

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 1
23-11-2019 - 9:30

Gemengd, 4 x 100m vrije slag

11 jaar en ouder
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1 Fleur Kamminga Sophie de Jonge	WVZ +0,81 30.01 +0,52 28.37	3:49.24 1:03.41 Joost de Roy van Zuydewijn 59.23 Quinn van den Heuvel	3:50.47 +0,15 25.58 54.90 +0,42 25.22 52.93
2.	Lansingh 1 Kevin Kingma Pien Schravandesande	KZV de Lansingh +0,70 26.43 +0,37 28.41	3:54.00 55.66 Mariska Scheel 59.90 Rutger Dalm	3:50.65 +0,40 28.33 1:00.08 +0,24 26.62 55.01
3.	ZVL-1886 Tetteroo 1 Guus Hoogduin Sanne Heemskerk	ZVL-1886 Tetteroo +0,86 27.46 +0,47 28.11	3:49.53 57.32 Robin van Beek 59.42 Silke Molendijk	3:51.16 +0,32 26.36 55.67 +0,38 28.12 58.75
4.	MNC Dordrecht 1 Jorian Tanis Leyla Oversluiszen	MNC Dordrecht +0,78 25.76 +0,47 29.47	3:45.78 53.45 Stijn Geelen 1:03.72 Phaedra Meijer	3:54.64 +0,23 26.28 55.92 +0,58 29.61 1:01.55
5.	De Schotejil 1 Aron Paasse Lotte Tillemma	z.c De Schotejil +0,68 26.65 +0,60 30.49	3:55.63 55.88 Manon Middelbos 1:04.54 Jacob Mackloet	3:59.98 +0,45 30.38 1:04.56 +0,19 25.93 55.00
6.	ZOB'66 1 Wendy de Bruin Rozeemarijn van Haaff	ZOB'66 +0,69 30.08 +0,19 29.79	3:58.16 1:04.23 Mart de Koning 1:02.88 Daan Sieberheller	4:00.54 +0,37 26.94 57.63 +0,42 26.22 55.80
7.	De Columbiaan 1 Max van Schagen Kimberly Ruiters	De Columbiaan +0,68 26.79 +0,61 30.05	4:01.44 57.18 Thijm Kruit 1:04.66 Daniëlle Vis	4:01.38 +0,41 27.31 57.68 +0,36 29.68 1:01.86
8.	GZC Donk 1 Duncan van Haaren Paul van Grol	Widex GZC Donk +0,72 26.85 +0,31 26.60	3:56.89 56.35 Jana Driest 56.00 Mandy van der Meijden	4:06.54 +0,39 32.52 1:10.92 +0,16 29.67 1:03.27
9.	ZZ&PC De Devel 1 Isis Naaktgeboren Esper Paans	ZZ&PC De Devel +0,82 30.52 +0,37 28.74	4:06.10 1:03.13 Laura Tromp 1:00.56 Julian Stok	4:07.44 +0,22 30.70 1:04.78 +0,22 27.64 58.97
10.	LinK 1 Daan Hogerhuis Boy Borreman	LinK +0,81 26.41 +0,37 29.01	4:03.43 55.58 Nora van der Steen 1:02.30 Marije de Jager	4:07.53 +0,23 31.22 1:05.17 +0,12 29.96 1:04.48
11.	Wiekslag 1 Evi Bol Tjomme de Tender	ZPC Wiekslag +0,74 33.81 +0,54 29.97	4:25.95 1:11.48 Sophie Buurman 1:03.21 Aaike de Tender	4:23.33 +0,39 30.40 1:04.83 +0,37 30.40 1:03.81

Programmanr. 2
23-11-2019 - 9:40

Heren, 100m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1 en 2							
1.	Daan Sonneveld	WVZ	1:12.47	200601085	1:03.57	+0,68	28.64 1:03.57
2.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:06.92	200700023	1:06.82	+0,68	30.97 1:06.82
3.	Nikodim Markovic	The Hague Swimming (SG)	1:10.85	200700255	1:07.35	+0,75	31.47 1:07.35
4.	Thom de Hoog	SG SCOM/de Zeehond'73	1:08.40	200600019	1:07.38	+0,83	30.64 1:07.38
5.	Mark Demianenko	Zoetermeer	1:09.68	200600409	1:08.02	+0,65	31.51 1:08.02
6.	Bjorn Rijkaart	BZ en PC	1:14.54	200601337	1:12.18	+0,70	33.17 1:12.18
7.	Joris Lissenberg	The Hague Swimming (SG)	1:18.79	200600585	1:13.06	+0,76	32.82 1:13.06
8.	Bas Blanker	ZPB H&L Productions	1:12.98	200601497	1:13.41	+0,73	33.80 1:13.41
9.	Laurens Kalle	z.c De Schotejil	1:13.48	200600161	1:13.98	+0,76	33.75 1:13.98
10.	Hessel de Jong	KZV de Lansingh	1:15.93	200602753	1:14.44	+0,76	35.18 1:14.44
11.	Benjamin van Helsdingen	ZZ&PC De Devel	1:14.77	200601097	1:14.90	+0,80	35.26 1:14.90
12.	Janu Nolden	WVZ	1:18.15	200600289	1:15.33	+0,69	33.69 1:15.33
13.	Kaan Uludag	Zoetermeer	1:21.62	200603559	1:15.54	+0,80	34.20 1:15.54
14.	Floris Wassenaar	WVZ	1:16.26	200600649	1:15.69	+0,74	35.62 1:15.69
15.	Dimi Stoyanov	The Hague Swimming (SG)	1:18.30	200601067	1:15.96	+0,68	35.11 1:15.96
16.	Roan van der Weide	Widex GZC Donk	1:17.93	200601629	1:16.04	+0,69	36.25 1:16.04
17.	Thijs van den Berg	The Hague Swimming (SG)	1:19.76	200600971	1:16.16	+0,74	35.79 1:16.16
18.	Joshua Agussalim	ZPV Barracuda	1:15.35	200600153	1:16.60	+0,71	34.35 1:16.60
19.	Benjamin Vermeer	Zoetermeer	1:19.94	200600177	1:17.46	+0,78	36.28 1:17.46
20.	Bas Bechtold	ZPV Barracuda	1:15.15	200600007	1:17.62	+0,64	34.81 1:17.62
21.	Björn Mulder	Zoetermeer	1:20.63	200601517	1:17.80	+0,66	37.33 1:17.80
22.	Tavi de Gelder	ZOB'66	1:17.75	200602335	1:17.92	+0,78	35.76 1:17.92
23.	Denzel Barthen	WVZ	1:20.09	200700147	1:18.49	+0,76	36.07 1:18.49
24.	Robin den Ouden	ZPC Wiekslag	1:22.14	200600255	1:19.09	+0,62	37.49 1:19.09

Regiokampioenschappen korte baan
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Programmanr. 2, Jongens, 100m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT	50m	100m
25.	Daniel Gavran	Widex GZC Donk	1:20.43	200600667	1:19.36	+0,68	37.90	1:19.36
26.	Tibbe Veldboer	ZPB H&L Productions	1:19.03	200600911	1:19.78	+0,81	35.90	1:19.78
27.	Jisse Lousma	WVZ	1:21.94	200701493	1:20.46	+0,80	36.68	1:20.46
28.	Bart Tuinenburg	ZPC Wiekslag	1:21.52	200602347	1:20.66	+0,63	37.06	1:20.66
29.	Renzo Steller	WVZ	1:22.85	200701141	1:20.96	+0,90	37.86	1:20.96
30.	Boele Böhm	De Columbiaan	1:21.76	200700739	1:21.81	+0,76	38.59	1:21.81
31.	Arav Ramcharan	Poseidon'56	1:21.83	200603067	1:22.16	+0,81	38.07	1:22.16
32.	Thijmen de Rijke	ZPC Numansdorp	1:23.09	200602199	1:25.62	+0,82	39.76	1:25.62
33.	Max Bos	SG SCOM/de Zeehond'73	1:28.57	200701383	1:26.09	+0,77	40.99	1:26.09
DIS	Lucas van Peenen	ZVL-1886 Tetteroo	1:21.46	200600457				

RF - Bij het loslaten van de wand na het keerpunt de rugligging niet aangenomen.

AFGEM Sven Markkus Eschbach ZZ&PC De Devel 1:15.21 200602013

Junioren 3 en 4

1.	Abel te Riele	WVZ	1:05.24	200402317	1:03.36	+0,67	29.65	1:03.36
2.	Max van Schagen	De Columbiaan	1:05.41	200402591	1:03.46	+0,69	30.65	1:03.46
3.	River Streefland	The Hague Swimming (SG)	1:04.83	200502253	1:03.99	+0,74	29.59	1:03.99
4.	Loeka Wubben	The Hague Swimming (SG)	1:06.15	200400307	1:04.88	+0,69	29.59	1:04.88
5.	Yanieck Frijstein	The Hague Swimming (SG)	1:11.89	200500329	1:05.86	+0,75	30.43	1:05.86
6.	Gabriel Been	The Hague Swimming (SG)	1:08.78	200501467	1:05.94	+0,77	30.76	1:05.94
7.	Kun Woo Kim	The Hague Swimming (SG)	1:08.89	200401361	1:06.16	+0,73	30.89	1:06.16
8.	Timo Wouters	MNC Dordrecht	1:06.74	200401363	1:06.40	+0,72	30.88	1:06.40
9.	Sem Agterdenbos	MNC Dordrecht	1:08.92	200500049	1:07.82	+0,63	30.10	1:07.82
10.	Milan Masselink	The Hague Swimming (SG)	1:08.48	200402165	1:07.94	+0,79	31.84	1:07.94
11.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:08.64	200404457	1:09.12	+0,61	32.27	1:09.12
12.	Erik Oldenkamp	Rotterdam Swimming (SG)	1:06.12	200400597	1:09.34	+0,69	31.42	1:09.34
13.	Menno Wieringa	KZV de Lansingh	1:08.68	200500927	1:09.55	+0,73	30.66	1:09.55
14.	Michael van den Enden	PCG	1:10.07	200401589	1:10.49	+0,65	32.12	1:10.49

*bu 50m

15.	Bo Schoenmakers	Widex GZC Donk	1:15.17	200402919	1:10.56	+0,72	32.78	1:10.56
16.	Guus Geelen	ZVL-1886 Tetteroo	1:14.38	200401183	1:10.78	+0,75	32.16	1:10.78
17.	Marijn Dekkers	Widex GZC Donk	1:11.39	200402275	1:10.83	+0,73	32.65	1:10.83
18.	Daniel 't Mannetje	z.c De Schotejil	1:09.87	200400183	1:10.87	+0,64	32.04	1:10.87
19.	Aaïke de Tender	ZPC Wiekslag	1:12.75	200502189	1:11.31	+0,72	33.61	1:11.31
20.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:09.61	200500781	1:11.42	+0,73	32.70	1:11.42
21.	Sem Verberg	The Hague Swimming (SG)	1:12.31	200402105	1:11.43	+0,74	31.98	1:11.43
22.	Christian Kalle	z.c De Schotejil	1:11.76	200400687	1:11.47	+0,79	33.33	1:11.47
23.	Wouter Willig	De Watervogels	1:13.35	200502785	1:12.37	+0,66	34.22	1:12.37
24.	Thijm Kruit	De Columbiaan	1:09.29	200401339	1:12.41	+0,78	33.07	1:12.41
25.	Onno Roeleveld	De Columbiaan	1:13.63	200502775	1:12.83	+0,81	33.54	1:12.83
26.	Timon Wijsman	D'elft	1:14.10	200403707	1:12.99	+0,64	32.65	1:12.99
27.	Tim van Lochem	Zoetermeer	1:13.86	200500077	1:13.21		33.41	1:13.21
28.	Niels van der Mast	ZPC Numansdorp	1:08.81	200401917	1:13.40	+0,74	33.62	1:13.40
29.	Tjomme de Tender	ZPC Wiekslag	1:11.97	200502187	1:14.26	+0,73	33.74	1:14.26
30.	Mylan de Gelder	ZOB'66	1:15.20	200404543	1:14.39	+0,80	33.89	1:14.39
31.	Luuk Bogaert	De Watervogels	1:14.86	200503203	1:14.57	+0,72	33.79	1:14.57
32.	Conor Baker	De Columbiaan	1:14.22	200500991	1:14.58	+0,75	33.63	1:14.58
33.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:13.85	200402559	1:15.35	+0,74	34.19	1:15.35
34.	Christian Schenk	ZV Strijen	1:14.84	200402191	1:16.86	+0,72	36.24	1:16.86
35.	Pim Romeijn	ZPC Wiekslag	1:14.92	200401321	1:18.39	+0,79	36.50	1:18.39
36.	Jelmer Paans	ZZ&PC De Devel	1:41.19	200404441	1:40.08	+0,68	44.50	1:40.08
NG	Jens Brouwer	ZOB'66	1:14.86	200403167				

Jeugd 1 en 2

1.	Perry Laarhoven	ZPC Numansdorp	1:00.54	200301321	59.53	+0,76	27.90	59.53
2.	Jarno Verbeek	Zoetermeer	1:00.18	200200931	59.94	+0,71	28.25	59.94
3.	Michael Smink	The Hague Swimming (SG)	1:00.98	200302169	1:00.98	+0,77	27.34	1:00.98
4.	Dylan Jansen	WVZ	1:03.81	200300817	1:02.69	+0,65	29.45	1:02.69
5.	Mart de Koning	ZOB'66	1:02.77	200203253	1:02.99	+0,72	29.14	1:02.99
6.	Wesley Zulver	ZV Vlaardingen-Schiedam	1:02.86	200301319	1:03.37	+0,61	29.27	1:03.37
7.	Milan Hamel	The Hague Swimming (SG)	1:04.90	200302125	1:03.54	+0,64	29.78	1:03.54
8.	Guus Hoogduin	ZVL-1886 Tetteroo	1:06.34	200201069	1:03.72	+0,75	30.00	1:03.72
9.	Bjarne Buijs	The Hague Swimming (SG)	1:06.08	200301089	1:04.66	+0,66	29.60	1:04.66
10.	Daan Hogerhuis	Link	1:06.16	200300317	1:05.12	+0,80	30.21	1:05.12
11.	M. Lopes Cardozo	WZK	1:06.52	200300665	1:06.14	+0,62	30.06	1:06.14

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Dordrecht, 23- - 24-11-2019

Programmanr. 2, Jongens, 100m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
12.	Erik van Gemert	Poseidon'56	1:05.53	200300587	1:06.44	+0,72	31.40	1:06.44
13.	Simon Dijkstra	Rotterdam Swimming (SG)	1:08.07	200204905	1:06.75	+0,70	30.96	1:06.75
14.	Stefan Groen	KZV de Lansingh	1:07.63	200301179	1:07.43	+0,76	30.92	1:07.43
15.	Julian Stok	ZZ&PC De Devel	1:08.23	200300071	1:09.52	+0,60	32.50	1:09.52

Senioren 1 en ouder

1.	Ensgar Kotterink	Albion WSS (SG)	54.51	199403391	55.49	+0,66	25.62	55.49
2.	Jeroen Baars	Rotterdam Swimming (SG)	55.58	199200031	55.99	+0,74	25.57	55.99
3.	Pascal Nuijten	Albion WSS (SG)	1:00.17	199701353	1:00.19	+0,71	27.22	1:00.19
4.	Jordy Zuidhoek	De Columbiaan	1:00.80	199201569	1:00.95	+0,71	28.19	1:00.95
5.	Max Visser	WVZ	1:01.03	200100077	1:01.03	+0,79	28.59	1:01.03
6.	J. de Roy van Zuydewijn	WVZ	1:01.06	200000255	1:01.15	+0,71	28.93	1:01.15
7.	Quinn van den Heuvel	WVZ	1:00.21	200100297	1:01.21	+0,80	29.02	1:01.21
8.	Derk Jan Speelman	Rotterdam Swimming (SG)	59.71	199602425	1:01.31	+0,66	28.20	1:01.31
9.	Bas Verdoes	De Columbiaan	1:02.11	199801487	1:01.43	+0,78	27.96	1:01.43
10.	Stijn Geelen	MNC Dordrecht	1:00.04	199801363	1:01.87	+0,72	28.98	1:01.87
11.	Duncan van Haaren	Widex GZC Donk	1:00.81	200000681	1:02.18	+0,75	29.87	1:02.18
12.	Noah Legerstee	WVZ	1:02.67	200003593	1:02.19	+0,73	28.10	1:02.19
13.	Bert Duivenvoorde	Noordwijkerhout	1:03.25	199701805	1:02.34	+0,76	28.69	1:02.34
14.	Ryan van den Ouden	Poseidon'56	1:04.07	199900377	1:03.02	+0,78	28.75	1:03.02
15.	Daan Egberts	AZC	1:05.04	199502433	1:03.13	+0,67	28.55	1:03.13
16.	Thijs Molendijk	D'elft	1:04.70	199900477	1:04.68	+0,73	28.85	1:04.68
17.	L. van der Klooster	ZPB H&L Productions	1:02.48	199801361	1:04.81	+0,63	30.08	1:04.81
18.	David Kievit	z.c De Schotejil	1:02.79	199900325	1:05.51	+0,81	29.29	1:05.51
19.	Jacob Mackloet	z.c De Schotejil	1:04.62	200001171	1:06.35	+0,72	30.43	1:06.35
20.	Paul van Grol	Widex GZC Donk	1:02.21	199602951	1:06.47	+0,65	31.31	1:06.47
21.	Rutger Dalm	KZV de Lansingh	1:05.18	199005561	1:11.85	+0,68	31.96	1:11.85
DIS	Sander Iuga	Albion WSS (SG)	1:04.47	200101389				

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

NG.ZA	Jeremy Giribaldie	Rotterdam Swimming (SG)	1:00.73	200005803	
NG.ZA	Perry Lindo	Rotterdam Swimming (SG)	1:00.99	199207337	
NG	Tim van Duuren	Widex GZC Donk	1:05.56	199802255	SM9

Programmanr. 3

Dames, 200m schoolslag

Senioren Open

23-11-2019 - 10:05

Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Juniores 1 en 2										
1.	Annieke Rupke	Widex GZC Donk	2:59.01	200700876	2:51.69	+0,76	38.75	1:22.73	2:07.01	2:51.69
2.	Thalia Meijer	MNC Dordrecht	2:54.22	200704048	2:52.58	+0,67	38.82	1:22.89	2:08.10	2:52.58
3.	Flora Szili-Torok	Rotterdam Swimming (SG)	3:01.54	200800114	2:55.53	+0,84	39.57	1:24.73	2:10.56	2:55.53
4.	Robin Vermeulen	MNC Dordrecht	2:53.21	200700412	2:55.57	+0,86	39.09	1:23.60	2:10.20	2:55.57
5.	Mila Oomens	ZPV Barracuda	3:08.33	200700016	3:00.05	+0,81	40.87	1:27.63	2:14.41	3:00.05
6.	Charlene Ruiters	De Columbiaan	3:07.41	200700522	3:01.42	+0,75	39.66	1:25.88	2:13.89	3:01.42
7.	Samantha van der Jagt	ZZ&PC De Devel	3:06.68	200700220	3:01.98	+0,84	40.64	1:25.77	2:13.99	3:01.98
8.	Ananda van der Wiel	WVZ	3:04.13	200701562	3:05.78	+0,67	41.71	1:29.52	2:17.72	3:05.78
9.	Sophie Adriaanse	De Columbiaan	3:13.26	200701066	3:07.83	+0,81	42.04	1:30.04	2:19.38	3:07.83
	<i>*bu 5eindtijd</i>									
10.	Daniek Wijnen	ZVL-1886 Tetteroo	3:15.69	200701280	3:08.73	+0,70	41.27	1:29.30	2:18.84	3:08.73
11.	Dominique Overduin	z.c De Schotejil	3:05.54	200700172	3:09.24	+0,75	42.27	1:29.74	2:18.80	3:09.24
12.	Charlotte Woltjes	The Hague Swimming (SG)	3:19.44	200700110	3:10.52	+0,84	43.47	1:32.79	2:22.44	3:10.52
13.	Shirley van Mourik	MNC Dordrecht	3:16.93	200802092	3:11.98	+0,71	45.52	1:34.75	2:24.07	3:11.98
14.	Liv Heijdra	Albion WSS (SG)	3:11.20	200800736	3:12.89	+0,71	42.97	1:31.96	2:22.96	3:12.89
15.	Britte Lodder	ZZ&PC De Devel	3:17.11	200702290	3:13.86	+0,76	44.12	1:33.81	2:24.80	3:13.86
16.	Meyke v. Nimwegen	z.c De Schotejil	3:14.72	200800106	3:13.99	+0,91	44.19	1:33.56	2:24.49	3:13.99
17.	Sofia Brouwer	The Hague Swimming (SG)	3:22.99	200702700	3:15.64	+0,68	43.03	1:33.45	2:25.78	3:15.64
18.	Floor Hogervorst	Noordwijkerhout	3:14.93	200701400	3:15.68	+0,79	43.58	1:33.91	2:24.98	3:15.68
19.	Fleur Kamminga	WVZ	3:13.34	200701838	3:16.48	+0,71	44.50	1:33.69	2:25.31	3:16.48
20.	Stella van Droffelaar	ZV Vlaardingen-Schied3	3:14.54	200700048	3:17.66	+0,74	45.34	1:36.11	2:27.22	3:17.66

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 3, Dames, 200m schoolslag

13 - 14 jaar

1. Merel Schravendijk	The Hague Swimming	(2:48.24	200503382	2:41.62	+0,73	37.42	1:19.02	2:00.69	2:41.62
2. Elijdah van der Heul	Rotterdam Swimming	(2:42.63	200602180	2:44.06	+0,81	36.96	1:18.40	2:01.13	2:44.06
3. Niké Telkamp	The Hague Swimming	(2:44.26	200501088	2:44.10	+0,76	36.70	1:18.35	2:01.10	2:44.10
4. E. van Wijngaarden	ZPB H&L Productions	2:53.47	200601020	2:47.31	+0,84	38.03	1:20.55	2:04.22	2:47.31
5. Isa Maes	Albion WSS (SG)	2:51.40	200500110	2:48.32	+0,71	37.04	1:20.16	2:04.42	2:48.32
6. Lyke Buscop	z.c De Schotejil	2:54.97	200500552	2:51.97	+0,53	37.80	1:21.02	2:05.89	2:51.97
7. Megan Jonkman	The Hague Swimming	(2:54.95	200600508	2:53.83	+0,85	39.11	1:24.08	2:09.17	2:53.83
8. Madoline Held	The Hague Swimming	(3:00.97	200503412	2:57.76	+0,75	40.15	1:25.72	2:12.17	2:57.76
9. Noor Frijlink	De Columbiaan	3:02.86	200500970	2:58.08	+0,78	41.01	1:26.11	2:12.48	2:58.08
10. Emi Schipper	ZOB'66	2:56.26	200502126	2:58.70	+0,80	39.41	1:24.72	2:11.17	2:58.70
11. Laura Hoogenboezem	KZV de Lansingh	2:58.19	200500390	2:58.88	+0,70	39.62	1:24.69	2:11.93	2:58.88
12. Anouchka Bos	ZPV Barracuda	2:50.92	200501528	2:59.55	+0,72	38.07	1:21.24	2:08.13	2:59.55
13. Sylvie Roos	Albion WSS (SG)	2:59.61	200502772	2:59.57	+0,71	39.98	1:25.66	2:12.80	2:59.57
14. Vivianne Woltjes	The Hague Swimming	(3:04.48	200501524	3:00.37	+0,77	39.46	1:25.84	2:13.52	3:00.37
15. Leyla Oversluizen	MNC Dordrecht	2:59.35	200602730	3:00.92	+0,79	39.83	1:26.28	2:14.93	3:00.92
16. Charlize Rovers	De Kempvis	3:00.75	200600684	3:05.56	+0,81	40.44	1:27.38	2:16.75	3:05.56
17. Elise Vink	De Columbiaan	2:59.61	200502588	3:07.00	+0,80	41.61	1:28.40	2:17.74	3:07.00

15 - 16 jaar

1. Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:37.77	200404272	2:38.36	+0,73	34.82	1:14.69	1:56.02	2:38.36
2. Jade Geurts	WVZ	2:46.41	200402278	2:45.41	+0,80	37.64	1:19.89	2:02.43	2:45.41
3. Rinske Bouman	Rotterdam Swimming	(2:42.23	200400578	2:45.49	+0,66	36.66	1:17.86	2:01.17	2:45.49
4. Kim de Jong	LinK	2:45.28	200301026	2:45.81	+0,84	37.26	1:19.48	2:02.89	2:45.81
5. Daniëlle Vis	De Columbiaan	2:45.98	200401044	2:45.86	+0,74	38.16	1:20.18	2:02.90	2:45.86
6. Phaedra Meijer	MNC Dordrecht	2:47.02	200405834	2:46.29	+0,83	37.51	1:20.46	2:04.13	2:46.29
7. Jonna Muntjewerff	The Hague Swimming	(2:48.09	200402396	2:52.84	+0,83	38.97	1:23.01	2:07.61	2:52.84
8. Mara Bosman	The Hague Swimming	(2:50.13	200303048	2:53.12	+0,59	38.39	1:22.76	2:07.54	2:53.12
9. Tessa Poot	ZV Vlaardingen-Schied	2:55.11	200404264	2:56.99	+0,79	37.80	1:23.38	2:11.01	2:56.99
10. Amy Koelman	De Columbiaan	2:56.64	200300922	2:57.25	+0,78	40.65	1:25.22	2:11.01	2:57.25
11. Julia Notenboom	De Columbiaan	2:59.26	200302596	3:02.15	+0,86	41.14	1:26.99	2:14.49	3:02.15
12. Eline Schaap	BZ en PC	3:03.87	200303734	3:02.44	+0,81	41.20	1:27.72	2:15.15	3:02.44
13. Maaïke van Lochem	Zoetermeer	2:59.08	200301390	3:07.67	+0,73	41.65	1:29.88	2:17.73	3:07.67
14. Lize van Stigt	LinK	3:11.77	200401510	3:17.94	+0,71	44.23	1:34.50	2:26.56	3:17.94
NG.ZA Jet van Oudheusden	ZOB'66	2:57.71	200401012						

Senioren

1. Angelique van Vark	Z&PC De Gouwe	2:35.47	199701478	2:40.07	+0,73	35.20	1:15.38	1:57.37	2:40.07
2. Silke Molendijk	ZVL-1886 Tetteroo	2:37.85	200100178	2:44.27	+0,73	38.85	1:20.64	2:02.40	2:44.27
3. Lotte Middelbos	z.c De Schotejil	2:48.09	199900680	2:50.06	+0,78	37.42	1:20.90	2:05.37	2:50.06
4. Inge van der Hoek	The Hague Swimming	(2:51.32	199204034	2:51.22	+0,77	37.63	1:20.21	2:05.15	2:51.22
5. Rozemarijn van Haaff	ZOB'66	2:51.98	200201852	2:51.68	+0,80	38.22	1:21.24	2:06.06	2:51.68
6. Lonneke Graansma	ZVL-1886 Tetteroo	2:50.41	199900936	2:52.14	+0,74	37.91	1:21.41	2:06.38	2:52.14
7. Paula Dorsman	D'elft	2:52.96	200105354	2:55.73	+0,75	38.04	1:22.19	2:08.52	2:55.73
8. Anna Hoogenboezem	KZV de Lansingh	2:52.18	200200658	2:56.92	+0,78	39.27	1:24.29	2:10.56	2:56.92
9. Elyanne Boudestein	Zoetermeer	2:49.95	200101060	2:58.03	+0,77	39.18	1:23.32	2:10.84	2:58.03
10. Laura Tromp	ZZ&PC De Devel	3:02.21	200000276	2:58.82	+0,72	40.04	1:25.42	2:11.35	2:58.82
11. Susan van Grol	Widex GZC Donk	2:54.75	200201344	2:59.75	+0,71	40.34	1:25.69	2:12.20	2:59.75
NG Anniek de Ruiter	Widex GZC Donk	2:55.21	200101224						

Programmanr. 4
23-11-2019 - 10:30

Heren, 200m vlinderslag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1 en 2									
1. Daan Sonneveld	WVZ	2:53.53	200601085	2:38.35	+0,73	34.30	1:14.53	1:56.56	2:38.35
2. Dimi Stoyanov	The Hague Swimming	(2:40.89	200601067	2:41.18	+0,54	33.50	1:12.98	1:57.24	2:41.18
3. Laurens Kalle	z.c De Schotejil	2:42.02	200600161	2:44.06	+0,76	37.09	1:19.49	2:04.01	2:44.06
4. B. van Helddingen	ZZ&PC De Devel	2:56.76	200601097	2:44.32	+0,80	35.52	1:16.52	2:01.13	2:44.32
5. Bas Blanker	ZPB H&L Productions	2:51.44	200601497	2:48.97	+0,73	37.33	1:22.34	2:06.03	2:48.97
6. Joshua Agussalim <i>*bu eindtijd</i>	ZPV Barracuda	2:49.25	200600153	2:53.28	+0,72	33.96	1:16.47	2:06.12	2:53.28
7. Benjamin Vermeer	Zoetermeer	3:01.49	200600177	2:55.55	+0,67	37.04	1:21.03	2:07.82	2:55.55

Regiokampioenschappen korte baan
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Programmanr. 4, Jongens, 200m vlinderslag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
8. Bas Bechtold	ZPV Barracuda	NT 200600007	3:12.26	+0,73	40.69	1:31.83	2:24.61	3:12.26
9. Jisse Lousma	WVZ	NT 200701493	3:22.31	+0,87	45.98	1:40.40	2:34.00	3:22.31
10. Robin den Ouden	ZPC Wiekslag	3:13.34 200600255	3:22.95	+0,65	40.46	1:32.84	2:28.68	3:22.95
11. Lucas van Peenen	ZVL-1886 Tetteroo	NT 200600457	3:31.50	+0,76	43.67	1:38.89	2:36.17	3:31.50

Junioren 3 en 4

1. Jay de Vries	Rotterdam Swimming	(S2:16.54 200400669	2:15.16	+0,72	29.71	1:04.11	1:39.47	2:15.16
2. Émile Fouzai	The Hague Swimming	(2:18.35 200500263	2:16.07	+0,74	30.18	1:05.19	1:41.22	2:16.07
3. Nathan Janssen	MNC Dordrecht	2:26.71 200401565	2:23.59	+0,73	30.44	1:06.05	1:44.28	2:23.59
4. Yanieck Frijstein	The Hague Swimming	(2:29.43 200500329	2:24.35	+0,73	31.63	1:08.08	1:46.43	2:24.35
5. Gabriel Been	The Hague Swimming	(2:31.24 200501467	2:25.64	+0,81	31.86	1:08.62	1:47.21	2:25.64
6. Chris van der Hout	The Hague Swimming	(2:26.53 200401355	2:26.88	+0,73	30.04	1:05.98	1:45.41	2:26.88
7. Björn Verkaik	The Hague Swimming	(2:39.39 200500411	2:27.24	+0,74	31.44	1:08.73	1:47.68	2:27.24
8. Thijm Kruit	De Columbiaan	2:32.39 200401339	2:28.36	+0,78	31.36	1:07.15	1:46.66	2:28.36
9. Christian Kalle	z.c De Schotejil	2:34.51 200400687	2:33.62	+0,78	31.78	1:10.16	1:51.11	2:33.62

Jeugd 1 en 2

1. Michael Smink	The Hague Swimming	(2:12.22 200302169	2:11.38	+0,78	29.50	1:04.60	1:38.36	2:11.38
2. Guus Hoogduin	ZVL-1886 Tetteroo	2:15.95 200201069	2:14.08	+0,83	30.21	1:04.53	1:39.78	2:14.08
3. Cas Jansen	The Hague Swimming	(2:23.93 200203263	2:22.16	+0,75	30.20	1:05.74	1:43.26	2:22.16
4. Björn de Heus	ZV Vlaardingen-Schied	2:20.27 200201077	2:23.08	+0,52	30.49	1:06.55	1:44.36	2:23.08
5. Jelle Bon	ZV Vlaardingen-Schied	2:30.66 200301077	2:24.89	+0,64	30.22	1:06.30	1:45.27	2:24.89
6. Yassine Maas	The Hague Swimming	(2:29.51 200301505	2:32.77	+0,75	31.41	1:08.97	1:50.27	2:32.77
7. M. Lopes Cardozo	WZK	2:38.65 200300665	2:34.33	+0,63	32.47	1:11.52	1:52.64	2:34.33

Senioren 1 en ouder

1. Floris Kotterink	Albion WSS (SG)	2:04.24 199800199	2:06.48	+0,62	27.06	59.38	1:32.72	2:06.48
2. Ensger Kotterink	Albion WSS (SG)	2:03.88 199403391	2:06.57	+0,71	27.87	59.97	1:33.75	2:06.57
3. Gerard Willighagen	Poseidon'56	2:07.72 200103663	2:09.58	+0,74	29.19	1:02.29	1:36.20	2:09.58
4. Freek Hollander	The Hague Swimming	(2:08.68 200103815	2:10.67	+0,79	29.30	1:03.39	1:37.13	2:10.67
5. Max Visser	WVZ	2:11.65 200100077	2:11.59	+0,78	29.80	1:03.95	1:37.50	2:11.59
6. Lars Schoffelmeer	ZPB H&L Productions	2:12.30 199501907	2:14.07	+0,77	29.48	1:03.32	1:38.31	2:14.07
7. Thomas Verhoeven	Albion WSS (SG)	NT 199700311	2:16.10	+0,75	26.81	59.60	1:36.69	2:16.10
8. Robin van Beek	ZVL-1886 Tetteroo	2:12.91 199704023	2:18.57	+0,70	29.53	1:04.33	1:40.63	2:18.57
9. Bas Verdoes	De Columbiaan	2:22.24 199801487	2:19.05	+0,88	30.25	1:05.83	1:42.08	2:19.05
10. Daan Siebenheller	ZOB'66	2:16.62 199804955	2:19.94	+0,72	29.90	1:04.75	1:41.64	2:19.94

Programmanr. 5
23-11-2019 - 11:05

Dames, 50m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT
Junioren 1 en 2				
1. Robin Vermeulen	MNC Dordrecht	27.42	200700412	27.81 +0,81
2. Charlotte Woltjes	The Hague Swimming (SG)	29.68	200700110	29.19 +0,79
3. Fleur Kamminga	WVZ	29.01	200701838	29.25 +0,81
4. Daniek Wijnen	ZVL-1886 Tetteroo	30.25	200701280	29.83 +0,72
5. Thalia Meijer	MNC Dordrecht	29.70	200704048	29.96 +0,66
6. Ananda van der Wiel	WVZ	29.89	200701562	30.07 +0,64
7. Lety Pieters	Rotterdam Swimming (SG)	31.36	200702720	30.28 +0,97
8. Liv Heijdra	Albion WSS (SG)	31.24	200800736	30.51 +0,70
9. Floor Hogervorst	Noordwijkerhout	31.21	200701400	30.55 +0,73
10. Mila Oomens	ZPV Barracuda	30.72	200700016	30.56 +0,75
11. Jinth Engelse	ZPV Barracuda	31.97	200800204	31.02 +0,77
12. Annique Rupke	Widex GZC Donk	31.98	200700876	31.10 +0,75
13. Charlene Ruiters	De Columbiaan	31.81	200700522	31.35
14. Britte Lodder	ZZ&PC De Devel	31.18	200702290	31.59 +0,53
15. Evi Bol	ZPC Wiekslag	32.35	200700790	31.74 +0,74
16. Flora Szili-Torok	Rotterdam Swimming (SG)	31.44	200800114	31.75 +0,84
17. Ilse Rozema	AZC	33.08	200803318	31.99 +0,73
18. Meyke v. Nimwegen	z.c De Schotejil	32.33	200800106	32.02 +0,81
19. Tessa Hoogstraten	De Columbiaan	33.15	200800544	32.03 +0,59
20. Yrsah Verheijen	The Hague Swimming (SG)	32.76	200700350	32.06 +0,79
21. Aleksandra Zalewska	ZPB H&L Productions	33.77	200802836	32.20 +0,83

