

D competitie deel 3

Progr. nr. 1 4x100m Wisselslag estafette heren

| | | | | | Eindtijd | 50m | 100m |
|---|------------------|---------|--|--|-----------------|------------|-----------------|
| 1 | HPC 1 | 4.43.92 | | | 4.20.60 | I | 1.03.63 |
| 2 | Zoetermeer | 4.33.12 | | | 4.31.40 | II | 0.31.09 1.06.75 |
| 3 | LZ 1886-KartoenZ | 4.37.85 | | | 4.43.64 | III | 0.35.35 1.14.54 |
| 4 | HPC 2 | 4.50.70 | | | 4.57.74 | | 0.34.32 1.12.63 |

HPC 1

89-03375 Martin Vink
 91-04133 Timo v.d. Veen
 88-05011 Ricardo Haverschmidt
 81-02269 David Windt

HPC 2

87-02425 Laurens Oomkens
 88-05795 Mark van Deursen
 84-01407 Mathijs Lenos
 83-02383 Simon Windt

LZ 1886-KartoenZ

92-06755 Sander ten Hoedt
 84-02635 Edwin van der Winden
 92-04327 Thomas Hansen
 89-04147 Martijn Wuts

Zoetermeer

92-03479 Koen Spaanderman
 91-03819 Daan Wester
 88-04751 Pim Hoffmann
 92-03475 Hidde Hemmen

Progr. nr. 3 4x100m Vrijeslag estafette m. senioren 2 en later

| | | | | | Eindtijd | 50m | 100m |
|---|------------------|---------|--|--|-----------------|------------|-----------------|
| 1 | LZ 1886-KartoenZ | 4.30.64 | | | 4.31.90 | I | 0.31.54 1.05.83 |
| 2 | Zoetermeer | 4.29.38 | | | 4.32.62 | II | 0.31.77 1.06.96 |
| 3 | HPC | 4.43.70 | | | 4.58.01 | III | 1.09.13 |

HPC

94-01110 Nadia du Fossé
 92-05832 Marcella Vet
 91-00648 Patricia Degenaars
 94-01650 Linda Abu El Hassan

LZ 1886-KartoenZ

93-06858 Simone de Boer
 90-02300 Melissa Lens
 93-02802 Sara Badawi
 91-02696 Chahinaze Sahi

Zoetermeer

90-00818 Sanne van Dijk
 92-02130 Priscilla Appeldooren
 91-04674 Carola van Dam
 91-04668 Colien Snoep

Progr. nr. 4 25m Vlinderslag m./j. minioren 4 en later

Eindtijd

Progr. nr. 5 50m Schoolsleg m. junioren 1 en later

Eindtijd

| | | | | | | |
|----|----------------------|------------------|---------|----------|---------|-----|
| 1 | Marja Esmeijer | Zoetermeer | 0.47.15 | 98-00776 | 0.45.34 | I |
| 2 | Miranda Dijkhuizen | Zoetermeer | 0.48.17 | 96-02262 | 0.47.23 | II |
| 3 | Moniek Heemskerk | LZ 1886-KartoenZ | 0.47.55 | 96-01964 | 0.47.42 | III |
| 4 | Lara Bink | LZ 1886-KartoenZ | 0.48.33 | 98-00076 | 0.48.14 | |
| 5 | Elise Spaans | Zoetermeer | 0.51.19 | 96-02974 | 0.48.56 | |
| 6 | Myrthe Vreeswijk | LZ 1886-KartoenZ | 0.47.86 | 98-00078 | 0.48.60 | |
| 7 | Sylle Hoogeveen | HPC | 0.51.46 | 97-03180 | 0.49.43 | |
| 8 | Chantal Beyer | HPC | 0.51.78 | 97-00884 | 0.50.56 | |
| 9 | Anouk van Dam | HPC | 0.53.27 | 98-00032 | 0.50.61 | |
| 10 | Nine Roman | LZ 1886-KartoenZ | 0.50.79 | 97-02310 | 0.51.03 | |
| 11 | Claudia Meeusen | Zoetermeer | 0.53.30 | 96-03260 | 0.51.09 | |
| 12 | Chloe van Duyvenbode | LZ 1886-KartoenZ | 0.54.11 | 97-01728 | 0.51.68 | |
| 13 | Julia Minnema | LZ 1886-KartoenZ | 0.55.12 | 98-01294 | 0.54.56 | |
| 14 | Veerle Claassen | HPC | 0.59.95 | 98-00782 | 1.00.80 | |
| | Carmen Meyer | HPC | 0.57.64 | 98-00202 | 0.53.59 | SO |
| | Laura Hartman | HPC | 1.03.39 | 98-00554 | 1.02.00 | SA |
| | Charlotte Kiffen | Zoetermeer | 0.55.37 | 97-01972 | ng za | |

