	1:16.09
21.	Marije de Jager	LinK	1:13.52	200301394	1:16.41	+0,61	36.57	1:16.41
22.	Zoë Molenaar	Zoetermeer	1:19.06	200300978	1:17.40	+0,60	37.11	1:17.40
23.	Cheyenne Elburg	KZV de Lansingh	1:17.58	200401170	1:17.66	+0,75	37.14	1:17.66
24.	Mandy van der Meijden	Widex GZC Donk	1:21.79	200402574	1:18.79	+0,76	37.66	1:18.79
25.	Megan van Delden	WVZ	1:43.52	200405500	S13 1:39.79	+0,68 354	45.97	1:39.79

Senioren 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	1:02.45	200201414	1:02.35	+0,74	30.68	1:02.35
2.	Elise Tanis	z.c De Schotejil	1:02.01	200200120	1:03.43	+0,62	31.04	1:03.43
3.	Chefanja Nunes	WVZ	1:01.61	200104750	1:04.49	+0,61	31.11	1:04.49
4.	Maaïke Broersma	BZ en PC	1:05.94	200201522	1:06.72	+0,74	32.39	1:06.72
5.	Sanne Heemskerk	Zvl-1886	1:08.77	200100600	1:07.34	+0,60	32.41	1:07.34
6.	Almudena Visser Velez	The Hague Swimming (SG)	1:08.94	200205904	1:07.97	+0,75	33.59	1:07.97
7.	Tessa Giele	Feijenoord Albion	1:06.82	200203124	1:08.89	+0,73	33.27	1:08.89
8.	Anniek de Ruiters	Widex GZC Donk	1:09.64	200101224	1:10.14	+0,77	33.48	1:10.14
9.	Lynn Blommers	The Hague Swimming (SG)	1:10.80	200105062	1:10.41	+0,55	34.15	1:10.41
10.	Rosey Metz	WVZ	1:13.02	200101786	1:11.14	+0,68	34.40	1:11.14
11.	Rozemarijn van Haaff	ZOB'66	1:11.27	200201852	1:11.35	+0,69	34.87	1:11.35
12.	Robin Pienaar	ZPV Barracuda	1:11.93	200102236	1:11.69	+0,71	34.23	1:11.69
13.	Manon Middelbos	z.c De Schotejil	1:11.14	200100056	1:12.24	+0,72	35.08	1:12.24
14.	Elyanne Boudestein	Zoetermeer	1:12.61	200101060	1:12.98	+0,75	35.27	1:12.98
15.	Lieske Zijlstra	z.c De Schotejil	1:11.52	200200996	1:13.04	+0,78	35.83	1:13.04
16.	Jasmine el Taraboulsi	WZK	1:12.81	200105788	1:13.58	+0,76	35.30	1:13.58
17.	Anne Straub	Zoetermeer	1:14.62	200201402	1:16.04	+0,61	36.87	1:16.04

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Programmanr. 5, Dames, 100m rugslag

Senioren

1.	Babette van der Kaaij	Rotterdam Swimming (SG)	1:06.78	199902234		1:05.61	+0,61	32.03	1:05.61
2.	Lauren van IJll	WVZ	1:07.76	200001064		1:09.45	+0,75	33.01	1:09.45
3.	Karen van Dee	SG SCOM/de Zeehond'73	1:15.05	199604074		1:12.70	+0,77	35.63	1:12.70
4.	Wendy de Bruin	ZOB'66	1:13.97	199206320		1:14.83	+0,65	36.45	1:14.83
5.	Jonne Moleman	LinK	1:21.20	200006264	S10	1:22.40	+0,89	559 40.30	1:22.40
NG	Roos van Esch	Feijenoord Albion	1:11.12	198200468					

Programmanr. 6
17-11-2018 - 11:25

Jongens, 4 x 200m vrije slag

Junioren 4 en jonger
Resultaten

rang	vereniging	intijd	tijd	RT
1.	De Schotejil 1	z.c De Schotejil	9:05.63	9:12.58 +0,73
	Xander Vis	03	+0,73 29.78	1:03.22 1:37.98 2:11.52 2:11.52
	Daniel 't Mannetje	04	+0,30 30.63	1:05.69 1:41.52 2:15.45 2:15.45
	Christian Kalle	04	+0,71 32.01	1:09.44 1:47.17 2:21.48 2:21.48
	Laurens Kalle	06	+0,36 32.52	1:10.36 1:49.26 2:24.13 2:24.13
2.	De Columbiaan 1	De Columbiaan	9:43.39	9:38.17 +0,80
	Max van Schagen	04	+0,80 32.39	1:07.66 1:43.37 2:18.42 2:18.42
	Onno Roelleveld	05	+0,27 33.63	1:12.54 1:52.29 2:30.22 2:30.22
	Thomas van Peenen	04	+0,31 31.05	1:07.70 1:45.87 2:22.90 2:22.90
	Casper Hoogervorst	05	+0,37 33.31	1:11.42 1:50.03 2:26.63 2:26.63
3.	De Geul 1	De Geul	9:56.48	9:48.53 +0,76
	Dylan Groeneveld	06	+0,76 34.55	1:13.16 1:52.87 2:32.00 2:32.00
	Tjomme de Tender	05	+0,53 34.49	1:13.61 1:53.36 2:30.51 2:30.51
	Aaïke de Tender	05	+0,67 33.68	1:11.60 1:49.77 2:27.99 2:27.99
	Brandon Groeneveld	03	+0,37 31.00	1:06.18 1:42.42 2:18.03 2:18.03
4.	ZPB H&L 1	ZPB H&L Productions	10:07.38	9:51.27 +0,70
	Bas Blanker	06	+0,70 33.33	1:11.65 1:50.50 2:26.07 2:26.07
	Stijn de Bondt	05	+0,30 33.43	1:12.60 1:53.26 2:31.08 2:31.08
	Coen Frkovic	05	+0,38 32.12	1:10.64 1:49.61 2:26.83 2:26.83
	Lars van den Heuvel	04	+0,41 33.35	1:11.19 1:49.65 2:27.29 2:27.29
5.	GZC Donk 1	Widex GZC Donk	10:35.86	10:31.10 +0,86
	Marijn Dekkers	04	+0,86 32.98	1:10.42 1:48.61 2:24.57 2:24.57
	Roan van der Weide	06	+0,81 38.55	1:20.40 2:03.85 2:44.90 2:44.90
	Yassine Mellah	05	+0,52 36.99	1:20.84 2:05.98 2:46.43 2:46.43
	Bo Schoenmakers	04	+0,57 34.98	1:14.88 1:56.24 2:35.20 2:35.20
6.	Barracuda 1	ZPV Barracuda	10:19.33	10:43.56 +0,93
	* BU 100m			
	Thijs Visser	05	+0,93 35.64	1:15.74 1:56.67 2:35.78 2:35.78
	Bas Bechtold	06	+0,68 38.13	1:22.26 2:07.64 2:50.63 2:50.63
	Nathan Vos	04	34.10	1:15.32 1:59.90 2:41.41 2:41.41
	Reinier Velthuijs	05	+0,79 35.11	1:15.37 1:56.66 2:35.74 2:35.74
DIS	WVZ 1	WVZ	8:53.45	+0,79
	<i>AF - De aangegeven afstand niet uitgezwommen., 2e zwemmer na 150m gestopt (350 in totaal)</i>			
	Daan Sonneveld	06	+0,79 31.90	1:07.85 1:44.88 2:20.79 2:20.79
	Bo Merkestein	06	+0,68	
	Floris Wassenaar	06		
	Pepijn van Egmond	04		

Programmanr. 7
17-11-2018 - 11:40

Heren, 4 x 200m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Rotterdam Swimming 1	Rotterdam Swimming (SG)	7:44.37	7:54.06 +0,71
	Derk Jan Speelman	96	+0,71 27.33	57.50 1:28.08 1:58.45 1:58.45
	Mark Baars	85	+0,44 25.42	54.35 1:24.71 1:55.35 1:55.35
	Jeroen Baars	92	+0,37 26.24	56.43 1:26.24 1:56.18 1:56.18
	Martijn Dolk	89	+0,25 28.39	1:00.05 1:32.72 2:04.08 2:04.08
2.	WVZ 1	WVZ	7:51.16	7:55.82 +0,72
	Sean Niewold	02	+0,72 27.70	58.03 1:28.56 1:56.64 1:56.64
	Joost de Roy van Zuydewijn	00	+0,42 27.89	59.19 1:31.52 2:02.99 2:02.99
	Scott Jansen	02	+0,46 27.58	59.21 1:30.88 2:02.27 2:02.27
	Thomas Jansen	01	+0,25 26.44	55.88 1:25.16 1:53.92 1:53.92

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

rang	vereniging	intijd	tijd	RT
3.	Feijenoord Albion 1	Feijenoord Albion	8:11.61	8:01.17 +0,69
	Ayrton Mooldijk	99	+0,69 28.42	1:00.96 1:34.73 2:09.07 2:09.07
	Jarno Oijen	01	+0,51 26.63	57.16 1:29.40 2:01.60 2:01.60
	Timo Dinkelberg	93	+0,45 27.03	56.49 1:27.18 1:57.92 1:57.92
	Ensger Kotterink	94	+0,40 25.24	53.54 1:22.91 1:52.58 1:52.58
4.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	8:38.58	8:33.72 +0,76
	Sem Verberg	04	+0,76 30.51	1:05.51 1:41.22 2:16.46 2:16.46
	Chris van der Hout	04	+0,63 28.48	1:02.15 1:36.82 2:10.38 2:10.38
	Michael Smink	03	+0,69 27.07	58.83 1:32.51 2:04.28 2:04.28
	Bram de Leeuw	98	+0,25 27.73	59.51 1:31.97 2:02.60 2:02.60
5.	GZC Donk 1	Widex GZC Donk	8:27.93	8:35.52 +0,68
	Paul van Grol	96	+0,68 28.50	1:00.07 1:32.66 2:05.81 2:05.81
	Joris de Gier	01	+0,27 29.11	1:03.78 1:39.09 2:14.50 2:14.50
	Remco Oskam	92	+0,27 27.67	1:00.16 1:35.52 2:13.32 2:13.32
	Duncan van Haaren	00	+0,48 27.57	58.35 1:30.46 2:01.89 2:01.89
6.	Rotterdam Swimming 2	Rotterdam Swimming (SG)	8:47.53	8:37.83 +0,73
	Simon Dijkstra	02	+0,73 30.11	1:03.22 1:38.23 2:13.19 2:13.19
	Arthur Bondartsov	04	+0,43 29.96	1:04.04 1:39.35 2:13.27 2:13.27
	Jay de Vries	04	+0,51 28.43	1:00.99 1:34.43 2:06.69 2:06.69
	Jim Geestman	83	+0,40 28.63	1:00.11 1:32.56 2:04.68 2:04.68
7.	De Columbiaan 1	De Columbiaan	8:36.91	8:46.78 +0,78
	Dave van den Nieuwendijk	01	+0,78 28.75	1:00.97 1:34.42 2:09.29 2:09.29
	Viktor Koets	02	+0,62 27.74	1:00.15 1:35.49 2:10.11 2:10.11
	Robin van Peenen	02	+0,28 29.02	1:03.42 1:39.52 2:14.09 2:14.09
	Thijm Kruit	04	+0,43 29.60	1:02.88 1:37.27 2:13.29 2:13.29
8.	ZOB'66 1	ZOB'66	8:44.80	8:49.83 +0,71
	Tristan Stam	99	+0,71 29.30	1:01.95 1:36.37 2:10.32 2:10.32
	Mart de Koning	02	+0,43 30.30	1:05.17 1:41.04 2:16.25 2:16.25
	Ian van Mullem	96	+0,38 29.37	1:03.02 1:38.97 2:15.87 2:15.87
	Daan Siebentheller	98	+0,35 28.88	1:01.13 1:34.21 2:07.39 2:07.39
9.	ZPB H&L 1	ZPB H&L Productions	8:50.18	9:03.79 +0,73
	Lars Schoffelmeer	95	+0,73 28.13	59.31 1:31.35 2:03.52 2:03.52
	Sven Janssens	01	+0,38 33.12	1:10.84 1:49.82 2:28.30 2:28.30
	Tygo Korving	03	+0,44 31.74	1:08.07 1:46.69 2:24.37 2:24.37
	Linquendo van der Klooster	98	+0,24 27.44	58.63 1:32.66 2:07.60 2:07.60

Programmanr. 8
17-11-2018 - 13:30

Dames, 100m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1							
1.	Robin Vermeulen	MNC Dordrecht	1:06.85	200700412	1:05.30	+0,85	31.45 1:05.30
2.	Ananda van der Wiel	WVZ	1:07.03	200701562	1:05.67	+0,76	32.19 1:05.67
3.	Charlotte Woltjes	The Hague Swimming (SG)	1:09.29	200700110	1:07.94	+0,73	32.22 1:07.94
4.	Fleur Kamminga	WVZ	1:11.44	200701838	1:09.04	+1,03	32.95 1:09.04
5.	Thalia Meijer	z.c De Schotelij	1:09.17	200700730	1:09.16	+0,69	32.99 1:09.16
6.	Mila Oomens	ZPV Barracuda	1:10.58	200700016	1:09.48	+0,78	33.42 1:09.48
7.	Dide Provily	ZPC Wiekslag	1:10.14	200700480	1:11.64	+0,78	33.80 1:11.64
8.	Liza Voronov	WVZ	1:13.55	200700564	1:11.83	+0,72	34.52 1:11.83
9.	Yrsah Verheijen	The Hague Swimming (SG)	1:14.96	200700350	1:12.30	+0,84	34.46 1:12.30
10.	Samantha van der Jagt	ZZ&PC De Devel	1:14.27	200700220	1:12.62		35.01 1:12.62
11.	Esmee Ouwens	ZPB H&L Productions	1:16.43	200700936	1:13.30	+0,87	36.06 1:13.30
12.	Floor Hogervorst	Noordwijkerhout	1:12.78	200701400	1:13.33		35.46 1:13.33
13.	Stella van Droffelaar	ZV Vlaardingse-Schiedam	1:15.90	200700048	1:13.74	+0,73	35.48 1:13.74
14.	Daniek Wijnen	Zvl-1886	1:13.47	200701280	1:13.92	+0,73	34.16 1:13.92
15.	Dominique Overduin	z.c De Schotelij	1:14.64	200700172	1:13.98	+0,78	35.56 1:13.98
16.	Charlene Ruiters	De Columbiaan	1:15.51	200700522	1:14.64		35.74 1:14.64
17.	Annedieke Scholte	The Hague Swimming (SG)	1:15.95	200701110	1:15.06	+0,81	36.38 1:15.06
18.	Janneke Twigt	KZV de Lansingh	1:14.37	200701040	1:15.28	+0,79	36.30 1:15.28
19.	Annique Rupke	Widex GZC Donk	1:15.02	200700876	1:16.22	+0,87	36.14 1:16.22
20.	Jaylin van der Linden	ZZ&PC De Devel	1:20.45	200701766	1:19.28		37.89 1:19.28
21.	Britte Lodder	ZZ&PC De Devel	1:16.95	200702290	1:19.94	+0,67	38.30 1:19.94

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Programmanr. 8, Dames, 100m vrije slag

Junioren 2

1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:02.73	200602180	1:02.52	+0,73	29.93	1:02.52	
2.	Kimberly Ruiters	De Columbiaan	1:04.17	200600492	1:03.51	+0,78	29.81	1:03.51	
3.	Estelle van Wijngaarden	ZPB H&L Productions	1:06.01	200601020	1:04.77	+0,87	31.56	1:04.77	
4.	Sanne Slof	ZPV Barracuda	1:07.73	200601810	1:05.14	+0,86	32.15	1:05.14	
	Leyla Oversluisen	z.c De Schotelij	1:06.52	200602730	1:05.14	+0,74	31.38	1:05.14	
6.	Laura 't Lam	De Geul	1:09.56	200603376	1:06.77	+0,77	32.85	1:06.77	
7.	Mara Tims	Rotterdam Swimming (SG)	1:07.71	200601136	1:07.07	+0,70	32.77	1:07.07	
8.	Megan Jonkman	The Hague Swimming (SG)	1:08.63	200600508	1:08.36		32.24	1:08.36	
9.	Loïs van Valen	De Geul	1:14.91	200600396	1:09.23	+0,67	32.64	1:09.23	
10.	Jade van der Maas	WVZ	1:07.41	200600408	1:09.76	+0,79	34.01	1:09.76	
11.	Hilda Vrijbloed	De Duck	1:09.25	200600732	1:10.76	+0,82	33.13	1:10.76	
12.	Jamila de Lobel	SG SCOM/de Zeehond'73	1:13.43	200602320	1:11.17	+0,77	34.17	1:11.17	
13.	G. Schrijvers van Zender	The Hague Swimming (SG)	1:11.38	200601618	1:11.18	+0,65	34.34	1:11.18	
14.	Renske Overdam	Z&PC De Gouwe	1:13.97	200601676	1:11.79	+0,88	34.37	1:11.79	
	<i>* BU 50m</i>								
15.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	1:13.09	200602328	1:12.04		35.16	1:12.04	
16.	Nayely Acosta Avarado	D'elft	1:12.87	200602934	1:12.10	+0,75	34.56	1:12.10	
17.	Nikita Snoeren	WVZ	1:10.93	200600342	1:12.12	+0,76	35.53	1:12.12	
18.	Jessica Pol	Poseidon'56	1:09.92	200600030	1:12.31	+0,84	34.67	1:12.31	
19.	Charlize Rovers	De Kempvis	1:12.60	200600684	1:14.42	+0,80	34.69	1:14.42	

Junioren 3

1.	Jelsie van Ruijven	WVZ	1:02.08	200500282	1:01.40	+0,77	30.00	1:01.40	
2.	Isa Maes	Feijenoord Albion	1:02.86	200500110	1:01.77	+0,70	29.95	1:01.77	
3.	Merel Schravendijk	The Hague Swimming (SG)	1:04.06	200503382	1:02.48	+0,68	30.19	1:02.48	
4.	Anique Hazebroek	The Hague Swimming (SG)	1:02.69	200502196	1:03.49	+0,79	30.60	1:03.49	
5.	Emma Verkuijl	ZPV Barracuda	1:04.07	200500826	1:04.11	+0,80	31.50	1:04.11	
6.	Yente Bouwmeester	De Columbiaan	1:07.23	200500340	1:04.27	+0,76	31.07	1:04.27	
7.	Niké Telkamp	The Hague Swimming (SG)	1:05.01	200501088	1:04.30		31.29	1:04.30	
8.	Asha van Lobberegt	Feijenoord Albion	1:03.25	200500088	1:04.32	+0,72	30.96	1:04.32	
	<i>* BU 50m</i>								
9.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:06.10	200503292	1:04.57	+0,86	31.48	1:04.57	
10.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:05.10	200503118	1:04.68	+0,80	30.56	1:04.68	
11.	Sophie Buurman	ZPC Wiekslag	1:06.82	200502530	1:04.98	+0,74	31.40	1:04.98	
12.	Laura Hoogenboezem	KZV de Lansingh	1:04.64	200500390	1:05.06	+0,90	31.16	1:05.06	
13.	Marit Huisman	ZPV Barracuda	1:05.25	200502620	1:05.08	+0,82	31.08	1:05.08	
14.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	1:05.65	200501256	1:05.94	+0,73	32.18	1:05.94	
15.	Aisha Nobels	z.c De Schotelij	1:07.03	200501710	1:06.21	+0,76	31.96	1:06.21	
16.	Lyke Buscop	z.c De Schotelij	1:08.75	200500552	1:06.48	+0,75	32.05	1:06.48	
17.	Britt van't Zant	Feijenoord Albion	1:06.16	200501170	1:06.51	+0,73	31.50	1:06.51	
18.	Meira Simons	The Hague Swimming (SG)	1:08.01	200502984	1:06.87	+0,93	32.84	1:06.87	
19.	Felicia Adema	D'elft	1:07.69	200501310	1:06.89	+0,76	31.81	1:06.89	
20.	Vivianne Woltjes	The Hague Swimming (SG)	1:06.72	200501524	1:07.08	+0,87	32.02	1:07.08	
21.	Mar Stoel	De Columbiaan	1:07.46	200500520	1:07.55		32.67	1:07.55	
22.	Madoline Held	The Hague Swimming (SG)	1:12.60	200503412	1:07.69	+0,73	32.64	1:07.69	
23.	Anouchka Bos	ZPV Barracuda	1:07.66	200501528	1:07.92	+0,92	33.53	1:07.92	
24.	Soscha van den Heuvel	ZPC Numansdorp	1:08.37	200500804	1:07.99	+0,78	32.97	1:07.99	
25.	Milou Adriaanse	De Columbiaan	1:07.40	200500968	1:08.09	+0,75	32.63	1:08.09	
26.	Elise Vink	De Columbiaan	1:06.66	200502588	1:08.72	+0,89	31.81	1:08.72	
27.	Sylvie Roos	Feijenoord Albion	1:08.45	200502772	1:09.87		33.40	1:09.87	
28.	Emi Schipper	ZOB'66	1:09.62	200502126	1:10.02	+0,77	34.05	1:10.02	
29.	Daphne van Tilburg	De Geul	1:12.96	200500580	1:11.56	+0,79	34.40	1:11.56	
30.	Fenne Saaf	Zoetermeer	1:13.41	200504340	1:11.93	+0,78	34.39	1:11.93	
31.	Femke van Dam	ZV Vlaardingen-Schiedam	1:13.42	200504548	1:12.50	+0,76	34.87	1:12.50	
32.	Felicia Bosse	WZK	1:14.27	200504468	1:14.39	+0,87	35.52	1:14.39	
33.	Anne-Marie Twigt	KZV de Lansingh	1:14.18	200503290	1:15.35	+0,94	36.43	1:15.35	
34.	Maud van der Burgh	ZOB'66	1:17.92	200502990	1:17.03	+0,77	37.25	1:17.03	
35.	Esmee Verbeek	Zoetermeer	1:17.81	200502086	1:17.56	+0,86	36.05	1:17.56	
DIS	Milou Demirel	The Hague Swimming (SG)	1:09.68	200501254					
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
NG	Anastasia Romano	MNC Dordrecht	1:05.74	200501076					

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Programmanr. 8, Dames, 100m vrije slag

Jeugd 1 en 2

1.	Femke Hoppenbrouwer	The Hague Swimming (SG)	57.45	200301124	58.32	+0,72	28.15	58.32
2.	Milou van Wijk	MNC Dordrecht	59.46	200404948	59.41	+0,80	28.99	59.41
3.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:01.33	200404272	1:00.56	+0,86	28.84	1:00.56
4.	Phaedra Meijer	z.c De Schoteijl	1:02.99	200401354	1:01.47		29.42	1:01.47
5.	Lara Hoeksema	The Hague Swimming (SG)	1:02.47	200400514	1:02.12	+0,75	29.40	1:02.12
6.	Rinske Bouman	Rotterdam Swimming (SG)	1:01.84	200400578	1:02.29	+0,79	29.69	1:02.29
7.	Sanne Vermeulen	The Hague Swimming (SG)	1:01.46	200303902	1:02.59	+0,83	29.79	1:02.59
8.	Isis Naaktgeboren	ZZ&PC De Devel	1:03.01	200403914	1:02.68		30.49	1:02.68
9.	Megan de Hoog	SG SCOM/de Zeehond'73	1:00.79	200300214	1:02.97	+0,75	29.68	1:02.97
10.	Nora van der Steen	LinK	1:04.42	200403458	1:03.26	+0,69	30.56	1:03.26
11.	Daniëlle Vis	De Columbiaan	1:03.39	200401044	1:03.50	+0,74	30.98	1:03.50
12.	Wendy ten Wolde	ZPC Wiekslag	1:04.57	200302658	1:03.77	+0,74	30.67	1:03.77
13.	Kim de Jong	LinK	1:03.01	200301026	1:04.25	+0,88	31.28	1:04.25
14.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:03.03	200300052	1:04.68	+0,68	30.01	1:04.68
15.	Fee Smittenaar	De Columbiaan	1:06.60	200303060	1:05.22	+0,71	31.66	1:05.22
16.	Mara Bosman	The Hague Swimming (SG)	1:07.59	200303048	1:05.23		31.17	1:05.23
17.	Julia Notenboom	De Columbiaan	1:04.80	200302596	1:05.48	+0,78	31.74	1:05.48
18.	Mandy van der Meijden	Widex GZC Donk	1:04.93	200402574	1:05.54	+0,78	31.39	1:05.54
19.	Esther Reinders	KZV de Lansingh	1:04.78	200301798	1:05.64	+0,72	31.73	1:05.64
20.	Isabel Scheepbouwer	ZPC Wiekslag	1:05.76	200301106	1:05.66	+0,70	31.86	1:05.66
21.	Tessa Poot	ZV Vlaardingen-Schiedam	1:04.52	200404264	1:05.69	+0,79	31.30	1:05.69
22.	Britt van Bommel	De Columbiaan	1:04.74	200301982	1:05.90	+0,82	32.53	1:05.90
23.	Joyce van 't Hof	ZZ&PC De Devel	1:03.42	200302122	1:05.97	+0,74	31.49	1:05.97
24.	Anique Star	De Columbiaan	1:05.28	200400446	1:06.27	+0,82	32.41	1:06.27
25.	Amy Koelman	De Columbiaan	1:05.63	200300922	1:06.29	+0,82	32.42	1:06.29
26.	Marije de Jager	LinK	1:05.09	200301394	1:06.67		31.84	1:06.67
27.	Mandy Pol	Poseidon'56	1:07.09	200302052	1:06.94	+0,80	32.58	1:06.94
28.	Fenna Herwig	ZPC Wiekslag	1:05.57	200400908	1:07.01	+0,76	32.17	1:07.01
29.	Lize van Stigt	LinK	1:06.11	200401510	1:07.38		32.33	1:07.38
30.	Fiona Moerman	The Hague Swimming (SG)	1:07.22	200401668	1:07.74	+0,72	32.08	1:07.74
31.	Carmen Lems	KZV de Lansingh	1:07.64	200402632	1:08.03	+0,78	32.48	1:08.03
	Kim Rutters	De Kempvis	1:05.26	200302318	1:08.03	+0,90	32.35	1:08.03
33.	Jet van Oudheusden	ZOB'66	1:06.50	200401012	1:08.24	+0,79	32.59	1:08.24
34.	Cheyenne Elburg	KZV de Lansingh	1:06.35	200401170	1:08.31	+0,75	32.95	1:08.31
35.	Zoë Molenaar	Zoetermeer	1:07.65	200300978	1:08.98	+0,77	33.29	1:08.98
36.	Jade Geurts	WVZ	1:07.17	200402278	1:09.52	+0,84	32.75	1:09.52
37.	Robine Boer	De Columbiaan	1:07.05	200402180	1:10.85		33.86	1:10.85
38.	Milou van Winkel	LinK	1:14.28	200402296	S14 1:16.71	+0,81 451	35.78	1:16.71
39.	Megan van Delden	WVZ	1:19.37	200405500	S13 1:18.34	+0,73 450	36.21	1:18.34
AFGEM	Leonoor van Dijk	The Hague Swimming (SG)	1:04.10	200400832				

Senioren 1 en 2

1.	Elise Tanis	z.c De Schoteijl	56.07	200200120	57.50	+0,70	27.91	57.50
2.	Lotte Hosper	The Hague Swimming (SG)	58.47	200201414	57.61	+0,75	28.18	57.61
3.	Lynn Blommers	The Hague Swimming (SG)	58.30	200105062	58.11	+0,63	28.09	58.11
4.	Sophie de Jonge	WVZ	59.35	200200118	59.65	+0,73	28.53	59.65
5.	Ilse Kraaijeveld	The Hague Swimming (SG)	59.54	200202190	1:00.19	+0,72	29.18	1:00.19
6.	Sam IJzerman	De Geul	59.47	200101204	1:00.73	+0,69	28.72	1:00.73
7.	Sanne Heemskerk	Zvl-1886	59.96	200100600	1:00.93		29.30	1:00.93
8.	Almudena Visser Velez	The Hague Swimming (SG)	1:01.96	200205904	1:01.02	+0,76	29.71	1:01.02
9.	Megan van Beelen	De Columbiaan	1:00.43	200105606	1:01.32	+0,74	29.34	1:01.32
10.	Robin Pienaar	ZPV Barracuda	1:01.44	200102236	1:01.78	+0,78	29.83	1:01.78
11.	Lieske Zijlstra	z.c De Schoteijl	1:02.91	200200996	1:02.80	+0,80	30.60	1:02.80
12.	Amber Hesper	ZPV Barracuda	1:03.50	200202188	1:02.89	+0,78	30.05	1:02.89
13.	S. van den Dobbelsteen	The Hague Swimming (SG)	1:03.00	200100904	1:02.90	+0,64	30.20	1:02.90
14.	Grace Anderson	WVZ	1:02.81	200200578	1:03.19	+0,72	30.19	1:03.19
15.	Esmée Roodenburg	De Geul	1:02.64	200100040	1:03.24	+0,79	30.31	1:03.24
16.	Nienke Mierop	z.c De Schoteijl	1:05.05	200203294	1:03.33	+0,73	30.14	1:03.33
17.	Anniek de Rooter	Widex GZC Donk	1:01.71	200101224	1:03.65	+0,79	30.16	1:03.65
18.	Rozemarijn van Haaff	ZOB'66	1:02.53	200201852	1:03.68		30.23	1:03.68
19.	Lotte Tillema	z.c De Schoteijl	1:02.53	200200692	1:03.73	+0,72	30.33	1:03.73
20.	Catharina Chulick	WVZ	1:03.02	200106304	1:03.91	+0,74	30.65	1:03.91
21.	Isa Boom	MNC Dordrecht	1:03.33	200200186	1:03.97	+0,70	30.10	1:03.97
22.	Marbel Diderik	De Columbiaan	1:03.55	200205752	1:04.09	+0,66	30.48	1:04.09
23.	Anouk Vis	De Columbiaan	1:04.44	200203322	1:04.59	+0,82	31.12	1:04.59
24.	Jasmine el Taraboulsi	WZK	1:06.40	200105788	1:04.62	+0,81	30.87	1:04.62
25.	Amy van Leersum	Poseidon'56	1:03.19	200200300	1:04.72	+0,76	30.96	1:04.72

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Programmanr. 8, Dames, 100m vrije slag, Senioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
26.	Manon Middelbos	z.c De Schotejil	1:01.98	200100056	1:05.13	+0,77	31.03	1:05.13
27.	Eline Duynisveld	WVZ	1:05.64	200103958	1:05.23	+0,76	30.96	1:05.23
28.	Lara Idsinga	ZZ&PC De Devel	1:03.53	200200678	1:05.24	+0,78	31.56	1:05.24
29.	Lisa Pijlman	De Kempvis	1:04.25	200103004	1:05.56	+0,72	31.25	1:05.56
30.	Lisanne Dijkman	Zoetermeer	1:04.93	200102676	1:05.59	+0,72	31.44	1:05.59
31.	Anne Straub	Zoetermeer	1:04.58	200201402	1:05.88	+0,80	31.44	1:05.88
32.	Diana Noordermeer	SG SCOM/de Zeehond'73	1:07.27	200102110	1:06.86	+0,68	32.43	1:06.86
33.	Kim van Gemert	Poseidon'56	1:05.54	200101968	1:06.89		31.45	1:06.89
34.	Sara Claps	The Hague Swimming (SG)	1:06.22	200205916	1:07.23	+0,68	31.83	1:07.23
35.	Susan van Grol	Widex GZC Donk	1:06.42	200201344	1:08.66	+0,73	33.02	1:08.66
36.	Tamara de Ruiters	z.c De Schotejil	1:04.99	200203060	1:08.80	+0,79	32.95	1:08.80
37.	Ilonka van der Well	ZPB H&L Productions	1:08.93	200103732	1:09.00	+0,75	32.70	1:09.00
38.	Susanne Roeleveld	WVZ	1:06.88	200203266	1:10.23	+0,80	33.45	1:10.23
39.	Jana Driest	Widex GZC Donk	1:10.54	200103582	1:12.13		33.27	1:12.13
DIS	Faustine Mussig	De Geul	1:06.21	200202080				

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

DIS Rosey Metz WVZ 59.82 200101786
AF - De aangegeven afstand niet uitgezwommen.

