

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 1
17-1-2010 - 14:00

Dames, 4 x 200m vrije slag

Dames Senioren Open
Resultaten

| Rang | | In.tijd | Tijd |
|------|--|---|---|
| 1. | De Dolfijn 1 Esmee Vermeulen Lenneke van Schaik Willemijn Knot Lona Kroese | De Dolfijn 96 86 90 87 | 8:11.38 1:00.93 2:04.86 2:04.86 |
| 2. | Wzpc 1 Rosa Veerman Pascalie Spiekerman Shelley de Boer Yvonne Verbeek | WZ&PC Purmerend 96 94 93 94 | 8:44.35 1:01.67 2:05.86 2:05.86 |
| 3. | Zwemvereniging Hoorn 1 Claudia Rijkhoff Femke Swier Pascalie Rovers Manon Wiersma | Zwemvereniging Hoorn 96 93 93 96 | 8:36.90 1:06.04 2:16.13 2:16.13 |

Programmanr. 2
17-1-2010 - 14:09

Meisjes, 100m schoolslag

Meisjes Minioren 4,5, Junioren 1
Resultaten

| Rang | | In.tijd | Tijd |
|-------|--|----------------------|--------------------------------|
| 1. | Tessa Vermeulen | De Dolfijn | 1:29.47 9800068 1:22.10 |
| 2. | Shanna Veerman | WZ&PC Purmerend | 1:33.65 9800302 1:30.03 |
| 3. | Rafaëlla van Nee | De Dolfijn | 1:28.74 9900358 1:30.38 |
| 4. | Moesha Wartes | De Dolfijn | 1:31.50 9901724 1:32.16 |
| 5. | Naomi Visser | De Dolfijn | 1:49.48 9903038 1:39.80 |
| 6. | Sabrin el Bacha | De Dolfijn | 1:46.44 9900548 1:40.76 |
| 7. | Marielle Vijver | Zwemvereniging Hoorn | 1:47.78 9800336 1:41.82 |
| 8. | Naomi Cohen | WZ&PC Purmerend | 1:46.01 9801222 1:43.10 |
| 9. | Dagmar Swier | Zwemvereniging Hoorn | 1:46.46 9900562 1:44.12 |
| 10. | Lin Kohen | De Dolfijn | 1:54.76 9802012 1:48.35 |
| 11. | Takyiwa Sam | Zwemvereniging Hoorn | 1:48.05 9804684 1:49.54 |
| 12. | Mara Döderlein de Win | WZ&PC Purmerend | 1:56.88 0000412 1:51.50 |
| 13. | Demy Appel | WZ&PC Purmerend | 1:59.58 9802424 1:51.85 |
| 14. | Daphne Nietfeld | WZ&PC Purmerend | NT 9805098 1:51.87 |
| 15. | Carline Verhagen | De Dolfijn | 2:10.54 9804176 1:54.03 |
| 16. | Danoushka End | WZ&PC Purmerend | 2:04.40 9804276 1:59.66 |
| 17. | Kelsey Sharon Brinkhuijsen | WZ&PC Purmerend | 2:26.18 9902892 2:19.42 |
| DIS | Elvira Korthagen | WZ&PC Purmerend | 1:46.54 9801004 1:48.02 |
| | <i>SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.</i> | | |
| AFGEM | Julia Paulusma | WZ&PC Purmerend | 2:18.94 0002144 |

Programmanr. 3
17-1-2010 - 14:17

Jongens, 50m rugslag

Jongens Minioren 4,5,6
Resultaten

| Rang | | In.tijd | Tijd |
|------|-----------------|----------------------|----------------------------|
| 1. | Tim Tuijp | WZ&PC Purmerend | 37.04 9800975 34.99 |
| 2. | Sam Haring | Zwemvereniging Hoorn | 38.93 9901491 36.73 |
| 3. | Jason Slijngard | De Dolfijn | 40.41 9801265 40.60 |
| 4. | Simon Koopen | WZ&PC Purmerend | 42.74 9802127 40.81 |
| 5. | Ian van Tiel | WZ&PC Purmerend | 44.60 0000349 41.29 |
| 6. | Lars Veeffkind | De Dolfijn | 43.53 9801573 42.75 |

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Programmanr. 3, Jongens, 50m rugslag, Jongens Minioren 4,5,6

| Rang | | | In.tijd | | Tijd |
|---|----------------|----------------------|---------|---------|--------------|
| 7. | Marc Castricum | Zwemvereniging Hoorn | 44.81 | 0000321 | 44.54 |
| 8. | Rense Ruig | WZ&PC Purmerend | 44.98 | 9901627 | 44.57 |
| 9. | Raouf Babiker | WZ&PC Purmerend | NT | 9803471 | 48.67 |
| 10. | Haron Malash | De Dolfijn | 51.54 | 0000541 | 50.44 |
| DIS | Lars Dubbeld | WZ&PC Purmerend | 56.89 | 9804311 | 48.21 |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | |
| AFGEM | Bas Takken | Zwemvereniging Hoorn | 43.42 | 9901643 | |
| AFGEM | Floris Siks | Zwemvereniging Hoorn | 49.09 | 9901655 | |

Programmanr. 4
17-1-2010 - 14:20

Meisjes, 100m rugslag

Meisjes Junioren 3 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------------|----------------------|---------|---------|----------------|
| 1. | Julia Brouwers | WZ&PC Purmerend | 1:09.37 | 9600868 | 1:07.20 |
| | 50m: 33.10 100m: 1:07.20 | | | | |
| 2. | Esmee Vermeulen | De Dolfijn | 1:06.85 | 9600678 | 1:08.41 |
| | 50m: 33.10 100m: 1:08.41 | | | | |
| 3. | Claudia Rijkhoff | Zwemvereniging Hoorn | 1:10.89 | 9603338 | 1:11.40 |
| | 50m: 35.06 100m: 1:11.40 | | | | |
| 4. | Irene Teufer | De Dolfijn | 1:18.51 | 9602340 | 1:11.42 |
| | 50m: 34.52 100m: 1:11.42 | | | | |
| 5. | Iranila Pattipilohy | De Dolfijn | 1:14.66 | 9605230 | 1:13.01 |
| | 50m: 35.47 100m: 1:13.01 | | | | |
| 6. | Janine Rooker | WZ&PC Purmerend | 1:11.62 | 9600316 | 1:13.57 |
| | 50m: 35.85 100m: 1:13.57 | | | | |
| 7. | Robin Pameijer | De Dolfijn | 1:17.87 | 9701978 | 1:14.09 |
| | 50m: 36.12 100m: 1:14.09 | | | | |
| 8. | Kristine Zwaan | Zwemvereniging Hoorn | 1:17.67 | 9604426 | 1:14.99 |
| | 50m: 36.15 100m: 1:14.99 | | | | |
| 9. | Marloes Riecker | WZ&PC Purmerend | 1:19.95 | 9601960 | 1:18.84 |
| | 50m: 39.14 100m: 1:18.84 | | | | |
| 10. | Amber Ruig | WZ&PC Purmerend | 1:18.82 | 9603240 | 1:19.32 |
| | 50m: 38.89 100m: 1:19.32 | | | | |
| 11. | Samira Mijnen | WZ&PC Purmerend | 1:20.47 | 9701320 | 1:20.63 |
| | 50m: 39.07 100m: 1:20.63 | | | | |
| 12. | Elise Dekker | De Dolfijn | 1:23.43 | 9700976 | 1:23.90 |
| | 50m: 40.81 100m: 1:23.90 | | | | |
| 13. | José Verbeek | WZ&PC Purmerend | 1:25.17 | 9701248 | 1:25.11 |
| | 50m: 42.67 100m: 1:25.11 | | | | |
| 14. | Rhea Ilse Schokker | De Dolfijn | 1:26.00 | 9603130 | 1:25.64 |
| | 50m: 41.75 100m: 1:25.64 | | | | |
| 15. | Bianca Denekamp | WZ&PC Purmerend | 1:31.47 | 9703888 | 1:26.08 |
| | 50m: 41.94 100m: 1:26.08 | | | | |
| 16. | Rikki Quandil | De Dolfijn | 1:40.12 | 9705626 | 1:31.39 |
| | 50m: 43.60 100m: 1:31.39 | | | | |
| 17. | Muriel van der Laan | De Dolfijn | 1:56.73 | 9705624 | 1:47.66 |
| | 50m: 53.16 100m: 1:47.66 | | | | |

