

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

1 - Open Nederlandse Kampioenschappen Korte Baan sessie 1

18.12.2009 - 9:00

Programmanr. 1 18.12.2009 - 9:00	Jongens, 400m vrije slag				Jeugd 1 en 2 Resultaten	
Wereld Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009		
Europees Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009		
Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14.11.2009		
Nederlands Record Jeugd	3:51.21	Pieter van den Hoogenband	Amersfoort	17.12.1994		

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Thomas Sunter	City of Sheffield Swim Squad	4:00.61	25388	3:58.10	+0,84 B
	50m: 27.35	150m: 1:27.37	250m: 2:27.88	350m: 3:28.40		30.39
	100m: 57.27	200m: 1:57.63	300m: 2:58.01	400m: 3:58.10		29.70
2.	Dion Dreesens	Noord Limburg(SG)	4:01.11	9302189	3:58.53	+0,79 A
	50m: 27.31	150m: 1:27.69	250m: 2:28.02	350m: 3:28.72		30.48
	100m: 57.40	200m: 1:57.88	300m: 2:58.24	400m: 3:58.53		29.81
3.	Ferry Weertman	DWK	3:55.47	9201461	4:02.05	+0,86 C
	50m: 26.99	150m: 1:26.93	250m: 2:28.90	350m: 3:31.46		31.15
	100m: 56.44	200m: 1:57.73	300m: 3:00.31	400m: 4:02.05		30.59
4.	Ricky Speed	City of Sheffield Swim Squad	4:05.19	27480	4:03.65	+0,87 C
	50m: 27.79	150m: 1:29.40	250m: 2:31.77	350m: 3:33.93		30.97
	100m: 58.38	200m: 2:00.69	300m: 3:02.96	400m: 4:03.65		29.72
5.	Dennis Eliveld	De Dolfijn	4:03.32	9202351	4:04.49	+0,85 C
	50m: 27.65	150m: 1:29.10	250m: 2:32.10	350m: 3:34.62		31.20
	100m: 58.28	200m: 2:00.37	300m: 3:03.42	400m: 4:04.49		29.87
6.	Niek Pereboom	WVZ	4:12.24	9305395	4:06.69	+0,92 C
	50m: 27.43	150m: 1:30.06	250m: 2:34.13	350m: 3:37.74		31.48
	100m: 58.22	200m: 2:02.05	300m: 3:06.26	400m: 4:06.69		28.95
7.	Jeroen Eggeraat	De Columbiaan	4:09.10	9202127	4:09.05	D
	50m: 28.27	150m: 1:31.16	250m: 2:33.37	350m: 3:36.73		32.27
	100m: 59.81	200m: 2:02.29	300m: 3:04.46	400m: 4:09.05		32.32
8.	Victor Poot	Vlaardingen	4:10.42	9203651	4:10.03	+0,78 D
	50m: 28.48	150m: 1:30.73	250m: 2:34.18	350m: 3:38.05		32.06
	100m: 59.26	200m: 2:02.42	300m: 3:05.99	400m: 4:10.03		31.98
9.	Giovanni den Ouden	De Devel	4:10.80	9300877	4:11.53	+0,81 D
	50m: 28.50	150m: 1:32.29	250m: 2:35.97	350m: 3:40.64		31.99
	100m: 1:00.07	200m: 2:04.14	300m: 3:08.65	400m: 4:11.53		30.89
10.	Sonny Corré	Luctor et Emergo	4:14.51	9303615	4:12.46	D
	50m: 29.25	150m: 1:32.74	250m: 2:36.56	350m: 3:40.85		32.28
	100m: 1:00.51	200m: 2:04.67	300m: 3:08.57	400m: 4:12.46		31.61
11.	Bart Dunweg	Vlaardingen	4:09.12	9301763	4:12.51	+0,75 D
	50m: 28.22	150m: 1:32.47	250m: 2:37.88	350m: 3:41.98		31.62
	100m: 59.93	200m: 2:05.22	300m: 3:10.36	400m: 4:12.51		30.53
12.	Boris Galjart	Vlaardingen	4:09.71	9201997	4:17.37	+0,71 E
	50m: 28.38	150m: 1:31.53	250m: 2:36.43	350m: 3:44.66		34.29
	100m: 59.54	200m: 2:03.57	300m: 3:10.37	400m: 4:17.37		32.71
13.	Bernd Kobesen	RTC-Drachten	4:10.30	9300981	4:18.83	+0,55 E
	50m: 28.24	150m: 1:32.24	250m: 2:38.37	350m: 3:45.89		33.94
	100m: 59.51	200m: 2:05.05	300m: 3:11.95	400m: 4:18.83		32.94
14.	Pim Kienhuis	De Dinkel	4:15.64	9300263	4:19.30	+0,93 E
	50m: 29.25	150m: 1:35.03	250m: 2:40.51	350m: 3:46.92		33.75
	100m: 1:01.87	200m: 2:07.77	300m: 3:13.17	400m: 4:19.30		32.38
15.	Paul Koster	DIO	4:16.11	9304465	4:19.70	+0,84 E
	50m: 29.31	150m: 1:34.59	250m: 2:40.84	350m: 3:46.99		33.30
	100m: 1:01.65	200m: 2:07.80	300m: 3:13.69	400m: 4:19.70		32.71
16.	Wouter Kaman	Aquarijn	4:21.20	9300241	4:20.05	+0,89 E
	50m: 29.71	150m: 1:35.60	250m: 2:41.20	350m: 3:46.25		32.67
	100m: 1:02.17	200m: 2:09.08	300m: 3:13.58	400m: 4:20.05		33.80
17.	Daniel Langerveld	De Fuut	4:12.48	9302989	4:20.70	+0,91 E
	50m: 28.50	150m: 1:33.30	250m: 2:39.10	350m: 3:47.65		34.26
	100m: 1:00.34	200m: 2:06.30	300m: 3:13.39	400m: 4:20.70		33.05
18.	Thomas van Mierlo	Eiffel Swimmers PSV	4:19.66	9300353	4:21.28	+0,83 E
	50m: 29.56	150m: 1:36.45	250m: 2:43.75	350m: 3:51.21		33.27
	100m: 1:02.62	200m: 2:09.96	300m: 3:17.94	400m: 4:21.28		30.07
19.	Robin Bos	DWK	4:17.48	9302265	4:21.57	+0,93 E
	50m: 29.14	150m: 1:35.76	250m: 2:42.84	350m: 3:49.47		32.90
	100m: 1:02.17	200m: 2:09.41	300m: 3:16.57	400m: 4:21.57		32.10

Open Nederlandse Kampioenschappen 2009
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Programmanr. 1, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.
20.	Sander Ariaansz	Zwemvereniging Utrecht	4:19.22	9302053	4:25.64	+0,88
	50m: 29.31	150m: 1:35.47	250m: 2:43.85	350m: 3:52.45		34.10
	100m: 1:01.89	200m: 2:09.71	300m: 3:18.35	400m: 4:25.64		33.19
21.	Miguel Correia	Zeester Meerval	4:21.02	9300103	4:26.54	
	50m: 30.40	150m: 1:37.70	250m: 2:45.67	350m: 3:53.32		33.96
	100m: 1:03.46	200m: 2:11.95	300m: 3:19.36	400m: 4:26.54		33.22
22.	Frans Slaats	Eiffel Swimmers PSV	4:19.13	9300461	4:26.99	+0,83
	50m: 29.66	150m: 1:36.72	250m: 2:44.97	350m: 3:53.11		34.31
	100m: 1:02.96	200m: 2:11.25	300m: 3:18.80	400m: 4:26.99		33.88
23.	Remy Naporowski	WZ&PC Purmerend	4:19.32	9303065	4:29.85	+1,01
	50m: 30.07	150m: 1:37.86	250m: 2:47.54	350m: 3:55.90		34.19
	100m: 1:03.23	200m: 2:12.68	300m: 3:21.71	400m: 4:29.85		33.95

Programmanr. 1
18.12.2009 - 9:00

Heren, 400m vrije slag

all-in
Resultaten

Wereld Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009
Europees Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009
Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14.11.2009
Nederlands Record Jeugd	3:51.21	Pieter van den Hoogenband	Amersfoort	17.12.1994

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Job Kienhuis	Eiffel Swimmers PSV	3:47.21	8901631	3:46.17	+0,93 A+
	50m: 26.65	150m: 1:23.81	250m: 2:21.43	350m: 3:18.58		28.58
	100m: 54.94	200m: 1:52.94	300m: 2:50.00	400m: 3:46.17		27.59
2.	Andrew Hunter	University of Stirling	3:49.83	4390	3:49.74	+0,83 A
	50m: 26.39	150m: 1:24.21	250m: 2:22.49	350m: 3:21.47		29.37
	100m: 55.42	200m: 1:53.56	300m: 2:52.10	400m: 3:49.74		28.27
3.	Anders Lie	Danish Swimming Federation	3:50.88	9105AF	3:50.03	+0,81 A+
	50m: 26.94	150m: 1:24.57	250m: 2:22.42	350m: 3:21.09		29.44
	100m: 55.52	200m: 1:53.45	300m: 2:51.65	400m: 3:50.03		28.94
4.	Joost Reijns	E.ON-NZA	3:53.77	8702725	3:52.60	+0,82 B
	50m: 26.81	150m: 1:24.51	250m: 2:23.65	350m: 3:23.32		30.08
	100m: 55.32	200m: 1:54.15	300m: 2:53.24	400m: 3:52.60		29.28
5.	Patrick Janssen	Eiffel Swimmers PSV	3:54.44	9102817	3:55.52	+0,72 B
	50m: 26.89	150m: 1:25.28	250m: 2:24.44	350m: 3:25.15		30.65
	100m: 56.10	200m: 1:54.84	300m: 2:54.50	400m: 3:55.52		30.37
6.	Damien Cattin Vidal	Club des Vikings de Rouen	3:55.53	88vidal	3:56.47	+0,93 C
	50m: 27.65	150m: 1:26.91	250m: 2:26.65	350m: 3:26.78		30.26
	100m: 57.00	200m: 1:56.80	300m: 2:56.52	400m: 3:56.47		29.69
7.	Jak Scott	University of Stirling	3:52.92	30439	3:57.55	+0,77 B
	50m: 26.26	150m: 1:24.70	250m: 2:24.65	350m: 3:27.08		31.54
	100m: 55.39	200m: 1:54.30	300m: 2:55.54	400m: 3:57.55		30.47
8.	Daniel Cocking	City of Sheffield Swim Squad	3:57.52	24176	3:58.00	+0,81 C
	50m: 27.68	150m: 1:27.52	250m: 2:27.15	350m: 3:28.01		30.63
	100m: 57.52	200m: 1:57.40	300m: 2:57.38	400m: 3:58.00		29.99
9.	Thomas Sunter	City of Sheffield Swim Squad	4:00.61	25388	3:58.10	+0,84 B
	50m: 27.35	150m: 1:27.37	250m: 2:27.88	350m: 3:28.40		30.39
	100m: 57.27	200m: 1:57.63	300m: 2:58.01	400m: 3:58.10		29.70
10.	Bryan Mannaart	Eiffel Swimmers PSV	3:59.47	9103445	3:58.26	+0,81 B
	50m: 27.55	150m: 1:26.90	250m: 2:27.29	350m: 3:28.36		30.58
	100m: 56.93	200m: 1:57.16	300m: 2:57.78	400m: 3:58.26		29.90
11.	Dion Dreesens	Noord Limburg(SG)	4:01.11	9302189	3:58.53	+0,79 A
	50m: 27.31	150m: 1:27.69	250m: 2:28.02	350m: 3:28.72		30.48
	100m: 57.40	200m: 1:57.88	300m: 2:58.24	400m: 3:58.53		29.81
12.	Ferry Weertman	DWK	3:55.47	9201461	4:02.05	+0,86 C
	50m: 26.99	150m: 1:26.93	250m: 2:28.90	350m: 3:31.46		31.15
	100m: 56.44	200m: 1:57.73	300m: 3:00.31	400m: 4:02.05		30.59
13.	Erik Schröder	TriVia	4:04.49	8402025	4:03.03	+0,97 D
	50m: 27.64	150m: 1:28.82	250m: 2:30.94	350m: 3:32.95		31.01
	100m: 57.85	200m: 2:00.22	300m: 3:01.94	400m: 4:03.03		30.08
14.	Ricky Speed	City of Sheffield Swim Squad	4:05.19	27480	4:03.65	+0,87 C
	50m: 27.79	150m: 1:29.40	250m: 2:31.77	350m: 3:33.93		30.97
	100m: 58.38	200m: 2:00.69	300m: 3:02.96	400m: 4:03.65		29.72

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 1, Heren, 400m vrije slag, all-in

rang	naam	vereniging	intijd			tijd			RT	niv.
15.	Mark Moussa	AZ&PC	4:03.63			9002059			4:04.47	+0,94 D
	50m: 27.75	27.75	150m: 1:29.35	31.15	250m: 2:31.65	31.10	350m: 3:34.28	31.31		
	100m: 58.20	30.45	200m: 2:00.55	31.20	300m: 3:02.97	31.32	400m: 4:04.47	30.19		
16.	Dennis Eliveld	De Dolfijn	4:03.32			9202351			4:04.49	+0,85 C
	50m: 27.65	27.65	150m: 1:29.10	30.82	250m: 2:32.10	31.73	350m: 3:34.62	31.20		
	100m: 58.28	30.63	200m: 2:00.37	31.27	300m: 3:03.42	31.32	400m: 4:04.49	29.87		
17.	Tom Verbeek	Het Y	4:04.16			8803527			4:05.44	+0,86 D
	50m: 27.54	27.54	150m: 1:29.11	31.25	250m: 2:32.26	31.43	350m: 3:34.96	31.10		
	100m: 57.86	30.32	200m: 2:00.83	31.72	300m: 3:03.86	31.60	400m: 4:05.44	30.48		
18.	Bo Wullings	KNZB	4:03.95			8904251			4:06.24	+0,88 E
	50m: 28.00	28.00	150m: 1:29.23	31.01	250m: 2:32.42	31.77	350m: 3:35.76	31.61		
	100m: 58.22	30.22	200m: 2:00.65	31.42	300m: 3:04.15	31.73	400m: 4:06.24	30.48		
19.	Niek Pereboom	WVZ	4:12.24			9305395			4:06.69	+0,92 C
	50m: 27.43	27.43	150m: 1:30.06	31.84	250m: 2:34.13	32.08	350m: 3:37.74	31.48		
	100m: 58.22	30.79	200m: 2:02.05	31.99	300m: 3:06.26	32.13	400m: 4:06.69	28.95		
20.	Sebastiaan Rosendaal	MNC Dordrecht	4:05.45			9101947			4:08.03	+0,83 D
	50m: 27.86	27.86	150m: 1:29.72	31.01	250m: 2:32.77	31.43	350m: 3:36.88	32.27		
	100m: 58.71	30.85	200m: 2:01.34	31.62	300m: 3:04.61	31.84	400m: 4:08.03	31.15		
21.	Ewoud Potiek	DZ&PC	4:04.46			8902503			4:08.47	+0,84 E
	50m: 27.95	27.95	150m: 1:31.19	31.97	250m: 2:34.31	31.38	350m: 3:37.52	31.65		
	100m: 59.22	31.27	200m: 2:02.93	31.74	300m: 3:05.87	31.56	400m: 4:08.47	30.95		
22.	Jeroen Eggeraat	De Columbiaan	4:09.10			9202127			4:09.05	D
	50m: 28.27	28.27	150m: 1:31.16	31.35	250m: 2:33.37	31.08	350m: 3:36.73	32.27		
	100m: 59.81	31.54	200m: 2:02.29	31.13	300m: 3:04.46	31.09	400m: 4:09.05	32.32		
23.	Victor Poot	Vlaardingen	4:10.42			9203651			4:10.03	+0,78 D
	50m: 28.48	28.48	150m: 1:30.73	31.47	250m: 2:34.18	31.76	350m: 3:38.05	32.06		
	100m: 59.26	30.78	200m: 2:02.42	31.69	300m: 3:05.99	31.81	400m: 4:10.03	31.98		
24.	Giovanni den Ouden	De Devel	4:10.80			9300877			4:11.53	+0,81 D
	50m: 28.50	28.50	150m: 1:32.29	32.22	250m: 2:35.97	31.83	350m: 3:40.64	31.99		
	100m: 1:00.07	31.57	200m: 2:04.14	31.85	300m: 3:08.65	32.68	400m: 4:11.53	30.89		
25.	Sonny Corré	Luctor et Emergo	4:14.51			9303615			4:12.46	D
	50m: 29.25	29.25	150m: 1:32.74	32.23	250m: 2:36.56	31.89	350m: 3:40.85	32.28		
	100m: 1:00.51	31.26	200m: 2:04.67	31.93	300m: 3:08.57	32.01	400m: 4:12.46	31.61		
26.	Bart Dunweg	Vlaardingen	4:09.12			9301763			4:12.51	+0,75 D
	50m: 28.22	28.22	150m: 1:32.47	32.54	250m: 2:37.88	32.66	350m: 3:41.98	31.62		
	100m: 59.93	31.71	200m: 2:05.22	32.75	300m: 3:10.36	32.48	400m: 4:12.51	30.53		
27.	Boris Galjart	Vlaardingen	4:09.71			9201997			4:17.37	+0,71 E
	50m: 28.38	28.38	150m: 1:31.53	31.99	250m: 2:36.43	32.86	350m: 3:44.66	34.29		
	100m: 59.54	31.16	200m: 2:03.57	32.04	300m: 3:10.37	33.94	400m: 4:17.37	32.71		
28.	Bernd Kobesen	RTC-Drachten	4:10.30			9300981			4:18.83	+0,55 E
	50m: 28.24	28.24	150m: 1:32.24	32.73	250m: 2:38.37	33.32	350m: 3:45.89	33.94		
	100m: 59.51	31.27	200m: 2:05.05	32.81	300m: 3:11.95	33.58	400m: 4:18.83	32.94		
29.	Pim Kienhuis	De Dinkel	4:15.64			9300263			4:19.30	+0,93 E
	50m: 29.25	29.25	150m: 1:35.03	33.16	250m: 2:40.51	32.74	350m: 3:46.92	33.75		
	100m: 1:01.87	32.62	200m: 2:07.77	32.74	300m: 3:13.17	32.66	400m: 4:19.30	32.38		
30.	Paul Koster	DIO	4:16.11			9304465			4:19.70	+0,84 E
	50m: 29.31	29.31	150m: 1:34.59	32.94	250m: 2:40.84	33.04	350m: 3:46.99	33.30		
	100m: 1:01.65	32.34	200m: 2:07.80	33.21	300m: 3:13.69	32.85	400m: 4:19.70	32.71		
31.	Wouter Kaman	Aquarijn	4:21.20			9300241			4:20.05	+0,89 E
	50m: 29.71	29.71	150m: 1:35.60	33.43	250m: 2:41.20	32.12	350m: 3:46.25	32.67		
	100m: 1:02.17	32.46	200m: 2:09.08	33.48	300m: 3:13.58	32.38	400m: 4:20.05	33.80		
32.	Daniel Langerveld	De Fuut	4:12.48			9302989			4:20.70	+0,91 E
	50m: 28.50	28.50	150m: 1:33.30	32.96	250m: 2:39.10	32.80	350m: 3:47.65	34.26		
	100m: 1:00.34	31.84	200m: 2:06.30	33.00	300m: 3:13.39	34.29	400m: 4:20.70	33.05		
33.	Thomas van Mierlo	Eiffel Swimmers PSV	4:19.66			9300353			4:21.28	+0,83 E
	50m: 29.56	29.56	150m: 1:36.45	33.83	250m: 2:43.75	33.79	350m: 3:51.21	33.27		
	100m: 1:02.62	33.06	200m: 2:09.96	33.51	300m: 3:17.94	34.19	400m: 4:21.28	30.07		
34.	Robin Bos	DWK	4:17.48			9302265			4:21.57	+0,93 E
	50m: 29.14	29.14	150m: 1:35.76	33.59	250m: 2:42.84	33.43	350m: 3:49.47	32.90		
	100m: 1:02.17	33.03	200m: 2:09.41	33.65	300m: 3:16.57	33.73	400m: 4:21.57	32.10		
35.	Sander Ariaansz	Zwemvereniging Utrecht	4:19.22			9302053			4:25.64	+0,88
	50m: 29.31	29.31	150m: 1:35.47	33.58	250m: 2:43.85	34.14	350m: 3:52.45	34.10		
	100m: 1:01.89	32.58	200m: 2:09.71	34.24	300m: 3:18.35	34.50	400m: 4:25.64	33.19		
36.	Miguel Correia	Zeester Meerval	4:21.02			9300103			4:26.54	
	50m: 30.40	30.40	150m: 1:37.70	34.24	250m: 2:45.67	33.72	350m: 3:53.32	33.96		
	100m: 1:03.46	33.06	200m: 2:11.95	34.25	300m: 3:19.36	33.69	400m: 4:26.54	33.22		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 1, Heren, 400m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
37.	Frans Slaats	Eiffel Swimmers PSV	4:19.13	9300461	4:26.99	+0,83
	50m: 29.66	150m: 1:36.72	250m: 2:44.97	350m: 3:53.11		34.31
	100m: 1:02.96	200m: 2:11.25	300m: 3:18.80	400m: 4:26.99		33.88
38.	Remy Naporowski	WZ&PC Purmerend	4:19.32	9303065	4:29.85	+1,01
	50m: 30.07	150m: 1:37.86	250m: 2:47.54	350m: 3:55.90		34.19
	100m: 1:03.23	200m: 2:12.68	300m: 3:21.71	400m: 4:29.85		33.95
NG	Arjen van der Meulen	Eiffel Swimmers PSV	3:42.91	8702223		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Programmanr. 2
18.12.2009 - 9:21

Meisjes, 400m vrije slag

Jeugd 1 en 2
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15.11.2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07.12.2008

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Marjolein Delno	De Rijn	4:33.68	9400024	4:27.11	+0,97 C
	50m: 29.67	150m: 1:36.22	250m: 2:45.74	350m: 3:54.76		34.04
	100m: 1:02.50	200m: 2:10.80	300m: 3:20.72	400m: 4:27.11		32.35
2.	Rosanne Schoonbeek	TriVia	4:30.19	9402692	4:35.33	+1,00 D
	50m: 30.47	150m: 1:38.77	250m: 2:49.17	350m: 4:00.71		35.86
	100m: 1:04.18	200m: 2:13.84	300m: 3:24.85	400m: 4:35.33		34.62
3.	Jovanna Koens	Eiffel Swimmers PSV	4:34.54	9505652	4:35.82	+0,83 C
	50m: 31.77	150m: 1:41.01	250m: 2:51.52	350m: 4:02.08		34.93
	100m: 1:06.26	200m: 2:16.62	300m: 3:27.15	400m: 4:35.82		33.74
4.	Leonie Oude Elferink	Zignea	4:34.95	9401826	4:36.90	* +1,08 D
	50m: 32.03	150m: 1:41.85	250m: 2:52.61	350m: 4:02.85		34.94
	100m: 1:06.55	200m: 2:17.36	300m: 3:27.91	400m: 4:36.90		34.05
5.	Rachelle Visser	AZ&PC	4:30.60	9500106	4:39.55	+1,01 D
	50m: 31.71	150m: 1:41.84	250m: 2:53.33	350m: 4:04.87		35.55
	100m: 1:06.55	200m: 2:17.66	300m: 3:29.32	400m: 4:39.55		34.68
6.	Kelly Wigleven	Poseidon'56	4:40.58	9500058	4:40.74	+1,08 D
	50m: 31.52	150m: 1:40.90	250m: 2:52.53	350m: 4:05.50		36.45
	100m: 1:05.65	200m: 2:16.50	300m: 3:29.05	400m: 4:40.74		35.24
7.	Carien van der Schaaf	De Dinkel	4:34.09	9500168	4:41.17	+0,93 D
	50m: 30.76	150m: 1:40.22	250m: 2:52.48	350m: 4:05.54		36.45
	100m: 1:04.87	200m: 2:16.01	300m: 3:29.09	400m: 4:41.17		35.63
8.	Jessie Smeding	Orca	4:40.51	9504528	4:48.63	+0,86 E
	50m: 30.97	150m: 1:41.51	250m: 2:56.61	350m: 4:11.76		37.68
	100m: 1:05.35	200m: 2:18.74	300m: 3:34.08	400m: 4:48.63		36.87
9.	Shireen Post	AZ&PC	4:36.13	9503286	4:49.78	+0,68 E
	50m: 32.46	150m: 1:45.19	250m: 2:58.87	350m: 4:13.38		37.39
	100m: 1:08.48	200m: 2:21.91	300m: 3:35.99	400m: 4:49.78		36.40
NG.ZA	Yvonne Verbeek	WZ&PC Purmerend	4:38.13	9402788		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 2, Dames, 400m vrije slag

Programmanr. 2 Dames, 400m vrije slag
18.12.2009 - 9:21 all-in
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15.11.2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07.12.2008

rang	naam	vereniging	intijd		tijd		RT	niv.
1.	Rieneke Terink <i>Kampioenschaps Record</i>	AZ&PC	4:03.47		8402424		4:04.35	+0,83 A+
	50m: 28.33	28.33	150m: 1:29.99	31.02	250m: 2:32.21	30.98	350m: 3:34.10	30.93
	100m: 58.97	30.64	200m: 2:01.23	31.24	300m: 3:03.17	30.96	400m: 4:04.35	30.25
2.	Sharon van Rouwendaal	Eiffel Swimmers PSV	4:08.29		9307422		4:12.30	+0,83 A+
	50m: 29.60	29.60	150m: 1:33.00	31.86	250m: 2:36.77	31.67	350m: 3:40.57	31.90
	100m: 1:01.14	31.54	200m: 2:05.10	32.10	300m: 3:08.67	31.90	400m: 4:12.30	31.73
3.	Trine Gudnitz	Danish Swimming Federation	4:12.99		8728AA		4:14.79	+0,79 A
	50m: 30.13	30.13	150m: 1:34.11	31.99	250m: 2:38.77	32.48	350m: 3:43.32	32.16
	100m: 1:02.12	31.99	200m: 2:06.29	32.18	300m: 3:11.16	32.39	400m: 4:14.79	31.47
4.	Lucy Ellis	University of Stirling	4:23.81		36779		4:15.33 *	+0,82 A+
	50m: 30.02	30.02	150m: 1:34.89	32.41	250m: 2:38.81	31.96	350m: 3:43.38	32.51
	100m: 1:02.48	32.46	200m: 2:06.85	31.96	300m: 3:10.87	32.06	400m: 4:15.33	31.95
5.	Saskia de Jonge	E.ON-NZA	4:17.27		8601826		4:16.00	+0,82 B
	50m: 29.52	29.52	150m: 1:34.27	32.53	250m: 2:38.23	31.93	350m: 3:43.11	32.67
	100m: 1:01.74	32.22	200m: 2:06.30	32.03	300m: 3:10.44	32.21	400m: 4:16.00	32.89
6.	Marieke Nijhuis	OZ&PC	4:15.57		9201296		4:16.07	+0,96 A
	50m: 29.49	29.49	150m: 1:33.65	32.34	250m: 2:39.10	32.80	350m: 3:44.38	32.53
	100m: 1:01.31	31.82	200m: 2:06.30	32.65	300m: 3:11.85	32.75	400m: 4:16.07	31.69
7.	Eleanor Faulkner	City of Sheffield Swim Squad	4:11.92		42774		4:16.52	+0,86 A+
	50m: 29.55	29.55	150m: 1:34.26	32.57	250m: 2:39.67	32.50	350m: 3:44.53	32.45
	100m: 1:01.69	32.14	200m: 2:07.17	32.91	300m: 3:12.08	32.41	400m: 4:16.52	31.99
8.	Andrea Kneppers	Zwemvereniging Hoon	4:16.44		9302216		4:16.80	+0,95 A
	50m: 30.24	30.24	150m: 1:35.92	32.80	250m: 2:40.61	32.04	350m: 3:44.81	32.21
	100m: 1:03.12	32.88	200m: 2:08.57	32.65	300m: 3:12.60	31.99	400m: 4:16.80	31.99
9.	Randi Nielsen	Danish Swimming Federation	4:21.83		8948AC		4:19.14	+0,85 B
	50m: 29.69	29.69	150m: 1:34.38	32.63	250m: 2:39.62	32.68	350m: 3:46.14	33.44
	100m: 1:01.75	32.06	200m: 2:06.94	32.56	300m: 3:12.70	33.08	400m: 4:19.14	33.00
10.	Helen McRoberts	City of Sheffield Swim Squad	4:13.63		28274		4:20.60	+0,78 B
	50m: 30.58	30.58	150m: 1:35.55	32.74	250m: 2:41.12	32.89	350m: 3:47.67	33.44
	100m: 1:02.81	32.23	200m: 2:08.23	32.68	300m: 3:14.23	33.11	400m: 4:20.60	32.93
11.	Roxanne Linders	Eiffel Swimmers PSV	4:28.83		9204230		4:22.81	+0,93 C
	50m: 30.27	30.27	150m: 1:36.19	33.02	250m: 2:42.70	33.44	350m: 3:49.98	33.65
	100m: 1:03.17	32.90	200m: 2:09.26	33.07	300m: 3:16.33	33.63	400m: 4:22.81	32.83
12.	Marion van den Berg	DWK	4:19.46		8600272		4:22.93	+1,00 C
	50m: 29.77	29.77	150m: 1:35.38	33.17	250m: 2:42.56	33.62	350m: 3:49.70	33.41
	100m: 1:02.21	32.44	200m: 2:08.94	33.56	300m: 3:16.29	33.73	400m: 4:22.93	33.23
13.	Aynsley Heseltine	City of Sheffield Swim Squad	4:17.16		25745		4:22.96	+0,79 C
	50m: 29.94	29.94	150m: 1:35.18	33.02	250m: 2:42.02	33.52	350m: 3:49.60	33.80
	100m: 1:02.16	32.22	200m: 2:08.50	33.32	300m: 3:15.80	33.78	400m: 4:22.96	33.36
14.	Pernille Jalsøe	Danish Swimming Federation	4:16.60		9372AA		4:23.59	+0,93 B
	50m: 30.39	30.39	150m: 1:35.76	32.87	250m: 2:42.49	33.13	350m: 3:50.30	34.05
	100m: 1:02.89	32.50	200m: 2:09.36	33.60	300m: 3:16.25	33.76	400m: 4:23.59	33.29
15.	Malissa van der Horst	Zwemlust den Hommel	4:27.26		9200810		4:24.92	+0,95 C
	50m: 29.37	29.37	150m: 1:35.55	33.35	250m: 2:43.22	33.99	350m: 3:52.11	34.37
	100m: 1:02.20	32.83	200m: 2:09.23	33.68	300m: 3:17.74	34.52	400m: 4:24.92	32.81
16.	Marjolein Delno	De Rijn	4:33.68		9400024		4:27.11	+0,97 C
	50m: 29.67	29.67	150m: 1:36.22	33.72	250m: 2:45.74	34.94	350m: 3:54.76	34.04
	100m: 1:02.50	32.83	200m: 2:10.80	34.58	300m: 3:20.72	34.98	400m: 4:27.11	32.35
17.	Chantal Senden	ZC Valkenburg	4:34.65		9300698		4:28.08	+0,86 C
	50m: 29.12	29.12	150m: 1:36.04	34.01	250m: 2:45.25	34.78	350m: 3:54.89	34.68
	100m: 1:02.03	32.91	200m: 2:10.47	34.43	300m: 3:20.21	34.96	400m: 4:28.08	33.19
18.	Pauline van Dam	Eiffel Swimmers PSV	4:30.73		9304422		4:30.75	+0,92 D
	50m: 31.38	31.38	150m: 1:38.71	33.71	250m: 2:46.99	34.42	350m: 3:57.25	34.89
	100m: 1:05.00	33.62	200m: 2:12.57	33.86	300m: 3:22.36	35.37	400m: 4:30.75	33.50
19.	Marcha Admiraal	De Biesboschwemmers	4:27.01		9300012		4:31.56	+0,87 D
	50m: 30.37	30.37	150m: 1:37.43	33.86	250m: 2:46.61	34.48	350m: 3:56.88	35.24
	100m: 1:03.57	33.20	200m: 2:12.13	34.70	300m: 3:21.64	35.03	400m: 4:31.56	34.68

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
20.	Leonie van Noort	De Zijl/LGB	4:31.71	9301752	4:33.57	+0,73 D
	50m: 31.01	31.01	150m: 1:40.32	34.74	250m: 2:49.88	34.65
	100m: 1:05.58	34.57	200m: 2:15.23	34.91	300m: 3:24.82	34.94
					350m: 3:59.65	34.83
					400m: 4:33.57	33.92
21.	Evelien Sohl	Het Y	4:30.97	8603346	4:33.74	+1,01 E
	50m: 31.29	31.29	150m: 1:39.56	34.36	250m: 2:49.24	34.88
	100m: 1:05.20	33.91	200m: 2:14.36	34.80	300m: 3:24.22	34.98
					350m: 3:59.41	35.19
					400m: 4:33.74	34.33
22.	Lotte Wilms	AZ&PC	4:25.98	8402770	4:35.00	+0,95 E
	50m: 30.70	30.70	150m: 1:39.07	34.43	250m: 2:48.85	34.95
	100m: 1:04.64	33.94	200m: 2:13.90	34.83	300m: 3:24.30	35.45
					350m: 3:59.81	35.51
					400m: 4:35.00	35.19
23.	Rosanne Schoonbeek	TriVia	4:30.19	9402692	4:35.33	+1,00 D
	50m: 30.47	30.47	150m: 1:38.77	34.59	250m: 2:49.17	35.33
	100m: 1:04.18	33.71	200m: 2:13.84	35.07	300m: 3:24.85	35.68
					350m: 4:00.71	35.86
					400m: 4:35.33	34.62
24.	Jovanna Koens	Eiffel Swimmers PSV	4:34.54	9505652	4:35.82	+0,83 C
	50m: 31.77	31.77	150m: 1:41.01	34.75	250m: 2:51.52	34.90
	100m: 1:06.26	34.49	200m: 2:16.62	35.61	300m: 3:27.15	35.63
					350m: 4:02.08	34.93
					400m: 4:35.82	33.74
25.	Leonie Oude Elferink	Zignea	4:34.95	9401826	4:36.90 *	+1,08 D
	50m: 32.03	32.03	150m: 1:41.85	35.30	250m: 2:52.61	35.25
	100m: 1:06.55	34.52	200m: 2:17.36	35.51	300m: 3:27.91	35.30
					350m: 4:02.85	34.94
					400m: 4:36.90	34.05
26.	Iris Pijtak	AZ&PC	4:35.78	9300602	4:37.67	+1,00 E
	50m: 32.00	32.00	150m: 1:41.34	35.04	250m: 2:52.17	35.38
	100m: 1:06.30	34.30	200m: 2:16.79	35.45	300m: 3:27.86	35.69
					350m: 4:03.28	35.42
					400m: 4:37.67	34.39
27.	Bianca de Bruijn	De Devel	4:31.75	8400390	4:38.61	+0,98 E
	50m: 31.52	31.52	150m: 1:40.42	34.81	250m: 2:51.17	35.41
	100m: 1:05.61	34.09	200m: 2:15.76	35.34	300m: 3:26.97	35.80
					350m: 4:03.03	36.06
					400m: 4:38.61	35.58
28.	Rachelle Visser	AZ&PC	4:30.60	9500106	4:39.55	+1,01 D
	50m: 31.71	31.71	150m: 1:41.84	35.29	250m: 2:53.33	35.67
	100m: 1:06.55	34.84	200m: 2:17.66	35.82	300m: 3:29.32	35.99
					350m: 4:04.87	35.55
					400m: 4:39.55	34.68
29.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:31.55	9304922	4:40.00	+0,85 E
	50m: 31.74	31.74	150m: 1:40.67	34.63	250m: 2:51.46	35.42
	100m: 1:06.04	34.30	200m: 2:16.04	35.37	300m: 3:27.88	36.42
					350m: 4:04.50	36.62
					400m: 4:40.00	35.50
30.	Kelly Wigleven	Poseidon'56	4:40.58	9500058	4:40.74	+1,08 D
	50m: 31.52	31.52	150m: 1:40.90	35.25	250m: 2:52.53	36.03
	100m: 1:05.65	34.13	200m: 2:16.50	35.60	300m: 3:29.05	36.52
					350m: 4:05.50	36.45
					400m: 4:40.74	35.24
31.	Carien van der Schaaf	De Dinkel	4:34.09	9500168	4:41.17	+0,93 D
	50m: 30.76	30.76	150m: 1:40.22	35.35	250m: 2:52.48	36.47
	100m: 1:04.87	34.11	200m: 2:16.01	35.79	300m: 3:29.09	36.61
					350m: 4:05.54	36.45
					400m: 4:41.17	35.63
32.	Jamie de Jong	De Dolfijn	4:35.22	9300898	4:42.12	E
	50m: 30.73	30.73	150m: 1:41.30	35.75	250m: 2:54.03	36.23
	100m: 1:05.55	34.82	200m: 2:17.80	36.50	300m: 3:30.34	36.31
					350m: 4:06.97	36.63
					400m: 4:42.12	35.15
33.	Jessie Smeding	Orca	4:40.51	9504528	4:48.63	+0,86 E
	50m: 30.97	30.97	150m: 1:41.51	36.16	250m: 2:56.61	37.87
	100m: 1:05.35	34.38	200m: 2:18.74	37.23	300m: 3:34.08	37.47
					350m: 4:11.76	37.68
					400m: 4:48.63	36.87
34.	Shireen Post	AZ&PC	4:36.13	9503286	4:49.78	+0,68 E
	50m: 32.46	32.46	150m: 1:45.19	36.71	250m: 2:58.87	36.96
	100m: 1:08.48	36.02	200m: 2:21.91	36.72	300m: 3:35.99	37.12
					350m: 4:13.38	37.39
					400m: 4:49.78	36.40
NG.ZA	Yvonne Verbeek	WZ&PC Purmerend	4:38.13	9402788		
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 3 Jongens, 200m rugslag Jeugd 1 en 2
18.12.2009 - 9:43 Resultaten Voorrunde

Wereld Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15.11.2009
Europees Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	1:53.74	Nick Driebergen	Amsterdam	19.12.2008
Nederlands Record Jeugd	1:58.81	Klaas Erik Zwering	Den Bosch	18.12.1998

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Arvid Munsters	Eiffel Swimmers PSV	2:03.92 9203625	2:03.52	B	A		28.35	59.64	1:31.50	2:03.52
2. Mike Marissen	AZ&PC	2:04.32 9202187	2:06.33	C	B		30.11	1:01.81	1:34.87	2:06.33
3. Mitch Notten	ZC Valkenburg	2:08.11 9202505	2:06.65	C	B		29.65	1:01.42	1:34.06	2:06.65
4. Joost Groeneveld	VZC-E&P	2:08.85 9200409	2:07.23	D	B		28.97	1:01.02	1:34.02	2:07.23
5. Ruben Dekker	De Dolfijn	2:09.38 9300627	2:07.30	C	B		29.87	1:02.20	1:35.28	2:07.30
6. Sven Kardol	Nuenen	2:10.69 9302135	2:08.35	D	B		30.52	1:03.08	1:35.89	2:08.35
7. Philippe Rivard	E.ON-NZA	2:08.74 9301209	2:10.25	D	B		29.86	1:02.40	1:36.21	2:10.25
8. Timo Dinkelberg	Vlaardingen	2:08.49 9300773	2:13.11	E	R		30.38	1:04.15	1:39.21	2:13.11
9. Bart Arendshorst	De Veene	2:15.04 9300005	2:13.51	E	R		30.46	1:03.62	1:38.51	2:13.51
10. Miguel Correia	Zeester Meerval	2:15.38 9300103	2:19.87				31.64	1:06.53	1:43.09	2:19.87

Programmanr. 3 Heren, 200m rugslag all-in
18.12.2009 - 9:43 Resultaten Voorrunde

Wereld Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15.11.2009
Europees Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	1:53.74	Nick Driebergen	Amsterdam	19.12.2008
Nederlands Record Jeugd	1:58.81	Klaas Erik Zwering	Den Bosch	18.12.1998

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Nick Driebergen	E.ON-NZA	1:53.74 8700793	1:57.87	A	A		27.14	56.19	1:26.78	1:57.87
2. Joey de Ruiter	Eiffel Swimmers PSV	2:06.35 9101971	2:01.70	B	A		28.99	1:00.84	1:31.61	2:01.70
3. Jamie Smithers	Ealing Swimming Club	2:04.88 3737	2:02.30	C	A		28.51	58.80	1:30.13	2:02.30
4. Henk van Niejenhuis	De Dolfijn	2:01.31 8905063	2:03.48	D	A		29.24	1:00.45	1:32.14	2:03.48
5. Arvid Munsters	Eiffel Swimmers PSV	2:03.92 9203625	2:03.52	B	A		28.35	59.64	1:31.50	2:03.52
6. Andrew Shepherd	City of Sheffield Swim Squad	2:05.34 2837	2:03.77	D	A		28.47	59.11	1:31.00	2:03.77
7. Rense Loohuis	De Dinkel	2:06.67 9101477	2:05.37	D	A		29.90	1:02.05	1:33.54	2:05.37
8. Raymond van de Merwe	WVZ	2:02.75 8602077	2:06.07	E	A		29.54	1:01.07	1:33.65	2:06.07
9. Mike Marissen	AZ&PC	2:04.32 9202187	2:06.33	C	B		30.11	1:01.81	1:34.87	2:06.33
10. Mitch Notten	ZC Valkenburg	2:08.11 9202505	2:06.65	C	B		29.65	1:01.42	1:34.06	2:06.65
11. Kyle Barrett	Ealing Swimming Club	2:05.48 24108	2:06.79	D	B		29.22	1:00.57	1:33.18	2:06.79
12. Joost Groeneveld	VZC-E&P	2:08.85 9200409	2:07.23	D	B		28.97	1:01.02	1:34.02	2:07.23
13. Ruben Dekker	De Dolfijn	2:09.38 9300627	2:07.30	C	B		29.87	1:02.20	1:35.28	2:07.30
14. Sven Kardol	Nuenen	2:10.69 9302135	2:08.35	D	B		30.52	1:03.08	1:35.89	2:08.35
15. Erik Hagting	DZ&PC	2:05.63 9100829	2:09.03	E	B		30.48	1:02.74	1:35.62	2:09.03
16. Philippe Rivard	E.ON-NZA	2:08.74 9301209	2:10.25	D	B		29.86	1:02.40	1:36.21	2:10.25
17. Timo Dinkelberg	Vlaardingen	2:08.49 9300773	2:13.11	E	R		30.38	1:04.15	1:39.21	2:13.11
18. Bart Arendshorst	De Veene	2:15.04 9300005	2:13.51	E	R		30.46	1:03.62	1:38.51	2:13.51
19. Miguel Correia	Zeester Meerval	2:15.38 9300103	2:19.87				31.64	1:06.53	1:43.09	2:19.87

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 4 Meisjes, 200m rugslag Jeugd 1 en 2
18.12.2009 - 9:53 Resultaten Voorrunde

Wereld Record	2:00.18	Shiho Sakai	Berlijn (GER)	14.11.2009
Europees Record	2:01.48	Elisabeth Simmonds	Singapore (SIN)	21.11.2009
Nederlands Record Senioren	2:06.62	Femke Heemskerk	Amsterdam	19.12.2008
Nederlands Record Jeugd	2:10.77	Naomi van der Woerd	Palma de Mallorca (ESP)	29.02.1992

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Annemarie Worst	Octopus	2:18.39	9500042	2:15.64	A+	A	32.25	1:06.23	1:41.60	2:15.64
2. Kira Toussaint	E.ON-NZA	2:14.54	9400990	2:16.07	A+	A	31.78	1:05.99	1:41.58	2:16.07
3. Monique van der Struik	RTC-Drachten	2:21.91	9502502	2:19.15	A	B	32.91	1:08.24	1:43.80	2:19.15
4. Michelle Verouden	Eiffel Swimmers PSV	2:22.45	9400150	2:22.04	C		33.90	1:09.26	1:45.18	2:22.04
5. Dian Kortleve	Wiekslag	2:23.81	9402132	2:25.12	D		34.50	1:10.48	1:48.00	2:25.12
6. Jakonien Koster	ZPC Bikkel Hoogeveen	2:24.03	9400068	2:25.39	D		33.91	1:10.25	1:47.73	2:25.39
7. Michelle de Bruijn	TRB-RES	2:29.79	9503090	2:25.76	D		33.24	1:10.49	1:48.50	2:25.76
8. Jaimy Lee Taskin	Noordwijkerhout	2:23.55	9403364	2:25.97	D		34.16	1:11.34	1:48.85	2:25.97
9. Dané Mulder	Aquarijn	2:20.99	9400084	2:26.06	D		33.36	1:10.00	1:47.73	2:26.06
10. Tania Jacobs	De Columbiaan	2:26.25	9400864	2:26.19	D		34.41	1:11.45	1:49.24	2:26.19
11. Claire de Winter	AZ&PC	2:26.13	9406050	2:27.35	E		33.99	1:11.29	1:49.20	2:27.35
12. Maartje de Wit	WVZ	2:27.74	9502362	2:27.71	D		34.30	1:11.35	1:49.91	2:27.71
13. Jessica Taylor	City of Sheffield Swim Squad	2:22.14	56782	2:28.32	E		34.21	1:11.36	1:50.01	2:28.32
14. Cynthia van Beusekom	TriVia	2:23.18	9500134	2:29.11 *	E		33.29	1:10.91	1:49.93	2:29.11
15. Myrthe Sijtsema	HZ&PC Heerenveen	2:27.80	9502706	2:32.87	E		34.31	1:12.09	1:52.07	2:32.87
16. Carmen Nijenhuis	Livo	2:31.09	9500374	2:33.77	E		34.32	1:13.06	1:53.71	2:33.77

Programmanr. 4 Dames, 200m rugslag all-in
18.12.2009 - 9:53 Resultaten Voorrunde

Wereld Record	2:00.18	Shiho Sakai	Berlijn (GER)	14.11.2009
Europees Record	2:01.48	Elisabeth Simmonds	Singapore (SIN)	21.11.2009
Nederlands Record Senioren	2:06.62	Femke Heemskerk	Amsterdam	19.12.2008
Nederlands Record Jeugd	2:10.77	Naomi van der Woerd	Palma de Mallorca (ESP)	29.02.1992

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Wendy vd Zanden	Eiffel Swimmers PSV	2:07.67	8805004	2:09.57	A+	A	30.54	1:02.97	1:35.96	2:09.57
2. Ekaterina Avramova	Ealing Swimming Club	2:09.59	758483	2:11.14	A+	A	31.50	1:04.94	1:37.90	2:11.14
3. Annemarie Worst	Octopus	2:18.39	9500042	2:15.64	A+	A	32.25	1:06.23	1:41.60	2:15.64
4. Kimberley Albers	Eiffel Swimmers PSV	2:12.88	9204102	2:15.98	B	A	31.67	1:05.21	1:40.27	2:15.98
5. Kira Toussaint	E.ON-NZA	2:14.54	9400990	2:16.07	A+	A	31.78	1:05.99	1:41.58	2:16.07
6. Evy Witlox	E.ON-NZA	2:18.58	8804946	2:17.29	D	A	31.64	1:06.50	1:41.88	2:17.29
7. Marina Ribí	Swiss Swimming Federation	2:20.60	1036	2:17.40	D	A	33.17	1:07.74	1:42.46	2:17.40
8. Lauren Turner	Ealing Swimming Club	2:13.12	36667	2:17.99	B	A	32.48	1:06.85	1:42.18	2:17.99
9. Willemijn Knot	De Dolfijn	2:18.23	9002010	2:18.44	D	B	32.03	1:07.33	1:43.01	2:18.44
10. Mariët Koster	ZPC Bikkel Hoogeveen	2:13.95	8301162	2:18.50	D	B	32.02	1:06.61	1:42.70	2:18.50
11. Judith Stap	De Stormvogel	2:17.59	9302702	2:18.76	C	B	31.59	1:06.84	1:43.35	2:18.76
12. Monique van der Struik	RTC-Drachten	2:21.91	9502502	2:19.15	A	B	32.91	1:08.24	1:43.80	2:19.15
13. Danielle Villars	Swiss Swimming Federation	2:16.51	14972	2:19.94	C	B	32.29	1:06.95	1:43.01	2:19.94
14. Anja van der Hout	De Dolfijn	2:18.01	9001598	2:19.97	D	B	32.02	1:07.46	1:43.54	2:19.97
15. Daniëlle Middel	ZPC Bikkel Hoogeveen	2:23.39	9301280	2:20.22	C	B	32.61	1:07.51	1:43.65	2:20.22
16. Marion van den Berg	DWK	2:17.21	8600272	2:20.56	E	B	33.47	1:08.64	1:44.80	2:20.56
17. Judith van Meijel	HZPC	2:20.94	9102076	2:20.57 *	D	R	32.26	1:07.45	1:43.72	2:20.57
18. Wendan Poelstra	Orca	2:20.66	9102496	2:21.59	E	R	32.64	1:07.86	1:44.57	2:21.59
19. Miranda Nijenhuis	E.ON-NZA	2:14.31	9204076	2:21.79	D		32.54	1:08.51	1:45.03	2:21.79
20. Michelle Verouden	Eiffel Swimmers PSV	2:22.45	9400150	2:22.04	C		33.90	1:09.26	1:45.18	2:22.04
21. Milou Julicher	Wiekslag	2:20.90	9301320	2:22.30	D		33.49	1:09.04	1:45.39	2:22.30
22. Laura Huggon	City of Sheffield Swim Squad	2:21.05	36333	2:24.04	E		33.12	1:08.92	1:46.20	2:24.04
23. Mette Pedersen	Danish Swimming Federation	2:21.96	9364AJ	2:24.31	E		32.70	1:08.16	1:46.14	2:24.31
24. Naomi Julicher	Wiekslag	2:21.11	9202606	2:24.49	E		33.59	1:09.62	1:47.02	2:24.49
25. Dian Kortleve	Wiekslag	2:23.81	9402132	2:25.12	D		34.50	1:10.48	1:48.00	2:25.12
26. Jakonien Koster	ZPC Bikkel Hoogeveen	2:24.03	9400068	2:25.39	D		33.91	1:10.25	1:47.73	2:25.39
27. Michelle de Bruijn	TRB-RES	2:29.79	9503090	2:25.76	D		33.24	1:10.49	1:48.50	2:25.76
28. Jaimy Lee Taskin	Noordwijkerhout	2:23.55	9403364	2:25.97	D		34.16	1:11.34	1:48.85	2:25.97
29. Dané Mulder	Aquarijn	2:20.99	9400084	2:26.06	D		33.36	1:10.00	1:47.73	2:26.06
30. Mariëlle ter Stege	ZPC Bikkel Hoogeveen	2:20.67	9102974	2:26.07	E		33.39	1:09.22	1:47.13	2:26.07
31. Tania Jacobs	De Columbiaan	2:26.25	9400864	2:26.19	D		34.41	1:11.45	1:49.24	2:26.19
32. Claire de Winter	AZ&PC	2:26.13	9406050	2:27.35	E		33.99	1:11.29	1:49.20	2:27.35

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 4, Dames, 200m rugslag, Voorronde, all-in

rang naam	vereniging	inschrijftijd	tijd	RT	niv. finale	50m	100m	150m	200m
33. Maartje de Wit	WVZ	2:27.74 9502362	2:27.71		D	34.30	1:11.35	1:49.91	2:27.71
34. Jessica Taylor	City of Sheffield Swim Squad	2:22.14 56782	2:28.32		E	34.21	1:11.36	1:50.01	2:28.32
35. Cynthia van Beusekom	TriVia	2:23.18 9500134	2:29.11 *		E	33.29	1:10.91	1:49.93	2:29.11
36. Kiki Klerks	Vlaardingen	2:24.00 9301764	2:29.61		E	33.67	1:10.47	1:50.00	2:29.61
37. Myrthe Sijtsema	HZ&PC Heerenveen	2:27.80 9502706	2:32.87		E	34.31	1:12.09	1:52.07	2:32.87
38. Carmen Nijenhuis	Livo	2:31.09 9500374	2:33.77		E	34.32	1:13.06	1:53.71	2:33.77

Programmanr. 5
18.12.2009 - 10:10

Jongens, 100m schoolslag

Jeugd 1 en 2
Resultaten Voorronde

Wereld Record	55.61	Cameron van den Burgh	Berlijn (GER)	15.11.2009
Europees Record	56.29	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	56.29	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	1:02.34	Lennart Stekelenburg	Eindhoven	20.12.2002

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
1. Roy Smeenge	TriVia	1:02.87 9305557	1:02.52	+0,78	A+	A	29.68	1:02.52
2. Gavin v/d. Werf	RTC-Drachten	1:04.02 9302971	1:04.20	+0,80	B	B	30.51	1:04.20
3. Kasper v. Dijk	Noord Limburg(SG)	1:05.21 9200249	1:04.91	+0,71	C		30.12	1:04.91
4. Jordy Zuidhoek	De Columbiaan	1:05.73 9201569	1:05.74	+0,72	D		30.88	1:05.74
5. Robert Rohaan	Oceanus	1:06.24 9203679	1:05.78	+0,85	D		31.14	1:05.78
6. Ruud van Heerbeek	Nuenen	1:08.10 9301769	1:06.52	+0,61	D		31.50	1:06.52
7. Melako Coker	Ealing Swimming Club	1:09.36 049544	1:06.94	+0,80	D		31.71	1:06.94
8. Roald Blok	Octopus	1:09.08 9302685	1:07.11	+0,89	D		31.50	1:07.11
9. Bjorn de Jonge	Hellas-Glana	1:06.54 9206767	1:07.14	+0,92	E		30.89	1:07.14
Jordan Kraaijenhof	AZ&PC	1:06.99 9301111	1:07.14	+0,91	D		31.75	1:07.14
11. Jeffrey Appel	WZ&PC Purmerend	1:06.86 9200027	1:07.24	+0,67	E		31.79	1:07.24
12. Kasper Leeuw	De Dinkel	1:07.78 9304435	1:07.29	+0,96	D		32.16	1:07.29
13. Peter Paul Houtkamp	ZPC Bikkell Hoogeveen	1:06.44 9300651	1:07.39	+0,80	D		30.98	1:07.39
14. Jonathan Cassuto	De Columbiaan	1:09.29 9300729	1:07.80	+0,74	E		31.91	1:07.80
15. Simon Edenburg	Luctor et Emergo	1:05.47 9301567	1:09.10	+0,79	E		32.46	1:09.10
16. Coen de Bruijn	Hieronymus	1:06.74 9205151	1:09.59	+0,78	E		31.72	1:09.59
17. Julian Diaz	Zwemvereniging Utrecht	1:05.56 9200241	1:09.69	+0,81	E		32.31	1:09.69
18. Jan Batstra	Het Y	1:10.26 9302737	1:10.45	+0,86	E		33.01	1:10.45
19. Gijs van der Gugten	De Fuut	1:08.30 9302991	1:12.93	+0,94			34.90	1:12.93

Programmanr. 5
18.12.2009 - 10:10

Heren, 100m schoolslag

all-in
Resultaten Voorronde

Wereld Record	55.61	Cameron van den Burgh	Berlijn (GER)	15.11.2009
Europees Record	56.29	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	56.29	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	1:02.34	Lennart Stekelenburg	Eindhoven	20.12.2002

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
1. Douglas Scott	University of Stirling	1:01.86 29664	1:01.95	+0,71	A	A	29.04	1:01.95
2. Robin van Aggele	AZ&PC	58.03 8400017	1:02.21	+0,76	B	A	28.83	1:02.21
Thijs van Valkengoed	AZ&PC	59.88 8302141	1:02.21	+0,83	B	A	29.97	1:02.21
4. James Kirton	City of Sheffield Swim Squad	1:00.75 4222	1:02.36	+0,87	B	A	29.15	1:02.36
5. Roy Smeenge	TriVia	1:02.87 9305557	1:02.52	+0,78	A+	A	29.68	1:02.52
6. Timon Evenhuis	ANKER TEAM GRONINGEN	1:01.30 9000843	1:02.62	+0,86	B	A	29.46	1:02.62
7. Chris Jones	Ealing Swimming Club	59.56 3878	1:02.76	+0,83	C	A	29.54	1:02.76
8. Pieter Jan de Vries	ZVZ	1:02.77 9003183	1:02.95	+0,90	C	A	29.44	1:02.95
9. Bram Dekker	Eiffel Swimmers PSV	1:01.77 8900649	1:03.02	+0,84	C	B	29.75	1:03.02
10. Max Partridge	City of Sheffield Swim Squad	1:02.50 10583	1:03.37	+0,83	C	B	29.65	1:03.37
11. Aaron Eisank	Eiffel Swimmers PSV	1:03.49 9100577	1:03.63	+0,75	C	B	29.51	1:03.63
12. Jamie Ross	University of Stirling	1:01.82 85199	1:03.94	+0,86	D	B	29.68	1:03.94
13. Niels van Eck	ZPC Bikkell Hoogeveen	1:02.92 8900793	1:03.95	+0,74	D	B	29.85	1:03.95
14. Gavin v/d. Werf	RTC-Drachten	1:04.02 9302971	1:04.20	+0,80	B	B	30.51	1:04.20
15. Erik Talma	TriVia	1:03.41 8903107	1:04.21	+0,84	D	B	29.06	1:04.21
16. Steven Nonnekes	Eiffel Swimmers PSV	1:01.78 9003749	1:04.24	+0,72	D	B	29.80	1:04.24
17. Stefan Hazeleger	DWK	1:05.24 9100867	1:04.56	+0,91	C	R	30.32	1:04.56
18. Rutger Sloof	DWK	1:02.57 8803141	1:04.57	+0,79	D	R	30.33	1:04.57

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 5, Heren, 100m schoolslag, Voorronde, all-in

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
19.	Sjoerd Zanderink	De Dinkel	1:03.77 9102651	1:04.81	+0,93	D		30.97	1:04.81
20.	Kasper v. Dijk	Noord Limburg(SG)	1:05.21 9200249	1:04.91	+0,71	C		30.12	1:04.91
21.	Davy Verreussel	Hellas-Glana	1:02.53 8903341	1:05.74	+0,83	E		31.66	1:05.74
	Jordy Zuidhoek	De Columbiaan	1:05.73 9201569	1:05.74	+0,72	D		30.88	1:05.74
	Joppe Wisse	DZT'62	1:04.11 8903645	1:05.74	+0,87	E		30.52	1:05.74
24.	Robert Rohaan	Oceanus	1:06.24 9203679	1:05.78	+0,85	D		31.14	1:05.78
25.	Ruud van Heerbeek	Nuenen	1:08.10 9301769	1:06.52	+0,61	D		31.50	1:06.52
26.	Melako Coker	Ealing Swimming Club	1:09.36 049544	1:06.94	+0,80	D		31.71	1:06.94
27.	Roald Blok	Octopus	1:09.08 9302685	1:07.11	+0,89	D		31.50	1:07.11
28.	Jordan Kraaijenhof	AZ&PC	1:06.99 9301111	1:07.14	+0,91	D		31.75	1:07.14
	Bjorn de Jonge	Hellas-Glana	1:06.54 9206767	1:07.14	+0,92	E		30.89	1:07.14
30.	Jeffrey Appel	WZ&PC Purmerend	1:06.86 9200027	1:07.24	+0,67	E		31.79	1:07.24
31.	Kasper Leeuw	De Dinkel	1:07.78 9304435	1:07.29	+0,96	D		32.16	1:07.29
32.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	1:06.44 9300651	1:07.39	+0,80	D		30.98	1:07.39
33.	Jonathan Cassuto	De Columbiaan	1:09.29 9300729	1:07.80	+0,74	E		31.91	1:07.80
34.	Simon Edenburg	Luctor et Emergo	1:05.47 9301567	1:09.10	+0,79	E		32.46	1:09.10
35.	Coen de Bruijn	Hieronymus	1:06.74 9205151	1:09.59	+0,78	E		31.72	1:09.59
36.	Julian Diaz	Zwemvereniging Utrecht	1:05.56 9200241	1:09.69	+0,81	E		32.31	1:09.69
37.	Jan Batstra	Het Y	1:10.26 9302737	1:10.45	+0,86	E		33.01	1:10.45
38.	Gijs van der Gugten	De Fuut	1:08.30 9302991	1:12.93	+0,94			34.90	1:12.93
DIS	Sven Jaeger	Hellas-Glana	1:03.55 8301021	1:07.48	SR+0,84	E		31.88	1:07.48

Programmanr. 105
18.12.2009 - 10:21

Jongens, 100m schoolslag
SB4 t/m SB14 gehandicapten

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Kevin Bersee	St. de Zevensprong	1:32.10 93141414191	SB14	1:30.75	+1,01	392	42.81	1:30.75
2.	Matthijs Buynink	S.I.S. Ooievaars	2:01.93 92060706215	SB7	1:56.56	+1,16	350	53.76	1:56.56
3.	Thijs van den End	One Team Swimming	1:29.72 9306803	SB8	1:37.30	+1,17	327	44.96	1:37.30

Programmanr. 105
18.12.2009 - 10:21

Heren, 100m schoolslag
SB4 t/m SB14 gehandicapten

Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Maurice Deelen	AZ&PC	1:14.56 7101407	SB8	1:14.02	+0,85	742	34.88	1:14.02
2.	Michel Tielbeke	SC Salland	1:11.13 8102101	SB13	1:14.14	+1,00	662	34.26	1:14.14
3.	Marc Evers	Haerlem'04 (SG)	1:17.45 9107425	SB14	1:16.67	+0,91	650	36.45	1:16.67
4.	Jacco Beniëst	One Team Swimming	1:22.26 8503603	SB9	1:24.61	+0,97	487	38.30	1:24.61
5.	Wessel Everloo	De Klup	1:35.51 89141414097	SB14	1:35.31	+0,87	338	45.01	1:35.31

Programmanr. 105
18.12.2009 - 10:21

Heren, 100m schoolslag
SB4 t/m SB14 gehandicapten

all in
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Maurice Deelen	AZ&PC	1:14.56 7101407	SB8	1:14.02	+0,85	742	34.88	1:14.02
2.	Michel Tielbeke	SC Salland	1:11.13 8102101	SB13	1:14.14	+1,00	662	34.26	1:14.14
3.	Marc Evers	Haerlem'04 (SG)	1:17.45 9107425	SB14	1:16.67	+0,91	650	36.45	1:16.67
4.	Jacco Beniëst	One Team Swimming	1:22.26 8503603	SB9	1:24.61	+0,97	487	38.30	1:24.61
5.	Kevin Bersee	St. de Zevensprong	1:32.10 93141414191	SB14	1:30.75	+1,01	392	42.81	1:30.75
6.	Matthijs Buynink	S.I.S. Ooievaars	2:01.93 92060706215	SB7	1:56.56	+1,16	350	53.76	1:56.56
7.	Wessel Everloo	De Klup	1:35.51 89141414097	SB14	1:35.31	+0,87	338	45.01	1:35.31
8.	Thijs van den End	One Team Swimming	1:29.72 9306803	SB8	1:37.30	+1,17	327	44.96	1:37.30

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 6 Meisjes, 100m schoolslag Jeugd 1 en 2
18.12.2009 - 10:24 Resultaten Voorrunde

Wereld Record	1:03.00	Leisel Jones	Berlijn (GER)	14.11.2009
Europees Record	1:04.43	Rikke Møller Pedersen	Moskou (RUS)	06.11.2009
Nederlands Record Senioren	1:04.56	Moniek Nijhuis	Berlijn (GER)	14.11.2009
Nederlands Record Jeugd	1:08.78	Moniek Nijhuis	Dublin (IRL)	13.12.2003

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Lonne Dijkhuis	De Dinkel	1:13.95	9400030	1:12.83	+0,92	B	B	33.80	1:12.83
2.	Yvette de Gier	De Columbiaan	1:14.58	9402124	1:13.78	+0,91	C	R	34.49	1:13.78
3.	Sharon Gelmers	Octopus	1:14.51	9400416	1:14.75	+0,84	C		34.89	1:14.75
4.	Helena La	Zwemvereniging Hoorn	1:16.88	9502134	1:15.19	+0,91	C		35.73	1:15.19
5.	Jessie Smeding	Orca	1:15.68	9504528	1:15.47	+0,83	C		35.14	1:15.47
6.	Iris van Zuilen	Olympia	1:16.16	9400216	1:15.86	+0,81	D		35.39	1:15.86
7.	Estrella Wierikx	Numansdorp	1:12.55	9402712	1:16.01	+0,76	D		35.05	1:16.01
8.	Sylvia Dik	TriVia	1:14.14	9501064	1:16.10	+0,92	D		36.06	1:16.10
9.	Pascalie Spiekerman	WZ&PC Purmerend	1:14.51	9403030	1:16.59	+0,91	D		35.79	1:16.59
10.	Karin Rijkelijkhuisen	Zignea	1:14.40	9403358	1:17.00	+0,89	E		35.53	1:17.00
11.	Lin he Yu	Poseidon'56	1:16.79	9500924	1:17.91	+0,83	E		36.47	1:17.91
12.	Suzanne de Vries	AZ&PC	1:16.63	9500628	1:19.69	+0,86	E		37.06	1:19.69
13.	Liset Jansen	De Columbiaan	1:18.33	9500418	1:20.58	+0,92	E		37.74	1:20.58

Programmanr. 6 Dames, 100m schoolslag all-in
18.12.2009 - 10:24 Resultaten Voorrunde

Wereld Record	1:03.00	Leisel Jones	Berlijn (GER)	14.11.2009
Europees Record	1:04.43	Rikke Møller Pedersen	Moskou (RUS)	06.11.2009
Nederlands Record Senioren	1:04.56	Moniek Nijhuis	Berlijn (GER)	14.11.2009
Nederlands Record Jeugd	1:08.78	Moniek Nijhuis	Dublin (IRL)	13.12.2003

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Moniek Nijhuis	E.ON-NZA	1:04.56	8803188	1:07.82	+0,82	A+	A	31.70	1:07.82
2.	Lia Dekker	RTC-Drachten	1:07.27	8700830	1:09.41	+0,81	A	A	33.15	1:09.41
3.	Lona Kroese	E.ON-NZA	1:09.92	8702382	1:09.46	+0,86	A	A	32.65	1:09.46
4.	Lieke Verouden	AZ&PC	1:08.21	9003948	1:09.78	+0,83	A	A	32.81	1:09.78
5.	Loes Zanderink	AZ&PC	1:08.02	8805006	1:10.28	+0,81	B	A	32.93	1:10.28
6.	Georgina Heyn	Ealing Swimming Club	1:09.55	6039	1:10.53	+0,88	B	A	32.60	1:10.53
7.	Tessa Brouwer	E.ON-NZA	1:07.46	9105548	1:11.09 *	+0,84	B	A	33.44	1:11.09
8.	Anouk Elzerman	De Dolfijn	1:12.68	9005914	1:11.35	+0,85	C	A	33.36	1:11.35
9.	Katrine Holm Sørensen	Danish Swimming Federation	1:10.83	9282AG	1:11.59	+0,82	B	B	34.14	1:11.59
10.	Julie Leth-Espensen	Danish Swimming Federation	1:09.19	9274AF	1:11.75	+0,82	C	B	33.96	1:11.75
11.	Jocelyn Spruit	Eiffel Swimmers PSV	1:12.89	9302044	1:12.29	+0,85	B	B	33.57	1:12.29
12.	Yvonne v.d. Pol	AZ&PC	1:13.39	8803472	1:12.50	+0,84	D	B	33.86	1:12.50
13.	Lonne Dijkhuis	De Dinkel	1:13.95	9400030	1:12.83	+0,92	B	B	33.80	1:12.83
14.	Kristel Doreleijers	Eiffel Swimmers PSV	1:13.16	9302568	1:13.15	+0,86	C	B	34.44	1:13.15
15.	Larissa Brak	AZ&PC	1:13.23	8800572	1:13.18	+0,87	D	B	34.88	1:13.18
16.	Lotte Goosen	DIO	1:13.73	9205306	1:13.64	+0,76	D	B	34.11	1:13.64
17.	Yvette de Gier	De Columbiaan	1:14.58	9402124	1:13.78	+0,91	C	R	34.49	1:13.78
18.	Géke Heinsbroek	WVZ	1:14.10	9300312	1:13.89	+0,78	D	R	35.18	1:13.89
19.	Ella Kirby	Ealing Swimming Club	1:12.57	35428	1:14.01	+0,76	D		34.44	1:14.01
20.	Jodie Willis	Ealing Swimming Club	1:15.45	60106	1:14.54	+0,83	D		34.96	1:14.54
21.	Sharon Gelmers	Octopus	1:14.51	9400416	1:14.75	+0,84	C		34.89	1:14.75
22.	Helena La	Zwemvereniging Hoorn	1:16.88	9502134	1:15.19	+0,91	C		35.73	1:15.19
23.	Jessie Smeding	Orca	1:15.68	9504528	1:15.47	+0,83	C		35.14	1:15.47
24.	Lucy Spencer	City of Sheffield Swim Squad	1:12.19	43193	1:15.61	+0,79	D		35.70	1:15.61
25.	Iris van Zuilen	Olympia	1:16.16	9400216	1:15.86	+0,81	D		35.39	1:15.86
26.	Estrella Wierikx	Numansdorp	1:12.55	9402712	1:16.01	+0,76	D		35.05	1:16.01
27.	Sylvia Dik	TriVia	1:14.14	9501064	1:16.10	+0,92	D		36.06	1:16.10
28.	Manon Minneboo	De Stormvogel	1:14.39	9301548	1:16.18	+0,79	E		35.61	1:16.18
29.	Angelique Oertel	Eiffel Swimmers PSV	1:13.54	9307612	1:16.26	+0,89	E		35.33	1:16.26
30.	Pascalie Spiekerman	WZ&PC Purmerend	1:14.51	9403030	1:16.59	+0,91	D		35.79	1:16.59
31.	Karin Rijkelijkhuisen	Zignea	1:14.40	9403358	1:17.00	+0,89	E		35.53	1:17.00
32.	Lin he Yu	Poseidon'56	1:16.79	9500924	1:17.91	+0,83	E		36.47	1:17.91
33.	Suzanne de Vries	AZ&PC	1:16.63	9500628	1:19.69	+0,86	E		37.06	1:19.69
34.	Liset Jansen	De Columbiaan	1:18.33	9500418	1:20.58	+0,92	E		37.74	1:20.58

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 106 Meisjes, 100m schoolslag Jeugd 1 en 2
18.12.2009 - 10:35 SB4 t/m SB14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Willemijn Vos	Revas de Peperbus	1:58.16	95080808106	SB8	1:58.18	+1,46	317	55.25	1:58.18
NG.ZA	Elise de Kroon	AquAmigos	1:48.36	9501984	SB9					

Programmanr. 106 Dames, 100m schoolslag Senioren 1 en ouder
18.12.2009 - 10:35 SB4 t/m SB14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Magda Toeters	OZ&PC	1:19.55	8603552	SB14	1:22.34	+0,93	972	38.82	1:22.34
2.	Lisa den Braber	Oceanus	1:34.57	92080708176	SB7	1:37.04	+0,81	841	46.48	1:37.04
3.	Chantal Molenkamp	DAW-FINENZO	1:28.10	9002624	SB9	1:28.84	+0,81	649	40.70	1:28.84
4.	Wendelien Faber	Revas de Peperbus	1:53.23	78111111104	SB11	1:48.77	* +1,03	557	50.71	1:48.77
	<i>tt is back-up tijd</i>									
5.	Bernadette Massar	Aqua-Novio'94	1:53.64	8604746	SB7	1:56.93	+0,99	481	54.82	1:56.93
6.	Britt van Diessen	TRB-RES	1:52.54	8900900	SB9	1:52.05	+1,12	324	50.43	1:52.05

Programmanr. 106 Dames, 100m schoolslag all in
18.12.2009 - 10:35 SB4 t/m SB14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Magda Toeters	OZ&PC	1:19.55	8603552	SB14	1:22.34	+0,93	972	38.82	1:22.34
2.	Lisa den Braber	Oceanus	1:34.57	92080708176	SB7	1:37.04	+0,81	841	46.48	1:37.04
3.	Chantal Molenkamp	DAW-FINENZO	1:28.10	9002624	SB9	1:28.84	+0,81	649	40.70	1:28.84
4.	Wendelien Faber	Revas de Peperbus	1:53.23	78111111104	SB11	1:48.77	* +1,03	557	50.71	1:48.77
	<i>tt is back-up tijd</i>									
5.	Bernadette Massar	Aqua-Novio'94	1:53.64	8604746	SB7	1:56.93	+0,99	481	54.82	1:56.93
6.	Britt van Diessen	TRB-RES	1:52.54	8900900	SB9	1:52.05	+1,12	324	50.43	1:52.05
7.	Willemijn Vos	Revas de Peperbus	1:58.16	95080808106	SB8	1:58.18	+1,46	317	55.25	1:58.18
NG.ZA	Elise de Kroon	AquAmigos	1:48.36	9501984	SB9					

Programmanr. 7 Jongens, 200m vlinderslag Jeugd 1 en 2
18.12.2009 - 10:38 Resultaten Voorronde

Wereld Record	1:49.11	Kaio Almeida		Stockholm (SWE)	10.11.2009
Europees Record	1:49.46	Nikolay Skvortsov		Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	1:51.36	Joeri Verlinden		Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	2:01.36	Joeri Verlinden		Eindhoven	28.04.2006

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1.	Roy Smeenge	TriVia	2:04.50	9305557	2:04.47	+0,76	A A	27.58	59.49	1:32.47	2:04.47
2.	Braxston Timm	City of Sheffield Swim Squad	2:02.06	21366	2:04.49	+0,66	B A	27.31	58.96	1:31.22	2:04.49
3.	Mitch Notten	ZC Valkenburg	2:06.67	9202505	2:07.39	+0,90	C B	28.22	59.94	1:33.02	2:07.39
4.	Maurice Soudant	Nuenen	2:15.07	9302125	2:12.21	+0,76	E B	28.87	1:02.30	1:38.39	2:12.21
5.	Niek Pereboom	WVZ	2:12.04	9305395	2:12.24	+0,89	E R	30.07	1:04.47	1:38.69	2:12.24
6.	Bernd Kobesen	RTC-Drachten	2:14.51	9300981	2:18.47	+0,59		29.37	1:04.74	1:41.02	2:18.47
7.	Huub Scholing	Fysius Het Ravijn	2:17.50	9301179	2:23.07	+0,91		29.89	1:05.76	1:43.30	2:23.07

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 7, Heren, 200m vlinderslag, Voorronde

Programmanr. 7 Heren, 200m vlinderslag all-in
18.12.2009 - 10:38 Resultaten Voorronde

Wereld Record	1:49.11	Kaio Almeida	Stockholm (SWE)	10.11.2009
Europees Record	1:49.46	Nikolay Skvortsov	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	1:51.36	Joeri Verlinden	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	2:01.36	Joeri Verlinden	Eindhoven	28.04.2006

