

rang	naam	vereniging	inschrijftijd	tijd	
Junioren 1					
1.	Jay de Vries	De Devel	27.46	200400669	27.75
2.	Julien Tanis	zc De Schotejil	28.11	200401045	28.08
3.	Olivier Krayenbuhl	The Hague Swimming (SG)	29.91	200403215	29.15
4.	Bart Pardon	WVZ	29.89	200400639	29.30
5.	Max van Schagen	De Columbiaan	29.45	200402591	29.47
6.	Timo Kock	De Devel	29.81	200400387	30.25
7.	Pepijn van Egmond	De Watervogels	30.69	200402309	30.44
8.	Nathan Janssen	MNC Dordrecht	30.99	200401565	30.56
9.	Thijm Kruit	De Columbiaan	29.97	200401339	30.97
10.	Wen-Ye Chen	The Hague Swimming (SG)	31.46	200402859	31.22
11.	Chris van der Hout	The Hague Swimming (SG)	31.77	200401355	31.53
12.	Timo Wouters	MNC Dordrecht	32.24	200401363	31.57
13.	Tim Haimé	The Hague Swimming (SG)	31.36	200403567	31.97
14.	Niels van der Mast	ZPCNumansdorp	34.16	200401917	32.22
15.	Tim van Borselaer	WVZ	33.03	200401261	32.30
16.	Casper van Nijnatten	RSW	33.92	200402559	32.31
17.	Arthur Bondartsov	Poseidon'56	32.29	200403231	32.45
18.	Sem Verberg	LinK	32.89	200402105	32.52
19.	Kun Woo Kim	The Hague Swimming (SG)	32.50	200401361	32.79
20.	Lars van den Heuvel	ZPB-H&L	32.46	200402623	32.89
21.	Daniel 't Mannetje	zc De Schotejil	32.53	200400183	33.27
22.	Guus Geelen	LZ 1886	33.43	200401183	33.41
23.	Thomas van Peenen	De Columbiaan	32.59	200400097	33.44
	Christian Kalle	zc De Schotejil	33.69	200400687	33.44
25.	Marijn Dekkers	Widex GZC Donk	33.70	200402275	34.70
26.	Nathan Vos	Van Vliet-Barracuda	34.03	200402335	39.28
AFGEM	Patrick van der Knaap	De Duck	32.51	200400007	
Junioren 2					
1.	Senna Mooldijk	De Kempvis	28.22	200301147	27.78
2.	Keanu Streefland	The Hague Swimming (SG)	28.59	200302445	27.91
3.	Zev Bulk	Widex GZC Donk	28.25	200304021	28.30
4.	Erik van Gemert	Poseidon'56	30.00	200300587	28.32
5.	Jelle Bon	ZV Westland	28.76	200301077	28.35
6.	Daan Hogerhuis	SG Albion d'ELFT	28.46	200300317	28.86
7.	Milan Hamel	The Hague Swimming (SG)	29.15	200302125	28.89
8.	Dylan Jansen	WVZ	28.86	200300817	29.02
9.	Milan van Aken	The Hague Swimming (SG)	28.62	200303307	29.03
10.	Xander Vis	zc De Schotejil	28.90	200300173	29.09
11.	Maximilian Lopes Cardozo	WZK	29.18	200300665	29.19
12.	Mark van Berkel	Van Vliet-Barracuda	30.06	200300039	29.26
13.	Kenan Cörüz	SG Albion d'ELFT	28.36	200300357	29.44
14.	Raphaël Booiman	Wiekslag	30.59	200300727	30.25
15.	Koen Pijnacker	BZ&PC	32.38	200301437	30.36
16.	Lorenzo Punt	De Devel	30.85	200302923	30.41
17.	Maxim Noordman	The Hague Swimming (SG)	31.21	200304067	30.58
18.	Julian Stok	De Devel	30.48	200300071	30.60
19.	Bas van der Linden	RSW	30.56	200303235	30.88
20.	Thimo van Beek	LZ 1886	30.87	200301347	31.03
21.	Laren Schavemaker	The Hague Swimming (SG)	31.77	200300607	31.07
22.	Mirza Kuraesin	WVZ	30.07	200302883	31.69
23.	Brandon Groeneveld	De Geul	31.74	200300595	31.74
24.	Hylke Bleeker	The Hague Swimming (SG)	32.44	200301771	31.84
25.	Alexander ten Haaft	Zoetermeer	30.79	200302309	32.00
26.	Hugo Katerbau	The Hague Swimming (SG)	32.98	200301051	32.72
27.	Igor Gubanov	De Vliet (SG)	32.15	200302207	33.02
28.	Jort Jongenelen	Zoetermeer	31.83	200303233	33.40
29.	Pepyn van Brakel	ZPCNumansdorp	33.37	200300877	33.41
30.	Mike van Huizen	ZPCNumansdorp	34.71	200300891	35.29
AFGEM	Stefano Dellantonio	De Columbiaan	31.20	200300303	
AFGEM	Jarno Klink	De Stelle	31.47	200302067	
AFGEM	Daniel Stok	De Devel	31.67	200300569	
AFGEM	Christiaan van Es	ZOB'66	31.27	200304141	
AFGEM	Mick van den Houten	De Duck	32.73	200302211	
AFGEM	David Jagerman	The Hague Swimming (SG)	29.12	200302127	

Programmanr. 1, Heren, 50m vrije slag

Junioren 3

1.	Adriaan Provó Kluit	WVZ	25.26	200204397	25.44
2.	Nikhom Westphal	SG SCOM/de Zeehond '73	26.15	200203329	25.67
3.	Scott Jansen	WVZ	27.43	200202455	26.28
4.	Stijn den Otter	De Devel	27.33	200200225	26.77
5.	Jarno Verbeek	Zoetermeer	27.64	200200931	26.85
6.	Viktor Koets	De Columbiaan	27.69	200201677	27.60
7.	Bas van Wieringen	De Columbiaan	27.48	200200119	27.79
8.	Dylano Termoshuizen	WVZ	28.01	200202169	27.89
9.	Cas Jansen	The Hague Swimming (SG)	29.10	200203263	28.19
10.	Niels Dijkshoorn	ZV Westland	28.72	200203079	28.24
11.	Johrick Wijma	KZV de Lansingh	27.98	200204435	28.29
12.	Wouter Verdoes	De Columbiaan	28.61	200200351	28.35
13.	Saviel Armand	SG WZ010/ACZ	30.19	200204461	28.38
14.	Lougo Gorré	ZV Vlaardingen-Schiedam	28.63	200201765	28.45
15.	Robin van Peenen	De Columbiaan	29.36	200201059	28.53
16.	Guus Hoogduin	LZ 1886	29.38	200201069	28.66
17.	Peter van Driel	ZPCNumansdorp	28.77	200200305	28.81
18.	Thomas van Wanrooij	Poseidon'56	29.54	200201473	29.63
19.	Lars Freriks	De Watervogels	29.31	200204667	29.80
20.	Victor Simons	The Hague Swimming (SG)	31.22	200203261	29.92
21.	Mark Bom	LZ 1886	29.73	200201471	30.14
22.	Luuk van Holstein	ZV Westland	29.81	200203841	30.17
23.	Bas van Nisius	The Hague Swimming (SG)	32.18	200202107	30.37
24.	Luc Brasz	The Hague Swimming (SG)	31.12	200200919	30.88
25.	Konstantinos Doulfis	The Hague Swimming (SG)	30.07	200204279	31.04
26.	Stan Olsthoorn	SG Albion d'ELFT	31.59	200204605	31.23
27.	Liam Schoon	ZV Westland	30.79	200201181	31.29
28.	Nasreddin Ouchene	RSW	31.57	200202997	31.38
29.	Ard Mommers	Van Vliet-Barracuda	31.30	200200263	32.31
AFGEM	Thomas Vermeij	Van Vliet-Barracuda	31.55	200203093	
AFGEM	Brayden Lauletta	WZK	31.98	200204731	
AFGEM	Mees Blankert	ZV Westland	30.72	200203743	
AFGEM	Mart de Koning	ZOB'66	28.92	200203253	
AFGEM	Christopher Morton	The Hague Swimming (SG)	31.51	200204385	

Junioren 4

1.	Ivo Stolk	SG SCOM/de Zeehond '73	26.62	200100615	25.63
2.	Gerard Willighagen	Poseidon'56	26.02	200103663	25.65
3.	Max Huige	SG SCOM/de Zeehond '73	25.90	200104355	25.91
4.	Dave van den Nieuwendijk	De Columbiaan	27.53	200100475	26.50
	Christiaan Smit	The Hague Swimming (SG)	26.60	200102463	26.50
6.	Jarno van Oyen	SG SCOM/de Zeehond '73	26.90	200100055	26.68
7.	Christian van Mierlo	SG Albion d'ELFT	26.65	200103155	26.77
8.	Sander Iuga	Poseidon'56	25.89	200101389	26.89
9.	Luuk Kieviet	zc De Schotejil	26.83	200100469	26.97
10.	Joris de Gier	Widex GZC Donk	26.90	200103817	27.16
11.	Gregory Abeldynof	Poseidon'56	27.10	200100827	27.80
12.	Youri ten Brink	The Hague Swimming (SG)	27.39	200104719	27.81
13.	Finn van Bommel	De Columbiaan	27.20	200103683	27.82
14.	Elliott Savelon	The Hague Swimming (SG)	29.13	200104693	28.23
15.	Boy Borreman	LinK	28.72	200102751	28.28
16.	Ignazio Nunzi	WVZ	27.65	200101803	28.30
17.	Dylan de Wit	AZC	28.44	200100509	28.40
18.	David Kras	De Devel	28.63	200103253	29.28
19.	Jeroen Reckman	ZPCNumansdorp	29.75	200100209	29.35
20.	Daryn Amanzhan	The Hague Swimming (SG)	28.89	200105225	29.42
21.	Ruben Bootsma	AZC	29.54	200104183	29.45
22.	Wouter Daamen	AZC	28.90	200101411	29.46
	<i>*eindtijd is backup tijd</i>				
23.	Boris Brujininckx	Van Vliet-Barracuda	29.58	200104109	29.78
24.	Devin Pourier	De Vliet (SG)	29.83	200103459	30.52
25.	Jeroen de Mooij	LZ 1886	30.74	200100723	30.92
AFGEM	Robin Waas	De Devel	28.42	200100135	
AFGEM	Robin Stok	De Devel	32.51	200100217	
AFGEM	Boaz Troost	ZOB'66	29.23	200100371	
AFGEM	Wesley Scheepbouwer	Wiekslag	27.00	200101959	
AFGEM	Querijn Hensen	The Hague Swimming (SG)	26.74	200102121	

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Jeugd 1 en 2

1.	Thijs van Wieringen	De Columbiaan	23.48	199900577	24.09
	Klaas Arkesteijn	WVZ	23.64	199901897	24.09
3.	Marc Botter	The Hague Swimming (SG)	26.11	200000329	24.53
4.	Marijn van Giesen	ZV Westland	24.54	199900633	25.01
5.	Jorian Tanis	zc De Schotejil	25.29	199900327	25.15
6.	Jari Voogt	De Duck	25.45	200004237	25.37
7.	Olivier Jans	The Hague Swimming (SG)	25.81	200001815	25.54
8.	Otto Pranger	SG SCOM/de Zeehond '73	25.78	200000007	25.61
9.	Mark de Jongh	De Devel	26.18	200001325	25.96
10.	Oliver Maddock	The Hague Swimming (SG)	26.60	200002281	25.97
11.	Aron Paasse	zc De Schotejil	26.75	200000099	26.07
12.	Stijn Lafontaine	The Hague Swimming (SG)	27.55	200005205	26.22
13.	Kilian Xavier de Kruyf Molina	The Hague Swimming (SG)	26.83	200002667	26.31
14.	Robin Lecomte	KZV de Lansingh	26.45	199900711	26.34
15.	Duncan van Haaren	Widex GZC Donk	26.38	200000681	26.38
16.	Sybe de Waard	De Devel	25.81	199900139	26.40
17.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	27.48	200000625	26.64
18.	Bart Spaans	SG WZ010/ACZ	26.75	199902559	26.65
19.	Doran Paap	The Hague Swimming (SG)	27.89	200000301	26.78
20.	Rolf Bavelaar	WVZ	27.39	200001747	26.89
21.	Joost de Roy van Zuydewijn	WVZ	26.84	200000255	26.97
22.	Rogier Dorsman	De Devel	27.17	199900211	27.03
23.	Luca Dellantonio	De Columbiaan	27.37	200002759	27.09
24.	Jacob Mackloet	zc De Schotejil	27.11	200001171	27.16
25.	Yanick Leunisse	ZPCNumansdorp	27.32	199904179	27.18
26.	Sander van Beek	LZ 1886	27.08	200002917	27.29
27.	Thomas Hesper	Van Vliet-Barracuda	27.05	200004181	27.49
28.	Jervis Boele	ZPCNumansdorp	27.93	200004141	27.57
29.	Ayrton Mooldijk	De Kempvis	27.05	199901449	27.59
30.	Aidan van Gool	De Geul	27.40	200001773	27.66
31.	Wesley Agterdenbos	MNC Dordrecht	27.63	200001327	27.73
32.	Nick Boekestijn	ZV Westland	28.00	199900291	27.74
33.	Floriaan Bulten	Poseidon'56	27.72	200002267	27.80
34.	Thomas Bordewijk	De Kempvis	27.67	200001047	27.86
35.	Thomas Boxman	The Hague Swimming (SG)	28.03	200005203	28.21
36.	Toby Katerbau	The Hague Swimming (SG)	28.23	200000231	28.36
AFGEM	Ryan van den Ouden	Poseidon'56	25.80	199900377	
AFGEM	Tristan Stam	ZOB'66	27.56	199903551	
AFGEM	Dylan Kalden	De Duck	27.44	200003283	
AFGEM	Kevin Tittel	De Geul	28.20	199902681	
AFGEM	Daan Wesdorp	De Geul	28.99	200003857	
AFGEM	Marijn in 't Veld	MNC Dordrecht	25.36	200002907	

Senioren 1 en ouder

1.	Floris Kotterink	SG Albion d'ELFT	22.85	199800199	22.94
2.	Ennger Kotterink	SG Albion d'ELFT	22.90	199403391	23.22
3.	Bjorn Scherbeijn	The Hague Swimming (SG)	23.19	199600349	23.61
4.	Sanjiv Gangaram Panday	WVZ	23.56	199705555	23.76
5.	Jonne Schaafsma	The Hague Swimming (SG)	24.06	199800745	23.96
6.	Romero Hennep	SG Albion d'ELFT	24.44	199304929	24.35
7.	Timo Dinkelberg	SG Albion d'ELFT	24.34	199300773	24.75
8.	Kevin Kingma	KZV de Lansingh	25.40	199700559	24.82
9.	Linquendo van der Klooster	ZPB-H&L	25.56	199801361	25.10
10.	Roderick van Doeselaar	The Hague Swimming (SG)	24.40	199200261	25.33
11.	Bas Verdoes	De Columbiaan	25.40	199801487	25.37
12.	Rutger Dalm	KZV de Lansingh	26.04	199005561	25.40
13.	Ivo van Dijk	The Hague Swimming (SG)	26.00	199702985	25.50
14.	Armand Heyder	ZV Westland	25.33	199603221	25.74
15.	Remco Oskam	Widex GZC Donk	25.58	199205583	25.79
	Dion de Mooij	LZ 1886	26.01	199701803	25.79
17.	Robin van Beek	LZ 1886	25.36	199704023	25.85
18.	Max Muller	De Geul	25.26	199800347	25.89
19.	Daan Egberts	AZC	25.85	199502433	25.90
20.	Jim Geestman	RSW	25.91	198300699	25.98
21.	Dave Jansen	SG Albion d'ELFT	25.29	199805299	26.03
22.	Ben Muller	De Geul	25.86	199801281	26.22
23.	Jordy van Oel	WVZ	26.36	199802003	26.48
	Paul van Grol	Widex GZC Donk	26.65	199602951	26.48
25.	Kevin Panoet	The Hague Swimming (SG)	26.75	199307253	26.78
26.	Tim van Duuren	Widex GZC Donk	26.93	199802255	27.38
27.	Max Reinders	RSW	27.27	199804517	27.51

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

rang	naam	vereniging	inschrijftijd	tijd
AFGEM	Ids de Klerk	Van Vliet-Barracuda	27.69	199803237
AFGEM	Rein Goedhart	WZK	25.86	199700621
AFGEM	Rainier Voll	De Devel	25.62	199800365
AFGEM	Daan Siebenheller	ZOB'66	26.67	199804955
AFGEM	Roderik Meijers	SG Albion d'ELFT	24.82	198602063
AFGEM	Ruben Stam	SG Albion d'ELFT	23.73	199800331
AFGEM	Jesper Oranje	De Duck	24.97	199200997
AFGEM	Jeroen Baars	MNC Dordrecht	22.21	199200031

Programmanr. 2
7-1-2017 - 9:55

Dames, 200m vlinderslag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
Junioren 1									
1.	Jelsie van Ruijven	WVZ	2:58.19	200500282	2:55.35	34.99	1:19.59	2:07.66	2:55.35
2.	Asha van Lobberegt	De Devel	3:05.65	200500088	3:04.89	37.41	1:23.03	2:12.53	3:04.89
DIS	Nurlaylah Kartosentiko	WVZ	3:06.07	200501256					
<i>AF - De aangegeven afstand niet uitgezwommen.</i>									
Junioren 2									
1.	Lize van Stigt	LinK	2:39.86	200401510	2:42.06	35.34	1:17.73	2:00.78	2:42.06
2.	Nora van der Steen	LinK	2:47.98	200403458	2:45.31	35.85	1:18.09	2:01.75	2:45.31
3.	Rinske Bouman	De Devel	2:45.23	200400578	2:46.76	36.04	1:19.15	2:04.06	2:46.76
4.	Isis Naaktgeboren	De Devel	3:06.71	200403914	2:59.79	38.15	1:26.50	2:14.27	2:59.79
5.	Cheyenne Elburg	KZV de Lansingh	3:05.44	200401170	3:11.34	39.37	1:29.88	2:20.96	3:11.34
AFGEM	Jet van Oudheusden	ZOB'66	3:15.18	200401012					
AFGEM	Lotte van der Maas	ZOB'66	3:19.35	200402376					
AFGEM	Fenna Herwig	Wiekslag	3:06.58	200400908					
AFGEM	Leonoor van Dijk	The Hague Swimming (SG)	3:11.29	200400832					
AFGEM	Mary Kate Farrell	The Hague Swimming (SG)	3:01.33	200402870					
Junioren 3									
1.	Britta Koehorst	KZV de Lansingh	2:44.81	200300246	2:35.07	31.92	1:09.77	1:50.51	2:35.07
2.	Kim de Jong	LinK	2:47.79	200301026	2:46.03	34.16	1:16.35	2:00.74	2:46.03
3.	Julia Notenboom	De Columbiaan	2:52.78	200302596	2:50.39	35.38	1:17.98	2:03.87	2:50.39
4.	Wendy ten Wolde	Wiekslag	3:02.33	200302658	3:00.23	36.74	1:23.03	2:11.95	3:00.23
5.	Joyce van 't Hof	De Devel	3:04.77	200302122	3:11.64	35.73	1:22.01	2:16.37	3:11.64
6.	Alyssa Kuivenhoven	WVZ	3:08.86	200302224	3:15.63	40.28	1:29.13	2:21.53	3:15.63
7.	Reese Lauletta	WZK	3:25.34	200305290	3:21.08	41.61	1:32.94	2:25.76	3:21.08
8.	Marije de Jager	LinK	3:26.67	200301394	3:21.97	38.77	1:29.21	2:27.08	3:21.97
Jeugd 1 en 2									
1.	Chefanja Nunes	WVZ	2:26.77	200104750	2:24.08	31.09	1:07.53	1:45.35	2:24.08
2.	Lotte Hosper	The Hague Swimming (SG)	2:27.15	200201414	2:29.88	31.24	1:08.27	1:47.83	2:29.88
3.	Tessa Giele	SG SCOM/de Zeehond '73	2:31.44	200203124	2:35.44	32.98	1:11.30	1:53.31	2:35.44
4.	Jana Plaisier	De Devel	2:34.61	200101266	2:41.97	34.85	1:16.09	1:58.87	2:41.97
5.	Anne van der Zwan	The Hague Swimming (SG)	2:43.18	200101134	2:52.46	35.83	1:17.93	2:03.84	2:52.46
6.	Susan van Grol	Widex GZC Donk	3:03.54	200201344	2:56.01	35.89	1:20.93	2:09.18	2:56.01
AFGEM	Esme Wijnmaalen	PCG	2:54.91	200100298					
AFGEM	Giorgia Colle	SG SCOM/de Zeehond '73	2:51.00	200201754					
Senioren 1 en ouder									
1.	Angelique van Vark	Z&PC De Gouwe	2:35.23	199701478	2:32.77	33.52	1:12.57	1:52.62	2:32.77
2.	Fenna de Groot	De Kempvis	2:32.02	199701796	2:33.61	32.15	1:09.54	1:50.31	2:33.61
3.	Roos van Esch	SG Albion d'ELFT	2:29.11	198200468	2:34.39	34.85	1:14.42	1:54.54	2:34.39
4.	Moniek Heemskerck	LZ 1886	2:30.62	199601964	2:40.69	35.30	1:16.14	1:57.85	2:40.69
5.	Ramona Linting	AZC	2:42.72	198301274	2:43.73	36.95	1:19.23	2:01.59	2:43.73
6.	Eef Hollander	The Hague Swimming (SG)	2:31.89	199602074	2:44.10	34.49	1:15.46	1:59.01	2:44.10
7.	Gaetane Demyttenaere	The Hague Swimming (SG)	2:43.61	199905018	2:47.22	36.41	1:18.85	2:02.83	2:47.22
8.	Zoë van Gool	De Geul	2:45.10	200000964	2:48.59	35.86	1:18.52	2:03.41	2:48.59
AFGEM	Wendy de Bruin	ZOB'66	2:43.15	199206320					

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
Junioren 1								
1. Julien Tanis	zc De Schotejil	2:59.32	200401045	2:52.10	38.92	1:22.85	2:08.04	2:52.10
2. Jason van den Berg	Poseidon'56	3:02.96	200400009	2:53.55	39.23	1:24.34	2:10.39	2:53.55
3. Bart Pardon	WVZ	3:05.64	200400639	3:04.38	40.14	1:27.76	2:16.22	3:04.38
4. Tim Haimé	The Hague Swimming (SG)	3:08.82	200403567	3:05.85	42.84	1:29.82	2:17.83	3:05.85
5. Timo Wouters	MNC Dordrecht	3:35.06	200401363	3:08.10	42.19	1:31.37	2:19.16	3:08.10
6. Max van Schagen	De Columbiaan	3:16.30	200402591	3:08.89	43.69	1:33.28	2:22.57	3:08.89
7. Pepijn van Egmond	De Watervogels	3:18.33	200402309	3:09.85	43.33	1:31.72	2:21.14	3:09.85
8. Thomas van Peenen	De Columbiaan	3:17.32	200400097	3:09.96	43.57	1:33.65	2:22.92	3:09.96
9. Milan Masselink	The Hague Swimming (SG)	3:13.27	200402165	3:11.06	45.46	1:34.32	2:24.55	3:11.06
10. Timo Kock	De Devel	3:16.22	200400387	3:11.65	42.40	1:32.47	2:22.95	3:11.65
11. Kun Woo Kim	The Hague Swimming (SG)	3:07.66	200401361	3:15.90	44.40	1:33.92	2:25.70	3:15.90
12. Olivier Krayenbuhl	The Hague Swimming (SG)	3:21.37	200403215	3:17.07	45.85	1:36.43	2:27.45	3:17.07
13. Alexandre Chahri	WZK	3:31.75	200402547	3:25.93	45.87	1:37.83	2:32.57	3:25.93
DIS Tim van Borselaar	WVZ	3:06.11	200401261					

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

Junioren 2

1. Wesley Zulver	ZV Vlaardingen-Schiedam	2:35.28	200301319	2:34.92	34.27	1:13.68	1:53.70	2:34.92
2. Milan Hamel	The Hague Swimming (SG)	2:45.32	200302125	2:43.94	37.42	1:19.33	2:02.00	2:43.94
3. Bjarne Buijs	The Hague Swimming (SG)	2:47.26	200301089	2:44.25	36.53	1:18.29	2:01.38	2:44.25
4. Xander Vis	zc De Schotejil	2:48.22	200300173	2:47.08	37.38	1:19.77	2:03.67	2:47.08
5. Keanu Streefland	The Hague Swimming (SG)	2:52.48	200302445	2:49.00	38.41	1:21.60	2:05.51	2:49.00
6. Perry Laarhoven	ZPCNumansdorp	2:55.77	200301321	2:54.49	38.23	1:23.15	2:08.96	2:54.49
7. Raphaël Booieman	Wiekslag	3:00.50	200300727	2:55.67	38.41	1:23.19	2:09.75	2:55.67
8. Dylan Jansen	WVZ	2:59.63	200300817	3:00.52	39.95	1:26.03	2:13.32	3:00.52
9. Jelle Bon	ZV Westland	3:08.56	200301077	3:02.87	41.44	1:28.04	2:15.46	3:02.87
10. Lorenzo Punt	De Devel	3:07.78	200302923	3:03.37	39.63	1:26.82	2:15.68	3:03.37
11. Daan Hogerhuis	SG Albion d'ELFT	3:06.66	200300317	3:03.78	41.87	1:29.40	2:17.36	3:03.78
12. Laren Schavemaker	The Hague Swimming (SG)	3:08.77	200300607	3:09.65	42.38	1:31.20	2:20.20	3:09.65
13. Hugo Katerbau	The Hague Swimming (SG)	3:13.18	200301051	3:12.87	42.76	1:32.24	2:22.58	3:12.87
14. Milan van Aken	The Hague Swimming (SG)	3:10.51	200303307	3:14.72	43.04	1:33.29	2:24.01	3:14.72
DIS Kenan Cörüz	SG Albion d'ELFT	3:02.94	200300357					

SL - Het keer- en/of eindpunt met één hand aangetikt.

AFGEM Daniel Stok	De Devel	3:12.24	200300569					
AFGEM David Jagerman	The Hague Swimming (SG)	3:12.82	200302127					

Junioren 3

1. Brandon van den Berg	Poseidon'56	2:42.03	200200669	2:38.34	35.61	1:16.11	1:57.31	2:38.34
2. Scott Jansen	WVZ	2:46.09	200202455	2:40.17	35.57	1:16.68	1:58.68	2:40.17
3. Guus Hoogduin	LZ 1886	2:42.63	200201069	2:42.43	36.69	1:18.05	2:00.07	2:42.43
4. Daan Sniijders	MNC Dordrecht	2:42.98	200202475	2:43.42	35.44	1:17.20	2:00.55	2:43.42
5. Robin van Peenen	De Columbiaan	2:49.46	200201059	2:49.83	37.43	1:21.68	2:06.67	2:49.83
6. Adriaan Provó Kluit	WVZ	2:42.99	200204397	2:51.48	37.48	1:20.11	2:05.30	2:51.48
7. Bas van Wieringen	De Columbiaan	2:52.25	200200119	2:52.74	39.67	1:24.70	2:09.48	2:52.74
8. Cas Jansen	The Hague Swimming (SG)	2:53.15	200203263	2:53.79	38.33	1:22.19	2:07.92	2:53.79
9. Stijn den Otter	De Devel	3:03.43	200200225	2:54.81	37.63	1:21.65	2:09.73	2:54.81
10. Björn de Heus	ZV Vlaardingen-Schiedam	2:57.39	200201077	2:55.17	39.59	1:24.22	2:10.42	2:55.17
11. Wouter Verdoes	De Columbiaan	2:57.37	200200351	2:55.33	38.20	1:22.45	2:09.21	2:55.33
12. Thomas van Wanrooij	Poseidon'56	3:10.12	200201473	3:00.60	40.83	1:26.29	2:13.51	3:00.60
13. Peter van Driel	ZPCNumansdorp	2:59.86	200200305	3:07.01	40.65	1:28.35	2:18.52	3:07.01
14. Victor Simons	The Hague Swimming (SG)	3:04.64	200203261	3:11.99	42.93	1:31.20	2:22.83	3:11.99
AFGEM Mart de Koning	ZOB'66	2:55.49	200203253					

Junioren 4

1. Quinn van den Heuvel	ZPCNumansdorp	2:27.36	200100297	2:23.57	31.83	1:09.37	1:46.63	2:23.57
2. D. van den Nieuwendijk	De Columbiaan	2:32.25	200100475	2:31.99	33.42	1:12.07	1:51.54	2:31.99
3. Max Huige	SG SCOM/de Zeehond '73	2:42.38	200104355	2:38.04	34.98	1:14.74	1:55.79	2:38.04
4. Christiaan Smit	The Hague Swimming (SG)	2:49.64	200102463	2:43.82	35.92	1:17.53	2:00.93	2:43.82
5. Michael Boekestijn	ZV Westland	2:47.01	200100767	2:47.05	38.45	1:22.01	2:05.02	2:47.05
6. David Kras	De Devel	2:55.77	200103253	2:51.85	38.41	1:22.23	2:06.41	2:51.85
7. Joris de Gier	Widex GZC Donk	2:54.38	200103817	2:51.93	37.06	1:20.95	2:05.83	2:51.93
8. Boy Borreman	LinK	3:04.02	200102751	2:57.87	40.94	1:26.34	2:12.25	2:57.87
AFGEM Robin Stok	De Devel	3:09.36	200100217					

Programmanr. 3, Jongens, 200m schoolslag, Junioren 4

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
AFGEM Boaz Troost	ZOB'66	2:51.43	200100371					

Jeugd 1 en 2

1. Duncan van Haaren	Widex GZC Donk	2:26.36	200000681	2:27.59	32.84	1:10.67	1:50.25	2:27.59
2. Olivier Jans	The Hague Swimming (SG)	2:26.57	200001815	2:28.74	33.99	1:11.85	1:50.58	2:28.74
3. J. de Roy van Zuydewijn	WVZ	2:27.45	200000255	2:29.01	33.31	1:11.73	1:50.86	2:29.01
4. Thomas Hesper	Van Vliet-Barracuda	2:32.14	200004181	2:32.32	34.20	1:12.32	1:52.19	2:32.32
5. Sybe de Waard	De Devel	2:34.25	199900139	2:34.66	35.00	1:14.26	1:53.75	2:34.66
6. David Kievit	zc De Schotejil	2:34.20	199900325	2:35.13	35.04	1:14.35	1:54.39	2:35.13
7. Rogier Dorsman	De Devel	2:37.07	199900211	2:40.93	36.93	1:17.66	1:59.08	2:40.93
<i>*eindtijd is backup tijd</i>								
8. Thijs van Wieringen	De Columbiaan	2:43.54	199900577	2:41.47	34.65	1:15.61	1:58.59	2:41.47
9. K. de Kruijff Molina	The Hague Swimming (SG)	2:49.27	200002667	2:43.45	37.10	1:19.24	2:01.24	2:43.45
10. Doran Paap	The Hague Swimming (SG)	2:39.84	200000301	2:44.56	36.12	1:17.95	2:01.54	2:44.56
DIS Stijn Lafontaine	The Hague Swimming (SG)	2:45.44	200005205					
<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>								
AFGEM Ryan van den Ouden	Poseidon'56	2:38.42	199900377					
AFGEM Tristan Stam	ZOB'66	2:42.70	199903551					

Senioren 1 en ouder

1. Floris Kotterink	SG Albion d'ELFT	2:34.00	199800199	2:24.14	31.64	1:09.74	1:47.38	2:24.14
2. Romero Hennep	SG Albion d'ELFT	2:31.22	199304929	2:27.66	32.59	1:10.40	1:49.82	2:27.66
3. Jonne Schaafsma	The Hague Swimming (SG)	2:28.52	199800745	2:28.09	32.71	1:10.64	1:49.16	2:28.09
4. Paul van Grol	Widex GZC Donk	2:34.12	199602951	2:29.10	34.14	1:12.15	1:51.01	2:29.10
5. Timo Dinkelberg	SG Albion d'ELFT	2:31.09	199300773	2:34.90	33.66	1:13.15	1:54.02	2:34.90
6. Bas Verdoes	De Columbiaan	2:33.84	199801487	2:36.74	34.07	1:13.25	1:54.48	2:36.74
7. Kevin Kingma	KZV de Lansingh	2:34.85	199700559	2:36.96	33.50	1:13.64	1:55.53	2:36.96
8. Tim van Duuren	Widex GZC Donk	2:38.79	199802255	2:37.13	35.20	1:15.40	1:56.24	2:37.13
AFGEM Rainier Voll	De Devel	2:33.54	199800365					
AFGEM Daan Siebenheller	ZOB'66	2:42.46	199804955					