NG.ZA Anne de Kleer Widex GZC Donk 1:05.48 200102504

Senioren

1.	Angelique van Vark	Z&PC De Gouwe	59.12	199701478	58.36	+0,70	28.02	58.36
2.	Elinore de Jong	The Hague Swimming (SG)	53.76	198902072	59.23	+0,70	28.45	59.23
3.	Mariska Scheel	KZV de Lansingh	59.61	199306344	59.43	+0,76	28.11	59.43
4.	Marije Dinkelberg	Feijenoord Albion	1:05.38	199703192	59.84	+0,77	28.92	59.84
5.	Annemarie Meijer	Feijenoord Albion	1:00.56	199900964	1:00.51	+0,79	29.37	1:00.51
6.	Fenna de Groot	Feijenoord Albion	1:02.73	199701796	1:01.17	+0,69	29.09	1:01.17
7.	Babette van der Kaaij	Rotterdam Swimming (SG)	1:02.46	199902234	1:01.20	+0,71	29.47	1:01.20
8.	Melissa van der Heijden	ZPV Barracuda	1:02.13	199605226	1:01.86	+0,75	30.11	1:01.86
9.	Romy de Laat	ZPC Wiekslag	1:02.33	199900902	1:02.17		29.84	1:02.17
10.	Inge van der Hoek	The Hague Swimming (SG)	1:03.78	199204034	1:02.77	+0,73	30.38	1:02.77
11.	Sanne Hobé	Poseidon'56	1:03.07	200000826	1:02.83	+0,76	30.20	1:02.83
12.	Lotte Middelbos	z.c De Schotejil	1:01.95	199900680	1:02.94	+0,73	30.15	1:02.94
13.	Kelly Wigleven	Poseidon'56	1:03.48	199500058	1:03.47		30.58	1:03.47
14.	Alisha Vieira	Rotterdam Swimming (SG)	1:05.35	199904554	1:03.48	+0,72	29.24	1:03.48
15.	Lincy de Winter	The Hague Swimming (SG)	1:02.96	199805886	1:04.23	+0,75	30.84	1:04.23
16.	A. Erenstein-Huijsman	KZV de Lansingh	1:03.82	198801932	1:04.38	+0,77	30.77	1:04.38
17.	Wendy de Bruin	ZOB'66	1:02.13	199206320	1:04.40	+0,67	30.76	1:04.40
	* BU 100m							
18.	Laila Kuipers	BZ en PC	1:03.67	200003124	1:04.52	+0,74	30.92	1:04.52
19.	Nikita Herwig	ZPC Wiekslag	1:04.12	199903552	1:04.68		31.14	1:04.68
20.	Karen van Dee	SG SCOM/de Zeehond'73	1:04.31	199604074	1:05.20	+0,81	31.24	1:05.20
21.	Laura Tromp	ZZ&PC De Devel	1:04.72	200000276	1:06.57		31.83	1:06.57
22.	Rebecca Evers	ZOB'66	1:06.56	199207916	1:08.23		33.04	1:08.23
23.	Isabelle Janssen	MNC Dordrecht	1:10.75	200006318	1:10.45	+0,77	34.83	1:10.45
24.	Jonne Moleman	Link	1:07.98	200006264	1:12.54	+0,90	34.75	1:12.54
NG	Kimberly Coenders	KZV de Lansingh	1:06.81	199900880				

Programmanr. 9
17-11-2018 - 14:10

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Dimi Stoyanov	The Hague Swimming (SG)	6:03.84	200601067	5:46.28	
	50m: 35.54	35.54	150m: 2:03.10	43.47	250m: 3:37.57	49.68
	100m: 1:19.63	44.09	200m: 2:47.89	44.79	300m: 4:27.84	50.27
					350m: 5:07.80	39.96
					400m: 5:46.28	38.48
2.	Tavi de Gelder	ZOB'66	7:12.92	200602335	6:44.08	
	* BU 150m					
	50m: 43.20	43.20	150m: 2:31.50	50.36	250m: 4:15.01	54.75
	100m: 1:41.14	57.94	200m: 3:20.26	48.76	300m: 5:11.81	56.80
					350m: 5:58.68	46.87
					400m: 6:44.08	45.40

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Programmanr. 9, Heren, 400m wisselslag

Junioren 2

1. Gabriel Been	The Hague Swimming (SG)	5:21.97	200501467	5:02.71	+0,78
50m: 30.99	30.99 150m: 1:47.95	40.70	250m: 3:10.53	43.03	350m: 4:28.22
100m: 1:07.25	36.26 200m: 2:27.50	39.55	300m: 3:53.28	42.75	400m: 5:02.71
34.27	150m: 1:52.95	39.46	250m: 3:14.11	42.50	350m: 4:32.58
100m: 1:13.49	39.22 200m: 2:31.61	38.66	300m: 3:57.57	43.46	400m: 5:05.95
3. Émile Fouzaï	The Hague Swimming (SG)	5:37.09	200500263	5:19.07	+0,73
50m: 32.02	32.02 150m: 1:52.85	43.13	250m: 3:20.45	45.78	350m: 4:43.99
100m: 1:09.72	37.70 200m: 2:34.67	41.82	300m: 4:07.41	46.96	400m: 5:19.07
4. Björn Verkaik * BU 150m	The Hague Swimming (SG)	5:40.24	200500411	5:20.84	+0,72
50m: 35.51	35.51 150m: 1:58.10	40.40	250m: 3:23.99	46.46	350m: 4:45.69
100m: 1:17.70	42.19 200m: 2:37.53	39.43	300m: 4:09.58	45.59	400m: 5:20.84
5. River Streefland	The Hague Swimming (SG)	5:52.74	200502253	5:28.08	+0,80
50m: 35.36	35.36 150m: 1:59.44	41.25	250m: 3:24.51	44.47	350m: 4:49.38
100m: 1:18.19	42.83 200m: 2:40.04	40.60	300m: 4:10.27	45.76	400m: 5:28.08
6. Aaike de Tender	De Geul	5:51.77	200502189	5:42.62	+0,83
50m: 39.61	39.61 150m: 2:10.64	43.26	250m: 3:39.87	45.67	350m: 5:04.73
100m: 1:27.38	47.77 200m: 2:54.20	43.56	300m: 4:25.54	45.67	400m: 5:42.62
7. Casper Hoogervorst	De Columbiaan	5:53.09	200500183	5:54.10	+0,80
50m: 39.70	39.70 150m: 2:12.14	46.08	250m: 3:47.41	49.20	350m: 5:16.74
100m: 1:26.06	46.36 200m: 2:58.21	46.07	300m: 4:37.15	49.74	400m: 5:54.10
8. Tim van Lochem	Zoetermeer	6:20.71	200500077	5:58.20	+0,74
50m: 37.97	37.97 150m: 2:10.93	44.15	250m: 3:45.61	51.14	350m: 5:17.56
100m: 1:26.78	48.81 200m: 2:54.47	43.54	300m: 4:36.36	50.75	400m: 5:58.20
9. Thijs Visser * BU 150m	ZPV Barracuda	6:03.72	200502129	5:59.17	
50m: 40.97	40.97 150m: 2:16.93	45.97	250m: 3:50.13	48.98	350m: 5:19.30
100m: 1:30.96	49.99 200m: 3:01.15	44.22	300m: 4:37.87	47.74	400m: 5:59.17
10. Sytze van Stein	LinK	6:23.12	200501155	6:07.51	+0,72
50m: 43.55	43.55 150m: 2:23.65	45.04	250m: 3:58.64	50.83	350m: 5:28.97
100m: 1:38.61	55.06 200m: 3:07.81	44.16	300m: 4:49.98	51.34	400m: 6:07.51
11. Tjomme de Tender	De Geul	6:42.00	200502187	6:11.50	+0,70
50m: 40.75	40.75 150m: 2:21.89	44.99	250m: 3:57.74	52.27	350m: 5:30.20
100m: 1:36.90	56.15 200m: 3:05.47	43.58	300m: 4:50.72	52.98	400m: 6:11.50

Junioren 3

1. Abel te Riele	WVZ	5:04.40	200402317	4:49.70	+0,70
50m: 31.59	31.59 150m: 1:46.50	37.52	250m: 3:03.05	41.01	350m: 4:17.86
100m: 1:08.98	37.39 200m: 2:22.04	35.54	300m: 3:44.06	41.01	400m: 4:49.70
32.49	150m: 1:50.39	40.95	250m: 3:10.65	41.97	350m: 4:26.78
100m: 1:09.44	36.95 200m: 2:28.68	38.29	300m: 3:53.39	42.74	400m: 4:58.53
3. Jay de Vries	Rotterdam Swimming (SG)	5:17.64	200400669	5:00.59	+0,83
50m: 30.81	30.81 150m: 1:44.28	37.86	250m: 3:07.62	45.83	350m: 4:27.17
100m: 1:06.42	35.61 200m: 2:21.79	37.51	300m: 3:52.70	45.08	400m: 5:00.59
4. Jason van den Berg	Rotterdam Swimming (SG)	5:12.91	200400009	5:07.11	+0,73
50m: 33.27	33.27 150m: 1:50.80	38.81	250m: 3:11.84	43.48	350m: 4:31.91
100m: 1:11.99	38.72 200m: 2:28.36	37.56	300m: 3:55.36	43.52	400m: 5:07.11
5. Erik Oldenkamp	KZV de Lansingh	5:22.63	200400597	5:12.89	+0,80
50m: 32.52	32.52 150m: 1:51.70	40.79	250m: 3:16.30	44.62	350m: 4:37.98
100m: 1:10.91	38.39 200m: 2:31.68	39.98	300m: 4:01.46	45.16	400m: 5:12.89
6. Wen-Ye Chen	Rotterdam Swimming (SG)	5:26.25	200402859	5:18.17	+0,72
50m: 32.50	32.50 150m: 1:54.82	44.01	250m: 3:19.44	43.73	350m: 4:41.81
100m: 1:10.81	38.31 200m: 2:35.71	40.89	300m: 4:03.68	44.24	400m: 5:18.17
7. Loeka Wubben	The Hague Swimming (SG)	5:38.23	200400307	5:21.60	+0,72
50m: 32.59	32.59 150m: 1:54.73	41.06	250m: 3:21.16	45.90	350m: 4:45.82
100m: 1:13.67	41.08 200m: 2:35.26	40.53	300m: 4:08.57	47.41	400m: 5:21.60
8. Timo Huizer	ZPC Wiekslag	5:29.09	200401125	5:26.49	+0,80
50m: 34.15	34.15 150m: 1:55.26	40.39	250m: 3:24.25	48.97	350m: 4:41.54
100m: 1:14.87	40.72 200m: 2:35.28	40.02	300m: 4:13.69	49.44	400m: 5:26.49
9. Max van Schagen	De Columbiaan	5:36.61	200402591	5:34.03	
50m: 35.85	35.85 150m: 2:03.17	43.86	250m: 3:32.15	45.61	350m: 4:57.67
100m: 1:19.31	43.46 200m: 2:46.54	43.37	300m: 4:19.82	47.67	400m: 5:34.03
10. Michael van den Enden	PCG	5:46.38	200401589	5:43.05	+0,64
50m: 35.91	35.91 150m: 2:03.83	44.72	250m: 3:35.00	48.23	350m: 5:04.61
100m: 1:19.11	43.20 200m: 2:46.77	42.94	300m: 4:24.38	49.38	400m: 5:43.05

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rang	naam	vereniging	intijd		tijd	RT
10.	Thomas van Peenen	De Columbiaan	5:48.26	200400097	5:43.05	+0,78
	50m: 37.28	37.28 150m: 2:07.43	43.08	250m: 3:38.37	48.35	350m: 5:06.97
	100m: 1:24.35	47.07 200m: 2:50.02	42.59	300m: 4:28.19	49.82	400m: 5:43.05
12.	Christian Kalle	z.c De Schoteijl	5:54.86	200400687	5:47.27	+0,81
	50m: 35.48	35.48 150m: 2:05.91	47.62	250m: 3:44.17	53.73	350m: 5:13.00
	100m: 1:18.29	42.81 200m: 2:50.44	44.53	300m: 4:35.13	50.96	400m: 5:47.27
13.	Marijn Dekkers	Widex GZC Donk	5:59.22	200402275	5:48.03	+0,84
	50m: 41.09	41.09 150m: 2:12.88	44.74	250m: 3:44.64	48.42	350m: 5:12.37
	100m: 1:28.14	47.05 200m: 2:56.22	43.34	300m: 4:34.11	49.47	400m: 5:48.03
14.	Guus Geelen	Zvl-1886	6:00.23	200401183	5:53.68	+0,72
	50m: 34.17	34.17 150m: 2:02.93	45.73	250m: 3:40.30	52.03	350m: 5:14.66
	100m: 1:17.20	43.03 200m: 2:48.27	45.34	300m: 4:32.70	52.40	400m: 5:53.68
15.	Benjamin Boender	ZOB'66	6:12.29	200401351	5:56.67	+0,73
	50m: 36.82	36.82 150m: 2:06.90	43.78	250m: 3:42.94	52.05	350m: 5:17.40
	100m: 1:23.12	46.30 200m: 2:50.89	43.99	300m: 4:36.18	53.24	400m: 5:56.67
DIS	Timon Wijsman	D'elft	6:11.83	200403707		
	<i>VI - Met één hand keer- en/of eindpunt aangetikt., SL het keer- of eindpunt met een hand aangetikt</i>					

Junioren 4

1.	Michael Smink	The Hague Swimming (SG)	4:58.14	200302169	4:49.14	+0,89
	50m: 29.46	29.46 150m: 1:43.85	38.71	250m: 3:03.50	41.85	350m: 4:18.31
	100m: 1:05.14	35.68 200m: 2:21.65	37.80	300m: 3:45.30	41.80	400m: 4:49.14
2.	Wesley Zulver	ZV Vlaardingen-Schiedam	4:59.40	200301319	4:50.84	+0,66
	50m: 31.78	31.78 150m: 1:46.20	37.94	250m: 3:02.74	39.92	350m: 4:18.12
	100m: 1:08.26	36.48 200m: 2:22.82	36.62	300m: 3:43.41	40.67	400m: 4:50.84
3.	Perry Laarhoven	ZPC Numansdorp	5:01.32	200301321	4:54.93	+0,80
	50m: 30.42	30.42 150m: 1:46.60	37.80	250m: 3:04.05	40.19	350m: 4:20.66
	100m: 1:08.80	38.38 200m: 2:23.86	37.26	300m: 3:45.50	41.45	400m: 4:54.93
4.	Milan Hamel	The Hague Swimming (SG)	5:07.92	200302125	5:03.05	+0,69
	50m: 31.66	31.66 150m: 1:50.79	40.71	250m: 3:11.20	41.32	350m: 4:29.93
	100m: 1:10.08	38.42 200m: 2:29.88	39.09	300m: 3:53.50	42.30	400m: 5:03.05
5.	Bjarne Buijs	The Hague Swimming (SG)	5:06.38	200301089	5:06.50	+0,87
	50m: 33.20	33.20 150m: 1:52.93	41.32	250m: 3:15.65	42.94	350m: 4:32.98
	100m: 1:11.61	38.41 200m: 2:32.71	39.78	300m: 3:58.49	42.84	400m: 5:06.50
6.	Daan Hogerhuis	LinK	5:09.57	200300317	5:10.55	+0,80
	50m: 33.39	33.39 150m: 1:52.42	40.53	250m: 3:15.62	43.82	350m: 4:35.98
	100m: 1:11.89	38.50 200m: 2:31.80	39.38	300m: 4:00.18	44.56	400m: 5:10.55
7.	Maximilian Lopes Cardozo	WZK	5:36.30	200300665	5:18.20	+0,73
	50m: 32.59	32.59 150m: 1:55.12	41.04	250m: 3:22.98	47.23	350m: 4:45.33
	100m: 1:14.08	41.49 200m: 2:35.75	40.63	300m: 4:12.07	49.09	400m: 5:18.20
8.	Jort Jongenelen	Zoetermeer	5:23.27	200303233	5:23.85	
	50m: 32.84	32.84 150m: 1:53.60	41.55	250m: 3:21.38	47.29	350m: 4:46.95
	100m: 1:12.05	39.21 200m: 2:34.09	40.49	300m: 4:08.64	47.26	400m: 5:23.85
9.	Yassine Maas	The Hague Swimming (SG)	5:18.42	200301505	5:30.36	+0,81
	50m: 31.69	31.69 150m: 1:53.32	43.03	250m: 3:24.33	48.91	350m: 4:51.80
	100m: 1:10.29	38.60 200m: 2:35.42	42.10	300m: 4:14.16	49.83	400m: 5:30.36
10.	Laren Schavemaker	The Hague Swimming (SG)	5:56.96	200300607	5:31.25	+0,74
	50m: 32.08	32.08 150m: 1:56.11	43.46	250m: 3:24.66	46.96	350m: 4:52.70
	100m: 1:12.65	40.57 200m: 2:37.70	41.59	300m: 4:12.81	48.15	400m: 5:31.25
11.	Quinten Nieuwenhuis	WZK	5:49.51	200304577	5:32.79	
	50m: 35.32	35.32 150m: 2:01.81	41.92	250m: 3:29.97	48.05	350m: 4:56.80
	100m: 1:19.89	44.57 200m: 2:41.92	40.11	300m: 4:17.87	47.90	400m: 5:32.79
12.	Brandon Groeneveld	De Geul	5:47.59	200300595	5:42.07	+0,67
	50m: 37.31	37.31 150m: 2:06.18	43.56	250m: 3:37.37	48.63	350m: 5:05.30
	100m: 1:22.62	45.31 200m: 2:48.74	42.56	300m: 4:26.39	49.02	400m: 5:42.07
13.	Thierry den Ouden	ZPC Wiekslag	6:05.02	200300729	5:54.99	
	50m: 39.96	39.96 150m: 2:11.54	43.85	250m: 3:46.35	52.02	350m: 5:16.90
	100m: 1:27.69	47.73 200m: 2:54.33	42.79	300m: 4:35.90	49.55	400m: 5:54.99
DIS	Jarno Klink	De Stelle	5:48.98	200302067		
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>					

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Jeugd 1 en 2

1. Freek Hollander	The Hague Swimming (SG)	4:49.24	200103815	4:42.82	+0,74
50m: 29.16	29.16 150m: 1:39.69	36.89	250m: 2:56.76	40.70	350m: 4:11.60
100m: 1:02.80	33.64 200m: 2:16.06	36.37	300m: 3:39.00	42.24	400m: 4:42.82
2. Gerard Willighagen	Poseidon'56	4:49.96	200103663	4:44.56	+0,78
50m: 29.38	29.38 150m: 1:39.54	36.19	250m: 2:57.71	42.36	350m: 4:13.21
100m: 1:03.35	33.97 200m: 2:15.35	35.81	300m: 3:40.66	42.95	400m: 4:44.56
3. Tjeerd van Stein	LinK	4:53.99	200101439	4:45.85	+0,69
50m: 30.63	30.63 150m: 1:42.45	36.05	250m: 2:58.84	41.52	350m: 4:13.78
100m: 1:06.40	35.77 200m: 2:17.32	34.87	300m: 3:40.46	41.62	400m: 4:45.85
4. Guus Hoogduin	Zvl-1886	4:57.54	200201069	4:50.01	+0,76
50m: 29.50	29.50 150m: 1:40.78	36.97	250m: 2:59.30	42.08	350m: 4:16.81
100m: 1:03.81	34.31 200m: 2:17.22	36.44	300m: 3:41.64	42.34	400m: 4:50.01
5. Brandon van den Berg	Rotterdam Swimming (SG)	4:48.98	200200669	4:50.42	+0,72
50m: 29.74	29.74 150m: 1:41.68	36.50	250m: 2:59.44	40.88	350m: 4:16.54
100m: 1:05.18	35.44 200m: 2:18.56	36.88	300m: 3:41.78	42.34	400m: 4:50.42
Scott Jansen	WVZ	4:49.97	200202455	4:50.42	+0,83
50m: 30.78	30.78 150m: 1:45.31	37.51	250m: 3:02.54	40.54	350m: 4:18.66
100m: 1:07.80	37.02 200m: 2:22.00	36.69	300m: 3:43.83	41.29	400m: 4:50.42
7. Viktor Koets	De Columbiaan	4:55.63	200201677	5:05.10	+0,78
50m: 30.14	30.14 150m: 1:45.29	38.28	250m: 3:07.10	42.88	350m: 4:28.85
100m: 1:07.01	36.87 200m: 2:24.22	38.93	300m: 3:51.45	44.35	400m: 5:05.10
8. Luuk van Holstein	Feijenoord Albion	5:24.38	200203841	5:16.83	+0,76
50m: 32.71	32.71 150m: 1:53.41	42.63	250m: 3:20.28	46.13	350m: 4:43.00
100m: 1:10.78	38.07 200m: 2:34.15	40.74	300m: 4:06.17	45.89	400m: 5:16.83
9. Robin van Peenen	De Columbiaan	5:16.92	200201059	5:22.80	
50m: 32.77	32.77 150m: 1:57.88	42.37	250m: 3:23.07	44.33	350m: 4:45.15
100m: 1:15.51	42.74 200m: 2:38.74	40.86	300m: 4:08.69	45.62	400m: 5:22.80
10. Bas van Nisius	The Hague Swimming (SG)	5:31.14	200202107	5:27.63	+0,71
50m: 33.72	33.72 150m: 1:54.82	40.35	250m: 3:25.47	51.08	350m: 4:52.44
100m: 1:14.47	40.75 200m: 2:34.39	39.57	300m: 4:16.48	51.01	400m: 5:27.63
11. Wessel Bonkestoter	Widex GZC Donk	5:35.36	200100625	5:33.25	
50m: 35.28	35.28 150m: 2:01.51	42.03	250m: 3:30.87	48.42	350m: 4:57.52
100m: 1:19.48	44.20 200m: 2:42.45	40.94	300m: 4:19.20	48.33	400m: 5:33.25
12. Boaz Troost	ZOB'66	5:41.01	200100371	5:37.27	+0,75
50m: 34.59	34.59 150m: 2:02.66	44.50	250m: 3:31.40	45.24	350m: 4:59.35
100m: 1:18.16	43.57 200m: 2:46.16	43.50	300m: 4:18.49	47.09	400m: 5:37.27
13. Sven Janssens	ZPB H&L Productions	5:50.92	200102659	5:57.95	+0,83
50m: 37.30	37.30 150m: 2:10.40	47.35	250m: 3:47.24	51.03	350m: 5:18.69
100m: 1:23.05	45.75 200m: 2:56.21	45.81	300m: 4:37.86	50.62	400m: 5:57.95

Senioren 1 en ouder

1. Ensger Kotterink	Feijenoord Albion	4:31.07	199403391	4:34.34	+0,69
50m: 27.87	27.87 150m: 1:34.72	35.15	250m: 2:50.79	40.52	350m: 4:03.05
100m: 59.57	31.70 200m: 2:10.27	35.55	300m: 3:31.40	40.61	400m: 4:34.34
2. Joris Bezemer	De Kempvis	4:45.56	199900527	4:43.46	+0,81
50m: 28.79	28.79 150m: 1:39.41	37.18	250m: 2:57.79	41.63	350m: 4:11.47
100m: 1:02.23	33.44 200m: 2:16.16	36.75	300m: 3:39.07	41.28	400m: 4:43.46
3. Matthew Dullemond	Rotterdam Swimming (SG)	4:40.72	199805005	4:46.35	+0,72
50m: 28.63	28.63 150m: 1:38.13	35.75	250m: 2:56.72	42.82	350m: 4:13.37
100m: 1:02.38	33.75 200m: 2:13.90	35.77	300m: 3:39.72	43.00	400m: 4:46.35
4. Jasper Breugem	WVZ	4:50.26	200000303	4:47.14	+0,79
50m: 29.63	29.63 150m: 1:39.68	35.82	250m: 2:57.28	42.41	350m: 4:15.42
100m: 1:03.86	34.23 200m: 2:14.87	35.19	300m: 3:40.26	42.98	400m: 4:47.14
5. Timo Dinkelberg	Feijenoord Albion	4:51.57	199300773	4:47.20	+0,72
50m: 28.87	28.87 150m: 1:40.35	37.65	250m: 2:59.56	42.28	350m: 4:15.76
100m: 1:02.70	33.83 200m: 2:17.28	36.93	300m: 3:42.66	43.10	400m: 4:47.20
6. Dave Jansen	WVZ	5:14.85	199805299	4:51.84	+0,69
50m: 29.01	29.01 150m: 1:40.83	36.67	250m: 2:59.85	42.57	350m: 4:18.50
100m: 1:04.16	35.15 200m: 2:17.28	36.45	300m: 3:42.88	43.03	400m: 4:51.84
7. Emiel van Beusekom	ZPV Barracuda	4:59.22	199403951	4:53.89	+0,85
50m: 29.65	29.65 150m: 1:43.78	38.79	250m: 3:04.02	42.19	350m: 4:21.27
100m: 1:04.99	35.34 200m: 2:21.83	38.05	300m: 3:47.68	43.66	400m: 4:53.89
8. Daan Siebenheller	ZOB'66	5:02.47	199804955	4:57.83	+0,71
50m: 30.07	30.07 150m: 1:43.52	38.21	250m: 3:03.34	42.45	350m: 4:23.48
100m: 1:05.31	35.24 200m: 2:20.89	37.37	300m: 3:46.44	43.10	400m: 4:57.83
9. David Kievit	z.c De Schotejil	5:01.29	199900325	5:00.10	
50m: 32.18	32.18 150m: 1:48.98	38.79	250m: 3:07.62	40.59	350m: 4:24.51
100m: 1:10.19	38.01 200m: 2:27.03	38.05	300m: 3:48.63	41.01	400m: 5:00.10

