

BLAK 2009
Breda, 29.3.2009

Programmanr. 1
29.3.09

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

Rang											In.tijd	Tijd
Junioren 1												
1.	Pepijn Smits				EFFEL Swimmers PSV				19:29.16	9600691	19:54.39	
	100m:	1:12.62	400m:	5:11.06	700m:	9:12.48	1000m:	13:14.64	1300m:	17:15.83		
	200m:	2:32.50	500m:	6:31.42	800m:	10:33.19	1100m:	14:34.41	1400m:	18:35.23		
	300m:	3:51.90	600m:	7:51.42	900m:	11:54.27	1200m:	15:55.23	1500m:	19:54.39		
Junioren 2												
1.	Maarten Brzoskowski				EFFEL Swimmers PSV				17:36.27	9500769	18:47.14	
	100m:	1:06.91	400m:	4:48.80	700m:	8:37.97	1000m:	12:30.47	1300m:	16:17.48		
	200m:	2:19.99	500m:	6:04.87	800m:	9:55.35	1100m:	13:46.42	1400m:	17:33.68		
	300m:	3:33.92	600m:	7:21.88	900m:	11:13.80	1200m:	15:01.77	1500m:	18:47.14		
2.	Guus van Stiphout				Zeester Meerval				19:53.20	9501081	19:41.43	
	100m:	1:10.16	400m:	5:03.56	700m:	9:01.31	1000m:	13:01.57	1300m:	17:03.12		
	200m:	2:27.28	500m:	6:22.58	800m:	10:21.08	1100m:	14:22.36	1400m:	18:23.44		
	300m:	3:44.87	600m:	7:41.53	900m:	11:41.53	1200m:	15:42.67	1500m:	19:41.43		
3.	Sven Alderlieste				SBC2000				20:00.26	9501329	19:49.39	
	100m:	1:10.36	400m:	5:05.13	700m:	9:06.64	1000m:	13:09.32	1300m:	17:11.36		
	200m:	2:27.48	500m:	6:25.70	800m:	10:27.26	1100m:	14:30.02	1400m:	18:32.02		
	300m:	3:45.92	600m:	7:46.13	900m:	11:48.23	1200m:	15:50.76	1500m:	19:49.39		
4.	Diederick Groeneveld				BZV				19:34.67	9502123	19:57.06	
	100m:	1:12.54	400m:	5:11.23	700m:	9:12.46	1000m:	13:14.95	1300m:	17:16.96		
	200m:	2:32.52	500m:	6:32.02	800m:	10:33.32	1100m:	14:35.28	1400m:	18:38.04		
	300m:	3:51.57	600m:	7:51.78	900m:	11:54.50	1200m:	15:55.88	1500m:	19:57.06		
Junioren 3												
1.	Date van der Zaag				EFFEL Swimmers PSV				17:57.09	9403919	18:00.80	
	100m:	1:07.07	400m:	4:42.10	700m:	8:18.89	1000m:	11:58.82	1300m:	15:39.07		
	200m:	2:18.29	500m:	5:54.29	800m:	9:32.02	1100m:	13:12.76	1400m:	16:50.92		
	300m:	3:30.57	600m:	7:06.45	900m:	10:45.13	1200m:	14:25.80	1500m:	18:00.80		
2.	Thomas Rietveld				TRB-RES				18:54.22	9401803	19:01.74	
	100m:	1:10.50	400m:	5:01.09	700m:	8:54.72	1000m:	12:46.32	1300m:	16:36.44		
	200m:	2:27.54	500m:	6:19.22	800m:	10:12.16	1100m:	14:03.50	1400m:	17:52.53		
	300m:	3:43.71	600m:	7:37.20	900m:	11:29.28	1200m:	15:19.27	1500m:	19:01.74		
3.	Remy den Boer				O.Z. & P.C. De Warande				18:24.36	9401759	19:14.15	
	100m:	1:07.63	400m:	4:55.63	700m:	8:51.22	1000m:	12:45.80	1300m:	16:41.58		
	200m:	2:21.95	500m:	6:13.89	800m:	10:06.93	1100m:	14:04.37	1400m:	17:58.75		
	300m:	3:37.95	600m:	7:31.52	900m:	11:26.34	1200m:	15:23.85	1500m:	19:14.15		
4.	Jeffrey Thijssen				Zeester Meerval				18:02.48	9400445	19:25.34	
	100m:	1:09.92	400m:	4:56.75	700m:	8:52.64	1000m:	12:49.33	1300m:	16:47.96		
	200m:	2:24.00	500m:	6:14.99	800m:	10:10.90	1100m:	14:07.86	1400m:	18:07.23		
	300m:	3:39.50	600m:	7:33.89	900m:	11:30.75	1200m:	15:28.43	1500m:	19:25.34		
Junioren 4												
1.	Maurice Soudant				EFFEL Swimmers PSV				18:02.48	9302125	18:02.29	
	100m:	1:04.10	400m:	4:36.48	700m:	8:14.92	1000m:	11:56.48	1300m:	15:38.82		
	200m:	2:14.57	500m:	5:48.64	800m:	9:28.70	1100m:	13:11.16	1400m:	16:51.64		
	300m:	3:25.16	600m:	7:01.20	900m:	10:42.80	1200m:	14:24.82	1500m:	18:02.29		
2.	Sebastian de Been				O.Z. & P.C. De Warande				17:18.16	9302233	18:16.66	
	100m:	1:07.23	400m:	4:44.96	700m:	8:30.01	1000m:	12:14.33	1300m:	15:53.19		
	200m:	2:18.34	500m:	5:59.24	800m:	9:44.75	1100m:	13:27.65	1400m:	17:05.75		
	300m:	3:31.22	600m:	7:14.20	900m:	10:59.71	1200m:	14:40.96	1500m:	18:16.66		
3.	Miguel Correia				Zeester Meerval				17:29.98	9300103	18:28.25	
	100m:	1:06.48	200m:	2:17.85	300m:	3:30.94	400m:	4:44.96	1500m:	18:28.25		