Programmanr. 4
7-1-2017 - 11:00

Dames, 100m rugslag

Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m
Junioren 1						
1. Jelsie van Ruijven	WVZ	1:15.73	200500282	1:15.79	36.08	1:15.79
2. Evelyn Liket	ZV Vlaardingen-Schiedam	1:19.85	200503118	1:18.57	37.87	1:18.57
3. Milou Adriaanse	De Columbiaan	1:17.88	200500968	1:18.76	38.06	1:18.76
4. Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:21.57	200500330	1:18.77	38.93	1:18.77
5. Niké Telkamp	The Hague Swimming (SG)	1:20.40	200501088	1:19.83	39.01	1:19.83
6. Sera Emmers	WZK	1:22.49	200503264	1:19.98	39.24	1:19.98
7. Asha van Lobberegt	De Devel	1:20.75	200500088	1:20.02	38.55	1:20.02
8. Isa Maes	De Devel	1:25.17	200500110	1:20.14	38.74	1:20.14
9. Vivianne Woltjes	The Hague Swimming (SG)	1:21.63	200501524	1:20.77	39.22	1:20.77
10. Emma Verkuijl	Van Vliet-Barracuda	1:23.13	200500826	1:20.99	40.13	1:20.99
11. Anastasia Romano	MNC Dordrecht	1:26.81	200501076	1:22.60	39.53	1:22.60
12. Marit Huisman	Van Vliet-Barracuda	1:25.33	200502620	1:23.24	41.02	1:23.24
13. Hope van Zwol	ZV Vlaardingen-Schiedam	1:24.48	200502852	1:23.78	40.50	1:23.78
14. Sophie Buurman	Wiekslag	1:23.68	200502530	1:23.88	40.34	1:23.88
15. Britt van't Zant	Poseidon'56	1:26.43	200501170	1:27.25	41.04	1:27.25
16. Mar Stael	LinK	1:28.30	200500520	1:27.81	42.79	1:27.81
AFGEM Elise Vink	De Columbiaan	1:24.02	200502588			
AFGEM Lyke Buscop	zc De Schotejil	1:26.66	200500552			
AFGEM Nurlaylah Kartosentiko	WVZ	1:17.91	200501256			

Junioren 2

1. Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:17.43	200404272	1:12.22	35.14	1:12.22
<i>*eindtijd is backup tijd</i>						
2. Lize van Stigt	LinK	1:13.27	200401510	1:12.35	35.73	1:12.35
3. Irma van der Wulp	WVZ	1:15.49	200401950	1:15.37	37.05	1:15.37
4. Jenna Klein	Z&PC Alkemade	1:17.83	200400914	1:15.76	37.05	1:15.76
5. Milou van Wijk	De Devel	1:21.28	200404948	1:16.49	36.76	1:16.49

Programmanr. 4, Meisjes, 100m rugslag, Junioren 2

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
6.	Leonoor van Dijk	The Hague Swimming (SG)	1:21.96	200400832	1:17.79	37.92	1:17.79
7.	Isis Naaktgeboren	De Devel	1:17.86	200403914	1:17.86	37.92	1:17.86
8.	Robine Boer	De Columbiaan	1:20.95	200402180	1:18.46	37.87	1:18.46
9.	Nora van der Steen	LinK	1:18.06	200403458	1:18.60	38.48	1:18.60
10.	Rinske Bouman	De Devel	1:19.46	200400578	1:18.88	38.45	1:18.88
11.	Marise van 't Walderveen	Zoetermeer	1:19.14	200400902	1:19.33	38.17	1:19.33
12.	Anniko Firman	The Hague Swimming (SG)	1:18.19	200402330	1:19.85	38.81	1:19.85
<i>*eindtijd is backup tijd</i>							
13.	Cheyenne Elburg	KZV de Lansingh	1:20.62	200401170	1:20.98	39.05	1:20.98
14.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	1:18.77	200402932	1:21.59	39.46	1:21.59
15.	Zinzi van der Maas	WVZ	1:27.03	200402028	1:23.36	40.69	1:23.36
16.	Jaimy Gielis	Z&PC Katwijk	1:25.47	200402120	1:23.71	39.82	1:23.71
17.	Danielle Vis	De Columbiaan	1:21.99	200401044	1:24.15	41.12	1:24.15
18.	Feija de Bruin	WVZ	1:28.63	200400106	1:25.88	41.45	1:25.88
AFGEM	Anique Star	De Columbiaan	1:21.63	200400446			
AFGEM	Jet van Oudheusden	ZOB'66	1:22.16	200401012			
AFGEM	Lotte van der Maas	ZOB'66	1:25.94	200402376			
AFGEM	Fenna Herwig	Wiekslag	1:23.82	200400908			
AFGEM	Mary Kate Farrell	The Hague Swimming (SG)	1:20.76	200402870			

Junioren 3

1.	Britta Koehorst	KZV de Lansingh	1:06.93	200300246	1:05.17	31.93	1:05.17
2.	Megan de Hoog	SG SCOM/de Zeehond '73	1:10.65	200300214	1:11.00	33.60	1:11.00
3.	Emma Schurink	KZV de Lansingh	1:13.14	200301586	1:12.34	35.87	1:12.34
4.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:13.88	200300052	1:13.42	35.32	1:13.42
5.	Kim de Jong	LinK	1:15.88	200301026	1:14.20	36.30	1:14.20
6.	Julia Notenboom	De Columbiaan	1:13.97	200302596	1:14.35	36.14	1:14.35
7.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:14.03	200301124	1:15.93	35.94	1:15.93
8.	Kim Rutters	De Kempvis	1:15.03	200302318	1:16.47	37.00	1:16.47
9.	Suzanne Dorsman	SG Albion d'ELFT	1:17.94	200303314	1:16.87	37.70	1:16.87
10.	Joyce van 't Hof	De Devel	1:18.47	200302122	1:18.36	37.14	1:18.36
11.	Wendy ten Wolde	Wiekslag	1:18.85	200302658	1:18.46	37.71	1:18.46
12.	Marije de Jager	LinK	1:18.67	200301394	1:18.57	38.69	1:18.57
13.	Anouk Brand	MNC Dordrecht	1:17.97	200302488	1:19.63	38.54	1:19.63
14.	Britt van Bommel	De Columbiaan	1:19.83	200301982	1:19.96	39.04	1:19.96
15.	Alyssa Kuivenhoven	WVZ	1:21.06	200302224	1:20.77	39.32	1:20.77
16.	Sanne Vermeulen	The Hague Swimming (SG)	1:20.95	200303902	1:23.59	40.58	1:23.59
17.	Reese Lauletta	WZK	1:27.35	200305290	1:24.70	40.53	1:24.70
18.	Jade Verbrugge	De Watervogels	1:21.46	200303142	1:27.06	42.08	1:27.06
AFGEM	Quincy Belder	Poseidon'56	1:24.36	200302058			
AFGEM	Isabel Scheepbouwer	Wiekslag	1:19.02	200301106			
AFGEM	Ilse Schoenmaker	The Hague Swimming (SG)	1:18.41	200301470			

Jeugd 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	1:06.23	200201414	1:06.58	31.98	1:06.58
2.	Chefanja Nunes	WVZ	1:06.71	200104750	1:07.47	32.64	1:07.47
3.	Sanne Heemskerk	LZ 1886	1:08.09	200100600	1:08.10	33.06	1:08.10
4.	Marlinde Beukers	WVZ	1:08.50	200101934	1:08.88	33.91	1:08.88
5.	Lieske Zijlstra	zc De Schotelijk	1:12.98	200200996	1:11.40	34.38	1:11.40
6.	Manon Middelbos	zc De Schotelijk	1:11.01	200100056	1:11.57	35.12	1:11.57
7.	Anniek de Ruiter	Widex GZC Donk	1:12.97	200101224	1:11.71	34.79	1:11.71
8.	Tessa Giele	SG SCOM/de Zeehond '73	1:11.48	200203124	1:11.73	35.03	1:11.73
9.	Iris van den Berg	SG Albion d'ELFT	1:12.79	200103782	1:12.32	35.04	1:12.32
10.	Anouk Vis	De Columbiaan	1:15.21	200203322	1:12.55	36.02	1:12.55
11.	Megan van Beelen	De Columbiaan	1:10.35	200105606	1:12.65	34.98	1:12.65
12.	Elyanne Boudestein	Zoetermeer	1:12.71	200101060	1:12.66	35.22	1:12.66
13.	Fleur van Norren	KZV de Lansingh	1:16.04	200204432	1:13.00	35.13	1:13.00
14.	Laura Nuijten	ZV Westland	1:13.80	200101084	1:13.38	35.26	1:13.38
15.	Giorgia Colle	SG SCOM/de Zeehond '73	1:14.61	200201754	1:13.47	35.31	1:13.47
16.	Jasmine el Taraboulsi	WZK	1:14.92	200105788	1:14.47	35.21	1:14.47
17.	Almudena Visser Velez	The Hague Swimming (SG)	1:11.62	200205904	1:14.49	36.31	1:14.49
18.	Marith de Jong	The Hague Swimming (SG)	1:13.35	200200012	1:15.15	36.80	1:15.15
19.	Anouk de Vreede	The Hague Swimming (SG)	1:16.22	200100130	1:15.48	36.57	1:15.48
20.	Eline Duynisveld	WVZ	1:13.46	200103958	1:15.49	36.74	1:15.49
21.	Hieke de Lijster	ZV Westland	1:15.09	200203312	1:15.58	36.01	1:15.58
22.	Charlotte Drastich	WZK	1:14.42	200200344	1:16.26	36.64	1:16.26
23.	Kristel Beijik	De Columbiaan	1:15.77	200201278	1:16.43		1:16.43
<i>* alle tijden zijn handtijden</i>							

Programmanr. 4, Meisjes, 100m rugslag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
24.	Samantha Gerritse	LinK	1:17.55	200102062	1:16.61	37.05	1:16.61
25.	S. van den Dobbelsteen	The Hague Swimming (SG)	1:16.19	200100904	1:16.89	37.10	1:16.89
26.	Susan van Grol	Widex GZC Donk	1:19.76	200201344	1:19.03	38.68	1:19.03
27.	Shanti van Kan	Poseidon'56	1:21.49	200102446	1:22.61	39.44	1:22.61
DIS	Elise Tanis	zc De Schotejil	1:04.25	200200120			

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

AFGEM	Ylva Visser	Van Vliet-Barracuda	1:19.82	200101920			
AFGEM	Tamara de Ruiter	zc De Schotejil	1:14.46	200203060			
AFGEM	Esmee Wijnmaalen	PCG	1:13.05	200100298			
AFGEM	Rozemarijn van Haaff	ZOB'66	1:14.99	200201852			

Senioren 1 en ouder

1.	Emma Berry	The Hague Swimming (SG)	1:05.89	199906390	1:06.51	32.37	1:06.51
2.	Lauren van IJll	WVZ	1:07.37	200001064	1:07.36	32.91	1:07.36
3.	Babette van der Kaaij	ZV Westland	1:08.89	199902234	1:07.98	33.29	1:07.98
4.	Angelique van Vark	Z&PC De Gouwe	1:10.24	199701478	1:08.65	32.88	1:08.65
5.	Sabine Lina	The Hague Swimming (SG)	1:11.35	198902680	1:11.14	34.51	1:11.14
6.	Roos van Esch	SG Albion d'ELFT	1:09.77	198200468	1:12.44	34.93	1:12.44
7.	Hanna Looi	De Devel	1:12.47	200006090	1:12.45	35.23	1:12.45
8.	Lotte Middelbos	zc De Schotejil	1:12.85	199900680	1:12.56	35.58	1:12.56
9.	Sanne Hobé	Poseidon'56	1:13.48	200000826	1:13.45	35.88	1:13.45
10.	Michelle Bellekom	WZK	1:12.06	199606484	1:14.25	36.03	1:14.25
11.	Kirsten de Hoog	SG SCOM/de Zeehond '73	1:10.70	200000460	1:14.33	36.29	1:14.33
12.	Eef Hollander	The Hague Swimming (SG)	1:13.64	199602074	1:14.35	36.09	1:14.35
13.	Karen van Dee	SG SCOM/de Zeehond '73	1:13.43	199604074	1:14.63	35.84	1:14.63
14.	Uma Kraus	The Hague Swimming (SG)	1:09.81	199802328	1:14.71	36.24	1:14.71
15.	Lincy de Winter	The Hague Swimming (SG)	1:14.43	199805886	1:15.13	36.87	1:15.13
16.	Iris van Berkel	Van Vliet-Barracuda	1:14.97	200000476	1:15.18	36.87	1:15.18
17.	Laura Tromp	De Devel	1:14.63	200000276	1:16.33	36.42	1:16.33
18.	Zoë van Gool	De Geul	1:16.01	200000964	1:21.78	39.37	1:21.78
19.	Jonne Moleman	AZC	1:19.60	200006264	1:22.61	39.59	1:22.61
AFGEM	Lianne Bouwmeester	De Columbiaan	1:07.98	200000956			
AFGEM	Maike Baker	De Columbiaan	1:14.09	199902930			
AFGEM	Alisha Vieira	ZPB-H&L	1:12.88	199904554			
AFGEM	Romy de Laar	Wiekslag	1:08.90	199900902			
AFGEM	Carmen Muilwijk	De Geul	1:15.18	199502700			

Programmanr. 5
7-1-2017 - 11:30

Jongens, 4 x 200m vrije slag

Junioren 4 en jonger
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	SG SCOM/de Zeehond '73 1	8:28.45	8:21.78
	Ivo Stolk	01 +0,82 28.81 59.55 1:29.63 1:59.86	1:59.86
	Max Huige	01 28.18 1:00.41 1:33.56 2:06.77	2:06.77
	Nikhom Westphal	02 28.40 59.96 1:32.88 2:05.49	2:05.49
	Jarno van Oyen	01 29.48 1:01.96 1:36.19 2:09.66	2:09.66
2.	WVZ 1	8:23.99	8:22.41
	Adriaan Provó Kluit	02 +0,73 28.57 1:00.16 1:31.89 2:04.21	2:04.21
	Scott Jansen	02 28.62 1:00.61 1:33.49 2:05.44	2:05.44
	Dylano Termoshuizen	02 28.93 1:04.12 1:40.05 2:15.85	2:15.85
	Thomas Jansen	01 26.22 56.05 1:27.26 1:56.91	1:56.91
3.	De Columbiaan 1	8:53.55	8:54.37
	Dave van den Nieuwendijk	01 +0,77 29.21 1:01.85 1:36.74 2:11.73	2:11.73
	Finn van Bommel	01 29.48 1:03.64 1:38.47 2:13.24	2:13.24
	Viktor Koets	02 29.72 1:03.32 1:38.89 2:12.96	2:12.96
	Robin van Peenen	02 30.71 1:05.72 1:42.16 2:16.44	2:16.44
4.	zc De Schotejil 1	9:24.15	9:26.90
	Luuk Kieviet	01 29.53 1:02.82 1:36.79 2:10.88	2:10.88
	Julien Tanis	04 30.68 1:05.29 1:41.06 2:15.83	2:15.83
	Xander Vis	03 32.86 1:09.20 1:46.58 2:21.99	2:21.99
	Daniel 't Mannetje	04 35.34 1:17.31 1:58.70 2:38.20	2:38.20
5.	LZ 1886 1	9:38.90	9:56.32
	Chris Vogelhaar	03 +0,70 32.42 1:08.45 1:47.42 2:25.82	2:25.82
	Thimo van Beek	03 32.86 1:11.29 1:52.18 2:31.71	2:31.71
	Jeroen de Mooij	01 32.71 1:09.40 1:47.90 2:26.91	2:26.91
	Mark Bom	02 32.03 1:09.88 1:50.17 2:31.88	2:31.88

Programmanr. 5, Jongens, 4 x 200m vrije slag, Junioren 4 en jonger

rang	vereniging	inschrijftijd	tijd
DIS De Devel 1 <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>	De Devel	9:12.32	
Jay de Vries, Timo Kock, Stijn den Otter, David Kras			
AFGEM Barracuda 1	Van Vliet-Barracuda	10:18.32	

Programmanr. 6
7-1-2017 - 11:40

Heren, 4 x 200m vrije slag

Senioren Open
Resultaten

rang	vereniging	inschrijftijd	tijd																																
1. SG Albion d'ELFT 1	SG Albion d'ELFT	7:39.66	7:53.50																																
<table border="0"> <tr> <td>Ennger Kotterink</td> <td>94</td> <td>+0,69</td> <td>25.77</td> <td>54.57</td> <td>1:24.75</td> <td>1:55.56</td> <td>1:55.56</td> </tr> <tr> <td>Timo Dinkelberg</td> <td>93</td> <td>+0,44</td> <td>26.18</td> <td>56.26</td> <td>1:27.56</td> <td>1:58.38</td> <td>1:58.38</td> </tr> <tr> <td>Dave Jansen</td> <td>98</td> <td>+0,50</td> <td>26.75</td> <td>57.89</td> <td>1:30.57</td> <td>2:03.39</td> <td>2:03.39</td> </tr> <tr> <td>Floris Kotterink</td> <td>98</td> <td>+0,56</td> <td>26.05</td> <td>55.63</td> <td>1:26.08</td> <td>1:56.17</td> <td>1:56.17</td> </tr> </table>				Ennger Kotterink	94	+0,69	25.77	54.57	1:24.75	1:55.56	1:55.56	Timo Dinkelberg	93	+0,44	26.18	56.26	1:27.56	1:58.38	1:58.38	Dave Jansen	98	+0,50	26.75	57.89	1:30.57	2:03.39	2:03.39	Floris Kotterink	98	+0,56	26.05	55.63	1:26.08	1:56.17	1:56.17
Ennger Kotterink	94	+0,69	25.77	54.57	1:24.75	1:55.56	1:55.56																												
Timo Dinkelberg	93	+0,44	26.18	56.26	1:27.56	1:58.38	1:58.38																												
Dave Jansen	98	+0,50	26.75	57.89	1:30.57	2:03.39	2:03.39																												
Floris Kotterink	98	+0,56	26.05	55.63	1:26.08	1:56.17	1:56.17																												
2. The Hague Swimming (SG) 1	The Hague Swimming (SG)	8:02.32	8:16.34																																
<table border="0"> <tr> <td>Bjorn Scherbeijn</td> <td>96</td> <td>+0,69</td> <td>26.88</td> <td>56.74</td> <td>1:27.52</td> <td>1:57.78</td> <td>1:57.78</td> </tr> <tr> <td>Roderick van Doeselaar</td> <td>92</td> <td>+0,60</td> <td>27.53</td> <td>58.82</td> <td>1:31.39</td> <td>2:04.48</td> <td>2:04.48</td> </tr> <tr> <td>Stijn Lafontaine</td> <td>00</td> <td>+0,49</td> <td>29.07</td> <td>1:01.43</td> <td>1:34.96</td> <td>2:07.64</td> <td>2:07.64</td> </tr> <tr> <td>Olivier Jans</td> <td>00</td> <td>+0,44</td> <td>28.57</td> <td>1:00.75</td> <td>1:33.65</td> <td>2:06.44</td> <td>2:06.44</td> </tr> </table>				Bjorn Scherbeijn	96	+0,69	26.88	56.74	1:27.52	1:57.78	1:57.78	Roderick van Doeselaar	92	+0,60	27.53	58.82	1:31.39	2:04.48	2:04.48	Stijn Lafontaine	00	+0,49	29.07	1:01.43	1:34.96	2:07.64	2:07.64	Olivier Jans	00	+0,44	28.57	1:00.75	1:33.65	2:06.44	2:06.44
Bjorn Scherbeijn	96	+0,69	26.88	56.74	1:27.52	1:57.78	1:57.78																												
Roderick van Doeselaar	92	+0,60	27.53	58.82	1:31.39	2:04.48	2:04.48																												
Stijn Lafontaine	00	+0,49	29.07	1:01.43	1:34.96	2:07.64	2:07.64																												
Olivier Jans	00	+0,44	28.57	1:00.75	1:33.65	2:06.44	2:06.44																												
3. zc De Schotejil 1	zc De Schotejil	8:31.19	8:20.63																																
<table border="0"> <tr> <td>Aron Paasse</td> <td>00</td> <td>+0,71</td> <td>28.51</td> <td>1:00.60</td> <td>1:33.92</td> <td>2:07.44</td> <td>2:07.44</td> </tr> <tr> <td>Jacob Mackloet</td> <td>00</td> <td>+0,34</td> <td>28.47</td> <td>1:00.04</td> <td>1:32.73</td> <td>2:04.90</td> <td>2:04.90</td> </tr> <tr> <td>David Kievit</td> <td>99</td> <td>+0,27</td> <td>29.44</td> <td>1:02.06</td> <td>1:35.81</td> <td>2:09.06</td> <td>2:09.06</td> </tr> <tr> <td>Jorian Tanis</td> <td>99</td> <td>+0,65</td> <td>27.64</td> <td>57.94</td> <td>1:29.13</td> <td>1:59.23</td> <td>1:59.23</td> </tr> </table>				Aron Paasse	00	+0,71	28.51	1:00.60	1:33.92	2:07.44	2:07.44	Jacob Mackloet	00	+0,34	28.47	1:00.04	1:32.73	2:04.90	2:04.90	David Kievit	99	+0,27	29.44	1:02.06	1:35.81	2:09.06	2:09.06	Jorian Tanis	99	+0,65	27.64	57.94	1:29.13	1:59.23	1:59.23
Aron Paasse	00	+0,71	28.51	1:00.60	1:33.92	2:07.44	2:07.44																												
Jacob Mackloet	00	+0,34	28.47	1:00.04	1:32.73	2:04.90	2:04.90																												
David Kievit	99	+0,27	29.44	1:02.06	1:35.81	2:09.06	2:09.06																												
Jorian Tanis	99	+0,65	27.64	57.94	1:29.13	1:59.23	1:59.23																												
4. GZC Donk 1	Widex GZC Donk	8:38.83	8:38.54																																
<table border="0"> <tr> <td>Remco Oskam</td> <td>92</td> <td>+0,79</td> <td>28.48</td> <td>1:01.73</td> <td>1:37.11</td> <td>2:14.07</td> <td>2:14.07</td> </tr> <tr> <td>Paul van Grol</td> <td>96</td> <td>+0,27</td> <td>27.89</td> <td>59.67</td> <td>1:31.40</td> <td>2:03.38</td> <td>2:03.38</td> </tr> <tr> <td>Duncan van Haaren</td> <td>00</td> <td>+0,23</td> <td>28.23</td> <td>1:01.01</td> <td>1:34.93</td> <td>2:07.94</td> <td>2:07.94</td> </tr> <tr> <td>Tim van Duuren</td> <td>98</td> <td>+0,32</td> <td>29.86</td> <td>1:03.99</td> <td>1:39.32</td> <td>2:13.15</td> <td>2:13.15</td> </tr> </table>				Remco Oskam	92	+0,79	28.48	1:01.73	1:37.11	2:14.07	2:14.07	Paul van Grol	96	+0,27	27.89	59.67	1:31.40	2:03.38	2:03.38	Duncan van Haaren	00	+0,23	28.23	1:01.01	1:34.93	2:07.94	2:07.94	Tim van Duuren	98	+0,32	29.86	1:03.99	1:39.32	2:13.15	2:13.15
Remco Oskam	92	+0,79	28.48	1:01.73	1:37.11	2:14.07	2:14.07																												
Paul van Grol	96	+0,27	27.89	59.67	1:31.40	2:03.38	2:03.38																												
Duncan van Haaren	00	+0,23	28.23	1:01.01	1:34.93	2:07.94	2:07.94																												
Tim van Duuren	98	+0,32	29.86	1:03.99	1:39.32	2:13.15	2:13.15																												
5. LZ 1886 1	LZ 1886	8:48.44	8:38.97																																
<table border="0"> <tr> <td>Robin van Beek</td> <td>97</td> <td>+0,69</td> <td>28.07</td> <td>58.57</td> <td>1:29.87</td> <td>2:02.18</td> <td>2:02.18</td> </tr> <tr> <td>Guus Hoogduin</td> <td>02</td> <td>+0,61</td> <td>30.48</td> <td>1:04.73</td> <td>1:40.27</td> <td>2:15.69</td> <td>2:15.69</td> </tr> <tr> <td>Dion de Mooij</td> <td>97</td> <td>+0,46</td> <td>27.82</td> <td>59.77</td> <td>1:34.62</td> <td>2:09.93</td> <td>2:09.93</td> </tr> <tr> <td>Sander van Beek</td> <td>00</td> <td>+0,48</td> <td>28.11</td> <td>1:01.37</td> <td>1:36.73</td> <td>2:11.17</td> <td>2:11.17</td> </tr> </table>				Robin van Beek	97	+0,69	28.07	58.57	1:29.87	2:02.18	2:02.18	Guus Hoogduin	02	+0,61	30.48	1:04.73	1:40.27	2:15.69	2:15.69	Dion de Mooij	97	+0,46	27.82	59.77	1:34.62	2:09.93	2:09.93	Sander van Beek	00	+0,48	28.11	1:01.37	1:36.73	2:11.17	2:11.17
Robin van Beek	97	+0,69	28.07	58.57	1:29.87	2:02.18	2:02.18																												
Guus Hoogduin	02	+0,61	30.48	1:04.73	1:40.27	2:15.69	2:15.69																												
Dion de Mooij	97	+0,46	27.82	59.77	1:34.62	2:09.93	2:09.93																												
Sander van Beek	00	+0,48	28.11	1:01.37	1:36.73	2:11.17	2:11.17																												
6. ZPB-H&L 1	ZPB-H&L	8:44.13	8:54.67																																
<table border="0"> <tr> <td>Lars Schoffelmeer</td> <td>95</td> <td>+0,72</td> <td>27.01</td> <td>57.78</td> <td>1:29.84</td> <td>2:02.20</td> <td>2:02.20</td> </tr> <tr> <td>Linquendo van der Klooster</td> <td>98</td> <td>+0,40</td> <td>27.52</td> <td>58.70</td> <td>1:31.72</td> <td>2:03.83</td> <td>2:03.83</td> </tr> <tr> <td>Robert Speksnijder</td> <td>02</td> <td>+0,62</td> <td>30.28</td> <td>1:07.28</td> <td>1:47.19</td> <td>2:25.00</td> <td>2:25.00</td> </tr> <tr> <td>Davy Vermaas</td> <td>90</td> <td>+0,37</td> <td>30.88</td> <td>1:06.44</td> <td>1:45.25</td> <td>2:23.64</td> <td>2:23.64</td> </tr> </table>				Lars Schoffelmeer	95	+0,72	27.01	57.78	1:29.84	2:02.20	2:02.20	Linquendo van der Klooster	98	+0,40	27.52	58.70	1:31.72	2:03.83	2:03.83	Robert Speksnijder	02	+0,62	30.28	1:07.28	1:47.19	2:25.00	2:25.00	Davy Vermaas	90	+0,37	30.88	1:06.44	1:45.25	2:23.64	2:23.64
Lars Schoffelmeer	95	+0,72	27.01	57.78	1:29.84	2:02.20	2:02.20																												
Linquendo van der Klooster	98	+0,40	27.52	58.70	1:31.72	2:03.83	2:03.83																												
Robert Speksnijder	02	+0,62	30.28	1:07.28	1:47.19	2:25.00	2:25.00																												
Davy Vermaas	90	+0,37	30.88	1:06.44	1:45.25	2:23.64	2:23.64																												
7. LinK 1	LinK	9:15.56	9:03.14																																
<table border="0"> <tr> <td>Boy Borreman</td> <td>01</td> <td>+0,71</td> <td>30.59</td> <td>1:05.94</td> <td>1:42.51</td> <td>2:18.47</td> <td>2:18.47</td> </tr> <tr> <td>Alex Schelvis</td> <td>87</td> <td>+0,44</td> <td>26.61</td> <td>56.78</td> <td>1:26.30</td> <td>2:00.90</td> <td>2:00.90</td> </tr> <tr> <td>Sem Verberg</td> <td>04</td> <td>+0,23</td> <td>33.45</td> <td>1:13.89</td> <td>1:56.09</td> <td>2:36.30</td> <td>2:36.30</td> </tr> <tr> <td>Tjeerd van Stein</td> <td>01</td> <td>+0,40</td> <td>28.16</td> <td>1:00.47</td> <td>1:34.03</td> <td>2:07.47</td> <td>2:07.47</td> </tr> </table>				Boy Borreman	01	+0,71	30.59	1:05.94	1:42.51	2:18.47	2:18.47	Alex Schelvis	87	+0,44	26.61	56.78	1:26.30	2:00.90	2:00.90	Sem Verberg	04	+0,23	33.45	1:13.89	1:56.09	2:36.30	2:36.30	Tjeerd van Stein	01	+0,40	28.16	1:00.47	1:34.03	2:07.47	2:07.47
Boy Borreman	01	+0,71	30.59	1:05.94	1:42.51	2:18.47	2:18.47																												
Alex Schelvis	87	+0,44	26.61	56.78	1:26.30	2:00.90	2:00.90																												
Sem Verberg	04	+0,23	33.45	1:13.89	1:56.09	2:36.30	2:36.30																												
Tjeerd van Stein	01	+0,40	28.16	1:00.47	1:34.03	2:07.47	2:07.47																												
8. De Devel 1	De Devel	8:30.65	9:26.39																																
<table border="0"> <tr> <td>Rogier Dorsman</td> <td>99</td> <td>+0,68</td> <td>29.38</td> <td>1:02.19</td> <td>1:36.00</td> <td>2:09.59</td> <td>2:09.59</td> </tr> <tr> <td>Lorenzo Punt</td> <td>03</td> <td>+0,47</td> <td>33.25</td> <td>1:13.51</td> <td>1:57.01</td> <td>2:40.48</td> <td>2:40.48</td> </tr> <tr> <td>Mark de Jongh</td> <td>00</td> <td>+0,35</td> <td>29.04</td> <td>1:05.11</td> <td>1:42.98</td> <td>2:17.09</td> <td>2:17.09</td> </tr> <tr> <td>Sybe de Waard</td> <td>99</td> <td>+0,66</td> <td>29.91</td> <td>1:07.16</td> <td>1:42.98</td> <td>2:19.23</td> <td>2:19.23</td> </tr> </table>				Rogier Dorsman	99	+0,68	29.38	1:02.19	1:36.00	2:09.59	2:09.59	Lorenzo Punt	03	+0,47	33.25	1:13.51	1:57.01	2:40.48	2:40.48	Mark de Jongh	00	+0,35	29.04	1:05.11	1:42.98	2:17.09	2:17.09	Sybe de Waard	99	+0,66	29.91	1:07.16	1:42.98	2:19.23	2:19.23
Rogier Dorsman	99	+0,68	29.38	1:02.19	1:36.00	2:09.59	2:09.59																												
Lorenzo Punt	03	+0,47	33.25	1:13.51	1:57.01	2:40.48	2:40.48																												
Mark de Jongh	00	+0,35	29.04	1:05.11	1:42.98	2:17.09	2:17.09																												
Sybe de Waard	99	+0,66	29.91	1:07.16	1:42.98	2:19.23	2:19.23																												
AFGEM WVZ 1	WVZ	8:19.82																																	

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

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd																								
Junioren 1																												
1.	Jelsie van Ruijven	WVZ	5:40.31	200500282																								
<table border="0"> <tr> <td>50m:</td> <td>35.27</td> <td>35.27</td> <td>150m:</td> <td>2:03.52</td> <td>43.62</td> <td>250m:</td> <td>3:32.73</td> <td>46.96</td> <td>350m:</td> <td>5:00.92</td> <td>40.31</td> </tr> <tr> <td>100m:</td> <td>1:19.90</td> <td>44.63</td> <td>200m:</td> <td>2:45.77</td> <td>42.25</td> <td>300m:</td> <td>4:20.61</td> <td>47.88</td> <td>400m:</td> <td>5:40.41</td> <td>39.49</td> </tr> </table>					50m:	35.27	35.27	150m:	2:03.52	43.62	250m:	3:32.73	46.96	350m:	5:00.92	40.31	100m:	1:19.90	44.63	200m:	2:45.77	42.25	300m:	4:20.61	47.88	400m:	5:40.41	39.49
50m:	35.27	35.27	150m:	2:03.52	43.62	250m:	3:32.73	46.96	350m:	5:00.92	40.31																	
100m:	1:19.90	44.63	200m:	2:45.77	42.25	300m:	4:20.61	47.88	400m:	5:40.41	39.49																	
2.	Milou Demirel	The Hague Swimming (SG)	6:35.86	200501254																								
<table border="0"> <tr> <td>50m:</td> <td>44.28</td> <td>44.28</td> <td>150m:</td> <td>2:28.33</td> <td>50.49</td> <td>250m:</td> <td>4:12.79</td> <td>55.50</td> <td>350m:</td> <td>5:58.31</td> <td>49.28</td> </tr> <tr> <td>100m:</td> <td>1:37.84</td> <td>53.56</td> <td>200m:</td> <td>3:17.29</td> <td>48.96</td> <td>300m:</td> <td>5:09.03</td> <td>56.24</td> <td>400m:</td> <td>6:45.31</td> <td>47.00</td> </tr> </table>					50m:	44.28	44.28	150m:	2:28.33	50.49	250m:	4:12.79	55.50	350m:	5:58.31	49.28	100m:	1:37.84	53.56	200m:	3:17.29	48.96	300m:	5:09.03	56.24	400m:	6:45.31	47.00
50m:	44.28	44.28	150m:	2:28.33	50.49	250m:	4:12.79	55.50	350m:	5:58.31	49.28																	
100m:	1:37.84	53.56	200m:	3:17.29	48.96	300m:	5:09.03	56.24	400m:	6:45.31	47.00																	
3.	Meira Simons	The Hague Swimming (SG)	6:41.12	200502984																								
<table border="0"> <tr> <td>50m:</td> <td>46.91</td> <td>46.91</td> <td>150m:</td> <td>3:16.81</td> <td></td> <td>250m:</td> <td>4:13.73</td> <td>56.92</td> <td>350m:</td> <td>6:00.44</td> <td>48.94</td> </tr> <tr> <td>100m:</td> <td>1:43.02</td> <td>56.11</td> <td>200m:</td> <td></td> <td></td> <td>300m:</td> <td>5:11.50</td> <td>57.77</td> <td>400m:</td> <td>6:45.56</td> <td>45.12</td> </tr> </table>					50m:	46.91	46.91	150m:	3:16.81		250m:	4:13.73	56.92	350m:	6:00.44	48.94	100m:	1:43.02	56.11	200m:			300m:	5:11.50	57.77	400m:	6:45.56	45.12
50m:	46.91	46.91	150m:	3:16.81		250m:	4:13.73	56.92	350m:	6:00.44	48.94																	
100m:	1:43.02	56.11	200m:			300m:	5:11.50	57.77	400m:	6:45.56	45.12																	
DIS	Merel Schravendijk	The Hague Swimming (SG)	6:12.06	200503382																								
<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>																												