D competitie deel 3

| <u>Progr. nr. 6 50m Schoolslag j. minioren 6 en later</u> | | | | | Eindtijd | |
|---|---------------------|------------------|---------|----------|-----------------|-----|
| 1 | Luc Esmeijer | Zoetermeer | 0.45.10 | 96-00855 | 0.43.36 | I |
| 2 | Tim Walstock | HPC | 0.44.36 | 96-01493 | 0.43.62 | II |
| 3 | Gwyn Bird | HPC | 0.46.21 | 96-01491 | 0.44.87 | III |
| 4 | David van Groen | HPC | 0.47.64 | 97-01341 | 0.47.51 | |
| 5 | Vincent de Vries | Zoetermeer | 0.49.64 | 96-02189 | 0.48.47 | |
| 6 | Alexander van Schie | LZ 1886-KartoenZ | 0.47.76 | 96-02893 | 0.48.91 | |
| 7 | Thomas de Jager | LZ 1886-KartoenZ | | 96-02373 | 0.49.63 | |
| 8 | Thomas Wojcik | LZ 1886-KartoenZ | 0.52.98 | 98-00961 | 0.52.12 | |
| 9 | Gijs v.d. Woord | HPC | 0.55.85 | 97-00059 | 0.56.21 | |
| | Thom Bakker | Zoetermeer | 0.52.94 | 97-00611 | ng | |

| <u>Progr. nr. 7 50m Vlinderslag m. junioren 3 en later</u> | | | | | Eindtijd | |
|--|--------------------|------------------|---------|----------|-----------------|-----|
| 1 | Nadia du Fossé | HPC | 0.33.75 | 94-01110 | 0.33.46 | I |
| 2 | Brenda Ouwehand | LZ 1886-KartoenZ | 0.38.13 | 94-02038 | 0.37.68 | II |
| 3 | Linsey van Santen | Zoetermeer | 0.40.36 | 94-03978 | 0.39.27 | III |
| 4 | Lisanne Spoelstra | LZ 1886-KartoenZ | 0.42.10 | 95-03086 | 0.41.70 | |
| 5 | Alyssa Rijnschot | Zoetermeer | 0.41.54 | 95-00566 | 0.42.45 | |
| 6 | Carmen Veldkamp | Zoetermeer | | 94-06114 | 0.44.11 | |
| 7 | Denise v.d. Linden | HPC | 0.46.07 | 94-01986 | 0.44.25 | |
| 8 | Renate Meeusen | Zoetermeer | 0.47.27 | 95-04436 | 0.45.03 | |
| 9 | Anne Zekveld | LZ 1886-KartoenZ | 0.45.87 | 95-02566 | 0.46.43 | |
| 10 | Mandy v.d. Linden | HPC | 0.49.18 | 96-00638 | 0.48.12 | |
| | Lilav Mardenli | LZ 1886-KartoenZ | 0.58.43 | 95-04304 | ng za | |

| <u>Progr. nr. 8 50m Vlinderslag j. junioren 2 en later</u> | | | | | Eindtijd | |
|--|----------------------|------------------|---------|----------|-----------------|-----|
| 1 | Michael van Dam | HPC | 0.32.98 | 94-01501 | 0.32.90 | I |
| 2 | Gene O'Neill | HPC | 0.41.14 | 95-03709 | 0.36.97 | II |
| 3 | Mike van Veen | LZ 1886-KartoenZ | 0.40.17 | 94-03817 | 0.39.22 | III |
| 4 | Imad Sahi | LZ 1886-KartoenZ | 0.42.52 | 94-00805 | 0.39.83 | |
| 5 | Jasper v.d. Ven | Zoetermeer | 0.42.04 | 94-04139 | 0.40.03 | |
| 6 | Amro Badawi | LZ 1886-KartoenZ | 0.44.41 | 95-00881 | 0.41.71 | |
| 7 | Jeroen Braspenning | HPC | 0.39.04 | 95-02813 | 0.42.29 | |
| 8 | Yoram Waarsing | Zoetermeer | 0.42.48 | 96-01271 | 0.43.18 | |
| 9 | Matthijs Kiffen | Zoetermeer | 0.48.16 | 95-02721 | 0.45.84 | |
| 10 | Jeroen Fakkkel | LZ 1886-KartoenZ | 0.52.80 | 95-03341 | 0.48.59 | |
| 11 | Djurre Hoogeveen | HPC | 1.00.26 | 95-04571 | 0.49.47 | |
| 12 | Kevin Philippo | HPC | 0.56.57 | 95-04634 | 0.55.48 | |
| | Floris van Wieringen | HPC | 0.39.16 | 95-00387 | ng | |

| <u>Progr. nr. 9 100m Rugslag m. jeugd 2 en later</u> | | | | | Eindtijd | 50m |
|--|-----------------------|------------------|---------|----------|-----------------|-------------|
| 1 | Linda Abu El Hassan | HPC | 1.19.37 | 94-01650 | 1.20.36 | I 0.39.13 |
| 2 | Simone de Boer | LZ 1886-KartoenZ | 1.19.20 | 93-06858 | 1.21.31 | II 0.40.35 |
| 3 | Sara Badawi | LZ 1886-KartoenZ | 1.22.02 | 93-02802 | 1.22.49 | III 0.39.38 |
| 4 | Robin Oldenzeel | Zoetermeer | 1.23.64 | 94-02684 | 1.25.33 | 0.40.63 |
| 5 | Rinske Kluiwstra | LZ 1886-KartoenZ | 1.36.54 | 93-04026 | 1.32.02 | 0.44.49 |
| 6 | Stephanie de Bles | Zoetermeer | 1.30.03 | 93-05272 | 1.32.78 | 0.45.09 |
| 7 | Marcella Vet | HPC | 1.35.25 | 92-05832 | 1.33.10 | 0.46.45 |
| 8 | Cynthia Zwakkenberg | Zoetermeer | 1.36.82 | 93-06634 | 1.33.43 | 0.45.96 |
| 9 | Nicolette Kiffen | Zoetermeer | 1.36.76 | 92-05012 | 1.33.62 | 0.44.83 |
| 10 | Priscilla Appeldooren | Zoetermeer | 1.20.72 | 92-02130 | 1.34.38 | 0.44.26 |
| 11 | Denise v.d. Linden | HPC | 1.35.19 | 94-01986 | 1.36.13 | 0.46.37 |

