

Regiokampioenschappen korte baan
Dordrecht, 18- - 19-11-2017

Programmanr. 1
18-11-2017 - 9:30

Dames, 200m schoolslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Junioren 1										
1. Elydjah van der Heul	Van Vliet-Barracuda	3:05.44	200602180	3:02.23	+0,82	445	40.93	47.99	47.68	45.63
2. Megan Jonkman	The Hague Swimming	(3:16.97	200600508	3:11.74		382	43.71	49.57	49.24	49.22
3. Alessia Ribeiro	WVZ	3:24.58	200601060	3:26.19	+0,75	307	45.09	53.43	53.81	53.86

Junioren 2

1. Niké Telkamp	The Hague Swimming	(3:00.39	200501088	2:54.34	+0,74	508	39.38	44.24	45.79	44.93
2. Jelsie van Ruijven	WVZ	3:01.31	200500282	2:59.21	+0,72	468	40.73	45.24	46.24	47.00
3. Elise Vink	De Columbiaan	3:08.49	200502588	3:01.00	+0,76	454	40.71	45.44	47.44	47.41
4. Anastasia Romano	MNC Dordrecht	3:12.93	200501076	3:01.90	+0,79	447	40.27	45.71	47.66	48.26
5. Asha van Lobberegt	de Devel	3:16.25	200500088	3:05.84	+0,73	419	40.32	46.25	48.77	50.50
6. Merel Schravendijk	The Hague Swimming	(3:12.18	200503382	3:05.91	+0,77	419	42.95	47.94	48.43	46.59
7. Emi Schipper	ZOB'66	3:08.20	200502126	3:07.48		409	42.58	47.66	48.27	48.97
8. Lyke Buscop	ZC De Schotejil	3:09.98	200500552	3:10.67	+0,74	388	42.17	48.64	50.75	49.11
<i>* Backup tijd 200m</i>										
9. Sera Emmers	WZK	3:16.79	200503264	3:11.14	+0,76	385	41.57	49.09	50.51	49.97
10. Laura Hoogenboezem	KZV de Lansingh	3:13.23	200500390	3:11.42	+0,72	384	43.25	48.06	49.52	50.59
11. Yente Bouwmeester	De Columbiaan	3:07.49	200500340	3:12.85	+0,75	375	42.38	49.04	51.33	50.10
12. Noor Frijlink	De Columbiaan	3:13.40	200500970	3:13.63		371	43.83	48.88	50.39	50.53
13. Milou Demirel	The Hague Swimming	(3:17.82	200501254	3:14.10	+0,78	368	44.29	50.14	50.33	49.34
14. Hope van Zwol	ZV Vlaardingen-Schied	3:19.45	200502852	3:16.44		355	42.95	51.26	51.86	50.37
15. Rosa Kwajitaal	Poseidon'56	3:16.41	200500872	3:16.45		355	43.59	50.62	52.18	50.06
DIS Jennifer de Keizer	MNC Dordrecht	3:20.07	200501054							
<i>SS - Met handen over elkaar keer- of eindpunt aangetikt.</i>										

Junioren 3

1. Rinske Bouman	de Devel	2:56.23	200400578	2:50.18	+0,83	546	38.22	43.34	44.85	43.77
2. Daniëlle Vis	De Columbiaan	2:59.83	200401044	2:51.05		538	39.06	43.71	45.15	43.13
3. Irma van der Wulp	WVZ	2:57.22	200401950	2:52.19	+0,76	527	40.28	44.28	44.13	43.50
4. Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:53.85	200404272	2:52.21	+0,83	527	37.28	42.86	45.50	46.57
5. Jade Geurts	De Watervogels	3:01.55	200402278	2:59.59	+0,85	465	39.46	45.47	46.80	47.86
6. Éléana Poilpré	The Hague Swimming	(3:12.12	200404748	3:07.21	+0,82	410	42.23	47.46	49.24	48.28
7. Phaedra Meijer	ZC De Schotejil	3:04.29	200401354	3:07.56	+0,77	408	41.50	47.86	49.07	49.13
8. Tessa Poot	ZV Vlaardingen-Schied	3:12.09	200404264	3:07.99	+0,80	405	41.73	48.87	49.58	47.81
9. Fenna Herwig	ZPC Wiekslag	3:14.70	200400908	3:08.20	+0,73	404	43.04	49.34	49.12	46.70
10. Jet van Oudheusden	ZOB'66	3:07.20	200401012	3:09.04	+0,62	398	41.84	47.96	49.68	49.56
11. Lize van Stigt	SG LinK /Z&PC Katwijk	3:05.59	200401510	3:09.77	+0,74	394	43.12	48.48	49.69	48.48
12. Nora van der Steen	SG LinK /Z&PC Katwijk	3:14.95	200403458	3:17.50	+0,81	349	44.24	49.44	52.14	51.68
13. Milou van Winkel	AZC	3:56.68	200402296	3:47.78		411	50.71	58.10	59.47	59.50

Jeugd 1 en 2

1. Lotte Hosper	The Hague Swimming	(2:41.11	200201414	2:39.99	+0,77	657	35.71	40.29	41.82	42.17
2. Grace Anderson	WVZ	2:46.91	200200578	2:45.56	+0,76	593	37.13	41.68	42.87	43.88
3. Kim de Jong	SG LinK /Z&PC Katwijk	2:42.47	200301026	2:45.98	+0,81	589	37.43	42.66	43.16	42.73
4. Maaïke Issard	The Hague Swimming	(2:51.72	200300022	2:48.26	+0,82	565	37.56	42.53	44.28	43.89
5. Rozemarijn van Haaff	ZOB'66	2:54.47	200201852	2:48.35	+0,70	564	36.86	42.07	43.66	45.76
6. Britt Steunenbergh	The Hague Swimming	(2:54.07	200302588	2:48.67	+0,73	561	37.53	43.40	44.61	43.13
7. Ilse Schoenmaker	The Hague Swimming	(2:55.72	200301470	2:54.13	+0,65	510	38.31	44.48	45.82	45.52
8. Kristel Beijik	De Columbiaan	2:56.19	200201278	2:55.71	+0,80	496	40.35	44.91	45.74	44.71
9. Susan van Grol	Widex GZC Donk	2:55.67	200201344	2:56.38	+0,60	491	39.93	45.21	45.73	45.51
10. Lieske Zijlstra	ZC De Schotejil	2:51.54	200200996	2:56.93		486	39.64	45.07	45.77	46.45
11. Wendy ten Wolde	ZPC Wiekslag	2:59.17	200302658	3:00.14	+0,82	461	40.48	45.97	47.53	46.16
12. Nienke Mierop	ZC De Schotejil	3:04.58	200203294	3:01.40	+0,79	451	39.42	45.42	47.40	49.16
13. Sara Claps	The Hague Swimming	(3:02.89	200205916	3:02.84	+0,69	440	42.15	45.81	47.18	47.70
14. Amber Hesper	Van Vliet-Barracuda	3:05.21	200202188	3:08.99		399	40.50	47.50	50.20	50.79
15. Anna Hoogenboezem	KZV de Lansingh	3:03.41	200200658	3:09.38		396	42.64	48.18	49.32	49.24
16. Marije de Jager	SG LinK /Z&PC Katwijk	3:23.55	200301394	3:09.39	+0,80	396	41.90	47.87	49.55	50.07
17. Maaïke van Lochem	Zoetermeer	3:10.23	200301390	3:18.66	+0,72	343	44.81	49.89	52.05	51.91

Regiokampioenschappen korte baan
Dordrecht, 18- - 19-11-2017

Programmanr. 1, Dames, 200m schoolslag

Senioren 1 en 2

1. Rosey Metz	WVZ	2:35.60	200101786	2:40.50	+0,80	651	35.49	40.68	42.85	41.48
2. Lynn Blommers	AZC	2:56.87	200105062	2:47.60	+0,67	572	36.12	42.56	44.33	44.59
3. Elyanne Boudestein	Zoetermeer	2:47.82	200101060	2:48.68	+0,71	561	36.17	42.14	45.50	44.87
4. Lianne Bouwmeester	De Columbiaan	2:44.01	200000956	2:51.07	+0,77	538	36.82	44.81	43.93	45.51
5. Sanne Heemsker	LZ 1886	2:49.04	200100600	2:52.13		528	38.93	43.29	44.50	45.41
6. Anniek de Ruiters	Widex GZC Donk	2:56.06	200101224	2:52.78	+0,81	522	39.01	43.89	45.02	44.86
7. Manon Middelbos	ZC De Schotejil	2:51.09	200100056	2:54.50	+0,76	507	38.34	43.89	45.88	46.39
8. Megan van Beelen	De Columbiaan	2:57.11	200105606	2:56.34		491	39.70	44.62	45.83	46.19
9. Marielle van der Vaart	ZV Vlaardingen-Schied	3:00.71	200000994	3:00.52	+0,79	458	40.79	45.96	47.85	45.92
10. Jessica Baars	The Hague Swimming	(2:59.98	200101966	3:01.72	+0,84	449	40.87	46.24	47.43	47.18
11. Laura Tromp	de Devel	2:59.15	200000276	3:01.74	+0,75	448	40.95	46.91	47.39	46.49
12. Samantha Gerritse	SG LinK /Z&PC Katwijk	3:03.54	200102062	3:02.13	+0,65	446	39.91	45.39	47.73	49.10
13. Sam IJzerman	De Geul	2:54.75	200101204	3:02.46	+0,73	443	39.68	46.40	47.45	48.93

Senioren

1. Angélique van Vark	Z&PC De Gouwe	2:43.04	199701478	2:38.76	+0,74	673	36.21	40.73	41.36	40.46
2. Ilse Rijnja	The Hague Swimming	(2:40.43	199802432	2:40.33	+0,70	653	34.57	40.07	42.51	43.18
3. Annemarie Meijer	SG SCOM/de Zeehond	2:42.52	199900964	2:40.83	+0,79	647	35.94	40.04	42.37	42.48
4. Lotte Middelbos	ZC De Schotejil	2:48.34	199900680	2:49.96	+0,80	548	38.09	43.20	43.92	44.75
5. Lonneke Graansma	LZ 1886	2:43.63	199900936	2:50.00		548	37.77	42.66	44.19	45.38
6. Moniek Heemsker	LZ 1886	2:48.33	199601964	2:52.02	+0,73	529	38.94	43.64	44.43	45.01
7. Isabel van der Boor	MNC Dordrecht	2:52.27	199901330	2:52.99	+0,73	520	38.75	43.71	45.10	45.43
8. Aylin van Uffelen	ZPB H&L Productions	2:52.59	199600352	2:54.52	+0,74	506	39.62	43.55	44.80	46.55
9. A. Erenstein-Huijsman	KZV de Lansingh	2:50.35	198801932	2:56.33	+0,79	491	38.66	43.66	46.06	47.95
10. Inge van der Hoek	The Hague Swimming	(2:58.55	199204034	2:58.83	+0,76	471	40.08	45.19	47.04	46.52
11. Rebecca Evers	ZOB'66	3:02.18	199207916	3:04.14	+0,80	431	40.23	46.10	48.12	49.69

Programmanr. 2
18-11-2017 - 10:05

Heren, 200m vlinderslag

Junioren 1 en ouder
Resultaten

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

1. Gabriel Been	The Hague Swimming	(2:55.05	200501467	2:53.37	+0,82	266	35.99	44.26	44.85	48.27
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* *Backuptijd 150m*

NG.ZA Émile Fouzaï	The Hague Swimming	(2:55.99	200500263							
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Junioren 2

1. Jay de Vries	de Devel	2:31.46	200400669	2:30.19	+0,73	409	31.67	38.13	40.18	40.21
2. Chris van der Hout	The Hague Swimming	(2:44.57	200401355	2:38.70	+0,81	347	34.16	41.55	41.87	41.12
3. Nathan Janssen	MNC Dordrecht	2:59.98	200401565	2:42.76	+0,71	322	35.90	42.27	42.24	42.35
4. Erik Oldenkamp	KZV de Lansingh	2:55.85	200400597	2:47.50		295	34.63	41.29	44.54	47.04
5. Olivier Krayenbuhl	The Hague Swimming	(2:51.08	200403215	2:50.59	+0,79	279	33.38	40.33	45.54	51.34
6. Timo Huizer	ZPC Wiekslag	3:07.28	200401125	2:51.33	+0,74	276	34.51	43.46	46.22	47.14
DIS Julien Tanis	ZC De Schotejil	2:57.38	200401045		+0,71					

AF - De aangegeven afstand niet uitgezwommen.

Junioren 3

1. Zev Bulk	Widex GZC Donk	2:27.69	200304021	2:23.01	+0,75	474	31.53	37.90	39.34	34.24
2. Michael Smink	The Hague Swimming	(2:28.16	200302169	2:24.08	+0,82	464	31.43	37.27	39.18	36.20
3. Bjarne Buijs	The Hague Swimming	(2:53.98	200301089	2:31.29	+0,71	400	33.81	39.15	39.88	38.45
4. Milan Hamel	The Hague Swimming	(2:34.75	200302125	2:34.07	+0,68	379	34.51	39.29	40.82	39.45
5. Daan Hogerhuis	SG LinK /Z&PC Katwijk	2:44.42	200300317	2:40.74		334	34.28	40.57	41.60	44.29
6. Jort Jongenelen	Zoetermeer	2:47.02	200303233	2:42.47	+0,76	323	34.16	40.54	45.03	42.74
7. Julian Stok	de Devel	2:46.21	200300071	2:42.58	+0,77	323	33.53	39.92	42.85	46.28

* *Backuptijd 200m*

Regiokampioenschappen korte baan
Dordrecht, 18- - 19-11-2017

Programmanr. 2, Heren, 200m vlinderslag

Junioren 4

1. Nikhom Westphal	SG SCOM/de Zeehond	2:16.09	200203329	2:15.00	+0,75	564	30.29	34.59	35.32	34.80
2. Guus Hoogduin	LZ 1886	2:22.85	200201069	2:19.52	+0,73	511	30.98	35.31	36.71	36.52
3. Bryan Agterdenbos	MNC Dordrecht	2:14.55	200200003	2:19.75	+0,71	508	30.54	35.32	36.83	37.06
4. Jarno Verbeek	Zoetermeer	2:29.96	200200931	2:35.39		370	31.50	38.32	43.07	42.50
5. Niels Dijkshoorn	ZV Westland	2:47.73	200203079	2:35.81	+0,72	367	33.08	39.51	41.31	41.91
6. Björn de Heus	ZV Vlaardingen-Schiedt	2:43.71	200201077	2:35.97	+0,69	365	33.12	39.21	41.00	42.64
7. Mart de Koning	ZOB'66	2:45.12	200203253	2:36.31	+0,77	363	30.91	37.50	41.68	46.22

Jeugd 1 en 2

1. Gerard Willighagen	Poseidon'56	2:11.64	200103663	2:11.89	+0,77	604	28.63	32.72	34.65	35.89
2. Olivier Jans	The Hague Swimming	(:2:22.38	200001815	2:12.38		598	29.48	33.68	35.16	34.06
3. Max Visser	WVZ	2:19.50	200100077	2:12.55	+0,79	595	29.18	34.34	33.67	35.36
4. Freek Hollander	The Hague Swimming	(:2:14.19	200103815	2:13.83	+0,75	578	29.69	33.50	35.38	35.26
5. Floris de Leeuw	The Hague Swimming	(:2:27.71	200105317	2:21.49	+0,73	490	31.24	35.98	37.11	37.16
6. Jarno van Oijen	SG SCOM/de Zeehond	2:34.97	200100055	2:29.46	+0,67	415	30.94	36.55	39.64	42.33
7. Boy Borreman	SG LinK /Z&PC Katwijk	2:40.10	200102751	2:40.12	+0,56	338	33.41	40.47	42.43	43.81

Senioren 1 en ouder

1. Melvin Prins	ZPC Wiekslag	2:08.41	199500201	2:09.44	+0,70	639	27.93	32.89	34.33	34.29
2. Timo Dinkelberg	SG Albion d'ELFT	2:08.62	199300773	2:13.50	+0,71	583	29.25	34.37	35.58	34.30
3. Robin van Beek	LZ 1886	2:16.43	199704023	2:15.31		560	29.22	34.37	35.70	36.02
4. Matthew Dullemond	Rotterdam Swimming	2:13.80	199805005	2:16.05	+0,78	551	30.77	35.26	35.83	34.19
5. Daan Siebenheller	ZOB'66	2:18.98	199804955	2:16.80	+0,75	542	30.26	35.20	36.22	35.12
6. Ben Muller	De Geul	2:20.35	199801281	2:21.50	+0,69	489	30.30	35.51	37.21	38.48
7. Bas Verdoes	De Columbiaan	2:19.41	199801487	2:23.50	+0,75	469	30.36	36.07	38.02	39.05
NG.ZA Eric Verdoes	De Columbiaan	2:24.07	199900947							
NG Emiel van Beusekom	Van Vliet-Barracuda	2:18.98	199403951							

Programmanr. 3
18-11-2017 - 10:35

Dames, 50m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Kimberly Ruiters	De Columbiaan	30.26	200600492	29.84	+0,70 503
2.	Elydjah van der Heul	Van Vliet-Barracuda	31.70	200602180	30.34	+0,78 478
3.	Jade van der Maas	WVZ	32.02	200600408	31.36	+0,78 433
4.	Estelle van Wijngaarden	ZPB H&L Productions	33.22	200601020	31.87	+0,68 413
5.	Leyla Oversluisen	ZC De Schotejil	32.13	200602730	32.06	406
6.	Mara Tims	Van Vliet-Barracuda	33.39	200601136	32.22	+0,77 399
7.	Megan Jonkman	The Hague Swimming (SG)	33.13	200600508	32.48	390
8.	Alessia Ribeiro	WVZ	32.16	200601060	32.60	+0,63 386
9.	Jessica Pol	Poseidon'56	32.34	200600030	32.70	+0,90 382
10.	Avery Collins	The Hague Swimming (SG)	34.99	200603622	32.72	+0,76 381
11.	Sanne Slof	Van Vliet-Barracuda	33.47	200601810	33.09	369
12.	Loïs van Valen	De Geul	34.37	200600396	33.32	+0,71 361
13.	Luna van Hoff	ZPB H&L Productions	34.60	200601074	33.37	+0,73 360
14.	Laura 't Lam	De Geul	32.92	200603376	33.56	+0,56 354
15.	Britt Rodenburg	Zoetermeer	35.79	200601126	33.68	+0,82 350
16.	Hilda Vrijbloed	De Duck	35.55	200600732	34.15	+0,70 336
17.	Charlize Rovers	De Kempvis	35.63	200600684	34.37	+0,76 329
18.	Eva v.d. Slik	ZC De Schotejil	35.08	200602876	34.53	+0,85 325
19.	Donna van der Meer	BZ en PC	35.84	200601146	34.99	+0,69 312
20.	Puck Hogendoorn	DWF	35.09	200600898	35.06	310
21.	G. Schrijvers van Zenden	The Hague Swimming (SG)	35.18	200601618	35.18	+0,61 307
22.	Sofie Visser	Poseidon'56	35.35	200600188	35.27	305
23.	Noa Bijl	SG SCOM/de Zeehond'73	33.63	200603586	35.45	+0,85 300
24.	Emma Suderee	MNC Dordrecht	38.76	200603598	35.99	+0,65 287
25.	Quinty Kersten	ZOB'66	36.03	200601166	36.03	+0,85 286
26.	Noémi Oldenkamp	KZV de Lansingh	35.21	200600162	36.10	+0,80 284
27.	Danique van der Hoeven	MNC Dordrecht	38.86	200600888	39.36	219
AFGEM	Soumaya Boulahri	LZ 1886	35.05	200601658		
AFGEM	Fieke Hoogduin	LZ 1886	35.16	200600836		

Regiokampioenschappen korte baan
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Programmanr. 3, Dames, 50m vrije slag

Junioren 2

1.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	29.58	200500330	29.49	+0,76	521
2.	Evelyn Liket	ZV Vlaardingen-Schiedam	29.88	200503118	29.59	+0,77	516
3.	Jelsie van Ruijven	WVZ	30.56	200500282	29.84	+0,76	503
4.	Asha van Lobbereg	de Devel	31.08	200500088	30.38	+0,73	477
5.	Marit Huisman	Van Vliet-Barracuda	30.86	200502620	30.69		462
6.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	32.57	200501256	30.88		454
7.	Britt van't Zant	Poseidon'56	30.93	200501170	30.90	+0,76	453
8.	Hope van Zwol	ZV Vlaardingen-Schiedam	31.29	200502852	31.24		438
9.	Sophie Buurman	ZPC Wiekslag	31.99	200502530	31.27	+0,80	437
10.	Vivianne Woltjes	The Hague Swimming (SG)	31.30	200501524	31.29	+0,73	436
11.	Laura Hoogenboezem	KZV de Lansingh	32.57	200500390	31.39	+0,67	432
12.	Niké Telkamp	The Hague Swimming (SG)	31.77	200501088	31.51	+0,74	427
13.	Mar Stoel	De Columbiaan	31.69	200500520	31.56	+0,51	425
14.	Yente Bouwmeester	De Columbiaan	31.80	200500340	31.63	+0,80	422
15.	Sera Emmers	WZK	31.99	200503264	31.66	+0,42	421
16.	Soscha van den Heuvel	ZPCNumansdorp	31.42	200500804	31.68	+0,80	420
17.	Lyke Buscop	ZC De Schotejil	32.14	200500552	31.78	+0,76	416
18.	Felicia Adema	SG Albion d'ELFT	33.29	200501310	31.89		412
19.	Emma Verkuijl	Van Vliet-Barracuda	32.52	200500826	31.98	+0,61	409
20.	Aisha Nobels	ZC De Schotejil	31.93	200501710	32.05	+0,69	406
21.	Elise Vink	De Columbiaan	33.15	200502588	32.12	+0,73	403
	Rosa Kwaijtaal	Poseidon'56	31.80	200500872	32.12	+0,76	403
23.	Jennifer de Keizer	MNC Dordrecht	32.04	200501054	32.21		400
24.	Milou Demirel	The Hague Swimming (SG)	33.26	200501254	32.34		395
25.	Daphne van Tilburg	De Geul	34.31	200500580	32.38	+0,88	394
26.	Merel Schravendijk	The Hague Swimming (SG)	32.69	200503382	32.61	+0,79	385
27.	Emi Schipper	ZOB'66	32.85	200502126	33.52	+0,69	355
28.	Madoline Held	The Hague Swimming (SG)	33.50	200503412	33.54	+0,81	354
29.	Maxiemme van der Kaaij	AZC	33.24	200502944	33.74	+0,83	348
30.	Esther Haarsma	Van Vliet-Barracuda	34.20	200501954	34.17		335
31.	Noor Frijlink	De Columbiaan	34.36	200500970	34.68		320
32.	Daphne Keizer	ZOB'66	34.67	200503556	34.78		318
33.	Larissa Punt	de Devel	33.23	200501814	34.91		314
34.	Tamara de Gier	Widex GZC Donk	37.57	200502686	35.63	+0,69	295
DIS	Karlijn Offeringa	ZV Vlaardingen-Schiedam	32.92	200503292			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
NG	Milou Adriaanse	De Columbiaan	32.25	200500968			

Junioren 3

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	26.76	200400258	26.73	+0,48	700
2.	Milou van Wijk	MNC Dordrecht	27.57	200404948	26.96	+0,57	682
3.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	28.48	200404272	28.79	+0,67	560
4.	Fenna Herwig	ZPC Wiekslag	30.28	200400908	29.59	+0,54	516
5.	Isis Naaktgeboren	de Devel	29.96	200403914	29.69	+0,69	511
6.	Rinske Bouman	de Devel	29.39	200400578	29.75		507
7.	Phaedra Meijer	ZC De Schotejil	30.37	200401354	29.91	+0,58	499
8.	Mandy van der Meijden	Widex GZC Donk	30.64	200402574	29.93		498
9.	Nora van der Steen	SG LinK /Z&PC Katwijk	29.52	200403458	29.99	+0,58	495
10.	Daniëlle Vis	De Columbiaan	30.72	200401044	30.18	+0,78	486
11.	Anniko Firman	The Hague Swimming (SG)	31.18	200402330	30.49	+0,62	471
12.	Anique Star	De Columbiaan	30.67	200400446	30.53	+0,74	470
13.	Fiona Moerman	The Hague Swimming (SG)	31.55	200401668	30.65	+0,71	464
14.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	31.25	200402932	30.80	+0,74	457
15.	Tessa Poot	ZV Vlaardingen-Schiedam	30.74	200404264	30.81		457
16.	Cheyenne Elburg	KZV de Lansingh	31.56	200401170	30.99	+0,70	449
17.	Jenna Klein	Z&PC Alkemade	30.50	200400914	31.10	+0,84	444
18.	Saskia Hoogenraad	De Columbiaan	32.64	200401266	31.30	+0,79	436
19.	Feline Jonkers	Poseidon'56	31.49	200401160	31.49	+0,77	428
20.	Carmen Lems	KZV de Lansingh	32.54	200402632	31.60	+0,75	423
21.	Indy Konings	Rotterdam Swimming	32.34	200400694	31.62		423
22.	Juliette Boon	de Devel	31.58	200401908	31.65	+0,74	421
23.	Eva Immerzeel	ZV Westland	31.19	200401514	31.66		421
24.	Lize van Stigt	SG LinK /Z&PC Katwijk	30.97	200401510	31.78	+0,66	416
25.	Robine Boer	De Columbiaan	31.90	200402180	31.90	+0,83	412
26.	Jade Geurts	De Watervogels	32.17	200402278	32.01	+0,82	407
27.	Marise van 't Walderveen	Zoetermeer	32.19	200400902	32.09		404
28.	Bobby Jean Fidder	SG Albion d'ELFT	33.39	200402894	32.12	+0,73	403
29.	Ilse Visser	Poseidon'56	33.24	200400502	32.40	+0,90	393

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

rang	naam	vereniging	intijd		tijd	RT	
30.	Liv van der Kraan	BZ en PC	32.56	200401494	32.53	+0,86	388
31.	Jet van Oudheusden	ZOB'66	32.29	200401012	32.55	+0,72	387
32.	Kirsten Erkamp	KZV de Lansingh	34.34	200402306	32.98		373
33.	Jessica Kras * <i>Backuptijd 50 m</i>	de Devel	34.19	200400728	33.09	+0,70	369
34.	Emilie van Duijse	De Vliet (SG)	34.11	200400744	33.31	+0,78	362
35.	Nicole van Os	De Geul	33.79	200404162	33.44		357
36.	Quinty Huisman	Rotterdam Swimming	33.45	200401184	34.15	+0,70	336
37.	Aniek de Ridder	DWF	34.17	200402750	34.48	+0,71	326
38.	Zinzi van der Maas	WVZ	33.97	200402028	34.76		318
39.	Milou van Winkel	AZC	34.40	200402296	36.03	+0,89	416
NG	Lucile Bazalgette	SG Albion d'ELFT	33.15	200403484			

Jeugd 1 en 2

1.	Elise Tanis	ZC De Schotejil	26.40	200200120	26.42	+1,06	725
2.	Maaiko Broersma	BZ en PC	27.99	200201522	27.32		655
3.	Tessa Giele	SG SCOM/de Zeehond'73	27.84	200203124	27.35	+0,71	653
4.	Lotte Hospers	The Hague Swimming (SG)	28.38	200201414	27.44	+0,83	647
5.	Femke Hoppenbrouwer	The Hague Swimming (SG)	27.89	200301124	27.68	+0,79	630
6.	Maaiko Issard	The Hague Swimming (SG)	29.04	200300022	27.80	+0,81	622
7.	Isa Boom	MNC Dordrecht	28.17	200200186	28.53	+0,72	575
8.	Nienke Mierop	ZC De Schotejil	29.00	200203294	28.91	+0,83	553
9.	Lotte Tillemans	ZC De Schotejil	29.28	200200692	28.98	+0,79	549
10.	Amy van Leersum	Poseidon'56	29.09	200200300	29.02	+0,72	547
11.	Megan de Hoog	SG SCOM/de Zeehond'73	28.86	200300214	29.08	+0,80	543
12.	Lara Idsinga	de Devel	29.23	200200678	29.29	+0,74	532
13.	Rozemarijn van Haaff	ZOB'66	29.03	200201852	29.30	+0,74	531
14.	Joyce van 't Hof	de Devel	29.82	200302122	29.32	+0,62	530
15.	Amber Hesper	Van Vliet-Barracuda	29.71	200202188	29.36	+0,73	528
16.	Marbel Diderik	De Columbiaan	29.15	200205752	29.39		526
17.	Wendy ten Wolde	ZPC Wiekslag	29.27	200302658	29.40	+0,79	526
18.	Sanne Vermeulen	The Hague Swimming (SG)	30.18	200303902	29.41	+0,85	525
19.	Britt Steunenbergh	The Hague Swimming (SG)	29.39	200302588	29.43	+0,70	524
20.	Michelle van der Steen	ZV Vlaardingen-Schiedam	29.35	200300052	29.53	+0,62	519
21.	Grace Anderson	WVZ	29.43	200200578	29.75	+0,78	507
22.	Julia Notenboom	De Columbiaan	30.51	200302596	29.95	+0,79	497
23.	Anouk Vis	De Columbiaan	29.55	200203322	30.00		495
24.	Ilse Schoenmaker	The Hague Swimming (SG)	29.67	200301470	30.04	+0,66	493
25.	Esther Reinders	KZV de Lansingh	30.19	200301798	30.26	+0,68	482
26.	Sara Claps	The Hague Swimming (SG)	30.98	200205916	30.39		476
27.	Britt van Bommel	De Columbiaan	29.96	200301982	30.41		475
28.	Kim de Jong	SG LinK /Z&PC Katwijk	29.38	200301026	30.42		475
	Bibi Middelbos	ZC De Schotejil	30.66	200201548	30.42	+0,68	475
30.	Lieske Zijlstra	ZC De Schotejil	29.64	200200996	30.46	+0,55	473
31.	Angelina Schellen	SG SCOM/de Zeehond'73	30.95	200203618	30.52		470
32.	Zoë Molenaar	Zoetermeer	31.04	200300978	30.57	+0,66	468
33.	Susan van Grol	Widex GZC Donk	30.39	200201344	30.59	+0,75	467
34.	Kim Rutters	De Kempvis	30.88	200302318	30.61	+0,75	466
35.	Marije de Jager	SG LinK /Z&PC Katwijk	31.55	200301394	30.67		463
	Anne Straub	Zoetermeer	30.49	200201402	30.67	+0,77	463
37.	Faustine Mussig	De Geul	30.21	200202080	30.69	+0,81	462
38.	Tamara de Ruyter	ZC De Schotejil	30.85	200203060	30.71	+0,82	461
39.	Isabel Scheepbouwer	ZPC Wiekslag	30.89	200301106	30.87	+0,58	454
40.	Lorena van Leijden	AZC	30.83	200202598	30.93	+0,73	452
41.	Hanne Snijders	KZV de Lansingh	30.65	200204358	31.08	+0,67	445
42.	Quincy Belder	Poseidon'56	30.74	200302058	31.15	+0,75	442
43.	Anouk Beek	Zwemvereniging Strijen	30.97	200204846	31.24		438
44.	Meike de Beer	De Vliet (SG)	31.55	200302276	31.30	+0,75	436
45.	Amber Kuntkes	ZPCNumansdorp	31.22	200202458	31.36	+0,71	433
46.	Kristel Beijl	De Columbiaan	31.05	200201278	31.37	+0,82	433
47.	Amy Koelman	De Columbiaan	30.49	200300922	31.39	+0,86	432
48.	Mandy Pol	Poseidon'56	31.43	200302052	31.59	+0,61	424
49.	Mara Bosman	The Hague Swimming (SG)	32.53	200303048	31.80	+0,45	416
50.	Valerie Bulten	Poseidon'56	32.05	200300888	31.84	+0,66	414
51.	Julia de Heide	KZV de Lansingh	31.97	200302934	31.88		412
52.	Mirée de Vette	ZPCNumansdorp	31.99	200301218	31.92	+0,75	411
53.	Lisa van Haren	WZ010/ACZ (Sg)	31.65	200303214	32.28		397
54.	Lisanne van 't Walderveen	Zoetermeer	32.21	200203226	32.57	+0,79	387

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Programmanr. 3, Meisjes, 50m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT	
55.	Serena den Tuinder	ZPCNumansdorp	32.52	200303552	32.61	+0,79	385
56.	Naomi Mesquita Ferreira	Zoetermeer	32.40	200204286	32.63	+0,75	385
57.	Anna Hoogenboezem	KZV de Lansingh	32.03	200200658	32.97	+0,91	373
58.	Maaïke van Lochem	Zoetermeer	34.29	200301390	34.12	+0,84	336

Senioren 1 en 2

1.	Sam IJzerman	De Geul	27.63	200101204	27.18	+0,68	665
2.	Sanne Busch	MNC Dordrecht	26.98	200101486	27.24	+0,73	661
3.	Lynn Blommers	AZC	27.68	200105062	27.31	+0,68	656
4.	Megan van Beelen	De Columbiaan	27.64	200105606	27.75		625
5.	Lauren van IJll	WVZ	28.26	200001064	28.11	+0,70	602
6.	Lianne Bouwmeester	De Columbiaan	27.61	200000956	28.22	+0,78	595
7.	Floor de Kievit	The Hague Swimming (SG)	28.75	200100238	28.46	+0,75	580
8.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	28.44	200100904	28.54	+0,62	575
9.	Sanne Heemskerk	LZ 1886	28.48	200100600	28.60	+0,74	571
10.	Ana Nusa Versnik	The Hague Swimming (SG)	29.86	200003496	28.78	+0,73	561
11.	Manon Middelbos	ZC De Schotejil	29.27	200100056	28.83	+0,63	558
12.	Esmée Roodenburg	De Geul	29.04	200100040	28.84	+0,46	557
13.	Robin Pienaar	Van Vliet-Barracuda	29.50	200102236	28.88	+0,82	555
	Iris van den Berg	SG Albion d'ELFT	29.27	200103782	28.88	+0,71	555
15.	Maartje Rijnja	The Hague Swimming (SG)	29.15	200101344	28.91	+0,75	553
16.	Anniek de Ruiters	Widex GZC Donk	29.07	200101224	28.92	+0,79	552
17.	Laila Kuipers	BZ en PC	29.58	200003124	29.09	+0,77	543
18.	Sanne Hobé	Poseidon'56	28.86	200000826	29.27	+0,74	533
19.	Kim van Gemert	Poseidon'56	29.01	200101968	29.45	+0,78	523
20.	Esmee Wijnmaalen	PCG	29.42	200100298	29.72	+0,72	509
21.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	29.82	200000994	29.79	+0,59	505
22.	Iris van Berkel	Van Vliet-Barracuda	29.49	200000476	29.86	+0,84	502
23.	Jessica Baars	The Hague Swimming (SG)	30.68	200101966	30.05	+0,86	492
24.	Kayra Deger	MNC Dordrecht	29.94	200003890	30.10	+0,62	490
25.	Jana Plaisier	de Devel	29.68	200101266	30.12	+0,78	489
26.	Laura Tromp	de Devel	29.74	200000276	30.19	+0,80	486
27.	Samantha Gerritse	SG LinK /Z&PC Katwijk	30.89	200102062	30.21	+0,64	485
28.	Lisanne Dijkman	Zoetermeer	30.63	200102676	30.22	+0,73	484
29.	Kirsten de Hoog	SG SCOM/de Zeehond'73	30.21	200000460	30.59	+0,79	467
30.	Kirana Hoogenbosch	De Geul	30.35	200003428	30.65		464
31.	Iris van Rossum	WZ010/ACZ (Sg)	30.98	200004858	30.87	+0,60	454
32.	Shanti van Kan	Poseidon'56	30.86	200102446	31.04	+0,79	447
33.	Ilonka van der Well	ZPB H&L Productions	30.61	200103732	31.17	+0,74	441
34.	Nicoline Schol	BZ en PC	30.11	200003600	31.40	+0,74	432
35.	Jonne Moleman	SG LinK /Z&PC Katwijk	31.84	200006264	33.28		582
DIS	Celina von Berg	ZV Westland	29.80	200002596			