Programmanr. 7, Dames, 400m wisselslag

Junioren 2

1.	Rinske Bouman		De Devel	5:39.92	200400578	5:43.22
	50m: 35.83	35.83	150m: 2:04.97	46.35	250m: 3:38.46	47.16
	100m: 1:18.62	42.79	200m: 2:51.30	46.33	300m: 4:27.02	48.56
					350m: 5:06.38	39.36
					400m: 5:43.22	36.84
2.	Irma van der Wulp		WVZ	5:46.69	200401950	5:53.52
	50m: 40.20	40.20	150m: 2:12.01	43.29	250m: 3:43.19	48.34
	100m: 1:28.72	48.52	200m: 2:54.85	42.84	300m: 4:33.18	49.99
					350m: 5:14.75	41.57
					400m: 5:53.52	38.77
3.	Anniko Firman		The Hague Swimming (SG)	5:55.28	200402330	5:59.27
	50m: 39.25	39.25	150m: 2:11.79	43.45	250m: 3:48.79	54.05
	100m: 1:28.34	49.09	200m: 2:54.74	42.95	300m: 4:40.49	51.70
					350m: 5:21.72	41.23
					400m: 5:59.27	37.55
4.	Leonoor van Dijk		The Hague Swimming (SG)	5:57.41	200400832	5:59.97
	<i>*eindtijd is backup tijd</i>					
	50m: 36.55	36.55	150m: 2:08.29	47.34	250m: 3:43.98	48.20
	100m: 1:20.95	44.40	200m: 2:55.78	47.49	300m: 4:32.83	48.85
					350m: 5:16.66	43.83
					400m: 5:59.97	43.31
5.	Dagmar Nieuwenhuizen		De Kempvis	6:31.68	200400732	6:34.65
	50m: 39.36	39.36	150m: 2:21.11	52.15	250m: 4:06.43	53.09
	100m: 1:28.96	49.60	200m: 3:13.34	52.23	300m: 5:02.20	55.77
					350m: 5:48.20	46.00
					400m: 6:34.65	46.45
6.	Jessica Kras		De Devel	6:29.31	200400728	6:45.03
	50m: 42.64	42.64	150m: 2:28.70	51.15	250m: 4:13.23	54.13
	100m: 1:37.55	54.91	200m: 3:19.10	50.40	300m: 5:08.72	55.49
					350m: 5:57.48	48.76
					400m: 6:45.03	47.55
DIS	Ziya Gaia van de Voorde		The Hague Swimming (SG)	6:43.63	200402932	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>					
AFGEM	Mary Kate Farrell		The Hague Swimming (SG)	5:49.76	200402870	

Jeugd 1 en 2

1.	Claire Verkijk		WVZ	5:01.63	200100240	4:59.70
	50m: 31.72	31.72	150m: 1:46.49	38.59	250m: 3:05.50	41.99
	100m: 1:07.90	36.18	200m: 2:23.51	37.02	300m: 3:48.06	42.56
					350m: 4:24.12	36.06
					400m: 4:59.70	35.58
2.	Inge Vieveen		WVZ	5:00.66	200100024	5:02.95
	50m: 32.09	32.09	150m: 1:49.20	38.96	250m: 3:10.92	43.17
	100m: 1:10.24	38.15	200m: 2:27.75	38.55	300m: 3:54.34	43.42
					350m: 4:29.22	34.88
					400m: 5:02.95	33.73
3.	Lotte Hosper		The Hague Swimming (SG)	5:00.89	200201414	5:08.51
	50m: 31.77	31.77	150m: 1:49.51	39.98	250m: 3:12.62	44.43
	100m: 1:09.53	37.76	200m: 2:28.19	38.68	300m: 3:57.67	45.05
					350m: 4:33.65	35.98
					400m: 5:08.51	34.86
4.	Christy Geurts		WVZ	5:37.28	200203734	5:23.52
	50m: 32.79	32.79	150m: 1:54.44	43.26	250m: 3:23.24	46.75
	100m: 1:11.18	38.39	200m: 2:36.49	42.05	300m: 4:10.46	47.22
					350m: 4:47.47	37.01
					400m: 5:23.52	36.05
5.	Giulia Corsi		De Columbiaan	5:25.71	200100468	5:26.16
	50m: 34.90	34.90	150m: 1:59.22	41.92	250m: 3:26.38	46.41
	100m: 1:17.30	42.40	200m: 2:39.97	40.75	300m: 4:13.74	47.36
					350m: 4:51.50	37.76
					400m: 5:26.16	34.66
6.	Grace Anderson		WVZ	5:24.44	200200578	5:26.30
	50m: 35.84	35.84	150m: 2:00.15	42.37	250m: 3:26.54	45.50
	100m: 1:17.78	41.94	200m: 2:41.04	40.89	300m: 4:13.23	46.69
					350m: 4:51.83	38.60
					400m: 5:26.30	34.47
7.	Marlinde Beukers		WVZ	5:34.99	200101934	5:26.71
	50m: 37.29	37.29	150m: 2:01.66	40.45	250m: 3:26.28	44.42
	100m: 1:21.21	43.92	200m: 2:41.86	40.20	300m: 4:12.57	46.29
					350m: 4:50.83	38.26
					400m: 5:26.71	35.88
8.	Elyanne Boudestein		Zoetermeer	5:37.99	200101060	5:27.93
	50m: 32.46	32.46	150m: 1:56.58	41.45	250m: 3:23.38	45.90
	100m: 1:15.13	42.67	200m: 2:37.48	40.90	300m: 4:10.26	46.88
					350m: 4:49.25	38.99
					400m: 5:27.93	38.68
9.	Almudena Visser Velez		The Hague Swimming (SG)	5:28.82	200205904	5:35.91
	50m: 36.95	36.95	150m: 2:03.45	43.24	250m: 3:32.78	48.26
	100m: 1:20.21	43.26	200m: 2:44.52	41.07	300m: 4:21.41	48.63
					350m: 4:59.47	38.06
					400m: 5:35.91	36.44
10.	Kristel Beijk		De Columbiaan	5:41.44	200201278	5:36.50
	50m: 38.46	38.46	150m: 2:07.42	42.30	250m: 3:35.13	45.68
	100m: 1:25.12	46.66	200m: 2:49.45	42.03	300m: 4:20.97	45.84
					350m: 4:59.28	38.31
					400m: 5:36.50	37.22
11.	Sanne Heemskerk		LZ 1886	5:29.34	200100600	5:36.71
	<i>*eindtijd is backup tijd</i>					
	50m: 34.98	34.98	150m: 2:01.22	40.49	250m: 3:29.09	47.55
	100m: 1:20.73	45.75	200m: 2:41.54	40.32	300m: 4:18.40	49.31
					350m: 4:58.50	40.10
					400m: 5:36.71	38.21
12.	Jana Plaisier		De Devel	5:37.45	200101266	5:40.88
	50m: 34.14	34.14	150m: 2:00.06	45.80	250m: 3:33.99	50.17
	100m: 1:14.26	40.12	200m: 2:43.82	43.76	300m: 4:24.45	50.46
					350m: 5:03.11	38.66
					400m: 5:40.88	37.77
13.	Anouk Vis		De Columbiaan	5:54.70	200203322	5:56.24
	50m: 36.86	36.86	150m: 2:09.30	44.82	250m: 3:41.92	48.30
	100m: 1:24.48	47.62	200m: 2:53.62	44.32	300m: 4:32.49	50.57
					350m: 5:14.79	42.30
					400m: 5:56.24	41.45
14.	Diana Noordermeer		SG SCOM/de Zeehond '73	5:47.63	200102110	5:58.30
	50m: 36.92	36.92	150m: 2:06.99	47.98	250m: 3:42.79	49.71
	100m: 1:19.01	42.09	200m: 2:53.08	46.09	300m: 4:32.41	49.62
					350m: 5:16.24	43.83
					400m: 5:58.30	42.06

Programmanr. 7, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	tijd	
15.	Hieke de Lijster	ZV Westland	5:58.67	200203312	5:59.42
	50m: 39.34	150m: 2:11.90	250m: 3:45.84	350m: 5:19.99	43.95
	100m: 1:26.61	200m: 2:53.63	300m: 4:36.04	400m: 5:59.42	39.43
AFGEM	Esmee Wijnmaalen	PCG	5:42.21	200100298	
AFGEM	Anne Straub	Zoetermeer	5:49.94	200201402	

Junioren 3

1.	Britta Koehorst	KZV de Lansingh	5:30.23	200300246	5:10.02
	50m: 31.90	150m: 1:50.91	250m: 3:14.54	350m: 4:35.57	37.12
	100m: 1:09.15	200m: 2:31.07	300m: 3:58.45	400m: 5:10.02	34.45
2.	Kim de Jong	LinK	5:26.50	200301026	5:22.84
	50m: 34.54	150m: 1:58.92	250m: 3:24.06	350m: 4:46.09	38.20
	100m: 1:15.94	200m: 2:40.15	300m: 4:07.89	400m: 5:22.84	36.75
3.	Julia Notenboom	De Columbiaan	6:09.21	200302596	5:51.31
	50m: 36.63	150m: 2:04.69	250m: 3:39.15	350m: 5:11.38	42.03
	100m: 1:20.07	200m: 2:48.68	300m: 4:29.35	400m: 5:51.31	39.93
4.	Esther Reinders	KZV de Lansingh	6:10.43	200301798	5:56.47
	50m: 36.54	150m: 2:08.38	250m: 3:43.27	350m: 5:17.51	42.06
	100m: 1:22.62	200m: 2:54.41	300m: 4:35.45	400m: 5:56.47	38.96
5.	Wendy ten Wolde	Wiekslag	6:05.55	200302658	5:57.16
	50m: 37.19	150m: 2:12.75	250m: 3:45.84	350m: 5:16.17	41.98
	100m: 1:24.24	200m: 2:58.38	300m: 4:34.19	400m: 5:57.16	40.99
6.	Kim Rutters	De Kempvis	5:56.85	200302318	5:58.46
	50m: 39.17	150m: 2:11.71	250m: 3:47.12	350m: 5:19.86	40.77
	100m: 1:27.92	200m: 2:54.79	300m: 4:39.09	400m: 5:58.46	38.60
7.	Mara Bosman	The Hague Swimming (SG)	6:06.61	200303048	6:06.45
	50m: 43.15	150m: 2:18.74	250m: 3:54.47	350m: 5:27.22	39.98
	100m: 1:33.34	200m: 3:02.88	300m: 4:47.24	400m: 6:06.45	39.23

Senioren 1 en ouder

1.	Angelique van Vark	Z&PC De Gouwe	5:18.93	199701478	5:13.41
	50m: 34.23	150m: 1:54.83	250m: 3:18.30	350m: 4:39.05	36.01
	100m: 1:14.18	200m: 2:34.19	300m: 4:03.04	400m: 5:13.41	34.36
2.	Gaetane Demyttenaere	The Hague Swimming (SG)	5:32.11	199905018	5:26.12
	50m: 35.23	150m: 1:57.21	250m: 3:24.66	350m: 4:50.39	36.99
	100m: 1:17.06	200m: 2:36.62	300m: 4:13.40	400m: 5:26.12	35.73
3.	Lotte Middelbos	zc De Schotelijl	5:28.68	199900680	5:27.51
	50m: 34.79	150m: 1:58.15	250m: 3:26.39	350m: 4:50.99	37.77
	100m: 1:16.43	200m: 2:39.89	300m: 4:13.22	400m: 5:27.51	36.52
4.	Wendy de Bruin	ZOB'66	5:28.87	199206320	5:30.27
	50m: 34.07	150m: 1:58.19	250m: 3:27.67	350m: 4:53.70	38.15
	100m: 1:15.30	200m: 2:40.52	300m: 4:15.55	400m: 5:30.27	36.57
5.	Nadya Putter	ZV Vlaardingen-Schiedam	5:37.71	198301630	5:30.38
	50m: 33.39	150m: 1:55.07	250m: 3:23.83	350m: 4:51.97	39.78
	100m: 1:11.54	200m: 2:37.16	300m: 4:12.19	400m: 5:30.38	38.41
6.	Moniek Heemskerk	LZ 1886	5:21.32	199601964	5:30.45
	50m: 35.37	150m: 2:01.23	250m: 3:29.20	350m: 4:53.95	39.00
	100m: 1:16.44	200m: 2:44.71	300m: 4:14.95	400m: 5:30.45	36.50
7.	Aniek Erenstein-Huijsman	KZV de Lansingh	5:29.93	198801932	5:34.97
	50m: 34.27	150m: 1:58.05	250m: 3:27.29	350m: 4:55.45	39.31
	100m: 1:15.49	200m: 2:40.29	300m: 4:16.14	400m: 5:34.97	39.52
8.	Eef Hollander	The Hague Swimming (SG)	5:27.08	199602074	5:35.08
	50m: 34.34	150m: 1:58.03	250m: 3:28.70	350m: 4:57.03	39.18
	100m: 1:15.88	200m: 2:39.70	300m: 4:17.85	400m: 5:35.08	38.05
9.	Maaïke van Diggele	ZPB-H&L	5:52.05	198700868	5:45.15
	50m: 35.00	150m: 2:00.66	250m: 3:33.24	350m: 5:04.56	41.90
	100m: 1:16.08	200m: 2:43.95	300m: 4:22.66	400m: 5:45.15	40.59
10.	Lianne Bouwmeester	De Columbiaan	5:31.41	200000956	5:48.37
	50m: 35.72	150m: 2:02.70	250m: 3:33.74	350m: 5:07.20	42.43
	100m: 1:19.30	200m: 2:46.59	300m: 4:24.77	400m: 5:48.37	41.17
11.	Kirana Hoogenbosch	De Geul	5:55.65	200003428	5:54.02
	50m: 36.22	150m: 2:07.91	250m: 3:42.26	350m: 5:13.28	41.72
	100m: 1:22.03	200m: 2:53.36	300m: 4:31.56	400m: 5:54.02	40.74

rang	naam	vereniging	inschrijftijd	tijd	
Junioren 1					
1.	Jay de Vries	De Devel	31.04	200400669	30.93
2.	Julien Tanis	zc De Schotejil	33.75	200401045	31.15
3.	Max van Schagen	De Columbiaan	33.26	200402591	32.65
	Olivier Krayenbuhl	The Hague Swimming (SG)	34.39	200403215	32.65
5.	Pepijn van Egmond	De Watervogels	32.68	200402309	32.92
6.	Thijm Kruit	De Columbiaan	36.96	200401339	34.14
7.	Chris van der Hout	The Hague Swimming (SG)	35.51	200401355	34.28
8.	Nathan Janssen	MNC Dordrecht	34.86	200401565	34.39
9.	Bart Pardon	WVZ	35.55	200400639	34.74
10.	Timo Kock	De Devel	33.34	200400387	34.85
11.	Tim Haimé	The Hague Swimming (SG)	38.66	200403567	35.16
12.	Timo Huizer	Wiekslag	37.86	200401125	35.43
13.	Wen-Ye Chen	The Hague Swimming (SG)	37.06	200402859	35.56
14.	Guus Geelen	LZ 1886	37.48	200401183	36.34
	Kun Woo Kim	The Hague Swimming (SG)	37.15	200401361	36.36
16.	Arthur Bondartsov	Poseidon'56	36.24	200403231	36.80
17.	Christian Kalle	zc De Schotejil	37.52	200400687	36.95
18.	Niels van der Mast	ZPCNumansdorp	38.23	200401917	37.77
19.	Milan Masselink	The Hague Swimming (SG)	37.56	200402165	38.02
20.	Nathan Vos	Van Vliet-Barracuda	39.05	200402335	38.36
	Sem Verberg	LinK	38.45	200402105	38.36
22.	Tim van Borselaer	WVZ	36.89	200401261	39.52
AFGEM	Patrick van der Knaap	De Duck	38.04	200400007	

rang	naam	vereniging	inschrijftijd	tijd	
Junioren 2					
1.	Keanu Streefland	The Hague Swimming (SG)	30.77	200302445	29.42
2.	Dylan Jansen	WVZ	30.74	200300817	30.05
3.	Milan Hamel	The Hague Swimming (SG)	30.79	200302125	30.34
4.	Kenan Cörüz	SG Albion d'ELFT	31.66	200300357	30.74
5.	Jelle Bon	ZV Westland	32.49	200301077	31.00
6.	Senna Mooldijk	De Kempvis	32.09	200301147	31.38
7.	Zev Bulk	Widex GZC Donk	34.97	200304021	32.04
8.	Raphaël Booiman	Wiekslag	34.21	200300727	32.32
9.	Daan Hogerhuis	SG Albion d'ELFT	34.99	200300317	32.60
10.	Erik van Gemert	Poseidon'56	33.81	200300587	32.68
11.	Koen Pijnacker	BZ&PC	36.21	200301437	33.63
12.	Julian Stok	De Devel	33.30	200300071	33.72
13.	Laren Schavemaker	The Hague Swimming (SG)	35.24	200300607	33.74
14.	Lorenzo Punt	De Devel	34.76	200302923	34.40
	Alexander ten Haaft	Zoetermeer	34.10	200302309	34.40
16.	Chris Vogelaar	LZ 1886	34.84	200302241	34.59
17.	Jort Jongenelen	Zoetermeer	36.15	200303233	34.61
18.	Milan van Aken	The Hague Swimming (SG)	35.51	200303307	34.74
19.	Mirza Kuraesin	WVZ	34.44	200302883	34.78
20.	Maxim Noordman	The Hague Swimming (SG)	36.69	200304067	34.99
21.	Maximilian Lopes Cardozo	WZK	36.63	200300665	36.12
22.	Thimo van Beek	LZ 1886	36.16	200301347	36.21
23.	Mark van Berkel	Van Vliet-Barracuda	36.72	200300039	36.40
AFGEM	Christiaan van Es	ZOB'66	35.33	200304141	
AFGEM	Mick van den Houten	De Duck	34.15	200302211	
AFGEM	David Jagerman	The Hague Swimming (SG)	33.45	200302127	

rang	naam	vereniging	inschrijftijd	tijd	
Junioren 3					
1.	Nikhom Westphal	SG SCOM/de Zeehond '73	27.81	200203329	27.48
2.	Adriaan Provó Kluit	WVZ	27.83	200204397	27.96
3.	Stijn den Otter	De Devel	30.54	200200225	29.47
4.	Viktor Koets	De Columbiaan	31.36	200201677	29.52
5.	Johrick Wijma	KZV de Lansingh	31.54	200204435	30.78
6.	Mart de Koning	ZOB'66	31.50	200203253	30.89
7.	Robert Speksnijder	ZPB-H&L	31.26	200200429	30.95
8.	Cas Jansen	The Hague Swimming (SG)	31.68	200203263	31.04
9.	Peter van Driel	ZPCNumansdorp	31.61	200200305	31.06
10.	Guus Hoogduin	LZ 1886	31.35	200201069	31.46
11.	Scott Jansen	WVZ	32.16	200202455	31.48
12.	Lougo Gorré	ZV Vlaardingen-Schiedam	32.82	200201765	31.96
13.	Niels Dijkshoorn	ZV Westland	32.94	200203079	32.08

Programmanr. 8, Jongens, 50m vlinderslag, Junioren 3

rang	naam	vereniging	inschrijftijd	tijd	
14.	Björn de Heus	ZV Vlaardingen-Schiedam	33.97	200201077	32.33
15.	Robin van Peenen	De Columbiaan	32.33	200201059	32.41
16.	Thomas van Wanrooij	Poseidon'56	36.14	200201473	33.35
17.	Liam Schoon	ZV Westland	33.58	200201181	33.55
18.	Luuk van Holstein	ZV Westland	34.11	200203841	33.68
19.	Dylano Termoshuizen	WVZ	33.50	200202169	33.69
20.	Bas van Nisius	The Hague Swimming (SG)	35.77	200202107	34.18
NG.ZA	Mark Bom	LZ 1886	33.99	200201471	
AFGEM	Brayden Lauletta	WZK	36.60	200204731	

Junioren 4

1.	Gerard Willighagen	Poseidon'56	27.00	200103663	27.43
2.	Christiaan Smit	The Hague Swimming (SG)	28.64	200102463	27.86
3.	Wesley Scheepbouwer	Wiekslag	29.51	200101959	28.05
4.	Max Visser	WVZ	29.37	200100077	28.49
5.	Freek Hollander	The Hague Swimming (SG)	29.32	200103815	29.47
6.	Christian van Mierlo	SG Albion d'ELFT	30.90	200103155	29.51
7.	Jarno van Oyen	SG SCOM/de Zeehond '73	29.86	200100055	29.91
8.	Michael Boekestijn	ZV Westland	30.75	200100767	30.01
9.	Luuk Kieviet	zc De Schotejil	30.91	200100469	30.11
10.	Querijn Hensen	The Hague Swimming (SG)	30.91	200102121	30.79
11.	Sander Iuga	Poseidon'56	31.41	200101389	31.07
12.	Youri ten Brink	The Hague Swimming (SG)	32.46	200104719	31.27
13.	Boy Borreman	Link	31.92	200102751	31.30
14.	Ignazio Nunzi	WVZ	31.20	200101803	31.78
15.	Joris de Gier	Widex GZC Donk	33.41	200103817	31.89
16.	Daryn Amanzhan	The Hague Swimming (SG)	32.08	200105225	32.07
17.	Wessel Bonkestoter	Widex GZC Donk	34.10	200100625	32.13
18.	Pim Munne	ZOB'66	33.37	200103563	32.86
19.	Boaz Troost	ZOB'66	33.60	200100371	33.21
20.	Jeroen de Mooij	LZ 1886	34.89	200100723	34.93
AFGEM	Thomas Jansen	WVZ	28.12	200100143	
AFGEM	Robin Waas	De Devel	31.55	200100135	
AFGEM	Victor van Dam	LZ 1886	32.25	200103703	

Jeugd 1 en 2

1.	Klaas Arkesteijn	WVZ	25.96	199901897	25.94
2.	Noah Legerstee	WVZ	27.30	200003593	26.88
3.	Thijs van Wieringen	De Columbiaan	27.10	199900577	27.18
4.	Jari Voogt	De Duck	28.65	200004237	27.65
5.	Sybe de Waard	De Devel	28.57	199900139	27.94
6.	Duncan van Haaren	Widex GZC Donk	27.90	200000681	27.97
7.	Marijn van Giesen	ZV Westland	28.61	199900633	28.26
8.	Olivier Jans	The Hague Swimming (SG)	29.26	200001815	28.40
9.	Rolf Bavelaar	WVZ	29.01	200001747	28.81
10.	Rogier Dorsman	De Devel	28.98	199900211	28.82
11.	Jasper Breugem	WVZ	28.83	200000303	28.98
12.	David Kievit	zc De Schotejil	29.48	199900325	29.21
13.	Stijn Lafontaine	The Hague Swimming (SG)	29.26	200005205	29.23
14.	Sander van Beek	LZ 1886	28.87	200002917	29.42
15.	Robin Lecomte	KZV de Lansingh	29.72	199900711	29.57
16.	Floriaan Bulten	Poseidon'56	29.84	200002267	29.58
17.	Oliver Maddock	The Hague Swimming (SG)	30.06	200002281	29.73
18.	Jervis Boele	ZPCNumansdorp	31.03	200004141	29.76
19.	Mark de Jongh	De Devel	29.29	200001325	29.80
	Ricardo van der Steen	ZV Vlaardingen-Schiedam	29.90	200000625	29.80
21.	Aidan van Gool	De Geul	30.28	200001773	30.16
22.	Matthijs Arnoldus	WVZ	31.18	200000571	30.49
23.	Bart Spaans	SG WZ010/ACZ	31.08	199902559	30.63
24.	Tristan Stam	ZOB'66	31.68	199903551	31.15
25.	Thomas Boxman	The Hague Swimming (SG)	32.35	200005203	31.76
AFGEM	Tanner Brooks	WZK	30.81	200005569	
AFGEM	Yanick Leunisse	ZPCNumansdorp	31.60	199904179	

Programmanr. 8, Heren, 50m vlinderslag

Senioren 1 en ouder

1.	Floris Kotterink	SG Albion d'ELFT	24.67	199800199	24.92
2.	Bjorn Scherbeijn	The Hague Swimming (SG)	24.59	199600349	25.02
3.	Engser Kotterink	SG Albion d'ELFT	24.34	199403391	25.03
4.	Melvin Prins	Wiekslag	25.28	199500201	25.44
5.	Mike Hoek	De Duck	25.67	199702229	25.76
6.	Jesper Oranje	De Duck	26.07	199200997	25.85
7.	Jonne Schaafsma	The Hague Swimming (SG)	26.44	199800745	26.35
8.	Timo Dinkelberg	SG Albion d'ELFT	26.35	199300773	26.80
9.	Kevin Panoet	The Hague Swimming (SG)	26.89	199307253	26.88
10.	Roderick van Doeselaar	The Hague Swimming (SG)	25.59	199200261	27.29
11.	Bas Verdoes	De Columbiaan	27.31	199801487	27.42
12.	Lars Schoffemeer	ZPB-H&L	27.12	199501907	27.45
13.	Dave Jansen	SG Albion d'ELFT	27.99	199805299	27.63
14.	Daan Siebenheller	ZOB'66	27.94	199804955	27.74
15.	Jordy van Oel	WVZ	27.10	199802003	27.87
16.	Alex Heskes	SG SCOM/de Zeehond '73	28.06	199001185	28.02
17.	Robin van Beek	LZ 1886	27.61	199704023	28.06
18.	Kevin Kingma	KZV de Lansingh	28.28	199700559	28.32
19.	Ivo van Dijk	The Hague Swimming (SG)	29.75	199702985	28.47
20.	Dion de Mooij	LZ 1886	29.40	199701803	28.96
21.	Roel van Grol	Widex GZC Donk	30.40	199802277	29.03
22.	Remco Wiegink	SG WZ010/ACZ	29.11	198402595	29.26
23.	Armand Heyder	ZV Westland	28.42	199603221	29.35
24.	Max Muller	De Geul	28.50	199800347	29.46
25.	Ben Muller	De Geul	28.93	199801281	29.61
26.	Remco Oskam	Widex GZC Donk	29.64	199205583	29.75
27.	Tim van Duuren	Widex GZC Donk	29.65	199802255	30.15
AFGEM	Ids de Klerk	Van Vliet-Barracuda	29.48	199803237	
AFGEM	Rein Goedhart	WZK	28.89	199700621	
AFGEM	Rainier Voll	De Devel	26.90	199800365	
AFGEM	Roderik Meijers	SG Albion d'ELFT	27.65	198602063	
AFGEM	Ruben Stam	SG Albion d'ELFT	24.52	199800331	
AFGEM	Jeroen Baars	MNC Dordrecht	23.74	199200031	

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Dames, 100m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m	
Juniores 2							
1.	Rinske Bouman	De Devel	1:05.17	200400578	1:04.97	31.58	1:04.97
2.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:05.56	200404272	1:05.78	31.43	1:05.78
3.	Isis Naaktgeboren	De Devel	1:06.11	200403914	1:06.32	32.49	1:06.32
4.	Jenna Klein	Z&PC Alkemade	1:09.28	200400914	1:07.09	32.09	1:07.09
5.	Danielle Vis	De Columbiaan	1:06.50	200401044	1:07.45	33.13	1:07.45
6.	Nora van der Steen	LinK	1:07.37	200403458	1:08.16	33.10	1:08.16
7.	Lize van Stigt	LinK	1:06.97	200401510	1:08.36	32.98	1:08.36
8.	Irma van der Wulp	WVZ	1:08.23	200401950	1:08.73	33.26	1:08.73
9.	Fenna Herwig	Wiekslag	1:12.87	200400908	1:09.01	33.57	1:09.01
10.	Milou van Wijk	De Devel	1:13.81	200404948	1:09.33	33.52	1:09.33
11.	Anniko Firman	The Hague Swimming (SG)	1:08.97	200402330	1:09.68	33.00	1:09.68
12.	Fiona Moerman	The Hague Swimming (SG)	1:09.96	200401668	1:09.87	34.38	1:09.87
13.	Marise van 't Walderveen	Zoetermeer	1:11.05	200400902	1:10.29	33.75	1:10.29
14.	Robine Boer	De Columbiaan	1:09.71	200402180	1:10.42	34.21	1:10.42
15.	Leonoor van Dijk	The Hague Swimming (SG)	1:08.83	200400832	1:11.36	34.01	1:11.36
16.	Kristel Spannemaker	BZ&PC	1:11.24	200402166	1:11.67	34.69	1:11.67
17.	Mandy van der Meijden	Widex GZC Donk	1:10.35	200402574	1:11.74	33.21	1:11.74
18.	Juliette Boon	De Devel	1:14.47	200401908	1:12.19	34.91	1:12.19
19.	Phaedra Meijer	De Stelle	1:13.32	200401354	1:12.20	33.97	1:12.20
20.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	1:09.47	200402932	1:12.95	35.89	1:12.95
21.	Feline Jonkers	Poseidon'56	1:12.80	200401160	1:13.10	34.67	1:13.10
22.	Jet van Oudheusden	ZOB'66	1:14.48	200401012	1:13.50	34.72	1:13.50
23.	Cheyenne Elburg	KZV de Lansingh	1:12.87	200401170	1:13.77	35.62	1:13.77
24.	Feija de Bruin	WVZ	1:14.74	200400106	1:14.35	35.59	1:14.35
25.	Zinzi van der Maas	WVZ	1:16.52	200402028	1:15.13	36.55	1:15.13
26.	Carmen Lems	KZV de Lansingh	1:15.82	200402632	1:16.21	36.69	1:16.21
27.	Lara Hoeksema	The Hague Swimming (SG)	1:14.90	200400514	1:16.46	36.06	1:16.46
AFGEM	Danique Gerritsen	MNC Dordrecht	1:09.77	200401176			
AFGEM	Mary Kate Farrell	The Hague Swimming (SG)	1:08.81	200402870			

Programmanr. 9, Dames, 100m vrije slag

Junioren 1

1.	Jelsie van Ruijven	WVZ	1:09.15	200500282	1:07.87	32.06	1:07.87
2.	Asha van Lobbereg	De Devel	1:09.69	200500088	1:08.47	32.57	1:08.47
3.	Milou Adriaanse	De Columbiaan	1:11.06	200500968	1:09.15	32.70	1:09.15
4.	Mar Stoel	LinK	1:12.34	200500520	1:10.05	33.14	1:10.05
5.	Vivianne Woltjes	The Hague Swimming (SG)	1:13.35	200501524	1:10.18	33.36	1:10.18
6.	Soscha van den Heuvel	ZPCNumansdorp	1:14.40	200500804	1:10.64	33.51	1:10.64
7.	Anastasia Romano	MNC Dordrecht	1:12.81	200501076	1:11.13	33.45	1:11.13
8.	Lyke Buscop	zc De Schotejil	1:13.76	200500552	1:11.53	34.22	1:11.53
9.	Marit Huisman	Van Vliet-Barracuda	1:11.55	200502620	1:11.60	34.52	1:11.60
10.	Britt van't Zant	Poseidon'56	1:11.56	200501170	1:11.62	33.56	1:11.62
11.	Isa Maes	De Devel	1:12.11	200500110	1:11.81	34.44	1:11.81
12.	Emma Verkuijl	Van Vliet-Barracuda	1:10.66	200500826	1:11.94	35.11	1:11.94
13.	Felicia Adema	SG Albion d'ELFT	1:15.08	200501310	1:12.27	34.75	1:12.27
14.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:12.75	200503118	1:12.29	34.83	1:12.29
15.	Hope van Zwol	ZV Vlaardingen-Schiedam	1:16.26	200502852	1:12.68	35.03	1:12.68
16.	Niké Telkamp	The Hague Swimming (SG)	1:13.52	200501088	1:13.50	35.33	1:13.50
17.	Sera Emmers	WZK	1:15.02	200503264	1:13.54	34.94	1:13.54
18.	Merel Schravendijk	The Hague Swimming (SG)	1:13.57	200503382	1:14.80	36.91	1:14.80
19.	Aisha Nobels	zc De Schotejil	1:15.82	200501710	1:17.03	37.89	1:17.03
20.	Milou Demirel	The Hague Swimming (SG)	1:18.50	200501254	1:21.01	38.19	1:21.01
21.	Valerie Damsma	Z&PC Katwijk	1:19.73	200500830	1:21.61	38.32	1:21.61
22.	Tamara de Gier	Widex GZC Donk	1:20.76	200502686	1:22.41	38.84	1:22.41
AFGEM	Elise Vink	De Columbiaan	1:11.55	200502588			
AFGEM	Nurlaylah Kartosentiko	WVZ	1:10.36	200501256			