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Joeri Verlinden	Eiffel Swimmers PSV	1:51.64 8803549	1:59.05	+0,77	A	A	26.80	57.45	1:28.98	1:59.05
2. Nico Van Duijn	Swiss Swimming Federation	2:02.22 13825	2:01.93	+0,74	B	A	27.95	59.38	1:30.96	2:01.93
3. Roy Smeenge	TriVia	2:04.50 9305557	2:04.47	+0,76	A	A	27.58	59.49	1:32.47	2:04.47
4. Braxston Timm	City of Sheffield Swim Squad	2:02.06 21366	2:04.49	+0,66	B	A	27.31	58.96	1:31.22	2:04.49
5. Calum McGhee	University of Stirling	2:02.08 30005	2:04.56	+0,83	C	A	27.88	59.34	1:31.70	2:04.56
6. Marc Kremer	ANKER TEAM GRONINGEN	2:05.69 9004667	2:04.86	+0,59	D	A	27.22	59.10	1:31.95	2:04.86
7. Jurjen Willemsen	Eiffel Swimmers PSV	1:57.92 9003315	2:05.39	+0,79	D	A	26.92	57.80	1:30.92	2:05.39
8. Fabian Beimin	OZ&PC	2:03.06 9100087	2:05.43	+0,95	C	A	27.58	59.24	1:31.91	2:05.43
9. Raymond van de Merwe	WVZ	2:02.23 8602077	2:06.20	+0,80	D	B	27.28	58.72	1:31.74	2:06.20
10. Wouter Houtman	Eiffel Swimmers PSV	2:02.83 9001293	2:06.71	+0,78	D	B	28.44	1:00.17	1:33.04	2:06.71
11. Mitch Notten	ZC Valkenburg	2:06.67 9202505	2:07.39	+0,90	C	B	28.22	59.94	1:33.02	2:07.39
12. Rory Bob de Haan	ANKER TEAM GRONINGEN	2:05.44 8100609	2:08.20	+0,76	E	B	27.41	59.05	1:33.43	2:08.20
13. Robert Klinkhamer	ZPC Bikkel Hoogetveen	2:08.68 9101241	2:08.97	+0,73	E	B	27.81	1:00.14	1:34.11	2:08.97
14. Arjen van der Meulen	Eiffel Swimmers PSV	2:03.45 8702223	2:10.90	+0,90	E	B	27.90	1:00.24	1:35.97	2:10.90
15. Vincent van Iperen	Orca	2:08.75 9106179	2:11.55	+0,78	E	B	28.14	1:00.75	1:35.71	2:11.55
<i>tt 50m. is een back-up tijd</i>										
16. Maurice Soudant	Nuenen	2:15.07 9302125	2:12.21	+0,76	E	B	28.87	1:02.30	1:38.39	2:12.21
17. Niek Pereboom	WVZ	2:12.04 9305395	2:12.24	+0,89	E	R	30.07	1:04.47	1:38.69	2:12.24
18. Niels van Polanen	De Columbiaan	2:08.66 9101809	2:12.71	+0,92	E	R	29.68	1:03.47	1:37.84	2:12.71
19. Bernd Kobesen	RTC-Drachten	2:14.51 9300981	2:18.47	+0,59			29.37	1:04.74	1:41.02	2:18.47
20. Huub Scholing	Fysius Het Ravijn	2:17.50 9301179	2:23.07	+0,91			29.89	1:05.76	1:43.30	2:23.07

Programmanr. 8 Meisjes, 200m vlinderslag Jeugd 1 en 2
18.12.2009 - 10:47 Resultaten Voorronde

Wereld Record	2:00.78	Zige Liu	Berlijn (GER)	15.11.2009
Europees Record	2:03.01	Mireia Belmonte Garcia	Castellon (ESP)	26.11.2009
Nederlands Record Senioren	2:09.98	Inge Dekker	Helsinki (FIN)	07.12.2006
Nederlands Record Jeugd	2:13.62	Sharon van Rouwendaal	Saint Dizier (FRA)	15.11.2008

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Merle Verkijk	WVZ	2:23.44 9400278	2:20.64 *	+0,78	B	A	30.85	1:05.39	1:41.97	2:20.64
2. Macy Oortwijn	DWK	2:26.70 9500722	2:25.09	+0,92	D	R	31.77	1:07.92	1:46.86	2:25.09
<i>tt 100m. is back-up tijd</i>										
3. Femke Leenstra	Orca	2:34.84 9503038	2:29.78	+0,82	E		31.95	1:09.48	1:48.53	2:29.78
4. Annika Arvin	De Dolfijn	2:32.62 9500008	2:38.68	+0,75			32.25	1:10.14	1:52.88	2:38.68
5. Nathalja Pragt	Nova	2:43.70 9500030	2:46.51	+1,01			33.72	1:14.27	2:00.89	2:46.51

Programmanr. 8 Dames, 200m vlinderslag all-in
18.12.2009 - 10:47 Resultaten Voorronde

Wereld Record	2:00.78	Zige Liu	Berlijn (GER)	15.11.2009
Europees Record	2:03.01	Mireia Belmonte Garcia	Castellon (ESP)	26.11.2009
Nederlands Record Senioren	2:09.98	Inge Dekker	Helsinki (FIN)	07.12.2006
Nederlands Record Jeugd	2:13.62	Sharon van Rouwendaal	Saint Dizier (FRA)	15.11.2008

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Sharon van Rouwendaal	Eiffel Swimmers PSV	2:18.66 9307422	2:13.82	+0,83	A+	A	30.36	1:03.98	1:38.34	2:13.82
<i>Nederlands Record 16 jaar</i>										
2. Andrea Kneppers	Zwemvereniging Hoorn	2:16.56 9302216	2:17.78	+0,99	B	A	31.29	1:06.47	1:42.00	2:17.78
3. Elise Bouwens	E.ON-NZA	2:13.38 9103964	2:19.33	+0,88	D	A	31.44	1:07.25	1:43.31	2:19.33
4. Michelle Strandskov	Danish Swimming Federation	2:13.69 9158AF	2:20.20	+0,84	D	A	31.54	1:07.15	1:43.25	2:20.20
5. Jessica Spruit	Eiffel Swimmers PSV	2:13.52 9103756	2:20.42	+0,81	D	A	30.78	1:06.78	1:43.15	2:20.42
6. Merle Verkijk	WVZ	2:23.44 9400278	2:20.64 *	+0,78	B	A	30.85	1:05.39	1:41.97	2:20.64

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Programmanr. 8, Dames, 200m vlinderslag, Voorronde, all-in

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
7. Marloes Oldenburg <i>tt 100m. is een back-up tijd</i>	TriVia	2:18.20 8803218	2:20.84	+0,94	D	A	31.04	1:06.78	1:44.02	2:20.84
8. Lenneke van Schaik <i>tt 50m. en 100m. is een back-up tijd</i>	De Dolfijn	2:12.54 8603124	2:21.26	+0,89	E	A	31.45	1:07.81	1:44.94	2:21.26
9. Eleanor Faulkner	City of Sheffield Swim Squad	2:24.51 42774	2:24.82	+0,85	E	R	30.96	1:07.76	1:46.54	2:24.82
10. Macy Oortwijn <i>tt 100m. is back-up tijd</i>	DWK	2:26.70 9500722	2:25.09	+0,92	D	R	31.77	1:07.92	1:46.86	2:25.09
11. Femke Leenstra	Orca	2:34.84 9503038	2:29.78	+0,82	E		31.95	1:09.48	1:48.53	2:29.78
12. Annika Arvin	De Dolfijn	2:32.62 9500008	2:38.68	+0,75			32.25	1:10.14	1:52.88	2:38.68
13. Nathalie Pragt	Nova	2:43.70 9500030	2:46.51	+1,01			33.72	1:14.27	2:00.89	2:46.51

Programmanr. 9
18.12.2009 - 11:10

Jongens, 50m vrije slag

Jeugd 1 en 2
Resultaten Voorronde

Wereld Record	20.30	Roland Schoeman	Pietermaritzburg (RSA)	08.08.2009
Europees Record	20.48	Amaury Leveaux	Rijeka (CRO)	11.12.2008
Nederlands Record Senioren	21.41	Johan Kenkhuis	Triest (ITA)	08.12.2005
Nederlands Record Jeugd	22.48	Pieter van den Hoogenband	Eindhoven	08.12.1995

rang naam	vereniging	intijd	tijd	RT	niv.	finale
1. Mark Costeris	De Schotelij	22.92	9202327	23.57	+0,90	C
2. Joost Groeneveld	VZC-E&P	23.65	9200409	23.86	+0,68	D
3. Pascal Timmermans	RZC	23.90	9202349	23.87	+0,87	D
4. Menno Manning	De Dinkel	24.55	9300333	24.04	+0,88	D
5. Melako Coker	Ealing Swimming Club	24.58	049544	24.17	+0,77	D
6. Dion Dreesens	Noord Limburg(SG)	24.27	9302189	24.40	+0,79	E
7. Paul Koster	DIO	24.25	9304465	24.57	+0,82	E
8. Erik Wegman	De Kempvis	24.25	9201465	24.63	+0,88	E
9. Mart Hendriks	Tritium (SG)	24.50	9304079	24.90	+0,69	E
10. Walter Jansen	Noordwijkerhout	24.86	9300225	24.91	+0,75	E
11. Timo Dinkelberg	Vlaardingen	24.81	9300773	24.97	+0,76	E
12. Jan Batstra	Het Y	25.07	9302737	25.17	+0,84	E
13. Ruben Dekker	De Dolfijn	25.01	9300627	25.33	+0,89	E
14. Remon van Mil	Racing Club	24.92	9301159	25.44	+0,92	

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Heren, 50m vrije slag

all-in
Resultaten Voorronde

Wereld Record	20.30	Roland Schoeman	Pietermaritzburg (RSA)	08.08.2009
Europees Record	20.48	Amaury Leveaux	Rijeka (CRO)	11.12.2008
Nederlands Record Senioren	21.41	Johan Kenkhuis	Triest (ITA)	08.12.2005
Nederlands Record Jeugd	22.48	Pieter van den Hoogenband	Eindhoven	08.12.1995

rang naam	vereniging	intijd	tijd	RT	niv.	finale
1. Robin van Aggele	AZ&PC	21.68	8400017	22.43	+0,77	A A
2. Stefan de Die	E.ON-NZA	22.33	8603905	22.62	+0,82	B A
3. Geert Lantink	AZ&PC	22.47	8601849	22.71	+0,77	B A
4. Joran Barends	AZ&PC	22.44	8500091	22.72	+0,81	B A
5. Val Mikos	Swiss Swimming Federation	22.92	16548	22.73	+0,58	B A
6. Timon Evenhuis	ANKER TEAM GRONINGEN	22.77	9000843	22.74	+0,83	B A
7. Bastiaan Tamminga	Eiffel Swimmers PSV	21.77	8101659	22.78	+0,65	B A
8. Bas van Velthoven	E.ON-NZA	22.15	8502695	22.79	+0,73	B A
9. Joost Reijns	E.ON-NZA	22.58	8702725	22.82	+0,84	C B
10. Tim van Deutekom	E.ON-NZA	23.73	9100459	22.85	+0,79	B B
11. Jan Kersten	De Columbiaan	22.70	8601561	22.93	+0,86	C B
12. Rudy Ted de Haan	ANKER TEAM GRONINGEN	22.20	8400805	22.96	+0,90	C B
13. Jasper van Mierlo	Eiffel Swimmers PSV	23.47	9002005	23.06	+0,75	C B
14. Robbert Donk	Wiekslag	23.19	8900745	23.17	+0,67	C B
15. Pieter Timmers	Eiffel Swimmers PSV	22.85	8806031	23.19	+0,80	C B
16. Arjan van der Plaats	MNC Dordrecht	22.30	8602403	23.20	+0,83	C B
17. Adrien Perez	Swiss Swimming Federation	22.94	11122	23.24	+0,80	D R
18. Daniel Rast	Swiss Swimming Federation	22.43	8471	23.28	+0,80	D R
19. Jak Scott	University of Stirling	22.89	30439	23.29	+0,70	C
20. Jeroen Stuut	TriVia	23.17	8803315	23.33	+0,68	D

Open Nederlandse Kampioenschappen 2009
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Programmanr. 9, Heren, 50m vrije slag, Voorronde, all-in

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
21.	Rutger van Oosterhout	Eiffel Swimmers PSV	23.12	9002179	23.44	+0,86	D	
22.	Ewoud Tamminga	AZ&PC	22.71	8201701	23.51	+0,82	D	
23.	Michiel Punter	Orca	23.72	8401823	23.56	+0,84	D	
24.	Mark Costeris	De Schotelijl	22.92	9202327	23.57	+0,90	C	
25.	Dennis Mooij	HZ&PC Heerenveen	22.95	8902201	23.63	+0,83	D	
26.	Frank Boon	De Dolfijn	23.73	8800391	23.64	+0,74	D	
	Floor Verhaar	WVZ	23.49	9004603	23.64	+0,74	D	
	Marvin Kruin	Zwemlust den Hommel	22.96	8901815	23.64	+0,85	D	
29.	Raga Flores	BZV	23.26	8900903	23.66	+0,76	D	
30.	Niels van Eck	ZPC Bikkel Hoogeveen	22.95	8900793	23.67	+0,71	D	
31.	Andrew Hunter	University of Stirling	22.42	4390	23.74	+0,76	D	
32.	Steven Nonnekes	Eiffel Swimmers PSV	23.56	9003749	23.85	+0,71	D	
33.	Joost Groeneveld	VZC-E&P	23.65	9200409	23.86	+0,68	D	
34.	Pascal Timmermans	RZC	23.90	9202349	23.87	+0,87	D	
35.	Menno Manning	De Dinkel	24.55	9300333	24.04	+0,88	D	
36.	Wouter Smeets	WVZ	23.17	8402093	24.15	+0,85	E	
37.	Melako Coker	Ealing Swimming Club	24.58	049544	24.17	+0,77	D	
38.	Joost Krommenhoek	De Dolfijn	23.59	8401293	24.24	+0,86	E	
39.	Sil Hoving	Eiffel Swimmers PSV	24.01	9103947	24.35	+0,84	E	
40.	Dion Dreesens	Noord Limburg(SG)	24.27	9302189	24.40	+0,79	E	
41.	Konstantinos Gkatzis	PAOK	23.29	87gkatzis	24.46	+0,82	E	
	Aziz Nosairi	Zwemvereniging Utrecht	23.98	9104645	24.46	+0,82	E	
43.	Paul Koster	DIO	24.25	9304465	24.57	+0,82	E	
44.	Erik Wegman	De Kempvis	24.25	9201465	24.63	+0,88	E	
45.	Vincent de Ruiter	Poseidon'56	23.71	9002525	24.77	+0,79	E	
46.	Mart Hendriks	Tritium (SG)	24.50	9304079	24.90	+0,69	E	
47.	Walter Jansen	Noordwijkerhout	24.86	9300225	24.91	+0,75	E	
48.	Timo Dinkelberg	Vlaardingen	24.81	9300773	24.97	+0,76	E	
49.	Jan Batstra	Het Y	25.07	9302737	25.17	+0,84	E	
50.	Ruben Dekker	De Dolfijn	25.01	9300627	25.33	+0,89	E	
51.	Remon van Mil	Racing Club	24.92	9301159	25.44	+0,92		

Programmanr. 109
18.12.2009 - 11:19

Jongens, 50m vrije slag
S1 - S14 gehandicapt

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Thijs van den End	One Team Swimming	29.57	9306803	S9	29.39	+1,13	641
2.	Kevin Bersee	St. de Zevensprong	29.31	93141414191	S14	29.80	+0,95	611
3.	Matthijs van Doorn	De Waterspetters	35.13	92141414173	S14	33.69	+1,20	423
4.	Matthijs Buynink	S.I.S. Ooievaars	48.94	92060706215	S6	46.95	+1,20	255

Programmanr. 109
18.12.2009 - 11:19

Heren, 50m vrije slag
S1 - S14 gehandicapt

Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Maurice Deelen	AZ&PC	26.82	7101407	S8	26.71	+0,81	971
2.	Marc Evers	Haerlem'04 (SG)	26.32	9107425	S14	26.83	+0,97	837
3.	Jeroen van Oene	De Waterspetters	28.07	83141414151	S14	27.89	+0,76	746
4.	Mike vd Zanden	Eiffel Swimmers PSV	25.72	8703905	S10	26.32	+0,82	722
5.	Wessel Everloo	De Klup	29.51	89141414097	S14	28.85	+0,83	674
6.	Michael Schoenmaker	Blauw-Wit Roosendaal	41.83	83040304.023	S4	43.20		656
7.	Jacco Beniest	One Team Swimming	29.13	8503603	S10	29.89	+0,91	493
DIS	Michel Tielbeke	SC Salland	26.17	8102101	S13		VRA	

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Programmanr. 109, Heren, 50m vrije slag

Programmanr. 109
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Heren, 50m vrije slag
S1 - S14 gehandicapten

all in
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Maurice Deelen	AZ&PC	26.82	7101407	S8	26.71	+0,81	971
2.	Marc Evers	Haerlem'04 (SG)	26.32	9107425	S14	26.83	+0,97	837
3.	Jeroen van Oene	De Waterspetters	28.07	83141414151	S14	27.89	+0,76	746
4.	Mike vd Zanden	Eiffel Swimmers PSV	25.72	8703905	S10	26.32	+0,82	722
5.	Wessel Everloo	De Klup	29.51	89141414097	S14	28.85	+0,83	674
6.	Michael Schoenmaker	Blauw-Wit Roosendaal	41.83	83040304.023	S4	43.20		656
7.	Thijs van den End	One Team Swimming	29.57	9306803	S9	29.39	+1,13	641
8.	Kevin Bersee	St. de Zevensprong	29.31	93141414191	S14	29.80	+0,95	611
9.	Jacco Beniest	One Team Swimming	29.13	8503603	S10	29.89	+0,91	493
10.	Matthijs van Doorn	De Waterspetters	35.13	92141414173	S14	33.69	+1,20	423
11.	Matthijs Buynink	S.I.S. Ooievaars	48.94	92060706215	S6	46.95	+1,20	255
DIS	Michel Tielbeke	SC Salland	26.17	8102101	S13		VRA	

Programmanr. 10
18.12.2009 - 11:23

Meisjes, 50m vrije slag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Europees Record	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Nederlands Record Senioren	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Nederlands Record Jeugd	25.24	Ranomi Kromowidjojo	Eindhoven	28.04.2006

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Tamara van Vliet	E.ON-NZA	26.64	9403562	25.90	+0,83	A+	A
2.	Femke Leenstra	Orca	26.52	9503038	26.56	+0,85	A+	B
3.	Kira Toussaint	E.ON-NZA	27.34	9400990	26.82	+0,70	B	
4.	Parand Zarekiani	E.ON-NZA	27.47	9402150	26.93	+0,80	B	
5.	Macy Oortwijn	DWK	26.94	9500722	26.95	+0,93	A	
6.	Anouk Frieman	TriVia	26.52	9502390	27.05	+0,99	B	
7.	Jovanna Koens	Eiffel Swimmers PSV	27.19	9505652	27.06	+0,79	B	
8.	Claire de Winter	AZ&PC	27.34	9406050	27.14	+0,93	C	
9.	Christel Vinke	ZVZ	26.84	9400152	27.21	+0,75	C	
10.	Loes Westerhof	De Dinkel	27.67	9502752	27.26	+0,79	B	
11.	Inge Pepping	De Rijn	27.19	9402308	27.35	+0,88	C	
12.	Sharon Gelmers	Octopus	27.99	9400416	27.44	+0,85	C	
13.	Michelle de Bruijn	TRB-RES	27.16	9503090	27.48	+0,85	C	
14.	Sylvia Dik	TriVia	26.88	9501064	27.59	+1,07	C	
	Naomi Touré	TriVia	27.35	9401628	27.59	+1,10	C	
16.	Tanja van Essen	Wiekslag	27.55	9404678	27.73	+0,88	D	
17.	Lin he Yu	Poseidon'56	27.85	9500924	27.83	+0,79	C	
18.	Nelly Velthuijs	Njord	28.02	9404028	27.84	+0,76	D	
19.	Karlijn Hoogstede	Zeester Meerval	27.84	9404800	27.86	+0,84	D	
20.	Kim Loeffen	Tritium (SG)	27.63	9403432	27.92	+0,84	D	
21.	Maxime Verschuur	De Dolfijn	27.77	9500804	27.94	+0,77	D	
22.	Sanne Rodenburg	RZC	27.93	9404714	28.06	+0,96	D	
	Rixt Veldkamp	Stadskanaal	27.92	9404344	28.06	+0,84	D	
24.	Maartje de Wit	WVZ	27.81	9502362	28.08	+0,81	D	
25.	Jara Schmidt	De Columbiaan	28.04	9405062	28.14	+0,88	D	
26.	Rianne Weijburg	De Zwoer	27.94	9400172	28.25	+0,80	D	
27.	Jessie Smeding	Orca	28.09	9504528	28.29	+0,83	D	
28.	Liset Jansen	De Columbiaan	28.12	9500418	28.36	+0,91	D	
29.	Tamarah van der Pasch	Zegenwerp	28.17	9403308	28.49	+0,82	E	
30.	Cynthia van Beusekom	TriVia	28.08	9500134	28.91	+0,91	E	

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Programmanr. 10, Dames, 50m vrije slag, Voorronde

Programmanr. 10 Dames, 50m vrije slag all-in
18.12.2009 - 11:23 Resultaten Voorronde

Wereld Record	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Europees Record	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Nederlands Record Senioren	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Nederlands Record Jeugd	25.24	Ranomi Kromowidjojo	Eindhoven	28.04.2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Saskia de Jonge	E.ON-NZA	24.91	8601826	25.24	+0,78	A+ A
2.	Ilse Kraaijeveld	Orca	24.85	9002110	25.46	+0,73	A A
3.	Maud van de Meer	Eiffel Swimmers PSV	25.59	9201180	25.51	+0,75	A+ A
4.	Eline Boers	E.ON-NZA	25.55	9104546	25.55	+0,79	A A
5.	Chantal Senden	ZC Valkenburg	25.38	9300698	25.76	+0,75	A+ A
6.	Anja van der Hout	De Dolfijn	26.65	9001598	25.89	+0,73	B A
7.	Tamara van Vliet	E.ON-NZA	26.64	9403562	25.90	+0,83	A+ A
8.	Georgina Heyn	Ealing Swimming Club	25.74	6039	25.92	+0,87	B A
9.	Rieneke Terink	AZ&PC	26.13	8402424	26.05	+0,81	B B
10.	Clarissa van Rheenen	Eiffel Swimmers PSV	24.92	9108270	26.10	+0,73	B B
11.	Ekaterina Avramova	Ealing Swimming Club	26.38	758483	26.11	+0,73	B B
12.	Lucy Ellis	University of Stirling	25.74	36779	26.23	+0,77	A B
13.	Rebecca Turner	City of Sheffield Swim Squad	26.75	36574	26.33	+0,65	B B
14.	Jenna Turner	Ealing Swimming Club	26.00	25007	26.35	+0,71	C B
15.	Miranda Nijenhuis	E.ON-NZA	26.34	9204076	26.46	+0,83	C B
16.	Femke Leenstra	Orca	26.52	9503038	26.56	+0,85	A+ B
17.	Kimberley Albers	Eiffel Swimmers PSV	26.54	9204102	26.57	+0,75	C R
18.	Willemijn Knot	De Dolfijn	26.42	9002010	26.65	+0,82	D R
19.	Eloise Barber	University of Stirling	26.61	30561	26.75	+0,83	C
20.	Pauline Gouwens	De Otters Het Gooi	26.83	8400790	26.76	+0,83	D
21.	Manon Minneboo	De Stormvogel	26.41	9301548	26.81	+0,81	C
22.	Kira Toussaint	E.ON-NZA	27.34	9400990	26.82	+0,70	B
	Merel van der Ent	De Stormvogel	27.05	9303976	26.82	+0,75	C
24.	Jocelyn Spruit	Eiffel Swimmers PSV	27.23	9302044	26.87	+0,89	C
25.	Femke Hendrixx	DZT'62	26.61	8801698	26.92	+0,85	D
26.	Parand Zarekiani	E.ON-NZA	27.47	9402150	26.93	+0,80	B
27.	Macy Oortwijn	DWK	26.94	9500722	26.95	+0,93	A
28.	Roxanne Linders	Eiffel Swimmers PSV	26.63	9204230	27.02	+0,88	D
29.	Anouk Frieman	TriVia	26.52	9502390	27.05	+0,99	B
30.	Jovanna Koens	Eiffel Swimmers PSV	27.19	9505652	27.06	+0,79	B
31.	Lotte Goosen	DIO	26.54	9205306	27.12	+0,74	D
32.	Claire de Winter	AZ&PC	27.34	9406050	27.14	+0,93	C
33.	Mette Pedersen	Danish Swimming Federation	26.52	9364AJ	27.18	+0,76	C
34.	Christel Vinke	ZVZ	26.84	9400152	27.21	+0,75	C
35.	Mariska Scheel	De Lansingh	27.53	9306344	27.25	+0,80	D
36.	Loes Westerhof	De Dinkel	27.67	9502752	27.26	+0,79	B
37.	Lauren Turner	Ealing Swimming Club	27.05	36667	27.28	+0,78	D
38.	Estelle Moorman	ZVZ	27.38	9300540	27.30	+0,78	D
39.	Inge Pepping	De Rijn	27.19	9402308	27.35	+0,88	C
	Femke Swier	Zwemvereniging Hoorn	27.47	9305122	27.35	+0,90	D
41.	Danielle Villars	Swiss Swimming Federation	27.42	14972	27.38	+0,78	D
42.	Sharon Gelmers	Octopus	27.99	9400416	27.44	+0,85	C
	Ashley Verburg	Eiffel Swimmers PSV	26.98	9301616	27.44	+0,96	D
44.	Michelle de Bruijn	TRB-RES	27.16	9503090	27.48	+0,85	C
45.	Sylvia Dik	TriVia	26.88	9501064	27.59	+1,07	C
	Naomi Touré	TriVia	27.35	9401628	27.59	+1,10	C
47.	Silvie Ketelaars	AZ&PC	26.88	8503778	27.63	+0,88	E
48.	Tanja van Essen	Wiekslag	27.55	9404678	27.73	+0,88	D
49.	Lin he Yu	Poseidon'56	27.85	9500924	27.83	+0,79	C
50.	Nelly Velthuijs	Njord	28.02	9404028	27.84	+0,76	D
51.	Karljin Hoogstede	Zeester Meerval	27.84	9404800	27.86	+0,84	D
52.	Kim Loeffen	Tritium (SG)	27.63	9403432	27.92	+0,84	D
53.	Maxime Verschuur	De Dolfijn	27.77	9500804	27.94	+0,77	D
54.	Sanne Rodenburg	RZC	27.93	9404714	28.06	+0,96	D
	Rixt Veldkamp	Stadskanaal	27.92	9404344	28.06	+0,84	D
56.	Maartje de Wit	WVZ	27.81	9502362	28.08	+0,81	D
57.	Kyra Rietveld	TriVia	27.49	9300624	28.13	+0,83	E
58.	Jara Schmidt	De Columbiaan	28.04	9405062	28.14	+0,88	D

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Amsterdam, 18. - 20.12.2009

Programmanr. 10, Dames, 50m vrije slag, Voorronde, all-in

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
59.	Rianne Weijburg	De Zwoer	27.94	9400172	28.25	+0,80	D	
	Danielle de Groot	DAW-FINENZO	27.44	9303868	28.25	+0,96	E	
61.	Jessie Smeding	Orca	28.09	9504528	28.29	+0,83	D	
62.	Liset Jansen	De Columbiaan	28.12	9500418	28.36	+0,91	D	
63.	Tamarah van der Pasch	Zegenwerp	28.17	9403308	28.49	+0,82	E	
64.	Cynthia van Beusekom	TriVia	28.08	9500134	28.91	+0,91	E	
NG.ZA	Annelinde Veldman	Appingedam	27.58	9302758				

Programmanr. 110
18.12.2009 - 11:36

Meisjes, 50m vrije slag
S1 - S14 gehandicapt

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Marije Oosterhuis	Eemsrobber	35.47	9500318	S10	34.40	+0,97	515
2.	Lisa Dootjes	De Lansingh	37.57	9407016	S9	37.02	+1,03	418
3.	Willemijn Vos	Revas de Peperbus	51.45	95080808106	S8	49.44	+1,30	228

Programmanr. 110
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Dames, 50m vrije slag
S1 - S14 gehandicapt

Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Magda Toeters	OZ&PC	30.56	8603552	S14	29.83	+0,96	874
2.	Marlou van der Kulk	De Otters Het Gooi	32.14	9306824	S14	29.92	+0,80	866
3.	Chantal Molenkamp	DAW-FINENZO	29.40	9002624	S10	29.30	+0,80	833
4.	Bernadette Massar	Aqua-Novio'94	40.07	8604746	S7	39.24	+0,96	561
5.	Lisa den Braber	Oceanus	37.37	92080708176	S8	37.65	+0,84	516
6.	Wendelien Faber	Revas de Peperbus	43.80	78111111104	S11	40.68	+0,91	452
7.	Lisette Teunissen	De Lansingh	43.27	8604834	S5	45.33		451
8.	Britt van Diessen	TRB-RES	37.60	8900900	S10	37.16	+1,09	408
9.	Haya Mellema	Aquapoldro	44.87	6600482	S7	43.97	+1,06	399

Programmanr. 110
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Dames, 50m vrije slag
S1 - S14 gehandicapt

all in
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Magda Toeters	OZ&PC	30.56	8603552	S14	29.83	+0,96	874
2.	Marlou van der Kulk	De Otters Het Gooi	32.14	9306824	S14	29.92	+0,80	866
3.	Chantal Molenkamp	DAW-FINENZO	29.40	9002624	S10	29.30	+0,80	833
4.	Bernadette Massar	Aqua-Novio'94	40.07	8604746	S7	39.24	+0,96	561
5.	Lisa den Braber	Oceanus	37.37	92080708176	S8	37.65	+0,84	516
6.	Marije Oosterhuis	Eemsrobber	35.47	9500318	S10	34.40	+0,97	515
7.	Wendelien Faber	Revas de Peperbus	43.80	78111111104	S11	40.68	+0,91	452
8.	Lisette Teunissen	De Lansingh	43.27	8604834	S5	45.33		451
9.	Lisa Dootjes	De Lansingh	37.57	9407016	S9	37.02	+1,03	418
10.	Britt van Diessen	TRB-RES	37.60	8900900	S10	37.16	+1,09	408
11.	Haya Mellema	Aquapoldro	44.87	6600482	S7	43.97	+1,06	399
12.	Willemijn Vos	Revas de Peperbus	51.45	95080808106	S8	49.44	+1,30	228

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 11
18.12.2009 - 11:39

Jongens, 200m wisselslag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	1:51.55	Darian Townsend	Berlijn (GER)	15.11.2009
Europees Record	1:51.72	Markus Rogan	Istanbul (TUR)	10.12.2009
Nederlands Record Senioren	1:55.90	Marcel Wouda	Sydney (AUS)	22.01.1998
Nederlands Record Jeugd	2:03.08	Robin van Aggele	Alphen a/d Rijn	07.12.2001

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Jens Bakker	E.ON-NZA	2:06.76 9300021	2:05.34	+0,79	A	A	27.91	1:00.64	1:36.33	2:05.34
<i>Nederlands Record 16 jaar</i>										
2. Mike Marissen	AZ&PC	2:05.46 9202187	2:06.27	+0,82	B	B	26.47	58.19	1:36.23	2:06.27
3. Dennis Eliveld	De Dolfijn	2:10.67 9202351	2:08.11	+0,85	C	B	28.04	1:00.58	1:38.76	2:08.11
4. Arvid Munsters	Eiffel Swimmers PSV	2:07.18 9203625	2:08.49	+0,87	C	R	27.11	58.32	1:36.91	2:08.49
5. Philippe Rivard	E.ON-NZA	2:05.27 9301209	2:08.72	+0,78	C		27.21	59.75	1:38.16	2:08.72
6. Sven Kardol	Nuenen	2:14.10 9302135	2:12.18	+0,77	D		28.82	1:01.86	1:41.50	2:12.18
7. John Verhagen	Eiffel Swimmers PSV	2:08.54 9205325	2:12.32	+0,77	D		27.35	1:00.47	1:40.43	2:12.32
8. Timo Dinkelberg	Vlaardingen	2:11.20 9300773	2:14.22	+0,76	E		28.52	1:02.18	1:42.61	2:14.22
9. Marcel Schouten	Haerlem'04 (SG)	2:14.83 9300653	2:14.44	+0,83	E		29.55	1:03.63	1:43.19	2:14.44
10. Jordan Kraaijenhof	AZ&PC	2:14.72 9301111	2:14.76	+0,91	E		30.28	1:06.75	1:43.92	2:14.76
11. Victor Poot	Vlaardingen	2:12.99 9203651	2:15.06	+0,49	E		29.46	1:02.99	1:43.96	2:15.06
12. Kasper Leeuw	De Dinkel	2:17.51 9304435	2:15.99	+0,95	E		30.33	1:06.31	1:44.09	2:15.99
13. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:14.76 9300651	2:16.34	+0,81	E		29.93	1:05.14	1:43.56	2:16.34
14. Wouter Kaman	Aquarijn	2:18.94 9300241	2:16.75	+0,78	E		29.20	1:05.28	1:45.24	2:16.75
15. Ruud van Heerbeek	Nuenen	2:18.80 9301769	2:16.77	+0,73	E		30.06	1:07.10	1:46.99	2:16.77
16. Robin Bos	DWK	2:18.83 9302265	2:16.86	+0,86	E		28.87	1:03.73	1:44.86	2:16.86
17. Bart Arendshorst	De Veene	2:17.94 9300005	2:17.03	+0,83	E		30.09	1:04.43	1:44.86	2:17.03
18. Melvin van de Meij	MNC Dordrecht	2:17.82 9301157	2:19.73	+0,81			30.04	1:04.74	1:46.21	2:19.73
19. Daniel Langerveld	De Fuut	2:19.13 9302989	2:21.29	+0,84			30.69	1:07.64	1:49.17	2:21.29
20. Maarten Arntz	De Rijn	2:17.87 9301921	2:21.77	+0,78			30.48	1:05.62	1:47.42	2:21.77
21. Simon Edenburg	Luctor et Emergo	2:16.71 9301567	2:22.72	+0,79			29.60	1:06.87	1:47.46	2:22.72

Programmanr. 11
18.12.2009 - 11:39

Heren, 200m wisselslag

all-in
Resultaten Voorrunde

Wereld Record	1:51.55	Darian Townsend	Berlijn (GER)	15.11.2009
Europees Record	1:51.72	Markus Rogan	Istanbul (TUR)	10.12.2009
Nederlands Record Senioren	1:55.90	Marcel Wouda	Sydney (AUS)	22.01.1998
Nederlands Record Jeugd	2:03.08	Robin van Aggele	Alphen a/d Rijn	07.12.2001

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Stefan de Die	E.ON-NZA	2:02.35 8603905	2:02.95	+0,86	B	A	26.99	58.82	1:36.31	2:02.95
2. Lennart Stekelenburg	E.ON-NZA	1:59.32 8602979	2:03.07	+0,77	B	A	26.96	59.21	1:33.06	2:03.07
3. Devi Wolthuizen	TriVia	2:03.63 8703887	2:03.25	+0,82	B	A	26.87	59.08	1:34.51	2:03.25
4. Patrick Janssen	Eiffel Swimmers PSV	2:06.29 9102817	2:03.86	+0,69	A	A	26.47	59.08	1:36.06	2:03.86
5. Thijs van Valkengoed	AZ&PC	2:01.44 8302141	2:04.82	+0,81	C	A	27.88	1:00.89	1:35.34	2:04.82
6. Bram Dekker	Eiffel Swimmers PSV	2:02.75 8900649	2:05.24	+0,85	C	A	27.33	59.22	1:35.00	2:05.24
7. Jens Bakker	E.ON-NZA	2:06.76 9300021	2:05.34	+0,79	A	A	27.91	1:00.64	1:36.33	2:05.34
<i>Nederlands Record 16 jaar</i>										
8. Connor Barrett	Ealing Swimming Club	2:09.21 24107	2:05.52	+0,81	C	A	26.38	58.79	1:35.67	2:05.52
9. Sebas van Lith	Aqua-Novio'94	2:08.88 9001841	2:05.78	+0,90	C	B	26.97	58.79	1:35.07	2:05.78
10. Mike Marissen	AZ&PC	2:05.46 9202187	2:06.27	+0,82	B	B	26.47	58.19	1:36.23	2:06.27
11. Davy Verreussel	Hellas-Glana	2:09.22 8903341	2:06.29	+0,86	C	B	27.97	1:00.84	1:36.96	2:06.29
12. Ross Muir	University of Stirling	2:06.86 69791	2:06.75	+0,83	C	B	28.62	59.79	1:35.85	2:06.75
13. Felix Broekhuizen	E.ON-NZA	2:04.75 9000439	2:06.98	+0,78	C	B	27.08	59.96	1:36.39	2:06.98
14. Kevin Hondsmark	De Schelde	2:08.86 8801501	2:07.09	+0,87	D	B	27.71	1:00.30	1:36.37	2:07.09
15. Kyle Barrett	Ealing Swimming Club	2:09.49 24108	2:07.11	+0,79	C	B	27.94	59.60	1:36.92	2:07.11
16. Dennis Eliveld	De Dolfijn	2:10.67 9202351	2:08.11	+0,85	C	B	28.04	1:00.58	1:38.76	2:08.11
17. Jamie Ross	University of Stirling	2:08.19 85199	2:08.23	+0,85	D	R	28.58	1:02.27	1:37.99	2:08.23
18. Arvid Munsters	Eiffel Swimmers PSV	2:07.18 9203625	2:08.49	+0,87	C	R	27.11	58.32	1:36.91	2:08.49
19. Philippe Rivard	E.ON-NZA	2:05.27 9301209	2:08.72	+0,78	C		27.21	59.75	1:38.16	2:08.72
20. Raymond van de Merwe	WVZ	2:05.07 8602077	2:08.88	+0,81	D		27.33	1:00.70	1:37.81	2:08.88
21. Douglas Scott	University of Stirling	2:06.75 29664	2:09.91	+0,73	D		27.20	1:00.68	1:37.14	2:09.91
22. Nick Hessing	De Dolfijn	2:09.89 9103753	2:10.12	+0,77	D		28.02	1:00.70	1:38.76	2:10.12
23. Tom Verbeek	Het Y	2:08.48 8803527	2:10.14	+0,85	E		27.66	1:01.76	1:39.90	2:10.14
24. Erik Hagting	DZ&PC	2:11.53 9100829	2:11.47	+0,84	D		29.08	1:00.96	1:40.48	2:11.47
25. Vincent van Iperen	Orca	2:09.40 9106179	2:11.55	+0,80	D		29.33	1:03.65	1:40.13	2:11.55

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 11, Heren, 200m wisselslag, Voorronde, all-in

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
26. Robert Yallop	AZ&PC	2:01.98 8903679	2:11.88	+0,77	E		26.66	58.17	1:38.74	2:11.88
27. Sven Kardol	Nuene	2:14.10 9302135	2:12.18	+0,77	D		28.82	1:01.86	1:41.50	2:12.18
28. John Verhagen	Eiffel Swimmers PSV	2:08.54 9205325	2:12.32	+0,77	D		27.35	1:00.47	1:40.43	2:12.32
29. Jordi Dijkhuis	De Dinkel	2:11.52 9100483	2:12.56	+0,86	E		27.36	1:00.92	1:40.17	2:12.56
30. Timo Dinkelberg	Vlaardingen	2:11.20 9300773	2:14.22	+0,76	E		28.52	1:02.18	1:42.61	2:14.22
31. Marcel Schouten	Haerlem'04 (SG)	2:14.83 9300653	2:14.44	+0,83	E		29.55	1:03.63	1:43.19	2:14.44
32. Jordan Kraaijenhof	AZ&PC	2:14.72 9301111	2:14.76	+0,91	E		30.28	1:06.75	1:43.92	2:14.76
33. Victor Poot	Vlaardingen	2:12.99 9203651	2:15.06	+0,49	E		29.46	1:02.99	1:43.96	2:15.06
34. Kasper Leeuw	De Dinkel	2:17.51 9304435	2:15.99	+0,95	E		30.33	1:06.31	1:44.09	2:15.99
35. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:14.76 9300651	2:16.34	+0,81	E		29.93	1:05.14	1:43.56	2:16.34
36. Wouter Kaman	Aquarijn	2:18.94 9300241	2:16.75	+0,78	E		29.20	1:05.28	1:45.24	2:16.75
37. Ruud van Heerbeek	Nuene	2:18.80 9301769	2:16.77	+0,73	E		30.06	1:07.10	1:46.99	2:16.77
38. Robin Bos	DWK	2:18.83 9302265	2:16.86	+0,86	E		28.87	1:03.73	1:44.86	2:16.86
39. Bart Arendshorst	De Veene	2:17.94 9300005	2:17.03	+0,83	E		30.09	1:04.43	1:44.86	2:17.03
40. Melvin van de Meij	MNC Dordrecht	2:17.82 9301157	2:19.73	+0,81			30.04	1:04.74	1:46.21	2:19.73
41. Daniel Langerveld	De Fuut	2:19.13 9302989	2:21.29	+0,84			30.69	1:07.64	1:49.17	2:21.29
42. Maarten Arntz	De Rijn	2:17.87 9301921	2:21.77	+0,78			30.48	1:05.62	1:47.42	2:21.77
43. Simon Edenburg	Luctor et Emergo	2:16.71 9301567	2:22.72	+0,79			29.60	1:06.87	1:47.46	2:22.72
NG.ZA James Kirton	City of Sheffield Swim Squad	2:00.77 4222								

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18.12.2009 - 11:59

Meisjes, 200m wisselslag

Jeugd 1 en 2
Resultaten Voorronde

Wereld Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10.12.2009
Europees Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10.12.2009
Nederlands Record Senioren	2:09.78	Femke Heemskerk	Amsterdam	19.12.2008
Nederlands Record Jeugd	2:17.23	Sharon van Rouwendaal	St. Raphael (FRA)	01.03.2009

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Marjolein Delno	De Rijn	2:22.67 9400024	2:20.17	+0,91	B	B	30.68	1:05.92	1:47.74	2:20.17
2. Merle Verkijk	WVZ	2:23.18 9400278	2:20.38	+0,76	B	B	30.46	1:06.78	1:48.00	2:20.38
3. Mirthe Lanfermeijer	TriVia	2:25.77 9400074	2:23.13	+0,91	C	R	31.45	1:08.98	1:49.90	2:23.13
4. Rachelle Visser	AZ&PC	2:26.36 9500106	2:23.94	+0,93	C		30.64	1:08.76	1:51.09	2:23.94
5. Monique van der Struik	RTC-Drachten	2:25.60 9502502	2:25.40	+0,87	C		32.17	1:07.97	1:51.45	2:25.40
6. Michelle Verouden	Eiffel Swimmers PSV	2:24.54 9400150	2:25.74	+0,92	D		32.93	1:09.39	1:51.64	2:25.74
7. Femke Leenstra	Orca	2:28.78 9503038	2:26.95	+0,84	D		31.46	1:10.52	1:54.10	2:26.95
8. Pascalle Spiekerman	WZ&PC Purmerend	2:27.54 9403030	2:30.95	+0,92	E		31.50	1:12.06	1:55.93	2:30.95
9. Jovanna Koens	Eiffel Swimmers PSV	2:31.82 9505652	2:31.64	+0,78	E		34.20	1:13.47	1:58.04	2:31.64
10. Shireen Post	AZ&PC	2:33.50 9503286	2:37.84	+0,97			33.44	1:14.72	2:02.00	2:37.84

Programmanr. 12
18.12.2009 - 11:59

Dames, 200m wisselslag

all-in
Resultaten Voorronde

Wereld Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10.12.2009
Europees Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10.12.2009
Nederlands Record Senioren	2:09.78	Femke Heemskerk	Amsterdam	19.12.2008
Nederlands Record Jeugd	2:17.23	Sharon van Rouwendaal	St. Raphael (FRA)	01.03.2009

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Marina Ribí	Swiss Swimming Federation	2:14.63 1036	2:15.81	+0,87	A	A	29.99	1:05.04	1:44.73	2:15.81
2. Lona Kroese	E.ON-NZA	2:14.56 8702382	2:16.05	+0,87	A	A	30.53	1:05.63	1:44.25	2:16.05
3. Lieke Verouden	AZ&PC	2:12.74 9003948	2:16.47	+0,84	A	A	30.18	1:05.16	1:43.31	2:16.47
4. Lisa Dreesens	Noord Limburg(SG)	2:18.38 9105798	2:17.07	+0,84	B	A	29.02	1:05.01	1:45.29	2:17.07
5. Katrine Holm Sørensen	Danish Swimming Federation	2:15.71 9282AG	2:17.23	+0,62	A	A	29.84	1:07.02	1:45.32	2:17.23
6. Rieneke Terink	AZ&PC	2:12.61 8402424	2:17.51	+0,83	B	A	29.88	1:04.26	1:45.97	2:17.51
7. Eloise Barber	University of Stirling	2:15.84 30561	2:17.90	+0,85	B	A	29.60	1:05.26	1:45.28	2:17.90
8. Ilse Kraaijeveld	Orca	2:21.87 9002110	2:19.08	+0,81	C	A	30.94	1:06.40	1:48.65	2:19.08
9. Marjolein Delno	De Rijn	2:22.67 9400024	2:20.17	+0,91	B	B	30.68	1:05.92	1:47.74	2:20.17
10. Joëlle Scheps	WVZ	2:18.42 9202364	2:20.24	+0,92	C	B	30.07	1:06.29	1:47.70	2:20.24
11. Merle Verkijk	WVZ	2:23.18 9400278	2:20.38	+0,76	B	B	30.46	1:06.78	1:48.00	2:20.38
12. Judith Stap	De Stormvogel	2:19.82 9302702	2:20.68	+0,84	B	B	30.10	1:05.88	1:47.77	2:20.68
13. Silke Oude Weernink	De Dolfijn	2:23.96 9002854	2:20.82	+0,93	C	B	30.51	1:06.71	1:48.70	2:20.82
14. Wendan Poelstra	Orca	2:20.71 9102496	2:21.05	+0,88	C	B	30.22	1:05.37	1:47.97	2:21.05

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 12, Dames, 200m wisselslag, Voorronde, all-in

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
15. Julie Leth-Espensen	Danish Swimming Federation	2:16.81 9274AF	2:21.15	+0,84	C	B	30.22	1:07.41	1:47.22	2:21.15
16. Lucy Spencer	City of Sheffield Swim Squad	2:17.77 43193	2:21.65	+0,78	C	B	30.93	1:08.71	1:49.93	2:21.65
17. Helen McRoberts	City of Sheffield Swim Squad	2:19.81 28274	2:22.36	+0,73	D	R	31.84	1:08.20	1:50.07	2:22.36
18. Mirthe Lanfermeijer	TriVia	2:25.77 9400074	2:23.13	+0,91	C	R	31.45	1:08.98	1:49.90	2:23.13
19. Judith van Meijel	HZPC	2:24.77 9102076	2:23.27	+0,85	D		31.70	1:07.46	1:49.43	2:23.27
20. Géke Heinsbroek	WVZ	2:24.77 9300312	2:23.49	+0,79	C		31.26	1:09.45	1:50.46	2:23.49
21. Rachelle Visser	AZ&PC	2:26.36 9500106	2:23.94	+0,93	C		30.64	1:08.76	1:51.09	2:23.94
22. Malissa van de Heuvel	Eiffel Swimmers PSV	2:23.58 9304922	2:25.04	+0,81	D		31.08	1:08.50	1:52.26	2:25.04
23. Monique van der Struik	RTC-Drachten	2:25.60 9502502	2:25.40	+0,87	C		32.17	1:07.97	1:51.45	2:25.40
24. Pernille Jalsøe	Danish Swimming Federation	2:25.95 9372AA	2:25.72	+0,87	D		31.72	1:08.75	1:52.64	2:25.72
25. Michelle Verouden	Eiffel Swimmers PSV	2:24.54 9400150	2:25.74	+0,92	D		32.93	1:09.39	1:51.64	2:25.74
26. Leonie van Noort	De Zijl/LGB	2:23.67 9301752	2:26.10	+1,04	D		32.42	1:10.38	1:53.68	2:26.10
27. Jodie Willis	Ealing Swimming Club	2:23.79 60106	2:26.54	+0,83	D		31.45	1:07.48	1:50.32	2:26.54
28. Kelly ter Doest	Zwem- en Poloclub De Hof	2:23.65 9100750	2:26.55	+0,86	E		30.87	1:08.78	1:50.95	2:26.55
29. Marloes Erkens	DWK	2:26.88 9300234	2:26.86	+0,84	D		31.86	1:08.43	1:52.90	2:26.86
30. Femke Leenstra	Orca	2:28.78 9503038	2:26.95	+0,84	D		31.46	1:10.52	1:54.10	2:26.95
31. Manon Minneboo	De Stormvogel	2:22.04 9301548	2:28.63	+0,77	E		31.54	1:09.46	1:52.55	2:28.63
32. Pascalie Spiekerman	WZ&PC Purmerend	2:27.54 9403030	2:30.95	+0,92	E		31.50	1:12.06	1:55.93	2:30.95
33. Jovanna Koens	Eiffel Swimmers PSV	2:31.82 9505652	2:31.64	+0,78	E		34.20	1:13.47	1:58.04	2:31.64
34. Angelique Oertel	Eiffel Swimmers PSV	2:25.63 9307612	2:33.54	+0,89			32.58	1:12.18	1:56.04	2:33.54
35. Shireen Post	AZ&PC	2:33.50 9503286	2:37.84	+0,97			33.44	1:14.72	2:02.00	2:37.84
NG Mette Pedersen	Danish Swimming Federation	2:26.86 9364AJ								
BM Randi Nielsen	Danish Swimming Federation	2:28.47 8948AC	2:20.45	+0,83	C		30.18	1:05.44	1:46.97	2:20.45

Programmanr. 13
18.12.2009 - 12:34

Heren, 4 x 200m vrije slag

Senioren Open
Resultaten

Wereld Record	6:51.05	CAN		Leeds (GBR)	07.08.2009
Europees Record	6:56.52	GBR		Manchester (GBR)	10.04.2008
Ned. Record Senioren Ver.	7:10.56	De Dolfijn		Amsterdam	19.12.2008
Ned. Record Jeugd Ver.	7:50.39	Arke De Dinkel		Denekamp	24.11.1996

rang	vereniging	intijd	tijd	RT	niv.		
1. Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	7:15.56	7:16.64	+0,76			
Joeri Verlinden	88	+0,76	25.83	54.05	1:21.47	1:48.50	1:48.50
Job Kienhuis	89	+0,48	25.52	53.16	1:20.79	1:48.28	1:48.28
Pieter Timmers	88	+0,21	24.81	52.90	1:21.79	1:50.45	1:50.45
Patrick Janssen	91	+0,30	25.62	52.83	1:21.19	1:49.41	1:49.41
2. AZ&PC 1	AZ&PC	7:22.61	7:21.69	+0,76			
Geert Lantink	86	+0,76	26.29	55.52	1:23.96	1:53.03	1:53.03
Joran Barends	85	+0,29	25.38	53.63	1:21.95	1:49.35	1:49.35
Ewoud Tamminga	82	+0,24	24.54	52.50	1:20.64	1:49.20	1:49.20
Robin van Aggele	84	+0,21	24.96	53.09	1:21.18	1:50.11	1:50.11
3. Eiffel Swimmers PSV 2	Eiffel Swimmers PSV	7:30.05	7:32.94	+0,87			
Rutger van Oosterhout	90	+0,87	26.13	54.13	1:22.37	1:51.07	1:51.07
Steven Nonnekes	90	+0,41	25.47	53.42	1:22.64	1:52.29	1:52.29
Bryan Mannaart	91	+0,43	26.46	54.90	1:24.33	1:53.73	1:53.73
John Verhagen	92	+0,35	26.27	55.89	1:25.36	1:55.85	1:55.85
4. De Dolfijn 1	De Dolfijn	7:36.34	7:38.39	+0,81			
Nick Driebergen	87	+0,81	25.93	53.80	1:21.80	1:49.92	1:49.92
Henk van Niejenhuis	89	+0,39	26.53	55.53	1:25.53	1:55.86	1:55.86
Nick Hessing	91	+0,11	25.80	55.18	1:25.07	1:54.79	1:54.79
Peter-Jan Plasman	91	+0,26	25.68	55.35	1:26.27	1:57.82	1:57.82
5. Ealing Swimming Club 1	Ealing Swimming Club	7:31.04	7:39.50	+0,86			
Connor Barrett	90	+0,86	27.10	56.28	1:25.57	1:55.63	1:55.63
Kyle Barrett	90	+0,49	26.69	55.75	1:25.79	1:56.19	1:56.19
Chris Jones	81	+0,35	25.74	54.42	1:24.31	1:55.17	1:55.17
Jamie Smithers	85	+0,49	25.26	53.31	1:22.64	1:52.51	1:52.51
6. WVZ 1	WVZ	7:44.52	7:43.15	+0,87			
Wouter Smeets	84	+0,87	26.08	54.54	1:23.63	1:53.33	1:53.33
Arjan Assink	86	+0,44	26.62	56.15	1:26.52	1:56.68	1:56.68
Floor Verhaar	90	+0,35	26.04	56.50	1:27.42	1:58.15	1:58.15
Raymond van de Merwe	86	+0,39	26.01	54.99	1:24.91	1:54.99	1:54.99

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 13, Heren, 4 x 200m vrije slag, Senioren Open

rang	vereniging		intijd		tijd		RT	niv.
7.	AZ&PC 2	AZ&PC	7:42.22		7:48.84		+0,91	
	Mark Moussa	90	+0,91	26.64	56.32	1:26.76	1:56.44	1:56.44
	Jordan Kraaijenhof	93	+0,62	27.79	59.22	1:31.27	2:03.00	2:03.00
	Robert Yallop	89	+0,48	26.42	56.42	1:26.80	1:55.21	1:55.21
	Mike Marissen	92	+0,24	26.09	55.41	1:25.83	1:54.19	1:54.19
8.	De Columbiaan 1	De Columbiaan	7:42.50		7:49.41		+0,84	
	Jan Kersten	86	+0,84	26.30	55.15	1:23.69	1:52.37	1:52.37
	Niels van Polanen	91	+0,33	26.84	57.04	1:27.52	1:58.25	1:58.25
	Jeroen Eggeraat	92	+0,42	27.00	56.85	1:27.63	1:57.86	1:57.86
	Oscar Sondermeijer	91	+0,33	27.20	57.98	1:30.17	2:00.93	2:00.93
	TriVia 1	TriVia	7:44.84		7:49.41		+0,86	
	Erik Schröder	84	+0,86	26.63	55.89	1:26.21	1:56.46	1:56.46
	Chris van Vliet	91	+0,34	25.93	55.21	1:25.81	1:55.88	1:55.88
	Thomas Kersten	90	+0,40	27.63	58.36	1:29.96	2:00.86	2:00.86
	Jeroen Stuit	88	+0,22	25.06	54.58	1:24.84	1:56.21	1:56.21
10.	Het Y 1	Het Y	7:51.50		7:55.38		+0,80	
	Jan-Willem v.d. Graaff	89	+0,80	27.58	58.52	1:29.88	2:00.74	2:00.74
	Daan Glorie	88	+0,31	27.27	57.40	1:29.05	2:00.14	2:00.14
	Sebastiaan Reijnen	86	+0,53	26.56	56.93	1:28.74	2:00.35	2:00.35
	Tom Verbeek	88	+0,50	25.68	54.37	1:23.91	1:54.15	1:54.15
11.	Eiffel Swimmers PSV 3	Eiffel Swimmers PSV	7:42.45		7:55.49		+0,85	
	Dennis Overhage	90	+0,85	27.54	57.88	1:28.16	1:58.81	1:58.81
	Johnno Smulders	92	+0,61	27.33	57.34	1:28.87	2:00.43	2:00.43
	Sil Hoving	91	+0,29	26.86	57.77	1:28.91	2:00.46	2:00.46
	Jasper van Mierlo	90	+0,44	25.24	54.32	1:25.16	1:55.79	1:55.79
12.	Orca 1	Orca	8:00.35		7:56.66		+0,90	
	Willem Kees Roos	94	+0,90	27.78	58.44	1:29.57	1:58.95	1:58.95
	Michael Westers	92	+0,26	27.42	57.65	1:28.38	1:58.91	1:58.91
	Michiel Punter	84	+0,47	26.77	57.44	1:29.53	2:02.12	2:02.12
	Vincent van Iperen	91	+0,42	25.92	55.33	1:25.84	1:56.68	1:56.68
13.	De Dinkel 1	De Dinkel	7:56.47		8:00.42		+0,92	
	Sjoerd Zanderink	91	+0,92	26.58	56.06	1:26.41	1:56.50	1:56.50
	Menno Manning	93	+0,40	26.09	55.57	1:26.55	1:58.05	1:58.05
	Rense Loohuis	91	+0,42	26.95	58.35	1:31.16	2:03.88	2:03.88
	Pim Kienhuis	93	+0,48	26.55	57.54	1:29.35	2:01.99	2:01.99
14.	WZ&PC Purmerend 1	WZ&PC Purmerend	7:57.07		8:02.66		+0,85	
	Jeroen Beemster	87	+0,85	27.88	57.36	1:27.66	1:59.17	1:59.17
	Sverre Oelen	90	+0,10	26.57	57.21	1:28.46	1:59.22	1:59.22
	Kevin Lebis	81	+0,38	26.97	56.58	1:28.47	2:02.60	2:02.60
	Jeffrey Appel	92	+0,32	26.82	58.51	1:31.18	2:01.67	2:01.67
15.	DAW-FINENZO 1	DAW-FINENZO	7:52.36		8:03.26		+0,93	
	Patrick Molenkamp	88	+0,93	27.90	58.03	1:29.58	2:01.14	2:01.14
	Demi de Rooij	91	+0,25	27.33	58.72	1:32.45	2:05.96	2:05.96
	Hans Peter Hartog	91	+0,33	27.14	57.71	1:29.16	2:01.00	2:01.00
	Stanley Vleerlaag	85	+0,21	26.25	55.22	1:25.30	1:55.16	1:55.16
16.	Zeester Meerval 1	Zeester Meerval	8:01.39		8:04.69		+0,89	
	Loek Herbets	90	+0,89	28.15	58.04	1:28.53	1:58.98	1:58.98
	Micael Correia	90	+0,19	25.94	55.79	1:26.98	1:58.44	1:58.44
	Miguel Correia	93	+0,23	27.80	58.82	1:31.11	2:03.41	2:03.41
	Luuk Onrust	92	+0,50	28.23	59.99	1:31.76	2:03.86	2:03.86
17.	VZC-E&P 1	VZC-E&P	7:58.23		8:04.70		+0,69	
	Joost Groeneveld	92	+0,69	26.08	55.07	1:26.07	1:57.30	1:57.30
	Quint Ottens	87	+0,62	27.58	59.21	1:31.82	2:04.12	2:04.12
	Joeri Scheidt	91	+0,38	28.26	58.72	1:29.69	2:00.63	2:00.63
	Tim Niekus	91	+0,33	26.41	57.43	1:30.36	2:02.65	2:02.65
18.	Luctor et Emergo 1	Luctor et Emergo	8:00.64		8:18.25		+0,82	
	Niek de Ridder	88	+0,82	27.40	57.14	1:29.04	2:02.21	2:02.21
	Sonny Corré	93	+0,22	27.13	58.15	1:27.74	1:58.42	1:58.42
	Simon Edenburg	93	+0,48	28.71	1:01.62	1:35.56	2:09.08	2:09.08
	Joeri van Wallenburg	90	+0,24	27.82	59.47	1:33.60	2:08.54	2:08.54

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 14
18.12.2009 - 12:52

Dames, 4 x 100m vrije slag

Senioren Open
Resultaten

Wereld Record	3:28.22	NED		Amsterdam	19.12.2008
Europees Record	3:28.22	NED		Amsterdam	19.12.2008
Ned. Record Senioren Ver.	3:28.22	Eiffel Swimmers PSV		Amsterdam	19.12.2008
Ned. Record Jeugd Ver.	3:59.44	De Dolfijn		Drachten	15.12.2006

rang	vereniging	intijd	tijd	RT	niv.
1.	Eiffel Swimmers PSV 1 Wendy vd Zanden Maud van de Meer	Eiffel Swimmers PSV +0,75 27.29 55.59 +0,13 26.47 55.68	3:44.40 Jessica Spruit Clarissa van Rheenen	3:44.46 +0,75 +0,48 27.94 +0,25 26.68	57.40 55.79
2.	Ealing Swimming Club 1 Jenna Turner Georgina Heyn	Ealing Swimming Club +0,69 27.58 57.04 +0,55 27.90 57.13	3:45.95 Lauren Turner Ekaterina Avramova	3:47.16 +0,69 +0,26 27.76 +0,31 26.93	57.76 55.23
3.	De Dolfijn 1 Anja van der Hout Willemijn Knot	De Dolfijn +0,78 27.47 57.28 +0,36 27.42 57.67	3:43.56 Lenneke van Schaik Lona Kroese	3:47.71 +0,78 +0,26 27.10 +0,34 26.83	57.24 55.52
4.	AZ&PC 1 Ilse van Hoorn Lieke Verouden	AZ&PC +0,91 28.27 59.25 +0,47 27.45 57.03	3:47.54 Lotte Wilms Rieneke Terink	3:48.48 +0,91 +0,26 27.59 +0,33 25.92	58.20 54.00
5.	Danish Swimming Federation 1 Randi Nielsen Mette Pedersen	Danish Swimming Federation +0,85 28.32 57.93 +0,29 27.52 57.55	3:48.59 Pernille Jalsøe Katrine Holm Sørensen	3:53.08 +0,85 +0,25 27.75 +0,48 28.18	57.97 59.63
6.	De Dolfijn 2 <i>Ned. Record Jeugd Verenigingen</i> Kira Toussaint Parand Zarekiani	De Dolfijn +0,71 27.87 58.13 +0,27 27.23 58.54	3:51.19 Maxime Verschuur Esmee Vermeulen	3:53.42 +0,71 +0,43 28.22 +0,20 26.84	59.79 56.96
7.	Orca 1 Femke Leenstra Wendan Poelstra	Orca +0,87 28.38 58.64 +0,41 28.38 59.81	3:52.78 Jessie Smeding Ilse Kraaijeveld	3:55.77 +0,87 +0,47 29.26 +0,42 26.21	1:02.12 55.20
8.	Eiffel Swimmers PSV 2 Roxanne Linders Jocelyn Spruit	Eiffel Swimmers PSV +0,90 28.27 58.10 +0,41 27.82 58.69	3:57.60 Nilshaira Isenia Pauline van Dam	3:58.34 +0,90 +0,44 29.60 +0,45 28.61	1:02.17 59.38
9.	De Columbiaan 1 Tamara van Vliet Miranda Nijenhuis	De Columbiaan +0,87 28.23 59.47 +0,43 27.80 58.12	3:53.30 Marina Scheepbouwer Liset Jansen	3:58.60 +0,87 +0,27 28.39 +0,32 28.27	1:00.45 1:00.56
10.	TriVia 1 Sylvia Dik Rosanne Schoonbeek	TriVia +0,86 29.04 1:00.95 +0,27 28.46 59.23	3:54.21 Naomi Touré Anouk Frieman	4:00.13 +0,86 +0,47 29.34 +0,46 27.93	1:01.43 58.52
11.	OZ&PC 1 Marloes Giesselink Kelly Teunissen	OZ&PC +1,01 28.50 1:00.09 +0,34 28.10 1:00.03	3:57.80 Evelien Kip Marieke Nijhuis	4:01.37 +1,01 +0,35 30.63 +0,31 27.58	1:03.73 57.52
12.	AZ&PC 2 Rachelle Visser Silvie Ketelaars	AZ&PC +0,91 29.51 1:01.06 +0,25 28.47 1:01.01	3:57.80 Claire de Winter Mandy van Wakeren	4:02.20 +0,91 +0,34 27.78 +0,25 28.91	59.17 1:00.96
13.	De Dinkel 1 Loes Westerhof Carien van der Schaaf	De Dinkel +0,84 28.98 1:01.28 +0,19 28.88 1:00.37	4:01.03 Lonne Dijkhuis Marlies Reinders	4:02.96 +0,84 +0,48 29.27 +0,17 27.98	1:02.38 58.93
14.	DAW-FINENZO 1 Chantalle van der Fluit Sharon Mlcoch	DAW-FINENZO +0,87 29.91 1:01.99 +0,10 28.92 1:00.89	4:02.80 Danielle de Groot Melissa Zwaan	4:04.87 +0,87 +0,30 29.21 +0,29 28.86	1:01.26 1:00.73
15.	De Veene 1 Paula van den Hoeven Annelette de Vries	De Veene +0,64 29.08 1:02.10 +0,45 29.44 1:02.31	4:03.76 Yvon Versteeg Ellen Maris	4:05.44 +0,64 +0,09 27.55 +0,35 29.02	58.56 1:02.47
16.	De Stormvogel 1 Nikita Kruis Judith Stap	De Stormvogel +0,84 30.78 1:05.24 +0,50 28.10 59.50	3:58.73 Merel van der Ent Manon Minneboo	4:05.58 +0,84 +0,31 27.96 +0,23 29.57	59.11 1:01.73
17.	Octopus 1 Annemarie Worst Manon van Essen	Octopus +0,95 28.99 1:00.37 +0,49 29.07 1:02.21	4:04.54 Sifra van Bottenburg Sharon Gelmers	4:07.23 +0,95 30.52 28.14	1:05.13 59.52
DIS	Zeester Meerval 1 <i>dis 2e zwemmer</i> Inge Arts Stephanie Janssen	Zeester Meerval +0,79 29.12 1:01.59 -0,08	4:02.47 Sophie Sollie Judith Vos	EA +0,79	

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

2 - Open Nederlandse Kampioenschappen Korte Baan sessie 2

18.12.2009 - 16:30

Programmanr. 1	Jongens, 400m vrije slag				Jeugd 1 en 2
18.12.2009 - 16:30					Resultaten
Wereld Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009	
Europees Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009	
Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14.11.2009	
Nederlands Record Jeugd	3:51.21	Pieter van den Hoogenband	Amersfoort	17.12.1994	

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Thomas Sunter	City of Sheffield Swim Squad	4:00.61	25388	3:58.10	+0,84 B
	50m: 27.35	150m: 1:27.37	250m: 2:27.88	350m: 3:28.40		30.39
	100m: 57.27	200m: 1:57.63	300m: 2:58.01	400m: 3:58.10		29.70
2.	Dion Dreesens	Noord Limburg(SG)	4:01.11	9302189	3:58.53	+0,79 A
	50m: 27.31	150m: 1:27.69	250m: 2:28.02	350m: 3:28.72		30.48
	100m: 57.40	200m: 1:57.88	300m: 2:58.24	400m: 3:58.53		29.81
3.	Ferry Weertman	DWK	3:55.47	9201461	4:02.05	+0,86 C
	50m: 26.99	150m: 1:26.93	250m: 2:28.90	350m: 3:31.46		31.15
	100m: 56.44	200m: 1:57.73	300m: 3:00.31	400m: 4:02.05		30.59
4.	Ricky Speed	City of Sheffield Swim Squad	4:05.19	27480	4:03.65	+0,87 C
	50m: 27.79	150m: 1:29.40	250m: 2:31.77	350m: 3:33.93		30.97
	100m: 58.38	200m: 2:00.69	300m: 3:02.96	400m: 4:03.65		29.72
5.	Dennis Eliveld	De Dolfijn	4:03.32	9202351	4:04.49	+0,85 C
	50m: 27.65	150m: 1:29.10	250m: 2:32.10	350m: 3:34.62		31.20
	100m: 58.28	200m: 2:00.37	300m: 3:03.42	400m: 4:04.49		29.87
6.	Niek Pereboom	WVZ	4:12.24	9305395	4:06.69	+0,92 C
	50m: 27.43	150m: 1:30.06	250m: 2:34.13	350m: 3:37.74		31.48
	100m: 58.22	200m: 2:02.05	300m: 3:06.26	400m: 4:06.69		28.95
7.	Jeroen Eggeraart	De Columbiaan	4:09.10	9202127	4:09.05	D
	50m: 28.27	150m: 1:31.16	250m: 2:33.37	350m: 3:36.73		32.27
	100m: 59.81	200m: 2:02.29	300m: 3:04.46	400m: 4:09.05		32.32
8.	Victor Poot	Vlaardingen	4:10.42	9203651	4:10.03	+0,78 D
	50m: 28.48	150m: 1:30.73	250m: 2:34.18	350m: 3:38.05		32.06
	100m: 59.26	200m: 2:02.42	300m: 3:05.99	400m: 4:10.03		31.98
9.	Giovanni den Ouden	De Devel	4:10.80	9300877	4:11.53	+0,81 D
	50m: 28.50	150m: 1:32.29	250m: 2:35.97	350m: 3:40.64		31.99
	100m: 1:00.07	200m: 2:04.14	300m: 3:08.65	400m: 4:11.53		30.89
10.	Sonny Corré	Luctor et Emergo	4:14.51	9303615	4:12.46	D
	50m: 29.25	150m: 1:32.74	250m: 2:36.56	350m: 3:40.85		32.28
	100m: 1:00.51	200m: 2:04.67	300m: 3:08.57	400m: 4:12.46		31.61
11.	Bart Dunweg	Vlaardingen	4:09.12	9301763	4:12.51	+0,75 D
	50m: 28.22	150m: 1:32.47	250m: 2:37.88	350m: 3:41.98		31.62
	100m: 59.93	200m: 2:05.22	300m: 3:10.36	400m: 4:12.51		30.53
12.	Boris Galjart	Vlaardingen	4:09.71	9201997	4:17.37	+0,71 E
	50m: 28.38	150m: 1:31.53	250m: 2:36.43	350m: 3:44.66		34.29
	100m: 59.54	200m: 2:03.57	300m: 3:10.37	400m: 4:17.37		32.71
13.	Bernd Kobesen	RTC-Drachten	4:10.30	9300981	4:18.83	+0,55 E
	50m: 28.24	150m: 1:32.24	250m: 2:38.37	350m: 3:45.89		33.94
	100m: 59.51	200m: 2:05.05	300m: 3:11.95	400m: 4:18.83		32.94
14.	Pim Kienhuis	De Dinkel	4:15.64	9300263	4:19.30	+0,93 E
	50m: 29.25	150m: 1:35.03	250m: 2:40.51	350m: 3:46.92		33.75
	100m: 1:01.87	200m: 2:07.77	300m: 3:13.17	400m: 4:19.30		32.38
15.	Paul Koster	DIO	4:16.11	9304465	4:19.70	+0,84 E
	50m: 29.31	150m: 1:34.59	250m: 2:40.84	350m: 3:46.99		33.30
	100m: 1:01.65	200m: 2:07.80	300m: 3:13.69	400m: 4:19.70		32.71
16.	Wouter Kaman	Aquarijn	4:21.20	9300241	4:20.05	+0,89 E
	50m: 29.71	150m: 1:35.60	250m: 2:41.20	350m: 3:46.25		32.67
	100m: 1:02.17	200m: 2:09.08	300m: 3:13.58	400m: 4:20.05		33.80
17.	Daniel Langerveld	De Fuut	4:12.48	9302989	4:20.70	+0,91 E
	50m: 28.50	150m: 1:33.30	250m: 2:39.10	350m: 3:47.65		34.26
	100m: 1:00.34	200m: 2:06.30	300m: 3:13.39	400m: 4:20.70		33.05
18.	Thomas van Mierlo	Eiffel Swimmers PSV	4:19.66	9300353	4:21.28	+0,83 E
	50m: 29.56	150m: 1:36.45	250m: 2:43.75	350m: 3:51.21		33.27
	100m: 1:02.62	200m: 2:09.96	300m: 3:17.94	400m: 4:21.28		30.07
19.	Robin Bos	DWK	4:17.48	9302265	4:21.57	+0,93 E
	50m: 29.14	150m: 1:35.76	250m: 2:42.84	350m: 3:49.47		32.90
	100m: 1:02.17	200m: 2:09.41	300m: 3:16.57	400m: 4:21.57		32.10

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 1, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.
20.	Sander Ariaansz	Zwemvereniging Utrecht	4:19.22	9302053	4:25.64	+0,88
	50m: 29.31	150m: 1:35.47	250m: 2:43.85	350m: 3:52.45		34.10
	100m: 1:01.89	200m: 2:09.71	300m: 3:18.35	400m: 4:25.64		33.19
21.	Miguel Correia	Zeester Meerval	4:21.02	9300103	4:26.54	
	50m: 30.40	150m: 1:37.70	250m: 2:45.67	350m: 3:53.32		33.96
	100m: 1:03.46	200m: 2:11.95	300m: 3:19.36	400m: 4:26.54		33.22
22.	Frans Slaats	Eiffel Swimmers PSV	4:19.13	9300461	4:26.99	+0,83
	50m: 29.66	150m: 1:36.72	250m: 2:44.97	350m: 3:53.11		34.31
	100m: 1:02.96	200m: 2:11.25	300m: 3:18.80	400m: 4:26.99		33.88
23.	Remy Naporowski	WZ&PC Purmerend	4:19.32	9303065	4:29.85	+1,01
	50m: 30.07	150m: 1:37.86	250m: 2:47.54	350m: 3:55.90		34.19
	100m: 1:03.23	200m: 2:12.68	300m: 3:21.71	400m: 4:29.85		33.95

Programmanr. 1
18.12.2009 - 16:30

Heren, 400m vrije slag

all-in
Resultaten

Wereld Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009
Europees Record	3:32.77	Paul Biedermann	Berlijn (GER)	14.11.2009
Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14.11.2009
Nederlands Record Jeugd	3:51.21	Pieter van den Hoogenband	Amersfoort	17.12.1994

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Job Kienhuis	Eiffel Swimmers PSV	3:47.21	8901631	3:46.17	+0,93 A+
	50m: 26.65	150m: 1:23.81	250m: 2:21.43	350m: 3:18.58		28.58
	100m: 54.94	200m: 1:52.94	300m: 2:50.00	400m: 3:46.17		27.59
2.	Andrew Hunter	University of Stirling	3:49.83	4390	3:49.74	+0,83 A
	50m: 26.39	150m: 1:24.21	250m: 2:22.49	350m: 3:21.47		29.37
	100m: 55.42	200m: 1:53.56	300m: 2:52.10	400m: 3:49.74		28.27
3.	Anders Lie	Danish Swimming Federation	3:50.88	9105AF	3:50.03	+0,81 A+
	50m: 26.94	150m: 1:24.57	250m: 2:22.42	350m: 3:21.09		29.44
	100m: 55.52	200m: 1:53.45	300m: 2:51.65	400m: 3:50.03		28.94
4.	Joost Reijns	E.ON-NZA	3:53.77	8702725	3:52.60	+0,82 B
	50m: 26.81	150m: 1:24.51	250m: 2:23.65	350m: 3:23.32		30.08
	100m: 55.32	200m: 1:54.15	300m: 2:53.24	400m: 3:52.60		29.28
5.	Patrick Janssen	Eiffel Swimmers PSV	3:54.44	9102817	3:55.52	+0,72 B
	50m: 26.89	150m: 1:25.28	250m: 2:24.44	350m: 3:25.15		30.65
	100m: 56.10	200m: 1:54.84	300m: 2:54.50	400m: 3:55.52		30.37
6.	Damien Cattin Vidal	Club des Vikings de Rouen	3:55.53	88vidal	3:56.47	+0,93 C
	50m: 27.65	150m: 1:26.91	250m: 2:26.65	350m: 3:26.78		30.26
	100m: 57.00	200m: 1:56.80	300m: 2:56.52	400m: 3:56.47		29.69
7.	Jak Scott	University of Stirling	3:52.92	30439	3:57.55	+0,77 B
	50m: 26.26	150m: 1:24.70	250m: 2:24.65	350m: 3:27.08		31.54
	100m: 55.39	200m: 1:54.30	300m: 2:55.54	400m: 3:57.55		30.47
8.	Daniel Cocking	City of Sheffield Swim Squad	3:57.52	24176	3:58.00	+0,81 C
	50m: 27.68	150m: 1:27.52	250m: 2:27.15	350m: 3:28.01		30.63
	100m: 57.52	200m: 1:57.40	300m: 2:57.38	400m: 3:58.00		29.99
9.	Thomas Sunter	City of Sheffield Swim Squad	4:00.61	25388	3:58.10	+0,84 B
	50m: 27.35	150m: 1:27.37	250m: 2:27.88	350m: 3:28.40		30.39
	100m: 57.27	200m: 1:57.63	300m: 2:58.01	400m: 3:58.10		29.70
10.	Bryan Mannaart	Eiffel Swimmers PSV	3:59.47	9103445	3:58.26	+0,81 B
	50m: 27.55	150m: 1:26.90	250m: 2:27.29	350m: 3:28.36		30.58
	100m: 56.93	200m: 1:57.16	300m: 2:57.78	400m: 3:58.26		29.90
11.	Dion Dreesens	Noord Limburg(SG)	4:01.11	9302189	3:58.53	+0,79 A
	50m: 27.31	150m: 1:27.69	250m: 2:28.02	350m: 3:28.72		30.48
	100m: 57.40	200m: 1:57.88	300m: 2:58.24	400m: 3:58.53		29.81
12.	Ferry Weertman	DWK	3:55.47	9201461	4:02.05	+0,86 C
	50m: 26.99	150m: 1:26.93	250m: 2:28.90	350m: 3:31.46		31.15
	100m: 56.44	200m: 1:57.73	300m: 3:00.31	400m: 4:02.05		30.59
13.	Erik Schröder	TriVia	4:04.49	8402025	4:03.03	+0,97 D
	50m: 27.64	150m: 1:28.82	250m: 2:30.94	350m: 3:32.95		31.01
	100m: 57.85	200m: 2:00.22	300m: 3:01.94	400m: 4:03.03		30.08
14.	Ricky Speed	City of Sheffield Swim Squad	4:05.19	27480	4:03.65	+0,87 C
	50m: 27.79	150m: 1:29.40	250m: 2:31.77	350m: 3:33.93		30.97
	100m: 58.38	200m: 2:00.69	300m: 3:02.96	400m: 4:03.65		29.72