D competitie deel 3

Vervolg Progr. nr. 9 100m Rugslag m. jeugd 2 en later

Eindtijd 50m

Progr. nr. 10 50m Rugslag m. jeugd 2 en later

Eindtijd

Progr. nr. 11 100m Rugslag j. junioren 4 en later

Eindtijd 50m

| 1 | Koen Spaanderman | Zoetermeer | 1.06.34 | 92-03479 | 1.08.34 | I | 0.32.15 |
|----|--------------------|------------------|---------|----------|----------|-----|---------|
| 2 | Thomas Hansen | LZ 1886-KartoenZ | 1.14.70 | 92-04327 | 1.12.85 | II | 0.35.16 |
| 3 | Sander ten Hoedt | LZ 1886-KartoenZ | 1.11.94 | 92-06755 | 1.13.90 | III | 0.35.19 |
| 4 | Hidde Hemmen | Zoetermeer | 1.15.28 | 92-03475 | 1.14.88 | | |
| 5 | Michael van Dam | HPC | 1.18.53 | 94-01501 | 1.15.75 | | 0.36.65 |
| 6 | Wessel Buijs | HPC | 1.20.83 | 92-02895 | 1.17.39 | | 0.37.90 |
| 7 | Christiaan Bessem | Zoetermeer | 1.19.40 | 93-03605 | 1.17.98 | | 0.35.96 |
| 8 | Thomas de Ruig | Zoetermeer | 1.21.64 | 93-01457 | 1.19.83a | | 0.36.71 |
| 9 | Jeroen Lens | LZ 1886-KartoenZ | 1.20.36 | 92-04325 | 1.19.83b | | 0.37.92 |
| 10 | Jeroen van Giezen | LZ 1886-KartoenZ | 1.27.33 | 92-00377 | 1.23.72 | | 0.40.79 |
| 11 | Laurens Windt | HPC | 1.45.05 | 93-05509 | 1.36.95 | | 0.46.55 |
| | Lennart van Winzum | HPC | 1.36.05 | 93-03933 | 1.29.05 | RD | 0.42.49 |

Progr. nr. 12 50m Rugslag j. junioren 4 en later

Eindtijd

Progr. nr. 13 50m Vrijeslag m. senioren 2 en later

Eindtijd

| 1 | Sanne van Dijk | Zoetermeer | 0.30.06 | 90-00818 | 0.30.57 | I |
|---|---------------------|------------------|---------|----------|---------|-----|
| 2 | Jessie Villarreal | LZ 1886-KartoenZ | 0.33.26 | 91-08280 | 0.30.65 | II |
| 3 | Marowa Badawi | LZ 1886-KartoenZ | 0.34.26 | 90-00100 | 0.34.32 | III |
| 4 | Patricia Degenaars | HPC | 0.34.61 | 91-00648 | 0.35.43 | |
| | Melissa Arendse | Zoetermeer | 0.35.32 | 93-07348 | ng | |
| | Mariska van Geldorp | HPC | 0.30.97 | 90-05296 | ng | |

Progr. nr. 14 50m Vrijeslag j. jeugd 2 en later

Eindtijd

| 1 | Sven Regensburg | LZ 1886-KartoenZ | 0.27.51 | 91-01865 | 0.27.46 | I |
|---|-------------------|------------------|---------|----------|---------|-----|
| 2 | Max Nievaart | LZ 1886-KartoenZ | 0.28.53 | 91-03689 | 0.27.69 | II |
| 3 | Daniel Driessen | HPC | 0.28.18 | 90-05251 | 0.27.76 | III |
| 4 | Daniel Franken | HPC | | 91-XX000 | 0.28.90 | |
| 5 | Boyan Lamboo | Zoetermeer | 0.29.63 | 93-00297 | 0.28.99 | |
| 6 | Peter Taal | Zoetermeer | 0.29.97 | 92-03481 | 0.29.94 | |
| 7 | Geert Jan Fakkkel | LZ 1886-KartoenZ | 0.30.89 | 91-05475 | 0.31.53 | |
| 8 | Anton Driessen | HPC | 0.34.02 | 91-03325 | 0.31.67 | |
| 9 | Paul van Dijk | Zoetermeer | 0.32.75 | 93-01455 | 0.32.23 | |
| | Thom Berendsen | HPC | 0.31.51 | 92-06827 | afg. | |

