

Programmanr. 1  
03-12-2010 - 9:00

Heren, 400m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	3:32.77	Paul Biedermann	Berlijn (GER)	14-11-2009
Europees Record	3:32.77	Paul Biedermann	Berlijn (GER)	14-11-2009
Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14-11-2009
Nederlands Record Jeugd	3:51.21	Pieter van den Hoogenband	Amersfoort	17-12-1994

rang	naam	vereniging	intijd	tijd	RT	niv.
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Jeugd 1 en 2

1.	Dion Dreesens	EIFFEL Swimmers PSV	3:55.66	9302189	<b>3:51.06</b>	+0,75 A+
	<i>Nederlands Record Jeugd, NR 17 jaar</i>					
	50m: 26.57	26.57	150m: 1:25.13	29.26	250m: 2:23.63	29.16
	100m: 55.87	29.30	200m: 1:54.47	29.34	300m: 2:53.09	29.46
					350m: 3:22.26	29.17
					400m: 3:51.06	28.80
2.	Niek Pereboom	WVZ	4:06.69	9305395	<b>4:02.33</b>	+0,83 C
	50m: 27.03	27.03	150m: 1:27.16	30.41	250m: 2:29.12	30.86
	100m: 56.75	29.72	200m: 1:58.26	31.10	300m: 3:00.59	31.47
					350m: 3:31.84	31.25
					400m: 4:02.33	30.49
3.	Bart Dunweg	ZVVS	4:09.37	9301763	<b>4:02.58</b>	+0,76 C
	50m: 27.37	27.37	150m: 1:28.31	30.65	250m: 2:30.25	31.12
	100m: 57.66	30.29	200m: 1:59.13	30.82	300m: 3:01.18	30.93
					350m: 3:32.69	31.51
					400m: 4:02.58	29.89
4.	Vincent Moolhuijsen	Oceanus	4:11.15	9401215	<b>4:06.39</b>	+0,84 C
	50m: 28.02	28.02	150m: 1:30.28	31.36	250m: 2:32.97	31.41
	100m: 58.92	30.90	200m: 2:01.56	31.28	300m: 3:04.72	31.75
					350m: 3:36.06	31.34
					400m: 4:06.39	30.33
5.	Lester Snackers	ZC Valkenburg	4:07.09	9400947	<b>4:06.44</b>	+0,79 C
	50m: 27.97	27.97	150m: 1:30.48	31.62	250m: 2:32.79	30.35
	100m: 58.86	30.89	200m: 2:02.44	31.96	300m: 3:03.95	31.16
					350m: 3:35.37	31.42
					400m: 4:06.44	31.07
6.	Ruben Klinkers	Hellas-Glana	4:10.92	9403511	<b>4:07.16</b>	+0,76 D
	<i>100m*</i>					
	50m: 28.15	28.15	150m: 1:30.75	31.26	250m: 2:33.99	31.46
	100m: 59.49	31.34	200m: 2:02.53	31.78	300m: 3:05.68	31.69
					350m: 3:36.80	31.12
					400m: 4:07.16	30.36
7.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:08.84	9403919	<b>4:09.54</b>	+0,76 D
	50m: 28.04	28.04	150m: 1:30.21	31.37	250m: 2:33.83	31.74
	100m: 58.84	30.80	200m: 2:02.09	31.88	300m: 3:05.60	31.77
					350m: 3:37.79	32.19
					400m: 4:09.54	31.75
8.	Erik Nijholt	DZ&PC	4:17.67	9401349	<b>4:15.57</b>	+0,83 E
	50m: 27.99	27.99	150m: 1:32.64	32.36	250m: 2:38.21	32.83
	100m: 1:00.28	32.29	200m: 2:05.38	32.74	300m: 3:10.94	32.73
					350m: 3:43.79	32.85
					400m: 4:15.57	31.78
9.	Giovanni den Ouden	De Devel	4:11.53	9300877	<b>4:16.01</b>	+0,76 E
	50m: 28.74	28.74	150m: 1:32.33	32.00	250m: 2:38.29	32.89
	100m: 1:00.33	31.59	200m: 2:05.40	33.07	300m: 3:11.32	33.03
					350m: 3:44.94	33.62
					400m: 4:16.01	31.07
10.	Stef Heijnekamp	OZ&PC	4:18.60	9401665	<b>4:18.22</b>	+0,71 E
	50m: 28.76	28.76	150m: 1:33.80	32.56	250m: 2:40.07	33.09
	100m: 1:01.24	32.48	200m: 2:06.98	33.18	300m: 3:13.21	33.14
					350m: 3:46.43	33.22
					400m: 4:18.22	31.79
11.	Willem Kees Roos	Orca	4:08.48	9402693	<b>4:20.12</b>	+0,83 E
	50m: 27.55	27.55	150m: 1:31.14	32.16	250m: 2:37.97	33.53
	100m: 58.98	31.43	200m: 2:04.44	33.30	300m: 3:11.80	33.83
					350m: 3:46.31	34.51
					400m: 4:20.12	33.81

All-in

1.	Job Kienhuis	EIFFEL Swimmers PSV	3:45.27	8901631	<b>3:46.28</b>	+0,82 A+
	50m: 26.50	26.50	150m: 1:23.78	28.83	250m: 2:21.49	28.64
	100m: 54.95	28.45	200m: 1:52.85	29.07	300m: 2:50.24	28.75
					350m: 3:18.67	28.43
					400m: 3:46.28	27.61
2.	Stefan de Die	E.ON-NZA	3:52.19	8603905	<b>3:47.57</b>	+0,78 A
	50m: 26.42	26.42	150m: 1:24.17	28.83	250m: 2:22.10	28.82
	100m: 55.34	28.92	200m: 1:53.28	29.11	300m: 2:51.14	29.04
					350m: 3:19.67	28.53
					400m: 3:47.57	27.90
3.	Arjen van der Meulen	EIFFEL Swimmers PSV	3:46.44	8702223	<b>3:49.91</b>	+0,80 A
	50m: 26.44	26.44	150m: 1:23.90	28.81	250m: 2:23.22	29.68
	100m: 55.09	28.65	200m: 1:53.54	29.64	300m: 2:53.05	29.83
					350m: 3:21.52	28.47
					400m: 3:49.91	28.39
4.	Joost Reijns	E.ON-NZA	3:52.60	8702725	<b>3:50.64</b>	+0,72 A
	50m: 25.51	25.51	150m: 1:22.20	28.56	250m: 2:20.49	29.10
	100m: 53.64	28.13	200m: 1:51.39	29.19	300m: 2:50.25	29.76
					350m: 3:20.52	30.27
					400m: 3:50.64	30.12
5.	Dion Dreesens	EIFFEL Swimmers PSV	3:55.66	9302189	<b>3:51.06</b>	+0,75 A+
	<i>Nederlands Record Jeugd, NR 17 jaar</i>					
	50m: 26.57	26.57	150m: 1:25.13	29.26	250m: 2:23.63	29.16
	100m: 55.87	29.30	200m: 1:54.47	29.34	300m: 2:53.09	29.46
					350m: 3:22.26	29.17
					400m: 3:51.06	28.80
6.	Ferry Weertman	EIFFEL Swimmers PSV	3:58.95	9201461	<b>3:54.87</b>	+0,79 B
	50m: 26.44	26.44	150m: 1:25.66	29.70	250m: 2:25.54	29.99
	100m: 55.96	29.52	200m: 1:55.55	29.89	300m: 2:55.14	29.60
					350m: 3:25.54	30.40
					400m: 3:54.87	29.33

Programmanr. 1, Heren, 400m vrije slag, All-in

rang	naam	vereniging	intijd			tijd			RT	niv.
7.	Raymond van de Merwe 200m*	WVZ	4:02.64			8602077			4:01.92 *	+0,79 D
	50m: 27.89	27.89	150m: 1:28.29	30.03	250m: 2:29.81	30.71	350m: 3:32.37	31.09		
	100m: 58.26	30.37	200m: 1:59.10	30.81	300m: 3:01.28	31.47	400m: 4:01.92	29.55		
8.	Niek Pereboom	WVZ	4:06.69			9305395			4:02.33	+0,83 C
	50m: 27.03	27.03	150m: 1:27.16	30.41	250m: 2:29.12	30.86	350m: 3:31.84	31.25		
	100m: 56.75	29.72	200m: 1:58.26	31.10	300m: 3:00.59	31.47	400m: 4:02.33	30.49		
9.	Bart Dunweg	ZVVS	4:09.37			9301763			4:02.58	+0,76 C
	50m: 27.37	27.37	150m: 1:28.31	30.65	250m: 2:30.25	31.12	350m: 3:32.69	31.51		
	100m: 57.66	30.29	200m: 1:59.13	30.82	300m: 3:01.18	30.93	400m: 4:02.58	29.89		
10.	Mark Moussa	AZ&PC	4:02.00			9002059			4:02.88	+0,87 D
	50m: 26.96	26.96	150m: 1:26.83	30.32	250m: 2:29.08	31.33	350m: 3:32.17	31.46		
	100m: 56.51	29.55	200m: 1:57.75	30.92	300m: 3:00.71	31.63	400m: 4:02.88	30.71		
11.	Bryan Mannaart	WVZ	3:58.26			9101533			4:04.66	+0,77 D
	50m: 27.12	27.12	150m: 1:27.18	30.40	250m: 2:29.86	31.58	350m: 3:33.77	32.01		
	100m: 56.78	29.66	200m: 1:58.28	31.10	300m: 3:01.76	31.90	400m: 4:04.66	30.89		
12.	Vincent Moolhuijsen	Oceanus	4:11.15			9401215			4:06.39	+0,84 C
	50m: 28.02	28.02	150m: 1:30.28	31.36	250m: 2:32.97	31.41	350m: 3:36.06	31.34		
	100m: 58.92	30.90	200m: 2:01.56	31.28	300m: 3:04.72	31.75	400m: 4:06.39	30.33		
13.	Lester Snackers	ZC Valkenburg	4:07.09			9400947			4:06.44	+0,79 C
	50m: 27.97	27.97	150m: 1:30.48	31.62	250m: 2:32.79	30.35	350m: 3:35.37	31.42		
	100m: 58.86	30.89	200m: 2:02.44	31.96	300m: 3:03.95	31.16	400m: 4:06.44	31.07		
14.	Ruben Klinkers 100m*	Hellas-Glana	4:10.92			9403511			4:07.16	+0,76 D
	50m: 28.15	28.15	150m: 1:30.75	31.26	250m: 2:33.99	31.46	350m: 3:36.80	31.12		
	100m: 59.49	31.34	200m: 2:02.53	31.78	300m: 3:05.68	31.69	400m: 4:07.16	30.36		
15.	Erik Schröder	TriVia	4:03.03			8402025			4:08.19	+0,84 E
	50m: 27.70	27.70	150m: 1:29.29	31.12	250m: 2:32.62	31.87	350m: 3:36.51	32.03		
	100m: 58.17	30.47	200m: 2:00.75	31.46	300m: 3:04.48	31.86	400m: 4:08.19	31.68		
16.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:08.84			9403919			4:09.54	+0,76 D
	50m: 28.04	28.04	150m: 1:30.21	31.37	250m: 2:33.83	31.74	350m: 3:37.79	32.19		
	100m: 58.84	30.80	200m: 2:02.09	31.88	300m: 3:05.60	31.77	400m: 4:09.54	31.75		
17.	Dennis Eliveld	De Dolfijn	4:04.49			9202351			4:13.79	+0,76 E
	50m: 27.94	27.94	150m: 1:31.64	32.07	250m: 2:36.34	32.34	350m: 3:41.96	32.72		
	100m: 59.57	31.63	200m: 2:04.00	32.36	300m: 3:09.24	32.90	400m: 4:13.79	31.83		
18.	Erik Nijholt	DZ&PC	4:17.67			9401349			4:15.57	+0,83 E
	50m: 27.99	27.99	150m: 1:32.64	32.36	250m: 2:38.21	32.83	350m: 3:43.79	32.85		
	100m: 1:00.28	32.29	200m: 2:05.38	32.74	300m: 3:10.94	32.73	400m: 4:15.57	31.78		
19.	Giovanni den Ouden	De Devel	4:11.53			9300877			4:16.01	+0,76 E
	50m: 28.74	28.74	150m: 1:32.33	32.00	250m: 2:38.29	32.89	350m: 3:44.94	33.62		
	100m: 1:00.33	31.59	200m: 2:05.40	33.07	300m: 3:11.32	33.03	400m: 4:16.01	31.07		
20.	Stef Heijnekamp	OZ&PC	4:18.60			9401665			4:18.22	+0,71 E
	50m: 28.76	28.76	150m: 1:33.80	32.56	250m: 2:40.07	33.09	350m: 3:46.43	33.22		
	100m: 1:01.24	32.48	200m: 2:06.98	33.18	300m: 3:13.21	33.14	400m: 4:18.22	31.79		
21.	Willem Kees Roos	Orca	4:08.48			9402693			4:20.12	+0,83 E
	50m: 27.55	27.55	150m: 1:31.14	32.16	250m: 2:37.97	33.53	350m: 3:46.31	34.51		
	100m: 58.98	31.43	200m: 2:04.44	33.30	300m: 3:11.80	33.83	400m: 4:20.12	33.81		

Programmanr. 101  
03-12-2010 - 9:10

Heren, 400m vrije slag  
Gehandicapten S6 t/m S13

Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.	
<b>Jeugd 1 en 2</b>								
1.	Thijs van den End <i>Nederlands Record</i>	One Team Swimming	4:49.15	9306803	S9	<b>4:47.29</b>	+0,98 716	
	50m: 31.15 100m: 1:05.59	31.15 34.44	150m: 1:41.02 200m: 2:17.56	35.43 36.54	250m: 2:54.46 300m: 3:31.98	36.90 37.52	350m: 4:10.66 400m: 4:47.29	38.68 36.63
<b>All-in</b>								
1.	Mike vd Zanden <i>50m*</i>	EIFFEL Swimmers PSV	4:25.86	8703905	S10	<b>4:20.81</b>	+0,78 821	
	50m: 29.25 100m: 1:00.81	29.25 31.56	150m: 1:33.94 200m: 2:07.45	33.13 33.51	250m: 2:40.94 300m: 3:14.78	33.49 33.84	350m: 3:48.14 400m: 4:20.81	33.36 32.67
2.	Maurice Deelen <i>Nederlands Record</i>	AZ&PC	4:59.63	7101407	S8	<b>4:47.34</b>	+0,76 796	
	50m: 30.63 100m: 1:05.83	30.63 35.20	150m: 1:42.54 200m: 2:19.61	36.71 37.07	250m: 2:56.51 300m: 3:34.00	36.90 37.49	350m: 4:11.96 400m: 4:47.34	37.96 35.38
3.	Thijs van den End <i>Nederlands Record</i>	One Team Swimming	4:49.15	9306803	S9	<b>4:47.29</b>	+0,98 716	
	50m: 31.15 100m: 1:05.59	31.15 34.44	150m: 1:41.02 200m: 2:17.56	35.43 36.54	250m: 2:54.46 300m: 3:31.98	36.90 37.52	350m: 4:10.66 400m: 4:47.29	38.68 36.63

Programmanr. 2  
03-12-2010 - 9:16

Dames, 400m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08-08-2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08-08-2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15-11-2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Esmee Vermeulen <i>Nederlands Record 14 jaar</i>	E.ON-NZA	4:15.51	9600678	<b>4:12.65</b>	+0,80	A+
	50m: 28.80 28.80 100m: 1:00.66 31.86	150m: 1:31.77 31.11 200m: 2:03.41 31.64	250m: 2:35.36 31.95 300m: 3:08.21 32.85	350m: 3:41.13 32.92 400m: 4:12.65 31.52			
2.	Rosa Veerman	E.ON-NZA	4:24.68	9600862	<b>4:24.99</b>	+0,87	A
	50m: 29.22 29.22 100m: 1:02.05 32.83	150m: 1:35.45 33.40 200m: 2:09.39 33.94	250m: 2:43.64 34.25 300m: 3:17.95 34.31	350m: 3:52.31 34.36 400m: 4:24.99 32.68			
3.	Femke Leenstra	Orca	4:29.37	9503038	<b>4:27.16</b>	+0,76	C
	50m: 30.18 30.18 100m: 1:04.00 33.82	150m: 1:37.54 33.54 200m: 2:11.49 33.95	250m: 2:45.11 33.62 300m: 3:19.24 34.13	350m: 3:53.21 33.97 400m: 4:27.16 33.95			
4.	Shireen Post	AZ&PC	4:30.20	9503286	<b>4:30.86</b>	+0,81	C
	50m: 30.92 30.92 100m: 1:04.46 33.54	150m: 1:38.58 34.12 200m: 2:13.05 34.47	250m: 2:47.47 34.42 300m: 3:22.15 34.68	350m: 3:56.87 34.72 400m: 4:30.86 33.99			
5.	Anouke Berghuis	De Zijl/LGB	4:32.18	9606132	<b>4:31.14</b>	+0,77	C
	50m: 30.10 30.10 100m: 1:03.95 33.85	150m: 1:38.16 34.21 200m: 2:12.99 34.83	250m: 2:47.88 34.89 300m: 3:22.65 34.77	350m: 3:57.64 34.99 400m: 4:31.14 33.50			
6.	Evelien van Ruiten	Orca	4:30.91	9602924	<b>4:31.42</b>	+0,86	C
	50m: 30.69 30.69 100m: 1:04.39 33.70	150m: 1:38.87 34.48 200m: 2:13.69 34.82	250m: 2:46.71 33.02 300m: 3:20.88 34.17	350m: 3:56.30 35.42 400m: 4:31.42 35.12			
7.	Kelly Wigleven	Poseidon'56	4:35.76	9500058	<b>4:37.18</b>	+0,85	D
	50m: 30.93 30.93 100m: 1:04.65 33.72	150m: 1:39.45 34.80 200m: 2:14.88 35.43	250m: 2:50.35 35.47 300m: 3:26.06 35.71	350m: 4:02.09 36.03 400m: 4:37.18 35.09			
8.	Lynn Dybiona	AZ&PC	4:34.11	9501786	<b>4:37.51</b>	+0,73	D
	50m: 30.92 30.92 100m: 1:05.03 34.11	150m: 1:40.18 35.15 200m: 2:15.62 35.44	250m: 2:51.09 35.47 300m: 3:27.33 36.24	350m: 4:03.64 36.31 400m: 4:37.51 33.87			
9.	Carina Klees	WVZ	4:38.11	9602680	<b>4:39.05</b>	+0,87	D
	50m: 31.16 31.16 100m: 1:05.84 34.68	150m: 1:41.17 35.33 200m: 2:17.15 35.98	250m: 2:53.11 35.96 300m: 3:29.10 35.99	350m: 4:04.59 35.49 400m: 4:39.05 34.46			
10.	Brenda Zwarthoed	DAW	4:34.14	9604938	<b>4:41.59</b>	+0,74	E
	50m: 29.97 29.97 100m: 1:03.84 33.87	150m: 1:39.48 35.64 200m: 2:15.44 35.96	250m: 2:52.01 36.57 300m: 3:28.52 36.51	350m: 4:05.36 36.84 400m: 4:41.59 36.23			
AFGEM	Carien van der Schaaf	De Dinkel	4:38.64	9500168			

All-in

1.	Rieneke Terink	AZ&PC	4:04.35	8402424	<b>4:08.86</b>	+0,81	A+
	50m: 27.94 27.94 100m: 58.98 31.04	150m: 1:30.38 31.40 200m: 2:02.08 31.70	250m: 2:33.49 31.41 300m: 3:05.38 31.89	350m: 3:37.25 31.87 400m: 4:08.86 31.61			
2.	Esmee Vermeulen <i>Nederlands Record 14 jaar</i>	E.ON-NZA	4:15.51	9600678	<b>4:12.65</b>	+0,80	A+
	50m: 28.80 28.80 100m: 1:00.66 31.86	150m: 1:31.77 31.11 200m: 2:03.41 31.64	250m: 2:35.36 31.95 300m: 3:08.21 32.85	350m: 3:41.13 32.92 400m: 4:12.65 31.52			
3.	Marieke Nijhuis	EIFFEL Swimmers PSV	4:15.60	9201296	<b>4:12.81</b>	+0,81	A
	50m: 29.41 29.41 100m: 1:01.14 31.73	150m: 1:33.16 32.02 200m: 2:05.19 32.03	250m: 2:37.41 32.22 300m: 3:09.67 32.26	350m: 3:41.54 31.87 400m: 4:12.81 31.27			
4.	Elise Bouwens	E.ON-NZA	4:23.66	9103964	<b>4:15.30</b>	+0,92	B
	50m: 29.79 29.79 100m: 1:02.19 32.40	150m: 1:34.56 32.37 200m: 2:06.97 32.41	250m: 2:39.32 32.35 300m: 3:11.97 32.65	350m: 3:43.90 31.93 400m: 4:15.30 31.40			
5.	Andrea Kneppers	EIFFEL Swimmers PSV	4:16.80	9302216	<b>4:15.46</b>	+0,85	A
	50m: 29.21 29.21 100m: 1:01.58 32.37	150m: 1:33.64 32.06 200m: 2:06.34 32.70	250m: 2:38.71 32.37 300m: 3:11.12 32.41	350m: 3:43.55 32.43 400m: 4:15.46 31.91			
6.	Marion van den Berg	DWK	4:20.73	8600272	<b>4:17.42</b>	+0,94	B
	50m: 29.37 29.37 100m: 1:01.36 31.99	150m: 1:33.73 32.37 200m: 2:06.15 32.42	250m: 2:38.79 32.64 300m: 3:11.85 33.06	350m: 3:44.86 33.01 400m: 4:17.42 32.56			
7.	Lotte Wilms	AZ&PC	4:23.69	8402770	<b>4:21.23</b>	+0,82	C
	50m: 29.77 29.77 100m: 1:02.32 32.55	150m: 1:35.40 33.08 200m: 2:08.52 33.12	250m: 2:41.77 33.25 300m: 3:15.31 33.54	350m: 3:48.63 33.32 400m: 4:21.23 32.60			

Programmanr. 2, Dames, 400m vrije slag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.				
8.	Leonie van Noort	De Zijl/LGB	4:21.98	9301752	4:22.19	+0,76 C				
	50m: 29.58	29.58	150m: 1:35.25	33.00	250m: 2:41.35	33.02	350m: 3:49.11	34.01	400m: 4:22.19	33.08
	100m: 1:02.25	32.67	200m: 2:08.33	33.08	300m: 3:15.10	33.75				
9.	Marjolein Delno	De Rijn	4:27.11	9400024	4:23.47	+0,92 C				
	50m: 29.79	29.79	150m: 1:35.94	33.58	250m: 2:43.14	33.36	350m: 3:50.71	33.50	400m: 4:23.47	32.76
	100m: 1:03.36	32.57	200m: 2:09.78	33.84	300m: 3:17.21	34.07				
10.	Pauline van Dam	EIFFEL Swimmers PSV	4:26.46	9304422	4:24.89	+0,88 C				
	50m: 30.24	30.24	150m: 1:36.76	33.39	250m: 2:44.09	33.57	350m: 3:51.99	34.17	400m: 4:24.89	32.90
	100m: 1:03.37	33.13	200m: 2:10.52	33.76	300m: 3:17.82	33.73				
11.	Rosa Veerman	E.ON-NZA	4:24.68	9600862	4:24.99	+0,87 A				
	50m: 29.22	29.22	150m: 1:35.45	33.40	250m: 2:43.64	34.25	350m: 3:52.31	34.36	400m: 4:24.99	32.68
	100m: 1:02.05	32.83	200m: 2:09.39	33.94	300m: 3:17.95	34.31				
12.	Inge Pepping	De Rijn	4:28.00	9402308	4:25.18	+0,93 C				
	50m: 30.41	30.41	150m: 1:36.84	33.51	250m: 2:44.76	33.92	350m: 3:52.29	33.40	400m: 4:25.18	32.89
	100m: 1:03.33	32.92	200m: 2:10.84	34.00	300m: 3:18.89	34.13				
13.	Femke Leenstra	Orca	4:29.37	9503038	4:27.16	+0,76 C				
	50m: 30.18	30.18	150m: 1:37.54	33.54	250m: 2:45.11	33.62	350m: 3:53.21	33.97	400m: 4:27.16	33.95
	100m: 1:04.00	33.82	200m: 2:11.49	33.95	300m: 3:19.24	34.13				
14.	Ilse van Hoorn	AZ&PC	4:27.53	9001578	4:27.66	+0,85 D				
	50m: 30.24	30.24	150m: 1:37.81	33.83	250m: 2:45.84	34.02	350m: 3:54.61	34.58	400m: 4:27.66	33.05
	100m: 1:03.98	33.74	200m: 2:11.82	34.01	300m: 3:20.03	34.19				
15.	Malissa van der Horst	Zwemlust-den Hommel	4:24.92	9200810	4:28.17	+0,87 D				
	50m: 29.14	29.14	150m: 1:35.71	33.84	250m: 2:44.73	34.64	350m: 3:54.35	34.72	400m: 4:28.17	33.82
	100m: 1:01.87	32.73	200m: 2:10.09	34.38	300m: 3:19.63	34.90				
16.	Shireen Post	AZ&PC	4:30.20	9503286	4:30.86	+0,81 C				
	50m: 30.92	30.92	150m: 1:38.58	34.12	250m: 2:47.47	34.42	350m: 3:56.87	34.72	400m: 4:30.86	33.99
	100m: 1:04.46	33.54	200m: 2:13.05	34.47	300m: 3:22.15	34.68				
17.	Anouque Berghuis	De Zijl/LGB	4:32.18	9606132	4:31.14	+0,77 C				
	50m: 30.10	30.10	150m: 1:38.16	34.21	250m: 2:47.88	34.89	350m: 3:57.64	34.99	400m: 4:31.14	33.50
	100m: 1:03.95	33.85	200m: 2:12.99	34.83	300m: 3:22.65	34.77				
18.	Evelien van Ruiten	Orca	4:30.91	9602924	4:31.42	+0,86 C				
	50m: 30.69	30.69	150m: 1:38.87	34.48	250m: 2:46.71	33.02	350m: 3:56.30	35.42	400m: 4:31.42	35.12
	100m: 1:04.39	33.70	200m: 2:13.69	34.82	300m: 3:20.88	34.17				
19.	Kelly Wigleven	Poseidon'56	4:35.76	9500058	4:37.18	+0,85 D				
	50m: 30.93	30.93	150m: 1:39.45	34.80	250m: 2:50.35	35.47	350m: 4:02.09	36.03	400m: 4:37.18	35.09
	100m: 1:04.65	33.72	200m: 2:14.88	35.43	300m: 3:26.06	35.71				
20.	Lynn Dybiona	AZ&PC	4:34.11	9501786	4:37.51	+0,73 D				
	50m: 30.92	30.92	150m: 1:40.18	35.15	250m: 2:51.09	35.47	350m: 4:03.64	36.31	400m: 4:37.51	33.87
	100m: 1:05.03	34.11	200m: 2:15.62	35.44	300m: 3:27.33	36.24				
21.	Astrid van Nieuwkerk	ZV Westland Dijkglas	4:34.21	9402904	4:38.71	+0,82 E				
	50m: 31.25	31.25	150m: 1:40.85	35.35	250m: 2:52.37	35.67	350m: 4:04.44	35.49	400m: 4:38.71	34.27
	100m: 1:05.50	34.25	200m: 2:16.70	35.85	300m: 3:28.95	36.58				
22.	Carina Klees	WVZ	4:38.11	9602680	4:39.05	+0,87 D				
	50m: 31.16	31.16	150m: 1:41.17	35.33	250m: 2:53.11	35.96	350m: 4:04.59	35.49	400m: 4:39.05	34.46
	100m: 1:05.84	34.68	200m: 2:17.15	35.98	300m: 3:29.10	35.99				
23.	Brenda Zwarthoed	DAW	4:34.14	9604938	4:41.59	+0,74 E				
	50m: 29.97	29.97	150m: 1:39.48	35.64	250m: 2:52.01	36.57	350m: 4:05.36	36.84	400m: 4:41.59	36.23
	100m: 1:03.84	33.87	200m: 2:15.44	35.96	300m: 3:28.52	36.51				
AFGEM	Carien van der Schaaf	De Dinkel	4:38.64	9500168						

Programmanr. 102  
03-12-2010 - 9:28

Dames, 400m vrije slag  
Gehandicapten S6 t/m S13

Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.
<b>Jeugd 1 en 2</b>							
1.	Romy Pansters	ZC Valkenburg	5:48.94	S8	<b>5:42.32</b>	+0,96	592
	50m: 38.28	38.28 150m: 2:02.60	42.64	250m: 3:29.26	43.10	350m: 4:58.04	45.05
	100m: 1:19.96	41.68 200m: 2:46.16	43.56	300m: 4:12.99	43.73	400m: 5:42.32	44.28
2.	Marije Oosterhuis	Eemsrobben	5:22.16	S10	<b>5:16.45</b>	+0,88	576
	50m: 33.91	33.91 150m: 1:52.27	40.13	250m: 3:13.24	40.81	350m: 4:35.93	41.57
	100m: 1:12.14	38.23 200m: 2:32.43	40.16	300m: 3:54.36	41.12	400m: 5:16.45	40.52
<b>All-in</b>							
1.	Lisa den Braber	AZ&PC	5:44.42	S8	<b>5:38.82</b>	+0,70	611
	50m: 38.36	38.36 150m: 2:02.08	42.47	250m: 3:28.08	42.86	350m: 4:55.05	43.66
	100m: 1:19.61	41.25 200m: 2:45.22	43.14	300m: 4:11.39	43.31	400m: 5:38.82	43.77
2.	Romy Pansters	ZC Valkenburg	5:48.94	S8	<b>5:42.32</b>	+0,96	592
	50m: 38.28	38.28 150m: 2:02.60	42.64	250m: 3:29.26	43.10	350m: 4:58.04	45.05
	100m: 1:19.96	41.68 200m: 2:46.16	43.56	300m: 4:12.99	43.73	400m: 5:42.32	44.28
3.	Marije Oosterhuis	Eemsrobben	5:22.16	S10	<b>5:16.45</b>	+0,88	576
	50m: 33.91	33.91 150m: 1:52.27	40.13	250m: 3:13.24	40.81	350m: 4:35.93	41.57
	100m: 1:12.14	38.23 200m: 2:32.43	40.16	300m: 3:54.36	41.12	400m: 5:16.45	40.52
4.	Britt van Diessen	TRB-RES	5:47.39	S10	<b>5:47.70</b>	+1,03	434
	50m: 38.32	38.32 150m: 2:05.38	43.97	250m: 3:35.00	44.94	350m: 5:05.82	45.38
	100m: 1:21.41	43.09 200m: 2:50.06	44.68	300m: 4:20.44	45.44	400m: 5:47.70	41.88
5.	Lisa Dootjes	De Lansingh	6:08.25	S9	<b>5:59.66</b>	+1,15	395
	50m: 38.08	38.08 150m: 2:06.09	45.23	250m: 3:39.63	46.99	350m: 5:14.29	47.62
	100m: 1:20.86	42.78 200m: 2:52.64	46.55	300m: 4:26.67	47.04	400m: 5:59.66	45.37



Programmanr. 3  
03-12-2010 - 9:35

Heren, 200m rugslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15-11-2009
Europees Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15-11-2009
Nederlands Record Seniores	1:53.74	Nick Driebergen	Amsterdam	19-12-2008
Nederlands Record Jeugd	1:58.81	Klaas Erik Zwering	Den Bosch	18-12-1998

rang naam	vereniging	intijd	tijd	RT	niv. finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>									
1. Ruben Dekker	De Dolfijn	2:05.85 9300627	<b>2:04.92</b>	C	A	29.10	1:00.65	1:32.92	2:04.92
2. Sven Kardol	Nuenen	2:07.90 9302135	<b>2:06.39</b>	D	A	30.09	1:02.11	1:34.22	2:06.39
3. Ensger Kotterink	Racing Club	2:08.14 9403391	<b>2:08.18</b>	D	B	29.84	1:01.91	1:35.09	2:08.18
4. Frank van der Wolff	Zwemvereniging Hoorn	2:08.90 9400955	<b>2:10.10</b>	E	B	31.17	1:04.23	1:36.89	2:10.10
5. Marcel Schouten	ZV Haerlem	2:12.07 9300653	<b>2:10.82</b>	E	B	31.03	1:04.00	1:36.98	2:10.82
6. Willem Kees Roos	Orca	2:09.53 9402693	<b>2:13.57</b>	E	B	30.90	1:03.78	1:38.42	2:13.57
7. Bart Arendshorst	De Veene	2:11.56 9300005	<b>2:14.63</b>	B		31.06	1:04.70	1:39.55	2:14.63
8. Istvan Spaargaren	Oceanus	2:11.02 9401199	<b>2:15.65</b>	B		31.13	1:05.19	1:40.24	2:15.65

All-In

1. Nick Driebergen	E.ON-NZA	1:54.25 8700793	<b>1:56.10</b> *	A+	A	26.02	54.43	1:24.93	1:56.10
2. Jurjen Willemsen	EIFFEL Swimmers PSV	1:56.75 9003315	<b>2:01.54</b>	C	A	27.37	57.64	1:29.29	2:01.54
<i>50m*</i>									
3. Sverre Eschweiler	E.ON-NZA	2:04.53 9204035	<b>2:03.09</b>	C	A	29.52	1:00.75	1:32.31	2:03.09
4. Bastiaan Lijesen	EIFFEL Swimmers PSV	1:59.54 9001819	<b>2:03.91</b>	D	A	27.68	59.04	1:31.82	2:03.91
5. Joey de Ruiter	EIFFEL Swimmers PSV	1:59.77 9101971	<b>2:04.32</b>	D	A	29.24	59.96	1:31.97	2:04.32
6. Jos de Graaf	DWK	2:03.58 9106095	<b>2:04.47</b>	D	A	28.94	1:00.56	1:32.22	2:04.47
7. Ruben Dekker	De Dolfijn	2:05.85 9300627	<b>2:04.92</b>	C	A	29.10	1:00.65	1:32.92	2:04.92
8. Sven Kardol	Nuenen	2:07.90 9302135	<b>2:06.39</b>	D	A	30.09	1:02.11	1:34.22	2:06.39
9. Henk van Niejenhuis	De Dolfijn	2:01.83 8905063	<b>2:07.55</b>	E	B	29.18	1:00.71	1:34.00	2:07.55
10. Ensger Kotterink	Racing Club	2:08.14 9403391	<b>2:08.18</b>	D	B	29.84	1:01.91	1:35.09	2:08.18
11. Frank van der Wolff	Zwemvereniging Hoorn	2:08.90 9400955	<b>2:10.10</b>	E	B	31.17	1:04.23	1:36.89	2:10.10
12. Mitch Notten	ZC Valkenburg	2:06.65 9202505	<b>2:10.41</b>	E	B	31.07	1:03.43	1:36.92	2:10.41
13. Marcel Schouten	ZV Haerlem	2:12.07 9300653	<b>2:10.82</b>	E	B	31.03	1:04.00	1:36.98	2:10.82
14. Willem Kees Roos	Orca	2:09.53 9402693	<b>2:13.57</b>	E	B	30.90	1:03.78	1:38.42	2:13.57
15. Bart Arendshorst	De Veene	2:11.56 9300005	<b>2:14.63</b>	B		31.06	1:04.70	1:39.55	2:14.63
16. Istvan Spaargaren	Oceanus	2:11.02 9401199	<b>2:15.65</b>	B		31.13	1:05.19	1:40.24	2:15.65

Programmanr. 4  
03-12-2010 - 9:41

Dames, 200m rugslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	2:00.18	Shiho Sakai	Berlijn (GER)	14-11-2009
Europees Record	2:00.91	Elisabeth Simmonds	Manchester (GBR)	18-12-2009
Nederlands Record Seniores	2:04.13	Sharon van Rouwendaal	Eindhoven	28-11-2010
Nederlands Record Jeugd	2:10.77	Naomi van der Woerd	Palma de Mallorca (ESP)	29-02-1992

rang naam	vereniging	intijd	tijd	RT	niv. finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>									
1. Annemarie Worst	Orca	2:15.50 9500042	<b>2:13.58</b>		A+ A	31.37	1:04.88	1:39.10	2:13.58
2. Esmée Bos	DWK	2:15.82 9600662	<b>2:15.04</b>		A+ A	30.60	1:04.53	1:40.02	2:15.04
3. Maaïke de Waard	De Zeehond '73	2:16.16 9600604	<b>2:15.52</b>		A+ A	31.45	1:06.01	1:41.46	2:15.52
4. Esmee Vermeulen	E.ON-NZA	2:18.58 9600678	<b>2:15.94</b>		A+ A	31.54	1:05.46	1:40.78	2:15.94
5. Rosa Veerman	E.ON-NZA	2:20.42 9600862	<b>2:24.32</b>		D	33.84	1:09.57	1:47.39	2:24.32
6. Michelle Hoogendoorn	ZPC De Hof	2:25.42 9503718	<b>2:25.03</b>		D	34.20	1:11.29	1:48.80	2:25.03
7. Cynthia van Beusekom	TriVia	2:23.88 9500134	<b>2:26.15</b>		D	32.43	1:09.45	1:47.91	2:26.15
8. Elisabeth Rivard	WVZ	2:24.55 9600244	<b>2:26.36</b> *		D	34.41	1:11.00	1:48.94	2:26.36
9. Jamilla van Veen	One Team Swimming	2:25.82 9603192	<b>2:26.71</b>		D	34.18	1:11.60	1:49.44	2:26.71
10. Melissa Nauta	Orca	2:25.47 9602388	<b>2:27.32</b>		D	35.00	1:12.48	1:50.06	2:27.32
11. Claudia Rijkhoff	Zwemvereniging Hoorn	2:26.11 9603338	<b>2:27.42</b>		D	33.83	1:10.67	1:48.80	2:27.42
12. Michelle de Bruijn	TRB-RES	2:25.76 9503090	<b>2:28.01</b>		E	33.82	1:10.84	1:49.72	2:28.01
13. Iris Voogt	ZV Westland Dijkglas	2:26.28 9504364	<b>2:29.28</b>		E	35.13	1:12.62	1:51.61	2:29.28
14. Noortje Timmerman	De Dinkel	2:26.18 9501088	<b>2:29.95</b> *		E	33.60	1:11.26	1:50.61	2:29.95
15. Julia Brouwers	WZ&PC Purmerend	2:21.63 9600868	<b>2:30.16</b>		E	34.97	1:13.26	1:52.30	2:30.16
16. Natasja Boers	De Columbiaan	2:26.67 9501560	<b>2:30.27</b>		E	34.25	1:11.97	1:51.46	2:30.27
AFGEM Monique van der Struik	RTC-Drachten	2:16.40 9502502							

All-In

1. Kira Toussaint	E.ON-NZA	2:13.76 9400990	<b>2:11.95</b>		A+ A	31.19	1:04.29	1:38.11	2:11.95
2. Evy Witlox	E.ON-NZA	2:10.38 8804946	<b>2:12.34</b>		A A	32.12	1:05.04	1:39.03	2:12.34
3. Rieneke Terink	AZ&PC	2:11.21 8402424	<b>2:12.66</b>		A A	31.56	1:05.04	1:38.60	2:12.66
4. Wendy vd Zanden	EIFFEL Swimmers PSV	2:07.18 8805004	<b>2:13.19</b>		B A	30.70	1:04.68	1:39.68	2:13.19
5. Annemarie Worst	Orca	2:15.50 9500042	<b>2:13.58</b>		A+ A	31.37	1:04.88	1:39.10	2:13.58
6. Esmée Bos	DWK	2:15.82 9600662	<b>2:15.04</b>		A+ A	30.60	1:04.53	1:40.02	2:15.04
7. Maaïke de Waard	De Zeehond '73	2:16.16 9600604	<b>2:15.52</b>		A+ A	31.45	1:06.01	1:41.46	2:15.52
8. Esmee Vermeulen	E.ON-NZA	2:18.58 9600678	<b>2:15.94</b>		A+ A	31.54	1:05.46	1:40.78	2:15.94
9. Kimberley Albers	EIFFEL Swimmers PSV	2:14.57 9204102	<b>2:16.44</b>		C B	32.91	1:07.08	1:41.57	2:16.44
10. Willemijn Knot	De Dolfijn	2:18.07 9002010	<b>2:16.84</b>		C B	32.08	1:07.45	1:42.72	2:16.84
11. Mariët Koster	ZPC Bikkel Hoogeveen	2:16.68 8301162	<b>2:17.34</b>		C B	31.85	1:06.12	1:41.61	2:17.34
12. Judith Stap	EIFFEL Swimmers PSV	2:18.76 9302702	<b>2:18.62</b>		C B	32.42	1:07.90	1:43.82	2:18.62
13. Miranda Nijenhuis	De Columbiaan	2:18.89 9204076	<b>2:19.60</b>		D B	32.97	1:08.50	1:44.44	2:19.60
14. Mirthe Lanfermeijer	TriVia	2:21.27 9400074	<b>2:20.44</b>		C B	32.84	1:08.50	1:44.78	2:20.44
15. Sharon Gelmers	Octopus	2:21.45 9400416	<b>2:20.76</b>		C B	32.73	1:08.31	1:44.33	2:20.76
16. Judith van Meijel	HZPC	2:18.92 9102076	<b>2:21.70</b>		E B	32.84	1:08.80	1:45.35	2:21.70
17. Jakonien Koster	ZPC Bikkel Hoogeveen	2:23.51 9400068	<b>2:21.81</b>		D R	32.98	1:09.21	1:45.64	2:21.81
18. Michelle Verouden	HZPC	2:22.04 9400150	<b>2:21.89</b>		D R	33.34	1:08.74	1:45.00	2:21.89
19. Jaimy Lee Taskin	Noordwijkerhout	2:21.40 9403364	<b>2:22.56</b>		D	33.45	1:09.32	1:45.97	2:22.56
20. Rosa Veerman	E.ON-NZA	2:20.42 9600862	<b>2:24.32</b>		D	33.84	1:09.57	1:47.39	2:24.32
21. Michelle Hoogendoorn	ZPC De Hof	2:25.42 9503718	<b>2:25.03</b>		D	34.20	1:11.29	1:48.80	2:25.03
22. Cynthia van Beusekom	TriVia	2:23.88 9500134	<b>2:26.15</b>		D	32.43	1:09.45	1:47.91	2:26.15
23. Elisabeth Rivard	WVZ	2:24.55 9600244	<b>2:26.36</b> *		D	34.41	1:11.00	1:48.94	2:26.36
24. Jamilla van Veen	One Team Swimming	2:25.82 9603192	<b>2:26.71</b>		D	34.18	1:11.60	1:49.44	2:26.71
25. Melissa Nauta	Orca	2:25.47 9602388	<b>2:27.32</b>		D	35.00	1:12.48	1:50.06	2:27.32
26. Claudia Rijkhoff	Zwemvereniging Hoorn	2:26.11 9603338	<b>2:27.42</b>		D	33.83	1:10.67	1:48.80	2:27.42
27. Michelle de Bruijn	TRB-RES	2:25.76 9503090	<b>2:28.01</b>		E	33.82	1:10.84	1:49.72	2:28.01
28. Claire de Winter	AZ&PC	2:23.42 9406050	<b>2:28.76</b>		E	33.95	1:11.07	1:49.66	2:28.76
29. Iris Voogt	ZV Westland Dijkglas	2:26.28 9504364	<b>2:29.28</b>		E	35.13	1:12.62	1:51.61	2:29.28
30. Noortje Timmerman	De Dinkel	2:26.18 9501088	<b>2:29.95</b> *		E	33.60	1:11.26	1:50.61	2:29.95
31. Julia Brouwers	WZ&PC Purmerend	2:21.63 9600868	<b>2:30.16</b>		E	34.97	1:13.26	1:52.30	2:30.16
32. Natasja Boers	De Columbiaan	2:26.67 9501560	<b>2:30.27</b>		E	34.25	1:11.97	1:51.46	2:30.27
AFGEM Monique van der Struik	RTC-Drachten	2:16.40 9502502							



Programmanr. 5  
03-12-2010 - 10:04

Heren, 100m schoolslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	55.61	Cameron van den Burgh	Berlijn (GER)	15-11-2009
Europees Record	56.29	Robin van Aggele	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	56.29	Robin van Aggele	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	1:01.64	Roy Smeenge	Aken (GER)	24-10-2010

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Roy Smeenge	E.ON-NZA	1:01.64	9305557	<b>1:01.65</b>	+0,69	A+	A	29.49	1:01.65
2.	Gavin van der Werf	RTC-Drachten	1:03.40	9302971	<b>1:02.40</b>	+0,74	A	A	29.32	1:02.40
3.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	1:06.55	9300651	<b>1:04.47</b>	+0,76	C	B	30.62	1:04.47
4.	Jordan Kraaijenhof	AZ&PC	1:06.03	9301111	<b>1:05.53</b>	+0,79	D	B	30.99	1:05.53
5.	Kingue Struijf	WZ&PC Purmerend	1:06.14	9400913	<b>1:05.89</b>	+0,66	D	B	31.07	1:05.89
6.	Kasper Leeuw	De Dinkel	1:06.05	9304435	<b>1:06.57</b>	+0,82	D	R	31.92	1:06.57
7.	Roald Blok	Octopus	1:07.11	9302685	<b>1:06.60</b>	+0,82	E	R	31.32	1:06.60
8.	Ruud van Heerbeek	Nuene	1:06.52	9301769	<b>1:06.86</b>	+0,81	E		30.66	1:06.86
9.	Marijn van Zundert	De Dolfijn	1:05.87	9400679	<b>1:07.15</b>	+0,73	E		30.75	1:07.15
10.	Jelle Derksen	AZ&PC	1:07.90	9400017	<b>1:07.75</b>	+0,78	E		31.16	1:07.75
11.	Jacko van der Meer	DWK	1:08.55	9402347	<b>1:07.77</b>	+0,73	E		31.94	1:07.77
12.	Max Spiering	ZVVS	1:07.22	9402131	<b>1:08.37</b>		E		31.59	1:08.37
13.	Rick de Waard	De Zeehond '73	1:09.52	9401095	<b>1:09.83</b>	+0,71	E		32.53	1:09.83
14.	Alex Catsburg	De Lansingh	1:09.41	9404753	<b>1:10.44</b>				33.12	1:10.44

All-In

1.	Lennart Stekelenburg	E.ON-NZA	59.26	8602979	<b>1:01.57</b>		B	A	28.52	1:01.57
2.	Roy Smeenge	E.ON-NZA	1:01.64	9305557	<b>1:01.65</b>	+0,69	A+	A	29.49	1:01.65
3.	Bram Dekker	EIFFEL Swimmers PSV	1:01.15	8900649	<b>1:02.26</b>	+0,76	C	A	29.49	1:02.26
4.	Gavin van der Werf	RTC-Drachten	1:03.40	9302971	<b>1:02.40</b>	+0,74	A	A	29.32	1:02.40
5.	Niels van Eck	ZPC Bikkel Hoogeveen	1:03.95	8900793	<b>1:02.71</b>		C	A	29.75	1:02.71
	Sebas van Lith	Aqua-Novio'94	1:03.35	9001841	<b>1:02.71</b>	+0,85	C	A	29.53	1:02.71
7.	Pieter Jan de Vries	AZ&PC	1:02.82	9003183	<b>1:02.79</b>		C	A	29.22	1:02.79
8.	Rutger Sloof	DWK	1:04.57	8803141	<b>1:02.93</b>	+0,82	C	A	29.58	1:02.93
9.	Timon Evenhuis	TriVia	1:01.38	9000843	<b>1:03.19</b>	+0,86	C	B	29.58	1:03.19
10.	Simas Jarasunas	De Dolfijn	1:04.59	9107545	<b>1:03.33</b>	+0,76	C	B	29.38	1:03.33
11.	Aaron Eisank	EIFFEL Swimmers PSV	1:03.16	9100577	<b>1:04.02</b>	+0,72	D	B	29.71	1:04.02
12.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	1:06.55	9300651	<b>1:04.47</b>	+0,76	C	B	30.62	1:04.47
13.	Damien Bernard	AZ&PC	1:04.62	8705177	<b>1:04.49</b>		D	B	30.24	1:04.49
14.	Jordy Zuidhoek	De Columbiaan	1:05.74	9201569	<b>1:05.18</b>	+0,76	D	B	30.81	1:05.18
15.	Jordan Kraaijenhof	AZ&PC	1:06.03	9301111	<b>1:05.53</b>	+0,79	D	B	30.99	1:05.53
16.	Kingue Struijf	WZ&PC Purmerend	1:06.14	9400913	<b>1:05.89</b>	+0,66	D	B	31.07	1:05.89
17.	Kasper Leeuw	De Dinkel	1:06.05	9304435	<b>1:06.57</b>	+0,82	D	R	31.92	1:06.57
18.	Roald Blok	Octopus	1:07.11	9302685	<b>1:06.60</b>	+0,82	E	R	31.32	1:06.60
19.	Ruud van Heerbeek	Nuene	1:06.52	9301769	<b>1:06.86</b>	+0,81	E		30.66	1:06.86
20.	Marijn van Zundert	De Dolfijn	1:05.87	9400679	<b>1:07.15</b>	+0,73	E		30.75	1:07.15
21.	Jelle Derksen	AZ&PC	1:07.90	9400017	<b>1:07.75</b>	+0,78	E		31.16	1:07.75
22.	Jacko van der Meer	DWK	1:08.55	9402347	<b>1:07.77</b>	+0,73	E		31.94	1:07.77
23.	Max Spiering	ZVVS	1:07.22	9402131	<b>1:08.37</b>		E		31.59	1:08.37
24.	Rick de Waard	De Zeehond '73	1:09.52	9401095	<b>1:09.83</b>	+0,71	E		32.53	1:09.83
25.	Alex Catsburg	De Lansingh	1:09.41	9404753	<b>1:10.44</b>				33.12	1:10.44

Programmanr. 105  
03-12-2010 - 10:13Heren, 100m schoolslag  
Gehandicapten SB4 t/m SB14Jeugd/Senioren  
Resultaten Voorrunde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.	finale	50m	100m
<b>Jeugd 1 en 2</b>											
1.	Udo Weerink	De Klup Twente	1:30.96	9406443	SB14	<b>1:31.23</b>	+0,95	363	A	41.66	1:31.23
<b>All-In</b>											
1.	Maurice Deelen	AZ&PC	1:14.02	7101407	SB8	<b>1:14.05</b>	+0,79	741	A	34.47	1:14.05
2.	Michel Tielbeke	SC Salland (SG)	1:14.14	8102101	SB13	<b>1:12.26</b>	+0,92	715	A	33.78	1:12.26
3.	Marc Evers	ZV Haerlem	1:14.67	9107425	SB14	<b>1:14.23</b>	+0,95	674	A	35.20	1:14.23
4.	Niels Janssen	WIDEX GZC DONK	1:43.46	9107509	SB7	<b>1:44.29</b>	+0,79	489	A	50.24	1:44.29
5.	Jacco Beniest	One Team Swimming	1:20.86	8503603	SB9	<b>1:25.67</b>	+0,87	469	A	39.31	1:25.67
6.	Matthijs Buynink	ZVVS	1:52.91	9207182	SB7	<b>1:51.21</b>	+1,05	404	A	53.00	1:51.21
7.	Udo Weerink	De Klup Twente	1:30.96	9406443	SB14	<b>1:31.23</b>	+0,95	363	A	41.66	1:31.23

Programmanr. 6  
03-12-2010 - 10:16

Dames, 100m schoolslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	1:02.70	Rebecca Soni	Manchester (GBR)	19-12-2009
Europees Record	1:04.21	Rikke Møller Pedersen	St. Petersburg (RUS)	19-12-2009
Nederlands Record Senioren	1:04.56	Moniek Nijhuis	Berlijn (GER)	14-11-2009
Nederlands Record Jeugd	1:08.78	Moniek Nijhuis	Dublin (IRL)	13-12-2003

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Irene Teufer	De Dolfijn	1:13.70	9602340	<b>1:12.31</b>	+0,82	A	B	34.06	1:12.31
2.	Kimberly Ribberink	De Dinkel	1:16.11	9501654	<b>1:13.36</b>	+0,85	C	B	34.26	1:13.36
3.	Nicole Bennis	Racing Club	1:14.19	9600470	<b>1:13.71</b>	+0,73	B	B	34.53	1:13.71
4.	Amber Ruig	WZ&PC Purmerend	1:14.81	9603240	<b>1:13.83</b>	+0,80	B	R	34.31	1:13.83
5.	Cynthia Verkaik	Orca	1:16.09	9601288	<b>1:15.62</b>	+0,76	D		35.82	1:15.62
6.	Helena La	Zwemvereniging Hoorn	1:13.64	9502134	<b>1:16.05</b>	+0,84	D		35.98	1:16.05
7.	Cecily Sadowski	Aquapoldro	1:16.41	9500188	<b>1:16.16</b>	+0,90	D		35.36	1:16.16
8.	Asmara Ritmeijer	ZVVS	1:16.38	9600790	<b>1:16.50</b>	+0,84	D		35.99	1:16.50
9.	Renate Hemmes	RTC-Drachten	1:16.59	9600418	<b>1:16.51</b>	+0,75	D		35.24	1:16.51
10.	Annemarie Worst	Orca	1:15.22	9500042	<b>1:16.70</b>	+0,85	E		36.62	1:16.70
11.	Marit Visscher	DAW	1:16.61	9600004	<b>1:17.31</b>	+0,86	E		36.10	1:17.31
12.	Nikki Habers	Zeester-Meerval	1:16.74	9600594	<b>1:17.56</b>	+0,83	E		35.83	1:17.56
13.	Kristel Hormann	De Spatters	1:15.32	9601084	<b>1:18.17</b>	+0,92	E		36.84	1:18.17
14.	Janne Hendrickx	EIFFEL Swimmers PSV	1:16.50	9606410	<b>1:19.13</b>	+0,93	E		37.58	1:19.13
DIS	Jessie Smeding	Orca	1:15.47	9504528	<b>1:17.15</b>	+0,72	E		36.35	1:17.15
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt.</i>										
DIS	Celine Hoogendijk	ZVVS	1:16.07	9601596	<b>1:20.52</b>	+0,74			37.14	1:20.52
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt.</i>										

All-In

1.	Lieke Verouden	AZ&PC	1:08.97	9003948	<b>1:08.62</b>	+0,83	A	A	32.59	1:08.62
2.	Moniek Nijhuis	E.ON-NZA	1:04.96	8803188	<b>1:08.81</b>	+0,86	A	A	32.30	1:08.81
3.	Loes Zanderink	AZ&PC	1:08.92	8805006	<b>1:08.83</b>	+0,78	A	A	32.34	1:08.83
4.	Lona Kroese	E.ON-NZA	1:09.46	8702382	<b>1:10.01</b>	+0,79	B	A	32.88	1:10.01
5.	Anouk Elzerman	De Dolfijn	1:11.35	9005914	<b>1:10.06</b>	+0,83	B	A	32.62	1:10.06
6.	Tessa Brouwer	E.ON-NZA	1:06.54	9105548	<b>1:10.08</b>	+0,82	B	A	32.25	1:10.08
7.	Jocelyn Spruit	EIFFEL Swimmers PSV	1:12.29	9302044	<b>1:10.26</b>	+0,79	A	A	32.91	1:10.26
8.	Eline Boers	E.ON-NZA	1:11.32	9104546	<b>1:10.71</b>	+0,73	C	A	33.01	1:10.71
9.	Lia Dekker	E.ON-NZA	1:06.08	8700830	<b>1:11.13</b>	+0,76	C	B	33.48	1:11.13
10.	Lisa Dreesens	EIFFEL Swimmers PSV	1:11.69	9105798	<b>1:11.16</b>	+0,82	C	B	33.70	1:11.16
11.	Yvonne v.d. Pol	AZ&PC	1:12.39	8803472	<b>1:12.14</b>	+0,81	D	B	33.64	1:12.14
12.	Irene Teufer	De Dolfijn	1:13.70	9602340	<b>1:12.31</b>	+0,82	A	B	34.06	1:12.31
13.	Sharon Gelmers	Octopus	1:14.64	9400416	<b>1:12.89</b>	+0,80	C	B	34.38	1:12.89
14.	Yvette de Gier	De Columbiaan	1:13.78	9402124	<b>1:13.00</b>	+0,79	C	B	34.76	1:13.00
15.	Kimberly Ribberink	De Dinkel	1:16.11	9501654	<b>1:13.36</b>	+0,85	C	B	34.26	1:13.36
16.	Nicole Bennis	Racing Club	1:14.19	9600470	<b>1:13.71</b>	+0,73	B	B	34.53	1:13.71
17.	Lonne Dijkhuis	De Dinkel	1:12.82	9400030	<b>1:13.81</b>	+0,79	D	R	33.91	1:13.81
18.	Amber Ruig	WZ&PC Purmerend	1:14.81	9603240	<b>1:13.83</b>	+0,80	B	R	34.31	1:13.83
19.	Kristel Doreleijers	EIFFEL Swimmers PSV	1:13.04	9302568	<b>1:14.47</b>	+0,78	E		34.82	1:14.47
20.	Estrella Wierikx	Numansdorp	1:14.45	9402712	<b>1:14.60</b>	+0,69	D		34.52	1:14.60
21.	Larissa Brak	AZ&PC	1:12.49	8800572	<b>1:14.75</b>	+0,83	E		35.13	1:14.75
22.	Iris van Zuilen	Olympia	1:14.86	9400216	<b>1:15.22</b>	+0,81	D		35.45	1:15.22
23.	Cynthia Verkaik	Orca	1:16.09	9601288	<b>1:15.62</b>	+0,76	D		35.82	1:15.62
24.	Helena La	Zwemvereniging Hoorn	1:13.64	9502134	<b>1:16.05</b>	+0,84	D		35.98	1:16.05
25.	Cecily Sadowski	Aquapoldro	1:16.41	9500188	<b>1:16.16</b>	+0,90	D		35.36	1:16.16
26.	Asmara Ritmeijer	ZVVS	1:16.38	9600790	<b>1:16.50</b>	+0,84	D		35.99	1:16.50
27.	Renate Hemmes	RTC-Drachten	1:16.59	9600418	<b>1:16.51</b>	+0,75	D		35.24	1:16.51
28.	Annemarie Worst	Orca	1:15.22	9500042	<b>1:16.70</b>	+0,85	E		36.62	1:16.70
29.	Marit Visscher	DAW	1:16.61	9600004	<b>1:17.31</b>	+0,86	E		36.10	1:17.31
30.	Nikki Habers	Zeester-Meerval	1:16.74	9600594	<b>1:17.56</b>	+0,83	E		35.83	1:17.56
31.	Kristel Hormann	De Spatters	1:15.32	9601084	<b>1:18.17</b>	+0,92	E		36.84	1:18.17
32.	Janne Hendrickx	EIFFEL Swimmers PSV	1:16.50	9606410	<b>1:19.13</b>	+0,93	E		37.58	1:19.13
DIS	Jessie Smeding	Orca	1:15.47	9504528	<b>1:17.15</b>	+0,72	E		36.35	1:17.15
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt.</i>										
DIS	Celine Hoogendijk	ZVVS	1:16.07	9601596	<b>1:20.52</b>	+0,74			37.14	1:20.52
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt.</i>										

Programmanr. 106  
03-12-2010 - 10:27

Dames, 100m schoolslag  
Gehandicapten SB4 t/m SB14

Jeugd/Senioren  
Resultaten Voorronde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.	finale	50m	100m
<b>Jeugd 1 en 2</b>											
1.	Willemijn Vos	Swol 1894	1:52.26	9506562	SB8	<b>1:53.22</b>	+1,06	361	A	53.15	1:53.22
2.	Romy Pansters 50m*	ZC Valkenburg	1:59.64	9605900	SB8	<b>1:55.40</b> *	+0,89	340	A	53.74	1:55.40
<b>All-In</b>											
1.	Magda Toeters	OZ&PC	1:22.34	8603552	SB14	<b>1:22.18</b>	+0,94	920	A	40.17	1:22.18
2.	Marlou van der Kulk	De Otters Het Gooi	1:28.29	9306824	SB14	<b>1:23.77</b>	+0,94	869	A	39.64	1:23.77
3.	Lisa den Braber	AZ&PC	1:36.60	9207558	SB7	<b>1:39.07</b>	+0,65	790	A	47.60	1:39.07
4.	Chantal Molenkamp	AZ&PC	1:28.84	9002624	SB9	<b>1:26.49</b>	+0,75	704	A	40.88	1:26.49
5.	Vivian Brak	Hoogenboom Tours	BZ&PC:1:36.69	9000520	SB14	<b>1:36.89</b>	+1,13	561	A	45.20	1:36.89
6.	Nienke Braakhekke <i>Nederlands Record</i>	De Berkelduikers	1:41.95	8900556	SB13	<b>1:42.56</b>	+0,97	420	A	48.81	1:42.56
7.	Willemijn Vos	Swol 1894	1:52.26	9506562	SB8	<b>1:53.22</b>	+1,06	361	A	53.15	1:53.22
8.	Romy Pansters 50m*	ZC Valkenburg	1:59.64	9605900	SB8	<b>1:55.40</b> *	+0,89	340	A	53.74	1:55.40

Programmanr. 7  
03-12-2010 - 10:35

Heren, 200m vlinderslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	1:49.11	Kaio Almeida	Stockholm (SWE)	10-11-2009
Europees Record	1:49.46	Nikolay Skvortsov	Istanbul (TUR)	12-12-2009
Nederlands Record Seniores	1:51.36	Joeri Verlinden	Istanbul (TUR)	12-12-2009
Nederlands Record Jeugd	2:01.36	Joeri Verlinden	Eindhoven	28-04-2006

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Niek Pereboom	WVZ	2:08.76 9305395	<b>2:06.85</b>	+0,81	D	A	28.51	1:00.76	1:33.70	2:06.85
2. Sven Kardol	Nuenen	2:10.15 9302135	<b>2:09.03</b>	+0,74	D	A	29.14	1:02.80	1:36.58	2:09.03
3. Ramon Fredrik	Orca	2:14.19 9403933	<b>2:10.13</b>	+0,73	D	A	28.19	1:01.26	1:35.83	2:10.13
4. Ensger Kotterink	Racing Club	2:10.47 9403391	<b>2:10.33</b>	+0,76	D	A	29.28	1:02.49	1:36.72	2:10.33
5. Michael van Dam	ZV Haerlem	2:21.00 9401501	<b>2:14.83</b>	+0,87	E	R	29.81	1:03.88	1:39.10	2:14.83
6. Maurice Soudant	Nuenen	2:12.21 9302125	<b>2:15.02</b>	+0,63	E	R	28.95	1:03.07	1:38.34	2:15.02
7. Jorrick Druyven	DAW	2:14.73 9400507	<b>2:16.70</b>	+0,88			28.93	1:03.27	1:39.45	2:16.70
NG.ZA Roy Smeenge	E.ON-NZA	2:04.47 9305557								

<b>All-In</b>										
1. Joeri Verlinden	E.ON-NZA	1:51.36 8803549	<b>2:00.10</b>	+0,71	B	A	26.49	57.33	1:28.70	2:00.10
2. Arjen van der Meulen	EIFFEL Swimmers PSV	2:03.73 8702223	<b>2:02.13</b>	+0,84	C	A	27.34	57.95	1:29.73	2:02.13
3. Fabian Beimin	OZ&PC	2:03.28 9100087	<b>2:04.46</b>	+0,81	D	A	27.20	58.99	1:31.11	2:04.46
4. Niek Pereboom	WVZ	2:08.76 9305395	<b>2:06.85</b>	+0,81	D	A	28.51	1:00.76	1:33.70	2:06.85
5. Wouter Houtman	EIFFEL Swimmers PSV	2:04.48 9001293	<b>2:07.71</b>	+0,75	E	A	28.40	59.90	1:33.75	2:07.71
6. Sven Kardol	Nuenen	2:10.15 9302135	<b>2:09.03</b>	+0,74	D	A	29.14	1:02.80	1:36.58	2:09.03
7. Ramon Fredrik	Orca	2:14.19 9403933	<b>2:10.13</b>	+0,73	D	A	28.19	1:01.26	1:35.83	2:10.13
8. Ensger Kotterink	Racing Club	2:10.47 9403391	<b>2:10.33</b>	+0,76	D	A	29.28	1:02.49	1:36.72	2:10.33
9. Michael van Dam	ZV Haerlem	2:21.00 9401501	<b>2:14.83</b>	+0,87	E	R	29.81	1:03.88	1:39.10	2:14.83
10. Maurice Soudant	Nuenen	2:12.21 9302125	<b>2:15.02</b>	+0,63	E	R	28.95	1:03.07	1:38.34	2:15.02
11. Jorrick Druyven	DAW	2:14.73 9400507	<b>2:16.70</b>	+0,88			28.93	1:03.27	1:39.45	2:16.70
NG.ZA Roy Smeenge	E.ON-NZA	2:04.47 9305557								

Programmanr. 8  
03-12-2010 - 10:41

Dames, 200m vlinderslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	2:00.78	Liu Zige	Berlijn (GER)	15-11-2009
Europees Record	2:03.01	Mireia Belmonte Garcia	Castellon (ESP)	26-11-2009
Nederlands Record Seniores	2:09.98	Inge Dekker	Helsinki (FIN)	07-12-2006
Nederlands Record Jeugd	2:13.62	Sharon van Rouwendaal	Saint Dizier (FRA)	15-11-2008

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Anouque Berghuis	De Zijl/LGB	2:25.44 9606132	<b>2:25.71</b>	+0,79	D	A	31.30	1:07.60	1:46.73	2:25.71
2. Femke Remmits	One Team Swimming	2:25.78 9603692	<b>2:25.82</b>	+0,74	D	B	31.98	1:09.22	1:46.34	2:25.82
3. Adája Stoetman	TriVia	2:26.24 9600348	<b>2:25.98</b>	+0,89	D	B	30.79	1:07.76	1:47.20	2:25.98
4. Macy Oortwijn	DWK	2:25.09 9500722	<b>2:27.05</b>	+0,79	E	B	31.55	1:08.15	1:46.81	2:27.05
5. Shireen Post	AZ&PC	2:35.38 9503286	<b>2:30.57</b>	+0,91	E	B	33.30	1:11.64	1:51.24	2:30.57
6. Maud Hoofs 100m*	Racing Club	2:30.73 9501206	<b>2:32.14</b>	+0,69		B	32.17	1:10.67	1:51.53	2:32.14
7. Samantha Kardol 100m*	Nuenen	2:33.89 9502972	<b>2:35.23</b>	+0,74		B	33.51	1:13.17	1:55.01	2:35.23
8. Linda Kamperman	Aquarijn	2:36.17 9601238	<b>2:35.99</b>	+0,77		B	34.92	1:13.69	1:55.27	2:35.99
9. Lisa van den Eng	WVZ	2:36.38 9602070	<b>2:50.41</b>	+0,89		B	34.95	1:17.04	2:03.56	2:50.41

**All-In**

1. S. van Rouwendaal	EIFFEL Swimmers PSV	2:11.72 9307422	<b>2:13.80</b>	+0,82	A	A	29.88	1:03.65	1:38.52	2:13.80
2. Andrea Kneppers	EIFFEL Swimmers PSV	2:17.25 9302216	<b>2:16.83</b>	+0,82	C	A	30.61	1:05.70	1:40.93	2:16.83
3. Lenneke van Schaik	EIFFEL Swimmers PSV	2:15.60 8603124	<b>2:19.19</b>	+0,80	D	A	30.40	1:05.78	1:42.12	2:19.19
4. Jessica Spruit	EIFFEL Swimmers PSV	2:17.92 9103756	<b>2:19.43</b>	+0,71	D	A	30.22	1:04.78	1:41.54	2:19.43
5. Malissa van de Heuvel	EIFFEL Swimmers PSV	2:19.37 9304922	<b>2:19.58</b>	+0,81	D	A	31.65	1:07.01	1:43.41	2:19.58
6. Merle Verkijk	WVZ	2:18.04 9400278	<b>2:20.35</b>	+0,82	D	A	30.92	1:05.88	1:42.27	2:20.35
7. Parand Zarekiani	E.ON-NZA	2:23.21 9402150	<b>2:23.02</b>	+0,84	D	A	30.68	1:06.83	1:43.85	2:23.02
8. Anouque Berghuis	De Zijl/LGB	2:25.44 9606132	<b>2:25.71</b>	+0,79	D	A	31.30	1:07.60	1:46.73	2:25.71
9. Femke Remmits	One Team Swimming	2:25.78 9603692	<b>2:25.82</b>	+0,74	D	B	31.98	1:09.22	1:46.34	2:25.82
10. Adája Stoetman	TriVia	2:26.24 9600348	<b>2:25.98</b>	+0,89	D	B	30.79	1:07.76	1:47.20	2:25.98
11. Macy Oortwijn	DWK	2:25.09 9500722	<b>2:27.05</b>	+0,79	E	B	31.55	1:08.15	1:46.81	2:27.05
12. Shireen Post	AZ&PC	2:35.38 9503286	<b>2:30.57</b>	+0,91	E	B	33.30	1:11.64	1:51.24	2:30.57
13. Maud Hoofs 100m*	Racing Club	2:30.73 9501206	<b>2:32.14</b>	+0,69		B	32.17	1:10.67	1:51.53	2:32.14
14. Samantha Kardol 100m*	Nuenen	2:33.89 9502972	<b>2:35.23</b>	+0,74		B	33.51	1:13.17	1:55.01	2:35.23
15. Linda Kamperman	Aquarijn	2:36.17 9601238	<b>2:35.99</b>	+0,77		B	34.92	1:13.69	1:55.27	2:35.99
16. Lisa van den Eng	WVZ	2:36.38 9602070	<b>2:50.41</b>	+0,89		B	34.95	1:17.04	2:03.56	2:50.41



Programmanr. 9  
03-12-2010 - 10:49

Heren, 50m vrije slag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	20.30	Roland Schoeman	Pietermaritzburg (RSA)	08-08-2009
Europees Record	20.48	Amaury Leveaux	Rijeka (CRO)	11-12-2008
Nederlands Record Senioren	21.41	Johan Kenkhuis	Triëst (ITA)	08-12-2005
Nederlands Record Jeugd	22.48	Pieter van den Hoogenband	Eindhoven	08-12-1995

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Bernd Kobesen	TriVia	23.92	9300981	<b>23.62</b>	+0,71	B
2.	Menno Manning	De Dinkel	24.04	9300333	<b>23.64</b>	+0,68	B
3.	Walter Jansen	Noordwijkerhout	24.26	9300225	<b>24.13</b>	+0,65	C
4.	Paul Koster	Hieronymus	24.31	9304465	<b>24.28</b>	+0,73	C
5.	Jesse Puts	Zwemlust-den Hommel	24.54	9401147	<b>24.48</b>	+0,71	C
6.	Jelle Derksen	AZ&PC	24.65	9400017	<b>24.55</b>	+0,75	C
7.	Mart Hendriks	Tritium (SG)	24.44	9304079	<b>24.60</b>	+0,64	D
8.	Melvin van de Meij	MNC Dordrecht	24.46	9301157	<b>24.67</b>	+0,72	D
9.	Lars Sieval	LZ 1886	24.57	9300723	<b>24.68</b>	+0,76	D
10.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	24.64	9300651	<b>24.72</b>	+0,77	D
11.	Kingue Struijf	WZ&PC Purmerend	24.66	9400913	<b>24.74</b>	+0,66	D
12.	Stef Heijnekamp	OZ&PC	24.76	9401665	<b>24.75</b>	+0,70	D
13.	Timo Dinkelberg	ZVVS	24.62	9300773	<b>24.76</b>	+0,75	D
14.	Bart Arendshorst	De Veene	24.60	9300005	<b>24.87</b>	+0,70	D
15.	Maiko Postma	DZ&PC	25.12	9400963	<b>24.91</b>	+0,67	D
	Marciano Lynch	AZ&PC	24.92	9401893	<b>24.91</b>	+0,69	D
17.	Mike ter Horst	ZV Haerlem	24.35	9402785	<b>24.93</b>	+0,88	D
18.	Ruben Klinkers	Hellas-Glana	25.09	9403511	<b>24.99</b>	+0,72	D
19.	Stefan Timmermans	RZC	25.10	9403015	<b>25.10</b>	+0,77	D
20.	Tom Brouwers	RZC	24.75	9402027	<b>25.24</b>	+0,78	E
21.	Maurice Soudant	Nuenen	24.78	9302125	<b>25.31</b>	+0,68	E
22.	Willem Kees Roos	Orca	24.99	9402693	<b>25.38</b>	+0,82	E
23.	Jelle Peltzer	ZC Valkenburg	24.82	9403779	<b>27.14</b>	+0,75	

All-In

1.	Bas van Velthoven	E.ON-NZA	22.53	8502695	<b>22.49</b>	+0,70	A	A
2.	Geert Lantink	AZ&PC	22.64	8601849	<b>22.50</b>	+0,75	A	A
3.	Floor Verhaar	DWK	23.29	9004603	<b>22.51</b>	+0,73	A	A
	Jan Kersten	De Columbiaan	22.33	8601561	<b>22.51</b>	+0,68	A	A
5.	Robbert Donk	Wiekslag	22.74	8900745	<b>22.54</b>	+0,62	A	A
6.	Joran Barends	AZ&PC	22.48	8500091	<b>22.66</b>	+0,72	B	A
7.	Jasper van Mierlo	EIFFEL Swimmers PSV	22.95	9002005	<b>22.68</b>	+0,65	B	A
8.	Timon Evenhuis	TriVia	22.39	9000843	<b>22.72</b>	+0,82	B	A
9.	Pieter Timmers	EIFFEL Swimmers PSV	22.64	8806031	<b>22.77</b>	+0,78	B	B
10.	Arjan van der Plaat	MNC Dordrecht	22.82	8602403	<b>23.08</b>	+0,74	C	B
11.	Steven Nonnekes	EIFFEL Swimmers PSV	23.22	9003749	<b>23.17</b>	+0,63	C	B
12.	Toby Aarnoutse	TriVia	23.01	8900007	<b>23.22</b>	+0,71	C	B
13.	Jeroen Stuut	TriVia	23.09	8803315	<b>23.26</b>	+0,76	C	B
	Joost Groeneveld	DWK	23.64	9200409	<b>23.26</b>	+0,70	B	B
15.	Colm Dowling	Kilkenny SC	23.77	1001672	<b>23.29</b>	+0,72	C	B
16.	Michiel Punter	Orca	23.56	8401823	<b>23.34</b>	+0,79	C	B
17.	Mark Baars	MNC Dordrecht	23.82	8500059	<b>23.43</b>	+0,69	D	R
18.	Rutger van Oosterhout	EIFFEL Swimmers PSV	23.44	9002179	<b>23.46</b>	+0,69	D	R
19.	Damien Bernard	AZ&PC	23.44	8705177	<b>23.56</b>	+0,65	D	
	Jeroen Baars	MNC Dordrecht	24.16	9200031	<b>23.56</b>	+0,72	C	
21.	Tom Lommers	WZV	23.55	9001847	<b>23.57</b>	+0,68	D	
22.	Merijn Ellenkamp	DWK	23.73	8500691	<b>23.59</b>	+0,74	D	
23.	Bernd Kobesen	TriVia	23.92	9300981	<b>23.62</b>	+0,71	B	
24.	Menno Manning	De Dinkel	24.04	9300333	<b>23.64</b>	+0,68	B	
25.	Mark Costeris	De Dolfijn	23.57	9202327	<b>23.67</b>	+0,73	C	
26.	Dennis Mooij	HZ&PC Heerenveen	23.63	8902201	<b>23.82</b>	+0,73	D	
27.	Eduard Bremmer	De Columbiaan	24.31	9200145	<b>23.88</b>	+0,69	D	
28.	Jeffrey Appel	WZ&PC Purmerend	24.25	9200027	<b>23.90</b>	+0,70	D	
29.	Pascal Timmermans	RZC	23.73	9202349	<b>24.00</b>	+0,83	D	
30.	Thom de Boer	DAW	23.92	9100181	<b>24.06</b>	+0,75	D	
31.	Arjan Assink	WVZ	23.51	8600069	<b>24.12</b>	+0,75	E	
32.	Walter Jansen	Noordwijkerhout	24.26	9300225	<b>24.13</b>	+0,65	C	