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

Senioren

1.	Miranda Nijenhuis	De Columbiaan	27.25	199204076	27.10	+0,75	671
2.	Anouk van Weelden	PCG	27.65	199902828	27.22	+0,79	663
3.	Mariska Scheel	KZV de Lansingh	27.63	199306344	27.32		655
4.	Sterre Keller	The Hague Swimming (SG)	27.17	199904142	27.52	+0,73	641
5.	Angelique van Vark	Z&PC De Gouwe	27.50	199701478	27.63	+0,73	634
6.	Lotte Middelbos	ZC De Schotejil	28.15	199900680	28.39	+0,77	584
7.	Lincy de Winter	The Hague Swimming (SG)	28.67	199805886	28.50	+0,68	577
8.	Charlotte van der Hoek	MNC Dordrecht	28.92	199904020	28.81		559
9.	Annamarie Meijer	SG SCOM/de Zeehond'73	28.89	199900964	28.90	+0,80	554
10.	Alisha Vieira	ZPB H&L Productions	28.69	199904554	28.92	+0,72	552
11.	Cheyenne Visser	ZPC Wiekslag	29.32	199802318	29.28	+0,75	532
12.	Inge van der Hoek	The Hague Swimming (SG)	29.99	199204034	29.66	+0,75	512
13.	Isabel van der Boor	MNC Dordrecht	29.55	199901330	29.74	+0,69	508
14.	Rebecca Evers	ZOB'66	29.64	199207916	29.79	+0,79	505
15.	Aniek Erenstein-Huijsman	KZV de Lansingh	29.43	198801932	29.93	+0,75	498
16.	Karen van Dee	SG SCOM/de Zeehond'73	29.72	199604074	30.05		492
	Christa Stam	Rotterdam Swimming	29.62	198806790	30.05	+0,82	492
18.	Femke Noordhoek	De Watervogels	29.93	199901150	30.36	+0,76	478
19.	Moniek Heemskerk	LZ 1886	30.18	199601964	30.73	+0,75	460
20.	Hanneke Schoenmakers	ZV Vlaardingen-Schiedam	30.66	199801820	30.78	+0,84	458
21.	Aylin van Uffelen	ZPB H&L Productions	30.86	199600352	31.20		440

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Heren, 100m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
Junioren 1								
1.	Menno Wieringa	KZV de Lansingh	1:10.25	200500927	1:11.53	+0,61 383	34.66	36.87
2.	Luca Nguyen-tri	Rotterdam Swimming	1:15.28	200500781	1:15.39	+0,67 327	37.17	38.22
3.	Björn Verkaik	The Hague Swimming (SG)	1:16.30	200500411	1:15.61	+0,73 324	37.07	38.54
4.	Gabriel Been	The Hague Swimming (SG)	1:15.27	200501467	1:15.93	+0,79 320	37.09	38.84
5.	River Streefland	The Hague Swimming (SG)	1:18.81	200502253	1:18.18	+0,90 293	39.11	39.07
6.	Tim van Lochem	Zoetermeer	1:19.88	200500077	1:21.49	+0,51 259	39.34	42.15
7.	Sytze van Stein	SG LinK /Z&PC Katwijk	1:25.46	200501155	1:26.67	+0,50 215	39.86	46.81
	<i>* Backuptijd 100m</i>							
8.	Thijs Gulden	ZOB'66	1:30.57	200501501	1:30.39	+0,70 190	43.77	46.62
9.	Siwar Kool	Widex GZC Donk	1:30.68	200502259	1:30.66	+0,66 188	44.00	46.66
10.	Sander Gerritse	SG LinK /Z&PC Katwijk	1:31.27	200500189	1:33.09	+0,90 174	45.10	47.99
Junioren 2								
1.	Jay de Vries	de Devel	1:06.19	200400669	1:05.50	+0,77 499	32.05	33.45
2.	Timo Kock	de Devel	1:09.63	200400387	1:07.06	+0,66 465	32.67	34.39
3.	Chris van der Hout	The Hague Swimming (SG)	1:08.91	200401355	1:07.31	+0,68 459	33.34	33.97
4.	Abel te Riele	WVZ	1:08.17	200402317	1:08.01	+0,68 445	33.49	34.52
5.	Julien Tanis	ZC De Schotejil	1:08.21	200401045	1:08.59	+0,68 434	33.72	34.87
6.	Jason van den Berg	Rotterdam Swimming	1:10.32	200400009	1:08.82	+0,62 430	34.00	34.82
7.	Sem Verberg	The Hague Swimming (SG)	1:11.96	200402105	1:10.10	+0,83 407	33.87	36.23
8.	Pepijn van Egmond	WVZ	1:12.24	200402309	1:10.82	+0,73 394	34.11	36.71
	<i>* Backuptijd 50m</i>							
9.	Kun Woo Kim	The Hague Swimming (SG)	1:11.98	200401361	1:11.70	+0,47 380	35.27	36.43
10.	Olivier Krayenbuhl	The Hague Swimming (SG)	1:14.86	200403215	1:12.54	+0,70 367	35.21	37.33
	<i>* Backuptijd 50m</i>							
11.	Loeka Wubben	The Hague Swimming (SG)	1:13.87	200400307	1:12.80	+0,85 363	35.26	37.54
12.	Tim Haimé	The Hague Swimming (SG)	1:17.56	200403567	1:13.86	+0,76 348	37.04	36.82
13.	Thomas van Peenen	De Columbiaan	1:13.33	200400097	1:14.01	+0,63 346	36.50	37.51
14.	Wen-Ye Chen	Rotterdam Swimming	1:18.21	200402859	1:15.35	+0,75 328	36.58	38.77
15.	Milan Masselink	The Hague Swimming (SG)	1:15.64	200402165	1:15.91	+0,77 320	37.27	38.64
16.	Timo Huizer	ZPC Wiekslag	1:18.43	200401125	1:16.37	+0,71 315	36.90	39.47
17.	Niels van der Mast	ZPCNumansdorp	1:20.54	200401917	1:17.22	+0,75 304	38.43	38.79
18.	Bram de Haas	PCG	1:21.80	200400391	1:17.91	+0,69 296	38.15	39.76
19.	Daniel 't Mannetje	ZC De Schotejil	1:17.35	200400183	1:17.93	+0,73 296	37.46	40.47
	<i>* Backuptijd 50m</i>							
20.	Lars van den Heuvel	ZPB H&L Productions	1:19.97	200402623	1:18.42	+0,69 291	38.04	40.38
21.	Michael van den Enden	PCG	1:17.79	200401589	1:18.86	+0,55 286	37.68	41.18
Junioren 3								
1.	Keanu Streefland	The Hague Swimming (SG)	1:02.33	200302445	1:01.35	+0,73 607	29.81	31.54
2.	Jelle Bon	ZV Vlaardingen-Schiedam	1:04.31	200301077	1:04.25	+0,63 528	31.18	33.07
	<i>* Backuptijd 100m</i>							
3.	Dylan Jansen	WVZ	1:05.39	200300817	1:06.35	+0,61 480	32.67	33.68
4.	Perry Laarhoven	ZPCNumansdorp	1:09.07	200301321	1:07.18	+0,76 462	32.70	34.48
5.	Bjarne Buijs	The Hague Swimming (SG)	1:09.23	200301089	1:07.42	+0,75 457	33.56	33.86
6.	Daan Hogerhuis	SG LinK /Z&PC Katwijk	1:07.53	200300317	1:07.72	+0,74 451	33.18	34.54
7.	Michael Smink	The Hague Swimming (SG)	1:11.14	200302169	1:08.30	+0,72 440	33.45	34.85
8.	Stefan Groen	KZV de Lansingh	1:11.49	200301179	1:09.59	+0,57 416	33.97	35.62
9.	Xander Vis	ZC De Schotejil	1:11.22	200300173	1:10.89	+0,66 393	34.93	35.96
10.	Yassine Maas	The Hague Swimming (SG)	1:13.25	200301505	1:11.86	+0,75 378	35.14	36.72
11.	Thimo van Beek	LZ 1886	1:15.97	200301347	1:12.86	+0,63 362	35.21	37.65
12.	Julian Stok	de Devel	1:12.08	200300071	1:12.90	+0,76 362	35.49	37.41
13.	Chris Vogelaar	LZ 1886	1:12.37	200302241	1:12.97	+0,74 361	35.44	37.53
14.	David Jagerman	The Hague Swimming (SG)	1:12.85	200302127	1:13.75	+0,82 349	36.11	37.64
15.	Brandon Groeneveld	De Geul	1:16.66	200300595	1:15.06	+0,71 331	36.28	38.78
16.	Alexander ten Haaft	Zoetermeer	1:16.63	200302309	1:16.50	+0,65 313	37.26	39.24
17.	Tygo Korving	ZPB H&L Productions	1:13.87	200300773	1:16.95	+0,90 308	37.06	39.89
18.	Mike van Huizen	ZPCNumansdorp	1:16.86	200300891	1:17.15	+0,81 305	37.35	39.80
19.	Jort Jongenelen	Zoetermeer	1:17.04	200303233	1:18.56	+0,70 289	38.60	39.96

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Programmanr. 4, Jongens, 100m rugslag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT	50m	100m
20.	Thierry den Ouden	ZPC Wiekslag	1:16.83	200300729	1:19.28	+0,71 281	38.84	40.44
21.	Jesse Plomp	ZOB'66	1:19.73	200304143	1:19.50	+0,73 279	37.78	41.72

Junioren 4

1.	Nikhom Westphal	SG SCOM/de Zeehond'73	1:00.68	200203329	1:01.32	+0,65 608	30.78	30.54
2.	Adriaan Provó Kluit	WVZ	1:00.53	200204397	1:01.57	+0,70 600	30.23	31.34
3.	Sean Niewold	WVZ	1:02.68	200204699	1:01.72	+0,67 596	30.17	31.55
4.	Niels Dijkshoorn	ZV Westland	1:01.74	200203079	1:01.84	+0,62 593	30.70	31.14
5.	Viktor Koets	De Columbiaan	1:02.45	200201677	1:03.32	+0,64 552	30.63	32.69
6.	Jarno Verbeek	Zoetermeer	1:03.26	200200931	1:03.58	+0,65 545	31.08	32.50
7.	Scott Jansen	WVZ	1:04.95	200202455	1:03.62	+0,78 544	30.90	32.72
8.	Dylano Termoshuizen	WVZ	1:04.35	200202169	1:03.78	+0,63 540	30.54	33.24
9.	Thomas van Wanrooij	Poseidon'56	1:05.66	200201473	1:06.34	+0,68 626	32.48	33.86
10.	Stijn den Otter	de Devel	1:08.59	200200225	1:09.53	+0,68 417	33.95	35.58
11.	Bas van Nisius	The Hague Swimming (SG)	1:09.63	200202107	1:09.74	+0,76 413	34.05	35.69
12.	Mart de Koning	ZOB'66	1:08.41	200203253	1:09.86	+0,73 411	34.04	35.82
13.	Björn de Heus * Backuptijd 100m	ZV Vlaardingen-Schiedam	1:10.49	200201077	1:10.84	+0,73 394	34.10	36.74
14.	Wouter Verdoes	De Columbiaan	1:10.33	200200351	1:10.95	+0,71 392	34.69	36.26
15.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	1:10.94	200200619	1:12.77	+0,76 364	35.45	37.32
16.	Mark Bom	LZ 1886	1:11.62	200201471	1:13.06	+0,58 359	35.63	37.43
17.	Johrick Wijma	KZV de Lansingh	1:13.54	200204435	1:14.11	+0,65 344	34.82	39.29

Jeugd 1 en 2

1.	Ivo Stolk	SG SCOM/de Zeehond'73	1:00.34	200100615	59.75	+0,76 657	29.57	30.18
2.	Olivier Jans	The Hague Swimming (SG)	1:00.84	200001815	1:00.61	+0,72 629	30.16	30.45
3.	Tjeerd van Stein	SG LinK /Z&PC Katwijk	1:02.34	200101439	1:02.09	+0,70 585	30.39	31.70
4.	Noah Legerstee	WVZ	1:02.95	200003593	1:02.45	+0,71 575	30.99	31.46
5.	Sander Iuga	Poseidon'56	1:02.18	200101389	1:02.56	+0,68 572	30.54	32.02
6.	Marc Botter	The Hague Swimming (SG)	1:03.02	200000329	1:02.70	+0,65 568	30.05	32.65
7.	Querijn Hensen	The Hague Swimming (SG)	1:02.65	200102121	1:03.14	+0,67 839	30.36	32.78
8.	Floris de Leeuw	The Hague Swimming (SG)	1:07.69	200105317	1:03.44	+0,74 549	30.96	32.48
9.	Sjoerd van Weelden	PCG	1:04.10	200101217	1:04.31	+0,69 527	30.66	33.65
10.	Wesley Scheepbouwer	ZPC Wiekslag	1:04.60	200101959	1:04.91	+0,65 512	31.07	33.84
11.	Jacob Mackloet	ZC De Schotejil	1:05.26	200001171	1:05.04	+0,72 509	31.88	33.16
12.	Aron Paasse	ZC De Schotejil	1:04.07	200000099	1:05.28	+0,62 504	32.15	33.13
13.	Jasper van Oudheusden	De Duck	1:06.25	200102449	1:06.73	+0,63 472	32.70	34.03
14.	Sander van Beek	LZ 1886	1:06.05	200002917	1:07.49	+0,60 456	32.02	35.47
15.	Wessel Bonkestoter	Widex GZC Donk	1:08.98	200100625	1:08.40	+0,61 438	33.74	34.66
16.	Liam van Gool	De Geul	1:08.28	200001111	1:08.61	+0,64 434	33.13	35.48
17.	Boy Borreman * Backuptijd 100m	SG LinK /Z&PC Katwijk	1:09.08	200102751	1:09.30	+0,64 421	34.07	35.23
NG	Ricardo van der Steen	ZV Vlaardingen-Schiedam	1:03.90	200000625				
NG	Quinn van den Heuvel	WVZ	1:02.97	200100297				

Senioren 1 en ouder

1.	Mark Baars	Rotterdam Swimming	58.32	198500059	57.77	+0,69 727	28.40	29.37
2.	Melvin Prins	ZPC Wiekslag	58.54	199500201	57.79	+0,69 726	28.15	29.64
3.	Bjorn Scherbeijn	The Hague Swimming (SG)	56.28	199600349	57.82	+0,66 725	27.97	29.85
4.	Jonne Schaafsma	The Hague Swimming (SG)	59.92	199800745	1:00.51	+0,70 632	29.27	31.24
5.	Jorian Tanis	ZC De Schotejil	1:02.47	199900327	1:01.46	+0,74 604	30.40	31.06
6.	Dave Jansen	WVZ	1:00.12	199805299	1:01.95	+0,56 589	29.73	32.22
7.	Martijn Dolk	Rotterdam Swimming	1:00.87	198900737	1:02.28	+0,66 580	30.16	32.12
8.	Robin Lecomte	KZV de Lansingh	1:05.62	199900711	1:02.39	+0,68 577	30.45	31.94
9.	Matthew Dullemond	Rotterdam Swimming	1:04.40	199805005	1:03.11	+0,78 557	30.71	32.40
10.	Robin van Beek	LZ 1886	1:03.76	199704023	1:03.47	+0,64 548	30.38	33.09
11.	Daan Siebenheller	ZOB'66	1:04.92	199804955	1:04.26	+0,67 528	31.42	32.84
12.	David Kievit	ZC De Schotejil	1:03.66	199900325	1:04.40	+0,86 525	31.39	33.01
13.	Bas Verdoes	De Columbiaan	1:03.57	199801487	1:04.76	+0,62 516	31.75	33.01
14.	Jordy van Oel	WVZ	1:06.75	199802003	1:04.93	+0,65 512	31.91	33.02
15.	Ryan van den Ouden	Poseidon'56	1:05.47	199900377	1:05.61	+0,69 496	31.10	34.51
16.	Ivo van Dijk	The Hague Swimming (SG)	1:05.36	199702985	1:06.23	+0,71 482	31.31	34.92
17.	Rogier Dorsman	de Devel	1:06.36	199900211	1:06.61	+0,55 707	32.29	34.32
18.	Tristan Stam	ZOB'66	1:07.72	199903551	1:08.23	+0,71 441	32.66	35.57

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Programmanr. 4, Heren, 100m rugslag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT	50m	100m
NG.ZA	Eric Verdoes	De Columbiaan	1:03.01	199900947				
NG	Emiel van Beusekom	Van Vliet-Barracuda	1:03.65	199403951				

Programmanr. 5
18-11-2017 - 11:25

Meisjes, 4 x 200m vrije slag

Junioren
Resultaten

rang	vereniging	intijd			tijd	RT		
1.	De Columbiaan 1	De Columbiaan	9:58.69		9:52.52	+0,78		
	Robine Boer	04	+0,78	33.62	38.40	38.38	38.53	2:28.93
	Anique Star	04	+0,49	34.12	38.03	39.17	37.63	2:28.95
	Yente Bouwmeester	05	+0,49	33.62	38.60	39.32	39.40	2:30.94
	Daniëlle Vis	04	+0,54	32.13	35.93	37.87	37.77	2:23.70
2.	Barracuda 1	Van Vliet-Barracuda	10:11.62		10:04.68	+0,79		
	Mara Tims	06	+0,79	34.96	39.12	40.15	40.22	2:34.45
	Marit Huisman	05	+0,30	33.21	39.33	39.85	39.14	2:31.53
	Elydjah van der Heul	06	+0,68	33.83	38.05	39.57	37.84	2:29.29
	Emma Verkuil	05	+0,44	34.34	37.64	38.91	38.52	2:29.41
3.	ZC De Schotejil 1	ZC De Schotejil	10:17.44		10:13.30	+0,76		
	Phaedra Meijer	04	+0,76	34.91	39.30	39.43	38.23	2:31.87
	Leyla Oversluizen	06	+0,53	34.54	39.77	40.94	37.68	2:32.93
	Aisha Nobels	05	+0,46	34.51	40.21	38.86	38.41	2:31.99
	Lyke Buscop	05	+0,53	33.63	39.76	41.80	41.32	2:36.51

Programmanr. 6
18-11-2017 - 11:40

Dames, 4 x 200m vrije slag

Junioren 2 en ouder
Resultaten

rang	vereniging	intijd			tijd	RT		
1.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	8:56.26		8:54.53	+0,79		
	Sterre Keller	99	+0,79	30.63	34.22	34.83	34.92	2:14.60
	Jessica Baars	01	+0,42	31.14	35.23	36.58	37.02	2:19.97
	Femke Hoppenbrouwer	03	+0,48	30.31	34.34	34.73	34.31	2:13.69
	Lotte Hosper	02	+0,31	28.57	31.86	32.97	32.87	2:06.27
2.	ZC De Schotejil 1	ZC De Schotejil	9:00.71		9:04.37	+0,80		
	Lotte Middelbos	99	+0,80	31.35	35.07	36.10	35.43	2:17.95
	Lieske Zijlstra	02	+0,60	33.31	36.78	36.05	34.90	2:21.04
	Lotte Tillema	02	+0,36	30.53	34.51	36.31	36.76	2:18.11
	Elise Tanis	02	+0,15	28.54	32.65	33.58	32.50	2:07.27
3.	De Columbiaan 1	De Columbiaan	9:10.38		9:24.77	+0,76		
	Megan van Beelen	01	+0,76	30.76	34.44	34.87	34.19	2:14.26
	Lianne Bouwmeester	00	+0,63	30.56	34.22	36.53	37.60	2:18.91
	Marbel Diderik	02	+0,24	31.23	35.91	38.31	41.04	2:26.49
	Amy Koelman	03	+0,35	32.74	36.63	38.13	37.61	2:25.11
4.	ZC De Schotejil 2	ZC De Schotejil	9:33.19		9:31.84	+0,81		
	Manon Middelbos	01	+0,81	31.26	34.98	36.73	35.01	2:17.98
	Tamara de Ruitter	02	+0,38	32.91	36.08	35.55	35.06	2:19.60
	Nienke Mierop	02	+0,37	32.34	37.16	37.16	38.86	2:28.55
	Marjon van Kempen	80	+0,56	32.33	36.52	38.11	38.75	2:25.71
5.	The Hague Swimming (SG) 2	The Hague Swimming (SG)	9:37.83		9:37.69	+0,66		
	Sacha van den Dobbelen	01	+0,66	30.77	35.72	37.28	35.16	2:18.93
	Anniko Firman	04	+0,26	33.42	38.77	40.80	39.61	2:32.60
	Mara Bosman	03	+0,53	32.83	37.00	37.95	38.16	2:25.94
	Sanne Vermeulen	03	+0,28	30.41	35.44	37.01	37.36	2:20.22
6.	Zoetermeer 1	Zoetermeer	9:40.25		9:37.73			
	Elyanne Boudenstein	01		30.77	34.40	36.48	36.03	2:17.68
	Zoë Molenaar	03		33.28	38.17	39.86	36.30	2:27.61
	Lisanne Dijkman	01		31.81	37.10	39.61	38.29	2:26.81
	Anne Straub	02	+0,29	32.33	36.88	38.91	37.51	2:25.63
7.	SG LinK /Z&PC Katwijk 1	SG LinK /Z&PC Katwijk	9:34.86		9:38.46	+0,82		
	Kim de Jong	03	+0,82	32.83	36.62	37.04	35.92	2:22.41
	Nora van der Steen	04	+0,37	31.92	37.03	38.06	36.84	2:23.85
	Jonne Moleman	00	+0,47	34.14	37.57	37.67	36.79	2:26.17
	Marje de Jager	03	+0,54	32.45	37.60	39.13	36.85	2:26.03

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Programmanr. 7
18-11-2017 - 13:30

Heren, 100m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
Junioren 1								
1.	Sem Agterdenbos	MNC Dordrecht	1:04.37	200500049	1:04.58	+0,71 383	30.38	34.20
2.	Menno Wieringa	KZV de Lansingh	1:06.05	200500927	1:04.67	+0,58 382	31.11	33.56
3.	Gabriel Been	The Hague Swimming (SG)	1:07.47	200501467	1:06.54	+0,76 350	31.75	34.79
4.	Björn Verkaik	The Hague Swimming (SG)	1:07.94	200500411	1:07.77	+0,72 332	32.50	35.27
5.	River Streefland	The Hague Swimming (SG)	1:12.19	200502253	1:08.04	+0,81 328	33.14	34.90
6.	Émile Fouzai	The Hague Swimming (SG)	1:07.60	200500263	1:08.53	+0,46 321	32.00	36.53
7.	Conor Baker	De Columbiaan	1:09.03	200500991	1:08.80	+0,73 317	32.66	36.14
8.	Onno Roeleveld	De Columbiaan	1:10.20	200502775	1:09.32	+0,77 310	32.35	36.97
9.	Thijs Visser	Van Vliet-Barracuda	1:11.61	200502129	1:09.82	+0,83 303	33.30	36.52
10.	Casper Hoogervorst	De Columbiaan	1:09.78	200500183	1:10.40	+0,83 296	33.88	36.52
11.	Aaïke de Tender	De Geul	1:13.84	200502189	1:10.60	+0,67 293	33.92	36.68
12.	Coen Frkovic	ZPB H&L Productions	1:12.58	200502397	1:11.07	+0,69 288	33.48	37.59
13.	Max Bosman	The Hague Swimming (SG)	1:12.65	200500877	1:11.23	+0,66 286	33.91	37.32
14.	Sytze van Stein	SG LinK /Z&PC Katwijk	1:13.16	200501155	1:13.48	+0,50 260	34.04	39.44

Junioren 2

1.	Jay de Vries	de Devel	59.06	200400669	58.34	+0,77 520	27.97	30.37
2.	Timo Kock	de Devel	59.67	200400387	58.48	+0,79 516	28.15	30.33
3.	Chris van der Hout	The Hague Swimming (SG)	1:00.87	200401355	58.81	+0,79 508	27.91	30.90
4.	Julien Tanis	ZC De Schoteijl	1:00.28	200401045	59.96	+0,69 479	28.88	31.08
5.	Abel te Riele	WVZ	59.31	200402317	1:00.32	+0,72 470	29.21	31.11
6.	Pepijn van Egmond	WVZ	1:01.02	200402309	1:00.40	+0,81 468	29.09	31.31
7.	Thijm Kruit	De Columbiaan	1:00.91	200401339	1:00.62	+0,77 463	29.37	31.25
8.	Erik Oldenkamp	KZV de Lansingh	1:03.14	200400597	1:01.10	+0,69 453	29.20	31.90
9.	Jason van den Berg	Rotterdam Swimming	1:03.59	200400009	1:01.39	+0,67 446	29.30	32.09
10.	Kun Woo Kim	The Hague Swimming (SG)	1:02.33	200401361	1:01.78	+0,72 438	29.50	32.28
11.	Anthony Kraag	WVZ	1:01.96	200401973	1:01.85	+0,83 436	29.39	32.46
12.	Timo Wouters	MNC Dordrecht	1:03.35	200401363	1:02.44	+0,72 424	30.05	32.39
13.	Niels van der Mast	ZPCNumansdorp	1:03.16	200401917	1:02.63	+0,72 420	30.41	32.22
14.	Nathan Janssen	MNC Dordrecht	1:04.38	200401565	1:02.64	+0,72 420	30.62	32.02
15.	Olivier Krayenbuhl	The Hague Swimming (SG)	1:04.53	200403215	1:03.06	+0,75 412	30.80	32.26
16.	Thomas van Peenen	De Columbiaan	1:07.66	200400097	1:03.55	+0,66 402	30.20	33.35
17.	Loeka Wubben	The Hague Swimming (SG)	1:04.96	200400307	1:03.75	+0,73 398	30.44	33.31
18.	Daniel 't Mannetje	ZC De Schoteijl	1:05.93	200400183	1:04.32	+0,66 388	30.97	33.35
19.	Tim Haimé	The Hague Swimming (SG)	1:05.52	200403567	1:05.09	+0,81 374	31.57	33.52
20.	Timo Huizer	ZPC Wiekslag	1:07.75	200401125	1:06.20	+0,75 356	31.68	34.52
21.	Christian Kalle	ZC De Schoteijl	1:09.20	200400687	1:06.75	347	31.99	34.76
22.	Sem Verberg	The Hague Swimming (SG)	1:07.81	200402105	1:07.17	+0,73 341	32.06	35.11
23.	Michael van den Enden	PCG	1:07.52	200401589	1:07.19	+0,71 340	31.80	35.39
<i>* Backuptijd 100m</i>								
24.	Arthur Bondartsov	de Devel	1:08.24	200403231	1:07.78	+0,76 332	33.17	34.61
25.	Milan Masselink	The Hague Swimming (SG)	1:10.79	200402165	1:08.35	+0,77 323	33.69	34.66
26.	Marijn Dekkers	Widex GZC Donk	1:12.76	200402275	1:08.70	+0,82 318	33.15	35.55
27.	Timon Wijsman	SG Albion d'ELFT	1:10.45	200403707	1:09.31	+0,66 310	33.33	35.98
28.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:10.88	200404457	1:09.50	+0,87 307	33.27	36.23
29.	Casper van Nijnatten	Rotterdam Swimming	1:10.89	200402559	1:10.37	+0,76 296	34.40	35.97
30.	Lars van den Heuvel	ZPB H&L Productions	1:10.62	200402623	1:10.74	+0,83 292	34.00	36.74
31.	Nathan Vos	Van Vliet-Barracuda	1:13.17	200402335	1:12.54	+0,70 270	34.06	38.48
32.	Guus Geelen	LZ 1886	1:12.06	200401183	1:13.65	+0,52 258	35.51	38.14

Junioren 3

1.	Jelle Bon	ZV Vlaardingen-Schiedam	58.82	200301077	57.32	+0,71 548	27.91	29.41
2.	Keanu Streefland	The Hague Swimming (SG)	59.57	200302445	58.12	+0,70 526	28.46	29.66
3.	Milan Hamel	The Hague Swimming (SG)	58.50	200302125	58.37	+0,72 519	28.69	29.68
4.	Perry Laarhoven	ZPCNumansdorp	1:00.40	200301321	58.82	+0,64 507	28.31	30.51
5.	Senna Mooldijk	De Kempvis	59.40	200301147	59.50	+0,72 490	28.86	30.64
6.	Daan Hogerhuis	SG LinK /Z&PC Katwijk	59.27	200300317	59.67	+0,76 486	28.71	30.96
	Milan van Aken	The Hague Swimming (SG)	1:00.38	200303307	59.67	+0,78 486	28.81	30.86
8.	Chris Vogelaar	LZ 1886	1:00.51	200302241	59.93	+0,76 480	28.52	31.41
9.	Dylan Jansen	WVZ	1:00.72	200300817	1:00.26	+0,63 472	29.04	31.22
10.	Xander Vis	ZC De Schoteijl	1:00.97	200300173	1:00.35	+0,72 470	29.08	31.27
11.	Kenan Cörüz	SG Albion d'ELFT	1:00.43	200300357	1:00.65	+0,66 463	28.35	32.30

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Programmanr. 7, Jongens, 100m vrije slag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT	50m	100m
12.	Stefan Groen	KZV de Lansingh	1:01.82	200301179	1:00.91	+0,71 457	28.61	32.30
13.	Michael Smink	The Hague Swimming (SG)	1:04.48	200302169	1:00.96	+0,85 456	29.99	30.97
14.	M. Lopes Cardozo	WZK	1:02.43	200300665	1:02.05	+0,77 432	29.38	32.67
15.	Yassine Maas	The Hague Swimming (SG)	1:02.38	200301505	1:02.41	+0,74 425	30.13	32.28
16.	David Jagerman	The Hague Swimming (SG)	1:01.90	200302127	1:02.94	+0,70 414	30.64	32.30
17.	Koen Pijnacker	BZ en PC	1:05.76	200301437	1:03.31	+0,84 407	29.99	33.32
18.	Thimo van Beek	LZ 1886	1:04.73	200301347	1:04.06	+0,73 393	30.96	33.10
19.	Zev Bulk	Widex GZC Donk	57.39	200304021	1:04.14	+0,71 391	31.72	32.42
20.	Jarno Klink	De Stelle	1:04.24	200302067	1:04.59	+0,71 383	31.47	33.12
21.	Jort Jongenelen	Zoetermeer	1:05.91	200303233	1:05.77	+0,74 363	31.66	34.11
22.	Brandon Groeneveld	De Geul	1:06.88	200300595	1:06.06	+0,68 358	32.14	33.92
23.	Raphaël Booiman	ZPC Wiekslag	1:05.34	200300727	1:06.23	+0,75 355	31.78	34.45
24.	Maxim Noordman	The Hague Swimming (SG)	1:07.94	200304067	1:06.95	+0,65 344	31.80	35.15
25.	Tygo Korving	ZPB H&L Productions	1:06.98	200300773	1:07.23	+0,81 340	32.55	34.68
26.	Alexander ten Haaft	Zoetermeer	1:07.44	200302309	1:07.26	+0,78 339	32.10	35.16
27.	Jesse Plomp	ZOB'66	1:10.31	200304143	1:07.87	+0,82 330	32.56	35.31
DIS	Christiaan van Es	ZOB'66	1:03.96	200304141		+0,66		

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

AFGEM	Erik van Gemert	Poseidon'56	1:04.96	200300587				
NG	Bas van der Linden	Rotterdam Swimming	1:07.38	200303235				

Junioren 4

1.	Sean Niewold	WVZ	53.81	200204699	53.40	+0,76 678	26.40	27.00
2.	Brandon van den Berg	Rotterdam Swimming	55.99	200200669	53.97	+0,69 657	26.40	27.57
3.	Bryan Agterdenbos	MNC Dordrecht	52.52	200200003	54.19	+0,76 649	26.72	27.47
4.	Nikhom Westphal	SG SCOM/de Zeehond'73	54.55	200203329	55.72	+0,76 597	27.70	28.02
5.	Scott Jansen	WVZ	56.22	200202455	56.10	+0,76 585	27.20	28.90
6.	Dylano Termoshuizen	WVZ	57.54	200202169	57.18	+0,73 552	27.09	30.09
7.	Niels Dijkshoorn	ZV Westland	57.74	200203079	57.20	+0,71 552	27.68	29.52
8.	Thomas van Wanrooij	Poseidon'56	58.22	200201473	57.78	+0,81 682	27.65	30.13
9.	Viktor Koets	De Columbiaan	58.01	200201677	57.99	+0,73 529	27.73	30.26
10.	Glenn van Gaalen	De Kempvis	58.66	200200521	58.44	+0,73 517	27.65	30.79
11.	Stijn den Otter	de Devel	59.06	200200225	58.54	+0,65 515	28.67	29.87
12.	Bas van Wieringen	De Columbiaan	58.36	200200119	58.81	+0,79 508	28.45	30.36
13.	Robert Speksnijder	ZPB H&L Productions	1:00.45	200200429	59.05	+0,83 501	28.86	30.19
14.	Luuk van Holstein	ZV Westland	1:01.76	200203841	59.31	+0,74 495	28.20	31.11
15.	Johrick Wijma	KZV de Lansingh	59.87	200204435	59.41	+0,69 492	28.43	30.98
16.	Lougo Gorre	ZV Vlaardingen-Schiedam	59.75	200201765	59.43	+0,75 492	29.05	30.38
17.	Jarno Verbeek	Zoetermeer	57.70	200200931	59.58	+0,83 488	28.42	31.16
18.	Guus Hoogduin	LZ 1886	59.72	200201069	59.81	+0,73 482	28.84	30.97
19.	Mart de Koning	ZOB'66	1:01.21	200203253	59.94	+0,78 479	28.90	31.04
20.	Victor Simons	The Hague Swimming (SG)	1:01.04	200203261	1:00.02	+0,77 477	29.14	30.88
21.	Robin van Peenen	De Columbiaan	1:00.79	200201059	1:00.19	+0,83 473	28.86	31.33
22.	Cas Jansen	The Hague Swimming (SG)	1:01.64	200203263	1:01.41	+0,70 446	29.23	32.18
23.	Joep van den Hooven	ZC De Schoteijl	1:02.92	200202547	1:02.13	+0,69 430	29.69	32.44
24.	Bas van Nisius	The Hague Swimming (SG)	1:01.63	200202107	1:02.30	+0,79 427	30.31	31.99
25.	Wouter Verdoes	De Columbiaan	1:01.68	200200351	1:02.38	+0,76 425	30.23	32.15
26.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	1:02.71	200200619	1:02.96	+0,69 414	29.69	33.27
27.	Daan Snijders	MNC Dordrecht	1:05.39	200202475	1:04.08	+0,73 392	30.52	33.56
28.	Mathieu Lafontaine	The Hague Swimming (SG)	1:05.71	200204263	1:05.05	+0,78 375	30.13	34.92
29.	Mark Bom	LZ 1886	1:03.94	200201471	1:06.27	+0,67 355	31.98	34.29