Regiokampioenschappen korte baan
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Programmanr. 5, Meisjes, 50m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
22.	Shirley van Mourik	MNC Dordrecht	33.83	200802092	32.23	+0,72
	Julia van Wingerden	ZZ&PC De Devel	35.24	200800436	32.23	+0,70
24.	Lieke van den Anandel	D'elft	32.67	200702010	32.50	+0,75
25.	Lea Visser	ZPC Numansdorp	33.01	200703572	32.52	+0,76
26.	Roos Schotmeijer	D'elft	32.87	200701010	32.55	+0,78
27.	Samantha van der Jagt	ZZ&PC De Devel	31.93	200700220	32.62	+0,77
	Solana Kock	WVZ	33.74	200802520	32.62	+0,89
29.	Dominique Overduin	z.c De Schotejil	33.45	200700172	32.89	+0,65
30.	Aukje Schonewille	ZPB H&L Productions	34.27	200702340	32.90	+0,79
31.	Cherish Macnack	AZC	32.31	200701432	33.16	+0,71
32.	Donna Verhoef	De Geul	33.71	200701934	33.27	
33.	Janneke Twigt	KZV de Lansingh	33.41	200701040	33.29	+0,88
34.	Guusje Loncke	D'elft	34.42	200702118	33.49	+0,78
35.	Renske van Eijsden	Poseidon'56	35.52	200701948	33.56	+0,71
36.	Anoeska Wiltenburg	Widex GZC Donk	35.60	200703028	33.68	+0,80
37.	Sofia Brouwer	The Hague Swimming (SG)	34.40	200702700	33.73	+0,78
38.	Sophie Adriaanse	De Columbiaan	33.76	200701066	33.83	+0,79
39.	Anniek Colijn	MNC Dordrecht	34.37	200801120	33.86	+0,82
	Naomi Wolde	Rotterdam Swimming (SG)	36.07	200703140	33.86	+0,77
41.	Bibiane van der Linde	De Duck	35.19	200702546	33.87	+0,79
42.	Mia Nahon	Z&PC De Gouwe	35.62	200801166	33.95	+0,83
43.	Sanne Pruntel	ZV Vlaardingen-Schiedam	34.24	200802010	34.03	+0,58
44.	Kyona Steffe	The Hague Swimming (SG)	36.31	200702004	34.16	
45.	Nada Mghizrat	Widex GZC Donk	35.40	200702178	34.45	
46.	Kyana van Dam	ZPV Barracuda	34.93	200703008	34.64	+0,87
47.	Hanna van Loenen	ZV Vlaardingen-Schiedam	34.96	200800836	34.66	+0,74
	Jade van der Schrier	AZC	35.25	200800692	34.66	+0,82
49.	Storm Maliepaard	ZPC Numansdorp	35.85	200702310	34.87	+0,69
50.	Bente Bekkens	ZOB'66	36.28	200701736	35.22	+0,78
51.	Julie Ouwendijk	SG SCOM/de Zeehond'73	35.02	200800102	35.25	+0,74
NG.ZA	Daphne v.d. Slik	z.c De Schotejil	35.45	200800554		
AFGEM	Isa Hofman	ZPB H&L Productions	34.96	200700934		
AFGEM	Esmee Ouwens	ZPB H&L Productions	32.90	200700936		

13 - 14 jaar

1.	Jelsie van Ruijven	WVZ	27.22	200500282	26.81	+0,67
2.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	27.81	200503292	27.62	+0,81
3.	Anique Hazebroek	The Hague Swimming (SG)	27.86	200502196	27.65	
4.	Vivianne Woltjes	The Hague Swimming (SG)	28.27	200501524	27.88	+0,74
5.	Kimberly Ruiters	De Columbiaan	28.00	200600492	28.07	+0,73
6.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	28.03	200500330	28.34	+0,72
7.	Isa Maes	Albion WSS (SG)	28.71	200500110	28.35	+0,73
8.	Marit Huisman	ZPV Barracuda	28.73	200502620	28.51	+0,66
9.	Elijdjah van der Heul	Rotterdam Swimming (SG)	28.71	200602180	28.64	+0,72
10.	Sophie Buurman	ZPC Wiekslag	28.70	200502530	28.74	+0,68
11.	Madelief Mans	The Hague Swimming (SG)	28.80	200501260	28.77	
12.	Britt van't Zant	Albion WSS (SG)	29.36	200501170	28.87	+0,72
13.	Evelyn Liket	ZV Vlaardingen-Schiedam	29.11	200503118	28.88	+1,89
14.	Lyke Buscop	z.c De Schotejil	30.44	200500552	29.10	+0,74
15.	Yente Bouwmeester	De Columbiaan	29.37	200500340	29.21	+0,67
16.	Estelle van Wijngaarden	ZPB H&L Productions	29.58	200601020	29.34	+0,83
17.	Merel Schravendijk	The Hague Swimming (SG)	29.29	200503382	29.40	+0,74
18.	Niké Telkamp	The Hague Swimming (SG)	29.38	200501088	29.54	+0,73
19.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	30.64	200600732	29.61	+0,69
20.	Leyla Oversluiszen	MNC Dordrecht	28.89	200602730	29.78	+0,72
21.	Mar Stoel	De Columbiaan	29.85	200500520	29.79	+0,80
22.	Aisha Nobels	Albion WSS (SG)	30.20	200501710	29.81	+0,68
23.	Emi Schipper	ZOB'66	30.67	200502126	29.90	+0,78
24.	Lotte Zaal	De Columbiaan	31.26	200502590	30.06	+0,77
25.	Loïs van Valen	De Geul	30.67	200600396	30.07	+0,64
26.	Anouchka Bos	ZPV Barracuda	29.49	200501528	30.11	+0,70
27.	Laura 't Lam	De Geul	30.15	200603376	30.13	+0,57
28.	Lilian Kint	Rotterdam Swimming (SG)	31.25	200503408	30.30	+0,68
29.	Sylvie Roos	Albion WSS (SG)	30.87	200502772	30.35	+0,75
30.	Femke van Dam	ZV Vlaardingen-Schiedam	29.78	200504548	30.41	+0,72
31.	Laura Hoogenboezem	KZV de Lansingh	29.95	200500390	30.46	+0,80
32.	Amber Saabeel	Rotterdam Swimming (SG)	31.54	200503838	30.56	+0,68
33.	Nayely Acosta Avarado	D'elft	31.22	200602934	30.57	+0,64
34.	Sanne Slof	The Hague Swimming (SG)	29.63	200601810	30.59	+1,03

Regiokampioenschappen korte baan
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Programmanr. 5, Meisjes, 50m vrije slag, 13 - 14 jaar

rang	naam	vereniging	intijd		tijd	RT
35.	Peggy Blom	Z&PC De Gouwe	32.62	200503166	30.60	+0,75
36.	Felicia Adema	D'elft	30.82	200501310	30.64	+0,76
37.	Eva v.d. Slik	z.c De Schotejil	30.32	200602876	30.65	+0,76
38.	Elisabeth Kruger	Albion WSS (SG)	31.09	200503938	30.71	+0,77
39.	Nynke Roosendaal	Albion WSS (SG)	31.94	200502040	31.08	+0,63
40.	Asha van Lobberregt	Albion WSS (SG)	29.39	200500088	31.12	+0,73
41.	Renske Overdam	Z&PC De Gouwe	30.99	200601676	31.14	+0,82
42.	Lotte Cornelissen	De Watervogels	31.48	200601182	31.41	+0,52
43.	Nikita Snoeren	WVZ	31.78	200600342	31.54	+0,67
44.	Elise Vink	De Columbiaan	30.58	200502588	31.75	+0,80
45.	Meygan Leuring	ZVL-1886 Tetteroo	32.21	200602366	31.87	+0,73
	Noémi Oldenkamp	KZV de Lansingh	32.17	200600162	31.87	+0,73
47.	Sabine Looden	De Columbiaan	33.01	200601390	31.91	+0,78
48.	G. Schrijvers van Zenden	The Hague Swimming (SG)	31.34	200601618	32.10	+0,63
	Daphne van Tilburg	De Geul	31.35	200500580	32.10	+0,80
	Alicia Breeveld	Rotterdam Swimming (SG)	32.83	200601836	32.10	
51.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	32.22	200602328	32.17	+0,66
52.	Noor Frijlink	De Columbiaan	32.68	200500970	32.60	+0,73
53.	Fenne Saaf	Zoetermeer	32.98	200504340	32.70	+0,86
54.	Maud van der Burgh	ZOB'66	33.39	200502990	33.06	+0,71
55.	Iris Freeman	WZK	33.52	200604632	33.18	
56.	Fieke Hoogduin	ZVL-1886 Tetteroo	33.35	200600836	33.60	+0,71
57.	Charlotte van Egmond	De Watervogels	33.91	200602390	33.64	+0,82
DIS	Jade van der Maas	WVZ	30.82	200600408		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
NG.ZA	Crystal Chen	SG SCOM/de Zeehond'73	32.19	200600848		
AFGEM	Zoë Hendriks	Zoetermeer	34.04	200502978		
AFGEM	Femke Pasten	De Kempvis	33.47	200604450		
AFGEM	Emma Suderee	Rotterdam Swimming (SG)	33.30	200603598		
NG	Noa Bijl	SG SCOM/de Zeehond'73	31.33	200603586		
NG	Sterre de Lange	SG SCOM/de Zeehond'73	33.26	200600036		

15 - 16 jaar

1.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	27.55	200404272	27.14	+0,71
2.	Phaedra Meijer	MNC Dordrecht	27.98	200405834	27.63	+0,79
3.	Femke Doorenbos	The Hague Swimming (SG)	28.05	200404214	27.85	+0,70
4.	Suzanne Dorsman	D'elft	28.69	200303314	28.02	+0,67
5.	Wendy ten Wolde	ZPC Wiekslag	28.65	200302658	28.18	+0,67
6.	Leonoor van Dijk	The Hague Swimming (SG)	27.73	200400832	28.24	+0,70
7.	Lara Hoeksema	The Hague Swimming (SG)	28.23	200400514	28.33	+0,81
8.	Rinske Bouman	Rotterdam Swimming (SG)	28.22	200400578	28.34	+0,77
9.	Megan de Hoog	SG SCOM/de Zeehond'73	27.88	200300214	28.54	
10.	Fee Smittenaar	De Columbiaan	28.48	200303060	28.59	+0,62
11.	Michelle van der Steen	ZV Vlaardingen-Schiedam	28.46	200300052	28.65	+0,62
12.	Mandy van der Meijden	Widex GZC Donk	28.95	200402574	28.82	+0,71
13.	Isis Naaktgeboren	ZZ&PC De Devel	28.76	200403914	28.92	+0,83
14.	Julia Notenboom	De Columbiaan	28.95	200302596	29.01	+0,79
15.	Daniëlle Vis	De Columbiaan	29.43	200401044	29.24	+0,74
16.	Carmen Lems	KZV de Lansingh	29.81	200402632	29.29	+0,71
17.	Noa de Bock	De Duck	29.26	200300318	29.35	+0,70
18.	Kim de Jong	LinK	29.24	200301026	29.39	+0,77
19.	Marije de Jager	LinK	29.68	200301394	29.43	+0,74
	Tessa Poot	ZV Vlaardingen-Schiedam	29.65	200404264	29.43	+0,73
21.	Bobby Jean Fidler	D'elft	30.50	200402894	29.55	+0,63
22.	Isabel Scheepbouwer	ZPC Wiekslag	29.82	200301106	29.77	
23.	Nora van der Steen	LinK	29.11	200403458	29.79	+0,71
24.	Amelie Wolff	Sg-H.G.A.	31.02	200400116	29.90	+0,74
25.	Jade Geurts	WVZ	30.83	200402278	29.94	+0,77
26.	Jonna Muntjerwerff	The Hague Swimming (SG)	30.02	200402396	30.15	+0,78
27.	Anique Star	De Columbiaan	30.34	200400446	30.21	+0,62
28.	Melanie Marinus-Cruz	WVZ	31.33	200404702	30.25	+0,75
29.	Zoë Molenaar	Zoetermeer	30.31	200300978	30.26	+0,77
30.	Juliette Boon	ZZ&PC De Devel	31.12	200401908	30.40	+0,71
31.	Amy Koelman	De Columbiaan	30.34	200300922	30.43	+0,79
32.	Quinty Huisman	Rotterdam Swimming (SG)	31.30	200401184	30.78	+0,67
33.	Britt van Bommel	De Columbiaan	30.40	200301982	30.88	+0,83
	Natasha Wassink	ZVL-1886 Tetteroo	30.46	200404798	30.88	+0,76
35.	Esther Reinders	KZV de Lansingh	30.43	200301798	30.97	+0,70

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Programmanr. 5, Meisjes, 50m vrije slag, 15 - 16 jaar

rang	naam	vereniging	intijd		tijd	RT	
36.	Feline Jonkers	Poseidon'56	30.70	200401160	31.03	+0,85	
37.	Lize van Stigt	LinK	30.73	200401510	31.15	+0,67	
38.	Robine Boer	De Columbiaan	30.06	200402180	31.49	+0,76	
39.	Isa van der Zalm	Poseidon'56	31.45	200304156	31.61	+0,80	
40.	Megan van Delden	WVZ	34.52	200405500	34.52	+0,82	470
NG.ZA	Jet van Oudheusden	ZOB'66	30.70	200401012			
NG	Lotte Koornneef	The Hague Swimming (SG)	28.50	200303584			

Senioren

1.	Tessa Giele	Albion WSS (SG)	27.27	200203124	26.39	+0,64	
2.	Babette van der Kaaij	Rotterdam Swimming (SG)	27.22	199902234	26.89	+0,72	
3.	Maaïke Broersma	BZ en PC	27.17	200201522	27.11	+0,63	
4.	Sophie de Jonge	WVZ	27.26	200200118	27.12	+0,75	
5.	Pien Schravendes	KZV de Lansingh	27.53	199902010	27.15	+0,65	
6.	Mariska Scheel	KZV de Lansingh	27.29	199306344	27.30	+0,77	
7.	Silke Molendijk	ZVL-1886 Tetteroo	27.09	200100178	27.52	+0,68	
8.	Sanne Heemskerk	ZVL-1886 Tetteroo	27.91	200100600	27.70	+0,71	
9.	Ilse Kraaijeveld	The Hague Swimming (SG)	27.57	200202190	27.88	+0,71	
10.	Robin Pienaar	ZPV Barracuda	27.88	200102236	28.02	+0,81	
11.	Alisha Vieira	Rotterdam Swimming (SG)	27.99	199904554	28.10	+0,76	
12.	Lotte Middelbos	z.c De Schotejil	28.38	199900680	28.54	+0,76	
13.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	27.80	200100904	28.70	+0,65	
14.	Rozemarijn van Haaff	ZOB'66	28.76	200201852	28.76	+0,78	
15.	Nienke Mierop	z.c De Schotejil	28.42	200203294	28.79	+0,77	
16.	Lincy de Winter	The Hague Swimming (SG)	28.61	199805886	28.96	+0,70	
17.	Amy van Leersum	Poseidon'56	29.09	200200300	28.97	+0,78	
18.	Manon Middelbos	z.c De Schotejil	29.13	200100056	29.05	+0,79	
19.	Inge van der Hoek	The Hague Swimming (SG)	28.52	199204034	29.18	+0,75	
20.	Lisanne Dijkman	Zoetermeer	29.57	200102676	29.29		
21.	Lotte Tillema	z.c De Schotejil	28.97	200200692	29.30	+0,81	
22.	Giulia Corsi	De Columbiaan	28.60	200100468	29.35	+0,73	
23.	Anne Straub	Zoetermeer	29.42	200201402	29.56	+0,74	
	Faustine Mussig	De Geul	30.37	200202080	29.56	+0,72	
25.	Wendy de Bruin	ZOB'66	28.92	199206320	29.61	+0,67	
26.	Linda Sterk - Buijk	Sg-H.G.A.	30.09	199000634	29.63	+0,82	
27.	Lara Idsinga	ZZ&PC De Devel	28.98	200200678	29.80	+0,74	
28.	Jana Driest	Widex GZC Donk	29.78	200103582	29.92	+0,73	
29.	Anouk Vis	De Columbiaan	29.34	200203322	29.93	+0,66	
30.	Laura Tromp	ZZ&PC De Devel	30.46	200000276	30.21	+0,76	
31.	Lonneke Graansma	ZVL-1886 Tetteroo	30.08	199900936	30.44	+0,74	
32.	Elyanne Boudestein	Zoetermeer	30.59	200101060	30.70	+0,76	
33.	Kayra Deger	Rotterdam Swimming (SG)	30.27	200003890	30.80	+0,61	
34.	Bibi Middelbos	z.c De Schotejil	30.12	200201548	31.00	+0,65	
35.	Jonne Moleman	LinK	33.83	200006264	35.07	+0,65	864
NG.ZA	Marbel Diderik	De Columbiaan	28.94	200205752			
AFGEM	Elise Tanis	MNC Dordrecht	26.14	200200120			
AFGEM	Lianne Boegheim	Widex GZC Donk	30.58	199805454			
NG	Kimberly Coenders	KZV de Lansingh	30.54	199900880			
NG	Anniek de Ruiter	Widex GZC Donk	28.90	200101224			

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Heren, 100m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1 en 2							
1.	Daan Sonneveld	WVZ	1:03.12	200601085	1:01.27	+0,58	29.92 1:01.27
2.	Thom de Hoog	SG SCOM/de Zeehond'73	1:05.65	200600019	1:05.15	+0,64	32.08 1:05.15
3.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:07.35	200700023	1:06.85	+0,60	32.04 1:06.85
4.	Nikodim Markovic	The Hague Swimming (SG)	1:11.78	200700255	1:08.17	+0,72	32.68 1:08.17
5.	Mark Demianenko	Zoetermeer	1:10.49	200600409	1:09.19	+0,61	33.80 1:09.19
6.	Bjorn Rijkaart	BZ en PC	1:11.11	200601337	1:11.38	+0,73	34.59 1:11.38
7.	Joris Lissenberg	The Hague Swimming (SG)	1:11.44	200600585	1:13.51	+0,69	34.81 1:13.51
8.	Janu Nolden	WVZ	1:14.84	200600289	1:14.10	+0,59	35.73 1:14.10
9.	Kaan Uludag	Zoetermeer	1:18.34	200603559	1:14.68	+0,74	36.51 1:14.68

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Programmanr. 6, Jongens, 100m rugslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT	50m	100m
10.	Laurens Kalle	z.c De Schotejil	1:16.27	200600161	1:15.30	+0,69	36.65	1:15.30
11.	Floris Wassenaar	WVZ	1:15.04	200600649	1:15.62	+0,60	36.49	1:15.62
12.	Hessel de Jong	KZV de Lansingh	1:15.96	200602753	1:16.31	+0,76	36.97	1:16.31
13.	Bas Blanker	ZPB H&L Productions	1:14.74	200601497	1:16.34	+0,71	36.87	1:16.34
14.	Gaëtan Spicq	The Hague Swimming (SG)	1:17.50	200701807	1:16.40	+0,59	37.34	1:16.40
15.	Benjamin van Helsdingen	ZZ&PC De Devel	1:17.84	200601097	1:17.16	+0,71	37.61	1:17.16
16.	Bas Bechtold	ZPV Barracuda	1:16.93	200600007	1:17.34	+0,66	37.67	1:17.34
	<i>*bu eindtijd</i>							
17.	Björn Mulder	Zoetermeer	1:20.31	200601517	1:17.51	+0,68	37.97	1:17.51
18.	Tibbe Veldboer	ZPB H&L Productions	1:17.36	200600911	1:17.55	+0,81	38.25	1:17.55
19.	Benjamin Vermeer	Zoetermeer	1:17.42	200600177	1:17.77	+0,66	38.01	1:17.77
20.	Tavi de Gelder	ZOB'66	1:18.14	200602335	1:18.17	+0,62	38.49	1:18.17
21.	Roan van der Weide	Widex GZC Donk	1:20.16	200601629	1:18.99	+0,62	39.18	1:18.99
22.	Thijs van den Berg	The Hague Swimming (SG)	1:19.16	200600971	1:19.25	+0,75	39.10	1:19.25
23.	Renzo Steller	WVZ	1:20.22	200701141	1:20.32		38.84	1:20.32
24.	Merijn van Wingerden	ZPB H&L Productions	1:20.14	200701043	1:20.57	+0,80	39.17	1:20.57
	<i>*bu 50m</i>							
25.	Bart Tuinenburg	ZPC Wiekslag	1:20.59	200602347	1:20.98	+0,59	39.64	1:20.98
26.	Boele Böhm	De Columbiaan	1:18.91	200700739	1:21.27	+0,55	39.33	1:21.27
27.	Denzel Barthen	WVZ	1:20.44	200700147	1:21.78	+0,80	40.42	1:21.78
28.	Jesse van der Meij	ZVL-1886 Tetteroo	1:25.70	200600841	1:23.17	+0,67	39.94	1:23.17
29.	Bo Merkestein	WVZ	1:25.35	200602451	1:24.52	+0,95	40.53	1:24.52
30.	Max Bos	SG SCOM/de Zeehond'73	1:31.58	200701383	1:26.44	+0,64	42.86	1:26.44
AFGEM	Sven Markkus Eschbach	ZZ&PC De Devel	1:14.61	200602013		155		

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming (SG)	58.32	200400669	58.30	+0,68	28.26	58.30
2.	Chris van der Hout	The Hague Swimming (SG)	1:03.83	200401355	1:04.11	+0,77	31.74	1:04.11
3.	Abel te Riele	WVZ	1:02.76	200402317	1:04.57	+0,74	32.11	1:04.57
4.	Max van Schagen	De Columbiaan	1:04.88	200402591	1:04.60	+0,60	31.08	1:04.60
5.	Loeka Wubben	The Hague Swimming (SG)	1:05.63	200400307	1:05.09	+0,64	31.50	1:05.09
	<i>*bu eindtijd</i>							
6.	River Streefland	The Hague Swimming (SG)	1:08.98	200502253	1:05.14	+0,70	31.57	1:05.14
7.	Björn Verkaik	The Hague Swimming (SG)	1:05.66	200500411	1:05.21	+0,68	31.32	1:05.21
8.	Menno Wieringa	KZV de Lansingh	1:03.70	200500927	1:05.26	+0,62	31.71	1:05.26
9.	Yanieck Frijstein	The Hague Swimming (SG)	1:06.87	200500329	1:05.40	+0,73	32.09	1:05.40
10.	Kun Woo Kim	The Hague Swimming (SG)	1:05.97	200401361	1:05.64	+0,69	32.05	1:05.64
11.	Milan Masselink	The Hague Swimming (SG)	1:08.07	200402165	1:06.37	+0,83	32.61	1:06.37
12.	Émile Fouzaï	The Hague Swimming (SG)	1:11.16	200500263	1:07.20	+0,74	32.33	1:07.20
13.	Gabriel Been	The Hague Swimming (SG)	1:06.93	200501467	1:07.37	+0,73	32.49	1:07.37
	<i>*bu eindtijd</i>							
14.	Julien Tanis	Rotterdam Swimming (SG)	1:05.84	200401045	1:08.00	+0,65	33.00	1:08.00
15.	Sem Verberg	The Hague Swimming (SG)	1:06.07	200402105	1:08.20	+0,73	32.76	1:08.20
16.	Erik Oldenkamp	Rotterdam Swimming (SG)	1:12.25	200400597	1:08.32	+0,74	33.35	1:08.32
17.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:07.88	200500781	1:08.82	+0,66	33.53	1:08.82
18.	Sem Agterdenbos	MNC Dordrecht	1:07.85	200500049	1:08.83	+0,58	32.67	1:08.83
19.	Daniel 't Mannetje	z.c De Schotejil	1:10.25	200400183	1:09.40	+0,80	33.86	1:09.40
20.	Guus Geelen	ZVL-1886 Tetteroo	1:11.02	200401183	1:09.44	+0,67	33.63	1:09.44
21.	Luuk Bogaert	De Watervogels	1:11.32	200503203	1:09.76	+0,69	33.76	1:09.76
22.	Tim van Lochem	Zoetermeer	1:11.40	200500077	1:11.02	+0,58	34.57	1:11.02
23.	Yassine Mellah	Widex GZC Donk	1:10.02	200502159	1:11.05	+0,74	34.63	1:11.05
24.	Michael van den Enden	PCG	1:12.95	200401589	1:11.28	+0,59	34.46	1:11.28
25.	Timon Wijsman	D'elft	1:12.41	200403707	1:12.60	+0,65	35.79	1:12.60
26.	Reinier Velthuijs	ZPV Barracuda	1:13.65	200503537	1:12.69	+0,60	34.26	1:12.69
27.	Conor Baker	De Columbiaan	1:16.23	200500991	1:12.78	+0,57	34.39	1:12.78
28.	Tjomme de Tender	ZPC Wiekslag	1:14.23	200502187	1:13.79	+0,95	35.51	1:13.79
29.	Thijm Kruit	De Columbiaan	1:13.40	200401339	1:14.02	+0,75	36.55	1:14.02
30.	Sidique Turay	ZPV Barracuda	1:13.45	200500981	1:14.17	+0,71	35.34	1:14.17
	<i>*bu eindtijd</i>							
31.	Aaïke de Tender	ZPC Wiekslag	1:14.25	200502189	1:14.52	+0,65	36.03	1:14.52
32.	Sytze van Stein	Link	1:16.43	200501155	1:15.01	+0,53	36.23	1:15.01
33.	Niels van der Mast	ZPC Numansdorp	1:10.35	200401917	1:15.62	+0,77	37.60	1:15.62
34.	Pim Romeijn	ZPC Wiekslag	1:12.45	200401321	1:15.66	+0,72	36.53	1:15.66
	<i>*bu eindtijd</i>							

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Programmanr. 6, Jongens, 100m rugslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT	50m	100m
35.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:14.33	200402559	1:15.76	+0,62	38.58	1:15.76
DIS	Jelmer Paans	ZZ&PC De Devel	1:53.16	200404441				
<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>								
NG.ZA	Wout van Oevelen	D'elft	1:14.55	200404319				
AFGEM	Davide Sarasini	WZK	1:13.91	200403941				
NG	Jens Brouwer	ZOB'66	1:11.95	200403167				

Jeugd 1 en 2

1.	Jarno Verbeek	Zoetermeer	58.81	200200931	59.18	+0,65	29.14	59.18
2.	Perry Laarhoven	ZPC Numansdorp	1:02.45	200301321	1:00.49	+0,67	29.80	1:00.49
3.	Michael Smink	The Hague Swimming (SG)	1:00.89	200302169	1:00.62	+0,70	29.85	1:00.62
4.	Dylan Jansen	WVZ	1:00.50	200300817	1:00.69	+0,59	29.58	1:00.69
5.	Bas van Nisius	The Hague Swimming (SG)	1:02.69	200202107	1:02.32	+0,83	30.32	1:02.32
6.	Jelle Bon	ZV Vlaardingen-Schiedam	1:01.16	200301077	1:02.55	+0,59	30.11	1:02.55
7.	Daan Hogerhuis	LinK	1:04.42	200300317	1:03.42	+0,66	30.12	1:03.42
8.	Zev Bulk	The Hague Swimming (SG)	1:03.02	200304021	1:03.44	+0,73	30.40	1:03.44
9.	Björn de Heus	ZV Vlaardingen-Schiedam	1:04.22	200201077	1:05.37	+0,72	31.91	1:05.37
10.	Mart de Koning	ZOB'66	1:04.20	200203253	1:06.10	+0,75	31.97	1:06.10
11.	Quinten Nieuwenhuis	WZK	1:08.26	200304577	1:07.65	+0,70	33.15	1:07.65
12.	Stefan Groen	KZV de Lansingh	1:06.08	200301179	1:07.73	+0,65	32.45	1:07.73
13.	Julian Stok	ZZ&PC De Devel	1:08.66	200300071	1:10.05	+0,63	34.54	1:10.05

Senioren 1 en ouder

1.	Ensger Kotterink	Albion WSS (SG)	53.39	199403391	54.72	+0,60	25.92	54.72
2.	Wendell Zinhagel	Rotterdam Swimming (SG)	56.91	200005739	57.01	+0,59	27.34	57.01
3.	Melvin Prins	Rotterdam Swimming (SG)	56.93	199500201	57.49	+0,71	27.76	57.49
4.	Thomas Verhoeven	Albion WSS (SG)	58.50	199700311	57.65	+0,72	27.73	57.65
5.	Jeroen Baars	Rotterdam Swimming (SG)	57.47	199200031	57.87	+0,71	27.71	57.87
6.	Ivo Stolk	Albion WSS (SG)	57.27	200100615	58.14	+0,65	27.96	58.14
7.	J. Vlasopoulos	The Hague Swimming (SG)	58.48	199905313	59.56	+0,60	28.58	59.56
8.	Jorian Tanis	MNC Dordrecht	1:00.58	199900327	1:00.23	+0,69	29.69	1:00.23
9.	Sjoerd van Weelden	PCG	1:01.29	200101217	1:00.96	+0,66	29.55	1:00.96
10.	Quinn van den Heuvel	WVZ	1:00.46	200100297	1:01.40	+0,69	29.69	1:01.40
11.	Noah Legerstee	WVZ	1:02.61	200003593	1:01.67	+0,66	29.89	1:01.67
12.	Thijs Molendijk	D'elft	1:00.12	199900477	1:01.72	+0,57	29.90	1:01.72
13.	Pascal Nuijten	Albion WSS (SG)	1:00.12	199701353	1:01.80	+0,66	29.61	1:01.80
14.	Sander Iuga	Albion WSS (SG)	1:01.42	200101389	1:02.27	+0,62	30.29	1:02.27
15.	Wesley Scheepbouwer	ZPC Wiekslag	1:03.22	200101959	1:02.76	+0,53	29.47	1:02.76
<i>*bu eindtijd</i>								
16.	Aron Paasse	z.c De Schoteijl	1:02.17	200000099	1:03.39	+0,71	31.20	1:03.39
17.	Daan Siebenheller	ZOB'66	1:02.07	199804955	1:03.66	+0,70	31.20	1:03.66
18.	Jarno van Oijen	Albion WSS (SG)	1:07.54	200100055	1:04.09	+0,73	30.39	1:04.09
19.	Bert Duivenvoorde	Noordwijkerhout	1:07.00	199701805	1:05.20	+0,66	31.72	1:05.20
20.	David Kievit	z.c De Schoteijl	1:03.80	199900325	1:06.76	+0,82	32.01	1:06.76
NG.ZA	Max Visser	WVZ	59.14	200100077				

Programmanr. 7
23-11-2019 - 11:50

Meisjes, 4 x 200m vrije slag

Junioren 4 en later
Resultaten

rang	vereniging	intijd		tijd	RT
1.	Albion WSS (SG) 1	Albion WSS (SG)	9:08.88	9:09.90	+0,68
	Aisha Nobels	05	+0,68 32.26	1:07.38 1:43.53	2:17.36 2:17.36
	Sylvie Roos	05	+0,41 32.33	1:09.35 1:48.39	2:25.23 2:25.23
	Britt van't Zant	05	+0,60 31.08	1:04.75 1:40.66	2:15.30 2:15.30
	Isa Maes	05	+0,22 29.41	1:03.22 1:37.89	2:12.01 2:12.01
2.	Barracuda 1	ZPV Barracuda	9:21.98	9:23.32	+0,72
	Emma Verkuijl	05	+0,72 31.82	1:06.84 1:42.43	2:16.68 2:16.68
	Marit Huisman	05	+0,33 31.20	1:05.90 1:41.75	2:17.13 2:17.13
	Mila Oomens	07	+0,35 32.59	1:10.11 1:49.26	2:26.85 2:26.85
	Anouchka Bos	05	+0,23 32.14	1:08.68 1:46.08	2:22.66 2:22.66
3.	De Columbiaan 1	De Columbiaan	9:45.11	9:43.40	
	Yente Bouwmeester	05	32.78	1:08.95 1:47.46	2:26.00 2:26.00
	Mar Stoel	05	32.49	1:08.59 1:46.54	2:24.09 2:24.09
	Lotte Zaal	05	32.97	1:10.49 1:49.02	2:25.73 2:25.73
	Kimberly Ruiters	06	32.92	1:10.84 1:49.58	2:27.58 2:27.58

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 7, Meisjes, 4 x 200m vrije slag, Junioren 4 en later

rang	vereniging	intijd	tijd	RT
4.	De Schotejil 1 <i>*bu 600m</i>	z.c De Schotejil	10:03.51	10:03.94 +0,77
	Dominique Overduin	07	+0,77 33.93 1:13.02 1:53.98 2:35.31 2:35.31	
	Lyke Buscop	05	+0,45 31.94 1:09.29 1:48.20 2:24.81 2:24.81	
	Meyke v. Nimwegen	08	+0,36 33.52 1:12.31 1:53.96 2:34.12 2:34.12	
	Eva v.d. Slik	06	33.32 1:11.75 1:51.99 2:29.70 2:29.70	
5.	Lansingh 1	KZV de Lansingh	10:06.35	10:11.50 +0,74
	Noémi Oldenkamp	06	+0,74 33.85 1:12.40 1:51.53 2:30.44 2:30.44	
	Anne-Marie Twigt	05	+0,30 34.78 1:14.82 1:56.23 2:37.38 2:37.38	
	Janneke Twigt	07	+0,70 36.51 1:17.11 1:59.13 2:38.63 2:38.63	
	Laura Hoogenboezem	05	+0,29 33.33 1:10.41 1:47.84 2:25.05 2:25.05	
6.	De Columbiaan 2	De Columbiaan	10:34.11	10:16.59 +0,79
	Charlene Ruiters	07	+0,79 34.67 1:13.61 1:53.83 2:35.37 2:35.37	
	Noor Frijlink	05	+0,21 35.13 1:15.01 1:55.88 2:35.35 2:35.35	
	Tessa Hoogstraten	08	+0,31 34.92 1:14.32 1:54.92 2:33.11 2:33.11	
	Sabine Looden	06	+0,65 34.35 1:13.49 1:53.85 2:32.76 2:32.76	
7.	De Geul 1	De Geul	10:16.74	10:19.45 +0,68
	Lois van Valen	06	+0,68 34.01 1:12.95 1:54.27 2:34.26 2:34.26	
	Donna Verhoef	07	+0,55 35.48 1:17.00 2:00.66 2:43.51 2:43.51	
	Daphne van Tilburg	05	+0,67 36.06 1:16.17 1:57.39 2:36.03 2:36.03	
	Laura 't Lam	06	+0,65 32.77 1:09.95 1:48.67 2:25.65 2:25.65	

Programmanr. 8
23-11-2019 - 12:00

Dames, 4 x 200m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Lansingh 1 <i>*bu 400m</i>	KZV de Lansingh	9:08.59	9:12.51 +0,81
	Mariska Scheel	93	+0,81 30.81 1:05.72 1:41.11 2:16.45 2:16.45	
	Esther Reinders	03	+0,35 32.39 1:08.69 1:46.61 2:23.64 2:23.64	
	Carmen Lems	04	30.49 1:05.18 1:41.60 2:17.33 2:17.33	
	Pien Schravendes	99	+0,46 29.65 1:03.84 1:39.20 2:15.09 2:15.09	
2.	WVZ 1	WVZ	9:23.14	9:20.71 +0,77
	Sophie de Jonge	02	+0,77 29.66 1:02.25 1:35.61 2:07.56 2:07.56	
	Melanie Marinus-Cruz	04	+0,51 31.84 1:08.70 1:47.28 2:23.91 2:23.91	
	Jade Geurts	04	+0,53 32.99 1:09.92 1:47.32 2:25.34 2:25.34	
	Jade van der Maas	06	+0,56 33.40 1:10.90 1:48.37 2:23.90 2:23.90	
3.	De Schotejil 1	z.c De Schotejil	9:22.36	9:24.09 +0,83
	Lotte Tillema	02	+0,83 32.23 1:07.79 1:44.62 2:21.58 2:21.58	
	Manon Middelbos	01	+0,51 30.94 1:06.88 1:44.38 2:21.56 2:21.56	
	Lotte Middelbos	99	+0,39 30.67 1:05.32 1:41.31 2:17.35 2:17.35	
	Nienke Mierop	02	+0,40 31.65 1:07.67 1:45.92 2:23.60 2:23.60	
4.	Zoetermeer 1	Zoetermeer	9:29.06	9:26.93 +0,71
	Lisanne Dijkman	01	+0,71 31.53 1:06.23 1:42.15 2:18.96 2:18.96	
	Zoé Molenaar	03	+0,29 32.17 1:09.95 1:48.89 2:26.26 2:26.26	
	Anne Straub	02	+0,44 31.45 1:06.88 1:44.53 2:22.38 2:22.38	
	Elyanne Boudestein	01	+0,25 30.50 1:06.10 1:43.39 2:19.33 2:19.33	
5.	De Columbiaan 1	De Columbiaan	9:23.12	9:35.44 +0,74
	Giulia Corsi	01	+0,74 32.05 1:08.13 1:45.69 2:23.84 2:23.84	
	Amy Koelman	03	31.53 1:08.36 1:46.47 2:24.38 2:24.38	
	Britt van Bommel	03	+0,42 32.69 1:09.98 1:48.20 2:25.07 2:25.07	
	Anouk Vis	02	31.43 1:06.96 1:44.74 2:22.15 2:22.15	

