

Programmanr. 1
16-5-2015

Dames, 400m vrije slag

Dames Senioren Open
Resultaten

rang	naam		vereniging	inschrijftijd				tijd	
Meisjes Junioren 1									
1.	Britta Koehorst		KZV de Lansingh	5:01.57				200300246	5:06.10
	50m: 32.91	32.91	150m: 1:50.92	39.84	250m: 3:10.30	39.84	350m: 4:30.72	40.10	
	100m: 1:11.08	38.17	200m: 2:30.46	39.54	300m: 3:50.62	40.32	400m: 5:06.10	35.38	
2.	Megan de Hoog		sg SCOM/ De Zeehond'73	4:56.20				200300214	5:11.93
	50m: 34.06	34.06	150m: 1:52.56	40.08	250m: 3:12.23	39.84	350m: 4:32.71	40.35	
	100m: 1:12.48	38.42	200m: 2:32.39	39.83	300m: 3:52.36	40.13	400m: 5:11.93	39.22	
3.	Amy Koelman		De Columbiaan	5:33.77				200300922	5:25.35
	50m: 35.71	35.71	150m: 1:57.87	41.79	250m: 3:22.16	42.03	350m: 4:46.03	41.48	
	100m: 1:16.08	40.37	200m: 2:40.13	42.26	300m: 4:04.55	42.39	400m: 5:25.35	39.32	
4.	Joyce van 't Hof		ZPB H&L	5:27.34				200302122	5:38.23
	50m: 36.92	36.92	150m: 2:03.16	43.53	250m: 3:30.45	43.60	350m: 4:58.62	44.37	
	100m: 1:19.63	42.71	200m: 2:46.85	43.69	300m: 4:14.25	43.80	400m: 5:38.23	39.61	
5.	Maaik t Hart		ZV Vlaardingen-Schiedam	5:38.58				200301226	5:42.52
	50m: 39.23	39.23	150m: 2:05.36	43.90	250m: 3:32.86	43.61	350m: 4:59.78	42.70	
	100m: 1:21.46	42.23	200m: 2:49.25	43.89	300m: 4:17.08	44.22	400m: 5:42.52	42.74	
6.	Esther Reinders		KZV de Lansingh	5:56.13				200301798	5:42.69
	50m: 38.45	38.45	150m: 2:05.30	44.18	250m: 3:35.56	45.24	350m: 5:02.77	43.82	
	100m: 1:21.12	42.67	200m: 2:50.32	45.02	300m: 4:18.95	43.39	400m: 5:42.69	39.92	
7.	Daphne Zoetekouw		sg SCOM/ De Zeehond'73	5:47.56				200301750	6:01.50
	50m: 37.71	37.71	150m: 2:08.60	45.52	250m: 3:43.28	47.63	350m: 5:17.20	47.36	
	100m: 1:23.08	45.37	200m: 2:55.65	47.05	300m: 4:29.84	46.56	400m: 6:01.50	44.30	
NG	Anisa Groenescheij		LZ 1886	5:07.78				200300788	
Meisjes Junioren 2									
1.	Sophie de Jonge		WVZ	4:34.13				200200118	4:37.88
	50m: 32.51	32.51	150m: 1:43.12	35.61	250m: 2:54.13	35.63	350m: 4:05.27	35.30	
	100m: 1:07.51	35.00	200m: 2:18.50	35.38	300m: 3:29.97	35.84	400m: 4:37.88	32.61	
2.	Lieske Zijlstra		zc De Schotejil	5:09.89				200200996	5:10.86
	50m: 34.70	34.70	150m: 1:52.88	39.41	250m: 3:11.85	38.86	350m: 4:32.28	40.04	
	100m: 1:13.47	38.77	200m: 2:32.99	40.11	300m: 3:52.24	40.39	400m: 5:10.86	38.58	
3.	Grace Anderson		WZK	5:15.33				200200578	5:11.60
	50m: 34.07	34.07	150m: 1:51.76	39.87	250m: 3:13.29	40.92	350m: 4:33.49	39.78	
	100m: 1:11.89	37.82	200m: 2:32.37	40.61	300m: 3:53.71	40.42	400m: 5:11.60	38.11	
4.	Kristel Beijk		De Columbiaan	5:19.69				200201278	5:21.19
	50m: 35.86	35.86	150m: 1:58.57	41.55	250m: 3:20.27	40.89	350m: 4:42.08	40.70	
	100m: 1:17.02	41.16	200m: 2:39.38	40.81	300m: 4:01.38	41.11	400m: 5:21.19	39.11	
5.	Marith de Jong		Racing Club	5:15.45				200200012	5:24.15
	50m: 36.62	36.62	150m: 1:58.81	41.67	250m: 3:21.77	41.52	350m: 4:44.58	41.73	
	100m: 1:17.14	40.52	200m: 2:40.25	41.44	300m: 4:02.85	41.08	400m: 5:24.15	39.57	
6.	Susan van Grol		Widex GZC Donk	5:23.62				200201344	5:41.66
	50m: 37.49	37.49	150m: 2:03.03	43.02	250m: 3:30.92	43.71	350m: 4:58.68	43.69	
	100m: 1:20.01	42.52	200m: 2:47.21	44.18	300m: 4:14.99	44.07	400m: 5:41.66	42.98	
7.	Amy van Leersum		Poseidon'56	5:28.37				200200300	5:59.70
	50m: 36.41	36.41	150m: 2:03.96	45.20	250m: 3:38.40	47.78	350m: 5:15.50	48.83	
	100m: 1:18.76	42.35	200m: 2:50.62	46.66	300m: 4:26.67	48.27	400m: 5:59.70	44.20	
Meisjes Junioren 3									
1.	Inge Vieveen		WVZ	4:37.73				200100024	4:53.83
	50m: 33.00	33.00	150m: 1:46.55	36.98	250m: 3:01.37	37.22	350m: 4:16.81	37.75	
	100m: 1:09.57	36.57	200m: 2:24.15	37.60	300m: 3:39.06	37.69	400m: 4:53.83	37.02	
2.	Loulou Janssen		De Columbiaan	4:58.63				200100132	4:56.88
	50m: 31.66	31.66	150m: 1:45.05	37.02	250m: 3:01.41	38.35	350m: 4:19.22	38.66	
	100m: 1:08.03	36.37	200m: 2:23.06	38.01	300m: 3:40.56	39.15	400m: 4:56.88	37.66	
3.	Sanne Heemskerck		LZ 1886	4:48.25				200100600	4:58.23
	50m: 31.75	31.75	150m: 1:45.56	37.83	250m: 3:02.94	38.96	350m: 4:20.98	38.98	
	100m: 1:07.73	35.98	200m: 2:23.98	38.42	300m: 3:42.00	39.06	400m: 4:58.23	37.25	
4.	Giulia Corsi		De Columbiaan	4:53.80				200100468	4:58.83
	50m: 32.96	32.96	150m: 1:49.97	39.10	250m: 3:07.28	38.44	350m: 4:23.05	36.23	
	100m: 1:10.87	37.91	200m: 2:28.84	38.87	300m: 3:46.82	39.54	400m: 4:58.83	35.78	

Programmanr. 1, Meisjes, 400m vrije slag, Meisjes Junioren 3

rang	naam	vereniging	inschrijftijd	tijd
5.	Floor de Kievit 50m: 33.38 100m: 1:11.08	Racing Club 150m: 1:49.79 200m: 2:28.34	4:52.26 200100238 250m: 3:05.89 300m: 3:44.45	4:59.67 350m: 4:22.82 400m: 4:59.67
6.	Marlinde Beukers 50m: 33.06 100m: 1:10.09	WVZ 150m: 1:48.05 200m: 2:26.65	5:03.53 200101934 250m: 3:05.45 300m: 3:44.49	5:00.15 350m: 4:23.30 400m: 5:00.15
7.	Sam IJzerman 50m: 33.63 100m: 1:11.90	De Geul 150m: 1:51.72 200m: 2:32.05	5:03.23 200101204 250m: 3:11.60 300m: 3:51.76	5:07.00 350m: 4:30.72 400m: 5:07.00
8.	Diana Noordermeer 50m: 35.45 100m: 1:13.86	sg SCOM/ De Zeehond'73 150m: 1:53.30 200m: 2:33.09	5:04.46 200102110 250m: 3:12.42 300m: 3:52.14	5:09.31 350m: 4:31.51 400m: 5:09.31
9.	Megan van Beelen 50m: 33.59 100m: 1:11.79	De Columbiaan 150m: 1:51.37 200m: 2:32.09	5:06.20 200105606 250m: 3:11.83 300m: 3:52.66	5:10.59 350m: 4:32.39 400m: 5:10.59
10.	Jana Plaisier 50m: 35.38 100m: 1:14.76	de Devel 150m: 1:55.70 200m: 2:36.70	5:06.38 200101266 250m: 3:17.13 300m: 3:58.51	5:19.65 350m: 4:39.95 400m: 5:19.65
11.	Juliet van Dinther 50m: 36.53 100m: 1:17.52	Racing Club 150m: 1:59.01 200m: 2:40.62	5:15.76 200101124 250m: 3:22.46 300m: 4:04.04	5:24.67 350m: 4:44.77 400m: 5:24.67
12.	Maartje Rijnja 50m: 36.09 100m: 1:17.92	DES 150m: 2:01.41 200m: 2:44.37	6:03.35 200101344 250m: 3:26.46 300m: 4:09.31	6:01.53 350m: 4:51.66 400m: 5:30.86
13.	Samantha Gerritse 50m: 36.14 100m: 1:16.56	LZ 1886 150m: 1:57.85 200m: 2:40.09	5:30.34 200102062 250m: 3:22.87 300m: 4:06.27	5:31.78 350m: 4:49.04 400m: 5:31.78
14.	Nienke Vork 50m: 37.53 100m: 1:20.32	Widex GZC Donk 150m: 2:04.18 200m: 2:48.44	5:30.78 200102294 250m: 3:32.35 300m: 4:16.20	5:37.65 350m: 4:58.68 400m: 5:37.65
15.	Nienke Vries 50m: 38.39 100m: 1:22.60	sg SCOM/ De Zeehond'73 150m: 2:08.40 200m: 2:55.59	6:10.85 200100460 250m: 3:43.03 300m: 4:30.59	6:01.53 350m: 5:17.91 400m: 6:01.53
16.	Dominika Olszewska 50m: 39.70 100m: 1:23.43	ZPB H&L 150m: 2:10.47 200m: 2:58.12	6:03.63 200103946 250m: 3:46.62 300m: 4:34.04	6:04.64 350m: 5:21.78 400m: 6:04.64
17.	Ilonka van der Well 50m: 39.25 100m: 1:22.67	ZPB H&L 150m: 2:09.02 200m: 2:56.98	5:50.40 200103732 250m: 3:45.85 300m: 4:33.81	6:05.40 350m: 5:21.38 400m: 6:05.40

Meisjes Jeugd 1

1.	Esmée van Geest 50m: 32.86 100m: 1:08.72	WVZ 150m: 1:45.94 200m: 2:23.86	4:48.87 200001286 250m: 3:01.98 300m: 3:40.15	4:55.85 350m: 4:18.46 400m: 4:55.85
2.	Juliette Diaz Diaz 50m: 33.25 100m: 1:10.97	WVZ 150m: 1:50.16 200m: 2:29.20	4:59.99 200000048 250m: 3:08.75 300m: 3:48.90	5:04.03 350m: 4:27.59 400m: 5:04.03
3.	Sanne Hobe 50m: 33.27 100m: 1:11.16	Poseidon'56 150m: 1:49.49 200m: 2:28.71	5:02.43 200000826 250m: 3:08.31 300m: 3:48.79	5:07.94 350m: 4:29.38 400m: 5:07.94
4.	Mariska Lugtenburg 50m: 36.60 100m: 1:15.91	Racing Club 150m: 1:55.38 200m: 2:35.05	5:06.20 200003700 250m: 3:14.21 300m: 3:53.32	5:09.80 350m: 4:31.93 400m: 5:09.80
5.	Amanda Holst 50m: 35.27 100m: 1:15.61	Zoetermeer 150m: 1:55.76 200m: 2:37.06	5:18.42 200004204 250m: 3:18.48 300m: 4:00.33	5:18.61 350m: 4:40.41 400m: 5:18.61
6.	Lindsay van den Doel 50m: 34.42 100m: 1:15.41	ZV de Gooye 150m: 1:57.43 200m: 2:40.30	5:22.81 200002360 250m: 3:23.01 300m: 4:06.00	5:30.39 350m: 4:48.42 400m: 5:30.39
7.	Hanna Looi 50m: 37.50 100m: 1:18.86	ZPB H&L 150m: 2:01.75 200m: 2:45.41	6:05.20 200006090 250m: 3:28.55 300m: 4:11.31	6:05.40 350m: 4:53.02 400m: 5:31.50

Programmanr. 1, Dames, 400m vrije slag

Meisjes Jeugd 2

1.	Annemarie Meijer		De Duck		4:37.26	199900964		4:45.96
	50m: 31.96	31.96	150m: 1:43.65	36.40	250m: 2:57.39	36.94	350m: 4:10.36	36.43
	100m: 1:07.25	35.29	200m: 2:20.45	36.80	300m: 3:33.93	36.54	400m: 4:45.96	36.60
2.	Sterre Keller		DES		4:48.01	199904142		4:47.25
	50m: 31.76	31.76	150m: 1:44.86	37.55	250m: 2:59.00	36.72	350m: 4:12.13	36.37
	100m: 1:07.31	35.55	200m: 2:22.28	37.42	300m: 3:35.76	36.76	400m: 4:47.25	35.12
3.	Gaetane Demyttenaere		DES		4:58.26	199905018		4:54.35
	50m: 33.20	33.20	150m: 1:46.77	37.08	250m: 3:01.70	37.49	350m: 4:17.37	37.67
	100m: 1:09.69	36.49	200m: 2:24.21	37.44	300m: 3:39.70	38.00	400m: 4:54.35	36.98
4.	Emma Berry		Racing Club		4:47.99	199906390		4:54.46
	50m: 32.70	32.70	150m: 1:47.11	37.22	250m: 3:02.22	37.04	350m: 4:17.84	37.81
	100m: 1:09.89	37.19	200m: 2:25.18	38.07	300m: 3:40.03	37.81	400m: 4:54.46	36.62
5.	Alyssa van der Lans		Racing Club		5:10.51	199901644		5:12.72
	50m: 33.70	33.70	150m: 1:49.93	38.56	250m: 3:10.33	40.67	350m: 4:32.05	41.67
	100m: 1:11.37	37.67	200m: 2:29.66	39.73	300m: 3:50.38	40.05	400m: 5:12.72	40.67
6.	Ilse Wijnmaalen		PCG		5:07.22	199900940		5:23.41
	50m: 34.87	34.87	150m: 1:53.46	39.98	250m: 3:16.00	41.13	350m: 4:41.39	42.48
	100m: 1:13.48	38.61	200m: 2:34.87	41.41	300m: 3:58.91	42.91	400m: 5:23.41	42.02
DIS	Kimberly Coenders		KZV de Lansingh		5:13.95	199900880		
	<i>AM - Gebruik gemaakt van hulpmiddelen.</i>							
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	
AFGEM	Simone Does		De Columbiaan		5:07.84	199902932		

Dames Senioren D1 en D2

1.	Angelique van Vark		Z&PC De Gouwe		4:51.59	199701478		4:48.84
	50m: 31.71	31.71	150m: 1:43.76	36.42	250m: 2:58.02	37.69	350m: 4:13.42	37.56
	100m: 1:07.34	35.63	200m: 2:20.33	36.57	300m: 3:35.86	37.84	400m: 4:48.84	35.42
2.	Tessa Buijgoms		MNC Dordrecht		4:45.20	199801322		4:50.27
	50m: 33.27	33.27	150m: 1:45.76	36.48	250m: 2:59.56	36.88	350m: 4:13.95	37.40
	100m: 1:09.28	36.01	200m: 2:22.68	36.92	300m: 3:36.55	36.99	400m: 4:50.27	36.32
3.	Diana van Halm Braam		WVZ		5:00.66	199800788		5:00.54
	50m: 33.73	33.73	150m: 1:49.20	38.16	250m: 3:06.54	38.81	350m: 4:24.12	38.59
	100m: 1:11.04	37.31	200m: 2:27.73	38.53	300m: 3:45.53	38.99	400m: 5:00.54	36.42
4.	Myrthe Vreeswijk		LZ 1886		4:58.33	199800078		5:03.72
	50m: 33.61	33.61	150m: 1:50.22	38.80	250m: 3:08.73	39.37	350m: 4:26.88	38.71
	100m: 1:11.42	37.81	200m: 2:29.36	39.14	300m: 3:48.17	39.44	400m: 5:03.72	36.84
5.	Kelly de Jonge		Poseidon'56		4:51.83	199701210		5:07.54
	50m: 32.22	32.22	150m: 1:47.99	38.53	250m: 3:06.51	39.33	350m: 4:27.19	40.71
	100m: 1:09.46	37.24	200m: 2:27.18	39.19	300m: 3:46.48	39.97	400m: 5:07.54	40.35
6.	Melissa Weber		de Zijl/LGB		5:01.00	199705316		5:23.81
	50m: 33.29	33.29	150m: 1:53.20	41.09	250m: 3:18.20	42.88	350m: 4:44.33	43.45
	100m: 1:12.11	38.82	200m: 2:35.32	42.12	300m: 4:00.88	42.68	400m: 5:23.81	39.48

Dames Senioren

1.	Leonie van Noort		WVZ		4:12.53	199301752		4:24.60
	50m: 31.16	31.16	150m: 1:38.73	33.98	250m: 2:45.20	32.37	350m: 3:51.85	33.36
	100m: 1:04.75	33.59	200m: 2:12.83	34.10	300m: 3:18.49	33.29	400m: 4:24.60	32.75
2.	Eef Hollander		DES		4:41.97	199602074		4:51.98
	50m: 32.84	32.84	150m: 1:46.89	37.01	250m: 3:01.34	36.53	350m: 4:15.50	36.67
	100m: 1:09.88	37.04	200m: 2:24.81	37.92	300m: 3:38.83	37.49	400m: 4:51.98	36.48
3.	Anouque Berghuis		Racing Club		4:38.88	199606132		4:57.49
	50m: 32.66	32.66	150m: 1:46.95	37.46	250m: 3:03.19	38.09	350m: 4:19.95	38.16
	100m: 1:09.49	36.83	200m: 2:25.10	38.15	300m: 3:41.79	38.60	400m: 4:57.49	37.54
4.	Moniek Heemskerk		LZ 1886		4:52.72	199601964		4:58.38
	50m: 32.68	32.68	150m: 1:47.39	38.04	250m: 3:04.27	38.29	350m: 4:21.17	38.09
	100m: 1:09.35	36.67	200m: 2:25.98	38.59	300m: 3:43.08	38.81	400m: 4:58.38	37.21
5.	Wendy de Bruin		ZOB'66		4:55.31	199206320		5:09.85
	50m: 34.55	34.55	150m: 1:51.09	39.14	250m: 3:11.07	40.12	350m: 4:31.15	40.06
	100m: 1:11.95	37.40	200m: 2:30.95	39.86	300m: 3:51.09	40.02	400m: 5:09.85	38.70
6.	Tamara Caspers		LZ 1886		5:13.05	199007272		5:12.66
	50m: 33.13	33.13	150m: 1:50.74	39.91	250m: 3:11.84	40.91	350m: 4:33.54	40.91
	100m: 1:10.83	37.70	200m: 2:30.93	40.19	300m: 3:52.63	40.79	400m: 5:12.66	39.12

Programmanr. 1, Dames, 400m vrije slag, Dames Senioren

rang	naam	vereniging	inschrijftijd	tijd				
7.	Aylin van Uffelen	ZPB H&L	5:00.92	199600352	5:13.05			
	50m: 34.53	34.53	150m: 1:51.24	38.61	250m: 3:11.11	40.26	350m: 4:33.52	41.36
	100m: 1:12.63	38.10	200m: 2:30.85	39.61	300m: 3:52.16	41.05	400m: 5:13.05	39.53
8.	Pauline Tieleman	De Geul	4:54.84	198403348	5:22.54			
	50m: 34.88	34.88	150m: 1:54.95	40.89	250m: 3:18.11	41.66	350m: 4:41.22	41.30
	100m: 1:14.06	39.18	200m: 2:36.45	41.50	300m: 3:59.92	41.81	400m: 5:22.54	41.32
9.	Vivian Brak	BZ&PC	5:24.31	199000520	5:40.47			
	50m: 37.45	37.45	150m: 2:01.61	43.06	250m: 3:29.32	43.94	350m: 4:58.12	44.61
	100m: 1:18.55	41.10	200m: 2:45.38	43.77	300m: 4:13.51	44.19	400m: 5:40.47	42.35