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Programmanr. 1, Jongens, 1500m vrije slag, Junioren 4

Rang											In.tijd	Tijd
4.	Dirk Vogels		Zeester Meerval		18:09.93		9302427		18:29.91			
	100m:	1:08.11	400m:	4:50.34	700m:	8:37.52	1000m:	12:22.11	1300m:	16:04.36		
	200m:	2:21.46	500m:	6:06.14	800m:	9:52.33	1100m:	13:36.21	1400m:	17:18.21		
	300m:	3:35.80	600m:	7:21.95	900m:	11:07.06	1200m:	14:50.61	1500m:	18:29.91		
5.	Harm Donkers		O.Z. & P.C. De Warande		18:49.96		9301809		19:02.39			
	100m:	1:10.51	400m:	5:01.29	700m:	8:54.84	1000m:	12:45.89	1300m:	16:36.48		
	200m:	2:27.73	500m:	6:18.95	800m:	10:12.06	1100m:	14:02.64	1400m:	17:52.23		
	300m:	3:43.89	600m:	7:37.26	900m:	11:29.42	1200m:	15:19.36	1500m:	19:02.39		
6.	Matti de Bruijn		TRB-RES		19:27.72		9305071		20:28.72			
	100m:	1:12.36	400m:	5:15.75	700m:	9:25.17	1000m:	13:36.37	1300m:	17:47.25		
	200m:	2:32.49	500m:	6:38.64	800m:	10:49.29	1100m:	14:59.78	1400m:	19:09.03		
	300m:	3:54.07	600m:	8:01.78	900m:	12:12.71	1200m:	16:23.70	1500m:	20:28.72		

Jeugd 1

1.	Ferry J. Claassen		Z&PV Nuenen		18:56.27		9202217		19:30.92			
	100m:	1:06.87	400m:	4:52.20	700m:	8:47.60	1000m:	12:46.44	1300m:	16:52.81		
	200m:	2:21.18	500m:	6:09.02	800m:	10:06.16	1100m:	14:08.42	1400m:	18:14.81		
	300m:	3:35.88	600m:	7:27.77	900m:	11:25.99	1200m:	15:30.12	1500m:	19:30.92		

Jeugd 2

1.	Rens van Eijk		Z&PV Nuenen		17:56.49		9100573		18:55.48			
	100m:	1:07.44	400m:	4:50.43	700m:	8:41.32	1000m:	12:30.37	1300m:	16:20.78		
	200m:	2:19.86	500m:	6:06.94	800m:	9:58.17	1100m:	13:46.33	1400m:	17:42.12		
	300m:	3:34.60	600m:	7:24.20	900m:	11:14.61	1200m:	15:03.65	1500m:	18:55.48		
DIS	Giel van Dijk		O.Z. & P.C. De Warande		16:45.46		9104211					
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>											

Senioren

1.	Tom Lommers		WZV		17:48.31		9001847		18:24.64			
	100m:	1:07.05	400m:	4:47.27	700m:	8:30.14	1000m:	12:15.42	1300m:	16:01.21		
	200m:	2:19.50	500m:	6:01.19	800m:	9:45.40	1100m:	13:30.90	1400m:	17:16.09		
	300m:	3:33.22	600m:	7:15.30	900m:	11:00.68	1200m:	14:45.96	1500m:	18:24.64		
2.	Dennis Overhage		EFFEL Swimmers PSV		17:15.97		9002223		18:26.32			
	100m:	1:06.70	400m:	4:46.89	700m:	8:30.45	1000m:	12:15.37	1300m:	16:01.86		
	200m:	2:19.06	500m:	6:00.32	800m:	9:45.66	1100m:	13:31.20	1400m:	17:17.37		
	300m:	3:33.08	600m:	7:14.89	900m:	11:00.92	1200m:	14:46.48	1500m:	18:26.32		

Programmanr. 2
29.3.09

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

Rang											In.tijd	Tijd
Jeugd 1												
1.	Kim Loeffen		Tritium SG		20:09.16		9403432		20:23.17			
	100m:	1:13.44	400m:	5:14.67	700m:	9:20.99	1000m:	13:31.46	1300m:	17:40.78		
	200m:	2:33.49	500m:	6:36.62	800m:	10:43.35	1100m:	14:54.64	1400m:	19:04.09		
	300m:	3:54.01	600m:	7:57.96	900m:	12:07.74	1200m:	16:17.94	1500m:	20:23.17		
Jeugd 2												
1.	Marcha Admiraal		De Biesboschzwemmers		17:47.92		9300012		19:08.85			
	100m:	1:05.94	400m:	4:36.60	700m:	8:14.19	1000m:	12:17.16	1300m:	16:29.06		
	200m:	2:15.82	500m:	5:47.35	800m:	9:30.28	1100m:	13:42.35	1400m:	17:49.85		
	300m:	3:26.09	600m:	6:59.76	900m:	10:51.48	1200m:	15:06.41	1500m:	19:08.85		

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Programmanr. 2, Dames, 1500m vrije slag