Junioren 3

1.	Britta Koehorst	KZV de Lansingh	58.88	200300246	57.48	28.18	57.48
2.	Megan de Hoog	SG SCOM/de Zeehond '73	1:02.20	200300214	1:02.93	29.97	1:02.93
3.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:04.63	200301124	1:03.95	30.44	1:03.95
4.	Lieke Bastiaansen	MNC Dordrecht	1:05.08	200301368	1:04.05	30.92	1:04.05
5.	Amy Koelman	De Columbiaan	1:05.39	200300922	1:04.84	31.55	1:04.84
6.	Britt van Bommel	De Columbiaan	1:04.31	200301982	1:05.08	31.25	1:05.08
7.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:05.76	200300052	1:05.19	31.00	1:05.19
8.	Kim de Jong	LinK	1:06.65	200301026	1:05.55	31.43	1:05.55
9.	Sanne Vermeulen	The Hague Swimming (SG)	1:06.57	200303902	1:05.68	30.90	1:05.68
10.	Wendy ten Wolde	Wiekslag	1:04.83	200302658	1:05.79	31.32	1:05.79
11.	Esther Reinders	KZV de Lansingh	1:07.10	200301798	1:06.74	32.07	1:06.74
12.	Suzanne Dorsman	SG Albion d'ELFT	1:06.37	200303314	1:07.07	32.44	1:07.07
13.	Isabel Scheepbouwer	Wiekslag	1:12.02	200301106	1:08.04	32.86	1:08.04
14.	Marije de Jager	LinK	1:07.69	200301394	1:08.13	32.72	1:08.13
15.	Julia Notenboom	De Columbiaan	1:08.25	200302596	1:08.17	32.70	1:08.17
16.	Emma Schurink	KZV de Lansingh	1:04.65	200301586	1:08.33	32.46	1:08.33
17.	Joyce van 't Hof	De Devel	1:06.42	200302122	1:08.44	32.70	1:08.44
18.	Noa de Bock	De Duck	1:09.17	200300318	1:09.42	33.36	1:09.42
19.	Yara Aaldring	SG Albion d'ELFT	1:11.52	200302512	1:09.59	32.99	1:09.59
20.	Maaiké t Hart	ZV Vlaardingen-Schiedam	1:08.75	200301226	1:09.73	33.65	1:09.73
21.	Reese Lauletta	WZK	1:10.35	200305290	1:10.31	33.03	1:10.31
22.	Daphne Zoetekouw	SG SCOM/de Zeehond '73	1:09.15	200301750	1:10.61	33.10	1:10.61
23.	Kim Rutters	De Kempvis	1:08.81	200302318	1:10.75	33.53	1:10.75
24.	Mara Bosman	The Hague Swimming (SG)	1:10.09	200303048	1:11.84	34.31	1:11.84
25.	Zoë Molenaar	Zoetermeer	1:10.69	200300978	1:11.92	34.54	1:11.92
26.	Julia de Heide	KZV de Lansingh	1:09.70	200302934	1:12.00	34.45	1:12.00
27.	Alyssa Kuivenhoven	WVZ	1:12.80	200302224	1:12.15	34.29	1:12.15
28.	Jet van der Plas	LZ 1886	1:13.42	200300486	1:12.33	34.96	1:12.33
29.	Mirée de Vette	ZPCNumansdorp	1:14.54	200301218	1:13.37	34.29	1:13.37
30.	Anouk Brand	MNC Dordrecht	1:14.16	200302488	1:13.53	34.88	1:13.53
31.	Kim Smith	Poseidon'56	1:14.88	200302060	1:13.98	35.43	1:13.98
32.	Desny Kloet	De Duck	1:13.23	200304202	1:14.35	34.85	1:14.35
AFGEM	Yara Visser	Van Vliet-Barracuda	1:14.60	200300132			
AFGEM	Quincy Belder	Poseidon'56	1:11.03	200302058			
AFGEM	Ilse Schoenmaker	The Hague Swimming (SG)	1:06.63	200301470			

Senioren 1 en ouder

1.	Romy de Laat	Wiekslag	59.18	199900902	59.03	28.50	59.03
2.	Sterre Keller	The Hague Swimming (SG)	59.54	199904142	59.38	28.56	59.38
3.	Mariska Scheel	KZV de Lansingh	1:00.89	199306344	1:00.29	28.36	1:00.29
4.	Lauren van IJll	WVZ	1:00.20	200001064	1:01.13	29.61	1:01.13
5.	Angelique van Vark	Z&PC De Gouwe	1:00.76	199701478	1:01.17	29.44	1:01.17
6.	Babette van der Kaaij	ZV Westland	1:01.34	199902234	1:01.90	29.84	1:01.90

Programmanr. 9, Dames, 100m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
7.	Lianne Bouwmeester	De Columbiaan	59.96	200000956	1:01.96	29.93	1:01.96
8.	Uma Kraus	The Hague Swimming (SG)	1:01.45	199802328	1:02.34	29.54	1:02.34
9.	Cheyenne Visser	Wiekslag	1:01.72	199802318	1:02.49	29.69	1:02.49
10.	Liset Jansen	De Columbiaan	1:00.43	199500418	1:02.53	29.52	1:02.53
11.	Emma Berry	The Hague Swimming (SG)	1:01.22	199906390	1:02.71	29.85	1:02.71
12.	Lotte Middelbos	zc De Schotejil	1:02.65	199900680	1:02.78	30.19	1:02.78
13.	Sanne Hobé	Poseidon'56	1:02.68	200000826	1:02.97	30.20	1:02.97
14.	Amanda Holst	Zoetermeer	1:03.64	200004204	1:03.27	29.91	1:03.27
15.	Wendy de Bruin	ZOB'66	1:02.12	199206320	1:03.60	29.96	1:03.60
16.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	1:04.02	200000994	1:03.61	30.40	1:03.61
17.	Alisha Vieira	ZPB-H&L	1:02.67	199904554	1:03.79	29.83	1:03.79
18.	Sabine Lina	The Hague Swimming (SG)	1:02.76	198902680	1:04.01	31.01	1:04.01
19.	Lincy de Winter	The Hague Swimming (SG)	1:03.15	199805886	1:04.09	30.53	1:04.09
20.	Celina von Berg	ZV Westland	1:04.56	200002596	1:04.40	30.58	1:04.40
21.	Hanna Looi	De Devel	1:05.73	200006090	1:04.48	31.65	1:04.48
22.	Aylin van Uffelen	ZPB-H&L	1:04.54	199600352	1:04.86	31.36	1:04.86
23.	Emily Beres	LinK	1:04.93	200001874	1:04.87	31.29	1:04.87
24.	Iris van Berkel	Van Vliet-Barracuda	1:05.00	200000476	1:04.97	31.63	1:04.97
25.	Odetta Holster	zc De Schotejil	1:05.51	199900586	1:05.31	30.14	1:05.31
26.	Maaïke van Diggele	ZPB-H&L	1:05.55	198700868	1:05.56	31.29	1:05.56
27.	Moniek Heemskerk	LZ 1886	1:03.57	199601964	1:05.58	32.03	1:05.58
28.	Heidi den Boer	LinK	1:04.97	196900864	1:05.59	31.74	1:05.59
29.	Laila Kuipers	BZ&PC	1:05.48	200003124	1:05.70	32.27	1:05.70
30.	Eef Hollander	The Hague Swimming (SG)	1:04.26	199602074	1:05.96	31.31	1:05.96
31.	Chantal van der Vaart	ZV Vlaardingen-Schiedam	1:06.76	199802266	1:05.99	32.05	1:05.99
32.	Kayra Deger	MNC Dordrecht	1:05.98	200003890	1:06.47	32.07	1:06.47
33.	Karen van Dee	SG SCOM/de Zeehond '73	1:03.71	199604074	1:06.55	31.16	1:06.55
34.	Laura Tromp	De Devel	1:06.49	200000276	1:06.58	31.58	1:06.58
35.	Kirsten de Hoog	SG SCOM/de Zeehond '73	1:05.42	200000460	1:06.83	31.73	1:06.83
36.	Brighid van Uffelen	Wiekslag	1:05.29	199800310	1:06.95	31.86	1:06.95
37.	Kirana Hoogenbosch	De Geul	1:06.80	200003428	1:08.84	32.74	1:08.84
38.	Femke Noordhoek	De Watervogels	1:05.91	199901150	1:09.01	32.38	1:09.01
39.	Floor de Kwant	ZPB-H&L	1:09.45	200002788	1:09.02	33.50	1:09.02
40.	Jonne Moleman	AZC	1:09.39	200006264	1:11.27	33.66	1:11.27
AFGEM	Tamara van den Brink	Van Vliet-Barracuda	1:10.22	199804182			
AFGEM	Maaïke Baker	De Columbiaan	1:05.15	199902930			
AFGEM	Michelle Bellekom	WZK	1:04.66	199606484			
AFGEM	Sylvana Kusters	Wiekslag	1:04.99	199403436			
AFGEM	Carmen Muilwijk	De Geul	1:05.90	199502700			

Jeugd 1 en 2

1.	Elise Tanis	zc De Schotejil	57.78	200200120	58.21	28.12	58.21
2.	Inge Vieveen	WVZ	59.43	200100024	58.43	28.42	58.43
3.	Claire Verkijk	WVZ	57.95	200100240	58.94	28.71	58.94
4.	Christy Geurts	WVZ	1:00.55	200203734	1:00.46	29.08	1:00.46
5.	Rosey Metz	WVZ	1:02.35	200101786	1:00.47	28.72	1:00.47
6.	Lotte Hosper	The Hague Swimming (SG)	1:00.54	200201414	1:00.89	29.22	1:00.89
7.	Megan van Beelen	De Columbiaan	1:00.71	200105606	1:01.06	29.29	1:01.06
8.	Sanne Heemskerk	LZ 1886	1:00.19	200100600	1:01.19	29.30	1:01.19
9.	Sanne Busch	MNC Dordrecht	1:01.14	200101486	1:01.95	29.45	1:01.95
10.	Marlinde Beukers	WVZ	1:01.96	200101934	1:02.28	30.39	1:02.28
11.	Isa Boom	MNC Dordrecht	1:02.56	200200186	1:02.48	29.02	1:02.48
	Giulia Corsi	De Columbiaan	1:02.29	200100468	1:02.49	30.31	1:02.49
13.	Tessa Giele	SG SCOM/de Zeehond '73	1:01.62	200203124	1:03.05	30.50	1:03.05
14.	S. van den Dobbelsteen	The Hague Swimming (SG)	1:02.96	200100904	1:03.49	29.85	1:03.49
	Grace Anderson	WVZ	1:03.20	200200578	1:03.50	30.66	1:03.50
16.	Anniek de Ruiter	Widex GZC Donk	1:05.07	200101224	1:03.55	30.53	1:03.55
17.	Floor de Kievit	The Hague Swimming (SG)	1:03.42	200100238	1:03.88	30.90	1:03.88
18.	Esmée Roodenburg	De Geul	1:04.18	200100040	1:03.98	30.80	1:03.98
19.	Elyanne Boudestein	Zoetermeer	1:06.38	200101060	1:04.19	30.78	1:04.19
	Lisa Pijlman	De Kempvis	1:03.42	200103004	1:04.19	30.95	1:04.19
	Jana Plaisier	De Devel	1:03.34	200101266	1:04.20	31.09	1:04.20
	Marith de Jong	The Hague Swimming (SG)	1:04.31	200200012	1:04.20	30.52	1:04.20
23.	Lieske Zijlstra	zc De Schotejil	1:05.25	200200996	1:04.28	31.10	1:04.28
24.	Susan van Grol	Widex GZC Donk	1:06.56	200201344	1:04.37	31.19	1:04.37
	Marbel Diderik	De Columbiaan	1:04.74	200205752	1:04.38	30.58	1:04.38
26.	Sanne van Ruijven	WVZ	1:05.10	200201120	1:04.43	31.09	1:04.43
27.	Giorgia Colle	SG SCOM/de Zeehond '73	1:03.39	200201754	1:04.53	30.61	1:04.53
28.	Lotte Tillemma	zc De Schotejil	1:05.17	200200692	1:04.58	31.43	1:04.58
29.	Lara Idsinga	De Devel	1:07.63	200200678	1:04.65	31.77	1:04.65
30.	Manon Middelbos	zc De Schotejil	1:05.66	200100056	1:04.72	31.07	1:04.72

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

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
31.	Iris van den Berg	SG Albion d'ELFT	1:03.68	200103782	1:04.92	31.19	1:04.92
32.	Jasmine el Taraboulsi	WZK	1:06.14	200105788	1:04.94	30.82	1:04.94
33.	Abigail den Boef	Wiekslag	1:05.29	200203026	1:05.15	31.82	1:05.15
34.	Anouk de Vreede	The Hague Swimming (SG)	1:05.12	200100130	1:05.21	31.34	1:05.21
35.	Nienke Vork	Widex GZC Donk	1:06.43	200102294	1:06.02	31.27	1:06.02
36.	Nienke Mierop	zc De Schotejil	1:07.27	200203294	1:06.07	31.53	1:06.07
37.	Amber Hesper	Van Vliet-Barracuda	1:07.37	200202188	1:06.25	32.11	1:06.25
	Nuria Boersma	WZK	1:06.87	200100906	1:06.27	30.48	1:06.27
39.	Tamara de Ruiter	zc De Schotejil	1:06.45	200203060	1:06.40	32.07	1:06.40
	Fleur van Norren	KZV de Lansingh	1:07.36	200204432	1:06.40	32.34	1:06.40
41.	Anne van der Zwan	The Hague Swimming (SG)	1:07.13	200101134	1:06.66	32.44	1:06.66
42.	Rozemarijn van Haaff	ZOB'66	1:06.02	200201852	1:06.71	31.83	1:06.71
43.	Sara Claps	The Hague Swimming (SG)	1:06.93	200205916	1:06.95	32.22	1:06.95
44.	Paula Dorsman	SG Albion d'ELFT	1:07.08	200105354	1:07.16	32.33	1:07.16
45.	Anouk Vis	De Columbiaan	1:06.67	200203322	1:07.25	31.85	1:07.25
46.	Lisanne Dijkman	Zoetermeer	1:07.96	200102676	1:07.46	31.75	1:07.46
47.	Danielle van Valen	De Devel	1:05.87	200100202	1:07.76	32.50	1:07.76
48.	Kristel Beijk	De Columbiaan	1:06.92	200201278	1:07.91	33.03	1:07.91
	Diana Noordermeer	SG SCOM/de Zeehond '73	1:06.47	200102110	1:07.91	32.15	1:07.91
50.	Samantha Gerritse	LinK	1:07.06	200102062	1:07.94	32.41	1:07.94
	Laura Nuijten	ZV Westland	1:07.50	200101084	1:07.96	32.42	1:07.96
52.	Charlotte Drastich	WZK	1:05.35	200200344	1:08.04	32.44	1:08.04
	Almudena Visser Velez	The Hague Swimming (SG)	1:06.13	200205904	1:08.06	32.44	1:08.06
54.	Shanti van Kan	Poseidon'56	1:09.14	200102446	1:10.54	33.55	1:10.54
55.	Faustine Mussig	De Geul	1:07.71	200202080	1:11.21	33.68	1:11.21
AFGEM	Ylva Visser	Van Vliet-Barracuda	1:08.16	200101920			
AFGEM	Esmee Wijnmaalen	PCG	1:06.76	200100298			
AFGEM	Anne Straub	Zoetermeer	1:07.85	200201402			

Programmanr. 10
7-1-2017 - 15:20

Heren, 200m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
Junioren 1									
1.	Jay de Vries	De Devel	2:30.19	200400669	2:27.29	33.81	1:12.17	1:50.95	2:27.29
2.	Chris van der Hout	The Hague Swimming (SG)	2:37.47	200401355	2:38.94	37.84	1:18.67	1:59.59	2:38.94
3.	Julien Tanis	zc De Schotejil	2:38.91	200401045	2:41.25	37.79	1:19.05	2:01.06	2:41.25
	Sem Verberg	LinK	2:45.73	200402105	2:41.25	37.66	1:19.19	2:01.18	2:41.25
5.	Bart Pardon	WVZ	2:43.17	200400639	2:43.83	38.83	1:22.13	2:04.48	2:43.83
6.	Olivier Krayenbuhl	The Hague Swimming (SG)	2:43.21	200403215	2:44.00	39.52	1:21.91	2:03.13	2:44.00
7.	Kun Woo Kim	The Hague Swimming (SG)	2:43.75	200401361	2:45.83	39.68	1:22.28	2:05.46	2:45.83
8.	Thomas van Peenen	De Columbiaan	2:51.46	200400097	2:48.05	40.79	1:24.04	2:07.29	2:48.05
9.	Pepijn van Egmond	De Watervogels	2:56.88	200402309	2:48.46	39.69	1:23.26	2:06.59	2:48.46
10.	Timo Kock	De Devel	2:40.98	200400387	2:49.67	41.53	1:25.12	2:08.30	2:49.67
11.	Timo Huizer	Wiekslag	2:54.70	200401125	2:51.09	39.93	1:23.32	2:07.60	2:51.09
12.	Milan Masselink	The Hague Swimming (SG)	2:53.58	200402165	2:51.66	41.26	1:25.04	2:09.89	2:51.66
13.	Daniel 't Mannetje	zc De Schotejil	2:57.24	200400183	2:53.26	41.21	1:26.36	2:11.52	2:53.26
AFGEM	Bram de Haas	PCG	3:03.10	200400391					
AFGEM	Patrick van der Knaap	De Duck	2:48.24	200400007					

Junioren 2

1.	Keanu Streefland	The Hague Swimming (SG)	2:21.23	200302445	2:21.99	33.81	1:09.43	1:46.20	2:21.99
2.	Dylan Jensen	WVZ	2:27.70	200300817	2:25.35	34.33	1:11.46	1:49.13	2:25.35
3.	Daan Hogerhuis	SG Albion d'ELFT	2:29.83	200300317	2:28.15	35.02	1:12.25	1:50.77	2:28.15
4.	Jelle Bon	ZV Westland	2:33.57	200301077	2:30.89	35.93	1:14.03	1:53.35	2:30.89
5.	Perry Laarhoven	ZPCNumansdorp	2:31.60	200301321	2:30.94	35.34	1:13.94	1:52.74	2:30.94
6.	Bjarne Buijs	The Hague Swimming (SG)	2:32.56	200301089	2:33.19	36.52	1:15.23	1:54.46	2:33.19
7.	Chris Vogelaar	LZ 1886	2:44.45	200302241	2:39.97	37.88	1:17.89	1:58.85	2:39.97
8.	Raphaël Booiman	Wiekslag	2:41.70	200300727	2:41.52	38.14	1:19.44	2:01.52	2:41.52
9.	Maximilian Lopes Cardozo	WZK	2:45.77	200300665	2:44.95	36.87	1:18.89	2:02.73	2:44.95
10.	Julian Stok	De Devel	2:43.01	200300071	2:45.52	40.05	1:21.62	2:03.73	2:45.52
11.	Milan van Aken	The Hague Swimming (SG)	2:42.06	200303307	2:45.91	38.89	1:20.56	2:03.18	2:45.91
12.	Laren Schavemaker	The Hague Swimming (SG)	2:43.86	200300607	2:47.46	38.65	1:21.69	2:05.64	2:47.46
13.	Alexander ten Haaft	Zoetermeer	2:46.00	200302309	2:48.62	39.51	1:22.16	2:06.24	2:48.62
14.	Thimo van Beek	LZ 1886	2:51.54	200301347	2:49.09	40.29	1:23.82	2:06.88	2:49.09
15.	Vendel Kalman	WZK	2:58.94	200304581	2:49.48	38.96	1:23.16	2:08.17	2:49.48

*100m tijd is backup tijd

Programmanr. 10, Jongens, 200m rugslag, Junioren 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
16. Mark van Berkel	Van Vliet-Barracuda	2:54.42	200300039	2:53.25	41.27	1:25.11	2:10.10	2:53.25
17. Miguel Boersma	WZK	2:59.56	200300233	2:58.43	40.12	1:25.60	2:12.89	2:58.43
AFGEM David Jagerman	The Hague Swimming (SG)	2:44.90	200302127					

Junioren 3

1. Adriaan Provó Kluit	WVZ	2:15.66	200204397	2:16.53	32.29	1:06.62	1:41.96	2:16.53
2. Viktor Koets	De Columbiaan	2:23.08	200201677	2:18.34	32.71	1:07.31	1:43.22	2:18.34
3. Nikhom Westphal	SG SCOM/de Zeehond '73	2:23.25	200203329	2:19.42	34.82	1:10.67	1:46.19	2:19.42
4. Niels Dijkshoorn	ZV Westland	2:24.89	200203079	2:22.95	34.53	1:10.86	1:47.54	2:22.95
5. Scott Jansen	WVZ	2:21.97	200202455	2:23.30	33.29	1:09.53	1:47.18	2:23.30
6. Jarno Verbeek	Zoetermeer	2:22.89	200200931	2:27.14	33.95	1:11.72	1:49.61	2:27.14
7. Bas van Nisius	The Hague Swimming (SG)	2:28.23	200202107	2:29.57	36.52	1:14.60	1:52.97	2:29.57
8. Dylano Termoshuizen	WVZ	2:26.20	200202169	2:29.84	35.33	1:14.41	1:52.73	2:29.84
9. Robin van Peenen	De Columbiaan	2:28.61	200201059	2:30.78	35.98	1:15.20	1:53.81	2:30.78
10. Guus Hoogduin	LZ 1886	2:36.37	200201069	2:31.28	35.14	1:13.24	1:52.59	2:31.28
11. Stijn den Otter	De Devel	2:35.34	200200225	2:35.11	37.18	1:17.10	1:58.14	2:35.11
12. Björn de Heus	ZV Vlaardingen-Schiedam	2:35.52	200201077	2:35.91	36.60	1:16.12	1:56.73	2:35.91
13. Mart de Koning	ZOB'66	2:39.18	200203253	2:38.10	37.58	1:18.01	1:58.58	2:38.10
14. Wouter Verdoes	De Columbiaan	2:33.11	200200351	2:38.76	37.02	1:16.28	1:58.11	2:38.76
15. Robert Speksnijder	ZPB-H&L	2:39.36	200200429	2:39.97	38.00	1:18.65	2:00.28	2:39.97
16. Cas Jansen	The Hague Swimming (SG)	2:37.30	200203263	2:40.41	36.56	1:16.63	1:58.70	2:40.41
17. Victor Simons	The Hague Swimming (SG)	2:47.20	200203261	2:48.29	39.56	1:22.11	2:05.49	2:48.29
DIS Jhrick Wijma	KZV de Lansingh	2:47.55	200204435					

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

NG.ZA Mark Bom	LZ 1886	2:40.32	200201471					
AFGEM Brayden Lauletta	WZK	2:55.12	200204731					

Junioren 4

1. Ivo Stolk	SG SCOM/de Zeehond '73	2:16.47	200100615	2:13.00	32.17	1:06.97	1:39.99	2:13.00
2. Max Visser	WVZ	2:21.42	200100077	2:16.69	32.41	1:07.36	1:42.89	2:16.69
3. Quinn van den Heuvel	ZPCNumansdorp	2:20.29	200100297	2:18.18	32.44	1:07.76	1:43.55	2:18.18
4. Christiaan Smit	The Hague Swimming (SG)	2:19.67	200102463	2:19.27	32.29	1:07.52	1:43.54	2:19.27
5. Sander Iuga	Poseidon'56	2:19.14	200101389	2:21.77	33.39	1:09.71	1:46.39	2:21.77
6. Querijn Hensen	The Hague Swimming (SG)	2:22.87	200102121	2:22.20	33.21	1:08.98	1:46.09	2:22.20
7. Freek Hollander	The Hague Swimming (SG)	2:22.03	200103815	2:25.02	34.18	1:12.03	1:48.74	2:25.02
8. Michael Boekestijn	ZV Westland	2:25.23	200100767	2:25.76	35.55	1:12.62	1:50.45	2:25.76
9. Wesley Scheepbouwer	Wiekslag	2:26.23	200101959	2:25.84	33.32	1:10.76	1:49.59	2:25.84
10. Jasper van Oudheusden	De Duck	2:31.80	200102449	2:33.04	34.84	1:12.78	1:53.55	2:33.04
11. Boy Borreman	LinK	2:32.18	200102751	2:33.22	36.07	1:14.73	1:54.39	2:33.22
12. Wessel Bonkestoter	Widex GZC Donk	2:36.56	200100625	2:33.57	35.85	1:15.46	1:55.26	2:33.57
13. Jeroen Reckman	ZPCNumansdorp	2:34.64	200100209	2:33.92	35.82	1:13.82	1:53.49	2:33.92
14. Finn van Bommel	De Columbiaan	2:33.18	200103683	2:35.58	36.70	1:15.95	1:56.66	2:35.58
Luuk Kieviet	zc De Schotejil	2:41.36	200100469	2:35.64	36.93	1:17.11	1:56.78	2:35.64
DIS Tjeerd van Stein	LinK	2:16.80	200101439					

RJ - Lichaam geheel onder water gedurende de race of bij de finish (geldt niet voor kp en eerste 15 m na start en keerpunt)

AFGEM Thomas Jansen	WVZ	2:06.93	200100143					
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Jeugd 1 en 2

1. Olivier Jans	The Hague Swimming (SG)	2:10.47	200001815	2:11.00	32.34	1:05.56	1:38.61	2:11.00
2. Noah Legerstee	WVZ	2:15.02	200003593	2:15.07	32.64	1:07.27	1:41.98	2:15.07
3. Jorian Tanis	zc De Schotejil	2:14.81	199900327	2:16.05	32.74	1:07.76	1:42.78	2:16.05
4. Jasper Breugem	WVZ	2:18.45	200000303	2:17.62	32.65	1:07.26	1:42.79	2:17.62
5. Ricardo van der Steen	ZV Vlaardingen-Schiedam	2:31.60	200000625	2:19.42	32.07	1:06.99	1:43.37	2:19.42
6. David Kievit	zc De Schotejil	2:18.70	199900325	2:19.63	33.16	1:08.76	1:44.23	2:19.63
7. Duncan van Haaren	Widex GZC Donk	2:20.13	200000681	2:20.38	33.09	1:08.26	1:44.98	2:20.38
8. Aron Paasse	zc De Schotejil	2:21.80	200000099	2:22.46	33.41	1:09.59	1:46.35	2:22.46
9. Thijs van Wieringen	De Columbiaan	2:24.43	199900577	2:24.50	33.69	1:10.17	1:47.61	2:24.50
10. Rogier Dorsman	De Devel	2:27.67	199900211	2:25.95	34.83	1:12.12	1:49.52	2:25.95
11. Robin Lecomte	KZV de Lansingh	2:21.30	199900711	2:27.00	34.54	1:11.92	1:50.02	2:27.00
12. Matthijs Arnoldus	WVZ	2:24.34	200000571	2:27.07	34.56	1:11.83	1:49.99	2:27.07
13. Oliver Maddock	The Hague Swimming (SG)	2:30.21	200002281	2:28.53	34.59	1:12.54	1:51.31	2:28.53
14. Sander van Beek	LZ 1886	2:27.00	200002917	2:29.71	34.58	1:12.17	1:51.64	2:29.71
15. Liam van Gool	De Geul	2:28.46	200001111	2:30.23	35.45	1:13.49	1:52.59	2:30.23
16. Tristan Stam	ZOB'66	2:31.23	199903551	2:31.39	35.67	1:14.05	1:53.79	2:31.39
AFGEM Tanner Brooks	WZK	2:41.93	200005569					

Programmanr. 10, Heren, 200m rugslag

Senioren 1 en ouder

1. Ensger Kotterink	SG Albion d'ELFT	2:03.36	199403391	2:04.19	28.57	59.80	1:31.93	2:04.19
2. Bjorn Scherbeijn	The Hague Swimming (SG)	2:13.23	199600349	2:08.86	29.74	1:02.88	1:37.08	2:08.86
3. Floris Kotterink	SG Albion d'ELFT	2:16.95	199800199	2:09.50	30.14	1:02.82	1:35.91	2:09.50
4. Mike Hoek	De Duck	2:11.73	199702229	2:09.51	30.40	1:03.08	1:36.73	2:09.51
5. Jonne Schaafsma	The Hague Swimming (SG)	2:17.97	199800745	2:11.30	30.67	1:03.45	1:37.51	2:11.30
6. Melvin Prins	Wiekslag	2:08.37	199500201	2:11.52	30.94	1:03.41	1:36.68	2:11.52
7. Matthew Dullemond	MNC Dordrecht	2:13.90	199805005	2:14.65	31.76	1:05.19	1:40.21	2:14.65
8. Timo Dinkelberg	SG Albion d'ELFT	2:13.50	199300773	2:17.30	31.01	1:05.08	1:41.81	2:17.30
9. Dave Jansen	SG Albion d'ELFT	2:11.68	199805299	2:18.35	31.82	1:07.01	1:43.50	2:18.35
10. Lars Schoffelmeeer	ZPB-H&L	2:16.58	199501907	2:19.17	32.11	1:06.63	1:43.14	2:19.17
11. Jordy van Oel	WVZ	2:19.24	199802003	2:19.50	33.02	1:07.91	1:44.38	2:19.50
12. Daan Siebenheller	ZOB'66	2:24.23	199804955	2:20.55	32.43	1:07.76	1:44.52	2:20.55
13. Robin van Beek	LZ 1886	2:16.71	199704023	2:20.87	32.34	1:08.56	1:45.11	2:20.87
14. Bas Verdoes	De Columbiaan	2:18.92	199801487	2:21.03	33.14	1:08.16	1:44.79	2:21.03
15. Ivo van Dijk	The Hague Swimming (SG)	2:23.56	199702985	2:22.81	32.88	1:09.77	1:46.45	2:22.81
16. Roel van Grol	Widex GZC Donk	2:29.20	199802277	2:25.84	33.75	1:11.31	1:48.86	2:25.84
17. Dion de Mooij	LZ 1886	2:19.38	199701803	2:26.00	32.87	1:09.04	1:46.95	2:26.00

Programmanr. 11
7-1-2017 - 16:00

Meisjes, 4 x 100m wisselslag

Junioren 3 en jonger
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	De Columbiaan 1 Julia Notenboom Danielle Vis	De Columbiaan +0,82 35.32 1:12.79 +0,48 38.20 1:22.20	Amy Koelman Britt van Bommel 4:54.68 +0,29 34.30 1:14.50 +0,54 30.25 1:03.95
2.	LinK 1 Nora van der Steen Kim de Jong	LinK +0,74 37.77 1:17.61 +0,73 36.11 1:18.51	Lize van Stigt Marije de Jager 4:54.23 +0,28 33.69 1:12.11 +0,06 31.43 1:06.66
3.	Lansingh 1 Emma Schurink Britta Koehorst	KZV de Lansingh +0,76 36.76 1:15.53 +0,53 33.76 1:12.18	Cheyenne Elburg Esther Reinders 5:11.59 +0,62 38.69 1:24.38 +0,32 31.96 1:07.70
4.	De Devel 1 Asha van Lobberegt Rinske Bouman	De Devel +0,68 38.13 1:20.67 38.16 1:22.04	Joyce van 't Hof Isis Naaktgeboren 5:02.82 +0,30 33.89 1:14.81 +0,34 31.69 1:07.08
5.	WVZ 1 Jelsie van Ruijven Irma van der Wulp	WVZ +0,61 36.29 1:15.90 +0,60 40.53 1:25.19	Alyssa Kuivenhoven Feija de Bruin 5:14.85 +0,71 37.09 1:22.75 +0,54 35.09 1:13.80
AFGEM	De Columbiaan 2	De Columbiaan	5:16.28

Programmanr. 12
7-1-2017 - 16:10

Dames, 4 x 100m wisselslag

Senioren Open
Resultaten

rang	vereniging	inschrijftijd	tijd
1.	The Hague Swimming (SG) 1 Emma Berry Uma Kraus	The Hague Swimming (SG) +0,70 32.55 1:07.95 +0,39 36.08 1:17.45	Lotte Hosper Sterre Keller 4:21.00 +0,25 29.37 1:05.23 +0,35 28.53 59.45
2.	WVZ 1 Marinde Beukers Rosey Metz	WVZ +0,64 34.35 1:09.15 +0,45 34.48 1:14.47	Lauren van IJl Inge Vieveen 4:17.81 +0,71 31.94 1:09.31 +0,26 27.71 58.22
3.	zc De Schotejil 1 Manon Middelbos Lieske Zijlstra	zc De Schotejil +0,67 35.75 1:13.30 +0,67 38.44 1:22.50	Elise Tanis Lotte Middelbos 4:34.54 +0,34 29.68 1:04.48 +0,45 29.53 1:02.28
4.	De Columbiaan 1 Liset Jansen Lianne Bouwmeester	De Columbiaan +0,69 34.89 1:13.46 +0,73 34.86 1:14.79	Giulia Corsi Megan van Beelen 4:34.73 +0,51 33.99 1:15.00 +0,55 29.18 1:01.89
5.	Wiekslag 1 Cheyenne Visser Brighid van Uffelen	Wiekslag +0,72 33.75 1:10.47 +0,42 39.78 1:25.94	Romy de Laat Wendy ten Wolde 4:42.54 +0,39 30.54 1:07.17 +0,61 30.30 1:06.01
6.	WVZ 2 Nicole van Strien Grace Anderson	WVZ +0,70 37.52 1:17.66 +1,98 37.71 1:20.22	Christy Geurts Sanne van Ruijven 4:39.27 +0,52 32.89 1:10.83 +0,47 30.87 1:05.42
7.	The Hague Swimming (SG) 2 Lincy de Winter Floor de Kievit	The Hague Swimming (SG) +0,80 37.03 1:15.74 +0,31 40.36 1:26.96	Gaetane Demyttenaere Sacha van den Dobbelssteen 4:43.72 +0,54 32.42 1:12.21 +0,49 30.51 1:05.28
8.	De Devel 1 Hanna Looi Laura Tromp	De Devel +0,64 34.40 1:11.76 +0,78 41.02 1:26.95	Jana Plaisier Danielle van Valen 4:55.32 +0,72 34.63 1:13.81 +0,59 33.27 1:08.18