## Programmanr. 9, Heren, 50m vrije slag, Voorronde, All-In

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
33.	John Verhagen	EIFFEL Swimmers PSV	24.40	9205325	<b>24.14</b>	+0,73	D	
34.	Paul Koster	Hieronymus	24.31	9304465	<b>24.28</b>	+0,73	C	
35.	Alwin Hillebrink	MNC Dordrecht	24.40	9201661	<b>24.42</b>	+0,76	D	
36.	Jesse Puts	Zwemlust-den Hommel	24.54	9401147	<b>24.48</b>	+0,71	C	
37.	Jelle Derksen	AZ&PC	24.65	9400017	<b>24.55</b>	+0,75	C	
38.	Mart Hendriks	Tritium (SG)	24.44	9304079	<b>24.60</b>	+0,64	D	
39.	Melvin van de Meij	MNC Dordrecht	24.46	9301157	<b>24.67</b>	+0,72	D	
40.	Lars Sieval	LZ 1886	24.57	9300723	<b>24.68</b>	+0,76	D	
41.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	24.64	9300651	<b>24.72</b>	+0,77	D	
42.	Kingue Struijf	WZ&PC Purmerend	24.66	9400913	<b>24.74</b>	+0,66	D	
43.	Stef Heijnekamp	OZ&PC	24.76	9401665	<b>24.75</b>	+0,70	D	
44.	Timo Dinkelberg	ZVVS	24.62	9300773	<b>24.76</b>	+0,75	D	
45.	Bart Arendshorst	De Veene	24.60	9300005	<b>24.87</b>	+0,70	D	
46.	Marciano Lynch	AZ&PC	24.92	9401893	<b>24.91</b>	+0,69	D	
	Maiko Postma	DZ&PC	25.12	9400963	<b>24.91</b>	+0,67	D	
48.	Mike ter Horst	ZV Haerlem	24.35	9402785	<b>24.93</b>	+0,88	D	
49.	Ruben Klinkers	Hellas-Glana	25.09	9403511	<b>24.99</b>	+0,72	D	
50.	Stefan Timmermans	RZC	25.10	9403015	<b>25.10</b>	+0,77	D	
51.	Wouter Smeets	WVZ	23.58	8402093	<b>25.12</b>	+0,83		
52.	Tom Brouwers	RZC	24.75	9402027	<b>25.24</b>	+0,78	E	
53.	Maurice Soudant	Nuenen	24.78	9302125	<b>25.31</b>	+0,68	E	
54.	Willem Kees Roos	Orca	24.99	9402693	<b>25.38</b>	+0,82	E	
55.	Jelle Peltzer	ZC Valkenburg	24.82	9403779	<b>27.14</b>	+0,75		

Programmanr. 109  
03-12-2010 - 10:58Heren, 50m vrije slag  
Gehandicapten S1 t/m S13Jeugd/Senioren  
Resultaten Voorronde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt. finale
<b>Jeugd 1 en 2</b>								
1.	Thijs van den End	One Team Swimming	28.90	9306803	S9	<b>28.86</b>	+0,95	677
<b>All-In</b>								
1.	Maurice Deelen <i>Europees Record</i>	AZ&PC	26.60	7101407	S8	<b>26.20</b>	+0,74	1029
2.	Michel Tielbeke	SC Salland (SG)	25.10	8102101	S13	<b>25.85</b>	+0,85	743
3.	Mike vd Zanden	EIFFEL Swimmers PSV	26.28	8703905	S10	<b>26.15</b> *	+0,77	736
4.	Thijs van den End	One Team Swimming	28.90	9306803	S9	<b>28.86</b>	+0,95	677
5.	Michael Schoenmaker	AZ&PC	43.20	8302615	S4	<b>44.46</b>		602
6.	Robert Appelman	Zwemvereniging Hoorn	33.31	8302893	S9	<b>32.97</b>	+1,01	454
7.	Jacco Beniest	One Team Swimming	29.38	8503603	S10	<b>30.86</b>	+0,82	448
8.	Tom van der Plas	LZ 1886	35.32	8905867	S8	<b>35.43</b>	+0,98	416
9.	Niels Janssen	WIDEX GZC DONK	36.32	9107509	S8	<b>36.02</b>	+0,84	396

Programmanr. 10  
03-12-2010 - 11:02

Dames, 50m vrije slag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	23.25	Marleen Veldhuis	Manchester (GBR)	13-04-2008
Europees Record	23.25	Marleen Veldhuis	Manchester (GBR)	13-04-2008
Nederlands Record Senioren	23.25	Marleen Veldhuis	Manchester (GBR)	13-04-2008
Nederlands Record Jeugd	25.24	Ranomi Kromowidjojo	Eindhoven	28-04-2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Esmee Vermeulen	E.ON-NZA	26.58	9600678	<b>26.14</b>	+0,77	A+ B
2.	Maartje de Wit	WVZ	26.81	9502362	<b>26.25</b>	+0,77	A B
3.	Jovanna Koens	EIFFEL Swimmers PSV	25.84	9505652	<b>26.35</b>	+0,71	A B
4.	Sylvia Dik	TriVia	26.38	9501064	<b>26.49</b>	+0,87	A ?
5.	Maaïke de Waard	De Zeehond '73	26.50	9600604	<b>26.60</b>	+0,60	A
6.	Femke Leenstra	Orca	26.49	9503038	<b>26.61</b>	+0,74	B
7.	Laura Moolenaar	AZ&PC	27.69	9600656	<b>26.78</b>	+0,69	A
8.	Anouk Frieman	TriVia	26.81	9502390	<b>26.83</b>	+0,85	B
9.	Loes Westerhof	De Dinkel	27.12	9502752	<b>26.96</b>	+0,73	B
10.	Macy Oortwijn	DWK	26.76	9500722	<b>27.07</b>	+0,76	C
11.	Celine Hoogendijk	ZVVS	27.01	9601596	<b>27.08</b>	+0,80	B
12.	Lisette Jansen	De Columbiaan	27.40	9500418	<b>27.22</b>	+0,85	C
13.	Brenda Zwarthoed	DAW	27.44	9604938	<b>27.24</b>	+0,75	B
14.	Milou Schraeverus	AZ&PC	28.08	9503878	<b>27.28</b>	+0,72	C
15.	Elise Pennings	Argo	27.83	9503608	<b>27.30</b>	+0,70	C
16.	Lynn Dybiona	AZ&PC	27.93	9501786	<b>27.41</b>	+0,75	C
17.	Bente van Bergen	Zeester-Meerval	27.84	9600336	<b>27.47</b>	+0,59	C
18.	Kelly Wigleven	Poseidon'56	28.16	9500058	<b>27.73</b>	+0,80	D
	Michelle de Bruijn	TRB-RES	27.44	9503090	<b>27.73</b>	+0,80	D
20.	Kimberly Ribberink	De Dinkel	28.03	9501654	<b>27.76</b>	+0,81	D
21.	Laura Hagreis	OZ&PC	28.23	9600548	<b>27.78</b>	+0,75	C
22.	Denise van Ark	Aquapoldro	27.86	9604800	<b>27.84</b>	+0,70	D
23.	Demelsa Kreuger	De Fuut	27.64	9505746	<b>27.90</b>	+0,80	D
24.	Marcella van der Ent	Poseidon'56	27.84	9600174	<b>27.91</b>	+0,79	D
	Jaimy Mous	Njord	27.83	9602576	<b>27.91</b>	+0,70	D
	Tamara Grove	Oceanus	27.86	9601266	<b>27.91</b>	+0,93	D
27.	Femke Remmits	One Team Swimming	27.70	9603692	<b>27.96</b>	+0,73	D
28.	Adája Stoetman	TriVia	27.78	9600348	<b>28.00</b>	+0,83	D
29.	Susan Teijken	Nuenen	28.02	9504592	<b>28.01</b>	+0,76	D
30.	Amber Stienstra	D'Eift	28.13	9604448	<b>28.02</b>	+0,72	D
31.	Michelle Hoogendoorn	ZPC De Hof	28.04	9503718	<b>28.04</b>	+0,77	D
	Esther Hulsing	TriVia	27.53	9601080	<b>28.04</b>	+0,92	D
33.	Evelien van Ruiten	Orca	28.35	9602924	<b>28.09</b>	+0,72	D
34.	Sedona de Keijzer	AZ&PC	28.17	9603164	<b>28.18</b>	+0,89	D
35.	Renate Hemmes	RTC-Drachten	27.40	9600418	<b>28.21</b>	+0,75	D
36.	Claudia Rijkhoff	Zwemvereniging Hoorn	28.29	9603338	<b>28.23</b>	+0,75	D
37.	Kimberly Mijnen	WZ&PC Purmerend	28.08	9503644	<b>28.31</b>	+0,73	E
38.	Noortje Timmerman	De Dinkel	28.13	9501088	<b>28.33</b>	+0,86	E
39.	Sabine van den Hoeven	De Veene	28.39	9600014	<b>28.35</b>	+0,93	D
40.	Sietske Veldkamp	ZPC De Hof	27.74	9501628	<b>28.43</b>	+0,85	E
41.	Judith Ringnalda	Steenwijk 1934	28.35	9603904	<b>28.49</b>	+0,88	E
42.	Lisanne vd Lelij	One Team Swimming	28.43	9600666	<b>28.56</b>	+0,87	E
43.	Roxann Geenen	DAW	28.28	9601518	<b>28.57</b>	+0,74	E
44.	Samantha Kardol	Nuenen	28.06	9502972	<b>28.64</b>	+0,74	E
45.	Jessie Smeding	Orca	28.16	9504528	<b>28.76</b>	+0,72	E
46.	Kristine Zwaan	Zwemvereniging Hoorn	27.86	9604426	<b>28.80</b>	+0,89	E

All-In

1.	Hinkelien Schreuder	EIFFEL Swimmers PSV	23.32	8402192	<b>24.61</b>	+0,74	A+ A
2.	Ilse Kraayeveld	EIFFEL Swimmers PSV	25.05	9002110	<b>25.22</b>	+0,71	A A
3.	Maud van de Meer	EIFFEL Swimmers PSV	25.51	9201180	<b>25.31</b>	+0,69	A A
4.	Tamara van Vliet	E.ON-NZA	25.90	9403562	<b>25.33</b>	+0,80	A+ A
5.	Chantal Senden	ZC Valkenburg	25.76	9300698	<b>25.70</b>	+0,72	A A
	Rieneke Terink	AZ&PC	25.65	8402424	<b>25.70</b>	+0,80	B A
7.	Manon Minneboo	EIFFEL Swimmers PSV	25.93	9301548	<b>25.82</b>	+0,76	B A
8.	Clarissa van Rheenen	EIFFEL Swimmers PSV	25.44	9108270	<b>25.85</b>	+0,69	C A
9.	Eline Boers	E.ON-NZA	25.43	9104546	<b>25.89</b>	+0,74	C B

Programmanr. 10, Dames, 50m vrije slag, Voorronde, All-In

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
10.	Anja van der Hout	De Dolfijn	25.89	9001598	<b>25.99</b>	+0,65	C B
11.	Lotte Goosen	DIO	26.73	9205306	<b>26.05</b>	+0,67	C B
12.	Esmee Vermeulen	E.ON-NZA	26.58	9600678	<b>26.14</b>	+0,77	A+ B
13.	Maartje de Wit	WVZ	26.81	9502362	<b>26.25</b>	+0,77	A B
14.	Pauline Gouwens	DWK	26.70	8400790	<b>26.33</b>	+0,84	D B
15.	Jovanna Koens	EIFFEL Swimmers PSV	25.84	9505652	<b>26.35</b>	+0,71	A B
16.	Miranda Nijenhuis	De Columbiaan	26.46	9204076	<b>26.41</b>	+0,78	C B
17.	Elinore de Jong	De Otters Het Gooi	25.46	8902072	<b>26.49</b>	+0,79	D ?
	Sylvia Dik	TriVia	26.38	9501064	<b>26.49</b>	+0,87	A ?
19.	Mariska Scheel	De Lansingh	26.85	9306344	<b>26.55</b>	+0,75	C A
20.	Kimberley Albers	EIFFEL Swimmers PSV	26.57	9204102	<b>26.56</b>	+0,71	D
21.	Kelly de Jong	AZ&PC	26.69	9101474	<b>26.57</b>	+0,78	D
22.	Maaïke de Waard	De Zeehond '73	26.50	9600604	<b>26.60</b>	+0,60	A
23.	Femke Leenstra	Orca	26.49	9503038	<b>26.61</b>	+0,74	B
24.	Malissa van der Horst	Zwemlust-den Hommel	26.63	9200810	<b>26.72</b>	+0,84	D
25.	Laura Moolenaar	AZ&PC	27.69	9600656	<b>26.78</b>	+0,69	A
26.	Anouk Frieman	TriVia	26.81	9502390	<b>26.83</b>	+0,85	B
27.	Loes Westerhof	De Dinkel	27.12	9502752	<b>26.96</b>	+0,73	B
28.	Macy Oortwijn	DWK	26.76	9500722	<b>27.07</b>	+0,76	C
29.	Celine Hoogendijk	ZVVS	27.01	9601596	<b>27.08</b>	+0,80	B
	Jocelyn Spruit	EIFFEL Swimmers PSV	26.87	9302044	<b>27.08</b>		D
31.	Christel Vinke	ZVZ	27.15	9400152	<b>27.10</b>	+0,69	D
32.	Lisette Jansen	De Columbiaan	27.40	9500418	<b>27.22</b>	+0,85	C
33.	Annelinde Veldman	Appingedam	26.94	9302758	<b>27.24</b>	+0,78	D
	Brenda Zwarthoed	DAW	27.44	9604938	<b>27.24</b>	+0,75	B
35.	Sharon Gelmers	Octopus	27.42	9400416	<b>27.26</b>	+0,81	D
36.	Milou Schraeverus	AZ&PC	28.08	9503878	<b>27.28</b>	+0,72	C
37.	Elise Pennings	Argo	27.83	9503608	<b>27.30</b>	+0,70	C
38.	Sanne Rodenburg	RZC	27.02	9404714	<b>27.31</b>	+0,87	D
39.	Claire de Winter	AZ&PC	26.96	9406050	<b>27.33</b>	+0,77	D
40.	Nelly Velthuijs	Njord	27.27	9404028	<b>27.35</b>	+0,73	D
41.	Lynn Dybiona	AZ&PC	27.93	9501786	<b>27.41</b>	+0,75	C
42.	Bente van Bergen	Zeester-Meerval	27.84	9600336	<b>27.47</b>	+0,59	C
43.	Pascalie Spiekerman	WZ&PC Purmerend	27.06	9403030	<b>27.48</b>	+0,82	D
44.	Kim Loeffen	Tritium (SG)	27.24	9403432	<b>27.62</b>	+0,88	D
	Stephanie Janssen	Zeester-Meerval	26.66	9101450	<b>27.62</b>	+0,77	E
46.	Kelly Wiglevan	Poseidon'56	28.16	9500058	<b>27.73</b>	+0,80	D
	Michelle de Bruijn	TRB-RES	27.44	9503090	<b>27.73</b>	+0,80	D
48.	Kimberly Ribberink	De Dinkel	28.03	9501654	<b>27.76</b>	+0,81	D
49.	Laura Hagreis	OZ&PC	28.23	9600548	<b>27.78</b>	+0,75	C
50.	Denise van Ark	Aquapoldro	27.86	9604800	<b>27.84</b>	+0,70	D
51.	Demelsa Kreuger	De Fuut	27.64	9505746	<b>27.90</b>	+0,80	D
52.	Jaimy Mous	Njord	27.83	9602576	<b>27.91</b>	+0,70	D
	Tamara Grove	Oceanus	27.86	9601266	<b>27.91</b>	+0,93	D
	Marcella van der Ent	Poseidon'56	27.84	9600174	<b>27.91</b>	+0,79	D
55.	Femke Remmits	One Team Swimming	27.70	9603692	<b>27.96</b>	+0,73	D
56.	Iris Riezebos	Deltasteur	26.56	9400114	<b>28.00</b>	+0,82	E
	Adája Stoetman	TriVia	27.78	9600348	<b>28.00</b>	+0,83	D
58.	Susan Teijken	Nuenen	28.02	9504592	<b>28.01</b>	+0,76	D
	Karlijn Hoogstede	Zeester-Meerval	27.39	9404800	<b>28.01</b>	+0,76	E
60.	Amber Stienstra	D'Eift	28.13	9604448	<b>28.02</b>	+0,72	D
61.	Michelle Hoogendoorn	ZPC De Hof	28.04	9503718	<b>28.04</b>	+0,77	D
	Esther Hulsing	TriVia	27.53	9601080	<b>28.04</b>	+0,92	D
63.	Evelien van Ruiten	Orca	28.35	9602924	<b>28.09</b>	+0,72	D
64.	Sedona de Keijzer	AZ&PC	28.17	9603164	<b>28.18</b>	+0,89	D
65.	Renate Hemmes	RTC-Drachten	27.40	9600418	<b>28.21</b>	+0,75	D
66.	Claudia Rijkhoff	Zwemvereniging Hoorn	28.29	9603338	<b>28.23</b>	+0,75	D
67.	Kimberly Mijnen	WZ&PC Purmerend	28.08	9503644	<b>28.31</b>	+0,73	E
68.	Noortje Timmerman	De Dinkel	28.13	9501088	<b>28.33</b>	+0,86	E
69.	Sabine van den Hoeven	De Veene	28.39	9600014	<b>28.35</b>	+0,93	D
70.	Sietske Veldkamp	ZPC De Hof	27.74	9501628	<b>28.43</b>	+0,85	E
71.	Judith Ringnalda	Steenwijk 1934	28.35	9603904	<b>28.49</b>	+0,88	E
72.	Lisanne vd Lelij	One Team Swimming	28.43	9600666	<b>28.56</b>	+0,87	E
73.	Roxann Geenen	DAW	28.28	9601518	<b>28.57</b>	+0,74	E
74.	Samantha Kardol	Nuenen	28.06	9502972	<b>28.64</b>	+0,74	E
75.	Jessie Smeding	Orca	28.16	9504528	<b>28.76</b>	+0,72	E
76.	Kristine Zwaan	Zwemvereniging Hoorn	27.86	9604426	<b>28.80</b>	+0,89	E

Programmanr. 10, Dames, 50m vrije slag, Voorronde, All-In

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
AFGEM	Saskia de Jonge	RTC-Drachten	25.08	8601826			





Programmanr. 110  
03-12-2010 - 11:16Dames, 50m vrije slag  
Gehandicapten S1 t/m S13Jeugd/Senioren  
Resultaten Voorronde

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt. finale
<b>Jeugd 1 en 2</b>							
1.	Marije Oosterhuis	Eemsrobben	32.75	9500318	S10	<b>31.83</b>	+0,85 650
2.	Romy Pansters	ZC Valkenburg	35.02	9605900	S8	<b>35.19</b>	+0,88 632
3.	Wendy Jasperse	Aquarijn	41.08	9506624	S10	<b>40.61</b>	+0,76 313
4.	Kelsey van de Broeke	Koewacht	41.86	9603938	S10	<b>41.86</b>	+0,94 286
5.	Willemijn Vos	Swol 1894	45.26	9506562	S8	<b>46.19</b>	+1,08 279
<b>All-In</b>							
1.	Chantal Molenkamp	AZ&PC	29.20	9002624	S10	<b>29.63</b>	+0,79 806
2.	Marije Oosterhuis	Eemsrobben	32.75	9500318	S10	<b>31.83</b>	+0,85 650
3.	Romy Pansters	ZC Valkenburg	35.02	9605900	S8	<b>35.19</b>	+0,88 632
4.	Lisa den Braber	AZ&PC	36.87	9207558	S8	<b>37.90</b>	+0,67 506
5.	Lisa Dootjes	De Lansingh	35.29	9407016	S9	<b>34.80</b>	+1,05 504
6.	Britt van Diessen	TRB-RES	35.83	8900900	S10	<b>36.21</b>	+1,01 441
7.	Sanne van Aken	NDD	44.36	8700034	S7	<b>43.25</b> *	+1,02 419
8.	Lisette Teunissen	MNC Dordrecht	45.33	8604834	S5	<b>46.73</b>	412
9.	Elena Habets	Brunssum	42.72	9007170	S8	<b>41.46</b>	+1,12 386
10.	Wendy Jasperse	Aquarijn	41.08	9506624	S10	<b>40.61</b>	+0,76 313
11.	Kelsey van de Broeke	Koewacht	41.86	9603938	S10	<b>41.86</b>	+0,94 286
12.	Willemijn Vos	Swol 1894	45.26	9506562	S8	<b>46.19</b>	+1,08 279

Programmanr. 11  
03-12-2010 - 11:35

Heren, 200m wisselslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	1:51.55	Darian Townsend	Berlijn (GER)	15-11-2009
Europees Record	1:51.72	Markus Rogan	Istanbul (TUR)	10-12-2009
Nederlands Record Senioren	1:55.90	Marcel Wouda	Sydney (AUS)	22-01-1998
Nederlands Record Jeugd	2:03.08	Robin van Aggele	Alphen a/d Rijn	07-12-2001

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Jens Bakker	E.ON-NZA	2:03.49 9300021	<b>2:03.51</b>	+0,72	A	A	26.68	58.73	1:33.37	2:03.51
2. Ensger Kotterink	Racing Club	2:08.47 9403391	<b>2:08.40</b> *	+0,74	C	B	27.85	1:00.49	1:38.42	2:08.40
<i>50m en 100m*</i>										
3. Timo Dinkelberg	ZVVS	2:12.90 9300773	<b>2:09.62</b>	+0,78	D	B	28.12	1:02.68	1:40.44	2:09.62
4. Ramon Fredrik	Orca	2:15.45 9403933	<b>2:12.97</b>	+0,76	D		27.96	1:01.64	1:41.89	2:12.97
5. N. van Basten Batenburg	ZC Valkenburg	2:14.01 9400593	<b>2:13.17</b>	+0,83	E		28.00	1:01.34	1:41.41	2:13.17
6. Date v.d. Zaag	EIFFEL Swimmers PSV	2:13.85 9403919	<b>2:14.76</b>	+0,75	E		29.49	1:03.60	1:43.49	2:14.76
7. Arjan Knipping	Livo	2:16.23 9401667	<b>2:17.17</b>	+0,78	E		30.05	1:05.28	1:44.43	2:17.17
8. Jorrick Druyven	DAW	2:15.15 9400507	<b>2:17.69</b>	+0,85	E		28.80	1:03.12	1:44.99	2:17.69
9. Jelle Derksen	AZ&PC	2:13.62 9400017	<b>2:18.58</b> *	+0,74	E		28.10	1:05.09	1:44.13	2:18.58
NG.ZA Stan Tummers	Hellas-Glana	2:13.47 9400649								

**All-In**

1. Nick Driebergen	E.ON-NZA	2:04.53 8700793	<b>2:01.19</b>	+0,71	A	A	25.78	54.42	1:31.98	2:01.19
2. Devi Wolthuizen	TriVia	2:01.12 8703887	<b>2:02.29</b>	+0,78	B	A	26.93	57.34	1:32.97	2:02.29
3. Lennart Stekelenburg	E.ON-NZA	2:02.89 8602979	<b>2:03.01</b> *	+0,76	B	A	27.30	59.22	1:32.39	2:03.01
<i>50m en 100m*</i>										
4. Mike Marissen	AZ&PC	2:05.15 9202187	<b>2:03.48</b>	+0,79	A	A	26.80	57.56	1:33.39	2:03.48
5. Jens Bakker	E.ON-NZA	2:03.49 9300021	<b>2:03.51</b>	+0,72	A	A	26.68	58.73	1:33.37	2:03.51
6. Sebas van Lith	Aqua-Novio'94	2:05.67 9001841	<b>2:04.55</b>	+0,85	C	A	26.58	57.91	1:34.29	2:04.55
7. Bram Dekker	EIFFEL Swimmers PSV	2:02.56 8900649	<b>2:05.38</b>	+0,76	C	A	27.35	1:00.04	1:35.17	2:05.38
8. Raymond van de Merwe	WVZ	2:07.11 8602077	<b>2:05.52</b>	+0,74	C	A	26.59	57.86	1:34.73	2:05.52
9. Colm Dowling	Kilkenny SC	2:07.65 1001672	<b>2:05.57</b>	+0,72	C	B	27.09	57.76	1:35.40	2:05.57
10. Erik Hagting	DZ&PC	2:08.53 9100829	<b>2:07.36</b>	+0,83	D	B	27.42	58.23	1:36.33	2:07.36
11. Davy Verreussel	Hellas-Glana	2:03.82 8903341	<b>2:08.28</b> *	+0,75	D	B	27.32	1:00.68	1:37.79	2:08.28
12. Kevin Hondsmark	De Schelde	2:07.09 8801501	<b>2:08.34</b>	+0,76	D	B	28.21	1:01.07	1:38.63	2:08.34
13. Ensger Kotterink	Racing Club	2:08.47 9403391	<b>2:08.40</b> *	+0,74	C	B	27.85	1:00.49	1:38.42	2:08.40
<i>50m en 100m*</i>										
14. Tim van Deutekom	E.ON-NZA	2:08.10 9100459	<b>2:09.36</b>	+0,70	D	B	24.65	57.35	1:35.52	2:09.36
15. Timo Dinkelberg	ZVVS	2:12.90 9300773	<b>2:09.62</b>	+0,78	D	B	28.12	1:02.68	1:40.44	2:09.62
16. Sjoerd Zanderink	De Dinkel	2:07.99 9102651	<b>2:09.97</b>	+0,77	E	B	28.38	1:03.02	1:39.31	2:09.97
17. Nick Hessing	AZ&PC	2:08.83 9103753	<b>2:11.82</b>	+0,74	E	R	28.03	1:01.32	1:39.54	2:11.82
18. Dennis Eliveld	De Dolfijn	2:08.11 9202351	<b>2:12.10</b>	+0,75	E	R	27.24	59.51	1:39.94	2:12.10
19. Ramon Fredrik	Orca	2:15.45 9403933	<b>2:12.97</b>	+0,76	D		27.96	1:01.64	1:41.89	2:12.97
20. N. van Basten Batenburg	ZC Valkenburg	2:14.01 9400593	<b>2:13.17</b>	+0,83	E		28.00	1:01.34	1:41.41	2:13.17
21. Date v.d. Zaag	EIFFEL Swimmers PSV	2:13.85 9403919	<b>2:14.76</b>	+0,75	E		29.49	1:03.60	1:43.49	2:14.76
22. Arjan Knipping	Livo	2:16.23 9401667	<b>2:17.17</b>	+0,78	E		30.05	1:05.28	1:44.43	2:17.17
23. Jorrick Druyven	DAW	2:15.15 9400507	<b>2:17.69</b>	+0,85	E		28.80	1:03.12	1:44.99	2:17.69
24. Jelle Derksen	AZ&PC	2:13.62 9400017	<b>2:18.58</b> *	+0,74	E		28.10	1:05.09	1:44.13	2:18.58
NG.ZA Stan Tummers	Hellas-Glana	2:13.47 9400649								

Programmanr. 211  
03-12-2010 - 11:45

Heren, 150m wisselslag  
Gehandicapten SM2 t/m SM4

Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt. finale
All-In								
1.	Michael Schoenmaker <i>50m*, Nederlands Record</i>	AZ&PC	2:47.31	8302615	SM4	<b>2:56.26</b>		661

Programmanr. 12  
03-12-2010 - 11:48

Dames, 200m wisselslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	2:04.60	Julia Smit	Manchester (GBR)	19-12-2009
Europees Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10-12-2009
Nederlands Record Senioren	2:09.78	Femke Heemskerck	Amsterdam	19-12-2008
Nederlands Record Jeugd	2:17.23	Sharon van Rouwendaal	St. Raphael (FRA)	01-03-2009

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Esmée Bos	DWK	2:21.18 9600662	<b>2:18.15</b>	+0,86	A+	A	30.83	1:04.57	1:44.82	2:18.15
<i>Nederlands Record 14 jaar, 50m*</i>										
2. Rachelle Visser	AZ&PC	2:23.94 9500106	<b>2:21.48</b> *	+0,86	A	B	29.62	1:05.20	1:48.04	2:21.48
<i>50m*</i>										
3. Cynthia Verkaik	Orca	2:24.22 9601288	<b>2:22.27</b>	+0,76	A	B	31.35	1:07.88	1:49.70	2:22.27
4. Irene Teufer	De Dolfijn	2:28.04 9602340	<b>2:24.69</b>	+0,76	B	R	30.33	1:09.62	1:49.98	2:24.69
5. Macy Oortwijn	DWK	2:25.96 9500722	<b>2:29.11</b>	+0,81	D		31.69	1:10.62	1:54.67	2:29.11
6. Anouque Berghuis	De Zijl/LGB	2:29.60 9606132	<b>2:29.44</b>	+0,78	D		31.84	1:09.74	1:55.43	2:29.44
7. Lotte Langenhoff	Zeester-Meerval	2:30.89 9602580	<b>2:30.06</b>	+0,79	D		31.70	1:07.86	1:53.93	2:30.06
8. Nicole Bennis	Racing Club	2:31.20 9600470	<b>2:30.98</b>	+0,75	D		33.19	1:12.86	1:55.54	2:30.98
9. Asmara Ritmeijer	ZVVS	2:31.15 9600790	<b>2:31.56</b> *	+0,84	E		33.92	1:11.82	1:56.93	2:31.56
<i>50m*</i>										
10. Claudia Rijkhoff	Zwemvereniging Hoorn	2:31.14 9603338	<b>2:32.39</b>	+0,75	E		32.41	1:10.02	1:56.53	2:32.39
11. Joyce Mennink	Dedemsvaart-AC	2:31.38 9601180	<b>2:33.32</b>	+0,75	E		32.35	1:10.65	1:56.82	2:33.32
NG.ZA Janne Hendrickx	EIFFEL Swimmers PSV	2:31.14 9606410								

All-In

1. Hinkelien Schreuder	EIFFEL Swimmers PSV	2:10.53 8402192	<b>2:15.50</b>	+0,75	A	A	27.64	1:02.70	1:42.37	2:15.50
<i>50m*</i>										
2. Lieke Verouden	AZ&PC	2:12.57 9003948	<b>2:17.09</b>	+0,84	B	A	29.09	1:04.90	1:44.31	2:17.09
3. Lisa Dreesens	EIFFEL Swimmers PSV	2:17.07 9105798	<b>2:17.27</b> *	+0,82	B	A	28.82	1:04.70	1:44.91	2:17.27
<i>50m*</i>										
4. Joëlle Scheps	EIFFEL Swimmers PSV	2:16.07 9202364	<b>2:17.81</b>	+0,83	B	A	29.50	1:05.80	1:45.77	2:17.81
5. Esmée Bos	DWK	2:21.18 9600662	<b>2:18.15</b>	+0,86	A+	A	30.83	1:04.57	1:44.82	2:18.15
<i>Nederlands Record 14 jaar, 50m*</i>										
6. Judith Stap	EIFFEL Swimmers PSV	2:19.78 9302702	<b>2:20.02</b> *	+0,74	B	A	29.57	1:05.37	1:46.97	2:20.02
<i>50m*</i>										
7. Marjolein Delno	De Rijn	2:20.17 9400024	<b>2:20.60</b>	+0,90	B	A	30.45	1:05.70	1:48.15	2:20.60
8. Manon Minneboon	EIFFEL Swimmers PSV	2:23.02 9301548	<b>2:20.77</b>	+0,75	C	A	29.61	1:06.48	1:47.83	2:20.77
9. Rachelle Visser	AZ&PC	2:23.94 9500106	<b>2:21.48</b> *	+0,86	A	B	29.62	1:05.20	1:48.04	2:21.48
<i>50m*</i>										
10. Silke Oude Weernink	De Dolfijn	2:20.82 9002854	<b>2:21.75</b>	+0,86	D	B	30.00	1:06.65	1:49.20	2:21.75
11. Cynthia Verkaik	Orca	2:24.22 9601288	<b>2:22.27</b>	+0,76	A	B	31.35	1:07.88	1:49.70	2:22.27
12. Wendan Poelstra	HZ&PC Heerenveen	2:21.05 9102496	<b>2:22.42</b>	+0,78	D	B	30.42	1:05.93	1:48.65	2:22.42
13. Inge Pepping	De Rijn	2:23.99 9402308	<b>2:22.75</b>			C	30.83	1:07.26	1:49.80	2:22.75
14. Malissa van de Heuvel	EIFFEL Swimmers PSV	2:24.63 9304922	<b>2:23.43</b>	+0,75	D	B	31.71	1:08.68	1:50.61	2:23.43
15. Merle Verkijk	WVZ	2:20.00 9400278	<b>2:23.77</b> *	+0,80	C	B	30.17	1:07.03	1:49.81	2:23.77
<i>50m*</i>										
16. Géke Heinsbroek	WVZ	2:23.49 9300312	<b>2:24.14</b>	+0,77	D	B	31.71	1:09.54	1:51.02	2:24.14
17. Irene Teufer	De Dolfijn	2:28.04 9602340	<b>2:24.69</b>	+0,76	B	R	30.33	1:09.62	1:49.98	2:24.69
18. Judith van Meijel	HZPC	2:23.18 9102076	<b>2:24.91</b>	+0,79	E	R	32.11	1:08.03	1:51.06	2:24.91
19. Michelle Verouden	HZPC	2:25.74 9400150	<b>2:25.21</b>	+0,92	D		32.65	1:09.37	1:51.33	2:25.21
20. Gea Hagting	Nova	2:24.57 8801584	<b>2:25.43</b>	+0,89	E		31.97	1:09.12	1:51.19	2:25.43
<i>50m*</i>										
21. Mirthe Lanfermeijer	TriVia	2:23.13 9400074	<b>2:25.88</b>	+0,84	D		31.41	1:07.45	1:51.37	2:25.88
22. Mariëlle ter Stege	ZPC Bikkel Hoogeveen	2:24.48 9102974	<b>2:26.00</b>	+1,08	E		31.37	1:07.35	1:51.07	2:26.00
23. Kristel Doreleijers	EIFFEL Swimmers PSV	2:24.60 9302568	<b>2:26.26</b>	+0,77	D		30.78	1:09.90	1:51.21	2:26.26
24. Iris van Zuilen	Olympia	2:25.54 9400216	<b>2:26.81</b>	+0,79	D		31.20	1:08.86	1:51.27	2:26.81
25. Stephanie Rombout	Luctor et Emergo	2:23.55 8803696	<b>2:27.41</b>	+0,82	E		29.99	1:07.09	1:50.87	2:27.41
26. Kim Loeffen	Tritium (SG)	2:28.02 9403432	<b>2:28.04</b>	+0,92	D		32.38	1:09.63	1:53.33	2:28.04
27. Macy Oortwijn	DWK	2:25.96 9500722	<b>2:29.11</b>	+0,81	D		31.69	1:10.62	1:54.67	2:29.11
28. Anouque Berghuis	De Zijl/LGB	2:29.60 9606132	<b>2:29.44</b>	+0,78	D		31.84	1:09.74	1:55.43	2:29.44
29. Lotte Langenhoff	Zeester-Meerval	2:30.89 9602580	<b>2:30.06</b>	+0,79	D		31.70	1:07.86	1:53.93	2:30.06
30. Nicole Bennis	Racing Club	2:31.20 9600470	<b>2:30.98</b>	+0,75	D		33.19	1:12.86	1:55.54	2:30.98
31. Asmara Ritmeijer	ZVVS	2:31.15 9600790	<b>2:31.56</b> *	+0,84	E		33.92	1:11.82	1:56.93	2:31.56
<i>50m*</i>										

Programmanr. 12, Dames, 200m wisselslag, Voorronde, All-In

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
32. Claudia Rijkhoff	Zwemvereniging Hoorn	2:31.14 9603338	<b>2:32.39</b>	+0,75	E		32.41	1:10.02	1:56.53	2:32.39
33. Pascalle Spiekerman	WZ&PC Purmerend	2:26.51 9403030	<b>2:32.95</b>	+0,83	E		31.82	1:11.34	1:56.38	2:32.95
34. Joyce Mennink	Dedemsvaart-AC	2:31.38 9601180	<b>2:33.32</b>	+0,75	E		32.35	1:10.65	1:56.82	2:33.32
35. Sharona Mlcoch	DAW	2:27.84 9406178	<b>2:33.76</b>	+0,97	E		31.56	1:09.05	1:57.62	2:33.76
NG.ZA Janne Hendrickx	EIFFEL Swimmers PSV	2:31.14 9606410								

Programmanr. 13  
03-12-2010 - 12:21

Heren, 4 x 200m vrije slag

Senioren Open  
Resultaten

Wereld Record	6:51.05	CAN	CAN	Leeds (GBR)	07-08-2009
Europees Record	6:56.52	GBR	GBR	Manchester (GBR)	10-04-2008
Nederlands Record Senioren Ver.	7:10.56	De Dolfijn		Amsterdam	19-12-2008
Nederlands Record Jeugd Ver.	7:50.39	Arke De Dinkel		Denekamp	24-11-1996

rang	vereniging		intijd		tijd	RT	niv.
1.	De Dolfijn 1 <i>Ned. Record Senioren Verenigingen</i>	De Dolfijn	7:08.44		<b>7:04.61</b>	+0,71	
	Joost Reijns	87	+0,71	24.16	50.65	1:18.24	1:46.16
	Bas van Velthoven	85	+0,29	24.25	50.77	1:18.64	1:46.52
	Joeri Verlinden	88	+0,32	24.74	51.84	1:19.52	1:46.76
	Stefan de Die	86	+0,28	23.76	50.91	1:18.06	1:45.17
2.	EIFFEL Swimmers PSV 1	EIFFEL Swimmers PSV	7:16.43		<b>7:14.49</b>	+0,73	
	Rutger van Oosterhout	90	+0,73	25.49	52.86	1:21.26	1:50.17
	Job Kienhuis	89	+0,20	25.03	52.05	1:19.64	1:47.32
	Arjen van der Meulen	87	+0,35	25.38	53.02	1:21.29	1:49.98
	Pieter Timmers	88	+0,06	24.13	51.30	1:19.03	1:47.02
3.	AZ&PC 1	AZ&PC	7:32.29		<b>7:34.43</b>	+0,87	
	Mark Moussa	90	+0,87	26.11	55.18	1:25.61	1:55.70
	Joran Barends	85	+0,44	25.51	53.63	1:22.25	1:50.07
	Geert Lantink	86	+0,60	25.49	54.02	1:23.92	1:52.93
	Mike Marissen	92	+0,39	26.13	55.55	1:25.71	1:55.73
4.	MNC Dordrecht 1	MNC Dordrecht	7:47.35		<b>7:40.49</b>	+0,75	
	Sebastiaan Rosendaal	91	+0,75	25.85	54.92	1:24.96	1:54.44
	Jeroen Baars	92	+0,50	26.55	57.22	1:27.32	1:56.37
	Arjan van der Plaats	86	+0,39	25.03	54.79	1:25.79	1:56.11
	Mark Baars	85	+0,32	25.87	54.50	1:23.68	1:53.57
5.	DWK 1	DWK	7:46.00		<b>7:41.50</b>	+0,78	
	Floor Verhaar	90	+0,78	26.38	56.13	1:26.41	1:55.57
	Joost Groeneveld	92	+0,48	24.74	52.45	1:21.26	1:50.08
	Robin Bos	93	+0,49	26.04	55.30	1:26.04	1:56.79
	Jacco Doest	94	+0,56	27.34	57.77	1:28.66	1:59.06
6.	WVZ 1	WVZ	7:38.80		<b>7:50.94</b>	+0,79	
	Raymond van de Merwe	86	+0,79	26.07	54.35	1:23.99	1:54.24
	Bryan Mannaart	91	+0,38	26.90	56.41	1:26.84	1:57.37
	Wouter Smeets	84	+0,30	26.44	56.63	1:27.73	2:00.06
	Niek Pereboom	93	+0,31	25.93	56.18	1:28.13	1:59.27
7.	Hellas-Glana 1	Hellas-Glana	8:00.03		<b>7:52.84</b>	+0,82	
	Alan Smeets	84	+0,82	26.71	57.00	1:28.62	2:02.13
	Ruben Klinkers	94	+0,53	27.05	57.65	1:27.77	1:57.36
	Stan Tummers	94	+0,24	26.92	56.31	1:26.36	1:57.18
	Davy Verreussel	89	+0,49	27.28	56.72	1:26.78	1:56.17
8.	ZC Valkenburg 1	ZC Valkenburg	7:52.14		<b>7:54.10</b>	+0,77	
	Jelle Peltzer	94	+0,77	26.66	56.98	1:28.87	2:00.00
	Pim van Basten Batenburg	94	+0,36	26.93	56.56	1:27.80	1:59.70
	Niels van Basten Batenburg	94	+0,41	26.59	56.91	1:27.62	1:58.09
	Lester Snackers	94	+0,44	26.37	55.61	1:26.03	1:56.31
9.	De Dinkel 1	De Dinkel	7:49.39		<b>7:55.94</b>	+0,70	
	Jeroen Gijsselaar	93	+0,70	26.70	56.66	1:28.24	1:59.98
	Menno Manning	93	+0,34	25.73	55.58	1:26.54	1:58.50
	Rense Loohuis	91	+0,16	26.63	57.08	1:29.31	2:01.46
	Sjoerd Zanderink	91	+0,12	25.53	54.92	1:25.07	1:56.00
10.	LZ 1886 1	LZ 1886	7:59.84		<b>8:00.32</b>	+0,95	
	Lars Sieval	93	+0,95	27.49	58.36	1:29.58	2:00.33
	Joost Rijntjes	91	+0,44	27.40	59.35	1:31.10	2:02.75
	Sjoerd Sieval	90	+0,08	26.71	56.54	1:27.40	1:58.77
	Kristiaan Lenos	83	+0,34	25.84	55.72	1:27.45	1:58.47
11.	AZ&PC 2	AZ&PC	7:56.05		<b>8:00.76</b>	+0,74	
	Aziz Nosairi	91	+0,74	25.82	55.30	1:27.17	1:58.56
	Nick Hessing	91	+0,36	27.26	58.17	1:29.13	1:59.64
	Marciano Lynch	94	+0,01	27.11	58.25	1:30.25	2:01.50
	Jelle Derksen	94	+0,36	27.33	57.45	1:29.29	2:01.06
NG	De Dolfijn 2	De Dolfijn	7:37.99				



Programmanr. 14  
03-12-2010 - 12:30

Dames, 4 x 100m vrije slag

Senioren Open  
Resultaten

Wereld Record	3:28.22	NED		NED	Amsterdam	19-12-2008
Europees Record	3:28.22	NED		NED	Amsterdam	19-12-2008
Nederlands Record Senioren Ver.	3:28.22	Eiffel Swimmers PSV			Amsterdam	19-12-2008
Nederlands Record Jeugd Ver.	3:53.42	De Dolfijn			Amsterdam	18-12-2009

rang	vereniging	intijd	tijd	RT	niv.
1.	EIFFEL Swimmers PSV 1 Wendy vd Zanden Clarissa van Rheenen	EIFFEL Swimmers PSV +0,75 26.73 54.84 +0,35 26.78 55.47	3:43.03 Manon Minneboo Maud van de Meer	<b>3:41.38</b> +0,23 26.59 +0,10 26.18	+0,75 56.42 54.65
2.	De Dolfijn 1 Anja van der Hout Silke Oude Weemink	De Dolfijn +0,67 27.51 57.32 +0,29 27.21 57.11	3:47.32 Kira Toussaint Lona Kroese	<b>3:46.41</b> +0,44 27.01 +0,26 26.26	+0,67 57.13 54.85
3.	AZ&PC 1 Lieke Verouden Ilse van Hoor	AZ&PC +0,84 27.58 56.77 +0,65 27.77 58.29	3:48.75 Lotte Wilms Rieneke Terink	<b>3:46.83</b> +0,22 27.08 +0,28 26.16	+0,84 56.99 54.78
4.	Orca 1 <i>Ned. Record Jeugd Verenigingen</i> Evelien van Ruiten Fenke Leenstra	Orca +0,86 28.61 1:00.36 +0,40 27.05 56.44	3:56.11 Cynthia Verkaik Annemarie Worst	<b>3:52.62</b> +0,47 27.81 +0,38 27.72	+0,86 58.40 57.42
5.	De Dolfijn 2 Willemijn Knot Lia Dekker	De Dolfijn +0,72 26.98 56.35 +0,34 28.22 58.98	3:50.63 Maxime Verschuur Parand Zarekiani	<b>3:52.89</b> +0,35 28.26 +0,14 26.96	+0,72 1:00.26 57.30
6.	De Columbiaan 1 Eline Boers Jara Schmidt	De Columbiaan +0,70 27.22 56.50 +0,45 28.69 1:01.14	3:51.45 Lisette Jansen Miranda Nijenhuis	<b>3:55.04</b> +0,35 27.42 +0,35 27.05	+0,70 59.22 58.18
7.	AZ&PC 2 Kelly de Jong Iris Pijtak	AZ&PC +0,77 27.38 57.98 +0,08 28.26 1:00.16	3:57.43 Claire de Winter Yvonne v.d. Pol	<b>3:57.29</b> +0,09 27.88 +0,34 28.37	+0,77 59.55 59.60
8.	DAW 1 Melissa Zwaan Miri de Boer	DAW +0,73 28.80 1:00.57 +0,37 28.68 59.44	4:02.02 Sharona Mlcoch Brenda Zwarthoed	<b>3:58.43</b> +0,20 28.25 +0,34 27.67	+0,73 59.79 58.63
9.	AZ&PC 3 Rachelle Visser Milou Schraeverus	AZ&PC +0,86 29.07 59.69 +0,15 28.36 1:00.04	4:01.54 Laura Moolenaar Lynn Dybiona	<b>3:58.90</b> +0,39 27.82 +0,24 28.74	+0,86 59.53 59.64
10.	WVZ 1 Carina Klees Géke Heinsbroek	WVZ +0,84 29.05 1:00.29 +0,60 28.96 59.53	4:02.46 Sabine Koudijs Maartje de Wit	<b>4:00.09</b> +0,33 30.21 +0,38 27.06	+0,84 1:03.81 56.46
11.	De Dinkel 1 Loes Westerhof Kimberly Ribberink	De Dinkel +0,73 27.68 58.86 +0,40 28.89 1:00.93	4:00.82 Noortje Timmerman Lonne Dijkhuis	<b>4:02.52</b> +0,46 28.71 +0,51 28.85	+0,73 1:01.63 1:01.10
12.	OZ&PC 1 Kelly ter Doest Laura Hagreis	OZ&PC +0,73 28.46 1:00.14 +0,36 28.93 1:00.79	4:01.45 Marloes Giesselink Evelien Kip	<b>4:04.69</b> +0,35 28.58 +0,21 28.93	+0,73 1:00.99 1:02.77
NG	Zeester-Meerval 1	Zeester-Meerval	4:00.70		

Programmanr. 1  
03-12-2010 - 16:30

Heren, 400m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	3:32.77	Paul Biedermann	Berlijn (GER)	14-11-2009
Europees Record	3:32.77	Paul Biedermann	Berlijn (GER)	14-11-2009
Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14-11-2009
Nederlands Record Jeugd	3:51.06	Dion Dreesens	13-033 Amsterdam	03-12-2010

rang	naam	vereniging	intijd	tijd	RT	niv.
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Jeugd 1 en 2

1.	Dion Dreesens	EIFFEL Swimmers PSV	3:55.66	9302189	<b>3:51.06</b>	+0,75 A+
	<i>Nederlands Record Jeugd, NR 17 jaar</i>					
	50m: 26.57	26.57	150m: 1:25.13	29.26	250m: 2:23.63	29.16
	100m: 55.87	29.30	200m: 1:54.47	29.34	300m: 2:53.09	29.46
					350m: 3:22.26	29.17
					400m: 3:51.06	28.80
2.	Niek Pereboom	WVZ	4:06.69	9305395	<b>4:02.33</b>	+0,83 C
	50m: 27.03	27.03	150m: 1:27.16	30.41	250m: 2:29.12	30.86
	100m: 56.75	29.72	200m: 1:58.26	31.10	300m: 3:00.59	31.47
					350m: 3:31.84	31.25
					400m: 4:02.33	30.49
3.	Bart Dunweg	ZVVS	4:09.37	9301763	<b>4:02.58</b>	+0,76 C
	50m: 27.37	27.37	150m: 1:28.31	30.65	250m: 2:30.25	31.12
	100m: 57.66	30.29	200m: 1:59.13	30.82	300m: 3:01.18	30.93
					350m: 3:32.69	31.51
					400m: 4:02.58	29.89
4.	Vincent Moolhuijsen	Oceanus	4:11.15	9401215	<b>4:06.39</b>	+0,84 C
	50m: 28.02	28.02	150m: 1:30.28	31.36	250m: 2:32.97	31.41
	100m: 58.92	30.90	200m: 2:01.56	31.28	300m: 3:04.72	31.75
					350m: 3:36.06	31.34
					400m: 4:06.39	30.33
5.	Lester Snackers	ZC Valkenburg	4:07.09	9400947	<b>4:06.44</b>	+0,79 C
	50m: 27.97	27.97	150m: 1:30.48	31.62	250m: 2:32.79	30.35
	100m: 58.86	30.89	200m: 2:02.44	31.96	300m: 3:03.95	31.16
					350m: 3:35.37	31.42
					400m: 4:06.44	31.07
6.	Ruben Klinkers	Hellas-Glana	4:10.92	9403511	<b>4:07.16</b>	+0,76 D
	<i>100m*</i>					
	50m: 28.15	28.15	150m: 1:30.75	31.26	250m: 2:33.99	31.46
	100m: 59.49	31.34	200m: 2:02.53	31.78	300m: 3:05.68	31.69
					350m: 3:36.80	31.12
					400m: 4:07.16	30.36
7.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:08.84	9403919	<b>4:09.54</b>	+0,76 D
	50m: 28.04	28.04	150m: 1:30.21	31.37	250m: 2:33.83	31.74
	100m: 58.84	30.80	200m: 2:02.09	31.88	300m: 3:05.60	31.77
					350m: 3:37.79	32.19
					400m: 4:09.54	31.75
8.	Erik Nijholt	DZ&PC	4:17.67	9401349	<b>4:15.57</b>	+0,83 E
	50m: 27.99	27.99	150m: 1:32.64	32.36	250m: 2:38.21	32.83
	100m: 1:00.28	32.29	200m: 2:05.38	32.74	300m: 3:10.94	32.73
					350m: 3:43.79	32.85
					400m: 4:15.57	31.78
9.	Giovanni den Ouden	De Devel	4:11.53	9300877	<b>4:16.01</b>	+0,76 E
	50m: 28.74	28.74	150m: 1:32.33	32.00	250m: 2:38.29	32.89
	100m: 1:00.33	31.59	200m: 2:05.40	33.07	300m: 3:11.32	33.03
					350m: 3:44.94	33.62
					400m: 4:16.01	31.07
10.	Stef Heijnekamp	OZ&PC	4:18.60	9401665	<b>4:18.22</b>	+0,71 E
	50m: 28.76	28.76	150m: 1:33.80	32.56	250m: 2:40.07	33.09
	100m: 1:01.24	32.48	200m: 2:06.98	33.18	300m: 3:13.21	33.14
					350m: 3:46.43	33.22
					400m: 4:18.22	31.79
11.	Willem Kees Roos	Orca	4:08.48	9402693	<b>4:20.12</b>	+0,83 E
	50m: 27.55	27.55	150m: 1:31.14	32.16	250m: 2:37.97	33.53
	100m: 58.98	31.43	200m: 2:04.44	33.30	300m: 3:11.80	33.83
					350m: 3:46.31	34.51
					400m: 4:20.12	33.81

All-in

1.	Job Kienhuis	EIFFEL Swimmers PSV	3:45.27	8901631	<b>3:46.28</b>	+0,82 A+
	50m: 26.50	26.50	150m: 1:23.78	28.83	250m: 2:21.49	28.64
	100m: 54.95	28.45	200m: 1:52.85	29.07	300m: 2:50.24	28.75
					350m: 3:18.67	28.43
					400m: 3:46.28	27.61
2.	Stefan de Die	E.ON-NZA	3:52.19	8603905	<b>3:47.57</b>	+0,78 A
	50m: 26.42	26.42	150m: 1:24.17	28.83	250m: 2:22.10	28.82
	100m: 55.34	28.92	200m: 1:53.28	29.11	300m: 2:51.14	29.04
					350m: 3:19.67	28.53
					400m: 3:47.57	27.90
3.	Arjen van der Meulen	EIFFEL Swimmers PSV	3:46.44	8702223	<b>3:49.91</b>	+0,80 A
	50m: 26.44	26.44	150m: 1:23.90	28.81	250m: 2:23.22	29.68
	100m: 55.09	28.65	200m: 1:53.54	29.64	300m: 2:53.05	29.83
					350m: 3:21.52	28.47
					400m: 3:49.91	28.39
4.	Joost Reijns	E.ON-NZA	3:52.60	8702725	<b>3:50.64</b>	+0,72 A
	50m: 25.51	25.51	150m: 1:22.20	28.56	250m: 2:20.49	29.10
	100m: 53.64	28.13	200m: 1:51.39	29.19	300m: 2:50.25	29.76
					350m: 3:20.52	30.27
					400m: 3:50.64	30.12
5.	Dion Dreesens	EIFFEL Swimmers PSV	3:55.66	9302189	<b>3:51.06</b>	+0,75 A+
	<i>Nederlands Record Jeugd, NR 17 jaar</i>					
	50m: 26.57	26.57	150m: 1:25.13	29.26	250m: 2:23.63	29.16
	100m: 55.87	29.30	200m: 1:54.47	29.34	300m: 2:53.09	29.46
					350m: 3:22.26	29.17
					400m: 3:51.06	28.80
6.	Ferry Weertman	EIFFEL Swimmers PSV	3:58.95	9201461	<b>3:54.87</b>	+0,79 B
	50m: 26.44	26.44	150m: 1:25.66	29.70	250m: 2:25.54	29.99
	100m: 55.96	29.52	200m: 1:55.55	29.89	300m: 2:55.14	29.60
					350m: 3:25.54	30.40
					400m: 3:54.87	29.33

Programmanr. 1, Heren, 400m vrije slag, All-in

rang	naam	vereniging	intijd			tijd			RT	niv.
7.	Raymond van de Merwe 200m*	WVZ	4:02.64			8602077			4:01.92 *	+0,79 D
	50m: 27.89	27.89	150m: 1:28.29	30.03	250m: 2:29.81	30.71	350m: 3:32.37	31.09		
	100m: 58.26	30.37	200m: 1:59.10	30.81	300m: 3:01.28	31.47	400m: 4:01.92	29.55		
8.	Niek Pereboom	WVZ	4:06.69			9305395			4:02.33	+0,83 C
	50m: 27.03	27.03	150m: 1:27.16	30.41	250m: 2:29.12	30.86	350m: 3:31.84	31.25		
	100m: 56.75	29.72	200m: 1:58.26	31.10	300m: 3:00.59	31.47	400m: 4:02.33	30.49		
9.	Bart Dunweg	ZVVS	4:09.37			9301763			4:02.58	+0,76 C
	50m: 27.37	27.37	150m: 1:28.31	30.65	250m: 2:30.25	31.12	350m: 3:32.69	31.51		
	100m: 57.66	30.29	200m: 1:59.13	30.82	300m: 3:01.18	30.93	400m: 4:02.58	29.89		
10.	Mark Moussa	AZ&PC	4:02.00			9002059			4:02.88	+0,87 D
	50m: 26.96	26.96	150m: 1:26.83	30.32	250m: 2:29.08	31.33	350m: 3:32.17	31.46		
	100m: 56.51	29.55	200m: 1:57.75	30.92	300m: 3:00.71	31.63	400m: 4:02.88	30.71		
11.	Bryan Mannaart	WVZ	3:58.26			9101533			4:04.66	+0,77 D
	50m: 27.12	27.12	150m: 1:27.18	30.40	250m: 2:29.86	31.58	350m: 3:33.77	32.01		
	100m: 56.78	29.66	200m: 1:58.28	31.10	300m: 3:01.76	31.90	400m: 4:04.66	30.89		
12.	Vincent Moolhuijsen	Oceanus	4:11.15			9401215			4:06.39	+0,84 C
	50m: 28.02	28.02	150m: 1:30.28	31.36	250m: 2:32.97	31.41	350m: 3:36.06	31.34		
	100m: 58.92	30.90	200m: 2:01.56	31.28	300m: 3:04.72	31.75	400m: 4:06.39	30.33		
13.	Lester Snackers	ZC Valkenburg	4:07.09			9400947			4:06.44	+0,79 C
	50m: 27.97	27.97	150m: 1:30.48	31.62	250m: 2:32.79	30.35	350m: 3:35.37	31.42		
	100m: 58.86	30.89	200m: 2:02.44	31.96	300m: 3:03.95	31.16	400m: 4:06.44	31.07		
14.	Ruben Klinkers 100m*	Hellas-Glana	4:10.92			9403511			4:07.16	+0,76 D
	50m: 28.15	28.15	150m: 1:30.75	31.26	250m: 2:33.99	31.46	350m: 3:36.80	31.12		
	100m: 59.49	31.34	200m: 2:02.53	31.78	300m: 3:05.68	31.69	400m: 4:07.16	30.36		
15.	Erik Schröder	TriVia	4:03.03			8402025			4:08.19	+0,84 E
	50m: 27.70	27.70	150m: 1:29.29	31.12	250m: 2:32.62	31.87	350m: 3:36.51	32.03		
	100m: 58.17	30.47	200m: 2:00.75	31.46	300m: 3:04.48	31.86	400m: 4:08.19	31.68		
16.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:08.84			9403919			4:09.54	+0,76 D
	50m: 28.04	28.04	150m: 1:30.21	31.37	250m: 2:33.83	31.74	350m: 3:37.79	32.19		
	100m: 58.84	30.80	200m: 2:02.09	31.88	300m: 3:05.60	31.77	400m: 4:09.54	31.75		
17.	Dennis Eliveld	De Dolfijn	4:04.49			9202351			4:13.79	+0,76 E
	50m: 27.94	27.94	150m: 1:31.64	32.07	250m: 2:36.34	32.34	350m: 3:41.96	32.72		
	100m: 59.57	31.63	200m: 2:04.00	32.36	300m: 3:09.24	32.90	400m: 4:13.79	31.83		
18.	Erik Nijholt	DZ&PC	4:17.67			9401349			4:15.57	+0,83 E
	50m: 27.99	27.99	150m: 1:32.64	32.36	250m: 2:38.21	32.83	350m: 3:43.79	32.85		
	100m: 1:00.28	32.29	200m: 2:05.38	32.74	300m: 3:10.94	32.73	400m: 4:15.57	31.78		
19.	Giovanni den Ouden	De Devel	4:11.53			9300877			4:16.01	+0,76 E
	50m: 28.74	28.74	150m: 1:32.33	32.00	250m: 2:38.29	32.89	350m: 3:44.94	33.62		
	100m: 1:00.33	31.59	200m: 2:05.40	33.07	300m: 3:11.32	33.03	400m: 4:16.01	31.07		
20.	Stef Heijnekamp	OZ&PC	4:18.60			9401665			4:18.22	+0,71 E
	50m: 28.76	28.76	150m: 1:33.80	32.56	250m: 2:40.07	33.09	350m: 3:46.43	33.22		
	100m: 1:01.24	32.48	200m: 2:06.98	33.18	300m: 3:13.21	33.14	400m: 4:18.22	31.79		
21.	Willem Kees Roos	Orca	4:08.48			9402693			4:20.12	+0,83 E
	50m: 27.55	27.55	150m: 1:31.14	32.16	250m: 2:37.97	33.53	350m: 3:46.31	34.51		
	100m: 58.98	31.43	200m: 2:04.44	33.30	300m: 3:11.80	33.83	400m: 4:20.12	33.81		

Programmanr. 2  
03-12-2010

Dames, 400m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08-08-2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08-08-2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15-11-2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Esmee Vermeulen <i>Nederlands Record 14 jaar</i>	E.ON-NZA	4:15.51	9600678	<b>4:12.65</b>	+0,80	A+
	50m: 28.80 28.80 100m: 1:00.66 31.86	150m: 1:31.77 31.11 200m: 2:03.41 31.64	250m: 2:35.36 31.95 300m: 3:08.21 32.85	350m: 3:41.13 32.92 400m: 4:12.65 31.52			
2.	Rosa Veerman	E.ON-NZA	4:24.68	9600862	<b>4:24.99</b>	+0,87	A
	50m: 29.22 29.22 100m: 1:02.05 32.83	150m: 1:35.45 33.40 200m: 2:09.39 33.94	250m: 2:43.64 34.25 300m: 3:17.95 34.31	350m: 3:52.31 34.36 400m: 4:24.99 32.68			
3.	Femke Leenstra	Orca	4:29.37	9503038	<b>4:27.16</b>	+0,76	C
	50m: 30.18 30.18 100m: 1:04.00 33.82	150m: 1:37.54 33.54 200m: 2:11.49 33.95	250m: 2:45.11 33.62 300m: 3:19.24 34.13	350m: 3:53.21 33.97 400m: 4:27.16 33.95			
4.	Shireen Post	AZ&PC	4:30.20	9503286	<b>4:30.86</b>	+0,81	C
	50m: 30.92 30.92 100m: 1:04.46 33.54	150m: 1:38.58 34.12 200m: 2:13.05 34.47	250m: 2:47.47 34.42 300m: 3:22.15 34.68	350m: 3:56.87 34.72 400m: 4:30.86 33.99			
5.	Anouke Berghuis	De Zijl/LGB	4:32.18	9606132	<b>4:31.14</b>	+0,77	C
	50m: 30.10 30.10 100m: 1:03.95 33.85	150m: 1:38.16 34.21 200m: 2:12.99 34.83	250m: 2:47.88 34.89 300m: 3:22.65 34.77	350m: 3:57.64 34.99 400m: 4:31.14 33.50			
6.	Evelien van Ruiten	Orca	4:30.91	9602924	<b>4:31.42</b>	+0,86	C
	50m: 30.69 30.69 100m: 1:04.39 33.70	150m: 1:38.87 34.48 200m: 2:13.69 34.82	250m: 2:46.71 33.02 300m: 3:20.88 34.17	350m: 3:56.30 35.42 400m: 4:31.42 35.12			
7.	Kelly Wigleven	Poseidon'56	4:35.76	9500058	<b>4:37.18</b>	+0,85	D
	50m: 30.93 30.93 100m: 1:04.65 33.72	150m: 1:39.45 34.80 200m: 2:14.88 35.43	250m: 2:50.35 35.47 300m: 3:26.06 35.71	350m: 4:02.09 36.03 400m: 4:37.18 35.09			
8.	Lynn Dybiona	AZ&PC	4:34.11	9501786	<b>4:37.51</b>	+0,73	D
	50m: 30.92 30.92 100m: 1:05.03 34.11	150m: 1:40.18 35.15 200m: 2:15.62 35.44	250m: 2:51.09 35.47 300m: 3:27.33 36.24	350m: 4:03.64 36.31 400m: 4:37.51 33.87			
9.	Carina Klees	WVZ	4:38.11	9602680	<b>4:39.05</b>	+0,87	D
	50m: 31.16 31.16 100m: 1:05.84 34.68	150m: 1:41.17 35.33 200m: 2:17.15 35.98	250m: 2:53.11 35.96 300m: 3:29.10 35.99	350m: 4:04.59 35.49 400m: 4:39.05 34.46			
10.	Brenda Zwarthoed	DAW	4:34.14	9604938	<b>4:41.59</b>	+0,74	E
	50m: 29.97 29.97 100m: 1:03.84 33.87	150m: 1:39.48 35.64 200m: 2:15.44 35.96	250m: 2:52.01 36.57 300m: 3:28.52 36.51	350m: 4:05.36 36.84 400m: 4:41.59 36.23			
AFGEM	Carien van der Schaaf	De Dinkel	4:38.64	9500168			

All-in

1.	Rieneke Terink	AZ&PC	4:04.35	8402424	<b>4:08.86</b>	+0,81	A+
	50m: 27.94 27.94 100m: 58.98 31.04	150m: 1:30.38 31.40 200m: 2:02.08 31.70	250m: 2:33.49 31.41 300m: 3:05.38 31.89	350m: 3:37.25 31.87 400m: 4:08.86 31.61			
2.	Esmee Vermeulen <i>Nederlands Record 14 jaar</i>	E.ON-NZA	4:15.51	9600678	<b>4:12.65</b>	+0,80	A+
	50m: 28.80 28.80 100m: 1:00.66 31.86	150m: 1:31.77 31.11 200m: 2:03.41 31.64	250m: 2:35.36 31.95 300m: 3:08.21 32.85	350m: 3:41.13 32.92 400m: 4:12.65 31.52			
3.	Marieke Nijhuis	EIFFEL Swimmers PSV	4:15.60	9201296	<b>4:12.81</b>	+0,81	A
	50m: 29.41 29.41 100m: 1:01.14 31.73	150m: 1:33.16 32.02 200m: 2:05.19 32.03	250m: 2:37.41 32.22 300m: 3:09.67 32.26	350m: 3:41.54 31.87 400m: 4:12.81 31.27			
4.	Elise Bouwens	E.ON-NZA	4:23.66	9103964	<b>4:15.30</b>	+0,92	B
	50m: 29.79 29.79 100m: 1:02.19 32.40	150m: 1:34.56 32.37 200m: 2:06.97 32.41	250m: 2:39.32 32.35 300m: 3:11.97 32.65	350m: 3:43.90 31.93 400m: 4:15.30 31.40			
5.	Andrea Kneppers	EIFFEL Swimmers PSV	4:16.80	9302216	<b>4:15.46</b>	+0,85	A
	50m: 29.21 29.21 100m: 1:01.58 32.37	150m: 1:33.64 32.06 200m: 2:06.34 32.70	250m: 2:38.71 32.37 300m: 3:11.12 32.41	350m: 3:43.55 32.43 400m: 4:15.46 31.91			
6.	Marion van den Berg	DWK	4:20.73	8600272	<b>4:17.42</b>	+0,94	B
	50m: 29.37 29.37 100m: 1:01.36 31.99	150m: 1:33.73 32.37 200m: 2:06.15 32.42	250m: 2:38.79 32.64 300m: 3:11.85 33.06	350m: 3:44.86 33.01 400m: 4:17.42 32.56			
7.	Lotte Wilms	AZ&PC	4:23.69	8402770	<b>4:21.23</b>	+0,82	C
	50m: 29.77 29.77 100m: 1:02.32 32.55	150m: 1:35.40 33.08 200m: 2:08.52 33.12	250m: 2:41.77 33.25 300m: 3:15.31 33.54	350m: 3:48.63 33.32 400m: 4:21.23 32.60			

Programmanr. 2, Dames, 400m vrije slag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.
8.	Leonie van Noort	De Zijl/LGB	4:21.98	9301752	4:22.19	+0,76 C
	50m: 29.58	150m: 1:35.25	250m: 2:41.35	350m: 3:49.11		34.01
	100m: 1:02.25	200m: 2:08.33	300m: 3:15.10	400m: 4:22.19		33.08
9.	Marjolein Delno	De Rijn	4:27.11	9400024	4:23.47	+0,92 C
	50m: 29.79	150m: 1:35.94	250m: 2:43.14	350m: 3:50.71		33.50
	100m: 1:03.36	200m: 2:09.78	300m: 3:17.21	400m: 4:23.47		32.76
10.	Pauline van Dam	EIFFEL Swimmers PSV	4:26.46	9304422	4:24.89	+0,88 C
	50m: 30.24	150m: 1:36.76	250m: 2:44.09	350m: 3:51.99		34.17
	100m: 1:03.37	200m: 2:10.52	300m: 3:17.82	400m: 4:24.89		32.90
11.	Rosa Veerman	E.ON-NZA	4:24.68	9600862	4:24.99	+0,87 A
	50m: 29.22	150m: 1:35.45	250m: 2:43.64	350m: 3:52.31		34.36
	100m: 1:02.05	200m: 2:09.39	300m: 3:17.95	400m: 4:24.99		32.68
12.	Inge Pepping	De Rijn	4:28.00	9402308	4:25.18	+0,93 C
	50m: 30.41	150m: 1:36.84	250m: 2:44.76	350m: 3:52.29		33.40
	100m: 1:03.33	200m: 2:10.84	300m: 3:18.89	400m: 4:25.18		32.89
13.	Femke Leenstra	Orca	4:29.37	9503038	4:27.16	+0,76 C
	50m: 30.18	150m: 1:37.54	250m: 2:45.11	350m: 3:53.21		33.97
	100m: 1:04.00	200m: 2:11.49	300m: 3:19.24	400m: 4:27.16		33.95
14.	Ilse van Hoorn	AZ&PC	4:27.53	9001578	4:27.66	+0,85 D
	50m: 30.24	150m: 1:37.81	250m: 2:45.84	350m: 3:54.61		34.58
	100m: 1:03.98	200m: 2:11.82	300m: 3:20.03	400m: 4:27.66		33.05
15.	Malissa van der Horst	Zwemlust-den Hommel	4:24.92	9200810	4:28.17	+0,87 D
	50m: 29.14	150m: 1:35.71	250m: 2:44.73	350m: 3:54.35		34.72
	100m: 1:01.87	200m: 2:10.09	300m: 3:19.63	400m: 4:28.17		33.82
16.	Shireen Post	AZ&PC	4:30.20	9503286	4:30.86	+0,81 C
	50m: 30.92	150m: 1:38.58	250m: 2:47.47	350m: 3:56.87		34.72
	100m: 1:04.46	200m: 2:13.05	300m: 3:22.15	400m: 4:30.86		33.99
17.	Anouque Berghuis	De Zijl/LGB	4:32.18	9606132	4:31.14	+0,77 C
	50m: 30.10	150m: 1:38.16	250m: 2:47.88	350m: 3:57.64		34.99
	100m: 1:03.95	200m: 2:12.99	300m: 3:22.65	400m: 4:31.14		33.50
18.	Evelien van Ruiten	Orca	4:30.91	9602924	4:31.42	+0,86 C
	50m: 30.69	150m: 1:38.87	250m: 2:46.71	350m: 3:56.30		35.42
	100m: 1:04.39	200m: 2:13.69	300m: 3:20.88	400m: 4:31.42		35.12
19.	Kelly Wigleven	Poseidon'56	4:35.76	9500058	4:37.18	+0,85 D
	50m: 30.93	150m: 1:39.45	250m: 2:50.35	350m: 4:02.09		36.03
	100m: 1:04.65	200m: 2:14.88	300m: 3:26.06	400m: 4:37.18		35.09
20.	Lynn Dybiona	AZ&PC	4:34.11	9501786	4:37.51	+0,73 D
	50m: 30.92	150m: 1:40.18	250m: 2:51.09	350m: 4:03.64		36.31
	100m: 1:05.03	200m: 2:15.62	300m: 3:27.33	400m: 4:37.51		33.87
21.	Astrid van Nieuwkerk	ZV Westland Dijkglas	4:34.21	9402904	4:38.71	+0,82 E
	50m: 31.25	150m: 1:40.85	250m: 2:52.37	350m: 4:04.44		35.49
	100m: 1:05.50	200m: 2:16.70	300m: 3:28.95	400m: 4:38.71		34.27
22.	Carina Klees	WVZ	4:38.11	9602680	4:39.05	+0,87 D
	50m: 31.16	150m: 1:41.17	250m: 2:53.11	350m: 4:04.59		35.49
	100m: 1:05.84	200m: 2:17.15	300m: 3:29.10	400m: 4:39.05		34.46
23.	Brenda Zwarthoed	DAW	4:34.14	9604938	4:41.59	+0,74 E
	50m: 29.97	150m: 1:39.48	250m: 2:52.01	350m: 4:05.36		36.84
	100m: 1:03.84	200m: 2:15.44	300m: 3:28.52	400m: 4:41.59		36.23
AFGEM	Carien van der Schaaf	De Dinkel	4:38.64	9500168		

Programmanr. 3  
03-12-2010

Heren, 200m rugslag

All-In  
Resultaten Finale

Wereld Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15-11-2009
Europees Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	1:53.74	Nick Driebergen	Amsterdam	19-12-2008
Nederlands Record Jeugd	1:58.81	Klaas Erik Zwering	Den Bosch	18-12-1998

rang naam	vereniging	intijd	tijd	RT niv.	50m	100m	150m	200m	
Finale A									
1. Nick Driebergen	E.ON-NZA	1:56.10	8700793	<b>1:53.08</b>	A+	26.54	54.98	1:24.00	1:53.08
<i>Nederlands Record Senioren</i>									
2. Jurjen Willemsen	EIFFEL Swimmers PSV	2:01.54	9003315	<b>1:57.65</b>	A	26.93	56.00	1:25.89	1:57.65
3. Bastiaan Lijesen	EIFFEL Swimmers PSV	2:03.91	9001819	<b>1:59.48</b>	B	27.08	57.85	1:29.34	1:59.48
4. Sverre Eschweiler	E.ON-NZA	2:03.09	9204035	<b>2:00.24</b>	B	27.98	57.79	1:28.65	2:00.24
5. Jos de Graaf	DWK	2:04.47	9106095	<b>2:03.47</b>	D	28.61	59.06	1:31.11	2:03.47
6. Joey de Ruiter	EIFFEL Swimmers PSV	2:04.32	9101971	<b>2:03.94</b>	D	28.36	58.91	1:31.07	2:03.94
7. Sven Kardol	Nuenen	2:06.39	9302135	<b>2:06.43</b>	D	30.21	1:02.01	1:34.31	2:06.43
8. Ruben Dekker	De Dolfijn	2:04.92	9300627	<b>2:08.20</b>	D	29.44	1:02.32	1:35.72	2:08.20
Finale B									
9. Henk van Niejenhuis	De Dolfijn	2:07.55	8905063	<b>2:03.11</b>	D	29.49	1:01.14	1:32.02	2:03.11
10. Ensger Kotterink	Racing Club	2:08.18	9403391	<b>2:09.01</b>	D	29.80	1:02.34	1:35.42	2:09.01
11. Mitch Notten	ZC Valkenburg	2:10.41	9202505	<b>2:10.15</b>	E	31.09	1:03.83	1:37.13	2:10.15
12. Willem Kees Roos	Orca	2:13.57	9402693	<b>2:11.19</b>	E	31.19	1:04.73	1:38.05	2:11.19
13. Istvan Spaargaren	Oceanus	2:15.65	9401199	<b>2:12.90</b>	E	31.26	1:05.06	1:39.22	2:12.90
14. Bart Arendshorst	De Veene	2:14.63	9300005	<b>2:12.91</b>	E	31.68	1:05.11	1:39.44	2:12.91



Programmanr. 4  
03-12-2010

Dames, 200m rugslag

All-In  
Resultaten Finale

Wereld Record	2:00.18	Shiho Sakai	Berlijn (GER)	14-11-2009
Europees Record	2:00.91	Elisabeth Simmonds	Manchester (GBR)	18-12-2009
Nederlands Record Senioren	2:04.13	Sharon van Rouwendaal	Eindhoven	28-11-2010
Nederlands Record Jeugd	2:10.77	Naomi van der Woerd	Palma de Mallorca (ESP)	29-02-1992

rang naam	vereniging	intijd	tijd	RT niv.	50m	100m	150m	200m	
Finale A									
1. Wendy vd Zanden	EIFFEL Swimmers PSV	2:13.19	8805004	<b>2:06.53</b>	A+	30.06	1:02.09	1:34.67	2:06.53
<i>Kampioenschaps Record</i>									
2. Evy Witlox	E.ON-NZA	2:12.34	8804946	<b>2:10.49</b>	A+	30.99	1:04.02	1:37.23	2:10.49
3. Willemijn Knot	De Dolfijn	2:16.84	9002010	<b>2:13.36</b>	B	31.04	1:05.18	1:39.73	2:13.36
4. Rieneke Terink	AZ&PC	2:12.66	8402424	<b>2:14.18</b>	B	31.80	1:05.70	1:39.91	2:14.18
5. Annemarie Worst	Orca	2:13.58	9500042	<b>2:14.97</b>	A+	32.01	1:06.13	1:41.03	2:14.97
6. Kimberley Albers	EIFFEL Swimmers PSV	2:16.44	9204102	<b>2:15.59</b>	C	32.94	1:06.90	1:41.67	2:15.59
7. Maaïke de Waard	De Zeehond '73	2:15.52	9600604	<b>2:15.70</b>	A+	31.11	1:05.21	1:40.91	2:15.70
8. Kira Toussaint	E.ON-NZA	2:11.95	9400990	<b>2:17.38</b>	B	31.51	1:05.62	1:41.05	2:17.38
Finale B									
9. Mariët Koster	ZPC Bikkel Hoogeveen	2:17.34	8301162	<b>2:14.73</b>	B	31.20	1:04.95	1:39.89	2:14.73
10. Miranda Nijenhuis	De Columbiaan	2:19.60	9204076	<b>2:16.44</b>	C	31.43	1:05.84	1:41.32	2:16.44
11. Judith van Meijel	HZPC	2:21.70	9102076	<b>2:20.34</b>	D	32.88	1:08.14	1:43.95	2:20.34
12. Jakonien Koster	ZPC Bikkel Hoogeveen	2:21.81	9400068	<b>2:20.44</b>	C	33.17	1:08.51	1:44.50	2:20.44
13. Michelle Verouden	HZPC	2:21.89	9400150	<b>2:22.60</b>	D	33.62	1:09.11	1:45.59	2:22.60
14. Mirthe Lanfermeijer	TriVia	2:20.44	9400074	<b>2:22.92</b>	D	32.89	1:09.11	1:46.14	2:22.92
15. Michelle Hoogendoorn	ZPC De Hof	2:25.03	9503718	<b>2:24.20</b>	D	33.74	1:10.40	1:48.11	2:24.20
16. Jaimy Lee Taskin	Noordwijkerhout	2:22.56	9403364	<b>2:26.13</b>	E	34.14	1:11.04	1:49.16	2:26.13

Programmanr. 5  
03-12-2010

Heren, 100m schoolslag

All-In  
Resultaten Finale

Wereld Record	55.61	Cameron van den Burgh	Berlijn (GER)	15-11-2009
Europees Record	56.29	Robin van Aggele	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	56.29	Robin van Aggele	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	1:01.64	Roy Smeenge	Aken (GER)	24-10-2010