Programmanr. 2
16-5-2015

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
Jongens Junioren 1								
1.	Brandon van den Berg	Poseidon'56	5:33.50	200200669	5:41.77			
	50m: 34.00	34.00	150m: 2:02.84	46.14	250m: 3:34.62	46.21	350m: 5:02.16	39.85
	100m: 1:16.70	42.70	200m: 2:48.41	45.57	300m: 4:22.31	47.69	400m: 5:41.77	39.61
2.	Guus Hoogduin	LZ 1886	5:42.15	200201069	5:47.36			
	50m: 36.53	36.53	150m: 2:03.72	44.86	250m: 3:37.92	49.40	350m: 5:09.16	41.36
	100m: 1:18.86	42.33	200m: 2:48.52	44.80	300m: 4:27.80	49.88	400m: 5:47.36	38.20
3.	Dylano Termoshuizen	WVZ	6:13.51	200202169	6:13.00			
	50m: 39.19	39.19	150m: 2:15.79	45.16	250m: 3:55.31	55.96	350m: 5:33.17	41.65
	100m: 1:30.63	51.44	200m: 2:59.35	43.56	300m: 4:51.52	56.21	400m: 6:13.00	39.83
4.	Jarno Verbeek	Zoetermeer	6:13.74	200200931	6:14.21			
	50m: 38.46	38.46	150m: 2:14.64	46.42	250m: 3:57.26	55.65	350m: 5:36.36	43.48
	100m: 1:28.22	49.76	200m: 3:01.61	46.97	300m: 4:52.88	55.62	400m: 6:14.21	37.85
DIS	Wouter Verdoes	LZ 1886	6:05.51	200200351				
	<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>							
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	
NG.ZA	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	6:43.92	200200619				

Jongens Junioren 2

1.	Thomas Jansen	WVZ	4:58.66	200100143	5:12.05			
	50m: 32.55	32.55	150m: 1:52.02	39.00	250m: 3:15.98	46.13	350m: 4:37.82	34.57
	100m: 1:13.02	40.47	200m: 2:29.85	37.83	300m: 4:03.25	47.27	400m: 5:12.05	34.23
2.	Freek Hollander	DES	5:22.59	200103815	5:22.74			
	50m: 32.60	32.60	150m: 1:52.45	41.73	250m: 3:20.90	47.82	350m: 4:46.17	35.68
	100m: 1:10.72	38.12	200m: 2:33.08	40.63	300m: 4:10.49	49.59	400m: 5:22.74	36.57
3.	Gerard Willighagen	Poseidon'56	5:24.18	200103663	5:24.20			
	50m: 32.10	32.10	150m: 1:54.98	43.38	250m: 3:23.46	46.72	350m: 4:49.05	37.29
	100m: 1:11.60	39.50	200m: 2:36.74	41.76	300m: 4:11.76	48.30	400m: 5:24.20	35.15
4.	Ivo Stolk	sg SCOM/ De Zeehond'73	5:19.04	200100615	5:28.70			
	50m: 33.19	33.19	150m: 1:54.76	41.14	250m: 3:23.91	48.96	350m: 4:52.82	39.03
	100m: 1:13.62	40.43	200m: 2:34.95	40.19	300m: 4:13.79	49.88	400m: 5:28.70	35.88
5.	Luuk Kieviet	zc De Schotejil	5:47.75	200100469	5:56.79			
	50m: 37.27	37.27	150m: 2:10.33	45.98	250m: 3:48.33	53.14	350m: 5:19.70	38.46
	100m: 1:24.35	47.08	200m: 2:55.19	44.86	300m: 4:41.24	52.91	400m: 5:56.79	37.09
6.	Michael Boekestijn	ZV Westland	5:54.56	200100767	6:06.66			
	50m: 40.12	40.12	150m: 2:15.92	46.09	250m: 3:52.43	50.50	350m: 5:26.58	41.10
	100m: 1:29.83	49.71	200m: 3:01.93	46.01	300m: 4:45.48	53.05	400m: 6:06.66	40.08
7.	Boy Borreman	LZ 1886	6:05.36	200102751	6:08.72			
	50m: 36.61	36.61	150m: 2:09.96	46.42	250m: 3:49.33	53.82	350m: 5:27.71	43.39
	100m: 1:23.54	46.93	200m: 2:55.51	45.55	300m: 4:44.32	54.99	400m: 6:08.72	41.01
8.	Sven Janssens	ZPB H&L	6:45.14	200102659	6:57.86			
	50m: 46.01	46.01	150m: 2:37.51	53.04	250m: 4:27.54	59.52	350m: 6:13.18	46.26
	100m: 1:44.47	58.46	200m: 3:28.02	50.51	300m: 5:26.92	59.38	400m: 6:57.86	44.68



Programmanr. 2, Heren, 400m wisselslag

Jongens Junioren 3

1. Noah Legerstee			WVZ				5:08.44		200003593		5:06.92
50m:	31.59	31.59	150m:	1:49.21	40.07	250m:	3:12.58	44.56	350m:	4:34.52	35.87
100m:	1:09.14	37.55	200m:	2:28.02	38.81	300m:	3:58.65	46.07	400m:	5:06.92	32.40
2. Jasper Breugem			WVZ				5:13.37		200000303		5:27.36
50m:	33.11	33.11	150m:	1:55.47	41.53	250m:	3:23.31	48.14	350m:	4:50.81	39.21
100m:	1:13.94	40.83	200m:	2:35.17	39.70	300m:	4:11.60	48.29	400m:	5:27.36	36.55
3. Daniël Apperloo			WVZ				5:15.29		200002645		5:28.57
50m:	32.30	32.30	150m:	1:55.21	43.93	250m:	3:23.28	45.29	350m:	4:49.34	40.85
100m:	1:11.28	38.98	200m:	2:37.99	42.78	300m:	4:08.49	45.21	400m:	5:28.57	39.23
4. Max Reinders			Racing Club				5:05.90		200004225		5:33.06
50m:	33.02	33.02	150m:	2:01.14	46.01	250m:	3:29.66	43.94	350m:	4:54.34	39.53
100m:	1:15.13	42.11	200m:	2:45.72	44.58	300m:	4:14.81	45.15	400m:	5:33.06	38.72
5. Matthijs Arnoldus			WVZ				5:39.11		200000571		5:37.06
50m:	34.78	34.78	150m:	1:59.01	42.84	250m:	3:31.34	50.16	350m:	5:00.36	39.02
100m:	1:16.17	41.39	200m:	2:41.18	42.17	300m:	4:21.34	50.00	400m:	5:37.06	36.70
6. Aron Paasse			zc De Schotejil				5:31.56		200000099		5:39.07
50m:	35.51	35.51	150m:	2:01.93	43.56	250m:	3:31.77	48.08	350m:	5:00.53	39.32
100m:	1:18.37	42.86	200m:	2:43.69	41.76	300m:	4:21.21	49.44	400m:	5:39.07	38.54
7. Sander van Beek			LZ 1886				5:40.74		200002917		5:42.26
50m:	33.97	33.97	150m:	2:00.45	43.00	250m:	3:31.97	49.18	350m:	5:03.24	39.65
100m:	1:17.45	43.48	200m:	2:42.79	42.34	300m:	4:23.59	51.62	400m:	5:42.26	39.02
8. Kilian Xavier de Kruyf Molina			DES				5:24.37		200002667		5:46.64
50m:	33.72	33.72	150m:	2:02.77	46.15	250m:	3:36.74	49.58	350m:	5:08.46	41.02
100m:	1:16.62	42.90	200m:	2:47.16	44.39	300m:	4:27.44	50.70	400m:	5:46.64	38.18
9. Ian Terlouw			BZ&PC				5:50.13		200002345		5:54.17
50m:	32.65	32.65	150m:	1:57.50	43.58	250m:	3:36.18	55.65	350m:	5:14.04	42.38
100m:	1:13.92	41.27	200m:	2:40.53	43.03	300m:	4:31.66	55.48	400m:	5:54.17	40.13
10. Jari Voogt			De Duck				5:58.15		200004237		6:18.26
50m:	35.79	35.79	150m:	2:13.32	48.70	250m:	3:55.79	57.04	350m:	5:39.67	45.19
100m:	1:24.62	48.83	200m:	2:58.75	45.43	300m:	4:54.48	58.69	400m:	6:18.26	38.59
11. Nino van Krimpen			ZPB H&L				6:27.65		200004611		6:35.43
50m:	40.43	40.43	150m:	2:23.07	50.33	250m:	4:08.38	56.13	350m:	5:53.76	47.34
100m:	1:32.74	52.31	200m:	3:12.25	49.18	300m:	5:06.42	58.04	400m:	6:35.43	41.67

Jongens Junioren 4

1. Ruben Griffioen			De Columbiaan				4:53.05		199900771		5:03.26
50m:	33.36	33.36	150m:	1:51.96	37.70	250m:	3:10.43	41.84	350m:	4:28.35	35.95
100m:	1:14.26	40.90	200m:	2:28.59	36.63	300m:	3:52.40	41.97	400m:	5:03.26	34.91
2. Joris Bezemer			De Kempvis				5:04.72		199900527		5:06.27
50m:	32.30	32.30	150m:	1:50.74	40.59	250m:	3:14.89	45.34	350m:	4:34.33	34.21
100m:	1:10.15	37.85	200m:	2:29.55	38.81	300m:	4:00.12	45.23	400m:	5:06.27	31.94
3. Jorian Tanis			zc De Schotejil				4:59.40		199900327		5:11.44
50m:	33.12	33.12	150m:	1:50.93	39.10	250m:	3:16.04	47.15	350m:	4:38.14	34.11
100m:	1:11.83	38.71	200m:	2:28.89	37.96	300m:	4:04.03	47.99	400m:	5:11.44	33.30
4. Jaap van Trijp			Racing Club				5:07.46		199903225		5:23.05
50m:	31.93	31.93	150m:	1:53.51	43.42	250m:	3:21.60	45.50	350m:	4:46.77	37.06
100m:	1:10.09	38.16	200m:	2:36.10	42.59	300m:	4:09.71	48.11	400m:	5:23.05	36.28
5. Thijs van Wieringen			De Columbiaan				5:06.90		199900577		5:24.69
50m:	31.42	31.42	150m:	1:53.02	42.09	250m:	3:22.30	46.72	350m:	4:48.41	38.13
100m:	1:10.93	39.51	200m:	2:35.58	42.56	300m:	4:10.28	47.98	400m:	5:24.69	36.28
6. David Kievit			zc De Schotejil				5:21.12		199900325		5:41.57
50m:	36.35	36.35	150m:	2:08.57	43.52	250m:	3:36.16	44.88	350m:	5:03.50	41.08
100m:	1:25.05	48.70	200m:	2:51.28	42.71	300m:	4:22.42	46.26	400m:	5:41.57	38.07
7. Sybe de Waard			de Devel				5:35.13		199900139		5:46.73
50m:	34.01	34.01	150m:	2:03.24	47.53	250m:	3:38.67	48.80	350m:	5:09.13	39.76
100m:	1:15.71	41.70	200m:	2:49.87	46.63	300m:	4:29.37	50.70	400m:	5:46.73	37.60

Heren Jeugd 1

1. Floris Kotterink			Albion				4:35.18		199800199		4:50.04
50m:	28.64	28.64	150m:	1:39.84	37.07	250m:	3:01.30	44.93	350m:	4:17.34	32.33
100m:	1:02.77	34.13	200m:	2:16.37	36.53	300m:	3:45.01	43.71	400m:	4:50.04	32.70
2. Jonne Schaafsma			Racing Club				4:42.81		199800745		4:55.24
50m:	30.06	30.06	150m:	1:45.20	39.19	250m:	3:03.17	41.53	350m:	4:21.99	35.39
100m:	1:06.01	35.95	200m:	2:21.64	36.44	300m:	3:46.60	43.43	400m:	4:55.24	33.25

Programmanr. 2, Jongens, 400m wisselslag, Heren Jeugd 1

rang	naam	vereniging	inschrijftijd				tijd				
3.	Bas Verdoes	LZ 1886	4:55.94				199801487 5:11.03				
	50m: 30.31	30.31	150m: 1:48.75	40.35	250m: 3:13.89	44.77	350m: 4:36.30	36.64			
	100m: 1:08.40	38.09	200m: 2:29.12	40.37	300m: 3:59.66	45.77	400m: 5:11.03	34.73			
4.	Daan Siebenheller	ZOB'66	5:15.42				199804955 5:43.18				
	<i>*150m tijd is backup tijd</i>										
	50m: 32.28	32.28	150m: 1:58.41	45.49	250m: 3:33.56	51.89	350m: 5:04.44	41.17			
	100m: 1:12.92	40.64	200m: 2:41.67	43.26	300m: 4:23.27	49.71	400m: 5:43.18	38.74			

Heren Jeugd 2

1.	Bart Cok	Z&PC De Gouwe	5:14.82				199701921 5:30.50				
	50m: 31.99	31.99	150m: 1:56.52	44.01	250m: 3:26.66	46.35	350m: 4:52.53	38.37			
	100m: 1:12.51	40.52	200m: 2:40.31	43.79	300m: 4:14.16	47.50	400m: 5:30.50	37.97			
DIS	Robin van Beek	LZ 1886	4:57.03				199704023				
	<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i>										
	50m:		150m:		250m:		350m:				
	100m:		200m:		300m:		400m:				

Heren Senioren Open

1.	Ensgar Kotterink	Albion	4:30.33				199403391 4:45.77			
	50m: 27.98	27.98	150m: 1:36.13	34.98	250m: 2:54.14	42.59	350m: 4:11.57	34.18		
	100m: 1:01.15	33.17	200m: 2:11.55	35.42	300m: 3:37.39	43.25	400m: 4:45.77	34.20		
2.	Erik Simons	D'elft	4:42.86				198902845 5:10.48			
	50m: 31.15	31.15	150m: 1:52.93	42.35	250m: 3:18.31	43.60	350m: 4:38.40	35.08		
	100m: 1:10.58	39.43	200m: 2:34.71	41.78	300m: 4:03.32	45.01	400m: 5:10.48	32.08		

Programmanr. 3
16-5-2015

Dames, 200m rugslag

Dames Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m	
1.	Britta Koehorst	KZV de Lansingh	2:32.00	200300246	2:41.33	37.73	1:19.08	2:00.85	2:41.33	
2.	Megan de Hoog	sg SCOM/ De Zeehond'73	2:45.71	200300214	2:46.55	38.73	1:21.17	2:04.69	2:46.55	
3.	Kim Rutters	De Kempvis	2:54.72	200302318	2:53.23	40.52	1:25.15	2:10.91	2:53.23	
4.	Kim de Jong	LZ 1886	2:48.84	200301026	2:54.26	41.35	1:25.38	2:10.53	2:54.26	
5.	Michelle van der Steen	ZV Vlaardingen-Schiedam	2:54.97	200300052	2:55.86	40.61	1:25.43	2:11.45	2:55.86	
6.	Isabel Scheepbouwer	Wiekslag	2:58.28	200301106	2:58.23	41.50	1:27.29	2:14.64	2:58.23	
7.	Esther Reinders	KZV de Lansingh	3:07.69	200301798	3:04.95	43.56	1:31.75	2:19.90	3:04.95	
8.	Joyce van 't Hof	ZPB H&L	2:58.74	200302122	3:05.62	41.86	1:28.53	2:17.25	3:05.62	
9.	Isabella de Wit	sg SCOM/ De Zeehond'73	3:01.61	200300254	3:07.14	45.00	1:32.78	2:21.70	3:07.14	
	<i>*100m en 150m tijd is backup tijd</i>									
10.	Anouk Brand	MNC Dordrecht	3:06.37	200302488	3:08.31	44.79	1:32.77	2:21.29	3:08.31	
11.	Daphne Zoetekouw	sg SCOM/ De Zeehond'73	3:05.07	200301750	3:10.08	44.75	1:33.57	2:22.92	3:10.08	

Meisjes Junioren 2

1.	Sophie de Jonge	WVZ	2:28.82	200200118	2:31.90	37.11	1:15.78	1:54.67	2:31.90	
2.	Elise Tanis	zc De Schotejil	2:24.43	200200120	2:36.69	37.48	1:17.26	1:57.67	2:36.69	
3.	Maaïke Broersma	BZ&PC	2:30.19	200201522	2:38.76	36.90	1:17.25	1:58.09	2:38.76	
4.	Christy Geurts	WVZ	2:44.59	200203734	2:42.00	37.53	1:18.42	2:01.07	2:42.00	
5.	Anouk Vis	De Columbiaan	2:44.60	200203322	2:47.73	39.22	1:22.73	2:06.44	2:47.73	
6.	Ilse Kraaijeveld	MNC Dordrecht	2:46.80	200202190	2:48.56	39.53	1:23.09	2:06.69	2:48.56	
7.	Charlotte Drastich	WZK	2:52.91	200200344	2:50.49	40.24	1:23.53	2:07.93	2:50.49	
8.	Noria Yousufi	WVZ	2:50.62	200203082	2:53.41	40.17	1:24.11	2:09.83	2:53.41	
9.	Nicole van Strien	WVZ	2:52.94	200200236	2:54.29	41.34	1:25.65	2:10.70	2:54.29	
	<i>*150m tijd is backup tijd</i>									
10.	Marith de Jong	Racing Club	2:57.67	200200012	2:55.04	42.62	1:27.25	2:12.08	2:55.04	
11.	Tamara de Ruiter	zc De Schotejil	2:49.44	200203060	2:55.44	42.44	1:26.77	2:11.16	2:55.44	
12.	Kristel Beijk	De Columbiaan	2:52.46	200201278	2:56.93	41.90	1:27.52	2:12.90	2:56.93	
13.	Hanne Sniijders	KZV de Lansingh	2:59.45	200204358	3:03.94	44.37	1:32.50	2:20.57	3:03.94	
14.	Susan van Grol	Widex GZC Donk	2:49.92	200201344	3:05.61	44.01	1:31.95	2:19.05	3:05.61	

Programmanr. 3, Meisjes, 200m rugslag, Meisjes Junioren 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
15. Amy van Leersum	Poseidon'56	2:56.35	200200300	3:06.29	43.96	1:31.39	2:20.17	3:06.29

Meisjes Junioren 3

1. Claire Verkijk	WVZ	2:19.94	200100240	2:26.91	33.80	1:09.86	1:48.14	2:26.91
2. Sanne Heemskerck	LZ 1886	2:28.70	200100600	2:33.03	35.87	1:15.21	1:54.99	2:33.03
3. Inge Vieveen	WVZ	2:35.17	200100024	2:33.86	36.95	1:16.63	1:55.85	2:33.86
4. Marlinde Beukers	WVZ	2:35.00	200101934	2:38.29	37.04	1:16.79	1:57.95	2:38.29
5. Manon Middelbos	zc De Schotejil	2:39.41	200100056	2:43.92	38.16	1:19.81	2:02.63	2:43.92
6. Megan van Beelen	De Columbiaan	2:51.83	200105606	2:44.21	38.08	1:19.24	2:02.07	2:44.21
7. Laura Nuijten	ZV Westland	2:47.72	200101084	2:47.25	40.08	1:24.18	2:07.61	2:47.25
8. Giulia Corsi	De Columbiaan	2:47.40	200100468	2:50.98	41.23	1:25.23	2:08.79	2:50.98
9. Cathelijin Bogers	WZK	2:44.16	200103360	2:52.07	40.06	1:24.06	2:09.17	2:52.07
10. Esmee Wijnmaalen	PCG	2:43.85	200100298	2:52.38	38.62	1:22.12	2:06.96	2:52.38
11. Samantha Gerritse	LZ 1886	2:46.68	200102062	2:52.59	41.36	1:25.13	2:09.29	2:52.59
12. Elyanne Boudestein	Zoetermeer	2:52.69	200101060	2:52.60	39.41	1:23.34	2:08.91	2:52.60
13. Maartje Rijnja	DES	2:51.28	200101344	2:52.97	40.91	1:24.43	2:09.27	2:52.97
14. Anniek de Ruiter	Widex GZC Donk	2:46.01	200101224	2:53.28	40.11	1:23.52	2:09.05	2:53.28
15. Jasmine el Taraboulsi	WZK	2:51.41	200105788	2:54.23	39.31	1:24.00	2:10.17	2:54.23
16. Danielle van Valen	de Devel	2:46.41	200100202	2:56.07	41.94	1:27.09	2:12.21	2:56.07
17. Nuria Boersma	WZK	2:52.01	200100906	2:56.31	40.59	1:25.95	2:12.41	2:56.31
18. Rianne Jongeleen	de Devel	2:48.85	200100140	2:58.29	41.12	1:25.87	2:12.15	2:58.29
19. Ilonka van der Well	ZPB H&L	2:53.30	200103732	3:08.15	43.69	1:32.40	2:21.21	3:08.15
20. Dominika Olszewska	ZPB H&L	3:07.47	200103946	3:12.85	46.53	1:35.26	2:25.34	3:12.85
<i>*150m tijd is backup tijd</i>								
AFGEM Lisa Pijlman	De Kempvis	2:48.13	200103004					
AFGEM Robin Pienaar	Van Vliet-Barracuda	2:50.06	200102236					
NG Susanne Does	De Columbiaan	2:48.80	200101648					

Meisjes Jeugd 1

1. Esmée van Geest	WVZ	2:28.63	200001286	2:32.65	35.54	1:13.59	1:53.27	2:32.65
2. Naomi Knetemann	de Devel	2:35.60	200000594	2:44.29	37.90	1:19.73	2:03.41	2:44.29
3. Kirsten de Hoog	sg SCOM/ De Zeehond'73	2:41.95	200000460	2:44.61	38.61	1:19.94	2:02.90	2:44.61
4. Juliette Diaz Diaz	WVZ	2:41.99	200000048	2:45.96	38.74	1:21.22	2:04.11	2:45.96
5. Celina von Berg	ZV Westland	2:41.25	200002596	2:46.12	38.29	1:20.88	2:03.85	2:46.12
6. Julia van Hoeven	ZV Westland	2:45.90	200004442	2:51.08	37.78	1:21.28	2:06.40	2:51.08
7. Sanne Hobe	Poseidon'56	2:42.10	200000826	2:52.87	39.84	1:22.98	2:08.65	2:52.87
<i>*eindtijd is backup tijd</i>								
8. Amanda Holst	Zoetermeer	2:45.48	200004204	2:56.12	40.35	1:25.25	2:10.74	2:56.12
9. Noline Schol	BZ&PC	2:44.13	200003600	2:56.23	41.99	1:26.56	2:12.50	2:56.23
10. Zoë van Gool	De Geul	2:51.07	200000964	2:56.90	41.09	1:25.90	2:12.68	2:56.90
11. Iris van Berkel	Van Vliet-Barracuda	2:44.05	200000476	2:58.04	39.96	1:23.83	2:10.46	2:58.04
12. Lindsay van den Doel	ZV de Gooye	2:47.44	200002360	2:58.95	41.70	1:27.31	2:13.44	2:58.95
DIS Almira Bekteshi	ZOB'66	3:05.11	200004570					
<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>								