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rang	naam	vereniging	intijd		tijd	RT
10.	Thijs Molendijk	D'elft	5:00.85	199900477	5:05.17	+0,69
	50m: 29.33	29.33	150m: 1:42.39	37.62	250m: 3:06.14	46.75
	100m: 1:04.77	35.44	200m: 2:19.39	37.00	300m: 3:53.55	47.41
					350m: 4:29.60	36.05
					400m: 5:05.17	35.57
11.	Bert Duivenvoorde	Noordwijkerhout	5:06.79	199701805	5:07.40	+0,69
	50m: 29.46	29.46	150m: 1:44.47	39.10	250m: 3:09.26	44.99
	100m: 1:05.37	35.91	200m: 2:24.27	39.80	300m: 3:55.54	46.28
					350m: 4:32.14	36.60
					400m: 5:07.40	35.26
12.	Rutger Dalm	KZV de Lansingh	5:09.17	199005561	5:21.67	+0,73
	50m: 31.26	31.26	150m: 1:51.53	42.45	250m: 3:17.87	46.17
	100m: 1:09.08	37.82	200m: 2:31.70	40.17	300m: 4:06.57	48.70
					350m: 4:44.94	38.37
					400m: 5:21.67	36.73
AFGEM	Robbert Donk	ZPC Wiekslag	5:03.82	198900745		

Programmanr. 10
17-11-2018 - 15:15

Dames, 50m vlinderslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Robin Vermeulen	MNC Dordrecht	32.25	200700412	32.10	+0,88
2.	Ananda van der Wiel	WVZ	32.29	200701562	32.99	+0,75
3.	Daniek Wijnen	Zvl-1886	35.77	200701280	34.75	+0,73
4.	Fleur Kamminga	WVZ	37.07	200701838	35.79	+0,94
5.	Thalia Meijer	z.c De Schotejil	36.88	200700730	36.14	+0,65
6.	Samantha van der Jagt	ZZ&PC De Devel	36.75	200700220	36.18	+0,78
7.	Mila Oomens	ZPV Barracuda	37.91	200700016	36.28	
8.	Charlene Ruiters	De Columbiaan	37.74	200700522	37.57	
9.	Dide Provily	ZPC Wiekslag	37.56	200700480	37.92	
10.	Yrsah Verheijen	The Hague Swimming (SG)	37.96	200700350	38.29	+0,80
11.	Dominique Overduin	z.c De Schotejil	40.72	200700172	38.48	
12.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	39.62	200700048	38.61	+0,72
13.	Anniqne Rupke	Widex GZC Donk	42.01	200700876	38.65	+0,82
14.	Janneke Twigt	KZV de Lansingh	40.07	200701040	38.69	+0,88
15.	Britte Lodder	ZZ&PC De Devel	39.07	200702290	42.85	+0,68

Junioren 2

1.	Estelle van Wijngaarden	ZPB H&L Productions	32.67	200601020	31.95	+0,84
2.	Kimberly Ruiters	De Columbiaan	31.22	200600492	32.28	+0,82
3.	Mara Tims	Rotterdam Swimming (SG)	33.71	200601136	32.49	+0,76
4.	Jade van der Maas	WVZ	33.33	200600408	33.01	+0,77
5.	Leyla Oversluisen	z.c De Schotejil	33.64	200602730	33.06	+0,74
6.	G. Schrijvers van Zenden	The Hague Swimming (SG)	33.98	200601618	33.94	+0,79
7.	Laura 't Lam	De Geul	35.07	200603376	33.98	
8.	Loïs van Valen	De Geul	34.33	200600396	34.06	+0,69
9.	Megan Jonkman	The Hague Swimming (SG)	36.08	200600508	34.36	+0,88
10.	Jessica Pol	Poseidon'56	35.68	200600030	35.31	+0,83
11.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	36.84	200602328	35.38	+0,76
12.	Eva v.d. Slik	z.c De Schotejil	36.44	200602876	36.15	+0,76
13.	Sam Boom	MNC Dordrecht	37.78	200600384	36.25	+0,74
14.	Hilda Vrijbloed	De Duck	36.65	200600732	36.67	+0,79
15.	Quinty Kersten	ZOB'66	38.58	200601166	37.06	+0,77
16.	Nikita Snoeren	WVZ	36.64	200600342	37.29	+0,70
17.	Sanne Slof	ZPV Barracuda	36.12	200601810	37.45	+0,85
18.	Evelien Holterman	Zoetermeer	40.43	200601124	39.87	+0,92

Junioren 3

1.	Jelsie van Ruijven	WVZ	30.59	200500282	30.92	+0,76
2.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	32.83	200500330	31.41	+0,74
3.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	31.66	200501256	31.73	+0,70
4.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	32.56	200503292	31.89	+0,86
5.	Vivianne Woltjes	The Hague Swimming (SG)	32.60	200501524	32.13	+0,80
6.	Milou Demirel	The Hague Swimming (SG)	33.21	200501254	32.24	+0,77
7.	Anique Hazebroek	The Hague Swimming (SG)	33.68	200502196	32.50	+0,78
8.	Niké Telkamp	The Hague Swimming (SG)	33.98	200501088	32.73	+0,75
9.	Yente Bouwmeester	De Columbiaan	33.23	200500340	32.86	
10.	Milou Adriaanse	De Columbiaan	33.26	200500968	32.99	+0,55
11.	Marit Huisman	ZPV Barracuda	34.88	200502620	33.23	+0,83

Regiokampioenschappen korte baan
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Programmanr. 10, Meisjes, 50m vlinderslag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT
12.	Merel Schravendijk	The Hague Swimming (SG)	35.79	200503382	33.31	+0,74
13.	Emma Verkuijl	ZPV Barracuda	33.59	200500826	33.34	+0,83
14.	Isa Maes	Feijenoord Albion	34.30	200500110	33.46	+0,74
15.	Evelyn Liket	ZV Vlaardingen-Schiedam	33.12	200503118	33.70	+0,91
16.	Asha van Lobberegt	Feijenoord Albion	34.31	200500088	34.38	
17.	Elise Vink *BU 50m	De Columbiaan	34.19	200502588	34.41	+0,85
18.	Sylvie Roos	Feijenoord Albion	34.20	200502772	34.45	+0,85
19.	Laura Hoogenboezem	KZV de Lansingh	35.02	200500390	35.10	+0,84
20.	Soscha van den Heuvel	ZPC Numansdorp	36.22	200500804	35.75	
21.	Britt van't Zant	Feijenoord Albion	35.24	200501170	35.78	+0,75
22.	Lyke Buscop	z.c De Schotejil	35.60	200500552	35.84	+0,76
23.	Emi Schipper	ZOB'66	36.92	200502126	36.43	+0,75
24.	Mar Stoel	De Columbiaan	35.04	200500520	36.60	+0,80
25.	Felicia Bosse	WZK	35.24	200504468	37.16	+0,84
26.	Maud van der Burgh	ZOB'66	40.75	200502990	43.00	
NG	Anastasia Romano	MNC Dordrecht	34.70	200501076		

Jeugd 1 en 2

1.	Maaïke Issard	The Hague Swimming (SG)	29.30	200300022	29.19	+0,78
2.	Femke Hoppenbrouwer	The Hague Swimming (SG)	30.06	200301124	29.49	+0,72
3.	Milou van Wijk	MNC Dordrecht	29.28	200404948	29.93	+0,76
4.	Irma van der Wulp	WVZ	31.42	200401950	30.37	+0,71
5.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	31.62	200404272	31.14	+0,95
6.	Rinske Bouman	Rotterdam Swimming (SG)	31.30	200400578	31.36	+0,79
7.	Nora van der Steen	LinK	31.88	200403458	31.68	+0,75
8.	Kim de Jong	LinK	31.54	200301026	31.78	+0,85
9.	Isis Naaktgeboren	ZZ&PC De Devel	32.16	200403914	31.82	+0,80
10.	Julia Notenboom	De Columbiaan	31.84	200302596	31.94	
11.	Wendy ten Wolde	ZPC Wiekslag	32.84	200302658	32.43	+0,74
12.	Amy Koelman	De Columbiaan	33.25	200300922	32.65	+0,81
13.	Cheyenne Elburg	KZV de Lansingh	32.51	200401170	32.66	+0,72
14.	Marije de Jager	LinK	32.77	200301394	32.76	+0,69
15.	Robine Boer	De Columbiaan	32.81	200402180	32.79	+0,80
16.	Megan de Hoog	SG SCOM/de Zeehond'73	32.71	200300214	32.95	+0,75
17.	Joyce van 't Hof	ZZ&PC De Devel	33.08	200302122	32.98	+0,77
18.	Phaedra Meijer	z.c De Schotejil	32.05	200401354	33.02	+0,76
19.	Lize van Stigt	LinK	31.93	200401510	33.06	
20.	Fenna Herwig	ZPC Wiekslag	33.08	200400908	33.18	+0,88
21.	Jenna Klein	LinK	33.73	200400914	33.20	+0,81
22.	Anique Star	De Columbiaan	33.42	200400446	33.26	+0,83
23.	Tessa Poot	ZV Vlaardingen-Schiedam	34.50	200404264	33.56	+0,84
24.	Sanne Vermeulen	The Hague Swimming (SG)	32.93	200303902	33.67	+0,80
25.	Lucile Bazalgette	D'elft	34.29	200403484	33.71	+0,68
26.	Mandy van der Meijden	Widex GZC Donk	34.31	200402574	33.74	+0,80
	Daniëlle Vis	De Columbiaan	33.25	200401044	33.74	+0,78
28.	Fiona Moerman	The Hague Swimming (SG)	32.71	200401668	33.75	+0,72
29.	Marise van 't Walderveen	Zoetermeer	34.66	200400902	34.28	+0,82
30.	Esther Reinders	KZV de Lansingh	33.64	200301798	34.43	+0,75
31.	Maaïke van Lochem	Zoetermeer	34.94	200301390	34.74	
32.	Feline Jonkers	Poseidon'56	35.27	200401160	34.79	
33.	Britt van Bommel	De Columbiaan	33.48	200301982	35.07	
34.	Zoë Molenaar	Zoetermeer	35.07	200300978	35.39	+0,75
35.	Carmen Lems	KZV de Lansingh	35.34	200402632	35.80	+0,73
36.	Juliette Boon	ZZ&PC De Devel	35.02	200401908	35.84	+0,76
37.	Jet van Oudheusden	ZOB'66	35.41	200401012	36.16	+0,77
38.	Esmeralda Elbers	ZOB'66	37.53	200404888	36.84	+0,72
39.	Milou van Winkel	LinK	42.31	200402296	43.01	+0,86
40.	Megan van Delden	WVZ	46.98	200405500	43.29	+0,79
				S14		
				S13		350

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Programmanr. 10, Dames, 50m vlinderslag

Senioren 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	28.09	200201414	28.27	+0,75
2.	Elise Tanis	z.c De Schotejil	28.08	200200120	28.84	+0,71
3.	Tessa Giele	Feijenoord Albion	28.82	200203124	29.45	+0,66
4.	Lynn Blommers	The Hague Swimming (SG)	29.66	200105062	29.83	+0,65
5.	Rosey Metz	WVZ	29.47	200101786	30.04	+0,74
6.	Anniek de Ruiters	Widex GZC Donk	31.59	200101224	31.01	+0,79
7.	Isa Boom	MNC Dordrecht	30.23	200200186	31.02	+0,74
8.	Almudena Visser Velez	The Hague Swimming (SG)	30.80	200205904	31.23	
9.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	30.77	200100904	31.35	+0,64
10.	Eline Duynisveld	WVZ	31.31	200103958	31.47	+0,75
11.	Sanne Heemskerck	Zvl-1886	31.93	200100600	31.54	+0,73
12.	Lisanne Dijkman	Zoetermeer	32.34	200102676	31.71	+0,69
13.	Sam IJzerman	De Geul	31.38	200101204	31.74	+0,70
14.	Amy van Leersum	Poseidon'56	31.58	200200300	31.77	+0,74
15.	Rozemarijn van Haaff	ZOB'66	31.57	200201852	32.07	+0,71
16.	Jasmine el Taraboulsi	WZK	31.67	200105788	32.08	+0,79
17.	Lieske Zijlstra	z.c De Schotejil	32.47	200200996	32.11	
18.	Kim van Gemert	Poseidon'56	32.24	200101968	32.28	+0,89
	Anne Straub	Zoetermeer	31.22	200201402	32.28	+0,77
20.	Catharina Chulick	WVZ	31.90	200106304	32.34	+0,75
21.	Lisa Pijlman	De Kempvis	31.59	200103004	32.59	
22.	Megan van Beelen	De Columbiaan	33.01	200105606	32.68	+0,74
23.	Grace Anderson	WVZ	32.89	200200578	32.79	+0,73
24.	Anouk Vis	De Columbiaan	32.89	200203322	32.99	
25.	Marbel Diderik	De Columbiaan	32.24	200205752	33.15	+0,64
26.	Diana Noordermeer	SG SCOM/de Zeehond'73	32.75	200102110	33.25	+0,63
27.	Esmée Roodenburg	De Geul	32.95	200100040	33.39	+0,75
28.	Sara Claps	The Hague Swimming (SG)	33.16	200205916	33.53	+0,73
29.	Robin Pienaar	ZPV Barracuda	33.30	200102236	33.87	+0,83
30.	Amber Hesper	ZPV Barracuda	33.93	200202188	34.08	+0,78
31.	Susan van Grol	Widex GZC Donk	33.50	200201344	34.42	+0,72
32.	Lara Idsinga	ZZ&PC De Devel	34.57	200200678	34.70	+0,77
33.	Anna Hoogenboezem	KZV de Lansingh	34.23	200200658	35.10	+0,83
34.	Ilonka van der Well	ZPB H&L Productions	33.80	200103732	35.23	+0,81
35.	Naomi Mesquita Ferreira	Zoetermeer	34.98	200204286	35.24	+0,77
36.	Susanne Roeleveld	WVZ	33.34	200203266	36.01	+0,79
NG	Lisanne van 't Walderveen	Zoetermeer	34.77	200203226		

Senioren

1.	Elinore de Jong	The Hague Swimming (SG)	25.82	198902072	27.49	+0,72
2.	Mariska Scheel	KZV de Lansingh	28.99	199306344	29.19	+0,75
3.	Lauren van IJl	WVZ	29.13	200001064	29.66	+0,75
4.	Miranda Nijenhuis	De Columbiaan	29.27	199204076	29.96	+0,77
5.	Romy de Laat	ZPC Wiekslag	30.11	199900902	30.14	+0,74
6.	Babette van der Kaaij	Rotterdam Swimming (SG)	30.43	199902234	30.18	
7.	Melissa van der Heijden	ZPV Barracuda	30.43	199605226	30.40	+0,70
8.	Nikita Herwig	ZPC Wiekslag	30.22	199903552	30.82	+0,76
9.	Fenna de Groot	Feijenoord Albion	30.32	199701796	30.84	+0,64
10.	Alisha Vieira	Rotterdam Swimming (SG)	31.87	199904554	30.97	+0,73
11.	Annemarie Meijer	Feijenoord Albion	31.66	199900964	31.22	+0,80
12.	Rebecca Evers	ZOB'66	31.44	199207916	31.49	+0,77
13.	Kelly Wiglevan	Poseidon'56	31.88	199500058	31.81	+0,76
14.	Lincy de Winter	The Hague Swimming (SG)	32.46	199805886	32.38	+0,75
15.	Sanne Hobé	Poseidon'56	33.31	200000826	32.81	+0,74
16.	Yancey Bouman	Zoetermeer	33.85	199801924	34.42	
17.	Laura Tromp	ZZ&PC De Devel	33.24	200000276	34.79	
18.	Lianne Boegheim	Widex GZC Donk	33.52	199805454	34.92	+0,73

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Programmanr. 11
17-11-2018 - 15:35

Heren, 200m rugslag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1									
1. Daan Sonneveld	WVZ	2:29.97	200601085	2:29.58	+0,74	34.56	1:12.43	1:51.62	2:29.58
2. Thom de Hoog	SG SCOM/de Zeehond	2:36.57	200600019	2:35.07	+0,68	36.30	1:15.30	1:55.63	2:35.07
3. Mark Demianenko	Zoetermeer	2:44.91	200600409	2:42.29	+0,68	37.86	1:19.22	2:01.63	2:42.29
4. Joris Lissenberg * BU 200m	The Hague Swimming	(2:44.14	200600585	2:43.86	+0,77	37.18	1:18.23	2:01.19	2:43.86
5. Laurens Kalle	z.c De Schotejil	2:51.85	200600161	2:44.71	+0,73	38.18	1:20.99	2:04.04	2:44.71
6. Bas Blanker	ZPB H&L Productions	2:49.01	200601497	2:48.20	+0,64	39.64	1:22.59	2:06.53	2:48.20
7. Floris Wassenaar	WVZ	2:52.08	200600649	2:49.24	+0,71	39.78	1:23.38	2:07.07	2:49.24
8. Dimi Stoyanov	The Hague Swimming	(2:48.38	200601067	2:49.86	+0,79	40.62	1:24.31	2:08.38	2:49.86
9. Benjamin Vermeer	Zoetermeer	2:51.72	200600177	2:51.84	+0,62	40.15	1:24.27	2:08.59	2:51.84
10. Bas Bechtold * BU 200m	ZPV Barracuda	2:52.88	200600007	2:52.31	+0,68	40.67	1:25.35	2:09.39	2:52.31
11. Karol Sas * BU 50m	MNC Dordrecht	2:57.45	200602321	2:53.51	+0,75	39.44	1:23.04	2:09.73	2:53.51
12. Tibbe Veldboer	ZPB H&L Productions	3:01.07	200600911	2:54.77	+0,92	40.97	1:25.31	2:10.91	2:54.77
13. Jasper Groen	KZV de Lansingh	3:05.14	200602325	3:02.42		41.75	1:28.22	2:16.45	3:02.42
14. Tavi de Gelder	ZOB'66	3:07.04	200602335	3:05.35	+0,80	43.67	1:30.96	2:19.03	3:05.35
15. Thomas Klaassen NG Timo Vankan	ZOB'66 De Columbiaan	3:12.79 2:53.31	200601535 200603749	3:05.93	+0,75	42.57	1:30.84	2:19.69	3:05.93
Junioren 2									
1. Gabriel Been	The Hague Swimming	(2:27.61	200501467	2:25.66	+0,81	34.14	1:10.65	1:48.54	2:25.66
2. Yanieck Frijstein	The Hague Swimming	(2:28.25	200500329	2:27.74	+0,79	35.63	1:12.34	1:49.98	2:27.74
3. River Streefland	The Hague Swimming	(2:30.83	200502253	2:27.79	+0,75	35.18	1:12.98	1:51.26	2:27.79
4. Menno Wieringa	KZV de Lansingh	2:31.97	200500927	2:28.25	+0,63	35.20	1:13.65	1:52.67	2:28.25
5. Björn Verkaik	The Hague Swimming	(2:31.05	200500411	2:28.60	+0,80	35.24	1:12.58	1:51.19	2:28.60
6. Luca Nguyen-Tri	Rotterdam Swimming	(2:32.53	200500781	2:30.59	+0,66	35.81	1:14.06	1:52.65	2:30.59
7. Luuk Bogaert	De Watervogels	2:48.48	200503203	2:39.36	+0,57	36.07	1:16.18	1:57.80	2:39.36
8. Émile Fouzaï	The Hague Swimming	(2:42.22	200500263	2:40.41	+0,69	37.08	1:17.80	1:59.58	2:40.41
9. Aaike de Tender * BU 150m	De Geul	2:49.79	200502189	2:43.01	+0,68	37.91	1:19.87	2:02.46	2:43.01
10. Onno Roeleveld	De Columbiaan	2:44.04	200502775	2:45.55	+0,69	38.10	1:20.30	2:03.33	2:45.55
11. Tim van Lochem	Zoetermeer	2:44.39	200500077	2:47.38	+0,57	38.37	1:20.55	2:03.72	2:47.38
12. Tjomme de Tender * BU 50m	De Geul	2:44.47	200502187	2:47.67	+0,94	38.75	1:21.16	2:05.11	2:47.67
13. Simon Thijsssen	WZK	2:56.45	200503759	2:51.01		40.03	1:23.72	2:07.97	2:51.01
14. Sytze van Stein	LinK	2:49.80	200501155	2:51.65	+0,62	39.38	1:22.27	2:06.66	2:51.65
Junioren 3									
1. Abel te Riele	WVZ	2:17.80	200402317	2:15.79	+0,67	32.22	1:07.08	1:42.13	2:15.79
2. Jay de Vries	Rotterdam Swimming	(2:17.80	200400669	2:16.40	+0,75	32.13	1:06.75	1:42.35	2:16.40
3. Chris van der Hout	The Hague Swimming	(2:19.09	200401355	2:17.82	+0,78	31.92	1:05.81	1:41.87	2:17.82
4. Pepijn van Egmond	WVZ	2:23.96	200402309	2:23.80	+0,75	33.63	1:10.37	1:47.45	2:23.80
5. Sem Verberg	The Hague Swimming	(2:27.08	200402105	2:25.23	+0,79	33.88	1:11.02	1:48.57	2:25.23
6. Kun Woo Kim	The Hague Swimming	(2:32.52	200401361	2:27.68	+0,72	33.90	1:10.82	1:49.32	2:27.68
7. Max van Schagen	De Columbiaan	2:36.75	200402591	2:31.28	+0,65	35.51	1:14.39	1:53.64	2:31.28
8. Julien Tanis * BU 200m	Rotterdam Swimming	(2:27.97	200401045	2:31.34	+0,64	35.77	1:14.49	1:53.22	2:31.34
9. Daniel 't Mannetje	z.c De Schotejil	2:42.57	200400183	2:32.86	+0,71	36.38	1:15.80	1:55.45	2:32.86
10. Tim Haimé	The Hague Swimming	(2:36.17	200403567	2:34.87	+0,92	37.82	1:16.77	1:56.49	2:34.87
11. Timo Huizer	ZPC Wiekslag	2:42.07	200401125	2:36.72	+0,71	36.54	1:16.89	1:57.44	2:36.72
12. Thomas van Peenen	De Columbiaan	2:34.30	200400097	2:36.81	+0,65	36.19	1:16.05	1:56.72	2:36.81
13. Thijm Kruit	De Columbiaan	2:42.00	200401339	2:42.61	+0,71	37.45	1:17.95	2:00.45	2:42.61

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 11, Heren, 200m rugslag

Junioren 4

1. Jelle Bon	ZV Vlaardingen-Schied	2:17.09	200301077	2:14.47	+0,67	30.73	1:04.78	1:39.80	2:14.47
2. Dylan Jansen	WVZ	2:17.09	200300817	2:16.18	+0,66	32.12	1:06.89	1:41.97	2:16.18
3. Michael Smink	The Hague Swimming	(2:26.05	200302169	2:18.69	+0,72	31.81	1:08.30	1:45.97	2:18.69
4. Perry Laarhoven	ZPC Numansdorp	2:21.70	200301321	2:19.35	+0,72	33.08	1:09.76	1:45.83	2:19.35
<i>* BU 200m</i>									
5. Daan Hogerhuis	LinK	2:23.30	200300317	2:25.34	+0,68	34.16	1:11.21	1:48.80	2:25.34
6. M. Lopes Cardozo	WZK	2:38.54	200300665	2:29.82	+0,73	34.09	1:12.91	1:51.91	2:29.82
7. Quinten Nieuwenhuis	WZK	2:32.02	200304577	2:32.32	+0,71	35.34	1:13.53	1:53.36	2:32.32
8. Julian Stok	ZZ&PC De Devel	2:37.40	200300071	2:33.40	+0,78	36.71	1:15.26	1:54.90	2:33.40
9. Thimo van Beek	Zvl-1886	2:38.16	200301347	2:36.19	+0,66	36.72	1:16.45	1:57.52	2:36.19
10. Brandon Groeneveld	De Geul	2:40.08	200300595	2:39.57	+0,66	36.63	1:17.33	1:58.81	2:39.57
<i>* BU 100m</i>									
11. Thierry den Ouden	ZPC Wiekslag	2:46.01	200300729	2:42.02	+0,71	37.64	1:19.06	2:01.55	2:42.02
12. Yassine Maas	The Hague Swimming	(2:26.19	200301505	2:42.25	+0,87	37.21	1:17.39	1:59.95	2:42.25

Jeugd 1 en 2

1. Niels Dijkshoorn	ZV Vlaardingen-Schied	2:08.79	200203079	2:07.49	+0,72	29.86	1:02.39	1:35.61	2:07.49
2. Nikhom Westphal	SG SCOM/de Zeehond	2:12.48	200203329	2:08.68	+0,64	31.26	1:04.24	1:37.40	2:08.68
3. Jarno Verbeek	Zoetermeer	2:15.99	200200931	2:12.95	+0,68	30.93	1:05.07	1:39.61	2:12.95
4. Tjeerd van Stein	LinK	2:11.15	200101439	2:13.97	+0,69	31.46	1:05.00	1:39.74	2:13.97
5. Sander Iuga	Feijenoord Albion	2:16.66	200101389	2:15.31	+0,68	32.54	1:07.29	1:41.41	2:15.31
6. Viktor Koets	De Columbiaan	2:14.70	200201677	2:15.47	+0,68	31.76	1:06.04	1:41.27	2:15.47
7. Querijn Hensen	The Hague Swimming	(2:18.56	200102121	2:16.03	+0,71	30.88	1:05.08	1:40.99	2:16.03
8. Dylano Termoshuizen	WVZ	2:18.55	200202169	2:19.13	+0,67	30.58	1:04.81	1:41.48	2:19.13
9. Thomas van Wanrooij	Poseidon'56	2:25.77	200201473	2:20.24	+0,64	32.10	1:07.24	1:43.51	2:20.24
10. Scott Jansen	WVZ	2:17.58	200202455	2:22.39	+0,71	33.19	1:09.59	1:46.43	2:22.39
11. Jarno Oijen	Feijenoord Albion	2:23.66	200100055	2:24.28	+0,88	32.79	1:09.00	1:46.82	2:24.28
<i>* BU 200m</i>									
12. Björn de Heus	ZV Vlaardingen-Schied	2:31.16	200201077	2:25.45	+0,62	33.50	1:09.96	1:47.36	2:25.45
13. Bas van Nisius	The Hague Swimming	(2:25.35	200202107	2:25.74	+0,83	34.16	1:11.22	1:49.09	2:25.74
14. Boy Borreman	LinK	2:31.42	200102751	2:25.99	+0,61	34.22	1:10.88	1:48.66	2:25.99
15. Robin van Peenen	De Columbiaan	2:33.03	200201059	2:31.22	+0,68	34.81	1:14.08	1:53.61	2:31.22
16. Wessel Bonkestoter	Widex GZC Donk	2:27.72	200100625	2:31.78	+0,59	35.88	1:15.26	1:54.75	2:31.78
NG.ZA Ivo Stolk	SG SCOM/de Zeehond	2:05.26	200100615						

Senioren 1 en ouder

1. Ensger Kotterink	Feijenoord Albion	2:01.76	199403391	2:08.45	+0,63	29.76	1:02.80	1:36.93	2:08.45
2. Jorian Tanis	z.c De Schotejil	2:11.48	199900327	2:09.41	+0,71	30.80	1:04.10	1:37.24	2:09.41
3. Melvin Prins	ZPC Wiekslag	2:08.03	199500201	2:10.42	+0,67	30.10	1:03.03	1:36.49	2:10.42
4. Jasper Breugem	WVZ	2:11.66	200000303	2:11.63	+0,79	31.29	1:04.23	1:37.86	2:11.63
5. Thijs Molendijk	D'elft	2:14.45	199900477	2:13.49	+0,63	30.65	1:04.73	1:39.63	2:13.49
6. Timo Dinkelberg	Feijenoord Albion	2:11.38	199300773	2:13.94	+0,68	30.90	1:04.78	1:39.91	2:13.94
7. Derk Jan Speelman	Rotterdam Swimming	(2:12.50	199602425	2:14.17	+0,79	31.41	1:04.96	1:39.51	2:14.17
8. Dave Jansen	WVZ	2:14.72	199805299	2:16.23	+0,62	31.53	1:06.51	1:41.72	2:16.23
9. Daan Siebenheller	ZOB'66	2:19.27	199804955	2:18.68	+0,66	33.39	1:09.08	1:44.79	2:18.68
10. Robin van Beek	Zvl-1886	2:24.59	199704023	2:18.75	+0,64	31.38	1:05.71	1:41.52	2:18.75
11. Aron Paasse	z.c De Schotejil	2:18.56	200000099	2:18.85	+0,63	32.72	1:07.79	1:43.57	2:18.85
12. Jordy van Oel	WVZ	2:14.86	199802003	2:20.41	+0,64	32.20	1:06.76	1:43.14	2:20.41
13. David Kievit	z.c De Schotejil	2:18.89	199900325	2:22.81	+0,82	33.45	1:09.68	1:46.60	2:22.81
14. Ian van Mullem	ZOB'66	2:28.85	199602545	2:29.70	+0,59	34.32	1:11.49	1:50.42	2:29.70
15. Otto Pranger	SG SCOM/de Zeehond	2:34.53	200000007	2:33.78	+0,68	36.59	1:16.23	1:55.44	2:33.78
AFGEM Noah Legerstee	WVZ	2:15.69	200003593						