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Lennart Stekelenburg	E.ON-NZA	1:01.57	8602979	<b>59.24</b>	+0,68	A+	27.73	59.24
	<i>Kampioenschaps Record</i>								
2.	Roy Smeenge	E.ON-NZA	1:01.65	9305557	<b>1:00.59</b>	+0,70	A+	29.02	1:00.59
	<i>Nederlands Record Jeugd, NR 17 jaar</i>								
3.	Bram Dekker	EIFFEL Swimmers PSV	1:02.26	8900649	<b>1:01.28</b>	+0,75	B	29.10	1:01.28
4.	Sebas van Lith	Aqua-Novio'94	1:02.71	9001841	<b>1:02.00</b>	+0,87	B	29.45	1:02.00
5.	Gavin van der Werf	RTC-Drachten	1:02.40	9302971	<b>1:02.32</b>	+0,71	A	29.24	1:02.32
6.	Niels van Eck	ZPC Bikkel Hoogeveen	1:02.71	8900793	<b>1:02.65</b>	+0,68	C	29.41	1:02.65
7.	Pieter Jan de Vries	AZ&PC	1:02.79	9003183	<b>1:02.79</b>	+0,81	C	29.22	1:02.79
8.	Rutger Sloof	DWK	1:02.93	8803141	<b>1:03.31</b>	+0,78	D	29.53	1:03.31
Finale B									
9.	Damien Bernard	AZ&PC	1:04.49	8705177	<b>1:02.88</b>	+0,69	C	29.06	1:02.88
10.	Simas Jarasunas	De Dolfijn	1:03.33	9107545	<b>1:03.02</b>	+0,76	C	29.36	1:03.02
11.	Aaron Eisank	EIFFEL Swimmers PSV	1:04.02	9100577	<b>1:03.86</b>	+0,70	D	29.56	1:03.86
12.	Jordy Zuidhoek	De Columbiaan	1:05.18	9201569	<b>1:05.44</b>	+0,72	D	30.58	1:05.44
13.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	1:04.47	9300651	<b>1:05.47</b>	+0,75	D	30.41	1:05.47
14.	Jordan Kraaijenhof	AZ&PC	1:05.53	9301111	<b>1:05.73</b>	+0,75	D	30.89	1:05.73
15.	Kasper Leeuw	De Dinkel	1:06.57	9304435	<b>1:06.58</b>	+0,84	D	31.64	1:06.58
NG.ZA	Kingue Struijf	WZ&PC Purmerend	1:05.89	9400913					

Programmanr. 105  
03-12-2010Heren, 100m schoolslag  
Gehandicapten SB4 t/m SB14All-In (in B-fin.)  
Resultaten Finale

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.	50m	100m
Finale A										
1.	Maurice Deelen	AZ&PC	1:14.05	7101407	SB8	<b>1:13.09</b>	+0,77	771	34.05	1:13.09
	<i>Nederlands Record</i>									
2.	Marc Evers	ZV Haerlem	1:14.23	9107425	SB14	<b>1:11.28</b>	+0,87	761	33.79	1:11.28
3.	Michel Tielbeke	SC Salland (SG)	1:12.26	8102101	SB13	<b>1:11.22</b>	+0,89	747	33.34	1:11.22
DIS	Niels Janssen	WIDEX GZC DONK	1:44.29	9107509	SB7	<b>1:41.61</b>	+0,88		48.60	1:41.61
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>									

Programmanr. 6  
03-12-2010

Dames, 100m schoolslag

All-In  
Resultaten Finale

Wereld Record	1:02.70	Rebecca Soni	Manchester (GBR)	19-12-2009
Europees Record	1:04.21	Rikke Møller Pedersen	St. Petersburg (RUS)	19-12-2009
Nederlands Record Senioren	1:04.56	Moniek Nijhuis	Berlijn (GER)	14-11-2009
Nederlands Record Jeugd	1:08.78	Moniek Nijhuis	Dublin (IRL)	13-12-2003

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Moniek Nijhuis	E.ON-NZA	1:08.81	8803188	<b>1:06.44</b>	+0,83	A+	31.45	1:06.44
2.	Tessa Brouwer	E.ON-NZA	1:10.08	9105548	<b>1:07.62</b>	+0,77	A+	31.81	1:07.62
3.	Loes Zanderink	AZ&PC	1:08.83	8805006	<b>1:08.21</b>	+0,75	A+	32.09	1:08.21
4.	Lona Kroese	E.ON-NZA	1:10.01	8702382	<b>1:08.80</b>	+0,78	A	32.64	1:08.80
5.	Eline Boers	E.ON-NZA	1:10.71	9104546	<b>1:08.82</b>	+0,71	A	32.18	1:08.82
6.	Lieke Verouden	AZ&PC	1:08.62	9003948	<b>1:09.28</b>	+0,86	A	33.00	1:09.28
7.	Anouk Elzerman	De Dolfijn	1:10.06	9005914	<b>1:09.68</b>	+0,80	B	32.90	1:09.68
8.	Jocelyn Spruit	EIFFEL Swimmers PSV	1:10.26	9302044	<b>1:10.45</b>	+0,84	B	33.09	1:10.45
Finale B									
9.	Lia Dekker	E.ON-NZA	1:11.13	8700830	<b>1:09.90</b>	+0,76	B	33.28	1:09.90
10.	Irene Teufer	De Dolfijn	1:12.31	9602340	<b>1:11.82</b>	+0,75	A	34.06	1:11.82
11.	Yvonne v.d. Pol	AZ&PC	1:12.14	8803472	<b>1:12.09</b>	+0,78	D	33.80	1:12.09
12.	Lonne Dijkhuis	De Dinkel	1:13.81	9400030	<b>1:12.75</b>	+0,80	C	33.79	1:12.75
13.	Kimberly Ribberink	De Dinkel	1:13.36	9501654	<b>1:13.77</b>	+0,81	C	34.42	1:13.77
14.	Yvette de Gier	De Columbiaan	1:13.00	9402124	<b>1:13.91</b>	+0,79	D	35.15	1:13.91
15.	Sharon Gelmers	Octopus	1:12.89	9400416	<b>1:15.16</b>	+0,71	D	34.98	1:15.16
16.	Nicole Bennis	Racing Club	1:13.71	9600470	<b>1:17.27</b>	+0,80	E	36.75	1:17.27

Programmanr. 106  
03-12-2010Dames, 100m schoolslag  
Gehandicapten SB4 t/m SB14All-In (in B-fin.)  
Resultaten Finale

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.	50m	100m
Finale A										
1.	Magda Toeters	OZ&PC	1:22.18	8603552	SB14	<b>1:21.65</b>	+0,87	938	38.81	1:21.65
2.	Marlou van der Kulk	De Otters Het Gooi	1:23.77	9306824	SB14	<b>1:23.80</b>	+0,77	868	39.70	1:23.80
3.	Lisa den Braber	AZ&PC	1:39.07	9207558	SB7	<b>1:36.61</b>		852	46.71	1:36.61
DIS	Vivian Brak	Hoogenboom Tours	BZ&PCI:36.89	9000520	SB14	<b>1:34.03</b>	+0,92		43.54	1:34.03

*SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.*

Programmanr. 7  
03-12-2010

Heren, 200m vlinderslag

All-In  
Resultaten Finale

Wereld Record	1:49.11	Kaio Almeida	Stockholm (SWE)	10-11-2009
Europees Record	1:49.46	Nikolay Skvortsov	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	1:51.36	Joeri Verlinden	Istanbul (TUR)	12-12-2009
Nederlands Record Jeugd	2:01.36	Joeri Verlinden	Eindhoven	28-04-2006

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m	
Finale A										
1. Joeri Verlinden	E.ON-NZA	2:00.10	8803549	<b>1:53.35</b>	+0,71	A+	24.94	53.98	1:23.45	1:53.35
<i>Kampioenschaps Record</i>										
2. Fabian Beimin	OZ&PC	2:04.46	9100087	<b>2:01.23</b>	+0,77	B	26.45	57.09	1:28.18	2:01.23
<i>100m*</i>										
3. Wouter Houtman	EIFFEL Swimmers PSV	2:07.71	9001293	<b>2:04.88</b>	+0,77	D	27.49	58.46	1:30.74	2:04.88
4. Niek Pereboom	WVZ	2:06.85	9305395	<b>2:09.83</b>	+0,79	E	28.81	1:01.78	1:36.33	2:09.83
5. Ramon Fredrik	Orca	2:10.13	9403933	<b>2:11.30</b>	+0,75	E	28.25	1:01.70	1:36.35	2:11.30
6. Michael van Dam	ZV Haerlem	2:14.83	9401501	<b>2:13.06</b>	+0,84	E	30.32	1:04.31	1:38.97	2:13.06
7. Jorrick Druyven	DAW	2:16.70	9400507	<b>2:19.01</b>	+0,86		30.20	1:06.43	1:42.95	2:19.01



Programmanr. 8  
03-12-2010

Dames, 200m vlinderslag

All-In  
Resultaten Finale

Wereld Record	2:00.78	Liu Zige	Berlijn (GER)	15-11-2009
Europees Record	2:03.01	Mireia Belmonte Garcia	Castellon (ESP)	26-11-2009
Nederlands Record Senioren	2:09.98	Inge Dekker	Helsinki (FIN)	07-12-2006
Nederlands Record Jeugd	2:13.62	Sharon van Rouwendaal	Saint Dizier (FRA)	15-11-2008

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. S. van Rouwendaal	EIFFEL Swimmers PSV	2:13.80 9307422	<b>2:09.77</b>	+0,75	A+	29.56	1:02.39	1:36.19	2:09.77
<i>Nederlands Record Senioren, NR 17 jaar</i>									
2. Lenneke van Schaik	EIFFEL Swimmers PSV	2:19.19 8603124	<b>2:15.18</b>	+0,79	C	29.46	1:03.04	1:38.11	2:15.18
3. Andrea Kneppers	EIFFEL Swimmers PSV	2:16.83 9302216	<b>2:16.16</b>	+0,83	C	30.34	1:04.54	1:39.99	2:16.16
4. Jessica Spruit	EIFFEL Swimmers PSV	2:19.43 9103756	<b>2:16.85</b>	+0,72	D	30.09	1:03.70	1:39.80	2:16.85
5. Malissa van de Heuvel	EIFFEL Swimmers PSV	2:19.58 9304922	<b>2:20.21</b>	+0,74	D	31.64	1:07.03	1:43.24	2:20.21
6. Merle Verkijk	WVZ	2:20.35 9400278	<b>2:20.78</b>	+0,85	D	31.22	1:06.15	1:42.68	2:20.78
7. Adája Stoetman	TriVia	2:25.98 9600348	<b>2:26.73</b>	+0,89	D	32.08	1:09.23	1:47.75	2:26.73
8. Anouque Berghuis	De Zijl/LGB	2:25.71 9606132	<b>2:28.20</b>	+0,81	E	31.98	1:09.07	1:48.16	2:28.20
Finale B									
9. Shireen Post	AZ&PC	2:30.57 9503286	<b>2:27.66</b>	+0,79	E	31.83	1:08.20	1:46.44	2:27.66
10. Linda Kamperman	Aquarijn	2:35.99 9601238	<b>2:31.78</b>	+0,80	E	35.27	1:12.46	1:51.64	2:31.78
11. Maud Hoofs	Racing Club	2:32.14 9501206	<b>2:35.03</b>	+1,80		34.18	1:13.28	1:54.26	2:35.03
<i>50m*</i>									
12. Samantha Kardol	Nuenen	2:35.23 9502972	<b>2:37.51</b>	+0,72		33.31	1:12.74	1:55.30	2:37.51
<i>100m*</i>									
NG.ZA Macy Oortwijn	DWK	2:27.05 9500722							

Programmanr. 9  
03-12-2010

Heren, 50m vrije slag

All-In  
Resultaten Finale

Wereld Record	20.30	Roland Schoeman	Pietermaritzburg (RSA)	08-08-2009
Europees Record	20.48	Amaury Leveaux	Rijeka (CRO)	11-12-2008
Nederlands Record Senioren	21.41	Johan Kenkhuis	Triëst (ITA)	08-12-2005
Nederlands Record Jeugd	22.48	Pieter van den Hoogenband	Eindhoven	08-12-1995

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Jan Kersten	De Columbiaan	22.51	8601561	<b>22.30</b>	+0,70 A
	Bas van Velthoven	E.ON-NZA	22.49	8502695	<b>22.30</b>	+0,71 A
3.	Geert Lantink	AZ&PC	22.50	8601849	<b>22.33</b>	+0,68 A
4.	Floor Verhaar	DWK	22.51	9004603	<b>22.41</b>	+0,70 A
5.	Timon Evenhuis	TriVia	22.72	9000843	<b>22.52</b>	+0,82 A
6.	Robbert Donk	Wiekslag	22.54	8900745	<b>22.56</b>	+0,67 A
7.	Jasper van Mierlo	EIFFEL Swimmers PSV	22.68	9002005	<b>22.68</b>	+0,74 B
8.	Joran Barends	AZ&PC	22.66	8500091	<b>22.74</b>	+0,73 B
Finale B						
9.	Pieter Timmers	EIFFEL Swimmers PSV	22.77	8806031	<b>22.74</b>	+0,80 B
10.	Arjan van der Plaat	MNC Dordrecht	23.08	8602403	<b>23.07</b>	+0,73 C
11.	Jeroen Stuu	TriVia	23.26	8803315	<b>23.23</b>	+0,80 C
12.	Joost Groeneveld	DWK	23.26	9200409	<b>23.25</b>	+0,72 B
13.	Toby Aarnoutse	TriVia	23.22	8900007	<b>23.31</b>	+0,76 C
14.	Michiel Punter	Orca	23.34	8401823	<b>23.54</b>	+0,83 D
	Steven Nonnekes	EIFFEL Swimmers PSV	23.17	9003749	<b>23.54</b>	+0,65 D
16.	Colm Dowling	Kilkenny SC	23.29	1001672	<b>23.74</b>	+0,75 D

Programmanr. 109  
03-12-2010

Heren, 50m vrije slag  
Gehandicapten S1 t/m S13

All-In  
Resultaten Finale

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.
Finale A								
1.	Maurice Deelen	AZ&PC	26.20	7101407	S8	<b>26.40</b>	+0,79	1006
2.	Mike vd Zanden	EIFFEL Swimmers PSV	26.15	8703905	S10	<b>25.77</b>	+0,70	769
3.	Michel Tielbeke	SC Salland (SG)	25.85	8102101	S13	<b>25.88</b>	+0,87	740
4.	Thijs van den End	One Team Swimming	28.86	9306803	S9	<b>29.03</b>	+1,07	665

Programmanr. 10  
03-12-2010

Dames, 50m vrije slag

All-In  
Resultaten Finale

Wereld Record	23.25	Marleen Veldhuis	Manchester (GBR)	13-04-2008
Europees Record	23.25	Marleen Veldhuis	Manchester (GBR)	13-04-2008
Nederlands Record Senioren	23.25	Marleen Veldhuis	Manchester (GBR)	13-04-2008
Nederlands Record Jeugd	25.24	Ranomi Kromowidjojo	Eindhoven	28-04-2006

rang	naam	vereniging	intijd	tijd	RT	niv.
<b>Finale A</b>						
1.	Hinkelien Schreuder	EIFFEL Swimmers PSV	24.61	8402192	<b>24.32</b>	+0,82 A+
2.	Ilse Kraayeveld	EIFFEL Swimmers PSV	25.22	9002110	<b>25.20</b>	+0,74 A
3.	Maud van de Meer	EIFFEL Swimmers PSV	25.31	9201180	<b>25.31</b>	+0,67 A
4.	Tamara van Vliet	E.ON-NZA	25.33	9403562	<b>25.34</b>	+0,73 A+
5.	Clarissa van Rheenen	EIFFEL Swimmers PSV	25.85	9108270	<b>25.57</b>	+0,70 B
6.	Manon Minneboo	EIFFEL Swimmers PSV	25.82	9301548	<b>25.84</b>	+0,79 B
7.	Chantal Senden	ZC Valkenburg	25.70	9300698	<b>25.88</b>	+0,80 B
8.	Rieneke Terink	AZ&PC	25.70	8402424	<b>26.00</b>	+0,82 C
<b>Finale B</b>						
9.	Lotte Goosen	DIO	26.05	9205306	<b>25.57</b>	+0,69 A
10.	Eline Boers	E.ON-NZA	25.89	9104546	<b>25.58</b>	+0,74 B
11.	Anja van der Hout	De Dolfijn	25.99	9001598	<b>26.00</b>	+0,65 C
12.	Jovanna Koens	EIFFEL Swimmers PSV	26.35	9505652	<b>26.14</b>	+0,72 A+
13.	Pauline Gouwens	DWK	26.33	8400790	<b>26.24</b>	+0,75 C
14.	Maartje de Wit	WVZ	26.25	9502362	<b>26.35</b>	+0,73 A
15.	Elinore de Jong	De Otters Het Gooi	26.49	8902072	<b>26.58</b>	+0,78 D
16.	Sylvia Dik	TriVia	26.49	9501064	<b>26.76</b>	+0,75 B

Programmanr. 110  
03-12-2010

Dames, 50m vrije slag  
Gehandicapten S1 t/m S13

All-In  
Resultaten Finale

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.
Finale A								
1.	Chantal Molenkamp	AZ&PC	29.63	9002624	S10	<b>29.47</b>	+0,77	819
2.	Romy Pansters <i>Nederlands Record</i>	ZC Valkenburg	35.19	9605900	S8	<b>34.80</b>	+0,89	654
3.	Marije Oosterhuis	Eemsrobber	31.83	9500318	S10	<b>32.19</b>	+0,89	628
4.	Lisa den Braber	AZ&PC	37.90	9207558	S8	<b>37.66</b>	+0,68	516

Programmanr. 11  
03-12-2010

Heren, 200m wisselslag

All-In  
Resultaten Finale

Wereld Record	1:51.55	Darian Townsend	Berlijn (GER)	15-11-2009
Europees Record	1:51.72	Markus Rogan	Istanbul (TUR)	10-12-2009
Nederlands Record Senioren	1:55.90	Marcel Wouda	Sydney (AUS)	22-01-1998
Nederlands Record Jeugd	2:03.08	Robin van Aggele	Alphen a/d Rijn	07-12-2001

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Lennart Stekelenburg	E.ON-NZA	2:03.01 8602979	<b>1:58.47</b>	+0,68	A+	26.38	57.11	1:29.44	1:58.47
2. Nick Driebergen	E.ON-NZA	2:01.19 8700793	<b>1:59.81</b>	+0,71	A+	25.61	54.12	1:30.95	1:59.81
3. Devi Wolthuizen	TriVia	2:02.29 8703887	<b>2:01.21</b>	+0,78	A	26.57	57.09	1:32.43	2:01.21
4. Sebas van Lith	Aqua-Novio'94	2:04.55 9001841	<b>2:01.86</b>	+0,78	B	27.21	58.27	1:33.16	2:01.86
5. Bram Dekker	EIFFEL Swimmers PSV	2:05.38 8900649	<b>2:02.41</b>	+0,76	B	27.06	59.07	1:32.95	2:02.41
6. Mike Marissen	AZ&PC	2:03.48 9202187	<b>2:02.49</b>	+0,76	A	26.97	58.06	1:34.25	2:02.49
7. Jens Bakker	E.ON-NZA	2:03.51 9300021	<b>2:03.71</b>	+0,72	A	27.09	1:00.27	1:34.42	2:03.71
8. Colm Dowling	Kilkenny SC	2:05.57 1001672	<b>2:06.31</b>	+0,73	D	26.99	57.96	1:35.74	2:06.31
Finale B									
9. Davy Verreussel	Hellas-Glana	2:08.28 8903341	<b>2:06.82</b>	+0,75	D	27.64	1:01.04	1:37.52	2:06.82
10. Erik Hagting	DZ&PC	2:07.36 9100829	<b>2:07.54</b>	+0,77	D	27.52	59.02	1:37.06	2:07.54
11. Kevin Hondsmark	De Schelde	2:08.34 8801501	<b>2:08.85</b>	+0,76	D	28.02	1:01.19	1:38.43	2:08.85
12. Nick Hessing	AZ&PC	2:11.82 9103753	<b>2:09.25</b>	+0,73	D	29.28	1:02.08	1:38.37	2:09.25
13. Sjoerd Zanderink	De Dinkel	2:09.97 9102651	<b>2:11.30</b>	+0,71	E	28.94	1:03.73	1:40.17	2:11.30
14. N. van Basten Batenburg	ZC Valkenburg	2:13.17 9400593	<b>2:14.21</b>	+0,81	E	28.91	1:02.57	1:42.93	2:14.21
15. Date v.d. Zaag	EIFFEL Swimmers PSV	2:14.76 9403919	<b>2:14.54</b>	+0,75	E	28.70	1:02.69	1:43.11	2:14.54
NG.ZA Arjan Knipping	Livo	2:17.17 9401667							



Programmanr. 111  
03-12-2010Heren, 200m wisselslag  
Gehandicapten SM5 t/m SM13Jeugd/Senioren  
Resultaten

rang naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m	150m	200m	
<b>Jeugd 1 en 2</b>											
1. Thijs van den End	One Team Swimming	2:42.78	9306803	SM9	<b>2:38.32</b>	+1,02	601	32.38	1:11.04	2:03.66	2:38.32
<b>All-In</b>											
1. Mike vd Zanden	EIFFEL Swimmers PSV	2:20.11	8703905	SM10	<b>2:17.55</b>	+0,75	900	28.16	1:04.10	1:47.04	2:17.55
2. Maurice Deelen	AZ&PC	2:40.75	7101407	SM8	<b>2:35.38</b>	+0,79	746	31.84	1:16.69	2:00.40	2:35.38
3. Michel Tielbeke	SC Salland (SG)	2:24.20	8102101	SM13	<b>2:28.08</b>	+0,95	718	30.07	1:09.61	1:50.38	2:28.08
4. Thijs van den End	One Team Swimming	2:42.78	9306803	SM9	<b>2:38.32</b>	+1,02	601	32.38	1:11.04	2:03.66	2:38.32

Programmanr. 12  
03-12-2010

Dames, 200m wisselslag

All-In  
Resultaten Finale

Wereld Record	2:04.60	Julia Smit	Manchester (GBR)	19-12-2009
Europees Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10-12-2009
Nederlands Record Senioren	2:09.78	Femke Heemskerk	Amsterdam	19-12-2008
Nederlands Record Jeugd	2:17.23	Sharon van Rouwendaal	St. Raphael (FRA)	01-03-2009

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Hinkelien Schreuder	EIFFEL Swimmers PSV	2:15.50 8402192	<b>2:12.02</b>	+0,73	A+	27.83	1:02.44	1:41.20	2:12.02
2. Lieke Verouden	AZ&PC	2:17.09 9003948	<b>2:14.89</b>	+0,84	A	29.42	1:04.64	1:43.37	2:14.89
3. Joëlle Scheps	EIFFEL Swimmers PSV	2:17.81 9202364	<b>2:16.13</b>	+0,80	A	29.20	1:04.57	1:45.36	2:16.13
4. Lisa Dreesens 50m*	EIFFEL Swimmers PSV	2:17.27 9105798	<b>2:16.20</b>	+0,85	A	28.89	1:05.29	1:45.32	2:16.20
5. Judith Stap	EIFFEL Swimmers PSV	2:20.02 9302702	<b>2:18.63</b>	+0,74	B	29.42	1:05.17	1:46.41	2:18.63
6. Marjolein Delno	De Rijn	2:20.60 9400024	<b>2:19.62</b>	+0,93	A	30.87	1:06.26	1:47.32	2:19.62
7. Esmée Bos	DWK	2:18.15 9600662	<b>2:19.98</b>	+0,86	A+	31.14	1:05.62	1:47.15	2:19.98
NG.ZA Manon Minneboo	EIFFEL Swimmers PSV	2:20.77 9301548							
Finale B									
9. Silke Oude Weernink	De Dolfijn	2:21.75 9002854	<b>2:21.15</b>	+0,86	C	30.44	1:07.18	1:49.53	2:21.15
10. Wendan Poelstra	HZ&PC Heerenveen	2:22.42 9102496	<b>2:21.26</b>	+0,74	C	30.30	1:05.68	1:48.34	2:21.26
11. Cynthia Verkaik	Orca	2:22.27 9601288	<b>2:22.13</b>	+0,75	A	31.27	1:07.63	1:49.92	2:22.13
12. Rachelle Visser	AZ&PC	2:21.48 9500106	<b>2:22.17</b>	+0,85	B	29.92	1:06.81	1:49.52	2:22.17
13. Inge Pepping	De Rijn	2:22.75 9402308	<b>2:22.57</b>		C	31.00	1:08.36	1:50.27	2:22.57
14. Géke Heinsbroek 50m*	WVZ	2:24.14 9300312	<b>2:27.02</b>	+0,76	E	32.54	1:11.44	1:53.75	2:27.02
15. Gea Hagting	Nova	2:25.43 8801584	<b>2:27.16</b>	+0,94	E	32.65	1:11.02	1:53.31	2:27.16
16. Judith van Meijel	HZPC	2:24.91 9102076	<b>2:27.43</b>	+0,83	E	33.20	1:09.94	1:53.50	2:27.43

Programmanr. 112  
03-12-2010Dames, 200m wisselslag  
Gehandicapten SM5 t/m SM13Jeugd/Senioren  
Resultaten

rang naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m	150m	200m	
<b>Jeugd 1 en 2</b>											
1. Marije Oosterhuis	Eemsrobben	3:07.71	9500318	SM10	<b>2:52.70</b>	+0,88	620	36.17	1:18.47	2:12.04	2:52.70
2. Willemijn Vos	Swol 1894	3:52.10	9506562	SM8	<b>3:45.83</b>	+1,07	368	49.64	1:50.46	2:50.05	3:45.83
<b>All-In</b>											
1. Chantal Molenkamp	AZ&PC	2:46.33	9002624	SM10	<b>2:41.85</b>	+0,78	753	32.74	1:14.73	2:04.56	2:41.85
<i>Nederlands Record</i>											
2. Marije Oosterhuis	Eemsrobben	3:07.71	9500318	SM10	<b>2:52.70</b>	+0,88	620	36.17	1:18.47	2:12.04	2:52.70
3. Lisa den Braber	AZ&PC	3:10.94	9207558	SM8	<b>3:14.18</b>	+0,69	579	48.53	1:39.05	2:31.46	3:14.18
<i>50m*</i>											
4. Britt van Diessen	TRB-RES	3:27.65	8900900	SM10	<b>3:18.21</b>	+1,04	410	42.60	1:36.10	2:35.42	3:18.21
5. Willemijn Vos	Swol 1894	3:52.10	9506562	SM8	<b>3:45.83</b>	+1,07	368	49.64	1:50.46	2:50.05	3:45.83

Programmanr. 13  
03-12-2010

Heren, 4 x 200m vrije slag

Senioren Open  
Resultaten

Wereld Record	6:51.05	CAN		CAN	Leeds (GBR)	07-08-2009
Europees Record	6:56.52	GBR		GBR	Manchester (GBR)	10-04-2008
Nederlands Record Senioren Ver.	7:04.61	De Dolfijn		07-009	Amsterdam	03-12-2010
Nederlands Record Jeugd Ver.	7:50.39	Arke De Dinkel			Denekamp	24-11-1996

rang	vereniging		intijd		tijd	RT	niv.
1.	De Dolfijn 1 <i>Ned. Record Senioren Verenigingen</i>	De Dolfijn	7:08.44		<b>7:04.61</b>	+0,71	
	Joost Reijns	87	+0,71	24.16	50.65	1:18.24	1:46.16
	Bas van Velthoven	85	+0,29	24.25	50.77	1:18.64	1:46.52
	Joeri Verlinden	88	+0,32	24.74	51.84	1:19.52	1:46.76
	Stefan de Die	86	+0,28	23.76	50.91	1:18.06	1:45.17
2.	EIFFEL Swimmers PSV 1	EIFFEL Swimmers PSV	7:16.43		<b>7:14.49</b>	+0,73	
	Rutger van Oosterhout	90	+0,73	25.49	52.86	1:21.26	1:50.17
	Job Kienhuis	89	+0,20	25.03	52.05	1:19.64	1:47.32
	Arjen van der Meulen	87	+0,35	25.38	53.02	1:21.29	1:49.98
	Pieter Timmers	88	+0,06	24.13	51.30	1:19.03	1:47.02
3.	AZ&PC 1	AZ&PC	7:32.29		<b>7:34.43</b>	+0,87	
	Mark Moussa	90	+0,87	26.11	55.18	1:25.61	1:55.70
	Joran Barends	85	+0,44	25.51	53.63	1:22.25	1:50.07
	Geert Lantink	86	+0,60	25.49	54.02	1:23.92	1:52.93
	Mike Marissen	92	+0,39	26.13	55.55	1:25.71	1:55.73
4.	MNC Dordrecht 1	MNC Dordrecht	7:47.35		<b>7:40.49</b>	+0,75	
	Sebastiaan Rosendaal	91	+0,75	25.85	54.92	1:24.96	1:54.44
	Jeroen Baars	92	+0,50	26.55	57.22	1:27.32	1:56.37
	Arjan van der Plaats	86	+0,39	25.03	54.79	1:25.79	1:56.11
	Mark Baars	85	+0,32	25.87	54.50	1:23.68	1:53.57
5.	DWK 1	DWK	7:46.00		<b>7:41.50</b>	+0,78	
	Floor Verhaar	90	+0,78	26.38	56.13	1:26.41	1:55.57
	Joost Groeneveld	92	+0,48	24.74	52.45	1:21.26	1:50.08
	Robin Bos	93	+0,49	26.04	55.30	1:26.04	1:56.79
	Jacco Doest	94	+0,56	27.34	57.77	1:28.66	1:59.06
6.	WVZ 1	WVZ	7:38.80		<b>7:50.94</b>	+0,79	
	Raymond van de Merwe	86	+0,79	26.07	54.35	1:23.99	1:54.24
	Bryan Mannaart	91	+0,38	26.90	56.41	1:26.84	1:57.37
	Wouter Smeets	84	+0,30	26.44	56.63	1:27.73	2:00.06
	Niek Pereboom	93	+0,31	25.93	56.18	1:28.13	1:59.27
7.	Hellas-Glana 1	Hellas-Glana	8:00.03		<b>7:52.84</b>	+0,82	
	Alan Smeets	84	+0,82	26.71	57.00	1:28.62	2:02.13
	Ruben Klinkers	94	+0,53	27.05	57.65	1:27.77	1:57.36
	Stan Tummers	94	+0,24	26.92	56.31	1:26.36	1:57.18
	Davy Verreussel	89	+0,49	27.28	56.72	1:26.78	1:56.17
8.	ZC Valkenburg 1	ZC Valkenburg	7:52.14		<b>7:54.10</b>	+0,77	
	Jelle Peltzer	94	+0,77	26.66	56.98	1:28.87	2:00.00
	Pim van Basten Batenburg	94	+0,36	26.93	56.56	1:27.80	1:59.70
	Niels van Basten Batenburg	94	+0,41	26.59	56.91	1:27.62	1:58.09
	Lester Snackers	94	+0,44	26.37	55.61	1:26.03	1:56.31
9.	De Dinkel 1	De Dinkel	7:49.39		<b>7:55.94</b>	+0,70	
	Jeroen Gijsselaar	93	+0,70	26.70	56.66	1:28.24	1:59.98
	Menno Manning	93	+0,34	25.73	55.58	1:26.54	1:58.50
	Rense Loohuis	91	+0,16	26.63	57.08	1:29.31	2:01.46
	Sjoerd Zanderink	91	+0,12	25.53	54.92	1:25.07	1:56.00
10.	LZ 1886 1	LZ 1886	7:59.84		<b>8:00.32</b>	+0,95	
	Lars Sieval	93	+0,95	27.49	58.36	1:29.58	2:00.33
	Joost Rijntjes	91	+0,44	27.40	59.35	1:31.10	2:02.75
	Sjoerd Sieval	90	+0,08	26.71	56.54	1:27.40	1:58.77
	Kristiaan Lenos	83	+0,34	25.84	55.72	1:27.45	1:58.47
11.	AZ&PC 2	AZ&PC	7:56.05		<b>8:00.76</b>	+0,74	
	Aziz Nosairi	91	+0,74	25.82	55.30	1:27.17	1:58.56
	Nick Hessing	91	+0,36	27.26	58.17	1:29.13	1:59.64
	Marciano Lynch	94	+0,01	27.11	58.25	1:30.25	2:01.50
	Jelle Derksen	94	+0,36	27.33	57.45	1:29.29	2:01.06
NG	De Dolfijn 2	De Dolfijn	7:37.99				

Programmanr. 14  
03-12-2010

Dames, 4 x 100m vrije slag

Senioren Open  
Resultaten

Wereld Record	3:28.22	NED		NED	Amsterdam	19-12-2008
Europees Record	3:28.22	NED		NED	Amsterdam	19-12-2008
Nederlands Record Senioren Ver.	3:28.22	Eiffel Swimmers PSV			Amsterdam	19-12-2008
Nederlands Record Jeugd Ver.	3:52.62	Orca		02-013	Amsterdam	03-12-2010

rang	vereniging	intijd	tijd	RT	niv.
1.	EIFFEL Swimmers PSV 1 Wendy vd Zanden Clarissa van Rheenen	EIFFEL Swimmers PSV +0,75 26.73 54.84 +0,35 26.78 55.47	3:43.03 Manon Minneboo Maud van de Meer	<b>3:41.38</b> +0,23 26.59 +0,10 26.18	+0,75 56.42 54.65
2.	De Dolfijn 1 Anja van der Hout Silke Oude Weemink	De Dolfijn +0,67 27.51 57.32 +0,29 27.21 57.11	3:47.32 Kira Toussaint Lona Kroese	<b>3:46.41</b> +0,44 27.01 +0,26 26.26	+0,67 57.13 54.85
3.	AZ&PC 1 Lieve Verouden Ilse van Hoor	AZ&PC +0,84 27.58 56.77 +0,65 27.77 58.29	3:48.75 Lotte Wilms Rieneke Terink	<b>3:46.83</b> +0,22 27.08 +0,28 26.16	+0,84 56.99 54.78
4.	Orca 1 <i>Ned. Record Jeugd Verenigingen</i> Evelien van Ruiten Fenke Leenstra	Orca +0,86 28.61 1:00.36 +0,40 27.05 56.44	3:56.11 Cynthia Verkaik Annemarie Worst	<b>3:52.62</b> +0,47 27.81 +0,38 27.72	+0,86 58.40 57.42
5.	De Dolfijn 2 Willemijn Knot Lia Dekker	De Dolfijn +0,72 26.98 56.35 +0,34 28.22 58.98	3:50.63 Maxime Verschuur Parand Zarekiani	<b>3:52.89</b> +0,35 28.26 +0,14 26.96	+0,72 1:00.26 57.30
6.	De Columbiaan 1 Eline Boers Jara Schmidt	De Columbiaan +0,70 27.22 56.50 +0,45 28.69 1:01.14	3:51.45 Lisette Jansen Miranda Nijenhuis	<b>3:55.04</b> +0,35 27.42 +0,35 27.05	+0,70 59.22 58.18
7.	AZ&PC 2 Kelly de Jong Iris Pijtak	AZ&PC +0,77 27.38 57.98 +0,08 28.26 1:00.16	3:57.43 Claire de Winter Yvonne v.d. Pol	<b>3:57.29</b> +0,09 27.88 +0,34 28.37	+0,77 59.55 59.60
8.	DAW 1 Melissa Zwaan Miri de Boer	DAW +0,73 28.80 1:00.57 +0,37 28.68 59.44	4:02.02 Sharona Mlcoch Brenda Zwarthoed	<b>3:58.43</b> +0,20 28.25 +0,34 27.67	+0,73 59.79 58.63
9.	AZ&PC 3 Rachelle Visser Milou Schraeverus	AZ&PC +0,86 29.07 59.69 +0,15 28.36 1:00.04	4:01.54 Laura Moolenaar Lynn Dybiona	<b>3:58.90</b> +0,39 27.82 +0,24 28.74	+0,86 59.53 59.64
10.	WVZ 1 Carina Klees Géke Heinsbroek	WVZ +0,84 29.05 1:00.29 +0,60 28.96 59.53	4:02.46 Sabine Koudijs Maartje de Wit	<b>4:00.09</b> +0,33 30.21 +0,38 27.06	+0,84 1:03.81 56.46
11.	De Dinkel 1 Loes Westerhof Kimberly Ribberink	De Dinkel +0,73 27.68 58.86 +0,40 28.89 1:00.93	4:00.82 Noortje Timmerman Lonne Dijkhuis	<b>4:02.52</b> +0,46 28.71 +0,51 28.85	+0,73 1:01.63 1:01.10
12.	OZ&PC 1 Kelly ter Doest Laura Hagreis	OZ&PC +0,73 28.46 1:00.14 +0,36 28.93 1:00.79	4:01.45 Marloes Giesselink Evelien Kip	<b>4:04.69</b> +0,35 28.58 +0,21 28.93	+0,73 1:00.99 1:02.77
NG	Zeester-Meerval 1	Zeester-Meerval	4:00.70		

Programmanr. 15  
04-12-2010 - 9:00

Dames, 100m vlinderslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12-12-2009
Europees Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	55.74	Inge Dekker	Istanbul (TUR)	13-12-2009
Nederlands Record Jeugd	1:01.20	Chantal Groot	Antwerpen (BEL)	02-08-1998

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Femke Remmits	One Team Swimming	1:04.19	9603692	<b>1:03.75</b>	+0,75	C	B	30.26	1:03.75
2.	Femke Leenstra	Orca	1:04.46	9503038	<b>1:04.40</b>	+0,80	C	B	30.49	1:04.40
3.	Maaik de Waard	De Zeehond '73	1:05.19	9600604	<b>1:04.79</b>	+0,62	C	R	29.71	1:04.79
4.	Rachelle Visser	AZ&PC	1:03.95	9500106	<b>1:04.96</b>	+0,84	D		29.66	1:04.96
5.	Monique van der Struik	RTC-Drachten	1:05.95	9502502	<b>1:05.08</b>	+0,82	D		30.37	1:05.08
6.	Adája Stoetman	TriVia	1:04.79	9600348	<b>1:05.64</b>	+0,89	D		30.52	1:05.64
7.	Macy Oortwijn	DWK	1:05.27	9500722	<b>1:06.08</b>	+0,77	E		30.49	1:06.08
8.	Maud Hoofs	Racing Club	1:07.62	9501206	<b>1:08.21</b>	+0,69	E		31.42	1:08.21
9.	Michelle de Bruijn	TRB-RES	1:07.67	9503090	<b>1:08.26</b>	+0,78	E		31.43	1:08.26
10.	Lianne Molkenboer	EZC	1:07.79	9602034	<b>1:08.75</b>	+0,81	E		30.78	1:08.75
11.	Annika Arvin	De Dolfijn	1:07.22	9500008	<b>1:09.16</b>	+0,70			32.02	1:09.16
12.	Sabine van den Hoeven	De Veene	1:08.16	9600014	<b>1:10.61</b>	+0,96			32.42	1:10.61

All-in

1.	Hinkelien Schreuder	EIFFEL Swimmers PSV	1:00.47	8402192	<b>59.55</b>	+0,80	A	A	27.69	59.55
2.	Marleen Veldhuis	EIFFEL Swimmers PSV	1:00.47	7900894	<b>59.83</b>	+0,75	A	A	27.72	59.83
3.	Rieneke Terink	AZ&PC	1:01.61	8402424	<b>1:00.83</b>	+0,83	C	A	28.53	1:00.83
4.	Lotte Goosen	DIO	1:02.07	9205306	<b>1:01.06</b>	+0,71	B	A	28.31	1:01.06
5.	Willemijn Knot	De Dolfijn	1:00.80	9002010	<b>1:01.42</b>	+0,72	C	A	28.53	1:01.42
	Parand Zarekiani	E.ON-NZA	1:02.71	9402150	<b>1:01.42</b>	+0,76	B	A	28.78	1:01.42
7.	Lisa Dreesens	EIFFEL Swimmers PSV	1:02.01	9105798	<b>1:01.51</b>	+0,84	C	A	28.95	1:01.51
	50m*									
8.	Kelly de Jong	AZ&PC	1:01.37	9101474	<b>1:01.61</b>	+0,74	C	A	28.30	1:01.61
9.	Lenneke van Schaik	EIFFEL Swimmers PSV	1:01.13	8603124	<b>1:01.65</b>	+0,76	C	B	28.97	1:01.65
10.	Jessica Spruit	EIFFEL Swimmers PSV	1:01.03	9103756	<b>1:01.67</b>	+0,74	C	B	29.01	1:01.67
11.	Kira Toussaint	E.ON-NZA	1:01.97	9400990	<b>1:02.81</b>	+0,70	C	B	28.66	1:02.81
12.	Andrea Kneppers	EIFFEL Swimmers PSV	1:01.61	9302216	<b>1:03.01</b>	+0,83	D	B	29.28	1:03.01
13.	Merle Verkijk	WVZ	1:03.63	9400278	<b>1:03.49</b>	+0,78	D	B	29.58	1:03.49
14.	Femke Remmits	One Team Swimming	1:04.19	9603692	<b>1:03.75</b>	+0,75	C	B	30.26	1:03.75
15.	Femke Leenstra	Orca	1:04.46	9503038	<b>1:04.40</b>	+0,80	C	B	30.49	1:04.40
16.	Elinore de Jong	De Otters Het Gooi	1:02.77	8902072	<b>1:04.43</b>	+0,77	E	B	29.03	1:04.43
17.	Christel Vinke	ZVZ	1:04.06	9400152	<b>1:04.55</b>	+0,67	D	R	29.81	1:04.55
18.	Maaik de Waard	De Zeehond '73	1:05.19	9600604	<b>1:04.79</b>	+0,62	C	R	29.71	1:04.79
19.	Rachelle Visser	AZ&PC	1:03.95	9500106	<b>1:04.96</b>	+0,84	D		29.66	1:04.96
20.	Monique van der Struik	RTC-Drachten	1:05.95	9502502	<b>1:05.08</b>	+0,82	D		30.37	1:05.08
21.	Adája Stoetman	TriVia	1:04.79	9600348	<b>1:05.64</b>	+0,89	D		30.52	1:05.64
22.	Macy Oortwijn	DWK	1:05.27	9500722	<b>1:06.08</b>	+0,77	E		30.49	1:06.08
23.	Milou Julicher	Wiekslag	1:03.43	9301320	<b>1:06.72</b>	+0,70	E		30.68	1:06.72
24.	Maud Hoofs	Racing Club	1:07.62	9501206	<b>1:08.21</b>	+0,69	E		31.42	1:08.21
25.	Michelle de Bruijn	TRB-RES	1:07.67	9503090	<b>1:08.26</b>	+0,78	E		31.43	1:08.26
26.	Lianne Molkenboer	EZC	1:07.79	9602034	<b>1:08.75</b>	+0,81	E		30.78	1:08.75
27.	Annika Arvin	De Dolfijn	1:07.22	9500008	<b>1:09.16</b>	+0,70			32.02	1:09.16
28.	Sabine van den Hoeven	De Veene	1:08.16	9600014	<b>1:10.61</b>	+0,96			32.42	1:10.61



Programmanr. 115  
04-12-2010 - 9:09Dames, 100m vlinderslag  
Gehandicapten S8 t/m S13Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt. finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Marije Oosterhuis	Eemsrobben	1:38.15	9500318	S10	<b>1:25.29</b>	+0,85	468	37.94	1:25.29
2.	Willemijn Vos	Swol 1894	1:52.01	9506562	S8	<b>1:46.09</b>	+1,13	308	49.98	1:46.09
<b>All-In</b>										
1.	Chantal Molenkamp <i>Nederlands Record</i>	AZ&PC	1:14.26	9002624	S10	<b>1:15.27</b>	+0,76	681	33.88	1:15.27
2.	Marije Oosterhuis	Eemsrobben	1:38.15	9500318	S10	<b>1:25.29</b>	+0,85	468	37.94	1:25.29
3.	Willemijn Vos	Swol 1894	1:52.01	9506562	S8	<b>1:46.09</b>	+1,13	308	49.98	1:46.09

Programmanr. 16  
04-12-2010 - 9:11

Heren, 100m vlinderslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	48.48	Evgeny Korotyshkin	Berlijn (GER)	15-11-2009
Europees Record	48.48	Evgeny Korotyshkin	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	49.86	Joeri Verlinden	Istanbul (TUR)	10-12-2009
Nederlands Record Jeugd	54.71	Joeri Verlinden	Palma de Mallorca (ESP)	07-07-2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Roy Smeenge	E.ON-NZA	57.06	9305557	<b>56.08</b>	+0,68	B	B	26.59	56.08
2.	Ramon Fredrik	Orca	57.85	9403933	<b>57.05</b>	+0,72	C	B	27.05	57.05
3.	Menno Manning	De Dinkel	57.79	9300333	<b>57.73</b>	+0,72	D	B	27.10	57.73
4.	Ensger Kotterink	Racing Club	57.77	9403391	<b>57.91</b>	+0,73	D	B	27.24	57.91
5.	Bernd Kobesen	TriVia	58.53	9300981	<b>58.19</b>	+0,73	D	B	26.80	58.19
6.	Maurice Soudant	Nuenen	58.00	9302125	<b>59.52</b>	+0,71	E	B	27.43	59.52
7.	N. van Basten Batenburg	ZC Valkenburg	58.29	9400593	<b>59.61</b>	+0,78	E	R	27.84	59.61
8.	Tom Brouwers	RZC	1:00.72	9402027	<b>1:00.54</b>	+0,72	E		27.27	1:00.54
9.	Jorrick Druyven	DAW	1:00.37	9400507	<b>1:01.47</b>	+0,80	E		28.19	1:01.47

All-in

1.	Jurjen Willemsen	EIFFEL Swimmers PSV	53.91	9003315	<b>54.09</b>	+0,73	B	A	25.54	54.09
2.	Joeri Verlinden	E.ON-NZA	49.86	8803549	<b>54.18</b>	+0,72	B	A	25.58	54.18
3.	Damien Bernard	AZ&PC	55.52	8705177	<b>54.49</b>	+0,68	C	A	25.39	54.49
4.	Mike Marissen	AZ&PC	54.22	9202187	<b>54.69</b>	+0,78	B	A	25.70	54.69
5.	Tim van Deutekom	E.ON-NZA	55.06	9100459	<b>54.71</b>	+0,72	B	A	25.01	54.71
6.	Timon Evenhuis	TriVia	56.00	9000843	<b>55.09</b>	+0,90	C	A	25.92	55.09
7.	Floor Verhaar	DWK	56.61	9004603	<b>55.13</b>	+0,71	C	A	25.55	55.13
8.	Fabian Beimin	OZ&PC	55.42	9100087	<b>55.22</b>	+0,77	C	A	25.79	55.22
9.	Roy Smeenge	E.ON-NZA	57.06	9305557	<b>56.08</b>	+0,68	B	B	26.59	56.08
10.	Jeroen Stuut	TriVia	55.17	8803315	<b>56.15</b>	+0,77	D	B	25.88	56.15
11.	Mark Baars	MNC Dordrecht	56.71	8500059	<b>56.40</b>	+0,73	D	B	26.84	56.40
12.	Ramon Fredrik	Orca	57.85	9403933	<b>57.05</b>	+0,72	C	B	27.05	57.05
13.	Menno Manning	De Dinkel	57.79	9300333	<b>57.73</b>	+0,72	D	B	27.10	57.73
14.	Ensger Kotterink	Racing Club	57.77	9403391	<b>57.91</b>	+0,73	D	B	27.24	57.91
15.	Bernd Kobesen	TriVia	58.53	9300981	<b>58.19</b>	+0,73	D	B	26.80	58.19
16.	Maurice Soudant	Nuenen	58.00	9302125	<b>59.52</b>	+0,71	E	B	27.43	59.52
17.	N. van Basten Batenburg	ZC Valkenburg	58.29	9400593	<b>59.61</b>	+0,78	E	R	27.84	59.61
18.	Mitch Notten	ZC Valkenburg	57.54	9202505	<b>1:00.43</b>	+0,82		R	28.08	1:00.43
19.	Tom Brouwers	RZC	1:00.72	9402027	<b>1:00.54</b>	+0,72	E		27.27	1:00.54
20.	Jorrick Druyven	DAW	1:00.37	9400507	<b>1:01.47</b>	+0,80	E		28.19	1:01.47

Programmanr. 116  
04-12-2010 - 9:17Heren, 100m vlinderslag  
Gehandicapten S8 t/m S13Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt. finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Thijs van den End	One Team Swimming	1:14.76	9306803	S9	<b>1:14.50</b>	+0,97	505	32.00	1:14.50
<b>All-In</b>										
1.	Mike vd Zanden	EIFFEL Swimmers PSV	59.50	8703905	S10	<b>58.38</b>	+0,74	905	27.73	58.38
2.	Maurice Deelen	AZ&PC	1:12.13	7101407	S8	<b>1:08.28</b>	+0,75	711	31.15	1:08.28
	<i>Nederlands Record</i>									
3.	Thijs van den End	One Team Swimming	1:14.76	9306803	S9	<b>1:14.50</b>	+0,97	505	32.00	1:14.50

Programmanr. 17  
04-12-2010 - 9:20

Dames, 200m schoolslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	2:14.57	Rebecca Soni	Manchester (GBR)	18-12-2009
Europees Record	2:16.66	Rikke Møller Pedersen	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	2:22.88	Moniek Nijhuis	Amsterdam	19-12-2009
Nederlands Record Jeugd	2:29.48	Linda Moes	Emmen	14-02-1987

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Irene Teufer	De Dolfijn	2:38.89 9602340	<b>2:38.30</b>	+0,74	B	B	34.99	1:15.21	1:56.68	2:38.30
2. Cynthia Verkaik 50m en 100m*	Orca	2:45.46 9601288	<b>2:43.44</b>	+0,74	D	B	37.27	1:19.58	2:02.22	2:43.44
3. Nicole Bennis	Racing Club	2:45.52 9600470	<b>2:43.80</b>	+0,78	D	B	37.30	1:19.58	2:02.22	2:43.80
4. Amber Ruijg	WZ&PC Purmerend	2:44.19 9603240	<b>2:44.80</b>	+0,81	D	B	37.37	1:19.87	2:02.68	2:44.80
5. Eline van der Plas	Hellas-Glana	2:47.26 9500866	<b>2:47.22</b>	+0,82	E	B	37.59	1:20.16	2:03.62	2:47.22
6. Suzanne de Vries	AZ&PC	2:48.45 9500628	<b>2:47.46</b>	+0,74	E	B	36.36	1:18.00	2:02.20	2:47.46
7. Asmara Ritmeijer	ZVVS	2:45.76 9600790	<b>2:47.65</b>	+0,89	E	R	38.07	1:20.87	2:04.64	2:47.65
8. Jessie Smeding	Orca	2:43.51 9504528	<b>2:48.34</b>	+0,75	E	R	38.04	1:20.03	2:03.36	2:48.34
9. Sanne Bommer	De Dolfijn	2:49.12 9501132	<b>2:48.59</b>	+0,85	E		37.68	1:20.50	2:04.45	2:48.59
10. Kimberly Mijnen	WZ&PC Purmerend	2:49.39 9503644	<b>2:48.88</b>	+0,74	E		37.41	1:20.20	2:04.24	2:48.88
11. Helena La	Zwemvereniging Hoorn	2:45.27 9502134	<b>2:49.08</b>	+0,80	E		37.02	1:19.50	2:03.78	2:49.08
12. Janne Hendrickx	EIFFEL Swimmers PSV	2:42.13 9606410	<b>2:50.20</b> *	+0,74	E		39.05	1:22.53	2:06.01	2:50.20
13. Kristel Hormann	De Spatters	2:42.15 9601084	<b>2:55.68</b> *	+0,81			39.23	1:23.48	2:09.74	2:55.68

All-in

1. Lieke Verouden	AZ&PC	2:30.57 9003948	<b>2:31.92</b>	+0,85	C	A	34.26	1:12.88	1:52.35	2:31.92
2. Loes Zanderink	AZ&PC	2:25.06 8805006	<b>2:32.09</b>	+0,75	C	A	33.35	1:11.96	1:52.39	2:32.09
3. Tessa Brouwer	E.ON-NZA	2:25.61 9105548	<b>2:32.75</b>	+0,81	C	A	35.09	1:14.62	1:54.22	2:32.75
4. Moniek Nijhuis	E.ON-NZA	2:22.88 8803188	<b>2:33.14</b>	+0,85	C	A	34.38	1:13.67	1:53.46	2:33.14
5. Lia Dekker	E.ON-NZA	2:25.15 8700830	<b>2:34.04</b>	+0,78	C	A	36.20	1:15.21	1:54.46	2:34.04
6. Lona Kroese	E.ON-NZA	2:30.20 8702382	<b>2:34.42</b>	+0,81	C	A	34.97	1:14.55	1:54.34	2:34.42
7. Marjolein Delno 50m*	De Rijn	2:38.48 9400024	<b>2:37.85</b>	+0,91	C	A	36.39	1:17.21	1:57.72	2:37.85
8. Anouk Elzerman	De Dolfijn	2:37.32 9005914	<b>2:38.19</b>	+0,80	D	A	35.68	1:16.43	1:57.14	2:38.19
9. Irene Teufer	De Dolfijn	2:38.89 9602340	<b>2:38.30</b>	+0,74	B	B	34.99	1:15.21	1:56.68	2:38.30
10. Yvette de Gier	De Columbiaan	2:36.59 9402124	<b>2:38.46</b>	+0,79	D	B	36.16	1:16.55	1:57.30	2:38.46
11. Cynthia Verkaik 50m en 100m*	Orca	2:45.46 9601288	<b>2:43.44</b>	+0,74	D	B	37.27	1:19.58	2:02.22	2:43.44
12. Nicole Bennis	Racing Club	2:45.52 9600470	<b>2:43.80</b>	+0,78	D	B	37.30	1:19.58	2:02.22	2:43.80
13. Iris van Zuilen	Olympia	2:40.20 9400216	<b>2:44.33</b>	+0,79	E	B	36.49	1:18.07	2:00.80	2:44.33
14. Amber Ruijg	WZ&PC Purmerend	2:44.19 9603240	<b>2:44.80</b>	+0,81	D	B	37.37	1:19.87	2:02.68	2:44.80
15. Eline van der Plas	Hellas-Glana	2:47.26 9500866	<b>2:47.22</b>	+0,82	E	B	37.59	1:20.16	2:03.62	2:47.22
16. Suzanne de Vries	AZ&PC	2:48.45 9500628	<b>2:47.46</b>	+0,74	E	B	36.36	1:18.00	2:02.20	2:47.46
17. Asmara Ritmeijer	ZVVS	2:45.76 9600790	<b>2:47.65</b>	+0,89	E	R	38.07	1:20.87	2:04.64	2:47.65
18. Jessie Smeding	Orca	2:43.51 9504528	<b>2:48.34</b>	+0,75	E	R	38.04	1:20.03	2:03.36	2:48.34
19. Lonne Dijkhuis 50m en 100m*	De Dinkel	2:41.67 9400030	<b>2:48.48</b> *	+0,80	E		36.78	1:18.96	2:03.32	2:48.48
20. Sanne Bommer	De Dolfijn	2:49.12 9501132	<b>2:48.59</b>	+0,85	E		37.68	1:20.50	2:04.45	2:48.59
21. Kimberly Mijnen	WZ&PC Purmerend	2:49.39 9503644	<b>2:48.88</b>	+0,74	E		37.41	1:20.20	2:04.24	2:48.88
22. Helena La	Zwemvereniging Hoorn	2:45.27 9502134	<b>2:49.08</b>	+0,80	E		37.02	1:19.50	2:03.78	2:49.08
23. Janne Hendrickx	EIFFEL Swimmers PSV	2:42.13 9606410	<b>2:50.20</b> *	+0,74	E		39.05	1:22.53	2:06.01	2:50.20
24. Kristel Hormann	De Spatters	2:42.15 9601084	<b>2:55.68</b> *	+0,81			39.23	1:23.48	2:09.74	2:55.68

Programmanr. 18  
04-12-2010 - 9:31

Heren, 200m schoolslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13-12-2009
Europees Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13-12-2009
Nederlands Record Senioren	2:07.39	Thijs van Valkengoed	Istanbul (TUR)	13-12-2009
Nederlands Record Jeugd	2:14.13	Thijs van Valkengoed	Nieuwegein	09-12-2000

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Jens Bakker	E.ON-NZA	2:16.11 9300021	<b>2:15.99</b>	+0,75	A	A	32.02	1:07.19	1:41.70	2:15.99
2. Gavin van der Werf	RTC-Drachten	2:21.24 9302971	<b>2:18.65</b>	+0,74	B	A	31.97	1:08.00	1:43.49	2:18.65
3. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:24.50 9300651	<b>2:23.04</b>	+0,78	D	A	32.68	1:09.49	1:46.17	2:23.04
4. Jordan Kraaijenhof	AZ&PC	2:24.59 9301111	<b>2:23.43</b>	+0,76	D	B	32.07	1:07.72	1:45.04	2:23.43
5. Kasper Leeuw	De Dinkel	2:27.60 9304435	<b>2:26.96</b>	+0,86	E	B	33.17	1:10.41	1:48.60	2:26.96
6. Jacko van der Meer	DWK	2:27.74 9402347	<b>2:27.84</b>	+0,82	E	B	33.79	1:11.01	1:49.35	2:27.84
7. Ruud van Heerbeek	Nuenen	2:26.52 9301769	<b>2:28.22</b>	+0,77	E	B	34.38	1:12.80	1:51.15	2:28.22
8. Ruben Klinkers	Hellas-Glana	2:30.16 9403511	<b>2:28.74</b>	+0,74	E	B	34.15	1:12.40	1:50.94	2:28.74
<i>100m*</i>										
9. Max Spiering	ZVVS	2:28.12 9402131	<b>2:31.23</b>	+0,83	E	B	32.48	1:10.68	1:50.20	2:31.23
10. Marijn van Zundert	De Dolfijn	2:28.75 9400679	<b>2:32.66</b>	+0,74	R		32.76	1:11.35	1:51.80	2:32.66
11. Marcel van Essen	Octopus	2:29.22 9400019	<b>2:33.93</b>	+0,75	R		33.94	1:12.85	1:53.05	2:33.93

All-in

1. Sebas van Lith	Aqua-Novio'94	2:19.55 9001841	<b>2:14.49</b>	+0,82	B	A	30.06	1:04.94	1:39.79	2:14.49
2. Devi Wolthuizen	TriVia	2:10.81 8703887	<b>2:15.23</b>	+0,79	C	A	30.34	1:04.51	1:39.37	2:15.23
3. Jens Bakker	E.ON-NZA	2:16.11 9300021	<b>2:15.99</b>	+0,75	A	A	32.02	1:07.19	1:41.70	2:15.99
4. Simas Jarasunas	De Dolfijn	2:20.82 9107545	<b>2:17.85</b>	+0,77	C	A	30.22	1:05.46	1:41.98	2:17.85
5. Bram Dekker	EIFFEL Swimmers PSV	2:12.87 8900649	<b>2:18.28</b>	+0,74	D	A	30.28	1:05.05	1:41.38	2:18.28
6. Gavin van der Werf	RTC-Drachten	2:21.24 9302971	<b>2:18.65</b>	+0,74	B	A	31.97	1:08.00	1:43.49	2:18.65
7. Rutger Sloof	DWK	2:20.23 8803141	<b>2:19.11</b>	+0,79	D	A	31.34	1:06.62	1:42.91	2:19.11
8. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:24.50 9300651	<b>2:23.04</b>	+0,78	D	A	32.68	1:09.49	1:46.17	2:23.04
9. Jordan Kraaijenhof	AZ&PC	2:24.59 9301111	<b>2:23.43</b>	+0,76	D	B	32.07	1:07.72	1:45.04	2:23.43
10. Sjoerd Zanderink	De Dinkel	2:20.67 9102651	<b>2:25.46</b>	+0,77	E	B	31.72	1:08.39	1:46.37	2:25.46
11. Menno van den Heuvel	Noordwijkerhout	2:23.11 9200519	<b>2:26.41</b>	+0,76	E	B	31.94	1:08.73	1:47.09	2:26.41
12. Kasper Leeuw	De Dinkel	2:27.60 9304435	<b>2:26.96</b>	+0,86	E	B	33.17	1:10.41	1:48.60	2:26.96
13. Jacko van der Meer	DWK	2:27.74 9402347	<b>2:27.84</b>	+0,82	E	B	33.79	1:11.01	1:49.35	2:27.84
14. Ruud van Heerbeek	Nuenen	2:26.52 9301769	<b>2:28.22</b>	+0,77	E	B	34.38	1:12.80	1:51.15	2:28.22
15. Ruben Klinkers	Hellas-Glana	2:30.16 9403511	<b>2:28.74</b>	+0,74	E	B	34.15	1:12.40	1:50.94	2:28.74
<i>100m*</i>										
16. Max Spiering	ZVVS	2:28.12 9402131	<b>2:31.23</b>	+0,83	E	B	32.48	1:10.68	1:50.20	2:31.23
17. Marijn van Zundert	De Dolfijn	2:28.75 9400679	<b>2:32.66</b>	+0,74	R		32.76	1:11.35	1:51.80	2:32.66
18. Marcel van Essen	Octopus	2:29.22 9400019	<b>2:33.93</b>	+0,75	R		33.94	1:12.85	1:53.05	2:33.93

Programmanr. 19  
04-12-2010 - 9:41

Dames, 50m rugslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	25.70	Sanja Jankovic	Istanbul (TUR)	12-12-2009
Europees Record	25.70	Sanja Jankovic	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	26.32	Hinkelien Schreuder	Istanbul (TUR)	12-12-2009
Nederlands Record Jeugd	28.64	Kira Toussaint	Eindhoven	29-03-2010

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Esmée Bos	DWK	29.62	9600662	<b>28.99</b>	A+	A
	<i>Nederlands Record 14 jaar</i>						
2.	Maaïke de Waard	De Zeehond '73	29.24	9600604	<b>29.04</b>	A+	A
3.	Annemarie Worst	Orca	29.68	9500042	<b>29.56</b>	A	B
4.	Lizzy Janssen	Heldense Zwemvereniging	30.19	9500752	<b>30.32</b>	C	B
5.	Laura Moolenaar	AZ&PC	32.07	9600656	<b>30.62</b>	C	
6.	Lisette Jansen	De Columbiaan	30.72	9500418	<b>30.63</b>	C	
7.	Loes Westerhof	De Dinkel	30.93	9502752	<b>30.66</b>	C	
8.	Cynthia van Beusekom	TriVia	30.74	9500134	<b>30.72</b>	D	
9.	Michelle Hoogendoorn	ZPC De Hof	31.41	9503718	<b>30.90</b>	D	
10.	Michelle de Bruijn	TRB-RES	30.27	9503090	<b>30.95</b>	D	
11.	Kirsten Nieboer	TriVia	31.17	9501988	<b>31.03</b>	D	
12.	Noortje Timmerman	De Dinkel	30.92	9501088	<b>31.25</b>	D	
13.	Anouk Frieman	TriVia	31.07	9502390	<b>31.38</b>	D	
14.	Lotte Langenhoff	Zeester-Meerval	31.45	9602580	<b>31.42</b>	D	
15.	Sabine van den Hoeven	De Veene	31.77	9600014	<b>32.02</b>	E	
16.	Claudia Rijkhoff	Zwemvereniging Hoorn	32.09	9603338	<b>32.22</b>	E	
DIS	Sylvia Dik	TriVia	28.74	9501064			
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>						

All-in

1.	Hinkelien Schreuder	EIFFEL Swimmers PSV	26.32	8402192	<b>28.23</b>	A	A
2.	Willemijn Knot	De Dolfijn	28.59	9002010	<b>28.41</b>	B	A
3.	Wendy vd Zanden	EIFFEL Swimmers PSV	28.26	8805004	<b>28.72</b>	B	A
4.	Esmée Bos	DWK	29.62	9600662	<b>28.99</b>	A+	A
	<i>Nederlands Record 14 jaar</i>						
5.	Maaïke de Waard	De Zeehond '73	29.24	9600604	<b>29.04</b>	A+	A
6.	Evy Witlox	E.ON-NZA	28.44	8804946	<b>29.09</b>	C	A
7.	Anja van der Hout	De Dolfijn	28.62	9001598	<b>29.29</b>	C	A
8.	Mariët Koster	ZPC Bikkell Hoogeveen	29.11	8301162	<b>29.30</b>	C	A
9.	Tamara van Vliet	E.ON-NZA	30.00	9403562	<b>29.41</b>	B	B
10.	Kira Toussaint	E.ON-NZA	28.64	9400990	<b>29.45</b>	B	B
11.	Kimberley Albers	EIFFEL Swimmers PSV	29.28	9204102	<b>29.50</b>	C	B
12.	Annemarie Worst	Orca	29.68	9500042	<b>29.56</b>	A	B
13.	Miranda Nijenhuis	De Columbiaan	29.76	9204076	<b>29.58</b>	D	B
14.	Kyra Rietveld	TriVia	29.90	9300624	<b>30.01</b>	D	B
15.	Sharon Gelmers	Octopus	29.70	9400416	<b>30.06</b>	C	B
16.	Lizzy Janssen	Heldense Zwemvereniging	30.19	9500752	<b>30.32</b>	C	B
17.	Mirthe Lanfermeijer	TriVia	30.32	9400074	<b>30.47</b>	D	R
18.	Malissa van der Horst	Zwemlust-den Hommel	30.03	9200810	<b>30.59</b>	E	R
19.	Laura Moolenaar	AZ&PC	32.07	9600656	<b>30.62</b>	C	
20.	Lisette Jansen	De Columbiaan	30.72	9500418	<b>30.63</b>	C	
21.	Loes Westerhof	De Dinkel	30.93	9502752	<b>30.66</b>	C	
22.	Cynthia van Beusekom	TriVia	30.74	9500134	<b>30.72</b>	D	
23.	Michelle Hoogendoorn	ZPC De Hof	31.41	9503718	<b>30.90</b>	D	
24.	Michelle de Bruijn	TRB-RES	30.27	9503090	<b>30.95</b>	D	
25.	Kirsten Nieboer	TriVia	31.17	9501988	<b>31.03</b>	D	
26.	Noortje Timmerman	De Dinkel	30.92	9501088	<b>31.25</b>	D	
27.	Anouk Frieman	TriVia	31.07	9502390	<b>31.38</b>	D	
28.	Lotte Langenhoff	Zeester-Meerval	31.45	9602580	<b>31.42</b>	D	
29.	Sabine van den Hoeven	De Veene	31.77	9600014	<b>32.02</b>	E	
30.	Claudia Rijkhoff	Zwemvereniging Hoorn	32.09	9603338	<b>32.22</b>	E	
DIS	Sylvia Dik	TriVia	28.74	9501064			
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>						



Programmanr. 119  
04-12-2010 - 9:48

Dames, 50m rugslag  
Gehandicapten S1 t/m S5

Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt. finale
All-In								
1.	Lisette Teunissen <i>Nederlands Record</i>	MNC Dordrecht	49.28	8604834	S5	<b>49.92</b>		548

Programmanr. 20  
04-12-2010 - 9:49

Heren, 50m rugslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	22.61	Peter Marshall	Singapore (SIN)	22-11-2009
Europees Record	22.74	Stanislav Donets	Eindhoven	26-11-2010
Nederlands Record Seniores	23.63	Nick Driebergen	Istanbul (TUR)	10-12-2009
Nederlands Record Jeugd	25.41	Joey de Ruiter	Eindhoven	26-04-2009

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Ruben Dekker	De Dolfijn	27.11	9300627	<b>26.51</b>	C	B
2.	Jorrick Druyven	DAW	27.55	9400507	<b>27.62</b>	E	B
3.	Jesse Puts	Zwemlust-den Hommel	28.82	9401147	<b>27.82</b>	E	B
4.	Timo Dinkelberg	ZVVS	27.80	9300773	<b>27.96</b>	E	B
5.	Frank van der Wolff	Zwemvereniging Hoorn	28.85	9400955	<b>28.31</b>	E	B
6.	Willem Kees Roos	Orca	28.10	9402693	<b>28.41</b>	E	B
7.	Mart Hendriks	Tritium (SG)	28.32	9304079	<b>28.47</b>	E	R
8.	Istvan Spaargaren	Oceanus	28.34	9401199	<b>28.63</b>	E	R
9.	Bart Arendshorst	De Veene	28.56	9300005	<b>28.73</b>		
10.	Mart Vrieze	NDD	29.16	9400401	<b>29.68</b>		

All-in

1.	Nick Driebergen	E.ON-NZA	23.63	8700793	<b>24.68</b>	A	A
2.	Bastiaan Lijesen	EIFFEL Swimmers PSV	24.59	9001819	<b>25.04</b>	B	A
3.	Jurjen Willemsen	EIFFEL Swimmers PSV	24.76	9003315	<b>25.55</b>	C	A
4.	Sverre Eschweiler	E.ON-NZA	26.08	9204035	<b>25.79</b>	C	A
5.	Jan Kersten	De Columbiaan	24.54	8601561	<b>25.98</b>	D	A
6.	Colm Dowling	Kilkenny SC	25.76	1001672	<b>26.29</b>	D	A
7.	Merijn Ellenkamp	DWK	26.03	8500691	<b>26.40</b>	E	A
8.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	26.05	8400805	<b>26.41</b>	E	A
9.	Ruben Dekker	De Dolfijn	27.11	9300627	<b>26.51</b>	C	B
10.	Pascal Timmermans	RZC	26.89	9202349	<b>27.38</b>	E	B
11.	Dennis Eliveld	De Dolfijn	26.68	9202351	<b>27.53</b>	E	B
12.	Jorrick Druyven	DAW	27.55	9400507	<b>27.62</b>	E	B
13.	Jesse Puts	Zwemlust-den Hommel	28.82	9401147	<b>27.82</b>	E	B
14.	Timo Dinkelberg	ZVVS	27.80	9300773	<b>27.96</b>	E	B
15.	Frank van der Wolff	Zwemvereniging Hoorn	28.85	9400955	<b>28.31</b>	E	B
16.	Willem Kees Roos	Orca	28.10	9402693	<b>28.41</b>	E	B
17.	Mart Hendriks	Tritium (SG)	28.32	9304079	<b>28.47</b>	E	R
18.	Istvan Spaargaren	Oceanus	28.34	9401199	<b>28.63</b>	E	R
19.	Bart Arendshorst	De Veene	28.56	9300005	<b>28.73</b>		
20.	Mart Vrieze	NDD	29.16	9400401	<b>29.68</b>		
NG	Joey de Ruiter	EIFFEL Swimmers PSV	25.65	9101971			

Programmanr. 120  
04-12-2010 - 9:54

Heren, 50m rugslag  
Gehandicapten S1 t/m S5

Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt. finale
All-In							
1.	Michael Schoenmaker	AZ&PC	54.74	8302615	S4	<b>54.86</b>	472

Programmanr. 21  
04-12-2010 - 10:11

Heren, 400m wisselslag

Jeugd/Senioren  
Resultaten

Wereld Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11-12-2009
Europees Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08-02-1997
Nederlands Record Jeugd	4:23.28	Jens Bakker	Aken (GER)	22-10-2010

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Jens Bakker	E.ON-NZA	4:23.28	9300021	<b>4:22.27</b>	+0,73	A+	
	<i>Nederlands Record Jeugd, NR 17 jaar</i>							
	50m: 27.82	27.82	150m: 1:36.17	35.57	250m: 2:47.18	35.59	350m: 3:53.82	30.68
	100m: 1:00.60	32.78	200m: 2:11.59	35.42	300m: 3:23.14	35.96	400m: 4:22.27	28.45
2.	Sven Kardol	Nuenen	4:40.16	9302135	<b>4:35.73</b>	+0,77	C	
	50m: 29.06	29.06	150m: 1:36.38	34.17	250m: 2:52.09	42.24	350m: 4:05.56	32.01
	100m: 1:02.21	33.15	200m: 2:09.85	33.47	300m: 3:33.55	41.46	400m: 4:35.73	30.17
3.	Ensger Kotterink	Racing Club	4:38.96	9403391	<b>4:35.91</b>	+0,74	C	
	<i>50m en 100m*</i>							
	50m: 28.74	28.74	150m: 1:37.85	35.30	250m: 2:53.78	39.56	350m: 4:05.29	31.05
	100m: 1:02.55	33.81	200m: 2:14.22	36.37	300m: 3:34.24	40.46	400m: 4:35.91	30.62
4.	Robin Bos	DWK	4:48.63	9302265	<b>4:38.21</b>	+0,81	D	
	50m: 29.21	29.21	150m: 1:39.57	36.27	250m: 2:56.18	41.21	350m: 4:08.39	31.58
	100m: 1:03.30	34.09	200m: 2:14.97	35.40	300m: 3:36.81	40.63	400m: 4:38.21	29.82
5.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:51.57	9403919	<b>4:49.96</b>	+0,76	E	
	50m: 30.69	30.69	150m: 1:42.35	36.70	250m: 3:00.83	43.13	350m: 4:17.79	33.90
	100m: 1:05.65	34.96	200m: 2:17.70	35.35	300m: 3:43.89	43.06	400m: 4:49.96	32.17
DIS	Niels van Basten Batenburg	ZC Valkenburg	4:48.69	9400593				
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>							
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	
DIS	Alex Catsburg	De Lansingh	4:52.48	9404753	<b>5:00.42</b>	+0,63		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>							
	50m: 30.25	30.25	150m: 1:44.35	38.04	250m: 3:04.90	42.12	350m: 4:25.43	36.86
	100m: 1:06.31	36.06	200m: 2:22.78	38.43	300m: 3:48.57	43.67	400m: 5:00.42	34.99
NG.ZA	Stan Tummers	Hellas-Glana	4:51.57	9400649				

All-in

1.	Jens Bakker	E.ON-NZA	4:23.28	9300021	<b>4:22.27</b>	+0,73	A+	
	<i>Nederlands Record Jeugd, NR 17 jaar</i>							
	50m: 27.82	27.82	150m: 1:36.17	35.57	250m: 2:47.18	35.59	350m: 3:53.82	30.68
	100m: 1:00.60	32.78	200m: 2:11.59	35.42	300m: 3:23.14	35.96	400m: 4:22.27	28.45
2.	Davy Verreussel	Hellas-Glana	4:20.20	8903341	<b>4:23.35</b>	+0,85	C	
	50m: 28.34	28.34	150m: 1:35.64	34.85	250m: 2:46.73	36.53	350m: 3:54.38	30.75
	100m: 1:00.79	32.45	200m: 2:10.20	34.56	300m: 3:23.63	36.90	400m: 4:23.35	28.97
3.	Sebas van Lith	Aqua-Novio'94	4:30.98	9001841	<b>4:28.54</b>	+0,86	D	
	50m: 28.57	28.57	150m: 1:35.97	34.67	250m: 2:48.54	37.19	350m: 3:57.92	31.72
	100m: 1:01.30	32.73	200m: 2:11.35	35.38	300m: 3:26.20	37.66	400m: 4:28.54	30.62
4.	Vincent van Iperen	Orca	4:33.32	9106179	<b>4:29.62</b>	+0,78	C	
	50m: 27.58	27.58	150m: 1:34.85	34.23	250m: 2:49.55	39.45	350m: 4:00.17	31.63
	100m: 1:00.62	33.04	200m: 2:10.10	35.25	300m: 3:28.54	38.99	400m: 4:29.62	29.45
5.	Wouter Houtman	EIFFEL Swimmers PSV	4:30.97	9001293	<b>4:29.73</b>	+0,76	D	
	50m: 28.23	28.23	150m: 1:34.71	34.51	250m: 2:47.09	38.99	350m: 3:58.75	32.33
	100m: 1:00.20	31.97	200m: 2:08.10	33.39	300m: 3:26.42	39.33	400m: 4:29.73	30.98
6.	Sven Kardol	Nuenen	4:40.16	9302135	<b>4:35.73</b>	+0,77	C	
	50m: 29.06	29.06	150m: 1:36.38	34.17	250m: 2:52.09	42.24	350m: 4:05.56	32.01
	100m: 1:02.21	33.15	200m: 2:09.85	33.47	300m: 3:33.55	41.46	400m: 4:35.73	30.17
7.	Ensger Kotterink	Racing Club	4:38.96	9403391	<b>4:35.91</b>	+0,74	C	
	<i>50m en 100m*</i>							
	50m: 28.74	28.74	150m: 1:37.85	35.30	250m: 2:53.78	39.56	350m: 4:05.29	31.05
	100m: 1:02.55	33.81	200m: 2:14.22	36.37	300m: 3:34.24	40.46	400m: 4:35.91	30.62
8.	Robin Bos	DWK	4:48.63	9302265	<b>4:38.21</b>	+0,81	D	
	50m: 29.21	29.21	150m: 1:39.57	36.27	250m: 2:56.18	41.21	350m: 4:08.39	31.58
	100m: 1:03.30	34.09	200m: 2:14.97	35.40	300m: 3:36.81	40.63	400m: 4:38.21	29.82
9.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:51.57	9403919	<b>4:49.96</b>	+0,76	E	
	50m: 30.69	30.69	150m: 1:42.35	36.70	250m: 3:00.83	43.13	350m: 4:17.79	33.90
	100m: 1:05.65	34.96	200m: 2:17.70	35.35	300m: 3:43.89	43.06	400m: 4:49.96	32.17

