

rang	naam	vereniging	inschrijftijd	tijd	
<b>Junioren 1</b>					
1.	Jelsie van Ruijven	WVZ	30.87	200500282	<b>30.56</b>
2.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	31.56	200500330	<b>30.78</b>
3.	Vivianne Woltjes	The Hague Swimming (SG)	32.24	200501524	<b>31.56</b>
4.	Asha van Lobberegt	De Devel	32.83	200500088	<b>31.73</b>
5.	Sera Emmers	WZK	32.47	200503264	<b>31.99</b>
6.	Hope van Zwol	ZV Vlaardingen-Schiedam	34.16	200502852	<b>32.01</b>
7.	Soscha van den Heuvel	ZPCNumansdorp	33.97	200500804	<b>32.08</b>
8.	Niké Telkamp	The Hague Swimming (SG)	33.11	200501088	<b>32.19</b>
9.	Milou Adriaanse	De Columbiaan	32.44	200500968	<b>32.25</b>
10.	Mar Stoel	LinK	33.25	200500520	<b>32.46</b>
11.	Lyke Buscop	ZC De Schotejil	33.59	200500552	<b>32.50</b>
12.	Nurlaylah Kartosentiko	WVZ	33.77	200501256	<b>32.57</b>
13.	Laura Hoogenboezem	KZV de Lansingh	32.74	200500390	<b>32.85</b>
14.	Britt van't Zant	Poseidon'56	33.32	200501170	<b>33.10</b>
	Marit Huisman	Van Vliet-Barracuda	32.65	200502620	<b>33.10</b>
16.	Merel Schravendijk	The Hague Swimming (SG)	33.82	200503382	<b>33.24</b>
17.	Felicia Adema	SG Albion d'ELFT	33.29	200501310	<b>33.39</b>
18.	Isa Maes	De Devel	33.91	200500110	<b>33.64</b>
19.	Aisha Nobels	ZC De Schotejil	34.26	200501710	<b>33.96</b>
20.	Emma Verkuijl	Van Vliet-Barracuda	33.52	200500826	<b>33.98</b>
21.	Eva Kerdel	WZK	35.26	200500930	<b>34.32</b>
22.	Daphne van Tilburg	De Geul	35.12	200500580	<b>34.70</b>
23.	Esther Haarsma	Van Vliet-Barracuda	34.94	200501954	<b>34.95</b>
24.	Jennifer de Keizer	MNC Dordrecht	35.42	200501054	<b>35.34</b>
25.	Valerie Damsma	Z&PC Katwijk	36.34	200500830	<b>35.85</b>
DIS	Milou Demirel	The Hague Swimming (SG)	34.46	200501254	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
NG	Yente Bouwmeester	De Columbiaan	32.15	200500340	
NG	Elise Vink	De Columbiaan	33.25	200502588	

**Junioren 2**

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	27.50	200400258	<b>27.85</b>
2.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	30.51	200404272	<b>29.63</b>
3.	Rinske Bouman	De Devel	30.33	200400578	<b>29.91</b>
4.	Jenna Klein	Z&PC Alkemade	30.65	200400914	<b>30.50</b>
5.	Milou van Wijk	De Devel	32.15	200404948	<b>30.66</b>
6.	Leonoor van Dijk	The Hague Swimming (SG)	32.88	200400832	<b>30.70</b>
7.	Isis Naaktgeboren	De Devel	31.18	200403914	<b>31.03</b>
8.	Lize van Stigt	LinK	30.97	200401510	<b>31.10</b>
9.	Fenna Herwig	Wiekslag	31.26	200400908	<b>31.14</b>
10.	Mandy van der Meijden	Widex Gzc Donk	31.11	200402574	<b>31.16</b>
11.	Anniko Firman	The Hague Swimming (SG)	32.59	200402330	<b>31.18</b>
12.	Danielle Vis	De Columbiaan	31.27	200401044	<b>31.20</b>
13.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	32.30	200402932	<b>31.25</b>
14.	Anique Star	De Columbiaan	31.55	200400446	<b>31.31</b>
15.	Nora van der Steen	LinK	31.47	200403458	<b>31.48</b>
16.	Syazmin Shahazir	WZK	33.27	200405272	<b>31.50</b>
17.	Phaedra Meijer	De Stelle	31.56	200401354	<b>31.65</b>
18.	Robine Boer	De Columbiaan	32.23	200402180	<b>31.90</b>
	Fiona Moerman	The Hague Swimming (SG)	33.24	200401668	<b>31.90</b>
20.	Jaimy Gielis	Z&PC Katwijk	32.93	200402120	<b>32.16</b>
21.	Feline Jonkers	Poseidon'56	31.52	200401160	<b>32.21</b>
22.	Indy Konings	RSW	33.92	200400694	<b>32.34</b>
23.	Marise van 't Walderveen	Zoetermeer	33.50	200400902	<b>32.42</b>
24.	Kristel Spannemaker	BZ&PC	32.54	200402166	<b>32.48</b>
25.	Lara Hoeksema	The Hague Swimming (SG)	33.91	200400514	<b>32.77</b>
26.	Cheyenne Elburg	KZV de Lansingh	33.77	200401170	<b>33.01</b>
	Carmen Lems	KZV de Lansingh	33.62	200402632	<b>33.01</b>
28.	Juliette Boon	De Devel	32.66	200401908	<b>33.13</b>
29.	Eva Immerzeel	ZV Westland	32.99	200401514	<b>33.17</b>
30.	Artemis Tsibogiannis	De Columbiaan	33.89	200402696	<b>33.19</b>
31.	Jet van Oudheusden	ZOB'66	33.18	200401012	<b>33.33</b>
32.	Amélie Wolff	Widex Gzc Donk	33.82	200400116	<b>33.53</b>
33.	Lotte van der Maas	ZOB'66	34.53	200402376	<b>34.01</b>
34.	Emilie van Duijse	De Vliet (SG)	34.12	200400744	<b>34.11</b>
35.	Jade Geurts	De Watervogels	33.96	200402278	<b>34.38</b>
36.	Feija de Bruin	WVZ	34.86	200400106	<b>34.42</b>

Programmanr. 1, Meisjes, 50m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	tijd	
37.	Quinty Huisman	The Hague Swimming (SG)	34.66	200401184	<b>35.37</b>
38.	Zinzi van der Maas	WVZ	35.74	200402028	<b>35.42</b>
39.	Amy-Lynn Brittijn	The Hague Swimming (SG)	35.27	200402158	<b>35.58</b>
DIS	Melanie Marinus-Cruz	WVZ	35.81	200404702	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
NG	Ilse Visser	Poseidon'56	33.94	200400502	

Junioren 3

1.	Britta Koehorst	KZV de Lansingh	26.86	200300246	<b>27.03</b>
2.	Femke Hoppenbrouwer	The Hague Swimming (SG)	29.05	200301124	<b>28.78</b>
3.	Wendy ten Wolde	Wiekslag	30.26	200302658	<b>29.27</b>
4.	Ilse Schoenmaker	The Hague Swimming (SG)	29.97	200301470	<b>29.67</b>
5.	Britt van Bommel	De Columbiaan	30.03	200301982	<b>29.96</b>
6.	Joyce van 't Hof	De Devel	29.93	200302122	<b>29.99</b>
7.	Kim de Jong	LinK	30.36	200301026	<b>30.09</b>
8.	Michelle van der Steen	ZV Vlaardingen-Schiedam	29.84	200300052	<b>30.13</b>
9.	Suzanne Dorsman	SG Albion d'ELFT	30.02	200303314	<b>30.18</b>
10.	Sanne Vermeulen	The Hague Swimming (SG)	30.50	200303902	<b>30.30</b>
11.	Esther Reinders	KZV de Lansingh	31.26	200301798	<b>30.44</b>
12.	Julia Notenboom	De Columbiaan	31.39	200302596	<b>31.04</b>
13.	Yara Aaldring	SG Albion d'ELFT	32.69	200302512	<b>31.42</b>
14.	Isabel Scheepbouwer	Wiekslag	30.86	200301106	<b>31.50</b>
15.	Femke Westeneng	Widex Gzc Donk	34.07	200305338	<b>31.56</b>
16.	Quincy Belder	Poseidon'56	32.39	200302058	<b>31.80</b>
17.	Joyce Lodder	Wiekslag	32.90	200302268	<b>31.95</b>
18.	Christina Agussalim	Van Vliet-Barracuda	31.64	200300582	<b>31.98</b>
19.	Marije de Jager	LinK	32.28	200301394	<b>32.13</b>
20.	Tessa Quak	SG SCOM/de Zeehond '73	32.18	200300026	<b>32.21</b>
21.	Kim Smith	Poseidon'56	32.02	200302060	<b>32.37</b>
22.	Julia de Heide	KZV de Lansingh	31.31	200302934	<b>32.44</b>
23.	Desny Kloet	De Duck	32.32	200304202	<b>32.50</b>
24.	Kim Rutters	De Kempvis	32.33	200302318	<b>32.53</b>
25.	Kayal Kichari	ZV Vlaardingen-Schiedam	33.10	200301198	<b>32.57</b>
26.	Jet van der Plas	LZ 1886	32.54	200300486	<b>32.67</b>
27.	Mirée de Vette	ZPCNumansdorp	33.06	200301218	<b>32.90</b>
28.	Mara Bosman	The Hague Swimming (SG)	33.71	200303048	<b>32.94</b>
29.	Yentl Salfischberger	De Vliet (SG)	33.06	200301682	<b>32.99</b>
	Nicole Akkermans Castro	The Hague Swimming (SG)	32.60	200304942	<b>32.99</b>
31.	Yara Visser	Van Vliet-Barracuda	32.76	200300132	<b>33.00</b>
32.	Zoë Molenaar	Zoetermeer	32.97	200300978	<b>33.36</b>
33.	Anouk Brand	MNC Dordrecht	33.29	200302488	<b>33.74</b>
	Jade Verbrugge	De Watervogels	33.11	200303142	<b>33.74</b>
DIS	Lotte Koornneef	The Hague Swimming (SG)	31.90	200303584	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
AFGEM	Megan de Hoog	SG SCOM/de Zeehond '73	28.77	200300214	
AFGEM	Daphne Zoetekouw	SG SCOM/de Zeehond '73	31.26	200301750	
NG	Marloes Apperloo	De Watervogels	32.38	200302038	

Jeugd 1 en 2

1.	Chefanja Nunes	WVZ	26.67	200104750	<b>26.39</b>
2.	Elise Tanis	ZC De Schotejil	26.70	200200120	<b>27.03</b>
3.	Christy Geurts	WVZ	27.43	200203734	<b>27.46</b>
4.	Lynn Blommers	AZC	28.26	200105062	<b>27.68</b>
5.	Rosey Metz	WVZ	28.19	200101786	<b>27.82</b>
6.	Megan van Beelen	De Columbiaan	27.64	200105606	<b>27.98</b>
7.	Tessa Giele	SG SCOM/de Zeehond '73	27.84	200203124	<b>28.16</b>
8.	Lotte Hosper	The Hague Swimming (SG)	29.01	200201414	<b>28.38</b>
9.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	29.09	200100904	<b>28.44</b>
10.	Sanne Heemskerk	LZ 1886	28.60	200100600	<b>28.66</b>
11.	Floor de Kievit	The Hague Swimming (SG)	28.80	200100238	<b>28.75</b>
12.	Jip Veeman	The Hague Swimming (SG)	28.86	200106100	<b>29.04</b>
13.	Anniek de Ruiter	Widex Gzc Donk	29.17	200101224	<b>29.14</b>
14.	Marbel Diderik	De Columbiaan	29.68	200205752	<b>29.15</b>
15.	Iris van den Berg	SG Albion d'ELFT	29.29	200103782	<b>29.27</b>
16.	Lotte Tillema	ZC De Schotejil	29.73	200200692	<b>29.28</b>
17.	Nienke Mierop	ZC De Schotejil	30.00	200203294	<b>29.50</b>
	Amy van Leersum	Poseidon'56	29.67	200200300	<b>29.50</b>
19.	Marith de Jong	The Hague Swimming (SG)	29.62	200200012	<b>29.55</b>
20.	Lieske Zijlstra	ZC De Schotejil	29.78	200200996	<b>29.64</b>

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

rang	naam	vereniging	inschrijftijd	tijd	
21.	Jana Plaisier	De Devel	29.60	200101266	<b>29.68</b>
22.	Manon Middelbos	ZC De Schotejil	29.45	200100056	<b>29.69</b>
23.	Fleur van Norren	KZV de Lansingh	29.75	200204432	<b>29.70</b>
24.	Lara Idsinga	De Devel	29.59	200200678	<b>29.75</b>
25.	Esmée Roodenburg	De Geul	29.39	200100040	<b>29.76</b>
26.	Giorgia Colle	SG SCOM/de Zeehond '73	29.07	200201754	<b>29.89</b>
27.	Abigail den Boef	Wiekslag	29.37	200203026	<b>29.92</b>
28.	Jasmine el Taraboulsi	WZK	29.65	200105788	<b>29.93</b>
29.	Esmee Wijnmaalen	PCG	30.11	200100298	<b>30.03</b>
30.	Maartje Rijnja	The Hague Swimming (SG)	29.50	200101344	<b>30.05</b>
31.	Anne van der Zwan	The Hague Swimming (SG)	30.31	200101134	<b>30.21</b>
32.	Nienke Vork	Widex Gzc Donk	30.24	200102294	<b>30.25</b>
33.	Danielle van Valen	De Devel	30.18	200100202	<b>30.36</b>
34.	Anouk de Vreede	The Hague Swimming (SG)	29.99	200100130	<b>30.37</b>
35.	Susan van Grol	Widex Gzc Donk	30.43	200201344	<b>30.39</b>
36.	Misty de Voogt	De Duck	29.98	200100014	<b>30.45</b>
37.	Rozemarijn van Haaff	ZOB'66	30.18	200201852	<b>30.53</b>
38.	Tamara de Ruiten	ZC De Schotejil	31.02	200203060	<b>30.85</b>
39.	Anne Straub	Zoetermeer	30.42	200201402	<b>30.90</b>
40.	Bibi Middelbos	ZC De Schotejil	30.97	200201548	<b>30.93</b>
41.	Sara Claps	The Hague Swimming (SG)	31.56	200205916	<b>30.98</b>
42.	Diana Noordermeer	SG SCOM/de Zeehond '73	31.22	200102110	<b>31.01</b>
43.	Amber Hesper	Van Vliet-Barracuda	30.72	200202188	<b>31.03</b>
44.	Ylva Visser	Van Vliet-Barracuda	30.63	200101920	<b>31.04</b>
45.	Samantha Gerritse	LinK	30.60	200102062	<b>31.10</b>
46.	Angelina Schellen	SG SCOM/de Zeehond '73	31.00	200203618	<b>31.11</b>
	Lisanne Dijkman	Zoetermeer	31.00	200102676	<b>31.11</b>
48.	Paula Dorsman	SG Albion d'ELFT	31.60	200105354	<b>31.16</b>
49.	Amber Kuntkes	ZPCNumansdorp	31.59	200202458	<b>31.35</b>
50.	Ilonka van der Well	ZPB-H&L	30.80	200103732	<b>31.80</b>
51.	Lorena van Leijden	AZC	30.62	200202598	<b>31.82</b>
52.	Susanne Roeleveld	WVZ	31.64	200203266	<b>31.94</b>
53.	Shanti van Kan	Poseidon'56	31.04	200102446	<b>32.02</b>
54.	Kim Heijdel	De Vliet (SG)	31.90	200105848	<b>32.14</b>
55.	Danique Gieltjes	PCG	32.41	200102572	<b>32.20</b>
56.	Hieke de Lijster	ZV Westland	31.30	200203312	<b>32.34</b>
57.	Faustine Mussig	De Geul	32.01	200202080	<b>33.14</b>
58.	Minouk Hol	KZV de Lansingh	32.16	200201090	<b>33.36</b>
NG.ZA	Hanne Snijders	KZV de Lansingh	31.36	200204358	
NG	Pernilla Mulder	MNC Dordrecht	30.12	200101142	

Senioren 1 en ouder

1.	Nicole Bennis	WVZ	26.84	199600470	<b>27.12</b>
2.	Sterre Keller	The Hague Swimming (SG)	27.33	199904142	<b>27.17</b>
3.	Angélique van Vark	Z&PC De Gouwe	28.14	199701478	<b>27.50</b>
4.	Romy de Laat	Wiekslag	27.34	199900902	<b>27.60</b>
5.	Lianne Bouwmeester	De Columbiaan	27.50	200000956	<b>27.61</b>
6.	Mariska Scheel	KZV de Lansingh	28.93	199306344	<b>27.63</b>
7.	Marije Dinkelberg	SG Albion d'ELFT	27.50	199703192	<b>27.91</b>
8.	Anouk van Weelden	PCG	27.69	199902828	<b>28.10</b>
9.	Lauren van IJll	WVZ	28.41	200001064	<b>28.26</b>
10.	Lotte Middelbos	ZC De Schotejil	29.09	199900680	<b>28.30</b>
11.	Anke Lambooi	De Vliet (SG)	28.12	198001182	<b>28.31</b>
12.	Babette van der Kaaij	ZV Westland	27.92	199902234	<b>28.57</b>
13.	Chantalle Zijderveld	De Devel	28.17	200000702	<b>28.63</b>
14.	Quinty Plet	De Kempvis	28.48	199802056	<b>28.69</b>
	Alisha Vieira	ZPB-H&L	28.64	199904554	<b>28.69</b>
16.	Wendy de Bruin	ZOB'66	28.93	199206320	<b>28.75</b>
17.	Lincy de Winter	The Hague Swimming (SG)	29.01	199805886	<b>28.82</b>
18.	Odette Holster	ZC De Schotejil	29.11	199900586	<b>28.88</b>
19.	Sophie t Hart	De Columbiaan	28.81	200001596	<b>28.92</b>
20.	Emma Berry	The Hague Swimming (SG)	28.97	199906390	<b>28.93</b>
21.	Sanne Hobé	Poseidon'56	28.97	200000826	<b>29.15</b>
22.	Amanda Holst	Zoetermeer	29.61	200004204	<b>29.44</b>
23.	Maaïke Baker	De Columbiaan	29.93	199902930	<b>29.46</b>
24.	Laila Kuipers	BZ&PC	29.61	200003124	<b>29.58</b>
25.	Lucy Kirkwood	WZK	30.01	199905564	<b>29.61</b>
26.	Christa Stam	RSW	30.00	198806790	<b>29.62</b>
27.	Hanna Looi	De Devel	30.29	200006090	<b>29.63</b>
	Iris van Berkel	Van Vliet-Barracuda	29.49	200000476	<b>29.63</b>
29.	Laura Tromp	De Devel	29.98	200000276	<b>29.74</b>
30.	Iona van der Toorn	The Hague Swimming (SG)	28.22	199900884	<b>29.75</b>

Programmanr. 1, Dames, 50m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd	
31.	Rebecca Evers	ZOB'66	29.88	199207916	<b>29.91</b>
32.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	29.93	200000994	<b>29.93</b>
33.	Kayra Deger	MNC Dordrecht	30.13	200003890	<b>29.94</b>
34.	Emily Beres	LinK	29.92	200001874	<b>29.95</b>
35.	Esmeralda van Werkhoven	PCG	29.93	199900412	<b>29.96</b>
36.	Linda Janssen	ZPB-H&L	29.70	198802088	<b>30.02</b>
	Inge van der Hoek	The Hague Swimming (SG)	30.33	199204034	<b>30.02</b>
38.	Celina von Berg	ZV Westland	29.58	200002596	<b>30.07</b>
39.	Karen van Dee	SG SCOM/de Zeehond '73	29.70	199604074	<b>30.10</b>
40.	Nicoline Schol	BZ&PC	29.54	200003600	<b>30.11</b>
41.	Kirsten de Hoog	SG SCOM/de Zeehond '73	29.81	200000460	<b>30.33</b>
42.	Moniek Heemskerk	LZ 1886	29.96	199601964	<b>30.40</b>
43.	Dilara Kocaman	De Vliet (SG)	30.39	200006328	<b>30.50</b>
44.	Tamara Caspers	LZ 1886	29.46	199007272	<b>30.69</b>
45.	Lara Plazier	WZK	30.90	200006522	<b>30.82</b>
	Ilona van der Knaap	De Watervogels	30.83	199204954	<b>30.82</b>
47.	Yancey Bouman	Zoetermeer	30.07	199801924	<b>30.84</b>
48.	Anouk van der Lans	ZV Westland	29.73	199801614	<b>30.85</b>
49.	Kirana Hoogenbosch	De Geul	30.45	200003428	<b>31.24</b>
50.	Rosanne de Boer	LZ 1886	30.90	199104060	<b>31.41</b>
51.	Ilse Wijnmaalen	PCG	30.52	199900940	<b>31.76</b>
NG.ZA	Lisa Klatten	SG Albion d'ELFT	28.65	199203628	
NG	Carmen Muilwijk	De Geul	29.07	199502700	
NG	Kim Bruyniks	Widex Gzc Donk	30.02	199905412	

Programmanr. 2  
14-1-2017 - 10:00

Heren, 200m vlinderslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
<b>Junioren 1</b>									
1.	Jay de Vries	De Devel	2:42.42	200400669	<b>2:44.69</b>	34.77	1:16.81	2:00.60	2:44.69
2.	Chris van der Hout	The Hague Swimming (SG)	3:09.49	200401355	<b>2:52.50</b>	37.27	1:21.32	2:07.06	2:52.50
3.	Nathan Janssen	MNC Dordrecht	3:05.41	200401565	<b>2:59.98</b>	38.83	1:24.07	2:11.86	2:59.98
4.	Thijm Kruit	De Columbiaan	3:12.71	200401339	<b>3:03.09</b>	38.71	1:24.59	2:13.24	3:03.09
5.	Timo Huizer	Wiekslag	3:15.20	200401125	<b>3:07.28</b>	38.41	1:26.39	2:16.29	3:07.28
6.	Erik Oldenkamp	KZV de Lansingh	2:55.85	200400597	<b>3:09.60</b>	38.60	1:25.95	2:16.05	3:09.60
7.	Kun Woo Kim	The Hague Swimming (SG)	3:15.23	200401361	<b>3:22.64</b>	40.19	1:31.79	2:27.81	3:22.64
DIS	Olivier Krayenbuhl	The Hague Swimming (SG)	3:15.61	200403215					
<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>									

**Junioren 2**

1.	Dylan Jansen	WVZ	2:41.35	200300817	<b>2:35.99</b>	33.15	1:11.90	1:53.82	2:35.99
2.	Milan Hamel	The Hague Swimming (SG)	2:38.45	200302125	<b>2:39.31</b>	34.99	1:15.80	1:58.36	2:39.31
3.	Nils Mulder	MNC Dordrecht	2:45.62	200300049	<b>2:42.51</b>	35.34	1:16.84	1:59.62	2:42.51
4.	Daan Hogerhuis	SG Albion d'ELFT	2:48.97	200300317	<b>2:44.42</b>	36.40	1:18.19	2:01.34	2:44.42
5.	Jelle Bon	ZV Westland	2:49.31	200301077	<b>2:44.76</b>	35.29	1:17.11	2:01.14	2:44.76
6.	Kenan Cörüz	SG Albion d'ELFT	2:56.19	200300357	<b>2:58.87</b>	36.11	1:21.81	2:10.26	2:58.87
7.	Laren Schavemaker	The Hague Swimming (SG)	3:10.26	200300607	<b>3:02.45</b>	37.47	1:24.41	2:14.06	3:02.45
8.	Raphaël Booiman	Wiekslag	2:58.30	200300727	<b>3:02.87</b>	36.93	1:22.80	2:12.33	3:02.87
9.	Yassine Maas	The Hague Swimming (SG)	3:07.34	200301505	<b>3:08.42</b>	40.14	1:29.57	2:19.65	3:08.42
DIS	Julian Stok	De Devel	2:46.21	200300071					
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>									

**Junioren 3**

1.	Nikhom Westphal	SG SCOM/de Zeehond '73	2:23.01	200203329	<b>2:22.49</b>	32.45	1:08.67	1:46.06	2:22.49
2.	Guus Hoogduin	LZ 1886	2:25.66	200201069	<b>2:22.85</b>	31.86	1:08.65	1:45.79	2:22.85
3.	Cas Jansen	The Hague Swimming (SG)	2:44.20	200203263	<b>2:38.72</b>	33.64	1:13.65	1:56.02	2:38.72
<i>*eindtijd is backup tijd</i>									
4.	Robin van Peenen	De Columbiaan	2:51.01	200201059	<b>2:47.36</b>	32.75	1:14.72	2:01.07	2:47.36
5.	Björn de Heus	ZV Vlaardingen-Schiedam	2:43.71	200201077	<b>2:47.56</b>	34.55	1:14.98	1:59.06	2:47.56
6.	Mart de Koning	ZOB'66	2:55.31	200203253	<b>2:48.93</b>	35.66	1:18.13	2:03.65	2:48.93

Programmanr. 2, Heren, 200m vlinderslag

Junioren 4

1. Thomas Jansen	WVZ	2:17.09	200100143	<b>2:15.38</b>	29.04	1:03.58	1:39.81	2:15.38
2. Ivo Stolk	SG SCOM/de Zeehond '73	2:17.86	200100615	<b>2:16.61</b>	30.86	1:05.64	1:40.27	2:16.61
3. Gerard Willighagen	Poseidon'56	2:20.75	200103663	<b>2:16.83</b>	29.32	1:04.07	1:41.63	2:16.83
4. Freek Hollander	The Hague Swimming (SG)	2:17.60	200103815	<b>2:16.95</b>	31.70	1:06.83	1:42.07	2:16.95
5. Christiaan Smit	The Hague Swimming (SG)	2:39.46	200102463	<b>2:25.26</b>	30.84	1:07.65	1:45.75	2:25.26
6. Boy Borreman	Link	2:46.16	200102751	<b>2:40.10</b>	34.05	1:14.13	1:56.64	2:40.10
NG Floris de Leeuw	The Hague Swimming (SG)	2:24.16	200105317					

Jeugd 1 en 2

1. Noah Legerstee	WVZ	2:19.25	200003593	<b>2:14.40</b>	29.51	1:04.23	1:39.85	2:14.40
2. Olivier Jans	The Hague Swimming (SG)	2:27.45	200001815	<b>2:22.38</b>	31.19	1:07.23	1:44.80	2:22.38

Senioren 1 en ouder

1. Ensger Kotterink	SG Albion d'ELFT	1:58.86	199403391	<b>2:01.93</b>	26.94	57.75	1:29.48	2:01.93
2. Ruben Stam	SG Albion d'ELFT	2:05.34	199800331	<b>2:06.91</b>	28.01	59.01	1:31.61	2:06.91
3. Melvin Prins	Wiekslag	2:10.21	199500201	<b>2:08.41</b>	28.01	59.75	1:33.47	2:08.41
4. Timo Dinkelberg	SG Albion d'ELFT	2:08.62	199300773	<b>2:10.78</b>	28.66	1:02.20	1:36.41	2:10.78
5. Lars Schoffelmeer	ZPB-H&L	2:15.99	199501907	<b>2:13.99</b>	29.33	1:03.87	1:38.85	2:13.99
6. Matthew Dullemond	MNC Dordrecht	2:13.80	199805005	<b>2:18.47</b>	30.35	1:05.75	1:42.04	2:18.47
7. Daan Siebenheller	ZOB'66	2:21.27	199804955	<b>2:18.98</b>	30.46	1:06.19	1:42.45	2:18.98
8. Robin van Beek	LZ 1886	2:19.63	199704023	<b>2:19.36</b>	30.98	1:07.31	1:44.01	2:19.36
9. Bas Verdoes	De Columbiaan	2:25.65	199801487	<b>2:19.41</b>	29.53	1:04.48	1:41.34	2:19.41
10. Roderick van Doeselaar	The Hague Swimming (SG)	2:15.26	199200261	<b>2:20.90</b>	30.29	1:06.64	1:44.01	2:20.90
11. Nordin Termoshuizen	WVZ	2:16.70	199605401	<b>2:21.55</b>	31.84	1:08.12	1:44.90	2:21.55
12. Ben Muller	De Geul	2:22.07	199801281	<b>2:23.77</b>	30.91	1:07.21	1:45.13	2:23.77
13. Jordy van Oel	WVZ	2:25.73	199802003	<b>2:24.42</b>	31.06	1:07.24	1:45.53	2:24.42
14. Ruben Stolk	ZPB-H&L	2:24.85	199005665	<b>2:25.25</b>	31.71	1:07.60	1:45.10	2:25.25
15. Emiel van Beusekom	Van Vliet-Barracuda	2:20.59	199403951	<b>2:30.43</b>	31.14	1:08.80	1:48.90	2:30.43
NG.ZA Jonne Schaafsma	The Hague Swimming (SG)	2:16.10	199800745					

Programmanr. 3  
14-1-2017 - 10:30

Dames, 200m schoolslag

Senioren Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
<b>Junioren 1</b>								
1. Jelsie van Ruijven	WVZ	3:09.48	200500282	<b>3:03.90</b>	41.56	1:29.41	2:17.13	3:03.90
2. Niké Telkamp	The Hague Swimming (SG)	3:09.77	200501088	<b>3:04.87</b>	40.85	1:27.46	2:16.13	3:04.87
3. Lyke Buscop	ZC De Schoteijl	3:20.34	200500552	<b>3:09.98</b>	43.02	1:31.89	2:21.25	3:09.98
4. Sophia van Droffelaar	ZV Vlaardingen-Schiedam	3:19.23	200500330	<b>3:10.27</b>	43.34	1:32.19	2:21.82	3:10.27
5. Sylvie Roos	De Kempvis	3:27.99	200502772	<b>3:10.35</b>	43.05	1:30.75	2:20.33	3:10.35
6. Merel Schravendijk	The Hague Swimming (SG)	3:17.55	200503382	<b>3:12.18</b>	45.73	1:34.63	2:24.06	3:12.18
7. Noor Frijlink	De Columbiaan	3:28.03	200500970	<b>3:13.40</b>	45.11	1:33.38	2:22.91	3:13.40
8. Anastasia Romano	MNC Dordrecht	3:21.20	200501076	<b>3:16.22</b>	42.24	1:31.32	2:24.05	3:16.22
9. Asha van Lobberregt	De Devel	3:25.29	200500088	<b>3:16.25</b>	43.63	1:33.07	2:24.40	3:16.25
10. Evelyn Liket	ZV Vlaardingen-Schiedam	3:24.66	200503118	<b>3:18.54</b>	44.05	1:34.50	2:27.16	3:18.54
11. Milou Demirel	The Hague Swimming (SG)	3:19.90	200501254	<b>3:18.71</b>	45.93	1:37.23	2:28.61	3:18.71
12. Laura Hoogenboezem	KZV de Lansingh	3:25.86	200500390	<b>3:19.67</b>	44.58	1:35.22	2:27.26	3:19.67
13. Emi Schipper	ZOB'66	3:32.82	200502126	<b>3:25.00</b>	46.51	1:38.17	2:31.38	3:25.00
14. Sera Emmers	WZK	3:25.59	200503264	<b>3:33.41</b>	47.17	1:41.64	2:38.88	3:33.41
DIS Tamara de Gier	Widex Gzc Donk	3:35.02	200502686					
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
NG Yente Bouwmeester	De Columbiaan	3:07.49	200500340					
NG Elise Vink	De Columbiaan	3:08.49	200502588					

Junioren 2

1. Irma van der Wulp	WVZ	2:58.38	200401950	<b>2:58.14</b>	40.56	1:26.08	2:11.84	2:58.14
2. Rinske Bouman	De Devel	2:58.90	200400578	<b>2:59.78</b>	40.33	1:26.36	2:13.88	2:59.78
3. Danielle Vis	De Columbiaan	3:00.25	200401044	<b>2:59.83</b>	41.13	1:26.94	2:13.51	2:59.83
4. Leonoor van Dijk	The Hague Swimming (SG)	2:58.71	200400832	<b>3:02.14</b>	40.60	1:27.24	2:14.41	3:02.14
5. Lize van Stigt	Link	3:12.29	200401510	<b>3:05.59</b>	42.60	1:29.88	2:18.34	3:05.59
6. Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	3:08.36	200404272	<b>3:05.66</b>	41.50	1:29.02	2:16.62	3:05.66
7. Éléana Poilpré	The Hague Swimming (SG)	3:15.26	200404748	<b>3:09.43</b>	43.37	1:32.27	2:21.42	3:09.43
8. Jade Geurts	De Watervogels	3:14.21	200402278	<b>3:12.93</b>	44.34	1:33.08	2:23.05	3:12.93
9. Jet van Oudheusden	ZOB'66	3:21.71	200401012	<b>3:13.22</b>	43.73	1:32.83	2:22.98	3:13.22

## Programmanr. 3, Meisjes, 200m schoolslag, Junioren 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
10. Nora van der Steen	Link	3:26.59	200403458	<b>3:14.95</b>	44.18	1:33.05	2:24.59	3:14.95
11. Phaedra Meijer	De Stelle	3:15.07	200401354	<b>3:15.29</b>	44.96	1:35.68	2:26.48	3:15.29
12. Jessica Kras	De Devel	3:13.96	200400728	<b>3:16.96</b>	44.04	1:33.20	2:26.18	3:16.96
13. Kirsten Erkamp	KZV de Lansingh	3:21.15	200402306	<b>3:17.99</b>	44.29	1:32.89	2:25.32	3:17.99
14. Lotte van der Maas	ZOB'66	3:24.84	200402376	<b>3:19.51</b>	44.58	1:35.72	2:28.04	3:19.51
15. Robine Boer	De Columbiaan	3:17.03	200402180	<b>3:19.63</b>	44.19	1:34.74	2:26.45	3:19.63
16. Ziya Gaia van de Voorde	The Hague Swimming (SG)	3:17.29	200402932	<b>3:22.16</b>	44.55	1:35.94	2:28.57	3:22.16
17. Amy-Lynn Brittijn	The Hague Swimming (SG)	3:25.57	200402158	<b>3:22.41</b>	45.20	1:37.02	2:29.86	3:22.41
18. Danique Gerritsen	MNC Dordrecht	3:18.58	200401176	<b>3:22.85</b>	46.01	1:38.52	2:31.57	3:22.85
19. Feija de Bruin	WVZ	3:35.85	200400106	<b>3:28.22</b>	47.71	1:40.19	2:33.64	3:28.22
DIS Fenna Herwig	Wiekslag	3:13.31	200400908					