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 1, Heren, 400m vrije slag, all-in

rang	naam	vereniging	intijd			tijd			RT	niv.
15.	Mark Moussa	AZ&PC	4:03.63			9002059			4:04.47	+0,94 D
	50m: 27.75	27.75	150m: 1:29.35	31.15	250m: 2:31.65	31.10	350m: 3:34.28	31.31		
	100m: 58.20	30.45	200m: 2:00.55	31.20	300m: 3:02.97	31.32	400m: 4:04.47	30.19		
16.	Dennis Eliveld	De Dolfijn	4:03.32			9202351			4:04.49	+0,85 C
	50m: 27.65	27.65	150m: 1:29.10	30.82	250m: 2:32.10	31.73	350m: 3:34.62	31.20		
	100m: 58.28	30.63	200m: 2:00.37	31.27	300m: 3:03.42	31.32	400m: 4:04.49	29.87		
17.	Tom Verbeek	Het Y	4:04.16			8803527			4:05.44	+0,86 D
	50m: 27.54	27.54	150m: 1:29.11	31.25	250m: 2:32.26	31.43	350m: 3:34.96	31.10		
	100m: 57.86	30.32	200m: 2:00.83	31.72	300m: 3:03.86	31.60	400m: 4:05.44	30.48		
18.	Bo Wullings	KNZB	4:03.95			8904251			4:06.24	+0,88 E
	50m: 28.00	28.00	150m: 1:29.23	31.01	250m: 2:32.42	31.77	350m: 3:35.76	31.61		
	100m: 58.22	30.22	200m: 2:00.65	31.42	300m: 3:04.15	31.73	400m: 4:06.24	30.48		
19.	Niek Pereboom	WVZ	4:12.24			9305395			4:06.69	+0,92 C
	50m: 27.43	27.43	150m: 1:30.06	31.84	250m: 2:34.13	32.08	350m: 3:37.74	31.48		
	100m: 58.22	30.79	200m: 2:02.05	31.99	300m: 3:06.26	32.13	400m: 4:06.69	28.95		
20.	Sebastiaan Rosendaal	MNC Dordrecht	4:05.45			9101947			4:08.03	+0,83 D
	50m: 27.86	27.86	150m: 1:29.72	31.01	250m: 2:32.77	31.43	350m: 3:36.88	32.27		
	100m: 58.71	30.85	200m: 2:01.34	31.62	300m: 3:04.61	31.84	400m: 4:08.03	31.15		
21.	Ewoud Potiek	DZ&PC	4:04.46			8902503			4:08.47	+0,84 E
	50m: 27.95	27.95	150m: 1:31.19	31.97	250m: 2:34.31	31.38	350m: 3:37.52	31.65		
	100m: 59.22	31.27	200m: 2:02.93	31.74	300m: 3:05.87	31.56	400m: 4:08.47	30.95		
22.	Jeroen Eggeraat	De Columbiaan	4:09.10			9202127			4:09.05	D
	50m: 28.27	28.27	150m: 1:31.16	31.35	250m: 2:33.37	31.08	350m: 3:36.73	32.27		
	100m: 59.81	31.54	200m: 2:02.29	31.13	300m: 3:04.46	31.09	400m: 4:09.05	32.32		
23.	Victor Poot	Vlaardingen	4:10.42			9203651			4:10.03	+0,78 D
	50m: 28.48	28.48	150m: 1:30.73	31.47	250m: 2:34.18	31.76	350m: 3:38.05	32.06		
	100m: 59.26	30.78	200m: 2:02.42	31.69	300m: 3:05.99	31.81	400m: 4:10.03	31.98		
24.	Giovanni den Ouden	De Devel	4:10.80			9300877			4:11.53	+0,81 D
	50m: 28.50	28.50	150m: 1:32.29	32.22	250m: 2:35.97	31.83	350m: 3:40.64	31.99		
	100m: 1:00.07	31.57	200m: 2:04.14	31.85	300m: 3:08.65	32.68	400m: 4:11.53	30.89		
25.	Sonny Corré	Luctor et Emergo	4:14.51			9303615			4:12.46	D
	50m: 29.25	29.25	150m: 1:32.74	32.23	250m: 2:36.56	31.89	350m: 3:40.85	32.28		
	100m: 1:00.51	31.26	200m: 2:04.67	31.93	300m: 3:08.57	32.01	400m: 4:12.46	31.61		
26.	Bart Dunweg	Vlaardingen	4:09.12			9301763			4:12.51	+0,75 D
	50m: 28.22	28.22	150m: 1:32.47	32.54	250m: 2:37.88	32.66	350m: 3:41.98	31.62		
	100m: 59.93	31.71	200m: 2:05.22	32.75	300m: 3:10.36	32.48	400m: 4:12.51	30.53		
27.	Boris Galjart	Vlaardingen	4:09.71			9201997			4:17.37	+0,71 E
	50m: 28.38	28.38	150m: 1:31.53	31.99	250m: 2:36.43	32.86	350m: 3:44.66	34.29		
	100m: 59.54	31.16	200m: 2:03.57	32.04	300m: 3:10.37	33.94	400m: 4:17.37	32.71		
28.	Bernd Kobesen	RTC-Drachten	4:10.30			9300981			4:18.83	+0,55 E
	50m: 28.24	28.24	150m: 1:32.24	32.73	250m: 2:38.37	33.32	350m: 3:45.89	33.94		
	100m: 59.51	31.27	200m: 2:05.05	32.81	300m: 3:11.95	33.58	400m: 4:18.83	32.94		
29.	Pim Kienhuis	De Dinkel	4:15.64			9300263			4:19.30	+0,93 E
	50m: 29.25	29.25	150m: 1:35.03	33.16	250m: 2:40.51	32.74	350m: 3:46.92	33.75		
	100m: 1:01.87	32.62	200m: 2:07.77	32.74	300m: 3:13.17	32.66	400m: 4:19.30	32.38		
30.	Paul Koster	DIO	4:16.11			9304465			4:19.70	+0,84 E
	50m: 29.31	29.31	150m: 1:34.59	32.94	250m: 2:40.84	33.04	350m: 3:46.99	33.30		
	100m: 1:01.65	32.34	200m: 2:07.80	33.21	300m: 3:13.69	32.85	400m: 4:19.70	32.71		
31.	Wouter Kaman	Aquarijn	4:21.20			9300241			4:20.05	+0,89 E
	50m: 29.71	29.71	150m: 1:35.60	33.43	250m: 2:41.20	32.12	350m: 3:46.25	32.67		
	100m: 1:02.17	32.46	200m: 2:09.08	33.48	300m: 3:13.58	32.38	400m: 4:20.05	33.80		
32.	Daniel Langerveld	De Fuut	4:12.48			9302989			4:20.70	+0,91 E
	50m: 28.50	28.50	150m: 1:33.30	32.96	250m: 2:39.10	32.80	350m: 3:47.65	34.26		
	100m: 1:00.34	31.84	200m: 2:06.30	33.00	300m: 3:13.39	34.29	400m: 4:20.70	33.05		
33.	Thomas van Mierlo	Eiffel Swimmers PSV	4:19.66			9300353			4:21.28	+0,83 E
	50m: 29.56	29.56	150m: 1:36.45	33.83	250m: 2:43.75	33.79	350m: 3:51.21	33.27		
	100m: 1:02.62	33.06	200m: 2:09.96	33.51	300m: 3:17.94	34.19	400m: 4:21.28	30.07		
34.	Robin Bos	DWK	4:17.48			9302265			4:21.57	+0,93 E
	50m: 29.14	29.14	150m: 1:35.76	33.59	250m: 2:42.84	33.43	350m: 3:49.47	32.90		
	100m: 1:02.17	33.03	200m: 2:09.41	33.65	300m: 3:16.57	33.73	400m: 4:21.57	32.10		
35.	Sander Ariaansz	Zwemvereniging Utrecht	4:19.22			9302053			4:25.64	+0,88
	50m: 29.31	29.31	150m: 1:35.47	33.58	250m: 2:43.85	34.14	350m: 3:52.45	34.10		
	100m: 1:01.89	32.58	200m: 2:09.71	34.24	300m: 3:18.35	34.50	400m: 4:25.64	33.19		
36.	Miguel Correia	Zeester Meerval	4:21.02			9300103			4:26.54	
	50m: 30.40	30.40	150m: 1:37.70	34.24	250m: 2:45.67	33.72	350m: 3:53.32	33.96		
	100m: 1:03.46	33.06	200m: 2:11.95	34.25	300m: 3:19.36	33.69	400m: 4:26.54	33.22		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 1, Heren, 400m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
37.	Frans Slaats	Eiffel Swimmers PSV	4:19.13	9300461	4:26.99	+0,83
	50m: 29.66	150m: 1:36.72	250m: 2:44.97	350m: 3:53.11		34.31
	100m: 1:02.96	200m: 2:11.25	300m: 3:18.80	400m: 4:26.99		33.88
38.	Remy Naporowski	WZ&PC Purmerend	4:19.32	9303065	4:29.85	+1,01
	50m: 30.07	150m: 1:37.86	250m: 2:47.54	350m: 3:55.90		34.19
	100m: 1:03.23	200m: 2:12.68	300m: 3:21.71	400m: 4:29.85		33.95
NG	Arjen van der Meulen	Eiffel Swimmers PSV	3:42.91	8702223		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Programmanr. 2
18.12.2009 - 16:36

Meisjes, 400m vrije slag

Jeugd 1 en 2
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15.11.2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07.12.2008

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Marjolein Delno	De Rijn	4:33.68	9400024	4:27.11	+0,97 C
	50m: 29.67	150m: 1:36.22	250m: 2:45.74	350m: 3:54.76		34.04
	100m: 1:02.50	200m: 2:10.80	300m: 3:20.72	400m: 4:27.11		32.35
2.	Rosanne Schoonbeek	TriVia	4:30.19	9402692	4:35.33	+1,00 D
	50m: 30.47	150m: 1:38.77	250m: 2:49.17	350m: 4:00.71		35.86
	100m: 1:04.18	200m: 2:13.84	300m: 3:24.85	400m: 4:35.33		34.62
3.	Jovanna Koens	Eiffel Swimmers PSV	4:34.54	9505652	4:35.82	+0,83 C
	50m: 31.77	150m: 1:41.01	250m: 2:51.52	350m: 4:02.08		34.93
	100m: 1:06.26	200m: 2:16.62	300m: 3:27.15	400m: 4:35.82		33.74
4.	Leonie Oude Elferink	Zignea	4:34.95	9401826	4:36.90	* +1,08 D
	50m: 32.03	150m: 1:41.85	250m: 2:52.61	350m: 4:02.85		34.94
	100m: 1:06.55	200m: 2:17.36	300m: 3:27.91	400m: 4:36.90		34.05
5.	Rachelle Visser	AZ&PC	4:30.60	9500106	4:39.55	+1,01 D
	50m: 31.71	150m: 1:41.84	250m: 2:53.33	350m: 4:04.87		35.55
	100m: 1:06.55	200m: 2:17.66	300m: 3:29.32	400m: 4:39.55		34.68
6.	Kelly Wigleven	Poseidon'56	4:40.58	9500058	4:40.74	+1,08 D
	50m: 31.52	150m: 1:40.90	250m: 2:52.53	350m: 4:05.50		36.45
	100m: 1:05.65	200m: 2:16.50	300m: 3:29.05	400m: 4:40.74		35.24
7.	Carien van der Schaaf	De Dinkel	4:34.09	9500168	4:41.17	+0,93 D
	50m: 30.76	150m: 1:40.22	250m: 2:52.48	350m: 4:05.54		36.45
	100m: 1:04.87	200m: 2:16.01	300m: 3:29.09	400m: 4:41.17		35.63
8.	Jessie Smeding	Orca	4:40.51	9504528	4:48.63	+0,86 E
	50m: 30.97	150m: 1:41.51	250m: 2:56.61	350m: 4:11.76		37.68
	100m: 1:05.35	200m: 2:18.74	300m: 3:34.08	400m: 4:48.63		36.87
9.	Shireen Post	AZ&PC	4:36.13	9503286	4:49.78	+0,68 E
	50m: 32.46	150m: 1:45.19	250m: 2:58.87	350m: 4:13.38		37.39
	100m: 1:08.48	200m: 2:21.91	300m: 3:35.99	400m: 4:49.78		36.40
NG.ZA	Yvonne Verbeek	WZ&PC Purmerend	4:38.13	9402788		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 2, Dames, 400m vrije slag

Programmanr. 2 Dames, 400m vrije slag
18.12.2009 - 16:36 all-in
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15.11.2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07.12.2008

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Rieneke Terink <i>Kampioenschaps Record</i>	AZ&PC	4:03.47	8402424	4:04.35	+0,83 A+
	50m: 28.33 28.33	150m: 1:29.99 31.02	250m: 2:32.21 30.98	350m: 3:34.10 30.93		
	100m: 58.97 30.64	200m: 2:01.23 31.24	300m: 3:03.17 30.96	400m: 4:04.35 30.25		
2.	Sharon van Rouwendaal	Eiffel Swimmers PSV	4:08.29	9307422	4:12.30	+0,83 A+
	50m: 29.60 29.60	150m: 1:33.00 31.86	250m: 2:36.77 31.67	350m: 3:40.57 31.90		
	100m: 1:01.14 31.54	200m: 2:05.10 32.10	300m: 3:08.67 31.90	400m: 4:12.30 31.73		
3.	Trine Gudnitz	Danish Swimming Federation	4:12.99	8728AA	4:14.79	+0,79 A
	50m: 30.13 30.13	150m: 1:34.11 31.99	250m: 2:38.77 32.48	350m: 3:43.32 32.16		
	100m: 1:02.12 31.99	200m: 2:06.29 32.18	300m: 3:11.16 32.39	400m: 4:14.79 31.47		
4.	Lucy Ellis	University of Stirling	4:23.81	36779	4:15.33 *	+0,82 A+
	50m: 30.02 30.02	150m: 1:34.89 32.41	250m: 2:38.81 31.96	350m: 3:43.38 32.51		
	100m: 1:02.48 32.46	200m: 2:06.85 31.96	300m: 3:10.87 32.06	400m: 4:15.33 31.95		
5.	Saskia de Jonge	E.ON-NZA	4:17.27	8601826	4:16.00	+0,82 B
	50m: 29.52 29.52	150m: 1:34.27 32.53	250m: 2:38.23 31.93	350m: 3:43.11 32.67		
	100m: 1:01.74 32.22	200m: 2:06.30 32.03	300m: 3:10.44 32.21	400m: 4:16.00 32.89		
6.	Marieke Nijhuis	OZ&PC	4:15.57	9201296	4:16.07	+0,96 A
	50m: 29.49 29.49	150m: 1:33.65 32.34	250m: 2:39.10 32.80	350m: 3:44.38 32.53		
	100m: 1:01.31 31.82	200m: 2:06.30 32.65	300m: 3:11.85 32.75	400m: 4:16.07 31.69		
7.	Eleanor Faulkner	City of Sheffield Swim Squad	4:11.92	42774	4:16.52	+0,86 A+
	50m: 29.55 29.55	150m: 1:34.26 32.57	250m: 2:39.67 32.50	350m: 3:44.53 32.45		
	100m: 1:01.69 32.14	200m: 2:07.17 32.91	300m: 3:12.08 32.41	400m: 4:16.52 31.99		
8.	Andrea Kneppers	Zwemvereniging Hoon	4:16.44	9302216	4:16.80	+0,95 A
	50m: 30.24 30.24	150m: 1:35.92 32.80	250m: 2:40.61 32.04	350m: 3:44.81 32.21		
	100m: 1:03.12 32.88	200m: 2:08.57 32.65	300m: 3:12.60 31.99	400m: 4:16.80 31.99		
9.	Randi Nielsen	Danish Swimming Federation	4:21.83	8948AC	4:19.14	+0,85 B
	50m: 29.69 29.69	150m: 1:34.38 32.63	250m: 2:39.62 32.68	350m: 3:46.14 33.44		
	100m: 1:01.75 32.06	200m: 2:06.94 32.56	300m: 3:12.70 33.08	400m: 4:19.14 33.00		
10.	Helen McRoberts	City of Sheffield Swim Squad	4:13.63	28274	4:20.60	+0,78 B
	50m: 30.58 30.58	150m: 1:35.55 32.74	250m: 2:41.12 32.89	350m: 3:47.67 33.44		
	100m: 1:02.81 32.23	200m: 2:08.23 32.68	300m: 3:14.23 33.11	400m: 4:20.60 32.93		
11.	Roxanne Linders	Eiffel Swimmers PSV	4:28.83	9204230	4:22.81	+0,93 C
	50m: 30.27 30.27	150m: 1:36.19 33.02	250m: 2:42.70 33.44	350m: 3:49.98 33.65		
	100m: 1:03.17 32.90	200m: 2:09.26 33.07	300m: 3:16.33 33.63	400m: 4:22.81 32.83		
12.	Marion van den Berg	DWK	4:19.46	8600272	4:22.93	+1,00 C
	50m: 29.77 29.77	150m: 1:35.38 33.17	250m: 2:42.56 33.62	350m: 3:49.70 33.41		
	100m: 1:02.21 32.44	200m: 2:08.94 33.56	300m: 3:16.29 33.73	400m: 4:22.93 33.23		
13.	Aynsley Heseltine	City of Sheffield Swim Squad	4:17.16	25745	4:22.96	+0,79 C
	50m: 29.94 29.94	150m: 1:35.18 33.02	250m: 2:42.02 33.52	350m: 3:49.60 33.80		
	100m: 1:02.16 32.22	200m: 2:08.50 33.32	300m: 3:15.80 33.78	400m: 4:22.96 33.36		
14.	Pernille Jalsøe	Danish Swimming Federation	4:16.60	9372AA	4:23.59	+0,93 B
	50m: 30.39 30.39	150m: 1:35.76 32.87	250m: 2:42.49 33.13	350m: 3:50.30 34.05		
	100m: 1:02.89 32.50	200m: 2:09.36 33.60	300m: 3:16.25 33.76	400m: 4:23.59 33.29		
15.	Malissa van der Horst	Zwemlust den Hommel	4:27.26	9200810	4:24.92	+0,95 C
	50m: 29.37 29.37	150m: 1:35.55 33.35	250m: 2:43.22 33.99	350m: 3:52.11 34.37		
	100m: 1:02.20 32.83	200m: 2:09.23 33.68	300m: 3:17.74 34.52	400m: 4:24.92 32.81		
16.	Marjolein Delno	De Rijn	4:33.68	9400024	4:27.11	+0,97 C
	50m: 29.67 29.67	150m: 1:36.22 33.72	250m: 2:45.74 34.94	350m: 3:54.76 34.04		
	100m: 1:02.50 32.83	200m: 2:10.80 34.58	300m: 3:20.72 34.98	400m: 4:27.11 32.35		
17.	Chantal Senden	ZC Valkenburg	4:34.65	9300698	4:28.08	+0,86 C
	50m: 29.12 29.12	150m: 1:36.04 34.01	250m: 2:45.25 34.78	350m: 3:54.89 34.68		
	100m: 1:02.03 32.91	200m: 2:10.47 34.43	300m: 3:20.21 34.96	400m: 4:28.08 33.19		
18.	Pauline van Dam	Eiffel Swimmers PSV	4:30.73	9304422	4:30.75	+0,92 D
	50m: 31.38 31.38	150m: 1:38.71 33.71	250m: 2:46.99 34.42	350m: 3:57.25 34.89		
	100m: 1:05.00 33.62	200m: 2:12.57 33.86	300m: 3:22.36 35.37	400m: 4:30.75 33.50		
19.	Marcha Admiraal	De Biesboschwemmers	4:27.01	9300012	4:31.56	+0,87 D
	50m: 30.37 30.37	150m: 1:37.43 33.86	250m: 2:46.61 34.48	350m: 3:56.88 35.24		
	100m: 1:03.57 33.20	200m: 2:12.13 34.70	300m: 3:21.64 35.03	400m: 4:31.56 34.68		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam	vereniging	intijd			tijd			RT	niv.
20.	Leonie van Noort	De Zijl/LGB	4:31.71			9301752			4:33.57	+0,73 D
	50m: 31.01	31.01	150m: 1:40.32	34.74	250m: 2:49.88	34.65	350m: 3:59.65	34.83		
	100m: 1:05.58	34.57	200m: 2:15.23	34.91	300m: 3:24.82	34.94	400m: 4:33.57	33.92		
21.	Evelien Sohl	Het Y	4:30.97			8603346			4:33.74	+1,01 E
	50m: 31.29	31.29	150m: 1:39.56	34.36	250m: 2:49.24	34.88	350m: 3:59.41	35.19		
	100m: 1:05.20	33.91	200m: 2:14.36	34.80	300m: 3:24.22	34.98	400m: 4:33.74	34.33		
22.	Lotte Wilms	AZ&PC	4:25.98			8402770			4:35.00	+0,95 E
	50m: 30.70	30.70	150m: 1:39.07	34.43	250m: 2:48.85	34.95	350m: 3:59.81	35.51		
	100m: 1:04.64	33.94	200m: 2:13.90	34.83	300m: 3:24.30	35.45	400m: 4:35.00	35.19		
23.	Rosanne Schoonbeek	TriVia	4:30.19			9402692			4:35.33	+1,00 D
	50m: 30.47	30.47	150m: 1:38.77	34.59	250m: 2:49.17	35.33	350m: 4:00.71	35.86		
	100m: 1:04.18	33.71	200m: 2:13.84	35.07	300m: 3:24.85	35.68	400m: 4:35.33	34.62		
24.	Jovanna Koens	Eiffel Swimmers PSV	4:34.54			9505652			4:35.82	+0,83 C
	50m: 31.77	31.77	150m: 1:41.01	34.75	250m: 2:51.52	34.90	350m: 4:02.08	34.93		
	100m: 1:06.26	34.49	200m: 2:16.62	35.61	300m: 3:27.15	35.63	400m: 4:35.82	33.74		
25.	Leonie Oude Elferink	Zignea	4:34.95			9401826			4:36.90 *	+1,08 D
	50m: 32.03	32.03	150m: 1:41.85	35.30	250m: 2:52.61	35.25	350m: 4:02.85	34.94		
	100m: 1:06.55	34.52	200m: 2:17.36	35.51	300m: 3:27.91	35.30	400m: 4:36.90	34.05		
26.	Iris Pijtak	AZ&PC	4:35.78			9300602			4:37.67	+1,00 E
	50m: 32.00	32.00	150m: 1:41.34	35.04	250m: 2:52.17	35.38	350m: 4:03.28	35.42		
	100m: 1:06.30	34.30	200m: 2:16.79	35.45	300m: 3:27.86	35.69	400m: 4:37.67	34.39		
27.	Bianca de Bruijn	De Devel	4:31.75			8400390			4:38.61	+0,98 E
	50m: 31.52	31.52	150m: 1:40.42	34.81	250m: 2:51.17	35.41	350m: 4:03.03	36.06		
	100m: 1:05.61	34.09	200m: 2:15.76	35.34	300m: 3:26.97	35.80	400m: 4:38.61	35.58		
28.	Rachelle Visser	AZ&PC	4:30.60			9500106			4:39.55	+1,01 D
	50m: 31.71	31.71	150m: 1:41.84	35.29	250m: 2:53.33	35.67	350m: 4:04.87	35.55		
	100m: 1:06.55	34.84	200m: 2:17.66	35.82	300m: 3:29.32	35.99	400m: 4:39.55	34.68		
29.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:31.55			9304922			4:40.00	+0,85 E
	50m: 31.74	31.74	150m: 1:40.67	34.63	250m: 2:51.46	35.42	350m: 4:04.50	36.62		
	100m: 1:06.04	34.30	200m: 2:16.04	35.37	300m: 3:27.88	36.42	400m: 4:40.00	35.50		
30.	Kelly Wigleven	Poseidon'56	4:40.58			9500058			4:40.74	+1,08 D
	50m: 31.52	31.52	150m: 1:40.90	35.25	250m: 2:52.53	36.03	350m: 4:05.50	36.45		
	100m: 1:05.65	34.13	200m: 2:16.50	35.60	300m: 3:29.05	36.52	400m: 4:40.74	35.24		
31.	Carien van der Schaaf	De Dinkel	4:34.09			9500168			4:41.17	+0,93 D
	50m: 30.76	30.76	150m: 1:40.22	35.35	250m: 2:52.48	36.47	350m: 4:05.54	36.45		
	100m: 1:04.87	34.11	200m: 2:16.01	35.79	300m: 3:29.09	36.61	400m: 4:41.17	35.63		
32.	Jamie de Jong	De Dolfijn	4:35.22			9300898			4:42.12	E
	50m: 30.73	30.73	150m: 1:41.30	35.75	250m: 2:54.03	36.23	350m: 4:06.97	36.63		
	100m: 1:05.55	34.82	200m: 2:17.80	36.50	300m: 3:30.34	36.31	400m: 4:42.12	35.15		
33.	Jessie Smeding	Orca	4:40.51			9504528			4:48.63	+0,86 E
	50m: 30.97	30.97	150m: 1:41.51	36.16	250m: 2:56.61	37.87	350m: 4:11.76	37.68		
	100m: 1:05.35	34.38	200m: 2:18.74	37.23	300m: 3:34.08	37.47	400m: 4:48.63	36.87		
34.	Shireen Post	AZ&PC	4:36.13			9503286			4:49.78	+0,68 E
	50m: 32.46	32.46	150m: 1:45.19	36.71	250m: 2:58.87	36.96	350m: 4:13.38	37.39		
	100m: 1:08.48	36.02	200m: 2:21.91	36.72	300m: 3:35.99	37.12	400m: 4:49.78	36.40		
NG.ZA	Yvonne Verbeek	WZ&PC Purmerend	4:38.13			9402788				
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:			

Open Nederlandse Kampioenschappen 2009
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Programmanr. 3 Heren, 200m rugslag all-in
18.12.2009 - 16:42 Resultaten Finale

Wereld Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15.11.2009
Europees Record	1:46.11	Arkady Vyatchanin	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	1:53.74	Nick Driebergen	Amsterdam	19.12.2008
Nederlands Record Jeugd	1:58.81	Klaas Erik Zwering	Den Bosch	18.12.1998

rang naam	vereniging	inschrijftijd	tijd	RT niv.	50m	100m	150m	200m
Finale A								
1. Nick Driebergen	E.ON-NZA	1:57.87 8700793	1:54.25	A+	26.82	55.15	1:24.40	1:54.25
2. Joey de Ruiter	Eiffel Swimmers PSV	2:01.70 9101971	1:59.77	A	28.98	59.74	1:30.26	1:59.77
3. Jamie Smithers	Ealing Swimming Club	2:02.30 3737	2:01.28	C	28.06	58.53	1:29.97	2:01.28
4. Andrew Shepherd	City of Sheffield Swim Squad	2:03.77 2837	2:01.81	C	28.66	59.72	1:31.27	2:01.81
5. Henk van Niejenhuis	De Dolfijn	2:03.48 8905063	2:01.83	C	28.82	59.46	1:30.49	2:01.83
6. Kyle Barrett	Ealing Swimming Club	2:06.79 24108	2:04.61	D	29.36	1:00.50	1:32.54	2:04.61
7. Arvid Munsters	Eiffel Swimmers PSV	2:03.52 9203625	2:05.33	C	28.45	59.64	1:31.91	2:05.33
8. Rense Loohuis	De Dinkel	2:05.37 9101477	2:06.69	D	30.26	1:02.73	1:35.16	2:06.69
Finale B								
9. Ruben Dekker	De Dolfijn	2:07.30 9300627	2:05.85	C	29.58	1:02.01	1:34.57	2:05.85
10. Joost Groeneveld	VZC-E&P	2:07.23 9200409	2:07.71	D	29.50	1:01.73	1:34.92	2:07.71
11. Sven Kardol	Nuenen	2:08.35 9302135	2:08.43	D	30.94	1:03.56	1:36.63	2:08.43
12. Erik Hagting	DZ&PC	2:09.03 9100829	2:08.61	E	30.06	1:02.79	1:35.72	2:08.61
13. Bart Arendshorst	De Veene	2:13.51 9300005	2:15.43	E	31.40	1:04.45	1:39.74	2:15.43
NG.ZA Miguel Correia	Zeester Meerval	2:19.87 9300103						
NG.ZA Timo Dinkelberg	Vlaardingen	2:13.11 9300773						

Programmanr. 4 Dames, 200m rugslag all-in
18.12.2009 - 16:50 Resultaten Finale

Wereld Record	2:00.18	Shiho Sakai	Berlijn (GER)	14.11.2009
Europees Record	2:01.48	Elisabeth Simmonds	Singapore (SIN)	21.11.2009
Nederlands Record Senioren	2:06.62	Femke Heemserkerk	Amsterdam	19.12.2008
Nederlands Record Jeugd	2:10.77	Naomi van der Woerd	Palma de Mallorca (ESP)	29.02.1992

rang naam	vereniging	inschrijftijd	tijd	RT niv.	50m	100m	150m	200m
Finale A								
1. Ekaterina Avramova	Ealing Swimming Club	2:11.14 758483	2:08.25	A+	31.42	1:04.10	1:36.73	2:08.25
2. Wendy vd Zanden	Eiffel Swimmers PSV	2:09.57 8805004	2:08.68	A+	30.16	1:02.51	1:35.56	2:08.68
3. Kimberley Albers	Eiffel Swimmers PSV	2:15.98 9204102	2:14.57	B	31.74	1:05.01	1:39.18	2:14.57
4. Kira Toussaint	E.ON-NZA	2:16.07 9400990	2:15.34	A+	31.98	1:06.22	1:41.09	2:15.34
5. Evy Witlox	E.ON-NZA	2:17.29 8804946	2:16.50 *	C	32.15	1:06.25	1:41.15	2:16.50
6. Lauren Turner	Ealing Swimming Club	2:17.99 36667	2:17.40	B	32.19	1:06.34	1:41.52	2:17.40
7. Annemarie Worst	Octopus	2:15.64 9500042	2:17.51	A+	32.30	1:07.39	1:42.94	2:17.51
8. Willemijn Knot	De Dolfijn	2:18.44 9002010	2:18.07	D	31.66	1:06.78	1:42.24	2:18.07
Finale B								
9. Danielle Villars	Swiss Swimming Federation	2:19.94 14972	2:16.31	B	32.56	1:06.96	1:41.48	2:16.31
10. Mariët Koster	ZPC Bikkel Hoogeveen	2:18.50 8301162	2:16.68	C	31.17	1:05.01	1:40.72	2:16.68
11. Monique van der Struik	RTC-Drachten	2:19.15 9502502	2:20.66	B	33.65	1:09.68	1:45.74	2:20.66
12. Marion van den Berg	DWK	2:20.56 8600272	2:21.00	E	32.60	1:08.62	1:45.12	2:21.00
13. Judith van Meijel	HZPC	2:20.57 9102076	2:21.21	D	33.63	1:09.98	1:46.28	2:21.21
14. Daniëlle Middel	ZPC Bikkel Hoogeveen	2:20.22 9301280	2:21.47	D	32.92	1:08.65	1:45.04	2:21.47
15. Wendan Poelstra	Orca	2:21.59 9102496	2:22.72	E	32.54	1:08.88	1:45.84	2:22.72
16. Judith Stap	De Stormvogel	2:18.76 9302702	2:25.64	E	33.17	1:09.89	1:48.21	2:25.64

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 5 Heren, 100m schoolslag all-in
18.12.2009 - 16:58 Resultaten Finale

Wereld Record	55.61	Cameron van den Burgh	Berlijn (GER)	15.11.2009
Europees Record	56.29	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	56.29	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	1:02.34	Lennart Stekelenburg	Eindhoven	20.12.2002

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Thijs van Valkengoed	AZ&PC	1:02.21	8302141	1:01.28	+0,83	A	28.90	1:01.28
2.	Chris Jones	Ealing Swimming Club	1:02.76	3878	1:01.38	+0,83	A	28.79	1:01.38
3.	Bram Dekker	Eiffel Swimmers PSV	1:03.02	8900649	1:01.93	+0,85	B	29.57	1:01.93
4.	James Kirton	City of Sheffield Swim Squad	1:02.36	4222	1:02.07	+0,83	B	29.38	1:02.07
5.	Roy Smeenge	TriVia	1:02.52	9305557	1:02.14	+0,74	A+	29.37	1:02.14
<i>Nederlands Record Jeugd</i>									
6.	Timon Evenhuis	ANKER TEAM GRONINGEN	1:02.62	9000843	1:02.41	+0,87	B	29.35	1:02.41
7.	Douglas Scott	University of Stirling	1:01.95	29664	1:02.43	+0,71	A	29.39	1:02.43
8.	Pieter Jan de Vries	ZVZ	1:02.95	9003183	1:02.82	+0,88	C	29.69	1:02.82
Finale B									
9.	Jamie Ross	University of Stirling	1:03.94	85199	1:02.89	+0,80	C	30.13	1:02.89
10.	Max Partridge	City of Sheffield Swim Squad	1:03.37	10583	1:03.36	+0,83	C	30.22	1:03.36
11.	Erik Talma	TriVia	1:04.21	8903107	1:03.66	+0,75	D	29.46	1:03.66
12.	Niels van Eck	ZPC Bikkel Hoogeveen	1:03.95	8900793	1:04.11	+0,74	D	29.95	1:04.11
13.	Aaron Eisank	Eiffel Swimmers PSV	1:03.63	9100577	1:04.20	+0,74	C	30.12	1:04.20
14.	Stefan Hazeleger	DWK	1:04.56	9100867	1:04.63	+0,90	D	30.56	1:04.63
15.	Gavin v.d. Werf	RTC-Drachten	1:04.20	9302971	1:05.03	+0,81	C	30.70	1:05.03
16.	Steven Nonnekens	Eiffel Swimmers PSV	1:04.24	9003749	1:05.09	+0,71	D	30.76	1:05.09

Programmanr. 6 Dames, 100m schoolslag all-in
18.12.2009 - 17:04 Resultaten Finale

Wereld Record	1:03.00	Leisel Jones	Berlijn (GER)	14.11.2009
Europees Record	1:04.43	Rikke Møller Pedersen	Moskou (RUS)	06.11.2009
Nederlands Record Senioren	1:04.56	Moniek Nijhuis	Berlijn (GER)	14.11.2009
Nederlands Record Jeugd	1:08.78	Moniek Nijhuis	Dublin (IRL)	13.12.2003

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Moniek Nijhuis	E.ON-NZA	1:07.82	8803188	1:05.78	+0,86	A+	31.37	1:05.78
<i>Kampioenschaps Record</i>									
2.	Tessa Brouwer	E.ON-NZA	1:11.09	9105548	1:06.54	+0,90	A+	31.49	1:06.54
<i>Nederlands Record 18 jaar</i>									
3.	Lia Dekker	RTC-Drachten	1:09.41	8700830	1:08.40	+0,82	A+	32.71	1:08.40
4.	Loes Zanderink	AZ&PC	1:10.28	8805006	1:09.74	+0,84	A	32.83	1:09.74
5.	Lieke Verouden	AZ&PC	1:09.78	9003948	1:09.76	+0,83	A	33.02	1:09.76
6.	Georgina Heyn	Ealing Swimming Club	1:10.53	6039	1:09.81	+0,87	B	32.59	1:09.81
7.	Anouk Elzerman	De Dolfijn	1:11.35	9005914	1:11.39	+0,87	C	33.48	1:11.39
8.	Julie Leth-Espensen	Danish Swimming Federation	1:11.75	9274AF	1:11.43	+0,81	B	34.17	1:11.43
Finale B									
9.	Yvonne v.d. Pol	AZ&PC	1:12.50	8803472	1:12.39	+0,86	D	34.15	1:12.39
10.	Larissa Brak	AZ&PC	1:13.18	8800572	1:12.49	+0,84	D	34.70	1:12.49
11.	Jocelyn Spruit	Eiffel Swimmers PSV	1:12.29	9302044	1:12.87	+0,86	C	34.48	1:12.87
12.	Lotte Goosen	DIO	1:13.64	9205306	1:13.80	+0,74	D	34.43	1:13.80
13.	Géke Heinsbroek	WVZ	1:13.89	9300312	1:14.22	+0,78	D	35.26	1:14.22
14.	Lonne Dijkhuis	De Dinkel	1:12.83	9400030	1:14.62	+0,92	C	34.55	1:14.62
15.	Yvette de Gier	De Columbiaan	1:13.78	9402124	1:15.54	+0,95	D	35.43	1:15.54
DIS	Kristel Doreleijers	Eiffel Swimmers PSV	1:13.15	9302568	1:13.50	SP+0,86	C	34.85	1:13.50
AFGEM	Katrine Holm Sørensen	Danish Swimming Federation	1:11.59	9282AG					

Open Nederlandse Kampioenschappen 2009
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Programmanr. 7 Heren, 200m vlinderslag all-in
18.12.2009 - 17:10 Resultaten Finale

Wereld Record	1:49.11	Kaio Almeida	Stockholm (SWE)	10.11.2009
Europees Record	1:49.46	Nikolay Skvortsov	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	1:51.36	Joeri Verlinden	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	2:01.36	Joeri Verlinden	Eindhoven	28.04.2006

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Joeri Verlinden	Eiffel Swimmers PSV	1:59.05 8803549	1:54.12	+0,75	A+	25.80	55.29	1:25.23	1:54.12
2. Jurjen Willemsen	Eiffel Swimmers PSV	2:05.39 9003315	2:00.93	+0,78	B	27.31	57.68	1:28.92	2:00.93
3. Nico Van Duijn	Swiss Swimming Federation	2:01.93 13825	2:01.06	+0,79	B	27.45	59.02	1:30.15	2:01.06
4. Braxton Timm	City of Sheffield Swim Squad	2:04.49 21366	2:01.39	+0,65	A+	27.23	58.04	1:29.42	2:01.39
5. Fabian Beimin	OZ&PC	2:05.43 9100087	2:04.99	+0,74	C	26.97	58.39	1:30.82	2:04.99
6. Calum McGhee	University of Stirling	2:04.56 30005	2:06.14	+0,82	D	27.87	59.87	1:32.58	2:06.14
7. Wouter Houtman	Eiffel Swimmers PSV	2:06.71 9001293	2:06.22	+0,80	D	28.27	1:00.04	1:32.50	2:06.22
8. Raymond van de Merwe	WVZ	2:06.20 8602077	2:06.30	+0,81	D	28.09	59.86	1:32.62	2:06.30
Finale B									
9. Rory Bob de Haan	ANKER TEAM GRONINGEN	2:08.20 8100609	2:07.52	+0,76	E	27.48	59.33	1:32.56	2:07.52
10. Robert Klinkhamer	ZPC Bikkel Hoogeveen	2:08.97 9101241	2:08.98	+0,79	E	28.04	1:00.97	1:35.74	2:08.98
11. Mitch Notten	ZC Valkenburg	2:07.39 9202505	2:09.30	+0,94	D	28.41	1:00.80	1:34.54	2:09.30
12. Vincent van Iperen	Orca	2:11.55 9106179	2:10.63	+0,81	E	28.73	1:02.43	1:36.60	2:10.63
13. Niek Pereboom	WVZ	2:12.24 9305395	2:11.18	+0,92	D	29.20	1:02.26	1:36.84	2:11.18
14. Bernd Kobesen	RTC-Drachten	2:18.47 9300981	2:14.89	+0,81	E	28.98	1:03.16	1:38.69	2:14.89
15. Huub Scholing	Fysius Het Ravijn	2:23.07 9301179	2:21.04	+0,94		32.39	1:08.66	1:45.52	2:21.04

Programmanr. 8 Dames, 200m vlinderslag all-in
18.12.2009 - 17:18 Resultaten Finale

Wereld Record	2:00.78	Zige Liu	Berlijn (GER)	15.11.2009
Europees Record	2:03.01	Mireia Belmonte Garcia	Castellon (ESP)	26.11.2009
Nederlands Record Senioren	2:09.98	Inge Dekker	Helsinki (FIN)	07.12.2006
Nederlands Record Jeugd	2:13.62	Sharon van Rouwendaal	Saint Dizier (FRA)	15.11.2008

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Sharon van Rouwendaal	Eiffel Swimmers PSV	2:13.82 9307422	2:13.54	+0,80	A+	30.21	1:04.40	1:38.96	2:13.54
<i>Nederlands Record 16 jaar</i>									
2. Lenneke van Schaik	De Dolfijn	2:21.26 8603124	2:16.11	+0,86	C	30.36	1:04.73	1:40.36	2:16.11
<i>tt 50m en 100m is back-up tijd</i>									
3. Michelle Strandskov	Danish Swimming Federation	2:20.20 9158AF	2:16.84	+0,86	C	30.46	1:04.61	1:40.13	2:16.84
4. Elise Bouwens	E.ON-NZA	2:19.33 9103964	2:17.83	+0,89	C	31.04	1:06.87	1:42.74	2:17.83
5. Jessica Spruit	Eiffel Swimmers PSV	2:20.42 9103756	2:18.83	+0,84	D	30.19	1:05.08	1:42.25	2:18.83
6. Marloes Oldenburg	TriVia	2:20.84 8803218	2:19.84	+0,92	D	30.28	1:05.05	1:42.31	2:19.84
<i>tt 100m. is back-up tijd</i>									
7. Merle Verkijk	WVZ	2:20.64 9400278	2:21.77	+0,79	C	31.35	1:06.91	1:43.84	2:21.77
8. Macy Oortwijn	DWK	2:25.09 9500722	2:27.01	+0,96	D	31.71	1:09.37	1:48.57	2:27.01
<i>tt 100m is back-up tijd</i>									

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Programmanr. 9 Heren, 50m vrije slag all-in
18.12.2009 - 17:23 Resultaten Finale

Wereld Record	20.30	Roland Schoeman	Pietermaritzburg (RSA)	08.08.2009
Europees Record	20.48	Amaury Leveaux	Rijeka (CRO)	11.12.2008
Nederlands Record Senioren	21.41	Johan Kenkhuis	Triëst (ITA)	08.12.2005
Nederlands Record Jeugd	22.48	Pieter van den Hoogenband	Eindhoven	08.12.1995

rang	naam	vereniging	intijd		tijd	RT	niv.
Finale A							
1.	Robin van Aggele	AZ&PC	22.43	8400017	22.26	+0,75	A
2.	Bastiaan Tamminga	Eiffel Swimmers PSV	22.78	8101659	22.42	+0,82	A
3.	Stefan de Die	E.ON-NZA	22.62	8603905	22.47	+0,83	B
4.	Bas van Velthoven	E.ON-NZA	22.79	8502695	22.53	+0,77	B
5.	Geert Lantink	AZ&PC	22.71	8601849	22.74	+0,80	B
6.	Val Mikos	Swiss Swimming Federation	22.73	16548	22.82	+0,75	C
7.	Joran Barends	AZ&PC	22.72	8500091	22.89	+0,85	C
8.	Timon Evenhuis	ANKER TEAM GRONINGEN	22.74	9000843	23.05	+0,86	C
Finale B							
9.	Jan Kersten	De Columbiaan	22.93	8601561	22.72	+0,80	B
10.	Tim van Deutekom	E.ON-NZA	22.85	9100459	22.81	+0,78	B
11.	Arjan van der Plaat	MNC Dordrecht	23.20	8602403	22.87	+0,82	C
12.	Pieter Timmers	Eiffel Swimmers PSV	23.19	8806031	23.00	+0,82	C
13.	Jasper van Mierlo	Eiffel Swimmers PSV	23.06	9002005	23.04	+0,76	C
14.	Joost Reijns	E.ON-NZA	22.82	8702725	23.09	+0,95	C
15.	Robbert Donk	Wiekslag	23.17	8900745	23.15	+0,69	C
DIS	Rudy Ted de Haan	ANKER TEAM GRONINGEN	22.96	8400805			AA

Programmanr. 10 Dames, 50m vrije slag all-in
18.12.2009 - 17:27 Resultaten Finale

Wereld Record	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Europees Record	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Nederlands Record Senioren	23.25	Marleen Veldhuis	Manchester (GBR)	13.04.2008
Nederlands Record Jeugd	25.24	Ranomi Kromowidjojo	Eindhoven	28.04.2006

rang	naam	vereniging	intijd		tijd	RT	niv.
Finale A							
1.	Saskia de Jonge	E.ON-NZA	25.24	8601826	25.08	+0,79	A+
2.	Eline Boers	E.ON-NZA	25.55	9104546	25.43	+0,84	A+
3.	Ilse Kraaijeveld	Orca	25.46	9002110	25.49	+0,76	A
4.	Maud van de Meer	Eiffel Swimmers PSV	25.51	9201180	25.70	+0,78	A
5.	Chantal Senden	ZC Valkenburg	25.76	9300698	25.83	+0,77	A+
6.	Georgina Heyn	Ealing Swimming Club	25.92	6039	25.95	+0,88	B
7.	Anja van der Hout	De Dolfijn	25.89	9001598	26.03	+0,73	B
8.	Tamara van Vliet	E.ON-NZA	25.90	9403562	26.40	+0,84	A
Finale B							
9.	Clarissa van Rheenen	Eiffel Swimmers PSV	26.10	9108270	26.07	+0,58	B
10.	Lucy Ellis	University of Stirling	26.23	36779	26.21	+0,79	A
	Ekaterina Avramova	Ealing Swimming Club	26.11	758483	26.21	+0,73	C
12.	Rebecca Turner	City of Sheffield Swim Squad	26.33	36574	26.40	+0,67	B
13.	Miranda Nijenhuis	E.ON-NZA	26.46	9204076	26.46	+0,86	C
14.	Jenna Turner	Ealing Swimming Club	26.35	25007	26.54	+0,69	C
15.	Kimberley Albers	Eiffel Swimmers PSV	26.57	9204102	26.70	+0,78	C
16.	Femke Leenstra	Orca	26.56	9503038	26.72	+0,81	A
NG.ZA	Rieneke Terink	AZ&PC	26.05	8402424			

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Programmanr. 11 Heren, 200m wisselslag all-in
18.12.2009 - 17:32 Resultaten Finale

Wereld Record	1:51.55	Darian Townsend	Berlijn (GER)	15.11.2009
Europees Record	1:51.72	Markus Rogan	Istanbul (TUR)	10.12.2009
Nederlands Record Senioren	1:55.90	Marcel Wouda	Sydney (AUS)	22.01.1998
Nederlands Record Jeugd	2:03.08	Robin van Aggele	Alphen a/d Rijn	07.12.2001

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Devi Wolthuizen	TriVia	2:03.25 8703887	2:01.12	+0,86	A	27.40	58.29	1:32.75	2:01.12
2. Lennart Stekelenburg	E.ON-NZA	2:03.07 8602979	2:02.89	+0,77	B	27.35	59.34	1:33.21	2:02.89
3. Bram Dekker	Eiffel Swimmers PSV	2:05.24 8900649	2:03.00	+0,91	B	27.15	58.58	1:33.91	2:03.00
4. Stefan de Die	E.ON-NZA	2:02.95 8603905	2:03.49	+0,86	B	27.64	1:00.34	1:37.25	2:03.49
5. Patrick Janssen	Eiffel Swimmers PSV	2:03.86 9102817	2:04.58	+0,73	B	27.41	1:00.35	1:37.09	2:04.58
6. Thijs van Valkengoed	AZ&PC	2:04.82 8302141	2:05.15	+0,86	C	28.18	1:00.68	1:34.80	2:05.15
7. Jens Bakker	E.ON-NZA	2:05.34 9300021	2:06.24	+0,98	A	27.81	1:01.00	1:36.51	2:06.24
8. Connor Barrett	Ealing Swimming Club	2:05.52 24107	2:06.39	+0,84	C	26.81	59.25	1:36.29	2:06.39
Finale B									
9. Davy Verreussel	Hellas-Glana	2:06.29 8903341	2:03.82	+0,86	B	27.73	59.34	1:34.24	2:03.82
10. Mike Marissen	AZ&PC	2:06.27 9202187	2:05.15	+0,85	A	27.35	59.36	1:36.85	2:05.15
11. Ross Muir	University of Stirling	2:06.75 69791	2:05.52	+0,83	B	28.83	59.77	1:35.31	2:05.52
12. Sebas van Lith	Aqua-Novio'94	2:05.78 9001841	2:05.67	+0,85	C	27.51	59.23	1:35.90	2:05.67
13. Kyle Barrett	Ealing Swimming Club	2:07.11 24108	2:07.28	+0,80	C	28.08	59.62	1:36.75	2:07.28
14. Felix Broekhuizen	E.ON-NZA	2:06.98 9000439	2:07.43	+0,77	C	27.57	1:01.44	1:38.15	2:07.43
15. Kevin Hondsmark	De Schelde	2:07.09 8801501	2:07.84	+0,88	D	28.45	1:01.80	1:37.22	2:07.84
16. Dennis Eliveld	De Dolfijn	2:08.11 9202351	2:11.67	+0,82	D	27.73	59.70	1:39.22	2:11.67

Programmanr. 12 Dames, 200m wisselslag all-in
18.12.2009 - 17:32 Resultaten Finale

Wereld Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10.12.2009
Europees Record	2:04.64	Evelyn Verraszto	Istanbul (TUR)	10.12.2009
Nederlands Record Senioren	2:09.78	Femke Heemskerk	Amsterdam	19.12.2008
Nederlands Record Jeugd	2:17.23	Sharon van Rouwendaal	St. Raphael (FRA)	01.03.2009

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Rieneke Terink	AZ&PC	2:17.51 8402424	2:12.41	+0,82	A+	29.11	1:02.06	1:43.11	2:12.41
2. Eloise Barber	University of Stirling	2:17.90 30561	2:14.23	+0,84	A+	29.07	1:03.96	1:42.32	2:14.23
3. Lona Kroese	E.ON-NZA	2:16.05 8702382	2:14.84	+0,89	A	30.09	1:04.75	1:43.04	2:14.84
4. Lieke Verouden	AZ&PC	2:16.47 9003948	2:15.93	+0,86	A	30.50	1:06.13	1:44.02	2:15.93
5. Marina Ribí	Swiss Swimming Federation	2:15.81 1036	2:16.48	+0,88	B	29.56	1:05.26	1:45.01	2:16.48
6. Lisa Dreesens	Noord Limburg(SG)	2:17.07 9105798	2:17.10	+0,89	B	29.47	1:05.52	1:45.60	2:17.10
7. Joëlle Scheps	WVZ	2:20.24 9202364	2:18.43	+0,89	B	30.25	1:06.76	1:47.03	2:18.43
8. Marjolein Delno	De Rijn	2:20.17 9400024	2:22.59	+0,93	C	30.64	1:06.77	1:49.43	2:22.59
Finale B									
9. Lucy Spencer	City of Sheffield Swim Squad	2:21.65 43193	2:19.52	+0,77	B	30.71	1:07.20	1:48.17	2:19.52
10. Julie Leth-Espensen	Danish Swimming Federation	2:21.15 9274AF	2:19.97	+0,83	C	31.32	1:08.95	1:47.71	2:19.97
11. Wendan Poelstra	Orca	2:21.05 9102496	2:21.60	+0,86	C	30.91	1:06.91	1:48.77	2:21.60
12. Silke Oude Weernink	De Dolfijn	2:20.82 9002854	2:23.17	+0,94	D	30.83	1:07.33	1:50.50	2:23.17
13. Judith van Meijel	HZPC	2:23.27 9102076	2:23.18	+0,84	D	31.68	1:07.83	1:50.05	2:23.18
14. Helen McRoberts	City of Sheffield Swim Squad	2:22.36 28274	2:23.96	+0,75	D	31.79	1:08.84	1:51.43	2:23.96
15. Mirthe Lanfermeijer	TriVia	2:23.13 9400074	2:25.43	+0,92	D	31.41	1:07.01	1:50.76	2:25.43
16. Géke Heinsbroek	WVZ	2:23.49 9300312	2:27.35	+0,83	E	32.39	1:12.35	1:54.68	2:27.35
NG.ZA Judith Stap	De Stormvogel	2:20.68 9302702							
AFGEM Katrine Holm Sørensen	Danish Swimming Federation	2:17.23 9282AG							

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Programmanr. 13
18.12.2009 - 17:48

Heren, 4 x 200m vrije slag

Senioren Open
Resultaten

Wereld Record	6:51.05	CAN	Leeds (GBR)	07.08.2009
Europees Record	6:56.52	GBR	Manchester (GBR)	10.04.2008
Ned. Record Senioren Ver.	7:10.56	De Dolfijn	Amsterdam	19.12.2008
Ned. Record Jeugd Ver.	7:50.39	Arke De Dinkel	Denekamp	24.11.1996

rang	vereniging	intijd	tijd	RT	niv.
1.	Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	7:15.56	7:16.64	+0,76
	Joeri Verlinden	88 +0,76	25.83 54.05	1:21.47	1:48.50
	Job Kienhuis	89 +0,48	25.52 53.16	1:20.79	1:48.28
	Pieter Timmers	88 +0,21	24.81 52.90	1:21.79	1:50.45
	Patrick Janssen	91 +0,30	25.62 52.83	1:21.19	1:49.41
2.	AZ&PC 1	AZ&PC	7:22.61	7:21.69	+0,76
	Geert Lantink	86 +0,76	26.29 55.52	1:23.96	1:53.03
	Joran Barends	85 +0,29	25.38 53.63	1:21.95	1:49.35
	Ewoud Tamminga	82 +0,24	24.54 52.50	1:20.64	1:49.20
	Robin van Aggele	84 +0,21	24.96 53.09	1:21.18	1:50.11
3.	Eiffel Swimmers PSV 2	Eiffel Swimmers PSV	7:30.05	7:32.94	+0,87
	Rutger van Oosterhout	90 +0,87	26.13 54.13	1:22.37	1:51.07
	Steven Nonnekens	90 +0,41	25.47 53.42	1:22.64	1:52.29
	Bryan Mannaart	91 +0,43	26.46 54.90	1:24.33	1:53.73
	John Verhagen	92 +0,35	26.27 55.89	1:25.36	1:55.85
4.	De Dolfijn 1	De Dolfijn	7:36.34	7:38.39	+0,81
	Nick Driebergen	87 +0,81	25.93 53.80	1:21.80	1:49.92
	Henk van Niejenhuis	89 +0,39	26.53 55.53	1:25.53	1:55.86
	Nick Hessing	91 +0,11	25.80 55.18	1:25.07	1:54.79
	Peter-Jan Plasmans	91 +0,26	25.68 55.35	1:26.27	1:57.82
5.	Ealing Swimming Club 1	Ealing Swimming Club	7:31.04	7:39.50	+0,86
	Connor Barrett	90 +0,86	27.10 56.28	1:25.57	1:55.63
	Kyle Barrett	90 +0,49	26.69 55.75	1:25.79	1:56.19
	Chris Jones	81 +0,35	25.74 54.42	1:24.31	1:55.17
	Jamie Smithers	85 +0,49	25.26 53.31	1:22.64	1:52.51
6.	WVZ 1	WVZ	7:44.52	7:43.15	+0,87
	Wouter Smeets	84 +0,87	26.08 54.54	1:23.63	1:53.33
	Arjan Assink	86 +0,44	26.62 56.15	1:26.52	1:56.68
	Floor Verhaar	90 +0,35	26.04 56.50	1:27.42	1:58.15
	Raymond van de Merwe	86 +0,39	26.01 54.99	1:24.91	1:54.99
7.	AZ&PC 2	AZ&PC	7:42.22	7:48.84	+0,91
	Mark Moussa	90 +0,91	26.64 56.32	1:26.76	1:56.44
	Jordan Kraaijenhof	93 +0,62	27.79 59.22	1:31.27	2:03.00
	Robert Yallop	89 +0,48	26.42 56.42	1:26.80	1:55.21
	Mike Marissen	92 +0,24	26.09 55.41	1:25.83	1:54.19
8.	De Columbiaan 1	De Columbiaan	7:42.50	7:49.41	+0,84
	Jan Kersten	86 +0,84	26.30 55.15	1:23.69	1:52.37
	Niels van Polanen	91 +0,33	26.84 57.04	1:27.52	1:58.25
	Jeroen Eggeraat	92 +0,42	27.00 56.85	1:27.63	1:57.86
	Oscar Sondermeijer	91 +0,33	27.20 57.98	1:30.17	2:00.93
	TriVia 1	TriVia	7:44.84	7:49.41	+0,86
	Erik Schröder	84 +0,86	26.63 55.89	1:26.21	1:56.46
	Chris van Vliet	91 +0,34	25.93 55.21	1:25.81	1:55.88
	Thomas Kersten	90 +0,40	27.63 58.36	1:29.96	2:00.86
	Jeroen Stuut	88 +0,22	25.06 54.58	1:24.84	1:56.21
10.	Het Y 1	Het Y	7:51.50	7:55.38	+0,80
	Jan-Willem v.d. Graaff	89 +0,80	27.58 58.52	1:29.88	2:00.74
	Daan Glorie	88 +0,31	27.27 57.40	1:29.05	2:00.14
	Sebastiaan Reijnen	86 +0,53	26.56 56.93	1:28.74	2:00.35
	Tom Verbeek	88 +0,50	25.68 54.37	1:23.91	1:54.15
11.	Eiffel Swimmers PSV 3	Eiffel Swimmers PSV	7:42.45	7:55.49	+0,85
	Dennis Overhage	90 +0,85	27.54 57.88	1:28.16	1:58.81
	Johnno Smulders	92 +0,61	27.33 57.34	1:28.87	2:00.43
	Sil Hoving	91 +0,29	26.86 57.77	1:28.91	2:00.46
	Jasper van Mierlo	90 +0,44	25.24 54.32	1:25.16	1:55.79
12.	Orca 1	Orca	8:00.35	7:56.66	+0,90
	Willem Kees Roos	94 +0,90	27.78 58.44	1:29.57	1:58.95
	Michael Westers	92 +0,26	27.42 57.65	1:28.38	1:58.91
	Michiel Punter	84 +0,47	26.77 57.44	1:29.53	2:02.12
	Vincent van Iperen	91 +0,42	25.92 55.33	1:25.84	1:56.68
13.	De Dinkel 1	De Dinkel	7:56.47	8:00.42	+0,92
	Sjoerd Zanderink	91 +0,92	26.58 56.06	1:26.41	1:56.50
	Menno Manning	93 +0,40	26.09 55.57	1:26.55	1:58.05
	Rense Loohuis	91 +0,42	26.95 58.35	1:31.16	2:03.88
	Pim Kienhuis	93 +0,48	26.55 57.54	1:29.35	2:01.99

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 13, Heren, 4 x 200m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
14.	WZ&PC Purmerend 1	WZ&PC Purmerend	7:57.07	8:02.66	+0,85
	Jeroen Beemster	87 +0,85	27.88 57.36	1:27.66	1:59.17
	Sverre Oelen	90 +0,10	26.57 57.21	1:28.46	1:59.22
	Kevin Lebis	81 +0,38	26.97 56.58	1:28.47	2:02.60
	Jeffrey Appel	92 +0,32	26.82 58.51	1:31.18	2:01.67
15.	DAW-FINENZO 1	DAW-FINENZO	7:52.36	8:03.26	+0,93
	Patrick Molenkamp	88 +0,93	27.90 58.03	1:29.58	2:01.14
	Demi de Rooij	91 +0,25	27.33 58.72	1:32.45	2:05.96
	Hans Peter Hartog	91 +0,33	27.14 57.71	1:29.16	2:01.00
	Stanley Vleerlaag	85 +0,21	26.25 55.22	1:25.30	1:55.16
16.	Zeester Meerval 1	Zeester Meerval	8:01.39	8:04.69	+0,89
	Loek Herberts	90 +0,89	28.15 58.04	1:28.53	1:58.98
	Micael Correia	90 +0,19	25.94 55.79	1:26.98	1:58.44
	Miguel Correia	93 +0,23	27.80 58.82	1:31.11	2:03.41
	Luuk Onrust	92 +0,50	28.23 59.99	1:31.76	2:03.86
17.	VZC-E&P 1	VZC-E&P	7:58.23	8:04.70	+0,69
	Joost Groeneveld	92 +0,69	26.08 55.07	1:26.07	1:57.30
	Quint Ottens	87 +0,62	27.58 59.21	1:31.82	2:04.12
	Joeri Scheidt	91 +0,38	28.26 58.72	1:29.69	2:00.63
	Tim Niekus	91 +0,33	26.41 57.43	1:30.36	2:02.65
18.	Luctor et Emergo 1	Luctor et Emergo	8:00.64	8:18.25	+0,82
	Niek de Ridder	88 +0,82	27.40 57.14	1:29.04	2:02.21
	Sonny Corré	93 +0,22	27.13 58.15	1:27.74	1:58.42
	Simon Edenburg	93 +0,48	28.71 1:01.62	1:35.56	2:09.08
	Joeri van Wallenburg	90 +0,24	27.82 59.47	1:33.60	2:08.54

Programmanr. 14
18.12.2009 - 17:57

Dames, 4 x 100m vrije slag

Senioren Open
Resultaten

Wereld Record	3:28.22	NED	Amsterdam	19.12.2008
Europees Record	3:28.22	NED	Amsterdam	19.12.2008
Ned. Record Senioren Ver.	3:28.22	Eiffel Swimmers PSV	Amsterdam	19.12.2008
Ned. Record Jeugd Ver.	3:53.42	De Dolfijn	Amsterdam	18.12.2009

rang	vereniging	intijd	tijd	RT	niv.
1.	Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	3:44.40	3:44.46	+0,75
	Wendy vd Zanden	+0,75 27.29 55.59	Jessica Spruit	+0,48 27.94	57.40
	Maud van de Meer	+0,13 26.47 55.68	Clarissa van Rheenen	+0,25 26.68	55.79
2.	Ealing Swimming Club 1	Ealing Swimming Club	3:45.95	3:47.16	+0,69
	Jenna Turner	+0,69 27.58 57.04	Lauren Turner	+0,26 27.76	57.76
	Georgina Heyn	+0,55 27.90 57.13	Ekaterina Avramova	+0,31 26.93	55.23
3.	De Dolfijn 1	De Dolfijn	3:43.56	3:47.71	+0,78
	Anja van der Hout	+0,78 27.47 57.28	Lenneke van Schaik	+0,26 27.10	57.24
	Willemijn Knot	+0,36 27.42 57.67	Lona Kroese	+0,34 26.83	55.52
4.	AZ&PC 1	AZ&PC	3:47.54	3:48.48	+0,91
	Ilse van Hoorn	+0,91 28.27 59.25	Lotte Wilms	+0,26 27.59	58.20
	Lieke Verouden	+0,47 27.45 57.03	Rieneke Terink	+0,33 25.92	54.00
5.	Danish Swimming Federation 1	Danish Swimming Federation	3:48.59	3:53.08	+0,85
	Randi Nielsen	+0,85 28.32 57.93	Pernille Jalsøe	+0,25 27.75	57.97
	Mette Pedersen	+0,29 27.52 57.55	Katrine Holm Sørensen	+0,48 28.18	59.63
6.	De Dolfijn 2 <i>Ned. Record Jeugd Verenigingen</i>	De Dolfijn	3:51.19	3:53.42	+0,71
	Kira Toussaint	+0,71 27.87 58.13	Maxime Verschuur	+0,43 28.22	59.79
	Parand Zarekiani	+0,27 27.23 58.54	Esmee Vermeulen	+0,20 26.84	56.96
7.	Orca 1	Orca	3:52.78	3:55.77	+0,87
	Femke Leenstra	+0,87 28.38 58.64	Jessie Smeding	+0,47 29.26	1:02.12
	Wendan Poelstra	+0,41 28.38 59.81	Ilse Kraaijeveld	+0,42 26.21	55.20
8.	Eiffel Swimmers PSV 2	Eiffel Swimmers PSV	3:57.60	3:58.34	+0,90
	Roxanne Linders	+0,90 28.27 58.10	Nilshaira Isenia	+0,44 29.60	1:02.17
	Jocelyn Spruit	+0,41 27.82 58.69	Pauline van Dam	+0,45 28.61	59.38
9.	De Columbiaan 1	De Columbiaan	3:53.30	3:58.60	+0,87
	Tamara van Vliet	+0,87 28.23 59.47	Marina Scheepbouwer	+0,27 28.39	1:00.45
	Miranda Nijenhuis	+0,43 27.80 58.12	Liset Jansen	+0,32 28.27	1:00.56
10.	TriVia 1	TriVia	3:54.21	4:00.13	+0,86
	Sylvia Dik	+0,86 29.04 1:00.95	Naomi Touré	+0,47 29.34	1:01.43
	Rosanne Schoonbeek	+0,27 28.46 59.23	Anouk Frieman	+0,46 27.93	58.52

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 14, Dames, 4 x 100m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
11.	OZ&PC 1 Marloes Giesselink Kelly Teunissen	OZ&PC +1,01 28.50 1:00.09 +0,34 28.10 1:00.03	3:57.80 Evelien Kip Marieke Nijhuis	4:01.37 +0,35 30.63 1:03.73 +0,31 27.58 57.52	+1,01
12.	AZ&PC 2 Rachelle Visser Silvie Ketelaars	AZ&PC +0,91 29.51 1:01.06 +0,25 28.47 1:01.01	3:57.80 Claire de Winter Mandy van Wakeren	4:02.20 +0,34 27.78 59.17 +0,25 28.91 1:00.96	+0,91
13.	De Dinkel 1 Loes Westerhof Carien van der Schaaf	De Dinkel +0,84 28.98 1:01.28 +0,19 28.88 1:00.37	4:01.03 Lonne Dijkhuis Marlies Reinders	4:02.96 +0,48 29.27 1:02.38 +0,17 27.98 58.93	+0,84
14.	DAW-FINENZO 1 Chantalle van der Fluit Sharon Mlcoch	DAW-FINENZO +0,87 29.91 1:01.99 +0,10 28.92 1:00.89	4:02.80 Danielle de Groot Melissa Zwaan	4:04.87 +0,30 29.21 1:01.26 +0,29 28.86 1:00.73	+0,87
15.	De Veene 1 Paula van den Hoeven Annelette de Vries	De Veene +0,64 29.08 1:02.10 +0,45 29.44 1:02.31	4:03.76 Yvon Versteeg Ellen Maris	4:05.44 +0,09 27.55 58.56 +0,35 29.02 1:02.47	+0,64
16.	De Stormvogel 1 Nikita Kruis Judith Stap	De Stormvogel +0,84 30.78 1:05.24 +0,50 28.10 59.50	3:58.73 Merel van der Ent Manon Minneboo	4:05.58 +0,31 27.96 59.11 +0,23 29.57 1:01.73	+0,84
17.	Octopus 1 Annemarie Worst Manon van Essen	Octopus +0,95 28.99 1:00.37 +0,49 29.07 1:02.21	4:04.54 Sifra van Bottenburg Sharon Gelmers	4:07.23 30.52 1:05.13 28.14 59.52	+0,95
DIS	Zeester Meerval 1 <i>dis 2e zwemmer</i> Inge Arts Stephanie Janssen	Zeester Meerval +0,79 29.12 1:01.59 -0,08	4:02.47 Sophie Sollie Judith Vos	EA +0,79	

3 - Open Nederlandse Kampioenschappen Korte Baan sessie 3

19.12.2009 - 9:00

Programmanr. 15
19.12.2009 - 9:00

Meisjes, 100m vinderslag

Jeugd 1 en 2
Resultaten Voorronde

Wereld Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12.12.2009
Europees Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	55.74	Inge Dekker	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	1:01.20	Chantal Groot	Antwerpen (BEL)	02.08.1998

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Kira Toussaint	E.ON-NZA	1:03.81	9400990	1:01.97	+0,73	A+	A	28.36	1:01.97
2.	Parand Zarekiani	E.ON-NZA	1:03.89	9402150	1:02.81	+0,82	A	B	29.25	1:02.81
3.	Merle Verkijk	WVZ	1:04.72	9400278	1:03.64	+0,78	B	B	29.83	1:03.64
4.	Christel Vinke	ZVZ	1:04.32	9400152	1:04.06	+0,76	B		29.44	1:04.06
5.	Femke Leenstra	Orca	1:04.50	9503038	1:04.78	+0,84	C		29.99	1:04.78
6.	Sophie Sollie	Zeester Meerval	1:05.50	9400140	1:05.56	+0,89	D		30.38	1:05.56
7.	Inge Pepping	De Rijn	1:06.54	9402308	1:06.31	+0,91	D		30.68	1:06.31
8.	Macy Oortwijn	DWK	1:05.98	9500722	1:06.60	+0,95	D		30.64	1:06.60
9.	Katie Simms	Ealing Swimming Club	1:05.72	313966	1:06.88	+0,94	D		30.94	1:06.88
10.	Annika Arvin	De Dolfijn	1:08.35	9500008	1:07.22	+0,72	E		31.77	1:07.22
11.	Rachelle Visser	AZ&PC	1:06.26	9500106	1:07.28	+0,90	E		31.49	1:07.28
12.	Shireen Post	AZ&PC	1:07.43	9503286	1:12.48	+0,95			33.86	1:12.48

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 15, Dames, 100m vlinderslag, Voorronde

Programmanr. 15
19.12.2009 - 9:00

Dames, 100m vlinderslag

all-in

Resultaten Voorronde

Wereld Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12.12.2009
Europees Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	55.74	Inge Dekker	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	1:01.20	Chantal Groot	Antwerpen (BEL)	02.08.1998

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Sharon van Rouwendaal	Eiffel Swimmers PSV	1:00.70	9307422	1:01.63	+0,79	A	A	29.28	1:01.63
2.	Kira Toussaint	E.ON-NZA	1:03.81	9400990	1:01.97	+0,73	A+	A	28.36	1:01.97
3.	Jessica Spruit	Eiffel Swimmers PSV	59.94	9103756	1:02.25	+0,81	C	A	29.82	1:02.25
4.	Michelle Villars	Danish Swimming Federation	1:01.22	9158AF	1:02.26	+0,81	C	A	29.37	1:02.26
5.	Lisa Dreesens	Noord Limburg(SG)	1:02.27	9105798	1:02.31	+0,86	C	A	29.15	1:02.31
6.	Marina Ribí	Swiss Swimming Federation	1:01.58	1036	1:02.51	+0,89	D	A	29.68	1:02.51
7.	Lenneke van Schaik	De Dolfijn	1:00.14	8603124	1:02.54	+0,86	D	A	29.97	1:02.54
8.	Danielle Villars	Swiss Swimming Federation	1:00.70	14972	1:02.59	+0,79	B	A	29.47	1:02.59
9.	Marloes Oldenburg	TriVia	1:01.36	8803218	1:02.76	+0,95	D	B	28.81	1:02.76
10.	Kelly de Jong	E.ON-NZA	1:00.97	9101474	1:02.80	+0,82	D	B	28.95	1:02.80
11.	Lucy Ellis	University of Stirling	1:00.15	36779	1:02.81 *	+0,77	B	B	29.33	1:02.81
	Parand Zarekiani	E.ON-NZA	1:03.89	9402150	1:02.81	+0,82	A	B	29.25	1:02.81
13.	Willemijn Knot	De Dolfijn	1:00.80	9002010	1:02.89	+0,83	D	B	28.92	1:02.89
14.	Andrea Kneppers	Zwemvereniging Hoorn	1:02.25	9302216	1:03.21	+0,95	C	B	29.31	1:03.21
15.	Milou Julicher	Wiekslag	1:05.18	9301320	1:03.43	+0,71	C	B	29.36	1:03.43
16.	Merle Verkijk	WVZ	1:04.72	9400278	1:03.64	+0,78	B	B	29.83	1:03.64
17.	Lona Kroese	E.ON-NZA	1:03.70	8702382	1:03.74		D	R	30.28	1:03.74
18.	Lotte Goosen	DIO	1:02.61	9205306	1:03.80	+0,78	D	R	29.60	1:03.80
19.	Christel Vinke	ZVZ	1:04.32	9400152	1:04.06	+0,76	B		29.44	1:04.06
20.	Jenna Turner	Ealing Swimming Club	1:02.04	25007	1:04.55	+0,71	E		30.34	1:04.55
21.	Femke Leenstra	Orca	1:04.50	9503038	1:04.78	+0,84	C		29.99	1:04.78
22.	Mariët Koster	ZPC Bikkel Hoogeveen	1:03.62	8301162	1:05.38	+0,88	E		30.11	1:05.38
23.	Vivianne van den Broek	Wiekslag	1:04.13	9200302	1:05.48	+0,87	E		29.94	1:05.48
24.	Pauline Gouwens	De Otters Het Gooi	1:03.92	8400790	1:05.49		E		30.11	1:05.49
25.	Jocelyn Spruit	Eiffel Swimmers PSV	1:04.64	9302044	1:05.55	+0,89	D		30.33	1:05.55
26.	Sophie Sollie	Zeester Meerval	1:05.50	9400140	1:05.56	+0,89	D		30.38	1:05.56
27.	Judith Stap	De Stormvogel	1:04.70	9302702	1:06.26	+0,83	E		30.67	1:06.26
28.	Inge Pepping	De Rijn	1:06.54	9402308	1:06.31	+0,91	D		30.68	1:06.31
29.	Macy Oortwijn	DWK	1:05.98	9500722	1:06.60	+0,95	D		30.64	1:06.60
30.	Chantal Nap	HZ&PC Heerenveen	1:03.57	8903004	1:06.63	+0,89			31.18	1:06.63
31.	Katie Simms	Ealing Swimming Club	1:05.72	313966	1:06.88	+0,94	D		30.94	1:06.88
32.	Annika Arvin	De Dolfijn	1:08.35	9500008	1:07.22	+0,72	E		31.77	1:07.22
33.	Rachelle Visser	AZ&PC	1:06.26	9500106	1:07.28	+0,90	E		31.49	1:07.28
34.	Sanne Huisman	DZ&PC	1:05.51	9301998	1:09.11	+0,83			31.15	1:09.11
35.	Shireen Post	AZ&PC	1:07.43	9503286	1:12.48	+0,95			33.86	1:12.48

Programmanr. 115
19.12.2009 - 9:11

Meisjes, 100m vlinderslag
S8 - S14 gehandicapten

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Willemijn Vos	Revas de Peperbus	1:54.98	95080808106	S8	2:01.91	+1,41	203	56.28	2:01.91

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 115, Dames, 100m vlinderslag

