

Deel 1 E.ON Nationale zwemcompetitie

| <u>Progr. nr. 1 4x200m Vrijeslag estafette m. junioren 3 en later</u> | | | | Eindtijd | 100m | 200m |
|---|---------|--|----------|-----------------|-------------|-------------|
| 1 | DAW | | 9.19.11 | 9.16.76 I | 1.06.29 | 2.19.16 |
| 2 | LZ 1886 | | 9.59.19 | 9.56.97 II | 1.08.50 | 2.21.71 |
| 3 | AZ&PC | | 10.46.81 | 10.23.18 III | 1.07.71 | 2.21.82 |

AZ&PC

| | | |
|----------|-------------------|---------|
| 96-00656 | Laura Moolenaar | 2.21.82 |
| 97-03468 | Manon Broeze | |
| 98-00364 | Chiara van Winsum | |
| 96-03164 | Sedona de Keijzer | |

DAW

| | | |
|----------|------------------|---------|
| 97-00468 | Mirl de Boer | 2.19.16 |
| 96-00004 | Marit Visscher | |
| 96-01518 | Roxann Geenen | |
| 96-04938 | Brenda Zwarthoed | |

LZ 1886

| | | |
|----------|----------------|---------|
| 96-01712 | Mariska Teske | 2.21.71 |
| 97-00332 | Jasmijn Bink | |
| 97-02310 | Nine Roman | |
| 97-05042 | Eva van Maarle | |

Progr. nr. 3 4x50m Wisselslag estafette m./j. minioren 6 en later

| <u>Progr. nr. 3 4x50m Wisselslag estafette m./j. minioren 6 en later</u> | | | | Eindtijd | 50m |
|--|---------|--|---------|-----------------|------------|
| 1 | DAW | | 2.36.50 | 2.34.07 I | 0.36.41 |
| 2 | LZ 1886 | | 2.41.91 | 2.42.49 II | 0.38.97 |
| 3 | AZ&PC 1 | | 2.50.06 | 2.43.42 III | 0.45.37 |
| 4 | AZ&PC 2 | | 2.56.36 | 3.00.06 | 0.42.62 |

AZ&PC 1

| | | |
|----------|-----------------------|---------|
| 99-02202 | Riemke Bosma | 0.45.37 |
| 98-00575 | Michiel Floor | |
| 98-00127 | Djamal van der Hoeven | |
| 98-02134 | Sophie Brouwer | |

AZ&PC 2

| | | |
|----------|-----------------|---------|
| 98-01647 | Camiel Boot | 0.42.62 |
| 98-02356 | Esmee Morel | |
| 98-01704 | Marlene Bezem | |
| 99-01035 | Skip de Mönnink | |

DAW

| | | |
|----------|---------------------|---------|
| 98-00175 | Lars van der Velden | 0.36.41 |
| 98-00062 | Anne Noom | |
| 98-03397 | Jhamal Blanken | |
| 98-02042 | Silke Jonk | |

LZ 1886

| | | |
|----------|---------------------|---------|
| 99-00352 | Eelke Roman | 0.38.97 |
| 98-00076 | Lara Bink | |
| 98-00061 | Moukhlis Sahi | |
| 99-02619 | Floris Boendermaker | |

Progr. nr. 4 100m Schoolslag m. junioren 1 en eerder

| <u>Progr. nr. 4 100m Schoolslag m. junioren 1 en eerder</u> | | | | Eindtijd | 50m | |
|---|---------------------|---------|---------|-----------------|-------------|---------|
| 1 | Loes Zanderink | AZ&PC | 1.08.02 | 88-05006 | 1.12.20 I | 0.33.80 |
| 2 | Lieke Verouden | AZ&PC | 1.12.30 | 90-03948 | 1.12.52 II | 0.34.71 |
| 3 | Laura Badoux | DAW | 1.18.73 | 80-22238 | 1.16.28 III | 0.35.60 |
| 4 | Yvonne v.d. Pol | AZ&PC | 1.13.39 | 88-03472 | 1.16.73 | 0.36.14 |
| 5 | Larissa Brak | AZ&PC | 1.13.23 | 88-00572 | 1.16.89 | 0.36.38 |
| 6 | Maaïke Vooren | DAW | 1.19.09 | 91-03324 | 1.20.89 | 0.37.92 |
| 7 | Rosanne de Boer | LZ 1886 | 1.18.38 | 91-04060 | 1.22.07 | 0.39.06 |
| 8 | Wieteke Elzinga | DAW | 1.23.51 | 86-01038 | 1.24.82 | 0.39.56 |
| 9 | Paula van der Werff | LZ 1886 | 1.22.55 | 91-03484 | 1.24.93 | 0.38.97 |
| - | Maxine Alfonsi | DAW | 1.22.64 | 95-02900 | ng | |

Progr. nr. 5 400m Vrijeslag j. minioren 6 en eerder

| <u>Progr. nr. 5 400m Vrijeslag j. minioren 6 en eerder</u> | | | | Eindtijd | 100m | 200m | 300m | |
|--|-------------------|---------|---------|-----------------|-------------|-------------|-------------|---------|
| 1 | Ewoud Tamminga | AZ&PC | 4.05.82 | 82-01701 | 3.58.99 I | 0.57.50 | 1.57.77 | 2.58.50 |
| 2 | Geert Lantink | AZ&PC | | 86-01849 | 4.10.10 II | 0.57.39 | 1.59.36 | 3.04.02 |
| 3 | Demi de Rooij | DAW | 4.21.96 | 91-05607 | 4.16.92 III | 0.59.00 | 2.04.23 | 3.11.16 |
| 4 | Patrick Molenkamp | DAW | 4.27.88 | 88-02427 | 4.18.45 | 1.00.00 | 2.05.06 | 3.11.54 |
| 5 | Kristiaan Lenos | LZ 1886 | 4.16.49 | 83-01331 | 4.21.03 | 0.59.50 | 2.07.26 | 3.14.65 |