Programmanr. 12, Dames, 4 x 100m wisselslag, Senioren Open

rang	vereniging	inschrijftijd	tijd
9.	zc De Schotejil 2 Tamara de Ruiter Nienke Mierop	zc De Schotejil +0,67 36.83 1:14.95 +0,49 40.23 1:24.13	5:00.31 Odette Holster +0,39 33.70 1:15.49 Lotte Tillemans +0,39 31.33 1:06.31
10.	GZC Donk 1 Anniek de Ruiter Susan van Grol	Widex GZC Donk +0,83 34.69 1:12.33 +0,42 38.79 1:23.03	5:01.89 Nienke Vork +0,47 36.44 1:23.26 Mandy van der Meijden +0,30 32.26 1:09.69
	De Geul 1 Esmée Roodenburg Kirana Hoogenbosch	De Geul +0,62 37.86 1:18.29 +0,52 39.85 1:25.55	5:00.10 Zoë van Gool +0,43 33.61 1:14.60 Faustine Mussig +0,52 32.87 1:09.87
12.	LinK 1 Heidi den Boer Samantha Gerritse	LinK +0,75 37.78 1:17.47 +0,23 40.32 1:26.48	5:07.27 Emily Beres +0,30 35.23 1:18.35 Mar Stoel +0,41 33.44 1:12.70
DIS	ZPB-H&L 1 EA - Te vroeg overgenomen.	ZPB-H&L	4:55.20
	Alisha Vieira Aylin van Uffelen	+0,70 35.46 1:16.30 +0,32 38.08 1:21.89	Maaïke van Diggele +0,15 31.96 1:11.26 Floor de Kwart
AFGEM	LZ 1886 1	LZ 1886	5:00.30

Programmanr. 13 Dames, 200m wisselslag Senioren Open
8-1-2017 - 9:30 Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m		
Junioren 1									
1.	Jelsie van Ruijven	WVZ	2:43.87	200500282	2:41.16	34.04	1:15.01	2:02.18	2:41.16
2.	Asha van Lobberegt	De Devel	2:50.69	200500088	2:51.76	38.15	1:20.80	2:12.37	2:51.76
3.	Milou Adriaanse	De Columbiaan	2:55.13	200500968	2:52.47	37.90	1:22.34	2:14.13	2:52.47
4.	Niké Telkamp	The Hague Swimming (SG)	2:55.79	200501088	2:53.02	37.21	1:21.51	2:11.31	2:53.02
5.	Merel Schravendijk	The Hague Swimming (SG)	2:56.24	200503382	2:53.70	40.73	1:24.21	2:14.67	2:53.70
6.	Vivianne Woltjes	The Hague Swimming (SG)	2:54.60	200501524	2:54.99	36.03	1:21.04	2:14.74	2:54.99
7.	Evelyn Liket	ZV Vlaardingen-Schiedam	3:02.47	200503118	2:55.24	39.81	1:24.85	2:16.03	2:55.24
8.	Sylvie Roos	De Kempvis	2:56.97	200502772	2:55.59	38.21	1:23.50	2:12.76	2:55.59
9.	Isa Maes	De Devel	2:55.36	200500110	2:55.85	38.88	1:23.66	2:16.11	2:55.85
10.	Emma Verkuijl	Van Vliet-Barracuda	2:54.74	200500826	2:57.82	39.70	1:24.07	2:17.54	2:57.82
11.	Laura Hoogenboezem	KZV de Lansingh	2:55.36	200500390	3:01.01	41.54	1:26.36	2:18.79	3:01.01
12.	Hope van Zwol	ZV Vlaardingen-Schiedam	3:05.37	200502852	3:04.82	42.70	1:30.11	2:24.59	3:04.82
13.	Sera Emmers	WZK	2:58.69	200503264	3:05.61	39.71	1:25.36	2:20.89	3:05.61
14.	Aisha Nobels	zc De Schotejil	3:07.85	200501710	3:06.65	43.82	1:31.15	2:26.21	3:06.65
15.	Noor Frijlink	De Columbiaan	3:04.75	200500970	3:09.64	44.84	1:32.39	2:26.35	3:09.64
16.	Soscha van den Heuvel	ZPCNumansdorp	3:06.54	200500804	3:09.66	43.06	1:30.50	2:26.03	3:09.66
17.	Britt van't Zant	Poseidon'56	3:10.88	200501170	3:10.40	42.89	1:30.86	2:30.65	3:10.40
18.	Meira Simons	The Hague Swimming (SG)	3:15.27	200502984	3:12.04	46.64	1:31.88	2:28.43	3:12.04
19.	Daphne van Tilburg	De Geul	3:15.49	200500580	3:16.81	47.64	1:38.17	2:33.51	3:16.81
20.	Jennifer de Keizer	MNC Dordrecht	3:12.47	200501054	3:17.58	47.67	1:39.52	2:32.89	3:17.58
DIS	Mar Stoel	LinK	3:06.32	200500520					
<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>									
AFGEM	Marit Huisman	Van Vliet-Barracuda	3:12.05	200502620					
AFGEM	Elise Vink	De Columbiaan	2:55.23	200502588					
AFGEM	Nurlaylah Kartosentiko	WVZ	2:48.37	200501256					

Junioren 2

1.	Rinske Bouman	De Devel	2:38.10	200400578	2:39.34	34.18	1:16.54	2:02.59	2:39.34
2.	Lize van Stigt	LinK	2:43.79	200401510	2:40.98	34.89	1:15.32	2:04.56	2:40.98
3.	Irma van der Wulp	WVZ	2:46.54	200401950	2:43.26	37.81	1:18.71	2:04.99	2:43.26
4.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	2:47.56	200404272	2:44.41	36.96	1:16.74	2:05.96	2:44.41
5.	Nora van der Steen	LinK	2:47.48	200403458	2:44.67	34.02	1:15.78	2:07.41	2:44.67
6.	Leonoor van Dijk	The Hague Swimming (SG)	2:44.20	200400832	2:46.15	34.01	1:14.96	2:03.65	2:46.15
7.	Danielle Vis	De Columbiaan	2:47.37	200401044	2:49.27	37.16	1:21.63	2:09.73	2:49.27
8.	Anniko Firman	The Hague Swimming (SG)	2:42.82	200402330	2:49.47	37.09	1:18.23	2:10.69	2:49.47
9.	Jenna Klein	Z&PC Alkemade	2:53.31	200400914	2:50.34	40.51	1:21.82	2:13.21	2:50.34
10.	Fenna Herwig	Wiekslag	2:54.09	200400908	2:50.46	36.87	1:19.88	2:11.48	2:50.46
11.	Tessa Poot	ZV Vlaardingen-Schiedam	2:55.80	200404264	2:53.97	39.41	1:24.08	2:12.83	2:53.97
12.	Cheyenne Elburg	KZV de Lansingh	3:00.95	200401170	2:54.40	36.87	1:19.44	2:12.80	2:54.40
13.	Milou van Wijk	De Devel	3:04.19	200404948	2:54.58	36.31	1:20.91	2:16.97	2:54.58
14.	Robine Boer	De Columbiaan	2:55.60	200402180	2:55.02	40.45	1:24.05	2:16.43	2:55.02
15.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	2:53.14	200402932	2:55.36	36.26	1:20.25	2:15.03	2:55.36
16.	Anique Star	De Columbiaan	2:54.95	200400446	2:57.29	38.57	1:25.92	2:20.54	2:57.29

Programmanr. 13, Meisjes, 200m wisselslag, Junioren 2

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
17. Marise van 't Walderveen	Zoetermeer	2:57.01	200400902	2:57.34	38.30	1:21.60	2:16.36	2:57.34
18. Jet van Oudheusden	ZOB'66	3:01.34	200401012	2:58.46	39.26	1:23.38	2:15.48	2:58.46
19. Danique Gerritsen	MNC Dordrecht	2:56.18	200401176	2:58.85	39.98	1:24.96	2:19.57	2:58.85
20. Lotte van der Maas	ZOB'66	3:02.20	200402376	3:00.44	41.19	1:26.11	2:16.59	3:00.44
21. Feija de Bruin	WVZ	3:02.18	200400106	3:01.12	40.24	1:25.25	2:20.18	3:01.12
22. Dagmar Nieuwenhuizen	De Kempvis	3:05.59	200400732	3:02.13	38.98	1:27.65	2:20.43	3:02.13
23. Xeanne Derksen	De Columbiaan	3:07.54	200400856	3:04.03	41.47	1:29.15	2:22.14	3:04.03
24. Liv van der Kraan	BZ&PC	3:03.09	200401494	3:04.34	41.71	1:28.73	2:20.36	3:04.34
25. Jaimy Gielis	Z&PC Katwijk	3:05.94	200402120	3:04.45	41.83	1:27.88	2:24.78	3:04.45
26. Juliette Boon	De Devel	3:04.81	200401908	3:04.95	43.57	1:31.96	2:25.04	3:04.95
27. Eva Immerzeel	ZV Westland	3:00.38	200401514	3:05.26	39.49	1:26.02	2:23.57	3:05.26
28. Jessica Kras	De Devel	3:02.26	200400728	3:06.44	41.90	1:29.50	2:22.82	3:06.44
29. Amélie Wolff	Widex GZC Donk	3:02.02	200400116	3:07.69	41.91	1:27.31	2:23.96	3:07.69
30. Feline Jonkers	Poseidon'56	3:05.23	200401160	3:11.44	42.75	1:32.05	2:29.83	3:11.44
AFGEM Mary Kate Farrell	The Hague Swimming (SG)	2:49.01	200402870					
NG Artemis Tsibogiannis	De Columbiaan	3:02.48	200402696					

Junioren 3

1. Britta Koehorst	KZV de Lansingh	2:22.85	200300246	2:23.65	30.41	1:07.93	1:48.99	2:23.65
2. Kim de Jong	LinK	2:32.99	200301026	2:33.75	33.45	1:14.70	1:57.72	2:33.75
3. Lieke Bastiaansen	MNC Dordrecht	2:39.69	200301368	2:37.57	33.58	1:15.10	2:00.05	2:37.57
4. Megan de Hoog	SG SCOM/de Zeehond '73	2:36.56	200300214	2:37.83	33.28	1:12.43	2:00.07	2:37.83
5. Imke Beekman	SG Albion d'ELFT	2:37.73	200301950	2:39.19	33.50	1:13.77	2:04.40	2:39.19
6. Amy Koelman	De Columbiaan	2:39.58	200300922	2:40.34	34.32	1:15.86	2:04.19	2:40.34
7. Wendy ten Wolde	Wiekslag	2:43.60	200302658	2:42.93	34.71	1:17.02	2:04.30	2:42.93
8. Silke Bliëk	SG Albion d'ELFT	2:42.73	200301948	2:43.48	35.20	1:18.83	2:02.85	2:43.48
9. Femke Hoppenbrouwer	The Hague Swimming (SG)	2:42.06	200301124	2:44.26	33.92	1:14.58	2:06.06	2:44.26
10. Esther Reinders	KZV de Lansingh	2:46.61	200301798	2:46.53	35.40	1:17.50	2:07.57	2:46.53
11. Isabel Scheepbouwer	Wiekslag	2:49.91	200301106	2:47.60	35.84	1:17.87	2:08.82	2:47.60
12. Britt van Bommel	De Columbiaan	2:48.73	200301982	2:48.39	36.53	1:19.45	2:10.52	2:48.39
13. Suzanne Dorsman	SG Albion d'ELFT	2:45.12	200303314	2:48.54	35.45	1:19.06	2:10.76	2:48.54
14. Kim Rutters	De Kempvis	2:51.79	200302318	2:50.01	38.17	1:19.42	2:11.37	2:50.01
15. Christina Agussalim	Van Vliet-Barracuda	2:48.78	200300582	2:54.08	40.75	1:23.16	2:13.12	2:54.08
16. Marije de Jager	LinK	2:51.89	200301394	2:55.60	37.79	1:21.89	2:16.98	2:55.60
17. Noa de Bock	De Duck	2:58.29	200300318	2:56.25	37.52	1:23.63	2:15.68	2:56.25
18. Reese Lauletta	WZK	2:54.10	200305290	2:56.70	37.70	1:23.35	2:17.31	2:56.70
19. Julia de Heide	KZV de Lansingh	2:56.81	200302934	2:56.84	38.55	1:24.25	2:17.08	2:56.84
20. Maaïke van Lochem	Zoetermeer	3:00.96	200301390	2:56.97	39.84	1:25.43	2:15.64	2:56.97
21. Anouk Brand	MNC Dordrecht	2:56.05	200302488	2:57.13	38.53	1:21.68	2:13.45	2:57.13
22. Zoë Molenaar	Zoetermeer	2:54.68	200300978	2:58.55	42.99	1:28.80	2:19.17	2:58.55
23. Alyssa Kuivenhoven	WVZ	2:57.16	200302224	3:00.08	39.12	1:24.25	2:18.82	3:00.08
24. Noah Koelman	De Columbiaan	3:03.23	200300918	3:08.48	42.42	1:31.16	2:25.06	3:08.48
25. Jade Verbrugge	De Watervogels	3:02.10	200303142	3:12.15	45.39	1:33.26	2:26.74	3:12.15
DIS Julia Notenboom	De Columbiaan	2:42.00	200302596					
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
DIS Joyce van 't Hof	De Devel	2:44.64	200302122					
<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>								
AFGEM Yara Visser	Van Vliet-Barracuda	2:59.51	200300132					
NG Ilse Schoenmaker	The Hague Swimming (SG)	2:44.50	200301470					

Jeugd 1 en 2

1. Claire Verkijk	WVZ	2:16.86	200100240	2:19.82	30.53	1:06.57	1:46.66	2:19.82
2. Chefanja Nunes	WVZ	2:30.92	200104750	2:24.00	29.41	1:05.59	1:49.63	2:24.00
3. Lotte Hosper	The Hague Swimming (SG)	2:23.29	200201414	2:25.07	30.52	1:07.40	1:50.54	2:25.07
4. Elise Tanis	zc De Schotejil	2:23.85	200200120	2:27.71	30.38	1:08.16	1:53.93	2:27.71
5. Rosey Metz	WVZ	2:37.55	200101786	2:28.93	31.50	1:09.83	1:53.10	2:28.93
6. Christy Geurts	WVZ	2:34.45	200203734	2:32.18	31.21	1:10.99	1:58.40	2:32.18
7. Giulia Corsi	De Columbiaan	2:34.84	200100468	2:32.82	33.04	1:12.97	1:58.23	2:32.82
8. Sanne Heemskerk	LZ 1886	2:29.25	200100600	2:32.83	32.94	1:10.97	1:57.84	2:32.83
9. Elyanne Boudestein	Zoetermeer	2:33.61	200101060	2:33.84	32.63	1:11.45	1:58.27	2:33.84
10. Tessa Giele	SG SCOM/de Zeehond '73	2:39.57	200203124	2:36.65	32.00	1:11.99	2:00.89	2:36.65
11. Isa Boom	MNC Dordrecht	2:35.71	200200186	2:37.71	31.26	1:10.88	1:57.51	2:37.71
12. Floor de Kievit	The Hague Swimming (SG)	2:37.16	200100238	2:37.99	32.89	1:13.96	2:02.65	2:37.99
13. Lieske Zijlstra	zc De Schotejil	2:37.46	200200996	2:38.15	35.60	1:15.49	2:00.99	2:38.15
14. Iris van den Berg	SG Albion d'ELFT	2:41.76	200103782	2:39.05	33.63	1:13.21	2:02.11	2:39.05
15. Sanne van Ruijven	WVZ	2:48.84	200201120	2:40.44	34.95	1:17.69	2:04.51	2:40.44
16. Manon Middelbos	zc De Schotejil	2:38.75	200100056	2:40.92	36.60	1:16.54	2:03.30	2:40.92
17. Jasmine el Taraboulsi	WZK	2:39.28	200105788	2:41.36	34.62	1:14.94	2:01.64	2:41.36

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

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
18. Anniek de Ruiter	Widex GZC Donk	2:42.58	200101224	2:41.41	34.24	1:16.35	2:03.46	2:41.41
19. Lynn Blommers	AZC	2:39.76	200105062	2:41.44	34.16	1:15.53	2:02.98	2:41.44
20. Paula Dorsman	SG Albion d'ELFT	2:45.81	200105354	2:41.86	34.57	1:16.51	2:02.52	2:41.86
21. Almudena Visser Velez	The Hague Swimming (SG)	2:34.88	200205904	2:42.00	34.59	1:14.97	2:03.95	2:42.00
22. Giorgia Colle	SG SCOM/de Zeehond '73	2:43.11	200201754	2:43.09	33.61	1:15.33	2:04.25	2:43.09
23. Kristel Beijk	De Columbiaan	2:47.47	200201278	2:43.23	37.16	1:19.60	2:06.43	2:43.23
24. Esmee Wijnmaalen	PCG	2:39.07	200100298	2:43.39	33.20	1:14.78	2:03.99	2:43.39
25. Rozemarijn van Haaff	ZOB'66	2:42.62	200201852	2:44.14	35.77	1:17.34	2:04.57	2:44.14
26. Tamara de Ruiter	zc De Schotejil	2:43.77	200203060	2:44.30	34.79	1:15.69	2:06.62	2:44.30
27. Nuria Boersma	WZK	2:48.06	200100906	2:44.75	34.84	1:17.59	2:05.27	2:44.75
28. Marith de Jong	The Hague Swimming (SG)	2:50.06	200200012	2:45.60	33.28	1:14.91	2:05.39	2:45.60
29. Savannah v.d. Kroft	LZ 1886	2:46.35	200101678	2:46.12	36.39	1:18.84	2:07.08	2:46.12
30. Nicole van Strien	WVZ	2:45.01	200200236	2:46.22	35.77	1:18.27	2:06.90	2:46.22
31. Amber Hesper	Van Vliet-Barracuda	2:48.86	200202188	2:47.44	36.98	1:20.82	2:08.58	2:47.44
32. S. van den Dobbelsteen	The Hague Swimming (SG)	2:50.40	200100904	2:47.79	33.39	1:17.72	2:11.74	2:47.79
33. Anouk Vis	De Columbiaan	2:46.78	200203322	2:48.14	36.28	1:17.50	2:07.18	2:48.14
34. Hieke de Lijster	ZV Westland	2:44.97	200203312	2:48.66	37.93	1:19.21	2:09.81	2:48.66
35. Laura Nuijten	ZV Westland	2:49.43	200101084	2:50.59	37.76	1:19.03	2:11.75	2:50.59
36. Samantha Gerritse	Link	2:44.91	200102062	2:51.58	36.79	1:21.26	2:11.78	2:51.58
37. Anne van der Zwan	The Hague Swimming (SG)	2:45.48	200101134	2:52.62	34.73	1:19.55	2:12.69	2:52.62
38. Nienke Vork	Widex GZC Donk	2:46.58	200102294	2:53.96	36.74	1:24.03	2:14.44	2:53.96
39. Daniëlle van Valen	De Devel	2:47.04	200100202	2:53.97	36.89	1:22.42	2:14.20	2:53.97
40. Anna Hoogenboezem	KZV de Lansingh	2:52.16	200200658	2:54.73	38.97	1:24.43	2:11.75	2:54.73
AFGEM Anne Straub	Zoetermeer	2:47.00	200201402					

Senioren 1 en ouder

1. Nicole Bennis	WVZ	2:23.49	199600470	2:24.89	30.40	1:07.89	1:49.67	2:24.89
2. Maud Hoofs	The Hague Swimming (SG)	2:29.11	199501206	2:29.16	31.02	1:09.37	1:53.25	2:29.16
3. Lauren van IJll	WVZ	2:27.14	200001064	2:30.82	31.48	1:09.59	1:54.59	2:30.82
4. Nadya Putter	ZV Vlaardingen-Schiedam	2:31.41	198301630	2:32.10	32.55	1:11.50	1:56.27	2:32.10
5. Romy de Laat	Wiekslag	2:33.39	199900902	2:32.71	30.92	1:09.01	1:56.97	2:32.71
6. Lianne Bouwmeester	De Columbiaan	2:30.45	200000956	2:32.88	34.68	1:14.26	1:56.91	2:32.88
7. Gaetane Demyttenaere	The Hague Swimming (SG)	2:33.43	199905018	2:33.78	32.42	1:10.93	1:58.11	2:33.78
8. Babette van der Kaaij	ZV Westland	2:43.50	199902234	2:35.54	32.51	1:12.00	1:59.61	2:35.54
9. Cheyenne Visser	Wiekslag	2:34.97	199802318	2:36.69	33.03	1:11.27	1:59.25	2:36.69
10. Wendy de Bruin	ZOB'66	2:33.23	199206320	2:37.41	32.96	1:13.76	2:01.17	2:37.41
11. Moniek Heemskerck	LZ 1886	2:32.71	199601964	2:38.57	34.60	1:16.32	2:01.12	2:38.57
12. Eef Hollander	The Hague Swimming (SG)	2:35.19	199602074	2:39.03	33.78	1:14.22	2:02.75	2:39.03
13. Mariëtte van der Vaart	ZV Vlaardingen-Schiedam	2:40.78	200000994	2:39.63	32.59	1:13.43	2:01.27	2:39.63
14. Sterre Keller	The Hague Swimming (SG)	2:36.54	199904142	2:40.86	32.47	1:14.52	2:03.39	2:40.86
15. Amanda Holst	Zoetermeer	2:37.86	200004204	2:42.14	32.71	1:14.44	2:04.83	2:42.14
16. Fiona Cabrie	De Kempvis	2:41.42	198800738	2:43.00	34.05	1:16.36	2:01.62	2:43.00
17. Sophie t Hart	De Columbiaan	2:41.91	200001596	2:43.31	32.99	1:16.39	2:04.06	2:43.31
18. Sanne Hobé	Poseidon'56	2:44.01	200000826	2:43.34	34.17	1:14.45	2:05.70	2:43.34
19. Anke Lambooj	De Vliet (SG)	2:39.08	198001182	2:43.78	34.03	1:17.51	2:06.35	2:43.78
20. Odette Holster	zc De Schotejil	2:43.08	199900586	2:44.29	33.71	1:13.97	2:03.07	2:44.29
21. Celina von Berg	ZV Westland	2:42.94	200002596	2:44.67	34.85	1:16.44	2:05.01	2:44.67
22. Lincy de Winter	The Hague Swimming (SG)	2:45.02	199805886	2:45.28	35.63	1:16.88	2:06.22	2:45.28
23. Heidi den Boer	Link	2:44.15	196900864	2:45.31	36.02	1:18.31	2:07.19	2:45.31
24. Iris van Berkel	Van Vliet-Barracuda	2:48.02	200000476	2:45.93	36.06	1:17.73	2:06.64	2:45.93
25. Alisha Vieira	ZPB-H&L	2:44.10	199904554	2:47.47	33.43	1:16.95	2:07.26	2:47.47
26. Lara Plazier	WZK	2:51.65	200006522	2:47.54	33.99	1:17.94	2:05.32	2:47.54
27. Juliette Diaz Diaz	SG WZ010/ACZ	2:48.27	200000048	2:47.86	35.72	1:17.93	2:09.25	2:47.86
28. Kirsten de Hoog	SG SCOM/de Zeehond '73	2:43.18	200000460	2:48.15	34.78	1:16.06	2:05.95	2:48.15
29. Maaïke Baker	De Columbiaan	2:43.63	199902930	2:48.59	34.41	1:18.06	2:10.03	2:48.59
30. Kirana Hoogenbosch	De Geul	2:44.49	200003428	2:49.04	35.30	1:20.12	2:09.87	2:49.04
31. Emily Beres	Link	2:48.10	200001874	2:49.19	35.47	1:20.47	2:11.09	2:49.19
32. Zoë van Gool	De Geul	2:48.68	200000964	2:50.28	34.04	1:17.09	2:09.56	2:50.28
33. Lenneke Bagijn	De Duck	2:48.28	199604992	2:51.99	37.24	1:20.14	2:12.62	2:51.99
34. Brigid van Uffelen	Wiekslag	2:44.03	199800310	2:53.79	36.54	1:22.08	2:12.24	2:53.79
35. Geraldine Trainor	De Duck	2:49.69	197500544	2:54.12	36.84	1:21.21	2:11.35	2:54.12
36. Marsha van den Heuvel	Widex GZC Donk	2:47.23	199801154	2:54.20	38.00	1:21.81	2:15.10	2:54.20
37. Jonne Moleman	AZC	2:57.95	200006264	2:58.05	39.80	1:24.68	2:20.00	2:58.05
DIS Laura Tromp	De Devel	2:44.45	200000276					

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

DIS Hanna Looi De Devel 2:43.88 200006090
RH - Het eindpunt niet in rugligging aangeraakt.

DIS E. van Werkhoven PCG 2:46.39 199900412
RH - Het eindpunt niet in rugligging aangeraakt.

Programmanr. 13, Dames, 200m wisselslag, Senioren 1 en ouder

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
AFGEM Michelle Bellekom	WZK	2:41.51	199606484				
NG Fenna de Groot	De Kempvis	2:33.36	199701796				

Programmanr. 14
8-1-2017 - 10:40

Heren, 50m schoolslag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	inschrijftijd	tijd
Junioren 1			
1. Julien Tanis	zc De Schotejil	37.14	200401045
2. Max van Schagen	De Columbiaan	39.28	200402591
3. Casper van Nijnatten	RSW	41.35	200402559
4. Tim van Borselaer	WVZ	39.48	200401261
5. Timo Kock	De Devel	40.06	200400387
6. Kun Woo Kim	The Hague Swimming (SG)	42.04	200401361
7. Thomas van Peenen	De Columbiaan	41.04	200400097
8. Tim Haimé	The Hague Swimming (SG)	42.31	200403567
9. Nathan Janssen	MNC Dordrecht	43.51	200401565
10. Milan Masselink	The Hague Swimming (SG)	41.93	200402165
11. Wen-Ye Chen	The Hague Swimming (SG)	42.62	200402859
12. Guus Geelen	LZ 1886	44.92	200401183

Junioren 2

1. Keanu Streefland	The Hague Swimming (SG)	37.77	200302445
2. Kenan Cörüz	SG Albion d'ELFT	36.01	200300357
3. Raphaël Booiman	Wiekslag	37.16	200300727
4. Milan Hamel	The Hague Swimming (SG)	37.68	200302125
5. Milan van Aken	The Hague Swimming (SG)	37.68	200303307
6. Erik van Gemert	Poseidon'56	40.33	200300587
7. Jelle Bon	ZV Westland	37.85	200301077
8. Lorenzo Punt	De Devel	38.84	200302923
9. David Jagerman	The Hague Swimming (SG)	39.48	200302127
10. Laren Schavemaker	The Hague Swimming (SG)	40.79	200300607
11. Tygo Korving	ZPB-H&L	38.48	200300773
12. Daniel Stok	De Devel	42.51	200300569
13. Hugo Katerbau	The Hague Swimming (SG)	42.02	200301051
14. Julian Stok	De Devel	41.92	200300071
15. Bas van der Linden	RSW	41.97	200303235
16. Alexander ten Haaft	Zoetermeer	40.95	200302309
17. Pepyn van Brakel	ZPCNumansdorp	42.97	200300877
NG Christiaan van Es	ZOB'66	43.26	200304141

Junioren 3

1. Daan Sniijders	MNC Dordrecht	34.78	200202475
2. Robin van Peenen	De Columbiaan	35.09	200201059
3. Viktor Koets	De Columbiaan	36.26	200201677
4. Mart de Koning	ZOB'66	35.13	200203253
5. Nikhom Westphal	SG SCOM/de Zeehond '73	35.32	200203329
6. Peter van Driel	ZPCNumansdorp	38.12	200200305
7. Guus Hoogduin	LZ 1886	37.14	200201069
8. Stijn den Otter	De Devel	38.51	200200225
9. Cas Jansen	The Hague Swimming (SG)	38.27	200203263
10. Wouter Verdoes	De Columbiaan	36.57	200200351
11. Mark Bom	LZ 1886	38.41	200201471
12. Robert Speksnijder	ZPB-H&L	37.81	200200429
13. Dylano Termoshuizen	WVZ	38.31	200202169
14. Nasreddin Ouchene	RSW	44.26	200202997
NG.ZA Olav de Ruijter	SG WZ010/ACZ	38.04	200200067
AFGEM Brayden Lauletta	WZK	42.83	200204731

Programmanr. 14, Heren, 50m schoolslag

Junioren 4

1.	Quinn van den Heuvel	ZPCNumansdorp	30.42	200100297	30.68
2.	Dave van den Nieuwendijk	De Columbiaan	31.31	200100475	31.46
3.	Max Huijge	SG SCOM/de Zeehond '73	33.75	200104355	32.55
4.	Ryan de Laat	Wiekslag	34.70	200101553	34.06
5.	Joris de Gier	Widex GZC Donk	35.55	200103817	34.22
6.	Christiaan Smit	The Hague Swimming (SG)	35.02	200102463	34.52
7.	Christian van Mierlo	SG Albion d'ELFT	36.25	200103155	34.72
8.	Elliott Savelon	The Hague Swimming (SG)	39.05	200104693	35.66
9.	David Kras	De Devel	36.29	200103253	35.68
10.	Wesley Scheepbouwer	Wiekslag	35.82	200101959	35.91
11.	Jeroen Reckman	ZPCNumansdorp	37.34	200100209	36.44
12.	Finn van Bommel	De Columbiaan	35.80	200103683	36.75
13.	Youri ten Brink	The Hague Swimming (SG)	37.55	200104719	37.88
14.	Boy Borreman	LinK	38.80	200102751	38.25
15.	Ignazio Nunzi	WVZ	40.60	200101803	39.06
DIS	Sander Iuga	Poseidon'56	36.28	200101389	
<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>					
AFGEM	Thomas Jansen	WVZ	35.06	200100143	

Jeugd 1 en 2

1.	Duncan van Haaren	Widex GZC Donk	31.00	200000681	30.72
2.	Marijn van Giesen	ZV Westland	31.10	199900633	31.48
3.	Joost de Roy van Zuydewijn	WVZ	31.50	200000255	31.69
4.	Thijs van Wieringen	De Columbiaan	33.01	199900577	31.98
5.	Sybe de Waard	De Devel	32.64	199900139	32.09
6.	Thomas Hesper	Van Vliet-Barracuda	31.98	200004181	32.20
7.	Olivier Jans	The Hague Swimming (SG)	32.72	200001815	32.26
8.	Doran Paap	The Hague Swimming (SG)	33.40	200000301	33.47
9.	Tristan Stam	ZOB'66	34.09	199903551	33.72
10.	Bas-Jaap van Ommen	SG WZ010/ACZ	34.27	200003835	33.73
11.	Stijn Lafontaine	The Hague Swimming (SG)	34.22	200005205	33.74
12.	Noah Legerstee	WVZ	34.23	200003593	33.92
13.	Mark de Jongh	De Devel	35.93	200001325	33.98
14.	Bart Spaans	SG WZ010/ACZ	34.75	199902559	33.99
15.	Rolf Bavelaar	WVZ	33.97	200001747	34.06
16.	Luca Dellantonio	De Columbiaan	35.41	200002759	34.18
17.	Matthijs Arnoldus	WVZ	34.28	200000571	34.30
18.	Rogier Dorsman	De Devel	34.49	199900211	34.55
19.	Wesley Agterdenbos	MNC Dordrecht	35.76	200001327	34.61
20.	Jari Voogt	De Duck	33.63	200004237	34.63
21.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	34.88	200000625	34.74
22.	Robin Lecomte	KZV de Lansingh	33.80	199900711	34.76
23.	Ayrton Mooldijk	De Kempvis	34.75	199901449	35.17
24.	Sander van Beek	LZ 1886	36.83	200002917	36.61
25.	Jervis Boele	ZPCNumansdorp	37.61	200004141	37.39
AFGEM	Yanick Leunisse	ZPCNumansdorp	37.58	199904179	

