

PGZK-2010  
Delfzijl, 14. - 30.5.2010

1 - PGZK-2010 deel 1

14.05.2010 - 18:45

Programmanr. 1 14.05.2010 - 18:45	Dames, 200m schoolslag			Senioren open Resultaten
KREC Jun 1	2:41.63	Lisanne van Avezaath	Aachen	24.10.2009
KREC Jun 2	2:41.63	Lisanne van Avezaath	Aachen	24.10.2009
KREC Jun 3	2:39.30	Linda Moes	Delfzijl	22.12.1985
KREC Jgd 1	2:33.23	Linda Moes	Wassenaar	23.11.1986
KREC Jgd 2	2:29.48	Linda Moes	Emmen	14.02.1987
KREC Sen D 1	2:26.26	Linda Moes	Emmen	27.02.1988
KREC Sen D 2	2:26.26	Linda Moes	Emmen	27.02.1988
KREC 19	2:26.26	Linda Moes	Emmen	27.02.1988

L 11 Jun 1: 3:30.00 / L 12 Jun 2: 3:24.00 / L 13 Jun 3: 3:18.00 / L 14 Jgd 1: 3:16.00 / L 15 Jgd 2: 3:14.00 / L 16-17 Sen D 1-2: 3:12.00 / L 18 / 18+ Sen.: 3:10.00

Rang					In.tijd			Tijd
<b>Meisjes Junioren 1</b>								
1.	Willemein Hoving				TriVia	3:04.54	9800106	<b>2:59.30</b>
	50m:	39.55	100m:	1:25.00	150m:	2:12.35	200m:	2:59.30
2.	Anouk Zuidema				De Aquaflippers	3:05.51	9801654	<b>3:07.92</b>
	50m:	41.62	100m:	1:28.93	150m:	2:17.46	200m:	3:07.92
3.	Bernice Dijkhuis				TriVia	3:12.42	9800084	<b>3:09.05</b>
	50m:	44.09	100m:	1:31.77	150m:	2:20.38	200m:	3:09.05
4.	Vivianne Dortmund				De Pinquin	3:20.48	9801578	<b>3:12.10</b>
	100m:	1:31.85	150m:	2:23.06	200m:	3:12.10		
5.	Tialda Prins				De Pinquin	3:17.23	9801310	<b>3:12.13</b>
	50m:	43.91	100m:	1:33.09	150m:	2:22.33	200m:	3:12.13
6.	Marlinde Schoonbeek				TriVia	3:21.76	9801056	<b>3:14.41</b>
	50m:	42.58	100m:	1:32.74	150m:	2:24.14	200m:	3:14.41
7.	Ageeth Dekker				ZPC Stadskanaal	3:18.90	9802180	<b>3:17.98</b>
	50m:	45.13	100m:	1:35.76	150m:	2:27.09	200m:	3:17.98
8.	Joniek Hooghoudt				TriVia	3:18.55	9801962	<b>3:19.70</b>
	50m:	44.00	100m:	1:34.82	150m:	2:27.68	200m:	3:19.70
9.	Toke Camps				Z.C. Haren	3:21.74	9801834	<b>3:20.67</b>
	150m:	2:28.98	200m:	3:20.67				
10.	Lisa Westenberg				Eemsrobben	3:23.10	9804102	<b>3:22.65</b>
	50m:	44.74	100m:	1:36.06	150m:	2:29.82	200m:	3:22.65
11.	Amber Visser				ZPCA	3:17.61	9801416	<b>3:25.05</b>
	50m:	42.82	100m:	1:33.19	150m:	2:28.22	200m:	3:25.05
12.	Isabelle Dijkhuis				De Aquaflippers	3:25.71	9802850	<b>3:27.40</b>
	50m:	46.26	100m:	1:37.90	150m:	2:33.09	200m:	3:27.40
13.	Dagmar Veldman				Eemsrobben	3:28.67	9802300	<b>3:28.96</b>
	50m:	46.25	100m:	1:39.68	150m:	2:35.91	200m:	3:28.96

**Meisjes Junioren 2**

1.	Anouk Dijkstra				Eemsrobben	3:03.07	9704378	<b>3:02.87</b>
	50m:	40.24	100m:	1:25.62	150m:	2:13.44	200m:	3:02.87
2.	Ellen van Nieff				ZPC Stadskanaal	3:10.36	9701112	<b>3:05.81</b>
	50m:	41.82	100m:	1:28.80	150m:	2:18.93	200m:	3:05.81
3.	Margreet Koster				ZPCA	3:19.60	9700330	<b>3:14.53</b>
	50m:	43.76	100m:	1:33.78	150m:	2:24.51	200m:	3:14.53

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Programmanr. 1, Meisjes, 200m schoolslag, Meisjes Junioren 2

Rang							In.tijd		Tijd
4.	Astrid Smit			ZPC Stadskanaal			3:19.33	9700034	<b>3:30.02</b>
	50m: 47.44	100m: 1:41.03	150m: 2:36.08	200m: 3:30.02					
5.	Jennifer Scholte			NOVA			3:21.39	9700070	<b>3:34.47</b>
	100m: 1:38.49	150m: 2:35.74	200m: 3:34.47						

Meisjes Junioren 3

1.	Naomi Zuidema			ZPC Stadskanaal			2:55.92	9600058	<b>2:54.78</b>
	50m: 39.74	100m: 1:24.47	150m: 2:09.74	200m: 2:54.78					
2.	Ilse van Rijssen			TriVia			3:06.00	9601600	<b>2:56.39</b>
	50m: 38.59	100m: 1:22.84	150m: 2:09.71	200m: 2:56.39					
3.	Lilian Ottens			Eemsrobben			3:04.29	9602552	<b>3:01.55</b>
	50m: 41.37	100m: 1:29.13	150m: 2:17.37	200m: 3:01.55					
4.	Esther Hulsing			TriVia			3:14.42	9601080	<b>3:05.39</b>
	50m: 40.46	100m: 1:28.01	150m: 2:16.35	200m: 3:05.39					
5.	Laura Buirs			ZPC Stadskanaal			3:06.72	9600672	<b>3:07.86</b>
	50m: 41.15	100m: 1:28.90	150m: 2:18.51	200m: 3:07.86					
6.	Tessa Keizer			GZVW			3:14.61	9601586	<b>3:15.72</b>
	50m: 44.00	100m: 1:34.01	150m: 2:25.35	200m: 3:15.72					

Dames Jeugd 1

1.	Iris Hartman			De Pinquin			2:56.20	9502654	<b>2:55.51</b>
	50m: 39.29	100m: 1:23.59	150m: 2:09.58	200m: 2:55.51					
2.	Nathalja Pragt			NOVA			3:07.19	9500030	<b>3:00.33</b>
	50m: 39.78	100m: 1:25.42	150m: 2:12.57	200m: 3:00.33					
3.	Mariël Buurman			NOVA			3:03.64	9500598	<b>3:01.35</b>
	50m: 41.34	100m: 1:26.79	150m: 2:14.39	200m: 3:01.35					
4.	Iris Visser			ZPCA			2:56.01	9504784	<b>3:03.81</b>
	50m: 40.80	100m: 1:26.89	150m: 2:15.41	200m: 3:03.81					
5.	Karin Groen			GZVW			3:03.76	9502440	<b>3:09.11</b>
	50m: 39.69	100m: 1:25.89	150m: 2:16.43	200m: 3:09.11					
6.	Marlinde Koops			ZPC Stadskanaal			3:10.05	9500638	<b>3:13.06</b>
	50m: 43.60	100m: 1:33.12	150m: 2:24.14	200m: 3:13.06					

Dames Jeugd 2

1.	Daphne Adriaanse			Z&PC de Inktvis			3:12.30	9406616	<b>3:10.77</b>
	50m: 43.43	100m: 1:31.08	150m: 2:20.95	200m: 3:10.77					

Dames Senioren D 1-2

1.	Jose Sijbring			De Pinquin			2:55.30	9300702	<b>2:54.15</b>
	50m: 39.67	100m: 1:23.38	150m: 2:08.22	200m: 2:54.15					
2.	Marijke Pras			GZVW			3:03.52	9203700	<b>3:05.69</b>
	50m: 42.02	100m: 1:29.47	150m: 2:18.60	200m: 3:05.69					
3.	Esther Schipper			De Aquafippers			3:00.70	9201570	<b>3:06.98</b>
	50m: 40.77	100m: 1:28.18	150m: 2:17.72	200m: 3:06.98					
4.	Rianne Slagter			Eemsrobben			3:10.74	9304088	<b>3:14.38</b>
	50m: 43.98	100m: 1:33.40	150m: 2:23.83	200m: 3:14.38					

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Programmanr. 1, Dames, 200m schoolslag

Dames Senioren

1. Gea Hagting NOVA 2:40.59 8801584 **2:50.17**  
 50m: 39.48 100m: 1:22.11 150m: 2:05.38 200m: 2:50.17

Programmanr. 2  
14.05.2010 - 19:04

Heren, 200m schoolslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	2:38.47	Erik Hagting	Delfzijl	08.05.2004
KREC Jun 2	2:31.45	Erik Hagting	Drachten	12.11.2005
KREC Jun 3	2:29.31	Erik Hagting	Zwaagwesteinde	02.12.2006
KREC Jun 4	2:24.49	Tom Odding	Amsterdam	16.12.2005
KREC Jgd 1	2:24.49	Tom Odding	Amsterdam	16.12.2005
KREC Jgd 2	2:20.27	Timon Evenhuis	Amsterdam	20.12.2008
KREC Sen H 1	2:18.34	Timon Evenhuis	Leeuwarden	24.10.2009
KREC Sen H 2	2:10.47	Devi Wolthuizen	Aachen	24.10.2009

L 12 Jun 1: 3:24.00 / L 13 Jun 2: 3:15.00 / L 14 Jun 3: 3:08.00 / L 15 Jun 4: 3:02.00 / L 16-17 Jgd 1-2: 2:55.00 / L 18 / 18+ Sen-: 2:50.00

Rang	In.tijd	Tijd
<b>Jongens Junioren 1</b>		
1. Stefan Ridderbos	<b>Bubble</b>	<b>3:07.16</b>
50m: 43.14 100m: 1:30.59 150m: 2:19.25 200m: 3:07.16	3:08.36 9700851	
2. Gert Muntendam	<b>De Pinquin</b>	<b>3:12.34</b>
50m: 43.25 100m: 1:32.68 150m: 2:23.23 200m: 3:12.34	3:18.26 9700115	
3. Marcel Groen	<b>GZVW</b>	<b>3:17.66</b>
50m: 42.40 100m: 1:31.87 150m: 2:23.79 200m: 3:17.66	3:19.78 9700239	
DIS Joost van der Pijl	<b>ZPC Stadskanaal</b>	<b>AA</b>
	3:07.08 9700171	

**Jongens Junioren 2**

1. Maarten Rottier TriVia 2:47.35 9600657 **2:46.32**  
 50m: 36.51 100m: 1:18.33 150m: 2:01.89 200m: 2:46.32

2. Eko Doedel ZPCA 3:06.67 9600543 **3:01.47**  
 50m: 41.09 100m: 1:26.98 150m: 2:13.86 200m: 3:01.47

3. Pascal Klopstra GZVW 3:13.39 9600667 **3:03.68**  
 50m: 39.57 100m: 1:26.53 150m: 2:15.93 200m: 3:03.68

4. Hans v.d. Laan ZPC Stadskanaal 3:14.33 9601063 **3:17.44**  
 50m: 43.21 100m: 1:33.00 150m: 2:25.10 200m: 3:17.44

**Jongens Junioren 3**

1. Jens Kobesen ZPC Stadskanaal 2:33.26 9500117 **2:32.21**  
 50m: 34.23 100m: 1:12.55 150m: 1:52.00 200m: 2:32.21

2. Marco Barkhuis ZPC Stadskanaal 2:33.64 9500279 **2:38.33**  
 50m: 34.71 100m: 1:14.83 150m: 1:56.04 200m: 2:38.33

3. Milan Grünwald TriVia 2:43.68 9500757 **2:43.55**  
 50m: 36.12 100m: 1:16.88 150m: 1:59.62 200m: 2:43.55

4. Matthijs Sijbring De Pinquin 3:03.52 9500177 **2:56.55**  
 50m: 39.85 100m: 1:24.65 150m: 2:10.28 200m: 2:56.55

5. David Scheffer De Pinquin 3:01.95 9500175 **2:59.17**  
 50m: 40.50 100m: 1:26.02 150m: 2:12.31 200m: 2:59.17

6. Paul Zanen Z.C. Haren 3:06.63 9502269 **2:59.56**  
 50m: 38.73 100m: 1:25.87 150m: 2:13.57 200m: 2:59.56

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Programmanr. 2, Heren, 200m schoolslag

Jongens Junioren 4

1.	Stefan Petersen			TriVia			2:35.50	9403067	<b>2:33.80</b>
	50m: 34.48	100m: 1:14.39	150m: 1:54.23	200m: 2:33.80					
2.	Tim van der Meulen			GZVW			2:52.10	9401583	<b>2:52.15</b>
	50m: 39.16	100m: 1:22.38	150m: 2:07.15	200m: 2:52.15					
3.	Maarten Moorman			De Pinguin			2:55.80	9401161	<b>2:54.61</b>
	50m: 37.94	100m: 1:22.23	150m: 2:09.20	200m: 2:54.61					

Heren Jeugd 1-2

1.	Roy Smeenge			TriVia			2:27.58	9305557	<b>2:25.25</b>
	50m: 32.14	100m: 1:09.64	150m: 1:48.02	200m: 2:25.25					
2.	Ward van Rijssen			TriVia			2:28.14	9204841	<b>2:27.16</b>
	50m: 33.12	100m: 1:10.73	150m: 1:48.96	200m: 2:27.16					
3.	Johan Wijma			De Aquafippers			2:48.65	9301689	<b>2:47.25</b>
	50m: 36.66	100m: 1:18.08	150m: 2:01.84	200m: 2:47.25					
4.	Sander Oosterhof			Ducdalf			2:53.75	9205081	<b>2:52.18</b>
	50m: 37.71	100m: 1:19.98	150m: 2:05.11	200m: 2:52.18					

Heren Senioren H 1 en ouder

1.	Timon Evenhuis			TriVia			2:18.34	9000843	<b>2:18.75</b>
	50m: 31.08	100m: 1:06.96	150m: 1:42.90	200m: 2:18.75					
2.	Erik Talma			TriVia			2:22.57	8903107	<b>2:21.63</b>
	50m: 31.36	100m: 1:07.19	150m: 1:43.94	200m: 2:21.63					
3.	Dennis Wijbenga			ZPC Stadskanaal			2:21.62	9003283	<b>2:32.29</b>
	50m: 33.09	100m: 1:11.66	150m: 1:52.12	200m: 2:32.29					
4.	Jordy Pragt			NOVA			2:29.97	9101835	<b>2:36.35</b>
	50m: 33.40	100m: 1:11.70	150m: 1:53.00	200m: 2:36.35					
5.	Aschwin van Zoest			ZPCA			2:41.28	9102677	<b>2:38.02</b>
	50m: 34.78	100m: 1:14.84	150m: 1:55.97	200m: 2:38.02					
6.	Richard Lutke			NOVA			2:46.00	9101503	<b>2:42.01</b>
	50m: 35.03	100m: 1:16.11	150m: 1:58.97	200m: 2:42.01					
7.	Jasper Groeneveld			Z.C. Haren			2:47.57	8102263	<b>2:44.52</b>
	50m: 37.29	100m: 1:18.02	150m: 2:00.52	200m: 2:44.52					

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Programmanr. 3  
14.05.2010 - 19:29

Dames, 400m vrije slag

Senioren open  
Resultaten

KREC Jun 1	4:44.14	Lisanne van Avezaath	Sneek	07.11.2009
KREC Jun 2	4:31.69	Marijke Hommes	Southampton(GB)	20.12.1992
KREC Jun 3	4:28.30	Marijke Hommes	Groningen	14.04.1993
KREC Jgd 1	4:24.50	Marijke Hommes	Winschoten	27.05.1994
KREC Jgd 2	4:24.20	Marijke Hommes	Stadskanaal	24.05.1995
KREC Sen D 1	4:16.31	Ranomi Kromowidjojo	Groningen	24.11.2007
KREC Sen D 2	4:16.31	Ranomi Kromowidjojo	Groningen	24.11.2007
KREC 19	4:16.31	Ranomi Kromowidjojo	Groningen	24.11.2007

L 11 Jun 1: 6:00.00 / L 12 Jun 2: 5:48.00 / L 13 Jun 3: 5:37.00 / L 14 Jgd 1: 5:28.00 / L 15 Jgd 2: 5:20.00 / L 16-17 Sen D 1-2: 5:15.00 / L 18 / 18+ Sen.: 5:10.00

Rang							In.tijd		Tijd
<b>Meisjes Junioren 1</b>									
1.	<b>Amber Visser</b>		<b>ZPCA</b>				<b>5:12.15</b>	<b>9801416</b>	<b>5:10.15</b>
	50m:	34.48	150m:	1:52.26	250m:	3:12.45	350m:	4:33.12	
	100m:	1:12.87	200m:	2:32.27	300m:	3:52.89	400m:	5:10.15	
2.	<b>Marlinde Schoonbeek</b>		<b>TriVia</b>				<b>5:09.44</b>	<b>9801056</b>	<b>5:11.95</b>
	50m:	35.61	150m:	1:54.93	250m:	3:16.91	350m:	4:35.63	
	100m:	1:14.70	200m:	2:35.27	300m:	3:55.85	400m:	5:11.95	
3.	<b>Bernice Dijkhuis</b>		<b>TriVia</b>				<b>5:22.58</b>	<b>9800084</b>	<b>5:12.38</b>
	50m:	35.12	150m:	1:54.58	250m:	3:14.19	350m:	4:33.84	
	100m:	1:14.50	200m:	2:34.29	300m:	3:54.00	400m:	5:12.38	
4.	<b>Willemein Hoving</b>		<b>TriVia</b>				<b>5:29.20</b>	<b>9800106</b>	<b>5:17.60</b>
	50m:	36.55	150m:	1:58.43	250m:	3:19.48	350m:	4:40.38	
	100m:	1:17.68	200m:	2:38.64	300m:	4:00.04	400m:	5:17.60	
5.	<b>Inge Willemsen</b>		<b>ZPCA</b>				<b>5:38.39</b>	<b>9801958</b>	<b>5:25.12</b>
	50m:	35.22	150m:	1:57.00	250m:	3:21.57	350m:	4:46.67	
	100m:	1:15.43	200m:	2:39.28	300m:	4:04.04	400m:	5:25.12	
6.	<b>Vivianne Dortmond</b>		<b>De Pinquin</b>				<b>5:15.64</b>	<b>9801578</b>	<b>5:25.40</b>
	50m:	35.50	150m:	1:56.92	250m:	3:20.27	350m:	4:44.72	
	100m:	1:14.47	200m:	2:39.07	300m:	4:02.65	400m:	5:25.40	
7.	<b>Tialda Prins</b>		<b>De Pinquin</b>				<b>5:29.48</b>	<b>9801310</b>	<b>5:27.94</b>
	50m:	36.27	150m:	1:57.65	250m:	3:22.19	350m:	4:47.47	
	100m:	1:16.20	200m:	2:39.83	300m:	4:04.76	400m:	5:27.94	
8.	<b>Daniek Platje</b>		<b>De Pinquin</b>				<b>5:29.09</b>	<b>9800226</b>	<b>5:30.90</b>
	50m:	36.76	150m:	1:58.89	250m:	3:23.63	350m:	4:48.94	
	100m:	1:17.02	200m:	2:40.77	300m:	4:06.55	400m:	5:30.90	
9.	<b>Emma Arends</b>		<b>TriVia</b>				<b>5:52.12</b>	<b>9800972</b>	<b>5:38.88</b>
	50m:	37.03	150m:	2:02.28	250m:	3:29.21	350m:	4:57.90	
	100m:	1:19.05	200m:	2:45.69	300m:	4:13.81	400m:	5:38.88	
10.	<b>Joniek Hooghoudt</b>		<b>TriVia</b>				<b>5:57.04</b>	<b>9801962</b>	<b>5:42.84</b>
	50m:	36.50	150m:	2:03.01	250m:	3:31.45	350m:	5:00.62	
	100m:	1:19.32	200m:	2:46.74	300m:	4:16.20	400m:	5:42.84	
11.	<b>Lisa Westenberg</b>		<b>Eemsrobben</b>				<b>5:41.86</b>	<b>9804102</b>	<b>5:43.33</b>
	50m:	37.80	150m:	2:03.21	250m:	3:31.87	350m:	5:00.66	
	100m:	1:19.85	200m:	2:47.82	300m:	4:15.45	400m:	5:43.33	
12.	<b>Ageeth Dekker</b>		<b>ZPC Stadskanaal</b>				<b>5:31.80</b>	<b>9802180</b>	<b>5:44.88</b>
	50m:	38.32	150m:	2:04.86	250m:	3:32.97	350m:	5:01.85	
	100m:	1:21.14	200m:	2:49.20	300m:	4:17.13	400m:	5:44.88	
13.	<b>Marianne Arling</b>		<b>Bubble</b>				<b>5:52.70</b>	<b>9800170</b>	<b>5:53.21</b>
	50m:	37.08	150m:	2:04.96	250m:	3:37.12	350m:	5:09.30	
	100m:	1:19.61	200m:	2:50.83	300m:	4:24.02	400m:	5:53.21	
14.	<b>Lisanne Tilstra</b>		<b>Bubble</b>				<b>5:52.80</b>	<b>9801036</b>	<b>6:00.68</b>
	50m:	36.69	150m:	2:05.76	250m:	3:38.54	350m:	5:14.67	
	100m:	1:20.06	200m:	2:52.01	300m:	4:26.87	400m:	6:00.68	

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Programmanr. 3, Dames, 400m vrije slag

Meisjes Junioren 2

1.	Judith Veldman			Eemsrobben		4:59.26	9702422	<b>4:53.34</b>
	50m: 32.36	150m: 1:46.79	250m: 3:01.97	350m: 4:16.95				
	100m: 1:09.03	200m: 2:24.40	300m: 3:39.40	400m: 4:53.34				
2.	Laura van der A			ZPC Stadskanaal		5:12.54	9700080	<b>5:09.67</b>
	50m: 34.46	150m: 1:53.15	250m: 3:13.22	350m: 4:33.65				
	100m: 1:13.43	200m: 2:32.82	300m: 3:53.53	400m: 5:09.67				
3.	Bente Kuik			ZPC Stadskanaal		5:18.92	9701750	<b>5:22.44</b>
	50m: 36.20	150m: 1:57.66	250m: 3:20.00	350m: 4:43.81				
	100m: 1:16.21	200m: 2:38.58	300m: 4:01.73	400m: 5:22.44				
4.	Ellen van Nieff			ZPC Stadskanaal		5:32.56	9701112	<b>5:27.99</b>
	50m: 35.92	150m: 1:56.67	250m: 3:21.18	350m: 4:47.14				
	100m: 1:15.22	200m: 2:38.32	300m: 4:03.90	400m: 5:27.99				
5.	Astrid Smit			ZPC Stadskanaal		5:44.29	9700034	<b>5:52.83</b>
	50m: 39.03	150m: 2:07.52	250m: 3:36.80	350m: 5:08.22				
	100m: 1:22.84	200m: 2:51.95	300m: 4:22.68	400m: 5:52.83				

Meisjes Junioren 3

1.	Esther Hulsing			TriVia		4:55.80	9601080	<b>4:46.23</b>
	50m: 32.93	150m: 1:46.79	250m: 3:00.10	350m: 4:10.14				
	100m: 1:09.76	200m: 2:23.70	300m: 3:36.33	400m: 4:46.23				
2.	Ilse van Rijssen			TriVia		5:07.99	9601600	<b>4:56.54</b>
	50m: 32.96	150m: 1:47.78	250m: 3:03.37	350m: 4:19.44				
	100m: 1:09.87	200m: 2:25.58	300m: 3:41.49	400m: 4:56.54				
3.	Eva Smit			GZVW		4:50.50	9602690	<b>4:58.35</b>
	50m: 31.67	150m: 1:44.52	250m: 3:02.30	350m: 4:21.60				
	100m: 1:07.78	200m: 2:23.13	300m: 3:42.34	400m: 4:58.35				
4.	Tessa Keizer			GZVW		5:13.18	9601586	<b>5:07.45</b>
	50m: 32.96	150m: 1:50.14	250m: 3:10.53	350m: 4:30.71				
	100m: 1:10.40	200m: 2:30.13	300m: 3:50.80	400m: 5:07.45				
5.	Sanne Weessies			De Pinquin		5:25.36	9603002	<b>5:16.90</b>
	50m: 35.52	150m: 1:56.46	250m: 3:18.96	350m: 4:38.61				
	100m: 1:15.32	200m: 2:37.48	300m: 3:59.13	400m: 5:16.90				
6.	Joline Fischer			NOVA		5:25.17	9601638	<b>5:25.29</b>
	50m: 34.70	150m: 1:56.09	250m: 3:20.00	350m: 4:44.34				
	100m: 1:13.80	200m: 2:38.08	300m: 4:02.02	400m: 5:25.29				
7.	Sanne Kamminga			De Aquafippers		5:23.20	9604378	<b>5:28.95</b>
	50m: 36.32	150m: 2:00.00	250m: 3:24.24	350m: 4:47.72				
	100m: 1:17.60	200m: 2:42.40	300m: 4:05.66	400m: 5:28.95				

Dames Jeugd 1

1.	Silvia Dik			TriVia		4:48.75	9501064	<b>4:27.71</b>
	50m: 30.29	150m: 1:37.97	250m: 2:46.79	350m: 3:55.06				
	100m: 1:03.98	200m: 2:12.71	300m: 3:21.25	400m: 4:27.71				
2.	Anouk Frieman			TriVia		4:43.79	9502390	<b>4:41.90</b>
	50m: 30.47	150m: 1:39.00	250m: 2:51.12	350m: 4:03.93				
	100m: 1:04.17	200m: 2:14.65	300m: 3:27.25	400m: 4:41.90				
3.	Nathalja Pragt			NOVA		4:55.78	9500030	<b>4:53.97</b>
	50m: 32.25	150m: 1:45.33	250m: 3:00.73	350m: 4:17.03				
	100m: 1:08.22	200m: 2:22.61	300m: 3:39.21	400m: 4:53.97				
4.	Denise Gall			De Pinquin		5:09.74	9501494	<b>5:01.55</b>
	50m: 32.95	150m: 1:48.50	250m: 3:05.13	350m: 4:23.01				
	100m: 1:10.31	200m: 2:26.49	300m: 3:43.85	400m: 5:01.55				

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Programmanr. 3, Meisjes, 400m vrije slag, Dames Jeugd 1

Rang							In.tijd		Tijd	
5.	Iris Visser						ZPCA	5:10.50	9504784	<b>5:05.92</b>
	50m:	34.17	150m:	1:52.42	250m:	3:11.50	350m:	4:30.74		
	100m:	1:12.88	200m:	2:32.20	300m:	3:51.50	400m:	5:05.92		
6.	Marlinde Koops						ZPC Stadskanaal	5:24.07	9500638	<b>5:33.32</b>
	50m:	37.59	150m:	2:00.84	250m:	3:26.99	350m:	4:52.86		
	100m:	1:18.40	200m:	2:44.15	300m:	4:10.32	400m:	5:33.32		

Dames Jeugd 2

1.	Rosanne Schoonbeek						TriVia	4:30.19	9402692	<b>4:24.54</b>
	50m:	30.14	150m:	1:36.54	250m:	2:44.09	350m:	3:51.82		
	100m:	1:03.06	200m:	2:10.50	300m:	3:17.90	400m:	4:24.54		
2.	Rixt Veldkamp						ZPC Stadskanaal	4:57.97	9404344	<b>4:52.17</b>
	50m:	33.02	150m:	1:47.60	250m:	3:00.72	350m:	4:14.64		
	100m:	1:09.91	200m:	2:25.02	300m:	3:37.21	400m:	4:52.17		
3.	Heleen Arends						TriVia	5:18.62	9404416	<b>5:19.44</b>
	50m:	33.33	150m:	1:51.89	250m:	3:14.39	350m:	4:38.36		
	100m:	1:11.56	200m:	2:32.81	300m:	3:56.14	400m:	5:19.44		

Dames Senioren D 1-2

1.	Annelinde Veldman						ZPCA	4:42.25	9302758	<b>4:29.54</b>
	50m:	30.03	150m:	1:36.88	250m:	2:45.15	350m:	3:55.30		
	100m:	1:03.13	200m:	2:10.89	300m:	3:20.10	400m:	4:29.54		
2.	Jose Sijbring						De Pinquin	4:45.98	9300702	<b>4:47.85</b>
	50m:	31.88	150m:	1:42.20	250m:	2:55.69	350m:	4:11.08		
	100m:	1:06.39	200m:	2:18.72	300m:	3:33.06	400m:	4:47.85		
3.	Rianne Slagter						Eemsrobben	5:10.17	9304088	<b>5:14.18</b>
	50m:	35.54	150m:	1:54.85	250m:	3:15.48	350m:	4:37.16		
	100m:	1:14.05	200m:	2:35.07	300m:	3:56.45	400m:	5:14.18		
4.	Suzanne Teuben						De Aquafippers	5:12.26	9201736	<b>5:16.89</b>
	50m:	33.83	150m:	1:52.26	250m:	3:13.97	350m:	4:35.99		
	100m:	1:12.15	200m:	2:33.03	300m:	3:55.08	400m:	5:16.89		

Dames Senioren

1.	Winnie Timans						De Pinquin	4:50.00	9103090	<b>4:53.53</b>
	50m:	33.08	150m:	1:46.82	250m:	3:02.02	350m:	4:17.41		
	100m:	1:09.40	200m:	2:24.83	300m:	3:39.70	400m:	4:53.53		
2.	Rianne Hooiveld						Bubble	5:00.53	9001572	<b>4:56.16</b>
	50m:	32.51	150m:	1:47.53	250m:	3:03.30	350m:	4:19.77		
	100m:	1:09.39	200m:	2:25.82	300m:	3:41.43	400m:	4:56.16		
3.	Susanne Blom						De Pinquin	5:03.45	8500282	<b>4:59.66</b>
	50m:	33.06	150m:	1:47.56	250m:	3:04.53	350m:	4:22.09		
	100m:	1:09.72	200m:	2:25.87	300m:	3:43.14	400m:	4:59.66		

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Programmanr. 4  
14.05.2010 - 20:05

Heren, 400m vrije slag

Jongens Junioren 1 en ouder

Resultaten

KREC Jun 1	4:35.16	Erik Hagting	Stadskanaal	07.11.2004
KREC Jun 2	4:21.97	Luc van der Wolde	Stadskanaal	14.11.2009
KREC Jun 3	4:14.20	Bernd Kobesen	Leeuwarden	13.12.2008
KREC Jun 4	4:09.10	Jan Jomo Hartman	Drachten	19.04.1986
KREC Jgd 1	4:09.10	Jan Jomo Hartman	Drachten	19.04.1986
KREC Jgd 2	4:09.10	Jan Jomo Hartman	Drachten	19.04.1986
KREC Sen H 1	4:06.45	Sebastian Bakker	Drachten	06.10.2007
KREC Sen H 2	4:03.00	Gert Jan Horsthuis	Stadskanaal	19.03.1988

L 12 Jun 1: 5:45.00 / L 13 Jun 2: 5:30.00 / L 14 Jun 3: 5:20.00 / L 15 Jun 4: 5:10.00 / L 16-17 Jgd 1-2: 5:00.00 / L 18 / 18+ Sen-: 4:50.00

Rang							In.tijd		Tijd	
<b>Jongens Junioren 1</b>										
1.	<b>Jeroen Koers</b>						<b>Eemsrobben</b>	<b>5:10.27</b>	<b>9701237</b>	<b>5:04.43</b>
	50m:	34.35	150m:	1:50.92	250m:	3:08.60	350m:	4:26.80		
	100m:	1:12.04	200m:	2:29.69	300m:	3:47.42	400m:	5:04.43		
2.	<b>Stefan Ridderbos</b>						<b>Bubble</b>	<b>5:12.77</b>	<b>9700851</b>	<b>5:14.00</b>
	50m:	35.76	150m:	1:55.07	250m:	3:15.66	350m:	4:35.48		
	100m:	1:14.82	200m:	2:35.05	300m:	3:55.40	400m:	5:14.00		
3.	<b>Joost van der Pijl</b>						<b>ZPC Stadskanaal</b>	<b>5:28.20</b>	<b>9700171</b>	<b>5:23.57</b>
	50m:	35.14	150m:	1:56.45	250m:	3:20.94	350m:	4:45.31		
	100m:	1:15.09	200m:	2:38.13	300m:	4:02.64	400m:	5:23.57		
4.	<b>Pieter Jelke Koops</b>						<b>NOVA</b>	<b>5:19.93</b>	<b>9700339</b>	<b>5:23.62</b>
	50m:	37.49	150m:	2:00.46	250m:	3:22.70	350m:	4:44.97		
	100m:	1:18.79	200m:	2:41.39	300m:	4:04.29	400m:	5:23.62		
5.	<b>Roy Potze</b>						<b>GZVW</b>	<b>5:37.25</b>	<b>9702457</b>	<b>5:26.11</b>
	50m:	35.72	150m:	1:57.55	250m:	3:21.17	350m:	4:45.73		
	100m:	1:16.43	200m:	2:38.99	300m:	4:03.49	400m:	5:26.11		
6.	<b>Martijn Kieffer</b>						<b>Eemsrobben</b>	<b>5:30.57</b>	<b>9700685</b>	<b>5:28.17</b>
	50m:	36.31	150m:	1:57.96	250m:	3:23.62	350m:	4:47.27		
	100m:	1:16.51	200m:	2:40.26	300m:	4:05.24	400m:	5:28.17		
7.	<b>Stijn Buurman</b>						<b>NOVA</b>	<b>5:25.90</b>	<b>9700337</b>	<b>5:29.88</b>
	50m:	37.47	150m:	1:59.71	250m:	3:25.59	350m:	4:51.08		
	100m:	1:18.49	200m:	2:42.64	300m:	4:09.03	400m:	5:29.88		
<b>Jongens Junioren 2</b>										
1.	<b>Marc Blauw</b>						<b>ZPC Stadskanaal</b>	<b>4:45.13</b>	<b>9600017</b>	<b>4:39.81</b>
	50m:	30.48	150m:	1:39.66	250m:	2:51.92	350m:	4:04.61		
	100m:	1:04.41	200m:	2:15.66	300m:	3:28.11	400m:	4:39.81		
2.	<b>Maarten Rottier</b>						<b>TriVia</b>	<b>5:00.91</b>	<b>9600657</b>	<b>4:52.82</b>
	50m:	31.96	150m:	1:45.52	250m:	3:01.62	350m:	4:17.12		
	100m:	1:08.01	200m:	2:24.15	300m:	3:39.47	400m:	4:52.82		
3.	<b>Eko Doedel</b>						<b>ZPCA</b>	<b>5:09.09</b>	<b>9600543</b>	<b>5:01.51</b>
	50m:	33.21	150m:	1:48.17	250m:	3:06.42	350m:	4:24.13		
	100m:	1:09.97	200m:	2:27.05	300m:	3:46.04	400m:	5:01.51		
4.	<b>Niels Mulder</b>						<b>De Hardenberg</b>	<b>5:17.35</b>	<b>9600867</b>	<b>5:07.15</b>
	50m:	33.61	150m:	1:50.47	250m:	3:07.80	350m:	4:28.30		
	100m:	1:11.22	200m:	2:29.51	300m:	3:47.59	400m:	5:07.15		
5.	<b>Bastiaan Bonnema</b>						<b>TriVia</b>	<b>5:11.03</b>	<b>9600683</b>	<b>5:10.11</b>
	50m:	34.24	150m:	1:50.83	250m:	3:10.60	350m:	4:31.44		
	100m:	1:11.16	200m:	2:30.44	300m:	3:51.06	400m:	5:10.11		
6.	<b>Hans v.d. Laan</b>						<b>ZPC Stadskanaal</b>	<b>5:19.73</b>	<b>9601063</b>	<b>5:19.51</b>
	50m:	35.78	150m:	1:55.46	250m:	3:18.36	350m:	4:41.63		
	100m:	1:15.20	200m:	2:36.76	300m:	3:59.89	400m:	5:19.51		