Progr. nr. 15 200m Schoolsleg dames

Eindtijd 50m 100m

| 1 | Roos Burmanje | HPC | 2.59.93 | 87-00698 | 2.59.89 | I | 0.39.57 1.25.95 |
|---|------------------|------------------|---------|----------|---------|-----|-----------------|
| 2 | Carola van Dam | Zoetermeer | 2.54.66 | 91-04674 | 3.00.35 | II | 0.40.91 1.27.13 |
| 3 | Nadia du Fossé | HPC | 2.57.93 | 94-01110 | 3.03.00 | III | 0.41.79 1.28.68 |
| 4 | Colien Snoep | Zoetermeer | 3.05.40 | 91-04668 | 3.15.88 | | 0.43.99 1.33.24 |
| 5 | Chahinaze Sahi | LZ 1886-KartoenZ | 3.16.11 | 91-02696 | 3.16.54 | | 0.44.65 1.34.91 |
| 6 | Melissa Lens | LZ 1886-KartoenZ | 3.05.50 | 90-02300 | 3.16.75 | | 0.43.62 1.33.42 |
| 7 | Fleur van Veen | HPC | 3.07.78 | 89-04200 | 3.18.96 | | 0.45.18 1.36.50 |
| 8 | Fleur Maas | Zoetermeer | 3.10.89 | 89-02768 | 3.23.18 | | 0.46.64 1.38.65 |
| 9 | Sanne Hoenderdos | HPC | 3.24.11 | 89-01768 | 3.30.30 | | 0.46.30 1.38.93 |

D competitie deel 3

Vervolg Progr. nr. 15 200m Schoolslag dames

| | | | | | |
|--------------|-----|----------|-----------------|------------|-------------|
| Marije Lenos | HPC | 86-02264 | Eindtijd | 50m | 100m |
|--------------|-----|----------|-----------------|------------|-------------|

afg.

Progr. nr. 16 100m Schoolslag m. junioren 1 en eerder

Eindtijd **50m**

Progr. nr. 17 200m Schoolslag heren

| | | | | | Eindtijd | 50m | 100m |
|----|----------------------|------------------|---------|----------|-----------------|------------|-----------------|
| 1 | Timo v.d. Veen | HPC | 2.42.84 | 91-04133 | 2.45.37 | I | 0.36.06 1.18.31 |
| 2 | Edwin van der Winden | LZ 1886-KartoenZ | 2.50.00 | 84-02635 | 2.51.10 | II | 0.37.83 1.22.00 |
| 3 | Mark van Giezen | LZ 1886-KartoenZ | 2.53.90 | 90-00953 | 2.54.38 | III | 0.40.38 1.24.87 |
| 4 | Mathijs Lenos | HPC | 2.50.43 | 84-01407 | 2.56.98 | | 0.39.32 1.24.63 |
| 5 | Marcel van Lochem | Zoetermeer | | 65-00581 | 3.00.73 | | 0.40.77 1.26.61 |
| 6 | Pim Hoffmann | Zoetermeer | 2.58.72 | 88-04751 | 3.01.13 | | 0.40.13 1.26.45 |
| 7 | Daan Wester | Zoetermeer | 2.53.07 | 91-03819 | 3.01.31 | | 0.41.21 1.27.84 |
| 8 | Martijn Wuts | LZ 1886-KartoenZ | 3.02.77 | 89-04147 | 3.01.55 | | 0.41.23 1.26.99 |
| 9 | Martin Vink | HPC | 2.51.36 | 89-03375 | 3.02.84 | | 0.39.43 1.25.87 |
| 10 | Laurens Oomkens | HPC | 3.07.64 | 87-02425 | 3.05.31 | | 0.41.28 1.30.13 |
| 11 | Ricardo Haverschmidt | HPC | 2.57.90 | 88-05011 | 3.05.50 | | 0.43.09 1.29.95 |
| 12 | Simon Windt | HPC | 3.00.78 | 83-02383 | 3.09.68 | | 0.41.56 1.30.60 |
| 13 | Mark van Deursen | HPC | 3.11.96 | 88-05795 | 3.10.47 | | 0.41.28 1.31.18 |
| | David Windt | HPC | 2.49.86 | 81-02269 | 2.49.03 | SL | 0.37.64 1.20.27 |