Senioren 1 en ouder

1.	Ensger Kotterink	SG Albion d'ELFT	29.45	199403391	29.01
2.	Kevin Panoet	The Hague Swimming (SG)	28.79	199307253	29.30
3.	Romero Hennep	SG Albion d'ELFT	29.50	199304929	29.41
4.	Bjorn Scherbeijn	The Hague Swimming (SG)	29.18	199600349	29.42
5.	Floris Kotterink	SG Albion d'ELFT	30.48	199800199	29.52
6.	Jonne Schaafsma	The Hague Swimming (SG)	30.09	199800745	29.63
7.	Sanjiv Gangaram Panday	WVZ	31.32	199705555	30.79
8.	Kevin Kingma	KZV de Lansingh	31.07	199700559	31.17
9.	Linquendo van der Klooster	ZPB-H&L	31.87	199801361	31.54
10.	Ivo van Dijck	The Hague Swimming (SG)	33.01	199702985	33.23
11.	Bas Verdoes	De Columbiaan	32.84	199801487	33.45
12.	Remco Oskam	Widex GZC Donk	33.35	199205583	33.86
NG	Rainier Voll	De Devel	32.09	199800365	

rang	naam	vereniging	inschrijftijd	tijd
Junioren 1 en 2				
1.	Rinske Bouman	De Devel	10:31.74	200400578 10:29.82
	100m: 1:10.86 200m: 2:30.48	300m: 5:11.99 400m: 5:11.99	500m: 700m: 800m: 10:29.82	
2.	Isis Naaktgeboren	De Devel	10:31.00	200403914 10:33.64
	100m: 1:11.20 200m: 2:32.54	300m: 5:14.45 400m: 5:14.45	500m: 700m: 800m: 10:33.64	
3.	Lize van Stigt	LinK	10:53.42	200401510 10:52.65
	100m: 1:14.81 200m: 2:39.24	300m: 5:26.75 400m: 5:26.75	500m: 700m: 800m: 10:52.65	
4.	Feija de Bruin	WVZ	10:59.28	200400106 11:01.71
	100m: 1:16.83 200m: 2:40.69	300m: 5:27.69 400m: 5:27.69	500m: 700m: 800m: 11:01.71	
5.	Niké Telkamp	The Hague Swimming (SG)	11:30.45	200501088 11:16.17
	100m: 1:19.17 200m: 2:44.56	300m: 5:37.49 400m: 5:37.49	500m: 700m: 800m: 11:16.17	
6.	Anniko Firman	The Hague Swimming (SG)	NT	200402330 11:25.06
	100m: 1:16.37 200m: 2:44.69	300m: 5:42.58 400m: 5:42.58	500m: 700m: 800m: 11:25.06	
7.	Vivianne Woltjes	The Hague Swimming (SG)	11:29.96	200501524 11:35.47
	100m: 1:19.43 200m: 2:47.69	300m: 5:46.19 400m: 5:46.19	500m: 700m: 800m: 11:35.47	
8.	Leonoor van Dijk	The Hague Swimming (SG)	11:27.72	200400832 11:53.77
	100m: 1:19.26 200m: 2:48.52	300m: 5:51.42 400m: 5:51.42	500m: 700m: 800m: 11:53.77	
AFGEM	Mary Kate Farrell	The Hague Swimming (SG)	10:47.04	200402870
13 - 14 jaar				
1.	Lotte Hosper	The Hague Swimming (SG)	9:32.83	200201414 9:37.31
	100m: 1:06.90 200m: 2:19.94	300m: 4:46.48 400m: 4:46.48	500m: 700m: 800m: 9:37.31	
2.	Kim de Jong	LinK	10:13.96	200301026 10:03.58
	100m: 1:11.88 200m: 2:29.14	300m: 5:03.11 400m: 5:03.11	500m: 700m: 800m: 10:03.58	
3.	Kristel Beijck	De Columbiaan	10:15.73	200201278 10:17.03
	100m: 1:12.24 200m: 2:30.39	300m: 5:06.70 400m: 5:06.70	500m: 700m: 800m: 10:17.03	
4.	Susan van Grol	Widex GZC Donk	10:28.73	200201344 10:22.88
	100m: 1:11.12 200m: 2:28.41	300m: 5:06.59 400m: 5:06.59	500m: 700m: 800m: 10:22.88	
5.	Marith de Jong	The Hague Swimming (SG)	10:30.33	200200012 10:34.28
	100m: 1:11.87 200m: 2:28.56	300m: 5:07.90 400m: 5:07.90	500m: 700m: 800m: 10:34.28	
6.	Mara Bosman	The Hague Swimming (SG)	10:27.31	200303048 10:53.61
	100m: 1:13.83 200m: 2:34.81	300m: 5:20.40 400m: 5:20.40	500m: 700m: 800m: 10:53.61	
7.	Maaïke t Hart	ZV Vlaardingen-Schiedam	10:33.47	200301226 11:12.67
	100m: 1:16.98 200m: 2:40.85	300m: 5:31.13 400m: 5:31.13	500m: 700m: 800m: 11:12.67	
NG.ZA	Almudena Visser Velez	The Hague Swimming (SG)	9:56.80	200205904

rang	naam	vereniging	inschrijftijd	tijd
Junioren 1				
1.	Jay de Vries	De Devel	4:43.39	200400669 4:49.77
	50m: 32.24 100m: 1:08.59	150m: 1:46.24 200m: 2:24.12	250m: 3:01.50 300m: 3:38.73	350m: 4:15.41 400m: 4:49.77
2.	Julien Tanis	zc De Schotejil	5:13.34	200401045 4:50.87
	50m: 31.80 100m: 1:07.80	150m: 1:45.60 200m: 2:23.80	250m: 3:01.59 300m: 3:39.24	350m: 4:15.57 400m: 4:50.87
3.	Timo Kock	De Devel	4:51.80	200400387 4:58.90
	50m: 33.56 100m: 1:11.37	150m: 1:50.06 200m: 2:28.76	250m: 3:07.72 300m: 3:46.30	350m: 4:24.25 400m: 4:58.90

Programmanr. 16, Jongens, 400m vrije slag, Junioren 1

rang	naam		vereniging	inschrijftijd				tijd			
4.	Abel te Riele		WVZ	5:57.41				200402317	5:00.73		
	50m:	31.95	150m:	1:47.71	38.35	250m:	3:04.68	38.41	350m:	4:22.62	38.89
	100m:	1:09.36	200m:	2:26.27	38.56	300m:	3:43.73	39.05	400m:	5:00.73	38.11
5.	Nathan Janssen		MNC Dordrecht	5:30.01				200401565	5:03.92		
	50m:	35.77	150m:	1:50.90	37.77	250m:	3:08.54	39.14	350m:	4:26.33	38.72
	100m:	1:13.13	200m:	2:29.40	38.50	300m:	3:47.61	39.07	400m:	5:03.92	37.59
6.	Chris van der Hout		The Hague Swimming (SG)	5:17.10				200401355	5:04.64		
	50m:	33.90	150m:	1:50.91	39.01	250m:	3:10.34	39.99	350m:	4:28.51	38.06
	100m:	1:11.90	200m:	2:30.35	39.44	300m:	3:50.45	40.11	400m:	5:04.64	36.13
7.	Max van Schagen		De Columbiaan	5:24.20				200402591	5:15.87		
	50m:	35.89	150m:	1:55.45	40.47	250m:	3:16.90	40.48	350m:	4:37.68	40.39
	100m:	1:14.98	200m:	2:36.42	40.97	300m:	3:57.29	40.39	400m:	5:15.87	38.19
8.	Arthur Bondartsov		Poseidon'56	5:37.46				200403231	5:20.40		
	50m:	34.69	150m:	1:55.03	40.64	250m:	3:18.23	41.63	350m:	4:41.90	41.88
	100m:	1:14.39	200m:	2:36.60	41.57	300m:	4:00.02	41.79	400m:	5:20.40	38.50
9.	Chris Siemens		De Duck	5:16.74				200400005	5:25.91		
	50m:	33.79	150m:	1:54.01	40.87	250m:	3:18.10	42.15	350m:	4:44.15	43.16
	100m:	1:13.14	200m:	2:35.95	41.94	300m:	4:00.99	42.89	400m:	5:25.91	41.76
10.	Thomas van Peenen		De Columbiaan	5:34.01				200400097	5:27.53		
	50m:	36.27	150m:	1:58.20	40.50	250m:	3:23.65	42.23	350m:	4:48.28	42.32
	100m:	1:17.70	200m:	2:41.42	43.22	300m:	4:05.96	42.31	400m:	5:27.53	39.25
11.	Patrick van der Knaap		De Duck	5:38.22				200400007	5:32.68		
	50m:	34.83	150m:	1:56.31	41.44	250m:	3:22.63	42.81	350m:	4:50.41	43.91
	100m:	1:14.87	200m:	2:39.82	43.51	300m:	4:06.50	43.87	400m:	5:32.68	42.27
12.	Thijm Kruit		De Columbiaan	5:39.84				200401339	5:32.87		
	50m:	35.97	150m:	1:59.82	43.01	250m:	3:27.46	43.85	350m:	4:54.85	44.41
	100m:	1:16.81	200m:	2:43.61	43.79	300m:	4:10.44	42.98	400m:	5:32.87	38.02
13.	Kun Woo Kim		The Hague Swimming (SG)	5:39.66				200401361	5:36.35		
	50m:	35.59	150m:	1:58.09	42.97	250m:	3:25.82	43.90	350m:	4:55.87	45.48
	100m:	1:15.12	200m:	2:41.92	43.83	300m:	4:10.39	44.57	400m:	5:36.35	40.48
14.	Marijn Dekkers		Widex GZC Donk	5:46.54				200402275	5:38.40		
	50m:	36.81	150m:	2:02.09	43.74	250m:	3:28.62	43.38	350m:	4:56.94	43.71
	100m:	1:18.35	200m:	2:45.24	43.15	300m:	4:13.23	44.61	400m:	5:38.40	41.46

Junioren 2

1.	Keanu Streefland		The Hague Swimming (SG)	4:48.90				200302445	4:44.70		
	50m:	32.69	150m:	1:45.92	37.00	250m:	2:59.84	36.84	350m:	4:11.12	35.53
	100m:	1:08.92	200m:	2:23.00	37.08	300m:	3:35.59	35.75	400m:	4:44.70	33.58
2.	Senna Mooldijk		De Kempvis	4:49.03				200301147	4:47.72		
	50m:	32.08	150m:	1:45.51	37.04	250m:	3:00.41	37.13	350m:	4:09.68	33.51
	100m:	1:08.47	200m:	2:23.28	37.77	300m:	3:36.17	35.76	400m:	4:47.72	38.04
3.	Perry Laarhoven		ZPCNumansdorp	4:55.62				200301321	4:49.28		
	50m:	32.39	150m:	1:45.89	36.98	250m:	2:59.92	37.43	350m:	4:13.97	37.27
	100m:	1:08.91	200m:	2:22.49	36.60	300m:	3:36.70	36.78	400m:	4:49.28	35.31
4.	Daan Hogerhuis		SG Albion d'ELFT	5:07.78				200300317	4:50.00		
	50m:	32.37	150m:	1:46.00	37.28	250m:	2:59.87	36.94	350m:	4:13.75	36.74
	100m:	1:08.72	200m:	2:22.93	36.93	300m:	3:37.01	37.14	400m:	4:50.00	36.25
5.	Milan Hamel		The Hague Swimming (SG)	4:44.36				200302125	4:50.92		
	50m:	31.89	150m:	1:45.31	37.30	250m:	3:00.55	37.84	350m:	4:15.57	37.73
	100m:	1:08.01	200m:	2:22.71	37.40	300m:	3:37.84	37.29	400m:	4:50.92	35.35
6.	Bjarne Buijs		The Hague Swimming (SG)	5:08.46				200301089	4:54.01		
	50m:	32.82	150m:	1:47.42	37.76	250m:	3:01.47	37.06	350m:	4:13.93	35.78
	100m:	1:09.66	200m:	2:24.41	36.99	300m:	3:38.15	36.68	400m:	4:54.01	40.08
7.	Zev Bulk		Widex GZC Donk	5:23.78				200304021	4:55.03		
	50m:	32.42	150m:	1:47.48	38.06	250m:	3:05.74	39.58	350m:	4:21.40	37.31
	100m:	1:09.42	200m:	2:26.16	38.68	300m:	3:44.09	38.35	400m:	4:55.03	33.63
8.	Milan van Aken		The Hague Swimming (SG)	5:06.14				200303307	5:00.77		
	50m:	33.20	150m:	1:48.03	38.29	250m:	3:04.56	38.29	350m:	4:22.61	38.73
	100m:	1:09.74	200m:	2:26.27	38.24	300m:	3:43.88	39.32	400m:	5:00.77	38.16
9.	Maximilian Lopes Cardozo		WZK	5:15.09				200300665	5:00.88		
	50m:	32.72	150m:	1:51.27	38.62	250m:	3:08.12	38.11	350m:	4:26.03	38.74
	100m:	1:12.65	200m:	2:30.01	38.74	300m:	3:47.29	39.17	400m:	5:00.88	34.85
10.	Brandon Groeneveld		De Geul	5:28.16				200300595	5:19.87		
	50m:	35.21	150m:	1:55.98	40.93	250m:	3:18.67	41.64	350m:	4:40.09	40.82
	100m:	1:15.05	200m:	2:37.03	41.05	300m:	3:59.27	40.60	400m:	5:19.87	39.78
11.	Julian Stok		De Devel	5:12.62				200300071	5:20.02		
	50m:	35.58	150m:	1:56.19	40.82	250m:	3:19.04	41.42	350m:	4:40.81	40.59
	100m:	1:15.37	200m:	2:37.62	41.43	300m:	4:00.22	41.18	400m:	5:20.02	39.21
12.	Thimo van Beek		LZ 1886	5:28.58				200301347	5:20.94		
	50m:	34.19	150m:	1:54.71	40.55	250m:	3:18.25	41.30	350m:	4:43.76	41.86
	100m:	1:14.16	200m:	2:36.95	42.24	300m:	4:01.90	43.65	400m:	5:20.94	37.18

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

rang	naam		vereniging	inschrijftijd		tijd						
13.	Laren Schavemaker		The Hague Swimming (SG)	5:27.48	200300607	5:25.06						
	50m:	34.41	150m:	1:55.00	41.15	250m:	3:18.94	41.62	350m:	4:43.08	41.67	
	100m:	1:13.85	39.44	200m:	2:37.32	42.32	300m:	4:01.41	42.47	400m:	5:25.06	41.98
14.	Hugo Katerbau		The Hague Swimming (SG)	5:40.89	200301051	5:48.75						
	50m:	36.06	36.06	150m:	2:01.67	44.05	250m:	3:32.33	45.39	350m:	5:04.51	45.96
	100m:	1:17.62	41.56	200m:	2:46.94	45.27	300m:	4:18.55	46.22	400m:	5:48.75	44.24
15.	Daniel Stok		De Devel	5:18.27	200300569	5:49.52						
	50m:	38.14	38.14	150m:	2:02.08	43.01	250m:	3:31.69	45.36	350m:	5:03.56	46.48
	100m:	1:19.07	40.93	200m:	2:46.33	44.25	300m:	4:17.08	45.39	400m:	5:49.52	45.96

Junioren 3

1.	Bryan Agterdenbos		MNC Dordrecht	4:12.54	200200003	4:19.05						
	50m:	28.87	28.87	150m:	1:33.39	32.04	250m:	2:39.42	32.91	350m:	3:46.58	33.74
	100m:	1:01.35	32.48	200m:	2:06.51	33.12	300m:	3:12.84	33.42	400m:	4:19.05	32.47
2.	Nikhom Westphal		SG SCOM/de Zeehond '73	4:31.32	200203329	4:33.31						
	50m:	31.69	31.69	150m:	1:39.45	34.62	250m:	2:48.33	34.92	350m:	3:59.06	35.37
	100m:	1:04.83	33.14	200m:	2:13.41	33.96	300m:	3:23.69	35.36	400m:	4:33.31	34.25
3.	Viktor Koets		De Columbiaan	4:49.84	200201677	4:37.45						
	50m:	30.36	30.36	150m:	1:40.69	35.71	250m:	2:52.61	36.14	350m:	4:03.61	34.95
	100m:	1:04.98	34.62	200m:	2:16.47	35.78	300m:	3:28.66	36.05	400m:	4:37.45	33.84
4.	Guus Hoogduin		LZ 1886	4:47.84	200201069	4:38.53						
	50m:	30.29	30.29	150m:	1:39.83	35.40	250m:	2:52.30	36.22	350m:	4:03.98	35.95
	100m:	1:04.43	34.14	200m:	2:16.08	36.25	300m:	3:28.03	35.73	400m:	4:38.53	34.55
5.	Niels Dijkshoorn		ZV Westland	5:06.05	200203079	4:46.24						
	50m:	32.43	32.43	150m:	1:45.37	37.19	250m:	2:59.29	36.82	350m:	4:11.76	36.12
	100m:	1:08.18	35.75	200m:	2:22.47	37.10	300m:	3:35.64	36.35	400m:	4:46.24	34.48
6.	Cas Jansen		The Hague Swimming (SG)	4:49.03	200203263	4:46.82						
	50m:	30.96	30.96	150m:	1:42.76	36.74	250m:	2:56.88	37.26	350m:	4:11.83	37.34
	100m:	1:06.02	35.06	200m:	2:19.62	36.86	300m:	3:34.49	37.61	400m:	4:46.82	34.99
7.	Robin van Peenen		De Columbiaan	4:51.81	200201059	4:47.71						
	50m:	30.93	30.93	150m:	1:43.69	36.91	250m:	2:58.59	37.57	350m:	4:13.10	37.19
	100m:	1:06.78	35.85	200m:	2:21.02	37.33	300m:	3:35.91	37.32	400m:	4:47.71	34.61
8.	Bas van Nisius		The Hague Swimming (SG)	5:22.67	200202107	4:47.97						
	50m:	33.50	33.50	150m:	1:47.02	37.15	250m:	3:01.17	37.34	350m:	4:14.56	36.58
	100m:	1:09.87	36.37	200m:	2:23.83	36.81	300m:	3:37.98	36.81	400m:	4:47.97	33.41
9.	Dylano Termoshuizen		WVZ	4:57.77	200202169	4:48.68						
	50m:	31.74	31.74	150m:	1:46.76	37.94	250m:	3:01.06	36.97	350m:	4:13.92	36.35
	100m:	1:08.82	37.08	200m:	2:24.09	37.33	300m:	3:37.57	36.51	400m:	4:48.68	34.76
10.	Stijn den Otter		De Devel	5:03.35	200200225	4:49.70						
	50m:	32.01	32.01	150m:	1:44.94	36.98	250m:	3:00.48	37.76	350m:	4:15.00	36.81
	100m:	1:07.96	35.95	200m:	2:22.72	37.78	300m:	3:38.19	37.71	400m:	4:49.70	34.70
11.	Wouter Verdoes		De Columbiaan	5:00.12	200200351	4:54.20						
	50m:	32.49	32.49	150m:	1:45.83	37.34	250m:	3:01.23	37.73	350m:	4:18.33	38.85
	100m:	1:08.49	36.00	200m:	2:23.50	37.67	300m:	3:39.48	38.25	400m:	4:54.20	35.87
12.	Johrick Wijma		KZV de Lansingh	5:07.16	200204435	5:01.52						
	50m:	32.19	32.19	150m:	1:46.96	39.04	250m:	3:06.95	40.43	350m:	4:24.59	38.38
	100m:	1:07.92	35.73	200m:	2:26.52	39.56	300m:	3:46.21	39.26	400m:	5:01.52	36.93
13.	Victor Simons		The Hague Swimming (SG)	4:55.37	200203261	5:06.93						
	50m:	33.56	33.56	150m:	1:49.13	38.37	250m:	3:08.22	39.87	350m:	4:29.23	40.44
	100m:	1:10.76	37.20	200m:	2:28.35	39.22	300m:	3:48.79	40.57	400m:	5:06.93	37.70
14.	Robert Speksnijder		ZPB-H&L	5:06.95	200200429	5:12.38						
	50m:	34.04	34.04	150m:	3:15.18	40.33	250m:			350m:	4:35.08	
	100m:	2:34.85	2:00.81	200m:	3:56.00	40.82	300m:			400m:	5:12.38	37.30
15.	Daan Sniijders		MNC Dordrecht	5:13.12	200202475	5:14.23						
	50m:	34.62	34.62	150m:	1:54.48	40.72	250m:	3:16.17	40.74	350m:	4:35.97	39.44
	100m:	1:13.76	39.14	200m:	2:35.43	40.95	300m:	3:56.53	40.36	400m:	5:14.23	38.26

Junioren 4

1.	Ivo Stolk		SG SCOM/de Zeehond '73	4:25.61	200100615	4:14.65						
	50m:	29.58	29.58	150m:	1:34.93	32.94	250m:	2:39.28	31.32	350m:	3:42.71	31.97
	100m:	1:01.99	32.41	200m:	2:07.96	33.03	300m:	3:10.74	31.46	400m:	4:14.65	31.94
2.	Christiaan Smit		The Hague Swimming (SG)	4:20.33	200102463	4:18.16						
	50m:	28.63	28.63	150m:	1:33.65	33.07	250m:	2:40.12	33.15	350m:	3:46.16	32.85
	100m:	1:00.58	31.95	200m:	2:06.97	33.32	300m:	3:13.31	33.19	400m:	4:18.16	32.00
3.	Tjeerd van Stein		Link	4:37.91	200101439	4:28.73						
	50m:	30.04	30.04	150m:	1:37.84	34.22	250m:	2:46.08	34.02	350m:	3:55.35	34.71
	100m:	1:03.62	33.58	200m:	2:12.06	34.22	300m:	3:20.64	34.56	400m:	4:28.73	33.38
4.	Max Huige		SG SCOM/de Zeehond '73	4:38.03	200104355	4:31.57						
	50m:	29.87	29.87	150m:	1:37.45	34.20	250m:	2:46.72	34.77	350m:	3:57.10	35.38
	100m:	1:03.25	33.38	200m:	2:11.95	34.50	300m:	3:21.72	35.00	400m:	4:31.57	34.47

Programmanr. 16, Jongens, 400m vrije slag, Junioren 4

rang	naam		vereniging	inschrijftijd		tijd	
5.	Freek Hollander		The Hague Swimming (SG)	4:29.52	200103815	4:38.73	
	50m:	31.70	150m:	1:43.83	35.17	350m:	4:04.62
	100m:	1:07.14	200m:	2:19.30	34.94	400m:	4:38.73
6.	Dave van den Nieuwendijk		De Columbiaan	4:44.21	200100475	4:39.24	
	50m:	30.23	150m:	1:40.37	35.29	350m:	4:03.87
	100m:	1:04.79	200m:	2:16.27	35.90	400m:	4:39.24
7.	Finn van Bommel		De Columbiaan	4:44.20	200103683	4:45.22	
	50m:	32.03	150m:	1:45.42	36.41	350m:	4:10.95
	100m:	1:08.55	200m:	2:22.22	36.53	400m:	4:45.22
8.	Wesley Scheepbouwer		Wiekslag	4:44.01	200101959	4:48.31	
	50m:	30.67	150m:	1:45.22	38.72	350m:	4:15.11
	100m:	1:06.58	200m:	2:22.66	38.33	400m:	4:48.31
9.	Boy Borreman		LinK	5:01.63	200102751	4:50.86	
	50m:	32.74	150m:	1:46.27	37.08	350m:	4:15.14
	100m:	1:09.19	200m:	2:23.51	37.24	400m:	4:50.86
10.	Jeroen Reckman		ZPCNumansdorp	5:01.26	200100209	4:51.43	
	50m:	32.04	150m:	1:45.19	37.15	350m:	4:15.65
	100m:	1:08.04	200m:	2:22.90	37.71	400m:	4:51.43
11.	David Kras		De Devel	5:01.62	200103253	4:52.20	
	50m:	32.90	150m:	1:46.51	37.10	350m:	4:16.67
	100m:	1:09.41	200m:	2:24.17	37.66	400m:	4:52.20
AFGEM	Thomas Jansen		WVZ	4:08.46	200100143		
Jeugd 1 en 2							
1.	Jorian Tanis		zc De Schotelijl	4:10.72	199900327	4:12.61	
	50m:	28.78	150m:	1:32.77	32.19	350m:	3:42.96
	100m:	1:00.58	200m:	2:05.13	32.36	400m:	4:12.61
2.	Olivier Jans		The Hague Swimming (SG)	4:16.24	200001815	4:15.14	
	50m:	29.65	150m:	1:33.38	31.92	350m:	3:44.19
	100m:	1:01.46	200m:	2:05.80	32.42	400m:	4:15.14
3.	Joris Bezemer		De Kempvis	4:20.50	199900527	4:15.16	
	50m:	28.86	150m:	1:32.77	32.30	350m:	3:43.83
	100m:	1:00.47	200m:	2:05.20	32.43	400m:	4:15.16
4.	Jasper Breugem		WVZ	4:27.27	200000303	4:22.46	
	50m:	28.14	150m:	1:32.74	32.98	350m:	3:48.57
	100m:	59.76	200m:	2:06.21	33.47	400m:	4:22.46
5.	Thijs van Wieringen		De Columbiaan	4:24.86	199900577	4:24.96	
	50m:	29.50	150m:	1:35.10	32.97	350m:	3:51.79
	100m:	1:02.13	200m:	2:09.02	33.92	400m:	4:24.96
6.	Jaap van Trijp		The Hague Swimming (SG)	4:39.72	199903225	4:28.18	
	50m:	29.82	150m:	1:36.84	33.94	350m:	3:54.84
	100m:	1:02.90	200m:	2:10.97	34.13	400m:	4:28.18
7.	Otto Pranger		SG SCOM/de Zeehond '73	4:53.18	200000007	4:32.44	
	50m:	29.84	150m:	1:35.71	33.84	350m:	3:56.74
	100m:	1:01.87	200m:	2:10.10	34.39	400m:	4:32.44
8.	Rogier Dorsman		De Devel	4:33.91	199900211	4:37.63	
	50m:	30.55	150m:	1:40.16	35.65	350m:	4:01.81
	100m:	1:04.51	200m:	2:15.53	35.37	400m:	4:37.63
9.	Doran Paap		The Hague Swimming (SG)	4:48.65	200000301	4:38.01	
	50m:	30.49	150m:	1:39.67	35.35	350m:	4:03.25
	100m:	1:04.32	200m:	2:15.36	35.69	400m:	4:38.01
10.	Stijn Lafontaine		The Hague Swimming (SG)	4:48.10	200005205	4:38.14	
	50m:	30.39	150m:	1:40.51	35.85	350m:	4:03.74
	100m:	1:04.66	200m:	2:16.28	35.77	400m:	4:38.14
11.	Thomas Hesper		Van Vliet-Barracuda	4:44.16	200004181	4:39.70	
	50m:	29.88	150m:	1:38.73	35.01	350m:	4:04.71
	100m:	1:03.72	200m:	2:14.91	36.18	400m:	4:39.70
12.	Sander van Beek		LZ 1886	4:41.84	200002917	4:40.10	
	50m:	30.21	150m:	1:39.79	35.33	350m:	4:04.04
	100m:	1:04.46	200m:	2:15.94	36.15	400m:	4:40.10
13.	Joost de Roy van Zuydewijn		WVZ	4:33.63	200000255	4:41.33	
	50m:	32.17	150m:	1:43.16	35.52	350m:	4:06.77
	100m:	1:07.64	200m:	2:18.97	35.81	400m:	4:41.33
14.	Kilian Xavier de Kruyf Molina		The Hague Swimming (SG)	4:43.10	200002667	4:43.76	
	50m:	30.49	150m:	1:40.40	35.27	350m:	4:07.58
	100m:	1:05.13	200m:	2:16.24	35.84	400m:	4:43.76
15.	Matthijs Arnoldus		WVZ	4:39.26	200000571	4:45.82	
	50m:	31.24	150m:	1:42.67	36.06	350m:	4:10.14
	100m:	1:06.61	200m:	2:18.72	36.05	400m:	4:45.82
16.	Jari Voogt		De Duck	4:51.64	200004237	4:47.56	
	50m:	31.85	150m:	1:43.70	35.89	350m:	4:11.22
	100m:	1:07.81	200m:	2:20.29	36.59	400m:	4:47.56

Programmanr. 16, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	tijd	
17.	Bart Spaans	SG WZ010/ACZ	4:45.75	199902559	4:50.44
	50m: 32.84	150m: 1:44.04	250m: 2:56.72	350m: 4:11.59	38.16
	100m: 1:08.30	200m: 2:20.81	300m: 3:33.43	400m: 4:50.44	38.85
DIS	Mark de Jongh	De Devel	4:38.38	200001325	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Senioren 1 en ouder

1.	Floris Kotterink	SG Albion d'ELFT	4:04.13	199800199	4:01.83
	50m: 26.87	150m: 1:28.61	250m: 2:30.17	350m: 3:32.51	31.09
	100m: 57.66	200m: 1:59.51	300m: 3:01.42	400m: 4:01.83	29.32
2.	Jonne Schaafsma	The Hague Swimming (SG)	4:04.30	199800745	4:03.80
	50m: 27.67	150m: 1:28.62	250m: 2:30.98	350m: 3:33.63	31.31
	100m: 57.95	200m: 1:59.66	300m: 3:02.32	400m: 4:03.80	30.17
3.	Ensger Kotterink	SG Albion d'ELFT	4:13.24	199403391	4:08.79
	50m: 27.66	150m: 1:30.42	250m: 2:32.75	350m: 3:36.25	32.18
	100m: 58.71	200m: 2:02.15	300m: 3:04.07	400m: 4:08.79	32.54
4.	Alex Schelvis	LinK	4:15.35	198702927	4:16.76
	50m: 28.16	150m: 1:31.11	250m: 2:36.43	350m: 3:43.07	33.47
	100m: 59.29	200m: 2:03.70	300m: 3:09.60	400m: 4:16.76	33.69
5.	Bjorn Scherbeijn	The Hague Swimming (SG)	4:14.27	199600349	4:19.41
	50m: 27.85	150m: 1:31.60	250m: 2:38.41	350m: 3:46.14	33.61
	100m: 59.06	200m: 2:04.87	300m: 3:12.53	400m: 4:19.41	33.27
6.	Lars Schoffemeer	ZPB-H&L	4:19.57	199501907	4:19.69
	50m: 28.78	150m: 1:33.56	250m: 2:40.25	350m: 3:46.84	32.99
	100m: 1:00.59	200m: 2:07.17	300m: 3:13.85	400m: 4:19.69	32.85
7.	Robin van Beek	LZ 1886	4:17.66	199704023	4:19.88
	50m: 28.98	150m: 1:34.37	250m: 2:40.88	350m: 3:47.68	33.46
	100m: 1:01.13	200m: 2:07.57	300m: 3:14.22	400m: 4:19.88	32.20
8.	Ivo van Dijk	The Hague Swimming (SG)	4:30.79	199702985	4:26.15
	50m: 29.24	150m: 1:36.33	250m: 2:44.36	350m: 3:52.70	34.28
	100m: 1:02.32	200m: 2:10.31	300m: 3:18.42	400m: 4:26.15	33.45
9.	Jordy van Oel	WVZ	4:42.74	199802003	4:29.88
	50m: 30.13	150m: 1:39.14	250m: 2:48.96	350m: 3:56.92	33.56
	100m: 1:04.04	200m: 2:14.03	300m: 3:23.36	400m: 4:29.88	32.96
10.	Rutger Dalm	KZV de Lansingh	4:33.13	199005561	4:29.95
	50m: 29.21	150m: 1:36.55	250m: 2:46.33	350m: 3:56.25	34.82
	100m: 1:02.23	200m: 2:11.34	300m: 3:21.43	400m: 4:29.95	33.70
11.	Armand Heyder	ZV Westland	4:28.81	199603221	4:30.30
	50m: 28.23	150m: 1:36.18	250m: 2:47.43	350m: 3:58.12	35.15
	100m: 1:01.58	200m: 2:11.94	300m: 3:22.97	400m: 4:30.30	32.18
12.	Bas Verdoes	De Columbiaan	4:24.42	199801487	4:31.58
	50m: 28.99	150m: 1:36.57	250m: 2:46.48	350m: 3:57.59	35.55
	100m: 1:02.21	200m: 2:11.37	300m: 3:22.04	400m: 4:31.58	33.99
13.	Ben Muller	De Geul	4:36.16	199801281	4:35.01
	50m: 30.48	150m: 1:37.35	250m: 2:46.18	350m: 3:58.17	36.52
	100m: 1:03.71	200m: 2:11.64	300m: 3:21.65	400m: 4:35.01	36.84
NG	Nordin Termoshuizen	WVZ	4:27.49	199605401	

Programmanr. 17
8-1-2017 - 13:30

Dames, 800m vrije slag

Jeugd 2 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	
15 - 16 jaar					
1.	Inge Vieveen	WVZ	9:26.84	200100024	9:25.92
	100m: 1:04.88	300m:	500m:	700m:	
	200m: 2:15.80	400m: 4:39.46	600m:	800m: 9:25.92	
2.	Giulia Corsi	De Columbiaan	9:49.74	200100468	9:48.41
	100m: 1:09.28	300m:	500m:	700m:	
	200m: 2:24.09	400m: 4:54.51	600m:	800m: 9:48.41	
3.	Marlinde Beukers	WVZ	9:53.66	200101934	9:51.61
	100m: 1:08.19	300m:	500m:	700m:	
	200m: 2:22.07	400m: 4:51.99	600m:	800m: 9:51.61	
4.	Elyanne Boudestein	Zoetermeer	9:59.67	200101060	10:04.87
	100m: 1:08.63	300m:	500m:	700m:	
	200m: 2:25.09	400m: 4:58.75	600m:	800m: 10:04.87	
5.	Amanda Holst	Zoetermeer	10:19.27	200004204	10:22.21
	100m: 1:08.42	300m:	500m:	700m:	
	200m: 2:23.95	400m: 5:00.80	600m:	800m: 10:22.21	

Programmanr. 17, Meisjes, 800m vrije slag, 15 - 16 jaar

rang	naam	vereniging	inschrijftijd	tijd
6.	Diana Noordermeer 100m: 1:13.69 1:13.69 200m: 2:30.68 1:16.99	SG SCOM/de Zeehond '73 300m: 5:05.53 400m: 5:05.53	10:10.88 500m: 600m:	200102110 700m: 10:22.96 800m: 10:22.96 10:22.96
7.	Sacha van den Dobbelsteen 100m: 1:12.89 1:12.89 200m: 2:33.54 1:20.65	The Hague Swimming (SG) 300m: 5:15.71 400m: 5:15.71	10:44.26 500m: 600m:	200100904 700m: 10:39.35 800m: 10:39.35 10:39.35
8.	Nienke Vork 100m: 1:14.70 1:14.70 200m: 2:38.45 1:23.75	Widex GZC Donk 300m: 5:22.03 400m: 5:22.03	10:41.35 500m: 600m:	200102294 700m: 10:39.60 800m: 10:39.60 10:39.60