Deel 1 E.ON Nationale zwemcompetitie

| <u>Vervolg Progr. nr. 5 400m Vrijeslag j. minioren 6 en eerder</u> | | | | | Eindtijd | 100m | 200m | 300m |
|--|-------------------|---------|---------|----------|-----------------|-------------|-------------|-------------|
| 6 | Mark Moussa | AZ&PC | 4.03.63 | 90-02059 | 4.21.44 | 1.01.96 | 2.08.10 | 3.15.38 |
| 7 | Sjoerd Sieval | LZ 1886 | 4.21.74 | 90-02663 | 4.24.12 | 1.01.51 | 2.08.20 | 3.16.55 |
| 8 | Frederik Tamminga | AZ&PC | 4.26.33 | 87-03293 | 4.25.90 | 1.00.74 | 2.07.90 | 3.16.44 |
| 9 | Thom de Boer | DAW | | 91-00181 | 4.29.66 | 1.02.54 | 2.10.48 | 3.20.06 |
| - | Stanley Vleerlaag | DAW | 4.13.46 | 85-02813 | verv. | | | |
| - | Joran Barends | AZ&PC | 4.01.39 | 85-00091 | verv. | | | |

| <u>Progr. nr. 6 100m Rugslag m. senioren 2 en later</u> | | | | | Eindtijd | 50m |
|---|-------------------------|---------|---------|----------|-----------------|-------------|
| 1 | Claire de Winter | AZ&PC | 1.07.82 | 94-06050 | 1.09.13 | I 0.33.04 |
| 2 | Janet van der Poel | LZ 1886 | 1.12.03 | 93-01842 | 1.10.24 | II 0.33.95 |
| 3 | Iris Pijtak | AZ&PC | 1.12.13 | 93-00602 | 1.11.82 | III 0.34.71 |
| 4 | Rosanne Padt | DAW | 1.11.15 | 95-01582 | 1.12.62 | 0.33.66 |
| 5 | Marit Visscher | DAW | 1.15.89 | 96-00004 | 1.14.79 | 0.36.78 |
| 6 | Suzanne de Vries | AZ&PC | 1.14.80 | 95-00628 | 1.14.81 | |
| 7 | Desiree Visser | AZ&PC | 1.14.72 | 95-05318 | 1.16.32 | 0.37.20 |
| 8 | Pieterneel Braam | LZ 1886 | 1.14.79 | 95-01610 | 1.17.79 | 0.37.65 |
| 9 | Vivian Ogundipe | AZ&PC | 1.20.38 | 94-06828 | 1.20.02 | 0.39.20 |
| 10 | Karlijn Kerkvliet | LZ 1886 | 1.17.37 | 93-04024 | 1.20.29 | 0.39.51 |
| 11 | Sara Badawi | LZ 1886 | 1.19.24 | 93-02802 | 1.21.19 | 0.39.26 |
| 12 | Nicolle Buijs | AZ&PC | | 93-02400 | 1.26.37 | 0.42.15 |
| - | Maxine Alfonsi | DAW | | 95-02900 | ng za | |
| - | Chantalle van der Fluit | DAW | 1.11.32 | 92-06406 | verv. | |
| - | Ilka van Veldhuijzen | AZ&PC | 1.13.11 | 93-04990 | verv. | |

| <u>Progr. nr. 7 200m Schoolslag j. jeugd 2 en later</u> | | | | | Eindtijd | 50m | 100m |
|---|--------------------|---------|---------|----------|-----------------|-------------|-------------|
| 1 | Mike Marissen | AZ&PC | 2.26.70 | 92-02187 | 2.26.54 | I 0.32.76 | 1.10.60 |
| 2 | Jordan Kraaijenhof | AZ&PC | 2.36.93 | 93-01111 | 2.27.71 | II 0.34.19 | 1.11.99 |
| 3 | Jorrick Druyven | DAW | 2.39.19 | 94-00507 | 2.38.01 | III 0.35.87 | 1.16.01 |
| 4 | Mart de Boer | DAW | 2.38.08 | 93-03589 | 2.40.04 | 0.34.75 | 1.15.33 |
| 5 | Thomas Hansen | LZ 1886 | 2.49.30 | 92-04327 | 2.46.80 | 0.37.87 | 1.19.77 |
| 6 | Lars Sieval | LZ 1886 | 2.49.73 | 93-00723 | 2.47.01 | 0.37.10 | 1.20.60 |
| 7 | Jeroen v.d. Bos | AZ&PC | 2.54.50 | 92-02299 | 2.48.57 | 0.36.73 | 1.20.25 |
| 8 | Joey Stokx | DAW | 2.46.48 | 93-01251 | 2.50.46 | 0.38.84 | 1.23.00 |
| 9 | Jelmar Kluiwstra | LZ 1886 | 2.59.78 | 92-04323 | 2.59.94 | 0.39.29 | 1.25.37 |

| <u>Progr. nr. 8 200m Vrijeslag m. jeugd 2 en later</u> | | | | | Eindtijd | 50m | 100m |
|--|-------------------|---------|---------|----------|-----------------|-------------|-------------|
| 1 | Rachelle Visser | AZ&PC | 2.08.11 | 95-00106 | 2.09.32 | I 0.30.51 | 1.03.42 |
| 2 | Sharona Mlcoch | DAW | 2.14.10 | 94-06178 | 2.13.81 | II 0.30.95 | 1.05.05 |
| 3 | Lynn Dybiona | AZ&PC | 2.24.56 | 95-01786 | 2.20.33 | III 0.33.08 | 1.08.50 |
| 4 | Shireen Post | AZ&PC | 2.10.20 | 95-03286 | 2.21.34 | 0.32.02 | 1.07.14 |
| 5 | Jasmijn Ruijgrok | LZ 1886 | 2.19.64 | 94-01032 | 2.21.52 | 0.31.26 | 1.07.41 |
| 6 | Milou Schraeverus | AZ&PC | 2.29.59 | 95-03878 | 2.23.83 | 0.33.82 | 1.10.66 |
| 7 | Jasmijn Bink | LZ 1886 | 2.28.94 | 97-00332 | 2.24.99 | 0.33.70 | 1.10.60 |
| 8 | Mirl de Boer | DAW | | 97-00468 | 2.25.94 | 0.33.46 | 1.10.06 |
| 9 | Davina van Perge | DAW | 2.20.25 | 95-03786 | 2.26.07 | 0.33.29 | 1.09.70 |
| 10 | Myrthe van Gestel | LZ 1886 | 2.26.23 | 95-04938 | 2.36.78 | 0.34.83 | 1.14.02 |
| 11 | Eva van Maarle | LZ 1886 | 2.38.03 | 97-05042 | 2.37.60 | 0.37.61 | 1.17.67 |
| - | Mandy Verhage | DAW | 2.16.64 | 95-01382 | ng za | | |
| - | Lisa Koster | DAW | 2.17.34 | 94-01682 | verv. | | |