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Jongens Junioren 3

1. Rick Veldman	ZPC Stadskanaal	4:57.52	9503705	<b>4:44.22</b>
50m: 31.45	150m: 1:40.87	250m: 2:52.64	350m: 4:06.85	
100m: 1:05.50	200m: 2:16.43	300m: 3:29.53	400m: 4:44.22	
2. Wolter v.d Veen	Z.C. Haren	4:51.29	9505099	<b>4:47.88</b>
50m: 31.49	150m: 1:44.35	250m: 2:59.05	350m: 4:13.30	
100m: 1:07.99	200m: 2:22.73	300m: 3:37.14	400m: 4:47.88	
3. Dennis Baalman	De Aquaflippers	4:52.11	9500887	<b>4:48.50</b>
50m: 31.04	150m: 1:42.28	250m: 2:57.72	350m: 4:13.30	
100m: 1:06.41	200m: 2:19.82	300m: 3:35.62	400m: 4:48.50	
4. Tom Porte	TriVia	4:58.08	9502017	<b>4:51.86</b>
50m: 29.90	150m: 1:40.91	250m: 2:59.37	350m: 4:15.08	
100m: 1:04.00	200m: 2:20.20	300m: 3:37.89	400m: 4:51.86	
5. Matthijs Sijbring	De Pinquin	4:54.63	9500177	<b>4:53.59</b>
50m: 32.10	150m: 1:45.29	250m: 3:01.17	350m: 4:17.55	
100m: 1:08.26	200m: 2:23.23	300m: 3:39.37	400m: 4:53.59	
6. Tim Zijlstra	De Pinquin	5:15.70	9500641	<b>5:14.27</b>
50m: 35.17	150m: 1:55.44	250m: 3:15.88	350m: 4:36.31	
100m: 1:15.31	200m: 2:35.57	300m: 3:56.26	400m: 5:14.27	
7. David Scheffer	De Pinquin	5:13.86	9500175	<b>5:16.70</b>
50m: 35.52	150m: 1:55.01	250m: 3:16.68	350m: 4:38.43	
100m: 1:14.99	200m: 2:35.85	300m: 3:57.58	400m: 5:16.70	

Jongens Junioren 4

1. Stefan Petersen	TriVia	4:47.26	9403067	<b>4:37.04</b>
50m: 29.86	150m: 1:39.22	250m: 2:51.11	350m: 4:03.41	
100m: 1:04.17	200m: 2:14.79	300m: 3:27.30	400m: 4:37.04	
2. Mark Schouten	Eemsrobben	4:50.00	9405171	<b>4:44.16</b>
50m: 30.71	150m: 1:41.39	250m: 2:56.00	350m: 4:09.58	
100m: 1:05.25	200m: 2:18.54	300m: 3:33.69	400m: 4:44.16	
3. Maarten Moorman	De Pinquin	4:49.45	9401161	<b>4:57.71</b>
50m: 32.14	150m: 1:45.65	250m: 3:01.81	350m: 4:19.67	
100m: 1:08.51	200m: 2:23.48	300m: 3:40.55	400m: 4:57.71	
4. Tim van der Meulen	GZVW	5:08.45	9401583	<b>5:06.67</b>
50m: 32.70	150m: 1:48.69	250m: 3:08.10	350m: 4:27.54	
100m: 1:10.02	200m: 2:28.34	300m: 3:48.00	400m: 5:06.67	

Heren Jeugd 1-2

1. Bernd Kobesen	ZPC Stadskanaal	4:10.30	9300981	<b>4:08.46</b>
50m: 28.19	150m: 1:30.54	250m: 2:34.42	350m: 3:38.51	
100m: 58.99	200m: 2:02.37	300m: 3:06.52	400m: 4:08.46	
2. Dennis Cramer	ZPCA	4:12.72	9200199	<b>4:15.11</b>
50m: 27.96	150m: 1:30.95	250m: 2:36.31	350m: 3:42.34	
100m: 58.81	200m: 2:03.42	300m: 3:09.34	400m: 4:15.11	
3. Roy Smeenge	TriVia	4:10.26	9305557	<b>4:17.21</b>
50m: 28.07	150m: 1:32.05	250m: 2:37.91	350m: 3:44.50	
100m: 59.96	200m: 2:04.50	300m: 3:11.19	400m: 4:17.21	
4. Tim Blauw	ZPC Stadskanaal	4:31.61	9301345	<b>4:31.40</b>
50m: 30.49	150m: 1:38.16	250m: 2:47.97	350m: 3:57.92	
100m: 1:03.55	200m: 2:12.96	300m: 3:23.01	400m: 4:31.40	

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Heren Senioren H 1 en ouder

1. Erik Schröder	TriVia	4:03.03	8402025	<b>4:08.74</b>
50m: 28.47	150m: 1:30.58	250m: 2:34.35	350m: 3:38.62	
100m: 59.40	200m: 2:02.40	300m: 3:06.61	400m: 4:08.74	
2. Michel Popken	ZPC Stadskanaal	4:27.92	9002321	<b>4:27.86</b>
50m: 28.86	150m: 1:34.14	250m: 2:43.94	350m: 3:54.20	
100m: 1:00.65	200m: 2:08.44	300m: 3:18.95	400m: 4:27.86	
3. Herman Hofman	ZPC Stadskanaal	4:37.61	9001229	<b>4:31.40</b>
50m: 30.15	150m: 1:37.43	250m: 2:48.02	350m: 3:58.27	
100m: 1:02.96	200m: 2:12.56	300m: 3:23.53	400m: 4:31.40	
4. Dennis Wijbenga	ZPC Stadskanaal	4:18.57	9003283	<b>4:32.05</b>
50m: 28.84	150m: 1:34.89	250m: 2:46.86	350m: 3:57.39	
100m: 1:01.07	200m: 2:09.91	300m: 3:22.95	400m: 4:32.05	
5. Fabian Buiringe	TriVia	4:44.63	9006209	<b>4:54.84</b>
50m: 32.58	150m: 1:47.06	250m: 3:02.57	350m: 4:18.14	
100m: 1:09.19	200m: 2:24.85	300m: 3:40.36	400m: 4:54.84	

2 - PGZK-2010 deel 2

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Programmanr. 5

Heren, 50m vrije slag

Jongens Junioren 1 en ouder

15.05.2010 - 14:00

Resultaten

KREC Jun 1	26.30	Arno Fidler	Delfzijl	17.12.1988
KREC Jun 2	25.51	Arne Doddema	Stadskanaal	03.05.2003
KREC Jun 3	24.95	Yair Wildeboer	Stadskanaal	03.05.2003
KREC Jun 4	24.61	Roy Smeenge	Alkmaar	27.06.2009
KREC Jgd 1	24.08	Jeroen Stuut	Amsterdam	16.12.2005
KREC Jgd 2	22.77	Timon Evenhuis	Amsterdam	19.12.2008
KREC Sen H 1	22.74	Timon Evenhuis	Amsterdam	18.12.2009
KREC Sen H 2	22.10	Rudy Ted de Haan	Alkmaar	22.06.2008

L 12 Jun 1: 32.00 / L 13 Jun 2: 31.00 / L 14 Jun 3: 30.00 / L 15 Jun 4: 28.50 / L 16-17 Jgd 1-2: 27.00 / L 18 / 18+ Sen-: 26.00

Rang		In.tijd		Tijd
<b>Jongens Junioren 1</b>				
1.	Marcel Groen	GZVW	30.67 9700239	<b>30.10</b>
2.	Jeroen Koers	Eemsrobbe	30.00 9701237	<b>30.11</b>
3.	Stijn Buurman	NOVA	30.92 9700337	<b>30.47</b>
4.	Stefan Ridderbos	Bubble	30.54 9700851	<b>30.69</b>
<b>Jongens Junioren 2</b>				
1.	Marc Blauw	ZPC Stadskanaal	28.39 9600017	<b>28.88</b>
2.	Eko Doedel	ZPCA	29.06 9600543	<b>29.16</b>
3.	Niels Kasper	De Aquaflippers	29.80 9603941	<b>29.45</b>
4.	Maarten Rottier	TriVia	29.03 9600657	<b>29.50</b>
5.	Yora Galjaard	TriVia	30.60 9601717	<b>30.42</b>
6.	Bastiaan Bonnema	TriVia	30.91 9600683	<b>30.44</b>
<b>Jongens Junioren 3</b>				
1.	Jens Kobesen	ZPC Stadskanaal	25.39 9500117	<b>25.68</b>
2.	Luc van der Wolde	ZPC Stadskanaal	26.11 9500281	<b>26.18</b>
3.	Milan Grünwald	TriVia	25.98 9500757	<b>26.57</b>
4.	Marco Barkhuis	ZPC Stadskanaal	26.16 9500279	<b>26.72</b>
5.	Wolter v.d Veen	Z.C. Haren	26.46 9505099	<b>26.91</b>

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Programmanr. 5, Jongens, 50m vrije slag, Jongens Junioren 3

Rang			In.tijd	Tijd	
6.	Matthijs Sijbring	De Pinquin	27.12	9500177	<b>27.08</b>
7.	Dennis Baalman	De Aquaflippers	26.67	9500887	<b>27.32</b>
8.	Rick Veldman	ZPC Stadskanaal	28.16	9503705	<b>28.00</b>
9.	Paul Zanen	Z.C. Haren	28.86	9502269	<b>28.63</b>
10.	Tim Zijlstra	De Pinquin	29.41	9500641	<b>28.87</b>
11.	Tom Porte	TriVia	28.45	9502017	<b>28.89</b>
12.	Aron Bakker	Z.C. Haren	29.82	9502267	<b>29.57</b>
13.	Ruben Rozeboom	TriVia	29.91	9500323	<b>29.80</b>
14.	David Scheffer	De Pinquin	29.26	9500175	<b>30.39</b>

Jongens Junioren 4

1.	Mark Schouten	Eemsrobben	26.13	9405171	<b>26.46</b>
2.	Tim Vondeling	De Aquaflippers	27.18	9402009	<b>27.28</b>
3.	Maarten Moorman	De Pinquin	27.02	9401161	<b>27.39</b>
4.	Stefan Petersen	TriVia	27.57	9403067	<b>27.47</b>
5.	Martijn Smit	GZVW	28.49	9406113	<b>28.72</b>

Heren Jeugd 1-2

1.	Bernd Kobesen	ZPC Stadskanaal	24.33	9300981	<b>24.28</b>
2.	Roy Smeenge	TriVia	24.62	9305557	<b>25.18</b>
3.	Jelger Rietveld	TriVia	25.44	9201109	<b>25.35</b>
4.	Tim Blauw	ZPC Stadskanaal	26.23	9301345	<b>26.30</b>
5.	Ward van Rijssen	TriVia	26.25	9204841	<b>26.73</b>
6.	Johan Wijma	De Aquaflippers	26.10	9301689	<b>27.12</b>

Heren Senioren H 1 en ouder

1.	Timon Evenhuis	TriVia	22.74	9000843	<b>22.85</b>
2.	Marc Kremer	TriVia	24.25	9004667	<b>23.50</b>
3.	Toby Aarnoutse	TriVia	24.02	8900007	<b>23.89</b>
4.	Elmar Gouw	TriVia	24.65	8906643	<b>24.28</b>
5.	Thomas Kersten	TriVia	25.50	9001515	<b>25.35</b>
6.	Chris van Vliet	TriVia	24.37	9102425	<b>25.54</b>
7.	Aschwin van Zoest	ZPCA	25.48	9102677	<b>25.72</b>
8.	Mike Bakker	ZPCA	25.60	9007253	<b>25.80</b>
9.	Jens Boer	Z&PC de Inktvis	25.70	8900289	<b>26.11</b>

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Programmanr. 6 Dames, 50m vlinderslag Senioren open  
15.05.2010 - 14:06 Resultaten

KREC Jun 1	31.04	Ranomi Kromowidjojo	Amersfoort	01.12.2002
KREC Jun 2	30.07	Eva Smit	Winschoten	15.11.2009
KREC Jun 3	28.61	Ranomi Kromowidjojo	Barneveld	13.11.2004
KREC Jgd 1	28.28	Ranomi Kromowidjojo	Amsterdam	18.12.2005
KREC Jgd 2	27.78	Kyra Rietveld	Aachen	24.10.2009
KREC Sen D 1	26.99	Ranomi Kromowidjojo	Debrecen	14.12.2007
KREC Sen D 2	26.99	Ranomi Kromowidjojo	Debrecen	14.12.2007
KREC 19	26.99	Ranomi Kromowidjojo	Debrecen	14.12.2007

L Senioren Dames open : 34.50

Rang			In.tijd	Tijd
1.	Kyra Rietveld	TriVia	27.78 9300624	<b>28.99</b>
2.	Monique van der Struik	ZPC Stadskanaal	29.45 9502502	<b>29.96</b>
3.	Annelinde Veldman	ZPCA	30.26 9302758	<b>30.34</b> FJ 1
4.	Eva Smit	GZVW	30.02 9602690	<b>30.34</b> FJ 2
5.	Rosanne Schoonbeek	TriVia	31.51 9402692	<b>30.39</b>
6.	Lisanne van Avezaath	ZPC Stadskanaal	30.93 9701304	<b>30.73</b>
7.	Mirthe Lanfermeijer	TriVia	31.33 9400074	<b>30.96</b>
8.	Rianne Hooiveld	Bubble	30.68 9001572	<b>31.18</b>
9.	Anouk Frieman	TriVia	33.43 9502390	<b>31.24</b>
10.	Carolien Stuu	TriVia	32.75 8704014	<b>31.29</b>
11.	Rixt Veldkamp	ZPC Stadskanaal	30.16 9404344	<b>31.40</b>
12.	Cynthia van Beusekom	TriVia	30.61 9500134	<b>31.45</b>
13.	Esther Hulsing	TriVia	32.36 9601080	<b>31.57</b>
14.	Elvira Jonkers	De Pinquin	30.64 7900420	<b>31.81</b>
15.	Roos Wielink	TriVia	31.96 9403962	<b>31.99</b>
16.	Iris Visser	ZPCA	31.78 9504784	<b>32.19</b>
17.	Nikki van der Pijl	ZPC Stadskanaal	32.02 9403954	<b>32.36</b>
18.	Yvette Meijer	ZPCA	33.14 9400372	<b>32.86</b>
19.	Laura Lutjes	Bubble	31.57 9002424	<b>33.28</b>
20.	Gea Hagting	NOVA	31.74 8801584	<b>33.34</b>
21.	Kim Franken	GZVW	32.76 9602688	<b>33.50</b>
22.	Karen Stolk	Z.C. Haren	33.50 9403950	<b>33.64</b>
23.	Joline Fischer	NOVA	33.61 9601638	<b>33.87</b>
24.	Patricia Scheppers	Bubble	33.02 8903678	<b>33.97</b>
25.	Kirsten Nieboer	TriVia	34.36 9501988	<b>34.11</b>
26.	Laura van der A	ZPC Stadskanaal	33.02 9700080	<b>34.25</b>
27.	Denise Gall	De Pinquin	33.88 9501494	<b>34.30</b> FJ 1
28.	Lotte Duursma	TriVia	33.66 9500784	<b>34.30</b> FJ 2
29.	Marlinde Schoonbeek	TriVia	33.99 9801056	<b>34.30</b> FJ 3
30.	Gejanne van Heukelem	TriVia	34.47 9200728	<b>34.43</b> FJ 1
31.	Saskia Kruijer	Zcm'86	34.48 9204274	<b>34.43</b> FJ 2
32.	Amber Visser	ZPCA	34.35 9801416	<b>34.57</b>
33.	Henriëtte Manting	GZVW	34.33 7100246	<b>35.04</b>
34.	Stephanie Koopman	GZVW	34.36 9202524	<b>35.71</b>
35.	Sanne Kamminga	De Aquaflippers	34.40 9604378	<b>35.85</b>
36.	Charlotte Feimann	NOVA	34.17 9500140	<b>36.35</b>
37.	Tessa Keizer	GZVW	34.18 9601586	<b>36.40</b>
DIS	Sanne Weessies	De Pinquin	34.41 9603002	

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Programmanr. 7 Heren, 200m rugslag Jongens Junioren 1 en ouder  
 15.05.2010 - 14:12 Resultaten

KREC Jun 1	2:18.75	Erik Hagting	Drachten	20.11.2004
KREC Jun 2	2:15.10	Jan Jomo Hartman	Leeuwarden	22.12.1984
KREC Jun 3	2:11.11	Erik Hagting	Stadskanaal	12.05.2006
KREC Jun 4	2:09.36	Erik Hagting	Zuidbroek	12.05.2007
KREC Jgd 1	2:09.02	Erik Hagting	Amsterdam	19.12.2008
KREC Jgd 2	2:08.90	Gert Jan Horsthuis	Leeuwarden	20.12.1986
KREC Sen H 1	2:08.71	Joost Schröder	Leeuwarden	10.03.2007
KREC Sen H 2	2:02.04	Gert Jan Horsthuis	Emmen	27.02.1988

L 12 Jun 1: 3:05.00 / L 13 Jun 2: 2:57.00 / L 14 Jun 3: 2:50.00 / L 15 Jun 4: 2:45.00 / L 16-17 Jgd 1-2: 2:40.00 / L 18 / 18+ Sen-: 2:35.00

Rang					In.tijd	Tijd		
<b>Jongens Junioren 1</b>								
1.	<b>Jeroen Koers</b>	<b>Eemsrobben</b>				<b>2:50.80</b>	<b>9701237</b>	<b>2:44.12</b>
	50m: 39.44	100m: 1:21.06	150m: 2:03.06	200m: 2:44.12				
2.	<b>Martijn Kieffer</b>	<b>Eemsrobben</b>				<b>2:47.08</b>	<b>9700685</b>	<b>2:45.24</b>
	50m: 39.39	100m: 1:21.62	150m: 2:03.93	200m: 2:45.24				
3.	<b>Niels Wiersema</b>	<b>Eemsrobben</b>				<b>2:57.18</b>	<b>9703221</b>	<b>2:46.12</b>
	50m: 38.68	100m: 1:21.78	150m: 2:04.53	200m: 2:46.12				
4.	<b>Stefan Ridderbos</b>	<b>Bubble</b>				<b>2:45.18</b>	<b>9700851</b>	<b>2:48.87</b>
	50m: 40.62	100m: 1:23.38	150m: 2:06.57	200m: 2:48.87				
5.	<b>Gert Muntendam</b>	<b>De Pinquin</b>				<b>2:58.54</b>	<b>9700115</b>	<b>2:52.52</b>
	50m: 41.00	100m: 1:24.52	150m: 2:09.02	200m: 2:52.52				
6.	<b>Stijn Buurman</b>	<b>NOVA</b>				<b>2:51.30</b>	<b>9700337</b>	<b>2:54.78</b>
	50m: 41.53	100m: 1:25.63	150m: 2:10.35	200m: 2:54.78				
7.	<b>Youri Beugelsdijk</b>	<b>De Hardenberg</b>				<b>2:59.48</b>	<b>9704767</b>	<b>2:55.07</b>
	50m: 41.30	100m: 1:25.87	150m: 2:11.94	200m: 2:55.07				
8.	<b>Roy Potze</b>	<b>GZVW</b>				<b>2:58.91</b>	<b>9702457</b>	<b>3:02.24</b>
	50m: 41.10	100m: 1:26.61	150m: 2:14.42	200m: 3:02.24				
DIS	<b>Pieter Jelke Koops</b>	<b>NOVA</b>				<b>2:59.76</b>	<b>9700339</b>	<b>2:56.40</b>
	<b>RC</b>							
	50m: 42.99	100m: 1:27.11	150m: 2:13.16	200m: 2:56.40				
<b>Jongens Junioren 2</b>								
1.	<b>Marc Blauw</b>	<b>ZPC Stadskanaal</b>				<b>2:40.35</b>	<b>9600017</b>	<b>2:30.38</b>
	50m: 35.74	100m: 1:13.74	150m: 1:52.86	200m: 2:30.38				
2.	<b>Eko Doedel</b>	<b>ZPCA</b>				<b>2:37.73</b>	<b>9600543</b>	<b>2:34.98</b>
	50m: 36.60	100m: 1:15.44	150m: 1:54.83	200m: 2:34.98				
3.	<b>Maarten Rottier</b>	<b>TriVia</b>				<b>2:38.64</b>	<b>9600657</b>	<b>2:40.74</b>
	50m: 37.90	100m: 1:18.76	150m: 1:59.88	200m: 2:40.74				
4.	<b>Bastiaan Bonnema</b>	<b>TriVia</b>				<b>2:44.09</b>	<b>9600683</b>	<b>2:46.84</b>
	50m: 38.59	100m: 1:20.56	150m: 2:03.78	200m: 2:46.84				
DIS	<b>Niels Mulder</b>	<b>De Hardenberg</b>				<b>2:45.84</b>	<b>9600867</b>	
	<b>AA</b>							
	50m: 37.24	100m: 1:18.26	150m: 2:01.23					

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Programmanr. 7, Heren, 200m rugslag

Jongens Junioren 3

1.	Milan Grünwald	TriVia	2:12.97	9500757	<b>2:13.29</b>
	50m: 31.60 100m: 1:05.17 150m: 1:39.95 200m: 2:13.29				
2.	Jens Kobesen	ZPC Stadskanaal	2:15.88	9500117	<b>2:19.19</b>
	50m: 32.39 100m: 1:08.01 150m: 1:43.74 200m: 2:19.19				
3.	Dennis Baalman	De Aquafippers	2:36.14	9500887	<b>2:35.99</b>
	50m: 34.88 100m: 1:13.74 150m: 1:54.86 200m: 2:35.99				
4.	Tim Zijlstra	De Pinquin	2:49.86	9500641	<b>2:36.94</b>
	50m: 36.30 100m: 1:15.05 150m: 1:56.36 200m: 2:36.94				
5.	Aron Bakker	Z.C. Haren	2:42.00	9502267	<b>2:39.33</b>
	50m: 37.80 100m: 1:17.82 150m: 1:58.80 200m: 2:39.33				
6.	Tom Porte	TriVia	2:46.89	9502017	<b>2:40.93</b>
	50m: 37.97 100m: 1:19.31 150m: 2:02.11 200m: 2:40.93				
7.	Paul Zanen	Z.C. Haren	2:41.39	9502269	<b>2:41.21</b>
	50m: 37.84 100m: 1:19.32 150m: 2:00.81 200m: 2:41.21				
8.	David Scheffer	De Pinquin	2:46.02	9500175	<b>2:50.54</b>
	50m: 40.41 100m: 1:23.38 150m: 2:06.73 200m: 2:50.54				

Jongens Junioren 4

1.	Mark Schouten	Eemsrobben	2:37.35	9405171	<b>2:31.47</b>
	50m: 35.46 100m: 1:13.69 150m: 1:53.33 200m: 2:31.47				
2.	Stefan Petersen	TriVia	2:41.83	9403067	<b>2:32.39</b>
	50m: 35.69 100m: 1:13.76 150m: 1:53.25 200m: 2:32.39				

Heren Jeugd 1-2

1.	Dennis Cramer	ZPCA	2:14.56	9200199	<b>2:12.96</b>
	50m: 30.75 100m: 1:04.62 150m: 1:39.27 200m: 2:12.96				
2.	Ward van Rijssen	TriVia	2:19.83	9204841	<b>2:17.35</b>
	50m: 32.70 100m: 1:07.21 150m: 1:42.75 200m: 2:17.35				
3.	Tim Blauw	ZPC Stadskanaal	2:22.80	9301345	<b>2:24.69</b>
	50m: 34.75 100m: 1:11.39 150m: 1:48.75 200m: 2:24.69				

Heren Senioren H 1 en ouder

1.	Marc Kremer	TriVia	2:12.64	9004667	<b>2:06.59</b>
	50m: 28.83 100m: 1:00.89 150m: 1:33.74 200m: 2:06.59				
2.	Dennis Wijbenga	ZPC Stadskanaal	2:16.51	9003283	<b>2:16.43</b>
	50m: 31.82 100m: 1:05.10 150m: 1:41.17 200m: 2:16.43				
3.	Herman Hofman	ZPC Stadskanaal	2:20.60	9001229	<b>2:17.17</b>
	50m: 32.05 100m: 1:06.59 150m: 1:42.59 200m: 2:17.17				
4.	Michel Popken	ZPC Stadskanaal	2:20.92	9002321	<b>2:19.03</b>
	50m: 32.07 100m: 1:07.03 150m: 1:42.96 200m: 2:19.03				
5.	Erik Schröder	TriVia	2:21.82	8402025	<b>2:20.07</b>
	50m: 33.19 100m: 1:08.00 150m: 1:44.20 200m: 2:20.07				
6.	Mark Meijer	De Pinquin	2:30.65	8001007	<b>2:27.93</b>
	50m: 34.28 100m: 1:11.25 150m: 1:49.56 200m: 2:27.93				
7.	Jordy Pragt	NOVA	2:29.07	9101835	<b>2:28.87</b>
	50m: 32.61 100m: 1:09.68 150m: 1:49.48 200m: 2:28.87				

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Programmanr. 7, Heren, 200m rugslag, Heren Senioren H 1 en ouder

Rang						In.tijd		Tijd
8.	Mike Bakker			ZPCA		2:33.24	9007253	<b>2:31.21</b>
	50m:	35.57	100m:	1:13.64	150m:	1:53.07	200m:	2:31.21
9.	Fabian Buiringe			TriVia		2:30.14	9006209	<b>2:37.20</b>
	50m:	36.78	100m:	1:16.14	150m:	1:56.40	200m:	2:37.20

Programmanr. 8

Dames, 200m vrije slag

Senioren open

15.05.2010 - 14:39

Resultaten

KREC Jun 1	2:13.74	Lisanne van Avezaath	Sneek	07.11.2009
KREC Jun 2	2:10.21	Marijke Hommes	Bonn (D)	28.03.1992
KREC Jun 3	2:06.37	Ranomi Kromowidjojo	Drachten	18.12.2004
KREC Jgd 1	2:03.49	Ranomi Kromowidjojo	Amsterdam	16.12.2005
KREC Jgd 2	2:03.49	Ranomi Kromowidjojo	Amsterdam	16.12.2005
KREC Sen D 1	1:58.14	Ranomi Kromowidjojo	Aachen	14.10.2007
KREC Sen D 2	1:58.14	Ranomi Kromowidjojo	Aachen	14.10.2007
KREC 19	1:58.14	Ranomi Kromowidjojo	Aachen	14.10.2007

L 11 Jun 1: 2:45.00 / L 12 Jun 2: 2:40.00 / L 13 Jun 3: 2:36.00 / L 14 Jgd 1: 2:33.00 / L 15 Jgd 2: 2:30.00 / L 16-17 Sen D 1-2: 2:27.00 / L 18 / 18+ Sen.: 2:24.00

Rang						In.tijd		Tijd
Meisjes Junioren 1								
1.	Marlinde Schoonbeek			TriVia		2:25.51	9801056	<b>2:23.75</b>
	50m:	33.00	100m:	1:09.27	150m:	1:47.37	200m:	2:23.75
2.	Anouk Zuidema			De Aquaflippers		2:28.71	9801654	<b>2:25.33</b>
	50m:	32.70	100m:	1:09.45	150m:	1:47.89	200m:	2:25.33
3.	Amber Visser			ZPCA		2:29.13	9801416	<b>2:27.16</b>
	50m:	33.44	100m:	1:10.71	150m:	1:49.63	200m:	2:27.16
4.	Daniek Platje			De Pinquin		2:29.58	9800226	<b>2:27.57</b>
	50m:	33.35	100m:	1:11.33	150m:	1:50.26	200m:	2:27.57
5.	Bernice Dijkhuis			TriVia		2:30.66	9800084	<b>2:27.62</b>
	50m:	33.91	100m:	1:11.83	150m:	1:50.91	200m:	2:27.62
6.	Willemein Hoving			TriVia		2:31.86	9800106	<b>2:29.95</b>
	50m:	34.23	100m:	1:12.80	150m:	1:52.47	200m:	2:29.95
7.	Vivianne Dortmond			De Pinquin		2:30.96	9801578	<b>2:30.27</b>
	50m:	34.06	100m:	1:12.63	150m:	1:52.38	200m:	2:30.27
8.	Tialda Prins			De Pinquin		2:36.55	9801310	<b>2:34.68</b>
	50m:	35.21	100m:	1:15.32	150m:	1:55.97	200m:	2:34.68
9.	Inge Willemsen			ZPCA		2:39.00	9801958	<b>2:34.90</b>
	50m:	35.36	100m:	1:15.71	150m:	1:56.18	200m:	2:34.90
10.	Ageeth Dekker			ZPC Stadskanaal		2:40.70	9802180	<b>2:39.11</b>
	50m:	36.54	100m:	1:16.85	150m:	1:58.05	200m:	2:39.11
11.	Lisa Westenberg			Eemsrobben		2:42.74	9804102	<b>2:41.64</b>
	50m:	36.07	100m:	1:16.20	150m:	1:59.05	200m:	2:41.64
12.	Lisanne Tilstra			Bubble		2:44.65	9801036	<b>2:43.49</b>
	50m:	35.65	100m:	1:16.79	150m:	2:00.16	200m:	2:43.49

Meisjes Junioren 2

1.	Lisanne van Avezaath			ZPC Stadskanaal		2:13.74	9701304	<b>2:18.26</b>
	50m:	30.81	100m:	1:05.18	150m:	1:41.44	200m:	2:18.26
2.	Judith Veldman			Eemsrobben		2:17.88	9702422	<b>2:18.83</b>
	50m:	31.42	100m:	1:06.24	150m:	1:42.49	200m:	2:18.83

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Programmanr. 8, Meisjes, 200m vrije slag, Meisjes Junioren 2

Rang						In.tijd		Tijd
3.	Margreet Koster			ZPCA		2:34.57	9700330	<b>2:29.87</b>
	50m: 33.98	100m: 1:12.68	150m: 1:52.57	200m: 2:29.87				
4.	Anouk Dijkstra			Eemsrobben		2:37.82	9704378	<b>2:32.15</b>
	50m: 35.46	100m: 1:13.93	150m: 1:53.47	200m: 2:32.15				

Meisjes Junioren 3

1.	Esther Hulsing			TriVia		2:14.04	9601080	<b>2:16.83</b>
	50m: 31.31	100m: 1:06.60	150m: 1:41.83	200m: 2:16.83				
2.	Eva Smit			GZVW		2:16.12	9602690	<b>2:17.95</b>
	50m: 31.42	100m: 1:06.83	150m: 1:43.02	200m: 2:17.95				
3.	Ilse van Rijssen			TriVia		2:23.79	9601600	<b>2:21.88</b>
	50m: 32.71	100m: 1:08.57	150m: 1:45.49	200m: 2:21.88				
4.	Tessa Keizer			GZVW		2:25.43	9601586	<b>2:25.45</b>
	50m: 32.54	100m: 1:09.73	150m: 1:48.13	200m: 2:25.45				
5.	Joline Fischer			NOVA		2:29.53	9601638	<b>2:27.56</b>
	50m: 34.31	100m: 1:12.06	150m: 1:51.10	200m: 2:27.56				
6.	Sanne Weessies			De Pinquin		2:30.59	9603002	<b>2:28.11</b>
	50m: 34.16	100m: 1:12.17	150m: 1:51.19	200m: 2:28.11				
7.	Esmee Veendorp			GZVW		2:33.10	9603850	<b>2:36.86</b>
	50m: 36.20	100m: 1:16.50	150m: 1:57.04	200m: 2:36.86				

Dames Jeugd 1

1.	Silvia Dik			TriVia		2:12.40	9501064	<b>2:05.62</b>
	50m: 29.43	100m: 1:01.58	150m: 1:34.50	200m: 2:05.62				
2.	Anouk Frieman			TriVia		2:10.36	9502390	<b>2:10.62</b>
	50m: 29.42	100m: 1:02.25	150m: 1:36.28	200m: 2:10.62				
3.	Cynthia van Beusekom			TriVia		2:13.84	9500134	<b>2:14.89</b>
	50m: 31.01	100m: 1:05.93	150m: 1:40.72	200m: 2:14.89				
4.	Nathalja Pragt			NOVA		2:15.77	9500030	<b>2:15.23</b>
	50m: 30.97	100m: 1:05.47	150m: 1:40.56	200m: 2:15.23				
5.	Denise Gall			De Pinquin		2:28.51	9501494	<b>2:25.32</b>
	50m: 33.07	100m: 1:10.69	150m: 1:49.10	200m: 2:25.32				
6.	Charlotte Feimann			NOVA		2:32.59	9500140	<b>2:30.07</b>
	50m: 34.89	100m: 1:13.21	150m: 1:52.92	200m: 2:30.07				
7.	Iris Hartman			De Pinquin		2:31.89	9502654	<b>2:32.94</b>
	50m: 35.00	100m: 1:12.68	150m: 1:53.58	200m: 2:32.94				
8.	Marthe van Ginkel			NOVA		2:31.94	9501744	<b>2:36.98</b>
	50m: 34.81	100m: 1:13.80	150m: 1:54.83	200m: 2:36.98				

AFGEM Karin Groen

GZVW 2:16.64 9502440

Dames Jeugd 2

1.	Rosanne Schoonbeek			TriVia		2:05.17	9402692	<b>2:05.21</b>
	50m: 29.47	100m: 1:01.33	150m: 1:33.44	200m: 2:05.21				
2.	Naomi Touré			TriVia		2:11.66	9401628	<b>2:12.06</b>
	50m: 30.57	100m: 1:04.35	150m: 1:38.72	200m: 2:12.06				
3.	Mirthe Lanfermeijer			TriVia		2:14.89	9400074	<b>2:12.19</b>
	50m: 30.11	100m: 1:04.32	150m: 1:38.95	200m: 2:12.19				



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Programmanr. 8, Meisjes, 200m vrije slag, Dames Jeugd 2

Rang							In.tijd		Tijd
4.	Roos Wielink			TriVia			2:23.28	9403962	<b>2:21.78</b>
	50m:	31.52	100m:	1:07.16	150m:	1:44.83	200m:	2:21.78	
5.	Yvette Meijer			ZPCA			2:22.60	9400372	<b>2:28.05</b>
	50m:	32.10	100m:	1:08.65	150m:	1:47.40	200m:	2:28.05	
6.	Heleen Arends			TriVia			2:27.77	9404416	<b>2:29.61</b>
	50m:	33.03	100m:	1:10.88	150m:	1:50.62	200m:	2:29.61	
7.	Carmen Märsylä			ZPCA			2:28.03	9405244	<b>2:30.64</b>
	50m:	31.79	100m:	1:08.08	150m:	1:48.70	200m:	2:30.64	
8.	Karen Stolk			Z.C. Haren			2:29.48	9403950	<b>2:31.09</b>
	50m:	33.38	100m:	1:11.51	150m:	1:51.34	200m:	2:31.09	

Dames Senioren D 1-2

1.	Annelinde Veldman			ZPCA			2:10.37	9302758	<b>2:07.36</b>
	50m:	29.41	100m:	1:01.57	150m:	1:34.33	200m:	2:07.36	
2.	Jose Sijbring			De Pinquin			2:12.46	9300702	<b>2:13.15</b>
	50m:	30.32	100m:	1:04.00	150m:	1:39.10	200m:	2:13.15	
3.	Stephanie Koopman			GZVW			2:26.09	9202524	<b>2:24.63</b>
	50m:	32.86	100m:	1:08.60	150m:	1:46.39	200m:	2:24.63	
4.	Suzanne Teuben			De Aquaflippers			2:26.84	9201736	<b>2:29.23</b>
	50m:	32.27	100m:	1:09.34	150m:	1:48.33	200m:	2:29.23	