Senioren

1.	Angelique van Vark 100m: 1:07.53 1:07.53 200m: 2:19.43 1:11.90	Z&PC De Gouwe 300m: 4:44.75 400m: 4:44.75	9:27.75 500m: 600m:	199701478 700m: 9:37.00 800m: 9:37.00 9:37.00
2.	Sterre Keller 100m: 1:07.46 1:07.46 200m: 2:20.87 1:13.41	The Hague Swimming (SG) 300m: 4:47.80 400m: 4:47.80	9:34.83 500m: 600m:	199904142 700m: 9:41.15 800m: 9:41.15 9:41.15
3.	Gaetane Demyttenaere 100m: 1:09.26 1:09.26 200m: 2:23.45 1:14.19	The Hague Swimming (SG) 300m: 4:52.16 400m: 4:52.16	9:50.71 500m: 600m:	199905018 700m: 9:50.51 800m: 9:50.51 9:50.51
4.	Ramona Linting 100m: 1:11.65 1:11.65 200m: 2:28.60 1:16.95	AZC 300m: 5:03.81 400m: 5:03.81	10:25.97 500m: 600m:	198301274 700m: 10:15.73 800m: 10:15.73 10:15.73
5.	Denise de Riet 100m: 1:10.82 1:10.82 200m: 2:28.43 1:17.61	De Devel 300m: 5:05.21 400m: 5:05.21	10:32.05 500m: 600m:	198402040 700m: 10:22.42 800m: 10:22.42 10:22.42
6.	Eva Cornelisse 100m: 1:13.26 1:13.26 200m: 2:32.56 1:19.30	ZPB-H&L 300m: 5:13.19 400m: 5:13.19	10:33.15 500m: 600m:	199701336 700m: 10:34.94 800m: 10:34.94 10:34.94
7.	Marsha van den Heuvel 100m: 1:12.49 1:12.49 200m: 2:33.90 1:21.41	Widex GZC Donk 300m: 5:23.55 400m: 5:23.55	10:32.32 500m: 600m:	199801154 700m: 11:05.84 800m: 11:05.84 11:05.84
8.	Linda Hoogendam 100m: 1:16.51 1:16.51 200m: 2:40.51 1:24.00	WVZ 300m: 5:33.70 400m: 5:33.70	10:49.69 500m: 600m:	198300892 700m: 11:25.89 800m: 11:25.89 11:25.89

Programmanr. 18
8-1-2017 - 13:55

Heren, 50m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Junioren 1				
1.	Jay de Vries	De Devel	32.61	200400669 31.96
2.	Abel te Riele	WVZ	34.75	200402317 33.79
3.	Max van Schagen	De Columbiaan	34.85	200402591 34.48
4.	Julien Tanis	zc De Schotejil	34.27	200401045 34.53
5.	Chris van der Hout	The Hague Swimming (SG)	36.13	200401355 34.66
6.	Olivier Krayenbuhl	The Hague Swimming (SG)	37.15	200403215 34.98
7.	Kun Woo Kim	The Hague Swimming (SG)	37.63	200401361 36.01
8.	Lars van den Heuvel	ZPB-H&L	38.12	200402623 36.10
9.	Sem Verberg	LinK	37.09	200402105 36.50
10.	Patrick van der Knaap	De Duck	36.86	200400007 36.80
11.	Timo Kock	De Devel	37.00	200400387 36.88
12.	Pepijn van Egmond	De Watervogels	37.32	200402309 37.13
13.	Milan Masselink	The Hague Swimming (SG)	39.64	200402165 37.57
14.	Thomas van Peenen	De Columbiaan	38.29	200400097 37.62
15.	Thijm Kruit	De Columbiaan	38.77	200401339 38.40
16.	Wen-Ye Chen <i>*eindtijd is een backup tijd</i>	The Hague Swimming (SG)	39.33	200402859 38.48
17.	Nathan Janssen	MNC Dordrecht	38.08	200401565 39.00
18.	Anthonie Kraag	WVZ	38.91	200401973 39.05
19.	Niels van der Mast	ZPCNumansdorp	41.06	200401917 39.24
20.	Bram de Haas	PCG	39.72	200400391 39.77

Programmanr. 18, Heren, 50m rugslag

Junioren 2

1.	Keanu Streefland	The Hague Swimming (SG)	31.45	200302445	30.65
2.	Dylan Jansen	WVZ	32.22	200300817	31.68
3.	Daan Hogerhuis	SG Albion d'ELFT	32.42	200300317	31.98
4.	Jelle Bon	ZV Westland	33.64	200301077	32.48
5.	Zev Bulk	Widex GZC Donk	32.88	200304021	32.62
6.	Perry Laarhoven	ZPCNumansdorp	32.95	200301321	33.03
7.	David Jagerman	The Hague Swimming (SG)	36.92	200302127	33.37
8.	Milan Hamel	The Hague Swimming (SG)	35.45	200302125	34.27
9.	Raphaël Booiman	Wiekslag	35.90	200300727	34.59
10.	Maximilian Lopes Cardozo	WZK	35.02	200300665	34.72
11.	Julian Stok	De Devel	35.05	200300071	35.03
12.	Tygo Korving	ZPB-H&L	35.98	200300773	35.10
13.	Chris Vogelaar	LZ 1886	36.61	200302241	35.17
14.	Laren Schavemaker	The Hague Swimming (SG)	37.56	200300607	35.28
15.	Milan van Aken	The Hague Swimming (SG)	34.96	200303307	35.38
16.	Lorenzo Punt	De Devel	36.57	200302923	35.70
17.	Mark van Berkel	Van Vliet-Barracuda	37.17	200300039	36.12
18.	Thimo van Beek	LZ 1886	37.38	200301347	36.79
19.	Alexander ten Haaft	Zoetermeer	37.25	200302309	36.82
20.	Maxim Noordman	The Hague Swimming (SG)	36.63	200304067	37.40
21.	Bas van der Linden	RSW	38.01	200303235	37.42
22.	Mike van Huizen	ZPCNumansdorp	39.75	200300891	38.36
	<i>*eindtijd is een backup tijd</i>				
23.	Brandon Groeneveld	De Geul	38.68	200300595	38.84
24.	Pepyn van Brakel	ZPCNumansdorp	41.11	200300877	39.84

Junioren 3

1.	Nikhom Westphal	SG SCOM/de Zeehond '73	29.39	200203329	29.03
2.	Adriaan Provó Kluit	WVZ	29.34	200204397	29.23
3.	Viktor Koets	De Columbiaan	30.76	200201677	29.68
4.	Scott Jansen	WVZ	31.81	200202455	30.26
5.	Jarno Verbeek	Zoetermeer	31.39	200200931	30.54
6.	Dylano Termoshuizen	WVZ	32.82	200202169	31.91
7.	Robert Speksnijder	ZPB-H&L	32.03	200200429	31.97
8.	Niels Dijkshoorn	ZV Westland	32.55	200203079	32.48
9.	Bas van Wieringen	De Columbiaan	33.36	200200119	32.53
10.	Stijn den Otter	De Devel	33.69	200200225	32.87
11.	Robin van Peenen	De Columbiaan	33.20	200201059	32.94
12.	Mart de Koning	ZOB'66	33.61	200203253	33.62
13.	Björn de Heus	ZV Vlaardingen-Schiedam	34.33	200201077	33.69
14.	Wouter Verdoes	De Columbiaan	34.54	200200351	33.71
15.	Cas Jansen	The Hague Swimming (SG)	34.05	200203263	33.81
16.	Bas van Nisius	The Hague Swimming (SG)	34.60	200202107	33.87
17.	Mark Bom	LZ 1886	34.01	200201471	34.15
18.	Guus Hoogduin	LZ 1886	35.30	200201069	34.41
19.	Johrick Wijma	KZV de Lansingh	35.68	200204435	34.80
20.	Thomas van Wanrooij	Poseidon'56	35.61	200201473	35.21
21.	Mees Blankert	ZV Westland	35.80	200203743	36.25
DIS	Lars Freriks	De Watervogels	34.42	200204667	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
AFGEM	Brayden Lauletta	WZK	38.73	200204731	

Junioren 4

1.	Ivo Stolk	SG SCOM/de Zeehond '73	29.62	200100615	29.25
2.	Sander Iuga	Poseidon'56	30.17	200101389	29.65
3.	Wesley Scheepbouwer	Wiekslag	30.94	200101959	30.26
4.	Michael Boekestijn	ZV Westland	31.04	200100767	30.82
5.	Querijn Hensen	The Hague Swimming (SG)	30.83	200102121	31.06
6.	Max Huige	SG SCOM/de Zeehond '73	30.51	200104355	31.20
7.	Jarno van Oyen	SG SCOM/de Zeehond '73	32.26	200100055	31.73
8.	Youri ten Brink	The Hague Swimming (SG)	32.13	200104719	32.08
9.	Gregory Abeldynof	Poseidon'56	31.01	200100827	32.38
10.	Dave van den Nieuwendijk	De Columbiaan	32.30	200100475	32.70
11.	Jasper van Oudheusden	De Duck	32.56	200102449	32.76
12.	Boy Borreman	LinK	34.09	200102751	33.20
13.	Wessel Bonkestoter	Widex GZC Donk	33.50	200100625	33.26
14.	Elliott Savelon	The Hague Swimming (SG)	34.34	200104693	33.38
15.	Christiaan Smit	The Hague Swimming (SG)	30.46	200102463	33.42
16.	Christian van Mierlo	SG Albion d'ELFT	33.55	200103155	33.48

Programmanr. 18, Jongens, 50m rugslag, Junioren 4

rang	naam	vereniging	inschrijftijd	tijd	
17.	Joris de Gier	Widex GZC Donk	34.46	200103817	33.83
18.	Arnt Berck	De Vliet (SG)	34.02	200100929	34.80
19.	Jeroen de Mooij	LZ 1886	35.06	200100723	34.98

Jeugd 1 en 2

1.	Olivier Jans	The Hague Swimming (SG)	29.18	200001815	29.09
2.	Thijs van Wieringen	De Columbiaan	30.62	199900577	29.27
3.	Noah Legerstee	WVZ	29.53	200003593	29.50
4.	David Kievit	zc De Schotejil	30.24	199900325	30.01
5.	Robin Lecomte	KZV de Lansingh	29.55	199900711	30.09
6.	Marijn van Giesen	ZV Westland	29.27	199900633	30.18
7.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	30.24	200000625	30.39
8.	Duncan van Haaren	Widex GZC Donk	31.72	200000681	30.65
9.	Oliver Maddock	The Hague Swimming (SG)	31.79	200002281	31.44
10.	Jervis Boele	ZPCNumansdorp	32.33	200004141	32.02
11.	Rogier Dorsman	De Devel	31.23	199900211	32.30
<i>*eindtijd is een backup tijd</i>					
12.	Floriaan Bulten	Poseidon'56	32.24	200002267	32.67
13.	Sander van Beek	LZ 1886	32.55	200002917	32.78
14.	Liam van Gool	De Geul	33.18	200001111	32.83
15.	Tristan Stam	ZOB'66	33.13	199903551	33.12
16.	Thomas Hesper	Van Vliet-Barracuda	34.17	200004181	33.31
AFGEM	Yanick Leunisse	ZPCNumansdorp	34.16	199904179	

Senioren 1 en ouder

1.	Ensger Kotterink	SG Albion d'ELFT	24.88	199403391	25.65
2.	Bjorn Scherbeijn	The Hague Swimming (SG)	25.71	199600349	25.95
3.	Melvin Prins	Wiekslag	27.13	199500201	27.19
4.	Ruben Stam	SG Albion d'ELFT	27.65	199800331	27.46
5.	Jesper Oranje	De Duck	29.05	199200997	27.47
6.	Mike Hoek	De Duck	27.71	199702229	27.75
7.	Floris Kotterink	SG Albion d'ELFT	28.27	199800199	27.82
8.	Dave Jansen	SG Albion d'ELFT	28.20	199805299	28.03
9.	Timo Dinkelberg	SG Albion d'ELFT	28.11	199300773	28.09
10.	Jonne Schaafsma	The Hague Swimming (SG)	30.38	199800745	28.40
11.	Ivo van Dijck	The Hague Swimming (SG)	29.50	199702985	29.09
12.	Alex Schelvis	LinK	29.18	198702927	29.46
13.	Robin van Beek	LZ 1886	29.78	199704023	29.61
14.	Jordy van Oel	WVZ	29.94	199802003	30.07
15.	Bas Verdoes	De Columbiaan	30.07	199801487	30.26
16.	Dion de Mooij	LZ 1886	30.25	199701803	30.34
	Max Muller	De Geul	29.61	199800347	30.34
18.	Roel van Grol	Widex GZC Donk	32.10	199802277	30.89
NG	Nordin Termoshuizen	WVZ	32.92	199605401	

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Dames, 100m schoolslag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m	
Junioren 1							
1.	Niké Telkamp	The Hague Swimming (SG)	1:25.82	200501088	1:24.95	39.79	1:24.95
2.	Jelsie van Ruijven	WVZ	1:27.74	200500282	1:26.85	40.33	1:26.85
3.	Yente Bouwmeester	De Columbiaan	1:26.64	200500340	1:27.53	41.41	1:27.53
4.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:31.72	200500330	1:28.98	41.41	1:28.98
5.	Anastasia Romano	MNC Dordrecht	1:29.75	200501076	1:29.71	42.56	1:29.71
6.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:30.38	200503118	1:30.46	42.46	1:30.46
7.	Milou Adriaanse	De Columbiaan	1:31.25	200500968	1:30.51	43.52	1:30.51
8.	Lyke Buscop	zc De Schotejil	1:34.95	200500552	1:31.01	43.29	1:31.01
9.	Sylvie Roos	De Kempvis	1:32.00	200502772	1:31.51	43.51	1:31.51
10.	Soscha van den Heuvel	ZPCNumansdorp	1:38.71	200500804	1:32.84	43.49	1:32.84
11.	Emi Schipper	ZOB'66	1:36.37	200502126	1:34.46	45.44	1:34.46
12.	Laura Hoogenboezem	KZV de Lansingh	1:32.77	200500390	1:35.00	45.10	1:35.00
13.	Merel Schravendijk	The Hague Swimming (SG)	1:37.67	200503382	1:35.43	45.80	1:35.43
14.	Asha van Lobberegt	De Devel	1:33.73	200500088	1:35.56	43.80	1:35.56
15.	Noor Frijlink	De Columbiaan	1:33.14	200500970	1:35.74	45.08	1:35.74

Programmanr. 19, Meisjes, 100m schoolslag, Junioren 1

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
16.	Larissa Punt	De Devel	1:36.37	200501814	1:35.95	45.15	1:35.95
17.	Tamara de Gier	Widex GZC Donk	1:34.32	200502686	1:36.15	45.33	1:36.15
18.	Jennifer de Keizer	MNC Dordrecht	1:34.16	200501054	1:36.30	45.34	1:36.30
19.	Vivianne Woltjes	The Hague Swimming (SG)	1:35.47	200501524	1:36.39	44.85	1:36.39
20.	Milou Demirel	The Hague Swimming (SG)	1:37.35	200501254	1:36.69	46.21	1:36.69
21.	Sera Emmers	WZK	1:34.13	200503264	1:37.80	46.14	1:37.80
AFGEM	Elise Vink	De Columbiaan	1:25.80	200502588			
AFGEM	Nurlaylah Kartosentiko	WVZ	1:32.03	200501256			

Junioren 2

1.	Danielle Vis	De Columbiaan	1:21.01	200401044	1:21.67	38.68	1:21.67
2.	Irma van der Wulp	WVZ	1:22.98	200401950	1:22.47	39.64	1:22.47
3.	Leonoor van Dijk	The Hague Swimming (SG)	1:22.36	200400832	1:23.19	39.24	1:23.19
4.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:24.46	200404272	1:23.71	39.20	1:23.71
5.	Rinske Bouman	De Devel	1:22.69	200400578	1:23.72	39.92	1:23.72
6.	Lize van Stigt	LinK	1:33.19	200401510	1:28.96	42.75	1:28.96
7.	Phaedra Meijer	De Stelle	1:30.17	200401354	1:29.02	41.66	1:29.02
8.	Syazmin Shahazir	WZK	1:33.77	200405272	1:29.15	42.16	1:29.15
9.	Fenna Herwig	Wiekslag	1:28.74	200400908	1:29.28	42.03	1:29.28
10.	Jessica Kras	De Devel	1:29.84	200400728	1:29.67	41.63	1:29.67
11.	Tessa Poot	ZV Vlaardingen-Schiedam	1:30.45	200404264	1:29.83	43.24	1:29.83
12.	Robine Boer	De Columbiaan	1:28.39	200402180	1:30.43	43.02	1:30.43
13.	Amy-Lynn Brittijn	The Hague Swimming (SG)	1:33.18	200402158	1:30.50	42.78	1:30.50
14.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	1:34.47	200402932	1:30.84	44.06	1:30.84
15.	Jenna Klein	Z&PC Alkemade	1:31.36	200400914	1:31.04	43.27	1:31.04
16.	Jade Geurts	De Watervogels	1:31.36	200402278	1:31.56	43.42	1:31.56
17.	Lotte van der Maas	ZOB'66	1:31.41	200402376	1:31.82	44.07	1:31.82
18.	Cheyenne Elburg	KZV de Lansingh	1:35.74	200401170	1:32.17	43.68	1:32.17
19.	Nora van der Steen	LinK	1:37.50	200403458	1:32.31	44.07	1:32.31
20.	Jet van Oudheusden	ZOB'66	1:34.51	200401012	1:33.82	44.11	1:33.82
21.	Kirsten Erkamp	KZV de Lansingh	1:33.02	200402306	1:34.31	45.09	1:34.31
22.	Isis Naaktgeboren	De Devel	1:32.49	200403914	1:34.39	43.85	1:34.39
23.	Anique Star	De Columbiaan	1:34.98	200400446	1:34.98	45.78	1:34.98
24.	Melanie Marinus-Cruz	WVZ	1:39.03	200404702	1:37.86	46.57	1:37.86
25.	Feija de Bruin	WVZ	1:42.17	200400106	1:40.26	47.41	1:40.26
AFGEM	Mary Kate Farrell	The Hague Swimming (SG)	1:33.82	200402870			
NG	Artemis Tsibogiannis	De Columbiaan	1:33.90	200402696			

Junioren 3

1.	Britta Koehorst	KZV de Lansingh	1:14.02	200300246	1:12.07	34.60	1:12.07
2.	Lieke Bastiaansen	MNC Dordrecht	1:19.65	200301368	1:17.85	36.94	1:17.85
3.	Kim de Jong	LinK	1:16.80	200301026	1:18.97	36.53	1:18.97
4.	Wendy ten Wolde	Wiekslag	1:21.91	200302658	1:21.13	38.16	1:21.13
5.	Amy Koelman	De Columbiaan	1:24.76	200300922	1:24.76	40.22	1:24.76
6.	Christina Agussalim	Van Vliet-Barracuda	1:26.37	200300582	1:25.48	40.73	1:25.48
7.	Julia Notenboom	De Columbiaan	1:25.98	200302596	1:27.17	40.90	1:27.17
8.	Anouk Brand	MNC Dordrecht	1:29.75	200302488	1:27.57	40.36	1:27.57
9.	Joyce van 't Hof	De Devel	1:27.81	200302122	1:28.69	41.94	1:28.69
10.	Zoë Molenaar	Zoetermeer	1:30.70	200300978	1:29.28	41.94	1:29.28
11.	Esther Reinders	KZV de Lansingh	1:30.48	200301798	1:29.45	41.89	1:29.45
12.	Reese Lauletta	WZK	1:31.25	200305290	1:29.54	42.31	1:29.54
13.	Mirée de Vette	ZPCNumansdorp	1:29.93	200301218	1:30.28	42.37	1:30.28
14.	Sanne Vermeulen	The Hague Swimming (SG)	1:29.33	200303902	1:30.38	42.17	1:30.38
15.	Kim Rutters	De Kempvis	1:31.46	200302318	1:31.61	43.00	1:31.61
16.	Femke Hoppenbrouwer	The Hague Swimming (SG)	1:30.04	200301124	1:32.71	43.18	1:32.71
17.	Jade Verbrugge	De Watervogels	1:30.12	200303142	1:32.83	44.22	1:32.83
18.	Rianne van der Heiden	De Watervogels	1:30.20	200304804	1:33.32	43.68	1:33.32
19.	Mara Bosman	The Hague Swimming (SG)	1:31.16	200303048	1:33.90	44.60	1:33.90
20.	Imke Beekman	SG Albion d'ELFT	1:34.41	200301950	1:34.99	44.01	1:34.99
21.	Marije de Jager	LinK	1:37.12	200301394	1:36.34	46.35	1:36.34
NG.ZA	Ilse Schoenmaker	The Hague Swimming (SG)	1:23.22	200301470			
AFGEM	Debbie Bruijgoms	MNC Dordrecht	1:23.72	200301672			

Programmanr. 19, Dames, 100m schoolslag

Jeugd 1 en 2

1.	Claire Verkijk	WVZ	1:12.61	200100240	1:13.74	34.99	1:13.74
2.	Elise Tanis	zc De Schotejil	1:23.10	200200120	1:16.88	35.99	1:16.88
3.	Inge Vieveen	WVZ	1:14.28	200100024	1:17.02	36.69	1:17.02
4.	Grace Anderson	WVZ	1:18.46	200200578	1:17.34	36.92	1:17.34
5.	Rosey Metz	WVZ	1:09.01	200101786	1:17.98	36.11	1:17.98
6.	Nuria Boersma	WZK	1:18.84	200100906	1:18.84	37.00	1:18.84
7.	Lieske Zijlstra	zc De Schotejil	1:17.61	200200996	1:18.87	37.29	1:18.87
8.	Isa Boom	MNC Dordrecht	1:18.97	200200186	1:19.62	37.69	1:19.62
9.	Eline Duynisveld	WVZ	1:19.05	200103958	1:20.26	37.74	1:20.26
10.	Sanne Heemskerk	LZ 1886	1:18.09	200100600	1:20.35	37.47	1:20.35
11.	Anniek de Ruiter	Widex GZC Donk	1:18.84	200101224	1:20.55	37.00	1:20.55
12.	Lynn Blommers	AZC	1:18.89	200105062	1:20.78	37.10	1:20.78
13.	Rozemarijn van Haaff	ZOB'66	1:21.03	200201852	1:21.03	37.95	1:21.03
14.	Fleur van Norren	KZV de Lansingh	1:22.40	200204432	1:21.07	37.43	1:21.07
15.	Manon Middelbos	zc De Schotejil	1:19.73	200100056	1:21.86	38.36	1:21.86
16.	Jasmine el Taraboulsi	WZK	1:21.80	200105788	1:22.23	38.52	1:22.23
17.	Maaïke Broersma	BZ&PC	1:21.62	200201522	1:22.47	39.03	1:22.47
18.	Kristel Beijk	De Columbiaan	1:21.10	200201278	1:22.54	38.86	1:22.54
19.	Paula Dorsman	SG Albion d'ELFT	1:18.74	200105354	1:22.78	38.44	1:22.78
20.	Susan van Grol	Widex GZC Donk	1:23.37	200201344	1:23.90	39.88	1:23.90
21.	Christy Geurts	WVZ	1:24.94	200203734	1:23.94	39.62	1:23.94
22.	Nienke Mierop	zc De Schotejil	1:24.73	200203294	1:24.03	39.77	1:24.03
23.	Amber Hesper	Van Vliet-Barracuda	1:23.37	200202188	1:24.78	38.89	1:24.78
24.	Almudena Visser Velez	The Hague Swimming (SG)	1:21.59	200205904	1:24.87	39.89	1:24.87
25.	Sara Claps	The Hague Swimming (SG)	1:28.64	200205916	1:25.05	40.83	1:25.05
26.	Esmee Wijnmaalen	PCG	1:26.59	200100298	1:25.76	40.49	1:25.76
	Samantha Gerritse	LinK	1:21.30	200102062	1:25.76	40.34	1:25.76
28.	Diana Noordermeer	SG SCOM/de Zeehond '73	1:24.07	200102110	1:25.87	40.68	1:25.87
29.	Danique Gieltjes	PCG	1:26.01	200102572	1:26.13	39.26	1:26.13
30.	Nicole van Strien	WVZ	1:26.28	200200236	1:26.21	40.43	1:26.21
31.	Esmée Roodenburg	De Geul	1:23.75	200100040	1:26.26	40.71	1:26.26
32.	Hieke de Lijster	ZV Westland	1:26.71	200203312	1:28.13	42.03	1:28.13
33.	Savannah v.d. Kroft	LZ 1886	1:27.55	200101678	1:28.41	41.57	1:28.41
34.	Eva Coops	The Hague Swimming (SG)	1:25.55	200205788	1:28.77	41.91	1:28.77
35.	S. van den Dobbelsteen	The Hague Swimming (SG)	1:31.67	200100904	1:29.86	42.28	1:29.86
36.	Anna Hoogenboezem	KZV de Lansingh	1:25.04	200200658	1:29.89	42.45	1:29.89
37.	Shanti van Kan	Poseidon'56	1:31.73	200102446	1:30.15	42.75	1:30.15
NG	Sunniva Moed	Poseidon'56	1:26.56	200200856			

Senioren 1 en ouder

1.	Nicole Bennis	WVZ	1:11.54	199600470	1:12.43	33.86	1:12.43
2.	Lianne Bouwmeester	De Columbiaan	1:12.48	200000956	1:13.00	34.44	1:13.00
3.	Uma Kraus	The Hague Swimming (SG)	1:11.37	199802328	1:15.01	34.46	1:15.01
4.	Senna Pols	SG SCOM/de Zeehond '73	1:14.84	199700012	1:16.92	35.92	1:16.92
5.	Lotte Middelbos	zc De Schotejil	1:16.26	199900680	1:17.44	35.93	1:17.44
6.	Fiona Cabrie	De Kempvis	1:18.04	198800738	1:18.84	37.38	1:18.84
7.	Liset Jansen	De Columbiaan	1:20.20	199500418	1:19.77	36.34	1:19.77
8.	Lara Plazier	WZK	1:20.92	200006522	1:20.61	38.01	1:20.61
9.	Aylin van Uffelen	ZPB-H&L	1:21.00	199600352	1:21.80	38.74	1:21.80
10.	Alisha Vieira	ZPB-H&L	1:22.38	199904554	1:22.26	38.12	1:22.26
11.	Moniek Heemskerk	LZ 1886	1:19.21	199601964	1:22.36	38.83	1:22.36
12.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	1:20.72	200000994	1:22.63	38.93	1:22.63
13.	Sophie t Hart	De Columbiaan	1:22.26	200001596	1:22.96	39.31	1:22.96
14.	Hanna Looi	De Devel	1:24.57	200006090	1:23.09	38.98	1:23.09
15.	Inge van der Hoek	The Hague Swimming (SG)	1:23.99	199204034	1:23.68	38.33	1:23.68
16.	Maaïke Baker	De Columbiaan	1:21.83	199902930	1:23.88	38.97	1:23.88
17.	Sanne de Roo	De Devel	1:25.34	199501934	1:24.00	39.34	1:24.00
18.	Linda Janssen	ZPB-H&L	1:23.97	198802088	1:24.03	39.82	1:24.03
19.	Esmeralda van Werkhoven	PCG	1:22.42	199900412	1:24.10	38.80	1:24.10
20.	Brighid van Uffelen	Wiekslag	1:20.68	199800310	1:24.70	39.09	1:24.70
21.	Laura Tromp	De Devel	1:25.13	200000276	1:25.57	40.90	1:25.57
22.	Karin Simons	WZK	1:24.93	198903804	1:25.77	40.25	1:25.77
23.	Eef Hollander	The Hague Swimming (SG)	1:26.18	199602074	1:26.13	40.57	1:26.13
24.	Kirana Hoogenbosch	De Geul	1:23.71	200003428	1:26.15	40.10	1:26.15
25.	Iris van Berkel	Van Vliet-Barracuda	1:25.31	200000476	1:29.02	42.20	1:29.02
26.	Jonne Moleman	AZC	1:39.77	200006264	1:38.12	46.02	1:38.12
AFGEM	Tamara van den Brink	Van Vliet-Barracuda	1:27.03	199804182			

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
Junioren 1							
1.	Jay de Vries	De Devel	1:09.41	200400669	1:11.03	32.99	1:11.03
2.	Julien Tanis	zc De Schotejil	1:16.65	200401045	1:12.27	33.10	1:12.27
3.	Anthonie Kraag	WVZ	1:13.70	200401973	1:13.75	33.95	1:13.75
4.	Olivier Krayenbuhl	The Hague Swimming (SG)	1:16.74	200403215	1:14.52	34.58	1:14.52
5.	Pepijn van Egmond	De Watervogels	1:18.69	200402309	1:15.49	33.92	1:15.49
6.	Chris van der Hout	The Hague Swimming (SG)	1:18.38	200401355	1:15.50	35.74	1:15.50
7.	Max van Schagen	De Columbiaan	1:19.54	200402591	1:15.92	33.94	1:15.92
8.	Timo Kock	De Devel	1:17.95	200400387	1:19.64	37.25	1:19.64
9.	Wen-Ye Chen	The Hague Swimming (SG)	1:23.37	200402859	1:20.18	35.98	1:20.18
10.	Abel te Riele	WVZ	1:22.61	200402317	1:21.72	37.28	1:21.72
11.	Guus Geelen	LZ 1886	1:20.90	200401183	1:23.12	38.08	1:23.12
12.	Milan Masselink	The Hague Swimming (SG)	1:28.90	200402165	1:27.76	42.38	1:27.76
13.	Niels van der Mast	ZPCNumansdorp	1:31.59	200401917	1:27.89	40.28	1:27.89
DIS	Thijm Kruit	De Columbiaan	1:21.12	200401339			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
DIS	Tim van Borselaer	WVZ	1:22.28	200401261			
	<i>VP - Met handen over elkaar keerpunt of eindpunt aangetikt.</i>						
DIS	Nathan Janssen	MNC Dordrecht	1:21.93	200401565			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
Junioren 2							
1.	Keanu Streefland	The Hague Swimming (SG)	1:08.80	200302445	1:06.79	31.88	1:06.79
2.	Dylan Jansen	WVZ	1:08.48	200300817	1:07.17	31.39	1:07.17
3.	Milan Hamel	The Hague Swimming (SG)	1:08.56	200302125	1:07.37	31.57	1:07.37
4.	Jelle Bon	ZV Westland	1:12.73	200301077	1:11.08	32.97	1:11.08
5.	Zev Bulk	Widex GZC Donk	1:24.74	200304021	1:12.15	33.04	1:12.15
6.	Perry Laarhoven	ZPCNumansdorp	1:15.72	200301321	1:13.46	33.28	1:13.46
7.	Daan Hogerhuis	SG Albion d'ELFT	1:16.44	200300317	1:13.64	34.28	1:13.64
8.	Senna Mooldijk	De Kempvis	1:15.86	200301147	1:14.22	34.08	1:14.22
9.	Raphaël Booiman	Wiekslag	1:20.08	200300727	1:14.67	33.68	1:14.67
10.	Julian Stok	De Devel	1:15.85	200300071	1:14.68	34.16	1:14.68
11.	Bjarne Buijs	The Hague Swimming (SG)	1:16.50	200301089	1:14.78	34.43	1:14.78
12.	Kenan Cörüz	SG Albion d'ELFT	1:12.12	200300357	1:14.84	33.61	1:14.84
13.	David Jagerman	The Hague Swimming (SG)	1:14.32	200302127	1:16.56	34.73	1:16.56
14.	Lorenzo Punt	De Devel	1:22.03	200302923	1:18.07	34.56	1:18.07
15.	Chris Vogelaar	LZ 1886	1:22.34	200302241	1:19.29		1:19.29
	<i>*eindtijd is handgeklokte tijd</i>						
16.	Laren Schavemaker	The Hague Swimming (SG)	1:20.09	200300607	1:20.20	35.64	1:20.20
17.	Maximilian Lopes Cardozo	WZK	1:31.62	200300665	1:30.84	39.26	1:30.84
NG	Christiaan van Es	ZOB'66	1:25.99	200304141			
Junioren 3							
1.	Nikhom Westphal	SG SCOM/de Zeehond '73	1:02.38	200203329	1:01.90	30.06	1:01.90
2.	Bryan Agterdenbos	MNC Dordrecht	1:01.86	200200003	1:02.18	29.56	1:02.18
3.	Jarno Verbeek	Zoetermeer	1:08.59	200200931	1:05.65	30.84	1:05.65
4.	Viktor Koets	De Columbiaan	1:08.02	200201677	1:06.36	31.00	1:06.36
5.	Guus Hoogduin	LZ 1886	1:07.84	200201069	1:07.76	31.73	1:07.76
6.	Adriaan Provó Kluit	WVZ	1:07.69	200204397	1:07.88	30.95	1:07.88
7.	Cas Jansen	The Hague Swimming (SG)	1:11.31	200203263	1:09.23	31.59	1:09.23
8.	Wouter Verdoes	De Columbiaan	1:16.10	200200351	1:11.10	32.74	1:11.10
9.	Stijn den Otter	De Devel	1:09.49	200200225	1:11.18	30.89	1:11.18
10.	Robert Speksnijder	ZPB-H&L	1:10.87	200200429	1:11.51	31.41	1:11.51
11.	Scott Jansen	WVZ	1:11.54	200202455	1:12.28	32.15	1:12.28
12.	Peter van Driel	ZPCNumansdorp	1:13.88	200200305	1:12.46	33.36	1:12.46
13.	Bas van Wieringen	De Columbiaan	1:12.45	200200119	1:13.24	32.56	1:13.24
14.	Mart de Koning	ZOB'66	1:11.04	200203253	1:13.46	34.62	1:13.46
15.	Robin van Peenen	De Columbiaan	1:14.08	200201059	1:13.82	33.18	1:13.82
16.	Niels Dijkshoorn	ZV Westland	1:14.46	200203079	1:13.88	34.12	1:13.88
17.	Björn de Heus	ZV Vlaardingen-Schiedam	1:13.47	200201077	1:14.88	33.27	1:14.88
18.	Lougo Gorré	ZV Vlaardingen-Schiedam	1:16.62	200201765	1:15.02	33.70	1:15.02
19.	Dylano Termoshuizen	WVZ	1:15.19	200202169	1:16.38	34.37	1:16.38
20.	Thomas van Wanrooij	Poseidon'56	1:20.46	200201473	1:19.21	34.72	1:19.21

Programmanr. 20, Jongens, 100m vlinderslag, Junioren 3

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
DIS	Johrick Wijma	KZV de Lansingh	1:14.26	200204435			
	<i>VM - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.</i>						
AFGEM	Brayden Lauletta	WZK	1:23.07	200204731			