Programmanr. 115 Dames, 100m vlinderslag Senioren 1 en ouder
19.12.2009 - 9:11 S8 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Magda Toeters	OZ&PC	1:15.95	8603552	S14	1:14.25	+0,91	826	34.20	1:14.25
2.	Marlou van der Kulk	De Otters Het Gooi	1:28.70	9306824	S14	1:21.15	+0,78	633	36.31	1:21.15
3.	Lisa den Braber	Oceanus	1:44.00	92080708176	S8	1:42.05	+0,80	346	46.63	1:42.05

Programmanr. 115 Dames, 100m vlinderslag all in
19.12.2009 - 9:11 S8 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Magda Toeters	OZ&PC	1:15.95	8603552	S14	1:14.25	+0,91	826	34.20	1:14.25
2.	Marlou van der Kulk	De Otters Het Gooi	1:28.70	9306824	S14	1:21.15	+0,78	633	36.31	1:21.15
3.	Lisa den Braber	Oceanus	1:44.00	92080708176	S8	1:42.05	+0,80	346	46.63	1:42.05
4.	Willemijn Vos	Revas de Peperbus	1:54.98	95080808106	S8	2:01.91	+1,41	203	56.28	2:01.91

Programmanr. 16 Jongens, 100m vlinderslag Jeugd 1 en 2
19.12.2009 - 9:13 Resultaten Voorronde

Wereld Record	48.48	Evgeny Korotyskin	Berlijn (GER)	15.11.2009
Europees Record	48.48	Evgeny Korotyskin	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	49.86	Joeri Verlinden	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	54.71	Joeri Verlinden	Palma de Mallorca (ESP)	07.07.2006

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Braxston Timm	City of Sheffield Swim Squad	53.49	21366	55.54	+0,66	C	?	25.99	55.54
2.	Mike Marissen	AZ&PC	55.32	9202187	56.22	+0,81	C	B	26.01	56.22
3.	Roy Smeenge	TriVia	55.99	9305557	57.06	+0,80	C		26.63	57.06
4.	Philippe Rivard	E.ON-NZA	57.89	9301209	58.21		D		27.07	58.21
5.	Maurice Soudant	Nuene	59.62	9302125	58.30	+0,71	D		27.25	58.30
	John Verhagen	Eiffel Swimmers PSV	57.45	9205325	58.30	+0,81	E		27.36	58.30
7.	Melako Coker	Ealing Swimming Club	58.82	049544	58.57	+0,79	E		27.25	58.57
8.	Sven Kardol	Nuene	57.97	9302135	59.31	+0,80	E		28.25	59.31
9.	Bernd Kobesen	RTC-Drachten	1:00.63	9300981	59.46	+0,88	E		27.83	59.46
10.	Bas Krafft	Aqua-Novio'94	59.42	9303195	59.47	+0,88	E		26.78	59.47
11.	Menno Manning	De Dinkel	1:00.59	9300333	59.66	+0,93	E		27.12	59.66
12.	Walter Jansen	Noordwijkerhout	59.85	9300225	1:00.13	+0,75	E		28.10	1:00.13
13.	Lars Sieval	LZ 1886	1:00.10	9300723	1:00.72	+0,84	E		27.78	1:00.72
14.	Paul Koster	DIO	1:00.39	9304465	1:01.44	+0,84	*		28.41	1:01.44
15.	Huub Scholing	Fysius Het Ravijn	1:00.06	9301179	1:03.48	+0,92			29.37	1:03.48

Programmanr. 16 Heren, 100m vlinderslag all-in
19.12.2009 - 9:13 Resultaten Voorronde

Wereld Record	48.48	Evgeny Korotyskin	Berlijn (GER)	15.11.2009
Europees Record	48.48	Evgeny Korotyskin	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	49.86	Joeri Verlinden	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	54.71	Joeri Verlinden	Palma de Mallorca (ESP)	07.07.2006

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Bastiaan Tamminga	Eiffel Swimmers PSV	53.48	8101659	53.88	+0,81	B	A	24.59	53.88
2.	Nico Van Duijn	Swiss Swimming Federation	54.48	13825	53.90	+0,71	B	A	25.65	53.90
3.	Joeri Verlinden	Eiffel Swimmers PSV	50.15	8803549	53.93	+0,80	B	A	25.02	53.93
4.	Marc Kremer	ANKER TEAM GRONINGEN	54.83	9004667	54.39	+0,71	B	A	25.18	54.39
5.	Jurjen Willemsen	Eiffel Swimmers PSV	53.17	9003315	54.97	+0,81	C	A	25.82	54.97
6.	Ewoud Tamminga	AZ&PC	52.07	8201701	55.01	+0,86	C	A	25.55	55.01
7.	Jeroen Stuut	TriVia	55.08	8803315	55.30	+0,80	D	A	25.52	55.30
8.	Braxston Timm	City of Sheffield Swim Squad	53.49	21366	55.54	+0,66	C	?	25.99	55.54
	Robin van Aggele	AZ&PC	52.19	8400017	55.54	+0,83	D	?	25.83	55.54
10.	Tim van Deutekom	E.ON-NZA	56.39	9100459	55.70	+0,81	C	B	25.52	55.70

Open Nederlandse Kampioenschappen 2009
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Programmanr. 16, Heren, 100m vlinderslag, Voorronde, all-in

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
11.	Daniel Rast	Swiss Swimming Federation	53.98 8471	55.80	+0,66	D	B	26.39	55.80
12.	Connor Barrett	Ealing Swimming Club	56.02 24107	56.13	+0,60	D	B	26.28	56.13
13.	Mike Marissen	AZ&PC	55.32 9202187	56.22	+0,81	C	B	26.01	56.22
14.	Adrien Perez	Swiss Swimming Federation	54.95 11122	56.33	+0,82	D	B	26.03	56.33
15.	Robert Klinkhamer	ZPC Bikkel Hoogeveen	56.01 9101241	56.40	+0,77	D	B	26.17	56.40
16.	Rory Bob de Haan	ANKER TEAM GRONINGEN	56.00 8100609	56.54	+0,76	E	B	26.44	56.54
17.	Robert Yallop	AZ&PC	55.57 8903679	56.59	+0,79	E	R	26.33	56.59
18.	Fabian Beimin	OZ&PC	55.02 9100087	56.75	+0,74	D	R	26.33	56.75
19.	Roy Smeenge	TriVia	55.99 9305557	57.06	+0,80	C		26.63	57.06
20.	Floor Verhaar	WVZ	55.39 9004603	57.20	+1,43	E		27.00	57.20
21.	Calum McGhee	University of Stirling	56.32 30005	57.27	+0,81	D		27.00	57.27
22.	Philippe Rivard	E.ON-NZA	57.89 9301209	58.21		D		27.07	58.21
23.	Maurice Soudant	Nuenen	59.62 9302125	58.30	+0,71	D		27.25	58.30
	John Verhagen	Eiffel Swimmers PSV	57.45 9205325	58.30	+0,81	E		27.36	58.30
25.	Vincent de Rooter	Poseidon'56	56.16 9002525	58.31	+0,79	E		27.30	58.31
26.	Melako Coker	Ealing Swimming Club	58.82 049544	58.57	+0,79	E		27.25	58.57
27.	Dennis Mooij	HZ&PC Heerenveen	55.33 8902201	58.69	+0,86	E		26.69	58.69
28.	Ewoud Potiek	DZ&PC	56.24 8902503	58.76	+0,79	E		27.54	58.76
29.	Gerben Fiere	De Warande	57.08 9102825	58.91	+0,77	E		26.96	58.91
30.	Sven Kardol	Nuenen	57.97 9302135	59.31	+0,80	E		28.25	59.31
31.	Raymond van de Merwe	WVZ	56.29 8602077	59.42	+0,80			27.26	59.42
32.	Bernd Kobesen	RTC-Drachten	1:00.63 9300981	59.46	+0,88	E		27.83	59.46
33.	Bas Krafft	Aqua-Novio'94	59.42 9303195	59.47	+0,88	E		26.78	59.47
34.	Menno Manning	De Dinkel	1:00.59 9300333	59.66	+0,93	E		27.12	59.66
35.	Walter Jansen	Noordwijkerhout	59.85 9300225	1:00.13	+0,75	E		28.10	1:00.13
36.	Sven Jaeger	Hellas-Glana	56.05 8301021	1:00.34	+0,80			27.66	1:00.34
37.	Lars Sieval	LZ 1886	1:00.10 9300723	1:00.72	+0,84	E		27.78	1:00.72
38.	Paul Koster	DIO	1:00.39 9304465	1:01.44 *	+0,84			28.41	1:01.44
39.	Huub Scholing	Fysius Het Ravijn	1:00.06 9301179	1:03.48	+0,92			29.37	1:03.48
NG	Arjen van der Meulen	Eiffel Swimmers PSV	56.13 8702223						

Programmanr. 116
19.12.2009 - 9:23

Jongens, 100m vlinderslag
S8 - S14 gehandicapten

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Thijs van den End	One Team Swimming	1:17.95 9306803	S9	1:17.56	+1,15	448	35.67	1:17.56
2.	Kevin Bersee	St. de Zevensprong	1:32.60 93141414191	S14	1:25.95		347	36.33	1:25.95

Programmanr. 116
19.12.2009 - 9:23

Heren, 100m vlinderslag
S8 - S14 gehandicapten

Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Marc Evers	Haerlem'04 (SG)	1:01.86 9107425	S14	1:02.46	+0,85	905	29.30	1:02.46
2.	Mike vd Zanden	Eiffel Swimmers PSV	58.46 8703905	S10	1:00.46	+0,87	815	28.59	1:00.46
3.	Wessel Everloo	De Klup	1:13.02 89141414097	S14	1:15.62	+0,92	510	34.88	1:15.62

Programmanr. 116
19.12.2009 - 9:23

Heren, 100m vlinderslag
S8 - S14 gehandicapten

all in
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Marc Evers	Haerlem'04 (SG)	1:01.86 9107425	S14	1:02.46	+0,85	905	29.30	1:02.46
2.	Mike vd Zanden	Eiffel Swimmers PSV	58.46 8703905	S10	1:00.46	+0,87	815	28.59	1:00.46
3.	Wessel Everloo	De Klup	1:13.02 89141414097	S14	1:15.62	+0,92	510	34.88	1:15.62
4.	Thijs van den End	One Team Swimming	1:17.95 9306803	S9	1:17.56	+1,15	448	35.67	1:17.56
5.	Kevin Bersee	St. de Zevensprong	1:32.60 93141414191	S14	1:25.95		347	36.33	1:25.95

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Programmanr. 17
19.12.2009 - 9:26

Meisjes, 200m schoolslag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	2:15.42	Leisel Jones	Berlijn (GER)	15.11.2009
Europees Record	2:16.66	Rikke Møller Pedersen	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	2:24.78	Loes Zanderink	Leeds (GBR)	07.08.2009
Nederlands Record Jeugd	2:29.48	Linda Moes	Emmen	14.02.1987

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Marjolein Delno	De Rijn	2:42.35 9400024	2:38.48	+0,92	C	B	36.35	1:17.09	1:58.07	2:38.48
2. Yvette de Gier	De Columbiaan	2:40.80 9402124	2:38.65	+0,95	C	B	35.62	1:15.67	1:57.64	2:38.65
3. Lonne Dijkhuis	De Dinkel	2:43.51 9400030	2:43.05		D	B	36.40	1:18.34	2:01.09	2:43.05
4. Iris van Zuilen	Olympia	2:44.38 9400216	2:43.99	+0,81	D	B	36.94	1:18.30	2:00.94	2:43.99
5. Jessie Smeding	Orca	2:40.83 9504528	2:44.99	+0,83	D	R	37.10	1:17.77	2:00.42	2:44.99
6. Helena La	Zwemvereniging Hoorn	2:47.70 9502134	2:45.27	+0,97	D		37.67	1:19.52	2:02.68	2:45.27
7. Estrella Wierikx	Numansdorp	2:40.13 9402712	2:47.12	+0,75	E		36.30	1:18.27	2:02.16	2:47.12
8. Lin he Yu	Poseidon'56	2:46.68 9500924	2:50.29	+0,87	E		38.16	1:21.10	2:05.08	2:50.29
9. Niké Schuurmans	Livo	2:49.39 9502004	2:51.23	+0,71	E		38.04	1:21.45	2:05.69	2:51.23
<i>tt 50m en 100m zijn back-tijden</i>										
10. Suzanne de Vries	AZ&PC	2:47.35 9500628	2:52.99	+0,82			38.38	1:22.09	2:06.74	2:52.99
NG.ZA Pascalie Spiekerman	WZ&PC Purmerend	2:42.95 9403030								

Programmanr. 17
19.12.2009 - 9:26

Dames, 200m schoolslag

all-in
Resultaten Voorrunde

Wereld Record	2:15.42	Leisel Jones	Berlijn (GER)	15.11.2009
Europees Record	2:16.66	Rikke Møller Pedersen	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	2:24.78	Loes Zanderink	Leeds (GBR)	07.08.2009
Nederlands Record Jeugd	2:29.48	Linda Moes	Emmen	14.02.1987

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Loes Zanderink	AZ&PC	2:24.78 8805006	2:30.53	+0,86	B	A	33.64	1:12.10	1:51.20	2:30.53
2. Julie Leth-Espensen	Danish Swimming Federation	2:32.64 92744AF	2:33.74	+0,79	B	A	35.20	1:14.24	1:53.75	2:33.74
3. Moniek Nijhuis	E.ON-NZA	2:26.32 8803188	2:33.97	+0,80	C	A	34.49	1:13.58	1:53.84	2:33.97
<i>tt 100m is back-up tijd</i>										
4. Georgina Heyn	Ealing Swimming Club	2:27.83 6039	2:34.70	+0,89	C	A	34.84	1:14.23	1:54.51	2:34.70
5. Lieke Verouden	AZ&PC	2:34.72 9003948	2:34.76	+0,88	C	A	34.49	1:14.33	1:54.47	2:34.76
6. Tessa Brouwer	E.ON-NZA	2:29.30 9105548	2:35.15	+0,96	C	A	36.70	1:15.59	1:55.61	2:35.15
7. Anouk Elzerman	De Dolfijn	2:38.49 9005914	2:37.32	+0,88	D	A	34.57	1:14.05	1:55.15	2:37.32
8. Kristel Doreleijers	Eiffel Swimmers PSV	2:35.45 9302568	2:38.38	+0,88	C	A	35.59	1:15.30	1:56.46	2:38.38
9. Marjolein Delno	De Rijn	2:42.35 9400024	2:38.48	+0,92	C	B	36.35	1:17.09	1:58.07	2:38.48
10. Yvette de Gier	De Columbiaan	2:40.80 9402124	2:38.65	+0,95	C	B	35.62	1:15.67	1:57.64	2:38.65
11. Géke Heinsbroek	WVZ	2:40.63 9300312	2:38.82		D	B	35.97	1:16.44	1:57.29	2:38.82
12. Larissa Brak	AZ&PC	2:39.64 8800572	2:41.49		E	B	36.41	1:18.16	2:00.25	2:41.49
13. Yvonne v.d. Pol	AZ&PC	2:35.91 8803472	2:41.61	+0,89	E	B	36.38	1:17.47	1:59.91	2:41.61
14. Lonne Dijkhuis	De Dinkel	2:43.51 9400030	2:43.05		D	B	36.40	1:18.34	2:01.09	2:43.05
15. Jodie Willis	Ealing Swimming Club	2:39.60 60106	2:43.79	+0,83	E	B	36.24	1:18.24	2:01.20	2:43.79
16. Iris van Zuilen	Olympia	2:44.38 9400216	2:43.99	+0,81	D	B	36.94	1:18.30	2:00.94	2:43.99
17. Myrna Schasfoort	De Dinkel	2:42.20 9300668	2:44.34	*	E	R	37.47	1:19.18	2:01.41	2:44.34
18. Jessie Smeding	Orca	2:40.83 9504528	2:44.99	+0,83	D	R	37.10	1:17.77	2:00.42	2:44.99
19. Helena La	Zwemvereniging Hoorn	2:47.70 9502134	2:45.27	+0,97	D		37.67	1:19.52	2:02.68	2:45.27
20. Estrella Wierikx	Numansdorp	2:40.13 9402712	2:47.12	+0,75	E		36.30	1:18.27	2:02.16	2:47.12
21. Lin he Yu	Poseidon'56	2:46.68 9500924	2:50.29	+0,87	E		38.16	1:21.10	2:05.08	2:50.29
22. Niké Schuurmans	Livo	2:49.39 9502004	2:51.23	+0,71	E		38.04	1:21.45	2:05.69	2:51.23
<i>tt 50m en 100m zijn back-tijden</i>										
23. Suzanne de Vries	AZ&PC	2:47.35 9500628	2:52.99	+0,82			38.38	1:22.09	2:06.74	2:52.99
NG.ZA Pascalie Spiekerman	WZ&PC Purmerend	2:42.95 9403030								
AFGEM Katrine Holm Sørensen	Danish Swimming Federation	2:30.67 9282AG								
NG Lia Dekker	RTC-Drachten	2:25.97 8700830								

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Programmanr. 18
19.12.2009 - 9:41

Jongens, 200m schoolslag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13.12.2009
Europees Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	2:07.39	Thijs van Valkengoed	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	2:14.13	Thijs van Valkengoed	Nieuwegein	09.12.2000

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Jens Bakker	E.ON-NZA	2:18.37 9300021	2:19.26	+0,85	B	A	31.94	1:08.02	1:44.36	2:19.26
2. Gavin v/d. Werf	RTC-Drachten	2:20.31 9302971	2:22.84	+0,77	C	B	31.95	1:08.43	1:45.81	2:22.84
3. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:28.20 9300651	2:26.28	+0,87	D		32.97	1:10.06	1:47.87	2:26.28
4. Menno van den Heuvel	Noordwijkerhout	2:25.08 9200519	2:26.37	+0,77	E		32.53	1:09.39	1:47.66	2:26.37
5. Ruud van Heerbeek	Nuene	2:31.82 9301769	2:26.52	+0,74	D		33.73	1:11.30	1:49.21	2:26.52
6. Jordan Kraaijenhof	AZ&PC	2:26.69 9301111	2:27.15		D		33.55	1:10.95	1:49.44	2:27.15
7. Kasper Leeuw	De Dinkel	2:30.57 9304435	2:29.21	+0,99	E		33.43	1:11.41	1:50.72	2:29.21
8. Simon Edenburg	Luctor et Emergo	2:23.25 9301567	2:31.84	+0,79	E		33.78	1:12.24	1:52.60	2:31.84
9. Julian Diaz	Zwemvereniging Utrecht	2:24.39 9200241	2:34.70	+0,81			33.64	1:11.73	1:52.21	2:34.70

Programmanr. 18
19.12.2009 - 9:41

Heren, 200m schoolslag

all-in
Resultaten Voorrunde

Wereld Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13.12.2009
Europees Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	2:07.39	Thijs van Valkengoed	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	2:14.13	Thijs van Valkengoed	Nieuwegein	09.12.2000

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Devi Wolthuizen	TriVia	2:10.47 8703887	2:15.80	+0,77	C	A	30.61	1:05.21	1:40.57	2:15.80
2. Thijs van Valkengoed	AZ&PC	2:07.53 8302141	2:15.97	+0,83	C	A	30.96	1:04.68	1:39.88	2:15.97
3. Bram Dekker	Eiffel Swimmers PSV	2:16.88 8900649	2:15.99	+0,85	C	A	31.17	1:06.37	1:41.62	2:15.99
4. Jamie Ross	University of Stirling	2:13.81 85199	2:16.07	+0,83	C	A	31.01	1:05.64	1:40.55	2:16.07
5. James Kirton	City of Sheffield Swim Squad	2:14.41 4222	2:16.09	+0,86	C	A	30.61	1:05.01	1:40.58	2:16.09
6. Chris Jones	Ealing Swimming Club	2:10.45 3878	2:17.54	+0,83	C	A	30.93	1:05.63	1:40.90	2:17.54
7. Jens Bakker	E.ON-NZA	2:18.37 9300021	2:19.26	+0,85	B	A	31.94	1:08.02	1:44.36	2:19.26
8. Max Partridge	City of Sheffield Swim Squad	2:16.64 10583	2:19.85	+0,83	D	A	31.39	1:06.86	1:43.48	2:19.85
9. Rutger Sloof	DWK	2:14.14 8803141	2:20.23	+0,81	D	B	31.95	1:07.18	1:42.98	2:20.23
10. Joppe Wisse	DZT'62	2:19.47 8903645	2:21.50	+0,92	E	B	32.11	1:08.01	1:45.05	2:21.50
11. Sjoerd Zanderink	De Dinkel	2:21.82 9102651	2:21.58	+0,89	D	B	31.79	1:08.64	1:45.32	2:21.58
12. Felix Broekhuizen	E.ON-NZA	2:19.86 9000439	2:22.42	+0,78	E	B	31.87	1:08.36	1:45.25	2:22.42
13. Ross Muir	University of Stirling	2:22.45 69791	2:22.44	+0,80	D	B	32.28	1:07.96	1:44.51	2:22.44
14. Douglas Scott	University of Stirling	2:16.65 29664	2:22.79	+0,75	D	B	31.13	1:07.46	1:44.46	2:22.79
15. Gavin v/d. Werf	RTC-Drachten	2:20.31 9302971	2:22.84	+0,77	C	B	31.95	1:08.43	1:45.81	2:22.84
16. Niels van Eck	ZPC Bikkel Hoogeveen	2:18.99 8900793	2:23.45	+0,78	E	B	31.64	1:07.63	1:45.01	2:23.45
17. Sebas van Lith	Aqua-Novio'94	2:20.73 9001841	2:23.88	+0,92	E	R	31.80	1:08.76	1:46.57	2:23.88
18. Vincent van Iperen	Orca	2:20.05 9106179	2:24.27	+0,81	E	R	32.61	1:09.10	1:46.09	2:24.27
19. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:28.20 9300651	2:26.28	+0,87	D		32.97	1:10.06	1:47.87	2:26.28
20. Menno van den Heuvel	Noordwijkerhout	2:25.08 9200519	2:26.37	+0,77	E		32.53	1:09.39	1:47.66	2:26.37
21. Ruud van Heerbeek	Nuene	2:31.82 9301769	2:26.52	+0,74	D		33.73	1:11.30	1:49.21	2:26.52
22. Jordan Kraaijenhof	AZ&PC	2:26.69 9301111	2:27.15		D		33.55	1:10.95	1:49.44	2:27.15
23. Kasper Leeuw	De Dinkel	2:30.57 9304435	2:29.21	+0,99	E		33.43	1:11.41	1:50.72	2:29.21
24. Simon Edenburg	Luctor et Emergo	2:23.25 9301567	2:31.84	+0,79	E		33.78	1:12.24	1:52.60	2:31.84
25. Julian Diaz	Zwemvereniging Utrecht	2:24.39 9200241	2:34.70	+0,81			33.64	1:11.73	1:52.21	2:34.70

Open Nederlandse Kampioenschappen 2009
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Programmanr. 19
19.12.2009 - 9:55

Meisjes, 50m rugslag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	25.70	Sanja Jankovic	Istanbul (TUR)	12.12.2009
Europees Record	25.70	Sanja Jankovic	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	26.32	Hinkelien Schreuder	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	28.82	Kira Toussaint	Aken (GER)	24.10.2009

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Kira Toussaint	E.ON-NZA	28.82	9400990	29.07		A	A
2.	Sylvia Dik	TriVia	29.57	9501064	29.98		B	B
3.	Sharon Gelmers	Octopus	31.08	9400416	30.18		C	B
4.	Annemarie Worst	Octopus	30.17	9500042	30.24		C	B
5.	Mirthe Lanfermeijer	TriVia	30.75	9400074	30.72		D	R
6.	Parand Zarekiani	E.ON-NZA	31.03	9402150	30.80		D	
7.	Michelle de Bruijn	TRB-RES	30.77	9503090	31.28		D	
8.	Claire de Winter	AZ&PC	30.83	9406050	31.69		E	
9.	Cynthia van Beusekom	TriVia	31.10	9500134	32.15		E	
10.	Maxime Verschuur	De Dolfijn	31.81	9500804	32.59		E	
11.	Judith Vos	Zeester Meerval	31.82	9502140	33.01			
DIS	Tamara van Vliet	E.ON-NZA	30.01	9403562		AA		

Programmanr. 19
19.12.2009 - 9:55

Dames, 50m rugslag

all-in
Resultaten Voorrunde

Wereld Record	25.70	Sanja Jankovic	Istanbul (TUR)	12.12.2009
Europees Record	25.70	Sanja Jankovic	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	26.32	Hinkelien Schreuder	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	28.82	Kira Toussaint	Aken (GER)	24.10.2009

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Wendy vd Zanden	Eiffel Swimmers PSV	27.79	8805004	28.44		B	A
2.	Ekaterina Avramova	Ealing Swimming Club	28.22	758483	28.53		B	A
3.	Anja van der Hout	De Dolfijn	28.72	9001598	29.05		C	A
4.	Kira Toussaint	E.ON-NZA	28.82	9400990	29.07		A	A
	Evy Witlox	E.ON-NZA	29.66	8804946	29.07		C	A
6.	Kimberley Albers	Eiffel Swimmers PSV	29.13	9204102	29.28		C	A
7.	Willemijn Knot	De Dolfijn	28.30	9002010	29.41		D	A
8.	Miranda Nijenhuis	E.ON-NZA	29.41	9204076	29.70		C	A
9.	Sylvia Dik	TriVia	29.57	9501064	29.98		B	B
10.	Sharon Gelmers	Octopus	31.08	9400416	30.18		C	B
	Ashley Verburg	Eiffel Swimmers PSV	29.34	9301616	30.18		D	B
12.	Lauren Turner	Ealing Swimming Club	29.55	36667	30.20		D	B
13.	Annemarie Worst	Octopus	30.17	9500042	30.24		C	B
14.	Kyra Rietveld	TriVia	30.44	9300624	30.29		D	B
15.	Malissa van der Horst	Zwemlust den Hommel	29.97	9200810	30.44		E	B
16.	Mariët Koster	ZPC Bikkel Hoogeveen	29.68	8301162	30.63		E	B
17.	Mette Pedersen	Danish Swimming Federation	29.06	9364AJ	30.71		D	R
18.	Mirthe Lanfermeijer	TriVia	30.75	9400074	30.72		D	R
19.	Merel van der Ent	De Stormvogel	30.60	9303976	30.73		D	
20.	Laura Huggon	City of Sheffield Swim Squad	29.90	36333	30.77		E	
21.	Parand Zarekiani	E.ON-NZA	31.03	9402150	30.80		D	
22.	Silvie Ketelaars	AZ&PC	30.12	8503778	31.09		E	
23.	Daniëlle Middel	ZPC Bikkel Hoogeveen	30.40	9301280	31.12		E	
24.	Michelle de Bruijn	TRB-RES	30.77	9503090	31.28		D	
25.	Judith Stap	De Stormvogel	29.82	9302702	31.37		E	
26.	Claire de Winter	AZ&PC	30.83	9406050	31.69		E	
27.	Chantal Kuipers	NDD	30.16	8702430	31.82			
28.	Cynthia van Beusekom	TriVia	31.10	9500134	32.15		E	
29.	Maxime Verschuur	De Dolfijn	31.81	9500804	32.59		E	
30.	Judith Vos	Zeester Meerval	31.82	9502140	33.01			
DIS	Tamara van Vliet	E.ON-NZA	30.01	9403562		AA		

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Programmanr. 119 Meisjes, 50m rugslag Jeugd 1 en 2
19.12.2009 - 10:01 S1 - S14 gehandicapt Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt
1.	Marije Oosterhuis	Eemsrobben	40.33	9500318	S10	37.71	632
2.	Lisa Dootjes	De Lansingh	50.36	9407016	S9	44.88	385
3.	Willemijn Vos	Revas de Peperbus	1:00.83	95080808106	S8	1:00.21	218

Programmanr. 119 Dames, 50m rugslag Senioren 1 en ouder
19.12.2009 - 10:01 S1 - S14 gehandicapt Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt
1.	Marlou van der Kulk	De Otters Het Gooi	36.78	9306824	S14	34.63	831
2.	Magda Toeters	OZ&PC	36.95	8603552	S14	36.12	733
3.	Chantal Molenkamp	DAW-FINENZO	35.87	9002624	S10	36.24	713
4.	Lisette Teunissen	De Lansingh	50.09	8604834	S5	51.05	512
5.	Haya Mellema	Aquapoldro	48.11	6600482	S7	50.97	468
6.	Britt van Diessen	TRB-RES	47.82	8900900	S10	46.13	346

Programmanr. 119 Dames, 50m rugslag all in
19.12.2009 - 10:01 S1 - S14 gehandicapt Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt
1.	Marlou van der Kulk	De Otters Het Gooi	36.78	9306824	S14	34.63	831
2.	Magda Toeters	OZ&PC	36.95	8603552	S14	36.12	733
3.	Chantal Molenkamp	DAW-FINENZO	35.87	9002624	S10	36.24	713
4.	Marije Oosterhuis	Eemsrobben	40.33	9500318	S10	37.71	632
5.	Lisette Teunissen	De Lansingh	50.09	8604834	S5	51.05	512
6.	Haya Mellema	Aquapoldro	48.11	6600482	S7	50.97	468
7.	Lisa Dootjes	De Lansingh	50.36	9407016	S9	44.88	385
8.	Britt van Diessen	TRB-RES	47.82	8900900	S10	46.13	346
9.	Willemijn Vos	Revas de Peperbus	1:00.83	95080808106	S8	1:00.21	218

Programmanr. 20 Jongens, 50m rugslag Jeugd 1 en 2
19.12.2009 - 10:05 Resultaten Voorrunde

Wereld Record	22.61	Peter Marshall	Singapore (SIN)	22.11.2009
Europees Record	22.76	Stanislav Donets	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	23.63	Nick Driebergen	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	25.41	Joey de Ruiter	Eindhoven	26.04.2009

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Sverre Eschweiler	MSV- Zeemacht	26.79	9204035	26.79	D	B
2.	Arvid Munsters	Eiffel Swimmers PSV	26.83	9203625	26.84	D	B
3.	Mark Costeris	De Schotelij	26.91	9202327	27.47	E	B
4.	Ruben Dekker	De Dolfijn	28.03	9300627	27.60	E	B
5.	Sven Kardol	Nuenen	27.02	9302135	27.93	E	B
6.	Joost Groeneveld	VZC-E&P	27.25	9200409	28.36	E	R
7.	Bart Arendshorst	De Veene	28.75	9300005	28.60	E	R
8.	Timo Dinkelberg	Vlaardingen	28.26	9300773	28.63	E	
9.	Mart Hendriks	Tritium (SG)	28.86	9304079	28.94		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 20, Heren, 50m rugslag, Voorronde

Programmanr. 20 Heren, 50m rugslag all-in
19.12.2009 - 10:05 Resultaten Voorronde

Wereld Record	22.61	Peter Marshall	Singapore (SIN)	22.11.2009
Europees Record	22.76	Stanislav Donets	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	23.63	Nick Driebergen	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	25.41	Joey de Ruiter	Eindhoven	26.04.2009

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Bastiaan Lijesen	Eiffel Swimmers PSV	24.93	9001819	25.24		B	A
2.	Nick Driebergen	E.ON-NZA	24.21	8700793	25.28		B	A
3.	Adrien Perez	Swiss Swimming Federation	25.09	11122	25.50		C	A
4.	Jan Kersten	De Columbiaan	24.89	8601561	25.52		C	A
5.	Joey de Ruiter	Eiffel Swimmers PSV	25.41	9101971	25.91		C	A
6.	Jurjen Willemsen	Eiffel Swimmers PSV	25.05	9003315	25.96		C	A
7.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	26.35	8400805	26.05		D	A
8.	Andrew Shepherd	City of Sheffield Swim Squad	26.36	2837	26.11		D	A
9.	Robert Yallop	AZ&PC	25.80	8903679	26.50		E	B
10.	Sverre Eschweiler	MSV- Zeemacht	26.79	9204035	26.79		D	B
11.	Arvid Munsters	Eiffel Swimmers PSV	26.83	9203625	26.84		D	B
12.	Raga Flores	BZV	26.39	8900903	26.99		E	B
13.	Timon Evenhuis	ANKER TEAM GRONINGEN	26.41	9000843	27.26		E	B
14.	Mark Costeris	De Schotejil	26.91	9202327	27.47		E	B
15.	Ruben Dekker	De Dolfijn	28.03	9300627	27.60		E	B
16.	Sven Kardol	Nuenen	27.02	9302135	27.93		E	B
17.	Joost Groeneveld	VZC-E&P	27.25	9200409	28.36		E	R
18.	Bart Arendshorst	De Veene	28.75	9300005	28.60		E	R
19.	Timo Dinkelberg	Vlaardingen	28.26	9300773	28.63		E	
20.	Mart Hendriks	Tritium (SG)	28.86	9304079	28.94			

Programmanr. 120 Jongens, 50m rugslag Jeugd 1 en 2
19.12.2009 - 10:09 S1 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Thijs van den End	One Team Swimming	34.07	9306803	S9	34.31		655
2.	Kevin Bersee	St. de Zevensprong	35.41	93141414191	S14	35.34		603
3.	Lorenzo Kliffen	Oceanus	48.28	93141414441	S14	48.57		232
4.	Matthijs van Doorn	De Waterspetters	52.92	92141414173	S14	50.59		205

Programmanr. 120 Heren, 50m rugslag Senioren 1 en ouder
19.12.2009 - 10:09 S1 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Marc Evers	Haerlem'04 (SG)	32.57	9107425	S14	32.79		754
2.	Jeroen van Oene	De Waterspetters	32.82	83141414151	S14	33.58		702
3.	Wessel Everloo	De Klup	34.13	89141414097	S14	35.74		583
4.	Jacco Beniest	One Team Swimming	41.42	8503603	S10	36.23		493

Programmanr. 120 Heren, 50m rugslag all-in
19.12.2009 - 10:09 S1 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Marc Evers	Haerlem'04 (SG)	32.57	9107425	S14	32.79		754
2.	Jeroen van Oene	De Waterspetters	32.82	83141414151	S14	33.58		702
3.	Thijs van den End	One Team Swimming	34.07	9306803	S9	34.31		655
4.	Kevin Bersee	St. de Zevensprong	35.41	93141414191	S14	35.34		603
5.	Wessel Everloo	De Klup	34.13	89141414097	S14	35.74		583
6.	Jacco Beniest	One Team Swimming	41.42	8503603	S10	36.23		493
7.	Lorenzo Kliffen	Oceanus	48.28	93141414441	S14	48.57		232
8.	Matthijs van Doorn	De Waterspetters	52.92	92141414173	S14	50.59		205

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 21
19.12.2009 - 10:11

Jongens, 400m wisselslag

Jeugd 1 en 2
Resultaten

Wereld Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Europees Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08.02.1997
Nederlands Record Jeugd	4:23.99	Marcel Wouda	Drachten	09.03.1990

rang	naam		vereniging		intijd		tijd	RT	niv.
1.	Jens Bakker		E.ON-NZA		4:29.87	9300021	4:30.00	+0,87	B
	50m: 28.55	28.55	150m: 1:37.65	36.18	250m: 2:50.16	37.78	350m: 4:01.23		32.43
	100m: 1:01.47	32.92	200m: 2:12.38	34.73	300m: 3:28.80	38.64	400m: 4:30.00		28.77
2.	Philippe Rivard		E.ON-NZA		4:31.99	9301209	4:30.02	+0,63	B
	50m: 27.74	27.74	150m: 1:34.88	34.49	250m: 2:48.24	39.29	350m: 4:00.22		31.83
	100m: 1:00.39	32.65	200m: 2:08.95	34.07	300m: 3:28.39	40.15	400m: 4:30.02		29.80
3.	Mike Marissen		AZ&PC		4:33.68	9202187	4:31.06	+0,81	B
	50m: 28.52	28.52	150m: 1:36.56	34.96	250m: 2:50.27	39.57	350m: 4:02.55		32.21
	100m: 1:01.60	33.08	200m: 2:10.70	34.14	300m: 3:30.34	40.07	400m: 4:31.06		28.51
4.	Maurice Soudant		Nuenen		4:55.99	9302125	4:40.51	+0,76	D
	50m: 28.34	28.34	150m: 1:38.09	36.66	250m: 2:54.65	41.41	350m: 4:08.77		32.41
	100m: 1:01.43	33.09	200m: 2:13.24	35.15	300m: 3:36.36	41.71	400m: 4:40.51		31.74
5.	Dennis Eliveld		De Dolfijn		4:38.95	9202351	4:41.27	+0,85	D
	50m: 28.98	28.98	150m: 1:39.14	35.77	250m: 2:55.05	40.71	350m: 4:08.78		33.04
	100m: 1:03.37	34.39	200m: 2:14.34	35.20	300m: 3:35.74	40.69	400m: 4:41.27		32.49
6.	Sven Kardol		Nuenen		4:38.60	9302135	4:44.63	+0,82	D
	50m: 30.58	30.58	150m: 1:41.09	36.24	250m: 2:58.89	42.45	350m: 4:14.35		32.17
	100m: 1:04.85	34.27	200m: 2:16.44	35.35	300m: 3:42.18	43.29	400m: 4:44.63		30.28
7.	Kasper Leeuw		De Dinkel		4:51.95	9304435	4:59.55	+1,00	
	50m: 32.77	32.77	150m: 1:49.34	39.84	250m: 3:09.39	41.20	350m: 4:25.57		34.64
	100m: 1:09.50	36.73	200m: 2:28.19	38.85	300m: 3:50.93	41.54	400m: 4:59.55		33.98

Programmanr. 21
19.12.2009 - 10:11

Heren, 400m wisselslag

all-in
Resultaten

Wereld Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Europees Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08.02.1997
Nederlands Record Jeugd	4:23.99	Marcel Wouda	Drachten	09.03.1990

rang	naam		vereniging		intijd		tijd	RT	niv.
1.	Davy Verreussel		Hellas-Glana		4:19.22	8903341	4:20.20	+0,88	A
	50m: 28.32	28.32	150m: 1:34.28	33.83	250m: 2:43.42	36.04	350m: 3:51.30		30.90
	100m: 1:00.45	32.13	200m: 2:07.38	33.10	300m: 3:20.40	36.98	400m: 4:20.20		28.90
2.	Ross Muir		University of Stirling		4:24.65	69791	4:22.87	+0,81	A
	50m: 29.40	29.40	150m: 1:34.22	32.32	250m: 2:43.30	36.79	350m: 3:52.24		31.59
	100m: 1:01.90	32.50	200m: 2:06.51	32.29	300m: 3:20.65	37.35	400m: 4:22.87		30.63
3.	Raymond van de Merwe		WVZ		4:21.40	8602077	4:25.92	+0,80	C
	50m: 28.35	28.35	150m: 1:35.07	34.49	250m: 2:46.44	37.28	350m: 3:55.58		31.21
	100m: 1:00.58	32.23	200m: 2:09.16	34.09	300m: 3:24.37	37.93	400m: 4:25.92		30.34
4.	Damien Cattin Vidal		Club des Vikings de Rouen		4:25.96	88vidal	4:26.55	+0,83	C
	50m: 29.22	29.22	150m: 1:38.63	35.23	250m: 2:49.68	37.31	350m: 3:58.08		30.47
	100m: 1:03.40	34.18	200m: 2:12.37	33.74	300m: 3:27.61	37.93	400m: 4:26.55		28.47
5.	Jens Bakker		E.ON-NZA		4:29.87	9300021	4:30.00	+0,87	B
	50m: 28.55	28.55	150m: 1:37.65	36.18	250m: 2:50.16	37.78	350m: 4:01.23		32.43
	100m: 1:01.47	32.92	200m: 2:12.38	34.73	300m: 3:28.80	38.64	400m: 4:30.00		28.77
6.	Philippe Rivard		E.ON-NZA		4:31.99	9301209	4:30.02	+0,63	B
	50m: 27.74	27.74	150m: 1:34.88	34.49	250m: 2:48.24	39.29	350m: 4:00.22		31.83
	100m: 1:00.39	32.65	200m: 2:08.95	34.07	300m: 3:28.39	40.15	400m: 4:30.02		29.80
7.	Sebas van Lith		Aqua-Novio'94		4:33.20	9001841	4:30.98	+0,89	C
	50m: 28.66	28.66	150m: 1:37.74	35.12	250m: 2:50.32	37.78	350m: 4:00.04		31.39
	100m: 1:02.62	33.96	200m: 2:12.54	34.80	300m: 3:28.65	38.33	400m: 4:30.98		30.94
8.	Mike Marissen		AZ&PC		4:33.68	9202187	4:31.06	+0,81	B
	50m: 28.52	28.52	150m: 1:36.56	34.96	250m: 2:50.27	39.57	350m: 4:02.55		32.21
	100m: 1:01.60	33.08	200m: 2:10.70	34.14	300m: 3:30.34	40.07	400m: 4:31.06		28.51
9.	Wouter Houtman		Eiffel Swimmers PSV		4:28.91	9001293	4:31.51	+0,77	D
	50m: 28.61	28.61	150m: 1:36.05	34.98	250m: 2:49.39	39.57	350m: 4:00.59		31.84
	100m: 1:01.07	32.46	200m: 2:09.82	33.77	300m: 3:28.75	39.36	400m: 4:31.51		30.92

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 21, Heren, 400m wisselslag, all-in

rang	naam	vereniging	intijd				tijd				RT	niv.	
10.	Nick Hessing	De Dolfijn	4:38.36				9103753				4:35.05	+0,75	D
	50m: 29.19	29.19	150m: 1:38.74	33.79	250m: 2:52.18	39.31	350m: 4:03.56	32.02					
	100m: 1:04.95	35.76	200m: 2:12.87	34.13	300m: 3:31.54	39.36	400m: 4:35.05	31.49					
11.	Vincent van Iperen	Orca	4:31.80				9106179				4:35.72	+0,78	D
	<i>50m tijd is back up tijd</i>												
	50m: 28.97	28.97	150m: 1:37.55	35.05	250m: 2:51.95	38.60	350m: 4:03.87	31.63					
	100m: 1:02.50	33.53	200m: 2:13.35	35.80	300m: 3:32.24	40.29	400m: 4:35.72	31.85					
12.	Erik Hagting	DZ&PC	4:39.72				9100829				4:39.22	+0,84	D
	50m: 29.94	29.94	150m: 1:40.22	34.88	250m: 2:55.12	40.84	350m: 4:08.50	32.33					
	100m: 1:05.34	35.40	200m: 2:14.28	34.06	300m: 3:36.17	41.05	400m: 4:39.22	30.72					
13.	Maurice Soudant	Nuenen	4:55.99				9302125				4:40.51	+0,76	D
	50m: 28.34	28.34	150m: 1:38.09	36.66	250m: 2:54.65	41.41	350m: 4:08.77	32.41					
	100m: 1:01.43	33.09	200m: 2:13.24	35.15	300m: 3:36.36	41.71	400m: 4:40.51	31.74					
14.	Dennis Eliveld	De Dolfijn	4:38.95				9202351				4:41.27	+0,85	D
	50m: 28.98	28.98	150m: 1:39.14	35.77	250m: 2:55.05	40.71	350m: 4:08.78	33.04					
	100m: 1:03.37	34.39	200m: 2:14.34	35.20	300m: 3:35.74	40.69	400m: 4:41.27	32.49					
15.	Sven Kardol	Nuenen	4:38.60				9302135				4:44.63	+0,82	D
	50m: 30.58	30.58	150m: 1:41.09	36.24	250m: 2:58.89	42.45	350m: 4:14.35	32.17					
	100m: 1:04.85	34.27	200m: 2:16.44	35.35	300m: 3:42.18	43.29	400m: 4:44.63	30.28					
16.	Jordi Dijkhuis	De Dinkel	4:39.60				9100483				4:47.46	+0,91	E
	50m: 29.79	29.79	150m: 1:42.30	37.15	250m: 2:59.70	40.84	350m: 4:14.34	33.61					
	100m: 1:05.15	35.36	200m: 2:18.86	36.56	300m: 3:40.73	41.03	400m: 4:47.46	33.12					
17.	Kasper Leeuw	De Dinkel	4:51.95				9304435				4:59.55	+1,00	
	50m: 32.77	32.77	150m: 1:49.34	39.84	250m: 3:09.39	41.20	350m: 4:25.57	34.64					
	100m: 1:09.50	36.73	200m: 2:28.19	38.85	300m: 3:50.93	41.54	400m: 4:59.55	33.98					

Programmanr. 22
19.12.2009 - 10:23

Meisjes, 200m vrije slag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13.12.2009
Europees Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	1:53.79	Femke Heemskerk	Rijeka (CRO)	14.12.2008
Nederlands Record Jeugd	1:59.32	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale	50m	100m	150m	200m
1.	Kira Toussaint	E.ON-NZA	2:05.89	9400990	2:03.95		A	C	29.13	1:00.94	1:32.54	2:03.95
2.	Marjolein Delno	De Rijn	2:08.75	9400024	2:05.20	+0,95	A	R	29.17	1:01.18	1:33.35	2:05.20
3.	Femke Leenstra	Orca	2:04.60	9503038	2:05.75	+0,86	A		28.88	1:01.15	1:33.39	2:05.75
4.	Merle Verkijk	WVZ	2:11.11	9400278	2:07.26	+0,76	C		30.09	1:02.58	1:34.75	2:07.26
5.	Jovanna Koens	Eiffel Swimmers PSV	2:08.06	9505652	2:08.30	+0,79	B		30.07	1:02.15	1:35.22	2:08.30
6.	Michelle Verouden	Eiffel Swimmers PSV	2:08.90	9400150	2:08.79	+0,92	C		31.10	1:03.70	1:36.32	2:08.79
7.	Rosanne Schoonbeek	TriVia	2:07.09	9402692	2:08.94	+0,89	C		29.62	1:02.44	1:36.65	2:08.94
8.	Monique van der Struik	RTC-Drachten	2:08.79	9502502	2:09.04	+0,81	C		30.59	1:03.09	1:36.29	2:09.04
9.	Macy Oortwijn	DWK	2:07.90	9500722	2:09.39	+0,95	C		29.21	1:02.12	1:36.06	2:09.39
10.	Annemarie Worst	Octopus	2:11.84	9500042	2:09.53	+0,92	C		29.68	1:03.09	1:37.02	2:09.53
11.	Rachelle Visser	AZ&PC	2:08.11	9500106	2:10.52	+1,14	C		30.41	1:03.48	1:37.39	2:10.52
12.	Anouk Frieman	TriVia	2:12.80	9502390	2:10.83	+0,95	C		29.73	1:03.40	1:38.33	2:10.83
13.	Inge Pepping	De Rijn	2:12.25	9402308	2:11.14	+0,94	D		30.02	1:03.51	1:37.73	2:11.14
14.	Pascalie Spiekerman	WZ&PC Purmerend	2:11.80	9403030	2:11.25	+0,90	D		29.87	1:03.46	1:38.00	2:11.25
15.	Maartje de Wit	WVZ	2:11.38	9502362	2:11.40	+0,74	D		31.29	1:04.99	1:38.74	2:11.40
16.	Jessica Taylor	City of Sheffield Swim Squad	2:12.50	56782	2:12.10	+0,78	D		30.17	1:03.29	1:37.94	2:12.10
17.	Tanja van Essen	Wiekslag	2:10.25	9404678	2:12.61	+0,89	D		30.46	1:03.92	1:38.50	2:12.61
18.	Kelly Wigleven	Poseidon'56	2:13.53	9500058	2:12.75	+1,02	D		30.38	1:03.35	1:38.04	2:12.75
19.	Carien van der Schaaf	De Dinkel	2:12.08	9500168	2:14.02	+0,90	D		30.64	1:04.34	1:39.12	2:14.02
20.	Rixt Veldkamp	Stadskanaal	2:12.02	9404344	2:14.09		E		30.47	1:04.08	1:38.29	2:14.09
21.	Katie Simms	Ealing Swimming Club	2:11.92	313966	2:14.55	+0,94	E		30.70	1:05.09	1:39.81	2:14.55
22.	Kim Loeffen	Tritium (SG)	2:11.95	9403432	2:15.13	+0,88	E		29.72	1:03.42	1:39.11	2:15.13
23.	Naomi Touré	TriVia	2:11.66	9401628	2:15.28	+1,05	E		31.14	1:05.61	1:40.90	2:15.28
24.	Dané Mulder	Aquarijn	2:11.39	9400084	2:16.51		E		30.53	1:04.77	1:40.66	2:16.51
25.	Maxime Verschuur	De Dolfijn	2:13.70	9500804	2:16.71	+0,74	E		30.05	1:04.28	1:40.34	2:16.71
26.	Tamara van Vliet	E.ON-NZA	2:08.29	9403562	2:16.79	+0,91	E		29.09	1:02.19	1:38.95	2:16.79
27.	Jessie Smeding	Orca	2:12.72	9504528	2:16.94	+0,80	E		30.87	1:04.61	1:40.92	2:16.94
28.	Cynthia van Beusekom	TriVia	2:12.02	9500134	2:17.13	+0,90	E		31.24	1:05.80	1:41.09	2:17.13
29.	Shireen Post	AZ&PC	2:10.20	9503286	2:17.44	+0,93	E		31.93	1:07.43	1:42.70	2:17.44

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 22, Meisjes, 200m vrije slag, Voorronde, Jeugd 1 en 2

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
30. Yvonne Verbeek	WZ&PC Purmerend	2:11.54 9402788	2:21.11	+0,81			32.08	1:07.72	1:44.83	2:21.11

Programmanr. 22
19.12.2009 - 10:23

Dames, 200m vrije slag

all-in

Resultaten Voorronde

Wereld Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13.12.2009
Europees Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	1:53.79	Femke Heemskerk	Rijeka (CRO)	14.12.2008
Nederlands Record Jeugd	1:59.32	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Femke Heemskerk	E.ON-NZA	1:53.79 8705224	1:58.27	+0,83	A+	A	27.83	56.95	1:27.13	1:58.27
2. Rieneke Terink	AZ&PC	1:56.59 8402424	1:59.39	+0,83	A	A	27.77	58.11	1:28.85	1:59.39
3. Lucy Ellis	University of Stirling	1:56.91 36779	2:00.47	+0,75	A+	A	28.42	59.05	1:30.11	2:00.47
4. Sharon van Rouwendaal	Eiffel Swimmers PSV	1:58.24 9307422	2:00.63	+0,80	A+	A	29.08	59.72	1:30.38	2:00.63
5. Saskia de Jonge	E.ON-NZA	1:56.24 8601826	2:00.79	+0,79	A	A	28.48	58.78	1:29.59	2:00.79
6. Elise Bouwens	E.ON-NZA	1:59.29 9103964	2:00.97	+0,91	A	A	28.12	58.49	1:29.54	2:00.97
7. Rebecca Turner	City of Sheffield Swim Squad	1:59.90 36574	2:01.30		A	A	28.42	59.82	1:31.11	2:01.30
8. Wendy vd Zanden	Eiffel Swimmers PSV	1:59.22 8805004	2:01.45	+0,79	B	A	28.95	59.99	1:30.70	2:01.45
9. Andrea Kneppers	Zwemvereniging Hoorn	2:01.78 9302216	2:01.46	+0,75	A+	B	29.27	1:00.79	1:31.21	2:01.46
10. Joëlle Scheps	WVZ	2:03.54 9202364	2:01.66	+0,86	A	B	28.81	1:00.20	1:31.18	2:01.66
11. Ilse Kraaijeveld	Orca	2:02.74 9002110	2:02.33	+0,80	B	B	29.63	1:00.34	1:31.62	2:02.33
12. Chantal Senden	ZC Valkenburg	2:04.90 9300698	2:03.11	+0,77	A	B	28.10	59.56	1:31.51	2:03.11
13. Maud van de Meer	Eiffel Swimmers PSV	2:06.25 9201180	2:03.15	+0,83	B	B	28.93	1:00.92	1:32.08	2:03.15
14. Clarissa van Rheenen	Eiffel Swimmers PSV	1:58.41 9108270	2:03.43	+0,62	C	B	28.90	59.80	1:31.28	2:03.43
15. Trine Gudnitz	Danish Swimming Federation	2:03.51 8728AA	2:03.44	+0,81	C	B	29.41	1:00.18	1:31.72	2:03.44
16. Marieke Nijhuis	OZ&PC	2:01.77 9201296	2:03.45	+0,96	B	B	28.63	59.74	1:31.57	2:03.45
17. Randi Nielsen	Danish Swimming Federation	2:00.61 8948AC	2:03.74	+0,84	C	C	28.87	59.69	1:31.65	2:03.74
18. Kira Toussaint	E.ON-NZA	2:05.89 9400990	2:03.95		A	C	29.13	1:00.94	1:32.54	2:03.95
19. Laura Whitaker	City of Sheffield Swim Squad	2:05.53 21074	2:04.26	+0,64	C	C	28.89	1:00.52	1:32.54	2:04.26
20. Eleanor Faulkner	City of Sheffield Swim Squad	2:01.50 42774	2:04.72	+0,82	B	C	28.97	1:00.34	1:32.65	2:04.72
21. Pernille Jalsøe	Danish Swimming Federation	2:01.25 9372AA	2:04.77	+0,90	B	C	29.76	1:01.79	1:33.34	2:04.77
22. Malissa van der Horst	Zwemlust den Hommel	2:05.68 9200810	2:04.95	+1,00	C	C	28.88	1:00.57	1:33.15	2:04.95
23. Anja van der Hout	De Dolfijn	2:04.95 9001598	2:05.09	+0,77	D	C	29.87	1:01.46	1:33.61	2:05.09
24. Roxanne Linders	Eiffel Swimmers PSV	2:03.26 9204230	2:05.17	+0,91	C	C	29.06	1:00.53	1:33.19	2:05.17
25. Marjolein Delno	De Rijn	2:08.75 9400024	2:05.20	+0,95	A	R	29.17	1:01.18	1:33.35	2:05.20
26. Lauren Turner	Ealing Swimming Club	2:01.62 36667	2:05.24	+0,79	B	R	29.11	1:00.63	1:32.75	2:05.24
27. Michelle Strandskov	Danish Swimming Federation	2:05.91 9158AF	2:05.32	+0,84	C		29.12	1:00.71	1:32.94	2:05.32
28. Lona Kroese	E.ON-NZA	2:02.11 8702382	2:05.37	+0,87	D		28.95	1:00.45	1:32.52	2:05.37
29. Eloise Barber	University of Stirling	2:02.10 30561	2:05.39		C		28.51	59.74	1:32.44	2:05.39
30. Jessica Spruit	Eiffel Swimmers PSV	2:05.86 9103756	2:05.43	+0,80	C		29.31	1:00.42	1:32.80	2:05.43
31. Pauline Gouwens	De Otters Het Gooi	2:04.32 8400790	2:05.65	+0,87	D		28.65	1:00.03	1:32.85	2:05.65
32. Marloes Oldenburg	TriVia	2:05.95 8803218	2:05.73		D		29.92	1:01.93	1:34.35	2:05.73
33. Femke Leenstra	Orca	2:04.60 9503038	2:05.75	+0,86	A		28.88	1:01.15	1:33.39	2:05.75
34. Jenna Turner	Ealing Swimming Club	2:00.22 25007	2:05.79	+0,68	D		29.12	1:00.45	1:32.48	2:05.79
35. Danielle Villars	Swiss Swimming Federation	1:59.84 14972	2:06.10	+0,82	C		28.84	1:00.69	1:33.04	2:06.10
36. Lotte Wilms	AZ&PC	2:06.30 8402770	2:06.16		D		28.98	1:00.91	1:33.40	2:06.16
37. Miranda Nijenhuis	E.ON-NZA	2:06.53 9204076	2:06.26	+0,65	C		29.04	1:01.19	1:33.83	2:06.26
38. Helen McRoberts	City of Sheffield Swim Squad	2:05.05 28274	2:06.97	+0,76	D		29.50	1:01.26	1:33.94	2:06.97
39. Merle Verkijk	WVZ	2:11.11 9400278	2:07.26	+0,76	C		30.09	1:02.58	1:34.75	2:07.26
40. Aynsley Heseltine	City of Sheffield Swim Squad	2:04.88 25745	2:07.38	+0,79	D		29.74	1:01.66	1:34.66	2:07.38
41. Silke Oude Weernink	De Dolfijn	2:05.24 9002854	2:07.64	+0,97	D		29.44	1:00.87	1:33.22	2:07.64
42. Pauline van Dam	Eiffel Swimmers PSV	2:07.73 9304422	2:07.98	+0,85	D		30.12	1:02.29	1:35.36	2:07.98
43. Malissa van de Heuvel	Eiffel Swimmers PSV	2:08.65 9304922	2:08.12	+0,79	D		29.65	1:01.75	1:35.09	2:08.12
44. Jovanna Koens	Eiffel Swimmers PSV	2:08.06 9505652	2:08.30	+0,79	B		30.07	1:02.15	1:35.22	2:08.30
45. Michelle Verouden	Eiffel Swimmers PSV	2:08.90 9400150	2:08.79	+0,92	C		31.10	1:03.70	1:36.32	2:08.79
46. Géke Heinsbroek	WVZ	2:10.51 9300312	2:08.81	+0,79	D		30.73	1:03.50	1:36.24	2:08.81
47. Rosanne Schoonbeek	TriVia	2:07.09 9402692	2:08.94	+0,89	C		29.62	1:02.44	1:36.65	2:08.94
48. Monique van der Struik	RTC-Drachten	2:08.79 9502502	2:09.04	+0,81	C		30.59	1:03.09	1:36.29	2:09.04
49. Macy Oortwijn	DWK	2:07.90 9500722	2:09.39	+0,95	C		29.21	1:02.12	1:36.06	2:09.39
50. Annemarie Worst	Octopus	2:11.84 9500042	2:09.53	+0,92	C		29.68	1:03.09	1:37.02	2:09.53
51. Wendan Poelstra	Orca	2:07.62 9102496	2:09.69	+0,84	E		29.62	1:02.31	1:36.24	2:09.69
52. Marlies Reinders	De Dinkel	2:06.74 8602976	2:09.74		E		29.57	1:02.04	1:35.53	2:09.74
53. Kelly de Jong	E.ON-NZA	2:06.92 9101474	2:10.29	+0,89	E		29.37	1:01.76	1:35.56	2:10.29
54. Rachelle Visser	AZ&PC	2:08.11 9500106	2:10.52	+1,14	C		30.41	1:03.48	1:37.39	2:10.52

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 22, Dames, 200m vrije slag, Voorronde, all-in

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
55. Estelle Moorman	ZVZ	2:09.83 9300540	2:10.72	+0,76	D		29.18	1:02.00	1:36.27	2:10.72
56. Anouk Frieman	TriVia	2:12.80 9502390	2:10.83	+0,95	C		29.73	1:03.40	1:38.33	2:10.83
57. Inge Pepping	De Rijn	2:12.25 9402308	2:11.14	+0,94	D		30.02	1:03.51	1:37.73	2:11.14
58. Stephanie Janssen	Zeester Meerval	2:08.18 9101450	2:11.20	+0,75	E		29.94	1:02.60	1:36.68	2:11.20
59. Pascalle Spiekerman	WZ&PC Purmerend	2:11.80 9403030	2:11.25	+0,90	D		29.87	1:03.46	1:38.00	2:11.25
60. Marloes Erkens	DWK	2:09.66 9300234	2:11.35	+0,86	E		30.12	1:03.79	1:37.77	2:11.35
61. Maartje de Wit	WVZ	2:11.38 9502362	2:11.40	+0,74	D		31.29	1:04.99	1:38.74	2:11.40
62. Merel van der Ent	De Stormvogel	2:09.07 9303976	2:11.60		E		30.25	1:03.31	1:37.71	2:11.60
63. Jessica Taylor	City of Sheffield Swim Squad	2:12.50 56782	2:12.10	+0,78	D		30.17	1:03.29	1:37.94	2:12.10
64. Tanja van Essen	Wiekslag	2:10.25 9404678	2:12.61	+0,89	D		30.46	1:03.92	1:38.50	2:12.61
65. Kelly Wigleven	Poseidon'56	2:13.53 9500058	2:12.75	+1,02	D		30.38	1:03.35	1:38.04	2:12.75
66. Carien van der Schaaf	De Dinkel	2:12.08 9500168	2:14.02	+0,90	D		30.64	1:04.34	1:39.12	2:14.02
67. Rixt Veldkamp	Stadskanaal	2:12.02 9404344	2:14.09		E		30.47	1:04.08	1:38.29	2:14.09
68. Katie Simms	Ealing Swimming Club	2:11.92 313966	2:14.55	+0,94	E		30.70	1:05.09	1:39.81	2:14.55
69. Kim Loeffen	Tritium (SG)	2:11.95 9403432	2:15.13	+0,88	E		29.72	1:03.42	1:39.11	2:15.13
70. Naomi Touré	TriVia	2:11.66 9401628	2:15.28	+1,05	E		31.14	1:05.61	1:40.90	2:15.28
71. Dané Mulder	Aquarijn	2:11.39 9400084	2:16.51		E		30.53	1:04.77	1:40.66	2:16.51
72. Maxime Verschuur	De Dolfijn	2:13.70 9500804	2:16.71	+0,74	E		30.05	1:04.28	1:40.34	2:16.71
73. Tamara van Vliet	E.ON-NZA	2:08.29 9403562	2:16.79	+0,91	E		29.09	1:02.19	1:38.95	2:16.79
74. Jessie Smeding	Orca	2:12.72 9504528	2:16.94	+0,80	E		30.87	1:04.61	1:40.92	2:16.94
75. Cynthia van Beusekom	TriVia	2:12.02 9500134	2:17.13 *	+0,90	E		31.24	1:05.80	1:41.09	2:17.13
76. Shireen Post	AZ&PC	2:10.20 9503286	2:17.44	+0,93	E		31.93	1:07.43	1:42.70	2:17.44
77. Yvonne Verbeek	WZ&PC Purmerend	2:11.54 9402788	2:21.11	+0,81			32.08	1:07.72	1:44.83	2:21.11
NG.ZA Mette Pedersen	Danish Swimming Federation	2:10.77 9364AJ								
AFGEM Katrine Holm Sørensen	Danish Swimming Federation	2:05.60 9282AG								

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Jongens, 200m vrije slag

Jeugd 1 en 2
Resultaten Voorronde

Wereld Record	1:39.37	Paul Biedermann	Berlijn (GER)	15.11.2009
Europees Record	1:39.37	Paul Biedermann	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	1:41.89	Pieter van den Hoogenband	Dublin (IRL)	14.12.2003
Nederlands Record Jeugd	1:46.31	Pieter van den Hoogenband	Eindhoven	10.12.1995

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Braxston Timm	City of Sheffield Swim Squad	1:52.42 21366	1:50.70	+0,65	A	B	25.80	53.48	1:21.66	1:50.70
2. Dion Dreesens	Noord Limburg(SG)	1:53.56 9302189	1:51.57	+0,76	A	B	25.99	54.17	1:23.04	1:51.57
3. Joost Groeneveld	VZC-E&P	1:52.51 9200409	1:53.95	+0,69	C		25.74	54.45	1:23.98	1:53.95
4. Thomas Sunter	City of Sheffield Swim Squad	1:54.31 25388	1:54.25	+0,85	C		26.82	55.69	1:25.14	1:54.25
5. Ferry Weertman	DWK	1:55.17 9201461	1:54.58	+0,91	C		26.36	55.41	1:25.34	1:54.58
6. Philippe Rivard	E.ON-NZA	1:55.07 9301209	1:55.18	+0,57	C		26.25	55.43	1:25.66	1:55.18
7. John Verhagen	Eiffel Swimmers PSV	1:52.92 9205325	1:55.28	+0,76	D		26.68	55.27	1:25.09	1:55.28
8. Mark Costeris	De Schotejil	1:55.74 9202327	1:55.38		D		26.98	56.51	1:26.08	1:55.38
9. Menno Manning	De Dinkel	1:59.13 9300333	1:55.72	+0,89	D		26.86	56.05	1:25.74	1:55.72
10. Sverre Eschweiler	MSV- Zeemacht	1:57.40 9204035	1:56.13	+0,74	D		27.44	57.54	1:27.50	1:56.13
11. Ricky Speed	City of Sheffield Swim Squad	1:55.65 27480	1:56.54	+0,78	D		27.20	56.92	1:27.05	1:56.54
12. Melako Coker	Ealing Swimming Club	2:00.11 049544	1:56.77	+0,81	D		27.61	57.34	1:27.08	1:56.77
13. Victor Poot	Vlaardingen	1:56.42 9203651	1:56.97	+0,76	D		27.41	57.33	1:27.12	1:56.97
14. Pascal Timmermans	RZC	1:57.40 9202349	1:57.47	+0,90	D		27.11	57.82	1:27.82	1:57.47
15. Niek Pereboom	WVZ	1:58.94 9305395	1:57.88	+0,80	D		27.02	57.07	1:28.49	1:57.88
16. Bart Dunweg	Vlaardingen	1:58.70 9301763	1:58.33	+0,75	D		26.93	57.09	1:28.02	1:58.33
17. Mitch Notten	ZC Valkenburg	1:55.65 9202505	1:58.50	+0,96	E		27.30	56.91	1:27.54	1:58.50
18. Giovanni den Ouden	De Devel	1:58.50 9300877	1:58.70	+0,80	E		27.77	58.08	1:28.30	1:58.70
19. Bernd Kobesen	RTC-Drachten	1:56.13 9300981	1:59.03	+0,82	E		26.92	56.90	1:28.18	1:59.03
20. Robin Bos	DWK	2:01.23 9302265	1:59.25	+0,85	E		27.55	57.95	1:28.85	1:59.25
21. Marcel Schouten	Haerlem'04 (SG)	1:58.60 9300653	1:59.45	+0,89	E		27.38	57.84	1:28.68	1:59.45
22. Ruben Dekker	De Dolfijn	2:01.01 9300627	1:59.54	+0,86	E		27.84	58.70	1:29.97	1:59.54
23. Jeroen Gijsselaar	De Dinkel	2:02.76 9300777	1:59.69	+0,83	E		27.23	57.17	1:28.75	1:59.69
24. Boris Galjart	Vlaardingen	1:57.13 9201997	1:59.70	+0,74	E		27.46	57.83	1:28.82	1:59.70
25. Paul Koster	DIO	1:57.23 9304465	1:59.88	+0,86	E		27.62	58.68	1:30.13	1:59.88
Wouter Kaman	Aquarijn	2:00.99 9300241	1:59.88	+0,78	E		27.42	58.14	1:28.70	1:59.88
27. Johnno Smulders	Eiffel Swimmers PSV	1:57.30 9202675	2:00.52	+0,82	E		27.22	57.17	1:28.39	2:00.52
28. Jan Batstra	Het Y	2:00.24 9302737	2:01.00	+0,84	E		27.31	57.79	1:29.80	2:01.00
29. Pim Kienhuis	De Dinkel	2:00.21 9300263	2:01.28		E		28.03	58.39	1:29.60	2:01.28

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 23, Jongens, 200m vrije slag, Voorronde, Jeugd 1 en 2

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
30. Timo Dinkelberg	Vlaardingen	1:57.71 9300773	2:01.65		E		27.34	58.34	1:30.11	2:01.65
31. Daniel Langerveld	De Fuut	1:59.13 9302989	2:02.02	+0,85	E		27.52	58.31	1:30.22	2:02.02
32. Bart Arendshorst	De Veene	2:00.91 9300005	2:02.94	+0,79	E		27.51	58.65	1:30.94	2:02.94
33. Jordan Kraaijenhof	AZ&PC	2:01.72 9301111	2:03.01	+0,89	E		28.90	1:00.74	1:32.44	2:03.01
34. Melvin van de Meij	MNC Dordrecht	2:01.53 9301157	2:03.21		E		28.06	59.52	1:31.77	2:03.21
35. Lars Sieval	LZ 1886	2:01.16 9300723	2:03.53	+0,81			28.14	59.72	1:32.58	2:03.53
36. Thomas van Mierlo	Eiffel Swimmers PSV	2:01.93 9300353	2:03.57	+0,79			28.45	1:00.62	1:33.10	2:03.57
37. Tim Blauw	Stadskanaal	2:03.39 9301345	2:03.66	+0,82			28.32	59.26	1:30.97	2:03.66
38. Sander Ariaansz	Zwemvereniging Utrecht	2:00.86 9302053	2:04.05	+0,85			28.29	59.95	1:32.20	2:04.05
39. Sebastian de Been	De Warande	2:02.41 9302233	2:05.19	+0,79			28.21	59.98	1:33.38	2:05.19
40. Nick Duivenvoorden	Noordwijkerhout	2:03.07 9300731	2:05.66	+0,89			29.27	1:01.67	1:34.55	2:05.66
41. Walter Jansen	Noordwijkerhout	2:03.15 9300225	2:05.86				28.24	1:00.45	1:33.85	2:05.86
42. Huub Scholing	Fysius Het Ravijn	2:03.25 9301179	2:06.32	+0,89			29.25	1:01.31	1:34.72	2:06.32
43. Remon van Mil	Racing Club	2:02.95 9301159	2:07.80	+0,92			28.04	59.93	1:33.71	2:07.80
44. Simon Edenburg	Luctor et Emergo	2:02.04 9301567	2:12.54	+0,78			29.48	1:02.77	1:37.46	2:12.54

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Heren, 200m vrije slag

all-in

Resultaten Voorronde

Wereld Record	1:39.37	Paul Biedermann	Berlijn (GER)	15.11.2009
Europees Record	1:39.37	Paul Biedermann	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	1:41.89	Pieter van den Hoogenband	Dublin (IRL)	14.12.2003
Nederlands Record Jeugd	1:46.31	Pieter van den Hoogenband	Eindhoven	10.12.1995

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
1. Stefan de Die	E.ON-NZA	1:45.16 8603905	1:47.98	+0,87	A	A	24.99	51.53	1:19.18	1:47.98
2. Sebastiaan Verschuren	E.ON-NZA	1:45.69 8803571	1:48.15	+0,82	A	A	24.84	51.74	1:20.26	1:48.15
3. Job Kienhuis	Eiffel Swimmers PSV	1:49.96 8901631	1:48.32	+0,94	A	A	26.12	53.90	1:21.25	1:48.32
4. Jak Scott	University of Stirling	1:47.84 30439	1:48.51	+0,70	A+	A	25.14	52.37	1:20.59	1:48.51
5. Patrick Janssen	Eiffel Swimmers PSV	1:51.28 9102817	1:48.71		A+	A	25.67	52.98	1:21.48	1:48.71
6. Joeri Verlinden	Eiffel Swimmers PSV	1:46.83 8803549	1:48.77	+0,77	A	A	25.54	53.24	1:20.60	1:48.77
7. Joost Reijns	E.ON-NZA	1:46.75 8702725	1:48.84	+0,88	A	A	25.06	51.90	1:19.99	1:48.84
8. Bas van Velthoven	E.ON-NZA	1:48.32 8502695	1:49.02	+0,79	A	A	25.88	53.27	1:20.94	1:49.02
9. Andrew Hunter	University of Stirling	1:44.04 4390	1:50.26	+0,79	B	B	25.60	53.19	1:21.37	1:50.26
10. Pieter Timmers	Eiffel Swimmers PSV	1:50.34 8806031	1:50.47	+0,82	B	B	25.70	53.74	1:22.23	1:50.47
11. Braxston Timm	City of Sheffield Swim Squad	1:52.42 21366	1:50.70	+0,65	A	B	25.80	53.48	1:21.66	1:50.70
12. Anders Lie	Danish Swimming Federation	1:49.86 9105AF	1:50.81	+0,80	B	B	26.11	54.34	1:22.93	1:50.81
13. Dion Dreesens	Noord Limburg(SG)	1:53.56 9302189	1:51.57	+0,76	A	B	25.99	54.17	1:23.04	1:51.57
14. Robbert Donk	Wiekslag	1:54.59 8900745	1:51.61	+0,68	C	B	25.96	54.44	1:23.32	1:51.61
15. Damien Cattin Vidal	Club des Vikings de Rouen	1:51.71 88vidal	1:51.78		C	B	26.64	54.85	1:23.68	1:51.78
16. Rutger van Oosterhout	Eiffel Swimmers PSV	1:51.25 9002179	1:51.89	+0,88	C	B	26.14	54.04	1:22.93	1:51.89
17. Jamie Smithers	Ealing Swimming Club	1:53.02 3737	1:52.01	+0,81	C	R	25.92	53.86	1:22.68	1:52.01
18. Nico Van Duijn	Swiss Swimming Federation	1:50.92 13825	1:52.17	+0,73	C	R	26.22	54.65	1:23.15	1:52.17
19. Daniel Rast	Swiss Swimming Federation	1:53.57 8471	1:52.20	+0,85	C		26.68	55.72	1:23.74	1:52.20
20. Val Mikos	Swiss Swimming Federation	1:53.46 16548	1:52.38	+0,59	C		26.23	54.90	1:23.49	1:52.38
21. Geert Lantink	AZ&PC	1:50.96 8601849	1:52.58	+0,78	C		25.54	53.51	1:22.55	1:52.58
22. Steven Nonnekes	Eiffel Swimmers PSV	1:53.39 9003749	1:52.78	+0,72	C		26.04	54.61	1:23.50	1:52.78
23. Wouter Smeets	WVZ	1:51.25 8402093	1:53.92	+0,86	D		26.32	55.28	1:24.43	1:53.92
24. Joost Groeneveld	VZC-E&P	1:52.51 9200409	1:53.95	+0,69	C		25.74	54.45	1:23.98	1:53.95
25. Thomas Sunter	City of Sheffield Swim Squad	1:54.31 25388	1:54.25	+0,85	C		26.82	55.69	1:25.14	1:54.25
26. Stuart Greig	University of Stirling	1:49.65 69840	1:54.38	+0,80	D		26.17	54.35	1:23.75	1:54.38
27. Sebastiaan Rosendaal	MNC Dordrecht	1:51.37 9101947	1:54.39		C		26.45	55.44	1:24.89	1:54.39
28. Bryan Mannaart	Eiffel Swimmers PSV	1:55.07 9103445	1:54.47	+0,81	C		26.74	55.55	1:25.01	1:54.47
29. Daniel Cocking	City of Sheffield Swim Squad	1:53.29 24176	1:54.54	+0,79	D		26.76	55.25	1:24.78	1:54.54
30. Ferry Weertman	DWK	1:55.17 9201461	1:54.58	+0,91	C		26.36	55.41	1:25.34	1:54.58
31. Joey de Ruiter	Eiffel Swimmers PSV	1:53.44 9101971	1:54.60	+0,87	D		27.43	56.73	1:25.93	1:54.60
32. Ewoud Potiek	DZ&PC	1:53.93 8902503	1:54.84		D		26.75	56.09	1:25.30	1:54.84
Stanley Vleerlaag	DAW-FINENZO	1:53.28 8502813	1:54.84	+0,90	D		26.11	54.77	1:24.64	1:54.84
34. Tom Verbeek	Het Y	1:53.99 8803527	1:54.85	+0,86	D		26.37	55.48	1:25.12	1:54.85
35. Philippe Rivard	E.ON-NZA	1:55.07 9301209	1:55.18	+0,57	C		26.25	55.43	1:25.66	1:55.18
36. Tim van Deutekom	E.ON-NZA	1:53.76 9100459	1:55.19	+0,86	D		25.72	55.37	1:25.00	1:55.19
37. Bo Wullings	KNZB	1:53.07 8904251	1:55.24	+0,83	D		26.46	55.52	1:25.41	1:55.24
38. John Verhagen	Eiffel Swimmers PSV	1:52.92 9205325	1:55.28	+0,76	D		26.68	55.27	1:25.09	1:55.28
39. Henk van Niejenhuis	De Dolfijn	1:53.66 8905063	1:55.37	+0,88	D		26.03	54.81	1:24.68	1:55.37
40. Mark Costeris	De Schotejil	1:55.74 9202327	1:55.38		D		26.98	56.51	1:26.08	1:55.38

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 23, Heren, 200m vrije slag, Voorronde, all-in