| <u>Progr. nr. 9 100m Schoolslag j. junioren 4 en later</u> | | | | | Eindtijd | 50m |
|--|----------------------|-------|---------|----------|-----------------|------------|
| 1 | Huib van Houwelingen | AZ&PC | 1.14.43 | 94-06019 | 1.14.48 | I 0.35.26 |

Deel 1 E.ON Nationale zwemcompetitie

| <u>Vervolg Progr. nr. 9 100m Schoolslag j. junioren 4 en later</u> | | | | | Eindtijd | 50m | |
|--|---------------------|---------|---------|----------|-----------------|------------|---------|
| 2 | Sjors Lieverst | DAW | 1.16.73 | 95-01389 | 1.17.15 | II | 0.36.33 |
| 3 | Klaas Schoute | DAW | 1.17.84 | 95-00891 | 1.19.94 | III | 0.37.47 |
| 4 | Rikus de Lange | AZ&PC | 1.26.73 | 94-01261 | 1.20.13 | | 0.37.97 |
| 5 | Felix Geenen | DAW | | 9501085 | 1.20.93 | | 0.37.65 |
| 6 | Mitchell van Winsum | AZ&PC | 1.25.90 | 95-00619 | 1.23.86 | | 0.39.16 |
| 7 | Amro Badawi | LZ 1886 | 1.24.97 | 95-00881 | 1.28.16 | | 0.40.51 |
| 8 | Kjell Sieval | LZ 1886 | 1.29.89 | 95-00823 | 1.29.62 | | 0.41.86 |
| - | Rico Roels | DAW | 1.22.26 | 94-03119 | verv. | | |
| - | Ronald Vermeulen | AZ&PC | 1.23.89 | 94-00109 | afg. | | |

| <u>Progr. nr. 10 50m Rugslag m. junioren 1 en eerder</u> | | | | | Eindtijd | |
|--|-------------------------|---------|---------|----------|-----------------|-----|
| 1 | Silvie Ketelaars | AZ&PC | 0.30.12 | 85-03778 | 0.31.54 | I |
| 2 | Ilse van Hoorn | AZ&PC | 0.33.09 | 90-01578 | 0.32.47 | II |
| 3 | Yvonne v.d. Pol | AZ&PC | 0.34.20 | 88-03472 | 0.34.92 | III |
| 4 | Mandy van Wakeren | AZ&PC | 0.33.82 | 86-03954 | 0.34.93 | |
| 5 | Melissa Zwaan | DAW | 0.34.26 | 91-03666 | 0.35.12 | |
| 6 | Wieteke Elzinga | DAW | 0.33.77 | 86-01038 | 0.35.24 | |
| 7 | Paula van der Werff | LZ 1886 | 0.34.85 | 91-03484 | 0.35.34 | |
| 8 | Marianne vd Poll | DAW | 0.34.06 | 89-03352 | 0.36.00 | |
| 9 | Laura Badoux | DAW | | 80-22238 | 0.36.82 | |
| 10 | Tessa Kerkvliet | LZ 1886 | 0.35.83 | 92-02428 | 0.37.23 | |
| 11 | Simone de Boer | LZ 1886 | 0.37.32 | 93-06858 | 0.38.09 | |
| - | Chantalle van der Fluit | DAW | 0.30.66 | 92-06406 | ng | |

| <u>Progr. nr. 11 100m Wisselslag j. minioren 6 en eerder</u> | | | | | Eindtijd | |
|--|----------------------|---------|---------|----------|-----------------|-----|
| 1 | Joran Barends | AZ&PC | | 85-00091 | 0.58.38 | I |
| 2 | Thijs van Valkengoed | AZ&PC | 0.57.46 | 83-02141 | 0.59.14 | II |
| 3 | Stanley Vleerlaag | DAW | 0.58.91 | 85-02813 | 1.01.01 | III |
| 4 | Thom de Boer | DAW | 1.03.38 | 91-00181 | 1.04.33 | |
| 5 | Sjoerd Sieval | LZ 1886 | 1.03.44 | 90-02663 | 1.04.58 | |
| 6 | Rob van Vliet | AZ&PC | 1.03.24 | 84-02459 | 1.05.26 | |
| 7 | Mark Moussa | AZ&PC | 1.03.09 | 90-02059 | 1.05.61 | |
| 8 | Frederik Tamminga | AZ&PC | 1.05.73 | 87-03293 | 1.05.88a | |
| 9 | Joost Rijntjes | LZ 1886 | 1.04.25 | 91-01899 | 1.05.88b | |
| 10 | Bart Schram | DAW | | 91-03683 | 1.06.04 | |
| 11 | Mark Pijtak | AZ&PC | 1.11.99 | 90-02287 | 1.10.60 | |
| - | Pieter Schoots | DAW | 1.02.47 | 87-02979 | verv. | |
| - | Geert Lantink | AZ&PC | 1.01.98 | 86-01849 | verv. | |

