

Programmanr. 2 Jongens, 300m vrije slag Jongens Minioren 3 en 4
2.12.07 - 16:35 Resultaten

Rang		In.tijd	Tijd
1.	Stan Zwinkels ZV Westland Dijkglas	NT 9800239	5:08.85

Programmanr. 4 Jongens, 400m vrije slag Jongens Minioren 5 en 6
2.12.07 - 16:45 Resultaten

Rang	Geb.	Tijd	100m	200m	300m	400m
1.	Pascal Nuijten 97 ZV Westland Dijkglas	6:46.58	1:23.89	3:08.89	4:57.80	6:46.58
2.	Gijs Ruijgrok 96 Wzk	7:07.06	1:38.58	3:30.86	5:22.51	7:07.06

Programmanr. 6 Jongens, 800m vrije slag Jongens Junioren 2 en later
2.12.07 - 17:10 Resultaten

Rang		In.tijd	Tijd
1.	Patrick de Jong ZV Westland Dijkglas	11:36.87 9403007	11:05.61
	100m: 1:16.79 1:16.79 300m: 4:03.80 1:23.76 500m: 6:55.29 1:26.46 700m: 9:46.26 1:24.00		
	200m: 2:40.04 1:23.25 400m: 5:28.83 1:25.03 600m: 8:22.26 1:26.97 800m: 11:05.61 1:19.35		
AFG	Youcef Alili D'Eft	13:12.54 9404879	

Programmanr. 8 Heren, 1500m vrije slag Heren Senioren Open
2.12.07 - 18:30 Resultaten

Rang		In.tijd	Tijd
1.	Erik Simons Wzk	16:57.66 8902845	16:55.95
	100m: 1:00.00 1:00.00 500m: 5:29.88 1:08.44 900m: 10:07.18 1:09.10 1300m: 14:41.93 1:08.63		
	200m: 2:06.31 1:06.31 600m: 6:39.05 1:09.17 1000m: 11:16.09 1:08.91 1400m: 15:50.67 1:08.74		
	300m: 3:13.55 1:07.24 700m: 7:48.56 1:09.51 1100m: 12:24.36 1:08.27 1500m: 16:55.95 1:05.28		
	400m: 4:21.44 1:07.89 800m: 8:58.08 1:09.52 1200m: 13:33.30 1:08.94		
2.	Rolan vd Lugt ZV Westland Dijkglas	17:26.09 9001869	17:25.10
	100m: 1:02.80 1:02.80 500m: 5:38.27 1:09.70 900m: 10:24.83 1:12.69 1300m: 15:07.35 1:10.12		
	200m: 2:10.16 1:07.36 600m: 6:49.44 1:11.17 1000m: 11:36.34 1:11.51 1400m: 16:17.82 1:10.47		
	300m: 3:18.72 1:08.56 700m: 8:00.78 1:11.34 1100m: 12:47.18 1:10.84 1500m: 17:25.10 1:07.28		
	400m: 4:28.57 1:09.85 800m: 9:12.14 1:11.36 1200m: 13:57.23 1:10.05		
3.	Rob van Vliet Wzk	17:21.80 8402459	17:56.71
	100m: 1:04.91 1:04.91 500m: 5:47.56 1:11.42 900m: 10:38.18 1:12.79 1300m: 15:31.37 1:13.79		
	200m: 2:14.06 1:09.15 600m: 7:00.17 1:12.61 1000m: 11:50.71 1:12.53 1400m: 16:44.90 1:13.53		
	300m: 3:24.97 1:10.91 700m: 8:12.39 1:12.22 1100m: 13:03.80 1:13.09 1500m: 17:56.71 1:11.81		
	400m: 4:36.14 1:11.17 800m: 9:25.39 1:13.00 1200m: 14:17.58 1:13.78		
4.	Alex Vermeulen Wzk	18:50.25 8905811	18:16.32
	100m: 1:05.03 1:05.03 500m: 5:55.03 1:13.45 900m: 10:54.16 1:14.75 1300m: 15:51.81 1:14.33		
	200m: 2:15.57 1:10.54 600m: 7:09.22 1:14.19 1000m: 12:08.81 1:14.65 1400m: 17:05.75 1:13.94		
	300m: 3:28.41 1:12.84 700m: 8:24.61 1:15.39 1100m: 13:23.14 1:14.33 1500m: 18:16.32 1:10.57		
	400m: 4:41.58 1:13.17 800m: 9:39.41 1:14.80 1200m: 14:37.48 1:14.34		
5.	Leendert Valstar ZV Westland Dijkglas	18:30.20 9303469	18:20.78
	100m: 1:05.53 1:05.53 500m: 5:59.68 1:13.52 900m: 10:54.80 1:13.18 1300m: 15:54.21 1:15.02		
	200m: 2:17.84 1:12.31 600m: 7:13.91 1:14.23 1000m: 12:08.87 1:14.07 1400m: 17:10.57 1:16.36		
	300m: 3:31.56 1:13.72 700m: 8:28.48 1:14.57 1100m: 13:23.91 1:15.04 1500m: 18:20.78 1:10.21		
	400m: 4:46.16 1:14.60 800m: 9:41.62 1:13.14 1200m: 14:39.19 1:15.28		
6.	Markus van Rest ZV Westland Dijkglas	19:05.44 7701197	18:58.18
	100m: 1:10.04 1:10.04 500m: 6:23.52 1:19.19 900m: 11:31.51 1:15.27 1300m: 16:32.83 1:15.33		
	200m: 2:27.46 1:17.42 600m: 7:41.64 1:18.12 1000m: 12:47.08 1:15.57 1400m: 17:49.07 1:16.24		
	300m: 3:45.74 1:18.28 700m: 8:59.43 1:17.79 1100m: 14:01.64 1:14.56 1500m: 18:58.18 1:09.11		
	400m: 5:04.33 1:18.59 800m: 10:16.24 1:16.81 1200m: 15:17.50 1:15.86		