Meisjes Jeugd 2

1. Emma Berry	Racing Club	2:27.23	199906390	2:33.68	36.23	1:15.87	1:54.75	2:33.68
2. Romy de Laat	Wiekslag	2:26.90	199900902	2:35.27	35.90	1:15.42	1:56.21	2:35.27
3. Anouk van Weelden	PCG	2:31.06	199902828	2:36.22	36.91	1:16.37	1:57.22	2:36.22
4. Annemarie Meijer	De Duck	2:32.72	199900964	2:36.96	37.34	1:17.14	1:57.86	2:36.96
5. Babette van der Kaaij	ZV Westland	2:35.60	199902234	2:41.52	38.96	1:20.71	2:02.66	2:41.52
<i>*150m tijd is een backup tijd</i>								
6. Lotte Middelbos	zc De Schotejil	2:31.92	199900680	2:43.40	38.27	1:20.10	2:02.05	2:43.40
7. Merle de Lange	BZ&PC	2:40.95	199900990	2:48.27	38.59	1:21.29	2:04.90	2:48.27
8. Katja Kuijlaars	MNC Dordrecht	2:39.40	199900016	2:48.76	38.73	1:21.95	2:05.60	2:48.76
9. Ilse Wijnmaalen	PCG	2:36.72	199900940	2:49.99	39.00	1:22.23	2:06.56	2:49.99
<i>*100m tijd is een backup tijd</i>								
10. Maaïke Baker	De Columbiaan	2:43.97	199902930	2:50.10	38.83	1:22.60	2:07.60	2:50.10
11. Floor Eggermont	Poseidon'56	2:52.06	199900998	3:00.64	39.86	1:25.05	2:13.51	3:00.64
12. Chémène de Klein	DWF	3:01.24	199900448	3:04.68	42.76	1:28.65	2:16.66	3:04.68
AFGEM Evi Mijster	DWF	2:58.34	199900450					

Programmanr. 3, Dames, 200m rugslag

Dames Senioren D1 en D2

1. Elize Bouman	ZPCNumansdorp	2:26.34	199800658	2:28.84	33.52	1:10.37	1:49.45	2:28.84
2. Angelique van Vark	Z&PC De Gouwe	2:34.16	199701478	2:36.42	36.39	1:15.71	1:56.44	2:36.42
3. Aimee de Werk	Poseidon'56	2:31.57	199701212	2:42.61	35.74	1:16.19	1:59.08	2:42.61
4. Renske de Vries	De Kempvis	2:42.61	199703330	2:45.93	38.38	1:20.73	2:04.37	2:45.93
5. Melissa Weber	de Zijl/LGB	2:34.70	199705316	2:46.30	37.87	1:19.64	2:02.39	2:46.30
6. Myrthe Vreeswijk	LZ 1886	2:39.86	199800078	2:48.09	40.03	1:22.65	2:05.85	2:48.09
7. Diana van Halm Braam	WVZ	2:37.55	199800788	2:48.14	38.94	1:21.06	2:04.43	2:48.14
8. Thirza Belder	ZOB'66	2:48.04	199803024	2:51.13	40.16	1:23.88	2:07.90	2:51.13
9. Merel te Marvelde	Z&PC De Gouwe	2:54.83	199802792	3:06.26	43.21	1:29.70	2:18.33	3:06.26

Dames Senioren

1. Leonie van Noort	WVZ	2:13.70	199301752	2:21.21	34.29	1:10.49	1:46.05	2:21.21
2. Anouque Berghuis	Racing Club	2:20.46	199606132	2:32.61	35.43	1:13.58	1:53.15	2:32.61
3. Roos van Esch	D'efft	2:30.90	198200468	2:37.10	37.03	1:17.02	1:57.96	2:37.10
4. Eef Hollander	DES	2:33.61	199602074	2:37.30	37.36	1:17.81	1:57.79	2:37.30
5. Kelly Wigleven	MNC Dordrecht	2:30.39	199500058	2:37.47	36.98	1:16.91	1:57.59	2:37.47
6. Moniek Heemskerk	LZ 1886	2:38.70	199601964	2:44.77	39.37	1:21.67	2:04.19	2:44.77
7. Wendy de Bruin	ZOB'66	2:37.60	199206320	2:45.01	38.65	1:20.80	2:03.37	2:45.01
8. Kemi Alake	LZ 1886	2:42.54	199603912	2:46.41	38.16	1:19.22	2:03.09	2:46.41
9. Karen van Dee	sg SCOM/ De Zeehond'73	2:43.60	199604074	2:48.68	38.92	1:21.45	2:05.91	2:48.68
10. Tonia Ruybroek	Poseidon'56	2:38.64	198101290	2:48.84	38.23	1:21.48	2:05.41	2:48.84
11. Linda Janssen	ZPB H&L	2:45.89	198802088	2:51.01	41.24	1:24.59	2:08.32	2:51.01

Programmanr. 4
16-5-2015

Jongens, 4 x 200m vrije slag

Jongens Junioren 4 en later
Resultaten

rang	vereniging			inschrijftijd	tijd			
1.	De Columbiaan 1	De Columbiaan		8:04.77	8:24.13			
	Jens Krijgsman	99	+0,70	26.96	57.37	1:30.00	2:03.04	2:03.04
	Thijs van Wieringen	99	+0,14	25.84	56.75	1:29.66	2:02.30	2:02.30
	Ruben Griffioen	99	+0,31	29.17	1:02.67	1:35.94	2:09.96	2:09.96
	Wesley Bos	99	+0,40	29.42	1:02.13	1:35.58	2:08.83	2:08.83
2.	WVZ 1	WVZ		8:31.01	8:51.47			
	Noah Legerstee	00	+0,70	29.33	1:03.26	1:38.70	2:11.95	2:11.95
	Thomas Jansen	01	+0,41	29.87	1:03.65	1:38.17	2:11.08	2:11.08
	Matthijs Arnoldus	00	+0,47	31.45	1:07.61	1:45.04	2:20.57	2:20.57
	Anne Schuurmans	00	+0,46	28.79	1:00.73	1:34.57	2:07.87	2:07.87
3.	zc De Schotejil 1	zc De Schotejil		9:00.19	9:10.85			
	Jorian Tanis	99	+0,75	28.91	1:00.93	1:33.96	2:05.88	2:05.88
	Jacob Mackloet	00	+0,33	30.66	1:05.36	1:42.05	2:18.23	2:18.23
	Luuk Kieviet	01	+0,40	31.83	1:07.42	1:44.41	2:20.60	2:20.60
	David Kievit	99	+0,44	32.12	1:08.52	1:48.29	2:26.14	2:26.14
4.	Poseidon'56 1	Poseidon'56		8:55.07	9:21.62			
	Sander Iuga	01	+0,82	31.19	1:07.39	1:46.67	2:24.34	2:24.34
	Brandon van den Berg	02	+0,71	30.78	1:08.27	1:47.14	2:25.33	2:25.33
	Ryan van den Ouden	99	+0,75	29.13	1:03.42	1:41.06	2:17.37	2:17.37
	Gerard Willighagen	01	+0,75	30.59	1:05.53	1:41.24	2:14.58	2:14.58
5.	LZ 1886 1	LZ 1886		9:34.69	10:00.79			
	Tjeerd van Stein	01	+0,77	31.89	1:08.18	1:45.38	2:22.39	2:22.39
	Guus Hoogduin	02	+0,62	34.25	1:14.27	1:55.47	2:35.79	2:35.79
	Wouter Verdoes	02	+0,50	34.34	1:16.22	1:58.34	2:38.05	2:38.05
	Sander van Beek	00	+0,52	30.99	1:07.65	1:46.46	2:24.56	2:24.56
6.	ZPB H&L 1	ZPB H&L		10:12.89	10:59.16			
	Erik Speksnijder	00	+0,88	32.91	1:10.57	1:50.80	2:31.28	2:31.28
	Nino van Krimpen	00	+0,51	36.93	1:20.17	2:03.90	2:46.14	2:46.14
	Pim Munne	01	+0,55	39.14	1:26.11	2:13.87	2:59.39	2:59.39
	Robert Speksnijder	02	+0,68	33.44	1:15.45	1:58.18	2:42.35	2:42.35

Programmanr. 5
16-5-2015

Heren, 4 x 200m vrije slag

Heren Senioren Open
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	MNC Dordrecht 1	8:29.10	8:29.31
	Dennis Bougrimov	98	2:04.64
	Anton Jansen	00	2:09.84
	Matthew Dullemond	98	2:10.35
	Igor Ostrowski	98	2:04.48

Programmanr. 6
16-5-2015

Dames, 100m schoolslag

Dames Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m
Meisjes Junioren 1						
1.	Britta Koehorst	KZV de Lansingh	1:18.56	200300246	1:22.02	38.20 1:22.02
2.	Kim de Jong	LZ 1886	1:23.80	200301026	1:25.90	41.26 1:25.90
3.	Amy Koelman	De Columbiaan	1:30.57	200300922	1:29.63	42.02 1:29.63
4.	Megan de Hoog	sg SCOM/ De Zeehond'73	1:28.89	200300214	1:31.36	43.46 1:31.36
5.	Wendy ten Wolde	Wiekslag	1:30.80	200302658	1:33.28	42.99 1:33.28
6.	Debbie Bruijgoms	MNC Dordrecht	1:31.55	200301672	1:34.10	44.16 1:34.10
7.	Joyce van 't Hof	ZPB H&L	1:30.44	200302122	1:34.87	44.89 1:34.87
8.	Dominique van der Meer	Racing Club	1:33.62	200301564	1:35.77	45.35 1:35.77
9.	Naomi van Ballegooijen	de Devel	1:35.31	200303102	1:35.98	44.34 1:35.98
10.	Myrthe Mulder	LZ 1886	1:34.62	200300054	1:38.55	46.07 1:38.55
11.	Isabella de Wit	sg SCOM/ De Zeehond'73	1:35.51	200300254	1:38.65	46.86 1:38.65
12.	Kim Hogendoorn	DWF	1:38.72	200302828	1:40.31	47.56 1:40.31
13.	Esther Reinders	KZV de Lansingh	1:37.69	200301798	1:40.96	48.07 1:40.96
14.	Celina Brandt	Wiekslag	1:44.50	200301098	1:41.99	47.15 1:41.99
15.	Daphne Zoetekouw	sg SCOM/ De Zeehond'73	1:39.70	200301750	1:42.13	48.65 1:42.13
16.	Veera Harma	WZK	1:41.35	200304118	1:45.97	49.57 1:45.97
AFGEM	Anna Schotmeijer	D'elft	1:39.70	200303510		

Meisjes Junioren 2

1.	Sophie de Jonge	WVZ	1:15.86	200200118	1:16.82	36.13 1:16.82
2.	Lieske Zijlstra	zc De Schotejil	1:22.48	200200996	1:22.70	39.37 1:22.70
3.	Elise Tanis	zc De Schotejil	1:23.04	200200120	1:26.60	41.25 1:26.60
4.	Rozemarijn van Haaff	ZOB'66	1:24.37	200201852	1:27.73	41.27 1:27.73
5.	Charlotte Drastich	WZK	1:23.95	200200344	1:28.08	41.03 1:28.08
6.	Nienke Mierop	De Stelle	1:27.62	200203294	1:30.25	41.07 1:30.25
7.	Christy Geurts	WVZ	1:28.02	200203734	1:30.50	42.37 1:30.50
8.	Bibi Middelbos	zc De Schotejil	1:28.67	200201548	1:30.70	41.93 1:30.70
9.	Grace Anderson	WZK	1:26.60	200200578	1:31.15	42.64 1:31.15
10.	Nicole van Strien	WVZ	1:27.23	200200236	1:31.95	43.93 1:31.95
11.	Fleur van Norren	ZPB H&L	1:28.80	200204432	1:32.03	43.53 1:32.03
12.	Tessa Niks	De Duck	1:29.56	200203496	1:32.12	44.80 1:32.12
13.	Maya Ball	Albion	1:30.47	200200874	1:32.45	42.36 1:32.45
14.	Susan van Grol	Widex GZC Donk	1:28.31	200201344	1:32.70	42.75 1:32.70
15.	Amy van Leersum	Poseidon'56	1:31.55	200200300	1:34.48	44.57 1:34.48
16.	Anouk Ruijters	ACZ	1:32.38	200203828	1:35.20	44.53 1:35.20
17.	Anna Hoogenboezem	KZV de Lansingh	1:30.63	200200658	1:38.26	46.37 1:38.26
18.	Sanne Nederveen	DWF	1:34.62	200204884	1:38.48	46.12 1:38.48
19.	Lisa Nederveen	DWF	1:37.89	200204882	1:41.51	47.95 1:41.51

Meisjes Junioren 3

1.	Claire Verkijk	WVZ	1:12.37	200100240	1:15.35	35.01 1:15.35
2.	Sanne Busch	MNC Dordrecht	1:15.37	200101486	1:16.22	35.79 1:16.22
3.	Inge Vieveen	WVZ	1:15.37	200100024	1:19.22	36.87 1:19.22
4.	Eline Duynisveld	WVZ	1:21.25	200103958	1:23.51	39.32 1:23.51
5.	Manon Middelbos	zc De Schotejil	1:21.08	200100056	1:24.49	39.36 1:24.49
6.	Anniek de Ruiter	Widex GZC Donk	1:22.20	200101224	1:26.41	41.02 1:26.41
7.	Sam IJzerman	De Geul	1:23.37	200101204	1:27.60	40.38 1:27.60

Regio Zomerkampioenschappen IJb
Dordrecht, 16- - 17-5-2015

Programmanr. 6, Meisjes, 100m schoolslag, Meisjes Junioren 3

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
8.	Floor de Kievit	Racing Club	1:24.74	200100238	1:29.74	41.91	1:29.74
9.	Jasmine el Taraboulsi	WZK	1:25.32	200105788	1:29.90	41.93	1:29.90
10.	Esmée Roodenburg	De Geul	1:28.42	200100040	1:30.21	42.93	1:30.21
11.	Megan van Beelen	De Columbiaan	1:25.85	200105606	1:30.38	41.52	1:30.38
12.	Nuria Boersma	WZK	1:24.90	200100906	1:30.50	42.16	1:30.50
13.	Diana Noordermeer	sg SCOM/ De Zeehond'73	1:25.66	200102110	1:30.64	42.49	1:30.64
14.	Sanne Heemskerk	LZ 1886	1:27.26	200100600	1:31.99	43.64	1:31.99
15.	Nienke Vork	Widex GZC Donk	1:31.84	200102294	1:33.51	44.31	1:33.51
16.	Anouk de Vreede	DES	1:28.92	200100130	1:34.17	43.72	1:34.17
17.	Cathelijn Bogers	WZK	1:31.04	200103360	1:34.70	44.42	1:34.70
18.	Noa Krimpenfort	Van Vliet-Barracuda	1:33.09	200104890	1:34.74	46.04	1:34.74
19.	Ilonka van der Well	ZPB H&L	1:29.26	200103732	1:34.78	44.89	1:34.78
20.	Sofia de Graaf	Wiekslag	1:31.89	200100304	1:35.92	45.01	1:35.92
21.	Esmee Wijnmaalen	PCG	1:31.80	200100298	1:36.47	45.78	1:36.47
22.	Nienke Vries	sg SCOM/ De Zeehond'73	1:34.57	200100460	1:36.82	45.25	1:36.82
23.	Danique Gieltsjes	PCG	1:31.77	200102572	1:37.34	45.95	1:37.34
24.	Dominika Olszewska	ZPB H&L	1:42.04	200103946	1:50.28	51.69	1:50.28
DIS	Samantha Gerritse	LZ 1886	1:27.39	200102062			
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>						
NG	Susanne Does	De Columbiaan	1:25.08	200101648			

Meisjes Jeugd 1

1.	Lauren van IJll	WVZ	1:17.65	200001064	1:19.87	37.12	1:19.87
2.	Jasmijn Bal	Poseidon'56	1:23.19	200001054	1:24.77	39.19	1:24.77
3.	Kirsten de Hoog	sg SCOM/ De Zeehond'73	1:27.37	200000460	1:28.88	42.06	1:28.88
4.	Nicoline Schol	BZ&PC	1:25.58	200003600	1:29.95	42.04	1:29.95
5.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	1:26.32	200000994	1:30.21	42.41	1:30.21
6.	Hanna Looi	ZPB H&L	1:29.53	200006090	1:30.74	43.29	1:30.74
7.	Celina von Berg	ZV Westland	1:24.84	200002596	1:30.86	42.29	1:30.86
8.	Lindsay van den Doel	ZV de Gooye	1:26.15	200002360	1:31.66	42.01	1:31.66
9.	Sanne Hobe	Poseidon'56	1:29.05	200000826	1:32.95	42.62	1:32.95
10.	Iris van Berkel	Van Vliet-Barracuda	1:27.72	200000476	1:34.04	44.05	1:34.04

Meisjes Jeugd 2

1.	Isabel van der Boor	MNC Dordrecht	1:18.32	199901330	1:21.10	38.09	1:21.10
2.	Lotte Middelbos	zc De Schotejil	1:19.13	199900680	1:21.43	37.89	1:21.43
3.	Annemarie Meijer	De Duck	1:18.31	199900964	1:23.19	39.20	1:23.19
4.	Iona van der Toorn	Racing Club	1:20.77	199900884	1:23.44	39.37	1:23.44
5.	Anouk van Weelden	PCG	1:22.71	199902828	1:26.29	40.92	1:26.29
6.	Alisha Vieira	MNC Dordrecht	1:28.16	199904554	1:28.37	41.20	1:28.37
7.	Maaïke Baker	De Columbiaan	1:23.52	199902930	1:31.63	41.89	1:31.63
8.	Dina Soliman	KZV de Lansingh	1:28.84	199903046	1:36.34	44.56	1:36.34
9.	Chémène de Klein	DWF	1:30.78	199900448	1:37.44	45.37	1:37.44
10.	Ilse Wijnmaalen	PCG	1:30.58	199900940	1:38.67	46.53	1:38.67
AFGEM	Evi Mijster	DWF	1:29.25	199900450			

Dames Senioren D1 en D2

1.	Uma Kraus	Racing Club	1:12.87	199802328	1:15.91	35.31	1:15.91
2.	Senna Pols	sg SCOM/ De Zeehond'73	1:16.84	199700012	1:17.67	36.56	1:17.67
3.	Ilse Rijnja	DES	1:14.78	199802432	1:17.86	37.02	1:17.86
4.	Angelique van Vark	Z&PC De Gouwe	1:18.18	199701478	1:19.68	37.57	1:19.68
5.	Joelle Geerts	Poseidon'56	1:16.84	199700206	1:20.66		1:20.66
6.	Fenna de Groot	De Kempvis	1:19.53	199701796	1:23.54	39.25	1:23.54
7.	Quinty Plet	De Kempvis	1:20.22	199802056	1:23.98		1:23.98
8.	Myrthe de Jong	Racing Club	1:24.05	199800244	1:25.72 *	40.37	1:25.72
9.	Brighid van Uffelen	Wiekslag	1:19.11	199800310	1:25.84		1:25.84
10.	Thirza Belder	ZOB'66	1:22.11	199803024	1:27.31	40.30	1:27.31
11.	Vera Martens	WVZ	1:23.31	199801572	1:27.39	39.33	1:27.39
12.	Ilse la Brijn	De Watervogels	1:23.10	199806270	1:27.50	40.09	1:27.50
13.	Iris van Valen	De Geul	1:26.14	199800496	1:29.87	41.13	1:29.87
14.	Lincy de Winter	Racing Club	1:26.13	199805886	1:32.69	43.80	1:32.69
15.	Tamara van den Brink	Van Vliet-Barracuda	1:26.11	199804182	1:32.86	43.78	1:32.86
16.	Sabrina de Graaf	Wiekslag	1:28.89	199801082	1:33.06	42.66	1:33.06



Regio Zomerkampioenschappen Ib
Dordrecht, 16- - 17-5-2015

Programmanr. 6, Dames, 100m schoolslag, Dames Senioren D1 en D2

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
17.	Melissa Weber	de Zijl/LGB	1:26.96	199705316	1:33.15	42.93	1:33.15
18.	Lobke den Eerzamen	ZV de Gooye	1:32.48	199805116	1:38.28	44.95	1:38.28
DIS	Myrthe Vreeswijk	LZ 1886	1:23.09	199800078			
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>						
NG	Sara Stefanovic	MNC Dordrecht	1:23.52	199706518			