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Amsterdam, 17.1.2010

Programmanr. 5
17-1-2010 - 14:26

Jongens, 200m schoolslag

Jongens Junioren 2 en later
Resultaten

| Rang | | | | | In.tijd | | Tijd | |
|-------|--------------------|---------------|---------------|--|----------------------|---------|---------|----------------|
| 1. | Yannick Vijver | | | | Zwemvereniging Hoorn | 2:48.28 | 9600469 | 2:44.50 |
| | 50m: 36.31 | 100m: 1:17.95 | 200m: 2:44.50 | | | | | |
| 2. | Ivar de Jong | | | | De Dolfijn | 3:01.14 | 9700869 | 2:54.82 |
| | 50m: 39.16 | 100m: 1:23.82 | 200m: 2:54.82 | | | | | |
| 3. | Nelson Branquinho | | | | De Dolfijn | 3:09.46 | 9600727 | 2:56.75 |
| | 50m: 39.43 | 100m: 1:24.33 | 200m: 2:56.75 | | | | | |
| 4. | Thierry Feld | | | | Zwemvereniging Hoorn | 3:08.50 | 9601185 | 2:58.00 |
| | 50m: 39.79 | 100m: 1:25.31 | 200m: 2:58.00 | | | | | |
| 5. | Carlo Kemp | | | | WZ&PC Purmerend | 3:16.51 | 9600467 | 2:58.79 |
| | 50m: 38.45 | 100m: 1:23.84 | 200m: 2:58.79 | | | | | |
| 6. | Jordi Kerssens | | | | Zwemvereniging Hoorn | 3:08.89 | 9601075 | 3:05.59 |
| | 50m: 41.05 | 100m: 1:28.04 | 200m: 3:05.59 | | | | | |
| 7. | Michael Tonsbeek | | | | De Dolfijn | 3:11.54 | 9701287 | 3:08.16 |
| | 50m: 41.33 | 100m: 1:29.23 | 200m: 3:08.16 | | | | | |
| 8. | Max Guthman | | | | De Dolfijn | 3:13.08 | 9603317 | 3:09.93 |
| | 50m: 39.94 | 100m: 1:27.12 | 200m: 3:09.93 | | | | | |
| 9. | Dwight van Schoorl | | | | De Dolfijn | 3:26.25 | 9600327 | 3:21.67 |
| | 50m: 47.77 | 100m: 1:40.58 | 200m: 3:21.67 | | | | | |
| 10. | Albert van Nee | | | | De Dolfijn | 3:18.85 | 9602627 | 3:22.58 |
| | 50m: 46.30 | 100m: 1:39.14 | 200m: 3:22.58 | | | | | |
| 11. | Jesper Kok | | | | De Dolfijn | 3:40.37 | 9600247 | 3:28.76 |
| | 50m: 46.83 | 100m: 1:40.39 | 200m: 3:28.76 | | | | | |
| 12. | Navin Keizer | | | | De Dolfijn | 3:41.43 | 9701337 | 3:30.35 |
| | 50m: 46.95 | 100m: 1:41.07 | 200m: 3:30.35 | | | | | |
| 13. | Adam Malash | | | | De Dolfijn | 4:02.29 | 9702145 | 3:31.93 |
| | 50m: 47.43 | 100m: 1:42.24 | 200m: 3:31.93 | | | | | |
| 14. | Danny Fabian Groen | | | | WZ&PC Purmerend | 3:55.51 | 9703033 | 3:43.41 |
| | 50m: 51.79 | 100m: 1:50.54 | 200m: 3:43.41 | | | | | |
| 15. | Sjors de Bruin | | | | WZ&PC Purmerend | NT | 9703609 | 3:52.35 |
| | 50m: 51.09 | 100m: 1:50.40 | 200m: 3:52.35 | | | | | |
| AFGEM | Anis el Bachaoui | | | | De Dolfijn | NT | 9702093 | |
| AFGEM | Timo Hol | | | | Zwemvereniging Hoorn | NT | 9701885 | |
| AFGEM | Jeroen Hoeben | | | | Zwemvereniging Hoorn | 3:40.37 | 9602955 | |

Programmanr. 7
17-1-2010 - 14:37

Dames, 50m vlinderslag

Dames Senioren Open
Resultaten

| Rang | | | | | In.tijd | | Tijd | |
|------|---------------------|--|--|--|----------------------|-------|---------|--------------|
| 1. | Kelly de Jong | | | | De Dolfijn | 27.49 | 9101474 | 27.77 |
| 2. | Anja van der Hout | | | | De Dolfijn | 28.02 | 9001598 | 28.14 |
| 3. | Willemijn Knot | | | | De Dolfijn | 27.28 | 9002010 | 28.52 |
| 4. | Moniek Nijhuis | | | | De Dolfijn | 29.36 | 8803188 | 29.10 |
| 5. | Lona Kroese | | | | De Dolfijn | 29.82 | 8702382 | 29.19 |
| 6. | Pascalie Spiekerman | | | | WZ&PC Purmerend | 29.79 | 9403030 | 29.67 |
| 7. | Anouk Elzerman | | | | De Dolfijn | 30.31 | 9005914 | 30.23 |
| 8. | Daphne ten Brink | | | | WZ&PC Purmerend | 31.12 | 8500454 | 30.43 |
| 9. | Simone de Wit | | | | Zwemvereniging Hoorn | 33.57 | 8604152 | 32.58 |

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Programmanr. 7, Dames, 50m vlinderslag, Dames Senioren Open

| Rang | | | In.tijd | | Tijd |
|-------|----------------------|----------------------|---------|---------|--------------|
| 10. | Britt Bakker | De Dolfijn | 32.59 | 9100094 | 32.89 |
| 11. | Sharon van der Leest | WZ&PC Purmerend | 32.27 | 9202772 | 33.20 |
| 12. | Nickey de Klerk | WZ&PC Purmerend | 34.00 | 8604394 | 34.14 |
| 13. | Pascalie Rovers | Zwemvereniging Hoorn | 35.32 | 9301064 | 35.16 |
| 14. | Jodie Moraal | Zwemvereniging Hoorn | 55.83 | 9705164 | 51.67 |
| 15. | Lisette Hoogervorst | Zwemvereniging Hoorn | 53.66 | 9704666 | 54.30 |
| AFGEM | Tessa Brouwer | De Dolfijn | 28.88 | 9105548 | |

Programmanr. 8
17-1-2010 - 14:40

Heren, 200m schoolslag

Heren Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------------|----------------------|---------|---------|----------------|
| 1. | Nick Hessing | De Dolfijn | 2:31.26 | 9103753 | 2:23.57 |
| | 50m: 31.67 100m: 1:08.02 | 200m: 2:23.57 | | | |
| 2. | Misja Langeler | De Dolfijn | 2:28.87 | 8401369 | 2:29.67 |
| | 50m: 32.89 100m: 1:09.99 | 200m: 2:29.67 | | | |
| 3. | Bas Tietze | WZ&PC Purmerend | 2:34.92 | 8703351 | 2:30.17 |
| | 50m: 32.14 100m: 1:09.39 | 200m: 2:30.17 | | | |
| 4. | Remco Peerdeman | Zwemvereniging Hoorn | 2:33.89 | 8902411 | 2:32.98 |
| | 50m: 33.20 100m: 1:11.77 | 200m: 2:32.98 | | | |
| 5. | Joost Krommenhoek | De Dolfijn | 2:43.20 | 8401293 | 2:36.16 |
| | 50m: 33.55 100m: 1:13.54 | 200m: 2:36.16 | | | |
| 6. | Bart Knijn | WZ&PC Purmerend | 2:42.69 | 9101249 | 2:39.20 |
| | 50m: 34.67 100m: 1:14.64 | 200m: 2:39.20 | | | |
| 7. | Thom Wever | Zwemvereniging Hoorn | 2:51.40 | 9102711 | 2:42.20 |
| | 50m: 35.54 100m: 1:16.89 | 200m: 2:42.20 | | | |
| 8. | Marijn Nijssen | Zwemvereniging Hoorn | 2:38.83 | 8703983 | 2:48.76 |
| | 50m: 36.30 100m: 1:18.92 | 200m: 2:48.76 | | | |
| 9. | Ruben Hoogeveen | De Dolfijn | NT | 8902393 | 3:00.31 |
| | 50m: 39.31 100m: 1:24.91 | 200m: 3:00.31 | | | |