Programmanr. 21, Heren, 400m wisselslag, All-in

rang	naam	vereniging	intijd		tijd	RT	niv.					
DIS	Niels van Basten Batenburg	ZC Valkenburg	4:48.69	9400593								
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>											
	50m:	150m:	250m:		350m:							
	100m:	200m:	300m:		400m:							
DIS	Alex Catsburg	De Lansingh	4:52.48	9404753	<b>5:00.42</b>	+0,63						
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>											
	50m:	30.25	30.25	150m:	1:44.35	38.04	250m:	3:04.90	42.12	350m:	4:25.43	36.86
	100m:	1:06.31	36.06	200m:	2:22.78	38.43	300m:	3:48.57	43.67	400m:	5:00.42	34.99
NG.ZA	Stan Tummers	Hellas-Glana	4:51.57	9400649								

Programmanr. 22  
04-12-2010 - 10:23

Dames, 200m vrije slag

Jeugd/Senioren  
Resultaten Voorronde

Wereld Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13-12-2009
Europees Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13-12-2009
Nederlands Record Senioren	1:52.42	Femke Heemskerk	Berlijn (GER)	30-10-2010
Nederlands Record Jeugd	1:59.32	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Esmee Vermeulen	E.ON-NZA	2:01.16 9600678	<b>2:00.96</b>	+0,79	A+	A	28.48	59.17	1:29.95	2:00.96
2. Rosa Veerman	E.ON-NZA	2:04.47 9600862	<b>2:03.31</b>	+0,81	A+	B	28.93	1:00.26	1:31.74	2:03.31
3. Esmée Bos	DWK	2:10.76 9600662	<b>2:05.32</b>	+0,86	A	R	29.21	1:01.18	1:33.63	2:05.32
4. Femke Leenstra	Orca	2:05.75 9503038	<b>2:05.43</b>	+0,80	B	R	29.26	1:00.75	1:33.13	2:05.43
5. Maartje de Wit	WVZ	2:07.26 9502362	<b>2:06.08</b>	+0,72	B		29.41	1:01.65	1:34.22	2:06.08
6. Jovanna Koens	EIFFEL Swimmers PSV	2:07.73 9505652	<b>2:07.47</b>	+0,73	C		29.42	1:01.72	1:34.53	2:07.47
7. Monique van der Struik	RTC-Drachten	2:09.04 9502502	<b>2:08.10</b>	+0,83	C		30.19	1:02.78	1:35.61	2:08.10
8. Femke Remmits	One Team Swimming	2:10.31 9603692	<b>2:09.11</b>	+0,74	C		30.31	1:03.90	1:36.94	2:09.11
9. Kelly Wigleven	Poseidon'56	2:11.95 9500058	<b>2:09.65</b>	+0,81	D		29.95	1:03.08	1:36.98	2:09.65
10. Loes Westerhof	De Dinkel	2:10.80 9502752	<b>2:09.83</b>	+0,76	D		29.02	1:02.51	1:37.01	2:09.83
11. Cynthia Verkaik	Orca	2:10.38 9601288	<b>2:09.88</b>	+0,76	C		29.51	1:02.80	1:36.96	2:09.88
12. Evelien van Ruiten	Orca	2:13.02 9602924	<b>2:09.94</b>	+0,71	C		30.51	1:04.13	1:37.28	2:09.94
13. Lynn Dybiona	AZ&PC	2:10.40 9501786	<b>2:09.95</b>	+0,76	D		30.14	1:03.17	1:37.24	2:09.95
14. Anouke Berghuis	De Zijl/LGB	2:13.00 9606132	<b>2:10.02</b>	+0,78	C		29.80	1:02.60	1:36.58	2:10.02
15. Madelon van Dam	EIFFEL Swimmers PSV	2:12.51 9601624	<b>2:10.13</b>	+0,73	C		29.99	1:02.80	1:36.40	2:10.13
16. Claudia Rijkhoff	Zwemvereniging Hoorn	2:10.64 9603338	<b>2:10.63</b>	+0,77	D		29.83	1:03.23	1:37.69	2:10.63
17. Annemarie Worst	Orca	2:07.60 9500042	<b>2:10.69</b>	+0,88	D		29.71	1:02.77	1:36.93	2:10.69
18. Celine Hoogendijk	ZVVS	2:10.42 9601596	<b>2:10.72</b>	+0,87	D		30.13	1:03.67	1:37.98	2:10.72
19. Shireen Post	AZ&PC	2:09.36 9503286	<b>2:10.77</b>	+0,78	D		30.17	1:02.87	1:36.67	2:10.77
20. Carina Klees	WVZ	2:12.32 9602680	<b>2:10.94</b>	+0,86	D		30.58	1:04.32	1:38.28	2:10.94
21. Brenda Zwarthoed	DAW	2:09.63 9604938	<b>2:11.25</b>	+0,77	D		28.92	1:01.65	1:36.67	2:11.25
22. Milou Schraverus	AZ&PC	2:12.28 9503878	<b>2:11.73</b>	+0,75	D		30.87	1:04.75	1:38.27	2:11.73
23. Rachelle Visser	AZ&PC	2:07.24 9500106	<b>2:12.23</b>	+0,84	D		30.10	1:03.48	1:37.98	2:12.23
24. Amber Stienstra	D'Elft	2:13.15 9604448	<b>2:12.60</b>	+0,78	D		29.97	1:03.67	1:38.64	2:12.60
Tamara Grove	Oceanus	2:11.32 9601266	<b>2:12.60</b>	+0,90	D		31.02	1:04.76	1:38.70	2:12.60
26. Renate Hemmes	RTC-Drachten	2:10.32 9600418	<b>2:12.63</b>	+0,77	D		30.06	1:03.63	1:38.31	2:12.63
27. Lisanne vd Lelij	One Team Swimming	2:12.74 9600666	<b>2:12.98</b>	+0,87	D		29.94	1:03.09	1:37.31	2:12.98
28. Anouk Frieman	TriVia	2:10.03 9502390	<b>2:13.10</b>	+0,87	E		30.05	1:02.88	1:37.94	2:13.10
29. Lisette Jansen	De Columbiaan	2:12.30 9500418	<b>2:16.78</b>	+0,93	E		30.49	1:04.82	1:40.74	2:16.78
30. Denise van Ark	Aquapoldro	2:13.57 9604800	<b>2:16.93</b>	+0,76	E		30.60	1:04.77	1:40.66	2:16.93
31. Adája Stoetman	TriVia	2:10.60 9600348	<b>2:18.70</b>	+0,92	E		30.28	1:04.58	1:41.63	2:18.70
NG.ZA Macy Oortwijn	DWK	2:08.45 9500722								
AFGEM Carien van der Schaaf	De Dinkel	2:10.91 9500168								

All-in

1. Rienke Terink	AZ&PC	1:56.15 8402424	<b>1:57.96</b>	+0,81	A+	A	27.02	56.94	1:27.35	1:57.96
2. Lieke Verouden	AZ&PC	2:01.07 9003948	<b>1:59.78</b>	+0,83	A	A	28.19	58.84	1:29.58	1:59.78
3. Elise Bouwens	E.ON-NZA	2:00.74 9103964	<b>2:00.16</b>	+0,85	A	A	28.31	59.00	1:29.85	2:00.16
4. S. van Rouwendaal	EIFFEL Swimmers PSV	1:56.80 9307422	<b>2:00.28</b>	+0,75	A	A	29.06	59.30	1:29.56	2:00.28
5. Maud van de Meer	EIFFEL Swimmers PSV	2:03.15 9201180	<b>2:00.29</b>	+0,72	A	A	28.76	59.46	1:29.88	2:00.29
6. Ilse Kraayeveld	EIFFEL Swimmers PSV	2:00.00 9002110	<b>2:00.95</b>	+0,74	B	A	27.69	58.21	1:29.69	2:00.95
7. Esmee Vermeulen	E.ON-NZA	2:01.16 9600678	<b>2:00.96</b>	+0,79	A+	A	28.48	59.17	1:29.95	2:00.96
8. Wendy vd Zanden	EIFFEL Swimmers PSV	1:59.91 8805004	<b>2:01.00</b>	+0,72	B	A	29.08	1:00.32	1:30.87	2:01.00
9. Joëlle Scheps	EIFFEL Swimmers PSV	2:00.95 9202364	<b>2:01.54</b>	+0,80	B	B	28.75	1:00.10	1:31.06	2:01.54
10. Marieke Nijhuis	EIFFEL Swimmers PSV	2:03.05 9201296	<b>2:02.80</b>	+0,81	C	B	29.36	1:00.50	1:31.76	2:02.80
11. Rosa Veerman	E.ON-NZA	2:04.47 9600862	<b>2:03.31</b>	+0,81	A+	B	28.93	1:00.26	1:31.74	2:03.31
12. Lenneke van Schaik	EIFFEL Swimmers PSV	2:04.55 8603124	<b>2:03.63</b>	+0,80	C	B	29.15	1:00.62	1:32.56	2:03.63
13. Clarissa van Rheenen	EIFFEL Swimmers PSV	1:59.42 9108270	<b>2:04.47</b>	+0,71	D	B	29.30	1:01.01	1:32.62	2:04.47
14. Lotte Wilms	AZ&PC	2:04.30 8402770	<b>2:04.92</b>	+0,81	D	B	28.61	1:00.38	1:32.63	2:04.92
15. Leonie van Noort	De Zijl/LGB	2:05.04 9301752	<b>2:05.22</b>	+0,83	C	B	29.01	1:00.77	1:33.06	2:05.22
16. Chantal Senden	ZC Valkenburg	2:03.11 9300698	<b>2:05.29</b>	+0,78	C	B	28.53	1:00.77	1:33.55	2:05.29
17. Esmée Bos	DWK	2:10.76 9600662	<b>2:05.32</b>	+0,86	A	R	29.21	1:01.18	1:33.63	2:05.32
18. Femke Leenstra	Orca	2:05.75 9503038	<b>2:05.43</b>	+0,80	B	R	29.26	1:00.75	1:33.13	2:05.43
19. Pauline van Dam	EIFFEL Swimmers PSV	2:04.83 9304422	<b>2:05.91</b>	+0,85	C		29.58	1:01.89	1:34.01	2:05.91
20. Ilse van Hoorn	AZ&PC	2:06.75 9001578	<b>2:05.99</b>	+0,79	D		28.96	1:00.56	1:33.40	2:05.99
21. Maartje de Wit	WVZ	2:07.26 9502362	<b>2:06.08</b>	+0,72	B		29.41	1:01.65	1:34.22	2:06.08

Programmanr. 22, Dames, 200m vrije slag, Voorronde, All-in

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
22. Marjolein Delno	De Rijn	2:05.20 9400024	<b>2:06.26</b>	+0,90	C		28.98	1:00.87	1:33.74	2:06.26
23. Pauline Gouwens	DWK	2:05.65 8400790	<b>2:06.36</b>	+0,78	D		28.34	59.85	1:32.74	2:06.36
24. Wendan Poelstra	HZ&PC Heerenveen	2:07.35 9102496	<b>2:06.88</b>	+0,76	D		29.89	1:02.06	1:34.37	2:06.88
25. Marion van den Berg	DWK	2:05.39 8600272	<b>2:06.90</b>	+0,91	D		28.65	1:00.50	1:33.46	2:06.90
26. Miranda Nijenhuis	De Columbiaan	2:06.26 9204076	<b>2:07.07</b>		D		30.03	1:03.05	1:35.73	2:07.07
27. Silke Oude Weernink	De Dolfijn	2:04.98 9002854	<b>2:07.13</b>	* +0,91	D		29.92	1:02.26	1:34.98	2:07.13
28. Inge Pepping	De Rijn	2:07.75 9402308	<b>2:07.20</b>	+0,93	C		30.28	1:02.70	1:35.29	2:07.20
29. Jovanna Koens	EIFFEL Swimmers PSV	2:07.73 9505652	<b>2:07.47</b>	+0,73	C		29.42	1:01.72	1:34.53	2:07.47
Mariska Scheel	De Lansingh	2:05.86 9306344	<b>2:07.47</b>	+0,74	D		28.98	1:00.94	1:33.77	2:07.47
31. Kim Loeffen	Tritium (SG)	2:09.83 9403432	<b>2:07.52</b>	+0,86	D		29.22	1:01.12	1:34.17	2:07.52
32. Roxanne Linders	EIFFEL Swimmers PSV	2:05.17 9204230	<b>2:07.68</b>	+0,84	D		29.28	1:01.34	1:34.37	2:07.68
33. Michelle Verouden	HZPC	2:08.79 9400150	<b>2:08.01</b>	+0,88	D		30.58	1:02.93	1:35.53	2:08.01
34. Monique van der Struik	RTC-Drachten	2:09.04 9502502	<b>2:08.10</b>	+0,83	C		30.19	1:02.78	1:35.61	2:08.10
35. Merle Verkijk	WVZ	2:07.26 9400278	<b>2:08.58</b>	+0,77	D		30.07	1:02.30	1:35.31	2:08.58
36. Femke Remmits	One Team Swimming	2:10.31 9603692	<b>2:09.11</b>	+0,74	C		30.31	1:03.90	1:36.94	2:09.11
37. Tanja van Essen	Wiekslag	2:09.90 9404678	<b>2:09.60</b>	+0,76	D		30.14	1:02.33	1:36.20	2:09.60
38. Kelly Wigleven	Poseidon'56	2:11.95 9500058	<b>2:09.65</b>	+0,81	D		29.95	1:03.08	1:36.98	2:09.65
39. Loes Westerhof	De Dinkel	2:10.80 9502752	<b>2:09.83</b>	+0,76	D		29.02	1:02.51	1:37.01	2:09.83
40. Cynthia Verkaik	Orca	2:10.38 9601288	<b>2:09.88</b>	+0,76	C		29.51	1:02.80	1:36.96	2:09.88
41. Evelien van Ruiten	Orca	2:13.02 9602924	<b>2:09.94</b>	+0,71	C		30.51	1:04.13	1:37.28	2:09.94
42. Lynn Dybiona	AZ&PC	2:10.40 9501786	<b>2:09.95</b>	+0,76	D		30.14	1:03.17	1:37.24	2:09.95
43. Anouque Berghuis	De Zijl/LGB	2:13.00 9606132	<b>2:10.02</b>	+0,78	C		29.80	1:02.60	1:36.58	2:10.02
44. Madelon van Dam	EIFFEL Swimmers PSV	2:12.51 9601624	<b>2:10.13</b>	+0,73	C		29.99	1:02.80	1:36.40	2:10.13
45. Claudia Rijkhoff	Zwemvereniging Hoorn	2:10.64 9603338	<b>2:10.63</b>	+0,77	D		29.83	1:03.23	1:37.69	2:10.63
46. Annelinde Veldman	Appingedam	2:07.36 9302758	<b>2:10.64</b>	+0,85	E		29.11	1:01.88	1:35.93	2:10.64
47. Annemarie Worst	Orca	2:07.60 9500042	<b>2:10.69</b>	+0,88	D		29.71	1:02.77	1:36.93	2:10.69
48. Celine Hoogendijk	ZVVS	2:10.42 9601596	<b>2:10.72</b>	+0,87	D		30.13	1:03.67	1:37.98	2:10.72
49. Shireen Post	AZ&PC	2:09.36 9503286	<b>2:10.77</b>	+0,78	D		30.17	1:02.87	1:36.67	2:10.77
50. Carina Klees	WVZ	2:12.32 9602680	<b>2:10.94</b>	+0,86	D		30.58	1:04.32	1:38.28	2:10.94
51. Brenda Zwarthoed	DAW	2:09.63 9604938	<b>2:11.25</b>	+0,77	D		28.92	1:01.65	1:36.67	2:11.25
52. Milou Schraverus	AZ&PC	2:12.28 9503878	<b>2:11.73</b>	+0,75	D		30.87	1:04.75	1:38.27	2:11.73
53. Rachelle Visser	AZ&PC	2:07.24 9500106	<b>2:12.23</b>	+0,84	D		30.10	1:03.48	1:37.98	2:12.23
54. Amber Stienstra	D'Elft	2:13.15 9604448	<b>2:12.60</b>	+0,78	D		29.97	1:03.67	1:38.64	2:12.60
Tamara Grove	Oceanus	2:11.32 9601266	<b>2:12.60</b>	+0,90	D		31.02	1:04.76	1:38.70	2:12.60
56. Renate Hemmes	RTC-Drachten	2:10.32 9600418	<b>2:12.63</b>	+0,77	D		30.06	1:03.63	1:38.31	2:12.63
57. Lisanne vd Lelij	One Team Swimming	2:12.74 9600666	<b>2:12.98</b>	+0,87	D		29.94	1:03.09	1:37.31	2:12.98
58. Anouk Frieman	TriVia	2:10.03 9502390	<b>2:13.10</b>	+0,87	E		30.05	1:02.88	1:37.94	2:13.10
59. Sharona Mlcoch	DAW	2:10.22 9406178	<b>2:13.49</b>	+0,94	E		30.68	1:04.02	1:38.86	2:13.49
60. Pascalie Spiekerman	WZ&PC Purmerend	2:07.91 9403030	<b>2:13.86</b>	+0,85	E		29.20	1:02.65	1:37.80	2:13.86
61. Lisette Jansen	De Columbiaan	2:12.30 9500418	<b>2:16.78</b>	+0,93	E		30.49	1:04.82	1:40.74	2:16.78
62. Denise van Ark	Aquapoldro	2:13.57 9604800	<b>2:16.93</b>	+0,76	E		30.60	1:04.77	1:40.66	2:16.93
63. Adája Stoitman	TriVia	2:10.60 9600348	<b>2:18.70</b>	+0,92	E		30.28	1:04.58	1:41.63	2:18.70
64. Jessica Spruit	EIFFEL Swimmers PSV	2:05.43 9103756	<b>2:24.06</b>	+0,74			32.70	1:09.29	1:46.66	2:24.06
NG.ZA Macy Oortwijn	DWK	2:08.45 9500722								
AFGEM Andrea Kneppers	EIFFEL Swimmers PSV	2:01.46 9302216								
AFGEM Carien van der Schaaf	De Dinkel	2:10.91 9500168								
AFGEM Saskia de Jonge	RTC-Drachten	1:58.69 8601826								



Programmanr. 23  
04-12-2010 - 10:51

Heren, 200m vrije slag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	1:39.37	Paul Biedermann	Berlijn (GER)	15-11-2009
Europees Record	1:39.37	Paul Biedermann	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	1:41.89	Pieter van den Hoogenband	Dublin (IRL)	14-12-2003
Nederlands Record Jeugd	1:46.31	Pieter van den Hoogenband	Eindhoven	10-12-1995

rang naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>										
1. Dion Dreesens	EIFFEL Swimmers PSV	1:50.99 9302189	<b>1:48.39</b>	+0,77	A+	A	25.37	52.89	1:20.74	1:48.39
2. Bart Dunweg	ZVVS	1:55.75 9301763	<b>1:53.11</b>	+0,68	C	B	26.67	55.48	1:24.81	1:53.11
3. Lester Snackers	ZC Valkenburg	1:56.35 9400947	<b>1:54.39</b>	+0,76	B	R	26.67	55.60	1:24.91	1:54.39
4. Niek Pereboom	WVZ	1:56.40 9305395	<b>1:55.73</b>	+0,75	D		26.72	56.09	1:25.95	1:55.73
5. Robin Bos	DWK	1:57.40 9302265	<b>1:56.38</b>	+0,76	D		26.78	56.64	1:26.87	1:56.38
6. Menno Manning	De Dinkel	1:55.72 9300333	<b>1:56.67</b>	+0,73	D		26.79	56.64	1:26.65	1:56.67
7. Ensger Kotterink	Racing Club	1:56.61 9403391	<b>1:56.87</b>	+0,73	D		27.08	56.67	1:26.87	1:56.87
8. Stef Heijnekamp	OZ&PC	1:59.02 9401665	<b>1:56.96</b>	+0,71	D		27.04	56.70	1:27.31	1:56.96
9. Vincent Moolhuijsen	Oceanus	1:58.20 9401215	<b>1:56.98</b>	+0,76	D		27.24	56.63	1:26.78	1:56.98
10. Jelle Peltzer	ZC Valkenburg	1:56.89 9403779	<b>1:57.23</b>	+0,71	D		27.21	57.58	1:27.86	1:57.23
11. Bernd Kobesen	TriVia	1:57.68 9300981	<b>1:57.61</b>	+0,77	E		27.30	57.05	1:27.81	1:57.61
12. Paul Koster	Hieronymus	1:56.26 9304465	<b>1:57.84</b>	+0,75	E		27.27	56.72	1:27.18	1:57.84
13. Erik Nijholt	DZ&PC	1:58.76 9401349	<b>1:58.51</b>	+0,78	D		27.49	57.84	1:28.82	1:58.51
14. Willem Kees Roos	Orca	1:56.18 9402693	<b>1:58.64</b>	+0,84	D		27.31	57.00	1:27.94	1:58.64
15. Jacco Doest	DWK	1:59.45 9400711	<b>1:59.26</b>	+0,82	D		27.27	57.10	1:28.26	1:59.26

All-in

1. Bas van Velthoven	E.ON-NZA	1:47.70 8502695	<b>1:47.36</b>	+0,76	A	A	24.65	51.62	1:19.38	1:47.36
2. Stefan de Die	E.ON-NZA	1:45.99 8603905	<b>1:48.16</b>	+0,77	A	A	24.92	52.13	1:20.29	1:48.16
3. Dion Dreesens	EIFFEL Swimmers PSV	1:50.99 9302189	<b>1:48.39</b>	+0,77	A+	A	25.37	52.89	1:20.74	1:48.39
4. Job Kienhuis	EIFFEL Swimmers PSV	1:48.32 8901631	<b>1:49.07</b>	+0,80	B	A	26.18	53.56	1:21.43	1:49.07
5. Pieter Timmers	EIFFEL Swimmers PSV	1:49.69 8806031	<b>1:49.19</b>	+0,79	B	A	24.81	52.43	1:20.87	1:49.19
6. Arjen van der Meulen	EIFFEL Swimmers PSV	1:49.71 8702223	<b>1:49.77</b>	+0,83	B	A	26.13	53.64	1:21.81	1:49.77
7. Joost Reijns	E.ON-NZA	1:46.91 8702725	<b>1:50.16</b>	+0,76	B	A	24.67	51.36	1:19.20	1:50.16
8. Rutger van Oosterhout	EIFFEL Swimmers PSV	1:48.89 9002179	<b>1:50.47</b>	+0,69	B	A	25.53	53.28	1:22.05	1:50.47
9. Ferry Weertman	EIFFEL Swimmers PSV	1:52.46 9201461	<b>1:50.65</b>	+0,78	B	B	25.57	53.18	1:21.92	1:50.65
10. Joost Groeneveld	DWK	1:53.65 9200409	<b>1:50.71</b>	+0,71	B	B	25.00	52.73	1:21.50	1:50.71
11. Jeroen Stuut	TriVia	1:53.38 8803315	<b>1:52.32</b>	+0,81	C	B	25.77	53.72	1:22.86	1:52.32
12. Robbert Donk	Wiekslag	1:51.61 8900745	<b>1:52.38</b>	+0,63	C	B	25.33	53.44	1:23.14	1:52.38
13. Mike Marissen	AZ&PC	1:51.84 9202187	<b>1:52.69</b>	+0,75	C	B	25.92	54.79	1:23.70	1:52.69
14. Bart Dunweg	ZVVS	1:55.75 9301763	<b>1:53.11</b>	+0,68	C	B	26.67	55.48	1:24.81	1:53.11
15. Toby Aarnoutse	TriVia	1:53.25 8900007	<b>1:53.80</b>	+0,78	D	B	25.39	53.28	1:23.10	1:53.80
16. Sebastiaan Rosendaal	MNC Dordrecht	1:54.39 9101947	<b>1:54.13</b>	+0,77	D	B	26.50	55.83	1:25.03	1:54.13
17. John Verhagen	EIFFEL Swimmers PSV	1:55.28 9205325	<b>1:54.27</b>	+0,74	D	R	25.89	54.40	1:23.50	1:54.27
18. Lester Snackers	ZC Valkenburg	1:56.35 9400947	<b>1:54.39</b>	+0,76	B	R	26.67	55.60	1:24.91	1:54.39
19. Sverre Eschweiler	E.ON-NZA	1:55.48 9204035	<b>1:54.97</b>	+0,65	D		26.92	56.03	1:26.12	1:54.97
20. Sjoerd Zanderink	De Dinkel	1:53.41 9102651	<b>1:55.13</b>	+0,75	D		25.94	54.43	1:24.25	1:55.13
21. Niek Pereboom	WVZ	1:56.40 9305395	<b>1:55.73</b>	+0,75	D		26.72	56.09	1:25.95	1:55.73
22. Dennis Eliveld	De Dolfijn	1:52.93 9202351	<b>1:56.05</b>	+0,75	D		26.40	55.96	1:26.48	1:56.05
23. Robin Bos	DWK	1:57.40 9302265	<b>1:56.38</b>	+0,76	D		26.78	56.64	1:26.87	1:56.38
24. Mark Costeris	De Dolfijn	1:55.38 9202327	<b>1:56.63</b>	+0,74	D		27.09	56.41	1:26.37	1:56.63
25. Menno Manning	De Dinkel	1:55.72 9300333	<b>1:56.67</b>	+0,73	D		26.79	56.64	1:26.65	1:56.67
26. Ensger Kotterink	Racing Club	1:56.61 9403391	<b>1:56.87</b>	+0,73	D		27.08	56.67	1:26.87	1:56.87
27. Stef Heijnekamp	OZ&PC	1:59.02 9401665	<b>1:56.96</b>	+0,71	D		27.04	56.70	1:27.31	1:56.96
28. Vincent Moolhuijsen	Oceanus	1:58.20 9401215	<b>1:56.98</b>	+0,76	D		27.24	56.63	1:26.78	1:56.98
29. Jelle Peltzer	ZC Valkenburg	1:56.89 9403779	<b>1:57.23</b>	+0,71	D		27.21	57.58	1:27.86	1:57.23
30. Tom Verbeek	De Dolfijn	1:54.85 8803527	<b>1:57.28</b>	+0,75	E		26.73	55.99	1:26.02	1:57.28
31. Victor Poot	ZVVS	1:56.97 9203651	<b>1:57.47</b>	+0,67	E		27.35	57.44	1:27.45	1:57.47
32. Bernd Kobesen	TriVia	1:57.68 9300981	<b>1:57.61</b>	+0,77	E		27.30	57.05	1:27.81	1:57.61
33. Bryan Mannaart	WVZ	1:54.47 9101533	<b>1:57.76</b>	+0,76	E		27.10	56.51	1:27.00	1:57.76
34. Paul Koster	Hieronymus	1:56.26 9304465	<b>1:57.84</b>	+0,75	E		27.27	56.72	1:27.18	1:57.84
35. Erik Nijholt	DZ&PC	1:58.76 9401349	<b>1:58.51</b>	+0,78	D		27.49	57.84	1:28.82	1:58.51
36. Willem Kees Roos	Orca	1:56.18 9402693	<b>1:58.64</b>	+0,84	D		27.31	57.00	1:27.94	1:58.64
37. Jacco Doest	DWK	1:59.45 9400711	<b>1:59.26</b>	+0,82	D		27.27	57.10	1:28.26	1:59.26
38. Stanley Vleerlaag	De Dolfijn	1:54.84 8502813	<b>1:59.29</b>	+0,84	E		27.25	57.02	1:28.43	1:59.29
39. Raymond van de Merwe	WVZ	1:54.60 8602077	<b>2:01.47</b>	+0,85			27.69	58.28	1:30.33	2:01.47

Programmanr. 23, Heren, 200m vrije slag, Voorronde, All-in

rang naam	vereniging	intijd	tijd	RT	niv. finale	50m	100m	150m	200m
40. Wouter Smeets	WVZ	1:53.33 8402093	<b>2:08.01</b>	+0,81		28.93	1:01.38	1:34.18	2:08.01

Programmanr. 24  
04-12-2010 - 11:21

Dames, 800m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12-12-2008
Europees Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12-12-2008
Nederlands Record Senioren	8:21.94	Kirsten Vliegheuis	Sydney (AUS)	21-01-1998
Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14-11-2008

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1. Shireen Post	AZ&PC	9:14.87	9503286	9:13.50	+0,81	C
50m: 31.23	250m: 2:51.90	35.48	450m: 5:12.45	34.84	650m: 7:32.15	34.62
100m: 1:05.67	300m: 3:27.39	35.49	500m: 5:47.72	35.27	700m: 8:06.58	34.43
150m: 1:40.91	350m: 4:02.69	35.30	550m: 6:22.58	34.86	750m: 8:40.73	34.15
200m: 2:16.42	400m: 4:37.61	34.92	600m: 6:57.53	34.95	800m: 9:13.50	32.77
2. Evelien van Ruiten	Orca	9:27.38	9602924	9:16.85	+0,81	C
50m: 32.01	250m: 2:54.01	35.61	450m: 5:15.09	34.73	650m: 7:34.32	34.19
100m: 1:07.28	300m: 3:29.50	35.49	500m: 5:50.32	35.23	700m: 8:09.15	34.83
150m: 1:42.84	350m: 4:05.15	35.65	550m: 6:25.64	35.32	750m: 8:44.00	34.85
200m: 2:18.40	400m: 4:40.36	35.21	600m: 7:00.13	34.49	800m: 9:16.85	32.85
3. Lynn Dybiona	AZ&PC	9:35.11	9501786	9:40.86	+0,77	E
50m: 32.85	250m: 2:58.94	37.30	450m: 5:26.97	36.72	650m: 7:53.66	36.59
100m: 1:08.41	300m: 3:36.21	37.27	500m: 6:03.58	36.61	700m: 8:30.89	37.23
150m: 1:44.87	350m: 4:13.41	37.20	550m: 6:40.20	36.62	750m: 9:07.43	36.54
200m: 2:21.64	400m: 4:50.25	36.84	600m: 7:17.07	36.87	800m: 9:40.86	33.43
4. Claudia Rijkhoff	Zwemvereniging Hoorn	9:46.11	9603338	9:52.10	+0,81	E
50m: 31.92	250m: 2:59.25	37.23	450m: 5:29.36	36.96	650m: 8:01.43	38.05
100m: 1:07.85	300m: 3:36.85	37.60	500m: 6:07.69	38.33	700m: 8:39.19	37.76
150m: 1:44.81	350m: 4:14.43	37.58	550m: 6:45.16	37.47	750m: 9:16.72	37.53
200m: 2:22.02	400m: 4:52.40	37.97	600m: 7:23.38	38.22	800m: 9:52.10	35.38
5. Jamilla van Veen	One Team Swimming	9:50.57	9603192	9:56.37	+0,95	E
50m: 32.00	250m: 2:59.35	37.33	450m: 5:30.10	37.89	650m: 8:03.65	38.32
100m: 1:07.81	300m: 3:36.94	37.59	500m: 6:09.44	39.34	700m: 8:41.41	37.76
150m: 1:44.62	350m: 4:14.20	37.26	550m: 6:47.22	37.78	750m: 9:19.89	38.48
200m: 2:22.02	400m: 4:52.21	38.01	600m: 7:25.33	38.11	800m: 9:56.37	36.48

All-in

1. Marieke Nijhuis	EIFFEL Swimmers PSV	8:46.46	9201296	8:43.34	+0,84	B
50m: 29.75	250m: 2:40.80	32.80	450m: 4:52.44	32.87	650m: 7:04.73	32.95
100m: 1:02.07	300m: 3:13.45	32.85	500m: 5:25.53	33.09	700m: 7:37.90	33.17
150m: 1:34.75	350m: 3:46.35	32.90	550m: 5:58.57	33.04	750m: 8:11.13	33.23
200m: 2:07.80	400m: 4:19.57	33.22	600m: 6:31.78	33.21	800m: 8:43.34	32.21
2. Marion van den Berg	DWK	8:53.68	8600272	8:49.61	+0,96	C
50m: 29.57	250m: 2:41.02	33.22	450m: 4:53.98	33.39	650m: 7:09.34	33.76
100m: 1:02.16	300m: 3:14.11	33.09	500m: 5:27.95	33.97	700m: 7:43.46	34.12
150m: 1:34.95	350m: 3:47.25	33.14	550m: 6:01.75	33.80	750m: 8:17.36	33.90
200m: 2:07.80	400m: 4:20.59	33.34	600m: 6:35.58	33.83	800m: 8:49.61	32.25
3. Leonie van Noort	De Zijl/LGB	8:57.74	9301752	8:55.29	+0,81	C
50m: 29.68	250m: 2:41.27	33.17	450m: 4:55.33	33.72	650m: 7:12.74	34.76
100m: 1:02.18	300m: 3:14.26	32.99	500m: 5:29.58	34.25	700m: 7:47.04	34.30
150m: 1:35.15	350m: 3:47.93	33.67	550m: 6:03.95	34.37	750m: 8:21.68	34.64
200m: 2:08.10	400m: 4:21.61	33.68	600m: 6:37.98	34.03	800m: 8:55.29	33.61
4. Judith Stap	EIFFEL Swimmers PSV	9:10.66	9302702	9:01.38	+0,75	C
50m: 29.73	250m: 2:44.51	34.05	450m: 5:02.08	34.40	650m: 7:20.70	34.41
100m: 1:02.58	300m: 3:18.94	34.43	500m: 5:36.96	34.88	700m: 7:54.81	34.11
150m: 1:36.15	350m: 3:53.37	34.43	550m: 6:11.46	34.50	750m: 8:28.78	33.97
200m: 2:10.46	400m: 4:27.68	34.31	600m: 6:46.29	34.83	800m: 9:01.38	32.60
5. Marjolein Delno	De Rijn	9:07.73	9400024	9:05.57	+0,90	C
50m: 30.05	250m: 2:45.03	34.61	450m: 5:04.29	35.18	650m: 7:24.28	34.82
100m: 1:02.83	300m: 3:19.48	34.45	500m: 5:39.15	34.86	700m: 7:59.29	35.01
150m: 1:36.52	350m: 3:54.32	34.84	550m: 6:13.77	34.62	750m: 8:33.36	34.07
200m: 2:10.42	400m: 4:29.11	34.79	600m: 6:49.46	35.69	800m: 9:05.57	32.21
6. Pauline van Dam	EIFFEL Swimmers PSV	9:10.68	9304422	9:05.59	+0,93	D
50m: 30.70	250m: 2:45.92	34.47	450m: 5:05.09	34.77	650m: 7:24.22	34.46
100m: 1:03.88	300m: 3:20.65	34.73	500m: 5:39.88	34.79	700m: 7:59.02	34.80
150m: 1:37.47	350m: 3:55.46	34.81	550m: 6:14.79	34.91	750m: 8:32.99	33.97
200m: 2:11.45	400m: 4:30.32	34.86	600m: 6:49.76	34.97	800m: 9:05.59	32.60
7. Malissa van der Horst	Zwemlust-den Hommel	9:07.00	9200810	9:11.29	+0,87	D
50m: 29.96	250m: 2:46.50	34.59	450m: 5:07.02	35.29	650m: 7:27.64	35.01
100m: 1:03.29	300m: 3:21.48	34.98	500m: 5:42.45	35.43	700m: 8:02.55	34.91
150m: 1:37.32	350m: 3:56.57	35.09	550m: 6:17.57	35.12	750m: 8:37.29	34.74
200m: 2:11.91	400m: 4:31.73	35.16	600m: 6:52.63	35.06	800m: 9:11.29	34.00

Programmanr. 24, Dames, 800m vrije slag, All-in

rang	naam	vereniging	intijd	intijd	intijd	tijd	RT	niv.
8.	Shireen Post	AZ&PC	9:14.87	9503286	<b>9:13.50</b>	+0,81	C	
	50m: 31.23	31.23	250m: 2:51.90	35.48	450m: 5:12.45	34.84	650m: 7:32.15	34.62
	100m: 1:05.67	34.44	300m: 3:27.39	35.49	500m: 5:47.72	35.27	700m: 8:06.58	34.43
	150m: 1:40.91	35.24	350m: 4:02.69	35.30	550m: 6:22.58	34.86	750m: 8:40.73	34.15
	200m: 2:16.42	35.51	400m: 4:37.61	34.92	600m: 6:57.53	34.95	800m: 9:13.50	32.77
9.	Evelien van Ruiten	Orca	9:27.38	9602924	<b>9:16.85</b>	+0,81	C	
	50m: 32.01	32.01	250m: 2:54.01	35.61	450m: 5:15.09	34.73	650m: 7:34.32	34.19
	100m: 1:07.28	35.27	300m: 3:29.50	35.49	500m: 5:50.32	35.23	700m: 8:09.15	34.83
	150m: 1:42.84	35.56	350m: 4:05.15	35.65	550m: 6:25.64	35.32	750m: 8:44.00	34.85
	200m: 2:18.40	35.56	400m: 4:40.36	35.21	600m: 7:00.13	34.49	800m: 9:16.85	32.85
10.	Inge Pepping	De Rijn	9:18.70	9402308	<b>9:23.04</b>	+0,95	E	
	50m: 31.90	31.90	250m: 2:53.70	35.62	450m: 5:16.32	35.57	650m: 7:38.30	35.36
	100m: 1:06.96	35.06	300m: 3:29.37	35.67	500m: 5:51.80	35.48	700m: 8:13.63	35.33
	150m: 1:42.39	35.43	350m: 4:05.10	35.73	550m: 6:27.28	35.48	750m: 8:48.79	35.16
	200m: 2:18.08	35.69	400m: 4:40.75	35.65	600m: 7:02.94	35.66	800m: 9:23.04	34.25
11.	Lynn Dybiona	AZ&PC	9:35.11	9501786	<b>9:40.86</b>	+0,77	E	
	50m: 32.85	32.85	250m: 2:58.94	37.30	450m: 5:26.97	36.72	650m: 7:53.66	36.59
	100m: 1:08.41	35.56	300m: 3:36.21	37.27	500m: 6:03.58	36.61	700m: 8:30.89	37.23
	150m: 1:44.87	36.46	350m: 4:13.41	37.20	550m: 6:40.20	36.62	750m: 9:07.43	36.54
	200m: 2:21.64	36.77	400m: 4:50.25	36.84	600m: 7:17.07	36.87	800m: 9:40.86	33.43
12.	Claudia Rijkhoff	Zwemvereniging Hoorn	9:46.11	9603338	<b>9:52.10</b>	+0,81	E	
	50m: 31.92	31.92	250m: 2:59.25	37.23	450m: 5:29.36	36.96	650m: 8:01.43	38.05
	100m: 1:07.85	35.93	300m: 3:36.85	37.60	500m: 6:07.69	38.33	700m: 8:39.19	37.76
	150m: 1:44.81	36.96	350m: 4:14.43	37.58	550m: 6:45.16	37.47	750m: 9:16.72	37.53
	200m: 2:22.02	37.21	400m: 4:52.40	37.97	600m: 7:23.38	38.22	800m: 9:52.10	35.38
13.	Jamilla van Veen	One Team Swimming	9:50.57	9603192	<b>9:56.37</b>	+0,95	E	
	50m: 32.00	32.00	250m: 2:59.35	37.33	450m: 5:30.10	37.89	650m: 8:03.65	38.32
	100m: 1:07.81	35.81	300m: 3:36.94	37.59	500m: 6:09.44	39.34	700m: 8:41.41	37.76
	150m: 1:44.62	36.81	350m: 4:14.20	37.26	550m: 6:47.22	37.78	750m: 9:19.89	38.48
	200m: 2:22.02	37.40	400m: 4:52.21	38.01	600m: 7:25.33	38.11	800m: 9:56.37	36.48

Programmanr. 25  
04-12-2010 - 11:32

Dames, 4 x 100m wisselslag

Senioren Open  
Resultaten

Wereld Record	3:47.97	USA	USA	Manchester (GBR)	18-12-2009
Europees Record	3:53.02	GBR	GBR	Manchester (GBR)	11-04-2008
Nederlands Record Senioren Ver.	4:00.28	Eiffel Swimmers PSV		Amsterdam	20-12-2008
Nederlands Record Jeugd Ver.	4:21.27	De Dolfijn		Amsterdam	08-11-2009

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1 Kira Toussaint Moniek Nijhuis	De Dolfijn 30.16 1:01.70 +0,41 31.21 1:06.67	4:03.32 Willemijn Knot Lona Kroese	<b>4:04.04</b> +0,43 27.88 +0,29 26.37	1:00.67 55.00
2.	EIFFEL Swimmers PSV 1 Wendy vd Zanden Jocelyn Spruit	EIFFEL Swimmers PSV 29.10 59.65 +0,16 32.13 1:10.03	4:07.66 Lisa Dreesens Clarissa van Rheenen	<b>4:05.66</b> +0,46 28.47 +0,30 25.85	1:01.69 54.29
3.	AZ&PC 1 Rieneke Terink Loes Zanderink	AZ&PC 30.26 1:02.80 +0,41 31.64 1:08.58	4:08.93 Kelly de Jong Lieke Verouden	<b>4:09.92</b> +0,46 28.15 +0,34 26.97	1:01.75 56.79
4.	De Dolfijn 2 100m* Anja van der Hout Tessa Brouwer	De Dolfijn 31.16 1:04.35 31.13 1:07.90	4:08.35 Parand Zarekiani Silke Oude Weemink	<b>4:12.42</b> +0,29 28.44 +0,41 28.24	1:01.49 58.68
5.	AZ&PC 2 Claire de Winter Yvonne v.d. Pol	AZ&PC 31.81 1:05.94 +0,22 32.74 1:11.21	4:21.53 Lotte Wilms Ilse van Hoom	<b>4:18.17</b> +0,21 29.11 +0,36 27.38	1:03.33 57.69
6.	De Columbiaan 1 Miranda Nijenhuis Eline Boers	De Columbiaan 31.04 1:03.89 +0,24 32.00 1:09.56	4:16.28 Jara Schmidt Lisette Jansen	<b>4:19.53</b> +0,33 30.63 +0,34 27.36	1:07.53 58.55
7.	Orca 1 Annemarie Worst Cynthia Verkaik	Orca 31.04 1:02.67 +0,29 35.62 1:15.89	4:21.86 Femke Leenstra Evelien van Ruiten	<b>4:23.23</b> +0,41 30.18 +0,48 28.87	1:04.71 59.96
8.	AZ&PC 3 Laura Moolenaar Suzanne de Vries	AZ&PC 32.16 1:05.96 +0,34 35.80 1:17.34	4:26.37 Rachelle Visser Lynn Dybiona	<b>4:27.51</b> +0,03 28.69 +0,35 28.81	1:04.69 59.52
9.	HZ&PC Heerenveen 1 Myrthe Sijtsema Karin van Dijk	HZ&PC Heerenveen 33.18 1:09.13 +0,12 35.20 1:16.40	4:31.11 Chantal Nap Wendan Poelstra	<b>4:28.59</b> +0,23 29.77 +0,33 28.05	1:04.10 58.96
10.	WZ&PC Purmerend 1 Daphne ten Brink Amber Ruig	WZ&PC Purmerend 32.54 1:06.69 +0,58 34.82 1:15.34	4:30.67 Kimberly Mijnen Pascalle Spiekerman	<b>4:32.41</b> +0,43 31.47 +0,35 28.08	1:10.71 59.67
11.	De Dinkel 1 Noortje Timmerman Lonne Dijkhuis	De Dinkel 32.73 1:08.80 +0,20 34.12 1:13.28	4:27.31 Loes Westerhof Kimberly Ribberink	<b>4:34.17</b> +0,35 32.36 +0,17 28.03	1:12.22 59.87
12.	Zwemvereniging Hoorn 1 Femke Swier Helena La	Zwemvereniging Hoorn 32.00 1:06.41 +0,13 35.88 1:17.80	4:30.32 Claudia Rijkhoff Kristine Zwaan	<b>4:38.03</b> +0,53 33.10 +0,52 29.03	1:12.00 1:01.82
13.	De Columbiaan 2 Natasja Boers Liselotte Mulder	De Columbiaan 32.69 1:09.10 +0,49 36.65 1:20.70	4:28.04 Laura van Daalen Tania Jacobs	<b>4:45.47</b> +0,30 34.50 +0,01 28.89	1:13.78 1:01.89

Programmanr. 26  
04-12-2010 - 11:37

Heren, 4 x 100m vrije slag

Senioren Open  
Resultaten

Wereld Record	3:03.30	USA	USA	Manchester (GBR)	19-12-2009
Europees Record	3:04.98	FRA	FRA	Istres (FRA)	20-12-2008
Nederlands Record Senioren Ver.	3:14.60	De Dolfijn		Amsterdam	19-12-2009
Nederlands Record Jeugd Ver.	3:26.56	Eiffel Swimmers PSV		Amsterdam	20-12-2008

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1 <i>Ned. Record Senioren Verenigingen</i>	3:15.34	<b>3:14.26</b>	+0,74	
	Stefan de Die	+0,74 23.94 49.27	Joeri Verlinden	+0,33 23.27	48.36
	Bas van Velthoven	+0,40 23.49 48.55	Joost Reijns	+0,31 22.64	48.08
2.	AZ&PC 1	3:19.68	<b>3:16.63</b>	+0,77	
	Geert Lantink	+0,77 23.92 50.16	Joran Barends	+0,26 23.12	48.63
	Damien Bernard	+0,21 23.34 49.35	Robin van Aggele	+0,21 22.59	48.49
3.	DWK 1	3:27.70	<b>3:21.68</b>	+0,73	
	Tim van Deutekom	+0,73 23.89 51.24	Robin Bos	+0,35 24.87	52.23
	Joost Groeneveld	+0,43 23.40 49.47	Floor Verhaar	+0,42 23.25	48.74
4.	MNC Dordrecht 1	3:27.12	<b>3:25.17</b>	+0,72	
	Arjan van der Plaats	+0,72 23.78 49.97	Alwin Hillebrink	+0,69 25.32	53.07
	Jeroen Baars	+0,33 24.07 50.87	Mark Baars	+0,45 24.53	51.26
5.	De Dolfijn 2	3:31.17	<b>3:26.99</b>	+0,81	
	Henk van Nijenhuis	+0,81 24.89 51.95	Stanley Vleerlaag	+0,29 24.51	51.46
	Tom Verbeek	+0,34 25.10 52.73	Mark Costeris	+0,31 24.27	50.85
6.	De Columbiaan 1	3:31.91	<b>3:30.11</b>	+0,72	
	Jan Kersten	+0,72 23.66 49.93	Jordy Zuidhoek	+0,23 25.92	54.09
	Eduard Bremmer	+0,25 24.38 52.20	Jonathan Cassuto	+0,19 25.11	53.89
7.	WVZ 1	3:32.29	<b>3:32.50</b>	+0,78	
	Raymond van de Merwe	+0,78 25.32 52.52	Alex Goeyenbier	+0,14 25.30	54.22
	Wouter Smeets	+0,29 25.33 53.53	Arjan Assink	+0,15 24.43	52.23
8.	AZ&PC 2	3:31.91	<b>3:32.55</b>	+0,75	
	Aziz Nosairi	+0,75 24.54 51.96	Pieter Jan de Vries	+0,23 24.57	52.59
	Nick Hessing	+0,28 25.62 54.55	Chris Bernard	+0,32 25.03	53.45
9.	De Dinkel 1	3:34.21	<b>3:33.33</b>	+0,70	
	Sjoerd Zanderink	+0,70 25.49 52.90	Pim Kienhuis	+0,42 25.84	54.42
	Jeroen Gijsselaar	+0,45 25.81 53.63	Menno Manning	+0,39 25.14	52.38
10.	Hellas-Glana 1	3:34.14	<b>3:33.46</b>	+0,78	
	Alan Smeets	+0,78 25.61 52.81	Ruben Klinkers	+0,19 25.18	53.24
	Stan Tummers	+0,46 25.36 53.75	Davy Verreussel	+0,18 25.83	53.66
11.	Orca 1	3:37.23	<b>3:33.80</b>	+0,88	
	Michiel Punter	+0,88 25.13 52.84	Michael Westers	+0,31 25.98	54.55
	Willem Kees Roos	+0,34 25.62 53.52	Vincent van Iperen	+0,06 24.91	52.89
12.	LZ 1886 1	3:37.20	<b>3:34.60</b>	+0,77	
	Lars Sieval	+0,77 25.54 53.39	Kristiaan Lenos	+0,33 25.67	54.23
	Joost Rijntjes	+0,45 25.71 54.02	Sjoerd Sieval	+0,01 25.20	52.96
13.	ZC Valkenburg 1	3:36.30	<b>3:36.17</b>	+0,79	
	Pim van Basten Batenburg	+0,79 26.35 54.98	Jelle Peltzer	+0,42 25.75	52.46
	Niels van Basten Batenburg	+0,24 26.06 54.41	Lester Snackers	+0,43 25.83	54.32
14.	WZ&PC Purmerend 1	3:36.84	<b>3:37.39</b>	+0,74	
	Bas Tietze	+0,74 25.75 55.44	Sverre Oelen	+0,35 26.15	54.59
	Kevin Lebis	+0,23 25.05 54.18	Jeffrey Appel	+0,29 24.70	53.18
15.	AZ&PC 3	3:37.22	<b>3:37.57</b>	+0,83	
	Jeroen van den Bos	+0,83 26.91 56.13	Jelle Derksen	+0,32 25.42	53.16
	Marciano Lynch	+0,14 25.22 53.84	Jordan Kraaijenhof	+0,27 25.86	54.44
DIS	EIFFEL Swimmers PSV 1	3:19.18		+0,68	
	<i>EA - Te vroeg overgenomen. (geen eindtijd noteren**), dis 4e zwemmer</i>				
	Jasper van Mierlo	+0,68 23.56 49.97	Steven Nonnekes	+0,19 23.51	51.22
	Rutger van Oosterhout	+0,41 23.80 49.59	Pieter Timmers	-0,04	
NG	De Dolfijn 3	3:36.16			



Programmanr. 27  
04-12-2010 - 11:48

Jongens, 1500m vrije slag  
Progr.nrs.27,28,29 en 30 zijn samengevoegd

12 - 15 jaar  
Resultaten

Nederlands Record Junioren	15:45.34	Arthur de Rouw	Hengelo	04-03-1983
Nederlands Record 15 jaar	15:52.90	Arthur de Rouw	Uden	28-11-1982
Nederlands Record 14 jaar	16:21.53	Maarten van der Weijden	Eindhoven	09-12-1995
Nederlands Record 13 jaar	16:52.34	Pieter van den Hoogenband	Dordrecht	01-03-1991
Nederlands Record 12 jaar	17:15.70	Pieter van den Hoogenband	Amersfoort	15-12-1990
Kamp. Record Junioren 4	16:02.52	Maarten van der Weijden	Utrecht	07-12-1996
Kamp. Record Junioren 3	16:21.53	Maarten van der Weijden	Eindhoven	09-12-1995
Kamp. Record Junioren 2	17:22.40	Damon Peperkamp	Amsterdam	20-12-2008
Kamp. Record Junioren 1	18:26.66	Stef Heijnekamp	Drachten	17-12-2006

rang naam vereniging intijd tijd RT niv.

Junioren 1

1. Frank Roovers <i>Kamp. Record Junioren 1</i>	De Houtrib	18:17.08	9800219	17:48.46	+0,66	B
50m: 29.88 29.88	450m: 5:13.66 35.85	850m: 10:03.97 36.46	1250m: 14:53.11 34.64			
100m: 1:03.41 33.53	500m: 5:49.94 36.28	900m: 10:40.82 36.85	1300m: 15:29.12 36.01			
150m: 1:38.18 34.77	550m: 6:26.15 36.21	950m: 11:17.39 36.57	1350m: 16:04.77 35.65			
200m: 2:13.65 35.47	600m: 7:02.39 36.24	1000m: 11:53.64 36.25	1400m: 16:39.72 34.95			
250m: 2:49.29 35.64	650m: 7:38.83 36.44	1050m: 12:29.61 35.97	1450m: 17:14.95 35.23			
300m: 3:25.44 36.15	700m: 8:15.14 36.31	1100m: 13:05.54 35.93	1500m: 17:48.46 33.51			
350m: 4:01.57 36.13	750m: 8:51.26 36.12	1150m: 13:42.57 37.03				
400m: 4:37.81 36.24	800m: 9:27.51 36.25	1200m: 14:18.47 35.90				
2. Jorgos Skotadis	Racing Club	18:06.50	9803317	17:52.99	+0,73	B
50m: 29.96 29.96	450m: 5:13.76 36.20	850m: 10:04.03 36.68	1250m: 14:54.95 35.43			
100m: 1:03.95 33.99	500m: 5:49.78 36.02	900m: 10:40.63 36.60	1300m: 15:30.98 36.03			
150m: 1:38.89 34.94	550m: 6:26.37 36.59	950m: 11:17.25 36.62	1350m: 16:07.77 36.79			
200m: 2:13.78 34.89	600m: 7:02.41 36.04	1000m: 11:53.47 36.22	1400m: 16:44.38 36.61			
250m: 2:49.39 35.61	650m: 7:38.95 36.54	1050m: 12:30.20 36.73	1450m: 17:20.07 35.69			
300m: 3:25.23 35.84	700m: 8:15.04 36.09	1100m: 13:05.83 35.63	1500m: 17:52.99 32.92			
350m: 4:01.65 36.42	750m: 8:51.39 36.35	1150m: 13:42.69 36.86				
400m: 4:37.56 35.91	800m: 9:27.35 35.96	1200m: 14:19.52 36.83				
3. Jonne Schaafsma	Racing Club	19:21.00	9800745	18:36.40	+0,75	D
50m: 32.61 32.61	450m: 5:30.76 37.77	850m: 10:30.10 38.11	1250m: 15:32.12 36.85			
100m: 1:08.47 35.86	500m: 6:08.22 37.46	900m: 11:08.02 37.92	1300m: 16:09.80 37.68			
150m: 1:45.90 37.43	550m: 6:45.50 37.28	950m: 11:46.03 38.01	1350m: 16:47.68 37.88			
200m: 2:23.15 37.25	600m: 7:23.21 37.71	1000m: 12:23.44 37.41	1400m: 17:24.89 37.21			
250m: 3:00.56 37.41	650m: 7:59.96 36.75	1050m: 13:01.69 38.25	1450m: 18:01.90 37.01			
300m: 3:38.31 37.75	700m: 8:36.62 36.66	1100m: 13:39.68 37.99	1500m: 18:36.40 34.50			
350m: 4:15.83 37.52	750m: 9:14.50 37.88	1150m: 14:17.67 37.99				
400m: 4:52.99 37.16	800m: 9:51.99 37.49	1200m: 14:55.27 37.60				
4. Jordy Severins	Eurode Kerkrade	19:20.06	9800559	18:40.88	+0,81	D
50m: 31.18 31.18	450m: 5:27.17 37.25	850m: 10:31.71 38.23	1250m: 15:35.90 38.36			
100m: 1:06.63 35.45	500m: 6:05.42 38.25	900m: 11:09.95 38.24	1300m: 16:13.66 37.76			
150m: 1:43.24 36.61	550m: 6:43.62 38.20	950m: 11:47.13 37.18	1350m: 16:51.57 37.91			
200m: 2:19.44 36.20	600m: 7:21.95 38.33	1000m: 12:25.99 38.86	1400m: 17:28.94 37.37			
250m: 2:56.92 37.48	650m: 7:59.39 37.44	1050m: 13:03.48 37.49	1450m: 18:05.99 37.05			
300m: 3:34.29 37.37	700m: 8:37.81 38.42	1100m: 13:42.21 38.73	1500m: 18:40.88 34.89			
350m: 4:12.15 37.86	750m: 9:15.69 37.88	1150m: 14:20.28 38.07				
400m: 4:49.92 37.77	800m: 9:53.48 37.79	1200m: 14:57.54 37.26				
5. Floris Kotterink	Racing Club	19:23.22	9800199	18:42.30	+0,58	D
50m: 31.16 31.16	450m: 5:26.32 37.53	850m: 10:30.42 38.10	1250m: 15:35.25 38.34			
100m: 1:06.26 35.10	500m: 6:04.38 38.06	900m: 11:08.72 38.30	1300m: 16:13.51 38.26			
150m: 1:42.79 36.53	550m: 6:42.13 37.75	950m: 11:46.73 38.01	1350m: 16:51.50 37.99			
200m: 2:19.38 36.59	600m: 7:20.65 38.52	1000m: 12:24.80 38.07	1400m: 17:29.02 37.52			
250m: 2:56.27 36.89	650m: 7:58.69 38.04	1050m: 13:02.90 38.10	1450m: 18:06.38 37.36			
300m: 3:33.63 37.36	700m: 8:36.59 37.90	1100m: 13:41.10 38.20	1500m: 18:42.30 35.92			
350m: 4:11.43 37.80	750m: 9:14.19 37.60	1150m: 14:19.57 38.47				
400m: 4:48.79 37.36	800m: 9:52.32 38.13	1200m: 14:56.91 37.34				
6. Jeljer Aldershof	ZV Haerlem	19:54.15	9800719	19:24.18	+0,91	E
50m: 33.59 33.59	450m: 5:43.91 39.38	850m: 10:59.52 39.03	1250m: 16:09.17 37.91			
100m: 1:10.37 36.78	500m: 6:23.14 39.23	900m: 11:39.03 39.51	1300m: 16:48.25 38.08			
150m: 1:48.67 38.30	550m: 7:02.28 39.14	950m: 12:17.47 38.44	1350m: 17:27.24 38.99			
200m: 2:27.29 38.62	600m: 7:41.48 39.20	1000m: 12:55.97 38.50	1400m: 18:07.06 39.82			
250m: 3:06.19 38.90	650m: 8:21.40 39.92	1050m: 13:35.06 39.09	1450m: 18:47.03 39.97			
300m: 3:45.45 39.26	700m: 9:01.09 39.69	1100m: 14:13.77 38.71	1500m: 19:24.18 37.15			
350m: 4:25.28 39.83	750m: 9:40.67 39.58	1150m: 14:52.75 38.98				
400m: 5:04.53 39.25	800m: 10:20.49 39.82	1200m: 15:31.26 38.51				



Programmanr. 27, Jongens, 1500m vrije slag, Junioren 1

rang	naam	vereniging	intijd	tijd	RT	niv.		
7.	Timos Skotadis	Racing Club	21:08.39	9804615	20:09.08	+0,85		
	50m: 35.62	35.62	450m: 6:02.19	42.03	850m: 11:30.75	41.06	1250m: 16:53.50	39.45
	100m: 1:14.46	38.84	500m: 6:43.84	41.65	900m: 12:11.22	40.47	1300m: 17:33.22	39.72
	150m: 1:55.22	40.76	550m: 7:24.73	40.89	950m: 12:51.72	40.50	1350m: 18:12.21	38.99
	200m: 2:36.81	41.59	600m: 8:05.72	40.99	1000m: 13:32.50	40.78	1400m: 18:52.24	40.03
	250m: 3:17.40	40.59	650m: 8:47.40	41.68	1050m: 14:13.43	40.93	1450m: 19:32.07	39.83
	300m: 3:57.98	40.58	700m: 9:28.01	40.61	1100m: 14:53.75	40.32	1500m: 20:09.08	37.01
	350m: 4:38.94	40.96	750m: 10:08.62	40.61	1150m: 15:33.71	39.96		
	400m: 5:20.16	41.22	800m: 10:49.69	41.07	1200m: 16:14.05	40.34		
8.	Stan Zwinkels	WVZ	20:01.56	9800239	20:09.37	+1,07		
	50m: 34.84	34.84	450m: 6:03.07	41.14	850m: 11:30.58	40.76	1250m: 16:52.02	39.22
	100m: 1:13.39	38.55	500m: 6:43.72	40.65	900m: 12:11.04	40.46	1300m: 17:31.51	39.49
	150m: 1:54.45	41.06	550m: 7:24.38	40.66	950m: 12:51.72	40.68	1350m: 18:11.94	40.43
	200m: 2:35.68	41.23	600m: 8:05.55	41.17	1000m: 13:31.00	39.28	1400m: 18:52.03	40.09
	250m: 3:17.02	41.34	650m: 8:46.58	41.03	1050m: 14:11.87	40.87	1450m: 19:31.07	39.04
	300m: 3:58.83	41.81	700m: 9:27.81	41.23	1100m: 14:53.07	41.20	1500m: 20:09.37	38.30
	350m: 4:40.53	41.70	750m: 10:09.09	41.28	1150m: 15:33.25	40.18		
	400m: 5:21.93	41.40	800m: 10:49.82	40.73	1200m: 16:12.80	39.55		
9.	Dimitris Mainas	Racing Club	21:11.00	9803045	20:46.47	+0,81		
	50m: 34.23	34.23	450m: 6:07.23	42.71	850m: 11:46.22	42.02	1250m: 17:24.45	42.64
	100m: 1:14.03	39.80	500m: 6:50.35	43.12	900m: 12:27.95	41.73	1300m: 18:06.67	42.22
	150m: 1:54.57	40.54	550m: 7:32.56	42.21	950m: 13:10.38	42.43	1350m: 18:47.17	40.50
	200m: 2:35.88	41.31	600m: 8:15.31	42.75	1000m: 13:52.70	42.32	1400m: 19:28.19	41.02
	250m: 3:17.29	41.41	650m: 8:57.89	42.58	1050m: 14:34.73	42.03	1450m: 20:09.91	41.72
	300m: 3:59.84	42.55	700m: 9:40.30	42.41	1100m: 15:17.68	42.95	1500m: 20:46.47	36.56
	350m: 4:41.87	42.03	750m: 10:22.35	42.05	1150m: 16:00.05	42.37		
	400m: 5:24.52	42.65	800m: 11:04.20	41.85	1200m: 16:41.81	41.76		
10.	Wouter Arnoldus	WVZ	21:23.12	9800581	20:57.96	+0,87		
	50m: 36.76	36.76	450m: 6:16.13	42.95	850m: 11:57.17	42.87	1250m: 17:35.22	41.82
	100m: 1:18.48	41.72	500m: 6:58.74	42.61	900m: 12:39.52	42.35	1300m: 18:16.74	41.52
	150m: 2:00.61	42.13	550m: 7:41.79	43.05	950m: 13:22.44	42.92	1350m: 18:57.59	40.85
	200m: 2:43.28	42.67	600m: 8:24.28	42.49	1000m: 14:04.56	42.12	1400m: 19:39.27	41.68
	250m: 3:25.76	42.48	650m: 9:06.72	42.44	1050m: 14:47.30	42.74	1450m: 20:20.39	41.12
	300m: 4:08.40	42.64	700m: 9:49.20	42.48	1100m: 15:29.40	42.10	1500m: 20:57.96	37.57
	350m: 4:50.73	42.33	750m: 10:31.85	42.65	1150m: 16:11.60	42.20		
	400m: 5:33.18	42.45	800m: 11:14.30	42.45	1200m: 16:53.40	41.80		
11.	Ivar van Straaten	WVZ	21:41.13	9800107	21:08.98	+0,82		
	50m: 37.41	37.41	450m: 6:18.70	42.99	850m: 12:00.83	42.33	1250m: 17:40.94	42.29
	100m: 1:19.20	41.79	500m: 7:01.58	42.88	900m: 12:43.16	42.33	1300m: 18:23.38	42.44
	150m: 2:01.76	42.56	550m: 7:44.72	43.14	950m: 13:25.83	42.67	1350m: 19:05.91	42.53
	200m: 2:44.57	42.81	600m: 8:27.44	42.72	1000m: 14:08.67	42.84	1400m: 19:48.31	42.40
	250m: 3:26.92	42.35	650m: 9:10.18	42.74	1050m: 14:51.01	42.34	1450m: 20:30.01	41.70
	300m: 4:09.66	42.74	700m: 9:53.05	42.87	1100m: 15:33.73	42.72	1500m: 21:08.98	38.97
	350m: 4:53.04	43.38	750m: 10:35.52	42.47	1150m: 16:16.33	42.60		
	400m: 5:35.71	42.67	800m: 11:18.50	42.98	1200m: 16:58.65	42.32		
12.	Jelmer Lankhorst	Racing Club	21:35.76	9800353	21:50.93	+0,72		
	50m: 34.91	34.91	450m: 6:18.41	43.81	850m: 12:15.15	44.62	1250m: 18:14.17	45.43
	100m: 1:16.74	41.83	500m: 7:02.46	44.05	900m: 12:58.69	43.54	1300m: 18:59.04	44.87
	150m: 1:59.36	42.62	550m: 7:46.69	44.23	950m: 13:44.20	45.51	1350m: 19:43.46	44.42
	200m: 2:41.60	42.24	600m: 8:31.21	44.52	1000m: 14:28.64	44.44	1400m: 20:28.00	44.54
	250m: 3:24.70	43.10	650m: 9:16.02	44.81	1050m: 15:12.75	44.11	1450m: 21:09.89	41.89
	300m: 4:07.58	42.88	700m: 10:00.56	44.54	1100m: 15:58.34	45.59	1500m: 21:50.93	41.04
	350m: 4:51.13	43.55	750m: 10:45.00	44.44	1150m: 16:43.59	45.25		
	400m: 5:34.60	43.47	800m: 11:30.53	45.53	1200m: 17:28.74	45.15		

Junioren 2

1.	Casper Zwier	Luctor et Emergo	19:44.60	9701355	18:04.49	+0,83	E	
	50m: 32.40	32.40	450m: 5:25.10	36.67	850m: 10:22.69	37.26	1250m: 15:10.70	35.77
	100m: 1:07.96	35.56	500m: 6:02.60	37.50	900m: 10:59.60	36.91	1300m: 15:46.28	35.58
	150m: 1:44.42	36.46	550m: 6:39.36	36.76	950m: 11:36.74	37.14	1350m: 16:21.30	35.02
	200m: 2:21.29	36.87	600m: 7:16.43	37.07	1000m: 12:12.27	35.53	1400m: 16:56.51	35.21
	250m: 2:57.91	36.62	650m: 7:53.80	37.37	1050m: 12:48.05	35.78	1450m: 17:31.73	35.22
	300m: 3:34.81	36.90	700m: 8:31.25	37.45	1100m: 13:23.81	35.76	1500m: 18:04.49	32.76
	350m: 4:11.65	36.84	750m: 9:08.67	37.42	1150m: 13:59.50	35.69		
	400m: 4:48.43	36.78	800m: 9:45.43	36.76	1200m: 14:34.93	35.43		
2.	Maurice van der Ploeg	De Kikker	18:38.08	9700305	18:13.67	+0,86	E	
	50m: 30.96	30.96	450m: 5:23.54	37.37	850m: 10:19.39	36.88	1250m: 15:12.77	36.49
	100m: 1:06.26	35.30	500m: 6:00.16	36.62	900m: 10:56.22	36.83	1300m: 15:49.67	36.90
	150m: 1:42.63	36.37	550m: 6:36.96	36.80	950m: 11:32.99	36.77	1350m: 16:26.09	36.42
	200m: 2:18.59	35.96	600m: 7:14.29	37.33	1000m: 12:09.79	36.80	1400m: 17:03.06	36.97
	250m: 2:55.22	36.63	650m: 7:51.38	37.09	1050m: 12:46.65	36.86	1450m: 17:39.52	36.46
	300m: 3:31.68	36.46	700m: 8:28.31	36.93	1100m: 13:23.37	36.72	1500m: 18:13.67	34.15
	350m: 4:08.81	37.13	750m: 9:05.49	37.18	1150m: 14:00.09	36.72		
	400m: 4:46.17	37.36	800m: 9:42.51	37.02	1200m: 14:36.28	36.19		

Programmanr. 27, Jongens, 1500m vrije slag, Junioren 2

rang	naam		vereniging		intijd		tijd	RT	niv.			
3.	Stijn Avezaat		One Team Swimming		18:55.14	9700729	18:16.19	+0,74	E			
	50m:	31.35	31.35	450m:	5:23.82	36.59	850m:	10:18.80	36.72	1250m:	15:13.85	37.20
	100m:	1:06.80	35.45	500m:	6:00.11	36.29	900m:	10:56.14	37.34	1300m:	15:51.34	37.49
	150m:	1:42.31	35.51	550m:	6:36.74	36.63	950m:	11:32.92	36.78	1350m:	16:28.32	36.98
	200m:	2:18.91	36.60	600m:	7:13.60	36.86	1000m:	12:09.18	36.26	1400m:	17:05.74	37.42
	250m:	2:56.18	37.27	650m:	7:50.94	37.34	1050m:	12:46.00	36.82	1450m:	17:41.22	35.48
	300m:	3:33.05	36.87	700m:	8:27.92	36.98	1100m:	13:22.78	36.78	1500m:	18:16.19	34.97
	350m:	4:10.03	36.98	750m:	9:04.80	36.88	1150m:	13:59.36	36.58			
	400m:	4:47.23	37.20	800m:	9:42.08	37.28	1200m:	14:36.65	37.29			
4.	Krijn de Kievit		Racing Club		18:27.04	9700277	18:34.31	+0,74	E			
	50m:	31.33	31.33	450m:	5:23.21	37.55	850m:	10:22.27	37.53	1250m:	15:24.92	37.94
	100m:	1:06.15	34.82	500m:	6:00.50	37.29	900m:	10:59.75	37.48	1300m:	16:02.90	37.98
	150m:	1:42.71	36.56	550m:	6:37.50	37.00	950m:	11:37.42	37.67	1350m:	16:40.99	38.09
	200m:	2:18.66	35.95	600m:	7:14.59	37.09	1000m:	12:15.04	37.62	1400m:	17:19.24	38.25
	250m:	2:55.24	36.58	650m:	7:51.96	37.37	1050m:	12:52.95	37.91	1450m:	17:57.36	38.12
	300m:	3:31.73	36.49	700m:	8:29.59	37.63	1100m:	13:30.98	38.03	1500m:	18:34.31	36.95
	350m:	4:08.54	36.81	750m:	9:07.21	37.62	1150m:	14:08.86	37.88			
	400m:	4:45.66	37.12	800m:	9:44.74	37.53	1200m:	14:46.98	38.12			
5.	Ivar de Jong		De Dolfijn		19:28.28	9700869	18:58.37	+0,56				
	50m:	31.67	31.67	450m:	5:24.79	37.25	850m:	10:34.11	38.61	1250m:	15:46.13	37.17
	100m:	1:07.00	35.33	500m:	6:02.27	37.48	900m:	11:13.45	39.34	1300m:	16:26.08	39.95
	150m:	1:43.55	36.55	550m:	6:40.38	38.11	950m:	11:52.76	39.31	1350m:	17:05.44	39.36
	200m:	2:20.28	36.73	600m:	7:19.14	38.76	1000m:	12:32.56	39.80	1400m:	17:44.06	38.62
	250m:	2:56.79	36.51	650m:	7:58.15	39.01	1050m:	13:10.91	38.35	1450m:	18:22.21	38.15
	300m:	3:32.82	36.03	700m:	8:36.78	38.63	1100m:	13:50.47	39.56	1500m:	18:58.37	36.16
	350m:	4:09.89	37.07	750m:	9:16.13	39.35	1150m:	14:29.58	39.11			
	400m:	4:47.54	37.65	800m:	9:55.50	39.37	1200m:	15:08.96	39.38			
6.	Martijn Kornet		GoSwim		19:42.71	9700231	19:28.39	+0,88				
	50m:	31.27	31.27	450m:	5:37.86	38.89	850m:	10:55.56	39.45	1250m:	16:15.85	39.61
	100m:	1:07.84	36.57	500m:	6:17.30	39.44	900m:	11:36.60	41.04	1300m:	16:54.84	38.99
	150m:	1:44.95	37.11	550m:	6:56.56	39.26	950m:	12:17.33	40.73	1350m:	17:33.40	38.56
	200m:	2:22.81	37.86	600m:	7:35.92	39.36	1000m:	12:57.18	39.85	1400m:	18:13.03	39.63
	250m:	3:01.45	38.64	650m:	8:15.80	39.88	1050m:	13:36.92	39.74	1450m:	18:52.31	39.28
	300m:	3:40.30	38.85	700m:	8:55.92	40.12	1100m:	14:17.05	40.13	1500m:	19:28.39	36.08
	350m:	4:19.94	39.64	750m:	9:35.98	40.06	1150m:	14:56.81	39.76			
	400m:	4:58.97	39.03	800m:	10:16.11	40.13	1200m:	15:36.24	39.43			
7.	Dion de Mooy		LZ 1886		20:14.92	9701803	19:30.45	+0,80				
	50m:	32.96	32.96	450m:	5:46.09	39.96	850m:	11:02.66	39.43	1250m:	16:18.51	39.41
	100m:	1:09.79	36.83	500m:	6:25.91	39.82	900m:	11:42.45	39.79	1300m:	16:57.33	38.82
	150m:	1:48.39	38.60	550m:	7:05.65	39.74	950m:	12:21.83	39.38	1350m:	17:36.52	39.19
	200m:	2:27.53	39.14	600m:	7:45.72	40.07	1000m:	13:01.56	39.73	1400m:	18:15.52	39.00
	250m:	3:06.59	39.06	650m:	8:25.30	39.58	1050m:	13:40.60	39.04	1450m:	18:53.78	38.26
	300m:	3:45.97	39.38	700m:	9:04.81	39.51	1100m:	14:20.41	39.81	1500m:	19:30.45	36.67
	350m:	4:25.93	39.96	750m:	9:44.09	39.28	1150m:	14:59.26	38.85			
	400m:	5:06.13	40.20	800m:	10:23.23	39.14	1200m:	15:39.10	39.84			
8.	Wouter Stap		De Stormvogel		20:12.00	9700935	19:36.29	+0,71				
	50m:	32.46	32.46	450m:	5:43.34	39.64	850m:	11:08.91	41.87	1250m:	16:23.57	38.31
	100m:	1:09.58	37.12	500m:	6:23.95	40.61	900m:	11:50.57	41.66	1300m:	17:02.95	39.38
	150m:	1:47.28	37.70	550m:	7:04.70	40.75	950m:	12:29.79	39.22	1350m:	17:42.41	39.46
	200m:	2:26.09	38.81	600m:	7:44.93	40.23	1000m:	13:09.27	39.48	1400m:	18:22.06	39.65
	250m:	3:05.07	38.98	650m:	8:25.06	40.13	1050m:	13:48.04	38.77	1450m:	19:00.98	38.92
	300m:	3:44.46	39.39	700m:	9:05.35	40.29	1100m:	14:27.40	39.36	1500m:	19:36.29	35.31
	350m:	4:23.74	39.28	750m:	9:46.41	41.06	1150m:	15:06.56	39.16			
	400m:	5:03.70	39.96	800m:	10:27.04	40.63	1200m:	15:45.26	38.70			

Junioren 3

1.	Mike van Herk		EIFFEL Swimmers PSV		17:26.33	9601007	17:03.01	+0,80	D			
	50m:	29.13	29.13	450m:	4:57.59	34.26	850m:	9:35.79	35.17	1250m:	14:14.22	34.24
	100m:	1:01.82	32.69	500m:	5:31.85	34.26	900m:	10:10.93	35.14	1300m:	14:48.72	34.50
	150m:	1:35.21	33.39	550m:	6:06.04	34.19	950m:	10:45.55	34.62	1350m:	15:23.39	34.67
	200m:	2:08.78	33.57	600m:	6:40.90	34.86	1000m:	11:21.00	35.45	1400m:	15:57.31	33.92
	250m:	2:42.23	33.45	650m:	7:15.72	34.82	1050m:	11:55.64	34.64	1450m:	16:31.32	34.01
	300m:	3:15.82	33.59	700m:	7:50.63	34.91	1100m:	12:30.57	34.93	1500m:	17:03.01	31.69
	350m:	3:49.34	33.52	750m:	8:25.47	34.84	1150m:	13:05.56	34.99			
	400m:	4:23.33	33.99	800m:	9:00.62	35.15	1200m:	13:39.98	34.42			
2.	Niels Kemperink		OZ&PC		17:52.60	9600005	17:19.76	+0,92	D			
	50m:	30.00	30.00	450m:	5:06.68	34.96	850m:	9:48.38	35.05	1250m:	14:27.35	35.19
	100m:	1:03.85	33.85	500m:	5:41.84	35.16	900m:	10:23.11	34.73	1300m:	15:02.70	35.35
	150m:	1:38.02	34.17	550m:	6:17.27	35.43	950m:	10:58.43	35.32	1350m:	15:37.47	34.77
	200m:	2:12.72	34.70	600m:	6:52.49	35.22	1000m:	11:33.24	34.81	1400m:	16:12.36	34.89
	250m:	2:47.18	34.46	650m:	7:27.58	35.09	1050m:	12:07.64	34.40	1450m:	16:47.14	34.78
	300m:	3:21.98	34.80	700m:	8:02.89	35.31	1100m:	12:42.26	34.62	1500m:	17:19.76	32.62
	350m:	3:56.94	34.96	750m:	8:37.95	35.06	1150m:	13:17.38	35.12			
	400m:	4:31.72	34.78	800m:	9:13.33	35.38	1200m:	13:52.16	34.78			