Dames Senioren

1.	Joelle Scheps	WVZ	1:13.86	199202364	1:14.27	35.38	1:14.27
2.	Leonie van Noort	WVZ	1:12.82	199301752	1:15.06	35.81	1:15.06
3.	Nicole Bennis	WVZ	1:13.43	199600470	1:15.99	35.70	1:15.99
4.	Asmara Ritmeijer	ZV Vlaardingen-Schiedam	1:18.74	199600790	1:21.01	38.53	1:21.01
5.	Kelly Wiglevan	MNC Dordrecht	1:16.85	199500058	1:21.18	38.59	1:21.18
6.	Birgit Adriaansen	MNC Dordrecht	1:21.76	199503342	1:22.22	38.90	1:22.22
7.	Nicky Deijl	ZOB'66	1:22.03	199601360	1:22.44	38.60	1:22.44
8.	Aniek Huijsman	KZV de Lansingh	1:19.21	198801932	1:23.68	39.37	1:23.68
9.	Miranda Nijenhuis	De Columbiaan	1:16.87	199204076	1:24.27	38.66	1:24.27
10.	Moniek Heemskerk	LZ 1886	1:20.40	199601964	1:25.21	40.05	1:25.21
11.	Wendy de Bruin	ZOB'66	1:22.13	199206320	1:26.61	40.54	1:26.61
12.	Aylin van Uffelen	ZPB H&L	1:22.89	199600352	1:27.95	39.76	1:27.95
13.	Linda Janssen	ZPB H&L	1:24.42	198802088	1:28.38	40.93	1:28.38
14.	Eef Hollander	DES	1:24.51	199602074	1:30.43	42.90	1:30.43
15.	Brenda Geestman	ZPB H&L	1:27.26	198701276	1:32.46	44.26	1:32.46
16.	Kemi Alake	LZ 1886	1:23.94	199603912	1:32.92	43.33	1:32.92
17.	Marian Nederlof	DWF	1:30.85	197600950	1:35.19	45.54	1:35.19
18.	Vivian Brak	BZ&PC	1:30.17	199000520	1:35.65	45.33	1:35.65
19.	Debby Kraaijeveld	DWF	1:29.58	199601358	1:36.91	44.44	1:36.91
20.	Jaklien Tans	MNC Dordrecht	2:24.82	197100918	2:23.19	1:05.65	2:23.19
AFGEM	Ilse Noorlander	D'elft	1:22.22	199307810			

Programmanr. 7
16-5-2015

Heren, 200m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
Jongens Junioren 1									
1.	Bryan Agterdenbos	MNC Dordrecht	2:02.52	200200003	2:10.31	29.57	1:03.23	1:37.48	2:10.31
2.	Brandon van den Berg	Poseidon'56	2:16.66	200200669	2:25.01	31.54	1:09.89	1:48.87	2:25.01
3.	Robert Speksnijder	ZPB H&L	2:27.17	200200429	2:27.22	34.32	1:14.47	1:52.30	2:27.22
4.	Nikhom Westphal	sg SCOM/ De Zeehond'73	2:22.46	200203329	2:28.60	32.92	1:11.88	1:51.13	2:28.60
5.	Bas van Wieringen	De Columbiaan	2:22.98	200200119	2:29.05	33.61	1:12.73	1:52.02	2:29.05
6.	Viktor Koets	LZ 1886	2:25.97	200201677	2:30.19	33.74	1:12.97	1:52.57	2:30.19
7.	Guus Hoogduin	LZ 1886	2:28.10	200201069	2:30.32	34.83	1:13.42	1:52.47	2:30.32
8.	Scott Jansen	D'elft	2:31.97	200202455	2:31.51	32.79	1:12.49	1:53.36	2:31.51
9.	Cas Jansen	Racing Club	2:37.01	200203263	2:32.53	31.27	1:13.18	1:54.59	2:32.53
10.	Thijs Schuurmans	WVZ	2:36.46	200201485	2:32.57	34.48	1:13.12	1:53.04	2:32.57
11.	Robin van Peenen	De Columbiaan	2:33.00	200201059	2:33.27	33.86	1:13.11	1:54.10	2:33.27
12.	Dylano Termoshuizen	WVZ	2:31.60	200202169	2:33.33	35.00	1:15.66	1:57.17	2:33.33
13.	Wouter Verdoes	LZ 1886	2:30.77	200200351	2:33.60	34.43	1:14.54	1:55.59	2:33.60
14.	Victor Simons	Racing Club	2:39.69	200203261	2:35.48	34.96	1:15.08	1:55.86	2:35.48
15.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	2:41.19	200200619	2:36.07	34.82	1:15.41	1:55.95	2:36.07
16.	Luc van Rooijen	Z&PC Alkemade	2:32.17	200201435	2:36.68	34.82	1:15.84	1:58.56	2:36.68
17.	Glenn van Gaalen	De Kempvis	2:33.38	200200521	2:37.01	34.71	1:14.67	1:55.95	2:37.01
18.	Jelmer Nederhoed	LZ 1886	2:33.78	200201349	2:38.48	35.21	1:15.65	1:57.69	2:38.48
19.	Jarno Verbeek	Zoetermeer	2:30.54	200200931	2:40.13	36.16	1:18.93	2:01.79	2:40.13
20.	Daan Snijders	MNC Dordrecht	2:40.34	200202475	2:43.41	36.90	1:18.62	2:02.07	2:43.41
21.	Stijn den Otter	de Devel	2:36.44	200200225	2:45.07	36.45	1:18.09	2:02.90	2:45.07
22.	Björn de Heus	ZV Vlaardingen-Schiedam	2:44.30	200201077	2:49.79	39.49	1:24.33	2:09.25	2:49.79
23.	Jeffrey Weeda	de Devel	2:39.38	200200227	2:50.51	37.48	1:21.08	2:03.84	2:50.51
24.	Niels Dijkshoorn	ZV Westland	2:39.16	200203079	2:51.51	38.43	1:22.63	2:07.80	2:51.51
AFGEM	Jonas Adriaanse	De Columbiaan	2:37.04	200202817					

Programmanr. 7, Heren, 200m vrije slag

Jongens Junioren 2

1. Thomas Jansen	WVZ	2:07.70	200100143	2:10.77	31.05	1:05.10	1:39.24	2:10.77
2. Tygo van Hassel	WVZ	2:09.83	200101479	2:13.21	30.24	1:04.65	1:39.73	2:13.21
3. Freek Hollander	DES	2:19.15	200103815	2:15.30	31.26	1:06.37	1:41.28	2:15.30
4. Quinn van den Heuvel	ZPCNumansdorp	2:07.50	200100297	2:15.82	30.73	1:05.38	1:40.62	2:15.82
5. Max Huige	sg SCOM/ De Zeehond'73	2:14.07	200104355	2:16.21	30.52	1:05.26	1:41.57	2:16.21
6. Finn van Bommel	De Columbiaan	2:16.89	200103683	2:19.07	31.53	1:06.34	1:42.90	2:19.07
7. Nika Tchikhinachvili	DES	2:19.91	200104243	2:19.22	32.56	1:08.57	1:43.63	2:19.22
8. Luuk Kieviet	zc De Schotejil	2:19.84	200100469	2:20.63	31.46	1:07.32	1:44.69	2:20.63
9. Sander Iuga	Poseidon'56	2:19.10	200101389	2:22.80	33.05	1:09.94	1:47.56	2:22.80
10. Jeroen Schilder	De Duck	2:23.88	200103083	2:22.97	32.40	1:09.00	1:46.69	2:22.97
11. Taro Nishimura	WZ010	2:22.80	200105049	2:23.52	30.70	1:06.12	1:45.00	2:23.52
12. Tjeerd van Stein	LZ 1886	2:17.42	200101439	2:24.75	32.72	1:09.78	1:47.40	2:24.75
13. D. van den Nieuwendijk	De Columbiaan	2:20.38	200100475	2:25.02	31.28	1:07.77	1:46.87	2:25.02
14. Sasa Stefanovic	MNC Dordrecht	2:20.54	200100805	2:25.61	33.88	1:11.96	1:50.09	2:25.61
15. Ignazio Nunzi	DES	2:25.05	200101803	2:26.99	33.51	1:11.16	1:49.48	2:26.99
16. Sjoerd van Weelden	PCG	2:25.11	200101217	2:35.06	35.00	1:14.70	1:55.23	2:35.06
17. Thom van Vark	Z&PC De Gouwe	2:33.48	200101305	2:39.86	35.60	1:16.22	1:59.22	2:39.86
18. Sven Janssens	ZPB H&L	2:46.17	200102659	2:52.55	39.49	1:24.67	2:09.63	2:52.55
19. Pim Munne	ZPB H&L	2:45.83	200103563	2:58.69	39.72	1:26.62	2:13.86	2:58.69
NG.ZA Gregory Abeldynov	Poseidon'56	2:29.98	200100827					
NG.ZA Gerard Willighagen	Poseidon'56	2:07.81	200103663					

Jongens Junioren 3

1. Anne Schuurmans	WVZ	2:03.07	200003919	2:05.18	28.99	1:00.62	1:32.99	2:05.18
2. Noah Legerstee	WVZ	2:06.68	200003593	2:08.46	29.14	1:01.51	1:36.17	2:08.46
3. Marc Botter	Racing Club	2:13.81	200000329	2:12.79	30.62	1:04.63	1:39.02	2:12.79
4. Jasper Breugem	WVZ	2:15.59	200000303	2:14.43	30.07	1:03.72	1:39.00	2:14.43
5. Mark de Jongh	de Devel	2:11.59	200001325	2:14.78	29.79	1:04.35	1:40.07	2:14.78
6. Otto Pranger	sg SCOM/ De Zeehond'73	2:08.16	200000007	2:15.33	30.48	1:04.39	1:40.22	2:15.33
7. Max Reinders	Racing Club	2:09.93	200004225	2:16.18	30.33	1:04.68	1:41.06	2:16.18
8. K. de Kruyf Molina	DES	2:11.55	200002667	2:16.24	30.65	1:04.89	1:41.26	2:16.24
9. Steven van Santen	WVZ	2:17.57	200001799	2:16.94	30.30	1:05.26	1:41.80	2:16.94
10. J. de Roy van Zuydewijn	WVZ	2:13.55	200000255	2:17.06	31.60	1:06.49	1:42.09	2:17.06
11. Jacob Anderson	WZK	2:11.13	200002285	2:18.13	29.49	1:03.85	1:40.82	2:18.13
12. Oliver Maddock	WZK	2:13.75	200002281	2:18.42 *	30.98	1:06.27	1:42.84	2:18.42
13. Jacob Mackloet	zc De Schotejil	2:17.68	200001171	2:18.51	31.97	1:07.83	1:43.58	2:18.51
14. Sander van Beek	LZ 1886	2:18.40	200002917	2:20.31	31.59	1:07.35	1:44.49	2:20.31
15. Thomas Bordewijk	De Kempvis	2:16.49	200001047	2:20.38	31.08	1:07.05	1:43.86	2:20.38
<i>*50m tijd is backup tijd</i>								
16. Daniël Apperloo	WVZ	2:14.92	200002645	2:21.33	32.89	1:09.54	1:46.32	2:21.33
17. Aidan van Gool	De Geul	2:19.00	200001773	2:21.79	31.58	1:07.51	1:45.07	2:21.79
18. Matthijs Arnoldus	WVZ	2:13.56	200000571	2:21.96	32.07	1:08.55	1:46.03	2:21.96
19. Aron Paasse	zc De Schotejil	2:24.17	200000099	2:22.82	32.22	1:08.97	1:46.60	2:22.82
20. Ian Terlouw	BZ&PC	2:15.40	200002345	2:23.05	31.88	1:09.70	1:47.65	2:23.05
21. Miquel Koeleman	De Columbiaan	2:18.78	200002763	2:23.17	31.40	1:08.03	1:45.26	2:23.17
22. Dylan Kalden	De Duck	2:19.15	200003283	2:24.00	32.08	1:08.98	1:47.51	2:24.00
23. Jari Voogt	De Duck	2:22.48	200004237	2:25.08	31.32	1:08.88	1:48.65	2:25.08
24. Rolf Bavelaar	WVZ	2:17.42	200001747	2:26.34	31.72	1:08.11	1:46.21	2:26.34
25. Erik Speksnijder	ZPB H&L	2:22.84	200001375	2:26.78	32.94	1:10.63	1:49.17	2:26.78
26. Cade Vente	DES	2:36.48	200004517	2:31.79	31.83	1:11.34	1:52.67	2:31.79
27. Nino van Krimpen	ZPB H&L	2:37.05	200004611	2:48.84	38.11	1:21.20	2:06.59	2:48.84
AFGEM Stijn Lafontaine	Racing Club	2:26.31	200005205					
NG Melvin Verhoeven	KZV de Lansingh	2:24.67	200002833					

Jongens Junioren 4

1. Jens Krijgsman	De Columbiaan	1:57.68	199901429	2:02.48	28.59	1:00.59	1:31.92	2:02.48
2. Jorian Tanis	zc De Schotejil	2:00.65	199900327	2:04.17	29.33	1:01.51	1:33.80	2:04.17
3. Thijs van Wieringen	De Columbiaan	2:01.07	199900577	2:07.22	28.54	1:01.04	1:34.35	2:07.22
4. Joris Bezemer	De Kempvis	2:04.52	199900527	2:07.45	30.26	1:03.22	1:36.04	2:07.45
5. Ruben Griffioen	De Columbiaan	2:01.82	199900771	2:07.55	29.87	1:03.29	1:36.27	2:07.55
6. Wesley Bos	De Columbiaan	2:04.20	199901241	2:09.92	30.36	1:03.53	1:36.92	2:09.92
7. Merijn Koopmans	MNC Dordrecht	2:11.63	199902115	2:12.12	29.68	1:02.90	1:37.56	2:12.12
8. Sybe de Waard	de Devel	2:14.60	199900139	2:14.64	29.95	1:03.50	1:39.04	2:14.64



Programmanr. 7, Jongens, 200m vrije slag, Jongens Junioren 4

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
9. Ryan van den Ouden	Poseidon'56	2:11.50	199900377	2:15.59	29.55	1:03.57	1:40.27	2:15.59
10. Bart Spaans	ACZ	2:15.96	199902559	2:18.84	30.20	1:04.63	1:41.71	2:18.84
11. Jaap van Trijp	Racing Club	2:07.36	199903225	2:20.95	30.90	1:06.71	1:43.84	2:20.95
12. Rogier Dorsman	de Devel	2:19.79	199900211	2:21.36	31.85	1:08.37	1:45.23	2:21.36
13. Yanick Leunisse	ZV Strijen	2:16.28	199904179	2:23.00	30.95	1:06.98	1:45.44	2:23.00
14. Bob Hogendoorn	DWF	2:13.53	199903089	2:29.37	31.12	1:09.46	1:49.61	2:29.37
AFGEM Boris Pejic	Widex GZC Donk	2:35.72	199904787					
AFGEM Klaas Arkesteijn	D'elft	1:58.83	199901897					

Heren Jeugd 1

1. Floris Kotterink	Albion	1:56.43	199800199	1:59.52	26.71	57.19	1:28.32	1:59.52
2. Jordy van Oel	WVZ	2:06.10	199802003	2:07.71	29.04	1:01.82	1:35.99	2:07.71
3. Ben Muller	De Geul	2:07.06	199801281	2:09.84	30.01	1:02.93	1:36.39	2:09.84
4. Rainier Voll	de Devel	2:06.41	199800365	2:10.99	29.84	1:02.90	1:36.78	2:10.99
5. Bas Verdoes	LZ 1886	2:06.90	199801487	2:11.96	28.94	1:01.85	1:37.45	2:11.96
6. Stijn Geelen	MNC Dordrecht	2:12.99	199801363	2:13.02	28.57	1:02.75	1:38.44	2:13.02
7. Fabio Mieris	MNC Dordrecht	2:08.65	199803097	2:13.73	30.28	1:03.86	1:39.18	2:13.73
8. L. van der Klooster	ZPB H&L	2:08.95	199801361	2:17.82	29.92	1:05.25	1:42.37	2:17.82
9. Job Kooij	PCG	2:14.63	199802443	2:18.05	31.43	1:06.90	1:43.30	2:18.05
10. Roel van Grol	Widex GZC Donk	2:13.33	199802277	2:19.55	32.14	1:07.80	1:44.25	2:19.55
11. Daan Siebenheller	ZOB'66	2:12.01	199804955	2:19.65	32.54	1:08.94	1:44.53	2:19.65
12. Max Muller	De Geul	2:08.99	199800347	2:19.84	28.61	1:02.86	1:40.73	2:19.84
13. Mink Verschoor	WZ010	2:15.51	199803639	2:21.04	30.95	1:07.63	1:45.51	2:21.04
14. Dave Jansen	D'elft	2:08.51	199805299	2:23.71	26.40	1:07.33	1:46.76	2:23.71
15. Bas van Middelkoop	De Geul	2:15.06	199801279	2:25.04	32.48	1:08.67	1:47.15	2:25.04
AFGEM Ivar van Straaten	WVZ	2:14.28	199800107					
AFGEM Jelmer Lankhorst	Racing Club	2:18.91	199800353					

Heren Jeugd 2

1. Mike Hoek	De Duck	1:56.33	199702229	2:02.06	26.54	56.97	1:30.06	2:02.06
2. Pascal Nuijten	ZV Westland	2:01.24	199701353	2:03.31	28.07	59.11	1:31.69	2:03.31
3. Thomas Verhoeven	Wiekslag	1:58.70	199700311	2:03.55	26.65	56.64	1:29.66	2:03.55
4. Robin van Beek	LZ 1886	1:59.86	199704023	2:06.64	28.33	1:00.14	1:33.57	2:06.64
5. Krijn de Kievit	Racing Club	2:03.26	199700277	2:08.75	29.14	1:02.14	1:35.72	2:08.75
6. Sven Hubregtse	Racing Club	2:03.84	199702057	2:11.99	29.20	1:02.17	1:36.94	2:11.99
7. Bart Cok	Z&PC De Gouwe	2:09.53	199701921	2:13.77	29.39	1:02.67	1:37.81	2:13.77
8. Patrick Wyrdean	ZV Westland	2:10.31	199702475	2:18.35	31.14	1:05.74	1:41.94	2:18.35

Heren Senioren Open

1. Ensger Kotterink	Albion	1:53.45	199403391	1:58.71	27.70	58.64	1:28.63	1:58.71
2. Arno Kamminga	De Columbiaan	2:02.77	199502403	1:59.55	27.48	58.26	1:29.68	1:59.55
3. Timo Dinkelberg	sg SCOM/ De Zeehond'73	1:56.86	199300773	2:00.28	27.53	58.73	1:30.13	2:00.28
4. Alex Schelvis	De Geul	1:55.67	198702927	2:02.34	27.94	58.12	1:29.65	2:02.34
5. Lars Schoffelmeer	ZPB H&L	1:59.64	199501907	2:05.52	28.82	1:01.00	1:33.26	2:05.52
6. Erik Simons	D'elft	1:56.45	198902845	2:05.80	28.18	1:00.65	1:33.35	2:05.80
7. Armand Heyder	ZV Westland	2:05.07	199603221	2:07.30	27.86	59.44	1:33.52	2:07.30
8. Nordin Termoshuizen	WVZ	2:02.10	199605401	2:07.83	28.19	59.97	1:33.78	2:07.83
9. Egbert Stolk	D'elft	2:05.01	197600889	2:10.99	30.22	1:03.19	1:37.09	2:10.99
10. Emiel van Beusekom	Van Vliet-Barracuda	2:03.35	199403951	2:12.13	29.37	1:02.53	1:37.31	2:12.13
11. Thommy Nickel	Van Vliet-Barracuda	2:06.91	198401627	2:12.89	30.92	1:05.22	1:39.59	2:12.89
12. Remco Oskam	Widex GZC Donk	2:10.48	199205583	2:15.45	30.71	1:05.04	1:40.35	2:15.45
AFGEM Rik Vonk	LZ 1886	2:36.35	198604697					
NG Leon de Vries	ZPB H&L	2:22.68	199603371					