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	150m	200m
41. Chris van Vliet	TriVia	1:55.98 9102425	1:55.59	+0,93	D		25.95	55.20	1:25.33	1:55.59
42. Menno Manning	De Dinkel	1:59.13 9300333	1:55.72	+0,89	D		26.86	56.05	1:25.74	1:55.72
43. Nick Hessing	De Dolfijn	1:56.10 9103753	1:55.91	+0,76	D		26.63	56.34	1:26.49	1:55.91
44. Sverre Eschweiler	MSV- Zeemacht	1:57.40 9204035	1:56.13	+0,74	D		27.44	57.54	1:27.50	1:56.13
45. Mark Moussa	AZ&PC	1:54.82 9002059	1:56.42	+0,91	D		26.61	55.74	1:26.18	1:56.42
46. Ricky Speed	City of Sheffield Swim Squad	1:55.65 27480	1:56.54	+0,78	D		27.20	56.92	1:27.05	1:56.54
47. Melako Coker	Ealing Swimming Club	2:00.11 049544	1:56.77	+0,81	D		27.61	57.34	1:27.08	1:56.77
48. Davy Verreussel	Hellas-Glana	1:52.43 8903341	1:56.78	+0,89	E		27.07	56.62	1:26.72	1:56.78
49. Victor Poot	Vlaardingen	1:56.42 9203651	1:56.97	+0,76	D		27.41	57.33	1:27.12	1:56.97
50. Calum McGhee	University of Stirling	1:55.82 30005	1:57.31	+0,90	E		27.75	57.17	1:27.40	1:57.31
51. Pascal Timmermans	RZC	1:57.40 9202349	1:57.47	+0,90	D		27.11	57.82	1:27.82	1:57.47
52. Niek Pereboom	WVZ	1:58.94 9305395	1:57.88	+0,80	D		27.02	57.07	1:28.49	1:57.88
53. Peter-Jan Plasmans	De Dolfijn	1:57.16 9103063	1:58.17	+0,75	E		26.68	57.05	1:27.52	1:58.17
54. Aziz Nosairi	Zwemvereniging Utrecht	1:55.61 9104645	1:58.33	+0,83	E		27.20	56.82	1:27.82	1:58.33
Bart Dunweg	Vlaardingen	1:58.70 9301763	1:58.33	+0,75	D		26.93	57.09	1:28.02	1:58.33
56. Niels van Polanen	De Columbiaan	1:56.93 9101809	1:58.44	+0,93	E		27.95	58.15	1:28.35	1:58.44
57. Mitch Notten	ZC Valkenburg	1:55.65 9202505	1:58.50	+0,96	E		27.30	56.91	1:27.54	1:58.50
58. Dennis Overhage	Eiffel Swimmers PSV	1:55.73 9002223	1:58.61	+0,83	E		27.47	57.43	1:27.98	1:58.61
59. Giovanni den Ouden	De Devel	1:58.50 9300877	1:58.70	+0,80	E		27.77	58.08	1:28.30	1:58.70
60. Bernd Kobesen	RTC-Drachten	1:56.13 9300981	1:59.03	+0,82	E		26.92	56.90	1:28.18	1:59.03
61. Robin Bos	DWK	2:01.23 9302265	1:59.25	+0,85	E		27.55	57.95	1:28.85	1:59.25
62. Marcel Schouten	Haerlem'04 (SG)	1:58.60 9300653	1:59.45	+0,89	E		27.38	57.84	1:28.68	1:59.45
63. Ruben Dekker	De Dolfijn	2:01.01 9300627	1:59.54	+0,86	E		27.84	58.70	1:29.97	1:59.54
64. Jeroen Gijsselaar	De Dinkel	2:02.76 9300777	1:59.69	+0,83	E		27.23	57.17	1:28.75	1:59.69
65. Boris Galjart	Vlaardingen	1:57.13 9201997	1:59.70	+0,74	E		27.46	57.83	1:28.82	1:59.70
66. Wouter Kaman	Aquarijn	2:00.99 9300241	1:59.88	+0,78	E		27.42	58.14	1:28.70	1:59.88
Paul Koster	DIO	1:57.23 9304465	1:59.88	+0,86	E		27.62	58.68	1:30.13	1:59.88
68. Roy Visser	De Otters Het Gooi	1:57.18 9102423	2:00.32	+0,81	E		27.18	57.21	1:28.62	2:00.32
69. Johnno Smulders	Eiffel Swimmers PSV	1:57.30 9202675	2:00.52	+0,82	E		27.22	57.17	1:28.39	2:00.52
70. Jan Batstra	Het Y	2:00.24 9302737	2:01.00	+0,84	E		27.31	57.79	1:29.80	2:01.00
71. Pim Kienhuis	De Dinkel	2:00.21 9300263	2:01.28		E		28.03	58.39	1:29.60	2:01.28
72. Timo Dinkelberg	Vlaardingen	1:57.71 9300773	2:01.65		E		27.34	58.34	1:30.11	2:01.65
73. Haico Weijers	Numansdorp	1:55.74 8803759	2:01.71	+0,78			27.51	57.99	1:29.67	2:01.71
74. Oscar Sondermeijer	De Columbiaan	1:56.98 9104045	2:01.78		E		28.18	59.18	1:30.22	2:01.78
75. Daniel Langerveld	De Fuut	1:59.13 9302989	2:02.02	+0,85	E		27.52	58.31	1:30.22	2:02.02
76. Bart Arendshorst	De Veene	2:00.91 9300005	2:02.94	+0,79	E		27.51	58.65	1:30.94	2:02.94
77. Jordan Kraaijenhof	AZ&PC	2:01.72 9301111	2:03.01	+0,89	E		28.90	1:00.74	1:32.44	2:03.01
78. Melvin van de Meij	MNC Dordrecht	2:01.53 9301157	2:03.21		E		28.06	59.52	1:31.77	2:03.21
79. Lars Sieval	LZ 1886	2:01.16 9300723	2:03.53	+0,81			28.14	59.72	1:32.58	2:03.53
80. Thomas van Mierlo	Eiffel Swimmers PSV	2:01.93 9300353	2:03.57	+0,79			28.45	1:00.62	1:33.10	2:03.57
81. Tim Blauw	Stadskanaal	2:03.39 9301345	2:03.66	+0,82			28.32	59.26	1:30.97	2:03.66
82. Sander Ariaansz	Zwemvereniging Utrecht	2:00.86 9302053	2:04.05	+0,85			28.29	59.95	1:32.20	2:04.05
83. Sebastian de Been	De Warande	2:02.41 9302233	2:05.19	+0,79			28.21	59.98	1:33.38	2:05.19
84. Nick Duivenvoorden	Noordwijkerhout	2:03.07 9300731	2:05.66	+0,89			29.27	1:01.67	1:34.55	2:05.66
85. Walter Jansen	Noordwijkerhout	2:03.15 9300225	2:05.86				28.24	1:00.45	1:33.85	2:05.86
86. Huub Scholing	Fysius Het Ravijn	2:03.25 9301179	2:06.32	+0,89			29.25	1:01.31	1:34.72	2:06.32
87. Remon van Mil	Racing Club	2:02.95 9301159	2:07.80	+0,92			28.04	59.93	1:33.71	2:07.80
88. Simon Edenburg	Luctor et Emergo	2:02.04 9301567	2:12.54	+0,78			29.48	1:02.77	1:37.46	2:12.54
NG Arjen van der Meulen	Eiffel Swimmers PSV	1:47.49 8702223								

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 24
19.12.2009 - 11:26

Meisjes, 800m vrije slag

Jeugd 1 en 2
Resultaten

Wereld Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Europees Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Nederlands Record Senioren	8:21.94	Kirsten Vliegheuis	Sydney (AUS)	21.01.1998
Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14.11.2008

rang	naam	vereniging	intijd	intijd	tijd	RT	niv.	
1.	Marjolein Delno	De Rijn	9:21.13	9400024	9:07.73	+0,93	B	
	50m: 30.94	30.94	250m: 2:47.10	34.09	450m: 5:05.73	34.87	650m: 7:25.74	34.58
	100m: 1:05.16	34.22	300m: 3:21.59	34.49	500m: 5:40.72	34.99	700m: 8:00.93	35.19
	150m: 1:39.05	33.89	350m: 3:56.16	34.57	550m: 6:16.05	35.33	750m: 8:35.06	34.13
	200m: 2:13.01	33.96	400m: 4:30.86	34.70	600m: 6:51.16	35.11	800m: 9:07.73	32.67
2.	Rosanne Schoonbeek	TriVia	9:30.18	9402692	9:24.90	+0,95	D	
	50m: 32.20	32.20	250m: 2:55.83	36.20	450m: 5:20.50	36.05	650m: 7:44.10	35.66
	100m: 1:07.65	35.45	300m: 3:32.23	36.40	500m: 5:56.54	36.04	700m: 8:19.62	35.52
	150m: 1:43.75	36.10	350m: 4:08.25	36.02	550m: 6:32.54	36.00	750m: 8:53.87	34.25
	200m: 2:19.63	35.88	400m: 4:44.45	36.20	600m: 7:08.44	35.90	800m: 9:24.90	31.03
3.	Inge Pepping	De Rijn	9:32.86	9402308	9:25.22	+0,90	D	
	50m: 31.93	31.93	250m: 2:53.34	35.80	450m: 5:17.94	36.20	650m: 7:43.04	36.16
	100m: 1:07.08	35.15	300m: 3:29.33	35.99	500m: 5:54.29	36.35	700m: 8:18.67	35.63
	150m: 1:41.92	34.84	350m: 4:05.53	36.20	550m: 6:30.63	36.34	750m: 8:53.06	34.39
	200m: 2:17.54	35.62	400m: 4:41.74	36.21	600m: 7:06.88	36.25	800m: 9:25.22	32.16
4.	Maya Kingma	SBC2000	9:43.73	9503824	9:29.99	+0,92	C	
	50m: 32.57	32.57	250m: 2:55.46	36.24	450m: 5:20.05	35.71	650m: 7:44.75	36.30
	100m: 1:07.55	34.98	300m: 3:31.56	36.10	500m: 5:55.97	35.92	700m: 8:20.67	35.92
	150m: 1:43.44	35.89	350m: 4:08.25	36.69	550m: 6:32.44	36.47	750m: 8:56.15	35.48
	200m: 2:19.22	35.78	400m: 4:44.34	36.09	600m: 7:08.45	36.01	800m: 9:29.99	33.84
5.	Carien van der Schaaf	De Dinkel	9:38.31	9500168	9:41.95	+0,92	D	
	50m: 32.19	32.19	250m: 2:55.75	36.52	450m: 5:24.30	37.02	650m: 7:52.74	36.86
	100m: 1:07.46	35.27	300m: 3:32.79	37.04	500m: 6:01.24	36.94	700m: 8:29.84	37.10
	150m: 1:43.14	35.68	350m: 4:09.91	37.12	550m: 6:38.22	36.98	750m: 9:06.25	36.41
	200m: 2:19.23	36.09	400m: 4:47.28	37.37	600m: 7:15.88	37.66	800m: 9:41.95	35.70
6.	Leonie Oude Elferink	Zignea	9:27.80	9401826	9:41.96	+1,01	E	
	50m: 31.19	31.19	250m: 2:54.39	37.06	450m: 5:23.80	37.26	650m: 7:53.29	37.06
	100m: 1:05.48	34.29	300m: 3:31.65	37.26	500m: 6:01.51	37.71	700m: 8:30.36	37.07
	150m: 1:41.25	35.77	350m: 4:09.06	37.41	550m: 6:38.80	37.29	750m: 9:06.51	36.15
	200m: 2:17.33	36.08	400m: 4:46.54	37.48	600m: 7:16.23	37.43	800m: 9:41.96	35.45
7.	Beau Rijpers	ZPC Bikkel Hoogeveen	9:37.23	9402638	9:46.23	+0,98	E	
	50m: 31.92	31.92	250m: 2:52.99	36.21	450m: 5:20.70	37.49	650m: 7:52.60	37.89
	100m: 1:05.90	33.98	300m: 3:29.41	36.42	500m: 5:58.62	37.92	700m: 8:31.17	38.57
	150m: 1:41.02	35.12	350m: 4:06.03	36.62	550m: 6:36.66	38.04	750m: 9:09.09	37.92
	200m: 2:16.78	35.76	400m: 4:43.21	37.18	600m: 7:14.71	38.05	800m: 9:46.23	37.14
8.	Claudia den Ottelander	SBC2000	9:50.42	9500552	9:52.13	+0,90	E	
	50m: 32.64	32.64	250m: 2:59.50	37.24	450m: 5:29.61	37.61	650m: 8:01.03	38.10
	100m: 1:08.61	35.97	300m: 3:36.76	37.26	500m: 6:07.35	37.74	700m: 8:38.96	37.93
	150m: 1:45.01	36.40	350m: 4:14.36	37.60	550m: 6:45.17	37.82	750m: 9:16.22	37.26
	200m: 2:22.26	37.25	400m: 4:52.00	37.64	600m: 7:22.93	37.76	800m: 9:52.13	35.91

Programmanr. 24
19.12.2009 - 11:26

Dames, 800m vrije slag

all-in

Resultaten

Wereld Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Europees Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Nederlands Record Senioren	8:21.94	Kirsten Vliegheuis	Sydney (AUS)	21.01.1998
Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14.11.2008

rang	naam	vereniging	intijd	intijd	tijd	RT	niv.	
1.	Trine Gudnitz	Danish Swimming Federation	8:41.85	8728AA	8:41.78	+0,83	A	
	50m: 31.26	31.26	250m: 2:41.79	32.76	450m: 4:53.48	32.88	650m: 7:04.51	32.56
	100m: 1:03.68	32.42	300m: 3:14.75	32.96	500m: 5:26.18	32.70	700m: 7:37.37	32.86
	150m: 1:36.27	32.59	350m: 3:47.71	32.96	550m: 5:58.99	32.81	750m: 8:09.82	32.45
	200m: 2:09.03	32.76	400m: 4:20.60	32.89	600m: 6:31.95	32.96	800m: 8:41.78	31.96
2.	Eleanor Faulkner	City of Sheffield Swim Squad	8:46.92	42774	8:42.49	+0,83	A+	
	50m: 30.11	30.11	250m: 2:41.91	33.07	450m: 4:53.76	32.92	650m: 7:05.46	33.00
	100m: 1:02.74	32.63	300m: 3:14.92	33.01	500m: 5:26.44	32.68	700m: 7:38.21	32.75
	150m: 1:35.75	33.01	350m: 3:47.94	33.02	550m: 5:59.36	32.92	750m: 8:10.81	32.60
	200m: 2:08.84	33.09	400m: 4:20.84	32.90	600m: 6:32.46	33.10	800m: 8:42.49	31.68

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 24, Dames, 800m vrije slag, all-in

rang	naam	vereniging	intijd		tijd		RT	niv.
3.	Marieke Nijhuis	OZ&PC	8:48.60		9201296		8:46.46	+1,00 A
	50m: 29.59	29.59	250m: 2:41.02	33.25	450m: 4:53.68	33.12	650m: 7:06.70	33.35
	100m: 1:01.95	32.36	300m: 3:14.18	33.16	500m: 5:26.95	33.27	700m: 7:40.14	33.44
	150m: 1:34.72	32.77	350m: 3:47.36	33.18	550m: 6:00.00	33.05	750m: 8:13.57	33.43
	200m: 2:07.77	33.05	400m: 4:20.56	33.20	600m: 6:33.35	33.35	800m: 8:46.46	32.89
4.	Lieke Verouden	AZ&PC	8:50.18		9003948		8:51.11	+0,87 B
	50m: 29.61	29.61	250m: 2:42.03	33.29	450m: 4:56.14	33.57	650m: 7:11.51	33.42
	100m: 1:02.18	32.57	300m: 3:15.52	33.49	500m: 5:29.80	33.66	700m: 7:45.40	33.89
	150m: 1:35.15	32.97	350m: 3:49.02	33.50	550m: 6:04.08	34.28	750m: 8:18.84	33.44
	200m: 2:08.74	33.59	400m: 4:22.57	33.55	600m: 6:38.09	34.01	800m: 8:51.11	32.27
5.	Aynsley Heseltine	City of Sheffield Swim Squad	8:48.25		25745		8:51.62	+0,78 A
	50m: 30.46	30.46	250m: 2:42.48	33.21	450m: 4:56.51	33.74	650m: 7:12.14	33.90
	100m: 1:03.12	32.66	300m: 3:15.75	33.27	500m: 5:30.29	33.78	700m: 7:45.99	33.85
	150m: 1:36.09	32.97	350m: 3:49.25	33.50	550m: 6:04.15	33.86	750m: 8:19.68	33.69
	200m: 2:09.27	33.18	400m: 4:22.77	33.52	600m: 6:38.24	34.09	800m: 8:51.62	31.94
6.	Helen McRoberts	City of Sheffield Swim Squad	8:41.75		28274		8:59.80	+0,75 C
	50m: 31.30	31.30	250m: 2:44.39	33.70	450m: 5:00.34	33.92	650m: 7:17.37	34.11
	100m: 1:04.09	32.79	300m: 3:18.32	33.93	500m: 5:34.61	34.27	700m: 7:51.79	34.42
	150m: 1:37.30	33.21	350m: 3:52.33	34.01	550m: 6:08.88	34.27	750m: 8:26.45	34.66
	200m: 2:10.69	33.39	400m: 4:26.42	34.09	600m: 6:43.26	34.38	800m: 8:59.80	33.35
7.	Marion van den Berg	DWK	8:55.54		8600272		9:02.35	+0,99 C
	50m: 30.38	30.38	250m: 2:45.28	33.82	450m: 5:02.13	34.40	650m: 7:20.14	34.42
	100m: 1:03.71	33.33	300m: 3:19.58	34.30	500m: 5:36.84	34.71	700m: 7:54.61	34.47
	150m: 1:37.45	33.74	350m: 3:53.62	34.04	550m: 6:11.07	34.23	750m: 8:29.56	34.95
	200m: 2:11.46	34.01	400m: 4:27.73	34.11	600m: 6:45.72	34.65	800m: 9:02.35	32.79
8.	Randi Nielsen	Danish Swimming Federation	8:52.99		8948AC		9:05.13	+0,83 D
	50m: 30.77	30.77	250m: 2:47.07	34.48	450m: 5:05.18	34.29	650m: 7:23.14	34.29
	100m: 1:03.93	33.16	300m: 3:21.70	34.63	500m: 5:39.98	34.80	700m: 7:57.57	34.43
	150m: 1:38.14	34.21	350m: 3:56.45	34.75	550m: 6:14.54	34.56	750m: 8:31.80	34.23
	200m: 2:12.59	34.45	400m: 4:30.89	34.44	600m: 6:48.85	34.31	800m: 9:05.13	33.33
9.	Marjolein Delno	De Rijn	9:21.13		9400024		9:07.73	+0,93 B
	50m: 30.94	30.94	250m: 2:47.10	34.09	450m: 5:05.73	34.87	650m: 7:25.74	34.58
	100m: 1:05.16	34.22	300m: 3:21.59	34.49	500m: 5:40.72	34.99	700m: 8:00.93	35.19
	150m: 1:39.05	33.89	350m: 3:56.16	34.57	550m: 6:16.05	35.33	750m: 8:35.06	34.13
	200m: 2:13.01	33.96	400m: 4:30.86	34.70	600m: 6:51.16	35.11	800m: 9:07.73	32.67
10.	Leonie van Noort	De Zijl/LGB	9:14.26		9301752		9:09.78	+1,04 C
	50m: 30.79	30.79	250m: 2:47.42	34.53	450m: 5:06.78	34.98	650m: 7:28.18	35.57
	100m: 1:04.78	33.99	300m: 3:22.01	34.59	500m: 5:42.06	35.28	700m: 8:03.17	34.99
	150m: 1:39.02	34.24	350m: 3:56.76	34.75	550m: 6:17.28	35.22	750m: 8:37.67	34.50
	200m: 2:12.89	33.87	400m: 4:31.80	35.04	600m: 6:52.61	35.33	800m: 9:09.78	32.11
11.	Alice Bravo	Het Y	9:15.48		8705346		9:22.51	+0,87 E
	50m: 31.32	31.32	250m: 2:49.22	35.02	450m: 5:12.22	35.57	650m: 7:36.14	36.29
	100m: 1:05.42	34.10	300m: 3:25.06	35.84	500m: 5:47.84	35.62	700m: 8:12.27	36.13
	150m: 1:39.60	34.18	350m: 4:00.68	35.62	550m: 6:23.81	35.97	750m: 8:47.93	35.66
	200m: 2:14.20	34.60	400m: 4:36.65	35.97	600m: 6:59.85	36.04	800m: 9:22.51	34.58
12.	Rosanne Schoonbeek	TriVia	9:30.18		9402692		9:24.90	+0,95 D
	50m: 32.20	32.20	250m: 2:55.83	36.20	450m: 5:20.50	36.05	650m: 7:44.10	35.66
	100m: 1:07.65	35.45	300m: 3:32.23	36.40	500m: 5:56.54	36.04	700m: 8:19.62	35.52
	150m: 1:43.75	36.10	350m: 4:08.25	36.02	550m: 6:32.54	36.00	750m: 8:53.87	34.25
	200m: 2:19.63	35.88	400m: 4:44.45	36.20	600m: 7:08.44	35.90	800m: 9:24.90	31.03
13.	Inge Pepping	De Rijn	9:32.86		9402308		9:25.22	+0,90 D
	50m: 31.93	31.93	250m: 2:53.34	35.80	450m: 5:17.94	36.20	650m: 7:43.04	36.16
	100m: 1:07.08	35.15	300m: 3:29.33	35.99	500m: 5:54.29	36.35	700m: 8:18.67	35.63
	150m: 1:41.92	34.84	350m: 4:05.53	36.20	550m: 6:30.63	36.34	750m: 8:53.06	34.39
	200m: 2:17.54	35.62	400m: 4:41.74	36.21	600m: 7:06.88	36.25	800m: 9:25.22	32.16
14.	Marcha Admiraal	De Biesboschwemmers	9:07.35		9300012		9:27.08	+0,90 D
	50m: 31.15	31.15	250m: 2:49.51	35.18	450m: 5:13.46	36.27	650m: 7:39.09	36.57
	100m: 1:05.20	34.05	300m: 3:25.19	35.68	500m: 5:49.66	36.20	700m: 8:15.83	36.74
	150m: 1:39.64	34.44	350m: 4:01.05	35.86	550m: 6:25.88	36.22	750m: 8:52.12	36.29
	200m: 2:14.33	34.69	400m: 4:37.19	36.14	600m: 7:02.52	36.64	800m: 9:27.08	34.96
15.	Bianca de Bruijn	De Devel	9:14.43		8400390		9:27.92	+0,95 E
	50m: 31.74	31.74	250m: 2:51.26	35.35	450m: 5:14.46	35.92	650m: 7:38.89	36.29
	100m: 1:06.06	34.32	300m: 3:26.80	35.54	500m: 5:50.36	35.90	700m: 8:15.26	36.37
	150m: 1:40.94	34.88	350m: 4:02.38	35.58	550m: 6:26.35	35.99	750m: 8:51.92	36.66
	200m: 2:15.91	34.97	400m: 4:38.54	36.16	600m: 7:02.60	36.25	800m: 9:27.92	36.00
16.	Maya Kingma	SBC2000	9:43.73		9503824		9:29.99	+0,92 C
	50m: 32.57	32.57	250m: 2:55.46	36.24	450m: 5:20.05	35.71	650m: 7:44.75	36.30
	100m: 1:07.55	34.98	300m: 3:31.56	36.10	500m: 5:55.97	35.92	700m: 8:20.67	35.92
	150m: 1:43.44	35.89	350m: 4:08.25	36.69	550m: 6:32.44	36.47	750m: 8:56.15	35.48
	200m: 2:19.22	35.78	400m: 4:44.34	36.09	600m: 7:08.45	36.01	800m: 9:29.99	33.84

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 24, Dames, 800m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
17.	Iris Pijtak	AZ&PC	9:25.92	9300602	9:32.72	+1,04 E		
	50m: 32.42	32.42	250m: 2:55.90	36.50	450m: 5:21.11	36.52	650m: 7:45.51	35.68
	100m: 1:07.07	34.65	300m: 3:32.02	36.12	500m: 5:57.76	36.65	700m: 8:21.73	36.22
	150m: 1:42.99	35.92	350m: 4:08.22	36.20	550m: 6:33.99	36.23	750m: 8:58.21	36.48
	200m: 2:19.40	36.41	400m: 4:44.59	36.37	600m: 7:09.83	35.84	800m: 9:32.72	34.51
18.	Carien van der Schaaf	De Dinkel	9:38.31	9500168	9:41.95	+0,92 D		
	50m: 32.19	32.19	250m: 2:55.75	36.52	450m: 5:24.30	37.02	650m: 7:52.74	36.86
	100m: 1:07.46	35.27	300m: 3:32.79	37.04	500m: 6:01.24	36.94	700m: 8:29.84	37.10
	150m: 1:43.14	35.68	350m: 4:09.91	37.12	550m: 6:38.22	36.98	750m: 9:06.25	36.41
	200m: 2:19.23	36.09	400m: 4:47.28	37.37	600m: 7:15.88	37.66	800m: 9:41.95	35.70
19.	Leonie Oude Elferink	Zignea	9:27.80	9401826	9:41.96	+1,01 E		
	50m: 31.19	31.19	250m: 2:54.39	37.06	450m: 5:23.80	37.26	650m: 7:53.29	37.06
	100m: 1:05.48	34.29	300m: 3:31.65	37.26	500m: 6:01.51	37.71	700m: 8:30.36	37.07
	150m: 1:41.25	35.77	350m: 4:09.06	37.41	550m: 6:38.80	37.29	750m: 9:06.51	36.15
	200m: 2:17.33	36.08	400m: 4:46.54	37.48	600m: 7:16.23	37.43	800m: 9:41.96	35.45
20.	Beau Rijpers	ZPC Bikkel Hoogeveen	9:37.23	9402638	9:46.23	+0,98 E		
	50m: 31.92	31.92	250m: 2:52.99	36.21	450m: 5:20.70	37.49	650m: 7:52.60	37.89
	100m: 1:05.90	33.98	300m: 3:29.41	36.42	500m: 5:58.62	37.92	700m: 8:31.17	38.57
	150m: 1:41.02	35.12	350m: 4:06.03	36.62	550m: 6:36.66	38.04	750m: 9:09.09	37.92
	200m: 2:16.78	35.76	400m: 4:43.21	37.18	600m: 7:14.71	38.05	800m: 9:46.23	37.14
21.	Danique Gielen	Oceanus	9:10.54	9105922	9:49.90	+0,92		
	50m: 32.02	32.02	250m: 3:00.34	37.23	450m: 5:30.48	37.25	650m: 7:59.88	37.31
	100m: 1:08.24	36.22	300m: 3:37.76	37.42	500m: 6:08.11	37.63	700m: 8:37.18	37.30
	150m: 1:45.66	37.42	350m: 4:15.55	37.79	550m: 6:45.21	37.10	750m: 9:14.25	37.07
	200m: 2:23.11	37.45	400m: 4:53.23	37.68	600m: 7:22.57	37.36	800m: 9:49.90	35.65
22.	Claudia den Ottelander	SBC2000	9:50.42	9500552	9:52.13	+0,90 E		
	50m: 32.64	32.64	250m: 2:59.50	37.24	450m: 5:29.61	37.61	650m: 8:01.03	38.10
	100m: 1:08.61	35.97	300m: 3:36.76	37.26	500m: 6:07.35	37.74	700m: 8:38.96	37.93
	150m: 1:45.01	36.40	350m: 4:14.36	37.60	550m: 6:45.17	37.82	750m: 9:16.22	37.26
	200m: 2:22.26	37.25	400m: 4:52.00	37.64	600m: 7:22.93	37.76	800m: 9:52.13	35.91
NG	Pernille Jalsøe	Danish Swimming Federation	8:58.89	9372AA				
	50m:	250m:	450m:	650m:				
	100m:	300m:	500m:	700m:				
	150m:	350m:	550m:	750m:				
	200m:	400m:	600m:	800m:				

Programmanr. 25
19.12.2009 - 11:48

Dames, 4 x 100m wisselslag

Senioren Open
Resultaten

Wereld Record	3:49.95	CAN	Leeds (GBR)	09.08.2009
Europees Record	3:53.02	GBR	Manchester (GBR)	11.04.2008
Ned. Record Senioren Ver.	4:00.28	Eiffel Swimmers PSV	Amsterdam	20.12.2008
Ned. Record Jeugd Ver.	4:21.27	De Dolfijn	Amsterdam	08.11.2009

rang	vereniging	intijd	tijd	RT	niv.			
1.	De Dolfijn 1 <i>Startzwemmer NR Jeugd, NR 15 jaar</i>	De Dolfijn	3:57.54	4:01.97				
	Kira Toussaint	29.75	1:01.54	Chantal Groot	+0,46	27.88	1:01.51	
	Moniek Nijhuis	+0,48	31.17	1:06.40	Femke Heemskerk	+0,16	25.31	52.52
2.	De Dolfijn 2	De Dolfijn	4:06.31	4:06.90				
	Anja van der Hout	29.90	1:01.52	Lenneke van Schaik	+0,49	28.74	1:01.90	
	Tessa Brouwer	+0,50	31.59	1:07.72	Lona Kroese	+0,29	26.48	55.76
3.	Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	4:06.98	4:10.04				
	Wendy vd Zanden	29.74	1:00.70	Jessica Spruit	+0,34	29.18	1:02.33	
	Jocelyn Spruit	+0,41	33.23	1:12.18	Clarissa van Rheenen	+0,04	26.11	54.83
4.	Ealing Swimming Club 1	Ealing Swimming Club	4:09.19	4:11.65				
	Ekaterina Avramova	29.67	1:00.06	Jenna Turner	+0,12	30.04	1:04.93	
	Georgina Heyn	+0,39	32.34	1:09.58	Lauren Turner	+0,36	27.31	57.08
5.	AZ&PC 1	AZ&PC	4:11.29	4:11.89				
	Rieneke Terink	30.19	1:02.02	Lieke Verouden	+0,38	29.54	1:03.46	
	Loes Zanderink	+0,45	32.20	1:09.45	Lotte Wilms	0.00	26.60	56.96
6.	De Dolfijn 3	De Dolfijn	4:13.72	4:14.77				
	Willemijn Knot	30.52	1:03.66	Kelly de Jong	+0,55	28.84	1:02.13	
	Anouk Elzerman	+0,33	33.26	1:11.81	Esmee Vermeulen	+0,35	27.05	57.17
7.	Orca 1	Orca	4:20.68	4:25.14				
	Wendan Poelstra	32.30	1:07.32	Femke Leenstra	+0,18	30.40	1:05.60	
	Jessie Smeding	+0,13	35.83	1:16.79	Ilse Kraaijeveld	+0,57	26.34	55.43

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 25, Dames, 4 x 100m wisselslag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
8.	De Columbiaan 1 Miranda Nijenhuis Yvette de Gier	De Columbiaan 30.95 1:04.18 +0,57 35.95 1:17.64	4:14.11 Marina Scheepbouwer Tamara van Vliet	4:25.98 +0,18 30.68 +0,47 27.48	1:06.07 58.09
9.	TriVia 1 Mirthe Lanfermeijer Sylvia Dik	TriVia 30.96 1:04.13 +0,42 36.73 1:20.16	4:17.97 Marloes Oldenburg Anouk Frieman	4:26.96 +0,37 28.89 +0,21 27.43	1:03.52 59.15
10.	Stadskanaal 1 Monique van der Struik Lisanne van Avezaath	Stadskanaal 32.35 1:05.92 +0,59 35.64 1:16.01	4:26.39 Adája Stoetman Rixt Veldkamp	4:29.05 +0,60 30.23 +0,29 28.45	1:06.62 1:00.50
11.	De Dinkel 1 <i>eindtijd startzwemmer back-up tijd</i> Noortje Timmerman Lonne Dijkhuis	De Dinkel 32.92 1:08.95 +0,28 33.84 1:13.56	4:27.63 Marlies Reinders Loes Westerhof	4:29.26 +0,40 30.56 +0,31 28.08	1:06.59 1:00.16
12.	Eiffel Swimmers PSV 2 Ashley Verburg Angelique Oertel	Eiffel Swimmers PSV 31.77 1:07.13 +0,37 34.74 1:16.29	4:24.20 Michelle Hendrikx Roxanne Linders	4:31.09 +0,29 32.52 +0,12 27.25	1:10.70 56.97
13.	AZ&PC 2 Claire de Winter Larissa Brak	AZ&PC 32.67 1:07.80 +0,39 34.15 1:13.24	4:23.68 Mandy van Wakeren Rachelle Visser	4:31.17 +0,36 31.35 +0,53 29.92	1:08.03 1:02.10
14.	Octopus 1 Annemarie Worst Erika Aan het Rot	Octopus 31.82 1:05.08 +0,22 34.92 1:15.97	4:31.04 Sharon Gelmers Manon van Essen	4:32.20 +0,43 31.41 +0,36 28.74	1:09.32 1:01.83
15.	Zeester Meerval 1 Inge Arts Stephanie Janssen	Zeester Meerval 33.18 1:08.36 +0,17 36.00 1:19.02	4:33.05 Sophie Sollie Karlijn Hoogstede	4:35.04 +0,36 30.98 +0,12 28.64	1:07.41 1:00.25
16.	Dedemsvaart-AC 1 Inge Menzo Janine Kosse	Dedemsvaart-AC 32.88 1:08.16 +0,23 35.31 1:16.02	4:31.42 Stéphanie Bergsma Kim Heerdink	4:37.51 * +0,21 32.16 +0,09 29.04	1:11.20 1:02.13
DIS	De Columbiaan 2 <i>dis 3e zwemmer</i> Tamara Boeff Liset Jansen	De Columbiaan 34.82 1:10.37 +0,18 36.21 1:18.50	4:32.17 Jara Schmidt Isabelle Grootes	EA -0,18	
NG.ZA	Danish Swimming Federation 1 Mette Pedersen Katrine Holm Sørensen	Danish Swimming Federation 93 92	4:11.04 Michelle Strandskov Randi Nielsen	91 89	

Programmanr. 26
19.12.2009 - 11:59

Heren, 4 x 100m vrije slag

Senioren Open
Resultaten

Wereld Record	3:04.98	FRA	Istres (FRA)	20.12.2008
Europees Record	3:04.98	FRA	Istres (FRA)	20.12.2008
Ned. Record Senioren Ver.	3:15.16	De Dolfijn	Amsterdam	20.12.2008
Ned. Record Jeugd Ver.	3:26.56	Eiffel Swimmers PSV	Amsterdam	20.12.2008

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1 <i>Ned. Record Senioren Verenigingen</i> Stefan de Die Bas van Velthoven	De Dolfijn +0,86 23.58 48.86 +0,40 23.43 48.95	3:13.57 Joost Reijns Sebastiaan Verschuren	3:14.60 +0,20 23.11 +0,26 22.99	+0,86 48.78 48.01
2.	AZ&PC 1 Ewoud Tamminga Joran Barends	AZ&PC +0,87 24.60 51.52 +0,29 23.36 49.10	3:17.46 Geert Lantink Robin van Aggele	3:18.33 +0,34 23.37 +0,26 22.59	+0,87 49.51 48.20
3.	Swiss Swimming Federation 1 Daniel Rast Adrien Perez	Swiss Swimming Federation +0,78 24.54 50.76 +0,22 23.60 50.22	3:21.08 Val Mikos Nico Van Duijn	3:21.15 +0,36 23.32 +0,24 23.80	+0,78 49.81 50.36
4.	ANKER TEAM GRONINGEN 1 Rudy Ted de Haan Toby Aarnoutse	ANKER TEAM GRONINGEN +0,96 24.23 50.66 +0,18 23.59 50.60	3:24.22 Marc Kremer Timon Evenhuis	3:21.97 +0,09 23.94 +0,09 23.37	+0,96 51.18 49.53
5.	Eiffel Swimmers PSV 2 Joey de Rooter Pieter Timmers	Eiffel Swimmers PSV +0,69 25.16 51.67 +0,18 24.05 50.20	3:28.32 Steven Nonnekas Jasper van Mierlo	3:22.28 +0,28 24.02 +0,39 23.71	+0,69 50.34 50.07
6.	De Dolfijn 2 Henk van Niejenhuis Nick Driebergen	De Dolfijn +0,87 24.99 52.15 +0,28 23.69 49.57	3:23.54 Frank Boon Lennart Stekelenburg	3:25.67 +0,20 24.32 +0,35 24.05	+0,87 51.89 52.06

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 26, Heren, 4 x 100m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
7.	Ealing Swimming Club 1 Connor Barrett Kyle Barrett	Ealing Swimming Club +0,80 25.17 52.23 +0,28 24.61 51.44	3:23.65 Chris Jones Jamie Smithers	3:26.31 +0,27 24.46 +0,30 24.67	+0,80 51.32 51.32
8.	WVZ 1 Arjan Assink Wouter Smeets	WVZ +1,01 25.16 52.71 +0,30 24.29 51.41	3:27.48 Raymond van de Merwe Floor Verhaar	3:27.22 +0,50 25.14 +0,32 23.98	+1,01 52.42 50.68
9.	TriVia 1 Erik Schröder Roy Smeenge	TriVia +0,90 26.00 53.96 +0,38 25.52 53.07	3:27.75 Chris van Vliet Peter van Heukelem	3:33.48 +0,47 25.07 +0,30 25.28	+0,90 52.42 54.03
10.	AZ&PC 2 Mike Marissen Mark Moussa	AZ&PC +0,84 25.67 52.85 +0,52 26.18 54.17	3:32.93 Robert Yallop Jordan Kraaijenhof	3:34.35 +0,48 24.77 +0,50 26.74	+0,84 51.94 55.39
11.	De Dinkel 1 Jeroen Gijsselaar Sjoerd Zanderink	De Dinkel +0,84 26.46 55.81 +0,30 24.58 52.16	3:36.54 Rense Loohuis Menno Manning	3:34.75 +0,37 25.65 +0,24 24.74	+0,84 54.55 52.23
12.	VZC-E&P 1 Joost Groeneveld Tim Niekus	VZC-E&P +0,70 25.08 52.38 +0,43 25.63 54.60	3:36.03 Joeri Scheidt Quint Ottens	3:34.80 +0,41 26.19 +0,52 25.71	+0,70 54.43 53.39
13.	OZ&PC 1 Fabian Beimin Stef Heijnekamp	OZ&PC +0,74 26.40 54.63 +0,57 25.69 54.08	3:35.43 Stef Comello Michiel Beemster	3:35.48 +0,36 24.53 +0,47 25.70	+0,74 52.75 54.02
14.	Eiffel Swimmers PSV 3 John Verhagen Sil Hoving	Eiffel Swimmers PSV +0,80 25.95 53.26 +0,47 25.11 52.53	3:34.79 Johnno Smulders Thomas van Mierlo	3:35.80 +0,47 26.04 +0,54 26.41	+0,80 54.27 55.74
15.	Het Y 1 Tom Verbeek Jan-Willem v.d. Graaff	Het Y +0,81 25.36 52.90 +0,32 25.65 54.50	3:35.70 Jan Batstra Sebastiaan Reijnen	3:35.96 +0,47 25.45 +0,42 25.99	+0,81 54.06 54.50
16.	WVZ 2 Alex Goeyenbier Niek Pereboom	WVZ +0,88 26.35 55.12 +0,43 25.89 54.95	3:35.58 Marciano Lynch Martijn Smeets	3:37.40 +0,14 25.51 +0,22 24.89	+0,88 54.68 52.65
17.	De Columbiaan 1 Oscar Sondermeijer Jeroen Eggeraat	De Columbiaan +0,83 26.24 55.13 +0,37 26.02 54.00	3:33.30 Jordy Zuidhoek Niels van Polanen	3:37.47 +0,35 25.53 +0,44 25.69	+0,83 53.77 54.57
18.	Hellas-Glana 1 Alain Dassen Sven Jaeger	Hellas-Glana +0,81 26.50 55.22 +0,14 25.55 55.57	3:36.53 Davy Verreussel Bjorn de Jonge	3:38.50 +0,40 25.63 +0,54 25.88	+0,81 53.13 54.58
DIS	Eiffel Swimmers PSV 1 <i>ED - De estafette niet gezwommen conform de opgegeven startvolgorde. (geen tijd noteren**)</i> Bastiaan Tamminga Joeri Verlinden	Eiffel Swimmers PSV +0,85 23.59 49.81 +0,30 23.35 48.31	3:18.10 Patrick Janssen Rutger van Oosterhout		ED +0,85

Programmanr. 28
19.12.2009 - 12:08

Jongens, 1500m vrije slag
Progr.nr. 27 en 28 zijn samengevoegd

Junioren 1
Resultaten

Nederlands Record Junioren	15:45.34	Arthur de Rouw	Hengelo	04.03.1983
Nederlands Record 12 jaar	17:15.70	Pieter van den Hoogenband	Amersfoort	15.12.1990
Kamp. Record Junioren 1	18:26.66	Stef Heijnekamp	Drachten	17.12.2006

rang	naam	vereniging	intijd	tijd	RT	niv.		
1.	Casper Zwier	Luctor et Emergo	19:31.08	9701355	19:44.60	+1,05		
	50m: 35.61	35.61	450m: 6:06.00	40.73	850m: 11:29.06	40.20	1250m: 16:40.02	38.37
	100m: 1:17.09	41.48	500m: 6:47.06	41.06	900m: 12:08.17	39.11	1300m: 17:18.02	38.00
	150m: 1:58.11	41.02	550m: 7:28.31	41.25	950m: 12:48.09	39.92	1350m: 17:55.96	37.94
	200m: 2:39.67	41.56	600m: 8:08.88	40.57	1000m: 13:26.36	38.27	1400m: 18:32.73	36.77
	250m: 3:21.59	41.92	650m: 8:48.66	39.78	1050m: 14:05.26	38.90	1450m: 19:09.66	36.93
	300m: 4:02.90	41.31	700m: 9:28.99	40.33	1100m: 14:44.74	39.48	1500m: 19:44.60	34.94
	350m: 4:42.83	39.93	750m: 10:09.67	40.68	1150m: 15:23.56	38.82		
	400m: 5:25.27	42.44	800m: 10:48.86	39.19	1200m: 16:01.65	38.09		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 28, Jongens, 1500m vrije slag, Junioren 1

rang	naam	vereniging	intijd	tijd	RT	niv.		
2.	Krijn de Kievit	Racing Club	19:20.60	9700277	19:50.41	+0,81		
	50m: 35.09	35.09	450m: 6:05.56	41.12	850m: 11:28.42	40.17	1250m: 16:40.13	38.54
	100m: 1:16.63	41.54	500m: 6:46.90	41.34	900m: 12:07.63	39.21	1300m: 17:18.01	37.88
	150m: 1:58.01	41.38	550m: 7:28.15	41.25	950m: 12:47.60	39.97	1350m: 17:56.17	38.16
	200m: 2:39.46	41.45	600m: 8:08.83	40.68	1000m: 13:25.33	37.73	1400m: 18:33.72	37.55
	250m: 3:21.31	41.85	650m: 8:48.58	39.75	1050m: 14:05.10	39.77	1450m: 19:12.23	38.51
	300m: 4:02.13	40.82	700m: 9:28.69	40.11	1100m: 14:44.49	39.39	1500m: 19:50.41	38.18
	350m: 4:42.40	40.27	750m: 10:09.37	40.68	1150m: 15:22.95	38.46		
	400m: 5:24.44	42.04	800m: 10:48.25	38.88	1200m: 16:01.59	38.64		

Programmanr. 28
19.12.2009 - 12:08

Jongens, 1500m vrije slag
Progr.nr. 27 en 28 zijn samengevoegd

Junioren 2
Resultaten

Nederlands Record Junioren	15:45.34	Arthur de Rouw	Hengelo	04.03.1983
Nederlands Record 13 jaar	16:52.34	Pieter van den Hoogenband	Dordrecht	01.03.1991
Kamp. Record Junioren 2	17:22.40	Damon Peperkamp	Amsterdam	20.12.2008

rang	naam	vereniging	intijd	tijd	RT	niv.		
1.	Mike van Herk	Eiffel Swimmers PSV	17:43.96	9601007	17:26.33	+0,84 C		
	50m: 31.68	31.68	450m: 5:04.46	34.93	850m: 9:45.96	35.25	1250m: 14:31.84	36.03
	100m: 1:04.71	33.03	500m: 5:39.20	34.74	900m: 10:21.33	35.37	1300m: 15:06.78	34.94
	150m: 1:38.42	33.71	550m: 6:14.24	35.04	950m: 10:56.98	35.65	1350m: 15:42.31	35.53
	200m: 2:12.49	34.07	600m: 6:49.43	35.19	1000m: 11:32.62	35.64	1400m: 16:18.06	35.75
	250m: 2:46.33	33.84	650m: 7:24.90	35.47	1050m: 12:07.63	35.01	1450m: 16:51.86	33.80
	300m: 3:20.28	33.95	700m: 7:59.94	35.04	1100m: 12:43.94	36.31	1500m: 17:26.33	34.47
	350m: 3:55.15	34.87	750m: 8:35.38	35.44	1150m: 13:19.88	35.94		
	400m: 4:29.53	34.38	800m: 9:10.71	35.33	1200m: 13:55.81	35.93		
2.	Bart Klok	One Team Swimming	17:55.09	9600351	17:31.26	+0,95 C		
	50m: 30.01	30.01	450m: 5:05.66	34.79	850m: 9:47.15	34.99	1250m: 14:33.92	35.85
	100m: 1:03.33	33.32	500m: 5:40.98	35.32	900m: 10:22.87	35.72	1300m: 15:09.84	35.92
	150m: 1:37.39	34.06	550m: 6:16.20	35.22	950m: 10:58.47	35.60	1350m: 15:45.59	35.75
	200m: 2:11.49	34.10	600m: 6:51.50	35.30	1000m: 11:34.08	35.61	1400m: 16:21.88	36.29
	250m: 2:46.33	34.84	650m: 7:27.15	35.65	1050m: 12:09.82	35.74	1450m: 16:57.47	35.59
	300m: 3:20.93	34.60	700m: 8:02.17	35.02	1100m: 12:45.48	35.66	1500m: 17:31.26	33.79
	350m: 3:56.02	35.09	750m: 8:37.39	35.22	1150m: 13:21.72	36.24		
	400m: 4:30.87	34.85	800m: 9:12.16	34.77	1200m: 13:58.07	36.35		
3.	Niels Kemperink	OZ&PC	18:39.35	9600005	17:53.93	+0,86 D		
	50m: 32.09	32.09	450m: 5:11.36	35.20	850m: 10:00.67	36.26	1250m: 14:54.69	36.48
	100m: 1:06.30	34.21	500m: 5:47.01	35.65	900m: 10:37.20	36.53	1300m: 15:31.61	36.92
	150m: 1:41.18	34.88	550m: 6:22.95	35.94	950m: 11:13.85	36.65	1350m: 16:07.03	35.42
	200m: 2:15.50	34.32	600m: 6:59.35	36.40	1000m: 11:51.02	37.17	1400m: 16:42.89	35.86
	250m: 2:50.52	35.02	650m: 7:35.87	36.52	1050m: 12:27.44	36.42	1450m: 17:18.74	35.85
	300m: 3:25.56	35.04	700m: 8:11.74	35.87	1100m: 13:03.89	36.45	1500m: 17:53.93	35.19
	350m: 4:00.69	35.13	750m: 8:48.15	36.41	1150m: 13:41.07	37.18		
	400m: 4:36.16	35.47	800m: 9:24.41	36.26	1200m: 14:18.21	37.14		
4.	Lars Haarsma	DAW-FINENZO	18:20.25	9600745	17:59.75	+1,01 D		
	50m: 31.53	31.53	450m: 5:14.44	35.71	850m: 10:06.50	36.57	1250m: 14:59.12	36.76
	100m: 1:06.16	34.63	500m: 5:50.60	36.16	900m: 10:42.72	36.22	1300m: 15:35.30	36.18
	150m: 1:41.51	35.35	550m: 6:26.95	36.35	950m: 11:19.42	36.70	1350m: 16:10.88	35.58
	200m: 2:16.62	35.11	600m: 7:03.57	36.62	1000m: 11:55.89	36.47	1400m: 16:47.06	36.18
	250m: 2:51.83	35.21	650m: 7:40.24	36.67	1050m: 12:32.06	36.17	1450m: 17:23.73	36.67
	300m: 3:27.16	35.33	700m: 8:16.86	36.62	1100m: 13:09.10	37.04	1500m: 17:59.75	36.02
	350m: 4:02.92	35.76	750m: 8:53.63	36.77	1150m: 13:45.76	36.66		
	400m: 4:38.73	35.81	800m: 9:29.93	36.30	1200m: 14:22.36	36.60		
5.	Timo van der Ende	WVZ	18:46.32	9601979	18:28.09	+0,91 E		
	50m: 32.05	32.05	450m: 5:27.79	37.50	850m: 10:25.50	37.32	1250m: 15:23.59	36.55
	100m: 1:08.55	36.50	500m: 6:05.09	37.30	900m: 11:02.67	37.17	1300m: 16:00.91	37.32
	150m: 1:44.93	36.38	550m: 6:42.21	37.12	950m: 11:39.88	37.21	1350m: 16:38.20	37.29
	200m: 2:21.78	36.85	600m: 7:19.25	37.04	1000m: 12:17.32	37.44	1400m: 17:15.38	37.18
	250m: 2:58.48	36.70	650m: 7:55.99	36.74	1050m: 12:54.60	37.28	1450m: 17:52.08	36.70
	300m: 3:35.73	37.25	700m: 8:33.51	37.52	1100m: 13:31.84	37.24	1500m: 18:28.09	36.01
	350m: 4:12.82	37.09	750m: 9:11.24	37.73	1150m: 14:09.25	37.41		
	400m: 4:50.29	37.47	800m: 9:48.18	36.94	1200m: 14:47.04	37.79		
6.	Tim Furer	Aqua-Novio'94	18:44.32	9600087	19:11.28	* +0,85		
	50m: 31.53	31.53	450m: 5:27.27	38.74	850m: 10:37.98	40.06	1250m: 15:56.29	40.31
	100m: 1:06.62	35.09	500m: 6:04.98	37.71	900m: 11:17.82	39.84	1300m: 16:35.83	39.54
	150m: 1:42.09	35.47	550m: 6:43.07	38.09	950m: 11:56.72	38.90	1350m: 17:15.28	39.45
	200m: 2:17.71	35.62	600m: 7:21.73	38.66	1000m: 12:36.65	39.93	1400m: 17:54.58	39.30
	250m: 2:54.72	37.01	650m: 8:00.08	38.35	1050m: 13:16.35	39.70	1450m: 18:33.72	39.14
	300m: 3:32.39	37.67	700m: 8:38.93	38.85	1100m: 13:55.97	39.62	1500m: 19:11.28	37.56
	350m: 4:10.59	38.20	750m: 9:18.38	39.45	1150m: 14:36.00	40.03		
	400m: 4:48.53	37.94	800m: 9:57.92	39.54	1200m: 15:15.98	39.98		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 29
19.12.2009 - 12:28

Jongens, 1500m vrije slag
Progr. nr. 29 en 30 zijn samengevoegd

Junioren 3
Resultaten

Nederlands Record Junioren	15:45.34	Arthur de Rouw	Hengelo	04.03.1983
Nederlands Record 14 jaar	16:21.53	Maarten van der Weijden	Eindhoven	09.12.1995
Kamp. Record Junioren 3	16:21.53	Maarten van der Weijden	Eindhoven	09.12.1995

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Lucas Greven	ZC Valkenburg	17:08.58	9501941	16:50.77 *	+0,88 B
	50m: 30.30	30.30	450m: 4:58.66	33.99	850m: 9:30.46	33.80
	100m: 1:02.81	32.51	500m: 5:32.68	34.02	900m: 10:04.52	34.06
	150m: 1:35.71	32.90	550m: 6:06.73	34.05	950m: 10:38.22	33.70
	200m: 2:08.96	33.25	600m: 6:40.68	33.95	1000m: 11:12.19	33.97
	250m: 2:42.40	33.44	650m: 7:14.69	34.01	1050m: 11:46.04	33.85
	300m: 3:16.60	34.20	700m: 7:48.53	33.84	1100m: 12:20.15	34.11
	350m: 3:50.60	34.00	750m: 8:22.52	33.99	1150m: 12:54.15	34.00
	400m: 4:24.67	34.07	800m: 8:56.66	34.14	1200m: 13:27.77	33.62
2.	Maarten Brzoskowski	Eiffel Swimmers PSV	17:24.27	9500769	16:56.87	+0,80 C
	50m: 30.10	30.10	450m: 4:58.80	33.80	850m: 9:32.04	34.42
	100m: 1:02.85	32.75	500m: 5:33.13	34.33	900m: 10:06.55	34.51
	150m: 1:35.86	33.01	550m: 6:07.32	34.19	950m: 10:40.86	34.31
	200m: 2:09.39	33.53	600m: 6:41.24	33.92	1000m: 11:15.43	34.57
	250m: 2:42.81	33.42	650m: 7:15.40	34.16	1050m: 11:49.92	34.49
	300m: 3:16.82	34.01	700m: 7:49.38	33.98	1100m: 12:23.93	34.01
	350m: 3:50.94	34.12	750m: 8:23.34	33.96	1150m: 12:58.49	34.56
	400m: 4:25.00	34.06	800m: 8:57.62	34.28	1200m: 13:32.84	34.35
3.	Luc van der Wolde	Stadskanaal	17:20.07	9500281	17:02.15	+0,89 C
	50m: 28.61	28.61	450m: 5:00.75	34.88	850m: 9:37.61	34.69
	100m: 1:01.31	32.70	500m: 5:35.58	34.83	900m: 10:12.44	34.83
	150m: 1:35.12	33.81	550m: 6:09.79	34.21	950m: 10:46.89	34.45
	200m: 2:08.97	33.85	600m: 6:44.50	34.71	1000m: 11:21.31	34.42
	250m: 2:42.64	33.67	650m: 7:18.98	34.48	1050m: 11:55.65	34.34
	300m: 3:17.05	34.41	700m: 7:53.53	34.55	1100m: 12:30.02	34.37
	350m: 3:51.56	34.51	750m: 8:28.27	34.74	1150m: 13:04.22	34.20
	400m: 4:25.87	34.31	800m: 9:02.92	34.65	1200m: 13:38.66	34.44
4.	Damon Peperkamp	De Dinkel	17:22.40	9501101	17:26.01	+1,09 D
	50m: 30.53	30.53	450m: 5:03.11	34.99	850m: 9:42.56	35.79
	100m: 1:03.95	33.42	500m: 5:37.52	34.41	900m: 10:18.56	36.00
	150m: 1:38.14	34.19	550m: 6:12.33	34.81	950m: 10:54.90	36.34
	200m: 2:12.56	34.42	600m: 6:46.23	33.90	1000m: 11:30.99	36.09
	250m: 2:46.21	33.65	650m: 7:21.26	35.03	1050m: 12:07.75	36.76
	300m: 3:20.26	34.05	700m: 7:56.06	34.80	1100m: 12:44.70	36.95
	350m: 3:54.49	34.23	750m: 8:30.79	34.73	1150m: 13:18.51	33.81
	400m: 4:28.12	33.63	800m: 9:06.77	35.98	1200m: 13:53.29	34.78
5.	Ruben Tol	Ed-Vo	17:56.65	9501119	17:30.03	+0,94 D
	50m: 30.39	30.39	450m: 5:04.72	34.73	850m: 9:47.12	35.43
	100m: 1:04.09	33.70	500m: 5:39.64	34.92	900m: 10:22.77	35.65
	150m: 1:38.34	34.25	550m: 6:14.90	35.26	950m: 10:58.33	35.56
	200m: 2:13.13	34.79	600m: 6:49.99	35.09	1000m: 11:33.97	35.64
	250m: 2:47.54	34.41	650m: 7:25.16	35.17	1050m: 12:09.94	35.97
	300m: 3:21.52	33.98	700m: 8:00.78	35.62	1100m: 12:45.59	35.65
	350m: 3:55.50	33.98	750m: 8:36.50	35.72	1150m: 13:21.22	35.63
	400m: 4:29.99	34.49	800m: 9:11.69	35.19	1200m: 13:56.75	35.53
6.	Jeffrey Reijnders	Oceanus	17:27.76	9500877	17:39.01	+0,82 D
	50m: 30.66	30.66	450m: 5:07.39	35.59	850m: 9:51.13	35.37
	100m: 1:04.07	33.41	500m: 5:42.66	35.27	900m: 10:26.88	35.75
	150m: 1:38.56	34.49	550m: 6:17.84	35.18	950m: 11:02.79	35.91
	200m: 2:13.04	34.48	600m: 6:52.95	35.11	1000m: 11:38.82	36.03
	250m: 2:47.49	34.45	650m: 7:28.14	35.19	1050m: 12:15.32	36.50
	300m: 3:21.96	34.47	700m: 8:04.00	35.86	1100m: 12:51.50	36.18
	350m: 3:56.78	34.82	750m: 8:39.50	35.50	1150m: 13:27.70	36.20
	400m: 4:31.80	35.02	800m: 9:15.76	36.26	1200m: 14:03.66	35.96
7.	Lars Schoffemeer	Numansdorp	17:42.08	9501907	17:46.09	+0,86 E
	50m: 30.03	30.03	450m: 5:09.97	35.28	850m: 9:56.67	35.60
	100m: 1:03.96	33.93	500m: 5:45.79	35.82	900m: 10:32.95	36.28
	150m: 1:38.33	34.37	550m: 6:21.50	35.71	950m: 11:09.33	36.38
	200m: 2:13.55	35.22	600m: 6:57.40	35.90	1000m: 11:45.17	35.84
	250m: 2:48.42	34.87	650m: 7:33.40	36.00	1050m: 12:20.39	35.22
	300m: 3:23.46	35.04	700m: 8:09.28	35.88	1100m: 12:56.28	35.89
	350m: 3:59.04	35.58	750m: 8:45.16	35.88	1150m: 13:32.35	36.07
	400m: 4:34.69	35.65	800m: 9:21.07	35.91	1200m: 14:07.85	35.50

Open Nederlandse Kampioenschappen 2009
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Programmanr. 29, Jongens, 1500m vrije slag, Junioren 3

rang	naam	vereniging	intijd		tijd		RT	niv.
8.	Kevin Wolters	Hellas-Glana	18:15.36		9501965		17:54.31	+0,86 E
	50m: 31.61	31.61	450m: 5:18.55	36.04	850m: 10:08.80	35.56	1250m: 14:57.13	36.03
	100m: 1:06.91	35.30	500m: 5:54.91	36.36	900m: 10:44.58	35.78	1300m: 15:33.13	36.00
	150m: 1:42.63	35.72	550m: 6:31.42	36.51	950m: 11:20.96	36.38	1350m: 16:08.51	35.38
	200m: 2:18.56	35.93	600m: 7:07.61	36.19	1000m: 11:57.13	36.17	1400m: 16:44.13	35.62
	250m: 2:54.22	35.66	650m: 7:43.89	36.28	1050m: 12:32.86	35.73	1450m: 17:20.06	35.93
	300m: 3:30.46	36.24	700m: 8:20.44	36.55	1100m: 13:08.74	35.88	1500m: 17:54.31	34.25
	350m: 4:06.63	36.17	750m: 8:56.90	36.46	1150m: 13:44.97	36.23		
	400m: 4:42.51	35.88	800m: 9:33.24	36.34	1200m: 14:21.10	36.13		
9.	Duane Wemmers	MNC Dordrecht	18:05.83		9501397		18:39.04	+0,84
	50m: 31.09	31.09	450m: 5:21.78	37.39	850m: 10:22.99	38.03	1250m: 15:27.91	38.40
	100m: 1:05.45	34.36	500m: 5:59.32	37.54	900m: 11:01.33	38.34	1300m: 16:06.94	39.03
	150m: 1:41.04	35.59	550m: 6:36.45	37.13	950m: 11:39.71	38.38	1350m: 16:46.00	39.06
	200m: 2:17.41	36.37	600m: 7:13.72	37.27	1000m: 12:18.01	38.30	1400m: 17:25.12	39.12
	250m: 2:54.22	36.81	650m: 7:50.78	37.06	1050m: 12:56.21	38.20	1450m: 18:03.55	38.43
	300m: 3:31.13	36.91	700m: 8:28.64	37.86	1100m: 13:32.93	36.72	1500m: 18:39.04	35.49
	350m: 4:07.73	36.60	750m: 9:06.73	38.09	1150m: 14:10.49	37.56		
	400m: 4:44.39	36.66	800m: 9:44.96	38.23	1200m: 14:49.51	39.02		

Programmanr. 29 Jongens, 1500m vrije slag Junioren 4
19.12.2009 - 12:28 Progr. nr. 29 en 30 zijn samengevoegd Resultaten

Nederlands Record Junioren	15:45.34	Arthur de Rouw	Hengelo	04.03.1983
Nederlands Record 15 jaar	15:52.90	Arthur de Rouw	Uden	28.11.1982
Kamp. Record Junioren 4	16:02.52	Maarten van der Weijden	Utrecht	07.12.1996

rang	naam	vereniging	intijd		tijd		RT	niv.
1.	Lester Snackers	ZC Valkenburg	16:36.27		9400947		16:33.82	+0,86 C
	50m: 28.97	28.97	450m: 4:52.76	34.31	850m: 9:17.94	32.76	1250m: 13:47.99	33.59
	100m: 1:00.34	31.37	500m: 5:26.45	33.69	900m: 9:51.54	33.60	1300m: 14:21.68	33.69
	150m: 1:32.56	32.22	550m: 5:59.51	33.06	950m: 10:25.20	33.66	1350m: 14:55.46	33.78
	200m: 2:05.43	32.87	600m: 6:32.26	32.75	1000m: 10:59.12	33.92	1400m: 15:29.20	33.74
	250m: 2:38.07	32.64	650m: 7:05.14	32.88	1050m: 11:32.68	33.56	1450m: 16:03.00	33.80
	300m: 3:11.33	33.26	700m: 7:38.08	32.94	1100m: 12:06.24	33.56	1500m: 16:33.82	30.82
	350m: 3:44.74	33.41	750m: 8:11.54	33.46	1150m: 12:40.30	34.06		
	400m: 4:18.45	33.71	800m: 8:45.18	33.64	1200m: 13:14.40	34.10		
2.	Willem Kees Roos	Orca	17:23.72		9402693		16:35.56	+1,06 C
	50m: 29.74	29.74	450m: 4:56.48	33.44	850m: 9:23.57	33.47	1250m: 13:52.67	33.78
	100m: 1:02.23	32.49	500m: 5:29.88	33.40	900m: 9:56.42	32.85	1300m: 14:26.41	33.74
	150m: 1:35.01	32.78	550m: 6:03.35	33.47	950m: 10:29.79	33.37	1350m: 15:00.05	33.64
	200m: 2:08.22	33.21	600m: 6:36.71	33.36	1000m: 11:03.45	33.66	1400m: 15:33.51	33.46
	250m: 2:41.78	33.56	650m: 7:10.37	33.66	1050m: 11:37.22	33.77	1450m: 16:06.18	32.67
	300m: 3:15.46	33.68	700m: 7:43.69	33.32	1100m: 12:10.86	33.64	1500m: 16:35.56	29.38
	350m: 3:49.25	33.79	750m: 8:17.04	33.35	1150m: 12:44.74	33.88		
	400m: 4:23.04	33.79	800m: 8:50.10	33.06	1200m: 13:18.89	34.15		
3.	Date v.d. Zaag	Eiffel Swimmers PSV	17:30.89		9403919		16:35.95	+0,78 C
	50m: 29.30	29.30	450m: 4:52.15	33.55	850m: 9:21.71	33.99	1250m: 13:52.86	33.75
	100m: 1:01.17	31.87	500m: 5:26.00	33.50	900m: 9:55.49	33.78	1300m: 14:26.38	33.52
	150m: 1:33.48	32.31	550m: 5:59.50	33.85	950m: 10:29.49	34.00	1350m: 15:00.16	33.78
	200m: 2:06.02	32.54	600m: 6:33.07	33.57	1000m: 11:03.60	34.11	1400m: 15:33.35	33.19
	250m: 2:38.86	32.84	650m: 7:06.40	33.33	1050m: 11:37.33	33.73	1450m: 16:05.99	32.64
	300m: 3:11.83	32.97	700m: 7:40.16	33.76	1100m: 12:11.20	33.87	1500m: 16:35.95	29.96
	350m: 3:45.24	33.41	750m: 8:14.07	33.91	1150m: 12:45.19	33.99		
	400m: 4:18.60	33.36	800m: 8:47.72	33.65	1200m: 13:19.11	33.92		
4.	Vincent Moolhuijsen	Oceanus	17:07.75		9401215		16:49.70	+0,87 D
	50m: 29.64	29.64	450m: 4:57.17	33.64	850m: 9:28.86	33.83	1250m: 14:01.14	34.12
	100m: 1:02.13	32.49	500m: 5:31.14	33.97	900m: 10:02.48	33.62	1300m: 14:35.09	33.95
	150m: 1:35.32	33.19	550m: 6:04.82	33.68	950m: 10:36.46	33.98	1350m: 15:08.65	33.56
	200m: 2:08.68	33.36	600m: 6:38.76	33.94	1000m: 11:10.50	34.04	1400m: 15:42.71	34.06
	250m: 2:42.02	33.34	650m: 7:12.80	34.04	1050m: 11:44.48	33.98	1450m: 16:16.72	34.01
	300m: 3:15.91	33.89	700m: 7:46.68	33.88	1100m: 12:18.68	34.20	1500m: 16:49.70	32.98
	350m: 3:49.68	33.77	750m: 8:20.58	33.90	1150m: 12:52.78	34.10		
	400m: 4:23.53	33.85	800m: 8:55.03	34.45	1200m: 13:27.02	34.24		
5.	Huib van Houweligen	AZ&PC	17:35.74		9406019		17:26.32	+0,83 E
	50m: 30.01	30.01	450m: 5:08.30	34.70	850m: 9:50.14	35.58	1250m: 14:32.94	35.09
	100m: 1:04.25	34.24	500m: 5:43.02	34.72	900m: 10:25.50	35.36	1300m: 15:07.97	35.03
	150m: 1:39.40	35.15	550m: 6:18.30	35.28	950m: 11:01.01	35.51	1350m: 15:43.15	35.18
	200m: 2:14.42	35.02	600m: 6:53.28	34.98	1000m: 11:35.74	34.73	1400m: 16:17.96	34.81
	250m: 2:49.61	35.19	650m: 7:29.00	35.72	1050m: 12:11.42	35.68	1450m: 16:52.60	34.64
	300m: 3:24.02	34.41	700m: 8:04.03	35.03	1100m: 12:47.03	35.61	1500m: 17:26.32	33.72
	350m: 3:58.69	34.67	750m: 8:39.38	35.35	1150m: 13:22.16	35.13		
	400m: 4:33.60	34.91	800m: 9:14.56	35.18	1200m: 13:57.85	35.69		

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Programmanr. 29, Jongens, 1500m vrije slag, Junioren 4

rang	naam	vereniging	intijd		tijd		RT	niv.
6.	Jacco Doest	DWK	17:37.05		9400711		17:34.01	+0,92 E
	50m: 30.11	30.11	450m: 5:06.65	35.10	850m: 9:49.50	35.78	1250m: 14:36.76	35.83
	100m: 1:03.42	33.31	500m: 5:41.53	34.88	900m: 10:25.53	36.03	1300m: 15:12.42	35.66
	150m: 1:37.41	33.99	550m: 6:16.27	34.74	950m: 11:01.67	36.14	1350m: 15:47.97	35.55
	200m: 2:11.98	34.57	600m: 6:51.96	35.69	1000m: 11:37.45	35.78	1400m: 16:23.73	35.76
	250m: 2:47.00	35.02	650m: 7:27.31	35.35	1050m: 12:13.39	35.94	1450m: 16:59.21	35.48
	300m: 3:21.86	34.86	700m: 8:02.96	35.65	1100m: 12:49.80	36.41	1500m: 17:34.01	34.80
	350m: 3:56.76	34.90	750m: 8:38.28	35.32	1150m: 13:25.35	35.55		
	400m: 4:31.55	34.79	800m: 9:13.72	35.44	1200m: 14:00.93	35.58		
7.	Ivar van Ginkel	DWK	17:29.84		9400025		17:39.21	+0,73 E
	50m: 30.94	30.94	450m: 5:10.31	35.03	850m: 9:53.90	35.52	1250m: 14:40.63	35.88
	100m: 1:04.86	33.92	500m: 5:45.41	35.10	900m: 10:30.21	36.31	1300m: 15:16.99	36.36
	150m: 1:39.60	34.74	550m: 6:20.74	35.33	950m: 11:05.78	35.57	1350m: 15:51.92	34.93
	200m: 2:14.70	35.10	600m: 6:56.21	35.47	1000m: 11:41.29	35.51	1400m: 16:28.97	37.05
	250m: 2:49.79	35.09	650m: 7:31.46	35.25	1050m: 12:17.46	36.17	1450m: 17:04.96	35.99
	300m: 3:24.85	35.06	700m: 8:07.14	35.68	1100m: 12:53.36	35.90	1500m: 17:39.21	34.25
	350m: 3:59.73	34.88	750m: 8:42.64	35.50	1150m: 13:28.88	35.52		
	400m: 4:35.28	35.55	800m: 9:18.38	35.74	1200m: 14:04.75	35.87		

4 - Open Nederlandse Kampioenschappen Korte Baan sessie 4

19.12.2009 - 16:00

Programmanr. 15
19.12.2009 - 16:00

Dames, 100m vliederslag

all-in
Resultaten Finale

Wereld Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12.12.2009
Europees Record	55.05	Diane Bui Duyet	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	55.74	Inge Dekker	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	1:01.20	Chantal Groot	Antwerpen (BEL)	02.08.1998

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Sharon van Rouwendaal	Eiffel Swimmers PSV	1:01.63	9307422	1:00.69	+0,79	A+	29.01	1:00.69
	<i>Nederlands Record 16 jaar</i>								
2.	Jessica Spruit	Eiffel Swimmers PSV	1:02.25	9103756	1:01.45	+0,78	B	29.29	1:01.45
3.	Lenneke van Schaik	De Dolfijn	1:02.54	8603124	1:01.63	+0,89	C	29.65	1:01.63
4.	Marina Ribí	Swiss Swimming Federation	1:02.51	1036	1:01.93	+0,88	C	29.35	1:01.93
5.	Lisa Dreesens	Noord Limburg(SG)	1:02.31	9105798	1:02.01	+0,85	C	29.47	1:02.01
6.	Michelle Strandskov	Danish Swimming Federation	1:02.26	9158AF	1:02.22	+0,81	C	29.51	1:02.22
7.	Danielle Villars	Swiss Swimming Federation	1:02.59	14972	1:02.45	+0,80	B	29.11	1:02.45
8.	Kira Toussaint	E.ON-NZA	1:01.97	9400990	1:03.51	+0,74	B	29.11	1:03.51
Finale B									
9.	Kelly de Jong	E.ON-NZA	1:02.80	9101474	1:02.01	+0,87	C	29.22	1:02.01
10.	Marloes Oldenburg	TriVia	1:02.76	8803218	1:03.02	+0,92	D	29.36	1:03.02
11.	Parand Zarekiani	E.ON-NZA	1:02.81	9402150	1:03.21	+0,84	B	29.33	1:03.21
12.	Andrea Kneppers	Zwemvereniging Hoorn	1:03.21	9302216	1:03.24	+0,80	C	29.83	1:03.24
13.	Willemijn Knot	De Dolfijn	1:02.89	9002010	1:03.32	+0,83	D	29.04	1:03.32
14.	Milou Julicher	Wiekslag	1:03.43	9301320	1:03.69	+0,73	C	29.64	1:03.69
15.	Merle Verkijk	WVZ	1:03.64	9400278	1:04.78	+0,78	C	30.52	1:04.78
16.	Lucy Ellis	University of Stirling	1:02.81	36779	1:14.02 *	+0,77		34.77	1:14.02

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 16
19.12.2009 - 16:06

Heren, 100m vlinderslag

all-in
Resultaten Finale

Wereld Record	48.48	Evgeny Korotyskin	Berlijn (GER)	15.11.2009
Europees Record	48.48	Evgeny Korotyskin	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	49.86	Joeri Verlinden	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	54.71	Joeri Verlinden	Palma de Mallorca (ESP)	07.07.2006

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Joeri Verlinden	Eiffel Swimmers PSV	53.93 8803549	51.54	+0,74	A+	24.12	51.54
2.	Robin van Aggele	AZ&PC	55.54 8400017	53.68	+0,81	B	24.98	53.68
3.	Jurjen Willemssen	Eiffel Swimmers PSV	54.97 9003315	54.08	+0,81	B	25.51	54.08
4.	Nico Van Duijn	Swiss Swimming Federation	53.90 13825	54.23	+0,72	B	25.97	54.23
5.	Ewoud Tamminga	AZ&PC	55.01 8201701	54.65	+0,88	C	25.32	54.65
6.	Jeroen Stuut	TriVia	55.30 8803315	55.17	+0,81	D	25.44	55.17
7.	Marc Kremer	ANKER TEAM GRONINGEN	54.39 9004667	55.21	+0,75	C	25.60	55.21
8.	Braxston Timm	City of Sheffield Swim Squad	55.54 21366	55.37	+0,67	B	26.02	55.37
Finale B								
9.	Tim van Deutekom	E.ON-NZA	55.70 9100459	55.06	+0,83	C	24.91	55.06
10.	Adrien Perez	Swiss Swimming Federation	56.33 11122	55.30	+0,83	D	25.82	55.30
11.	Mike Marissen	AZ&PC	56.22 9202187	55.73	+0,82	C	25.76	55.73
12.	Daniel Rast	Swiss Swimming Federation	55.80 8471	55.92	+0,67	D	26.06	55.92
13.	Connor Barrett	Ealing Swimming Club	56.13 24107	56.33	+0,78	D	26.17	56.33
14.	Robert Klinkhamer	ZPC Bikkel Hoogeveen	56.40 9101241	56.34	+0,75	D	26.37	56.34
15.	Fabian Beimin	OZ&PC	56.75 9100087	56.75	+0,71	D	26.30	56.75
16.	Rory Bob de Haan	ANKER TEAM GRONINGEN	56.54 8100609	56.76	+0,76	E	26.25	56.76

Programmanr. 17
19.12.2009 - 16:11

Dames, 200m schoolslag

all-in
Resultaten Finale

Wereld Record	2:15.42	Leisel Jones	Berlijn (GER)	15.11.2009
Europees Record	2:16.66	Rikke Møller Pedersen	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	2:24.78	Loes Zanderink	Leeds (GBR)	07.08.2009
Nederlands Record Jeugd	2:29.48	Linda Moes	Emmen	14.02.1987