| <u>Progr. nr. 12 100m Vlinderslag m. junioren 3 en later</u> | | | | | Eindtijd | 50m | |
|--|--------------------|---------|---------|----------|-----------------|------------|---------|
| 1 | Brenda Zwarthoed | DAW | 1.13.36 | 96-04938 | 1.13.10 | I | 0.33.45 |
| 2 | Roxann Geenen | DAW | 1.17.05 | 96-01518 | 1.15.94 | II | 0.34.08 |
| 3 | Mariska Teske | LZ 1886 | 1.17.75 | 96-01712 | 1.17.18 | III | 0.34.63 |
| 4 | Laura Moolenaar | AZ&PC | 1.22.16 | 96-00656 | 1.19.89 | | 0.36.56 |
| 5 | Anne Braam | LZ 1886 | 1.23.60 | 96-02210 | 1.25.24 | | 0.38.14 |
| 6 | Nine Roman | LZ 1886 | 1.25.90 | 97-02310 | 1.26.50 | | 0.38.36 |
| 7 | Sedona de Keijzer | AZ&PC | 1.29.20 | 96-03164 | 1.27.19 | | 0.37.44 |
| 8 | Moniek Heemskerck | LZ 1886 | 1.34.37 | 96-01964 | 1.29.38 | | 0.39.89 |
| 9 | Manon Broeze | AZ&PC | 1.40.31 | 97-03468 | 1.35.85 | | 0.43.19 |
| 10 | Jasmin Lotfolahian | AZ&PC | 1.44.87 | 97-03148 | 1.48.66 | | 0.47.14 |
| - | Mirl de Boer | DAW | 1.21.39 | 97-00468 | ng | | |

Deel 1 E.ON Nationale zwemcompetitie

| <u>Progr. nr. 13 200m Rugslag j. junioren 2 en later</u> | | | | | Eindtijd | 50m | 100m |
|--|-------------------|---------|---------|----------|-----------------|------------|-----------------|
| 1 | Lars Haarsma | DAW | 2.32.43 | 96-00745 | 2.25.27 | I | 0.34.37 1.12.13 |
| 2 | Twan Boot | AZ&PC | 2.31.01 | 96-01201 | 2.29.89 | II | 0.34.67 1.12.26 |
| 3 | Daniël Buijs | AZ&PC | 2.46.46 | 96-00183 | 2.37.00 | III | 0.37.72 1.18.07 |
| 4 | Dion de Mooy | LZ 1886 | 2.45.64 | 97-01803 | 2.49.56 | | 0.39.40 1.21.75 |
| 5 | André van Kleef | AZ&PC | 2.54.54 | 96-02195 | 2.52.05 | | 0.40.01 1.23.37 |
| 6 | Thomas de Jager | LZ 1886 | 2.54.86 | 96-02373 | 2.52.16 | | 0.39.83 1.24.39 |
| 7 | Martijn Bartels | AZ&PC | 3.02.19 | 96-03493 | 2.56.32 | | 0.43.65 1.29.10 |
| 8 | Maurits de Bruijn | DAW | | 97-00917 | 2.59.10 | | 0.42.06 1.28.59 |
| 9 | Sanjay Jagroep | DAW | 3.03.08 | 97-01625 | 3.02.16 | | 0.43.42 1.27.59 |
| 10 | Gijs Ruijgrok | LZ 1886 | 3.11.83 | 96-00863 | 3.05.18 | | 0.43.43 1.30.61 |
| 11 | Moemen Badawi | LZ 1886 | 3.02.08 | 97-00353 | 3.10.13 | | 0.44.45 1.32.17 |
| - | Rowin Meuffels | DAW | 2.52.24 | 96-03325 | verv. | | |

| <u>Progr. nr. 15 50m Vrijeslag m. junioren 1 en later</u> | | | | | Eindtijd | |
|---|-------------------|---------|---------|----------|-----------------|-----|
| 1 | Lara Bink | LZ 1886 | 0.34.43 | 98-00076 | 0.33.22 | I |
| 2 | Eelke Roman | LZ 1886 | 0.34.55 | 99-00352 | 0.33.63 | II |
| 3 | Myrthe Vreeswijk | LZ 1886 | 0.35.98 | 98-00078 | 0.34.42 | III |
| 4 | Silke Jonk | DAW | 0.34.34 | 98-02042 | 0.34.89 | |
| 5 | Nikita Vos | LZ 1886 | 0.39.09 | 99-00356 | 0.34.90 | |
| 6 | Chiara van Winsum | AZ&PC | 0.35.53 | 98-00364 | 0.36.07 | |
| 7 | Anne Noom | DAW | 0.35.27 | 98-00062 | 0.36.47 | |
| 8 | Riemke Bosma | AZ&PC | 0.38.75 | 99-02202 | 0.37.15 | |
| 9 | Sophie Brouwer | AZ&PC | 0.38.19 | 98-02134 | 0.37.57 | |
| 10 | Esmee Morel | AZ&PC | 0.39.24 | 98-02356 | 0.37.84 | |
| 11 | Marlene Bezem | AZ&PC | 0.39.47 | 98-01704 | 0.39.49 | |
| - | Maartje Feldberg | DAW | 0.40.47 | 98-01620 | ng | |

| <u>Progr. nr. 16 100m Wisselslag j. minioren 6 en later</u> | | | | | Eindtijd | |
|---|-----------------------|---------|---------|----------|-----------------|------|
| 1 | Lars van der Velden | DAW | 1.20.42 | 98-00175 | 1.19.43 | I |
| 2 | Michiel Floor | AZ&PC | 1.25.14 | 98-00575 | 1.26.94 | II |
| 3 | Moukhlis Sahi | LZ 1886 | 1.25.67 | 98-00061 | 1.28.68 | III |
| 4 | Jhamal Blanken | DAW | 1.31.46 | 98-03397 | 1.29.60 | |
| 5 | Thomas Haneveld | DAW | 1.33.00 | 98-01631 | 1.31.26 | |
| 6 | Floris Boendermaker | LZ 1886 | 1.37.03 | 99-02619 | 1.37.96 | |
| 7 | Camiel Boot | AZ&PC | 1.41.82 | 98-01647 | 1.38.20 | |
| 8 | Vincent v.d. Weijden | LZ 1886 | 1.44.99 | 99-02657 | 1.44.65 | |
| - | Djamal van der Hoeven | AZ&PC | 1.26.35 | 98-00127 | 1.27.27 | RH |
| - | Skip de Mönnink | AZ&PC | 1.37.25 | 99-01035 | 1.33.73 | RH |
| - | Osama Sahi | LZ 1886 | 1.41.94 | 00-00367 | | AEVB |