*AF - De aangegeven afstand niet uitgezwommen.*

## Junioren 3

1. Britta Koehorst	KZV de Lansingh	2:39.43	200300246	<b>2:42.47</b>	35.56	1:16.27	1:58.60	2:42.47
2. Kim de Jong	Link	2:48.65	200301026	<b>2:46.37</b>	37.23	1:19.46	2:02.97	2:46.37
3. Ilse Schoenmaker	The Hague Swimming (SG)	3:00.29	200301470	<b>2:56.58</b>	38.97	1:23.88	2:10.09	2:56.58
4. Wendy ten Wolde	Wiekslag	2:59.99	200302658	<b>2:59.17</b>	40.37	1:26.66	2:13.80	2:59.17
5. Amy Koelman	De Columbiaan	3:04.22	200300922	<b>3:00.85</b>	40.70	1:26.81	2:14.17	3:00.85
6. Nicole Akkermans Castro	The Hague Swimming (SG)	2:57.03	200304942	<b>3:01.51</b>	41.59	1:27.49	2:14.97	3:01.51
7. Julia Notenboom	De Columbiaan	3:11.38	200302596	<b>3:04.02</b>	41.82	1:29.29	2:16.62	3:04.02
8. Christina Agussalim	Van Vliet-Barracuda	3:05.52	200300582	<b>3:04.57</b>	41.43	1:29.27	2:17.04	3:04.57
9. Debbie Bruijgoms	MNC Dordrecht	3:03.46	200301672	<b>3:04.75</b>	41.14	1:28.69	2:16.23	3:04.75
10. Kim Rutters	De Kempvis	3:15.18	200302318	<b>3:10.28</b>	42.45	1:30.43	2:20.60	3:10.28
11. Joyce van 't Hof	De Devel	3:09.81	200302122	<b>3:11.47</b>	42.59	1:30.86	2:21.22	3:11.47
12. Sanne Vermeulen	The Hague Swimming (SG)	3:17.85	200303902	<b>3:13.26</b>	42.68	1:31.44	2:21.70	3:13.26
13. Mara Bosman	The Hague Swimming (SG)	3:08.73	200303048	<b>3:13.67</b>	44.59	1:34.26	2:23.53	3:13.67
14. Anouk Brand	MNC Dordrecht	3:14.94	200302488	<b>3:17.19</b>	42.57	1:32.76	2:25.21	3:17.19
15. Jade Verbrugge	De Watervogels	3:12.99	200303142	<b>3:19.34</b>	45.84	1:36.73	2:26.47	3:19.34
16. Marije de Jager	Link	3:22.56	200301394	<b>3:26.19</b>	45.69	1:37.67	2:31.48	3:26.19

## Jeugd 1 en 2

1. Rosey Metz	WVZ	2:33.27	200101786	<b>2:40.36</b>	35.31	1:15.59	1:57.77	2:40.36
2. Lotte Hesper	The Hague Swimming (SG)	2:46.64	200201414	<b>2:45.93</b>	36.91	1:18.46	2:02.06	2:45.93
3. Grace Anderson	WVZ	2:51.52	200200578	<b>2:47.80</b>	37.27	1:20.00	2:03.90	2:47.80
4. Elyanne Boudestein	Zoetermeer	2:51.12	200101060	<b>2:47.82</b>	38.29	1:21.18	2:04.52	2:47.82
5. Marlinde Beukers	WVZ	2:50.18	200101934	<b>2:51.68</b>	37.76	1:20.95	2:06.15	2:51.68
6. Lieske Zijlstra	ZC De Schotelij	2:50.50	200200996	<b>2:52.44</b>	39.55	1:23.13	2:07.88	2:52.44
7. Sanne Heemsker	LZ 1886	3:01.17	200100600	<b>2:52.97</b>	38.82	1:22.54	2:07.85	2:52.97
8. Kristel Beijk	De Columbiaan	2:59.78	200201278	<b>2:56.19</b>	39.97	1:24.90	2:11.19	2:56.19
9. Anniek de Ruiter	Widex Gzc Donk	2:52.99	200101224	<b>2:56.27</b>	39.42	1:24.63	2:10.64	2:56.27
10. Rozemarijn van Haaff	ZOB'66	2:57.04	200201852	<b>2:56.39</b>	40.30	1:25.37	2:10.96	2:56.39
11. Lynn Blommers	AZC	3:01.49	200105062	<b>2:56.87</b>	38.64	1:23.94	2:10.75	2:56.87
12. Manon Middelbos	ZC De Schotelij	2:51.60	200100056	<b>2:58.54</b>	39.45	1:24.12	2:10.40	2:58.54
13. Jasmine el Taraboulsi	WZK	2:58.34	200105788	<b>2:59.06</b>	39.64	1:24.44	2:11.75	2:59.06

*\*100m tijd is handtijd, 150m en eindtijd is backup tijd*

14. Paula Dorsman	SG Albion d'ELFT	2:50.66	200105354	<b>3:00.12</b>	39.12	1:24.81	2:12.05	3:00.12
15. Iris van den Berg	SG Albion d'ELFT	3:04.18	200103782	<b>3:00.25</b>	40.95	1:26.73	2:12.97	3:00.25
16. Samantha Gerritse	Link	3:01.51	200102062	<b>3:00.71</b>	40.63	1:26.75	2:14.13	3:00.71
17. Susan van Grol	Widex Gzc Donk	3:01.56	200201344	<b>3:00.87</b>	40.37	1:26.79	2:14.26	3:00.87
18. Jip Veeman	The Hague Swimming (SG)	3:01.47	200106100	<b>3:01.72</b>	39.00	1:24.35	2:12.66	3:01.72
19. Christy Geurts	WVZ	3:00.50	200203734	<b>3:01.94</b>	41.01	1:27.32	2:14.63	3:01.94
20. Fleur van Norren	KZV de Lansingh	3:01.12	200204432	<b>3:02.17</b>	39.81	1:25.73	2:14.06	3:02.17
21. Diana Noordermeer	SG SCOM/de Zeehond '73	3:00.67	200102110	<b>3:02.64</b>	41.44	1:27.41	2:15.17	3:02.64
22. Esmée Roodenburg	De Geul	3:00.91	200100040	<b>3:03.62</b>	40.71	1:27.52	2:15.57	3:03.62
23. Amy van Leersum	Poseidon'56	3:04.85	200200300	<b>3:03.74</b>	41.00	1:28.17	2:16.84	3:03.74
24. Anna Hoogenboezem	KZV de Lansingh	3:03.41	200200658	<b>3:04.54</b>	41.72	1:28.65	2:16.60	3:04.54
25. Esmee Wijnmaalen	PCG	3:06.28	200100298	<b>3:05.00</b>	42.33	1:29.81	2:17.41	3:05.00
26. Lara Idsinga	De Devel	3:07.04	200200678	<b>3:05.32</b>	43.45	1:31.09	2:19.30	3:05.32
27. Danique Gieltjes	PCG	3:09.09	200102572	<b>3:08.85</b>	41.30	1:28.28	2:17.61	3:08.85
28. Amber Hesper	Van Vliet-Barracuda	3:06.89	200202188	<b>3:09.04</b>	40.56	1:27.36	2:17.08	3:09.04
29. Minouk Hol	KZV de Lansingh	3:10.85	200201090	<b>3:11.18</b>	42.11	1:30.74	2:21.12	3:11.18
30. Maartje Rijnja	The Hague Swimming (SG)	3:10.44	200101344	<b>3:11.98</b>	42.74	1:32.13	2:22.13	3:11.98
NG Pernilla Mulder	MNC Dordrecht	3:13.35	200101142					

Programmanr. 3, Dames, 200m schoolslag

Senioren 1 en ouder

1. Nicole Bennis	WVZ	2:38.14	199600470	<b>2:39.23</b>	35.65	1:16.34	1:57.40	2:39.23
2. Angelique van Vark	Z&PC De Gouwe	2:44.27	199701478	<b>2:43.53</b>	37.08	1:18.85	2:01.66	2:43.53
3. Lianne Bouwmeester	De Columbiaan	2:44.29	200000956	<b>2:44.01</b>	37.40	1:20.12	2:02.38	2:44.01
4. Chantalle Zijderveld	De Devel	2:46.44	200000702	<b>2:44.43</b>	36.88	1:18.67	2:01.36	2:44.43
5. Lotte Middelbos	ZC De Schotejil	2:47.97	199900680	<b>2:48.34</b>	37.41	1:20.63	2:04.26	2:48.34
6. Senna Pols	SG SCOM/de Zeehond '73	2:48.31	199700012	<b>2:50.09</b>	37.12	1:20.36	2:04.49	2:50.09
7. Moniek Heemskerck	LZ 1886	2:48.12	199601964	<b>2:51.44</b>	38.85	1:22.47	2:07.22	2:51.44
8. Anouk van Weelden	PCG	2:54.89	199902828	<b>2:53.22</b>	38.99	1:22.78	2:07.66	2:53.22
9. Aniek Erenstein-Huijsman	KZV de Lansingh	2:48.50	198801932	<b>2:53.41</b>	37.71	1:20.21	2:05.37	2:53.41
10. Wendy de Bruin	ZOB'66	2:56.31	199206320	<b>2:54.45</b>	39.06	1:23.10	2:08.69	2:54.45
11. Fiona Cabrie	De Kempvis	2:56.93	198800738	<b>2:55.45</b>	39.12	1:21.94	2:07.67	2:55.45
12. Hanna Looi	De Devel	3:01.39	200006090	<b>2:58.67</b>	39.38	1:24.22	2:10.82	2:58.67
13. Lara Plazier	WZK	3:03.03	200006522	<b>2:59.55</b>	38.99	1:23.47	2:10.51	2:59.55
14. Linda Janssen	ZPB-H&L	3:00.17	198802088	<b>2:59.74</b>	40.28	1:25.41	2:12.42	2:59.74
15. Rosanne de Boer	LZ 1886	2:57.38	199104060	<b>3:00.34</b>	40.84	1:26.92	2:13.77	3:00.34
16. Brigid van Uffelen	Wiekslag	2:53.06	199800310	<b>3:01.03</b>	40.41	1:25.49	2:13.11	3:01.03
17. Rebecca Evers	ZOB'66	3:08.61	199207916	<b>3:02.18</b>	40.81	1:26.32	2:13.73	3:02.18
18. Maaïke Baker	De Columbiaan	2:58.39	199902930	<b>3:02.84</b>	39.24	1:25.48	2:14.20	3:02.84
NG.ZA Lucy Kirkwood	WZK	3:32.51	199905564					

Programmanr. 4  
14-1-2017 - 11:20

Heren, 100m rugslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m	
<b>Junioren 1</b>							
1.	Jay de Vries	De Devel	1:08.70	200400669	<b>1:08.35</b>	32.86	1:08.35
2.	Abel te Riele	WVZ	1:11.13	200402317	<b>1:09.89</b>	34.05	1:09.89
3.	Jason van den Berg	Poseidon'56	1:13.89	200400009	<b>1:11.63</b>	34.81	1:11.63
4.	Julien Tanis	ZC De Schotejil	1:13.85	200401045	<b>1:12.55</b>	35.31	1:12.55
5.	Chris van der Hout	The Hague Swimming (SG)	1:13.98	200401355	<b>1:13.40</b>	36.02	1:13.40
6.	Bart Pardon	WVZ	1:15.48	200400639	<b>1:13.96</b>	35.74	1:13.96
7.	Sem Verberg	LinK	1:16.56	200402105	<b>1:14.17</b>	35.83	1:14.17
	<i>*alle tijdenn zijn backup tijden</i>						
8.	Olivier Krayenbuhl	The Hague Swimming (SG)	1:15.99	200403215	<b>1:14.86</b>	36.75	1:14.86
	<i>*50m tijd is backup tijd</i>						
9.	Kun Woo Kim	The Hague Swimming (SG)	1:19.06	200401361	<b>1:17.64</b>	37.30	1:17.64
10.	Timo Kock	De Devel	1:16.56	200400387	<b>1:17.79</b>	38.97	1:17.79
11.	Erik Oldenkamp	KZV de Lansingh	1:19.67	200400597	<b>1:18.29</b>	37.87	1:18.29
12.	Thomas van Peenen	De Columbiaan	1:18.91	200400097	<b>1:18.52</b>	38.98	1:18.52
13.	Milan Masselink	The Hague Swimming (SG)	1:21.63	200402165	<b>1:18.67</b>	39.04	1:18.67
14.	Timo Huizer	Wiekslag	1:23.81	200401125	<b>1:21.03</b>	39.02	1:21.03
15.	Marijn Dekkers	Widex Gzc Donk	1:26.73	200402275	<b>1:24.75</b>	40.99	1:24.75
16.	Bram de Haas	PCG	1:22.98	200400391	<b>1:25.39</b>	42.14	1:25.39
DIS	Niels van der Mast	ZPCNumansdorp	1:27.53	200401917			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
DIS	Lars van den Heuvel	ZPB-H&L	1:19.97	200402623			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

Junioren 2

1.	Keanu Streefland	The Hague Swimming (SG)	1:05.99	200302445	<b>1:04.37</b>	31.63	1:04.37
2.	Dylan Jansen	WVZ	1:08.11	200300817	<b>1:08.14</b>	33.35	1:08.14
3.	Jelle Bon	ZV Westland	1:11.73	200301077	<b>1:09.35</b>	33.80	1:09.35
4.	Zev Bulk	Widex Gzc Donk	1:14.72	200304021	<b>1:09.57</b>	34.31	1:09.57
5.	Perry Laarhoven	ZPCNumansdorp	1:11.79	200301321	<b>1:10.50</b>	34.28	1:10.50
6.	Bjarne Buijs	The Hague Swimming (SG)	1:11.44	200301089	<b>1:11.69</b>	35.23	1:11.69
7.	Julian Stok	De Devel	1:17.70	200300071	<b>1:13.34</b>	36.29	1:13.34
8.	Nils Mulder	MNC Dordrecht	1:16.97	200300049	<b>1:14.22</b>	35.98	1:14.22
9.	Milan van Aken	The Hague Swimming (SG)	1:17.63	200303307	<b>1:15.03</b>	36.57	1:15.03
10.	Raphaël Booïman	Wiekslag	1:19.73	200300727	<b>1:16.00</b>	36.97	1:16.00
11.	Laren Schavemaker	The Hague Swimming (SG)	1:17.32	200300607	<b>1:17.54</b>	37.04	1:17.54
12.	Maxim Noordman	The Hague Swimming (SG)	1:19.43	200304067	<b>1:21.41</b>	38.95	1:21.41
13.	Mike van Huizen	ZPCNumansdorp	1:25.55	200300891	<b>1:23.45</b>	41.60	1:23.45
14.	Pepyn van Brakel	ZPCNumansdorp	1:32.15	200300877	<b>1:26.04</b>	41.29	1:26.04

## Programmanr. 4, Jongens, 100m rugslag, Junioren 2

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
DIS	Daan Hogerhuis	SG Albion d'ELFT	1:09.16	200300317			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

## Junioren 3

1.	Adriaan Provó Kluit	WVZ	1:02.90	200204397	<b>1:01.70</b>	30.33	1:01.70
2.	Nikhom Westphal	SG SCOM/de Zeehond '73	1:03.53	200203329	<b>1:02.07</b>	31.33	1:02.07
3.	Viktor Koets	De Columbiaan	1:05.30	200201677	<b>1:03.67</b>	30.94	1:03.67
4.	Dylano Termoshuizen	WVZ	1:08.15	200202169	<b>1:05.11</b>	32.89	1:05.11
5.	Jarno Verbeek	Zoetermeer	1:08.01	200200931	<b>1:05.20</b>	31.95	1:05.20
6.	Scott Jansen	WVZ	1:06.13	200202455	<b>1:05.30</b>	31.71	1:05.30
7.	Niels Dijkshoorn	ZV Westland	1:06.98	200203079	<b>1:06.42</b>	33.10	1:06.42
8.	Robin van Peenen	De Columbiaan	1:08.19	200201059	<b>1:10.06</b>	33.71	1:10.06
9.	Bas van Nisius	The Hague Swimming (SG)	1:10.24	200202107	<b>1:11.20</b>	34.97	1:11.20
10.	Guus Hoogduin	LZ 1886	1:13.95	200201069	<b>1:11.94</b>	34.92	1:11.94
11.	Wouter Verdoes	De Columbiaan	1:13.93	200200351	<b>1:12.17</b>	35.14	1:12.17
12.	Cas Jansen	The Hague Swimming (SG)	1:14.70	200203263	<b>1:12.18</b>	34.70	1:12.18
13.	Björn de Heus	ZV Vlaardingen-Schiedam	1:13.33	200201077	<b>1:12.33</b>	35.10	1:12.33
14.	Mart de Koning	ZOB'66	1:16.23	200203253	<b>1:13.92</b>	36.12	1:13.92
15.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	1:14.02	200200619	<b>1:14.57</b>	35.46	1:14.57
16.	Mark Bom	LZ 1886	1:13.37	200201471	<b>1:15.59</b>	36.46	1:15.59
17.	Johrick Wijma	KZV de Lansingh	1:16.17	200204435	<b>1:18.11</b>	37.30	1:18.11
DIS	Stijn den Otter	De Devel	1:13.25	200200225			
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>						

## Junioren 4

1.	Ivo Stolk	SG SCOM/de Zeehond '73	1:01.40	200100615	<b>1:01.11</b>	30.31	1:01.11
2.	Thomas Jansen	WVZ	1:00.84	200100143	<b>1:01.32</b>	31.01	1:01.32
3.	Quinn van den Heuvel	ZPCNumansdorp	1:05.27	200100297	<b>1:02.97</b>	30.51	1:02.97
4.	Tjeerd van Stein	LinK	1:04.68	200101439	<b>1:04.03</b>	31.32	1:04.03
5.	Sander Iuga	Poseidon'56	1:03.47	200101389	<b>1:04.06</b>	31.57	1:04.06
6.	Christiaan Smit	The Hague Swimming (SG)	1:04.50	200102463	<b>1:05.30</b>	31.52	1:05.30
7.	Max Huige	SG SCOM/de Zeehond '73	1:04.61	200104355	<b>1:06.25</b>	31.85	1:06.25
8.	Querijn Hensen	The Hague Swimming (SG)	1:05.18	200102121	<b>1:06.91</b>	32.03	1:06.91
9.	Sjoerd van Weelden	PCG	1:10.04	200101217	<b>1:06.93</b>	32.68	1:06.93
10.	Freek Hollander	The Hague Swimming (SG)	1:10.16	200103815	<b>1:08.46</b>	33.29	1:08.46
11.	Jarno van Oyen	SG SCOM/de Zeehond '73	1:11.35	200100055	<b>1:08.81</b>	33.63	1:08.81
12.	Jasper van Oudheusden	De Duck	1:10.22	200102449	<b>1:09.91</b>	34.22	1:09.91
13.	Boy Borreman	LinK	1:12.49	200102751	<b>1:10.23</b>	34.33	1:10.23
14.	Remco Holstege	The Hague Swimming (SG)	1:15.39	200104189	<b>1:10.52</b>	34.63	1:10.52
15.	Gregory Abeldynov	Poseidon'56	1:11.30	200100827	<b>1:11.41</b>	34.12	1:11.41
16.	Jaap Akkermans Castro	The Hague Swimming (SG)	1:11.51	200105143	<b>1:11.53</b>	35.12	1:11.53
17.	Jeroen Reckman	ZPCNumansdorp	1:12.48	200100209	<b>1:11.85</b>	35.20	1:11.85
18.	Wessel Bonkestoter	Widex Gzc Donk	1:13.11	200100625	<b>1:13.02</b>	35.70	1:13.02
DIS	Wesley Scheepbouwer	Wiekslag	1:05.67	200101959			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

## Jeugd 1 en 2

1.	Klaas Arkesteijn	WVZ	59.25	199901897	<b>1:00.09</b>	28.95	1:00.09
2.	Olivier Jans	The Hague Swimming (SG)	1:01.09	200001815	<b>1:01.30</b>	30.39	1:01.30
3.	Jorian Tanis	ZC De Schotejil	1:03.10	199900327	<b>1:02.47</b>	31.00	1:02.47
4.	Eric Verdoes	De Columbiaan	1:05.45	199900947	<b>1:03.01</b>	30.52	1:03.01
5.	David Kievit	ZC De Schotejil	1:04.47	199900325	<b>1:03.66</b>	31.31	1:03.66
6.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	1:04.97	200000625	<b>1:03.90</b>	31.24	1:03.90
7.	Duncan van Haaren	Widex Gzc Donk	1:06.18	200000681	<b>1:04.16</b>	31.45	1:04.16
8.	Robin Lecomte	KZV de Lansingh	1:04.22	199900711	<b>1:04.25</b>	31.59	1:04.25
9.	Aron Paasse	ZC De Schotejil	1:06.31	200000099	<b>1:05.08</b>	31.94	1:05.08
10.	Jasper Breugem	WVZ	1:05.30	200000303	<b>1:05.09</b>	31.94	1:05.09
11.	Ryan van den Ouden	Poseidon'56	1:07.18	199900377	<b>1:05.47</b>	31.17	1:05.47
12.	Tristan Stam	ZOB'66	1:09.69	199903551	<b>1:07.72</b>	33.07	1:07.72
13.	Oliver Maddock	The Hague Swimming (SG)	1:06.67	200002281	<b>1:07.85</b>	32.57	1:07.85
14.	Matthijs Arnoldus	WVZ	1:10.86	200000571	<b>1:08.25</b>	33.15	1:08.25
15.	Jervis Boele	ZPCNumansdorp	1:09.61	200004141	<b>1:08.68</b>	33.24	1:08.68
16.	Stijn Lafontaine	The Hague Swimming (SG)	1:10.84	200005205	<b>1:09.00</b>	33.64	1:09.00
17.	Liam van Gool	De Geul	1:09.44	200001111	<b>1:09.48</b>	33.72	1:09.48



Programmanr. 4, Heren, 100m rugslag

Senioren 1 en ouder

1.	Ensger Kotterink	SG Albion d'ELFT	53.58	199403391	<b>56.22</b>	27.07	56.22
2.	Melvin Prins	Wiekslag	57.80	199500201	<b>58.54</b>	28.47	58.54
3.	Ruben Stam	SG Albion d'ELFT	59.02	199800331	<b>59.59</b>	28.82	59.59
4.	Alex Schelvis	LinK	1:01.57	198702927	<b>1:01.06</b>	29.47	1:01.06
5.	Timo Dinkelberg	SG Albion d'ELFT	1:01.06	199300773	<b>1:01.14</b>	29.62	1:01.14
6.	Dave Jansen	SG Albion d'ELFT	1:00.47	199805299	<b>1:01.18</b>	29.82	1:01.18
7.	Bas Verdoes	De Columbiaan	1:03.31	199801487	<b>1:03.72</b>	30.92	1:03.72
8.	Jordy van Oel	WVZ	1:04.06	199802003	<b>1:04.03</b>	31.07	1:04.03
9.	Robin van Beek	LZ 1886	1:03.93	199704023	<b>1:04.18</b>	30.94	1:04.18
10.	Max Muller	De Geul	1:03.19	199800347	<b>1:04.48</b>	30.86	1:04.48
11.	Roderick van Doeselaar	The Hague Swimming (SG)	1:00.93	199200261	<b>1:04.57</b>	30.84	1:04.57
12.	Emiel van Beusekom	Van Vliet-Barracuda	1:02.88	199403951	<b>1:04.73</b>	31.94	1:04.73
13.	Daan Siebenheller	ZOB'66	1:05.42	199804955	<b>1:05.34</b>	31.52	1:05.34
14.	Roel van Grol	Widex Gzc Donk	1:07.60	199802277	<b>1:08.01</b>	32.62	1:08.01
15.	Remco Oskam	Widex Gzc Donk	1:10.89	199205583	<b>1:11.94</b>	33.84	1:11.94
NG.ZA	Jonne Schaafsma	The Hague Swimming (SG)	59.92	199800745			

Programmanr. 5  
14-1-2017 - 11:45

Meisjes, 4 x 200m vrije slag

Juniores 3 en jonger  
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	LinK 1	9:58.74	9:32.09
	Lize van Stigt	04 +0.74 33.27	1:10.95 1:49.70 2:26.94 2:26.94
	Nora van der Steen	04 +0.58 32.35	1:08.52 1:45.82 2:22.42 2:22.42
	Marije de Jager	03 +0.52 32.82	1:10.13 1:49.13 2:27.51 2:27.51
	Kim de Jong	03 +0.56 31.27	1:05.74 1:41.18 2:15.22 2:15.22
2.	De Columbiaan 1	9:55.96	9:32.31
	Amy Koelman	03 +0.75 32.78	1:09.49 1:48.13 2:22.87 2:22.87
	Julia Notenboom	03 +0.49 32.32	1:08.96 1:47.57 2:25.22 2:25.22
	Danielle Vis	04 +0.28 32.71	1:09.83 1:48.50 2:26.35 2:26.35
	Britt van Bommel	03 +0.48 31.80	1:07.28 1:43.01 2:17.87 2:17.87
3.	WVZ 1	10:10.22	10:23.24
	Jelsie van Ruijven	05 +0.76 32.99	1:11.99 1:52.18 2:29.55 2:29.55
	Feija de Bruin	04 +0.37 35.31	1:14.94 1:55.42 2:35.28 2:35.28
	Zinzi van der Maas	04 +0.71 37.75	1:19.73 2:01.48 2:42.96 2:42.96
	Alyssa Kuijvenhoven	03 +0.34 34.38	1:13.61 1:54.65 2:35.45 2:35.45
4.	De Columbiaan 2	10:20.54	10:30.84
	Milou Adriaanse	05 +0.67 34.25	1:14.18 1:56.69 2:36.63 2:36.63
	Noor Frijlink	05 +1.97 37.43	1:18.89 2:01.96 2:44.05 2:44.05
	Anique Star	04 +0.42 34.24	1:12.80 1:52.59 2:30.99 2:30.99
	Robine Boer	04 +0.53 35.43	1:16.37 1:58.45 2:39.17 2:39.17
5.	Barracuda 1	10:37.67	10:40.24
	Emma Verkuijl	05 +0.72 36.30	1:15.49 1:55.79 2:34.87 2:34.87
	Marit Huisman	05 +0.33 37.47	1:20.08 2:04.01 2:46.07 2:46.07
	Christina Agussalim	03 +0.69 33.58	1:13.59 1:55.27 2:34.92 2:34.92
	Yara Visser	03 +0.49 36.64	1:18.39 2:02.25 2:44.38 2:44.38
AFGEM	SG SCOM/de Zeehond '73 1	SG SCOM/de Zeehond '73	10:11.32

Programmanr. 6  
14-1-2017 - 11:55

Dames, 4 x 200m vrije slag

Senioren Open  
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	The Hague Swimming (SG) 1	8:48.00	8:48.29
	Emma Berry	99 +0.73 30.22	1:03.96 1:39.28 2:14.40 2:14.40
	Sterre Keller	99 +0.41 30.05	1:03.56 1:38.33 2:12.80 2:12.80
	Maud Hoofs	95 29.83	1:03.65 1:38.47 2:11.79 2:11.79
	Lotte Hosper	02 +0.50 29.09	1:01.52 1:35.58 2:09.30 2:09.30
2.	WVZ 1	8:47.64	8:51.60
	Chefanja Nunes	01 +0.68 28.90	1:01.99 1:35.18 2:07.82 2:07.82
	Marlinde Beukers	01 +0.47 31.59	1:06.49 1:42.04 2:17.10 2:17.10
	Lauren van IJll	00 +0.31 30.57	1:04.65 1:39.88 2:13.41 2:13.41
	Christy Geurts	02 +0.41 30.28	1:03.88 1:38.32 2:13.27 2:13.27
3.	ZC De Schotejil 1	9:04.49	9:09.67
	Elise Tanis	02 +0.69 30.20	1:03.22 1:36.94 2:10.15 2:10.15
	Lotte Middelbos	99 +0.53 31.01	1:05.88 1:41.77 2:17.09 2:17.09
	Lieske Zijlstra	02 +0.55 33.04	1:09.50 1:46.13 2:20.70 2:20.70
	Manon Middelbos	01 +0.55 31.86	1:07.81 1:44.86 2:21.73 2:21.73

Programmanr. 6, Dames, 4 x 200m vrije slag, Senioren Open

rang	vereniging	inschrijftijd				tijd		
4.	De Columbiaan 1	9:15.18				9:30.76		
	Megan van Beelen	01	+0,73	30.82	1:05.04	1:40.24	2:15.34	2:15.34
	Sophie t Hart	00	+0,26	31.51	1:07.15	1:44.42	2:21.96	2:21.96
	Maaike Baker	99	+0,33	33.15	1:11.22	1:50.72	2:28.38	2:28.38
	Lianne Bouwmeester	00	+0,59	32.05	1:09.06	1:47.07	2:25.08	2:25.08
5.	De Devel 1	9:18.45				9:32.78		
	Chantalle Zijderveld	00	+0,70	32.09	1:08.18	1:44.92	2:21.44	2:21.44
	Jana Plaisier	01	+0,66	32.70	1:09.70	1:46.49	2:22.43	2:22.43
	Laura Tromp	00	+0,63	32.74	1:08.77	1:45.23	2:21.29	2:21.29
	Hanna Looi	00	+0,59	32.56	1:09.73	1:49.57	2:27.62	2:27.62
6.	LZ 1886 1	9:19.40				9:38.16		
	Sanne Heemskerk	01	+0,78	30.71	1:05.32	1:40.88	2:16.28	2:16.28
	Moniek Heemskerk	96	+0,40	32.81	1:09.30	1:46.30	2:22.23	2:22.23
	Rosanne de Boer	91	+0,55	33.43	1:11.01	1:50.40	2:27.95	2:27.95
	Tamara Caspers	90	+0,36	32.75	1:10.75	1:51.32	2:31.70	2:31.70
7.	PCG 1	9:40.01				9:50.25		
	<i>*300m tijd is backup tijd</i>							
	Ilse Wijnmaalen	99	+0,78	33.83	1:13.20	1:54.39	2:35.06	2:35.06
	Esmee Wijnmaalen	01	+0,34	32.25	1:09.90	1:49.38	2:27.59	2:27.59
	Esmeralda van Werkhoven	99		32.53	1:10.27	1:49.89	2:29.75	2:29.75
	Anouk van Weelden	99	+0,40	30.94	1:06.13	1:42.66	2:17.85	2:17.85

Programmanr. 7  
14-1-2017 - 13:30

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd				tijd	
<b>Junioren 1</b>								
1.	Abel te Riele	WVZ	5:25.63				200402317	5:23.46
	50m: 36.33	36.33	150m: 2:00.98	39.93	250m: 3:25.56	45.03	350m: 4:48.45	36.57
	100m: 1:21.05	44.72	200m: 2:40.53	39.55	300m: 4:11.88	46.32	400m: 5:23.46	35.01
2.	Erik Oldenkamp	KZV de Lansingh	5:38.61				200400597	5:47.04
	50m: 36.81	36.81	150m: 2:07.36	44.93	250m: 3:39.18	47.91	350m: 5:07.48	40.11
	100m: 1:22.43	45.62	200m: 2:51.27	43.91	300m: 4:27.37	48.19	400m: 5:47.04	39.56
3.	Timo Huizer	Wiekslag	6:37.30				200401125	6:04.84
	50m: 38.26	38.26	150m: 2:10.76	45.35	250m: 3:48.95	53.02	350m: 5:25.12	41.65
	100m: 1:25.41	47.15	200m: 2:55.93	45.17	300m: 4:43.47	54.52	400m: 6:04.84	39.72
4.	Milan Masselink	The Hague Swimming (SG)	6:15.57				200402165	6:08.12
	50m: 43.23	43.23	150m: 2:18.10	44.75	250m: 3:51.74	49.85	350m: 5:26.83	44.61
	100m: 1:33.35	50.12	200m: 3:01.89	43.79	300m: 4:42.22	50.48	400m: 6:08.12	41.29
5.	Arthur Bondartsov	Poseidon'56	6:17.73				200403231	6:11.30
	50m: 38.98	38.98	150m: 2:58.82	1:33.27	250m:		350m: 5:32.24	42.66
	100m: 1:25.55	46.57	200m: 3:53.75	54.93	300m: 4:49.58		400m: 6:11.30	39.06
DIS	Olivier Krayenbuhl	The Hague Swimming (SG)	6:00.31				200403215	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>							