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 12
17-11-2018 - 16:10

Meisjes, 4 x 100m wisselslag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1.	The Hague Swimming (SG) 1	The Hague Swimming (SG) 4:53.45	4:53.75	+0,69
	Megan Jonkman +0,69 36.06	1:14.63 Gabriëlle Schrijvers van Zenden	+0,40 36.11	1:16.40
	Niké Telkamp +0,29 36.00	1:18.31 Anique Hazebroek	+0,47 30.22	1:04.41
2.	WVZ 1	WVZ 4:58.53	4:56.40	+0,75
	Nikita Snoeren +0,75 37.79	1:16.41 Jade van der Maas	+0,47 34.32	1:14.02
	Jelsie van Ruijven +0,37 37.25	1:19.34 Ananda van der Wiel	+0,30 31.87	1:06.63
3.	Feijenoord Albion 1	Feijenoord Albion 4:57.58	4:58.79	+0,79
	Britt van't Zant +0,79 38.07	1:18.27 Sylvie Roos	+0,47 34.39	1:14.52
	Isa Maes +0,30 38.05	1:21.74 Asha van Lobbereg	+0,23 30.63	1:04.26
4.	Barracuda 1	ZPV Barracuda 5:01.45	5:01.42	+0,74
	Marit Huisman +0,74 36.51	1:14.98 Emma Verkuil	+0,42 35.07	1:17.35
	Anouchka Bos +0,51 39.28	1:23.66 Sanne Slof	+0,19 30.83	1:05.43
5.	De Columbiaan 1	De Columbiaan 4:59.25	5:13.24	+0,66
	Yente Bouwmeester +0,66 35.92	1:15.00 Mar Stoel	+0,41 36.65	1:25.06
	Elise Vink +0,25 38.76	1:24.23 Kimberly Ruiters	+0,81 32.37	1:08.95
6.	The Hague Swimming (SG) 2	The Hague Swimming (SG) 5:15.88	5:15.80	+0,76
	Charlotte Woltjes +0,76 38.79	1:19.96 Madoline Held	+0,47 36.94	1:20.49
	Milou Demirel +0,29 40.50	1:26.42 Vivianne Woltjes	+0,91 32.05	1:08.93
7.	De Schotelij 1	z.c De Schotelij 5:07.26	5:17.76	+0,67
	Lyke Buscop +0,67 37.09	1:17.15 Leyla Oversluisen	+0,33 35.40	1:21.09
	Thalia Meijer +0,61 42.39	1:31.36 Aisha Nobels	+0,35 32.39	1:08.16
8.	De Geul 1	De Geul 5:50.90	5:35.29	+0,90
	<i>* BU 300m</i>			
	Donna Verhoef +0,90 42.85	1:27.39 Laura 't Lam	+0,43 38.15	1:22.73
	Daphne van Tilburg +0,55 44.68	1:35.16 Lois van Valen		33.28 1:10.01
9.	Lansingh 1	KZV de Lansingh 5:34.19	5:35.54	+0,78
	Anne-Marie Twigt +0,78 40.62	1:23.27 Laura Hoogenboezem	+0,18 35.40	1:20.04
	Noémi Oldenkamp +0,57 45.61	1:38.37 Janneke Twigt	+0,34 35.46	1:13.86

Programmanr. 13
17-11-2018 - 16:25

Dames, 4 x 100m wisselslag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Feijenoord Albion 1	Feijenoord Albion 4:31.38	4:30.20	+0,69
	Tessa Giele +0,69 33.35	1:08.55 Fenna de Groot	+0,04 30.61	1:06.31
	Annemarie Meijer +0,42 34.89	1:15.24 Marije Dinkelberg	+0,58 29.01	1:00.10
2.	De Schotelij 1	z.c De Schotelij 4:30.91	4:35.51	+0,74
	Manon Middelbos +0,74 34.86	1:11.92 Elise Tanis	+0,38 29.84	1:04.22
	Lotte Middelbos +0,37 35.48	1:17.21 Lotte Tillema	+0,56 29.66	1:02.16
3.	WVZ 1	WVZ 4:29.81	4:35.82	+0,69
	Grace Anderson +0,69 35.69	1:13.47 Lauren van IJl	+0,72 31.92	1:09.57
	Rosey Metz +0,19 32.49	1:09.70 Catharina Chulick	+0,44 30.26	1:03.08
4.	LinK 1	LinK 4:40.46	4:45.05	+0,83
	Jenna Klein +0,83 34.06	1:10.19 Lize van Stigt	+0,27 33.69	1:12.04
	Kim de Jong +0,75 35.99	1:17.01 Marije de Jager	0.00 31.01	1:05.81
5.	Lansingh 1	KZV de Lansingh 4:46.63	4:47.69	+0,75
	Aniek Erenstein-Huijsman +0,75 34.72	1:12.83 Mariska Scheel	+0,29 30.39	1:06.81
	Anna Hoogenboezem +0,34 38.49	1:23.11 Esther Reinders	+0,34 30.65	1:04.94
6.	WVZ 2	WVZ 4:48.92	4:48.88	+0,68
	Zinzi van der Maas +0,68 35.54	1:12.08 Eline Duynisveld	+0,36 32.76	1:13.58
	Jade Geurts +0,55 36.65	1:18.96 Irma van der Wulp	+0,14 30.40	1:04.26
7.	De Schotelij 2	z.c De Schotelij 4:48.82	4:51.06	+0,81
	Tamara de Ruiters +0,81 38.34	1:18.33 Lieske Zijlstra	+0,61 33.04	1:11.45
	Nienke Mierop +0,38 36.35	1:18.65 Phaedra Meijer	+0,62 29.65	1:02.63
8.	The Hague Swimming (SG) 2	The Hague Swimming (SG) 4:47.62	4:52.86	+0,62
	Ilse Kraaijeveld +0,62 33.95	1:09.85 Sacha van den Dobbelaer		34.92 1:16.52
	Mara Bosman 38.46	1:22.91 Lara Hoeksema		30.23 1:03.58
9.	ZZ&PC De Devel 1	ZZ&PC De Devel 4:53.56	4:54.92	+0,77
	Isis Naaktgeboren +0,77 34.22	1:10.86 Joyce van 't Hof	+0,25 34.28	1:14.78
	Laura Tromp +0,36 39.29	1:24.68 Lara Idsinga	+0,46 31.03	1:04.60
10.	De Columbiaan 1	De Columbiaan 4:41.51	4:55.76	+0,71
	Julia Notenboom +0,71 34.16	1:11.59 Marbel Diderik	+0,50 35.77	1:21.11
	Daniëlle Vis +0,30 37.03	1:20.23 Megan van Beelen	+0,49 29.67	1:02.83

Regiokampioenschappen korte baan
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Programmanr. 13, Dames, 4 x 100m wisselslag, Senioren Open

rang	vereniging	intijd	tijd	RT
11.	ZOB'66	4:49.11	4:57.41	+0,71
	Jet van Oudheusden +0,71 37.82	1:18.49	Rebecca Evers +0,53 34.73	1:16.55
	Rozemarijn van Haaff +0,12 36.72	1:19.78	Wendy de Bruin +0,13 29.71	1:02.59
12.	Zoetermeer	4:53.42	4:59.11	+0,63
	Lisanne Dijkman +0,63 37.24	1:17.82	Anne Straub +0,54 33.43	1:11.59
	Elyanne Boudestein +0,41 38.02	1:22.44	Zoë Molenaar +0,45 32.16	1:07.26
13.	De Geul	4:54.69	4:59.45	+0,66
	Debra de Lange +0,66 38.44	1:19.40	Esmée Roodenburg +0,34 34.50	1:15.32
	Sam Ijzerman +0,34 36.25	1:18.80	Faustine Mussig +0,58 31.54	1:05.93
14.	Widex GZC Donk	4:54.87	5:07.77	+0,83
	Anniek de Ruiter +0,83 34.11	1:11.07	Mandy van der Meijden +0,34 36.13	1:21.78
	Susan van Grol +0,18 37.37	1:20.64	Anniqke Rupke +0,57 34.70	1:14.28
DIS	The Hague Swimming (SG) 1 The Hague Swimming (SG)	4:08.18		+0,74
	<i>EA - Te vroeg overgenomen., 4e zwemster te vroeg overgenomen</i>			
	Lotte Hosper +0,74 30.48	1:02.38	Elinore de Jong +0,27	
	Lynn Blommers +0,24		Femke Hoppenbrouwer -0,15	

Programmanr. 14
18-11-2018 - 9:30

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Thom de Hoog	SG SCOM/de Zeehond'73	5:29.29	200600019	4:54.88
	50m: 33.38	33.38	150m: 36.48	250m: 39.28	350m: 42.24
	100m: 1:09.86	36.48	200m: 2:24.95	300m: 3:46.70	400m: 4:54.88
2.	Mark Demianenko	Zoetermeer	5:04.56	200600409	4:56.36
	50m: 32.64	32.64	150m: 1:49.25	250m: 3:07.73	350m: 4:22.94
	100m: 1:10.21	37.57	200m: 2:28.45	300m: 3:46.70	400m: 4:56.36
3.	Daan Sonneveld	WVZ	4:59.32	200601085	4:56.40
	50m: 32.90	32.90	150m: 1:48.95	250m: 3:06.89	350m: 4:22.41
	100m: 1:10.28	37.38	200m: 2:27.88	300m: 3:45.35	400m: 4:56.40
4.	Bjorn Rijkaart	BZ en PC	5:12.69	200601337	5:07.98
	50m: 33.90	33.90	150m: 1:53.53	250m: 3:13.12	350m: 4:31.73
	100m: 1:12.90	39.00	200m: 2:33.61	300m: 3:52.19	400m: 5:07.98
5.	Bas Blanker	ZPB H&L Productions	5:10.78	200601497	5:09.86
	50m: 33.97	33.97	150m: 1:53.30	250m: 3:13.36	350m: 4:33.70
	100m: 1:13.46	39.49	200m: 2:33.50	300m: 3:53.43	400m: 5:09.86
6.	Dimi Stoyanov	The Hague Swimming (SG)	5:15.55	200601067	5:10.52
	50m: 33.43	33.43	150m: 1:51.79	250m: 3:12.78	350m: 4:33.83
	100m: 1:12.18	38.75	200m: 2:32.27	300m: 3:53.20	400m: 5:10.52
7.	Joris Lissenberg	The Hague Swimming (SG)	5:27.06	200600585	5:19.71
	50m: 33.79	33.79	150m: 1:53.91	250m: 3:16.55	350m: 4:39.82
	100m: 1:12.61	38.82	200m: 2:35.27	300m: 3:58.10	400m: 5:19.71
8.	Dave Dirks	ZV Vlaardingen-Schiedam	5:34.12	200602883	5:20.30
	50m: 35.75	35.75	150m: 40.51	250m: 40.51	350m: 43.38
	100m: 1:16.26	40.51	200m: 2:39.66	300m: 40.42	400m: 5:10.52
9.	Dylan Groeneveld	De Geul	5:32.27	200600011	5:21.04
	50m: 34.93	34.93	150m: 38.55	250m: 41.28	350m: 43.92
	100m: 1:13.48	38.55	200m: 2:33.84	300m: 41.55	400m: 5:19.71
10.	Thijs van den Berg	The Hague Swimming (SG)	5:35.36	200600971	5:23.14
	50m: 36.42	36.42	150m: 40.81	250m: 41.28	350m: 43.92
	100m: 1:17.23	40.81	200m: 2:39.30	300m: 41.55	400m: 5:19.71
11.	Floris Wassenaar	WVZ	5:42.17	200600649	5:25.58
	50m: 35.38	35.38	150m: 39.96	250m: 41.28	350m: 43.92
	100m: 1:15.34	39.96	200m: 2:38.93	300m: 41.55	400m: 5:19.71
12.	Bjorn Mulder	DSZ	5:38.49	200601517	5:26.39
	50m: 37.53	37.53	150m: 40.57	250m: 41.28	350m: 43.92
	100m: 1:18.10	40.57	200m: 2:40.89	300m: 41.55	400m: 5:19.71
13.	Merlijn van der Hoeven	WVZ	5:41.47	200600951	5:28.79
	50m: 35.41	35.41	150m: 40.16	250m: 41.28	350m: 43.92
	100m: 1:15.57	40.16	200m: 2:40.18	300m: 41.55	400m: 5:19.71
14.	Winston van den Berg	Rotterdam Swimming (SG)	5:26.17	200600253	5:30.88
	50m: 35.45	35.45	150m: 40.61	250m: 41.69	350m: 44.91
	100m: 1:16.06	40.61	200m: 2:40.49	300m: 42.74	400m: 5:30.88

Regiokampioenschappen korte baan
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Programmanr. 14, Jongens, 400m vrije slag, Junioren 1

rang	naam	vereniging	intijd		tijd	RT		
15.	Benjamin Vermeer <i>* BU 150m en 400m</i>	Zoetermeer	5:18.83	200600177	5:35.21	+0,75		
	50m: 34.67	34.67	150m: 1:57.44	42.54	250m: 3:26.37	44.33	350m: 4:54.79	43.94
	100m: 1:14.90	40.23	200m: 2:42.04	44.60	300m: 4:10.85	44.48	400m: 5:35.21	40.42
16.	Bo Merkestein	WVZ	5:45.97	200602451	5:36.69			
	50m: 37.32	37.32	150m:		250m:		350m:	
	100m: 1:19.27	41.95	200m: 2:46.32		300m:		400m: 5:36.69	
17.	Bas Bechtold	ZPV Barracuda	5:34.44	200600007	5:38.50			
	50m: 34.84	34.84	150m:		250m:		350m:	
	100m: 1:15.90	41.06	200m: 2:43.42		300m:		400m: 5:38.50	
18.	Roan van der Weide	Widex GZC Donk	5:42.00	200601629	5:39.20			
	50m: 38.37	38.37	150m:		250m:		350m:	
	100m: 1:20.58	42.21	200m: 2:47.73		300m:		400m: 5:39.20	

Junioren 2

1.	Gabriel Been	The Hague Swimming (SG)	4:40.84	200501467	4:30.45	+0,83		
	50m: 29.75	29.75	150m: 1:36.88	33.93	250m: 2:46.29	34.75	350m: 3:56.55	35.16
	100m: 1:02.95	33.20	200m: 2:11.54	34.66	300m: 3:21.39	35.10	400m: 4:30.45	33.90
2.	Yanieck Frijstein	The Hague Swimming (SG)	4:39.64	200500329	4:32.28	+0,74		
	50m: 30.97	30.97	150m: 1:39.40	34.69	250m: 2:49.84	35.56	350m: 3:58.86	34.12
	100m: 1:04.71	33.74	200m: 2:14.28	34.88	300m: 3:24.74	34.90	400m: 4:32.28	33.42
3.	Sem Agterdenbos <i>* BU 100m</i>	MNC Dordrecht	4:46.73	200500049	4:41.61	+0,68		
	50m: 31.82	31.82	150m: 1:43.42	36.29	250m: 2:55.44	35.83	350m: 4:07.39	35.07
	100m: 1:07.13	35.31	200m: 2:19.61	36.19	300m: 3:32.32	36.88	400m: 4:41.61	34.22
4.	Émile Fouzaï	The Hague Swimming (SG)	4:47.40	200500263	4:42.40	+0,73		
	50m: 31.22	31.22	150m: 1:42.97	36.31	250m: 2:56.26	36.82	350m: 4:09.15	36.64
	100m: 1:06.66	35.44	200m: 2:19.44	36.47	300m: 3:32.51	36.25	400m: 4:42.40	33.25
5.	Björn Verkaik	The Hague Swimming (SG)	4:48.82	200500411	4:51.60	+0,73		
	50m: 32.49	32.49	150m: 1:47.49	37.87	250m: 3:02.85	37.47	350m: 4:17.34	36.83
	100m: 1:09.62	37.13	200m: 2:25.38	37.89	300m: 3:40.51	37.66	400m: 4:51.60	34.26
6.	Casper Hoogervorst	De Columbiaan	5:06.56	200500183	5:04.72	+0,75		
	50m: 34.04	34.04	150m: 1:51.23	38.96	250m: 3:08.93	38.78	350m: 4:27.45	39.35
	100m: 1:12.27	38.23	200m: 2:30.15	38.92	300m: 3:48.10	39.17	400m: 5:04.72	37.27
7.	Aaïke de Tender	De Geul	5:25.31	200502189	5:10.12			
	50m: 33.80	33.80	150m:		250m:		350m:	
	100m: 1:11.88	38.08	200m: 2:32.09		300m:		400m: 5:10.12	
8.	Wouter Willig	De Watervogels	5:16.28	200502785	5:11.18	+0,79		
	50m: 35.12	35.12	150m: 1:52.83	39.07	250m: 3:11.79	39.47	350m: 4:29.53	37.63
	100m: 1:13.76	38.64	200m: 2:32.32	39.49	300m: 3:51.90	40.11	400m: 5:11.18	41.65
9.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	5:16.18	200500781	5:12.68			
	50m: 32.36	32.36	150m: 1:48.82	38.99	250m: 3:10.50	41.00	350m: 4:33.61	41.78
	100m: 1:09.83	37.47	200m: 2:29.50	40.68	300m: 3:51.83	41.33	400m: 5:12.68	39.07
10.	Onno Roeleveld	De Columbiaan	5:25.89	200502775	5:13.60			
	50m: 34.49	34.49	150m:		250m:		350m:	
	100m: 1:13.26	38.77	200m: 2:33.06		300m:		400m: 5:13.60	
11.	Tjomme de Tender	De Geul	5:31.23	200502187	5:14.97			
	50m: 35.04	35.04	150m:		250m:		350m:	
	100m: 1:14.00	38.96	200m: 2:36.40		300m:		400m: 5:14.97	
12.	Tyler Diependaal	The Hague Swimming (SG)	5:24.33	200500879	5:17.64			
	50m: 34.62	34.62	150m:		250m:		350m:	
	100m: 1:13.29	38.67	200m: 2:33.93		300m:		400m: 5:17.64	
13.	Sytze van Stein	LinK	5:11.89	200501155	5:19.41			
	50m: 34.81	34.81	150m: 1:55.80	41.17	250m: 3:17.07	40.36	350m: 4:39.71	41.61
	100m: 1:14.63	39.82	200m: 2:36.71	40.91	300m: 3:58.10	41.03	400m: 5:19.41	39.70
14.	Thijs Visser <i>* BU 100m</i>	ZPV Barracuda	5:26.09	200502129	5:20.22			
	50m: 35.10	35.10	150m:		250m:		350m:	
	100m: 1:14.37	39.27	200m: 2:35.39		300m:		400m: 5:20.22	
15.	Stijn de Bondt	ZPB H&L Productions	5:20.91	200502249	5:26.94			
	50m: 36.13	36.13	150m: 1:58.56	41.68	250m: 3:23.82	43.46	350m: 4:48.85	42.49
	100m: 1:16.88	40.75	200m: 2:40.36	41.80	300m: 4:06.36	42.54	400m: 5:26.94	38.09

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 14, Heren, 400m vrije slag

Junioren 3

1.	Abel te Riele	WVZ	4:23.07	200402317	4:19.01	+0,71
	50m: 29.46	29.46 150m: 1:35.08	32.68	250m: 2:40.99	32.90	350m: 3:47.21
	100m: 1:02.40	32.94 200m: 2:08.09	33.01	300m: 3:13.97	32.98	400m: 4:19.01
						33.24
						31.80
2.	Nathan Janssen	MNC Dordrecht	4:28.04	200401565	4:27.54	+0,73
	50m: 30.17	30.17 150m: 1:37.15	33.89	250m: 2:45.24	34.24	350m: 3:53.77
	100m: 1:03.26	33.09 200m: 2:11.00	33.85	300m: 3:19.28	34.04	400m: 4:27.54
						34.49
						33.77
3.	Pepijn van Egmond	WVZ	4:38.87	200402309	4:33.48	+0,69
	50m: 30.39	30.39 150m: 1:37.75	34.04	250m: 2:48.11	35.36	350m: 3:59.12
	100m: 1:03.71	33.32 200m: 2:12.75	35.00	300m: 3:23.57	35.46	400m: 4:33.48
						35.55
						34.36
4.	Erik Oldenkamp	KZV de Lansingh	4:36.64	200400597	4:35.19	+0,74
	50m: 30.99	30.99 150m: 1:40.46	35.04	250m: 2:51.28	35.51	350m: 4:01.94
	100m: 1:05.42	34.43 200m: 2:15.77	35.31	300m: 3:26.73	35.45	400m: 4:35.19
						35.21
						33.25
5.	Chris van der Hout	The Hague Swimming (SG)	4:42.85	200401355	4:38.67	+0,71
	50m: 28.09	28.09 150m: 1:35.01	34.71	250m: 2:46.86	36.30	350m: 4:02.19
	100m: 1:00.30	32.21 200m: 2:10.56	35.55	300m: 3:24.45	37.59	400m: 4:38.67
						37.74
						36.48
6.	Thijm Kruit	De Columbiaan	4:43.49	200401339	4:39.99	+0,76
	50m: 30.58	30.58 150m: 1:38.35	34.63	250m: 2:49.97	36.24	350m: 4:13.40
	100m: 1:03.72	33.14 200m: 2:13.73	35.38	300m: 3:26.68	36.71	400m: 4:39.99
						36.59
7.	Niels van der Mast	ZPC Numansdorp	4:56.66	200401917	4:44.78	+0,73
	50m: 31.56	31.56 150m: 1:41.25	35.11	250m: 2:55.02	36.84	350m: 4:09.16
	100m: 1:06.14	34.58 200m: 2:18.18	36.93	300m: 3:32.56	37.54	400m: 4:44.78
						36.60
						35.62
8.	Arthur Bondartsov	Rotterdam Swimming (SG)	4:58.24	200403231	4:48.48	+0,76
	50m: 30.93	30.93 150m: 1:41.64	35.75	250m: 2:55.24	36.79	350m: 4:11.43
	100m: 1:05.89	34.96 200m: 2:18.45	36.81	300m: 3:32.97	37.73	400m: 4:48.48
						37.05
9.	Wen-Ye Chen	Rotterdam Swimming (SG)	4:48.26	200402859	4:49.43	+0,81
	50m: 31.41	31.41 150m: 1:43.66	36.87	250m: 2:58.26	37.48	350m: 4:13.10
	100m: 1:06.79	35.38 200m: 2:20.78	37.12	300m: 3:35.60	37.34	400m: 4:49.43
						37.50
						36.33
10.	Timo Huizer	ZPC Wiekslag	4:52.94	200401125	4:50.48	+0,79
	50m: 31.80	31.80 150m: 1:44.10	36.73	250m: 2:58.13	37.15	350m: 4:14.65
	100m: 1:07.37	35.57 200m: 2:20.98	36.88	300m: 3:36.66	38.53	400m: 4:50.48
						37.99
						35.83
11.	Sem Verberg	The Hague Swimming (SG)	5:04.00	200402105	4:51.93	+0,75
	50m: 31.54	31.54 150m: 1:44.99	37.47	250m: 3:01.64	38.24	350m: 4:15.47
	100m: 1:07.52	35.98 200m: 2:23.40	38.41	300m: 3:38.62	36.98	400m: 4:51.93
						36.85
						36.46
12.	Loeka Wubben * BU 350m	The Hague Swimming (SG)	4:53.55	200400307	4:53.04	+0,75
	50m: 30.11	30.11 150m: 1:41.38	36.66	250m: 2:57.14	38.11	350m: 4:14.20
	100m: 1:04.72	34.61 200m: 2:19.03	37.65	300m: 3:35.58	38.44	400m: 4:53.04
						38.62
						38.84
13.	Tim Haimé	The Hague Swimming (SG)	4:51.79	200403567	4:54.59	
	50m: 31.96	31.96 150m: 1:45.71	37.98	250m: 3:00.91	37.11	350m: 4:16.90
	100m: 1:07.73	35.77 200m: 2:23.80	38.09	300m: 3:38.98	38.07	400m: 4:54.59
						37.92
						37.69
14.	Max van Schagen	De Columbiaan	4:59.29	200402591	4:58.07	+0,77
	50m: 33.59	33.59 150m: 1:47.51	37.48	250m: 3:04.15	37.99	350m: 4:14.73
	100m: 1:10.03	36.44 200m: 2:26.16	38.65	300m: 3:42.10	37.95	400m: 4:58.07
						38.63
						37.34
15.	Kun Woo Kim	The Hague Swimming (SG)	5:07.96	200401361	5:07.80	+0,73
	50m: 31.85	31.85 150m: 1:46.22	38.01	250m: 3:06.36	40.73	350m: 4:28.90
	100m: 1:08.21	36.36 200m: 2:25.63	39.41	300m: 3:47.61	41.25	400m: 5:07.80
						41.29
						38.90
16.	Thomas van Peenen	De Columbiaan	5:09.40	200400097	5:08.04	+0,75
	50m: 33.94	33.94 150m: 1:52.60	39.53	250m: 3:12.08	39.61	350m: 4:31.46
	100m: 1:13.07	39.13 200m: 2:32.47	39.87	300m: 3:51.63	39.55	400m: 5:08.04
						39.83
						36.58
17.	Marijn Dekkers	Widex GZC Donk	5:26.92	200402275	5:12.76	
	50m: 34.34	34.34 150m:		250m:		350m:
	100m: 1:12.52	38.18 200m: 2:32.86		300m:		400m: 5:12.76
18.	Benjamin Boender	ZOB'66	5:16.22	200401351	5:14.39	+0,67
	50m: 34.06	34.06 150m: 1:52.68	39.56	250m: 3:13.38	40.81	350m: 4:35.27
	100m: 1:13.12	39.06 200m: 2:32.57	39.89	300m: 3:54.62	41.24	400m: 5:14.39
						40.65
						39.12
19.	Timon Wijsman	D'elft	5:16.98	200403707	5:35.36	+0,75
	50m: 33.76	33.76 150m: 1:58.50	44.15	250m: 3:27.52	44.64	350m: 4:55.67
	100m: 1:14.35	40.59 200m: 2:42.88	44.38	300m: 4:11.36	43.84	400m: 5:35.36
						44.31
						39.69

Junioren 4

1.	Jelle Bon	ZV Vlaardingen-Schiedam	4:25.30	200301077	4:18.23	+0,69
	50m: 28.22	28.22 150m: 1:31.90	32.25	250m: 2:38.75	33.68	350m: 3:46.27
	100m: 59.65	31.43 200m: 2:05.07	33.17	300m: 3:12.68	33.93	400m: 4:18.23
						31.96
2.	Perry Laarhoven	ZPC Numansdorp	4:42.41	200301321	4:21.74	
	50m: 28.78	28.78 150m: 1:34.67	33.11	250m: 2:41.46	33.36	350m: 3:49.37
	100m: 1:01.56	32.78 200m: 2:08.10	33.43	300m: 3:15.48	34.02	400m: 4:21.74
						33.89
						32.37