Progr. nr. 18 100m Schoolslag j. minioren 6 en eerder

Eindtijd **50m**

Progr. nr. 19 50m Rugslag m./j. minioren 4 en later

Eindtijd

Progr. nr. 20 100m Rugslag m. junioren 1 en later

| | | | | | Eindtijd | 50m | |
|----|----------------------|------------------|---------|----------|-----------------|------------|---------|
| 1 | Marja Esmeijer | Zoetermeer | 1.30.82 | 98-00776 | 1.30.31 | I | 0.44.50 |
| 2 | Anouk van Dam | HPC | 1.35.45 | 98-00032 | 1.31.27 | II | 0.43.43 |
| 3 | Moniek Heemskerk | LZ 1886-KartoenZ | 1.35.57 | 96-01964 | 1.32.59a | III | 0.45.39 |
| 4 | Lara Bink | LZ 1886-KartoenZ | 1.31.45 | 98-00076 | 1.32.59b | | 0.45.71 |
| 5 | Nine Roman | LZ 1886-KartoenZ | 1.35.01 | 97-02310 | 1.33.33 | | 0.45.47 |
| 6 | Miranda Dijkhuizen | Zoetermeer | 1.31.61 | 96-02262 | 1.35.86 | | 0.46.07 |
| 7 | Chantal Beyer | HPC | 1.38.68 | 97-00884 | 1.36.24 | | 0.46.93 |
| 8 | Myrthe Vreeswijk | LZ 1886-KartoenZ | 1.39.45 | 98-00078 | 1.41.83 | | 0.50.02 |
| 9 | Sylle Hoogeveen | HPC | 1.47.12 | 97-03180 | 1.42.12 | | 0.48.88 |
| 10 | Charlotte Kiffen | Zoetermeer | 1.46.21 | 97-01972 | 1.43.49 | | |
| 11 | Chloe van Duyvenbode | LZ 1886-KartoenZ | 1.44.13 | 97-01728 | 1.45.08 | | 0.51.80 |
| 12 | Mandy v.d. Linden | HPC | 1.47.05 | 96-00638 | 1.47.46 | | 0.53.59 |
| 13 | Julia Minnema | LZ 1886-KartoenZ | 1.46.02 | 98-01294 | 1.48.83 | | 0.53.01 |
| 14 | Veerle Claassen | HPC | 1.57.16 | 98-00782 | 1.50.13 | | 0.52.84 |
| 15 | Elise Spaans | Zoetermeer | 1.51.53 | 96-02974 | 1.50.86 | | 0.53.73 |
| 16 | Claudia Meeusen | Zoetermeer | 1.58.54 | 96-03260 | 1.51.09 | | 0.53.69 |
| 17 | Laura Hartman | HPC | 2.11.64 | 98-00554 | 2.21.65 | | 1.06.12 |
| | Carmen Meyer | HPC | 1.48.40 | 98-00202 | 1.45.76 | RH | 0.51.29 |

Progr. nr. 22 100m Rugslag j. minioren 6 en later

| | | | | | Eindtijd | 50m | |
|---|-----------------|------------|---------|----------|-----------------|------------|---------|
| 1 | Yoram Waarsing | Zoetermeer | 1.24.60 | 96-01271 | 1.25.61 | I | 0.42.95 |
| 2 | Tim Walstock | HPC | 1.32.68 | 96-01493 | 1.26.59 | II | 0.43.68 |
| 3 | David van Groen | HPC | 1.30.19 | 97-01341 | 1.30.46 | III | 0.44.99 |

D competitie deel 3

| <u>Vervolg Progr. nr. 22 100m Rugslag j. minioren 6 en later</u> | | | | | Eindtijd | 50m |
|--|---------------------|------------------|---------|----------|-----------------|------------|
| 4 | Luc Esmeijer | Zoetermeer | 1.32.42 | 96-00855 | 1.31.39 | 0.44.54 |
| 5 | Gwyn Bird | HPC | 1.40.12 | 96-01491 | 1.38.21 | 0.47.31 |
| 6 | Gijs v.d. Woord | HPC | 1.40.42 | 97-00059 | 1.47.45 | 0.51.60 |
| 7 | Alexander van Schie | LZ 1886-KartoenZ | 1.47.16 | 96-02893 | 1.53.75 | 0.55.69 |
| 8 | Thomas Wojcik | LZ 1886-KartoenZ | 2.14.40 | 98-00961 | 2.11.95 | 1.03.95 |
| | Thomas de Jager | LZ 1886-KartoenZ | | 96-02373 | 1.40.55 | RD 0.47.87 |
| | Thom Bakker | Zoetermeer | 1.36.64 | 97-00611 | ng | |

| <u>Progr. nr. 24 50m Vrijeslag m. junioren 3 en later</u> | | | | | Eindtijd | |
|---|---------------------|------------------|---------|----------|-----------------|-----|
| 1 | Linda Abu El Hassan | HPC | 0.32.64 | 94-01650 | 0.33.02 | I |
| 2 | Linsey van Santen | Zoetermeer | 0.35.87 | 94-03978 | 0.33.67 | II |
| 3 | Lisanne Spoelstra | LZ 1886-KartoenZ | 0.34.07 | 95-03086 | 0.33.70 | III |
| 4 | Brenda Ouwehand | LZ 1886-KartoenZ | 0.33.90 | 94-02038 | 0.34.40 | |
| 5 | Renate Meeusen | Zoetermeer | 0.35.28 | 95-04436 | 0.35.17 | |
| 6 | Carmen Veldkamp | Zoetermeer | 0.37.33 | 94-06114 | 0.35.35 | |
| 7 | Alyssa Rijnschot | Zoetermeer | 0.36.13 | 95-00566 | 0.36.78 | |
| 8 | Denise v.d. Linden | HPC | 0.37.64 | 94-01986 | 0.37.53 | |
| 9 | Anne Zekveld | LZ 1886-KartoenZ | 0.38.93 | 95-02566 | 0.38.45 | |
| 10 | Mandy v.d. Linden | HPC | 0.40.03 | 96-00638 | 0.41.63 | |
| | Lilav Mardenli | LZ 1886-KartoenZ | 0.40.84 | 95-04304 | ng za | |