Programmanr. 9
17-1-2010 - 14:46

Meisjes, 100m vrije slag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------------|----------------------|---------|---------|----------------|
| 1. | Kira Toussaint | De Dolfijn | 57.11 | 9400990 | 57.55 |
| | 50m: 27.62 100m: 57.55 | | | | |
| 2. | Rosa Veerman | WZ&PC Purmerend | 59.56 | 9600862 | 57.77 |
| | 50m: 27.71 100m: 57.77 | | | | |
| 3. | Parand Zarekiani | De Dolfijn | 59.72 | 9402150 | 1:00.48 |
| | 50m: 28.28 100m: 1:00.48 | | | | |
| 4. | Kimberly Mijnen | WZ&PC Purmerend | 1:01.33 | 9503644 | 1:02.24 |
| | 50m: 29.60 100m: 1:02.24 | | | | |
| 5. | Cleo Denise Bol | WZ&PC Purmerend | 58.98 | 9403314 | 1:02.32 |
| | 50m: 29.60 100m: 1:02.32 | | | | |
| 6. | Helena La | Zwemvereniging Hoorn | 1:04.35 | 9502134 | 1:04.91 |
| | 50m: 30.97 100m: 1:04.91 | | | | |
| 7. | Manon Wiersma | Zwemvereniging Hoorn | NT | 9600112 | 1:06.70 |
| | 50m: 23.85 100m: 1:06.70 | | | | |

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

| Rang | | | | In.tijd | | Tijd |
|-------|----------------------|---------------|----------------------|---------|---------|----------------|
| 8. | Marcha Kemp | | WZ&PC Purmerend | 1:06.93 | 9504810 | 1:06.83 |
| | 50m: 32.40 | 100m: 1:06.83 | | | | |
| 9. | Simone Druif | | Zwemvereniging Hoorn | 1:06.05 | 9505830 | 1:08.04 |
| | 50m: 32.64 | 100m: 1:08.04 | | | | |
| 10. | Chantal Hoogervorst | | Zwemvereniging Hoorn | 1:13.23 | 9603884 | 1:12.51 |
| | 50m: 34.64 | 100m: 1:12.51 | | | | |
| 11. | Claudia Spiekerman | | WZ&PC Purmerend | 1:10.93 | 9406972 | 1:13.51 |
| | 50m: 34.22 | 100m: 1:13.51 | | | | |
| 12. | Latesha Liem-Kon-Tja | | De Dolfijn | 1:12.92 | 9404566 | 1:14.99 |
| | 50m: 34.42 | 100m: 1:14.99 | | | | |
| 13. | Siham el Bacha | | De Dolfijn | 1:14.78 | 9504602 | 1:17.64 |
| | 50m: 36.11 | 100m: 1:17.64 | | | | |
| AFGEM | Maxime Verschuur | | De Dolfijn | 1:00.82 | 9500804 | |
| AFGEM | Hanna van Gessel | | De Dolfijn | 1:23.10 | 9504604 | |
| BM | Sanne Bommer | | De Dolfijn | 1:04.35 | 9501132 | 1:04.24 |
| | 50m: 30.51 | 100m: 1:04.24 | | | | |

Programmanr. 10
17-1-2010 - 14:50

Jongens, 400m wisselslag

Jongens Junioren 4 en later
Resultaten

| Rang | | | | In.tijd | | Tijd |
|-------|---|---------------|----------------------|---------|---------|----------------|
| 1. | Kingue Struijf | | WZ&PC Purmerend | 5:07.07 | 9400913 | 4:56.04 |
| | 50m: 30.19 | 100m: 1:05.49 | 400m: 4:56.04 | | | |
| 2. | Frank van der Wolff | | Zwemvereniging Hoorn | 5:11.53 | 9400955 | 4:56.14 |
| | 50m: 28.77 | 100m: 1:02.92 | 400m: 4:56.14 | | | |
| 3. | Ties Elzerman | | De Dolfijn | NT | 9502163 | 5:07.76 |
| | 50m: 30.96 | 100m: 1:07.98 | 400m: 5:07.76 | | | |
| 4. | Dave Heshof | | WZ&PC Purmerend | 6:18.65 | 9501403 | 5:21.43 |
| | 50m: 29.54 | 100m: 1:04.77 | 400m: 5:21.43 | | | |
| 5. | Jesse Meijer | | De Dolfijn | 5:38.54 | 9403633 | 5:22.96 |
| | 50m: 33.25 | 100m: 1:13.26 | 400m: 5:22.96 | | | |
| 6. | Andy Onderstal | | De Dolfijn | 6:13.16 | 9504889 | 5:25.82 |
| | 50m: 30.92 | 100m: 1:07.85 | 400m: 5:25.82 | | | |
| 7. | Danny Berlemon | | Zwemvereniging Hoorn | 6:02.98 | 9600527 | 5:42.84 |
| | 50m: 33.65 | 100m: 1:15.32 | 400m: 5:42.84 | | | |
| 8. | Diego H lant Muller | | De Dolfijn | NT | 9500451 | 5:43.04 |
| | 50m: 32.39 | 100m: 1:11.36 | 400m: 5:43.04 | | | |
| 9. | Roel Alers | | WZ&PC Purmerend | NT | 9501593 | 6:09.16 |
| | 50m: 34.85 | 100m: 1:20.47 | 400m: 6:09.16 | | | |
| DIS | Guus Jonk | | Zwemvereniging Hoorn | 5:41.46 | 9501509 | 5:30.60 |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | |
| | 50m: 32.70 | 100m: 1:12.80 | 400m: 5:30.60 | | | |
| NG.ZA | Anthony Lubbers | | De Dolfijn | NT | 9501151 | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 12
17-1-2010 - 15:02

Dames, 200m wisselslag

Dames Senioren 2 en later
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|------|-------------------|---------------|--|----------------------|---------|---------|----------------|
| 1. | Jamie de Jong | | | De Dolfijn | 2:29.39 | 9300898 | 2:29.75 |
| | 50m: 30.60 | 200m: 2:29.75 | | | | | |
| 2. | Femke Swier | | | Zwemvereniging Hoorn | 2:37.82 | 9305122 | 2:32.63 |
| | 50m: 32.70 | 200m: 2:32.63 | | | | | |
| 3. | Annika Arvin | | | De Dolfijn | 2:38.00 | 9500008 | 2:34.49 |
| | 50m: 32.10 | 200m: 2:34.49 | | | | | |
| 4. | Yvonne Verbeek | | | WZ&PC Purmerend | 2:34.10 | 9402788 | 2:37.48 |
| | 50m: 35.22 | 200m: 2:37.48 | | | | | |
| 5. | Shelley de Boer | | | WZ&PC Purmerend | 2:38.29 | 9302840 | 2:39.61 |
| | 50m: 32.71 | 200m: 2:39.61 | | | | | |
| 6. | Miloes Rozemuller | | | Zwemvereniging Hoorn | NT | 9501832 | 2:43.47 |
| | 50m: 34.49 | 200m: 2:43.47 | | | | | |
| 7. | Corine Rooker | | | WZ&PC Purmerend | 2:36.63 | 9201522 | 2:44.20 |
| | 50m: 34.43 | 200m: 2:44.20 | | | | | |
| 8. | Laura Ootes | | | De Dolfijn | 2:43.31 | 9201340 | 2:50.05 |
| | 50m: 36.46 | 200m: 2:50.05 | | | | | |
| 9. | Carmen Krijnen | | | WZ&PC Purmerend | 2:44.72 | 9301454 | 2:50.89 |
| | 50m: 34.89 | 200m: 2:50.89 | | | | | |
| 10. | Nina Brouwers | | | WZ&PC Purmerend | 3:07.75 | 9301414 | 3:10.60 |
| | 50m: 40.34 | 200m: 3:10.60 | | | | | |