Programmanr. 8, Heren, 1500m vrije slag, Heren Senioren Open

Rang							In.tijd	Tijd				
7.	Martijn Groeneveld		ZV Westland Dijkglas				NT	9105959	19:21.04			
	100m:	1:10.04	1:10.04	500m:	6:23.64	1:18.88	900m:	11:39.25	1:19.14	1300m:	16:52.93	1:17.35
	200m:	2:27.61	1:17.57	600m:	7:41.72	1:18.08	1000m:	12:58.78	1:19.53	1400m:	18:09.40	1:16.47
	300m:	3:46.02	1:18.41	700m:	9:00.53	1:18.81	1100m:	14:17.73	1:18.95	1500m:	19:21.04	1:11.64
	400m:	5:04.76	1:18.74	800m:	10:20.11	1:19.58	1200m:	15:35.58	1:17.85			
8.	Frans Hensen		ZV Westland Dijkglas				20:13.68	9100905	19:29.64			
	100m:	1:10.68	1:10.68	500m:	6:24.40	1:18.87	900m:	11:40.24	1:19.55	1300m:	16:55.79	1:18.84
	200m:	2:28.51	1:17.83	600m:	7:42.63	1:18.23	1000m:	12:59.67	1:19.43	1400m:	18:13.97	1:18.18
	300m:	3:46.61	1:18.10	700m:	9:01.24	1:18.61	1100m:	14:19.08	1:19.41	1500m:	19:29.64	1:15.67
	400m:	5:05.53	1:18.92	800m:	10:20.69	1:19.45	1200m:	15:36.95	1:17.87			
9.	Lennart Spaans		ZV Westland Dijkglas				22:30.67	9201237	21:29.95			
	100m:	1:14.56	1:14.56	500m:	6:54.70	1:26.05	900m:	12:46.14	1:28.41	1300m:	18:39.01	1:27.92
	200m:	2:38.11	1:23.55	600m:	8:22.51	1:27.81	1000m:	14:15.35	1:29.21	1400m:	20:06.04	1:27.03
	300m:	4:02.26	1:24.15	700m:	9:50.04	1:27.53	1100m:	15:42.55	1:27.20	1500m:	21:29.95	1:23.91
	400m:	5:28.65	1:26.39	800m:	11:17.73	1:27.69	1200m:	17:11.09	1:28.54			
10.	Jeffrey Voois		ZV Westland Dijkglas				22:31.86	9303413	22:47.50			
	100m:	1:16.47	1:16.47	500m:	7:16.26	1:33.70	900m:	1:33:33.70	21:33.50	1300m:	19:48.09	1:31.91
	200m:	2:42.87	1:26.40	600m:	8:50.91	1:34.65	1000m:	15:09.18		1400m:	21:21.82	1:33.73
	300m:	4:11.77	1:28.90	700m:	10:26.29	1:35.38	1100m:	16:42.62	1:33.44	1500m:	22:47.50	1:25.68
	400m:	5:42.56	1:30.79	800m:	12:00.20	1:33.91	1200m:	18:16.18	1:33.56			
DIS	Koen Zonneveld		ZV Westland Dijkglas				20:33.66	9102679				
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>											
	100m:	1:10.63	1:10.63	500m:	6:45.25	1:26.86	900m:	12:39.44	1:28.08	1300m:	18:26.78	1:25.69
	200m:	2:30.04	1:19.41	600m:	8:14.33	1:29.08	1000m:	14:07.09	1:27.65	1400m:	19:52.02	1:25.24
	300m:	3:52.73	1:22.69	700m:	9:42.73	1:28.40	1100m:	15:35.00	1:27.91	1500m:		
	400m:	5:18.39	1:25.66	800m:	11:11.36	1:28.63	1200m:	17:01.09	1:26.09			
NG	Richard Kouwenhoven		ZV Westland Dijkglas				22:18.75	9103919				