Programmanr. 27, Jongens, 1500m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT	niv.		
3.	Lars Haarsma	DAW	17:35.10	9600745	17:20.17	+0,64 D		
	50m: 28.84	28.84	450m: 5:05.34	35.42	850m: 9:48.26	35.41	1250m: 14:30.75	34.66
	100m: 1:01.94	33.10	500m: 5:40.52	35.18	900m: 10:23.61	35.35	1300m: 15:05.75	35.00
	150m: 1:35.63	33.69	550m: 6:15.94	35.42	950m: 10:58.78	35.17	1350m: 15:40.21	34.46
	200m: 2:09.69	34.06	600m: 6:51.20	35.26	1000m: 11:34.22	35.44	1400m: 16:15.28	35.07
	250m: 2:44.46	34.77	650m: 7:26.75	35.55	1050m: 12:09.87	35.65	1450m: 16:50.02	34.74
	300m: 3:19.58	35.12	700m: 8:02.08	35.33	1100m: 12:45.47	35.60	1500m: 17:20.17	30.15
	350m: 3:54.52	34.94	750m: 8:37.41	35.33	1150m: 13:20.94	35.47		
	400m: 4:29.92	35.40	800m: 9:12.85	35.44	1200m: 13:56.09	35.15		
4.	Bart Klok	One Team Swimming	17:31.26	9600351	17:26.51	+0,86 D		
	50m: 29.78	29.78	450m: 5:04.43	35.07	850m: 9:45.77	35.62	1250m: 14:32.72	35.95
	100m: 1:02.71	32.93	500m: 5:39.06	34.63	900m: 10:21.35	35.58	1300m: 15:08.72	36.00
	150m: 1:36.36	33.65	550m: 6:14.14	35.08	950m: 10:56.80	35.45	1350m: 15:43.93	35.21
	200m: 2:10.13	33.77	600m: 6:49.19	35.05	1000m: 11:32.36	35.56	1400m: 16:19.46	35.53
	250m: 2:44.51	34.38	650m: 7:24.33	35.14	1050m: 12:08.19	35.83	1450m: 16:54.69	35.23
	300m: 3:19.58	35.07	700m: 7:59.58	35.25	1100m: 12:45.03	36.84	1500m: 17:26.51	31.82
	350m: 3:54.22	34.64	750m: 8:34.97	35.39	1150m: 13:20.83	35.80		
	400m: 4:29.36	35.14	800m: 9:10.15	35.18	1200m: 13:56.77	35.94		
5.	Daniël Buijs	AZ&PC	17:34.24	9600183	17:34.60	+0,70 E		
	50m: 30.18	30.18	450m: 5:08.57	35.13	850m: 9:54.47	35.88	1250m: 14:39.21	35.47
	100m: 1:03.87	33.69	500m: 5:44.18	35.61	900m: 10:30.24	35.77	1300m: 15:14.90	35.69
	150m: 1:38.46	34.59	550m: 6:19.93	35.75	950m: 11:05.73	35.49	1350m: 15:50.28	35.38
	200m: 2:13.44	34.98	600m: 6:55.74	35.81	1000m: 11:41.53	35.80	1400m: 16:25.73	35.45
	250m: 2:48.64	35.20	650m: 7:31.46	35.72	1050m: 12:17.61	36.08	1450m: 17:00.92	35.19
	300m: 3:23.28	34.64	700m: 8:07.57	36.11	1100m: 12:52.63	35.02	1500m: 17:34.60	33.68
	350m: 3:58.39	35.11	750m: 8:43.13	35.56	1150m: 13:28.23	35.60		
	400m: 4:33.44	35.05	800m: 9:18.59	35.46	1200m: 14:03.74	35.51		
6.	Timo van der Ende	WVZ	18:26.08	9601979	18:19.91	+0,94		
	50m: 30.89	30.89	450m: 5:22.42	37.14	850m: 10:19.72	37.07	1250m: 15:16.72	37.25
	100m: 1:06.85	35.96	500m: 5:59.67	37.25	900m: 10:57.05	37.33	1300m: 15:54.15	37.43
	150m: 1:42.96	36.11	550m: 6:37.02	37.35	950m: 11:33.98	36.93	1350m: 16:31.38	37.23
	200m: 2:19.35	36.39	600m: 7:14.42	37.40	1000m: 12:10.73	36.75	1400m: 17:08.35	36.97
	250m: 2:55.73	36.38	650m: 7:51.25	36.83	1050m: 12:47.40	36.67	1450m: 17:44.58	36.23
	300m: 3:32.17	36.44	700m: 8:28.20	36.95	1100m: 13:24.58	37.18	1500m: 18:19.91	35.33
	350m: 4:08.45	36.28	750m: 9:05.40	37.20	1150m: 14:01.96	37.38		
	400m: 4:45.28	36.83	800m: 9:42.65	37.25	1200m: 14:39.47	37.51		
7.	Danny Berlemon	Zwemvereniging Hoorn	18:46.94	9600527	18:35.43	+0,73		
	50m: 31.06	31.06	450m: 5:26.58	37.51	850m: 10:28.43	38.41	1250m: 15:31.01	37.54
	100m: 1:07.44	36.38	500m: 6:03.98	37.40	900m: 11:06.28	37.85	1300m: 16:08.97	37.96
	150m: 1:43.63	36.19	550m: 6:41.39	37.41	950m: 11:43.88	37.60	1350m: 16:46.75	37.78
	200m: 2:20.49	36.86	600m: 7:19.03	37.64	1000m: 12:21.87	37.99	1400m: 17:24.13	37.38
	250m: 2:57.44	36.95	650m: 7:56.61	37.58	1050m: 12:59.94	38.07	1450m: 18:00.32	36.19
	300m: 3:34.19	36.75	700m: 8:34.50	37.89	1100m: 13:37.46	37.52	1500m: 18:35.43	35.11
	350m: 4:11.46	37.27	750m: 9:12.56	38.06	1150m: 14:15.60	38.14		
	400m: 4:49.07	37.61	800m: 9:50.02	37.46	1200m: 14:53.47	37.87		
8.	Valentijn Stolk	De Fuut	18:44.87	9601563	18:50.44	+0,69		
	50m: 31.38	31.38	450m: 5:25.70	38.18	850m: 10:32.60	38.64	1250m: 15:40.55	38.21
	100m: 1:05.62	34.24	500m: 6:03.83	38.13	900m: 11:11.19	38.59	1300m: 16:18.86	38.31
	150m: 1:41.31	35.69	550m: 6:42.10	38.27	950m: 11:49.82	38.63	1350m: 16:57.22	38.36
	200m: 2:18.14	36.83	600m: 7:20.09	37.99	1000m: 12:27.93	38.11	1400m: 17:35.58	38.36
	250m: 2:54.92	36.78	650m: 7:58.45	38.36	1050m: 13:06.30	38.37	1450m: 18:13.33	37.75
	300m: 3:32.08	37.16	700m: 8:36.78	38.33	1100m: 13:45.15	38.85	1500m: 18:50.44	37.11
	350m: 4:09.48	37.40	750m: 9:15.57	38.79	1150m: 14:23.73	38.58		
	400m: 4:47.52	38.04	800m: 9:53.96	38.39	1200m: 15:02.34	38.61		

Junioren 4

1.	Lucas Greven	ZC Valkenburg	16:38.86	9501941	16:05.00	+0,83 B		
	50m: 29.32	29.32	450m: 4:48.66	32.13	850m: 9:07.32	32.49	1250m: 13:24.88	32.34
	100m: 1:01.30	31.98	500m: 5:20.93	32.27	900m: 9:39.65	32.33	1300m: 13:56.89	32.01
	150m: 1:33.89	32.59	550m: 5:53.10	32.17	950m: 10:12.01	32.36	1350m: 14:29.10	32.21
	200m: 2:06.54	32.65	600m: 6:25.17	32.07	1000m: 10:43.96	31.95	1400m: 15:01.39	32.29
	250m: 2:39.28	32.74	650m: 6:57.66	32.49	1050m: 11:16.31	32.35	1450m: 15:33.70	32.31
	300m: 3:11.78	32.50	700m: 7:29.90	32.24	1100m: 11:48.38	32.07	1500m: 16:05.00	31.30
	350m: 3:44.13	32.35	750m: 8:02.64	32.74	1150m: 12:20.50	32.12		
	400m: 4:16.53	32.40	800m: 8:34.83	32.19	1200m: 12:52.54	32.04		
2.	Maarten Brzoskowski	EIFFEL Swimmers PSV	16:40.48	9500769	16:14.74	+0,74 B		
	50m: 30.01	30.01	450m: 4:49.33	32.47	850m: 9:10.43	32.42	1250m: 13:32.53	32.66
	100m: 1:01.46	31.45	500m: 5:22.13	32.80	900m: 9:43.06	32.63	1300m: 14:05.42	32.89
	150m: 1:33.72	32.26	550m: 5:54.30	32.17	950m: 10:16.08	33.02	1350m: 14:38.09	32.67
	200m: 2:06.27	32.55	600m: 6:27.00	32.70	1000m: 10:49.15	33.07	1400m: 15:10.43	32.34
	250m: 2:39.06	32.79	650m: 6:59.86	32.86	1050m: 11:21.84	32.69	1450m: 15:43.34	32.91
	300m: 3:11.71	32.65	700m: 7:32.53	32.67	1100m: 11:54.45	32.61	1500m: 16:14.74	31.40
	350m: 3:44.41	32.70	750m: 8:05.33	32.80	1150m: 12:27.25	32.80		
	400m: 4:16.86	32.45	800m: 8:38.01	32.68	1200m: 12:59.87	32.62		

Programmanr. 27, Jongens, 1500m vrije slag, Junioren 4

rang	naam	vereniging	intijd	tijd	RT	niv.
3.	Marco Uppelschoten	De Houtrib	17:30.89	9500375	16:55.05	+0,88 D
	50m: 29.19	29.19	450m: 4:58.49	34.28	850m: 9:32.48	34.05
	100m: 1:01.55	32.36	500m: 5:32.80	34.31	900m: 10:06.60	34.12
	150m: 1:34.68	33.13	550m: 6:07.00	34.20	950m: 10:40.83	34.23
	200m: 2:08.07	33.39	600m: 6:41.22	34.22	1000m: 11:15.22	34.39
	250m: 2:41.91	33.84	650m: 7:15.51	34.29	1050m: 11:49.42	34.20
	300m: 3:15.93	34.02	700m: 7:49.79	34.28	1100m: 12:23.41	33.99
	350m: 3:49.81	33.88	750m: 8:24.04	34.25	1150m: 12:57.57	34.16
	400m: 4:24.21	34.40	800m: 8:58.43	34.39	1200m: 13:31.80	34.23
4.	Lars Schoffemeer	Numansdorp	17:14.91	9501907	17:05.58	+0,76 E
	50m: 29.42	29.42	450m: 4:58.34	34.63	850m: 9:32.91	34.06
	100m: 1:01.56	32.14	500m: 5:32.59	34.25	900m: 10:07.60	34.69
	150m: 1:34.84	33.28	550m: 6:07.11	34.52	950m: 10:42.36	34.76
	200m: 2:07.95	33.11	600m: 6:41.16	34.05	1000m: 11:16.37	34.01
	250m: 2:41.64	33.69	650m: 7:15.76	34.60	1050m: 11:50.68	34.31
	300m: 3:15.44	33.80	700m: 7:50.10	34.34	1100m: 12:25.86	35.18
	350m: 3:49.48	34.04	750m: 8:24.25	34.15	1150m: 13:01.55	35.69
	400m: 4:23.71	34.23	800m: 8:58.85	34.60	1200m: 13:37.14	35.59
5.	Jeffrey Buddenberg	De Zeehond '73	17:19.53	9502289	17:20.50	+0,75 E
	50m: 30.37	30.37	450m: 5:00.51	34.22	850m: 9:38.14	35.20
	100m: 1:02.69	32.32	500m: 5:34.65	34.14	900m: 10:13.39	35.25
	150m: 1:35.99	33.30	550m: 6:08.98	34.33	950m: 10:49.06	35.67
	200m: 2:09.89	33.90	600m: 6:43.43	34.45	1000m: 11:24.35	35.29
	250m: 2:43.82	33.93	650m: 7:17.91	34.48	1050m: 12:00.04	35.69
	300m: 3:18.04	34.22	700m: 7:52.57	34.66	1100m: 12:36.18	36.14
	350m: 3:52.19	34.15	750m: 8:27.61	35.04	1150m: 13:12.06	35.88
	400m: 4:26.29	34.10	800m: 9:02.94	35.33	1200m: 13:48.11	36.05
6.	Jurian Beukers	WVZ	17:33.10	9501327	17:33.82	+0,70 E
	50m: 30.91	30.91	450m: 5:12.17	35.56	850m: 9:55.66	35.81
	100m: 1:05.22	34.31	500m: 5:47.42	35.25	900m: 10:31.42	35.76
	150m: 1:39.86	34.64	550m: 6:22.79	35.37	950m: 11:07.08	35.66
	200m: 2:14.76	34.90	600m: 6:58.35	35.56	1000m: 11:42.71	35.63
	250m: 2:50.12	35.36	650m: 7:33.60	35.25	1050m: 12:18.57	35.86
	300m: 3:25.60	35.48	700m: 8:09.04	35.44	1100m: 12:53.87	35.30
	350m: 4:01.32	35.72	750m: 8:44.43	35.39	1150m: 13:29.19	35.32
	400m: 4:36.61	35.29	800m: 9:19.85	35.42	1200m: 14:04.53	35.34
7.	Jeffrey Reijnders	Oceanus	17:39.01	9500877	17:44.85	+0,67
	50m: 29.66	29.66	450m: 5:11.51	35.11	850m: 9:56.32	36.05
	100m: 1:04.34	34.68	500m: 5:46.76	35.25	900m: 10:32.58	36.26
	150m: 1:39.83	35.49	550m: 6:22.09	35.33	950m: 11:08.62	36.04
	200m: 2:15.70	35.87	600m: 6:57.40	35.31	1000m: 11:44.49	35.87
	250m: 2:50.80	35.10	650m: 7:33.07	35.67	1050m: 12:20.74	36.25
	300m: 3:26.91	36.11	700m: 8:08.83	35.76	1100m: 12:57.12	36.38
	350m: 4:01.58	34.67	750m: 8:44.43	35.60	1150m: 13:33.65	36.53
	400m: 4:36.40	34.82	800m: 9:20.27	35.84	1200m: 14:10.04	36.39
8.	Ruben Tol	Ed-Vo	17:30.03	9501119	18:31.43	+0,92
	50m: 30.59	30.59	450m: 5:16.43	36.93	850m: 10:20.75	38.08
	100m: 1:04.36	33.77	500m: 5:53.50	37.07	900m: 10:58.61	37.86
	150m: 1:38.95	34.59	550m: 6:31.54	38.04	950m: 11:36.88	38.27
	200m: 2:14.47	35.52	600m: 7:09.77	38.23	1000m: 12:14.77	37.89
	250m: 2:50.27	35.80	650m: 7:48.63	38.86	1050m: 12:53.68	38.91
	300m: 3:26.39	36.12	700m: 8:27.26	38.63	1100m: 13:31.72	38.04
	350m: 4:02.63	36.24	750m: 9:04.69	37.43	1150m: 14:09.73	38.01
	400m: 4:39.50	36.87	800m: 9:42.67	37.98	1200m: 14:48.00	38.27
DIS	Damon Peperkamp	OZ&PC	17:26.01	9501101		+1,00
	<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>					
	50m:		450m:		850m:	
	100m:		500m:		900m:	
	150m:		550m:		950m:	
	200m:		600m:		1000m:	
	250m:		650m:		1050m:	
	300m:		700m:		1100m:	
	350m:		750m:		1150m:	
	400m:		800m:		1200m:	

Programmanr. 15  
04-12-2010

Dames, 100m vlinderslag

All-In  
Resultaten Finale

Wereld Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12-12-2009
Europees Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	55.74	Inge Dekker	Istanbul (TUR)	13-12-2009
Nederlands Record Jeugd	1:01.20	Chantal Groot	Antwerpen (BEL)	02-08-1998

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Marleen Veldhuis	EIFFEL Swimmers PSV	59.83	7900894	<b>58.07</b>	+0,74	A+	27.07	58.07
2.	Hinkelien Schreuder	EIFFEL Swimmers PSV	59.55	8402192	<b>58.35</b>	+0,73	A+	27.52	58.35
3.	Willemijn Knot	De Dolfijn	1:01.42	9002010	<b>1:00.13</b>	+0,69	B	27.52	1:00.13
4.	Rieneke Terink	AZ&PC	1:00.83	8402424	<b>1:00.57</b>	+0,80	B	28.21	1:00.57
5.	Lotte Goosen	DIO	1:01.06	9205306	<b>1:01.18</b>	+0,71	C	28.33	1:01.18
6.	Lisa Dreesens	EIFFEL Swimmers PSV	1:01.51	9105798	<b>1:01.30</b>	+0,85	C	28.62	1:01.30
7.	Kelly de Jong	AZ&PC	1:01.61	9101474	<b>1:01.54</b>	+0,77	C	28.55	1:01.54
8.	Parand Zarekiani	E.ON-NZA	1:01.42	9402150	<b>1:02.06</b>	+0,79	B	28.94	1:02.06
Finale B									
9.	Lenneke van Schaik	EIFFEL Swimmers PSV	1:01.65	8603124	<b>1:01.17</b>	+0,78	C	28.92	1:01.17
10.	Jessica Spruit	EIFFEL Swimmers PSV	1:01.67	9103756	<b>1:01.48</b>	+0,72	C	28.89	1:01.48
11.	Christel Vinke	ZVZ	1:04.55	9400152	<b>1:03.62</b>	+0,73	D	30.11	1:03.62
12.	Merle Verkijk	WVZ	1:03.49	9400278	<b>1:04.05</b>	+0,75	D	29.58	1:04.05
13.	Femke Leenstra	Orca	1:04.40	9503038	<b>1:04.24</b>	+0,79	C	30.09	1:04.24
14.	Rachelle Visser	AZ&PC	1:04.96	9500106	<b>1:05.06</b>	+0,85	D	29.99	1:05.06
15.	Elinore de Jong	De Otters Het Gooi	1:04.43	8902072	<b>1:05.32</b>	+0,76	E	29.06	1:05.32
16.	Monique van der Struik	RTC-Drachten	1:05.08	9502502	<b>1:05.44</b>	+0,86	D	30.86	1:05.44

Programmanr. 16  
04-12-2010

Heren, 100m vlinderslag

All-In  
Resultaten Finale

Wereld Record	48.48	Evgeny Korotyshkin	Berlijn (GER)	15-11-2009
Europees Record	48.48	Evgeny Korotyshkin	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	49.86	Joeri Verlinden	Istanbul (TUR)	10-12-2009
Nederlands Record Jeugd	54.71	Joeri Verlinden	Palma de Mallorca (ESP)	07-07-2006

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Joeri Verlinden	E.ON-NZA	54.18	8803549	<b>50.96</b>	+0,72	A+	23.71	50.96
2.	Jurjen Willemsen	EIFFEL Swimmers PSV	54.09	9003315	<b>53.13</b>	+0,75	A	24.76	53.13
3.	Damien Bernard	AZ&PC	54.49	8705177	<b>53.41</b>	+0,69	A	24.92	53.41
4.	Floor Verhaar	DWK	55.13	9004603	<b>54.23</b>	+0,71	B	24.93	54.23
5.	Timon Evenhuis	TriVia	55.09	9000843	<b>54.39</b>	+0,84	C	25.12	54.39
6.	Mike Marissen	AZ&PC	54.69	9202187	<b>54.41</b>	+0,77	A	25.30	54.41
7.	Fabian Beimin	OZ&PC	55.22	9100087	<b>54.85</b>	+0,76	C	25.49	54.85
8.	Tim van Deutekom	E.ON-NZA	54.71	9100459	<b>54.86</b>	+0,72	C	24.66	54.86
Finale B									
9.	Mark Baars	MNC Dordrecht	56.40	8500059	<b>56.41</b>	+0,71	D	26.59	56.41
10.	Ramon Fredrik	Orca	57.05	9403933	<b>57.74</b>	+0,72	D	26.98	57.74
11.	Bernd Kobesen	TriVia	58.19	9300981	<b>58.98</b>	+0,71	E	27.34	58.98
12.	Ensger Kotterink	Racing Club	57.91	9403391	<b>59.08</b>	+0,74	D	27.58	59.08
13.	Maurice Soudant	Nuene	59.52	9302125	<b>59.39</b>	+0,70	E	28.64	59.39
14.	N. van Basten Batenburg	ZC Valkenburg	59.61	9400593	<b>59.73</b>	+0,85	E	27.94	59.73
15.	Mitch Notten	ZC Valkenburg	1:00.43	9202505	<b>1:00.00</b>	+0,85	E	28.47	1:00.00
16.	Menno Manning	De Dinkel	57.73	9300333	<b>1:01.03</b>	+0,75		27.70	1:01.03



Programmanr. 17  
04-12-2010

Dames, 200m schoolslag

All-In  
Resultaten Finale

Wereld Record	2:14.57	Rebecca Soni	Manchester (GBR)	18-12-2009
Europees Record	2:16.66	Rikke Møller Pedersen	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	2:22.88	Moniek Nijhuis	Amsterdam	19-12-2009
Nederlands Record Jeugd	2:29.48	Linda Moes	Emmen	14-02-1987

rang naam	vereniging	intijd	tijd	RT niv.	50m	100m	150m	200m
Finale A								
1. Moniek Nijhuis	E.ON-NZA	2:33.14 8803188	<b>2:24.57</b>	+0,82 A+	32.16	1:09.13	1:46.72	2:24.57
2. Tessa Brouwer	E.ON-NZA	2:32.75 9105548	<b>2:26.80</b>	+0,78 A+	33.52	1:11.88	1:49.01	2:26.80
3. Lona Kroese	E.ON-NZA	2:34.42 8702382	<b>2:28.14</b>	+0,77 A	33.73	1:10.98	1:49.59	2:28.14
100m*								
4. Loes Zanderink	AZ&PC	2:32.09 8805006	<b>2:28.32</b>	+0,76 A	32.77	1:10.11	1:48.51	2:28.32
5. Lieke Verouden	AZ&PC	2:31.92 9003948	<b>2:30.82</b>	+0,83 B	34.14	1:12.66	1:51.69	2:30.82
6. Lia Dekker	E.ON-NZA	2:34.04 8700830	<b>2:31.29</b>	+0,77 B	34.33	1:12.30	1:51.26	2:31.29
7. Anouk Elzerman	De Dolfijn	2:38.19 9005914	<b>2:34.92</b>	+0,83 D	34.33	1:14.00	1:54.28	2:34.92
8. Irene Teufer	De Dolfijn	2:38.30 9602340	<b>2:39.69</b>	+0,74 C	35.40	1:15.65	1:57.32	2:39.69
Finale B								
9. Yvette de Gier	De Columbiaan	2:38.46 9402124	<b>2:39.49</b>	+0,83 D	36.71	1:17.75	1:59.30	2:39.49
10. Cynthia Verkaik	Orca	2:43.44 9601288	<b>2:43.14</b>	+0,72 D	37.10	1:18.98	2:01.60	2:43.14
11. Nicole Bennis	Racing Club	2:43.80 9600470	<b>2:43.87</b>	+0,77 D	36.67	1:18.75	2:01.75	2:43.87
50m*								
12. Amber Ruig	WZ&PC Purmerend	2:44.80 9603240	<b>2:44.10</b>	+0,82 D	35.62	1:17.11	2:00.41	2:44.10
13. Suzanne de Vries	AZ&PC	2:47.46 9500628	<b>2:44.46</b>	+0,76 E	37.46	1:19.46	2:02.06	2:44.46
14. Lonnie Dijkhuis	De Dinkel	2:48.48 9400030	<b>2:47.38</b>	+0,79 E	36.65	1:19.11	2:02.95	2:47.38
15. Eline van der Plas	Hellas-Glana	2:47.22 9500866	<b>2:47.50</b>	+0,86 E	37.45	1:19.92	2:03.90	2:47.50
16. Jessie Smeding	Orca	2:48.34 9504528	<b>2:47.97</b>	+0,74 E	37.72	1:19.86	2:02.84	2:47.97



Programmanr. 18  
04-12-2010

Heren, 200m schoolslag

All-In  
Resultaten Finale

Wereld Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13-12-2009
Europees Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13-12-2009
Nederlands Record Senioren	2:07.39	Thijs van Valkengoed	Istanbul (TUR)	13-12-2009
Nederlands Record Jeugd	2:14.13	Thijs van Valkengoed	Nieuwegein	09-12-2000

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Devi Wolthuizen	TriVia	2:15.23 8703887	<b>2:12.32</b>	+0,79	A	30.18	1:04.13	1:37.86	2:12.32
2. Sebas van Lith	Aqua-Novio'94	2:14.49 9001841	<b>2:12.57</b>	+0,82	A	29.81	1:04.02	1:38.65	2:12.57
3. Bram Dekker	EIFFEL Swimmers PSV	2:18.28 8900649	<b>2:12.59</b>	+0,78	A	30.36	1:04.45	1:38.97	2:12.59
4. Rutger Sloof	DWK	2:19.11 8803141	<b>2:17.34</b>	+0,78	C	30.56	1:05.10	1:40.16	2:17.34
5. Simas Jarasunas	De Dolfijn	2:17.85 9107545	<b>2:17.39</b>	+0,75	C	30.57	1:05.60	1:41.04	2:17.39
6. Gavin van der Werf	RTC-Drachten	2:18.65 9302971	<b>2:18.56</b>	+0,75	B	31.45	1:06.59	1:42.44	2:18.56
7. Jordan Kraaijenhof	AZ&PC	2:23.43 9301111	<b>2:23.16</b>	+0,76	D	32.18	1:08.57	1:45.85	2:23.16
8. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:23.04 9300651	<b>2:25.21</b>	+0,81	D	32.14	1:08.82	1:46.52	2:25.21
Finale B									
9. Menno van den Heuvel	Noordwijkerhout	2:26.41 9200519	<b>2:26.43</b>	+0,75	E	32.46	1:09.05	1:47.02	2:26.43
10. Ruud van Heerbeek	Nuinen	2:28.22 9301769	<b>2:26.93</b>	+0,74	E	33.45	1:11.32	1:49.53	2:26.93
11. Kasper Leeuw	De Dinkel	2:26.96 9304435	<b>2:27.31</b>	+0,81	E	33.06	1:10.78	1:49.64	2:27.31
12. Ruben Klinkers	Hellas-Glana	2:28.74 9403511	<b>2:28.21</b>	+0,75	E	34.34	1:12.35	1:50.70	2:28.21
50m en 100m*									
13. Jacko van der Meer	DWK	2:27.84 9402347	<b>2:28.47</b>	+0,71	E	33.52	1:11.45	1:50.13	2:28.47
NG.ZA Marijn van Zundert	De Dolfijn	2:32.66 9400679							

Programmanr. 19  
04-12-2010

Dames, 50m rugslag

All-In  
Resultaten Finale

Wereld Record	25.70	Sanja Jankovic	Istanbul (TUR)	12-12-2009
Europees Record	25.70	Sanja Jankovic	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	26.32	Hinkelien Schreuder	Istanbul (TUR)	12-12-2009
Nederlands Record Jeugd	28.64	Kira Toussaint	Eindhoven	29-03-2010

rang	naam	vereniging	intijd		tijd	RT	niv.
Finale A							
1.	Hinkelien Schreuder	EIFFEL Swimmers PSV	28.23	8402192	<b>27.33</b>		A+
2.	Willemijn Knot	De Dolfijn	28.41	9002010	<b>28.42</b>		B
3.	Maaïke de Waard	De Zeehond '73	29.04	9600604	<b>28.71</b>		A+
	<i>Nederlands Record 14 jaar</i>						
4.	Anja van der Hout	De Dolfijn	29.29	9001598	<b>28.74</b>		B
5.	Evy Witlox	E.ON-NZA	29.09	8804946	<b>28.88</b>		C
6.	Esmée Bos	DWK	28.99	9600662	<b>28.90</b>		A+
7.	Mariët Koster	ZPC Bikkel Hoogeveen	29.30	8301162	<b>29.40</b>		D
8.	Tamara van Vliet	E.ON-NZA	29.41	9403562	<b>30.46</b>		D
Finale B							
9.	Kira Toussaint	E.ON-NZA	29.45	9400990	<b>28.95</b>		A
10.	Kimberley Albers	EIFFEL Swimmers PSV	29.50	9204102	<b>29.32</b>		C
11.	Miranda Nijenhuis	De Columbiaan	29.58	9204076	<b>29.68</b>		D
12.	Sharon Gelmers	Octopus	30.06	9400416	<b>29.75</b>		C
13.	Annemarie Worst	Orca	29.56	9500042	<b>29.89</b>		B
14.	Mirthe Lanfermeijer	TriVia	30.47	9400074	<b>29.97</b>		C
15.	Kyra Rietveld	TriVia	30.01	9300624	<b>30.10</b>		D
16.	Lizzy Janssen	Heldense Zwemvereniging	30.32	9500752	<b>30.63</b>		C

Programmanr. 20  
04-12-2010

Heren, 50m rugslag

All-In  
Resultaten Finale

Wereld Record	22.61	Peter Marshall	Singapore (SIN)	22-11-2009
Europees Record	22.74	Stanislav Donets	Eindhoven	26-11-2010
Nederlands Record Senioren	23.63	Nick Driebergen	Istanbul (TUR)	10-12-2009
Nederlands Record Jeugd	25.41	Joey de Ruiter	Eindhoven	26-04-2009

rang	naam	vereniging	intijd	tijd	RT	niv.
<b>Finale A</b>						
1.	Nick Driebergen	E.ON-NZA	24.68	8700793	<b>24.58</b>	A
2.	Bastiaan Lijesen	EIFFEL Swimmers PSV	25.04	9001819	<b>24.60</b>	A
3.	Jurjen Willemsen	EIFFEL Swimmers PSV	25.55	9003315	<b>24.72</b>	A
4.	Sverre Eschweiler	E.ON-NZA	25.79	9204035	<b>25.38</b>	A
5.	Jan Kersten	De Columbiaan	25.98	8601561	<b>25.41</b>	C
6.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	26.41	8400805	<b>25.96</b>	D
7.	Merijn Ellenkamp	DWK	26.40	8500691	<b>26.31</b>	D
8.	Colm Dowling	Kilkenny SC	26.29	1001672	<b>26.35</b>	D
<b>Finale B</b>						
9.	Pascal Timmermans	RZC	27.38	9202349	<b>27.29</b>	E
10.	Ruben Dekker	De Dolfijn	26.51	9300627	<b>27.34</b>	D
11.	Jesse Puts	Zwemlust-den Hommel	27.82	9401147	<b>28.17</b>	E
12.	Mart Hendriks	Tritium (SG)	28.47	9304079	<b>28.33</b>	E
13.	Frank van der Wolff	Zwemvereniging Hoorn	28.31	9400955	<b>28.42</b>	E
14.	Willem Kees Roos	Orca	28.41	9402693	<b>28.69</b>	
15.	Bart Arendshorst	De Veene	28.73	9300005	<b>28.78</b>	
NG.ZA	Mart Vrieze	NDD	29.68	9400401		

Programmanr. 21  
04-12-2010

Heren, 400m wisselslag

Jeugd/Senioren  
Resultaten

Wereld Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11-12-2009
Europees Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08-02-1997
Nederlands Record Jeugd	4:22.27	Jens Bakker	D20000 Amsterdam	04-12-2010

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Jens Bakker	E.ON-NZA	4:23.28	9300021	<b>4:22.27</b>	+0,73	A+	
	<i>Nederlands Record Jeugd, NR 17 jaar</i>							
	50m: 27.82	27.82	150m: 1:36.17	35.57	250m: 2:47.18	35.59	350m: 3:53.82	30.68
	100m: 1:00.60	32.78	200m: 2:11.59	35.42	300m: 3:23.14	35.96	400m: 4:22.27	28.45
2.	Sven Kardol	Nuenen	4:40.16	9302135	<b>4:35.73</b>	+0,77	C	
	50m: 29.06	29.06	150m: 1:36.38	34.17	250m: 2:52.09	42.24	350m: 4:05.56	32.01
	100m: 1:02.21	33.15	200m: 2:09.85	33.47	300m: 3:33.55	41.46	400m: 4:35.73	30.17
3.	Ensgar Kotterink	Racing Club	4:38.96	9403391	<b>4:35.91</b>	+0,74	C	
	<i>50m en 100m*</i>							
	50m: 28.74	28.74	150m: 1:37.85	35.30	250m: 2:53.78	39.56	350m: 4:05.29	31.05
	100m: 1:02.55	33.81	200m: 2:14.22	36.37	300m: 3:34.24	40.46	400m: 4:35.91	30.62
4.	Robin Bos	DWK	4:48.63	9302265	<b>4:38.21</b>	+0,81	D	
	50m: 29.21	29.21	150m: 1:39.57	36.27	250m: 2:56.18	41.21	350m: 4:08.39	31.58
	100m: 1:03.30	34.09	200m: 2:14.97	35.40	300m: 3:36.81	40.63	400m: 4:38.21	29.82
5.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:51.57	9403919	<b>4:49.96</b>	+0,76	E	
	50m: 30.69	30.69	150m: 1:42.35	36.70	250m: 3:00.83	43.13	350m: 4:17.79	33.90
	100m: 1:05.65	34.96	200m: 2:17.70	35.35	300m: 3:43.89	43.06	400m: 4:49.96	32.17
DIS	Niels van Basten Batenburg	ZC Valkenburg	4:48.69	9400593				
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>							
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	
DIS	Alex Catsburg	De Lansingh	4:52.48	9404753	<b>5:00.42</b>	+0,63		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>							
	50m: 30.25	30.25	150m: 1:44.35	38.04	250m: 3:04.90	42.12	350m: 4:25.43	36.86
	100m: 1:06.31	36.06	200m: 2:22.78	38.43	300m: 3:48.57	43.67	400m: 5:00.42	34.99
NG.ZA	Stan Tummers	Hellas-Glana	4:51.57	9400649				

All-in

1.	Jens Bakker	E.ON-NZA	4:23.28	9300021	<b>4:22.27</b>	+0,73	A+	
	<i>Nederlands Record Jeugd, NR 17 jaar</i>							
	50m: 27.82	27.82	150m: 1:36.17	35.57	250m: 2:47.18	35.59	350m: 3:53.82	30.68
	100m: 1:00.60	32.78	200m: 2:11.59	35.42	300m: 3:23.14	35.96	400m: 4:22.27	28.45
2.	Davy Verreussel	Hellas-Glana	4:20.20	8903341	<b>4:23.35</b>	+0,85	C	
	50m: 28.34	28.34	150m: 1:35.64	34.85	250m: 2:46.73	36.53	350m: 3:54.38	30.75
	100m: 1:00.79	32.45	200m: 2:10.20	34.56	300m: 3:23.63	36.90	400m: 4:23.35	28.97
3.	Sebas van Lith	Aqua-Novio'94	4:30.98	9001841	<b>4:28.54</b>	+0,86	D	
	50m: 28.57	28.57	150m: 1:35.97	34.67	250m: 2:48.54	37.19	350m: 3:57.92	31.72
	100m: 1:01.30	32.73	200m: 2:11.35	35.38	300m: 3:26.20	37.66	400m: 4:28.54	30.62
4.	Vincent van Iperen	Orca	4:33.32	9106179	<b>4:29.62</b>	+0,78	C	
	50m: 27.58	27.58	150m: 1:34.85	34.23	250m: 2:49.55	39.45	350m: 4:00.17	31.63
	100m: 1:00.62	33.04	200m: 2:10.10	35.25	300m: 3:28.54	38.99	400m: 4:29.62	29.45
5.	Wouter Houtman	EIFFEL Swimmers PSV	4:30.97	9001293	<b>4:29.73</b>	+0,76	D	
	50m: 28.23	28.23	150m: 1:34.71	34.51	250m: 2:47.09	38.99	350m: 3:58.75	32.33
	100m: 1:00.20	31.97	200m: 2:08.10	33.39	300m: 3:26.42	39.33	400m: 4:29.73	30.98
6.	Sven Kardol	Nuenen	4:40.16	9302135	<b>4:35.73</b>	+0,77	C	
	50m: 29.06	29.06	150m: 1:36.38	34.17	250m: 2:52.09	42.24	350m: 4:05.56	32.01
	100m: 1:02.21	33.15	200m: 2:09.85	33.47	300m: 3:33.55	41.46	400m: 4:35.73	30.17
7.	Ensgar Kotterink	Racing Club	4:38.96	9403391	<b>4:35.91</b>	+0,74	C	
	<i>50m en 100m*</i>							
	50m: 28.74	28.74	150m: 1:37.85	35.30	250m: 2:53.78	39.56	350m: 4:05.29	31.05
	100m: 1:02.55	33.81	200m: 2:14.22	36.37	300m: 3:34.24	40.46	400m: 4:35.91	30.62
8.	Robin Bos	DWK	4:48.63	9302265	<b>4:38.21</b>	+0,81	D	
	50m: 29.21	29.21	150m: 1:39.57	36.27	250m: 2:56.18	41.21	350m: 4:08.39	31.58
	100m: 1:03.30	34.09	200m: 2:14.97	35.40	300m: 3:36.81	40.63	400m: 4:38.21	29.82
9.	Date v.d. Zaag	EIFFEL Swimmers PSV	4:51.57	9403919	<b>4:49.96</b>	+0,76	E	
	50m: 30.69	30.69	150m: 1:42.35	36.70	250m: 3:00.83	43.13	350m: 4:17.79	33.90
	100m: 1:05.65	34.96	200m: 2:17.70	35.35	300m: 3:43.89	43.06	400m: 4:49.96	32.17

Programmanr. 21, Heren, 400m wisselslag, All-in

rang	naam	vereniging	intijd		tijd	RT	niv.					
DIS	Niels van Basten Batenburg	ZC Valkenburg	4:48.69	9400593								
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>											
	50m:	150m:	250m:		350m:							
	100m:	200m:	300m:		400m:							
DIS	Alex Catsburg	De Lansingh	4:52.48	9404753	<b>5:00.42</b>		+0,63					
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>											
	50m:	30.25	30.25	150m:	1:44.35	38.04	250m:	3:04.90	42.12	350m:	4:25.43	36.86
	100m:	1:06.31	36.06	200m:	2:22.78	38.43	300m:	3:48.57	43.67	400m:	5:00.42	34.99
NG.ZA	Stan Tummers	Hellas-Glana	4:51.57	9400649								

Programmanr. 22  
04-12-2010

Dames, 200m vrije slag

All-In  
Resultaten Finale

Wereld Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13-12-2009
Europees Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13-12-2009
Nederlands Record Senioren	1:52.42	Femke Heemskerk	Berlijn (GER)	30-10-2010
Nederlands Record Jeugd	1:59.32	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. S. van Rouwendaal	EIFFEL Swimmers PSV	2:00.28 9307422	<b>1:57.03</b>	+0,73	A+	28.42	58.19	1:27.87	1:57.03
2. Wendy vd Zanden	EIFFEL Swimmers PSV	2:01.00 8805004	<b>1:58.00</b>	+0,73	A+	27.89	57.88	1:27.92	1:58.00
3. Ilse Kraayeveld	EIFFEL Swimmers PSV	2:00.95 9002110	<b>1:58.59</b>	+0,74	A	27.99	58.36	1:28.94	1:58.59
4. Elise Bouwens	E.ON-NZA	2:00.16 9103964	<b>1:59.14</b>	+0,86	A	28.58	59.38	1:29.52	1:59.14
5. Maud van de Meer	EIFFEL Swimmers PSV	2:00.29 9201180	<b>1:59.97</b>	+0,79	A	28.49	59.45	1:30.01	1:59.97
6. Joëlle Scheps	EIFFEL Swimmers PSV	2:01.54 9202364	<b>2:00.56</b>	+0,81	A	28.18	58.54	1:29.76	2:00.56
7. Esmee Vermeulen	E.ON-NZA	2:00.96 9600678	<b>2:00.62</b>	+0,76	A+	28.06	58.69	1:29.75	2:00.62
8. Rosa Veerman	E.ON-NZA	2:03.31 9600862	<b>2:03.99</b>	+0,87	A+	28.89	1:00.51	1:32.39	2:03.99
Finale B									
9. Clarissa van Rheenen	EIFFEL Swimmers PSV	2:04.47 9108270	<b>2:00.53</b>	+0,70	B	28.12	58.51	1:29.45	2:00.53
10. Lotte Wilms	AZ&PC	2:04.92 8402770	<b>2:04.07</b>	+0,88	C	29.07	1:01.10	1:32.92	2:04.07
11. Silke Oude Weernink	De Dolfijn	2:07.13 9002854	<b>2:05.48</b>	+0,86	D	29.03	1:01.25	1:33.37	2:05.48
12. Chantal Senden	ZC Valkenburg	2:05.29 9300698	<b>2:06.14</b>	+0,76	D	28.25	1:00.59	1:33.54	2:06.14
13. Ilse van Hoorn	AZ&PC	2:05.99 9001578	<b>2:06.35</b>	+0,81	D	29.05	1:00.94	1:34.14	2:06.35
14. Lenneke van Schaik	EIFFEL Swimmers PSV	2:03.63 8603124	<b>2:06.63</b>	+0,77	D	29.29	1:00.58	1:33.39	2:06.63
15. Pauline Gouwens	DWK	2:06.36 8400790	<b>2:07.79</b>	+0,81	E	28.95	1:01.30	1:34.60	2:07.79
NG.ZA Esmée Bos	DWK	2:05.32 9600662							
NG.ZA Wendan Poelstra	HZ&PC Heerenveen	2:06.88 9102496							

Programmanr. 122  
04-12-2010Dames, 200m vrije slag  
Gehandicapten S1 t/m S5 + S14Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m	150m	200m
All-In											
1.	Marlou van der Kulk <i>Europees Record</i>	De Otters Het Gooi	2:16.35 9306824	S14	<b>2:15.78</b>	+0,79	915	30.15	1:04.27	1:40.36	2:15.78
2.	Magda Toeters	OZ&PC	2:20.00 8603552	S14	<b>2:17.49</b>	+0,89	882	32.17	1:07.12	1:42.71	2:17.49
3.	Lisette Teunissen	MNC Dordrecht	3:25.45 8604834	S5	<b>3:27.09</b>		502	48.24	1:40.08	2:34.53	3:27.09
4.	Vivian Brak	Hoogenboom Tours BZ&PC	3:27.15 9000520	S14	<b>2:47.43</b>	+0,79	488	37.67	1:20.04	2:03.98	2:47.43



Programmanr. 23  
04-12-2010

Heren, 200m vrije slag

All-In  
Resultaten Finale

Wereld Record	1:39.37	Paul Biedermann	Berlijn (GER)	15-11-2009
Europees Record	1:39.37	Paul Biedermann	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	1:41.89	Pieter van den Hoogenband	Dublin (IRL)	14-12-2003
Nederlands Record Jeugd	1:46.31	Pieter van den Hoogenband	Eindhoven	10-12-1995

rang naam	vereniging	intijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Stefan de Die	E.ON-NZA	1:48.16 8603905	<b>1:45.71</b>	+0,76	A+	24.83	51.79	1:18.97	1:45.71
2. Joost Reijns	E.ON-NZA	1:50.16 8702725	<b>1:45.79</b>	+0,74	A+	24.25	50.38	1:17.70	1:45.79
3. Bas van Velthoven	E.ON-NZA	1:47.36 8502695	<b>1:46.65</b>	+0,72	A+	24.73	51.37	1:18.79	1:46.65
4. Dion Dreesens	EIFFEL Swimmers PSV	1:48.39 9302189	<b>1:47.34</b>	+0,75	A+	25.18	52.10	1:19.87	1:47.34
5. Pieter Timmers	EIFFEL Swimmers PSV	1:49.19 8806031	<b>1:47.44</b>	+0,79	A	25.44	52.63	1:20.54	1:47.44
6. Job Kienhuis	EIFFEL Swimmers PSV	1:49.07 8901631	<b>1:48.23</b>	+0,80	A	25.58	52.93	1:20.57	1:48.23
7. Rutger van Oosterhout	EIFFEL Swimmers PSV	1:50.47 9002179	<b>1:49.67</b>	+0,69	B	25.62	53.28	1:21.80	1:49.67
8. Arjen van der Meulen	EIFFEL Swimmers PSV	1:49.77 8702223	<b>1:50.70</b>	+0,86	C	25.70	53.78	1:22.32	1:50.70
Finale B									
9. Joost Groeneveld	DWK	1:50.71 9200409	<b>1:50.60</b>	+0,70	B	24.61	52.27	1:21.35	1:50.60
10. Ferry Weertman	EIFFEL Swimmers PSV	1:50.65 9201461	<b>1:51.96</b>	+0,73	B	25.37	53.26	1:22.63	1:51.96
11. Jeroen Stuu	TriVia	1:52.32 8803315	<b>1:51.97</b>	+0,75	C	25.64	53.58	1:22.69	1:51.97
12. John Verhagen	EIFFEL Swimmers PSV	1:54.27 9205325	<b>1:53.95</b>	+0,71	C	26.09	55.25	1:24.94	1:53.95
13. Sjoerd Zanderink	De Dinkel	1:55.13 9102651	<b>1:54.67</b>	+0,76	D	26.77	56.18	1:25.72	1:54.67
14. Sebastiaan Rosendaal	MNC Dordrecht	1:54.13 9101947	<b>1:55.64</b>	+0,75	D	26.46	56.19	1:26.24	1:55.64
15. Lester Snackers	ZC Valkenburg	1:54.39 9400947	<b>1:56.38</b>	+0,81	C	26.69	56.41	1:26.65	1:56.38
16. Robin Bos	DWK	1:56.38 9302265	<b>2:09.87</b>	+0,76		29.23	1:02.09	1:36.31	2:09.87
NG.ZA Sverre Eschweiler	E.ON-NZA	1:54.97 9204035							
NG.ZA Dennis Eliveld	De Dolfijn	1:56.05 9202351							

Programmanr. 123  
04-12-2010Heren, 200m vrije slag  
Gehandicapten S1 t/m S5 + S14Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m	150m	200m
<b>Jeugd 1 en 2</b>											
1.	Udo Weerink 100m*	De Klup Twente	2:29.76 9406443	S14	<b>2:24.47</b>	+0,92	575	30.61	1:06.68	1:45.36	2:24.47
<b>All-In</b>											
1.	Marc Evers	ZV Haerlem	2:06.50 9107425	S14	<b>2:03.08</b>	+0,87	930	27.71	58.45	1:30.85	2:03.08
2.	Wessel Everloo	De Veene	2:12.83 8906597	S14	<b>2:12.16</b>	+0,86	751	29.64	1:03.23	1:38.02	2:12.16
3.	Michael Schoenmaker	AZ&PC	3:15.15 8302615	S4	<b>3:18.94</b> *		690	44.21	1:34.19	2:27.55	3:18.94
4.	Udo Weerink 100m*	De Klup Twente	2:29.76 9406443	S14	<b>2:24.47</b>	+0,92	575	30.61	1:06.68	1:45.36	2:24.47

Programmanr. 24  
04-12-2010

Dames, 800m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12-12-2008
Europees Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12-12-2008
Nederlands Record Senioren	8:21.94	Kirsten Vliegheuis	Sydney (AUS)	21-01-1998
Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14-11-2008

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1. Shireen Post	AZ&PC	9:14.87	9503286	9:13.50	+0,81	C
50m: 31.23	250m: 2:51.90	35.48	450m: 5:12.45	34.84	650m: 7:32.15	34.62
100m: 1:05.67	300m: 3:27.39	35.49	500m: 5:47.72	35.27	700m: 8:06.58	34.43
150m: 1:40.91	350m: 4:02.69	35.30	550m: 6:22.58	34.86	750m: 8:40.73	34.15
200m: 2:16.42	400m: 4:37.61	34.92	600m: 6:57.53	34.95	800m: 9:13.50	32.77
2. Evelien van Ruiten	Orca	9:27.38	9602924	9:16.85	+0,81	C
50m: 32.01	250m: 2:54.01	35.61	450m: 5:15.09	34.73	650m: 7:34.32	34.19
100m: 1:07.28	300m: 3:29.50	35.49	500m: 5:50.32	35.23	700m: 8:09.15	34.83
150m: 1:42.84	350m: 4:05.15	35.65	550m: 6:25.64	35.32	750m: 8:44.00	34.85
200m: 2:18.40	400m: 4:40.36	35.21	600m: 7:00.13	34.49	800m: 9:16.85	32.85
3. Lynn Dybiona	AZ&PC	9:35.11	9501786	9:40.86	+0,77	E
50m: 32.85	250m: 2:58.94	37.30	450m: 5:26.97	36.72	650m: 7:53.66	36.59
100m: 1:08.41	300m: 3:36.21	37.27	500m: 6:03.58	36.61	700m: 8:30.89	37.23
150m: 1:44.87	350m: 4:13.41	37.20	550m: 6:40.20	36.62	750m: 9:07.43	36.54
200m: 2:21.64	400m: 4:50.25	36.84	600m: 7:17.07	36.87	800m: 9:40.86	33.43
4. Claudia Rijkhoff	Zwemvereniging Hoorn	9:46.11	9603338	9:52.10	+0,81	E
50m: 31.92	250m: 2:59.25	37.23	450m: 5:29.36	36.96	650m: 8:01.43	38.05
100m: 1:07.85	300m: 3:36.85	37.60	500m: 6:07.69	38.33	700m: 8:39.19	37.76
150m: 1:44.81	350m: 4:14.43	37.58	550m: 6:45.16	37.47	750m: 9:16.72	37.53
200m: 2:22.02	400m: 4:52.40	37.97	600m: 7:23.38	38.22	800m: 9:52.10	35.38
5. Jamilla van Veen	One Team Swimming	9:50.57	9603192	9:56.37	+0,95	E
50m: 32.00	250m: 2:59.35	37.33	450m: 5:30.10	37.89	650m: 8:03.65	38.32
100m: 1:07.81	300m: 3:36.94	37.59	500m: 6:09.44	39.34	700m: 8:41.41	37.76
150m: 1:44.62	350m: 4:14.20	37.26	550m: 6:47.22	37.78	750m: 9:19.89	38.48
200m: 2:22.02	400m: 4:52.21	38.01	600m: 7:25.33	38.11	800m: 9:56.37	36.48

All-in

1. Marieke Nijhuis	EIFFEL Swimmers PSV	8:46.46	9201296	8:43.34	+0,84	B
50m: 29.75	250m: 2:40.80	32.80	450m: 4:52.44	32.87	650m: 7:04.73	32.95
100m: 1:02.07	300m: 3:13.45	32.85	500m: 5:25.53	33.09	700m: 7:37.90	33.17
150m: 1:34.75	350m: 3:46.35	32.90	550m: 5:58.57	33.04	750m: 8:11.13	33.23
200m: 2:07.80	400m: 4:19.57	33.22	600m: 6:31.78	33.21	800m: 8:43.34	32.21
2. Marion van den Berg	DWK	8:53.68	8600272	8:49.61	+0,96	C
50m: 29.57	250m: 2:41.02	33.22	450m: 4:53.98	33.39	650m: 7:09.34	33.76
100m: 1:02.16	300m: 3:14.11	33.09	500m: 5:27.95	33.97	700m: 7:43.46	34.12
150m: 1:34.95	350m: 3:47.25	33.14	550m: 6:01.75	33.80	750m: 8:17.36	33.90
200m: 2:07.80	400m: 4:20.59	33.34	600m: 6:35.58	33.83	800m: 8:49.61	32.25
3. Leonie van Noord	De Zijl/LGB	8:57.74	9301752	8:55.29	+0,81	C
50m: 29.68	250m: 2:41.27	33.17	450m: 4:55.33	33.72	650m: 7:12.74	34.76
100m: 1:02.18	300m: 3:14.26	32.99	500m: 5:29.58	34.25	700m: 7:47.04	34.30
150m: 1:35.15	350m: 3:47.93	33.67	550m: 6:03.95	34.37	750m: 8:21.68	34.64
200m: 2:08.10	400m: 4:21.61	33.68	600m: 6:37.98	34.03	800m: 8:55.29	33.61
4. Judith Stap	EIFFEL Swimmers PSV	9:10.66	9302702	9:01.38	+0,75	C
50m: 29.73	250m: 2:44.51	34.05	450m: 5:02.08	34.40	650m: 7:20.70	34.41
100m: 1:02.58	300m: 3:18.94	34.43	500m: 5:36.96	34.88	700m: 7:54.81	34.11
150m: 1:36.15	350m: 3:53.37	34.43	550m: 6:11.46	34.50	750m: 8:28.78	33.97
200m: 2:10.46	400m: 4:27.68	34.31	600m: 6:46.29	34.83	800m: 9:01.38	32.60
5. Marjolein Delno	De Rijn	9:07.73	9400024	9:05.57	+0,90	C
50m: 30.05	250m: 2:45.03	34.61	450m: 5:04.29	35.18	650m: 7:24.28	34.82
100m: 1:02.83	300m: 3:19.48	34.45	500m: 5:39.15	34.86	700m: 7:59.29	35.01
150m: 1:36.52	350m: 3:54.32	34.84	550m: 6:13.77	34.62	750m: 8:33.36	34.07
200m: 2:10.42	400m: 4:29.11	34.79	600m: 6:49.46	35.69	800m: 9:05.57	32.21
6. Pauline van Dam	EIFFEL Swimmers PSV	9:10.68	9304422	9:05.59	+0,93	D
50m: 30.70	250m: 2:45.92	34.47	450m: 5:05.09	34.77	650m: 7:24.22	34.46
100m: 1:03.88	300m: 3:20.65	34.73	500m: 5:39.88	34.79	700m: 7:59.02	34.80
150m: 1:37.47	350m: 3:55.46	34.81	550m: 6:14.79	34.91	750m: 8:32.99	33.97
200m: 2:11.45	400m: 4:30.32	34.86	600m: 6:49.76	34.97	800m: 9:05.59	32.60
7. Malissa van der Horst	Zwemlust-den Hommel	9:07.00	9200810	9:11.29	+0,87	D
50m: 29.96	250m: 2:46.50	34.59	450m: 5:07.02	35.29	650m: 7:27.64	35.01
100m: 1:03.29	300m: 3:21.48	34.98	500m: 5:42.45	35.43	700m: 8:02.55	34.91
150m: 1:37.32	350m: 3:56.57	35.09	550m: 6:17.57	35.12	750m: 8:37.29	34.74
200m: 2:11.91	400m: 4:31.73	35.16	600m: 6:52.63	35.06	800m: 9:11.29	34.00

Programmanr. 24, Dames, 800m vrije slag, All-in

rang	naam		vereniging		intijd		tijd	RT	niv.			
8.	Shireen Post		AZ&PC		9:14.87	9503286	9:13.50	+0,81	C			
	50m:	31.23	31.23	250m:	2:51.90	35.48	450m:	5:12.45	34.84	650m:	7:32.15	34.62
	100m:	1:05.67	34.44	300m:	3:27.39	35.49	500m:	5:47.72	35.27	700m:	8:06.58	34.43
	150m:	1:40.91	35.24	350m:	4:02.69	35.30	550m:	6:22.58	34.86	750m:	8:40.73	34.15
	200m:	2:16.42	35.51	400m:	4:37.61	34.92	600m:	6:57.53	34.95	800m:	9:13.50	32.77
9.	Evelien van Ruiten		Orca		9:27.38	9602924	9:16.85	+0,81	C			
	50m:	32.01	32.01	250m:	2:54.01	35.61	450m:	5:15.09	34.73	650m:	7:34.32	34.19
	100m:	1:07.28	35.27	300m:	3:29.50	35.49	500m:	5:50.32	35.23	700m:	8:09.15	34.83
	150m:	1:42.84	35.56	350m:	4:05.15	35.65	550m:	6:25.64	35.32	750m:	8:44.00	34.85
	200m:	2:18.40	35.56	400m:	4:40.36	35.21	600m:	7:00.13	34.49	800m:	9:16.85	32.85
10.	Inge Pepping		De Rijn		9:18.70	9402308	9:23.04	+0,95	E			
	50m:	31.90	31.90	250m:	2:53.70	35.62	450m:	5:16.32	35.57	650m:	7:38.30	35.36
	100m:	1:06.96	35.06	300m:	3:29.37	35.67	500m:	5:51.80	35.48	700m:	8:13.63	35.33
	150m:	1:42.39	35.43	350m:	4:05.10	35.73	550m:	6:27.28	35.48	750m:	8:48.79	35.16
	200m:	2:18.08	35.69	400m:	4:40.75	35.65	600m:	7:02.94	35.66	800m:	9:23.04	34.25
11.	Lynn Dybiona		AZ&PC		9:35.11	9501786	9:40.86	+0,77	E			
	50m:	32.85	32.85	250m:	2:58.94	37.30	450m:	5:26.97	36.72	650m:	7:53.66	36.59
	100m:	1:08.41	35.56	300m:	3:36.21	37.27	500m:	6:03.58	36.61	700m:	8:30.89	37.23
	150m:	1:44.87	36.46	350m:	4:13.41	37.20	550m:	6:40.20	36.62	750m:	9:07.43	36.54
	200m:	2:21.64	36.77	400m:	4:50.25	36.84	600m:	7:17.07	36.87	800m:	9:40.86	33.43
12.	Claudia Rijkhoff		Zwemvereniging Hoorn		9:46.11	9603338	9:52.10	+0,81	E			
	50m:	31.92	31.92	250m:	2:59.25	37.23	450m:	5:29.36	36.96	650m:	8:01.43	38.05
	100m:	1:07.85	35.93	300m:	3:36.85	37.60	500m:	6:07.69	38.33	700m:	8:39.19	37.76
	150m:	1:44.81	36.96	350m:	4:14.43	37.58	550m:	6:45.16	37.47	750m:	9:16.72	37.53
	200m:	2:22.02	37.21	400m:	4:52.40	37.97	600m:	7:23.38	38.22	800m:	9:52.10	35.38
13.	Jamilla van Veen		One Team Swimming		9:50.57	9603192	9:56.37	+0,95	E			
	50m:	32.00	32.00	250m:	2:59.35	37.33	450m:	5:30.10	37.89	650m:	8:03.65	38.32
	100m:	1:07.81	35.81	300m:	3:36.94	37.59	500m:	6:09.44	39.34	700m:	8:41.41	37.76
	150m:	1:44.62	36.81	350m:	4:14.20	37.26	550m:	6:47.22	37.78	750m:	9:19.89	38.48
	200m:	2:22.02	37.40	400m:	4:52.21	38.01	600m:	7:25.33	38.11	800m:	9:56.37	36.48

Programmanr. 25 Dames, 4 x 100m wisselslag Senioren Open  
04-12-2010 Resultaten

Wereld Record	3:47.97	USA	USA	Manchester (GBR)	18-12-2009
Europees Record	3:53.02	GBR	GBR	Manchester (GBR)	11-04-2008
Nederlands Record Senioren Ver.	4:00.28	Eiffel Swimmers PSV		Amsterdam	20-12-2008
Nederlands Record Jeugd Ver.	4:21.27	De Dolfijn		Amsterdam	08-11-2009

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1 Kira Toussaint Moniek Nijhuis	De Dolfijn 30.16 1:01.70 +0,41 31.21 1:06.67	4:03.32 Willemijn Knot Lona Kroese	<b>4:04.04</b> +0,43 27.88 +0,29 26.37	1:00.67 55.00
2.	EIFFEL Swimmers PSV 1 Wendy vd Zanden Jocelyn Spruit	EIFFEL Swimmers PSV 29.10 59.65 +0,16 32.13 1:10.03	4:07.66 Lisa Dreesens Clarissa van Rheenen	<b>4:05.66</b> +0,46 28.47 +0,30 25.85	1:01.69 54.29
3.	AZ&PC 1 Rieneke Terink Loes Zanderink	AZ&PC 30.26 1:02.80 +0,41 31.64 1:08.58	4:08.93 Kelly de Jong Lieke Verouden	<b>4:09.92</b> +0,46 28.15 +0,34 26.97	1:01.75 56.79
4.	De Dolfijn 2 100m* Anja van der Hout Tessa Brouwer	De Dolfijn 31.16 1:04.35 31.13 1:07.90	4:08.35 Parand Zarekiani Silke Oude Weemink	<b>4:12.42</b> +0,29 28.44 +0,41 28.24	1:01.49 58.68
5.	AZ&PC 2 Claire de Winter Yvonne v.d. Pol	AZ&PC 31.81 1:05.94 +0,22 32.74 1:11.21	4:21.53 Lotte Wilms Ilse van Hoom	<b>4:18.17</b> +0,21 29.11 +0,36 27.38	1:03.33 57.69
6.	De Columbiaan 1 Miranda Nijenhuis Eline Boers	De Columbiaan 31.04 1:03.89 +0,24 32.00 1:09.56	4:16.28 Jara Schmidt Lisette Jansen	<b>4:19.53</b> +0,33 30.63 +0,34 27.36	1:07.53 58.55
7.	Orca 1 Annemarie Worst Cynthia Verkaik	Orca 31.04 1:02.67 +0,29 35.62 1:15.89	4:21.86 Femke Leenstra Evelien van Ruiten	<b>4:23.23</b> +0,41 30.18 +0,48 28.87	1:04.71 59.96
8.	AZ&PC 3 Laura Moolenaar Suzanne de Vries	AZ&PC 32.16 1:05.96 +0,34 35.80 1:17.34	4:26.37 Rachelle Visser Lynn Dybiona	<b>4:27.51</b> +0,03 28.69 +0,35 28.81	1:04.69 59.52
9.	HZ&PC Heerenveen 1 Myrthe Sijtsema Karin van Dijk	HZ&PC Heerenveen 33.18 1:09.13 +0,12 35.20 1:16.40	4:31.11 Chantal Nap Wendan Poelstra	<b>4:28.59</b> +0,23 29.77 +0,33 28.05	1:04.10 58.96
10.	WZ&PC Purmerend 1 Daphne ten Brink Amber Ruig	WZ&PC Purmerend 32.54 1:06.69 +0,58 34.82 1:15.34	4:30.67 Kimberly Mijnen Pascalle Spiekerman	<b>4:32.41</b> +0,43 31.47 +0,35 28.08	1:10.71 59.67
11.	De Dinkel 1 Noortje Timmerman Lonne Dijkhuis	De Dinkel 32.73 1:08.80 +0,20 34.12 1:13.28	4:27.31 Loes Westerhof Kimberly Ribberink	<b>4:34.17</b> +0,35 32.36 +0,17 28.03	1:12.22 59.87
12.	Zwemvereniging Hoorn 1 Femke Swier Helena La	Zwemvereniging Hoorn 32.00 1:06.41 +0,13 35.88 1:17.80	4:30.32 Claudia Rijkhoff Kristine Zwaan	<b>4:38.03</b> +0,53 33.10 +0,52 29.03	1:12.00 1:01.82
13.	De Columbiaan 2 Natasja Boers Liselotte Mulder	De Columbiaan 32.69 1:09.10 +0,49 36.65 1:20.70	4:28.04 Laura van Daalen Tania Jacobs	<b>4:45.47</b> +0,30 34.50 +0,01 28.89	1:13.78 1:01.89

Programmanr. 26 Heren, 4 x 100m vrije slag Senioren Open  
04-12-2010 Resultaten

Wereld Record	3:03.30	USA	USA	Manchester (GBR)	19-12-2009
Europees Record	3:04.98	FRA	FRA	Istres (FRA)	20-12-2008
Nederlands Record Senioren Ver.	3:14.26	De Dolfijn	07-009	Amsterdam	04-12-2010
Nederlands Record Jeugd Ver.	3:26.56	Eiffel Swimmers PSV		Amsterdam	20-12-2008

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1 <i>Ned. Record Senioren Verenigenen</i>	3:15.34	<b>3:14.26</b>	+0,74	
	Stefan de Die +0,74 23.94 49.27	Joeri Verlinden	+0,33 23.27	48.36	
	Bas van Velthoven +0,40 23.49 48.55	Joost Reijns	+0,31 22.64	48.08	
2.	AZ&PC 1	3:19.68	<b>3:16.63</b>	+0,77	
	Geert Lantink +0,77 23.92 50.16	Joran Barends	+0,26 23.12	48.63	
	Damien Bernard +0,21 23.34 49.35	Robin van Aggele	+0,21 22.59	48.49	
3.	DWK 1	3:27.70	<b>3:21.68</b>	+0,73	
	Tim van Deutekom +0,73 23.89 51.24	Robin Bos	+0,35 24.87	52.23	
	Joost Groeneveld +0,43 23.40 49.47	Floor Verhaar	+0,42 23.25	48.74	
4.	MNC Dordrecht 1	3:27.12	<b>3:25.17</b>	+0,72	
	Arjan van der Plaats +0,72 23.78 49.97	Alwin Hillebrink	+0,69 25.32	53.07	
	Jeroen Baars +0,33 24.07 50.87	Mark Baars	+0,45 24.53	51.26	
5.	De Dolfijn 2	3:31.17	<b>3:26.99</b>	+0,81	
	Henk van Nijenhuis +0,81 24.89 51.95	Stanley Vleerlaag	+0,29 24.51	51.46	
	Tom Verbeek +0,34 25.10 52.73	Mark Costeris	+0,31 24.27	50.85	
6.	De Columbiaan 1	3:31.91	<b>3:30.11</b>	+0,72	
	Jan Kersten +0,72 23.66 49.93	Jordy Zuidhoek	+0,23 25.92	54.09	
	Eduard Bremmer +0,25 24.38 52.20	Jonathan Cassuto	+0,19 25.11	53.89	
7.	WVZ 1	3:32.29	<b>3:32.50</b>	+0,78	
	Raymond van de Merwe +0,78 25.32 52.52	Alex Goeyenbier	+0,14 25.30	54.22	
	Wouter Smeets +0,29 25.33 53.53	Arjan Assink	+0,15 24.43	52.23	
8.	AZ&PC 2	3:31.91	<b>3:32.55</b>	+0,75	
	Aziz Nosairi +0,75 24.54 51.96	Pieter Jan de Vries	+0,23 24.57	52.59	
	Nick Hessing +0,28 25.62 54.55	Chris Bernard	+0,32 25.03	53.45	
9.	De Dinkel 1	3:34.21	<b>3:33.33</b>	+0,70	
	Sjoerd Zanderink +0,70 25.49 52.90	Pim Kienhuis	+0,42 25.84	54.42	
	Jeroen Gijsselaar +0,45 25.81 53.63	Menno Manning	+0,39 25.14	52.38	
10.	Hellas-Glana 1	3:34.14	<b>3:33.46</b>	+0,78	
	Alan Smeets +0,78 25.61 52.81	Ruben Klinkers	+0,19 25.18	53.24	
	Stan Tummers +0,46 25.36 53.75	Davy Verreussel	+0,18 25.83	53.66	
11.	Orca 1	3:37.23	<b>3:33.80</b>	+0,88	
	Michiel Punter +0,88 25.13 52.84	Michael Westers	+0,31 25.98	54.55	
	Willem Kees Roos +0,34 25.62 53.52	Vincent van Iperen	+0,06 24.91	52.89	
12.	LZ 1886 1	3:37.20	<b>3:34.60</b>	+0,77	
	Lars Sieval +0,77 25.54 53.39	Kristiaan Lenos	+0,33 25.67	54.23	
	Joost Rijntjes +0,45 25.71 54.02	Sjoerd Sieval	+0,01 25.20	52.96	
13.	ZC Valkenburg 1	3:36.30	<b>3:36.17</b>	+0,79	
	Pim van Basten Batenburg +0,79 26.35 54.98	Jelle Peltzer	+0,42 25.75	52.46	
	Niels van Basten Batenburg +0,24 26.06 54.41	Lester Snackers	+0,43 25.83	54.32	
14.	WZ&PC Purmerend 1	3:36.84	<b>3:37.39</b>	+0,74	
	Bas Tietze +0,74 25.75 55.44	Sverre Oelen	+0,35 26.15	54.59	
	Kevin Lebis +0,23 25.05 54.18	Jeffrey Appel	+0,29 24.70	53.18	
15.	AZ&PC 3	3:37.22	<b>3:37.57</b>	+0,83	
	Jeroen van den Bos +0,83 26.91 56.13	Jelle Derksen	+0,32 25.42	53.16	
	Marciano Lynch +0,14 25.22 53.84	Jordan Kraaijenhof	+0,27 25.86	54.44	
DIS	EIFFEL Swimmers PSV 1	3:19.18		+0,68	
	<i>EA - Te vroeg overgenomen. (geen eindtijd noteren**), dis 4e zwemmer</i>				
	Jasper van Mierlo +0,68 23.56 49.97	Steven Nonnekes	+0,19 23.51	51.22	
	Rutger van Oosterhout +0,41 23.80 49.59	Pieter Timmers	-0,04		
NG	De Dolfijn 3	3:36.16			



Programmanr. 31  
05-12-2010 - 9:00

Heren, 100m vrije slag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	44.94	Amaury Leveaux	Rijeka (CRO)	13-12-2008
Europees Record	44.94	Amaury Leveaux	Rijeka (CRO)	13-12-2008
Nederlands Record Senioren	46.81	Pieter van den Hoogenband	Dublin (IRL)	13-12-2003
Nederlands Record Jeugd	49.13	Pieter van den Hoogenband	Atlanta (USA)	22-07-1996

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Dion Dreesens	EIFFEL Swimmers PSV	51.70	9302189	<b>50.64</b>	+0,71	A	B	24.54	50.64
2.	Menno Manning	De Dinkel	52.57	9300333	<b>51.75</b>	+0,73	C		25.03	51.75
3.	Bernd Kobesen	TriVia	52.62	9300981	<b>52.41</b>	+0,70	C		25.20	52.41
4.	Paul Koster	Hieronymus	52.82	9304465	<b>52.53</b>	+0,78	C		25.03	52.53
5.	Bart Dunweg	ZVVS	52.90	9301763	<b>52.54</b>	+0,71	C		25.54	52.54
6.	Robin Bos	DWK	53.52	9302265	<b>52.61</b>	+0,76	C		25.56	52.61
7.	Jelle Peltzer	ZC Valkenburg	54.01	9403779	<b>53.22</b>	+0,72	C		26.00	53.22
8.	Ensger Kotterink	Racing Club	53.12	9403391	<b>53.44</b>	+0,71	D		25.68	53.44
9.	Stef Heijnekamp	OZ&PC	54.00	9401665	<b>53.60</b>	+0,66	D		26.07	53.60
10.	Jelle Derksen	AZ&PC	53.95	9400017	<b>53.65</b>	+0,75	D		25.59	53.65
11.	Kingue Struijf	WZ&PC Purmerend	53.14	9400913	<b>53.70</b>	+0,70	D		25.53	53.70
12.	Willem Kees Roos	Orca	53.72	9402693	<b>53.75</b>	+0,79	D		25.83	53.75
13.	Lars Sieval	LZ 1886	53.05	9300723	<b>53.82</b>	+0,76	D		25.34	53.82
14.	Vincent Moolhuijsen	Oceanus	54.56	9401215	<b>53.97</b>	+0,77	D		26.05	53.97
15.	Stan Tummers	Hellas-Glana	54.59	9400649	<b>54.45</b>	+0,66	D		25.80	54.45
16.	Jesse Puts	Zwemlust-den Hommel	54.53	9401147	<b>54.51</b>	+0,67	D		25.78	54.51
17.	Jeroen Gijsselaar	De Dinkel	53.91	9300777	<b>54.82</b>	+0,69	E		26.27	54.82
18.	Bob Dalmeijer	Luctor et Emergo	54.45	9402203	<b>54.89</b>	+0,75	E		26.24	54.89
19.	Mike ter Horst	ZV Haerlem	52.95	9402785	<b>54.99</b>	+0,87	E		26.02	54.99

All-in

1.	Joost Reijns	E.ON-NZA	48.46	8702725	<b>48.97</b>	+0,69	A	A	23.22	48.97
2.	Joran Barends	AZ&PC	49.32	8500091	<b>49.15</b>	+0,75	A	A	23.73	49.15
3.	Bas van Velthoven	E.ON-NZA	48.53	8502695	<b>49.21</b>	+0,71	A	A	23.56	49.21
4.	Floor Verhaar	DWK	51.69	9004603	<b>49.30</b>	+0,71	A	A	23.52	49.30
5.	Stefan de Die	E.ON-NZA	48.74	8603905	<b>49.46</b>	+0,73	A	A	23.81	49.46
6.	Pieter Timmers	EIFFEL Swimmers PSV	48.43	8806031	<b>49.57</b>	+0,78	A	A	23.78	49.57
7.	Timon Evenhuis	TriVia	51.34	9000843	<b>49.60</b>	+0,90	A	A	23.49	49.60
8.	Geert Lantink	AZ&PC	49.71	8601849	<b>49.93</b>	+0,73	B	A	24.07	49.93
9.	Jan Kersten	De Columbiaan	50.47	8601561	<b>49.98</b>	+0,72	B	B	23.97	49.98
10.	Jasper van Mierlo	EIFFEL Swimmers PSV	50.02	9002005	<b>50.12</b>	+0,68	B	B	24.28	50.12
11.	Joost Groeneveld	DWK	51.49	9200409	<b>50.18</b>	+0,69	A	B	23.98	50.18
12.	Robbert Donk	Wiekslag	49.65	8900745	<b>50.34</b>	+0,64	B	B	24.20	50.34
13.	Rutger van Oosterhout	EIFFEL Swimmers PSV	49.97	9002179	<b>50.49</b>	+0,71	C	B	24.20	50.49
14.	Dion Dreesens	EIFFEL Swimmers PSV	51.70	9302189	<b>50.64</b>	+0,71	A	B	24.54	50.64
15.	Toby Aarnoutse	TriVia	51.78	8900007	<b>51.01</b>	+0,79	C	B	24.40	51.01
16.	Damien Bernard	AZ&PC	51.32	8705177	<b>51.19</b>	+0,68	C	B	24.69	51.19
17.	Niels van Eck	ZPC Bikkell Hoogeveen	51.59	8900793	<b>51.28</b>	+0,68	C	R	24.78	51.28
18.	Mike Marissen	AZ&PC	51.43	9202187	<b>51.40</b>	+0,76	C	R	24.76	51.40
19.	Steven Nonnekens	EIFFEL Swimmers PSV	51.31	9003749	<b>51.65</b>	+0,65	D		25.27	51.65
20.	Menno Manning	De Dinkel	52.57	9300333	<b>51.75</b>	+0,73	C		25.03	51.75
21.	John Verhagen	EIFFEL Swimmers PSV	52.78	9205325	<b>51.92</b>	+0,72	C		24.87	51.92
22.	Jeroen Baars	MNC Dordrecht	52.70	9200031	<b>52.16</b>	+0,73	D		24.86	52.16
23.	Sebastiaan Rosendaal	MNC Dordrecht	52.50	9101947	<b>52.21</b>	+0,73	D		24.96	52.21
24.	Tom Lommers	WZV	52.53	9001847	<b>52.27</b>	+0,69	D		25.34	52.27
25.	Mark Baars	MNC Dordrecht	52.16	8500059	<b>52.35</b>	+0,75	D		25.37	52.35
26.	Bernd Kobesen	TriVia	52.62	9300981	<b>52.41</b>	+0,70	C		25.20	52.41
27.	Kevin Hondsmark	De Schelde	51.78	8801501	<b>52.42</b>	+0,79	D		25.20	52.42
28.	Mark Costeris	De Dolfijn	51.58	9202327	<b>52.45</b>	+0,74	D		25.07	52.45
29.	Paul Koster	Hieronymus	52.82	9304465	<b>52.53</b>	+0,78	C		25.03	52.53
30.	Bart Dunweg	ZVVS	52.90	9301763	<b>52.54</b>	+0,71	C		25.54	52.54
31.	Dennis Eliveld	De Dolfijn	52.42	9202351	<b>52.55</b>	+0,78	D		25.41	52.55
32.	Dennis Mooij	HZ&PC Heerenveen	52.00	8902201	<b>52.60</b>	+0,70	E		24.64	52.60
33.	Robin Bos	DWK	53.52	9302265	<b>52.61</b>	+0,76	C		25.56	52.61
34.	Eduard Bremmer	De Columbiaan	53.16	9200145	<b>52.82</b>	+0,69	D		25.28	52.82
35.	Pascal Timmermans	RZC	52.80	9202349	<b>52.84</b>	+0,78	D		25.01	52.84