Senioren 1 en 2

1. Désirée Emmen		De Vennen	18:57.37	9204862	19:17.84
100m: 1:10.12	400m: 5:00.34	700m: 8:53.32	1000m: 12:49.39	1300m: 16:44.04	
200m: 2:25.71	500m: 6:17.61	800m: 10:12.14	1100m: 14:07.84	1400m: 18:02.14	
300m: 3:42.72	600m: 7:35.34	900m: 11:30.57	1200m: 15:26.06	1500m: 19:17.84	
2. Inge Arts		Zeester Meerval	18:51.79	9203076	20:04.28
100m: 1:11.06	400m: 5:07.26	700m: 9:06.86	1000m: 13:11.25	1300m: 17:14.48	
200m: 2:27.92	500m: 6:28.83	800m: 10:25.97	1100m: 14:33.50	1400m: 18:38.14	
300m: 3:46.66	600m: 7:47.25	900m: 11:48.61	1200m: 15:58.79	1500m: 20:04.28	

Programmanr. 3
29.3.09

Jongens, 400m vrije slag

8 - 11 jaar
Resultaten

Rang					In.tijd		Tijd
Minioren 5 en jonger							
1.	Loed Jacobs		DZT '62		5:38.05	9800441	5:37.53
	100m: 1:18.26	200m: 2:45.76	300m: 4:14.56	400m: 5:37.53			
2.	Tobias Geurts		Z&PV Nuenen		6:27.58	9801185	5:48.91
	100m: 1:23.91	200m: 2:53.36	300m: 4:24.56	400m: 5:48.91			
3.	Sieb Wesseling		Tritium SG		6:16.97	9800489	5:53.74
	100m: 1:23.71	200m: 2:56.55	300m: 4:29.13	400m: 5:53.74			
4.	Mitchell Schollen		WZV		6:09.43	9801543	6:08.31
	100m: 1:22.09	200m: 2:56.00	300m: 4:32.70	400m: 6:08.31			
5.	Jari den Ottelander		SBC2000		6:22.80	9800059	6:09.94
	100m: 1:24.00	200m: 2:58.32	300m: 4:34.43	400m: 6:09.94			
6.	Timo van Lint		EFFEL Swimmers PSV		6:00.83	9801785	6:11.25
	100m: 1:25.19	200m: 2:58.97	300m: 4:35.53	400m: 6:11.25			
7.	Jelle de Wind		Z&PV Nuenen		6:27.41	9801183	6:18.62
	100m: 1:25.62	200m: 3:00.75	300m: 4:39.41	400m: 6:18.62			
8.	Marcoen Smits		EFFEL Swimmers PSV		6:21.71	9900815	6:19.70
	100m: 1:27.20	200m: 3:05.14	300m: 4:45.01	400m: 6:19.70			
9.	Merijn Koopmans		De Krabben		6:40.26	9902115	6:25.99
	100m: 1:33.99	200m: 3:13.93	300m: 4:52.78	400m: 6:25.99			
10.	Fabian van Beek		Zegenwerp		6:35.92	9800635	6:32.31
	100m: 1:31.31	200m: 3:12.97	300m: 4:53.17	400m: 6:32.31			
11.	Stijn Simons		EFFEL Swimmers PSV		6:17.47	9900813	6:33.79
	100m: 1:31.48	200m: 3:16.06	400m: 6:33.79				
AFGEM	Stefan van de Wijdeven		Njord		6:33.07	9800995	

Minioren 6

1.	Floris van Mierlo		EFFEL Swimmers PSV		5:42.89	9700489	5:35.75
	100m: 1:15.85	200m: 2:42.23	300m: 4:11.32	400m: 5:35.75			
2.	Rick Minkman		De Krabben		5:56.52	9701097	5:39.86
	100m: 1:18.10	200m: 2:45.15	300m: 4:13.37	400m: 5:39.86			
3.	Yvo Bulham		De Vennen		6:13.47	9701073	5:54.50
	100m: 1:23.47	200m: 2:54.09	300m: 4:26.69	400m: 5:54.50			
4.	Jeroen Schelling		Z&PV Nuenen		6:01.22	9701837	5:57.54
	100m: 1:23.45	200m: 2:55.39	300m: 4:28.54	400m: 5:57.54			
5.	Alain Vogels		Z&PV Nuenen		6:01.47	9701835	5:58.61
	100m: 1:24.94	200m: 2:57.69	400m: 5:58.61				

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Programmanr. 3, Jongens, 400m vrije slag, Minioren 6

Rang					In.tijd		Tijd
6.	Daniel van Dijk			Tritium SG	6:07.31	9701577	6:15.71
	100m: 1:24.85	200m: 3:03.03	300m: 4:42.21	400m: 6:15.71			
7.	Roy van der Heyden			DZT '62	6:12.67	9701209	6:23.27
	100m: 1:24.04	200m: 3:02.72	300m: 4:43.24	400m: 6:23.27			