Regiokampioenschappen korte baan
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Programmanr. 14, Jongens, 400m vrije slag, Junioren 4

rang	naam	vereniging	intijd	tijd	RT			
3.	Michael Smink	The Hague Swimming (SG)	4:27.79	200302169	4:24.57 +0,82			
	50m: 28.92	28.92	150m: 1:35.36	33.78	250m: 2:45.25	34.77	350m: 3:53.29	33.91
	100m: 1:01.58	32.66	200m: 2:10.48	35.12	300m: 3:19.38	34.13	400m: 4:24.57	31.28
4.	Maximilian Lopes Cardozo	WZK	4:24.62	200300665	4:27.28 +0,76			
	50m: 28.54	28.54	150m: 1:36.10	34.51	250m: 2:45.43	34.97	350m: 3:54.62	34.11
	100m: 1:01.59	33.05	200m: 2:10.46	34.36	300m: 3:20.51	35.08	400m: 4:27.28	32.66
5.	Daan Hogerhuis	LinK	4:34.98	200300317	4:29.38 +0,81			
	50m: 29.52	29.52	150m: 1:36.14	33.86	250m: 2:45.66	34.99	350m: 3:55.71	34.90
	100m: 1:02.28	32.76	200m: 2:10.67	34.53	300m: 3:20.81	35.15	400m: 4:29.38	33.67
6.	Senna Mooldijk	Feijenoord Albion	4:35.42	200301147	4:32.46 +0,72			
	50m: 29.00	29.00	150m: 1:36.20	34.17	250m: 2:46.49	35.28	350m: 3:57.88	35.48
	100m: 1:02.03	33.03	200m: 2:11.21	35.01	300m: 3:22.40	35.91	400m: 4:32.46	34.58
7.	Milan van Aken	The Hague Swimming (SG)	4:34.03	200303307	4:35.26 +0,73			
	50m: 30.10	30.10	150m: 1:38.57	34.92	250m: 2:49.23	35.48	350m: 4:00.34	35.68
	100m: 1:03.65	33.55	200m: 2:13.75	35.18	300m: 3:24.66	35.43	400m: 4:35.26	34.92
8.	Kenan Coeruez	Feijenoord Albion	4:36.62	200300357	4:36.31 +0,65			
	50m: 30.14	30.14	150m: 1:38.01	34.63	250m: 2:49.32	35.83	350m: 4:01.26	35.76
	100m: 1:03.38	33.24	200m: 2:13.49	35.48	300m: 3:25.50	36.18	400m: 4:36.31	35.05
9.	Quinten Nieuwenhuis	WZK	5:05.19	200304577	4:47.98			
	50m: 31.43	31.43	150m: 1:43.35	36.55	250m: 2:57.11	37.07	350m: 4:12.51	37.75
	100m: 1:06.80	35.37	200m: 2:20.04	36.69	300m: 3:34.76	37.65	400m: 4:47.98	35.47
10.	Brandon Groeneveld	De Geul	5:12.75	200300595	4:54.63 +0,66			
	50m: 32.14	32.14	150m: 1:46.28	37.83	250m: 3:02.38	37.94	350m: 4:18.31	37.72
	100m: 1:08.45	36.31	200m: 2:24.44	38.16	300m: 3:40.59	38.21	400m: 4:54.63	36.32
11.	Yassine Maas	The Hague Swimming (SG)	4:47.39	200301505	5:00.34 +0,86			
	50m: 30.51	30.51	150m: 1:42.83	38.00	250m: 3:02.40	40.30	350m: 4:21.47	39.41
	100m: 1:04.83	34.32	200m: 2:22.10	39.27	300m: 3:42.06	39.66	400m: 5:00.34	38.87
12.	Thimo van Beek	Zvl-1886	5:06.33	200301347	5:03.36 +0,75			
	50m: 31.79	31.79	150m: 1:45.39	37.86	250m: 3:05.70	39.65	350m: 4:22.81	37.28
	100m: 1:07.53	35.74	200m: 2:26.05	40.66	300m: 3:45.53	39.83	400m: 5:03.36	40.55
13.	Tygo Korving	ZPB H&L Productions	4:58.23	200300773	5:08.10 +0,73			
	50m: 32.58	32.58	150m: 1:47.85	38.26	250m: 3:07.70	40.42	350m: 4:27.34	39.69
	100m: 1:09.59	37.01	200m: 2:27.28	39.43	300m: 3:47.65	39.95	400m: 5:08.10	40.76

Jeugd 1 en 2

1.	Sean Niewold	WVZ	4:07.54	200204699	4:08.29 +0,77			
	50m: 28.26	28.26	150m: 1:31.59	31.69	250m: 2:34.97	31.81	350m: 3:38.22	31.44
	100m: 59.90	31.64	200m: 2:03.16	31.57	300m: 3:06.78	31.81	400m: 4:08.29	30.07
2.	Freek Hollander	The Hague Swimming (SG)	4:15.57	200103815	4:12.54 +0,75			
	50m: 28.49	28.49	150m: 1:32.50	32.02	250m: 2:36.52	32.02	350m: 3:40.73	31.82
	100m: 1:00.48	31.99	200m: 2:04.50	32.00	300m: 3:08.91	32.39	400m: 4:12.54	31.81
3.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	4:17.45	200203079	4:15.73 +0,72			
	50m: 28.38	28.38	150m: 1:33.55	33.06	250m: 2:40.04	33.06	350m: 3:45.31	32.22
	100m: 1:00.49	32.11	200m: 2:06.98	33.43	300m: 3:13.09	33.05	400m: 4:15.73	30.42
4.	Scott Jansen	WVZ	4:16.96	200202455	4:15.90 +0,80			
	50m: 28.95	28.95	150m: 1:34.08	32.76	250m: 2:39.66	33.08	350m: 3:45.01	32.43
	100m: 1:01.32	32.37	200m: 2:06.58	32.50	300m: 3:12.58	32.92	400m: 4:15.90	30.89
5.	Brandon van den Berg	Rotterdam Swimming (SG)	4:26.04	200200669	4:16.97 +0,70			
	50m: 28.50	28.50	150m: 1:33.51	33.01	250m: 2:40.37	33.45	350m: 3:46.25	32.54
	100m: 1:00.50	32.00	200m: 2:06.92	33.41	300m: 3:13.71	33.34	400m: 4:16.97	30.72
6.	Tjeerd van Stein	LinK	4:23.68	200101439	4:20.86 +0,75			
	50m: 29.49	29.49	150m: 1:35.16	32.99	250m: 2:41.35	33.18	350m: 3:48.07	33.37
	100m: 1:02.17	32.68	200m: 2:08.17	33.01	300m: 3:14.70	33.35	400m: 4:20.86	32.79
7.	Guus Hoogduin	Zvl-1886	4:33.93	200201069	4:21.78 +0,76			
	50m: 27.95	27.95	150m: 1:32.47	33.11	250m: 2:40.51	34.00	350m: 3:49.44	34.35
	100m: 59.36	31.41	200m: 2:06.51	34.04	300m: 3:15.09	34.58	400m: 4:21.78	32.34
8.	Nikhom Westphal	SG SCOM/de Zeehond'73	4:28.01	200203329	4:26.07 +0,74			
	50m: 30.15	30.15	150m: 1:37.70	34.00	250m: 2:45.39	33.70	350m: 3:52.76	33.84
	100m: 1:03.70	33.55	200m: 2:11.69	33.99	300m: 3:18.92	33.53	400m: 4:26.07	33.31
9.	Sander Iuga	Feijenoord Albion	4:35.16	200101389	4:26.98 +0,67			
	50m: 28.36	28.36	150m: 1:34.44	33.85	250m: 2:43.89	34.62	350m: 3:54.17	34.96
	100m: 1:00.59	32.23	200m: 2:09.27	34.83	300m: 3:19.21	35.32	400m: 4:26.98	32.81
10.	Thomas van Wanrooij	Poseidon'56	4:33.06	200201473	4:27.07 799			
	50m: 29.92	29.92	150m: 1:36.17	33.85	250m: 2:45.01	34.47	350m: 3:54.17	34.62
	100m: 1:02.32	32.40	200m: 2:10.54	34.37	300m: 3:19.55	34.54	400m: 4:27.07	32.90
11.	Jarno Verbeek	Zoetermeer	4:42.39	200200931	4:28.34 +0,74			
	50m: 29.57	29.57	150m: 1:36.02	33.97	250m: 2:44.95	34.44	350m: 3:54.74	35.02
	100m: 1:02.05	32.48	200m: 2:10.51	34.49	300m: 3:19.72	34.77	400m: 4:28.34	33.60

Regiokampioenschappen korte baan
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Programmanr. 14, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
12.	Bas van Wieringen	De Columbiaan	4:41.16	200200119	4:35.40 +0,80
	50m: 30.65	30.65 150m: 1:39.20	34.57	250m: 2:50.18	35.77 350m: 4:01.47
	100m: 1:04.63	33.98 200m: 2:14.41	35.21	300m: 3:26.00	35.82 400m: 4:35.40
13.	Bas van Nisius	The Hague Swimming (SG)	4:44.17	200202107	4:39.83 +0,79
	50m: 31.03	31.03 150m: 1:40.97	35.68	250m: 2:54.12	36.54 350m: 4:05.72
	100m: 1:05.29	34.26 200m: 2:17.58	36.61	300m: 3:29.27	35.15 400m: 4:39.83
14.	Boy Borreman	LinK	4:38.45	200102751	4:44.03 +0,62
	50m: 29.70	29.70 150m: 1:39.61	36.00	250m: 2:53.05	36.70 350m: 4:07.85
	100m: 1:03.61	33.91 200m: 2:16.35	36.74	300m: 3:30.58	37.53 400m: 4:44.03
15.	Robin van Peenen	De Columbiaan	4:43.81	200201059	4:44.55 +0,80
	50m: 30.76	30.76 150m: 1:41.89	36.05	250m: 2:55.92	37.26 350m: 4:10.42
	100m: 1:05.84	35.08 200m: 2:18.66	36.77	300m: 3:33.38	37.46 400m: 4:44.55
16.	Luuk van Holstein	Feijenoord Albion	4:47.41	200203841	4:45.12 +0,76
	50m: 33.11	33.11 150m: 1:45.82	36.23	250m: 2:59.31	36.80 350m: 4:11.02
	100m: 1:09.59	36.48 200m: 2:22.51	36.69	300m: 3:35.06	35.75 400m: 4:45.12
17.	Wouter Verdoes	De Columbiaan	4:47.06	200200351	4:50.36 +0,86
	50m: 32.77	32.77 150m: 1:45.64	36.97	250m: 3:01.06	37.70 350m: 4:15.16
	100m: 1:08.67	35.90 200m: 2:23.36	37.72	300m: 3:37.97	36.91 400m: 4:50.36
18.	Dylano Termoshuizen	WVZ	4:39.39	200202169	4:54.26 +0,86
	50m: 30.36	30.36 150m: 1:41.39	36.36	250m: 2:57.53	38.33 350m: 4:15.66
	100m: 1:05.03	34.67 200m: 2:19.20	37.81	300m: 3:36.81	39.28 400m: 4:54.26

Senioren 1 en ouder

1.	Jonne Schaafsma	The Hague Swimming (SG)	4:04.29	199800745	4:06.79 +0,75
	50m: 28.58	28.58 150m: 1:30.36	31.01	250m: 2:32.50	31.06 350m: 3:35.59
	100m: 59.35	30.77 200m: 2:01.44	31.08	300m: 3:03.89	31.39 400m: 4:06.79
2.	Jorian Tanis	z.c De Schotejil	4:05.28	199900327	4:07.82 +0,80
	50m: 27.94	27.94 150m: 1:30.27	31.64	250m: 2:34.20	32.01 350m: 3:37.95
	100m: 58.63	30.69 200m: 2:02.19	31.92	300m: 3:06.24	32.04 400m: 4:07.82
3.	Timo Dinkelberg	Feijenoord Albion	4:04.15	199300773	4:08.12 +0,70
	50m: 27.77	27.77 150m: 1:29.60	31.26	250m: 2:33.63	32.22 350m: 3:38.03
	100m: 58.34	30.57 200m: 2:01.41	31.81	300m: 3:05.87	32.24 400m: 4:08.12
4.	Jasper Breugem	WVZ	4:15.43	200000303	4:18.01 +0,84
	50m: 28.93	28.93 150m: 1:33.12	32.36	250m: 2:38.35	32.61 350m: 3:45.09
	100m: 1:00.76	31.83 200m: 2:05.74	32.62	300m: 3:11.63	33.28 400m: 4:18.01
5.	Robin van Beek	Zvl-1886	4:18.89	199704023	4:18.88 +0,72
	50m: 29.21	29.21 150m: 1:34.03	32.70	250m: 2:40.17	33.17 350m: 3:46.43
	100m: 1:01.33	32.12 200m: 2:07.00	32.97	300m: 3:13.06	32.89 400m: 4:18.88
6.	Lars Schoffemeer	ZPB H&L Productions	4:17.10	199501907	4:19.31 +0,74
	50m: 28.88	28.88 150m: 1:34.23	33.23	250m: 2:40.13	32.88 350m: 3:46.50
	100m: 1:01.00	32.12 200m: 2:07.25	33.02	300m: 3:13.17	33.04 400m: 4:19.31
7.	Rogier Dorsman	ZZ&PC De Devel	4:26.70	199900211	4:23.45 +0,69
	50m: 28.88	28.88 150m: 1:34.01	33.08	250m: 2:41.56	33.88 350m: 3:49.25
	100m: 1:00.93	32.05 200m: 2:07.68	33.67	300m: 3:15.18	33.62 400m: 4:23.45
8.	Emiel van Beusekom	ZPV Barracuda	4:21.04	199403951	4:24.72 +0,84
	50m: 29.13	29.13 150m: 1:34.86	33.58	250m: 2:43.10	34.12 350m: 3:51.21
	100m: 1:01.28	32.15 200m: 2:08.98	34.12	300m: 3:17.31	34.21 400m: 4:24.72
9.	Jordy van Oel	WVZ	4:28.66	199802003	4:25.16 +0,83
	50m: 29.42	29.42 150m: 1:36.94	34.25	250m: 2:46.28	34.63 350m: 3:53.36
	100m: 1:02.69	33.27 200m: 2:11.65	34.71	300m: 3:20.00	33.72 400m: 4:25.16
10.	Nordin Termoshuizen	WVZ	4:26.40	199605401	4:28.01 +0,83
	50m: 30.07	30.07 150m: 1:36.32	33.50	250m: 2:44.97	34.61 350m: 3:54.35
	100m: 1:02.82	32.75 200m: 2:10.36	34.04	300m: 3:19.75	34.78 400m: 4:28.01
11.	Kevin Kingma	KZV de Lansingh	4:36.07	199700559	4:38.62 +0,73
	50m: 29.86	29.86 150m: 1:38.54	35.11	250m: 2:50.22	35.72 350m: 4:02.65
	100m: 1:03.43	33.57 200m: 2:14.50	35.96	300m: 3:26.07	35.85 400m: 4:38.62
12.	Tristan Stam	ZOB'66	4:48.65	199903551	4:42.75 +0,75
	50m: 30.72	30.72 150m: 1:41.27	36.01	250m: 2:54.36	36.61 350m: 4:07.44
	100m: 1:05.26	34.54 200m: 2:17.75	36.48	300m: 3:30.90	36.54 400m: 4:42.75
13.	Rutger Dalm	KZV de Lansingh	4:30.65	199005561	4:47.35 +0,75
	50m: 30.20	30.20 150m: 1:39.83	35.78	250m: 2:53.91	37.43 350m: 4:09.26
	100m: 1:04.05	33.85 200m: 2:16.48	36.65	300m: 3:31.30	37.39 400m: 4:47.35

Regiokampioenschappen korte baan
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Programmanr. 15
18-11-2018 - 10:35

Dames, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Junioren 1								
1. Ananda van der Wiel	WVZ	2:44.28 200701562	2:40.37	+0,75	34.55	1:17.20	2:04.88	2:40.37
2. Robin Vermeulen	MNC Dordrecht	2:47.13 200700412	2:44.87	+0,82	33.56	1:17.35	2:07.51	2:44.87
3. Mila Oomens	ZPV Barracuda	2:59.72 200700016	2:49.80	+0,73	37.21	1:20.35	2:11.52	2:49.80
4. Samantha van der Jagt	ZZ&PC De Devel	2:54.03 200700220	2:52.78	+0,74	37.65	1:23.13	2:12.74	2:52.78
5. Floor Hogervorst	Noordwijkerhout	3:00.22 200701400	2:54.58	+0,80	40.31	1:22.96	2:15.31	2:54.58
6. Charlotte Woltjes	The Hague Swimming	(2:58.17 200700110	2:56.48	+0,76	40.28	1:22.85	2:17.84	2:56.48
7. Fleur Kamminga	WVZ	2:57.63 200701838	2:56.76	+1,05	36.25	1:20.41	2:15.57	2:56.76
8. Stella van Droffelaar	ZV Vlaardingen-Schied	3:06.29 200700048	2:56.98	+0,71	39.76	1:24.27	2:16.00	2:56.98
9. Yrsah Verheijen	The Hague Swimming	(3:02.29 200700350	2:59.69	+0,81	38.14	1:23.61	2:19.05	2:59.69
10. Charlene Ruiters	De Columbiaan	3:00.86 200700522	3:01.78		39.43	1:27.54	2:17.71	3:01.78
11. Annique Rupke	Widex GZC Donk	3:13.35 200700876	3:02.71		41.59	1:29.04	2:19.35	3:02.71
12. Britte Lodder	ZZ&PC De Devel	3:07.23 200702290	3:09.89	+0,65	43.23	1:34.14	2:27.55	3:09.89
13. Esmee Ouwens	ZPB H&L Productions	3:13.97 200700936	3:10.60		46.99	1:36.08	2:29.63	3:10.60
DIS Daniek Wijnen	Zvl-1886	3:04.81 200701280						

VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.

Junioren 2

1. Elijdjah van der Heul	Rotterdam Swimming	(2:34.01 200602180	2:35.61	+0,75	34.87	1:17.40	2:00.05	2:35.61
2. Avery Collins	The Hague Swimming	(2:44.07 200603622	2:38.20	+0,71	34.16	1:15.52	2:01.05	2:38.20
3. E. van Wijngaarden	ZPB H&L Productions	2:40.80 200601020	2:40.01	+0,81	33.93	1:16.35	2:03.40	2:40.01
4. Jade van der Maas	WVZ	2:40.14 200600408	2:47.05	+0,84	33.81	1:15.76	2:05.75	2:47.05
5. Hilda Vrijbloed	De Duck	2:48.61 200600732	2:48.35	+0,80	37.38	1:19.88	2:11.26	2:48.35
<i>* BU 100m</i>								
6. Leyla Oversluizen	z.c De Schotejil	2:50.15 200602730	2:48.79	+0,74	35.29	1:19.11	2:09.34	2:48.79
7. Nikita Snoeren	WVZ	2:57.79 200600342	2:49.53	+0,68	37.79	1:20.12	2:10.83	2:49.53
8. Laura 't Lam	De Geul	2:52.74 200603376	2:51.59	+0,66	36.26	1:21.15	2:13.19	2:51.59
9. Kimberly Ruiters	De Columbiaan	2:47.64 200600492	2:52.41	+0,84	34.96	1:19.10	2:11.31	2:52.41
<i>* BU 200m</i>								
10. G. Schrijvers van Zende	The Hague Swimming	(2:52.11 200601618	2:52.79		36.66	1:23.04	2:15.32	2:52.79
11. Sanne Slof	ZPV Barracuda	2:54.13 200601810	2:53.94	+0,96	41.45	1:27.52	2:16.86	2:53.94
12. Charlize Rovers	De Kempvis	3:04.28 200600684	2:55.44	+0,85	38.58	1:27.40	2:12.37	2:55.44
13. Zahra Day	The Hague Swimming	(3:02.53 200601374	3:01.83	+0,80	40.68	1:27.34	2:20.44	3:01.83
14. Emma Suderee	MNC Dordrecht	3:06.00 200603598	3:02.01	+0,66	40.77	1:26.13	2:22.09	3:02.01
15. Quinty Kersten	ZOB'66	3:09.23 200601166	3:05.55	+0,81	39.94	1:26.36	2:21.61	3:05.55
NG.ZA Ziya Wils	Widex GZC Donk	3:08.87 200601690						

Junioren 3

1. Sophia van Droffelaar	ZV Vlaardingen-Schied	2:36.43 200500330	2:27.16	+0,72	32.23	1:10.06	1:51.85	2:27.16
2. Jelsie van Ruijven	WVZ	2:30.23 200500282	2:31.24	+0,72	32.85	1:11.38	1:55.18	2:31.24
3. Isa Maes	Feijenoord Albion	2:37.37 200500110	2:32.19	+0,77	34.63	1:14.27	1:58.50	2:32.19
4. Niké Telkamp	The Hague Swimming	(2:38.72 200501088	2:36.75	+0,75	34.91	1:14.56	1:59.24	2:36.75
5. Karlijn Offeringa	ZV Vlaardingen-Schied	2:40.54 200503292	2:38.59	+0,81	34.62	1:14.42	2:00.19	2:38.59
6. Emma Verkuil	ZPV Barracuda	2:42.20 200500826	2:38.64	+0,74	35.07	1:16.27	2:03.90	2:38.64
7. Asha van Lobbergt	Feijenoord Albion	2:40.87 200500088	2:39.21	+0,73	34.10	1:14.12	2:01.69	2:39.21
8. Laura Hoogenboezem	KZV de Lansingh	2:43.50 200500390	2:39.35	+0,82	34.84	1:16.21	2:01.70	2:39.35
9. Anique Hazebroek	The Hague Swimming	(2:45.04 200502196	2:39.98	+0,79	34.18	1:16.37	2:04.32	2:39.98
10. Yente Bouwmeester	De Columbiaan	2:41.77 200500340	2:41.38		35.26	1:16.60	2:03.51	2:41.38
11. Nurlaylah Kartosentiko	ZV Vlaardingen-Schied	2:43.12 200501256	2:43.94	+0,77	35.23	1:16.25	2:05.28	2:43.94
12. Vivianne Woltjes	The Hague Swimming	(2:45.11 200501524	2:43.96	+0,73	34.60	1:17.91	2:06.62	2:43.96
13. Elise Vink	De Columbiaan	2:47.35 200502588	2:44.78	+0,84	35.76	1:18.87	2:05.14	2:44.78
14. Evelyn Liket	ZV Vlaardingen-Schied	2:45.04 200503118	2:45.08	+0,89	33.59	1:15.41	2:06.35	2:45.08
<i>* BU 100m</i>								
15. Milou Demirel	The Hague Swimming	(2:45.57 200501254	2:45.70	+0,85	35.58	1:17.62	2:06.01	2:45.70
16. Meira Simons	The Hague Swimming	(2:48.04 200502984	2:46.04	+0,88	39.07	1:18.93	2:08.34	2:46.04
17. Madoline Held	The Hague Swimming	(2:48.50 200503412	2:47.11	+0,76	36.65	1:19.24	2:08.25	2:47.11
18. Sylvie Roos	Feijenoord Albion	2:45.38 200502772	2:47.42		35.05	1:19.91	2:08.48	2:47.42
19. Milou Adriaanse	De Columbiaan	2:49.54 200500968	2:47.55	+0,60	35.77	1:17.04	2:08.64	2:47.55
20. Aisha Nobels	z.c De Schotejil	2:47.24 200501710	2:48.81	+0,69	37.94	1:21.27	2:11.42	2:48.81
21. Mar Stoel	De Columbiaan	2:51.12 200500520	2:53.21		36.13	1:20.43	2:14.90	2:53.21
22. Fenne Saaf	Zoetermeer	3:01.64 200504340	2:59.05	+0,79	39.92	1:26.03	2:17.57	2:59.05

Regiokampioenschappen korte baan
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Programmanr. 15, Meisjes, 200m wisselslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
DIS Merel Schravendijk	The Hague Swimming	(2:35.43 200503382						
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>								
NG Anastasia Romano	MNC Dordrecht	2:48.10 200501076						
NG Britt van't Zant	Feijenoord Albion	2:51.33 200501170						

Jeugd 1 en 2

1. Maaïke Issard	The Hague Swimming	(2:23.21 200300022	2:25.68	+0,80	31.26	1:09.05	1:51.50	2:25.68	
2. Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:29.73 200404272	2:26.55	+0,87	32.02	1:09.83	1:52.42	2:26.55	
3. Femke Hoppenbrouwer	The Hague Swimming	(2:33.62 200301124	2:26.84	+0,71	30.94	1:08.53	1:53.59	2:26.84	
4. Irma van der Wulp	WVZ	2:33.62 200401950	2:30.10	+0,77	32.40	1:11.56	1:55.45	2:30.10	
5. Rinske Bouman	Rotterdam Swimming	(2:33.14 200400578	2:30.35	+0,79	31.50	1:11.46	1:55.15	2:30.35	
6. Kim de Jong	LinK	2:29.93 200301026	2:34.22	+0,85	33.54	1:15.17	1:57.61	2:34.22	
7. Daniëlle Vis	De Columbiaan	2:37.03 200401044	2:35.72		34.38	1:15.11	1:59.61	2:35.72	
8. Jenna Klein	LinK	2:36.84 200400914	2:38.39	+0,81	33.36	1:13.13	2:00.68	2:38.39	
9. Wendy ten Wolde	ZPC Wiekslag	2:43.25 200302658	2:40.07	+0,68	32.61	1:16.18	2:00.95	2:40.07	
10. Tessa Poot	ZV Vlaardingen-Schied	2:41.14 200404264	2:40.46	+0,88	35.08	1:17.82	2:03.01	2:40.46	
11. Mara Bosman	The Hague Swimming	(2:45.04 200303048	2:40.55	+0,72	36.40	1:17.49	2:03.67	2:40.55	
12. Esther Reinders	KZV de Lansingh	2:40.85 200301798	2:40.83	+0,75	34.96	1:15.85	2:02.97	2:40.83	
13. Sanne Vermeulen	The Hague Swimming	(2:39.83 200303902	2:41.91	+0,79	34.77	1:17.22	2:04.21	2:41.91	
14. Jet van Oudheusden	ZOB'66	2:45.26 200401012	2:42.16	+0,76	36.00	1:17.59	2:04.11	2:42.16	
15. Lize van Stigt	LinK	2:39.63 200401510	2:42.76	+0,71	34.70	1:15.58	2:06.86	2:42.76	
16. Jade Geurts	WVZ	2:38.43 200402278	2:43.61	+0,79	34.83	1:20.28	2:04.25	2:43.61	
17. Joyce van 't Hof	ZZ&PC De Devel	2:45.30 200302122	2:45.94	+0,75	35.06	1:17.23	2:06.89	2:45.94	
18. Zinzi van der Maas	WVZ	2:50.62 200402028	2:46.17		36.31	1:15.88	2:06.86	2:46.17	
19. Fenna Herwig	ZPC Wiekslag	2:44.09 200400908	2:46.57	+0,75	36.17	1:16.50	2:06.80	2:46.57	
20. Cheyenne Elburg	KZV de Lansingh	2:44.70 200401170	2:47.79	+0,71	33.29	1:15.88	2:06.86	2:47.79	
21. Nora van der Steen	LinK	2:41.50 200403458	2:48.46		32.94	1:16.36	2:07.86	2:48.46	
22. Milou van Winkel	LinK	3:12.35 200402296	3:07.33	+0,81	446	42.88	1:27.76	2:23.63	3:07.33
AFGEM Leonoor van Dijk	The Hague Swimming	(2:44.26 200400832							

Senioren 1 en 2

1. Tessa Giele	Feijenoord Albion	2:27.45 200203124	2:24.61	+0,66	31.09	1:07.80	1:51.56	2:24.61
2. Lynn Blommers	The Hague Swimming	(2:31.47 200105062	2:25.34	+0,67	31.35	1:10.54	1:51.81	2:25.34
3. Almudena Visser Velez	The Hague Swimming	(2:30.86 200205904	2:25.72	+0,74	31.91	1:08.55	1:51.44	2:25.72
4. Grace Anderson	WVZ	2:28.98 200200578	2:29.89	+0,73	33.23	1:11.81	1:54.57	2:29.89
5. Elyanne Boudestein	Zoetermeer	2:34.74 200101060	2:37.81	+0,77	33.57	1:13.40	2:00.37	2:37.81
6. Catharina Chulick	WVZ	2:36.51 200106304	2:38.57	+0,78	33.49	1:13.45	2:00.61	2:38.57
7. Anouk Vis	De Columbiaan	2:37.81 200203322	2:39.54		33.33	1:14.65	2:01.49	2:39.54
8. Jasmine el Taraboulsi	WZK	2:37.92 200105788	2:40.02	+0,84	33.38	1:14.10	2:00.91	2:40.02
9. Anne Straub	Zoetermeer	2:42.54 200201402	2:40.69	+0,76	33.25	1:14.47	2:03.85	2:40.69
10. Amy van Leersum	Poseidon'56	2:39.77 200200300	2:43.39	+0,73	33.11	1:16.29	2:05.42	2:43.39
11. Sara Claps	The Hague Swimming	(2:41.80 200205916	2:47.38	+0,72	35.09	1:18.76	2:07.21	2:47.38
NG.ZA Rozemarijn van Haaff	ZOB'66	2:35.53 200201852						

Senioren

1. Angelique van Vark	Z&PC De Gouwe	2:22.89 199701478	2:23.79	+0,71	31.73	1:07.96	1:50.44	2:23.79	
2. Annemarie Meijer	Feijenoord Albion	2:29.82 199900964	2:28.64	+0,79	31.75	1:10.53	1:54.75	2:28.64	
3. Lotte Middelbos	z.c De Schotejil	2:33.28 199900680	2:35.83	+0,76	33.53	1:13.94	1:58.34	2:35.83	
4. Kelly Wiglevan	Poseidon'56	2:38.06 199500058	2:39.53	+0,79	32.98	1:14.03	2:02.38	2:39.53	
5. Laura Tromp	ZZ&PC De Devel	2:43.34 200000276	2:42.48	+0,77	34.99	1:15.37	2:04.12	2:42.48	
6. Jonne Moleman	LinK	2:59.46 200006264	3:02.67	+0,86	568	39.63	1:23.52	2:23.55	3:02.67