Programmanr. 13
17-1-2010 - 15:09

Jongens, 200m vlinderslag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|------|---|---------------|---------------|-----------------|---------|---------|----------------|
| 1. | Jens Bakker | | | De Dolfijn | 2:17.08 | 9300021 | 2:10.57 |
| | 50m: 28.67 | 100m: 1:02.32 | 200m: 2:10.57 | | | | |
| 2. | Dennis Eliveld | | | De Dolfijn | 2:16.38 | 9202351 | 2:17.53 |
| | 50m: 29.06 | 100m: 1:02.66 | 200m: 2:17.53 | | | | |
| 3. | Jeffrey Appel | | | WZ&PC Purmerend | 2:25.74 | 9200027 | 2:23.70 |
| | 50m: 30.19 | 100m: 1:05.99 | 200m: 2:23.70 | | | | |
| 4. | Remy Naporowski | | | WZ&PC Purmerend | 2:26.80 | 9303065 | 2:25.33 |
| | 50m: 29.35 | 100m: 1:04.01 | 200m: 2:25.33 | | | | |
| 5. | Ruben Dekker | | | De Dolfijn | 2:21.62 | 9300627 | 2:25.51 |
| | 50m: 30.21 | 100m: 1:07.34 | 200m: 2:25.51 | | | | |
| 6. | Freek Schoffelmeer | | | De Dolfijn | NT | 9302903 | 2:33.31 |
| | 50m: 32.44 | 100m: 1:11.13 | 200m: 2:33.31 | | | | |
| 7. | Dylan Onderstal | | | De Dolfijn | 2:51.88 | 9204121 | 2:45.60 |
| | 50m: 34.31 | 100m: 1:15.42 | 200m: 2:45.60 | | | | |
| 8. | Robin Döderlein de Win | | | WZ&PC Purmerend | NT | 9302447 | 2:46.36 |
| | 50m: 33.60 | 100m: 1:14.67 | 200m: 2:46.36 | | | | |
| DIS | Mike Hoonakker | | | WZ&PC Purmerend | 2:48.99 | 9301709 | |
| | <i>AE - De aangegeven zwemslag niet uitgevoerd. (meer dan twee slagen: geen tijden noteren)</i> | | | | | | |
| | 50m: 32.34 | 100m: 1:10.22 | | | | | |
| DIS | Daan Rimmelzwaal | | | WZ&PC Purmerend | NT | 9302553 | 2:54.19 |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | |
| | 50m: 34.64 | 100m: 1:16.38 | 200m: 2:54.19 | | | | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 14
17-1-2010 - 15:15

Jongens, 100m vlinderslag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | | In.tijd | | Tijd |
|------|--------------------------|----------------------|--|---------|---------|----------------|
| 1. | Casper van der Haagen | Zwemvereniging Hoorn | | 1:12.82 | 9202521 | 1:14.50 |
| | 50m: 33.19 100m: 1:14.50 | | | | | |
| 2. | Alphonse de Koster | Zwemvereniging Hoorn | | 1:35.09 | 9603695 | 1:18.32 |
| | 50m: 34.82 100m: 1:18.32 | | | | | |

Programmanr. 15
17-1-2010 - 15:17

Dames, 200m rugslag

Dames Senioren Open
Resultaten

| Rang | | | | In.tijd | | Tijd |
|------|--|----------------------|--|---------|---------|----------------|
| 1. | Willemijn Knot | De Dolfijn | | 2:17.90 | 9002010 | 2:18.61 |
| | 50m: 32.14 100m: 1:08.08 200m: 2:18.61 | | | | | |
| 2. | Anja van der Hout | De Dolfijn | | 2:18.01 | 9001598 | 2:20.60 |
| | 50m: 34.48 100m: 1:10.89 200m: 2:20.60 | | | | | |
| 3. | Lenneke van Schaik | De Dolfijn | | 2:20.75 | 8603124 | 2:20.83 |
| | 50m: 33.30 100m: 1:09.61 200m: 2:20.83 | | | | | |
| 4. | Pascalie Spiekerman | WZ&PC Purmerend | | 2:28.65 | 9403030 | 2:27.04 |
| | 50m: 34.80 100m: 1:12.35 200m: 2:27.04 | | | | | |
| 5. | Sharon van der Leest | WZ&PC Purmerend | | 2:25.04 | 9202772 | 2:27.62 |
| | 50m: 34.39 100m: 1:11.57 200m: 2:27.62 | | | | | |
| 6. | Daphne ten Brink | WZ&PC Purmerend | | 2:25.68 | 8500454 | 2:30.39 |
| | 50m: 34.47 100m: 1:12.63 200m: 2:30.39 | | | | | |
| 7. | Kelly de Jong | De Dolfijn | | 2:34.22 | 9101474 | 2:31.22 |
| | 50m: 35.22 100m: 1:12.91 200m: 2:31.22 | | | | | |
| 8. | Simone de Wit | Zwemvereniging Hoorn | | 2:38.44 | 8604152 | 2:40.33 |
| | 50m: 36.61 100m: 1:16.74 200m: 2:40.33 | | | | | |
| 9. | Nickey de Klerk | WZ&PC Purmerend | | 2:42.86 | 8604394 | 2:45.80 |
| | 50m: 39.39 100m: 1:21.42 200m: 2:45.80 | | | | | |
| 10. | Pascalie Rovers | Zwemvereniging Hoorn | | 2:50.16 | 9301064 | 2:46.80 |
| | 50m: 39.53 100m: 1:21.44 200m: 2:46.80 | | | | | |

Programmanr. 16
17-1-2010 - 15:23

Heren, 100m vrije slag

Heren Senioren Open
Resultaten

| Rang | | | | In.tijd | | Tijd |
|------|------------------------|----------------------|--|---------|---------|--------------|
| 1. | Henk van Niejenhuis | De Dolfijn | | 51.86 | 8905063 | 52.77 |
| | 50m: 26.17 100m: 52.77 | | | | | |
| 2. | Misja Langeler | De Dolfijn | | 52.92 | 8401369 | 53.46 |
| | 50m: 25.31 100m: 53.46 | | | | | |
| 3. | Frank Boon | De Dolfijn | | 51.33 | 8800391 | 53.84 |
| | 50m: 26.18 100m: 53.84 | | | | | |
| 4. | Bart Knijn | WZ&PC Purmerend | | 54.05 | 9101249 | 53.99 |
| | 50m: 25.90 100m: 53.99 | | | | | |
| 5. | Peter-Jan Plasmans | De Dolfijn | | 52.68 | 9103063 | 54.00 |
| | 50m: 25.83 100m: 54.00 | | | | | |
| 6. | Remco Peerdeman | Zwemvereniging Hoorn | | 51.94 | 8902411 | 54.21 |
| | 50m: 25.95 100m: 54.21 | | | | | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 16, Heren, 100m vrije slag, Heren Senioren Open

| Rang | | | | In.tijd | | Tijd |
|-------|-------------------|---------------|----------------------|---------|---------|------------------|
| 7. | Bas Tietze | | WZ&PC Purmerend | 54.93 | 8703351 | 54.45 |
| | 50m: 25.93 | 100m: 54.45 | | | | |
| 8. | Nick Hessing | | De Dolfijn | 53.40 | 9103753 | 54.54 |
| | 50m: 26.03 | 100m: 54.54 | | | | |
| 9. | Sverre Oelen | | WZ&PC Purmerend | 54.79 | 9002147 | 54.66 |
| | 50m: 26.36 | 100m: 54.66 | | | | |
| 10. | Kevin Lebis | | WZ&PC Purmerend | 54.24 | 8101037 | 55.26FJ 1 |
| | 50m: 26.07 | 100m: 55.26 | | | | |
| 11. | Jeroen Beemster | | WZ&PC Purmerend | 54.98 | 8700155 | 55.26FJ 2 |
| | 50m: 26.58 | 100m: 55.26 | | | | |
| 12. | Thom Wever | | Zwemvereniging Hoorn | 56.03 | 9102711 | 55.57 |
| | 50m: 27.01 | 100m: 55.57 | | | | |
| 13. | Joost Krommenhoek | | De Dolfijn | 52.10 | 8401293 | 56.07 |
| | 50m: 26.65 | 100m: 56.07 | | | | |
| 14. | Fred Smink | | De Dolfijn | 55.87 | 9104519 | 57.02 |
| | 50m: 27.27 | 100m: 57.02 | | | | |
| 15. | Bart Beemster | | Zwemvereniging Hoorn | 56.00 | 8700153 | 57.31 |
| | 50m: 27.40 | 100m: 57.31 | | | | |
| 16. | Nick Stocker | | De Dolfijn | 58.91 | 8903039 | 57.65 |
| | 50m: 26.72 | 100m: 57.65 | | | | |
| 17. | Matthijs Dekker | | De Dolfijn | 54.75 | 9000621 | 58.17 |
| | 50m: 27.36 | 100m: 58.17 | | | | |
| 18. | Marijn Nijssen | | Zwemvereniging Hoorn | 57.39 | 8703983 | 59.48 |
| | 50m: 28.13 | 100m: 59.48 | | | | |
| 19. | Axel Tietze | | WZ&PC Purmerend | 58.69 | 8803379 | 1:00.72 |
| | 50m: 28.16 | 100m: 1:00.72 | | | | |
| 20. | Ruben Hoogeveen | | De Dolfijn | 1:06.65 | 8902393 | 1:06.27 |
| | 50m: 30.05 | 100m: 1:06.27 | | | | |
| AFGEM | Raoul Engelenburg | | De Dolfijn | 55.15 | 8900843 | |