Programmanr. 8
16-5-2015

Dames, 200m wisselslag

Dames Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
Meisjes Junioren 1								
1. Britta Koehorst	KZV de Lansingh	2:32.94	200300246	2:35.19	32.93	1:14.20	1:59.00	2:35.19
2. Megan de Hoog	sg SCOM/ De Zeehond'73	2:44.67	200300214	2:48.47	35.73	1:19.39	2:10.66	2:48.47
3. Kim de Jong	LZ 1886	2:42.73	200301026	2:49.95	38.30	1:23.72	2:10.35	2:49.95
4. Amy Koelman	De Columbiaan	2:52.99	200300922	2:52.46	36.79	1:22.36	2:14.09	2:52.46
5. Wendy ten Wolde	Wiekslag	3:05.92	200302658	2:59.61	39.47	1:29.19	2:21.54	2:59.61
6. Michelle van der Steen	ZV Vlaardingen-Schiedam	3:05.64	200300052	3:01.05	39.81	1:24.75	2:20.91	3:01.05
7. Dominique van der Meer	Racing Club	2:55.88	200301564	3:01.16	38.60	1:26.54	2:20.99	3:01.16
8. Esther Reinders	KZV de Lansingh	3:01.11	200301798	3:02.53	41.00	1:28.42	2:22.70	3:02.53
9. Joyce van 't Hof	ZPB H&L	2:56.53	200302122	3:04.36	39.34	1:27.98	2:22.97	3:04.36
10. Marije de Jager	LZ 1886	3:08.53	200301394	3:05.95	40.32	1:27.18	2:24.69	3:05.95
11. Alyssa Kuivenhoven	Racing Club	3:09.13	200302224	3:06.06	40.72	1:27.44	2:25.26	3:06.06
12. Daphne Zoetekouw	sg SCOM/ De Zeehond'73	3:04.55	200301750	3:07.28	42.72	1:31.91	2:27.29	3:07.28
13. Isabella de Wit	sg SCOM/ De Zeehond'73	3:03.16	200300254	3:08.58	41.84	1:31.50	2:26.46	3:08.58
14. Naomi van Ballegooijen	de Devel	3:05.36	200303102	3:08.79	42.81	1:32.73	2:28.11	3:08.79
<i>*100m tijd is backup tijd</i>								
15. Myrthe Mulder	LZ 1886	3:02.47	200300054	3:08.89	43.98	1:33.20	2:26.70	3:08.89
16. Kim Rutters	De Kempvis	3:08.91	200302318	3:10.17	44.31	1:29.56	2:27.39	3:10.17
17. Laura Hoogenraad	De Columbiaan	3:10.42	200302316	3:16.11	43.67	1:30.56	2:30.73	3:16.11
18. Quincy Belder	Poseidon'56	3:13.32	200302058	3:20.35	43.63	1:31.53	2:33.88	3:20.35
Meisjes Junioren 2								
1. Elise Tanis	zc De Schotejil	2:27.20	200200120	2:30.65	31.57	1:11.60	1:57.72	2:30.65
2. Sophie de Jonge	WVZ	2:28.37	200200118	2:30.99	34.49	1:15.53	1:57.54	2:30.99
3. Tessa Giele	De Duck	2:39.97	200203124	2:39.49	32.80	1:14.63	2:03.99	2:39.49
4. Giorgia Colle	sg SCOM/ De Zeehond'73	2:36.71	200201754	2:41.37	33.68	1:14.99	2:04.05	2:41.37
5. Isa Boom	MNC Dordrecht	2:43.98	200200186	2:43.72	33.16	1:16.05	2:04.74	2:43.72
6. Christy Geurts	WVZ	2:40.72	200203734	2:44.98	34.66	1:18.03	2:08.72	2:44.98
7. Lieske Zijlstra	zc De Schotejil	2:42.91	200200996	2:45.66	36.19	1:20.49	2:07.60	2:45.66
8. Maaik Broersma	BZ&PC	2:41.06	200201522	2:46.41	36.01	1:18.11	2:09.56	2:46.41
9. Charlotte Drastich	WZK	2:42.04	200200344	2:46.56	36.38	1:20.73	2:08.28	2:46.56
10. Grace Anderson	WZK	2:48.74	200200578	2:49.73	37.52	1:23.39	2:14.07	2:49.73
11. Nicole van Strien	WVZ	2:49.93	200200236	2:52.29	36.64	1:23.71	2:12.28	2:52.29
12. Tamara de Rooter	zc De Schotejil	2:54.50	200203060	2:53.86	38.95	1:24.00	2:14.93	2:53.86
13. Tessa Niks	De Duck	2:49.72	200203496	3:00.22	38.62	1:26.54	2:19.44	3:00.22
14. Amy van Leersum	Poseidon'56	2:48.40	200200300	3:00.80	38.38	1:24.85	2:18.53	3:00.80
15. Rozemarijn van Haaff	ZOB'66	2:54.75	200201852	3:00.96	41.08	1:26.81	2:19.34	3:00.96
16. Fleur van Norren	ZPB H&L	3:00.87	200204432	3:01.48	39.91	1:26.63	2:18.77	3:01.48
17. Maya Ball	Albion	2:49.73	200200874	3:03.28	40.68	1:27.00	2:20.20	3:03.28
18. Susan van Grol	Widex GZC Donk	2:52.06	200201344	3:03.64	40.76	1:29.36	2:21.56	3:03.64
19. Abigail den Boef	Wiekslag	2:51.59	200203026	3:05.31	38.06	1:28.10	2:27.49	3:05.31
Meisjes Junioren 3								
1. Claire Verkijk	WVZ	2:20.52	200100240	2:22.26	30.60	1:08.31	1:48.62	2:22.26
2. Loulou Janssen	De Columbiaan	2:24.27	200100132	2:25.62	30.67	1:06.25	1:49.96	2:25.62
3. Inge Vieveen	WVZ	2:26.82	200100024	2:33.44	32.48	1:13.35	1:57.46	2:33.44
4. Sanne Heemskerck	LZ 1886	2:36.10	200100600	2:41.71	35.49	1:16.67	2:06.60	2:41.71
5. Floor de Kievit	Racing Club	2:43.17	200100238	2:42.50	35.24	1:18.67	2:06.63	2:42.50
6. Giulia Corsi	De Columbiaan	2:40.05	200100468	2:44.76	37.10	1:20.18	2:09.78	2:44.76
7. Eline Duynisveld	WVZ	2:44.44	200103958	2:44.77	36.46	1:19.92	2:06.20	2:44.77
8. Manon Middelbos	zc De Schotejil	2:42.88	200100056	2:45.75	37.91	1:19.47	2:07.13	2:45.75
9. Jasmine el Taraboulsi	WZK	2:40.95	200105788	2:46.40	34.78	1:19.27	2:07.60	2:46.40
10. Jana Plaisier	de Devel	2:46.53	200101266	2:48.71	34.86	1:20.24	2:11.50	2:48.71
11. Diana Noordermeer	sg SCOM/ De Zeehond'73	2:48.00	200102110	2:49.69	36.21	1:21.45	2:10.95	2:49.69
12. Esmée Roodenburg	De Geul	2:46.98	200100040	2:51.21	37.90	1:23.35	2:13.55	2:51.21
13. Samantha Gerritse	LZ 1886	2:43.21	200102062	2:51.74	35.28	1:22.71	2:13.19	2:51.74
14. Anniek de Rooter	Widex GZC Donk	2:47.76	200101224	2:51.91	38.53	1:24.47	2:13.03	2:51.91
15. Chefanja Nunes	MNC Dordrecht	2:31.16	200104750	2:52.97	32.08	1:16.24	2:09.08	2:52.97
16. Sam IJzerman	De Geul	2:46.93	200101204	2:54.25	37.43	1:23.99	2:14.09	2:54.25
17. Esmee Wijnmaalen	PCG	2:47.97	200100298	2:55.25	37.17	1:21.63	2:13.63	2:55.25



Programmanr. 8, Meisjes, 200m wisselslag, Meisjes Junioren 3

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
18. Nuria Boersma	WZK	2:54.71	200100906	2:55.83	39.22	1:25.85	2:16.31	2:55.83
19. Anouk de Vreede	DES	2:53.38	200100130	2:59.54	39.59	1:28.09	2:19.18	2:59.54
20. Isabella de Lange	DWF	2:57.97	200101680	3:01.44	36.59	1:24.28	2:19.77	3:01.44
21. Ilonka van der Well	ZPB H&L	2:52.74	200103732	3:01.55	38.78	1:27.33	2:20.76	3:01.55
DIS Megan van Beelen	De Columbiaan	2:46.53	200105606					

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

Meisjes Jeugd 1

1. Lauren van IJll	WVZ	2:30.79	200001064	2:36.09	32.38	1:13.23	1:57.86	2:36.09
2. Esmée van Geest	WVZ	2:39.18	200001286	2:37.37	33.93	1:11.72	2:01.56	2:37.37
3. Sanne Hobe	Poseidon'56	2:40.75	200000826	2:46.31	35.46	1:20.29	2:10.56	2:46.31
4. Juliette Diaz Diaz	WVZ	2:43.54	200000048	2:47.86	35.11	1:18.45	2:10.50	2:47.86
5. Naomi Knetemann	de Devel	2:42.69	200000594	2:48.49	36.03	1:18.38	2:10.37	2:48.49
6. Hanna Looi	ZPB H&L	2:48.64	200006090	2:50.19	35.18	1:17.89	2:10.03	2:50.19
7. Kirsten de Hoog	sg SCOM/ De Zeehond'73	2:48.11	200000460	2:54.50	37.76	1:22.52	2:15.44	2:54.50

Meisjes Jeugd 2

1. Isobel Bowring	WVZ	2:32.77	199901982	2:35.02	32.06	1:13.76	2:00.78	2:35.02
Annemarie Meijer	De Duck	2:32.70	199900964	2:35.02	34.11	1:16.23	2:00.49	2:35.02
3. Sterre Keller	DES	2:38.94	199904142	2:37.82	32.59	1:13.64	2:01.52	2:37.82
4. Gaetane Demyttenaere	DES	2:31.39	199905018	2:37.94	32.99	1:12.99	2:01.94	2:37.94
5. Anouk van Weelden	PCG	2:32.23	199902828	2:38.90	34.13	1:14.48	2:02.95	2:38.90
6. Isabel van der Boor	MNC Dordrecht	2:34.21	199901330	2:40.02	33.40	1:15.17	2:01.76	2:40.02
7. Iona van der Toorn	Racing Club	2:40.00	199900884	2:41.09	35.64	1:18.73	2:04.75	2:41.09
8. Lotte Middelbos	zc De Schotelij	2:35.30	199900680	2:45.49	36.48	1:18.47	2:05.87	2:45.49
9. Katja Kuijlaars	MNC Dordrecht	2:38.27	199900016	2:46.17	34.45	1:16.44	2:06.41	2:46.17
10. Emma Berry	Racing Club	2:43.38	199906390	2:47.95	35.74	1:17.11	2:11.88	2:47.95
11. Ilse Wijnmaalen	PCG	2:43.12	199900940	2:49.86	34.98	1:18.59	2:11.38	2:49.86

Dames Senioren D1 en D2

1. Marije Dinkelberg	sg SCOM/ De Zeehond'73	2:32.77	199703192	2:32.53	30.73	1:11.44	1:58.03	2:32.53
2. Angélique van Vark	Z&PC De Gouwe	2:31.44	199701478	2:33.01	34.13	1:14.77	1:59.36	2:33.01
3. Senna Pols	sg SCOM/ De Zeehond'73	2:35.41	199700012	2:39.52	34.10	1:16.27	2:00.60	2:39.52
4. Elize Bouman	ZPCNumansdorp	2:35.07	199800658	2:41.73	33.75	1:14.08	2:04.12	2:41.73
5. Fenna de Groot	De Kempvis	2:37.48	199701796	2:42.95	32.46	1:15.59	2:03.20	2:42.95
6. Ilse Rijnja	DES	2:39.68	199802432	2:44.28	38.00	1:24.06	2:05.76	2:44.28
7. Myrthe de Jong	Racing Club	2:31.22	199800244	2:44.35	33.91	1:17.43	2:03.95	2:44.35
8. Nilce Mendes Barbosa	MNC Dordrecht	2:35.93	199800214	2:47.15	33.21	1:15.49	2:05.59	2:47.15
9. Myrthe Vreeswijk	LZ 1886	2:42.06	199800078	2:50.26	37.73	1:21.89	2:11.06	2:50.26
10. Melissa Weber	de Zijl/LGB	2:38.50	199705316	2:50.48	35.23	1:18.50	2:11.42	2:50.48
11. Diana van Halm Braam	WVZ	2:38.68	199800788	2:50.53	33.88	1:17.81	2:08.87	2:50.53
12. Brighid van Uffelen	Wiekslag	2:37.64	199800310	2:53.37	36.14	1:24.16	2:12.44	2:53.37
13. Sabrina de Graaf	Wiekslag	2:49.86	199801082	2:53.74	37.85	1:22.15	2:14.30	2:53.74
14. Eva Cornelisse	ZPB H&L	2:43.22	199701336	2:54.39	38.03	1:23.48	2:16.50	2:54.39
15. Thirza Belder	ZOB'66	2:48.60	199803024	2:55.42	36.01	1:20.88	2:12.36	2:55.42
16. Lobke den Eerzamen	ZV de Gooye	3:00.12	199805116	3:03.05	39.75	1:27.12	2:21.94	3:03.05

Dames Senioren

1. Joelle Scheps	WVZ	2:17.17	199202364	2:23.55	30.54	1:08.84	1:50.45	2:23.55
2. Nicole Bennis	WVZ	2:25.73	199600470	2:30.89	31.90	1:10.98	1:54.32	2:30.89
3. Maud Hoofs	Racing Club	2:25.30	199501206	2:32.84	31.84	1:13.44	1:57.91	2:32.84
4. Birgit Adriaansen	MNC Dordrecht	2:31.18	199503342	2:35.15	31.97	1:13.78	1:59.07	2:35.15
5. Eef Hollander	DES	2:32.18	199602074	2:37.46	32.73	1:13.29	2:01.42	2:37.46
6. Kelly Wigleven	MNC Dordrecht	2:25.25	199500058	2:38.45	33.25	1:15.09	2:02.43	2:38.45
7. Moniek Heemsker	LZ 1886	2:33.15	199601964	2:38.84	34.08	1:18.37	2:03.19	2:38.84
8. Aniek Huijsman	KZV de Lansingh	2:36.20	198801932	2:39.91	34.35	1:15.05	2:01.68	2:39.91
9. Roos van Esch	D'elft	2:33.30	198200468	2:40.33	33.17	1:13.52	2:03.06	2:40.33
10. Miranda Nijenhuis	De Columbiaan	2:30.25	199204076	2:42.15	31.98	1:13.40	2:01.79	2:42.15
11. Wendy de Bruin	ZOB'66	2:35.37	199206320	2:42.94	33.51	1:16.13	2:05.35	2:42.94
12. Nicky Deijl	ZOB'66	2:35.49	199601360	2:44.42	35.21	1:17.88	2:06.44	2:44.42
13. Tamara Caspers	LZ 1886	2:39.37	199007272	2:47.34	33.65	1:16.66	2:08.18	2:47.34
14. Linda Janssen	ZPB H&L	2:41.30	198802088	2:48.43	37.26	1:22.98	2:10.49	2:48.43

Programmanr. 8, Dames, 200m wisselslag, Dames Senioren

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
15. Tonia Ruybroek	Poseidon'56	2:41.13	198101290	2:48.84	36.46	1:19.29	2:11.03	2:48.84
16. Aylin van Uffelen	ZPB H&L	2:40.93	199600352	2:48.93	37.20	1:24.10	2:11.60	2:48.93
17. Karen van Dee	sg SCOM/ De Zeehond'73	2:53.29	199604074	2:51.33	34.85	1:18.14	2:12.85	2:51.33
18. Vivian Brak	BZ&PC	2:57.53	199000520	3:03.19	38.80	1:28.40	2:21.58	3:03.19
DIS Asmara Ritmeijer	ZV Vlaardingen-Schiedam	2:27.80	199600790					

AB - De 1e (1 startregel), 2e of volgende valse start veroorzaakt (uitsluiten voor dat progr.nr.).

Programmanr. 9
16-5-2015

Heren, 100m vlinderslag

Heren Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m
Jongens Junioren 1						
1. Nikhom Westphal	sg SCOM/ De Zeehond'73	1:18.97	200203329	1:17.27	37.10	1:17.27
2. Guus Hoogduin	LZ 1886	1:16.57	200201069	1:17.55	37.05	1:17.55
3. Viktor Koets	LZ 1886	1:14.37	200201677	1:17.59	35.18	1:17.59
4. Jarno Verbeek	Zoetermeer	1:21.16	200200931	1:18.03	37.86	1:18.03
5. Cas Jansen	Racing Club	1:22.36	200203263	1:18.51	36.13	1:18.51
6. Thijs Schuurmans	WVZ	1:20.25	200201485	1:19.32	37.09	1:19.32
7. Robert Speksnijder	ZPB H&L	1:22.61	200200429	1:20.60	36.96	1:20.60
8. Jelmer Nederhoed	LZ 1886	1:23.07	200201349	1:21.87	36.84	1:21.87
9. Bas van Wieringen	De Columbiaan	1:20.75	200200119	1:24.56	38.30	1:24.56
10. Thomas van Wanrooij	Poseidon'56	1:26.32	200201473	1:26.59	38.34	1:26.59
11. Peter van Driel	ZPCNumansdorp	1:25.68	200200305	1:27.25	38.78	1:27.25
12. Björn de Heus	ZV Vlaardingen-Schiedam	1:28.21	200201077	1:29.19	39.72	1:29.19
13. Levi de Jong	ZOB'66	1:28.00	200202751	1:33.34	40.93	1:33.34
14. Maryn Both	De Duck	1:50.32	200201089	1:51.92	47.98	1:51.92

Jongens Junioren 2

1. Quinn van den Heuvel	ZPCNumansdorp	1:06.47	200100297	1:07.64	30.81	1:07.64
2. Freek Hollander	DES	1:09.54	200103815	1:08.14	31.93	1:08.14
3. Nika Tchikhinachvili	DES	1:06.01	200104243	1:08.42	31.28	1:08.42
4. Ivo Stolk	sg SCOM/ De Zeehond'73	1:07.51	200100615	1:09.27	31.47	1:09.27
5. Thomas Jansen	WVZ	1:08.08	200100143	1:10.30	32.15	1:10.30
6. Max Huige	sg SCOM/ De Zeehond'73	1:13.66	200104355	1:12.42	32.82	1:12.42
7. Sasa Stefanovic	MNC Dordrecht	1:21.13	200100805	1:14.77	35.04	1:14.77
8. Tjeerd van Stein	LZ 1886	1:14.53	200101439	1:18.86	35.46	1:18.86
9. Ignazio Nunzi	DES	1:20.10	200101803	1:20.74	36.91	1:20.74
10. Sjoerd van Weelden	PCG	1:18.25	200101217	1:22.71	36.56	1:22.71
11. Boy Borreman	LZ 1886	1:21.55	200102751	1:24.80	36.82	1:24.80
12. Julian Mes	ZPB H&L	1:46.19	200103755	1:27.45	37.79	1:27.45
13. Pim Munne	ZPB H&L	1:43.24	200103563	1:32.91	41.98	1:32.91
14. Sven Janssens	ZPB H&L	1:42.29	200102659	1:38.67	44.12	1:38.67

Jongens Junioren 3

1. Camo Mieris	MNC Dordrecht	1:03.76	200001557	1:04.66	29.83	1:04.66
2. Noah Legerstee	WVZ	1:04.43	200003593	1:05.54	31.01	1:05.54
3. Mark de Jongh	de Devel	1:07.04	200001325	1:07.11	31.38	1:07.11
4. Anton Jansen	MNC Dordrecht	1:07.86	200003621	1:07.48	31.11	1:07.48
5. Otto Pranger	sg SCOM/ De Zeehond'73	1:09.72	200000007	1:08.61	31.08	1:08.61
6. Daniël Apperloo	WVZ	1:11.42	200002645	1:10.47	32.42	1:10.47
7. Steven van Santen	WVZ	1:09.08	200001799	1:11.44	32.30	1:11.44
8. Max Reinders	Racing Club	1:08.86	200004225	1:11.93	32.34	1:11.93
9. Sander van Beek	LZ 1886	1:13.23	200002917	1:12.36	33.42	1:12.36
10. Duncan van Haaren	Widex GZC Donk	1:13.25	200000681	1:13.09	31.59	1:13.09
11. Jacob Anderson	WZK	1:13.05	200002285	1:14.68	32.61	1:14.68
12. Cade Vente	DES	1:12.24	200004517	1:18.36	33.99	1:18.36
13. Dylan Kalden	De Duck	1:12.06	200003283	1:18.82	34.23	1:18.82
14. Jacob Mackloet	zc De Schotegil	1:12.29	200001171	1:19.11	34.44	1:19.11
15. Nino van Krimpen	ZPB H&L	1:24.97	200004611	1:24.74	38.04	1:24.74
16. Erik Speksnijder	ZPB H&L	1:29.77	200001375	1:30.32	40.12	1:30.32

Programmanr. 9, Heren, 100m vlinderslag

Jongens Junioren 4

1.	Jens Krijgsman	De Columbiaan	58.49	199901429	1:00.33	27.70	1:00.33
2.	Thijs van Wieringen	De Columbiaan	1:05.68	199900577	1:05.74	29.99	1:05.74
3.	Joris Bezemer	De Kempvis	1:05.81	199900527	1:06.32	31.09	1:06.32
4.	Jaap van Trijp	Racing Club	1:09.65	199903225	1:09.04	31.63	1:09.04
5.	Jorian Tanis	zc De Schotejil	1:06.18	199900327	1:10.60	32.08	1:10.60
6.	Wesley Bos	De Columbiaan	1:06.29	199901241	1:11.34	32.55	1:11.34
7.	Ruben Griffioen	De Columbiaan	1:11.84	199900771	1:11.37	31.67	1:11.37
8.	Bob Hogendoorn	DWF	1:10.43	199903089	1:13.95	32.04	1:13.95
9.	Julian van Erk	KZV de Lansingh	1:15.59	199901323	1:14.37	33.93	1:14.37
10.	David Kievit	zc De Schotejil	1:12.77	199900325	1:15.32	34.11	1:15.32
11.	Rogier Dorsman	de Devel	1:17.18	199900211	1:17.64	33.03	1:17.64
12.	Yanick Leunisse	ZV Strijen	1:14.78	199904179	1:21.43	35.59	1:21.43
AFGEM	Klaas Arkesteijn	D'elft	59.83	199901897			