Programmanr. 4
29.3.09

Meisjes, 400m vrije slag

Minioren 5 en jonger
Resultaten

Rang					In.tijd		Tijd
1.	Bo Verhoeven			Njord	5:44.56	9801562	5:36.86
	100m: 1:18.46	200m: 2:44.61	300m: 4:14.00	400m: 5:36.86			
2.	Eva van Ginneken			De Vennen	5:56.66	9800164	5:41.25
	100m: 1:18.80	200m: 2:45.96	300m: 4:16.23	400m: 5:41.25			
3.	Tamara Brouwers			EFFEL Swimmers PSV	6:07.77	9802494	6:03.48
	100m: 1:24.20	200m: 2:57.04	300m: 4:32.99	400m: 6:03.48			
4.	Myrle Schoones			Z&PV Nuenen	6:04.87	9800206	6:05.26
	100m: 1:22.56	200m: 2:58.04	300m: 4:34.76	400m: 6:05.26			
5.	Sanne ten Kate			EFFEL Swimmers PSV	6:06.14	9803836	6:09.99
	100m: 1:21.98	200m: 2:58.50	300m: 4:35.48	400m: 6:09.99			
6.	Eline Hartogs			Z&PV Nuenen	6:21.26	9901388	6:10.68
	100m: 1:30.83	200m: 3:05.43	300m: 4:43.23	400m: 6:10.68			
7.	Renée vd Besselaar			AquAmigos	6:08.56	9801728	6:15.43
	100m: 1:24.74	200m: 3:01.01	400m: 6:15.43				
8.	Erica Schoenmakers			Z&PV Nuenen	6:17.28	9900856	6:16.70
	100m: 1:31.54	200m: 3:08.17	300m: 4:47.10	400m: 6:16.70			
9.	Lisa Coppelmans			AquAmigos	6:34.04	9801250	6:20.12
	100m: 1:28.25	200m: 3:08.18	300m: 4:47.34	400m: 6:20.12			
10.	Anne Vromans			TRB-RES	6:36.23	9802330	6:20.22
	100m: 1:29.96	200m: 3:08.17	300m: 4:46.86	400m: 6:20.22			
11.	Maaïke Zandberg			TRB-RES	6:41.48	9901138	6:23.74
	100m: 1:28.66	200m: 3:09.51	300m: 4:48.46	400m: 6:23.74			
12.	Lotte Verbiesen			Zeester Meerval	6:20.97	9802120	6:25.43
	100m: 1:30.03	200m: 3:10.44	300m: 4:51.84	400m: 6:25.43			
13.	Jip Langermans			AquAmigos	6:31.98	9802174	6:25.66
	100m: 1:26.70	200m: 3:05.51	300m: 4:46.86	400m: 6:25.66			
14.	Aniek de Peijper			SBC2000	6:40.60	9801644	6:31.07
	100m: 1:27.12	200m: 3:07.59	300m: 4:50.86	400m: 6:31.07			
15.	Sanne van de Pol			De Biesboschwemmers	6:26.31	9800722	6:31.90
	100m: 1:26.86	200m: 3:08.88	300m: 4:52.71	400m: 6:31.90			
16.	Laura Roelevink			SBC2000	6:44.96	9802258	6:33.64
	100m: 1:30.75	200m: 3:14.57	300m: 4:58.30	400m: 6:33.64			
17.	Rachel de Vet			De Vennen	6:43.24	9800528	6:33.70
	100m: 1:31.74	200m: 3:15.32	300m: 4:58.11	400m: 6:33.70			
18.	Iris van de Crommert			Zeester Meerval	6:32.72	9801713	6:34.87
	100m: 1:28.98	200m: 3:10.16	300m: 4:53.19	400m: 6:34.87			
19.	Anne May Alkemade			SBC2000	6:44.98	9903374	6:36.86
	100m: 1:33.16	200m: 3:15.86	300m: 4:58.75	400m: 6:36.86			

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Programmanr. 4, Meisjes, 400m vrije slag, Minioren 5 en jonger

Rang					In.tijd		Tijd
20.	Anne Ippel			De Biesboschzwemmers	6:41.45	9801232	6:40.55
	100m: 1:28.78	200m: 3:13.32	300m: 4:58.78	400m: 6:40.55			
21.	Jolijn Miedema			Njord	6:44.44	9801552	6:42.79
	100m: 1:30.00	200m: 3:15.53	400m: 6:42.79				
22.	Elle Hoevenaars			Zeester Meerval	6:32.72	9801458	6:42.82
	100m: 1:35.24	200m: 3:21.03	400m: 6:42.82				
23.	Laura van Dijke			De Krabben	6:38.87	9801152	6:43.46
	100m: 1:31.08	200m: 3:16.75	400m: 6:43.46				
24.	Chantal Dentz			AquAmigos	6:36.35	9801726	6:44.53
	100m: 1:30.05	200m: 3:13.24	300m: 5:00.62	400m: 6:44.53			
25.	Laura van Engelen			AquAmigos	6:37.06	0000350	7:14.06
	100m: 1:39.14	200m: 3:31.49	300m: 5:25.41	400m: 7:14.06			

Programmanr. 5
29.3.09

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

Rang					In.tijd		Tijd
Junioren 2							
1.	Diederick Groeneveld			BZV	5:35.55	9502123	5:40.56
	100m: 1:20.50	400m: 5:40.56					
2.	Jordy Jongenelen			SBC2000	5:47.39	9504995	5:43.45
	100m: 1:16.70	400m: 5:43.45					
3.	Loek van Houtert			De Dommelbaarzen	5:33.84	9504515	5:44.64
	100m: 1:18.80	400m: 5:44.64					
Junioren 3							
1.	Remy den Boer			O.Z. & P.C. De Warande	5:13.86	9401759	5:15.38
	100m: 1:12.42	400m: 5:15.38					
2.	Ted Reniers			De Dommelbaarzen	5:35.20	9400519	5:44.45
	100m: 1:19.04	400m: 5:44.45					
Junioren 4							
1.	Sebastian de Been			O.Z. & P.C. De Warande	5:02.29	9302233	5:14.91
	100m: 1:08.04	400m: 5:14.91					
2.	Harm Donkers			O.Z. & P.C. De Warande	5:15.48	9301809	5:24.23
	100m: 1:18.60	400m: 5:24.23					
3.	Robert Groot			SBC2000	5:24.12	9301997	5:34.24
	100m: 1:12.46	400m: 5:34.24					
Jeugd 1							
1.	Geert Janssen			EFFEL Swimmers PSV	5:01.78	9201621	5:15.35
	100m: 1:08.18	400m: 5:15.35					
NG.ZA	Mark Schellekens			BZV	5:10.87	9201153	