Programmanr. 9
23-11-2019 - 13:30

Heren, 100m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
Junioren 1 en 2							
1.	Daan Sonneveld	WVZ	57.92 200601085	57.19	+0,75	27.79	57.19
2.	Thom de Hoog	SG SCOM/de Zeehond'73	59.28 200600019	58.99	+0,81	28.67	58.99
3.	Mark Demianenko	Zoetermeer	59.77 200600409	59.04	+0,69	28.57	59.04
4.	Nikodim Markovic	The Hague Swimming (SG)	59.71 200700255	59.66	+0,68	28.38	59.66
	Bjorn Rijkaart	BZ en PC	1:00.46 200601337	59.66	+0,76	28.42	59.66
6.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:00.25 200700023	1:00.51	+0,66	28.74	1:00.51
7.	Laurens Kalle	z.c De Schotejil	1:02.45 200600161	1:03.07	+0,75	30.28	1:03.07
8.	Bas Blanker	ZPB H&L Productions	1:02.95 200601497	1:03.40	+0,55	30.12	1:03.40

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Programmanr. 9, Jongens, 100m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT	50m	100m
9.	Roan van der Weide	Widex GZC Donk	1:04.75	200601629	1:03.56	+0,69	31.04	1:03.56
10.	Floris Wassenaar	WVZ	1:04.18	200600649	1:04.13	+0,69	30.46	1:04.13
11.	Joris Lissenberg	The Hague Swimming (SG)	1:07.25	200600585	1:04.21	+0,74	30.57	1:04.21
12.	Kaan Uludag	Zoetermeer	1:04.91	200603559	1:04.84		30.80	1:04.84
	Wout Jonkers	Poseidon'56	1:06.63	200600939	1:04.84	+0,78	30.45	1:04.84
14.	Benjamin van Helsdingen	ZZ&PC De Devel	1:05.50	200601097	1:05.07	+0,75	31.80	1:05.07
15.	Janu Nolden	WVZ	1:06.73	200600289	1:05.54	+0,78	31.16	1:05.54
16.	Joshua Agussalim	ZPV Barracuda	1:05.98	200600153	1:05.67	+0,75	31.54	1:05.67
17.	Hessel de Jong	KZV de Lansingh	1:04.15	200602753	1:05.78	+0,67	31.64	1:05.78
18.	Dimi Stoyanov	The Hague Swimming (SG)	1:05.91	200601067	1:06.30	+0,65	31.64	1:06.30
19.	Robin den Ouden	ZPC Wiekslag	1:08.10	200600255	1:06.86		32.16	1:06.86
20.	Benjamin Vermeer	Zoetermeer	1:08.38	200600177	1:07.15	+0,78	32.31	1:07.15
21.	Björn Mulder	Zoetermeer	1:10.34	200601517	1:07.54	+0,76	32.58	1:07.54
22.	Tavi de Gelder	ZOB'66	1:07.64	200602335	1:07.99	+0,81	32.74	1:07.99
23.	Harm Nahon	Z&PC De Gouwe	1:10.20	200602515	1:08.09	+0,82	32.31	1:08.09
24.	Bo Merkestein	WVZ	1:10.36	200602451	1:08.27	+0,65	32.92	1:08.27
25.	Daniel Gavran	Widex GZC Donk	1:08.65	200600667	1:08.46	+0,72	32.70	1:08.46
26.	Thijs van den Berg	The Hague Swimming (SG)	1:07.45	200600971	1:08.83	+0,75	32.84	1:08.83
27.	Gaëtan Spicq	The Hague Swimming (SG)	1:08.24	200701807	1:09.41	+0,62	33.19	1:09.41
28.	Bas Bechtold	ZPV Barracuda	1:06.33	200600007	1:09.46	+0,70	32.20	1:09.46
29.	Boele Böhm	De Columbiaan	1:09.45	200700739	1:09.59	+0,67	33.36	1:09.59
30.	Merijn van Wingerden	ZPB H&L Productions	1:12.68	200701043	1:10.38	+0,90	33.96	1:10.38
31.	Lucas van Peenen	ZVL-1886 Tetteroo	1:10.15	200600457	1:10.69	+0,72	33.07	1:10.69
32.	Renzo Steller	WVZ	1:10.22	200701141	1:10.88	+0,83	33.20	1:10.88
33.	Twan Hoogervorst	De Columbiaan	1:11.92	200700741	1:10.99	+0,69	33.54	1:10.99
34.	Madin Lajlufi	Zoetermeer	1:11.65	200601425	1:11.16	+0,85	34.65	1:11.16
35.	Max Bos	SG SCOM/de Zeehond'73	1:13.66	200701383	1:11.66	+0,77	33.74	1:11.66
36.	Jelle den Otter	SG SCOM/de Zeehond'73	1:13.02	200600251	1:12.01	+0,52	34.20	1:12.01
37.	Jisse Lousma	WVZ	1:11.42	200701493	1:12.33	+0,73	34.19	1:12.33
38.	Winston van Berkel	ZVL-1886 Tetteroo	1:11.68	200700313	1:12.51	+0,82	33.74	1:12.51
39.	Bart Tuinenburg	ZPC Wiekslag	1:12.74	200602347	1:12.68	+0,66	34.53	1:12.68
40.	Dominique Drabbe	Zoetermeer	1:15.50	200600145	1:13.03	+0,73	34.60	1:13.03
41.	Milan de Groot	Noordwijkerhout	1:13.02	200702447	1:14.42	+0,77	35.77	1:14.42
42.	Thom Huizer	Widex GZC Donk	1:14.64	200701711	1:14.82	+0,87	35.46	1:14.82
43.	Levy van Rosmalen	De Watervogels	1:13.94	200602041	1:15.09		36.12	1:15.09
44.	Jesse van der Meij	ZVL-1886 Tetteroo	1:15.85	200600841	1:15.15	+0,77	36.14	1:15.15
45.	Thijs van der Hout	The Hague Swimming (SG)	1:17.06	200700913	1:15.58	+0,70	35.93	1:15.58
AFGEM	Sven Markkus Eschbach	ZZ&PC De Devel	1:06.13	200602013				
NG	Mika Bindels	Rotterdam Swimming (SG)	1:16.25	200701239				

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming (SG)	53.76	200400669	54.45	+0,74	26.56	54.45
2.	Chris van der Hout	The Hague Swimming (SG)	55.88	200401355	55.30	+0,74	26.74	55.30
3.	Max van Schagen	De Columbiaan	59.11	200402591	57.04	+0,70	27.34	57.04
4.	Timo Wouters	MNC Dordrecht	56.40	200401363	57.14		27.13	57.14
5.	Gabriel Been	The Hague Swimming (SG)	58.24	200501467	57.33	+0,78	28.03	57.33
6.	Anthony Kraag	WVZ	57.49	200401973	57.49	+0,72	27.55	57.49
7.	Abel te Riele	WVZ	57.20	200402317	57.67	+0,75	28.24	57.67
8.	Thijm Kruit	De Columbiaan	56.82	200401339	57.72	+0,80	27.58	57.72
9.	Loeka Wubben	The Hague Swimming (SG)	57.93	200400307	57.75	+0,56	27.50	57.75
10.	Émile Fouzaï	The Hague Swimming (SG)	59.30	200500263	57.93	+0,74	27.97	57.93
11.	River Streefland	The Hague Swimming (SG)	59.72	200502253	58.40	+0,75	28.13	58.40
12.	Julien Tanis	Rotterdam Swimming (SG)	58.69	200401045	58.45	+0,68	27.99	58.45
13.	Pepijn van Egmond	WVZ	57.81	200402309	58.49	+0,74	28.39	58.49
14.	Sem Agterdenbos	MNC Dordrecht	58.72	200500049	58.54	+0,65	28.01	58.54
15.	Yanieck Frijstein	The Hague Swimming (SG)	1:00.86	200500329	58.69	+0,71	28.26	58.69
16.	Kun Woo Kim	The Hague Swimming (SG)	59.02	200401361	58.81	+0,66	27.96	58.81
17.	Björn Verkaik	The Hague Swimming (SG)	59.96	200500411	58.93	+0,56	28.20	58.93
18.	Menno Wieringa	KZV de Lansingh	58.08	200500927	59.09	+0,72	28.31	59.09
	Erik Oldenkamp	Rotterdam Swimming (SG)	58.91	200400597	59.09	+0,74	28.23	59.09
20.	Daniel 't Mannetje	z.c De Schoteijl	59.02	200400183	59.42	+0,74	28.65	59.42
21.	Milan Masselink	The Hague Swimming (SG)	1:01.19	200402165	1:00.25	+0,79	29.11	1:00.25
22.	Bo Schoenmakers	Widex GZC Donk	1:01.36	200402919	1:00.28		28.99	1:00.28
23.	Niels van der Mast	ZPC Numansdorp	58.61	200401917	1:00.35	+0,60	28.90	1:00.35
24.	Timo Huizer	ZPC Wiekslag	1:01.78	200401125	1:00.53	+0,73	29.30	1:00.53
25.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:00.95	200404457	1:00.74	+0,62	29.04	1:00.74
26.	Christian Kalle	z.c De Schoteijl	1:00.00	200400687	1:00.78	+0,78	28.83	1:00.78
27.	Conor Baker	De Columbiaan	1:03.79	200500991	1:00.88	+0,68	28.60	1:00.88

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Programmanr. 9, Jongens, 100m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
28.	Mylan de Gelder	ZOB'66	1:02.62	200404543	1:00.98	+0,79	28.89	1:00.98
29.	Guus Geelen	ZVL-1886 Tetteroo	1:02.22	200401183	1:01.15	+0,70	29.07	1:01.15
30.	Sem Verberg	The Hague Swimming (SG)	1:01.85	200402105	1:01.18	+0,69	29.21	1:01.18
31.	Michael van den Enden	PCG	1:00.68	200401589	1:01.20	+0,66	29.39	1:01.20
32.	Casper Hoogervorst	De Columbiaan	1:01.86	200500183	1:01.77	+0,76	29.80	1:01.77
33.	Wouter Willig	De Watervogels	1:06.61	200502785	1:01.85	+0,58	29.96	1:01.85
34.	Benjamin Boender	ZOB'66	1:02.52	200401351	1:01.90	+0,56	29.05	1:01.90
35.	Aaïke de Tender	ZPC Wiekslag	1:03.48	200502189	1:02.28	+0,74	29.98	1:02.28
36.	Tjomme de Tender	ZPC Wiekslag	1:04.20	200502187	1:02.41	+0,70	30.15	1:02.41
	Marijn Dekkers	Widex GZC Donk	1:02.58	200402275	1:02.41	+0,78	30.19	1:02.41
38.	Stijn de Bondt	ZPB H&L Productions	1:03.86	200502249	1:02.50		29.70	1:02.50
39.	Luuk Bogaert	De Watervogels	1:04.15	200503203	1:02.82	+0,63	30.34	1:02.82
40.	Onno Roelvelde	De Columbiaan	1:04.49	200502775	1:03.53	+0,72	30.13	1:03.53
41.	Tim van Lochem	Zoetermeer	1:05.50	200500077	1:03.85	+0,80	30.88	1:03.85
42.	Dobbe Kruit	De Columbiaan	1:07.91	200501367	1:03.89	+0,78	30.66	1:03.89
43.	Yassine Mellah	Widex GZC Donk	1:06.76	200502159	1:04.26		30.65	1:04.26
44.	Timon Wijsman	D'elft	1:05.09	200403707	1:04.97	+0,70	30.44	1:04.97
45.	Arthur Verwers	z.c De Schotejil	1:08.61	200501051	1:05.81	+0,76	31.53	1:05.81
	Casper van Nijnatten	Rotterdam Swimming (SG)	1:03.56	200402559	1:05.81	+0,75	30.72	1:05.81
47.	Tyler Diependaal	The Hague Swimming (SG)	1:07.52	200500879	1:05.97	+0,77	31.59	1:05.97
48.	Jesse Camphens	Noordwijkerhout	1:07.59	200502899	1:06.09	+0,56	32.96	1:06.09
49.	Thijs Visser	ZPV Barracuda	1:06.15	200502129	1:06.12	+0,81	31.69	1:06.12
50.	Reinier Velthuijs	ZPV Barracuda	1:07.56	200503537	1:06.59	+0,75	31.66	1:06.59
51.	Pim Romeijn	ZPC Wiekslag	1:04.61	200401321	1:06.71	+0,80	30.97	1:06.71
52.	Christian Schenk	ZV Strijen	1:06.04	200402191	1:06.99	+0,86	31.73	1:06.99
53.	Gino Martir	ACZ	1:06.38	200404459	1:07.16	+0,91	31.29	1:07.16
54.	Sidique Turay	ZPV Barracuda	1:11.31	200500981	1:07.55	+0,95	32.09	1:07.55
55.	Duncan den Hartog	De Kempvis	1:06.22	200401889	1:07.56	+0,77	32.84	1:07.56
56.	Sytze van Stein	LinK	1:08.48	200501155	1:10.54	+0,67	32.39	1:10.54
57.	Jelmer Paans	ZZ&PC De Devel	1:24.10	200404441	1:30.26		42.21	1:30.26
NG.ZA	Nino de Lange	SG SCOM/de Zeehond'73	1:05.96	200500047		13		
NG.ZA	Wout van Oevelen	D'elft	1:03.76	200404319				
AFGEM	Davide Sarasini	WZK	1:08.58	200403941				
NG	Jens Brouwer	ZOB'66	1:08.44	200403167				
NG	Coen Frkovic	ZPB H&L Productions	1:03.53	200502397				

Jeugd 1 en 2

1.	Brandon van den Berg	Rotterdam Swimming (SG)	50.98	200200669	50.74	+0,69	24.02	50.74
2.	Perry Laarhoven	ZPC Numansdorp	55.28	200301321	53.49	+0,78	25.72	53.49
3.	Michael Smink	The Hague Swimming (SG)	54.16	200302169	54.34	+0,80	26.22	54.34
4.	M. Lopes Cardozo	WZK	55.88	200300665	54.55	+0,68	26.44	54.55
5.	Daan Hogerhuis	LinK	55.87	200300317	55.06	+0,77	26.57	55.06
6.	Jarno Verbeek	Zoetermeer	55.26	200200931	56.00	+0,41	26.85	56.00
7.	Milan Hamel	The Hague Swimming (SG)	57.69	200302125	56.08	+0,67	27.04	56.08
8.	Erik van Gemert	Poseidon'56	56.93	200300587	56.15	+0,73	26.87	56.15
9.	Kenan Coeruez	Albion WSS (SG)	56.49	200300357	56.33	+0,68	26.63	56.33
10.	Xander Vis	z.c De Schotejil	56.90	200300173	56.78		27.18	56.78
11.	Bas van Nisius	The Hague Swimming (SG)	57.07	200202107	57.01	+0,79	27.80	57.01
12.	Wesley Zulver	ZV Vlaardingen-Schiedam	56.37	200301319	57.07	+0,53	27.42	57.07
13.	Cas Jansen	The Hague Swimming (SG)	56.73	200203263	57.14	+0,70	27.11	57.14
14.	Bjarne Buijs	The Hague Swimming (SG)	58.24	200301089	57.32	+0,54	27.40	57.32
15.	Stijn den Otter	ZZ&PC De Devel	57.52	200200225	57.37	+0,61	27.66	57.37
	Glenn van Gaalen	De Kempvis	56.31	200200521	57.37	+0,75	27.31	57.37
17.	Rob Lugtenburg	The Hague Swimming (SG)	57.53	200201123	57.41	+0,67	27.47	57.41
18.	Guus Hoogduin	ZVL-1886 Tetteroo	57.55	200201069	57.93	+0,78	27.98	57.93
19.	Simon Dijkstra	Rotterdam Swimming (SG)	58.81	200204905	58.29	+0,69	27.80	58.29
20.	Stefan Groen	KZV de Lansingh	58.27	200301179	58.61	+0,77	27.95	58.61
21.	Mart de Koning	ZOB'66	57.68	200203253	58.65	+0,74	27.95	58.65
22.	Luc Brasz	The Hague Swimming (SG)	1:00.65	200200919	59.26		28.74	59.26
23.	Chris Vogelaar	ZVL-1886 Tetteroo	56.63	200302241	59.31	+0,76	27.43	59.31
24.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	1:03.49	200200619	59.57	+0,56	28.08	59.57
25.	Tygo Korving	ZPB H&L Productions	1:00.89	200300773	1:00.31	+0,70	28.34	1:00.31
26.	Wouter Verdoes	De Columbiaan	59.95	200200351	1:00.93	+0,78	28.89	1:00.93
27.	Noë Berry	ZVL-1886 Tetteroo	1:00.70	200303167	1:01.00	+0,68	28.49	1:01.00
28.	Thimo van Beek	ZVL-1886 Tetteroo	1:03.03	200301347	1:01.37	+0,80	28.81	1:01.37
29.	Jarno Klink	De Stelle	1:01.13	200302067	1:01.52	+0,69	29.22	1:01.52
30.	Björn de Heus	ZV Vlaardingen-Schiedam	1:00.42	200201077	1:01.67	+0,68	29.29	1:01.67
31.	Konstantinos Doulfis	The Hague Swimming (SG)	1:03.61	200204279	1:03.43	+0,65	29.47	1:03.43

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Programmanr. 9, Jongens, 100m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m
NG.ZA	Milan Zaaijer	The Hague Swimming (SG)	57.51	200202795			
NG.ZA	Martijn van Noort	ZPV Barracuda	58.75	200204861			
AFGEM	Daniël Pronk	WZK	59.67	200201409			

Senioren 1 en ouder

1.	Thomas Verhoeven	Albion WSS (SG)	49.64	199700311	49.35	+0,71	23.62	49.35
2.	Jeroen Baars	Rotterdam Swimming (SG)	48.96	199200031	49.77	+0,76	24.44	49.77
3.	Ensgel Kotterink	Albion WSS (SG)	49.90	199403391	50.05	+0,45	23.86	50.05
4.	Ian Minnigh	Rotterdam Swimming (SG)	50.37	199702737	50.45	+0,65	24.16	50.45
5.	Floris Kotterink	Albion WSS (SG)	50.47	199800199	50.98	+0,61	24.35	50.98
6.	Mike Hoek	De Duck	51.45	199702229	51.82	+0,76	24.89	51.82
7.	Mark Baars	Rotterdam Swimming (SG)	51.22	198500059	52.08	+0,67	25.13	52.08
8.	Pascal Nuijten	Albion WSS (SG)	51.88	199701353	52.15	+0,68	25.26	52.15
9.	Jeremy Giribaldie	Rotterdam Swimming (SG)	55.79	200005803	52.41	+0,74	25.55	52.41
10.	Melvin Prins	Rotterdam Swimming (SG)	52.46	199500201	52.49	+0,72	25.00	52.49
11.	Bram de Leeuw	The Hague Swimming (SG)	53.33	199805753	52.54	+0,65	24.66	52.54
12.	Quinn van den Heuvel	WVZ	52.47	200100297	53.09	+0,77	25.76	53.09
13.	Ivo Stolk	Albion WSS (SG)	52.70	200100615	53.18	+0,72	25.44	53.18
14.	Jorian Tanis	MNC Dordrecht	53.24	199900327	53.52	+0,78	25.75	53.52
15.	Gerard Willighagen	Poseidon'56	52.89	200103663	53.66	+0,72	25.60	53.66
16.	Floris de Leeuw	The Hague Swimming (SG)	52.87	200105317	53.80	+0,67	26.26	53.80
17.	Derk Jan Speelman	Rotterdam Swimming (SG)	53.05	199602425	54.03	+0,65	25.81	54.03
18.	Jarno van Oijen	Albion WSS (SG)	52.98	200100055	54.07	+0,82	25.78	54.07
19.	Perry Lindo	Rotterdam Swimming (SG)	52.66	199207337	54.32	+0,68	26.37	54.32
20.	Bas Verdoes	De Columbiaan	55.34	199801487	54.42	+0,74	25.90	54.42
21.	Jordy Zuidhoek	De Columbiaan	55.01	199201569	54.68	+0,70	26.53	54.68
22.	Bert Duivenvoorde	Noordwijkerhout	55.97	199701805	55.19	+0,74	26.53	55.19
23.	Ryan van den Ouden	Poseidon'56	55.50	199900377	55.28	+0,81	26.06	55.28
	Rutger Dalm	KZV de Lansingh	55.10	199005561	55.28	+0,67	26.63	55.28
25.	Wesley Scheepbouwer	ZPC Wiekslag	55.02	200101959	55.45	+0,62	26.41	55.45
26.	Stijn Geelen	MNC Dordrecht	55.00	199801363	55.60	+0,68	26.64	55.60
27.	Jacob Mackloet	z.c De Schotejil	55.17	200001171	55.64	+0,73	26.57	55.64
28.	J. de Roy van Zuydewijn	WVZ	55.92	200000255	55.89	+0,69	26.53	55.89
29.	Aron Paasse	z.c De Schotejil	56.46	200000099	55.96	+0,71	26.46	55.96
30.	Sjoerd van Weelden	PCG	56.26	200101217	56.03	+0,77	27.62	56.03
31.	L. van der Klooster	ZPB H&L Productions	55.03	199801361	56.16	+0,69	27.23	56.16
32.	Daan Siebenheller	ZOB'66	55.82	199804955	56.38	+0,73	26.96	56.38
33.	Robin van Beek	ZVL-1886 Tetteroo	55.00	199704023	56.63	+0,71	26.99	56.63
34.	Jim Geestman	Rotterdam Swimming (SG)	56.34	198300699	56.80	+0,82	27.65	56.80
35.	Sander Iuga	Albion WSS (SG)	56.49	200101389	56.84	+0,73	27.12	56.84
36.	Paul van Grol	Widex GZC Donk	55.98	199602951	57.05	+0,69	27.46	57.05
37.	Noah Legerstee	WVZ	55.14	200003593	57.42	+0,78	27.10	57.42
38.	Remco Oskam	Widex GZC Donk	58.76	199205583	57.43	+0,78	27.65	57.43
39.	Michael Boekestijn	Albion WSS (SG)	56.29	200100767	57.63	+0,83	27.55	57.63
40.	Joris de Gier	Widex GZC Donk	59.10	200103817	59.45	+0,71	28.18	59.45
41.	Kevin Kingma	KZV de Lansingh	55.57	199700559	1:01.02	+0,71	27.50	1:01.02
NG	Tim van Duuren	Widex GZC Donk	58.77	199802255	S9			

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Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2						
1.	Ananda van der Wiel	WVZ	5:45.20	200701562	5:35.94 +0,64	
	50m: 35.17	35.17	150m: 2:00.12	43.66	250m: 3:31.87	49.04
	100m: 1:16.46	41.29	200m: 2:42.83	42.71	300m: 4:20.25	48.38
					350m: 4:59.52	39.27
					400m: 5:35.94	36.42
2.	Mila Oomens	ZPV Barracuda	6:17.77	200700016	5:42.35 +0,60	
	50m: 36.06	36.06	150m: 2:08.16	43.03	250m: 3:38.19	47.07
	100m: 1:25.13	49.07	200m: 2:51.12	42.96	300m: 4:25.69	47.50
					350m: 5:05.20	39.51
					400m: 5:42.35	37.15
3.	Samantha van der Jagt	ZZ&PC De Devel	6:04.69	200700220	5:59.47 +0,81	
	50m: 39.28	39.28	150m: 2:12.20	46.24	250m: 3:47.27	49.80
	100m: 1:25.96	46.68	200m: 2:57.47	45.27	300m: 4:38.68	51.41
					350m: 5:20.14	41.46
					400m: 5:59.47	39.33
4.	Dominique Overduin	z.c De Schotejil	6:23.19	200700172	6:00.89 +0,78	
	50m: 42.28	42.28	150m: 2:15.01	46.63	250m: 3:50.18	50.12
	100m: 1:28.38	46.10	200m: 3:00.06	45.05	300m: 4:40.72	50.54
					350m: 5:21.78	41.46
					400m: 6:00.89	39.11

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Programmanr. 10, Meisjes, 400m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	
5.	Daniek Wijnen	ZVL-1886 Tetteroo	6:26.02	200701280	6:08.60 +0,72	
	50m: 35.74	35.74 150m: 2:11.73	49.72	250m: 3:52.70	50.51 350m: 5:29.67	41.78
	100m: 1:22.01	46.27 200m: 3:02.19	50.46	300m: 4:47.89	55.19 400m: 6:08.60	38.93
6.	Evi Bol	ZPC Wiekslag	6:43.50	200700790	6:16.95	
	50m: 41.95	41.95 150m: 2:21.77	48.02	250m: 3:59.36	51.77 350m: 5:37.06	44.52
	100m: 1:33.75	51.80 200m: 3:07.59	45.82	300m: 4:52.54	53.18 400m: 6:16.95	39.89
7.	Annedieke Scholte	The Hague Swimming (SG)	6:35.10	200701110	6:21.10 +0,89	
	50m: 42.10	42.10 150m: 2:22.34	45.37	250m: 4:01.24	52.94 350m: 5:39.25	42.59
	100m: 1:36.97	54.87 200m: 3:08.30	45.96	300m: 4:56.66	55.42 400m: 6:21.10	41.85
8.	Aukje Schonewille	ZPB H&L Productions	6:41.39	200702340	6:31.19 +0,79	
	50m: 44.51	44.51 150m: 2:27.60	47.46	250m: 4:11.71	59.22 350m: 5:52.30	42.11
	100m: 1:40.14	55.63 200m: 3:12.49	44.89	300m: 5:10.19	58.48 400m: 6:31.19	38.89
9.	Evelyn Harris <i>*bu 100m</i>	The Hague Swimming (SG)	6:47.32	200703250	6:33.18	
	50m: 45.57	45.57 150m: 2:26.14	48.50	250m: 4:09.89	57.14 350m: 5:52.21	44.16
	100m: 1:37.64	52.07 200m: 3:12.75	46.61	300m: 5:08.05	58.16 400m: 6:33.18	40.97
13 - 14 jaar						
1.	Jelsie van Ruijven	WVZ	5:15.20	200500282	5:11.12 +0,70	
	50m: 32.68	32.68 150m: 1:52.84	40.31	250m: 3:15.36	44.26 350m: 4:37.11	36.92
	100m: 1:12.53	39.85 200m: 2:31.10	38.26	300m: 4:00.19	44.83 400m: 5:11.12	34.01
2.	Megan Jonkman	The Hague Swimming (SG)	5:21.36	200600508	5:16.44 +0,84	
	50m: 33.72	33.72 150m: 1:53.79	40.98	250m: 3:19.05	44.93 350m: 4:41.72	37.34
	100m: 1:12.81	39.09 200m: 2:34.12	40.33	300m: 4:04.38	45.33 400m: 5:16.44	34.72
3.	Emma Verkuijl	ZPV Barracuda	5:25.44	200500826	5:19.83 +0,73	
	50m: 33.94	33.94 150m: 1:56.06	43.01	250m: 3:24.03	46.40 350m: 4:46.24	35.59
	100m: 1:13.05	39.11 200m: 2:37.63	41.57	300m: 4:10.65	46.62 400m: 5:19.83	33.59
4.	Isa Maes	Albion WSS (SG)	5:23.86	200500110	5:21.22	
	50m: 34.60	34.60 150m: 1:58.53	41.14	250m: 3:24.51	45.33 350m: 4:47.57	37.09
	100m: 1:17.39	42.79 200m: 2:39.18	40.65	300m: 4:10.48	45.97 400m: 5:21.22	33.65
5.	Elijdjah van der Heul	Rotterdam Swimming (SG)	5:26.14	200602180	5:26.67 +0,72	
	50m: 35.42	35.42 150m: 2:01.79	44.18	250m: 3:29.31	44.78 350m: 4:52.58	37.49
	100m: 1:17.61	42.19 200m: 2:44.53	42.74	300m: 4:15.09	45.78 400m: 5:26.67	34.09
6.	Estelle van Wijngaarden	ZPB H&L Productions	5:30.64	200601020	5:27.53 +0,90	
	50m: 33.37	33.37 150m: 1:56.88	44.03	250m: 3:26.50	46.44 350m: 4:50.69	37.79
	100m: 1:12.85	39.48 200m: 2:40.06	43.18	300m: 4:12.90	46.40 400m: 5:27.53	36.84
7.	Anique Hazebroek	The Hague Swimming (SG)	5:40.72	200502196	5:28.30 +0,84	
	50m: 33.27	33.27 150m: 1:55.60	42.73	250m: 3:25.70	49.60 350m: 4:52.52	37.96
	100m: 1:12.87	39.60 200m: 2:36.10	40.50	300m: 4:14.56	48.86 400m: 5:28.30	35.78
8.	Leyla Oversluisen	MNC Dordrecht	5:38.28	200602730	5:32.62 +0,82	
	50m: 34.19	34.19 150m: 2:00.58	43.87	250m: 3:29.73	46.88 350m: 4:56.27	38.21
	100m: 1:16.71	42.52 200m: 2:42.85	42.27	300m: 4:18.06	48.33 400m: 5:32.62	36.35
9.	Madoline Held	The Hague Swimming (SG)	5:44.97	200503412	5:37.87 +0,78	
	50m: 35.69	35.69 150m: 2:03.02	43.06	250m: 3:33.47	48.34 350m: 5:01.73	40.15
	100m: 1:19.96	44.27 200m: 2:45.13	42.11	300m: 4:21.58	48.11 400m: 5:37.87	36.14
10.	Laura Hoogenboezem <i>*bu 150m</i>	KZV de Lansingh	5:39.63	200500390	5:44.69	
	50m: 38.34	38.34 150m: 2:09.85	45.37	250m: 3:39.75	45.36 350m: 5:06.98	39.97
	100m: 1:24.48	46.14 200m: 2:54.39	44.54	300m: 4:27.01	47.26 400m: 5:44.69	37.71
11.	Sylvie Roos	Albion WSS (SG)	5:46.92	200502772	5:47.25	
	50m: 35.89	35.89 150m: 2:05.38	46.53	250m: 3:39.89	48.83 350m: 5:09.64	40.25
	100m: 1:18.85	42.96 200m: 2:51.06	45.88	300m: 4:29.39	49.50 400m: 5:47.25	37.61
12.	Mara Tims	The Hague Swimming (SG)	5:32.56	200601136	5:47.38 +0,77	
	50m: 34.76	34.76 150m: 2:02.14	46.42	250m: 3:37.98	51.32 350m: 5:08.67	39.66
	100m: 1:15.72	40.96 200m: 2:46.66	44.52	300m: 4:29.01	51.03 400m: 5:47.38	38.71
13.	Laura 't Lam	De Geul	6:01.55	200603376	6:00.31 +0,63	
	50m: 36.15	36.15 150m: 2:08.72	43.70	250m: 3:46.12	53.00 350m: 5:21.11	40.00
	100m: 1:25.02	48.87 200m: 2:53.12	44.40	300m: 4:41.11	54.99 400m: 6:00.31	39.20
14.	Nikita Snoeren <i>*bu 300m</i>	WVZ	6:07.22	200600342	6:02.38	
	50m: 38.67	38.67 150m: 2:11.71	44.00	250m: 3:46.43	52.27 350m: 5:22.98	44.32
	100m: 1:27.71	49.04 200m: 2:54.16	42.45	300m: 4:38.66	52.23 400m: 6:02.38	39.40
15.	Mar Stoel	De Columbiaan	6:30.94	200500520	6:07.02 +0,87	
	50m: 37.90	37.90 150m: 2:13.44	48.21	250m: 3:54.94	54.12 350m: 5:29.88	40.40
	100m: 1:25.23	47.33 200m: 3:00.82	47.38	300m: 4:49.48	54.54 400m: 6:07.02	37.14

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Programmanr. 10, Meisjes, 400m wisselslag, 13 - 14 jaar

rang	naam	vereniging	intijd	tijd	RT
16.	Femke van Dam	ZV Vlaardingen-Schiedam	6:25.58	200504548	6:07.88 +0,90
	50m: 37.78	37.78 150m: 2:11.53	46.60	250m: 3:49.31	53.76 350m: 5:27.42
	100m: 1:24.93	47.15 200m: 2:55.55	44.02	300m: 4:45.21	55.90 400m: 6:07.88
17.	Daphne van Tilburg	De Geul	6:08.87	200500580	6:09.99 +0,84
	50m: 39.54	39.54 150m: 2:17.40	46.85	250m: 3:55.68	52.61 350m: 5:30.63
	100m: 1:30.55	51.01 200m: 3:03.07	45.67	300m: 4:48.56	52.88 400m: 6:09.99
18.	Sanne Slof	The Hague Swimming (SG)	6:10.31	200601810	6:11.50 +1,00
	50m: 37.75	37.75 150m: 2:17.43	50.30	250m: 3:56.55	51.04 350m: 5:33.00
	100m: 1:27.13	49.38 200m: 3:05.51	48.08	300m: 4:48.92	52.37 400m: 6:11.50
19.	Fenne Saaf	Zoetermeer	6:09.50	200504340	6:12.66 +0,87
	50m: 40.24	40.24 150m: 2:16.66	46.49	250m: 3:54.50	52.26 350m: 5:31.01
	100m: 1:30.17	49.93 200m: 3:02.24	45.58	300m: 4:47.93	53.43 400m: 6:12.66
20.	G. Schrijvers van Zenden	The Hague Swimming (SG)	5:58.89	200601618	6:13.12 +0,64
	50m: 37.96	37.96 150m: 2:09.07	47.79	250m: 3:51.09	55.61 350m: 5:31.76
	100m: 1:21.28	43.32 200m: 2:55.48	46.41	300m: 4:48.83	57.74 400m: 6:13.12
21.	Fieke Hoogduin	ZVL-1886 Tetteroo	6:29.07	200600836	6:31.44
	50m: 39.12	39.12 150m: 2:20.06	48.58	250m: 4:03.81	56.18 350m: 5:47.89
	100m: 1:31.48	52.36 200m: 3:07.63	47.57	300m: 5:01.27	57.46 400m: 6:31.44