Dames Senioren

1.	Gea Hagting			NOVA			2:12.10	8801584	<b>2:14.28</b>
	50m:	31.42	100m:	1:05.28	150m:	1:39.52	200m:	2:14.28	
2.	Rianne Hooiveld			Bubble			2:15.02	9001572	<b>2:17.90</b>
	50m:	30.77	100m:	1:05.73	150m:	1:42.10	200m:	2:17.90	
3.	Susanne Blom			De Pinquin			2:20.55	8500282	<b>2:21.58</b>
	50m:	32.23	100m:	1:08.12	150m:	1:45.16	200m:	2:21.58	
4.	Patricia Scheppers			Bubble			2:20.55	8903678	<b>2:26.20</b>
	50m:	32.32	100m:	1:08.49	150m:	1:46.73	200m:	2:26.20	
5.	Nathasja Bos			ZPC Stadskanaal			2:21.22	9100362	<b>2:32.36</b>
	50m:	33.37	100m:	1:10.81	150m:	1:51.43	200m:	2:32.36	

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Programmanr. 9 Heren, 100m vlinderslag Jongens Junioren 1 en ouder  
15.05.2010 - 15:00 Resultaten

KREC Jun 1	1:03.60	Arno Fidder	Stadskanaal	18.12.1988
KREC Jun 2	1:01.90	Arno Fidder	Amersfoort	02.07.1989
KREC Jun 3	1:00.92	Roy Smeenge	Amsterdam	02.11.2008
KREC Jun 4	55.99	Roy Smeenge	Aachen	25.10.2009
KREC Jgd 1	55.99	Roy Smeenge	Aachen	25.10.2009
KREC Jgd 2	55.36	Marc Kremer	Amsterdam	20.12.2008
KREC Sen H 1	54.39	Marc Kremer	Amsterdam	19.12.2009
KREC Sen H 2	53.77	Rudy Ted de Haan	Heerenveen	12.12.2009

L 12 Jun 1: 1:34.00 / L 13 Jun 2: 1:30.00 / L 14 Jun 3: 1:25.00 / L 15 Jun 4: 1:22.00 / L 16-17 Jgd 1-2: 1:17.00 / L 18 / 18+ Sen-: 1:12.00

Rang				In.tijd		Tijd
<b>Jongens Junioren 1</b>						
1.	Joost van der Pijl		ZPC Stadskanaal	1:23.51	9700171	<b>1:19.01</b>
	50m: 35.82	100m: 1:19.01				
2.	Marcel Groen		GZVW	1:20.71	9700239	<b>1:20.10</b>
	50m: 35.64	100m: 1:20.10				
3.	Stefan Ridderbos		Bubble	1:20.65	9700851	<b>1:20.54</b>
	50m: 37.53	100m: 1:20.54				
4.	Jeroen Koers		Eemsrobben	1:22.80	9701237	<b>1:26.56</b>
	50m: 38.24	100m: 1:26.56				
5.	Martijn Kieffer		Eemsrobben	1:26.35	9700685	<b>1:33.73</b>
	50m: 41.15	100m: 1:33.73				
<b>Jongens Junioren 2</b>						
1.	Maarten Rottier		TriVia	1:12.17	9600657	<b>1:09.59</b>
	50m: 31.58	100m: 1:09.59				
2.	Erwin Pras		GZVW	1:20.49	9601781	<b>1:17.49</b>
	50m: 34.83	100m: 1:17.49				
3.	Eko Doedel		ZPCA	1:16.44	9600543	<b>1:17.60</b>
	50m: 35.95	100m: 1:17.60				
4.	Marc Blauw		ZPC Stadskanaal	1:21.27	9600017	<b>1:18.80</b>
	50m: 35.34	100m: 1:18.80				
5.	Bastiaan Bonnema		TriVia	1:21.06	9600683	<b>1:22.03</b>
	50m: 37.81	100m: 1:22.03				
6.	Niels Mulder		De Hardenberg	1:26.55	9600867	<b>1:28.43</b>
	50m: 40.10	100m: 1:28.43				
<b>Jongens Junioren 3</b>						
1.	Milan Grünwald		TriVia	1:04.19	9500757	<b>1:04.39</b>
	50m: 30.10	100m: 1:04.39				
2.	Jens Kobesen		ZPC Stadskanaal	1:04.95	9500117	<b>1:04.46</b>
	50m: 29.08	100m: 1:04.46				
3.	Wolter v.d Veen		Z.C. Haren	1:03.10	9505099	<b>1:04.79</b>
	50m: 30.10	100m: 1:04.79				
4.	Luc van der Wolde		ZPC Stadskanaal	1:03.16	9500281	<b>1:04.83</b>
	50m: 29.74	100m: 1:04.83				
5.	Marco Barkhuis		ZPC Stadskanaal	1:08.90	9500279	<b>1:05.23</b>
	50m: 30.17	100m: 1:05.23				
6.	Matthijs Sijbring		De Pinquin	1:10.21	9500177	<b>1:06.96</b>
	50m: 30.85	100m: 1:06.96				

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Programmanr. 9, Jongens, 100m vlinderslag, Jongens Junioren 3

Rang					In.tijd		Tijd
7.	Rick Veldman			ZPC Stadskanaal	1:10.95	9503705	<b>1:11.30</b>
	50m:	32.76	100m:	1:11.30			
8.	Tom Porte			TriVia	1:12.88	9502017	<b>1:12.37</b>
	50m:	33.18	100m:	1:12.37			
9.	Brenn Diephuis			TriVia	1:20.96	9504705	<b>1:17.90</b>
	50m:	35.02	100m:	1:17.90			
10.	Aron Bakker			Z.C. Haren	1:24.01	9502267	<b>1:21.73</b>
	50m:	37.25	100m:	1:21.73			
11.	Paul Zanen			Z.C. Haren	1:23.16	9502269	<b>1:22.42</b>
	50m:	38.78	100m:	1:22.42			
12.	Tim Zijlstra			De Pinquin	1:24.78	9500641	<b>1:25.71</b>
	50m:	38.82	100m:	1:25.71			

Jongens Junioren 4

1.	Tim Vondeling			De Aquaflippers	1:05.82	9402009	<b>1:05.44</b>
	50m:	30.64	100m:	1:05.44			
2.	Stefan Petersen			TriVia	1:09.03	9403067	<b>1:08.48</b>
	50m:	31.66	100m:	1:08.48			
3.	Maarten Moorman			De Pinquin	1:08.75	9401161	<b>1:08.76</b>
	50m:	31.80	100m:	1:08.76			
4.	Mark Schouten			Eemsrobben	1:07.74	9405171	<b>1:10.19</b>
	50m:	31.77	100m:	1:10.19			
5.	Martijn Smit			GZVW	1:10.95	9406113	<b>1:13.58</b>
	50m:	32.74	100m:	1:13.58			
6.	Patrick Graver			Hatweeo	1:21.24	9404735	<b>1:18.39</b>
	50m:	35.87	100m:	1:18.39			
7.	Teun Zijp			TriVia	1:17.64	9405995	<b>1:19.79</b>
	50m:	36.29	100m:	1:19.79			
8.	Tim van der Meulen			GZVW	1:21.06	9401583	<b>1:23.39</b>
	50m:	36.63	100m:	1:23.39			
DIS	Tim Beckers			Z.C. Haren	1:19.94	9405467	
	AF						

Heren Jeugd 1-2

1.	Bernd Kobesen			ZPC Stadskanaal	59.46	9300981	<b>58.58</b>
	50m:	27.41	100m:	58.58			
2.	Roy Smeenge			TriVia	55.99	9305557	<b>1:01.12</b>
	50m:	28.54	100m:	1:01.12			
3.	Dennis Cramer			ZPCA	1:00.21	9200199	<b>1:02.48</b>
	50m:	28.69	100m:	1:02.48			
4.	Jelger Rietveld			TriVia	1:02.43	9201109	<b>1:02.52</b>
	50m:	28.56	100m:	1:02.52			
5.	Ward van Rijssen			TriVia	1:05.42	9204841	<b>1:07.12</b>
	50m:	30.87	100m:	1:07.12			
6.	Johan Wijma			De Aquaflippers	1:09.15	9301689	<b>1:07.52</b>
	50m:	30.20	100m:	1:07.52			
7.	Jeroen Groenewegen			Eemsrobben	1:08.11	9203173	<b>1:09.80</b>
	50m:	31.56	100m:	1:09.80			

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Programmanr. 9, Jongens, 100m vlinderslag, Heren Jeugd 1-2

Rang					In.tijd		Tijd
8.	Desmond Drijfhout	ZENO	1:14.02	9200285	<b>1:13.22</b>		
	50m: 33.50 100m: 1:13.22						
9.	Rick Kuipers	Z&PC de Inktvis	1:13.43	9203449	<b>1:14.07</b>		
	50m: 33.56 100m: 1:14.07						
Heren Senioren H 1 en ouder							
1.	Marc Kremer	TriVia	54.39	9004667	<b>55.22</b>		
	50m: 25.52 100m: 55.22						
2.	Devi Wolthuizen	TriVia	56.55	8703887	<b>57.07</b>		
	50m: 26.48 100m: 57.07						
3.	Chris van Vliet	TriVia	58.74	9102425	<b>1:02.03</b>		
	50m: 28.86 100m: 1:02.03						
4.	Elmar Gouw	TriVia	1:03.37	8906643	<b>1:02.46</b>		
	50m: 28.68 100m: 1:02.46						
5.	Jens Boer	Z&PC de Inktvis	1:04.12	8900289	<b>1:03.11</b>		
	50m: 29.11 100m: 1:03.11						
6.	Herman Hofman	ZPC Stadskanaal	1:02.23	9001229	<b>1:03.48</b>		
	50m: 29.23 100m: 1:03.48						
7.	Thomas Kersten	TriVia	1:02.35	9001515	<b>1:03.81</b>		
	50m: 29.66 100m: 1:03.81						
8.	Erik Schröder	TriVia	1:04.52	8402025	<b>1:04.22</b>		
	50m: 29.87 100m: 1:04.22						
9.	Aschwin van Zoest	ZPCA	1:04.39	9102677	<b>1:04.58</b>		
	50m: 29.65 100m: 1:04.58						
10.	Michel Popken	ZPC Stadskanaal	1:07.72	9002321	<b>1:05.79</b>		
	50m: 30.66 100m: 1:05.79						
11.	Mike Bakker	ZPCA	1:05.68	9007253	<b>1:08.36</b>		
	50m: 31.13 100m: 1:08.36						
12.	Jordy Pragt	NOVA	1:06.88	9101835	<b>1:09.64</b>		
	50m: 31.17 100m: 1:09.64						
13.	Dennis Kuipers	Z&PC de Inktvis	1:07.39	8601787	<b>1:09.77</b>		
	50m: 31.82 100m: 1:09.77						
14.	Marcel v/d Laan	Bubble	1:09.91	8501507	<b>1:12.28</b>		
	50m: 32.78 100m: 1:12.28						
15.	Fabian Buiringe	TriVia	1:10.01	9006209	<b>1:13.82</b>		
	50m: 33.43 100m: 1:13.82						
16.	Jasper Groeneveld	Z.C. Haren	1:11.32	8102263	<b>1:15.55</b>		
	50m: 34.61 100m: 1:15.55						
DIS	Timon Evenhuis	TriVia	56.00	9000843			
	AA						
AFGEM	Marco de Vries	Z&PC de Inktvis	1:11.23	9003181			

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Programmanr. 10  
15.05.2010 - 15:34

Dames, 100m rugslag

Senioren open  
Resultaten

KREC Jun 1	1:11.30	Marijke Dijk	Almelo	06.12.1992
KREC Jun 2	1:08.99	Mirthe Lanfermeijer	Drachten	06.10.2007
KREC Jun 3	1:04.62	Sylvia Dik	Amsterdam	08.11.2009
KREC Jgd 1	1:03.42	Sylvia Dik	Groningen	13.03.2010
KREC Jgd 2	1:03.42	Sylvia Dik	Groningen	13.03.2010
KREC Sen D 1	1:02.05	Willemijn Knot	Amsterdam	23.12.2007
KREC Sen D 2	1:01.66	Ranomi Kromowidjojo	Drachten	08.03.2008
KREC 19	1:01.66	Ranomi Kromowidjojo	Drachten	08.03.2008

L 11 Jun 1: 1:33.00 / L 12 Jun 2: 1:28.00 / L 13 Jun 3: 1:25.00 / L 14 Jgd 1: 1:22.00 / L 15 Jgd 2: 1:20.00 / L 16-17 Sen D 1-2: 1:19.00 / L 18 / 18+ Sen.: 1:18.00

Rang				In.tijd	Tijd
<b>Meisjes Junioren 1</b>					
1.	Daniek Platje	De Pinquin	1:17.97	9800226	<b>1:15.75</b>
	50m: 37.62	100m: 1:15.75			
2.	Anouk Zuidema	De Aquafippers	1:17.76	9801654	<b>1:16.79</b>
	50m: 37.47	100m: 1:16.79			
3.	Marlinde Schoonbeek	TriVia	1:18.16	9801056	<b>1:16.97</b>
	50m: 37.63	100m: 1:16.97			
4.	Amber Visser	ZPCA	1:18.37	9801416	<b>1:17.71</b>
	50m: 37.25	100m: 1:17.71			
5.	Tialda Prins	De Pinquin	1:20.58	9801310	<b>1:18.98</b>
	50m: 38.62	100m: 1:18.98			
6.	Bernice Dijkhuis	TriVia	1:19.08	9800084	<b>1:19.15</b>
	50m: 38.17	100m: 1:19.15			
7.	Vivianne Dortmund	De Pinquin	1:19.81	9801578	<b>1:19.35</b>
	50m: 39.37	100m: 1:19.35			
8.	Willemein Hoving	TriVia	1:21.51	9800106	<b>1:19.37</b>
	50m: 38.53	100m: 1:19.37			
9.	Anouk Koster	zc Oldambt	1:18.36	9800882	<b>1:20.77</b>
	50m: 39.51	100m: 1:20.77			
10.	Inge Willemsen	ZPCA	1:21.85	9801958	<b>1:22.28</b>
	50m: 40.06	100m: 1:22.28			
11.	Isabelle Dijkhuis	De Aquafippers	1:28.27	9802850	<b>1:24.77</b>
	50m: 41.38	100m: 1:24.77			
12.	Ylse Hoving	ZEPTA	1:29.05	9803180	<b>1:25.83</b>
	50m: 42.60	100m: 1:25.83			
13.	Emma Arends	TriVia	1:26.11	9800972	<b>1:26.08</b>
	50m: 41.97	100m: 1:26.08			
14.	Lisa Westenberg	Eemsrobben	1:31.06	9804102	<b>1:27.65</b>
	50m: 42.31	100m: 1:27.65			
15.	Ageeth Dekker	ZPC Stadskanaal	1:31.26	9802180	<b>1:27.84</b>
	50m: 43.52	100m: 1:27.84			
16.	Lisanne Tilstra	Bubble	1:30.11	9801036	<b>1:28.85</b>
	50m: 42.24	100m: 1:28.85			
17.	Els Venema	De Aquafippers	1:30.67	9802298	<b>1:31.15</b>
	50m: 44.08	100m: 1:31.15			
18.	Laura van Loenen	Bubble	1:32.26	9801040	<b>1:34.44</b>
	50m: 44.52	100m: 1:34.44			
DIS	Marianne Arling	Bubble	1:28.13	9800170	AA

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Programmanr. 10, Meisjes, 100m rugslag, Meisjes Junioren 1

Rang				In.tijd		Tijd
AFGEM	Julia van der A		ZPC Stadskanaal	1:30.04	9800072	
Meisjes Junioren 2						
1.	Lisanne van Avezaath		ZPC Stadskanaal	1:09.82	9701304	<b>1:11.35</b>
	50m: 34.69	100m: 1:11.35				
2.	Judith Veldman		Eemsrobben	1:12.47	9702422	<b>1:14.80</b>
	50m: 37.35	100m: 1:14.80				
3.	Bente Kuik		ZPC Stadskanaal	1:17.42	9701750	<b>1:18.80</b>
	50m: 38.65	100m: 1:18.80				
4.	Margreet Koster		ZPCA	1:20.54	9700330	<b>1:20.21</b>
	50m: 38.76	100m: 1:20.21				
5.	Anouk Dijkstra		Eemsrobben	1:21.73	9704378	<b>1:22.37</b>
	50m: 39.67	100m: 1:22.37				
6.	Ellen van Nieff		ZPC Stadskanaal	1:21.48	9701112	<b>1:22.55</b>
	50m: 40.32	100m: 1:22.55				
7.	Astrid Smit		ZPC Stadskanaal	1:23.86	9700034	<b>1:23.93</b> FJ 1
	50m: 40.52	100m: 1:23.93				
8.	Mandy Slagter		Eemsrobben	1:27.51	9700116	<b>1:23.93</b> FJ 2
	50m: 40.91	100m: 1:23.93				
9.	Bojoura van Zoest		ZPCA	1:25.54	9701130	<b>1:24.07</b>
	50m: 40.67	100m: 1:24.07				
10.	Dagmar Smidts		GZVW	1:23.61	9702912	<b>1:26.26</b>
	50m: 40.74	100m: 1:26.26				
11.	Jennifer Scholte		NOVA	1:27.14	9700070	<b>1:36.88</b>
	50m: 45.59	100m: 1:36.88				
DIS	Laura van der A		ZPC Stadskanaal	1:21.54	9700080	AA
Meisjes Junioren 3						
1.	Esther Hulsing		TriVia	1:11.30	9601080	<b>1:11.98</b>
	50m: 34.64	100m: 1:11.98				
2.	Kim Franken		GZVW	1:14.92	9602688	<b>1:12.84</b>
	50m: 34.85	100m: 1:12.84				
3.	Joline Fischer		NOVA	1:18.98	9601638	<b>1:16.62</b>
	50m: 37.44	100m: 1:16.62				
4.	Sanne Weessies		De Pinquin	1:17.39	9603002	<b>1:16.77</b>
	50m: 37.86	100m: 1:16.77				
5.	Tessa Keizer		GZVW	1:15.87	9601586	<b>1:17.56</b>
	50m: 37.98	100m: 1:17.56				
6.	Ilse van Rijssen		TriVia	1:19.30	9601600	<b>1:18.05</b>
	50m: 37.99	100m: 1:18.05				
7.	Sanne Kamminga		De Aquaflippers	1:19.82	9604378	<b>1:18.82</b>
	50m: 38.17	100m: 1:18.82				
8.	Lilian Ottens		Eemsrobben	1:20.83	9602552	<b>1:20.00</b>
	50m: 39.32	100m: 1:20.00				
9.	Janeley Kartoredjo		TriVia	1:23.10	9603766	<b>1:23.53</b>
	50m: 40.06	100m: 1:23.53				
10.	Anne Huizinga		ZPC Stadskanaal	1:23.95	9602722	<b>1:24.86</b>
	50m: 40.50	100m: 1:24.86				

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Rang					In.tijd		Tijd
11.	Janine Huizeling			TriVia	1:22.53	9601598	<b>1:25.97</b>
	50m: 41.18	100m: 1:25.97					
AFGEM	Esmee Veendorp			GZVW	1:23.62	9603850	
<b>Dames Jeugd 1</b>							
1.	Silvia Dik			TriVia	1:01.93	9501064	<b>1:03.75</b>
	50m: 31.19	100m: 1:03.75					
2.	Monique van der Struik			ZPC Stadskanaal	1:05.42	9502502	<b>1:05.70</b>
	50m: 32.52	100m: 1:05.70					
3.	Kirsten Nieboer			TriVia	1:09.56	9501988	<b>1:07.31</b>
	50m: 32.53	100m: 1:07.31					
4.	Cynthia van Beusekom			TriVia	1:07.55	9500134	<b>1:08.97</b>
	50m: 33.07	100m: 1:08.97					
5.	Anouk Frieman			TriVia	1:10.35	9502390	<b>1:09.24</b>
	50m: 33.46	100m: 1:09.24					
6.	Nathalja Pragt			NOVA	1:14.10	9500030	<b>1:14.80</b>
	50m: 36.47	100m: 1:14.80					
7.	Marlies Cramer			ZPCA	1:13.99	9502164	<b>1:15.30</b>
	50m: 35.38	100m: 1:15.30					
8.	Vera van der Werf			De Pinquin	1:17.33	9502652	<b>1:16.11</b>
	50m: 36.89	100m: 1:16.11					
9.	Iris Visser			ZPCA	1:16.63	9504784	<b>1:16.39</b>
	50m: 36.75	100m: 1:16.39					
10.	Denise Gall			De Pinquin	1:16.92	9501494	<b>1:17.84</b>
	50m: 37.78	100m: 1:17.84					
11.	Francine Teesink			Bubble	1:21.86	9504882	<b>1:21.73</b>
	50m: 39.31	100m: 1:21.73					
12.	Charlotte Feimann			NOVA	1:19.78	9500140	<b>1:25.39</b>
	50m: 41.49	100m: 1:25.39					
DIS	Mariël Buurman			NOVA	1:15.92	9500598	AA
DIS	Marthe van Ginkel			NOVA	1:18.86	9501744	<b>1:17.93</b> RC
	50m: 37.64	100m: 1:17.93					

**Dames Jeugd 2**

1.	Mirthe Lanfermeijer			TriVia	1:04.13	9400074	<b>1:04.23</b>
	50m: 31.76	100m: 1:04.23					
2.	Rosanne Schoonbeek			TriVia	1:08.37	9402692	<b>1:09.55</b>
	50m: 34.52	100m: 1:09.55					
3.	Rixt Veldkamp			ZPC Stadskanaal	1:09.03	9404344	<b>1:10.77</b>
	50m: 33.38	100m: 1:10.77					
4.	Naomi Touré			TriVia	1:09.05	9401628	<b>1:11.44</b>
	50m: 35.20	100m: 1:11.44					
5.	Heleen Arends			TriVia	1:15.85	9404416	<b>1:18.25</b>
	50m: 37.85	100m: 1:18.25					
6.	Roos Wielink			TriVia	1:19.92	9403962	<b>1:20.58</b>
	50m: 39.45	100m: 1:20.58					

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Programmanr. 10, Dames, 100m rugslag

Dames Senioren D 1-2

1.	Kyra Rietveld	TriVia	1:05.49	9300624	<b>1:05.00</b>
	50m: 32.03 100m: 1:05.00				
2.	Annelinde Veldman	ZPCA	1:06.60	9302758	<b>1:06.36</b>
	50m: 32.55 100m: 1:06.36				
3.	Jose Sijbring	De Pinquin	1:09.62	9300702	<b>1:12.05</b>
	50m: 34.79 100m: 1:12.05				
4.	Suzanne Teuben	De Aquaflippers	1:17.79	9201736	<b>1:17.90</b>
	50m: 37.62 100m: 1:17.90				
5.	Stephanie Koopman	GZVW	1:14.06	9202524	<b>1:18.09</b>
	50m: 37.24 100m: 1:18.09				
6.	Ilse van Dijk	Zcm'86	1:16.76	9301902	<b>1:18.79</b>
	50m: 38.08 100m: 1:18.79				
7.	Saskia Kruijer	Zcm'86	1:16.85	9204274	<b>1:21.64</b>
	50m: 39.64 100m: 1:21.64				
8.	Natasja Postma	Z&PC de Inktvis	1:18.80	9303864	<b>1:23.16</b>
	50m: 40.28 100m: 1:23.16				

AFGEM Linde Harryvan

Z.C. Haren 1:18.32 9205392

Dames Senioren

1.	Rianne Hooiveld	Bubble	1:08.85	9001572	<b>1:10.74</b>
	50m: 34.26 100m: 1:10.74				
2.	Gea Hagting	NOVA	1:09.60	8801584	<b>1:11.26</b>
	50m: 34.76 100m: 1:11.26				
3.	Esther Kwebeman	zc Oldambt	1:11.80	9106374	<b>1:12.17</b>
	50m: 35.01 100m: 1:12.17				
4.	Patricia Scheppers	Bubble	1:15.73	8903678	<b>1:17.30</b>
	50m: 38.00 100m: 1:17.30				
5.	Carolien Stuit	TriVia	1:15.51	8704014	<b>1:17.44</b>
	50m: 37.36 100m: 1:17.44				
6.	Myrthe Talsma	TriVia	1:17.54	9106844	<b>1:17.72</b>
	50m: 38.05 100m: 1:17.72				
7.	Nathasja Bos	ZPC Stadskanaal	1:16.57	9100362	<b>1:19.61</b>
	50m: 38.70 100m: 1:19.61				



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Programmanr. 11  
15.05.2010 - 15:53

Heren, 400m wisselslag

Jongens Junioren 1 en ouder

Resultaten

KREC Jun 1	4:58.95	Erik Hagting	Hoogezand	23.10.2004
KREC Jun 2	4:50.30	Jan Jomo Hartman	Winschoten	29.12.1984
KREC Jun 3	4:46.95	Daniek Saman	Drachten	17.11.2007
KREC Jun 4	4:42.70	Jan Jomo Hartman	Stadskanaal	30.04.1986
KREC Jgd 1	4:39.72	Erik Hagting	Amsterdam	20.12.2008
KREC Jgd 2	4:36.74	Marc Kremer	Stadskanaal	08.11.2008
KREC Sen H 1	4:36.74	Marc Kremer	Stadskanaal	08.11.2008
KREC Sen H 2	4:27.91	Devi Wolthuizen	Groningen	15.11.2008

L 12 Jun 1: 6:50.00 / L 13 Jun 2: 6:25.00 / L 14 Jun 3: 6:10.00 / L 15 Jun 4: 6:05.00 / L 16-17 Jgd 1-2: 5:58.00 / L 18 / 18+ Sen-: 5:48.00

Rang							In.tijd			Tijd
<b>Jongens Junioren 1</b>										
1.	Stefan Ridderbos		Bubble				5:49.41	9700851	<b>5:45.92</b>	
	50m:	38.46	150m:	2:09.05	250m:	3:41.07	350m:	5:09.30		
	100m:	1:24.38	200m:	2:52.99	300m:	4:30.52	400m:	5:45.92		
2.	Joost van der Pijl		ZPC Stadskanaal				6:06.02	9700171	<b>5:53.81</b>	
	50m:	37.65	150m:	2:09.50	250m:	3:40.92	350m:	5:12.87		
	100m:	1:22.44	200m:	2:55.12	300m:	4:30.25	400m:	5:53.81		
3.	Roy Potze		GZVW				6:26.84	9702457	<b>6:23.95</b>	
	50m:	41.03	150m:	2:21.55	250m:	4:03.57	350m:	5:42.51		
	100m:	1:33.78	200m:	3:08.78	300m:	4:58.46	400m:	6:23.95		
DIS	Martijn Kieffer		Eemsrobben				6:13.02	9700685	AA	
	50m:	44.12	150m:	2:24.19	250m:	4:07.15	350m:	5:46.81		
	100m:	1:39.33	200m:	3:08.51	300m:	5:04.28				

<b>Jongens Junioren 2</b>										
1.	Maarten Rottier		TriVia				5:33.98	9600657	<b>5:29.45</b>	
	50m:	34.36	150m:	1:59.95	250m:	3:28.06	350m:	4:53.40		
	100m:	1:16.21	200m:	2:42.86	300m:	4:14.30	400m:	5:29.45		
2.	Eko Doedel		ZPCA				5:57.25	9600543	<b>5:43.95</b>	
	50m:	38.86	150m:	2:08.00	250m:	3:38.99	350m:	5:07.01		
	100m:	1:25.22	200m:	2:50.97	300m:	4:28.20	400m:	5:43.95		
3.	Niels Mulder		De Hardenberg				5:54.64	9600867	<b>5:57.17</b>	
	50m:	39.01	150m:	2:09.41	250m:	3:43.02	350m:	5:17.24		
	100m:	1:25.87	200m:	2:51.64	300m:	4:36.88	400m:	5:57.17		
DIS	Bastiaan Bonnema		TriVia				6:05.23	9600683	<b>5:54.73 RC</b>	
	50m:	39.17	150m:	2:09.51	250m:	3:44.01	350m:	5:17.16		
	100m:	1:24.73	200m:	2:52.98	300m:	4:36.48	400m:	5:54.73		

<b>Jongens Junioren 3</b>										
1.	Milan Grünwald		TriVia				5:01.32	9500757	<b>5:08.89</b>	
	50m:	32.44	150m:	1:51.15	250m:	3:13.87	350m:	4:36.36		
	100m:	1:09.62	200m:	2:28.67	300m:	3:59.89	400m:	5:08.89		
2.	Matthijs Sijbring		De Pinquin				5:46.69	9500177	<b>5:26.11</b>	
	50m:	34.07	200m:	2:35.41	250m:	3:23.01	300m:	4:12.81	350m:	4:51.34
								400m:	5:26.11	
3.	Rick Veldman		ZPC Stadskanaal				5:30.16	9503705	<b>5:30.80</b>	
	50m:	33.37	150m:	1:56.47	250m:	3:25.54	350m:	4:54.46		
	100m:	1:13.05	200m:	2:39.31	300m:	4:15.09	400m:	5:30.80		
4.	Tom Porte		TriVia				5:43.89	9502017	<b>5:43.84</b>	
	50m:	34.98	150m:	2:03.78	250m:	3:39.20	350m:	5:07.18		
	100m:	1:17.32	200m:	2:48.04	300m:	4:31.72	400m:	5:43.84		
5.	Aron Bakker		Z.C. Haren				5:56.36	9502267	<b>5:52.10</b>	
	50m:	38.09	150m:	2:10.05	250m:	3:42.44	350m:	5:13.50		
	100m:	1:25.31	200m:	2:53.09	300m:	4:32.64	400m:	5:52.10		

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Programmanr. 11, Jongens, 400m wisselslag, Jongens Junioren 3

Rang							In.tijd		Tijd
6.	David Scheffer						6:03.08	9500175	<b>5:58.41</b>
	50m:	42.58	150m:	2:18.07	250m:	3:49.69	350m:	5:19.78	
	100m:	1:32.61	200m:	3:02.58	300m:	4:39.06	400m:	5:58.41	

Jongens Junioren 4

1.	Stefan Petersen						5:18.02	9403067	<b>5:14.30</b>
	50m:	32.78	150m:	1:55.82	250m:	3:20.98	350m:	4:41.50	
	100m:	1:12.00	200m:	2:38.62	300m:	4:04.77	400m:	5:14.30	

Heren Jeugd 1-2

1.	Dennis Cramer						5:04.51	9200199	<b>4:56.20</b>
	50m:	30.53	150m:	1:46.40	250m:	3:07.21	350m:	4:23.56	
	100m:	1:06.86	200m:	2:24.78	300m:	3:51.33	400m:	4:56.20	

Heren Senioren H 1 en ouder

1.	Devi Wolthuizen						4:31.90	8703887	<b>4:33.16</b>
	50m:	27.78	150m:	1:35.17	250m:	2:47.80	350m:	4:00.73	
	100m:	1:00.17	200m:	2:09.60	300m:	3:26.69	400m:	4:33.16	
2.	Erik Schröder						4:50.15	8402025	<b>4:52.38</b>
	50m:	31.17	150m:	1:46.25	250m:	3:07.89	350m:	4:22.39	
	100m:	1:07.65	200m:	2:24.18	300m:	3:51.06	400m:	4:52.38	
3.	Dennis Wijbenga						4:39.48	9003283	<b>4:59.77</b>
	50m:	31.70	150m:	1:49.98	250m:	3:07.20	350m:	4:24.56	
	100m:	1:10.35	200m:	2:26.59	300m:	3:49.12	400m:	4:59.77	
4.	Mark Meijer						5:20.45	8001007	<b>5:25.99</b>
	50m:	32.29	150m:	1:55.13	250m:	3:21.62	350m:	4:47.36	
	100m:	1:12.29	200m:	2:35.69	300m:	4:08.14	400m:	5:25.99	
5.	Jens Boer						5:28.60	8900289	<b>5:34.62</b>
	50m:	33.50	150m:	1:58.38	250m:	3:29.98	350m:	4:57.01	
	100m:	1:14.61	200m:	2:41.57	300m:	4:18.32	400m:	5:34.62	
6.	Fabian Buiringe						5:25.69	9006209	<b>5:35.32</b>
	50m:	35.95	150m:	2:00.86	250m:	3:30.51	350m:	4:58.03	
	100m:	1:18.15	200m:	2:42.46	300m:	4:18.78	400m:	5:35.32	
7.	Richard Loots						5:45.45	8802231	<b>5:40.38</b>
	50m:	33.65	150m:	1:56.28	250m:	3:28.31	350m:	4:59.34	
	100m:	1:13.34	200m:	2:38.81	300m:	4:17.88	400m:	5:40.38	

Programmanr. 12  
15.05.2010 - 16:23

Dames, 4 x 100m wisselslag

Senioren open  
Resultaten

KREST-S	4:15.43	Bubble	01-002	Emmen	14.03.2009
L Senioren open : 5:00.00					

Rang							In.tijd		Tijd
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Programmanr. 12, Dames, 4 x 100m wisselslag

1. TriVia 1	TriVia			4:24.62	4:27.11		
Silvia Dik	95	31.66	1:04.08	Rosanne Schoonbeek	94	31.73	1:08.94
Mirthe Lanfermeijer	94	35.17	1:15.36	Anouk Frieman	95	28.46	58.73
2. TriVia 2	TriVia			4:35.78	4:43.40		
Cynthia van Beusekom	95	33.31	1:09.17	Kyra Rietveld	93	30.65	1:07.78
Naomi Touré	94	38.69	1:23.08	Carolien Stuu	87	31.48	1:03.37
3. De Pinquin 1	De Pinquin			4:43.69	4:43.60		
Jose Sijbring	93	34.33	1:10.41	Elvira Jonkers	79	31.28	1:10.75
Iris Hartman	95	37.70	1:20.57	Winnie Timans	91	30.05	1:01.87
4. ZPC Stadskanaal 1	ZPC Stadskanaal			4:40.86	4:53.58		
Monique van der Struik	95	31.98	1:04.93	Nikki van der Pijl	94	33.43	1:20.97
Ellen van Nieff	97	39.71	1:25.75	Rixt Veldkamp	94	29.35	1:01.93
5. ZPCA 1	ZPCA			4:52.72	4:54.98		
Annelinde Veldman	93	32.58	1:07.75	Yvette Meijer	94	34.40	1:16.16
Iris Visser	95	38.97	1:25.39	Marlies Cramer	95	30.79	1:05.68
6. GZVW 1	GZVW			4:48.22	4:56.57		
Kim Franken	96	35.52	1:14.70	Eva Smit	96	31.47	1:09.28
Marijke Pras	92	40.28	1:27.14	Stephanie Koopman	92	30.78	1:05.45
7. TriVia 3	TriVia			4:56.67	5:00.70		
Kirsten Nieboer	95	34.60	1:12.39	Lotte Duursma	95	36.50	1:21.78
Ilse van Rijssen	96	38.64	1:23.64	Esther Hulsing	96	29.42	1:02.89

Programmanr. 13  
15.05.2010 - 16:29

Heren, 4 x 100m wisselslag

Senioren open  
Resultaten

KREST-S	3:48.46	Team Groningen	01-051	Amsterdam	23.12.2007
L Senioren open : 4:30.00					