Regiokampioenschappen korte baan
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Heren, 50m schoolslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Daan Sonneveld	WVZ	38.26	200601085	38.13	+0,80
2.	Sven Eschbach	ZZ&PC De Devel	39.99	200602013	38.54	+0,68
3.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	41.28	200601453	38.79	
4.	Bas Blanker	ZPB H&L Productions	38.62	200601497	39.42	+0,67
5.	Winston van den Berg	Rotterdam Swimming (SG)	39.90	200600253	39.53	+0,73
6.	Thijs van den Berg	The Hague Swimming (SG)	40.17	200600971	39.87	+0,72
7.	Karol Sas	MNC Dordrecht	41.13	200602321	41.03	+0,63
8.	Merlijn van der Hoeven	WVZ	41.94	200600951	42.61	+0,92
9.	Floris Wassenaar	WVZ	41.15	200600649	42.68	+0,63
10.	Bjorn Mulder	DSZ	42.37	200601517	43.39	

Junioren 2

1.	Gabriel Been	The Hague Swimming (SG)	37.40	200501467	34.88	+0,80
2.	Yanieck Frijstein	The Hague Swimming (SG)	36.91	200500329	35.47	+0,71
3.	Menno Wieringa	KZV de Lansingh	37.28	200500927	35.74	+0,65
4.	Émile Fouzai	The Hague Swimming (SG)	39.28	200500263	36.34	+0,71
5.	Aaïke de Tender	De Geul	37.61	200502189	36.43	+0,76
6.	Thijs Visser	ZPV Barracuda	38.41	200502129	37.95	+0,81
7.	Björn Verkaik	The Hague Swimming (SG)	39.55	200500411	38.06	
8.	Nick Dirks	ZV Vlaardingen-Schiedam	39.50	200503637	38.19	+0,70
9.	Simon Thijsssen	WZK	40.22	200503759	39.05	+0,67
10.	Onno Roeleveld	De Columbiaan	42.76	200502775	40.06	

Junioren 3

1.	Abel te Riele	WVZ	33.85	200402317	32.42	+0,68
2.	Max van Schagen	De Columbiaan	34.72	200402591	32.55	+0,71
3.	Jason van den Berg	Rotterdam Swimming (SG)	32.61	200400009	32.59	+0,68
4.	Timo Kock	Rotterdam Swimming (SG)	33.66	200400387	32.74	+0,76
5.	Timo Wouters	MNC Dordrecht	33.18	200401363	32.92	+0,71
6.	Julien Tanis	Rotterdam Swimming (SG)	34.79	200401045	35.46	+0,66
7.	Erik Oldenkamp	KZV de Lansingh	35.12	200400597	35.51	
8.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	35.59	200404457	35.90	+0,71
9.	Michael van den Enden	PCG	36.67	200401589	36.68	+0,65
10.	Thomas van Peenen	De Columbiaan	37.31	200400097	37.38	+0,75
11.	Tim Haimé	The Hague Swimming (SG)	37.16	200403567	37.48	+0,87
12.	Marijn Dekkers	Widex GZC Donk	38.17	200402275	38.51	+0,82
13.	Thijm Kruit	De Columbiaan	41.04	200401339	38.55	+0,74
14.	Sem Verberg	The Hague Swimming (SG)	39.04	200402105	38.64	
15.	Timon Wijsman	D'elft	38.93	200403707	38.84	+0,75
16.	Benjamin Boender	ZOB'66	39.94	200401351	39.04	+0,72
17.	Duncan den Hartog	De Kempvis	40.07	200401889	39.52	+0,84
18.	Casper van Nijnatten	Rotterdam Swimming (SG)	38.26	200402559	40.47	+0,75
19.	Bo Schoenmakers	Widex GZC Donk	41.21	200402919	40.94	+0,83
DIS	Kun Woo Kim	The Hague Swimming (SG)	35.09	200401361		

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

Junioren 4

1.	Wesley Zulver	ZV Vlaardingen-Schiedam	30.85	200301319	31.63	+0,67
2.	Xander Vis	z.c De Schotejil	32.22	200300173	31.64	+0,71
3.	Perry Laarhoven	ZPC Numansdorp	32.43	200301321	31.87	+0,80
4.	Milan Hamel	The Hague Swimming (SG)	32.44	200302125	31.98	+0,67
5.	Erik van Gemert	Poseidon'56	32.05	200300587	32.17	+0,77
6.	Kenan Coeruez	Feijenoord Albion	33.23	200300357	32.39	+0,65
7.	Michael Smink	The Hague Swimming (SG)	33.94	200302169	32.45	+0,82
8.	Jelle Bon	ZV Vlaardingen-Schiedam	33.32	200301077	32.49	+0,69
9.	Raphaël Booïman	ZPC Wiekslag	33.65	200300727	34.19	
10.	Tygo Korving	ZPB H&L Productions	34.57	200300773	34.47	+0,72
11.	Julian Stok	ZZ&PC De Devel	36.22	200300071	35.96	+0,75
12.	Maximilian Lopes Cardozo	WZK	35.18	200300665	36.08	+0,77
13.	Daan Hogerhuis	Link	36.34	200300317	36.17	+0,76
14.	Maxim Noordman	The Hague Swimming (SG)	36.91	200304067	36.49	+0,69
15.	Milan van Aken	The Hague Swimming (SG)	36.75	200303307	36.93	

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Programmanr. 16, Jongens, 50m schoolslag, Junioren 4

rang	naam	vereniging	intijd		tijd	RT
16.	Quinten Nieuwenhuis	WZK	38.08	200304577	38.21	+0,79

Jeugd 1 en 2

1.	Sean Niewold	WVZ	30.95	200204699	30.75	+0,72
2.	Dave van den Nieuwendijk	De Columbiaan	30.91	200100475	30.83	+0,75
3.	Nikhom Westphal	SG SCOM/de Zeehond'73	32.57	200203329	31.30	+0,72
4.	Viktor Koets	De Columbiaan	33.00	200201677	31.60	+0,79
5.	Jarno Verbeek	Zoetermeer	33.62	200200931	32.13	
6.	Scott Jansen	WVZ	32.03	200202455	32.48	+0,84
7.	Daan Sniijders	MNC Dordrecht	32.93	200202475	32.72	+0,82
8.	Robin van Peenen	De Columbiaan	34.35	200201059	32.76	+0,78
9.	Mart de Koning	ZOB'66	33.17	200203253	32.90	
10.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	34.58	200203079	33.17	+0,72
11.	Bas van Wieringen	De Columbiaan	34.05	200200119	33.55	+0,72
12.	Joris de Gier	Widex GZC Donk	34.35	200103817	33.70	+0,71
13.	Tjeerd van Stein	LinK	34.93	200101439	34.05	+0,74
14.	Jasper Willig	De Watervogels	36.27	200104757	34.20	+0,67
15.	Stijn den Otter	ZZ&PC De Devel	34.74	200200225	35.22	
NG	Justin Slootweg	MNC Dordrecht	31.85	200201407		

Senioren 1 en ouder

1.	Thomas Verhoeven	Rotterdam Swimming (SG)	28.02	199700311	28.31	+0,70	
2.	Mark Baars	Rotterdam Swimming (SG)	28.29	198500059	28.40	+0,64	
3.	Jeroen Baars	Rotterdam Swimming (SG)	28.54	199200031	28.47	+0,70	
4.	Stijn Geelen	MNC Dordrecht	28.96	199801363	29.15	+0,70	
5.	Kevin Panoet	The Hague Swimming (SG)	28.45	199307253	29.30	+0,68	
6.	Jonne Schaafsma	The Hague Swimming (SG)	29.22	199800745	29.70	+0,71	
7.	Duncan van Haaren	Widex GZC Donk	29.63	200000681	29.71	+0,73	
8.	Joost de Roy van Zuydewijn	WVZ	29.73	200000255	29.84		
9.	Jordy Zuidhoek	De Columbiaan	30.01	199201569	29.98	+0,72	
10.	Paul van Grol	Widex GZC Donk	30.61	199602951	30.77	+0,66	
11.	Martijn Dolk	Rotterdam Swimming (SG)	30.70	198900737	31.01	+0,74	
12.	Derk Jan Speelman	Rotterdam Swimming (SG)	30.25	199602425	31.15	+0,71	
13.	Kevin Kingma	KZV de Lansingh	31.19	199700559	31.19		
14.	Marijn van Giesen	ZV Westland	30.67	199900633	31.43	+0,71	
15.	Timo Dinkelberg	Feijenoord Albion	30.58	199300773	31.57	+0,66	
16.	Thomas Hesper	ZPV Barracuda	31.74	200004181	31.63	+0,80	
17.	Linquendo van der Klooster	ZPB H&L Productions	31.17	199801361	31.68	+0,65	
18.	Dave Jansen	WVZ	31.78	199805299	31.78	+0,70	
19.	Tim van den Berg	Rotterdam Swimming (SG)	31.51	198500157	32.11	+0,73	
20.	Ian Minnigh	Rotterdam Swimming (SG)	31.82	199702737	32.30	+0,69	
21.	Emiel van Beusekom	ZPV Barracuda	32.24	199403951	32.43	+0,85	
22.	Bert Duivenvoorde	Noordwijkerhout	32.88	199701805	32.46	+0,70	
23.	Robin van Beek	Zvl-1886	32.91	199704023	32.65	+0,67	
24.	Remco Oskam	Widex GZC Donk	32.90	199205583	33.16	+0,78	
25.	Jasper Breugem	WVZ	33.45	200000303	33.23	+0,84	
26.	Jim Geestman	Rotterdam Swimming (SG)	32.92	198300699	33.32	+0,81	
27.	Rogier Dorsman	ZZ&PC De Devel	34.51	199900211	33.45	+0,68	841
28.	Tristan Stam	ZOB'66	33.58	199903551	33.62	+0,75	
29.	Mark de Jongh	MNC Dordrecht	32.65	200001325	33.64		
30.	Sander van Beek	Zvl-1886	33.08	200002917	34.44	+0,69	
DIS	Rick de Waard	SG SCOM/de Zeehond'73	32.55	199401095			
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>							
AFGEM	Robbert Donk	ZPC Wiekslag	31.92	198900745			

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Meisjes, 800m vrije slag

Jeugd 1 en later
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1 en 2								
1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	9:53.68	200602180	10:04.81 +0,84			
	100m: 1:09.42	1:09.42	300m: 3:42.72	1:16.76	500m: 6:18.33	1:18.43	700m: 8:52.14	1:15.85
	200m: 2:25.96	1:16.54	400m: 4:59.90	1:17.18	600m: 7:36.29	1:17.96	800m: 10:04.81	1:12.67
2.	G. Schrijvers van Zenden	The Hague Swimming (SG)	11:08.74	200601618	11:02.04 +0,79			
	100m: 1:17.69	1:17.69	300m: 4:05.65	1:23.97	500m: 6:54.48	1:24.60	700m: 9:43.06	1:23.96
	200m: 2:41.68	1:23.99	400m: 5:29.88	1:24.23	600m: 8:19.10	1:24.62	800m: 11:02.04	1:18.98
3.	Laura 't Lam	De Geul	11:27.62	200603376	11:28.45 +0,78			
	100m: 1:17.21	1:17.21	300m: 4:13.13	1:28.32	500m: 7:11.62	1:29.77	700m: 10:07.58	1:28.67
	200m: 2:44.81	1:27.60	400m: 5:41.85	1:28.72	600m: 8:38.91	1:27.29	800m: 11:28.45	1:20.87
4.	Samantha van der Jagt	ZZ&PC De Devel	12:43.43	200700220	11:29.61 +0,86			
	100m: 1:20.88	1:20.88	300m: 4:14.37	1:27.02	500m: 7:12.15	1:34.45	700m: 10:08.19	1:27.65
	200m: 2:47.35	1:26.47	400m: 5:37.70	1:23.33	600m: 8:40.54	1:28.39	800m: 11:29.61	1:21.42
5.	Jaylin van der Linden	ZZ&PC De Devel	12:50.04	200701766	11:51.53			
	100m: 1:22.97	1:22.97	300m: 4:23.01	1:30.16	500m: 7:23.89	1:30.11	700m: 10:24.95	1:31.26
	200m: 2:52.85	1:29.88	400m: 5:53.78	1:30.77	600m: 8:53.69	1:29.80	800m: 11:51.53	1:26.58
6.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	12:19.09	200700048	11:56.57 +0,75			
	100m: 1:21.35	1:21.35	300m: 4:19.70	1:29.60	500m: 7:24.31	1:33.02	700m: 10:28.18	1:31.54
	200m: 2:50.10	1:28.75	400m: 5:51.29	1:31.59	600m: 8:56.64	1:32.33	800m: 11:56.57	1:28.39
7.	Noémi Oldenkamp	KZV de Lansingh	12:20.41	200600162	11:56.86 +0,80			
	100m: 1:22.31	1:22.31	300m: 4:23.57	1:31.31	500m: 7:27.45	1:32.75	700m: 10:29.31	1:30.88
	200m: 2:52.26	1:29.95	400m: 5:54.70	1:31.13	600m: 8:58.43	1:30.98	800m: 11:56.86	1:27.55
13 - 14 jaar								
1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	10:07.58	200400258	9:24.39 +0,67			
	100m: 1:07.26	1:07.26	300m: 3:30.69	1:11.39	500m: 5:54.00	1:11.22	700m: 8:17.14	1:11.39
	200m: 2:19.30	1:12.04	400m: 4:42.78	1:12.09	600m: 7:05.75	1:11.75	800m: 9:24.39	1:07.25
2.	Merel Schravendijk	The Hague Swimming (SG)	9:19.56	200503382	9:25.83 +0,71			
	100m: 1:07.37	1:07.37	300m: 3:30.73	1:11.96	500m: 5:54.25	1:11.93	700m: 8:17.56	1:11.34
	200m: 2:18.77	1:11.40	400m: 4:42.32	1:11.59	600m: 7:06.22	1:11.97	800m: 9:25.83	1:08.27
3.	Lara Hoeksema	The Hague Swimming (SG)	10:03.33	200400514	9:54.00 +0,75			
	100m: 1:09.57	1:09.57	300m: 3:40.40	1:15.52	500m: 6:09.90	1:14.26	700m: 8:40.32	1:15.27
	200m: 2:24.88	1:15.31	400m: 4:55.64	1:15.24	600m: 7:25.05	1:15.15	800m: 9:54.00	1:13.68
4.	Melanie Marinus-Cruz * BU 300m	WVZ	10:45.83	200404702	10:32.37 +0,73			
	100m: 1:13.49	1:13.49	300m: 3:54.31	1:20.37	500m: 6:35.01	1:20.30	700m: 9:16.46	1:20.42
	200m: 2:33.94	1:20.45	400m: 5:14.71	1:20.40	600m: 7:56.04	1:21.03	800m: 10:32.37	1:15.91
5.	Anique Hazebroek	The Hague Swimming (SG)	10:38.84	200502196	10:34.92			
	100m: 1:14.07	1:14.07	300m: 3:53.73	1:19.86	500m: 6:35.60	1:20.68	700m: 9:17.75	1:20.67
	200m: 2:33.87	1:19.80	400m: 5:14.92	1:21.19	600m: 7:57.08	1:21.48	800m: 10:34.92	1:17.17
6.	Feija de Bruin	WVZ	10:34.30	200400106	10:37.99 +0,82			
	100m: 1:13.48	1:13.48	300m: 3:51.58	1:19.12	500m: 6:32.90	1:21.07	700m: 9:16.82	1:22.46
	200m: 2:32.46	1:18.98	400m: 5:11.83	1:20.25	600m: 7:54.36	1:21.46	800m: 10:37.99	1:21.17
7.	Lize van Stigt	LinK	10:38.42	200401510	10:46.69 +0,70			
	100m: 1:14.06	1:14.06	300m: 4:00.28	1:22.61	500m: 6:46.08	1:23.01	700m: 9:29.85	1:21.74
	200m: 2:37.67	1:23.61	400m: 5:23.07	1:22.79	600m: 8:08.11	1:22.03	800m: 10:46.69	1:16.84
8.	Nora van der Steen * BU 200m	LinK	10:45.67	200403458	10:59.30 +0,77			
	100m: 1:14.77	1:14.77	300m: 4:01.09	1:24.27	500m: 6:52.02	1:25.22	700m: 9:39.40	1:23.70
	200m: 2:36.82	1:22.05	400m: 5:26.80	1:25.71	600m: 8:15.70	1:23.68	800m: 10:59.30	1:19.90
DIS	Isis Naaktgeboren	ZZ&PC De Devel	10:04.91	200403914				
	AF - De aangegeven afstand niet uitgezwommen., Gestopt na 550 m							
	100m:	300m:	500m:	700m:				
	200m:	400m:	600m:	800m:				
		5:16.51						

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Dames, 800m vrije slag

Jeugd 2 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
15 - 16 jaar					
1.	Almudena Visser Velez	The Hague Swimming (SG)	9:26.89	200205904	9:20.26 +0,76
	100m: 1:04.00	1:04.00 300m: 3:25.42	1:11.24	500m: 5:48.69	1:11.84 700m: 8:11.43
	200m: 2:14.18	1:10.18 400m: 4:36.85	1:11.43	600m: 7:00.19	1:11.50 800m: 9:20.26
2.	Sophie de Jonge	WVZ	9:25.94	200200118	9:25.08 +0,76
	100m: 1:05.92	1:05.92 300m: 3:27.39	1:11.37	500m: 5:51.23	1:12.14 700m: 8:15.50
	200m: 2:16.02	1:10.10 400m: 4:39.09	1:11.70	600m: 7:03.68	1:12.45 800m: 9:25.08
3.	Ilse Kraaijeveld	The Hague Swimming (SG)	9:27.26	200202190	9:38.40 +0,70
	100m: 1:05.62	1:05.62 300m: 3:30.28	1:13.23	500m: 5:58.46	1:14.40 700m: 8:26.35
	200m: 2:17.05	1:11.43 400m: 4:44.06	1:13.78	600m: 7:12.45	1:13.99 800m: 9:38.40
4.	Mara Bosman	The Hague Swimming (SG)	9:47.65	200303048	9:56.64
	100m: 1:08.87	1:08.87 300m: 3:39.20	1:15.39	500m: 6:11.21	1:15.72 700m: 8:41.97
	200m: 2:23.81	1:14.94 400m: 4:55.49	1:16.29	600m: 7:26.88	1:15.67 800m: 9:56.64
5.	Lotte Tillema	z.c De Schotejil	9:55.94	200200692	9:58.21 +0,79
	100m: 1:07.42	1:07.42 300m: 3:35.96	1:15.39	500m: 6:09.60	1:17.09 700m: 8:42.95
	200m: 2:20.57	1:13.15 400m: 4:52.51	1:16.55	600m: 7:26.42	1:16.82 800m: 9:58.21
6.	Kim de Jong	LinK	9:45.45	200301026	10:04.39 +0,90
	100m: 1:10.37	1:10.37 300m: 3:42.59	1:16.08	500m: 6:16.03	1:17.30 700m: 8:49.57
	200m: 2:26.51	1:16.14 400m: 4:58.73	1:16.14	600m: 7:33.00	1:16.97 800m: 10:04.39
7.	Debra de Lange	De Geul	10:31.88	200202380	10:23.08 +0,75
	100m: 1:11.91	1:11.91 300m: 3:47.18	1:18.47	500m: 6:26.34	1:19.60 700m: 9:05.33
	200m: 2:28.71	1:16.80 400m: 5:06.74	1:19.56	600m: 7:46.12	1:19.78 800m: 10:23.08
8.	Esther Reinders	KZV de Lansingh	10:26.23	200301798	10:25.85
	100m: 1:11.02	1:11.02 300m: 3:48.24	1:19.08	500m: 6:28.04	1:20.04 700m: 9:09.02
	200m: 2:29.16	1:18.14 400m: 5:08.00	1:19.76	600m: 7:48.24	1:20.20 800m: 10:25.85
9.	Kim Rutters	De Kempvis	10:17.89	200302318	10:33.83 +0,87
	100m: 1:11.69	1:11.69 300m: 3:49.82	1:18.93	500m: 6:32.04	1:22.50 700m: 9:15.32
	200m: 2:30.89	1:19.20 400m: 5:09.54	1:19.72	600m: 7:53.52	1:21.48 800m: 10:33.83
10.	Susan van Grol	Widex GZC Donk	10:24.23	200201344	10:48.65 +0,75
	100m: 1:14.88	1:14.88 300m: 3:57.63	1:21.88	500m: 6:42.64	1:22.84 700m: 9:28.47
	200m: 2:35.75	1:20.87 400m: 5:19.80	1:22.17	600m: 8:06.48	1:23.84 800m: 10:48.65
11.	Julia de Heide *BU 800m	KZV de Lansingh	11:07.50	200302934	11:06.86 +0,74
	100m: 1:16.03	1:16.03 300m: 4:03.88	1:24.56	500m: 6:54.92	1:25.76 700m: 9:46.45
	200m: 2:39.32	1:23.29 400m: 5:29.16	1:25.28	600m: 8:20.63	1:25.71 800m: 11:06.86
12.	Zoë Molenaar	Zoetermeer	10:56.69	200300978	11:07.38 +0,75
	100m: 1:16.72	1:16.72 300m: 4:05.33	1:24.51	500m: 6:57.78	1:26.94 700m: 9:48.60
	200m: 2:40.82	1:24.10 400m: 5:30.84	1:25.51	600m: 8:23.08	1:25.30 800m: 11:07.38
Senioren					
1.	Leonie van Noort	WVZ	9:13.69	199301752	9:02.05 +0,84
	100m: 1:03.72	1:03.72 300m: 3:18.85	1:07.51	500m: 5:33.71	1:07.66 700m: 7:52.90
	200m: 2:11.34	1:07.62 400m: 4:26.05	1:07.20	600m: 6:42.97	1:09.26 800m: 9:02.05
2.	Marlinde Beukers	WVZ	9:38.18	200101934	9:30.91 +0,71
	100m: 1:05.18	1:05.18 300m: 3:28.55	1:12.40	500m: 5:53.04	1:12.67 700m: 8:19.23
	200m: 2:16.15	1:10.97 400m: 4:40.37	1:11.82	600m: 7:06.01	1:12.97 800m: 9:30.91
3.	Elyanne Boudestein	Zoetermeer	10:03.39	200101060	10:04.36 +0,79
	100m: 1:09.16	1:09.16 300m: 3:41.16	1:16.90	500m: 6:15.29	1:16.85 700m: 8:50.47
	200m: 2:24.26	1:15.10 400m: 4:58.44	1:17.28	600m: 7:33.35	1:18.06 800m: 10:04.36
4.	Diana Noordermeer	SG SCOM/de Zeehond'73	9:57.01	200102110	10:09.58 +0,64
	100m: 1:11.26	1:11.26 300m: 3:43.69	1:16.80	500m: 6:19.17	1:17.90 700m: 8:54.16
	200m: 2:26.89	1:15.63 400m: 5:01.27	1:17.58	600m: 7:37.19	1:18.02 800m: 10:09.58
5.	Anke Lambooj	De Vliet (SG)	10:31.29	198001182	10:17.17 +0,92
	100m: 1:08.84	1:08.84 300m: 3:43.21	1:17.92	500m: 6:21.51	1:19.32 700m: 9:00.39
	200m: 2:25.29	1:16.45 400m: 5:02.19	1:18.98	600m: 7:41.38	1:19.87 800m: 10:17.17
6.	Lotte Middelbos	z.c De Schotejil	10:30.49	199900680	10:19.93 +0,82
	100m: 1:08.80	1:08.80 300m: 3:42.95	1:17.94	500m: 6:21.87	1:19.82 700m: 9:02.13
	200m: 2:25.01	1:16.21 400m: 5:02.05	1:19.10	600m: 7:42.34	1:20.47 800m: 10:19.93
7.	Wendy de Bruin	ZOB'66	10:24.03	199206320	10:21.75 +0,67
	100m: 1:11.15	1:11.15 300m: 3:47.24	1:18.38	500m: 6:25.40	1:19.00 700m: 9:04.13
	200m: 2:28.86	1:17.71 400m: 5:06.40	1:19.16	600m: 7:44.66	1:19.26 800m: 10:21.75
8.	Jonne Moleman	LinK	10:01.19	200006264	10:38.98 +0,87 842
	100m: 1:13.57	1:13.57 300m: 3:53.90	1:20.59	500m: 6:36.84	1:21.57 700m: 9:20.20
	200m: 2:33.31	1:19.74 400m: 5:15.27	1:21.37	600m: 7:58.76	1:21.92 800m: 10:38.98

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Programmanr. 18, Dames, 800m vrije slag, Senioren

rang	naam	vereniging	intijd	tijd	RT	
9.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	11:04.17	200100904	10:51.32 +0,65	
	100m: 1:13.43	1:13.43	300m: 3:59.67	1:23.59	500m: 6:46.39	1:23.88
	200m: 2:36.08	1:22.65	400m: 5:22.51	1:22.84	600m: 8:10.95	1:24.56
					700m: 9:33.24	1:22.29
					800m: 10:51.32	1:18.08
10.	Isabelle Janssen	MNC Dordrecht	11:19.42	200006318	11:19.39	
	100m: 1:18.34	1:18.34	300m: 4:06.00	1:24.64	500m: 6:58.74	1:26.72
	200m: 2:41.36	1:23.02	400m: 5:32.02	1:26.02	600m: 8:25.41	1:26.67
					700m: 9:53.27	1:27.86
					800m: 11:19.39	1:26.12
11.	Ramona Linting *BU 300m	LinK	10:40.42	198301274	11:23.33 +0,89	
	100m: 1:18.16	1:18.16	300m: 4:09.53	1:25.91	500m: 7:03.06	1:26.39
	200m: 2:43.62	1:25.46	400m: 5:36.67	1:27.14	600m: 8:30.73	1:27.67
					700m: 9:57.99	1:27.26
					800m: 11:23.33	1:25.34
12.	Anne Aarts	D'elft	11:38.44	199207942	11:27.00 +0,81	
	100m: 1:19.76	1:19.76	300m: 4:13.50	1:27.26	500m: 7:08.20	1:27.07
	200m: 2:46.24	1:26.48	400m: 5:41.13	1:27.63	600m: 8:35.52	1:27.32
					700m: 10:02.32	1:26.80
					800m: 11:27.00	1:24.68
AFGEM	Annemarie Meijer	Feijenoord Albion	9:24.61	199900964		

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Heren, 100m schoolslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
Junioren 1								
1.	Mark Demianenko	Zoetermeer	1:25.60	200600409	1:23.49	+0,64	39.20	1:23.49
2.	Thijs van den Berg	The Hague Swimming (SG)	1:27.76	200600971	1:24.53	+0,74	40.61	1:24.53
3.	Daan Sonneveld	WVZ	1:27.26	200601085	1:24.91	+0,82	39.67	1:24.91
4.	Sven Eschbach	ZZ&PC De Devel	1:26.45	200602013	1:25.92	+0,68	40.60	1:25.92
5.	Bas Blanker	ZPB H&L Productions	1:25.93	200601497	1:26.43	+0,67	40.84	1:26.43
6.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	1:29.26	200601453	1:26.64	+0,75	40.82	1:26.64
7.	Winston van den Berg	Rotterdam Swimming (SG)	1:30.29	200600253	1:27.35	+0,71	41.56	1:27.35
8.	Jasper Groen	KZV de Lansingh	1:34.45	200602325	1:29.45	+0,77	42.47	1:29.45
9.	Bjorn Mulder	DSZ	1:31.01	200601517	1:30.94	+0,82	42.97	1:30.94
10.	Benjamin Vermeer	Zoetermeer	1:35.30	200600177	1:31.03	+0,70	42.60	1:31.03
11.	Hessel de Jong	KZV de Lansingh	1:39.83	200602753	1:31.17	+0,74	42.31	1:31.17
12.	Joris Lissenberg	The Hague Swimming (SG)	1:31.66	200600585	1:32.14	+0,81	42.46	1:32.14
13.	Merlijn van der Hoeven	WVZ	1:30.89	200600951	1:33.71		43.47	1:33.71
14.	Floris Wassenaar	WVZ	1:34.47	200600649	1:34.08	+0,64	44.02	1:34.08
15.	Tavi de Gelder	ZOB'66	1:35.75	200602335	1:36.93	+0,83	46.09	1:36.93
16.	Daniel Gavran	Widex GZC Donk	1:36.43	200600667	1:37.06	+0,69	45.62	1:37.06
Junioren 2								
1.	River Streefland	The Hague Swimming (SG)	1:14.63	200502253	1:13.07	+0,76	33.92	1:13.07
2.	Gabriel Been	The Hague Swimming (SG)	1:20.50	200501467	1:14.97	+0,79	35.79	1:14.97
3.	Yanieck Frijstein	The Hague Swimming (SG)	1:18.07	200500329	1:15.31	+0,69	35.84	1:15.31
4.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:20.33	200500781	1:18.13	+0,67	36.77	1:18.13
5.	Émile Fouzaï	The Hague Swimming (SG)	1:25.29	200500263	1:20.08	+0,72	37.72	1:20.08
6.	Menno Wieringa	KZV de Lansingh	1:21.47	200500927	1:20.11	+0,70	37.51	1:20.11
7.	Aaïke de Tender	De Geul	1:21.32	200502189	1:20.24	+0,85	37.48	1:20.24
8.	Björn Verkaik	The Hague Swimming (SG)	1:23.62	200500411	1:20.54	+0,75	38.53	1:20.54
9.	Thijs Visser	ZPV Barracuda	1:23.74	200502129	1:22.88		38.68	1:22.88
10.	Coen Frkovic	ZPB H&L Productions	1:23.92	200502397	1:22.97		38.87	1:22.97
11.	Simon Thijsssen	WZK	1:30.77	200503759	1:25.74	+0,69	40.68	1:25.74
12.	Nick Dirks	ZV Vlaardingen-Schiedam	1:25.10	200503637	1:26.98	+0,75	40.66	1:26.98
13.	Casper Hoogervorst	De Columbiaan	1:28.23	200500183	1:27.86		41.30	1:27.86
14.	Onno Roeleveld	De Columbiaan	1:29.35	200502775	1:28.14	+0,67	41.25	1:28.14
15.	Dobbe Kruit	De Columbiaan	1:30.10	200501367	1:29.29	+0,78	42.96	1:29.29
16.	Sytze van Stein	LinK	1:31.79	200501155	1:29.74		42.68	1:29.74
17.	Julian Kersten	The Hague Swimming (SG)	1:33.61	200500613	1:31.35	+0,74	43.59	1:31.35