Junioren 2

1.	Keanu Streefland	The Hague Swimming (SG)	5:10.12				200302445	5:12.16
	50m: 33.89	33.89	150m: 1:51.97	38.81	250m: 3:13.74	43.56	350m: 4:36.72	37.55
	100m: 1:13.16	39.27	200m: 2:30.18	38.21	300m: 3:59.17	45.43	400m: 5:12.16	35.44
2.	Milan Hamel	The Hague Swimming (SG)	5:16.13				200302125	5:18.36
	50m: 35.01	35.01	150m: 1:57.07	41.80	250m: 3:22.87	44.90	350m: 4:43.88	36.18
	100m: 1:15.27	40.26	200m: 2:37.97	40.90	300m: 4:07.70	44.83	400m: 5:18.36	34.48
3.	Daan Hogerhuis	SG Albion d'ELFT	5:29.83				200300317	5:27.13
	50m: 36.48	36.48	150m: 2:00.51	42.76	250m: 3:29.02	46.58	350m: 4:52.83	36.87
	100m: 1:17.75	41.27	200m: 2:42.44	41.93	300m: 4:15.96	46.94	400m: 5:27.13	34.30
4.	Raphaël Booiman	Wiekslag	6:28.21				200300727	5:48.08
	50m: 38.42	38.42	150m: 2:10.01	44.81	250m: 3:41.00	46.98	350m: 5:10.66	41.72
	100m: 1:25.20	46.78	200m: 2:54.02	44.01	300m: 4:28.94	47.94	400m: 5:48.08	37.42
5.	Laren Schavemaker	The Hague Swimming (SG)	5:56.27				200300607	5:49.37
	50m: 37.47	37.47	150m: 2:09.45	44.48	250m: 3:39.96	48.27	350m: 5:10.56	41.53
	100m: 1:24.97	47.50	200m: 2:51.69	42.24	300m: 4:29.03	49.07	400m: 5:49.37	38.81
6.	Julian Stok	De Devel	6:03.12				200300071	5:49.85
	50m: 37.31	37.31	150m: 2:05.25	44.03	250m: 3:38.69	50.11	350m: 5:11.74	41.30
	100m: 1:21.22	43.91	200m: 2:48.58	43.33	300m: 4:30.44	51.75	400m: 5:49.85	38.11
7.	Lorenzo Punt	De Devel	6:15.70				200302923	6:08.88
	50m: 35.47	35.47	150m: 2:11.10	47.02	250m: 3:47.90	50.39	350m: 5:25.37	46.84
	100m: 1:24.08	48.61	200m: 2:57.51	46.41	300m: 4:38.53	50.63	400m: 6:08.88	43.51

Programmanr. 7, Jongens, 400m wisselslag, Junioren 2

rang	naam	vereniging	inschrijftijd				tijd	
8.	Chris Vogelaar	LZ 1886	6:08.42				200302241	<b>6:09.09</b>
	50m: 36.50	36.50	150m: 2:07.55	43.64	250m: 3:45.15	54.24	350m: 5:25.26	45.09
	100m: 1:23.91	47.41	200m: 2:50.91	43.36	300m: 4:40.17	55.02	400m: 6:09.09	43.83
9.	Daniel Stok	De Devel	6:19.45				200300569	<b>6:14.03</b>
	50m: 38.93	38.93	150m: 2:15.89	49.13	250m: 3:55.49	52.91	350m: 5:33.45	44.24
	100m: 1:26.76	47.83	200m: 3:02.58	46.69	300m: 4:49.21	53.72	400m: 6:14.03	40.58
10.	Quinten Nieuwenhuis	WZK	6:38.66				200304577	<b>6:35.42</b>
	50m: 44.47	44.47	150m: 2:26.93	48.03	250m: 4:08.68	54.19	350m: 5:50.89	47.96
	100m: 1:38.90	54.43	200m: 3:14.49	47.56	300m: 5:02.93	54.25	400m: 6:35.42	44.53
DIS	Brandon Groeneveld	De Geul	6:29.08				200300595	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
DIS	Tygo Korving	ZPB-H&L	6:05.53				200300773	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
DIS	Milan van Aken	The Hague Swimming (SG)	6:10.87				200303307	
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>							
NG.ZA	Yassine Maas	The Hague Swimming (SG)	6:06.33				200301505	

Junioren 3

1.	Viktor Koets	De Columbiaan	5:11.95				200201677	<b>4:59.27</b>
	50m: 31.95	31.95	150m: 1:46.83	37.04	250m: 3:06.18	43.09	350m: 4:25.18	35.11
	100m: 1:09.79	37.84	200m: 2:23.09	36.26	300m: 3:50.07	43.89	400m: 4:59.27	34.09
2.	Guus Hoogduin	LZ 1886	5:05.98				200201069	<b>5:01.92</b>
	50m: 32.39	32.39	150m: 1:47.95	39.24	250m: 3:08.54	42.53	350m: 4:27.51	36.54
	100m: 1:08.71	36.32	200m: 2:26.01	38.06	300m: 3:50.97	42.43	400m: 5:01.92	34.41
3.	Robin van Peenen	De Columbiaan	5:26.22				200201059	<b>5:15.08</b>
	50m: 33.48	33.48	150m: 1:57.37	39.97	250m: 3:19.94	42.57	350m: 4:41.23	37.18
	100m: 1:17.40	43.92	200m: 2:37.37	40.00	300m: 4:04.05	44.11	400m: 5:15.08	33.85
4.	Niels Dijkshoorn	ZV Westland	6:08.35				200203079	<b>5:19.60</b>
	50m: 34.71	34.71	150m: 1:56.29	40.37	250m: 3:21.41	46.96	350m: 4:45.37	36.50
	100m: 1:15.92	41.21	200m: 2:34.45	38.16	300m: 4:08.87	47.46	400m: 5:19.60	34.23
5.	Cas Jansen	The Hague Swimming (SG)	5:25.15				200203263	<b>5:22.39</b>
	50m: 33.78	33.78	150m: 1:54.71	40.69	250m: 3:22.98	47.60	350m: 4:47.69	36.31
	100m: 1:14.02	40.24	200m: 2:35.38	40.67	300m: 4:11.38	48.40	400m: 5:22.39	34.70
6.	Bas van Wieringen	De Columbiaan	5:36.88				200200119	<b>5:22.60</b>
	50m: 34.07	34.07	150m: 1:59.22	42.47	250m: 3:26.12	45.23	350m: 4:47.76	36.22
	100m: 1:16.75	42.68	200m: 2:40.89	41.67	300m: 4:11.54	45.42	400m: 5:22.60	34.84
7.	Bas van Nisius	The Hague Swimming (SG)	5:40.34				200202107	<b>5:34.76</b>
	50m: 38.61	38.61	150m: 2:04.05	39.95	250m: 3:33.07	50.40	350m: 5:00.98	36.62
	100m: 1:24.10	45.49	200m: 2:42.67	38.62	300m: 4:24.36	51.29	400m: 5:34.76	33.78
8.	Wouter Verdoes	De Columbiaan	5:39.94				200200351	<b>5:36.80</b>
	50m: 36.74	36.74	150m: 2:03.51	41.27	250m: 3:31.39	47.69	350m: 4:59.29	39.86
	100m: 1:22.24	45.50	200m: 2:43.70	40.19	300m: 4:19.43	48.04	400m: 5:36.80	37.51
9.	Stijn den Otter	De Devel	5:49.49				200200225	<b>5:54.16</b>
	50m: 34.04	34.04	150m: 2:08.73	48.08	250m: 3:42.14	47.62	350m: 5:14.92	40.39
	100m: 1:20.65	46.61	200m: 2:54.52	45.79	300m: 4:34.53	52.39	400m: 5:54.16	39.24
10.	Robert Speksnijder	ZPB-H&L	5:40.08				200200429	<b>5:56.87</b>
	<i>*350m tijd is backup tijd</i>							
	50m: 36.88	36.88	150m: 2:10.58	46.84	250m: 3:47.77	51.94	350m: 5:19.37	39.60
	100m: 1:23.74	46.86	200m: 2:55.83	45.25	300m: 4:39.77	52.00	400m: 5:56.87	37.50
11.	Luc Brasz	The Hague Swimming (SG)	6:21.68				200200919	<b>6:13.19</b>
	50m: 41.60	41.60	150m: 2:19.84	45.57	250m: 3:57.85	54.17	350m: 5:37.25	43.41
	100m: 1:34.27	52.67	200m: 3:03.68	43.84	300m: 4:53.84	55.99	400m: 6:13.19	35.94

Junioren 4

1.	Ivo Stolk	SG SCOM/de Zeehond '73	5:00.98				200100615	<b>4:50.50</b>
	50m: 32.98	32.98	150m: 1:45.30	35.99	250m: 3:04.14	43.17	350m: 4:19.81	32.19
	100m: 1:09.31	36.33	200m: 2:20.97	35.67	300m: 3:47.62	43.48	400m: 4:50.50	30.69
2.	Christiaan Smit	The Hague Swimming (SG)	4:59.69				200102463	<b>4:55.77</b>
	50m: 30.89	30.89	150m: 1:46.50	38.00	250m: 3:06.93	43.00	350m: 4:23.62	33.23
	100m: 1:08.50	37.61	200m: 2:23.93	37.43	300m: 3:50.39	43.46	400m: 4:55.77	32.15
3.	Freek Hollander	The Hague Swimming (SG)	4:53.02				200103815	<b>4:56.93</b>
	50m: 32.36	32.36	150m: 1:47.44	37.89	250m: 3:06.29	42.15	350m: 4:23.46	34.37
	100m: 1:09.55	37.19	200m: 2:24.14	36.70	300m: 3:49.09	42.80	400m: 4:56.93	33.47
4.	Max Visser	WVZ	5:16.29				200100077	<b>4:57.12</b>
	50m: 31.40	31.40	150m: 1:44.92	36.85	250m: 3:04.06	43.64	350m: 4:23.70	35.37
	100m: 1:08.07	36.67	200m: 2:20.42	35.50	300m: 3:48.33	44.27	400m: 4:57.12	33.42

## Programmanr. 7, Jongens, 400m wisselslag, Junioren 4

rang	naam		vereniging		inschrijftijd			tijd
5.	Tjeerd van Stein		LinK		5:14.63	200101439		<b>4:58.33</b>
	50m:	33.65	150m:	1:49.23	36.90	250m:	3:07.86	42.66
	100m:	1:12.33	200m:	2:25.20	35.97	300m:	3:50.51	42.65
						350m:	4:25.17	34.66
						400m:	4:58.33	33.16
6.	Dave van den Nieuwendijk		De Columbiaan		5:10.70	200100475		<b>5:15.46</b>
	50m:	32.94	150m:	1:54.18	38.86	250m:	3:15.55	42.36
	100m:	1:15.32	200m:	2:33.19	39.01	300m:	3:59.98	44.43
						350m:	4:37.88	37.90
						400m:	5:15.46	37.58
7.	Boy Borreman		LinK		5:43.18	200102751		<b>5:24.64</b>
	50m:	33.33	150m:	1:54.66	41.96	250m:	3:23.45	47.98
	100m:	1:12.70	200m:	2:35.47	40.81	300m:	4:11.54	48.09
						350m:	4:48.69	37.15
						400m:	5:24.64	35.95
8.	Jeroen Reckman		ZPCNumansdorp		5:39.89	200100209		<b>5:29.50</b>
	50m:	35.99	150m:	1:59.96	40.71	250m:	3:26.49	46.61
	100m:	1:19.25	200m:	2:39.88	39.92	300m:	4:14.52	48.03
						350m:	4:52.90	38.38
						400m:	5:29.50	36.60
9.	Jaap Akkermans Castro		The Hague Swimming (SG)		5:45.24	200105143		<b>5:30.51</b>
	50m:	34.85	150m:	1:58.98	42.01	250m:	3:28.57	48.05
	100m:	1:16.97	200m:	2:40.52	41.54	300m:	4:17.22	48.65
						350m:	4:54.60	37.38
						400m:	5:30.51	35.91
10.	Luuk Kievit		ZC De Schotejil		5:38.14	200100469		<b>5:36.54</b>
	50m:	33.94	150m:	1:58.27	44.11	250m:	3:29.92	48.40
	100m:	1:14.16	200m:	2:41.52	43.25	300m:	4:19.05	49.13
						350m:	4:58.72	39.67
						400m:	5:36.54	37.82
11.	Boaz Troost		ZOB'66		5:55.58	200100371		<b>5:39.28</b>
	50m:	35.76	150m:	2:06.21	45.80	250m:	3:34.22	44.36
	100m:	1:20.41	200m:	2:49.86	43.65	300m:	4:20.91	46.69
						350m:	5:01.94	41.03
						400m:	5:39.28	37.34
12.	Romarin van der Tang		De Columbiaan		5:46.77	200102155		<b>5:40.95</b>
	50m:	33.58	150m:	1:57.76	41.84	250m:	3:29.67	49.85
	100m:	1:15.92	200m:	2:39.82	42.06	300m:	4:20.46	50.79
						350m:	5:00.62	40.16
						400m:	5:40.95	40.33

## Jeugd 1 en 2

1.	Olivier Jans		The Hague Swimming (SG)		4:46.14	200001815		<b>4:46.66</b>
	50m:	31.52	150m:	1:45.27	37.02	250m:	3:01.09	39.93
	100m:	1:08.25	200m:	2:21.16	35.89	300m:	3:41.68	40.59
						350m:	4:15.47	33.79
						400m:	4:46.66	31.19
2.	Joris Bezemer		De Kempvis		4:56.51	199900527		<b>4:48.85</b>
	50m:	29.88	150m:	1:42.77	37.92	250m:	3:02.49	42.51
	100m:	1:04.85	200m:	2:19.98	37.21	300m:	3:44.84	42.35
						350m:	4:16.86	32.02
						400m:	4:48.85	31.99
3.	Jasper Breugem		WVZ		5:15.63	200000303		<b>4:55.56</b>
	50m:	30.10	150m:	1:44.31	38.52	250m:	3:04.57	43.73
	100m:	1:05.79	200m:	2:20.84	36.53	300m:	3:48.53	43.96
						350m:	4:23.30	34.77
						400m:	4:55.56	32.26
4.	David Kievit		ZC De Schotejil		5:00.42	199900325		<b>4:59.89</b>
	50m:	33.05	150m:	1:50.25	38.00	250m:	3:08.98	41.73
	100m:	1:12.25	200m:	2:27.25	37.00	300m:	3:50.97	41.99
						350m:	4:26.14	35.17
						400m:	4:59.89	33.75
5.	Joost de Roy van Zuydewijn		WVZ		5:01.10	200000255		<b>4:59.95</b>
	50m:	31.59	150m:	1:50.47	41.83	250m:	3:09.51	39.58
	100m:	1:08.64	200m:	2:29.93	39.46	300m:	3:49.71	40.20
						350m:	4:26.49	36.78
						400m:	4:59.95	33.46
6.	Jaap van Trijp		The Hague Swimming (SG)		5:17.06	199903225		<b>5:03.56</b>
	50m:	31.14	150m:	1:46.80	39.88	250m:	3:08.68	42.42
	100m:	1:06.92	200m:	2:26.26	39.46	300m:	3:52.84	44.16
						350m:	4:29.96	37.12
						400m:	5:03.56	33.60
7.	Tristan Stam		ZOB'66		5:26.80	199903551		<b>5:13.22</b>
	50m:	36.14	150m:	1:57.65	38.98	250m:	3:18.82	42.70
	100m:	1:18.67	200m:	2:36.12	38.47	300m:	4:02.31	43.49
						350m:	4:39.36	37.05
						400m:	5:13.22	33.86
8.	Jacob Mackloet		ZC De Schotejil		5:15.40	200001171		<b>5:13.70</b>
	50m:	32.62	150m:	1:52.93	40.52	250m:	3:17.48	45.29
	100m:	1:12.41	200m:	2:32.19	39.26	300m:	4:03.84	46.36
						350m:	4:39.79	35.95
						400m:	5:13.70	33.91
9.	Matthijs Arnoldus		WVZ		5:14.05	200000571		<b>5:20.27</b>
	50m:	32.66	150m:	1:53.99	42.05	250m:	3:21.02	46.62
	100m:	1:11.94	200m:	2:34.40	40.41	300m:	4:07.79	46.77
						350m:	4:45.62	37.83
						400m:	5:20.27	34.65
10.	Stijn Lafontaine		The Hague Swimming (SG)		5:30.33	200005205		<b>5:21.34</b>
	50m:	31.25	150m:	1:52.53	42.18	250m:	3:18.68	46.57
	100m:	1:10.35	200m:	2:32.11	39.58	300m:	4:05.82	47.14
						350m:	4:44.60	38.78
						400m:	5:21.34	36.74
11.	Robin Lecomte		KZV de Lansingh		5:18.15	199900711		<b>5:23.71</b>
	50m:	32.22	150m:	1:52.98	41.29	250m:	3:21.73	48.28
	100m:	1:11.69	200m:	2:33.45	40.47	300m:	4:10.89	49.16
						350m:	4:49.16	38.27
						400m:	5:23.71	34.55

## Senioren 1 en ouder

1.	Ensger Kotterink		SG Albion d'ELFT		4:53.67	199403391		<b>4:29.97</b>
	50m:	28.05	150m:	1:34.79	34.16	250m:	2:47.40	38.84
	100m:	1:00.63	200m:	2:08.56	33.77	300m:	3:26.66	39.26
						350m:	3:58.81	32.15
						400m:	4:29.97	31.16
2.	Jonne Schaafsma		The Hague Swimming (SG)		4:39.92	199800745		<b>4:38.83</b>
	50m:	28.76	150m:	1:39.00	36.23	250m:	2:53.21	39.05
	100m:	1:02.77	200m:	2:14.16	35.16	300m:	3:33.61	40.40
						350m:	4:07.10	33.49
						400m:	4:38.83	31.73
3.	Matthew Dullemond		MNC Dordrecht		4:44.07	199805005		<b>4:46.22</b>
	50m:	29.96	150m:	1:41.42	35.65	250m:	2:59.19	42.19
	100m:	1:05.77	200m:	2:17.00	35.58	300m:	3:42.10	42.91
						350m:	4:15.35	33.25
						400m:	4:46.22	30.87

Programmanr. 7, Heren, 400m wisselslag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd	
4.	Alex Schelvis	LinK	4:55.73	198702927	<b>4:47.11</b>
	50m: 29.44	150m: 1:40.73	250m: 2:59.66	350m: 4:16.22	33.28
	100m: 1:03.68	200m: 2:17.29	300m: 3:42.94	400m: 4:47.11	30.89
5.	Timo Dinkelberg	SG Albion d'ELFT	4:46.83	199300773	<b>4:51.57</b>
	50m: 28.85	150m: 1:41.14	250m: 3:01.72	350m: 4:19.26	33.49
	100m: 1:02.88	200m: 2:19.22	300m: 3:45.77	400m: 4:51.57	32.31
6.	Bas Verdoes	De Columbiaan	4:51.00	199801487	<b>4:53.82</b>
	50m: 29.99	150m: 1:43.23	250m: 3:02.63	350m: 4:20.81	34.84
	100m: 1:05.08	200m: 2:21.02	300m: 3:45.97	400m: 4:53.82	33.01
7.	Emiel van Beusekom	Van Vliet-Barracuda	4:49.69	199403951	<b>4:57.97</b>
	50m: 30.20	150m: 1:44.47	250m: 3:05.48	350m: 4:24.68	34.16
	100m: 1:05.69	200m: 2:21.69	300m: 3:50.52	400m: 4:57.97	33.29
8.	Nordin Termoshuizen	WVZ	4:53.51	199605401	<b>5:00.24</b>
	50m: 31.12	150m: 1:46.21	250m: 3:08.99	350m: 4:27.34	33.52
	100m: 1:07.46	200m: 2:23.63	300m: 3:53.82	400m: 5:00.24	32.90
9.	Daan Siebenheller	ZOB'66	5:01.22	199804955	<b>5:06.32</b>
	50m: 31.44	150m: 1:48.58	250m: 3:11.74	350m: 4:33.65	37.85
	100m: 1:07.64	200m: 2:28.15	300m: 3:55.80	400m: 5:06.32	32.67
10.	Jim Geestman	RSW	5:10.77	198300699	<b>5:16.83</b>
	50m: 33.64	150m: 1:55.25	250m: 3:20.04	350m: 4:42.89	36.42
	100m: 1:13.86	200m: 2:35.04	300m: 4:06.47	400m: 5:16.83	33.94
11.	Martijn Houweling	Van Vliet-Barracuda	5:12.82	199600893	<b>5:20.15</b>
	50m: 31.95	150m: 1:53.42	250m: 3:18.68	350m: 4:41.68	38.11
	100m: 1:11.62	200m: 2:34.92	300m: 4:03.57	400m: 5:20.15	38.47
12.	Nick van der Krogt	LZ 1886	5:15.76	199501313	<b>5:27.38</b>
	50m: 33.17	150m: 1:54.01	250m: 3:22.55	350m: 4:50.48	39.71
	100m: 1:11.19	200m: 2:36.51	300m: 4:10.77	400m: 5:27.38	36.90

Programmanr. 8  
14-1-2017 - 14:30

Dames, 50m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	
<b>Junioren 1</b>					
1.	Nurlaylah Kartosentiko	WVZ	33.84	200501256	<b>32.65</b>
2.	Jelsie van Ruijven	WVZ	35.08	200500282	<b>33.64</b>
3.	Vivianne Woltjes	The Hague Swimming (SG)	35.76	200501524	<b>33.95</b>
4.	Milou Adriaanse	De Columbiaan	36.43	200500968	<b>35.00</b>
5.	Niké Telkamp	The Hague Swimming (SG)	35.27	200501088	<b>35.47</b>
6.	Sylvie Roos	De Kempvis	36.63	200502772	<b>35.86</b>
7.	Asha van Lobberegt	De Devel	37.52	200500088	<b>36.21</b>
8.	Isa Maes	De Devel	38.82	200500110	<b>36.53</b>
9.	Mar Stoel	LinK	37.85	200500520	<b>36.75</b>
10.	Lyke Buscop	ZC De Schotepijl	38.84	200500552	<b>37.96</b>
11.	Emma Verkuijl	Van Vliet-Barracuda	39.97	200500826	<b>38.31</b>
12.	Soscha van den Heuvel	ZPCNumansdorp	40.75	200500804	<b>38.73</b>
13.	Marit Huisman	Van Vliet-Barracuda	40.44	200502620	<b>40.80</b>
NG	Hope van Zwol	ZV Vlaardingen-Schiedam	39.41	200502852	
NG	Yente Bouwmeester	De Columbiaan	36.29	200500340	
<b>Junioren 2</b>					
1.	Leonoor van Dijk	The Hague Swimming (SG)	33.53	200400832	<b>32.54</b>
2.	Lize van Stigt	LinK	32.22	200401510	<b>32.59</b>
3.	Rinske Bouman	De Devel	32.63	200400578	<b>32.75</b>
4.	Fenna Herwig	Wiekslag	34.76	200400908	<b>33.35</b>
5.	Isis Naaktgeboren	De Devel	33.90	200403914	<b>33.61</b>
6.	Anique Star	De Columbiaan	34.41	200400446	<b>33.71</b>
7.	Nora van der Steen	LinK	34.30	200403458	<b>33.73</b>
8.	Anniko Firman	The Hague Swimming (SG)	34.60	200402330	<b>34.39</b>
9.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	35.29	200402932	<b>34.57</b>
10.	Cheyenne Elburg	KZV de Lansingh	35.81	200401170	<b>34.75</b>
11.	Éléana Poilpré	The Hague Swimming (SG)	35.71	200404748	<b>34.84</b>
12.	Fiona Moerman	The Hague Swimming (SG)	36.15	200401668	<b>35.12</b>
13.	Syazmin Shahazir	WZK	36.67	200405272	<b>35.67</b>
14.	Eva Immerzeel	ZV Westland	36.55	200401514	<b>36.21</b>
15.	Danielle Vis	De Columbiaan	36.38	200401044	<b>36.22</b>
16.	Mandy van der Meijden	Widex Gzc Donk	37.56	200402574	<b>36.52</b>
17.	Jet van Oudheusden	ZOB'66	37.91	200401012	<b>37.48</b>
18.	Lotte van der Maas	ZOB'66	37.15	200402376	<b>38.73</b>

## Programmanr. 8, Meisjes, 50m vlinderslag, Junioren 2

rang	naam	vereniging	inschrijftijd		tijd
19.	Feija de Bruin	WVZ	40.06	200400106	<b>39.19</b>

## Junioren 3

1.	Kim de Jong	LinK	32.35	200301026	<b>31.84</b>
2.	Femke Hoppenbrouwer	The Hague Swimming (SG)	33.40	200301124	<b>32.48</b>
3.	Joyce van 't Hof	De Devel	32.83	200302122	<b>32.60</b>
4.	Julia Notenboom	De Columbiaan	34.34	200302596	<b>33.52</b>
5.	Wendy ten Wolde	Wiekslag	35.06	200302658	<b>33.92</b>
6.	Ilse Schoenmaker	The Hague Swimming (SG)	34.77	200301470	<b>34.14</b>
7.	Esther Reinders	KZV de Lansingh	36.19	200301798	<b>34.71</b>
8.	Michelle van der Steen	ZV Vlaardingen-Schiedam	36.63	200300052	<b>35.07</b>
9.	Marije de Jager	LinK	35.39	200301394	<b>35.09</b>
10.	Yara Visser	Van Vliet-Barracuda	35.52	200300132	<b>35.45</b>
11.	Joyce Lodder	Wiekslag	35.74	200302268	<b>35.95</b>
12.	Kayal Kichari	ZV Vlaardingen-Schiedam	36.54	200301198	<b>36.47</b>
13.	Anouk Brand	MNC Dordrecht	37.87	200302488	<b>36.54</b>
14.	Mirée de Vette	ZPCNumansdorp	39.11	200301218	<b>37.69</b>
AFGEM	Megan de Hoog	SG SCOM/de Zeehond '73	32.83	200300214	

## Jeugd 1 en 2

1.	Chefanja Nunes	WVZ	27.85	200104750	<b>27.47</b>
2.	Loulou Janssen	De Columbiaan	27.95	200100132	<b>28.50</b>
3.	Elise Tanis	ZC De Schotejil	28.39	200200120	<b>28.90</b>
4.	Lotte Hosper	The Hague Swimming (SG)	29.56	200201414	<b>29.68</b>
5.	Maaïke Broersma	BZ&PC	30.54	200201522	<b>29.88</b>
6.	Isa Boom	MNC Dordrecht	30.80	200200186	<b>30.16</b>
7.	Tessa Giele	SG SCOM/de Zeehond '73	30.14	200203124	<b>30.22</b>
8.	Floor de Kievit	The Hague Swimming (SG)	30.45	200100238	<b>30.41</b>
9.	Giorgia Colle	SG SCOM/de Zeehond '73	30.93	200201754	<b>31.34</b>
10.	Lisa Pijlman	De Kempvis	31.55	200103004	<b>31.67</b>
11.	Lynn Blommers	AZC	31.77	200105062	<b>31.86</b>
12.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	31.70	200100904	<b>31.96</b>
13.	Sanne Heemskerk	LZ 1886	32.60	200100600	<b>32.03</b>
14.	Abigail den Boef	Wiekslag	32.57	200203026	<b>32.21</b>
15.	Anniek de Ruiters	Widex Gzc Donk	32.40	200101224	<b>32.30</b>
16.	Anne van der Zwan	The Hague Swimming (SG)	31.99	200101134	<b>32.33</b>
17.	Eline Duynisveld	WVZ	33.22	200103958	<b>32.49</b>
18.	Lieske Zijlstra	ZC De Schotejil	33.60	200200996	<b>32.60</b>
19.	Anne Straub	Zoetermeer	32.79	200201402	<b>32.65</b>
20.	Marbel Diderik	De Columbiaan	32.98	200205752	<b>32.72</b>
	Jana Plaisier	De Devel	32.71	200101266	<b>32.72</b>
22.	Esmee Wijnmaalen	PCG	32.90	200100298	<b>32.80</b>
	Marith de Jong	The Hague Swimming (SG)	32.33	200200012	<b>32.80</b>
24.	Amy van Leersum	Poseidon'56	32.85	200200300	<b>32.97</b>
25.	Hanne Sniijders	KZV de Lansingh	33.69	200204358	<b>33.09</b>
26.	Nicole van Strien	WVZ	33.02	200200236	<b>33.49</b>
27.	Bibi Middelbos	ZC De Schotejil	33.52	200201548	<b>33.71</b>
28.	Nienke Vork	Widex Gzc Donk	34.85	200102294	<b>34.46</b>
29.	Samantha Gerritse	LinK	33.76	200102062	<b>34.53</b>
30.	Shanti van Kan	Poseidon'56	34.61	200102446	<b>34.95</b>
31.	Ylva Visser	Van Vliet-Barracuda	34.47	200101920	<b>35.20</b>
32.	Amber Hesper	Van Vliet-Barracuda	36.19	200202188	<b>35.67</b>
33.	Lorena van Leijden	AZC	32.76	200202598	<b>35.81</b>
34.	Amber Kuntkes	ZPCNumansdorp	38.23	200202458	<b>37.35</b>
NG	Pernilla Mulder	MNC Dordrecht	34.12	200101142	

## Senioren 1 en ouder

1.	Romy de Laat	Wiekslag	29.20	199900902	<b>29.17</b>
2.	Lauren van IJll	WVZ	29.69	200001064	<b>29.52</b>
3.	Mariska Scheel	KZV de Lansingh	30.28	199306344	<b>29.54</b>
4.	Marije Dinkelberg	SG Albion d'ELFT	29.57	199703192	<b>29.71</b>
5.	Maud Hoofs	The Hague Swimming (SG)	29.64	199501206	<b>29.81</b>
6.	Fenna de Groot	De Kempvis	29.95	199701796	<b>30.77</b>
7.	Sophie t Hart	De Columbiaan	30.01	200001596	<b>30.84</b>
8.	Sterre Keller	The Hague Swimming (SG)	30.45	199904142	<b>30.95</b>
9.	Babette van der Kaaij	ZV Westland	31.26	199902234	<b>31.26</b>
10.	Quinty Plet	De Kempvis	31.33	199802056	<b>31.32</b>
11.	Anouk van Weelden	PCG	31.23	199902828	<b>31.37</b>
12.	Alisha Vieira	ZPB-H&L	31.89	199904554	<b>31.41</b>
13.	Maaïke Baker	De Columbiaan	31.96	199902930	<b>31.58</b>

Programmanr. 8, Dames, 50m vlinderslag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd	
14.	Amanda Holst	Zoetermeer	31.50	200004204	<b>31.62</b>
15.	Christa Stam	RSW	31.62	198806790	<b>31.66</b>
16.	Chantalle Zijdeveld	De Devel	31.28	200000702	<b>31.72</b>
17.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	31.68	200000994	<b>31.83</b>
18.	Rebecca Evers	ZOB'66	32.00	199207916	<b>31.93</b>
19.	Emma Berry	The Hague Swimming (SG)	32.72	199906390	<b>32.30</b>
20.	Esmeralda van Werkhoven	PCG	31.47	199900412	<b>32.33</b>
21.	Zoë van Gool	De Geul	32.04	200000964	<b>32.45</b>
22.	Sylvana Kusters	Wiekslag	31.02	199403436	<b>32.66</b>
23.	Hanna Looi	De Devel	32.10	200006090	<b>32.92</b>
24.	Ilse Wijnmaalen	PCG	33.01	199900940	<b>32.95</b>
25.	Sanne Hobé	Poseidon'56	32.92	200000826	<b>32.96</b>
26.	Lincy de Winter	The Hague Swimming (SG)	32.72	199805886	<b>32.97</b>
27.	Tamara Caspers	LZ 1886	32.24	199007272	<b>33.38</b>
	Nicoline Schol	BZ&PC	32.42	200003600	<b>33.38</b>
29.	Kayra Deger	MNC Dordrecht	33.46	200003890	<b>33.57</b>
30.	Jonne Moleman	AZC	39.80	200006264	<b>37.68</b>
NG.ZA	Emily Beres	LinK	33.83	200001874	
NG	Lisa Klatten	SG Albion d'ELFT	30.45	199203628	

Programmanr. 9  
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Heren, 100m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m
<b>Junioren 1</b>						
1.	Jay de Vries	De Devel	1:00.06	200400669	<b>59.93</b>	59.93
2.	Julien Tanis	ZC De Schotejil	1:01.24	200401045	<b>1:00.97</b>	1:00.97
3.	Abel te Riele	WVZ	1:03.45	200402317	<b>1:03.12</b>	1:03.12
4.	Bart Pardon	WVZ	1:05.94	200400639	<b>1:03.76</b>	1:03.76
5.	Max van Schagen	De Columbiaan	1:05.44	200402591	<b>1:04.05</b>	1:04.05
6.	Timo Kock	De Devel	1:03.75	200400387	<b>1:04.23</b>	1:04.23
7.	Anthony Kraag	WVZ	1:06.45	200401973	<b>1:04.62</b>	1:04.62
8.	Erik Oldenkamp	KZV de Lansingh	1:05.67	200400597	<b>1:04.72</b>	1:04.72
9.	Olivier Krayenbuhl	The Hague Swimming (SG)	1:07.18	200403215	<b>1:05.91</b>	1:05.91
10.	Thijm Kruit	De Columbiaan	1:08.94	200401339	<b>1:06.44</b>	1:06.44
11.	Chris van der Hout	The Hague Swimming (SG)	1:06.28	200401355	<b>1:06.63</b>	1:06.63
12.	Wen-Ye Chen	The Hague Swimming (SG)	1:09.04	200402859	<b>1:07.25</b>	1:07.25
13.	Nathan Janssen	MNC Dordrecht	1:08.56	200401565	<b>1:07.33</b>	1:07.33
14.	Kun Woo Kim	The Hague Swimming (SG)	1:09.44	200401361	<b>1:08.96</b>	1:08.96
15.	Timo Huizer	Wiekslag	1:10.77	200401125	<b>1:09.20</b>	1:09.20
16.	Tim Haimé	The Hague Swimming (SG)	1:14.66	200403567	<b>1:09.74</b>	1:09.74
17.	Arthur Bondartsov	Poseidon'56	1:09.99	200403231	<b>1:09.75</b>	1:09.75
18.	Lars van den Heuvel	ZPB-H&L	1:11.83	200402623	<b>1:10.62</b>	1:10.62
19.	Milan Masselink	The Hague Swimming (SG)	1:13.13	200402165	<b>1:10.79</b>	1:10.79
20.	Niels van der Mast	ZPCNumansdorp	1:11.94	200401917	<b>1:10.88</b>	1:10.88
21.	Daniel 't Mannetje	ZC De Schotejil	1:10.53	200400183	<b>1:10.92</b>	1:10.92
22.	Thomas van Peenen	De Columbiaan	1:10.52	200400097	<b>1:10.93</b>	1:10.93
23.	Sem Verberg	LinK	1:12.85	200402105	<b>1:11.22</b>	1:11.22
24.	Michael van den Enden	PCG	1:13.43	200401589	<b>1:13.90</b>	1:13.90
25.	Guus Geelen	LZ 1886	1:14.66	200401183	<b>1:14.15</b>	1:14.15
26.	Marijn Dekkers	Widex Gzc Donk	1:14.53	200402275	<b>1:16.27</b>	1:16.27