BLAK 2009
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Programmanr. 5, Heren, 400m wisselslag

Jeugd 2

1.	Gerben Fiere	O.Z. & P.C. De Warande	4:48.37	9102825	5:06.98
	100m: 1:04.36 400m: 5:06.98				
2.	Thom van de Wetering	Zeester Meerval	5:12.73	9102551	5:23.20
	100m: 1:11.20 400m: 5:23.20				
3.	Rik Bakker	TRB-RES	5:19.02	9104625	5:30.85
	100m: 1:13.55 400m: 5:30.85				

Senioren

1.	Tom Lommers	WZV	5:09.04	9001847	5:13.44
	100m: 1:08.29 400m: 5:13.44				
AFGEM	Martijn Rongen	Z.V. Tiamat	5:09.02	8705073	

Programmanr. 6
29.3.09

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

Rang			In.tijd		Tijd
Junioren 2					
1.	Lotte Langenhoff	Zeester Meerval	5:38.04	9602580	5:45.70
	100m: 1:19.19 400m: 5:45.70				
2.	Madelon van Dam	EFFEL Swimmers PSV	5:53.31	9601624	5:53.30
	100m: 1:23.35 400m: 5:53.30				
3.	Robin Hilgerdenaar	Zegenwerp	6:09.71	9605190	6:06.96
	100m: 1:26.99 400m: 6:06.96				
4.	Juliette van Latum	Zeester Meerval	6:13.72	9600924	6:10.29
	100m: 1:24.13 400m: 6:10.29				
Junioren 3					
1.	Nikey van de Wetering	Zeester Meerval	5:36.75	9500336	5:41.55
	100m: 1:16.45 400m: 5:41.55				
2.	Simone Soudant	EFFEL Swimmers PSV	5:41.99	9500430	5:55.39
	100m: 1:18.89 400m: 5:55.39				
3.	Sanne Ter Burg	EFFEL Swimmers PSV	5:37.85	9501058	5:59.36
	100m: 1:27.36 400m: 5:59.36				
DIS	Mandy de Bruin	Njord	5:57.18	9500550	6:04.42
	<i>VD - Schoolslagbenen gezwommen.</i>				
	100m: 1:21.54 400m: 6:04.42				
Jeugd 1					
1.	Arja den Boer	BZV	5:50.04	9405634	5:58.39
	100m: 1:24.36 400m: 5:58.39				
2.	Suzan van Boxtel	TRB-RES	5:52.77	9402578	6:06.24
	100m: 1:20.41 400m: 6:06.24				

Programmanr. 6, Dames, 400m wisselslag

Jeugd 2

1.	Ela Hutten		SBC2000	5:19.58	9300354	5:23.54
	100m: 1:11.13	400m: 5:23.54				
2.	Marcha Admiraal		De Biesboschzwemmers	5:20.57	9300012	5:33.53
	100m: 1:12.53	400m: 5:33.53				
3.	Cyril Landstra		Zeester Meerval	5:31.98	9305722	5:50.76
	100m: 1:21.32	400m: 5:50.76				
4.	Marissa Minkman		De Krabben	5:45.88	9306054	5:56.92
	100m: 1:21.39	400m: 5:56.92				
DIS	Malissa van de Heuvel		EFFEL Swimmers PSV	5:06.96	9304922	5:19.07
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>					
	100m: 1:09.20	400m: 5:19.07				

Senioren 1

1.	Inge Arts		Zeester Meerval	5:14.70	9203076	5:25.11
	100m: 1:09.79	400m: 5:25.11				

Senioren 2

1.	Eveline Wouters		Njord	5:38.16	9104934	5:50.66
	100m: 1:18.89	400m: 5:50.66				

Senioren

1.	Linda Schellekens		Neptunus '58	5:39.26	8803854	5:29.73
	100m: 1:16.20	400m: 5:29.73				
2.	Femke Hendriks		DZT '62	5:19.95	8801698	5:37.95
	100m: 1:16.44	400m: 5:37.95				
3.	Anita Smits		Z & PC DIO	5:34.81	6900522	5:50.11
	100m: 1:17.23	400m: 5:50.11				

Programmanr. 7
29.3.09

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

Rang					In.tijd	Tijd	
Junioren 1							
1.	Mike van Herk		EFFEL Swimmers PSV	10:01.14	9601007	9:50.75	
	100m: 1:09.09	300m: 3:36.16	500m: 6:07.22	700m: 8:37.76			
	200m: 2:22.50	400m: 4:51.19	600m: 7:22.88	800m: 9:50.75			
2.	Peter Rietveld		TRB-RES	10:53.21	9601081	10:31.60	
	100m: 1:13.93	300m: 3:53.69	500m: 6:35.14	700m: 9:16.35			
	200m: 2:32.91	400m: 5:13.41	600m: 7:56.59	800m: 10:31.60			
3.	Pepijn Smits		EFFEL Swimmers PSV	10:17.81	9600691	10:35.01	
	100m: 1:12.14	300m: 3:53.34	500m: 6:37.74	700m: 9:19.27			
	200m: 2:28.68	400m: 5:14.05	600m: 7:59.39	800m: 10:35.01			
Junioren 2							
1.	Maarten Brzoskowski		EFFEL Swimmers PSV	9:21.89	9500769	10:25.95	
	100m: 1:08.65	300m: 3:43.04	500m: 6:24.09	700m: 9:06.90			
	200m: 2:25.08	400m: 5:02.90	600m: 7:45.77	800m: 10:25.95			