Jeugd 1 en 2

1.	Marc Botter	The Hague Swimming (SG)	54.30	200000329	53.91	+0,63 659	25.95	27.96
2.	Max Visser	WVZ	53.91	200100077	54.05	+0,74 654	26.30	27.75
3.	Olivier Jans	The Hague Swimming (SG)	56.25	200001815	54.06	+0,75 653	26.65	27.41
4.	Tygo van Hassel	WVZ	54.11	200101479	54.22	+0,72 648	26.16	28.06
5.	Floris de Leeuw	The Hague Swimming (SG)	55.48	200105317	54.43	+0,71 640	26.48	27.95
6.	Gerard Willighagen	Poseidon'56	54.58	200103663	54.73	+0,73 630	26.55	28.18
7.	Jari Voogt	De Duck	55.19	200004237	54.94	+0,75 622	26.58	28.36
8.	Otto Pranger	SG SCOM/de Zeehond'73	54.78	200000007	55.53	+0,66 603	26.68	28.85
9.	Ivo Stolk	SG SCOM/de Zeehond'73	55.21	200100615	55.62	+0,61 600	26.82	28.80
10.	Duncan van Haaren	Widex GZC Donk	57.01	200000681	55.80	+0,78 758	26.87	28.93
11.	Jasper Breugem	WVZ	55.47	200000303	55.89	+0,72 591	26.79	29.10
12.	Jarno van Oijen	SG SCOM/de Zeehond'73	57.58	200100055	56.17	+0,67 582	26.84	29.33
13.	Wesley Scheepbouwer	ZPC Wiekslag	57.31	200101959	56.24	+0,61 580	27.15	29.09

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rang	naam	vereniging	intijd	tijd	RT	50m	100m	
14.	Mark de Jongh	MNC Dordrecht	56.48	200001325	56.27	+0,67 579	26.82	29.45
15.	Christiaan Smit	The Hague Swimming (SG)	56.33	200102463	56.41	+0,69 575	26.74	29.67
16.	Stijn Lafontaine	The Hague Swimming (SG)	55.91	200005205	56.45	+0,73 574	27.06	29.39
17.	Noah Legerstee	WVZ	56.10	200003593	56.64	+0,73 568	27.48	29.16
18.	Tjeerd van Stein	SG LinK /Z&PC Katwijk	57.90	200101439	56.66	+0,77 568	26.81	29.85
19.	Aron Paasse	ZC De Schotejil	57.33	200000099	56.67	+0,72 567	27.17	29.50
20.	Jacob Mackloet	ZC De Schotejil	57.59	200001171	56.75	+0,72 565	27.54	29.21
21.	Youri ten Brink	The Hague Swimming (SG)	56.50	200104719	56.97	+0,76 558	27.51	29.46
22.	Sander Iuga	Poseidon'56	57.16	200101389	57.08	+0,72 555	27.62	29.46
23.	K. de Kruyf Molina	The Hague Swimming (SG)	57.24	200002667	57.22	+0,72 551	27.56	29.66
24.	Sander van Beek	LZ 1886	57.24	200002917	57.35	+0,70 547	27.39	29.96
25.	Querijn Hensen	The Hague Swimming (SG)	57.30	200102121	57.96	+0,65 676	27.61	30.35
26.	Luuk Kieviet	ZC De Schotejil	58.04	200100469	58.08	+0,66 527	28.01	30.07
27.	Thomas Hesper	Van Vliet-Barracuda	58.65	200004181	58.40	+0,80 518	28.06	30.34
28.	Doran Paap	The Hague Swimming (SG)	58.14	200000301	58.45	+0,70 517	27.55	30.90
29.	Rolf Jens	PCG	59.88	200100527	58.50	+0,67 516	27.93	30.57
30.	Michael Boekestijn	ZV Westland	58.68	200100767	58.59	+0,84 513	28.23	30.36
31.	Aidan van Gool	De Geul	58.84	200001773	58.87	+0,63 506	28.09	30.78
32.	D. van den Nieuwendijk	De Columbiaan	58.23	200100475	58.92	+0,75 505	28.67	30.25
33.	Joris de Gier	Widex GZC Donk	58.56	200103817	59.03	+0,72 502	28.00	31.03
34.	Ryan de Laat	ZPC Wiekslag	58.24	200101553	59.10	+0,77 500	27.80	31.30
35.	Luca Dellantonio	De Columbiaan	59.20	200002759	59.34	+0,73 494	28.39	30.95
36.	Dylan Kalden	De Duck	1:00.05	200003283	59.65	+0,69 486	28.24	31.41
37.	Jasper van Oudheusden	De Duck	1:00.47	200102449	59.74	+0,77 484	28.84	30.90
38.	Boy Borreman	SG LinK /Z&PC Katwijk	59.33	200102751	1:00.00	+0,69 478	28.60	31.40
39.	Christian van Mierlo	SG Albion d'ELFT	59.66	200103155	1:00.07	+0,66 476	28.96	31.11
40.	Thomas Bordewijk	De Kempvis	59.65	200001047	1:00.12	+0,75 475	29.32	30.80
41.	Sjoerd van Weelden	PCG	59.85	200101217	1:00.20	+0,73 473	28.88	31.32
42.	Thomas Boxman	The Hague Swimming (SG)	1:00.96	200005203	1:00.42	+0,64 468	28.98	31.44
43.	Ignazio Nunzi	WVZ	1:00.70	200101803	1:00.51	+0,68 466	29.57	30.94
44.	David Kras	de Devel	1:01.07	200103253	1:00.87	+0,79 458	29.10	31.77
45.	Wesley Agterdenbos	MNC Dordrecht	59.66	200001327	1:01.04	+0,76 454	28.86	32.18
46.	Gregory Abeldynov	Poseidon'56	1:00.12	200100827	1:01.06	+0,73 453	29.16	31.90
47.	Jeroen Bechtold	Van Vliet-Barracuda	59.11	200002657	1:01.09	+0,69 453	29.04	32.05
48.	Floriaan Bulten	Poseidon'56	1:01.61	200002267	1:02.31	+0,71 427	29.82	32.49
49.	Jervis Boele	ZPCNumansdorp	1:00.27	200004141	1:02.80	+0,84 417	29.42	33.38
50.	Boaz Troost	ZOB'66	1:02.28	200100371	1:03.56	+0,55 402	29.42	34.14
NG	Ricardo van der Steen	ZV Vlaardingens-Schiedam	58.42	200000625				
NG	Quinn van den Heuvel	WVZ	54.18	200100297				

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming	48.62	199200031	49.69	+0,73 841	23.91	25.78
2.	Mike Hoek	De Duck	51.77	199702229	50.81	+0,73 787	24.57	26.24
3.	Mark Baars	Rotterdam Swimming	51.26	198500059	50.96	+0,65 780	24.63	26.33
4.	Ian Minnigh	Rotterdam Swimming	52.61	199702737	52.22	+0,71 725	25.30	26.92
5.	Jesper Oranje	De Duck	53.23	199200997	52.38	+0,83 718	25.08	27.30
6.	Pascal Nuijten	ZV Westland	52.42	199701353	52.95	+0,77 695	25.21	27.74
7.	Melvin Prins	ZPC Wiekslag	52.70	199500201	53.04	+0,68 692	25.58	27.46
8.	Jorian Tanis	ZC De Schotejil	54.40	199900327	53.28	+0,76 683	26.05	27.23
9.	Daan Egberts	AZC	53.52	199502433	54.15	+0,64 650	25.88	28.27
10.	Martijn Dolk	Rotterdam Swimming	53.48	198900737	54.56	+0,73 636	26.26	28.30
11.	L. van der Klooster	ZPB H&L Productions	54.97	199801361	54.81	627	26.56	28.25
12.	Matthew Dullemond	Rotterdam Swimming	55.52	199805005	55.00	+0,70 620	26.51	28.49
13.	Jordi van der Weel	SG Albion d'ELFT	55.49	199600359	55.05	+0,77 619	25.93	29.12
14.	Robin Lecomte	KZV de Lansingh	55.60	199900711	55.26	+0,67 612	26.99	28.27
15.	Jim Geestman	Rotterdam Swimming	56.23	198300699	55.64	+0,79 599	27.24	28.40
16.	Floris van der Meer	SG Albion d'ELFT	56.43	199701041	55.73	+0,65 596	26.70	29.03
17.	Bart Drechsel	WZK	55.81	198604135	55.76	+0,72 595	26.88	28.88
18.	Robin van Beek	LZ 1886	55.30	199704023	55.83	+0,58 593	27.01	28.82
19.	Bas Verdoes	De Columbiaan	55.38	199801487	55.85	+0,72 593	26.48	29.37
20.	Kevin Panoet	The Hague Swimming (SG)	57.19	199307253	55.96	+0,62 589	26.26	29.70
21.	Armand Heyder	ZV Westland	55.00	199603221	56.22	+0,66 581	26.34	29.88
22.	Daan Siebenheller	ZOB'66	58.11	199804955	56.31	+0,51 578	27.09	29.22
23.	Ryan van den Ouden	Poseidon'56	56.26	199900377	56.42	+0,84 575	27.04	29.38
24.	Dave Jansen	WVZ	55.22	199805299	56.63	+0,70 568	26.78	29.85
25.	Kevin Kingma	KZV de Lansingh	56.03	199700559	56.77	+0,72 564	27.56	29.21
26.	Pascal van Haren	Van Vliet-Barracuda	55.16	198704101	56.83	+0,74 562	26.83	30.00
27.	Alex Vermeulen	WZK	1:00.65	198905811	57.67	+0,73 538	27.79	29.88

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rang	naam	vereniging	intijd	tijd	RT	50m	100m
28.	Remco Oskam	Widex GZC Donk	57.76	199205583	58.18	+0,72 524	27.40 30.78
29.	David Kievit	ZC De Schotejil	58.35	199900325	58.22	+0,82 523	28.43 29.79
30.	Jordy van Oel	WVZ	56.70	199802003	58.43	+0,73 517	27.96 30.47
31.	Paul van Grol	Widex GZC Donk	56.62	199602951	58.65	+0,66 512	27.90 30.75
32.	Rogier Dorsman	de Devel	57.76	199900211	59.55	+0,71 625	28.22 31.33
33.	Ivo van Dijk * <i>Backuptijd 100m</i>	The Hague Swimming (SG)	57.40	199702985	1:01.95	+0,69 434	27.97 33.98
34.	Stefan Duivenvoorden NG Emiel van Beusekom	Noordwijkerhout Van Vliet-Barracuda	1:18.79 54.89	199704907 199403951	1:18.22	+0,57 275	35.45 42.77

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Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 2					
1.	Jelsie van Ruijven	WVZ	5:39.76	200500282	5:34.37 +0,73 517
	50m: 36.48	36.48 150m: 2:02.30	42.52	250m: 3:29.44	45.20 350m: 4:56.73
	100m: 1:19.78	43.30 200m: 2:44.24	41.94	300m: 4:16.51	47.07 400m: 5:34.37
2.	Merel Schravendijk	The Hague Swimming (SG)	6:01.26	200503382	5:41.39 +0,77 486
	50m: 41.26	41.26 150m: 2:13.43	40.79	250m: 3:41.33	46.85 350m: 5:06.46
	100m: 1:32.64	51.38 200m: 2:54.48	41.05	300m: 4:28.23	46.90 400m: 5:41.39
3.	Asha van Lobberegt	de Devel	5:50.07	200500088	5:43.90 +0,77 476
	50m: 37.33	37.33 150m: 2:05.71	44.06	250m: 3:37.74	48.42 350m: 5:05.82
	100m: 1:21.65	44.32 200m: 2:49.32	43.61	300m: 4:27.20	49.46 400m: 5:43.90
4.	Niké Telkamp	The Hague Swimming (SG)	6:12.19	200501088	5:48.28 +0,81 458
	50m: 36.97	36.97 150m: 2:10.60	46.45	250m: 3:41.94	47.09 350m: 5:10.39
	100m: 1:24.15	47.18 200m: 2:54.85	44.25	300m: 4:29.46	47.52 400m: 5:48.28
5.	Isa Maes	de Devel	6:04.35	200500110	5:55.97 +0,72 429
	50m: 37.67	37.67 150m: 2:08.92	44.00	250m: 3:43.43	51.01 350m: 5:16.88
	100m: 1:24.92	47.25 200m: 2:52.42	43.50	300m: 4:35.74	52.31 400m: 5:55.97
6.	Vivianne Woltsjes	The Hague Swimming (SG)	6:08.63	200501524	5:58.26 +0,73 421
	50m: 37.05	37.05 150m: 2:11.21	47.37	250m: 3:46.01	49.76 350m: 5:18.81
	100m: 1:23.84	46.79 200m: 2:56.25	45.04	300m: 4:36.04	50.03 400m: 5:58.26
7.	Aisha Nobels	ZC De Schotejil	6:25.20	200501710	6:02.99 +0,76 404
	50m: 41.96	41.96 150m: 2:15.41	44.92	250m: 3:51.21	51.85 350m: 5:24.55
	100m: 1:30.49	48.53 200m: 2:59.36	43.95	300m: 4:44.05	52.84 400m: 6:02.99
8.	Meira Simons	The Hague Swimming (SG)	6:31.98	200502984	6:04.36 +0,82 400
	50m: 41.30	41.30 150m: 2:14.83	44.10	250m: 3:47.59	49.69 350m: 5:21.57
	100m: 1:30.73	49.43 200m: 2:57.90	43.07	300m: 4:38.43	50.84 400m: 6:04.36
9.	Laura Hoogenboezem	KZV de Lansingh	6:25.12	200500390	6:07.30 +0,92 390
	50m: 39.89	39.89 150m: 2:18.20	49.13	250m: 3:54.86	49.71 350m: 5:26.88
	100m: 1:29.07	49.18 200m: 3:05.15	46.95	300m: 4:45.28	50.42 400m: 6:07.30
10.	Hope van Zwol	ZV Vlaardingen-Schiedam	6:24.65	200502852	6:09.37 384
	50m: 39.06	39.06 150m: 2:13.37	45.85	250m: 3:52.23	51.70 350m: 5:29.12
	100m: 1:27.52	48.46 200m: 3:00.53	47.16	300m: 4:45.54	53.31 400m: 6:09.37
11.	Milou Demirel	The Hague Swimming (SG)	6:31.97	200501254	6:23.03 +0,80 344
	50m: 43.61	43.61 150m: 2:25.98	48.39	250m: 4:04.79	51.29 350m: 5:42.00
	100m: 1:37.59	53.98 200m: 3:13.50	47.52	300m: 4:57.36	52.57 400m: 6:23.03
12.	Mar Stoel	De Columbiaan	6:42.87	200500520	6:28.85 +0,73 329
	50m: 42.28	42.28 150m: 2:24.88	48.18	250m: 4:07.65	55.34 350m: 5:47.61
	100m: 1:36.70	54.42 200m: 3:12.31	47.43	300m: 5:06.07	58.42 400m: 6:28.85
DIS	Nurlaylah Kartosentiko <i>AF - De aangegeven afstand niet uitgezwommen.</i>	ZV Vlaardingen-Schiedam	6:01.71	200501256	

Junioren 3

1.	Rinske Bouman	de Devel	5:39.92	200400578	5:25.72 +0,83 560
	50m: 34.03	34.03 150m: 1:59.35	43.57	250m: 3:27.55	44.80 350m: 4:51.78
	100m: 1:15.78	41.75 200m: 2:42.75	43.40	300m: 4:14.31	46.76 400m: 5:25.72
2.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	5:38.21	200404272	5:27.56 +0,89 550
	50m: 35.79	35.79 150m: 2:01.97	42.03	250m: 3:28.45	45.66 350m: 4:52.70
	100m: 1:19.94	44.15 200m: 2:42.79	40.82	300m: 4:14.67	46.22 400m: 5:27.56
3.	Irma van der Wulp	WVZ	5:46.69	200401950	5:32.08 +0,81 528
	50m: 37.97	37.97 150m: 2:06.59	42.19	250m: 3:32.61	44.87 350m: 4:56.77
	100m: 1:24.40	46.43 200m: 2:47.74	41.15	300m: 4:18.03	45.42 400m: 5:32.08

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Programmanr. 8, Meisjes, 400m wisselslag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
4.	Lize van Stigt	SG Link /Z&PC Katwijk	5:36.99	200401510	5:38.11 +0,71 500
	50m: 34.83	34.83 150m: 1:58.42	41.96	250m: 3:30.80	50.67 350m: 4:59.22
	100m: 1:16.46	41.63 200m: 2:40.13	41.71	300m: 4:20.95	50.15 400m: 5:38.11
5.	Daniëlle Vis	De Columbiaan	5:59.94	200401044	5:38.59 +0,86 498
	50m: 36.43	36.43 150m: 2:04.93	44.45	250m: 3:35.66	47.45 350m: 5:01.40
	100m: 1:20.48	44.05 200m: 2:48.21	43.28	300m: 4:22.40	46.74 400m: 5:38.59
6.	Anniko Firman	The Hague Swimming (SG)	5:45.69	200402330	5:47.30 +0,63 462
	50m: 36.27	36.27 150m: 2:05.38	43.21	250m: 3:37.74	48.84 350m: 5:08.27
	100m: 1:22.17	45.90 200m: 2:48.90	43.52	300m: 4:26.56	48.82 400m: 5:47.30
7.	Cheyenne Elburg	KZV de Lansingh	6:01.37	200401170	5:53.47 +0,77 438
	50m: 36.09	36.09 150m: 2:04.91	44.75	250m: 3:39.91	51.34 350m: 5:14.02
	100m: 1:20.16	44.07 200m: 2:48.57	43.66	300m: 4:31.75	51.84 400m: 5:53.47
8.	Jet van Oudheusden	ZOB'66	6:06.16	200401012	5:59.61 416
	50m: 38.83	38.83 150m: 2:09.36	44.46	250m: 3:43.17	49.77 350m: 5:17.00
	100m: 1:24.90	46.07 200m: 2:53.40	44.04	300m: 4:33.40	50.23 400m: 5:59.61
9.	Anique Star	De Columbiaan	6:10.20	200400446	6:04.61 +0,78 399
	50m: 37.95	37.95 150m: 2:11.65	48.65	250m: 3:51.34	52.25 350m: 5:26.02
	100m: 1:23.00	45.05 200m: 2:59.09	47.44	300m: 4:44.30	52.96 400m: 6:04.61
10.	Feija de Bruin	WVZ	6:26.83	200400106	6:07.39 764
	50m: 38.76	38.76 150m: 2:09.52	44.84	250m: 3:47.85	54.71 350m: 5:26.39
	100m: 1:24.68	45.92 200m: 2:53.14	43.62	300m: 4:44.73	56.88 400m: 6:07.39
11.	Marise van 't Walderveen	Zoetermeer	6:19.84	200400902	6:07.73 +0,79 389
	50m: 38.10	38.10 150m: 2:09.70	46.57	250m: 3:50.03	55.95 350m: 5:29.03
	100m: 1:23.13	45.03 200m: 2:54.08	44.38	300m: 4:46.90	56.87 400m: 6:07.73
12.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	6:06.66	200402932	6:07.80 389
	50m: 36.80	36.80 150m: 2:07.99	44.53	250m: 3:47.19	54.47 350m: 5:25.95
	100m: 1:23.46	46.66 200m: 2:52.72	44.73	300m: 4:42.17	54.98 400m: 6:07.80
13.	Zinzi van der Maas	WVZ	6:19.48	200402028	6:24.60 +0,83 340
	50m: 43.69	43.69 150m: 2:23.92	46.77	250m: 4:03.65	54.50 350m: 5:43.22
	100m: 1:37.15	53.46 200m: 3:09.15	45.23	300m: 4:58.40	54.75 400m: 6:24.60
14.	Juliette Boon	de Devel	6:23.33	200401908	6:28.88 +0,71 329
	50m: 41.27	41.27 150m: 2:27.12	50.95	250m: 4:07.87	53.74 350m: 5:47.53
	100m: 1:36.17	54.90 200m: 3:14.13	47.01	300m: 5:02.42	54.55 400m: 6:28.88

Jeugd 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	5:00.89	200201414	4:54.49 +0,87 757
	50m: 30.41	30.41 150m: 1:42.77	37.54	250m: 3:02.07	42.71 350m: 4:21.11
	100m: 1:05.23	34.82 200m: 2:19.36	36.59	300m: 3:46.51	44.44 400m: 4:54.49
2.	Maaikessard	The Hague Swimming (SG)	5:14.73	200300022	5:14.18 +0,84 624
	50m: 31.82	31.82 150m: 1:50.34	39.86	250m: 3:16.56	45.55 350m: 4:38.89
	100m: 1:10.48	38.66 200m: 2:31.01	40.67	300m: 4:02.16	45.60 400m: 5:14.18
3.	Grace Anderson	WVZ	5:21.28	200200578	5:26.33 +0,78 557
	50m: 34.89	34.89 150m: 1:58.74	42.50	250m: 3:25.01	44.48 350m: 4:50.03
	100m: 1:16.24	41.35 200m: 2:40.53	41.79	300m: 4:10.38	45.37 400m: 5:26.33
4.	Esther Reinders	KZV de Lansingh	5:43.46	200301798	5:37.64 +0,71 502
	50m: 35.34	35.34 150m: 2:02.80	44.11	250m: 3:33.22	46.81 350m: 5:01.09
	100m: 1:18.69	43.35 200m: 2:46.41	43.61	300m: 4:22.11	48.89 400m: 5:37.64
5.	Kristel Beijik	De Columbiaan	5:36.50	200201278	5:37.66 +0,81 502
	50m: 36.47	36.47 150m: 2:04.16	43.28	250m: 3:32.93	46.65 350m: 4:59.35
	100m: 1:20.88	44.41 200m: 2:46.28	42.12	300m: 4:20.30	47.37 400m: 5:37.66
6.	Britt Steunenberg	The Hague Swimming (SG)	5:43.56	200302588	5:38.56 +0,75 498
	50m: 36.26	36.26 150m: 2:05.39	48.17	250m: 3:34.88	46.62 350m: 5:01.97
	100m: 1:17.22	40.96 200m: 2:48.26	42.87	300m: 4:22.05	47.17 400m: 5:38.56
7.	Kim Rutters	De Kempvis	5:43.95	200302318	5:39.02 +0,88 496
	50m: 35.63	35.63 150m: 2:01.70	41.54	250m: 3:32.74	50.69 350m: 5:02.33
	100m: 1:20.16	44.53 200m: 2:42.05	40.35	300m: 4:23.69	50.95 400m: 5:39.02
8.	Ilse Schoenmaker	The Hague Swimming (SG)	5:52.91	200301470	5:39.23 +0,71 495
	50m: 35.97	35.97 150m: 2:03.64	44.21	250m: 3:32.91	46.88 350m: 5:01.30
	100m: 1:19.43	43.46 200m: 2:46.03	42.39	300m: 4:20.08	47.17 400m: 5:39.23
9.	Mara Bosman	The Hague Swimming (SG)	5:49.25	200303048	5:41.39 +0,70 486
	50m: 39.91	39.91 150m: 2:09.75	43.15	250m: 3:39.33	47.07 350m: 5:05.00
	100m: 1:26.60	46.69 200m: 2:52.26	42.51	300m: 4:27.51	48.18 400m: 5:41.39
10.	Wendy ten Wolde	ZPC Wiekslag	5:57.16	200302658	5:44.23 +0,81 474
	50m: 36.69	36.69 150m: 2:06.57	45.84	250m: 3:40.04	47.37 350m: 5:08.51
	100m: 1:20.73	44.04 200m: 2:52.67	46.10	300m: 4:29.76	49.72 400m: 5:44.23
11.	Anouk Vis	De Columbiaan	5:49.11	200203322	5:45.20 +0,81 470
	50m: 35.74	35.74 150m: 2:04.47	44.72	250m: 3:35.36	48.73 350m: 5:05.24
	100m: 1:19.75	44.01 200m: 2:46.63	42.16	300m: 4:25.59	50.23 400m: 5:45.20

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Programmanr. 8, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
12.	Isabel Scheepbouwer	ZPC Wiekslag	5:54.90	200301106	5:53.54 +0,74 438
	50m: 37.77	37.77 150m: 2:10.45	43.91	250m: 3:43.47	49.77 350m: 5:14.62
	100m: 1:26.54	48.77 200m: 2:53.70	43.25	300m: 4:33.78	50.31 400m: 5:53.54
13.	Anna Hoogenboezem	KZV de Lansingh	5:58.90	200200658	5:57.08 +0,81 425
	50m: 38.20	38.20 150m: 2:12.17	47.52	250m: 3:45.14	47.56 350m: 5:17.03
	100m: 1:24.65	46.45 200m: 2:57.58	45.41	300m: 4:33.57	48.43 400m: 5:57.08
14.	Amy Koelman	De Columbiaan	5:40.03	200300922	5:57.46 +0,82 423
	50m: 36.84	36.84 150m: 2:09.22	46.18	250m: 3:46.66	50.18 350m: 5:18.55
	100m: 1:23.04	46.20 200m: 2:56.48	47.26	300m: 4:37.57	50.91 400m: 5:57.46
15.	Faustine Mussig	De Geul	6:05.33	200202080	6:06.34 +0,83 393
	50m: 40.06	40.06 150m: 2:16.37	45.03	250m: 3:52.66	50.91 350m: 5:26.85
	100m: 1:31.34	51.28 200m: 3:01.75	45.38	300m: 4:45.16	52.50 400m: 6:06.34
16.	Maaïke van Lochem	Zoetermeer	6:29.61	200301390	6:17.29 +0,87 360
	50m: 39.87	39.87 150m: 2:19.13	48.75	250m: 3:56.36	49.28 350m: 5:33.46
	100m: 1:30.38	50.51 200m: 3:07.08	47.95	300m: 4:48.41	52.05 400m: 6:17.29
DIS	Julia Notenboom	De Columbiaan	5:51.31	200302596	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>				
DIS	Minouk Hol	KZV de Lansingh	6:16.54	200201090	
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>				
AFGEM	Kim de Jong	SG LinK /Z&PC Katwijk	5:17.03	200301026	

Senioren 1 en 2

1.	Giulia Corsi	De Columbiaan	5:24.86	200100468	5:23.53 +0,80 571
	50m: 33.92	33.92 150m: 1:56.98	42.09	250m: 3:24.67	46.74 350m: 4:48.20
	100m: 1:14.89	40.97 200m: 2:38.93	41.95	300m: 4:11.93	47.26 400m: 5:23.53
2.	Esmee Wijnmaalen	PCG	5:50.95	200100298	5:28.19 +0,79 547
	50m: 33.21	33.21 150m: 1:55.28	42.01	250m: 3:24.51	47.80 350m: 4:50.91
	100m: 1:13.27	40.06 200m: 2:36.71	41.43	300m: 4:12.50	47.99 400m: 5:28.19
3.	Esmée Roodenburg	De Geul	5:51.19	200100040	5:34.15 +0,71 518
	50m: 35.92	35.92 150m: 2:03.45	43.09	250m: 3:34.13	48.07 350m: 4:59.44
	100m: 1:20.36	44.44 200m: 2:46.06	42.61	300m: 4:21.97	47.84 400m: 5:34.15
4.	Diana Noordermeer	SG SCOM/de Zeehond'73	5:35.76	200102110	5:34.44 +0,73 517
	50m: 34.64	34.64 150m: 1:57.94	43.10	250m: 3:27.53	46.94 350m: 4:56.44
	100m: 1:14.84	40.20 200m: 2:40.59	42.65	300m: 4:16.36	48.83 400m: 5:34.44
5.	Kirana Hoogenbosch	De Geul	5:54.02	200003428	5:52.70 +0,61 441
	50m: 35.07	35.07 150m: 2:05.62	45.64	250m: 3:40.05	49.73 350m: 5:11.59
	100m: 1:19.98	44.91 200m: 2:50.32	44.70	300m: 4:29.53	49.48 400m: 5:52.70
6.	Laura Tromp	de Devel	5:37.35	200000276	5:55.98 +0,74 429
	50m: 36.42	36.42 150m: 2:05.40	44.16	250m: 3:41.03	52.26 350m: 5:15.67
	100m: 1:21.24	44.82 200m: 2:48.77	43.37	300m: 4:33.90	52.87 400m: 5:55.98
7.	Zoë van Gool	De Geul	6:00.63	200000964	6:10.69 +0,79 380
	50m: 36.13	36.13 150m: 2:06.64	45.70	250m: 3:48.38	54.65 350m: 5:27.52
	100m: 1:20.94	44.81 200m: 2:53.73	47.09	300m: 4:43.51	55.13 400m: 6:10.69
DIS	Sam IJzerman	De Geul	5:36.96	200101204	
	<i>SS - Met handen over elkaar keer- of eindpunt aangetikt.</i>				

Senioren

1.	Angelique van Vark	Z&PC De Gouwe	5:13.41	199701478	5:07.49 +0,73 665
	50m: 32.95	32.95 150m: 1:50.91	39.67	250m: 3:12.91	43.29 350m: 4:33.73
	100m: 1:11.24	38.29 200m: 2:29.62	38.71	300m: 3:57.75	44.84 400m: 5:07.49
2.	Annet Marie Meijer	SG SCOM/de Zeehond'73	5:21.44	199900964	5:14.25 +0,79 623
	50m: 33.54	33.54 150m: 1:55.74	41.60	250m: 3:20.23	43.33 350m: 4:39.83
	100m: 1:14.14	40.60 200m: 2:36.90	41.16	300m: 4:03.81	43.58 400m: 5:14.25
3.	Anouk van Weelden	PCG	5:35.54	199902828	5:24.71 +0,81 565
	50m: 33.66	33.66 150m: 1:53.65	40.15	250m: 3:21.06	47.97 350m: 4:47.20
	100m: 1:13.50	39.84 200m: 2:33.09	39.44	300m: 4:09.01	47.95 400m: 5:24.71
4.	Wendy de Bruin	ZOB'66	5:28.87	199206320	5:28.53 +0,62 545
	50m: 33.75	33.75 150m: 1:58.39	43.65	250m: 3:27.01	47.01 350m: 4:52.38
	100m: 1:14.74	40.99 200m: 2:40.00	41.61	300m: 4:14.56	47.55 400m: 5:28.53
5.	Lotte Middelbos	ZC De Schotejil	5:27.51	199900680	5:29.87 +0,84 539
	50m: 35.07	35.07 150m: 2:00.83	43.79	250m: 3:28.93	45.69 350m: 4:53.18
	100m: 1:17.04	41.97 200m: 2:43.24	42.41	300m: 4:15.06	46.13 400m: 5:29.87
6.	Moniek Heemskerk	LZ 1886	5:27.44	199601964	5:37.40 +0,74 504
	50m: 35.70	35.70 150m: 2:03.56	45.49	250m: 3:32.78	44.96 350m: 4:57.71
	100m: 1:18.07	42.37 200m: 2:47.82	44.26	300m: 4:18.38	45.60 400m: 5:37.40

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Heren, 50m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
Junioren 1							
1.	Gabriel Been	The Hague Swimming (SG)	34.18	200501467	31.84	+0,74	350
2.	Menno Wieringa	KZV de Lansingh	33.55	200500927	33.75	+0,69	294
3.	Émile Fouzaï	The Hague Swimming (SG)	33.88	200500263	33.94	+0,64	289
4.	Luca Nguyen-tri	Rotterdam Swimming	35.02	200500781	34.22	+0,66	282
5.	Björn Verkaik	The Hague Swimming (SG)	36.18	200500411	36.22	+0,74	237
6.	Max Bosman	The Hague Swimming (SG)	39.41	200500877	36.60		230
7.	River Streefland	The Hague Swimming (SG)	39.66	200502253	37.08	+0,80	221
8.	Conor Baker	De Columbiaan	39.07	200500991	37.98	+0,76	206
9.	Casper Hoogervorst	De Columbiaan	37.75	200500183	38.00	+0,75	206
10.	Thijs Visser	Van Vliet-Barracuda	39.50	200502129	38.06	+0,80	205
11.	Tim van Lochem	Zoetermeer	39.21	200500077	38.21	+0,58	202
12.	Sytze van Stein	SG LinK /Z&PC Katwijk	42.43	200501155	39.14	+0,62	188
13.	Wouter Willig	De Watervogels	40.44	200502785	40.17	+0,83	174
14.	Thijs Gulden	ZOB'66	41.98	200501501	40.86	+0,75	165
15.	Sander Gerritse	SG LinK /Z&PC Katwijk	44.95	200500189	41.28	+0,87	160