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Junioren 3

1.	Jason van den Berg	Rotterdam Swimming (SG)	1:13.48	200400009	1:09.47	+0,74	32.91	1:09.47	
2.	Timo Wouters	MNC Dordrecht	1:11.50	200401363	1:11.80	+0,75	34.05	1:11.80	
3.	Timo Kock	Rotterdam Swimming (SG)	1:14.82	200400387	1:12.01	+0,76	33.60	1:12.01	
4.	Max van Schagen	De Columbiaan	1:14.88	200402591	1:14.71	+0,74	35.02	1:14.71	
5.	Wen-Ye Chen	Rotterdam Swimming (SG)	1:14.67	200402859	1:15.32	+0,69	35.05	1:15.32	
6.	Julien Tanis	Rotterdam Swimming (SG)	1:15.82	200401045	1:16.20	+0,66	36.47	1:16.20	
7.	Nathan Janssen	MNC Dordrecht	1:17.44	200401565	1:17.35	+0,74	36.98	1:17.35	
8.	Milan Masselink	The Hague Swimming (SG)	1:17.32	200402165	1:17.38	+0,80	36.80	1:17.38	
9.	Erik Oldenkamp	KZV de Lansingh	1:15.09	200400597	1:18.30	+0,74	36.32	1:18.30	
10.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:19.49	200404457	1:18.54	+0,72	37.27	1:18.54	
11.	Tim Haimé	The Hague Swimming (SG)	1:18.60	200403567	1:19.36		38.42	1:19.36	
12.	Michael van den Enden	PCG	1:20.40	200401589	1:19.92	+0,64	37.43	1:19.92	
13.	Thomas van Peenen	De Columbiaan	1:22.70	200400097	1:22.53	+0,77	39.10	1:22.53	
14.	Marijn Dekkers	Widex GZC Donk	1:24.39	200402275	1:23.42	+0,82	39.37	1:23.42	
15.	Sem Verberg	The Hague Swimming (SG)	1:25.53	200402105	1:24.01	+0,75	40.08	1:24.01	
	<i>* BU 50 m</i>								

16.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:24.47	200402559	1:24.97	+0,73	40.36	1:24.97
17.	Bo Schoenmakers	Widex GZC Donk	1:28.39	200402919	1:25.71	+0,76	40.24	1:25.71
18.	Duncan den Hartog	De Kempvis	1:29.52	200401889	1:26.08	+0,87	41.50	1:26.08
19.	Benjamin Boender	ZOB'66	1:27.72	200401351	1:26.68	+0,70	40.22	1:26.68
20.	Thijm Kruit	De Columbiaan	1:25.68	200401339	1:27.40	+0,80	40.87	1:27.40
DIS	Kun Woo Kim	The Hague Swimming (SG)	1:16.60	200401361				

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

Junioren 4

1.	Wesley Zulver	ZV Vlaardingen-Schiedam	1:07.96	200301319	1:08.61	+0,65	32.02	1:08.61
2.	Xander Vis	z.c De Schoteijl	1:09.05	200300173	1:08.92	+0,71	32.41	1:08.92
3.	Perry Laarhoven	ZPC Numansdorp	1:10.90	200301321	1:08.93	+0,78	32.60	1:08.93
4.	Kenan Coeruez	Feijenoord Albion	1:13.35	200300357	1:11.69	+0,68	33.58	1:11.69
5.	Milan Hamel	The Hague Swimming (SG)	1:09.84	200302125	1:12.03	+0,68	32.63	1:12.03
6.	Michael Smink	The Hague Swimming (SG)	1:15.36	200302169	1:12.81	+0,79	33.99	1:12.81
7.	Bjarne Buijs	The Hague Swimming (SG)	1:14.14	200301089	1:13.71	+0,75	34.97	1:13.71
8.	Raphaël Booiman	ZPC Wiekslag	1:14.75	200300727	1:13.74		34.29	1:13.74
9.	Erik van Gemert	Poseidon'56	1:14.05	200300587	1:15.96	+0,88	35.55	1:15.96
10.	Daan Hogerhuis	LinK	1:17.82	200300317	1:16.53	+0,83	36.11	1:16.53
11.	Tygo Korving	ZPB H&L Productions	1:16.09	200300773	1:17.05	+0,75	35.56	1:17.05
12.	Maurice van Philips	De Kempvis	1:17.58	200301387	1:17.18	+0,77	36.11	1:17.18
13.	Julian Stok	ZZ&PC De Devel	1:19.68	200300071	1:18.81	+0,74	37.10	1:18.81
14.	Milan van Aken	The Hague Swimming (SG)	1:20.62	200303307	1:20.05	+0,75	37.22	1:20.05
15.	Quinten Nieuwenhuis	WZK	1:23.75	200304577	1:24.11	+0,82	38.97	1:24.11
16.	M. Lopes Cardozo	WZK	1:23.85	200300665	1:25.63	+0,73	37.79	1:25.63

Jeugd 1 en 2

1.	Sean Niewold	WVZ	1:07.05	200204699	1:06.21	+0,72	31.38	1:06.21
2.	Scott Jansen	WVZ	1:08.52	200202455	1:07.98	+0,79	32.09	1:07.98
3.	Brandon van den Berg	Rotterdam Swimming (SG)	1:08.36	200200669	1:08.51	+0,70	32.03	1:08.51
4.	Nikhom Westphal	SG SCOM/de Zeehond'73	1:11.96	200203329	1:08.87	+0,72	32.22	1:08.87
5.	Viktor Koets	De Columbiaan	1:10.84	200201677	1:09.56	+0,80	32.34	1:09.56
6.	D. van den Nieuwendijk	De Columbiaan	1:07.48	200100475	1:09.82	+0,75	31.00	1:09.82
7.	Robin van Peenen	De Columbiaan	1:14.30	200201059	1:12.56	+0,80	33.79	1:12.56
8.	Mart de Koning	ZOB'66	1:13.71	200203253	1:12.58	+0,69	34.13	1:12.58
9.	Thomas van Wanrooij	Poseidon'56	1:14.67	200201473	1:12.63	+0,78	34.23	1:12.63
10.	Bas van Wieringen	De Columbiaan	1:14.84	200200119	1:12.79		34.21	1:12.79
11.	Tjeerd van Stein	LinK	1:13.39	200101439	1:12.82		34.10	1:12.82
12.	Guus Hoogduin	Zvl-1886	1:16.42	200201069	1:13.46	+0,78	34.41	1:13.46
13.	Daan Snijders	MNC Dordrecht	1:13.91	200202475	1:13.73	+0,74	34.18	1:13.73
14.	Joris de Gier	Widex GZC Donk	1:16.05	200103817	1:15.33	+0,66	35.09	1:15.33
15.	Freek Hollander	The Hague Swimming (SG)	1:15.98	200103815	1:15.42	+0,80	35.21	1:15.42
16.	Wouter Verdoes	De Columbiaan	1:16.95	200200351	1:17.03	+0,80	36.72	1:17.03
17.	Stijn den Otter	ZZ&PC De Devel	1:16.68	200200225	1:18.10		36.53	1:18.10
AFGEM	Dylano Termoshuizen	WVZ	1:18.22	200202169				
NG	Justin Slootweg	MNC Dordrecht	1:09.87	200201407				

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Senioren 1 en ouder

rang	naam	vereniging	intijd	2018	diff	2017	RT	
1.	Mark Baars	Rotterdam Swimming (SG)	1:02.99	198500059	1:02.22	+0,64	29.10	1:02.22
2.	Thomas Verhoeven	Rotterdam Swimming (SG)	1:02.37	199700311	1:02.32	+0,72	29.19	1:02.32
3.	Kevin Panoet	The Hague Swimming (SG)	1:01.31	199307253	1:02.67	+0,67	29.63	1:02.67
4.	Duncan van Haaren	Widex GZC Donk	1:05.50	200000681	1:04.88	+0,74	30.60	1:04.88
5.	Stijn Geelen	MNC Dordrecht	1:03.44	199801363	1:04.92	+0,70	30.53	1:04.92
6.	J. de Roy van Zuydewijn	WVZ	1:04.41	200000255	1:05.17	+0,68	30.98	1:05.17
7.	Jordy Zuidhoek	De Columbiaan	1:06.53	199201569	1:06.15		30.38	1:06.15
8.	Paul van Grol	Widex GZC Donk	1:07.21	199602951	1:06.99	+0,65	31.53	1:06.99
9.	Timo Dinkelberg	Feijenoord Albion	1:10.18	199300773	1:08.60	+0,69	31.70	1:08.60
10.	Thomas Hesper	ZPV Barracuda	1:08.13	200004181	1:08.65	+0,89	32.11	1:08.65
11.	Kevin Kingma	KZV de Lansingh	1:09.63	199700559	1:08.90		31.74	1:08.90
12.	Derk Jan Speelman	Rotterdam Swimming (SG)	1:06.25	199602425	1:08.99	+0,69	31.53	1:08.99
13.	David Kievit	z.c De Schotejil	1:10.22	199900325	1:09.54	+0,80	32.83	1:09.54
14.	Pascal Nuijten	Feijenoord Albion	1:10.42	199701353	1:09.59	+0,76	32.78	1:09.59
15.	Joris Bezemer	De Kempvis	1:08.75	199900527	1:09.65	+0,81	32.80	1:09.65
16.	Marijn van Giesen	ZV Westland	1:09.02	199900633	1:09.94	+0,73	31.22	1:09.94
17.	Martijn Dolk	Rotterdam Swimming (SG)	1:09.01	198900737	1:10.02	+0,74	31.98	1:10.02
18.	Dave Jansen	WVZ	1:09.60	199805299	1:10.49	+0,65	33.07	1:10.49
19.	Tim van den Berg	Rotterdam Swimming (SG)	1:08.32	198500157	1:10.56	+0,55	32.77	1:10.56
20.	L. van der Klooster	ZPB H&L Productions	1:09.99	199801361	1:10.66	+0,68	33.11	1:10.66
21.	Rick de Waard	SG SCOM/de Zeehond'73	1:10.18	199401095	1:10.78	+0,69	32.94	1:10.78
22.	Emiel van Beusekom	ZPV Barracuda	1:11.65	199403951	1:10.83	+0,83	32.81	1:10.83
23.	Jorian Tanis	z.c De Schotejil	1:12.91	199900327	1:11.25	+0,77	33.50	1:11.25
24.	Rogier Dorsman	ZZ&PC De Devel	1:11.60	199900211	1:11.26	+0,69	33.77	1:11.26
25.	Jim Geestman	Rotterdam Swimming (SG)	1:11.27	198300699	1:11.99		33.64	1:11.99
26.	Bert Duivenvoorde	Noordwijkerhout	1:10.68	199701805	1:12.14	+0,76	33.87	1:12.14
27.	Mairo Bonte	Zoetermeer	1:17.15	199905271	1:15.61	+0,63	34.23	1:15.61
28.	Remco Oskam	Widex GZC Donk	1:15.73	199205583	1:16.14	+0,80	35.15	1:16.14
29.	Ian van Mullem	ZOB'66	1:16.50	199602545	1:16.89	+0,71	36.29	1:16.89
AFGEM	Robbert Donk	ZPC Wiekslag	1:10.33	198900745				

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Dames, 50m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	2018	diff	2017	RT
Junioren 1							
1.	Robin Vermeulen	MNC Dordrecht	36.69	200700412	34.03	+0,75	
2.	Mila Oomens	ZPV Barracuda	37.75	200700016	36.06	+0,69	
3.	Dide Provily	ZPC Wiekslag	37.45	200700480	36.18	+0,65	
4.	Ananda van der Wiel	WVZ	37.83	200701562	36.40	+0,73	
5.	Thalia Meijer	z.c De Schotejil	37.00	200700730	36.87	+0,61	
6.	Charlotte Woltjes	The Hague Swimming (SG)	37.77	200700110	37.00	+0,66	
7.	Charlene Ruiters	De Columbiaan	37.89	200700522	37.07	+0,63	
8.	Floor Hogervorst	Noordwijkerhout	38.10	200701400	37.36	+0,81	
9.	Fleur Kamminga	WVZ	38.39	200701838	37.46	+0,73	
10.	Janneke Twigt	KZV de Lansingh	39.07	200701040	38.35	+0,81	
11.	Anniqne Rupke	Widex GZC Donk	40.44	200700876	39.22		
12.	Britte Lodder	ZZ&PC De Devel	41.29	200702290	40.85	+0,76	

Junioren 2

1.	Kimberly Ruiters	De Columbiaan	34.87	200600492	32.47	+0,64	
2.	Jade van der Maas	WVZ	34.57	200600408	34.78	+0,76	
3.	Nikita Snoeren	WVZ	35.55	200600342	35.02	+0,70	
4.	Leyla Oversluijzen	z.c De Schotejil	36.54	200602730	35.56	+0,71	
5.	Hilda Vrijbloed	De Duck	36.28	200600732	35.65	+0,72	
6.	Megan Jonkman	The Hague Swimming (SG)	36.33	200600508	35.66	+0,70	
7.	Sanne Slof	ZPV Barracuda	38.47	200601810	36.23	+0,65	
8.	Lotte Cornelissen	De Watervogels	35.55	200601182	36.83	+0,50	
9.	Noémi Oldenkamp	KZV de Lansingh	37.68	200600162	36.98	+0,68	
10.	Jamila de Lobel	SG SCOM/de Zeehond'73	38.05	200602320	37.16	+0,72	
11.	Luna van Hoff	ZPB H&L Productions	38.63	200601074	37.88	+0,64	
12.	Quinty Kersten	ZOB'66	39.25	200601166	37.99	+0,73	
13.	Emma Suderee	MNC Dordrecht	38.84	200603598	38.34	+0,72	
14.	Evelien Holterman	Zoetermeer	39.89	200601124	39.29	+0,78	
15.	Piera Stallen	Widex GZC Donk	41.38	200600510	41.71	+0,96	

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Programmanr. 20, Dames, 50m rugslag

Junioren 3

1.	Jelsie van Ruijven	WVZ	33.26	200500282	31.83	+0,64
2.	Evelyn Liket	ZV Vlaardingen-Schiedam	33.86	200503118	33.06	+0,72
3.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	34.55	200503292	33.21	+0,69
4.	Marit Huisman	ZPV Barracuda	34.86	200502620	33.24	+0,69
5.	Sophie Buurman	ZPC Wiekslag	33.88	200502530	33.50	+0,68
6.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	34.30	200501256	33.83	+0,64
7.	Niké Telkamp	The Hague Swimming (SG)	36.82	200501088	34.00	+0,72
8.	Emma Verkuijl	ZPV Barracuda	34.69	200500826	34.01	+0,68
9.	Yente Bouwmeester	De Columbiaan	34.91	200500340	34.02	+0,65
10.	Milou Adriaanse	De Columbiaan	35.36	200500968	34.39	+0,66
11.	Anique Hazebroek	The Hague Swimming (SG)	35.82	200502196	34.67	+0,70
12.	Isa Maes	Feijenoord Albion	36.10	200500110	34.72	+0,80
13.	Laura Hoogenboezem	KZV de Lansingh	36.69	200500390	35.16	+0,89
14.	Soscha van den Heuvel	ZPC Numansdorp	36.91	200500804	37.00	+0,67
15.	Emi Schipper	ZOB'66	37.45	200502126	37.86	+0,71
16.	Esmee Verbeek	Zoetermeer	38.52	200502086	38.06	+0,69
17.	Fenne Saaf	Zoetermeer	40.01	200504340	39.83	+0,67
18.	Maud van der Burgh	ZOB'66	41.84	200502990	40.36	+0,79
NG	Britt van't Zant	Feijenoord Albion	37.01	200501170		

Jeugd 1 en 2

1.	Milou van Wijk	MNC Dordrecht	30.34	200404948	30.38	+0,59	
2.	Maaïke Issard	The Hague Swimming (SG)	30.85	200300022	30.73	+0,70	
3.	Femke Hoppenbrouwer	The Hague Swimming (SG)	31.07	200301124	31.10	+0,67	
4.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	31.01	200404272	31.21	+0,79	
5.	Michelle van der Steen	ZV Vlaardingen-Schiedam	32.49	200300052	32.32	+0,62	
6.	Julia Notenboom	De Columbiaan	32.32	200302596	32.50	+0,63	
7.	Jenna Klein	LinK	34.88	200400914	32.59	+0,79	
8.	Isis Naaktgeboren	ZZ&PC De Devel	34.08	200403914	33.12	+0,74	
9.	Isabel Scheepbouwer	ZPC Wiekslag	32.56	200301106	33.13	+0,67	
10.	Fenna Herwig	ZPC Wiekslag	33.28	200400908	33.66	+0,78	
11.	Zinzi van der Maas	WVZ	35.55	200402028	34.23	+0,65	
12.	Tessa Poot	ZV Vlaardingen-Schiedam	35.79	200404264	34.30	+0,71	
13.	Wendy ten Wolde	ZPC Wiekslag	34.48	200302658	34.48	+0,60	
14.	Feline Jonkers	Poseidon'56	34.89	200401160	34.52	+0,68	
15.	Kim Rutters	De Kempvis	33.69	200302318	34.71	+0,62	
16.	Lize van Stigt	LinK	35.10	200401510	34.73	+0,62	
17.	Esther Reinders	KZV de Lansingh	34.91	200301798	35.38	+0,65	
18.	Cheyenne Elburg	KZV de Lansingh	35.68	200401170	35.39	+0,69	
19.	Nora van der Steen	LinK	35.45	200403458	35.48	+0,83	
20.	Zoë Molenaar	Zoetermeer	36.44	200300978	36.17	+0,68	
21.	Serena den Tuinder	ZPC Numansdorp	36.02	200303552	36.21	+0,79	
22.	Mandy van der Meijden	Widex GZC Donk	36.55	200402574	36.32	+0,74	
23.	Marise van 't Walderveen	Zoetermeer	36.21	200400902	36.49	+0,59	
24.	Carmen Lems	KZV de Lansingh	36.51	200402632	36.78	+0,72	
	* BU 50m						
25.	Juliette Boon	ZZ&PC De Devel	37.33	200401908	37.53	+0,65	
26.	Milou van Winkel	LinK	39.98	200402296	39.77	+0,93	
27.	Megan van Delden	WVZ	47.11	200405500	43.66	+0,70	462
DIS	Joyce van 't Hof	ZZ&PC De Devel	35.46	200302122			
	AA - Gestart voor het startsignaal (en wel gezwommen).						
NG	Megan de Hoog	SG SCOM/de Zeehond'73	32.30	200300214			

Senioren 1 en 2

1.	Tessa Giele	Feijenoord Albion	30.19	200203124	30.06	+0,65
2.	Maaïke Broersma	BZ en PC	30.34	200201522	30.57	+0,70
3.	Sanne Heemskerk	Zvl-1886	32.80	200100600	31.19	+0,60
4.	Anniek de Ruiters	Widex GZC Donk	32.61	200101224	32.05	+0,76
5.	Lynn Blommers	The Hague Swimming (SG)	33.06	200105062	32.36	+0,54
6.	Robin Pienaar	ZPV Barracuda	32.89	200102236	32.75	+0,73
7.	Almudena Visser Velez	The Hague Swimming (SG)	33.17	200205904	32.98	+0,72
8.	Catharina Chulick	WVZ	34.63	200106304	33.47	+0,60
9.	Sacha van den Dobbelssteen	The Hague Swimming (SG)	33.55	200100904	33.78	+0,62
10.	Rozemarijn van Haaff	ZOB'66	33.73	200201852	33.97	+0,66
11.	Isa Boom	MNC Dordrecht	34.88	200200186	33.99	+0,74
12.	Amy van Leersum	Poseidon'56	35.00	200200300	34.46	+0,67

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rang	naam	vereniging	intijd		tijd	RT
13.	Anne Straub	Zoetermeer	34.32	200201402	35.12	+0,58
14.	Diana Noordermeer	SG SCOM/de Zeehond'73	35.36	200102110	35.84	+0,70
15.	Naomi Mesquita Ferreira	Zoetermeer	36.11	200204286	35.86	+0,63
16.	Esmée Roodenburg	De Geul	34.36	200100040	35.96	+0,60
17.	Lisanne Dijkman	Zoetermeer	35.62	200102676	36.61	+0,60
NG	Lisanne van 't Walderveen	Zoetermeer	35.79	200203226		+0,54
NG	Anne de Kleer	Widex GZC Donk	35.27	200102504		

Senioren

1.	Babette van der Kaaij	Rotterdam Swimming (SG)	31.48	199902234	30.61	+0,66
2.	Miranda Nijenhuis	De Columbiaan	30.05	199204076	30.62	+0,73
3.	Lauren van IJll	WVZ	31.09	200001064	31.08	+0,74
4.	Romy de Laait	ZPC Wiekslag	32.38	199900902	32.35	+0,65
	Alisha Vieira	Rotterdam Swimming (SG)	33.40	199904554	32.35	+0,73
6.	Nilce Mendes Barbosa	Feijenoord Albion	33.16	199800214	33.19	+0,66
7.	Karen van Dee	SG SCOM/de Zeehond'73	33.71	199604074	33.21	+0,84
8.	Sanne Hobé	Poseidon'56	33.79	200000826	33.42	+0,69
9.	Lincy de Winter	The Hague Swimming (SG)	33.84	199805886	34.08	+0,67
10.	Nikita Herwig	ZPC Wiekslag	34.07	199903552	34.22	+0,68
11.	Laura Tromp	ZZ&PC De Devel	34.31	200000276	34.91	+0,77

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Heren, 100m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
Junioren 1								
1.	Mark Demianenko	Zoetermeer	1:14.94	200600409	1:12.61	+0,74	33.71	1:12.61
2.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	1:15.18	200601453	1:14.65	+0,76	32.96	1:14.65
3.	Joris Lissenberg	The Hague Swimming (SG)	1:19.70	200600585	1:14.67	+0,73	34.29	1:14.67
4.	Bas Blanker	ZPB H&L Productions	1:16.32	200601497	1:15.46	+0,75	36.28	1:15.46
5.	Dimi Stoyanov	The Hague Swimming (SG)	1:18.52	200601067	1:15.78	+0,75	34.54	1:15.78
6.	Joshua Agussalim	ZPV Barracuda	1:19.92	200600153	1:18.13	+0,79	35.21	1:18.13
7.	Daan Sonneveld	WVZ	1:21.91	200601085	1:19.91		36.43	1:19.91
8.	Thijs van den Berg	The Hague Swimming (SG)	1:23.49	200600971	1:21.17	+0,80	37.90	1:21.17
9.	Benjamin Vermeer	Zoetermeer	1:23.14	200600177	1:22.61	+0,83	37.64	1:22.61
10.	Tibbe Veldboer	ZPB H&L Productions	1:27.36	200600911	1:23.77	+0,99	38.91	1:23.77
11.	Karol Sas	MNC Dordrecht	1:22.52	200602321	1:24.12	+0,65	37.25	1:24.12
12.	Sven Eschbach	ZZ&PC De Devel	1:20.12	200602013	1:25.58	+0,74	37.99	1:25.58
13.	Thomas Klaassen	ZOB'66	1:34.27	200601535	1:25.76	+0,74	38.89	1:25.76
14.	Bo Merkestein	WVZ	1:26.90	200602451	1:26.92		38.41	1:26.92
15.	Dominique Drabbe	Zoetermeer	1:30.41	200600145	1:27.45	+0,61	39.69	1:27.45
16.	Tavi de Gelder	ZOB'66	1:33.07	200602335	1:36.52	+0,84	42.42	1:36.52

Junioren 2

1.	Gabriel Been	The Hague Swimming (SG)	1:06.81	200501467	1:05.41	+0,84	30.27	1:05.41
2.	Émile Fouzaï	The Hague Swimming (SG)	1:08.39	200500263	1:06.74	+0,74	31.49	1:06.74
3.	Sem Agterdenbos	MNC Dordrecht	1:08.15	200500049	1:07.93	+0,67	30.88	1:07.93
4.	Menno Wieringa	KZV de Lansingh	1:13.63	200500927	1:12.09	+0,72	33.33	1:12.09
5.	Yanieck Frijstein	The Hague Swimming (SG)	1:14.18	200500329	1:12.28	+0,73	33.62	1:12.28
6.	Björn Verkaik	The Hague Swimming (SG)	1:13.86	200500411	1:14.76	+0,74	34.34	1:14.76
7.	Tyler Diependaal	The Hague Swimming (SG)	1:19.61	200500879	1:16.46	+0,76	35.02	1:16.46
8.	Emin Bayram	WVZ	1:22.92	200502753	1:19.97	+0,84	36.40	1:19.97
9.	Casper Hoogervorst	De Columbiaan	1:21.70	200500183	1:23.73		38.74	1:23.73
10.	Tim van Lochem	Zoetermeer	1:25.89	200500077	1:24.99	+0,80	37.85	1:24.99

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Junioren 3

1.	Jay de Vries	Rotterdam Swimming (SG)	1:02.52	200400669	1:01.38	+0,74	28.44	1:01.38
2.	Timo Kock	Rotterdam Swimming (SG)	1:03.61	200400387	1:02.23	+0,76	29.52	1:02.23
3.	Anthony Kraag	WVZ	1:03.60	200401973	1:04.59	+0,70	29.52	1:04.59
4.	Pepijn van Egmond	WVZ	1:05.32	200402309	1:04.73	+0,67	29.17	1:04.73
5.	Thijm Kruit	De Columbiaan	1:07.55	200401339	1:04.77	+0,72	29.47	1:04.77
6.	Chris van der Hout	The Hague Swimming (SG)	1:05.54	200401355	1:04.96	+0,72	30.09	1:04.96
7.	Nathan Janssen	MNC Dordrecht	1:09.21	200401565	1:06.29	+0,73	31.12	1:06.29
8.	Niels van der Mast	ZPC Numansdorp	1:09.62	200401917	1:08.64	+0,72	32.76	1:08.64
9.	Tim Haimé	The Hague Swimming (SG)	1:09.30	200403567	1:08.82		32.09	1:08.82
10.	Sem Verberg	The Hague Swimming (SG)	1:12.31	200402105	1:10.07	+0,77	32.66	1:10.07
11.	Max van Schagen	De Columbiaan	1:11.79	200402591	1:12.33	+0,78	34.13	1:12.33
12.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:18.64	200404457	1:12.88	+0,62	33.87	1:12.88
13.	Guus Geelen	Zvl-1886	1:14.47	200401183	1:12.92	+0,73	33.48	1:12.92
14.	Loeka Wubben	The Hague Swimming (SG)	1:19.11	200400307	1:15.05		32.93	1:15.05
15.	Bo Schoenmakers	Widex GZC Donk	1:20.74	200402919	1:22.29	+0,80	38.15	1:22.29
NG.ZA	Benjamin Boender	ZOB'66	1:22.68	200401351				