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Programmanr. 7, Jongens, 800m vrije slag, Junioren 2

Rang							In.tijd		Tijd
2.	Alex in 't Groen						10:33.26	9502683	10:37.12
	100m:	1:12.86	300m:	3:53.95	500m:	6:38.82	700m:	9:22.10	
	200m:	2:32.99	400m:	5:15.40	600m:	8:02.00	800m:	10:37.12	
3.	Loek van Houtert						10:32.92	9504515	10:51.91
	100m:	1:15.93	300m:	4:01.26	500m:	6:47.69	700m:	9:33.57	
	200m:	2:37.91	400m:	5:24.28	600m:	8:11.28	800m:	10:51.91	

Junioren 3

1.	Thomas Rietveld						10:04.95	9401803	9:44.45
	100m:	1:09.20	300m:	3:36.73	500m:	6:06.89	700m:	8:36.26	
	200m:	2:23.07	400m:	4:51.32	600m:	7:22.54	800m:	9:44.45	
2.	Remy den Boer						9:39.86	9401759	9:44.48
	100m:	1:08.08	300m:	3:37.29	500m:	6:07.60	700m:	8:36.02	
	200m:	2:21.90	400m:	4:52.96	600m:	7:22.40	800m:	9:44.48	
3.	Jeffrey Thijssen						9:39.36	9400445	9:49.36
	100m:	1:10.86	300m:	3:38.45	500m:	6:07.80	700m:	8:38.16	
	200m:	2:23.67	400m:	4:53.23	600m:	7:22.89	800m:	9:49.36	

Senioren

1.	Dennis Overhage						9:17.50	9002223	9:33.42
	100m:	1:07.23	300m:	3:31.64	500m:	5:59.64	700m:	8:25.02	
	200m:	2:18.42	400m:	4:45.70	600m:	7:13.10	800m:	9:33.42	

Programmanr. 8
29.3.09

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

Rang							In.tijd		Tijd
Junioren 1									
1.	Esmée Six						10:57.17	9700490	11:07.79
	100m:	1:18.65	300m:	4:07.57	500m:	6:58.40	700m:	9:49.33	
	200m:	2:42.75	400m:	5:32.28	600m:	8:24.43	800m:	11:07.79	
2.	Bente Gerits						11:13.97	9702052	11:23.54
	100m:	1:19.24	300m:	4:13.76	500m:	7:11.04	700m:	10:04.56	
	200m:	2:45.80	400m:	5:42.33	600m:	8:38.75	800m:	11:23.54	
3.	Rebecca Fairley						11:29.43	9702736	11:29.51
	100m:	1:18.57	300m:	4:11.76	500m:	7:08.58	700m:	10:06.60	
	200m:	2:44.30	400m:	5:39.98	600m:	8:37.68	800m:	11:29.51	
4.	Mara van Loon						11:35.46	9703122	11:31.67
	100m:	1:17.70	300m:	4:12.64	500m:	7:09.76	700m:	10:07.13	
	200m:	2:44.42	400m:	5:41.02	600m:	8:38.92	800m:	11:31.67	
5.	Kathy Groot						11:40.54	9700444	11:48.64
	100m:	1:18.86	300m:	4:12.02	500m:	7:14.00	700m:	10:21.13	
	200m:	2:44.80	400m:	5:42.45	600m:	8:47.64	800m:	11:48.64	
6.	Sofie Nooijen						12:05.52	9702092	11:53.34
	100m:	1:20.18	300m:	4:29.63	500m:	7:20.01	700m:	10:26.87	
	200m:	2:49.30	400m:	5:50.68	600m:	8:54.38	800m:	11:53.34	
7.	Louise van Houten						12:34.25	9703320	11:57.89
	100m:	1:19.36	300m:	4:18.39	500m:	7:21.76	700m:	10:27.07	
	200m:	2:48.23	400m:	5:50.48	600m:	8:54.51	800m:	11:57.89	
8.	Amber Rommelse						11:46.19	9702562	11:59.47
	100m:	1:19.19	300m:	4:15.88	500m:	7:22.15	700m:	10:29.70	
	200m:	2:45.77	400m:	5:48.81	600m:	8:53.77	800m:	11:59.47	

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Programmanr. 8, Meisjes, 800m vrije slag, Junioren 1