Programmanr. 1 Meisjes, 300m vrije slag Meisjes Minioren 3 en 4
2.12.07 - 16:30 Resultaten

Rang							In.tijd	Tijd			
1.	Brigid van Uffelen		ZV Westland Dijkglas				6:25.69	9800310	5:10.62		

Programmanr. 3 Meisjes, 400m vrije slag Meisjes Minioren 5 Junioren 1
2.12.07 - 16:40 Resultaten

Rang	Geb.			Tijd	100m	200m	300m	400m
1.	Aylin van Uffelen	96	ZV Westland Dijkglas	6:09.50	1:24.91	2:59.79	4:36.06	6:09.50
2.	Rachael Kretsch	96	Wzk	6:10.53	1:27.04	3:01.21	4:37.47	6:10.53
3.	Jessie Middendorp	97	ZV Westland Dijkglas	6:21.22	1:28.55	3:05.68	4:45.86	6:21.22
4.	Britt Vis	97	ZV Westland Dijkglas	6:30.87	1:30.26	3:10.22	4:50.97	6:30.87

Programmanr. 5 Meisjes, 800m vrije slag Meisjes Junioren 3 en later
2.12.07 - 16:55 Resultaten

Rang							In.tijd	Tijd				
1.	Astrid van Nieuwkerk		ZV Westland Dijkglas				11:49.54	9402904	10:34.95			
	100m:	1:15.22	1:15.22	300m:	3:56.91	1:21.77	500m:	6:38.91	1:21.78	700m:	9:18.36	1:19.11
	200m:	2:35.14	1:19.92	400m:	5:17.13	1:20.22	600m:	7:59.25	1:20.34	800m:	10:34.95	1:16.59
2.	Roos Brugman		ZV Westland Dijkglas				11:58.79	9500724	11:03.36			
	100m:	1:17.40	1:17.40	300m:	4:04.25	1:23.65	500m:	6:51.67	1:23.99	700m:	9:40.14	1:24.54
	200m:	2:40.60	1:23.20	400m:	5:27.68	1:23.43	600m:	8:15.60	1:23.93	800m:	11:03.36	1:23.22

Programmanr. 5, Meisjes, 800m vrije slag, Meisjes Junioren 3 en later

Rang					In.tijd		Tijd	
3.	Amber de Kroon		ZV Westland Dijkglas		11:24.54	9601098	11:03.97	
	100m: 1:18.71	1:18.71	300m: 4:08.29	1:24.82	500m: 6:58.43	1:25.04	700m: 9:46.67	1:24.09
	200m: 2:43.47	1:24.76	400m: 5:33.39	1:25.10	600m: 8:22.58	1:24.15	800m: 11:03.97	1:17.30
4.	Maartje de Wit		ZV Westland Dijkglas		11:57.25	9502362	11:10.49	
	100m: 1:17.10	1:17.10	300m: 4:04.75	1:23.68	500m: 6:56.57	1:26.44	700m: 9:48.29	1:25.20
	200m: 2:41.07	1:23.97	400m: 5:30.13	1:25.38	600m: 8:23.09	1:26.52	800m: 11:10.49	1:22.20
5.	Jasmijn Ruijgrok		Wzk		10:58.35	9401032	11:31.22	
	100m: 1:15.90	1:15.90	300m: 4:11.59	1:28.01	500m: 7:09.68	1:29.24	700m: 10:05.88	1:27.97
	200m: 2:43.58	1:27.68	400m: 5:40.44	1:28.85	600m: 8:37.91	1:28.23	800m: 11:31.22	1:25.34