Junioren 2

1.	Keanu Streefland	The Hague Swimming (SG)	1:00.89	200302445	<b>59.57</b>	59.57
2.	Jelle Bon	ZV Westland	1:02.73	200301077	<b>1:00.03</b>	1:00.03
3.	Senna Mooldijk	De Kempvis	1:01.18	200301147	<b>1:00.36</b>	1:00.36
4.	Zev Bulk	Widex Gzc Donk	1:02.91	200304021	<b>1:00.39</b>	1:00.39
5.	Milan Hamel	The Hague Swimming (SG)	1:00.97	200302125	<b>1:01.21</b>	1:01.21
6.	Nils Mulder	MNC Dordrecht	1:02.55	200300049	<b>1:01.47</b>	1:01.47
7.	Daan Hogerhuis	SG Albion d'ELFT	1:01.41	200300317	<b>1:01.85</b>	1:01.85
8.	David Jagerman	The Hague Swimming (SG)	1:03.50	200302127	<b>1:01.90</b>	1:01.90
9.	Perry Laarhoven	ZPCNumansdorp	1:03.78	200301321	<b>1:02.44</b>	1:02.44
10.	Bjarne Buijs	The Hague Swimming (SG)	1:03.72	200301089	<b>1:02.58</b>	1:02.58
11.	Milan van Aken	The Hague Swimming (SG)	1:03.72	200303307	<b>1:03.04</b>	1:03.04
12.	Xander Vis	ZC De Schotejil	1:04.38	200300173	<b>1:03.09</b>	1:03.09
13.	Maximilian Lopes Cardozo	WZK	1:06.00	200300665	<b>1:03.37</b>	1:03.37
14.	Mark van Berkel	Van Vliet-Barracuda	1:03.35	200300039	<b>1:04.69</b>	1:04.69

Programmanr. 9, Jongens, 100m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
15.	Chris Vogelaar	LZ 1886	1:06.65	200302241	<b>1:05.12</b>	30.67	1:05.12
16.	Koen Pijnacker	BZ&PC	1:10.37	200301437	<b>1:06.17</b>	31.00	1:06.17
17.	Thimo van Beek	LZ 1886	1:07.85	200301347	<b>1:07.18</b>	31.70	1:07.18
18.	Jarno Klink	De Stelle	1:09.09	200302067	<b>1:07.34</b>	32.89	1:07.34
19.	Bas van der Linden	RSW	1:12.74	200303235	<b>1:07.38</b>	32.78	1:07.38
20.	Kenan Cörüz	SG Albion d'ELFT	1:05.00	200300357	<b>1:07.57</b>	31.40	1:07.57
21.	Raphaël Booiman	Wiekslag	1:06.91	200300727	<b>1:07.64</b>	32.16	1:07.64
22.	Lorenzo Punt	De Devel	1:09.55	200302923	<b>1:07.78</b>	32.41	1:07.78
23.	Julian Stok	De Devel	1:08.52	200300071	<b>1:08.16</b>	32.41	1:08.16
24.	Brandon Groeneveld	De Geul	1:08.75	200300595	<b>1:08.58</b>	33.30	1:08.58
25.	Maxim Noordman	The Hague Swimming (SG)	1:11.09	200304067	<b>1:08.93</b>	32.19	1:08.93
26.	Mirza Kuraesin	WVZ	1:07.20	200302883	<b>1:09.10</b>	32.70	1:09.10
27.	Alexander ten Haaft	Zoetermeer	1:07.93	200302309	<b>1:09.45</b>	32.75	1:09.45
28.	Daniel Stok	De Devel	1:09.59	200300569	<b>1:09.79</b>	33.45	1:09.79
29.	Tygo Korving	ZPB-H&L	1:10.29	200300773	<b>1:10.56</b>	33.36	1:10.56
30.	Laren Schavemaker	The Hague Swimming (SG)	1:09.56	200300607	<b>1:11.42</b>	33.37	1:11.42
31.	Pepyn van Brakel	ZPCNumansdorp	1:12.08	200300877	<b>1:12.09</b>	34.64	1:12.09
DIS	Mike van Huizen	ZPCNumansdorp	1:16.48	200300891			
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
DIS	Christiaan van Es	ZOB'66	1:10.63	200304141			
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
NG.ZA	Stefano Dellantonio	De Columbiaan	1:08.48	200300303			
NG.ZA	Yassine Maas	The Hague Swimming (SG)	1:08.40	200301505			

Junioren 3

1.	Nikhom Westphal	SG SCOM/de Zeehond '73	57.17	200203329	<b>56.05</b>	27.50	56.05
2.	Scott Jansen	WVZ	57.25	200202455	<b>56.22</b>	27.31	56.22
3.	Viktor Koets	De Columbiaan	59.61	200201677	<b>58.73</b>	28.40	58.73
4.	Bas van Wieringen	De Columbiaan	1:00.37	200200119	<b>1:00.05</b>	28.76	1:00.05
5.	Robert Speksnijder	ZPB-H&L	1:02.03	200200429	<b>1:00.59</b>	29.03	1:00.59
6.	Dylano Termoshuizen	WVZ	1:00.64	200202169	<b>1:00.67</b>	28.84	1:00.67
7.	Niels Dijkshoorn	ZV Westland	1:02.40	200203079	<b>1:00.78</b>	29.50	1:00.78
8.	Stijn den Otter	De Devel	59.76	200200225	<b>1:01.21</b>	28.94	1:01.21
9.	Johrick Wijma	KZV de Lansingh	1:01.64	200204435	<b>1:01.45</b>	29.86	1:01.45
10.	Robin van Peenen	De Columbiaan	1:01.56	200201059	<b>1:01.47</b>	29.60	1:01.47
11.	Wouter Verdoes	De Columbiaan	1:02.65	200200351	<b>1:01.68</b>	29.35	1:01.68
12.	Jarno Verbeek	Zoetermeer	1:00.49	200200931	<b>1:01.81</b>	29.20	1:01.81
13.	Cas Jansen	The Hague Swimming (SG)	1:03.26	200203263	<b>1:02.92</b>	30.29	1:02.92
14.	Lougo Gorré	ZV Vlaardingen-Schiedam	1:04.34	200201765	<b>1:03.47</b>	31.25	1:03.47
15.	Guus Hoogduin	LZ 1886	1:04.10	200201069	<b>1:03.48</b>	30.56	1:03.48
16.	Bas van Nisius	The Hague Swimming (SG)	1:04.69	200202107	<b>1:03.49</b>	30.98	1:03.49
17.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	1:05.13	200200619	<b>1:03.55</b>	30.32	1:03.55
18.	Luuk van Holstein	ZV Westland	1:05.71	200203841	<b>1:03.85</b>	31.35	1:03.85
19.	Thomas van Wanrooij	Poseidon'56	1:05.13	200201473	<b>1:04.21</b>	31.10	1:04.21
20.	Mart de Koning	ZOB'66	1:05.67	200203253	<b>1:04.36</b>	31.02	1:04.36
21.	Peter van Driel	ZPCNumansdorp	1:07.54	200200305	<b>1:05.55</b>	32.22	1:05.55
22.	Lars Freriks	De Watervogels	1:07.24	200204667	<b>1:06.31</b>	31.85	1:06.31
23.	Saviel Armand	Sg WZ010/ACZ	1:07.80	200204461	<b>1:06.34</b>	30.22	1:06.34
24.	Mark Bom	LZ 1886	1:06.61	200201471	<b>1:07.22</b>	31.93	1:07.22
25.	Mathieu Lafontaine	The Hague Swimming (SG)	1:09.17	200204263	<b>1:07.79</b>	31.44	1:07.79
26.	Milan Zaaijer	The Hague Swimming (SG)	1:11.82	200202795	<b>1:08.39</b>	32.67	1:08.39
27.	Luc Brasz	The Hague Swimming (SG)	1:09.29	200200919	<b>1:08.53</b>	32.83	1:08.53
28.	Thomas Vermeij	Van Vliet-Barracuda	1:10.63	200203093	<b>1:09.88</b>	32.65	1:09.88
29.	Nasreddin Ouchene	RSW	1:13.05	200202997	<b>1:10.54</b>	32.87	1:10.54

Junioren 4

1.	Quinn van den Heuvel	ZPCNumansdorp	55.11	200100297	<b>54.18</b>	25.82	54.18
2.	Gerard Willighagen	Poseidon'56	56.33	200103663	<b>55.44</b>	26.37	55.44
3.	Max Visser	WVZ	59.30	200100077	<b>56.14</b>	26.89	56.14
4.	Max Huige	SG SCOM/de Zeehond '73	56.46	200104355	<b>56.21</b>	26.62	56.21
5.	Ivo Stolk	SG SCOM/de Zeehond '73	58.38	200100615	<b>56.27</b>	27.22	56.27
6.	Christiaan Smit	The Hague Swimming (SG)	57.69	200102463	<b>57.43</b>	27.19	57.43
7.	Wesley Scheepbouwer	Wiekslag	58.86	200101959	<b>58.09</b>	27.66	58.09
8.	Jarno van Oyen	SG SCOM/de Zeehond '73	58.66	200100055	<b>58.16</b>	27.92	58.16
9.	Sander Iuga	Poseidon'56	59.72	200101389	<b>58.36</b>	27.55	58.36
10.	Ryan de Laat	Wiekslag	59.08	200101553	<b>58.55</b>	27.77	58.55
11.	Youri ten Brink	The Hague Swimming (SG)	59.16	200104719	<b>58.76</b>	28.60	58.76
12.	Dave van den Nieuwendijk	De Columbiaan	58.23	200100475	<b>58.98</b>	28.27	58.98



Programmanr. 9, Jongens, 100m vrije slag, Junioren 4

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
13.	Tjeerd van Stein	LinK	58.69	200101439	<b>59.15</b>	28.42	59.15
14.	Finn van Bommel	De Columbiaan	58.92	200103683	<b>59.18</b>	28.44	59.18
15.	Michael Boekestijn	ZV Westland	59.81	200100767	<b>59.23</b>	28.49	59.23
	Querijn Hensen	The Hague Swimming (SG)	59.06	200102121	<b>59.23</b>	28.17	59.23
17.	Luuk Kieviet	ZC De Schotejil	59.42	200100469	<b>59.42</b>	28.48	59.42
18.	Christian van Mierlo	SG Albion d'ELFT	59.66	200103155	<b>59.72</b>	28.19	59.72
19.	Joris de Gier	Widex Gzc Donk	59.65	200103817	<b>1:00.14</b>	28.64	1:00.14
20.	Gregory Abeldynov	Poseidon'56	1:00.12	200100827	<b>1:00.39</b>	29.05	1:00.39
21.	Boy Borreman	LinK	1:01.64	200102751	<b>1:00.49</b>	28.62	1:00.49
22.	Eliott Savelon	The Hague Swimming (SG)	1:03.57	200104693	<b>1:00.81</b>	29.07	1:00.81
23.	Jaap Akkermans Castro	The Hague Swimming (SG)	1:01.86	200105143	<b>1:00.94</b>	29.46	1:00.94
24.	Ignazio Nunzi	WVZ	1:01.51	200101803	<b>1:01.17</b>	29.70	1:01.17
25.	David Kras	De Devel	1:03.17	200103253	<b>1:01.27</b>	29.32	1:01.27
26.	Freek Hollander	The Hague Swimming (SG)	59.40	200103815	<b>1:01.91</b>	29.37	1:01.91
27.	Jeroen Reckman	ZPCNumansdorp	1:03.98	200100209	<b>1:02.53</b>	30.28	1:02.53
28.	Boaz Troost	ZOB'66	1:03.96	200100371	<b>1:02.62</b>	29.69	1:02.62
29.	Jasper van Oudheusden	De Duck	1:04.06	200102449	<b>1:03.67</b>	30.55	1:03.67
30.	Wouter Daamen	AZC	1:02.65	200101411	<b>1:03.82</b>	30.34	1:03.82
	<i>*50m tijd is backup tijd</i>						
31.	Boris Bruijninx	Van Vliet-Barracuda	1:06.58	200104109	<b>1:04.49</b>	30.48	1:04.49
32.	Wessel Bonkestoter	Widex Gzc Donk	1:06.42	200100625	<b>1:05.62</b>	31.81	1:05.62
DIS	Robin Waas	De Devel	1:03.95	200100135			
	AA - Gestart voor het startsignaal (en wel gezwommen).						

Jeugd 1 en 2

1.	Klaas Arkesteijn	WVZ	51.61	199901897	<b>52.17</b>	25.00	52.17
2.	Joris Bezemer	De Kempvis	54.63	199900527	<b>54.21</b>	26.26	54.21
3.	Jorian Tanis	ZC De Schotejil	54.60	199900327	<b>54.40</b>	26.64	54.40
4.	Otto Pranger	SG SCOM/de Zeehond '73	54.78	200000007	<b>54.85</b>	26.43	54.85
5.	Jari Voogt	De Duck	56.64	200004237	<b>55.49</b>	26.77	55.49
6.	Olivier Jans	The Hague Swimming (SG)	55.81	200001815	<b>56.25</b>	27.33	56.25
7.	Ryan van den Ouden	Poseidon'56	57.26	199900377	<b>56.26</b>	26.60	56.26
8.	Jasper Breugem	WVZ	58.19	200000303	<b>56.74</b>	27.56	56.74
9.	Sybe de Waard	De Devel	56.92	199900139	<b>56.95</b>	27.23	56.95
10.	Mark de Jongh	De Devel	57.39	200001325	<b>56.99</b>	27.21	56.99
11.	Robin Lecomte	KZV de Lansingh	57.18	199900711	<b>57.09</b>	27.54	57.09
12.	Duncan van Haaren	Widex Gzc Donk	58.15	200000681	<b>57.24</b>	27.25	57.24
13.	Aron Paasse	ZC De Schotejil	58.92	200000099	<b>57.56</b>	27.74	57.56
14.	Jacob Mackloet	ZC De Schotejil	59.14	200001171	<b>57.59</b>	27.76	57.59
15.	Stijn Lafontaine	The Hague Swimming (SG)	57.16	200005205	<b>57.66</b>	27.43	57.66
16.	K. de Kruyf Molina	The Hague Swimming (SG)	58.44	200002667	<b>58.22</b>	27.81	58.22
17.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	59.04	200000625	<b>58.48</b>	27.76	58.48
18.	Marijn in 't Veld	MNC Dordrecht	58.62	200002907	<b>58.64</b>	28.65	58.64
19.	Thomas Hesper	Van Vliet-Barracuda	59.09	200004181	<b>58.83</b>	28.59	58.83
20.	Sander van Beek	LZ 1886	58.80	200002917	<b>58.84</b>	28.13	58.84
21.	J. de Roy van Zuydewijn	WVZ	58.76	200000255	<b>58.86</b>	28.50	58.86
22.	David Kieviet	ZC De Schotejil	59.85	199900325	<b>58.89</b>	28.75	58.89
23.	Aidan van Gool	De Geul	1:00.14	200001773	<b>59.09</b>	28.08	59.09
24.	Yanick Leunisse	ZPCNumansdorp	58.97	199904179	<b>59.33</b>	28.17	59.33
25.	Tristan Stam	ZOB'66	1:01.66	199903551	<b>59.56</b>	28.36	59.56
26.	Wesley Agterdenbos	MNC Dordrecht	1:00.89	200001327	<b>59.66</b>	28.80	59.66
27.	Rolf Bavelaar	WVZ	1:00.98	200001747	<b>59.75</b>	27.96	59.75
28.	Jaap van Trijp	The Hague Swimming (SG)	58.28	199903225	<b>59.93</b>	28.29	59.93
29.	Ayrton Mooldijk	De Kempvis	1:00.41	199901449	<b>1:00.05</b>	28.64	1:00.05
30.	Dylan Kalden	De Duck	1:00.78	200003283	<b>1:00.18</b>	28.35	1:00.18
31.	Jervis Boele	ZPCNumansdorp	1:02.42	200004141	<b>1:00.27</b>	28.54	1:00.27
32.	Luca Dellantonio	De Columbiaan	59.20	200002759	<b>1:00.34</b>	28.38	1:00.34
33.	Thomas Bordewijk	De Kempvis	59.84	200001047	<b>1:00.66</b>	29.07	1:00.66
34.	Thomas Boxman	The Hague Swimming (SG)	1:02.43	200005203	<b>1:00.96</b>	29.30	1:00.96
35.	Floris Boendermaker	LZ 1886	1:00.64	199902619	<b>1:01.12</b>	29.03	1:01.12
	Matthijs Arnoldus	WVZ	1:00.74	200000571	<b>1:01.12</b>	28.99	1:01.12
37.	Toby Katerbau	The Hague Swimming (SG)	1:03.51	200000231	<b>1:02.65</b>	29.89	1:02.65
38.	Kevin Tittel	De Geul	1:03.71	199902681	<b>1:04.02</b>	30.34	1:04.02
NG	Rogier Dorsman	De Devel	59.30	199900211			

Programmanr. 9, Heren, 100m vrije slag

Senioren 1 en ouder

1.	Ensger Kotterink	SG Albion d'ELFT	50.77	199403391	<b>50.92</b>	24.03	50.92
2.	Pascal Nuijten	ZV Westland	53.50	199701353	<b>52.42</b>	25.17	52.42
3.	Jonne Schaafsma	The Hague Swimming (SG)	52.27	199800745	<b>52.77</b>	25.52	52.77
4.	Melvin Prins	Wiekslag	52.50	199500201	<b>53.09</b>	25.63	53.09
5.	Ruben Stam	SG Albion d'ELFT	51.67	199800331	<b>53.16</b>	25.69	53.16
6.	Alex Schelvis	LinK	53.31	198702927	<b>54.38</b>	26.17	54.38
7.	Sanjiv Gangaram Panday	WVZ	54.27	199705555	<b>54.72</b>	26.29	54.72
8.	Armand Heyder	ZV Westland	54.73	199603221	<b>55.00</b>	25.86	55.00
9.	Rutger Dalm	KZV de Lansingh	55.80	199005561	<b>55.21</b>	26.51	55.21
10.	Dave Jansen	SG Albion d'ELFT	56.31	199805299	<b>55.22</b>	26.19	55.22
11.	Linquendo van der Klooster	ZPB-H&L	55.63	199801361	<b>55.26</b>	27.01	55.26
12.	Robin van Beek	LZ 1886	55.57	199704023	<b>55.30</b>	26.77	55.30
13.	Bas Verdoes	De Columbiaan	53.88	199801487	<b>55.38</b>	26.82	55.38
14.	Roderick van Doeselaar	The Hague Swimming (SG)	53.83	199200261	<b>55.62</b>	26.39	55.62
15.	Pascal van Haren	Van Vliet-Barracuda	55.26	198704101	<b>56.15</b>	26.53	56.15
16.	Kevin Kingma	KZV de Lansingh	56.04	199700559	<b>56.22</b>	26.77	56.22
17.	Jim Geestman	RSW	56.76	198300699	<b>57.06</b>	27.83	57.06
18.	Ben Muller	De Geul	57.35	199801281	<b>57.10</b>	27.10	57.10
19.	Kevin Panoet	The Hague Swimming (SG)	58.05	199307253	<b>57.19</b>	27.04	57.19
20.	Paul van Grol	Widex Gzc Donk	58.26	199602951	<b>57.29</b>	27.98	57.29
21.	Jordy van Oel	WVZ	56.70	199802003	<b>57.33</b>	27.40	57.33
22.	Remco Oskam	Widex Gzc Donk	57.65	199205583	<b>57.76</b>	27.12	57.76
23.	Emiel van Beusekom	Van Vliet-Barracuda	54.89	199403951	<b>57.88</b>	27.76	57.88
24.	Nordin Termoshuizen	WVZ	55.71	199605401	<b>58.12</b>	28.17	58.12
25.	Roel van Grol	Widex Gzc Donk	59.60	199802277	<b>58.90</b>	28.30	58.90
26.	Max Muller	De Geul	56.26	199800347	<b>59.44</b>	27.35	59.44
27.	Max Reinders	RSW	1:00.19	199804517	<b>1:00.02</b>	28.34	1:00.02
28.	Ids de Klerk	Van Vliet-Barracuda	1:01.18	199803237	<b>1:04.35</b>	30.13	1:04.35
NG.ZA	Rainier Voll	De Devel	55.34	199800365			
NG	Jeroen Baars	MNC Dordrecht	49.44	199200031			
NG	Roderik Meijers	SG Albion d'ELFT	55.75	198602063			

Programmanr. 10  
14-1-2017 - 15:35

Dames, 200m rugslag

Senioren Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m		
<b>Junioren 1</b>									
1.	Jelsie van Ruijven	WVZ	2:42.76	200500282	<b>2:44.09</b>	38.75	1:21.12	2:03.08	2:44.09
2.	Asha van Lobberegt	De Devel	2:55.09	200500088	<b>2:48.10</b>	38.93	1:21.51	2:05.24	2:48.10
3.	Evelyn Liket	ZV Vlaardingen-Schiedam	2:52.60	200503118	<b>2:49.37</b>	39.50	1:22.53	2:06.78	2:49.37
4.	Niké Telkamp	The Hague Swimming (SG)	2:52.54	200501088	<b>2:51.20</b>	40.56	1:23.52	2:08.04	2:51.20
5.	Milou Adriaanse	De Columbiaan	2:54.92	200500968	<b>2:51.65</b>	40.80	1:25.74	2:09.88	2:51.65
6.	Nurlayah Kartosentiko	WVZ	2:49.29	200501256	<b>2:51.99</b>	40.62	1:24.74	2:09.31	2:51.99
7.	Emma Verkuijl	Van Vliet-Barracuda	2:58.31	200500826	<b>2:52.10</b>	41.26	1:24.86	2:09.53	2:52.10
8.	Isa Maes	De Devel	2:52.61	200500110	<b>2:53.20</b>	39.80	1:24.16	2:09.58	2:53.20
9.	Marit Huisman	Van Vliet-Barracuda	3:11.96	200502620	<b>2:56.07</b>	42.19	1:27.18	2:12.62	2:56.07
10.	Eva Kerdel	WZK	3:02.37	200500930	<b>2:58.16</b>	40.05	1:27.19	2:13.78	2:58.16
	<i>*50m tijd is backup tijd</i>								
11.	Lyke Buscop	ZC De Schoteijl	3:02.29	200500552	<b>3:01.61</b>	42.26	1:28.09	2:15.04	3:01.61
12.	Milou Demirel	The Hague Swimming (SG)	3:04.21	200501254	<b>3:08.85</b>	44.54	1:32.92	2:22.01	3:08.85
NG	Yente Bouwmeester	De Columbiaan	2:52.54	200500340					
NG	Elise Vink	De Columbiaan	2:58.87	200502588					

Junioren 2

1.	Lize van Stigt	LinK	2:39.19	200401510	<b>2:34.79</b>	36.62	1:16.82	1:57.15	2:34.79
2.	Irma van der Wulp	WVZ	2:36.83	200401950	<b>2:36.78</b>	38.03	1:18.34	1:58.19	2:36.78
3.	Isis Naaktgeboren	De Devel	2:45.22	200403914	<b>2:40.41</b>	38.25	1:19.21	2:00.74	2:40.41
4.	Anniko Firman	The Hague Swimming (SG)	2:46.43	200402330	<b>2:42.21</b>	38.94	1:20.10	2:02.17	2:42.21
5.	Marise van 't Walderveen	Zoetermeer	2:47.89	200400902	<b>2:42.84</b>	37.80	1:19.13	2:01.60	2:42.84
6.	Nora van der Steen	LinK	2:57.55	200403458	<b>2:43.39</b>	38.71	1:19.69	2:01.52	2:43.39
7.	Milou van Wijk	De Devel	2:48.26	200404948	<b>2:45.96</b>	38.11	1:20.98	2:04.84	2:45.96
8.	Leonoor van Dijk	The Hague Swimming (SG)	2:49.30	200400832	<b>2:46.23</b>	38.27	1:19.62	2:02.98	2:46.23
9.	Cheyenne Elburg	KZV de Lansingh	2:50.14	200401170	<b>2:48.56</b>	38.24	1:21.20	2:05.79	2:48.56
10.	Jet van Oudheusden	ZOB'66	2:57.29	200401012	<b>2:51.61</b>	39.90	1:22.84	2:07.51	2:51.61
11.	Rinske Bouman	De Devel	2:53.38	200400578	<b>2:51.98</b>	40.73	1:24.58	2:08.45	2:51.98
12.	Zinzi van der Maas	WVZ	2:55.28	200402028	<b>2:52.01</b>	40.87	1:25.49	2:09.87	2:52.01

## Programmanr. 10, Meisjes, 200m rugslag, Junioren 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
13. Ziya Gaia van de Voorde	The Hague Swimming (SG)	2:54.28	200402932	<b>2:52.10</b>	40.28	1:23.93	2:08.49	2:52.10
14. Eva Immerzeel	ZV Westland	2:58.16	200401514	<b>2:53.86</b>	40.23	1:24.13	2:09.65	2:53.86
15. Éléana Poilpré	The Hague Swimming (SG)	3:05.72	200404748	<b>2:55.01</b>	42.20	1:27.75	2:12.11	2:55.01
16. Danielle Vis	De Columbiaan	2:58.56	200401044	<b>2:55.30</b>	41.70	1:25.69	2:11.52	2:55.30
17. Feija de Bruin	WVZ	3:00.79	200400106	<b>2:56.87</b>	41.67	1:26.35	2:12.03	2:56.87
18. Lotte van der Maas	ZOB'66	3:03.89	200402376	<b>2:57.84</b>	42.25	1:28.06	2:14.13	2:57.84
19. Carmen Lems	KZV de Lansingh	3:04.32	200402632	<b>2:59.63</b>	41.35	1:27.10	2:14.32	2:59.63

## Junioren 3

1. Emma Schurink	KZV de Lansingh	2:34.05	200301586	<b>2:32.47</b>	36.28	1:15.24	1:55.62	2:32.47
2. Kim de Jong	Link	2:54.84	200301026	<b>2:34.91</b>	36.91	1:16.00	1:55.65	2:34.91
3. Michelle van der Steen	ZV Vlaardingen-Schiedam	2:37.86	200300052	<b>2:37.10</b>	36.78	1:16.59	1:58.11	2:37.10
4. Suzanne Dorsman	SG Albion d'ELFT	2:41.69	200303314	<b>2:37.44</b>	37.66	1:18.36	1:58.52	2:37.44
5. Kim Rutters	De Kempvis	2:41.40	200302318	<b>2:39.01</b>	37.40	1:17.34	1:58.58	2:39.01
6. Esther Reinders	KZV de Lansingh	2:49.76	200301798	<b>2:42.42</b>	38.00	1:19.19	2:01.40	2:42.42
7. Ilse Schoenmaker	The Hague Swimming (SG)	2:44.27	200301470	<b>2:42.84</b>	37.63	1:18.97	2:01.13	2:42.84
8. Julia Notenboom	De Columbiaan	2:45.40	200302596	<b>2:42.91</b>	39.78	1:21.06	2:03.04	2:42.91
9. Isabel Scheepbouwer	Wiekslag	2:44.11	200301106	<b>2:43.46</b>	38.20	1:18.96	2:01.91	2:43.46
10. Marije de Jager	Link	2:48.06	200301394	<b>2:44.78</b>	39.10	1:20.56	2:03.06	2:44.78
11. Wendy ten Wolde	Wiekslag	2:55.90	200302658	<b>2:46.41</b>	38.78	1:20.26	2:03.25	2:46.41
12. Lotte Koorneef	The Hague Swimming (SG)	2:47.53	200303584	<b>2:48.08</b>	37.92	1:19.60	2:04.03	2:48.08
13. Nicole Akkermans Castro	The Hague Swimming (SG)	2:46.48	200304942	<b>2:49.03</b>	40.55	1:23.38	2:07.63	2:49.03
14. Anouk Brand	MNC Dordrecht	2:48.01	200302488	<b>2:49.15</b>	38.97	1:21.27	2:05.51	2:49.15
15. Mara Bosman	The Hague Swimming (SG)	2:51.25	200303048	<b>2:49.64</b>	41.07	1:24.02	2:07.25	2:49.64
16. Femke Hoppenbrouwer	The Hague Swimming (SG)	2:39.38	200301124	<b>2:50.08</b>	38.22	1:21.61	2:05.94	2:50.08
17. Joyce van 't Hof	De Devel	2:48.72	200302122	<b>2:50.46</b>	38.79	1:21.25	2:05.91	2:50.46
18. Jet van der Plas	LZ 1886	2:57.17	200300486	<b>2:52.58</b>	41.19	1:25.16	2:09.22	2:52.58
19. Zoë Molenaar	Zoetermeer	2:54.91	200300978	<b>2:57.68</b>	40.33	1:26.76	2:13.35	2:57.68
AFGEM Megan de Hoog	SG SCOM/de Zeehond '73	2:29.97	200300214					
NG Isabella de Wit	SG SCOM/de Zeehond '73	2:54.03	200300254					

## Jeugd 1 en 2

1. Loulou Janssen	De Columbiaan	2:16.68	200100132	<b>2:17.20</b>	31.27	1:05.83	1:41.27	2:17.20
2. Lotte Hosper	The Hague Swimming (SG)	2:24.97	200201414	<b>2:22.92</b>	32.92	1:08.58	1:46.08	2:22.92
3. Elise Tanis	ZC De Schoteijl	2:20.35	200200120	<b>2:25.15</b>	33.47	1:11.05	1:48.96	2:25.15
4. Marlinda Beukers	WVZ	2:27.87	200101934	<b>2:26.47</b>	34.55	1:11.64	1:49.27	2:26.47
5. Elyanne Boudestein	Zoetermeer	2:30.23	200101060	<b>2:28.93</b>	34.75	1:12.61	1:51.52	2:28.93
6. Jip Veeman	The Hague Swimming (SG)	2:34.63	200106100	<b>2:29.90</b>	34.71	1:10.88	1:50.01	2:29.90
7. Sanne Heemskerck	LZ 1886	2:25.49	200100600	<b>2:31.30</b>	34.78	1:12.52	1:52.09	2:31.30
8. Maaïke Broersma	BZ&PC	2:27.15	200201522	<b>2:31.55</b>	35.56	1:13.92	1:53.59	2:31.55
9. Iris van den Berg	SG Albion d'ELFT	2:35.93	200103782	<b>2:32.60</b>	35.80	1:14.61	1:54.29	2:32.60
10. Tessa Giele	SG SCOM/de Zeehond '73	2:32.96	200203124	<b>2:32.99</b>	36.07	1:15.48	1:55.48	2:32.99
11. Floor de Kievit	The Hague Swimming (SG)	2:35.43	200100238	<b>2:33.56</b>	36.39	1:15.49	1:55.23	2:33.56
12. Manon Middelbos	ZC De Schoteijl	2:33.33	200100056	<b>2:34.17</b>	36.40	1:15.44	1:55.52	2:34.17
13. Anouk Vis	De Columbiaan	2:39.38	200203322	<b>2:34.50</b>	37.27	1:16.83	1:55.94	2:34.50
14. Megan van Beelen	De Columbiaan	2:31.91	200105606	<b>2:34.74</b>	36.24	1:14.88	1:54.90	2:34.74
15. Lieske Zijlstra	ZC De Schoteijl	2:36.94	200200996	<b>2:36.10</b>	36.95	1:17.42	1:57.88	2:36.10
16. Tamara de Ruiter	ZC De Schoteijl	2:38.13	200203060	<b>2:37.42</b>	37.47	1:17.27	1:57.44	2:37.42
17. Kristel Beijik	De Columbiaan	2:47.46	200201278	<b>2:37.97</b>	37.76	1:17.84	1:58.41	2:37.97
18. Laura Nuijten	ZV Westland	2:39.90	200101084	<b>2:38.07</b>	37.31	1:17.53	1:58.68	2:38.07
19. Eline Duynisveld	WVZ	2:38.39	200103958	<b>2:39.27</b>	36.95	1:17.71	1:59.17	2:39.27
20. Esmee Wijnmaalen	PCG	2:39.29	200100298	<b>2:39.39</b>	38.14	1:19.08	1:59.98	2:39.39
21. Lynn Blommers	AZC	2:46.98	200105062	<b>2:42.24</b>	38.49	1:20.10	2:02.05	2:42.24
22. Anniek de Ruiter	Widex Gzc Donk	2:39.54	200101224	<b>2:42.32</b>	37.77	1:19.84	2:02.20	2:42.32
23. Marith de Jong	The Hague Swimming (SG)	2:36.65	200200012	<b>2:42.89</b>	37.77	1:18.92	2:00.65	2:42.89
24. Hieke de Lijster	ZV Westland	2:45.16	200203312	<b>2:43.79</b>	38.40	1:20.71	2:03.18	2:43.79
25. Maartje Rijnja	The Hague Swimming (SG)	2:36.61	200101344	<b>2:44.93</b>	38.14	1:19.51	2:02.34	2:44.93
26. Nicole van Strien	WVZ	2:41.77	200200236	<b>2:45.41</b>	39.37	1:20.96	2:03.50	2:45.41
27. Samantha Gerritse	Link	2:43.18	200102062	<b>2:46.04</b>	38.94	1:20.43	2:03.18	2:46.04
28. Susanne Roeleveld	WVZ	2:45.61	200203266	<b>2:46.27</b>	38.34	1:20.33	2:04.08	2:46.27
<i>*150m tijd is backup tijd</i>								
29. S. van den Dobbelssteen	The Hague Swimming (SG)	2:46.24	200100904	<b>2:46.49</b>	38.50	1:21.03	2:05.67	2:46.49
30. Jana Plaisier	De Devel	2:46.46	200101266	<b>2:47.13</b>	39.18	1:21.44	2:05.33	2:47.13
31. L. van 't Walderveen	Zoetermeer	2:46.65	200203226	<b>2:47.94</b>	38.81	1:21.24	2:04.28	2:47.94
<i>*100m en 150m tijd is een backup tijd</i>								
32. Anne van der Zwan	The Hague Swimming (SG)	2:49.51	200101134	<b>2:48.08</b>	40.02	1:23.26	2:05.90	2:48.08
33. Amy van Leersum	Poseidon'56	2:48.68	200200300	<b>2:50.00</b>	38.63	1:21.89	2:07.03	2:50.00
34. Amber Hesper	Van Vliet-Barracuda	2:49.16	200202188	<b>2:52.15</b>	39.97	1:23.41	2:08.26	2:52.15