## Programmanr. 31, Heren, 100m vrije slag, Voorronde, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m
36.	Jeffrey Appel	WZ&PC Purmerend	53.14	9200027	<b>53.15</b>	+0,71	D	25.52	53.15
37.	Jelle Peltzer	ZC Valkenburg	54.01	9403779	<b>53.22</b>	+0,72	C	26.00	53.22
38.	Ensger Kotterink	Racing Club	53.12	9403391	<b>53.44</b>	+0,71	D	25.68	53.44
39.	Stef Heijnekamp	OZ&PC	54.00	9401665	<b>53.60</b>	+0,66	D	26.07	53.60
40.	Jelle Derksen	AZ&PC	53.95	9400017	<b>53.65</b>	+0,75	D	25.59	53.65
41.	Kingue Struijf	WZ&PC Purmerend	53.14	9400913	<b>53.70</b>	+0,70	D	25.53	53.70
42.	Willem Kees Roos	Orca	53.72	9402693	<b>53.75</b>	+0,79	D	25.83	53.75
43.	Lars Sieval	LZ 1886	53.05	9300723	<b>53.82</b>	+0,76	D	25.34	53.82
44.	Vincent Moolhuijsen	Oceanus	54.56	9401215	<b>53.97</b>	+0,77	D	26.05	53.97
45.	Wouter Smeets	WVZ	52.45	8402093	<b>54.40</b>	+0,77	E	25.73	54.40
46.	Stan Tummers	Hellas-Glana	54.59	9400649	<b>54.45</b>	+0,66	D	25.80	54.45
47.	Jesse Puts	Zwemlust-den Hommel	54.53	9401147	<b>54.51</b>	+0,67	D	25.78	54.51
48.	Jeroen Gijsselaar	De Dinkel	53.91	9300777	<b>54.82</b>	+0,69	E	26.27	54.82
49.	Bob Dalmeijer	Luctor et Emergo	54.45	9402203	<b>54.89</b>	+0,75	E	26.24	54.89
50.	Mike ter Horst	ZV Haerlem	52.95	9402785	<b>54.99</b>	+0,87	E	26.02	54.99
51.	Mitch Notten	ZC Valkenburg	53.11	9202505	<b>55.10</b>	+0,84	E	26.20	55.10

Programmanr. 131  
05-12-2010 - 9:13Heren, 100m vrije slag  
Gehandicapten S1 t/m S13Jeugd/Senioren  
Resultaten Voorronde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt. finale	50m	100m
Jeugd 1 en 2										
1.	Thijs van den End	One Team Swimming	1:01.75	9306803	S9	<b>1:02.58</b> *		690 A		1:02.58
All-In										
1.	Maurice Deelen	AZ&PC	58.31	7101407	S8	<b>58.70</b> *		952 A		58.70
2.	Mike vd Zanden	EIFFEL Swimmers PSV	56.49	8703905	S10	<b>55.27</b> *		803 A		55.27
3.	Thijs van den End	One Team Swimming	1:01.75	9306803	S9	<b>1:02.58</b> *		690 A		1:02.58
4.	Michael Schoenmaker	AZ&PC	1:35.80	8302615	S4	<b>1:34.76</b> *		666 A		1:34.76
5.	Jacco Beniest	One Team Swimming	1:04.39	8503603	S10	<b>1:07.50</b> *		441 A		1:07.50
6.	Tom van der Plas	LZ 1886	1:18.87	8905867	S8	<b>1:19.86</b> *		378 A		1:19.86
DIS	Robert Appelman	Zwemvereniging Hoorn	1:12.34	8302893	S9					
AA - Te vroeg bewogen bij start. (geen tijd noteren)										

Programmanr. 32  
05-12-2010 - 9:16

Dames, 100m vrije slag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	51.01	Lisbeth Trickett	Hobart (AUS)	10-08-2009
Europees Record	51.19	Francesca Halsall	Singapore (SIN)	22-11-2009
Nederlands Record Senioren	51.35	Inge Dekker	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	55.12	Ranomi Kromowidjojo	Eindhoven	28-04-2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m	
<b>Jeugd 1 en 2</b>										
1.	Esmee Vermeulen	E.ON-NZA	56.92	9600678	<b>56.24</b>	+0,76	A+	A	27.17	56.24
	<i>Nederlands Record 14 jaar</i>									
2.	Femke Leenstra	Orca	57.17	9503038	<b>57.21</b>	+0,77	A	B	27.69	57.21
3.	Maartje de Wit	WVZ	57.84	9502362	<b>57.33</b>	+0,73	A	B	27.98	57.33
4.	Jovanna Koens	EIFFEL Swimmers PSV	57.92	9505652	<b>57.48</b>	+0,72	B	R	27.77	57.48
5.	Rosa Veerman	E.ON-NZA	57.16	9600862	<b>57.71</b>	+0,86	A	R	27.95	57.71
6.	Loes Westerhof	De Dinkel	1:00.80	9502752	<b>58.98</b>	+0,74	C		27.60	58.98
7.	Macy Oortwijn	DWK	58.64	9500722	<b>59.04</b>	+0,74	C		28.22	59.04
8.	Celine Hoogendijk	ZVVS	58.98	9601596	<b>59.08</b>	+0,88	C		28.12	59.08
9.	Brenda Zwarthoed	DAW	59.42	9604938	<b>59.34</b>	+0,72	C		27.82	59.34
10.	Lynn Dybiona	AZ&PC	59.77	9501786	<b>59.46</b>	+0,76	D		28.81	59.46
11.	Anouk Frieman	TriVia	59.30	9502390	<b>59.50</b>	+0,87	D		28.60	59.50
12.	Femke Remmits	One Team Swimming	59.57	9603692	<b>59.67</b>	+0,64	C		28.62	59.67
13.	Cynthia Verkaik	Orca	59.02	9601288	<b>59.69</b>	+0,78	C		28.64	59.69
	Laura Moolenaar	AZ&PC	1:00.62	9600656	<b>59.69</b>	+0,74	C		28.55	59.69
15.	Carina Klees	WVZ	1:01.27	9602680	<b>59.85</b>	+0,85	C		28.98	59.85
16.	Kelly Wigleven	Poseidon'56	59.92	9500058	<b>59.86</b>	+0,82	D		28.86	59.86
17.	Marcella van der Ent	Poseidon'56	1:00.83	9600174	<b>59.87</b>	+0,82	C		28.92	59.87
	Tamara Grove	Oceanus	1:00.72	9601266	<b>59.87</b>	+0,85	C		28.70	59.87
19.	Claudia Rijkhoff	Zwemvereniging Hoorn	1:00.15	9603338	<b>1:00.19</b>	+0,80	D		29.18	1:00.19
20.	Lisette Jansen	De Columbiaan	59.79	9500418	<b>1:00.60</b>	+0,91	D		29.01	1:00.60
21.	Denise van Ark	Aquapoldro	1:00.89	9604800	<b>1:00.68</b>	+0,75	D		28.67	1:00.68
22.	Kristine Zwaan	Zwemvereniging Hoorn	1:01.12	9604426	<b>1:00.82</b>	+0,85	D		29.06	1:00.82
23.	Amber Stienstra	D'Elf	1:01.01	9604448	<b>1:00.84</b>	+0,75	D		29.03	1:00.84
24.	Laura Hagreis	OZ&PC	1:00.54	9600548	<b>1:00.88</b>	+0,75	D		28.88	1:00.88
25.	Lotte Langenhoff	Zeester-Meerval	1:01.01	9602580	<b>1:00.98</b>	+0,76	D		28.94	1:00.98
26.	Sedona de Keijzer	AZ&PC	1:01.07	9603164	<b>1:01.06</b>	+0,88	D		28.82	1:01.06
27.	Kimberly Mijnen	WZ&PC Purmerend	1:00.04	9503644	<b>1:01.10</b>	+0,74	E		29.33	1:01.10
28.	Evelien van Ruiten	Orca	1:01.25	9602924	<b>1:01.17</b>	+0,78	D		29.29	1:01.17
29.	Maxime Verschuur	De Dolfijn	1:00.77	9500804	<b>1:01.34</b>	+0,71	E		29.15	1:01.34
30.	Renate Hemmes	RTC-Drachten	1:00.91	9600418	<b>1:02.03</b>	+0,76	E		29.14	1:02.03
31.	Adája Stoetman	TriVia	1:00.10	9600348	<b>1:02.37</b>	+0,91	E		29.75	1:02.37

All-in

1.	Maud van de Meer	EIFFEL Swimmers PSV	55.04	9201180	<b>54.41</b>	+0,78	A+	A	26.26	54.41
2.	Marleen Veldhuis	EIFFEL Swimmers PSV	54.45	7900894	<b>54.48</b>	+0,76	A	A	25.65	54.48
3.	Ilse Kraayeveld	EIFFEL Swimmers PSV	54.41	9002110	<b>55.03</b>	+0,53	A	A	26.45	55.03
4.	Rieneke Terink	AZ&PC	55.14	8402424	<b>55.29</b>	+0,80	B	A	26.51	55.29
5.	Clarissa van Rheezen	EIFFEL Swimmers PSV	55.17	9108270	<b>55.30</b>	+0,71	B	A	26.74	55.30
6.	Elise Bouwens	E.ON-NZA	55.16	9103964	<b>55.72</b>	+0,84	B	A	26.95	55.72
7.	Esmee Vermeulen	E.ON-NZA	56.92	9600678	<b>56.24</b>	+0,76	A+	A	27.17	56.24
	<i>Nederlands Record 14 jaar</i>									
8.	Lona Kroese	E.ON-NZA	56.02	8702382	<b>56.61</b>	+0,79	C	A	27.53	56.61
9.	Joëlle Scheps	EIFFEL Swimmers PSV	56.63	9202364	<b>56.68</b>	+0,74	C	B	27.38	56.68
10.	Eline Boers	E.ON-NZA	56.02	9104546	<b>57.02</b>	+0,72	C	B	27.40	57.02
11.	Manon Minneboo	EIFFEL Swimmers PSV	57.23	9301548	<b>57.11</b>	+0,75	C	B	27.46	57.11
12.	Pauline Gouwens	DWK	57.96	8400790	<b>57.16</b>	+0,74	D	B	27.52	57.16
13.	Femke Leenstra	Orca	57.17	9503038	<b>57.21</b>	+0,77	A	B	27.69	57.21
14.	Chantal Senden	ZC Valkenburg	56.43	9300698	<b>57.26</b>	+0,78	C	B	27.21	57.26
15.	Maartje de Wit	WVZ	57.84	9502362	<b>57.33</b>	+0,73	A	B	27.98	57.33
16.	Lotte Wilms	AZ&PC	57.69	8402770	<b>57.36</b>	+0,80	D	B	27.67	57.36
17.	Jovanna Koens	EIFFEL Swimmers PSV	57.92	9505652	<b>57.48</b>	+0,72	B	R	27.77	57.48
18.	Rosa Veerman	E.ON-NZA	57.16	9600862	<b>57.71</b>	+0,86	A	R	27.95	57.71
19.	Marieke Nijhuis	EIFFEL Swimmers PSV	58.14	9201296	<b>57.73</b>	+0,82	D		28.15	57.73
20.	Lenneke van Schaik	EIFFEL Swimmers PSV	57.90	8603124	<b>57.81</b>	+0,90	D		27.13	57.81
21.	Marjolein Delno	De Rijn	58.62	9400024	<b>58.07</b>	+0,86	C		27.99	58.07

Programmanr. 32, Dames, 100m vrije slag, Voorronde, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m
22.	Malissa van der Horst	Zwemlust-den Hommel	57.68	9200810	<b>58.22</b>	+0,85	D	28.09	58.22
23.	Danique Stoop	Zuiderzeezwemmers	58.13	9106956	<b>58.32</b>	+0,77	D	27.80	58.32
	Silke Oude Weernink	De Dolfijn	57.48	9002854	<b>58.32</b>	+0,86	D	28.19	58.32
25.	Ilse van Hoorn	AZ&PC	58.18	9001578	<b>58.74</b>	+0,85	E	27.93	58.74
26.	Roxanne Linders	EIFFEL Swimmers PSV	57.72	9204230	<b>58.76</b>	+0,82	E	28.33	58.76
27.	Loes Westerhof	De Dinkel	1:00.80	9502752	<b>58.98</b>	+0,74	C	27.60	58.98
	Inge Pepping	De Rijn	59.06	9402308	<b>58.98</b>	+0,89	D	28.79	58.98
	Marion van den Berg	DWK	58.09	8600272	<b>58.98</b>	+0,92	E	28.43	58.98
30.	Macy Oortwijn	DWK	58.64	9500722	<b>59.04</b>	+0,74	C	28.22	59.04
31.	Celine Hoogendijk	ZVVS	58.98	9601596	<b>59.08</b>	+0,88	C	28.12	59.08
32.	Claire de Winter	AZ&PC	59.48	9406050	<b>59.09</b>	+0,80	D	28.11	59.09
33.	Tamara van Vliet	E.ON-NZA	56.91	9403562	<b>59.22</b>	+0,77	D	27.74	59.22
34.	Brenda Zwarthoed	DAW	59.42	9604938	<b>59.34</b>	+0,72	C	27.82	59.34
35.	Lynn Dybiona	AZ&PC	59.77	9501786	<b>59.46</b>	+0,76	D	28.81	59.46
36.	Anouk Frieman	TriVia	59.30	9502390	<b>59.50</b>	+0,87	D	28.60	59.50
37.	Jessica Spruit	EIFFEL Swimmers PSV	57.82	9103756	<b>59.66</b>	+0,75	E	28.75	59.66
	Christel Vinke	ZVZ	59.04	9400152	<b>59.66</b>	+0,74	D	28.54	59.66
39.	Femke Remmits	One Team Swimming	59.57	9603692	<b>59.67</b>	+0,64	C	28.62	59.67
40.	Cynthia Verkaik	Orca	59.02	9601288	<b>59.69</b>	+0,78	C	28.64	59.69
	Laura Moolenaar	AZ&PC	1:00.62	9600656	<b>59.69</b>	+0,74	C	28.55	59.69
42.	Michelle Verouden	HZPC	59.15	9400150	<b>59.78</b>	+0,87	D	29.41	59.78
43.	Carina Klees	WVZ	1:01.27	9602680	<b>59.85</b>	+0,85	C	28.98	59.85
44.	Kelly Wigleven	Poseidon'56	59.92	9500058	<b>59.86</b>	+0,82	D	28.86	59.86
45.	Marcella van der Ent	Poseidon'56	1:00.83	9600174	<b>59.87</b>	+0,82	C	28.92	59.87
	Pascalie Spiekerman	WZ&PC Purmerend	59.25	9403030	<b>59.87</b>	+0,79	E	28.18	59.87
	Tamara Grove	Oceanus	1:00.72	9601266	<b>59.87</b>	+0,85	C	28.70	59.87
48.	Kim Loeffen	Tritium (SG)	58.90	9403432	<b>59.92</b>	+0,92	E	28.41	59.92
49.	Elinore de Jong	De Otters Het Gooi	58.04	8902072	<b>59.93</b>	+0,77	E	28.19	59.93
50.	Claudia Rijkhoff	Zwemvereniging Hoorn	1:00.15	9603338	<b>1:00.19</b>	+0,80	D	29.18	1:00.19
51.	Lisette Jansen	De Columbian	59.79	9500418	<b>1:00.60</b>	+0,91	D	29.01	1:00.60
52.	Denise van Ark	Aquapoldro	1:00.89	9604800	<b>1:00.68</b>	+0,75	D	28.67	1:00.68
53.	Kristine Zwaan	Zwemvereniging Hoorn	1:01.12	9604426	<b>1:00.82</b>	+0,85	D	29.06	1:00.82
54.	Amber Stienstra	D'Elft	1:01.01	9604448	<b>1:00.84</b>	+0,75	D	29.03	1:00.84
55.	Laura Hagreis	OZ&PC	1:00.54	9600548	<b>1:00.88</b>	+0,75	D	28.88	1:00.88
56.	Lotte Langenhoff	Zeester-Meerval	1:01.01	9602580	<b>1:00.98</b>	+0,76	D	28.94	1:00.98
57.	Sedona de Keijzer	AZ&PC	1:01.07	9603164	<b>1:01.06</b>	+0,88	D	28.82	1:01.06
58.	Kimberly Mijnen	WZ&PC Purmerend	1:00.04	9503644	<b>1:01.10</b>	+0,74	E	29.33	1:01.10
59.	Evelien van Ruiten	Orca	1:01.25	9602924	<b>1:01.17</b>	+0,78	D	29.29	1:01.17
60.	Maxime Verschuur	De Dolfijn	1:00.77	9500804	<b>1:01.34</b>	+0,71	E	29.15	1:01.34
61.	Renate Hemmes	RTC-Drachten	1:00.91	9600418	<b>1:02.03</b>	+0,76	E	29.14	1:02.03
62.	Adája Stoetman	TriVia	1:00.10	9600348	<b>1:02.37</b>	+0,91	E	29.75	1:02.37
AFGEM	Saskia de Jonge	RTC-Drachten	54.04	8601826					
AFGEM	Andrea Kneppers	EIFFEL Swimmers PSV	57.08	9302216					

Programmanr. 132  
05-12-2010 - 9:32

Dames, 100m vrije slag  
Gehandicapten S1 t/m S13

Jeugd/Senioren  
Resultaten Voorrunde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt. finale	50m	100m
<b>Jeugd 1 en 2</b>										
1.	Romy Pansters	ZC Valkenburg	1:16.31	9605900	S8	<b>1:15.79</b>	+0,88	685 A	36.47	1:15.79
	<i>Nederlands Record (evenaring)</i>									
2.	Wendy Jasperse	Aquarijn	1:31.26	9506624	S10	<b>1:31.64</b> *	+0,60	292 A	41.57	1:31.64
3.	Willemijn Vos	Swol 1894	1:45.81	9506562	S8	<b>1:41.29</b>	+1,11	287 R	48.78	1:41.29
4.	Kelsey van de Broeke	Koewacht	1:37.73	9603938	S10	<b>1:39.71</b>		227 R	45.31	1:39.71
DIS	Marije Oosterhuis	Eemsrobben	1:08.86	9500318	S10					
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>									

**All-In**

1.	Chantal Molenkamp	AZ&PC	1:05.39	9002624	S10	<b>1:04.15</b>	+0,80	852 A	30.74	1:04.15
	<i>Nederlands Record</i>									
2.	Romy Pansters	ZC Valkenburg	1:16.31	9605900	S8	<b>1:15.79</b>	+0,88	685 A	36.47	1:15.79
	<i>Nederlands Record (evenaring)</i>									
3.	Lisa den Braber	AZ&PC	1:17.51	9207558	S8	<b>1:19.22</b>	+0,71	600 A	38.47	1:19.22
4.	Lisa Dootjes	De Lansingh	1:23.11	9407016	S9	<b>1:17.79</b>	+0,99	484 A	36.90	1:17.79
5.	Britt van Diessen	TRB-RES	1:17.94	8900900	S10	<b>1:18.43</b>	+1,05	466 A	38.14	1:18.43
6.	Lisette Teunissen	MNC Dordrecht	1:36.17	8604834	S5	<b>1:40.52</b>		443 A	48.24	1:40.52
7.	Elena Habets	Brunssum	1:31.28	9007170	S8	<b>1:35.26</b>	+1,01	345 A	43.97	1:35.26
8.	Wendy Jasperse	Aquarijn	1:31.26	9506624	S10	<b>1:31.64</b> *	+0,60	292 A	41.57	1:31.64
9.	Willemijn Vos	Swol 1894	1:45.81	9506562	S8	<b>1:41.29</b>	+1,11	287 R	48.78	1:41.29
10.	Kelsey van de Broeke	Koewacht	1:37.73	9603938	S10	<b>1:39.71</b>		227 R	45.31	1:39.71
DIS	Marije Oosterhuis	Eemsrobben	1:08.86	9500318	S10					
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>									

Programmanr. 33  
05-12-2010 - 9:37

Heren, 100m rugslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	48.94	Nick Thoman	Manchester (GBR)	18-12-2009
Europees Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13-12-2009
Nederlands Record Senioren	51.39	Nick Driebergen	Istanbul (TUR)	12-12-2009
Nederlands Record Jeugd	55.29	Joey de Ruiter	Eindhoven	26-04-2009

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m
<b>Jeugd 1 en 2</b>									
1.	Ruben Dekker	De Dolfijn	57.92	9300627	<b>57.00</b>	B	A	28.13	57.00
2.	Jens Bakker	E.ON-NZA	58.49	9300021	<b>57.33</b>	C	A	28.04	57.33
3.	Timo Dinkelberg	ZVVS	1:00.20	9300773	<b>59.58</b>	E	B	28.96	59.58
4.	Sven Kardol	Nuenen	57.84	9302135	<b>59.62</b>	E	B	28.89	59.62
5.	Jorrick Druyven	DAW	59.37	9400507	<b>59.67</b>	D	B	28.79	59.67
6.	Frank van der Wolff	Zwemvereniging Hoorn	1:00.15	9400955	<b>59.93</b>	E	B	29.17	59.93
7.	Marciano Lynch	AZ&PC	59.77	9401893	<b>1:00.35</b>	E	B	29.66	1:00.35
8.	Willem Kees Roos	Orca	59.76	9402693	<b>1:00.60</b>	E	R	29.76	1:00.60
9.	Istvan Spaargaren	Oceanus	59.79	9401199	<b>1:01.08</b>	E	R	29.38	1:01.08
10.	Bart Arendshorst	De Veene	59.86	9300005	<b>1:01.43</b>	E		30.01	1:01.43
11.	Arno Nieuwhof	FZC'54	1:01.26	9302375	<b>1:04.56</b>			30.65	1:04.56

All-in

1.	Bastiaan Lijesen	EIFFEL Swimmers PSV	53.05	9001819	<b>54.22</b>	B	A	25.83	54.22
2.	Jurjen Willemsen	EIFFEL Swimmers PSV	53.53	9003315	<b>55.28</b>	C	A	26.68	55.28
3.	Sverre Eschweiler	E.ON-NZA	56.48	9204035	<b>55.67</b>	B	A	27.44	55.67
4.	Mike Marissen	AZ&PC	57.79	9202187	<b>56.28</b>	C	A	27.55	56.28
5.	Colm Dowling	Kilkenny SC	56.56	1001672	<b>56.50</b>	D	A	27.35	56.50
6.	Ruben Dekker	De Dolfijn	57.92	9300627	<b>57.00</b>	B	A	28.13	57.00
7.	Jens Bakker	E.ON-NZA	58.49	9300021	<b>57.33</b>	C	A	28.04	57.33
8.	Henk van Niejenhuis	De Dolfijn	57.08	8905063	<b>57.54</b>	E	A	28.01	57.54
9.	Jos de Graaf	DWK	56.79	9106095	<b>57.91</b>	E	B	28.24	57.91
10.	Dennis Cramer	Appingedam	58.32	9200199	<b>58.80</b>	E	B	28.72	58.80
11.	Pascal Timmermans	RZC	58.38	9202349	<b>59.51</b>	E	B	28.81	59.51
12.	Timo Dinkelberg	ZVVS	1:00.20	9300773	<b>59.58</b>	E	B	28.96	59.58
13.	Sven Kardol	Nuenen	57.84	9302135	<b>59.62</b>	E	B	28.89	59.62
14.	Jorrick Druyven	DAW	59.37	9400507	<b>59.67</b>	D	B	28.79	59.67
15.	Frank van der Wolff	Zwemvereniging Hoorn	1:00.15	9400955	<b>59.93</b>	E	B	29.17	59.93
16.	Marciano Lynch	AZ&PC	59.77	9401893	<b>1:00.35</b>	E	B	29.66	1:00.35
17.	Willem Kees Roos	Orca	59.76	9402693	<b>1:00.60</b>	E	R	29.76	1:00.60
18.	Istvan Spaargaren	Oceanus	59.79	9401199	<b>1:01.08</b>	E	R	29.38	1:01.08
19.	Bart Arendshorst	De Veene	59.86	9300005	<b>1:01.43</b>	E		30.01	1:01.43
20.	Arno Nieuwhof	FZC'54	1:01.26	9302375	<b>1:04.56</b>			30.65	1:04.56
NG	Joey de Ruiter	EIFFEL Swimmers PSV	54.48	9101971					
NG	Nick Driebergen	E.ON-NZA	51.39	8700793					

Programmanr. 133  
05-12-2010 - 9:43Heren, 100m rugslag  
Gehandicapt en S6 t/m S14Jeugd/Senioren  
Resultaten Voorronde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.	finale	50m	100m
<b>Jeugd 1 en 2</b>											
1.	Thijs van den End	One Team Swimming	1:10.20	9306803	S9	<b>1:12.73</b>		661	A	34.86	1:12.73
	<i>Nederlands Record (evenaring)</i>										
2.	Udo Weerink	De Klup Twente	1:23.01	9406443	S14	<b>1:20.08</b>		476	A	38.99	1:20.08
	<i>50m*</i>										
<b>All-In</b>											
1.	Marc Evers	ZV Haarlem	1:08.90	9107425	S14	<b>1:06.60</b>		827	A	32.65	1:06.60
	<i>Nederlands Record</i>										
2.	Wessel Everloo	De Veene	1:09.80	8906597	S14	<b>1:09.92</b>		715	A	34.63	1:09.92
3.	Thijs van den End	One Team Swimming	1:10.20	9306803	S9	<b>1:12.73</b>		661	A	34.86	1:12.73
	<i>Nederlands Record (evenaring)</i>										
4.	Udo Weerink	De Klup Twente	1:23.01	9406443	S14	<b>1:20.08</b>		476	A	38.99	1:20.08
	<i>50m*</i>										
5.	Jacco Beniëst	One Team Swimming	1:19.57	8503603	S10	<b>1:20.77</b>		434	A	39.65	1:20.77



Programmanr. 34  
05-12-2010 - 9:46

Dames, 100m rugslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	55.23	Shiho Sakai	Berlijn (GER)	15-11-2009
Europees Record	56.36	Kseniya Moskvina	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	57.72	Femke Heemskerk	Berlijn (GER)	31-10-2010
Nederlands Record Jeugd	1:01.54	Kira Toussaint	Amsterdam	19-12-2009

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m
<b>Jeugd 1 en 2</b>									
1.	Maaïke de Waard	De Zeehond '73	1:02.49	9600604	<b>1:02.28</b>	A+	A	30.27	1:02.28
	<i>Nederlands Record 14 jaar</i>								
2.	Annemarie Worst	Orca	1:02.91	9500042	<b>1:02.36</b>	A+	A	30.79	1:02.36
3.	Sylvia Dik	TriVia	1:01.68	9501064	<b>1:02.54</b>	A+	A	30.19	1:02.54
4.	Esmée Bos	DWK	1:03.18	9600662	<b>1:03.71</b>	A	B	30.86	1:03.71
5.	Monique van der Struik	RTC-Drachten	1:04.93	9502502	<b>1:03.93</b>	A	B	31.20	1:03.93
6.	Maartje de Wit	WVZ	1:04.83	9502362	<b>1:05.39</b>	C		32.02	1:05.39
7.	Michelle Hoogendoorn	ZPC De Hof	1:06.53	9503718	<b>1:06.35</b>	C		32.92	1:06.35
8.	Laura Moolenaar	AZ&PC	1:08.06	9600656	<b>1:06.57</b>	C		32.45	1:06.57
9.	Cynthia van Beusekom	TriVia	1:06.51	9500134	<b>1:06.77</b>	D		32.08	1:06.77
10.	Lotte Langenhoff	Zeester-Meerval	1:07.46	9602580	<b>1:07.31</b>	D		32.67	1:07.31
11.	Kirsten Nieboer	TriVia	1:07.31	9501988	<b>1:07.34</b>	D		31.84	1:07.34
12.	Michelle de Bruijn	TRB-RES	1:06.04	9503090	<b>1:07.52</b>	D		32.11	1:07.52
13.	Dieudonné Houtkamp	ZPC Bikkel Hoogeveen	1:08.23	9600982	<b>1:07.94</b>	D		32.62	1:07.94
14.	Jamilla van Veen	One Team Swimming	1:08.26	9603192	<b>1:08.41</b>	E		32.97	1:08.41
15.	Claudia Rijkhoff	Zwemvereniging Hoorn	1:07.85	9603338	<b>1:08.60</b>	E		33.83	1:08.60
16.	Nicole Bennis	Racing Club	1:07.64	9600470	<b>1:08.86</b>	E		34.09	1:08.86
17.	Noortje Timmerman	De Dinkel	1:06.89	9501088	<b>1:09.11</b>	E		33.18	1:09.11
18.	Lisette Jansen	De Columbiaan	1:07.99	9500418	<b>1:09.89</b>	E		33.95	1:09.89
19.	Julia Brouwers	WZ&PC Purmerend	1:07.15	9600868	<b>1:11.04</b>	E		34.54	1:11.04

All-in

1.	Kira Toussaint	E.ON-NZA	1:01.54	9400990	<b>1:01.28</b>	A+	A	30.08	1:01.28
2.	Wendy vd Zanden	EIFFEL Swimmers PSV	59.90	8805004	<b>1:02.02</b>	B	A	30.08	1:02.02
3.	Kimberley Albers	EIFFEL Swimmers PSV	1:01.77	9204102	<b>1:02.07</b>	B	A	30.52	1:02.07
4.	Maaïke de Waard	De Zeehond '73	1:02.49	9600604	<b>1:02.28</b>	A+	A	30.27	1:02.28
	<i>Nederlands Record 14 jaar</i>								
5.	Annemarie Worst	Orca	1:02.91	9500042	<b>1:02.36</b>	A+	A	30.79	1:02.36
6.	Sylvia Dik	TriVia	1:01.68	9501064	<b>1:02.54</b>	A+	A	30.19	1:02.54
7.	Mariët Koster	ZPC Bikkel Hoogeveen	1:03.47	8301162	<b>1:02.55</b>	B	A	30.61	1:02.55
8.	Miranda Nijenhuis	De Columbiaan	1:02.48	9204076	<b>1:02.80</b>	B	A	30.89	1:02.80
9.	Anja van der Hout	De Dolfijn	1:01.52	9001598	<b>1:02.90</b>	C	B	30.36	1:02.90
10.	Willemijn Knot	De Dolfijn	1:02.86	9002010	<b>1:03.01</b>	C	B	30.19	1:03.01
11.	Ilse Kraayeveld	EIFFEL Swimmers PSV	1:03.42	9002110	<b>1:03.05</b>	C	B	30.60	1:03.05
12.	Rieneke Terink	AZ&PC	1:02.02	8402424	<b>1:03.11</b>	C	B	30.90	1:03.11
13.	Esmée Bos	DWK	1:03.18	9600662	<b>1:03.71</b>	A	B	30.86	1:03.71
14.	Monique van der Struik	RTC-Drachten	1:04.93	9502502	<b>1:03.93</b>	A	B	31.20	1:03.93
15.	Lieke Verouden	AZ&PC	1:03.38	9003948	<b>1:04.23</b>	D	B	30.87	1:04.23
16.	Mirthe Lanfermeijer	TriVia	1:03.89	9400074	<b>1:04.33</b>	C	B	31.18	1:04.33
17.	Kyra Rietveld	TriVia	1:04.40	9300624	<b>1:04.52</b>	C	R	31.60	1:04.52
18.	Sharon Gelmers	Octopus	1:05.34	9400416	<b>1:04.80</b>	C	R	31.06	1:04.80
19.	Maartje de Wit	WVZ	1:04.83	9502362	<b>1:05.39</b>	C		32.02	1:05.39
20.	Marion van den Berg	DWK	1:05.15	8600272	<b>1:05.68</b>	E		32.22	1:05.68
21.	Annelinde Veldman	Appingedam	1:04.78	9302758	<b>1:05.88</b>	D		31.49	1:05.88
22.	Malissa van der Horst	Zwemlust-den Hommel	1:04.76	9200810	<b>1:06.20</b>	E		32.15	1:06.20
23.	Michelle Hoogendoorn	ZPC De Hof	1:06.53	9503718	<b>1:06.35</b>	C		32.92	1:06.35
24.	Laura Moolenaar	AZ&PC	1:08.06	9600656	<b>1:06.57</b>	C		32.45	1:06.57
25.	Claire de Winter	AZ&PC	1:06.76	9406050	<b>1:06.69</b>	D		32.17	1:06.69
26.	Cynthia van Beusekom	TriVia	1:06.51	9500134	<b>1:06.77</b>	D		32.08	1:06.77
27.	Jakonien Koster	ZPC Bikkel Hoogeveen	1:06.66	9400068	<b>1:06.96</b>	E		32.32	1:06.96
28.	Parand Zarekiani	E.ON-NZA	1:06.15	9402150	<b>1:07.23</b>	E		31.70	1:07.23
29.	Lotte Langenhoff	Zeester-Meerval	1:07.46	9602580	<b>1:07.31</b>	D		32.67	1:07.31
30.	Kirsten Nieboer	TriVia	1:07.31	9501988	<b>1:07.34</b>	D		31.84	1:07.34
31.	Michelle de Bruijn	TRB-RES	1:06.04	9503090	<b>1:07.52</b>	D		32.11	1:07.52
32.	Jaimy Lee Taskin	Noordwijkerhout	1:06.49	9403364	<b>1:07.64</b>	E		32.98	1:07.64
33.	Dieudonné Houtkamp	ZPC Bikkel Hoogeveen	1:08.23	9600982	<b>1:07.94</b>	D		32.62	1:07.94

## Programmanr. 34, Dames, 100m rugslag, Voorronde, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.	finale	50m	100m
34.	Jamilla van Veen	One Team Swimming	1:08.26	9603192	<b>1:08.41</b>	E		32.97	1:08.41
35.	Claudia Rijkhoff	Zwemvereniging Hoorn	1:07.85	9603338	<b>1:08.60</b>	E		33.83	1:08.60
36.	Nicole Bennis	Racing Club	1:07.64	9600470	<b>1:08.86</b>	E		34.09	1:08.86
37.	Noortje Timmerman	De Dinkel	1:06.89	9501088	<b>1:09.11</b>	E		33.18	1:09.11
38.	Lisette Jansen	De Columbiaan	1:07.99	9500418	<b>1:09.89</b>	E		33.95	1:09.89
39.	Julia Brouwers	WZ&PC Purmerend	1:07.15	9600868	<b>1:11.04</b>	E		34.54	1:11.04
DIS	Evy Witlox	E.ON-NZA	1:00.99	8804946					
<i>AA - Te vroeg bewogen bij start.(geen tijd noteren)</i>									
AFGEM	Ranomi Kromowidjojo	EIFFEL Swimmers PSV	59.90	9002156					

Programmanr. 134  
05-12-2010 - 9:58

Dames, 100m rugslag  
Gehandicapten S6 t/m S14

Jeugd/Senioren  
Resultaten Voorronde

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt. finale	50m	100m
<b>Jeugd 1 en 2</b>										
1.	Marije Oosterhuis <i>Nederlands Record</i>	Eemsrobben	1:14.50	9500318	S10	<b>1:15.33</b>		761 A	36.38	1:15.33
2.	Romy Pansters	ZC Valkenburg	1:34.15	9605900	S8	<b>1:36.47</b>		503 A	48.06	1:36.47
3.	Willemijn Vos 50m*	Swol 1894	2:01.89	9506562	S8	<b>1:55.25</b>		295 A	57.25	1:55.25
4.	Wendy Jasperse 50m*	Aquarijn	1:49.13	9506624	S10	<b>1:49.72</b>		246 A	52.86	1:49.72
DIS	Kelsey van de Broeke <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i>	Koewacht	1:51.03	9603938	S10	<b>1:50.16</b> *			55.14	1:50.16

All-In

1.	Marlou van der Kulk <i>Europees Record</i>	De Otters Het Gooi	1:10.90	9306824	S14	<b>1:09.40</b>		956 A	34.02	1:09.40
2.	Marije Oosterhuis <i>Nederlands Record</i>	Eemsrobben	1:14.50	9500318	S10	<b>1:15.33</b>		761 A	36.38	1:15.33
3.	Magda Toeters	OZ&PC	1:17.86	8603552	S14	<b>1:15.16</b>		752 A	37.10	1:15.16
4.	Lisa den Braber	AZ&PC	1:35.51	9207558	S8	<b>1:31.01</b>		600 A	44.70	1:31.01
5.	Lisa Dootjes	De Lansingh	1:26.48	9407016	S9	<b>1:23.85</b>		565 A	40.60	1:23.85
6.	Romy Pansters	ZC Valkenburg	1:34.15	9605900	S8	<b>1:36.47</b>		503 A	48.06	1:36.47
7.	Willemijn Vos 50m*	Swol 1894	2:01.89	9506562	S8	<b>1:55.25</b>		295 A	57.25	1:55.25
8.	Wendy Jasperse 50m*	Aquarijn	1:49.13	9506624	S10	<b>1:49.72</b>		246 A	52.86	1:49.72
DIS	Sanne van Aken <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i>	NDD	1:49.09	8700034	S7	<b>1:46.25</b>			51.02	1:46.25
DIS	Kelsey van de Broeke <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i>	Koewacht	1:51.03	9603938	S10	<b>1:50.16</b> *			55.14	1:50.16
NG	Chantal Molenkamp	AZ&PC	1:15.36	9002624	S10					

Programmanr. 35  
05-12-2010 - 10:04

Heren, 50m schoolslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	25.25	Cameron van den Burgh	Berlijn (GER)	14-11-2009
Europees Record	26.14	Alessandro Terrin	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	26.34	Robin van Aggele	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	27.97	Roy Smeenge	Aken (GER)	23-10-2010

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Roy Smeenge	E.ON-NZA	27.97	9305557	<b>28.07</b>	+0,65	A+ A
2.	Gavin van der Werf	RTC-Drachten	29.48	9302971	<b>29.06</b>	+0,74	B B
3.	Jens Bakker	E.ON-NZA	29.70	9300021	<b>29.09</b>	+0,70	B B
4.	Peter Paul Houtkamp	ZPC Bikkell Hoogeveen	29.81	9300651	<b>29.98</b>	+0,76	D B
5.	Jonathan Cassuto	De Columbiaan	30.42	9300729	<b>30.03</b>	+0,80	D R
6.	Ruud van Heerbeek	Nuenen	30.29	9301769	<b>30.36</b>	+0,74	D
7.	Jordan Kraaijenhof	AZ&PC	30.40	9301111	<b>30.43</b>	+0,75	D
8.	Marijn van Zundert	De Dolfijn	30.31	9400679	<b>30.55</b>	+0,78	D
9.	Roald Blok	Octopus	30.44	9302685	<b>30.62</b>	+0,70	E
10.	Kingue Struijf	WZ&PC Purmerend	30.79	9400913	<b>30.69</b>	+0,65	D
11.	Kasper Leeuw	De Dinkel	30.23	9304435	<b>30.79</b>	+0,78	E
12.	Max Spiering	ZVVS	31.81	9402131	<b>31.70</b>	+0,83	E
13.	Jacko van der Meer	DWK	31.34	9402347	<b>31.73</b>	+0,72	E
14.	Gert Norg	Deltasteur	31.98	9401735	<b>31.94</b>	+0,76	E
15.	Rick de Waard	De Zeehond '73	31.68	9401095	<b>31.98</b>	+0,53	E
16.	Marcel van Essen	Octopus	32.02	9400019	<b>31.99</b>	+0,73	E
17.	Ruben Klinkers	Hellas-Glana	31.95	9403511	<b>32.23</b>	+0,71	

All-in

1.	Lennart Stekelenburg	E.ON-NZA	27.53	8602979	<b>27.49</b>	+0,69	A+ A
2.	Roy Smeenge	E.ON-NZA	27.97	9305557	<b>28.07</b>	+0,65	A+ A
3.	Damien Bernard	AZ&PC	28.61	8705177	<b>28.21</b>	+0,69	B A
4.	Timon Evenhuis	TriVia	27.82	9000843	<b>28.45</b>	+0,77	C A
5.	Niels van Eck	ZPC Bikkell Hoogeveen	28.76	8900793	<b>28.58</b>	+0,68	C A
6.	Pieter Jan de Vries	AZ&PC	28.83	9003183	<b>28.74</b>	+0,81	C A
7.	Aaron Eisank	EIFFEL Swimmers PSV	28.59	9100577	<b>28.78</b>	+0,71	C A
8.	Rutger Sloof	DWK	29.56	8803141	<b>28.79</b>	+0,74	C A
9.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	27.40	8400805	<b>28.80</b>	+0,77	C B
10.	Bram Dekker	EIFFEL Swimmers PSV	28.30	8900649	<b>28.85</b>	+0,75	C B
11.	Gavin van der Werf	RTC-Drachten	29.48	9302971	<b>29.06</b>	+0,74	B B
12.	Jens Bakker	E.ON-NZA	29.70	9300021	<b>29.09</b>	+0,70	B B
13.	Thomas Kersten	TriVia	29.22	9001515	<b>29.56</b>	+0,73	D B
14.	Bas Tietze	WZ&PC Purmerend	29.34	8703351	<b>29.97</b>	+0,76	E B
	Jordy Zuidhoek	De Columbiaan	29.85	9201569	<b>29.97</b>	+0,73	D B
16.	Peter Paul Houtkamp	ZPC Bikkell Hoogeveen	29.81	9300651	<b>29.98</b>	+0,76	D B
17.	Jonathan Cassuto	De Columbiaan	30.42	9300729	<b>30.03</b>	+0,80	D R
18.	Sjoerd Zanderink	De Dinkel	29.48	9102651	<b>30.09</b>	+0,69	E R
19.	Ruud van Heerbeek	Nuenen	30.29	9301769	<b>30.36</b>	+0,74	D
20.	Jordan Kraaijenhof	AZ&PC	30.40	9301111	<b>30.43</b>	+0,75	D
21.	Marijn van Zundert	De Dolfijn	30.31	9400679	<b>30.55</b>	+0,78	D
22.	Roald Blok	Octopus	30.44	9302685	<b>30.62</b>	+0,70	E
23.	Kingue Struijf	WZ&PC Purmerend	30.79	9400913	<b>30.69</b>	+0,65	D
24.	Kasper Leeuw	De Dinkel	30.23	9304435	<b>30.79</b>	+0,78	E
25.	Max Spiering	ZVVS	31.81	9402131	<b>31.70</b>	+0,83	E
26.	Jacko van der Meer	DWK	31.34	9402347	<b>31.73</b>	+0,72	E
27.	Gert Norg	Deltasteur	31.98	9401735	<b>31.94</b>	+0,76	E
28.	Rick de Waard	De Zeehond '73	31.68	9401095	<b>31.98</b>	+0,53	E
29.	Marcel van Essen	Octopus	32.02	9400019	<b>31.99</b>	+0,73	E
30.	Ruben Klinkers	Hellas-Glana	31.95	9403511	<b>32.23</b>	+0,71	

Programmanr. 135  
05-12-2010 - 10:10

Heren, 50m schoolslag  
Gehandicapten SB2 t/m SB3

Jeugd/Senioren  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt. finale
All-In							
1.	Michael Schoenmaker	AZ&PC	53.36	8302615	SB3	<b>53.95</b>	726

Programmanr. 36  
05-12-2010 - 10:12

Dames, 50m schoolslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	28.80	Jessica Hardy	Berlijn (GER)	15-11-2009
Europees Record	29.55	Janne Schäfer	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	29.68	Moniek Nijhuis	Istanbul (TUR)	10-12-2009
Nederlands Record Jeugd	31.23	Moniek Nijhuis	Dublin (IRL)	11-12-2003

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>								
1.	Lianne Slagter	Livo	33.81	9500940	<b>32.97</b>	+0,82	A	B
2.	Kimberly Ribberink	De Dinkel	34.89	9501654	<b>33.46</b>	+0,80	B	B
3.	Loes Westerhof	De Dinkel	34.37	9502752	<b>33.56</b>	+0,72	B	B
4.	Amber Ruig	WZ&PC Purmerend	33.66	9603240	<b>33.58</b>	+0,83	A	B
5.	Irene Teufer	De Dolfijn	34.79	9602340	<b>33.84</b>	+0,75	B	
6.	Nikki Habers	Zeester-Meerval	34.36	9600594	<b>34.26</b>	+0,81	C	
7.	Nicole Bennis	Racing Club	35.09	9600470	<b>34.56</b>	+0,73	C	
8.	Cecily Sadowski	Aquapoldro	35.28	9500188	<b>34.59</b>	+0,86	D	
9.	Elise Pennings	Argo	35.16	9503608	<b>34.83</b>	+0,71	D	
10.	Eline van der Plas	Hellas-Glana	34.32	9500866	<b>35.13</b>	+0,82	D	
11.	Kristel Hormann	De Spatters	35.16	9601084	<b>35.15</b>	+0,75	D	
12.	Annemarie Worst	Orca	35.35	9500042	<b>35.19</b>	+0,90	D	
13.	Helena La	Zwemvereniging Hoorn	34.86	9502134	<b>35.23</b>	+0,80	D	
14.	Celine Hoogendijk	ZVVS	35.24	9601596	<b>35.41</b>	+0,76	D	
15.	Nicky Deijl	ZOB'66	35.41	9601360	<b>37.37</b>	+0,88		
NG	Jessie Smeding	Orca	35.14	9504528				

All-in

1.	Tessa Brouwer	E.ON-NZA	30.99	9105548	<b>31.24</b>	+0,76	A+	A
2.	Lotte Goosen	DIO	32.42	9205306	<b>31.93</b>	+0,71	A	A
3.	Loes Zanderink	AZ&PC	31.53	8805006	<b>32.03</b>	+0,77	B	A
4.	Anouk Elzerman	De Dolfijn	31.65	9005914	<b>32.08</b>	+0,80	B	A
5.	Eline Boers	E.ON-NZA	32.62	9104546	<b>32.18</b>	+0,77	B	A
6.	Jocelyn Spruit	EIFFEL Swimmers PSV	33.23	9302044	<b>32.36</b>	+0,78	A	A
7.	Yvonne v.d. Pol	AZ&PC	32.69	8803472	<b>32.83</b>	+0,78	C	A
8.	Lieke Verouden	AZ&PC	32.69	9003948	<b>32.84</b>	+0,85	C	A
9.	Lianne Slagter	Livo	33.81	9500940	<b>32.97</b>	+0,82	A	B
10.	Lona Kroese	E.ON-NZA	31.89	8702382	<b>33.01</b>	+0,81	C	B
11.	Lia Dekker	E.ON-NZA	31.35	8700830	<b>33.10</b>	+0,79	C	B
12.	Tamara van Vliet	E.ON-NZA	34.38	9403562	<b>33.34</b>	+0,77	C	B
13.	Larissa Brak	AZ&PC	32.93	8800572	<b>33.42</b>	+0,78	D	B
14.	Kimberly Ribberink	De Dinkel	34.89	9501654	<b>33.46</b>	+0,80	B	B
15.	Loes Westerhof	De Dinkel	34.37	9502752	<b>33.56</b>	+0,72	B	B
16.	Amber Ruig	WZ&PC Purmerend	33.66	9603240	<b>33.58</b>	+0,83	A	B
17.	Lonne Dijkhuis	De Dinkel	33.73	9400030	<b>33.64</b>	+0,79	C	R
18.	Manon Minneboo	EIFFEL Swimmers PSV	33.73	9301548	<b>33.69</b>	+0,74	D	R
19.	Laura Badoux	DAW	33.16	8200038	<b>33.78</b>	+0,96	D	
20.	Irene Teufer	De Dolfijn	34.79	9602340	<b>33.84</b>	+0,75	B	
21.	Estrella Wierikx	Numansdorp	33.36	9402712	<b>34.06</b>	+0,69	D	
22.	Stephanie Rombout	Luctor et Emergo	33.56	8803696	<b>34.14</b>	+0,83	E	
23.	Aranka Wichers	D'Elft	33.77	9306378	<b>34.25</b>	+0,82	D	
24.	Nikki Habers	Zeester-Meerval	34.36	9600594	<b>34.26</b>	+0,81	C	
25.	Sharon Gelmers	Octopus	34.61	9400416	<b>34.50</b>	+0,80	D	
26.	Nicole Bennis	Racing Club	35.09	9600470	<b>34.56</b>	+0,73	C	
27.	Cecily Sadowski	Aquapoldro	35.28	9500188	<b>34.59</b>	+0,86	D	
28.	Pascalie Spiekerman	WZ&PC Purmerend	34.42	9403030	<b>34.72</b>	+0,83	D	
29.	Elise Pennings	Argo	35.16	9503608	<b>34.83</b>	+0,71	D	
30.	Yvette de Gier	De Columbiaan	34.45	9402124	<b>34.86</b>	+0,81	E	
31.	Karin Rijkelijhuizen	Zignea	34.60	9403358	<b>34.93</b>	+0,75	E	
32.	Colet Claessens	Nuene	34.70	9405182	<b>34.95</b>	+0,84	E	
33.	Eline van der Plas	Hellas-Glana	34.32	9500866	<b>35.13</b>	+0,82	D	
34.	Kristel Hormann	De Spatters	35.16	9601084	<b>35.15</b>	+0,75	D	
35.	Annemarie Worst	Orca	35.35	9500042	<b>35.19</b>	+0,90	D	
36.	Helena La	Zwemvereniging Hoorn	34.86	9502134	<b>35.23</b>	+0,80	D	
37.	Celine Hoogendijk	ZVVS	35.24	9601596	<b>35.41</b>	+0,76	D	
38.	Nicky Deijl	ZOB'66	35.41	9601360	<b>37.37</b>	+0,88		
NG	Jessie Smeding	Orca	35.14	9504528				



Programmanr. 37  
05-12-2010 - 10:35

Dames, 400m wisselslag

Jeugd/Senioren  
Resultaten

Wereld Record	4:21.04	Julia Smit	Manchester (GBR)	18-12-2009
Europees Record	4:24.51	Hannah Miley	Manchester (GBR)	18-12-2009
Nederlands Record Senioren	4:36.91	Rieneke Terink	Amsterdam	20-12-2009
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Esmée Bos	DWK	4:59.52	9600662	<b>4:50.94</b>	+0,87	A+	
	<i>Nederlands Record 14 jaar</i>							
	50m: 31.45	31.45	150m: 1:43.89	36.20	250m: 3:02.54	42.72	350m: 4:18.52	33.94
	100m: 1:07.69	36.24	200m: 2:19.82	35.93	300m: 3:44.58	42.04	400m: 4:50.94	32.42
2.	Cynthia Verkaik	Orca	5:03.86	9601288	<b>5:04.07</b>	+0,74	B	
	50m: 31.64	31.64	150m: 1:48.25	39.48	250m: 3:10.95	43.49	350m: 4:30.29	35.59
	100m: 1:08.77	37.13	200m: 2:27.46	39.21	300m: 3:54.70	43.75	400m: 5:04.07	33.78
3.	Rachelle Visser	AZ&PC	5:02.45	9500106	<b>5:06.21</b>	+0,86	C	
	50m: 30.38	30.38	150m: 1:48.44	40.63	250m: 3:13.54	45.74	350m: 4:32.89	35.65
	100m: 1:07.81	37.43	200m: 2:27.80	39.36	300m: 3:57.24	43.70	400m: 5:06.21	33.32
4.	Anouque Berghuis	De Zijl/LGB	5:15.86	9606132	<b>5:07.89</b>	+0,79	C	
	50m: 31.66	31.66	150m: 1:48.59	39.38	250m: 3:12.05	45.58	350m: 4:33.74	35.12
	100m: 1:09.21	37.55	200m: 2:26.47	37.88	300m: 3:58.62	46.57	400m: 5:07.89	34.15
5.	Shireen Post	AZ&PC	5:10.91	9503286	<b>5:13.51</b>	+0,82	D	
	50m: 32.80	32.80	150m: 1:52.59	41.68	250m: 3:18.21	45.39	350m: 4:39.38	35.18
	100m: 1:10.91	38.11	200m: 2:32.82	40.23	300m: 4:04.20	45.99	400m: 5:13.51	34.13
6.	Kelly Wigleven	Poseidon'56	5:16.40	9500058	<b>5:20.02</b>	+0,85	E	
	50m: 33.41	33.41	150m: 1:54.61	41.96	250m: 3:21.36	46.02	350m: 4:44.57	36.65
	100m: 1:12.65	39.24	200m: 2:35.34	40.73	300m: 4:07.92	46.56	400m: 5:20.02	35.45
7.	Sietske Veldkamp	ZPC De Hof	5:17.85	9501628	<b>5:21.13</b>	+0,96	E	
	<i>50m en 100m*</i>							
	50m: 34.25	34.25	150m: 1:54.15	39.44	250m: 3:19.45	46.23	350m: 4:44.51	37.90
	100m: 1:14.71	40.46	200m: 2:33.22	39.07	300m: 4:06.61	47.16	400m: 5:21.13	36.62
8.	Manon Wiersma	Zwemvereniging Hoorn	5:22.33	9600112	<b>5:27.07</b>	+0,94	E	
	50m: 34.20	34.20	150m: 1:56.97	42.58	250m: 3:24.84	45.37	350m: 4:49.86	38.81
	100m: 1:14.39	40.19	200m: 2:39.47	42.50	300m: 4:11.05	46.21	400m: 5:27.07	37.21
9.	Michelle Hoogendoorn	ZPC De Hof	5:21.70	9503718	<b>5:29.73</b>	+0,96	E	
	50m: 35.90	35.90	150m: 1:58.90	39.36	250m: 3:26.37	48.06	350m: 4:53.61	37.02
	100m: 1:19.54	43.64	200m: 2:38.31	39.41	300m: 4:16.59	50.22	400m: 5:29.73	36.12
NG.ZA	Macy Oortwijn	DWK	5:07.76	9500722				
AFGEM	Renate Hemmes	RTC-Drachten	5:10.63	9600418				
AFGEM	Carien van der Schaaf	De Dinkel	5:17.17	9500168				
AFGEM	Rosa Veerman	E.ON-NZA	5:04.66	9600862				
AFGEM	Janne Hendrickx	EIFFEL Swimmers PSV	5:16.14	9606410				
NG	Jessie Smeding	Orca	5:21.04	9504528				

All-in

1.	Sharon van Rouwendaal	EIFFEL Swimmers PSV	4:43.00	9307422	<b>4:37.45</b>	+0,72	A+	
	<i>Nederlands Record 17 jaar</i>							
	50m: 29.71	29.71	150m: 1:37.00	33.30	250m: 2:51.31	40.91	350m: 4:05.74	32.97
	100m: 1:03.70	33.99	200m: 2:10.40	33.40	300m: 3:32.77	41.46	400m: 4:37.45	31.71
2.	Judith Stap	EIFFEL Swimmers PSV	4:53.06	9302702	<b>4:49.25</b>	+0,74	A	
	50m: 29.93	29.93	150m: 1:42.69	37.98	250m: 3:01.00	41.40	350m: 4:17.21	33.81
	100m: 1:04.71	34.78	200m: 2:19.60	36.91	300m: 3:43.40	42.40	400m: 4:49.25	32.04
3.	Lisa Dreesens	EIFFEL Swimmers PSV	4:57.74	9105798	<b>4:49.50</b>	+0,88	B	
	50m: 30.40	30.40	150m: 1:42.66	38.02	250m: 3:02.13	41.09	350m: 4:17.21	33.04
	100m: 1:04.64	34.24	200m: 2:21.04	38.38	300m: 3:44.17	42.04	400m: 4:49.50	32.29
4.	Joëlle Scheps	EIFFEL Swimmers PSV	4:51.77	9202364	<b>4:50.16</b>	+0,83	B	
	50m: 30.21	30.21	150m: 1:43.18	38.13	250m: 3:02.67	42.17	350m: 4:19.14	33.86
	100m: 1:05.05	34.84	200m: 2:20.50	37.32	300m: 3:45.28	42.61	400m: 4:50.16	31.02
5.	Esmée Bos	DWK	4:59.52	9600662	<b>4:50.94</b>	+0,87	A+	
	<i>Nederlands Record 14 jaar</i>							
	50m: 31.45	31.45	150m: 1:43.89	36.20	250m: 3:02.54	42.72	350m: 4:18.52	33.94
	100m: 1:07.69	36.24	200m: 2:19.82	35.93	300m: 3:44.58	42.04	400m: 4:50.94	32.42
6.	Marjolein Delno	De Rijn	5:04.23	9400024	<b>4:57.73</b>	+0,94	B	
	50m: 31.75	31.75	150m: 1:46.73	37.67	250m: 3:06.84	43.07	350m: 4:24.89	34.61
	100m: 1:09.06	37.31	200m: 2:23.77	37.04	300m: 3:50.28	43.44	400m: 4:57.73	32.84



Programmanr. 37, Dames, 400m wisselslag, All-in

rang	naam	vereniging	intijd			tijd			RT	niv.
7.	Wendan Poelstra 50m en 100m*	HZ&PC Heerenveen	5:02.10			9102496			<b>5:03.44</b>	+0,77 D
	50m: 31.48	31.48	150m: 1:46.16	38.21	250m: 3:09.01	45.21	350m: 4:28.84	35.35		
	100m: 1:07.95	36.47	200m: 2:23.80	37.64	300m: 3:53.49	44.48	400m: 5:03.44	34.60		
8.	Cynthia Verkaik	Orca	5:03.86			9601288			<b>5:04.07</b>	+0,74 B
	50m: 31.64	31.64	150m: 1:48.25	39.48	250m: 3:10.95	43.49	350m: 4:30.29	35.59		
	100m: 1:08.77	37.13	200m: 2:27.46	39.21	300m: 3:54.70	43.75	400m: 5:04.07	33.78		
9.	Judith van Meijel	HZPC	5:02.46			9102076			<b>5:04.53</b>	+0,81 D
	50m: 33.04	33.04	150m: 1:48.89	37.78	250m: 3:11.21	44.36	350m: 4:30.89	35.22		
	100m: 1:11.11	38.07	200m: 2:26.85	37.96	300m: 3:55.67	44.46	400m: 5:04.53	33.64		
10.	Inge Pepping	De Rijn	5:07.76			9402308			<b>5:05.85</b>	+0,93 D
	50m: 32.25	32.25	150m: 1:49.38	39.74	250m: 3:13.09	43.41	350m: 4:32.26	34.75		
	100m: 1:09.64	37.39	200m: 2:29.68	40.30	300m: 3:57.51	44.42	400m: 5:05.85	33.59		
11.	Rachelle Visser	AZ&PC	5:02.45			9500106			<b>5:06.21</b>	+0,86 C
	50m: 30.38	30.38	150m: 1:48.44	40.63	250m: 3:13.54	45.74	350m: 4:32.89	35.65		
	100m: 1:07.81	37.43	200m: 2:27.80	39.36	300m: 3:57.24	43.70	400m: 5:06.21	33.32		
12.	Anouque Berghuis	De Zijl/LGB	5:15.86			9606132			<b>5:07.89</b>	+0,79 C
	50m: 31.66	31.66	150m: 1:48.59	39.38	250m: 3:12.05	45.58	350m: 4:33.74	35.12		
	100m: 1:09.21	37.55	200m: 2:26.47	37.88	300m: 3:58.62	46.57	400m: 5:07.89	34.15		
13.	Iris van Zuilen	Olympia	5:10.47			9400216			<b>5:08.76</b>	+0,78 D
	50m: 32.05	32.05	150m: 1:49.35	39.81	250m: 3:13.85	44.89	350m: 4:33.95	35.47		
	100m: 1:09.54	37.49	200m: 2:28.96	39.61	300m: 3:58.48	44.63	400m: 5:08.76	34.81		
14.	Michelle Verouden	HZPC	5:10.01			9400150			<b>5:12.84</b>	+0,93 E
	50m: 33.19	33.19	150m: 1:52.82	40.20	250m: 3:16.49	44.27	350m: 4:37.81	36.27		
	100m: 1:12.62	39.43	200m: 2:32.22	39.40	300m: 4:01.54	45.05	400m: 5:12.84	35.03		
15.	Shireen Post	AZ&PC	5:10.91			9503286			<b>5:13.51</b>	+0,82 D
	50m: 32.80	32.80	150m: 1:52.59	41.68	250m: 3:18.21	45.39	350m: 4:39.38	35.18		
	100m: 1:10.91	38.11	200m: 2:32.82	40.23	300m: 4:04.20	45.99	400m: 5:13.51	34.13		
16.	Kelly Wigleven	Poseidon'56	5:16.40			9500058			<b>5:20.02</b>	+0,85 E
	50m: 33.41	33.41	150m: 1:54.61	41.96	250m: 3:21.36	46.02	350m: 4:44.57	36.65		
	100m: 1:12.65	39.24	200m: 2:35.34	40.73	300m: 4:07.92	46.56	400m: 5:20.02	35.45		
17.	Sietske Veldkamp 50m en 100m*	ZPC De Hof	5:17.85			9501628			<b>5:21.13</b>	+0,96 E
	50m: 34.25	34.25	150m: 1:54.15	39.44	250m: 3:19.45	46.23	350m: 4:44.51	37.90		
	100m: 1:14.71	40.46	200m: 2:33.22	39.07	300m: 4:06.61	47.16	400m: 5:21.13	36.62		
18.	Manon Wiersma	Zwemvereniging Hoorn	5:22.33			9600112			<b>5:27.07</b>	+0,94 E
	50m: 34.20	34.20	150m: 1:56.97	42.58	250m: 3:24.84	45.37	350m: 4:49.86	38.81		
	100m: 1:14.39	40.19	200m: 2:39.47	42.50	300m: 4:11.05	46.21	400m: 5:27.07	37.21		
19.	Michelle Hoogendoorn	ZPC De Hof	5:21.70			9503718			<b>5:29.73</b>	+0,96 E
	50m: 35.90	35.90	150m: 1:58.90	39.36	250m: 3:26.37	48.06	350m: 4:53.61	37.02		
	100m: 1:19.54	43.64	200m: 2:38.31	39.41	300m: 4:16.59	50.22	400m: 5:29.73	36.12		
DIS	Merle Verkijk <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>	WVZ	5:02.27			9400278			<b>5:06.57</b>	+0,78 D
	50m: 31.15	31.15	150m: 1:45.31	38.57	250m: 3:09.88	46.03	350m: 4:32.17	35.58		
	100m: 1:06.74	35.59	200m: 2:23.85	38.54	300m: 3:56.59	46.71	400m: 5:06.57	34.40		
NG.ZA	Macy Oortwijn	DWK	5:07.76			9500722				
NG.ZA	Lieke Verouden	AZ&PC	4:39.05			9003948				
AFGEM	Renate Hemmes	RTC-Drachten	5:10.63			9600418				
AFGEM	Carien van der Schaaf	De Dinkel	5:17.17			9500168				
AFGEM	Rosa Veerman	E.ON-NZA	5:04.66			9600862				
AFGEM	Janne Hendrickx	EIFFEL Swimmers PSV	5:16.14			9606410				
NG	Jessie Smeding	Orca	5:21.04			9504528				

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05-12-2010 - 11:09

Heren, 50m vlinderslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	21.80	Steffen Deibler	Berlijn (GER)	14-11-2009
Europees Record	21.80	Steffen Deibler	Berlijn (GER)	14-11-2009
Nederlands Record Senioren	22.74	Bastiaan Tamminga	Istanbul (TUR)	13-12-2009
Nederlands Record Jeugd	24.71	Pieter van den Hoogenband	Dordrecht	23-03-1996

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Bernd Kobesen	TriVia	25.54	9300981	<b>25.33</b>	+0,68	B B
2.	Menno Manning	De Dinkel	25.76	9300333	<b>25.45</b>	+0,72	C B
3.	Roy Smeenge	E.ON-NZA	26.05	9305557	<b>25.50</b>	+0,69	C B
4.	Jens Bakker	E.ON-NZA	25.80	9300021	<b>25.51</b>	+0,72	C B
5.	Marciano Lynch	AZ&PC	26.38	9401893	<b>25.98</b>	+0,70	C R
6.	Bas Krafft	Aqua-Novio'94	26.37	9303195	<b>26.15</b>	+0,74	D ?
	Walter Jansen	Noordwijkerhout	26.03	9300225	<b>26.15</b>	+0,73	D ?
8.	Ramon Fredrik	Orca	26.36	9403933	<b>26.24</b>	+0,70	D
9.	Maurice Soudant	Nuenen	26.08	9302125	<b>26.43</b>	+0,69	D
10.	Niels van Basten Batenburg	ZC Valkenburg	26.67	9400593	<b>26.58</b>	+0,75	D
11.	Tom Brouwers	RZC	26.70	9402027	<b>26.79</b>	+0,70	E
12.	Lars Sieval	LZ 1886	25.93	9300723	<b>26.80</b>	+0,75	E
13.	Willem Kees Roos	Orca	27.29	9402693	<b>27.20</b>	+0,82	E
14.	Bob Dalmeijer	Luctor et Emergo	27.32	9402203	<b>27.28</b>	+0,76	E

All-in

1.	Tim van Deutekom	E.ON-NZA	24.16	9100459	<b>23.98</b>	+0,73	A A
2.	Joeri Verlinden	E.ON-NZA	22.75	8803549	<b>24.23</b>	+0,70	B A
3.	Floor Verhaar	DWK	24.84	9004603	<b>24.30</b>	+0,69	B A
4.	Damien Bernard	AZ&PC	24.84	8705177	<b>24.58</b>	+0,68	C A
5.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	24.17	8400805	<b>24.73</b>	+0,79	C A
6.	Mike Marissen	AZ&PC	25.19	9202187	<b>24.88</b>	+0,76	C A
7.	Jan Kersten	De Columbiaan	24.12	8601561	<b>24.95</b>	+0,71	D A
8.	Jeroen Stuut	TriVia	24.63	8803315	<b>25.05</b>	+0,75	D A
9.	Arjan van der Plaat	MNC Dordrecht	24.93	8602403	<b>25.10</b>	+0,72	D B
10.	Joost Groeneveld	DWK	25.81	9200409	<b>25.22</b>	+0,70	C B
11.	Bernd Kobesen	TriVia	25.54	9300981	<b>25.33</b>	+0,68	B B
12.	Geert Lantink	AZ&PC	25.35	8601849	<b>25.34</b>	+0,73	D B
13.	Fabian Beimin	OZ&PC	25.25	9100087	<b>25.39</b>	+0,72	D B
14.	Menno Manning	De Dinkel	25.76	9300333	<b>25.45</b>	+0,72	C B
15.	Roy Smeenge	E.ON-NZA	26.05	9305557	<b>25.50</b>	+0,69	C B
16.	Jens Bakker	E.ON-NZA	25.80	9300021	<b>25.51</b>	+0,72	C B
17.	Marciano Lynch	AZ&PC	26.38	9401893	<b>25.98</b>	+0,70	C R
18.	Walter Jansen	Noordwijkerhout	26.03	9300225	<b>26.15</b>	+0,73	D ?
	Bas Krafft	Aqua-Novio'94	26.37	9303195	<b>26.15</b>	+0,74	D ?
20.	Ramon Fredrik	Orca	26.36	9403933	<b>26.24</b>	+0,70	D
21.	Maurice Soudant	Nuenen	26.08	9302125	<b>26.43</b>	+0,69	D
22.	Niels van Basten Batenburg	ZC Valkenburg	26.67	9400593	<b>26.58</b>	+0,75	D
23.	Tom Brouwers	RZC	26.70	9402027	<b>26.79</b>	+0,70	E
24.	Lars Sieval	LZ 1886	25.93	9300723	<b>26.80</b>	+0,75	E
25.	Willem Kees Roos	Orca	27.29	9402693	<b>27.20</b>	+0,82	E
26.	Bob Dalmeijer	Luctor et Emergo	27.32	9402203	<b>27.28</b>	+0,76	E

Programmanr. 39  
05-12-2010 - 11:15

Dames, 50m vlinderslag

Jeugd/Senioren  
Resultaten Voorrunde

Wereld Record	24.38	Therese Alshammar	Singapore (SIN)	22-11-2009
Europees Record	24.38	Therese Alshammar	Singapore (SIN)	22-11-2009
Nederlands Record Senioren	25.00	Inge Dekker/Hinkelien Schreuder	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	27.48	Ranomi Kromowidjojo	Palma de Mallorca (ESP)	07-07-2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
<b>Jeugd 1 en 2</b>							
1.	Maaïke de Waard	De Zeehond '73	27.89	9600604	<b>28.14</b>	+0,73	A+ B
2.	Femke Remmits	One Team Swimming	28.71	9603692	<b>28.67</b>	+0,71	B B
3.	Femke Leenstra	Orca	28.54	9503038	<b>28.76</b>	+0,77	B B
4.	Rachelle Visser	AZ&PC	28.99	9500106	<b>28.82</b>	+0,80	B B
5.	Monique van der Struik	RTC-Drachten	29.35	9502502	<b>29.19</b>	+0,84	C R
6.	Bente van Bergen	Zeester-Meerval	29.76	9600336	<b>29.51</b>	+0,58	C
7.	Macy Oortwijn	DWK	29.31	9500722	<b>29.52</b>	+0,72	D
8.	Lotte Langenhoff	Zeester-Meerval	30.14	9602580	<b>29.66</b>	+0,73	D
9.	Lianne Molkenboer	EZC	30.03	9602034	<b>29.73</b>	+0,79	D
10.	Michelle de Bruijn	TRB-RES	29.68	9503090	<b>29.91</b>	+0,81	D
11.	Loes Westerhof	De Dinkel	29.80	9502752	<b>30.04</b>	+0,74	D
12.	Irene Teufer	De Dolfijn	30.06	9602340	<b>30.14</b>	+0,76	D
13.	Kimberly Mijnen	WZ&PC Purmerend	30.08	9503644	<b>30.23</b>	+0,72	E
14.	Adája Stoetman	TriVia	29.96	9600348	<b>30.52</b>	+0,85	E
15.	Roxann Geenen	DAW	30.25	9601518	<b>31.67</b>	+0,72	

All-in

1.	Marleen Veldhuis	EIFFEL Swimmers PSV	26.23	7900894	<b>26.60</b>	+0,73	A+ A
2.	Lotte Goosen	DIO	27.63	9205306	<b>27.49</b>	+0,69	B A
3.	Elise Bouwens	E.ON-NZA	27.33	9103964	<b>27.58</b>	+0,80	C A
4.	Willemijn Knot	De Dolfijn	27.29	9002010	<b>27.59</b>	+0,70	C A
5.	Lenneke van Schaik	EIFFEL Swimmers PSV	27.57	8603124	<b>27.84</b>	+0,79	C A
6.	Kira Toussaint	E.ON-NZA	27.68	9400990	<b>27.85</b>		A A
7.	Anja van der Hout	De Dolfijn	28.11	9001598	<b>27.88</b>	+0,64	C A
8.	Kelly de Jong	AZ&PC	27.77	9101474	<b>27.93</b>	+0,75	C ?
	Parand Zarekiani	E.ON-NZA	28.16	9402150	<b>27.93</b>	+0,78	B ?
10.	Elinore de Jong	De Otters Het Gooi	26.96	8902072	<b>28.08</b>	+0,76	D B
11.	Maaïke de Waard	De Zeehond '73	27.89	9600604	<b>28.14</b>	+0,73	A+ B
12.	Femke Remmits	One Team Swimming	28.71	9603692	<b>28.67</b>	+0,71	B B
13.	Femke Leenstra	Orca	28.54	9503038	<b>28.76</b>	+0,77	B B
14.	Rachelle Visser	AZ&PC	28.99	9500106	<b>28.82</b>	+0,80	B B
15.	Christel Vinke	ZVZ	28.35	9400152	<b>29.02</b>	+0,60	D B
16.	Manon Minneboo	EIFFEL Swimmers PSV	28.60	9301548	<b>29.10</b>	+0,74	D B
17.	Jessica Spruit	EIFFEL Swimmers PSV	28.15	9103756	<b>29.15</b>		E R
18.	Monique van der Struik	RTC-Drachten	29.35	9502502	<b>29.19</b>	+0,84	C R
19.	Marjolein Delno	De Rijn	29.47	9400024	<b>29.24</b>	+0,84	D
20.	Bente van Bergen	Zeester-Meerval	29.76	9600336	<b>29.51</b>	+0,58	C
21.	Macy Oortwijn	DWK	29.31	9500722	<b>29.52</b>	+0,72	D
22.	Karlijn Hoogstede	Zeester-Meerval	29.03	9404800	<b>29.61</b>	+0,76	E
23.	Lotte Langenhoff	Zeester-Meerval	30.14	9602580	<b>29.66</b>	+0,73	D
24.	Lianne Molkenboer	EZC	30.03	9602034	<b>29.73</b>	+0,79	D
25.	Inge Pepping	De Rijn	29.01	9402308	<b>29.79</b>	+0,69	E
26.	Michelle de Bruijn	TRB-RES	29.68	9503090	<b>29.91</b>	+0,81	D
27.	Milou Julicher	Wiekslag	28.58	9301320	<b>29.92</b>		E
28.	Jara Schmidt	De Columbiaan	29.53	9405062	<b>29.93</b>	+0,99	E
29.	Loes Westerhof	De Dinkel	29.80	9502752	<b>30.04</b>	+0,74	D
30.	Irene Teufer	De Dolfijn	30.06	9602340	<b>30.14</b>	+0,76	D
31.	Kimberly Mijnen	WZ&PC Purmerend	30.08	9503644	<b>30.23</b>	+0,72	E
32.	Sophie Sollie	Zeester-Meerval	28.89	9400140	<b>30.51</b>	+0,82	E
33.	Adája Stoetman	TriVia	29.96	9600348	<b>30.52</b>	+0,85	E
34.	Roxann Geenen	DAW	30.25	9601518	<b>31.67</b>	+0,72	
AFGEM	Ranomi Kromowidjojo	EIFFEL Swimmers PSV	26.25	9002156			

Programmanr. 40  
05-12-2010 - 11:22

Heren, 1500m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07-08-2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09-12-2006
Nederlands Record Senioren	14:40.11	Job Kienhuis	Berlijn (GER)	31-10-2010
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18-12-2005

rang	naam	vereniging	intijd	tijd	RT	niv.
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## Jeugd 1 en 2

1.	Niek Pereboom	WVZ	16:25.63	9305395	16:01.88	+0,82	C	
	50m: 28.04	28.04	450m: 4:40.52	31.60	850m: 8:58.72	32.30	1250m: 13:20.89	32.81
	100m: 59.45	31.41	500m: 5:12.35	31.83	900m: 9:31.28	32.56	1300m: 13:53.78	32.89
	150m: 1:30.97	31.52	550m: 5:44.30	31.95	950m: 10:04.17	32.89	1350m: 14:26.84	33.06
	200m: 2:02.42	31.45	600m: 6:16.30	32.00	1000m: 10:36.70	32.53	1400m: 14:59.32	32.48
	250m: 2:33.97	31.55	650m: 6:48.54	32.24	1050m: 11:09.41	32.71	1450m: 15:32.34	33.02
	300m: 3:05.69	31.72	700m: 7:20.99	32.45	1100m: 11:42.02	32.61	1500m: 16:01.88	29.54
	350m: 3:37.37	31.68	750m: 7:53.42	32.43	1150m: 12:14.94	32.92		
	400m: 4:08.92	31.55	800m: 8:26.42	33.00	1200m: 12:48.08	33.14		
2.	Marcel Schouten	ZV Haarlem	16:40.13	9300653	16:10.16	+0,77	C	
	50m: 28.06	28.06	450m: 4:43.12	32.34	850m: 9:03.19	32.63	1250m: 13:26.42	32.83
	100m: 58.96	30.90	500m: 5:15.25	32.13	900m: 9:36.05	32.86	1300m: 13:59.42	33.00
	150m: 1:30.70	31.74	550m: 5:47.53	32.28	950m: 10:08.75	32.70	1350m: 14:32.39	32.97
	200m: 2:02.40	31.70	600m: 6:19.75	32.22	1000m: 10:41.71	32.96	1400m: 15:05.25	32.86
	250m: 2:34.44	32.04	650m: 6:52.52	32.77	1050m: 11:14.74	33.03	1450m: 15:38.13	32.88
	300m: 3:06.51	32.07	700m: 7:25.08	32.56	1100m: 11:47.62	32.88	1500m: 16:10.16	32.03
	350m: 3:38.55	32.04	750m: 7:57.81	32.73	1150m: 12:20.65	33.03		
	400m: 4:10.78	32.23	800m: 8:30.56	32.75	1200m: 12:53.59	32.94		
3.	Jens Bakker	E.ON-NZA	16:38.72	9300021	16:16.87	+0,79	C	
	50m: 29.02	29.02	450m: 4:46.04	32.59	850m: 9:09.30	32.79	1250m: 13:32.82	32.78
	100m: 1:00.21	31.19	500m: 5:18.93	32.89	900m: 9:42.06	32.76	1300m: 14:05.59	32.77
	150m: 1:31.96	31.75	550m: 5:51.83	32.90	950m: 10:14.74	32.68	1350m: 14:38.48	32.89
	200m: 2:04.02	32.06	600m: 6:24.35	32.52	1000m: 10:47.76	33.02	1400m: 15:11.68	33.20
	250m: 2:36.15	32.13	650m: 6:57.29	32.94	1050m: 11:20.91	33.15	1450m: 15:44.86	33.18
	300m: 3:08.31	32.16	700m: 7:30.74	33.45	1100m: 11:54.15	33.24	1500m: 16:16.87	32.01
	350m: 3:40.78	32.47	750m: 8:03.85	33.11	1150m: 12:27.14	32.99		
	400m: 4:13.45	32.67	800m: 8:36.51	32.66	1200m: 13:00.04	32.90		
4.	Lester Snackers	ZC Valkenburg	16:33.82	9400947	16:20.44	+0,80	C	
	50m: 27.86	27.86	450m: 4:45.75	32.34	850m: 9:08.34	32.99	1250m: 13:33.06	33.56
	100m: 58.94	31.08	500m: 5:18.41	32.66	900m: 9:41.17	32.83	1300m: 14:06.63	33.57
	150m: 1:31.04	32.10	550m: 5:51.18	32.77	950m: 10:14.05	32.88	1350m: 14:40.11	33.48
	200m: 2:03.55	32.51	600m: 6:23.93	32.75	1000m: 10:47.14	33.09	1400m: 15:13.90	33.79
	250m: 2:35.90	32.35	650m: 6:56.69	32.76	1050m: 11:19.88	32.74	1450m: 15:47.62	33.72
	300m: 3:08.28	32.38	700m: 7:29.28	32.59	1100m: 11:52.92	33.04	1500m: 16:20.44	32.82
	350m: 3:40.82	32.54	750m: 8:02.09	32.81	1150m: 12:26.10	33.18		
	400m: 4:13.41	32.59	800m: 8:35.35	33.26	1200m: 12:59.50	33.40		
5.	Vincent Moolhuijsen	Oceanus	16:40.92	9401215	16:22.47	+0,80	C	
	50m: 28.70	28.70	450m: 4:47.10	32.72	850m: 9:10.56	32.87	1250m: 13:36.57	33.29
	100m: 1:00.26	31.56	500m: 5:19.96	32.86	900m: 9:43.60	33.04	1300m: 14:09.92	33.35
	150m: 1:32.41	32.15	550m: 5:52.82	32.86	950m: 10:16.72	33.12	1350m: 14:43.11	33.19
	200m: 2:04.55	32.14	600m: 6:25.73	32.91	1000m: 10:49.99	33.27	1400m: 15:16.40	33.29
	250m: 2:36.97	32.42	650m: 6:58.71	32.98	1050m: 11:23.22	33.23	1450m: 15:49.50	33.10
	300m: 3:09.12	32.15	700m: 7:31.93	33.22	1100m: 11:56.57	33.35	1500m: 16:22.47	32.97
	350m: 3:41.58	32.46	750m: 8:04.74	32.81	1150m: 12:29.81	33.24		
	400m: 4:14.38	32.80	800m: 8:37.69	32.95	1200m: 13:03.28	33.47		
6.	Bart Dunweg	ZVVS	16:39.59	9301763	16:33.10	+0,75	D	
	50m: 29.22	29.22	450m: 4:54.15	33.83	850m: 9:24.69	32.35	1250m: 13:50.03	32.91
	100m: 1:01.17	31.95	500m: 5:27.78	33.63	900m: 9:58.10	33.41	1300m: 14:22.80	32.77
	150m: 1:34.49	33.32	550m: 6:01.53	33.75	950m: 10:31.23	33.13	1350m: 14:55.93	33.13
	200m: 2:07.29	32.80	600m: 6:35.67	34.14	1000m: 11:04.72	33.49	1400m: 15:29.19	33.26
	250m: 2:40.24	32.95	650m: 7:10.16	34.49	1050m: 11:38.42	33.70	1450m: 16:02.04	32.85
	300m: 3:13.49	33.25	700m: 7:44.63	34.47	1100m: 12:11.27	32.85	1500m: 16:33.10	31.06
	350m: 3:47.08	33.59	750m: 8:18.62	33.99	1150m: 12:44.04	32.77		
	400m: 4:20.32	33.24	800m: 8:52.34	33.72	1200m: 13:17.12	33.08		
7.	Ensger Kotterink	Racing Club	16:49.61	9403391	16:37.08	+0,73	D	
	50m: 29.00	29.00	450m: 4:53.89	32.98	850m: 9:20.10	33.20	1250m: 13:49.68	33.58
	100m: 1:01.06	32.06	500m: 5:27.28	33.39	900m: 9:53.92	33.82	1300m: 14:23.53	33.85
	150m: 1:34.20	33.14	550m: 6:00.70	33.42	950m: 10:27.04	33.12	1350m: 14:57.46	33.93
	200m: 2:07.68	33.48	600m: 6:33.66	32.96	1000m: 11:00.78	33.74	1400m: 15:31.57	34.11
	250m: 2:40.98	33.30	650m: 7:06.80	33.14	1050m: 11:34.39	33.61	1450m: 16:04.83	33.26
	300m: 3:14.31	33.33	700m: 7:39.99	33.19	1100m: 12:08.38	33.99	1500m: 16:37.08	32.25
	350m: 3:47.40	33.09	750m: 8:13.37	33.38	1150m: 12:42.09	33.71		
	400m: 4:20.91	33.51	800m: 8:46.90	33.53	1200m: 13:16.10	34.01		

Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.		
8.	Ruben Klinkers	Hellas-Glana	16:40.20	9403511	16:51.72	+0,73 E		
	50m: 29.06	29.06	450m: 4:52.80	33.65	850m: 9:25.79	34.27	1250m: 14:00.34	34.37
	100m: 1:01.01	31.95	500m: 5:26.74	33.94	900m: 10:00.21	34.42	1300m: 14:34.91	34.57
	150m: 1:33.74	32.73	550m: 6:00.46	33.72	950m: 10:34.75	34.54	1350m: 15:09.95	35.04
	200m: 2:06.62	32.88	600m: 6:34.50	34.04	1000m: 11:08.78	34.03	1400m: 15:44.60	34.65
	250m: 2:39.47	32.85	650m: 7:08.59	34.09	1050m: 11:42.93	34.15	1450m: 16:19.15	34.55
	300m: 3:12.50	33.03	700m: 7:42.87	34.28	1100m: 12:17.05	34.12	1500m: 16:51.72	32.57
	350m: 3:45.81	33.31	750m: 8:17.23	34.36	1150m: 12:51.36	34.31		
	400m: 4:19.15	33.34	800m: 8:51.52	34.29	1200m: 13:25.97	34.61		
9.	Jacco Doest	DWK	17:34.01	9400711	16:54.07	+0,92 E		
	50m: 28.84	28.84	450m: 4:56.61	33.74	850m: 9:30.92	33.97	1250m: 14:06.54	34.90
	100m: 1:01.85	33.01	500m: 5:30.74	34.13	900m: 10:04.84	33.92	1300m: 14:42.36	35.82
	150m: 1:35.16	33.31	550m: 6:05.04	34.30	950m: 10:39.05	34.21	1350m: 15:15.28	32.92
	200m: 2:08.96	33.80	600m: 6:39.04	34.00	1000m: 11:13.08	34.03	1400m: 15:49.21	33.93
	250m: 2:42.69	33.73	650m: 7:13.14	34.10	1050m: 11:47.59	34.51	1450m: 16:23.32	34.11
	300m: 3:15.84	33.15	700m: 7:47.75	34.61	1100m: 12:22.26	34.67	1500m: 16:54.07	30.75
	350m: 3:49.34	33.50	750m: 8:22.60	34.85	1150m: 12:57.04	34.78		
	400m: 4:22.87	33.53	800m: 8:56.95	34.35	1200m: 13:31.64	34.60		
10.	Giovanni den Ouden	De Devel	16:57.98	9300877	16:54.68	+0,80 E		
	50m: 29.05	29.05	450m: 4:57.33	33.47	850m: 9:30.42	33.59	1250m: 14:06.94	34.25
	100m: 1:01.36	32.31	500m: 5:31.47	34.14	900m: 10:04.99	34.57	1300m: 14:41.51	34.57
	150m: 1:34.60	33.24	550m: 6:05.62	34.15	950m: 10:39.75	34.76	1350m: 15:16.13	34.62
	200m: 2:08.18	33.58	600m: 6:40.28	34.66	1000m: 11:14.58	34.83	1400m: 15:50.42	34.29
	250m: 2:41.77	33.59	650m: 7:14.72	34.44	1050m: 11:48.67	34.09	1450m: 16:23.60	33.18
	300m: 3:15.88	34.11	700m: 7:49.18	34.46	1100m: 12:23.62	34.95	1500m: 16:54.68	31.08
	350m: 3:49.82	33.94	750m: 8:22.76	33.58	1150m: 12:58.12	34.50		
	400m: 4:23.86	34.04	800m: 8:56.83	34.07	1200m: 13:32.69	34.57		
11.	Willem Kees Roos	Orca	16:35.56	9402693	17:02.57	+0,86 E		
	50m: 28.81	28.81	450m: 4:54.91	34.33	850m: 9:30.20	34.40	1250m: 14:09.99	35.03
	100m: 1:00.32	31.51	500m: 5:29.47	34.56	900m: 10:05.04	34.84	1300m: 14:45.01	35.02
	150m: 1:32.87	32.55	550m: 6:03.72	34.25	950m: 10:39.88	34.84	1350m: 15:20.38	35.37
	200m: 2:06.08	33.21	600m: 6:37.97	34.25	1000m: 11:15.09	35.21	1400m: 15:55.27	34.89
	250m: 2:39.85	33.77	650m: 7:13.04	35.07	1050m: 11:50.01	34.92	1450m: 16:29.18	33.91
	300m: 3:13.25	33.40	700m: 7:46.92	33.88	1100m: 12:24.89	34.88	1500m: 17:02.57	33.39
	350m: 3:46.77	33.52	750m: 8:21.25	34.33	1150m: 12:59.74	34.85		
	400m: 4:20.58	33.81	800m: 8:55.80	34.55	1200m: 13:34.96	35.22		
12.	Date v.d. Zaag	EIFFEL Swimmers PSV	16:35.95	9403919	17:06.95	+0,78 E		
	50m: 30.04	30.04	450m: 4:55.06	33.50	850m: 9:30.37	35.21	1250m: 14:12.92	35.48
	100m: 1:02.74	32.70	500m: 5:28.56	33.50	900m: 10:05.15	34.78	1300m: 14:48.14	35.22
	150m: 1:35.54	32.80	550m: 6:02.61	34.05	950m: 10:40.66	35.51	1350m: 15:23.50	35.36
	200m: 2:08.54	33.00	600m: 6:36.79	34.18	1000m: 11:15.87	35.21	1400m: 15:58.45	34.95
	250m: 2:41.81	33.27	650m: 7:10.99	34.20	1050m: 11:51.52	35.65	1450m: 16:33.19	34.74
	300m: 3:14.89	33.08	700m: 7:45.52	34.53	1100m: 12:26.69	35.17	1500m: 17:06.95	33.76
	350m: 3:48.19	33.30	750m: 8:20.30	34.78	1150m: 13:01.99	35.30		
	400m: 4:21.56	33.37	800m: 8:55.16	34.86	1200m: 13:37.44	35.45		
13.	Pim Kienhuis	De Dinkel	17:13.80	9300263	17:07.86	+0,72 E		
	50m: 28.75	28.75	450m: 4:58.03	33.83	850m: 9:31.82	34.77	1250m: 14:11.99	35.96
	100m: 1:01.31	32.56	500m: 5:32.37	34.34	900m: 10:06.67	34.85	1300m: 14:47.17	35.18
	150m: 1:34.78	33.47	550m: 6:06.52	34.15	950m: 10:42.03	35.36	1350m: 15:21.81	34.64
	200m: 2:08.43	33.65	600m: 6:40.85	34.33	1000m: 11:17.79	35.76	1400m: 15:57.60	35.79
	250m: 2:41.77	33.34	650m: 7:14.38	33.53	1050m: 11:51.23	33.44	1450m: 16:33.71	36.11
	300m: 3:15.96	34.19	700m: 7:48.13	33.75	1100m: 12:25.40	34.17	1500m: 17:07.86	34.15
	350m: 3:50.12	34.16	750m: 8:22.54	34.41	1150m: 13:00.67	35.27		
	400m: 4:24.20	34.08	800m: 8:57.05	34.51	1200m: 13:36.03	35.36		
14.	Sonny Corré	Luctor et Emergo	16:41.21	9303615	17:25.25	+0,86		
	50m: 28.80	28.80	450m: 4:53.41	34.44	850m: 9:35.28	35.91	1250m: 14:27.12	36.32
	100m: 1:00.35	31.55	500m: 5:27.82	34.41	900m: 10:11.35	36.07	1300m: 15:03.03	36.28
	150m: 1:32.53	32.18	550m: 6:02.58	34.76	950m: 10:47.93	36.58	1350m: 15:39.20	36.17
	200m: 2:05.03	32.50	600m: 6:37.36	34.78	1000m: 11:24.31	36.38	1400m: 16:15.59	36.39
	250m: 2:37.70	32.67	650m: 7:12.30	34.94	1050m: 12:00.72	36.41	1450m: 16:50.87	35.28
	300m: 3:11.39	33.69	700m: 7:47.67	35.37	1100m: 12:36.47	35.75	1500m: 17:25.25	34.38
	350m: 3:45.11	33.72	750m: 8:23.34	35.67	1150m: 13:14.17	37.70		
	400m: 4:18.97	33.86	800m: 8:59.37	36.03	1200m: 13:50.43	36.26		
15.	Huib van Houwelingen	AZ&PC	17:26.32	9406019	17:47.42	+0,69		
	50m: 28.11	28.11	450m: 5:06.32	36.06	850m: 9:57.22	36.68	1250m: 14:47.12	36.38
	100m: 1:00.70	32.59	500m: 5:42.55	36.23	900m: 10:32.98	35.76	1300m: 15:23.92	36.80
	150m: 1:34.45	33.75	550m: 6:18.21	35.66	950m: 11:09.57	36.59	1350m: 16:00.69	36.77
	200m: 2:09.08	34.63	600m: 6:54.51	36.30	1000m: 11:45.74	36.17	1400m: 16:36.53	35.84
	250m: 2:43.78	34.70	650m: 7:31.31	36.80	1050m: 12:21.95	36.21	1450m: 17:12.45	35.92
	300m: 3:18.95	35.17	700m: 8:07.90	36.59	1100m: 12:57.71	35.76	1500m: 17:47.42	34.97
	350m: 3:54.57	35.62	750m: 8:43.77	35.87	1150m: 13:34.00	36.29		
	400m: 4:30.26	35.69	800m: 9:20.54	36.77	1200m: 14:10.74	36.74		



## Programmanr. 40, Heren, 1500m vrije slag

## All-in

<b>1. Job Kienhuis</b>		<b>EIFFEL Swimmers PSV</b>	<b>14:40.11</b>	<b>8901631</b>	<b>14:49.49</b>	<b>+0,86</b>	<b>A+</b>
50m: 26.94	26.94	450m: 4:24.43	29.97	850m: 8:22.93	29.77	1250m: 12:20.56	29.67
100m: 55.89	28.95	500m: 4:54.46	30.03	900m: 8:52.69	29.76	1300m: 12:50.43	29.87
150m: 1:25.29	29.40	550m: 5:24.34	29.88	950m: 9:22.47	29.78	1350m: 13:20.30	29.87
200m: 1:54.96	29.67	600m: 5:54.03	29.69	1000m: 9:52.15	29.68	1400m: 13:50.33	30.03
250m: 2:24.58	29.62	650m: 6:23.83	29.80	1050m: 10:21.83	29.68	1450m: 14:20.17	29.84
300m: 2:54.58	30.00	700m: 6:53.49	29.66	1100m: 10:51.52	29.69	1500m: 14:49.49	29.32
350m: 3:24.43	29.85	750m: 7:23.35	29.86	1150m: 11:21.09	29.57		
400m: 3:54.46	30.03	800m: 7:53.16	29.81	1200m: 11:50.89	29.80		
<b>2. Arjen van der Meulen</b>		<b>EIFFEL Swimmers PSV</b>	<b>15:14.74</b>	<b>8702223</b>	<b>15:06.96</b>	<b>+0,82</b>	<b>A+</b>
50m: 27.44	27.44	450m: 4:24.92	30.17	850m: 8:29.10	30.22	1250m: 12:36.31	31.13
100m: 56.70	29.26	500m: 4:55.01	30.09	900m: 9:00.01	30.91	1300m: 13:07.16	30.85
150m: 1:26.45	29.75	550m: 5:25.48	30.47	950m: 9:30.70	30.69	1350m: 13:38.54	31.38
200m: 1:56.22	29.77	600m: 5:55.95	30.47	1000m: 10:01.54	30.84	1400m: 14:09.25	30.71
250m: 2:25.63	29.41	650m: 6:26.79	30.84	1050m: 10:32.36	30.82	1450m: 14:39.62	30.37
300m: 2:54.83	29.20	700m: 6:57.38	30.59	1100m: 11:03.36	31.00	1500m: 15:06.96	27.34
350m: 3:24.56	29.73	750m: 7:27.79	30.41	1150m: 11:34.09	30.73		
400m: 3:54.75	30.19	800m: 7:58.88	31.09	1200m: 12:05.18	31.09		
<b>3. Ferry Weertman</b>		<b>EIFFEL Swimmers PSV</b>	<b>15:45.18</b>	<b>9201461</b>	<b>15:37.51</b>	<b>+0,88</b>	<b>B</b>
50m: 27.63	27.63	450m: 4:32.53	30.83	850m: 8:45.10	32.02	1250m: 13:00.98	31.96
100m: 57.77	30.14	500m: 5:03.71	31.18	900m: 9:17.15	32.05	1300m: 13:32.92	31.94
150m: 1:28.53	30.76	550m: 5:35.10	31.39	950m: 9:49.29	32.14	1350m: 14:04.64	31.72
200m: 1:59.44	30.91	600m: 6:06.33	31.23	1000m: 10:21.26	31.97	1400m: 14:36.52	31.88
250m: 2:29.63	30.19	650m: 6:37.83	31.50	1050m: 10:53.26	32.00	1450m: 15:07.92	31.40
300m: 3:00.24	30.61	700m: 7:09.33	31.50	1100m: 11:25.53	32.27	1500m: 15:37.51	29.59
350m: 3:30.85	30.61	750m: 7:41.21	31.88	1150m: 11:57.40	31.87		
400m: 4:01.70	30.85	800m: 8:13.08	31.87	1200m: 12:29.02	31.62		
<b>4. Davy Verreussel</b>		<b>Hellas-Glana</b>	<b>15:48.35</b>	<b>8903341</b>	<b>15:38.79</b>	<b>+0,84</b>	<b>C</b>
50m: 27.02	27.02	450m: 4:37.26	31.77	850m: 8:50.32	31.79	1250m: 13:03.28	31.65
100m: 57.60	30.58	500m: 5:08.86	31.60	900m: 9:22.06	31.74	1300m: 13:34.90	31.62
150m: 1:28.81	31.21	550m: 5:40.32	31.46	950m: 9:52.72	30.66	1350m: 14:06.31	31.41
200m: 2:00.17	31.36	600m: 6:11.97	31.65	1000m: 10:24.75	32.03	1400m: 14:38.08	31.77
250m: 2:31.49	31.32	650m: 6:43.49	31.52	1050m: 10:56.66	31.91	1450m: 15:08.98	30.90
300m: 3:02.93	31.44	700m: 7:15.16	31.67	1100m: 11:28.39	31.73	1500m: 15:38.79	29.81
350m: 3:34.16	31.23	750m: 7:46.79	31.63	1150m: 12:00.12	31.73		
400m: 4:05.49	31.33	800m: 8:18.53	31.74	1200m: 12:31.63	31.51		
<b>5. Mark Moussa</b>		<b>AZ&amp;PC</b>	<b>15:44.93</b>	<b>9002059</b>	<b>15:49.14</b>	<b>+0,91</b>	<b>C</b>
50m: 27.63	27.63	450m: 4:37.06	31.62	850m: 8:50.75	31.96	1250m: 13:08.49	32.39
100m: 57.92	30.29	500m: 5:08.56	31.50	900m: 9:22.85	32.10	1300m: 13:40.88	32.39
150m: 1:28.96	31.04	550m: 5:40.27	31.71	950m: 9:54.69	31.84	1350m: 14:13.25	32.37
200m: 2:00.21	31.25	600m: 6:11.92	31.65	1000m: 10:26.99	32.30	1400m: 14:45.55	32.30
250m: 2:31.44	31.23	650m: 6:43.60	31.68	1050m: 10:59.29	32.30	1450m: 15:17.96	32.41
300m: 3:02.69	31.25	700m: 7:15.30	31.70	1100m: 11:31.38	32.09	1500m: 15:49.14	31.18
350m: 3:34.05	31.36	750m: 7:46.94	31.64	1150m: 12:03.74	32.36		
400m: 4:05.44	31.39	800m: 8:18.79	31.85	1200m: 12:36.10	32.36		
<b>6. Niek Pereboom</b>		<b>WVZ</b>	<b>16:25.63</b>	<b>9305395</b>	<b>16:01.88</b>	<b>+0,82</b>	<b>C</b>
50m: 28.04	28.04	450m: 4:40.52	31.60	850m: 8:58.72	32.30	1250m: 13:20.89	32.81
100m: 59.45	31.41	500m: 5:12.35	31.83	900m: 9:31.28	32.56	1300m: 13:53.78	32.89
150m: 1:30.97	31.52	550m: 5:44.30	31.95	950m: 10:04.17	32.89	1350m: 14:26.84	33.06
200m: 2:02.42	31.45	600m: 6:16.30	32.00	1000m: 10:36.70	32.53	1400m: 14:59.32	32.48
250m: 2:33.97	31.55	650m: 6:48.54	32.24	1050m: 11:09.41	32.71	1450m: 15:32.34	33.02
300m: 3:05.69	31.72	700m: 7:20.99	32.45	1100m: 11:42.02	32.61	1500m: 16:01.88	29.54
350m: 3:37.37	31.68	750m: 7:53.42	32.43	1150m: 12:14.94	32.92		
400m: 4:08.92	31.55	800m: 8:26.42	33.00	1200m: 12:48.08	33.14		
<b>7. Marcel Schouten</b>		<b>ZV Haarlem</b>	<b>16:40.13</b>	<b>9300653</b>	<b>16:10.16</b>	<b>+0,77</b>	<b>C</b>
50m: 28.06	28.06	450m: 4:43.12	32.34	850m: 9:03.19	32.63	1250m: 13:26.42	32.83
100m: 58.96	30.90	500m: 5:15.25	32.13	900m: 9:36.05	32.86	1300m: 13:59.42	33.00
150m: 1:30.70	31.74	550m: 5:47.53	32.28	950m: 10:08.75	32.70	1350m: 14:32.39	32.97
200m: 2:02.40	31.70	600m: 6:19.75	32.22	1000m: 10:41.71	32.96	1400m: 15:05.25	32.86
250m: 2:34.44	32.04	650m: 6:52.52	32.77	1050m: 11:14.74	33.03	1450m: 15:38.13	32.88
300m: 3:06.51	32.07	700m: 7:25.08	32.56	1100m: 11:47.62	32.88	1500m: 16:10.16	32.03
350m: 3:38.55	32.04	750m: 7:57.81	32.73	1150m: 12:20.65	33.03		
400m: 4:10.78	32.23	800m: 8:30.56	32.75	1200m: 12:53.59	32.94		
<b>8. Jens Bakker</b>		<b>E.ON-NZA</b>	<b>16:38.72</b>	<b>9300021</b>	<b>16:16.87</b>	<b>+0,79</b>	<b>C</b>
50m: 29.02	29.02	450m: 4:46.04	32.59	850m: 9:09.30	32.79	1250m: 13:32.82	32.78
100m: 1:00.21	31.19	500m: 5:18.93	32.89	900m: 9:42.06	32.76	1300m: 14:05.59	32.77
150m: 1:31.96	31.75	550m: 5:51.83	32.90	950m: 10:14.74	32.68	1350m: 14:38.48	32.89
200m: 2:04.02	32.06	600m: 6:24.35	32.52	1000m: 10:47.76	33.02	1400m: 15:11.68	33.20
250m: 2:36.15	32.13	650m: 6:57.29	32.94	1050m: 11:20.91	33.15	1450m: 15:44.86	33.18
300m: 3:08.31	32.16	700m: 7:30.74	33.45	1100m: 11:54.15	33.24	1500m: 16:16.87	32.01
350m: 3:40.78	32.47	750m: 8:03.85	33.11	1150m: 12:27.14	32.99		
400m: 4:13.45	32.67	800m: 8:36.51	32.66	1200m: 13:00.04	32.90		

Programmanr. 40, Heren, 1500m vrije slag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
9.	Lester Snackers	ZC Valkenburg	16:33.82	9400947	16:20.44	+0,80 C		
	50m: 27.86	27.86	450m: 4:45.75	32.34	850m: 9:08.34	32.99	1250m: 13:33.06	33.56
	100m: 58.94	31.08	500m: 5:18.41	32.66	900m: 9:41.17	32.83	1300m: 14:06.63	33.57
	150m: 1:31.04	32.10	550m: 5:51.18	32.77	950m: 10:14.05	32.88	1350m: 14:40.11	33.48
	200m: 2:03.55	32.51	600m: 6:23.93	32.75	1000m: 10:47.14	33.09	1400m: 15:13.90	33.79
	250m: 2:35.90	32.35	650m: 6:56.69	32.76	1050m: 11:19.88	32.74	1450m: 15:47.62	33.72
	300m: 3:08.28	32.38	700m: 7:29.28	32.59	1100m: 11:52.92	33.04	1500m: 16:20.44	32.82
	350m: 3:40.82	32.54	750m: 8:02.09	32.81	1150m: 12:26.10	33.18		
	400m: 4:13.41	32.59	800m: 8:35.35	33.26	1200m: 12:59.50	33.40		
10.	Vincent Moolhuijsen	Oceanus	16:40.92	9401215	16:22.47	+0,80 C		
	50m: 28.70	28.70	450m: 4:47.10	32.72	850m: 9:10.56	32.87	1250m: 13:36.57	33.29
	100m: 1:00.26	31.56	500m: 5:19.96	32.86	900m: 9:43.60	33.04	1300m: 14:09.92	33.35
	150m: 1:32.41	32.15	550m: 5:52.82	32.86	950m: 10:16.72	33.12	1350m: 14:43.11	33.19
	200m: 2:04.55	32.14	600m: 6:25.73	32.91	1000m: 10:49.99	33.27	1400m: 15:16.40	33.29
	250m: 2:36.97	32.42	650m: 6:58.71	32.98	1050m: 11:23.22	33.23	1450m: 15:49.50	33.10
	300m: 3:09.12	32.15	700m: 7:31.93	33.22	1100m: 11:56.57	33.35	1500m: 16:22.47	32.97
	350m: 3:41.58	32.46	750m: 8:04.74	32.81	1150m: 12:29.81	33.24		
	400m: 4:14.38	32.80	800m: 8:37.69	32.95	1200m: 13:03.28	33.47		
11.	Bart Dunweg	ZVVS	16:39.59	9301763	16:33.10	+0,75 D		
	50m: 29.22	29.22	450m: 4:54.15	33.83	850m: 9:24.69	32.35	1250m: 13:50.03	32.91
	100m: 1:01.17	31.95	500m: 5:27.78	33.63	900m: 9:58.10	33.41	1300m: 14:22.80	32.77
	150m: 1:34.49	33.32	550m: 6:01.53	33.75	950m: 10:31.23	33.13	1350m: 14:55.93	33.13
	200m: 2:07.29	32.80	600m: 6:35.67	34.14	1000m: 11:04.72	33.49	1400m: 15:29.19	33.26
	250m: 2:40.24	32.95	650m: 7:10.16	34.49	1050m: 11:38.42	33.70	1450m: 16:02.04	32.85
	300m: 3:13.49	33.25	700m: 7:44.63	34.47	1100m: 12:11.27	32.85	1500m: 16:33.10	31.06
	350m: 3:47.08	33.59	750m: 8:18.62	33.99	1150m: 12:44.04	32.77		
	400m: 4:20.32	33.24	800m: 8:52.34	33.72	1200m: 13:17.12	33.08		
12.	Ensgor Kotterink	Racing Club	16:49.61	9403391	16:37.08	+0,73 D		
	50m: 29.00	29.00	450m: 4:53.89	32.98	850m: 9:20.10	33.20	1250m: 13:49.68	33.58
	100m: 1:01.06	32.06	500m: 5:27.28	33.39	900m: 9:53.92	33.82	1300m: 14:23.53	33.85
	150m: 1:34.20	33.14	550m: 6:00.70	33.42	950m: 10:27.04	33.12	1350m: 14:57.46	33.93
	200m: 2:07.68	33.48	600m: 6:33.66	32.96	1000m: 11:00.78	33.74	1400m: 15:31.57	34.11
	250m: 2:40.98	33.30	650m: 7:06.80	33.14	1050m: 11:34.39	33.61	1450m: 16:04.83	33.26
	300m: 3:14.31	33.33	700m: 7:39.99	33.19	1100m: 12:08.38	33.99	1500m: 16:37.08	32.25
	350m: 3:47.40	33.09	750m: 8:13.37	33.38	1150m: 12:42.09	33.71		
	400m: 4:20.91	33.51	800m: 8:46.90	33.53	1200m: 13:16.10	34.01		
13.	Ruben Klinkers	Hellas-Glana	16:40.20	9403511	16:51.72	+0,73 E		
	50m: 29.06	29.06	450m: 4:52.80	33.65	850m: 9:25.79	34.27	1250m: 14:00.34	34.37
	100m: 1:01.01	31.95	500m: 5:26.74	33.94	900m: 10:00.21	34.42	1300m: 14:34.91	34.57
	150m: 1:33.74	32.73	550m: 6:00.46	33.72	950m: 10:34.75	34.54	1350m: 15:09.95	35.04
	200m: 2:06.62	32.88	600m: 6:34.50	34.04	1000m: 11:08.78	34.03	1400m: 15:44.60	34.65
	250m: 2:39.47	32.85	650m: 7:08.59	34.09	1050m: 11:42.93	34.15	1450m: 16:19.15	34.55
	300m: 3:12.50	33.03	700m: 7:42.87	34.28	1100m: 12:17.05	34.12	1500m: 16:51.72	32.57
	350m: 3:45.81	33.31	750m: 8:17.23	34.36	1150m: 12:51.36	34.31		
	400m: 4:19.15	33.34	800m: 8:51.52	34.29	1200m: 13:25.97	34.61		
14.	Jacco Doest	DWK	17:34.01	9400711	16:54.07	+0,92 E		
	50m: 28.84	28.84	450m: 4:56.61	33.74	850m: 9:30.92	33.97	1250m: 14:06.54	34.90
	100m: 1:01.85	33.01	500m: 5:30.74	34.13	900m: 10:04.84	33.92	1300m: 14:42.36	35.82
	150m: 1:35.16	33.31	550m: 6:05.04	34.30	950m: 10:39.05	34.21	1350m: 15:15.28	32.92
	200m: 2:08.96	33.80	600m: 6:39.04	34.00	1000m: 11:13.08	34.03	1400m: 15:49.21	33.93
	250m: 2:42.69	33.73	650m: 7:13.14	34.10	1050m: 11:47.59	34.51	1450m: 16:23.32	34.11
	300m: 3:15.84	33.15	700m: 7:47.75	34.61	1100m: 12:22.26	34.67	1500m: 16:54.07	30.75
	350m: 3:49.34	33.50	750m: 8:22.60	34.85	1150m: 12:57.04	34.78		
	400m: 4:22.87	33.53	800m: 8:56.95	34.35	1200m: 13:31.64	34.60		
15.	Giovanni den Ouden	De Devel	16:57.98	9300877	16:54.68	+0,80 E		
	50m: 29.05	29.05	450m: 4:57.33	33.47	850m: 9:30.42	33.59	1250m: 14:06.94	34.25
	100m: 1:01.36	32.31	500m: 5:31.47	34.14	900m: 10:04.99	34.57	1300m: 14:41.51	34.57
	150m: 1:34.60	33.24	550m: 6:05.62	34.15	950m: 10:39.75	34.76	1350m: 15:16.13	34.62
	200m: 2:08.18	33.58	600m: 6:40.28	34.66	1000m: 11:14.58	34.83	1400m: 15:50.42	34.29
	250m: 2:41.77	33.59	650m: 7:14.72	34.44	1050m: 11:48.67	34.09	1450m: 16:23.60	33.18
	300m: 3:15.88	34.11	700m: 7:49.18	34.46	1100m: 12:23.62	34.95	1500m: 16:54.68	31.08
	350m: 3:49.82	33.94	750m: 8:22.76	33.58	1150m: 12:58.12	34.50		
	400m: 4:23.86	34.04	800m: 8:56.83	34.07	1200m: 13:32.69	34.57		
16.	Willem Kees Roos	Orca	16:35.56	9402693	17:02.57	+0,86 E		
	50m: 28.81	28.81	450m: 4:54.91	34.33	850m: 9:30.20	34.40	1250m: 14:09.99	35.03
	100m: 1:00.32	31.51	500m: 5:29.47	34.56	900m: 10:05.04	34.84	1300m: 14:45.01	35.02
	150m: 1:32.87	32.55	550m: 6:03.72	34.25	950m: 10:39.88	34.84	1350m: 15:20.38	35.37
	200m: 2:06.08	33.21	600m: 6:37.97	34.25	1000m: 11:15.09	35.21	1400m: 15:55.27	34.89
	250m: 2:39.85	33.77	650m: 7:13.04	35.07	1050m: 11:50.01	34.92	1450m: 16:29.18	33.91
	300m: 3:13.25	33.40	700m: 7:46.92	33.88	1100m: 12:24.89	34.88	1500m: 17:02.57	33.39
	350m: 3:46.77	33.52	750m: 8:21.25	34.33	1150m: 12:59.74	34.85		
	400m: 4:20.58	33.81	800m: 8:55.80	34.55	1200m: 13:34.96	35.22		



Programmanr. 40, Heren, 1500m vrije slag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
17.	Date v.d. Zaag	EIFFEL Swimmers PSV	16:35.95	9403919	17:06.95	+0,78 E		
	50m: 30.04	30.04	450m: 4:55.06	33.50	850m: 9:30.37	35.21	1250m: 14:12.92	35.48
	100m: 1:02.74	32.70	500m: 5:28.56	33.50	900m: 10:05.15	34.78	1300m: 14:48.14	35.22
	150m: 1:35.54	32.80	550m: 6:02.61	34.05	950m: 10:40.66	35.51	1350m: 15:23.50	35.36
	200m: 2:08.54	33.00	600m: 6:36.79	34.18	1000m: 11:15.87	35.21	1400m: 15:58.45	34.95
	250m: 2:41.81	33.27	650m: 7:10.99	34.20	1050m: 11:51.52	35.65	1450m: 16:33.19	34.74
	300m: 3:14.89	33.08	700m: 7:45.52	34.53	1100m: 12:26.69	35.17	1500m: 17:06.95	33.76
	350m: 3:48.19	33.30	750m: 8:20.30	34.78	1150m: 13:01.99	35.30		
	400m: 4:21.56	33.37	800m: 8:55.16	34.86	1200m: 13:37.44	35.45		
18.	Pim Kienhuis	De Dinkel	17:13.80	9300263	17:07.86	+0,72 E		
	50m: 28.75	28.75	450m: 4:58.03	33.83	850m: 9:31.82	34.77	1250m: 14:11.99	35.96
	100m: 1:01.31	32.56	500m: 5:32.37	34.34	900m: 10:06.67	34.85	1300m: 14:47.17	35.18
	150m: 1:34.78	33.47	550m: 6:06.52	34.15	950m: 10:42.03	35.36	1350m: 15:21.81	34.64
	200m: 2:08.43	33.65	600m: 6:40.85	34.33	1000m: 11:17.79	35.76	1400m: 15:57.60	35.79
	250m: 2:41.77	33.34	650m: 7:14.38	33.53	1050m: 11:51.23	33.44	1450m: 16:33.71	36.11
	300m: 3:15.96	34.19	700m: 7:48.13	33.75	1100m: 12:25.40	34.17	1500m: 17:07.86	34.15
	350m: 3:50.12	34.16	750m: 8:22.54	34.41	1150m: 13:00.67	35.27		
	400m: 4:24.20	34.08	800m: 8:57.05	34.51	1200m: 13:36.03	35.36		
19.	Sonny Corré	Luctor et Emergo	16:41.21	9303615	17:25.25	+0,86		
	50m: 28.80	28.80	450m: 4:53.41	34.44	850m: 9:35.28	35.91	1250m: 14:26.75	36.32
	100m: 1:00.35	31.55	500m: 5:27.82	34.41	900m: 10:11.35	36.07	1300m: 15:03.03	36.28
	150m: 1:32.53	32.18	550m: 6:02.58	34.76	950m: 10:47.93	36.58	1350m: 15:39.20	36.17
	200m: 2:05.03	32.50	600m: 6:37.36	34.78	1000m: 11:24.31	36.38	1400m: 16:15.59	36.39
	250m: 2:37.70	32.67	650m: 7:12.30	34.94	1050m: 12:00.72	36.41	1450m: 16:50.87	35.28
	300m: 3:11.39	33.69	700m: 7:47.67	35.37	1100m: 12:36.47	35.75	1500m: 17:25.25	34.38
	350m: 3:45.11	33.72	750m: 8:23.34	35.67	1150m: 13:14.17	37.70		
	400m: 4:18.97	33.86	800m: 8:59.37	36.03	1200m: 13:50.43	36.26		
20.	Huib van Houwelingen	AZ&PC	17:26.32	9406019	17:47.42	+0,69		
	50m: 28.11	28.11	450m: 5:06.32	36.06	850m: 9:57.22	36.68	1250m: 14:47.12	36.38
	100m: 1:00.70	32.59	500m: 5:42.55	36.23	900m: 10:32.98	35.76	1300m: 15:23.92	36.80
	150m: 1:34.45	33.75	550m: 6:18.21	35.66	950m: 11:09.57	36.59	1350m: 16:00.69	36.77
	200m: 2:09.08	34.63	600m: 6:54.51	36.30	1000m: 11:45.74	36.17	1400m: 16:36.53	35.84
	250m: 2:43.78	34.70	650m: 7:31.31	36.80	1050m: 12:21.95	36.21	1450m: 17:12.45	35.92
	300m: 3:18.95	35.17	700m: 8:07.90	36.59	1100m: 12:57.71	35.76	1500m: 17:47.42	34.97
	350m: 3:54.57	35.62	750m: 8:43.77	35.87	1150m: 13:34.00	36.29		
	400m: 4:30.26	35.69	800m: 9:20.54	36.77	1200m: 14:10.74	36.74		

Programmanr. 41  
05-12-2010 - 12:14

Heren, 4 x 100m wisselslag

Senioren Open  
Resultaten

Wereld Record	3:19.16	RUS	RUS	St. Petersburg (RUS)	20-12-2009
Europees Record	3:19.16	RUS	RUS	St. Petersburg (RUS)	20-12-2009
Nederlands Record Senioren Ver.	3:32.78	De Dolfijn		Amsterdam	21-12-2008
Nederlands Record Jeugd Ver.	3:52.46	Eiffel Swimmers PSV		Amsterdam	21-12-2008

rang	vereniging	intijd	tijd	RT	niv.
1.	<b>De Dolfijn 1</b> <i>Ned. Record Senioren Verenigingen</i>	<b>3:29.25</b>	<b>3:32.67</b>		
	Bas van Velthoven 27.18 55.50	Joeri Verlinden	+0,39 23.66	51.04	
	Lennart Stekelenburg +0,14 27.14 58.60	Joost Reijns	+0,08 22.33	47.53	
2.	<b>EIFFEL Swimmers PSV 1</b>	<b>3:37.97</b>	<b>3:33.39</b>		
	Bastiaan Lijesen 25.50 52.61	Jurjen Willemsen	+0,44 24.14	52.48	
	Bram Dekker +0,15 28.21 1:00.57	Pieter Timmers	+0,34 22.88	47.73	
3.	<b>AZ&amp;PC 1</b>	<b>3:36.58</b>	<b>3:36.34</b>		
	Mike Marissen 27.39 55.89	Damien Bernard	+0,05 24.38	53.21	
	Robin van Aggele +0,14 26.70 58.58	Joran Barends	+0,22 22.95	48.66	
4.	<b>DWK 1</b>	<b>3:46.87</b>	<b>3:45.60</b>		
	Jos de Graaf 27.95 57.47	Tim van Deutekom	+0,14 24.27	55.41	
	Rutger Sloof +0,36 29.42 1:03.31	Floor Verhaar	+0,28 23.40	49.41	
5.	<b>De Dolfijn 3</b>	<b>3:52.07</b>	<b>3:48.43</b>		
	Henk van Nijenhuis 28.10 57.56	Stanley Vleerlaag	+0,27 26.23	56.82	
	Simas Jarasunas +0,17 29.00 1:02.84	Mark Costeris	+0,38 24.28	51.21	
6.	<b>AZ&amp;PC 2</b>	<b>3:52.59</b>	<b>3:49.79</b>		
	Aziz Nosairi 28.47 59.12	Chris Bernard	+0,52 26.09	58.07	
	Pieter Jan de Vries +0,51 29.21 1:02.83	Geert Lantink	+0,45 24.07	49.77	
7.	<b>MNC Dordrecht 1</b>	<b>3:55.15</b>	<b>3:52.61</b>		
	Mark Baars 29.29 59.92	Jeroen Baars	+0,45 26.52	57.75	
	Niels van der Hoek +0,35 30.18 1:05.32	Arjan van der Plaats	+0,46 23.87	49.62	
8.	<b>De Dolfijn 2</b>	<b>3:48.02</b>	<b>3:54.44</b>		
	Ruben Dekker 28.51 58.22	Jens Bakker	+0,32 25.67	54.64	
	Marlijn van Zundert +0,51 30.31 1:06.36	Jan Batstra	+0,34 25.64	55.22	
9.	<b>Orca 1</b>	<b>3:57.80</b>	<b>3:54.48</b>		
	Willem Kees Roos 30.10 1:00.98	Ramon Fredrik	+0,25 26.68	57.50	
	Vincent van Iperen +0,09 29.42 1:04.06	Michiel Punter	+0,42 24.12	51.94	
10.	<b>DWK 2</b>	<b>3:52.98</b>	<b>3:54.85</b>		
	Merijn Ellenkamp 28.00 57.36	Joost Groeneveld	+0,46 25.71	55.93	
	Jacko van der Meer +0,64 31.96 1:08.70	Robin Bos	+0,39 24.99	52.86	
11.	<b>WZ&amp;PC Purmerend 1</b>	<b>3:57.85</b>	<b>3:58.20</b>		
	Jeffrey Appel 28.93 59.41	Kevin Lebis	+0,40 26.28	58.27	
	Bas Tietze +0,12 30.61 1:05.97	Sverre Oelen	+0,17 25.63	54.55	
12.	<b>De Dinkel 1</b>	<b>3:54.83</b>	<b>3:59.25</b>		
	Rense Loohuis 28.77 59.34	Menno Manning	+0,42 27.09	59.67	
	Sjoerd Zanderink +0,22 30.90 1:06.14	Jeroen Gijsselaar	+0,39 25.94	54.10	
13.	<b>Hellas-Glana 1</b>	<b>3:58.80</b>	<b>3:59.28</b>		
	Alan Smeets 29.13 1:00.11	Stan Tummers	+0,11 27.27	59.23	
	Davy Verreussel +0,25 30.72 1:05.46	Ruben Klinkers	+0,16 26.14	54.48	
14.	<b>WVZ 1</b>	<b>3:57.87</b>	<b>3:59.54</b>		
	Philippe Rivard 29.24 1:01.11	Arjan Assink	+0,17 26.24	58.27	
	Raymond van de Merwe +0,44 31.60 1:07.17	Wouter Smeets	+0,14 25.13	52.99	
15.	<b>Nuenen 1</b>	<b>3:58.42</b>	<b>3:59.86</b>		
	Sven Kardol 30.03 1:00.41	Maurice Soudant	+0,38 27.08	58.38	
	Ruud van Heerbeek +0,39 31.09 1:06.15	Wouter Sijmons	+0,30 26.17	54.92	
16.	<b>De Columbiaan 1</b>	<b>3:53.15</b>	<b>4:08.54</b>		
	Jonathan Cassuto 29.84 1:01.65	Eduard Bremmer	+0,25 26.87	59.21	
	Donald Hillebregt +0,32 32.57 1:10.58	Arno Kamminga	+0,32 27.13	57.10	
DIS	<b>AZ&amp;PC 3</b>	<b>3:59.73</b>	<b>4:09.08</b>		
	<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdste gedeelte v.d. 2e armsgslag de handen naar b</i>				
	Marciano Lynch 30.44 1:02.29	Nick Hessing	+0,19 28.24	1:03.38	
	Jelle Derksen +0,34 30.83 1:07.81	Jeroen van den Bos	+0,11 26.00	55.60	

Programmanr. 42  
05-12-2010 - 12:24

Dames, 4 x 200m vrije slag

Senioren Open  
Resultaten

Wereld Record	7:38.90	NED	NED	Manchester (GBR)	09-04-2008
Europees Record	7:38.90	NED	NED	Manchester (GBR)	09-04-2008
Nederlands Record Senioren Ver.	7:58.93	Eiffel Swimmers PSV		Amsterdam	21-12-2008
Nederlands Record Jeugd Ver.	8:18.07	De Dinkel		Dordrecht	10-03-1991

rang	vereniging	intijd	tijd	RT	niv.		
1.	EIFFEL Swimmers PSV 1	<b>8:09.85</b>	<b>8:03.83</b>	<b>+0,71</b>			
	Maud van de Meer	92 +0,71	28.00	58.26	1:29.46	2:01.34	2:01.34
	Marieke Nijhuis	92 +0,50	28.64	59.68	1:31.08	2:01.81	2:01.81
	Clarissa van Rheenen	91 +0,30	27.95	58.79	1:30.61	2:02.34	2:02.34
	Wendy vd Zanden	88 +0,21	27.08	57.25	1:27.75	1:58.34	1:58.34
2.	AZ&PC 1	<b>8:10.49</b>	<b>8:05.87</b>	<b>+0,85</b>			
	Lotte Wilms	84 +0,85	28.84	1:00.52	1:32.30	2:03.67	2:03.67
	Lieke Verouden	90 +0,47	28.23	59.07	1:30.31	2:00.73	2:00.73
	Rieneke Terink	84 +0,28	26.57	56.37	1:26.57	1:56.32	1:56.32
	Ilse van Hoor	90 +0,37	28.42	59.52	1:31.83	2:05.15	2:05.15
3.	De Dolfijn 1	<b>8:11.40</b>	<b>8:11.57</b>	<b>+0,80</b>			
	Lona Kroese	87 +0,80	27.76	57.74	1:28.40	2:00.27	2:00.27
	Anja van der Hout	90 +0,33	29.04	1:01.06	1:33.12	2:05.18	2:05.18
	Kira Toussaint	94 +0,53	28.09	59.41	1:31.83	2:04.63	2:04.63
	Willemijn Knot	90 +0,27	27.61	58.54	1:30.13	2:01.49	2:01.49
4.	De Dolfijn 2	<b>8:14.87</b>	<b>8:28.12</b>	<b>+0,77</b>			
	Esmee Vermeulen	96 +0,77	28.70	59.76	1:30.31	2:01.02	2:01.02
	Anouk Elzerman	90 +0,52	29.10	1:01.76	1:35.39	2:09.39	2:09.39
	Lia Dekker	87 +0,17	28.57	1:00.46	1:34.49	2:09.08	2:09.08
	Silke Oude Weemink	90 +0,40	28.73	1:01.58	1:35.22	2:08.63	2:08.63
5.	Orca 1	<b>8:36.75</b>	<b>8:34.57</b>	<b>+0,78</b>			
	Cynthia Verkaik	96 +0,78	29.48	1:02.43	1:36.07	2:09.39	2:09.39
	Annemarie Worst	95 +0,42	29.44	1:02.05	1:36.25	2:10.24	2:10.24
	Evelien van Ruiten	96 +0,36	30.00	1:03.39	1:37.27	2:10.57	2:10.57
	Femke Leenstra	95 +0,23	28.06	59.88	1:32.24	2:04.37	2:04.37
6.	AZ&PC 2	<b>8:37.91</b>	<b>8:42.59</b>	<b>+0,82</b>			
	Iris Pijtak	93 +0,82	29.91	1:02.73	1:35.92	2:09.11	2:09.11
	Kelly de Jong	91 +0,26	28.37	1:00.89	1:34.58	2:08.32	2:08.32
	Claire de Winter	94 +0,21	29.53	1:03.68	1:38.87	2:14.34	2:14.34
	Loes Zanderink	88 +0,27	29.08	1:02.21	1:36.37	2:10.82	2:10.82
7.	AZ&PC 3	<b>8:49.99</b>	<b>8:45.67</b>	<b>+0,86</b>			
	Shireen Post	95 +0,86	30.15	1:02.98	1:36.67	2:10.44	2:10.44
	Milou Schravenus	95 +0,12	29.62	1:02.58	1:36.62	2:11.36	2:11.36
	Rachelle Visser	95 +0,36	29.69	1:03.25	1:38.00	2:12.58	2:12.58
	Lynn Dybiona	95 +0,28	30.43	1:04.06	1:38.50	2:11.29	2:11.29
8.	WVZ 1	<b>8:42.75</b>	<b>8:47.00</b>	<b>+0,83</b>			
	Géke Heinsbroek	93 +0,83	29.66	1:02.45	1:36.17	2:09.72	2:09.72
	Carina Klees	96 +0,62	29.75	1:03.22	1:37.64	2:11.66	2:11.66
	Elisabeth Rivard	96 +0,30	30.47	1:04.78	1:40.05	2:15.55	2:15.55
	Merle Verkijk	94 +0,61	29.87	1:02.33	1:36.04	2:10.07	2:10.07
9.	De Dinkel 1	<b>8:42.79</b>	<b>8:59.27</b>	<b>+0,82</b>			
	Noortje Timmerman	95 +0,82	30.60	1:05.11	1:41.21	2:17.11	2:17.11
	Kimberly Ribberink	95 +0,11	29.44	1:04.09	1:39.60	2:13.74	2:13.74
	Lonne Dijkhuis	94 +0,71	31.47	1:06.01	1:41.93	2:17.21	2:17.21
	Loes Westerhof	95 +0,60	28.45	1:01.56	1:36.04	2:11.21	2:11.21
10.	DAW 1	<b>8:49.22</b>	<b>9:05.03</b>	<b>+0,75</b>			
	Melissa Zwaan	91 +0,75	29.82	1:03.57	1:37.80	2:12.38	2:12.38
	Tess de Boer	96 +0,18	31.82	1:09.05	1:47.35	2:26.00	2:26.00
	Sharona Mlcoch	94 +0,36	29.65	1:03.28	1:38.33	2:12.65	2:12.65
	Brenda Zwarthoed	96 +0,31	29.17	1:03.28	1:39.34	2:14.00	2:14.00

Programmanr. 39  
05-12-2010

Dames, 50m vlinderslag

All-In  
Resultaten Swim off voorronde

Wereld Record	24.38	Therese Alshammar	Singapore (SIN)	22-11-2009
Europees Record	24.38	Therese Alshammar	Singapore (SIN)	22-11-2009
Nederlands Record Senioren	25.00	Inge Dekker/Hinkelien Schreuder	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	27.48	Ranomi Kromowidjojo	Palma de Mallorca (ESP)	07-07-2006

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Parand Zarekiani	E.ON-NZA	27.93	9402150	<b>27.25</b>	+0,76	A+	
2.	Kelly de Jong	AZ&PC	27.93	9101474	<b>28.05</b>	+0,77	C	

Programmanr. 43  
05-12-2010 - 12:39

Meisjes, 800m vrije slag  
Pr.nr. 43, 44 en 45 zijn samengevoegd

Junioren 3 en later  
Resultaten

Nederlands Record Junioren	8:48.83	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 13 jaar	8:48.83	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 12 jaar	9:09.43	Esmee Vermeulen	Amsterdam	21-12-2008
Nederlands Record 11 jaar	9:43.30	Karen Wammes	Arnhem	11-12-1988
Kamp. Record Junioren 3	8:48.83	Esmee Vermeulen	Amsterdam	20-12-2009
Kamp. Record Junioren 2	9:09.43	Esmee Vermeulen	Amsterdam	21-12-2008
Kamp. Record Junioren 1	10:05.89	Janina Beckers	Amsterdam	20-12-2009

rang naam vereniging intijd tijdstip RT niv.

### Junioren 1

1.	Marieke Tienstra <i>Kamp. Record Junioren 1</i>	TriVia	10:07.23	9900302	<b>10:02.46</b>	+0,82	C
	50m: 32.22 32.22	250m: 3:02.57 38.40	450m: 5:35.80 38.89	650m: 8:09.64 38.59			
	100m: 1:08.35 36.13	300m: 3:40.34 37.77	500m: 6:13.90 38.10	700m: 8:48.77 39.13			
	150m: 1:46.23 37.88	350m: 4:18.78 38.44	550m: 6:52.30 38.40	750m: 9:26.10 37.33			
	200m: 2:24.17 37.94	400m: 4:56.91 38.13	600m: 7:31.05 38.75	800m: 10:02.46 36.36			
2.	Eelke Roman	LZ 1886	11:14.47	9900352	<b>10:42.24</b>		E
	50m: 33.52 33.52	250m: 3:13.56 40.96	450m: 5:59.40 42.05	650m: 8:45.49 41.97			
	100m: 1:12.34 38.82	300m: 3:55.12 41.56	500m: 6:40.78 41.38	700m: 9:25.85 40.36			
	150m: 1:52.00 39.66	350m: 4:35.95 40.83	550m: 7:21.99 41.21	750m: 10:05.54 39.69			
	200m: 2:32.60 40.60	400m: 5:17.35 41.40	600m: 8:03.52 41.53	800m: 10:42.24 36.70			
3.	Vera Bos	Racing Club	11:12.90	9900886	<b>10:57.48</b>	+0,84	
	50m: 36.29 36.29	250m: 3:23.81 42.80	450m: 6:13.02 42.41	650m: 9:01.09 41.58			
	100m: 1:17.36 41.07	300m: 4:07.17 43.36	500m: 6:54.28 41.26	700m: 9:42.57 41.48			
	150m: 1:58.83 41.47	350m: 4:48.84 41.67	550m: 7:36.98 42.70	750m: 10:22.10 39.53			
	200m: 2:41.01 42.18	400m: 5:30.61 41.77	600m: 8:19.51 42.53	800m: 10:57.48 35.38			
4.	Nikita van den Ouden	Luctor et Emergo	11:09.04	9900622	<b>10:58.31</b>	+0,89	
	50m: 35.42 35.42	250m: 3:16.71 41.18	450m: 6:05.26 42.86	650m: 8:55.18 43.11			
	100m: 1:14.70 39.28	300m: 3:58.71 42.00	500m: 6:47.71 42.45	700m: 9:38.83 43.65			
	150m: 1:54.96 40.26	350m: 4:39.67 40.96	550m: 7:29.39 41.68	750m: 10:20.77 41.94			
	200m: 2:35.53 40.57	400m: 5:22.40 42.73	600m: 8:12.07 42.68	800m: 10:58.31 37.54			
5.	Moesha Wartes	De Dolfijn	11:49.84	9901724	<b>11:08.05</b>	+0,72	
	50m: 35.96 35.96	250m: 3:23.64 42.81	450m: 6:12.90 42.10	650m: 9:03.27 43.27			
	100m: 1:16.67 40.71	300m: 4:05.66 42.02	500m: 6:55.83 42.93	700m: 9:46.00 42.73			
	150m: 1:58.72 42.05	350m: 4:48.12 42.46	550m: 7:37.90 42.07	750m: 10:28.57 42.57			
	200m: 2:40.83 42.11	400m: 5:30.80 42.68	600m: 8:20.00 42.10	800m: 11:08.05 39.48			
6.	Nikita Vos	LZ 1886	11:22.51	9900356	<b>11:25.31</b>		
	50m: 35.05 35.05	250m: 3:23.04 42.92	450m: 6:15.76 44.48	650m: 9:14.95 45.04			
	100m: 1:15.37 40.32	300m: 4:05.71 42.67	500m: 7:00.18 44.42	700m: 10:00.03 45.08			
	150m: 1:57.45 42.08	350m: 4:48.10 42.39	550m: 7:45.11 44.93	750m: 10:43.65 43.62			
	200m: 2:40.12 42.67	400m: 5:31.28 43.18	600m: 8:29.91 44.80	800m: 11:25.31 41.66			
7.	Iona van der Toorn	Racing Club	11:43.21	9900884	<b>11:25.79</b>	+0,87	
	50m: 38.37 38.37	250m: 3:31.33 44.04	450m: 6:27.24 44.27	650m: 9:21.82 43.26			
	100m: 1:21.50 43.13	300m: 4:14.62 43.29	500m: 7:10.77 43.53	700m: 10:04.85 43.03			
	150m: 2:04.70 43.20	350m: 4:58.38 43.76	550m: 7:54.37 43.60	750m: 10:47.71 42.86			
	200m: 2:47.29 42.59	400m: 5:42.97 44.59	600m: 8:38.56 44.19	800m: 11:25.79 38.08			
8.	Jemma Layden	WVZ	11:20.08	9903556	<b>11:26.33</b>	+0,68	
	50m: 37.84 37.84	250m: 3:30.84 43.63	450m: 6:26.50 44.47	650m: 9:21.34 43.66			
	100m: 1:20.36 42.52	300m: 4:13.83 42.99	500m: 7:10.37 43.87	700m: 10:04.23 42.89			
	150m: 2:03.60 43.24	350m: 4:57.83 44.00	550m: 7:53.91 43.54	750m: 10:46.79 42.56			
	200m: 2:47.21 43.61	400m: 5:42.03 44.20	600m: 8:37.68 43.77	800m: 11:26.33 39.54			
9.	Alyssa vd Lans	Racing Club	11:52.06	9901644	<b>11:40.69</b>	+0,73	
	50m: 37.29 37.29	250m: 3:32.41 43.94	450m: 6:32.38 45.43	650m: 9:31.82 44.19			
	100m: 1:20.83 43.54	300m: 4:17.81 45.40	500m: 7:17.48 45.10	700m: 10:16.21 44.39			
	150m: 2:03.95 43.12	350m: 5:02.09 44.28	550m: 8:02.47 44.99	750m: 10:59.06 42.85			
	200m: 2:48.47 44.52	400m: 5:46.95 44.86	600m: 8:47.63 45.16	800m: 11:40.69 41.63			

### Junioren 2

1.	Janina Beckers	Eurode Kerkrade	9:48.43	9800574	<b>9:24.89</b>	+0,88	B
	50m: 31.14 31.14	250m: 2:52.56 36.00	450m: 5:16.56 35.81	650m: 7:40.38 35.47			
	100m: 1:05.17 34.03	300m: 3:28.67 36.11	500m: 5:52.73 36.17	700m: 8:15.60 35.22			
	150m: 1:40.52 35.35	350m: 4:04.83 36.16	550m: 6:29.09 36.36	750m: 8:50.97 35.37			
	200m: 2:16.56 36.04	400m: 4:40.75 35.92	600m: 7:04.91 35.82	800m: 9:24.89 33.92			
2.	Tessa Vermeulen	De Dolfijn	10:07.46	9800068	<b>9:40.80</b>	+0,61	C
	50m: 32.23 32.23	250m: 2:57.56 36.71	450m: 5:24.73 36.97	650m: 7:52.97 36.94			
	100m: 1:07.89 35.66	300m: 3:34.14 36.58	500m: 6:01.99 37.26	700m: 8:29.74 36.77			
	150m: 1:44.18 36.29	350m: 4:11.00 36.86	550m: 6:39.35 37.36	750m: 9:06.48 36.74			
	200m: 2:20.85 36.67	400m: 4:47.76 36.76	600m: 7:16.03 36.68	800m: 9:40.80 34.32			

Programmanr. 43, Meisjes, 800m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT	niv.		
3.	Daphne de Wildt	Aqua-Novio'94	10:04.08	9800710	9:43.42	+0,82 D		
	50m: 31.66	31.66	250m: 2:54.99	36.28	450m: 5:23.60	37.50	650m: 7:55.17	37.42
	100m: 1:06.22	34.56	300m: 3:31.68	36.69	500m: 6:01.76	38.16	700m: 8:32.24	37.07
	150m: 1:42.33	36.11	350m: 4:08.70	37.02	550m: 6:40.35	38.59	750m: 9:09.74	37.50
	200m: 2:18.71	36.38	400m: 4:46.10	37.40	600m: 7:17.75	37.40	800m: 9:43.42	33.68
4.	Serena Stel	De Dolfijn	10:12.92	9801528	9:43.45	+0,75 D		
	50m: 32.20	32.20	250m: 2:57.25	36.71	450m: 5:26.87	37.60	650m: 7:56.48	36.95
	100m: 1:07.11	34.91	300m: 3:34.57	37.32	500m: 6:04.20	37.33	700m: 8:33.71	37.23
	150m: 1:43.68	36.57	350m: 4:11.66	37.09	550m: 6:42.14	37.94	750m: 9:10.01	36.30
	200m: 2:20.54	36.86	400m: 4:49.27	37.61	600m: 7:19.53	37.39	800m: 9:43.45	33.44
5.	Aniek Bloemendaal	DWV	10:21.36	9800432	10:09.38	+0,84 E		
	50m: 31.62	31.62	250m: 3:02.69	38.73	450m: 5:38.28	39.41	650m: 8:15.01	39.10
	100m: 1:07.94	36.32	300m: 3:41.26	38.57	500m: 6:17.59	39.31	700m: 8:53.63	38.62
	150m: 1:45.66	37.72	350m: 4:20.19	38.93	550m: 6:56.93	39.34	750m: 9:32.82	39.19
	200m: 2:23.96	38.30	400m: 4:58.87	38.68	600m: 7:35.91	38.98	800m: 10:09.38	36.56
6.	Kinge Zandringa	Orca	10:25.29	9801422	10:22.28	+0,83		
	50m: 32.78	32.78	250m: 3:06.99	39.34	450m: 5:47.79	40.61	650m: 8:26.34	39.45
	100m: 1:09.99	37.21	300m: 3:46.84	39.85	500m: 6:27.62	39.83	700m: 9:06.09	39.75
	150m: 1:48.39	38.40	350m: 4:27.10	40.26	550m: 7:07.85	40.23	750m: 9:44.49	38.40
	200m: 2:27.65	39.26	400m: 5:07.18	40.08	600m: 7:46.89	39.04	800m: 10:22.28	37.79
7.	Raiesha Sardar	ZC Ooievaar (SG)	10:19.42	9800604	10:28.96			
	50m: 35.30	35.30	250m: 3:10.75	39.45	450m: 5:50.51	40.00	650m: 8:32.81	41.21
	100m: 1:13.27	37.97	300m: 3:50.23	39.48	500m: 6:30.89	40.38	700m: 9:14.48	41.67
	150m: 1:52.14	38.87	350m: 4:29.74	39.51	550m: 7:11.23	40.34	750m: 9:53.31	38.83
	200m: 2:31.30	39.16	400m: 5:10.51	40.77	600m: 7:51.60	40.37	800m: 10:28.96	35.65
DIS	Sanne Advocaat	MNC Dordrecht	10:19.55	9801320		+0,73		
	<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>							
	50m:	250m:	450m:	650m:				
	100m:	300m:	500m:	700m:				
	150m:	350m:	550m:	750m:				
	200m:	400m:	600m:	800m:				

Junioren 3

1.	Manon Friskes	DWK	9:26.48	9701566	9:15.39	+0,80 C		
	50m: 30.79	30.79	250m: 2:48.46	35.08	450m: 5:09.65	35.24	650m: 7:31.62	35.44
	100m: 1:04.61	33.82	300m: 3:23.67	35.21	500m: 5:45.18	35.53	700m: 8:06.62	35.00
	150m: 1:38.80	34.19	350m: 3:58.97	35.30	550m: 6:20.58	35.40	750m: 8:41.68	35.06
	200m: 2:13.38	34.58	400m: 4:34.41	35.44	600m: 6:56.18	35.60	800m: 9:15.39	33.71
2.	Amy de Langen	De Fuut	9:43.36	9702046	9:29.41	+0,75 D		
	50m: 31.14	31.14	250m: 2:53.80	36.09	450m: 5:20.35	36.49	650m: 7:45.82	35.81
	100m: 1:05.81	34.67	300m: 3:30.39	36.59	500m: 5:57.04	36.69	700m: 8:21.34	35.52
	150m: 1:41.69	35.88	350m: 4:07.09	36.70	550m: 6:33.64	36.60	750m: 8:57.36	36.02
	200m: 2:17.71	36.02	400m: 4:43.86	36.77	600m: 7:10.01	36.37	800m: 9:29.41	32.05
3.	Mirl de Boer	DAW	9:48.50	9700468	9:42.91	+0,90 E		
	50m: 31.53	31.53	250m: 2:54.47	36.13	450m: 5:23.42	37.66	650m: 7:53.03	37.49
	100m: 1:06.35	34.82	300m: 3:31.74	37.27	500m: 6:00.94	37.52	700m: 8:30.49	37.46
	150m: 1:42.19	35.84	350m: 4:09.30	37.56	550m: 6:38.35	37.41	750m: 9:07.49	37.00
	200m: 2:18.34	36.15	400m: 4:45.76	36.46	600m: 7:15.54	37.19	800m: 9:42.91	35.42
4.	Naomi Janssen	Aqua-Novio'94	9:50.30	9701390	9:45.87	E		
	50m: 31.40	31.40	250m: 2:56.34	36.97	450m: 5:25.39	37.67	650m: 7:55.71	37.44
	100m: 1:06.95	35.55	300m: 3:33.06	36.72	500m: 6:02.95	37.56	700m: 8:33.57	37.86
	150m: 1:42.86	35.91	350m: 4:10.33	37.27	550m: 6:40.46	37.51	750m: 9:10.50	36.93
	200m: 2:19.37	36.51	400m: 4:47.72	37.39	600m: 7:18.27	37.81	800m: 9:45.87	35.37
5.	Lindy Nijhuis	OZ&PC	9:51.20	9700010	9:53.02	E		
	50m: 32.82	32.82	250m: 2:58.71	36.91	450m: 5:29.03	37.73	650m: 8:01.24	38.46
	100m: 1:08.61	35.79	300m: 3:35.95	37.24	500m: 6:06.61	37.58	700m: 8:39.43	38.19
	150m: 1:45.14	36.53	350m: 4:13.56	37.61	550m: 6:44.77	38.16	750m: 9:16.54	37.11
	200m: 2:21.80	36.66	400m: 4:51.30	37.74	600m: 7:22.78	38.01	800m: 9:53.02	36.48

Programmanr. 31  
05-12-2010 - 16:30

Heren, 100m vrije slag

All-In  
Resultaten Finale

Wereld Record	44.94	Amaury Leveaux	Rijeka (CRO)	13-12-2008
Europees Record	44.94	Amaury Leveaux	Rijeka (CRO)	13-12-2008
Nederlands Record Senioren	46.81	Pieter van den Hoogenband	Dublin (IRL)	13-12-2003
Nederlands Record Jeugd	49.13	Pieter van den Hoogenband	Atlanta (USA)	22-07-1996

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Stefan de Die	E.ON-NZA	49.46	8603905	<b>48.75</b>	+0,75	A+	23.51	48.75
2.	Pieter Timmers	EIFFEL Swimmers PSV	49.57	8806031	<b>48.76</b>	+0,78	A+	23.74	48.76
3.	Joost Reijns	E.ON-NZA	48.97	8702725	<b>48.87</b>	+0,73	A+	23.13	48.87
4.	Bas van Velthoven	E.ON-NZA	49.21	8502695	<b>49.07</b>	+0,69	A	23.53	49.07
5.	Joran Barends	AZ&PC	49.15	8500091	<b>49.38</b>	+0,73	A	23.57	49.38
6.	Floor Verhaar	DWK	49.30	9004603	<b>49.47</b>	+0,71	A	23.81	49.47
7.	Geert Lantink	AZ&PC	49.93	8601849	<b>49.80</b>	+0,74	B	23.97	49.80
8.	Timon Evenhuis	TriVia	49.60	9000843	<b>50.07</b>	+0,85	B	23.44	50.07
Finale B									
9.	Joost Groeneveld	DWK	50.18	9200409	<b>49.91</b>	+0,70	A	23.92	49.91
10.	Robbert Donk	Wiekslag	50.34	8900745	<b>50.15</b>	+0,63	B	24.19	50.15
11.	Rutger van Oosterhout	EIFFEL Swimmers PSV	50.49	9002179	<b>50.16</b>	+0,69	B	24.23	50.16
12.	Jasper van Mierlo	EIFFEL Swimmers PSV	50.12	9002005	<b>50.17</b>	+0,67	B	23.90	50.17
13.	Dion Dreesens	EIFFEL Swimmers PSV	50.64	9302189	<b>50.47</b>	+0,76	A	24.23	50.47
14.	Toby Aarnoutse	TriVia	51.01	8900007	<b>50.81</b>	+0,76	C	24.42	50.81
15.	Niels van Eck	ZPC Bikkel Hoogeveen	51.28	8900793	<b>50.96</b>	+0,69	C	24.59	50.96
16.	Menno Manning	De Dinkel	51.75	9300333	<b>53.64</b>	+0,84	D	25.43	53.64



Programmanr. 131  
05-12-2010Heren, 100m vrije slag  
Gehandicapten S1 t/m S13All-In  
Resultaten Finale

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt.	50m	100m
Finale A										
1.	Maurice Deelen	AZ&PC	58.70	7101407	S8	<b>57.39</b>	+0,76	1018	27.35	57.39
	<i>Europees Record</i>									
2.	Thijs van den End	One Team Swimming	1:02.58	9306803	S9	<b>1:01.57</b>	+1,00	725	29.52	1:01.57
3.	Michael Schoenmaker	AZ&PC	1:34.76	8302615	S4	<b>1:32.74</b>		711	43.73	1:32.74
DIS	Mike vd Zanden	EIFFEL Swimmers PSV	55.27	8703905	S10					
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>									

Programmanr. 32  
05-12-2010

Dames, 100m vrije slag

All-In  
Resultaten Finale

Wereld Record	51.01	Lisbeth Trickett	Hobart (AUS)	10-08-2009
Europees Record	51.19	Francesca Halsall	Singapore (SIN)	22-11-2009
Nederlands Record Senioren	51.35	Inge Dekker	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	55.12	Ranomi Kromowidjojo	Eindhoven	28-04-2006

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Marleen Veldhuis	EIFFEL Swimmers PSV	54.48 7900894	<b>53.41</b>	+0,74	A+	25.55	53.41
2.	Maud van de Meer	EIFFEL Swimmers PSV	54.41 9201180	<b>54.26</b>	+0,73	A+	26.44	54.26
3.	Ilse Kraayeveld	EIFFEL Swimmers PSV	55.03 9002110	<b>54.38</b>	+0,71	A	26.48	54.38
4.	Rieneke Terink	AZ&PC	55.29 8402424	<b>54.86</b>	+0,80	A	26.12	54.86
5.	Elise Bouwens	E.ON-NZA	55.72 9103964	<b>55.29</b>	+0,83	B	26.79	55.29
6.	Clarissa van Rheenen	EIFFEL Swimmers PSV	55.30 9108270	<b>55.70</b>	+0,69	B	26.88	55.70
7.	Joëlle Scheps	EIFFEL Swimmers PSV	56.68 9202364	<b>55.96</b>	+0,76	B	27.20	55.96
8.	Esmee Vermeulen	E.ON-NZA	56.24 9600678	<b>56.07</b>	+0,77	A+	26.66	56.07
<i>Nederlands Record 14 jaar</i>								

Finale B								
9.	Manon Minneboo	EIFFEL Swimmers PSV	57.11 9301548	<b>56.82</b>	+0,77	C	27.18	56.82
10.	Jovanna Koens	EIFFEL Swimmers PSV	57.48 9505652	<b>56.94</b>	+0,71	A	27.21	56.94
	Femke Leenstra	Orca	57.21 9503038	<b>56.94</b>	+0,76	A	27.59	56.94
12.	Maartje de Wit	WVZ	57.33 9502362	<b>57.16</b>	+0,74	A	28.08	57.16
13.	Chantal Senden	ZC Valkenburg	57.26 9300698	<b>57.20</b>	+0,90	C	27.47	57.20
14.	Pauline Gouwens	DWK	57.16 8400790	<b>57.41</b>	+0,71	D	27.40	57.41
15.	Lotte Wilms	AZ&PC	57.36 8402770	<b>57.77</b>	+0,82	D	27.69	57.77
16.	Marieke Nijhuis	EIFFEL Swimmers PSV	57.73 9201296	<b>57.85</b>	+0,76	D	28.14	57.85

Programmanr. 132  
05-12-2010Dames, 100m vrije slag  
Gehandicapten S1 t/m S13All-In  
Resultaten Finale

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m
Finale A									
1.	Chantal Molenkamp <i>Nederlands Record</i>	AZ&PC	1:04.15 9002624	S10	<b>1:03.94</b>	+0,86	860	30.36	1:03.94
2.	Romy Pansters <i>Nederlands Record</i>	ZC Valkenburg	1:15.79 9605900	S8	<b>1:13.92</b>	+0,87	738	35.80	1:13.92
3.	Lisa den Braber	AZ&PC	1:19.22 9207558	S8	<b>1:18.80</b>	+0,70	609	38.40	1:18.80
4.	Lisa Dootjes	De Lansingh	1:17.79 9407016	S9	<b>1:16.43</b>	+1,15	510	36.29	1:16.43

Programmanr. 33  
05-12-2010

Heren, 100m rugslag

All-In  
Resultaten Finale

Wereld Record	48.94	Nick Thoman	Manchester (GBR)	18-12-2009
Europees Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13-12-2009
Nederlands Record Senioren	51.39	Nick Driebergen	Istanbul (TUR)	12-12-2009
Nederlands Record Jeugd	55.29	Joey de Ruiter	Eindhoven	26-04-2009

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Bastiaan Lijesen	EIFFEL Swimmers PSV	54.22	9001819	<b>52.67</b>	A+	25.64	52.67
2.	Jurjen Willemsen	EIFFEL Swimmers PSV	55.28	9003315	<b>53.15</b>	A+	25.66	53.15
3.	Sverre Eschweiler	E.ON-NZA	55.67	9204035	<b>54.74</b>	A	26.69	54.74
4.	Mike Marissen	AZ&PC	56.28	9202187	<b>55.54</b>	B	27.06	55.54
5.	Colm Dowling	Kilkenny SC	56.50	1001672	<b>55.90</b>	C	26.55	55.90
6.	Jos de Graaf	DWK	57.91	9106095	<b>57.03</b>	D	27.87	57.03
7.	Henk van Niejenhuis	De Dolfijn	57.54	8905063	<b>57.49</b>	E	28.05	57.49
8.	Ruben Dekker	De Dolfijn	57.00	9300627	<b>58.39</b>	D	28.14	58.39
Finale B								
9.	Pascal Timmermans	RZC	59.51	9202349	<b>58.63</b>	E	28.27	58.63
10.	Dennis Cramer	Appingedam	58.80	9200199	<b>58.94</b>	E	28.78	58.94
11.	Sven Kardol	Nuenen	59.62	9302135	<b>59.01</b>	D	29.00	59.01
12.	Frank van der Wolff	Zwemvereniging Hoorn	59.93	9400955	<b>59.99</b>	E	29.30	59.99
13.	Marciano Lynch	AZ&PC	1:00.35	9401893	<b>1:00.91</b>	E	29.81	1:00.91
14.	Istvan Spaargaren	Oceanus	1:01.08	9401199	<b>1:01.22</b>	E	29.44	1:01.22
15.	Bart Arendshorst	De Veene	1:01.43	9300005	<b>1:01.60</b>	E	29.98	1:01.60

Programmanr. 133  
05-12-2010Heren, 100m rugslag  
Gehandicapt en S6 t/m S14All-In (in B-fin.)  
Resultaten Finale

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m
Finale A									
1.	Marc Evers	ZV Haarlem	1:06.60	9107425	S14	<b>1:05.57</b>	867	32.39	1:05.57
	<i>Nederlands Record</i>								
2.	Thijs van den End	One Team Swimming	1:12.73	9306803	S9	<b>1:12.09</b>	678	34.65	1:12.09
	<i>Nederlands Record</i>								
3.	Udo Weerink	De Klup Twente	1:20.08	9406443	S14	<b>1:19.89</b>	479	38.40	1:19.89
	<i>50m*</i>								
DIS	Wessel Everloo	De Veene	1:09.92	8906597	S14				
	<i>AA - Te vroeg bewogen bij start. (geen tijd noteren)</i>								

Programmanr. 34  
05-12-2010

Dames, 100m rugslag

All-In  
Resultaten Finale

Wereld Record	55.23	Shiho Sakai	Berlijn (GER)	15-11-2009
Europees Record	56.36	Kseniya Moskvina	Istanbul (TUR)	11-12-2009
Nederlands Record Senioren	57.72	Femke Heemskerk	Berlijn (GER)	31-10-2010
Nederlands Record Jeugd	1:01.54	Kira Toussaint	Amsterdam	19-12-2009

rang	naam	vereniging	intijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Wendy vd Zanden	EIFFEL Swimmers PSV	1:02.02	8805004	<b>59.66</b>	A+	28.89	59.66
2.	Kira Toussaint	E.ON-NZA	1:01.28	9400990	<b>1:00.85</b>	A+	29.83	1:00.85
3.	Kimberley Albers	EIFFEL Swimmers PSV	1:02.07	9204102	<b>1:01.61</b>	A	30.60	1:01.61
4.	Miranda Nijenhuis	De Columbiaan	1:02.80	9204076	<b>1:02.32</b>	B	30.20	1:02.32
5.	Mariët Koster	ZPC Bikkel Hoogeveen	1:02.55	8301162	<b>1:02.38</b>	B	30.27	1:02.38
6.	Maaïke de Waard	De Zeehond '73	1:02.28	9600604	<b>1:02.42</b>	A+	30.39	1:02.42
7.	Sylvia Dik	TriVia	1:02.54	9501064	<b>1:02.65</b>	A+	30.13	1:02.65
8.	Annemarie Worst	Orca	1:02.36	9500042	<b>1:03.26</b>	A	31.01	1:03.26
Finale B								
9.	Willemijn Knot	De Dolfijn	1:03.01	9002010	<b>1:01.92</b>	B	29.70	1:01.92
10.	Anja van der Hout	De Dolfijn	1:02.90	9001598	<b>1:02.97</b>	C	30.65	1:02.97
11.	Kyra Rietveld	TriVia	1:04.52	9300624	<b>1:03.98</b>	C	31.17	1:03.98
12.	Monique van der Struik	RTC-Drachten	1:03.93	9502502	<b>1:04.31</b>	B	31.72	1:04.31
13.	Mirthe Lanfermeijer	TriVia	1:04.33	9400074	<b>1:04.32</b>	C	31.20	1:04.32
14.	Sharon Gelmers	Octopus	1:04.80	9400416	<b>1:04.38</b>	C	30.69	1:04.38
15.	Annelinde Veldman	Appingedam	1:05.88	9302758	<b>1:05.82</b>	D	31.46	1:05.82
NG.ZA	Malissa van der Horst	Zwemlust-den Hommel	1:06.20	9200810				