15 - 16 jaar

1.	Femke Doorenbos	The Hague Swimming (SG)	5:19.30	200404214	5:11.77 +0,66
	50m: 32.73	32.73 150m: 1:51.49	40.26	250m: 3:17.40	46.90 350m: 4:38.85
	100m: 1:11.23	38.50 200m: 2:30.50	39.01	300m: 4:04.13	46.73 400m: 5:11.77
2.	Rinske Bouman	Rotterdam Swimming (SG)	5:16.73	200400578	5:17.14 +0,83
	50m: 32.61	32.61 150m: 1:54.67	42.20	250m: 3:20.54	43.15 350m: 4:40.65
	100m: 1:12.47	39.86 200m: 2:37.39	42.72	300m: 4:04.42	43.88 400m: 5:17.14
3.	Irma van der Wulp	WVZ	5:19.62	200401950	5:20.31
	50m: 34.01	34.01 150m: 1:56.39	41.83	250m: 3:22.32	43.97 350m: 4:44.10
	100m: 1:14.56	40.55 200m: 2:38.35	41.96	300m: 4:07.26	44.94 400m: 5:20.31
4.	Mara Bosman	The Hague Swimming (SG)	5:23.26	200303048	5:20.71 +0,75
	50m: 35.55	35.55 150m: 1:59.12	40.42	250m: 3:23.91	45.00 350m: 4:45.56
	100m: 1:18.70	43.15 200m: 2:38.91	39.79	300m: 4:09.14	45.23 400m: 5:20.71
5.	Kim de Jong	LinK	5:19.70	200301026	5:22.10 +0,89
	50m: 33.92	33.92 150m: 1:57.85	42.76	250m: 3:23.19	43.53 350m: 4:46.29
	100m: 1:15.09	41.17 200m: 2:39.66	41.81	300m: 4:07.89	44.70 400m: 5:22.10
6.	Daniëlle Vis	De Columbiaan	5:27.45	200401044	5:23.02 +0,79
	50m: 35.28	35.28 150m: 1:59.94	42.87	250m: 3:25.36	43.90 350m: 4:48.37
	100m: 1:17.07	41.79 200m: 2:41.46	41.52	300m: 4:10.56	45.20 400m: 5:23.02
7.	Jonna Muntjewerff	The Hague Swimming (SG)	5:23.03	200402396	5:23.79 +0,85
	50m: 35.16	35.16 150m: 1:59.53	41.72	250m: 3:25.31	45.19 350m: 4:47.67
	100m: 1:17.81	42.65 200m: 2:40.12	40.59	300m: 4:10.87	45.56 400m: 5:23.79
8.	Lara Hoeksema	The Hague Swimming (SG)	5:31.73	200400514	5:33.69 +0,69
	50m: 34.94	34.94 150m: 2:00.37	43.53	250m: 3:31.45	49.19 350m: 4:57.50
	100m: 1:16.84	41.90 200m: 2:42.26	41.89	300m: 4:20.58	49.13 400m: 5:33.69
9.	Carmen Lems	KZV de Lansingh	5:52.26	200402632	5:40.11 +0,72
	50m: 33.53	33.53 150m: 1:58.75	43.87	250m: 3:31.26	49.00 350m: 5:02.01
	100m: 1:14.88	41.35 200m: 2:42.26	43.51	300m: 4:22.48	51.22 400m: 5:40.11
10.	Esther Reinders	KZV de Lansingh	5:39.12	200301798	5:41.14 +0,70
	50m: 36.89	36.89 150m: 2:04.84	43.18	250m: 3:34.54	46.63 350m: 5:03.22
	100m: 1:21.66	44.77 200m: 2:47.91	43.07	300m: 4:23.06	48.52 400m: 5:41.14
11.	Fee Smittenaar	De Columbiaan	5:50.01	200303060	5:42.89 +0,90
	50m: 35.36	35.36 150m: 2:03.71	45.81	250m: 3:37.31	48.97 350m: 5:06.29
	100m: 1:17.90	42.54 200m: 2:48.34	44.63	300m: 4:28.69	51.38 400m: 5:42.89
12.	Amy Koelman	De Columbiaan	5:44.12	200300922	5:44.34 +0,84
	50m: 34.25	34.25 150m: 1:58.67	43.44	250m: 3:32.49	49.37 350m: 5:04.47
	100m: 1:15.23	40.98 200m: 2:43.12	44.45	300m: 4:21.85	49.36 400m: 5:44.34
13.	Robine Boer	De Columbiaan	6:00.45	200402180	5:54.12 +0,79
	50m: 37.87	37.87 150m: 2:09.05	44.56	250m: 3:45.32	51.36 350m: 5:16.19
	100m: 1:24.49	46.62 200m: 2:53.96	44.91	300m: 4:37.08	51.76 400m: 5:54.12
14.	Feija de Bruin	WVZ	5:56.90	200400106	5:54.32 +0,79
	50m: 35.80	35.80 150m: 2:02.82	44.49	250m: 3:39.56	53.40 350m: 5:14.58
	100m: 1:18.33	42.53 200m: 2:46.16	43.34	300m: 4:33.60	54.04 400m: 5:54.32
15.	Lize van Stigt	LinK	5:34.98	200401510	5:54.81 +0,70
	50m: 36.45	36.45 150m: 2:04.49	43.68	250m: 3:42.49	53.13 350m: 5:15.68
	100m: 1:20.81	44.36 200m: 2:49.36	44.87	300m: 4:36.46	53.97 400m: 5:54.81
16.	Noa de Bock *bu 150m	De Duck	5:53.38	200300318	5:57.42
	50m: 35.81	35.81 100m: 1:18.12	42.31	150m: 2:06.34	48.22 200m: 2:52.99

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Programmanr. 10, Meisjes, 400m wisselslag, 15 - 16 jaar

rang	naam	vereniging	intijd	tijd	RT			
	250m: 3:45.43	52.44	300m: 4:37.40	51.97	350m: 5:18.76	41.36	400m: 5:57.42	38.66
17.	Britt van Bommel	De Columbiaan	5:57.98	200301982	6:05.35	+0,87		
	50m: 39.52	39.52	150m: 2:14.28	44.77	250m: 3:51.50	51.94	350m: 5:27.29	40.45
	100m: 1:29.51	49.99	200m: 2:59.56	45.28	300m: 4:46.84	55.34	400m: 6:05.35	38.06
NG.ZA	Jet van Oudheusden	ZOB'66	5:42.20	200401012				
Senioren								
1.	Angelique van Vark	Z&PC De Gouwe	4:59.72	199701478	5:08.85	+0,74		
	50m: 32.94	32.94	150m: 1:52.74	40.08	250m: 3:15.62	43.95	350m: 4:35.75	34.99
	100m: 1:12.66	39.72	200m: 2:31.67	38.93	300m: 4:00.76	45.14	400m: 5:08.85	33.10
2.	Lotte Middelbos	z.c De Schotejil	5:28.23	199900680	5:23.11	+0,84		
	50m: 34.12	34.12	150m: 1:56.98	42.58	250m: 3:24.45	45.89	350m: 4:47.43	37.11
	100m: 1:14.40	40.28	200m: 2:38.56	41.58	300m: 4:10.32	45.87	400m: 5:23.11	35.68
3.	Elyanne Boudestein	Zoetermeer	5:33.77	200101060	5:35.32	+0,79		
	50m: 35.80	35.80	150m: 2:05.55	42.01	250m: 3:33.48	47.16	350m: 4:58.74	37.80
	100m: 1:23.54	47.74	200m: 2:46.32	40.77	300m: 4:20.94	47.46	400m: 5:35.32	36.58
4.	Diana Noordermeer	SG SCOM/de Zeehond'73	5:33.86	200102110	5:39.72	+0,67		
	50m: 35.99	35.99	150m: 2:01.04	43.35	250m: 3:31.92	48.21	350m: 5:00.89	39.00
	100m: 1:17.69	41.70	200m: 2:43.71	42.67	300m: 4:21.89	49.97	400m: 5:39.72	38.83
5.	Roos van Esch	KZV de Lansingh	5:55.28	198200468	5:42.46			
	50m: 36.75	36.75	150m: 2:01.71	44.68	250m: 3:33.99	49.59	350m: 5:04.32	40.71
	100m: 1:17.03	40.28	200m: 2:44.40	42.69	300m: 4:23.61	49.62	400m: 5:42.46	38.14
6.	Debra de Lange	De Geul	5:58.71	200202380	5:43.62	+0,75		
	50m: 38.17	38.17	150m: 2:08.06	42.05	250m: 3:36.77	47.46	350m: 5:06.18	39.89
	100m: 1:26.01	47.84	200m: 2:49.31	41.25	300m: 4:26.29	49.52	400m: 5:43.62	37.44
7.	Anna Hoogenboezem <i>*bu eindtijd</i>	KZV de Lansingh	5:41.28	200200658	5:46.07	+0,79		
	50m: 37.03	37.03	150m: 2:07.71	46.17	250m: 3:38.42	45.60	350m: 5:06.44	40.87
	100m: 1:21.54	44.51	200m: 2:52.82	45.11	300m: 4:25.57	47.15	400m: 5:46.07	39.63
8.	Susan van Grol	Widex GZC Donk	5:57.30	200201344	6:00.16	+0,75		
	50m: 37.54	37.54	150m: 2:13.23	47.44	250m: 3:48.40	48.38	350m: 5:19.44	41.91
	100m: 1:25.79	48.25	200m: 3:00.02	46.79	300m: 4:37.53	49.13	400m: 6:00.16	40.72
9.	Isabelle Janssen <i>*bu 150m</i>	MNC Dordrecht	6:30.90	200006318	6:16.08	+0,77		
	50m: 41.98	41.98	150m: 2:19.82	49.49	250m: 4:01.26	52.03	350m: 5:36.01	41.77
	100m: 1:30.33	48.35	200m: 3:09.23	49.41	300m: 4:54.24	52.98	400m: 6:16.08	40.07
DIS	Anouk Vis	De Columbiaan	5:32.34	200203322				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
NG	Giulia Corsi	De Columbiaan	5:29.83	200100468				

Programmanr. 11
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Heren, 50m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2						
1.	Thierry Zulver	ZV Vlaardingen-Schiedam	29.52	200700023	29.22	+0,66
2.	Thom de Hoog	SG SCOM/de Zeehond'73	30.29	200600019	29.71	+0,79
3.	Daan Sonneveld	WVZ	31.71	200601085	29.73	+0,71
4.	Nikodim Markovic	The Hague Swimming (SG)	31.64	200700255	30.29	+0,69
5.	Joshua Agussalim	ZPV Barracuda	31.43	200600153	30.90	+0,72
6.	Bas Blanker	ZPB H&L Productions	31.32	200601497	31.33	
7.	Bjorn Rijkaart	BZ en PC	34.91	200601337	31.64	+0,69
8.	Joris Lissenberg	The Hague Swimming (SG)	32.19	200600585	31.99	+0,72
9.	Benjamin van Helsdingen	ZZ&PC De Devel	32.06	200601097	32.28	+0,80
10.	Laurens Kalle	z.c De Schotejil	32.33	200600161	32.76	+0,64
11.	Kaan Uludag	Zoetermeer	33.22	200603559	32.79	+0,79
12.	Dimi Stoyanov	The Hague Swimming (SG)	33.36	200601067	33.02	+0,71
13.	Benjamin Vermeer	Zoetermeer	35.47	200600177	34.30	+0,76
14.	Janu Nolden	WVZ	37.28	200600289	34.66	
15.	Roan van der Weide	Widex GZC Donk	37.06	200601629	34.73	+0,68
16.	Hessel de Jong	KZV de Lansingh	34.36	200602753	34.91	+0,52
17.	Tavi de Gelder	ZOB'66	34.60	200602335	35.10	+0,82
18.	Floris Wassenaar	WVZ	36.24	200600649	35.13	+0,69

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Programmanr. 11, Jongens, 50m vlinderslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
19.	Thijs van den Berg	The Hague Swimming (SG)	36.55	200600971	35.19	+0,77
20.	Anco van der Lans	ZV Vlaardingen-Schiedam	37.11	200601889	35.20	+0,78
21.	Tibbe Veldboer	ZPB H&L Productions	35.61	200600911	35.43	+0,85
22.	Jisse Lousma	WVZ	35.47	200701493	35.49	+0,77
23.	Robin den Ouden	ZPC Wiekslag	36.22	200600255	35.57	+0,61
24.	Wout Jonkers	Poseidon'56	38.51	200600939	35.63	+0,66
25.	Boele Böhm	De Columbiaan	35.51	200700739	35.74	+0,54
26.	Thomas Klaassen	ZOB'66	37.16	200601535	36.55	+0,69
27.	Arav Ramcharan	Poseidon'56	36.24	200603067	36.58	
28.	Bas Bechtold	ZPV Barracuda	34.68	200600007	36.86	
29.	Bo Merkestein	WVZ	37.67	200602451	37.05	+0,74
30.	Niels Meijer	The Hague Swimming (SG)	36.54	200701645	37.11	+0,64
31.	Milan de Groot	Noordwijkerhout	38.00	200702447	37.40	+0,81
32.	Lucas van Peenen	ZVL-1886 Tetteroo	38.29	200600457	37.61	+0,67
33.	Daniel Gavran	Widex GZC Donk	39.65	200600667	37.74	+0,78
34.	Dominique Drabbe	Zoetermeer	37.51	200600145	38.33	+0,72
35.	Bart Tuinenburg	ZPC Wiekslag	37.11	200602347	38.42	+0,49
36.	Harm Nahon	Z&PC De Gouwe	38.81	200602515	38.70	+0,85
37.	Tijn van Die	ZZ&PC De Devel	38.17	200701747	38.78	+0,69
38.	Jelle den Otter	SG SCOM/de Zeehond'73	38.96	200600251	39.79	+0,71
39.	Madin Lajlufi	Zoetermeer	38.30	200601425	40.41	+0,82
40.	James Lawton	De Columbiaan	38.60	200700745	41.33	+0,67
DIS	Max Bos	SG SCOM/de Zeehond'73	44.70	200701383		
AA - Gestart voor het startsignaal (en wel gezwommen).						

AFGEM Sven Markkus Eschbach ZZ&PC De Devel 32.49 200602013

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming (SG)	26.10	200400669	26.22	+0,74
2.	Chris van der Hout	The Hague Swimming (SG)	28.15	200401355	27.68	+0,74
3.	Thijm Kruit	De Columbiaan	28.43	200401339	27.78	+0,77
4.	Nathan Janssen	MNC Dordrecht	28.90	200401565	27.79	+0,72
5.	Max van Schagen	De Columbiaan	28.50	200402591	27.85	+0,66
6.	Timo Wouters	MNC Dordrecht	29.02	200401363	28.25	+0,60
7.	Anthony Kraag	WVZ	28.94	200401973	28.55	+0,55
8.	Émile Fouzaï	The Hague Swimming (SG)	29.46	200500263	28.71	+0,76
9.	Abel te Riele	WVZ	28.99	200402317	28.87	+0,70
10.	Erik Oldenkamp	Rotterdam Swimming (SG)	30.11	200400597	29.29	+0,67
11.	River Streefland	The Hague Swimming (SG)	30.17	200502253	29.48	+0,75
12.	Björn Verkaik	The Hague Swimming (SG)	30.71	200500411	29.49	+0,74
13.	Pepijn van Egmond	WVZ	28.82	200402309	29.56	+0,73
14.	Milan Masselink	The Hague Swimming (SG)	30.28	200402165	29.58	+0,77
15.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	29.75	200404457	29.68	+0,59
16.	Julien Tanis	Rotterdam Swimming (SG)	29.48	200401045	29.73	+0,68
17.	Sem Verberg	The Hague Swimming (SG)	30.53	200402105	30.08	+0,76
18.	Timo Huizer	ZPC Wiekslag	30.33	200401125	30.15	+0,72
19.	Sem Agterdenbos	MNC Dordrecht	30.24	200500049	30.23	+0,67
20.	Niels van der Mast	ZPC Numansdorp	29.73	200401917	30.29	+0,61
21.	Michael van den Enden	PCG	32.29	200401589	30.46	+0,65
	Luca Nguyen-Tri	Rotterdam Swimming (SG)	31.57	200500781	30.46	+0,67
23.	Yanieck Frijstein	The Hague Swimming (SG)	30.98	200500329	30.47	+0,58
24.	Daniel 't Mannetje	z.c De Schotejil	30.46	200400183	30.54	+0,73
25.	Wouter Willig	De Watervogels	31.10	200502785	30.59	+0,76
26.	Menno Wieringa	KZV de Lansingh	31.10	200500927	30.62	
27.	Timon Wijsman	D'elft	31.57	200403707	30.70	+0,72
28.	Christian Kalle	z.c De Schotejil	31.15	200400687	30.87	+0,77
29.	Bo Schoenmakers	Widex GZC Donk	31.69	200402919	31.13	+0,73
30.	Benjamin Boender	ZOB'66	31.43	200401351	31.14	+0,72
31.	Kun Woo Kim	The Hague Swimming (SG)	32.27	200401361	31.17	+0,73
32.	Onno Roeleveld	De Columbiaan	31.91	200502775	31.62	+0,79
33.	Guus Geelen	ZVL-1886 Tetteroo	32.06	200401183	31.88	+0,73
34.	Marijn Dekkers	Widex GZC Donk	31.85	200402275	32.32	+0,81
35.	Tim van Lochem	Zoetermeer	33.70	200500077	32.42	
36.	Conor Baker	De Columbiaan	33.32	200500991	32.50	+0,72
37.	Aaïke de Tender	ZPC Wiekslag	33.25	200502189	32.90	+0,75
38.	Tyler Diependaal	The Hague Swimming (SG)	33.19	200500879	33.11	+0,74
39.	Lucas Houkes	ZV Sassenheim	34.16	200503425	33.16	+0,73
40.	Luuk Bogaert	De Watervogels	33.40	200503203	33.17	+0,80
41.	Jesse Camphens	Noordwijkerhout	32.81	200502899	33.24	

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Programmanr. 11, Jongens, 50m vlinderslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
42.	Yassine Mellah	Widex GZC Donk	33.86	200502159	33.30	+0,82
43.	Mylan de Gelder	ZOB'66	33.97	200404543	33.53	+0,75
44.	Tjomme de Tender	ZPC Wiekslag	34.13	200502187	34.04	+0,74
45.	Dobbe Kruit	De Columbiaan	34.44	200501367	34.29	+0,81
46.	Jelmer Paans	ZZ&PC De Devel	39.58	200404441	41.62	+0,71
DIS	Gabriel Been	The Hague Swimming (SG)	28.77	200501467		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
NG.ZA	Wout van Oevelen	D'elft	32.96	200404319		
NG	Jens Brouwer	ZOB'66	35.39	200403167		

Jeugd 1 en 2

1.	Brandon van den Berg	Rotterdam Swimming (SG)	25.96	200200669	25.55	+0,70
2.	Michael Smink	The Hague Swimming (SG)	26.03	200302169	26.02	+0,75
3.	Erik van Gemert	Poseidon'56	27.15	200300587	26.30	+0,75
4.	Perry Laarhoven	ZPC Numansdorp	27.33	200301321	26.57	+0,76
5.	Jarno Verbeek	Zoetermeer	25.99	200200931	26.59	
6.	Zev Bulk	The Hague Swimming (SG)	26.74	200304021	26.88	+0,68
7.	Milan Hamel	The Hague Swimming (SG)	27.71	200302125	27.47	+0,69
8.	Rob Lugtenburg	The Hague Swimming (SG)	28.33	200201123	27.57	+0,71
9.	Bjarne Buijs	The Hague Swimming (SG)	28.79	200301089	27.61	+0,66
10.	Glenn van Gaalen	De Kempvis	27.78	200200521	27.66	+0,68
11.	Kenan Coeruez	Albion WSS (SG)	27.50	200300357	27.68	+0,56
12.	Jelle Bon	ZV Vlaardingen-Schiedam	27.46	200301077	27.74	+0,50
13.	Wesley Zulver	ZV Vlaardingen-Schiedam	28.67	200301319	27.94	+0,60
14.	Xander Vis	z.c De Schotejil	28.08	200300173	28.00	+0,69
15.	Stijn den Otter	ZZ&PC De Devel	28.06	200200225	28.51	
16.	Koen Pijnacker	BZ en PC	29.74	200301437	28.62	+0,70
17.	Cas Jansen	The Hague Swimming (SG)	28.52	200203263	28.67	
18.	Maximilian Lopes Cardozo	WZK	29.25	200300665	28.78	+0,68
19.	Daan Hogerhuis	LinK	29.56	200300317	28.80	+0,73
20.	Björn de Heus	ZV Vlaardingen-Schiedam	28.74	200201077	28.91	+0,71
21.	Mart de Koning	ZOB'66	28.09	200203253	28.96	+0,74
22.	Julian Stok	ZZ&PC De Devel	29.43	200300071	28.97	+0,71
23.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	30.55	200200619	29.32	+0,65
24.	Luc Brasz	The Hague Swimming (SG)	29.61	200200919	29.80	+0,72
25.	Wouter Verdoes	De Columbiaan	30.45	200200351	30.06	+0,60
26.	Maxim Noordman	The Hague Swimming (SG)	30.38	200304067	30.17	+0,71
27.	Yassine Maas	The Hague Swimming (SG)	31.37	200301505	30.36	+0,79
28.	Chris Vogelaar	ZVL-1886 Tetteroo	30.67	200302241	30.37	+0,71
29.	Stefan Groen	KZV de Lansingh	30.58	200301179	30.40	+0,76
30.	Thimo van Beek	ZVL-1886 Tetteroo	32.36	200301347	30.41	+0,75
31.	Simon Dijkstra	Rotterdam Swimming (SG)	31.06	200204905	30.50	+0,66
32.	Tygo Korving	ZPB H&L Productions	30.45	200300773	30.82	+0,70
33.	Jens Kooijman	z.c De Schotejil	31.45	200200633	31.84	+0,81
NG.ZA	Milan Zaaijer	The Hague Swimming (SG)	29.08	200202795		
NG.ZA	Martijn van Noort	ZPV Barracuda	29.33	200204861		
NG	Nikhom Westphal	WVZ	25.28	200203329		

Senioren 1 en ouder

1.	Thomas Verhoeven	Albion WSS (SG)	23.80	199700311	24.05	+0,72
2.	Jeroen Baars	Rotterdam Swimming (SG)	23.90	199200031	24.19	+0,71
3.	Floris Kotterink	Albion WSS (SG)	24.56	199800199	24.78	+0,59
4.	Ensgar Kotterink	Albion WSS (SG)	24.58	199403391	25.06	+0,60
5.	Melvin Prins	Rotterdam Swimming (SG)	25.23	199500201	25.66	+0,69
6.	Mike Hoek	De Duck	25.40	199702229	25.81	+0,74
7.	Perry Lindo	Rotterdam Swimming (SG)	26.04	199207337	26.03	+0,82
8.	Quinn van den Heuvel	WVZ	25.63	200100297	26.15	+0,74
9.	Wendell Zinhagel	Rotterdam Swimming (SG)	27.07	200005739	26.16	+0,75
10.	Ian Minnigh	Rotterdam Swimming (SG)	25.83	199702737	26.23	+0,68
11.	Pascal Nuijten	Albion WSS (SG)	26.37	199701353	26.26	+0,71
12.	Bas Verdoes	De Columbiaan	27.37	199801487	26.71	+0,76
13.	Stijn Geelen	MNC Dordrecht	26.36	199801363	26.73	+0,69
14.	Floris de Leeuw	The Hague Swimming (SG)	26.47	200105317	26.74	+0,68
	Bert Duivenvoorde	Noordwijkerhout	27.47	199701805	26.74	+0,72
16.	Joost de Roy van Zuydewijn	WVZ	27.25	200000255	26.88	+0,71
17.	Jarno van Oijen	Albion WSS (SG)	27.09	200100055	26.97	+0,77
18.	Noah Legerstee	WVZ	26.73	200003593	26.98	+0,73

Regiokampioenschappen korte baan
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Programmanr. 11, Heren, 50m vlinderslag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT
19.	Jordy Zuidhoek	De Columbiaan	27.23	199201569	27.00	+0,73
20.	Mario Aliang	The Hague Swimming (SG)	27.58	200105499	27.10	+0,69
21.	Daan Siebenheller	ZOB'66	26.65	199804955	27.17	+0,74
22.	Sjoerd van Weelden	PCG	27.25	200101217	27.34	+0,75
23.	Jorian Tanis	MNC Dordrecht	27.26	199900327	27.47	+0,79
24.	Sander van Beek	ZVL-1886 Tetteroo	27.15	200002917	27.52	+0,65
25.	Robin van Beek	ZVL-1886 Tetteroo	26.67	199704023	27.53	+0,70
26.	Wesley Scheepbouwer	ZPC Wiekslag	27.17	200101959	27.65	
27.	Paul van Grol	Widex GZC Donk	27.50	199602951	27.86	+0,65
28.	Sander Iuga	Albion WSS (SG)	28.58	200101389	28.09	+0,70
29.	Aron Paasse	z.c De Schotejil	27.78	200000099	28.17	+0,70
30.	Roel van Grol	Widex GZC Donk	28.47	199802277	28.26	+0,66
31.	Thijs Molendijk	D'elft	27.62	199900477	28.28	+0,73
32.	Otto Pranger	Albion WSS (SG)	28.01	200000007	28.42	+0,64
33.	Jordy van Oel	WVZ	28.06	199802003	28.43	+0,83
34.	Jim Geestman	Rotterdam Swimming (SG)	29.02	198300699	28.64	+0,81
35.	Jacob Mackloet	z.c De Schotejil	28.17	200001171	28.68	+0,72
36.	David Kievit	z.c De Schotejil	28.29	199900325	28.78	+0,59
37.	Kilian Xavier de Kruyf Molina	The Hague Swimming (SG)	28.96	200002667	28.79	+0,71
38.	Michael Boekestijn	Albion WSS (SG)	28.93	200100767	28.98	+0,82
39.	Ian van Mullem	ZOB'66	29.39	199602545	29.17	+0,65
40.	Ferdy van Mastrigt	Rotterdam Swimming (SG)	29.38	198802315	29.19	+0,68
41.	Remco Oskam	Widex GZC Donk	28.78	199205583	29.23	+0,68
42.	Luuk Kievit	z.c De Schotejil	28.72	200100469	29.24	+0,62
43.	Linquendo van der Klooster	ZPB H&L Productions	29.36	199801361	29.72	+0,68
44.	Dennis Dortland	ZPV Barracuda	29.44	197800261	29.76	+0,90
45.	Thomas Boxman	The Hague Swimming (SG)	30.00	200005203	30.02	+0,81
46.	Bart Spaans	ACZ	29.73	199902559	30.39	+0,63
AFGEM	Nino van Krimpen	ZPB H&L Productions	29.03	200004611		
AFGEM	Kevin Kingma	KZV de Lansingh	27.66	199700559		
NG	Tim van Duuren	Widex GZC Donk	29.27	199802255	S9	

Programmanr. 12
23-11-2019 - 15:35

Dames, 200m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1 en 2										
1.	Robin Vermeulen	MNC Dordrecht	2:33.56	200700412	2:31.82	+0,84	36.30	1:14.94	1:53.95	2:31.82
2.	Charlotte Woltjes	The Hague Swimming	(2:39.11	200700110	2:35.70	+0,77	36.63	1:15.84	1:56.04	2:35.70
3.	Fleur Kamminga	WVZ	2:38.10	200701838	2:38.46	+0,79	38.33	1:18.16	1:59.19	2:38.46
4.	Ananda van der Wiel	WVZ	2:41.17	200701562	2:40.66	+0,64	38.35	1:20.52	2:02.03	2:40.66
5.	Flora Szili-Torok	Rotterdam Swimming	(2:41.47	200800114	2:40.88	+0,83	37.33	1:17.64	1:59.68	2:40.88
6.	Floor Hogervorst	Noordwijkerhout	2:43.83	200701400	2:41.63	+0,63	38.44	1:19.73	2:01.80	2:41.63
7.	Meyke v. Nimwegen	z.c De Schotejil	2:46.76	200800106	2:41.92	+0,90	38.46	1:19.38	2:01.25	2:41.92
8.	Mila Oomens	ZPV Barracuda	2:41.72	200700016	2:42.16	+0,74	38.16	1:19.85	2:02.36	2:42.16
9.	Jinth Engelse	ZPV Barracuda	2:47.11	200800204	2:42.64	+0,68	38.66	1:20.27	2:01.80	2:42.64
10.	Dide Provily	ZPC Wiekslag	2:43.39	200700480	2:45.04	+0,75	38.18	1:20.50	2:03.30	2:45.04
11.	Anniqve Rupke	Widex GZC Donk	2:50.10	200700876	2:47.08	+0,79	38.18	1:20.76	2:04.15	2:47.08
12.	Charlene Ruiters	De Columbiaan	2:45.66	200700522	2:48.05	+0,59	40.59	1:23.22	2:07.48	2:48.05
13.	Yrsah Verheijen	The Hague Swimming	(2:50.67	200700350	2:49.67	+0,79	38.97	1:21.95	2:06.80	2:49.67
14.	Kyona Steffe	The Hague Swimming	(2:54.85	200702004	2:50.82	+0,78	39.58	1:22.58	2:07.39	2:50.82
15.	Liv Heijdra	Albion WSS (SG)	2:50.04	200800736	2:51.93	+0,83	39.28	1:23.60	2:08.46	2:51.93
16.	Samantha van der Jagt	ZZ&PC De Devel	2:48.55	200700220	2:52.84	+0,67	40.54	1:24.71	2:10.26	2:52.84
<i>*bu 150m</i>										
17.	Dominique Overduin	z.c De Schotejil	2:53.85	200700172	2:52.99	+0,68	40.11	1:23.28	2:08.38	2:52.99
18.	Tessa Hoogstraten	De Columbiaan	2:54.60	200800544	2:53.01	+0,63	40.64	1:25.21	2:09.81	2:53.01
19.	Shirley van Mourik	MNC Dordrecht	2:58.00	200802092	2:54.63	+0,64	42.76	1:28.36	2:12.92	2:54.63
20.	Evi Bol	ZPC Wiekslag	2:58.48	200700790	2:56.11	+0,72	42.10	1:27.38	2:13.04	2:56.11
21.	Aukje Schonewille	ZPB H&L Productions	2:55.46	200702340	2:57.15	+0,71	42.94	1:28.68	2:14.55	2:57.15
22.	Evelyn Harris	The Hague Swimming	(3:01.10	200703250	2:58.19	+0,84	42.68	1:28.30	2:14.39	2:58.19
23.	Solana Kock	WVZ	3:03.33	200802520	3:01.10	+1,06	43.76	1:29.45	2:16.31	3:01.10
24.	Daniek Wijnen	ZVL-1886 Tetteroo	3:00.07	200701280	3:02.30	+0,96	41.98	1:29.40	2:18.47	3:02.30
25.	Julie Ouwendijk	SG SCOM/de Zeehond	3:03.46	200800102	3:04.03	+0,74	43.07	1:30.25	2:17.95	3:04.03
26.	Sophie Adriaanse	De Columbiaan	3:01.50	200701066	3:06.93	+0,63	42.94	1:30.97	2:19.64	3:06.93
<i>*bu 100m - 150m - 200m</i>										

Regiokampioenschappen korte baan
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Programmanr. 12, Dames, 200m rugslag

13 - 14 jaar

1. Jelsie van Ruijven <i>*bu 50m</i>	WVZ	2:26.29	200500282	2:23.24	+0,67	33.31	1:09.66	1:46.53	2:23.24
2. Marit Huisman	ZPV Barracuda	2:30.11	200502620	2:25.22	+0,54	34.29	1:11.09	1:48.51	2:25.22
3. Ester Schirripa	The Hague Swimming	(2:30.47	200605002	2:25.27	+0,76	34.02	1:10.95	1:48.52	2:25.27
4. Hilda Vrijbloed	SG SCOM/de Zeehond	2:31.72	200600732	2:30.05	+0,66	34.85	1:13.48	1:52.90	2:30.05
5. Karlijn Offeringa	ZV Vlaardingen-Schied	2:31.43	200503292	2:32.86	+0,69	34.18	1:13.07	1:53.55	2:32.86
6. Vivianne Woltjes	The Hague Swimming	(2:34.83	200501524	2:33.31	+0,77	35.99	1:14.71	1:54.40	2:33.31
7. Megan Jonkman	The Hague Swimming	(2:33.83	200600508	2:34.60	+0,76	36.42	1:15.73	1:56.31	2:34.60
8. Emma Verkuil	ZPV Barracuda	2:31.35	200500826	2:36.53	+0,74	36.61	1:16.37	1:56.84	2:36.53
9. Sophie Buurman	ZPC Wiekslag	2:37.77	200502530	2:36.57	+0,74	36.98	1:16.86	1:57.31	2:36.57
10. Lyke Buscop	z.c De Schotejil	2:36.37	200500552	2:38.00	+0,64	36.60	1:16.77	1:57.83	2:38.00
11. Aisha Nobels	Albion WSS (SG)	2:45.61	200501710	2:38.51	+0,68	38.22	1:19.12	1:59.95	2:38.51
12. Noémi Oldenkamp	KZV de Lansingh	2:42.99	200600162	2:39.37	+0,70	36.77	1:17.30	1:58.73	2:39.37
13. Lotte Cornelissen	De Watervogels	2:43.50	200601182	2:39.99	+0,56	37.57	1:18.20	1:59.75	2:39.99
14. Jade van der Maas <i>*bu eindtijd</i>	WVZ	2:34.44	200600408	2:41.87	+0,65	37.05	1:17.81	2:00.02	2:41.87
15. Lotte Zaal	De Columbiaan	2:48.28	200502590	2:42.85	+0,71	38.34	1:20.23	2:03.20	2:42.85
16. Nikita Snoeren	WVZ	2:39.50	200600342	2:43.25	+0,66	38.97	1:20.90	2:03.29	2:43.25
17. Femke van Dam	ZV Vlaardingen-Schied	2:45.08	200504548	2:44.07	+0,68	38.51	1:19.85	2:02.31	2:44.07
18. Donna van der Meer <i>*bu eindtijd</i>	BZ en PC	2:46.26	200601146	2:46.75	+0,66	38.92	1:21.25	2:04.47	2:46.75
19. Kimberly Ruiters	De Columbiaan	2:41.92	200600492	2:47.36	+0,75	39.62	1:22.72	2:05.85	2:47.36
20. Sabine Looden	De Columbiaan	2:50.99	200601390	2:49.71	+0,76	40.76	1:24.37	2:08.10	2:49.71
21. Fenne Saaf	Zoetermeer	2:53.36	200504340	2:51.33	+0,80	39.19	1:23.11	2:08.15	2:51.33
22. G. Schrijvers van Zende	The Hague Swimming	(2:51.67	200601618	2:55.65	+0,80	41.51	1:25.74	2:11.51	2:55.65

15 - 16 jaar

1. Julia Notenboom	De Columbiaan	2:29.44	200302596	2:26.45		35.09	1:12.57		2:26.45
2. Jonna Muntjewerff	The Hague Swimming	(2:28.77	200402396	2:26.56		35.08	1:12.21		2:26.56
3. Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:25.69	200404272	2:26.83		33.36	1:10.73		2:26.83
4. Femke Doorenbos	The Hague Swimming	(2:35.16	200404214	2:28.85	+0,68	34.56	1:12.40	1:50.94	2:28.85
5. Megan de Hoog	SG SCOM/de Zeehond	2:29.43	200300214	2:29.45		34.72	1:12.68		2:29.45
6. Isabel Scheepbouwer	ZPC Wiekslag	2:29.48	200301106	2:32.01		35.03	1:13.29		2:32.01
7. Michelle van der Steen	ZV Vlaardingen-Schied	2:28.55	200300052	2:34.35		34.20	1:12.83		2:34.35
8. Mara Bosman	The Hague Swimming	(2:33.38	200303048	2:37.53		37.53	1:17.36		2:37.53
9. Marije de Jager	LinK	2:45.98	200301394	2:37.81	+0,61	35.62	1:14.51	1:56.23	2:37.81
10. Kim Rutters	De Kempvis	2:34.60	200302318	2:38.41		35.39	1:14.78		2:38.41
11. Esther Reinders	KZV de Lansingh	2:36.38	200301798	2:38.97	+0,56	37.34	1:17.92	1:58.92	2:38.97
12. Zinzi van der Maas	WVZ	2:34.88	200402028	2:40.65	+0,65	36.76	1:16.44	1:58.34	2:40.65
13. Lize van Stigt	LinK	2:35.71	200401510	2:44.82	+0,66	37.12	1:19.06	2:02.60	2:44.82
NG Lotte Koornneef	The Hague Swimming	(2:37.42	200303584						

Senioren

1. Tessa Giele	Albion WSS (SG)	2:26.09	200203124	2:21.92	+0,69	33.09	1:09.28	1:45.90	2:21.92
2. Sanne Heemskerk	ZVL-1886 Tetteroo	2:25.64	200100600	2:25.26	+0,58	33.02	1:09.11	1:46.40	2:25.26
3. Babette van der Kaaij	Rotterdam Swimming	(2:26.21	199902234	2:29.31	+0,65	34.24	1:11.99	1:50.63	2:29.31
4. Anouk Vis	De Columbiaan	2:34.18	200203322	2:31.64	+0,62	35.10	1:13.28	1:52.81	2:31.64
5. Robin Pienaar	ZPV Barracuda	2:29.73	200102236	2:32.41	+0,74	35.20	1:13.25	1:53.20	2:32.41
6. Jip Veeman	The Hague Swimming	(2:29.04	200106100	2:33.24	+0,81	34.53	1:12.59	1:52.87	2:33.24
7. Elyanne Boudestein <i>*bu 150m</i>	Zoetermeer	2:32.69	200101060	2:35.75	+0,80	36.00	1:15.87	1:56.34	2:35.75
8. Roos van Esch	KZV de Lansingh	2:38.79	198200468	2:40.04	+0,79	39.16	1:20.20	2:01.17	2:40.04
9. Jonne Moleman	LinK	2:46.29	200006264	2:49.38	+0,78	41.45	1:24.14	2:06.87	2:49.38
AFGEM Elise Tanis	MNC Dordrecht	2:15.85	200200120						

Regiokampioenschappen korte baan
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Programmanr. 13
23-11-2019 - 16:05