| <u>Progr. nr. 17 400m Vrijeslag m. junioren 1 en eerder</u> | | | | | Eindtijd | 100m | 200m | 300m |
|---|------------------|---------|---------|----------|-----------------|-------------|-------------------------|-------------|
| 1 | Rieneke Terink | AZ&PC | 4.05.45 | 84-02424 | 4.17.64 | I | 1.02.39 2.08.52 3.12.92 | |
| 2 | Lieke Verouden | AZ&PC | 4.15.20 | 90-03948 | 4.26.59 | II | 1.03.82 2.11.78 3.19.08 | |
| 3 | Melissa Zwaan | DAW | 4.36.70 | 91-03666 | 4.40.85 | III | 1.05.81 2.15.52 3.27.22 | |
| 4 | Ilse van Hoorn | AZ&PC | 4.47.45 | 90-01578 | 4.41.41 | | 1.05.67 2.17.81 3.31.57 | |
| 5 | Marianne vd Poll | DAW | 4.41.28 | 89-03352 | 4.44.59 | | 1.04.46 2.16.46 3.30.05 | |
| 6 | Maaïke Vooren | DAW | 4.35.89 | 91-03324 | 4.45.17 | | 1.07.71 2.20.18 3.32.99 | |
| 7 | Seline Koek | LZ 1886 | 4.51.54 | 94-00622 | 4.48.34 | | 1.08.84 2.22.28 3.36.11 | |
| 8 | Rosanne de Boer | LZ 1886 | 4.37.26 | 91-04060 | 4.52.05 | | 1.09.07 2.23.01 3.37.45 | |
| 9 | Tessa Kerkvliet | LZ 1886 | 5.01.82 | 92-02428 | 5.04.55 | | 1.10.76 2.27.80 3.46.65 | |
| 10 | Simone de Boer | LZ 1886 | 5.04.21 | 93-06858 | 5.13.99 | | 1.11.47 2.30.42 3.51.76 | |
| - | Lotte Wilms | AZ&PC | 4.39.32 | 84-02770 | afg. | | | |

Deel 1 E.ON Nationale zwemcompetitie

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

| | | | | | Eindtijd | 50m |
|---|----------------------|---------|---------|----------|----------|-------------|
| 1 | Thijs van Valkengoed | AZ&PC | 0.59.76 | 83-02141 | 1.03.05 | I 0.29.86 |
| 2 | Joran Barends | AZ&PC | 1.06.63 | 85-00091 | 1.06.62 | II 0.30.84 |
| 3 | Ron Langelaan | DAW | 1.13.07 | 78-00643 | 1.07.01 | III 0.30.92 |
| 4 | Kristiaan Lenos | LZ 1886 | 1.08.42 | 83-01331 | 1.11.08 | 0.33.23 |
| 5 | Patrick Molenkamp | DAW | 1.11.45 | 88-02427 | 1.12.31 | 0.34.06 |
| 6 | Joost Rijntjes | LZ 1886 | 1.12.02 | 91-01899 | 1.13.21 | 0.33.89 |
| 7 | Demi de Rooij | DAW | 1.14.44 | 91-05607 | 1.13.69 | 0.33.79 |
| 8 | Rob van Vliet | AZ&PC | 1.11.62 | 84-02459 | 1.13.70 | 0.34.81 |

Progr. nr. 19 200m Schoolslag m. senioren 2 en later

| | | | | | Eindtijd | 50m | 100m |
|---|--------------------|---------|---------|----------|----------|-------------|---------|
| 1 | Janet van der Poel | LZ 1886 | 2.52.51 | 93-01842 | 2.51.13 | I 0.38.35 | 1.21.97 |
| 2 | Suzanne de Vries | AZ&PC | 2.51.03 | 95-00628 | 2.52.89 | II 0.39.64 | 1.23.30 |
| 3 | Maxine Alfonsi | DAW | 2.59.19 | 95-02900 | 2.56.32 | III 0.40.57 | 1.25.27 |
| 4 | Marit Visscher | DAW | 2.59.54 | 96-00004 | 3.02.06 | 0.40.09 | 1.26.75 |
| 5 | Claire de Winter | AZ&PC | 2.58.64 | 94-06050 | 3.02.78 | 0.40.32 | 1.26.68 |
| 6 | Iris Pijtak | AZ&PC | 2.56.69 | 93-00602 | 3.03.53 | 0.41.87 | 1.28.98 |
| 7 | Desiree Visser | AZ&PC | 3.20.10 | 95-05318 | 3.08.96 | 0.43.77 | 1.32.50 |
| 8 | Sara Badawi | LZ 1886 | 3.03.74 | 93-02802 | 3.19.52 | 0.42.99 | 1.32.64 |
| 9 | Pieterneel Braam | LZ 1886 | 3.24.16 | 95-01610 | 3.34.69 | 0.44.43 | 1.38.32 |

Progr. nr. 20 100m Rugslag j. jeugd 2 en later

| | | | | | Eindtijd | 50m |
|---|--------------------|---------|---------|----------|----------|-------------|
| 1 | Mike Marissen | AZ&PC | 0.58.05 | 92-02187 | 0.58.21 | I 0.28.61 |
| 2 | Jelmar Kluiwstra | LZ 1886 | 1.02.68 | 92-04323 | 1.02.70 | II 0.30.39 |
| 3 | Jorrick Druyven | DAW | 1.02.16 | 94-00507 | 1.02.72 | III 0.30.37 |
| 4 | Lars Sieval | LZ 1886 | 1.03.50 | 93-00723 | 1.03.86 | 0.30.26 |
| 5 | Joey Stokx | DAW | 1.04.07 | 93-01251 | 1.04.72 | 0.30.97 |
| 6 | Jordan Kraaijenhof | AZ&PC | 1.09.79 | 93-01111 | 1.09.45 | 0.34.19 |
| 7 | Thomas Hansen | LZ 1886 | 1.10.15 | 92-04327 | 1.11.43 | 0.35.71 |
| 8 | Mart de Boer | DAW | 1.12.81 | 93-03589 | 1.13.69 | 0.36.66 |
| 9 | Jeroen v.d. Bos | AZ&PC | 1.13.52 | 92-02299 | 1.16.01 | 0.36.84 |