Rang	In.tijd			Tijd			
1. TriVia 2	TriVia			3:59.01	4:01.15		
Milan Grünwald	95	30.35	1:02.11	Chris van Vliet	91	28.24	1:01.57
Roy Smeenge	93	29.93	1:04.60	Elmar Gouw	89	24.72	52.87
2. TriVia 3	TriVia			4:13.83	4:20.57		
Fabian Buiringe	90	35.66	1:13.47	Jelger Rietveld	92	28.61	1:02.93
Ward van Rijssen	92	31.90	1:08.17	Erik Schröder	84	26.75	56.00
3. ZPCA 1	ZPCA			4:20.88	4:21.73		
Dennis Cramer	92	29.77	1:00.96	Aschwin van Zoest	91	28.40	1:04.67
Sam Salimbeni	93	35.36	1:17.21	Mike Bakker	90	26.87	58.89
DIS TriVia 1	TriVia			3:48.35	EA		
Marc Kremer	90	27.88	58.42	Devi Wolthuizen	87		
Timon Evenhuis	90			Toby Aarnoutse	89		
DIS ZPC Stadskanaal 1	ZPC Stadskanaal			4:01.57	EA		
Herman Hofman	90	31.71	1:05.92	Bernd Kobesen	93		
Dennis Wijbenga	90			Tim Blauw	93		

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3 - PGZK-2010 deel 3

16.05.2010 - 14:00

Programmanr. 14 16.05.2010 - 14:00	Dames, 50m schoolslag			Senioren open Resultaten
KREC Jun 1	35.34	Lisanne van Avezaath	Aachen	23.10.2009
KREC Jun 2	35.03	Eveline Hamstra	Emmen	14.02.1998
KREC Jun 3	34.09	Caroline Stuu	Nieuwegein	22.06.2002
KREC Jgd 1	33.12	Linda Moes	Wassenaar	23.11.1986
KREC Jgd 2	32.71	Linda Moes	Ipswich (GB)	27.02.1987
KREC Sen D 1	32.07	Linda Moes	Emmen	06.03.1988
KREC Sen D 2	32.07	Linda Moes	Emmen	06.03.1988
KREC 19	32.07	Linda Moes	Emmen	06.03.1988
L Senioren Dames open : 40.00				

Rang			In.tijd		Tijd
1.	Mirthe Lanfermeijer	TriVia	34.66	9400074	<b>35.01</b>
2.	Anouk Frieman	TriVia	35.72	9502390	<b>35.58</b>
3.	Kyra Rietveld	TriVia	35.73	9300624	<b>35.79</b>
4.	Iris Hartman	De Pinquin	37.92	9502654	<b>37.19</b>
5.	Yvette Meijer	ZPCA	38.10	9400372	<b>37.47</b>
6.	Ilse van Rijssen	TriVia	38.20	9601600	<b>37.62</b>
7.	Rixt Veldkamp	ZPC Stadskanaal	35.78	9404344	<b>37.70</b>
8.	Naomi Touré	TriVia	36.02	9401628	<b>37.86</b>
9.	Lilian Ottens	Eemsrobber	37.45	9602552	<b>37.93</b>
10.	Carolien Stuu	TriVia	37.06	8704014	<b>38.08</b>
11.	Mariël Buurman	NOVA	37.66	9500598	<b>38.71</b> FJ 1
12.	Anouk Dijkstra	Eemsrobber	38.16	9704378	<b>38.71</b> FJ 2
13.	Iris Visser	ZPCA	37.72	9504784	<b>38.75</b>
14.	Esther Schipper	De Aquaflippers	38.01	9201570	<b>38.84</b>
15.	Joline Fischer	NOVA	36.77	9601638	<b>38.87</b>
	Judith Veldman	Eemsrobber	37.76	9702422	<b>38.87</b>
17.	Nikki van der Pijl	ZPC Stadskanaal	39.18	9403954	<b>39.09</b>
18.	Heleen Arends	TriVia	39.70	9404416	<b>39.28</b>
19.	Willemein Hoving	TriVia	38.15	9800106	<b>39.57</b>
20.	Ellen van Nieff	ZPC Stadskanaal	39.84	9701112	<b>39.60</b>
21.	Patricia Scheppers	Bubble	39.78	8903678	<b>39.74</b>
22.	Daphne Adriaanse	Z&PC de Inktvis	39.51	9406616	<b>39.75</b>
23.	Laura van der A	ZPC Stadskanaal	39.32	9700080	<b>40.40</b>
24.	Josse van Geffen	GZVW	39.67	8604730	<b>40.86</b>
25.	Sanne Kamminga	De Aquaflippers	40.00	9604378	<b>42.52</b>
AFGEM	Loes Wielink	TriVia	38.91	9403960	

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Programmanr. 15  
16.05.2010 - 14:05

Heren, 50m rugslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	30.40	Levi Hilbolling	Zuidbroek	27.12.2008
KREC Jun 2	28.67	Levi Hilbolling	Hoogeveen	05.12.2009
KREC Jun 3	28.54	Levi Hilbolling	Stadskanaal	17.04.2010
KREC Jun 4	28.21	Peter van Heukelem	Amsterdam	16.12.2005
KREC Jgd 1	27.23	Peter van Heukelem	Roosendaal	25.06.2006
KREC Jgd 2	26.93	Marc Kremer	Groningen	02.02.2008
KREC Sen H 1	26.22	Marc Kremer	Amersfoort	29.11.2009
KREC Sen H 2	26.05	Rudy Ted de Haan	Amsterdam	19.12.2009

L Senioren Heren open : 32.00

Rang			In.tijd	Tijd	
1.	Marc Kremer	TriVia	26.22	9004667	<b>26.37</b>
2.	Timon Evenhuis	TriVia	26.41	9000843	<b>27.44</b>
3.	Toby Aarnoutse	TriVia	29.74	8900007	<b>28.80</b>
4.	Milan Grünwald	TriVia	28.60	9500757	<b>29.02</b>
5.	Dennis Cramer	ZPCA	28.36	9200199	<b>29.05</b>
6.	Ward van Rijssen	TriVia	29.62	9204841	<b>30.07</b>
7.	Jens Kobesen	ZPC Stadskanaal	29.45	9500117	<b>30.18</b>
8.	Herman Hofman	ZPC Stadskanaal	30.08	9001229	<b>30.44</b>
9.	Michel Popken	ZPC Stadskanaal	30.84	9002321	<b>30.60</b>
10.	Aschwin van Zoest	ZPCA	30.98	9102677	<b>30.61</b>
11.	Jens Boer	Z&PC de Inktvis	29.64	8900289	<b>31.00</b>
12.	Mark Schouten	Eemsrobber	30.74	9405171	<b>31.15</b>
13.	Hendrik de Vries	Bubble	30.92	8803707	<b>31.32</b>
14.	Dennis Baalman	De Aquafippers	31.26	9500887	<b>32.53</b>
15.	Tim Vondeling	De Aquafippers	31.23	9402009	<b>36.26</b>
AFGEM	Roy Zuidema	ZPC Stadskanaal	31.78	9400067	

Programmanr. 16  
16.05.2010 - 14:08

Dames, 200m vlinderslag

Meisjes Junioren 2 en ouder  
Resultaten

KREC Jun 2	2:27.80	Adája Stoetman	Sneek	07.11.2009
KREC Jun 3	2:24.80	Evelien Kleinhuis	Berlijn (D)	24.07.1986
KREC Jgd 1	2:19.90	Marieke Smit	Amersfoort	18.12.1994
KREC Jgd 2	2:17.60	Nathalie Koekkoek	Leusden	20.11.1988
KREC Sen D 1	2:17.60	Nathalie Koekkoek	Leusden	20.11.1988
KREC Sen D 2	2:17.60	Nathalie Koekkoek	Leusden	20.11.1988
KREC 19	2:14.33	Gea Veldhuizen	Drachten	15.02.1992

L 12 Jun 2: 3:25.00 / L 13 Jun 3: 3:17.00 / L 14 Jgd 1: 3:12.00 / L 15 Jgd 2: 3:07.00 / L 16-17 Sen D 1-2: 3:05.00 / L 18 / 18+ Sen.: 3:02.00

Rang			In.tijd	Tijd	
<b>Meisjes Junioren 2</b>					
1.	Lisanne van Avezaath	ZPC Stadskanaal	2:40.64	9701304	<b>2:41.16</b>
	50m: 33.81 100m: 1:13.12 150m: 1:55.35 200m: 2:41.16				
2.	Bojoura van Zoest	ZPCA	3:24.78	9701130	<b>3:18.60</b>
	50m: 41.75 100m: 1:32.27 150m: 2:25.30 200m: 3:18.60				
<b>Meisjes Junioren 3</b>					
1.	Eva Smit	GZVW	2:41.69	9602690	<b>2:34.45</b>
	50m: 32.97 100m: 1:11.98 150m: 1:53.21 200m: 2:34.45				
2.	Tessa Keizer	GZVW	2:59.41	9601586	<b>3:01.47</b>
	50m: 35.79 100m: 1:23.67 150m: 2:14.14 200m: 3:01.47				
DIS	Marleen Buis	Z.C. Haren	3:04.95	9604414	<b>3:04.46 VC</b>
	50m: 39.47 100m: 1:25.22 150m: 2:14.02 200m: 3:04.46				

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Programmanr. 16, Dames, 200m vlinderslag

Dames Jeugd 1

1.	Monique van der Struik	ZPC Stadskanaal	2:33.80	9502502	<b>2:31.10</b>
	50m: 32.45 100m: 1:09.98 150m: 1:49.72 200m: 2:31.10				
2.	Cynthia van Beusekom	TriVia	2:47.82	9500134	<b>2:40.85</b>
	50m: 34.16 100m: 1:14.23 150m: 1:56.51 200m: 2:40.85				
3.	Nathalja Pragt	NOVA	2:43.70	9500030	<b>2:47.32</b>
	50m: 34.06 100m: 1:14.34 150m: 2:00.01 200m: 2:47.32				
4.	Marlinde Koops	ZPC Stadskanaal	3:05.33	9500638	<b>2:58.71</b>
	50m: 38.25 100m: 1:23.34 150m: 2:11.09 200m: 2:58.71				
5.	Lotte Duursma	TriVia	3:09.36	9500784	<b>3:04.81</b>
	50m: 37.56 100m: 1:22.37 150m: 2:12.74 200m: 3:04.81				
6.	Denise Gall	De Pinquin	3:09.59	9501494	<b>3:05.18</b>
	50m: 37.74 100m: 1:25.45 150m: 2:18.20 200m: 3:05.18				

Dames Jeugd 2

1.	Karen Stolk	Z.C. Haren	2:59.81	9403950	<b>2:53.08</b>
	50m: 35.25 100m: 1:18.58 150m: 2:05.36 200m: 2:53.08				

Dames Senioren D 1-2

1.	Jose Sijbring	De Pinquin	2:44.02	9300702	<b>2:41.61</b>
	50m: 34.63 100m: 1:15.02 150m: 1:58.35 200m: 2:41.61				
2.	Rianne Slagter	Eemsrobben	2:51.60	9304088	<b>2:57.18</b>
	50m: 36.96 100m: 1:21.92 150m: 2:09.03 200m: 2:57.18				

Dames Senioren

1.	Winnie Timans	De Pinquin	2:29.79	9103090	<b>2:42.14</b>
	50m: 34.52 100m: 1:14.85 150m: 1:58.42 200m: 2:42.14				
2.	Susanne Blom	De Pinquin	3:00.22	8500282	<b>2:58.34</b>
	50m: 36.81 100m: 1:20.95 150m: 2:09.19 200m: 2:58.34				
3.	Sanne Norder	Z&PC de Inktvis	2:59.71	9102300	<b>3:05.96</b>
	50m: 38.90 100m: 1:25.72 150m: 2:15.02 200m: 3:05.96				

AFGEM Laura Lutjes Bubble 2:50.38 9002424

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Programmanr. 17  
16.05.2010 - 14:29

Heren, 200m vlinderslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	2:25.35	Arno Fidder	Emmen	27.02.1988
KREC Jun 2	2:17.75	Luc van der Wolde	Hoogeveen	05.12.2009
KREC Jun 3	2:16.15	Marc Kremer	Groningen	03.12.2005
KREC Jun 4	2:04.47	Roy Smeenge	Amsterdam	18.12.2009
KREC Jgd 1	2:04.47	Roy Smeenge	Amsterdam	18.12.2009
KREC Jgd 2	2:04.47	Roy Smeenge	Amsterdam	18.12.2009
KREC Sen H 1	2:04.47	Roy Smeenge	Amsterdam	18.12.2009
KREC Sen H 2	2:04.47	Roy Smeenge	Amsterdam	18.12.2009

L 12 Jun 1: 3:25.00 / L 13 Jun 2: 3:18.00 / L 14 Jun 3: 3:10.00 / L 15 Jun 4: 3:00.00 / L 16-17 Jgd 1-2: 2:55.00 / L 18 / 18+ Sen-: 2:40.00

Rang							In.tijd			Tijd
<b>Jongens Junioren 1</b>										
1.	Stefan Ridderbos		Bubble				3:01.80	9700851	<b>2:58.47</b>	
	50m:	39.62	100m:	1:25.81	150m:	2:12.65	200m:	2:58.47		
2.	Jeroen Koers		Eemsrobben				3:19.26	9701237	<b>3:06.42</b>	
	50m:	40.09	100m:	1:29.97	150m:	2:19.31	200m:	3:06.42		
3.	Martijn Kieffer		Eemsrobben				3:21.38	9700685	<b>3:28.19</b>	
	50m:	45.36	100m:	1:39.51	150m:	2:34.43	200m:	3:28.19		
DIS	Marcel Groen		GZVW				3:03.95	9700239	<b>3:04.56 VC</b>	
	50m:	38.60	100m:	1:24.47	150m:	2:13.96	200m:	3:04.56		
<b>Jongens Junioren 2</b>										
1.	Maarten Rottier		TriVia				2:50.42	9600657	<b>2:46.14</b>	
	50m:	35.44	100m:	1:17.44	150m:	2:01.15	200m:	2:46.14		
2.	Bastiaan Bonnema		TriVia				2:53.86	9600683	<b>2:53.20</b>	
	50m:	37.65	100m:	1:21.56	150m:	2:07.56	200m:	2:53.20		
3.	Eko Doedel		ZPCA				2:51.39	9600543	<b>2:57.16</b>	
	50m:	36.90	100m:	1:20.17	150m:	2:06.89	200m:	2:57.16		
DIS	Niels Mulder		De Hardenberg				3:08.12	9600867	<b>3:07.00 VC</b>	
	50m:	40.06	100m:	1:27.82	150m:	2:17.20	200m:	3:07.00		
<b>Jongens Junioren 3</b>										
1.	Milan Grünwald		TriVia				2:33.45	9500757	<b>2:25.27</b>	
	50m:	31.59	100m:	1:08.51	150m:	1:47.51	200m:	2:25.27		
2.	Wolter v.d Veen		Z.C. Haren				2:41.60	9505099	<b>2:36.03</b>	
	50m:	34.08	100m:	1:14.76	150m:	1:57.37	200m:	2:36.03		
3.	Matthijs Sijbring		De Pinquin				2:38.66	9500177	<b>2:36.21</b>	
	50m:	33.98	100m:	1:15.59	150m:	1:58.19	200m:	2:36.21		
4.	Tom Porte		TriVia				2:53.59	9502017	<b>2:44.00</b>	
	50m:	34.50	100m:	1:16.74	150m:	2:01.78	200m:	2:44.00		
<b>Jongens Junioren 4</b>										
1.	Tim Vondeling		De Aquaflippers				2:30.58	9402009	<b>2:27.83</b>	
	50m:	31.84	100m:	1:09.83	150m:	1:48.97	200m:	2:27.83		
2.	Maarten Moorman		De Pinquin				2:39.45	9401161	<b>2:39.95</b>	
	50m:	32.66	100m:	1:11.95	150m:	1:54.44	200m:	2:39.95		

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Programmanr. 17, Heren, 200m vlinderslag

Heren Jeugd 1-2

1.	Bernd Kobesen			ZPC Stadskanaal	2:14.51	9300981	<b>2:14.48</b>
	50m: 29.11	100m: 1:03.51	150m: 1:39.06	200m: 2:14.48			
2.	Dennis Cramer			ZPCA	2:33.77	9200199	<b>2:23.62</b>
	50m: 30.64	100m: 1:06.46	150m: 1:44.13	200m: 2:23.62			

AFGEM Roy Smeenge TriVia 2:04.47 9305557

Heren Senioren H 1 en ouder

1.	Marc Kremer			TriVia	2:04.86	9004667	<b>2:06.21</b>
	50m: 27.64	100m: 59.88	150m: 1:32.86	200m: 2:06.21			
2.	Devi Wolthuizen			TriVia	2:09.88	8703887	<b>2:14.50</b>
	50m: 29.00	100m: 1:02.58	150m: 1:38.37	200m: 2:14.50			
3.	Michel Popken			ZPC Stadskanaal	2:25.42	9002321	<b>2:28.26</b>
	50m: 30.63	100m: 1:06.74	150m: 1:46.45	200m: 2:28.26			
DIS	Herman Hofman			ZPC Stadskanaal	2:35.04	9001229	<b>2:25.80</b> VH
	50m: 31.71	100m: 1:08.36	150m: 1:47.30	200m: 2:25.80			
DIS	Jens Boer			Z&PC de Inktvis	2:37.45	8900289	<b>2:36.74</b> VH
	50m: 34.42	100m: 1:14.00	150m: 1:56.96	200m: 2:36.74			

Programmanr. 18  
16.05.2010 - 14:40

Dames, 100m vrije slag

Senioren open  
Resultaten

KREC Jun 1	1:00.28	Lisanne van Avezaath	Drachten	03.10.2009
KREC Jun 2	59.43	Ranomi Kromowidjojo	Amersfoort	02.11.2003
KREC Jun 3	56.93	Ranomi Kromowidjojo	Drachten	19.12.2004
KREC Jgd 1	55.61	Ranomi Kromowidjojo	Amsterdam	18.12.2005
KREC Jgd 2	55.12	Ranomi Kromowidjojo	Eindhoven	28.04.2006
KREC Sen D 1	53.47	Ranomi Kromowidjojo	Aachen	14.10.2007
KREC Sen D 2	53.47	Ranomi Kromowidjojo	Aachen	14.10.2007
KREC 19	53.47	Ranomi Kromowidjojo	Aachen	14.10.2007

L 11 Jun 1: 1:18.00 / L 12 Jun 2: 1:14.00 / L 13 Jun 3: 1:12.00 / L 14 Jgd 1: 1:10.00 / L 15 Jgd 2: 1:09.00 / L 16-17 Sen D 1-2: 1:08.00 / L 18 / 18+ Sen.: 1:07.00

Rang	In.tijd	Tijd
<b>Meisjes Junioren 1</b>		
1.	Anouk Zuidema	De Aquaflippers
	50m: 31.64	100m: 1:06.13
2.	Marlinde Schoonbeek	TriVia
	50m: 32.21	100m: 1:06.55
3.	Amber Visser	ZPCA
	50m: 32.04	100m: 1:06.97
4.	Bernice Dijkhuis	TriVia
	50m: 32.23	100m: 1:07.82
5.	Willemeijn Hoving	TriVia
	50m: 32.50	100m: 1:07.98
6.	Daniek Platje	De Pinquin
	50m: 33.14	100m: 1:08.08
7.	Vivianne Dortmond	De Pinquin
	50m: 33.20	100m: 1:08.77
8.	Tialda Prins	De Pinquin
	50m: 32.99	100m: 1:09.97



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Programmanr. 18, Meisjes, 100m vrije slag, Meisjes Junioren 1

Rang					In.tijd		Tijd
9.	Inge Willemsen			ZPCA	1:09.72	9801958	<b>1:11.03</b>
	50m: 34.33	100m: 1:11.03					
10.	Lisa Westenberg			Eemsrobben	1:17.16	9804102	<b>1:12.16</b>
	50m: 34.39	100m: 1:12.16					
11.	Toke Camps			Z.C. Haren	1:14.92	9801834	<b>1:13.28</b>
	50m: 35.40	100m: 1:13.28					
12.	Lisanne Tilstra			Bubble	1:12.08	9801036	<b>1:13.61</b>
	50m: 34.75	100m: 1:13.61					
13.	Emma Arends			TriVia	1:15.86	9800972	<b>1:14.10</b>
	50m: 35.40	100m: 1:14.10					
14.	Marianne Arling			Bubble	1:17.65	9800170	<b>1:15.16</b>
	50m: 35.22	100m: 1:15.16					
15.	Ageeth Dekker			ZPC Stadskanaal	1:16.92	9802180	<b>1:15.67</b>
	50m: 36.08	100m: 1:15.67					
16.	Isabelle Dijkhuis			De Aquaflippers	1:17.35	9802850	<b>1:16.34</b>
	50m: 36.54	100m: 1:16.34					
DIS	Joniek Hooghoudt			TriVia	1:10.20	9801962	AA

Meisjes Junioren 2

1.	Judith Veldman			Eemsrobben	1:02.74	9702422	<b>1:03.38</b>
	50m: 31.10	100m: 1:03.38					
2.	Lisanne van Avezaath			ZPC Stadskanaal	1:00.28	9701304	<b>1:03.79</b>
	50m: 30.14	100m: 1:03.79					
3.	Laura van der A			ZPC Stadskanaal	1:08.59	9700080	<b>1:06.68</b>
	50m: 31.71	100m: 1:06.68					
4.	Margreet Koster			ZPCA	1:09.57	9700330	<b>1:08.73</b>
	50m: 33.27	100m: 1:08.73					
5.	Bente Kuik			ZPC Stadskanaal	1:10.60	9701750	<b>1:09.00</b>
	50m: 33.57	100m: 1:09.00					
6.	Anouk Dijkstra			Eemsrobben	1:09.29	9704378	<b>1:09.09</b>
	50m: 33.37	100m: 1:09.09					
7.	Mandy Slagter			Eemsrobben	1:12.23	9700116	<b>1:10.70</b>
	50m: 34.89	100m: 1:10.70					
8.	Ellen van Nieff			ZPC Stadskanaal	1:11.36	9701112	<b>1:10.89</b>
	50m: 33.69	100m: 1:10.89					
9.	Dagmar Smidts			GZVW	1:10.86	9702912	<b>1:12.80</b>
	50m: 33.65	100m: 1:12.80					
10.	Astrid Smit			ZPC Stadskanaal	1:12.08	9700034	<b>1:12.94</b>
	50m: 34.57	100m: 1:12.94					

Meisjes Junioren 3

1.	Eva Smit			GZVW	1:02.32	9602690	<b>1:03.37</b>
	50m: 30.33	100m: 1:03.37					
2.	Esther Hulsing			TriVia	1:00.06	9601080	<b>1:03.50</b>
	50m: 30.15	100m: 1:03.50					
3.	Naomi Zuidema			ZPC Stadskanaal	1:04.10	9600058	<b>1:05.42</b>
	50m: 32.01	100m: 1:05.42					

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Programmanr. 18, Meisjes, 100m vrije slag, Meisjes Junioren 3

Rang					In.tijd		Tijd
4.	Ilse van Rijssen			TriVia	1:09.37	9601600	<b>1:07.08</b>
	50m: 32.62	100m: 1:07.08					
5.	Tessa Keizer			GZVW	1:06.23	9601586	<b>1:07.62</b>
	50m: 32.69	100m: 1:07.62					
6.	Joline Fischer			NOVA	1:05.57	9601638	<b>1:07.76</b>
	50m: 32.82	100m: 1:07.76					
7.	Kim Franken			GZVW	1:10.76	9602688	<b>1:08.45</b>
	50m: 31.62	100m: 1:08.45					
8.	Sanne Kamminga			De Aquaflippers	1:06.45	9604378	<b>1:08.89</b>
	50m: 32.47	100m: 1:08.89					
AFGEM	Janine Huizeling			TriVia	1:08.68	9601598	
Dames Jeugd 1							
1.	Silvia Dik			TriVia	57.41	9501064	<b>57.71</b>
	50m: 28.29	100m: 57.71					
2.	Anouk Frieman			TriVia	58.26	9502390	<b>59.30</b>
	50m: 28.84	100m: 59.30					
3.	Monique van der Struik			ZPC Stadskanaal	59.45	9502502	<b>1:00.49</b>
	50m: 29.45	100m: 1:00.49					
4.	Nathalja Pragt			NOVA	1:03.59	9500030	<b>1:03.83</b>
	50m: 31.03	100m: 1:03.83					
5.	Cynthia van Beusekom			TriVia	1:00.28	9500134	<b>1:04.00</b>
	50m: 30.42	100m: 1:04.00					
6.	Iris Visser			ZPCA	1:04.51	9504784	<b>1:04.47</b>
	50m: 31.00	100m: 1:04.47					
7.	Kirsten Nieboer			TriVia	1:05.82	9501988	<b>1:04.70</b>
	50m: 30.59	100m: 1:04.70					
8.	Marlies Cramer			ZPCA	1:06.22	9502164	<b>1:05.80</b>
	50m: 30.82	100m: 1:05.80					
9.	Denise Gall			De Pinquin	1:07.63	9501494	<b>1:08.65</b>
	50m: 32.89	100m: 1:08.65					
10.	Mariël Buurman			NOVA	1:07.46	9500598	<b>1:09.04</b>
	50m: 33.27	100m: 1:09.04					
11.	Iris Hartman			De Pinquin	1:08.07	9502654	<b>1:09.30</b>
	50m: 33.23	100m: 1:09.30					
12.	Lotte Duursma			TriVia	1:09.65	9500784	<b>1:14.82</b>
	50m: 34.49	100m: 1:14.82					
AFGEM	Karin Groen			GZVW	1:00.64	9502440	
AFGEM	Charlotte Feimann			NOVA	1:08.45	9500140	
Dames Jeugd 2							
1.	Rosanne Schoonbeek			TriVia	58.70	9402692	<b>58.37</b>
	50m: 28.69	100m: 58.37					
2.	Mirthe Lanfermeijer			TriVia	1:01.11	9400074	<b>1:01.25</b>
	50m: 29.51	100m: 1:01.25					
3.	Naomi Touré			TriVia	59.15	9401628	<b>1:02.92</b>
	50m: 30.03	100m: 1:02.92					

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Rang					In.tijd		Tijd
4.	Roos Wielink			TriVia	1:06.13	9403962	<b>1:04.49</b>
	50m: 30.47	100m: 1:04.49					
5.	Carmen Märsylä			ZPCA	1:07.54	9405244	<b>1:04.80</b>
	50m: 31.28	100m: 1:04.80					
6.	Yvette Meijer			ZPCA	1:04.86	9400372	<b>1:04.83</b>
	50m: 31.23	100m: 1:04.83					
7.	Heleen Arends			TriVia	1:08.56	9404416	<b>1:07.65</b>
	50m: 32.15	100m: 1:07.65					
AFGEM	Loes Wielink			TriVia	1:03.55	9403960	
Dames Senioren D 1-2							
1.	Annelinde Veldman			ZPCA	59.70	9302758	<b>59.01</b>
	50m: 28.72	100m: 59.01					
2.	Kyra Rietveld			TriVia	1:01.41	9300624	<b>1:00.46</b>
	50m: 28.83	100m: 1:00.46					
3.	Jose Sijbring			De Pinquin	1:00.23	9300702	<b>1:02.56</b>
	50m: 30.24	100m: 1:02.56					
4.	Stephanie Koopman			GZVW	1:05.04	9202524	<b>1:05.47</b>
	50m: 31.47	100m: 1:05.47					
5.	Esther Schipper			De Aquafippers	1:07.17	9201570	<b>1:07.38</b>
	50m: 32.02	100m: 1:07.38					
AFGEM	Brenda Ritsema			Bubble	1:07.95	9301704	
AFGEM	Linde Harryvan			Z.C. Haren	1:07.64	9205392	
Dames Senioren							
1.	Rianne Hooiveld			Bubble	1:00.58	9001572	<b>1:01.74</b>
	50m: 28.85	100m: 1:01.74					
2.	Carolien Stuit			TriVia	1:01.77	8704014	<b>1:01.80</b>
	50m: 29.82	100m: 1:01.80					
3.	Winnie Timans			De Pinquin	1:05.22	9103090	<b>1:04.70</b>
	50m: 31.62	100m: 1:04.70					
4.	Patricia Scheppers			Bubble	1:03.39	8903678	<b>1:05.28</b>
	50m: 31.26	100m: 1:05.28					
5.	Esther Kwebeman			zc Oldambt	1:05.42	9106374	<b>1:06.73</b>
	50m: 31.61	100m: 1:06.73					
6.	Susanne Blom			De Pinquin	1:05.95	8500282	<b>1:06.87</b>
	50m: 32.19	100m: 1:06.87					
AFGEM	Laura Lutjes			Bubble	1:04.06	9002424	

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Heren, 100m schoolslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	1:13.20	Mark Timmermans	Stadskanaal	16.11.1991
KREC Jun 2	1:10.28	Erik Hagting	Amsterdam	30.10.2005
KREC Jun 3	1:08.28	Tom Odding	Amsterdam	07.11.2004
KREC Jun 4	1:02.14	Roy Smeenge	Amsterdam	18.12.2009
KREC Jgd 1	1:02.14	Roy Smeenge	Amsterdam	18.12.2009
KREC Jgd 2	1:01.30	Timon Evenhuis	Amsterdam	19.12.2008
KREC Sen H 1	1:01.30	Timon Evenhuis	Amsterdam	19.12.2008
KREC Sen H 2	59.04	Rudy Ted de Haan	Maastricht	28.12.2009

L 12 Jun 1: 1:36.00 / L 13 Jun 2: 1:32.00 / L 14 Jun 3: 1:28.00 / L 15 Jun 4: 1:25.00 / L 16-17 Jgd 1-2: 1:22.00 / L 18 / 18+ Sen-: 1:19.00

Rang				In.tijd		Tijd
<b>Jongens Junioren 1</b>						
1.	Joost van der Pijl		ZPC Stadskanaal	1:24.08	9700171	<b>1:23.13</b>
	50m: 38.54	100m: 1:23.13				
2.	Youri Beugelsdijk		De Hardenberg	1:29.25	9704767	<b>1:27.55</b>
	50m: 42.04	100m: 1:27.55				
3.	Gert Muntendam		De Pinquin	1:30.28	9700115	<b>1:28.26</b>
	50m: 42.11	100m: 1:28.26				
4.	Stefan Ridderbos		Bubble	1:30.32	9700851	<b>1:29.68</b>
	50m: 42.99	100m: 1:29.68				
5.	Marcel Groen		GZVW	1:29.53	9700239	<b>1:32.41</b>
	50m: 42.31	100m: 1:32.41				
6.	Stijn Buurman		NOVA	1:34.13	9700337	<b>1:35.72</b>
	50m: 45.54	100m: 1:35.72				
7.	Arjen Brinks		NOVA	1:35.51	9700433	<b>1:38.17</b>
	50m: 47.39	100m: 1:38.17				
<b>Jongens Junioren 2</b>						
1.	Maarten Rottier		TriVia	1:17.51	9600657	<b>1:18.70</b>
	50m: 36.74	100m: 1:18.70				
2.	Eko Doedel		ZPCA	1:24.61	9600543	<b>1:24.13</b>
	50m: 40.06	100m: 1:24.13				
3.	Pascal Klopstra		GZVW	1:24.65	9600667	<b>1:24.38</b>
	50m: 39.17	100m: 1:24.38				
4.	Yora Galjaard		TriVia	1:31.36	9601717	<b>1:28.76</b>
	50m: 40.99	100m: 1:28.76				
5.	Bas Martena		Bubble	1:30.22	9600861	<b>1:28.83</b>
	50m: 42.23	100m: 1:28.83				
6.	Niels Mulder		De Hardenberg	1:30.50	9600867	<b>1:29.48</b>
	50m: 41.98	100m: 1:29.48				
7.	Patrick Huberts		ZENO	1:31.98	9601209	<b>1:31.20</b>
	50m: 43.09	100m: 1:31.20				
8.	Niels Kasper		De Aquaflippers	1:30.22	9603941	<b>1:32.24</b>
	50m: 43.49	100m: 1:32.24				

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Jongens Junioren 3

1.	Jens Kobesen	ZPC Stadskanaal	1:11.70	9500117	<b>1:09.34</b>
	50m: 32.74 100m: 1:09.34				
2.	Marco Barkhuis	ZPC Stadskanaal	1:11.41	9500279	<b>1:10.72</b>
	50m: 33.08 100m: 1:10.72				
3.	Luc van der Wolde	ZPC Stadskanaal	1:12.13	9500281	<b>1:13.40</b>
	50m: 34.54 100m: 1:13.40				
4.	Milan Grünewald	TriVia	1:15.23	9500757	<b>1:15.19</b>
	50m: 35.46 100m: 1:15.19				
5.	Ruben Rozeboom	TriVia	1:19.04	9500323	<b>1:18.73</b>
	50m: 36.39 100m: 1:18.73				
6.	Paul Zanen	Z.C. Haren	1:21.44	9502269	<b>1:20.34</b>
	50m: 37.74 100m: 1:20.34				
7.	Brenn Diephuis	TriVia	1:21.28	9504705	<b>1:21.57</b>
	50m: 37.97 100m: 1:21.57				
8.	Matthijs Sijbring	De Pinquin	1:23.63	9500177	<b>1:21.66</b>
	50m: 38.25 100m: 1:21.66				
9.	Rick Veldman	ZPC Stadskanaal	1:22.02	9503705	<b>1:23.21</b>
	50m: 39.28 100m: 1:23.21				
10.	David Scheffer	De Pinquin	1:22.48	9500175	<b>1:23.65</b>
	50m: 38.77 100m: 1:23.65				
11.	Geert Jan Rozeboom	TriVia	1:25.25	9500325	<b>1:25.33</b>
	50m: 39.71 100m: 1:25.33				
12.	Olaf Smidts	GZVW	1:26.36	9504275	<b>1:27.17</b>
	50m: 40.04 100m: 1:27.17				

Jongens Junioren 4

1.	Stefan Petersen	TriVia	1:10.01	9403067	<b>1:11.76</b>
	50m: 33.77 100m: 1:11.76				
2.	Tim van der Meulen	GZVW	1:19.94	9401583	<b>1:21.35</b>
	50m: 38.32 100m: 1:21.35				
3.	Maarten Moorman	De Pinquin	1:18.95	9401161	<b>1:21.58</b>
	50m: 37.81 100m: 1:21.58				
4.	Mark Schouten	Eemsrobber	1:23.46	9405171	<b>1:27.09</b>
	50m: 39.76 100m: 1:27.09				

AFGEM Roy Zuidema ZPC Stadskanaal 1:18.77 9400067

Heren Jeugd 1-2

1.	Ward van Rijssen	TriVia	1:07.87	9204841	<b>1:08.03</b>
	50m: 32.51 100m: 1:08.03				
2.	Sam Salimbeni	ZPCA	1:17.33	9300943	<b>1:14.28</b>
	50m: 34.16 100m: 1:14.28				
3.	Johan Wijma	De Aquaflippers	1:14.94	9301689	<b>1:15.32</b>
	50m: 35.12 100m: 1:15.32				
4.	Sander Oosterhof	Ducdalf	1:19.10	9205081	<b>1:18.79</b>
	50m: 37.46 100m: 1:18.79				
5.	Desmond Drijfhout	ZENO	1:16.41	9200285	<b>1:18.94</b>
	50m: 36.93 100m: 1:18.94				