Jongens, 4 x 100m wisselslag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1.	The Hague Swimming (SG) 1	The Hague Swimming (SG) 4:17.06	4:14.60	+0,61
	Björn Verkaik	+0,61 31.27 1:04.04	+0,51 30.22	1:05.41
	River Streefland	+0,44 32.66 1:09.50	+0,25 25.77	55.65
2.	WVZ 1	WVZ 4:14.56	4:15.06	+0,64
	Daan Sonneveld	+0,64 29.88 1:01.18	+0,32 29.70	1:04.76
	Abel te Riele	+0,40 33.54 1:11.91	+0,51 26.65	57.21
3.	De Columbiaan 1	De Columbiaan 4:30.19	4:29.93	+0,58
	Conor Baker	+0,58 33.76 1:12.86	29.23	1:03.49
	Max van Schagen	+0,27 32.83 1:11.16	30.16	1:02.42
4.	De Schotejil 1	z.c De Schotejil 4:49.45	4:49.83	+0,84
	Daniel 't Manneetje	+0,84 34.59 1:09.79	+0,69 31.87	1:09.91
	Arthur Venwers	+0,37 40.53 1:26.66	+0,13 30.06	1:03.47
5.	GZC Donk 1	Widex GZC Donk 4:50.74	4:51.30	+0,73
	Yassine Mellah	+0,73 34.77 1:11.42	+0,34 31.76	1:12.02
	Marijn Dekkers	+0,32 38.45 1:23.79	+0,57 30.77	1:04.07
6.	Barracuda 1	ZPV Barracuda 4:56.18	5:03.96	+0,71
	Bas Bechtold	+0,71 36.96 1:17.89	+0,41 33.32	1:18.92
	Thijs Visser	+0,38 36.69 1:19.51	+0,74 30.92	1:07.64
7.	ZOB'66 1	ZOB'66 4:57.48	5:10.38	+0,62
	Jens Brouwer	+0,62 41.25 1:25.30	+0,27 31.77	1:12.19
	Tavi de Gelder	+0,34 41.87 1:31.34	+0,55 28.30	1:01.55
8.	De Columbiaan 2	De Columbiaan 5:10.86	5:11.43	+0,58
	Boele Böhm	+0,58 40.13 1:21.39	+0,46 35.75	1:19.38
	James Lawton	+0,61 40.03 1:29.04	+0,14 28.77	1:01.62
9.	WVZ 2	WVZ 5:17.82	5:24.82	+0,75
	Jisse Lousma	+0,75 41.36 1:23.55	+0,61 38.42	1:28.33
	Janu Nolden	+0,56 40.50 1:28.44	30.48	1:04.50

Programmanr. 14
23-11-2019 - 16:15

Heren, 4 x 100m wisselslag

Junioren 1 en ouder
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Rotterdam Swimming 1	Rotterdam Swimming (SG) 3:42.47	3:43.24	+0,60
	Wendell Zinhagel	+0,60 27.91 57.64	+0,48 25.18	54.16
	Mark Baars	+0,28 28.56 1:01.53	+0,12 23.49	49.91
2.	Albion WSS (SG) 1	Albion WSS (SG) 3:41.20	3:44.44	+0,66
	Ensgar Kotterink	+0,66 26.39 55.18	+0,54 25.74	55.45
	Thomas Verhoeven	+0,54 28.89 1:02.53	+0,25 24.09	51.28
3.	Rotterdam Swimming 2	Rotterdam Swimming (SG) 3:58.79	3:56.66	+0,67
	Melvin Prins	+0,67 26.89 56.42	+0,13 26.63	59.63
	Brandon van den Berg	+0,46 30.02 1:04.41	+0,38 27.05	56.20
4.	Poseidon'56 1	Poseidon'56 4:08.26	4:05.94	+0,63
	John Smit	+0,63 29.50 1:02.78	+0,48 26.18	57.02
	Erik van Gemert	+0,51 33.59 1:11.53	+0,39 25.10	54.61
5.	Albion WSS (SG) 2	Albion WSS (SG) 4:06.20	4:06.26	+0,61
	Sander Iuga	+0,61 30.22 1:02.03	+0,47 27.59	1:00.39
	Kenan Coeruez	+0,30 31.53 1:08.89	+0,40 25.97	54.95
6.	WVZ 1	WVZ 3:51.29	4:07.74	+0,62
	Jordy van Oel	+0,62 32.54 1:07.42	+0,33 28.01	1:01.94
	Joost de Roy van Zuydewijn	+0,30 30.23 1:04.92	25.64	53.46
7.	GZC Donk 1	Widex GZC Donk 4:08.89	4:07.98	+0,71
	Roel van Grol	+0,71 32.14 1:06.76	+0,27 28.07	1:01.21
	Duncan van Haaren	+0,18 29.67 1:03.68	+0,27 26.56	56.33
8.	De Schotejil 1	z.c De Schotejil 4:07.43	4:11.65	+0,72
	Aron Paasse	+0,72 31.00 1:03.71	+0,40 28.69	1:03.05
	Xander Vis	+0,34 32.11 1:09.17	+0,30 26.28	55.72
9.	ZVL-1886 Tetteroo 1	ZVL-1886 Tetteroo 4:22.24	4:22.33	+0,60
	Sander van Beek	+0,60 31.72 1:06.39	+0,50 29.16	1:02.86
	Robin van Beek	+0,26 33.38 1:14.49	+0,12 26.49	58.59
10.	ZOB'66 1	ZOB'66 4:19.39	4:25.48	+0,54
	<i>*bu 350m</i>			
	Ian van Mullem	+0,54 32.52 1:07.56	+0,14 27.65	1:01.41
	Mart de Koning	+0,34 33.54 1:14.28	+0,24 28.76	1:02.23

Regiokampioenschappen korte baan
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Programmanr. 15
24-11-2019 - 9:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
Junioren 1 en 2						
1.	Robin Vermeulen	MNC Dordrecht	4:48.21	200700412	4:46.71	+0,82
	50m: 32.75	32.75 150m: 1:46.14	37.28	250m: 2:59.31	36.76 350m: 4:11.97	35.92
	100m: 1:08.86	36.11 200m: 2:22.55	36.41	300m: 3:36.05	36.74 400m: 4:46.71	34.74
2.	Charlotte Woltjes	The Hague Swimming (SG)	5:10.75	200700110	5:05.39	+0,82
	50m: 33.51	33.51 150m: 1:48.77	38.66	250m: 3:06.85	38.78 350m: 4:26.08	39.90
	100m: 1:10.11	36.60 200m: 2:28.07	39.30	300m: 3:46.18	39.33 400m: 5:05.39	39.31
3.	Flora Szili-Torok	Rotterdam Swimming (SG)	5:08.24	200800114	5:06.71	
	50m: 33.76	33.76 150m: 1:49.73	38.37	250m: 3:08.31	39.65 350m: 4:26.08	38.50
	100m: 1:11.36	37.60 200m: 2:28.66	38.93	300m: 3:47.58	39.27 400m: 5:06.71	40.63
4.	Ananda van der Wiel	WVZ	5:06.83	200701562	5:13.92	+0,68
	50m: 34.35	34.35 150m: 1:54.64	40.46	250m: 3:14.70	39.94 350m: 4:34.36	39.83
	100m: 1:14.18	39.83 200m: 2:34.76	40.12	300m: 3:54.53	39.83 400m: 5:13.92	39.56
5.	Mila Oomens	ZPV Barracuda	5:22.77	200700016	5:14.04	
	50m: 35.23	35.23 150m: 1:54.88	40.68	250m: 3:14.90	39.91 350m: 4:30.83	36.94
	100m: 1:14.20	38.97 200m: 2:34.99	40.11	300m: 3:53.89	38.99 400m: 5:14.04	43.21
6.	Meyke v. Nimwegen	z.c De Schotejil	5:17.94	200800106	5:14.06	+0,87
	50m: 34.39	34.39 150m: 1:53.77	40.63	250m: 3:15.56	40.69 350m: 4:36.00	39.54
	100m: 1:13.14	38.75 200m: 2:34.87	41.10	300m: 3:56.46	40.90 400m: 5:14.06	38.06
7.	Liv Heijdra	Albion WSS (SG)	5:20.56	200800736	5:15.84	+0,85
	50m: 34.84	34.84 150m: 1:55.15	40.72	250m: 3:16.12	40.45 350m: 4:37.47	40.40
	100m: 1:14.43	39.59 200m: 2:35.67	40.52	300m: 3:57.07	40.95 400m: 5:15.84	38.37
8.	Daniek Wijnen	ZVL-1886 Tetteroo	5:40.33	200701280	5:16.30	+0,74
	50m: 32.91	32.91 150m: 1:50.01	39.26	250m: 3:11.97	41.15 350m: 4:35.24	41.71
	100m: 1:10.75	37.84 200m: 2:30.82	40.81	300m: 3:53.53	41.56 400m: 5:16.30	41.06
9.	Dide Provily	ZPC Wiekslag	5:23.31	200700480	5:18.01	+0,82
	50m: 34.96	34.96 150m: 1:55.94	40.87	250m: 3:17.35	40.55 350m: 4:38.88	41.34
	100m: 1:15.07	40.11 200m: 2:36.80	40.86	300m: 3:57.54	40.19 400m: 5:18.01	39.13
10.	Fleur Kamminga	WVZ	5:22.56	200701838	5:19.39	+0,73
	50m: 34.60	34.60 150m: 1:53.85	40.30	250m: 3:15.71	40.38 350m: 4:39.74	42.11
	100m: 1:13.55	38.95 200m: 2:35.33	41.48	300m: 3:57.63	41.92 400m: 5:19.39	39.65
11.	Tessa Hoogstraten	De Columbiaan	5:26.62	200800544	5:20.72	+0,66
	50m: 36.02	36.02 150m: 1:57.35	41.22	250m: 3:19.35	40.74 350m: 4:41.82	40.72
	100m: 1:16.13	40.11 200m: 2:38.61	41.26	300m: 4:01.10	41.75 400m: 5:20.72	38.90
12.	Jinth Engelse	ZPV Barracuda	5:30.57	200800204	5:22.17	+0,87
	50m: 35.55	35.55 150m: 1:55.33	40.47	250m: 3:17.97	41.60 350m: 4:41.61	41.53
	100m: 1:14.86	39.31 200m: 2:36.37	41.04	300m: 4:00.08	42.11 400m: 5:22.17	40.56
13.	Floor Hogervorst	Noordwijkerhout	5:33.52	200701400	5:22.19	+0,74
	50m: 35.05	35.05 150m: 1:54.72	40.34	250m: 3:17.92	41.73 350m: 4:41.95	41.96
	100m: 1:14.38	39.33 200m: 2:36.19	41.47	300m: 3:59.99	42.07 400m: 5:22.19	40.24
14.	Samantha van der Jagt	ZZ&PC De Devel	5:17.03	200700220	5:22.61	+0,85
	50m: 36.70	36.70 150m: 1:59.46	42.03	250m: 3:22.54	41.09 350m: 4:44.08	40.47
	100m: 1:17.43	40.73 200m: 2:41.45	41.99	300m: 4:03.61	41.07 400m: 5:22.61	38.53
15.	Shirley van Mourik	MNC Dordrecht	5:40.59	200802092	5:25.17	+0,60
	50m: 37.99	37.99 150m: 2:00.65	41.96	250m: 3:24.75	41.95 350m: 4:47.69	41.23
	100m: 1:18.69	40.70 200m: 2:42.80	42.15	300m: 4:06.46	41.71 400m: 5:25.17	37.48
16.	Anniqne Rupke	Widex GZC Donk	5:36.35	200700876	5:26.16	
	50m: 36.42	36.42 150m: 1:57.33	41.30	250m: 3:21.13	42.20 350m: 4:45.49	41.98
	100m: 1:16.03	39.61 200m: 2:38.93	41.60	300m: 4:03.51	42.38 400m: 5:26.16	40.67
17.	Aukje Schonewille	ZPB H&L Productions	5:42.15	200702340	5:27.39	+0,87
	50m: 38.18	38.18 150m: 2:02.46	42.41	250m: 3:27.07	42.12 350m: 4:49.80	40.73
	100m: 1:20.05	41.87 200m: 2:44.95	42.49	300m: 4:09.07	42.00 400m: 5:27.39	37.59
18.	Yrsah Verheijen	The Hague Swimming (SG)	5:38.03	200700350	5:28.45	+0,72
	50m: 35.34	35.34 150m: 1:57.53	41.76	250m: 3:22.57	42.74 350m: 4:46.91	41.98
	100m: 1:15.77	40.43 200m: 2:39.83	42.30	300m: 4:04.93	42.36 400m: 5:28.45	41.54
19.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	5:38.12	200700048	5:30.24	
	50m: 37.36	37.36 150m: 2:01.14	42.46	250m: 3:25.20	41.89 350m: 4:49.57	42.44
	100m: 1:18.68	41.32 200m: 2:43.31	42.17	300m: 4:07.13	41.93 400m: 5:30.24	40.67
20.	Annedieke Scholte	The Hague Swimming (SG)	5:44.75	200701110	5:32.04	
	50m: 37.22	37.22 150m: 2:01.54	42.21	250m: 3:27.32	43.19 350m: 4:50.96	41.70
	100m: 1:19.33	42.11 200m: 2:44.13	42.59	300m: 4:09.26	41.94 400m: 5:32.04	41.08
21.	Sophie Adriaanse	De Columbiaan	5:51.40	200701066	5:33.13	+0,69
	50m: 35.64	35.64 150m: 1:58.94	42.64	250m: 3:25.25	43.20 350m: 4:51.48	43.04
	100m: 1:16.30	40.66 200m: 2:42.05	43.11	300m: 4:08.44	43.19 400m: 5:33.13	41.65
22.	Amy Flobbe	ZPB H&L Productions	5:52.36	200801286	5:40.07	+0,87
	50m: 38.42	38.42 150m: 2:05.07	43.71	250m: 3:32.83	43.39 350m: 5:00.17	43.22
	100m: 1:21.36	42.94 200m: 2:49.44	44.37	300m: 4:16.95	44.12 400m: 5:40.07	39.90

Regiokampioenschappen korte baan
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Programmanr. 15, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
23.	Solana Kock	WVZ	5:48.12	200802520	5:40.32 +1,00
	50m: 36.24	36.24 150m: 2:02.27	43.89	250m: 3:30.26	43.52 350m: 4:58.22
	100m: 1:18.38	42.14 200m: 2:46.74	44.47	300m: 4:14.44	44.18 400m: 5:40.32
24.	Eloisa Gomes Delgado	Albion WSS (SG)	5:49.36	200700812	5:41.03 +0,87
	50m: 37.46	37.46 150m: 2:01.60	42.83	250m: 3:29.48	43.22 350m: 4:58.34
	100m: 1:18.77	41.31 200m: 2:46.26	44.66	300m: 4:13.62	44.14 400m: 5:41.03
25.	Sanne Pruntel	ZV Vlaardingingen-Schiedam	5:44.68	200802010	5:57.70 +0,77
	50m: 37.65	37.65 150m: 2:07.09	45.62	250m: 3:39.81	47.03 350m: 5:12.71
	100m: 1:21.47	43.82 200m: 2:52.78	45.69	300m: 4:26.10	46.29 400m: 5:57.70

13 - 14 jaar

1.	Merel Schravendijk	The Hague Swimming (SG)	4:29.17	200503382	4:27.53 +0,73
	50m: 30.26	30.26 150m: 1:37.48	34.10	250m: 2:45.92	34.31 350m: 3:54.51
	100m: 1:03.38	33.12 200m: 2:11.61	34.13	300m: 3:20.41	34.49 400m: 4:27.53
2.	Anique Hazebroek	The Hague Swimming (SG)	4:41.24	200502196	4:39.06 +0,86
	50m: 30.68	30.68 150m: 1:40.55	35.70	250m: 2:52.48	36.04 350m: 4:05.07
	100m: 1:04.85	34.17 200m: 2:16.44	35.89	300m: 3:28.82	36.34 400m: 4:39.06
3.	Elijdjah van der Heul	Rotterdam Swimming (SG)	4:41.40	200602180	4:39.24 +0,86
	50m: 31.18	31.18 150m: 1:40.08	34.95	250m: 2:52.09	36.30 350m: 4:04.93
	100m: 1:05.13	33.95 200m: 2:15.79	35.71	300m: 3:28.56	36.47 400m: 4:39.24
4.	Aisha Nobels	Albion WSS (SG)	4:43.69	200501710	4:45.12 +0,66
	50m: 31.97	31.97 150m: 1:44.52	36.57	250m: 2:57.93	36.38 350m: 4:10.69
	100m: 1:07.95	35.98 200m: 2:21.55	37.03	300m: 3:34.36	36.43 400m: 4:45.12
5.	Megan Jonkman	The Hague Swimming (SG)	4:52.39	200600508	4:45.13 +0,85
	50m: 32.23	32.23 150m: 1:44.81	36.82	250m: 2:58.09	36.34 350m: 4:10.40
	100m: 1:07.99	35.76 200m: 2:21.75	36.94	300m: 3:33.98	35.89 400m: 4:45.13
6.	Isa Maes	Albion WSS (SG)	4:42.53	200500110	4:45.20 +0,72
	50m: 31.70	31.70 150m: 1:43.56	36.39	250m: 2:56.83	36.57 350m: 4:10.39
	100m: 1:07.17	35.47 200m: 2:20.26	36.70	300m: 3:33.80	36.97 400m: 4:45.20
7.	Estelle van Wijngaarden	ZPB H&L Productions	4:48.37	200601020	4:46.34 +0,84
	50m: 31.82	31.82 150m: 1:42.51	35.77	250m: 2:56.26	37.15 350m: 4:10.82
	100m: 1:06.74	34.92 200m: 2:19.11	36.60	300m: 3:33.54	37.28 400m: 4:46.34
8.	Vivianne Woltjes	The Hague Swimming (SG)	5:03.72	200501524	4:49.51 +0,77
	50m: 31.51	31.51 150m: 1:45.07	37.03	250m: 2:58.95	37.18 350m: 4:13.41
	100m: 1:08.04	36.53 200m: 2:21.77	36.70	300m: 3:36.10	37.15 400m: 4:49.51
9.	Emma Verkuijl	ZPV Barracuda	4:48.45	200500826	4:51.01 +0,77
	50m: 32.67	32.67 150m: 1:46.13	37.26	250m: 3:01.35	37.48 350m: 4:15.84
	100m: 1:08.87	36.20 200m: 2:23.87	37.74	300m: 3:39.02	37.67 400m: 4:51.01
10.	Britt van't Zant	Albion WSS (SG)	4:58.59	200501170	4:52.85 +0,79
	50m: 32.51	32.51 150m: 1:46.92	37.69	250m: 3:03.32	38.28 350m: 4:17.96
	100m: 1:09.23	36.72 200m: 2:25.04	38.12	300m: 3:41.83	38.51 400m: 4:52.85
11.	Leyla Oversluizen	MNC Dordrecht	4:51.39	200602730	4:53.03 +0,71
	50m: 31.40	31.40 150m: 1:45.01	37.26	250m: 3:00.57	37.89 350m: 4:17.01
	100m: 1:07.75	36.35 200m: 2:22.68	37.67	300m: 3:38.72	38.15 400m: 4:53.03
12.	Madoline Held	The Hague Swimming (SG)	4:56.26	200503412	4:55.23 +0,76
	50m: 32.67	32.67 150m: 1:45.87	36.94	250m: 3:01.34	37.71 350m: 4:18.17
	100m: 1:08.93	36.26 200m: 2:23.63	37.76	300m: 3:40.10	38.76 400m: 4:55.23
13.	Marit Huisman	ZPV Barracuda	5:05.09	200502620	4:55.30 +0,75
	50m: 32.92	32.92 150m: 1:47.61	37.97	250m: 3:02.48	37.36 350m: 4:18.54
	100m: 1:09.64	36.72 200m: 2:25.12	37.51	300m: 3:40.23	37.75 400m: 4:55.30
14.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	5:04.30	200600732	4:58.20 +0,78
	50m: 31.86	31.86 150m: 1:48.39	38.97	250m: 3:04.74	37.85 350m: 4:21.69
	100m: 1:09.42	37.56 200m: 2:26.89	38.50	300m: 3:42.86	38.12 400m: 4:58.20
15.	Laura Hoogenboezem	KZV de Lansingh	5:03.63	200500390	5:02.10 +0,79
	50m: 34.12	34.12 150m: 1:49.75	38.72	250m: 3:07.01	38.56 350m: 4:24.99
	100m: 1:11.03	36.91 200m: 2:28.45	38.70	300m: 3:45.70	38.69 400m: 5:02.10
16.	Mar Stoel	De Columbiaan	5:11.57	200500520	5:07.10 +0,80
	50m: 34.52	34.52 150m: 1:51.70	39.01	250m: 3:10.27	39.14 350m: 4:28.89
	100m: 1:12.69	38.17 200m: 2:31.13	39.43	300m: 3:50.00	39.73 400m: 5:07.10
17.	Laura 't Lam	De Geul	5:25.21	200603376	5:09.43 +0,80
	50m: 35.22	35.22 150m: 1:54.63	40.09	250m: 3:14.39	39.55 350m: 4:31.82
	100m: 1:14.54	39.32 200m: 2:34.84	40.21	300m: 3:53.41	39.02 400m: 5:09.43
18.	Mara Tims	The Hague Swimming (SG)	5:00.50	200601136	5:10.33 +0,76
	50m: 34.91	34.91 150m: 1:52.13	39.25	250m: 3:12.23	40.10 350m: 4:31.79
	100m: 1:12.88	37.97 200m: 2:32.13	40.00	300m: 3:52.20	39.97 400m: 5:10.33
19.	Anouchka Bos	ZPV Barracuda	5:11.80	200501528	5:10.46 +0,71
	50m: 35.33	35.33 150m: 1:53.45	39.64	250m: 3:13.39	40.01 350m: 4:33.71
	100m: 1:13.81	38.48 200m: 2:33.38	39.93	300m: 3:53.33	39.94 400m: 5:10.46

Regiokampioenschappen korte baan
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Programmanr. 15, Meisjes, 400m vrije slag, 13 - 14 jaar

rang	naam	vereniging	intijd	tijd	RT
20.	Felicia Adema	D'elft	5:18.74	200501310	5:12.10 +0,78
	50m: 33.52	33.52 150m: 1:51.65	39.87	250m: 3:11.82	40.15 350m: 4:33.41
	100m: 1:11.78	38.26 200m: 2:31.67	40.02	300m: 3:52.59	40.77 400m: 5:12.10
21.	Sylvie Roos	Albion WSS (SG)	5:22.43	200502772	5:18.41 +0,75
	50m: 35.25	35.25 150m: 1:56.47	40.91	250m: 3:18.94	41.32 350m: 4:40.51
	100m: 1:15.56	40.31 200m: 2:37.62	41.15	300m: 4:00.43	41.49 400m: 5:18.41
22.	Noémi Oldenkamp	KZV de Lansingh	5:26.98	200600162	5:20.75 +0,77
	50m: 35.66	35.66 150m: 1:56.13	40.74	250m: 3:18.65	41.60 350m: 4:40.97
	100m: 1:15.39	39.73 200m: 2:37.05	40.92	300m: 4:00.18	41.53 400m: 5:20.75
23.	Femke van Dam	ZV Vlaardingen-Schiedam	5:21.31	200504548	5:21.00 +0,85
	50m: 35.73	35.73 150m: 1:56.16	40.80	250m: 3:18.84	41.43 350m: 4:41.54
	100m: 1:15.36	39.63 200m: 2:37.41	41.25	300m: 4:00.16	41.32 400m: 5:21.00
24.	G. Schrijvers van Zenden	The Hague Swimming (SG)	5:18.42	200601618	5:27.82 +0,76
	50m: 35.31	35.31 150m: 1:55.78	40.97	250m: 3:19.54	42.16 350m: 4:45.75
	100m: 1:14.81	39.50 200m: 2:37.38	41.60	300m: 4:02.37	42.83 400m: 5:27.82
25.	Nikita Snoeren	WVZ	5:21.59	200600342	5:27.97 +0,74
	50m: 35.27	35.27 150m: 1:58.08	41.95	250m: 3:22.49	42.16 350m: 4:48.13
	100m: 1:16.13	40.86 200m: 2:40.33	42.25	300m: 4:05.44	42.95 400m: 5:27.97
26.	Zahra Day	The Hague Swimming (SG)	5:25.67	200601374	5:31.72 +0,77
	50m: 36.33	36.33 150m: 2:00.61	43.21	250m: 3:26.60	42.91 350m: 4:52.21
	100m: 1:17.40	41.07 200m: 2:43.69	43.08	300m: 4:10.06	43.46 400m: 5:31.72
AFGEM	Meira Simons	The Hague Swimming (SG)	5:19.88	200502984	
15 - 16 jaar					
1.	Femke Doorenbos	The Hague Swimming (SG)	4:36.49	200404214	4:29.26 +0,77
	50m: 30.37	30.37 150m: 1:37.85	34.56	250m: 2:47.44	34.27 350m: 3:56.34
	100m: 1:03.29	32.92 200m: 2:13.17	35.32	300m: 3:22.20	34.76 400m: 4:29.26
2.	Megan de Hoog	SG SCOM/de Zeehond'73	4:43.86	200300214	4:40.04 +0,82
	50m: 31.90	31.90 150m: 1:41.73	35.27	250m: 2:53.20	35.72 350m: 4:04.78
	100m: 1:06.46	34.56 200m: 2:17.48	35.75	300m: 3:29.15	35.95 400m: 4:40.04
3.	Rinske Bouman	Rotterdam Swimming (SG)	4:36.97	200400578	4:43.12 +0,81
	50m: 31.36	31.36 150m: 1:41.19	35.90	250m: 2:53.37	35.41 350m: 4:07.35
	100m: 1:05.29	33.93 200m: 2:17.96	36.77	300m: 3:29.73	36.36 400m: 4:43.12
4.	Jonna Muntjewerff *bu 50m	The Hague Swimming (SG)	4:42.23	200402396	4:44.10
	50m: 31.93	31.93 150m: 1:43.54	36.49	250m: 2:56.22	36.29 350m: 4:09.16
	100m: 1:07.05	35.12 200m: 2:19.93	36.39	300m: 3:33.04	36.82 400m: 4:44.10
5.	Kim de Jong	LinK	4:50.01	200301026	4:45.29 +0,87
	50m: 32.46	32.46 150m: 1:43.89	36.16	250m: 2:56.98	36.67 350m: 4:09.62
	100m: 1:07.73	35.27 200m: 2:20.31	36.42	300m: 3:33.35	36.37 400m: 4:45.29
6.	Lara Hoeksema	The Hague Swimming (SG)	4:46.44	200400514	4:45.30 +0,81
	50m: 31.38	31.38 150m: 1:43.14	36.62	250m: 2:55.85	35.95 350m: 4:10.19
	100m: 1:06.52	35.14 200m: 2:19.90	36.76	300m: 3:33.01	37.16 400m: 4:45.30
7.	Daniëlle Vis	De Columbiaan	4:54.85	200401044	4:56.78 +0,77
	50m: 32.64	32.64 150m: 1:46.30	37.64	250m: 3:02.52	38.15 350m: 4:19.43
	100m: 1:08.66	36.02 200m: 2:24.37	38.07	300m: 3:41.01	38.49 400m: 4:56.78
8.	Wendy ten Wolde	ZPC Wiekslag	5:02.66	200302658	4:58.93 +0,72
	50m: 32.27	32.27 150m: 1:46.41	38.08	250m: 3:02.64	38.46 350m: 4:22.25
	100m: 1:08.33	36.06 200m: 2:24.18	37.77	300m: 3:42.20	39.56 400m: 4:58.93
9.	Julia Notenboom	De Columbiaan	5:02.25	200302596	5:00.19 +0,66
	50m: 33.51	33.51 150m: 1:48.08	37.52	250m: 3:04.29	37.81 350m: 4:21.40
	100m: 1:10.56	37.05 200m: 2:26.48	38.40	300m: 3:42.68	38.39 400m: 5:00.19
10.	Quinty Huisman	Rotterdam Swimming (SG)	5:01.54	200401184	5:02.03 +0,64
	50m: 33.21	33.21 150m: 1:48.70	38.44	250m: 3:06.83	39.06 350m: 4:25.05
	100m: 1:10.26	37.05 200m: 2:27.77	39.07	300m: 3:46.06	39.23 400m: 5:02.03
11.	Esther Reinders	KZV de Lansingh	5:04.09	200301798	5:06.23 +0,70
	50m: 33.13	33.13 150m: 1:49.53	38.85	250m: 3:08.84	39.80 350m: 4:28.04
	100m: 1:10.68	37.55 200m: 2:29.04	39.51	300m: 3:48.69	39.85 400m: 5:06.23
12.	Feija de Bruin	WVZ	5:07.32	200400106	5:08.68 +0,76
	50m: 34.49	34.49 150m: 1:51.99	39.05	250m: 3:11.20	39.74 350m: 4:30.30
	100m: 1:12.94	38.45 200m: 2:31.46	39.47	300m: 3:50.67	39.47 400m: 5:08.68
13.	Melanie Marinus-Cruz	WVZ	5:06.41	200404702	5:12.45 +0,64
	50m: 33.79	33.79 150m: 1:50.79	39.17	250m: 3:10.72	40.21 350m: 4:32.11
	100m: 1:11.62	37.83 200m: 2:30.51	39.72	300m: 3:51.38	40.66 400m: 5:12.45
14.	Milou van Winkel	LinK	5:38.12	200402296	5:19.27 +0,71 583
	50m: 35.21	35.21 150m: 1:53.81	40.27	250m: 3:14.80	40.14 350m: 4:36.86
	100m: 1:13.54	38.33 200m: 2:34.66	40.85	300m: 3:54.75	39.95 400m: 5:19.27

Regiokampioenschappen korte baan
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Programmanr. 15, Meisjes, 400m vrije slag, 15 - 16 jaar

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	250m	300m	350m	400m
15.	Megan van Delden	WVZ	6:23.64	200405500	S13	6:04.57						+0,84	154
	50m:	39.66	39.66	150m:	2:10.92	46.86	250m:	3:45.60	47.06	350m:	5:19.68	46.52	
	100m:	1:24.06	44.40	200m:	2:58.54	47.62	300m:	4:33.16	47.56	400m:	6:04.57	44.89	

Senioren

1.	Leonie van Noort	WVZ	4:13.42	199301752		4:20.89						+0,81	
	50m:	29.93	29.93	150m:	1:35.34	32.86	250m:	2:41.20	32.83	350m:	3:47.82	33.44	
	100m:	1:02.48	32.55	200m:	2:08.37	33.03	300m:	3:14.38	33.18	400m:	4:20.89	33.07	
2.	Sophie de Jonge	WVZ	4:26.68	200200118		4:29.47						+0,78	
	50m:	30.27	30.27	150m:	1:37.58	33.94	250m:	2:46.06	34.25	350m:	3:55.43	35.02	
	100m:	1:03.64	33.37	200m:	2:11.81	34.23	300m:	3:20.41	34.35	400m:	4:29.47	34.04	
3.	Angelique van Vark	Z&PC De Gouwe	4:31.04	199701478		4:30.42						+0,74	
	50m:	30.29	30.29	150m:	1:36.86	33.39	250m:	2:45.94	34.86	350m:	3:56.60	35.13	
	100m:	1:03.47	33.18	200m:	2:11.08	34.22	300m:	3:21.47	35.53	400m:	4:30.42	33.82	
4.	Lynn Blommers	The Hague Swimming (SG)	4:32.94	200105062		4:31.91						+0,70	
	50m:	29.86	29.86	150m:	1:38.01	34.39	250m:	2:47.78	34.87	350m:	3:58.04	35.13	
	100m:	1:03.62	33.76	200m:	2:12.91	34.90	300m:	3:22.91	35.13	400m:	4:31.91	33.87	
5.	Ilse Kraaijeveld	The Hague Swimming (SG)	4:34.50	200202190		4:45.41						+0,73	
	50m:	30.78	30.78	150m:	1:39.72	35.18	250m:	2:53.61	37.28	350m:	4:08.80	38.01	
	100m:	1:04.54	33.76	200m:	2:16.33	36.61	300m:	3:30.79	37.18	400m:	4:45.41	36.61	
6.	Lotte Middelbos	z.c De Schotejil	4:57.83	199900680		4:51.41						+0,81	
	50m:	32.29	32.29	150m:	1:45.54	37.19	250m:	3:00.64	37.46	350m:	4:15.57	37.32	
	100m:	1:08.35	36.06	200m:	2:23.18	37.64	300m:	3:38.25	37.61	400m:	4:51.41	35.84	
7.	Lieske Zijlstra <i>*bu 200m</i>	z.c De Schotejil	4:50.26	200200996		4:51.78						+0,83	
	50m:	33.32	33.32	150m:	1:46.60	37.19	250m:	3:00.85	36.86	350m:	4:15.27	36.95	
	100m:	1:09.41	36.09	200m:	2:23.99	37.39	300m:	3:38.32	37.47	400m:	4:51.78	36.51	
8.	Laura Tromp	ZZ&PC De Devel	5:02.88	200000276		4:55.17						+0,73	
	50m:	33.63	33.63	150m:	1:47.68	37.50	250m:	3:02.76	37.19	350m:	4:17.98	37.87	
	100m:	1:10.18	36.55	200m:	2:25.57	37.89	300m:	3:40.11	37.35	400m:	4:55.17	37.19	
9.	Elyanne Boudestein	Zoetermeer	4:53.82	200101060		4:55.58						+0,82	
	50m:	32.48	32.48	150m:	1:45.85	37.02	250m:	3:01.07	37.81	350m:	4:17.93	38.32	
	100m:	1:08.83	36.35	200m:	2:23.26	37.41	300m:	3:39.61	38.54	400m:	4:55.58	37.65	
10.	Diana Noordermeer	SG SCOM/de Zeehond'73	4:51.70	200102110		4:56.42						+0,79	
	50m:	34.02	34.02	150m:	1:47.79	37.42	250m:	3:03.65	38.06	350m:	4:19.41	38.16	
	100m:	1:10.37	36.35	200m:	2:25.59	37.80	300m:	3:41.25	37.60	400m:	4:56.42	37.01	
11.	Anouk Vis	De Columbiaan	4:58.16	200203322		5:00.45						+0,90	
	50m:	33.69	33.69	150m:	1:48.56	37.87	250m:	3:05.81	38.70	350m:	4:23.50	38.35	
	100m:	1:10.69	37.00	200m:	2:27.11	38.55	300m:	3:45.15	39.34	400m:	5:00.45	36.95	
12.	Wendy de Bruin <i>*bu eindtijd</i>	ZOB'66	4:56.25	199206320		5:03.86						+0,68	
	50m:	33.26	33.26	150m:	1:47.87	38.13	250m:	3:05.81	39.26	350m:	4:25.17	39.66	
	100m:	1:09.74	36.48	200m:	2:26.55	38.68	300m:	3:45.51	39.70	400m:	5:03.86	38.69	
13.	Jonne Moleman	LinK	5:10.66	200006264	S7	5:17.64						+0,87	907
	50m:	35.41	35.41	150m:	1:54.68	40.23	250m:	3:15.71	40.59	350m:	4:37.37	40.65	
	100m:	1:14.45	39.04	200m:	2:35.12	40.44	300m:	3:56.72	41.01	400m:	5:17.64	40.27	

Programmanr. 16
24-11-2019 - 10:30

Heren, 200m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Junioren 1 en 2										
1.	Daan Sonneveld	WVZ	2:21.58	200601085	2:20.29	+0,77	31.55	1:07.02	1:47.90	2:20.29
2.	Thom de Hoog	SG SCOM/de Zeehond'	2:24.69	200600019	2:23.17	+0,82	30.70	1:05.47	1:49.72	2:23.17
3.	Nikodim Markovic	The Hague Swimming	(2:33.42	200700255	2:27.55	+0,72	31.12	1:07.84	1:52.24	2:27.55
4.	Thierry Zulver	ZV Vlaardingen-Schied	2:28.57	200700023	2:31.55	+0,67	30.92	1:09.98	1:55.15	2:31.55
5.	Bjorn Rijkaart	BZ en PC	2:42.82	200601337	2:35.36	+0,65	33.97	1:12.71	2:01.26	2:35.36
6.	Bas Blanker	ZPB H&L Productions	2:38.04	200601497	2:36.45	+0,70	32.70	1:14.06	2:01.28	2:36.45
7.	Joris Lissenberg	The Hague Swimming	(2:41.56	200600585	2:38.83	+0,77	32.59	1:12.91	1:59.94	2:38.83
8.	B. van Helsdingen	ZZ&PC De Devel	2:44.17	200601097	2:40.10	+0,71	34.63	1:15.84	2:03.24	2:40.10
9.	Floris Wassenaar	WVZ	2:44.75	200600649	2:40.71	+0,69	35.87	1:16.99	2:03.83	2:40.71
10.	Thijs van den Berg	The Hague Swimming	(2:44.13	200600971	2:41.95	+0,83	35.81	1:18.39	2:03.12	2:41.95
11.	Janu Nolden	WVZ	2:48.28	200600289	2:42.69	+0,79	36.26	1:17.42	2:06.36	2:42.69