Programmanr. 7
2.12.07 - 17:20

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

Rang					In.tijd		Tijd	
1.	Debby den Besten		ZV Westland Dijkglas		19:12.97	9207520	18:52.95	
	100m: 1:08.06	1:08.06	500m: 6:09.56	1:16.00	900m: 11:14.88	1:15.74	1300m: 16:22.56	1:16.62
	200m: 2:22.47	1:14.41	600m: 7:25.88	1:16.32	1000m: 12:32.03	1:17.15	1400m: 17:39.23	1:16.67
	300m: 3:37.94	1:15.47	700m: 8:42.54	1:16.66	1100m: 13:49.08	1:17.05	1500m: 18:52.95	1:13.72
	400m: 4:53.56	1:15.62	800m: 9:59.14	1:16.60	1200m: 15:05.94	1:16.86		
2.	Marissa Hensen		ZV Westland Dijkglas		19:39.71	8801708	20:16.00	
	100m: 1:13.50	1:13.50	500m: 6:34.41	1:21.66	900m: 12:01.96	1:22.04	1300m: 17:32.26	1:22.59
	200m: 2:32.22	1:18.72	600m: 7:56.32	1:21.91	1000m: 13:24.49	1:22.53	1400m: 18:55.10	1:22.84
	300m: 3:52.17	1:19.95	700m: 9:17.96	1:21.64	1100m: 14:47.01	1:22.52	1500m: 20:16.00	1:20.90
	400m: 5:12.75	1:20.58	800m: 10:39.92	1:21.96	1200m: 16:09.67	1:22.66		
3.	Tamara Hoogenboom		Wzk		20:34.70	9001560	20:20.48	
	100m: 1:15.53	1:15.53	500m: 6:40.29	1:21.92	900m: 12:08.55	1:22.25	1300m: 17:40.34	1:21.95
	200m: 2:35.89	1:20.36	600m: 8:02.45	1:22.16	1000m: 13:32.14	1:23.59	1400m: 19:01.45	1:21.11
	300m: 3:56.80	1:20.91	700m: 9:24.16	1:21.71	1100m: 14:55.26	1:23.12	1500m: 20:20.48	1:19.03
	400m: 5:18.37	1:21.57	800m: 10:46.30	1:22.14	1200m: 16:18.39	1:23.13		
4.	Wendy Sneekes		D'Elft		NT	8402290	20:29.61	
	100m: 1:13.41	1:13.41	500m: 6:40.53	1:22.40	900m: 12:13.11	1:23.35	1300m: 17:47.08	1:24.70
	200m: 2:33.73	1:20.32	600m: 8:02.75	1:22.22	1000m: 13:36.56	1:23.45	1400m: 19:10.13	1:23.05
	300m: 3:55.82	1:22.09	700m: 9:25.79	1:23.04	1100m: 14:59.98	1:23.42	1500m: 20:29.61	1:19.48
	400m: 5:18.13	1:22.31	800m: 10:49.76	1:23.97	1200m: 16:22.38	1:22.40		
5.	Kitty van Dinten		ZV Westland Dijkglas		20:10.00	8700938	21:21.39	
	100m: 1:13.39	1:13.39	500m: 6:51.24	1:26.61	900m: 12:37.38	1:26.36	1300m: 18:29.50	1:28.96
	200m: 2:34.41	1:21.02	600m: 8:17.23	1:25.99	1000m: 14:04.79	1:27.41	1400m: 19:56.35	1:26.85
	300m: 3:59.18	1:24.77	700m: 9:44.20	1:26.97	1100m: 15:31.23	1:26.44	1500m: 21:21.39	1:25.04
	400m: 5:24.63	1:25.45	800m: 11:11.02	1:26.82	1200m: 17:00.54	1:29.31		
6.	Manon Tromp		ZV Westland Dijkglas		22:20.02	9303916	21:33.82	
	100m: 1:18.38	1:18.38	500m: 7:03.58	1:26.98	900m: 12:51.15	1:26.27	1300m: 18:43.11	1:28.17
	200m: 2:43.30	1:24.92	600m: 8:30.83	1:27.25	1000m: 14:17.58	1:26.43	1400m: 20:10.16	1:27.05
	300m: 4:09.54	1:26.24	700m: 9:58.83	1:28.00	1100m: 15:46.52	1:28.94	1500m: 21:33.82	1:23.66
	400m: 5:36.60	1:27.06	800m: 11:24.88	1:26.05	1200m: 17:14.94	1:28.42		
7.	Linda Hoogendam		D'Elft		21:13.44	8300892	21:49.06	
	100m: 1:15.27	1:15.27	500m: 7:04.86	1:29.09	900m: 13:04.70	1:30.90	1300m: 19:02.09	1:29.32
	200m: 2:40.95	1:25.68	600m: 8:33.76	1:28.90	1000m: 14:34.51	1:29.81	1400m: 20:29.10	1:27.01
	300m: 4:07.63	1:26.68	700m: 10:03.58	1:29.82	1100m: 16:04.17	1:29.66	1500m: 21:49.06	1:19.96
	400m: 5:35.77	1:28.14	800m: 11:33.80	1:30.22	1200m: 17:32.77	1:28.60		
8.	Nisa Yelci		ZV Westland Dijkglas		21:53.10	9303150	21:49.51	
	100m: 1:17.83	1:17.83	500m: 7:03.30	1:26.98	900m: 12:58.17	1:32.03	1300m: 18:57.11	1:25.75
	200m: 2:43.51	1:25.68	600m: 8:30.83	1:27.53	1000m: 14:29.26	1:31.09	1400m: 20:25.22	1:28.11
	300m: 4:09.54	1:26.03	700m: 9:59.07	1:28.24	1100m: 16:00.20	1:30.94	1500m: 21:49.51	1:24.29
	400m: 5:36.32	1:26.78	800m: 11:26.14	1:27.07	1200m: 17:31.36	1:31.16		