Heren Jeugd 1

1.	Bas Verdoes	LZ 1886	1:01.88	199801487	1:03.06	29.04	1:03.06
2.	Jordy van Oel	WVZ	1:02.34	199802003	1:03.14	29.44	1:03.14
3.	Dennis Bougrimov	MNC Dordrecht	1:00.57	199800565	1:03.23	28.34	1:03.23
4.	Matthew Dullemond	MNC Dordrecht	1:05.41	199805005	1:03.73	29.94	1:03.73
5.	Rainier Voll	de Devel	1:03.06	199800365	1:03.74	29.22	1:03.74
6.	Ben Muller	De Geul	1:03.07	199801281	1:07.26	29.79	1:07.26
7.	Daan Siebenheller	ZOB'66	1:04.26	199804955	1:07.50	30.82	1:07.50
8.	Fabio Mieris	MNC Dordrecht	1:07.08	199803097	1:09.68	32.49	1:09.68
9.	Job Kooij	PCG	1:08.85	199802443	1:11.76 *	32.42	1:11.76
10.	Bas van Middelkoop	De Geul	1:09.60	199801279	1:11.80	30.52	1:11.80
11.	Linquendo van der Klooster	ZPB H&L	1:09.61	199801361	1:13.84	32.59	1:13.84
12.	Mink Verschoor	WZ010	1:10.22	199803639	1:13.87	32.36	1:13.87
13.	Roel van Grol	Widex GZC Donk	1:13.48	199802277	1:16.17	34.42	1:16.17
14.	Ids de Klerk	Van Vliet-Barracuda	1:13.23	199803237	1:16.23	33.86	1:16.23
AFGEM	Jelmer Lankhorst	Racing Club	1:02.21	199800353			

Heren Jeugd 2

1.	Thomas Verhoeven	Wiekslag	56.99	199700311	59.65	27.21	59.65
2.	Mike Hoek	De Duck	57.74	199702229	1:00.08	27.48	1:00.08
3.	Pascal Nuijten	ZV Westland	1:00.93	199701353	1:00.18	28.10	1:00.18
4.	Robin van Beek	LZ 1886	1:00.06	199704023	1:02.95	28.60	1:02.95
5.	Sven Hubregtse	Racing Club	1:03.02	199702057	1:05.46	30.00	1:05.46
6.	Joeri Snippert	Racing Club	1:06.53	199705439	1:08.05	30.83	1:08.05
7.	Patrick Wyrdean	ZV Westland	1:07.49	199702475	1:08.90	30.95	1:08.90
8.	Bart Cok	Z&PC De Gouwe	1:10.98	199701921	1:10.55	31.40	1:10.55
NG	Mohamed Al-Nahas	ZV Westland	1:06.04	199703997			

Heren Senioren Open

1.	Yamiko Steenhoek	MNC Dordrecht	55.08	199600987	56.10	26.34	56.10
2.	Ennger Kotterink	Albion	54.72	199403391	57.03	27.09	57.03
3.	Arno Kamminga	De Columbiaan	57.14	199502403	57.20	26.89	57.20
4.	Walter Jansen	De Columbiaan	59.19	199300225	59.98	28.49	59.98
5.	Alex Schelvis	De Geul	58.75	198702927	1:01.11	27.98	1:01.11
6.	Timo Dinkelberg	sg SCOM/ De Zeehond'73	59.92	199300773	1:02.14	28.66	1:02.14
7.	Lars Schoffemeer	ZPB H&L	58.81	199501907	1:02.88	28.34	1:02.88
8.	Nordin Termoshuizen	WVZ	1:02.36	199605401	1:03.48	29.50	1:03.48
9.	Egbert Stolk	D'elft	1:00.48	197600889	1:04.38	28.89	1:04.38
10.	Emiel van Beusekom	Van Vliet-Barracuda	1:00.33	199403951	1:04.62	29.43	1:04.62
11.	Paul van Grol	Widex GZC Donk	1:05.48	199602951	1:07.62	30.71	1:07.62
12.	Remco Oskam	Widex GZC Donk	1:07.66	199205583	1:17.53	33.15	1:17.53
NG	Leon de Vries	ZPB H&L	1:09.19	199603371			

Regio Zomerkampioenschappen Ib
Dordrecht, 16- - 17-5-2015



Programmanr. 10
16-5-2015

Meisjes, 4 x 100m vrije slag

Meisjes Junioren 3 en later
Resultaten

rang	vereniging			inschrijftijd			tijd
1.	WVZ 1	WVZ		4:10.36			4:13.11
	Inge Vieveen	+0,66	30.20	1:02.48	Marlinde Beukers	+0,49	30.84
	Christy Geurts	+0,52	31.17	1:05.18	Sophie de Jonge	+0,60	30.08
2.	De Columbiaan 1	De Columbiaan		4:13.61			4:20.98
	Loulou Janssen		28.19	1:00.00	Megan van Beelen	+0,41	30.97
	Giulia Corsi	+0,64	31.43	1:05.66	Amy Koelman	+0,16	32.93
3.	MNC Dordrecht 1	MNC Dordrecht		4:14.72			4:24.41
	Chefarja Nunes	+0,72	31.47	1:06.39	Ilse Kraaijeveld	+0,37	31.48
	Sanne Busch	+0,40	31.41	1:05.77	Isa Boom	+0,32	30.17
4.	zc De Schotejil 1	zc De Schotejil		4:20.46			4:31.10
	Elise Tanis	+0,76	30.16	1:02.35	Lieske Zijlstra	+0,75	33.29
	Manon Middelbos	+0,34	32.88	1:08.80	Bibi Middelbos	+0,63	32.42
5.	WZK 1	WZK		4:25.81			4:41.79
	Nuria Boersma	+0,87	32.72	1:09.51	Jasmine el Taraboulsi	+0,68	31.48
	Charlotte Drastich	+0,58	34.70	1:14.42	Grace Anderson	+0,44	33.46
6.	LZ 1886 1	LZ 1886		4:33.44			4:46.72
	Kim de Jong	+0,79	35.05	1:13.12	Samantha Gerritse	+0,27	34.65
	Sanne Heemskerk	+0,38	30.13	1:04.29	Myrthe Mulder	+0,64	35.70
7.	sg SCOM/ De Zeehond'73 1	sg SCOM/ De Zeehond'73		4:32.40			4:47.53
	Megan de Hoog	+0,76	32.44	1:08.63	Diana Noordermeer	+0,51	35.15
	Daphne Zoetekouw		37.19	1:19.99	Giorgia Colle	+0,48	31.49
8.	ZPB H&L 1	ZPB H&L		4:44.49			4:57.41
	Ilonka van der Well	+0,79	34.95	1:14.71	Fleur van Norren	+0,51	35.45
	Dominika Olszewska	+0,62	35.44	1:16.29	Joyce van 't Hof	+0,76	33.66
NG	Barracuda 1	Van Vliet-Barracuda		4:49.78			

Programmanr. 11
16-5-2015

Dames, 4 x 100m vrije slag

Dames Senioren Open
Resultaten

rang	vereniging			inschrijftijd			tijd
1.	WVZ 1	WVZ		3:51.88			4:00.21
	Joelle Scheps	+0,76	28.39	58.38	Nicole Bennis	+0,38	29.40
	Isobel Bowring	+0,32	28.98	1:01.66	Leonie van Noort	+0,28	27.40
2.	Poseidon'56 1	Poseidon'56		4:02.43			4:07.68
	Joelle Geerts	+0,81	29.36	1:01.41	Kelly de Jonge	+0,44	28.87
	Aimee de Werk	+0,23	28.88	1:01.25	Tess van Pelt	+0,39	29.04
3.	MNC Dordrecht 1	MNC Dordrecht		4:01.61			4:14.69
	Kelly Wigleven	+0,75	31.02	1:04.28	Tessa Bruijgoms	+0,48	30.10
	Nilce Mendes Barbosa	+0,33	31.14	1:06.20	Laura Advocaat	+0,37	28.83
4.	DES 1	DES		4:18.19			4:15.34
	Gaetane Demyttenaere	+0,81	31.27	1:05.58	Eef Hollander	+0,49	30.76
	Ilse Rijnja	+0,38	30.41	1:03.91	Sterre Keller	+0,45	29.15
5.	MNC Dordrecht 2	MNC Dordrecht		4:13.36			4:24.83
	Birgit Adriaansen	+0,74	31.14	1:04.63	Isabel van der Boor	+0,42	32.14
	Alisha Vieira	+0,49	30.53	1:06.45	Katja Kuijlaars	+0,35	31.91
6.	LZ 1886 1	LZ 1886		4:15.70			4:25.57
	Moniek Heemskerk	+0,77	32.53	1:06.05	Myrthe Vreeswijk	+0,08	31.17
	Tamara Caspers	+0,21	30.61	1:05.12	Kemi Alake	+0,54	32.80
7.	ZOB'66 1	ZOB'66		4:21.63			4:31.52
	Nicky Deijl	+0,78	30.27	1:05.64	Rebecca Evers	+0,39	33.62
	Anouk van der Pliigt	+0,33	30.94	1:08.79	Wendy de Bruin	+0,28	30.57
8.	ZPB H&L 1	ZPB H&L		4:26.33			4:38.40
	Linda Janssen	+0,92	32.32	1:07.91	Aylin van Uffelen	+0,35	32.55
	Brenda Geestman	+0,57	33.89	1:12.34	Hanna Looi	+0,66	33.65
9.	sg SCOM/ De Zeehond'73 1	sg SCOM/ De Zeehond'73		4:12.35			4:58.26
	Karen van Dee	+0,86	31.18	1:05.78	Nienke Vries	+0,12	34.97
	Isabella de Wit	+0,42	39.10	1:21.48	Kirsten de Hoog	+0,64	35.99

Programmanr. 12
17-5-2015

Dames, 100m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
Meisjes Junioren 1							
1.	Britta Koehorst	KZV de Lansingh	1:01.78	200300246	1:04.29	30.19	1:04.29
2.	Megan de Hoog	sg SCOM/ De Zeehond'73	1:05.53	200300214	1:06.72	32.12	1:06.72
3.	Joyce van 't Hof	ZPB H&L	1:10.19	200302122	1:07.72	32.34	1:07.72
4.	Amy Koelman	De Columbiaan	1:10.57	200300922	1:09.27	33.07	1:09.27
5.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:11.24	200300052	1:12.53	34.30	1:12.53
6.	Kim de Jong	LZ 1886	1:10.53	200301026	1:12.77	34.75	1:12.77
7.	Esther Reinders	KZV de Lansingh	1:13.51	200301798	1:13.40	35.16	1:13.40
8.	Wendy ten Wolde	Wiekslag	1:11.45	200302658	1:13.67	34.39	1:13.67
9.	Myrthe Mulder	LZ 1886	1:16.01	200300054	1:13.99	35.00	1:13.99
10.	Britt van Bommel	De Columbiaan	1:14.57	200301982	1:14.41	35.62	1:14.41
11.	Marije de Jager	LZ 1886	1:13.38	200301394	1:14.99	35.98	1:14.99
12.	Naomi van Ballegooijen	de Devel	1:13.36	200303102	1:15.14	35.47	1:15.14
13.	Daphne Zoetekouw	sg SCOM/ De Zeehond'73	1:14.85	200301750	1:16.38	35.89	1:16.38
14.	Kim uit de Bosch	Poseidon'56	1:18.36	200304136	1:16.58	36.37	1:16.58
15.	Serena den Tuinder	ZPCNumansdorp	1:15.27	200303552	1:17.15	35.79	1:17.15
16.	Kim Rutters	De Kempvis	1:17.36	200302318	1:17.32	36.67	1:17.32
17.	Maaik t Hart	ZV Vlaardingen-Schiedam	1:16.70	200301226	1:17.42	36.43	1:17.42
18.	Isabella de Wit	sg SCOM/ De Zeehond'73	1:15.84	200300254	1:17.55	36.57	1:17.55
19.	Debbie Bruijgoms	MNC Dordrecht	1:18.50	200301672	1:17.71	36.66	1:17.71
20.	Celina Brandt	Wiekslag	1:17.14	200301098	1:18.18	37.66	1:18.18
21.	Paige Lovelace	WZK	1:16.29	200302266	1:18.61	36.48	1:18.61
22.	Christina Agussalim	Van Vliet-Barracuda	1:17.98	200300582	1:19.00	38.76	1:19.00
23.	Quincy Belder	Poseidon'56	1:18.49	200302058	1:19.16	36.96	1:19.16
24.	Isabel Scheepbouwer	Wiekslag	1:20.35	200301106	1:19.32	37.21	1:19.32
25.	Noa de Bock	De Duck	1:17.75	200300318	1:19.39	38.23	1:19.39
26.	Laura Hoogenraad	De Columbiaan	1:18.14	200302316	1:19.44	37.53	1:19.44
27.	Yara Visser	Van Vliet-Barracuda	1:16.95	200300132	1:19.64	38.26	1:19.64
28.	Zoë Molenaar	Zoetermeer	1:19.51	200300978	1:20.25	38.70	1:20.25
29.	Kyara Kranendonk	De Kempvis	1:19.19	200300662	1:21.81	38.58	1:21.81
30.	Veera Harma	WZK	1:21.95	200304118	1:25.69	40.86	1:25.69
NG.ZA	Valance Lindeman	Racing Club	1:19.35	200302698			
AFGEM	Suzanne Dorsman	D'elft	1:14.26	200303314			
AFGEM	Anna Schotmeijer	D'elft	1:28.77	200303510			
NG	Anisa Groenescheij	LZ 1886	1:06.02	200300788			
Meisjes Junioren 2							
1.	Elise Tanis	zc De Schotejil	59.36	200200120	1:00.82	29.68	1:00.82
2.	Sophie de Jonge	WVZ	1:00.09	200200118	1:02.09	30.35	1:02.09
3.	Christy Geurts	WVZ	1:04.41	200203734	1:03.55	30.16	1:03.55
4.	Tessa Giele	De Duck	1:03.79	200203124	1:03.83	30.85	1:03.83
5.	Giorgia Colle	sg SCOM/ De Zeehond'73	1:03.26	200201754	1:05.45	31.54	1:05.45
6.	Maaik Broersma	BZ&PC	1:04.97	200201522	1:05.86	31.52	1:05.86
7.	Grace Anderson	WZK	1:05.46	200200578	1:07.50	32.36	1:07.50
8.	Charlotte Drastich	WZK	1:07.76	200200344	1:07.67	32.91	1:07.67
9.	Lieske Zijlstra	zc De Schotejil	1:06.49	200200996	1:08.22	32.82	1:08.22
10.	Marith de Jong	Racing Club	1:06.85	200200012	1:08.59	33.51	1:08.59
11.	Abigail den Boef	Wiekslag	1:06.19	200203026	1:08.88	33.40	1:08.88
12.	Noria Yousufi	WVZ	1:09.05	200203082	1:09.61	33.28	1:09.61
13.	Amy van Leersum	Poseidon'56	1:10.11	200200300	1:10.09	33.99	1:10.09
14.	Tamara de Ruiter	zc De Schotejil	1:09.40	200203060	1:10.24	33.85	1:10.24
15.	Lotte Tillema	zc De Schotejil	1:09.43	200200692	1:10.49	34.78	1:10.49
16.	Bibi Middelbos	zc De Schotejil	1:09.21	200201548	1:11.30	33.31	1:11.30
17.	Tessa Niks	De Duck	1:10.67	200203496	1:11.33	34.70	1:11.33
18.	Amber Hesper	Van Vliet-Barracuda	1:13.32	200202188	1:12.59	34.51	1:12.59
19.	Rozemarijn van Haaff	ZOB'66	1:11.22	200201852	1:12.64	34.38	1:12.64
20.	Susan van Grol	Widex GZC Donk	1:11.10	200201344	1:14.18	35.38	1:14.18
21.	Athina van Bolhuis	De Kempvis	1:08.86	200200896	1:15.37	31.78	1:15.37
22.	Lisa Nederveen	DWF	1:18.14	200204882	1:18.97	36.93	1:18.97
23.	Sanne Nederveen	DWF	1:19.59	200204884	1:21.11	38.54	1:21.11

Programmanr. 12, Dames, 100m vrije slag

Meisjes Junioren 3

1.	Loulou Janssen	De Columbiaan	57.51	200100132	59.89	28.01	59.89
2.	Inge Vieveen	WVZ	1:00.91	200100024	1:02.28	29.68	1:02.28
3.	Chefanja Nunes	MNC Dordrecht	58.64	200104750	1:02.68	29.78	1:02.68
4.	Sanne Heemskerk	LZ 1886	1:02.16	200100600	1:03.16	30.21	1:03.16
5.	Sam IJzerman	De Geul	1:02.62	200101204	1:03.29	30.35	1:03.29
6.	Giulia Corsi	De Columbiaan	1:03.73	200100468	1:04.30	30.69	1:04.30
7.	Megan van Beelen	De Columbiaan	1:04.86	200105606	1:04.58	30.54	1:04.58
8.	Marlinde Beukers	WVZ	1:04.95	200101934	1:04.96	31.35	1:04.96
9.	Floor de Kievit	Racing Club	1:04.22	200100238	1:05.32	30.81	1:05.32
10.	Sanne Busch	MNC Dordrecht	1:05.80	200101486	1:05.55	31.47	1:05.55
11.	Manon Middelbos	zc De Schotejil	1:05.40	200100056	1:06.84	32.05	1:06.84
12.	Lisa Pijlman	De Kempvis	1:07.10	200103004	1:06.94	31.85	1:06.94
13.	Esmée Roodenburg	De Geul	1:05.95	200100040	1:07.74	32.21	1:07.74
14.	Anniek de Ruiter	Widex GZC Donk	1:06.24	200101224	1:07.87	32.80	1:07.87
15.	Jasmine el Taraboulsi	WZK	1:06.08	200105788	1:08.23	31.57	1:08.23
16.	Inge Belfor	De Columbiaan	1:08.82	200100578	1:08.63	33.32	1:08.63
17.	Laura Nuijten	ZV Westland	1:08.70	200101084	1:09.23	33.04	1:09.23
18.	Nuria Boersma	WZK	1:06.51	200100906	1:09.25	32.49	1:09.25
19.	Cathelijin Bogers	WZK	1:08.81	200103360	1:09.34	32.81	1:09.34
20.	Danielle van Valen	de Devel	1:05.84	200100202	1:09.45	33.04	1:09.45
21.	Anne van der Zwan	DES	1:08.68	200101134	1:09.66	33.68	1:09.66
22.	Samantha Gerritse	LZ 1886	1:06.27	200102062	1:09.70	33.47	1:09.70
23.	Babet Roeling	Zoetermeer	1:08.78	200101322	1:10.02	33.41	1:10.02
24.	Anouk de Vreede	DES	1:08.52	200100130	1:10.37	33.40	1:10.37
25.	Sofia de Graaf	Wiekslag	1:11.23	200100304	1:10.63	33.76	1:10.63
26.	Nienke Vork	Widex GZC Donk	1:09.43	200102294	1:11.02	33.70	1:11.02
27.	Esmee Wijnmaalen	PCG	1:08.94	200100298	1:11.98	33.58	1:11.98
28.	Dominika Olszewska	ZPB H&L	1:15.67	200103946	1:12.14	34.44	1:12.14
29.	Isabella de Lange	DWF	1:09.28	200101680	1:12.63	33.27	1:12.63
30.	Ylva Visser	Van Vliet-Barracuda	1:11.02	200101920	1:12.74	34.72	1:12.74
31.	Ilonka van der Well	ZPB H&L	1:10.75	200103732	1:14.66	34.52	1:14.66
AFGEM	Robin Pienaar	Van Vliet-Barracuda	1:08.49	200102236			
NG	Susanne Does	De Columbiaan	1:07.51	200101648			

Meisjes Jeugd 1

1.	Sanne Hobe	Poseidon'56	1:04.00	200000826	1:03.86	31.10	1:03.86
2.	Lauren van IJll	WVZ	1:04.20	200001064	1:04.30	30.85	1:04.30
3.	Juliette Diaz Diaz	WVZ	1:03.59	200000048	1:06.15	31.80	1:06.15
4.	Celina von Berg	ZV Westland	1:05.39	200002596	1:06.85	31.09	1:06.85
5.	Jasmijn Bal	Poseidon'56	1:04.16	200001054	1:07.01	31.94	1:07.01
6.	Amanda Holst	Zoetermeer	1:08.20	200004204	1:07.17	32.51	1:07.17
7.	Naomi Knetemann	de Devel	1:06.41	200000594	1:07.56	32.08	1:07.56
8.	Mariska Lugtenburg	Racing Club	1:07.34	200003700	1:07.78	31.76	1:07.78
9.	Kirsten de Hoog	sg SCOM/ De Zeehond'73	1:06.31	200000460	1:08.37	33.18	1:08.37
10.	Laila Kuipers	BZ&PC	1:05.96	200003124	1:09.01	33.10	1:09.01
11.	Hanna Looi	ZPB H&L	1:07.28	200006090	1:09.19	33.44	1:09.19
12.	Iris van Berkel	Van Vliet-Barracuda	1:05.19	200000476	1:10.61	33.47	1:10.61
NG	Sophie t Hart	De Columbiaan	1:02.18	200001596			

Meisjes Jeugd 2

1.	Romy de Laat	Wiekslag	59.44	199900902	1:00.30	28.90	1:00.30
2.	Sterre Keller	DES	1:00.08	199904142	1:00.55	29.43	1:00.55
3.	Isobel Bowring	WVZ	59.58	199901982	1:00.66	29.26	1:00.66
4.	Iona van der Toorn	Racing Club	1:02.67	199900884	1:03.76	30.12	1:03.76
5.	Nina van Maarle	LZ 1886	1:03.79	199903370	1:04.50	30.27	1:04.50
6.	Emma Berry	Racing Club	1:01.54	199906390	1:04.77	30.71	1:04.77
	Annemarie Meijer	De Duck	1:02.98	199900964	1:04.77	31.06	1:04.77
8.	Babette van der Kaaij	ZV Westland	1:04.43	199902234	1:04.83	31.08	1:04.83
9.	Lotte Middelbos	zc De Schotejil	1:03.41	199900680	1:04.94	30.65	1:04.94
10.	Anouk van Weelden	PCG	1:03.00	199902828	1:05.17	31.06	1:05.17
11.	Katja Kuijlaars	MNC Dordrecht	1:03.54	199900016	1:05.24	31.28	1:05.24
12.	Nikita Herwig	Wiekslag	1:06.49	199903552	1:05.74	31.68	1:05.74
13.	Alisha Vieira	MNC Dordrecht	1:04.22	199904554	1:05.93	31.24	1:05.93