Junioren 2

1.	Jay de Vries	de Devel	29.05	200400669	28.87	+0,77	469
2.	Timo Kock	de Devel	31.02	200400387	29.97	+0,84	419
3.	Anthony Kraag	WVZ	31.63	200401973	30.25	+0,85	408
4.	Chris van der Hout	The Hague Swimming (SG)	30.80	200401355	30.31	+0,75	405
5.	Abel te Riele	WVZ	31.77	200402317	30.67	+0,75	391
6.	Julien Tanis	ZC De Schotejil	30.59	200401045	30.93	+1,90	381
7.	Jason van den Berg	Rotterdam Swimming	31.30	200400009	30.94	+0,68	381
8.	Tim Haimé	The Hague Swimming (SG)	33.45	200403567	31.15	+0,75	373
9.	Niels van der Mast	ZPCNumansdorp	32.22	200401917	31.27	+0,69	369
10.	Erik Oldenkamp	KZV de Lansingh	32.25	200400597	31.50	+0,78	361
11.	Thijm Kruit	De Columbiaan	32.30	200401339	31.58	+0,79	358
12.	Sem Verberg	The Hague Swimming (SG)	36.02	200402105	31.77	+0,76	352
13.	Nathan Janssen	MNC Dordrecht	33.25	200401565	31.93	+0,71	347
14.	Olivier Krayenbuhl	The Hague Swimming (SG)	32.18	200403215	32.04	+0,80	343
15.	Timo Huizer	ZPC Wiekslag	34.53	200401125	32.88	+0,73	317
16.	Wen-Ye Chen	Rotterdam Swimming	35.56	200402859	33.05	+0,68	313
17.	Thomas van Peenen	De Columbiaan	34.99	200400097	33.61	+0,71	297
18.	Timon Wijsman	SG Albion d'ELFT	36.37	200403707	33.82	+0,70	292
19.	Christian Kalle	ZC De Schotejil	34.66	200400687	34.38	+0,74	278
20.	Loeka Wubben	The Hague Swimming (SG)	34.94	200400307	34.99	+0,72	263
21.	Daniel 't Mannetje	ZC De Schotejil	36.49	200400183	35.40	+0,70	254
22.	Kun Woo Kim	The Hague Swimming (SG)	36.36	200401361	35.77	+0,75	247
23.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	35.68	200404457	36.04		241
	Guus Geelen	LZ 1886	36.34	200401183	36.04	+0,76	241
25.	Marijn Dekkers	Widex GZC Donk	36.49	200402275	36.34	+0,93	235
26.	Nathan Vos	Van Vliet-Barracuda	37.56	200402335	37.14	+0,71	220

Junioren 3

1.	Keanu Streefland	The Hague Swimming (SG)	28.51	200302445	27.80	+0,72	525
2.	Zev Bulk	Widex GZC Donk	28.81	200304021	28.03	+0,70	512
3.	Michael Smink	The Hague Swimming (SG)	29.30	200302169	28.81	+0,75	472
4.	Jelle Bon	ZV Vlaardingen-Schiedam	30.22	200301077	28.90	+0,72	468
5.	Dylan Jansen	WVZ	29.47	200300817	29.13	+0,63	457
6.	Milan Hamel	The Hague Swimming (SG)	29.14	200302125	29.31	+0,71	448
7.	Kenan Cörüz	SG Albion d'ELFT	29.85	200300357	29.83	+0,64	425
8.	Pery Laarhoven	ZPCNumansdorp	31.87	200301321	30.70	+0,78	390
9.	Milan van Aken	The Hague Swimming (SG)	32.50	200303307	30.75	+0,78	388
10.	Koen Pijnacker	BZ en PC	32.14	200301437	30.89	+0,84	383
11.	Senna Mooldijk	De Kempvis	30.82	200301147	31.29	+0,75	368
12.	Xander Vis	ZC De Schotejil	34.49	200300173	31.45		363
13.	Raphaël Booiman	ZPC Wiekslag	31.34	200300727	31.50	+0,65	361
14.	Jort Jongenelen	Zoetermeer	31.85	200303233	31.84	+0,78	350
15.	Chris Vogelaar	LZ 1886	31.75	200302241	31.92	+0,74	347
16.	Daan Hogerhuis	SG LinK /Z&PC Katwijk	32.60	200300317	31.97	+0,72	345
17.	Christiaan van Es	ZOB'66	31.86	200304141	32.12	+0,74	341
18.	David Jagerman	The Hague Swimming (SG)	32.20	200302127	32.13	+0,68	340

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Programmanr. 9, Jongens, 50m vlinderslag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT	
19.	Maximilian Lopes Cardozo	WZK	33.75	200300665	32.32	+0,72	334
20.	Julian Stok	de Devel	32.15	200300071	32.44	+0,74	331
21.	Stefan Groen	KZV de Lansingh	33.13	200301179	32.85	+0,73	318
22.	Thimo van Beek	LZ 1886	32.77	200301347	33.35	+0,71	304
23.	Alexander ten Haaft	Zoetermeer	33.17	200302309	33.70	+0,75	295
24.	Maxim Noordman	The Hague Swimming (SG)	33.85	200304067	33.82	+0,70	292
25.	Jesse Plomp	ZOB'66	35.62	200304143	34.54	+0,80	274
26.	Tygo Korving	ZPB H&L Productions	34.46	200300773	34.73	+0,80	269
DIS	Yassine Maas	The Hague Swimming (SG)	35.09	200301505			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
AFGEM	Erik van Gemert	Poseidon'56	31.95	200300587			
NG	Bas van der Linden	Rotterdam Swimming	33.68	200303235			

Junioren 4

1.	Sean Niewold	WVZ	26.61	200204699	26.60	+0,75	600
2.	Brandon van den Berg	Rotterdam Swimming	27.62	200200669	26.84	+0,70	584
3.	Nikhom Westphal	SG SCOM/de Zeehond'73	26.79	200203329	26.97	+0,73	575
4.	Jarno Verbeek	Zoetermeer	27.90	200200931	27.83	+0,71	524
5.	Stijn den Otter	de Devel	28.46	200200225	28.44	+0,64	491
6.	Viktor Koets	De Columbiaan	29.16	200201677	28.93	+0,75	466
7.	Scott Jansen	WVZ	29.88	200202455	28.95	+0,77	465
8.	Mart de Koning	ZOB'66	29.33	200203253	29.11	+0,73	457
9.	Johrick Wijma	KZV de Lansingh	29.82	200204435	29.49	+0,63	440
10.	Thomas van Wanrooij	Poseidon'56	30.84	200201473	29.88	+0,86	553
11.	Lougo Gorré	ZV Vlaardingen-Schiedam	30.60	200201765	29.90	+0,72	422
12.	Niels Dijkshoorn	ZV Westland	29.75	200203079	29.99	+0,72	418
13.	Glenn van Gaalen	De Kempvis	29.61	200200521	30.22	+0,56	409
14.	Björn de Heus	ZV Vlaardingen-Schiedam	31.29	200201077	30.36	+0,67	403
15.	Robert Speksnijder	ZPB H&L Productions	29.64	200200429	30.47	+0,82	399
16.	Cas Jansen	The Hague Swimming (SG)	31.04	200203263	30.56		395
17.	Bas van Wieringen	De Columbiaan	31.01	200200119	30.79	+0,76	387
18.	Dylano Termoshuizen	WVZ	30.63	200202169	30.81	+0,81	386
19.	Wouter Verdoes	De Columbiaan	32.74	200200351	30.91	+0,76	382
20.	Luuk van Holstein	ZV Westland	31.53	200203841	31.20	+0,76	372
21.	Robin van Peenen	De Columbiaan	31.83	200201059	31.46	+0,79	362
22.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	31.35	200200619	32.42	+0,70	331
23.	Mark Bom	LZ 1886	32.51	200201471	33.07	+0,66	312
24.	Mathieu Lafontaine	The Hague Swimming (SG)	32.19	200204263	33.11	+0,88	311
AFGEM	Martijn Jobse	WVZ	33.94	200203477			

Jeugd 1 en 2

1.	Floris de Leeuw	The Hague Swimming (SG)	27.11	200105317	27.01	+0,71	573
2.	Christiaan Smit	The Hague Swimming (SG)	27.38	200102463	27.08	+0,67	568
3.	Gerard Willighagen	Poseidon'56	26.99	200103663	27.09	+0,70	568
4.	Max Visser	WVZ	27.97	200100077	27.10	+0,74	567
5.	Olivier Jans	The Hague Swimming (SG)	28.40	200001815	27.14	+0,74	564
6.	Duncan van Haaren	Widex GZC Donk	27.78	200000681	27.55	+0,72	770
7.	Joost de Roy van Zuydewijn	WVZ	27.78	200000255	27.71	+0,68	530
8.	Jari Voogt	De Duck	27.38	200004237	27.83	+0,76	524
9.	Otto Pranger	SG SCOM/de Zeehond'73	27.76	200000007	28.07	+0,66	510
10.	Ryan de Laet	ZPC Wiekslag	27.94	200101553	28.12	+0,73	508
11.	Wesley Scheepbouwer	ZPC Wiekslag	28.05	200101959	28.23	+0,63	502
12.	Rolf Jens	PCG	30.97	200100527	28.29	+0,71	498
	Sander van Beek	LZ 1886	27.72	200002917	28.29	+0,67	498
14.	Tygo van Hassel	WVZ	27.72	200101479	28.41	+0,75	492
15.	Jasper Breugem	WVZ	28.83	200000303	28.55	+0,79	485
16.	Jarno van Oijen	SG SCOM/de Zeehond'73	28.30	200100055	28.75	+0,67	475
17.	Youri ten Brink	The Hague Swimming (SG)	28.34	200104719	28.79	+0,80	473
18.	Stijn Lafontaine	The Hague Swimming (SG)	28.43	200005205	28.99	+0,72	463
19.	Luuk Kieviet	ZC De Schotejil	29.77	200100469	29.00	+0,66	463
20.	Sjoerd van Weelden	PCG	30.04	200101217	29.12	+0,74	457
21.	Kilian Xavier de Kruyf Molina	The Hague Swimming (SG)	29.47	200002667	29.25	+0,69	451
22.	Aron Paasse	ZC De Schotejil	29.11	200000099	29.26	+0,71	450
	Sander Iuga	Poseidon'56	29.05	200101389	29.26	+0,77	450
24.	Dylan Kalden	De Duck	29.29	200003283	29.29	+0,72	449
25.	Jacob Mackloet	ZC De Schotejil	31.03	200001171	29.45	+0,74	442
	Aidan van Gool	De Geul	29.30	200001773	29.45	+0,63	442

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Programmanr. 9, Jongens, 50m vlinderslag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
27.	Christian van Mierlo	SG Albion d'ELFT	29.51	200103155	29.50	+0,64 440
28.	Querijn Hensen	The Hague Swimming (SG)	30.00	200102121	29.60	+0,62 621
29.	Michael Boekestijn	ZV Westland	29.65	200100767	29.67	+0,78 432
30.	Jeroen Bechtold	Van Vliet-Barracuda	29.90	200002657	29.72	+0,69 430
31.	Doran Paap	The Hague Swimming (SG)	30.71	200000301	29.73	+0,71 429
32.	Nino van Krimpen	ZPB H&L Productions	30.48	200004611	29.74	+0,79 429
33.	Jasper van Oudheusden	De Duck	30.29	200102449	29.82	+0,79 426
34.	Tjeerd van Stein	SG LinK /Z&PC Katwijk	29.66	200101439	30.17	+0,78 411
35.	Luca Dellantonio	De Columbiaan	30.61	200002759	30.20	+0,72 410
36.	Jervis Boele	ZPCNumansdorp	29.76	200004141	30.43	+0,83 400
37.	Boy Borreman	SG LinK /Z&PC Katwijk	30.61	200102751	30.51	+0,67 397
38.	Wessel Bonkestoter	Widex GZC Donk	30.94	200100625	30.53	+0,81 397
39.	Mark de Jongh	MNC Dordrecht	29.63	200001325	30.73	+0,68 389
40.	Thomas Hesper	Van Vliet-Barracuda	30.97	200004181	30.77	+0,80 387
41.	Florian Bulten	Poseidon'56	29.58	200002267	30.86	+0,73 384
42.	Ignazio Nunzi	WVZ	31.20	200101803	31.12	+0,69 374
	Onno Mens	Noordwijkerhout	30.71	200004389	31.12	+0,64 374
44.	Victor van Dam	LZ 1886	32.25	200103703	31.35	+0,84 366
45.	Pim Munne	ZOB'66	32.79	200103563	31.40	+0,76 365
46.	Liam van Gool	De Geul	31.35	200001111	31.45	+0,72 363
	Thomas Boxman	The Hague Swimming (SG)	31.58	200005203	31.45	+0,67 363
48.	Gregory Abeldynov	Poseidon'56	32.02	200100827	32.47	+0,64 330
49.	Joris de Gier	Widex GZC Donk	31.89	200103817	33.92	+0,74 289
	<i>* Backuptijd 50m</i>					
NG	Ricardo van der Steen	ZV Vlaardingen-Schiedam	29.48	200000625		
NG	Quinn van den Heuvel	WVZ	27.62	200100297		

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming	23.82	199200031	24.50	+0,70 767
2.	Mark Baars	Rotterdam Swimming	24.68	198500059	25.04	+0,66 719
3.	Bjorn Scherbeijn	The Hague Swimming (SG)	24.59	199600349	25.16	+0,65 709
4.	Mike Hoek	De Duck	25.76	199702229	25.41	+0,70 688
5.	Melvin Prins	ZPC Wiekslag	25.17	199500201	25.63	+0,69 670
6.	Jesper Oranje	De Duck	25.38	199200997	25.64	+0,78 669
7.	Ian Minnigh	Rotterdam Swimming	26.29	199702737	26.42	+0,69 612
8.	Pascal Nuijten	ZV Westland	26.66	199701353	26.52	+0,75 605
9.	Jonne Schaafsma	The Hague Swimming (SG)	26.35	199800745	26.63	+0,71 598
10.	Kevin Panoet	The Hague Swimming (SG)	26.59	199307253	26.76	+0,68 589
11.	Daan Egberts	AZC	26.88	199502433	26.98	+0,68 575
12.	Bart Drechsel	WZK	27.15	198604135	27.29	+0,70 555
13.	Bas Verdoes	De Columbiaan	27.42	199801487	27.36	+0,85 551
14.	Daan Siebenheller	ZOB'66	27.49	199804955	27.39	+0,72 549
15.	Bert Duivenvoorde	Noordwijkerhout	27.70	199701805	27.46	+0,69 545
16.	Robin van Beek	LZ 1886	27.61	199704023	27.54	+0,70 540
17.	Jordi van der Weel	SG Albion d'ELFT	28.32	199600359	27.71	+0,75 530
18.	Matthew Dullemond	Rotterdam Swimming	27.04	199805005	27.72	+0,72 530
19.	Robin Lecomte	KZV de Lansingh	29.17	199900711	27.79	+0,68 526
20.	Bram de Leeuw	The Hague Swimming (SG)	28.75	199805753	27.81	+0,67 525
21.	Kevin Kingma	KZV de Lansingh	28.12	199700559	28.00	+0,68 514
22.	Dave Jansen	WVZ	27.63	199805299	28.05	+0,70 511
23.	Martijn Dolk	Rotterdam Swimming	28.63	198900737	28.06	+0,79 511
24.	Floris van der Meer	SG Albion d'ELFT	29.38	199701041	28.15	+0,59 506
25.	Jonathan Imang	The Hague Swimming (SG)	29.46	198906901	28.17	+0,71 505
26.	Jordy van Oel	WVZ	27.70	199802003	28.36	+0,74 495
27.	Armand Heyder	ZV Westland	28.36	199603221	28.41	+0,65 492
28.	Ryan van den Ouden	Poseidon'56	28.92	199900377	28.60	+0,81 482
29.	Roel van Grol	Widex GZC Donk	29.03	199802277	28.77	+0,69 474
30.	Ben Muller	De Geul	27.96	199801281	28.81	+0,66 472
31.	Rogier Dorsman	de Devel	28.39	199900211	28.86	+0,72 763
32.	David Kievit	ZC De Schoteijl	29.09	199900325	28.91	+0,82 467
33.	Paul van Grol	Widex GZC Donk	28.52	199602951	28.98	+0,65 464
34.	Linquendo van der Klooster	ZPB H&L Productions	29.12	199801361	29.00	+0,66 463
35.	Alex Vermeulen	WZK	29.01	198905811	29.14	+0,75 456
36.	Remco Oskam	Widex GZC Donk	29.64	199205583	29.29	+0,72 449
37.	Jim Geestman	Rotterdam Swimming	30.22	198300699	29.55	+0,79 437
38.	Pascal van Haren	Van Vliet-Barracuda	29.45	198704101	29.80	+0,72 426
39.	Ivo van Dijk	The Hague Swimming (SG)	28.01	199702985	30.15	+0,68 412
40.	Jeroen van Blanken	KZV de Lansingh	30.15	199206451	30.27	+0,78 407

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Programmanr. 9, Heren, 50m vlinderslag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT	
41.	Ferdy van Mastrigt	Rotterdam Swimming	30.44	198802315	30.68	+0,74	391
42.	Peter Schelvis	SG LinK /Z&PC Katwijk	31.36	198906671	31.05	+0,75	377
43.	Stefan Duivenvoorden	Noordwijkerhout	41.17	199704907	36.90	+0,76	320
NG.ZA	Roy Pattipeiluhu	Rotterdam Swimming	29.35	199101761			
NG	Emiel van Beusekom	Van Vliet-Barracuda	27.26	199403951			

Programmanr. 10
18-11-2017 - 15:35

Dames, 200m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m	
Junioren 1											
1.	Jade van der Maas	WVZ	2:44.30	200600408	2:44.53	+0,62	429	39.16	42.64	43.65	39.08
2.	E. van Wijngaarden	ZPB H&L Productions	2:46.72	200601020	2:46.62	+0,64	413	39.54	43.15	43.56	40.37
3.	Kimberly Ruiters	De Columbiaan	2:51.96	200600492	2:52.04	+0,81	375	40.02	44.47	45.77	41.78
4.	Noémi Oldenkamp	KZV de Lansingh	3:05.35	200600162	2:55.16	+0,67	355	40.56	45.06	45.56	43.98
5.	Hilda Vrijbloed	De Duck	2:54.26	200600732	2:55.36	+0,72	354	41.74	45.07	44.95	43.60
6.	Avery Collins	The Hague Swimming	(3:03.19	200603622	2:58.08	+0,78	338	42.36	45.64	46.19	43.89
Junioren 2											
1.	Jelsie van Ruijven	WVZ	2:38.68	200500282	2:32.70	+0,59	536	37.02	39.33	38.83	37.52
2.	Merel Schravendijk	The Hague Swimming	(2:39.23	200503382	2:38.50	+0,70	480	38.16	40.01	41.66	38.67
3.	Evelyn Liket	ZV Vlaardingen-Schied	2:44.98	200503118	2:40.29	+0,75	464	37.33	40.49	41.78	40.69
4.	Emma Verkuil	Van Vliet-Barracuda	2:48.31	200500826	2:43.49	+0,68	437	39.52	41.57	41.89	40.51
5.	Sera Emmers	WZK	2:54.89	200503264	2:44.81	+0,67	427	38.10	41.47	43.12	42.12
<i>* Backuptijd 50m</i>											
6.	Meira Simons	The Hague Swimming	(2:46.40	200502984	2:45.63	+0,77	420	38.91	41.62	42.87	42.23
7.	Niké Telkamp	The Hague Swimming	(2:47.49	200501088	2:48.40	+0,72	400	39.62	42.38	43.72	42.68
8.	Vivianne Woltjes	The Hague Swimming	(2:49.60	200501524	2:48.77	+0,81	397	39.80	43.38	44.09	41.50
9.	Anastasia Romano	MNC Dordrecht	2:51.41	200501076	2:48.85	+0,67	397	39.17	43.16	43.97	42.55
<i>* Backuptijd 200m</i>											
10.	Laura Hoogenboezem	KZV de Lansingh	2:49.06	200500390	2:49.27	+0,72	394	40.22	42.86	43.79	42.40
11.	Marit Huisman	Van Vliet-Barracuda	2:50.44	200502620	2:49.69	+0,90	391	39.05	43.34	44.38	42.92
12.	Sophie Buurman	ZPC Wiekslag	2:53.21	200502530	2:49.71	+0,69	391	39.44	43.40	45.37	41.50
<i>* Backuptijd 150m</i>											
13.	Rosa Kwaijtaal	Poseidon'56	2:52.27	200500872	2:50.99	+0,70	382	40.40	44.11	44.39	42.09
<i>* Backuptijd 200m</i>											
14.	Isa Maes	de Devel	2:52.61	200500110	2:51.14	+0,65	381	39.23	43.48	44.52	43.91
15.	Jennifer de Keizer	MNC Dordrecht	2:50.74	200501054	2:51.32	+0,67	380	40.80	44.04	44.75	41.73
16.	Hope van Zwol	ZV Vlaardingen-Schied	2:52.97	200502852	2:52.65	+0,74	371	40.00	44.66	45.43	42.56
17.	Felicia Bosse	WZK	3:02.73	200504468	2:54.39	+0,73	360	40.86	43.50	45.24	44.79
18.	Yente Bouwmeester	De Columbiaan	2:52.54	200500340	2:54.49	+0,68	359	40.72	45.42	45.48	42.87
19.	Asha van Lobberegt	de Devel	2:47.67	200500088	2:54.70	+0,61	358	39.97	44.37	45.28	45.08
20.	Aisha Nobels	ZC De Schotegil	2:52.54	200501710	2:55.33	+0,72	354	41.56	45.12	44.69	43.96
21.	Emi Schipper	ZOB'66	3:08.49	200502126	3:08.00	+0,69	287	44.28	47.60	49.00	47.12
NG	Milou Adriaanse	De Columbiaan	2:50.68	200500968							
Junioren 3											
1.	Lize van Stigt	SG LinK /Z&PC Katwijk	2:33.62	200401510	2:33.87	+0,59	524	36.27	39.17	39.70	38.73
2.	Irma van der Wulp	WVZ	2:36.06	200401950	2:34.60	+0,69	517	37.90	39.90	39.62	37.18
3.	Milou van Wijk	MNC Dordrecht	2:45.82	200404948	2:35.70	+0,67	506	37.70	41.07	38.81	38.12
4.	Isis Naaktgeboren	de Devel	2:40.41	200403914	2:37.66	+0,73	487	36.14	40.10	41.83	39.59
5.	Jenna Klein	Z&PC Alkemade	2:43.02	200400914	2:39.86	+0,84	467	37.85	40.57	42.20	39.24
<i>* Backuptijd 100m</i>											
6.	Robine Boer	De Columbiaan	2:41.53	200402180	2:43.93	+0,84	433	38.66	41.10	43.39	40.78
7.	Cheyenne Elburg	KZV de Lansingh	2:44.84	200401170	2:45.71	+0,64	420	38.03	42.36	43.41	41.91
8.	M. van 't Walderveen	Zoetermeer	2:42.84	200400902	2:46.74	+0,57	412	39.63	42.54	43.20	41.37
9.	Zinzi van der Maas	WVZ	2:47.83	200402028	2:47.10	+0,72	409	39.49	42.92	43.80	40.89
10.	Jet van Oudheusden	ZOB'66	2:51.22	200401012	2:48.16	+0,63	402	39.23	42.43	44.22	42.28
11.	Nora van der Steen	SG LinK /Z&PC Katwijk	2:43.39	200403458	2:48.70	+0,78	398	39.74	42.57	44.05	42.34
12.	Anniko Firman	The Hague Swimming	(2:42.21	200402330	2:49.22	+0,65	394	39.05	42.70	44.77	42.70

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Programmanr. 10, Meisjes, 200m rugslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
13. Carmen Lems	KZV de Lansingh	2:52.14	200402632	2:49.37	+0,67	393	39.18	43.78	43.72	42.69
14. Z. van de Voorde	The Hague Swimming	(2:52.10)	200402932	2:50.78	+0,77	383	39.44	43.44	44.92	42.98
15. Éléana Poilpré	The Hague Swimming	(2:54.64)	200404748	2:51.55	+0,80	378	39.58	43.07	45.02	43.88

* Backuptijd 50m

Jeugd 1 en 2

1. Lotte Hosper	The Hague Swimming	(2:17.68)	200201414	2:17.98	+0,74	727	32.52	34.53	35.54	35.39
2. Elise Tanis	ZC De Schotejil	2:22.23	200200120	2:21.27	+0,71	677	32.95	35.44	36.75	36.13
3. Maaïke Broersma	BZ en PC	2:27.15	200201522	2:25.74	+0,71	617	33.91	37.10	37.60	37.13
4. Maaïke Issard	The Hague Swimming	(2:22.83)	200300022	2:26.61	+0,78	606	33.31	36.50	38.50	38.30
5. Kim Rutters	De Kempvis	2:35.91	200302318	2:31.83	+0,64	546	35.46	38.88	38.70	38.79
6. Michelle van der Steen	ZV Vlaardingen-Schied	2:32.86	200300052	2:33.59	+0,63	527	36.20	38.83	39.79	38.77
7. Tamara de Ruiter	ZC De Schotejil	2:36.97	200203060	2:36.01	+0,78	503	37.11	39.48	40.22	39.20
8. Femke Hoppenbrouwer	The Hague Swimming	(2:35.34)	200301124	2:36.34	+0,69	500	37.06	39.52	40.41	39.35
9. Lieske Zijlstra	ZC De Schotejil	2:36.10	200200996	2:36.58	+0,78	497	36.68	39.91	40.64	39.35
10. Rozemarijn van Haaff	ZOB'66	2:39.48	200201852	2:37.55	+0,65	488	35.85	39.13	41.08	41.49
11. Esther Reinders	KZV de Lansingh	2:40.64	200301798	2:38.70	+0,59	478	37.41	40.54	40.99	39.76
12. Isabel Scheepbouwer	ZPC Wiekslag	2:37.70	200301106	2:40.23	+0,72	464	37.48	40.65	41.68	40.42
13. Anouk Vis	De Columbiaan	2:34.50	200203322	2:44.44	+0,59	429	38.30	40.79	42.54	42.81
14. L. van 't Walderveen	Zoetermeer	2:44.67	200203226	2:49.12	+0,61	395	38.25	42.59	43.77	44.51
AFGEM Kim de Jong	SG LinK /Z&PC Katwijk	2:34.67	200301026							

Senioren 1 en 2

1. Claire Verkijk	WVZ	2:15.95	200100240	2:19.24	+0,65	707	32.09	34.71	35.90	36.54
2. Sanne Heemsker	LZ 1886	2:26.59	200100600	2:26.66	+0,63	605	34.01	36.85	38.43	37.37
3. Lauren van IJl	WVZ	2:24.37	200001064	2:26.70	+0,72	605	34.10	37.36	37.86	37.38
4. Manon Middelbos	ZC De Schotejil	2:38.08	200100056	2:31.68	+0,73	547	35.47	38.09	39.27	38.85
5. Jip Veeman	The Hague Swimming	(2:27.62)	200106100	2:31.86	+0,76	545	34.11	37.42	39.81	40.52
6. Ana Nusa Versnik	The Hague Swimming	(2:34.00)	200003496	2:33.93	+0,72	524	35.98	38.62	39.81	39.52
7. Iris van den Berg	SG Albion d'ELFT	2:32.60	200103782	2:36.22	+0,74	501	36.39	39.24	40.84	39.75
8. Elyanne Boudestein	Zoetermeer	2:28.23	200101060	2:36.38	+0,74	499	36.47	39.10	40.60	40.21
9. Esmee Wijnmaalen	PCG	2:35.23	200100298	2:37.59	+0,75	488	36.81	40.66	41.28	38.84
10. Jonne Moleman	SG LinK /Z&PC Katwijk	2:47.04	200006264	2:44.89	+0,91	665	40.92	41.03	41.55	41.39
11. Samantha Gerritse	SG LinK /Z&PC Katwijk	2:46.04	200102062	2:53.08	+0,55	368	40.24	42.54	44.80	45.50
AFGEM Kirsten de Hoog	SG SCOM/de Zeehond	2:38.04	200000460							

Senioren

1. Anouk van Weelden	PCG	2:26.67	199902828	2:25.27	+0,71	623	33.94	36.38	37.56	37.39
2. Babette van der Kaaij	ZV Westland	2:29.04	199902234	2:27.61	+0,76	594	34.79	37.65	37.70	37.47
3. Wendy de Bruin	ZOB'66	2:35.23	199206320	2:36.86	+0,61	495	37.51	39.67	40.30	39.38
4. Charlotte van der Hoek	MNC Dordrecht	2:41.48	199904020	2:43.71	+0,80	435	36.35	40.17	43.61	43.58
NG Ramona Linting	SG LinK /Z&PC Katwijk	2:44.40	198301274							

Programmanr. 11
18-11-2017 - 16:10

Jongens, 4 x 100m wisselslag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1. WVZ 1	WVZ	4:14.01	4:19.25	+0,64
	Dylano Termoshuizen	+0,64	31.11	1:05.09
	Scott Jansen	+0,31	32.13	1:10.27
	Dylan Jansen			31.10
	Sean Niewold			27.84
				57.08
2. De Columbiaan 1	De Columbiaan	4:27.33	4:27.83	+0,66
	Viktor Koets	+0,66	30.99	1:03.46
	Robin van Peenen	+0,27	34.99	1:16.60
	Wouter Verdoes			31.32
	Bas van Wieringen			28.05
				58.92
3. de Devel 1	de Devel	4:33.47	4:31.53	+0,70
	Julian Stok	+0,70	34.54	1:10.90
	Timo Kock	+0,62	36.11	1:17.22
	Jay de Vries			30.59
	Stijn den Otter			27.58
				57.20
4. The Hague Swimming (SG) 1	The Hague Swimming (SG)	4:30.53	4:32.29	+0,73
	Keanu Streefland	+0,73	31.44	1:05.81
	Milan van Aken	+0,32	37.02	1:20.82
	Michael Smink			30.12
	Victor Simons			28.75
				59.54
5. Rotterdam Swimming 1	Rotterdam Swimming	4:39.35	4:39.87	+0,60
	Luca Nguyen-tri	+0,60	36.97	1:15.54
	Brandon van den Berg	+0,31	32.19	1:09.41
	Jason van den Berg			33.00
	Wen-Ye Chen			29.29
				1:01.90

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Programmanr. 11, Jongens, 4 x 100m wisselslag, Junioren

rang	vereniging	intijd	tijd	RT		
6.	ZC De Schotejil 1	ZC De Schotejil	4:40.45	4:44.19	+0,61	
	Julien Tanis	+0,61 34.22	1:09.66	Christian Kalle	+0,59 36.19	1:18.37
	Xander Vis	+0,66 34.40	1:13.96	Joep van den Hooven	+0,10 29.91	1:02.20
7.	The Hague Swimming (SG) 2	The Hague Swimming (SG)	4:50.91	4:47.98	+0,81	
	Sem Verberg	+0,81 34.28	1:09.73	Gabriel Been	+0,59 34.38	1:15.33
	River Streefland	+0,46 38.09	1:21.68	Bas van Nisius	+0,30 29.22	1:01.24
8.	Zoetermeer 1	Zoetermeer	4:57.83	5:01.08	+0,55	
	Tim van Lochem	+0,55 39.45	1:21.71	Jamo Verbeek	0.00 30.77	1:08.42
	Jort Jongenelen	+0,52 40.21	1:24.58	Alexander ten Haaft	+0,46 31.26	1:06.37
9.	LZ 1886 1	LZ 1886	5:01.13	5:04.83	+0,65	
	Thimo van Beek	+0,65 36.20	1:14.39	Guus Geelen	38.10	1:26.17
	Mark Bom	+0,19 38.30	1:22.85	Chris Vogelaar	29.05	1:01.42
DIS	Lansingh 1	KZV de Lansingh	4:34.62		+0,70	
	<i>EA - Te vroeg overgenomen., 4e zwemmer te vroeg weg</i>					
	Menno Wieringa	+0,70 34.78	1:11.96	Johrick Wijma	+0,35 30.92	1:07.23
	Erik Oldenkamp	+0,51 35.62	1:17.20	Stefan Groen	-0,18	

Programmanr. 12
18-11-2017 - 16:20

Heren, 4 x 100m wisselslag

Junioren 1 en ouder
Resultaten

rang	vereniging	intijd	tijd	RT		
1.	Rotterdam Swimming 2	Rotterdam Swimming	3:47.39	3:52.41	+0,64	
	Martijn Dolk	+0,64 30.33	1:02.47	Jeroen Baars	+0,49 25.50	55.91
	Mark Baars	+0,52 29.49	1:02.48	Ian Minnigh	+0,07 24.44	51.55
2.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	3:56.77	3:56.38	+0,67	
	Olivier Jans	+0,67 29.64	1:00.49	Christiaan Smit	+0,29 27.76	1:00.79
	Kevin Panoet	+0,25 28.58	1:01.96	Jonne Schaafsma	+0,28 25.24	53.14
3.	WVZ 1	WVZ	3:58.86	4:05.01	+0,80	
	Max Visser	+0,80 29.88	1:01.86	Noah Legerstee	+0,19 28.33	1:01.75
	Joost de Roy van Zuydewijn	+0,42 31.48	1:06.75	Tygo van Hassel	+0,19 25.89	54.65
4.	ZV Westland 1	ZV Westland	4:08.39	4:08.54	+0,64	
	Niels Dijkshoorn	+0,64 30.30	1:01.67	Pascal Nuijten	+0,16 26.08	57.96
	Leendert Valstar	+0,44 33.65	1:13.10	Armand Heyder	+0,20 25.96	55.81
5.	SG SCOM/de Zeehond'73 1	SG SCOM/de Zeehond'73	4:14.11	4:12.27	+0,69	
	Ivo Stolk	+0,69 29.88	1:00.34	Nikhom Westphal	+0,55 29.16	1:00.55
	Otto Pranger	+0,51 34.27	1:14.69	Jamo van Oijen	+0,28 27.04	56.69
6.	The Hague Swimming (SG) 2	The Hague Swimming (SG)	4:11.81	4:12.55	+0,67	
	Querijn Hensen	+0,67 30.42	1:03.37	Floris de Leeuw	+0,37 28.58	1:01.90
	Doran Paap	+0,55 32.42	1:10.16	Stijn Lafontaine	+0,61 27.18	57.12
7.	WVZ 2	WVZ	4:03.66	4:17.52	+0,74	
	Jasper Breugem	+0,74 30.44	1:02.28	Jordy van Oel	+0,14 29.37	1:03.66
	Anthony Kraag	+0,37 35.18	1:15.00	Dave Jansen	+0,26 26.67	56.58
8.	GZC Donk 1	Widex GZC Donk	4:16.69	4:17.79		
	<i>* Backuptijd 100m</i>					
	Zev Bulk	32.40	1:06.52	Duncan van Haaren	+0,43 28.87	1:03.03
	Paul van Grol	32.11	1:09.42	Remco Oskam	+0,25 27.66	58.82
9.	ZC De Schotejil 1	ZC De Schotejil	4:15.88	4:18.19	+0,63	
	Aron Paasse	+0,63 32.11	1:05.73	Luuk Kieviet	+0,44 30.43	1:05.13
	David Kievit	+0,20 34.10	1:12.72	Jorian Tanis	+0,51 26.35	54.61
10.	ZOB'66 1	ZOB'66	4:24.44	4:27.83	+0,49	
	Tristan Stam	+0,49 32.70	1:08.45	Daan Siebenheller	+0,03 27.60	1:01.36
	Boaz Troost	+0,44 34.72	1:17.24	Mart de Koning	+0,75 29.10	1:00.78
11.	SG LinK /Z&PC Katwijk 1	SG LinK /Z&PC Katwijk	4:31.15	4:30.86	+0,64	
	Daan Hogerhuis	+0,64 33.24	1:07.64	Peter Schelvis	+0,41 30.79	1:07.03
	Tjeerd van Stein	+0,57 35.58	1:15.43	Boy Borreman	+0,67 28.84	1:00.76
12.	LZ 1886 1	LZ 1886	4:28.27	4:31.00	+0,66	
	Robin van Beek	+0,66 31.14	1:04.22	Guus Hoogduin	+0,70 30.20	1:05.56
	Victor van Dam	+0,80 39.00	1:23.31	Sander van Beek	+0,47 27.49	57.91
13.	ZPB H&L 1	ZPB H&L Productions	4:43.63	4:47.32	+0,74	
	Lars van den Heuvel	+0,74 37.50	1:17.30	Robert Speksnijder	+0,04 32.22	1:12.55
	Tygo Korving	+0,49 37.59	1:22.17	Linquendo van der Klooster	+0,42 26.64	55.30
NG	De Columbiaan 1	De Columbiaan	3:55.99			
NG	Barracuda 1	Van Vliet-Barracuda	4:13.81			