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Rang				In.tijd		Tijd
AFGEM	Roy Smeenge		TriVia	1:02.14	9305557	
Heren Senioren H 1 en ouder						
1.	Devi Wolthuizen		TriVia	1:01.26	8703887	<b>1:03.50</b>
	50m: 30.10	100m: 1:03.50				
2.	Timon Evenhuis		TriVia	1:02.41	9000843	<b>1:03.84</b>
	50m: 30.05	100m: 1:03.84				
3.	Erik Talma		TriVia	1:03.41	8903107	<b>1:05.32</b>
	50m: 29.91	100m: 1:05.32				
4.	Thomas Kersten		TriVia	1:05.29	9001515	<b>1:06.81</b>
	50m: 30.91	100m: 1:06.81				
5.	Dennis Wijbenga		ZPC Stadskanaal	1:06.13	9003283	<b>1:10.43</b>
	50m: 32.85	100m: 1:10.43				
6.	Jordy Pragt		NOVA	1:10.46	9101835	<b>1:11.57</b>
	50m: 32.92	100m: 1:11.57				
7.	Aschwin van Zoest		ZPCA	1:13.05	9102677	<b>1:12.23</b>
	50m: 33.87	100m: 1:12.23				
8.	Jasper Groeneveld		Z.C. Haren	1:13.46	8102263	<b>1:14.54</b>
	50m: 35.22	100m: 1:14.54				
9.	Richard Lutke		NOVA	1:12.00	9101503	<b>1:14.89</b>
	50m: 33.55	100m: 1:14.89				
10.	Dennis Kuipers		Z&PC de Inktvis	1:17.27	8601787	<b>1:18.94</b>
	50m: 36.72	100m: 1:18.94				
11.	Jorden Lubbers		ZPCA	1:17.81	8702115	<b>1:25.22</b>
	50m: 38.70	100m: 1:25.22				
AFGEM	Pieter Tjabbes		Z.C. Haren	1:18.68	9106277	
AFGEM	Mike Bakker		ZPCA	1:14.93	9007253	

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Dames, 100m wisselslag

Senioren open  
Resultaten

KREC Jun 1	1:09.79	Lisanne van Avezaath	Aachen	24.10.2009
KREC Jun 2	1:09.50	Eveline Hamstra	Stadskanaal	16.05.1998
KREC Jun 3	1:05.99	Caroline Stuu	Heerenveen	28.12.2002
KREC Jgd 1	1:05.08	Sylvia Dik	Stadskanaal	17.04.2010
KREC Jgd 2	1:05.08	Sylvia Dik	Stadskanaal	17.04.2010
KREC Sen D 1	1:05.08	Sylvia Dik	Stadskanaal	17.04.2010
KREC Sen D 2	1:05.08	Sylvia Dik	Stadskanaal	17.04.2010
KREC 19	1:03.71	Marieke Mastenbroek	Bonn (D)	17.03.1991

L Senioren Dames open : 1:17.50

Rang				In.tijd		Tijd
1.	Mirthe Lanfermeijer		TriVia	1:05.77	9400074	<b>1:06.13</b>
	50m: 30.50	100m: 1:06.13				
2.	Kyra Rietveld		TriVia	1:07.25	9300624	<b>1:06.56</b>
	50m: 29.94	100m: 1:06.56				
3.	Anouk Frieman		TriVia	1:08.06	9502390	<b>1:08.06</b> FJ 1
	50m: 32.26	100m: 1:08.06				
4.	Annelinde Veldman		ZPCA	1:07.94	9302758	<b>1:08.06</b> FJ 2
	50m: 30.65	100m: 1:08.06				

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Programmanr. 20, Dames, 100m wisselslag, Senioren open

Rang					In.tijd		Tijd
5.	Rosanne Schoonbeek	TriVia	1:13.02	9402692	<b>1:08.22</b>		
	50m: 32.05 100m: 1:08.22						
6.	Rixt Veldkamp	ZPC Stadskanaal	1:08.32	9404344	<b>1:09.98</b>		
	50m: 31.82 100m: 1:09.98						
7.	Rianne Hooiveld	Bubble	1:10.47	9001572	<b>1:11.17</b>		
	50m: 32.42 100m: 1:11.17						
8.	Lisanne van Avezaath	ZPC Stadskanaal	1:09.68	9701304	<b>1:11.35</b>		
	50m: 32.89 100m: 1:11.35						
9.	Nathalja Pragt	NOVA	1:14.89	9500030	<b>1:12.29</b>		
	50m: 33.78 100m: 1:12.29						
10.	Eva Smit	GZVW	1:12.11	9602690	<b>1:12.51</b>		
	50m: 33.36 100m: 1:12.51						
11.	Carolien Stuu	TriVia	1:11.73	8704014	<b>1:13.11</b>		
	50m: 34.35 100m: 1:13.11						
12.	Yvette Meijer	ZPCA	1:15.02	9400372	<b>1:13.21</b>		
	50m: 34.19 100m: 1:13.21						
13.	Iris Visser	ZPCA	1:14.08	9504784	<b>1:14.10</b>		
	50m: 34.38 100m: 1:14.10						
14.	Esther Hulsing	TriVia	1:10.82	9601080	<b>1:14.47</b>		
	50m: 33.54 100m: 1:14.47						
15.	Sanne Weessies	De Pinquin	1:16.61	9603002	<b>1:14.94</b>		
	50m: 35.15 100m: 1:14.94						
16.	Nikki van der Pijl	ZPC Stadskanaal	1:15.02	9403954	<b>1:15.17</b>		
	50m: 33.39 100m: 1:15.17						
17.	Naomi Zuidema	ZPC Stadskanaal	1:13.44	9600058	<b>1:15.59</b>		
	50m: 36.65 100m: 1:15.59						
18.	Kirsten Nieboer	TriVia	1:14.04	9501988	<b>1:16.31</b>		
	50m: 34.49 100m: 1:16.31						
19.	Ilse van Rijssen	TriVia	1:16.98	9601600	<b>1:16.33</b>		
	50m: 36.11 100m: 1:16.33						
20.	Iris Hartman	De Pinquin	1:16.36	9502654	<b>1:16.48</b>		
	50m: 37.95 100m: 1:16.48						
21.	Marlies Cramer	ZPCA	1:16.86	9502164	<b>1:16.66</b>		
	50m: 34.97 100m: 1:16.66						
22.	Joline Fischer	NOVA	1:14.86	9601638	<b>1:16.73</b>		
	50m: 35.43 100m: 1:16.73						
23.	Gejanne van Heukelem	TriVia	1:17.19	9200728	<b>1:16.87</b>		
	50m: 34.76 100m: 1:16.87						
24.	Marlinde Schoonbeek	TriVia	1:15.41	9801056	<b>1:17.10</b>		
	50m: 35.14 100m: 1:17.10						
25.	Anouk Zuidema	De Aquafippers	1:15.65	9801654	<b>1:17.30</b>	FJ 1	
	50m: 35.78 100m: 1:17.30						
26.	Esther Schipper	De Aquafippers	1:16.26	9201570	<b>1:17.30</b>	FJ 2	
	50m: 36.57 100m: 1:17.30						
27.	Carmen Märsylä	ZPCA	1:17.48	9405244	<b>1:20.28</b>	FJ 1	
	50m: 37.91 100m: 1:20.28						
28.	Willemein Hoving	TriVia	1:17.45	9800106	<b>1:20.28</b>	FJ 2	
	50m: 38.45 100m: 1:20.28						

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Programmanr. 20, Dames, 100m wisselslag, Senioren open

Rang				In.tijd		Tijd
29.	Susanne Blom		De Pinquin	1:17.47	8500282	<b>1:20.66</b>
	<i>Dames open</i>					
	50m:	37.89	100m:	1:20.66		
30.	Rianne Slagter		Eemsrobben	1:16.33	9304088	<b>1:23.15</b>
	50m:	38.11	100m:	1:23.15		
31.	Patricia Scheppers		Bubble	1:15.11	8903678	<b>1:24.30</b>
	<i>Dames open</i>					
	50m:	38.84	100m:	1:24.30		
AFGEM	Loes Wielink		TriVia	1:14.17	9403960	

Programmanr. 21  
16.05.2010 - 15:46

Heren, 100m wisselslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	1:05.95	Erik Hagting	Winschoten	06.11.2004
KREC Jun 2	1:03.72	Jens Kobesen	Aachen	24.10.2009
KREC Jun 3	1:01.33	Jens Kobesen	Stadskanaal	17.04.2010
KREC Jun 4	59.08	Roy Smeenge	Aachen	24.10.2009
KREC Jgd 1	58.80	Roy Smeenge	Stadskanaal	17.04.2010
KREC Jgd 2	58.54	Timon Evenhuis	Stadskanaal	08.11.2008
KREC Sen H 1	56.47	Timon Evenhuis	Berlin	14.11.2009
KREC Sen H 2	54.91	Rudy Ted de Haan	Maastricht	30.12.2009

Rang				In.tijd		Tijd
1.	Timon Evenhuis		TriVia	56.25	9000843	<b>57.48</b>
	50m:	26.85	100m:	57.48		
2.	Devi Wolthuizen		TriVia	56.72	8703887	<b>58.85</b>
	50m:	27.67	100m:	58.85		
3.	Erik Talma		TriVia	59.92	8903107	<b>1:00.09</b>
	50m:	28.46	100m:	1:00.09		
4.	Ward van Rijssen		TriVia	1:02.47	9204841	<b>1:02.38</b>
	50m:	29.32	100m:	1:02.38		
5.	Jens Kobesen		ZPC Stadskanaal	1:01.33	9500117	<b>1:02.84</b> FJ 1
	50m:	29.47	100m:	1:02.84		
6.	Thomas Kersten		TriVia	1:02.67	9001515	<b>1:02.84</b> FJ 2
	50m:	29.79	100m:	1:02.84		
7.	Milan Grünwald		TriVia	1:03.92	9500757	<b>1:04.18</b> FJ 1
	50m:	29.34	100m:	1:04.18		
8.	Aschwin van Zoest		ZPCA	1:04.62	9102677	<b>1:04.18</b> FJ 2
	50m:	30.32	100m:	1:04.18		
9.	Dennis Wijbenga		ZPC Stadskanaal	1:01.44	9003283	<b>1:05.03</b>
	50m:	30.61	100m:	1:05.03		
10.	Herman Hofman		ZPC Stadskanaal	1:06.70	9001229	<b>1:06.21</b> FJ 1
	50m:	30.16	100m:	1:06.21		
11.	Michel Popken		ZPC Stadskanaal	1:05.93	9002321	<b>1:06.21</b> FJ 2
	50m:	30.32	100m:	1:06.21		
12.	Jordy Pragt		NOVA	1:05.48	9101835	<b>1:06.74</b>
	50m:	31.53	100m:	1:06.74		
13.	Marco Barkhuis		ZPC Stadskanaal	1:05.66	9500279	<b>1:07.67</b>
	50m:	31.26	100m:	1:07.67		
14.	Mark Meijer		De Pinquin	1:07.64	8001007	<b>1:07.68</b>
	50m:	31.08	100m:	1:07.68		



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Delfzijl, 14. - 30.5.2010

Programmanr. 21, Heren, 100m wisselslag, Jongens Junioren 1 en ouder

Rang					In.tijd		Tijd
15.	Jens Boer			Z&PC de Inktvis	1:06.52	8900289	<b>1:07.81</b>
	50m: 30.43	100m: 1:07.81					
16.	Stefan Petersen			TriVia	1:08.08	9403067	<b>1:07.84</b>
	50m: 33.49	100m: 1:07.84					
17.	Johan Wijma			De Aquaflippers	1:06.80	9301689	<b>1:08.93</b>
	50m: 31.70	100m: 1:08.93					
18.	Dennis Kuipers			Z&PC de Inktvis	1:06.86	8601787	<b>1:09.78</b>
	50m: 32.70	100m: 1:09.78					
19.	Richard Lutke			NOVA	1:07.92	9101503	<b>1:10.53</b>
	50m: 33.95	100m: 1:10.53					
20.	Mark Schouten			Eemsrobben	1:08.34	9405171	<b>1:11.26</b>
	50m: 32.13	100m: 1:11.26					
21.	Jorden Lubbers			ZPCA	1:08.10	8702115	<b>1:15.99</b>
	50m: 35.36	100m: 1:15.99					
AFGEM	Roy Zuidema			ZPC Stadskanaal	1:07.26	9400067	
AFGEM	Mike Bakker			ZPCA	1:06.28	9007253	
AFGEM	Roy Smeenge			TriVia	58.80	9305557	

Programmanr. 22  
16.05.2010 - 15:51

Meisjes, 4 x 100m vrije slag

Meisjes Junioren 3 en later

Resultaten

KREST-M	4:03.39	TriVia	01-047	Winschoten	24.05.2009
L Jun 3 el : 5:05.00					

Rang					In.tijd		Tijd	
1.	TriVia 1			TriVia	4:25.63		<b>4:23.96</b>	
	Esther Hulsing	96	28.90	1:01.39	Willemein Hoving	98	32.77	1:09.77
	Marlinde Schoonbeek	98	31.96	1:06.44	Bernice Dijkhuis	98	31.29	1:06.36
2.	GZVW 2			GZVW	4:29.87		<b>4:31.06</b>	
	Tessa Keizer	96	32.26	1:07.30	Kim Franken	96	31.79	1:09.21
	Dagmar Smidts	97	33.47	1:13.13	Eva Smit	96	29.57	1:01.42
3.	ZPC Stadskanaal 1			ZPC Stadskanaal	4:33.23		<b>4:31.17</b>	
	Laura van der A	97	31.61	1:06.47	Bente Kuik	97	32.70	1:09.38
	Astrid Smit	97	34.81	1:14.40	Lisanne van Avezaath	97	28.66	1:00.92
4.	Eemsrobben 1			Eemsrobben	4:38.96		<b>4:36.54</b>	
	Judith Veldman	97	31.44	1:04.92	Anouk Dijkstra	97	32.97	1:08.67
	Mandy Slagter	97	34.69	1:11.43	Lilian Ottens	96	33.39	1:11.52
5.	De Pinquin 2			De Pinquin	4:36.69		<b>4:36.75</b>	
	Tialda Prins	98	33.20	1:09.50	Daniek Platje	98	32.79	1:08.32
	Vivianne Dortmund	98	33.50	1:10.39	Sanne Weessies	96	32.87	1:08.54
6.	ZPCA 2			ZPCA	4:43.41		<b>4:44.31</b>	
	Inge Willemsen	98	33.96	1:10.82	Bojoura van Zoest	97	35.04	1:15.88
	Amber Visser	98	32.12	1:08.08	Margreet Koster	97	33.06	1:09.53
7.	De Aquaflippers 2			De Aquaflippers	4:50.35		<b>4:53.03</b>	
	Sanne Kamminga	96	33.00	1:09.42	Isabelle Dijkhuis	98	35.53	1:16.37
	Els Venema	98	37.36	1:19.98	Anouk Zuidema	98	31.13	1:07.26
AFGEM	TriVia 2			TriVia	4:44.11			

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Programmanr. 23  
16.05.2010 - 15:57

Jongens, 4 x 100m vrije slag

Jongens Junioren 4 en later  
Resultaten

KREST-J 3:39.61 TriVia 01-047 Amsterdam 07.11.2004  
L Jun 4 el : 4:25.00

Rang					In.tijd			Tijd
1.	ZPC Stadskanaal 1		ZPC Stadskanaal		3:52.48			<b>3:51.49</b>
	Luc van der Wolde	95	27.20	56.87	Marco Barkhuis	95	27.48	57.63
	Rick Veldman	95	28.40	1:00.02	Jens Kobesen	95	26.95	56.97
2.	TriVia 1		TriVia		3:59.32			<b>4:00.48</b>
	Milan Grünewald	95	27.86	58.21	Stefan Petersen	94	27.86	58.43
	Tom Porte	95	28.60	1:01.00	Ruben Rozeboom	95	29.94	1:02.84
3.	De Pinquin 1		De Pinquin		4:16.58			<b>4:12.51</b>
	Tim Zijlstra	95	30.82	1:05.65	Matthijs Sijbring	95	28.18	59.52
	David Scheffer	95	32.19	1:08.46	Maarten Moorman	94	27.91	58.88
4.	Z.C. Haren 1		Z.C. Haren		4:21.39			<b>4:16.41</b>
	Wolter v.d Veen	95	29.00	59.86	Aron Bakker	95	30.13	1:04.87
	Paul Zanen	95	30.44	1:05.09	Daniël Kamminga	95	30.90	1:06.59
5.	GZVW 1		GZVW		4:13.22			<b>4:21.34</b>
	Martijn Smit	94	29.24	1:01.48	Tim van der Meulen	94	31.10	1:05.40
	Marcel Groen	97	33.14	1:12.82	Olaf Smidts	95	28.75	1:01.64
6.	De Aquaflippers 1		De Aquaflippers		4:24.52			<b>4:22.39</b>
	Dennis Baalman	95	28.85	1:00.70	Niels Kasper	96	32.56	1:09.37
	Tim Vondeling	94	29.00	1:01.03	Remco Stam	97	33.19	1:11.29
7.	Eemsrobben 2		Eemsrobben		4:24.81			<b>4:29.42</b>
	Jeroen Koers	97	31.09	1:07.00	Martijn Kieffer	97	33.23	1:11.61
	Niels Wiersema	97	34.08	1:12.49	Mark Schouten	94	27.72	58.32

4 - PGZK-2010 deel 4

29.05.2010 - 14:00

Programmanr. 24  
29.05.2010 - 14:00

Dames, 50m vrije slag

Senioren open  
Resultaten

KREC Jun 1	27.69	Ranomi Kromowidjojo	Steenwijk	21.09.2002
KREC Jun 2	26.81	Ranomi Kromowidjojo	Amsterdam	22.06.2003
KREC Jun 3	25.60	Ranomi Kromowidjojo	Drachten	17.12.2004
KREC Jgd 1	25.34	Ranomi Kromowidjojo	Amsterdam	16.12.2005
KREC Jgd 2	25.24	Ranomi Kromowidjojo	Eindhoven	28.04.2006
KREC Sen D 1	24.49	Ranomi Kromowidjojo	Debrecen	16.12.2007
KREC Sen D 2	24.49	Ranomi Kromowidjojo	Debrecen	16.12.2007
KREC 19	24.49	Ranomi Kromowidjojo	Debrecen	16.12.2007

L 11 Jun 1: 33.50 / L 12 Jun 2: 33.00 / L 13 Jun 3: 32.50 / L 14 Jgd 1: 32.00 / L 15 Jgd 2: 31.50 / L 16-17 Sen D 1-2: 31.00 / L 18 / 18+ Sen.: 30.50

Rang					In.tijd		Tijd
Meisjes Junioren 1							
1.	Marlinde Schoonbeek		TriVia		31.20	9801056	<b>31.15</b>
2.	Willemein Hoving		TriVia		32.36	9800106	<b>31.24</b>
3.	Amber Visser		ZPCA		31.31	9801416	<b>31.32</b>
4.	Fitria Engelsman		ZPCA		31.36	9801896	<b>31.39</b>
5.	Vivianne Dortmund		De Pinquin		32.28	9801578	<b>31.63</b>
6.	Daniek Platje		De Pinquin		31.70	9800226	<b>31.92</b>
7.	Bernice Dijkhuis		TriVia		31.61	9800084	<b>32.24</b>
8.	Tialda Prins		De Pinquin		32.42	9801310	<b>32.57</b>
AFGEM	Lisanne Tilstra		Bubble		33.13	9801036	
AFGEM	Inge Willemsen		ZPCA		32.89	9801958	

Programmanr. 24, Dames, 50m vrije slag

Meisjes Junioren 2

1.	Lisanne van Avezaath	ZPC Stadskanaal	28.10	9701304	<b>28.88</b>
2.	Judith Veldman	Eemsrobber	29.73	9702422	<b>29.74</b>
3.	Laura van der A	ZPC Stadskanaal	30.69	9700080	<b>30.58</b>
4.	Margreet Koster	ZPCA	31.78	9700330	<b>31.81</b>
5.	Ellen van Nieff	ZPC Stadskanaal	32.59	9701112	<b>31.93</b>
6.	Anouk Dijkstra	Eemsrobber	32.32	9704378	<b>32.05</b>
7.	Bente Kuik	ZPC Stadskanaal	32.19	9701750	<b>32.99</b>
8.	Mandy Slagter	Eemsrobber	32.82	9700116	<b>33.15</b>
AFGEM	Dagmar Smidts	GZVW	32.20	9702912	

Meisjes Junioren 3

1.	Adája Stoetman	ZPC Stadskanaal	27.64	9600348	<b>27.84</b>
2.	Esther Hulsing	TriVia	27.31	9601080	<b>28.91</b>
3.	Eva Smit	GZVW	28.44	9602690	<b>28.96</b>
4.	Joline Fischer	NOVA	30.47	9601638	<b>30.09</b>
5.	Sanne Kamminga	De Aquaflippers	30.48	9604378	<b>30.70</b>
6.	Ilse van Rijssen	TriVia	31.89	9601600	<b>31.59</b>
7.	Kim Franken	GZVW	31.25	9602688	<b>31.82</b>
8.	Tessa Keizer	GZVW	30.92	9601586	<b>32.34</b>
9.	Lilian Ottens	Eemsrobber	32.03	9602552	<b>32.58</b>
10.	Sanne Weessies	De Pinquin	32.02	9603002	<b>32.97</b>
11.	Janeley Kartoredjo	TriVia	32.36	9603766	<b>33.34</b>

Dames Jeugd 1

1.	Silvia Dik	TriVia	26.88	9501064	<b>27.01</b>
2.	Anouk Frieman	TriVia	26.52	9502390	<b>27.49</b>
3.	Monique van der Struik	ZPC Stadskanaal	29.04	9502502	<b>28.10</b>
4.	Cynthia van Beusekom	TriVia	28.91	9500134	<b>29.45</b>
5.	Marlies Cramer	ZPCA	29.76	9502164	<b>29.74</b>
6.	Iris Hartman	De Pinquin	30.57	9502654	<b>29.85</b>
7.	Iris Visser	ZPCA	29.11	9504784	<b>29.86</b>
8.	Denise Gall	De Pinquin	31.41	9501494	<b>29.87</b>
9.	Nathalja Pragt	NOVA	29.45	9500030	<b>30.01</b>
10.	Elisabeth Muthert	ZPC Stadskanaal	30.76	9500062	<b>30.71</b>
11.	Kirsten Nieboer	TriVia	30.26	9501988	<b>31.26</b>
12.	Mariël Buurman	NOVA	30.83	9500598	<b>31.33</b>
13.	Marthe van Ginkel	NOVA	30.70	9501744	<b>31.58</b>
	Bren Hartjes	zc Oldambt	31.58	9504848	<b>31.58</b>
15.	Lotte Duursma	TriVia	31.02	9500784	<b>31.83</b>

Dames Jeugd 2

1.	Rosanne Schoonbeek	TriVia	28.60	9402692	<b>27.33</b>
2.	Mirthe Lanfermeijer	TriVia	28.18	9400074	<b>28.88</b>
3.	Naomi Touré	TriVia	27.59	9401628	<b>28.92</b>
4.	Rixt Veldkamp	ZPC Stadskanaal	27.92	9404344	<b>29.29</b>
5.	Roos Wielink	TriVia	29.84	9403962	<b>29.51</b>
6.	Carmen Märsylä	ZPCA	30.56	9405244	<b>29.63</b>
7.	Yvette Meijer	ZPCA	29.60	9400372	<b>29.89</b>
8.	Nikki van der Pijl	ZPC Stadskanaal	30.02	9403954	<b>30.05</b>
9.	Loes Wielink	TriVia	29.71	9403960	<b>30.19</b>
10.	Heleen Arends	TriVia	30.00	9404416	<b>30.48</b>
11.	Karen Stolk	Z.C. Haren	31.32	9403950	<b>32.02</b>

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Programmanr. 24, Dames, 50m vrije slag

Dames Senioren D 1-2

1.	Annelinde Veldman	ZPCA	27.34	9302758	<b>27.38</b>
2.	Kyra Rietveld	TriVia	27.67	9300624	<b>28.07</b>
3.	Jose Sijbring	De Pinquin	28.49	9300702	<b>28.56</b>
4.	Marijke Pras	GZVW	30.51	9203700	<b>30.64</b>
5.	Stephanie Koopman	GZVW	29.95	9202524	<b>30.86</b>
6.	Rianne Slagter	Eemsrobben	30.25	9304088	<b>30.97</b>
7.	Suzanne Teuben	De Aquafippers	30.10	9201736	<b>31.03</b>
8.	Fraukje Puts	ZPC Stadskanaal	30.16	9206470	<b>31.26</b>
9.	Esther Schipper	De Aquafippers	30.19	9201570	<b>31.52</b>
10.	Natasja Postma	Z&PC de Inktvis	30.27	9303864	<b>32.45</b>

Dames Senioren

1.	Rianne Hooiveld	Bubble	27.47	9001572	<b>28.09</b>
2.	Carolien Stuu	TriVia	28.43	8704014	<b>28.41</b>
3.	Gea Hagting	NOVA	28.31	8801584	<b>29.95</b>
4.	Patricia Scheppers	Bubble	29.01	8903678	<b>30.09</b>
5.	Mariska Meems	ZPC Stadskanaal	29.84	8902812	<b>30.29</b>
6.	Laura Lutjes	Bubble	29.38	9002424	<b>30.34</b>
7.	Ilka Hendriksen	TriVia	29.62	9008126	<b>30.46</b>
8.	Myrthe Talsma	TriVia	30.23	9106844	<b>30.53</b>
9.	Kirsten Oosterhuis	Eemsrobben	30.24	8903136	<b>30.82</b>

Programmanr. 25

Heren, 50m vlinderslag

Jongens Junioren 1 en ouder

29.05.2010 - 14:11

Resultaten

KREC Jun 1	28.60	Arno Fidder	Delfzijl	17.12.1988
KREC Jun 2	28.24	Etiënne Vrieling	Groningen	19.11.2005
KREC Jun 3	27.47	Marc Kremer	Groningen	19.11.2005
KREC Jun 4	26.01	Marc Kremer	Drachten	17.12.2006
KREC Jgd 1	25.47	Jeroen Stuu	Amsterdam	18.12.2005
KREC Jgd 2	24.73	Marc Kremer	Amsterdam	21.12.2008
KREC Sen H 1	24.66	Marc Kremer	Amsterdam	20.12.2009
KREC Sen H 2	24.17	Rudy Ted de Haan	Maastricht	28.12.2009

L Senioren Heren open : 31.00

Rang			In.tijd		Tijd
1.	Marc Kremer	TriVia	24.66	9004667	<b>25.07</b>
2.	Timon Evenhuis	TriVia	25.17	9000843	<b>25.51</b>
3.	Toby Aarnoutse	TriVia	25.87	8900007	<b>26.16</b>
4.	Bernd Kobesen	ZPC Stadskanaal	25.54	9300981	<b>26.19</b>
5.	Thomas Kersten	TriVia	26.93	9001515	<b>27.19</b>
6.	Aschwin van Zoest	ZPCA	27.84	9102677	<b>27.68</b>
7.	Roy Smeenge	TriVia	26.05	9305557	<b>27.86</b>
8.	Chris van Vliet	TriVia	27.86	9102425	<b>28.05</b>
9.	Maurits Muthert	ZPC Stadskanaal	27.00	9200941	<b>28.15</b> FJ 1
10.	Jelger Rietveld	TriVia	27.44	9201109	<b>28.15</b> FJ 2
11.	Mike Bakker	ZPCA	27.82	9007253	<b>28.24</b>
12.	Jens Boer	Z&PC de Inktvis	28.27	8900289	<b>28.31</b>
13.	Wolter v.d Veen	Z.C. Haren	28.86	9505099	<b>28.42</b>
14.	Jens Kobesen	ZPC Stadskanaal	29.31	9500117	<b>28.46</b>
15.	Tim Vondeling	De Aquafippers	27.83	9402009	<b>28.53</b>
16.	Ronald Venema	Bubble	28.17	9201357	<b>28.84</b>
17.	Herman Hofman	ZPC Stadskanaal	28.29	9001229	<b>29.04</b>
18.	Milan Grünwald	TriVia	28.59	9500757	<b>29.12</b>

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Programmanr. 25, Heren, 50m vlinderslag, Jongens Junioren 1 en ouder

Rang			In.tijd		Tijd
19.	Michel Popken	ZPC Stadskanaal	29.43	9002321	<b>29.43</b>
20.	Desmond Drijfhout	ZENO	29.78	9200285	<b>29.48</b>
21.	Johan Wijma	De Aquaflippers	30.14	9301689	<b>29.97</b>
22.	Dennis Kuipers	Z&PC de Inktvis	29.31	8601787	<b>30.14</b>
23.	Marco Barkhuis	ZPC Stadskanaal	29.64	9500279	<b>30.15</b>
24.	Tim Blauw	ZPC Stadskanaal	29.80	9301345	<b>30.24</b>
25.	Frank Guibal	Z&PC de Inktvis	30.70	8300799	<b>30.47</b>
26.	Jeroen Groenewegen	Eemsrobben	30.42	9203173	<b>30.49</b>
27.	Stefan Petersen	TriVia	30.69	9403067	<b>31.10</b>
28.	Martijn Smit	GZVW	30.00	9406113	<b>31.36</b>
29.	Hendrik de Vries	Bubble	30.48	8803707	<b>31.48</b>
30.	Mark Schouten	Eemsrobben	29.85	9405171	<b>31.50</b>
AFGEM	Marcel v/d Laan	Bubble	30.62	8501507	

Programmanr. 26  
29.05.2010 - 14:15

Dames, 200m rugslag

Senioren open  
Resultaten

KREC Jun 1	2:34.90	Marieke Smit	Veendam	23.11.1991
KREC Jun 2	2:29.51	Monique van der Struik	Dedemsvaart	15.11.2008
KREC Jun 3	2:19.15	Monique van der Struik	Amsterdam	18.12.2009
KREC Jgd 1	2:16.40	Monique van der Struik	Heerenveen	13.03.2010
KREC Jgd 2	2:18.27	Willemijn Knot	Drachten	17.12.2006
KREC Sen D 1	2:17.90	Willemijn Knot	Amsterdam	21.12.2007
KREC Sen D 2	2:17.90	Willemijn Knot	Amsterdam	21.12.2007
KREC 19	2:17.90	Willemijn Knot	Amsterdam	21.12.2007

L 11 Jun 1: 3:10.00 / L 12 Jun 2: 3:02.00 / L 13 Jun 3: 2:56.00 / L 14 Jgd 1: 2:53.00 / L 15 Jgd 2: 2:50.00 / L 16-17 Sen D 1-2: 2:48.00 / L 18 / 18+ Sen.: 2:47.00

Rang				In.tijd		Tijd
<b>Meisjes Junioren 1</b>						
1.	Daniek Platje	De Pinquin		2:43.20	9800226	<b>2:43.50</b>
	50m: 39.74	100m: 1:21.58	150m: 2:03.79	200m: 2:43.50		
2.	Bernice Dijkhuis	TriVia		2:45.29	9800084	<b>2:46.35</b>
	50m: 39.52	100m: 1:21.46	150m: 2:04.41	200m: 2:46.35		
3.	Marlinde Schoonbeek	TriVia		2:50.54	9801056	<b>2:46.78</b>
	50m: 39.25	100m: 1:20.85	150m: 2:04.57	200m: 2:46.78		
4.	Willemein Hoving	TriVia		2:47.10	9800106	<b>2:47.28</b>
	50m: 39.60	100m: 1:23.15	150m: 2:07.01	200m: 2:47.28		
5.	Tialda Prins	De Pinquin		2:51.59	9801310	<b>2:50.70</b>
	50m: 39.82	100m: 1:23.60	150m: 2:09.16	200m: 2:50.70		
6.	Vivianne Dortmund	De Pinquin		2:52.39	9801578	<b>2:51.32</b>
	50m: 40.43	100m: 1:24.81	150m: 2:10.55	200m: 2:51.32		
7.	Anouk Koster	zc Oldambt		2:47.95	9800882	<b>2:51.56</b>
	50m: 40.39	100m: 1:24.61	150m: 2:09.34	200m: 2:51.56		
8.	Emma Arends	TriVia		3:03.20	9800972	<b>2:59.76</b>
	50m: 42.24	100m: 1:27.27	150m: 2:14.34	200m: 2:59.76		
9.	Ageeth Dekker	ZPC Stadskanaal		3:06.71	9802180	<b>3:00.61</b>
	50m: 43.32	100m: 1:28.88	150m: 2:14.80	200m: 3:00.61		
10.	Isabelle Dijkhuis	De Aquaflippers		3:06.45	9802850	<b>3:04.11</b>
	50m: 42.82	100m: 1:29.24	150m: 2:19.07	200m: 3:04.11		
11.	Marianne Arling	Bubble		3:07.35	9800170	<b>3:07.70</b>
	50m: 43.22	100m: 1:30.19	150m: 2:20.17	200m: 3:07.70		

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Programmanr. 26, Meisjes, 200m rugslag, Meisjes Junioren 1

Rang					In.tijd		Tijd
AFGEM	Lisanne Tilstra			Bubble	3:09.60	9801036	
AFGEM	Inge Willemsen			ZPCA	2:47.80	9801958	

Meisjes Junioren 2

1.	Judith Veldman			Eemsrobben	2:33.86	9702422	<b>2:32.48</b>
	50m: 36.63	100m: 1:15.55	150m: 1:54.06	200m: 2:32.48			
2.	Margreet Koster			ZPCA	2:58.59	9700330	<b>2:43.54</b>
	50m: 37.20	100m: 1:18.69	150m: 2:01.80	200m: 2:43.54			
3.	Bente Kuik			ZPC Stadskanaal	2:48.80	9701750	<b>2:47.37</b>
	50m: 39.24	100m: 1:21.49	150m: 2:04.69	200m: 2:47.37			
4.	Ellen van Nieff			ZPC Stadskanaal	2:55.72	9701112	<b>2:53.26</b>
	50m: 41.82	100m: 1:25.33	150m: 2:10.18	200m: 2:53.26			
5.	Anouk Dijkstra			Eemsrobben	2:59.69	9704378	<b>2:56.12</b>
	50m: 41.62	100m: 1:25.95	150m: 2:11.28	200m: 2:56.12			
6.	Bojoura van Zoest			ZPCA	3:01.94	9701130	<b>3:00.49</b>
	50m: 41.78	100m: 1:27.87	150m: 2:15.43	200m: 3:00.49			
7.	Astrid Smit			ZPC Stadskanaal	2:57.11	9700034	<b>3:00.64</b>
	50m: 41.38	100m: 1:27.12	150m: 2:14.36	200m: 3:00.64			

Meisjes Junioren 3

1.	Naomi Zuidema			ZPC Stadskanaal	2:30.67	9600058	<b>2:33.56</b>
	50m: 36.83	100m: 1:15.33	150m: 1:54.62	200m: 2:33.56			
2.	Kim Franken			GZVW	2:39.21	9602688	<b>2:39.37</b>
	50m: 36.59	100m: 1:17.72	150m: 1:59.26	200m: 2:39.37			
3.	Esther Hulsing			TriVia	2:40.45	9601080	<b>2:40.01</b>
	50m: 36.73	100m: 1:17.36	150m: 1:59.29	200m: 2:40.01			
4.	Ilse van Rijssen			TriVia	2:53.42	9601600	<b>2:43.39</b>
	50m: 38.19	100m: 1:19.90	150m: 2:02.21	200m: 2:43.39			
5.	Tessa Keizer			GZVW	2:45.70	9601586	<b>2:47.65</b>
	50m: 40.55	100m: 1:23.49	150m: 2:06.28	200m: 2:47.65			
6.	Sanne Weessies			De Pinquin	2:48.07	9603002	<b>2:48.39</b>
	50m: 39.54	100m: 1:22.41	150m: 2:06.08	200m: 2:48.39			
7.	Sanne Kamminga			De Aquafippers	2:52.25	9604378	<b>2:50.76</b>
	50m: 39.66	100m: 1:23.11	150m: 2:07.66	200m: 2:50.76			