Rang					In.tijd		Tijd
9.	Lonne Beskers		O.Z. & P.C. De Warande	12:29.91	9702218		12:04.22
	100m: 1:26.28	300m: 4:32.47	500m: 7:38.41	700m: 10:40.91			
	200m: 2:59.43	400m: 6:06.55	600m: 9:12.46	800m: 12:04.22			
10.	Isolde D'hert		EFFEL Swimmers PSV	11:57.56	9702564		12:06.69
	100m: 1:20.24	300m: 4:23.67	500m: 7:32.32	700m: 10:38.32			
	200m: 2:50.62	400m: 5:57.57	600m: 9:06.85	800m: 12:06.69			
11.	Anne Hoevenaars		Zeester Meerval	12:07.09	9700778		12:08.56
	100m: 1:26.53	300m: 4:32.37	500m: 7:38.21	700m: 10:42.25			
	200m: 2:59.40	400m: 6:05.34	600m: 9:10.71	800m: 12:08.56			
12.	Maartje Beskers		O.Z. & P.C. De Warande	12:20.48	9702250		12:19.26
	100m: 1:26.48	300m: 4:34.60	500m: 7:43.54	700m: 10:51.89			
	200m: 3:00.32	400m: 6:08.95	600m: 9:17.57	800m: 12:19.26			
13.	Xandra Blaauw		Njord	12:21.08	9702010		12:19.51
	100m: 1:26.33	300m: 4:37.04	500m: 7:45.39	700m: 10:53.92			
	200m: 3:01.92	400m: 6:12.08	600m: 9:20.48	800m: 12:19.51			
14.	Eva van de Kerkhof		DZT '62	12:14.12	9703092		12:24.67
	100m: 1:26.92	300m: 4:35.06	500m: 7:43.36	700m: 10:54.20			
	200m: 3:00.33	400m: 6:09.45	600m: 9:28.61	800m: 12:24.67			
15.	Jill van der Jagt		EFFEL Swimmers PSV	12:09.07	9700910		12:45.88
	100m: 1:23.75	300m: 4:36.90	500m: 7:52.41	800m: 12:45.88			
	200m: 2:59.31	400m: 6:14.76	600m: 9:31.36				
DIS	Nadien van Lang		Njord	12:35.83	9702012		
	<i>AA - Te vroeg weg of bewogen bij start.</i>						

Junioren 2

1.	Jeanine Kocken		EFFEL Swimmers PSV	10:45.44	9601816		10:45.67
	100m: 1:15.45	300m: 3:57.89	500m: 6:42.48	700m: 9:27.08			
	200m: 2:36.17	400m: 5:19.77	600m: 8:04.89	800m: 10:45.67			
2.	Nikki Habers		Zeester Meerval	10:44.48	9600594		10:54.66
	100m: 1:16.72	300m: 4:02.09	500m: 6:48.75	700m: 9:34.53			
	200m: 2:39.41	400m: 5:25.13	600m: 8:11.72	800m: 10:54.66			
3.	Lotte Langenhoff		Zeester Meerval	10:27.24	9602580		11:08.97
	100m: 1:16.32	300m: 4:02.00	500m: 6:49.30	700m: 9:42.09			
	200m: 2:38.90	400m: 5:24.85	600m: 8:15.09	800m: 11:08.97			
4.	Femke Beskers		O.Z. & P.C. De Warande	11:37.42	9602496		11:29.81
	100m: 1:17.86	300m: 4:12.95	500m: 7:09.66	700m: 10:04.55			
	200m: 2:45.33	400m: 5:41.82	600m: 8:37.67	800m: 11:29.81			
5.	Amy van Lier		De Vennen	11:49.23	9603022		12:00.54
	100m: 1:20.77	300m: 4:21.23	500m: 7:26.29	800m: 12:00.54			
	200m: 2:50.71	400m: 5:53.48	600m: 8:59.54				
NG.ZA	Evy Ulijn		Arethusa	11:48.85	9604100		

Junioren 3

1.	Claudia den Ottelander		SBC2000	9:56.29	9500552		10:07.30
	100m: 1:11.54	300m: 3:44.61	500m: 6:18.94	700m: 8:53.16			
	200m: 2:27.80	400m: 5:01.59	600m: 7:36.54	800m: 10:07.30			
2.	Maya Kingma		SBC2000	10:09.21	9503824		10:14.51
	100m: 1:13.48	300m: 3:49.95	500m: 6:25.89	700m: 9:00.39			
	200m: 2:30.82	400m: 5:08.26	600m: 7:43.20	800m: 10:14.51			
3.	Lindi Verkooijen		SBC2000	10:56.79	9503826		10:48.48
	100m: 1:14.29	300m: 3:56.70	500m: 6:42.00	700m: 9:27.64			
	200m: 2:34.36	400m: 5:19.76	600m: 8:05.36	800m: 10:48.48			

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Programmanr. 8, Meisjes, 800m vrije slag, Junioren 3

Rang						In.tijd		Tijd
4.	Madelon Schellekens			TRB-RES		10:58.22	9501888	11:14.16
	100m: 1:15.42	300m: 4:05.60	500m: 7:01.26	700m: 9:55.60				
	200m: 2:39.86	400m: 5:33.13	600m: 8:30.20	800m: 11:14.16				
5.	Nikey van de Wetering			Zeester Meerval		10:16.22	9500336	11:16.10
	100m: 1:19.80	300m: 4:11.73	500m: 7:01.20	700m: 9:50.92				
	200m: 2:45.16	400m: 5:36.80	600m: 8:25.95	800m: 11:16.10				
6.	Mandy de Bruin			Njord		11:29.51	9500550	11:28.67
	100m: 1:21.45	300m: 4:14.70	500m: 7:10.89	700m: 10:06.29				
	200m: 2:48.16	400m: 5:42.54	600m: 8:38.07	800m: 11:28.67				
7.	Emy Liebregts			Njord		11:18.28	9505020	11:29.87
	100m: 1:17.13	300m: 4:08.81	500m: 7:07.96	700m: 10:06.90				
	200m: 2:41.42	400m: 5:38.44	600m: 8:37.48	800m: 11:29.87				
8.	Kris Hutten			SBC2000		11:22.39	9500688	11:30.49
	100m: 1:18.50	300m: 4:12.87	500m: 7:09.90	700m: 10:07.77				
	200m: 2:44.86	400m: 5:41.98	600m: 8:38.95	800m: 11:30.49				