Progr. nr. 21 100m Schoolslag m. jeugd 2 en later

| | | | | | Eindtijd | 50m |
|----|-------------------|---------|---------|----------|----------|-------------|
| 1 | Rachelle Visser | AZ&PC | 1.22.80 | 95-00106 | 1.14.96 | I 0.35.27 |
| 2 | Sharona Mlcoch | DAW | 1.27.82 | 94-06178 | 1.24.94 | II 0.40.02 |
| 3 | Jasmijn Ruijgrok | LZ 1886 | 1.24.96 | 94-01032 | 1.26.51 | III 0.40.95 |
| 4 | Jasmijn Bink | LZ 1886 | 1.30.38 | 97-00332 | 1.26.79 | 0.41.94 |
| 5 | Mirl de Boer | DAW | | 97-00468 | 1.28.62 | 0.42.27 |
| 6 | Shireen Post | AZ&PC | 1.26.06 | 95-03286 | 1.28.69 | 0.42.14 |
| 7 | Davina van Perge | DAW | 1.24.57 | 95-03786 | 1.29.51 | 0.42.21 |
| 8 | Milou Schraeverus | AZ&PC | 1.31.17 | 95-03878 | 1.29.65 | 0.42.66 |
| 9 | Vivian Ogundipe | AZ&PC | 1.33.36 | 94-06828 | 1.30.96 | 0.41.83 |
| 10 | Lynn Dybiona | AZ&PC | 1.37.14 | 95-01786 | 1.34.26 | 0.45.94 |
| 11 | Myrthe van Gestel | LZ 1886 | 1.30.27 | 95-04938 | 1.36.55 | 0.45.39 |
| 12 | Eva van Maarle | LZ 1886 | 1.34.02 | 97-05042 | 1.37.08 | 0.46.51 |
| - | Rosanne Padt | DAW | 1.24.76 | 95-01582 | | |

Progr. nr. 22 200m Vrijeslag j. junioren 4 en later

| | | | | | Eindtijd | 50m | 100m |
|---|----------------------|-------|---------|----------|----------|-------------|---------|
| 1 | Huib van Houwelingen | AZ&PC | 2.08.27 | 94-06019 | 2.08.36 | I 0.30.42 | 1.03.61 |
| 2 | Sjors Lieverst | DAW | 2.12.60 | 95-01389 | 2.11.84 | II 0.30.06 | 1.03.53 |
| 3 | Rikus de Lange | AZ&PC | 2.16.19 | 94-01261 | 2.14.29 | III 0.30.24 | 1.04.39 |
| 4 | Mitchell van Winsum | AZ&PC | 2.23.67 | 95-00619 | 2.15.91 | 0.31.42 | 1.06.05 |
| 5 | Felix Geenen | DAW | | 9501085 | 2.17.85 | 0.31.35 | 1.06.91 |

Deel 1 E.ON Nationale zwemcompetitie

| <u>Vervolg Progr. nr. 22 200m Vrijslag j. junioren 4 en later</u> | | | | | Eindtijd | 50m | 100m |
|---|------------------|---------|---------|----------|-----------------|------------|-------------|
| 6 | Martijn Teske | LZ 1886 | 2.20.46 | 94-01357 | 2.20.08 | 0.30.80 | 1.06.89 |
| 7 | Klaas Schoute | DAW | 2.19.13 | 95-00891 | 2.22.21 | 0.32.74 | 1.09.26 |
| 8 | Kjell Sieval | LZ 1886 | 2.31.46 | 95-00823 | 2.32.24 | 0.34.34 | 1.13.23 |
| 9 | Amro Badawi | LZ 1886 | 2.34.29 | 95-00881 | 2.49.14 | 0.36.54 | 1.19.55 |
| - | Ronald Vermeulen | AZ&PC | 2.16.27 | 94-00109 | afg. | | |
| - | Rico Roels | DAW | 2.11.92 | 94-03119 | | | |

| <u>Progr. nr. 23 100m Wisselslag m. junioren 1 en eerder</u> | | | | | Eindtijd | |
|--|--------------------------|---------|---------|----------|-----------------|-----|
| 1 | Rieneke Terink | AZ&PC | 1.02.71 | 84-02424 | 1.04.33 | I |
| 2 | Lieke Verouden | AZ&PC | 1.03.51 | 90-03948 | 1.06.84 | II |
| 3 | Loes Zanderink | AZ&PC | 1.10.51 | 88-05006 | 1.08.93 | III |
| 4 | Yvonne v.d. Pol | AZ&PC | | 88-03472 | 1.10.75 | |
| 5 | Lidia van Bon-Rosenbrand | AZ&PC | | 70-00054 | 1.10.85 | |
| 6 | Mandy van Wakeren | AZ&PC | 1.09.61 | 86-03954 | 1.10.93 | |
| 7 | Larissa Brak | AZ&PC | 1.12.73 | 88-00572 | 1.11.43 | |
| 8 | Maaïke Vooren | DAW | 1.09.36 | 91-03324 | 1.12.15 | |
| 9 | Silvie Ketelaars | AZ&PC | 1.09.29 | 85-03778 | 1.13.76 | |
| 10 | Wieteke Elzinga | DAW | 1.15.60 | 86-01038 | 1.16.40 | |
| 11 | Paula van der Werff | LZ 1886 | 1.14.12 | 91-03484 | 1.16.84 | |
| 12 | Marianne vd Poll | DAW | 1.14.57 | 89-03352 | 1.17.41 | |
| 13 | Simone de Boer | LZ 1886 | 1.19.04 | 93-06858 | 1.18.22 | |
| 14 | Seline Koek | LZ 1886 | 1.15.42 | 94-00622 | 1.19.47 | |
| - | Ilka van Veldhuijzen | AZ&PC | 1.17.07 | 93-04990 | verv. | |
| - | Lotte Wilms | AZ&PC | 1.07.50 | 84-02770 | verv. | |