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Programmanr. 13
19-11-2017 - 9:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Jade van der Maas	WVZ	5:34.41	200600408	5:15.56 431
	50m: 35.77	35.77 150m: 1:56.71	41.11	250m: 3:18.42	40.38 350m: 4:39.28
	100m: 1:15.60	39.83 200m: 2:38.04	41.33	300m: 3:58.99	40.57 400m: 5:15.56
2.	Elydjah van der Heul	Van Vliet-Barracuda	5:36.61	200602180	5:19.54 +0,85 415
	50m: 35.20	35.20 150m: 1:55.75	41.32	250m: 3:17.90	41.32 350m: 4:40.00
	100m: 1:14.43	39.23 200m: 2:36.58	40.83	300m: 3:59.61	41.71 400m: 5:19.54
3.	Estelle van Wijngaarden	ZPB H&L Productions	5:28.67	200601020	5:20.89 +0,74 410
	50m: 34.94	34.94 150m: 1:55.39	41.11	250m: 3:18.17	41.11 350m: 4:41.08
	100m: 1:14.28	39.34 200m: 2:37.06	41.67	300m: 3:59.78	41.61 400m: 5:20.89
4.	Leyla Oversluisen	ZC De Schotejil	5:18.67	200602730	5:22.99 +0,74 402
	50m: 35.18	35.18 150m: 1:56.33	41.69	250m: 3:19.39	41.84 350m: 4:38.60
	100m: 1:14.64	39.46 200m: 2:37.55	41.22	300m: 3:59.81	40.42 400m: 5:22.99
5.	Avery Collins	The Hague Swimming (SG)	5:33.94	200603622	5:27.49 +0,74 386
	50m: 36.41	36.41 150m: 1:58.83	41.96	250m: 3:23.14	42.70 350m: 4:48.22
	100m: 1:16.87	40.46 200m: 2:40.44	41.61	300m: 4:05.54	42.40 400m: 5:27.49
6.	Jessica Pol	Poseidon'56	5:50.41	200600030	5:49.76 +0,83 317
	50m: 37.61	37.61 150m: 2:05.86	45.18	250m: 3:36.72	45.62 350m: 5:07.32
	100m: 1:20.68	43.07 200m: 2:51.10	45.24	300m: 4:22.34	45.62 400m: 5:49.76
7.	Alessia Ribeiro	WVZ	6:00.10	200601060	5:53.65 +0,78 306
	50m: 36.71	36.71 150m: 2:05.95	45.34	250m: 3:35.18	45.25 350m: 5:03.25
	100m: 1:20.61	43.90 200m: 2:49.93	43.98	300m: 4:21.13	45.95 400m: 5:53.65
8.	Zahra Day	The Hague Swimming (SG)	5:53.11	200601374	6:12.73 +0,85 262
	50m: 42.64	42.64 150m: 2:17.95	48.08	250m: 3:54.13	47.87 350m: 5:28.28
	100m: 1:29.87	47.23 200m: 3:06.26	48.31	300m: 4:41.48	47.35 400m: 6:12.73
Junioren 2					
1.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	5:09.34	200500330	4:54.37 +0,78 531
	50m: 32.74	32.74 150m: 1:48.42	38.66	250m: 3:04.79	38.20 350m: 4:19.95
	100m: 1:09.76	37.02 200m: 2:26.59	38.17	300m: 3:42.71	37.92 400m: 4:54.37
2.	Merel Schravendijk	The Hague Swimming (SG)	5:05.05	200503382	4:57.73 +0,73 513
	50m: 34.22	34.22 150m: 1:49.14	37.41	250m: 3:04.91	38.22 350m: 4:21.43
	100m: 1:11.73	37.51 200m: 2:26.69	37.55	300m: 3:42.93	38.02 400m: 4:57.73
3.	Asha van Lobbergt	de Devel	5:11.41	200500088	5:00.31 +0,70 500
	50m: 33.51	33.51 150m: 1:49.80	39.02	250m: 3:05.51	38.00 350m: 4:22.57
	100m: 1:10.78	37.27 200m: 2:27.51	37.71	300m: 3:43.83	38.32 400m: 5:00.31
4.	Isa Maes	de Devel	5:11.69	200500110	5:03.11 486
	50m: 33.51	33.51 150m: 1:49.95	38.81	250m: 3:07.95	39.08 350m: 4:25.44
	100m: 1:11.14	37.63 200m: 2:28.87	38.92	300m: 3:47.11	39.16 400m: 5:03.11
5.	Emma Verkuijl	Van Vliet-Barracuda	5:19.80	200500826	5:09.16 +0,64 458
	50m: 35.61	35.61 150m: 1:53.45	39.40	250m: 3:12.60	39.58 350m: 4:31.50
	100m: 1:14.05	38.44 200m: 2:33.02	39.57	300m: 3:52.17	39.57 400m: 5:09.16
6.	Aisha Nobels	ZC De Schotejil	5:18.78	200501710	5:10.36 +0,71 453
	50m: 34.82	34.82 150m: 1:53.90	40.07	250m: 3:12.50	39.47 350m: 4:32.31
	100m: 1:13.83	39.01 200m: 2:33.03	39.13	300m: 3:53.11	40.61 400m: 5:10.36
7.	Laura Hoogenboezem	KZV de Lansingh	5:17.89	200500390	5:17.65 +0,76 423
	50m: 35.48	35.48 150m: 1:54.78	40.20	250m: 3:16.44	40.80 350m: 4:37.93
	100m: 1:14.58	39.10 200m: 2:35.64	40.86	300m: 3:57.19	40.75 400m: 5:17.65
8.	Vivianne Woltjes	The Hague Swimming (SG)	5:19.00	200501524	5:19.19 +0,79 416
	50m: 35.33	35.33 150m: 1:56.73	41.32	250m: 3:18.69	41.09 350m: 4:41.36
	100m: 1:15.41	40.08 200m: 2:37.60	40.87	300m: 4:00.20	41.51 400m: 5:19.19
9.	Mar Stoeel	De Columbiaan	5:30.68	200500520	5:25.22 +0,73 394
	50m: 36.78	36.78 150m: 1:59.14	41.39	250m: 3:23.17	42.22 350m: 4:46.27
	100m: 1:17.75	40.97 200m: 2:40.95	41.81	300m: 4:05.88	42.71 400m: 5:25.22
10.	Hope van Zwol	ZV Vlaardingen-Schiedam	5:45.95	200502852	5:27.13 387
	50m: 35.30	35.30 150m: 1:59.67	43.48	250m: 3:25.07	42.24 350m: 4:49.88
	100m: 1:16.19	40.89 200m: 2:42.83	43.16	300m: 4:08.59	43.52 400m: 5:27.13
11.	Sera Emmers	WZK	5:25.25	200503264	5:30.30 +0,73 376
	50m: 35.51	35.51 150m: 1:58.77	42.02	250m: 3:25.32	43.94 350m: 4:51.15
	100m: 1:16.75	41.24 200m: 2:41.38	42.61	300m: 4:08.14	42.82 400m: 5:30.30
12.	Felicia Adema	SG Albion d'ELFT	5:43.94	200501310	5:34.01 +0,78 363
	50m: 36.15	36.15 150m: 2:00.99	43.46	250m: 3:27.99	43.43 350m: 4:54.45
	100m: 1:17.53	41.38 200m: 2:44.56	43.57	300m: 4:11.25	43.26 400m: 5:34.01

Regiokampioenschappen korte baan
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Programmanr. 13, Meisjes, 400m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
13.	Rosa Kwaijtaal	Poseidon'56	5:35.03	200500872	5:34.93 360
	50m: 35.77	35.77 150m: 2:00.67	43.19	250m: 3:28.23	43.99
	100m: 1:17.48	41.71 200m: 2:44.24	43.57	300m: 4:12.12	43.89
				350m: 4:54.69	42.57
				400m: 5:34.93	40.24
14.	Meira Simons	The Hague Swimming (SG)	5:28.48	200502984	5:36.03 +0,87 357
	50m: 37.35	37.35 150m: 1:59.68	41.44	250m: 3:24.53	42.42
	100m: 1:18.24	40.89 200m: 2:42.11	42.43	300m: 4:08.21	43.68
				350m: 4:52.31	44.10
				400m: 5:36.03	43.72
15.	Felicia Bosse	WZK	5:50.47	200504468	5:44.33 +0,81 332
	50m: 37.26	37.26 150m: 2:03.20	43.86	250m: 3:32.64	44.91
	100m: 1:19.34	42.08 200m: 2:47.73	44.53	300m: 4:16.52	43.88
				350m: 5:00.64	44.12
				400m: 5:44.33	43.69

Junioren 3

1.	Isis Naaktgeboren	de Devel	4:54.78	200403914	4:47.63 +0,92 569
	50m: 32.17	32.17 150m: 1:46.03	37.36	250m: 3:00.95	37.40
	100m: 1:08.67	36.50 200m: 2:23.55	37.52	300m: 3:37.74	36.79
				350m: 4:13.86	36.12
				400m: 4:47.63	33.77
2.	Rinske Bouman	de Devel	4:52.33	200400578	4:48.06 +0,75 567
	50m: 32.03	32.03 150m: 1:45.93	37.66	250m: 3:00.94	37.11
	100m: 1:08.27	36.24 200m: 2:23.83	37.90	300m: 3:38.23	37.29
				350m: 4:14.45	36.22
				400m: 4:48.06	33.61
3.	Irma van der Wulp	WVZ	5:07.56	200401950	4:56.77 518
	50m: 34.85	34.85 150m: 1:51.96	38.66	250m: 3:08.23	37.63
	100m: 1:13.30	38.45 200m: 2:30.60	38.64	300m: 3:45.78	37.55
				350m: 4:22.30	36.52
				400m: 4:56.77	34.47
4.	Milou van Wijk	MNC Dordrecht	5:10.55	200404948	4:59.62 +0,78 504
	50m: 32.70	32.70 150m: 1:47.39	37.78	250m: 3:06.30	40.40
	100m: 1:09.61	36.91 200m: 2:25.90	38.51	300m: 3:45.33	39.03
				350m: 4:23.04	37.71
				400m: 4:59.62	36.58
5.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	5:13.47	200404272	5:10.04 +0,71 454
	50m: 29.43	29.43 150m: 1:47.29	44.04	250m: 3:11.25	42.12
	100m: 1:03.25	33.82 200m: 2:29.13	41.84	300m: 3:51.04	39.79
				350m: 4:31.23	40.19
				400m: 5:10.04	38.81
6.	Fiona Moerman	The Hague Swimming (SG)	5:33.97	200401668	5:10.33 +0,74 453
	50m: 33.51	33.51 150m: 1:51.86	39.54	250m: 3:11.19	39.22
	100m: 1:12.32	38.81 200m: 2:31.97	40.11	300m: 3:52.60	41.41
				350m: 4:33.34	40.74
				400m: 5:10.33	36.99
7.	Nora van der Steen	SG LinK /Z&PC Katwijk	5:10.79	200403458	5:11.41 +0,71 448
	50m: 34.89	34.89 150m: 1:53.98	40.13	250m: 3:13.41	40.32
	100m: 1:13.85	38.96 200m: 2:33.09	39.11	300m: 3:53.38	39.97
				350m: 4:33.81	40.43
				400m: 5:11.41	37.60
8.	Anique Star	De Columbiaan	5:13.03	200400446	5:13.44 +0,73 440
	50m: 35.00	35.00 150m: 1:53.92	39.76	250m: 3:14.82	40.53
	100m: 1:14.16	39.16 200m: 2:34.29	40.37	300m: 3:55.05	40.23
				350m: 4:35.20	40.15
				400m: 5:13.44	38.24
9.	Lize van Stigt	SG LinK /Z&PC Katwijk	5:05.97	200401510	5:13.81 +0,69 438
	50m: 33.95	33.95 150m: 1:53.70	40.86	250m: 3:15.16	40.92
	100m: 1:12.84	38.89 200m: 2:34.24	40.54	300m: 3:56.29	41.13
				350m: 4:37.15	40.86
				400m: 5:13.81	36.66
10.	Feija de Bruin	WVZ	5:10.79	200400106	5:14.99 +0,88 650
	50m: 35.20	35.20 150m: 1:54.28	39.96	250m: 3:14.56	40.04
	100m: 1:14.32	39.12 200m: 2:34.52	40.24	300m: 3:55.02	40.46
				350m: 4:35.32	40.30
				400m: 5:14.99	39.67
11.	Lara Hoeksema	The Hague Swimming (SG)	5:14.85	200400514	5:15.79 +0,84 430
	50m: 34.97	34.97 150m: 1:54.95	40.44	250m: 3:16.49	40.07
	100m: 1:14.51	39.54 200m: 2:36.42	41.47	300m: 3:56.52	40.03
				350m: 4:36.94	40.42
				400m: 5:15.79	38.85
12.	Anniko Firman	The Hague Swimming (SG)	5:13.60	200402330	5:17.58 +0,64 423
	50m: 33.49	33.49 150m: 1:52.11	40.39	250m: 3:13.44	41.31
	100m: 1:11.72	38.23 200m: 2:32.13	40.02	300m: 3:55.05	41.61
				350m: 4:36.29	41.24
				400m: 5:17.58	41.29
13.	Marise van 't Walderveen	Zoetermeer	5:20.48	200400902	5:18.28 +0,62 420
	50m: 34.33	34.33 150m: 1:53.75	40.36	250m: 3:16.43	41.68
	100m: 1:13.39	39.06 200m: 2:34.75	41.00	300m: 3:57.97	41.54
				350m: 4:39.72	41.75
				400m: 5:18.28	38.56
14.	Jet van Oudheusden	ZOB'66	5:32.09	200401012	5:31.57 +0,74 372
	50m: 36.85	36.85 150m: 2:01.02	42.70	250m: 3:27.72	43.74
	100m: 1:18.32	41.47 200m: 2:43.98	42.96	300m: 4:10.46	42.74
				350m: 4:52.67	42.21
				400m: 5:31.57	38.90
15.	Zinzi van der Maas	WVZ	5:31.35	200402028	5:32.57 368
	50m: 37.59	37.59 150m: 2:02.10	42.70	250m: 3:27.30	42.79
	100m: 1:19.40	41.81 200m: 2:44.51	42.41	300m: 4:09.70	42.40
				350m: 4:52.51	42.81
				400m: 5:32.57	40.06
16.	Juliette Boon	de Devel	5:26.10	200401908	5:37.36 353
	<i>* Backuptijd 400m</i>				
	50m: 35.73	35.73 150m: 2:00.80	43.56	250m: 3:29.40	44.57
	100m: 1:17.24	41.51 200m: 2:44.83	44.03	300m: 4:14.67	45.27
				350m: 4:58.35	43.68
				400m: 5:37.36	39.01

Regiokampioenschappen korte baan
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Programmanr. 13, Dames, 400m vrije slag

Jeugd 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	4:27.51	200201414	4:28.62	+0,77	699
	50m: 30.54	30.54	150m: 1:37.02	33.71	250m: 2:45.50	34.14	350m: 3:54.64
	100m: 1:03.31	32.77	200m: 2:11.36	34.34	300m: 3:19.75	34.25	400m: 4:28.62
							34.89
							33.98
2.	Christy Geurts	WVZ	4:52.66	200203734	4:34.24	+0,78	657
	50m: 31.76	31.76	150m: 1:41.49	35.20	250m: 2:51.94	35.28	350m: 4:00.84
	100m: 1:06.29	34.53	200m: 2:16.66	35.17	300m: 3:27.10	35.16	400m: 4:34.24
							33.74
							33.40
3.	Britta Koehorst	KZV de Lansingh	4:57.34	200300246	4:39.85	+0,79	618
	50m: 30.55	30.55	150m: 1:39.52	35.09	250m: 2:50.21	35.39	350m: 4:03.42
	100m: 1:04.43	33.88	200m: 2:14.82	35.30	300m: 3:26.59	36.38	400m: 4:39.85
							36.83
							36.43
4.	Megan de Hoog	SG SCOM/de Zeehond'73	4:46.69	200300214	4:42.25	+0,75	602
	50m: 31.91	31.91	150m: 1:43.51	36.12	250m: 2:55.12	35.93	350m: 4:07.76
	100m: 1:07.39	35.48	200m: 2:19.19	35.68	300m: 3:31.35	36.23	400m: 4:42.25
							36.41
							34.49
5.	Ilse Kraaijeveld	The Hague Swimming (SG)	4:50.70	200202190	4:43.50	+0,69	594
	50m: 31.03	31.03	150m: 1:41.74	35.79	250m: 2:53.88	36.17	350m: 4:07.55
	100m: 1:05.95	34.92	200m: 2:17.71	35.97	300m: 3:30.46	36.58	400m: 4:43.50
							37.09
							35.95
6.	Maaïke Issard	The Hague Swimming (SG)	4:50.35	200300022	4:47.87		568
	50m: 29.96	29.96	150m: 1:40.33	36.29	250m: 2:55.07	37.15	350m: 4:10.94
	100m: 1:04.04	34.08	200m: 2:17.92	37.59	300m: 3:33.19	38.12	400m: 4:47.87
							37.75
							36.93
7.	Grace Anderson	WVZ	4:52.84	200200578	4:51.18	+0,75	549
	50m: 32.73	32.73	150m: 1:44.99	36.54	250m: 2:59.08	37.09	350m: 4:14.34
	100m: 1:08.45	35.72	200m: 2:21.99	37.00	300m: 3:36.63	37.55	400m: 4:51.18
							37.71
							36.84
8.	Sanne Vermeulen	The Hague Swimming (SG)	4:56.00	200303902	4:58.24	+0,80	511
	50m: 31.50	31.50	150m: 1:44.98	37.24	250m: 3:01.21	38.25	350m: 4:19.65
	100m: 1:07.74	36.24	200m: 2:22.96	37.98	300m: 3:40.39	39.18	400m: 4:58.24
							39.26
							38.59
9.	Kim Rutters	De Kempvis	4:54.88	200302318	5:00.13	+0,78	501
	50m: 32.91	32.91	150m: 1:48.07	38.04	250m: 3:05.37	38.78	350m: 4:23.07
	100m: 1:10.03	37.12	200m: 2:26.59	38.52	300m: 3:44.50	39.13	400m: 5:00.13
							38.57
							37.06
10.	Wendy ten Wolde	ZPC Wiekslag	5:03.70	200302658	5:00.24	+0,82	500
	50m: 32.57	32.57	150m: 1:47.75	38.19	250m: 3:05.26	38.52	350m: 4:22.87
	100m: 1:09.56	36.99	200m: 2:26.74	38.99	300m: 3:44.28	39.02	400m: 5:00.24
							38.59
							37.37
11.	Esther Reinders	KZV de Lansingh	4:58.88	200301798	5:00.42	+0,68	500
	50m: 33.04	33.04	150m: 1:48.06	38.02	250m: 3:05.15	38.39	350m: 4:22.56
	100m: 1:10.04	37.00	200m: 2:26.76	38.70	300m: 3:43.71	38.56	400m: 5:00.42
							38.85
							37.86
12.	Susan van Grol	Widex GZC Donk	4:56.70	200201344	5:02.31	+0,72	490
	50m: 33.68	33.68	150m: 1:49.50	38.48	250m: 3:06.33	38.20	350m: 4:24.04
	100m: 1:11.02	37.34	200m: 2:28.13	38.63	300m: 3:45.10	38.77	400m: 5:02.31
							38.94
							38.27
13.	Kristel Beijck	De Columbiaan	4:59.25	200201278	5:03.23	+0,78	486
	50m: 34.03	34.03	150m: 1:50.78	38.87	250m: 3:07.68	38.46	350m: 4:25.04
	100m: 1:11.91	37.88	200m: 2:29.22	38.44	300m: 3:46.45	38.77	400m: 5:03.23
							38.59
							38.19
14.	Rozemarijn van Haaff	ZOB'66	5:04.67	200201852	5:04.27	+0,71	481
	50m: 33.67	33.67	150m: 1:48.37	38.08	250m: 3:06.53	39.25	350m: 4:25.63
	100m: 1:10.29	36.62	200m: 2:27.28	38.91	300m: 3:45.95	39.42	400m: 5:04.27
							39.68
							38.64
15.	Mara Bosman	The Hague Swimming (SG)	4:55.41	200303048	5:05.68	+0,70	474
	50m: 33.97	33.97	150m: 1:50.08	38.67	250m: 3:08.61	39.26	350m: 4:26.99
	100m: 1:11.41	37.44	200m: 2:29.35	39.27	300m: 3:47.92	39.31	400m: 5:05.68
							39.07
							38.69
16.	Britt van Bommel	De Columbiaan	4:59.23	200301982	5:06.48	+0,78	470
	50m: 34.30	34.30	150m: 1:51.53	39.13	250m: 3:10.37	39.38	350m: 4:28.58
	100m: 1:12.40	38.10	200m: 2:30.99	39.46	300m: 3:49.26	38.89	400m: 5:06.48
							39.32
							37.90
17.	Amy Koelman	De Columbiaan	4:57.17	200300922	5:10.36		453
	50m: 33.42	33.42	150m: 1:50.75	39.51	250m: 3:11.32	40.36	350m: 4:32.66
	100m: 1:11.24	37.82	200m: 2:30.96	40.21	300m: 3:51.99	40.67	400m: 5:10.36
							40.67
							37.70
18.	Zoë Molenaar	Zoetermeer	5:22.36	200300978	5:17.01	+0,70	425
	50m: 34.56	34.56	150m: 1:55.86	41.30	250m: 3:18.41	41.35	350m: 4:40.93
	100m: 1:14.56	40.00	200m: 2:37.06	41.20	300m: 4:00.11	41.70	400m: 5:17.01
							40.82
							36.08
19.	Marije de Jager	SG LinK /Z&PC Katwijk	5:24.10	200301394	5:17.47	+0,78	423
	50m: 34.37	34.37	150m: 1:52.09	39.42	250m: 3:14.06	41.49	350m: 4:37.02
	100m: 1:12.67	38.30	200m: 2:32.57	40.48	300m: 3:55.52	41.46	400m: 5:17.47
							41.50
							40.45
DIS	Anouk Vis	De Columbiaan	5:01.35	200203322			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>						
DIS	Femke Hoppenbrouwer	The Hague Swimming (SG)	5:08.78	200301124			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
AFGEM	Kim de Jong	SG LinK /Z&PC Katwijk	4:45.49	200301026			

Regiokampioenschappen korte baan
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Programmanr. 13, Dames, 400m vrije slag

Senioren 1 en 2

1.	Chefanja Nunes	WVZ	4:33.93	200104750	4:35.31	+0,70	649
	50m: 30.70	30.70	150m: 1:40.83	34.92	250m: 2:50.97	34.86	350m: 4:01.87
	100m: 1:05.91	35.21	200m: 2:16.11	35.28	300m: 3:26.73	35.76	400m: 4:35.31
2.	Marlinde Beukers	WVZ	4:44.92	200101934	4:42.27	+0,68	602
	50m: 31.03	31.03	150m: 1:41.37	35.50	250m: 2:53.21	36.24	350m: 4:06.33
	100m: 1:05.87	34.84	200m: 2:16.97	35.60	300m: 3:30.08	36.87	400m: 4:42.27
3.	Giulia Corsi	De Columbiaan	4:43.88	200100468	4:44.03	+0,78	591
	50m: 32.51	32.51	150m: 1:44.35	35.86	250m: 2:56.25	35.72	350m: 4:08.14
	100m: 1:08.49	35.98	200m: 2:20.53	36.18	300m: 3:32.60	36.35	400m: 4:44.03
4.	Sanne Heemskerk	LZ 1886	4:44.96	200100600	4:50.12		555
	50m: 31.79	31.79	150m: 1:43.40	36.20	250m: 2:56.58	36.50	350m: 4:11.75
	100m: 1:07.20	35.41	200m: 2:20.08	36.68	300m: 3:33.59	37.01	400m: 4:50.12
5.	Elyanne Boudestein	Zoetermeer	4:48.58	200101060	4:51.05	+0,73	549
	50m: 31.23	31.23	150m: 1:43.34	36.65	250m: 2:59.26	38.17	350m: 4:14.97
	100m: 1:06.69	35.46	200m: 2:21.09	37.75	300m: 3:37.50	38.24	400m: 4:51.05
6.	Jana Plaisier	de Devel	4:53.83	200101266	4:54.15	+0,82	532
	50m: 32.56	32.56	150m: 1:45.42	37.06	250m: 3:01.15	38.35	350m: 4:17.02
	100m: 1:08.36	35.80	200m: 2:22.80	37.38	300m: 3:39.17	38.02	400m: 4:54.15
7.	Diana Noordermeer	SG SCOM/de Zeehond'73	4:57.73	200102110	4:54.36	+0,75	531
	50m: 34.34	34.34	150m: 1:48.01	37.13	250m: 3:03.09	37.67	350m: 4:18.39
	100m: 1:10.88	36.54	200m: 2:25.42	37.41	300m: 3:40.72	37.63	400m: 4:54.36
8.	Iris van den Berg	SG Albion d'ELFT	4:56.93	200103782	4:55.47	+0,80	525
	50m: 31.70	31.70	150m: 1:44.49	37.03	250m: 3:00.39	37.93	350m: 4:17.85
	100m: 1:07.46	35.76	200m: 2:22.46	37.97	300m: 3:38.96	38.57	400m: 4:55.47
9.	Jonne Moleman	SG LinK /Z&PC Katwijk	4:57.67	200006264	4:56.88	+0,88	776
	50m: 33.72	33.72	150m: 1:47.86	37.48	250m: 3:03.71	37.91	350m: 4:19.57
	100m: 1:10.38	36.66	200m: 2:25.80	37.94	300m: 3:41.80	38.09	400m: 4:56.88
10.	Jessica Baars	The Hague Swimming (SG)	5:05.00	200101966	5:02.56	+0,88	489
	50m: 33.46	33.46	150m: 1:49.26	38.69	250m: 3:07.62	39.15	350m: 4:24.74
	100m: 1:10.57	37.11	200m: 2:28.47	39.21	300m: 3:46.89	39.27	400m: 5:02.56
11.	Samantha Gerritse	SG LinK /Z&PC Katwijk	5:03.98	200102062	5:03.32	+0,70	485
	50m: 33.39	33.39	150m: 1:47.95	37.94	250m: 3:05.81	39.09	350m: 4:24.44
	100m: 1:10.01	36.62	200m: 2:26.72	38.77	300m: 3:45.08	39.27	400m: 5:03.32
12.	Anouk de Vreede	The Hague Swimming (SG)	5:04.09	200100130	5:03.92	+0,70	482
	50m: 34.18	34.18	150m: 1:49.71	38.36	250m: 3:07.49	38.89	350m: 4:25.87
	100m: 1:11.35	37.17	200m: 2:28.60	38.89	300m: 3:46.66	39.17	400m: 5:03.92
13.	Paula Dorsman	SG Albion d'ELFT	5:05.50	200105354	5:07.15	+0,76	467
	50m: 34.06	34.06	150m: 1:50.60	39.17	250m: 3:09.70	39.57	350m: 4:28.56
	100m: 1:11.43	37.37	200m: 2:30.13	39.53	300m: 3:49.00	39.30	400m: 5:07.15
14.	Laura Tromp	de Devel	4:53.80	200000276	5:11.63	+0,78	448
	50m: 35.23	35.23	150m: 1:53.19	39.19	250m: 3:11.67	38.87	350m: 4:31.95
	100m: 1:14.00	38.77	200m: 2:32.80	39.61	300m: 3:51.61	39.94	400m: 5:11.63
DIS	Sanne Hobé	Poseidon'56	5:06.59	200000826			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>						

Senioren

1.	Angelique van Vark	Z&PC De Gouwe	4:32.39	199701478	4:31.03	+0,72	680
	50m: 30.27	30.27	150m: 1:37.13	33.67	250m: 2:46.10	34.75	350m: 3:56.79
	100m: 1:03.46	33.19	200m: 2:11.35	34.22	300m: 3:21.33	35.23	400m: 4:31.03
2.	Sterre Keller	The Hague Swimming (SG)	4:40.07	199904142	4:35.98	+0,77	644
	50m: 30.67	30.67	150m: 1:38.98	34.49	250m: 2:49.33	35.44	350m: 4:00.55
	100m: 1:04.49	33.82	200m: 2:13.89	34.91	300m: 3:25.02	35.69	400m: 4:35.98
3.	Annemarie Meijer	SG SCOM/de Zeehond'73	4:34.85	199900964	4:39.06	+0,78	623
	50m: 30.58	30.58	150m: 1:39.68	35.23	250m: 2:51.45	35.84	350m: 4:03.56
	100m: 1:04.45	33.87	200m: 2:15.61	35.93	300m: 3:27.54	36.09	400m: 4:39.06
4.	Lotte Middelbos	ZC De Schotejil	4:52.28	199900680	4:53.84	+0,82	534
	50m: 31.84	31.84	150m: 1:44.90	37.04	250m: 3:00.75	38.04	350m: 4:17.03
	100m: 1:07.86	36.02	200m: 2:22.71	37.81	300m: 3:39.09	38.34	400m: 4:53.84
5.	Tessa Bruijgoms	MNC Dordrecht	4:50.99	199801322	4:54.11		532
	50m: 33.15	33.15	150m: 1:46.89	37.31	250m: 3:02.45	37.60	350m: 4:18.53
	100m: 1:09.58	36.43	200m: 2:24.85	37.96	300m: 3:40.79	38.34	400m: 4:54.11
6.	Wendy de Bruin	ZOB'66	4:52.16	199206320	4:54.98	+0,70	528
	50m: 32.41	32.41	150m: 1:46.72	37.66	250m: 3:02.78	38.00	350m: 4:19.09
	100m: 1:09.06	36.65	200m: 2:24.78	38.06	300m: 3:40.96	38.18	400m: 4:54.98
7.	Denise de Riet	de Devel	4:59.39	198402040	4:55.86	+0,97	523
	50m: 33.02	33.02	150m: 1:46.34	37.22	250m: 3:02.08	38.09	350m: 4:18.60
	100m: 1:09.12	36.10	200m: 2:23.99	37.65	300m: 3:40.37	38.29	400m: 4:55.86

Regiokampioenschappen korte baan
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Programmanr. 13, Dames, 400m vrije slag, Senioren

rang	naam	vereniging	intijd	199601964	tijd	RT
8.	Moniek Heemskerck	LZ 1886	4:55.66	199601964	5:02.96	+0,69 487
	50m: 33.53	33.53	150m: 1:48.98	38.18	250m: 3:06.75	38.94
	100m: 1:10.80	37.27	200m: 2:27.81	38.83	300m: 3:45.55	38.80
					350m: 4:24.80	39.25
					400m: 5:02.96	38.16
NG	Ramona Linting	SG LinK /Z&PC Katwijk	4:56.70	198301274		

Programmanr. 14
19-11-2017 - 10:35

Heren, 200m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Junioren 1											
1.	Menno Wieringa	KZV de Lansingh	2:51.59	200500927	2:40.26	+0,70	360	35.05	40.91	48.54	35.76
2.	Gabriel Been	The Hague Swimming	(2:46.73)	200501467	2:41.38	+0,78	353	33.42	42.30	49.11	36.55
3.	Björn Verkaik	The Hague Swimming	(2:45.23)	200500411	2:43.93	+0,74	336	36.38	41.45	49.58	36.52
4.	River Streefland	The Hague Swimming	(2:46.91)	200502253	2:44.02	+0,84	336	39.40	42.30	45.46	36.86
5.	Luca Nguyen-tri	Rotterdam Swimming	2:49.55	200500781	2:48.71	+0,66	309	38.39	42.63	48.97	38.72
6.	Émile Fouzaï	The Hague Swimming	(2:53.70)	200500263	2:51.34	+0,75	295	35.73	47.65	50.30	37.66
7.	Casper Hoogervorst	De Columbiaan	2:48.57	200500183	2:51.43		294	38.51	45.86	48.85	38.21
8.	Aaïke de Tender	De Geul	3:01.60	200502189	2:54.25		280	43.09	44.75	48.49	37.92
9.	Thijs Visser	Van Vliet-Barracuda	2:56.41	200502129	2:54.33	+0,88	280	40.55	46.63	47.03	40.12
10.	Conor Baker	De Columbiaan	2:58.81	200500991	2:55.72	+0,70	273	38.70	46.42	51.84	38.76
11.	Max Bosman	The Hague Swimming	(3:02.30)	200500877	2:56.65	+0,63	269	37.33	46.56	51.59	41.17
12.	Onno Roeleveld	De Columbiaan	2:55.04	200502775	2:57.25	+0,73	266	39.70	45.70	50.48	41.37
13.	Sytze van Stein	SG LinK /Z&PC Katwijk	3:01.72	200501155	2:59.81	+0,42	255	42.30	45.80	51.42	40.29
14.	Julian Kersten	The Hague Swimming	(3:04.37)	200500613	3:01.46	+0,70	248	41.40	49.16	50.05	40.85
15.	Tim van Lochem	Zoetermeer	3:02.56	200500077	3:02.09	+0,65	245	38.57	44.77	55.98	42.77