| <u>Progr. nr. 25 50m Vrijeslag j. junioren 2 en later</u> | | | | | Eindtijd | |
|---|----------------------|------------------|---------|----------|-----------------|-----|
| 1 | Jasper v.d. Ven | Zoetermeer | 0.35.13 | 94-04139 | 0.31.80 | I |
| 2 | Jeroen Braspenning | HPC | 0.32.40 | 95-02813 | 0.32.30 | II |
| 3 | Mike van Veen | LZ 1886-KartoenZ | 0.34.06 | 94-03817 | 0.32.93 | III |
| 4 | Imad Sahi | LZ 1886-KartoenZ | 0.33.42 | 94-00805 | 0.33.86 | |
| 5 | Gene O'Neill | HPC | 0.35.72 | 95-03709 | 0.34.13 | |
| 6 | Vincent de Vries | Zoetermeer | 0.35.26 | 96-02189 | 0.36.32 | |
| 7 | Djurre Hoogeveen | HPC | 0.39.41 | 95-04571 | 0.36.38 | |
| 8 | Amro Badawi | LZ 1886-KartoenZ | 0.36.44 | 95-00881 | 0.37.73 | |
| 9 | Jeroen Fakkell | LZ 1886-KartoenZ | 0.38.58 | 95-03341 | 0.38.51 | |
| 10 | Matthijs Kiffen | Zoetermeer | 0.40.20 | 95-02721 | 0.39.83 | |
| 11 | Kevin Philippo | HPC | 0.42.72 | 95-04634 | 0.43.75 | |
| | Floris van Wieringen | HPC | 0.33.41 | 95-00387 | ng | |

| <u>Progr. nr. 26 200m Wisselslag m. jeugd 2 en later</u> | | | | | Eindtijd | 50m |
|--|-----------------------|------------------|---------|----------|-----------------|-------------|
| 1 | Simone de Boer | LZ 1886-KartoenZ | 2.47.04 | 93-06858 | 2.48.46 | I 0.36.29 |
| 2 | Nadia du Fossé | HPC | 2.50.86 | 94-01110 | 2.54.37 | II 0.37.81 |
| 3 | Sara Badawi | LZ 1886-KartoenZ | 2.56.70 | 93-02802 | 2.55.93 | III 0.39.64 |
| 4 | Robin Oldenzeel | Zoetermeer | 2.58.08 | 94-02684 | 2.59.15 | 0.37.87 |
| 5 | Linda Abu El Hassan | HPC | 3.03.35 | 94-01650 | 3.01.78 | 0.39.44 |
| 6 | Priscilla Appeldooren | Zoetermeer | 2.50.97 | 92-02130 | 3.04.67 | 0.41.73 |
| 7 | Rinske Kluiwstra | LZ 1886-KartoenZ | 3.21.26 | 93-04026 | 3.15.54 | 0.48.01 |
| 8 | Nicolette Kiffen | Zoetermeer | 3.26.51 | 92-05012 | 3.24.64 | 0.46.54 |
| 9 | Stephanie de Bles | Zoetermeer | 3.21.02 | 93-05272 | 3.27.66a | 0.51.88 |
| 10 | Marcella Vet | HPC | 3.34.42 | 92-05832 | 3.27.66b | 0.51.94 |
| 11 | Cynthia Zwakkenberg | Zoetermeer | 3.29.16 | 93-06634 | 3.27.86 | 0.53.63 |

| <u>Progr. nr. 27 100m Wisselslag m. jeugd 2 en later</u> | | | | | Eindtijd |
|--|--|--|--|--|-----------------|
|--|--|--|--|--|-----------------|

D competitie deel 3

Progr. nr. 28 200m Wisselslag j. junioren 4 en later

| | | | | | Eindtijd | 50m | |
|----|--------------------|------------------|---------|----------|-----------------|------------|---------|
| 1 | Thomas Hansen | LZ 1886-KartoenZ | 2.39.11 | 92-04327 | 2.34.96 | I | 0.32.17 |
| 2 | Michael van Dam | HPC | 2.49.62 | 94-01501 | 2.39.07 | II | 0.35.67 |
| 3 | Hidde Hemmen | Zoetermeer | 2.37.95 | 92-03475 | 2.40.57 | III | 0.34.28 |
| 4 | Sander ten Hoedt | LZ 1886-KartoenZ | 2.42.42 | 92-06755 | 2.42.82 | | 0.33.64 |
| 5 | Peter Taal | Zoetermeer | 2.46.39 | 92-03481 | 2.46.14 | | 0.35.97 |
| 6 | Wessel Buijs | HPC | 2.50.98 | 92-02895 | 2.51.75 | | 0.37.44 |
| 7 | Jeroen van Giezen | LZ 1886-KartoenZ | 3.07.88 | 92-00377 | 2.56.60 | | 0.39.92 |
| 8 | Paul van Dijk | Zoetermeer | 3.01.09 | 93-01455 | 3.04.63 | | 0.40.29 |
| 9 | Lennart van Winzum | HPC | 3.33.62 | 93-03933 | 3.13.36 | | 0.44.57 |
| 10 | Laurens Windt | HPC | 3.22.02 | 93-05509 | 3.21.11 | | 0.48.31 |
| | Jeroen Lens | LZ 1886-KartoenZ | 2.56.10 | 92-04325 | 2.54.43 | SL | 0.37.91 |
| | Thom Berendsen | HPC | 3.19.32 | 92-06827 | afg. | | |