Programmanr. 10, Meisjes, 200m rugslag, Jeugd 1 en 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
35. Ylva Visser	Van Vliet-Barracuda	2:52.02	200101920	<b>2:55.85</b>	39.77	1:23.24	2:09.79	2:55.85
NG.ZA Lara Idsinga	De Devel	2:47.15	200200678					

Senioren 1 en ouder

1. Emma Berry	The Hague Swimming (SG)	2:22.99	199906390	<b>2:23.67</b>	33.70	1:09.65	1:46.32	2:23.67
2. Lauren van IJll	WVZ	2:23.20	200001064	<b>2:25.24</b>	34.03	1:11.09	1:48.78	2:25.24
3. Anouk van Weelden	PCG	2:25.44	199902828	<b>2:27.25</b>	33.96	1:10.41	1:48.78	2:27.25
4. Babette van der Kaaij	ZV Westland	2:32.02	199902234	<b>2:29.04</b>	35.25	1:12.86	1:51.37	2:29.04
5. Cheyenne Visser	Wiekslag	2:32.42	199802318	<b>2:31.40</b>	35.00	1:12.42	1:51.46	2:31.40
6. Marije Dinkelberg	SG Albion d'ELFT	2:35.66	199703192	<b>2:34.46</b>	37.33	1:17.32	1:56.75	2:34.46
7. Wendy de Bruin	ZOB'66	2:35.89	199206320	<b>2:36.96</b>	37.25	1:16.87	1:57.07	2:36.96
8. Hanna Looi	De Devel	2:38.97	200006090	<b>2:37.30</b>	37.23	1:17.52	1:58.46	2:37.30
9. Sanne Hobé	Poseidon'56	2:40.94	200000826	<b>2:40.56</b>	36.68	1:17.21	1:59.92	2:40.56

\*150m tijd is backup tijd

10. Kirsten de Hoog	SG SCOM/de Zeehond '73	2:39.34	200000460	<b>2:41.95</b>	37.77	1:18.69	2:00.61	2:41.95
11. Amanda Holst	Zoetermeer	2:38.06	200004204	<b>2:42.55</b>	37.14	1:17.91	2:00.24	2:42.55
12. Lenneke Bagijn	De Duck	2:42.10	199604992	<b>2:44.06</b>	38.06	1:18.81	2:01.71	2:44.06
13. Ilse Wijnmaalen	PCG	2:37.15	199900940	<b>2:45.77</b>	38.32	1:19.75	2:02.63	2:45.77
14. Moniek Heemskerck	LZ 1886	2:39.46	199601964	<b>2:45.90</b>	38.46	1:20.94	2:03.95	2:45.90
15. Jonne Moleman	AZC	2:59.58	200006264	<b>2:47.04</b>	40.03	1:22.65	2:06.10	2:47.04
16. Maaike Baker	De Columbiaan	2:40.50	199902930	<b>2:47.94</b>	38.94	1:22.00	2:05.31	2:47.94
17. Zoë van Gool	De Geul	2:47.80	200000964	<b>2:49.92</b>	40.06	1:22.48	2:06.57	2:49.92
18. Tamara Caspers	LZ 1886	2:38.87	199007272	<b>2:52.74</b>	38.63	1:21.55	2:07.63	2:52.74

Programmanr. 11  
14-1-2017 - 16:20

Jongens, 4 x 100m wisselslag

Junioren 4 en jonger  
Resultaten

rang	vereniging	inschrijftijd	tijd
1. SG SCOM/de Zeehond '73 1	SG SCOM/de Zeehond '73	4:17.82	<b>4:16.31</b>
Ivo Stolk	+0,72 31.33 1:02.81	Nikhom Westphal	+0,43 31.68 1:04.45
Max Huige	+0,52 33.32 1:10.97	Jarno van Oyen	+0,54 27.70 58.08
2. De Columbiaan 1	De Columbiaan	4:31.30	<b>4:23.56</b>
Viktor Koets	+0,69 30.95 1:04.06	Robin van Peenen	+0,62 31.99 1:11.82
Dave van den Nieuwendijk	+0,43 31.75 1:09.57	Finn van Bommel	+0,37 27.65 58.11
3. WVZ 1	WVZ	4:29.26	<b>4:27.75</b>
Dylano Termoshuizen	+0,70 33.02 1:08.31	Max Visser	+0,43 28.97 1:02.26
Scott Jansen	+0,60 34.06 1:13.01	Abel te Riele	+0,46 30.20 1:04.17
4. ZPCNumansdorp 1	ZPCNumansdorp	4:36.82	<b>4:31.79</b>
Perry Laarhoven	+0,73 34.51 1:11.46	Peter van Driel	+0,64 32.70 1:12.38
Quinn van den Heuvel	+0,64 31.08 1:06.65	Jeroen Reckman	+0,33 29.62 1:01.30
5. Wiekslag 1	Wiekslag	4:43.28	<b>4:38.31</b>
Wesley Scheepbouwer	+0,64 32.08 1:07.40	Ryan de Laat	+0,41 29.43 1:05.47
Raphaël Boorman	+0,40 36.09 1:18.16	Timo Huizer	+0,33 31.92 1:07.28
6. De Devel 1	De Devel	4:38.78	<b>4:44.66</b>
Jay de Vries	+0,69 32.94 1:08.08	Stijn den Otter	+0,46 31.54 1:13.67
David Kras	+0,55 35.55 1:17.42	Timo Kock	+0,20 31.55 1:05.49
7. ZC De Schotejil 1	ZC De Schotejil	4:52.71	<b>4:52.72</b>
Julien Tanis	+0,79 35.20 1:12.22	Luuk Kieviet	+0,45 32.81 1:11.61
Xander Vis	+1,80 36.41 1:17.79	Daniel t Mannetje	0.00 33.54 1:11.10
8. GZC Donk 1	Widex Gzc Donk	5:10.17	<b>4:55.62</b>
Wessel Bonkestoter	+0,81 35.69 1:12.87	Zev Bulk	+0,54 34.12 1:12.00
Joris de Gier	+0,53 35.15 1:16.75	Marijn Dekkers	+0,51 35.10 1:14.00
9. LZ 1886 1	LZ 1886	4:58.46	<b>5:03.84</b>
Mark Bom	+0,57 35.94 1:14.86	Guus Geelen	+0,69 38.95 1:25.13
Guus Hoogduin	+0,64 37.26 1:19.09	Chris Vogelaar	+0,50 30.68 1:04.76
NG WVZ 2	WVZ	4:49.48	

rang	vereniging	inschrijftijd	tijd
1.	The Hague Swimming (SG) 1 Olivier Jans Kevin Panoet	The Hague Swimming (SG) +0,67 30.19 1:00.84 +0,62 30.48 1:05.73	3:55.63 Roderick van Doeselaar +0,48 27.60 1:00.43 Jonne Schaafsma +0,20 24.82 52.42
2.	WVZ 1 Jordy van Oel Joost de Roy van Zuydewijn	WVZ +0,59 31.17 1:04.29 +0,25 31.37 1:07.21	4:07.66 Nordin Termoshuizen +0,36 16.19 1:03.13 Sanjiv Gangaram Panday +0,57 25.19 53.57
3.	Lansingh 1 Robin Lecomte Alex Catsburg	KZV de Lansingh +0,67 31.83 1:04.62 +0,06 31.00 1:06.97	4:11.74 Kevin Kingma +0,34 29.09 1:04.12 Rutger Dalm +0,19 26.26 54.62
4.	GZC Donk 1 Roel van Grol Duncan van Haaren	Widex Gzc Donk +0,74 32.58 1:07.49 +0,37 31.42 1:07.37	4:19.02 Paul van Grol +0,39 29.10 1:03.13 Remoo Oskam +0,46 26.17 58.04
5.	Barracuda 1 Pascal van Haren Thomas Hesper	Van Vliet-Barracuda +0,76 32.26 1:06.87 +0,51 31.88 1:08.54	4:14.42 Emiel van Beusekom +0,40 28.37 1:01.06 Ids de Klerk +0,50 30.78 1:05.82
6.	ZC De Schotejil 1 Aron Paasse Jorian Tanis	ZC De Schotejil +0,58 32.09 1:06.22 +0,31 15.83 1:14.76	4:21.27 David Kievit +0,35 30.06 1:05.40 Jacob Mackloet +0,37 27.50 57.63
7.	LZ 1886 1 Robin van Beek Nick van der Krogt	LZ 1886 +0,65 31.03 1:03.76 +0,57 35.77 1:17.80	4:26.95 Sander van Beek +0,50 29.75 1:05.98 Floris Boendermaker +0,46 28.93 1:01.78
8.	LinK 1 Sem Verberg Boy Borreman	LinK +0,76 35.53 1:13.84 +0,70 38.10 1:22.31	4:41.80 Alex Schelvis +0,33 27.06 59.10 Tjeerd van Stein +0,63 27.57 57.25
9.	De Geul 1 Max Muller Aidan van Gool	De Geul +0,67 30.47 1:05.79 +0,54 38.12 1:21.61	4:35.47 Ben Muller +0,30 29.04 1:03.35 Liam van Gool +0,56 30.32 1:04.13
NG.ZA	De Devel 1	De Devel	4:12.59

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m		
<b>Junioren 1</b>									
1.	Abel te Riele	WVZ	2:35.02	200402317	<b>2:29.60</b>	33.41	1:10.78	1:55.90	2:29.60
2.	Julien Tanis	ZC De Schotejil	2:37.33	200401045	<b>2:30.42</b>	31.57	1:10.67	1:55.96	2:30.42
3.	Jay de Vries	De Devel	2:36.39	200400669	<b>2:37.16</b>	33.10	1:12.42	2:00.32	2:37.16
4.	Pepijn van Egmond	De Watervogels	2:46.29	200402309	<b>2:41.49</b>	32.95	1:14.88	2:03.93	2:41.49
5.	Max van Schagen	De Columbiaan	2:48.80	200402591	<b>2:42.35</b>	35.02	1:16.55	2:04.48	2:42.35
6.	Timo Kock	De Devel	2:39.87	200400387	<b>2:42.62</b>	36.92	1:19.84	2:06.70	2:42.62
7.	Erik Oldenkamp	KZV de Lansingh	2:38.17	200400597	<b>2:42.98</b>	35.67	1:18.16	2:04.62	2:42.98
8.	Olivier Krayenbuhl	The Hague Swimming (SG)	2:48.15	200403215	<b>2:43.37</b>	35.99	1:16.06	2:08.49	2:43.37
9.	Anthony Kraag	WVZ	2:49.77	200401973	<b>2:43.95</b>	33.83	1:17.80	2:05.09	2:43.95
10.	Nathan Janssen	MNC Dordrecht	2:57.51	200401565	<b>2:44.06</b>	37.10	1:19.53	2:08.10	2:44.06
11.	Thomas van Peenen	De Columbiaan	2:50.33	200400097	<b>2:47.50</b>	38.95	1:20.09	2:08.53	2:47.50
12.	Chris van der Hout	The Hague Swimming (SG)	2:51.30	200401355	<b>2:48.16</b>	36.86	1:17.80	2:11.01	2:48.16
13.	Wen-Ye Chen	The Hague Swimming (SG)	2:55.50	200402859	<b>2:50.75</b>	35.78	1:20.36	2:10.32	2:50.75
14.	Kun Woo Kim	The Hague Swimming (SG)	2:47.85	200401361	<b>2:50.83</b>	38.80	1:19.69	2:10.75	2:50.83
15.	Milan Masselink	The Hague Swimming (SG)	2:52.87	200402165	<b>2:52.14</b>	39.30	1:22.17	2:12.11	2:52.14
16.	Thijm Kruit	De Columbiaan	2:59.68	200401339	<b>2:53.09</b>	36.48	1:20.96	2:15.98	2:53.09
17.	Arthur Bondartsov	Poseidon'56	2:57.82	200403231	<b>2:55.07</b>	37.62	1:22.15	2:16.63	2:55.07
18.	Patrick van der Knaap	De Duck	2:57.85	200400007	<b>2:56.04</b>	38.75	1:22.53	2:15.31	2:56.04
19.	Guus Geelen	LZ 1886	2:59.19	200401183	<b>2:56.44</b>	38.41	1:23.91	2:14.80	2:56.44
20.	Sem Verberg	LinK	2:57.16	200402105	<b>2:57.56</b>	39.79	1:23.19	2:17.09	2:57.56
<i>*eindtijd is backup tijd</i>									
<b>Junioren 2</b>									
1.	Keanu Streefland	The Hague Swimming (SG)	2:28.83	200302445	<b>2:26.61</b>	31.83	1:08.58	1:52.27	2:26.61
2.	Milan Hamel	The Hague Swimming (SG)	2:32.70	200302125	<b>2:29.76</b>	32.34	1:12.18	1:55.65	2:29.76
3.	Bjarne Buijs	The Hague Swimming (SG)	2:33.55	200301089	<b>2:31.88</b>	33.55	1:12.03	1:56.63	2:31.88
4.	Jelle Bon	ZV Westland	2:37.00	200301077	<b>2:33.84</b>	33.05	1:10.76	1:58.90	2:33.84
5.	Perry Laarhoven	ZPCNumansdorp	2:37.03	200301321	<b>2:35.44</b>	34.71	1:14.41	1:59.70	2:35.44
6.	Zev Bulk	Widex Gzc Donk	2:44.70	200304021	<b>2:37.80</b>	33.94	1:13.79	2:04.76	2:37.80
7.	Raphaël Booiman	Wiekslag	2:40.86	200300727	<b>2:39.75</b>	32.70	1:14.25	2:01.08	2:39.75

## Programmanr. 13, Jongens, 200m wisselslag, Junioren 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
8. David Jagerman	The Hague Swimming (SG)	2:43.58	200302127	<b>2:40.11</b>	34.71	1:15.77	2:04.71	2:40.11
9. Chris Vogelaar	LZ 1886	2:47.56	200302241	<b>2:44.44</b>	36.46	1:17.05	2:07.61	2:44.44
10. Milan van Aken	The Hague Swimming (SG)	2:47.18	200303307	<b>2:45.36</b>	36.31	1:17.64	2:08.39	2:45.36
11. Laren Schavemaker	The Hague Swimming (SG)	2:47.53	200300607	<b>2:46.01</b>	35.98	1:18.94	2:08.36	2:46.01
12. Lorenzo Punt	De Devel	2:46.04	200302923	<b>2:48.19</b>	34.13	1:17.86	2:07.14	2:48.19
13. Jort Jongenelen	Zoetermeer	2:52.68	200303233	<b>2:49.51</b>	36.12	1:19.81	2:09.87	2:49.51
14. Alexander ten Haaft	Zoetermeer	2:49.65	200302309	<b>2:49.81</b>	35.16	1:18.17	2:09.87	2:49.81
15. Mick van den Houten	De Duck	2:53.69	200302211	<b>2:54.23</b>	36.12	1:21.80	2:12.66	2:54.23
16. Tygo Korving	ZPB-H&L	2:49.54	200300773	<b>2:59.97</b>	38.91	1:22.10	2:16.23	2:59.97
NG.ZA Kenan Cörüz	SG Albion d'ELFT	2:55.32	200300357					
NG Yassine Maas	The Hague Swimming (SG)	2:53.59	200301505					

## Junioren 3

1. Nikhom Westphal	SG SCOM/de Zeehond '73	2:24.24	200203329	<b>2:18.58</b>	30.46	1:06.04	1:47.86	2:18.58
2. Scott Jansen	WVZ	2:24.91	200202455	<b>2:20.26</b>	31.46	1:06.77	1:47.64	2:20.26
3. Viktor Koets	De Columbiaan	2:24.79	200201677	<b>2:21.40</b>	30.67	1:05.57	1:48.35	2:21.40
4. Guus Hoogduin	LZ 1886	2:28.81	200201069	<b>2:26.95</b>	32.00	1:10.20	1:52.94	2:26.95
5. Jarno Verbeek	Zoetermeer	2:28.69	200200931	<b>2:27.21</b>	30.38	1:08.61	1:53.15	2:27.21
6. Robin van Peenen	De Columbiaan	2:26.47	200201059	<b>2:27.58</b>	32.67	1:11.11	1:53.34	2:27.58
7. Niels Dijkshoorn	ZV Westland	2:38.02	200203079	<b>2:31.90</b>	33.23	1:10.30	1:57.20	2:31.90
8. Dylano Termoshuizen	WVZ	2:33.61	200202169	<b>2:32.41</b>	34.20	1:10.92	1:56.93	2:32.41
9. Cas Jansen	The Hague Swimming (SG)	2:35.23	200203263	<b>2:34.30</b>	32.26	1:11.31	1:58.43	2:34.30
10. Wouter Verdoes	De Columbiaan	2:33.72	200200351	<b>2:36.89</b>	35.01	1:14.40	2:00.66	2:36.89
11. Mart de Koning	ZOB'66	2:44.00	200203253	<b>2:37.07</b>	32.35	1:13.70	1:58.52	2:37.07
12. Björn de Heus	ZV Vlaardingen-Schiedam	2:43.22	200201077	<b>2:38.66</b>	33.84	1:13.51	1:59.13	2:38.66
13. Bas van Nisius	The Hague Swimming (SG)	2:45.09	200202107	<b>2:42.97</b>	36.40	1:15.36	2:07.69	2:42.97
14. Jaap Schoenmakers	ZV Vlaardingen-Schiedam	2:47.54	200200619	<b>2:44.44</b>	34.06	1:14.71	2:05.29	2:44.44
15. Victor Simons	The Hague Swimming (SG)	2:47.37	200203261	<b>2:47.41</b>	40.52	1:20.41	2:10.90	2:47.41
16. Mark Bom	LZ 1886	2:47.53	200201471	<b>2:48.71</b>	35.74	1:17.18	2:07.77	2:48.71
NG.ZA Stijn den Otter	De Devel	2:35.37	200200225					

## Junioren 4

1. Quinn van den Heuvel	ZPCNumansdorp	2:14.05	200100297	<b>2:14.26</b>	28.81	1:04.11	1:41.59	2:14.26
2. Thomas Jansen	WVZ	2:12.87	200100143	<b>2:14.28</b>	28.88	1:03.83	1:44.53	2:14.28
3. Ivo Stolk	SG SCOM/de Zeehond '73	2:19.23	200100615	<b>2:15.77</b>	29.26	1:02.50	1:44.79	2:15.77
4. Christiaan Smit	The Hague Swimming (SG)	2:20.04	200102463	<b>2:19.81</b>	29.10	1:04.34	1:46.68	2:19.81
5. Tjeerd van Stein	Link	2:24.32	200101439	<b>2:24.29</b>	32.01	1:07.63	1:50.57	2:24.29
6. Sander Iuga	Poseidon'56	2:32.98	200101389	<b>2:26.85</b>	32.76	1:08.97	1:52.95	2:26.85
7. Freek Hollander	The Hague Swimming (SG)	2:22.57	200103815	<b>2:27.91</b>	31.02	1:09.20	1:52.80	2:27.91
8. Querijn Hensen	The Hague Swimming (SG)	2:27.84	200102121	<b>2:30.21</b>	31.57	1:08.33	1:55.43	2:30.21
9. Jarno van Oyen	SG SCOM/de Zeehond '73	2:34.27	200100055	<b>2:30.22</b>	30.89	1:09.78	1:56.31	2:30.22
10. Sjoerd van Weelden	PCG	2:41.72	200101217	<b>2:30.76</b>	32.13	1:10.09	1:55.96	2:30.76
11. Boy Borreman	Link	2:39.34	200102751	<b>2:31.30</b>	32.61	1:10.71	1:56.31	2:31.30
12. Finn van Bommel	De Columbiaan	2:32.90	200103683	<b>2:31.91</b>	33.94	1:12.72	1:57.84	2:31.91
13. Jaap Akkermans Castro	The Hague Swimming (SG)	2:38.08	200105143	<b>2:34.04</b>	34.03	1:13.08	1:59.20	2:34.04
14. David Kras	De Devel	2:36.90	200103253	<b>2:34.85</b>	33.84	1:15.47	1:59.15	2:34.85
15. Christian van Mierlo	SG Albion d'ELFT	2:37.97	200103155	<b>2:34.88</b>	31.24	1:11.41	1:57.74	2:34.88
16. Elliott Savelon	The Hague Swimming (SG)	2:39.80	200104693	<b>2:34.89</b>	32.62	1:12.30	1:58.19	2:34.89
17. Youri ten Brink	The Hague Swimming (SG)	2:41.20	200104719	<b>2:35.22</b>	32.47	1:13.68	2:01.00	2:35.22
18. Joris de Gier	Widex Gzc Donk	2:38.16	200103817	<b>2:36.52</b>	34.42	1:15.78	2:01.32	2:36.52
19. Wessel Bonkestoter	Widex Gzc Donk	2:46.10	200100625	<b>2:43.17</b>	33.34	1:14.56	2:06.40	2:43.17
DIS D. van den Nieuwendijk	De Columbiaan	2:29.93	200100475					

*RH - Het eindpunt niet in rugligging aangeraakt.*

## Jeugd 1 en 2

1. Olivier Jans	The Hague Swimming (SG)	2:14.28	200001815	<b>2:14.28</b>	29.84	1:04.73	1:43.03	2:14.28
2. Noah Legerstee	WVZ	2:15.37	200003593	<b>2:17.02</b>	29.00	1:04.78	1:45.98	2:17.02
3. Eric Verdoes	De Columbiaan	2:23.35	199900947	<b>2:18.05</b>	29.73	1:05.08	1:46.53	2:18.05
4. David Kievit	ZC De Schotelij	2:21.91	199900325	<b>2:19.30</b>	30.61	1:05.99	1:46.49	2:19.30
5. Sybe de Waard	De Devel	2:20.67	199900139	<b>2:20.32</b>	29.93	1:07.09	1:46.85	2:20.32
6. Duncan van Haaren	Widex Gzc Donk	2:17.41	200000681	<b>2:21.62</b>	29.44	1:06.68	1:48.06	2:21.62
7. Ricardo van der Steen	ZV Vlaardingen-Schiedam	2:29.29	200000625	<b>2:24.66</b>	30.38	1:07.27	1:50.08	2:24.66
8. Tristan Stam	ZOB'66	2:29.45	199903551	<b>2:25.22</b>	32.61	1:09.36	1:51.57	2:25.22
9. Doran Paap	The Hague Swimming (SG)	2:27.12	200000301	<b>2:25.37</b>	30.71	1:07.87	1:49.52	2:25.37
10. Sander van Beek	LZ 1886	2:25.83	200002917	<b>2:26.16</b>	29.89	1:06.82	1:51.24	2:26.16
11. Ryan van den Ouden	Poseidon'56	2:24.95	199900377	<b>2:27.43</b>	30.15	1:07.75	1:52.38	2:27.43
12. Mark de Jongh	De Devel	2:30.59	200001325	<b>2:27.88</b>	29.78	1:08.82	1:54.23	2:27.88
13. Thomas Hesper	Van Vliet-Barracuda	2:29.64	200004181	<b>2:28.89</b>	32.01	1:11.33	1:52.72	2:28.89

Programmanr. 13, Jongens, 200m wisselslag, Jeugd 1 en 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
14. Jervis Boele	ZPCNumansdorp	2:37.82	200004141	<b>2:34.31</b>	32.08	1:11.95	1:59.47	2:34.31
15. Liam van Gool	De Geul	2:37.13	200001111	<b>2:36.23</b>	34.12	1:11.68	1:59.58	2:36.23
NG Robin Lecomte	KZV de Lansingh	2:29.34	199900711					

Senioren 1 en ouder

1. Ensger Kotterink	SG Albion d'ELFT	2:03.26	199403391	<b>2:02.49</b>	26.59	57.12	1:32.68	2:02.49
2. Floris Kotterink	SG Albion d'ELFT	2:02.53	199800199	<b>2:04.29</b>	26.70	58.90	1:35.29	2:04.29
3. Ruben Stam	SG Albion d'ELFT	2:09.28	199800331	<b>2:11.38</b>	26.54	1:00.32	1:40.31	2:11.38
4. Pascal Nuijten	ZV Westland	2:12.81	199701353	<b>2:13.96</b>	27.38	59.97	1:40.87	2:13.96
5. Timo Dinkelberg	SG Albion d'ELFT	2:13.87	199300773	<b>2:14.22</b>	28.16	1:03.14	1:43.48	2:14.22
6. Dave Jansen	SG Albion d'ELFT	2:14.90	199805299	<b>2:14.77</b>	28.93	1:02.04	1:43.42	2:14.77
7. L. van der Klooster	ZPB-H&L	2:18.33	199801361	<b>2:19.05</b>	30.44	1:07.36	1:48.05	2:19.05
8. Robin van Beek	LZ 1886	2:20.14	199704023	<b>2:20.65</b>	30.22	1:06.07	1:48.91	2:20.65
9. Daan Siebenheller	ZOB'66	2:21.18	199804955	<b>2:23.02</b>	30.13	1:07.40	1:49.36	2:23.02
10. Kevin Panoet	The Hague Swimming (SG)	2:27.55	199307253	<b>2:23.27</b>	28.93	1:06.74	1:47.12	2:23.27
<i>*eindtijd is backup tijd</i>								
11. Nordin Termoshuizen	WVZ	2:20.79	199605401	<b>2:23.48</b>	29.97	1:05.99	1:51.19	2:23.48
12. Jim Geestman	RSW	2:24.34	198300699	<b>2:26.10</b>	31.27	1:08.49	1:52.26	2:26.10
13. Armand Heyder	ZV Westland	2:24.23	199603221	<b>2:26.33</b>	28.79	1:04.52	1:52.53	2:26.33
14. Rutger Dalm	KZV de Lansingh	2:23.74	199005561	<b>2:27.02</b>	31.05	1:07.59	1:52.64	2:27.02
NG Bas Verdoes	De Columbiaan	2:14.79	199801487					
NG Emiel van Beusekom	Van Vliet-Barracuda	2:17.53	199403951					
NG Jonne Schaafsma	The Hague Swimming (SG)	2:08.14	199800745					

Programmanr. 14  
15-1-2017 - 10:15

Dames, 50m schoolslag

Senioren Open  
Resultaten

rang naam	vereniging	inschrijftijd		tijd
<b>Junioren 1</b>				
1. Niké Telkamp	The Hague Swimming (SG)	38.51	200501088	<b>38.35</b>
2. Evelyn Liket	ZV Vlaardingen-Schiedam	42.08	200503118	<b>39.47</b>
3. Soscha van den Heuvel	ZPCNumansdorp	44.30	200500804	<b>41.72</b>
4. Asha van Lobbereg	De Devel	42.32	200500088	<b>41.92</b>
5. Milou Adriaanse	De Columbiaan	43.52	200500968	<b>41.99</b>
6. Sera Emmers	WZK	43.60	200503264	<b>42.34</b>
7. Milou Demirel	The Hague Swimming (SG)	44.16	200501254	<b>42.59</b>
8. Vivianne Woltjes	The Hague Swimming (SG)	43.99	200501524	<b>43.32</b>
9. Emi Schipper	ZOB'66	44.33	200502126	<b>43.51</b>
10. Jennifer de Keizer	MNC Dordrecht	43.33	200501054	<b>43.55</b>
11. Larissa Punt	De Devel	43.62	200501814	<b>43.60</b>
12. Noor Frijlink	De Columbiaan	43.81	200500970	<b>43.83</b>
<i>*eindtijd is backup tijd</i>				
13. Nurlaylah Kartosentiko	WVZ	43.63	200501256	<b>44.43</b>
14. Tamara de Gier	Widex Gzc Donk	44.36	200502686	<b>45.56</b>
NG Yente Bouwmeester	De Columbiaan	40.22	200500340	
NG Elise Vink	De Columbiaan	39.98	200502588	

Junioren 2

1. Danielle Vis	De Columbiaan	37.61	200401044	<b>37.10</b>
2. Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	38.12	200404272	<b>37.53</b>
3. Irma van der Wulp	WVZ	38.85	200401950	<b>38.45</b>
Leonoor van Dijk	The Hague Swimming (SG)	38.13	200400832	<b>38.45</b>
5. Rinske Bouman	De Devel	38.82	200400578	<b>39.24</b>
6. Phaedra Meijer	De Stelle	40.86	200401354	<b>39.80</b>
7. Jessica Kras	De Devel	40.29	200400728	<b>40.18</b>
8. Lotte van der Maas	ZOB'66	41.52	200402376	<b>41.24</b>
9. Éléana Poilpré	The Hague Swimming (SG)	42.36	200404748	<b>41.25</b>
10. Ziya Gaia van de Voorde	The Hague Swimming (SG)	40.97	200402932	<b>41.57</b>
11. Amy-Lynn Brittijn	The Hague Swimming (SG)	43.40	200402158	<b>41.71</b>
12. Jade Geurts	De Watervogels	41.49	200402278	<b>42.06</b>
13. Robine Boer	De Columbiaan	42.12	200402180	<b>42.29</b>
14. Jet van Oudheusden	ZOB'66	43.72	200401012	<b>43.72</b>
15. Feija de Bruin	WVZ	48.58	200400106	<b>46.71</b>
DIS Lize van Stigt	LinK	42.52	200401510	

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

Programmanr. 14, Dames, 50m schoolslag

Junioren 3

1.	Silke Blik	SG Albion d'ELFT	35.16	200301948	<b>35.48</b>
2.	Kim de Jong	LinK	35.86	200301026	<b>35.53</b>
3.	Wendy ten Wolde	Wiekslag	38.05	200302658	<b>37.48</b>
4.	Ilse Schoenmaker	The Hague Swimming (SG)	38.84	200301470	<b>37.95</b>
5.	Nicole Akkermans Castro	The Hague Swimming (SG)	38.44	200304942	<b>38.82</b>
6.	Amy Koelman	De Columbiaan	39.86	200300922	<b>39.24</b>
7.	Anouk Brand	MNC Dordrecht	40.13	200302488	<b>39.42</b>
8.	Zoë Molenaar	Zoetermeer	40.09	200300978	<b>39.51</b>
9.	Julia Notenboom	De Columbiaan	40.35	200302596	<b>39.79</b>
10.	Sanne Vermeulen	The Hague Swimming (SG)	41.36	200303902	<b>39.82</b>
11.	Esther Reinders	KZV de Lansingh	41.78	200301798	<b>40.52</b>
12.	Joyce van 't Hof	De Devel	40.87	200302122	<b>40.63</b>
13.	Femke Hoppenbrouwer	The Hague Swimming (SG)	41.29	200301124	<b>40.95</b>
14.	Mirée de Vette	ZPCNumansdorp	42.02	200301218	<b>41.75</b>
15.	Rianne van der Heiden	De Watervogels	41.37	200304804	<b>41.86</b>
16.	Jade Verbrugge	De Watervogels	41.60	200303142	<b>41.98</b>
17.	Desny Kloet	De Duck	41.09	200304202	<b>42.74</b>
18.	Imke Beekman	SG Albion d'ELFT	44.34	200301950	<b>43.13</b>
19.	Marije de Jager	LinK	43.96	200301394	<b>44.01</b>
AFGEM	Megan de Hoog	SG SCOM/de Zeehond '73	39.28	200300214	

Jeugd 1 en 2

1.	Rosey Metz	WVZ	31.82	200101786	<b>32.82</b>
2.	Inge Vieveen	WVZ	33.40	200100024	<b>33.32</b>
3.	Lynn Blommers	AZC	35.20	200105062	<b>35.07</b>
4.	Jip Veeman	The Hague Swimming (SG)	36.51	200106100	<b>35.40</b>
5.	Lotte Hosper	The Hague Swimming (SG)	36.03	200201414	<b>35.80</b>
6.	Grace Anderson	WVZ	36.65	200200578	<b>36.30</b>
7.	Anniek de Ruiter	Widex Gzc Donk	35.80	200101224	<b>36.44</b>
8.	Eline Duynisveld	WVZ	35.83	200103958	<b>36.59</b>
9.	Sanne Heemskerk	LZ 1886	36.63	200100600	<b>36.60</b>
10.	Fleur van Norren	KZV de Lansingh	37.07	200204432	<b>36.65</b>
11.	Giulia Corsi	De Columbiaan	36.53	200100468	<b>36.68</b>
12.	Nienke Mierop	ZC De Schotejil	38.48	200203294	<b>37.82</b>
13.	Rozemarijn van Haaff	ZOB'66	37.38	200201852	<b>38.02</b>
14.	Jasmine el Taraboulsi	WZK	37.91	200105788	<b>38.04</b>
15.	Anouk de Vreede	The Hague Swimming (SG)	37.53	200100130	<b>38.30</b>
16.	Kristel Beijik	De Columbiaan	38.94	200201278	<b>38.36</b>
17.	Danique Gieltsjes	PCG	39.42	200102572	<b>38.69</b>
18.	Samantha Gerritse	LinK	38.21	200102062	<b>39.07</b>
19.	Susan van Grol	Widex Gzc Donk	39.40	200201344	<b>39.09</b>
20.	Amber Hesper	Van Vliet-Barracuda	37.77	200202188	<b>39.12</b>
21.	Amy van Leersum	Poseidon'56	40.42	200200300	<b>39.55</b>
22.	Eva Coops	The Hague Swimming (SG)	39.82	200205788	<b>39.56</b>
23.	Diana Noordermeer	SG SCOM/de Zeehond '73	39.95	200102110	<b>39.65</b>
24.	Esmee Wijnmaalen	PCG	40.95	200100298	<b>40.39</b>
25.	Anna Hoogenboezem	KZV de Lansingh	39.95	200200658	<b>40.80</b>
26.	Shanti van Kan	Poseidon'56	42.22	200102446	<b>41.56</b>
27.	Nienke Vork	Widex Gzc Donk	40.56	200102294	<b>41.68</b>
28.	Faustine Mussig	De Geul	42.60	200202080	<b>41.98</b>
29.	Amber Kuntkes	ZPCNumansdorp	42.63	200202458	<b>43.16</b>
DIS	Paula Dorsman	SG Albion d'ELFT	37.21	200105354	