Programmanr. 17
17-1-2010 - 15:28

Meisjes, 50m rugslag

Meisjes Minioren 4,5, Junioren 1
Resultaten

| Rang | | | In.tijd | | Tijd | |
|------|-----------------------|--|----------------------|-------|---------|--------------|
| 1. | Tessa Vermeulen | | De Dolfijn | 36.07 | 9800068 | 34.38 |
| 2. | Moesha Wartes | | De Dolfijn | 40.08 | 9901724 | 38.89 |
| 3. | Shanna Veerman | | WZ&PC Purmerend | 41.55 | 9800302 | 39.66 |
| 4. | Rafaëlla van Nee | | De Dolfijn | 42.29 | 9900358 | 40.30 |
| 5. | Marielle Vijver | | Zwemvereniging Hoorn | 41.57 | 9800336 | 40.70 |
| 6. | Naomi Visser | | De Dolfijn | 49.18 | 9903038 | 41.13 |
| 7. | Naomi Cohen | | WZ&PC Purmerend | 42.95 | 9801222 | 41.67 |
| 8. | Dagmar Swier | | Zwemvereniging Hoorn | 42.11 | 9900562 | 42.34 |
| 9. | Lin Kohen | | De Dolfijn | 43.06 | 9802012 | 43.68 |
| 10. | Carline Verhagen | | De Dolfijn | 46.69 | 9804176 | 44.66 |
| 11. | Elvira Korthagen | | WZ&PC Purmerend | 44.69 | 9801004 | 44.79 |
| 12. | Mara Döderlein de Win | | WZ&PC Purmerend | 46.24 | 0000412 | 45.45 |
| 13. | Sabrin el Bacha | | De Dolfijn | 46.76 | 9900548 | 45.58 |
| 14. | Takyiwa Sam | | Zwemvereniging Hoorn | 50.48 | 9804684 | 46.27 |
| 15. | Danoushka End | | WZ&PC Purmerend | 49.75 | 9804276 | 50.54 |

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Programmanr. 17, Meisjes, 50m rugslag, Meisjes Minioren 4,5, Junioren 1

| Rang | | | | In.tijd | | Tijd |
|--|----------------------------|--|--|---------|---------|--------------|
| 16. | Demy Appel | | | 51.31 | 9802424 | 51.31 |
| 17. | Kelsey Sharon Brinkhuijsen | | | NT | 9902892 | 54.55 |
| DIS | Daphne Nietfeld | | | NT | 9805098 | 56.04 |
| <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te</i> | | | | | | |
| AFGEM | Julia Paulusma | | | NT | 0002144 | |

Programmanr. 18
17-1-2010 - 15:31

Jongens, 100m schoolslag

Jongens Minioren 4,5,6
Resultaten

| Rang | | | | In.tijd | | Tijd |
|---|-----------------|---------------|----------------------|---------|---------|----------------|
| 1. | Jason Slijngard | | | 1:36.36 | 9801265 | 1:39.49 |
| | 50m: 46.82 | 100m: 1:39.49 | De Dolfijn | | | |
| 2. | Ian van Tiel | | | 1:46.13 | 0000349 | 1:40.62 |
| 3. | Sam Haring | | | 1:43.56 | 9901491 | 1:44.92 |
| | 50m: 49.11 | 100m: 1:44.92 | Zwemvereniging Hoorn | | | |
| 4. | Tim Tuijp | | | 1:50.30 | 9800975 | 1:46.04 |
| | 50m: 50.55 | 100m: 1:46.04 | WZ&PC Purmerend | | | |
| 5. | Lars Veeffkind | | | 2:01.82 | 9801573 | 1:48.83 |
| 6. | Marc Castricum | | | 1:47.59 | 0000321 | 1:50.69 |
| 7. | Raouf Babiker | | | 1:57.40 | 9803471 | 1:53.23 |
| 8. | Simon Koopen | | | 1:57.68 | 9802127 | 1:54.89 |
| | 50m: 55.32 | 100m: 1:54.89 | WZ&PC Purmerend | | | |
| 9. | Haron Malash | | | 1:54.32 | 0000541 | 1:56.33 |
| 10. | Rense Ruig | | | 2:06.64 | 9901627 | 2:01.36 |
| DIS | Lars Dubbeld | | | 2:07.38 | 9804311 | 1:55.58 |
| <i>SR - Meer dan één dolfijnbeenslag na start en/of keerpunt.</i> | | | | | | |
| | 50m: 54.26 | 100m: 1:55.58 | | | | |
| AFGEM | Bas Takken | | | 1:47.67 | 9901643 | |
| AFGEM | Floris Siks | | | 1:51.77 | 9901655 | |

Programmanr. 19
17-1-2010 - 15:36

Meisjes, 200m schoolslag

Meisjes Junioren 3 en later
Resultaten

| Rang | | | | In.tijd | | Tijd |
|------|------------------|---------------|----------------------|---------|---------|----------------|
| 1. | Amber Ruig | | | 2:47.43 | 9603240 | 2:50.35 |
| | 50m: 37.06 | 100m: 1:19.78 | WZ&PC Purmerend | | | |
| | | | 200m: 2:50.35 | | | |
| 2. | Esmee Vermeulen | | | 3:02.78 | 9600678 | 2:51.28 |
| | 100m: 1:21.57 | 200m: 2:51.28 | De Dolfijn | | | |
| 3. | Julia Brouwers | | | 3:04.81 | 9600868 | 2:54.48 |
| | 50m: 38.26 | 100m: 1:22.97 | WZ&PC Purmerend | | | |
| | | | 200m: 2:54.48 | | | |
| 4. | Irene Teufer | | | 2:56.87 | 9602340 | 2:55.38 |
| | 100m: 1:24.21 | 200m: 2:55.38 | De Dolfijn | | | |
| 5. | Robin Pameijer | | | NT | 9701978 | 3:05.00 |
| | 100m: 1:30.40 | 200m: 3:05.00 | De Dolfijn | | | |
| 6. | Claudia Rijkhoff | | | 3:29.37 | 9603338 | 3:05.12 |
| | 100m: 1:28.91 | 200m: 3:05.12 | Zwemvereniging Hoorn | | | |
| 7. | Kristine Zwaan | | | 3:15.40 | 9604426 | 3:07.00 |
| | 50m: 42.26 | 100m: 1:29.60 | Zwemvereniging Hoorn | | | |
| | | | 200m: 3:07.00 | | | |
| 8. | Bianca Denekamp | | | 3:10.88 | 9703888 | 3:12.18 |
| | 100m: 1:32.25 | 200m: 3:12.18 | WZ&PC Purmerend | | | |

E.ON Nationale competitie deel 3
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Programmanr. 19, Meisjes, 200m schoolslag, Meisjes Junioren 3 en later

| Rang | | | | In.tijd | | Tijd |
|------|---------------------|---------------|-----------------|---------|---------|----------------|
| 9. | Iranila Pattipilohy | | De Dolfijn | 3:25.09 | 9605230 | 3:15.42 |
| | 50m: 42.40 | 100m: 1:33.50 | 200m: 3:15.42 | | | |
| 10. | José Verbeek | | WZ&PC Purmerend | 3:21.22 | 9701248 | 3:23.67 |
| | 100m: 1:38.73 | 200m: 3:23.67 | | | | |
| 11. | Marloes Riecker | | WZ&PC Purmerend | 3:25.59 | 9601960 | 3:29.32 |
| | 50m: 45.75 | 100m: 1:36.61 | 200m: 3:29.32 | | | |
| 12. | Samira Mijnen | | WZ&PC Purmerend | 3:37.34 | 9701320 | 3:38.44 |
| | 50m: 47.80 | 100m: 1:44.01 | 200m: 3:38.44 | | | |
| 13. | Rhea Ilse Schokker | | De Dolfijn | 3:48.44 | 9603130 | 3:39.98 |
| | 50m: 49.79 | 100m: 1:46.23 | 200m: 3:39.98 | | | |
| 14. | Elise Dekker | | De Dolfijn | 3:47.07 | 9700976 | 3:42.24 |
| | 100m: 1:48.40 | 200m: 3:42.24 | | | | |
| 15. | Rikki Quandil | | De Dolfijn | 3:34.80 | 9705626 | 3:42.52 |
| | 100m: 1:45.65 | 200m: 3:42.52 | | | | |
| 16. | Muriel van der Laan | | De Dolfijn | NT | 9705624 | 4:23.51 |
| | 50m: 57.39 | 100m: 2:04.38 | 200m: 4:23.51 | | | |