Progr. nr. 29 100m Wisselslag j. junioren 4 en later

| | | | | | Eindtijd |
|--|--|--|--|--|-----------------|
| | | | | | |

Progr. nr. 30 200m Rugslag m. senioren 2 en later

| | | | | | Eindtijd | 50m | 100m |
|---|---------------------|------------------|---------|----------|-----------------|------------|-----------------|
| 1 | Sanne van Dijk | Zoetermeer | 2.45.53 | 90-00818 | 2.46.85 | I | 0.40.52 1.23.22 |
| 2 | Melissa Lens | LZ 1886-KartoenZ | 2.48.74 | 90-02300 | 2.55.54 | II | 0.39.73 1.24.17 |
| 3 | Patricia Degenars | HPC | 3.06.26 | 91-00648 | 3.08.20 | III | 0.44.27 1.31.64 |
| 4 | Marowa Badawi | LZ 1886-KartoenZ | 3.38.56 | 90-00100 | 3.51.06 | | 0.46.81 1.46.93 |
| | Melissa Arendse | Zoetermeer | | 93-07348 | ng | | |
| | Mariska van Geldorp | HPC | 2.49.75 | 90-05296 | ng | | |

Progr. nr. 31 100m Rugslag m. senioren 2 en later

| | | | | | Eindtijd | 50m |
|--|--|--|--|--|-----------------|------------|
| | | | | | | |

Progr. nr. 32 200m Rugslag j. jeugd 2 en later

| | | | | | Eindtijd | 50m | 100m |
|---|-------------------|------------------|---------|----------|-----------------|------------|-----------------|
| 1 | Timo v.d. Veen | HPC | 2.28.41 | 91-04133 | 2.29.94 | I | 0.33.55 1.11.50 |
| 2 | Koen Spaanderman | Zoetermeer | 2.28.73 | 92-03479 | 2.31.04 | II | 0.35.26 1.15.23 |
| 3 | Max Nievaart | LZ 1886-KartoenZ | 2.38.71 | 91-03689 | 2.32.03 | III | 0.35.18 1.13.62 |
| 4 | Sven Regensburg | LZ 1886-KartoenZ | 2.35.36 | 91-01865 | 2.34.07 | | 0.36.36 1.14.54 |
| 5 | Geert Jan Fakkkel | LZ 1886-KartoenZ | 2.42.87 | 91-05475 | 2.53.85 | | 0.37.72 1.22.03 |
| 6 | Christiaan Bessem | Zoetermeer | | 93-03605 | 2.58.89 | | 0.44.90 1.31.27 |
| 7 | Daniel Driessen | HPC | 2.54.21 | 90-05251 | 3.00.18 | | 0.43.58 1.29.01 |
| 8 | Anton Driessen | HPC | | 91-03325 | 3.09.07 | | 0.44.36 1.32.07 |
| | Daniel Franken | HPC | | 91-XX000 | 2.56.03 | RD | 0.39.06 1.23.15 |
| | Paul van Dijk | Zoetermeer | 3.03.48 | 93-01455 | ng | | |

Progr. nr. 33 100m Rugslag j. jeugd 2 en later

| | | | | | Eindtijd | 50m |
|--|--|--|--|--|-----------------|------------|
| | | | | | | |

Progr. nr. 34 100m Vrijeslag dames

| | | | | | Eindtijd | 50m | |
|---|-----------------|------------------|---------|----------|-----------------|------------|---------|
| 1 | Simone van Veen | HPC | 1.03.60 | 85-02938 | 1.05.22 | I | 0.30.72 |
| 2 | Roos Burmanje | HPC | 1.04.91 | 87-00698 | 1.06.64 | II | 0.31.67 |
| 3 | Marije Lenos | HPC | 1.04.09 | 86-02264 | 1.08.39 | III | 0.32.49 |
| 4 | Colien Snoep | Zoetermeer | 1.06.96 | 91-04668 | 1.09.19 | | 0.32.12 |
| 5 | Carola van Dam | Zoetermeer | 1.08.71 | 91-04674 | 1.10.45 | | 0.33.43 |
| 6 | Fleur Maas | Zoetermeer | 1.09.45 | 89-02768 | 1.12.16 | | 0.34.19 |
| 7 | Fleur van Veen | HPC | 1.06.96 | 89-04200 | 1.13.47 | | 0.34.63 |
| 8 | Chahinaze Sahi | LZ 1886-KartoenZ | 1.10.36 | 91-02696 | 1.13.88 | | 0.34.91 |

D competitie deel 3

Vervolg Progr. nr. 34 100m Vrijeslag dames

| | | | | | Eindtijd | 50m |
|---|-------------------|------------------|---------|----------|-----------------|------------|
| 9 | Sanne Hoenderdos | HPC | 1.16.86 | 89-01768 | 1.22.34 | 0.38.04 |
| | Jessie Villarreal | LZ 1886-KartoenZ | 1.12.70 | 91-08280 | ng za | |