| <u>Progr. nr. 24 50m Rugslag j. minioren 6 en eerder</u> | | | | | Eindtijd | |
|--|-------------------|---------|---------|----------|-----------------|-----|
| 1 | Ewoud Tamminga | AZ&PC | 0.25.89 | 82-01701 | 0.26.36 | I |
| 2 | Joran Barends | AZ&PC | 0.26.66 | 85-00091 | 0.27.68 | II |
| 3 | Geert Lantink | AZ&PC | 0.28.24 | 86-01849 | 0.27.73 | III |
| 4 | Stanley Vleerlaag | DAW | 0.26.56 | 85-02813 | 0.28.43 | |
| 5 | Bart Schram | DAW | | 91-03683 | 0.30.44 | |
| 6 | Demi de Rooij | DAW | 0.30.87 | 91-05607 | 0.31.02 | |
| 7 | Frederik Tamminga | AZ&PC | 0.30.34 | 87-03293 | 0.31.11 | |
| 8 | Sjoerd Sieval | LZ 1886 | 0.29.54 | 90-02663 | 0.31.31 | |
| 9 | Ron Langelaan | DAW | 0.34.39 | 78-00643 | 0.32.49 | |
| 10 | Mark Pijtak | AZ&PC | 0.32.27 | 90-02287 | 0.32.69 | |
| 11 | Joost Rijntjes | LZ 1886 | 0.30.62 | 91-01899 | 0.33.07 | |
| 12 | Thom de Boer | DAW | 0.29.89 | 91-00181 | 0.33.74 | |
| 13 | Kristiaan Lenos | LZ 1886 | 0.30.83 | 83-01331 | 0.34.18 | |
| - | Pieter Schoots | DAW | 0.28.22 | 87-02979 | verv. | |

| <u>Progr. nr. 25 200m Rugslag m. junioren 3 en later</u> | | | | | Eindtijd | 50m | 100m |
|--|--------------------|---------|---------|----------|-----------------|------------|-----------------|
| 1 | Laura Moolenaar | AZ&PC | 2.41.84 | 96-00656 | 2.37.81 | I | 0.38.18 1.18.29 |
| 2 | Brenda Zwarthoed | DAW | 2.41.40 | 96-04938 | 2.38.20 | II | 0.37.46 1.18.08 |
| 3 | Mariska Teske | LZ 1886 | 2.36.69 | 96-01712 | 2.39.49 | III | 0.37.27 1.17.89 |
| 4 | Roxann Geenen | DAW | 2.39.06 | 96-01518 | 2.44.73 | | 0.37.23 1.18.50 |
| 5 | Sedona de Keijzer | AZ&PC | 2.47.33 | 96-03164 | 2.51.49 | | 0.40.15 1.23.96 |
| 6 | Manon Broeze | AZ&PC | 3.00.84 | 97-03468 | 2.53.28 | | 0.41.81 1.25.86 |
| 7 | Anne Braam | LZ 1886 | 2.55.54 | 96-02210 | 2.54.18 | | 0.42.62 1.28.44 |
| 8 | Moniek Heemskerk | LZ 1886 | 2.53.72 | 96-01964 | 2.57.54 | | 0.42.53 1.28.15 |
| 9 | Jasmin Lotfolahian | AZ&PC | 3.38.48 | 97-03148 | 3.19.10 | | 0.46.42 1.37.48 |
| - | Nine Roman | LZ 1886 | 2.46.86 | 97-02310 | 2.46.82 | RC | 0.39.50 1.22.65 |

Deel 1 E.ON Nationale zwemcompetitie

Vervolg Progr. nr. 25 200m Rugslag m. junioren 3 en later **Eindtijd** **50m** **100m**

- Mirl de Boer DAW 2.41.11 97-00468 ng

Progr. nr. 27 100m Vlinderslag j. junioren 2 en later **Eindtijd** **50m**

| | | | | | | | |
|----|-------------------|---------|---------|----------|---------|-----|---------|
| 1 | Lars Haarsma | DAW | 1.11.93 | 96-00745 | 1.09.81 | I | 0.32.28 |
| 2 | Daniël Buijs | AZ&PC | 1.10.49 | 96-00183 | 1.10.27 | II | 0.32.68 |
| 3 | Twan Boot | AZ&PC | 1.16.95 | 96-01201 | 1.11.78 | III | 0.32.53 |
| 4 | Gijs Ruijgrok | LZ 1886 | 1.31.16 | 96-00863 | 1.24.79 | | 0.38.07 |
| 5 | André van Kleef | AZ&PC | 1.45.07 | 96-02195 | 1.30.81 | | 0.38.76 |
| 6 | Sanjay Jagroep | DAW | 1.33.11 | 97-01625 | 1.32.82 | | 0.39.40 |
| 7 | Dion de Mooy | LZ 1886 | 1.25.45 | 97-01803 | 1.33.19 | | 0.42.91 |
| 8 | Thomas de Jager | LZ 1886 | 1.35.29 | 96-02373 | 1.34.51 | | 0.43.32 |
| 9 | Moemen Badawi | LZ 1886 | 1.27.89 | 97-00353 | 1.36.54 | | 0.42.89 |
| 10 | Maurits de Bruijn | DAW | | 97-00917 | 1.40.30 | | 0.41.80 |
| 11 | Martijn Bartels | AZ&PC | 1.32.34 | 96-03493 | 1.40.65 | | 0.44.93 |
| - | Rowin Meuffels | DAW | 1.33.18 | 96-03325 | verv. | | |