Programmanr. 21
17-1-2010 - 15:49

Jongens, 100m rugslag

Jongens Junioren 2 en later
Resultaten

| Rang | | | | In.tijd | | Tijd |
|-------|--|---------------|----------------------|---------|---------|----------------|
| 1. | Max Guthman | | De Dolfijn | 1:11.12 | 9603317 | 1:09.54 |
| | 50m: 34.09 | 100m: 1:09.54 | | | | |
| 2. | Michael Tonsbeek | | De Dolfijn | 1:12.62 | 9701287 | 1:10.44 |
| 3. | Yannick Vijver | | Zwemvereniging Hoorn | 1:14.35 | 9600469 | 1:11.81 |
| 4. | Nelson Branquinho | | De Dolfijn | 1:16.13 | 9600727 | 1:13.56 |
| 5. | Carlo Kemp | | WZ&PC Purmerend | 1:15.26 | 9600467 | 1:14.57 |
| | 50m: 36.41 | 100m: 1:14.57 | | | | |
| 6. | Ivar de Jong | | De Dolfijn | 1:20.46 | 9700869 | 1:17.26 |
| 7. | Dwight van Schoorl | | De Dolfijn | 1:18.54 | 9600327 | 1:20.26 |
| | 50m: 39.39 | 100m: 1:20.26 | | | | |
| 8. | Jesper Kok | | De Dolfijn | 1:21.24 | 9600247 | 1:20.46 |
| | 50m: 39.45 | 100m: 1:20.46 | | | | |
| 9. | Jordi Kerssens | | Zwemvereniging Hoorn | 1:22.20 | 9601075 | 1:22.39 |
| | 50m: 40.64 | 100m: 1:22.39 | | | | |
| 10. | Albert van Nee | | De Dolfijn | 1:22.60 | 9602627 | 1:23.58 |
| 11. | Navin Keizer | | De Dolfijn | 1:24.57 | 9701337 | 1:24.44 |
| | 50m: 41.75 | 100m: 1:24.44 | | | | |
| 12. | Sjors de Bruin | | WZ&PC Purmerend | 1:24.22 | 9703609 | 1:25.13 |
| 13. | Danny Fabian Groen | | WZ&PC Purmerend | 1:28.37 | 9703033 | 1:28.33 |
| 14. | Adam Malash | | De Dolfijn | 1:34.87 | 9702145 | 1:32.92 |
| DIS | Thierry Feld | | Zwemvereniging Hoorn | 1:10.27 | 9601185 | 1:08.90 |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | |
| | 50m: 33.43 | 100m: 1:08.90 | | | | |
| AFGEM | Timo Hol | | Zwemvereniging Hoorn | 1:38.49 | 9701885 | |
| AFGEM | Anis el Bachaoui | | De Dolfijn | 1:32.42 | 9702093 | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 22
17-1-2010 - 15:55

Dames, 100m vrije slag

Dames Senioren Open
Resultaten

| Rang | | | | In.tijd | | Tijd |
|-------|----------------------|---------------|--|---------|---------|----------------|
| 1. | Lona Kroese | | | 56.20 | 8702382 | 57.20 |
| | 50m: 27.67 | 100m: 57.20 | | | | |
| 2. | Moniek Nijhuis | | | 58.86 | 8803188 | 57.59 |
| 3. | Willemijn Knot | | | 57.73 | 9002010 | 57.80 |
| 4. | Kelly de Jong | | | 59.05 | 9101474 | 59.16 |
| | 50m: 28.20 | 100m: 59.16 | | | | |
| 5. | Daphne ten Brink | | | 58.26 | 8500454 | 59.22 |
| | 50m: 28.03 | 100m: 59.22 | | | | |
| 6. | Anja van der Hout | | | 57.28 | 9001598 | 59.54 |
| | 50m: 28.42 | 100m: 59.54 | | | | |
| 7. | Pascalie Spiekerman | | | 1:00.06 | 9403030 | 59.80 |
| 8. | Anouk Elzerman | | | 1:01.48 | 9005914 | 1:01.18 |
| | 50m: 29.40 | 100m: 1:01.18 | | | | |
| 9. | Simone de Wit | | | 1:02.34 | 8604152 | 1:03.22 |
| 10. | Pascalie Rovers | | | 1:03.65 | 9301064 | 1:04.31 |
| | 50m: 30.44 | 100m: 1:04.31 | | | | |
| 11. | Sharon van der Leest | | | 1:02.49 | 9202772 | 1:04.66 |
| 12. | Britt Bakker | | | 1:02.04 | 9100094 | 1:05.64 |
| | 50m: 31.32 | 100m: 1:05.64 | | | | |
| 13. | Nickey de Klerk | | | 1:07.08 | 8604394 | 1:09.10 |
| 14. | Jodie Moraal | | | 1:27.56 | 9705164 | 1:23.48 |
| | 50m: 38.70 | 100m: 1:23.48 | | | | |
| 15. | Lisette Hoogervorst | | | 1:33.95 | 9704666 | 1:36.00 |
| AFGEM | Tessa Brouwer | | | 58.08 | 9105548 | |

Programmanr. 23
17-1-2010 - 15:58

Heren, 50m vlinderslag

Heren Senioren Open
Resultaten

| Rang | | | | In.tijd | | Tijd |
|-------|---------------------|--|--|---------|---------|--------------|
| 1. | Frank Boon | | | 24.91 | 8800391 | 26.06 |
| 2. | Henk van Niejenhuis | | | 26.26 | 8905063 | 26.13 |
| 3. | Remco Peerdeman | | | 25.83 | 8902411 | 26.79 |
| 4. | Kevin Lebis | | | 25.73 | 8101037 | 27.02 |
| 5. | Joost Krommenhoek | | | 25.39 | 8401293 | 27.09 |
| 6. | Bas Tietze | | | 27.43 | 8703351 | 27.13 |
| 7. | Peter-Jan Plasmans | | | 27.32 | 9103063 | 27.30 |
| 8. | Nick Hessing | | | 27.64 | 9103753 | 27.56 |
| 9. | Jeroen Beemster | | | 27.50 | 8700155 | 27.67 |
| 10. | Marijn Nijssen | | | 27.82 | 8703983 | 27.82 |
| 11. | Sverre Oelen | | | 27.62 | 9002147 | 27.83 |
| 12. | Nick Stocker | | | 27.60 | 8903039 | 27.85 |
| 13. | Bart Beemster | | | 28.42 | 8700153 | 28.71 |
| 14. | Matthijs Dekker | | | 27.64 | 9000621 | 28.94 |
| 15. | Thom Wever | | | 29.72 | 9102711 | 29.49 |
| 16. | Fred Smink | | | 28.60 | 9104519 | 30.13 |
| 17. | Axel Tietze | | | 29.58 | 8803379 | 30.56 |
| 18. | Ruben Hoogeveen | | | 33.52 | 8902393 | 32.78 |
| AFGEM | Raoul Engelenburg | | | 28.58 | 8900843 | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 24
17-1-2010 - 16:01

Meisjes, 400m wisselslag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|-------|--|---------------|--|----------------------|---------|---------|----------------|
| 1. | Kira Toussaint | | | De Dolfijn | 5:20.43 | 9400990 | 5:06.64 |
| | 50m: 29.30 | 100m: 1:04.49 | | 400m: 5:06.64 | | | |
| 2. | Rosa Veerman | | | WZ&PC Purmerend | 5:12.26 | 9600862 | 5:08.85 |
| | 50m: 33.72 | 100m: 1:13.16 | | 400m: 5:08.85 | | | |
| 3. | Parand Zarekiani | | | De Dolfijn | 5:25.15 | 9402150 | 5:12.30 |
| | 100m: 1:07.11 | 400m: 5:12.30 | | | | | |
| 4. | Manon Wiersma | | | Zwemvereniging Hoorn | NT | 9600112 | 5:28.29 |
| | 50m: 34.92 | 100m: 1:15.57 | | 400m: 5:28.29 | | | |
| 5. | Helena La | | | Zwemvereniging Hoorn | 5:42.15 | 9502134 | 5:31.57 |
| | 100m: 1:13.88 | 400m: 5:31.57 | | | | | |
| 6. | Kimberly Mijnen | | | WZ&PC Purmerend | 5:33.18 | 9503644 | 5:32.12 |
| | 100m: 1:15.16 | 400m: 5:32.12 | | | | | |
| 7. | Marcha Kemp | | | WZ&PC Purmerend | 6:13.92 | 9504810 | 6:05.74 |
| | 50m: 40.74 | 100m: 1:28.11 | | 400m: 6:05.74 | | | |
| 8. | Latesha Liem-Kon-Tja | | | De Dolfijn | NT | 9404566 | 6:37.99 |
| | 100m: 1:29.20 | 400m: 6:37.99 | | | | | |
| 9. | Claudia Spiekerman | | | WZ&PC Purmerend | 7:08.33 | 9406972 | 6:45.83 |
| | 50m: 43.70 | 100m: 1:35.54 | | 400m: 6:45.83 | | | |
| 10. | Siham el Bacha | | | De Dolfijn | NT | 9504602 | 7:14.30 |
| | 100m: 1:43.15 | 400m: 7:14.30 | | | | | |
| DIS | Simone Druif | | | Zwemvereniging Hoorn | 6:38.39 | 9505830 | 6:30.76 |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te</i> | | | | | | |
| | 50m: 29.89 | 100m: 1:27.61 | | 400m: 6:30.76 | | | |
| AFGEM | Maxime Verschuur | | | De Dolfijn | NT | 9500804 | |
| AFGEM | Hanna van Gessel | | | De Dolfijn | NT | 9504604 | |
| BM | Sanne Bommer | | | De Dolfijn | 5:33.37 | 9501132 | 5:37.43 |
| | 50m: 35.19 | 100m: 1:17.02 | | 400m: 5:37.43 | | | |