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A										
1.	Moniek Nijhuis	E.ON-NZA	2:33.97 8803188	2:22.88	+0,85	A+	32.29	1:08.17	1:45.14	2:22.88
	<i>Nederlands Record Senioren</i>									
2.	Tessa Brouwer	E.ON-NZA	2:35.15 9105548	2:25.61	+0,90	A+	33.22	1:10.60	1:47.75	2:25.61
	<i>Nederlands Record 18 jaar</i>									
3.	Loes Zanderink	AZ&PC	2:30.53 8805006	2:30.05	+0,81	B	33.18	1:10.65	1:49.81	2:30.05
	<i>tt 50 en 100m zijn back-up tijden</i>									
4.	Georgina Heyn	Ealing Swimming Club	2:34.70 6039	2:32.56	+0,87	C	35.31	1:14.12	1:53.24	2:32.56
5.	Julie Leth-Espensen	Danish Swimming Federation	2:33.74 9274AF	2:34.00	+0,82	B	35.08	1:14.10	1:54.01	2:34.00
6.	Anouk Elzerman	De Dolfijn	2:37.32 9005914	2:37.80	+0,87	D	35.08	1:15.31	1:56.30	2:37.80
7.	Kristel Doreleijers	Eiffel Swimmers PSV	2:38.38 9302568	2:40.85 *	+0,84	D	35.32	1:15.33	1:57.37	2:40.85
8.	Yvette de Gier	De Columbiaan	2:38.65 9402124	2:42.02	+0,94	D	36.21	1:16.81	1:58.67	2:42.02
Finale B										
9.	Larissa Brak	AZ&PC	2:41.49 8800572	2:39.20	+0,92	E	36.40	1:17.72	1:59.37	2:39.20
10.	Jodie Willis	Ealing Swimming Club	2:43.79 60106	2:39.71	+0,81	D	35.82	1:16.52	1:57.87	2:39.71
11.	Yvonne v.d. Pol	AZ&PC	2:41.61 8803472	2:41.19	+0,87	E	35.60	1:16.26	1:58.57	2:41.19
12.	Géke Heinsbroek	WVZ	2:38.82 9300312	2:42.22	+0,81	D	36.68	1:17.63	1:59.82	2:42.22
	<i>tt 100m. is een back-up tijd</i>									
13.	Lonne Dijkhuis	De Dinkel	2:43.05 9400030	2:42.73	+0,92	D	35.97	1:17.27	2:00.23	2:42.73
	<i>tt 50m is back-up tijd</i>									
14.	Myrna Schasfoort	De Dinkel	2:44.34 9300668	2:43.01	+0,92	E	37.27	1:18.14	2:00.55	2:43.01
	<i>tt 100m. is een back-up tijd</i>									
15.	Jessie Smeding	Orca	2:44.99 9504528	2:43.51	+0,92	D	37.32	1:18.31	2:00.31	2:43.51
16.	Helena La	Zwemvereniging Hoorn	2:45.27 9502134	2:45.44	+0,93	D	37.22	1:19.10	2:02.27	2:45.44

Open Nederlandse Kampioenschappen 2009
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Programmanr. 18
19.12.2009 - 16:20

Heren, 200m schoolslag

all-in
Resultaten Finale

Wereld Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13.12.2009
Europees Record	2:00.67	Dániel Gyurta	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	2:07.39	Thijs van Valkengoed	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	2:14.13	Thijs van Valkengoed	Nieuwegein	09.12.2000

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Devi Wolthuizen	TriVia	2:15.80 8703887	2:10.81	+0,83	A+	29.76	1:03.01	1:36.56	2:10.81
<i>tt 50m is een back-up tijd</i>									
2. James Kirton	City of Sheffield Swim Squad	2:16.09 4222	2:12.64	+0,87	A	30.24	1:03.53	1:38.10	2:12.64
3. Thijs van Valkengoed	AZ&PC	2:15.97 8302141	2:13.30	+0,81	A	30.20	1:03.81	1:38.14	2:13.30
4. Jamie Ross	University of Stirling	2:16.07 85199	2:13.49	+0,88	B	31.13	1:06.17	1:40.07	2:13.49
5. Chris Jones	Ealing Swimming Club	2:17.54 3878	2:14.58	+0,83	B	30.33	1:04.00	1:38.91	2:14.58
6. Bram Dekker	Eiffel Swimmers PSV	2:15.99 8900649	2:15.18	+0,84	B	30.64	1:04.48	1:39.29	2:15.18
7. Max Partridge	City of Sheffield Swim Squad	2:19.85 10583	2:17.92	+0,83	C	31.09	1:05.86	1:41.92	2:17.92
8. Rutger Sloof	DWK	2:20.23 8803141	2:20.71	+0,81	D	30.91	1:06.02	1:42.04	2:20.71
Finale B									
9. Douglas Scott	University of Stirling	2:22.79 29664	2:17.72	+0,73	C	30.16	1:04.66	1:41.16	2:17.72
10. Sebas van Lith	Aqua-Novio'94	2:23.88 9001841	2:19.55	+0,86	D	31.16	1:06.79	1:43.13	2:19.55
11. Gavin v/d. Werf	RTC-Drachten	2:22.84 9302971	2:21.24	+0,81	C	31.29	1:07.00	1:44.07	2:21.24
12. Joppe Wisse	DZT'62	2:21.50 8903645	2:21.37	+0,91	E	30.78	1:05.62	1:42.58	2:21.37
13. Sjoerd Zanderink	De Dinkel	2:21.58 9102651	2:21.89	+0,89	D	31.57	1:07.01	1:44.06	2:21.89
14. Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	2:26.28 9300651	2:26.18	+0,88	D	33.18	1:10.40	1:48.17	2:26.18
15. Ruud van Heerbeek	Nuenen	2:26.52 9301769	2:26.77	+0,77	D	33.03	1:10.01	1:48.07	2:26.77
16. Jordan Kraaijenhof	AZ&PC	2:27.15 9301111	2:27.09	+0,90	D	33.91	1:11.48	1:49.47	2:27.09

Programmanr. 19
19.12.2009 - 16:29

Dames, 50m rugslag

all-in
Resultaten Finale

Wereld Record	25.70	Sanja Jankovic	Istanbul (TUR)	12.12.2009
Europees Record	25.70	Sanja Jankovic	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	26.32	Hinkelien Schreuder	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	28.82	Kira Toussaint	Aken (GER)	24.10.2009

rang naam	vereniging	intijd	tijd	RT	niv.
Finale A					
1. Ekaterina Avramova	Ealing Swimming Club	28.53	758483	28.17	A
2. Anja van der Hout	De Dolfijn	29.05	9001598	28.62	B
3. Willemijn Knot	De Dolfijn	29.41	9002010	29.08	C
4. Kimberley Albers	Eiffel Swimmers PSV	29.28	9204102	29.38	C
5. Evy Wittlox	E.ON-NZA	29.07	8804946	29.39	D
6. Sylvia Dik	TriVia	29.98	9501064	29.57	A
<i>Nederlands Record 14 jaar</i>					
7. Kira Toussaint	E.ON-NZA	29.07	9400990	29.58	B
8. Miranda Nijenhuis	E.ON-NZA	29.70	9204076	30.52	E
Finale B					
9. Annemarie Worst	Octopus	30.24	9500042	30.01	B
10. Lauren Turner	Ealing Swimming Club	30.20	36667	30.08	D
11. Mariët Koster	ZPC Bikkel Hoogeveen	30.63	8301162	30.13	E
12. Sharon Gelmers	Octopus	30.18	9400416	30.17	C
13. Ashley Verburg	Eiffel Swimmers PSV	30.18	9301616	30.37	D
14. Kyra Rietveld	TriVia	30.29	9300624	30.38	D
15. Malissa van der Horst	Zwemlust den Hommel	30.44	9200810	30.89	E
16. Mette Pedersen	Danish Swimming Federation	30.71	9364AJ	31.82	E
NG.ZA Wendy vd Zanden	Eiffel Swimmers PSV	28.44	8805004		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 20
19.12.2009 - 16:34

Heren, 50m rugslag

all-in
Resultaten Finale

Wereld Record	22.61	Peter Marshall	Singapore (SIN)	22.11.2009
Europees Record	22.76	Stanislav Donets	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	23.63	Nick Driebergen	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	25.41	Joey de Ruiter	Eindhoven	26.04.2009

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Nick Driebergen	E.ON-NZA	25.28	8700793	24.59	A+
2.	Bastiaan Lijesen	Eiffel Swimmers PSV	25.24	9001819	24.88	A
3.	Jan Kersten	De Columbiaan	25.52	8601561	25.15	B
4.	Jurjen Willemsen	Eiffel Swimmers PSV	25.96	9003315	25.33	B
	Adrien Perez	Swiss Swimming Federation	25.50	11122	25.33	B
6.	Joey de Ruiter	Eiffel Swimmers PSV	25.91	9101971	25.79	B
7.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	26.05	8400805	26.15	D
8.	Andrew Shepherd	City of Sheffield Swim Squad	26.11	2837	26.31	D
Finale B						
9.	Robert Yallop	AZ&PC	26.50	8903679	26.35	D
10.	Timon Evenhuis	ANKER TEAM GRONINGEN	27.26	9000843	26.49	D
11.	Sverre Eschweiler	MSV- Zeemacht	26.79	9204035	26.56	C
12.	Arvid Munsters	Eiffel Swimmers PSV	26.84	9203625	26.86	D
13.	Raga Flores	BZV	26.99	8900903	26.89	E
14.	Ruben Dekker	De Dolfijn	27.60	9300627	27.48	D
15.	Sven Kardol	Nuenen	27.93	9302135	28.26	E
16.	Bart Arendshorst	De Veene	28.60	9300005	28.85	

Programmanr. 21
19.12.2009 - 16:38

Jongens, 400m wisselslag

Jeugd 1 en 2
Resultaten

Wereld Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Europees Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08.02.1997
Nederlands Record Jeugd	4:23.99	Marcel Wouda	Drachten	09.03.1990

rang	naam	vereniging	intijd	tijd	RT	niv.		
1.	Jens Bakker	E.ON-NZA	4:29.87	9300021	4:30.00	+0,87 B		
	50m: 28.55	28.55	150m: 1:37.65	36.18	250m: 2:50.16	37.78	350m: 4:01.23	32.43
	100m: 1:01.47	32.92	200m: 2:12.38	34.73	300m: 3:28.80	38.64	400m: 4:30.00	28.77
2.	Philippe Rivard	E.ON-NZA	4:31.99	9301209	4:30.02	+0,63 B		
	50m: 27.74	27.74	150m: 1:34.88	34.49	250m: 2:48.24	39.29	350m: 4:00.22	31.83
	100m: 1:00.39	32.65	200m: 2:08.95	34.07	300m: 3:28.39	40.15	400m: 4:30.02	29.80
3.	Mike Marissen	AZ&PC	4:33.68	9202187	4:31.06	+0,81 B		
	50m: 28.52	28.52	150m: 1:36.56	34.96	250m: 2:50.27	39.57	350m: 4:02.55	32.21
	100m: 1:01.60	33.08	200m: 2:10.70	34.14	300m: 3:30.34	40.07	400m: 4:31.06	28.51
4.	Maurice Soudant	Nuenen	4:55.99	9302125	4:40.51	+0,76 D		
	50m: 28.34	28.34	150m: 1:38.09	36.66	250m: 2:54.65	41.41	350m: 4:08.77	32.41
	100m: 1:01.43	33.09	200m: 2:13.24	35.15	300m: 3:36.36	41.71	400m: 4:40.51	31.74
5.	Dennis Eliveld	De Dolfijn	4:38.95	9202351	4:41.27	+0,85 D		
	50m: 28.98	28.98	150m: 1:39.14	35.77	250m: 2:55.05	40.71	350m: 4:08.78	33.04
	100m: 1:03.37	34.39	200m: 2:14.34	35.20	300m: 3:35.74	40.69	400m: 4:41.27	32.49
6.	Sven Kardol	Nuenen	4:38.60	9302135	4:44.63	+0,82 D		
	50m: 30.58	30.58	150m: 1:41.09	36.24	250m: 2:58.89	42.45	350m: 4:14.35	32.17
	100m: 1:04.85	34.27	200m: 2:16.44	35.35	300m: 3:42.18	43.29	400m: 4:44.63	30.28
7.	Kasper Leeuw	De Dinkel	4:51.95	9304435	4:59.55	+1,00		
	50m: 32.77	32.77	150m: 1:49.34	39.84	250m: 3:09.39	41.20	350m: 4:25.57	34.64
	100m: 1:09.50	36.73	200m: 2:28.19	38.85	300m: 3:50.93	41.54	400m: 4:59.55	33.98

Open Nederlandse Kampioenschappen 2009
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Programmanr. 21, Heren, 400m wisselslag

Programmanr. 21
19.12.2009 - 16:38

Heren, 400m wisselslag

all-in
Resultaten

Wereld Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Europees Record	3:57.27	Laszlo Cseh	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08.02.1997
Nederlands Record Jeugd	4:23.99	Marcel Wouda	Drachten	09.03.1990

rang	naam		vereniging		intijd		tijd	RT	niv.		
1.	Davy Verreussel		Hellas-Glana		4:19.22	8903341	4:20.20	+0,88	A		
	50m:	28.32	150m:	1:34.28	33.83	250m:	2:43.42	36.04	350m:	3:51.30	30.90
	100m:	1:00.45	200m:	2:07.38	33.10	300m:	3:20.40	36.98	400m:	4:20.20	28.90
2.	Ross Muir		University of Stirling		4:24.65	69791	4:22.87	+0,81	A		
	50m:	29.40	150m:	1:34.22	32.32	250m:	2:43.30	36.79	350m:	3:52.24	31.59
	100m:	1:01.90	200m:	2:06.51	32.29	300m:	3:20.65	37.35	400m:	4:22.87	30.63
3.	Raymond van de Merwe		WVZ		4:21.40	8602077	4:25.92	+0,80	C		
	50m:	28.35	150m:	1:35.07	34.49	250m:	2:46.44	37.28	350m:	3:55.58	31.21
	100m:	1:00.58	200m:	2:09.16	34.09	300m:	3:24.37	37.93	400m:	4:25.92	30.34
4.	Damien Cattin Vidal		Club des Vikings de Rouen		4:25.96	88vidal	4:26.55	+0,83	C		
	50m:	29.22	150m:	1:38.63	35.23	250m:	2:49.68	37.31	350m:	3:58.08	30.47
	100m:	1:03.40	200m:	2:12.37	33.74	300m:	3:27.61	37.93	400m:	4:26.55	28.47
5.	Jens Bakker		E.ON-NZA		4:29.87	9300021	4:30.00	+0,87	B		
	50m:	28.55	150m:	1:37.65	36.18	250m:	2:50.16	37.78	350m:	4:01.23	32.43
	100m:	1:01.47	200m:	2:12.38	34.73	300m:	3:28.80	38.64	400m:	4:30.00	28.77
6.	Philippe Rivard		E.ON-NZA		4:31.99	9301209	4:30.02	+0,63	B		
	50m:	27.74	150m:	1:34.88	34.49	250m:	2:48.24	39.29	350m:	4:00.22	31.83
	100m:	1:00.39	200m:	2:08.95	34.07	300m:	3:28.39	40.15	400m:	4:30.02	29.80
7.	Sebas van Lith		Aqua-Novio'94		4:33.20	9001841	4:30.98	+0,89	C		
	50m:	28.66	150m:	1:37.74	35.12	250m:	2:50.32	37.78	350m:	4:00.04	31.39
	100m:	1:02.62	200m:	2:12.54	34.80	300m:	3:28.65	38.33	400m:	4:30.98	30.94
8.	Mike Marissen		AZ&PC		4:33.68	9202187	4:31.06	+0,81	B		
	50m:	28.52	150m:	1:36.56	34.96	250m:	2:50.27	39.57	350m:	4:02.55	32.21
	100m:	1:01.60	200m:	2:10.70	34.14	300m:	3:30.34	40.07	400m:	4:31.06	28.51
9.	Wouter Houtman		Eiffel Swimmers PSV		4:28.91	9001293	4:31.51	+0,77	D		
	50m:	28.61	150m:	1:36.05	34.98	250m:	2:49.39	39.57	350m:	4:00.59	31.84
	100m:	1:01.07	200m:	2:09.82	33.77	300m:	3:28.75	39.36	400m:	4:31.51	30.92
10.	Nick Hessing		De Dolfijn		4:38.36	9103753	4:35.05	+0,75	D		
	50m:	29.19	150m:	1:38.74	33.79	250m:	2:52.18	39.31	350m:	4:03.56	32.02
	100m:	1:04.95	200m:	2:12.87	34.13	300m:	3:31.54	39.36	400m:	4:35.05	31.49
11.	Vincent van Iperen		Orca		4:31.80	9106179	4:35.72	+0,78	D		
	<i>50m tijd is back up tijd</i>										
	50m:	28.97	150m:	1:37.55	35.05	250m:	2:51.95	38.60	350m:	4:03.87	31.63
	100m:	1:02.50	200m:	2:13.35	35.80	300m:	3:32.24	40.29	400m:	4:35.72	31.85
12.	Erik Hagting		DZ&PC		4:39.72	9100829	4:39.22	+0,84	D		
	50m:	29.94	150m:	1:40.22	34.88	250m:	2:55.12	40.84	350m:	4:08.50	32.33
	100m:	1:05.34	200m:	2:14.28	34.06	300m:	3:36.17	41.05	400m:	4:39.22	30.72
13.	Maurice Soudant		Nuenen		4:55.99	9302125	4:40.51	+0,76	D		
	50m:	28.34	150m:	1:38.09	36.66	250m:	2:54.65	41.41	350m:	4:08.77	32.41
	100m:	1:01.43	200m:	2:13.24	35.15	300m:	3:36.36	41.71	400m:	4:40.51	31.74
14.	Dennis Eliveld		De Dolfijn		4:38.95	9202351	4:41.27	+0,85	D		
	50m:	28.98	150m:	1:39.14	35.77	250m:	2:55.05	40.71	350m:	4:08.78	33.04
	100m:	1:03.37	200m:	2:14.34	35.20	300m:	3:35.74	40.69	400m:	4:41.27	32.49
15.	Sven Kardol		Nuenen		4:38.60	9302135	4:44.63	+0,82	D		
	50m:	30.58	150m:	1:41.09	36.24	250m:	2:58.89	42.45	350m:	4:14.35	32.17
	100m:	1:04.85	200m:	2:16.44	35.35	300m:	3:42.18	43.29	400m:	4:44.63	30.28
16.	Jordi Dijkhuis		De Dinkel		4:39.60	9100483	4:47.46	+0,91	E		
	50m:	29.79	150m:	1:42.30	37.15	250m:	2:59.70	40.84	350m:	4:14.34	33.61
	100m:	1:05.15	200m:	2:18.86	36.56	300m:	3:40.73	41.03	400m:	4:47.46	33.12
17.	Kasper Leeuw		De Dinkel		4:51.95	9304435	4:59.55	+1,00			
	50m:	32.77	150m:	1:49.34	39.84	250m:	3:09.39	41.20	350m:	4:25.57	34.64
	100m:	1:09.50	200m:	2:28.19	38.85	300m:	3:50.93	41.54	400m:	4:59.55	33.98

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 22
19.12.2009 - 16:44

Dames, 200m vrije slag

all-in
Resultaten Finale

Wereld Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13.12.2009
Europees Record	1:51.17	Federica Pellegrini	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	1:53.79	Femke Heemskerk	Rijeka (CRO)	14.12.2008
Nederlands Record Jeugd	1:59.32	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Femke Heemskerk	E.ON-NZA	1:58.27 8705224	1:54.28	+0,85	A+	27.62	56.32	1:25.09	1:54.28
<i>Kampioenschaps Record</i>									
2. Rieneke Terink	AZ&PC	1:59.39 8402424	1:56.15	+0,84	A+	27.40	57.01	1:26.92	1:56.15
3. Saskia de Jonge	E.ON-NZA	2:00.79 8601826	1:58.75	+0,82	A+	26.42	54.93	1:25.65	1:58.75
4. Lucy Ellis	University of Stirling	2:00.47 36779	1:58.88	+0,76	A+	28.01	57.54	1:28.21	1:58.88
5. Sharon van Rouwendaal	Eiffel Swimmers PSV	2:00.63 9307422	2:01.03	+0,81	A+	29.06	59.46	1:30.28	2:01.03
6. Elise Bouwens	E.ON-NZA	2:00.97 9103964	2:02.92	+0,92	B	29.48	1:00.99	1:32.09	2:02.92
Finale B									
9. Rebecca Turner	City of Sheffield Swim Squad	2:01.30 36574	1:58.49	+0,69	A+	28.49	58.89	1:29.11	1:58.49
10. Wendy vd Zanden	Eiffel Swimmers PSV	2:01.45 8805004	2:00.13	+0,76	A	28.52	59.05	1:29.75	2:00.13
11. Joëlle Scheps	WVZ	2:01.66 9202364	2:01.22	+0,89	A	29.15	1:00.40	1:31.34	2:01.22
12. Ilse Kraaijeveld	Orca	2:02.33 9002110	2:01.82	+0,79	B	28.82	59.85	1:31.65	2:01.82
13. Andrea Kneppers	Zwemvereniging Hoorn	2:01.46 9302216	2:02.16	+0,96	A	29.41	1:00.70	1:31.26	2:02.16
14. Chantal Senden	ZC Valkenburg	2:03.11 9300698	2:03.83	+0,77	B	28.81	1:00.60	1:32.63	2:03.83
Finale C									
17. Laura Whitaker	City of Sheffield Swim Squad	2:04.26 21074	2:02.89	+0,77	B	28.86	1:00.04	1:31.57	2:02.89
18. Eleanor Faulkner	City of Sheffield Swim Squad	2:04.72 42774	2:03.11	+0,83	A	28.77	1:00.11	1:31.82	2:03.11
19. Maud van de Meer	Eiffel Swimmers PSV	2:03.15 9201180	2:03.36	+0,83	B	29.03	1:00.57	1:32.55	2:03.36
20. Randi Nielsen	Danish Swimming Federation	2:03.74 8948AC	2:04.67	+0,82	C	28.89	1:00.37	1:32.73	2:04.67
21. Pernille Jalsøe	Danish Swimming Federation	2:04.77 9372AA	2:05.62	+0,91	C	30.21	1:01.99	1:33.46	2:05.62

Programmanr. 23
19.12.2009 - 16:52

Heren, 200m vrije slag

all-in
Resultaten Finale

Wereld Record	1:39.37	Paul Biedermann	Berlijn (GER)	15.11.2009
Europees Record	1:39.37	Paul Biedermann	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	1:41.89	Pieter van den Hoogenband	Dublin (IRL)	14.12.2003
Nederlands Record Jeugd	1:46.31	Pieter van den Hoogenband	Eindhoven	10.12.1995

rang naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	150m	200m
Finale A									
1. Stefan de Die	E.ON-NZA	1:47.98 8603905	1:45.99	+0,85	A+	24.57	51.09	1:18.10	1:45.99
2. Sebastiaan Verschuren	E.ON-NZA	1:48.15 8803571	1:46.15	+0,82	A+	25.29	52.36	1:19.67	1:46.15
3. Bas van Velthoven	E.ON-NZA	1:49.02 8502695	1:47.70	+0,78	A+	24.94	51.87	1:19.56	1:47.70
4. Joeri Verlinden	Eiffel Swimmers PSV	1:48.77 8803549	1:47.84	+0,77	A+	25.48	52.95	1:20.45	1:47.84
5. Jak Scott	University of Stirling	1:48.51 30439	1:48.14	+0,74	A+	25.14	52.44	1:20.15	1:48.14
6. Joost Reijns	E.ON-NZA	1:48.84 8702725	1:48.31	+0,85	A	25.48	53.04	1:21.08	1:48.31
7. Patrick Janssen	Eiffel Swimmers PSV	1:48.71 9102817	1:48.83	+0,75	A+	25.58	53.45	1:21.80	1:48.83
8. Job Kienhuis	Eiffel Swimmers PSV	1:48.32 8901631	1:49.13	+0,89	A	26.32	54.14	1:21.73	1:49.13
Finale B									
9. Rutger van Oosterhout	Eiffel Swimmers PSV	1:51.89 9002179	1:49.45	+0,89	A	25.71	53.11	1:21.40	1:49.45
10. Pieter Timmers	Eiffel Swimmers PSV	1:50.47 8806031	1:49.69	+0,78	B	25.06	52.94	1:21.35	1:49.69
11. Braxton Timm	City of Sheffield Swim Squad	1:50.70 21366	1:49.89	+0,66	A	25.79	53.58	1:21.60	1:49.89
12. Anders Lie	Danish Swimming Federation	1:50.81 9105AF	1:50.21	+0,79	A	26.34	54.26	1:22.41	1:50.21
13. Dion Dreesens	Noord Limburg(SG)	1:51.57 9302189	1:50.99	+0,79	A	25.84	53.82	1:22.45	1:50.99
14. Jamie Smithers	Ealing Swimming Club	1:52.01 3737	1:51.63	+0,79	C	26.13	54.19	1:23.00	1:51.63
15. Damien Cattin Vidal	Club des Vikings de Rouen	1:51.78 88vidal	1:53.04	+0,84	C	26.69	55.03	1:23.89	1:53.04
16. Geert Lantink	AZ&PC	1:52.58 8601849	1:56.68	+0,79	E	26.15	55.01	1:25.29	1:56.68
NG.ZA Daniel Rast	Swiss Swimming Federation	1:52.20 8471							
NG.ZA Val Mikos	Swiss Swimming Federation	1:52.38 16548							

Open Nederlandse Kampioenschappen 2009
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Programmanr. 24
19.12.2009 - 17:00

Meisjes, 800m vrije slag

Jeugd 1 en 2
Resultaten

Wereld Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Europees Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Nederlands Record Senioren	8:21.94	Kirsten Vliegheuis	Sydney (AUS)	21.01.1998
Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14.11.2008

rang	naam	vereniging	intijd	intijd	tijd	RT	niv.	
1.	Marjolein Delno	De Rijn	9:21.13	9400024	9:07.73	+0,93	B	
	50m: 30.94	30.94	250m: 2:47.10	34.09	450m: 5:05.73	34.87	650m: 7:25.74	34.58
	100m: 1:05.16	34.22	300m: 3:21.59	34.49	500m: 5:40.72	34.99	700m: 8:00.93	35.19
	150m: 1:39.05	33.89	350m: 3:56.16	34.57	550m: 6:16.05	35.33	750m: 8:35.06	34.13
	200m: 2:13.01	33.96	400m: 4:30.86	34.70	600m: 6:51.16	35.11	800m: 9:07.73	32.67
2.	Rosanne Schoonbeek	TriVia	9:30.18	9402692	9:24.90	+0,95	D	
	50m: 32.20	32.20	250m: 2:55.83	36.20	450m: 5:20.50	36.05	650m: 7:44.10	35.66
	100m: 1:07.65	35.45	300m: 3:32.23	36.40	500m: 5:56.54	36.04	700m: 8:19.62	35.52
	150m: 1:43.75	36.10	350m: 4:08.25	36.02	550m: 6:32.54	36.00	750m: 8:53.87	34.25
	200m: 2:19.63	35.88	400m: 4:44.45	36.20	600m: 7:08.44	35.90	800m: 9:24.90	31.03
3.	Inge Pepping	De Rijn	9:32.86	9402308	9:25.22	+0,90	D	
	50m: 31.93	31.93	250m: 2:53.34	35.80	450m: 5:17.94	36.20	650m: 7:43.04	36.16
	100m: 1:07.08	35.15	300m: 3:29.33	35.99	500m: 5:54.29	36.35	700m: 8:18.67	35.63
	150m: 1:41.92	34.84	350m: 4:05.53	36.20	550m: 6:30.63	36.34	750m: 8:53.06	34.39
	200m: 2:17.54	35.62	400m: 4:41.74	36.21	600m: 7:06.88	36.25	800m: 9:25.22	32.16
4.	Maya Kingma	SBC2000	9:43.73	9503824	9:29.99	+0,92	C	
	50m: 32.57	32.57	250m: 2:55.46	36.24	450m: 5:20.05	35.71	650m: 7:44.75	36.30
	100m: 1:07.55	34.98	300m: 3:31.56	36.10	500m: 5:55.97	35.92	700m: 8:20.67	35.92
	150m: 1:43.44	35.89	350m: 4:08.25	36.69	550m: 6:32.44	36.47	750m: 8:56.15	35.48
	200m: 2:19.22	35.78	400m: 4:44.34	36.09	600m: 7:08.45	36.01	800m: 9:29.99	33.84
5.	Carien van der Schaaf	De Dinkel	9:38.31	9500168	9:41.95	+0,92	D	
	50m: 32.19	32.19	250m: 2:55.75	36.52	450m: 5:24.30	37.02	650m: 7:52.74	36.86
	100m: 1:07.46	35.27	300m: 3:32.79	37.04	500m: 6:01.24	36.94	700m: 8:29.84	37.10
	150m: 1:43.14	35.68	350m: 4:09.91	37.12	550m: 6:38.22	36.98	750m: 9:06.25	36.41
	200m: 2:19.23	36.09	400m: 4:47.28	37.37	600m: 7:15.88	37.66	800m: 9:41.95	35.70
6.	Leonie Oude Elferink	Zignea	9:27.80	9401826	9:41.96	+1,01	E	
	50m: 31.19	31.19	250m: 2:54.39	37.06	450m: 5:23.80	37.26	650m: 7:53.29	37.06
	100m: 1:05.48	34.29	300m: 3:31.65	37.26	500m: 6:01.51	37.71	700m: 8:30.36	37.07
	150m: 1:41.25	35.77	350m: 4:09.06	37.41	550m: 6:38.80	37.29	750m: 9:06.51	36.15
	200m: 2:17.33	36.08	400m: 4:46.54	37.48	600m: 7:16.23	37.43	800m: 9:41.96	35.45
7.	Beau Rijpers	ZPC Bikkel Hoogeveen	9:37.23	9402638	9:46.23	+0,98	E	
	50m: 31.92	31.92	250m: 2:52.99	36.21	450m: 5:20.70	37.49	650m: 7:52.60	37.89
	100m: 1:05.90	33.98	300m: 3:29.41	36.42	500m: 5:58.62	37.92	700m: 8:31.17	38.57
	150m: 1:41.02	35.12	350m: 4:06.03	36.62	550m: 6:36.66	38.04	750m: 9:09.09	37.92
	200m: 2:16.78	35.76	400m: 4:43.21	37.18	600m: 7:14.71	38.05	800m: 9:46.23	37.14
8.	Claudia den Ottelander	SBC2000	9:50.42	9500552	9:52.13	+0,90	E	
	50m: 32.64	32.64	250m: 2:59.50	37.24	450m: 5:29.61	37.61	650m: 8:01.03	38.10
	100m: 1:08.61	35.97	300m: 3:36.76	37.26	500m: 6:07.35	37.74	700m: 8:38.96	37.93
	150m: 1:45.01	36.40	350m: 4:14.36	37.60	550m: 6:45.17	37.82	750m: 9:16.22	37.26
	200m: 2:22.26	37.25	400m: 4:52.00	37.64	600m: 7:22.93	37.76	800m: 9:52.13	35.91

Programmanr. 24
19.12.2009 - 17:00

Dames, 800m vrije slag

all-in

Resultaten

Wereld Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Europees Record	8:04.53	Alessia Filippi	Rijeka (CRO)	12.12.2008
Nederlands Record Senioren	8:21.94	Kirsten Vliegheuis	Sydney (AUS)	21.01.1998
Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14.11.2008

rang	naam	vereniging	intijd	intijd	tijd	RT	niv.	
1.	Trine Gudnitz	Danish Swimming Federation	8:41.85	8728AA	8:41.78	+0,83	A	
	50m: 31.26	31.26	250m: 2:41.79	32.76	450m: 4:53.48	32.88	650m: 7:04.51	32.56
	100m: 1:03.68	32.42	300m: 3:14.75	32.96	500m: 5:26.18	32.70	700m: 7:37.37	32.86
	150m: 1:36.27	32.59	350m: 3:47.71	32.96	550m: 5:58.99	32.81	750m: 8:09.82	32.45
	200m: 2:09.03	32.76	400m: 4:20.60	32.89	600m: 6:31.95	32.96	800m: 8:41.78	31.96
2.	Eleanor Faulkner	City of Sheffield Swim Squad	8:46.92	42774	8:42.49	+0,83	A+	
	50m: 30.11	30.11	250m: 2:41.91	33.07	450m: 4:53.76	32.92	650m: 7:05.46	33.00
	100m: 1:02.74	32.63	300m: 3:14.92	33.01	500m: 5:26.44	32.68	700m: 7:38.21	32.75
	150m: 1:35.75	33.01	350m: 3:47.94	33.02	550m: 5:59.36	32.92	750m: 8:10.81	32.60
	200m: 2:08.84	33.09	400m: 4:20.84	32.90	600m: 6:32.46	33.10	800m: 8:42.49	31.68

Open Nederlandse Kampioenschappen 2009
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Programmanr. 24, Dames, 800m vrije slag, all-in

rang	naam	vereniging	intijd		tijd		RT	niv.
3.	Marieke Nijhuis	OZ&PC	8:48.60		9201296		8:46.46	+1,00 A
	50m: 29.59	29.59	250m: 2:41.02	33.25	450m: 4:53.68	33.12	650m: 7:06.70	33.35
	100m: 1:01.95	32.36	300m: 3:14.18	33.16	500m: 5:26.95	33.27	700m: 7:40.14	33.44
	150m: 1:34.72	32.77	350m: 3:47.36	33.18	550m: 6:00.00	33.05	750m: 8:13.57	33.43
	200m: 2:07.77	33.05	400m: 4:20.56	33.20	600m: 6:33.35	33.35	800m: 8:46.46	32.89
4.	Lieke Verouden	AZ&PC	8:50.18		9003948		8:51.11	+0,87 B
	50m: 29.61	29.61	250m: 2:42.03	33.29	450m: 4:56.14	33.57	650m: 7:11.51	33.42
	100m: 1:02.18	32.57	300m: 3:15.52	33.49	500m: 5:29.80	33.66	700m: 7:45.40	33.89
	150m: 1:35.15	32.97	350m: 3:49.02	33.50	550m: 6:04.08	34.28	750m: 8:18.84	33.44
	200m: 2:08.74	33.59	400m: 4:22.57	33.55	600m: 6:38.09	34.01	800m: 8:51.11	32.27
5.	Aynsley Heseltine	City of Sheffield Swim Squad	8:48.25		25745		8:51.62	+0,78 A
	50m: 30.46	30.46	250m: 2:42.48	33.21	450m: 4:56.51	33.74	650m: 7:12.14	33.90
	100m: 1:03.12	32.66	300m: 3:15.75	33.27	500m: 5:30.29	33.78	700m: 7:45.99	33.85
	150m: 1:36.09	32.97	350m: 3:49.25	33.50	550m: 6:04.15	33.86	750m: 8:19.68	33.69
	200m: 2:09.27	33.18	400m: 4:22.77	33.52	600m: 6:38.24	34.09	800m: 8:51.62	31.94
6.	Helen McRoberts	City of Sheffield Swim Squad	8:41.75		28274		8:59.80	+0,75 C
	50m: 31.30	31.30	250m: 2:44.39	33.70	450m: 5:00.34	33.92	650m: 7:17.37	34.11
	100m: 1:04.09	32.79	300m: 3:18.32	33.93	500m: 5:34.61	34.27	700m: 7:51.79	34.42
	150m: 1:37.30	33.21	350m: 3:52.33	34.01	550m: 6:08.88	34.27	750m: 8:26.45	34.66
	200m: 2:10.69	33.39	400m: 4:26.42	34.09	600m: 6:43.26	34.38	800m: 8:59.80	33.35
7.	Marion van den Berg	DWK	8:55.54		8600272		9:02.35	+0,99 C
	50m: 30.38	30.38	250m: 2:45.28	33.82	450m: 5:02.13	34.40	650m: 7:20.14	34.42
	100m: 1:03.71	33.33	300m: 3:19.58	34.30	500m: 5:36.84	34.71	700m: 7:54.61	34.47
	150m: 1:37.45	33.74	350m: 3:53.62	34.04	550m: 6:11.07	34.23	750m: 8:29.56	34.95
	200m: 2:11.46	34.01	400m: 4:27.73	34.11	600m: 6:45.72	34.65	800m: 9:02.35	32.79
8.	Randi Nielsen	Danish Swimming Federation	8:52.99		8948AC		9:05.13	+0,83 D
	50m: 30.77	30.77	250m: 2:47.07	34.48	450m: 5:05.18	34.29	650m: 7:23.14	34.29
	100m: 1:03.93	33.16	300m: 3:21.70	34.63	500m: 5:39.98	34.80	700m: 7:57.57	34.43
	150m: 1:38.14	34.21	350m: 3:56.45	34.75	550m: 6:14.54	34.56	750m: 8:31.80	34.23
	200m: 2:12.59	34.45	400m: 4:30.89	34.44	600m: 6:48.85	34.31	800m: 9:05.13	33.33
9.	Marjolein Delno	De Rijn	9:21.13		9400024		9:07.73	+0,93 B
	50m: 30.94	30.94	250m: 2:47.10	34.09	450m: 5:05.73	34.87	650m: 7:25.74	34.58
	100m: 1:05.16	34.22	300m: 3:21.59	34.49	500m: 5:40.72	34.99	700m: 8:00.93	35.19
	150m: 1:39.05	33.89	350m: 3:56.16	34.57	550m: 6:16.05	35.33	750m: 8:35.06	34.13
	200m: 2:13.01	33.96	400m: 4:30.86	34.70	600m: 6:51.16	35.11	800m: 9:07.73	32.67
10.	Leonie van Noort	De Zijl/LGB	9:14.26		9301752		9:09.78	+1,04 C
	50m: 30.79	30.79	250m: 2:47.42	34.53	450m: 5:06.78	34.98	650m: 7:28.18	35.57
	100m: 1:04.78	33.99	300m: 3:22.01	34.59	500m: 5:42.06	35.28	700m: 8:03.17	34.99
	150m: 1:39.02	34.24	350m: 3:56.76	34.75	550m: 6:17.28	35.22	750m: 8:37.67	34.50
	200m: 2:12.89	33.87	400m: 4:31.80	35.04	600m: 6:52.61	35.33	800m: 9:09.78	32.11
11.	Alice Bravo	Het Y	9:15.48		8705346		9:22.51	+0,87 E
	50m: 31.32	31.32	250m: 2:49.22	35.02	450m: 5:12.22	35.57	650m: 7:36.14	36.29
	100m: 1:05.42	34.10	300m: 3:25.06	35.84	500m: 5:47.84	35.62	700m: 8:12.27	36.13
	150m: 1:39.60	34.18	350m: 4:00.68	35.62	550m: 6:23.81	35.97	750m: 8:47.93	35.66
	200m: 2:14.20	34.60	400m: 4:36.65	35.97	600m: 6:59.85	36.04	800m: 9:22.51	34.58
12.	Rosanne Schoonbeek	TriVia	9:30.18		9402692		9:24.90	+0,95 D
	50m: 32.20	32.20	250m: 2:55.83	36.20	450m: 5:20.50	36.05	650m: 7:44.10	35.66
	100m: 1:07.65	35.45	300m: 3:32.23	36.40	500m: 5:56.54	36.04	700m: 8:00.93	35.52
	150m: 1:43.75	36.10	350m: 4:08.25	36.02	550m: 6:32.54	36.00	750m: 8:53.87	34.25
	200m: 2:19.63	35.88	400m: 4:44.45	36.20	600m: 7:08.44	35.90	800m: 9:24.90	31.03
13.	Inge Pepping	De Rijn	9:32.86		9402308		9:25.22	+0,90 D
	50m: 31.93	31.93	250m: 2:53.34	35.80	450m: 5:17.94	36.20	650m: 7:43.04	36.16
	100m: 1:07.08	35.15	300m: 3:29.33	35.99	500m: 5:54.29	36.35	700m: 8:18.67	35.63
	150m: 1:41.92	34.84	350m: 4:05.53	36.20	550m: 6:30.63	36.34	750m: 8:53.06	34.39
	200m: 2:17.54	35.62	400m: 4:41.74	36.21	600m: 7:06.88	36.25	800m: 9:25.22	32.16
14.	Marcha Admiraal	De Biesboschwemmers	9:07.35		9300012		9:27.08	+0,90 D
	50m: 31.15	31.15	250m: 2:49.51	35.18	450m: 5:13.46	36.27	650m: 7:39.09	36.57
	100m: 1:05.20	34.05	300m: 3:25.19	35.68	500m: 5:49.66	36.20	700m: 8:15.83	36.74
	150m: 1:39.64	34.44	350m: 4:01.05	35.86	550m: 6:25.88	36.22	750m: 8:52.12	36.29
	200m: 2:14.33	34.69	400m: 4:37.19	36.14	600m: 7:02.52	36.64	800m: 9:27.08	34.96
15.	Bianca de Bruijn	De Devel	9:14.43		8400390		9:27.92	+0,95 E
	50m: 31.74	31.74	250m: 2:51.26	35.35	450m: 5:14.46	35.92	650m: 7:38.89	36.29
	100m: 1:06.06	34.32	300m: 3:26.80	35.54	500m: 5:50.36	35.90	700m: 8:15.26	36.37
	150m: 1:40.94	34.88	350m: 4:02.38	35.58	550m: 6:26.35	35.99	750m: 8:51.92	36.66
	200m: 2:15.91	34.97	400m: 4:38.54	36.16	600m: 7:02.60	36.25	800m: 9:27.92	36.00
16.	Maya Kingma	SBC2000	9:43.73		9503824		9:29.99	+0,92 C
	50m: 32.57	32.57	250m: 2:55.46	36.24	450m: 5:20.05	35.71	650m: 7:44.75	36.30
	100m: 1:07.55	34.98	300m: 3:31.56	36.10	500m: 5:55.97	35.92	700m: 8:20.67	35.92
	150m: 1:43.44	35.89	350m: 4:08.25	36.69	550m: 6:32.44	36.47	750m: 8:56.15	35.48
	200m: 2:19.22	35.78	400m: 4:44.34	36.09	600m: 7:08.45	36.01	800m: 9:29.99	33.84

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 24, Dames, 800m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
17.	Iris Pijtak	AZ&PC	9:25.92	9300602	9:32.72	+1,04 E		
	50m: 32.42	32.42	250m: 2:55.90	36.50	450m: 5:21.11	36.52	650m: 7:45.51	35.68
	100m: 1:07.07	34.65	300m: 3:32.02	36.12	500m: 5:57.76	36.65	700m: 8:21.73	36.22
	150m: 1:42.99	35.92	350m: 4:08.22	36.20	550m: 6:33.99	36.23	750m: 8:58.21	36.48
	200m: 2:19.40	36.41	400m: 4:44.59	36.37	600m: 7:09.83	35.84	800m: 9:32.72	34.51
18.	Carien van der Schaaf	De Dinkel	9:38.31	9500168	9:41.95	+0,92 D		
	50m: 32.19	32.19	250m: 2:55.75	36.52	450m: 5:24.30	37.02	650m: 7:52.74	36.86
	100m: 1:07.46	35.27	300m: 3:32.79	37.04	500m: 6:01.24	36.94	700m: 8:29.84	37.10
	150m: 1:43.14	35.68	350m: 4:09.91	37.12	550m: 6:38.22	36.98	750m: 9:06.25	36.41
	200m: 2:19.23	36.09	400m: 4:47.28	37.37	600m: 7:15.88	37.66	800m: 9:41.95	35.70
19.	Leonie Oude Elferink	Zignea	9:27.80	9401826	9:41.96	+1,01 E		
	50m: 31.19	31.19	250m: 2:54.39	37.06	450m: 5:23.80	37.26	650m: 7:53.29	37.06
	100m: 1:05.48	34.29	300m: 3:31.65	37.26	500m: 6:01.51	37.71	700m: 8:30.36	37.07
	150m: 1:41.25	35.77	350m: 4:09.06	37.41	550m: 6:38.80	37.29	750m: 9:06.51	36.15
	200m: 2:17.33	36.08	400m: 4:46.54	37.48	600m: 7:16.23	37.43	800m: 9:41.96	35.45
20.	Beau Rijpers	ZPC Bikkel Hoogeveen	9:37.23	9402638	9:46.23	+0,98 E		
	50m: 31.92	31.92	250m: 2:52.99	36.21	450m: 5:20.70	37.49	650m: 7:52.60	37.89
	100m: 1:05.90	33.98	300m: 3:29.41	36.42	500m: 5:58.62	37.92	700m: 8:31.17	38.57
	150m: 1:41.02	35.12	350m: 4:06.03	36.62	550m: 6:36.66	38.04	750m: 9:09.09	37.92
	200m: 2:16.78	35.76	400m: 4:43.21	37.18	600m: 7:14.71	38.05	800m: 9:46.23	37.14
21.	Danique Gielen	Oceanus	9:10.54	9105922	9:49.90	+0,92		
	50m: 32.02	32.02	250m: 3:00.34	37.23	450m: 5:30.48	37.25	650m: 7:59.88	37.31
	100m: 1:08.24	36.22	300m: 3:37.76	37.42	500m: 6:08.11	37.63	700m: 8:37.18	37.30
	150m: 1:45.66	37.42	350m: 4:15.55	37.79	550m: 6:45.21	37.10	750m: 9:14.25	37.07
	200m: 2:23.11	37.45	400m: 4:53.23	37.68	600m: 7:22.57	37.36	800m: 9:49.90	35.65
22.	Claudia den Ottelander	SBC2000	9:50.42	9500552	9:52.13	+0,90 E		
	50m: 32.64	32.64	250m: 2:59.50	37.24	450m: 5:29.61	37.61	650m: 8:01.03	38.10
	100m: 1:08.61	35.97	300m: 3:36.76	37.26	500m: 6:07.35	37.74	700m: 8:38.96	37.93
	150m: 1:45.01	36.40	350m: 4:14.36	37.60	550m: 6:45.17	37.82	750m: 9:16.22	37.26
	200m: 2:22.26	37.25	400m: 4:52.00	37.64	600m: 7:22.93	37.76	800m: 9:52.13	35.91
NG	Pernille Jalsøe	Danish Swimming Federation	8:58.89	9372AA				
	50m:	250m:	450m:	650m:				
	100m:	300m:	500m:	700m:				
	150m:	350m:	550m:	750m:				
	200m:	400m:	600m:	800m:				

Programmanr. 25
19.12.2009 - 17:30

Dames, 4 x 100m wisselslag

Senioren Open
Resultaten

Wereld Record	3:49.95	CAN	Leeds (GBR)	09.08.2009
Europees Record	3:53.02	GBR	Manchester (GBR)	11.04.2008
Ned. Record Senioren Ver.	4:00.28	Eiffel Swimmers PSV	Amsterdam	20.12.2008
Ned. Record Jeugd Ver.	4:21.27	De Dolfijn	Amsterdam	08.11.2009

rang	vereniging	intijd	tijd	RT	niv.	
1.	De Dolfijn 1 <i>Startzwemmer NR Jeugd, NR 15 jaar</i>	De Dolfijn	3:57.54	4:01.97		
	Kira Toussaint	29.75	1:01.54	Chantal Groot	+0,46 27.88	1:01.51
	Moniek Nijhuis	+0,48 31.17	1:06.40	Femke Heemskerk	+0,16 25.31	52.52
2.	De Dolfijn 2	De Dolfijn	4:06.31	4:06.90		
	Anja van der Hout	29.90	1:01.52	Lenneke van Schaik	+0,49 28.74	1:01.90
	Tessa Brouwer	+0,50 31.59	1:07.72	Lona Kroese	+0,29 26.48	55.76
3.	Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	4:06.98	4:10.04		
	Wendy vd Zanden	29.74	1:00.70	Jessica Spruit	+0,34 29.18	1:02.33
	Jocelyn Spruit	+0,41 33.23	1:12.18	Clarissa van Rheenen	+0,04 26.11	54.83
4.	Ealing Swimming Club 1	Ealing Swimming Club	4:09.19	4:11.65		
	Ekaterina Avramova	29.67	1:00.06	Jenna Turner	+0,12 30.04	1:04.93
	Georgina Heyn	+0,39 32.34	1:09.58	Lauren Turner	+0,36 27.31	57.08
5.	AZ&PC 1	AZ&PC	4:11.29	4:11.89		
	Rieneke Terink	30.19	1:02.02	Lieke Verouden	+0,38 29.54	1:03.46
	Loes Zanderink	+0,45 32.20	1:09.45	Lotte Wilms	0.00 26.60	56.96
6.	De Dolfijn 3	De Dolfijn	4:13.72	4:14.77		
	Willemijn Knot	30.52	1:03.66	Kelly de Jong	+0,55 28.84	1:02.13
	Anouk Elzerman	+0,33 33.26	1:11.81	Esmee Vermeulen	+0,35 27.05	57.17
7.	Orca 1	Orca	4:20.68	4:25.14		
	Wendan Poelstra	32.30	1:07.32	Femke Leenstra	+0,18 30.40	1:05.60
	Jessie Smeding	+0,13 35.83	1:16.79	Ilse Kraaijeveld	+0,57 26.34	55.43

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 25, Dames, 4 x 100m wisselslag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
8.	De Columbiaan 1 Miranda Nijenhuis Yvette de Gier	De Columbiaan 30.95 1:04.18 +0,57 35.95 1:17.64	4:14.11 Marina Scheepbouwer Tamara van Vliet	4:25.98 +0,18 30.68 +0,47 27.48	1:06.07 58.09
9.	TriVia 1 Mirthe Lanfermeijer Sylvia Dik	TriVia 30.96 1:04.13 +0,42 36.73 1:20.16	4:17.97 Marloes Oldenburg Anouk Frieman	4:26.96 +0,37 28.89 +0,21 27.43	1:03.52 59.15
10.	Stadskanaal 1 Monique van der Struik Lisanne van Avezaath	Stadskanaal 32.35 1:05.92 +0,59 35.64 1:16.01	4:26.39 Adája Stoetman Rixt Veldkamp	4:29.05 +0,60 30.23 +0,29 28.45	1:06.62 1:00.50
11.	De Dinkel 1 <i>eindtijd startzwemmer back-up tijd</i> Noortje Timmerman Lonne Dijkhuis	De Dinkel 32.92 1:08.95 +0,28 33.84 1:13.56	4:27.63 Marlies Reinders Loes Westerhof	4:29.26 +0,40 30.56 +0,31 28.08	1:06.59 1:00.16
12.	Eiffel Swimmers PSV 2 Ashley Verburg Angelique Oertel	Eiffel Swimmers PSV 31.77 1:07.13 +0,37 34.74 1:16.29	4:24.20 Michelle Hendrikx Roxanne Linders	4:31.09 +0,29 32.52 +0,12 27.25	1:10.70 56.97
13.	AZ&PC 2 Claire de Winter Larissa Brak	AZ&PC 32.67 1:07.80 +0,39 34.15 1:13.24	4:23.68 Mandy van Wakeren Rachelle Visser	4:31.17 +0,36 31.35 +0,53 29.92	1:08.03 1:02.10
14.	Octopus 1 Annemarie Worst Erika Aan het Rot	Octopus 31.82 1:05.08 +0,22 34.92 1:15.97	4:31.04 Sharon Gelmers Manon van Essen	4:32.20 +0,43 31.41 +0,36 28.74	1:09.32 1:01.83
15.	Zeester Meerval 1 Inge Arts Stephanie Janssen	Zeester Meerval 33.18 1:08.36 +0,17 36.00 1:19.02	4:33.05 Sophie Sollie Karlijn Hoogstede	4:35.04 +0,36 30.98 +0,12 28.64	1:07.41 1:00.25
16.	Dedemsvaart-AC 1 Inge Menzo Janine Kosse	Dedemsvaart-AC 32.88 1:08.16 +0,23 35.31 1:16.02	4:31.42 Stéphanie Bergsma Kim Heerdink	4:37.51 * +0,21 32.16 +0,09 29.04	1:11.20 1:02.13
DIS	De Columbiaan 2 <i>dis 3e zwemmer</i> Tamara Boeff Liset Jansen	De Columbiaan 34.82 1:10.37 +0,18 36.21 1:18.50	4:32.17 Jara Schmidt Isabelle Grootes	EA -0,18	
NG.ZA	Danish Swimming Federation 1 Mette Pedersen Katrine Holm Sørensen	Danish Swimming Federation 93 92	4:11.04 Michelle Strandskov Randi Nielsen	91 89	

Programmanr. 26
19.12.2009 - 17:36

Heren, 4 x 100m vrije slag

Senioren Open
Resultaten

Wereld Record	3:04.98	FRA	Istres (FRA)	20.12.2008
Europees Record	3:04.98	FRA	Istres (FRA)	20.12.2008
Ned. Record Senioren Ver.	3:14.60	De Dolfijn	Amsterdam	19.12.2009
Ned. Record Jeugd Ver.	3:26.56	Eiffel Swimmers PSV	Amsterdam	20.12.2008

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1 <i>Ned. Record Senioren Verenigingen</i> Stefan de Die Bas van Velthoven	De Dolfijn +0,86 23.58 48.86 +0,40 23.43 48.95	3:13.57 Joost Reijns Sebastiaan Verschuren	3:14.60 +0,20 23.11 +0,26 22.99	+0,86 48.78 48.01
2.	AZ&PC 1 Ewoud Tamminga Joran Barends	AZ&PC +0,87 24.60 51.52 +0,29 23.36 49.10	3:17.46 Geert Lantink Robin van Aggele	3:18.33 +0,34 23.37 +0,26 22.59	+0,87 49.51 48.20
3.	Swiss Swimming Federation 1 Daniel Rast Adrien Perez	Swiss Swimming Federation +0,78 24.54 50.76 +0,22 23.60 50.22	3:21.08 Val Mikos Nico Van Duijn	3:21.15 +0,36 23.32 +0,24 23.80	+0,78 49.81 50.36
4.	ANKER TEAM GRONINGEN 1 Rudy Ted de Haan Toby Aarnoutse	ANKER TEAM GRONINGEN +0,96 24.23 50.66 +0,18 23.59 50.60	3:24.22 Marc Kremer Timon Evenhuis	3:21.97 +0,09 23.94 +0,09 23.37	+0,96 51.18 49.53
5.	Eiffel Swimmers PSV 2 Joey de Rooter Pieter Timmers	Eiffel Swimmers PSV +0,69 25.16 51.67 +0,18 24.05 50.20	3:28.32 Steven Nonnekas Jasper van Mierlo	3:22.28 +0,28 24.02 +0,39 23.71	+0,69 50.34 50.07
6.	De Dolfijn 2 Henk van Niejenhuis Nick Driebergen	De Dolfijn +0,87 24.99 52.15 +0,28 23.69 49.57	3:23.54 Frank Boon Lennart Stekelenburg	3:25.67 +0,20 24.32 +0,35 24.05	+0,87 51.89 52.06

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 26, Heren, 4 x 100m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
7.	Ealing Swimming Club 1	Ealing Swimming Club	3:23.65	3:26.31	+0,80
	Connor Barrett	+0,80 25.17 52.23	Chris Jones	+0,27 24.46	51.32
	Kyle Barrett	+0,28 24.61 51.44	Jamie Smithers	+0,30 24.67	51.32
8.	WVZ 1	WVZ	3:27.48	3:27.22	+1,01
	Arjan Assink	+1,01 25.16 52.71	Raymond van de Merwe	+0,50 25.14	52.42
	Wouter Smeets	+0,30 24.29 51.41	Floor Verhaar	+0,32 23.98	50.68
9.	TriVia 1	TriVia	3:27.75	3:33.48	+0,90
	Erik Schröder	+0,90 26.00 53.96	Chris van Vliet	+0,47 25.07	52.42
	Roy Smeenge	+0,38 25.52 53.07	Peter van Heukeleem	+0,30 25.28	54.03
10.	AZ&PC 2	AZ&PC	3:32.93	3:34.35	+0,84
	Mike Marissen	+0,84 25.67 52.85	Robert Yallop	+0,48 24.77	51.94
	Mark Moussa	+0,52 26.18 54.17	Jordan Kraaijenhof	+0,50 26.74	55.39
11.	De Dinkel 1	De Dinkel	3:36.54	3:34.75	+0,84
	Jeroen Gijsselaar	+0,84 26.46 55.81	Rense Loohuis	+0,37 25.65	54.55
	Sjoerd Zanderink	+0,30 24.58 52.16	Menno Manning	+0,24 24.74	52.23
12.	VZC-E&P 1	VZC-E&P	3:36.03	3:34.80	+0,70
	Joost Groeneveld	+0,70 25.08 52.38	Joeri Scheidt	+0,41 26.19	54.43
	Tim Niekus	+0,43 25.63 54.60	Quint Ottens	+0,52 25.71	53.39
13.	OZ&PC 1	OZ&PC	3:35.43	3:35.48	+0,74
	Fabian Beimin	+0,74 26.40 54.63	Stef Comello	+0,36 24.53	52.75
	Stef Heijnekamp	+0,57 25.69 54.08	Michiel Beemster	+0,47 25.70	54.02
14.	Eiffel Swimmers PSV 3	Eiffel Swimmers PSV	3:34.79	3:35.80	+0,80
	John Verhagen	+0,80 25.95 53.26	Johnno Smulders	+0,47 26.04	54.27
	Sil Hoving	+0,47 25.11 52.53	Thomas van Mierlo	+0,54 26.41	55.74
15.	Het Y 1	Het Y	3:35.70	3:35.96	+0,81
	Tom Verbeek	+0,81 25.36 52.90	Jan Batstra	+0,47 25.45	54.06
	Jan-Willem v.d. Graaff	+0,32 25.65 54.50	Sebastiaan Reijnen	+0,42 25.99	54.50
16.	WVZ 2	WVZ	3:35.58	3:37.40	+0,88
	Alex Goeyenbier	+0,88 26.35 55.12	Marciano Lynch	+0,14 25.51	54.68
	Niek Pereboom	+0,43 25.89 54.95	Martijn Smeets	+0,22 24.89	52.65
17.	De Columbiaan 1	De Columbiaan	3:33.30	3:37.47	+0,83
	Oscar Sondermeijer	+0,83 26.24 55.13	Jordy Zuidhoek	+0,35 25.53	53.77
	Jeroen Eggeraat	+0,37 26.02 54.00	Niels van Polanen	+0,44 25.69	54.57
18.	Hellas-Glana 1	Hellas-Glana	3:36.53	3:38.50	+0,81
	Alain Dassen	+0,81 26.50 55.22	Davy Verreussel	+0,40 25.63	53.13
	Sven Jaeger	+0,14 25.55 55.57	Bjorn de Jonge	+0,54 25.88	54.58
DIS	Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	3:18.10	ED +0,85	
	<i>ED - De estafette niet gezwommen conform de opgegeven startvolgorde. (geen tijd noteren**)</i>				
	Bastiaan Tamminga	+0,85 23.59 49.81	Patrick Janssen		
	Joeri Verlinden	+0,30 23.35 48.31	Rutger van Oosterhout		

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5 - Open Nederlandse Kampioenschappen Korte Baan sessie 5

20.12.2009 - 9:00

Programmanr. 31 20.12.2009 - 9:00	Jongens, 100m vrije slag			Jeugd 1 en 2 Resultaten Voorrunde	
Wereld Record	44.94	Amaury Leveaux	Rijeka (CRO)	13.12.2008	
Europees Record	44.94	Amaury Leveaux	Rijeka (CRO)	13.12.2008	
Nederlands Record Senioren	46.81	Pieter van den Hoogenband	Dublin (IRL)	13.12.2003	
Nederlands Record Jeugd	49.13	Pieter van den Hoogenband	Atlanta (USA)	22.07.1996	

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale	50m	100m
1.	Braxston Timm	City of Sheffield Swim Squad	51.81	21366	51.28	+0,67	C		24.95	51.28
2.	Mark Costeris	De Schotejil	51.27	9202327	51.58	+0,80	C		25.15	51.58
3.	Mike Marissen	AZ&PC	51.30	9202187	52.01	+0,81	C		25.11	52.01
4.	Melako Coker	Ealing Swimming Club	53.55	049544	52.09	+0,78	C		25.47	52.09
5.	Dion Dreesens	Noord Limburg(SG)	52.80	9302189	52.44	+0,59	D		25.16	52.44
6.	Joost Groeneveld	VZC-E&P	51.19	9200409	52.45	+0,70	D		24.99	52.45
7.	Pascal Timmermans	RZC	52.85	9202349	52.80	+0,86	D		24.94	52.80
8.	Menno Manning	De Dinkel	53.20	9300333	52.83	+0,87	D		25.61	52.83
9.	John Verhagen	Eiffel Swimmers PSV	52.00	9205325	53.24	+0,77	D		25.54	53.24
	Dennis Eliveld	De Dolfijn	52.84	9202351	53.24	+0,81	D		25.46	53.24
11.	Ferry Weertman	DWK	53.01	9201461	53.26	+0,84	D		25.56	53.26
12.	Bernd Kobesen	RTC-Drachten	53.58	9300981	53.78	+0,77	E		25.83	53.78
13.	Paul Koster	DIO	52.89	9304465	53.98	+0,50	E		26.02	53.98
14.	Lars Sieval	LZ 1886	54.39	9300723	54.09	+0,79	E		25.81	54.09
15.	Jeroen Gijsselaar	De Dinkel	54.45	9300777	54.38	+0,86	E		26.06	54.38
16.	Melvin van de Meij	MNC Dordrecht	54.81	9301157	54.65	+0,77	E		26.10	54.65
17.	Jan Batstra	Het Y	54.03	9302737	54.74	+0,83	E		26.29	54.74
18.	Walter Jansen	Noordwijkerhout	55.58	9300225	54.96	+0,71	E		26.65	54.96
19.	Bart Dunweg	Vlaardingen	54.24	9301763	55.07	+0,76	E		26.56	55.07
20.	Wouter Kaman	Aquarijn	55.42	9300241	55.16	+0,78	E		26.66	55.16
21.	Robin Bos	DWK	55.44	9302265	55.19	+0,85	E		26.90	55.19
22.	Bas Krafft	Aqua-Novio'94	55.29	9303195	55.34	+0,90	E		26.64	55.34
23.	Pim Kienhuis	De Dinkel	55.33	9300263	55.38	+0,95	E		27.77	55.38
24.	Tim Blauw	Stadskanaal	55.65	9301345	55.58	+0,83	E		26.41	55.58
25.	Remon van Mil	Racing Club	54.58	9301159	55.79	+0,88	E		26.43	55.79
26.	Steven Uijl	Luctor et Emergo	55.82	9304075	55.91				27.13	55.91
27.	Arno Nieuwhof	FZC'54	55.54	9302375	55.93	+0,76			26.76	55.93
28.	Timo Dinkelberg	Vlaardingen	54.12	9300773	56.07				26.06	56.07
29.	Thomas van Mierlo	Eiffel Swimmers PSV	55.29	9300353	56.25	+0,76			26.66	56.25
30.	Sander Ariaansz	Zwemvereniging Utrecht	55.32	9302053	56.45				27.30	56.45
31.	Taco Wonder	De Spatters	55.64	9303197	56.47	+0,91			26.72	56.47

Programmanr. 31 20.12.2009 - 9:00	Herren, 100m vrije slag			all-in Resultaten Voorrunde	
Wereld Record	44.94	Amaury Leveaux	Rijeka (CRO)	13.12.2008	
Europees Record	44.94	Amaury Leveaux	Rijeka (CRO)	13.12.2008	
Nederlands Record Senioren	46.81	Pieter van den Hoogenband	Dublin (IRL)	13.12.2003	
Nederlands Record Jeugd	49.13	Pieter van den Hoogenband	Atlanta (USA)	22.07.1996	

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale	50m	100m
1.	Stefan de Die	E.ON-NZA	48.06	8603905	48.99	+0,84	A	A	23.35	48.99
2.	Bas van Velthoven	E.ON-NZA	48.24	8502695	49.44	+0,75	B	A	23.68	49.44
3.	Joeri Verlinden	Eiffel Swimmers PSV	49.31	8803549	49.61	+0,73	B	A	23.94	49.61
4.	Robin van Aggele	AZ&PC	48.57	8400017	49.71	+0,65	B	A	24.53	49.71
5.	Joran Barends	AZ&PC	49.11	8500091	49.74	+0,66	B	A	24.00	49.74
	Geert Lantink	AZ&PC	49.33	8601849	49.74	+0,72	B	A	24.02	49.74
7.	Jak Scott	University of Stirling	49.48	30439	50.19	+0,70	B	A	24.09	50.19
8.	Joost Reijns	E.ON-NZA	48.36	8702725	50.30	+0,87	C	A	24.05	50.30
9.	Arjan van der Plaats	MNC Dordrecht	49.10	8602403	50.33	+0,80	C	B	23.95	50.33
10.	Daniel Rast	Swiss Swimming Federation	48.74	8471	50.53	+0,67	C	B	24.82	50.53
11.	Jasper van Mierlo	Eiffel Swimmers PSV	51.50	9002005	50.54	+0,75	C	B	24.22	50.54
12.	Pieter Timmers	Eiffel Swimmers PSV	50.46	8806031	50.55	+0,84	C	B	24.49	50.55
13.	Robbert Donk	Wiekslag	50.92	8900745	50.71	+0,70	C	B	24.43	50.71
14.	Patrick Janssen	Eiffel Swimmers PSV	50.99	9102817	50.76	+0,75	C	B	24.53	50.76

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Programmanr. 31, Heren, 100m vrije slag, Voorronde, all-in

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
15.	Rutger van Oosterhout	Eiffel Swimmers PSV	49.52 9002179	50.78	+0,84	C	B	24.77	50.78
16.	Jeroen Stuu	TriVia	50.64 8803315	51.05		D	B	24.10	51.05
17.	Tim van Deutekom	E.ON-NZA	52.23 9100459	51.09	+0,84	C	R	24.36	51.09
18.	Nico Van Duijn	Swiss Swimming Federation	51.84 13825	51.12	+0,75	C	R	24.73	51.12
19.	Braxston Timm	City of Sheffield Swim Squad	51.81 21366	51.28	+0,67	C		24.95	51.28
20.	Steven Nonnekes	Eiffel Swimmers PSV	50.52 9003749	51.46		D		24.66	51.46
21.	Mark Costeris	De Schotejil	51.27 9202327	51.58	+0,80	C		25.15	51.58
22.	Niels van Eck	ZPC Bikkel Hoogeveen	51.07 8900793	51.59	+0,73	D		24.57	51.59
23.	Floor Verhaar	WVZ	50.98 9004603	51.69	+0,81	D		25.29	51.69
24.	Kevin Hondsm	De Schelde	51.73 8801501	51.78	+0,85	D		24.88	51.78
25.	Mike Marissen	AZ&PC	51.30 9202187	52.01	+0,81	C		25.11	52.01
26.	Melako Coker	Ealing Swimming Club	53.55 049544	52.09	+0,78	C		25.47	52.09
27.	Raga Flores	BZV	51.86 8900903	52.38	+0,82	E		24.98	52.38
28.	Dion Dreesens	Noord Limburg(SG)	52.80 9302189	52.44	+0,59	D		25.16	52.44
29.	Joost Groeneveld	VZC-E&P	51.19 9200409	52.45	+0,70	D		24.99	52.45
30.	Sebastiaan Rosendaal	MNC Dordrecht	51.22 9101947	52.50	+0,83	D		25.17	52.50
31.	Wouter Smeets	WVZ	51.47 8402093	52.58	+0,89	E		25.12	52.58
32.	Connor Barrett	Ealing Swimming Club	51.18 24107	52.64	+0,77	E		25.37	52.64
33.	Chris van Vliet	TriVia	52.51 9102425	52.80	+0,91	D		25.43	52.80
	Pascal Timmermans	RZC	52.85 9202349	52.80	+0,86	D		24.94	52.80
35.	Stuart Greig	University of Stirling	50.90 69840	52.82	+0,78	E		25.42	52.82
36.	Menno Manning	De Dinkel	53.20 9300333	52.83	+0,87	D		25.61	52.83
37.	Robert Klinkhamer	ZPC Bikkel Hoogeveen	52.69 9101241	53.10	+0,73	E		25.56	53.10
38.	John Verhagen	Eiffel Swimmers PSV	52.00 9205325	53.24	+0,77	D		25.54	53.24
	Dennis Eliveld	De Dolfijn	52.84 9202351	53.24	+0,81	D		25.46	53.24
40.	Ferry Weertman	DWK	53.01 9201461	53.26	+0,84	D		25.56	53.26
41.	Peter van Heukelem	TriVia	51.63 8901243	53.58	+0,80	E		25.11	53.58
42.	Bernd Kobesen	RTC-Drachten	53.58 9300981	53.78	+0,77	E		25.83	53.78
43.	Aziz Nosairi	Zwemvereniging Utrecht	52.68 9104645	53.95		E		26.03	53.95
44.	Dennis Mooij	HZ&PC Heerenveen	50.12 8902201	53.98	+0,87	E		25.08	53.98
	Paul Koster	DIO	52.89 9304465	53.98	+0,50	E		26.02	53.98
46.	Peter-Jan Plasmans	De Dolfijn	52.68 9103063	54.08	+0,78	E		25.41	54.08
47.	Lars Sieval	LZ 1886	54.39 9300723	54.09	+0,79	E		25.81	54.09
48.	Jeroen Gijsselaar	De Dinkel	54.45 9300777	54.38	+0,86	E		26.06	54.38
49.	Melvin van de Meij	MNC Dordrecht	54.81 9301157	54.65	+0,77	E		26.10	54.65
50.	Gerben Fiere	De Warande	52.20 9102825	54.66	+0,77	E		26.35	54.66
51.	Jan Batstra	Het Y	54.03 9302737	54.74	+0,83	E		26.29	54.74
52.	Walter Jansen	Noordwijkerhout	55.58 9300225	54.96	+0,71	E		26.65	54.96
53.	Bart Dunweg	Vlaardingen	54.24 9301763	55.07	+0,76	E		26.56	55.07
54.	Wouter Kaman	Aquarijn	55.42 9300241	55.16	+0,78	E		26.66	55.16
55.	Robin Bos	DWK	55.44 9302265	55.19	+0,85	E		26.90	55.19
56.	Bas Krafft	Aqua-Novio'94	55.29 9303195	55.34	+0,90	E		26.64	55.34
57.	Pim Kienhuis	De Dinkel	55.33 9300263	55.38	+0,95	E		27.77	55.38
58.	Tim Blauw	Stadskanaal	55.65 9301345	55.58	+0,83	E		26.41	55.58
59.	Remon van Mil	Racing Club	54.58 9301159	55.79	+0,88	E		26.43	55.79
60.	Steven Uijl	Luctor et Emergo	55.82 9304075	55.91				27.13	55.91
61.	Arno Nieuwhof	FZC'54	55.54 9302375	55.93	+0,76			26.76	55.93
62.	Timo Dinkelberg	Vlaardingen	54.12 9300773	56.07				26.06	56.07
63.	Thomas van Mierlo	Eiffel Swimmers PSV	55.29 9300353	56.25	+0,76			26.66	56.25
64.	Sander Ariaansz	Zwemvereniging Utrecht	55.32 9302053	56.45				27.30	56.45
65.	Taco Wonder	De Spatters	55.64 9303197	56.47	+0,91			26.72	56.47
DIS	Val Mikos	Swiss Swimming Federation	50.48 16548			AA			
DIS	Bo Wullings	KNZB	52.01 8904251			AA			
NG.ZA	Andrew Hunter	University of Stirling	48.43 4390						
NG.ZA	Konstantinos Gkatzis	PAOK	51.82 87gkatzis						
NG	Sebastiaan Verschuren	E.ON-NZA	48.91 8803571						
NG	Arjen van der Meulen	Eiffel Swimmers PSV	50.78 8702223						

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Programmanr. 131 Jongens, 100m vrije slag Jeugd 1 en 2
20.12.2009 - 9:17 S1 - S14 gehandicapt Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt	50m	100m
1.	Thijs van den End	One Team Swimming	1:01.57	9306803	S9	1:02.58	+1,10	690	30.16	1:02.58
2.	Kevin Bersee	St. de Zevensprong	1:05.60	93141414191	S14	1:04.62	+0,92	628	30.79	1:04.62

Programmanr. 131 Heren, 100m vrije slag Senioren 1 en ouder
20.12.2009 - 9:17 S1 - S14 gehandicapt Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt	50m	100m
1.	Maurice Deelen	AZ&PC	58.89	7101407	S8	58.31		971	28.32	58.31
2.	Marc Evers	Haerlem'04 (SG)	57.78	9107425	S14	58.04	+0,92	867	28.31	58.04
3.	Mike vd Zanden	Eiffel Swimmers PSV	55.00	8703905	S10	56.49	+0,81	752	27.39	56.49
4.	Michel Tielbeke	SC Salland	58.76	8102101	S13	57.28	+1,00	738	27.52	57.28
5.	Michael Schoenmaker	Blauw-Wit Roosendaal	1:30.03	83040304.023	S4	1:35.80		645	45.02	1:35.80
<i>50m tussentijd is back-up</i>										
6.	Wessel Everloo	De Klup	1:00.79	89141414097	S14	1:05.91	+1,88	592	31.84	1:05.91
7.	Jacco Beniëst	One Team Swimming	1:06.13	8503603	S10	1:04.39	+0,85	508	30.21	1:04.39

Programmanr. 131 Heren, 100m vrije slag Jeugd 1 en ouder
20.12.2009 - 9:17 S1 - S14 gehandicapt Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt	50m	100m
1.	Maurice Deelen	AZ&PC	58.89	7101407	S8	58.31		971	28.32	58.31
2.	Marc Evers	Haerlem'04 (SG)	57.78	9107425	S14	58.04	+0,92	867	28.31	58.04
3.	Mike vd Zanden	Eiffel Swimmers PSV	55.00	8703905	S10	56.49	+0,81	752	27.39	56.49
4.	Michel Tielbeke	SC Salland	58.76	8102101	S13	57.28	+1,00	738	27.52	57.28
5.	Thijs van den End	One Team Swimming	1:01.57	9306803	S9	1:02.58	+1,10	690	30.16	1:02.58
6.	Michael Schoenmaker	Blauw-Wit Roosendaal	1:30.03	83040304.023	S4	1:35.80		645	45.02	1:35.80
<i>50m tussentijd is back-up</i>										
7.	Kevin Bersee	St. de Zevensprong	1:05.60	93141414191	S14	1:04.62	+0,92	628	30.79	1:04.62
8.	Wessel Everloo	De Klup	1:00.79	89141414097	S14	1:05.91	+1,88	592	31.84	1:05.91
9.	Jacco Beniëst	One Team Swimming	1:06.13	8503603	S10	1:04.39	+0,85	508	30.21	1:04.39

Programmanr. 32 Meisjes, 100m vrije slag Jeugd 1 en 2
20.12.2009 - 9:21 Resultaten Voorronde

Wereld Record	51.01	Libby Trickett			Hobart (AUS)	10.08.2009
Europees Record	51.19	Francesca Halsall			Singapore (SIN)	22.11.2009
Nederlands Record Senioren	51.35	Inge Dekker			Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	55.12	Ranomi Kromowidjojo			Eindhoven	28.04.2006

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale	50m	100m
1.	Tamara van Vliet	E.ON-NZA	57.88	9403562	56.91	+0,85	A	B	27.33	56.91
2.	Femke Leenstra	Orca	56.89	9503038	57.19	+0,80	A+	B	27.58	57.19
3.	Marjolein Delno	De Rijn	59.14	9400024	58.62	+0,94	C		28.64	58.62
4.	Jovanna Koens	Eiffel Swimmers PSV	59.25	9505652	59.07	+0,77	C		28.56	59.07
5.	Christel Vinke	ZVZ	59.56	9400152	59.10	+0,78	C		28.00	59.10
6.	Macy Oortwijn	DWK	58.87	9500722	59.32	+0,95	C		28.65	59.32
7.	Anouk Frieman	TriVia	58.26	9502390	59.42	+0,98	C		28.58	59.42
	Michelle Verouden	Eiffel Swimmers PSV	1:00.11	9400150	59.42	+0,91	C		29.24	59.42
9.	Annemarie Worst	Octopus	59.48	9500042	59.50	+0,87	C		28.74	59.50
10.	Rosanne Schoonbeek	TriVia	58.70	9402692	59.70	+0,86	D		28.78	59.70
11.	Inge Pepping	De Rijn	59.17	9402308	59.72	+0,97	D		28.66	59.72
12.	Sharon Gelmers	Octopus	59.53	9400416	59.97	+0,86	D		28.97	59.97
13.	Parand Zarekiani	E.ON-NZA	59.72	9402150	1:00.10	+0,84	D		28.41	1:00.10
14.	Claire de Winter	AZ&PC	59.47	9406050	1:00.11	+0,96	D		28.71	1:00.11
15.	Tanja van Essen	Wiekslag	59.75	9404678	1:00.17	+0,88	D		29.49	1:00.17
16.	Sophie Sollie	Zeester Meerval	59.56	9400140	1:00.47	+0,88	D		29.35	1:00.47
17.	Rixt Veldkamp	Stadskanaal	59.68	9404344	1:00.54	+0,88	D		28.96	1:00.54
18.	Maartje de Wit	WVZ	1:01.27	9502362	1:00.58	+0,77	D		29.75	1:00.58