Junioren 4

1.	Michael Smink	The Hague Swimming (SG)	59.78	200302169	59.43	+0,78	27.17	59.43
2.	Jelle Bon	ZV Vlaardingen-Schiedam	1:04.31	200301077	1:02.69	+0,68	29.03	1:02.69
3.	Milan Hamel	The Hague Swimming (SG)	1:04.08	200302125	1:04.15	+0,62	30.36	1:04.15
4.	Perry Laarhoven	ZPC Numansdorp	1:05.72	200301321	1:04.27	+0,82	29.65	1:04.27
5.	Wesley Zulver	ZV Vlaardingen-Schiedam	1:05.15	200301319	1:04.89	+0,68	30.27	1:04.89
6.	Kenan Coeruez	Feijenoord Albion	1:06.77	200300357	1:05.47	+0,67	30.22	1:05.47
7.	Milan van Aken	The Hague Swimming (SG)	1:09.23	200303307	1:06.30		30.18	1:06.30
8.	Julian Stok	ZZ&PC De Devel	1:06.80	200300071	1:06.56	+0,71	30.86	1:06.56
9.	Bjarne Buijs	The Hague Swimming (SG)	1:06.35	200301089	1:07.17	+0,71	31.67	1:07.17
10.	M. Lopes Cardozo	WZK	1:09.55	200300665	1:07.75	+0,75	30.82	1:07.75
11.	Daan Hogerhuis	LinK	1:10.22	200300317	1:08.99	+0,78	31.56	1:08.99
12.	Senna Mooldijk	Feijenoord Albion	1:06.69	200301147	1:09.17		31.59	1:09.17
13.	Raphaël Booiman	ZPC Wiekslag	1:14.28	200300727	1:10.90	+0,73	31.10	1:10.90
14.	Tygo Korving	ZPB H&L Productions	1:18.01	200300773	1:13.56	+0,72	32.82	1:13.56
AFGEM	Zev Bulk	The Hague Swimming (SG)	1:02.30	200304021				
NG	Christiaan van Es	ZOB'66	1:15.15	200304141				

Jeugd 1 en 2

1.	Nikhom Westphal	SG SCOM/de Zeehond'73	56.93	200203329	56.83	+0,67	26.63	56.83
2.	Gerard Willighagen	Poseidon'56	57.24	200103663	58.39	+0,74	27.16	58.39
3.	Jarno Verbeek	Zoetermeer	1:00.09	200200931	59.79	+0,75	27.39	59.79
4.	Sean Niewold	WVZ	57.10	200204699	59.92	+0,77	27.00	59.92
5.	Freek Hollander	The Hague Swimming (SG)	1:01.05	200103815	1:00.21	+0,64	27.87	1:00.21
6.	Jarno Oijen	Feijenoord Albion	1:01.48	200100055	1:00.44	+0,79	27.77	1:00.44
7.	Viktor Koets	De Columbiaan	1:02.52	200201677	1:01.98	+0,81	28.71	1:01.98
8.	Guus Hoogduin	Zvl-1886	1:02.92	200201069	1:03.07		29.52	1:03.07
9.	Wesley Scheepbouwer	ZPC Wiekslag	1:03.60	200101959	1:03.23	+0,59	28.53	1:03.23
10.	Scott Jansen	WVZ	1:06.00	200202455	1:04.99		30.37	1:04.99
11.	Glenn van Gaalen	De Kempvis	1:04.45	200200521	1:05.53	+0,70	30.01	1:05.53
12.	Mart de Koning	ZOB'66	1:05.30	200203253	1:05.69	+0,72	30.38	1:05.69
13.	Björn de Heus	ZV Vlaardingen-Schiedam	1:04.88	200201077	1:06.62	+0,67	30.65	1:06.62
14.	Youri ten Brink	The Hague Swimming (SG)	1:04.43	200104719	1:07.02	+0,71	30.25	1:07.02
	Boy Borreman	LinK	1:08.46	200102751	1:07.02	+0,71	30.36	1:07.02
16.	Wouter Verdoes	De Columbiaan	1:09.11	200200351	1:09.13	+0,77	31.98	1:09.13
17.	Luc Brasz	The Hague Swimming (SG)	1:11.20	200200919	1:09.61	+0,72	32.89	1:09.61
18.	Bas van Nisius	The Hague Swimming (SG)	1:12.07	200202107	1:09.98		32.25	1:09.98
19.	Wessel Bonkestoter	Widex GZC Donk	1:11.37	200100625	1:10.46	+0,75	32.61	1:10.46
20.	Ignazio Nunzi	WVZ	1:07.61	200101803	1:10.69	+0,76	32.90	1:10.69
21.	Esper Paans	ZZ&PC De Devel	1:13.98	200100607	1:17.78	+0,76	32.78	1:17.78
AFGEM	Dylano Termoshuizen	WVZ	1:08.62	200202169				
NG	Justin Slootweg	MNC Dordrecht	1:03.53	200201407				

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Senioren 1 en ouder

1.	Thomas Verhoeven	Rotterdam Swimming (SG)	53.01	199700311	54.47	+0,69	25.10	54.47
2.	Jeroen Baars	Rotterdam Swimming (SG)	54.42	199200031	54.54	+0,70	25.33	54.54
3.	Mark Baars	Rotterdam Swimming (SG)	55.10	198500059	55.57	+0,67	25.98	55.57
4.	Melvin Prins	ZPC Wiekslag	56.27	199500201	56.32	+0,71	26.16	56.32
5.	Bjorn Scherbeijn	The Hague Swimming (SG)	55.57	199600349	57.31	+0,71	26.06	57.31
6.	Matthew Dullemond	Rotterdam Swimming (SG)	1:00.20	199805005	58.63	+0,75	27.65	58.63
7.	Jonne Schaafsma	The Hague Swimming (SG)	1:02.96	199800745	58.69	+0,75	27.30	58.69
8.	Pascal Nuijten	Feijenoord Albion	58.83	199701353	58.96		27.35	58.96
9.	Timo Dinkelberg	Feijenoord Albion	57.91	199300773	59.54	+0,70	27.70	59.54
10.	Joris Bezemer	De Kempvis	57.65	199900527	59.81	+0,88	26.98	59.81
11.	Ian Minnigh	Rotterdam Swimming (SG)	1:01.46	199702737	1:00.16	+0,69	27.05	1:00.16
12.	Lars Schoffelmeer	ZPB H&L Productions	59.63	199501907	1:00.23	+0,69	28.01	1:00.23
13.	Derk Jan Speelman	Rotterdam Swimming (SG)	59.95	199602425	1:00.40	+0,70	27.99	1:00.40
14.	Robin van Beek	Zvl-1886	59.77	199704023	1:00.42	+0,67	27.63	1:00.42
15.	Jorian Tanis	z.c De Schotejil	1:02.49	199900327	1:00.43	+0,81	28.23	1:00.43
16.	Stijn Geelen	MNC Dordrecht	1:00.14	199801363	1:00.62	+0,73	27.92	1:00.62
17.	Duncan van Haaren	Widex GZC Donk	1:00.95	200000681	1:00.98		28.20	1:00.98
18.	Dave Jansen	WVZ	1:01.71	199805299	1:01.17	+0,65	28.09	1:01.17
19.	Bram de Leeuw	The Hague Swimming (SG)	1:03.90	199805753	1:01.28	+0,66	28.30	1:01.28
20.	J. de Roy van Zuydewijn	WVZ	1:03.37	200000255	1:01.41	+0,71	28.81	1:01.41
21.	Emiel van Beusekom	ZPV Barracuda	1:01.96	199403951	1:01.75	+0,82	28.22	1:01.75
22.	Thijs Molendijk	D'elft	1:03.58	199900477	1:02.20	+0,73	28.52	1:02.20
23.	Kevin Panoet	The Hague Swimming (SG)	1:00.30	199307253	1:02.36	+0,64	28.29	1:02.36
24.	Nordin Termoshuizen	WVZ	1:03.75	199605401	1:02.78		29.71	1:02.78
25.	Bert Duivenvoorde	Noordwijkerhout	1:02.14	199701805	1:03.02	+0,73	28.86	1:03.02
26.	Jordy van Oel	WVZ	1:01.26	199802003	1:03.25	+0,80	29.17	1:03.25
27.	Paul van Grol	Widex GZC Donk	1:03.05	199602951	1:03.76	+0,67	30.12	1:03.76
28.	Sander van Beek	Zvl-1886	1:02.58	200002917	1:03.93		28.43	1:03.93
29.	David Kievit	z.c De Schotejil	1:05.67	199900325	1:04.38	+0,82	30.42	1:04.38
30.	Otto Pranger	SG SCOM/de Zeehond'73	1:03.14	200000007	1:05.78	+0,72	29.67	1:05.78
31.	Rutger Dalm	KZV de Lansingh	1:05.56	199005561	1:07.08	+0,72	30.35	1:07.08
32.	L. van der Klooster	ZPB H&L Productions	1:06.95	199801361	1:08.10	+0,71	31.07	1:08.10
33.	Ian van Mullem	ZOB'66	1:10.16	199602545	1:09.90	+0,71	31.88	1:09.90
AFGEM	Robbert Donk	ZPC Wiekslag	1:01.27	198900745				
AFGEM	Noah Legerstee	WVZ	1:00.84	200003593				

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Dames, 200m vrije slag

Senioren Open

Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Junioren 1										
1.	Robin Vermeulen	MNC Dordrecht	2:26.76	200700412	2:26.72	+0,87	34.02	1:12.81	1:52.14	2:26.72
2.	Ananda van der Wiel	WVZ	2:33.46	200701562	2:26.87	+0,77	34.09	1:12.97	1:51.70	2:26.87
3.	Charlotte Woltjes	The Hague Swimming	(2:35.92	200700110	2:29.28	+0,70	33.97	1:12.53	1:51.93	2:29.28
4.	Dide Provily	ZPC Wiekslag	2:36.99	200700480	2:29.57	+0,70	34.50	1:12.94	1:51.75	2:29.57
5.	Liza Voronov	WVZ	2:42.48	200700564	2:32.63	+0,70	34.08	1:12.92	1:52.97	2:32.63
6.	Mila Oomens	ZPV Barracuda	2:36.85	200700016	2:34.46	+0,74	34.68	1:13.78	1:54.47	2:34.46
7.	Thalia Meijer	z.c De Schotejil	2:37.46	200700730	2:36.53	+0,73	34.87	1:14.52	1:56.03	2:36.53
8.	Samantha van der Jagt	ZZ&PC De Devel	2:43.92	200700220	2:37.22		36.93	1:17.05	1:58.16	2:37.22
Junioren 2										
1.	E. van Wijngaarden	ZPB H&L Productions	2:25.95	200601020	2:21.07	+0,77	32.82	1:09.47	1:46.84	2:21.07
2.	Leyla Oversluizen	z.c De Schotejil	2:24.63	200602730	2:22.16	+0,76	32.37	1:09.04	1:46.79	2:22.16
3.	Avery Collins	The Hague Swimming	(2:25.25	200603622	2:22.52	+0,68	33.12	1:09.43	1:47.31	2:22.52
4.	Megan Jonkman	The Hague Swimming	(2:27.32	200600508	2:22.79	+0,86	32.63	1:09.59	1:47.09	2:22.79
5.	Kimberly Ruiters	De Columbiaan	2:33.36	200600492	2:26.38		32.66	1:10.25	1:49.74	2:26.38
6.	Sanne Slof	ZPV Barracuda	2:28.63	200601810	2:26.52	+0,98	32.25	1:09.75	1:48.87	2:26.52
7.	Hilda Vrijbloed	De Duck	2:29.16	200600732	2:29.06	+0,81	33.37	1:12.31	1:52.14	2:29.06
8.	G. Schrijvers van Zende	The Hague Swimming	(2:42.08	200601618	2:29.46	+0,77	35.25	1:13.54	1:52.31	2:29.46
9.	Laura 't Lam	De Geul	2:34.96	200603376	2:33.16	+0,71	35.31	1:15.48	1:56.58	2:33.16
10.	Nikita Snoeren	WVZ	2:34.67	200600342	2:34.27	+0,71	35.86	1:16.68	1:58.03	2:34.27
11.	Emma Suderee	MNC Dordrecht	2:37.57	200603598	2:35.70	+0,70	36.69	1:17.55	1:57.44	2:35.70
AFGEM	Jade van der Maas	WVZ	2:28.27	200600408						

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Junioren 3

1. Sophia van Droffelaar	ZV Vlaardingen-Schied	2:14.76	200500330	2:10.71	+0,80	29.72	1:02.50	1:36.54	2:10.71
2. Jelsie van Ruijven	WVZ	2:15.66	200500282	2:15.01	+0,77	30.53	1:05.38	1:40.73	2:15.01
3. Emma Verkuijl	ZPV Barracuda	2:20.63	200500826	2:16.61	+0,83	31.86	1:06.53	1:42.16	2:16.61
4. Asha van Lobberegt	Feijenoord Albion	2:18.22	200500088	2:16.92	+0,71	31.80	1:06.06	1:41.77	2:16.92
5. Isa Maes	Feijenoord Albion	2:16.97	200500110	2:17.05	+0,70	32.01	1:07.25	1:43.19	2:17.05
6. Yente Bouwmeester	De Columbiaan	2:24.75	200500340	2:22.40	+0,76	32.68	1:08.77	1:47.02	2:22.40
7. Marit Huisman	ZPV Barracuda	2:22.57	200502620	2:22.55	+0,77	32.61	1:08.22	1:45.46	2:22.55
<i>* BU 150m</i>									
8. Anique Hazebroek	The Hague Swimming	(2:24.23	200502196	2:22.92		32.42	1:08.88	1:46.13	2:22.92
9. Niké Telkamp	The Hague Swimming	(2:23.42	200501088	2:23.32	+0,83	32.50	1:08.87	1:46.67	2:23.32
10. Aisha Nobels	z.c De Schotejil	2:26.80	200501710	2:25.43	+0,71	33.53	1:10.92	1:49.91	2:25.43
11. Laura Hoogenboezem	KZV de Lansingh	2:25.24	200500390	2:25.61	+0,87	33.85	1:10.41	1:48.59	2:25.61
12. Vivianne Woltjes	The Hague Swimming	(2:29.29	200501524	2:26.21	+0,74	33.06	1:11.08	1:50.16	2:26.21
13. Evelyn Liket	ZV Vlaardingen-Schied	2:24.89	200503118	2:26.41	+0,85	33.61	1:10.52	1:48.88	2:26.41
14. Karlijn Offeringa	ZV Vlaardingen-Schied	2:32.58	200503292	2:26.73	+0,83	33.16	1:11.11	1:49.90	2:26.73
15. Elise Vink	De Columbiaan	2:28.71	200502588	2:26.79	+0,79	32.75	1:09.89	1:48.71	2:26.79
16. Mar Stoel	De Columbiaan	2:29.83	200500520	2:27.36	+0,79	32.80	1:10.38	1:49.50	2:27.36
17. Anouchka Bos	ZPV Barracuda	2:30.79	200501528	2:28.32		34.44	1:12.17	1:50.94	2:28.32
18. Milou Demirel	The Hague Swimming	(2:37.26	200501254	2:34.61	+0,90	35.15	1:14.59	1:55.02	2:34.61
NG Anastasia Romano	MNC Dordrecht	2:27.77	200501076						
NG Britt van't Zant	Feijenoord Albion	2:27.38	200501170						

Jeugd 1 en 2

1. Femke Hoppenbrouwer	The Hague Swimming	(2:07.30	200301124	2:07.15	+0,79	29.22	1:01.45	1:34.63	2:07.15
2. Maaike Issard	The Hague Swimming	(2:10.64	200300022	2:11.74	+0,81	30.56	1:03.99	1:37.80	2:11.74
3. Rinske Bouman	Rotterdam Swimming	(2:12.91	200400578	2:12.52	+0,85	31.16	1:04.57	1:39.01	2:12.52
4. Isis Naaktgeboren	ZZ&PC De Devel	2:15.87	200403914	2:15.77	+0,82	30.87	1:05.10	1:41.28	2:15.77
5. Sanne Vermeulen	The Hague Swimming	(2:16.58	200303902	2:15.94	+0,79	30.83	1:05.23	1:40.90	2:15.94
6. Lara Hoeksema	The Hague Swimming	(2:20.33	200400514	2:16.18	+0,74	30.58	1:05.37	1:40.95	2:16.18
7. Irma van der Wulp	WVZ	2:17.42	200401950	2:16.21		31.38	1:06.23	1:41.71	2:16.21
8. Daniëlle Vis	De Columbiaan	2:20.89	200401044	2:17.62	+0,79	31.91	1:06.75	1:42.96	2:17.62
9. Phaedra Meijer	z.c De Schotejil	2:19.65	200401354	2:18.17	+0,75	31.34	1:06.55	1:42.95	2:18.17
10. Mara Bosman	The Hague Swimming	(2:20.54	200303048	2:20.37	+0,72	31.71	1:07.43	1:43.97	2:20.37
11. Kim de Jong	LinK	2:16.45	200301026	2:20.70	+0,87	32.53	1:08.14	1:45.14	2:20.70
12. Wendy ten Wolde	ZPC Wiekslag	2:22.09	200302658	2:22.74	+0,74	30.50	1:06.23	1:44.72	2:22.74
13. Joyce van 't Hof	ZZ&PC De Devel	2:21.51	200302122	2:22.82		32.53	1:09.01	1:46.64	2:22.82
14. Esther Reinders	KZV de Lansingh	2:21.03	200301798	2:22.83	+0,71	32.67	1:08.91	1:46.50	2:22.83
15. Britt van Bommel	De Columbiaan	2:23.41	200301982	2:23.00	+0,86	34.10	1:10.64	1:47.35	2:23.00
16. Amy Koelman	De Columbiaan	2:22.91	200300922	2:23.60		33.05	1:10.08	1:47.25	2:23.60
17. Tessa Poot	ZV Vlaardingen-Schied	2:21.86	200404264	2:23.91	+0,88	32.00	1:09.24	1:48.12	2:23.91
18. Michelle van der Steen	ZV Vlaardingen-Schied	2:22.04	200300052	2:24.05	+0,71	32.78	1:09.84	1:48.08	2:24.05
19. Jenna Klein	LinK	2:23.42	200400914	2:24.29	+0,87	32.29	1:09.12	1:47.80	2:24.29
20. Nora van der Steen	LinK	2:21.48	200403458	2:25.20	+0,73	31.69	1:08.04	1:46.51	2:25.20
21. Kim Rutters	De Kempvis	2:20.14	200302318	2:27.21	+0,83	32.76	1:09.78	1:48.45	2:27.21
22. Lize van Stigt	LinK	2:22.61	200401510	2:29.48	+0,70	33.27	1:10.90	1:50.00	2:29.48
23. Fenna Herwig	ZPC Wiekslag	2:25.53	200400908	2:31.79		34.51	1:13.96	1:54.19	2:31.79
24. Milou van Winkel	LinK	2:42.60	200402296	2:42.46	+0,80	513	35.46	1:17.45	2:01.90
25. Megan van Delden	WVZ	2:58.74	200405500	2:56.29		388	37.27	1:22.13	2:11.79
NG Megan de Hoog	SG SCOM/de Zeehond	2:10.65	200300214						

Senioren 1 en 2

1. Lynn Blommers	The Hague Swimming	(2:15.04	200105062	2:08.48	+0,68	30.77	1:03.97	1:36.81	2:08.48
2. Marlinde Beukers	WVZ	2:13.37	200101934	2:10.54	+0,77	29.88	1:03.12	1:37.14	2:10.54
3. Sanne Heemskerck	Zvl-1886	2:14.48	200100600	2:11.71	+0,75	30.16	1:03.62	1:38.01	2:11.71
4. Sam IJzerman	De Geul	2:11.06	200101204	2:13.27	+0,72	29.99	1:03.29	1:38.14	2:13.27
5. Amber Hesper	ZPV Barracuda	2:15.99	200202188	2:15.11		30.95	1:05.36	1:40.53	2:15.11
6. Lotte Tillema	z.c De Schotejil	2:16.78	200200692	2:16.40	+0,79	31.61	1:06.34	1:41.39	2:16.40
7. Catharina Chulick	WVZ	2:14.88	200106304	2:16.94	+0,78	31.77	1:05.85	1:41.45	2:16.94
8. Giulia Corsi	De Columbiaan	2:14.67	200100468	2:18.20	+0,78	31.44	1:06.09	1:41.75	2:18.20
9. Robin Pienaar	ZPV Barracuda	2:18.29	200102236	2:18.42	+0,82	31.15	1:06.52	1:43.09	2:18.42
10. Maaike Broersma	BZ en PC	2:15.38	200201522	2:18.78	+0,79	30.57	1:05.31	1:41.60	2:18.78
11. Maartje Rijnja	The Hague Swimming	(2:18.64	200101344	2:18.80	+0,74	31.67	1:06.96	1:43.22	2:18.80
12. Anouk Vis	De Columbiaan	2:22.83	200203322	2:19.53	+0,81	32.50	1:08.05	1:44.27	2:19.53
13. Esmée Roodenburg	De Geul	2:17.81	200100040	2:19.79	+0,79	31.31	1:05.92	1:42.48	2:19.79
14. Rozemarijn van Haaff	ZOB'66	2:19.81	200201852	2:20.44		32.20	1:08.16	1:44.81	2:20.44

Regiokampioenschappen korte baan
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Programmanr. 22, Dames, 200m vrije slag, Senioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
15. Anne Straub	Zoetermeer	2:24.60	200201402	2:21.71	+0,78	32.16	1:08.41	1:45.77	2:21.71
16. Elyanne Boudestein	Zoetermeer	2:17.40	200101060	2:21.98	+0,79	31.29	1:07.02	1:44.54	2:21.98
17. Diana Noordermeer	SG SCOM/de Zeehond	2:20.01	200102110	2:23.43	+0,65	32.80	1:08.54	1:46.27	2:23.43
18. Lisanne Dijkman	Zoetermeer	2:26.00	200102676	2:24.79	+0,70	32.43	1:09.80	1:47.56	2:24.79
19. S. van den Dobbelsteen	The Hague Swimming	(2:18.89	200100904	2:25.44	+0,67	32.11	1:08.80	1:46.51	2:25.44
20. Debra de Lange	De Geul	2:23.57	200202380	2:26.41	+0,73	33.07	1:10.04	1:48.37	2:26.41
21. Amy van Leersum	Poseidon'56	2:22.48	200200300	2:27.90	+0,77	32.73	1:10.60	1:50.21	2:27.90
22. Susan van Grol	Widex GZC Donk	2:21.70	200201344	2:31.06	+0,75	34.52	1:13.62	1:53.48	2:31.06

Senioren

1. Leonie van Noort	WVZ	2:04.90	199301752	2:02.90	+0,83	28.87	59.67	1:31.29	2:02.90
2. Angelique van Vark	Z&PC De Gouwe	2:06.51	199701478	2:07.07	+0,78	29.17	1:01.18	1:34.11	2:07.07
3. Lotte Middelbos	z.c De Schotejil	2:17.56	199900680	2:18.49	+0,83	31.00	1:05.90	1:42.35	2:18.49
4. Anke Lambooj	De Vliet (SG)	2:19.55	198001182	2:18.80	+0,90	31.06	1:05.87	1:42.19	2:18.80
5. Sanne Hobé	Poseidon'56	2:20.22	200000826	2:20.57	+0,77	32.04	1:06.75	1:43.16	2:20.57
6. Aylin van Uffelen	ZPB H&L Productions	2:17.87	199600352	2:23.94	+0,78	33.13	1:09.60	1:46.76	2:23.94
7. Moniek Heemsker	Zvl-1886	2:22.10	199601964	2:29.22	+0,80	33.21	1:10.30	1:49.38	2:29.22
NG Kimberly Coenders	KZV de Lansingh	2:27.58	199900880						

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Jongens, 4 x 100m vrije slag

Junioren 4 en jonger
Resultaten

rang	vereniging	intijd	tijd	RT			
1. The Hague Swimming (SG) 1	The Hague Swimming (SG)	3:47.18	3:49.55	+0,72			
Chris van der Hout	+0,72	27.25	57.46	Michael Smink	+0,62	26.86	57.00
Milan van Aken	+0,29	27.31	57.66	Milan Hamel	+0,47	27.73	57.43
2. Rotterdam Swimming 1	Rotterdam Swimming (SG)	3:54.65	3:50.02	+0,73			
Timo Kock	+0,73	27.11	56.20	Jason van den Berg	+0,49	27.52	57.94
Arthur Bondartsov	+0,33	28.78	1:00.36	Jay de Vries	+0,41	26.31	55.52
3. ZPC Numansdorp 1	ZPC Numansdorp	4:10.96	4:06.92	+0,73			
Niels van der Mast	+0,73	29.00	1:00.16	Mike van Huizen	+0,67	31.00	1:06.21
Pepyn van Brakel	+0,31	30.15	1:04.57	Perry Laarhoven	+0,44	26.98	55.98
4. De Columbiaan 2	De Columbiaan	4:06.04	4:07.58	+0,73			
Max van Schagen	+0,73	28.80	1:00.05	Thomas van Peenen	+0,44	30.27	1:04.57
Thijm Kruit	+0,29	27.48	57.88	Onno Roeleveld	+0,35	31.21	1:05.08
5. WVZ 1	WVZ	4:07.38	4:17.19	+0,71			
Anthony Kraag	+0,71	28.90	1:00.90	Emin Bayram	+0,18	32.29	1:11.72
Daan Sonneveld	+0,61	30.50	1:05.93	Pepijn van Egmond	+0,24	28.28	58.64
6. De Geul 1	De Geul	4:33.05	4:30.18	+0,45			
Dylan Groeneveld	+0,45	33.28	1:10.47	Aaïke de Tender	+0,61	31.80	1:08.48
Tjonne de Tender	+0,45	32.63	1:08.42	Brandon Groeneveld	+0,43	29.22	1:02.81
7. ZPB H&L 1	ZPB H&L Productions	4:32.27	4:30.80	+0,75			
Bas Blanker	+0,75	31.31	1:05.47	Tibbe Veldboer	+0,67	36.18	1:16.27
Coen Frkovic	+0,37	29.93	1:04.81	Tygo Korving	+0,27	30.47	1:04.25

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18-11-2018 - 16:05

Heren, 4 x 100m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT			
1. Rotterdam Swimming 1	Rotterdam Swimming (SG)	3:20.32	3:23.65	+0,72			
Thomas Verhoeven	+0,72	24.43	50.54	Mark Baars	+0,49	24.42	51.29
Ian Minnigh	+0,35	25.07	52.52	Jeroen Baars	+0,47	23.52	49.30
2. Feijenoord Albion 1	Feijenoord Albion	3:36.98	3:34.49	+0,76			
Pascal Nuijten	+0,76	24.87	51.88	Jarno Oijen	+0,34	25.42	53.48
Kenan Coeruez	+0,32	26.61	56.30	Timo Dinkelberg	+0,33	25.02	52.83
3. Rotterdam Swimming 2	Rotterdam Swimming (SG)	3:32.59	3:35.44	+0,70			
Brandon van den Berg	+0,70	25.87	53.40	Martijn Dolk	+0,35	25.75	54.12
Jim Geestman	+0,56	26.31	55.46	Derk Jan Speelman	+0,42	25.10	52.46
4. WVZ 1	WVZ	3:37.54	3:38.02	+0,78			
Scott Jansen	+0,78	26.33	54.82	Joost de Roy van Zuydewijn	+0,34	26.62	56.03
Dave Jansen	+0,30	26.16	55.10	Sean Niewold	+0,26	24.76	52.07

Regiokampioenschappen korte baan
Dordrecht, 17- - 18-11-2018

Programmanr. 24, Heren, 4 x 100m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT		
5.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	3:43.19	3:45.46	+0,63	
	Bram de Leeuw	+0,63 25.32	53.86	Bas van Nisius	+0,54 28.58	59.79
	Youri ten Brink	+0,28 27.83	58.57	Jonne Schaafsma	+0,51 25.34	53.24
6.	GZC Donk 1	Widex GZC Donk	3:45.73	3:46.49		
	Joris de Gier	01 27.36	58.14	Remco Oskam	92 27.25	57.25
	Paul van Grol	96 26.57	56.51	Duncan van Haaren	00 26.18	54.59
7.	De Columbiaan 1	De Columbiaan	3:45.51	3:49.39	+0,74	
	Jordy Zuidhoek	+0,74 26.51	55.01	Dave van den Nieuwendijk	+0,33 27.60	58.43
	Viktor Koets	+0,50 27.49	58.00	Robin van Peenen	+0,34 27.14	57.95
8.	ZZ&PC De Devel 1	ZZ&PC De Devel	3:57.53	3:56.94	+0,64	
	* <i>BU 50m</i>					
	Stijn den Otter	+0,64 27.18	57.63	Julian Stok	+0,37 28.71	1:00.75
	Esper Paans	+0,47 28.71	1:01.86	Rogier Dorsman	+0,55 26.87	56.70
9.	LinK 1	LinK	4:00.89	3:58.40	+0,76	
	Tjeerd van Stein	+0,76 25.56	54.10	Boy Borreman	+0,50 27.83	58.80
	Daan Hogerhuis	+0,43 27.47	57.60	Sytze van Stein	+0,29 31.46	1:07.90
NG.ZA	Wiekslag 1	ZPC Wiekslag	3:39.03			
AFGEM	WVZ 2	WVZ	3:47.09			