Programmanr. 26
17-1-2010 - 16:16

Jongens, 100m vrije slag

Jongens Junioren 4 en later
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|------|---------------------|---------------|--|----------------------|---------|---------|-------------------|
| 1. | Dave Heshof | | | WZ&PC Purmerend | 56.72 | 9501403 | 55.59 FJ 1 |
| 2. | Kingue Struijf | | | WZ&PC Purmerend | 55.76 | 9400913 | 55.59 FJ 2 |
| | 50m: 26.47 | 100m: 55.59 | | | | | |
| 3. | Ties Elzerman | | | De Dolfijn | 56.84 | 9502163 | 56.41 FJ 1 |
| 4. | Frank van der Wolff | | | Zwemvereniging Hoorn | 56.52 | 9400955 | 56.41 FJ 2 |
| 5. | Andy Onderstal | | | De Dolfijn | 57.03 | 9504889 | 58.55 |
| | 50m: 27.79 | 100m: 58.55 | | | | | |
| 6. | Jesse Meijer | | | De Dolfijn | 59.21 | 9403633 | 59.68 |
| 7. | Guus Jonk | | | Zwemvereniging Hoorn | 1:01.53 | 9501509 | 1:01.51 |
| | 50m: 29.07 | 100m: 1:01.51 | | | | | |
| 8. | Diego H lant Muller | | | De Dolfijn | 1:03.14 | 9500451 | 1:03.16 |
| 9. | Danny Berlemon | | | Zwemvereniging Hoorn | 1:04.81 | 9600527 | 1:03.83 |
| | 50m: 30.67 | 100m: 1:03.83 | | | | | |
| 10. | Lorenzo Oosterhoff | | | De Dolfijn | NT | 9403467 | 1:03.86 |
| | 50m: 33.99 | 100m: 1:03.86 | | | | | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 26, Jongens, 100m vrije slag, Jongens Junioren 4 en later

| Rang | | | In.tijd | | Tijd |
|-------|-----------------|-----------------|---------|---------|----------------|
| 11. | Roel Alers | WZ&PC Purmerend | 1:10.26 | 9501593 | 1:07.63 |
| 12. | Mansour Khaleqi | De Dolfijn | 1:08.01 | 9502365 | 1:09.38 |
| NG.ZA | Anthony Lubbers | De Dolfijn | 1:04.24 | 9501151 | |

Programmanr. 27
17-1-2010 - 16:19

Dames, 200m vlinderslag

Dames Senioren 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|---|-----------------|---------|---------|----------------|
| 1. | Jamie de Jong | De Dolfijn | 2:26.07 | 9300898 | 2:28.75 |
| | 50m: 31.95 100m: 1:09.16 | 200m: 2:28.75 | | | |
| 2. | Annika Arvin | De Dolfijn | 2:32.62 | 9500008 | 2:42.13 |
| | 50m: 34.80 100m: 1:15.67 | 200m: 2:42.13 | | | |
| 3. | Shelley de Boer | WZ&PC Purmerend | 2:39.94 | 9302840 | 2:48.14 |
| | 100m: 1:16.54 200m: 2:48.14 | | | | |
| 4. | Yvonne Verbeek | WZ&PC Purmerend | 2:51.43 | 9402788 | 2:59.22 |
| | 50m: 38.13 100m: 1:24.83 | 200m: 2:59.22 | | | |
| 5. | Laura Ootes | De Dolfijn | 3:03.34 | 9201340 | 3:00.72 |
| | 50m: 37.28 100m: 1:22.10 | 200m: 3:00.72 | | | |
| DIS | Janine Rooker | WZ&PC Purmerend | 2:41.95 | 9600316 | |
| | <i>AF - Niet de aangegeven afstand gezwommen. (geen tijden noteren)</i> | | | | |

Programmanr. 28
17-1-2010 - 16:22

Dames, 100m vlinderslag

Dames Senioren 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------------|----------------------|---------|---------|----------------|
| 1. | Femke Swier | Zwemvereniging Hoorn | 1:12.31 | 9305122 | 1:12.09 |
| | 50m: 33.89 100m: 1:12.09 | | | | |
| 2. | Miloes Rozemuller | Zwemvereniging Hoorn | NT | 9501832 | 1:15.86 |
| | 50m: 34.55 100m: 1:15.86 | | | | |

Programmanr. 29
17-1-2010 - 16:24

Jongens, 200m wisselslag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------------|-----------------|---------|---------|----------------|
| 1. | Jens Bakker | De Dolfijn | 2:05.34 | 9300021 | 2:09.44 |
| | 50m: 28.44 200m: 2:09.44 | | | | |
| 2. | Dennis Eliveld | De Dolfijn | 2:08.11 | 9202351 | 2:13.22 |
| | 50m: 28.39 200m: 2:13.22 | | | | |
| 3. | Jeffrey Appel | WZ&PC Purmerend | 2:16.85 | 9200027 | 2:14.52 |
| 4. | Ruben Dekker | De Dolfijn | 2:20.76 | 9300627 | 2:21.29 |
| | 50m: 29.27 200m: 2:21.29 | | | | |
| 5. | Jordy de Klerk | WZ&PC Purmerend | 2:27.03 | 9300269 | 2:21.68 |
| | 50m: 29.16 200m: 2:21.68 | | | | |
| 6. | Remy Naporowski | WZ&PC Purmerend | 2:21.29 | 9303065 | 2:22.47 |
| | 50m: 29.07 200m: 2:22.47 | | | | |
| 7. | Freek Schoffelmeer | De Dolfijn | 2:27.07 | 9302903 | 2:31.26 |
| | 50m: 30.67 200m: 2:31.26 | | | | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 29, Jongens, 200m wisselslag, Jongens Jeugd 2 en later

| Rang | | | | In.tijd | | Tijd |
|-------|------------------------|---------------|--|---------|---------|----------------|
| 8. | Daan Rimmelzwaal | | | NT | 9302553 | 2:32.23 |
| | 50m: 33.20 | 200m: 2:32.23 | | | | |
| 9. | Robin Döderlein de Win | | | 2:33.30 | 9302447 | 2:34.38 |
| | 50m: 31.89 | 200m: 2:34.38 | | | | |
| 10. | Quincy H lant Muller | | | 2:34.13 | 9301735 | 2:34.89 |
| | 50m: 31.88 | 200m: 2:34.89 | | | | |
| 11. | Casper van der Haagen | | | 2:32.05 | 9202521 | 2:35.07 |
| | 50m: 33.92 | 200m: 2:35.07 | | | | |
| 12. | Dylan Onderstal | | | 2:42.16 | 9204121 | 2:42.72 |
| 13. | Alphonse de Koster | | | 3:10.32 | 9603695 | 2:49.47 |
| | 50m: 36.25 | 200m: 2:49.47 | | | | |
| AFGEM | Jeroen Hoeben | | | 3:11.32 | 9602955 | |
| AFGEM | Mike Hoonakker | | | 2:44.48 | 9301709 | |