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Programmanr. 16, Jongens, 200m wisselslag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
12. Joshua Agussalim	ZPV Barracuda	2:42.89	200600153	2:42.74	33.77	1:16.17	2:04.36	2:42.74	
13. Benjamin Vermeer	Zoetermeer	2:51.50	200600177	2:44.87	+0,57	35.96	1:18.83	2:06.43	2:44.87
14. Denzel Barthen	WVZ	2:48.58	200700147	2:46.76	+0,72	37.51	1:20.87	2:10.28	2:46.76
15. Tavi de Gelder	ZOB'66	2:50.83	200602335	2:46.78	+0,79	36.40	1:17.93	2:08.84	2:46.78
16. Kaan Uludag	Zoetermeer	2:52.36	200603559	2:46.80	+0,79	35.27	1:18.20	2:10.03	2:46.80
17. Tibbe Veldboer	ZPB H&L Productions	2:50.00	200600911	2:46.96	+0,74	35.84	1:17.13	2:09.21	2:46.96
18. Bas Bechtold	ZPV Barracuda	2:56.47	200600007	2:49.58	+0,71	37.72	1:20.06	2:09.92	2:49.58
19. Jasper Groen	KZV de Lansingh	2:57.85	200602325	2:49.72	+0,69	35.74	1:19.94	2:09.81	2:49.72
20. Boele Böhm	De Columbiaan	2:53.80	200700739	2:53.41	+0,75	37.18	1:21.84	2:16.02	2:53.41
21. Harm Nahon	Z&PC De Gouwe	2:55.84	200602515	2:53.80	+0,81	39.04	1:24.11	2:15.32	2:53.80
22. Bart Tuinenburg	ZPC Wiekslag	2:50.47	200602347	2:54.68	+0,63	38.89	1:21.88	2:13.72	2:54.68
23. Twan Hoogervorst	De Columbiaan	2:57.82	200700741	2:55.82		40.48	1:25.00	2:16.47	2:55.82
24. Wout Jonkers	Poseidon'56	3:02.70	200600939	2:56.22	+0,75	37.02	1:22.70	2:15.08	2:56.22
25. Dominique Drabbe	Zoetermeer	3:02.16	200600145	2:56.31	+0,72	38.52	1:27.24	2:17.87	2:56.31
26. Jisse Lousma	WVZ	2:54.35	200701493	2:56.41	+0,77	38.03	1:23.61	2:18.13	2:56.41
27. Renzo Steller	WVZ	3:01.93	200701141	2:57.29	+0,86	40.87	1:23.07	2:17.42	2:57.29
28. Jesse van der Meij	ZVL-1886 Tetteroo	3:07.26	200600841	2:58.33	+0,71	41.79	1:28.68	2:17.76	2:58.33
29. Casper van Leeuwen	Widex GZC Donk	3:07.97	200601329	2:58.55	+0,75	41.09	1:26.81	2:20.16	2:58.55
<i>*bu 50m</i>									
30. Bo Merkestein	WVZ	2:59.99	200602451	2:59.07	+0,77	37.93	1:21.93	2:20.83	2:59.07
31. Madin Lajlufi	Zoetermeer	3:07.67	200601425	2:59.85	+0,70	40.10	1:27.79	2:22.40	2:59.85
32. Niels Meijer	The Hague Swimming	(3:00.34	200701645	3:00.35		38.44	1:26.39	2:18.76	3:00.35
33. Arav Ramcharan	Poseidon'56	3:02.73	200603067	3:01.82	+0,72	38.57	1:27.01	2:20.31	3:01.82
34. Merlijn van der Hoeven	WVZ	3:05.39	200600951	3:02.26		42.68	1:30.99	2:22.71	3:02.26
35. Max Bos	SG SCOM/de Zeehond	3:08.63	200701383	3:04.15	+0,73	42.94	1:30.73	2:24.89	3:04.15
36. Marnix van Wanrooij	Poseidon'56	3:03.10	200600015	3:05.83	+0,74	39.68	1:26.55	2:22.57	3:05.83
37. James Lawton	De Columbiaan	3:02.71	200700745	3:07.59	+0,57	42.56	1:26.89	2:19.68	3:07.59
DIS Hessel de Jong	KZV de Lansingh	2:38.00	200602753						

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

NG.ZA Thijs van der Hout	The Hague Swimming	(3:02.10	200700913						
AFGEM Mark Nienhuis	ZPB H&L Productions	2:56.24	200601499						

Junioren 3 en 4

1. Abel te Riele	WVZ	2:15.57	200402317	2:14.61	+0,68	29.61	1:03.98	1:42.92	2:14.61
2. Émile Fouzaï	The Hague Swimming	(2:21.13	200500263	2:19.28	+0,76	29.75	1:06.20	1:47.50	2:19.28
<i>*bu 100m</i>									
3. Gabriel Been	The Hague Swimming	(2:22.56	200501467	2:21.23	+0,77	30.09	1:06.86	1:48.62	2:21.23
4. Pepijn van Egmond	WVZ	2:20.64	200402309	2:21.49	+0,72	30.09	1:06.20	1:48.74	2:21.49
5. Yanieck Frijstein	The Hague Swimming	(2:24.89	200500329	2:23.39	+0,49	31.83	1:09.08	1:50.13	2:23.39
6. Max van Schagen	De Columbiaan	2:30.35	200402591	2:23.50	+0,67	30.48	1:09.12	1:49.65	2:23.50
7. Loeka Wubben	The Hague Swimming	(2:23.90	200400307	2:24.04	+0,73	29.60	1:05.76	1:50.00	2:24.04
8. Erik Oldenkamp	Rotterdam Swimming	(2:25.63	200400597	2:24.35	+0,68	30.39	1:07.71	1:50.62	2:24.35
9. River Streefland	The Hague Swimming	(2:23.08	200502253	2:27.06	+0,74	32.23	1:08.48	1:50.84	2:27.06
10. Thijm Kruit	De Columbiaan	2:28.67	200401339	2:27.90	+0,78	29.15	1:08.89	1:54.41	2:27.90
11. Julien Tanis	Rotterdam Swimming	(2:24.09	200401045	2:28.65	+0,70	31.27	1:09.45	1:54.56	2:28.65
12. Timo Wouters	MNC Dordrecht	2:36.31	200401363	2:30.13	+0,73	31.20	1:10.29	1:54.66	2:30.13
13. Sem Agterdenbos	MNC Dordrecht	2:28.87	200500049	2:31.91	+0,68	31.04	1:11.40	1:58.46	2:31.91
14. Niels van der Mast	ZPC Numansdorp	2:36.23	200401917	2:33.55	+0,65	31.76	1:12.59	1:59.77	2:33.55
15. Guus Geelen	ZVL-1886 Tetteroo	2:40.84	200401183	2:34.55	+0,59	32.20	1:10.47	1:58.66	2:34.55
16. Wout van Oevelen	D'elft	2:42.34	200404319	2:34.91	+0,74	32.98	1:11.63	1:58.43	2:34.91
17. Marijn Dekkers	Widex GZC Donk	2:36.80	200402275	2:35.01	+0,81	32.98	1:14.27	2:00.17	2:35.01
18. Tim van Lochem	Zoetermeer	2:42.53	200500077	2:35.21	+0,81	33.11	1:12.64	1:59.85	2:35.21
19. Sem Verberg	The Hague Swimming	(2:33.08	200402105	2:36.13		31.97	1:10.91	1:59.29	2:36.13
20. Aaike de Tender	ZPC Wiekslag	2:37.35	200502189	2:36.15	+0,72	34.27	1:14.70	2:00.54	2:36.15
21. Wouter Willig	De Watervogels	2:44.87	200502785	2:37.02	+0,76	33.22	1:13.93	2:00.82	2:37.02
22. Bo Schoenmakers	Widex GZC Donk	2:37.32	200402919	2:38.02	+0,54	32.29	1:15.03	2:00.29	2:38.02
23. Luuk Bogaert	De Watervogels	2:41.05	200503203	2:38.03	+0,80	34.10	1:12.94	2:01.62	2:38.03
24. Michael van den Enden	PCG	2:37.88	200401589	2:39.28	+0,65	32.79	1:13.37	2:00.59	2:39.28
25. Onno Roelleveld	De Columbiaan	2:45.17	200502775	2:39.45	+0,72	34.04	1:14.36	2:01.73	2:39.45
26. Tjomme de Tender	ZPC Wiekslag	2:41.33	200502187	2:40.16	+0,72	33.39	1:14.20	2:03.94	2:40.16
27. Conor Baker	De Columbiaan	2:48.64	200500991	2:41.22		33.99	1:15.79	2:05.65	2:41.22
28. Sytze van Stein	LinK	2:53.99	200501155	2:46.72		38.57	1:20.56	2:09.80	2:46.72
29. Casper van Nijnatten	Rotterdam Swimming	(2:42.07	200402559	2:46.91	+0,71	37.37	1:19.95	2:07.28	2:46.91
30. Jelmer Paans	ZZ&PC De Devel	3:30.03	200404441	3:31.51		42.17	1:43.04	2:44.57	3:31.51
DIS Thomas van Peenen	ZVL-1886 Tetteroo	2:38.75	200400097						

AF - De aangegeven afstand niet uitgezwommen.

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 16, Jongens, 200m wisselslag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
AFGEM Davide Sarasini	WZK	2:48.90	200403941					

Jeugd 1 en 2

1. Perry Laarhoven	ZPC Numansdorp	2:13.00	200301321	2:08.85	+0,77	27.80	1:01.25	1:37.10	2:08.85
2. Niels Dijkshoorn	ZV Vlaardingen-Schied	2:09.68	200203079	2:11.03	+0,69	28.49	1:01.98	1:40.00	2:11.03
3. Jarno Verbeek	Zoetermeer	2:13.90	200200931	2:11.96		27.78	1:01.49	1:41.53	2:11.96
4. Michael Smink	The Hague Swimming	(2:15.64	200302169	2:13.90	+0,78	27.69	1:01.73	1:43.79	2:13.90
5. Guus Hoogduin	ZVL-1886 Tetteroo	2:14.77	200201069	2:16.61	+0,75	29.32	1:04.72	1:45.12	2:16.61
6. Viktor Koets	De Columbiaan	2:17.19	200201677	2:16.96	+0,82	28.86	1:04.42	1:43.23	2:16.96
7. Jelle Bon	ZV Vlaardingen-Schied	2:17.31	200301077	2:17.71	+0,69	29.42	1:04.56	1:45.16	2:17.71
8. Daan Hogerhuis	LinK	2:21.97	200300317	2:19.77	+0,73	29.51	1:06.01	1:47.61	2:19.77
9. Milan Hamel	The Hague Swimming	(2:23.51	200302125	2:20.48	+0,67	28.73	1:06.67	1:46.34	2:20.48
10. Wesley Zulver	ZV Vlaardingen-Schied	2:18.38	200301319	2:21.91	+0,54	29.45	1:06.68	1:46.78	2:21.91
11. Robin van Peenen	ZVL-1886 Tetteroo	2:26.27	200201059	2:23.38	+0,80	30.20	1:07.13	1:48.44	2:23.38
12. Bjarne Buijs	The Hague Swimming	(2:23.46	200301089	2:24.16	+0,64	29.21	1:07.42	1:50.55	2:24.16
13. Bas van Wieringen	De Columbiaan	2:22.95	200200119	2:25.36	+0,74	30.32	1:08.12	1:50.22	2:25.36
14. Luuk van Holstein	Albion WSS (SG)	2:28.78	200203841	2:25.52	+0,77	30.46	1:08.15	1:51.24	2:25.52
15. Julian Stok	ZZ&PC De Devel	2:25.17	200300071	2:27.47	+0,74	30.80	1:08.68	1:53.37	2:27.47
16. Quinten Nieuwenhuis	WZK	2:25.95	200304577	2:27.70	+0,74	30.97	1:07.67	1:53.18	2:27.70
17. Rob Lugtenburg	The Hague Swimming	(2:33.89	200201123	2:29.06	+0,69	29.06	1:07.07	1:55.41	2:29.06
18. Wouter Verdoes	De Columbiaan	2:28.38	200200351	2:29.25		30.81	1:08.92	1:53.85	2:29.25
19. Tygo Korving	ZPB H&L Productions	2:32.08	200300773	2:31.37	+0,71	32.77	1:11.99	1:55.08	2:31.37
20. Luc Brasz	The Hague Swimming	(2:32.99	200200919	2:31.83	+0,68	30.37	1:08.57	1:54.79	2:31.83
21. Yassine Maas	The Hague Swimming	(2:26.96	200301505	2:33.10	+0,74	31.28	1:11.34	1:56.61	2:33.10
22. Erik van Gemert	Poseidon'56	2:28.65	200300587	2:33.37	+0,73	30.45	1:13.43	1:57.50	2:33.37
DIS Simon Dijkstra	Rotterdam Swimming	(2:25.30	200204905						

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

Senioren 1 en ouder

1. Thomas Jansen	WVZ	2:03.36	200100143	2:02.68	+0,72	26.37	56.71	1:32.66	2:02.68
2. Ensger Kotterink	Albion WSS (SG)	2:01.61	199403391	2:03.38	+0,69	27.48	58.11	1:34.47	2:03.38
3. Freek Hollander	The Hague Swimming	(2:17.13	200103815	2:13.46	+0,77	28.11	1:03.04	1:43.39	2:13.46
4. Stijn Geelen	MNC Dordrecht	2:16.30	199801363	2:13.76	+0,70	27.88	1:03.20	1:41.04	2:13.76
5. Noah Legerstee	WVZ	2:19.75	200003593	2:14.37		28.35	1:02.20	1:42.56	2:14.37
6. Bert Duivenvoorde	Noordwijkerhout	2:17.00	199701805	2:14.80	+0,73	27.87	1:02.15	1:42.03	2:14.80
7. Bas Verdoes	De Columbiaan	2:23.12	199801487	2:16.30	+0,73	29.19	1:03.88	1:42.96	2:16.30
8. Jasper Breugem	WVZ	2:15.21	200000303	2:19.29	+0,78	29.34	1:04.52	1:45.72	2:19.29
9. Sander Iuga	Albion WSS (SG)	2:26.40	200101389	2:20.55	+0,72	29.82	1:04.47	1:46.65	2:20.55
10. Ryan van den Ouden	Poseidon'56	2:21.89	199900377	2:21.03	+0,82	28.67	1:05.04	1:47.80	2:21.03
11. Thijs Molendijk	D'elft	2:18.08	199900477	2:21.12	+0,73	28.57	1:03.09	1:47.42	2:21.12
12. Nol van Thull	KZV de Lansingh	2:18.26	198001513	2:21.47	+0,80	29.32	1:04.81	1:47.81	2:21.47
13. Paul van Grol	Widex GZC Donk	2:18.92	199602951	2:22.73	+0,68	29.56	1:08.52	1:49.15	2:22.73
14. Otto Pranger	Albion WSS (SG)	2:37.55	200000007	2:24.73	+0,74	29.12	1:06.32	1:50.41	2:24.73
15. K. de Kruyf Molina	The Hague Swimming	(2:25.27	200002667	2:27.05	+0,75	29.89	1:08.78	1:52.04	2:27.05
16. Rutger Dalm	KZV de Lansingh	2:22.25	199005561	2:27.21	+0,74	30.66	1:07.36	1:51.92	2:27.21
NG J. de Roy van Zuydewij	WVZ	2:10.32	200000255						

Programmanr. 17
24-11-2019 - 11:30

Dames, 50m schoolslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2					
1. Thalia Meijer	MNC Dordrecht	35.76	200704048	35.73	+0,66
2. Charlene Ruiters	De Columbiaan	37.41	200700522	36.09	+0,73
3. Annique Rupke	Widex GZC Donk	38.67	200700876	37.16	+0,80
4. Lety Pieters	Rotterdam Swimming (SG)	36.88	200702720	37.68	+0,71
5. Samantha van der Jagt	ZZ&PC De Devel	39.06	200700220	38.13	+0,78
6. Mila Oomens	ZPV Barracuda	38.94	200700016	38.15	+0,74
7. Flora Szili-Torok	Rotterdam Swimming (SG)	38.64	200800114	38.69	
8. Ananda van der Wiel	WVZ	37.97	200701562	38.74	+0,65
9. Sofia Brouwer	The Hague Swimming (SG)	42.53	200702700	39.78	+0,78
10. Daniek Wijnen	ZVL-1886 Tetteroo	39.73	200701280	40.21	+0,71
11. Liv Heijdra	Albion WSS (SG)	42.54	200800736	40.82	

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Programmanr. 17, Meisjes, 50m schoolslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
12.	Shirley van Mourik	MNC Dordrecht	41.74	200802092	40.84	+0,71
13.	Charlotte Woltjes	The Hague Swimming (SG)	43.47	200700110	40.87	+0,89
14.	Fleur Kamminga	WVZ	40.72	200701838	41.19	+0,95
15.	Meyke v. Nimwegen	z.c De Schotejil	42.43	200800106	41.21	+0,82
16.	Sophie Adriaanse	De Columbiaan	40.28	200701066	41.47	+0,78
17.	Evi Bol	ZPC Wiekslag	42.09	200700790	41.54	+0,60
18.	Anoeska Wiltenburg	Widex GZC Donk	42.75	200703028	41.77	+0,76
	<i>*bu eindtijd</i>					
19.	Floor Hogervorst	Noordwijkerhout	42.03	200701400	41.85	+0,73
20.	Renske Snip	De Columbiaan	44.56	200703628	43.07	+0,76
21.	Solana Kock	WVZ	44.44	200802520	43.64	+0,94
22.	Kyana van Dam	ZPV Barracuda	44.48	200703008	44.20	+0,87

13 - 14 jaar

1.	Niké Telkamp	The Hague Swimming (SG)	35.51	200501088	34.30	+0,76
2.	Elijdjah van der Heul	Rotterdam Swimming (SG)	34.46	200602180	34.32	+0,77
3.	Lyke Buscop	z.c De Schotejil	37.11	200500552	34.98	+0,74
4.	Anouchka Bos	ZPV Barracuda	36.01	200501528	35.37	+0,67
5.	Merel Schravendijk	The Hague Swimming (SG)	37.95	200503382	35.64	+0,77
6.	Isa Maes	Albion WSS (SG)	37.77	200500110	36.27	+0,69
7.	Madelief Mans	The Hague Swimming (SG)	39.16	200501260	36.34	+0,82
8.	Emi Schipper	ZOB'66	37.08	200502126	36.54	+0,79
9.	Madoline Held	The Hague Swimming (SG)	37.51	200503412	36.57	+0,72
10.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	36.52	200500330	36.74	+0,65
11.	Vivianne Woltjes	The Hague Swimming (SG)	38.71	200501524	36.79	+0,72
12.	Estelle van Wijngaarden	ZPB H&L Productions	36.93	200601020	37.08	
13.	Evelyn Liket	ZV Vlaardingen-Schiedam	37.63	200503118	37.45	+0,68
14.	Leyla Oversluizen	MNC Dordrecht	38.48	200602730	37.64	+0,73
	Kimberly Ruiters	De Columbiaan	37.34	200600492	37.64	+0,76
16.	Ada Eker	WZK	37.83	200504608	37.93	+0,71
17.	Laura Hoogenboezem	KZV de Lansingh	37.76	200500390	38.03	+0,76
18.	Noor Frijlink	De Columbiaan	38.55	200500970	38.32	+0,69
19.	Charlize Rovers	De Kempvis	37.22	200600684	38.34	+0,76
20.	Sanne Slof	The Hague Swimming (SG)	38.73	200601810	38.65	+0,88
21.	Amber Saabeel	Rotterdam Swimming (SG)	41.39	200503838	38.69	+0,51
22.	Yente Bouwmeester	De Columbiaan	38.95	200500340	38.80	+0,73
23.	Elise Vink	De Columbiaan	37.90	200502588	38.89	+0,77
24.	Nynke Roosendaal	Albion WSS (SG)	39.29	200502040	39.02	+0,69
25.	Sylvie Roos	Albion WSS (SG)	39.05	200502772	39.16	+0,78
26.	Emma Verkuijl	ZPV Barracuda	40.14	200500826	39.39	+0,76
27.	Jamila de Lobel	SG SCOM/de Zeehond'73	39.56	200602320	39.55	+0,54
28.	Nikita Snoeren	WVZ	41.78	200600342	40.80	+0,73
29.	Jade van der Maas	WVZ	40.80	200600408	40.82	+0,74
30.	Mar Stoel	De Columbiaan	40.54	200500520	41.04	+0,74
31.	Elisabeth Kruger	Albion WSS (SG)	41.59	200503938	41.60	+0,73
DIS	Alicia Breeveld	Rotterdam Swimming (SG)	39.83	200601836		

SS - Met handen over elkaar keer- of eindpunt aangetikt.

15 - 16 jaar

1.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	33.04	200404272	32.63	+0,68
2.	Phaedra Meijer	MNC Dordrecht	34.32	200405834	34.02	+0,78
3.	Daniëlle Vis	De Columbiaan	34.59	200401044	34.33	+0,73
4.	Tessa Poot	ZV Vlaardingen-Schiedam	35.35	200404264	35.41	+0,76
5.	Jade Geurts	WVZ	35.29	200402278	35.66	+0,76
6.	Kim de Jong	Link	35.06	200301026	36.07	+0,81
7.	Rinske Bouman	Rotterdam Swimming (SG)	35.21	200400578	36.62	+0,76
8.	Megan de Hoog	SG SCOM/de Zeehond'73	38.33	200300214	37.23	+0,75
9.	Wendy ten Wolde	ZPC Wiekslag	37.33	200302658	37.54	+0,67
10.	Amy Koelman	De Columbiaan	37.44	200300922	37.80	+0,78
11.	Mara Bosman	The Hague Swimming (SG)	38.19	200303048	37.86	+0,69
12.	Zoë Molenaar	Zoetermeer	37.20	200300978	38.48	+0,81
13.	Jonna Muntjewerff	The Hague Swimming (SG)	38.67	200402396	38.84	+0,77
14.	Femke Doorenbos	The Hague Swimming (SG)	39.14	200404214	38.87	+0,71
15.	Julia Notenboom	De Columbiaan	38.77	200302596	39.35	+0,80
16.	Jet van Oudheusden	ZOB'66	38.27	200401012	39.92	+0,75
17.	Maaïke van Lochem	Zoetermeer	39.10	200301390	40.06	+0,69

Regiokampioenschappen korte baan
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Programmanr. 17, Meisjes, 50m schoolslag, 15 - 16 jaar

rang	naam	vereniging	intijd			tijd	RT	
18.	Milou van Winkel	LinK	44.05	200402296	SB14	43.52	+0,83	
19.	Megan van Delden	WVZ	44.23	200405500	SB13	47.05	+0,90	578
NG	Lotte Koornneef	The Hague Swimming (SG)	36.22	200303584				

Senioren

1.	Lynn Blommers	The Hague Swimming (SG)	31.29	200105062		31.71	+0,67	
2.	Sophie de Jonge	WVZ	33.53	200200118		34.13	+0,75	
3.	Jip Veeman	The Hague Swimming (SG)	34.40	200106100		34.23	+0,72	
4.	Ana Nusa Versnik	The Hague Swimming (SG)	35.37	200003496		34.38	+0,69	
5.	Chefanja Nunes	WVZ	34.73	200104750		34.96	+0,68	
6.	Fenna de Groot	Albion WSS (SG)	34.82	199701796		35.10	+0,72	
7.	Lotte Middelbos	z.c De Schotejil	34.67	199900680		35.30	+0,81	
8.	Inge van der Hoek	The Hague Swimming (SG)	35.56	199204034		35.62	+0,71	
9.	Lonneke Graansma	ZVL-1886 Tetteroo	35.72	199900936		35.87	+0,74	
10.	Lieske Zijlstra	z.c De Schotejil	36.17	200200996		36.48	+0,78	
11.	Nienke Mierop	z.c De Schotejil	35.50	200203294		36.55	+0,86	
12.	Anne Dekker	Albion WSS (SG)	37.92	199606830		36.88	+0,65	
13.	Lauren van IJll	WVZ	36.08	200001064		36.96	+0,60	
14.	Grace Anderson	WVZ	35.50	200200578		37.15	+0,72	
15.	Sacha van den Dobbelen	The Hague Swimming (SG)	37.76	200100904		37.58	+0,66	
16.	Anna Hoogenboezem	KZV de Lansingh	37.13	200200658		37.72	+0,75	
17.	Wendy de Bruin	ZOB'66	36.31	199206320		37.80	+0,69	
18.	Elyanne Boudestein	Zoetermeer	36.73	200101060		38.59	+0,79	
19.	Jonne Moleman	LinK	53.71	200006264	SB6	46.99	+0,64	881
NG.ZA	Marbel Diderik	De Columbiaan	37.11	200205752				
NG	Kimberly Coenders	KZV de Lansingh	38.05	199900880				
NG	Anniek de Ruiter	Widex GZC Donk	35.33	200101224				

Programmanr. 18
24-11-2019 - 11:40

Jongens, 1500m vrije slag

Junioren
Resultaten

rang	naam	vereniging	intijd			tijd	RT	
Junioren 1 en 2								
1.	Mark Demianenko	Zoetermeer	18:43.06	200600409		18:41.64	+0,75	
	100m: 1:04.30	1:04.30	500m: 6:00.25	1:15.58	900m: 11:05.41	1:16.51	1300m: 16:11.48	1:16.71
	200m: 2:16.47	1:12.17	600m: 7:16.37	1:16.12	1000m: 12:21.82	1:16.41	1400m: 17:27.17	1:15.69
	300m: 3:29.99	1:13.52	700m: 8:33.07	1:16.70	1100m: 13:38.12	1:16.30	1500m: 18:41.64	1:14.47
	400m: 4:44.67	1:14.68	800m: 9:48.90	1:15.83	1200m: 14:54.77	1:16.65		
2.	Roan van der Weide	Widex GZC Donk	NT	200601629		19:02.11	+0,52	
	100m: 1:09.52	1:09.52	500m: 6:16.94	1:17.96	900m: 11:26.33	1:17.43	1300m: 16:34.55	1:16.28
	200m: 2:25.88	1:16.36	600m: 7:34.65	1:17.71	1000m: 12:43.21	1:16.88	1400m: 17:49.93	1:15.38
	300m: 3:41.89	1:16.01	700m: 8:51.48	1:16.83	1100m: 14:00.90	1:17.69	1500m: 19:02.11	1:12.18
	400m: 4:58.98	1:17.09	800m: 10:08.90	1:17.42	1200m: 15:18.27	1:17.37		
3.	Björn Mulder	Zoetermeer	20:07.67	200601517		19:04.68	+0,75	
	100m: 1:10.80	1:10.80	500m: 6:18.38	1:17.79	900m: 11:24.91	1:16.94	1300m: 16:34.26	1:16.51
	200m: 2:26.59	1:15.79	600m: 7:35.19	1:16.81	1000m: 12:42.47	1:17.56	1400m: 17:50.71	1:16.45
	300m: 3:43.61	1:17.02	700m: 8:51.35	1:16.16	1100m: 14:00.42	1:17.95	1500m: 19:04.68	1:13.97
	400m: 5:00.59	1:16.98	800m: 10:07.97	1:16.62	1200m: 15:17.75	1:17.33		
4.	Dave Dirks	ZV Vlaardingen-Schiedam	19:58.21	200602883		19:25.44	+0,83	
	100m: 1:09.92	1:09.92	500m: 6:20.06	1:18.47	900m: 11:36.55	1:19.13	1300m: 16:54.66	1:18.70
	200m: 2:26.06	1:16.14	600m: 7:39.26	1:19.20	1000m: 12:56.29	1:19.74	1400m: 18:13.48	1:18.82
	300m: 3:43.65	1:17.59	700m: 8:57.71	1:18.45	1100m: 14:15.85	1:19.56	1500m: 19:25.44	1:11.96
	400m: 5:01.59	1:17.94	800m: 10:17.42	1:19.71	1200m: 15:35.96	1:20.11		
5.	Dimi Stoyanov	The Hague Swimming (SG)	19:27.78	200601067		19:45.96	+0,66	
	100m: 1:09.40	1:09.40	500m: 6:25.58	1:20.38	900m: 11:49.08	1:20.84	1300m: 17:10.23	1:20.03
	200m: 2:26.53	1:17.13	600m: 7:46.19	1:20.61	1000m: 13:09.70	1:20.62	1400m: 18:29.90	1:19.67
	300m: 3:45.42	1:18.89	700m: 9:07.64	1:21.45	1100m: 14:29.75	1:20.05	1500m: 19:45.96	1:16.06
	400m: 5:05.20	1:19.78	800m: 10:28.24	1:20.60	1200m: 15:50.20	1:20.45		
6.	Jasper Groen	KZV de Lansingh	23:04.53	200602325		22:12.60	+0,76	
	100m: 1:17.37	1:17.37	500m: 7:12.67	1:30.28	900m: 13:12.53	1:30.73	1300m: 19:17.67	1:29.44
	200m: 2:44.13	1:26.76	600m: 8:44.78	1:32.11	1000m: 14:44.81	1:32.28	1400m: 20:47.30	1:29.63
	300m: 4:12.53	1:28.40	700m: 10:13.36	1:28.58	1100m: 16:16.61	1:31.80	1500m: 22:12.60	1:25.30
	400m: 5:42.39	1:29.86	800m: 11:41.80	1:28.44	1200m: 17:48.23	1:31.62		
7.	Niels Meijer	The Hague Swimming (SG)	22:48.45	200701645		22:18.63	+0,77	
	100m: 1:20.00	1:20.00	500m: 7:22.10	1:29.74	900m: 13:27.02	1:31.12	1300m: 19:26.46	1:28.76
	200m: 2:50.17	1:30.17	600m: 8:52.89	1:30.79	1000m: 14:57.56	1:30.54	1400m: 20:53.46	1:27.00
	300m: 4:20.95	1:30.78	700m: 10:24.79	1:31.90	1100m: 16:28.24	1:30.68	1500m: 22:18.63	1:25.17
	400m: 5:52.36	1:31.41	800m: 11:55.90	1:31.11	1200m: 17:57.70	1:29.46		

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 18, Jongens, 1500m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
8.	Merlijn van der Hoeven	WVZ	22:19.82	200600951	22:24.67 +0,63			
	100m: 1:18.29	1:18.29	500m: 7:20.33	1:31.70	900m: 13:23.34	1:31.55	1300m: 19:28.85	1:31.09
	200m: 2:46.65	1:28.36	600m: 8:51.34	1:31.01	1000m: 14:54.88	1:31.54	1400m: 20:59.47	1:30.62
	300m: 4:17.15	1:30.50	700m: 10:21.49	1:30.15	1100m: 16:26.49	1:31.61	1500m: 22:24.67	1:25.20
	400m: 5:48.63	1:31.48	800m: 11:51.79	1:30.30	1200m: 17:57.76	1:31.27		

Junioren 3 en 4

1.	Nathan Janssen	MNC Dordrecht	17:27.66	200401565	17:16.89 +0,76			
	100m: 1:02.54	1:02.54	500m: 5:37.46	1:09.91	900m: 10:18.13	1:10.71	1300m: 14:59.57	1:09.82
	200m: 2:10.05	1:07.51	600m: 6:47.46	1:10.00	1000m: 11:29.29	1:11.16	1400m: 16:09.01	1:09.44
	300m: 3:18.71	1:08.66	700m: 7:57.42	1:09.96	1100m: 12:39.08	1:09.79	1500m: 17:16.89	1:07.88
	400m: 4:27.55	1:08.84	800m: 9:07.42	1:10.00	1200m: 13:49.75	1:10.67		
2.	Björn Verkaik	The Hague Swimming (SG)	17:53.50	200500411	17:49.58 +0,75			
	100m: 1:05.78	1:05.78	500m: 5:51.82	1:12.29	900m: 10:38.88	1:12.23	1300m: 15:28.12	1:12.08
	200m: 2:16.93	1:11.15	600m: 7:03.63	1:11.81	1000m: 11:51.21	1:12.33	1400m: 16:41.15	1:13.03
	300m: 3:28.48	1:11.55	700m: 8:14.71	1:11.08	1100m: 13:03.66	1:12.45	1500m: 17:49.58	1:08.43
	400m: 4:39.53	1:11.05	800m: 9:26.65	1:11.94	1200m: 14:16.04	1:12.38		
3.	Casper Hoogervorst	De Columbiaan	19:57.51	200500183	18:50.31 +0,49			
	100m: 1:09.66	1:09.66	500m: 6:09.11	1:15.69	900m: 11:14.71	1:16.80	1300m: 16:20.32	1:16.38
	200m: 2:23.45	1:13.79	600m: 7:24.59	1:15.48	1000m: 12:31.46	1:16.75	1400m: 17:36.39	1:16.07
	300m: 3:38.22	1:14.77	700m: 8:40.85	1:16.26	1100m: 13:47.16	1:15.70	1500m: 18:50.31	1:13.92
	400m: 4:53.42	1:15.20	800m: 9:57.91	1:17.06	1200m: 15:03.94	1:16.78		
4.	Sem Verberg	The Hague Swimming (SG)	19:11.67	200402105	19:30.53 +0,66			
	100m: 1:07.89	1:07.89	500m: 6:22.83	1:19.30	900m: 11:44.02	1:20.70	1300m: 16:59.30	1:18.08
	200m: 2:25.42	1:17.53	600m: 7:42.74	1:19.91	1000m: 13:04.17	1:20.15	1400m: 18:16.14	1:16.84
	300m: 3:44.43	1:19.01	700m: 9:02.86	1:20.12	1100m: 14:23.34	1:19.17	1500m: 19:30.53	1:14.39
	400m: 5:03.53	1:19.10	800m: 10:23.32	1:20.46	1200m: 15:41.22	1:17.88		
5.	Sytze van Stein	LinK	19:34.46	200501155	20:02.81 +0,71			
	100m: 1:11.07	1:11.07	500m: 6:33.15	1:21.23	900m: 11:57.25	1:21.99	1300m: 17:23.95	1:21.00
	200m: 2:30.40	1:19.33	600m: 7:54.05	1:20.90	1000m: 13:19.17	1:21.92	1400m: 18:44.19	1:20.24
	300m: 3:50.88	1:20.48	700m: 9:14.33	1:20.28	1100m: 14:41.28	1:22.11	1500m: 20:02.81	1:18.62
	400m: 5:11.92	1:21.04	800m: 10:35.26	1:20.93	1200m: 16:02.95	1:21.67		
6.	Aaike de Tender	ZPC Wiekslag	20:02.93	200502189	20:09.48 +0,78			
	100m: 1:13.23	1:13.23	500m: 6:36.10	1:21.64	900m: 12:01.67	1:21.70	1300m: 17:28.69	1:21.54
	200m: 2:33.21	1:19.98	600m: 7:57.39	1:21.29	1000m: 13:23.72	1:22.05	1400m: 18:50.12	1:21.43
	300m: 3:53.48	1:20.27	700m: 9:18.36	1:20.97	1100m: 14:45.13	1:21.41	1500m: 20:09.48	1:19.36
	400m: 5:14.46	1:20.98	800m: 10:39.97	1:21.61	1200m: 16:07.15	1:22.02		
7.	Tjomme de Tender	ZPC Wiekslag	20:28.34	200502187	20:23.46 +0,72			
	100m: 1:14.42	1:14.42	500m: 6:42.65	1:22.67	900m: 12:12.07	1:23.14	1300m: 17:43.13	1:23.41
	200m: 2:35.93	1:21.51	600m: 8:04.96	1:22.31	1000m: 13:35.77	1:23.70	1400m: 19:04.65	1:21.52
	300m: 3:57.59	1:21.66	700m: 9:27.78	1:22.82	1100m: 14:56.22	1:20.45	1500m: 20:23.46	1:18.81
	400m: 5:19.98	1:22.39	800m: 10:48.93	1:21.15	1200m: 16:19.72	1:23.50		
8.	Wouter Willig	De Watervogels	22:07.99	200502785	20:41.64 +0,83			
	100m: 1:15.79	1:15.79	500m: 6:50.10	1:25.00	900m: 12:29.84	1:24.82	1300m: 18:04.65	1:23.11
	200m: 2:36.04	1:22.25	600m: 8:14.77	1:24.67	1000m: 13:53.87	1:24.03	1400m: 19:25.81	1:21.16
	300m: 4:01.36	1:23.32	700m: 9:40.72	1:25.95	1100m: 15:18.31	1:24.44	1500m: 20:41.64	1:15.83
	400m: 5:25.10	1:23.74	800m: 11:05.02	1:24.30	1200m: 16:41.54	1:23.23		
NG.ZA	Gabriel Been	The Hague Swimming (SG)	17:10.27	200501467				