Progr. nr. 36 100m Vrijeslag heren

| | | | | | Eindtijd | 50m |
|----|----------------------|------------------|---------|----------|-----------------|------------|
| 1 | Edwin van der Winden | LZ 1886-KartoenZ | 0.58.37 | 84-02635 | 0.57.89 I | 0.27.64 |
| 2 | Ricardo Haverschmidt | HPC | 0.58.72 | 88-05011 | 0.59.55a II | 0.28.59 |
| 3 | David Windt | HPC | 0.58.28 | 81-02269 | 0.59.55b III | 0.28.67 |
| 4 | Martin Vink | HPC | 0.56.70 | 89-03375 | 1.00.46 | 0.28.17 |
| 5 | Martijn Wuts | LZ 1886-KartoenZ | 0.59.85 | 89-04147 | 1.01.39a | 0.29.92 |
| 6 | Mathijs Lenos | HPC | 0.59.39 | 84-01407 | 1.01.39b | 0.29.36 |
| 7 | Laurens Oomkens | HPC | 1.01.43 | 87-02425 | 1.01.58 | 0.29.14 |
| 8 | Pim Hoffmann | Zoetermeer | 1.00.44 | 88-04751 | 1.01.76 | 0.29.06 |
| 9 | Marcel van Lochem | Zoetermeer | 1.04.78 | 65-00581 | 1.04.53 | 0.30.96 |
| 10 | Mark van Deursen | HPC | 1.05.24 | 88-05795 | 1.04.78 | 0.30.72 |
| 11 | Andre Storm | Zoetermeer | 1.03.26 | 56-00407 | 1.05.05 | 0.30.89 |
| 12 | Simon Windt | HPC | 1.01.51 | 83-02383 | 1.07.39 | 0.31.54 |
| 13 | Mark van Giezen | LZ 1886-KartoenZ | 1.11.57 | 90-00953 | 1.13.95 | 0.34.42 |
| | Roger Flinterman | Zoetermeer | 1.03.84 | 76-01261 | ng | |

Progr. nr. 38 4x50m Wisselslag estafette m. jeugd 2 en later

| | | | | | Eindtijd | 50m |
|---|------------------|--|---------|--|-----------------|------------|
| 1 | LZ 1886-KartoenZ | | 2.26.23 | | 2.25.10 I | 0.38.07 |
| 2 | Zoetermeer | | 2.32.20 | | 2.31.83 II | 0.39.45 |
| 3 | HPC | | 2.38.97 | | 2.39.10 III | 0.44.29 |

| HPC | LZ 1886-KartoenZ | Zoetermeer |
|------------------------------|----------------------------|--------------------------------|
| 92-05832 Marcella Vet | 94-02038 Brenda Ouwehand | 94-03978 Linsey van Santen |
| 94-01110 Nadia du Fossé | 93-02802 Sara Badawi | 95-00566 Alyssa Rijnschot |
| 94-01650 Linda Abu El Hassan | 93-06858 Simone de Boer | 94-02684 Robin Oldenzeel |
| 94-01986 Denise v.d. Linden | 95-03086 Lisanne Spoelstra | 92-02130 Priscilla Appeldooren |

Progr. nr. 39 4x25m Schoolslag estafette m./j. 1996 en later

| | | | | | Eindtijd | 25m |
|---|------------------|--|---------|--|-----------------|------------|
| 1 | Zoetermeer | | 1.34.34 | | 1.23.59 I | |
| 2 | HPC | | | | 1.25.30 II | |
| 3 | LZ 1886-KartoenZ | | 1.36.56 | | 1.32.38 III | |

| HPC | LZ 1886-KartoenZ | Zoetermeer |
|--------------------------|------------------------------|-----------------------------|
| 96-01493 Tim Walstock | 96-02893 Alexander van Schie | 96-01271 Yoram Waarsing |
| 97-00884 Chantal Beyer | 98-00078 Myrthe Vreeswijk | 98-00776 Marja Esmeijer |
| 96-01491 Gwyn Bird | 98-00961 Thomas Wojcik | 96-00855 Luc Esmeijer |
| 97-03180 Sylle Hoogeveen | 96-01964 Moniek Heemskerck | 96-02262 Miranda Dijkhuizen |

Progr. nr. 40 4x100m Vrijeslag estafette j. jeugd 2 en later

| | | | | | Eindtijd | 50m | 100m |
|---|------------------|--|---------|--|-----------------|------------|-------------|
| 1 | HPC | | 4.09.89 | | 4.08.92 I | 0.29.77 | 1.02.20 |
| 2 | LZ 1886-KartoenZ | | 4.10.08 | | 4.10.40 II | 0.30.53 | 1.04.30 |

| HPC | LZ 1886-KartoenZ |
|--------------------------|---------------------------|
| 90-05251 Daniel Driessen | 92-04327 Thomas Hansen |
| 92-02895 Wessel Buijs | 92-06755 Sander ten Hoedt |
| 94-01501 Michael van Dam | 91-01865 Sven Regensburg |
| 91-04133 Timo v.d. Veen | 91-03689 Max Nievaart |