Programmanr. 30
17-1-2010 - 16:31

Dames, 200m schoolslag

Dames Senioren Open
Resultaten

| Rang | | | | In.tijd | | Tijd |
|-------|----------------------|---------------|---------------|---------|---------|----------------|
| 1. | Moniek Nijhuis | | | 2:22.88 | 8803188 | 2:30.82 |
| | 50m: 34.51 | 100m: 1:12.95 | 200m: 2:30.82 | | | |
| 2. | Lona Kroese | | | 2:31.15 | 8702382 | 2:39.88 |
| | 100m: 1:18.30 | 200m: 2:39.88 | | | | |
| 3. | Anja van der Hout | | | 2:51.00 | 9001598 | 2:43.48 |
| | 50m: 38.58 | 100m: 1:20.28 | 200m: 2:43.48 | | | |
| 4. | Anouk Elzerman | | | 2:37.06 | 9005914 | 2:43.53 |
| | 100m: 1:19.18 | 200m: 2:43.53 | | | | |
| 5. | Sharon van der Leest | | | 2:44.22 | 9202772 | 2:43.99 |
| | 50m: 37.36 | 100m: 1:18.98 | 200m: 2:43.99 | | | |
| 6. | Pascalie Spiekerman | | | 2:42.95 | 9403030 | 2:46.96 |
| | 50m: 36.65 | 100m: 1:18.60 | 200m: 2:46.96 | | | |
| 7. | Kelly de Jong | | | 2:53.95 | 9101474 | 2:49.19 |
| | 100m: 1:20.51 | 200m: 2:49.19 | | | | |
| 8. | Lenneke van Schaik | | | 2:50.01 | 8603124 | 2:49.82 |
| | 50m: 38.88 | 100m: 1:22.70 | 200m: 2:49.82 | | | |
| 9. | Britt Bakker | | | 2:44.48 | 9100094 | 2:53.29 |
| | 50m: 39.39 | 100m: 1:23.89 | 200m: 2:53.29 | | | |
| 10. | Pascalie Rovers | | | 2:48.92 | 9301064 | 3:03.51 |
| | 50m: 40.95 | 100m: 1:27.36 | 200m: 3:03.51 | | | |
| 11. | Nickey de Klerk | | | 3:11.16 | 8604394 | 3:17.23 |
| | 100m: 1:33.61 | 200m: 3:17.23 | | | | |
| 12. | Chantal Hoogervorst | | | 3:22.49 | 9603884 | 3:19.66 |
| | 50m: 45.81 | 100m: 1:37.03 | 200m: 3:19.66 | | | |
| 13. | Simone de Wit | | | 3:12.75 | 8604152 | 3:20.19 |
| | 50m: 43.81 | 100m: 1:34.51 | 200m: 3:20.19 | | | |
| AFGEM | Tessa Brouwer | | | 2:25.61 | 9105548 | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 31
17-1-2010 - 16:38

Heren, 200m rugslag

Heren Senioren Open
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|-------|---------------------|---------------|--|----------------------|---------|---------|----------------|
| 1. | Henk van Niejenhuis | | | De Dolfijn | 2:01.31 | 8905063 | 2:05.17 |
| | 50m: 29.33 | 100m: 1:01.08 | | 200m: 2:05.17 | | | |
| 2. | Nick Hessing | | | De Dolfijn | 2:09.05 | 9103753 | 2:09.36 |
| | 50m: 30.11 | 100m: 1:03.29 | | 200m: 2:09.36 | | | |
| 3. | Jeroen Beemster | | | WZ&PC Purmerend | 2:13.50 | 8700155 | 2:14.56 |
| | 100m: 1:03.95 | 200m: 2:14.56 | | | | | |
| 4. | Matthijs Dekker | | | De Dolfijn | 2:19.87 | 9000621 | 2:20.30 |
| | 50m: 33.40 | 100m: 1:09.18 | | 200m: 2:20.30 | | | |
| 5. | Bart Knijn | | | WZ&PC Purmerend | 2:16.59 | 9101249 | 2:21.45 |
| | 50m: 33.58 | 100m: 1:09.11 | | 200m: 2:21.45 | | | |
| 6. | Bart Beemster | | | Zwemvereniging Hoorn | 2:15.42 | 8700153 | 2:21.91 |
| | 50m: 32.66 | 100m: 1:07.70 | | 200m: 2:21.91 | | | |
| 7. | Peter-Jan Plasmans | | | De Dolfijn | 2:20.02 | 9103063 | 2:22.86 |
| | 50m: 33.51 | 100m: 1:09.81 | | 200m: 2:22.86 | | | |
| 8. | Remco Peerdeman | | | Zwemvereniging Hoorn | 2:12.85 | 8902411 | 2:23.16 |
| | 100m: 1:09.09 | 200m: 2:23.16 | | | | | |
| 9. | Thom Wever | | | Zwemvereniging Hoorn | 2:25.32 | 9102711 | 2:23.50 |
| | 100m: 1:10.98 | 200m: 2:23.50 | | | | | |
| 10. | Sverre Oelen | | | WZ&PC Purmerend | 2:22.73 | 9002147 | 2:24.53 |
| | 100m: 1:10.90 | 200m: 2:24.53 | | | | | |
| 11. | Kevin Lebis | | | WZ&PC Purmerend | 2:17.00 | 8101037 | 2:27.42 |
| | 50m: 33.60 | 100m: 1:10.10 | | 200m: 2:27.42 | | | |
| 12. | Fred Smink | | | De Dolfijn | 2:31.90 | 9104519 | 2:27.46 |
| | 50m: 34.71 | 100m: 1:11.79 | | 200m: 2:27.46 | | | |
| 13. | Marijn Nijssen | | | Zwemvereniging Hoorn | 2:25.79 | 8703983 | 2:30.47 |
| | 50m: 35.94 | 100m: 1:16.25 | | 200m: 2:30.47 | | | |
| AFGEM | Raoul Engelenburg | | | De Dolfijn | 2:14.24 | 8900843 | |

Programmanr. 32
17-1-2010 - 16:44

Meisjes, 4 x 100m vrije slag

Meisjes Junioren 3 en later
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|------|---------------------|----|-------|-----------------|-----------------|----|----------------|
| 1. | De Dolfijn 1 | | | De Dolfijn | 4:13.83 | | 4:12.09 |
| | Iranila Pattipilohy | 96 | 30.39 | 1:04.39 | Robin Pameijer | 97 | |
| | Irene Teufer | 96 | | | Esmee Vermeulen | 96 | |
| 2. | Wzpc 1 | | | WZ&PC Purmerend | 4:11.61 | | 4:12.55 |
| | Julia Brouwers | 96 | 31.66 | 1:05.85 | Janine Rooker | 96 | |
| | Amber Ruig | 96 | | | Rosa Veerman | 96 | |
| 3. | Wzpc 2 | | | WZ&PC Purmerend | 4:46.19 | | 4:57.71 |
| | Marloes Riecker | 96 | 34.22 | 1:11.47 | Shanna Veerman | 98 | |
| | Bianca Denekamp | 97 | | | José Verbeek | 97 | |

E.ON Nationale competitie deel 3
Amsterdam, 17.1.2010

Programmanr. 33
17-1-2010 - 16:49

Meisjes, 4 x 50m vrije slag

Meisjes Junioren 3 en later
Resultaten

| Rang | | | In.tijd | Tijd |
|------|------------------------|----------------------|------------------|----------------|
| 1. | Zwemvereniging Hoorn 1 | Zwemvereniging Hoorn | 2:02.33 | 2:02.02 |
| | Kristine Zwaan 96 | 29.42 | Manon Wiersma | 96 |
| | Chantal Hoogervorst 96 | | Claudia Rijkhoff | 96 |

Programmanr. 34
17-1-2010 - 16:52

Jongens, 4 x 100m wisselslag

Jongens Junioren 4 en later
Resultaten

| Rang | | | In.tijd | Tijd |
|------|------------------------|----------------------|---------------------|----------------|
| 1. | Wzpc 1 | WZ&PC Purmerend | 4:34.69 | 4:28.67 |
| | Roel Alers 95 | 1:15.51 | Dave Heshof | 95 |
| | Kingue Struijf 94 | | Carlo Kemp | 96 |
| 2. | De Dolfijn 1 | De Dolfijn | 4:28.11 | 4:32.38 |
| | Jesse Meijer 94 | 34.53 1:11.01 | Andy Onderstal | 95 |
| | Ties Elzerman 95 | | Max Guthman | 96 |
| 3. | Zwemvereniging Hoorn 1 | Zwemvereniging Hoorn | 4:33.66 | 4:35.64 |
| | Thierry Feld 96 | 35.08 1:11.70 | Frank van der Wolff | 94 |
| | Guus Jonk 95 | | Yannick Vijver | 96 |
| 4. | De Dolfijn 2 | De Dolfijn | 4:53.32 | 4:48.53 |
| | Michael Tonsbeek 97 | 1:10.68 | Nelson Branquinho | 96 |
| | Ivar de Jong 97 | | Diego H lant Muller | 95 |