Jeugd 1 en 2

1.	Noah Legerstee	WVZ	1:00.63	200003593	59.92	28.03	59.92
2.	Olivier Jans	The Hague Swimming (SG)	1:03.71	200001815	1:01.69	28.88	1:01.69
3.	Thijs van Wieringen	De Columbiaan	1:01.74	199900577	1:02.73	28.48	1:02.73
4.	Duncan van Haaren	Widex GZC Donk	1:03.77	200000681	1:03.10	28.87	1:03.10
5.	Sander van Beek	LZ 1886	1:04.96	200002917	1:03.97	29.29	1:03.97
6.	Otto Pranger	SG SCOM/de Zeehond '73	1:03.94	200000007	1:04.05	29.45	1:04.05
7.	David Kievit	zc De Schotejil	1:06.86	199900325	1:04.63	29.97	1:04.63
8.	Jaap van Trijp	The Hague Swimming (SG)	1:04.87	199903225	1:05.61	30.79	1:05.61
9.	Mark de Jongh	De Devel	1:07.92	200001325	1:06.79	30.75	1:06.79
	Sybe de Waard	De Devel	1:07.79	199900139	1:06.80	31.40	1:06.80
11.	Rogier Dorsman	De Devel	1:06.35	199900211	1:07.09	30.29	1:07.09
12.	Robin Lecomte	KZV de Lansingh	1:06.21	199900711	1:07.15	30.58	1:07.15
13.	Rolf Bavelaar	WVZ	1:08.56	200001747	1:08.63	30.22	1:08.63
14.	Aidan van Gool	De Geul	1:10.49	200001773	1:09.09	31.47	1:09.09
15.	Ricardo van der Steen	ZV Vlaardingen-Schiedam	1:07.88	200000625	1:10.27	31.01	1:10.27
16.	Thomas Hesper	Van Vliet-Barracuda	1:14.00	200004181	1:11.34	31.23	1:11.34
17.	Thomas Boxman	The Hague Swimming (SG)	1:11.60	200005203	1:12.43	32.74	1:12.43
AFGEM	Yanick Leunisse	ZPCNumansdorp	1:16.52	199904179			

Junioren 4

1.	Gerard Willighagen	Poseidon'56	1:00.91	200103663	1:00.67	28.07	1:00.67
2.	Quinn van den Heuvel	ZPCNumansdorp	1:03.30	200100297	1:00.94	28.09	1:00.94
3.	Christiaan Smit	The Hague Swimming (SG)	1:04.28	200102463	1:01.22	28.01	1:01.22
4.	Ivo Stolk	SG SCOM/de Zeehond '73	1:03.00	200100615	1:02.93	29.05	1:02.93
5.	Freek Hollander	The Hague Swimming (SG)	1:03.40	200103815	1:04.49	30.44	1:04.49
6.	Max Huije	SG SCOM/de Zeehond '73	1:04.60	200104355	1:05.43	29.77	1:05.43
7.	Jarno van Oyen	SG SCOM/de Zeehond '73	1:06.74	200100055	1:05.69	30.50	1:05.69
8.	Wesley Scheepbouwer	Wiekslag	1:06.12	200101959	1:06.78	29.84	1:06.78
9.	Michael Boekestijn	ZV Westland	1:09.78	200100767	1:07.44	31.12	1:07.44
10.	Tjeerd van Stein	LinK	1:11.78	200101439	1:08.27	31.87	1:08.27
11.	Querijn Hensen	The Hague Swimming (SG)	1:10.69	200102121	1:10.23	31.78	1:10.23
12.	Ignazio Nunzi	WVZ	1:10.93	200101803	1:10.31	33.22	1:10.31
13.	Sander Iuga	Poseidon'56	1:12.78	200101389	1:11.41	33.08	1:11.41
14.	Boy Borreman	LinK	1:12.48	200102751	1:12.24	33.59	1:12.24
	Youri ten Brink	The Hague Swimming (SG)	1:14.44	200104719	1:12.27	33.22	1:12.27
16.	Dave van den Nieuwendijk	De Columbiaan	1:11.16	200100475	1:12.75	31.17	1:12.75
17.	Arnt Berck	De Vliet (SG)	1:13.00	200100929	1:13.17	33.49	1:13.17
AFGEM	Victor van Dam	LZ 1886	1:12.89	200103703			

Senioren 1 en ouder

1.	Ruben Stam	SG Albion d'ELFT	53.86	199800331	54.56	25.44	54.56
2.	Ensger Kotterink	SG Albion d'ELFT	53.14	199403391	55.06	25.52	55.06
3.	Floris Kotterink	SG Albion d'ELFT	54.50	199800199	55.12	26.07	55.12
4.	Melvin Prins	Wiekslag	55.90	199500201	56.61	26.20	56.61
5.	Bjorn Scherbeijn	The Hague Swimming (SG)	55.71	199600349	56.95	26.49	56.95
6.	Mike Hoek	De Duck	59.79	199702229	58.30	26.31	58.30
7.	Timo Dinkelberg	SG Albion d'ELFT	57.75	199300773	59.13	27.64	59.13
8.	Jesper Oranje	De Duck	58.85	199200997	59.22	27.36	59.22
9.	Jonne Schaafsma	The Hague Swimming (SG)	57.30	199800745	59.36	27.25	59.36
10.	Alex Schelvis	LinK	58.77	198702927	59.66	27.79	59.66
11.	Bas Verdoes	De Columbiaan	1:00.41	199801487	1:00.54	27.70	1:00.54
12.	Lars Schoffelmeer	ZPB-H&L	59.92	199501907	1:01.15	28.10	1:01.15
13.	Robin van Beek	LZ 1886	1:00.89	199704023	1:01.30	28.35	1:01.30
14.	Dave Jansen	SG Albion d'ELFT	1:03.26	199805299	1:01.52	28.33	1:01.52
15.	Kevin Panoet	The Hague Swimming (SG)	1:05.80	199307253	1:02.46	28.49	1:02.46
16.	Jordy van Oel	WVZ	1:02.55	199802003	1:03.13	28.70	1:03.13
17.	Ben Muller	De Geul	1:03.68	199801281	1:03.53	29.46	1:03.53
18.	Paul van Grol	Widex GZC Donk	1:05.03	199602951	1:03.77	29.11	1:03.77
19.	Dion de Mooij	LZ 1886	1:05.69	199701803	1:05.08	29.45	1:05.08
20.	Kevin Kingma	KZV de Lansingh	1:04.38	199700559	1:05.69	30.07	1:05.69
21.	Markus van Rest	WVZ	1:04.53	197701197	1:06.04	30.19	1:06.04
22.	Ruben Stolk	ZPB-H&L	1:04.93	199005665	1:06.64	30.34	1:06.64
23.	Ivo van Dijk	The Hague Swimming (SG)	1:07.28	199702985	1:07.02	29.34	1:07.02

Programmanr. 20, Heren, 100m vlinderslag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
24.	Remco Oskam	Widex GZC Donk	1:07.13	199205583	1:08.30	30.19	1:08.30
DIS	Max Muller	De Geul	1:04.75	199800347			
<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Ids de Klerk	Van Vliet-Barracuda	1:08.41	199803237			
NG	Nordin Termoshuizen	WVZ	1:02.58	199605401			
NG	Daan Egberts	AZC	1:05.13	199502433			
NG	Rainier Voll	De Devel	1:00.52	199800365			

Programmanr. 21
8-1-2017 - 15:25

Dames, 200m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
Junioren 1									
1.	Jelsie van Ruijven	WVZ	2:30.31	200500282	2:27.91	33.03	1:12.07	1:51.48	2:27.91
2.	Yente Bouwmeester	De Columbiaan	2:30.92	200500340	2:30.24	33.44	1:12.12	1:52.20	2:30.24
3.	Vivianne Woltjes	The Hague Swimming (SG)	2:33.93	200501524	2:32.94	34.35	1:13.87	1:53.92	2:32.94
4.	Niké Telkamp	The Hague Swimming (SG)	2:47.92	200501088	2:33.79	35.71	1:15.10	1:55.15	2:33.79
5.	Asha van Lobberegt	De Devel	2:38.40	200500088	2:34.46	35.25	1:14.65	1:55.35	2:34.46
6.	Milou Adriaanse	De Columbiaan	2:38.70	200500968	2:34.52	36.38	1:16.95	1:57.45	2:34.52
7.	Hope van Zwol	ZV Vlaardingen-Schiedam	2:38.99	200502852	2:36.78	37.48	1:18.20	1:58.94	2:36.78
8.	Emma Verkuijl	Van Vliet-Barracuda	2:34.77	200500826	2:38.16	37.41	1:18.54	1:59.48	2:38.16
9.	Mar Stoel	LinK	2:44.29	200500520	2:39.02	36.07	1:17.12	1:59.17	2:39.02
10.	Lyke Buscop	zc De Schotejil	2:49.80	200500552	2:39.58	36.30	1:17.42	1:59.61	2:39.58
11.	Isa Maes	De Devel	2:41.41	200500110	2:39.98	36.60	1:18.33	2:00.35	2:39.98
12.	Britt van't Zant	Poseidon'56	2:48.02	200501170	2:41.80	35.76	1:17.56	2:01.42	2:41.80
13.	Soscha van den Heuvel	ZPCNumansdorp	2:45.81	200500804	2:44.77	35.31	1:16.53	2:01.30	2:44.77
14.	Sylvie Roos	De Kempvis	2:47.09	200502772	2:45.01	37.27	1:18.95	2:02.39	2:45.01
15.	Laura Hoogenboezem	KZV de Lansingh	2:44.07	200500390	2:45.10	38.54	1:21.13	2:04.43	2:45.10
16.	Merel Schravendijk	The Hague Swimming (SG)	2:37.49	200503382	2:45.88	38.57	1:20.78	2:01.81	2:45.88
17.	Sera Emmers	WZK	2:44.33	200503264	2:49.41	37.92	1:21.25	2:07.54	2:49.41
18.	Milou Demirel	The Hague Swimming (SG)	2:49.73	200501254	2:50.33	38.26	1:21.99	2:07.46	2:50.33
AFGEM	Elise Vink	De Columbiaan	2:40.57	200502588					
AFGEM	Nurlaylah Kartosentiko	WVZ	2:37.05	200501256					

Junioren 2

1.	Rinske Bouman	De Devel	2:19.48	200400578	2:21.78	31.74	1:07.25	1:45.52	2:21.78
2.	Isis Naaktgeboren	De Devel	2:28.68	200403914	2:22.93	32.70	1:09.45	1:47.37	2:22.93
3.	Irma van der Wulp	WVZ	2:24.98	200401950	2:23.60	33.71	1:10.75	1:47.95	2:23.60
4.	Nora van der Steen	LinK	2:31.49	200403458	2:27.96	33.35	1:10.35	1:49.14	2:27.96
5.	Jenna Klein	Z&PC Alkemade	2:33.64	200400914	2:28.28	32.72	1:10.76	1:50.92	2:28.28
6.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	2:30.58	200404272	2:28.97	32.87	1:10.58	1:49.88	2:28.97
7.	Lize van Stigt	LinK	2:31.34	200401510	2:30.51	34.34	1:13.04	1:53.28	2:30.51
8.	Anique Star	De Columbiaan	2:32.60	200400446	2:30.73	34.50	1:14.46	1:53.74	2:30.73
9.	Danielle Vis	De Columbiaan	2:32.40	200401044	2:30.81	34.79	1:12.87	1:51.91	2:30.81
10.	Fiona Moerman	The Hague Swimming (SG)	2:43.17	200401668	2:32.79	34.99	1:13.99	1:54.47	2:32.79
11.	Anniko Firman	The Hague Swimming (SG)	2:32.75	200402330	2:33.97	34.39	1:13.62	1:54.84	2:33.97
12.	Marise van 't Walderveen	Zoetermeer	2:35.18	200400902	2:35.44	35.48	1:15.31	1:56.44	2:35.44
13.	Feija de Bruin	WVZ	2:37.88	200400106	2:35.90	36.26	1:15.97	1:56.37	2:35.90
14.	Ziya Gaia van de Voorde	The Hague Swimming (SG)	2:37.14	200402932	2:36.49	36.05	1:17.43	1:59.15	2:36.49
15.	Danique Gerritsen	MNC Dordrecht	2:37.92	200401176	2:36.54	36.19	1:15.89	1:56.90	2:36.54
16.	Kristel Spannemaker	BZ&PC	2:36.70	200402166	2:36.86	36.12	1:17.22	1:58.63	2:36.86
17.	Milou van Wijk	De Devel	2:41.99	200404948	2:37.70	35.84	1:16.86	1:58.80	2:37.70
18.	Robine Boer	De Columbiaan	2:34.34	200402180	2:37.81	37.07	1:17.13	1:57.70	2:37.81
19.	Leonoor van Dijk	The Hague Swimming (SG)	2:35.11	200400832	2:38.18	35.25	1:15.40	1:57.61	2:38.18
20.	Cheyenne Elburg	KZV de Lansingh	2:42.64	200401170	2:38.70	35.65	1:16.42	1:58.80	2:38.70
21.	Zinzi van der Maas	WVZ	2:43.14	200402028	2:40.81	36.04	1:17.64	2:00.44	2:40.81
22.	Mandy van der Meijden	Widex GZC Donk	2:42.06	200402574	2:41.40	1:17.42	2:00.94		2:41.40
23.	Jet van Oudheusden	ZOB'66	2:45.10	200401012	2:41.54	35.31	1:15.98	1:59.40	2:41.54
24.	Lara Hoeksema	The Hague Swimming (SG)	2:47.18	200400514	2:42.36	36.68	1:18.27	2:00.76	2:42.36
25.	Feline Jonkers	Poseidon'56	2:41.68	200401160	2:44.54	37.79	1:21.02	2:04.96	2:44.54
AFGEM	Mary Kate Farrell	The Hague Swimming (SG)	2:28.88	200402870					

Programmanr. 21, Dames, 200m vrije slag

Jeugd 1 en 2

1. Claire Verkijk	WVZ	2:03.72	200100240	2:05.86	30.20	1:02.54	1:34.51	2:05.86
2. Chefanja Nunes	WVZ	2:16.30	200104750	2:07.13	28.54	1:00.82	1:34.20	2:07.13
3. Elise Tanis	zc De Schotejil	2:08.41	200200120	2:08.08	30.17	1:02.71	1:35.97	2:08.08
4. Inge Vieveen	WVZ	2:08.96	200100024	2:08.10	29.85	1:02.59	1:35.54	2:08.10
5. Lotte Hosper	The Hague Swimming (SG)	2:10.36	200201414	2:10.58	29.89	1:02.69	1:36.89	2:10.58
6. Christy Geurts	WVZ	2:12.06	200203734	2:11.95	30.43	1:03.94	1:37.87	2:11.95
7. Giulia Corsi	De Columbiaan	2:14.47	200100468	2:12.45	30.56	1:04.49	1:39.04	2:12.45
8. Rosey Metz	WVZ	2:28.00	200101786	2:15.07	30.42	1:04.89	1:39.93	2:15.07
9. Sanne Heemskerk	LZ 1886	2:13.14	200100600	2:15.20	29.96	1:03.58	1:39.24	2:15.20
10. Grace Anderson	WVZ	2:17.23	200200578	2:16.33	31.90	1:06.84	1:42.58	2:16.33
11. Floor de Kievit	The Hague Swimming (SG)	2:22.30	200100238	2:18.63	32.65	1:07.88	1:44.26	2:18.63
12. Elyanne Boudestein	Zoetermeer	2:17.95	200101060	2:18.66	30.72	1:06.43	1:42.82	2:18.66
13. Lynn Blommers	AZC	2:17.96	200105062	2:18.91	32.06	1:07.87	1:44.15	2:18.91
14. Lisa Pijman	De Kempvis	2:20.70	200103004	2:19.19	31.87	1:07.82	1:44.22	2:19.19
15. Lieske Zijlstra	zc De Schotejil	2:18.52	200200996	2:19.57	32.60	1:08.59	1:44.65	2:19.57
16. Maaïke Broersma	BZ&PC	2:17.13	200201522	2:20.30	31.68	1:07.34	1:44.15	2:20.30
17. Iris van den Berg	SG Albion d'ELFT	2:20.70	200103782	2:20.70	32.31	1:08.58	1:45.84	2:20.70
18. Lotte Tillema	zc De Schotejil	2:24.43	200200692	2:20.72	32.58	1:08.80	1:44.98	2:20.72
19. Susan van Grol	Widex GZC Donk	2:25.92	200201344	2:20.73	31.37	1:07.19	1:44.46	2:20.73
20. Anouk de Vreede	The Hague Swimming (SG)	2:22.94	200100130	2:21.16	32.77	1:08.49	1:45.29	2:21.16
21. Sanne van Ruijven	WVZ	2:19.95	200201120	2:21.62	32.38	1:08.82	1:45.82	2:21.62
22. Marbel Diderik	De Columbiaan	2:24.95	200205752	2:22.21	31.97	1:06.71	1:45.02	2:22.21
23. Marith de Jong	The Hague Swimming (SG)	2:21.90	200200012	2:22.43	32.54	1:08.57	1:45.66	2:22.43
24. Almudena Visser Velez	The Hague Swimming (SG)	2:19.61	200205904	2:22.45	32.71	1:09.36	1:46.26	2:22.45
25. Anniek de Rooter	Widex GZC Donk	2:22.72	200101224	2:23.51	31.61	1:07.81	1:46.51	2:23.51
26. Tamara de Rooter	zc De Schotejil	2:24.60	200203060	2:23.83	33.35	1:10.08	1:47.13	2:23.83
27. Nienke Vork	Widex GZC Donk	2:24.93	200102294	2:23.89	32.69	1:09.19	1:47.21	2:23.89
28. S. van den Dobbelssteen	The Hague Swimming (SG)	2:26.94	200100904	2:23.95	31.96	1:09.29	1:47.78	2:23.95
29. Abigail den Boef	Wiekslag	2:26.00	200203026	2:24.17	32.62	1:09.56	1:46.71	2:24.17
Esmée Roodenburg	De Geul	2:22.57	200100040	2:24.17	31.76	1:08.73	1:46.91	2:24.17
31. Savannah v.d. Kroft	LZ 1886	2:24.67	200101678	2:24.28	33.02	1:08.99	1:47.00	2:24.28
32. Manon Middelbos	zc De Schotejil	2:19.05	200100056	2:24.43	32.46	1:09.02	1:47.05	2:24.43
33. Diana Noordermeer	SG SCOM/de Zeehond '73	2:21.69	200102110	2:24.68	33.33	1:10.11	1:48.15	2:24.68
34. Giorgia Colle	SG SCOM/de Zeehond '73	2:22.95	200201754	2:24.93	33.13	1:10.55	1:48.31	2:24.93
35. Eline Duynisveld	WVZ	2:26.92	200103958	2:26.19	33.17	1:10.62	1:48.87	2:26.19
36. Kristel Beijk	De Columbiaan	2:26.81	200201278	2:26.70	33.91	1:11.97	1:50.60	2:26.70
37. Fleur van Norren	KZV de Lansingh	2:26.65	200204432	2:27.06	33.93	1:10.89	1:49.37	2:27.06
38. Paula Dorsman	SG Albion d'ELFT	2:26.74	200105354	2:27.79	34.26	1:12.78	1:51.54	2:27.79
39. Amber Hesper	Van Vliet-Barracuda	2:24.58	200202188	2:28.43	33.49	1:11.65	1:51.37	2:28.43
40. Esmee Wijnmaalen	PCG	2:26.35	200100298	2:28.76	32.70	1:10.84	1:50.66	2:28.76
41. Nuria Boersma	WZK	2:30.37	200100906	2:28.95	32.71	1:11.52	1:50.23	2:28.95
42. Anouk Vis	De Columbiaan	2:26.34	200203322	2:29.28	33.55	1:10.95	1:50.01	2:29.28
43. Rozemarijn van Haaff	ZOB'66	2:25.01	200201852	2:31.43	35.08	1:13.64	1:53.47	2:31.43
44. Nicole van Strien	WVZ	2:27.65	200200236	2:32.53	35.26	1:13.82	1:53.11	2:32.53
45. Faustine Mussig	De Geul	2:32.82	200202080	2:35.31	35.35	1:14.96	1:56.14	2:35.31
AFGEM Ylva Visser	Van Vliet-Barracuda	2:32.04	200101920					
AFGEM Minouk Hol	KZV de Lansingh	2:31.55	200201090					
AFGEM Anne Straub	Zoetermeer	2:26.27	200201402					

Junioren 3

1. Britta Koehorst	KZV de Lansingh	2:11.55	200300246	2:07.13	30.31	1:03.07	1:35.39	2:07.13
2. Imke Beekman	SG Albion d'ELFT	2:11.43	200301950	2:11.42	31.07	1:04.62	1:37.88	2:11.42
3. Megan de Hoog	SG SCOM/de Zeehond '73	2:13.64	200300214	2:16.16	30.60	1:04.42	1:40.11	2:16.16
4. Femke Hoppenbrouwer	The Hague Swimming (SG)	2:20.72	200301124	2:21.06	31.47	1:07.17	1:45.03	2:21.06
5. Kim de Jong	LinK	2:18.73	200301026	2:21.91	32.80	1:08.99	1:46.08	2:21.91
6. Sanne Vermeulen	The Hague Swimming (SG)	2:28.14	200303902	2:23.84	31.95	1:08.89	1:47.25	2:23.84
<i>*100m tijd is backup tijd</i>								
7. Michelle van der Steen	ZV Vlaardingen-Schiedam	2:30.55	200300052	2:24.11	32.67	1:09.26	1:48.04	2:24.11
8. Britt van Bommel	De Columbiaan	2:27.08	200301982	2:24.12	33.73	1:11.24	1:49.02	2:24.12
9. Amy Koelman	De Columbiaan	2:23.92	200300922	2:24.24	33.16	1:10.47	1:48.99	2:24.24
10. Joyce van 't Hof	De Devel	2:25.00	200302122	2:25.06	33.07	1:10.62	1:48.45	2:25.06
11. Esther Reinders	KZV de Lansingh	2:28.26	200301798	2:25.85	33.49	1:11.02	1:49.34	2:25.85
12. Wendy ten Wolde	Wiekslag	2:24.03	200302658	2:27.06	31.80	1:08.73	1:48.28	2:27.06
13. Kim Rutters	De Kempvis	2:31.35	200302318	2:28.63	33.52	1:11.22	1:50.05	2:28.63
14. Silke Bliet	SG Albion d'ELFT	2:27.99	200301948	2:29.24	34.17	1:11.91	1:50.76	2:29.24
15. Julia Notenboom	De Columbiaan	2:32.56	200302596	2:29.49	33.89	1:11.98	1:51.49	2:29.49
16. Mara Bosman	The Hague Swimming (SG)	2:32.54	200303048	2:29.78	34.01	1:12.26	1:51.74	2:29.78
17. Isabel Scheepbouwer	Wiekslag	2:33.23	200301106	2:30.23	34.00	1:12.61	1:53.37	2:30.23
18. Marije de Jager	LinK	2:37.18	200301394	2:30.46	34.50	1:13.43	1:52.94	2:30.46
19. Christina Agussalim	Van Vliet-Barracuda	2:31.23	200300582	2:32.06	33.90	1:12.40	1:52.79	2:32.06

Programmanr. 21, Meisjes, 200m vrije slag, Junioren 3

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
20. Reese Lauletta	WZK	2:34.25	200305290	2:32.52	35.85	1:14.49	1:54.06	2:32.52
21. Suzanne Dorsman	SG Albion d'ELFT	2:25.55	200303314	2:33.14	35.06	1:14.44	1:54.69	2:33.14
22. Julia de Heide	KZV de Lansingh	2:31.94	200302934	2:34.50	35.53	1:14.10	1:54.85	2:34.50
23. Alyssa Kuivenhoven	WVZ	2:39.45	200302224	2:38.83	36.19	1:16.99	1:58.87	2:38.83
24. Desny Kloet	De Duck	2:39.94	200304202	2:41.29	36.18	1:18.58	2:01.04	2:41.29
NG.ZA Ilse Schoenmaker	The Hague Swimming (SG)	2:29.80	200301470					
AFGEM Zoë Molenaar	Zoetermeer	2:37.10	200300978					

Senioren 1 en ouder

1. Angelique van Vark	Z&PC De Gouwe	2:09.73	199701478	2:08.80	29.60	1:01.79	1:35.33	2:08.80
2. Romy de Laat	Wiekslag	2:10.69	199900902	2:11.99	30.54	1:04.25	1:38.72	2:11.99
3. Nicole Bennis	WVZ	2:14.03	199600470	2:12.13	30.17	1:04.91	1:39.13	2:12.13
4. Lauren van IJll	WVZ	2:12.71	200001064	2:13.89	30.62	1:05.22	1:39.78	2:13.89
5. Emma Berry	The Hague Swimming (SG)	2:11.66	199906390	2:15.97	31.22	1:06.14	1:41.40	2:15.97
6. Sterre Keller	The Hague Swimming (SG)	2:13.12	199904142	2:16.68	31.73	1:06.62	1:41.98	2:16.68
7. Gaetane Demyttenaere	The Hague Swimming (SG)	2:15.22	199905018	2:16.71	31.96	1:06.58	1:42.17	2:16.71
8. Sanne Hobé	Poseidon'56	2:19.67	200000826	2:17.46	31.78	1:06.64	1:42.88	2:17.46
9. Cheyenne Visser	Wiekslag	2:17.24	199802318	2:17.65	31.28	1:06.48	1:42.90	2:17.65
10. Lotte Middelbos	zc De Schotejil	2:18.51	199900680	2:18.17	31.09	1:06.18	1:42.18	2:18.17
11. Wendy de Bruin	ZOB'66	2:16.75	199206320	2:18.28	31.48	1:06.64	1:42.73	2:18.28
12. Ramona Linting	AZC	2:21.23	198301274	2:20.57	31.99	1:07.46	1:44.29	2:20.57
13. Moniek Heemskerck	LZ 1886	2:21.84	199601964	2:21.26	32.80	1:08.89	1:45.71	2:21.26
14. Celina von Berg	ZV Westland	2:21.90	200002596	2:21.43	32.62	1:07.75	1:44.31	2:21.43
15. Anke Lambooj	De Vliet (SG)	2:21.41	198001182	2:21.80	30.94	1:06.48	1:44.12	2:21.80
16. Aylin van Uffelen	ZPB-H&L	2:19.08	199600352	2:21.89	32.99	1:08.45	1:44.93	2:21.89
17. Laura Tromp	De Devel	2:20.98	200000276	2:21.95	32.44	1:08.59	1:45.63	2:21.95
18. Amanda Holst	Zoetermeer	2:15.32	200004204	2:22.25	30.66	1:06.88	1:45.46	2:22.25
19. Eef Hollander	The Hague Swimming (SG)	2:18.34	199602074	2:22.89	32.51	1:09.07	1:45.99	2:22.89
20. Sophie t Hart	De Columbiaan	2:20.17	200001596	2:23.63	32.36	1:08.20	1:46.29	2:23.63
21. Heidi den Boer	Link	2:21.80	196900864	2:23.87	32.24	1:08.30	1:45.73	2:23.87
22. Chantal van der Vaart	ZV Vlaardingen-Schiedam	2:24.57	199802266	2:23.97	32.54	1:08.78	1:46.64	2:23.97
23. Lianne Bouwmeester	De Columbiaan	2:17.70	200000956	2:24.13	32.51	1:09.70	1:47.65	2:24.13
24. Iris van Berkel	Van Vliet-Barracuda	2:23.73	200000476	2:24.56	32.79	1:08.91	1:46.30	2:24.56
25. Alisha Vieira	ZPB-H&L	2:20.82	199904554	2:24.62	31.64	1:08.86	1:47.63	2:24.62
26. Lincy de Winter	The Hague Swimming (SG)	2:24.17	199805886	2:24.93	32.86	1:09.54	1:47.37	2:24.93
27. Emily Beres	Link	2:25.31	200001874	2:25.13	32.53	1:09.08	1:47.62	2:25.13
28. Marsha van den Heuvel	Widex GZC Donk	2:22.22	199801154	2:25.62	31.68	1:08.86	1:47.23	2:25.62
29. Karin Simons	WZK	2:21.25	198903804	2:26.81	32.81	1:10.05	1:48.22	2:26.81
30. Jonne Moleman	AZC	2:25.69	200006264	2:28.13	33.79	1:11.78	1:50.52	2:28.13
31. Maaïke Baker	De Columbiaan	2:24.51	199902930	2:28.48	32.95	1:10.73	1:50.37	2:28.48
32. Linda Hoogendam	WVZ	2:28.85	198300892	2:36.43	35.35	1:15.46	1:57.07	2:36.43
33. Lara Plazier	WZK	2:44.25	200006522	2:44.88	36.03	1:17.16	2:01.13	2:44.88
AFGEM Tamara van den Brink	Van Vliet-Barracuda	2:29.42	199804182					
NG Kirsten de Hoog	SG SCOM/de Zeehond '73	2:25.86	200000460					

Programmanr. 22
8-1-2017 - 16:25

Jongens, 4 x 100m vrije slag

Junioren 4 en jonger
Resultaten

rang	vereniging	inschrijftijd	tijd
1. SG SCOM/de Zeehond '73 1	SG SCOM/de Zeehond '73	3:51.34	3:47.18
Max Huige	+0,69 26.95 56.17	Ivo Stolk	+0,85 27.20 56.15
Nikhom Westphal	+0,54 29.41 57.23	Jarno van Oyen	+0,49 27.62 57.63
2. WVZ 1	WVZ	3:53.63	3:54.23
Scott Jansen	+0,71 26.97 56.85	Dylan Jansen	+0,56 29.49 1:02.01
Dylano Termoshuizen	+0,67 28.05 59.48	Adriaan Provó Kluit	+0,26 26.68 55.89
3. De Columbiaan 1	De Columbiaan	3:58.60	3:58.18
Finn van Bommel	+0,78 28.25 1:00.55	Bas van Wieringen	+0,43 28.63 59.94
Viktor Koets	+0,61 28.21 59.03	Dave van den Nieuwendijk	+0,44 26.94 58.66
4. ZPCNumansdorp 1	ZPCNumansdorp	4:10.41	4:04.35
Quinn van den Heuvel	+1,86 26.05 54.53	Jeroen Reckman	+0,73 29.61 1:02.00
Perry Laarhoven	+0,52 29.60 1:01.92	Peter van Driel	+0,47 30.76 1:05.90
5. De Devel 1	De Devel	4:06.74	4:12.23
Stijn den Otter	+0,67 28.50 1:01.27	David Kras	+0,43 29.12 1:02.52
Jay de Vries	+0,63 28.96 1:02.14	Timo Kock	32.54 1:06.30
6. LZ 1886 1	LZ 1886	4:21.65	4:25.91
Thimo van Beek	+0,71 32.14 1:07.99	Mark Bom	+0,33 31.34 1:06.77
Jeroen de Mooij	+0,33 31.71 1:07.27	Chris Vogelaar	+0,19 29.75 1:03.88

rang	vereniging	inschrijftijd		tijd				
1.	SG Albion d'ELFT 1	3:26.15		3:29.15				
	Ensgel Kotterink	+0,66	24.25	51.21	Ruben Stam	+0,13	24.57	52.81
	Timo Dinkelberg	+0,43	25.28	53.69	Floris Kotterink	+0,57	24.44	51.44
2.	The Hague Swimming (SG) 1	3:39.56		3:42.99				
	Ivo van Dijk	+0,61	26.48	57.40	Jaap van Trijp	+0,60	27.57	58.06
	Olivier Jans	+0,40	27.09	55.91	Bjorn Scherbeijn	+0,57	24.78	51.62
3.	Lansingh 1	3:49.16		3:50.08				
	Rutger Dalm	+0,71	26.74	55.44	Johrick Wijma	+1,80	28.81	1:01.11
	Robin Lecomte	+0,10	27.14	57.08	Kevin Kingma	+0,49	26.64	56.45
4.	GZC Donk 1	3:53.66		3:50.84				
	Paul van Grol	+0,63	27.33	57.09	Roel van Grol	+0,27	27.66	58.82
	Remco Oskam	+0,35	26.60	58.47	Duncan van Haaren	+0,34	26.68	56.46
5.	De Devel 1	3:50.91		3:52.66				
	Mark de Jongh	+0,68	27.52	57.01	Stijn den Otter	+0,45	27.84	1:00.11
	Sybe de Waard	+0,36	27.01	56.55	Rogier Dorsman	+0,48	27.95	58.99
6.	WVZ 1	3:48.06		3:52.76				
	Noah Legerstee	+0,69	27.13	57.34	Rolf Bavelaar	+0,28	27.53	58.60
	Jordy van Oel	+0,40	26.83	56.14	Markus van Rest	+0,41	29.24	1:00.68
7.	LZ 1886 1	3:52.04		3:53.83				
	Guus Hoogduin	+0,70	29.47	1:02.90	Sander van Beek	+0,44	27.98	59.80
	Dion de Mooij	+0,36	26.23	56.26	Robin van Beek	+0,27	25.83	54.87
8.	ZPB-H&L 1	3:52.52		3:55.68				
	Lars Schoffelmeer	+0,74	26.75	56.26	Ruben Stolk	+0,60	29.13	1:02.46
	Robert Speksnijder	+0,63	29.85	1:01.99	Linquendo van der Klooster	+0,29	26.27	54.97
9.	LinK 1	4:06.49		4:05.78				
	Alex Schelvis	+0,81	26.71	55.26	Sem Verberg	+0,41	32.64	1:10.44
	Tjeerd van Stein	+0,64	28.02	58.62	Boy Borreman	+0,69	29.21	1:01.46
AFGEM	De Geul 1	3:59.87						
NG	De Columbiaan 1	3:35.56						