Programmanr. 19
24-11-2019 - 13:30

Heren, 1500m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Jeugd 1 en 2								
1.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	17:06.16	200203079	16:39.79 +0,75			
	100m: 1:01.16	1:01.16	500m: 5:29.04	1:07.01	900m: 10:00.41	1:07.61	1300m: 14:28.12	1:06.83
	200m: 2:07.79	1:06.63	600m: 6:36.70	1:07.66	1000m: 11:07.37	1:06.96	1400m: 15:34.88	1:06.76
	300m: 3:14.74	1:06.95	700m: 7:44.57	1:07.87	1100m: 12:14.58	1:07.21	1500m: 16:39.79	1:04.91
	400m: 4:22.03	1:07.29	800m: 8:52.80	1:08.23	1200m: 13:21.29	1:06.71		
2.	Maximilian Lopes Cardozo	WZK	17:19.28	200300665	16:50.02 +0,86			
	100m: 1:04.40	1:04.40	500m: 5:36.43	1:08.17	900m: 10:07.37	1:07.78	1300m: 14:37.69	1:07.06
	200m: 2:12.22	1:07.82	600m: 6:43.80	1:07.37	1000m: 11:15.47	1:08.10	1400m: 15:45.39	1:07.70
	300m: 3:19.94	1:07.72	700m: 7:51.79	1:07.99	1100m: 12:23.19	1:07.72	1500m: 16:50.02	1:04.63
	400m: 4:28.26	1:08.32	800m: 8:59.59	1:07.80	1200m: 13:30.63	1:07.44		
3.	Bas van Nisius	The Hague Swimming (SG)	17:02.91	200202107	16:56.75 +0,73			
	100m: 1:01.42	1:01.42	500m: 5:31.99	1:07.78	900m: 10:06.17	1:08.14	1300m: 14:41.87	1:09.00
	200m: 2:08.80	1:07.38	600m: 6:41.13	1:09.14	1000m: 11:15.04	1:08.87	1400m: 15:50.48	1:08.61
	300m: 3:16.94	1:08.14	700m: 7:48.93	1:07.80	1100m: 12:24.00	1:08.96	1500m: 16:56.75	1:06.27
	400m: 4:24.21	1:07.27	800m: 8:58.03	1:09.10	1200m: 13:32.87	1:08.87		

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 19, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
4.	Daan Hogerhuis	LinK	17:12.64	200300317	16:59.71 +0,76			
	100m: 1:01.15	1:01.15	500m: 5:32.86	1:08.08	900m: 10:07.28	1:08.68	1300m: 14:42.76	1:08.87
	200m: 2:08.35	1:07.20	600m: 6:41.51	1:08.65	1000m: 11:15.92	1:08.64	1400m: 15:51.78	1:09.02
	300m: 3:16.53	1:08.18	700m: 7:50.04	1:08.53	1100m: 12:24.84	1:08.92	1500m: 16:59.71	1:07.93
	400m: 4:24.78	1:08.25	800m: 8:58.60	1:08.56	1200m: 13:33.89	1:09.05		
5.	Guus Hoogduin	ZVL-1886 Tetteroo	17:15.45	200201069	17:01.71 +0,68			
	100m: 1:02.80	1:02.80	500m: 5:36.08	1:08.64	900m: 10:11.23	1:09.84	1300m: 14:46.94	1:07.47
	200m: 2:10.02	1:07.22	600m: 6:44.56	1:08.48	1000m: 11:21.01	1:09.78	1400m: 15:56.53	1:09.59
	300m: 3:18.53	1:08.51	700m: 7:53.71	1:09.15	1100m: 12:30.40	1:09.39	1500m: 17:01.71	1:05.18
	400m: 4:27.44	1:08.91	800m: 9:01.39	1:07.68	1200m: 13:39.47	1:09.07		
6.	Quinten Nieuwenhuis	WZK	19:21.44	200304577	18:07.91 +0,75			
	100m: 1:05.75	1:05.75	500m: 5:55.79	1:13.87	900m: 10:50.93	1:13.38	1300m: 15:47.63	1:13.79
	200m: 2:16.32	1:10.57	600m: 7:09.90	1:14.11	1000m: 12:04.48	1:13.55	1400m: 16:59.39	1:11.76
	300m: 3:28.59	1:12.27	700m: 8:23.54	1:13.64	1100m: 13:19.21	1:14.73	1500m: 18:07.91	1:08.52
	400m: 4:41.92	1:13.33	800m: 9:37.55	1:14.01	1200m: 14:33.84	1:14.63		
7.	Tygo Korving	ZPB H&L Productions	19:33.82	200300773	19:29.90 +0,72			
	100m: 1:09.51	1:09.51	500m: 6:20.04	1:18.37	900m: 11:36.04	1:20.02	1300m: 16:54.09	1:19.57
	200m: 2:25.90	1:16.39	600m: 7:38.32	1:18.28	1000m: 12:55.06	1:19.02	1400m: 18:13.74	1:19.65
	300m: 3:43.48	1:17.58	700m: 8:56.80	1:18.48	1100m: 14:14.83	1:19.77	1500m: 19:29.90	1:16.16
	400m: 5:01.67	1:18.19	800m: 10:16.02	1:19.22	1200m: 15:34.52	1:19.69		
8.	Brandon Groeneveld	De Geul	19:35.39	200300595	19:38.65 +0,65			
	100m: 1:07.84	1:07.84	500m: 6:20.76	1:19.67	900m: 11:40.31	1:20.56	1300m: 17:01.84	1:19.89
	200m: 2:23.76	1:15.92	600m: 7:40.27	1:19.51	1000m: 13:00.77	1:20.46	1400m: 18:21.34	1:19.50
	300m: 3:41.84	1:18.08	700m: 8:59.94	1:19.67	1100m: 14:21.55	1:20.78	1500m: 19:38.65	1:17.31
	400m: 5:01.09	1:19.25	800m: 10:19.75	1:19.81	1200m: 15:41.95	1:20.40		

Senioren 1 en ouder

1.	Thomas Jansen	WVZ	15:22.13	200100143	15:30.16 +0,73			
	100m: 58.52	58.52	500m: 5:08.33	1:02.71	900m: 9:17.92	1:02.60	1300m: 13:27.41	1:03.01
	200m: 2:00.61	1:02.09	600m: 6:10.52	1:02.19	1000m: 10:20.29	1:02.37	1400m: 14:29.99	1:02.58
	300m: 3:03.12	1:02.51	700m: 7:12.88	1:02.36	1100m: 11:22.24	1:01.95	1500m: 15:30.16	1:00.17
	400m: 4:05.62	1:02.50	800m: 8:15.32	1:02.44	1200m: 12:24.40	1:02.16		
2.	Max Visser	WVZ	16:22.87	200100077	16:01.82 +0,80			
	100m: 59.99	59.99	500m: 5:15.52	1:04.10	900m: 9:34.67	1:04.92	1300m: 13:53.83	1:04.98
	200m: 2:03.56	1:03.57	600m: 6:20.11	1:04.59	1000m: 10:39.20	1:04.53	1400m: 14:58.96	1:05.13
	300m: 3:07.36	1:03.80	700m: 7:24.82	1:04.71	1100m: 11:44.05	1:04.85	1500m: 16:01.82	1:02.86
	400m: 4:11.42	1:04.06	800m: 8:29.75	1:04.93	1200m: 12:48.85	1:04.80		
3.	Timo Dinkelberg	Albion WSS (SG)	16:21.47	199300773	17:09.30 +0,72			
	100m: 1:00.83	1:00.83	500m: 5:37.66	1:10.89	900m: 10:21.60	1:10.33	1300m: 14:58.53	1:08.06
	200m: 2:07.95	1:07.12	600m: 6:48.51	1:10.85	1000m: 11:31.36	1:09.76	1400m: 16:04.53	1:06.00
	300m: 3:16.82	1:08.87	700m: 7:59.93	1:11.42	1100m: 12:41.09	1:09.73	1500m: 17:09.30	1:04.77
	400m: 4:26.77	1:09.95	800m: 9:11.27	1:11.34	1200m: 13:50.47	1:09.38		
4.	Jasper Breugem	WVZ	16:49.99	200000303	17:24.56 +0,78			
	100m: 1:03.19	1:03.19	500m: 5:42.06	1:10.09	900m: 10:22.08	1:09.75	1300m: 15:03.90	1:11.42
	200m: 2:12.16	1:08.97	600m: 6:51.83	1:09.77	1000m: 11:32.00	1:09.92	1400m: 16:14.90	1:11.00
	300m: 3:22.21	1:10.05	700m: 8:02.36	1:10.53	1100m: 12:42.31	1:10.31	1500m: 17:24.56	1:09.66
	400m: 4:31.97	1:09.76	800m: 9:12.33	1:09.97	1200m: 13:52.48	1:10.17		
5.	Frank v.d. Voordt	z.c De Schotejil	18:35.12	198302259	18:25.53 +0,76			
	100m: 1:08.17	1:08.17	500m: 6:02.49	1:13.93	900m: 10:58.22	1:13.95	1300m: 15:54.02	1:15.84
	200m: 2:21.00	1:12.83	600m: 7:16.57	1:14.08	1000m: 12:12.40	1:14.18	1400m: 17:10.48	1:16.46
	300m: 3:34.43	1:13.43	700m: 8:30.30	1:13.73	1100m: 13:24.15	1:11.75	1500m: 18:25.53	1:15.05
	400m: 4:48.56	1:14.13	800m: 9:44.27	1:13.97	1200m: 14:38.18	1:14.03		
6.	Niels Albrechts	z.c De Schotejil	18:29.02	198800039	18:27.57 +0,82			
	100m: 1:11.06	1:11.06	500m: 6:05.74	1:12.71	900m: 11:01.19	1:13.82	1300m: 16:00.47	1:15.27
	200m: 2:25.44	1:14.38	600m: 7:19.70	1:13.96	1000m: 12:14.69	1:13.50	1400m: 17:15.37	1:14.90
	300m: 3:39.32	1:13.88	700m: 8:33.45	1:13.75	1100m: 13:29.38	1:14.69	1500m: 18:27.57	1:12.20
	400m: 4:53.03	1:13.71	800m: 9:47.37	1:13.92	1200m: 14:45.20	1:15.82		
7.	Jim Geestman	Rotterdam Swimming (SG)	20:46.60	198300699	20:08.24 +0,86			
	100m: 1:06.55	1:06.55	500m: 6:16.79	1:20.60	900m: 11:50.70	1:25.24	1300m: 17:29.70	1:24.91
	200m: 2:19.90	1:13.35	600m: 7:38.97	1:22.18	1000m: 13:15.96	1:25.26	1400m: 18:53.55	1:23.85
	300m: 3:36.63	1:16.73	700m: 9:01.70	1:22.73	1100m: 14:40.44	1:24.48	1500m: 20:08.24	1:14.69
	400m: 4:56.19	1:19.56	800m: 10:25.46	1:23.76	1200m: 16:04.79	1:24.35		
8.	Thom van Vark	Z&PC De Gouwe	19:56.74	200101305	20:08.87 +0,82			
	100m: 1:07.41	1:07.41	500m: 6:22.51	1:22.52	900m: 11:52.62	1:23.48	1300m: 17:25.83	1:23.75
	200m: 2:22.49	1:15.08	600m: 7:43.68	1:21.17	1000m: 13:16.12	1:23.50	1400m: 18:49.35	1:23.52
	300m: 3:40.73	1:18.24	700m: 8:58.63	1:22.51	1100m: 14:38.63	1:22.51	1500m: 20:08.87	1:19.52
	400m: 4:59.99	1:19.26	800m: 10:29.14	1:23.45	1200m: 16:02.08	1:23.45		

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 20
24-11-2019 - 14:10

Dames, 100m schoolslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
Junioren 1 en 2								
1.	Thalia Meijer	MNC Dordrecht	1:20.04	200704048	1:19.05	+0,68	37.88	1:19.05
2.	Robin Vermeulen	MNC Dordrecht	1:24.30	200700412	1:20.26	+0,81	37.34	1:20.26
3.	Mila Oomens	ZPV Barracuda	1:25.18	200700016	1:22.02	+0,71	38.51	1:22.02
4.	Annique Rupke	Widex GZC Donk	1:21.79	200700876	1:22.31	+0,81	39.04	1:22.31
5.	Samantha van der Jagt	ZZ&PC De Devel	1:23.17	200700220	1:23.37	+0,79	39.69	1:23.37
6.	Charlene Ruiters	De Columbiaan	1:24.93	200700522	1:23.56	+0,82	40.13	1:23.56
7.	Ananda van der Wiel	WVZ	1:22.94	200701562	1:25.34	+0,50	40.57	1:25.34
8.	Sophie Adriaanse	De Columbiaan	1:25.99	200701066	1:26.26		41.00	1:26.26
9.	Lety Pieters	Rotterdam Swimming (SG)	1:28.86	200702720	1:26.73	+0,80	41.42	1:26.73
10.	Charlotte Woltjes	The Hague Swimming (SG)	1:30.83	200700110	1:27.70	+0,81	41.75	1:27.70
11.	Fleur Kamminga	WVZ	1:27.41	200701838	1:27.83	+0,83	41.00	1:27.83
12.	Britte Lodder	ZZ&PC De Devel	1:30.65	200702290	1:28.17	+0,80	43.48	1:28.17
13.	Daniek Wijnen	ZVL-1886 Tetteroo	1:29.65	200701280	1:28.84	+0,73	41.84	1:28.84
14.	Liv Heijdra	Albion WSS (SG)	1:30.57	200800736	1:29.35	+0,73	42.61	1:29.35
15.	Shirley van Mourik	MNC Dordrecht	1:28.32	200802092	1:30.23	+0,77	43.71	1:30.23
16.	Floor Hogervorst	Noordwijkerhout	1:33.21	200701400	1:30.38	+0,76	43.15	1:30.38
17.	Meyke v. Nimwegen	z.c De Schoteijl	1:30.61	200800106	1:31.14	+0,66	43.04	1:31.14
18.	Sofia Brouwer	The Hague Swimming (SG)	1:36.36	200702700	1:32.78	+0,65	43.64	1:32.78
19.	Anoeska Wiltenburg	Widex GZC Donk	1:30.25	200703028	1:33.63	+0,81	43.91	1:33.63
20.	Solana Kock	WVZ	1:33.40	200802520	1:34.27	+0,98	45.02	1:34.27

13 - 14 jaar

1.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:13.63	200602180	1:14.75	+0,78	35.74	1:14.75
2.	Niké Telkamp	The Hague Swimming (SG)	1:16.57	200501088	1:15.03	+0,75	35.40	1:15.03
3.	Lyke Buscop	z.c De Schoteijl	1:19.87	200500552	1:17.03	+0,74	36.37	1:17.03
4.	Anouchka Bos	ZPV Barracuda	1:18.41	200501528	1:18.94	+0,69	37.26	1:18.94
5.	Isa Maes	Albion WSS (SG)	1:20.06	200500110	1:19.21	+0,74	36.94	1:19.21
6.	Megan Jonkman	The Hague Swimming (SG)	1:22.16	200600508	1:19.47	+0,84	37.29	1:19.47
7.	Estelle van Wijngaarden	ZPB H&L Productions	1:19.01	200601020	1:20.10	+0,62	37.95	1:20.10
8.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:18.76	200500330	1:20.74	+0,68	37.59	1:20.74
9.	Madoline Held	The Hague Swimming (SG)	1:22.57	200503412	1:21.69	+0,72	38.87	1:21.69
10.	Emi Schipper	ZOB'66	1:21.26	200502126	1:21.78	+0,80	38.32	1:21.78
11.	Vivianne Woltjes	The Hague Swimming (SG)	1:25.54	200501524	1:21.85	+0,76	38.53	1:21.85
12.	Laura Hoogenboezem	KZV de Lansingh	1:21.83	200500390	1:22.84	+0,82	38.67	1:22.84
13.	Ada Eker	WZK	1:20.27	200504608	1:23.08	+0,55	38.51	1:23.08
14.	Kimberly Ruiters	De Columbiaan	1:25.48	200600492	1:23.59	+0,76	38.79	1:23.59
15.	Emma Verkuil	ZPV Barracuda	1:24.47	200500826	1:23.66	+0,63	39.81	1:23.66
16.	Sylvie Roos	Albion WSS (SG)	1:25.01	200502772	1:23.98	+0,66	39.55	1:23.98
17.	Charlize Rovers	De Kempvis	1:22.28	200600684	1:25.23	+0,66	40.09	1:25.23
18.	Noor Frijlink	De Columbiaan	1:23.81	200500970	1:25.31	+0,76	41.55	1:25.31
19.	Elise Vink	De Columbiaan	1:21.66	200502588	1:25.46	+0,81	39.99	1:25.46
20.	Yente Bouwmeester	De Columbiaan	1:24.96	200500340	1:25.92	+0,69	39.88	1:25.92
21.	Sanne Slof	The Hague Swimming (SG)	1:23.24	200601810	1:27.80	+0,77	41.03	1:27.80
22.	Alicia Breeveld	Rotterdam Swimming (SG)	1:26.82	200601836	1:27.90	+0,96	40.94	1:27.90
23.	Jamila de Lobel	SG SCOM/de Zeehond'73	1:26.04	200602320	1:30.48	+0,48	42.04	1:30.48

15 - 16 jaar

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	1:09.58	200400258	1:09.71	+0,67	32.92	1:09.71
2.	Britta Koehorst	KZV de Lansingh	1:09.52	200300246	1:11.14	+0,72	33.20	1:11.14
3.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:11.97	200404272	1:11.80	+0,69	33.81	1:11.80
4.	Phaedra Meijer	MNC Dordrecht	1:15.28	200405834	1:15.38	+0,79	35.52	1:15.38
5.	Leonoor van Dijk	The Hague Swimming (SG)	1:15.72	200400832	1:15.44	+0,75	35.35	1:15.44
6.	Daniëlle Vis	De Columbiaan	1:17.67	200401044	1:15.54	+0,77	35.89	1:15.54
7.	Jade Geurts	WVZ	1:17.09	200402278	1:17.06		36.37	1:17.06
8.	Rinske Bouman	Rotterdam Swimming (SG)	1:15.35	200400578	1:17.24	+0,76	35.90	1:17.24
9.	Kim de Jong	Link	1:16.39	200301026	1:19.65	+0,85	37.38	1:19.65
10.	Tessa Poot	ZV Vlaardingen-Schiedam	1:20.15	200404264	1:21.07	+0,81	37.20	1:21.07
11.	Mara Bosman	The Hague Swimming (SG)	1:20.60	200303048	1:21.63		38.21	1:21.63
12.	Amy Koelman	De Columbiaan	1:21.86	200300922	1:23.10	+0,79	40.13	1:23.10
13.	Jonna Muntjewerff	The Hague Swimming (SG)	1:21.71	200402396	1:23.15	+0,64	39.67	1:23.15
14.	Jet van Oudheusden	ZOB'66	1:23.15	200401012	1:24.81	+0,77	39.68	1:24.81
15.	Wendy ten Wolde	ZPC Wiekslag	1:20.95	200302658	1:25.23	+0,71	38.87	1:25.23

Regiokampioenschappen korte baan
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Programmanr. 20, Meisjes, 100m schoolslag, 15 - 16 jaar

rang	naam	vereniging	intijd		tijd	RT	50m	100m
16.	Milou van Winkel	LinK	1:37.54	200402296	SB14 1:34.77	+0,92 635	43.83	1:34.77
17.	Megan van Delden	WVZ	1:39.23	200405500	SB13 1:42.15	+0,81 425	47.87	1:42.15

Senioren

1.	Lynn Blommers	The Hague Swimming (SG)	1:08.30	200105062	1:09.31	+0,67	32.48	1:09.31
2.	Angelique van Vark	Z&PC De Gouwe	1:11.65	199701478	1:11.97	+0,73	33.88	1:11.97
3.	Ana Nusa Versnik	The Hague Swimming (SG)	1:15.34	200003496	1:14.68	+0,72	35.00	1:14.68
4.	Silke Molendijk	ZVL-1886 Tetteroo	1:14.42	200100178	1:15.74	+0,68	35.53	1:15.74
5.	Sophie de Jonge	WVZ	1:13.45	200200118	1:16.15	+0,74	35.34	1:16.15
6.	Fenna de Groot	Albion WSS (SG)	1:15.84	199701796	1:17.22	+0,73	36.16	1:17.22
7.	Jip Veeman	The Hague Swimming (SG)	1:20.58	200106100	1:18.22	+0,73	36.20	1:18.22
8.	Inge van der Hoek	The Hague Swimming (SG)	1:18.60	199204034	1:18.27	+0,78	36.96	1:18.27
9.	Lieske Zijlstra	z.c De Schotejil	1:20.23	200200996	1:18.32	+0,62	36.89	1:18.32
10.	Rozemarijn van Haaff	ZOB'66	1:18.11	200201852	1:18.59	+0,76	36.36	1:18.59
11.	Lonneke Graansma	ZVL-1886 Tetteroo	1:17.65	199900936	1:18.82	+0,73	36.65	1:18.82
12.	Kelly Wigleven	Poseidon'56	1:20.44	199500058	1:19.21	+0,77	37.36	1:19.21
13.	Maaïke Broersma	BZ en PC	1:21.13	200201522	1:20.73	+0,66	37.99	1:20.73
14.	Grace Anderson	WVZ	1:17.28	200200578	1:21.07	+0,75	38.08	1:21.07
15.	Nienke Mierop	z.c De Schotejil	1:18.45	200203294	1:21.81	+0,84	38.31	1:21.81
16.	Anna Hoogenboezem	KZV de Lansingh	1:20.08	200200658	1:22.00	+0,77	38.49	1:22.00
17.	Elyanne Boudestein	Zoetermeer	1:19.15	200101060	1:23.22	+0,78	38.94	1:23.22
18.	Susan van Grol	Widex GZC Donk	1:22.28	200201344	1:24.73	+0,71	40.21	1:24.73
19.	Diana Noordermeer	SG SCOM/de Zeehond'73	1:23.27	200102110	1:25.09	+0,76	39.60	1:25.09

Programmanr. 21
24-11-2019 - 14:30

Heren, 50m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
Junioren 1 en 2							
1.	Thierry Zulver	ZV Vlaardingen-Schiedam	32.06	200700023	30.65	+0,58	
2.	Thom de Hoog	SG SCOM/de Zeehond'73	31.59	200600019	31.31	+0,58	
3.	Bjorn Rijkaart	BZ en PC	33.64	200601337	32.57	+0,52	
4.	Joris Lissenberg	The Hague Swimming (SG)	34.48	200600585	33.94	+0,78	
5.	Floris Wassenaar	WVZ	35.16	200600649	34.67	+0,66	
6.	Bas Bechtold	ZPV Barracuda	36.20	200600007	34.95	+0,63	
7.	Kaan Uludag	Zoetermeer	37.20	200603559	35.16	+0,65	
8.	Janu Nolden	WVZ	36.27	200600289	35.38	+0,64	
9.	Timo Vankan	De Columbiaan	36.15	200603749	35.43	+0,80	
10.	Hessel de Jong	KZV de Lansingh	39.38	200602753	35.47	+0,76	
11.	Tibbe Veldboer	ZPB H&L Productions	36.79	200600911	35.65	+0,75	
12.	Tavi de Gelder	ZOB'66	36.41	200602335	36.27	+0,60	
13.	Benjamin Vermeer	Zoetermeer	36.29	200600177	36.54	+0,61	
14.	Wout Jonkers	Poseidon'56	37.24	200600939	36.57	+0,53	
15.	Daniel Gavran	Widex GZC Donk	39.36	200600667	36.58	+0,69	
16.	Bas Blanker	ZPB H&L Productions	35.97	200601497	36.72	+0,66	
17.	Jisse Lousma	WVZ	39.61	200701493	37.08	+0,71	
18.	Casper van Leeuwen	Widex GZC Donk	38.49	200601329	37.65		
19.	Bo Merkestein	WVZ	39.24	200602451	38.52	+0,78	
20.	Max Bos	SG SCOM/de Zeehond'73	42.90	200701383	39.52	+0,66	314
DIS	Daan Sonneveld	WVZ	28.54	200601085			

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

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming (SG)	27.09	200400669	27.13	+0,67
2.	Menno Wieringa	KZV de Lansingh	29.78	200500927	29.65	+0,57
3.	Gabriel Been	The Hague Swimming (SG)	31.54	200501467	29.74	+0,60
4.	Abel te Riele	WVZ	29.41	200402317	29.83	+0,65
5.	Chris van der Hout	The Hague Swimming (SG)	29.78	200401355	29.85	+0,75
6.	River Streefland	The Hague Swimming (SG)	32.38	200502253	30.19	+0,67
7.	Björn Verkaik	The Hague Swimming (SG)	30.56	200500411	30.27	+0,56
8.	Pepijn van Egmond	WVZ	31.67	200402309	30.51	+0,84
9.	Max van Schagen	De Columbiaan	30.49	200402591	30.69	+0,63
10.	Émile Fouzai	The Hague Swimming (SG)	33.37	200500263	30.81	+0,67

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Programmanr. 21, Jongens, 50m rugslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
11.	Kun Woo Kim	The Hague Swimming (SG)	31.81	200401361	30.94	+0,72
12.	Yassine Mellah	Widex GZC Donk	32.10	200502159	31.64	+0,67
13.	Julien Tanis	Rotterdam Swimming (SG)	31.19	200401045	31.68	+0,63
	<i>*bu eindtijd</i>					
14.	Sem Verberg	The Hague Swimming (SG)	31.48	200402105	31.82	+0,69
15.	Yanieck Frijstein	The Hague Swimming (SG)	32.72	200500329	31.84	+0,66
16.	Timon Wijsman	D'elft	32.18	200403707	31.89	+0,65
17.	Luuk Bogaert	De Watervogels	33.40	200503203	32.23	+0,69
18.	Erik Oldenkamp	Rotterdam Swimming (SG)	33.57	200400597	32.36	+0,79
19.	Reinier Velthuijs	ZPV Barracuda	33.95	200503537	32.80	+0,62
20.	Michael van den Enden	PCG	34.25	200401589	32.87	+0,63
21.	Thijm Kruit	De Columbiaan	33.18	200401339	32.91	+0,72
22.	Benjamin Boender	ZOB'66	33.60	200401351	32.99	+0,63
23.	Conor Baker	De Columbiaan	34.94	200500991	33.54	+0,60
24.	Tim van Lochem	Zoetermeer	34.07	200500077	33.82	+0,59
25.	Tjomme de Tender	ZPC Wiekslag	34.47	200502187	33.83	+1,01
26.	Onno Roeleveld	De Columbiaan	35.27	200502775	34.07	+0,69
27.	Stijn de Bondt	ZPB H&L Productions	37.20	200502249	34.19	+0,75
28.	Aaïke de Tender	ZPC Wiekslag	34.01	200502189	34.34	+0,72
29.	Marijn Dekkers	Widex GZC Donk	37.19	200402275	34.76	+0,78
30.	Niels van der Mast	ZPC Numansdorp	33.86	200401917	34.82	+0,75
	Bo Schoenmakers	Widex GZC Donk	34.99	200402919	34.82	+0,67
AFGEM	Davide Sarasini	WZK	33.78	200403941		
NG	Coen Frkovic	ZPB H&L Productions	33.69	200502397		

Jeugd 1 en 2

1.	Keanu Streefland	The Hague Swimming (SG)	25.82	200302445	26.74	+0,63
2.	Jarno Verbeek	Zoetermeer	27.09	200200931	27.00	+0,61
3.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	26.65	200203079	27.24	+0,62
4.	Michael Smink	The Hague Swimming (SG)	28.90	200302169	27.66	+0,68
5.	Zev Bulk	The Hague Swimming (SG)	28.15	200304021	28.67	+0,57
6.	Jelle Bon	ZV Vlaardingen-Schiedam	28.70	200301077	29.03	+0,63
7.	Perry Laarhoven	ZPC Numansdorp	30.18	200301321	29.23	+0,63
8.	Björn de Heus	ZV Vlaardingen-Schiedam	29.77	200201077	30.12	+0,68
9.	Kenan Coeruez	Albion WSS (SG)	30.53	200300357	30.28	+0,68
10.	Bas van Wieringen	De Columbiaan	32.25	200200119	30.55	+0,72
NG	Nikhom Westphal	WVZ	25.50	200203329		

Senioren 1 en ouder

1.	Ensgar Kotterink	Albion WSS (SG)	24.49	199403391	25.24	+0,62
2.	Melvin Prins	Rotterdam Swimming (SG)	26.63	199500201	25.93	+0,67
3.	Sjoerd van Weelden	PCG	28.04	200101217	28.54	+0,70
4.	Floris de Leeuw	The Hague Swimming (SG)	29.07	200105317	28.64	+0,67
5.	Sander Iuga	Albion WSS (SG)	28.77	200101389	28.74	+0,61
6.	Wesley Scheepbouwer	ZPC Wiekslag	28.60	200101959	28.90	+0,54
	Nol van Thull	KZV de Lansingh	28.53	198001513	28.90	+0,74
8.	Jorian Tanis	MNC Dordrecht	28.98	199900327	28.97	+0,72
9.	Thijs Molendijk	D'elft	28.53	199900477	29.10	+0,58
10.	Robin van Beek	ZVL-1886 Tetteroo	28.37	199704023	29.20	+0,66
11.	Noah Legerstee	WVZ	29.10	200003593	29.50	+0,64
12.	David Kievit	z.c De Schotejil	30.80	199900325	29.78	+0,80
NG.ZA	Perry Lindo	Rotterdam Swimming (SG)	28.96	199207337		
NG	Jason Christos Vlasopoulos	The Hague Swimming (SG)	27.48	199905313		

Regiokampioenschappen korte baan
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Programmanr. 22
24-11-2019 - 14:55

Dames, 100m vlinderslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
Junioren 1 en 2								
1.	Ananda van der Wiel	WVZ	1:11.95	200701562	1:10.03	+0,69	33.10	1:10.03
2.	Robin Vermeulen	MNC Dordrecht	1:15.07	200700412	1:14.06	+0,82	33.40	1:14.06
3.	Flora Szili-Torok	Rotterdam Swimming (SG)	1:16.62	200800114	1:14.48		34.69	1:14.48
4.	Fleur Kamminga	WVZ	1:18.20	200701838	1:15.81	+0,84	34.83	1:15.81
5.	Daniek Wijnen	ZVL-1886 Tetteroo	1:21.96	200701280	1:16.58			1:16.58
6.	Meyke v. Nimwegen	z.c De Schotejil	1:20.07	200800106	1:16.98	+0,88	35.12	1:16.98
7.	Thalia Meijer	MNC Dordrecht	1:20.40	200704048	1:17.35	+0,68	36.24	1:17.35
8.	Liv Heijdra	Albion WSS (SG)	1:17.97	200800736	1:19.17	+0,71	35.74	1:19.17
9.	Mila Oomens	ZPV Barracuda	1:19.64	200700016	1:19.23	+0,72	36.16	1:19.23
10.	Charlotte Woltjes	The Hague Swimming (SG)	1:22.70	200700110	1:19.31	+0,81	35.92	1:19.31
11.	Tessa Hoogstraten	De Columbiaan	1:22.09	200800544	1:20.09			1:20.09
12.	Jinth Engelse	ZPV Barracuda	1:22.09	200800204	1:22.00			1:22.00
13.	Floor Hogervorst	Noordwijkerhout	1:27.80	200701400	1:22.55	+0,75	38.45	1:22.55
14.	Lety Pieters	Rotterdam Swimming (SG)	1:22.34	200702720	1:23.22			1:23.22
15.	Shirley van Mourik	MNC Dordrecht	1:21.32	200802092	1:23.29			1:23.29
16.	Kyona Steffe	The Hague Swimming (SG)	1:24.23	200702004	1:25.03	+0,84	39.30	1:25.03
17.	Samantha van der Jagt	ZZ&PC De Devel	1:21.58	200700220	1:25.59			1:25.59
18.	Yrsah Verheijen	The Hague Swimming (SG)	1:27.21	200700350	1:25.66	+0,81	37.72	1:25.66
19.	Charlene Ruiters	De Columbiaan	1:26.26	200700522	1:25.86	+0,81	39.22	1:25.86
20.	Kyana van Dam	ZPV Barracuda	1:31.59	200703008	1:28.98	+0,86	39.18	1:28.98
21.	Anniqne Rupke	Widex GZC Donk	1:29.81	200700876	1:33.45	+0,84	39.79	1:33.45
22.	Jaylin van der Linden	ZZ&PC De Devel	1:31.89	200701766	1:34.23	+0,67	42.76	1:34.23
DIS	Julia van Wingerden	ZZ&PC De Devel	1:30.01	200800436				

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

13 - 14 jaar

1.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:08.94	200503292	1:06.18	+0,67	30.63	1:06.18
2.	Megan Jonkman	The Hague Swimming (SG)	1:10.87	200600508	1:07.40	+0,79	31.25	1:07.40
3.	Estelle van Wijngaarden	ZPB H&L Productions	1:05.91	200601020	1:07.73	+0,83	30.82	1:07.73
4.	Anique Hazebroek	The Hague Swimming (SG)	1:10.83	200502196	1:09.00	+0,80	31.28	1:09.00
5.	Emma Verkuijl	ZPV Barracuda	1:11.90	200500826	1:09.50	+0,50	32.81	1:09.50
6.	Vivianne Woltjes	The Hague Swimming (SG)	1:14.17	200501524	1:10.47	+0,70	32.45	1:10.47
7.	Marit Huisman	ZPV Barracuda	1:12.54	200502620	1:10.48	+0,69	31.31	1:10.48
8.	Leyla Oversluisen	MNC Dordrecht	1:13.02	200602730	1:10.60	+0,73	32.24	1:10.60
9.	Madelief Mans	The Hague Swimming (SG)	1:12.61	200501260	1:11.78	+0,83	32.29	1:11.78
10.	Sylvie Roos	Albion WSS (SG)	1:12.53	200502772	1:11.79	+0,75	33.02	1:11.79
11.	Jade van der Maas	WVZ	1:11.76	200600408	1:11.88	+0,78	33.05	1:11.88
12.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:12.59	200503118	1:12.48	+0,72	32.09	1:12.48
13.	Mara Tims	The Hague Swimming (SG)	1:08.00	200601136	1:12.55	+0,73	32.97	1:12.55
14.	Isa Maes	Albion WSS (SG)	1:12.37	200500110	1:12.64	+0,70	33.13	1:12.64
15.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:11.30	200500330	1:13.91	+0,68	32.88	1:13.91
16.	G. Schrijvers van Zender	The Hague Swimming (SG)	1:14.80	200601618	1:14.97	+0,78	35.10	1:14.97
17.	Mar Stoel	De Columbiaan	1:17.62	200500520	1:15.35	+0,73	34.25	1:15.35
18.	Ester Schirripa	The Hague Swimming (SG)	1:12.66	200605002	1:16.23	+0,87	34.52	1:16.23
19.	Britt van't Zant	Albion WSS (SG)	1:16.76	200501170	1:16.52	+0,69	33.73	1:16.52
20.	Asha van Lobberegt	Albion WSS (SG)	1:12.29	200500088	1:16.60	+0,72	34.18	1:16.60
	<i>*bu eindtijd</i>							
21.	Lyke Buscop	z.c De Schotejil	1:16.75	200500552	1:16.61	+0,77	34.38	1:16.61
22.	Laura 't Lam	De Geul	1:19.06	200603376	1:17.02	+0,55	35.02	1:17.02
23.	Lotte Zaal	De Columbiaan	1:20.48	200502590	1:17.53	+0,76	35.74	1:17.53
24.	Aisha Nobels	Albion WSS (SG)	1:20.58	200501710	1:17.89	+0,75	35.88	1:17.89
25.	Jessica Pol	Poseidon'56	1:18.51	200600030	1:18.03	+0,79	35.43	1:18.03
26.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	1:21.14	200600732	1:18.15	+0,63	34.20	1:18.15
27.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:15.17	200602180	1:18.33	+0,76	35.23	1:18.33
28.	Anna Melissant	PCG	1:17.79	200603122	1:19.36	+0,78	35.15	1:19.36
29.	Jamila de Lobel	SG SCOM/de Zeehond'73	1:17.77	200602320	1:19.65	+0,71	36.12	1:19.65
30.	Femke van Dam	ZV Vlaardingen-Schiedam	1:21.51	200504548	1:20.03			1:20.03
31.	Kimberly Ruiters	De Columbiaan	1:16.45	200600492	1:20.56	+0,83	35.81	1:20.56
32.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	1:20.43	200602328	1:21.76	+0,66	35.46	1:21.76
33.	Elise Vink	De Columbiaan	1:19.22	200502588	1:23.72	+0,83	37.49	1:23.72
34.	Anouchka Bos	ZPV Barracuda	1:20.42	200501528	1:24.01	+0,77	38.03	1:24.01
35.	Ada Eker	WZK	1:22.72	200504608	1:25.24	+0,79	40.86	1:25.24