Programmanr. 12, Meisjes, 100m vrije slag, Meisjes Jeugd 2

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
14.	Rianne Bresser	Poseidon'56	1:03.76	199900690	1:06.24	31.41	1:06.24
15.	Isabel van der Boor	MNC Dordrecht	1:03.61	199901330	1:07.54	32.08	1:07.54
16.	Kimberly Coenders	KZV de Lansingh	1:07.30	199900880	1:08.52	32.87	1:08.52
17.	Ilse Wijnmaalen	PCG	1:05.55	199900940	1:09.68	32.86	1:09.68
18.	Rebecca Onderstal	de Zijl/LGB	1:06.50	199901642	1:10.13	33.44	1:10.13
19.	Chémène de Klein	DWF	1:09.31	199900448	1:11.21	33.55	1:11.21
AFGEM	Simone Does	De Columbiaan	1:04.31	199902932			
AFGEM	Evi Mijnter	DWF	1:09.24	199900450			

Dames Senioren D1 en D2

1.	Marije Dinkelberg	sg SCOM/ De Zeehond'73	59.30	199703192	1:00.25	29.37	1:00.25
2.	Joelle Geerts	Poseidon'56	59.64	199700206	1:01.43	29.59	1:01.43
3.	Aimee de Werk	Poseidon'56	1:00.00	199701212	1:01.68	29.79	1:01.68
4.	Angelique van Vark	Z&PC De Gouwe	1:01.54	199701478	1:02.58	30.47	1:02.58
5.	Nilce Mendes Barbosa	MNC Dordrecht	1:00.55	199800214	1:03.06	29.80	1:03.06
6.	Quinty Plet	De Kempvis	1:02.09	199802056	1:03.17	30.94	1:03.17
7.	Tessa Bruijgoms	MNC Dordrecht	1:00.82	199801322	1:03.33	30.79	1:03.33
8.	Kelly de Jonge	Poseidon'56	1:01.04	199701210	1:03.54	30.14	1:03.54
9.	Tess van Pelt	Poseidon'56	1:01.75	199701214	1:03.76	30.56	1:03.76
10.	Elize Bouman	ZPCNumansdorp	1:00.81	199800658	1:03.78	30.08	1:03.78
11.	Senna Pols	sg SCOM/ De Zeehond'73	1:01.94	199700012	1:04.47	30.67	1:04.47
12.	Ilse Rijnja	DES	1:05.40	199802432	1:04.53	30.77	1:04.53
13.	Myrthe de Jong	Racing Club	59.81	199800244	1:05.14	30.07	1:05.14
14.	Diana van Halm Braam	WVZ	1:03.74	199800788	1:05.23	31.26	1:05.23
15.	Lincy de Winter	Racing Club	1:03.84	199805886	1:06.11	31.50	1:06.11
16.	Brighid van Uffelen	Wiekslag	1:05.65	199800310	1:06.85	32.21	1:06.85
17.	Melissa Weber	de Zijl/LGB	1:03.33	199705316	1:07.26	31.33	1:07.26
18.	Jasmijn Bink	LZ 1886	1:05.52	199700332	1:08.04	32.07	1:08.04
19.	Ilse la Brijn	De Watervogels	1:04.51	199806270	1:08.65	32.07	1:08.65
20.	Thirza Belder	ZOB'66	1:08.42	199803024	1:09.84	33.09	1:09.84
21.	Anouk van der Lans	ZV Westland	1:03.95	199801614	1:11.69	32.54	1:11.69
NG	Sara Stefanovic	MNC Dordrecht	1:05.30	199706518			

Dames Senioren

1.	Leonie van Noort	WVZ	56.62	199301752	57.87	28.75	57.87
2.	Joelle Scheps	WVZ	56.62	199202364	58.03	28.39	58.03
3.	Maud Hoofs	Racing Club	58.71	199501206	1:00.66	29.36	1:00.66
4.	Laura Advocaat	MNC Dordrecht	1:01.48	199502988	1:01.23	29.10	1:01.23
5.	Asmara Ritmeijer	ZV Vlaardingen-Schiedam	1:04.62	199600790	1:03.39	30.48	1:03.39
6.	Anouque Berghuis	Racing Club	1:00.13	199606132	1:03.42	29.94	1:03.42
7.	Birgit Adriaansen	MNC Dordrecht	1:01.99	199503342	1:03.79	30.65	1:03.79
8.	Kelly Wigleven	MNC Dordrecht	58.76	199500058	1:03.81	30.47	1:03.81
9.	Wendy de Bruin	ZOB'66	1:03.06	199206320	1:04.67	31.08	1:04.67
10.	Aniek Huijsman	KZV de Lansingh	1:03.47	198801932	1:05.02	31.10	1:05.02
11.	Karen van Dee	sg SCOM/ De Zeehond'73	1:01.08	199604074	1:05.13	30.75	1:05.13
12.	Moniek Heemskerk	LZ 1886	1:03.72	199601964	1:05.33	31.75	1:05.33
13.	Tamara Caspers	LZ 1886	1:04.97	199007272	1:05.34	31.03	1:05.34
14.	Amber Stienstra	WVZ	1:02.22	199604448	1:05.38	30.85	1:05.38
15.	Kemi Alake	LZ 1886	1:02.54	199603912	1:06.80	31.87	1:06.80
16.	Linda Janssen	ZPB H&L	1:05.96	198802088	1:07.10	32.52	1:07.10
17.	Debby Bavelaar	de Zijl/LGB	1:05.67	199502648	1:08.33	31.74	1:08.33
18.	Aylin van Uffelen	ZPB H&L	1:05.13	199600352	1:08.47	33.62	1:08.47
19.	Giulia Rolloos	Van Vliet-Barracuda	1:05.16	199500946	1:08.70	33.22	1:08.70
20.	Debby Kraaijeveld	DWF	1:07.90	199601358	1:11.34	33.62	1:11.34
21.	Marian Nederlof	DWF	1:09.59	197600950	1:12.20	34.55	1:12.20
22.	Brenda Geestman	ZPB H&L	1:09.53	198701276	1:12.35	34.47	1:12.35
23.	Vivian Brak	BZ&PC	1:11.21	199000520	1:12.81	34.84	1:12.81
AFGEM	Isabelle Massar	WVZ	1:01.65	199102034			
AFGEM	Marit Schoffelmeer	ZPCNumansdorp	1:02.41	199302470			
AFGEM	Ilse Noorlander	D'elft	1:03.26	199307810			



Programmanr. 13
17-5-2015

Heren, 200m schoolslag

Heren Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
Jongens Junioren 1								
1. Bryan Agterdenbos	MNC Dordrecht	2:39.49	200200003	2:47.69	38.92	1:21.62	2:05.35	2:47.69
2. Brandon van den Berg	Poseidon'56	2:45.49	200200669	2:49.13	38.43	1:21.39	2:06.07	2:49.13
3. Daan Snijders	MNC Dordrecht	2:58.81	200202475	2:55.64	39.20	1:23.64	2:09.50	2:55.64
4. Robin van Peenen	De Columbiaan	2:58.95	200201059	3:04.09	40.29	1:27.86	2:16.49	3:04.09
5. Guus Hoogduin	LZ 1886	3:02.19	200201069	3:12.24	44.61	1:34.08	2:23.53	3:12.24
6. Wouter Verdoes	LZ 1886	3:10.04	200200351	3:12.74	43.49	1:34.23	2:24.38	3:12.74
7. Bas van Wieringen	De Columbiaan	3:09.42	200200119	3:14.61	43.78	1:33.60	2:24.17	3:14.61
8. Thijs Schuurmans	WVZ	3:20.83	200201485	3:14.89	45.71	1:34.16	2:25.32	3:14.89
9. Cas Jansen	Racing Club	3:15.00	200203263	3:14.91	46.19	1:36.44	2:26.95	3:14.91
10. Viktor Koets	LZ 1886	3:02.85	200201677	3:16.23	44.82	1:34.33	2:25.77	3:16.23
11. Scott Jansen	D'elft	3:15.48	200202455	3:16.91	45.04	1:35.78	2:27.11	3:16.91
12. Jarno Verbeek	Zoetermeer	3:16.17	200200931	3:21.28	46.33	1:39.89	2:33.71	3:21.28
13. Jelmer Nederhoed	LZ 1886	3:14.19	200201349	3:22.07	46.83	1:38.17	2:30.21	3:22.07
14. Mart de Koning	ZOB'66	3:16.11	200203253	3:24.20	46.47	1:39.60	2:32.41	3:24.20
15. Robert Speksnijder	ZPB H&L	3:20.94	200200429	3:24.97	46.30	1:40.75	2:34.39	3:24.97
16. Victor Simons	Racing Club	3:29.48	200203261	3:27.05	46.37	1:39.96	2:33.33	3:27.05
17. Björn de Heus	ZV Vlaardingen-Schiedam	3:19.89	200201077	3:31.74	48.36	1:43.97	2:38.14	3:31.74

Jongens Junioren 2

1. Quinn van den Heuvel	ZPCNumansdorp	2:33.64	200100297	2:38.60	33.95	1:13.72	1:55.94	2:38.60
2. D. van den Nieuwendijk	De Columbiaan	2:44.83	200100475	2:48.23	36.67	1:19.95	2:03.82	2:48.23
3. Ryan de Laat	Wiekslag	2:54.19	200101553	2:52.13	37.02	1:20.46	2:05.59	2:52.13
4. Gerard Willighagen	Poseidon'56	3:10.79	200103663	2:53.75	37.37	1:22.32	2:08.42	2:53.75
5. Thomas Jansen	WVZ	2:55.24	200100143	2:57.34	39.17	1:25.18	2:11.10	2:57.34
6. Tjeerd van Stein	LZ 1886	2:54.83	200101439	2:58.82	41.24	1:26.79	2:12.56	2:58.82
7. Bjarne van Straaten	WVZ	2:55.70	200100145	2:59.56	40.62	1:27.76	2:15.08	2:59.56
8. Rolf Jens	PCG	2:59.50	200100527	3:01.78	40.29	1:26.26	2:13.89	3:01.78
9. Finn van Bommel	De Columbiaan	3:03.72	200103683	3:04.82	40.82	1:28.49	2:16.48	3:04.82
10. Michael Boekestijn	ZV Westland	3:08.24	200100767	3:05.12	42.69	1:29.96	2:18.08	3:05.12
11. Sander Iuga	Poseidon'56	3:05.69	200101389	3:14.03	42.98	1:32.13	2:23.24	3:14.03
12. Thom van Vark	Z&PC De Gouwe	3:18.21	200101305	3:23.22	46.39	1:39.00	2:31.13	3:23.22
13. Pim Munne	ZPB H&L	3:23.80	200103563	3:29.42	46.69	1:40.82	2:36.66	3:29.42
14. Sven Janssens	ZPB H&L	3:29.83	200102659	3:37.73	49.45	1:46.65	2:42.87	3:37.73
15. Julian Mes	ZPB H&L	3:28.16	200103755	3:37.74	47.44	1:42.81	2:40.61	3:37.74
AFGEM Christian van Mierlo	D'elft	3:04.58	200103155					

Jongens Junioren 3

1. Max Reinders	Racing Club	2:31.93	200004225	2:42.49	35.68	1:17.14	2:00.52	2:42.49
2. Daniël Apperloo	WVZ	2:35.52	200002645	2:42.56	36.14	1:17.65	2:00.24	2:42.56
3. Camo Mieris	MNC Dordrecht	2:36.17	200001557	2:43.04	36.40	1:18.10	2:00.65	2:43.04
4. J. de Roy van Zuydewijn	WVZ	2:39.31	200000255	2:43.16	36.44	1:17.69	2:00.44	2:43.16
5. Duncan van Haaren	Widex GZC Donk	2:42.52	200000681	2:47.46	36.75	1:21.15	2:05.46	2:47.46
6. Thomas Hesper	Van Vliet-Barracuda	2:44.01	200004181	2:49.19	37.31	1:20.22	2:03.89	2:49.19
7. Noah Legerstee	WVZ	2:42.24	200003593	2:52.77	37.41	1:21.38	2:06.78	2:52.77
8. Toby Katerbau	DES	2:55.52	200000231	2:53.24	38.49	1:22.41	2:07.92	2:53.24
9. Jacob Anderson	WZK	2:59.22	200002285	2:53.44	38.32	1:21.79	2:07.47	2:53.44
10. Mark de Jongh	de Devel	2:56.68	200001325	2:53.52	36.68	1:19.84	2:06.46	2:53.52
11. Nick Bontje	De Columbiaan	2:42.09	200000141	2:53.55	38.22	1:21.39	2:06.85	2:53.55
12. Doran Paap	Racing Club	2:51.78	200000301	2:54.09	38.69	1:22.46	2:08.34	2:54.09
13. Jasper Breugem	WVZ	2:50.42	200000303	2:55.30	38.99	1:23.24	2:09.00	2:55.30
14. Rolf Bavelaar	WVZ	2:59.11	200001747	3:00.40	39.87	1:25.47	2:12.46	3:00.40
15. Sander van Beek	LZ 1886	2:59.02	200002917	3:07.47	41.28	1:28.82	2:18.48	3:07.47
16. Wesley Agterdenbos	MNC Dordrecht	3:03.30	200001327	3:07.99	40.76	1:27.70	2:16.51	3:07.99
17. Nino van Krimpen	ZPB H&L	3:16.63	200004611	3:23.46	46.07	1:39.79	2:32.93	3:23.46
18. Erik Speksnijder	ZPB H&L	3:17.27	200001375	3:26.02	46.47	1:39.04	2:33.03	3:26.02



Programmanr. 13, Heren, 200m schoolslag

Jongens Junioren 4

1. Ruben Griffioen	De Columbiaan	2:28.77	199900771	2:37.14	35.40	1:15.25	1:56.29	2:37.14
2. Merijn Koopmans	MNC Dordrecht	2:36.91	199902115	2:39.56	35.64	1:15.60	1:57.08	2:39.56
3. Sybe de Waard	de Devel	2:35.79	199900139	2:43.20	35.88	1:16.16	1:58.68	2:43.20
4. Eric Verdoes	LZ 1886	2:48.74	199900947	2:44.66	36.58	1:18.96	2:01.63	2:44.66
5. David Kievit	zc De Schotejil	2:49.82	199900325	2:49.34	38.62	1:21.78	2:06.09	2:49.34
6. Jaap van Trijp	Racing Club	2:46.73	199903225	2:50.80	38.33	1:22.06	2:06.33	2:50.80
7. Jens Krijgsman	De Columbiaan	2:43.03	199901429	2:51.79	36.45	1:20.56	2:05.51	2:51.79
8. Ryan van den Ouden	Poseidon'56	2:45.04	199900377	2:52.53	36.38	1:19.71	2:05.51	2:52.53
9. Rogier Dorsman	de Devel	2:49.71	199900211	2:55.28	39.84	1:24.61	2:09.76	2:55.28
10. Stan Vos	De Duck	2:56.50	199902595	3:06.56	38.52	1:24.61	2:14.76	3:06.56
11. Tristan Stam	ZOB'66	3:13.01	199903551	3:08.61	42.91	1:32.03	2:20.93	3:08.61
12. Nick Boekestijn	ZV Westland	2:56.80	199900291	3:43.81	51.71	1:49.39	2:47.14	3:43.81
AFGEM Klaas Arkesteijn	D'elft	2:45.03	199901897					

Heren Jeugd 1

1. Igor Ostrowski	MNC Dordrecht	2:18.08	199805425	2:28.17	33.58	1:12.87	1:50.86	2:28.17
2. Stijn Geelen	MNC Dordrecht	2:21.15	199801363	2:35.05	34.72	1:14.85	1:55.73	2:35.05
3. Rainier Voll	de Devel	2:36.79	199800365	2:42.00	35.27	1:15.97	1:58.26	2:42.00
4. Bas Verdoes	LZ 1886	2:37.74	199801487	2:43.74	35.39	1:16.35	1:59.63	2:43.74
5. L. van der Klooster	ZPB H&L	2:38.99	199801361	2:46.06	36.82	1:19.65	2:02.42	2:46.06
6. Daan Siebenheller	ZOB'66	2:51.44	199804955	3:02.75	41.40	1:28.45	2:16.07	3:02.75
AFGEM Ivar van Straaten	WVZ	2:44.60	199800107					
AFGEM Jelmer Lankhorst	Racing Club	2:41.91	199800353					
NG Sven in den Bosch	ZV Westland	2:55.22	199803929					

Heren Jeugd 2

1. Michel van Nieuwkerk	Albion	2:33.67	199702413	2:38.98	35.01	1:15.52	1:56.87	2:38.98
2. Bart Cok	Z&PC De Gouwe	2:42.01	199701921	2:48.18	38.50	1:21.41	2:05.03	2:48.18
3. Kevin Kingma	KZV de Lansingh	2:43.51	199700559	2:48.79	37.56	1:21.98	2:06.18	2:48.79
4. Patrick Wyrdejan	ZV Westland	2:46.48	199702475	3:02.89	40.64	1:25.93	2:13.83	3:02.89

Heren Senioren Open

1. Arno Kamminga	De Columbiaan	2:14.78	199502403	2:20.66	31.43	1:06.93	1:43.32	2:20.66
2. Tim van den Berg	MNC Dordrecht	2:25.21	198500157	2:29.29	33.34	1:10.80	1:49.89	2:29.29
3. Erik Simons	D'elft	2:24.57	198902845	2:32.49	33.23	1:13.01	1:52.98	2:32.49
4. Egbert Stolk	D'elft	2:34.03	197600889	2:39.51	34.79	1:15.04	1:56.47	2:39.51
5. Paul van Grol	Widex GZC Donk	2:33.99	199602951	2:42.12	35.44	1:16.94	1:59.88	2:42.12
6. Martijn Houweling	Van Vliet-Barracuda	2:34.80	199600893	2:42.53	35.62	1:16.88	1:59.17	2:42.53
7. Ricardo Hauber	DES	2:35.37	199402029	2:44.47	35.55	1:15.83	1:59.31	2:44.47
8. Thommy Nickel	Van Vliet-Barracuda	2:38.67	198401627	2:49.34	38.18	1:21.30	2:04.85	2:49.34

Programmanr. 14
17-5-2015

Dames, 200m vlinderslag

Dames Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
Meisjes Junioren 1								
1. Britta Koehorst	KZV de Lansingh	3:05.06	200300246	2:54.15	34.72	1:18.81	2:06.51	2:54.15
2. Kim de Jong	LZ 1886	2:56.19	200301026	3:08.02	38.35	1:25.11	2:16.78	3:08.02
3. Joyce van 't Hof	ZPB H&L	3:41.38	200302122	3:29.66	43.36	1:38.83	2:37.24	3:29.66
4. Isabella de Wit	sg SCOM/ De Zeehond'73	3:29.19	200300254	3:44.56	49.78	1:47.71	2:47.88	3:44.56
AFGEM Suzanne Dorsman	D'elft	3:24.02	200303314					
NG Anisa Groenescheij	LZ 1886	2:54.09	200300788					



Programmanr. 14, Dames, 200m vlinderslag

Meisjes Junioren 2

1. Tessa Giele	De Duck	2:46.52	200203124	2:53.89	35.06	1:18.38	2:05.74	2:53.89
2. Christy Geurts	WVZ	2:49.90	200203734	2:58.21	36.66	1:21.17	2:09.11	2:58.21
3. Nicole van Strien	WVZ	3:02.86	200200236	3:05.57	39.56	1:26.65	2:15.97	3:05.57
4. Tessa Niks	De Duck	3:07.78	200203496	3:17.28	43.96	1:34.62	2:28.00	3:17.28
5. Kirsten den Ouden	Poseidon'56	3:18.83	200200316	3:19.25	41.33	1:32.41	2:25.69	3:19.25
6. Amy van Leersum	Poseidon'56	3:06.03	200200300	3:20.31	38.58	1:29.00	2:23.94	3:20.31
7. Anna Hoogenboezem	KZV de Lansingh	3:13.89	200200658	3:22.25	43.35	1:35.66	2:29.40	3:22.25
8. Kim Kuijpers	PCG	3:26.57	200201944	3:28.74	44.88	1:38.42	2:35.21	3:28.74
9. Susan van Grol	Widex GZC Donk	3:26.50	200201344	3:28.97	41.38	1:36.66	2:32.62	3:28.97
10. Minouk Hol	KZV de Lansingh	3:23.39	200201090	3:36.29 *	43.94	1:40.23	2:39.03	3:36.29
11. Jacintha Boender	ZOB'66	3:32.31	200201850	3:56.58	46.53	1:47.34	2:52.57	3:56.58
DIS Giorgia Colle	sg SCOM/ De Zeehond'73	2:37.24	200201754					

AF - De aangegeven afstand niet uitgezwommen.