Dames Jeugd 1

1.	Silvia Dik			TriVia	2:30.18	9501064	<b>2:18.13</b>
	50m: 32.36	100m: 1:07.17	150m: 1:43.87	200m: 2:18.13			
2.	Monique van der Struik			ZPC Stadskanaal	2:16.40	9502502	<b>2:18.44</b>
	50m: 32.92	100m: 1:07.28	150m: 1:42.65	200m: 2:18.44			
3.	Cynthia van Beusekom			TriVia	2:23.18	9500134	<b>2:30.30</b>
	50m: 33.65	100m: 1:11.61	150m: 1:50.82	200m: 2:30.30			
4.	Kirsten Nieboer			TriVia	2:36.13	9501988	<b>2:36.38</b>
	50m: 36.49	100m: 1:15.77	150m: 1:55.92	200m: 2:36.38			
5.	Vera van der Werf			De Pinquin	2:41.98	9502652	<b>2:37.10</b>
	50m: 37.57	100m: 1:16.99	150m: 1:57.18	200m: 2:37.10			
6.	Denise Gall			De Pinquin	2:47.00	9501494	<b>2:38.42</b>
	50m: 37.33	100m: 1:18.67	150m: 1:59.76	200m: 2:38.42			

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Programmanr. 26, Meisjes, 200m rugslag, Dames Jeugd 1

Rang							In.tijd		Tijd
7.	Marlies Cramer			ZPCA			2:48.08	9502164	<b>2:41.99</b>
	50m:	37.57	100m:	1:19.15	150m:	2:01.68	200m:	2:41.99	
8.	Marthe van Ginkel			NOVA			2:45.83	9501744	<b>2:52.27</b>
	50m:	39.61	100m:	1:22.82	150m:	2:07.52	200m:	2:52.27	

Dames Jeugd 2

1.	Mirthe Lanfermeijer			TriVia			2:24.02	9400074	<b>2:21.27</b>
	50m:	32.82	100m:	1:07.75	150m:	1:44.37	200m:	2:21.27	
2.	Heleen Arends			TriVia			2:48.50	9404416	<b>2:42.60</b>
	50m:	38.18	100m:	1:19.31	150m:	2:01.32	200m:	2:42.60	

Dames Senioren D 1-2

1.	Kyra Rietveld			TriVia			2:23.60	9300624	<b>2:20.85</b>
	50m:	32.87	100m:	1:08.46	150m:	1:45.15	200m:	2:20.85	
2.	Jose Sijbring			De Pinquin			2:29.21	9300702	<b>2:35.24</b>
	50m:	36.14	100m:	1:15.01	150m:	1:55.49	200m:	2:35.24	
3.	Suzanne Teuben			De Aquafippers			2:45.25	9201736	<b>2:47.65</b>
	50m:	39.49	100m:	1:21.99	150m:	2:05.43	200m:	2:47.65	
4.	Saskia Kruijer			Zcm'86			2:46.72	9204274	<b>2:47.81</b>
	50m:	40.71	100m:	1:23.57	150m:	2:06.24	200m:	2:47.81	
5.	Stephanie Koopman			GZVW			2:40.20	9202524	<b>2:49.81</b>
	50m:	39.06	100m:	1:21.13	150m:	2:05.31	200m:	2:49.81	
6.	Ilse van Dijk			Zcm'86			2:46.50	9301902	<b>2:50.24</b>
	50m:	38.99	100m:	1:21.36	150m:	2:05.79	200m:	2:50.24	

Dames Senioren

1.	Gea Hagting			NOVA			2:31.07	8801584	<b>2:31.00</b>
	50m:	36.82	100m:	1:15.03	150m:	1:53.40	200m:	2:31.00	
2.	Rianne Hooiveld			Bubble			2:29.97	9001572	<b>2:31.01</b>
	50m:	35.58	100m:	1:13.52	150m:	1:52.21	200m:	2:31.01	
3.	Esther Kwebeman			zc Oldambt			2:37.67	9106374	<b>2:36.36</b>
	50m:	36.63	100m:	1:15.74	150m:	1:56.36	200m:	2:36.36	
4.	Mariska Meems			ZPC Stadskanaal			2:35.25	8902812	<b>2:39.83</b>
	50m:	36.88	100m:	1:16.51	150m:	1:58.13	200m:	2:39.83	

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29.05.2010 - 14:45

Heren, 200m vrije slag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	2:08.50	Arno Fidder	Emmen	28.02.1988
KREC Jun 2	2:01.00	Arno Fidder	Groningen	04.06.1989
KREC Jun 3	1:59.44	Bernd Kobesen	Zwaagwesteinde	29.11.2008
KREC Jun 4	1:56.13	Bernd Kobesen	Aachen	25.10.2009
KREC Jgd 1	1:55.98	Chris van Vliet	Amsterdam	20.12.2008
KREC Jgd 2	1:54.07	Marc Kremer	Leeuwarden	13.12.2008
KREC Sen H 1	1:52.76	Sebastian Bakker	Drachten	27.10.2007
KREC Sen H 2	1:51.67	Jeroen Stuu	Leeuwarden	24.10.2009

L 12 Jun 1: 2:32.00 / L 13 Jun 2: 2:28.00 / L 14 Jun 3: 2:24.00 / L 15 Jun 4: 2:20.00 / L 16-17 Jgd 1-2: 2:16.00 / L 18 / 18+ Sen-: 2:12.00

Rang							In.tijd		Tijd
<b>Jongens Junioren 1</b>									
1.	Jeroen Koers		Eemsrobben		2:25.92	9701237	<b>2:24.54</b>		
	50m:	32.52	100m:	1:09.14	150m:	1:47.01	200m:	2:24.54	
2.	Stefan Ridderbos		Bubble		2:26.79	9700851	<b>2:28.32</b>		
	50m:	34.58	100m:	1:12.28	150m:	1:50.82	200m:	2:28.32	
3.	Stijn Buurman		NOVA		2:31.24	9700337	<b>2:29.46</b>		
	50m:	34.85	100m:	1:14.38	150m:	1:53.83	200m:	2:29.46	
4.	Pieter Jelke Koops		NOVA		2:31.39	9700339	<b>2:30.17</b>		
	50m:	35.08	100m:	1:13.43	150m:	1:51.94	200m:	2:30.17	
5.	Marcel Groen		GZVW		2:30.77	9700239	<b>2:35.58</b>		
	50m:	35.06	100m:	1:15.59	150m:	1:56.12	200m:	2:35.58	
<b>Jongens Junioren 2</b>									
1.	Marc Blauw		ZPC Stadskanaal		2:17.21	9600017	<b>2:14.86</b>		
	50m:	30.27	100m:	1:04.41	150m:	1:39.93	200m:	2:14.86	
2.	Maarten Rottier		TriVia		2:16.81	9600657	<b>2:17.50</b>		
	50m:	31.05	100m:	1:06.23	150m:	1:42.50	200m:	2:17.50	
3.	Eko Doedel		ZPCA		2:23.14	9600543	<b>2:19.51</b>		
	50m:	31.71	100m:	1:07.40	150m:	1:44.41	200m:	2:19.51	
4.	Niels Mulder		De Hardenberg		2:22.81	9600867	<b>2:20.39</b>		
	50m:	32.06	100m:	1:08.12	150m:	1:45.02	200m:	2:20.39	
5.	Bastiaan Bonnema		TriVia		2:26.08	9600683	<b>2:25.41</b>		
	50m:	33.34	100m:	1:10.54	150m:	1:48.44	200m:	2:25.41	
6.	Pascal Klopstra		GZVW		2:26.30	9600667	<b>2:31.29</b>		
	50m:	33.39	100m:	1:10.83	150m:	1:50.46	200m:	2:31.29	
<b>Jongens Junioren 3</b>									
1.	Jens Kobesen		ZPC Stadskanaal		2:07.82	9500117	<b>2:04.81</b>		
	50m:	28.41	100m:	1:00.35	150m:	1:33.00	200m:	2:04.81	
2.	Milan Grünwald		TriVia		2:04.41	9500757	<b>2:05.85</b>		
	50m:	28.56	100m:	59.84	150m:	1:32.87	200m:	2:05.85	
3.	Luc van der Wolde		ZPC Stadskanaal		2:01.40	9500281	<b>2:05.94</b>		
	50m:	28.77	100m:	1:01.17	150m:	1:33.83	200m:	2:05.94	
4.	Marco Barkhuis		ZPC Stadskanaal		2:12.31	9500279	<b>2:08.04</b>		
	50m:	29.01	100m:	1:02.49	150m:	1:35.92	200m:	2:08.04	
5.	Wolter v.d Veen		Z.C. Haren		2:11.10	9505099	<b>2:12.94</b>		
	50m:	30.43	100m:	1:04.33	150m:	1:39.16	200m:	2:12.94	
6.	Tom Porte		TriVia		2:20.50	9502017	<b>2:14.51</b>		
	50m:	30.83	100m:	1:05.04	150m:	1:41.19	200m:	2:14.51	



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Programmanr. 27, Jongens, 200m vrije slag, Jongens Junioren 3

Rang							In.tijd		Tijd
7.	Matthijs Sijbring			De Pinquin			2:18.80	9500177	<b>2:14.86</b>
	50m: 29.47	100m: 1:04.44	150m: 1:39.84	200m: 2:14.86					
8.	Rick Veldman			ZPC Stadskanaal			2:14.11	9503705	<b>2:17.21</b>
	50m: 30.47	100m: 1:05.28	150m: 1:41.79	200m: 2:17.21					
9.	Dennis Baalman			De Aquafippers			2:22.11	9500887	<b>2:20.83</b>
	50m: 29.79	100m: 1:04.89	150m: 1:43.03	200m: 2:20.83					
AFGEM	Olaf Smidts			GZVW			2:15.83	9504275	

Jongens Junioren 4

1.	Stefan Petersen			TriVia			2:15.72	9403067	<b>2:10.18</b>
	50m: 29.37	100m: 1:02.39	150m: 1:36.87	200m: 2:10.18					
2.	Maarten Moorman			De Pinquin			2:13.19	9401161	<b>2:13.52</b>
	50m: 30.32	100m: 1:04.21	150m: 1:39.06	200m: 2:13.52					
3.	Mark Schouten			Eemsrobben			2:08.95	9405171	<b>2:14.09</b>
	50m: 30.39	100m: 1:04.18	150m: 1:39.86	200m: 2:14.09					
4.	Martijn Smit			GZVW			2:16.50	9406113	<b>2:28.96</b>
	50m: 33.44	100m: 1:10.71	150m: 1:49.91	200m: 2:28.96					

Heren Jeugd 1-2

1.	Bernd Kobesen			ZPC Stadskanaal			1:56.13	9300981	<b>1:59.29</b>
	50m: 27.86	100m: 58.14	150m: 1:29.35	200m: 1:59.29					
2.	Dennis Cramer			ZPCA			2:02.08	9200199	<b>2:03.47</b>
	50m: 27.82	100m: 58.70	150m: 1:31.01	200m: 2:03.47					
3.	Ward van Rijssen			TriVia			2:03.01	9204841	<b>2:03.53</b>
	50m: 27.74	100m: 57.99	150m: 1:30.67	200m: 2:03.53					
4.	Roy Smeenge			TriVia			1:58.19	9305557	<b>2:05.32</b>
	50m: 27.83	100m: 59.83	150m: 1:33.21	200m: 2:05.32					
5.	Tim Blauw			ZPC Stadskanaal			2:03.39	9301345	<b>2:06.13</b>
	50m: 28.40	100m: 59.44	150m: 1:32.47	200m: 2:06.13					
6.	Maurits Muthert			ZPC Stadskanaal			2:09.68	9200941	<b>2:12.04</b>
	50m: 30.70	100m: 1:04.00	150m: 1:37.48	200m: 2:12.04					
7.	Ronald Venema			Bubble			2:09.20	9201357	<b>2:16.86</b>
	50m: 34.12	100m: 1:11.97	150m: 1:44.71	200m: 2:16.86					

Heren Senioren H 1 en ouder

1.	Marc Kremer			TriVia			1:54.75	9004667	<b>1:53.93</b>
	50m: 26.17	100m: 55.72	150m: 1:25.11	200m: 1:53.93					
2.	Devi Wolthuizen			TriVia			1:56.34	8703887	<b>1:56.96</b>
	50m: 27.28	100m: 57.45	150m: 1:27.90	200m: 1:56.96					
3.	Erik Schröder			TriVia			1:56.46	8402025	<b>2:00.49</b>
	50m: 28.11	100m: 58.81	150m: 1:29.89	200m: 2:00.49					
4.	Chris van Vliet			TriVia			1:55.59	9102425	<b>2:03.93</b>
	50m: 27.50	100m: 58.47	150m: 1:31.26	200m: 2:03.93					
5.	Michel Popken			ZPC Stadskanaal			2:05.08	9002321	<b>2:05.41</b>
	50m: 28.93	100m: 1:00.60	150m: 1:33.37	200m: 2:05.41					
6.	Herman Hofman			ZPC Stadskanaal			2:05.56	9001229	<b>2:07.29</b>
	50m: 29.36	100m: 1:01.18	150m: 1:34.56	200m: 2:07.29					

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Programmanr. 27, Heren, 200m vrije slag, Heren Senioren H 1 en ouder

Rang							In.tijd		Tijd	
7.	Jordy Pragt	NOVA						2:05.78	9101835	<b>2:07.59</b>
	50m: 28.95	100m: 1:00.79	150m: 1:33.14	200m: 2:07.59						
8.	Aschwin van Zoest	ZPCA						2:06.95	9102677	<b>2:08.87</b>
	50m: 29.75	100m: 1:02.68	150m: 1:36.31	200m: 2:08.87						
9.	Jorden Lubbers	ZPCA						2:11.50	8702115	<b>2:25.24</b>
	50m: 30.95	100m: 1:06.56	150m: 1:45.19	200m: 2:25.24						

Programmanr. 28  
29.05.2010 - 15:03

Dames, 100m vlinderslag

Senioren open  
Resultaten

KREC Jun 1	1:09.20	Lisanne van Avezaath	Drachten	03.10.2009
KREC Jun 2	1:06.75	Adája Stoetman	Heerenveen	12.12.2009
KREC Jun 3	1:04.87	Ranomi Kromowidjojo	Drachten	18.12.2004
KREC Jgd 1	1:03.97	Ranomi Kromowidjojo	Amsterdam	16.12.2005
KREC Jgd 2	1:01.16	Nathalie Koekkoek	Leusden	19.11.1988
KREC Sen D 1	1:01.16	Nathalie Koekkoek	Leusden	19.11.1988
KREC Sen D 2	1:01.16	Nathalie Koekkoek	Leusden	19.11.1988
KREC 19	1:01.11	Hedwig Kikkert	Amsterdam	22.12.2007

L 11 Jun 1: 1:39.00 / L 12 Jun 2: 1:34.00 / L 13 Jun 3: 1:30.00 / L 14 Jgd 1: 1:26.00 / L 15 Jgd 2: 1:22.00 / L 16-17 Sen D 1-2: 1:20.00 / L 18 / 18+ Sen.: 1:18.00

Rang							In.tijd		Tijd	
Meisjes Junioren 1										
1.	Marlinde Schoonbeek	TriVia						1:24.71	9801056	<b>1:18.11</b>
	50m: 36.00	100m: 1:18.11								
2.	Vivianne Dortmond	De Pinquin						1:24.76	9801578	<b>1:19.30</b>
	50m: 36.69	100m: 1:19.30								
3.	Amber Visser	ZPCA						1:21.82	9801416	<b>1:19.80</b>
	50m: 35.46	100m: 1:19.80								
4.	Anouk Zuidema	De Aquaflippers						1:19.76	9801654	<b>1:21.40</b>
	50m: 36.17	100m: 1:21.40								
5.	Daniek Platje	De Pinquin						1:28.68	9800226	<b>1:22.23</b>
	50m: 37.06	100m: 1:22.23								
6.	Toke Camps	Z.C. Haren						1:23.70	9801834	<b>1:24.37</b>
	50m: 38.68	100m: 1:24.37								
7.	Willemein Hoving	TriVia						1:27.60	9800106	<b>1:25.02</b>
	50m: 39.07	100m: 1:25.02								
8.	Tialda Prins	De Pinquin						1:28.94	9801310	<b>1:25.11</b>
	50m: 39.28	100m: 1:25.11								
9.	Fitria Engelsman	ZPCA						1:36.60	9801896	<b>1:26.84</b>
	50m: 38.58	100m: 1:26.84								
10.	Marieke Klijnstra	ZPC Stadskanaal						1:38.13	9801964	<b>1:35.12</b>
	50m: 41.71	100m: 1:35.12								
11.	Dagmar Veldman	Eemsrobben						1:28.66	9802300	<b>1:37.71</b>
	50m: 45.48	100m: 1:37.71								
12.	Emma Arends	TriVia						1:37.88	9800972	<b>1:40.28</b>
	50m: 43.15	100m: 1:40.28								
AFGEM	Inge Willemsen	ZPCA						1:30.28	9801958	
AFGEM	Lisanne Tilstra	Bubble						1:33.57	9801036	

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Programmanr. 28, Dames, 100m vlinderslag

Meisjes Junioren 2

1.	Lisanne van Avezaath	ZPC Stadskanaal	1:09.20	9701304	<b>1:10.42</b>
	50m: 32.97 100m: 1:10.42				
2.	Laura van der A	ZPC Stadskanaal	1:21.31	9700080	<b>1:17.20</b>
	50m: 35.01 100m: 1:17.20				
3.	Judith Veldman	Eemsrobben	1:17.89	9702422	<b>1:19.28</b>
	50m: 36.49 100m: 1:19.28				
4.	Ellen van Nieff	ZPC Stadskanaal	1:26.67	9701112	<b>1:27.93</b>
	50m: 38.87 100m: 1:27.93				
5.	Mandy Slagter	Eemsrobben	1:27.45	9700116	<b>1:29.42</b>
	50m: 41.86 100m: 1:29.42				
6.	Astrid Smit	ZPC Stadskanaal	1:26.67	9700034	<b>1:29.98</b>
	50m: 39.74 100m: 1:29.98				
7.	Anouk Dijkstra	Eemsrobben	1:29.01	9704378	<b>1:31.33</b>
	50m: 41.01 100m: 1:31.33				

Meisjes Junioren 3

1.	Adája Stoetman	ZPC Stadskanaal	1:05.40	9600348	<b>1:06.02</b>
	50m: 31.06 100m: 1:06.02				
2.	Eva Smit	GZVW	1:07.90	9602690	<b>1:08.51</b>
	50m: 31.74 100m: 1:08.51				
3.	Esther Hulsing	TriVia	1:15.44	9601080	<b>1:15.40</b>
	50m: 34.51 100m: 1:15.40				
4.	Ilse van Rijssen	TriVia	1:24.74	9601600	<b>1:18.06</b>
	50m: 36.39 100m: 1:18.06				
5.	Marleen Buis	Z.C. Haren	1:18.76	9604414	<b>1:20.91</b>
	50m: 36.60 100m: 1:20.91				
6.	Kim Franken	GZVW	1:20.61	9602688	<b>1:24.46</b>
	50m: 37.04 100m: 1:24.46				
7.	Sanne Kamminga	De Aquaflippers	1:21.83	9604378	<b>1:33.89</b>
	50m: 39.91 100m: 1:33.89				

Dames Jeugd 1

1.	Monique van der Struik	ZPC Stadskanaal	1:07.43	9502502	<b>1:06.13</b>
	50m: 31.64 100m: 1:06.13				
2.	Silvia Dik	TriVia	1:10.13	9501064	<b>1:09.93</b>
	50m: 32.74 100m: 1:09.93				
3.	Cynthia van Beusekom	TriVia	1:09.88	9500134	<b>1:11.90</b>
	50m: 32.65 100m: 1:11.90				
4.	Nathalja Pragt	NOVA	1:12.87	9500030	<b>1:12.64</b>
	50m: 33.15 100m: 1:12.64				
5.	Iris Visser	ZPCA	1:14.45	9504784	<b>1:12.67</b>
	50m: 33.12 100m: 1:12.67				
6.	Iris Hartman	De Pinquin	1:21.70	9502654	<b>1:15.57</b>
	50m: 34.53 100m: 1:15.57				
7.	Marlinde Koops	ZPC Stadskanaal	1:21.23	9500638	<b>1:19.78</b>
	50m: 36.64 100m: 1:19.78				

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Programmanr. 28, Meisjes, 100m vlinderslag, Dames Jeugd 1

Rang					In.tijd		Tijd
8.	Lotte Duursma	TriVia	1:16.80	9500784	<b>1:22.60</b>		
	50m: 35.16	100m: 1:22.60					
9.	Elisabeth Muthert	ZPC Stadskanaal	1:23.29	9500062	<b>1:23.54</b>		
	50m: 36.76	100m: 1:23.54					
DIS	Denise Gall	De Pinquin	1:21.26	9501494	<b>1:18.67</b>	VH	
	50m: 35.16	100m: 1:18.67					

Dames Jeugd 2

1.	Rosanne Schoonbeek	TriVia	1:07.95	9402692	<b>1:06.44</b>		
	50m: 31.07	100m: 1:06.44					
2.	Mirthe Lanfermeijer	TriVia	1:08.91	9400074	<b>1:10.07</b>		
	50m: 32.49	100m: 1:10.07					
3.	Rixt Veldkamp	ZPC Stadskanaal	1:08.45	9404344	<b>1:14.64</b>		
	50m: 33.92	100m: 1:14.64					
4.	Yvette Meijer	ZPCA	1:17.13	9400372	<b>1:15.42</b>		
	50m: 33.99	100m: 1:15.42					
5.	Karen Stolk	Z.C. Haren	1:17.58	9403950	<b>1:17.69</b>		
	50m: 35.55	100m: 1:17.69					
6.	Nikki van der Pijl	ZPC Stadskanaal	1:13.06	9403954	<b>1:17.75</b>		
	50m: 34.13	100m: 1:17.75					

Dames Senioren D 1-2

1.	Kyra Rietveld	TriVia	1:07.73	9300624	<b>1:09.28</b>		
	50m: 31.34	100m: 1:09.28					
2.	Annelinde Veldman	ZPCA	1:10.35	9302758	<b>1:13.32</b>		
	50m: 31.40	100m: 1:13.32					
3.	Rianne Slagter	Eemsrobben	1:13.58	9304088	<b>1:16.91</b>		
	50m: 36.20	100m: 1:16.91					
4.	Fraukje Puts	ZPC Stadskanaal	1:16.05	9206470	<b>1:17.17</b>		
	50m: 36.29	100m: 1:17.17					
5.	Esther Schipper	De Aquafippers	1:18.58	9201570	<b>1:20.80</b>		
	50m: 35.94	100m: 1:20.80					
6.	Linde Harryvan	Z.C. Haren	1:19.02	9205392	<b>1:21.58</b>		
	50m: 36.74	100m: 1:21.58					

Dames Senioren

1.	Winnie Timans	De Pinquin	1:09.87	9103090	<b>1:10.44</b>		
	50m: 32.46	100m: 1:10.44					
2.	Rianne Hooiveld	Bubble	1:10.42	9001572	<b>1:10.58</b>		
	50m: 32.45	100m: 1:10.58					
3.	Carolien Stuu	TriVia	1:11.00	8704014	<b>1:11.23</b>		
	50m: 32.97	100m: 1:11.23					
4.	Mariska Meems	ZPC Stadskanaal	1:07.80	8902812	<b>1:13.55</b>		
	50m: 33.34	100m: 1:13.55					
5.	Ilka Hendriksen	TriVia	1:11.43	9008126	<b>1:14.01</b>		
	50m: 33.61	100m: 1:14.01					

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Rang				In.tijd		Tijd
6.	Kirsten Oosterhuis			1:16.13	8903136	<b>1:15.33</b>
	50m:	33.98	100m:	1:15.33		
7.	Laura Lutjes			1:15.18	9002424	<b>1:17.27</b>
	50m:	35.86	100m:	1:17.27		

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Heren, 100m rugslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	1:05.00	Erik Hagting	Delfzijl	08.05.2004
KREC Jun 2	1:02.02	Milan Grünwald	Oldenzaal	14.11.2009
KREC Jun 3	1:00.90	Peter van Heukelem	Drachten	02.10.2004
KREC Jun 4	1:00.40	Erik Hagting	Drachten	17.11.2007
KREC Jgd 1	59.24	Erik Hagting	Amsterdam	21.12.2008
KREC Jgd 2	59.20	Gert Jan Horsthuis	Stadskanaal	23.05.1986
KREC Sen H 1	56.10	Marc Kremer	Heerenveen	12.12.2009
KREC Sen H 2	56.10	Marc Kremer	Heerenveen	12.12.2009

L 12 Jun 1: 1:26.00 / L 13 Jun 2: 1:23.00 / L 14 Jun 3: 1:20.00 / L 15 Jun 4: 1:18.00 / L 16-17 Jgd 1-2: 1:16.00 / L 18 / 18+ Sen-: 1:10.00

Rang				In.tijd		Tijd
<b>Jongens Junioren 1</b>						
1.	Jeroen Koers			1:17.95	9701237	<b>1:15.21</b>
	50m:	36.59	100m:	1:15.21		
2.	Martijn Kieffer			1:19.31	9700685	<b>1:17.22</b>
	50m:	37.94	100m:	1:17.22		
3.	Niels Wiersema			1:19.96	9703221	<b>1:18.85</b>
	50m:	38.86	100m:	1:18.85		
4.	Youri Beugelsdijk			1:21.50	9704767	<b>1:19.58</b>
	50m:	39.37	100m:	1:19.58		
5.	Stijn Buurman			1:20.78	9700337	<b>1:20.02</b>
	50m:	39.69	100m:	1:20.02		
6.	Stefan Ridderbos			1:19.51	9700851	<b>1:20.66</b>
	50m:	39.62	100m:	1:20.66		
7.	Arjen Brinks			1:22.04	9700433	<b>1:23.48</b>
	50m:	39.76	100m:	1:23.48		
8.	Pieter Jelke Koops			1:23.39	9700339	<b>1:28.80</b>
	50m:	43.28	100m:	1:28.80		
<b>Jongens Junioren 2</b>						
1.	Eko Doedel			1:14.44	9600543	<b>1:11.82</b>
	50m:	34.96	100m:	1:11.82		
2.	Marc Blauw			1:15.97	9600017	<b>1:12.19</b>
	50m:	35.17	100m:	1:12.19		
3.	Niels Mulder			1:17.58	9600867	<b>1:15.80</b>
	50m:	36.57	100m:	1:15.80		
4.	Maarten Rottier			1:14.56	9600657	<b>1:15.90</b>
	50m:	36.53	100m:	1:15.90		
5.	Bastiaan Bonnema			1:17.87	9600683	<b>1:16.81</b>
	50m:	37.43	100m:	1:16.81		
6.	Niels Kasper			1:22.22	9603941	<b>1:18.34</b>
	50m:	38.26	100m:	1:18.34		

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Programmanr. 29, Jongens, 100m rugslag, Jongens Junioren 2

Rang					In.tijd		Tijd
7.	Erwin Pras			GZVW	1:20.91	9601781	<b>1:21.33</b>
	50m:	38.96	100m:	1:21.33			
Jongens Junioren 3							
1.	Milan Grünewald			TriVia	1:00.99	9500757	<b>1:01.80</b>
	50m:	30.24	100m:	1:01.80			
2.	Jens Kobesen			ZPC Stadskanaal	1:02.12	9500117	<b>1:04.90</b>
	50m:	31.28	100m:	1:04.90			
3.	Matthijs Sijbring			De Pinquin	1:08.05	9500177	<b>1:07.48</b>
	50m:	33.02	100m:	1:07.48			
4.	Aron Bakker			Z.C. Haren	1:14.45	9502267	<b>1:12.96</b>
	50m:	34.61	100m:	1:12.96			
5.	Ruben Rozeboom			TriVia	1:12.87	9500323	<b>1:13.34</b>
	50m:	35.18	100m:	1:13.34			
6.	Dennis Baalman			De Aquaflippers	1:09.84	9500887	<b>1:13.43</b>
	50m:	35.90	100m:	1:13.43			
7.	Tim Zijlstra			De Pinquin	1:13.64	9500641	<b>1:13.61</b>
	50m:	35.57	100m:	1:13.61			
8.	Tom Porte			TriVia	1:15.40	9502017	<b>1:15.69</b>
	50m:	36.28	100m:	1:15.69			
9.	Paul Zanen			Z.C. Haren	1:16.23	9502269	<b>1:15.80</b>
	50m:	36.44	100m:	1:15.80			
10.	Rick Veldman			ZPC Stadskanaal	1:15.29	9503705	<b>1:16.53</b>
	50m:	37.52	100m:	1:16.53			
11.	Brenn Diephuis			TriVia	1:17.76	9504705	<b>1:17.81</b>
	50m:	37.53	100m:	1:17.81			
12.	David Scheffer			De Pinquin	1:18.36	9500175	<b>1:19.83</b>
	50m:	38.54	100m:	1:19.83			
AFGEM	Geert Jan Rozeboom			TriVia	1:16.00	9500325	
AFGEM	Olaf Smidts			GZVW	1:13.59	9504275	

Jongens Junioren 4

1.	Tim Vondeling			De Aquaflippers	1:13.39	9402009	<b>1:11.73</b>
	50m:	34.45	100m:	1:11.73			
2.	Mark Schouten			Eemsrobben	1:07.08	9405171	<b>1:12.22</b>
	50m:	34.89	100m:	1:12.22			
3.	Stefan Petersen			TriVia	1:16.45	9403067	<b>1:12.53</b>
	50m:	35.48	100m:	1:12.53			
4.	Maarten Moorman			De Pinquin	1:11.74	9401161	<b>1:13.88</b>
	50m:	35.90	100m:	1:13.88			
5.	Martijn Smit			GZVW	1:16.77	9406113	<b>1:19.62</b>
	50m:	38.73	100m:	1:19.62			

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Programmanr. 29, Heren, 100m rugslag

Heren Jeugd 1-2

1.	Dennis Cramer			ZPCA	1:00.27	9200199	<b>1:02.67</b>
	50m:	30.52	100m:				
2.	Ward van Rijssen			TriVia	1:03.57	9204841	<b>1:03.06</b>
	50m:	30.83	100m:				
3.	Jelger Rietveld			TriVia	1:05.22	9201109	<b>1:05.00</b>
	50m:	32.30	100m:				
4.	Maurits Muthert			ZPC Stadskanaal	1:03.59	9200941	<b>1:06.02</b>
	50m:	32.04	100m:				
5.	Tim Blauw			ZPC Stadskanaal	1:05.05	9301345	<b>1:07.30</b>
	50m:	32.83	100m:				
6.	Sam Salimbeni			ZPCA	1:14.18	9300943	<b>1:12.23</b>
	50m:	35.05	100m:				
7.	Johan Wijma			De Aquaflippers	1:10.71	9301689	<b>1:12.56</b>
	50m:	34.31	100m:				
8.	Rick Kuipers			Z&PC de Inktvis	1:15.86	9203449	<b>1:17.13</b>
	50m:	36.82	100m:				

Heren Senioren H 1 en ouder

1.	Marc Kremer			TriVia	56.10	9004667	<b>58.22</b>
	50m:	28.46	100m:				
2.	Devi Wolthuizen			TriVia	59.19	8703887	<b>59.66</b>
	50m:	28.68	100m:				
3.	Timon Evenhuis			TriVia	58.29	9000843	<b>1:02.18</b>
	50m:	30.40	100m:				
4.	Michel Popken			ZPC Stadskanaal	1:04.85	9002321	<b>1:06.26</b>
	50m:	32.31	100m:				
5.	Erik Schröder			TriVia	1:06.63	8402025	<b>1:06.62</b>
	50m:	32.88	100m:				
6.	Herman Hofman			ZPC Stadskanaal	1:07.38	9001229	<b>1:06.73</b>
	50m:	32.39	100m:				
7.	Jordy Pragt			NOVA	1:07.26	9101835	<b>1:08.58</b>
	50m:	32.82	100m:				
8.	Frank Guibal			Z&PC de Inktvis	1:08.10	8300799	<b>1:08.64</b>
	50m:	33.21	100m:				
9.	Jens Boer			Z&PC de Inktvis	1:07.69	8900289	<b>1:12.60</b>
	50m:	33.84	100m:				
10.	Hendrik de Vries			Bubble	1:08.46	8803707	<b>1:15.82</b>
	50m:	34.75	100m:				

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29.05.2010 - 15:51

Dames, 400m wisselslag

Meisjes Junioren 2 en ouder  
Resultaten

KREC Jun 2	5:11.32	Caroline Stuut	Stadskanaal	24.11.2001
KREC Jun 3	5:04.84	Caroline Stuut	Stadskanaal	23.11.2002
KREC Jgd 1	5:04.84	Caroline Stuut	Stadskanaal	23.11.2002
KREC Jgd 2	4:57.32	Linda Moes	Emmen	20.02.1987
KREC Sen D 1	4:56.57	Nathalie Koekkoek	Drachten	15.01.1989
KREC Sen D 2	4:56.57	Nathalie Koekkoek	Drachten	15.01.1989
KREC 19	4:56.57	Nathalie Koekkoek	Drachten	15.01.1989

L 14 Jgd 1: 6:20.00 / L 12 Jun 2: 6:50.00 / L 13 Jun 3: 6:30.00 / L 15 Jgd 2: 6:15.00 / L 16-17 Sen D 1-2: 6:07.00 / L 18 / 18+ Sen.: 5:57.00

Rang	In.tijd	Tijd
<b>Meisjes Junioren 2</b>		

1. Ellen van Nieff	ZPC Stadskanaal	6:04.68	9701112	<b>6:08.43</b>
50m: 39.83	150m: 2:18.50	250m: 3:53.27	350m: 5:27.19	
100m: 1:30.41	200m: 3:04.14	300m: 4:43.64	400m: 6:08.43	

**Meisjes Junioren 3**

1. Adája Stoetman	ZPC Stadskanaal	5:19.39	9600348	<b>5:24.71</b>
50m: 31.98	150m: 1:55.07	250m: 3:24.71	350m: 4:49.86	
100m: 1:09.62	200m: 2:36.75	300m: 4:12.54	400m: 5:24.71	
2. Joline Fischer	NOVA	6:12.86	9601638	<b>5:54.44</b>
50m: 36.73	150m: 2:10.35	250m: 3:43.38	350m: 5:17.00	
100m: 1:24.90	200m: 2:55.89	300m: 4:35.01	400m: 5:54.44	
3. Tessa Keizer	GZVW	5:54.04	9601586	<b>5:57.10</b>
50m: 36.24	150m: 2:08.48	250m: 3:45.04	350m: 5:19.18	
100m: 1:21.74	200m: 2:53.51	300m: 4:37.58	400m: 5:57.10	

**Dames Jeugd 1**

1. Nathalie Pragt	NOVA	5:29.28	9500030	<b>5:34.88</b>
50m: 33.68	150m: 1:59.87	250m: 3:29.69	350m: 4:57.66	
100m: 1:15.61	200m: 2:41.63	300m: 4:18.63	400m: 5:34.88	
2. Iris Visser	ZPCA	5:43.42	9504784	<b>5:41.28</b>
50m: 34.63	150m: 2:00.48	250m: 3:33.92	350m: 5:04.59	
100m: 1:16.30	200m: 2:44.10	300m: 4:24.42	400m: 5:41.28	
3. Marlinde Koops	ZPC Stadskanaal	6:05.48	9500638	<b>5:58.51</b>
50m: 37.79	150m: 2:09.55	250m: 3:46.64	350m: 5:19.46	
100m: 1:21.38	200m: 2:56.65	300m: 4:38.66	400m: 5:58.51	
4. Elisabeth Muthert	ZPC Stadskanaal	5:48.51	9500062	<b>5:58.85</b>
50m: 37.54	150m: 2:11.09	250m: 3:45.75	350m: 5:20.20	
100m: 1:24.75	200m: 2:56.59	300m: 4:37.38	400m: 5:58.85	