Junioren 2

1.	Abel te Riele	WVZ	2:24.66	200402317	2:22.62	+0,72	511	31.96	36.88	41.66	32.12
2.	Timo Kock	de Devel	2:26.10	200400387	2:24.39	+0,79	492	30.99	37.59	42.24	33.57
3.	Julien Tanis	ZC De Schotejil	2:29.99	200401045	2:28.89	+0,67	449	32.13	39.63	44.30	32.83
4.	Erik Oldenkamp	KZV de Lansingh	2:30.35	200400597	2:29.46	+0,75	444	32.72	39.86	43.05	33.83
5.	Pepijn van Egmond	WVZ	2:30.03	200402309	2:30.48		435	31.82	38.54	45.67	34.45
6.	Wen-Ye Chen	Rotterdam Swimming	2:50.75	200402859	2:33.99	+0,67	406	34.30	41.04	43.47	35.18
7.	Thijm Kruit	De Columbiaan	2:37.92	200401339	2:36.81	+0,80	384	32.50	41.14	49.17	34.00
8.	Max van Schagen	De Columbiaan	2:38.28	200402591	2:37.16		382	33.63	41.20	46.06	36.27
9.	Tim Haimé	The Hague Swimming	(2:36.87)	200403567	2:37.74	+0,82	377	33.09	40.74	47.08	36.83
10.	Thomas van Peenen	De Columbiaan	2:37.90	200400097	2:38.14	+0,70	375	34.34	40.55	46.75	36.50
11.	Olivier Krayenbuhl	The Hague Swimming	(2:40.15)	200403215	2:38.34	+0,81	373	32.08	40.10	49.70	36.46
12.	Bart Pardon	WVZ	2:31.53	200400639	2:38.88	+0,69	369	35.75	40.83	44.26	38.04
13.	Sem Verberg	The Hague Swimming	(2:46.51)	200402105	2:39.12	+0,76	368	33.50	40.00	47.62	38.00
14.	Kun Woo Kim	The Hague Swimming	(2:39.23)	200401361	2:40.53	+0,67	358	36.71	38.79	47.37	37.66
15.	Guus Geelen	LZ 1886	2:51.62	200401183	2:53.28	+0,81	285	37.08	43.26	51.77	41.17
16.	Bram de Haas	PCG	3:00.91	200400391	3:01.32	+0,73	249	41.12	43.79	55.81	40.60
DIS	Chris van der Hout	The Hague Swimming	(2:48.16)	200401355							
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>										
DIS	Milan Masselink	The Hague Swimming	(2:44.06)	200402165							
	<i>RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>										

Junioren 3

1.	Keanu Streefland	The Hague Swimming	(2:23.49)	200302445	2:18.95	+0,71	552	29.70	34.69	42.53	32.03
2.	Wesley Zulver	ZV Vlaardingen-Schiedt	2:22.66	200301319	2:19.25	+0,75	549	30.08	36.39	39.67	33.11
3.	Bjarne Buijs	The Hague Swimming	(2:24.80)	200301089	2:22.33		514	30.71			
4.	Jelle Bon	ZV Vlaardingen-Schiedt	2:24.05	200301077	2:22.50	+0,73	512	30.36	34.63	44.17	33.34
5.	Perry Laarhoven	ZPCNumansdorp	2:27.58	200301321	2:23.51	+0,79	501	31.39	36.35	40.52	35.25
6.	Zev Bulk	Widex GZC Donk	2:37.56	200304021	2:24.49	+0,72	491	30.03	37.15	45.36	31.95
7.	Milan Hamel	The Hague Swimming	(2:28.05)	200302125	2:27.17	+0,74	465	31.60	39.45	41.95	34.17
8.	Michael Smink	The Hague Swimming	(2:35.41)	200302169	2:27.33	+0,81	463	29.74	37.37	45.67	34.55
9.	Daan Hogerhuis	SG LinK /Z&PC Katwijk	2:31.39	200300317	2:28.06	+0,74	456	32.01	38.52	43.20	34.33
10.	Milan van Aken	The Hague Swimming	(2:35.32)	200303307	2:30.51	+0,78	435	30.70	38.81	46.59	34.41
11.	Xander Vis	ZC De Schotejil	2:35.35	200300173	2:30.67	+0,74	433	33.30	39.40	42.54	35.43
12.	Yassine Maas	The Hague Swimming	(2:45.41)	200301505	2:32.96	+0,73	414	33.16	38.55	46.32	34.93
13.	Kenan Cörüz	SG Albion d'ELFT	2:32.86	200300357	2:34.61	+0,67	401	32.20	41.27	43.32	37.82

Regiokampioenschappen korte baan
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Programmanr. 14, Jongens, 200m wisselslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
14. Julian Stok <i>* backuptijd 200m</i>	de Devel	2:37.98 200300071	2:38.76	+0,74 370	32.42	39.72	48.34	38.28
15. Chris Vogelaar	LZ 1886	2:38.12 200302241	2:38.95	+0,74 369	33.38	38.66	49.23	37.68
16. Jort Jongenelen	Zoetermeer	2:39.91 200303233	2:40.27	+0,79 360	32.91	41.58	49.41	36.37
17. Thimo van Beek	LZ 1886	2:47.99 200301347	2:42.48	+0,75 345	34.43	40.42	51.02	36.61
18. Tygo Korving	ZPB H&L Productions	2:48.66 200300773	2:46.92	+0,75 319	37.21	42.81	48.07	38.83
19. Christiaan van Es	ZOB'66	2:46.69 200304141	2:47.35	+0,74 316	33.48	43.98	52.39	37.50
20. Brandon Groeneveld	De Geul	2:47.16 200300595	2:47.73	+0,68 314	37.94	40.95	50.72	38.12
DIS Stefan Groen	KZV de Lansingh	2:40.06 200301179						
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>								
DIS Maxim Noordman	The Hague Swimming	(2:55.60 200304067						
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>								

Junioren 4

1. Scott Jansen	WVZ	2:15.17 200202455	2:14.57	+0,73 608	29.88	34.57	39.94	30.18
2. Brandon van den Berg	Rotterdam Swimming	2:19.47 200200669	2:15.39	597	29.24	36.01	39.87	30.27
3. Nikhom Westphal	SG SCOM/de Zeehond	2:15.66 200203329	2:16.07	+0,79 588	29.37	35.43	40.77	30.50
4. Sean Niewold	WVZ	2:15.31 200204699	2:17.15	+0,72 574	28.90	34.71	40.17	33.37
5. Viktor Koets	De Columbiaan	2:20.98 200201677	2:19.97	+0,77 540	30.06	34.97	41.69	33.25
6. Niels Dijkshoorn	ZV Westland	2:27.12 200203079	2:22.26	+0,73 515	31.40	34.11	43.88	32.87
7. Jarno Verbeek	Zoetermeer	2:22.39 200200931	2:24.02	+0,76 496	30.93	36.18	43.24	33.67
8. Dylano Termoshuizen	WVZ	2:24.36 200202169	2:24.44	+0,74 492	31.13	35.35	43.50	34.46
9. Thomas van Wanrooij	Poseidon'56	2:27.20 200201473	2:27.65	+0,79 589	30.80	37.49	46.22	33.14
10. Lougo Gorré	ZV Vlaardingen-Schied	2:39.61 200201765	2:30.34	+0,73 436	31.32	38.49	45.33	35.20
11. Björn de Heus	ZV Vlaardingen-Schied	2:43.36 200201077	2:32.41	418	31.89	38.45	44.69	37.38
12. Wouter Verdoes	De Columbiaan	2:33.72 200200351	2:36.59	386	33.13	40.05	47.21	36.20
13. Johrick Wijma	KZV de Lansingh	2:42.95 200204435	2:37.34	+0,65 380	30.39	42.05	48.60	36.30
14. Mark Bom	LZ 1886	2:41.94 200201471	2:42.18	+0,64 347	32.68	40.05	48.99	40.46

Jeugd 1 en 2

1. Ivo Stolk	SG SCOM/de Zeehond	2:15.77 200100615	2:14.26	+0,73 612	29.08	32.23	41.64	31.31
2. Jasper Breugem	WVZ	2:18.76 200000303	2:15.14	+0,79 600	28.63	33.99	40.69	31.83
3. Gerard Willighagen	Poseidon'56	2:17.79 200103663	2:15.31	+0,71 598	28.66	34.72	40.99	30.94
4. Christiaan Smit	The Hague Swimming	(2:17.46 200102463	2:16.20	586	28.79	35.22	40.50	31.69
5. J. de Roy van Zuydewij	WVZ	2:15.43 200000255	2:17.68	+0,70 568	28.97	37.14	37.83	33.74
6. Noah Legerstee	WVZ	2:16.27 200003593	2:17.74	+0,71 567	28.45	34.77	42.35	32.17
7. Tygo van Hassel	WVZ	2:23.75 200101479	2:18.34	+0,73 560	29.20	35.59	41.96	31.59
8. Tjeerd van Stein	SG LinK /Z&PC Katwijk	2:18.26 200101439	2:20.89	+0,83 530	30.65	34.73	42.87	32.64
9. Sander van Beek	LZ 1886	2:24.45 200002917	2:24.81	+0,69 488	29.32	36.49	43.33	35.67
10. Sander Iuga	Poseidon'56	2:25.67 200101389	2:25.79	478	29.62	35.49	45.14	35.54
11. Mark de Jongh	MNC Dordrecht	2:27.88 200001325	2:26.55	+0,71 471	31.05	38.81	42.80	33.89
12. Sjoerd van Weelden	PCG	2:30.33 200101217	2:26.83	+0,77 468	30.16	36.29	45.12	35.26
13. Stijn Lafontaine	The Hague Swimming	(2:27.90 200005205	2:26.85	+0,74 468	29.90	37.12	44.31	35.52
14. Otto Pranger	SG SCOM/de Zeehond	2:21.50 200000007	2:27.80	+0,64 459	29.25	39.33	44.44	34.78
15. K. de Kruijff Molina	The Hague Swimming	(2:28.29 200002667	2:28.99	+0,71 448	30.55	39.17	44.16	35.11
16. Boy Borreman	SG LinK /Z&PC Katwijk	2:29.37 200102751	2:32.09	+0,67 421	31.26	38.75	46.47	35.61

Senioren 1 en ouder

1. Mark Baars	Rotterdam Swimming	2:08.53 198500059	2:06.72	+0,68 728	26.96	33.25	35.51	31.00
2. Pascal Nuijten	ZV Westland	2:13.74 199701353	2:10.93	+0,74 660	27.74	32.92	39.24	31.03
3. Matthew Dullemond	Rotterdam Swimming	2:13.77 199805005	2:13.98	+0,70 616	28.06	33.86	40.69	31.37
4. Ruben Griffioen	De Columbiaan	2:24.17 199900771	2:15.08	+0,76 601	29.81	32.91	39.15	33.21
5. Jorian Tanis	ZC De Schotelijk	2:17.12 199900327	2:16.38	+0,76 584	30.13	35.11	40.80	30.34
6. Kevin Panoet	The Hague Swimming	(2:21.15 199307253	2:16.64	+0,69 581	27.76	36.07	36.87	35.94
7. L. van der Klooster	ZPB H&L Productions	2:18.33 199801361	2:17.26	+0,61 573	30.01	36.27	39.49	31.49
8. Dave Jansen	WVZ	2:14.77 199805299	2:17.58	569	29.10	34.38	41.41	32.69
9. Melvin Prins	ZPC Wiekslag	2:15.19 199500201	2:17.86	+0,70 565	26.83	32.13	44.62	34.28
10. Robin van Beek	LZ 1886	2:17.69 199704023	2:19.04	+0,54 551	29.18	35.92	41.85	32.09
11. Lars Schoffelmeier	ZPB H&L Productions	2:17.13 199501907	2:19.37	+0,71 547	27.40	34.91	43.98	33.08
12. Rogier Dorsman	de Devel	2:19.37 199900211	2:19.91	+0,69 818	29.69	36.55	39.76	33.91
13. David Kievit	ZC De Schotelijk	2:19.30 199900325	2:19.96	540	30.04	35.41	40.54	33.97
14. Nordin Termoshuizen	WVZ	2:18.86 199605401	2:20.48	+0,79 534	29.51	35.97	44.03	30.97
15. Jim Geestman	Rotterdam Swimming	2:26.10 198300699	2:22.63	+0,81 511	30.97	36.51	42.00	33.15
16. Ryan van den Ouden	Poseidon'56	2:22.96 199900377	2:25.37	+0,78 482	30.20	37.83	43.01	34.33

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Programmanr. 14, Heren, 200m wisselslag, Senioren 1 en ouder

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
17. Peter Schelvis	SG LinK /Z&PC Katwijk	2:45.59	198906671	2:35.71	+0,74	392	31.33	39.71	46.14	38.53
NG.ZA Eric Verdoes	De Columbiaan	2:18.05	199900947							
NG Emiel van Beusekom	Van Vliet-Barracuda	2:20.16	199403951							

Programmanr. 15
19-11-2017 - 11:25

Dames, 50m schoolslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT
Junioren 1				
1. Elydjah van der Heul	Van Vliet-Barracuda	37.32	200602180	36.88
2. Kimberly Ruiters	De Columbiaan	40.57	200600492	39.56
3. Charlize Rovers	De Kempvis	42.85	200600684	40.97
4. Megan Jonkman	The Hague Swimming (SG)	40.36	200600508	41.11
5. Avery Collins	The Hague Swimming (SG)	43.03	200603622	42.26
6. Meygan Leuring	LZ 1886	43.69	200602366	43.33
7. Alessia Ribeiro	WVZ	41.73	200601060	43.55
8. Sanne Slof	Van Vliet-Barracuda	42.71	200601810	43.76
DIS Britt Rodenburg	Zoetermeer	45.62	200601126	
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				

Junioren 2

1. Anastasia Romano	MNC Dordrecht	39.09	200501076	37.09
2. Evelyn Liket	ZV Vlaardingen-Schiedam	38.56	200503118	37.96
3. Niké Telkamp	The Hague Swimming (SG)	38.10	200501088	38.05
4. Jelsie van Ruijven	WVZ	38.72	200500282	38.42
5. Milou Demirel	The Hague Swimming (SG)	42.12	200501254	39.43
6. Emi Schipper	ZOB'66	40.38	200502126	39.60
7. Yente Bouwmeester	De Columbiaan	39.68	200500340	39.66
8. Asha van Lobberegt	de Devel	39.61	200500088	39.73
9. Sera Emmers	WZK	41.22	200503264	39.78
10. Jennifer de Keizer	MNC Dordrecht	39.88	200501054	39.98
11. Lyke Buscop	ZC De Schotejil	40.31	200500552	40.26
12. Rosa Kwaijtaal	Poseidon'56	40.98	200500872	40.48
13. Soscha van den Heuvel	ZPCNumansdorp	41.72	200500804	40.69
14. Laura Hoogenboezem	KZV de Lansingh	42.23	200500390	41.77
DIS Elise Vink	De Columbiaan	38.90	200502588	
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
NG Milou Adriaanse	De Columbiaan	41.81	200500968	

Junioren 3

1. Anna van Droffelaar	ZV Vlaardingen-Schiedam	33.25	200400258	34.11
2. Daniëlle Vis	De Columbiaan	36.14	200401044	35.12
3. Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	36.50	200404272	36.08
4. Irma van der Wulp	WVZ	37.52	200401950	37.27
5. Rinske Bouman	de Devel	38.26	200400578	37.74
6. Jade Geurts	De Watervogels	38.49	200402278	38.00
7. Phaedra Meijer	ZC De Schotejil	38.64	200401354	38.05
8. Anniko Firman	The Hague Swimming (SG)	41.47	200402330	38.73
9. Lotte van der Maas	ZOB'66	39.84	200402376	39.65
10. Ziya Gaia van de Voorde	The Hague Swimming (SG)	41.49	200402932	41.02
11. Cheyenne Elburg	KZV de Lansingh	41.97	200401170	41.38
12. Lize van Stigt	SG LinK /Z&PC Katwijk	42.31	200401510	41.75
DIS Milou van Winkel	AZC	50.54	200402296	SB14
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>				
NG Fenna Herwig	ZPC Wiekslag	39.92	200400908	

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Programmanr. 15, Dames, 50m schoolslag

Jeugd 1 en 2

1.	Britta Koehorst	KZV de Lansingh	32.45	200300246	32.45	+0,72	750
2.	Rozemarijn van Haaff	ZOB'66	35.62	200201852	35.15	+0,70	590
3.	Lotte Hospers	The Hague Swimming (SG)	34.99	200201414	35.18	+0,78	588
4.	Isa Boom	MNC Dordrecht	35.03	200200186	35.25		585
5.	Britt Steunenbergh	The Hague Swimming (SG)	35.56	200302588	35.81	+0,70	558
6.	Lotte Koorneef	The Hague Swimming (SG)	39.51	200303584	36.11	+0,73	544
7.	Nienke Mierop	ZC De Schoteijl	36.70	200203294	36.27	+0,78	537
8.	Maaïke Issard	The Hague Swimming (SG)	37.37	200300022	36.33	+0,77	534
9.	Grace Anderson	WVZ	35.99	200200578	36.36	+0,81	533
10.	Ilse Schoenmaker	The Hague Swimming (SG)	37.34	200301470	36.66	+0,64	520
11.	Ilse Kraaijeveld	The Hague Swimming (SG)	37.90	200202190	36.93	+0,74	509
12.	Maaïke Broersma	BZ en PC	38.39	200201522	37.45	+0,76	488
13.	Susan van Grol	Widex GZC Donk	38.34	200201344	37.54	+0,71	484
14.	Amber Hesper	Van Vliet-Barracuda	37.95	200202188	38.64	+0,76	444
15.	Zoë Molenaar	Zoetermeer	39.37	200300978	38.74	+0,67	441
16.	Wendy ten Wolde	ZPC Wiekslag	37.48	200302658	38.82		438
17.	Sanne Vermeulen	The Hague Swimming (SG)	38.81	200303902	38.86	+0,83	437
18.	Kristel Beijl	De Columbiaan	37.96	200201278	39.07		430
19.	Amy van Leersum	Poseidon'56	38.40	200200300	39.18	+0,71	426
20.	Anouk Brand	MNC Dordrecht	39.08	200302488	39.97	+0,76	401
AFGEM	Kim de Jong	SG LinK /Z&PC Katwijk	34.83	200301026			

Senioren 1 en 2

1.	Sanne Busch	MNC Dordrecht	32.31	200101486	32.52	+0,70	745
2.	Lynn Blommers	AZC	33.52	200105062	33.26	+0,63	696
3.	Jip Veeman	The Hague Swimming (SG)	34.52	200106100	34.20	+0,77	640
4.	Marlinde Beukers	WVZ	35.13	200101934	35.14		590
5.	Eline Duynisveld	WVZ	35.45	200103958	35.17	+0,77	589
6.	Chefanja Nunes	WVZ	36.81	200104750	35.86	+0,76	556
7.	Sam IJzerman	De Geul	35.97	200101204	35.89	+0,70	554
8.	Anniek de Ruiter	Widex GZC Donk	36.10	200101224	35.91	+0,79	553
9.	Elyanne Boudestein	Zoetermeer	36.48	200101060	36.16		542
10.	Manon Middelbos	ZC De Schoteijl	37.10	200100056	36.39	+0,78	532
11.	Sanne Heemskerk	LZ 1886	36.31	200100600	36.92	+0,73	509
12.	Paula Dorsman	SG Albion d'ELFT	38.00	200105354	37.14	+0,75	500
13.	Giulia Corsi	De Columbiaan	36.53	200100468	37.33	+0,74	493
14.	Floor de Kievit	The Hague Swimming (SG)	37.51	200100238	37.47	+0,77	487
15.	Kirana Hoogenbosch	De Geul	38.31	200003428	37.60	+0,63	482
16.	Kim van Gemert	Poseidon'56	37.88	200101968	37.71	+0,75	478
17.	Samantha Gerritse	SG LinK /Z&PC Katwijk	39.07	200102062	38.02	+0,66	466
18.	Jessica Baars	The Hague Swimming (SG)	39.14	200101966	38.30	+0,84	456
19.	Esmée Roodenburg	De Geul	38.90	200100040	38.42		452
20.	Nicoline Schol	BZ en PC	37.76	200003600	39.63	+0,73	412

Senioren

1.	Ilse Rijnja	The Hague Swimming (SG)	33.68	199802432	33.52	+0,70	680
2.	Miranda Nijenhuis	De Columbiaan	33.82	199204076	34.19	+0,77	641
3.	Senna Pols	SG SCOM/de Zeehond'73	34.60	199700012	34.83		606
4.	Lotte Middelbos	ZC De Schoteijl	34.43	199900680	34.97	+0,77	599
5.	Angelique van Vark	Z&PC De Gouwe	34.67	199701478	35.01	+0,72	597
6.	Annemarie Meijer	SG SCOM/de Zeehond'73	35.29	199900964	35.02	+0,78	597
7.	Lonneke Graansma	LZ 1886	34.86	199900936	35.11	+0,74	592
8.	Isabel van der Boor * <i>backuptijd eindtijd</i>	MNC Dordrecht	35.72	199901330	36.03	+0,70	548
9.	Inge van der Hoek	The Hague Swimming (SG)	37.20	199204034	36.67	+0,67	520
10.	Melissa van der Heijden	Van Vliet-Barracuda	35.83	199605226	36.68	+0,69	519
11.	Aniek Erenstein-Huijsman	KZV de Lansingh	35.85	198801932	36.82	+0,79	513
12.	Cheyenne Visser	ZPC Wiekslag	37.23	199802318	36.86	+0,73	512
13.	Rebecca Evers	ZOB'66	38.61	199207916	37.93	+0,75	469
14.	Moniek Heemskerk	LZ 1886	37.63	199601964	38.31	+0,72	456
15.	Aylin van Uffelen	ZPB H&L Productions	37.54	199600352	38.65		444
NG.ZA	Fenna de Groot	SG Albion d'ELFT	36.34	199701796			

Regiokampioenschappen korte baan
Dordrecht, 18- - 19-11-2017

Programmanr. 16
19-11-2017 - 11:40

Jongens, 1500m vrije slag

Junioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1 en 2								
1.	Jason van den Berg	Rotterdam Swimming	19:33.68	200400009	18:24.02 491			
	100m: 1:08.29	1:08.29	500m: 6:05.44	1:14.47	900m: 11:04.29	1:14.59	1300m: 16:00.28	1:13.64
	200m: 2:21.93	1:13.64	600m: 7:19.95	1:14.51	1000m: 12:18.67	1:14.38	1400m: 17:13.56	1:13.28
	300m: 3:36.28	1:14.35	700m: 8:35.12	1:15.17	1100m: 13:32.77	1:14.10	1500m: 18:24.02	1:10.46
	400m: 4:50.97	1:14.69	800m: 9:49.70	1:14.58	1200m: 14:46.64	1:13.87		
2.	Nathan Janssen	MNC Dordrecht	19:19.91	200401565	18:27.56 +0,70 486			
	100m: 1:12.11	1:12.11	500m: 6:18.20	1:17.24	900m: 11:20.42	1:14.63	1300m: 16:10.44	1:10.92
	200m: 2:27.90	1:15.79	600m: 7:34.77	1:16.57	1000m: 12:34.16	1:13.74	1400m: 17:20.65	1:10.21
	300m: 3:43.96	1:16.06	700m: 8:51.14	1:16.37	1100m: 13:47.68	1:13.52	1500m: 18:27.56	1:06.91
	400m: 5:00.96	1:17.00	800m: 10:05.79	1:14.65	1200m: 14:59.52	1:11.84		
3.	Chris van der Hout	The Hague Swimming (SG)	19:23.37	200401355	19:09.38 +0,78 435			
	100m: 1:08.98	1:08.98	500m: 6:18.11	1:17.60	900m: 11:29.54	1:18.79	1300m: 16:40.96	1:15.31
	200m: 2:26.20	1:17.22	600m: 7:35.39	1:17.28	1000m: 12:48.73	1:19.19	1400m: 17:56.48	1:15.52
	300m: 3:43.37	1:17.17	700m: 8:52.22	1:16.83	1100m: 14:07.41	1:18.68	1500m: 19:09.38	1:12.90
	400m: 5:00.51	1:17.14	800m: 10:10.75	1:18.53	1200m: 15:25.65	1:18.24		
4.	Loeka Wubben	The Hague Swimming (SG)	19:49.66	200400307	19:45.43 +0,73 397			
	100m: 1:10.21	1:10.21	500m: 6:22.93	1:19.32	900m: 11:42.87	1:20.03	1300m: 17:06.22	1:21.20
	200m: 2:27.54	1:17.33	600m: 7:41.75	1:18.82	1000m: 13:03.10	1:20.23	1400m: 18:27.47	1:21.25
	300m: 3:44.91	1:17.37	700m: 9:01.58	1:19.83	1100m: 14:23.88	1:20.78	1500m: 19:45.43	1:17.96
	400m: 5:03.61	1:18.70	800m: 10:22.84	1:21.26	1200m: 15:45.02	1:21.14		
5.	Arthur Bondartsov	de Devel	20:25.94	200403231	19:49.69 +0,77 392			
	100m: 1:10.81	1:10.81	500m: 6:25.84	1:19.82	900m: 11:46.90	1:20.46	1300m: 17:13.46	1:21.19
	200m: 2:28.67	1:17.86	600m: 7:46.04	1:20.20	1000m: 13:08.34	1:21.44	1400m: 18:33.84	1:20.38
	300m: 3:47.07	1:18.40	700m: 9:06.77	1:20.73	1100m: 14:30.04	1:21.70	1500m: 19:49.69	1:15.85
	400m: 5:06.02	1:18.95	800m: 10:26.44	1:19.67	1200m: 15:52.27	1:22.23		
6.	Gabriel Been	The Hague Swimming (SG)	19:20.55	200501467	19:56.33 +0,81 386			
	100m: 1:11.11	1:11.11	500m: 6:30.35	1:20.56	900m: 11:50.86	1:19.89	1300m: 17:14.47	1:22.36
	200m: 2:29.54	1:18.43	600m: 7:51.40	1:21.05	1000m: 13:11.57	1:20.71	1400m: 18:35.55	1:21.08
	300m: 3:49.38	1:19.84	700m: 9:11.97	1:20.57	1100m: 14:31.68	1:20.11	1500m: 19:56.33	1:20.78
	400m: 5:09.79	1:20.41	800m: 10:30.97	1:19.00	1200m: 15:52.11	1:20.43		
7.	Niels van der Mast	ZPCNumansdorp	20:36.87	200401917	20:15.08 +0,72 368			
	100m: 1:10.86	1:10.86	500m: 6:26.53	1:20.46	900m: 11:56.87	1:21.99	1300m: 17:34.77	1:25.35
	200m: 2:27.77	1:16.91	600m: 7:49.44	1:22.91	1000m: 13:20.24	1:23.37	1400m: 18:57.41	1:22.64
	300m: 3:46.47	1:18.70	700m: 9:12.72	1:23.28	1100m: 14:44.17	1:23.93	1500m: 20:15.08	1:17.67
	400m: 5:06.07	1:19.60	800m: 10:34.88	1:22.16	1200m: 16:09.42	1:25.25		
Junioren 3 en 4								
1.	Guus Hoogduin	LZ 1886	18:41.51	200201069	17:54.22 +0,71 533			
	100m: 1:04.23	1:04.23	500m: 5:48.34	1:11.80	900m: 10:38.14	1:12.48	1300m: 15:32.07	1:13.78
	200m: 2:13.97	1:09.74	600m: 7:00.84	1:12.50	1000m: 11:51.67	1:13.53	1400m: 16:44.16	1:12.09
	300m: 3:24.59	1:10.62	700m: 8:11.98	1:11.14	1100m: 13:04.15	1:12.48	1500m: 17:54.22	1:10.06
	400m: 4:36.54	1:11.95	800m: 9:25.66	1:13.68	1200m: 14:18.29	1:14.14		
2.	Milan Hamel	The Hague Swimming (SG)	17:50.99	200302125	18:07.97 +0,70 513			
	100m: 1:07.45	1:07.45	500m: 6:03.48	1:14.25	900m: 10:59.61	1:13.62	1300m: 15:51.27	1:12.62
	200m: 2:21.43	1:13.98	600m: 7:17.52	1:14.04	1000m: 12:13.48	1:13.87	1400m: 17:01.63	1:10.36
	300m: 3:35.38	1:13.95	700m: 8:31.80	1:14.28	1100m: 13:26.08	1:12.60	1500m: 18:07.97	1:06.34
	400m: 4:49.23	1:13.85	800m: 9:45.99	1:14.19	1200m: 14:38.65	1:12.57		
3.	Maximilian Lopes Cardozo	WZK	19:19.53	200300665	18:35.04 +0,72 477			
	100m: 1:08.52	1:08.52	500m: 6:07.09	1:15.39	900m: 11:06.77	1:15.39	1300m: 16:07.97	1:15.42
	200m: 2:22.81	1:14.29	600m: 7:22.03	1:14.94	1000m: 12:22.35	1:15.58	1400m: 17:22.61	1:14.64
	300m: 3:36.82	1:14.01	700m: 8:36.52	1:14.49	1100m: 13:37.54	1:15.19	1500m: 18:35.04	1:12.43
	400m: 4:51.70	1:14.88	800m: 9:51.38	1:14.86	1200m: 14:52.55	1:15.01		
4.	Bas van Nisius	The Hague Swimming (SG)	19:10.81	200202107	18:36.21 475			
	100m: 1:08.61	1:08.61	500m: 6:10.19	1:15.60	900m: 11:10.09	1:14.59	1300m: 16:10.77	1:13.97
	200m: 2:23.74	1:15.13	600m: 7:25.89	1:15.70	1000m: 12:25.20	1:15.11	1400m: 17:25.62	1:14.85
	300m: 3:38.36	1:14.62	700m: 8:41.03	1:15.14	1100m: 13:41.98	1:16.78	1500m: 18:36.21	1:10.59
	400m: 4:54.59	1:16.23	800m: 9:55.50	1:14.47	1200m: 14:56.80	1:14.82		
5.	Milan van Aken <i>* Baktijd eindtijd</i>	The Hague Swimming (SG)	19:43.28	200303307	18:49.40 +0,81 459			
	100m: 1:08.83	1:08.83	500m: 6:10.33	1:16.03	900m: 11:15.26	1:16.30	1300m: 16:19.18	1:15.52
	200m: 2:23.00	1:14.17	600m: 7:26.02	1:15.69	1000m: 12:31.32	1:16.06	1400m: 17:35.10	1:15.92
	300m: 3:38.47	1:15.47	700m: 8:42.65	1:16.63	1100m: 13:48.55	1:17.23	1500m: 18:49.40	1:14.30
	400m: 4:54.30	1:15.83	800m: 9:58.96	1:16.31	1200m: 15:03.66	1:15.11		
6.	Brandon Groeneveld	De Geul	20:38.51	200300595	20:07.25 +0,70 376			
	100m: 1:14.88	1:14.88	500m: 6:43.67	1:21.75	900m: 12:10.66	1:22.08	1300m: 17:31.07	1:19.91
	200m: 2:37.18	1:22.30	600m: 8:05.68	1:22.01	1000m: 13:31.91	1:21.25	1400m: 18:49.95	1:18.88
	300m: 3:59.50	1:22.32	700m: 9:27.54	1:21.86	1100m: 14:52.53	1:20.62	1500m: 20:07.25	1:17.30
	400m: 5:21.92	1:22.42	800m: 10:48.58	1:21.04	1200m: 16:11.16	1:18.63		

Regiokampioenschappen korte baan
Dordrecht, 18- - 19-11-2017

Programmanr. 16, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
7.	Chris Vogelaar	LZ 1886	20:58.58	200302241	20:54.66 +0,73 335			
	100m: 1:10.76	1:10.76	500m: 6:41.26	1:24.64	900m: 12:23.92	1:25.29	1300m: 18:08.19	1:25.90
	200m: 2:30.35	1:19.59	600m: 8:06.37	1:25.11	1000m: 13:50.11	1:26.19	1400m: 19:33.15	1:24.96
	300m: 3:52.72	1:22.37	700m: 9:32.99	1:26.62	1100m: 15:16.14	1:26.03	1500m: 20:54.66	1:21.51
	400m: 5:16.62	1:23.90	800m: 10:58.63	1:25.64	1200m: 16:42.29	1:26.15		
8.	Mark Bom	LZ 1886	21:42.21	200201471	21:13.68 +0,72 320			
	100m: 1:12.98	1:12.98	500m: 6:52.30	1:26.81	900m: 12:37.39	1:26.11	1300m: 18:24.80	1:26.40
	200m: 2:34.58	1:21.60	600m: 8:18.28	1:25.98	1000m: 14:04.66	1:27.27	1400m: 19:51.48	1:26.68
	300m: 3:58.94	1:24.36	700m: 9:45.10	1:26.82	1100m: 15:31.89	1:27.23	1500m: 21:13.68	1:22.20
	400m: 5:25.49	1:26.55	800m: 11:11.28	1:26.18	1200m: 16:58.40	1:26.51		
AFGEM	Dylan Jansen	WVZ	18:19.59	200300817				

Programmanr. 17
19-11-2017 - 13:30

Heren, 1500m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Jeugd 1 en 2								
1.	Olivier Jans	The Hague Swimming (SG)	16:28.82	200001815	16:28.63 +0,80 684			
	100m: 1:00.92	1:00.92	500m: 5:24.09	1:05.85	900m: 9:48.52	1:06.52	1300m: 14:17.01	1:07.34
	200m: 2:05.63	1:04.71	600m: 6:29.56	1:05.47	1000m: 10:55.31	1:06.79	1400m: 15:24.20	1:07.19
	300m: 3:11.61	1:05.98	700m: 7:35.73	1:06.17	1100m: 12:02.23	1:06.92	1500m: 16:28.63	1:04.43
	400m: 4:18.24	1:06.63	800m: 8:42.00	1:06.27	1200m: 13:09.67	1:07.44		
2.	Floris de Leeuw	The Hague Swimming (SG)	16:35.45	200105317	16:43.82 +0,69 653			
	100m: 1:01.17	1:01.17	500m: 5:24.48	1:06.47	900m: 9:54.48	1:08.24	1300m: 14:28.52	1:08.66
	200m: 2:06.12	1:04.95	600m: 6:31.00	1:06.52	1000m: 11:02.93	1:08.45	1400m: 15:37.01	1:08.49
	300m: 3:11.64	1:05.52	700m: 7:38.37	1:07.37	1100m: 12:11.06	1:08.13	1500m: 16:43.82	1:06.81
	400m: 4:18.01	1:06.37	800m: 8:46.24	1:07.87	1200m: 13:19.86	1:08.80		
3.	Jasper Breugem	WVZ	17:39.57	200000303	17:00.36 +0,77 622			
	100m: 1:03.44	1:03.44	500m: 5:35.30	1:07.94	900m: 10:08.48	1:08.39	1300m: 14:44.88	1:08.58
	200m: 2:11.11	1:07.67	600m: 6:42.81	1:07.51	1000m: 11:18.28	1:09.80	1400m: 15:54.16	1:09.28
	300m: 3:19.26	1:08.15	700m: 7:51.74	1:08.93	1100m: 12:27.12	1:08.84	1500m: 17:00.36	1:06.20
	400m: 4:27.36	1:08.10	800m: 9:00.09	1:08.35	1200m: 13:36.30	1:09.18		
4.	Tjeerd van Stein	SG LinK /Z&PC Katwijk	17:39.15	200101439	17:20.15 587			
	100m: 1:04.13	1:04.13	500m: 5:38.33	1:09.33	900m: 10:20.19	1:10.93	1300m: 15:03.01	1:10.82
	200m: 2:11.65	1:07.52	600m: 6:47.96	1:09.63	1000m: 11:30.89	1:10.70	1400m: 16:13.03	1:10.02
	300m: 3:20.24	1:08.59	700m: 7:58.38	1:10.42	1100m: 12:41.75	1:10.86	1500m: 17:20.15	1:07.12
	400m: 4:29.00	1:08.76	800m: 9:09.26	1:10.88	1200m: 13:52.19	1:10.44		
5.	Boy Borreman	SG LinK /Z&PC Katwijk	19:33.91	200102751	19:04.71 +0,71 441			
	100m: 1:07.12	1:07.12	500m: 6:11.24	1:17.26	900m: 11:22.23	1:17.49	1300m: 16:32.53	1:17.02
	200m: 2:21.76	1:14.64	600m: 7:28.99	1:17.75	1000m: 12:41.03	1:18.80	1400m: 17:49.04	1:16.51
	300m: 3:37.60	1:15.84	700m: 8:46.73	1:17.74	1100m: 13:58.64	1:17.61	1500m: 19:04.71	1:15.67
	400m: 4:53.98	1:16.38	800m: 10:04.74	1:18.01	1200m: 15:15.51	1:16.87		