Jeugd 1

1.	Kim Loeffen			Tritium SG		10:30.49	9403432	10:19.86
	100m: 1:10.45	300m: 3:44.27	500m: 6:21.05	700m: 9:00.71				
	200m: 2:27.01	400m: 5:02.73	600m: 7:40.69	800m: 10:19.86				
2.	Sophie Sollie			Zeester Meerval		10:00.51	9400140	10:23.01
	100m: 1:13.45	300m: 3:51.42	500m: 6:29.51	700m: 9:06.74				
	200m: 2:32.82	400m: 5:10.71	600m: 7:48.64	800m: 10:23.01				
3.	Lisa van Casteren			Zeester Meerval		11:05.61	9403552	11:13.42
	100m: 1:18.68	300m: 4:12.15	500m: 7:06.37	700m: 9:56.00				
	200m: 2:44.93	400m: 5:39.52	600m: 8:32.43	800m: 11:13.42				
4.	Kelly Mekes			TRB-RES		10:52.96	9402724	11:21.12
	100m: 1:14.23	300m: 4:04.13	500m: 7:00.47	700m: 9:57.85				
	200m: 2:37.90	400m: 5:42.47	600m: 8:29.08	800m: 11:21.12				
5.	Maike Korthout			WZV		11:05.82	9406034	11:23.27
	100m: 1:18.39	300m: 4:12.91	500m: 7:10.05	700m: 10:04.66				
	200m: 2:45.07	400m: 5:41.69	600m: 8:37.94	800m: 11:23.27				
6.	Arja den Boer			BZV		10:50.10	9405634	11:39.57
	100m: 1:17.80	300m: 4:15.70	500m: 7:17.86	700m: 10:15.60				
	200m: 2:45.64	400m: 5:47.00	600m: 8:46.39	800m: 11:39.57				

AFGEM Sahar Hamam DZT '62 10:05.64 9405412

Jeugd 2

1.	Marcha Admiraal			De Biesboschzwemmers		9:07.35	9300012	9:46.00
	100m: 1:10.89	300m: 3:38.32	500m: 6:07.23	700m: 8:35.20				
	200m: 2:24.10	400m: 4:52.80	600m: 7:22.10	800m: 9:46.00				
2.	Ela Hutten			SBC2000		9:48.35	9300354	9:52.26
	100m: 1:10.11	300m: 3:37.97	500m: 6:07.14	700m: 8:37.50				
	200m: 2:23.68	400m: 4:52.73	600m: 7:22.49	800m: 9:52.26				
3.	Pascalie Rovers			TRB-RES		10:23.76	9301064	10:27.86
	100m: 1:10.80	300m: 3:45.08	500m: 6:24.61	700m: 9:08.26				
	200m: 2:27.08	400m: 5:03.80	600m: 7:46.54	800m: 10:27.86				
4.	Cyril Landstra			Zeester Meerval		10:26.69	9305722	10:27.88
	100m: 1:16.12	300m: 3:57.75	500m: 6:36.69	700m: 9:14.39				
	200m: 2:37.58	400m: 5:17.46	600m: 7:56.15	800m: 10:27.88				
5.	Lotte Nederstigt			De Krabben		10:32.53	9303062	10:51.40
	100m: 1:16.62	300m: 4:00.15	500m: 6:45.81	700m: 9:32.17				
	200m: 2:38.37	400m: 5:22.96	600m: 8:09.19	800m: 10:51.40				

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Programmanr. 8, Meisjes, 800m vrije slag, Jeugd 2

Rang						In.tijd		Tijd
6.	Susette Lauwen			Z & PC DIO		10:27.90	9302398	11:26.89
	100m: 1:16.90	300m: 4:07.05	500m: 7:04.02	700m: 10:01.30				
	200m: 2:40.40	400m: 5:35.80	600m: 8:33.13	800m: 11:26.89				

Senioren 1

1.	Désirée Emmen			De Vennen		9:46.77	9204862	10:02.57
	100m: 1:10.49	300m: 3:41.57	500m: 6:14.77	700m: 8:49.17				
	200m: 2:25.30	400m: 4:58.06	600m: 7:31.82	800m: 10:02.57				

Senioren 2

1.	Stephanie Janssen			Zeester Meerval		9:29.01	9101450	10:02.54
	100m: 1:11.06	400m: 4:58.58	600m: 7:30.70	800m: 10:02.54				
	300m: 3:42.76	500m: 6:14.70	700m: 8:47.36					
2.	Eveline Wouters			Njord		10:17.08	9104934	10:59.09
	100m: 1:13.37	300m: 3:57.09	500m: 6:47.40	700m: 9:36.92				
	200m: 2:33.59	400m: 5:21.93	600m: 8:12.08	800m: 10:59.09				

Senioren

1.	Roos van Esch			TRB-RES		9:48.16	8200468	10:23.01
	100m: 1:11.53	300m: 3:46.07	500m: 6:24.55	700m: 9:04.22				
	200m: 2:27.91	400m: 5:04.95	600m: 7:44.99	800m: 10:23.01				
2.	Danielle Scheepers			Njord		10:14.57	9005428	10:43.38
	100m: 1:11.52	300m: 3:51.58	500m: 6:35.61	700m: 9:20.88				
	200m: 2:31.36	400m: 5:13.19	600m: 7:58.21	800m: 10:43.38				