**Dames Jeugd 2**

1. Mirthe Lanfermeijer	TriVia	5:17.05	9400074	<b>5:12.64</b>
50m: 32.56	150m: 1:49.02	250m: 3:12.26	350m: 4:36.53	
100m: 1:10.00	200m: 2:26.94	300m: 3:58.28	400m: 5:12.64	
2. Heleen ten Have	De Pinquin	6:09.12	9403000	<b>6:00.96</b>
50m: 38.55	150m: 2:10.15	250m: 3:46.17	350m: 5:19.62	
100m: 1:26.32	200m: 2:53.76	300m: 4:38.75	400m: 6:00.96	
3. Karen Stolk	Z.C. Haren	6:08.25	9403950	<b>6:03.78</b>
50m: 36.14	150m: 2:08.62	250m: 3:50.00	350m: 5:25.07	
100m: 1:19.81	200m: 2:56.23	300m: 4:43.64	400m: 6:03.78	



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Programmanr. 30, Meisjes, 400m wisselslag, Dames Jeugd 2

Rang							In.tijd		Tijd
4.	Carmen Märsylä						6:12.65	9405244	<b>6:04.80</b>
	50m:	37.69	150m:	2:12.94	250m:	3:51.11	350m:	5:26.30	
	100m:	1:25.83	200m:	2:59.19	300m:	4:45.69	400m:	6:04.80	

Dames Senioren D 1-2

1.	Jose Sijbring						5:28.11	9300702	<b>5:27.93</b>
	50m:	34.37	150m:	1:57.65	250m:	3:25.78	350m:	4:52.07	
	100m:	1:15.88	200m:	2:39.54	300m:	4:14.36	400m:	5:27.93	
2.	Esther Schipper						5:59.02	9201570	<b>5:56.33</b>
	50m:	37.68	150m:	2:13.98	250m:	3:50.80	350m:	5:18.93	
	100m:	1:25.90	200m:	3:01.04	300m:	4:40.15	400m:	5:56.33	
3.	Rianne Slagter						5:58.62	9304088	<b>5:57.67</b>
	50m:	39.16	150m:	2:13.49	250m:	4:11.41	350m:	5:22.84	
	100m:	1:24.53	200m:	3:01.69	300m:	4:44.32	400m:	5:57.67	
4.	Suzanne Teuben						5:58.24	9201736	<b>6:16.66</b>
	50m:	37.99	150m:	2:14.15	250m:	3:52.03	350m:	5:32.60	
	100m:	1:27.72	200m:	2:59.70	300m:	4:47.99	400m:	6:16.66	

Dames Senioren

1.	Gea Hagting						5:25.30	8801584	<b>5:13.38</b>
	50m:	33.59	150m:	1:55.53	250m:	3:18.11	350m:	4:38.60	
	100m:	1:14.06	200m:	2:35.10	300m:	4:02.08	400m:	5:13.38	
2.	Winnie Timans						5:35.46	9103090	<b>5:33.18</b>
	50m:	33.90	150m:	1:57.63	250m:	3:28.70	350m:	4:56.79	
	100m:	1:14.30	200m:	2:39.54	300m:	4:18.90	400m:	5:33.18	
3.	Esther Kwebeman						5:39.80	9106374	<b>5:41.28</b>
	50m:	34.48	150m:	2:02.71	250m:	3:32.58	350m:	5:04.04	
	100m:	1:18.64	200m:	2:44.36	300m:	4:23.48	400m:	5:41.28	

NG.ZA	Mariska Meems	ZPC	Stadskanaal	5:22.49	8902812
AFGEM	Rianne Hooiveld	Bubble		5:36.86	9001572

Programmanr. 31  
29.05.2010 - 16:21

Jongens, 4 x 100m wisselslag

Jongens Junioren 4 en later  
Resultaten

KREST-J	4:05.90	TriVia	01-047	Vlissingen	30.01.2005
L Jun 4 el : 5:20.00					

Rang							In.tijd		Tijd
1.	TriVia 1						4:24.51		<b>4:22.09</b>
	Milan Grünewald	95	30.24	1:01.11	Maarten Rottier	96	31.51	1:09.03	
	Stefan Petersen	94	32.76	1:11.18	Tom Porte	95	28.75	1:00.77	
2.	De Pinquin 2						4:44.15		<b>4:47.37</b>
	Tim Zijlstra	95	35.94	1:14.48	Matthijs Sijbring	95	32.69	1:09.28	
	David Scheffer	95	39.56	1:24.79	Maarten Moorman	94	27.82	58.82	
3.	De Aquaflippers 1						4:59.30		<b>5:05.91</b>
	Dennis Baalman	95	34.54	1:11.95	Tim Vondeling	94	30.71	1:08.03	
	Niels Kasper	96	43.48	1:32.89	Bert Gort	97	35.23	1:13.04	
4.	Eemsrobben 3						5:10.54		<b>5:24.15</b>
	Niels Wiersema	97	40.63	1:21.49	Mark Schouten	94	31.26	1:10.63	
	Martijn Kieffer	97	48.12	1:41.70	Jeroen Koers	97	32.84	1:10.33	

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Programmanr. 31, Jongens, 4 x 100m wisselslag, Jongens Junioren 4 en later

Rang					In.tijd	Tijd			
DIS	ZPC Stadskanaal 1	ZPC Stadskanaal				4:16.45	<b>4:20.83 RC</b>		
	Jens Kobesen	95	31.89	1:04.91	Luc van der Wolde	95	29.24	1:04.01	
	Marco Barkhuis	95	32.72	1:11.46	Rick Veldman	95	28.75	1:00.45	
AFGEM	TriVia 2	TriVia				5:00.16			

Programmanr. 32  
29.05.2010 - 16:27

Meisjes, 4 x 100m wisselslag

Meisjes Junioren 3 en later

Resultaten

KREST-M	4:35.49	TriVia	01-047	Winschoten	23.05.2009
L Jun 3 el : 5:50.00					

Rang					In.tijd	Tijd			
1.	TriVia 1	TriVia				5:09.26	<b>5:01.49</b>		
	Esther Hulsing	96	34.68	1:11.04	Marlinde Schoonbeek	98	36.25	1:19.91	
	Ilse van Rijssen	96	38.52	1:22.80	Bernice Dijkhuis	98	31.27	1:07.74	
2.	Eemsrobber 4	Eemsrobber				5:16.87	<b>5:12.93</b>		
	Lilian Ottens	96	39.18	1:20.22	Judith Veldman	97	36.75	1:18.98	
	Anouk Dijkstra	97	38.51	1:23.22	Mandy Slagter	97	34.05	1:10.51	
3.	ZPC Stadskanaal 1	ZPC Stadskanaal				4:59.59	<b>5:13.81</b>		
	Bente Kuik	97	38.78	1:19.45	Laura van der A	97	33.87	1:16.24	
	Ellen van Nieff	97	39.40	1:25.66	Astrid Smit	97	34.70	1:12.46	
4.	De Pinquin 3	De Pinquin				5:18.23	<b>5:15.20</b>		
	Tialda Prins	98	38.40	1:19.84	Vivianne Dortmund	98	35.48	1:20.24	
	Sanne Weessies	96	39.67	1:26.59	Daniek Platje	98	32.89	1:08.53	
5.	ZPCA 3	ZPCA				5:25.27	<b>5:26.67</b>		
	Amber Visser	98	37.45	1:17.64	Bojoura van Zoest	97	39.00	1:27.26	
	Margreet Koster	97	42.62	1:31.45	Fitria Engelsman	98	32.60	1:10.32	
AFGEM	GZVW 3	GZVW				5:04.22			

5 - PGZK-2010 deel 5

30.05.2010 - 14:00

Programmanr. 33  
30.05.2010 - 14:00

Heren, 50m schoolslag

Jongens Junioren 1 en ouder

Resultaten

KREC Jun 1	34.30	Arne Doddema	Amersfoort	01.12.2002
KREC Jun 2	33.12	Arne Doddema	Stadskanaal	03.05.2003
KREC Jun 3	31.25	Tom Odding	Drachten	19.12.2004
KREC Jun 4	28.93	Roy Smeenge	Amsterdam	20.12.2009
KREC Jgd 1	28.87	Roy Smeenge	Stadskanaal	17.04.2010
KREC Jgd 2	27.91	Timon Evenhuis	Amsterdam	21.12.2008
KREC Sen H 1	27.91	Timon Evenhuis	Amsterdam	21.12.2008
KREC Sen H 2	27.40	Rudy Ted de Haan	Maastricht	30.12.2009

L Senioren Heren open : 35.30

Rang					In.tijd	Tijd	
1.	Timon Evenhuis	TriVia		28.03	9000843	<b>29.29</b>	
2.	Devi Wolthuizen	TriVia		29.08	8703887	<b>29.58</b>	
3.	Roy Smeenge	TriVia		28.87	9305557	<b>29.73</b>	
4.	Marc Kremer	TriVia		30.18	9004667	<b>29.91</b>	
5.	Thomas Kersten	TriVia		29.46	9001515	<b>30.17</b>	
6.	Erik Talma	TriVia		28.54	8903107	<b>30.24</b>	
7.	Ward van Rijssen	TriVia		31.20	9204841	<b>31.56</b>	
8.	Elmar Gouw	TriVia		31.86	8906643	<b>31.66</b>	

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Programmanr. 33, Heren, 50m schoolslag, Jongens Junioren 1 en ouder

Rang			In.tijd		Tijd
9.	Dennis Wijbenga	ZPC Stadskanaal	30.70	9003283	<b>32.02</b>
10.	Marco Barkhuis	ZPC Stadskanaal	32.84	9500279	<b>32.41</b>
11.	Stefan Petersen	TriVia	32.31	9403067	<b>32.59</b>
12.	Maurits Muthert	ZPC Stadskanaal	31.66	9200941	<b>32.85</b>
13.	Richard Lutke	NOVA	33.23	9101503	<b>33.46</b> FJ 1
14.	Jasper Groeneveld	Z.C. Haren	32.50	8102263	<b>33.46</b> FJ 2
15.	Jordy Pragt	NOVA	33.06	9101835	<b>33.46</b> FJ 3
16.	Mike Bakker	ZPCA	33.31	9007253	<b>33.95</b>
17.	Desmond Drijfhout	ZENO	33.93	9200285	<b>34.29</b>
18.	Jens Boer	Z&PC de Inktvis	33.34	8900289	<b>34.64</b>
19.	Sam Salimbeni	ZPCA	34.23	9300943	<b>34.77</b>
20.	Milan Grünwald	TriVia	35.20	9500757	<b>35.58</b>
21.	Dennis Kuipers	Z&PC de Inktvis	33.64	8601787	<b>35.89</b>
AFGEM	Tom Odding	Eemsrobber	31.36	8902301	

Programmanr. 34  
30.05.2010 - 14:00

Dames, 50m rugslag

Senioren open  
Resultaten

KREC Jun 1	33.04	Lisanne van Avezaath	Lelystad	06.12.2009
KREC Jun 2	31.70	Linda Panman	Stadskanaal	27.05.1995
KREC Jun 3	29.57	Sylvia Dik	Amsterdam	19.12.2009
KREC Jgd 1	29.19	Sylvia Dik	Stadskanaal	17.04.2010
KREC Jgd 2	29.19	Sylvia Dik	Stadskanaal	17.04.2010
KREC Sen D 1	27.97	Ranomi Kromowidjojo	Aachen	13.10.2007
KREC Sen D 2	27.97	Ranomi Kromowidjojo	Aachen	13.10.2007
KREC 19	27.97	Ranomi Kromowidjojo	Aachen	13.10.2007

L Senioren Dames open : 36.00

Rang			In.tijd		Tijd
1.	Silvia Dik	TriVia	29.19	9501064	<b>29.51</b>
2.	Kyra Rietveld	TriVia	30.26	9300624	<b>30.15</b>
3.	Mirthe Lanfermeijer	TriVia	30.58	9400074	<b>30.69</b>
4.	Annelinde Veldman	ZPCA	31.36	9302758	<b>30.95</b> FJ 1
5.	Monique van der Struik	ZPC Stadskanaal	30.02	9502502	<b>30.95</b> FJ 2
6.	Kirsten Nieboer	TriVia	31.28	9501988	<b>31.44</b>
7.	Cynthia van Beusekom	TriVia	30.51	9500134	<b>31.67</b>
8.	Marlies Cramer	ZPCA	33.30	9502164	<b>31.82</b>
9.	Anouk Frieman	TriVia	31.61	9502390	<b>31.89</b>
10.	Lisanne van Avezaath	ZPC Stadskanaal	32.62	9701304	<b>32.30</b>
11.	Esther Hulsing	TriVia	33.31	9601080	<b>32.90</b>
12.	Rianne Hooiveld	Bubble	31.84	9001572	<b>32.93</b>
13.	Mariska Meems	ZPC Stadskanaal	32.07	8902812	<b>33.33</b>
14.	Naomi Zuidema	ZPC Stadskanaal	33.21	9600058	<b>33.64</b>
15.	Esther Kwebeman	zc Oldambt	34.18	9106374	<b>34.12</b>
16.	Gea Hagting	NOVA	33.10	8801584	<b>34.66</b>
17.	Judith Veldman	Eemsrobber	35.58	9702422	<b>34.67</b>
18.	Margreet Koster	ZPCA	35.51	9700330	<b>35.01</b>
19.	Heleen Arends	TriVia	34.71	9404416	<b>35.05</b>
20.	Marlinde Schoonbeek	TriVia	35.89	9801056	<b>35.34</b> FJ 1
21.	Patricia Scheppers	Bubble	35.80	8903678	<b>35.34</b> FJ 2
22.	Kim Franken	GZVW	34.64	9602688	<b>35.44</b>
23.	Nathasja Bos	ZPC Stadskanaal	34.85	9100362	<b>35.59</b> FJ 1
24.	Stephanie Koopman	GZVW	34.89	9202524	<b>35.59</b> FJ 2
25.	Marthe van Ginkel	NOVA	34.82	9501744	<b>36.42</b>
26.	Daniek Platje	De Pinquin	36.00	9800226	<b>36.44</b>

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Programmanr. 34, Dames, 50m rugslag, Senioren open

Rang			In.tijd	Tijd
27.	Sanne Kamminga	De Aquaflippers	35.73 9604378	<b>36.81</b>
28.	Suzanne Teuben	De Aquaflippers	34.93 9201736	<b>37.03</b>
29.	Ilse van Dijk	Zcm'86	34.86 9301902	<b>37.10</b>
30.	Tessa Keizer	GZVW	35.29 9601586	<b>37.39</b>
AFGEM	Naomi Touré	TriVia	32.57 9401628	
AFGEM	Jacyntha Plat	TriVia	31.88 9002956	

Programmanr. 35  
30.05.2010 - 14:08

Heren, 200m wisselslag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	2:19.68	Erik Hagting	Winschoten	06.11.2004
KREC Jun 2	2:17.34	Erik Hagting	Groningen	29.10.2005
KREC Jun 3	2:15.59	Erik Hagting	Hoogezand	25.11.2006
KREC Jun 4	2:12.62	Erik Hagting	Leeuwarden	10.03.2007
KREC Jgd 1	2:11.00	Marc Kremer	Drachten	27.10.2007
KREC Jgd 2	2:08.78	Marc Kremer	Groningen	03.02.2008
KREC Sen H 1	2:07.21	Devi Wolthuizen	Drachten	15.12.2006
KREC Sen H 2	2:01.12	Devi Wolthuizen	Amsterdam	18.12.2009

L 12 Jun 1: 3:09.00 / L 13 Jun 2: 3:01.00 / L 14 Jun 3: 2:55.00 / L 15 Jun 4: 2:50.00 / L 16-17 Jgd 1-2: 2:45.00 / L 18 / 18+ Sen-: 2:35.00

Rang			In.tijd	Tijd
<b>Jongens Junioren 1</b>				
1.	Stefan Ridderbos	Bubble	2:43.34 9700851	<b>2:44.21</b>
	50m: 36.66 100m: 1:19.22 150m: 2:07.23 200m: 2:44.21			
2.	Marcel Groen	GZVW	2:49.51 9700239	<b>2:51.00</b>
	50m: 35.07 100m: 1:19.38 150m: 2:11.82 200m: 2:51.00			
3.	Jeroen Koers	Eemsrobben	2:58.67 9701237	<b>2:53.13</b>
	50m: 37.95 100m: 1:19.32 150m: 2:16.29 200m: 2:53.13			
4.	Martijn Kieffer	Eemsrobben	2:57.20 9700685	<b>2:53.31</b>
	50m: 38.78 100m: 1:21.38 150m: 2:14.30 200m: 2:53.31			
5.	Stijn Buurman	NOVA	2:54.19 9700337	<b>2:53.55</b>
	50m: 40.17 100m: 1:24.12 150m: 2:16.10 200m: 2:53.55			
6.	Youri Beugelsdijk	De Hardenberg	3:00.80 9704767	<b>2:53.74</b>
	50m: 40.26 100m: 1:25.00 150m: 2:14.91 200m: 2:53.74			
7.	Gert Muntendam	De Pinquin	2:49.15 9700115	<b>2:55.44</b>
	50m: 41.84 100m: 1:26.59 150m: 2:14.62 200m: 2:55.44			
8.	Bert Gort	De Aquaflippers	3:05.01 9703703	<b>2:58.68</b>
	50m: 39.34 100m: 1:27.04 150m: 2:19.38 200m: 2:58.68			
9.	Roy Potze	GZVW	3:01.80 9702457	<b>3:02.82</b>
	50m: 42.03 100m: 1:27.76 150m: 2:21.42 200m: 3:02.82			
10.	Remco Stam	De Aquaflippers	3:04.76 9702165	<b>3:04.57</b>
	50m: 43.57 100m: 1:31.75 150m: 2:24.77 200m: 3:04.57			
DIS	Niels Wiersema	Eemsrobben	3:03.97 9703221	<b>3:00.49 SD</b>
	50m: 39.96 100m: 1:24.47 150m: 2:24.39 200m: 3:00.49			
AFGEM	Pieter Jelke Koops	NOVA	3:02.96 9700339	

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Programmanr. 35, Heren, 200m wisselslag

Jongens Junioren 2

1.	Maarten Rottier			TriVia			2:38.39	9600657	<b>2:33.37</b>
	50m: 32.22	100m: 1:13.92	150m: 1:58.19	200m: 2:33.37					
2.	Eko Doedel			ZPCA			2:40.61	9600543	<b>2:40.13</b>
	50m: 35.83	100m: 1:17.11	150m: 2:03.56	200m: 2:40.13					
3.	Niels Mulder			De Hardenberg			2:46.11	9600867	<b>2:43.20</b>
	50m: 37.52	100m: 1:17.77	150m: 2:07.13	200m: 2:43.20					
4.	Bastiaan Bonnema			TriVia			2:46.50	9600683	<b>2:43.96</b>
	50m: 36.98	100m: 1:19.20	150m: 2:08.80	200m: 2:43.96					
5.	Hans v.d. Laan			ZPC Stadskanaal			2:57.95	9601063	<b>2:53.18</b>
	50m: 40.40	100m: 1:24.03	150m: 2:16.07	200m: 2:53.18					
6.	Erwin Pras			GZVW			2:52.24	9601781	<b>2:54.14</b>
	50m: 35.13	100m: 1:19.92	150m: 2:13.32	200m: 2:54.14					
7.	Niels Kasper			De Aquafippers			2:53.34	9603941	<b>2:54.92</b>
	50m: 39.07	100m: 1:23.51	150m: 2:16.78	200m: 2:54.92					
8.	Bas Martena			Bubble			2:53.80	9600861	<b>2:56.53</b>
	50m: 41.71	100m: 1:26.24	150m: 2:16.88	200m: 2:56.53					

Jongens Junioren 3

1.	Jens Kobesen			ZPC Stadskanaal			2:15.93	9500117	<b>2:15.13</b>
	50m: 29.74	100m: 1:04.50	150m: 1:42.67	200m: 2:15.13					
2.	Milan Grünwald			TriVia			2:17.06	9500757	<b>2:19.30</b>
	50m: 29.77	100m: 1:04.54	150m: 1:46.83	200m: 2:19.30					
3.	Matthijs Sijbring			De Pinquin			2:32.29	9500177	<b>2:31.88</b>
	50m: 30.11	100m: 1:09.94	150m: 1:58.00	200m: 2:31.88					
4.	Ruben Rozeboom			TriVia			2:34.29	9500323	<b>2:32.78</b>
	50m: 34.41	100m: 1:12.86	150m: 1:57.38	200m: 2:32.78					
5.	Rick Veldman			ZPC Stadskanaal			2:36.07	9503705	<b>2:33.17</b>
	50m: 32.24	100m: 1:12.50	150m: 1:58.54	200m: 2:33.17					
6.	Aron Bakker			Z.C. Haren			2:45.36	9502267	<b>2:43.01</b>
	50m: 35.27	100m: 1:16.36	150m: 2:04.45	200m: 2:43.01					
7.	Paul Zanen			Z.C. Haren			2:54.26	9502269	<b>2:45.40</b>
	50m: 38.61	100m: 1:21.48	150m: 2:06.47	200m: 2:45.40					
8.	David Scheffer			De Pinquin			2:49.50	9500175	<b>2:46.93</b>
	50m: 38.85	100m: 1:22.17	150m: 2:08.63	200m: 2:46.93					
9.	Tim Zijlstra			De Pinquin			2:53.58	9500641	<b>2:48.52</b>
	50m: 36.21	100m: 1:17.19	150m: 2:10.06	200m: 2:48.52					
10.	Tom Porte			TriVia			2:40.91	9502017	<b>2:55.09</b>
	50m: 37.44	100m: 1:23.72	150m: 2:15.26	200m: 2:55.09					
DIS	Brenn Diephuis			TriVia			2:51.21	9504705	<b>2:39.54 rd</b>
	50m: 33.84	100m: 1:13.86	150m: 2:01.24	200m: 2:39.54					

AFGEM Olaf Smidts GZVW 2:32.54 9504275

Jongens Junioren 4

1.	Stefan Petersen			TriVia			2:27.38	9403067	<b>2:27.39</b>
	50m: 31.74	100m: 1:11.25	150m: 1:53.43	200m: 2:27.39					
2.	Mark Schouten			Eemsrobben			2:38.33	9405171	<b>2:34.71</b>
	50m: 32.09	100m: 1:12.78	150m: 2:00.81	200m: 2:34.71					

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Programmanr. 35, Jongens, 200m wisselslag, Jongens Junioren 4

Rang							In.tijd		Tijd
3.	Maarten Moorman			De Pinquin			2:35.05	9401161	<b>2:36.81</b>
	50m:	32.70	100m:	1:14.12	150m:	2:01.44	200m:	2:36.81	
DIS	Martijn Smit			GZVW			2:42.82	9406113	AA
AFGEM	Roy Zuidema			ZPC Stadskanaal			2:35.29	9400067	

Heren Jeugd 1-2

1.	Ward van Rijssen			TriVia			2:16.07	9204841	<b>2:14.81</b>
	50m:	29.68	100m:	1:03.79	150m:	1:42.22	200m:	2:14.81	
2.	Dennis Cramer			ZPCA			2:17.86	9200199	<b>2:16.83</b>
	50m:	28.54	100m:	1:03.22	150m:	1:43.96	200m:	2:16.83	
3.	Roy Smeenge			TriVia			2:12.49	9305557	<b>2:24.16</b>
	50m:	29.42	100m:	1:09.28	150m:	1:49.75	200m:	2:24.16	
4.	Tim Blauw			ZPC Stadskanaal			2:24.61	9301345	<b>2:25.73</b>
	50m:	30.93	100m:	1:07.80	150m:	1:54.98	200m:	2:25.73	
5.	Johan Wijma			De Aquaflippers			2:32.01	9301689	<b>2:29.76</b>
	50m:	30.75	100m:	1:10.52	150m:	1:52.97	200m:	2:29.76	
6.	Maurits Muthert			ZPC Stadskanaal			2:21.23	9200941	<b>2:30.54</b>
	50m:	31.32	100m:	1:08.22	150m:	1:53.68	200m:	2:30.54	
7.	Arjen Zijlstra			De Pinquin			2:44.84	9203309	<b>2:39.54</b>
	50m:	33.65	100m:	1:15.49	150m:	2:03.16	200m:	2:39.54	
8.	Desmond Drijfhout			ZENO			2:40.89	9200285	<b>2:47.02</b>
	50m:	35.86	100m:	1:21.26	150m:	2:08.98	200m:	2:47.02	

Heren Senioren H 1 en ouder

1.	Devi Wolthuizen			TriVia			2:01.12	8703887	<b>2:05.21</b>
	50m:	26.78	100m:	58.36	150m:	1:34.14	200m:	2:05.21	
2.	Marc Kremer			TriVia			2:09.93	9004667	<b>2:07.80</b>
	50m:	26.87	100m:	59.25	150m:	1:36.14	200m:	2:07.80	
3.	Erik Talma			TriVia			2:10.07	8903107	<b>2:16.08</b>
	50m:	28.67	100m:	1:05.29	150m:	1:43.63	200m:	2:16.08	
4.	Dennis Wijbenga			ZPC Stadskanaal			2:11.43	9003283	<b>2:16.80</b>
	50m:	30.71	100m:	1:05.96	150m:	1:44.01	200m:	2:16.80	
5.	Erik Schröder			TriVia			2:19.87	8402025	<b>2:19.53</b>
	50m:	30.18	100m:	1:06.48	150m:	1:48.83	200m:	2:19.53	
6.	Jordy Pragt			NOVA			2:19.39	9101835	<b>2:20.79</b>
	50m:	30.77	100m:	1:07.42	150m:	1:47.17	200m:	2:20.79	
7.	Michel Popken			ZPC Stadskanaal			2:21.57	9002321	<b>2:23.00</b>
	50m:	30.24	100m:	1:05.63	150m:	1:49.97	200m:	2:23.00	
8.	Herman Hofman			ZPC Stadskanaal			2:28.54	9001229	<b>2:24.78</b>
	50m:	30.83	100m:	1:07.97	150m:	1:52.80	200m:	2:24.78	
9.	Mike Bakker			ZPCA			2:28.97	9007253	<b>2:29.00</b>
	50m:	30.74	100m:	1:09.27	150m:	1:53.21	200m:	2:29.00	
10.	Fabian Buiringe			TriVia			2:34.38	9006209	<b>2:35.15</b>
	50m:	32.91	100m:	1:12.84	150m:	1:57.52	200m:	2:35.15	

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Dames, 200m wisselslag

Senioren open  
Resultaten

KREC Jun 1	2:29.86	Lisanne van Avezaath	Stadskanaal	14.11.2009
KREC Jun 2	2:27.50	Caroline Stuu	Stadskanaal	24.10.2001
KREC Jun 3	2:24.98	Caroline Stuu	Stadskanaal	02.02.2002
KREC Jgd 1	2:21.77	Caroline Stuu	Stadskanaal	04.01.2003
KREC Jgd 2	2:19.40	Nathalie Koekkoek	Leusden	20.11.1988
KREC Sen D 1	2:19.40	Nathalie Koekkoek	Leusden	20.11.1988
KREC Sen D 2	2:19.40	Nathalie Koekkoek	Leusden	20.11.1988
KREC 19	2:17.38	Marieke Mastenbroek	Dordrecht	10.03.1991

L 11 Jun 1: 3:20.00 / L 12 Jun 2: 3:12.00 / L 13 Jun 3: 3:05.00 / L 14 Jgd 1: 2:58.00 / L 15 Jgd 2: 2:55.00 / L 16-17 Sen D 1-2: 2:51.00 / L 18 / 18+ Sen.: 2:48.00

Rang							In.tijd		Tijd	
<b>Meisjes Junioren 1</b>										
1.	Willemein Hoving						TriVia	2:43.36	9800106	<b>2:43.69</b>
	50m:	38.10	100m:	1:20.03	150m:	2:05.91	200m:	2:43.69		
2.	Anouk Zuidema						De Aquafippers	2:51.45	9801654	<b>2:44.14</b>
	50m:	35.55	100m:	1:18.54	150m:	2:07.11	200m:	2:44.14		
3.	Marlinde Schoonbeek						TriVia	2:45.57	9801056	<b>2:47.99</b>
	50m:	35.27	100m:	1:17.78	150m:	2:09.98	200m:	2:47.99		
4.	Bernice Dijkhuis						TriVia	2:52.91	9800084	<b>2:48.86</b>
	50m:	37.64	100m:	1:20.60	150m:	2:11.07	200m:	2:48.86		
5.	Amber Visser						ZPCA	2:50.16	9801416	<b>2:49.67</b>
	50m:	35.89	100m:	1:19.67	150m:	2:11.17	200m:	2:49.67		
6.	Daniek Platje						De Pinquin	2:47.95	9800226	<b>2:50.39</b>
	50m:	36.15	100m:	1:21.53	150m:	2:12.31	200m:	2:50.39		
7.	Vivianne Dortmund						De Pinquin	2:49.43	9801578	<b>2:51.12</b>
	50m:	37.63	100m:	1:23.45	150m:	2:14.45	200m:	2:51.12		
8.	Tialda Prins						De Pinquin	2:53.21	9801310	<b>2:55.28</b>
	50m:	39.73	100m:	1:24.00	150m:	2:15.73	200m:	2:55.28		
9.	Toke Camps						Z.C. Haren	3:15.54	9801834	<b>2:57.28</b>
	50m:	39.50	100m:	1:25.79	150m:	2:18.18	200m:	2:57.28		
10.	Fitria Engelsman						ZPCA	3:07.54	9801896	<b>2:58.94</b>
	50m:	37.58	100m:	1:24.44	150m:	2:18.13	200m:	2:58.94		
11.	Ageeth Dekker						ZPC Stadskanaal	3:07.26	9802180	<b>3:00.48</b>
	50m:	41.28	100m:	1:25.97	150m:	2:17.63	200m:	3:00.48		
12.	Lisa Westenberg						Eemsrobben	3:03.15	9804102	<b>3:01.06</b>
	50m:	40.13	100m:	1:28.24	150m:	2:19.86	200m:	3:01.06		
13.	Joniek Hooghoudt						TriVia	2:59.26	9801962	<b>3:02.57</b>
	50m:	40.89	100m:	1:26.52	150m:	2:19.47	200m:	3:02.57		
14.	Emma Arends						TriVia	3:08.83	9800972	<b>3:04.80</b>
	50m:	40.38	100m:	1:26.16	150m:	2:20.79	200m:	3:04.80		
15.	Anouk Koster						zc Oldambt	3:07.16	9800882	<b>3:06.29</b>
	50m:	44.23	100m:	1:29.78	150m:	2:21.81	200m:	3:06.29		
16.	Marianne Arling						Bubble	3:10.51	9800170	<b>3:09.56</b>
	50m:	43.41	100m:	1:31.17	150m:	2:26.10	200m:	3:09.56		
17.	Isabelle Dijkhuis						De Aquafippers	3:04.65	9802850	<b>3:09.92</b>
	50m:	41.54	100m:	1:30.71	150m:	2:24.48	200m:	3:09.92		
18.	Julia van der A						ZPC Stadskanaal	3:15.45	9800072	<b>3:19.61</b>
	50m:	42.11	100m:	1:33.39	150m:	2:33.94	200m:	3:19.61		
DIS	Marieke Klijnstra						ZPC Stadskanaal	3:06.98	9801964	<b>3:11.40 RC</b>
	50m:	41.80	100m:	1:30.38	150m:	2:23.85	200m:	3:11.40		

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Programmanr. 36, Meisjes, 200m wisselslag, Meisjes Junioren 1

Rang						In.tijd		Tijd
DIS	Dagmar Veldman			Eemsrobben		3:14.21	9802300	<b>3:15.90</b> VB
	50m: 44.59	100m: 1:36.24	150m: 2:30.72	200m: 3:15.90				
AFGEM	Inge Willemsen			ZPCA		2:56.07	9801958	

Meisjes Junioren 2

1.	Lisanne van Avezaath			ZPC Stadskanaal		2:29.86	9701304	<b>2:34.17</b>
	50m: 32.28	100m: 1:12.18	150m: 1:58.58	200m: 2:34.17				
2.	Judith Veldman			Eemsrobben		2:35.70	9702422	<b>2:36.28</b>
	50m: 35.51	100m: 1:15.12	150m: 2:00.35	200m: 2:36.28				
3.	Bente Kuik			ZPC Stadskanaal		2:51.92	9701750	<b>2:45.30</b>
	50m: 37.18	100m: 1:18.30	150m: 2:06.95	200m: 2:45.30				
4.	Ellen van Nieff			ZPC Stadskanaal		2:54.12	9701112	<b>2:48.65</b>
	50m: 37.33	100m: 1:20.82	150m: 2:09.06	200m: 2:48.65				
5.	Margreet Koster			ZPCA		2:58.18	9700330	<b>2:54.32</b>
	50m: 37.12	100m: 1:21.72	150m: 2:13.19	200m: 2:54.32				
6.	Bojoura van Zoest			ZPCA		3:05.00	9701130	<b>2:59.94</b>
	50m: 40.37	100m: 1:25.42	150m: 2:19.50	200m: 2:59.94				
7.	Astrid Smit			ZPC Stadskanaal		2:56.88	9700034	<b>3:01.99</b>
	50m: 39.02	100m: 1:27.15	150m: 2:21.12	200m: 3:01.99				
8.	Marieke van Schuijlenburg			Z.C. Haren		3:10.86	9704314	<b>3:14.59</b>
	50m: 43.11	100m: 1:32.84	150m: 2:31.05	200m: 3:14.59				
DIS	Anouk Dijkstra			Eemsrobben		2:53.54	9704378	AA
AFGEM	Dagmar Smidts			GZVW		3:08.78	9702912	

Meisjes Junioren 3

1.	Adája Stoetman			ZPC Stadskanaal		2:30.82	9600348	<b>2:34.30</b>
	50m: 31.13	100m: 1:12.46	150m: 1:59.25	200m: 2:34.30				
2.	Eva Smit			GZVW		2:37.16	9602690	<b>2:37.09</b>
	50m: 31.93	100m: 1:13.10	150m: 2:01.07	200m: 2:37.09				
3.	Ilse van Rijssen			TriVia		2:45.64	9601600	<b>2:44.95</b>
	50m: 36.94	100m: 1:19.60	150m: 2:05.95	200m: 2:44.95				
4.	Tessa Keizer			GZVW		2:43.60	9601586	<b>2:47.45</b>
	50m: 35.69	100m: 1:18.24	150m: 2:09.34	200m: 2:47.45				
5.	Sanne Kamminga			De Aquafippers		2:54.01	9604378	<b>2:47.92</b>
	50m: 36.95	100m: 1:20.83	150m: 2:10.66	200m: 2:47.92				
6.	Kim Franken			GZVW		2:52.80	9602688	<b>2:48.20</b>
	50m: 35.26	100m: 1:15.98	150m: 2:07.17	200m: 2:48.20				
7.	Lilian Ottens			Eemsrobben		2:53.82	9602552	<b>2:54.12</b>
	50m: 41.51	100m: 1:26.07	150m: 2:13.48	200m: 2:54.12				
8.	Marleen Buis			Z.C. Haren		3:03.36	9604414	<b>3:01.31</b>
	50m: 36.67	100m: 1:24.40	150m: 2:17.15	200m: 3:01.31				



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Programmanr. 36, Dames, 200m wisselslag