Senioren 1 en ouder

1.	Lars Schoffemeer	ZPB H&L Productions	17:16.68	199501907	17:04.87 +0,82 614			
	100m: 1:03.16	1:03.16	500m: 5:37.79	1:09.05	900m: 10:11.61	1:09.09	1300m: 14:48.13	1:09.26
	200m: 2:11.56	1:08.40	600m: 6:45.32	1:07.53	1000m: 11:20.52	1:08.91	1400m: 15:57.55	1:09.42
	300m: 3:20.03	1:08.47	700m: 7:53.86	1:08.54	1100m: 12:29.79	1:09.27	1500m: 17:04.87	1:07.32
	400m: 4:28.74	1:08.71	800m: 9:02.52	1:08.66	1200m: 13:38.87	1:09.08		
2.	Robin van Beek	LZ 1886	17:20.64	199704023	17:13.53 +0,71 599			
	100m: 1:03.46	1:03.46	500m: 5:37.62	1:09.84	900m: 10:14.05	1:08.85	1300m: 14:53.92	1:10.31
	200m: 2:10.77	1:07.31	600m: 6:46.99	1:09.37	1000m: 11:23.77	1:09.72	1400m: 16:05.44	1:11.52
	300m: 3:19.12	1:08.35	700m: 7:56.20	1:09.21	1100m: 12:33.27	1:09.50	1500m: 17:13.53	1:08.09
	400m: 4:27.78	1:08.66	800m: 9:05.20	1:09.00	1200m: 13:43.61	1:10.34		
3.	Nordin Termoshuizen	WVZ	17:52.19	199605401	17:49.57 +0,79 540			
	100m: 1:04.76	1:04.76	500m: 5:47.12	1:11.90	900m: 10:36.73	1:12.62	1300m: 15:26.09	1:12.35
	200m: 2:13.87	1:09.11	600m: 6:58.91	1:11.79	1000m: 11:49.46	1:12.73	1400m: 16:38.78	1:12.69
	300m: 3:23.91	1:10.04	700m: 8:11.57	1:12.66	1100m: 13:01.59	1:12.13	1500m: 17:49.57	1:10.79
	400m: 4:35.22	1:11.31	800m: 9:24.11	1:12.54	1200m: 14:13.74	1:12.15		
4.	Niels Albrechts	ZC De Schotejil	18:30.79	198800039	18:54.19 453			
	100m: 1:10.90	1:10.90	500m: 6:09.76	1:14.98	900m: 11:12.71	1:15.80	1300m: 16:21.33	1:18.25
	200m: 2:25.02	1:14.12	600m: 7:25.67	1:15.91	1000m: 12:29.03	1:16.32	1400m: 17:39.44	1:18.11
	300m: 3:40.14	1:15.12	700m: 8:41.40	1:15.73	1100m: 13:45.94	1:16.91	1500m: 18:54.19	1:14.75
	400m: 4:54.78	1:14.64	800m: 9:56.91	1:15.51	1200m: 15:03.08	1:17.14		
5.	Frank van der Voordt	ZC De Schotejil	19:01.02	198302259	19:44.99 +0,80 397			
	100m: 1:09.24	1:09.24	500m: 6:14.79	1:16.78	900m: 11:27.23	1:19.30	1300m: 16:56.44	1:24.54
	200m: 2:24.65	1:15.41	600m: 7:32.09	1:17.30	1000m: 12:47.16	1:19.93	1400m: 18:21.53	1:25.09
	300m: 3:40.95	1:16.30	700m: 8:49.51	1:17.42	1100m: 14:08.30	1:21.14	1500m: 19:44.99	1:23.46
	400m: 4:58.01	1:17.06	800m: 10:07.93	1:18.42	1200m: 15:31.90	1:23.60		

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Dames, 100m schoolslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1							
1.	Elydjah van der Heul	Van Vliet-Barracuda	1:20.49	200602180	1:20.27	+0,71 515	37.37 42.90
2.	Kimberly Ruiters	De Columbiaan	1:30.53	200600492	1:27.31	+0,75 400	40.58 46.73
3.	Avery Collins	The Hague Swimming (SG)	1:34.42	200603622	1:28.81	+0,79 380	42.72 46.09
4.	Megan Jonkman	The Hague Swimming (SG)	1:30.76	200600508	1:30.26	+0,82 362	42.39 47.87
5.	Sam Boom	MNC Dordrecht	1:31.82	200600384	1:30.90	355	43.37 47.53
6.	Estelle van Wijngaarden	ZPB H&L Productions	1:34.82	200601020	1:32.13	+0,78 341	43.23 48.90
7.	Meygan Leuring	LZ 1886	1:36.87	200602366	1:34.90	312	44.93 49.97
8.	Alessia Ribeiro	WVZ	1:34.72	200601060	1:35.67	+0,77 304	45.76 49.91
9.	Danique van der Hoeven	MNC Dordrecht	1:53.15	200600888	1:50.61	+0,87 197	52.22 58.39

Junioren 2

1.	Niké Telkamp	The Hague Swimming (SG)	1:22.83	200501088	1:21.38	+0,71 494	38.56 42.82
2.	Anastasia Romano	MNC Dordrecht	1:27.94	200501076	1:22.46	+0,79 475	38.55 43.91
3.	Jelsie van Ruijven	WVZ	1:24.00	200500282	1:23.57	+0,69 457	39.97 43.60
4.	Elise Vink	De Columbiaan	1:25.80	200502588	1:24.46	+0,79 442	39.70 44.76
5.	Asha van Lobberegt	de Devel	1:25.09	200500088	1:24.85	+0,67 436	39.80 45.05
6.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:25.86	200503118	1:26.25	+0,79 415	40.49 45.76
7.	Milou Demirel	The Hague Swimming (SG)	1:29.54	200501254	1:26.45	+0,80 412	40.99 45.46
8.	Emi Schipper	ZOB'66	1:28.78	200502126	1:26.64	+0,71 410	41.46 45.18
9.	Jennifer de Keizer	MNC Dordrecht	1:26.70	200501054	1:27.66	+0,81 396	41.42 46.24
10.	Yente Bouwmeester	De Columbiaan	1:26.64	200500340	1:28.28	+0,77 387	41.74 46.54
11.	Vivianne Woltjes	The Hague Swimming (SG)	1:31.35	200501524	1:28.32	+0,79 387	41.99 46.33
12.	Laura Hoogenboezem	KZV de Lansingh	1:31.95	200500390	1:28.45	+0,83 385	42.65 45.80
13.	Merel Schravendijk	The Hague Swimming (SG)	1:32.96	200503382	1:28.54	+0,73 384	42.92 45.62
14.	Sera Emmers	WZK	1:31.33	200503264	1:28.77	+0,73 381	41.55 47.22
15.	Lyke Buscop	ZC De Schoteijl	1:28.87	200500552	1:30.30	362	42.26 48.04
16.	Soscha van den Heuvel	ZPCNumansdorp	1:30.63	200500804	1:30.77	+0,80 356	42.65 48.12
17.	Rosa Kwaijtaal	Poseidon'56	1:32.20	200500872	1:30.99	+0,81 354	42.96 48.03
18.	Tamara de Gier	Widex GZC Donk	1:31.42	200502686	1:33.17	+0,71 329	43.96 49.21
19.	Larissa Punt	de Devel	1:30.16	200501814	1:37.47	+0,78 288	45.15 52.32
NG	Milou Adriaanse	De Columbiaan	1:30.51	200500968			

Junioren 3

1.	Daniëlle Vis	De Columbiaan	1:20.33	200401044	1:16.66	+0,75 591	36.22 40.44
2.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:19.05	200404272	1:19.72	+0,84 526	37.01 42.71
3.	Rinske Bouman	de Devel	1:21.59	200400578	1:20.12	+0,85 518	37.96 42.16
4.	Irma van der Wulp	WVZ	1:20.67	200401950	1:21.90	+0,76 485	39.20 42.70
5.	Jade Geurts	De Watervogels	1:23.77	200402278	1:22.77	+0,77 470	39.08 43.69
6.	Tessa Poot	ZV Vlaardingen-Schiedam	1:25.75	200404264	1:24.57	+0,81 441	38.91 45.66
7.	Phaedra Meijer	ZC De Schoteijl	1:24.87	200401354	1:25.00	+0,79 434	40.45 44.55
8.	Lotte van der Maas	ZOB'66	1:27.69	200402376	1:26.32	+0,84 414	40.74 45.58
9.	Anniko Firman	The Hague Swimming (SG)	1:29.90	200402330	1:26.54	+0,62 411	39.90 46.64
10.	Jet van Oudheusden	ZOB'66	1:30.26	200401012	1:28.52	+0,74 384	41.76 46.76
11.	Lize van Stigt	SG LinK /Z&PC Katwijk	1:28.75	200401510	1:29.59	+0,67 371	42.78 46.81
12.	Jessica Kras	de Devel	1:30.39	200400728	1:31.41	349	42.06 49.35
13.	Cheyenne Elburg	KZV de Lansingh	1:29.97	200401170	1:32.06	+0,86 342	43.49 48.57
14.	Milou van Winkel	AZC	1:51.51	200402296	1:50.37	+0,97 306	53.09 57.28
NG	Fenna Herwig	ZPC Wiekslag	1:27.09	200400908			

Jeugd 1 en 2

1.	Britta Koehorst	KZV de Lansingh	1:12.07	200300246	1:12.76	+0,78 692	34.40 38.36
2.	Lotte Hosper	The Hague Swimming (SG)	1:15.38	200201414	1:15.25	+0,82 625	35.79 39.46
3.	Elise Tanis	ZC De Schoteijl	1:14.14	200200120	1:17.02	+0,70 583	36.40 40.62
4.	Grace Anderson	WVZ	1:16.11	200200578	1:17.11	+0,73 581	36.61 40.50
5.	Rozemarijn van Haaff	ZOB'66	1:18.94	200201852	1:17.41	+0,75 574	35.76 41.65
6.	Maike Issard	The Hague Swimming (SG)	1:18.71	200300022	1:18.76	+0,82 545	37.81 40.95
7.	Isa Boom	MNC Dordrecht	1:18.89	200200186	1:19.98	+0,70 521	36.89 43.09
8.	Britt Steunenber	The Hague Swimming (SG)	1:18.64	200302588	1:20.08	+0,81 519	38.66 41.42
9.	Susan van Grol	Widex GZC Donk	1:23.37	200201344	1:20.57	+0,71 509	37.83 42.74
10.	Ilse Schoenmaker	The Hague Swimming (SG)	1:20.91	200301470	1:20.66	+0,67 508	38.00 42.66
11.	Kristel Beijik	De Columbiaan	1:21.10	200201278	1:21.82	+0,81 486	38.69 43.13

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Programmanr. 18, Meisjes, 100m schoolslag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT	50m	100m
12.	Nienke Mierop	ZC De Schoteteil	1:24.82	200203294	1:22.12	+0,81 481	38.58	43.54
13.	Sanne Vermeulen	The Hague Swimming (SG)	1:23.56	200303902	1:22.41	+0,84 476	38.77	43.64
14.	Wendy ten Wolde	ZPC Wiekslag	1:21.13	200302658	1:24.03	+0,83 449	39.45	44.58
	Maaïke Broersma	BZ en PC	1:21.17	200201522	1:24.03	+0,81 449	39.71	44.32
16.	Sunniva Moed	Poseidon'56	1:25.73	200200856	1:25.30	+0,84 429	40.41	44.89
17.	Esther Reinders	KZV de Lansingh	1:26.86	200301798	1:25.91	+0,68 420	40.58	45.33
18.	Sara Claps	The Hague Swimming (SG)	1:25.05	200205916	1:26.08	+0,71 418	41.12	44.96
19.	Marije de Jager	SG LinK /Z&PC Katwijk	1:26.12	200301394	1:26.09	+0,78 418	40.35	45.74
20.	Amy van Leersum	Poseidon'56	1:24.59	200200300	1:26.25	+0,73 415	40.43	45.82
21.	Amber Hesper	Van Vliet-Barracuda	1:23.81	200202188	1:26.42	+0,73 413	39.70	46.72
22.	Zoë Molenaar	Zoetermeer	1:28.54	200300978	1:28.01	+0,76 391	41.71	46.30
23.	Anna Hoogenboezem	KZV de Lansingh	1:26.49	200200658	1:28.18	+0,85 389	41.23	46.95
24.	Anouk Brand	MNC Dordrecht	1:27.48	200302488	1:29.03	+0,66 378	41.63	47.40
25.	Mirée de Vette	ZPCNumansdorp	1:29.08	200301218	1:29.21	+0,75 375	41.48	47.73
26.	Amber Kuntkes	ZPCNumansdorp	1:33.42	200202458	1:33.42	+0,76 327	43.67	49.75
AFGEM	Kim de Jong	SG LinK /Z&PC Katwijk	1:14.79	200301026				

Senioren 1 en 2

1.	Rosey Metz	WVZ	1:08.86	200101786	1:10.69	+0,78 754	33.07	37.62
2.	Inge Vieveen	WVZ	1:13.60	200100024	1:14.71	+0,83 639	35.36	39.35
3.	Lynn Blommers	AZC	1:15.04	200105062	1:14.73	+0,64 638	34.66	40.07
4.	Marlinde Beukers	WVZ	1:16.10	200101934	1:16.28	600	35.84	40.44
5.	Jip Veeman	The Hague Swimming (SG)	1:16.62	200106100	1:16.61	+0,74 593	35.20	41.41
6.	Eline Duynisveld	WVZ	1:18.02	200103958	1:17.60	+0,74 570	36.08	41.52
7.	Anniek de Ruiters	Widex GZC Donk	1:19.89	200101224	1:18.19	557	36.80	41.39
8.	Sam IJzerman	De Geul	1:19.55	200101204	1:19.20	+0,70 536	37.14	42.06
9.	Manon Middelbos	ZC De Schoteteil	1:21.41	200100056	1:19.59	+0,76 529	37.75	41.84
10.	Sanne Heemskerk	LZ 1886	1:18.09	200100600	1:20.13	+0,76 518	37.69	42.44
11.	Nuria Boersma	WZK	1:18.84	200100906	1:22.06	+0,85 482	38.33	43.73
12.	Elyanne Boudestein	Zoetermeer	1:17.66	200101060	1:22.22	+0,83 479	38.18	44.04
13.	Jessica Baars	The Hague Swimming (SG)	1:24.51	200101966	1:22.93	+0,81 467	39.19	43.74
14.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	1:20.72	200000994	1:23.51	+0,75 458	39.31	44.20
15.	Kirana Hoogenbosch	De Geul	1:24.22	200003428	1:23.66	+0,65 455	38.45	45.21
16.	Samantha Gerritse	SG LinK /Z&PC Katwijk	1:23.02	200102062	1:23.78	+0,69 453	39.01	44.77
17.	Giulia Corsi	De Columbiaan	1:20.31	200100468	1:24.38	+0,78 444	38.87	45.51
18.	Esmée Roodenburg	De Geul	1:23.63	200100040	1:24.74	438	39.70	45.04
19.	Kim van Gemert	Poseidon'56	1:25.00	200101968	1:25.21	+0,75 431	40.57	44.64
20.	Inge Belfor	De Columbiaan	1:28.11	200100578	1:27.43	+0,76 681	41.87	45.56
21.	Nicoline Schol	BZ en PC	1:28.15	200003600	1:27.85	+0,71 393	41.78	46.07
AFGEM	Kirsten de Hoog	SG SCOM/de Zeehond'73	1:28.80	200000460				

Senioren

1.	Ilse Rijnja	The Hague Swimming (SG)	1:15.07	199802432	1:13.10	+0,70 682	33.77	39.33
2.	Angelique van Vark	Z&PC De Gouwe	1:15.03	199701478	1:14.41	+0,72 647	35.36	39.05
3.	Annemarie Meijer	SG SCOM/de Zeehond'73	1:15.33	199900964	1:14.61	+0,78 642	35.41	39.20
4.	Senna Pols	SG SCOM/de Zeehond'73	1:15.98	199700012	1:17.45	+0,72 574	36.40	41.05
5.	Lotte Middelbos	ZC De Schoteteil	1:17.25	199900680	1:17.51	+0,79 572	36.52	40.99
6.	Lonneke Graansma	LZ 1886	1:15.77	199900936	1:18.12	559	36.55	41.57
7.	Melissa van der Heijden	Van Vliet-Barracuda	1:19.61	199605226	1:19.28	+0,77 535	37.55	41.73
8.	Isabel van der Boor	MNC Dordrecht	1:18.47	199901330	1:19.36	+0,72 533	36.54	42.82
9.	Inge van der Hoek	The Hague Swimming (SG)	1:22.49	199204034	1:21.23	+0,67 497	38.34	42.89
10.	Wendy de Bruin	ZOB'66	1:20.84	199206320	1:21.50	+0,67 492	38.02	43.48
11.	Rebecca Evers	ZOB'66	1:22.23	199207916	1:22.16	+0,80 480	38.39	43.77
12.	Aylin van Uffelen	ZPB H&L Productions	1:21.53	199600352	1:22.80	+0,77 469	39.07	43.73
13.	Moniek Heemskerk	LZ 1886	1:21.37	199601964	1:23.22	462	39.42	43.80

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Heren, 50m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
Junioren 1							
1.	Menno Wieringa	KZV de Lansingh	32.68	200500927	32.66	+0,61	399
2.	Luca Nguyen-tri	Rotterdam Swimming	34.51	200500781	34.15	+0,63	349
3.	Gabriel Been	The Hague Swimming (SG)	36.43	200501467	34.80	+0,71	330
4.	Björn Verkaik	The Hague Swimming (SG)	36.80	200500411	35.34	+0,73	315
5.	River Streefland	The Hague Swimming (SG)	37.30	200502253	36.46	+0,76	287
6.	Conor Baker	De Columbiaan	37.19	200500991	37.10	+0,59	272
7.	Coen Frkovic	ZPB H&L Productions	38.45	200502397	37.18	+0,69	270
8.	Thijs Visser	Van Vliet-Barracuda	40.03	200502129	37.32	+0,74	267
9.	Tim van Lochem	Zoetermeer	38.72	200500077	38.36	+0,57	246
10.	Sytze van Stein	SG LinK /Z&PC Katwijk	39.43	200501155	39.12	+0,54	232

Junioren 2

1.	Jay de Vries	de Devel	30.41	200400669	30.34	+0,70	497
2.	Timo Kock	de Devel	31.87	200400387	31.11	+0,66	461
3.	Julien Tanis	ZC De Schotejil	31.62	200401045	31.70	+0,68	436
4.	Max van Schagen	De Columbiaan	32.11	200402591	31.80	+0,68	432
5.	Chris van der Hout	The Hague Swimming (SG)	32.37	200401355	31.95	+0,71	426
6.	Jason van den Berg	Rotterdam Swimming	33.53	200400009	32.02	+0,60	423
7.	Abel te Riele	WVZ	32.68	200402317	32.40	+0,67	408
8.	Bart Pardon	WVZ	34.89	200400639	32.43	+0,65	407
9.	Olivier Krayenbuhl	The Hague Swimming (SG)	34.20	200403215	33.36	+0,71	374
10.	Sem Verberg	The Hague Swimming (SG)	34.97	200402105	33.48	+0,81	370
11.	Loeka Wubben	The Hague Swimming (SG)	37.79	200400307	34.19	+0,75	348
12.	Pepijn van Egmond	WVZ	35.31	200402309	34.38	+0,70	342
13.	Thomas van Peenen	De Columbiaan	35.40	200400097	34.79	+0,65	330
14.	Thijm Kruit	De Columbiaan	33.80	200401339	34.91	+0,71	327
15.	Lars van den Heuvel	ZPB H&L Productions	36.10	200402623	36.12	+0,67	295
16.	Niels van der Mast	ZPCNumansdorp	36.86	200401917	36.87	+0,88	277

Junioren 3

1.	Keanu Streefland	The Hague Swimming (SG)	29.00	200302445	28.82	+0,70	580
2.	Jelle Bon	ZV Vlaardingen-Schiedam	30.03	200301077	30.11	+0,67	509
3.	Dylan Jansen	WVZ	31.52	200300817	30.80	+0,58	476
4.	Bjarne Buijs	The Hague Swimming (SG)	34.23	200301089	31.11	+0,71	461
5.	Perry Laarhoven	ZPCNumansdorp	32.52	200301321	31.54	+0,76	443
6.	Michael Smink	The Hague Swimming (SG)	32.71	200302169	31.59	+0,80	441
7.	Daan Hogerhuis	SG LinK /Z&PC Katwijk	31.98	200300317	32.05	+0,70	422
8.	Kenan Cörüz	SG Albion d'ELFT	34.05	200300357	32.16	+0,65	418
9.	Stefan Groen	KZV de Lansingh	34.25	200301179	32.94	+0,59	389
10.	David Jagerman	The Hague Swimming (SG)	33.37	200302127	33.04	+0,77	385
11.	Milan van Aken	The Hague Swimming (SG)	36.24	200303307	33.38	+0,82	374
12.	Julian Stok	de Devel	36.35	200300071	33.91	+0,72	356
13.	Yassine Maas	The Hague Swimming (SG)	33.68	200301505	34.09	+0,61	351
14.	Chris Vogelaar	LZ 1886	34.39	200302241	34.23	+0,72	346
15.	Thimo van Beek	LZ 1886	34.39	200301347	34.30	+0,64	344
16.	Maximilian Lopes Cardozo	WZK	34.72	200300665	34.55	+0,69	337
17.	Jesse Plomp	ZOB'66	34.84	200304143	34.75	+0,76	331
18.	Mike van Huizen	ZPCNumansdorp	36.23	200300891	35.56	+0,82	309
19.	Tygo Korving	ZPB H&L Productions	33.33	200300773	35.73	+0,76	305
20.	Maxim Noordman	The Hague Swimming (SG)	37.12	200304067	36.40	+0,66	288
21.	Jort Jongenelen	Zoetermeer	37.31	200303233	37.50	+0,71	263
22.	Pepyn van Brakel	ZPCNumansdorp	38.68	200300877	38.72	+0,66	239
NG.ZA	Vendel Kalman	WZK	35.89	200304581			

Junioren 4

1.	Nikhom Westphal	SG SCOM/de Zeehond'73	29.03	200203329	27.65	+0,67	657
2.	Sean Niewold	WVZ	28.71	200204699	28.55	+0,66	597
3.	Brandon van den Berg	Rotterdam Swimming	29.06	200200669	28.96	+0,63	572
4.	Jarno Verbeek	Zoetermeer	29.74	200200931	29.19	+0,65	559
5.	Viktor Koets	De Columbiaan	29.35	200201677	29.40	+0,70	547
	Niels Dijkshoorn	ZV Westland	29.61	200203079	29.40	+0,68	547
7.	Scott Jansen	WVZ	30.26	200202455	29.97	+0,76	516

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rang	naam	vereniging	intijd		tijd	RT	
8.	Dylano Termoshuizen	WVZ	30.93	200202169	30.02	+0,64	514
9.	Thomas van Wanrooij	Poseidon'56	30.54	200201473	30.80	+0,73	717
10.	Stijn den Otter	de Devel	33.16	200200225	31.39	+0,68	449
11.	Lougo Gorré	ZV Vlaardingen-Schiedam	33.59	200201765	32.49	+0,61	405
12.	Björn de Heus	ZV Vlaardingen-Schiedam	34.55	200201077	32.58	+0,71	402
13.	Bas van Nisius	The Hague Swimming (SG)	34.64	200202107	32.87	+0,74	391
14.	Johrick Wijma	KZV de Lansingh	33.77	200204435	33.11	+0,71	383
15.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	33.72	200200619	33.20	+0,70	380
16.	Mark Bom	LZ 1886	33.65	200201471	33.73	+0,57	362
17.	Timo Kolk	MNC Dordrecht	35.73	200202971	35.57	+0,72	309

Jeugd 1 en 2

1.	Thomas Jansen	WVZ	27.81	200100143	27.08	+0,69	700
2.	Olivier Jans	The Hague Swimming (SG)	29.09	200001815	28.84	+0,73	579
3.	Sander Iuga	Poseidon'56	28.83	200101389	28.89	+0,64	576
4.	Christiaan Smit	The Hague Swimming (SG)	30.79	200102463	29.37	+0,55	548
5.	Floris de Leeuw	The Hague Swimming (SG)	29.66	200105317	29.55	+0,71	538
6.	Querijn Hensen	The Hague Swimming (SG)	29.30	200102121	29.59	+0,69	835
7.	Wesley Scheepbouwer	ZPC Wiekslag	29.92	200101959	29.67	+0,66	532
8.	Michael Boekestijn	ZV Westland	30.33	200100767	30.16	+0,70	506
9.	Sjoerd van Weelden	PCG	30.59	200101217	30.27	+0,73	501
10.	Sander van Beek	LZ 1886	31.38	200002917	30.81	+0,57	475
11.	Tjeerd van Stein	SG LinK /Z&PC Katwijk	29.84	200101439	31.13	+0,73	461
12.	Wessel Bonkestoter	Widex GZC Donk	33.26	200100625	32.10	+0,63	420
13.	Liam van Gool	De Geul	33.20	200001111	32.17	+0,65	417
14.	Dylan Kalden	De Duck	33.43	200003283	32.96	+0,72	388
15.	Boy Borreman	SG LinK /Z&PC Katwijk	33.20	200102751	33.39	+0,63	373
NG	Quinn van den Heuvel	WVZ	29.51	200100297			
NG	Anne Schuurmans	WVZ	29.90	200003919			
NG	Youri ten Brink	The Hague Swimming (SG)	32.61	200104719			

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming	26.46	199200031	25.88	+0,69	802
2.	Bjorn Scherbeijn	The Hague Swimming (SG)	25.71	199600349	26.00	+0,64	790
3.	Mark Baars	Rotterdam Swimming	26.55	198500059	26.86	+0,68	717
4.	Melvin Prins	ZPC Wiekslag	27.16	199500201	27.09	+0,70	699
5.	Mike Hoek	De Duck	27.75	199702229	27.33	+0,76	681
6.	Dave Jansen	WVZ	28.03	199805299	28.44	+0,55	604
7.	Robin Lecomte	KZV de Lansingh	28.41	199900711	28.56	+0,66	596
8.	Timo Dinkelberg	SG Albion d'ELFT	28.09	199300773	28.83	+0,67	580
9.	Daan Egberts	AZC	29.65	199502433	28.89	+0,64	576
10.	Jorian Tanis	ZC De Schotejil	29.98	199900327	29.36	+0,75	549
11.	Ivo van Dijk	The Hague Swimming (SG)	29.09	199702985	29.71	+0,66	530
12.	Robin van Beek	LZ 1886	30.96	199704023	29.82	+0,65	524
13.	Ryan van den Ouden	Poseidon'56	29.73	199900377	29.97	+0,72	516
14.	David Kievit	ZC De Schotejil	30.91	199900325	30.00	+0,89	515
15.	Jordy van Oel	WVZ	29.86	199802003	30.14	+0,65	507
16.	Roel van Grol	Widex GZC Donk	30.89	199802277	30.31	+0,72	499
17.	Linquendo van der Klooster	ZPB H&L Productions	29.76	199801361	30.46	+0,72	492
18.	Rogier Dorsman	de Devel	30.82	199900211	31.51	+0,65	707
19.	Peter Schelvis	SG LinK /Z&PC Katwijk	33.95	198906671	33.85	+0,73	358
20.	Stefan Duivenvoorden	Noordwijkerhout	45.09	199704907	43.08	+0,80	270

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Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
Junioren 1								
1.	Estelle van Wijngaarden	ZPB H&L Productions	1:18.10	200601020	1:17.06	+0,79 376	36.45	40.61
2.	Jade van der Maas	WVZ	1:18.98	200600408	1:17.79	+0,78 366	37.41	40.38
3.	Kimberly Ruiter	De Columbiaan	1:21.52	200600492	1:19.78	+0,76 339	36.07	43.71
4.	Mara Tims	Van Vliet-Barracuda	1:23.75	200601136	1:21.16	322	38.25	42.91
5.	G. Schrijvers van Zender	The Hague Swimming (SG)	1:26.18	200601618	1:22.88	+0,80 303	38.97	43.91
6.	Leyla Oversluizen	ZC De Schoteijl	1:23.86	200602730	1:24.71	+0,73 283	38.00	46.71
7.	Megan Jonkman	The Hague Swimming (SG)	1:26.35	200600508	1:28.35	+0,80 250	40.72	47.63
8.	Britt Rodenburg	Zoetermeer	1:31.64	200601126	1:30.93	+0,92 229	41.47	49.46
9.	Elydjah van der Heul * <i>backuptijd 100m</i>	Van Vliet-Barracuda	1:24.11	200602180	1:31.06	+0,85 228	41.46	49.60
10.	Avery Collins	The Hague Swimming (SG)	1:27.31	200603622	1:31.53	+0,79 225	40.93	50.60
11.	Laura 't Lam * <i>backuptijd 100m</i>	De Geul	1:26.44	200603376	1:32.90	+0,80 215	41.60	51.30
12.	Quinty Kersten	ZOB'66	1:42.46	200601166	1:43.18	+0,83 157	45.40	57.78
13.	Emma Suderee	MNC Dordrecht	1:43.19	200603598	1:45.50	+0,64 147	46.41	59.09
Junioren 2								
1.	Nurlaylah Kartosentiko	ZV Vlaardingen-Schiedam	1:16.16	200501256	1:14.99	+0,75 408	33.46	41.53
2.	Jelsie van Ruijven	WVZ	1:15.32	200500282	1:15.50	+0,74 400	33.97	41.53
3.	Niké Telkamp	The Hague Swimming (SG)	1:21.90	200501088	1:18.02	+0,74 363	35.39	42.63
4.	Mar Stoel	De Columbiaan	1:22.61	200500520	1:19.97	+0,71 337	36.40	43.57
5.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:25.79	200503292	1:20.63	329	36.81	43.82
6.	Hope van Zwol	ZV Vlaardingen-Schiedam	1:20.41	200502852	1:20.71	328	37.32	43.39
7.	Asha van Lobberegt	de Devel	1:17.38	200500088	1:20.93	+0,76 325	36.59	44.34
8.	Milou Demirel	The Hague Swimming (SG)	1:23.40	200501254	1:22.41	+0,78 308	37.52	44.89
9.	Vivianne Woltjes	The Hague Swimming (SG)	1:23.19	200501524	1:22.51	307	37.51	45.00
10.	Isa Maes	de Devel	1:23.26	200500110	1:24.40	287	37.34	47.06
11.	Jennifer de Keizer	MNC Dordrecht	1:29.36	200501054	1:29.67	+0,81 239	40.77	48.90
12.	Sera Emmers	WZK	1:35.39	200503264	1:32.57	+0,52 217	39.77	52.80
NG	Milou Adriaanse	De Columbiaan	1:22.31	200500968				
Junioren 3								
1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	1:08.65	200400258	1:07.57	+0,67 558	31.26	36.31
2.	Rinske Bouman	de Devel	1:11.00	200400578	1:10.70	487	33.22	37.48
3.	Nora van der Steen	SG LinK /Z&PC Katwijk	1:10.51	200403458	1:11.13	+0,73 479	33.22	37.91
4.	Lize van Stigt	SG LinK /Z&PC Katwijk	1:09.58	200401510	1:12.70	+0,67 448	34.06	38.64
5.	Milou van Wijk	MNC Dordrecht	1:19.41	200404948	1:13.73	+0,75 430	33.19	40.54
6.	Cheyenne Elburg	KZV de Lansingh	1:20.09	200401170	1:14.88	+0,76 410	34.98	39.90
7.	Daniëlle Vis	De Columbiaan	1:16.93	200401044	1:14.97	+0,81 409	34.33	40.64
8.	Isis Naaktgeboren	de Devel	1:14.68	200403914	1:15.87	+0,86 394	33.80	42.07
9.	Anique Star	De Columbiaan	1:18.43	200400446	1:16.82	+0,77 380	35.31	41.51
10.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:16.37	200404272	1:17.65	+0,83 368	34.86	42.79
11.	Fiona Moerman	The Hague Swimming (SG)	1:22.17	200401668	1:18.41	+0,68 357	35.75	42.66
12.	Lotte van der Maas	ZOB'66	1:19.70	200402376	1:18.92	+0,87 350	36.66	42.26
13.	Tessa Poot	ZV Vlaardingen-Schiedam	1:19.65	200404264	1:20.26	+0,91 333	36.79	43.47
14.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	1:20.55	200402932	1:20.76	+0,72 327	36.04	44.72
15.	Anniko Firman	The Hague Swimming (SG)	1:20.09	200402330	1:20.99	+0,62 324	35.91	45.08
16.	Éléana Poilpré	The Hague Swimming (SG)	1:17.63	200404748	1:21.30	+0,80 321	36.55	44.75
17.	M. van 't Walderveen	Zoetermeer	1:24.48	200400902	1:22.06	+0,79 312	37.12	44.94
18.	Mandy van der Meijden	Widex GZC Donk	1:25.22	200402574	1:22.18	+0,68 310	35.24	46.94
19.	Jet van Oudheusden	ZOB'66	1:22.87	200401012	1:22.85	+0,76 303	38.00	44.85
20.	Feija de Bruin	WVZ	1:26.80	200400106	1:24.98	+0,89 422	38.43	46.55
NG	Fenna Herwig	ZPC Wiekslag	1:16.54	200400908				