Programmanr. 7, Dames, 1500m vrije slag, Dames Senioren Open

Rang							In.tijd	Tijd				
9.	Ashley Kretsch		Wzk			22:03.24	9207170	21:49.91				
	100m:	1:18.63	1:18.63	500m:	7:03.71	1:26.62	900m:	12:58.60	1:29.86	1300m:	18:55.11	1:28.20
	200m:	2:43.57	1:24.94	600m:	8:31.34	1:27.63	1000m:	14:28.01	1:29.41	1400m:	20:25.00	1:29.89
	300m:	4:09.84	1:26.27	700m:	9:59.85	1:28.51	1100m:	15:57.47	1:29.46	1500m:	21:49.91	1:24.91
	400m:	5:37.09	1:27.25	800m:	11:28.74	1:28.89	1200m:	17:26.91	1:29.44			
10.	Tamara Tromp		ZV Westland Dijkglas			22:55.86	9205202	22:11.42				
	100m:	1:21.16	1:21.16	500m:	7:18.28	1:29.12	900m:	13:14.67	1:29.25	1300m:	19:14.82	1:29.46
	200m:	2:50.55	1:29.39	600m:	8:47.85	1:29.57	1000m:	14:44.82	1:30.15	1400m:	20:43.47	1:28.65
	300m:	4:20.24	1:29.69	700m:	10:16.48	1:28.63	1100m:	16:14.89	1:30.07	1500m:	22:11.42	1:27.95
	400m:	5:49.16	1:28.92	800m:	11:45.42	1:28.94	1200m:	17:45.36	1:30.47			
11.	Julia Groeneweg		D'Elft			22:56.34	9202502	22:44.78				
	100m:	1:17.42	1:17.42	500m:	7:12.69	1:30.01	900m:	13:17.57	1:30.09	1300m:	19:35.93	1:36.61
	200m:	2:43.92	1:26.50	600m:	8:44.56	1:31.87	1000m:	14:52.19	1:34.62	1400m:	21:12.29	1:36.36
	300m:	4:12.06	1:28.14	700m:	10:16.03	1:31.47	1100m:	16:24.75	1:32.56	1500m:	22:44.78	1:32.49
	400m:	5:42.68	1:30.62	800m:	11:47.48	1:31.45	1200m:	17:59.32	1:34.57			
12.	Michelle Kretsch		Wzk			23:12.97	9207168	23:11.29				
	100m:	1:28.29	1:28.29	500m:	7:40.59	1:33.72	900m:	13:59.72	1:35.16	1300m:	20:11.34	1:31.68
	200m:	3:00.41	1:32.12	600m:	9:14.43	1:33.84	1000m:	15:32.41	1:32.69	1400m:	21:42.81	1:31.47
	300m:	4:33.50	1:33.09	700m:	10:49.18	1:34.75	1100m:	17:05.93	1:33.52	1500m:	23:11.29	1:28.48
	400m:	6:06.87	1:33.37	800m:	12:24.56	1:35.38	1200m:	18:39.66	1:33.73			
13.	Nadinda van der Ende		D'Elft			22:12.93	9306670	23:11.60				
	100m:	1:20.85	1:20.85	500m:	7:26.08	1:33.74	900m:	13:41.41	1:33.15	1300m:	20:02.24	1:31.93
	200m:	2:50.91	1:30.06	600m:	8:59.55	1:33.47	1000m:	15:17.91	1:36.50	1400m:	21:39.55	1:37.31
	300m:	4:21.02	1:30.11	700m:	10:33.63	1:34.08	1100m:	16:54.90	1:36.99	1500m:	23:11.60	1:32.05
	400m:	5:52.34	1:31.32	800m:	12:08.26	1:34.63	1200m:	18:30.31	1:35.41			