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

Senioren 1 en ouder

1.	Lotte Middelbos	ZC De Schotejil	34.71	199900680	<b>34.43</b>
2.	Angelique van Vark	Z&PC De Gouwe	35.32	199701478	<b>35.07</b>
3.	Aniek Erenstein-Huijsman	KZV de Lansingh	35.44	198801932	<b>35.85</b>
4.	Fenna de Groot	De Kempvis	36.65	199701796	<b>36.34</b>
5.	Lara Plazier	WZK	36.45	200006522	<b>36.50</b>
6.	Fiona Cabrie	De Kempvis	37.65	198800738	<b>36.53</b>
7.	Anouk van Weelden	PCG	37.90	199902828	<b>37.33</b>
8.	Esmeralda van Werkhoven	PCG	37.14	199900412	<b>37.44</b>
9.	Wendy de Bruin	ZOB'66	36.52	199206320	<b>37.70</b>
10.	Nicoline Schol	BZ&PC	37.90	200003600	<b>37.76</b>
11.	Marije Dinkelberg	SG Albion d'ELFT	37.14	199703192	<b>37.81</b>
12.	Moniek Heemskerk	LZ 1886	36.78	199601964	<b>37.93</b>
13.	Inge van der Hoek	The Hague Swimming (SG)	38.83	199204034	<b>38.09</b>
14.	Hanna Looi	De Devel	39.04	200006090	<b>38.11</b>



Programmanr. 14, Dames, 50m schoolslag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd
15.	Thirza Belder	ZOB'66	37.58	199803024 <b>38.74</b>
16.	Lincy de Winter	The Hague Swimming (SG)	38.79	199805886 <b>38.84</b>
17.	Kirana Hoogenbosch	De Geul	38.81	200003428 <b>39.00</b>
18.	Laura Tromp	De Devel	38.62	200000276 <b>39.49</b>
19.	Iris van Valen	De Geul	39.12	199800496 <b>39.66</b>
20.	Kirsten de Hoog	SG SCOM/de Zeehond '73	38.83	200000460 <b>39.69</b>
21.	Jonne Moleman	AZC	45.72	200006264 <b>46.60</b>
NG	Senna Pols	SG SCOM/de Zeehond '73	34.10	199700012

Programmanr. 15 Jongens, 1500m vrije slag 12 - 15 jaar Resultaten  
15-1-2017 - 10:40

rang	naam	vereniging	inschrijftijd	tijd
<b>Junioren 1 en 2</b>				
1.	Daan Hogerhuis	SG Albion d'ELFT	19:34.58	200300317 <b>19:05.57</b>
	100m: 1:12.09	500m: 10:11.57	900m: 13:00m:	1400m: 19:05.57
	200m: 2:29.60	600m: 11:17.51	1000m: 1400m:	
	300m: 3:50.93	700m: 11:00m:	1100m: 1500m:	
	400m: 5:03.93	800m: 12:00m:	1200m: 19:05.57	
2.	Abel te Riele	WVZ	19:24.33	200402317 <b>19:17.56</b>
	100m: 1:11.91	500m: 10:20.74	900m: 13:00m:	1400m: 19:17.56
	200m: 2:31.49	600m: 11:19.58	1000m: 1400m:	
	300m: 3:50.68	700m: 11:00m:	1100m: 1500m:	
	400m: 5:08.68	800m: 12:00m:	1200m: 19:17.56	
3.	Jay de Vries	De Devel	19:08.11	200400669 <b>19:41.26</b>
	100m: 1:09.42	500m: 10:20.48	900m: 13:00m:	1400m: 19:41.26
	200m: 2:26.07	600m: 11:16.65	1000m: 1400m:	
	300m: 3:45.06	700m: 11:00m:	1100m: 1500m:	
	400m: 5:02.06	800m: 12:00m:	1200m: 19:41.26	
4.	Brandon Groeneveld	De Geul	22:13.31	200300595 <b>20:38.51</b>
	100m: 1:15.95	500m: 11:00.20	900m: 13:00m:	1400m: 20:38.51
	200m: 2:38.60	600m: 12:22.65	1000m: 1400m:	
	300m: 4:00.32	700m: 11:00m:	1100m: 1500m:	
	400m: 5:25.32	800m: 12:00m:	1200m: 20:38.51	
5.	Chris van der Hout	The Hague Swimming (SG)	20:52.34	200401355 <b>21:01.81</b>
	100m: 1:15.02	500m: 11:07.43	900m: 13:00m:	1400m: 21:01.81
	200m: 2:37.16	600m: 12:22.14	1000m: 1400m:	
	300m: 4:00.32	700m: 11:00m:	1100m: 1500m:	
	400m: 5:25.71	800m: 12:00m:	1200m: 21:01.81	
6.	Mick van den Houten	De Duck	22:00.22	200302211 <b>22:20.50</b>
	100m: 1:21.25	500m: 11:49.81	900m: 13:00m:	1400m: 22:20.50
	200m: 2:49.56	600m: 12:28.31	1000m: 1400m:	
	300m: 4:18.06	700m: 11:00m:	1100m: 1500m:	
	400m: 5:49.61	800m: 12:00m:	1200m: 22:20.50	
NG.ZA	Milan Hamel	The Hague Swimming (SG)	19:14.79	200302125
NG	Yassine Maas	The Hague Swimming (SG)	21:21.19	200301505

**Junioren 3 en 4**

1.	Christiaan Smit	The Hague Swimming (SG)	17:13.95	200102463 <b>17:04.51</b>
	100m: 1:02.08	500m: 9:03.42	900m: 13:00m:	1400m: 17:04.51
	200m: 2:09.87	600m: 10:07.79	1000m: 1400m:	
	300m: 3:18.10	700m: 11:00m:	1100m: 1500m:	
	400m: 4:28.10	800m: 12:00m:	1200m: 17:04.51	
2.	Tjeerd van Stein	LinK	18:12.72	200101439 <b>17:46.52</b>
	100m: 1:05.21	500m: 9:25.54	900m: 13:00m:	1400m: 17:46.52
	200m: 2:15.12	600m: 10:09.91	1000m: 1400m:	
	300m: 3:25.00	700m: 11:00m:	1100m: 1500m:	
	400m: 4:37.00	800m: 12:00m:	1200m: 17:46.52	
3.	Guus Hoogduin	LZ 1886	19:00.86	200201069 <b>18:41.51</b>
	100m: 1:06.84	500m: 9:52.51	900m: 13:00m:	1400m: 18:41.51
	200m: 2:19.84	600m: 10:13.00	1000m: 1400m:	
	300m: 3:30.00	700m: 11:00m:	1100m: 1500m:	
	400m: 4:49.72	800m: 12:00m:	1200m: 18:41.51	
4.	Bas van Nisius	The Hague Swimming (SG)	20:07.06	200202107 <b>19:10.81</b>
	100m: 1:11.44	500m: 10:22.97	900m: 13:00m:	1400m: 19:10.81
	200m: 2:30.25	600m: 11:18.81	1000m: 1400m:	
	300m: 3:40.00	700m: 11:00m:	1100m: 1500m:	
	400m: 5:07.11	800m: 12:00m:	1200m: 19:10.81	
5.	Jaap Akkermans Castro	The Hague Swimming (SG)	19:33.08	200105143 <b>19:27.38</b> FJ 1
	100m: 1:12.03	500m: 10:24.11	900m: 13:00m:	1400m: 19:27.38
	200m: 2:30.31	600m: 11:18.28	1000m: 1400m:	
	300m: 3:40.00	700m: 11:00m:	1100m: 1500m:	
	400m: 5:08.01	800m: 12:00m:	1200m: 19:27.38	

Programmanr. 15, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam		vereniging	inschrijftijd		tijd
6.	Cas Jansen		The Hague Swimming (SG)	19:24.78	200203263	<b>19:27.38</b> FJ 2
	100m: 1:08.04	1:08.04	500m: 10:15.22	900m:	1300m:	
	200m: 2:23.91	1:15.87	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:27.38	
	400m: 4:58.19		800m:	1200m:		
7.	Boy Borreman		LinK	19:49.92	200102751	<b>19:33.91</b>
	100m: 1:09.11	1:09.11	500m:	900m:	1300m:	
	200m: 2:26.24	1:17.13	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:33.91	
	400m: 5:04.51		800m: 10:21.77	1200m:		
8.	Dylano Termoshuizen		WVZ	20:15.39	200202169	<b>19:34.54</b>
	100m: 1:12.36	1:12.36	500m:	900m:	1300m:	
	200m: 2:33.26	1:20.90	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:34.54	
	400m: 5:14.01		800m: 10:32.88	1200m:		
9.	Jeroen Reckman		ZPCNumansdorp	19:29.57	200100209	<b>19:41.86</b>
	100m: 1:07.33	1:07.33	500m:	900m:	1300m:	
	200m: 2:23.18	1:15.85	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:41.86	
	400m: 4:59.71		800m: 10:21.87	1200m:		
10.	Wessel Bonkestoter		Widex Gzc Donk	20:17.94	200100625	<b>20:18.90</b>
	100m: 1:14.27	1:14.27	500m:	900m:	1300m:	
	200m: 2:35.09	1:20.82	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 20:18.90	
	400m: 5:17.64		800m: 10:45.84	1200m:		
NG.ZA	Stijn den Otter		De Devel	19:27.39	200200225	
AFGEM	David Kras		De Devel	19:51.54	200103253	

Programmanr. 16  
15-1-2017 - 11:45

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam		vereniging	inschrijftijd		tijd
<b>Junioren 1</b>						
1.	Asha van Lobberegt		De Devel	5:26.16	200500088	<b>5:17.19</b>
	50m: 34.69	34.69	150m: 1:54.01	40.93	250m: 3:15.75	41.13
	100m: 1:13.08	38.39	200m: 2:34.62	40.61	300m: 3:56.73	40.98
					350m: 4:37.81	41.08
					400m: 5:17.19	39.38
2.	Emma Verkuijl		Van Vliet-Barracuda	5:28.97	200500826	<b>5:19.80</b>
	50m: 37.06	37.06	150m: 1:57.94	41.00	250m: 3:20.51	41.46
	100m: 1:16.94	39.88	200m: 2:39.05	41.11	300m: 4:01.16	40.65
					350m: 4:41.03	39.87
					400m: 5:19.80	38.77
3.	Vivianne Woltjes		The Hague Swimming (SG)	5:43.38	200501524	<b>5:20.61</b>
	50m: 35.13	35.13	150m: 1:56.08	41.21	250m: 3:18.57	41.40
	100m: 1:14.87	39.74	200m: 2:37.17	41.09	300m: 3:59.83	41.26
					350m: 4:40.61	40.78
					400m: 5:20.61	40.00
4.	Isa Maes		De Devel	5:26.57	200500110	<b>5:22.45</b>
	50m: 35.81	35.81	150m: 1:58.43	41.80	250m: 3:21.76	41.35
	100m: 1:16.63	40.82	200m: 2:40.41	41.98	300m: 4:02.52	40.76
					350m: 4:42.49	39.97
					400m: 5:22.45	39.96
5.	Niké Telkamp		The Hague Swimming (SG)	5:43.25	200501088	<b>5:25.18</b>
	50m: 36.59	36.59	150m: 1:58.84	41.51	250m: 3:22.80	42.08
	100m: 1:17.33	40.74	200m: 2:40.72	41.88	300m: 4:04.65	41.85
					350m: 4:46.02	41.37
					400m: 5:25.18	39.16
6.	Laura Hoogenboezem		KZV de Lansingh	5:38.84	200500390	<b>5:34.96</b>
	50m: 38.46	38.46	150m: 2:02.41	42.36	250m: 3:28.02	43.08
	100m: 1:20.05	41.59	200m: 2:44.94	42.53	300m: 4:10.15	42.13
					350m: 4:52.49	42.34
					400m: 5:34.96	42.47
7.	Mar Stoel		LinK	5:47.14	200500520	<b>5:37.24</b>
	50m: 35.84	35.84	150m: 2:00.52	42.46	250m: 3:26.69	43.45
	100m: 1:18.06	42.22	200m: 2:43.24	42.72	300m: 4:10.57	43.88
					350m: 4:54.37	43.80
					400m: 5:37.24	42.87
8.	Merel Schravendijk		The Hague Swimming (SG)	5:59.46	200503382	<b>5:39.02</b>
	50m: 39.56	39.56	150m: 2:07.11	44.07	250m: 3:35.07	44.08
	100m: 1:23.04	43.48	200m: 2:50.99	43.88	300m: 4:17.89	42.82
					350m: 5:00.60	42.71
					400m: 5:39.02	38.42
9.	Sera Emmers		WZK	5:54.43	200503264	<b>6:06.07</b>
	50m: 40.19	40.19	150m: 2:15.15	48.86	250m: 3:52.21	47.74
	100m: 1:26.29	46.10	200m: 3:04.47	49.32	300m: 4:39.63	47.42
					350m: 5:25.33	45.70
					400m: 6:06.07	40.74
NG	Yente Bouwmeester		De Columbiaan	5:31.64	200500340	
<b>Junioren 2</b>						
1.	Rinske Bouman		De Devel	5:05.80	200400578	<b>4:57.23</b>
	50m: 33.28	33.28	150m: 1:49.40	38.81	250m: 3:05.84	38.29
	100m: 1:10.59	37.31	200m: 2:27.55	38.15	300m: 3:43.83	37.99
					350m: 4:21.22	37.39
					400m: 4:57.23	36.01
2.	Isis Naaktgeboren		De Devel	5:12.34	200403914	<b>4:57.59</b>
	50m: 33.57	33.57	150m: 1:48.94	38.38	250m: 3:05.20	38.13
	100m: 1:10.56	36.99	200m: 2:27.07	38.13	300m: 3:44.01	38.81
					350m: 4:21.02	37.01
					400m: 4:57.59	36.57

Programmanr. 16, Meisjes, 400m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	tijd	
3.	Irma van der Wulp	WVZ	5:20.08	200401950	<b>5:07.56</b>
	50m: 35.10 35.10	150m: 1:53.89 39.76	250m: 3:12.66 39.99	350m: 4:30.59 37.95	
	100m: 1:14.13 39.03	200m: 2:32.67 38.78	300m: 3:52.64 39.98	400m: 5:07.56 36.97	
4.	Nora van der Steen	LinK	5:26.71	200403458	<b>5:10.79</b>
	50m: 34.31 34.31	150m: 1:52.39 39.72	250m: 3:12.01 39.81	350m: 4:31.82 39.46	
	100m: 1:12.67 38.36	200m: 2:32.20 39.81	300m: 3:52.36 40.35	400m: 5:10.79 38.97	
5.	Feija de Bruin	WVZ	5:27.89	200400106	<b>5:18.49</b>
	50m: 35.70 35.70	150m: 1:55.38 40.34	250m: 3:16.99 40.92	350m: 4:38.68 40.61	
	100m: 1:15.04 39.34	200m: 2:36.07 40.69	300m: 3:58.07 41.08	400m: 5:18.49 39.81	
6.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	5:12.33	200404272	<b>5:20.95</b>
	50m: 34.56 34.56	150m: 1:55.03 40.74	250m: 3:16.87 41.30	350m: 4:41.38 42.42	
	100m: 1:14.29 39.73	200m: 2:35.57 40.54	300m: 3:58.96 42.09	400m: 5:20.95 39.57	
7.	Anniko Firman	The Hague Swimming (SG)	5:42.90	200402330	<b>5:21.60</b>
	50m: 34.02 34.02	150m: 1:55.72 41.40	250m: 3:17.81 40.25	350m: 4:36.66 38.03	
	100m: 1:14.32 40.30	200m: 2:37.56 41.84	300m: 3:58.63 40.82	400m: 5:21.60 44.94	
8.	Leonoor van Dijk	The Hague Swimming (SG)	5:34.08	200400832	<b>5:37.44</b>
	50m: 35.44 35.44	150m: 1:57.22 41.65	250m: 3:24.03 43.96	350m: 4:53.54 44.90	
	100m: 1:15.57 40.13	200m: 2:40.07 42.85	300m: 4:08.64 44.61	400m: 5:37.44 43.90	
9.	Jet van Oudheusden	ZOB'66	5:55.16	200401012	<b>5:40.91</b>
	50m: 37.01 37.01	150m: 2:03.24 44.00	250m: 3:31.92 44.32	350m: 4:59.70 43.48	
	100m: 1:19.24 42.23	200m: 2:47.80 44.36	300m: 4:16.22 44.30	400m: 5:40.91 41.21	
10.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	5:47.16	200402932	<b>5:44.53</b>
	50m: 37.28 37.28	150m: 2:05.50 44.61	250m: 3:34.97 44.89	350m: 5:03.52 44.09	
	100m: 1:20.89 43.61	200m: 2:50.08 44.58	300m: 4:19.43 44.46	400m: 5:44.53 41.01	
DIS	Lize van Stigt	LinK	5:20.45	200401510	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				

Junioren 3

1.	Imke Beekman	SG Albion d'ELFT	4:36.05	200301950	<b>4:38.69</b>
	50m: 32.65 32.65	150m: 1:43.84 35.55	250m: 2:54.03 34.80	350m: 4:04.49 35.07	
	100m: 1:08.29 35.64	200m: 2:19.23 35.39	300m: 3:29.42 35.39	400m: 4:38.69 34.20	
2.	Kim de Jong	LinK	4:50.45	200301026	<b>4:50.14</b>
	50m: 33.08 33.08	150m: 1:46.42 37.01	250m: 3:00.27 37.09	350m: 4:14.47 36.84	
	100m: 1:09.41 36.33	200m: 2:23.18 36.76	300m: 3:37.63 37.36	400m: 4:50.14 35.67	
3.	Britt van Bommel	De Columbiaan	5:10.30	200301982	<b>4:59.23</b>
	50m: 33.73 33.73	150m: 1:49.25 38.10	250m: 3:06.01 38.38	350m: 4:22.24 38.09	
	100m: 1:11.15 37.42	200m: 2:27.63 38.38	300m: 3:44.15 38.14	400m: 4:59.23 36.99	
4.	Amy Koelman	De Columbiaan	5:06.18	200300922	<b>5:00.84</b>
	50m: 33.35 33.35	150m: 1:49.32 38.53	250m: 3:06.02 38.36	350m: 4:23.95 38.76	
	100m: 1:10.79 37.44	200m: 2:27.66 38.34	300m: 3:45.19 39.17	400m: 5:00.84 36.89	
5.	Sanne Vermeulen	The Hague Swimming (SG)	5:29.40	200303902	<b>5:03.47</b>
	50m: 33.20 33.20	150m: 1:49.25 38.86	250m: 3:07.60 39.12	350m: 4:26.65 39.34	
	100m: 1:10.39 37.19	200m: 2:28.48 39.23	300m: 3:47.31 39.71	400m: 5:03.47 36.82	
6.	Esther Reinders	KZV de Lansingh	5:16.70	200301798	<b>5:05.18</b>
	50m: 33.66 33.66	150m: 1:50.32 39.03	250m: 3:09.53 39.39	350m: 4:27.98 39.18	
	100m: 1:11.29 37.63	200m: 2:30.14 39.82	300m: 3:48.80 39.27	400m: 5:05.18 37.20	
7.	Silke Blik	SG Albion d'ELFT	5:14.53	200301948	<b>5:07.07</b>
	50m: 35.56 35.56	150m: 1:52.86 38.88	250m: 3:11.08 39.28	350m: 4:29.03 39.07	
	100m: 1:13.98 38.42	200m: 2:31.80 38.94	300m: 3:49.96 38.88	400m: 5:07.07 38.04	
8.	Kim Rutters	De Kempvis	5:13.22	200302318	<b>5:07.84</b>
	50m: 34.35 34.35	150m: 1:51.53 38.89	250m: 3:10.47 39.36	350m: 4:29.37 39.26	
	100m: 1:12.64 38.29	200m: 2:31.11 39.58	300m: 3:50.11 39.64	400m: 5:07.84 38.47	
9.	Michelle van der Steen	ZV Vlaardingen-Schiedam	5:15.90	200300052	<b>5:09.03</b>
	50m: 34.06 34.06	150m: 1:51.83 39.32	250m: 3:11.62 40.16	350m: 4:31.55 40.08	
	100m: 1:12.51 38.45	200m: 2:31.46 39.63	300m: 3:51.47 39.85	400m: 5:09.03 37.48	
10.	Joyce van 't Hof	De Devel	5:13.25	200302122	<b>5:09.98</b>
	50m: 34.29 34.29	150m: 1:52.11 39.39	250m: 3:11.32 39.41	350m: 4:31.28 39.71	
	100m: 1:12.72 38.43	200m: 2:31.91 39.80	300m: 3:51.57 40.25	400m: 5:09.98 38.70	
11.	Wendy ten Wolde	Wiekslag	5:15.13	200302658	<b>5:10.59</b>
	50m: 34.04 34.04	150m: 1:51.06 39.26	250m: 3:12.03 40.72	350m: 4:33.37 40.91	
	100m: 1:11.80 37.76	200m: 2:31.31 40.25	300m: 3:52.46 40.43	400m: 5:10.59 37.22	
12.	Mara Bosman	The Hague Swimming (SG)	5:11.68	200303048	<b>5:12.97</b>
	50m: 34.23 34.23	150m: 1:51.95 39.53	250m: 3:12.11 40.35	350m: 4:33.63 40.84	
	100m: 1:12.42 38.19	200m: 2:31.76 39.81	300m: 3:52.79 40.68	400m: 5:12.97 39.34	
13.	Nicole Akkermans Castro	The Hague Swimming (SG)	5:28.36	200304942	<b>5:20.81</b>
	50m: 36.25 36.25	150m: 1:56.73 40.58	250m: 3:18.22 40.43	350m: 4:38.37 39.98	
	100m: 1:16.15 39.90	200m: 2:37.79 41.06	300m: 3:58.39 40.17	400m: 5:20.81 42.44	
14.	Julia de Heide	KZV de Lansingh	5:26.39	200302934	<b>5:26.08</b>
	<i>*eindtijd is backup tijd</i>				
	50m: 34.78 34.78	150m: 1:54.74 40.98	250m: 3:19.32 42.03	350m: 4:43.93 42.61	
	100m: 1:13.76 38.98	200m: 2:37.29 42.55	300m: 4:01.32 42.00	400m: 5:26.08 42.15	

Programmanr. 16, Meisjes, 400m vrije slag, Junioren 3

rang	naam	vereniging	inschrijftijd	tijd
AFGEM	Megan de Hoog	SG SCOM/de Zeehond '73	4:44.60	200300214
<b>Jeugd 1 en 2</b>				
1.	Inge Vieveen	WVZ	4:29.83	200100024
	50m: 30.56 30.56	150m: 1:39.02 34.47	250m: 2:47.78 34.46	350m: 3:57.37 34.80
	100m: 1:04.55 33.99	200m: 2:13.32 34.30	300m: 3:22.57 34.79	400m: 4:31.48 34.11
2.	Lotte Hosper	The Hague Swimming (SG)	4:36.27	200201414
	50m: 31.11 31.11	150m: 1:40.85 35.21	250m: 2:50.97 34.94	350m: 4:01.94 35.67
	100m: 1:05.64 34.53	200m: 2:16.03 35.18	300m: 3:26.27 35.30	400m: 4:36.53 34.59
3.	Giulia Corsi	De Columbiaan	4:41.05	200100468
	50m: 32.38 32.38	150m: 1:44.64 36.20	250m: 2:56.22 35.86	350m: 4:09.43 36.25
	100m: 1:08.44 36.06	200m: 2:20.36 35.72	300m: 3:33.18 36.96	400m: 4:44.46 35.03
4.	Rosey Metz	WVZ	4:53.26	200101786
	50m: 31.55 31.55	150m: 1:42.83 35.90	250m: 2:56.54 36.78	350m: 4:11.10 37.22
	100m: 1:06.93 35.38	200m: 2:19.76 36.93	300m: 3:33.88 37.34	400m: 4:47.35 36.25
5.	Elyanne Boudestein	Zoetermeer	4:54.92	200101060
	50m: 31.84 31.84	150m: 1:44.29 36.82	250m: 2:59.14 37.76	350m: 4:13.00 36.70
	100m: 1:07.47 35.63	200m: 2:21.38 37.09	300m: 3:36.30 37.16	400m: 4:48.58 35.58
6.	Sanne Heemskerck	LZ 1886	4:45.17	200100600
	50m: 31.99 31.99	150m: 1:44.68 36.83	250m: 2:58.67 37.12	350m: 4:15.00 38.57
	100m: 1:07.85 35.86	200m: 2:21.55 36.87	300m: 3:36.43 37.76	400m: 4:52.29 37.29
7.	Grace Anderson	WVZ	4:52.15	200200578
	50m: 33.41 33.41	150m: 1:47.32 37.16	250m: 3:02.30 37.55	350m: 4:17.76 37.82
	100m: 1:10.16 36.75	200m: 2:24.75 37.43	300m: 3:39.94 37.64	400m: 4:54.85 37.09
8.	Jana Plaisier	De Devel	5:02.05	200101266
	50m: 33.45 33.45	150m: 1:48.26 37.61	250m: 3:03.69 37.78	350m: 4:18.92 37.32
	100m: 1:10.65 37.20	200m: 2:25.91 37.65	300m: 3:41.60 37.91	400m: 4:55.84 36.92
9.	Susan van Grol	Widex Gzc Donk	5:04.31	200201344
	50m: 33.06 33.06	150m: 1:47.99 38.02	250m: 3:04.77 38.17	350m: 4:19.84 36.89
	100m: 1:09.97 36.91	200m: 2:26.60 38.61	300m: 3:42.95 38.18	400m: 4:56.70 36.86
10.	Diana Noordermeer	SG SCOM/de Zeehond '73	4:57.73	200102110
	50m: 34.29 34.29	150m: 1:47.99 36.94	250m: 3:03.47 37.99	350m: 4:21.44 39.10
	100m: 1:11.05 36.76	200m: 2:25.48 37.49	300m: 3:42.34 38.87	400m: 4:58.22 36.78
11.	Kristel Beijck	De Columbiaan	4:58.97	200201278
	50m: 33.77 33.77	150m: 1:49.54 38.39	250m: 3:06.42 38.56	350m: 4:23.71 38.42
	100m: 1:11.15 37.38	200m: 2:27.86 38.32	300m: 3:45.29 38.87	400m: 5:01.07 37.36
12.	Jip Veeman	The Hague Swimming (SG)	5:10.81	200106100
	50m: 33.49 33.49	150m: 1:48.36 38.03	250m: 3:05.54 38.93	350m: 4:25.44 40.21
	100m: 1:10.33 36.84	200m: 2:26.61 38.25	300m: 3:45.23 39.69	400m: 5:04.08 38.64
13.	Nienke Vork	Widex Gzc Donk	5:06.66	200102294
	50m: 34.49 34.49	150m: 1:52.18 39.31	250m: 3:10.87 39.37	350m: 4:29.88 39.29
	100m: 1:12.87 38.38	200m: 2:31.50 39.32	300m: 3:50.59 39.72	400m: 5:06.70 36.82
14.	Rozemarijn van Haaff	ZOB'66	5:19.41	200201852
	50m: 35.72 35.72	150m: 1:55.84 40.69	250m: 3:18.69 41.37	350m: 4:41.67 41.00
	100m: 1:15.15 39.43	200m: 2:37.32 41.48	300m: 4:00.67 41.98	400m: 5:21.16 39.49
15.	Amber Hesper	Van Vliet-Barracuda	5:11.61	200202188
	50m: 34.63 34.63	150m: 1:54.77 40.86	250m: 3:18.24 41.71	350m: 4:41.82 41.62
	100m: 1:13.91 39.28	200m: 2:36.53 41.76	300m: 4:00.20 41.96	400m: 5:22.81 40.99
16.	Anouk Vis	De Columbiaan	5:10.51	200203322
	50m: 34.27 34.27	150m: 1:51.83 39.78	250m: 3:15.64 43.13	350m: 4:40.99 43.03
	100m: 1:12.05 37.78	200m: 2:32.51 40.68	300m: 3:57.96 42.32	400m: 5:24.59 43.60
AFGEM	Marith de Jong	The Hague Swimming (SG)	4:54.27	200200012

**Senioren 1 en ouder**

1.	Elinore de Jong	The Hague Swimming (SG)	4:16.48	198902072
	50m: 29.50 29.50	150m: 1:37.76 34.41	250m: 2:46.78 34.33	350m: 3:55.71 34.75
	100m: 1:03.35 33.85	200m: 2:12.45 34.69	300m: 3:20.96 34.18	400m: 4:30.07 34.36
2.	Angelique van Vark	Z&PC De Gouwe	4:32.39	199701478
	50m: 31.19 31.19	150m: 1:39.93 34.57	250m: 2:49.88 35.22	350m: 4:00.88 35.48
	100m: 1:05.36 34.17	200m: 2:14.66 34.73	300m: 3:25.40 35.52	400m: 4:35.18 34.30
3.	Sterre Keller	The Hague Swimming (SG)	4:41.23	199904142
	50m: 30.97 30.97	150m: 1:40.94 35.37	250m: 2:52.78 35.99	350m: 4:04.72 35.85
	100m: 1:05.57 34.60	200m: 2:16.79 35.85	300m: 3:28.87 36.09	400m: 4:40.07 35.35
4.	Gaetane Demyttenaere	The Hague Swimming (SG)	4:44.12	199905018
	50m: 31.93 31.93	150m: 1:43.02 36.03	250m: 2:55.23 36.14	350m: 4:07.91 36.06
	100m: 1:06.99 35.06	200m: 2:19.09 36.07	300m: 3:31.85 36.62	400m: 4:43.55 35.64
5.	Anouk van Weelden	PCG	4:56.63	199902828
	50m: 32.02 32.02	150m: 1:43.01 35.67	250m: 2:55.61 36.80	350m: 4:10.38 37.57
	100m: 1:07.34 35.32	200m: 2:18.81 35.80	300m: 3:32.81 37.20	400m: 4:46.49 36.11

Programmanr. 16, Dames, 400m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd
6.	Marije Dinkelberg	SG Albion d'ELFT	4:49.74	199703192 <b>4:47.01</b>
	50m: 32.69 32.69	150m: 1:45.53 36.63	250m: 2:59.11 36.76	350m: 4:11.72 36.34
	100m: 1:08.90 36.21	200m: 2:22.35 36.82	300m: 3:35.38 36.27	400m: 4:47.01 35.29
7.	Nadya Putter	ZV Vlaardingen-Schiedam	4:50.47	198301630 <b>4:53.69</b>
	50m: 34.53 34.53	150m: 1:47.58 36.80	250m: 3:01.28 36.88	350m: 4:15.81 37.67
	100m: 1:10.78 36.25	200m: 2:24.40 36.82	300m: 3:38.14 36.86	400m: 4:53.69 37.88
8.	Laura Tromp	De Devel	5:05.89	200000276 <b>4:53.80</b>
	50m: 33.93 33.93	150m: 1:48.16 37.56	250m: 3:02.75 37.16	350m: 4:17.27 37.53
	100m: 1:10.60 36.67	200m: 2:25.59 37.43	300m: 3:39.74 36.99	400m: 4:53.80 36.53
9.	Amanda Holst	Zoetermeer	4:52.29	200004204 <b>4:54.02</b>
	50m: 32.29 32.29	150m: 1:45.49 37.38	250m: 3:01.10 37.92	350m: 4:18.05 38.67
	100m: 1:08.11 35.82	200m: 2:23.18 37.69	300m: 3:39.38 38.28	400m: 4:54.02 35.97
10.	Wendy de Bruin	ZOB'66	5:00.68	199206320 <b>4:54.17</b>
	50m: 33.22 33.22	150m: 1:47.71 37.74	250m: 3:03.76 38.01	350m: 4:18.81 37.45
	100m: 1:09.97 36.75	200m: 2:25.75 38.04	300m: 3:41.36 37.60	400m: 4:54.17 35.36
11.	Ramona Linting	AZC	5:02.23	198301274 <b>4:57.38</b>
	50m: 33.08 33.08	150m: 1:47.29 37.63	250m: 3:03.84 38.05	350m: 4:20.31 38.45
	100m: 1:09.66 36.58	200m: 2:25.79 38.50	300m: 3:41.86 38.02	400m: 4:57.38 37.07
12.	Moniek Heemskerk	LZ 1886	4:55.99	199601964 <b>4:57.73</b>
	50m: 33.37 33.37	150m: 1:48.11 37.96	250m: 3:03.85 37.82	350m: 4:20.08 37.92
	100m: 1:10.15 36.78	200m: 2:26.03 37.92	300m: 3:42.16 38.31	400m: 4:57.73 37.65
13.	Denise de Riet	De Devel	5:04.57	198402040 <b>4:59.39</b>
	50m: 33.61 33.61	150m: 1:47.84 37.53	250m: 3:04.23 38.33	350m: 4:21.62 39.06
	100m: 1:10.31 36.70	200m: 2:25.90 38.06	300m: 3:42.56 38.33	400m: 4:59.39 37.77
14.	Heidi den Boer	LinK	4:59.84	196900864 <b>5:00.52</b>
	50m: 33.43 33.43	150m: 1:48.01 37.80	250m: 3:05.36 38.92	350m: 4:22.19 38.14
	100m: 1:10.21 36.78	200m: 2:26.44 38.43	300m: 3:44.05 38.69	400m: 5:00.52 38.33
15.	Jonne Moleman	AZC	5:03.67	200006264 <b>5:07.24</b>
	50m: 33.61 33.61	150m: 1:50.31 39.15	250m: 3:08.80 38.69	350m: 4:28.55 39.55
	100m: 1:11.16 37.55	200m: 2:30.11 39.80	300m: 3:49.00 40.20	400m: 5:07.24 38.69
16.	Chantal van der Vaart	ZV Vlaardingen-Schiedam	5:00.11	199802266 <b>5:09.42</b>
	50m: 33.82 33.82	150m: 1:50.36 38.75	250m: 3:09.27 39.78	350m: 4:30.31 40.83
	100m: 1:11.61 37.79	200m: 2:29.49 39.13	300m: 3:49.48 40.21	400m: 5:09.42 39.11
17.	Emily Beres	LinK	5:14.25	200001874 <b>5:11.41</b>
	50m: 34.13 34.13	150m: 1:51.92 39.48	250m: 3:12.48 40.53	350m: 4:34.10 41.08
	100m: 1:12.44 38.31	200m: 2:31.95 40.03	300m: 3:53.02 40.54	400m: 5:11.41 37.31
18.	Marsha van den Heuvel	Widex Gzc Donk	5:10.71	199801154 <b>5:14.23</b>
	50m: 33.65 33.65	150m: 1:51.48 39.67	250m: 3:12.66 40.54	350m: 4:34.53 41.37
	100m: 1:11.81 38.16	200m: 2:32.12 40.64	300m: 3:53.16 40.50	400m: 5:14.23 39.70
NG	Emma Berry	The Hague Swimming (SG)	4:43.04	199906390