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 32, Meisjes, 100m vrije slag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
19.	Loes Westerhof	De Dinkel	1:00.13	9502752	1:01.28	+0,80	D	28.80	1:01.28
20.	Michelle de Bruijn	TRB-RES	1:00.04	9503090	1:01.30	+0,83	D	29.02	1:01.30
21.	Liset Jansen	De Columbiaan	1:01.10	9500418	1:01.44	+1,00	D	29.61	1:01.44
22.	Kelly Wigleven	Poseidon'56	1:01.00	9500058	1:01.47	+0,98	D	29.80	1:01.47
23.	Maxime Verschuur	De Dolfijn	1:00.82	9500804	1:01.49	+0,77	D	29.57	1:01.49
24.	Kimberley van Wijk	Z&PC De Gouwe	1:00.51	9402040	1:01.69	+0,90	E	29.73	1:01.69
25.	Pascalie Spiekerman	WZ&PC Purmerend	1:00.06	9403030	1:01.74	+0,91	E	29.17	1:01.74
26.	Jessie Smeding	Orca	1:00.67	9504528	1:01.85	+0,60	E	29.84	1:01.85
27.	Sanne Rodenburg	RZC	1:00.76	9404714	1:01.91	+0,88	E	29.36	1:01.91
28.	Kimberly Mijnen	WZ&PC Purmerend	1:01.33	9503644	1:02.53	+0,72	E	29.84	1:02.53
29.	Carien van der Schaaf	De Dinkel	1:01.44	9500168	1:03.30	+0,85	E	30.22	1:03.30
30.	Karin Groen	GZVW	1:00.64	9502440	1:05.03	+0,93		30.74	1:05.03
31.	Yvonne Verbeek	WZ&PC Purmerend	1:00.40	9402788	1:05.42	+0,82		31.04	1:05.42
NG	Naomi Touré	TriVia	59.10	9401628					

Programmanr. 32
20.12.2009 - 9:21

Dames, 100m vrije slag

all-in

Resultaten Voorronde

Wereld Record	51.01	Libby Trickett	Hobart (AUS)	10.08.2009
Europees Record	51.19	Francesca Halsall	Singapore (SIN)	22.11.2009
Nederlands Record Senioren	51.35	Inge Dekker	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	55.12	Ranomi Kromowidjojo	Eindhoven	28.04.2006

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m	
1.	Femke Heemskerk	E.ON-NZA	53.19	8705224	54.13	+0,87	A+	A	26.19	54.13
2.	Rieneke Terink	AZ&PC	54.83	8402424	55.30	+0,87	A	A	26.72	55.30
3.	Maud van de Meer	Eiffel Swimmers PSV	55.42	9201180	55.38	+0,86	A+	A	26.88	55.38
4.	Elise Bouwens	E.ON-NZA	55.94	9103964	55.45	+0,90	A	A	26.83	55.45
5.	Ilse Kraaijeveld	Orca	54.52	9002110	55.68	+0,77	B	A	26.71	55.68
6.	Saskia de Jonge	E.ON-NZA	53.77	8601826	55.85	+0,83	B	A	26.64	55.85
7.	Lucy Ellis	University of Stirling	55.28	36779	55.91 *	+0,77	A+	A	27.19	55.91
8.	Rebecca Turner	City of Sheffield Swim Squad	56.14	36574	56.24	+0,66	A	A	27.27	56.24
9.	Lona Kroese	E.ON-NZA	56.20	8702382	56.50	+0,85	B	B	27.37	56.50
10.	Chantal Senden	ZC Valkenburg	55.51	9300698	56.54	+0,80	A	B	27.28	56.54
11.	Eline Boers	E.ON-NZA	56.18	9104546	56.77	+0,87	C	B	26.85	56.77
12.	Clarissa van Rheenen	Eiffel Swimmers PSV	54.76	9108270	56.88	+0,76	C	B	27.46	56.88
13.	Joëlle Scheps	WVZ	56.45	9202364	56.90	+0,85	B	B	27.35	56.90
14.	Tamara van Vliet	E.ON-NZA	57.88	9403562	56.91	+0,85	A	B	27.33	56.91
15.	Danielle Villars	Swiss Swimming Federation	56.65	14972	57.13	+0,77	B	B	27.43	57.13
16.	Femke Leenstra	Orca	56.89	9503038	57.19	+0,80	A+	B	27.58	57.19
17.	Andrea Kneppers	Zwemvereniging Hoorn	57.15	9302216	57.28	+0,96	B	R	27.55	57.28
18.	Georgina Heyn	Ealing Swimming Club	57.27	6039	57.70	+0,87	D	R	27.81	57.70
19.	Roxanne Linders	Eiffel Swimmers PSV	57.87	9204230	57.72	+0,91	C		28.11	57.72
20.	Eloise Barber	University of Stirling	56.68	30561	57.78	+0,88	C		27.57	57.78
21.	Jessica Spruit	Eiffel Swimmers PSV	56.81	9103756	57.82	+0,77	C		27.82	57.82
22.	Lenneke van Schaik	De Dolfijn	57.09	8603124	57.90	+0,89	D		27.60	57.90
23.	Pauline Gouwens	De Otters Het Gooi	56.94	8400790	57.96	+0,85	D		27.92	57.96
24.	Malissa van der Horst	Zwemlust den Hommel	58.69	9200810	58.07	+0,93	C		28.13	58.07
25.	Lisa Dreesens	Noord Limburg(SG)	57.41	9105798	58.11	+0,86	D		28.06	58.11
26.	Laura Whitaker	City of Sheffield Swim Squad	58.47	21074	58.20	+0,86	D		27.96	58.20
27.	Merel van der Ent	De Stormvogel	58.85	9303976	58.25	+0,77	C		28.43	58.25
28.	Marieke Nijhuis	OZ&PC	57.80	9201296	58.30	+0,98	D		28.26	58.30
29.	Lauren Turner	Ealing Swimming Club	57.26	36667	58.42	+0,79	C		28.03	58.42
30.	Marjolein Delno	De Rijn	59.14	9400024	58.62	+0,94	C		28.64	58.62
31.	Laura Huggon	City of Sheffield Swim Squad	58.31	36333	58.75	+0,75	D		28.61	58.75
32.	Lotte Wilms	AZ&PC	58.12	8402770	58.76	+0,89	D		27.86	58.76
33.	Mette Pedersen	Danish Swimming Federation	57.05	9364AJ	58.96	+0,75	D		28.26	58.96
34.	Jocelyn Spruit	Eiffel Swimmers PSV	59.21	9302044	58.97	+0,87	D		28.34	58.97
35.	Silke Oude Weernink	De Dolfijn	58.56	9002854	58.99	+0,89	E		28.43	58.99
36.	Marcha Admiraal	De Biesboschzwemmers	58.49	9300012	59.00	+0,88	D		28.63	59.00
37.	Jovanna Koens	Eiffel Swimmers PSV	59.25	9505652	59.07	+0,77	C		28.56	59.07
	Eleanor Faulkner	City of Sheffield Swim Squad	57.80	42774	59.07	+0,82	D		28.63	59.07
39.	Christel Vinke	ZVZ	59.56	9400152	59.10	+0,78	C		28.00	59.10
40.	Lucy Spencer	City of Sheffield Swim Squad	59.21	43193	59.27	+0,76	D		28.75	59.27
41.	Pernille Jalsøe	Danish Swimming Federation	57.28	9372AA	59.31	+0,86	D		28.90	59.31

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 32, Dames, 100m vrije slag, Voorronde, all-in

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
42.	Macy Oortwijn	DWK	58.87 9500722	59.32	+0,95	C		28.65	59.32
43.	Jenna Turner	Ealing Swimming Club	55.50 25007	59.38	+0,72	E		28.12	59.38
44.	Anouk Frieman	TriVia	58.26 9502390	59.42	+0,98	C		28.58	59.42
	Michelle Verouden	Eiffel Swimmers PSV	1:00.11 9400150	59.42	+0,91	C		29.24	59.42
46.	Manon Minneboo	De Stormvogel	58.36 9301548	59.48	+0,82	D		28.54	59.48
47.	Femke Hendriks	DZT'62	58.52 8801698	59.49		E		27.95	59.49
48.	Annemarie Worst	Octopus	59.48 9500042	59.50	+0,87	C		28.74	59.50
49.	Géke Heinsbroek	WVZ	59.18 9300312	59.60	+0,80	D		28.63	59.60
50.	Estelle Moorman	ZVZ	59.00 9300540	59.66	+0,84	D		28.57	59.66
51.	Rosanne Schoonbeek	TriVia	58.70 9402692	59.70	+0,86	D		28.78	59.70
	Annelinde Veldman	Appingedam	1:00.12 9302758	59.70	+0,88	D		28.72	59.70
53.	Inge Pepping	De Rijn	59.17 9402308	59.72	+0,97	D		28.66	59.72
54.	Marion van den Berg	DWK	58.48 8600272	59.76	+0,93	E		28.71	59.76
55.	Femke Swier	Zwemvereniging Hoorn	59.62 9305122	59.81	+0,87	D		29.13	59.81
56.	Sharon Gelmers	Octopus	59.53 9400416	59.97	+0,86	D		28.97	59.97
57.	Judith Stap	De Stormvogel	57.61 9302702	1:00.03	+0,86	D		28.97	1:00.03
58.	Parand Zarekiani	E.ON-NZA	59.72 9402150	1:00.10	+0,84	D		28.41	1:00.10
59.	Claire de Winter	AZ&PC	59.47 9406050	1:00.11	+0,96	D		28.71	1:00.11
60.	Yvonne v.d. Pol	AZ&PC	58.73 8803472	1:00.14	+0,89	E		28.90	1:00.14
61.	Tanja van Essen	Wiekslag	59.75 9404678	1:00.17	+0,88	D		29.49	1:00.17
62.	Marloes Erkens	DWK	59.57 9300234	1:00.28	+0,60	E		28.76	1:00.28
63.	Mariska Scheel	De Lansingh	59.65 9306344	1:00.30	+0,85	E		28.05	1:00.30
64.	Sophie Sollie	Zeester Meerval	59.56 9400140	1:00.47	+0,88	D		29.35	1:00.47
65.	Rixt Veldkamp	Stadskanaal	59.68 9404344	1:00.54	+0,88	D		28.96	1:00.54
66.	Helen McRoberts	City of Sheffield Swim Squad	57.82 28274	1:00.56	+0,78	E		29.60	1:00.56
67.	Maartje de Wit	WVZ	1:01.27 9502362	1:00.58	+0,77	D		29.75	1:00.58
68.	Loes Westerhof	De Dinkel	1:00.13 9502752	1:01.28	+0,80	D		28.80	1:01.28
69.	Michelle de Bruijn	TRB-RES	1:00.04 9503090	1:01.30	+0,83	D		29.02	1:01.30
70.	Liset Jansen	De Columbiaan	1:01.10 9500418	1:01.44	+1,00	D		29.61	1:01.44
71.	Kelly Wigleven	Poseidon'56	1:01.00 9500058	1:01.47	+0,98	D		29.80	1:01.47
72.	Maxime Verschuur	De Dolfijn	1:00.82 9500804	1:01.49	+0,77	D		29.57	1:01.49
73.	Vera van Delden	AZL	59.38 9301308	1:01.52	+0,78	E		29.11	1:01.52
74.	Linda van der Hout	ZV Westland Dijkglas	59.87 9300344	1:01.61	+0,83	E		29.00	1:01.61
75.	Kimberley van Wijk	Z&PC De Gouwe	1:00.51 9402040	1:01.69	+0,90	E		29.73	1:01.69
76.	Danielle de Groot	DAW-FINENZO	1:00.18 9303868	1:01.71	+0,91	E		29.48	1:01.71
77.	Pascalie Spiekerman	WZ&PC Purmerend	1:00.06 9403030	1:01.74	+0,91	E		29.17	1:01.74
78.	Jessie Smeding	Orca	1:00.67 9504528	1:01.85	+0,60	E		29.84	1:01.85
79.	Sanne Rodenburg	RZC	1:00.76 9404714	1:01.91	+0,88	E		29.36	1:01.91
80.	Kimberly Mijnen	WZ&PC Purmerend	1:01.33 9503644	1:02.53	+0,72	E		29.84	1:02.53
81.	Carien van der Schaaf	De Dinkel	1:01.44 9500168	1:03.30	+0,85	E		30.22	1:03.30
82.	Karin Groen	GZVW	1:00.64 9502440	1:05.03	+0,93			30.74	1:05.03
83.	Yvonne Verbeek	WZ&PC Purmerend	1:00.40 9402788	1:05.42	+0,82			31.04	1:05.42
NG.ZA	Randi Nielsen	Danish Swimming Federation	56.44 8948AC						
NG	Naomi Touré	TriVia	59.10 9401628						

Programmanr. 132
20.12.2009 - 9:43

Meisjes, 100m vrije slag
S1 - S14 gehandicapt

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m
1.	Marije Oosterhuis	Eemsrobber	1:18.11 9500318	S10	1:15.20	+0,97	529	35.39	1:15.20
2.	Lisa Dootjes	De Lansingh	1:25.20 9407016	S9	1:23.11 *	+1,04	397	39.11	1:23.11
3.	Willemijn Vos	Revas de Peperbus	1:51.08 95080808106	S8	1:52.54	+1,29	209	52.63	1:52.54

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Programmanr. 132, Dames, 100m vrije slag

Programmanr. 132 Dames, 100m vrije slag Seniorens 1 en ouder
20.12.2009 - 9:43 S1 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Magda Toeters	OZ&PC	1:04.94	S14	1:04.06	+0,83	942	31.00	1:04.06	
2.	Marlou van der Kulk	De Otters Het Gooi	1:06.62	S14	1:05.01	+0,80	901	31.27	1:05.01	
3.	Chantal Molenkamp	DAW-FINENZO	1:05.98	S10	1:06.87	+0,82	752	31.21	1:06.87	
4.	Bernadette Massar	Aqua-Novio'94	1:26.76	S7	1:25.76	+0,96	582	41.61	1:25.76	
5.	Lisa den Braber	Oceanus	1:19.22	S8	1:20.25	+0,76	577	38.70	1:20.25	
	<i>tt 50m is een back-up tijd</i>									
6.	Lisette Teunissen	De Lansingh	1:35.26	S5	1:36.17		506	46.45	1:36.17	
	<i>tt 50m is een back-up tijd</i>									
7.	Wendelien Faber	Revas de Peperbus	1:28.67	S11	1:29.15	+0,94	463	41.58	1:29.15	
8.	Britt van Diessen	TRB-RES	1:20.97	S10	1:19.38	+1,06	450	38.01	1:19.38	
9.	Haya Mellema	Aquapoldro	1:44.34	S7	1:40.29	* +0,99	364	46.86	1:40.29	

Programmanr. 132 Dames, 100m vrije slag Jeugd 1 en ouder
20.12.2009 - 9:43 S1 - S14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	50m	100m	
1.	Magda Toeters	OZ&PC	1:04.94	S14	1:04.06	+0,83	942	31.00	1:04.06	
2.	Marlou van der Kulk	De Otters Het Gooi	1:06.62	S14	1:05.01	+0,80	901	31.27	1:05.01	
3.	Chantal Molenkamp	DAW-FINENZO	1:05.98	S10	1:06.87	+0,82	752	31.21	1:06.87	
4.	Bernadette Massar	Aqua-Novio'94	1:26.76	S7	1:25.76	+0,96	582	41.61	1:25.76	
5.	Lisa den Braber	Oceanus	1:19.22	S8	1:20.25	+0,76	577	38.70	1:20.25	
	<i>tt 50m is een back-up tijd</i>									
6.	Marije Oosterhuis	Eemsrobber	1:18.11	S10	1:15.20	+0,97	529	35.39	1:15.20	
7.	Lisette Teunissen	De Lansingh	1:35.26	S5	1:36.17		506	46.45	1:36.17	
	<i>tt 50m is een back-up tijd</i>									
8.	Wendelien Faber	Revas de Peperbus	1:28.67	S11	1:29.15	+0,94	463	41.58	1:29.15	
9.	Britt van Diessen	TRB-RES	1:20.97	S10	1:19.38	+1,06	450	38.01	1:19.38	
10.	Lisa Dootjes	De Lansingh	1:25.20	S9	1:23.11	* +1,04	397	39.11	1:23.11	
11.	Haya Mellema	Aquapoldro	1:44.34	S7	1:40.29	* +0,99	364	46.86	1:40.29	
12.	Willemijn Vos	Revas de Peperbus	1:51.08	S8	1:52.54	+1,29	209	52.63	1:52.54	

Programmanr. 33 Jongens, 100m rugslag Jeugd 1 en 2
20.12.2009 - 9:49 Resultaten Voorronde

Wereld Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13.12.2009
Europees Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13.12.2009
Nederlands Record Seniorens	51.39	Nick Driebergen	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	55.29	Joey de Ruiter	Eindhoven	26.04.2009

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
1.	Sverre Eschweiler	MSV- Zeemacht	57.63	9204035	58.04	D	B	27.87	58.04
2.	Arvid Munsters	Eiffel Swimmers PSV	55.82	9203625	58.25	D	B	28.46	58.25
3.	Jens Bakker	E.ON-NZA	58.96	9300021	58.60	D	B	28.84	58.60
4.	Pascal Timmermans	RZC	58.69	9202349	59.04	E	B	28.58	59.04
5.	Melako Coker	Ealing Swimming Club	1:00.72	049544	59.60	E	R	29.22	59.60
6.	Sven Kardol	Nuene	59.07	9302135	59.99	E	R	29.74	59.99
7.	Ruben Dekker	De Dolfijn	59.90	9300627	1:00.06	E		29.61	1:00.06
8.	Bart Arendshorst	De Veene	1:01.45	9300005	1:00.78	E		29.60	1:00.78
9.	Philippe Rivard	E.ON-NZA	59.28	9301209	1:00.90	E		29.16	1:00.90
10.	Timo Dinkelberg	Vlaardingen	59.04	9300773	1:01.17	E		29.60	1:01.17
11.	Jonathan Cassuto	De Columbiaan	1:00.66	9300729	1:02.19			30.14	1:02.19

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Programmanr. 33, Heren, 100m rugslag, Voorronde

Programmanr. 33 all-in
20.12.2009 - 9:49 Resultaten Voorronde

Wereld Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13.12.2009
Europees Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	51.39	Nick Driebergen	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	55.29	Joey de Ruiter	Eindhoven	26.04.2009

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
1.	Nick Driebergen	E.ON-NZA	52.03 8700793	53.82		A	A	25.59	53.82
2.	Bastiaan Lijesen	Eiffel Swimmers PSV	53.82 9001819	53.91		A	A	26.26	53.91
3.	Jurjen Willemsen	Eiffel Swimmers PSV	54.58 9003315	55.48		C	A	27.13	55.48
4.	Adrien Perez	Swiss Swimming Federation	54.36 11122	55.71		C	A	26.60	55.71
5.	Jan Kersten	De Columbiaan	55.15 8601561	55.79		C	A	27.02	55.79
6.	Andrew Shepherd	City of Sheffield Swim Squad	55.83 2837	55.83		C	A	26.78	55.83
7.	Joey de Ruiter	Eiffel Swimmers PSV	55.29 9101971	56.53		C	A	27.57	56.53
8.	Robert Yallop	AZ&PC	56.35 8903679	57.45		E	A	27.67	57.45
9.	Henk van Niejenhuis	De Dolfijn	56.88 8905063	57.66		E	B	28.19	57.66
10.	Kyle Barrett	Ealing Swimming Club	57.05 24108	57.82		E	B	28.20	57.82
11.	Sverre Eschweiler	MSV- Zeemacht	57.63 9204035	58.04		D	B	27.87	58.04
12.	Arvid Munsters	Eiffel Swimmers PSV	55.82 9203625	58.25		D	B	28.46	58.25
13.	Jens Bakker	E.ON-NZA	58.96 9300021	58.60		D	B	28.84	58.60
14.	Pascal Timmermans	RZC	58.69 9202349	59.04		E	B	28.58	59.04
15.	Erik Hagting	DZ&PC	58.02 9100829	59.49		E	B	29.11	59.49
16.	Rory Bob de Haan	ANKER TEAM GRONINGEN	57.15 8100609	59.57		E	B	28.59	59.57
17.	Melako Coker	Ealing Swimming Club	1:00.72 049544	59.60		E	R	29.22	59.60
18.	Sven Kardol	Nuenen	59.07 9302135	59.99		E	R	29.74	59.99
19.	Ruben Dekker	De Dolfijn	59.90 9300627	1:00.06		E		29.61	1:00.06
20.	Bart Arendshorst	De Veene	1:01.45 9300005	1:00.78		E		29.60	1:00.78
21.	Philippe Rivard	E.ON-NZA	59.28 9301209	1:00.90		E		29.16	1:00.90
22.	Timo Dinkelberg	Vlaardingen	59.04 9300773	1:01.17		E		29.60	1:01.17
23.	Jonathan Cassuto	De Columbiaan	1:00.66 9300729	1:02.19				30.14	1:02.19

Programmanr. 34 Jeugd 1 en 2
20.12.2009 - 9:55 Resultaten Voorronde

Wereld Record	55.23	Shiho Sakai	Berlijn (GER)	15.11.2009
Europees Record	56.36	Ksehiya Moskvina	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	58.64	Hinkelien Schreuder	Amsterdam	21.12.2008
Nederlands Record Jeugd	1:01.54	Kira Toussaint	Amsterdam	19.12.2009

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
1.	Kira Toussaint	E.ON-NZA	1:01.56 9400990	1:01.64		A+	A	29.64	1:01.64
2.	Mirthe Lanfermeijer	TriVia	1:04.21 9400074	1:04.16		B	B	31.35	1:04.16
3.	Annemarie Worst	Octopus	1:04.67 9500042	1:04.34		A	B	31.74	1:04.34
4.	Sylvia Dik	TriVia	1:04.62 9501064	1:05.19		B	B	31.52	1:05.19
5.	Monique van der Struik	RTC-Drachten	1:05.42 9502502	1:05.76		C		32.57	1:05.76
6.	Claire de Winter	AZ&PC	1:06.77 9406050	1:06.76		D		32.52	1:06.76
7.	Sharon Gelmers	Octopus	1:05.29 9400416	1:07.20		D		32.20	1:07.20
8.	Dané Mulder	Aquarijn	1:06.29 9400084	1:07.39		D		32.16	1:07.39
9.	Jaimy Lee Taskin	Noordwijkerhout	1:07.31 9403364	1:07.61		D		32.87	1:07.61
10.	Dian Kortleve	Wiekslag	1:07.19 9402132	1:08.73		E		34.13	1:08.73
11.	Noortje Timmerman	De Dinkel	1:08.56 9501088	1:09.59		E		33.74	1:09.59
12.	Cynthia van Beusekom	TriVia	1:07.55 9500134	1:09.80		E		33.05	1:09.80
13.	Maartje de Wit	WVZ	1:08.23 9502362	1:09.84		E		34.29	1:09.84
14.	Myrthe Sijtsema	HZ&PC Heerenveen	1:08.61 9502706	1:09.97		E		33.89	1:09.97
15.	Maxime Verschuur	De Dolfijn	1:09.38 9500804	1:11.08 *		E		34.26	1:11.08

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Programmanr. 34, Dames, 100m rugslag, Voorronde

Programmanr. 34 Dames, 100m rugslag all-in
20.12.2009 - 9:55 Resultaten Voorronde

Wereld Record	55.23	Shiho Sakai	Berlijn (GER)	15.11.2009
Europees Record	56.36	Ksehiya Moskvina	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	58.64	Hinkelien Schreuder	Amsterdam	21.12.2008
Nederlands Record Jeugd	1:01.54	Kira Toussaint	Amsterdam	19.12.2009

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	50m	100m
1.	Ekaterina Avramova	Ealing Swimming Club	1:00.59	758483	1:00.39	A+	A	29.53	1:00.39
2.	Wendy vd Zanden	Eiffel Swimmers PSV	59.39	8805004	1:00.67	A	A	29.59	1:00.67
3.	Sharon van Rouwendaal	Eiffel Swimmers PSV	1:01.19	9307422	1:01.19	A+	A	30.23	1:01.19
4.	Kira Toussaint	E.ON-NZA	1:01.56	9400990	1:01.64	A+	A	29.64	1:01.64
5.	Evy Witlox	E.ON-NZA	1:04.48	8804946	1:02.41	C	A	30.65	1:02.41
6.	Anja van der Hout	De Dolfijn	1:02.51	9001598	1:02.43	C	A	30.17	1:02.43
7.	Miranda Nijenhuis	E.ON-NZA	1:01.28	9204076	1:03.06	C	A	30.73	1:03.06
8.	Kimberley Albers	Eiffel Swimmers PSV	1:02.11	9204102	1:03.30	C	A	31.48	1:03.30
9.	Mariët Koster	ZPC Bikkel Hoogeveen	1:02.42	8301162	1:03.77	D	B	30.62	1:03.77
10.	Lauren Turner	Ealing Swimming Club	1:02.12	36667	1:03.92	C	B	30.84	1:03.92
11.	Michelle Strandskov	Danish Swimming Federation	1:04.04	9158AF	1:03.95	D	B	31.11	1:03.95
12.	Willemijn Knot	De Dolfijn	1:02.10	9002010	1:04.00	D	B	30.53	1:04.00
13.	Mirthe Lanfermeijer	TriVia	1:04.21	9400074	1:04.16	B	B	31.35	1:04.16
14.	Annemarie Worst	Octopus	1:04.67	9500042	1:04.34	A	B	31.74	1:04.34
15.	Sylvia Dik	TriVia	1:04.62	9501064	1:05.19	B	B	31.52	1:05.19
16.	Kyra Rietveld	TriVia	1:06.16	9300624	1:05.49	D	B	31.69	1:05.49
17.	Laura Huggon	City of Sheffield Swim Squad	1:04.28	36333	1:05.64	E	R	31.86	1:05.64
18.	Marion van den Berg	DWK	1:04.83	8600272	1:05.71	E	R	32.62	1:05.71
19.	Monique van der Struik	RTC-Drachten	1:05.42	9502502	1:05.76	C	C	32.57	1:05.76
20.	Daniëlle Middel	ZPC Bikkel Hoogeveen	1:04.79	9301280	1:05.85	D		31.58	1:05.85
21.	Milou Julicher	Wiekslag	1:05.64	9301320	1:06.34	D		32.12	1:06.34
22.	Claire de Winter	AZ&PC	1:06.77	9406050	1:06.76	D		32.52	1:06.76
23.	Sharon Gelmers	Octopus	1:05.29	9400416	1:07.20	D		32.20	1:07.20
24.	Dané Mulder	Aquarij	1:06.29	9400084	1:07.39	D		32.16	1:07.39
25.	Jaimy Lee Taskin	Noordwijkerhout	1:07.31	9403364	1:07.61	D		32.87	1:07.61
26.	Judith Stap	De Stormvogel	1:03.86	9302702	1:07.68	E		33.05	1:07.68
27.	Ashley Verburg	Eiffel Swimmers PSV	1:05.65	9301616	1:07.88	E		32.04	1:07.88
28.	Dian Kortleve	Wiekslag	1:07.19	9402132	1:08.73	E		34.13	1:08.73
29.	Noortje Timmerman	De Dinkel	1:08.56	9501088	1:09.59	E		33.74	1:09.59
30.	Cynthia van Beusekom	TriVia	1:07.55	9500134	1:09.80	E		33.05	1:09.80
31.	Maartje de Wit	WVZ	1:08.23	9502362	1:09.84	E		34.29	1:09.84
32.	Myrthe Sijtsema	HZ&PC Heerenveen	1:08.61	9502706	1:09.97	E		33.89	1:09.97
33.	Maxime Verschuur	De Dolfijn	1:09.38	9500804	1:11.08 *	E		34.26	1:11.08
34.	Chantal Nap	HZ&PC Heerenveen	1:04.35	8903004	1:11.74			34.19	1:11.74
NG.ZA	Mette Pedersen	Danish Swimming Federation	1:02.55	9364AJ					

Programmanr. 35 Jongens, 50m schoolslag Jeugd 1 en 2
20.12.2009 - 10:05 Resultaten Voorronde

Wereld Record	25.25	Cameron van den Burgh	Berlijn (GER)	14.11.2009
Europees Record	26.14	Alessandro Terrin	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	26.34	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	28.81	Aaron Eisank	Alkmaar	28.06.2009

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Roy Smeenge	TriVia	29.73	9305557	29.23	+0,76	B B
2.	Gavin v/d. Werf	RTC-Drachten	29.73	9302971	29.60	+0,78	C B
3.	Bjorn de Jonge	Hellas-Glana	29.42	9206767	29.94	+0,84	D
4.	Kasper v. Dijk	Noord Limburg(SG)	30.29	9200249	30.56	+0,72	E
	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	30.72	9300651	30.56	+0,85	D
6.	Kasper Leeuw	De Dinkel	31.12	9304435	30.82	+0,94	E
7.	Ruud van Heerbeek	Nuenen	31.09	9301769	31.03	+0,72	E
8.	Simon Edenburg	Luctor et Emergo	30.94	9301567	31.78	+0,74	E
9.	Bart Arendshorst	De Veene	31.67	9300005	31.91	+0,78	E
10.	Jordan Kraaijenhof	AZ&PC	31.74	9301111	31.93	+0,84	E
11.	Julian Diaz	Zwemvereniging Utrecht	30.44	9200241	32.56	+0,84	

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Programmanr. 35, Jongens, 50m schoolslag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
12.	Gijs van der Gugten	De Fuut	31.02	9302991	33.28	+0,94	

Programmanr. 35
20.12.2009 - 10:05

Heren, 50m schoolslag

all-in

Resultaten Voorronde

Wereld Record	25.25	Cameron van den Burgh	Berlijn (GER)	14.11.2009
Europees Record	26.14	Alessandro Terrin	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	26.34	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	28.81	Aaron Eisank	Alkmaar	28.06.2009

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Aaron Eisank	Eiffel Swimmers PSV	28.69	9100577	28.59	+0,76	B A
2.	Lennart Stekelenburg	E.ON-NZA	27.20	8602979	28.66	+0,75	C A
3.	Timon Evenhuis	ANKER TEAM GRONINGEN	27.91	9000843	28.68	+0,89	B A
4.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	27.54	8400805	28.85	+0,93	C A
5.	Bastiaan Lijesen	Eiffel Swimmers PSV	29.72	9001819	28.86	+0,73	C A
6.	Erik Talma	TriVia	28.21	8903107	28.98	+0,65	C A
7.	Pieter Jan de Vries	ZVZ	28.37	9003183	29.15	+0,91	C A
	Devi Wolthuizen	TriVia	28.50	8703887	29.15	+0,76	D A
9.	Thijs van Valkengoed	AZ&PC	27.85	8302141	29.20	+0,86	D B
10.	Roy Smeenge	TriVia	29.73	9305557	29.23	+0,76	B B
11.	Chris Jones	Ealing Swimming Club	28.05	3878	29.24	+0,80	D B
12.	Max Partridge	City of Sheffield Swim Squad	29.57	10583	29.33	+0,79	D B
13.	Douglas Scott	University of Stirling	28.70	29664	29.39	+0,74	C B
14.	Bram Dekker	Eiffel Swimmers PSV	29.32	8900649	29.46	+0,86	D B
15.	Gavin v/d. Werf	RTC-Drachten	29.73	9302971	29.60	+0,78	C B
16.	Niels van Eck	ZPC Bikkel Hoogeveen	28.89	8900793	29.69	+0,73	D B
17.	Rutger Sloof	DWK	28.87	8803141	29.70	+0,79	D R
18.	Jamie Ross	University of Stirling	28.80	85199	29.76	+0,83	D R
19.	Bjorn de Jonge	Hellas-Glana	29.42	9206767	29.94	+0,84	D
20.	Joppe Wisse	DZT'62	29.33	8903645	30.08	+0,90	E
21.	Stefan Hazeleger	DWK	29.90	9100867	30.13	+0,86	D
22.	Vincent Bakker	AZ&PC	29.39	8600107	30.49	+0,87	E
23.	Peter Paul Houtkamp	ZPC Bikkel Hoogeveen	30.72	9300651	30.56	+0,85	D
	Kasper v. Dijk	Noord Limburg(SG)	30.29	9200249	30.56	+0,72	E
25.	Sjoerd Zanderink	De Dinkel	29.89	9102651	30.59	+0,87	E
26.	Sebastiaan Rosendaal	MNC Dordrecht	29.76	9101947	30.76	+0,83	E
27.	Kasper Leeuw	De Dinkel	31.12	9304435	30.82	+0,94	E
28.	Ruud van Heerbeek	Nuenen	31.09	9301769	31.03	+0,72	E
29.	Sven Jaeger	Hellas-Glana	29.67	8301021	31.70	+0,77	
30.	Simon Edenburg	Luctor et Emergo	30.94	9301567	31.78	+0,74	E
31.	Bart Arendshorst	De Veene	31.67	9300005	31.91	+0,78	E
32.	Jordan Kraaijenhof	AZ&PC	31.74	9301111	31.93	+0,84	E
33.	Julian Diaz	Zwemvereniging Utrecht	30.44	9200241	32.56	+0,84	
34.	Gijs van der Gugten	De Fuut	31.02	9302991	33.28	+0,94	
NG.ZA	James Kirton	City of Sheffield Swim Squad	28.65	4222			
NG	Sander Beekman	De Columbiaan	30.09	9100079			

Programmanr. 135
20.12.2009 - 10:13

Jongens, 50m schoolslag

Jeugd 1 en 2

SB1 t/m SB9 + S11 t/m S14 gehandicapt

Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt	
1.	Matthijs Buynink	S.I.S. Ooievaars	54.69	92060706215	SB7	49.44	+1,17	456
2.	Kevin Bersee	St. de Zevensprong	40.80	93141414191	SB14	42.11	+0,91	372
3.	Thijs van den End	One Team Swimming	43.60	9306803	SB8	43.97	+1,11	350
4.	Matthijs van Doorn	De Waterspetters	44.84	92141414173	SB14	44.84	+1,22	308

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Programmanr. 135, Heren, 50m schoolslag

Programmanr. 135 Heren, 50m schoolslag Senioren 1 en ouder
20.12.2009 - 10:13 SB1 t/m SB9 + S11 t/m S14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt
1.	Michel Tielbeke	SC Salland	34.67	8102101 SB13	32.92	+0,93	749
2.	Maurice Deelen	AZ&PC	37.54	7101407 SB8	34.87	+0,91	702
3.	Michael Schoenmaker	Blauw-Wit Roosendaal	55.12	83040304.023 SB3	54.92		688
4.	Marc Evers	Haerlem'04 (SG)	36.00	9107425 SB14	36.25	+0,81	583
5.	Jeroen van Oene	De Waterspetters	36.60	83141414151 SB14	36.37	+0,83	578
6.	Jacco Beniest	One Team Swimming	36.63	8503603 SB9	37.94	+0,92	530
7.	Harm van Erp	Zwemlust den Hommel	58.32	72070707267 SB7	57.49	+1,03	290

Programmanr. 135 Heren, 50m schoolslag Jeugd 1 en ouder
20.12.2009 - 10:13 SB1 t/m SB9 + S11 t/m S14 gehandicapten Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt
1.	Michel Tielbeke	SC Salland	34.67	8102101 SB13	32.92	+0,93	749
2.	Maurice Deelen	AZ&PC	37.54	7101407 SB8	34.87	+0,91	702
3.	Michael Schoenmaker	Blauw-Wit Roosendaal	55.12	83040304.023 SB3	54.92		688
4.	Marc Evers	Haerlem'04 (SG)	36.00	9107425 SB14	36.25	+0,81	583
5.	Jeroen van Oene	De Waterspetters	36.60	83141414151 SB14	36.37	+0,83	578
6.	Jacco Beniest	One Team Swimming	36.63	8503603 SB9	37.94	+0,92	530
7.	Matthijs Buynink	S.I.S. Ooievaars	54.69	92060706215 SB7	49.44	+1,17	456
8.	Kevin Bersee	St. de Zevensprong	40.80	93141414191 SB14	42.11	+0,91	372
9.	Thijs van den End	One Team Swimming	43.60	9306803 SB8	43.97	+1,11	350
10.	Matthijs van Doorn	De Waterspetters	44.84	92141414173 SB14	44.84	+1,22	308
11.	Harm van Erp	Zwemlust den Hommel	58.32	72070707267 SB7	57.49	+1,03	290

Programmanr. 36 Meisjes, 50m schoolslag Jeugd 1 en 2
20.12.2009 - 10:17 Resultaten Voorronde

Wereld Record	28.80	Jessica Hardy	Berlijn (GER)	15.11.2009
Europees Record	29.55	Janne Schäfer	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	29.68	Moniek Nijhuis	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	31.23	Moniek Nijhuis	Dublin (IRL)	11.12.2003

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Lonne Dijkhuis	De Dinkel	34.38	9400030	33.73	+0,87	C B
2.	Lianne Slagter	WWV	34.86	9500940	33.81	+0,87	B B
3.	Tamara van Vliet	E.ON-NZA	33.45	9403562	34.38	+0,88	D B
4.	Estrella Wierikx	Numansdorp	33.54	9402712	34.58	+0,73	D B
5.	Kimberly Ribberink	De Dinkel	35.73	9501654	34.89	+0,87	D ?
	Helena La	Zwemvereniging Hoorn	35.25	9502134	34.89	+0,90	D ?
7.	Karin Rijkelijkhuisen	Zignea	34.13	9403358	35.33	+0,79	E
8.	Lin he Yu	Poseidon'56	34.73	9500924	35.60	+0,84	E
9.	Loes Westerhof	De Dinkel	35.30	9502752	35.73	+0,85	E
10.	Pascalie Spiekerman	WZ&PC Purmerend	34.87	9403030	36.00	+0,94	E
11.	Jessie Smeding	Orca	35.42	9504528	36.54	+0,57	E

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Programmanr. 36, Dames, 50m schoolslag, Voorronde

Programmanr. 36 Dames, 50m schoolslag all-in
20.12.2009 - 10:17 Resultaten Voorronde

Wereld Record	28.80	Jessica Hardy	Berlijn (GER)	15.11.2009
Europees Record	29.55	Janne Schäfer	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	29.68	Moniek Nijhuis	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	31.23	Moniek Nijhuis	Dublin (IRL)	11.12.2003

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Moniek Nijhuis	E.ON-NZA	30.08	8803188	31.72	+0,85	A	A
2.	Lona Kroese	E.ON-NZA	31.74	8702382	32.51	+0,83	C	A
3.	Loes Zanderink	AZ&PC	31.30	8805006	32.67	+0,83	C	A
4.	Lotte Goosen	DIO	32.78	9205306	32.69	+0,76	B	A
5.	Anouk Elzerman	De Dolfijn	32.55	9005914	32.70	+0,84	C	A
6.	Tessa Brouwer	E.ON-NZA	31.25	9105548	32.79	+0,86	C	A
7.	Yvonne v.d. Pol	AZ&PC	33.06	8803472	33.29	+0,88	D	A
8.	Georgina Heyn	Ealing Swimming Club	31.75	6039	33.47	+0,91	D	A
9.	Larissa Brak	AZ&PC	33.64	8800572	33.58	+0,83	D	B
10.	Jocelyn Spruit	Eiffel Swimmers PSV	33.37	9302044	33.65	+0,88	C	B
11.	Lonne Dijkhuis	De Dinkel	34.38	9400030	33.73	+0,87	C	B
12.	Lianne Slagter	WWV	34.86	9500940	33.81	+0,87	B	B
13.	Ella Kirby	Ealing Swimming Club	33.29	35428	34.08	+0,78	E	B
14.	Tamara van Vliet	E.ON-NZA	33.45	9403562	34.38	+0,88	D	B
15.	Estrella Wierikx	Numansdorp	33.54	9402712	34.58	+0,73	D	B
16.	Kristel Doreleijers	Eiffel Swimmers PSV	33.89	9302568	34.73	+0,86	E	B
17.	Manon Minneboo	De Stormvogel	33.87	9301548	34.88	+0,76	E	R
18.	Kimberly Ribberink	De Dinkel	35.73	9501654	34.89	+0,87	D	?
	Helena La	Zwemvereniging Hoorn	35.25	9502134	34.89	+0,90	D	?
20.	Angelique Oertel	Eiffel Swimmers PSV	34.29	9307612	35.02	+0,91	E	
21.	Paula Duursma	DZ&PC	34.49	9300982	35.15	+0,74	E	
22.	Karin Rijkelijhuizen	Zignea	34.13	9403358	35.33	+0,79	E	
23.	Lin he Yu	Poseidon'56	34.73	9500924	35.60	+0,84	E	
24.	Merel van der Ent	De Stormvogel	34.53	9303976	35.69	+0,76	E	
25.	Loes Westerhof	De Dinkel	35.30	9502752	35.73	+0,85	E	
26.	Pascalie Spiekerman	WZ&PC Purmerend	34.87	9403030	36.00	+0,94	E	
27.	Jessie Smeding	Orca	35.42	9504528	36.54	+0,57	E	
NG	Lia Dekker	RTC-Drachten	31.98	8700830				

Programmanr. 136 Meisjes, 50m schoolslag Jeugd 1 en 2
20.12.2009 - 10:23 SB1 t/m SB9 + S11 t/m S14 gehandicapten Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Marije Oosterhuis	Eemsrobben	48.57	9500318	SB9	47.20	+0,98	435
2.	Willemijn Vos	Revas de Peperbus	56.23	95080808106	SB8	55.25	+1,35	315
NG.ZA	Elise de Kroon	AquaAmigos	49.60	9501984	SB9			

Programmanr. 136 Dames, 50m schoolslag Senioren 1 en ouder
20.12.2009 - 10:23 SB1 t/m SB9 + S11 t/m S14 gehandicapten Resultaten

rang	naam	vereniging	intijd		klasse	tijd	RT	pnt
1.	Magda Toeters	OZ&PC	38.45	8603552	SB14	38.27	+0,90	890
2.	Lisa den Braber	Oceanus	45.03	92080708176	SB7	46.61	+0,71	771
3.	Chantal Molenkamp	DAW-FINENZO	40.02	9002624	SB9	41.06	+0,84	661
4.	Wendelien Faber	Revas de Peperbus	48.82	78111111104	SB11	50.85	+0,95	548
5.	Bernadette Massar	Aqua-Novio'94	54.67	8604746	SB7	52.50	+0,96	540
6.	Britt van Diessen	TRB-RES	50.20	8900900	SB9	49.70	+1,09	373
7.	Haya Mellema	Aquapoldro	1:03.80	6600482	SB7	1:02.25	+0,97	324

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Programmanr. 136, Dames, 50m schoolslag

Programmanr. 136
20.12.2009 - 10:23

Dames, 50m schoolslag
SB1 t/m SB9 + S11 t/m S14 gehandicapten

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	RT	pnt
1.	Magda Toeters	OZ&PC	38.45	8603552	SB14	38.27	+0,90 890
2.	Lisa den Braber	Oceanus	45.03	92080708176	SB7	46.61	+0,71 771
3.	Chantal Molenkamp	DAW-FINENZO	40.02	9002624	SB9	41.06	+0,84 661
4.	Wendelien Faber	Revas de Peperbus	48.82	78111111104	SB11	50.85	+0,95 548
5.	Bernadette Massar	Aqua-Novio'94	54.67	8604746	SB7	52.50	+0,96 540
6.	Marije Oosterhuis	Eemsrobber	48.57	9500318	SB9	47.20	+0,98 435
7.	Britt van Diessen	TRB-RES	50.20	8900900	SB9	49.70	+1,09 373
8.	Haya Mellema	Aquapoldro	1:03.80	6600482	SB7	1:02.25	+0,97 324
9.	Willemijn Vos	Revas de Peperbus	56.23	95080808106	SB8	55.25	+1,35 315
NG.ZA	Elise de Kroon	AquaAmigos	49.60	9501984	SB9		

Programmanr. 37
20.12.2009 - 10:27

Meisjes, 400m wisselslag

Jeugd 1 en 2
Resultaten

Wereld Record	4:22.88	Kathryn Meaklim	Singapore (SIN)	22.11.2009
Europees Record	4:25.06	Mireia Belmonte Garcia	Rijeka (CRO)	14.12.2008
Nederlands Record Senioren	4:38.49	Rieneke Terink	Amsterdam	21.12.2008
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang	naam	vereniging	intijd	tijd	RT	niv.	
1.	Merle Verkijk	WVZ	5:01.38	9400278	5:02.27	+0,78 B	
	50m: 31.57	150m: 1:46.10	38.49	250m: 3:07.53	43.57	350m: 4:28.31	35.67
	100m: 1:07.61	200m: 2:23.96	37.86	300m: 3:52.64	45.11	400m: 5:02.27	33.96
2.	Marjolein Delno	De Rijn	5:04.16	9400024	5:06.59	+0,95 C	
	50m: 31.45	150m: 1:47.98	39.51	250m: 3:10.64	42.78	350m: 4:31.67	36.03
	100m: 1:08.47	200m: 2:27.86	39.88	300m: 3:55.64	45.00	400m: 5:06.59	34.92
3.	Michelle Verouden	Eiffel Swimmers PSV	5:06.84	9400150	5:10.01	+0,93 C	
	50m: 34.46	150m: 1:53.97	39.72	250m: 3:16.66	43.38	350m: 4:36.90	35.10
	100m: 1:14.25	200m: 2:33.28	39.31	300m: 4:01.80	45.14	400m: 5:10.01	33.11
4.	Macy Oortwijn	DWK	5:06.07	9500722	5:11.36	+0,99 C	
	50m: 32.63	150m: 1:52.39	41.02	250m: 3:16.94	44.42	350m: 4:37.71	35.64
	100m: 1:11.37	200m: 2:32.52	40.13	300m: 4:02.07	45.13	400m: 5:11.36	33.65
5.	Rachelle Visser	AZ&PC	5:15.60	9500106	5:12.13	+0,91 C	
	50m: 32.29	150m: 1:52.28	41.18	250m: 3:16.63	44.84	350m: 4:37.81	35.98
	100m: 1:11.10	200m: 2:31.79	39.51	300m: 4:01.83	45.20	400m: 5:12.13	34.32
6.	Jessica Taylor	City of Sheffield Swim Squad	5:16.67	56782	5:14.96	+0,79 D	
	50m: 33.49	150m: 1:51.61	38.35	250m: 3:17.20	47.72	350m: 4:41.20	35.76
	100m: 1:13.26	200m: 2:29.48	37.87	300m: 4:05.44	48.24	400m: 5:14.96	33.76
7.	Yvette de Gier	De Columbiaan	5:16.80	9402124	5:15.77	+0,96 D	
	<i>tt 50m is een back-up tijd</i>	150m: 1:56.79	40.98	250m: 3:19.67	42.11	350m: 4:40.83	37.71
	100m: 1:15.81	200m: 2:37.56	40.77	300m: 4:03.12	43.45	400m: 5:15.77	34.94
8.	Monique van der Struik	RTC-Drachten	5:06.40	9502502	5:18.40 *	+0,91 D	
	50m: 34.08	150m: 1:52.34	38.93	250m: 3:17.48	45.45	350m: 4:41.77	36.95
	100m: 1:13.41	200m: 2:32.03	39.69	300m: 4:04.82	47.34	400m: 5:18.40	36.63
9.	Kelly Wigleven	Poseidon'56	5:26.88	9500058	5:22.02	+1,04 E	
	50m: 33.39	150m: 1:54.39	41.46	250m: 3:21.61	46.55	350m: 4:45.93	37.16
	100m: 1:12.93	200m: 2:35.06	40.67	300m: 4:08.77	47.16	400m: 5:22.02	36.09

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Programmanr. 37, Dames, 400m wisselslag

Programmanr. 37 all-in
20.12.2009 - 10:27 Resultaten

Wereld Record	4:22.88	Kathryn Meaklim	Singapore (SIN)	22.11.2009
Europees Record	4:25.06	Mireia Belmonte Garcia	Rijeka (CRO)	14.12.2008
Nederlands Record Senioren	4:38.49	Rieneke Terink	Amsterdam	21.12.2008
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Rieneke Terink <i>Nederlands Record Senioren</i>	AZ&PC	4:38.49	8402424	4:36.91	+0,85 A+
	50m: 29.53 29.53	150m: 1:38.04 34.74	250m: 2:53.35 40.59	350m: 4:05.94 31.18		
	100m: 1:03.30 33.77	200m: 2:12.76 34.72	300m: 3:34.76 41.41	400m: 4:36.91 30.97		
2.	Sharon van Rouwendaal <i>Nederlands Record 16 jaar</i>	Eiffel Swimmers PSV	4:43.75	9307422	4:43.00	+0,80 A+
	50m: 30.49 30.49	150m: 1:39.85 35.64	250m: 2:56.19 40.95	350m: 4:10.64 32.97		
	100m: 1:04.21 33.72	200m: 2:15.24 35.39	300m: 3:37.67 41.48	400m: 4:43.00 32.36		
3.	Marina Ribí	Swiss Swimming Federation	4:45.53	1036	4:45.22	+0,97 A
	50m: 31.08 31.08	150m: 1:43.00 37.13	250m: 2:59.75 40.30	350m: 4:13.53 33.19		
	100m: 1:05.87 34.79	200m: 2:19.45 36.45	300m: 3:40.34 40.59	400m: 4:45.22 31.69		
4.	Lieke Verouden	AZ&PC	4:44.73	9003948	4:46.06	+0,89 A
	50m: 30.73 30.73	150m: 1:44.21 37.54	250m: 3:00.59 39.65	350m: 4:14.61 32.95		
	100m: 1:06.67 35.94	200m: 2:20.94 36.73	300m: 3:41.66 41.07	400m: 4:46.06 31.45		
5.	Julie Leth-Espensen	Danish Swimming Federation	4:47.21	9274AF	4:49.52	A
	50m: 31.66 31.66	150m: 1:45.95 38.06	250m: 3:03.38 39.73	350m: 4:17.09 33.57		
	100m: 1:07.89 36.23	200m: 2:23.65 37.70	300m: 3:43.52 40.14	400m: 4:49.52 32.43		
6.	Trine Gudnitz	Danish Swimming Federation	4:51.90	8728AA	4:52.56	+0,80 B
	50m: 32.30 32.30	150m: 1:45.28 36.84	250m: 3:04.50 43.28	350m: 4:20.65 33.30		
	100m: 1:08.44 36.14	200m: 2:21.22 35.94	300m: 3:47.35 42.85	400m: 4:52.56 31.91		
7.	Helen McRoberts	City of Sheffield Swim Squad	4:45.53	28274	4:57.59	+0,78 C
	50m: 32.78 32.78	150m: 1:46.10 37.53	250m: 3:06.98 43.70	350m: 4:24.49 33.82		
	100m: 1:08.57 35.79	200m: 2:23.28 37.18	300m: 3:50.67 43.69	400m: 4:57.59 33.10		
8.	Lucy Spencer	City of Sheffield Swim Squad	5:08.08	43193	4:59.27	+0,81 B
	50m: 32.39 32.39	150m: 1:48.35 38.83	250m: 3:10.44 43.51	350m: 4:27.01 32.98		
	100m: 1:09.52 37.13	200m: 2:26.93 38.58	300m: 3:54.03 43.59	400m: 4:59.27 32.26		
9.	Joëlle Scheps	WVZ	4:53.33	9202364	4:59.94	+0,94 C
	50m: 32.05 32.05	150m: 1:49.91 40.17	250m: 3:10.81 42.20	350m: 4:28.45 34.14		
	100m: 1:09.74 37.69	200m: 2:28.61 38.70	300m: 3:54.31 43.50	400m: 4:59.94 31.49		
10.	Marloes Oldenburg <i>tt 100m is een back-up tijd</i>	TriVia	5:02.32	8803218	5:01.42	+1,00 D
	50m: 30.86 30.86	150m: 1:47.40 40.36	250m: 3:10.73 43.25	350m: 4:28.66 34.35		
	100m: 1:07.04 36.18	200m: 2:27.48 40.08	300m: 3:54.31 43.58	400m: 5:01.42 32.76		
11.	Michelle Strandkov	Danish Swimming Federation	4:54.68	9158AF	5:01.73	+0,83 D
	50m: 31.56 31.56	150m: 1:44.51 37.55	250m: 3:09.10 47.74	350m: 4:29.90 33.98		
	100m: 1:06.96 35.40	200m: 2:21.36 36.85	300m: 3:55.92 46.82	400m: 5:01.73 31.83		
12.	Wendan Poelstra <i>tt 100m is een back-up tijd</i>	Orca	5:00.26	9102496	5:02.10	+0,86 D
	50m: 31.55 31.55	150m: 1:45.11 37.34	250m: 3:07.50 44.73	350m: 4:27.81 35.00		
	100m: 1:07.77 36.22	200m: 2:22.77 37.66	300m: 3:52.81 45.31	400m: 5:02.10 34.29		
13.	Merle Verkijk	WVZ	5:01.38	9400278	5:02.27	+0,78 B
	50m: 31.57 31.57	150m: 1:46.10 38.49	250m: 3:07.53 43.57	350m: 4:28.31 35.67		
	100m: 1:07.61 36.04	200m: 2:23.96 37.86	300m: 3:52.64 45.11	400m: 5:02.27 33.96		
14.	Judith van Meijel	HZPC	5:04.21	9102076	5:02.99	+0,86 D
	50m: 32.77 32.77	150m: 1:49.05 37.66	250m: 3:10.37 44.06	350m: 4:28.89 34.71		
	100m: 1:11.39 38.62	200m: 2:26.31 37.26	300m: 3:54.18 43.81	400m: 5:02.99 34.10		
15.	Marjolein Delno	De Rijn	5:04.16	9400024	5:06.59	+0,95 C
	50m: 31.45 31.45	150m: 1:47.98 39.51	250m: 3:10.64 42.78	350m: 4:31.67 36.03		
	100m: 1:08.47 37.02	200m: 2:27.86 39.88	300m: 3:55.64 45.00	400m: 5:06.59 34.92		
16.	Malissa van de Heuvel	Eiffel Swimmers PSV	5:03.95	9304922	5:08.52	+0,55 D
	50m: 32.37 32.37	150m: 1:47.81 38.59	250m: 3:11.60 44.63	350m: 4:34.32 36.43		
	100m: 1:09.22 36.85	200m: 2:26.97 39.16	300m: 3:57.89 46.29	400m: 5:08.52 34.20		
17.	Leonie van Noort	De Zijl/LGB	5:08.26	9301752	5:09.11	+1,03 D
	50m: 33.19 33.19	150m: 1:51.79 39.56	250m: 3:14.87 42.73	350m: 4:36.02 35.19		
	100m: 1:12.23 39.04	200m: 2:32.14 40.35	300m: 4:00.83 45.96	400m: 5:09.11 33.09		
18.	Michelle Verouden	Eiffel Swimmers PSV	5:06.84	9400150	5:10.01	+0,93 C
	50m: 34.46 34.46	150m: 1:53.97 39.72	250m: 3:16.66 43.38	350m: 4:36.90 35.10		
	100m: 1:14.25 39.79	200m: 2:33.28 39.31	300m: 4:01.80 45.14	400m: 5:10.01 33.11		

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Programmanr. 37, Dames, 400m wisselslag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
19.	Jodie Willis	Ealing Swimming Club	4:58.62	60106	5:10.73	+0,83 D
	50m: 31.87	150m: 1:47.50	250m: 3:11.96	350m: 4:33.69		37.02
	100m: 1:08.66	200m: 2:27.07	300m: 3:56.67	400m: 5:10.73		37.04
20.	Macy Oortwijn	DWK	5:06.07	9500722	5:11.36	+0,99 C
	50m: 32.63	150m: 1:52.39	250m: 3:16.94	350m: 4:37.71		35.64
	100m: 1:11.37	200m: 2:32.52	300m: 4:02.07	400m: 5:11.36		33.65
21.	Rachelle Visser	AZ&PC	5:15.60	9500106	5:12.13	+0,91 C
	50m: 32.29	150m: 1:52.28	250m: 3:16.63	350m: 4:37.81		35.98
	100m: 1:11.10	200m: 2:31.79	300m: 4:01.83	400m: 5:12.13		34.32
22.	Kelly ter Doest	Zwem- en Poloclub De Hof	5:01.94	9100750	5:14.12	+0,86 E
	50m: 32.83	150m: 1:51.63	250m: 3:15.70	350m: 4:37.44		37.56
	100m: 1:10.92	200m: 2:31.11	300m: 3:59.88	400m: 5:14.12		36.68
23.	Jessica Taylor	City of Sheffield Swim Squad	5:16.67	56782	5:14.96	+0,79 D
	50m: 33.49	150m: 1:51.61	250m: 3:17.20	350m: 4:41.20		35.76
	100m: 1:13.26	200m: 2:29.48	300m: 4:05.44	400m: 5:14.96		33.76
24.	Yvette de Gier	De Columbiaan	5:16.80	9402124	5:15.77	+0,96 D
	<i>tt 50m is een back-up tijd</i>					
	50m: 34.84	150m: 1:56.79	250m: 3:19.67	350m: 4:40.83		37.71
	100m: 1:15.81	200m: 2:37.56	300m: 4:03.12	400m: 5:15.77		34.94
25.	Monique van der Struik	RTC-Drachten	5:06.40	9502502	5:18.40	* +0,91 D
	50m: 34.08	150m: 1:52.34	250m: 3:17.48	350m: 4:41.77		36.95
	100m: 1:13.41	200m: 2:32.03	300m: 4:04.82	400m: 5:18.40		36.63
26.	Kelly Wigleven	Poseidon'56	5:26.88	9500058	5:22.02	+1,04 E
	50m: 33.39	150m: 1:54.39	250m: 3:21.61	350m: 4:45.93		37.16
	100m: 1:12.93	200m: 2:35.06	300m: 4:08.77	400m: 5:22.02		36.09
AFGEM	Katrine Holm Sørensen	Danish Swimming Federation	4:43.48	9282AG		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		
NG	Judith Stap	De Stormvogel	4:56.35	9302702		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		
BM	Randi Nielsen	Danish Swimming Federation	5:07.52	8948AC	5:00.10	+0,86 D
	50m: 32.75	150m: 1:48.11	250m: 3:08.49	350m: 4:27.46		34.77
	100m: 1:11.11	200m: 2:25.07	300m: 3:52.69	400m: 5:00.10		32.64

Programmanr. 38
20.12.2009 - 10:46

Jongens, 50m vlinderslag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	21.80	Steffen Deibler	Berlijn (GER)	14.11.2009
Europees Record	21.80	Steffen Deibler	Berlijn (GER)	14.11.2009
Nederlands Record Senioren	22.74	Bastiaan Tamminga	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	24.71	Pieter van den Hoogenband	Dordrecht	23.03.1996

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Mike Marissen	AZ&PC	25.26	9202187	25.25	+0,78	C B
2.	Arvid Munsters	Eiffel Swimmers PSV	25.85	9203625	25.86	+0,88	D
3.	Mark Costeris	De Schotelij	25.24	9202327	25.97	+0,85	D
4.	Roy Smeenge	TriVia	26.36	9305557	26.05	+0,76	D
5.	Menno Manning	De Dinkel	26.42	9300333	26.07	+0,86	D
6.	Dion Dreesens	Noord Limburg(SG)	26.51	9302189	26.33	+0,78	D
	Walter Jansen	Noordwijkerhout	26.62	9300225	26.33	+0,51	D
8.	Bas Krafft	Aqua-Novio'94	26.57	9303195	26.37	+0,88	D
9.	Maurice Soudant	Nuenen	26.46	9302125	26.40	+0,72	D
10.	Philippe Rivard	E.ON-NZA	26.05	9301209	26.46	+0,77	E
11.	Paul Koster	DIO	26.43	9304465	26.77	+0,84	E
12.	Lars Sieval	LZ 1886	27.16	9300723	27.13	+0,82	E
13.	Mart Hendriks	Tritium (SG)	26.92	9304079	27.34	+0,69	E
	Sven Kardol	Nuenen	26.64	9302135	27.34	+0,79	E

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Programmanr. 38, Heren, 50m vlinderslag, Voorronde

Programmanr. 38 Heren, 50m vlinderslag all-in
20.12.2009 - 10:46 Resultaten Voorronde

Wereld Record	21.80	Steffen Deibler	Berlijn (GER)	14.11.2009
Europees Record	21.80	Steffen Deibler	Berlijn (GER)	14.11.2009
Nederlands Record Senioren	22.74	Bastiaan Tamminga	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	24.71	Pieter van den Hoogenband	Dordrecht	23.03.1996

rang	naam	vereniging	intijd		tijd	RT	niv.	finale
1.	Joeri Verlinden	Eiffel Swimmers PSV	23.09	8803549	23.99	+0,76	B	A
2.	Tim van Deutekom	E.ON-NZA	24.73	9100459	24.23	+0,79	A	A
	<i>Nederlands Record 18 jaar</i>							
3.	Bastiaan Tamminga	Eiffel Swimmers PSV	22.97	8101659	24.28	+0,83	B	A
4.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	24.38	8400805	24.55	+0,92	C	A
5.	Marc Kremer	ANKER TEAM GRONINGEN	24.71	9004667	24.66	+0,75	C	A
6.	Ewoud Tamminga	AZ&PC	23.66	8201701	24.79	+0,85	C	A
7.	Robin van Aggele	AZ&PC	23.39	8400017	24.83	+0,79	D	A
8.	Jeroen Stuut	TriVia	24.38	8803315	24.99	+0,81	D	A
9.	Nico Van Duijn	Swiss Swimming Federation	24.71	13825	25.01	+0,73	D	B
10.	Adrien Perez	Swiss Swimming Federation	24.37	11122	25.11	+0,81	D	B
11.	Timon Evenhuis	ANKER TEAM GRONINGEN	24.74	9000843	25.17	+0,83	D	B
12.	Jurjen Willemsen	Eiffel Swimmers PSV	24.95	9003315	25.23	+0,79	D	B
13.	Mike Marissen	AZ&PC	25.26	9202187	25.25	+0,78	C	B
14.	Robert Klinkhamer	ZPC Bikkel Hoogeveen	24.96	9101241	25.33	+0,55	D	B
15.	Raga Flores	BZV	24.96	8900903	25.34	+0,64	D	B
16.	Geert Lantink	AZ&PC	24.90	8601849	25.35	+0,74	D	B
17.	Floor Verhaar	WVZ	25.18	9004603	25.38	+0,77	D	R
18.	Daniel Rast	Swiss Swimming Federation	24.60	8471	25.45	+0,63	E	R
19.	Pieter Timmers	Eiffel Swimmers PSV	25.18	8806031	25.48	+0,81	E	
20.	Robert Yallop	AZ&PC	25.28	8903679	25.62	+0,81	E	
21.	Arvid Munsters	Eiffel Swimmers PSV	25.85	9203625	25.86	+0,88	D	
22.	Fabian Beimin	OZ&PC	25.26	9100087	25.87	+0,71	E	
23.	Rory Bob de Haan	ANKER TEAM GRONINGEN	25.36	8100609	25.96	+0,75	E	
24.	Mark Costeris	De Schotegil	25.24	9202327	25.97	+0,85	D	
25.	Roy Smeenge	TriVia	26.36	9305557	26.05	+0,76	D	
26.	Steven Nonnekes	Eiffel Swimmers PSV	25.17	9003749	26.06	+0,72	E	
27.	Menno Manning	De Dinkel	26.42	9300333	26.07	+0,86	D	
28.	Dennis Mooij	HZ&PC Heerenveen	24.73	8902201	26.08	+0,83	E	
29.	Frank Boon	De Dolfijn	24.91	8800391	26.09	+0,80	E	
30.	Joost Krommenhoek	De Dolfijn	25.39	8401293	26.16	+0,83	E	
31.	Walter Jansen	Noordwijkerhout	26.62	9300225	26.33	+0,51	D	
	Dion Dreesens	Noord Limburg(SG)	26.51	9302189	26.33	+0,78	D	
33.	Bas Krafft	Aqua-Novio'94	26.57	9303195	26.37	+0,88	D	
34.	Maurice Soudant	Nuenen	26.46	9302125	26.40	+0,72	D	
35.	Philippe Rivard	E.ON-NZA	26.05	9301209	26.46	+0,77	E	
36.	Gerben Fiere	De Warande	25.66	9102825	26.65	+0,75	E	
37.	Paul Koster	DIO	26.43	9304465	26.77	+0,84	E	
38.	Lars Sieval	LZ 1886	27.16	9300723	27.13	+0,82	E	
39.	Mart Hendriks	Tritium (SG)	26.92	9304079	27.34	+0,69	E	
	Sven Kardol	Nuenen	26.64	9302135	27.34	+0,79	E	
DIS	Sven Jaeger	Hellas-Glana	25.35	8301021	28.78	VM+0,76		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 39
20.12.2009 - 10:54

Meisjes, 50m vlinderslag

Jeugd 1 en 2
Resultaten Voorrunde

Wereld Record	24.38	Therese Alshammar	Singapore (SIN)	22.11.2009
Europees Record	24.38	Therese Alshammar	Singapore (SIN)	22.11.2009
Nederlands Record Senioren	25.00	Inge Dekker/Hinkelien Schreuder	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	27.48	Ranomi Kromowidjojo	Palma de Mallorca (ESP)	07.07.2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Kira Toussaint	E.ON-NZA	28.57	9400990	27.99	+0,71	A+ A
2.	Parand Zarekiani	E.ON-NZA	28.81	9402150	28.53	+0,83	A B
3.	Femke Leenstra	Orca	28.94	9503038	28.64	+0,79	A B
4.	Christel Vinke	ZVZ	29.42	9400152	28.97	+0,79	B R
5.	Inge Pepping	De Rijn	28.87	9402308	29.24	+0,92	C
6.	Karlijn Hoogstede	Zeester Meerval	29.90	9404800	29.50	+0,82	C
7.	Katie Simms	Ealing Swimming Club	29.95	313966	30.16	+0,59	D
8.	Roos Brugman	ZV Westland Dijkglas	30.33	9500724	30.34	+0,86	D
9.	Annika Arvin	De Dolfijn	30.52	9500008	30.43	+0,74	E
10.	Michelle de Bruijn	TRB-RES	29.57	9503090	30.69	+0,85	E
11.	Pascalie Spiekerman	WZ&PC Purmerend	29.79	9403030	31.01	+0,89	E
12.	Karin Groen	GZVW	30.51	9502440	31.39	+0,94	E
13.	Sylvia Dik	TriVia	30.12	9501064	31.54	+0,94	E

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20.12.2009 - 10:54

Dames, 50m vlinderslag

all-in

Resultaten Voorrunde

Wereld Record	24.38	Therese Alshammar	Singapore (SIN)	22.11.2009
Europees Record	24.38	Therese Alshammar	Singapore (SIN)	22.11.2009
Nederlands Record Senioren	25.00	Inge Dekker/Hinkelien Schreuder	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	27.48	Ranomi Kromowidjojo	Palma de Mallorca (ESP)	07.07.2006

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Elise Bouwens	E.ON-NZA	28.05	9103964	27.56	+0,86	B A
2.	Chantal Groot	De Dolfijn	26.16	8200562	27.58	+0,83	C A
3.	Willemijn Knot	De Dolfijn	27.28	9002010	27.89	+0,79	C A
4.	Kira Toussaint	E.ON-NZA	28.57	9400990	27.99	+0,71	A+ A
5.	Ilse Kraaijeveld	Orca	27.85	9002110	28.29	+0,82	D A
6.	Lotte Goosen	DIO	27.94	9205306	28.30	+0,79	C A
7.	Lenneke van Schaik	De Dolfijn	27.30	8603124	28.35	+0,91	D A
	Kelly de Jong	E.ON-NZA	27.59	9101474	28.35	+0,81	D A
9.	Jessica Spruit	Eiffel Swimmers PSV	27.19	9103756	28.46	+0,77	D B
10.	Parand Zarekiani	E.ON-NZA	28.81	9402150	28.53	+0,83	A B
11.	Danielle Villars	Swiss Swimming Federation	27.31	14972	28.63	+0,75	C B
12.	Femke Leenstra	Orca	28.94	9503038	28.64	+0,79	A B
13.	Lisa Dreesens	Noord Limburg(SG)	28.07	9105798	28.65	+0,90	D B
14.	Eloise Barber	University of Stirling	28.06	30561	28.69	+0,84	D B
15.	Milou Julicher	Wiekslag	28.96	9301320	28.76	+0,70	C B
16.	Chantal Senden	ZC Valkenburg	29.19	9300698	28.78	+0,79	C B
17.	Marina Ribic	Swiss Swimming Federation	28.48	1036	28.79	+0,89	E R
18.	Christel Vinke	ZVZ	29.42	9400152	28.97	+0,79	B R
19.	Andrea Kneppers	Zwemvereniging Hoorn	28.69	9302216	29.00	+0,73	D
20.	Kyra Rietveld	TriVia	27.78	9300624	29.03	+0,85	D
21.	Inge Pepping	De Rijn	28.87	9402308	29.24	+0,92	C
22.	Karlijn Hoogstede	Zeester Meerval	29.90	9404800	29.50	+0,82	C
23.	Manon Minneboo	De Stormvogel	29.10	9301548	29.69	+0,78	E
24.	Kelly ter Doest	Zwem- en Poloclub De Hof	28.22	9100750	30.06	+0,81	
25.	Katie Simms	Ealing Swimming Club	29.95	313966	30.16	+0,59	D
26.	Roos Brugman	ZV Westland Dijkglas	30.33	9500724	30.34	+0,86	D
27.	Sanne Huisman	DZ&PC	29.42	9301998	30.35	+0,81	E
28.	Annika Arvin	De Dolfijn	30.52	9500008	30.43	+0,74	E
29.	Laura Verwig	SV Beider Basel	29.37	93verwig	30.63	+0,87	E
30.	Michelle de Bruijn	TRB-RES	29.57	9503090	30.69	+0,85	E
31.	Pascalie Spiekerman	WZ&PC Purmerend	29.79	9403030	31.01	+0,89	E
32.	Karin Groen	GZVW	30.51	9502440	31.39	+0,94	E
33.	Sylvia Dik	TriVia	30.12	9501064	31.54	+0,94	E
NG.ZA	Lucy Ellis	University of Stirling	27.74	36779			

Open Nederlandse Kampioenschappen 2009
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Programmanr. 40
20.12.2009 - 11:02

Jongens, 1500m vrije slag

Jeugd 1 en 2
Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07.08.2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09.12.2006
Nederlands Record Senioren	14:41.14	Job Kienhuis	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18.12.2005

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Thomas Sunter	City of Sheffield Swim Squad	15:49.05	25388	15:36.59	+0,85 A+
	50m: 28.50	28.50	450m: 4:36.43	31.42	850m: 8:47.70	31.45
	100m: 58.78	30.28	500m: 5:07.69	31.26	900m: 9:19.06	31.36
	150m: 1:29.60	30.82	550m: 5:38.92	31.23	950m: 9:50.70	31.64
	200m: 2:00.18	30.58	600m: 6:10.35	31.43	1000m: 10:22.44	31.74
	250m: 2:31.55	31.37	650m: 6:41.72	31.37	1050m: 10:54.33	31.89
	300m: 3:02.40	30.85	700m: 7:13.05	31.33	1100m: 11:25.99	31.66
	350m: 3:33.59	31.19	750m: 7:44.73	31.68	1150m: 11:57.62	31.63
	400m: 4:05.01	31.42	800m: 8:16.25	31.52	1200m: 12:29.16	31.54
2.	Ricky Speed	City of Sheffield Swim Squad	16:08.57	27480	15:53.18	+0,81 B
	50m: 28.25	28.25	450m: 4:40.17	31.97	850m: 8:55.80	32.23
	100m: 58.93	30.68	500m: 5:11.76	31.59	900m: 9:27.96	32.16
	150m: 1:30.02	31.09	550m: 5:43.54	31.78	950m: 10:00.14	32.18
	200m: 2:01.39	31.37	600m: 6:15.48	31.94	1000m: 10:32.17	32.03
	250m: 2:32.96	31.57	650m: 6:47.46	31.98	1050m: 11:04.47	32.30
	300m: 3:04.73	31.77	700m: 7:19.36	31.90	1100m: 11:37.09	32.62
	350m: 3:36.35	31.62	750m: 7:51.35	31.99	1150m: 12:09.33	32.24
	400m: 4:08.20	31.85	800m: 8:23.57	32.22	1200m: 12:41.51	32.18
3.	Ferry Weertman	DWK	15:35.48	9201461	15:58.41	+1,16 B
	50m: 28.30	28.30	450m: 4:43.89	32.51	850m: 9:02.11	32.02
	100m: 59.39	31.09	500m: 5:16.13	32.24	900m: 9:34.11	32.00
	150m: 1:31.03	31.64	550m: 5:48.72	32.59	950m: 10:06.47	32.36
	200m: 2:02.88	31.85	600m: 6:21.14	32.42	1000m: 10:38.68	32.21
	250m: 2:35.13	32.25	650m: 6:53.68	32.54	1050m: 11:10.91	32.23
	300m: 3:07.40	32.27	700m: 7:25.65	31.97	1100m: 11:43.58	32.67
	350m: 3:39.43	32.03	750m: 7:57.74	32.09	1150m: 12:15.97	32.39
	400m: 4:11.38	31.95	800m: 8:30.09	32.35	1200m: 12:48.47	32.50
4.	Niek Pereboom	WVZ	16:44.34	9305395	16:25.63	+0,92 C
	50m: 29.14	29.14	450m: 4:53.04	33.03	850m: 9:15.67	33.24
	100m: 1:01.64	32.50	500m: 5:25.86	32.82	900m: 9:48.69	33.02
	150m: 1:34.82	33.18	550m: 5:58.70	32.84	950m: 10:22.08	33.39
	200m: 2:07.86	33.04	600m: 6:31.21	32.51	1000m: 10:55.38	33.30
	250m: 2:40.84	32.98	650m: 7:03.82	32.61	1050m: 11:28.77	33.39
	300m: 3:13.74	32.90	700m: 7:36.50	32.68	1100m: 12:02.17	33.40
	350m: 3:46.87	33.13	750m: 8:09.59	33.09	1150m: 12:35.76	33.59
	400m: 4:20.01	33.14	800m: 8:42.43	32.84	1200m: 13:09.29	33.53
5.	Jens Bakker	E.ON-NZA	16:49.33	9300021	16:38.72	+0,92 D
	50m: 30.02	30.02	450m: 4:54.31	33.05	850m: 9:20.94	33.87
	100m: 1:02.77	32.75	500m: 5:27.71	33.40	900m: 9:54.14	33.20
	150m: 1:36.13	33.36	550m: 6:00.93	33.22	950m: 10:28.40	34.26
	200m: 2:09.59	33.46	600m: 6:34.12	33.19	1000m: 11:02.61	34.21
	250m: 2:42.33	32.74	650m: 7:06.91	32.79	1050m: 11:36.51	33.90
	300m: 3:15.17	32.84	700m: 7:39.89	32.98	1100m: 12:10.49	33.98
	350m: 3:48.37	33.20	750m: 8:13.38	33.49	1150m: 12:44.40	33.91
	400m: 4:21.26	32.89	800m: 8:47.07	33.69	1200m: 13:18.27	33.87
6.	Bernd Kobesen	RTC-Drachten	16:34.38	9300981	16:41.45	+0,66 D
	50m: 28.72	28.72	450m: 4:53.75	33.61	850m: 9:25.41	34.07
	100m: 1:00.89	32.17	500m: 5:27.61	33.86	900m: 9:59.43	34.02
	150m: 1:33.80	32.91	550m: 6:01.36	33.75	950m: 10:33.46	34.03
	200m: 2:07.06	33.26	600m: 6:35.34	33.98	1000m: 11:07.77	34.31
	250m: 2:40.38	33.32	650m: 7:09.33	33.99	1050m: 11:42.03	34.26
	300m: 3:13.45	33.07	700m: 7:43.14	33.81	1100m: 12:15.95	33.92
	350m: 3:46.60	33.15	750m: 8:17.13	33.99	1150m: 12:49.72	33.77
	400m: 4:20.14	33.54	800m: 8:51.34	34.21	1200m: 13:23.41	33.69
7.	Bart Dunweg	Vlaardingen	17:15.41	9301763	16:49.32	+0,80 D
	50m: 29.37	29.37	450m: 5:02.23	34.38	850m: 9:31.40	34.25
	100m: 1:02.86	33.49	500m: 5:36.10	33.87	900m: 10:04.88	33.48
	150m: 1:37.10	34.24	550m: 6:08.67	32.57	950m: 10:38.77	33.89
	200m: 2:11.66	34.56	600m: 6:42.67	34.00	1000m: 11:12.23	33.46
	250m: 2:46.37	34.71	650m: 7:16.48	33.81	1050m: 11:46.37	34.14
	300m: 3:20.30	33.93	700m: 7:50.56	34.08	1100m: 12:19.66	33.29
	350m: 3:53.90	33.60	750m: 8:23.54	32.98	1150m: 12:53.56	33.90
	400m: 4:27.85	33.95	800m: 8:57.15	33.61	1200m: 13:27.75	34.19