Dames Jeugd 1

1.	Silvia Dik			TriVia				2:26.23	9501064	<b>2:22.30</b>
	50m:	31.93	100m:	1:07.77	150m:	1:50.11	200m:	2:22.30		
2.	Anouk Frieman			TriVia				2:31.83	9502390	<b>2:31.72</b>
	50m:	32.81	100m:	1:10.99	150m:	1:56.56	200m:	2:31.72		
3.	Nathalja Pragt			NOVA				2:34.87	9500030	<b>2:37.08</b>
	50m:	33.67	100m:	1:14.21	150m:	2:00.50	200m:	2:37.08		
4.	Cynthia van Beusekom			TriVia				2:31.61	9500134	<b>2:37.91</b>
	50m:	33.24	100m:	1:12.78	150m:	2:01.02	200m:	2:37.91		
5.	Denise Gall			De Pinquin				2:48.44	9501494	<b>2:38.24</b>
	50m:	33.77	100m:	1:14.80	150m:	2:02.06	200m:	2:38.24		
6.	Iris Visser			ZPCA				2:39.79	9504784	<b>2:40.17</b>
	50m:	32.75	100m:	1:15.09	150m:	2:03.17	200m:	2:40.17		
7.	Kirsten Nieboer			TriVia				2:52.48	9501988	<b>2:44.73</b>
	50m:	36.10	100m:	1:16.56	150m:	2:07.60	200m:	2:44.73		
8.	Marlies Cramer			ZPCA				2:57.23	9502164	<b>2:46.54</b>
	50m:	35.50	100m:	1:15.42	150m:	2:08.47	200m:	2:46.54		
9.	Elisabeth Muthert			ZPC Stadskanaal				2:43.45	9500062	<b>2:49.89</b>
	50m:	35.49	100m:	1:19.69	150m:	2:08.91	200m:	2:49.89		
10.	Marlinde Koops			ZPC Stadskanaal				2:53.51	9500638	<b>2:52.05</b>
	50m:	37.32	100m:	1:24.35	150m:	2:13.84	200m:	2:52.05		
DIS	Monique van der Struik			ZPC Stadskanaal				2:25.40	9502502	AF

Dames Jeugd 2

1.	Rosanne Schoonbeek			TriVia				2:28.32	9402692	<b>2:23.04</b>
	50m:	31.57	100m:	1:07.80	150m:	1:50.85	200m:	2:23.04		
2.	Mirthe Lanfermeijer			TriVia				2:23.13	9400074	<b>2:23.43</b>
	50m:	31.93	100m:	1:07.60	150m:	1:49.95	200m:	2:23.43		
3.	Yvette Meijer			ZPCA				2:46.05	9400372	<b>2:39.15</b>
	50m:	33.97	100m:	1:15.85	150m:	2:01.14	200m:	2:39.15		
4.	Rixt Veldkamp			ZPC Stadskanaal				2:29.42	9404344	<b>2:44.30</b>
	50m:	33.00	100m:	1:14.89	150m:	2:04.22	200m:	2:44.30		
5.	Nikki van der Pijl			ZPC Stadskanaal				2:43.67	9403954	<b>2:45.78</b>
	50m:	32.55	100m:	1:15.77	150m:	2:05.68	200m:	2:45.78		
6.	Carmen Märsylä			ZPCA				2:50.92	9405244	<b>2:47.97</b>
	50m:	36.59	100m:	1:20.43	150m:	2:09.84	200m:	2:47.97		
7.	Heleen Arends			TriVia				2:53.82	9404416	<b>2:49.33</b>
	50m:	38.88	100m:	1:20.30	150m:	2:10.80	200m:	2:49.33		
8.	Heleen ten Have			De Pinquin				2:53.73	9403000	<b>2:51.64</b>
	50m:	39.01	100m:	1:21.30	150m:	2:12.65	200m:	2:51.64		
9.	Karen Stolk			Z.C. Haren				2:51.56	9403950	<b>2:52.10</b>
	50m:	35.18	100m:	1:19.95	150m:	2:11.99	200m:	2:52.10		
10.	Daphne Adriaanse			Z&PC de Inktvis				2:53.57	9406616	<b>2:53.41</b>
	50m:	36.81	100m:	1:21.18	150m:	2:11.69	200m:	2:53.41		
11.	Loes Wielink			TriVia				2:47.52	9403960	<b>2:58.29</b>
	50m:	37.58	100m:	1:22.27	150m:	2:14.70	200m:	2:58.29		

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Dames Senioren D 1-2

1.	Annelinde Veldman	ZPCA	2:30.03	9302758	<b>2:27.76</b>
	50m: 31.90 100m: 1:07.95 150m: 1:53.62 200m: 2:27.76				
2.	Jose Sijbring	De Pinquin	2:33.96	9300702	<b>2:33.44</b>
	50m: 34.57 100m: 1:14.01 150m: 1:59.16 200m: 2:33.44				
3.	Marijke Pras	GZVW	2:45.54	9203700	<b>2:46.93</b>
	50m: 38.09 100m: 1:21.09 150m: 2:09.86 200m: 2:46.93				
4.	Esther Schipper	De Aquafippers	2:48.01	9201570	<b>2:47.13</b>
	50m: 35.25 100m: 1:20.14 150m: 2:09.28 200m: 2:47.13				
5.	Fraukje Puts	ZPC Stadskanaal	2:43.96	9206470	<b>2:48.39</b>
	50m: 35.50 100m: 1:21.70 150m: 2:10.86 200m: 2:48.39				
6.	Rianne Slagter	Eemsrobben	2:49.85	9304088	<b>2:52.55</b>
	50m: 36.08 100m: 1:23.52 150m: 2:14.39 200m: 2:52.55				
7.	Linde Harryvan	Z.C. Haren	2:50.76	9205392	<b>2:52.74</b>
	50m: 36.42 100m: 1:19.74 150m: 2:11.60 200m: 2:52.74				
8.	Suzanne Teuben	De Aquafippers	2:49.95	9201736	<b>2:53.95</b>
	50m: 37.08 100m: 1:20.76 150m: 2:13.01 200m: 2:53.95				
9.	Stephanie Koopman	GZVW	2:49.95	9202524	<b>2:56.43</b>
	50m: 37.55 100m: 1:21.78 150m: 2:15.29 200m: 2:56.43				

Dames Senioren

1.	Gea Hagting	NOVA	2:24.57	8801584	<b>2:26.90</b>
	50m: 32.99 100m: 1:11.13 150m: 1:53.01 200m: 2:26.90				
2.	Rianne Hooiveld	Bubble	2:34.36	9001572	<b>2:34.30</b>
	50m: 32.38 100m: 1:11.27 150m: 1:58.28 200m: 2:34.30				
3.	Mariska Meems	ZPC Stadskanaal	2:28.54	8902812	<b>2:37.65</b>
	50m: 33.09 100m: 1:13.43 150m: 1:58.33 200m: 2:37.65				
4.	Esther Kwebeman	zc Oldambt	2:37.96	9106374	<b>2:42.86</b>
	50m: 34.68 100m: 1:16.20 150m: 2:07.33 200m: 2:42.86				
5.	Susanne Blom	De Pinquin	2:47.02	8500282	<b>2:46.58</b>
	50m: 36.22 100m: 1:20.03 150m: 2:09.26 200m: 2:46.58				
6.	Patricia Scheppers	Bubble	2:47.51	8903678	<b>2:47.32</b>
	50m: 35.87 100m: 1:19.00 150m: 2:08.45 200m: 2:47.32				
7.	Nathasja Bos	ZPC Stadskanaal	2:47.95	9100362	<b>2:50.17</b>
	50m: 37.01 100m: 1:21.77 150m: 2:11.74 200m: 2:50.17				

AFGEM Jacyntha Plat TriVia 2:36.15 9002956

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30.05.2010 - 15:26

Heren, 100m vrije slag

Jongens Junioren 1 en ouder  
Resultaten

KREC Jun 1	56.80	Arno Fidder	Stadskanaal	18.12.1988
KREC Jun 2	55.58	Arne Doddema	Delfzijl	25.10.2003
KREC Jun 3	54.58	Arne Doddema	Amsterdam	07.11.2004
KREC Jun 4	53.24	Yair Wildeboer	Amsterdam	07.11.2004
KREC Jgd 1	53.06	Marc Kremer	Amsterdam	23.12.2007
KREC Jgd 2	51.68	Marc Kremer	Amsterdam	20.12.2008
KREC Sen H 1	50.91	Marc Kremer	Amersfoort	29.11.2009
KREC Sen H 2	49.31	Rudy Ted de Haan	Amsterdam	21.12.2008

L 12 Jun 1: 1:13.50 / L 13 Jun 2: 1:11.00 / L 14 Jun 3: 1:08.50 / L 15 Jun 4: 1:05.00 / L 16-17 Jgd 1-2: 1:03.00 / L 18 / 18+ Sen-: 1:00.00

Rang	In.tijd	Tijd
<b>Jongens Junioren 1</b>		
1. Jeroen Koers 50m: 30.80 100m: 1:04.90	Eemsrobben 1:05.45 9701237	<b>1:04.90</b>
2. Stefan Ridderbos 50m: 32.30 100m: 1:06.86	Bubble 1:07.59 9700851	<b>1:06.86</b>
3. Stijn Buurman 50m: 32.54 100m: 1:08.12	NOVA 1:09.86 9700337	<b>1:08.12</b>
4. Marcel Groen 50m: 32.95 100m: 1:09.63	GZVW 1:08.76 9700239	<b>1:09.63</b>
5. Niels Wiersema 50m: 34.22 100m: 1:09.85	Eemsrobben 1:11.03 9703221	<b>1:09.85</b>
6. Youri Beugelsdijk 50m: 34.61 100m: 1:10.76	De Hardenberg 1:11.35 9704767	<b>1:10.76</b>
7. Bert Gort 50m: 34.94 100m: 1:12.13	De Aquaflippers 1:13.42 9703703	<b>1:12.13</b> FJ 1
8. Roy Potze 50m: 33.49 100m: 1:12.13	GZVW 1:13.48 9702457	<b>1:12.13</b> FJ 2
9. Gert Muntendam 50m: 36.12 100m: 1:15.64	De Pinquin 1:13.19 9700115	<b>1:15.64</b>
DIS Martijn Kieffer	Eemsrobben 1:10.57 9700685	AA
<b>Jongens Junioren 2</b>		
1. Marc Blauw 50m: 29.39 100m: 1:02.13	ZPC Stadskanaal 1:03.25 9600017	<b>1:02.13</b>
2. Maarten Rottier 50m: 29.42 100m: 1:02.23	TriVia 1:05.85 9600657	<b>1:02.23</b>
3. Eko Doedel 50m: 29.58 100m: 1:02.98	ZPCA 1:05.02 9600543	<b>1:02.98</b>
4. Bastiaan Bonnema 50m: 32.10 100m: 1:06.42	TriVia 1:08.00 9600683	<b>1:06.42</b>
5. Niels Kasper 50m: 31.69 100m: 1:07.00	De Aquaflippers 1:09.29 9603941	<b>1:07.00</b>
6. Pascal Klopstra 50m: 32.29 100m: 1:08.68	GZVW 1:10.25 9600667	<b>1:08.68</b>
7. Hans v.d. Laan 50m: 33.00 100m: 1:09.21	ZPC Stadskanaal 1:09.86 9601063	<b>1:09.21</b>
DIS Niels Mulder	De Hardenberg 1:05.83 9600867	AA

Programmanr. 37, Heren, 100m vrije slag

Jongens Junioren 3

1.	Jens Kobesen			ZPC Stadskanaal	57.57	9500117	<b>56.63</b>
	50m:	27.11	100m:				
2.	Wolter v.d Veen			Z.C. Haren	58.33	9505099	<b>57.65</b>
	50m:	28.21	100m:				
3.	Milan Grünewald			TriVia	56.22	9500757	<b>57.68</b>
	50m:	27.36	100m:				
4.	Marco Barkhuis			ZPC Stadskanaal	58.70	9500279	<b>58.74</b>
	50m:	28.17	100m:				
5.	Matthijs Sijbring			De Pinquin	59.28	9500177	<b>59.36</b>
	50m:	28.48	100m:				
6.	Dennis Baalman			De Aquaflippers	59.01	9500887	<b>1:00.07</b>
	50m:	28.26	100m:				
7.	Rick Veldman			ZPC Stadskanaal	59.76	9503705	<b>1:01.32</b>
	50m:	29.09	100m:				
8.	Ruben Rozeboom			TriVia	1:02.59	9500323	<b>1:03.65</b>
	50m:	30.52	100m:				
9.	Paul Zanen			Z.C. Haren	1:07.00	9502269	<b>1:04.33</b>
	50m:	31.15	100m:				
10.	Aron Bakker			Z.C. Haren	1:08.50	9502267	<b>1:05.70</b>
	50m:	31.04	100m:				
11.	Tim Zijlstra			De Pinquin	1:07.63	9500641	<b>1:06.83</b>
	50m:	31.39	100m:				
12.	David Scheffer			De Pinquin	1:05.83	9500175	<b>1:08.54</b>
	50m:	32.26	100m:				
13.	Daniël Kamminga			Z.C. Haren	1:07.56	9504493	<b>1:08.75</b>
	50m:	32.17	100m:				
DIS	Tom Porte			TriVia	1:01.34	9502017	AA
AFGEM	Geert Jan Rozeboom			TriVia	1:04.95	9500325	
AFGEM	Olaf Smidts			GZVW	58.64	9504275	

Jongens Junioren 4

1.	Mark Schouten			Eemsrobben	57.76	9405171	<b>58.23</b>
	50m:	27.99	100m:				
2.	Stefan Petersen			TriVia	59.17	9403067	<b>59.32</b>
	50m:	28.64	100m:				
3.	Maarten Moorman			De Pinquin	58.28	9401161	<b>59.66</b>
	50m:	28.39	100m:				
4.	Martijn Smit			GZVW	1:01.80	9406113	<b>1:03.68</b>
	50m:	30.65	100m:				
5.	Tim Vondeling			De Aquaflippers	1:00.83	9402009	<b>1:04.11</b>
	50m:	29.89	100m:				
AFGEM	Roy Zuidema			ZPC Stadskanaal	58.68	9400067	

Programmanr. 37, Heren, 100m vrije slag

Heren Jeugd 1-2

1.	Bernd Kobesen			ZPC Stadskanaal	53.58	9300981	<b>53.42</b>
	50m:	25.91	100m:				
2.	Jelger Rietveld			TriVia	57.45	9201109	<b>55.96</b>
	50m:	26.81	100m:				
3.	Dennis Cramer			ZPCA	55.51	9200199	<b>55.97</b>
	50m:	26.81	100m:				
4.	Roy Smeenge			TriVia	54.00	9305557	<b>56.54</b>
	50m:	27.13	100m:				
5.	Ward van Rijssen			TriVia	56.60	9204841	<b>56.80</b>
	50m:	27.60	100m:				
6.	Tim Blauw			ZPC Stadskanaal	55.58	9301345	<b>57.25</b>
	50m:	27.33	100m:				
7.	Maurits Muthert			ZPC Stadskanaal	56.77	9200941	<b>57.69</b>
	50m:	27.16	100m:				
8.	Johan Wijma			De Aquaflippers	59.27	9301689	<b>1:00.47</b>
	50m:	28.27	100m:				
9.	Sam Salimbeni			ZPCA	1:01.70	9300943	<b>1:00.89</b>
	50m:	28.39	100m:				
10.	Arjen Zijlstra			De Pinquin	1:02.05	9203309	<b>1:01.02</b>
	50m:	28.89	100m:				
11.	Desmond Drijfhout			ZENO	1:01.88	9200285	<b>1:01.20</b>
	50m:	29.34	100m:				
12.	Jeroen Groenewegen			Eemsrobber	1:01.29	9203173	<b>1:01.62</b>
	50m:	29.23	100m:				
DIS	Rick Kuipers			Z&PC de Inktvis	1:00.07	9203449	AA

Heren Senioren H 1 en ouder

1.	Toby Aarnoutse			TriVia	52.36	8900007	<b>51.83</b>
	50m:	24.80	100m:				
2.	Timon Evenhuis			TriVia	52.14	9000843	<b>52.24</b>
	50m:	24.65	100m:				
3.	Marc Kremer			TriVia	50.91	9004667	<b>52.61</b>
	50m:	24.91	100m:				
4.	Elmar Gouw			TriVia	54.23	8906643	<b>53.18</b>
	50m:	25.30	100m:				
5.	Erik Talma			TriVia	52.97	8903107	<b>53.62</b>
	50m:	25.66	100m:				
6.	Chris van Vliet			TriVia	52.51	9102425	<b>55.90</b>
	50m:	26.55	100m:				
7.	Thomas Kersten			TriVia	56.16	9001515	<b>56.21</b>
	50m:	27.24	100m:				
8.	Erik Schröder			TriVia	53.96	8402025	<b>56.49</b>
	50m:	27.13	100m:				
9.	Michel Popken			ZPC Stadskanaal	56.48	9002321	<b>57.37</b>
	50m:	27.74	100m:				
10.	Aschwin van Zoest			ZPCA	57.10	9102677	<b>57.69</b>
	50m:	27.36	100m:				

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Programmanr. 37, Heren, 100m vrije slag, Heren Senioren H 1 en ouder

Rang					In.tijd		Tijd
11.	Jens Boer			Z&PC de Inktvis	59.98	8900289	<b>59.13</b>
	50m:	28.22	100m:	59.13			
12.	Martijn Groenewegen			Eemsrobben	58.37	8905497	<b>59.14</b>
	50m:	27.77	100m:	59.14			
13.	Herman Hofman			ZPC Stadskanaal	56.82	9001229	<b>1:00.19</b>
	50m:	28.32	100m:	1:00.19			
14.	Jordy Pragt			NOVA	58.28	9101835	<b>1:00.58</b>
	50m:	28.19	100m:	1:00.58			
15.	Mike Bakker			ZPCA	58.89	9007253	<b>1:00.90</b>
	50m:	28.68	100m:	1:00.90			
16.	Kristian Knol			De Pinquin	59.95	9103023	<b>1:01.77</b>
	50m:	28.83	100m:	1:01.77			
17.	Dennis Kuipers			Z&PC de Inktvis	59.60	8601787	<b>1:04.69</b>
	50m:	30.76	100m:	1:04.69			
AFGEM	Tom Odding			Eemsrobben	55.82	8902301	

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Dames, 100m schoolslag

Senioren open  
Resultaten

KREC Jun 1	1:14.54	Lisanne van Avezaath	Amsterdam	08.11.2009
KREC Jun 2	1:14.54	Lisanne van Avezaath	Amsterdam	08.11.2009
KREC Jun 3	1:12.80	Linda Moes	Lelystad	24.11.1985
KREC Jgd 1	1:10.04	Linda Moes	Wassenaar	23.11.1986
KREC Jgd 2	1:09.32	Linda Moes	Emmen	22.02.1987
KREC Sen D 1	1:08.51	Linda Moes	Emmen	06.03.1988
KREC Sen D 2	1:08.51	Linda Moes	Emmen	06.03.1988
KREC 19	1:08.51	Linda Moes	Emmen	06.03.1988

L 11 Jun 1: 1:43.00 / L 12 Jun 2: 1:37.00 / L 13 Jun 3: 1:32.00 / L 14 Jgd 1: 1:31.00 / L 15 Jgd 2: 1:30.00 / L 16-17 Sen D 1-2: 1:29.00 / L 18 / 18+ Sen.: 1:28.00

Rang					In.tijd		Tijd
<b>Meisjes Junioren 1</b>							
1.	Willemein Hoving			TriVia	1:25.05	9800106	<b>1:23.01</b>
	50m:	38.31	100m:	1:23.01			
2.	Anouk Zuidema			De Aquaflippers	1:24.19	9801654	<b>1:24.42</b>
	50m:	39.67	100m:	1:24.42			
3.	Vivianne Dortmund			De Pinquin	1:29.92	9801578	<b>1:30.76</b>
	50m:	42.45	100m:	1:30.76			
4.	Bernice Dijkhuis			TriVia	1:29.43	9800084	<b>1:30.82</b>
	50m:	43.57	100m:	1:30.82			
5.	Tialda Prins			De Pinquin	1:30.30	9801310	<b>1:31.30</b>
	50m:	43.55	100m:	1:31.30			
6.	Marlinde Schoonbeek			TriVia	1:29.15	9801056	<b>1:32.39</b>
	50m:	44.26	100m:	1:32.39			
7.	Amber Visser			ZPCA	1:31.95	9801416	<b>1:32.46</b>
	50m:	43.11	100m:	1:32.46			
8.	Lisa Westenberg			Eemsrobben	1:34.68	9804102	<b>1:33.40</b>
	50m:	44.75	100m:	1:33.40			
9.	Ageeth Dekker			ZPC Stadskanaal	1:31.51	9802180	<b>1:33.93</b>
	50m:	43.99	100m:	1:33.93			

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Programmanr. 38, Meisjes, 100m schoolslag, Meisjes Junioren 1

Rang					In.tijd		Tijd
10.	Dagmar Veldman	Eemsrobben	1:34.16	9802300	<b>1:34.84</b>		
	50m: 44.97 100m: 1:34.84						
11.	Fitria Engelsman	ZPCA	1:36.89	9801896	<b>1:35.32</b>		
	50m: 44.06 100m: 1:35.32						
12.	Toke Camps	Z.C. Haren	1:36.42	9801834	<b>1:35.51</b>	FJ 1	
	50m: 45.27 100m: 1:35.51						
13.	Joniek Hooghoudt	TriVia	1:34.80	9801962	<b>1:35.51</b>	FJ 2	
	50m: 44.92 100m: 1:35.51						
14.	Isabelle Dijkhuis	De Aquaflippers	1:37.64	9802850	<b>1:35.54</b>		
	50m: 45.39 100m: 1:35.54						
15.	Pien Dijkhuis	Zcm'86	1:37.19	9800862	<b>1:35.96</b>		
	50m: 44.75 100m: 1:35.96						
16.	Sakura de Vries	zc Oldambt	1:36.63	9801994	<b>1:36.21</b>		
	50m: 44.73 100m: 1:36.21						
17.	Marianne Arling	Bubble	1:36.72	9800170	<b>1:36.43</b>		
	50m: 45.71 100m: 1:36.43						
18.	Ymke van Ginkel	NOVA	1:39.14	9805126	<b>1:38.21</b>		
	50m: 45.98 100m: 1:38.21						
19.	Emma Arends	TriVia	1:40.90	9800972	<b>1:38.31</b>		
	50m: 46.12 100m: 1:38.31						
20.	Marieke Klijnstra	ZPC Stadskanaal	1:34.25	9801964	<b>1:38.82</b>		
	50m: 45.92 100m: 1:38.82						
21.	Anouk Koster	zc Oldambt	1:39.35	9800882	<b>1:39.13</b>		
	50m: 47.15 100m: 1:39.13						
22.	Julia van der A	ZPC Stadskanaal	1:41.48	9800072	<b>1:46.78</b>		
	50m: 50.25 100m: 1:46.78						
AFGEM	Inge Willemsen	ZPCA	1:38.33	9801958			

Meisjes Junioren 2

1.	Lisanne van Avezaath	ZPC Stadskanaal	1:14.54	9701304	<b>1:19.09</b>		
	50m: 37.07 100m: 1:19.09						
2.	Judith Veldman	Eemsrobben	1:24.08	9702422	<b>1:22.43</b>		
	50m: 38.61 100m: 1:22.43						
3.	Anouk Dijkstra	Eemsrobben	1:23.62	9704378	<b>1:23.39</b>		
	50m: 39.65 100m: 1:23.39						
4.	Ellen van Nieff	ZPC Stadskanaal	1:22.70	9701112	<b>1:24.15</b>		
	50m: 38.91 100m: 1:24.15						
5.	Laura van der A	ZPC Stadskanaal	1:29.10	9700080	<b>1:29.65</b>		
	50m: 42.12 100m: 1:29.65						
6.	Bente Kuik	ZPC Stadskanaal	1:30.54	9701750	<b>1:31.74</b>		
	50m: 43.71 100m: 1:31.74						
7.	Vera Kwant	Bubble	1:36.68	9702230	<b>1:35.06</b>		
	50m: 44.12 100m: 1:35.06						
8.	Astrid Smit	ZPC Stadskanaal	1:34.07	9700034	<b>1:36.05</b>		
	50m: 44.78 100m: 1:36.05						
9.	Margreet Koster	ZPCA	1:30.04	9700330	<b>1:36.40</b>		
	50m: 45.32 100m: 1:36.40						

Programmanr. 38, Meisjes, 100m schoolslag, Meisjes Junioren 2

Rang					In.tijd		Tijd
10.	Mattia van der Laan	ZENO	1:35.87	9700702	<b>1:37.82</b>		
	50m: 45.73 100m: 1:37.82						

Meisjes Junioren 3

1.	Naomi Zuidema	ZPC Stadskanaal	1:26.13	9600058	<b>1:21.70</b>		
	50m: 38.76 100m: 1:21.70						
2.	Adája Stoetman	ZPC Stadskanaal	1:21.63	9600348	<b>1:22.61</b>		
	50m: 38.39 100m: 1:22.61						
3.	Lilian Ottens	Eemsrobben	1:25.16	9602552	<b>1:23.47</b>		
	50m: 40.19 100m: 1:23.47						
4.	Ilse van Rijssen	TriVia	1:24.18	9601600	<b>1:24.18</b>		
5.	Joline Fischer	NOVA	1:25.53	9601638	<b>1:24.38</b>		
	50m: 38.47 100m: 1:24.38						
6.	Laura Buirs	ZPC Stadskanaal	1:23.16	9600672	<b>1:25.53</b>		
	50m: 40.06 100m: 1:25.53						
7.	Esther Hulsing	TriVia	1:25.92	9601080	<b>1:27.54</b>		
	50m: 40.60 100m: 1:27.54						
8.	Sanne Weessies	De Pinquin	1:24.89	9603002	<b>1:27.67</b>		
	50m: 40.64 100m: 1:27.67						
9.	Janeley Kartoredjo	TriVia	1:30.89	9603766	<b>1:32.10</b>		
	50m: 42.67 100m: 1:32.10						
10.	Tessa Keizer	GZVW	1:28.85	9601586	<b>1:32.48</b>		
	50m: 43.79 100m: 1:32.48						

Dames Jeugd 1

1.	Silvia Dik	TriVia	1:14.14	9501064	<b>1:16.09</b>		
	50m: 36.32 100m: 1:16.09						
2.	Iris Hartman	De Pinquin	1:20.10	9502654	<b>1:18.48</b>		
	50m: 37.10 100m: 1:18.48						
3.	Anouk Frieman	TriVia	1:17.95	9502390	<b>1:23.57</b>		
	50m: 36.00 100m: 1:23.57						
4.	Iris Visser	ZPCA	1:22.77	9504784	<b>1:24.18</b>	FJ 1	
	50m: 39.09 100m: 1:24.18						
5.	Nathalja Pragt	NOVA	1:25.04	9500030	<b>1:24.18</b>	FJ 2	
	50m: 38.81 100m: 1:24.18						
6.	Elisabeth Muthert	ZPC Stadskanaal	1:25.52	9500062	<b>1:27.75</b>		
	50m: 40.75 100m: 1:27.75						
7.	Denise Gall	De Pinquin	1:29.87	9501494	<b>1:27.85</b>		
	50m: 40.98 100m: 1:27.85						
8.	Ilse Feiken	De Hardenberg	1:30.67	9502832	<b>1:29.16</b>		
	50m: 40.64 100m: 1:29.16						
9.	Marthe van Ginkel	NOVA	1:29.24	9501744	<b>1:31.41</b>		
	50m: 42.87 100m: 1:31.41						
10.	Marlinde Koops	ZPC Stadskanaal	1:29.58	9500638	<b>1:32.54</b>		
	50m: 44.26 100m: 1:32.54						



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Dames Jeugd 2

1.	Mirthe Lanfermeijer	TriVia	1:16.48	9400074	<b>1:15.75</b>
	50m: 35.57 100m: 1:15.75				
2.	Rosanne Schoonbeek	TriVia	1:22.46	9402692	<b>1:19.54</b>
	50m: 37.54 100m: 1:19.54				
3.	Daphne Adriaanse	Z&PC de Inktvis	1:27.65	9406616	<b>1:26.59</b>
	50m: 40.96 100m: 1:26.59				
4.	Heleen Arends	TriVia	1:27.29	9404416	<b>1:27.87</b>
	50m: 40.74 100m: 1:27.87				
5.	Loes Wielink	TriVia	1:25.77	9403960	<b>1:28.39</b>
	50m: 41.39 100m: 1:28.39				
6.	Carmen Märsylä	ZPCA	1:28.43	9405244	<b>1:31.00</b>
	50m: 43.33 100m: 1:31.00				
DIS	Roos Wielink	TriVia	1:28.71	9403962	AA
AFGEM	Laura Buurman	NOVA	1:29.86	9401780	
AFGEM	Naomi Touré	TriVia	1:18.73	9401628	

Dames Senioren D 1-2

1.	Kyra Rietveld	TriVia	1:15.16	9300624	<b>1:19.19</b>
	50m: 36.91 100m: 1:19.19				
2.	Annelinde Veldman	ZPCA	1:25.51	9302758	<b>1:19.49</b>
	50m: 36.57 100m: 1:19.49				
3.	Jose Sijbring	De Pinquin	1:20.90	9300702	<b>1:23.77</b>
	50m: 39.18 100m: 1:23.77				
4.	Esther Schipper	De Aquaflippers	1:22.61	9201570	<b>1:25.07</b>
	50m: 39.00 100m: 1:25.07				
5.	Marijke Pras	GZVW	1:26.42	9203700	<b>1:29.26</b>
	50m: 42.36 100m: 1:29.26				
6.	Rianne Slagter	Eemsrobber	1:26.78	9304088	<b>1:34.18</b>
	50m: 43.78 100m: 1:34.18				
7.	Suzanne Teuben	De Aquaflippers	1:28.15	9201736	<b>1:34.48</b>
	50m: 42.60 100m: 1:34.48				

Dames Senioren

1.	Gea Hagting	NOVA	1:16.72	8801584	<b>1:17.57</b>
	50m: 37.14 100m: 1:17.57				
2.	Carolien Stuu	TriVia	1:21.92	8704014	<b>1:20.49</b>
	50m: 37.65 100m: 1:20.49				
3.	Mariska Meems	ZPC Stadskanaal	1:18.26	8902812	<b>1:22.67</b>
	50m: 38.45 100m: 1:22.67				
4.	Rianne Hooiveld	Bubble	1:27.00	9001572	<b>1:26.94</b>
	50m: 40.65 100m: 1:26.94				
5.	Esther Kwebeman	zc Oldambt	1:27.86	9106374	<b>1:28.42</b>
	50m: 41.23 100m: 1:28.42				
AFGEM	Jacyntha Plat	TriVia	1:18.41	9002956	

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Programmanr. 39 Heren, 4 x 100m vrije slag Senioren open  
30.05.2010 - 16:10 Resultaten

KREST-S 3:20.61 Anker team Groningen 01-051 Amsterdam 20.12.2008

L Senioren open : 4:05.00

Rang			In.tijd	Tijd
1.	TriVia 2	TriVia	3:35.55	<b>3:37.48</b>
	Chris van Vliet 91	54.94 Erik Talma 89		
	Roy Smeenge 93	Thomas Kersten 90		
2.	ZPC Stadskanaal 1	ZPC Stadskanaal	3:42.41	<b>3:45.82</b>
	Tim Blauw 93	57.83 Maurits Muthert 92		
	Michel Popken 90	Bernd Kobesen 93		
3.	ZPCA 2	ZPCA	3:53.20	<b>3:53.05</b>
	Mike Bakker 90	59.37 Dennis Cramer 92		
	Sam Salimbeni 93	Aschwin van Zoest 91		
4.	TriVia 4	TriVia	3:57.91	<b>3:57.74</b>
	Tom Porte 95	1:00.94 Fabian Buiringe 90		
	Stefan Petersen 94	Milan Grünwald 95		
5.	De Pinquin 3	De Pinquin	3:59.56	<b>3:59.42</b>
	Arjen Zijlstra 92	1:01.08 Matthijs Sijbring 95		
	Kristian Knol 91	Maarten Moorman 94		
6.	Eemsrobben 5	Eemsrobben	3:53.24	<b>4:07.02</b>
	Jeroen Groenewegen 92	1:02.48 Jeroen vd Woude 79		
	Mark Schouten 94	Martijn Groenewegen 89		
DIS	TriVia 1	TriVia	3:29.64	AA
	Toby Aarnoutse 89	Elmar Gouw 89		
	Marc Kremer 90	Timon Evenhuis 90		
DIS	TriVia 3	TriVia	3:44.48	AA
	Devi Wolthuizen 87	Jelger Rietveld 92		
	Erik Schröder 84	Ward van Rijssen 92		
AFGEM	Z&PC de Inktvis 1	Z&PC de Inktvis	3:59.77	

Programmanr. 40 Dames, 4 x 100m vrije slag Senioren open  
30.05.2010 - 16:20 Resultaten

KREST-S 3:46.44 TriVia 01-047 Amsterdam 21.12.2007

L Senioren open : 4:30.00

Rang			In.tijd	Tijd
1.	TriVia 2	TriVia	3:52.52	<b>3:57.64</b>
	Anouk Frieman 95	28.85 1:00.70 Rosanne Schoonbeek 94	28.23	58.72
	Esther Hulsing 96	28.18 1:00.48 Silvia Dik 95	27.54	57.74
2.	TriVia 1	TriVia	4:04.57	<b>4:04.21</b>
	Kyra Rietveld 93	28.97 1:00.10 Cynthia van Beusekom 95	29.34	1:02.27
	Mirthe Lanfermeijer 94	29.08 1:00.85 Carolien Stuit 87	28.92	1:00.99
3.	ZPC Stadskanaal 1	ZPC Stadskanaal	3:59.50	<b>4:05.47</b>
	Rixt Veldkamp 94	29.10 1:01.67 Adája Stoetman 96	28.83	1:01.36
	Lisanne van Avezaath 97	28.65 1:02.09 Monique van der Struik 95	28.96	1:00.35
4.	ZPCA 4	ZPCA	4:15.29	<b>4:13.91</b>
	Iris Visser 95	31.34 1:05.09 Yvette Meijer 94	30.02	1:03.57
	Marlies Cramer 95	30.74 1:06.00 Annelinde Veldman 93	27.99	59.25
5.	NOVA 1	NOVA	4:17.53	<b>4:20.60</b>
	Joline Fischer 96	31.61 1:06.62 Nathalja Pragt 95	30.54	1:04.08
	Marthe van Ginkel 95	32.35 1:09.67 Gea Hagting 88	29.00	1:00.23

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Programmanr. 40, Dames, 4 x 100m vrije slag, Senioren open

Rang					In.tijd			Tijd
6.	GZVW 4		GZVW		4:15.00			<b>4:22.29</b>
	Eva Smit	96	30.00 1:02.39	Tessa Keizer		96	32.44	1:08.10
	Marijke Pras	92	31.24 1:06.84	Stephanie Koopman		92	30.51	1:04.96
7.	TriVia 4		TriVia		4:27.67			<b>4:22.45</b>
	Loes Wielink	94	31.76 1:07.39	Kirsten Nieboer		95	29.95	1:03.31
	Ilse van Rijssen	96	32.51 1:08.00	Roos Wielink		94	29.78	1:03.75
8.	ZPC Stadskanaal 2		ZPC Stadskanaal		4:17.62			<b>4:31.19</b>
	Mariska Meems	89	32.40 1:08.73	Fraukje Puts		92	31.83	1:07.34
	Elisabeth Muthert	95	32.63 1:08.87	Naomi Zuidema		96	30.56	1:06.25
9.	De Aquaflippers 1		De Aquaflippers		4:26.03			<b>4:31.38</b>
	Anouk Zuidema	98	31.67 1:07.72	Sanne Kamminga		96	32.23	1:07.12
	Suzanne Teuben	92	32.44 1:09.92	Esther Schipper		92	31.00	1:06.62
10.	TriVia 3		TriVia		4:20.26			<b>4:37.85</b>
	Joniek Hooghoudt	98	33.11 1:10.96	Marlinde Schoonbeek		98	32.74	1:08.78
	Heleen Arends	94	32.03 1:07.92	Bernice Dijkhuis		98	32.24	1:10.19