Meisjes Junioren 3

1. Chefanja Nunes	MNC Dordrecht	2:25.85	200104750	2:45.03	33.91	1:13.48	1:57.26	2:45.03
2. Jana Plaisier	de Devel	2:45.51	200101266	2:45.75	35.23	1:16.56	2:00.76	2:45.75
3. Anne van der Zwan	DES	3:07.42	200101134	3:01.61	35.80	1:19.96	2:07.50	3:01.61
4. Esmee Wijnmaalen	PCG	2:57.55	200100298	3:05.07	38.00	1:23.50	2:13.42	3:05.07
5. Sanne Heemskerk	LZ 1886	2:57.01	200100600	3:19.19	36.58	1:24.38	2:20.74	3:19.19
6. Ylva Visser	Van Vliet-Barracuda	3:14.65	200101920	3:26.52	40.49	1:32.17	2:28.31	3:26.52
7. Ilonka van der Well	ZPB H&L	3:49.32	200103732	3:39.92	41.44	1:37.31	2:37.95	3:39.92
8. Nienke Vries	sg SCOM/ De Zeehond'73	3:39.09	200100460	3:47.30	48.69	1:47.41	2:47.20	3:47.30

Meisjes Jeugd 1

1. Esmee Breugem	WVZ	2:44.77	200000670	2:49.85	37.11	1:21.51	2:06.67	2:49.85
2. Zoë van Gool	De Geul	2:55.59	200000964	2:59.40	36.34	1:21.97	2:11.92	2:59.40
3. Lauren van IJll	WVZ	2:48.48	200001064	3:02.69	35.82	1:19.68	2:08.55	3:02.69
4. Juliette Diaz Diaz	WVZ	2:53.72	200000048	3:05.35	37.53	1:22.78	2:12.16	3:05.35
5. Sanne Hobe	Poseidon'56	2:53.42	200000826	3:13.51	37.71	1:23.86	2:17.46	3:13.51

Meisjes Jeugd 2

1. Gaetane Demyttenaere	DES	2:38.31	199905018	2:43.28	33.69	1:15.18	1:59.47	2:43.28
2. Katja Kuijlaars	MNC Dordrecht	2:49.76	199900016	2:51.35	37.29	1:21.59	2:07.12	2:51.35
3. Nina van Maarle	LZ 1886	2:40.79	199903370	2:51.39	33.65	1:16.72	2:02.76	2:51.39
4. Ilse Wijnmaalen	PCG	2:42.66	199900940	2:52.95	36.05	1:18.31	2:03.81	2:52.95
5. Annemarie Meijer	De Duck	2:57.55	199900964	2:58.53	34.88	1:22.37	2:11.47	2:58.53
6. Chémène de Klein	DWF	3:17.73	199900448	3:18.54	38.71	1:28.96	2:23.17	3:18.54

Dames Senioren D1 en D2

1. Jasmijn Bink	LZ 1886	2:42.55	199700332	3:00.71	35.10	1:18.80	2:07.85	3:00.71
2. Eva Cornelisse	ZPB H&L	3:02.41	199701336	3:08.31	39.07	1:26.21	2:17.07	3:08.31
3. Diana van Halm Braam	WVZ	2:48.54	199800788	3:08.93	36.28	1:20.85	2:11.64	3:08.93

Dames Senioren

1. Leonie van Noort	WVZ	2:23.50	199301752	2:21.54	31.63	1:07.81	1:44.60	2:21.54
2. Joelle Scheps	WVZ	2:21.19	199202364	2:29.33	31.51	1:07.87	1:46.90	2:29.33
3. Roos van Esch	D'elft	2:31.66	198200468	2:35.73	34.55	1:14.50	1:55.51	2:35.73
4. Moniek Heemskerk	LZ 1886	2:33.55	199601964	2:41.92	34.89	1:16.19	1:59.28	2:41.92
5. Tamara Caspers	LZ 1886	2:46.15	199007272	2:54.23	34.11	1:16.53	2:04.00	2:54.23
6. Brenda Geestman	ZPB H&L	3:12.46	198701276	3:23.63	40.46	1:31.74	2:28.68	3:23.63
NG Tonia Ruybroek	Poseidon'56	2:41.99	198101290					

Programmanr. 15
17-5-2015

Heren, 100m rugslag

Heren Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
Jongens Junioren 1							
1.	Nikhom Westphal	sg SCOM/ De Zeehond'73	1:13.67	200203329	1:13.47	36.59	1:13.47
2.	Viktor Koets	LZ 1886	1:12.54	200201677	1:14.65	36.89	1:14.65
3.	Jarno Verbeek	Zoetermeer	1:17.27	200200931	1:14.88	37.44	1:14.88
4.	Thijs Schuurmans	WVZ	1:15.99	200201485	1:16.07	37.12	1:16.07
5.	Dylano Termoshuizen	WVZ	1:17.26	200202169	1:16.21	37.64	1:16.21
6.	Robert Speksnijder	ZPB H&L	1:25.79	200200429	1:18.21	39.01	1:18.21
7.	Bas van Wieringen	De Columbiaan	1:21.28	200200119	1:18.74	38.86	1:18.74
8.	Wouter Verdoes	LZ 1886	1:18.35	200200351	1:20.95	40.35	1:20.95
9.	Mark Bom	de Zijl/LGB	1:22.43	200201471	1:20.99	39.79	1:20.99
10.	Scott Jansen	D'elft	1:20.58	200202455	1:21.17	39.20	1:21.17
11.	Cas Jansen	Racing Club	1:18.95	200203263	1:21.20	39.52	1:21.20
12.	Robin van Peenen	De Columbiaan	1:20.12	200201059	1:21.24	39.67	1:21.24
13.	Niels Dijkshoorn	ZV Westland	1:22.94	200203079	1:22.86	40.31	1:22.86
14.	Jelmer Nederhoed	LZ 1886	1:21.25	200201349	1:23.03	40.46	1:23.03
15.	Guus Hoogduin	LZ 1886	1:19.55	200201069	1:23.64	41.32	1:23.64
16.	Niels van Noort	WVZ	1:20.12	200200079	1:23.97	40.09	1:23.97
17.	Jeffrey Weeda	de Devel	1:20.91	200200227	1:24.11	40.82	1:24.11
	Rob Lugtenburg	Racing Club	1:26.65	200201123	1:24.11	40.78	1:24.11
19.	Thomas van Wanrooij	Poseidon'56	1:21.74	200201473	1:24.82	40.70	1:24.82
20.	Björn de Heus	ZV Vlaardingen-Schiedam	1:24.78	200201077	1:25.85	41.14	1:25.85
21.	Mart de Koning	ZOB'66	1:30.54	200203253	1:28.32	43.52	1:28.32
22.	Maryn Both	De Duck	1:56.02	200201089	1:55.70	54.59	1:55.70

Jongens Junioren 2

1.	Thomas Jansen	WVZ	1:06.36	200100143	1:07.58	33.77	1:07.58
2.	Ivo Stolk	sg SCOM/ De Zeehond'73	1:06.56	200100615	1:07.81	33.21	1:07.81
3.	Tygo van Hassel	WVZ	1:07.69	200101479	1:08.94	33.78	1:08.94
4.	Quinn van den Heuvel	ZPCNumansdorp	1:06.88	200100297	1:10.07	33.78	1:10.07
5.	Rolf Jens	PCG	1:09.88	200100527	1:10.53	34.21	1:10.53
6.	Max Huige	sg SCOM/ De Zeehond'73	1:10.37	200104355	1:10.99	34.14	1:10.99
7.	Taro Nishimura	WZ010	1:09.99	200105049	1:11.51	34.29	1:11.51
8.	Tjeerd van Stein	LZ 1886	1:11.76	200101439	1:12.36	35.27	1:12.36
9.	Gerard Willighagen	Poseidon'56	1:14.10	200103663	1:12.65	35.31	1:12.65
10.	Sander Iuga	Poseidon'56	1:13.18	200101389	1:13.70	35.96	1:13.70
11.	Wesley Scheepbouwer	Wiekslag	1:13.16	200101959	1:14.11	35.71	1:14.11
12.	Max Visser	Racing Club	1:15.64	200100077	1:14.58	35.78	1:14.58
13.	Dave van den Nieuwendijk	De Columbiaan	1:12.86	200100475	1:15.98	36.00	1:15.98
14.	Jeroen Reckman	ZPCNumansdorp	1:17.42	200100209	1:17.80	37.28	1:17.80
15.	Gregory Abeldynov	Poseidon'56	1:13.28	200100827	1:18.13	37.84	1:18.13
16.	Michael Boekestijn	ZV Westland	1:15.22	200100767	1:18.24	38.42	1:18.24
17.	Boy Borreman	LZ 1886	1:17.32	200102751	1:20.63	39.48	1:20.63
18.	Thom van Vark	Z&PC De Gouwe	1:22.05	200101305	1:21.63	40.71	1:21.63
19.	Julian Mes	ZPB H&L	1:24.96	200103755	1:23.87	41.22	1:23.87
20.	Pim Munne	ZPB H&L	1:35.32	200103563	1:32.63	45.74	1:32.63
21.	Sven Janssens	ZPB H&L	1:31.86	200102659	1:33.85	45.73	1:33.85
AFGEM	Christian van Mierlo	D'elft	1:19.25	200103155			
NG	Jurre Altena	ZPB H&L	1:27.24	200102241			

Jongens Junioren 3

1.	Anne Schuurmans	WVZ	1:02.64	200003919	1:04.07	31.52	1:04.07
2.	Noah Legerstee	WVZ	1:03.02	200003593	1:05.11	32.49	1:05.11
3.	Jasper Breugem	WVZ	1:07.44	200000303	1:09.89	34.63	1:09.89
4.	Ian Terlouw	BZ&PC	1:07.80	200002345	1:10.62	34.07	1:10.62
5.	Matthijs Arnoldus	WVZ	1:09.41	200000571	1:11.58	35.03	1:11.58
6.	Oliver Maddock	WZK	1:08.45	200002281	1:12.53	34.73	1:12.53
7.	Max Reinders	Racing Club	1:07.21	200004225	1:12.57	35.17	1:12.57
8.	Duncan van Haaren	Widex GZC Donk	1:10.62	200000681	1:13.02	35.69	1:13.02
9.	Bas-Jaap van Ommen	ACZ	1:12.78	200003835	1:13.16	35.47	1:13.16
10.	Daniël Apperloo	WVZ	1:09.80	200002645	1:13.65	35.59	1:13.65

Programmanr. 15, Jongens, 100m rugslag, Jongens Junioren 3

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
11.	Sander van Beek	LZ 1886	1:10.79	200002917	1:13.67	35.41	1:13.67
12.	Jacob Anderson	WZK	1:14.47	200002285	1:14.17	35.90	1:14.17
13.	Doran Paap	Racing Club	1:12.64	200000301	1:14.21	35.86	1:14.21
14.	Floriaan Bulten	Poseidon'56	1:12.00	200002267	1:14.44	35.19	1:14.44
15.	Nick Bontje	De Columbiaan	1:09.80	200000141	1:14.73	36.22	1:14.73
16.	Dylan Kalden	De Duck	1:11.95	200003283	1:15.38	36.95	1:15.38
17.	J. de Roy van Zuydewijn	WVZ	1:11.06	200000255	1:16.85	37.27	1:16.85
18.	Rolf Bavelaar	WVZ	1:12.74	200001747	1:17.69	37.18	1:17.69
19.	Toby Katerbau	DES	1:15.69	200000231	1:19.55	38.49	1:19.55
20.	Nino van Krimpen	ZPB H&L	1:22.16	200004611	1:20.96	41.23	1:20.96
21.	Erik Speksnijder	ZPB H&L	1:24.09	200001375	1:25.61	41.56	1:25.61
AFGEM	Stijn Lafontaine	Racing Club	1:16.67	200005205			

Jongens Junioren 4

1.	Ruben Griffioen	De Columbiaan	59.35	199900771	1:02.22	30.29	1:02.22
	Jens Krijgsman	De Columbiaan	58.81	199901429	1:02.22	30.44	1:02.22
3.	Jorian Tanis	zc De Schotejil	1:04.23	199900327	1:05.88	32.16	1:05.88
4.	Ryan van den Ouden	Poseidon'56	1:08.86	199900377	1:08.79	33.31	1:08.79
5.	Eric Verdoes	LZ 1886	1:06.43	199900947	1:09.93	33.66	1:09.93
6.	Sybe de Waard	de Devel	1:09.56	199900139	1:12.59	34.91	1:12.59
7.	David Kievit	zc De Schotejil	1:09.62	199900325	1:12.67	35.69	1:12.67
8.	Merijn Koopmans	MNC Dordrecht	1:10.54	199902115	1:13.43	36.02	1:13.43
9.	Jaap van Trijp	Racing Club	1:14.87	199903225	1:13.95	36.56	1:13.95
10.	Robin Lecomte	KZV de Lansingh	1:09.90	199900711	1:14.40	35.65	1:14.40
11.	Rogier Dorsman	de Devel	1:11.05	199900211	1:15.85	37.50	1:15.85
12.	Tristan Stam	ZOB'66	1:17.57	199903551	1:21.36 *	40.08	1:21.36
13.	Nick Boekestijn	ZV Westland	1:10.62	199900291	1:28.20	43.92	1:28.20
AFGEM	Klaas Arkesteijn	D'elft	1:00.39	199901897			

Heren Jeugd 1

1.	Floris Kotterink	Albion	1:01.29	199800199	1:01.36	29.89	1:01.36
2.	Matthew Dullemond	MNC Dordrecht	1:03.90	199805005	1:06.10	32.37	1:06.10
3.	Jordy van Oel	WVZ	1:03.49	199802003	1:06.24	32.73	1:06.24
4.	Dave Jansen	D'elft	1:01.28	199805299	1:06.35	32.73	1:06.35
5.	Dennis Bougrimov	MNC Dordrecht	1:02.81	199800565	1:06.78	31.69	1:06.78
6.	Bas Verdoes	LZ 1886	1:04.64	199801487	1:07.29	32.23	1:07.29
7.	Rens Julicher	Wiekslag	1:03.73	199804321	1:08.68	32.57	1:08.68
8.	Max Muller	De Geul	1:06.76	199800347	1:09.19	31.97	1:09.19
9.	Daan Siebenheller	ZOB'66	1:07.90	199804955	1:10.16	33.59	1:10.16
10.	Roel van Grol	Widex GZC Donk	1:09.28	199802277	1:14.03	35.68	1:14.03
AFGEM	Jelmer Lankhorst	Racing Club	1:05.15	199800353			
NG	Sven in den Bosch	ZV Westland	1:08.86	199803929			

Heren Jeugd 2

1.	Pascal Nuijten	ZV Westland	1:03.02	199701353	1:05.04	31.02	1:05.04
2.	Robin van Beek	LZ 1886	1:03.80	199704023	1:06.50	31.67	1:06.50
3.	Sven Hubregtse	Racing Club	1:03.62	199702057	1:08.15	32.88	1:08.15
4.	Bart Cok	Z&PC De Gouwe	1:08.93	199701921	1:12.23	34.50	1:12.23
5.	Patrick Wyrdean	ZV Westland	1:09.46	199702475	1:15.16	36.27	1:15.16
NG	Krijn de Kievit	Racing Club	1:01.48	199700277			

Heren Senioren Open

1.	Ensgar Kotterink	Albion	55.71	199403391	59.17	28.56	59.17
2.	Yamiko Steenhoek	MNC Dordrecht	1:00.78	199600987	59.65	28.75	59.65
3.	Nick Cleintuar	ZV Vlaardingen-Schiedam	58.74	199503781	1:01.80	29.59	1:01.80
4.	Timo Dinkelberg	sg SCOM/ De Zeehond'73	1:01.41	199300773	1:03.00	30.56	1:03.00
5.	Emiel van Beusekom	Van Vliet-Barracuda	1:03.57	199403951	1:06.87	32.83	1:06.87
6.	Alex Vermeulen	WZK	1:06.35	198905811	1:08.46	32.92	1:08.46
7.	Thommy Nickel	Van Vliet-Barracuda	1:04.25	198401627	1:08.59	33.77	1:08.59
8.	Egbert Stolk	D'elft	1:00.41	197600889	1:08.74	33.97	1:08.74
9.	Armand Heyder	ZV Westland	1:06.31	199603221	1:10.56	34.45	1:10.56
10.	Remco Oskam	Widex GZC Donk	1:09.14	199205583	1:14.58	35.41	1:14.58

Regio Zomerkampioenschappen Ib
Dordrecht, 16- - 17-5-2015



Programmanr. 15, Heren, 100m rugslag, Heren Senioren Open

rang	naam	vereniging	inschrijftijd	tijd	50m	100m
AFGEM	Rik Vonk	LZ 1886	1:20.33	198604697		

Programmanr. 16
17-5-2015

Meisjes, 4 x 100m wisselslag

Meisjes Junioren 3 en later
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	MNC Dordrecht Ilse Kraaijeveld Sanne Busch	4:38.77 +0,61 36.46 1:17.26 +0,53 35.97 1:16.59 Chefanja Nunes Isa Boom	4:47.30 1:08.31 1:05.14
2.	WVZ 1 Marinde Beukers Inge Vieveen	4:41.44 +0,57 35.84 1:12.95 +0,24 36.93 1:19.16 Christy Geurts Sophie de Jonge	4:49.51 1:15.91 1:01.49
3.	zc De Schotejil 1 Elise Tanis Manon Middelbos	4:48.13 +0,68 34.56 1:10.69 +0,47 38.35 1:23.19 Bibi Middelbos Lieske Zijlstra	4:57.23 1:16.56 1:06.79
4.	De Columbiaan 1 Loulou Janssen Megan van Beelen	4:52.95 +0,61 31.28 1:05.74 +0,43 41.91 1:30.56 Inge Belfor Giulia Corsi	5:03.45 1:22.30 1:04.85
5.	LZ 1886 1 Sanne Heemskerk Kim de Jong	4:56.98 +0,70 34.79 1:12.71 +0,45 40.44 1:26.24 Samantha Gerritse Myrthe Mulder	5:14.47 1:20.92 1:14.60
6.	WZK 1 Cathelijin Bogers Charlotte Drastich	5:10.91 +0,82 37.36 1:18.21 +0,47 41.38 1:30.75 Grace Anderson Jasmine el Taraboulsi	5:23.04 1:25.78 1:08.30
7.	Wiekslag 1 Isabel Scheepbouwer Wendy ten Wolde	5:24.25 +0,79 41.03 1:24.53 +0,43 41.66 1:30.48 Abigail den Boef Sofia de Graaf	5:31.12 1:24.83 1:11.28
8.	GZC Donk 1 Susan van Grol Anniek de Ruiter	5:43.55 +0,68 42.05 1:26.94 +0,57 39.99 1:25.87 Nienke Vork Femke van de Griendt	5:38.34 1:26.68 1:18.85
9.	Barracuda 1 Yara Visser Christina Agussalim	5:29.65 +0,79 43.66 1:29.48 +0,38 44.42 1:34.22 Ylva Visser Amber Hesper	5:47.76 1:31.73 1:12.33
10.	Poseidon'56 1 Kirsten den Ouden Amy van Leersum	5:38.35 +0,77 42.98 1:26.80 +0,45 45.59 1:37.39 Shanti van Kan Kim van Gemert	5:50.95 1:30.62 1:16.14
AFGEM	ZOB'66 1	5:36.49	
NG	sg SCOM/ De Zeehond'73 1	5:03.68	

Programmanr. 17
17-5-2015

Dames, 4 x 100m wisselslag

Dames Senioren Open
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	WVZ 1 Leonie van Noort Joelle Scheps	4:17.36 +0,77 33.08 1:07.51 +0,41 35.53 1:15.89 Diana van Halm Braam Isobel Bowring	4:40.04 1:15.71 1:00.93
2.	MNC Dordrecht 1 Nilce Mendes Barbosa Kelly Wigleven	4:36.70 +0,63 34.84 1:13.38 +0,37 37.36 1:19.86 Laura Advocaat Tessa Bruijgoms	4:43.79 1:08.25 1:02.30
3.	Poseidon'56 1 Aimee de Werk Joelle Geerts	4:38.07 +0,69 35.06 1:13.49 +0,40 36.88 1:19.87 Kelly de Jonge Tess van Pelt	4:45.55 1:09.46 1:02.73
4.	LZ 1886 1 Kemi Alake Moniek Heemskerk	4:45.45 +0,66 36.88 1:15.08 +0,35 40.64 1:25.74 Nina van Maarle Tamara Caspers	4:59.46 1:13.72 1:04.92
5.	De Watervogels 1 Emma Rijnsdorp Ilse la Brijn	4:59.67 +0,73 36.51 1:17.61 +0,23 39.46 1:26.61 Esther Radder Femke Noordhoek	5:09.94 1:17.00 1:08.72
6.	Wiekslag 1 Nikita Hervig Brighid van Uffelen	4:47.53 +0,64 36.63 1:16.68 +0,34 39.38 1:26.33 Romy de Laat Celina Brandt	5:11.63 1:11.63 1:16.99



Programmanr. 17, Dames, 4 x 100m wisselslag, Dames Senioren Open

rang	vereniging	inschrijftijd		tijd				
7.	ZOB'66 1	4:59.54		5:15.55				
	Wendy de Bruin	+0,78	37.59	1:16.51	Anouk van der Plicht	+0,33	33.81	1:19.80
	Thirza Belder	+0,48	39.31	1:27.02	Rebecca Evers	+0,53	35.02	1:12.22
8.	ZPB H&L 1	5:03.51		5:19.88				
	Linda Janssen	+0,68	38.88	1:19.55	Brenda Geestman	+0,61	36.01	1:22.91
	Aylin van Uffelen	+0,49	40.20	1:27.68	Hanna Looi	+0,38	32.36	1:09.74
AFGEM	sg SCOM/ De Zeehond'73 1	4:43.45						
NG	MNC Dordrecht 2	4:45.11						