Progr. nr. 28 100m Wisselslag m. junioren 1 en later **Eindtijd**

| | | | | | | |
|----|-------------------|---------|---------|----------|---------|-----|
| 1 | Lara Bink | LZ 1886 | 1.24.55 | 98-00076 | 1.23.27 | I |
| 2 | Myrthe Vreeswijk | LZ 1886 | 1.28.57 | 98-00078 | 1.28.21 | II |
| 3 | Silke Jonk | DAW | 1.31.26 | 98-02042 | 1.28.28 | III |
| 4 | Anne Noom | DAW | 1.27.51 | 98-00062 | 1.28.81 | |
| 5 | Eelke Roman | LZ 1886 | 1.25.54 | 99-00352 | 1.30.19 | |
| 6 | Nikita Vos | LZ 1886 | 1.34.45 | 99-00356 | 1.30.35 | |
| 7 | Chiara van Winsum | AZ&PC | 1.40.32 | 98-00364 | 1.31.84 | |
| 8 | Sophie Brouwer | AZ&PC | 1.38.84 | 98-02134 | 1.32.58 | |
| 9 | Marlene Bezem | AZ&PC | 1.39.67 | 98-01704 | 1.42.42 | |
| 10 | Riemke Bosma | AZ&PC | 1.51.22 | 99-02202 | 1.42.79 | |
| 11 | Esmee Morel | AZ&PC | 1.46.36 | 98-02356 | 1.43.75 | |
| - | Maartje Feldberg | DAW | 1.40.64 | 98-01620 | ng | |

Progr. nr. 29 50m Vrijeslag j. minioren 6 en later **Eindtijd**

| | | | | | | |
|----|-----------------------|---------|---------|----------|----------|-----|
| 1 | Lars van der Velden | DAW | 0.31.54 | 98-00175 | 0.31.02 | I |
| 2 | Djamal van der Hoeven | AZ&PC | 0.34.32 | 98-00127 | 0.33.28 | II |
| 3 | Michiel Floor | AZ&PC | 0.33.70 | 98-00575 | 0.34.07 | III |
| 4 | Moukhlis Sahi | LZ 1886 | 0.32.93 | 98-00061 | 0.34.10 | |
| 5 | Jhamal Blanken | DAW | 0.36.08 | 98-03397 | 0.35.45a | |
| 6 | Thomas Haneveld | DAW | 0.35.18 | 98-01631 | 0.35.45b | |
| 7 | Camiel Boot | AZ&PC | 0.36.38 | 98-01647 | 0.36.55 | |
| 8 | Skip de Mönnink | AZ&PC | 0.37.19 | 99-01035 | 0.37.67 | |
| 9 | Floris Boendermaker | LZ 1886 | 0.38.54 | 99-02619 | 0.38.78 | |
| 10 | Osama Sahi | LZ 1886 | 0.40.04 | 00-00367 | 0.39.30 | |
| 11 | Vincent v.d. Weijden | LZ 1886 | 0.43.89 | 99-02657 | 0.40.28 | |

Progr. nr. 30 4x100m Wisselslag estafette m. junioren 1 en eerder **Eindtijd** **50m** **100m**

| | | | | | |
|---|---------|---------|---------|-----|-----------------|
| 1 | AZ&PC 1 | 4.15.02 | 4.22.95 | I | 1.06.58 |
| 2 | AZ&PC 2 | 4.26.32 | 4.37.09 | II | 0.35.43 1.12.96 |
| 3 | DAW | 4.38.97 | 4.42.66 | III | 0.34.11 1.12.45 |
| 4 | LZ 1886 | 4.45.18 | 4.51.52 | | 0.35.49 1.14.39 |

Deel 1 E.ON Nationale zwemcompetitie

| Vervolg Progr. nr. 30 4x100m Wisselslag estafette m. junioren 1 en eerder | | | | Eindtijd | 50m | 100m |
|---|----------------|---------|--------------------|------------------|---------|------|
| AZ&PC 1 | | | AZ&PC 2 | | | |
| 84-02424 | Rieneke Terink | 1.06.58 | 85-03778 | Silvie Ketelaars | 1.12.96 | |
| 88-05006 | Loes Zanderink | | 88-00572 | Larissa Brak | | |
| 90-03948 | Lieke Verouden | | 95-00106 | Rachelle Visser | | |
| 90-01578 | Ilse van Hoorn | | 94-06050 | Claire de Winter | | |

| | | | | | | |
|------------|---------------|---------|----------------|--------------------|---------|--|
| DAW | | | LZ 1886 | | | |
| 95-01582 | Rosanne Padt | 1.12.45 | 96-01712 | Mariska Teske | 1.14.39 | |
| 80-22238 | Laura Badoux | | 91-04060 | Rosanne de Boer | | |
| 91-03324 | Maaïke Vooren | | 93-01842 | Janet van der Poel | | |
| 91-03666 | Melissa Zwaan | | 94-00622 | Seline Koek | | |

| Progr. nr. 31 4x100m Vrijeslag estafette j. minioren 6 en eerder | | | | Eindtijd | 50m | 100m |
|--|---------|---------|--|----------|-----|-----------------|
| 1 | AZ&PC 1 | 3.21.16 | | 3.23.15 | I | 0.50.68 |
| 2 | LZ 1886 | 3.39.37 | | 3.40.10 | II | 0.25.73 0.55.76 |
| 3 | DAW | 3.37.75 | | 3.41.55 | III | 0.54.74 |
| 4 | AZ&PC 2 | 3.38.30 | | 3.43.49 | | 0.26.34 0.54.31 |

| | | | | | | |
|--------------------|----------------|---------|--------------------|----------------------|---------|--|
| AZ&PC 1 | | | AZ&PC 2 | | | |
| 86-01849 | Geert Lantink | 0.50.68 | 83-02141 | Thijs van Valkengoed | 0.54.31 | |
| 92-02187 | Mike Marissen | | 84-02459 | Rob van Vliet | | |
| 85-00091 | Joran Barends | | 87-03293 | Frederik Tamminga | | |
| 82-01701 | Ewoud Tamminga | | 90-02059 | Mark Moussa | | |

| | | | | | | |
|------------|-------------------|---------|----------------|------------------|---------|--|
| DAW | | | LZ 1886 | | | |
| 91-00181 | Thom de Boer | 0.54.74 | 93-00723 | Lars Sieval | 0.55.76 | |
| 88-02427 | Patrick Molenkamp | | 92-04323 | Jelmar Kluiwstra | | |
| 91-03683 | Bart Schram | | 83-01331 | Kristiaan Lenos | | |
| 85-02813 | Stanley Vleerlaag | | 90-02663 | Sjoerd Sieval | | |