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Programmanr. 22, Meisjes, 100m vlinderslag, 13 - 14 jaar

rang	naam	vereniging	intijd		tijd	RT	50m	100m
36.	Nikita Snoeren	WVZ	1:23.05	200600342	1:25.76	+0,74	38.43	1:25.76
37.	Fenne Saaf	Zoetermeer	1:27.66	200504340	1:29.21	+0,84	40.11	1:29.21
DIS	Peggy Blom	Z&PC De Gouwe	1:21.76	200503166				

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

15 - 16 jaar

1.	Britta Koehorst	KZV de Lansingh	1:03.20	200300246	1:03.54	+0,76	28.95	1:03.54
2.	Femke Doorenbos	The Hague Swimming (SG)	1:08.35	200404214	1:06.27	+0,76	30.70	1:06.27
3.	Leonoor van Dijk	The Hague Swimming (SG)	1:07.17	200400832	1:06.84	+0,80	30.69	1:06.84
4.	Julia Notenboom	De Columbiaan	1:10.39	200302596	1:09.10	+0,79	32.29	1:09.10
5.	Rinske Bouman	Rotterdam Swimming (SG)	1:07.95	200400578	1:09.47	+0,80	32.69	1:09.47
6.	Phaedra Meijer	MNC Dordrecht	1:11.00	200405834	1:09.95	+0,85	32.22	1:09.95
7.	Irma van der Wulp	WVZ	1:10.49	200401950	1:10.10	+0,74	31.61	1:10.10
8.	Isabel Scheepbouwer	ZPC Wiekslag	1:13.53	200301106	1:10.81	+0,67	32.50	1:10.81
9.	Fee Smittenaar	De Columbiaan	1:12.81	200303060	1:11.00	+0,77	32.83	1:11.00
10.	Noa de Bock	De Duck	1:13.01	200300318	1:11.08	+0,68	33.50	1:11.08
11.	Daniëlle Vis	De Columbiaan	1:12.95	200401044	1:11.11	+0,76	32.76	1:11.11
12.	Kim de Jong	LinK	1:11.37	200301026	1:11.98	+0,88	33.81	1:11.98
13.	Amy Koelman	De Columbiaan	1:15.43	200300922	1:12.66	+0,63	33.63	1:12.66
14.	Lara Hoeksema	The Hague Swimming (SG)	1:12.14	200400514	1:13.50	+0,82	32.94	1:13.50
15.	Marije de Jager	LinK	1:17.82	200301394	1:14.58	+0,71	32.79	1:14.58
16.	Nora van der Steen	LinK	1:09.59	200403458	1:14.89	+0,59	33.73	1:14.89
17.	Jonna Muntjewerff	The Hague Swimming (SG)	1:11.69	200402396	1:15.69	+0,76	34.31	1:15.69
18.	Wendy ten Wolde	ZPC Wiekslag	1:16.48	200302658	1:16.01	+0,70	34.03	1:16.01
19.	Lize van Stigt	LinK	1:10.74	200401510	1:16.65	+0,54	34.86	1:16.65
20.	Joyce van 't Hof	ZZ&PC De Devel	1:15.48	200302122	1:17.15	+0,74	34.96	1:17.15
21.	Tessa Poot	ZV Vlaardingen-Schiedam	1:15.56	200404264	1:17.22	+0,80	35.16	1:17.22
22.	Robine Boer	De Columbiaan	1:14.59	200402180	1:17.64	+0,73	35.30	1:17.64
23.	Mandy van der Meijden	Widex GZC Donk	1:18.13	200402574	1:18.02	+0,73	34.55	1:18.02
24.	Jet van Oudheusden	ZOB'66	1:17.75	200401012	1:19.56	+0,73	35.84	1:19.56
25.	Zoë Molenaar	Zoetermeer	1:20.00	200300978	1:21.87	+0,82	38.58	1:21.87
26.	Juliette Boon	ZZ&PC De Devel	1:20.06	200401908	1:24.24		36.27	1:24.24
27.	Milou van Winkel	LinK	1:27.67	200402296	S14 1:24.42	+0,94 485	38.25	1:24.42
28.	Megan van Delden	WVZ	1:47.28	200405500	S13 1:37.70	+0,87 71	39.70	1:37.70
AFGEM	Lotte van der Maas	ZOB'66	1:16.56	200402376				

Senioren

1.	Tessa Giele	Albion WSS (SG)	1:03.10	200203124	1:02.20	+0,62	29.29	1:02.20
2.	Chefanja Nunes	WVZ	1:00.20	200104750	1:02.69	+0,68	29.51	1:02.69
3.	Lynn Blommers	The Hague Swimming (SG)	1:03.88	200105062	1:04.14	+0,70	29.90	1:04.14
4.	Silke Molendijk	ZVL-1886 Tetteroo	1:00.91	200100178	1:04.26		29.70	1:04.26
5.	Elinore de Jong	The Hague Swimming (SG)	59.65	198902072	1:04.56	+0,85	30.13	1:04.56
6.	Mariska Scheel	KZV de Lansingh	1:04.38	199306344	1:05.10	+0,78	30.22	1:05.10
7.	Babette van der Kaaij	Rotterdam Swimming (SG)	1:06.43	199902234	1:05.64	+0,77	30.28	1:05.64
8.	Ilse Kraaijeveld	The Hague Swimming (SG)	1:05.24	200202190	1:06.82	+0,73	30.87	1:06.82
9.	Angelique van Vark	Z&PC De Gouwe	1:06.16	199701478	1:07.41	+0,76	30.89	1:07.41
10.	Maaïke Broersma	BZ en PC	1:07.96	200201522	1:08.46	+0,74	30.85	1:08.46
11.	Fenna de Groot	Albion WSS (SG)	1:06.07	199701796	1:08.76	+0,60	31.79	1:08.76
12.	Lauren van IJll	WVZ	1:07.52	200001064	1:09.65	+0,76	32.25	1:09.65
13.	Lieske Zijlstra	z.c De Schotelij	1:10.28	200200996	1:09.81	+0,86	32.23	1:09.81
14.	Anne Straub	Zoetermeer	1:11.17	200201402	1:11.71	+0,77	32.32	1:11.71
15.	Anouk Vis	De Columbiaan	1:12.55	200203322	1:11.98	+0,78	33.59	1:11.98
16.	Roos van Esch	KZV de Lansingh	1:12.10	198200468	1:12.06	+0,89	34.02	1:12.06
17.	Lisanne Dijkman	Zoetermeer	1:14.52	200102676	1:12.13	+0,67	31.97	1:12.13
18.	Wendy de Bruin	ZOB'66	1:11.70	199206320	1:13.35	+0,66	33.69	1:13.35
19.	Amy van Leersum	Poseidon'56	1:11.90	200200300	1:13.53	+0,80	32.85	1:13.53
20.	Kelly Wiglevan	Poseidon'56	1:13.57	199500058	1:13.62	+0,77	33.01	1:13.62
21.	Jana Plaisier	ZZ&PC De Devel	1:13.38	200101266	1:13.65	+0,80	33.15	1:13.65
22.	Diana Noordermeer	SG SCOM/de Zeehond'73	1:12.53	200102110	1:14.25	+0,67	34.13	1:14.25
23.	Rozemarijn van Haaff	ZOB'66	1:14.76	200201852	1:15.20	+0,76	33.36	1:15.20
24.	Nilce Mendes Barbosa	Albion WSS (SG)	1:12.53	199800214	1:16.69	+0,72	32.14	1:16.69
								<i>*bu eindtijd</i>
25.	S. van den Dobbelsteen	The Hague Swimming (SG)	1:16.39	200100904	1:16.83	+0,67	34.22	1:16.83
26.	Anne Aarts	D'elft	1:15.35	199207942	1:17.34	+0,78	35.50	1:17.34
27.	Isabelle Janssen	MNC Dordrecht	1:25.91	200006318	1:24.56	+0,73	40.12	1:24.56

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Programmanr. 22, Dames, 100m vlinderslag, Senioren

rang	naam	vereniging	intijd	tijd	RT	50m	100m		
28.	Jonne Moleman	Link	1:28.99	200006264	S7	1:35.03	+0,91 499	41.11	1:35.03
NG	Robin Pienaar	ZPV Barracuda	1:14.23	200102236					
NG	Tessa Kempen	Widex GZC Donk	1:09.40	200100090					

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Heren, 200m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Junioren 1 en 2											
1.	Daan Sonneveld	WVZ	2:08.37	200601085		2:05.09	+0,76	29.39	1:02.62	1:34.84	2:05.09
2.	Thom de Hoog	SG SCOM/de Zeehond	2:09.24	200600019		2:07.57	+0,84	29.99	1:02.78	1:35.67	2:07.57
3.	Mark Demianenko	Zoetermeer	2:12.62	200600409		2:10.44		29.89	1:03.62	1:37.96	2:10.44
4.	Bjorn Rijkaart	BZ en PC	2:18.98	200601337		2:12.61	+0,68	30.32	1:03.73	1:38.11	2:12.61
5.	Nikodim Markovic	The Hague Swimming	(2:25.59	200700255		2:14.22	+0,56	30.45	1:04.53	1:39.65	2:14.22
6.	Bas Blanker	ZPB H&L Productions	2:19.65	200601497		2:16.06	+0,69	30.56	1:05.71	1:41.81	2:16.06
7.	Roan van der Weide	Widex GZC Donk	2:30.50	200601629		2:20.51	+0,69	32.63	1:08.96	1:45.63	2:20.51
8.	Joris Lissenberg	The Hague Swimming	(2:27.78	200600585		2:20.75	+0,79	32.25	1:07.16	1:44.00	2:20.75
9.	Floris Wassenaar	WVZ	2:24.34	200600649		2:22.96	+0,69	31.68	1:07.74	1:45.42	2:22.96
10.	Hessel de Jong	KZV de Lansingh	2:22.22	200602753		2:23.94	+0,68	32.23	1:08.90	1:47.09	2:23.94
11.	Björn Mulder	Zoetermeer	2:28.38	200601517		2:24.45	+0,52	33.81	1:10.52	1:48.27	2:24.45
12.	Janu Nolden	WVZ	2:40.31	200600289		2:24.68	+0,84	33.17	1:10.26	1:48.31	2:24.68
13.	Kaan Uludag	Zoetermeer	2:43.16	200603559		2:25.90	+0,82	33.17	1:10.54	1:49.85	2:25.90
14.	Bas Bechtold	ZPV Barracuda	2:26.20	200600007		2:27.83	+0,53	33.38	1:11.18	1:51.02	2:27.83
15.	Benjamin Vermeer	Zoetermeer	2:26.33	200600177		2:28.21	+0,77	32.77	1:10.53	1:49.78	2:28.21
16.	Wout Jonkers	Poseidon'56	2:35.57	200600939		2:28.65	+0,72	33.28	1:10.70	1:49.65	2:28.65
17.	Robin den Ouden	ZPC Wiekslag	2:32.33	200600255		2:28.80	+0,59	33.48	1:11.84	1:51.53	2:28.80
18.	Thijs van den Berg	The Hague Swimming	(2:30.38	200600971		2:30.35		34.50	1:13.21	1:52.92	2:30.35
19.	Harm Nahon	Z&PC De Gouwe	2:38.50	200602515		2:30.62		33.66	1:13.74	1:53.79	2:30.62
20.	Tavi de Gelder	ZOB'66	2:36.55	200602335		2:31.28	+0,77	34.19	1:12.85	1:52.36	2:31.28
21.	Daniel Gavran	Widex GZC Donk	2:36.76	200600667		2:33.39	+0,75	34.58	1:14.78	1:55.60	2:33.39
22.	Boele Böhm	De Columbiaan	2:34.74	200700739		2:33.93		34.81	1:14.30	1:54.93	2:33.93
23.	Timo Vankan	De Columbiaan	2:41.58	200603749		2:34.14	+0,82	36.12	1:17.71	1:57.43	2:34.14
24.	Jisse Lousma	WVZ	2:41.68	200701493		2:34.57	+0,75	36.43	1:18.07	1:57.20	2:34.57
25.	Denzel Barthen	WVZ	2:29.05	200700147		2:34.70	+0,76	34.20	1:13.58	1:55.00	2:34.70
26.	Bo Merkesteyn	WVZ	2:32.70	200602451		2:34.75	+0,70	34.84	1:14.36	1:54.70	2:34.75
27.	Tibbe Veldboer	ZPB H&L Productions	2:37.58	200600911		2:35.78	+0,75	34.41	1:14.46	1:56.22	2:35.78
28.	Jelle den Otter	SG SCOM/de Zeehond	2:37.22	200600251		2:36.29	+0,54	34.95	1:15.18	1:56.76	2:36.29
29.	Max Bos	SG SCOM/de Zeehond	2:39.75	200701383	S10	2:36.61	+0,75	34.11	1:14.78	1:56.97	2:36.61
30.	Twan Hoogervorst	De Columbiaan	2:37.01	200700741		2:36.79	+0,71	35.27	1:15.43	1:56.19	2:36.79
31.	Anco van der Lans	ZV Vlaardingingen-Schied	2:47.10	200601889		2:37.25	+0,70	35.91	1:16.28	1:57.53	2:37.25
32.	Bart Tuinenburg	ZPC Wiekslag	2:37.82	200602347		2:39.96	+0,64	35.55	1:15.75	1:58.45	2:39.96
33.	Renzo Steller	WVZ	2:38.82	200701141		2:41.27	+0,90	35.78	1:16.89	2:00.64	2:41.27
34.	Niels Meijer	The Hague Swimming	(2:42.42	200701645		2:43.22		36.92	1:18.86	2:02.07	2:43.22
	<i>*bu 100m</i>										
35.	Levy van Rosmalen	De Watervogels	2:41.44	200602041		2:44.02	+0,60	37.03	1:18.14	2:02.01	2:44.02
36.	Thom Huizer	Widex GZC Donk	2:46.56	200701711		2:44.63	+0,90	37.56	1:19.99	2:03.97	2:44.63
DIS	Gaëtan Spicq	The Hague Swimming	(2:40.19	200701807							
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>										

Junioren 3 en 4

1.	Abel te Riele	WVZ	2:01.25	200402317		2:00.10	+0,66	27.84	58.79	1:30.14	2:00.10
2.	Jay de Vries	Rotterdam Swimming	(2:01.05	200400669		2:00.78	+0,74	27.54	58.62	1:30.39	2:00.78
3.	Gabriel Been	The Hague Swimming	(2:05.45	200501467		2:03.08	+0,81	28.87	59.52	1:31.56	2:03.08
4.	Émile Fouzaï	The Hague Swimming	(2:07.16	200500263		2:05.52	+0,80	28.91	1:01.09	1:33.72	2:05.52
5.	Erik Oldenkamp	Rotterdam Swimming	(2:06.32	200400597		2:05.90	+0,75	29.13	1:01.39	1:33.84	2:05.90
6.	Chris van der Hout	The Hague Swimming	(2:04.95	200401355		2:06.25	+0,78	27.86	58.77	1:32.21	2:06.25
7.	Max van Schagen	De Columbiaan	2:07.79	200402591		2:07.21	+0,68	28.95	1:01.09	1:34.69	2:07.21
8.	Thijm Kruit	De Columbiaan	2:07.28	200401339		2:07.99	+0,78	29.12	1:01.64	1:35.64	2:07.99
9.	Björn Verkaik	The Hague Swimming	(2:06.82	200500411		2:08.21	+0,69	29.15	1:01.37	1:34.95	2:08.21
10.	River Streefland	The Hague Swimming	(2:08.66	200502253		2:09.17	+0,61	28.93	1:02.09	1:36.42	2:09.17
11.	Timo Wouters	MNC Dordrecht	2:14.16	200401363		2:10.36	+0,72	29.99	1:03.30	1:37.79	2:10.36
12.	Pepijn van Egmond	WVZ	2:06.45	200402309		2:11.29	+0,73	29.49	1:01.89	1:36.47	2:11.29
13.	Menno Wieringa	KZV de Lansingh	2:10.56	200500927		2:11.65	+0,71	29.55	1:04.19	1:38.99	2:11.65

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Programmanr. 23, Jongens, 200m vrije slag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
14. Casper Hoogervorst	De Columbiaan	2:16.58 200500183	2:13.54	+0,72	31.33	1:05.85	1:40.70	2:13.54
15. Niels van der Mast	ZPC Numansdorp	2:09.16 200401917	2:14.18	+0,76	30.79	1:05.70	1:40.37	2:14.18
16. Loeka Wubben	The Hague Swimming (2:14.30 200400307		2:14.77	+0,75	28.20	1:01.23	1:37.50	2:14.77
17. Stijn de Bondt	ZPB H&L Productions	2:17.38 200502249	2:14.99		30.75	1:04.97	1:40.80	2:14.99
18. Marijn Dekkers	Widex GZC Donk	2:18.09 200402275	2:15.63	+0,76	31.24	1:05.91	1:41.59	2:15.63
19. Sem Verberg	The Hague Swimming (2:16.19 200402105		2:15.72	+0,76	30.45	1:05.34	1:41.20	2:15.72
20. Wouter Willig	De Watervogels	2:23.67 200502785	2:16.03		31.37	1:06.47	1:42.11	2:16.03
21. Kun Woo Kim	The Hague Swimming (2:14.33 200401361		2:16.17	+0,52	29.13	1:02.52	1:38.98	2:16.17
22. Conor Baker	De Columbiaan	2:18.07 200500991	2:16.22	+0,74	30.93	1:06.60	1:42.84	2:16.22
23. Benjamin Boender	ZOB'66	2:20.05 200401351	2:17.24		30.43	1:05.29	1:41.84	2:17.24
24. Michael van den Enden	PCG	2:19.51 200401589	2:17.91	+0,68	28.95	1:03.68	1:42.46	2:17.91
25. Mylan de Gelder	ZOB'66	2:17.99 200404543	2:19.65	+0,78	30.74	1:05.61	1:42.53	2:19.65
26. Wout van Oevelen	D'elft	2:25.87 200404319	2:19.70	+0,68	32.35	1:07.99	1:44.16	2:19.70
27. Tim van Lochem	Zoetermeer	2:30.22 200500077	2:20.34	+0,79	31.48	1:07.31	1:44.72	2:20.34
28. Dobbe Kruit	De Columbiaan	2:22.65 200501367	2:20.37	+0,62	31.27	1:06.83	1:44.06	2:20.37
29. Bo Schoenmakers	Widex GZC Donk	2:22.14 200402919	2:20.57	+0,70	30.86	1:05.67	1:42.86	2:20.57
30. Onno Roeleveld	De Columbiaan	2:21.96 200502775	2:22.06	+0,89	30.96	1:07.01	1:44.68	2:22.06
31. Thomas van Peenen	ZVL-1886 Tetteroo	2:22.49 200400097	2:22.65	+0,63	28.43	1:00.45	1:42.63	2:22.65
32. Yassine Mellah	Widex GZC Donk	2:29.29 200502159	2:23.29	+0,79	32.77	1:09.77	1:47.89	2:23.29
33. Jesse Camphens	Noordwijkerhout	2:29.39 200502899	2:24.16	+0,55	32.84	1:09.46	1:46.81	2:24.16
34. Tjomme de Tender	ZPC Wiekslag	2:25.69 200502187	2:24.25	+0,73	32.68	1:10.22	1:48.72	2:24.25
35. Danyl Geers	Rotterdam Swimming (2:22.40 200504111		2:26.52	+0,55	32.46	1:08.81	1:47.50	2:26.52
36. Duncan den Hartog	De Kempvis	2:24.49 200401889	2:27.61	+0,77	34.37	1:12.17	1:50.39	2:27.61
37. Aaike de Tender	ZPC Wiekslag	2:20.53 200502189	2:29.08	+0,69	31.93	1:10.14	1:50.12	2:29.08
38. Timon Wijsman	D'elft	2:28.67 200403707	2:29.11	+0,66	31.26	1:08.51	1:48.70	2:29.11
39. Casper van Nijnatten	Rotterdam Swimming (2:31.34 200402559		2:29.60	+0,73	34.42	1:13.75	1:53.68	2:29.60
<i>*bu 100m</i>								
40. Reinier Velthuijs	ZPV Barracuda	2:28.95 200503537	2:31.88	+0,81	33.64	1:12.39	1:52.69	2:31.88
41. Emre Oguz	WZK	2:34.49 200503987	2:32.19	+0,70	35.00	1:13.76	1:54.70	2:32.19
42. Sytze van Stein	LinK	2:25.14 200501155	2:33.19	+0,62	33.75	1:12.67	1:52.91	2:33.19
43. Jelmer Paans	ZZ&PC De Devel	3:06.36 200404441	3:07.57	+0,49	60	40.34	1:28.31	2:18.12
DIS Yanieck Frijstein	The Hague Swimming (2:07.68 200500329							
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
DIS Luuk Bogaert	De Watervogels	2:17.70 200503203						
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
AFGEM Julian Kersten	The Hague Swimming (2:34.54 200500613							
AFGEM Davide Sarasini	WZK	2:30.71 200403941						
NG Nathan Janssen	MNC Dordrecht	2:04.12 200401565						
NG Nino de Lange	SG SCOM/de Zeehond	2:30.15 200500047						
NG Coen Frkovic	ZPB H&L Productions	2:22.81 200502397						
Jeugd 1 en 2								
1. Niels Dijkshoorn	ZV Vlaardingen-Schied	1:55.88 200203079	1:55.01	+0,72	26.29	54.97	1:25.24	1:55.01
2. Brandon van den Berg	Rotterdam Swimming (1:54.53 200200669		1:55.18	+0,72	25.36	54.36	1:25.12	1:55.18
3. Perry Laarhoven	ZPC Numansdorp	1:58.71 200301321	1:58.07	+0,75	27.02	56.62	1:27.59	1:58.07
4. Michael Smink	The Hague Swimming (1:58.10 200302169		1:58.74		27.22	57.60	1:28.73	1:58.74
5. Jarno Verbeek	Zoetermeer	2:02.96 200200931	2:00.96	+0,78	27.48	58.27	1:30.06	2:00.96
6. Jelle Bon	ZV Vlaardingen-Schied	1:59.96 200301077	2:01.82	+0,65	27.63	58.32	1:30.18	2:01.82
7. Luuk van Holstein	Albion WSS (SG)	2:08.28 200203841	2:02.71	+0,71	27.78	58.45	1:30.31	2:02.71
8. Daan Hogerhuis	LinK	2:01.96 200300317	2:02.88	+0,79	27.76	58.62	1:31.12	2:02.88
9. Guus Hoogduin	ZVL-1886 Tetteroo	2:03.98 200201069	2:04.41	+0,67	28.01	59.31	1:32.32	2:04.41
10. Kenan Coeruez	Albion WSS (SG)	2:06.81 200300357	2:04.49	+0,67	28.34	59.96	1:32.29	2:04.49
11. Wesley Zulver	ZV Vlaardingen-Schied	2:06.70 200301319	2:05.80	+0,61	27.54	59.41	1:32.79	2:05.80
12. Viktor Koets	De Columbiaan	2:13.37 200201677	2:06.12	+0,78	28.23	59.99	1:33.08	2:06.12
13. Bas van Wieringen	De Columbiaan	2:07.46 200200119	2:07.94	+0,69	28.61	1:01.62	1:35.78	2:07.94
14. Rob Lugtenburg	The Hague Swimming (2:09.35 200201123		2:08.36	+0,71	28.92	1:01.41	1:34.93	2:08.36
15. Robin van Peenen	ZVL-1886 Tetteroo	2:11.20 200201059	2:08.50	+0,76	28.35	1:00.48	1:34.70	2:08.50
16. Simon Dijkstra	Rotterdam Swimming (2:11.38 200204905		2:09.04	+0,57	29.11	1:02.63	1:35.98	2:09.04
17. Erik van Gemert	Poseidon'56	2:13.57 200300587	2:11.20		28.40	1:01.77	1:38.27	2:11.20
18. Quinten Nieuwenhuis	WZK	2:09.91 200304577	2:12.58	+0,73	29.80	1:03.67	1:38.48	2:12.58
19. Chris Vogelaar	ZVL-1886 Tetteroo	2:12.16 200302241	2:13.54	+0,73	28.67	1:01.88	1:37.70	2:13.54
20. Wouter Verdoes	De Columbiaan	2:13.61 200200351	2:15.22	+0,76	29.26	1:03.31	1:39.54	2:15.22
21. Brandon Groeneveld	De Geul	2:17.39 200300595	2:18.93	+0,64	30.72	1:05.58	1:42.25	2:18.93
22. Tygo Korving	ZPB H&L Productions	2:18.66 200300773	2:25.82	+0,69	28.11	1:00.72	1:43.93	2:25.82
NG.ZA Luc Brasz	The Hague Swimming (2:13.91 200200919							
NG Milan Zaaijer	The Hague Swimming (2:06.92 200202795							

Regiokampioenschappen korte baan
Dordrecht, 23- - 24-11-2019

Programmanr. 23, Heren, 200m vrije slag

Senioren 1 en ouder

1. Ensger Kotterink	Albion WSS (SG)	1:53.81	199403391	1:52.32	+0,47	25.74	55.04	1:24.23	1:52.32
2. Thomas Jansen	WVZ	1:52.64	200100143	1:52.40	+0,77	26.09	54.66	1:23.99	1:52.40
3. Ivo Stolk	Albion WSS (SG)	1:53.25	200100615	1:54.62	+0,76	26.33	55.15	1:24.49	1:54.62
4. Jorian Tanis	MNC Dordrecht	1:54.84	199900327	1:54.78	+0,78	26.84	55.88	1:25.90	1:54.78
5. Pascal Nuijten	Albion WSS (SG)	1:54.60	199701353	1:55.51	+0,69	26.09	55.50	1:25.03	1:55.51
6. Max Visser	WVZ	1:54.54	200100077	1:56.00	+0,79	26.38	55.67	1:25.93	1:56.00
7. Quinn van den Heuvel	WVZ	2:02.29	200100297	1:57.58		26.15	55.13	1:26.11	1:57.58
8. Floris de Leeuw	The Hague Swimming	(1:56.17	200105317	1:57.93	+0,69	26.88	56.93	1:27.86	1:57.93
9. Freek Hollander	The Hague Swimming	(1:59.11	200103815	1:58.97	+0,77	28.09	59.55	1:30.19	1:58.97
10. Otto Pranger	Albion WSS (SG)	2:00.90	200000007	2:00.68	+0,71	27.66	57.98	1:28.88	2:00.68
11. Alex Schelvis	LinK	1:58.22	198702927	2:00.89	+0,80	27.45	57.36	1:28.58	2:00.89
12. Jarno van Oijen	Albion WSS (SG)	1:57.89	200100055	2:01.05	+0,71	26.77	56.81	1:28.68	2:01.05
13. Robin van Beek	ZVL-1886 Tetteroo	1:58.73	199704023	2:01.95	+0,71	28.19	59.19	1:30.93	2:01.95
14. Bert Duivenvoorde	Noordwijkerhout	2:02.58	199701805	2:02.18	+0,75	27.90	58.59	1:30.75	2:02.18
15. Lars Schoffelmeer	ZPB H&L Productions	2:01.42	199501907	2:02.23	+0,78	27.63	58.12	1:29.78	2:02.23
16. Jasper Breugem	WVZ	1:59.10	200000303	2:02.59	+0,81	27.81	58.48	1:30.55	2:02.59
17. Stijn Geelen	MNC Dordrecht	2:02.53	199801363	2:03.17	+0,69	27.44	58.40	1:30.82	2:03.17
18. Rutger Dalm	KZV de Lansingh	2:00.94	199005561	2:03.27	+0,65	28.35	59.27	1:31.45	2:03.27
19. Sander Iuga	Albion WSS (SG)	2:03.59	200101389	2:04.32	+0,70	28.07	1:00.03	1:32.84	2:04.32
20. Bas Verdoes	De Columbiaan	2:04.12	199801487	2:04.55	+0,77	28.36	1:00.41	1:33.28	2:04.55
21. Sjoerd van Weelden	PCG	2:05.83	200101217	2:05.27		28.48	1:00.50	1:33.83	2:05.27
22. Thijs Molendijk	D'elft	2:03.60	199900477	2:06.21	+0,73	28.77	1:00.88	1:33.57	2:06.21
23. David Kievit	z.c De Schotejil	2:07.12	199900325	2:07.75	+0,62	29.05	1:01.62	1:34.76	2:07.75
24. Nol van Thull	KZV de Lansingh	2:02.53	198001513	2:09.43	+0,80	29.20	1:02.08	1:36.13	2:09.43
25. Jordy van Oel	WVZ	2:04.86	199802003	2:10.29	+0,75	28.64	1:00.74	1:35.15	2:10.29
26. Mario Aliang	The Hague Swimming	(2:07.43	200105499	2:12.33		28.80	1:01.78	1:36.70	2:12.33
27. Esper Paans	ZZ&PC De Devel	2:11.36	200100607	2:15.52	+0,73	30.01	1:04.49	1:40.39	2:15.52
28. Boy Borreman	LinK	2:11.08	200102751	2:20.52	+0,74	30.84	1:06.00	1:43.31	2:20.52
NG.ZA Jeremy Giribaldie	Rotterdam Swimming	(€1:58.24	200005803						
AFGEM Kevin Kingma	KZV de Lansingh	2:05.84	199700559						
NG Derk Jan Speelman	Rotterdam Swimming	(€1:58.45	199602425						
NG J. de Roy van Zuydewij	WVZ	2:02.19	200000255						

Programmanr. 24
24-11-2019 - 16:10

Meisjes, 4 x 100m vrije slag

Junioren 4 en later
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Albion WSS (SG) 1	Albion WSS (SG)	4:17.60	4:13.10 +0,74
	Isa Maes	+0,74 29.81	1:01.73 Sylvie Roos	+0,25 30.83 1:04.61
	Aisha Nobels	+0,40 31.03	1:05.01 Britt van't Zant	+0,51 29.39 1:01.75
2.	Barracuda 1	ZPV Barracuda	4:15.69	4:13.91 +0,73
	Mila Oomens	+0,73 31.12	1:06.25 Marit Huisman	+0,28 29.34 1:01.70
	Emma Verkuijl	+0,38 30.45	1:02.97 Anouchka Bos	+0,25 30.63 1:02.99
3.	De Columbiaan 1	De Columbiaan	4:17.76	4:21.29
	Yente Bouwmeester	05 31.10	1:04.29 Mar Stoel	05 30.86 1:04.83
	Elise Vink	05 32.21	1:09.07 Kimberly Ruiter	06 29.97 1:03.10
4.	WVZ 1	WVZ	4:19.58	4:23.76 +0,79
	Fleur Kamminga	+0,79 30.44	1:03.29 Nikita Snoeren	+0,60 32.56 1:08.34
	Jade van der Maas	+0,57 32.36	1:07.11 Ananda van der Wiel	+0,71 31.27 1:05.02
5.	Rotterdam Swimming 1	Rotterdam Swimming (SG)	4:30.66	4:28.01
	Flora Szili-Torok	32.57	1:09.28 Lety Pieters	+0,55 31.40 1:06.86
	Amber Saabeel	+0,37 32.74	1:10.03 Elijidjah van der Heul	+0,48 30.09 1:01.84
6.	De Geul 1	De Geul	4:45.24	4:44.21 +0,75
	Evi Kleijn	+0,75 34.83	1:13.64 Daphne van Tilburg	+0,64 34.28 1:11.90
	Donna Verhoef	+0,54 34.46	1:12.74 Laura 't Lam	+0,65 31.97 1:05.93
7.	ZZ&PC De Devel 1	ZZ&PC De Devel	4:49.17	4:47.81 +0,70
	Britte Lodder	+0,70 32.95	1:08.20 Jaylin van der Linden	+0,36 35.94 1:16.72
	Julia van Wingerden	+0,43 35.99	1:13.08 Samantha van der Jagt	+0,43 33.17 1:09.81
8.	GZC Donk 1	Widex GZC Donk	5:00.71	5:04.47
	Piera Stallen	35.05	1:12.94 Anoeska Wiltenburg	+0,51 37.39 1:17.77
	Nienke de Jong	42.23	1:26.87 Annique Rupke	+0,10 31.19 1:06.89

Regiokampioenschappen korte baan
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Programmanr. 25
24-11-2019 - 16:15

Dames, 4 x 100m vrije slag

Senioren Open
Resultaten

rang	vereniging	intijd		tijd		RT
1.	Lansingh 1 Mariska Scheel Carmen Lems	KZV de Lansingh		4:03.74		4:01.16
		28.21	59.75	Laura Hoogenboezem	29.90	1:02.61
		29.37	1:02.97	Britta Koehorst	26.02	55.83
					+0,32	
2.	The Hague Swimming (SG) 1 Sacha van den Dobbelen Lara Hoeksema	The Hague Swimming (SG)		3:56.83		4:02.58
		+0,71	30.51	Lynn Blommers	27.28	56.60
		+0,40	28.78	Elinore de Jong	29.07	1:00.88
					+0,27	
					+0,48	
3.	WVZ 1 Irma van der Wulp Sophie de Jonge	WVZ		4:00.81		4:03.05
		+0,77	30.66	Lauren van IJl	29.80	1:02.33
		+0,52	28.10	Chefanja Nunes	27.50	57.91
					+0,49	
					+0,32	
4.	De Columbiaan 1 Daniëlle Vis Julia Notenboom	De Columbiaan		4:12.76		4:09.88
		+0,76	30.54	Anouk Vis	30.59	1:03.96
		+0,22	29.19	Fee Smittenaar	29.22	1:01.92
					+0,34	
					+0,17	
5.	Albion WSS (SG) 1 Tessa Giele Nilce Mendes Barbosa	Albion WSS (SG)		4:16.23		4:10.02
		+0,65	27.78	Anne Dekker	31.13	1:06.16
		+0,44	29.57	Fenna de Groot	28.65	1:01.11
					+0,09	
					+0,21	
6.	Zoetermeer 1 Anne Straub Elyanne Boudestein	Zoetermeer		4:16.93		4:18.08
		+0,77	31.01	Lisanne Dijkman	30.15	1:02.90
		+0,43	30.29	Zoë Molenaar	30.98	1:06.18
					+0,38	
					+0,46	
7.	LinK 1 Marije de Jager Lize van Stigt	LinK		4:17.19		4:18.95
		+0,76	30.11	Nora van der Steen	30.29	1:03.74
		+0,25	31.84	Kim de Jong	30.37	1:03.90
					+0,46	
					+0,48	
8.	ZOB'66 1 Rozemarijn van Haaff Emi Schipper	ZOB'66		4:18.07		4:24.35
		+0,75	30.24	Jet van Oudheusden	32.65	1:08.26
		+0,48	32.72	Wendy de Bruin	29.53	1:02.84
					+0,32	
					+0,22	
9.	De Columbiaan 2 Amy Koelman Robine Boer	De Columbiaan		4:21.68		4:32.01
		+0,78	31.13	Noor Frijlink	33.71	1:10.64
		+0,37	32.90	Lotte Zaal	31.58	1:06.82
					+0,37	
					+0,62	
NG	De Columbiaan 3	De Columbiaan		4:33.02		
NG	GZC Donk 1	Widex GZC Donk		4:18.68		
NG	D'elft 1	D'elft		4:23.89		