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Jeugd 1 en 2

1.	Elise Tanis	ZC De Schoteijl	1:01.81	200200120	1:03.05	+0,72	687	29.70	33.35
2.	Britta Koehorst	KZV de Lansingh	1:03.42	200300246	1:03.57	+0,75	671	29.63	33.94
3.	Lotte Hosper	The Hague Swimming (SG)	1:03.21	200201414	1:04.00	+0,79	657	29.77	34.23
4.	Tessa Giele	SG SCOM/de Zeehond'73	1:05.12	200203124	1:04.72		635	30.75	33.97
5.	Maaïke Broersma	BZ en PC	1:09.69	200201522	1:07.31	+0,75	565	30.96	36.35
6.	Ilse Kraaijeveld	The Hague Swimming (SG)	1:10.51	200202190	1:08.30	+0,70	541	31.53	36.77
7.	Maaïke Issard	The Hague Swimming (SG)	1:08.31	200300022	1:09.73	+0,80	508	32.23	37.50
8.	Isa Boom	MNC Dordrecht	1:12.04	200200186	1:12.21	+0,72	457	32.91	39.30
9.	Julia Notenboom	De Columbiaan	1:14.73	200302596	1:12.73	+0,72	448	33.73	39.00
10.	Anne Straub	Zoetermeer	1:13.97	200201402	1:12.92	+0,59	444	33.04	39.88
11.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:11.87	200301124	1:13.24	+0,80	438	33.43	39.81
12.	Sara Claps	The Hague Swimming (SG)	1:14.49	200205916	1:13.93	+0,66	426	33.85	40.08
13.	Britt Steunenberg	The Hague Swimming (SG)	1:17.34	200302588	1:14.24	+0,76	421	34.17	40.07
14.	Tamara de Ruiters	ZC De Schoteijl	1:15.66	200203060	1:15.46	+0,77	401	34.45	41.01
15.	Joyce van 't Hof	de Devel	1:12.67	200302122	1:15.67	+0,68	398	33.64	42.03
16.	Rozemarijn van Haaff	ZOB'66	1:18.02	200201852	1:15.99	+0,75	393	34.09	41.90
17.	Susan van Grol	Widex GZC Donk	1:16.81	200201344	1:16.43	+0,71	386	35.46	40.97
18.	Megan de Hoog	SG SCOM/de Zeehond'73	1:13.08	200300214	1:16.52	+0,78	384	33.80	42.72
19.	Amy Koelman	De Columbiaan	1:14.83	200300922	1:16.69	+0,79	382	35.72	40.97
20.	Amy van Leersum	Poseidon'56	1:12.71	200200300	1:17.22	+0,77	374	34.34	42.88
21.	Esther Reinders	KZV de Lansingh	1:20.61	200301798	1:17.71	+0,68	367	34.87	42.84
22.	Ilse Schoenmaker	The Hague Swimming (SG)	1:17.47	200301470	1:18.01	+0,70	363	36.03	41.98
23.	Marije de Jager	SG LinK /Z&PC Katwijk	1:21.67	200301394	1:19.54		342	35.83	43.71
24.	Wendy ten Wolde	ZPC Wiekslag	1:15.84	200302658	1:20.26	+0,80	333	34.66	45.60
25.	Serena den Tuinder	ZPCNumansdorp	1:22.42	200303552	1:21.78	+0,77	315	36.16	45.62
26.	Maaïke van Lochem	Zoetermeer	1:30.38	200301390	1:28.31	+0,77	250	40.10	48.21
AFGEM	Kim de Jong	SG LinK /Z&PC Katwijk	1:11.31	200301026					

Senioren 1 en 2

1.	Chefanja Nunes	WVZ	1:00.47	200104750	1:02.26	+0,69	714	29.26	33.00
2.	Lauren van IJll	WVZ	1:06.72	200001064	1:05.90	+0,68	602	30.37	35.53
3.	Inge Vieveen	WVZ	1:06.17	200100024	1:06.17	+0,81	595	30.77	35.40
4.	Lynn Blommers	AZC	1:09.78	200105062	1:09.37		516	31.16	38.21
5.	Sanne Busch	MNC Dordrecht	1:12.70	200101486	1:09.58	+0,70	511	31.36	38.22
6.	Esmee Wijnmaalen	PCG	1:11.53	200100298	1:10.77	+0,79	486	32.27	38.50
7.	Floor de Kievit	The Hague Swimming (SG)	1:10.38	200100238	1:10.90	+0,81	483	32.51	38.39
8.	Lisa Pijlman	De Kempvis	1:11.63	200103004	1:11.43	+0,73	473	32.74	38.69
9.	Jana Plaisier	de Devel	1:11.05	200101266	1:11.54	+0,80	470	32.89	38.65
10.	Jessica Baars	The Hague Swimming (SG)	1:14.49	200101966	1:12.69	+0,87	448	33.48	39.21
11.	Anne van der Zwan	The Hague Swimming (SG)	1:10.56	200101134	1:12.86	+0,70	445	33.17	39.69
12.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	1:13.58	200000994	1:14.27	+0,80	420	33.86	40.41
13.	S. van den Dobbelssteen	The Hague Swimming (SG)	1:16.65	200100904	1:14.48		417	33.97	40.51
14.	Zoë van Gool	De Geul	1:12.14	200000964	1:15.27	+0,75	404	33.48	41.79
15.	Inge Belfor	De Columbiaan	1:15.92	200100578	1:16.36	+0,76	581	35.36	41.00
16.	Giulia Corsi	De Columbiaan	1:12.35	200100468	1:16.60	+0,82	383	35.07	41.53
17.	Samantha Gerritse	SG LinK /Z&PC Katwijk	1:18.05	200102062	1:17.57	+0,70	369	35.40	42.17
18.	Esmée Roodenburg	De Geul	1:12.76	200100040	1:17.95		364	35.51	42.44
19.	Shanti van Kan	Poseidon'56	1:18.48	200102446	1:21.02		324	35.46	45.56
20.	Jonne Moleman	SG LinK /Z&PC Katwijk	1:30.18	200006264	1:36.73	+0,96	286	43.02	53.71

Senioren

1.	Mariska Scheel	KZV de Lansingh	1:06.53	199306344	1:04.77	+0,78	634	30.27	34.50
2.	Melissa van der Heijden	Van Vliet-Barracuda	1:08.49	199605226	1:07.51		560	32.03	35.48
3.	Angelique van Vark	Z&PC De Gouwe	1:08.76	199701478	1:08.52	+0,73	535	31.91	36.61
4.	Anouk van Weelden	PCG	1:10.09	199902828	1:09.57	+0,84	512	31.96	37.61
5.	Sterre Keller	The Hague Swimming (SG)	1:09.50	199904142	1:10.02	+0,79	502	31.44	38.58
6.	Miranda Nijenhuis	De Columbiaan	1:10.14	199204076	1:10.14	+0,79	499	32.10	38.04
7.	Tessa Bruijgoms	MNC Dordrecht	1:14.38	199801322	1:12.91	+0,77	444	33.91	39.00
8.	Isabel van der Boor	MNC Dordrecht	1:12.90	199901330	1:12.94	+0,68	444	33.36	39.58
9.	Wendy de Bruin	ZOB'66	1:11.71	199206320	1:13.36		436	33.80	39.56
10.	Lonneke Graansma	LZ 1886	1:11.29	199900936	1:13.79	+0,82	429	34.05	39.74
11.	Rebecca Evers	ZOB'66	1:15.64	199207916	1:14.99	+0,80	408	34.04	40.95
12.	Romy de Laat	ZPC Wiekslag	1:05.56	199900902	1:15.10	+0,80	407	32.86	42.24
13.	Moniek Heemskerk	LZ 1886	1:14.72	199601964	1:16.16	+0,75	390	35.47	40.69
NG	Ramona Linting	SG LinK /Z&PC Katwijk	1:14.53	198301274					
NG	Babette van der Kaaij	ZV Westland	1:10.63	199902234					

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rang	naam	vereniging	intijd	tijd	RT	50m	100m
NG	Fenna de Groot	SG Albion d'ELFT	1:06.17	199701796			

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Heren, 200m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Junioren 1											
1.	Sem Agterdenbos	MNC Dordrecht	2:22.59	200500049	2:19.60	+0,76	390	31.91	36.49	36.97	34.23
2.	Menno Wieringa	KZV de Lansingh	2:26.71	200500927	2:23.07	+0,72	362	31.89	37.48	37.54	36.16
3.	Gabriel Been	The Hague Swimming	(2:26.06	200501467	2:24.11	+0,74	355	32.57	37.19	38.20	36.15
4.	Luca Nguyen-tri	Rotterdam Swimming	2:34.29	200500781	2:26.58	+0,69	337	34.69	38.12	37.45	36.32
5.	Björn Verkaik	The Hague Swimming	(2:27.77	200500411	2:27.18	+0,77	333	33.68	37.30	38.04	38.16
6.	River Streefland	The Hague Swimming	(2:40.19	200502253	2:29.06	+0,82	320	35.28	38.19	39.64	35.95
7.	Émile Fouzaï	The Hague Swimming	(2:33.82	200500263	2:30.63	+0,73	311	33.43	38.59	39.68	38.93
8.	Thijs Visser	Van Vliet-Barracuda	2:33.37	200502129	2:32.64	+0,88	298	34.52	38.91	39.86	39.35
9.	Sytze van Stein	SG Link /Z&PC Katwijk	2:39.60	200501155	2:35.05		285	35.10	39.84	40.68	39.43
10.	Conor Baker	De Columbiaan	2:37.10	200500991	2:35.94		280	36.18	40.62	41.28	37.86
11.	Onno Roeleveld	De Columbiaan	2:37.35	200502775	2:38.34	+0,75	267	35.31	40.48	41.84	40.71
12.	Coen Frkovic	ZPB H&L Productions	2:53.17	200502397	2:38.39	+0,72	267	35.40	41.65	42.00	39.34
13.	Casper Hoogervorst	De Columbiaan	2:28.22	200500183	2:38.46	+0,73	267	35.98	40.53	41.50	40.45
14.	Tyler Diependaal	The Hague Swimming	(2:39.16	200500879	2:40.71	+0,80	256	35.57	41.48	43.11	40.55
15.	Tim van Lochem	Zoetermeer	2:49.50	200500077	2:41.74	+0,68	251	35.59	41.78	42.72	41.65
16.	Julian Kersten	The Hague Swimming	(2:37.71	200500613	2:46.21	+0,74	231	39.46	44.39	42.96	39.40
17.	Sander Gerritse	SG Link /Z&PC Katwijk	2:54.13	200500189	2:46.48	+0,77	230	37.78	43.26	43.46	41.98
18.	Tjomme de Tender	De Geul	2:48.46	200502187	2:52.65	+0,78	206	37.78	44.20	46.78	43.89
	<i>* backuptijd 150m</i>										
DIS	Aaïke de Tender	De Geul	2:39.36	200502189							
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>										

Junioren 2

1.	Abel te Riele	WVZ	2:10.97	200402317	2:07.98	+0,75	506	29.83	33.20	33.15	31.80
2.	Jay de Vries	de Devel	2:12.30	200400669	2:09.28	+0,78	491	29.54	33.07	33.77	32.90
	<i>* backuptijd 200m</i>										
3.	Chris van der Hout	The Hague Swimming	(2:19.27	200401355	2:11.88	+0,77	463	29.97	34.43	35.05	32.43
4.	Erik Oldenkamp	KZV de Lansingh	2:12.91	200400597	2:12.13	+0,82	460	30.21	33.88	34.37	33.67
5.	Julien Tanis	ZC De Schotejil	2:13.30	200401045	2:12.30	+0,67	458	29.82	34.01	34.91	33.56
6.	Jason van den Berg	Rotterdam Swimming	2:17.91	200400009	2:13.09	+0,68	450	30.63	34.09	34.61	33.76
7.	Thijm Kruit	De Columbiaan	2:20.52	200401339	2:14.51	+0,82	436	30.58	34.29	35.79	33.85
8.	Bart Pardon	WVZ	2:23.38	200400639	2:16.66	+0,72	416	30.66	35.55	35.80	34.65
9.	Kun Woo Kim	The Hague Swimming	(2:30.25	200401361	2:16.79	+0,79	415	31.22	33.82	35.65	36.10
10.	Niels van der Mast	ZPCNumansdorp	2:21.48	200401917	2:16.92	+0,66	413	31.74	34.79	36.05	34.34
11.	Wen-Ye Chen	Rotterdam Swimming	2:23.39	200402859	2:17.20	+0,50	411	31.93	35.61	35.67	33.99
12.	Loeka Wubben	The Hague Swimming	(2:26.46	200400307	2:20.09	+0,77	386	31.39	35.41	37.36	35.93
13.	Arthur Bondartsov	de Devel	2:24.20	200403231	2:20.15	+0,79	385	32.27	35.55	36.39	35.94
14.	Max van Schagen	De Columbiaan	2:25.40	200402591	2:21.22	+0,69	377	34.32	35.91	36.40	34.59
15.	Olivier Krayenbuhl	The Hague Swimming	(2:26.10	200403215	2:22.82	+0,84	364	32.76	36.84	37.48	35.74
16.	Tim Haimé	The Hague Swimming	(2:31.46	200403567	2:23.90		356	34.53	37.55	36.95	34.87
17.	Sem Verberg	The Hague Swimming	(2:34.23	200402105	2:24.53	+0,74	352	32.81	37.42	37.98	36.32
18.	Thomas van Peenen	De Columbiaan	2:30.59	200400097	2:25.61	+0,74	344	33.03	37.84	38.74	36.00
19.	Michael van den Enden	PCG	2:31.44	200401589	2:27.83	+0,72	328	33.74	38.39	38.18	37.52
20.	Milan Masselink	The Hague Swimming	(2:34.55	200402165	2:29.14	+0,76	320	34.66	37.83	38.50	38.15
21.	Marijn Dekkers	Widex GZC Donk	2:37.88	200402275	2:33.00	+0,88	296	35.39	39.52	40.42	37.67
22.	Duncan den Hartog	De Kempvis	2:41.15	200401889	2:34.01	+0,76	291	36.69	39.31	40.43	37.58
23.	Casper van Nijnatten	Rotterdam Swimming	2:36.34	200402559	2:41.50	+0,75	252	36.10	40.95	42.53	41.92
	<i>* backuptijd 150m</i>										

Regiokampioenschappen korte baan
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Programmanr. 21, Heren, 200m vrije slag

Junioren 3

1. Zev Bulk	Widex GZC Donk	2:10.00	200304021	2:04.54	+0,67	549	29.53	32.47	32.63	29.91
2. Jelle Bon	ZV Vlaardingen-Schied	2:07.38	200301077	2:04.57	+0,68	549	28.27	31.86	33.18	31.26
3. Keanu Streefland	The Hague Swimming	(2:10.86	200302445	2:06.10	+0,72	529	29.48	32.42	32.97	31.23
4. Senna Mooldijk	De Kempvis	2:09.79	200301147	2:07.32	+0,67	514	28.73	32.41	33.28	32.90
5. Perry Laarhoven	ZPCNumansdorp	2:11.43	200301321	2:08.91	+0,84	495	29.25	33.04	33.60	33.02
6. Milan Hamel	The Hague Swimming	(2:10.13	200302125	2:10.55	+0,80	477	29.92	33.47	34.94	32.22
7. Daan Hogerhuis	SG Link /Z&PC Katwijk	2:15.02	200300317	2:11.34	+0,68	468	30.00	33.50	34.48	33.36
8. Bjarne Buijs	The Hague Swimming	(2:14.45	200301089	2:11.85	+0,73	463	30.74	34.01	34.08	33.02
9. Michael Smink	The Hague Swimming	(2:17.89	200302169	2:12.40	+0,90	457	30.26	34.86	35.42	31.86
10. Milan van Aken	The Hague Swimming	(2:15.73	200303307	2:13.36	+0,81	447	30.52	34.79	34.62	33.43
11. Kenan Cörüz	SG Albion d'ELFT	2:14.81	200300357	2:13.98	+0,68	441	30.41	34.73	35.19	33.65
12. Dylan Jansen	WVZ	2:11.60	200300817	2:14.34	+0,67	438	30.20	34.26	35.46	34.42
13. Yassine Maas	The Hague Swimming	(2:18.84	200301505	2:14.65	+0,80	435	30.67	34.16	35.49	34.33
14. Chris Vogelaar	LZ 1886	2:19.76	200302241	2:14.92	+0,73	432	29.89	32.49	36.12	36.42
15. Stefan Groen	KZV de Lansingh	2:23.22	200301179	2:15.14	+0,74	430	30.75	34.09	35.43	34.87
16. M. Lopes Cardozo	WZK	2:18.68	200300665	2:18.67	+0,69	398	31.26	35.13	36.68	35.60
<i>* backuptijd 100m</i>										
17. Julian Stok	de Devel	2:25.35	200300071	2:19.30	+0,75	393	31.67	35.26	37.09	35.28
18. Thimo van Beek	LZ 1886	2:25.69	200301347	2:20.41	+0,73	383	31.88	35.70	36.73	36.10
19. Brandon Groeneveld	De Geul	2:26.37	200300595	2:22.93	+0,49	363	33.00	36.68	37.35	35.90
20. Jort Jongenelen	Zoetermeer	2:26.32	200303233	2:22.95		363	32.47	36.12	38.27	36.09
21. Christiaan van Es	ZOB'66	2:33.93	200304141	2:25.24	+0,74	346	31.88	36.56	38.84	37.96
22. Maxim Noordman	The Hague Swimming	(2:30.64	200304067	2:26.27	+0,68	339	33.16	38.19	38.78	36.14
23. Pepyn van Brakel	ZPCNumansdorp	2:36.82	200300877	2:29.36	+0,84	318	34.32	38.06	39.68	37.30
24. Mike van Huizen	ZPCNumansdorp	2:35.72	200300891	2:31.68	+0,69	304	34.46	39.53	41.05	36.64
25. Jesse Plomp	ZOB'66	2:40.26	200304143	2:32.53		299	34.09	37.47	39.99	40.98
26. Tygo Korving	ZPB H&L Productions	2:30.41	200300773	2:33.56	+0,80	293	34.79	38.87	40.07	39.83
NG.ZA Vendel Kalman	WZK	2:33.16	200304581							

Junioren 4

1. Bryan Agterdenbos	MNC Dordrecht	1:54.52	200200003	1:55.96	+0,73	681	27.42	29.98	29.88	28.68
2. Sean Niewold	WVZ	2:00.88	200204699	1:58.74	+0,73	634	27.81	30.85	30.89	29.19
3. Brandon van den Berg	Rotterdam Swimming	2:03.48	200200669	1:59.48	+0,69	622	26.91	30.52	31.26	30.79
4. Scott Jansen	WVZ	2:02.12	200202455	1:59.82	+0,77	617	27.95	31.36	30.74	29.77
5. Nikhom Westphal	SG SCOM/de Zeehond	2:00.16	200203329	2:01.65	+0,80	589	28.91	30.99	31.18	30.57
6. Niels Dijkshoorn	ZV Westland	2:06.62	200203079	2:03.09	+0,74	569	28.30	31.24	32.15	31.40
7. Viktor Koets	De Columbiaan	2:08.73	200201677	2:07.21	+0,83	516	28.22	31.93	33.70	33.36
8. Dylano Termoshuizen	WVZ	2:11.37	200202169	2:08.18	+0,77	504	28.90	33.34	33.71	32.23
9. Bas van Wieringen	De Columbiaan	2:10.70	200200119	2:09.00	+0,72	494	29.84	33.35	33.20	32.61
10. Stijn den Otter	de Devel	2:10.56	200200225	2:09.13	+0,66	493	29.82	33.03	34.78	31.50
<i>* backuptijd 150m</i>										
11. Guus Hoogduin	LZ 1886	2:10.97	200201069	2:10.53	+0,73	477	29.37	33.14	34.12	33.90
12. Adriaan Provó Kluit	WVZ	2:01.21	200204397	2:10.78	+0,81	474	28.17	32.41	34.78	35.42
13. Thomas van Wanrooij	Poseidon'56	2:12.46	200201473	2:11.18	+0,80	706	30.27	33.74	35.46	31.71
14. Robin van Peenen	De Columbiaan	2:13.25	200201059	2:11.21	+0,80	470	29.36	33.58	34.36	33.91
15. Lougo Gorré	ZV Vlaardingen-Schied	2:17.16	200201765	2:13.00	+0,73	451	31.07	33.93	34.81	33.19
16. Johrick Wijma	KZV de Lansingh	2:15.08	200204435	2:13.01	+0,65	451	30.49	34.00	34.52	34.00
17. Jarno Verbeek	Zoetermeer	2:10.53	200200931	2:14.22	+0,83	439	29.87	34.24	35.12	34.99
18. Joep van den Hooven	ZC De Schotejil	2:19.16	200202547	2:16.23	+0,76	420	31.26	34.81	35.45	34.71
19. Bas van Nisius	The Hague Swimming	(2:17.45	200202107	2:18.64	+0,77	398	31.78	36.06	36.08	34.72
20. Wouter Verdoes	De Columbiaan	2:17.66	200200351	2:18.89	+0,79	396	30.62	36.58	37.11	34.58
21. Simon Dijkstra	WZ010/ACZ (Sg)	2:22.19	200204905	2:19.82	+0,73	388	31.35	35.28	36.55	36.64
22. Jaap Schoenmakers	ZV Vlaardingen-Schied	2:20.44	200200619	2:19.94	+0,72	387	30.38	35.75	37.43	36.38
23. Daan Snijders	MNC Dordrecht	2:20.80	200202475	2:21.33	+0,75	376	31.70	34.36	37.02	38.25
24. Mark Bom	LZ 1886	2:24.47	200201471	2:27.68	+0,69	329	33.00	37.29	39.58	37.81

Jeugd 1 en 2

1. Thomas Jansen	WVZ	1:54.63	200100143	1:55.30	+0,78	692	26.55	29.02	30.22	29.51
2. Ivo Stolk	SG SCOM/de Zeehond	1:57.85	200100615	1:55.72	+0,69	685	27.31	29.56	29.48	29.37
3. Olivier Jans	The Hague Swimming	(1:58.29	200001815	1:57.69	+0,77	651	27.52	29.81	30.50	29.86
4. Floris de Leeuw	The Hague Swimming	(2:03.57	200105317	1:58.53	+0,70	637	27.54	30.51	31.45	29.03
5. Freek Hollander	The Hague Swimming	(2:03.24	200103815	1:58.74	+0,79	634	28.29	30.75	29.91	29.79
6. Jasper Breugem	WVZ	2:04.34	200000303	1:59.58	+0,72	621	27.28	30.07	31.07	31.16
7. Gerard Willighagen	Poseidon'56	1:59.58	200103663	2:00.20	+0,72	611	28.07	30.48	31.04	30.61
8. Christiaan Smit	The Hague Swimming	(2:02.13	200102463	2:00.88	+0,71	601	28.02	31.04	31.45	30.37

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Programmanr. 21, Jongens, 200m vrije slag, Jeugd 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
9. Jarno van Oijen	SG SCOM/de Zeehond	2:07.94	200100055	2:03.78	+0,70	560	27.25	31.28	32.86	32.39
10. Tjeerd van Stein	SG LinK /Z&PC Katwijk	2:05.11	200101439	2:03.94	+0,79	557	28.28	31.42	32.04	32.20
11. Wesley Scheepbouwer	ZPC Wiekslag	2:09.61	200101959	2:04.66	+0,79	548	28.89	32.04	32.04	31.69
12. Mark de Jongh	MNC Dordrecht	2:06.06	200001325	2:05.59	+0,68	536	28.11	31.64	32.41	33.43
13. Noah Legerstee	WVZ	2:02.95	200003593	2:06.30	+0,73	527	28.14	32.65	33.67	31.84
14. Doran Paap	The Hague Swimming	(2:09.92	200000301	2:07.18	+0,71	516	28.39	32.16	33.57	33.06
15. Sander Iuga	Poseidon'56	2:09.45	200101389	2:07.22	+0,72	515	28.91	32.54	33.19	32.58
16. Sander van Beek	LZ 1886	2:09.27	200002917	2:08.42	+0,68	501	27.44	31.83	34.41	34.74
17. Stijn Lafontaine	The Hague Swimming	(2:06.34	200005205	2:08.52	+0,72	500	28.23	31.82	34.22	34.25
18. Thomas Hesper	Van Vliet-Barracuda	2:09.76	200004181	2:09.02	+0,84	494	29.14	31.95	34.02	33.91
19. K. de Kruyf Molina	The Hague Swimming	(2:08.68	200002667	2:09.85	+0,70	485	29.03	32.78	34.02	34.02
20. Sjoerd van Weelden	PCG	2:09.89	200101217	2:10.10	+0,78	482	29.18	32.63	34.04	34.25
21. Otto Pranger	SG SCOM/de Zeehond	2:02.23	200000007	2:10.21	+0,64	481	29.43	33.59	34.59	32.60
22. D. van den Nieuwendijk	De Columbiaan	2:11.73	200100475	2:10.65	+0,79	476	30.01	33.09	33.61	33.94
23. Michael Boekstijn	ZV Westland	2:11.95	200100767	2:11.59	+0,84	466	30.36	33.86	34.03	33.34
24. Aidan van Gool	De Geul	2:13.82	200001773	2:11.66	+0,62	465	29.60	33.00	34.27	34.79
25. Joris de Gier	Widex GZC Donk	2:11.86	200103817	2:11.85	+0,76	463	29.19	32.79	35.06	34.81
26. Dylan Kalden	De Duck	2:14.24	200003283	2:14.54	+0,73	436	29.64	34.01	35.52	35.37
27. Boy Borreman	SG LinK /Z&PC Katwijk	2:12.30	200102751	2:15.37	+0,70	428	29.48	33.81	35.76	36.32
28. Liam van Gool	De Geul	2:17.20	200001111	2:15.69	+0,72	425	30.48	34.24	35.73	35.24
29. Thomas Boxman	The Hague Swimming	(2:17.75	200005203	2:16.31	+0,82	419	30.45	34.26	35.55	36.05
30. David Kras	de Devel	2:14.25	200103253	2:16.80	+0,82	415	29.42	33.90	36.62	36.86
31. Jervis Boele	ZPCNumansdorp	2:17.14	200004141	2:22.65	+0,83	366	32.69	35.97	37.95	36.04
NG Quinn van den Heuvel	WVZ	1:59.78	200100297							
NG Anne Schuurmans	WVZ	1:58.34	200003919							
NG Yuri ten Brink	The Hague Swimming	(2:15.50	200104719							

Senioren 1 en ouder

1. Jeroen Baars	Rotterdam Swimming	2:02.43	199200031	1:51.74	+0,73	761	25.06	28.63	29.49	28.56
2. Mike Hoek	De Duck	1:55.94	199702229	1:53.67	+0,73	723	25.91	28.90	29.79	29.07
3. Marco Rolla	Rotterdam Swimming	1:55.76	199605723	1:55.77	+0,75	684	26.98	29.13	29.89	29.77
4. Jorian Tanis	ZC De Schotejil	1:58.17	199900327	1:56.38	+0,86	673	27.47	29.74	30.04	29.13
5. Mark Baars	Rotterdam Swimming	1:54.08	198500059	1:57.75	+0,68	650	26.79	29.49	30.52	30.95
6. Timo Dinkelberg	SG Albion d'ELFT	1:58.86	199300773	1:58.34	+0,68	640	27.17	30.07	30.88	30.22
7. Pascal Nuijten	ZV Westland	1:59.76	199701353	1:58.83	+0,76	632	26.38	29.96	31.01	31.48
8. Robin van Beek	LZ 1886	1:58.19	199704023	2:00.23	+0,69	611	27.84	29.96	31.51	30.92
9. Matthew Dullemond	Rotterdam Swimming	2:09.17	199805005	2:02.38	+0,75	579	28.07	31.08	32.33	30.90
10. Lars Schoffelmeer	ZPB H&L Productions	2:01.31	199501907	2:03.03	+0,76	570	27.25	30.53	32.42	32.83
11. Jim Geestman	Rotterdam Swimming	2:03.44	198300699	2:03.55	+0,83	563	28.91	30.94	31.69	32.01
12. Nordin Termoshuizen	WVZ	2:05.27	199605401	2:04.74	+0,76	547	28.80	32.05	32.48	31.41
13. Daan Egberts	AZC	2:05.37	199502433	2:05.90	+0,63	532	27.80	31.85	33.61	32.64
14. Ben Muller	De Geul	2:04.95	199801281	2:06.13	+0,71	529	28.71	31.67	32.55	33.20
15. David Kievit	ZC De Schotejil	2:08.65	199900325	2:06.85	+0,82	520	29.39	32.15	32.68	32.63
16. Armand Heyder	ZV Westland	2:01.66	199603221	2:07.12	+0,64	517	27.74	32.35	34.39	32.64
17. Jordy van Oel	WVZ	2:03.15	199802003	2:07.26	+0,76	515	29.14	31.98	32.93	33.21
18. Ryan van den Ouden	Poseidon'56	2:06.74	199900377	2:07.57	+0,84	511	28.40	32.11	33.97	33.09
19. Paul van Grol	Widex GZC Donk	2:05.47	199602951	2:07.83	+0,66	508	29.05	32.57	33.63	32.58
20. L. van der Klooster	ZPB H&L Productions	2:01.55	199801361	2:08.32	+0,70	502	26.60	30.63	34.71	36.38
21. Jaap van Trijp	The Hague Swimming	(2:10.53	199903225	2:10.44	+0,85	478	30.00	32.99	33.90	33.55
22. Dave Jansen	WVZ	2:04.58	199805299	2:10.60	+0,69	476	28.61	33.13	35.13	33.73
23. Rogier Dorsman	de Devel	2:06.82	199900211	2:11.72	+0,73	745	29.08	32.76	34.82	35.06
24. Remco Oskam	Widex GZC Donk	2:11.04	199205583	2:12.08	+0,78	461	28.98	32.21	34.43	36.46
25. Ivo van Dijk	The Hague Swimming	(2:10.31	199702985	2:17.31	+0,76	410	30.48	34.93	35.95	35.95
26. Peter Schelvis	SG LinK /Z&PC Katwijk	2:23.97	198906671	2:19.45	+0,78	391	31.98	34.94	36.18	36.35

Regiokampioenschappen korte baan
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Programmanr. 22
19-11-2017 - 16:25

Meisjes, 4 x 100m vrije slag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1.	de Devel	4:21.22	4:19.98	+0,83
	Isis Naaktgeboren +0,83 30.78	1:04.15	Rinske Bouman +0,51 30.47	1:03.92
	Asha van Lobberegt +0,28 30.98	1:06.19	Isa Maes +0,38 31.11	1:05.72
2.	De Columbiaan	4:27.52	4:24.74	+0,75
	Daniëlle Vis +0,75 30.64	1:03.39	Anique Star +0,46 31.50	1:06.08
	Kimberly Ruiter +0,59 31.85	1:07.83	Mar Stoel +0,32 31.79	1:07.44
3.	ZC De Schotejil	4:37.31	4:34.80	+0,78
	Phaedra Meijer +0,78 32.53	1:07.54	Leyla Oversluizen +0,48 33.75	1:10.85
	Aisha Nobels +0,47 33.24	1:08.74	Lyke Buscop +0,52 31.89	1:07.67
4.	WVZ	4:35.26	4:37.13	+0,79
	Jade van der Maas +0,79 33.38	1:08.62	Feija de Bruin +0,53 33.80	1:10.78
	Zinzi van der Maas +0,64 35.37	1:13.58	Irma van der Wulp +0,42 30.81	1:04.15
5.	The Hague Swimming (SG) 1	The Hague Swimming (SG) 4:41.34	4:37.36	+0,76
	Merel Schravendijk +0,76 33.18	1:07.70	Milou Demirel +0,36 33.27	1:11.42
	Avery Collins +0,72 34.70	1:12.73	Ziya Gaia van de Voorde +0,48 31.45	1:05.51
6.	ZOB'66	5:02.63	5:00.47	+0,82
	Lotte van der Maas +0,82 35.40	1:13.59	Daphne Keijzer +0,41 38.07	1:18.53
	Emi Schipper +0,47 36.57	1:16.27	Jet van Oudheusden +0,35 34.02	1:12.08

Programmanr. 23
19-11-2017 - 16:30

Dames, 4 x 100m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ	3:58.35	3:58.64	+0,74
	Grace Anderson +0,74 30.18	1:03.26	Inge Vieveen +0,36 27.93	57.86
	Lauren van IJll +0,33 28.47	59.78	Chefanja Nunes +0,55 27.56	57.74
2.	The Hague Swimming (SG) 1	The Hague Swimming (SG) 4:00.17	4:00.84	+0,77
	Sterre Keller +0,77 28.05	58.43	Femke Hoppenbrouwer +0,66 28.85	1:00.93
	Sacha van den Dobbelsteen +0,35 29.80	1:03.02	Lotte Hosper +0,35 27.48	58.46
3.	SG SCOM/de Zeehond'73 1	SG SCOM/de Zeehond'73 4:11.77	4:04.23	+0,77
	Annemarie Meijer +0,77 29.27	1:00.77	Megan de Hoog +0,27 29.03	1:01.09
	Karen van Dee +0,72 30.13	1:03.92	Tessa Giele +0,40 28.23	58.45
4.	ZC De Schotejil	4:09.13	4:05.92	+0,77
	Lotte Middelbos +0,77 29.44	1:01.95	Tamara de Ruiter +0,46 30.89	1:04.21
	Elise Tanis +1,82 28.00	58.19	Manon Middelbos +0,49 29.36	1:01.57
5.	De Columbiaan	4:07.43	4:16.39	+0,77
	Giulia Corsi +0,77 30.16	1:02.57	Julia Notenboom +0,17 30.20	1:04.87
	Marbel Diderik +0,38 29.97	1:03.73	Britt van Bommel +0,49 30.72	1:05.22
6.	The Hague Swimming (SG) 2	The Hague Swimming (SG) 4:18.62	4:17.06	+0,82
	Sanne Vermeulen +0,82 29.98	1:03.28	Jessica Baars +0,41 30.83	1:04.81
	Inge van der Hoek +0,16 30.56	1:03.84	Britt Steunenbergh +0,03 30.57	1:05.13
7.	De Geul	4:17.07	4:18.15	+0,73
	Esmée Roodenburg +0,73 30.45	1:03.62	Debra de Lange +0,34 32.10	1:07.31
	Kirana Hoogenbosch +0,41 31.17	1:07.01	Sam IJzerman +0,34 28.64	1:00.21
8.	ZOB'66	4:23.21	4:22.19	+0,71
	Wendy de Bruin +0,71 30.36	1:03.28	Esmee Brasser +0,58 32.73	1:08.52
	Rebecca Evers +0,52 31.98	1:07.42	Rozemarijn van Haaff +0,63 29.89	1:02.97
9.	Zoetermeer	4:29.34	4:24.70	+0,78
	Anne Straub +0,78 31.40	1:06.21	Zoë Molenaar +0,41 32.13	1:06.62
	Marise van 't Walderveen +0,52 32.90	1:08.48	Elyanne Boudestein +0,24 29.92	1:03.39
10.	SG LinK /Z&PC Katwijk 1	SG LinK /Z&PC Katwijk 4:18.46	4:26.77	+0,69
	Nora van der Steen +0,69 31.69	1:05.72	Lize van Stigt +0,33 32.79	1:08.50
	Samantha Gerritse +0,42 31.80	1:06.75	Marije de Jager +0,35 31.20	1:05.80
NG	GZC Donk	4:20.05		