Programmanr. 17  
15-1-2017 - 13:30

Heren, 1500m vrije slag

Jeugd 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
<b>Jeugd 1 en 2</b>				
1.	Olivier Jans	The Hague Swimming (SG)	17:02.83	200001815 <b>16:46.34</b>
	100m: 1:02.97 1:02.97	500m: 900m:	1300m:	
	200m: 2:08.98 1:06.01	600m: 1000m:	1400m:	
	300m: 4:23.16	700m: 1100m:	1500m: 16:46.34	
	400m: 4:23.16	800m: 8:52.03 1200m:		
2.	Jorian Tanis	ZC De Schotejil	16:45.34	199900327 <b>17:05.46</b>
	100m: 1:04.09 1:04.09	500m: 900m:	1300m:	
	200m: 2:11.68 1:07.59	600m: 1000m:	1400m:	
	300m: 4:28.65	700m: 1100m:	1500m: 17:05.46	
	400m: 4:28.65	800m: 9:03.37 1200m:		
3.	Joris Bezemer	De Kempvis	17:15.39	199900527 <b>17:13.43</b>
	100m: 1:05.06 1:05.06	500m: 900m:	1300m:	
	200m: 2:13.50 1:08.44	600m: 1000m:	1400m:	
	300m: 4:30.58	700m: 1100m:	1500m: 17:13.43	
	400m: 4:30.58	800m: 9:06.50 1200m:		
4.	Jasper Breugem	WVZ	18:39.26	200000303 <b>17:39.57</b>
	100m: 1:03.49 1:03.49	500m: 900m:	1300m:	
	200m: 2:13.42 1:09.93	600m: 1000m:	1400m:	
	300m: 4:34.89	700m: 1100m:	1500m: 17:39.57	
	400m: 4:34.89	800m: 9:20.00 1200m:		
5.	Jaap van Trijp	The Hague Swimming (SG)	18:12.04	199903225 <b>18:31.87</b>
	100m: 1:06.54 1:06.54	500m: 900m:	1300m:	
	200m: 2:19.63 1:13.09	600m: 1000m:	1400m:	
	300m: 4:48.42	700m: 1100m:	1500m: 18:31.87	
	400m: 4:48.42	800m: 9:49.50 1200m:		

Programmanr. 17, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	tijd
6.	Matthijs Arnoldus	WVZ	18:25.80	200000571
	100m: 1:07.37	500m: 9:00m:		1300m: 18:48.66
	200m: 2:21.31	600m: 10:00m:		1400m:
	300m: 4:52.76	700m: 11:00m:		1500m:
	400m: 4:52.76	800m: 9:59.26	1200m:	

Senioren 1 en ouder

1.	Ensger Kotterink	SG Albion d'ELFT	16:40.00	199403391	16:27.87
	100m: 59.21	500m: 9:00m:		1300m:	
	200m: 2:03.25	600m: 10:00m:		1400m:	
	300m: 4:11.73	700m: 11:00m:		1500m: 16:27.87	
	400m: 4:11.73	800m: 8:39.20	1200m:		
2.	Robin van Beek	LZ 1886	17:32.52	199704023	17:21.54
	100m: 1:02.44	500m: 9:00m:		1300m:	
	200m: 2:10.34	600m: 10:00m:		1400m:	
	300m: 4:27.31	700m: 11:00m:		1500m: 17:21.54	
	400m: 4:27.31	800m: 9:06.45	1200m:		
3.	Nordin Termoshuizen	WVZ	17:52.19	199605401	18:01.47
	100m: 1:06.58	500m: 9:00m:		1300m:	
	200m: 2:19.88	600m: 10:00m:		1400m:	
	300m: 4:46.27	700m: 11:00m:		1500m: 18:01.47	
	400m: 4:46.27	800m: 9:34.44	1200m:		
4.	Remco Oskam	Widex Gzc Donk	19:03.72	199205583	19:27.14
	100m: 1:07.70	500m: 9:00m:		1300m:	
	200m: 2:22.70	600m: 10:00m:		1400m:	
	300m: 4:54.06	700m: 11:00m:		1500m: 19:27.14	
	400m: 4:54.06	800m: 10:11.79	1200m:		
5.	Kevin Panoet	The Hague Swimming (SG)	22:16.19	199307253	20:46.22
	100m: 1:09.89	500m: 9:00m:		1300m:	
	200m: 2:38.10	600m: 10:00m:		1400m:	
	300m: 5:14.06	700m: 11:00m:		1500m: 20:46.22	
	400m: 5:14.06	800m: 10:51.46	1200m:		
NG	Emiel van Beusekom	Van Vliet-Barracuda	17:12.38	199403951	

Programmanr. 18  
15-1-2017 - 14:15

Dames, 50m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	
<b>Junioren 1</b>					
1.	Asha van Lobberegt	De Devel	37.66	200500088	35.95
2.	Milou Adriaanse	De Columbiaan	37.19	200500968	36.08
3.	Nurlayah Kartosentiko	WVZ	36.44	200501256	36.59
4.	Sera Emmers	WZK	38.45	200503264	37.21
5.	Vivianne Woltjes	The Hague Swimming (SG)	38.75	200501524	37.42
6.	Sophie Buurman	Wiekslag	38.32	200502530	37.60
7.	Niké Telkamp	The Hague Swimming (SG)	38.48	200501088	37.99
8.	Emma Verkuijl	Van Vliet-Barracuda	39.80	200500826	38.28
9.	Marit Huisman	Van Vliet-Barracuda	39.73	200502620	38.82
10.	Eva Kerdel	WZK	39.09	200500930	38.94
11.	Anne-Marie Twigt	KZV de Lansingh	39.96	200503290	39.76
12.	Laura Hoogenboezem	KZV de Lansingh	39.28	200500390	40.09
13.	Isa Maes	De Devel	38.78	200500110	40.11
14.	Soscha van den Heuvel	ZPCNumansdorp	40.58	200500804	40.25
NG	Yente Bouwmeester	De Columbiaan	38.92	200500340	

Junioren 2

1.	Lize van Stigt	LinK	34.88	200401510	34.21
2.	Fenna Herwig	Wiekslag	36.53	200400908	34.65
3.	Jenna Klein	Z&PC Alkemade	38.23	200400914	35.28
	Leonoor van Dijk	The Hague Swimming (SG)	38.40	200400832	35.28
5.	Irma van der Wulp	WVZ	37.04	200401950	35.72
6.	Isis Naaktgeboren	De Devel	35.92	200403914	36.04
7.	Anniko Firman	The Hague Swimming (SG)	37.70	200402330	36.51
8.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	37.53	200402932	36.53
9.	Rinske Bouman	De Devel	36.62	200400578	36.55
10.	Nora van der Steen	LinK	37.12	200403458	36.56
11.	Marise van 't Walderveen	Zoetermeer	37.60	200400902	37.13
12.	Cheyenne Elburg	KZV de Lansingh	38.28	200401170	37.41
13.	Jet van Oudheusden	ZOB'66	38.92	200401012	37.93
14.	Fiona Moerman	The Hague Swimming (SG)	38.32	200401668	38.64

Programmanr. 18, Meisjes, 50m rugslag, Junioren 2

rang	naam	vereniging	inschrijftijd	tijd	
15.	Jaimy Gielis	Z&PC Katwijk	39.85	200402120	<b>38.92</b>
16.	Lotte van der Maas	ZOB'66	39.54	200402376	<b>39.80</b>
17.	Feija de Bruin	WVZ	43.07	200400106	<b>40.46</b>
DIS	Milou van Wijk	De Devel	35.71	200404948	

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

Junioren 3

1.	Julia Notenboom	De Columbiaan	35.51	200302596	<b>33.91</b>
2.	Imke Beekman	SG Albion d'ELFT	33.16	200301950	<b>33.96</b>
3.	Femke Hoppenbrouwer	The Hague Swimming (SG)	34.02	200301124	<b>34.20</b>
4.	Lotte Koornneef	The Hague Swimming (SG)	35.86	200303584	<b>34.26</b>
5.	Michelle van der Steen	ZV Vlaardingen-Schiedam	35.10	200300052	<b>34.42</b>
6.	Suzanne Dorsman	SG Albion d'ELFT	35.44	200303314	<b>34.74</b>
7.	Ilse Schoenmaker	The Hague Swimming (SG)	36.84	200301470	<b>34.99</b>
8.	Isabel Scheepbouwer	Wiekslag	35.82	200301106	<b>35.00</b>
9.	Kim de Jong	LinK	35.94	200301026	<b>35.05</b>
10.	Wendy ten Wolde	Wiekslag	36.27	200302658	<b>36.09</b>
11.	Kim Rutters	De Kempvis	35.98	200302318	<b>36.15</b>
12.	Joyce van 't Hof	De Devel	35.38	200302122	<b>36.37</b>
13.	Esther Reinders	KZV de Lansingh	36.98	200301798	<b>36.84</b>
14.	Anouk Brand	MNC Dordrecht	37.63	200302488	<b>36.97</b>
15.	Marije de Jager	LinK	38.15	200301394	<b>37.27</b>
16.	Nicole Akkermans Castro	The Hague Swimming (SG)	37.13	200304942	<b>37.53</b>
AFGEM	Megan de Hoog	SG SCOM/de Zeehond '73	32.54	200300214	
NG	Isabella de Wit	SG SCOM/de Zeehond '73	36.69	200300254	
NG	Mirée de Vette	ZPCNumansdorp	39.26	200301218	

Jeugd 1 en 2

1.	Claire Verkijk	WVZ	31.31	200100240	<b>30.38</b>
2.	Maaïke Broersma	BZ&PC	31.51	200201522	<b>31.38</b>
3.	Lotte Hosper	The Hague Swimming (SG)	31.50	200201414	<b>31.45</b>
4.	Christy Geurts	WVZ	32.68	200203734	<b>32.03</b>
5.	Tessa Giele	SG SCOM/de Zeehond '73	32.78	200203124	<b>32.13</b>
6.	Sanne Heemskerck	LZ 1886	33.05	200100600	<b>32.65</b>
7.	Iris van den Berg	SG Albion d'ELFT	34.57	200103782	<b>32.89</b>
8.	Jip Veeman	The Hague Swimming (SG)	33.07	200106100	<b>33.20</b>
9.	Anniek de Ruiters	Widex Gzc Donk	33.89	200101224	<b>33.27</b>
10.	Fleur van Norren	KZV de Lansingh	35.26	200204432	<b>33.91</b>
11.	Lynn Blommers	AZC	34.23	200105062	<b>33.99</b>
12.	Elyanne Boudestein	Zoetermeer	33.95	200101060	<b>34.36</b>
13.	Jasmine el Taraboulsi	WZK	34.42	200105788	<b>34.37</b>
14.	Giulia Corsi	De Columbiaan	35.25	200100468	<b>34.38</b>
15.	Esmee Wijnmaalen	PCG	34.94	200100298	<b>34.91</b>
16.	Tamara de Ruiters	ZC De Schotejil	34.44	200203060	<b>35.11</b>
17.	Esmée Roodenburg	De Geul	35.48	200100040	<b>35.59</b>
18.	Amy van Leersum	Poseidon'56	37.34	200200300	<b>35.78</b>
19.	Diana Noordermeer	SG SCOM/de Zeehond '73	36.64	200102110	<b>36.73</b>
20.	Samantha Gerritse	LinK	36.23	200102062	<b>37.12</b>
21.	Amber Kuntkes	ZPCNumansdorp	36.73	200202458	<b>37.56</b>
22.	Inge Belfor	De Columbiaan	37.04	200100578	<b>37.77</b>
23.	Amber Hesper	Van Vliet-Barracuda	37.26	200202188	<b>38.01</b>
24.	Shanti van Kan	Poseidon'56	38.06	200102446	<b>38.41</b>
DIS	Susanne Roeleveld	WVZ	36.66	200203266	

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

AFGEM	Marith de Jong	The Hague Swimming (SG)	35.76	200200012	
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Senioren 1 en ouder

1.	Elinore de Jong	The Hague Swimming (SG)	30.00	198902072	<b>29.53</b>
2.	Anouk van Weelden	PCG	31.63	199902828	<b>30.95</b>
3.	Lauren van IJll	WVZ	31.11	200001064	<b>31.16</b>
4.	Denise Boereboom	Van Vliet-Barracuda	31.41	199202144	<b>31.55</b>
5.	Mariska Scheel	KZV de Lansingh	32.05	199306344	<b>31.99</b>
6.	Babette van der Kaaij	ZV Westland	32.36	199902234	<b>32.56</b>
7.	Marije Dinkelberg	SG Albion d'ELFT	32.57	199703192	<b>32.62</b>
8.	Cheyenne Visser	Wiekslag	32.82	199802318	<b>32.74</b>
9.	Hanna Looi	De Devel	32.68	200006090	<b>32.94</b>
10.	Aniek Erenstein-Huijsman	KZV de Lansingh	32.59	198801932	<b>32.99</b>
11.	Lincy de Winter	The Hague Swimming (SG)	33.77	199805886	<b>33.48</b>

Programmanr. 18, Dames, 50m rugslag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd
12.	Karen van Dee	SG SCOM/de Zeehond '73	33.28	199604074
	Sanne Hobé	Poseidon'56	34.36	200000826
14.	Eef Hollander	The Hague Swimming (SG)	36.50	199602074
15.	Ilse Wijnmaalen	PCG	33.61	199900940
16.	Tamara Caspers	LZ 1886	33.71	199007272
17.	Kayra Deger	MNC Dordrecht	36.56	200003890
18.	Kirsten de Hoog	SG SCOM/de Zeehond '73	34.40	200000460
19.	Sylvana Kusters	Wiekslag	33.57	199403436
20.	Esmeralda van Werkhoven	PCG	36.48	199900412
21.	Amanda Holst	Zoetermeer	34.56	200004204
22.	Zoë van Gool	De Geul	35.34	200000964
23.	Naomi van Gool	LinK	35.79	199505166
24.	Lise van Mourik	PCG	37.10	199904802
25.	Jonne Moleman	AZC	37.87	200006264
NG	Carmen Muilwijk	De Geul	33.39	199502700
NG	Roos van Esch	SG Albion d'ELFT	33.45	198200468
NG	Emma Bery	The Hague Swimming (SG)	31.79	199906390

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Heren, 100m schoolslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m
<b>Junioren 1</b>						
1.	Julien Tanis	ZC De Schotejil	1:21.09	200401045	1:18.49	37.26
2.	Erik Oldenkamp	KZV de Lansingh	1:21.26	200400597	1:19.94	38.29
3.	Anthony Kraag	WVZ	1:21.48	200401973	1:22.54	39.78
4.	Max van Schagen	De Columbiaan	1:25.25	200402591	1:22.84	39.35
5.	Casper van Nijnatten	RSW	1:28.60	200402559	1:25.17	40.38
6.	Milan Masselink	The Hague Swimming (SG)	1:27.62	200402165	1:25.31	41.16
7.	Timo Kock	De Devel	1:25.06	200400387	1:25.63	40.88
8.	Wen-Ye Chen	The Hague Swimming (SG)	1:30.71	200402859	1:25.82	40.86
9.	Tim van Borselaer	WVZ	1:24.82	200401261	1:26.48	41.73
10.	Kun Woo Kim	The Hague Swimming (SG)	1:31.07	200401361	1:26.70	40.62
11.	Pepijn van Egmond	De Watervogels	1:30.52	200402309	1:27.02	41.42
12.	Tim Haimé	The Hague Swimming (SG)	1:30.01	200403567	1:27.56	41.77
13.	Thomas van Peenen	De Columbiaan	1:31.17	200400097	1:28.12	41.72
14.	Patrick van der Knaap	De Duck	1:31.95	200400007	1:30.37	42.37
15.	Guus Geelen	LZ 1886	1:34.91	200401183	1:36.32	45.62
DIS	Timo Wouters	MNC Dordrecht	1:27.05	200401363		
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>						

Junioren 2

1.	Milan Hamel	The Hague Swimming (SG)	1:20.06	200302125	1:15.21	36.43
2.	Bjarne Buijs	The Hague Swimming (SG)	1:19.20	200301089	1:16.00	36.31
3.	Keanu Streefland	The Hague Swimming (SG)	1:22.12	200302445	1:16.21	35.81
4.	Xander Vis	ZC De Schotejil	1:18.83	200300173	1:16.31	36.43
5.	Raphaël Booiman	Wiekslag	1:21.14	200300727	1:17.80	36.42
6.	Perry Laarhoven	ZPCNumansdorp	1:21.66	200301321	1:20.00	38.18
7.	Kenan Cörüz	SG Albion d'ELFT	1:20.13	200300357	1:21.89	37.68
8.	Erik van Gemert	Poseidon'56	1:25.38	200300587	1:22.00	38.78
9.	Daan Hogerhuis	SG Albion d'ELFT	1:26.97	200300317	1:22.18	38.73
10.	Lorenzo Punt	De Devel	1:23.53	200302923	1:23.20	38.83
11.	Jelle Bon	ZV Westland	1:28.68	200301077	1:24.28	39.79
12.	Milan van Aken	The Hague Swimming (SG)	1:24.06	200303307	1:24.73	39.13
13.	Tygo Korving	ZPB-H&L	1:29.40	200300773	1:24.77	39.32
14.	David Jagerman	The Hague Swimming (SG)	1:25.07	200302127	1:24.97	39.84
15.	Hugo Katerbau	The Hague Swimming (SG)	1:29.34	200301051	1:26.23	40.80
16.	Laren Schavemaker	The Hague Swimming (SG)	1:31.83	200300607	1:28.39	41.35
17.	Daniel Stok	De Devel	1:27.51	200300569	1:29.03	42.55
18.	Alexander ten Haaft	Zoetermeer	1:28.03	200302309	1:29.49	41.88
19.	Pepyn van Brakel	ZPCNumansdorp	1:35.20	200300877	1:37.29	45.10
DIS	Bas van der Linden	RSW	1:31.79	200303235		
<i>SE - De handen niet tezamen van de borst naar voren gebracht.</i>						



Programmanr. 19, Heren, 100m schoolslag

Junioren 3

1.	Scott Jansen	WVZ	1:15.00	200202455	<b>1:11.65</b>	33.64	1:11.65
2.	Robin van Peenen	De Columbiaan	1:16.59	200201059	<b>1:15.42</b>	35.51	1:15.42
3.	Daan Snijders	MNC Dordrecht	1:15.76	200202475	<b>1:15.64</b>	35.13	1:15.64
4.	Viktor Koets	De Columbiaan	1:17.32	200201677	<b>1:16.07</b>	35.45	1:16.07
5.	Bas van Wieringen	De Columbiaan	1:17.67	200200119	<b>1:17.66</b>	36.98	1:17.66
6.	Mart de Koning	ZOB'66	1:19.66	200203253	<b>1:19.08</b>	36.79	1:19.08
7.	Guus Hoogduin	LZ 1886	1:17.97	200201069	<b>1:19.13</b>	37.37	1:19.13
8.	Cas Jansen	The Hague Swimming (SG)	1:21.53	200203263	<b>1:19.44</b>	38.05	1:19.44
9.	Björn de Heus	ZV Vlaardingen-Schiedam	1:21.17	200201077	<b>1:20.58</b>	38.74	1:20.58
10.	Peter van Driel	ZPCNumansdorp	1:25.03	200200305	<b>1:22.08</b>	38.81	1:22.08
11.	Thomas van Wanrooij	Poseidon'56	1:27.41	200201473	<b>1:23.21</b>	39.04	1:23.21
12.	Robert Speksnijder	ZPB-H&L	1:24.84	200200429	<b>1:25.34</b>	40.10	1:25.34
13.	Victor Simons	The Hague Swimming (SG)	1:28.61	200203261	<b>1:26.10</b>	40.24	1:26.10
DIS	Wouter Verdoes	De Columbiaan	1:18.94	200200351			
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
NG	Stijn den Otter	De Devel	1:22.23	200200225			

Junioren 4

1.	Quinn van den Heuvel	ZPCNumansdorp	1:06.57	200100297	<b>1:05.63</b>	31.06	1:05.63
2.	Max Huige	SG SCOM/de Zeehond '73	1:12.47	200104355	<b>1:11.27</b>	33.37	1:11.27
3.	Dave van den Nieuwendijk	De Columbiaan	1:08.82	200100475	<b>1:11.49</b>	33.22	1:11.49
4.	Christiaan Smit	The Hague Swimming (SG)	1:14.27	200102463	<b>1:13.58</b>	34.19	1:13.58
5.	Michael Boekestijn	ZV Westland	1:15.71	200100767	<b>1:14.34</b>	35.83	1:14.34
6.	Joris de Gier	Widex Gzc Donk	1:19.29	200103817	<b>1:16.00</b>	35.56	1:16.00
7.	David Kras	De Devel	1:16.84	200103253	<b>1:16.08</b>	36.21	1:16.08
8.	Sander Iuga	Poseidon'56	1:17.51	200101389	<b>1:17.64</b>	36.50	1:17.64
9.	Tjeerd van Stein	Link	1:20.39	200101439	<b>1:18.96</b>	37.73	1:18.96
10.	Querijn Hensen	The Hague Swimming (SG)	1:20.68	200102121	<b>1:21.02</b>	37.86	1:21.02
11.	Youri ten Brink	The Hague Swimming (SG)	1:22.12	200104719	<b>1:21.14</b>	37.80	1:21.14
12.	Sjoerd van Weelden	PCG	1:24.78	200101217	<b>1:21.38</b>	38.22	1:21.38
13.	Finn van Bommel	De Columbiaan	1:18.56	200103683	<b>1:21.49</b>	37.80	1:21.49
14.	Boy Borreman	Link	1:27.16	200102751	<b>1:22.48</b>	38.49	1:22.48
15.	Ivo Stolk	SG SCOM/de Zeehond '73	1:16.17	200100615	<b>1:25.15</b>	38.91	1:25.15
DIS	Wesley Scheepbouwer	Wiekslag	1:20.10	200101959			
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							

Jeugd 1 en 2

1.	Duncan van Haaren	Widex Gzc Donk	1:06.98	200000681	<b>1:07.69</b>	31.64	1:07.69
2.	J. de Roy van Zuydewijn	WVZ	1:08.02	200000255	<b>1:07.85</b>	32.02	1:07.85
3.	Sybe de Waard	De Devel	1:08.00	199900139	<b>1:08.19</b>	32.26	1:08.19
4.	Thomas Hesper	Van Vliet-Barracuda	1:08.62	200004181	<b>1:08.62</b>	32.22	1:08.62
5.	Olivier Jans	The Hague Swimming (SG)	1:08.58	200001815	<b>1:09.85</b>	33.17	1:09.85
6.	Doran Paap	The Hague Swimming (SG)	1:12.73	200000301	<b>1:11.57</b>	33.43	1:11.57
7.	Tristan Stam	ZOB'66	1:14.85	199903551	<b>1:12.29</b>	34.11	1:12.29
8.	David Kievit	ZC De Schoteijl	1:13.06	199900325	<b>1:12.30</b>	34.08	1:12.30
9.	Ryan van den Ouden	Poseidon'56	1:13.50	199900377	<b>1:12.74</b>	33.66	1:12.74
10.	Bart Spaans	Sg WZ010/ACZ	1:16.51	199902559	<b>1:15.21</b>	35.29	1:15.21
11.	Luca Dellantonio	De Columbiaan	1:14.37	200002759	<b>1:15.68</b>	35.42	1:15.68
12.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	1:15.29	200000625	<b>1:15.82</b>	35.10	1:15.82
13.	Jari Voogt	De Duck	1:16.82	200004237	<b>1:16.99</b>	36.19	1:16.99
14.	Jim van Vliet	SG SCOM/de Zeehond '73	1:20.12	200004265	<b>1:19.97</b>	36.77	1:19.97
15.	Jervis Boele	ZPCNumansdorp	1:21.59	200004141	<b>1:22.42</b>	39.08	1:22.42
NG	Bas-Jaap van Ommen	Sg WZ010/ACZ	1:13.06	200003835			
NG	Eric Verdoes	De Columbiaan	1:11.72	199900947			
NG	Rogier Dorsman	De Devel	1:14.82	199900211			
NG	Robin Lecomte	KZV de Lansingh	1:18.05	199900711			

Senioren 1 en ouder

1.	Ensgar Kotterink	SG Albion d'ELFT	1:02.68	199403391	<b>1:04.66</b>	30.24	1:04.66
2.	Erik Simons	SG Albion d'ELFT	1:04.10	198902845	<b>1:04.70</b>	30.37	1:04.70
3.	Kevin Panoet	The Hague Swimming (SG)	1:05.15	199307253	<b>1:05.23</b>	31.08	1:05.23
4.	Sanjiv Gangaram Panday	WVZ	1:08.61	199705555	<b>1:07.37</b>	31.76	1:07.37
5.	Paul van Grol	Widex Gzc Donk	1:10.00	199602951	<b>1:08.75</b>	31.71	1:08.75
6.	Pascal Nuijten	ZV Westland	1:09.37	199701353	<b>1:09.54</b>	32.10	1:09.54
7.	Kevin Kingma	KZV de Lansingh	1:10.92	199700559	<b>1:10.07</b>	32.80	1:10.07
8.	Tim van den Berg	MNC Dordrecht	1:08.65	198500157	<b>1:10.78</b>	33.26	1:10.78
9.	Ruben Stam	SG Albion d'ELFT	1:08.57	199800331	<b>1:11.14</b>	33.50	1:11.14

Programmanr. 19, Heren, 100m schoolslag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
10.	Dave Jansen	SG Albion d'ELFT	1:13.13	199805299	<b>1:11.33</b>	33.48	1:11.33
11.	Linquendo van der Klooster	ZPB-H&L	1:11.49	199801361	<b>1:11.47</b>	34.06	1:11.47
12.	Jim Geestman	RSW	1:12.01	198300699	<b>1:12.83</b>	34.45	1:12.83
13.	Daan Siebenheller	ZOB'66	1:13.86	199804955	<b>1:13.41</b>	34.38	1:13.41
14.	Remco Oskam	Widex Gzc Donk	1:16.25	199205583	<b>1:17.39</b>	35.85	1:17.39
NG.ZA	Rainier Voll	De Devel	1:09.91	199800365			
NG	Bas Verdoes	De Columbiaan	1:09.96	199801487			
NG	Emiel van Beusekom	Van Vliet-Barracuda	1:11.78	199403951			
NG	Martijn Houweling	Van Vliet-Barracuda	1:14.29	199600893			
NG	Jonne Schaafsma	The Hague Swimming (SG)	1:06.16	199800745			

Programmanr. 20  
15-1-2017 - 15:05

Dames, 100m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
<b>Junioren 1</b>							
1.	Nurlaylah Kartosentiko	WVZ	1:17.40	200501256	<b>1:16.97</b>	33.81	1:16.97
2.	Sylvie Roos	De Kempvis	1:21.01	200502772	<b>1:21.02</b>	37.45	1:21.02
3.	Milou Adriaanse	De Columbiaan	1:23.43	200500968	<b>1:22.31</b>	37.34	1:22.31
4.	Asha van Lobberegt	De Devel	1:24.36	200500088	<b>1:22.95</b>	38.30	1:22.95
5.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:22.31	200500330	<b>1:23.61</b>	38.32	1:23.61
6.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:26.36	200503118	<b>1:24.53</b>	38.45	1:24.53
7.	Vivianne Woltjes	The Hague Swimming (SG)	1:28.31	200501524	<b>1:25.57</b>	38.38	1:25.57
8.	Mar Stoel	LinK	1:35.69	200500520	<b>1:26.63</b>	39.35	1:26.63
9.	Isa Maes	De Devel	1:28.23	200500110	<b>1:32.46</b>	41.14	1:32.46
10.	Sera Emmers	WZK	1:38.14	200503264	<b>1:42.61</b>	43.84	1:42.61
NG	Yente Bouwmeester	De Columbiaan	1:24.97	200500340			
<b>Junioren 2</b>							
1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	1:15.35	200400258	<b>1:09.58</b>	31.89	1:09.58
2.	Rinske Bouman	De Devel	1:11.48	200400578	<b>1:12.27</b>	33.19	1:12.27
3.	Lize van Stigt	LinK	1:11.68	200401510	<b>1:12.51</b>	34.12	1:12.51
4.	Nora van der Steen	LinK	1:14.46	200403458	<b>1:13.46</b>	34.37	1:13.46
5.	Leonoor van Dijk	The Hague Swimming (SG)	1:16.28	200400832	<b>1:15.39</b>	34.69	1:15.39
6.	Fenna Herwig	Wiekslag	1:18.51	200400908	<b>1:17.69</b>	36.08	1:17.69
7.	Isis Naaktgeboren	De Devel	1:17.66	200403914	<b>1:19.47</b>	35.82	1:19.47
8.	Anniko Firman	The Hague Swimming (SG)	1:21.64	200402330	<b>1:20.09</b>	36.79	1:20.09
9.	Danielle Vis	De Columbiaan	1:20.84	200401044	<b>1:20.34</b>	36.60	1:20.34
10.	Cheyenne Elburg	KZV de Lansingh	1:20.24	200401170	<b>1:23.50</b>	36.00	1:23.50
11.	Éléana Poilpré	The Hague Swimming (SG)	1:23.53	200404748	<b>1:24.16</b>	38.54	1:24.16
12.	Jet van Oudheusden	ZOB'66	1:24.81	200401012	<b>1:24.19</b>	38.53	1:24.19
13.	Feija de Bruin	WVZ	1:28.94	200400106	<b>1:27.63</b>	39.24	1:27.63
14.	Lotte van der Maas	ZOB'66	1:30.78	200402376	<b>1:28.07</b>	40.50	1:28.07
NG.ZA	Syazmin Shahazir	WZK	1:29.85	200405272			
<b>Junioren 3</b>							
1.	Kim de Jong	LinK	1:16.87	200301026	<b>1:11.73</b>	32.64	1:11.73
2.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:12.13	200301124	<b>1:11.87</b>	32.57	1:11.87
3.	Imke Beekman	SG Albion d'ELFT	1:13.93	200301950	<b>1:12.43</b>	34.11	1:12.43
4.	Joyce van 't Hof	De Devel	1:13.27	200302122	<b>1:12.67</b>	33.99	1:12.67
5.	Julia Notenboom	De Columbiaan	1:19.71	200302596	<b>1:14.73</b>	35.01	1:14.73
6.	Amy Koelman	De Columbiaan	1:15.59	200300922	<b>1:14.83</b>	35.54	1:14.83
7.	Silke Blik	SG Albion d'ELFT	1:18.36	200301948	<b>1:15.47</b>	35.24	1:15.47
8.	Ilse Schoenmaker	The Hague Swimming (SG)	1:19.01	200301470	<b>1:17.63</b>	35.41	1:17.63
9.	Wendy ten Wolde	Wiekslag	1:19.65	200302658	<b>1:20.17</b>	36.02	1:20.17
10.	Esther Reinders	KZV de Lansingh	1:21.33	200301798	<b>1:20.61</b>	36.49	1:20.61
11.	Marije de Jager	LinK	1:21.67	200301394	<b>1:22.52</b>	37.32	1:22.52
12.	Isabel Scheepbouwer	Wiekslag	1:21.92	200301106	<b>1:23.05</b>	36.35	1:23.05
AFGEM	Megan de Hoog	SG SCOM/de Zeehond '73	1:14.06	200300214			