Programmanr. 134  
05-12-2010Dames, 100m rugslag  
Gehandicapten S6 t/m S14All-In (in B-fin.)  
Resultaten Finale

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt.	50m	100m
Finale A									
1.	Marlou van der Kulk <i>Europees Record</i>	De Otters Het Gooi	1:09.40	9306824	S14	<b>1:08.40</b>	998	33.27	1:08.40
2.	Marije Oosterhuis <i>Nederlands Record</i>	Eemsrobber	1:15.33	9500318	S10	<b>1:14.66</b>	781	36.02	1:14.66
3.	Magda Toeters	OZ&PC	1:15.16	8603552	S14	<b>1:15.19</b>	751	36.61	1:15.19
4.	Lisa den Braber	AZ&PC	1:31.01	9207558	S8	<b>1:31.91</b>	582	45.04	1:31.91



Programmanr. 35  
05-12-2010

Heren, 50m schoolslag

All-In  
Resultaten Finale

Wereld Record	25.25	Cameron van den Burgh	Berlijn (GER)	14-11-2009
Europees Record	26.14	Alessandro Terrin	Istanbul (TUR)	12-12-2009
Nederlands Record Senioren	26.34	Robin van Aggele	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	27.97	Roy Smeenge	Aken (GER)	23-10-2010

rang	naam	vereniging	intijd		tijd	RT	niv.
Finale A							
1.	Lennart Stekelenburg <i>Kampioenschaps Record</i>	E.ON-NZA	27.49	8602979	<b>26.85</b>	+0,68	A+
2.	Timon Evenhuis	TriVia	28.45	9000843	<b>27.69</b>	+0,78	A
3.	Damien Bernard	AZ&PC	28.21	8705177	<b>27.75</b>	+0,67	A
4.	Roy Smeenge <i>Nederlands Record Jeugd, NR 17 jaar</i>	E.ON-NZA	28.07	9305557	<b>27.88</b>	+0,65	A+
5.	Niels van Eck	ZPC Bikkel Hoogeveen	28.58	8900793	<b>28.54</b>	+0,67	C
6.	Aaron Eisank	EIFFEL Swimmers PSV	28.78	9100577	<b>28.58</b>	+0,70	B
7.	Pieter Jan de Vries	AZ&PC	28.74	9003183	<b>28.74</b>	+0,79	C
8.	Rutger Sloof	DWK	28.79	8803141	<b>28.84</b>	+0,76	C
Finale B							
9.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	28.80	8400805	<b>28.18</b>	+0,76	B
10.	Gavin van der Werf	RTC-Drachten	29.06	9302971	<b>28.92</b>	+0,74	B
11.	Jens Bakker	E.ON-NZA	29.09	9300021	<b>29.26</b>	+0,72	C
12.	Thomas Kersten	TriVia	29.56	9001515	<b>29.78</b>	+0,72	E
13.	Jordy Zuidhoek	De Columbiaan	29.97	9201569	<b>30.17</b>	+0,72	E
14.	Jonathan Cassuto	De Columbiaan	30.03	9300729	<b>30.31</b>	+0,80	D
15.	Bas Tietze	WZ&PC Purmerend	29.97	8703351	<b>30.42</b>	+0,74	E
16.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	29.98	9300651	<b>30.48</b>	+0,77	D

Programmanr. 36  
05-12-2010

Dames, 50m schoolslag

All-In  
Resultaten Finale

Wereld Record	28.80	Jessica Hardy	Berlijn (GER)	15-11-2009
Europees Record	29.55	Janne Schäfer	Berlijn (GER)	15-11-2009
Nederlands Record Senioren	29.68	Moniek Nijhuis	Istanbul (TUR)	10-12-2009
Nederlands Record Jeugd	31.23	Moniek Nijhuis	Dublin (IRL)	11-12-2003

rang	naam	vereniging	intijd		tijd	RT	niv.
<b>Finale A</b>							
1.	Tessa Brouwer	E.ON-NZA	31.24	9105548	<b>30.97</b>	+0,74	A+
2.	Eline Boers	E.ON-NZA	32.18	9104546	<b>31.36</b>	+0,72	A+
3.	Loes Zanderink	AZ&PC	32.03	8805006	<b>31.72</b>	+0,75	A
4.	Anouk Elzerman	De Dolfijn	32.08	9005914	<b>31.84</b>	+0,77	A
5.	Jocelyn Spruit	EIFFEL Swimmers PSV	32.36	9302044	<b>32.07</b>	+0,79	A
6.	Lieke Verouden	AZ&PC	32.84	9003948	<b>32.21</b>	+0,81	B
7.	Yvonne v.d. Pol	AZ&PC	32.83	8803472	<b>32.44</b>	+0,78	B
8.	Lianne Slagter	Livo	32.97	9500940	<b>33.09</b>	+0,81	A
<b>Finale B</b>							
9.	Tamara van Vliet	E.ON-NZA	33.34	9403562	<b>33.08</b>	+0,78	B
10.	Lonne Dijkhuis	De Dinkel	33.64	9400030	<b>33.31</b>	+0,80	C
11.	Manon Minneboo	EIFFEL Swimmers PSV	33.69	9301548	<b>33.50</b>	+0,77	C
12.	Larissa Brak	AZ&PC	33.42	8800572	<b>33.72</b>	+0,73	D
13.	Kimberly Ribberink	De Dinkel	33.46	9501654	<b>33.80</b>	+0,81	B
14.	Amber Ruig	WZ&PC Purmerend	33.58	9603240	<b>33.95</b>	+0,79	B
15.	Loes Westerhof	De Dinkel	33.56	9502752	<b>34.16</b>	+0,82	C
16.	Irene Teufer	De Dolfijn	33.84	9602340	<b>34.17</b>	+0,72	C

Programmanr. 37  
05-12-2010

Dames, 400m wisselslag

Jeugd/Senioren  
Resultaten

Wereld Record	4:21.04	Julia Smit	Manchester (GBR)	18-12-2009
Europees Record	4:24.51	Hannah Miley	Manchester (GBR)	18-12-2009
Nederlands Record Senioren	4:36.91	Rieneke Terink	Amsterdam	20-12-2009
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Esmée Bos	DWK	4:59.52	9600662	<b>4:50.94</b>	+0,87	A+	
	<i>Nederlands Record 14 jaar</i>							
	50m: 31.45	31.45	150m: 1:43.89	36.20	250m: 3:02.54	42.72	350m: 4:18.52	33.94
	100m: 1:07.69	36.24	200m: 2:19.82	35.93	300m: 3:44.58	42.04	400m: 4:50.94	32.42
2.	Cynthia Verkaik	Orca	5:03.86	9601288	<b>5:04.07</b>	+0,74	B	
	50m: 31.64	31.64	150m: 1:48.25	39.48	250m: 3:10.95	43.49	350m: 4:30.29	35.59
	100m: 1:08.77	37.13	200m: 2:27.46	39.21	300m: 3:54.70	43.75	400m: 5:04.07	33.78
3.	Rachelle Visser	AZ&PC	5:02.45	9500106	<b>5:06.21</b>	+0,86	C	
	50m: 30.38	30.38	150m: 1:48.44	40.63	250m: 3:13.54	45.74	350m: 4:32.89	35.65
	100m: 1:07.81	37.43	200m: 2:27.80	39.36	300m: 3:57.24	43.70	400m: 5:06.21	33.32
4.	Anouque Berghuis	De Zijl/LGB	5:15.86	9606132	<b>5:07.89</b>	+0,79	C	
	50m: 31.66	31.66	150m: 1:48.59	39.38	250m: 3:12.05	45.58	350m: 4:33.74	35.12
	100m: 1:09.21	37.55	200m: 2:26.47	37.88	300m: 3:58.62	46.57	400m: 5:07.89	34.15
5.	Shireen Post	AZ&PC	5:10.91	9503286	<b>5:13.51</b>	+0,82	D	
	50m: 32.80	32.80	150m: 1:52.59	41.68	250m: 3:18.21	45.39	350m: 4:39.38	35.18
	100m: 1:10.91	38.11	200m: 2:32.82	40.23	300m: 4:04.20	45.99	400m: 5:13.51	34.13
6.	Kelly Wigleven	Poseidon'56	5:16.40	9500058	<b>5:20.02</b>	+0,85	E	
	50m: 33.41	33.41	150m: 1:54.61	41.96	250m: 3:21.36	46.02	350m: 4:44.57	36.65
	100m: 1:12.65	39.24	200m: 2:35.34	40.73	300m: 4:07.92	46.56	400m: 5:20.02	35.45
7.	Sietske Veldkamp	ZPC De Hof	5:17.85	9501628	<b>5:21.13</b>	+0,96	E	
	<i>50m en 100m*</i>							
	50m: 34.25	34.25	150m: 1:54.15	39.44	250m: 3:19.45	46.23	350m: 4:44.51	37.90
	100m: 1:14.71	40.46	200m: 2:33.22	39.07	300m: 4:06.61	47.16	400m: 5:21.13	36.62
8.	Manon Wiersma	Zwemvereniging Hoorn	5:22.33	9600112	<b>5:27.07</b>	+0,94	E	
	50m: 34.20	34.20	150m: 1:56.97	42.58	250m: 3:24.84	45.37	350m: 4:49.86	38.81
	100m: 1:14.39	40.19	200m: 2:39.47	42.50	300m: 4:11.05	46.21	400m: 5:27.07	37.21
9.	Michelle Hoogendoorn	ZPC De Hof	5:21.70	9503718	<b>5:29.73</b>	+0,96	E	
	50m: 35.90	35.90	150m: 1:58.90	39.36	250m: 3:26.37	48.06	350m: 4:53.61	37.02
	100m: 1:19.54	43.64	200m: 2:38.31	39.41	300m: 4:16.59	50.22	400m: 5:29.73	36.12
NG.ZA	Macy Oortwijn	DWK	5:07.76	9500722				
AFGEM	Renate Hemmes	RTC-Drachten	5:10.63	9600418				
AFGEM	Carien van der Schaaf	De Dinkel	5:17.17	9500168				
AFGEM	Rosa Veerman	E.ON-NZA	5:04.66	9600862				
AFGEM	Janne Hendrickx	EIFFEL Swimmers PSV	5:16.14	9606410				
NG	Jessie Smeding	Orca	5:21.04	9504528				

All-in

1.	Sharon van Rouwendaal	EIFFEL Swimmers PSV	4:43.00	9307422	<b>4:37.45</b>	+0,72	A+	
	<i>Nederlands Record 17 jaar</i>							
	50m: 29.71	29.71	150m: 1:37.00	33.30	250m: 2:51.31	40.91	350m: 4:05.74	32.97
	100m: 1:03.70	33.99	200m: 2:10.40	33.40	300m: 3:32.77	41.46	400m: 4:37.45	31.71
2.	Judith Stap	EIFFEL Swimmers PSV	4:53.06	9302702	<b>4:49.25</b>	+0,74	A	
	50m: 29.93	29.93	150m: 1:42.69	37.98	250m: 3:01.00	41.40	350m: 4:17.21	33.81
	100m: 1:04.71	34.78	200m: 2:19.60	36.91	300m: 3:43.40	42.40	400m: 4:49.25	32.04
3.	Lisa Dreesens	EIFFEL Swimmers PSV	4:57.74	9105798	<b>4:49.50</b>	+0,88	B	
	50m: 30.40	30.40	150m: 1:42.66	38.02	250m: 3:02.13	41.09	350m: 4:17.21	33.04
	100m: 1:04.64	34.24	200m: 2:21.04	38.38	300m: 3:44.17	42.04	400m: 4:49.50	32.29
4.	Joëlle Scheps	EIFFEL Swimmers PSV	4:51.77	9202364	<b>4:50.16</b>	+0,83	B	
	50m: 30.21	30.21	150m: 1:43.18	38.13	250m: 3:02.67	42.17	350m: 4:19.14	33.86
	100m: 1:05.05	34.84	200m: 2:20.50	37.32	300m: 3:45.28	42.61	400m: 4:50.16	31.02
5.	Esmée Bos	DWK	4:59.52	9600662	<b>4:50.94</b>	+0,87	A+	
	<i>Nederlands Record 14 jaar</i>							
	50m: 31.45	31.45	150m: 1:43.89	36.20	250m: 3:02.54	42.72	350m: 4:18.52	33.94
	100m: 1:07.69	36.24	200m: 2:19.82	35.93	300m: 3:44.58	42.04	400m: 4:50.94	32.42
6.	Marjolein Delno	De Rijn	5:04.23	9400024	<b>4:57.73</b>	+0,94	B	
	50m: 31.75	31.75	150m: 1:46.73	37.67	250m: 3:06.84	43.07	350m: 4:24.89	34.61
	100m: 1:09.06	37.31	200m: 2:23.77	37.04	300m: 3:50.28	43.44	400m: 4:57.73	32.84

Programmanr. 37, Dames, 400m wisselslag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.
7.	Wendan Poelstra 50m en 100m*	HZ&PC Heerenveen	5:02.10	9102496	5:03.44	+0,77 D
	50m: 31.48 31.48 100m: 1:07.95 36.47	150m: 1:46.16 38.21 200m: 2:23.80 37.64	250m: 3:09.01 45.21 300m: 3:53.49 44.48	350m: 4:28.84 35.35 400m: 5:03.44 34.60		
8.	Cynthia Verkaik	Orca	5:03.86	9601288	5:04.07	+0,74 B
	50m: 31.64 31.64 100m: 1:08.77 37.13	150m: 1:48.25 39.48 200m: 2:27.46 39.21	250m: 3:10.95 43.49 300m: 3:54.70 43.75	350m: 4:30.29 35.59 400m: 5:04.07 33.78		
9.	Judith van Meijel	HZPC	5:02.46	9102076	5:04.53	+0,81 D
	50m: 33.04 33.04 100m: 1:11.11 38.07	150m: 1:48.89 37.78 200m: 2:26.85 37.96	250m: 3:11.21 44.36 300m: 3:55.67 44.46	350m: 4:30.89 35.22 400m: 5:04.53 33.64		
10.	Inge Pepping	De Rijn	5:07.76	9402308	5:05.85	+0,93 D
	50m: 32.25 32.25 100m: 1:09.64 37.39	150m: 1:49.38 39.74 200m: 2:29.68 40.30	250m: 3:13.09 43.41 300m: 3:57.51 44.42	350m: 4:32.26 34.75 400m: 5:05.85 33.59		
11.	Rachelle Visser	AZ&PC	5:02.45	9500106	5:06.21	+0,86 C
	50m: 30.38 30.38 100m: 1:07.81 37.43	150m: 1:48.44 40.63 200m: 2:27.80 39.36	250m: 3:13.54 45.74 300m: 3:57.24 43.70	350m: 4:32.89 35.65 400m: 5:06.21 33.32		
12.	Anouque Berghuis	De Zijl/LGB	5:15.86	9606132	5:07.89	+0,79 C
	50m: 31.66 31.66 100m: 1:09.21 37.55	150m: 1:48.59 39.38 200m: 2:26.47 37.88	250m: 3:12.05 45.58 300m: 3:58.62 46.57	350m: 4:33.74 35.12 400m: 5:07.89 34.15		
13.	Iris van Zuilen	Olympia	5:10.47	9400216	5:08.76	+0,78 D
	50m: 32.05 32.05 100m: 1:09.54 37.49	150m: 1:49.35 39.81 200m: 2:28.96 39.61	250m: 3:13.85 44.89 300m: 3:58.48 44.63	350m: 4:33.95 35.47 400m: 5:08.76 34.81		
14.	Michelle Verouden	HZPC	5:10.01	9400150	5:12.84	+0,93 E
	50m: 33.19 33.19 100m: 1:12.62 39.43	150m: 1:52.82 40.20 200m: 2:32.22 39.40	250m: 3:16.49 44.27 300m: 4:01.54 45.05	350m: 4:37.81 36.27 400m: 5:12.84 35.03		
15.	Shireen Post	AZ&PC	5:10.91	9503286	5:13.51	+0,82 D
	50m: 32.80 32.80 100m: 1:10.91 38.11	150m: 1:52.59 41.68 200m: 2:32.82 40.23	250m: 3:18.21 45.39 300m: 4:04.20 45.99	350m: 4:39.38 35.18 400m: 5:13.51 34.13		
16.	Kelly Wigleven	Poseidon'56	5:16.40	9500058	5:20.02	+0,85 E
	50m: 33.41 33.41 100m: 1:12.65 39.24	150m: 1:54.61 41.96 200m: 2:35.34 40.73	250m: 3:21.36 46.02 300m: 4:07.92 46.56	350m: 4:44.57 36.65 400m: 5:20.02 35.45		
17.	Sietske Veldkamp 50m en 100m*	ZPC De Hof	5:17.85	9501628	5:21.13	+0,96 E
	50m: 34.25 34.25 100m: 1:14.71 40.46	150m: 1:54.15 39.44 200m: 2:33.22 39.07	250m: 3:19.45 46.23 300m: 4:06.61 47.16	350m: 4:44.51 37.90 400m: 5:21.13 36.62		
18.	Manon Wiersma	Zwemvereniging Hoorn	5:22.33	9600112	5:27.07	+0,94 E
	50m: 34.20 34.20 100m: 1:14.39 40.19	150m: 1:56.97 42.58 200m: 2:39.47 42.50	250m: 3:24.84 45.37 300m: 4:11.05 46.21	350m: 4:49.86 38.81 400m: 5:27.07 37.21		
19.	Michelle Hoogendoorn	ZPC De Hof	5:21.70	9503718	5:29.73	+0,96 E
	50m: 35.90 35.90 100m: 1:19.54 43.64	150m: 1:58.90 39.36 200m: 2:38.31 39.41	250m: 3:26.37 48.06 300m: 4:16.59 50.22	350m: 4:53.61 37.02 400m: 5:29.73 36.12		
DIS	Merle Verkijk SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.	WVZ	5:02.27	9400278	5:06.57	+0,78 D
	50m: 31.15 31.15 100m: 1:06.74 35.59	150m: 1:45.31 38.57 200m: 2:23.85 38.54	250m: 3:09.88 46.03 300m: 3:56.59 46.71	350m: 4:32.17 35.58 400m: 5:06.57 34.40		
NG.ZA	Macy Oortwijn	DWK	5:07.76	9500722		
NG.ZA	Lieke Verouden	AZ&PC	4:39.05	9003948		
AFGEM	Renate Hemmes	RTC-Drachten	5:10.63	9600418		
AFGEM	Carien van der Schaaf	De Dinkel	5:17.17	9500168		
AFGEM	Rosa Veerman	E.ON-NZA	5:04.66	9600862		
AFGEM	Janne Hendrickx	EIFFEL Swimmers PSV	5:16.14	9606410		
NG	Jessie Smeding	Orca	5:21.04	9504528		

Programmanr. 38  
05-12-2010

Heren, 50m vlinderslag

All-In  
Resultaten Finale

Wereld Record	21.80	Steffen Deibler	Berlijn (GER)	14-11-2009
Europees Record	21.80	Steffen Deibler	Berlijn (GER)	14-11-2009
Nederlands Record Senioren	22.74	Bastiaan Tamminga	Istanbul (TUR)	13-12-2009
Nederlands Record Jeugd	24.71	Pieter van den Hoogenband	Dordrecht	23-03-1996

rang	naam	vereniging	intijd		tijd	RT	niv.
Finale A							
1.	Joeri Verlinden	E.ON-NZA	24.23	8803549	<b>23.41</b>	+0,70	A+
2.	Tim van Deutekom	E.ON-NZA	23.98	9100459	<b>24.03</b>	+0,69	A
3.	Damien Bernard	AZ&PC	24.58	8705177	<b>24.17</b>	+0,67	B
4.	Floor Verhaar	DWK	24.30	9004603	<b>24.30</b>	+0,74	B
5.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	24.73	8400805	<b>24.71</b>	+0,75	C
6.	Jeroen Stuut	TriVia	25.05	8803315	<b>24.86</b>	+0,76	D
7.	Joost Groeneveld	DWK	25.22	9200409	<b>24.99</b>	+0,70	C
8.	Arjan van der Plaats	MNC Dordrecht	25.10	8602403	<b>25.19</b>	+0,75	D
Finale B							
9.	Fabian Beimin	OZ&PC	25.39	9100087	<b>25.31</b>	+0,68	D
10.	Bernd Kobesen	TriVia	25.33	9300981	<b>25.55</b>	+0,71	C
11.	Jens Bakker	E.ON-NZA	25.51	9300021	<b>25.63</b>	+0,71	C
12.	Bas Krafft	Aqua-Novio'94	26.15	9303195	<b>26.03</b>	+0,75	D
13.	Menno Manning	De Dinkel	25.45	9300333	<b>26.09</b>	+0,72	D
14.	Ramon Fredrik	Orca	26.24	9403933	<b>26.13</b>	+0,67	D
15.	Marciano Lynch	AZ&PC	25.98	9401893	<b>26.19</b>	+0,66	D
16.	Walter Jansen	Noordwijkerhout	26.15	9300225	<b>26.21</b>	+0,67	D
NG.ZA	Geert Lantink	AZ&PC	25.34	8601849			

Programmanr. 39  
05-12-2010

Dames, 50m vlinderslag

All-In  
Resultaten Finale

Wereld Record	24.38	Therese Alshammar	Singapore (SIN)	22-11-2009
Europees Record	24.38	Therese Alshammar	Singapore (SIN)	22-11-2009
Nederlands Record Senioren	25.00	Inge Dekker/Hinkelien Schreuder	Istanbul (TUR)	11-12-2009
Nederlands Record Jeugd	27.48	Ranomi Kromowidjojo	Palma de Mallorca (ESP)	07-07-2006

rang	naam	vereniging	intijd		tijd	RT	niv.
Finale A							
1.	Marleen Veldhuis	EIFFEL Swimmers PSV	26.60	7900894	<b>26.01</b>	+0,73	A+
2.	Lotte Goosen	DIO	27.49	9205306	<b>26.99</b>	+0,70	A
3.	Willemijn Knot	De Dolfijn	27.59	9002010	<b>27.10</b>	+0,70	A
4.	Lenneke van Schaik	EIFFEL Swimmers PSV	27.84	8603124	<b>27.42</b>	+0,79	B
5.	Parand Zarekiani	E.ON-NZA	27.93	9402150	<b>27.47</b>	+0,81	A+
6.	Elise Bouwens	E.ON-NZA	27.58	9103964	<b>27.65</b>	+0,83	C
7.	Anja van der Hout	De Dolfijn	27.88	9001598	<b>27.75</b>	+0,65	C
8.	Kira Toussaint	E.ON-NZA	27.85	9400990	<b>28.10</b>	+0,71	B
Finale B							
9.	Elinore de Jong	De Otters Het Gooi	28.08	8902072	<b>27.58</b>	+0,80	C
10.	Kelly de Jong	AZ&PC	27.93	9101474	<b>28.18</b>	+0,74	D
11.	Femke Remmits	One Team Swimming	28.67	9603692	<b>28.39</b>	+0,71	A
12.	Manon Minneboo	EIFFEL Swimmers PSV	29.10	9301548	<b>28.69</b>	+0,73	D
13.	Bente van Bergen	Zeester-Meerval	29.51	9600336	<b>29.13</b>	+0,60	C
14.	Marjolein Delno	De Rijn	29.24	9400024	<b>29.34</b>	+0,85	D
NG.ZA	Lianne Molkenboer	EZC	29.73	9602034			
NG	Macy Oortwijn	DWK	29.52	9500722			

Programmanr. 40  
05-12-2010

Heren, 1500m vrije slag

Jeugd/Senioren  
Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07-08-2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09-12-2006
Nederlands Record Senioren	14:40.11	Job Kienhuis	Berlijn (GER)	31-10-2010
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18-12-2005

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

<b>1. Niek Pereboom</b>		<b>WVZ</b>		<b>16:25.63</b>		<b>9305395</b>	<b>16:01.88</b>	<b>+0,82</b>	<b>C</b>		
50m:	28.04	28.04	450m:	4:40.52	31.60	850m:	8:58.72	32.30	1250m:	13:20.89	32.81
100m:	59.45	31.41	500m:	5:12.35	31.83	900m:	9:31.28	32.56	1300m:	13:53.78	32.89
150m:	1:30.97	31.52	550m:	5:44.30	31.95	950m:	10:04.17	32.89	1350m:	14:26.84	33.06
200m:	2:02.42	31.45	600m:	6:16.30	32.00	1000m:	10:36.70	32.53	1400m:	14:59.32	32.48
250m:	2:33.97	31.55	650m:	6:48.54	32.24	1050m:	11:09.41	32.71	1450m:	15:32.34	33.02
300m:	3:05.69	31.72	700m:	7:20.99	32.45	1100m:	11:42.02	32.61	1500m:	16:01.88	29.54
350m:	3:37.37	31.68	750m:	7:53.42	32.43	1150m:	12:14.94	32.92			
400m:	4:08.92	31.55	800m:	8:26.42	33.00	1200m:	12:48.08	33.14			
<b>2. Marcel Schouten</b>		<b>ZV Haarlem</b>		<b>16:40.13</b>		<b>9300653</b>	<b>16:10.16</b>	<b>+0,77</b>	<b>C</b>		
50m:	28.06	28.06	450m:	4:43.12	32.34	850m:	9:03.19	32.63	1250m:	13:26.42	32.83
100m:	58.96	30.90	500m:	5:15.25	32.13	900m:	9:36.05	32.86	1300m:	13:59.42	33.00
150m:	1:30.70	31.74	550m:	5:47.53	32.28	950m:	10:08.75	32.70	1350m:	14:32.39	32.97
200m:	2:02.40	31.70	600m:	6:19.75	32.22	1000m:	10:41.71	32.96	1400m:	15:05.25	32.86
250m:	2:34.44	32.04	650m:	6:52.52	32.77	1050m:	11:14.74	33.03	1450m:	15:38.13	32.88
300m:	3:06.51	32.07	700m:	7:25.08	32.56	1100m:	11:47.62	32.88	1500m:	16:10.16	32.03
350m:	3:38.55	32.04	750m:	7:57.81	32.73	1150m:	12:20.65	33.03			
400m:	4:10.78	32.23	800m:	8:30.56	32.75	1200m:	12:53.59	32.94			
<b>3. Jens Bakker</b>		<b>E.ON-NZA</b>		<b>16:38.72</b>		<b>9300021</b>	<b>16:16.87</b>	<b>+0,79</b>	<b>C</b>		
50m:	29.02	29.02	450m:	4:46.04	32.59	850m:	9:09.30	32.79	1250m:	13:32.82	32.78
100m:	1:00.21	31.19	500m:	5:18.93	32.89	900m:	9:42.06	32.76	1300m:	14:05.59	32.77
150m:	1:31.96	31.75	550m:	5:51.83	32.90	950m:	10:14.74	32.68	1350m:	14:38.48	32.89
200m:	2:04.02	32.06	600m:	6:24.35	32.52	1000m:	10:47.76	33.02	1400m:	15:11.68	33.20
250m:	2:36.15	32.13	650m:	6:57.29	32.94	1050m:	11:20.91	33.15	1450m:	15:44.86	33.18
300m:	3:08.31	32.16	700m:	7:30.74	33.45	1100m:	11:54.15	33.24	1500m:	16:16.87	32.01
350m:	3:40.78	32.47	750m:	8:03.85	33.11	1150m:	12:27.14	32.99			
400m:	4:13.45	32.67	800m:	8:36.51	32.66	1200m:	13:00.04	32.90			
<b>4. Lester Snackers</b>		<b>ZC Valkenburg</b>		<b>16:33.82</b>		<b>9400947</b>	<b>16:20.44</b>	<b>+0,80</b>	<b>C</b>		
50m:	27.86	27.86	450m:	4:45.75	32.34	850m:	9:08.34	32.99	1250m:	13:33.06	33.56
100m:	58.94	31.08	500m:	5:18.41	32.66	900m:	9:41.17	32.83	1300m:	14:06.63	33.57
150m:	1:31.04	32.10	550m:	5:51.18	32.77	950m:	10:14.05	32.88	1350m:	14:40.11	33.48
200m:	2:03.55	32.51	600m:	6:23.93	32.75	1000m:	10:47.14	33.09	1400m:	15:13.90	33.79
250m:	2:35.90	32.35	650m:	6:56.69	32.76	1050m:	11:19.88	32.74	1450m:	15:47.62	33.72
300m:	3:08.28	32.38	700m:	7:29.28	32.59	1100m:	11:52.92	33.04	1500m:	16:20.44	32.82
350m:	3:40.82	32.54	750m:	8:02.09	32.81	1150m:	12:26.10	33.18			
400m:	4:13.41	32.59	800m:	8:35.35	33.26	1200m:	12:59.50	33.40			
<b>5. Vincent Moolhuijsen</b>		<b>Oceanus</b>		<b>16:40.92</b>		<b>9401215</b>	<b>16:22.47</b>	<b>+0,80</b>	<b>C</b>		
50m:	28.70	28.70	450m:	4:47.10	32.72	850m:	9:10.56	32.87	1250m:	13:36.57	33.29
100m:	1:00.26	31.56	500m:	5:19.96	32.86	900m:	9:43.60	33.04	1300m:	14:09.92	33.35
150m:	1:32.41	32.15	550m:	5:52.82	32.86	950m:	10:16.72	33.12	1350m:	14:43.11	33.19
200m:	2:04.55	32.14	600m:	6:25.73	32.91	1000m:	10:49.99	33.27	1400m:	15:16.40	33.29
250m:	2:36.97	32.42	650m:	6:58.71	32.98	1050m:	11:23.22	33.23	1450m:	15:49.50	33.10
300m:	3:09.12	32.15	700m:	7:31.93	33.22	1100m:	11:56.57	33.35	1500m:	16:22.47	32.97
350m:	3:41.58	32.46	750m:	8:04.74	32.81	1150m:	12:29.81	33.24			
400m:	4:14.38	32.80	800m:	8:37.69	32.95	1200m:	13:03.28	33.47			
<b>6. Bart Dunweg</b>		<b>ZVVS</b>		<b>16:39.59</b>		<b>9301763</b>	<b>16:33.10</b>	<b>+0,75</b>	<b>D</b>		
50m:	29.22	29.22	450m:	4:54.15	33.83	850m:	9:24.69	32.35	1250m:	13:50.03	32.91
100m:	1:01.17	31.95	500m:	5:27.78	33.63	900m:	9:58.10	33.41	1300m:	14:22.80	32.77
150m:	1:34.49	33.32	550m:	6:01.53	33.75	950m:	10:31.23	33.13	1350m:	14:55.93	33.13
200m:	2:07.29	32.80	600m:	6:35.67	34.14	1000m:	11:04.72	33.49	1400m:	15:29.19	33.26
250m:	2:40.24	32.95	650m:	7:10.16	34.49	1050m:	11:38.42	33.70	1450m:	16:02.04	32.85
300m:	3:13.49	33.25	700m:	7:44.63	34.47	1100m:	12:11.27	32.85	1500m:	16:33.10	31.06
350m:	3:47.08	33.59	750m:	8:18.62	33.99	1150m:	12:44.04	32.77			
400m:	4:20.32	33.24	800m:	8:52.34	33.72	1200m:	13:17.12	33.08			
<b>7. Ensger Kotterink</b>		<b>Racing Club</b>		<b>16:49.61</b>		<b>9403391</b>	<b>16:37.08</b>	<b>+0,73</b>	<b>D</b>		
50m:	29.00	29.00	450m:	4:53.89	32.98	850m:	9:20.10	33.20	1250m:	13:49.68	33.58
100m:	1:01.06	32.06	500m:	5:27.28	33.39	900m:	9:53.92	33.82	1300m:	14:23.53	33.85
150m:	1:34.20	33.14	550m:	6:00.70	33.42	950m:	10:27.04	33.12	1350m:	14:57.46	33.93
200m:	2:07.68	33.48	600m:	6:33.66	32.96	1000m:	11:00.78	33.74	1400m:	15:31.57	34.11
250m:	2:40.98	33.30	650m:	7:06.80	33.14	1050m:	11:34.39	33.61	1450m:	16:04.83	33.26
300m:	3:14.31	33.33	700m:	7:39.99	33.19	1100m:	12:08.38	33.99	1500m:	16:37.08	32.25
350m:	3:47.40	33.09	750m:	8:13.37	33.38	1150m:	12:42.09	33.71			
400m:	4:20.91	33.51	800m:	8:46.90	33.53	1200m:	13:16.10	34.01			



Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam		vereniging		intijd		tijd	RT	niv.
8.	Ruben Klinkers		Hellas-Glana		16:40.20	9403511	16:51.72	+0,73	E
	50m:	29.06	29.06	450m:	4:52.80	33.65	850m:	9:25.79	34.27
	100m:	1:01.01	31.95	500m:	5:26.74	33.94	900m:	10:00.21	34.42
	150m:	1:33.74	32.73	550m:	6:00.46	33.72	950m:	10:34.75	34.54
	200m:	2:06.62	32.88	600m:	6:34.50	34.04	1000m:	11:08.78	34.03
	250m:	2:39.47	32.85	650m:	7:08.59	34.09	1050m:	11:42.93	34.15
	300m:	3:12.50	33.03	700m:	7:42.87	34.28	1100m:	12:17.05	34.12
	350m:	3:45.81	33.31	750m:	8:17.23	34.36	1150m:	12:51.36	34.31
	400m:	4:19.15	33.34	800m:	8:51.52	34.29	1200m:	13:25.97	34.61
9.	Jacco Doest		DWK		17:34.01	9400711	16:54.07	+0,92	E
	50m:	28.84	28.84	450m:	4:56.61	33.74	850m:	9:30.92	33.97
	100m:	1:01.85	33.01	500m:	5:30.74	34.13	900m:	10:04.84	33.92
	150m:	1:35.16	33.31	550m:	6:05.04	34.30	950m:	10:39.05	34.21
	200m:	2:08.96	33.80	600m:	6:39.04	34.00	1000m:	11:13.08	34.03
	250m:	2:42.69	33.73	650m:	7:13.14	34.10	1050m:	11:47.59	34.51
	300m:	3:15.84	33.15	700m:	7:47.75	34.61	1100m:	12:22.26	34.67
	350m:	3:49.34	33.50	750m:	8:22.60	34.85	1150m:	12:57.04	34.78
	400m:	4:22.87	33.53	800m:	8:56.95	34.35	1200m:	13:31.64	34.60
10.	Giovanni den Ouden		De Devel		16:57.98	9300877	16:54.68	+0,80	E
	50m:	29.05	29.05	450m:	4:57.33	33.47	850m:	9:30.42	33.59
	100m:	1:01.36	32.31	500m:	5:31.47	34.14	900m:	10:04.99	34.57
	150m:	1:34.60	33.24	550m:	6:05.62	34.15	950m:	10:39.75	34.76
	200m:	2:08.18	33.58	600m:	6:40.28	34.66	1000m:	11:14.58	34.83
	250m:	2:41.77	33.59	650m:	7:14.72	34.44	1050m:	11:48.67	34.09
	300m:	3:15.88	34.11	700m:	7:49.18	34.46	1100m:	12:23.62	34.95
	350m:	3:49.82	33.94	750m:	8:22.76	33.58	1150m:	12:58.12	34.50
	400m:	4:23.86	34.04	800m:	8:56.83	34.07	1200m:	13:32.69	34.57
11.	Willem Kees Roos		Orca		16:35.56	9402693	17:02.57	+0,86	E
	50m:	28.81	28.81	450m:	4:54.91	34.33	850m:	9:30.20	34.40
	100m:	1:00.32	31.51	500m:	5:29.47	34.56	900m:	10:05.04	34.84
	150m:	1:32.87	32.55	550m:	6:03.72	34.25	950m:	10:39.88	34.84
	200m:	2:06.08	33.21	600m:	6:37.97	34.25	1000m:	11:15.09	35.21
	250m:	2:39.85	33.77	650m:	7:13.04	35.07	1050m:	11:50.01	34.92
	300m:	3:13.25	33.40	700m:	7:46.92	33.88	1100m:	12:24.89	34.88
	350m:	3:46.77	33.52	750m:	8:21.25	34.33	1150m:	12:59.74	34.85
	400m:	4:20.58	33.81	800m:	8:55.80	34.55	1200m:	13:34.96	35.22
12.	Date v.d. Zaag		EIFFEL Swimmers PSV		16:35.95	9403919	17:06.95	+0,78	E
	50m:	30.04	30.04	450m:	4:55.06	33.50	850m:	9:30.37	35.21
	100m:	1:02.74	32.70	500m:	5:28.56	33.50	900m:	10:05.15	34.78
	150m:	1:35.54	32.80	550m:	6:02.61	34.05	950m:	10:40.66	35.51
	200m:	2:08.54	33.00	600m:	6:36.79	34.18	1000m:	11:15.87	35.21
	250m:	2:41.81	33.27	650m:	7:10.99	34.20	1050m:	11:51.52	35.65
	300m:	3:14.89	33.08	700m:	7:45.52	34.53	1100m:	12:26.69	35.17
	350m:	3:48.19	33.30	750m:	8:20.30	34.78	1150m:	13:01.99	35.30
	400m:	4:21.56	33.37	800m:	8:55.16	34.86	1200m:	13:37.44	35.45
13.	Pim Kienhuis		De Dinkel		17:13.80	9300263	17:07.86	+0,72	E
	50m:	28.75	28.75	450m:	4:58.03	33.83	850m:	9:31.82	34.77
	100m:	1:01.31	32.56	500m:	5:32.37	34.34	900m:	10:06.67	34.85
	150m:	1:34.78	33.47	550m:	6:06.52	34.15	950m:	10:42.03	35.36
	200m:	2:08.43	33.65	600m:	6:40.85	34.33	1000m:	11:17.79	35.76
	250m:	2:41.77	33.34	650m:	7:14.38	33.53	1050m:	11:51.23	33.44
	300m:	3:15.96	34.19	700m:	7:48.13	33.75	1100m:	12:25.40	34.17
	350m:	3:50.12	34.16	750m:	8:22.54	34.41	1150m:	13:00.67	35.27
	400m:	4:24.20	34.08	800m:	8:57.05	34.51	1200m:	13:36.03	35.36
14.	Sonny Corré		Luctor et Emergo		16:41.21	9303615	17:25.25	+0,86	
	50m:	28.80	28.80	450m:	4:53.41	34.44	850m:	9:35.28	35.91
	100m:	1:00.35	31.55	500m:	5:27.82	34.41	900m:	10:11.35	36.07
	150m:	1:32.53	32.18	550m:	6:02.58	34.76	950m:	10:47.93	36.58
	200m:	2:05.03	32.50	600m:	6:37.36	34.78	1000m:	11:24.31	36.38
	250m:	2:37.70	32.67	650m:	7:12.30	34.94	1050m:	12:00.72	36.41
	300m:	3:11.39	33.69	700m:	7:47.67	35.37	1100m:	12:36.47	35.75
	350m:	3:45.11	33.72	750m:	8:23.34	35.67	1150m:	13:14.17	37.70
	400m:	4:18.97	33.86	800m:	8:59.37	36.03	1200m:	13:50.43	36.26
15.	Huib van Houwelingen		AZ&PC		17:26.32	9406019	17:47.42	+0,69	
	50m:	28.11	28.11	450m:	5:06.32	36.06	850m:	9:57.22	36.68
	100m:	1:00.70	32.59	500m:	5:42.55	36.23	900m:	10:32.98	35.76
	150m:	1:34.45	33.75	550m:	6:18.21	35.66	950m:	11:09.57	36.59
	200m:	2:09.08	34.63	600m:	6:54.51	36.30	1000m:	11:45.74	36.17
	250m:	2:43.78	34.70	650m:	7:31.31	36.80	1050m:	12:21.95	36.21
	300m:	3:18.95	35.17	700m:	8:07.90	36.59	1100m:	12:57.71	35.76
	350m:	3:54.57	35.62	750m:	8:43.77	35.87	1150m:	13:34.00	36.29
	400m:	4:30.26	35.69	800m:	9:20.54	36.77	1200m:	14:10.74	36.74

Programmanr. 40, Heren, 1500m vrije slag

All-in

<b>1. Job Kienhuis</b>			<b>EIFFEL Swimmers PSV</b>		<b>14:40.11</b>	<b>8901631</b>	<b>14:49.49</b>	<b>+0,86</b>	<b>A+</b>		
50m:	26.94	26.94	450m:	4:24.43	29.97	850m:	8:22.93	29.77	1250m:	12:20.56	29.67
100m:	55.89	28.95	500m:	4:54.46	30.03	900m:	8:52.69	29.76	1300m:	12:50.43	29.87
150m:	1:25.29	29.40	550m:	5:24.34	29.88	950m:	9:22.47	29.78	1350m:	13:20.30	29.87
200m:	1:54.96	29.67	600m:	5:54.03	29.69	1000m:	9:52.15	29.68	1400m:	13:50.33	30.03
250m:	2:24.58	29.62	650m:	6:23.83	29.80	1050m:	10:21.83	29.68	1450m:	14:20.17	29.84
300m:	2:54.58	30.00	700m:	6:53.49	29.66	1100m:	10:51.52	29.69	1500m:	14:49.49	29.32
350m:	3:24.43	29.85	750m:	7:23.35	29.86	1150m:	11:21.09	29.57			
400m:	3:54.46	30.03	800m:	7:53.16	29.81	1200m:	11:50.89	29.80			
<b>2. Arjen van der Meulen</b>			<b>EIFFEL Swimmers PSV</b>		<b>15:14.74</b>	<b>8702223</b>	<b>15:06.96</b>	<b>+0,82</b>	<b>A+</b>		
50m:	27.44	27.44	450m:	4:24.92	30.17	850m:	8:29.10	30.22	1250m:	12:36.31	31.13
100m:	56.70	29.26	500m:	4:55.01	30.09	900m:	9:00.01	30.91	1300m:	13:07.16	30.85
150m:	1:26.45	29.75	550m:	5:25.48	30.47	950m:	9:30.70	30.69	1350m:	13:38.54	31.38
200m:	1:56.22	29.77	600m:	5:55.95	30.47	1000m:	10:01.54	30.84	1400m:	14:09.25	30.71
250m:	2:25.63	29.41	650m:	6:26.79	30.84	1050m:	10:32.36	30.82	1450m:	14:39.62	30.37
300m:	2:54.83	29.20	700m:	6:57.38	30.59	1100m:	11:03.36	31.00	1500m:	15:06.96	27.34
350m:	3:24.56	29.73	750m:	7:27.79	30.41	1150m:	11:34.09	30.73			
400m:	3:54.75	30.19	800m:	7:58.88	31.09	1200m:	12:05.18	31.09			
<b>3. Ferry Weertman</b>			<b>EIFFEL Swimmers PSV</b>		<b>15:45.18</b>	<b>9201461</b>	<b>15:37.51</b>	<b>+0,88</b>	<b>B</b>		
50m:	27.63	27.63	450m:	4:32.53	30.83	850m:	8:45.10	32.02	1250m:	13:00.98	31.96
100m:	57.77	30.14	500m:	5:03.71	31.18	900m:	9:17.15	32.05	1300m:	13:32.92	31.94
150m:	1:28.53	30.76	550m:	5:35.10	31.39	950m:	9:49.29	32.14	1350m:	14:04.64	31.72
200m:	1:59.44	30.91	600m:	6:06.33	31.23	1000m:	10:21.26	31.97	1400m:	14:36.52	31.88
250m:	2:29.63	30.19	650m:	6:37.83	31.50	1050m:	10:53.26	32.00	1450m:	15:07.92	31.40
300m:	3:00.24	30.61	700m:	7:09.33	31.50	1100m:	11:25.53	32.27	1500m:	15:37.51	29.59
350m:	3:30.85	30.61	750m:	7:41.21	31.88	1150m:	11:57.40	31.87			
400m:	4:01.70	30.85	800m:	8:13.08	31.87	1200m:	12:29.02	31.62			
<b>4. Davy Verreussel</b>			<b>Hellas-Glana</b>		<b>15:48.35</b>	<b>8903341</b>	<b>15:38.79</b>	<b>+0,84</b>	<b>C</b>		
50m:	27.02	27.02	450m:	4:37.26	31.77	850m:	8:50.32	31.79	1250m:	13:03.28	31.65
100m:	57.60	30.58	500m:	5:08.86	31.60	900m:	9:22.06	31.74	1300m:	13:34.90	31.62
150m:	1:28.81	31.21	550m:	5:40.32	31.46	950m:	9:52.72	30.66	1350m:	14:06.31	31.41
200m:	2:00.17	31.36	600m:	6:11.97	31.65	1000m:	10:24.75	32.03	1400m:	14:38.08	31.77
250m:	2:31.49	31.32	650m:	6:43.49	31.52	1050m:	10:56.66	31.91	1450m:	15:08.98	30.90
300m:	3:02.93	31.44	700m:	7:15.16	31.67	1100m:	11:28.39	31.73	1500m:	15:38.79	29.81
350m:	3:34.16	31.23	750m:	7:46.79	31.63	1150m:	12:00.12	31.73			
400m:	4:05.49	31.33	800m:	8:18.53	31.74	1200m:	12:31.63	31.51			
<b>5. Mark Moussa</b>			<b>AZ&amp;PC</b>		<b>15:44.93</b>	<b>9002059</b>	<b>15:49.14</b>	<b>+0,91</b>	<b>C</b>		
50m:	27.63	27.63	450m:	4:37.06	31.62	850m:	8:50.75	31.96	1250m:	13:08.49	32.39
100m:	57.92	30.29	500m:	5:08.56	31.50	900m:	9:22.85	32.10	1300m:	13:40.88	32.39
150m:	1:28.96	31.04	550m:	5:40.27	31.71	950m:	9:54.69	31.84	1350m:	14:13.25	32.37
200m:	2:00.21	31.25	600m:	6:11.92	31.65	1000m:	10:26.99	32.30	1400m:	14:45.55	32.30
250m:	2:31.44	31.23	650m:	6:43.60	31.68	1050m:	10:59.29	32.30	1450m:	15:17.96	32.41
300m:	3:02.69	31.25	700m:	7:15.30	31.70	1100m:	11:31.38	32.09	1500m:	15:49.14	31.18
350m:	3:34.05	31.36	750m:	7:46.94	31.64	1150m:	12:03.74	32.36			
400m:	4:05.44	31.39	800m:	8:18.79	31.85	1200m:	12:36.10	32.36			
<b>6. Niek Pereboom</b>			<b>WVZ</b>		<b>16:25.63</b>	<b>9305395</b>	<b>16:01.88</b>	<b>+0,82</b>	<b>C</b>		
50m:	28.04	28.04	450m:	4:40.52	31.60	850m:	8:58.72	32.30	1250m:	13:20.89	32.81
100m:	59.45	31.41	500m:	5:12.35	31.83	900m:	9:31.28	32.56	1300m:	13:53.78	32.89
150m:	1:30.97	31.52	550m:	5:44.30	31.95	950m:	10:04.17	32.89	1350m:	14:26.84	33.06
200m:	2:02.42	31.45	600m:	6:16.30	32.00	1000m:	10:36.70	32.53	1400m:	14:59.32	32.48
250m:	2:33.97	31.55	650m:	6:48.54	32.24	1050m:	11:09.41	32.71	1450m:	15:32.34	33.02
300m:	3:05.69	31.72	700m:	7:20.99	32.45	1100m:	11:42.02	32.61	1500m:	16:01.88	29.54
350m:	3:37.37	31.68	750m:	7:53.42	32.43	1150m:	12:14.94	32.92			
400m:	4:08.92	31.55	800m:	8:26.42	33.00	1200m:	12:48.08	33.14			
<b>7. Marcel Schouten</b>			<b>ZV Haerlem</b>		<b>16:40.13</b>	<b>9300653</b>	<b>16:10.16</b>	<b>+0,77</b>	<b>C</b>		
50m:	28.06	28.06	450m:	4:43.12	32.34	850m:	9:03.19	32.63	1250m:	13:26.42	32.83
100m:	58.96	30.90	500m:	5:15.25	32.13	900m:	9:36.05	32.86	1300m:	13:59.42	33.00
150m:	1:30.70	31.74	550m:	5:47.53	32.28	950m:	10:08.75	32.70	1350m:	14:32.39	32.97
200m:	2:02.40	31.70	600m:	6:19.75	32.22	1000m:	10:41.71	32.96	1400m:	15:05.25	32.86
250m:	2:34.44	32.04	650m:	6:52.52	32.77	1050m:	11:14.74	33.03	1450m:	15:38.13	32.88
300m:	3:06.51	32.07	700m:	7:25.08	32.56	1100m:	11:47.62	32.88	1500m:	16:10.16	32.03
350m:	3:38.55	32.04	750m:	7:57.81	32.73	1150m:	12:20.65	33.03			
400m:	4:10.78	32.23	800m:	8:30.56	32.75	1200m:	12:53.59	32.94			
<b>8. Jens Bakker</b>			<b>E.ON-NZA</b>		<b>16:38.72</b>	<b>9300021</b>	<b>16:16.87</b>	<b>+0,79</b>	<b>C</b>		
50m:	29.02	29.02	450m:	4:46.04	32.59	850m:	9:09.30	32.79	1250m:	13:32.82	32.78
100m:	1:00.21	31.19	500m:	5:18.93	32.89	900m:	9:42.06	32.76	1300m:	14:05.59	32.77
150m:	1:31.96	31.75	550m:	5:51.83	32.90	950m:	10:14.74	32.68	1350m:	14:38.48	32.89
200m:	2:04.02	32.06	600m:	6:24.35	32.52	1000m:	10:47.76	33.02	1400m:	15:11.68	33.20
250m:	2:36.15	32.13	650m:	6:57.29	32.94	1050m:	11:20.91	33.15	1450m:	15:44.86	33.18
300m:	3:08.31	32.16	700m:	7:30.74	33.45	1100m:	11:54.15	33.24	1500m:	16:16.87	32.01
350m:	3:40.78	32.47	750m:	8:03.85	33.11	1150m:	12:27.14	32.99			
400m:	4:13.45	32.67	800m:	8:36.51	32.66	1200m:	13:00.04	32.90			

Programmanr. 40, Heren, 1500m vrije slag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
9.	Lester Snackers	ZC Valkenburg	16:33.82	9400947	16:20.44	+0,80 C		
	50m: 27.86	27.86	450m: 4:45.75	32.34	850m: 9:08.34	32.99	1250m: 13:33.06	33.56
	100m: 58.94	31.08	500m: 5:18.41	32.66	900m: 9:41.17	32.83	1300m: 14:06.63	33.57
	150m: 1:31.04	32.10	550m: 5:51.18	32.77	950m: 10:14.05	32.88	1350m: 14:40.11	33.48
	200m: 2:03.55	32.51	600m: 6:23.93	32.75	1000m: 10:47.14	33.09	1400m: 15:13.90	33.79
	250m: 2:35.90	32.35	650m: 6:56.69	32.76	1050m: 11:19.88	32.74	1450m: 15:47.62	33.72
	300m: 3:08.28	32.38	700m: 7:29.28	32.59	1100m: 11:52.92	33.04	1500m: 16:20.44	32.82
	350m: 3:40.82	32.54	750m: 8:02.09	32.81	1150m: 12:26.10	33.18		
	400m: 4:13.41	32.59	800m: 8:35.35	33.26	1200m: 12:59.50	33.40		
10.	Vincent Moolhuijsen	Oceanus	16:40.92	9401215	16:22.47	+0,80 C		
	50m: 28.70	28.70	450m: 4:47.10	32.72	850m: 9:10.56	32.87	1250m: 13:36.57	33.29
	100m: 1:00.26	31.56	500m: 5:19.96	32.86	900m: 9:43.60	33.04	1300m: 14:09.92	33.35
	150m: 1:32.41	32.15	550m: 5:52.82	32.86	950m: 10:16.72	33.12	1350m: 14:43.11	33.19
	200m: 2:04.55	32.14	600m: 6:25.73	32.91	1000m: 10:49.99	33.27	1400m: 15:16.40	33.29
	250m: 2:36.97	32.42	650m: 6:58.71	32.98	1050m: 11:23.22	33.23	1450m: 15:49.50	33.10
	300m: 3:09.12	32.15	700m: 7:31.93	33.22	1100m: 11:56.57	33.35	1500m: 16:22.47	32.97
	350m: 3:41.58	32.46	750m: 8:04.74	32.81	1150m: 12:29.81	33.24		
	400m: 4:14.38	32.80	800m: 8:37.69	32.95	1200m: 13:03.28	33.47		
11.	Bart Dunweg	ZVVS	16:39.59	9301763	16:33.10	+0,75 D		
	50m: 29.22	29.22	450m: 4:54.15	33.83	850m: 9:24.69	32.35	1250m: 13:50.03	32.91
	100m: 1:01.17	31.95	500m: 5:27.78	33.63	900m: 9:58.10	33.41	1300m: 14:22.80	32.77
	150m: 1:34.49	33.32	550m: 6:01.53	33.75	950m: 10:31.23	33.13	1350m: 14:55.93	33.13
	200m: 2:07.29	32.80	600m: 6:35.67	34.14	1000m: 11:04.72	33.49	1400m: 15:29.19	33.26
	250m: 2:40.24	32.95	650m: 7:10.16	34.49	1050m: 11:38.42	33.70	1450m: 16:02.04	32.85
	300m: 3:13.49	33.25	700m: 7:44.63	34.47	1100m: 12:11.27	32.85	1500m: 16:33.10	31.06
	350m: 3:47.08	33.59	750m: 8:18.62	33.99	1150m: 12:44.04	32.77		
	400m: 4:20.32	33.24	800m: 8:52.34	33.72	1200m: 13:17.12	33.08		
12.	Ensgor Kotterink	Racing Club	16:49.61	9403391	16:37.08	+0,73 D		
	50m: 29.00	29.00	450m: 4:53.89	32.98	850m: 9:20.10	33.20	1250m: 13:49.68	33.58
	100m: 1:01.06	32.06	500m: 5:27.28	33.39	900m: 9:53.92	33.82	1300m: 14:23.53	33.85
	150m: 1:34.20	33.14	550m: 6:00.70	33.42	950m: 10:27.04	33.12	1350m: 14:57.46	33.93
	200m: 2:07.68	33.48	600m: 6:33.66	32.96	1000m: 11:00.78	33.74	1400m: 15:31.57	34.11
	250m: 2:40.98	33.30	650m: 7:06.80	33.14	1050m: 11:34.39	33.61	1450m: 16:04.83	33.26
	300m: 3:14.31	33.33	700m: 7:39.99	33.19	1100m: 12:08.38	33.99	1500m: 16:37.08	32.25
	350m: 3:47.40	33.09	750m: 8:13.37	33.38	1150m: 12:42.09	33.71		
	400m: 4:20.91	33.51	800m: 8:46.90	33.53	1200m: 13:16.10	34.01		
13.	Ruben Klinkers	Hellas-Glana	16:40.20	9403511	16:51.72	+0,73 E		
	50m: 29.06	29.06	450m: 4:52.80	33.65	850m: 9:25.79	34.27	1250m: 14:00.34	34.37
	100m: 1:01.01	31.95	500m: 5:26.74	33.94	900m: 10:00.21	34.42	1300m: 14:34.91	34.57
	150m: 1:33.74	32.73	550m: 6:00.46	33.72	950m: 10:34.75	34.54	1350m: 15:09.95	35.04
	200m: 2:06.62	32.88	600m: 6:34.50	34.04	1000m: 11:08.78	34.03	1400m: 15:44.60	34.65
	250m: 2:39.47	32.85	650m: 7:08.59	34.09	1050m: 11:42.93	34.15	1450m: 16:19.15	34.55
	300m: 3:12.50	33.03	700m: 7:42.87	34.28	1100m: 12:17.05	34.12	1500m: 16:51.72	32.57
	350m: 3:45.81	33.31	750m: 8:17.23	34.36	1150m: 12:51.36	34.31		
	400m: 4:19.15	33.34	800m: 8:51.52	34.29	1200m: 13:25.97	34.61		
14.	Jacco Doest	DWK	17:34.01	9400711	16:54.07	+0,92 E		
	50m: 28.84	28.84	450m: 4:56.61	33.74	850m: 9:30.92	33.97	1250m: 14:06.54	34.90
	100m: 1:01.85	33.01	500m: 5:30.74	34.13	900m: 10:04.84	33.92	1300m: 14:42.36	35.82
	150m: 1:35.16	33.31	550m: 6:05.04	34.30	950m: 10:39.05	34.21	1350m: 15:15.28	32.92
	200m: 2:08.96	33.80	600m: 6:39.04	34.00	1000m: 11:13.08	34.03	1400m: 15:49.21	33.93
	250m: 2:42.69	33.73	650m: 7:13.14	34.10	1050m: 11:47.59	34.51	1450m: 16:23.32	34.11
	300m: 3:15.84	33.15	700m: 7:47.75	34.61	1100m: 12:22.26	34.67	1500m: 16:54.07	30.75
	350m: 3:49.34	33.50	750m: 8:22.60	34.85	1150m: 12:57.04	34.78		
	400m: 4:22.87	33.53	800m: 8:56.95	34.35	1200m: 13:31.64	34.60		
15.	Giovanni den Ouden	De Devel	16:57.98	9300877	16:54.68	+0,80 E		
	50m: 29.05	29.05	450m: 4:57.33	33.47	850m: 9:30.42	33.59	1250m: 14:06.94	34.25
	100m: 1:01.36	32.31	500m: 5:31.47	34.14	900m: 10:04.99	34.57	1300m: 14:41.51	34.57
	150m: 1:34.60	33.24	550m: 6:05.62	34.15	950m: 10:39.75	34.76	1350m: 15:16.13	34.62
	200m: 2:08.18	33.58	600m: 6:40.28	34.66	1000m: 11:14.58	34.83	1400m: 15:50.42	34.29
	250m: 2:41.77	33.59	650m: 7:14.72	34.44	1050m: 11:48.67	34.09	1450m: 16:23.60	33.18
	300m: 3:15.88	34.11	700m: 7:49.18	34.46	1100m: 12:23.62	34.95	1500m: 16:54.68	31.08
	350m: 3:49.82	33.94	750m: 8:22.76	33.58	1150m: 12:58.12	34.50		
	400m: 4:23.86	34.04	800m: 8:56.83	34.07	1200m: 13:32.69	34.57		
16.	Willem Kees Roos	Orca	16:35.56	9402693	17:02.57	+0,86 E		
	50m: 28.81	28.81	450m: 4:54.91	34.33	850m: 9:30.20	34.40	1250m: 14:09.99	35.03
	100m: 1:00.32	31.51	500m: 5:29.47	34.56	900m: 10:05.04	34.84	1300m: 14:45.01	35.02
	150m: 1:32.87	32.55	550m: 6:03.72	34.25	950m: 10:39.88	34.84	1350m: 15:20.38	35.37
	200m: 2:06.08	33.21	600m: 6:37.97	34.25	1000m: 11:15.09	35.21	1400m: 15:55.27	34.89
	250m: 2:39.85	33.77	650m: 7:13.04	35.07	1050m: 11:50.01	34.92	1450m: 16:29.18	33.91
	300m: 3:13.25	33.40	700m: 7:46.92	33.88	1100m: 12:24.89	34.88	1500m: 17:02.57	33.39
	350m: 3:46.77	33.52	750m: 8:21.25	34.33	1150m: 12:59.74	34.85		
	400m: 4:20.58	33.81	800m: 8:55.80	34.55	1200m: 13:34.96	35.22		

Programmanr. 40, Heren, 1500m vrije slag, All-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
17.	Date v.d. Zaag	EIFFEL Swimmers PSV	16:35.95	9403919	17:06.95	+0,78 E		
	50m: 30.04	30.04	450m: 4:55.06	33.50	850m: 9:30.37	35.21	1250m: 14:12.92	35.48
	100m: 1:02.74	32.70	500m: 5:28.56	33.50	900m: 10:05.15	34.78	1300m: 14:48.14	35.22
	150m: 1:35.54	32.80	550m: 6:02.61	34.05	950m: 10:40.66	35.51	1350m: 15:23.50	35.36
	200m: 2:08.54	33.00	600m: 6:36.79	34.18	1000m: 11:15.87	35.21	1400m: 15:58.45	34.95
	250m: 2:41.81	33.27	650m: 7:10.99	34.20	1050m: 11:51.52	35.65	1450m: 16:33.19	34.74
	300m: 3:14.89	33.08	700m: 7:45.52	34.53	1100m: 12:26.69	35.17	1500m: 17:06.95	33.76
	350m: 3:48.19	33.30	750m: 8:20.30	34.78	1150m: 13:01.99	35.30		
	400m: 4:21.56	33.37	800m: 8:55.16	34.86	1200m: 13:37.44	35.45		
18.	Pim Kienhuis	De Dinkel	17:13.80	9300263	17:07.86	+0,72 E		
	50m: 28.75	28.75	450m: 4:58.03	33.83	850m: 9:31.82	34.77	1250m: 14:11.99	35.96
	100m: 1:01.31	32.56	500m: 5:32.37	34.34	900m: 10:06.67	34.85	1300m: 14:47.17	35.18
	150m: 1:34.78	33.47	550m: 6:06.52	34.15	950m: 10:42.03	35.36	1350m: 15:21.81	34.64
	200m: 2:08.43	33.65	600m: 6:40.85	34.33	1000m: 11:17.79	35.76	1400m: 15:57.60	35.79
	250m: 2:41.77	33.34	650m: 7:14.38	33.53	1050m: 11:51.23	33.44	1450m: 16:33.71	36.11
	300m: 3:15.96	34.19	700m: 7:48.13	33.75	1100m: 12:25.40	34.17	1500m: 17:07.86	34.15
	350m: 3:50.12	34.16	750m: 8:22.54	34.41	1150m: 13:00.67	35.27		
	400m: 4:24.20	34.08	800m: 8:57.05	34.51	1200m: 13:36.03	35.36		
19.	Sonny Corré	Luctor et Emergo	16:41.21	9303615	17:25.25	+0,86		
	50m: 28.80	28.80	450m: 4:53.41	34.44	850m: 9:35.28	35.91	1250m: 14:26.75	36.32
	100m: 1:00.35	31.55	500m: 5:27.82	34.41	900m: 10:11.35	36.07	1300m: 15:03.03	36.28
	150m: 1:32.53	32.18	550m: 6:02.58	34.76	950m: 10:47.93	36.58	1350m: 15:39.20	36.17
	200m: 2:05.03	32.50	600m: 6:37.36	34.78	1000m: 11:24.31	36.38	1400m: 16:15.59	36.39
	250m: 2:37.70	32.67	650m: 7:12.30	34.94	1050m: 12:00.72	36.41	1450m: 16:50.87	35.28
	300m: 3:11.39	33.69	700m: 7:47.67	35.37	1100m: 12:36.47	35.75	1500m: 17:25.25	34.38
	350m: 3:45.11	33.72	750m: 8:23.34	35.67	1150m: 13:14.17	37.70		
	400m: 4:18.97	33.86	800m: 8:59.37	36.03	1200m: 13:50.43	36.26		
20.	Huib van Houwelingen	AZ&PC	17:26.32	9406019	17:47.42	+0,69		
	50m: 28.11	28.11	450m: 5:06.32	36.06	850m: 9:57.22	36.68	1250m: 14:47.12	36.38
	100m: 1:00.70	32.59	500m: 5:42.55	36.23	900m: 10:32.98	35.76	1300m: 15:23.92	36.80
	150m: 1:34.45	33.75	550m: 6:18.21	35.66	950m: 11:09.57	36.59	1350m: 16:00.69	36.77
	200m: 2:09.08	34.63	600m: 6:54.51	36.30	1000m: 11:45.74	36.17	1400m: 16:36.53	35.84
	250m: 2:43.78	34.70	650m: 7:31.31	36.80	1050m: 12:21.95	36.21	1450m: 17:12.45	35.92
	300m: 3:18.95	35.17	700m: 8:07.90	36.59	1100m: 12:57.71	35.76	1500m: 17:47.42	34.97
	350m: 3:54.57	35.62	750m: 8:43.77	35.87	1150m: 13:34.00	36.29		
	400m: 4:30.26	35.69	800m: 9:20.54	36.77	1200m: 14:10.74	36.74		

Programmanr. 41  
05-12-2010

Heren, 4 x 100m wisselslag

Senioren Open  
Resultaten

Wereld Record	3:19.16	RUS		RUS	St. Petersburg (RUS)	20-12-2009
Europees Record	3:19.16	RUS		RUS	St. Petersburg (RUS)	20-12-2009
Nederlands Record Senioren Ver.	3:32.67	De Dolfijn		07-009	Amsterdam	05-12-2010
Nederlands Record Jeugd Ver.	3:52.46	Eiffel Swimmers PSV			Amsterdam	21-12-2008

rang	vereniging	intijd	tijd	RT	niv.
1.	<b>De Dolfijn 1</b> <i>Ned. Record Senioren Verenigen</i>	<b>3:29.25</b>	<b>3:32.67</b>		
	Bas van Velthoven	27.18	55.50	Joeri Verlinden	+0,39 23.66 51.04
	Lennart Stekelenburg	+0,14 27.14	58.60	Joost Reijns	+0,08 22.33 47.53
2.	<b>EIFFEL Swimmers PSV 1</b>	<b>3:37.97</b>	<b>3:33.39</b>		
	Bastiaan Lijesen	25.50	52.61	Jurjen Willemsen	+0,44 24.14 52.48
	Bram Dekker	+0,15 28.21	1:00.57	Pieter Timmers	+0,34 22.88 47.73
3.	<b>AZ&amp;PC 1</b>	<b>3:36.58</b>	<b>3:36.34</b>		
	Mike Marissen	27.39	55.89	Damien Bernard	+0,05 24.38 53.21
	Robin van Aggele	+0,14 26.70	58.58	Joran Barends	+0,22 22.95 48.66
4.	<b>DWK 1</b>	<b>3:46.87</b>	<b>3:45.60</b>		
	Jos de Graaf	27.95	57.47	Tim van Deutekom	+0,14 24.27 55.41
	Rutger Sloof	+0,36 29.42	1:03.31	Floor Verhaar	+0,28 23.40 49.41
5.	<b>De Dolfijn 3</b>	<b>3:52.07</b>	<b>3:48.43</b>		
	Henk van Nijenhuis	28.10	57.56	Stanley Vleerlaag	+0,27 26.23 56.82
	Simas Jarasunas	+0,17 29.00	1:02.84	Mark Costeris	+0,38 24.28 51.21
6.	<b>AZ&amp;PC 2</b>	<b>3:52.59</b>	<b>3:49.79</b>		
	Aziz Nosairi	28.47	59.12	Chris Bernard	+0,52 26.09 58.07
	Pieter Jan de Vries	+0,51 29.21	1:02.83	Geert Lantink	+0,45 24.07 49.77
7.	<b>MNC Dordrecht 1</b>	<b>3:55.15</b>	<b>3:52.61</b>		
	Mark Baars	29.29	59.92	Jeroen Baars	+0,45 26.52 57.75
	Niels van der Hoek	+0,35 30.18	1:05.32	Arjan van der Plaats	+0,46 23.87 49.62
8.	<b>De Dolfijn 2</b>	<b>3:48.02</b>	<b>3:54.44</b>		
	Ruben Dekker	28.51	58.22	Jens Bakker	+0,32 25.67 54.64
	Marijn van Zundert	+0,51 30.31	1:06.36	Jan Batstra	+0,34 25.64 55.22
9.	<b>Orca 1</b>	<b>3:57.80</b>	<b>3:54.48</b>		
	Willem Kees Roos	30.10	1:00.98	Ramon Fredrik	+0,25 26.68 57.50
	Vincent van Iperen	+0,09 29.42	1:04.06	Michiel Punter	+0,42 24.12 51.94
10.	<b>DWK 2</b>	<b>3:52.98</b>	<b>3:54.85</b>		
	Merijn Ellenkamp	28.00	57.36	Joost Groeneveld	+0,46 25.71 55.93
	Jacko van der Meer	+0,64 31.96	1:08.70	Robin Bos	+0,39 24.99 52.86
11.	<b>WZ&amp;PC Purmerend 1</b>	<b>3:57.85</b>	<b>3:58.20</b>		
	Jeffrey Appel	28.93	59.41	Kevin Lebis	+0,40 26.28 58.27
	Bas Tietze	+0,12 30.61	1:05.97	Sverre Oelen	+0,17 25.63 54.55
12.	<b>De Dinkel 1</b>	<b>3:54.83</b>	<b>3:59.25</b>		
	Rense Loohuis	28.77	59.34	Menno Manning	+0,42 27.09 59.67
	Sjoerd Zanderink	+0,22 30.90	1:06.14	Jeroen Gijsselaar	+0,39 25.94 54.10
13.	<b>Hellas-Glana 1</b>	<b>3:58.80</b>	<b>3:59.28</b>		
	Alan Smeets	29.13	1:00.11	Stan Tummers	+0,11 27.27 59.23
	Davy Verreussel	+0,25 30.72	1:05.46	Ruben Klinkers	+0,16 26.14 54.48
14.	<b>WVZ 1</b>	<b>3:57.87</b>	<b>3:59.54</b>		
	Philippe Rivard	29.24	1:01.11	Arjan Assink	+0,17 26.24 58.27
	Raymond van de Merwe	+0,44 31.60	1:07.17	Wouter Smeets	+0,14 25.13 52.99
15.	<b>Nuenen 1</b>	<b>3:58.42</b>	<b>3:59.86</b>		
	Sven Kardol	30.03	1:00.41	Maurice Soudant	+0,38 27.08 58.38
	Ruud van Heerbeek	+0,39 31.09	1:06.15	Wouter Sijmons	+0,30 26.17 54.92
16.	<b>De Columbiaan 1</b>	<b>3:53.15</b>	<b>4:08.54</b>		
	Jonathan Cassuto	29.84	1:01.65	Eduard Bremmer	+0,25 26.87 59.21
	Donald Hillebregt	+0,32 32.57	1:10.58	Arno Kamminga	+0,32 27.13 57.10
DIS	<b>AZ&amp;PC 3</b>	<b>3:59.73</b>	<b>4:09.08</b>		
	<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdste gedeelte v.d. 2e armslag de handen naar b</i>				
	Marciano Lynch	30.44	1:02.29	Nick Hessing	+0,19 28.24 1:03.38
	Jelle Derksen	+0,34 30.83	1:07.81	Jeroen van den Bos	+0,11 26.00 55.60



Programmanr. 42  
05-12-2010

Dames, 4 x 200m vrije slag

Senioren Open  
Resultaten

Wereld Record	7:38.90	NED	NED	Manchester (GBR)	09-04-2008
Europees Record	7:38.90	NED	NED	Manchester (GBR)	09-04-2008
Nederlands Record Senioren Ver.	7:58.93	Eiffel Swimmers PSV		Amsterdam	21-12-2008
Nederlands Record Jeugd Ver.	8:18.07	De Dinkel		Dordrecht	10-03-1991

rang	vereniging	intijd	tijd	RT	niv.
1.	EIFFEL Swimmers PSV 1	<b>8:09.85</b>	<b>8:03.83</b>	<b>+0,71</b>	
	Maud van de Meer	92 +0,71	28.00 58.26 1:29.46 2:01.34	2:01.34	
	Marieke Nijhuis	92 +0,50	28.64 59.68 1:31.08 2:01.81	2:01.81	
	Clarissa van Rheenen	91 +0,30	27.95 58.79 1:30.61 2:02.34	2:02.34	
	Wendy vd Zanden	88 +0,21	27.08 57.25 1:27.75 1:58.34	1:58.34	
2.	AZ&PC 1	<b>8:10.49</b>	<b>8:05.87</b>	<b>+0,85</b>	
	Lotte Wilms	84 +0,85	28.84 1:00.52 1:32.30 2:03.67	2:03.67	
	Lieke Verouden	90 +0,47	28.23 59.07 1:30.31 2:00.73	2:00.73	
	Rieneke Terink	84 +0,28	26.57 56.37 1:26.57 1:56.32	1:56.32	
	Ilse van Hoor	90 +0,37	28.42 59.52 1:31.83 2:05.15	2:05.15	
3.	De Dolfijn 1	<b>8:11.40</b>	<b>8:11.57</b>	<b>+0,80</b>	
	Lona Kroese	87 +0,80	27.76 57.74 1:28.40 2:00.27	2:00.27	
	Anja van der Hout	90 +0,33	29.04 1:01.06 1:33.12 2:05.18	2:05.18	
	Kira Toussaint	94 +0,53	28.09 59.41 1:31.83 2:04.63	2:04.63	
	Willemijn Knot	90 +0,27	27.61 58.54 1:30.13 2:01.49	2:01.49	
4.	De Dolfijn 2	<b>8:14.87</b>	<b>8:28.12</b>	<b>+0,77</b>	
	Esmee Vermeulen	96 +0,77	28.70 59.76 1:30.31 2:01.02	2:01.02	
	Anouk Elzerman	90 +0,52	29.10 1:01.76 1:35.39 2:09.39	2:09.39	
	Lia Dekker	87 +0,17	28.57 1:00.46 1:34.49 2:09.08	2:09.08	
	Silke Oude Weemink	90 +0,40	28.73 1:01.58 1:35.22 2:08.63	2:08.63	
5.	Orca 1	<b>8:36.75</b>	<b>8:34.57</b>	<b>+0,78</b>	
	Cynthia Verkaik	96 +0,78	29.48 1:02.43 1:36.07 2:09.39	2:09.39	
	Annemarie Worst	95 +0,42	29.44 1:02.05 1:36.25 2:10.24	2:10.24	
	Evelien van Ruiten	96 +0,36	30.00 1:03.39 1:37.27 2:10.57	2:10.57	
	Femke Leenstra	95 +0,23	28.06 59.88 1:32.24 2:04.37	2:04.37	
6.	AZ&PC 2	<b>8:37.91</b>	<b>8:42.59</b>	<b>+0,82</b>	
	Iris Pijtak	93 +0,82	29.91 1:02.73 1:35.92 2:09.11	2:09.11	
	Kelly de Jong	91 +0,26	28.37 1:00.89 1:34.58 2:08.32	2:08.32	
	Claire de Winter	94 +0,21	29.53 1:03.68 1:38.87 2:14.34	2:14.34	
	Loes Zanderink	88 +0,27	29.08 1:02.21 1:36.37 2:10.82	2:10.82	
7.	AZ&PC 3	<b>8:49.99</b>	<b>8:45.67</b>	<b>+0,86</b>	
	Shireen Post	95 +0,86	30.15 1:02.98 1:36.67 2:10.44	2:10.44	
	Milou Schraverus	95 +0,12	29.62 1:02.58 1:36.62 2:11.36	2:11.36	
	Rachelle Visser	95 +0,36	29.69 1:03.25 1:38.00 2:12.58	2:12.58	
	Lynn Dybiona	95 +0,28	30.43 1:04.06 1:38.50 2:11.29	2:11.29	
8.	WVZ 1	<b>8:42.75</b>	<b>8:47.00</b>	<b>+0,83</b>	
	Géke Heinsbroek	93 +0,83	29.66 1:02.45 1:36.17 2:09.72	2:09.72	
	Carina Klees	96 +0,62	29.75 1:03.22 1:37.64 2:11.66	2:11.66	
	Elisabeth Rivard	96 +0,30	30.47 1:04.78 1:40.05 2:15.55	2:15.55	
	Merle Verkijk	94 +0,61	29.87 1:02.33 1:36.04 2:10.07	2:10.07	
9.	De Dinkel 1	<b>8:42.79</b>	<b>8:59.27</b>	<b>+0,82</b>	
	Noortje Timmerman	95 +0,82	30.60 1:05.11 1:41.21 2:17.11	2:17.11	
	Kimberly Ribberink	95 +0,11	29.44 1:04.09 1:39.60 2:13.74	2:13.74	
	Lonne Dijkhuis	94 +0,71	31.47 1:06.01 1:41.93 2:17.21	2:17.21	
	Loes Westerhof	95 +0,60	28.45 1:01.56 1:36.04 2:11.21	2:11.21	
10.	DAW 1	<b>8:49.22</b>	<b>9:05.03</b>	<b>+0,75</b>	
	Melissa Zwaan	91 +0,75	29.82 1:03.57 1:37.80 2:12.38	2:12.38	
	Tess de Boer	96 +0,18	31.82 1:09.05 1:47.35 2:26.00	2:26.00	
	Sharona Mlcoch	94 +0,36	29.65 1:03.28 1:38.33 2:12.65	2:12.65	
	Brenda Zwarthoed	96 +0,31	29.17 1:03.28 1:39.34 2:14.00	2:14.00	