Programmanr. 20, Dames, 100m vlinderslag

Jeugd 1 en 2

1.	Claire Verkijk	WVZ	1:02.91	200100240	<b>1:05.06</b>	30.31	1:05.06
2.	Lotte Hosper	The Hague Swimming (SG)	1:04.20	200201414	<b>1:05.49</b>	30.80	1:05.49
3.	Tessa Giele	SG SCOM/de Zeehond '73	1:06.93	200203124	<b>1:06.11</b>	31.06	1:06.11
4.	Christy Geurts	WVZ	1:08.71	200203734	<b>1:07.52</b>	31.40	1:07.52
5.	Maaïke Broersma	BZ&PC	1:11.70	200201522	<b>1:10.80</b>	32.47	1:10.80
6.	Jana Plaisier	De Devel	1:11.42	200101266	<b>1:11.13</b>	32.96	1:11.13
7.	Lisa Pijlman	De Kempvis	1:11.36	200103004	<b>1:11.63</b>	32.39	1:11.63
8.	Giulia Corsi	De Columbian	1:13.14	200100468	<b>1:12.35</b>	33.23	1:12.35
9.	Abigail den Boef	Wiekslag	1:14.21	200203026	<b>1:12.51</b>	33.84	1:12.51
	Anne van der Zwan	The Hague Swimming (SG)	1:10.56	200101134	<b>1:12.51</b>	32.37	1:12.51
11.	Esmee Wijnmaalen	PCG	1:13.23	200100298	<b>1:14.30</b>	33.82	1:14.30
12.	Sara Claps	The Hague Swimming (SG)	1:15.87	200205916	<b>1:14.49</b>	34.80	1:14.49
13.	Anne Straub	Zoetermeer	1:15.25	200201402	<b>1:14.53</b>	34.27	1:14.53
14.	Danielle van Valen	De Devel	1:13.48	200100202	<b>1:14.83</b>	34.70	1:14.83
15.	Diana Noordermeer	SG SCOM/de Zeehond '73	1:15.53	200102110	<b>1:15.47</b>	34.38	1:15.47
16.	Sanne Heemskerk	LZ 1886	1:13.84	200100600	<b>1:15.84</b>	34.26	1:15.84
17.	Esmée Roodenburg	De Geul	1:15.49	200100040	<b>1:15.99</b>	34.63	1:15.99
18.	Anniek de Ruiter	Widex Gzc Donk	1:19.01	200101224	<b>1:16.00</b>	33.59	1:16.00
19.	Amy van Leersum	Poseidon'56	1:16.26	200200300	<b>1:16.41</b>	34.71	1:16.41
20.	S. van den Dobbelsteen	The Hague Swimming (SG)	1:17.98	200100904	<b>1:16.65</b>	34.18	1:16.65
21.	Susan van Grol	Widex Gzc Donk	1:19.50	200201344	<b>1:16.81</b>	34.71	1:16.81
22.	Lynn Blommers	AZC	1:12.94	200105062	<b>1:17.24</b>	34.42	1:17.24
23.	Jip Veeman	The Hague Swimming (SG)	1:18.20	200106100	<b>1:18.87</b>	36.41	1:18.87
24.	Inge Belfor	De Columbian	1:15.94	200100578	<b>1:19.05</b>	36.04	1:19.05
25.	Samantha Gerritse	LinK	1:18.57	200102062	<b>1:19.50</b>	36.27	1:19.50
26.	Shanti van Kan	Poseidon'56	1:22.89	200102446	<b>1:20.66</b>	36.60	1:20.66
27.	Amber Hesper	Van Vliet-Barracuda	1:21.02	200202188	<b>1:25.61</b>	37.72	1:25.61
AFGEM	Giorgia Colle	SG SCOM/de Zeehond '73	1:11.59	200201754			
AFGEM	Marith de Jong	The Hague Swimming (SG)	1:16.29	200200012			

Senioren 1 en ouder

1.	Elinore de Jong	The Hague Swimming (SG)	59.92	198902072	<b>1:01.57</b>	28.08	1:01.57
2.	Romy de Laat	Wiekslag	1:06.75	199900902	<b>1:05.56</b>	29.84	1:05.56
3.	Mariska Scheel	KZV de Lansingh	1:10.11	199306344	<b>1:06.53</b>	30.61	1:06.53
4.	Lauren van IJll	WVZ	1:06.09	200001064	<b>1:06.98</b>	31.10	1:06.98
5.	Fenna de Groot	De Kempvis	1:06.17	199701796	<b>1:07.01</b>	31.06	1:07.01
6.	Maud Hoofs	The Hague Swimming (SG)	1:06.53	199501206	<b>1:07.30</b>	31.72	1:07.30
7.	Denise Boereboom	Van Vliet-Barracuda	1:12.14	199202144	<b>1:08.61</b>	30.88	1:08.61
8.	Gaetane Demyttenaere	The Hague Swimming (SG)	1:08.95	199905018	<b>1:10.54</b>	32.53	1:10.54
9.	Babette van der Kaaij	ZV Westland	1:11.44	199902234	<b>1:10.81</b>	33.18	1:10.81
10.	Marije Dinkelberg	SG Albion d'ELFT	1:07.67	199703192	<b>1:11.27</b>	33.32	1:11.27
11.	Sterre Keller	The Hague Swimming (SG)	1:10.50	199904142	<b>1:11.76</b>	32.43	1:11.76
12.	Eef Hollander	The Hague Swimming (SG)	1:10.56	199602074	<b>1:11.97</b>	32.97	1:11.97
13.	Zoë van Gool	De Geul	1:13.43	200000964	<b>1:12.14</b>	33.19	1:12.14
14.	Aniek Erenstein-Huijsman	KZV de Lansingh	1:14.92	198801932	<b>1:12.86</b>	33.68	1:12.86
15.	Odette Holster	ZC De Schotejil	1:18.97	199900586	<b>1:14.86</b>	33.54	1:14.86
16.	Esmeralda van Werkhoven	PCG	1:13.56	199900412	<b>1:15.94</b>	34.41	1:15.94
17.	Sanne Hobé	Poseidon'56	1:14.36	200000826	<b>1:16.10</b>	34.52	1:16.10
18.	Amanda Holst	Zoetermeer	1:12.89	200004204	<b>1:16.18</b>	33.20	1:16.18
19.	Emily Beres	LinK	1:16.81	200001874	<b>1:17.09</b>	34.81	1:17.09
20.	Moniek Heemskerk	LZ 1886	1:11.24	199601964	<b>1:17.17</b>	35.00	1:17.17
21.	Ilse Wijnmaalen	PCG	1:12.52	199900940	<b>1:17.76</b>	35.42	1:17.76
22.	Lise van Mourik	PCG	1:15.93	199904802	<b>1:19.21</b>	34.65	1:19.21
23.	Hanna Looi	De Devel	1:15.12	200006090	<b>1:21.19</b>	37.05	1:21.19
24.	Jonne Moleman	AZC	1:34.57	200006264	<b>1:30.18</b>	40.70	1:30.18
DIS	Anouk van Weelden	PCG	1:10.48	199902828			
<i>VQ - Bij het loslaten van de wand na het keerpunt de borstligging niet aangenomen.</i>							
NG	Roos van Esch	SG Albion d'ELFT	1:08.59	198200468			
NG	Lisa Klatten	SG Albion d'ELFT	1:11.70	199203628			

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
<b>Junioren 1</b>								
1. Jay de Vries	De Devel	2:16.61	200400669	<b>2:12.30</b>	28.78	1:02.24	1:37.53	2:12.30
2. Julien Tanis	ZC De Schotejil	2:19.02	200401045	<b>2:15.19</b>	30.06	1:03.74	1:39.49	2:15.19
3. Abel te Riele	WVZ	2:19.91	200402317	<b>2:18.53</b>	31.45	1:07.24	1:43.47	2:18.53
4. Timo Kock	De Devel	2:18.68	200400387	<b>2:19.11</b>	32.29	1:08.68	1:45.27	2:19.11
5. Pepijn van Egmond	De Watervogels	2:28.30	200402309	<b>2:22.13</b>	33.10	1:09.54	1:46.90	2:22.13
6. Erik Oldenkamp	KZV de Lansingh	2:21.96	200400597	<b>2:24.62</b>	32.41	1:09.42	1:47.66	2:24.62
7. Chris van der Hout	The Hague Swimming (SG)	2:27.67	200401355	<b>2:25.69</b>	34.08	1:12.08	1:50.23	2:25.69
8. Nathan Janssen	MNC Dordrecht	2:24.97	200401565	<b>2:26.03</b>	32.27	1:07.78	1:48.92	2:26.03
9. Olivier Krayenbuhl	The Hague Swimming (SG)	2:30.96	200403215	<b>2:26.61</b>	34.72	1:12.92	1:51.57	2:26.61
10. Max van Schagen	De Columbiaan	2:35.82	200402591	<b>2:26.78</b>	34.53	1:12.65	1:51.25	2:26.78
11. Thijm Kruit	De Columbiaan	2:35.62	200401339	<b>2:27.65</b>	34.00	1:12.66	1:51.90	2:27.65
12. Arthur Bondartsov	Poseidon'56	2:32.13	200403231	<b>2:28.11</b>	33.93	1:11.61	1:50.67	2:28.11
<i>*100m tijd is backup tijd</i>								
13. Wen-Ye Chen	The Hague Swimming (SG)	2:37.58	200402859	<b>2:28.66</b>	33.89	1:12.64	1:51.44	2:28.66
14. Kun Woo Kim	The Hague Swimming (SG)	2:35.71	200401361	<b>2:30.70</b>	33.78	1:12.11	1:52.10	2:30.70
15. Thomas van Peenen	De Columbiaan	2:39.46	200400097	<b>2:32.75</b>	35.74	1:15.80	1:55.68	2:32.75
16. Patrick van der Knaap	De Duck	2:37.63	200400007	<b>2:33.49</b>	34.13	1:13.00	1:53.95	2:33.49
17. Tim Haimé	The Hague Swimming (SG)	2:40.97	200403567	<b>2:35.34</b>	36.01	1:15.30	1:54.99	2:35.34
18. Sem Verberg	LinK	2:46.27	200402105	<b>2:35.63</b>	34.45	1:15.05	1:56.47	2:35.63
19. Tim van Borselaer	WVZ	2:52.51	200401261	<b>2:40.82</b>	37.32	1:18.96	2:01.60	2:40.82
20. Milan Masselink	The Hague Swimming (SG)	2:40.95	200402165	<b>2:41.33</b>	37.96	1:19.06	2:00.83	2:41.33
21. Marijn Dekkers	Widex Gzc Donk	2:45.35	200402275	<b>2:43.88</b>	37.37	1:19.44	2:02.24	2:43.88
22. Guus Geelen	LZ 1886	2:42.92	200401183	<b>2:44.81</b>	38.07	1:20.86	2:04.42	2:44.81

**Junioren 2**

1. Senna Mooldijk	De Kempvis	2:13.47	200301147	<b>2:11.85</b>	30.49	1:05.06	1:40.31	2:11.85
2. Keanu Streefland	The Hague Swimming (SG)	2:18.57	200302445	<b>2:12.91</b>	31.10	1:05.63	1:40.26	2:12.91
3. Jelle Bon	ZV Westland	2:15.49	200301077	<b>2:14.02</b>	30.69	1:05.35	1:40.72	2:14.02
4. Daan Hogerhuis	SG Albion d'ELFT	2:17.62	200300317	<b>2:15.06</b>	31.72	1:06.43	1:41.70	2:15.06
5. Milan Hamel	The Hague Swimming (SG)	2:15.11	200302125	<b>2:15.17</b>	31.19	1:05.76	1:41.67	2:15.17
6. Perry Laarhoven	ZPCNumansdorp	2:17.71	200301321	<b>2:16.60</b>	31.32	1:06.70	1:43.08	2:16.60
7. Bjarne Buijs	The Hague Swimming (SG)	2:20.26	200301089	<b>2:17.70</b>	32.14	1:07.76	1:43.67	2:17.70
8. Milan van Aken	The Hague Swimming (SG)	2:22.49	200303307	<b>2:19.10</b>	32.54	1:07.91	1:44.50	2:19.10
9. Xander Vis	ZC De Schotejil	2:21.35	200300173	<b>2:19.28</b>	32.02	1:07.47	1:43.57	2:19.28
10. Maximiliano Lopes Cardozo	WZK	2:29.29	200300665	<b>2:19.69</b>	31.45	1:07.52	1:44.80	2:19.69
11. David Jagerman	The Hague Swimming (SG)	2:31.96	200302127	<b>2:22.11</b>	32.12	1:09.71	1:47.75	2:22.11
12. Julian Stok	De Devel	2:29.15	200300071	<b>2:25.66</b>	33.37	1:10.75	1:48.06	2:25.66
13. Raphaël Booiman	Wiekslag	2:37.30	200300727	<b>2:26.87</b>	34.20	1:12.73	1:51.45	2:26.87
14. Brandon Groeneveld	De Geul	2:31.68	200300595	<b>2:27.47</b>	34.17	1:12.06	1:49.58	2:27.47
15. Mark van Berkel	Van Vliet-Barracuda	2:32.08	200300039	<b>2:29.12</b>	33.13	1:11.24	1:50.97	2:29.12
16. Thimo van Beek	LZ 1886	2:33.39	200301347	<b>2:31.49</b>	34.10	1:13.15	1:53.50	2:31.49
17. Laren Schavemaker	The Hague Swimming (SG)	2:33.48	200300607	<b>2:32.61</b>	34.47	1:14.49	1:55.17	2:32.61
18. Alexander ten Haaft	Zoetermeer	2:31.47	200302309	<b>2:33.67</b>	34.84	1:13.85	1:54.42	2:33.67
19. Kenan Cörüz	SG Albion d'ELFT	2:25.04	200300357	<b>2:36.38</b>	34.99	1:14.68	1:56.23	2:36.38
20. Tygo Korving	ZPB-H&L	2:36.57	200300773	<b>2:36.74</b>	34.88	1:14.71	1:56.33	2:36.74
21. Daniel Stok	De Devel	2:37.39	200300569	<b>2:37.10</b>	36.67	1:16.70	1:57.77	2:37.10
22. Pepyn van Brakel	ZPCNumansdorp	2:42.92	200300877	<b>2:39.31</b>	36.27	1:16.60	1:59.38	2:39.31
23. Hugo Katerbau	The Hague Swimming (SG)	2:35.05	200301051	<b>2:39.56</b>	34.93	1:15.68	1:58.15	2:39.56
24. Christiaan van Es	ZOB'66	2:41.97	200304141	<b>2:42.38</b>	34.79	1:16.88	2:01.25	2:42.38
25. Mike van Huizen	ZPCNumansdorp	2:50.04	200300891	<b>2:49.66</b>	38.56	1:22.68	2:07.66	2:49.66
DIS Zev Bulk	Widex Gzc Donk	2:24.86	200304021					

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

NG Yassine Maas The Hague Swimming (SG) 2:37.63 200301505

**Junioren 3**

1. Nikhom Westphal	SG SCOM/de Zeehond '73	2:03.01	200203329	<b>2:01.69</b>	29.28	1:00.50	1:31.29	2:01.69
2. Scott Jansen	WVZ	2:06.96	200202455	<b>2:04.60</b>	28.72	1:01.21	1:33.74	2:04.60
3. Viktor Koets	De Columbiaan	2:14.25	200201677	<b>2:08.81</b>	29.61	1:02.32	1:36.32	2:08.81
4. Niels Dijkshoorn	ZV Westland	2:16.89	200203079	<b>2:13.49</b>	30.98	1:05.54	1:39.89	2:13.49
5. Guus Hoogduin	LZ 1886	2:19.13	200201069	<b>2:14.04</b>	30.46	1:04.83	1:40.22	2:14.04
6. Robin van Peenen	De Columbiaan	2:15.92	200201059	<b>2:14.58</b>	30.75	1:05.27	1:40.83	2:14.58
7. Jarno Verbeek	Zoetermeer	2:18.12	200200931	<b>2:16.29</b>	29.32	1:02.24	1:39.85	2:16.29
8. Bas van Wieringen	De Columbiaan	2:17.61	200200119	<b>2:16.35</b>	32.76	1:09.16	1:43.55	2:16.35
9. Cas Jansen	The Hague Swimming (SG)	2:17.68	200203263	<b>2:16.50</b>	30.85	1:06.23	1:41.77	2:16.50

## Programmanr. 21, Jongens, 200m vrije slag, Junioren 3

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
10. Bas van Nisius	The Hague Swimming (SG)	2:23.53	200202107	<b>2:17.45</b>	32.79	1:08.20	1:43.94	2:17.45
11. Wouter Verdoes	De Columbiaan	2:22.63	200200351	<b>2:17.66</b>	30.98	1:05.85	1:42.10	2:17.66
12. Dylano Termoshuizen	WVZ	2:19.34	200202169	<b>2:18.43</b>	31.19	1:07.57	1:44.17	2:18.43
13. Jherrick Wijma	KZV de Lansingh	2:20.54	200204435	<b>2:19.57</b>	32.42	1:08.46	1:45.44	2:19.57
14. Jaap Schoenmakers	ZV Vlaardingen-Schiedam	2:29.10	200200619	<b>2:20.44</b>	31.27	1:07.29	1:44.50	2:20.44
15. Robert Speksnijder	ZPB-H&L	2:18.67	200200429	<b>2:20.80</b>	31.37	1:07.78	1:45.27	2:20.80
16. Victor Simons	The Hague Swimming (SG)	2:23.45	200203261	<b>2:21.37</b>	32.91	1:09.01	1:45.88	2:21.37
17. Luuk van Holstein	ZV Westland	2:25.06	200203841	<b>2:22.00</b>	33.11	1:09.75	1:47.29	2:22.00
18. Thomas van Wanrooij	Poseidon'56	2:25.42	200201473	<b>2:23.21</b>	33.46	1:09.82	1:46.89	2:23.21
19. Daan Snijders	MNC Dordrecht	2:27.84	200202475	<b>2:27.91</b>	34.92	1:12.68	1:51.71	2:27.91
20. Mart de Koning	ZOB'66	2:32.77	200203253	<b>2:28.36</b>	35.02	1:13.25	1:52.29	2:28.36
21. Milan Zaaier	The Hague Swimming (SG)	2:31.47	200202795	<b>2:29.90</b>	33.82	1:12.26	1:52.07	2:29.90
22. Mark Bom	LZ 1886	2:29.57	200201471	<b>2:30.23</b>	34.26	1:12.73	1:52.18	2:30.23
23. Peter van Driel	ZPCNumansdorp	2:38.57	200200305	<b>2:33.17</b>	35.21	1:16.65	1:57.89	2:33.17
24. Lars Freriks	De Watervogels	2:29.87	200204667	<b>2:33.68</b>	32.64	1:11.37	1:53.25	2:33.68
25. Thomas Vermeij	Van Vliet-Barracuda	2:35.21	200203093	<b>2:34.47</b>	34.33	1:12.80	1:53.60	2:34.47
NG Stijn den Otter	De Devel	2:16.26	200200225					

## Junioren 4

1. Ivo Stolk	SG SCOM/de Zeehond '73	1:58.94	200100615	<b>1:59.52</b>	27.86	58.45	1:28.91	1:59.52
2. Gerard Willighagen	Poseidon'56	2:04.17	200103663	<b>2:00.20</b>	27.53	57.83	1:29.17	2:00.20
3. Quinn van den Heuvel	ZPCNumansdorp	2:00.84	200100297	<b>2:01.38</b>	27.77	59.04	1:30.16	2:01.38
4. Christiaan Smit	The Hague Swimming (SG)	2:04.72	200102463	<b>2:02.13</b>	28.03	59.01	1:30.74	2:02.13
5. Max Visser	WVZ	2:04.04	200100077	<b>2:03.23</b>	28.57	1:00.51	1:32.61	2:03.23
6. Max Huige	SG SCOM/de Zeehond '73	2:05.27	200104355	<b>2:03.63</b>	28.34	59.67	1:32.01	2:03.63
7. Tjeerd van Stein	LinK	2:13.96	200101439	<b>2:06.83</b>	29.41	1:02.40	1:35.27	2:06.83
8. Sander Iuga	Poseidon'56	2:12.44	200101389	<b>2:09.45</b>	29.80	1:03.22	1:36.77	2:09.45
9. Wesley Scheepbouwer	Wiekslag	2:10.33	200101959	<b>2:09.61</b>	28.24	1:01.03	1:35.27	2:09.61
10. Finn van Bommel	De Columbiaan	2:11.29	200103683	<b>2:11.95</b>	29.38	1:03.14	1:37.68	2:11.95
11. Querijn Hensen	The Hague Swimming (SG)	2:12.07	200102121	<b>2:12.73</b>	30.24	1:03.92	1:38.96	2:12.73
12. Jaap Akkermans Castro	The Hague Swimming (SG)	2:15.78	200105143	<b>2:12.87</b>	30.74	1:04.88	1:40.16	2:12.87
13. D. van den Nieuwendijk	De Columbiaan	2:12.09	200100475	<b>2:13.37</b>	29.83	1:03.49	1:38.15	2:13.37
14. Michael Boekestijn	ZV Westland	2:12.30	200100767	<b>2:13.82</b>	30.66	1:05.11	1:40.22	2:13.82
15. Joris de Gier	Widex Gzc Donk	2:11.86	200103817	<b>2:14.78</b>	30.02	1:04.70	1:40.47	2:14.78
16. Youri ten Brink	The Hague Swimming (SG)	2:18.13	200104719	<b>2:15.50</b>	30.18	1:05.06	1:41.83	2:15.50
17. Sjoerd van Weelden	PCG	2:19.06	200101217	<b>2:15.56</b>	31.71	1:06.59	1:41.88	2:15.56
18. Jeroen Reckman	ZPCNumansdorp	2:19.31	200100209	<b>2:15.62</b>	31.27	1:05.81	1:41.40	2:15.62
19. David Kras	De Devel	2:20.77	200103253	<b>2:15.66</b>	30.98	1:05.89	1:41.38	2:15.66
20. Elliott Savelon	The Hague Swimming (SG)	2:21.11	200104693	<b>2:19.84</b>	32.63	1:09.10	1:45.90	2:19.84
21. Boy Borreman	LinK	2:17.94	200102751	<b>2:20.30</b>	31.21	1:06.93	1:43.90	2:20.30
22. Jasper van Oudheusden	De Duck	2:22.80	200102449	<b>2:21.46</b>	32.39	1:08.41	1:45.64	2:21.46
23. Remco Holstege	The Hague Swimming (SG)	2:22.23	200104189	<b>2:23.39</b>	31.87	1:07.29	1:45.05	2:23.39
24. Boris Bruijninx	Van Vliet-Barracuda	2:28.74	200104109	<b>2:25.40</b>	31.96	1:09.64	1:48.38	2:25.40
NG Ignazio Nunzi	WVZ	2:17.01	200101803					
NG Floris de Leeuw	The Hague Swimming (SG)	2:02.99	200105317					

## Jeugd 1 en 2

1. Olivier Jans	The Hague Swimming (SG)	1:59.19	200001815	<b>2:00.39</b>	27.99	58.27	1:29.44	2:00.39
2. Otto Pranger	SG SCOM/de Zeehond '73	2:02.23	200000007	<b>2:02.60</b>	28.41	1:00.04	1:31.19	2:02.60
3. Noah Legerstee	WVZ	2:05.67	200003593	<b>2:02.95</b>	28.88	1:00.47	1:32.38	2:02.95
4. Jasper Breugem	WVZ	2:07.17	200000303	<b>2:04.34</b>	28.57	1:00.09	1:32.80	2:04.34
5. Mark de Jongh	De Devel	2:09.33	200001325	<b>2:06.06</b>	28.63	1:00.97	1:33.91	2:06.06
6. Duncan van Haaren	Widex Gzc Donk	2:10.53	200000681	<b>2:06.33</b>	28.43	1:01.15	1:34.47	2:06.33
7. Ryan van den Ouden	Poseidon'56	2:07.99	199900377	<b>2:06.74</b>	28.05	59.73	1:33.58	2:06.74
8. Jari Voogt	De Duck	2:09.88	200004237	<b>2:07.13</b>	29.36	1:02.01	1:35.85	2:07.13
9. David Kievit	ZC De Schoteijl	2:12.03	199900325	<b>2:08.95</b>	29.98	1:03.53	1:36.84	2:08.95
10. Jaap van Trijp	The Hague Swimming (SG)	2:09.21	199903225	<b>2:09.73</b>	29.04	1:01.87	1:36.11	2:09.73
11. Thomas Hesper	Van Vliet-Barracuda	2:09.82	200004181	<b>2:09.76</b>	29.56	1:02.20	1:36.61	2:09.76
12. Bart Spaans	Sg WZ010/ACZ	2:12.74	199902559	<b>2:11.46</b>	29.31	1:02.10	1:36.80	2:11.46
13. J. de Roy van Zuydewijn	WVZ	2:10.58	200000255	<b>2:11.52</b>	30.56	1:04.75	1:39.01	2:11.52
14. Sander van Beek	LZ 1886	2:09.79	200002917	<b>2:11.53</b>	29.09	1:01.87	1:36.60	2:11.53
15. Sybe de Waard	De Devel	2:07.64	199900139	<b>2:11.78</b>	29.36	1:02.85	1:36.84	2:11.78
16. Tristan Stam	ZOB'66	2:18.05	199903551	<b>2:12.01</b>	29.78	1:03.25	1:38.11	2:12.01
17. Ricardo van der Steen	ZV Vlaardingen-Schiedam	2:10.30	200000625	<b>2:13.49</b>	28.14	1:00.71	1:36.50	2:13.49
18. Aidan van Gool	De Geul	2:14.30	200001773	<b>2:14.90</b>	29.14	1:02.62	1:38.28	2:14.90
19. Thomas Bordewijk	De Kempvis	2:16.27	200001047	<b>2:15.41</b>	30.83	1:04.93	1:40.50	2:15.41
20. Jervis Boele	ZPCNumansdorp	2:18.34	200004141	<b>2:17.14</b>	32.19	1:07.84	1:43.05	2:17.14
21. Thomas Boxman	The Hague Swimming (SG)	2:17.37	200005203	<b>2:17.75</b>	30.58	1:05.67	1:41.86	2:17.75
22. Liam van Gool	De Geul	2:20.44	200001111	<b>2:20.01</b>	31.52	1:07.29	1:43.95	2:20.01
NG Nick Boekestijn	ZV Westland	2:15.77	199900291					

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

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
NG Rogier Dorsman	De Devel	2:08.41	199900211				
NG Robin Lecomte	KZV de Lansingh	2:09.02	199900711				

Senioren 1 en ouder

1. Ruben Stam	SG Albion d'ELFT	1:54.56	199800331	<b>1:57.24</b>	26.95	56.70	1:27.20	1:57.24
2. Alex Schelvis	LinK	1:57.39	198702927	<b>1:57.51</b>	27.64	57.59	1:27.30	1:57.51
3. Erik Simons	SG Albion d'ELFT	1:54.29	198902845	<b>1:57.67</b>	26.91	56.86	1:27.43	1:57.67
4. Ensger Kotterink	SG Albion d'ELFT	1:54.86	199403391	<b>1:57.82</b>	27.59	58.70	1:29.65	1:57.82
5. Pascal Nuijten	ZV Westland	1:59.79	199701353	<b>1:59.76</b>	27.47	58.30	1:28.79	1:59.76
6. Robin van Beek	LZ 1886	1:58.19	199704023	<b>2:00.89</b>	27.82	58.13	1:29.61	2:00.89
7. Armand Heyder	ZV Westland	2:03.04	199603221	<b>2:01.66</b>	27.23	58.17	1:30.23	2:01.66
8. Lars Schoffelmeer	ZPB-H&L	2:00.04	199501907	<b>2:02.48</b>	28.15	59.17	1:30.91	2:02.48
9. Jordy van Oel	WVZ	2:05.37	199802003	<b>2:04.02</b>	28.58	1:00.09	1:32.95	2:04.02
10. Rutger Dalm	KZV de Lansingh	2:03.38	199005561	<b>2:04.10</b>	28.24	59.25	1:32.16	2:04.10
11. Dave Jansen	SG Albion d'ELFT	2:06.02	199805299	<b>2:04.58</b>	27.55	59.65	1:32.53	2:04.58
12. L. van der Klooster	ZPB-H&L	2:04.24	199801361	<b>2:04.65</b>	28.96	1:00.72	1:33.56	2:04.65
13. Paul van Grol	Widex Gzc Donk	2:07.31	199602951	<b>2:05.47</b>	28.37	1:00.25	1:32.85	2:05.47
14. Nordin Termoshuizen	WVZ	2:03.85	199605401	<b>2:05.85</b>	28.97	1:01.57	1:34.90	2:05.85
15. Daan Siebenheller	ZOB'66	2:07.21	199804955	<b>2:06.59</b>	29.63	1:02.94	1:35.27	2:06.59
16. Ben Muller	De Geul	2:04.56	199801281	<b>2:06.99</b>	29.29	1:01.19	1:34.20	2:06.99
17. Jim Geestman	RSW	2:04.89	198300699	<b>2:07.12</b>	29.84	1:02.38	1:35.49	2:07.12
18. Pascal van Haren	Van Vliet-Barracuda	2:07.70	198704101	<b>2:09.18</b>	28.31	1:00.44	1:34.53	2:09.18
19. Kevin Kingma	KZV de Lansingh	2:10.33	199700559	<b>2:09.72</b>	28.95	1:02.15	1:37.13	2:09.72
20. Remco Oskam	Widex Gzc Donk	2:08.26	199205583	<b>2:12.60</b>	28.87	1:02.18	1:37.64	2:12.60
NG Bas Verdoes	De Columbiaan	2:03.73	199801487					
NG Emiel van Beusekom	Van Vliet-Barracuda	2:00.20	199403951					
NG Jonne Schaafsma	The Hague Swimming (SG)	1:54.44	199800745					

Programmanr. 22  
15-1-2017 - 16:25

Meisjes, 4 x 100m vrije slag

Junioren 3 en jonger  
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	SG Albion d'ELFT 1	4:28.54	<b>4:21.29</b>
	Suzanne Dorsman	+0,78 31.52 1:05.97	Silke Bliet +0,38 31.99 1:07.16
	Yara Aaldring	31.07 1:08.02	Imke Beekman +0,53 28.96 1:00.14
2.	De Columbiaan 1	4:25.55	<b>4:22.67</b>
	<i>*eindtijd is backup tijd</i>		
	Britt van Bommel	+0,79 31.54 1:05.04	Danielle Vis +0,27 31.56 1:38.38
	Anique Star	+0,32 31.97 1:07.69	Amy Koelman 34.70 1:38.38
3.	LinK 1	4:28.68	<b>4:23.36</b>
	Nora van der Steen	+0,76 31.98 1:06.41	Lize van Stigt +0,17 32.19 1:07.02
	Marije de Jager	+0,41 31.85 1:06.81	Kim de Jong +0,70 30.40 1:03.12
4.	De Devel 1	4:27.39	<b>4:24.50</b>
	Rinske Bouman	+0,77 31.20 1:05.36	Isis Naaktgeboren +0,36 31.42 1:05.41
	Joyce van t Hof	+0,30 31.50 1:06.05	Asha van Lobbergt +0,50 31.61 1:07.68
5.	De Columbiaan 2	4:36.03	<b>4:32.98</b>
	Robine Boer	+0,69 32.25 1:07.92	Milou Adriaanse +0,23 32.75 1:10.15
	Julia Notenboom	+0,40 30.94 1:04.80	Noah Koelman +0,17 32.65 1:10.11
6.	Lansingh 1	4:39.68	<b>4:41.77</b>
	Laura Hoogenboezem	+0,74 34.20 1:11.73	Julia de Heide +0,20 33.01 1:09.29
	Cheyenne Elburg	+0,23 34.59 1:13.22	Esther Reinders +0,31 31.85 1:07.53
7.	De Devel 2	4:58.79	<b>4:55.84</b>
	Isa Maes	+0,80 35.22 1:14.36	Juliette Boon +0,64 35.72 1:15.63
	Milou van Wijk	+0,54 32.13 1:08.78	Jessica Kras +0,57 35.65 1:17.07

rang	vereniging	inschrijftijd		tijd		tijd		
1.	The Hague Swimming (SG) 1	The Hague Swimming (SG)		3:53.05		<b>3:55.40</b>		
	Elinore de Jong	+0,70	26.58	55.58	Lotte Hosper	+0,29	29.06	1:00.48
	Sterre Keller	+0,55	28.87	1:00.17	Maud Hoofs	+0,16	28.52	59.17
2.	WVZ 1	WVZ		3:57.75		<b>3:56.12</b>		
	Lauren van IJl	+0,64	28.60	59.91	Christy Geurts	+0,62	28.87	1:00.37
	Inge Vieveen	+0,40	28.01	58.82	Claire Verkijk	+0,24	27.33	57.02
3.	The Hague Swimming (SG) 2	The Hague Swimming (SG)		4:10.47		<b>4:11.73</b>		
	Femke Hoppenbrouwer	+0,73	29.70	1:03.43	Gaetane Demyttenaere	+0,73	30.20	1:03.04
	Sacha van den Dobbelssteen	+0,43	29.72	1:02.98	Lincy de Winter	+0,29	29.39	1:02.28
4.	Wiekslag 1	Wiekslag		4:11.18		<b>4:12.89</b>		
	Cheyenne Visser	+1,90	29.20	1:02.21	Sylvana Kusters	+0,45	31.74	1:08.37
	Abigail den Boef	+0,32	29.96	1:04.07	Romy de Laat	+0,33	28.04	58.24
5.	PCG 1	PCG		4:20.51		<b>4:28.94</b>		
	Ilse Wijnmaalen	+0,78	33.00	1:10.89	Esmee Wijnmaalen	+0,29	31.35	1:06.56
	Lise van Mourik	+0,34	32.03	1:10.80	Anouk van Weelden	+0,37	28.93	1:00.69
6.	LinK 1	LinK		4:29.25		<b>4:30.73</b>		
	Emily Beres	+0,85	31.72	1:06.18	Mar Stoel	+0,42	33.61	1:12.34
	Samantha Gerritse	+0,10	31.89	1:06.82	Heidi den Boer	+0,24	31.15	1:05.39
NG	GZC Donk 1	Widex Gzc Donk		4:21.27				