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.
8.	Victor Poot	Vlaardingen	16:48.00	9203651	16:54.30	+0,77 E
	50m: 29.04	29.04	450m: 4:52.20	33.58	850m: 9:26.89	34.71
	100m: 1:00.71	31.67	500m: 5:25.87	33.67	900m: 10:01.67	34.78
	150m: 1:33.06	32.35	550m: 5:59.48	33.61	950m: 10:36.72	35.05
	200m: 2:05.89	32.83	600m: 6:33.64	34.16	1000m: 11:12.01	35.29
	250m: 2:39.02	33.13	650m: 7:08.10	34.46	1050m: 11:47.99	35.98
	300m: 3:12.01	32.99	700m: 7:42.57	34.47	1100m: 12:23.33	35.34
	350m: 3:45.49	33.48	750m: 8:17.52	34.95	1150m: 12:57.64	34.31
	400m: 4:18.62	33.13	800m: 8:52.18	34.66	1200m: 13:32.52	34.88
9.	Marcel Schouten	Haerlem'04 (SG)	16:27.44	9300653	16:57.32	+0,87 D
	50m: 28.67	28.67	450m: 4:53.32	33.13	850m: 9:21.85	34.30
	100m: 1:00.80	32.13	500m: 5:26.63	33.31	900m: 9:56.36	34.51
	150m: 1:33.81	33.01	550m: 5:59.45	32.82	950m: 10:30.75	34.39
	200m: 2:06.79	32.98	600m: 6:32.81	33.36	1000m: 11:05.77	35.02
	250m: 2:39.77	32.98	650m: 7:06.20	33.39	1050m: 11:40.42	34.65
	300m: 3:13.01	33.24	700m: 7:39.76	33.56	1100m: 12:15.93	35.51
	350m: 3:46.58	33.57	750m: 8:13.73	33.97	1150m: 12:51.78	35.85
	400m: 4:20.19	33.61	800m: 8:47.55	33.82	1200m: 13:28.30	36.52
10.	Giovanni den Ouden	De Devel	17:00.05	9300877	16:57.98	+0,81 D
	50m: 29.88	29.88	450m: 5:00.19	34.18	850m: 9:33.60	34.65
	100m: 1:02.96	33.08	500m: 5:33.75	33.56	900m: 10:07.71	34.11
	150m: 1:36.46	33.50	550m: 6:08.59	34.84	950m: 10:42.12	34.41
	200m: 2:11.11	34.65	600m: 6:42.85	34.26	1000m: 11:16.29	34.17
	250m: 2:45.07	33.96	650m: 7:16.89	34.04	1050m: 11:50.62	34.33
	300m: 3:18.29	33.22	700m: 7:50.97	34.08	1100m: 12:25.01	34.39
	350m: 3:52.23	33.94	750m: 8:24.86	33.89	1150m: 12:59.34	34.33
	400m: 4:26.01	33.78	800m: 8:58.95	34.09	1200m: 13:33.81	34.47
11.	Mitch Notten	ZC Valkenburg	16:22.38	9202505	17:11.92	+0,91 E
	50m: 28.46	28.46	450m: 4:50.15	33.64	850m: 9:28.80	35.50
	100m: 59.72	31.26	500m: 5:24.38	34.23	900m: 10:04.28	35.48
	150m: 1:31.74	32.02	550m: 5:58.62	34.24	950m: 10:40.05	35.77
	200m: 2:03.92	32.18	600m: 6:33.33	34.71	1000m: 11:15.79	35.74
	250m: 2:36.67	32.75	650m: 7:07.95	34.62	1050m: 11:51.73	35.94
	300m: 3:09.77	33.10	700m: 7:43.06	35.11	1100m: 12:27.60	35.87
	350m: 3:43.22	33.45	750m: 8:17.85	34.79	1150m: 13:03.81	36.21
	400m: 4:16.51	33.29	800m: 8:53.30	35.45	1200m: 13:39.56	35.75
12.	Pim Kienhuis	De Dinkel	17:24.73	9300263	17:13.80	+0,96 E
	50m: 29.56	29.56	450m: 5:00.80	34.76	850m: 9:39.38	35.08
	100m: 1:02.68	33.12	500m: 5:35.13	34.33	900m: 10:13.95	34.57
	150m: 1:36.69	34.01	550m: 6:10.04	34.91	950m: 10:49.76	35.81
	200m: 2:09.96	33.27	600m: 6:44.51	34.47	1000m: 11:24.56	34.80
	250m: 2:43.61	33.65	650m: 7:19.56	35.05	1050m: 11:59.31	34.75
	300m: 3:17.55	33.94	700m: 7:54.48	34.92	1100m: 12:35.05	35.74
	350m: 3:51.66	34.11	750m: 8:28.64	34.16	1150m: 13:11.07	36.02
	400m: 4:26.04	34.38	800m: 9:04.30	35.66	1200m: 13:47.06	35.99
13.	Wouter Kaman	Aquarijn	17:37.70	9300241	17:14.33	+0,81 E
	50m: 29.96	29.96	450m: 5:04.30	35.01	850m: 9:44.21	35.07
	100m: 1:02.97	33.01	500m: 5:39.04	34.74	900m: 10:18.89	34.68
	150m: 1:36.83	33.86	550m: 6:13.80	34.76	950m: 10:53.92	35.03
	200m: 2:11.58	34.75	600m: 6:48.84	35.04	1000m: 11:28.48	34.56
	250m: 2:45.86	34.28	650m: 7:24.11	35.27	1050m: 12:03.10	34.62
	300m: 3:20.44	34.58	700m: 7:58.92	34.81	1100m: 12:37.96	34.86
	350m: 3:54.77	34.33	750m: 8:34.24	35.32	1150m: 13:12.94	34.98
	400m: 4:29.29	34.52	800m: 9:09.14	34.90	1200m: 13:47.52	34.58
14.	Maurice Soudant	Nuenen	17:36.77	9302125	17:18.89	+0,71 E
	50m: 28.39	28.39	450m: 5:00.20	34.34	850m: 9:43.67	35.81
	100m: 1:01.38	32.99	500m: 5:35.05	34.85	900m: 10:18.60	34.93
	150m: 1:35.48	34.10	550m: 6:09.74	34.69	950m: 10:54.31	35.71
	200m: 2:09.70	34.22	600m: 6:44.54	34.80	1000m: 11:29.05	34.74
	250m: 2:43.72	34.02	650m: 7:19.46	34.92	1050m: 12:04.52	35.47
	300m: 3:18.04	34.32	700m: 7:54.66	35.20	1100m: 12:39.67	35.15
	350m: 3:51.97	33.93	750m: 8:31.14	36.48	1150m: 13:15.55	35.88
	400m: 4:25.86	33.89	800m: 9:07.86	36.72	1200m: 13:50.30	34.75
15.	Timo Dinkelberg	Vlaardingen	17:19.25	9300773	17:19.37	+0,80 E
	50m: 29.41	29.41	450m: 5:04.17	34.08	850m: 9:41.24	35.08
	100m: 1:02.79	33.38	500m: 5:38.28	34.11	900m: 10:16.21	34.97
	150m: 1:37.27	34.48	550m: 6:12.63	34.35	950m: 10:51.69	35.48
	200m: 2:11.95	34.68	600m: 6:46.75	34.12	1000m: 11:27.56	35.87
	250m: 2:46.70	34.75	650m: 7:21.60	34.85	1050m: 12:03.41	35.85
	300m: 3:22.04	35.34	700m: 7:56.22	34.62	1100m: 12:39.04	35.63
	350m: 3:56.20	34.16	750m: 8:31.05	34.83	1150m: 13:14.41	35.37
	400m: 4:30.09	33.89	800m: 9:06.16	35.11	1200m: 13:50.50	36.09

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		intijd	intijd	tijd	RT	niv.
16.	Daniel Langerveld	De Fuut	17:01.91		9302989	17:22.14	+0,83	E	
	50m: 30.06	30.06	450m: 5:04.21	34.81	850m: 9:45.88	34.47	1250m: 14:29.32	35.07	
	100m: 1:03.34	33.28	500m: 5:39.67	35.46	900m: 10:21.28	35.40	1300m: 15:05.39	36.07	
	150m: 1:37.19	33.85	550m: 6:15.27	35.60	950m: 10:56.88	35.60	1350m: 15:39.75	34.36	
	200m: 2:11.18	33.99	600m: 6:50.81	35.54	1000m: 11:32.44	35.56	1400m: 16:14.51	34.76	
	250m: 2:45.76	34.58	650m: 7:26.83	36.02	1050m: 12:07.60	35.16	1450m: 16:48.86	34.35	
	300m: 3:19.95	34.19	700m: 8:02.41	35.58	1100m: 12:42.91	35.31	1500m: 17:22.14	33.28	
	350m: 3:54.44	34.49	750m: 8:37.90	35.49	1150m: 13:18.53	35.62			
	400m: 4:29.40	34.96	800m: 9:11.41	33.51	1200m: 13:54.25	35.72			
17.	Kasper Leeuw	De Dinkel	17:25.31		9304435	17:27.32	+1,02	E	
	50m: 30.17	30.17	450m: 5:07.31	34.88	850m: 9:51.01	35.59	1250m: 14:34.66	35.23	
	100m: 1:03.50	33.33	500m: 5:42.70	35.39	900m: 10:26.71	35.70	1300m: 15:09.55	34.89	
	150m: 1:37.85	34.35	550m: 6:17.99	35.29	950m: 11:02.05	35.34	1350m: 15:44.32	34.77	
	200m: 2:12.67	34.82	600m: 6:53.30	35.31	1000m: 11:37.69	35.64	1400m: 16:19.19	34.87	
	250m: 2:47.35	34.68	650m: 7:28.69	35.39	1050m: 12:13.23	35.54	1450m: 16:53.89	34.70	
	300m: 3:22.35	35.00	700m: 8:04.28	35.59	1100m: 12:48.54	35.31	1500m: 17:27.32	33.43	
	350m: 3:57.32	34.97	750m: 8:39.76	35.48	1150m: 13:23.86	35.32			
	400m: 4:32.43	35.11	800m: 9:15.42	35.66	1200m: 13:59.43	35.57			
18.	Dennis Cramer	Appingedam	16:46.96		9200199	17:31.01	+0,86		
	50m: 29.25	29.25	450m: 5:05.60	35.20	850m: 9:50.33	36.07	1250m: 14:36.21	36.13	
	100m: 1:01.66	32.41	500m: 5:41.18	35.58	900m: 10:25.94	35.61	1300m: 15:12.28	36.07	
	150m: 1:36.75	35.09	550m: 6:16.43	35.25	950m: 11:01.94	36.00	1350m: 15:47.44	35.16	
	200m: 2:11.40	34.65	600m: 6:52.34	35.91	1000m: 11:37.74	35.80	1400m: 16:23.19	35.75	
	250m: 2:46.82	35.42	650m: 7:27.43	35.09	1050m: 12:13.19	35.45	1450m: 16:57.63	34.44	
	300m: 3:20.83	34.01	700m: 8:03.18	35.75	1100m: 12:49.01	35.82	1500m: 17:31.01	33.38	
	350m: 3:55.62	34.79	750m: 8:38.64	35.46	1150m: 13:24.57	35.56			
	400m: 4:30.40	34.78	800m: 9:14.26	35.62	1200m: 14:00.08	35.51			
19.	Nick Duivenvoorden	Noordwijkerhout	17:36.15		9300731	17:33.69	+0,74	E	
	50m: 29.72	29.72	450m: 5:08.87	35.90	850m: 9:53.78	35.69	1250m: 14:39.94	35.73	
	100m: 1:02.93	33.21	500m: 5:44.10	35.23	900m: 10:29.31	35.53	1300m: 15:15.39	35.45	
	150m: 1:37.29	34.36	550m: 6:19.82	35.72	950m: 11:05.19	35.88	1350m: 15:50.62	35.23	
	200m: 2:11.93	34.64	600m: 6:55.40	35.58	1000m: 11:41.02	35.83	1400m: 16:26.03	35.41	
	250m: 2:46.77	34.84	650m: 7:31.22	35.82	1050m: 12:16.65	35.63	1450m: 17:01.10	35.07	
	300m: 3:22.08	35.31	700m: 8:07.00	35.78	1100m: 12:52.62	35.97	1500m: 17:33.69	32.59	
	350m: 3:57.61	35.53	750m: 8:42.62	35.62	1150m: 13:28.39	35.77			
	400m: 4:32.97	35.36	800m: 9:18.09	35.47	1200m: 14:04.21	35.82			
20.	Sebastian de Been	De Warande	17:18.16		9302233	17:47.17	+0,79		
	50m: 29.13	29.13	450m: 5:06.42	35.78	850m: 9:54.03	36.43	1250m: 14:46.00	36.64	
	100m: 1:02.48	33.35	500m: 5:41.97	35.55	900m: 10:30.14	36.11	1300m: 15:22.61	36.61	
	150m: 1:36.80	34.32	550m: 6:17.55	35.58	950m: 11:06.94	36.80	1350m: 15:59.04	36.43	
	200m: 2:10.89	34.09	600m: 6:53.72	36.17	1000m: 11:43.14	36.20	1400m: 16:35.30	36.26	
	250m: 2:45.34	34.45	650m: 7:29.62	35.90	1050m: 12:19.58	36.44	1450m: 17:11.32	36.02	
	300m: 3:20.01	34.67	700m: 8:05.34	35.72	1100m: 12:55.82	36.24	1500m: 17:47.17	35.85	
	350m: 3:55.09	35.08	750m: 8:41.24	35.90	1150m: 13:32.75	36.93			
	400m: 4:30.64	35.55	800m: 9:17.60	36.36	1200m: 14:09.36	36.61			
21.	Thomas van Mierlo	Eiffel Swimmers PSV	17:30.21		9300353	17:48.10	+0,85		
	50m: 29.93	29.93	450m: 5:08.79	35.43	850m: 9:56.78	36.32	1250m: 14:48.21	36.69	
	100m: 1:03.88	33.95	500m: 5:44.34	35.55	900m: 10:33.19	36.41	1300m: 15:24.67	36.46	
	150m: 1:38.28	34.40	550m: 6:19.91	35.57	950m: 11:09.29	36.10	1350m: 16:01.40	36.73	
	200m: 2:13.07	34.79	600m: 6:56.02	36.11	1000m: 11:45.80	36.51	1400m: 16:37.92	36.52	
	250m: 2:47.86	34.79	650m: 7:32.11	36.09	1050m: 12:21.93	36.13	1450m: 17:13.69	35.77	
	300m: 3:22.75	34.89	700m: 8:08.19	36.08	1100m: 12:58.50	36.57	1500m: 17:48.10	34.41	
	350m: 3:57.73	34.98	750m: 8:44.42	36.23	1150m: 13:35.15	36.65			
	400m: 4:33.36	35.63	800m: 9:20.46	36.04	1200m: 14:11.52	36.37			
NG	Sonny Corré	Luctor et Emergo	16:59.13		9303615				
	50m:		450m:		850m:		1250m:		
	100m:		500m:		900m:		1300m:		
	150m:		550m:		950m:		1350m:		
	200m:		600m:		1000m:		1400m:		
	250m:		650m:		1050m:		1450m:		
	300m:		700m:		1100m:		1500m:		
	350m:		750m:		1150m:				
	400m:		800m:		1200m:				

Open Nederlandse Kampioenschappen 2009
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Programmanr. 40, Heren, 1500m vrije slag

Programmanr. 40
20.12.2009 - 11:02

Heren, 1500m vrije slag

all-in
Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07.08.2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09.12.2006
Nederlands Record Senioren	14:41.14	Job Kienhuis	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18.12.2005

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Job Kienhuis	Eiffel Swimmers PSV	14:45.91	8901631	14:48.72	+0,94 A+
	<i>Kampioenschaps Record</i>					
	50m: 26.96	26.96	450m: 4:23.53	29.65	850m: 8:22.68	29.83
	100m: 55.81	28.85	500m: 4:53.35	29.82	900m: 8:52.47	29.79
	150m: 1:25.18	29.37	550m: 5:23.53	30.18	950m: 9:22.30	29.83
	200m: 1:55.00	29.82	600m: 5:53.32	29.79	1000m: 9:51.97	29.67
	250m: 2:24.55	29.55	650m: 6:23.25	29.93	1050m: 10:21.87	29.90
	300m: 2:54.24	29.69	700m: 6:53.17	29.92	1100m: 10:51.32	29.45
	350m: 3:24.01	29.77	750m: 7:23.04	29.87	1150m: 11:21.28	29.96
	400m: 3:53.88	29.87	800m: 7:52.85	29.81	1200m: 11:50.98	29.70
2.	Anders Lie	Danish Swimming Federation	15:06.35	9105AF	15:08.72	+0,82 A+
	50m: 27.54	27.54	450m: 4:29.19	30.61	850m: 8:33.91	30.75
	100m: 56.92	29.38	500m: 4:59.65	30.46	900m: 9:04.64	30.73
	150m: 1:26.77	29.85	550m: 5:30.01	30.36	950m: 9:35.35	30.71
	200m: 1:56.88	30.11	600m: 6:00.54	30.53	1000m: 10:05.92	30.57
	250m: 2:27.21	30.33	650m: 6:31.05	30.51	1050m: 10:36.37	30.45
	300m: 2:57.53	30.32	700m: 7:01.71	30.66	1100m: 11:06.83	30.46
	350m: 3:28.05	30.52	750m: 7:32.40	30.69	1150m: 11:37.18	30.35
	400m: 3:58.58	30.53	800m: 8:03.16	30.76	1200m: 12:07.81	30.63
3.	Damien Cattin Vidal	Club des Vikings de Rouen	15:21.16	88vidal	15:27.12	+0,87 A
	50m: 27.66	27.66	450m: 4:32.54	30.74	850m: 8:42.07	31.03
	100m: 57.03	29.37	500m: 5:03.66	31.12	900m: 9:13.85	31.78
	150m: 1:27.15	30.12	550m: 5:34.82	31.16	950m: 9:45.13	31.28
	200m: 1:57.99	30.84	600m: 6:06.25	31.43	1000m: 10:16.13	31.00
	250m: 2:28.81	30.82	650m: 6:37.24	30.99	1050m: 10:47.06	30.93
	300m: 3:00.02	31.21	700m: 7:08.57	31.33	1100m: 11:18.59	31.53
	350m: 3:31.09	31.07	750m: 7:39.81	31.24	1150m: 11:49.58	30.99
	400m: 4:01.80	30.71	800m: 8:11.04	31.23	1200m: 12:20.82	31.24
4.	Thomas Sunter	City of Sheffield Swim Squad	15:49.05	25388	15:36.59	+0,85 A+
	50m: 28.50	28.50	450m: 4:36.43	31.42	850m: 8:47.70	31.45
	100m: 58.78	30.28	500m: 5:07.69	31.26	900m: 9:19.06	31.36
	150m: 1:29.60	30.82	550m: 5:38.92	31.23	950m: 9:50.70	31.64
	200m: 2:00.18	30.58	600m: 6:10.35	31.43	1000m: 10:22.44	31.74
	250m: 2:31.55	31.37	650m: 6:41.72	31.37	1050m: 10:54.33	31.89
	300m: 3:02.40	30.85	700m: 7:13.05	31.33	1100m: 11:25.99	31.66
	350m: 3:33.59	31.19	750m: 7:44.73	31.68	1150m: 11:57.62	31.63
	400m: 4:05.01	31.42	800m: 8:16.25	31.52	1200m: 12:29.16	31.54
5.	Bryan Mannaart	Eiffel Swimmers PSV	15:58.73	9103445	15:36.80	+0,84 A
	50m: 28.21	28.21	450m: 4:35.21	31.25	850m: 8:47.95	31.96
	100m: 58.19	29.98	500m: 5:06.81	31.60	900m: 9:19.53	31.58
	150m: 1:28.68	30.49	550m: 5:38.11	31.30	950m: 9:51.13	31.60
	200m: 1:59.45	30.77	600m: 6:09.46	31.35	1000m: 10:22.76	31.63
	250m: 2:30.44	30.99	650m: 6:40.77	31.31	1050m: 10:54.27	31.51
	300m: 3:01.61	31.17	700m: 7:12.40	31.63	1100m: 11:25.95	31.68
	350m: 3:32.55	30.94	750m: 7:44.16	31.76	1150m: 11:57.49	31.54
	400m: 4:03.96	31.41	800m: 8:15.99	31.83	1200m: 12:29.58	32.09
6.	Davy Verreussel	Hellas-Glana	15:44.45	8903341	15:48.35	+0,91 C
	50m: 27.42	27.42	450m: 4:40.68	31.92	850m: 8:55.92	32.06
	100m: 57.90	30.48	500m: 5:12.76	32.08	900m: 9:27.69	31.77
	150m: 1:29.35	31.45	550m: 5:44.48	31.72	950m: 9:59.52	31.83
	200m: 2:00.91	31.56	600m: 6:16.53	32.05	1000m: 10:31.36	31.84
	250m: 2:33.05	32.14	650m: 6:48.31	31.78	1050m: 11:03.13	31.77
	300m: 3:05.29	32.24	700m: 7:20.12	31.81	1100m: 11:34.92	31.79
	350m: 3:36.56	31.27	750m: 7:51.98	31.86	1150m: 12:06.80	31.88
	400m: 4:08.76	32.20	800m: 8:23.86	31.88	1200m: 12:38.78	31.98
7.	Ricky Speed	City of Sheffield Swim Squad	16:08.57	27480	15:53.18	+0,81 B
	50m: 28.25	28.25	450m: 4:40.17	31.97	850m: 8:55.80	32.23
	100m: 58.93	30.68	500m: 5:11.76	31.59	900m: 9:27.96	32.16
	150m: 1:30.02	31.09	550m: 5:43.54	31.78	950m: 10:00.14	32.18
	200m: 2:01.39	31.37	600m: 6:15.48	31.94	1000m: 10:32.17	32.03
	250m: 2:32.96	31.57	650m: 6:47.46	31.98	1050m: 11:04.47	32.30
	300m: 3:04.73	31.77	700m: 7:19.36	31.90	1100m: 11:37.09	32.62
	350m: 3:36.35	31.62	750m: 7:51.35	31.99	1150m: 12:09.33	32.24
	400m: 4:08.20	31.85	800m: 8:23.57	32.22	1200m: 12:41.51	32.18

Open Nederlandse Kampioenschappen 2009
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Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam		vereniging		intijd		tijd	RT	niv.
8.	Ferry Weertman		DWK		15:35.48	9201461	15:58.41	+1,16	B
	50m: 28.30	28.30	450m: 4:43.89	32.51	850m: 9:02.11	32.02	1250m: 13:20.70		32.23
	100m: 58.39	31.09	500m: 5:16.13	32.24	900m: 9:34.11	32.00	1300m: 13:52.73		32.03
	150m: 1:31.03	31.64	550m: 5:48.72	32.59	950m: 10:06.47	32.36	1350m: 14:24.72		31.99
	200m: 2:02.88	31.85	600m: 6:21.14	32.42	1000m: 10:38.68	32.21	1400m: 14:57.04		32.32
	250m: 2:35.13	32.25	650m: 6:53.68	32.54	1050m: 11:10.91	32.23	1450m: 15:28.50		31.46
	300m: 3:07.40	32.27	700m: 7:25.65	31.97	1100m: 11:43.58	32.67	1500m: 15:58.41		29.91
	350m: 3:39.43	32.03	750m: 7:57.74	32.09	1150m: 12:15.97	32.39			
	400m: 4:11.38	31.95	800m: 8:30.09	32.35	1200m: 12:48.47	32.50			
9.	Mark Moussa		AZ&PC		15:52.81	9002059	16:00.20	+0,93	C
	50m: 27.86	27.86	450m: 4:40.37	31.89	850m: 8:57.46	32.23	1250m: 13:18.44		32.86
	100m: 58.49	30.63	500m: 5:12.43	32.06	900m: 9:29.96	32.50	1300m: 13:51.15		32.71
	150m: 1:29.79	31.30	550m: 5:44.32	31.89	950m: 10:02.29	32.33	1350m: 14:23.78		32.63
	200m: 2:01.29	31.50	600m: 6:16.38	32.06	1000m: 10:34.90	32.61	1400m: 14:56.39		32.61
	250m: 2:33.07	31.78	650m: 6:48.67	32.29	1050m: 11:07.52	32.62	1450m: 15:28.50		32.29
	300m: 3:05.04	31.97	700m: 7:20.88	32.21	1100m: 11:40.08	32.56	1500m: 16:00.20		31.52
	350m: 3:36.54	31.50	750m: 7:52.97	32.09	1150m: 12:12.87	32.79			
	400m: 4:08.48	31.94	800m: 8:25.23	32.26	1200m: 12:45.58	32.71			
10.	Ross Muir		University of Stirling		16:07.09	69791	16:11.64	+0,81	C
	50m: 29.50	29.50	450m: 4:46.86	31.72	850m: 9:05.82	32.33	1250m: 13:28.59		32.96
	100m: 1:01.11	31.61	500m: 5:18.88	32.02	900m: 9:38.67	32.85	1300m: 14:01.74		33.15
	150m: 1:33.23	32.12	550m: 5:50.99	32.11	950m: 10:11.35	32.68	1350m: 14:34.58		32.84
	200m: 2:05.89	32.66	600m: 6:23.30	32.31	1000m: 10:44.23	32.88	1400m: 15:07.51		32.93
	250m: 2:38.19	32.30	650m: 6:55.64	32.34	1050m: 11:16.96	32.73	1450m: 15:40.33		32.82
	300m: 3:10.46	32.27	700m: 7:28.12	32.48	1100m: 11:49.63	32.67	1500m: 16:11.64		31.31
	350m: 3:42.68	32.22	750m: 8:00.61	32.49	1150m: 12:22.47	32.84			
	400m: 4:15.14	32.46	800m: 8:33.49	32.88	1200m: 12:55.63	33.16			
11.	Vincent van Iperen		Orca		16:15.15	9106179	16:18.43	+0,84	D
	50m: 28.45	28.45	450m: 4:45.93	32.75	850m: 9:11.31	33.54	1250m: 13:37.27		33.20
	100m: 59.59	31.14	500m: 5:18.63	32.70	900m: 9:44.49	33.18	1300m: 14:11.07		33.80
	150m: 1:31.01	31.42	550m: 5:51.55	32.92	950m: 10:17.73	33.24	1350m: 14:43.51		32.44
	200m: 2:02.89	31.88	600m: 6:24.26	32.71	1000m: 10:50.62	32.89	1400m: 15:16.41		32.90
	250m: 2:35.45	32.56	650m: 6:57.33	33.07	1050m: 11:23.70	33.08	1450m: 15:48.65		32.24
	300m: 3:08.01	32.56	700m: 7:30.98	33.65	1100m: 11:57.58	33.88	1500m: 16:18.43		29.78
	350m: 3:40.59	32.58	750m: 8:04.70	33.72	1150m: 12:30.70	33.12			
	400m: 4:13.18	32.59	800m: 8:37.77	33.07	1200m: 13:04.07	33.37			
12.	Raymond van de Merwe		WVZ		16:13.08	8602077	16:18.46	+0,81	D
	50m: 28.58	28.58	450m: 4:48.41	32.66	850m: 9:10.49	32.85	1250m: 13:37.04		33.55
	100m: 1:00.18	31.60	500m: 5:20.79	32.38	900m: 9:43.66	33.17	1300m: 14:10.15		33.11
	150m: 1:32.39	32.21	550m: 5:53.46	32.67	950m: 10:16.84	33.18	1350m: 14:43.41		33.26
	200m: 2:04.82	32.43	600m: 6:26.33	32.87	1000m: 10:49.92	33.08	1400m: 15:17.07		33.66
	250m: 2:37.38	32.56	650m: 6:59.26	32.93	1050m: 11:23.32	33.40	1450m: 15:49.46		32.39
	300m: 3:10.08	32.70	700m: 7:32.00	32.74	1100m: 11:56.57	33.25	1500m: 16:18.46		29.00
	350m: 3:42.71	32.63	750m: 8:04.80	32.80	1150m: 12:29.92	33.35			
	400m: 4:15.75	33.04	800m: 8:37.64	32.84	1200m: 13:03.49	33.57			
13.	Niek Pereboom		WVZ		16:44.34	9305395	16:25.63	+0,92	C
	50m: 29.14	29.14	450m: 4:53.04	33.03	850m: 9:15.67	33.24	1250m: 13:42.78		33.49
	100m: 1:01.64	32.50	500m: 5:25.86	32.82	900m: 9:48.69	33.02	1300m: 14:16.35		33.57
	150m: 1:34.82	33.18	550m: 5:58.70	32.84	950m: 10:22.08	33.39	1350m: 14:49.38		33.03
	200m: 2:07.86	33.04	600m: 6:31.21	32.51	1000m: 10:55.38	33.30	1400m: 15:23.51		34.13
	250m: 2:40.84	32.98	650m: 7:03.82	32.61	1050m: 11:28.77	33.39	1450m: 15:56.82		33.31
	300m: 3:13.74	32.90	700m: 7:36.50	32.68	1100m: 12:02.17	33.40	1500m: 16:25.63		28.81
	350m: 3:46.87	33.13	750m: 8:09.59	33.09	1150m: 12:35.76	33.59			
	400m: 4:20.01	33.14	800m: 8:42.43	32.84	1200m: 13:09.29	33.53			
14.	Bo Wullings		KNZB		16:14.66	8904251	16:26.00	+0,93	E
	50m: 29.88	29.88	450m: 4:51.59	32.90	850m: 9:14.15	32.78	1250m: 13:39.36		33.18
	100m: 1:01.85	31.97	500m: 5:24.18	32.59	900m: 9:46.83	32.68	1300m: 14:13.26		33.90
	150m: 1:34.25	32.40	550m: 5:57.13	32.95	950m: 10:19.80	32.97	1350m: 14:47.02		33.76
	200m: 2:07.01	32.76	600m: 6:30.11	32.98	1000m: 10:52.68	32.88	1400m: 15:20.94		33.92
	250m: 2:39.89	32.88	650m: 7:03.09	32.98	1050m: 11:26.14	33.46	1450m: 15:53.91		32.97
	300m: 3:12.79	32.90	700m: 7:35.94	32.85	1100m: 11:59.45	33.31	1500m: 16:26.00		32.09
	350m: 3:45.87	33.08	750m: 8:08.61	32.67	1150m: 12:32.91	33.46			
	400m: 4:18.69	32.82	800m: 8:41.37	32.76	1200m: 13:06.18	33.27			
15.	Jens Bakker		E.ON-NZA		16:49.33	9300021	16:38.72	+0,92	D
	50m: 30.02	30.02	450m: 4:54.31	33.05	850m: 9:20.94	33.87	1250m: 13:52.64		34.37
	100m: 1:02.77	32.75	500m: 5:27.71	33.40	900m: 9:54.14	33.20	1300m: 14:26.39		33.75
	150m: 1:36.13	33.36	550m: 6:00.93	33.22	950m: 10:28.40	34.26	1350m: 15:00.50		34.11
	200m: 2:09.59	33.46	600m: 6:34.12	33.19	1000m: 11:02.61	34.21	1400m: 15:34.58		34.08
	250m: 2:42.33	32.74	650m: 7:06.91	32.79	1050m: 11:36.51	33.90	1450m: 16:07.79		33.21
	300m: 3:15.17	32.84	700m: 7:39.89	32.98	1100m: 12:10.49	33.98	1500m: 16:38.72		30.93
	350m: 3:48.37	33.20	750m: 8:13.38	33.49	1150m: 12:44.40	33.91			
	400m: 4:21.26	32.89	800m: 8:47.07	33.69	1200m: 13:18.27	33.87			

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Amsterdam, 18. - 20.12.2009

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd		intijd	intijd	tijd	RT	niv.
16.	Bernd Kobesen	RTC-Drachten	16:34.38		9300981	16:41.45	+0,66	D	
	50m: 28.72	28.72	450m: 4:53.75	33.61	850m: 9:25.41	34.07	1250m: 13:56.91	33.50	
	100m: 1:00.89	32.17	500m: 5:27.61	33.86	900m: 9:59.43	34.02	1300m: 14:30.52	33.61	
	150m: 1:33.80	32.91	550m: 6:01.36	33.75	950m: 10:33.46	34.03	1350m: 15:03.95	33.43	
	200m: 2:07.06	33.26	600m: 6:35.34	33.98	1000m: 11:07.77	34.31	1400m: 15:37.23	33.28	
	250m: 2:40.38	33.32	650m: 7:09.33	33.99	1050m: 11:42.03	34.26	1450m: 16:10.39	33.16	
	300m: 3:13.45	33.07	700m: 7:43.14	33.81	1100m: 12:15.95	33.92	1500m: 16:41.45	31.06	
	350m: 3:46.60	33.15	750m: 8:17.13	33.99	1150m: 12:49.72	33.77			
	400m: 4:20.14	33.54	800m: 8:51.34	34.21	1200m: 13:23.41	33.69			
17.	Felix Broekhuizen	E.ON-NZA	16:09.88		9000439	16:42.36	+0,85	E	
	50m: 30.06	30.06	450m: 4:50.54	32.49	850m: 9:16.73	33.58	1250m: 13:50.90	34.46	
	100m: 1:02.81	32.75	500m: 5:23.23	32.69	900m: 9:50.90	34.17	1300m: 14:25.93	35.03	
	150m: 1:35.11	32.30	550m: 5:56.29	33.06	950m: 10:25.03	34.13	1350m: 15:00.30	34.37	
	200m: 2:07.76	32.65	600m: 6:29.10	32.81	1000m: 10:59.48	34.45	1400m: 15:34.36	34.06	
	250m: 2:40.26	32.50	650m: 7:02.57	33.47	1050m: 11:34.06	34.58	1450m: 16:08.54	34.18	
	300m: 3:12.88	32.62	700m: 7:35.79	33.22	1100m: 12:07.86	33.80	1500m: 16:42.36	33.82	
	350m: 3:45.20	32.32	750m: 8:09.24	33.45	1150m: 12:42.22	34.36			
	400m: 4:18.05	32.85	800m: 8:43.15	33.91	1200m: 13:16.44	34.22			
18.	Bart Dunweg	Vlaardingen	17:15.41		9301763	16:49.32	+0,80	D	
	50m: 29.37	29.37	450m: 5:02.23	34.38	850m: 9:31.40	34.25	1250m: 14:01.81	34.06	
	100m: 1:02.86	33.49	500m: 5:36.10	33.87	900m: 10:04.88	33.48	1300m: 14:35.87	34.06	
	150m: 1:37.10	34.24	550m: 6:08.67	32.57	950m: 10:38.77	33.89	1350m: 15:10.13	34.26	
	200m: 2:11.66	34.56	600m: 6:42.67	34.00	1000m: 11:12.23	33.46	1400m: 15:44.43	34.30	
	250m: 2:46.37	34.71	650m: 7:16.48	33.81	1050m: 11:46.37	34.14	1450m: 16:18.11	33.68	
	300m: 3:20.30	33.93	700m: 7:50.56	34.08	1100m: 12:19.66	33.29	1500m: 16:49.32	31.21	
	350m: 3:53.90	33.60	750m: 8:23.54	32.98	1150m: 12:53.56	33.90			
	400m: 4:27.85	33.95	800m: 8:57.15	33.61	1200m: 13:27.75	34.19			
19.	Marco van der Stel	Vlaardingen	16:34.78		9102879	16:50.68	+0,81	E	
	50m: 29.72	29.72	450m: 4:53.74	33.62	850m: 9:26.53	34.46	1250m: 14:00.41	34.49	
	100m: 1:02.11	32.39	500m: 5:27.18	33.44	900m: 10:00.63	34.10	1300m: 14:34.94	34.53	
	150m: 1:35.02	32.91	550m: 6:00.71	33.53	950m: 10:35.05	34.42	1350m: 15:09.13	34.19	
	200m: 2:07.77	32.75	600m: 6:34.59	33.88	1000m: 11:09.11	34.06	1400m: 15:43.55	34.42	
	250m: 2:40.60	32.83	650m: 7:08.69	34.10	1050m: 11:43.31	34.20	1450m: 16:17.83	34.28	
	300m: 3:13.58	32.98	700m: 7:43.04	34.35	1100m: 12:17.35	34.04	1500m: 16:50.68	32.85	
	350m: 3:46.84	33.26	750m: 8:17.57	34.53	1150m: 12:51.55	34.20			
	400m: 4:20.12	33.28	800m: 8:52.07	34.50	1200m: 13:25.92	34.37			
20.	Victor Poot	Vlaardingen	16:48.00		9203651	16:54.30	+0,77	E	
	50m: 29.04	29.04	450m: 4:52.20	33.58	850m: 9:26.89	34.71	1250m: 14:07.66	35.14	
	100m: 1:00.71	31.67	500m: 5:25.87	33.67	900m: 10:01.67	34.78	1300m: 14:41.82	34.16	
	150m: 1:33.06	32.35	550m: 5:59.48	33.61	950m: 10:36.72	35.05	1350m: 15:16.09	34.27	
	200m: 2:05.89	32.83	600m: 6:33.64	34.16	1000m: 11:12.01	35.29	1400m: 15:49.55	33.46	
	250m: 2:39.02	33.13	650m: 7:08.10	34.46	1050m: 11:47.99	35.98	1450m: 16:22.33	32.78	
	300m: 3:12.01	32.99	700m: 7:42.57	34.47	1100m: 12:23.33	35.34	1500m: 16:54.30	31.97	
	350m: 3:45.49	33.48	750m: 8:17.52	34.95	1150m: 12:57.64	34.31			
	400m: 4:18.62	33.13	800m: 8:52.18	34.66	1200m: 13:32.52	34.88			
21.	Marcel Schouten	Haerlem'04 (SG)	16:27.44		9300653	16:57.32	+0,87	D	
	50m: 28.67	28.67	450m: 4:53.32	33.13	850m: 9:21.85	34.30	1250m: 14:03.90	35.60	
	100m: 1:00.80	32.13	500m: 5:26.63	33.31	900m: 9:56.36	34.51	1300m: 14:40.18	36.28	
	150m: 1:33.81	33.01	550m: 5:59.45	32.82	950m: 10:30.75	34.39	1350m: 15:14.52	34.34	
	200m: 2:06.79	32.98	600m: 6:32.81	33.36	1000m: 11:05.77	35.02	1400m: 15:50.76	36.24	
	250m: 2:39.77	32.98	650m: 7:06.20	33.39	1050m: 11:40.42	34.65	1450m: 16:24.53	33.77	
	300m: 3:13.01	33.24	700m: 7:39.76	33.56	1100m: 12:15.93	35.51	1500m: 16:57.32	32.79	
	350m: 3:46.58	33.57	750m: 8:13.73	33.97	1150m: 12:51.78	35.85			
	400m: 4:20.19	33.61	800m: 8:47.55	33.82	1200m: 13:28.30	36.52			
22.	Giovanni den Ouden	De Devel	17:00.05		9300877	16:57.98	+0,81	D	
	50m: 29.88	29.88	450m: 5:00.19	34.18	850m: 9:33.60	34.65	1250m: 14:07.96	34.15	
	100m: 1:02.96	33.08	500m: 5:33.75	33.56	900m: 10:07.71	34.11	1300m: 14:42.84	34.88	
	150m: 1:36.46	33.50	550m: 6:08.59	34.84	950m: 10:42.12	34.41	1350m: 15:16.80	33.96	
	200m: 2:11.11	34.65	600m: 6:42.85	34.26	1000m: 11:16.29	34.17	1400m: 15:51.46	34.66	
	250m: 2:45.07	33.96	650m: 7:16.89	34.04	1050m: 11:50.62	34.33	1450m: 16:25.84	34.38	
	300m: 3:18.29	33.22	700m: 7:50.97	34.08	1100m: 12:25.01	34.39	1500m: 16:57.98	32.14	
	350m: 3:52.23	33.94	750m: 8:24.86	33.89	1150m: 12:59.34	34.33			
	400m: 4:26.01	33.78	800m: 8:58.95	34.09	1200m: 13:33.81	34.47			
23.	Mitch Notten	ZC Valkenburg	16:22.38		9202505	17:11.92	+0,91	E	
	50m: 28.46	28.46	450m: 4:50.15	33.64	850m: 9:28.80	35.50	1250m: 14:15.42	35.86	
	100m: 59.72	31.26	500m: 5:24.38	34.23	900m: 10:04.28	35.48	1300m: 14:51.67	36.25	
	150m: 1:31.74	32.02	550m: 5:58.62	34.24	950m: 10:40.05	35.77	1350m: 15:27.34	35.67	
	200m: 2:03.92	32.18	600m: 6:33.33	34.71	1000m: 11:15.79	35.74	1400m: 16:02.81	35.47	
	250m: 2:36.67	32.75	650m: 7:07.95	34.62	1050m: 11:51.73	35.94	1450m: 16:37.78	34.97	
	300m: 3:09.77	33.10	700m: 7:43.06	35.11	1100m: 12:27.60	35.87	1500m: 17:11.92	34.14	
	350m: 3:43.22	33.45	750m: 8:17.85	34.79	1150m: 13:03.81	36.21			
	400m: 4:16.51	33.29	800m: 8:53.30	35.45	1200m: 13:39.56	35.75			

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Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam		vereniging		intijd		tijd	RT	niv.
24.	Pim Kienhuis		De Dinkel		17:24.73	9300263	17:13.80	+0,96	E
	50m: 29.56	29.56	450m: 5:00.80	34.76	850m: 9:39.38	35.08	1250m: 14:21.06	34.00	
	100m: 1:02.68	33.12	500m: 5:35.13	34.33	900m: 10:13.95	34.57	1300m: 14:56.11	35.05	
	150m: 1:36.69	34.01	550m: 6:10.04	34.91	950m: 10:49.76	35.81	1350m: 15:31.37	35.26	
	200m: 2:09.96	33.27	600m: 6:44.51	34.47	1000m: 11:24.56	34.80	1400m: 16:06.23	34.86	
	250m: 2:43.61	33.65	650m: 7:19.56	35.05	1050m: 11:59.31	34.75	1450m: 16:41.10	34.87	
	300m: 3:17.55	33.94	700m: 7:54.48	34.92	1100m: 12:35.05	35.74	1500m: 17:13.80	32.70	
	350m: 3:51.66	34.11	750m: 8:28.64	34.16	1150m: 13:11.07	36.02			
	400m: 4:26.04	34.38	800m: 9:04.30	35.66	1200m: 13:47.06	35.99			
25.	Wouter Kaman		Aquarijn		17:37.70	9300241	17:14.33	+0,81	E
	50m: 29.96	29.96	450m: 5:04.30	35.01	850m: 9:44.21	35.07	1250m: 14:22.04	34.52	
	100m: 1:02.97	33.01	500m: 5:39.04	34.74	900m: 10:18.89	34.68	1300m: 14:56.71	34.67	
	150m: 1:36.83	33.86	550m: 6:13.80	34.76	950m: 10:53.92	35.03	1350m: 15:31.33	34.62	
	200m: 2:11.58	34.75	600m: 6:48.84	35.04	1000m: 11:28.48	34.56	1400m: 16:05.73	34.40	
	250m: 2:45.86	34.28	650m: 7:24.11	35.27	1050m: 12:03.10	34.62	1450m: 16:40.20	34.40	
	300m: 3:20.44	34.58	700m: 7:58.92	34.81	1100m: 12:37.96	34.86	1500m: 17:14.33	34.13	
	350m: 3:54.77	34.33	750m: 8:34.24	35.32	1150m: 13:12.94	34.98			
	400m: 4:29.29	34.52	800m: 9:09.14	34.90	1200m: 13:47.52	34.58			
26.	Maurice Soudant		Nuenen		17:36.77	9302125	17:18.89	+0,71	E
	50m: 28.39	28.39	450m: 5:00.20	34.34	850m: 9:43.67	35.81	1250m: 14:25.77	35.47	
	100m: 1:01.38	32.99	500m: 5:35.05	34.85	900m: 10:18.60	34.93	1300m: 15:00.73	34.96	
	150m: 1:35.48	34.10	550m: 6:09.74	34.69	950m: 10:54.31	35.71	1350m: 15:35.78	35.05	
	200m: 2:09.70	34.22	600m: 6:44.54	34.80	1000m: 11:29.05	34.74	1400m: 16:10.64	34.86	
	250m: 2:43.72	34.02	650m: 7:19.46	34.92	1050m: 12:04.52	35.47	1450m: 16:46.51	35.08	
	300m: 3:18.04	34.32	700m: 7:54.66	35.20	1100m: 12:39.67	35.15	1500m: 17:18.89	33.17	
	350m: 3:51.97	33.93	750m: 8:31.14	36.48	1150m: 13:15.55	35.88			
	400m: 4:25.86	33.89	800m: 9:07.86	36.72	1200m: 13:50.30	34.75			
27.	Timo Dinkelberg		Vlaardingen		17:19.25	9300773	17:19.37	+0,80	E
	50m: 29.41	29.41	450m: 5:04.17	34.08	850m: 9:41.24	35.08	1250m: 14:25.73	35.23	
	100m: 1:02.79	33.38	500m: 5:38.28	34.11	900m: 10:16.21	34.97	1300m: 15:01.76	36.03	
	150m: 1:37.27	34.48	550m: 6:12.63	34.35	950m: 10:51.69	35.48	1350m: 15:37.37	35.61	
	200m: 2:11.95	34.68	600m: 6:46.75	34.12	1000m: 11:27.56	35.87	1400m: 16:12.82	35.45	
	250m: 2:46.70	34.75	650m: 7:21.60	34.85	1050m: 12:03.41	35.85	1450m: 16:46.51	33.69	
	300m: 3:22.04	35.34	700m: 7:56.22	34.62	1100m: 12:39.04	35.63	1500m: 17:19.37	32.86	
	350m: 3:56.20	34.16	750m: 8:31.05	34.83	1150m: 13:14.41	35.37			
	400m: 4:30.09	33.89	800m: 9:06.16	35.11	1200m: 13:50.50	36.09			
28.	Daniel Langerveld		De Fuut		17:01.91	9302989	17:22.14	+0,83	E
	50m: 30.06	30.06	450m: 5:04.21	34.81	850m: 9:45.88	34.47	1250m: 14:29.32	35.07	
	100m: 1:03.34	33.28	500m: 5:39.67	35.46	900m: 10:21.28	35.40	1300m: 15:05.39	36.07	
	150m: 1:37.19	33.85	550m: 6:15.27	35.60	950m: 10:56.88	35.60	1350m: 15:39.75	34.36	
	200m: 2:11.18	33.99	600m: 6:50.81	35.54	1000m: 11:32.44	35.56	1400m: 16:14.51	34.76	
	250m: 2:45.76	34.58	650m: 7:26.83	36.02	1050m: 12:07.60	35.16	1450m: 16:48.86	34.35	
	300m: 3:19.95	34.19	700m: 8:02.41	35.58	1100m: 12:42.91	35.31	1500m: 17:22.14	33.28	
	350m: 3:54.44	34.49	750m: 8:37.90	35.49	1150m: 13:18.53	35.62			
	400m: 4:29.40	34.96	800m: 9:11.41	33.51	1200m: 13:54.25	35.72			
29.	Kasper Leeuw		De Dinkel		17:25.31	9304435	17:27.32	+1,02	E
	50m: 30.17	30.17	450m: 5:07.31	34.88	850m: 9:51.01	35.59	1250m: 14:34.66	35.23	
	100m: 1:03.50	33.33	500m: 5:42.70	35.39	900m: 10:26.71	35.70	1300m: 15:09.55	34.89	
	150m: 1:37.85	34.35	550m: 6:17.99	35.29	950m: 11:02.05	35.34	1350m: 15:44.32	34.77	
	200m: 2:12.67	34.82	600m: 6:53.30	35.31	1000m: 11:37.69	35.64	1400m: 16:19.19	34.87	
	250m: 2:47.35	34.68	650m: 7:28.69	35.39	1050m: 12:13.23	35.54	1450m: 16:53.89	34.70	
	300m: 3:22.35	35.00	700m: 8:04.28	35.59	1100m: 12:48.54	35.31	1500m: 17:27.32	33.43	
	350m: 3:57.32	34.97	750m: 8:39.76	35.48	1150m: 13:23.86	35.32			
	400m: 4:32.43	35.11	800m: 9:15.42	35.66	1200m: 13:59.43	35.57			
30.	Dennis Cramer		Appingedam		16:46.96	9200199	17:31.01	+0,86	
	50m: 29.25	29.25	450m: 5:05.60	35.20	850m: 9:50.33	36.07	1250m: 14:36.21	36.13	
	100m: 1:01.66	32.41	500m: 5:41.18	35.58	900m: 10:25.94	35.61	1300m: 15:12.28	36.07	
	150m: 1:36.75	35.09	550m: 6:16.43	35.25	950m: 11:01.94	36.00	1350m: 15:47.44	35.16	
	200m: 2:11.40	34.65	600m: 6:52.34	35.91	1000m: 11:37.74	35.80	1400m: 16:23.19	35.75	
	250m: 2:46.82	35.42	650m: 7:27.43	35.09	1050m: 12:13.19	35.45	1450m: 16:57.63	34.44	
	300m: 3:20.83	34.01	700m: 8:03.18	35.75	1100m: 12:49.01	35.82	1500m: 17:31.01	33.38	
	350m: 3:55.62	34.79	750m: 8:38.64	35.46	1150m: 13:24.57	35.56			
	400m: 4:30.40	34.78	800m: 9:14.26	35.62	1200m: 14:00.08	35.51			
31.	Matthijs Dekker		De Dolfijn		16:22.12	9000621	17:32.38	+0,99	
	50m: 30.45	30.45	450m: 5:03.67	35.18	850m: 9:48.56	33.75	1250m: 14:36.44	36.12	
	100m: 1:03.56	33.11	500m: 5:39.21	35.54	900m: 10:24.86	36.30	1300m: 15:12.73	36.29	
	150m: 1:37.12	33.56	550m: 6:14.63	35.42	950m: 11:00.65	35.79	1350m: 15:48.94	36.21	
	200m: 2:11.12	34.00	600m: 6:50.42	35.79	1000m: 11:37.06	36.41	1400m: 16:24.57	35.63	
	250m: 2:44.87	33.75	650m: 7:25.97	35.55	1050m: 12:13.21	36.15	1450m: 17:00.21	35.64	
	300m: 3:18.82	33.95	700m: 8:02.21	36.24	1100m: 12:48.91	35.70	1500m: 17:32.38	32.17	
	350m: 3:53.30	34.48	750m: 8:38.68	36.47	1150m: 13:24.57	35.66			
	400m: 4:28.49	35.19	800m: 9:14.81	36.13	1200m: 14:00.32	35.75			

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd	intijd	tijd	RT	niv.	
32.	Nick Duivenvoorden	Noordwijkerhout	17:36.15	9300731	17:33.69	+0,74	E	
	50m: 29.72	29.72	450m: 5:08.87	35.90	850m: 9:53.78	35.69	1250m: 14:39.94	35.73
	100m: 1:02.93	33.21	500m: 5:44.10	35.23	900m: 10:29.31	35.53	1300m: 15:15.39	35.45
	150m: 1:37.29	34.36	550m: 6:19.82	35.72	950m: 11:05.19	35.88	1350m: 15:50.62	35.23
	200m: 2:11.93	34.64	600m: 6:55.40	35.58	1000m: 11:41.02	35.83	1400m: 16:26.03	35.41
	250m: 2:46.77	34.84	650m: 7:31.22	35.82	1050m: 12:16.65	35.63	1450m: 17:01.10	35.07
	300m: 3:22.08	35.31	700m: 8:07.00	35.78	1100m: 12:52.62	35.97	1500m: 17:33.69	32.59
	350m: 3:57.61	35.53	750m: 8:42.62	35.62	1150m: 13:28.39	35.77		
	400m: 4:32.97	35.36	800m: 9:18.09	35.47	1200m: 14:04.21	35.82		
33.	Sebastian de Been	De Warande	17:18.16	9302233	17:47.17	+0,79		
	50m: 29.13	29.13	450m: 5:06.42	35.78	850m: 9:54.03	36.43	1250m: 14:46.00	36.64
	100m: 1:02.48	33.35	500m: 5:41.97	35.55	900m: 10:30.14	36.11	1300m: 15:22.61	36.61
	150m: 1:36.80	34.32	550m: 6:17.55	35.58	950m: 11:06.94	36.80	1350m: 15:59.04	36.43
	200m: 2:10.89	34.09	600m: 6:53.72	36.17	1000m: 11:43.14	36.20	1400m: 16:35.30	36.26
	250m: 2:45.34	34.45	650m: 7:29.62	35.90	1050m: 12:19.58	36.44	1450m: 17:11.32	36.02
	300m: 3:20.01	34.67	700m: 8:05.34	35.72	1100m: 12:55.82	36.24	1500m: 17:47.17	35.85
	350m: 3:55.09	35.08	750m: 8:41.24	35.90	1150m: 13:32.75	36.93		
	400m: 4:30.64	35.55	800m: 9:17.60	36.36	1200m: 14:09.36	36.61		
34.	Thomas van Mierlo	Eiffel Swimmers PSV	17:30.21	9300353	17:48.10	+0,85		
	50m: 29.93	29.93	450m: 5:08.79	35.43	850m: 9:56.78	36.32	1250m: 14:48.21	36.69
	100m: 1:03.88	33.95	500m: 5:44.34	35.55	900m: 10:33.19	36.41	1300m: 15:24.67	36.46
	150m: 1:38.28	34.40	550m: 6:19.91	35.57	950m: 11:09.29	36.10	1350m: 16:01.40	36.73
	200m: 2:13.07	34.79	600m: 6:56.02	36.11	1000m: 11:45.80	36.51	1400m: 16:37.92	36.52
	250m: 2:47.86	34.79	650m: 7:32.11	36.09	1050m: 12:21.93	36.13	1450m: 17:13.69	35.77
	300m: 3:22.75	34.89	700m: 8:08.19	36.08	1100m: 12:58.50	36.57	1500m: 17:48.10	34.41
	350m: 3:57.73	34.98	750m: 8:44.42	36.23	1150m: 13:35.15	36.65		
	400m: 4:33.36	35.63	800m: 9:20.46	36.04	1200m: 14:11.52	36.37		
NG	Sonny Corré	Luctor et Emergo	16:59.13	9303615				
	50m:	450m:	850m:	1250m:				
	100m:	500m:	900m:	1300m:				
	150m:	550m:	950m:	1350m:				
	200m:	600m:	1000m:	1400m:				
	250m:	650m:	1050m:	1450m:				
	300m:	700m:	1100m:	1500m:				
	350m:	750m:	1150m:					
	400m:	800m:	1200m:					
NG	Hans Peter Hartog	DAW-FINENZO	16:38.34	9100859				
	50m:	450m:	850m:	1250m:				
	100m:	500m:	900m:	1300m:				
	150m:	550m:	950m:	1350m:				
	200m:	600m:	1000m:	1400m:				
	250m:	650m:	1050m:	1450m:				
	300m:	700m:	1100m:	1500m:				
	350m:	750m:	1150m:					
	400m:	800m:	1200m:					

Programmanr. 41
20.12.2009 - 12:14

Heren, 4 x 100m wisselslag

Senioren Open
Resultaten

Wereld Record	3:23.33	CAN	Leeds (GBR)	09.08.2009
Europees Record	3:24.29	RUS	Manchester (GBR)	13.04.2008
Ned. Record Senioren Ver.	3:32.78	De Dolfijn	Amsterdam	21.12.2008
Ned. Record Jeugd Ver.	3:52.46	Eiffel Swimmers PSV	Amsterdam	21.12.2008

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn 1	De Dolfijn	3:35.97	3:35.40	
	Nick Driebergen	25.58	52.85	Bas van Velthoven	+0,42 25.10 54.49
	Lennart Stekelenburg	+0,37 28.13	1:00.39	Stefan de Die	+0,07 22.40 47.67
2.	Eiffel Swimmers PSV 1	Eiffel Swimmers PSV	3:34.02	3:35.95	
	Bastiaan Lijesen	26.17	54.13	Joeri Verlinden	+0,14 23.43 50.87
	Bram Dekker	+0,43 28.96	1:01.79	Bastiaan Tamminga	+0,35 22.92 49.16
3.	AZ&PC 1	AZ&PC	3:35.37	3:40.25	
	Joran Barends	27.82	56.91	Ewoud Tamminga	+0,23 24.93 54.91
	Robin van Aggele	+0,27 26.96	58.49	Geert Lantink	+0,35 23.56 49.94
4.	Eiffel Swimmers PSV 2	Eiffel Swimmers PSV	3:39.76	3:45.16	
	<i>tt 200m is een back-up tijd</i>				
	Joey de Ruiter	27.25	55.16	Jurjen Willemsen	+0,29 25.26 54.05
	Aaron Eisank	+0,33 29.53	1:05.92	Jasper van Mierlo	+0,29 23.64 50.03
5.	Ealing Swimming Club 1	Ealing Swimming Club	3:46.65	3:46.98	
	Jamie Smithers	27.56	56.81	Connor Barrett	+0,39 25.73 56.03
	Chris Jones	+0,11 28.17	1:01.66	Kyle Barrett	+0,25 24.94 52.48

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 41, Heren, 4 x 100m wisselslag, Senioren Open

rang	vereniging	intijd		intijd	tijd	RT	niv.
6.	AZ&PC 2 Robert Yallop Thijs van Valkengoed	AZ&PC		3:44.89	3:49.22		
		28.32	58.31	Mike Marissen	+0,33	24.98	55.13
		+0,21	1:01.24	Mark Moussa	+0,47	25.90	54.54
7.	TriVia 1 Peter van Heukelem Devi Wolthuizen	TriVia		3:46.96	3:54.27		
		28.99	1:00.52	Roy Smeenge	+0,30	26.17	58.02
		+0,34	1:02.31	Jeroen Stuit	+0,27	24.58	53.42
8.	De Dolfijn 2 Henk van Niejenhuis Jens Bakker	De Dolfijn		3:50.46	3:54.78		
		28.26	57.96	Joost Krommenhoek	+0,44	26.84	57.81
		+0,37	1:06.54	Frank Boon	+0,07	24.92	52.47
9.	De Dinkel 1 Rense Loohuis Sjoerd Zanderink	De Dinkel		3:57.61	3:56.47		
		28.78	59.60	Jordi Dijkhuis	+0,38	26.49	58.58
		+0,31	1:05.72	Menno Manning	+0,40	24.85	52.57
10.	WVZ 1 Martijn Smeets Wouter Smeets	WVZ		3:51.60	3:57.90		
		29.13	1:00.91	Floor Verhaar	+0,35	25.52	56.70
		+0,28	1:08.49	Arjan Assink	+0,43	24.45	51.80
11.	Hellas-Glana 1 Davy Verreussel Kevin Wolters	Hellas-Glana		3:55.76	4:00.74		
		29.15	59.12	Sven Jaeger	+0,11	26.79	59.48
		+0,52	1:08.89	Bjorn de Jonge	+0,47	25.43	53.25
12.	WZ&PC Purmerend 1 Jeffrey Appel Bas Tietze	WZ&PC Purmerend		3:58.41	4:01.42		
		30.61	1:01.88	Kevin Lebis	+0,31	26.52	59.44
		+0,16	1:06.48	Bart Knijn	+0,12	25.47	53.62
13.	De Columbiaan 1 Jonathan Cassuto Jordy Zuidhoek	De Columbiaan		3:53.89	4:03.27		
		30.29	1:02.42	Jeroen Eggeraat	+0,40	27.41	1:00.32
		+0,42	1:05.95	Eduard Bremmer	+0,18	25.75	54.58
14.	Luctor et Emergo 1 Joeri van Wallenburg Simon Edenburg	Luctor et Emergo		3:59.36	4:11.97		
		30.97	1:04.95	René van Wallenburg	+0,39	28.62	1:02.59
		+0,36	1:09.86	Niek de Ridder	+0,34	26.00	54.57
DIS	Eiffel Swimmers PSV 3 <i>tt 100m is een back-up tijd</i> Johnno Smulders Steven Nonnekes	Eiffel Swimmers PSV		3:54.67	EA		
		31.00	1:05.34	John Verhagen	+0,41	26.92	57.64
		+0,02	1:04.44	Pieter Timmers	-0,04		
DIS	ANKER TEAM GRONINGEN 1 <i>tt 100m. is een back-up tijd, dis 2e zwemmer</i> Marc Kremer Rudy Ted de Haan	ANKER TEAM GRONINGEN		3:42.59	3:44.56 SR		
		27.14	56.64	Rory Bob de Haan	+0,16	26.01	56.42
		+0,13	1:01.94	Timon Evenhuis	+0,07	22.99	49.56

Programmanr. 42
20.12.2009 - 12:19

Dames, 4 x 200m vrije slag

Senioren Open
Resultaten

Wereld Record	7:38.90	NED	Manchester (GBR)	09.04.2008
Europees Record	7:38.90	NED	Manchester (GBR)	09.04.2008
Ned. Record Senioren Ver.	7:58.93	Eiffel Swimmers PSV	Amsterdam	21.12.2008
Ned. Record Jeugd Ver.	8:18.07	De Dinkel	Dordrecht	10.03.1991

rang	vereniging	intijd		intijd	tijd	RT	niv.
1.	Eiffel Swimmers PSV 1 Wendy vd Zanden Roxanne Linders Clarissa van Rheenen Sharon van Rouwendaal	Eiffel Swimmers PSV		8:01.73	8:04.00		
		88	28.27	58.35	1:29.20	1:59.91	1:59.91
		92	28.40	59.64	1:32.11	2:03.74	2:03.74
		91	27.81	58.30	1:29.40	2:00.56	2:00.56
		93	28.14	58.61	1:29.54	1:59.79	1:59.79
2.	De Dolfijn 1 <i>startzwemmer NR Junioren en NR 13 jaar</i> Esmee Vermeulen Willemijn Knot Lona Kroese Chantal Groot	De Dolfijn		8:12.84	8:09.90		
		96	28.10	58.49	1:30.24	2:01.66	2:01.66
		90	27.43	58.32	1:30.79	2:04.07	2:04.07
		87	27.36	58.40	1:30.34	2:02.58	2:02.58
		82	27.06	57.70	1:29.46	2:01.59	2:01.59
3.	AZ&PC 1 Ilse van Hoorn Lieke Verouden Lotte Wilms Rieneke Terink	AZ&PC		8:10.16	8:13.16		
		90	29.61	1:02.41	1:36.10	2:09.58	2:09.58
		90	28.20	59.46	1:31.06	2:02.39	2:02.39
		84	28.18	1:00.17	1:32.68	2:05.00	2:05.00
		84	26.59	56.19	1:26.53	1:56.19	1:56.19
4.	Danish Swimming Federation 1 Randi Nielsen Michelle Strandkov Pernille Jalsøe Trine Gudnitz	Danish Swimming Federation		8:10.97	8:19.65		
		89	29.03	1:00.49	1:32.94	2:05.40	2:05.40
		91	29.19	1:01.24	1:33.45	2:05.15	2:05.15
		93	28.84	1:00.32	1:32.29	2:03.97	2:03.97
		87	28.92	1:00.05	1:32.48	2:05.13	2:05.13

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 42, Dames, 4 x 200m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
5.	De Dolfijn 2 De Dolfijn	8:22.37	8:21.76		
	Lenneke van Schaik	86 29.22 1:00.99	1:33.11 2:04.55	2:04.55	
	Anja van der Hout	90 29.83 1:02.12	1:34.21 2:06.05	2:06.05	
	Silke Oude Weernink	90 28.65 1:01.16	1:33.67 2:05.69	2:05.69	
	Kira Toussaint	94 28.28 59.77	1:32.61 2:05.47	2:05.47	
6.	Orca 1 Orca	8:27.68	8:34.15		
	Femke Leenstra	95 28.77 1:01.45	1:35.64 2:09.71	2:09.71	
	Wendan Poelstra	91 28.40 1:00.54	1:33.30 2:06.04	2:06.04	
	Jessie Smeding	95 30.39 1:04.38	1:40.36 2:16.77	2:16.77	
	Ilse Kraaijeveld	90 27.80 58.79	1:30.75 2:01.63	2:01.63	
7.	OZ&PC 1 OZ&PC	8:43.58	8:49.04	+1,03	
	Evelien Kip	92 +1,03 30.42 1:04.30	1:39.06 2:14.57	2:14.57	
	Marieke Nijhuis	92 +0,33 27.98 58.97	1:31.04 2:02.91	2:02.91	
	Magda Toeters	86 +0,55 32.11 1:07.60	1:43.98 2:19.38	2:19.38	
	Marloes Giesselink	92 +0,54 29.76 1:03.03	1:37.16 2:12.18	2:12.18	
8.	AZ&PC 2 AZ&PC	8:43.77	8:51.28	+0,90	
	Rachelle Visser	95 +0,90 30.45 1:04.17	1:38.93 2:12.86	2:12.86	
	Claire de Winter	94 +0,40 28.91 1:01.47	1:37.11 2:13.46	2:13.46	
	Mandy van Wakeren	86 +0,33 30.31 1:03.70	1:38.28 2:12.57	2:12.57	
	Iris Pijtak	93 +0,40 30.94 1:04.65	1:38.75 2:12.39	2:12.39	
9.	Wiekslag 1 Wiekslag	8:44.61	8:55.48	+0,90	
	Tanja van Essen	94 +0,90 30.60 1:04.83	1:39.61 2:13.71	2:13.71	
	Dian Kortleve	94 +0,54 31.26 1:05.68	1:41.30 2:16.65	2:16.65	
	Naomi Julicher	92 +0,34 30.93 1:05.07	1:40.29 2:16.04	2:16.04	
	Milou Julicher	93 +0,42 29.94 1:02.71	1:35.91 2:09.08	2:09.08	
10.	De Dinkel 1 De Dinkel	8:48.98	8:56.52	+0,98	
	Marlies Reinders	86 +0,98 29.56 1:01.89	1:34.60 2:08.07	2:08.07	
	Lonne Dijkhuis	94 +0,59 30.39 1:04.87	1:41.42 2:17.39	2:17.39	
	Loes Westerhof	95 +0,34 30.01 1:05.23	1:42.24 2:18.00	2:18.00	
	Carien van der Schaaf	95 +0,31 30.43 1:04.25	1:38.94 2:13.06	2:13.06	
11.	Zeester Meerval 1 Zeester Meerval	8:50.10	8:59.33	+0,93	
	Sophie Sollie	94 +0,93 31.60 1:05.53	1:41.54 2:17.51	2:17.51	
	Stephanie Janssen	91 +0,02 29.36 1:02.55	1:37.10 2:11.63	2:11.63	
	Inge Arts	92 +0,10 31.24 1:06.77	1:40.81 2:15.37	2:15.37	
	Karlijn Hoogstede	94 +0,06 29.94 1:04.67	1:40.02 2:14.82	2:14.82	
12.	DAW-FINENZO 1 DAW-FINENZO	8:49.90	9:03.10	+0,76	
	Marianne vd Poll	89 +0,76 30.48 1:04.89	1:40.90 2:17.02	2:17.02	
	Maaïke Vooren	91 +0,35 30.66 1:05.27	1:41.66 2:18.02	2:18.02	
	Sharon Micoch	94 +0,07 29.68 1:03.21	1:38.76 2:15.03	2:15.03	
	Melissa Zwaan	91 +0,37 29.90 1:03.93	1:38.32 2:13.03	2:13.03	
NG.ZA	Eiffel Swimmers PSV 2 Eiffel Swimmers PSV	8:28.00			
	Pauline van Dam	93			
	Jocelyn Spruit	93			
	Jessica Spruit	91			
	Malissa van de Heuvel	93			
NG.ZA	Ealing Swimming Club 1 Ealing Swimming Club	8:08.83			
	Ekaterina Avramova	91			
	Jenna Turner	91			
	Lauren Turner	93			
	Georgina Heyn	84			

Programmanr. 44
20.12.2009 - 12:29

Meisjes, 800m vrije slag

Junioren 2
Resultaten

Nederlands Record Junioren	8:56.93	Karen Wammes	Dordrecht	08.03.1991
Nederlands Record 12 jaar	9:09.43	Esmee Vermeulen	Amsterdam	21.12.2008
Kamp. Record Junioren 2	9:38.04	Elsa de Groot	Den Bosch	20.12.1998

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Lindy Nijhuis	OZ&PC	10:14.37	9700010	9:52.57	+1,09 C
	50m: 32.93 32.93	250m: 3:01.15 37.39	450m: 5:32.35 38.02	650m: 8:02.49 37.67		
	100m: 1:09.50 36.57	300m: 3:39.09 37.94	500m: 6:10.20 37.85	700m: 8:40.01 37.52		
	150m: 1:46.54 37.04	350m: 4:16.34 37.25	550m: 6:47.22 37.02	750m: 9:17.07 37.06		
	200m: 2:23.76 37.22	400m: 4:54.33 37.99	600m: 7:24.82 37.60	800m: 9:52.57 35.50		
2.	Manon Friskes	DWK	10:24.33	9701566	10:02.34	+0,81 D
	50m: 33.38 33.38	250m: 3:05.02 38.28	450m: 5:38.12 38.22	650m: 8:11.32 38.10		
	100m: 1:10.76 37.38	300m: 3:43.24 38.22	500m: 6:16.44 38.32	700m: 8:49.02 37.70		
	150m: 1:48.64 37.88	350m: 4:21.53 38.29	550m: 6:54.72 38.28	750m: 9:26.27 37.25		
	200m: 2:26.74 38.10	400m: 4:59.90 38.37	600m: 7:33.22 38.50	800m: 10:02.34 36.07		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 44, Meisjes, 800m vrije slag, Junioren 2

rang	naam	vereniging	intijd		tijd		RT	niv.
3.	Maxime van den Heuvel	Oceanus	10:13.86		9701004		10:04.00	+0,89 D
	50m: 33.17	33.17	250m: 3:04.89	37.71	450m: 5:39.29	38.89	650m: 8:13.10	37.98
	100m: 1:11.07	37.90	300m: 3:43.40	38.51	500m: 6:18.15	38.86	700m: 8:50.86	37.76
	150m: 1:49.18	38.11	350m: 4:21.54	38.14	550m: 6:56.63	38.48	750m: 9:28.83	37.97
	200m: 2:27.18	38.00	400m: 5:00.40	38.86	600m: 7:35.12	38.49	800m: 10:04.00	35.17
4.	Lisanne van Avezaath	RTC-Drachten	10:18.43		9701304		10:14.87 *	+0,99 E
	50m: 32.71	32.71	250m: 3:03.91	37.83	450m: 5:39.68	39.09	650m: 8:15.05	37.78
	100m: 1:09.48	36.77	300m: 3:42.21	38.30	500m: 6:19.79	40.11	700m: 8:54.18	39.13
	150m: 1:47.56	38.08	350m: 4:21.29	39.08	550m: 6:59.47	39.68	750m: 9:34.47	40.29
	200m: 2:26.08	38.52	400m: 5:00.59	39.30	600m: 7:37.27	37.80	800m: 10:14.87	40.40
5.	Esmée Six	Eiffel Swimmers PSV	10:31.55		9700490		10:22.95	+0,84 E
	50m: 32.93	32.93	250m: 3:04.72	38.64	450m: 5:43.54	39.85	650m: 8:24.37	40.33
	100m: 1:09.97	37.04	300m: 3:43.92	39.20	500m: 6:23.44	39.90	700m: 9:05.19	40.82
	150m: 1:47.62	37.65	350m: 4:23.79	39.87	550m: 7:03.78	40.34	750m: 9:45.38	40.19
	200m: 2:26.08	38.46	400m: 5:03.69	39.90	600m: 7:44.04	40.26	800m: 10:22.95	37.57
6.	Marre Zandringa	Orca	10:32.17		9701136		10:24.29 *	+0,88 E
	50m: 33.97	33.97	250m: 3:06.29	38.49	450m: 5:43.55	40.13	650m: 8:25.07	40.34
	100m: 1:11.51	37.54	300m: 3:45.15	38.86	500m: 6:23.79	40.24	700m: 9:05.98	40.91
	150m: 1:49.88	38.37	350m: 4:24.02	38.87	550m: 7:04.25	40.46	750m: 9:46.11	40.13
	200m: 2:27.80	37.92	400m: 5:03.42	39.40	600m: 7:44.73	40.48	800m: 10:24.29	38.18
7.	Demi Rothe	OZ&PC	10:36.14		9703388		10:27.18	+0,63 E
	50m: 33.01	33.01	250m: 3:06.13	39.31	450m: 5:45.93	40.05	650m: 8:28.71	40.54
	100m: 1:09.98	36.97	300m: 3:45.58	39.45	500m: 6:26.28	40.35	700m: 9:09.50	40.79
	150m: 1:48.17	38.19	350m: 4:26.22	40.64	550m: 7:07.59	41.31	750m: 9:50.06	40.56
	200m: 2:26.82	38.65	400m: 5:05.88	39.66	600m: 7:48.17	40.58	800m: 10:27.18	37.12

Programmanr. 45
20.12.2009 - 12:40

Meisjes, 800m vrije slag
Progr.nr. 43 en 45 zijn samengevoegd

Junioren 1
Resultaten

Nederlands Record Junioren	8:56.93	Karen Wammes	Dordrecht	08.03.1991
Nederlands Record 11 jaar	9:43.30	Karen Wammes	Arnhem	11.12.1988
Kamp. Record Junioren 1	10:13.56	Esmee Vermeulen	Amsterdam	22.12.2007

rang	naam	vereniging	intijd		tijd		RT	niv.
1.	Janina Beckers <i>Kamp. Record Junioren 1</i>	Eurode Kerkrade	10:20.76		9800574		10:05.89	+0,99 B
	50m: 33.81	33.81	250m: 3:08.05	38.84	450m: 5:42.49	38.44	650m: 8:15.40	38.19
	100m: 1:11.52	37.71	300m: 3:46.75	38.70	500m: 6:20.73	38.24	700m: 8:53.39	37.99
	150m: 1:50.25	38.73	350m: 4:25.44	38.69	550m: 6:59.09	38.36	750m: 9:30.83	37.44
	200m: 2:29.21	38.96	400m: 5:04.05	38.61	600m: 7:37.21	38.12	800m: 10:05.89	35.06
2.	Tessa Vermeulen	De Dolfijn	10:48.99		9800068		10:19.63	+0,79 C
	50m: 35.39	35.39	250m: 3:10.91	39.62	450m: 5:48.92	40.20	650m: 8:25.92	39.35
	100m: 1:13.02	37.63	300m: 3:50.44	39.53	500m: 6:27.90	38.98	700m: 9:05.10	39.18
	150m: 1:51.93	38.91	350m: 4:29.12	38.68	550m: 7:06.67	38.77	750m: 9:44.04	38.94
	200m: 2:31.29	39.36	400m: 5:08.72	39.60	600m: 7:46.57	39.90	800m: 10:19.63	35.59
3.	Serena Stel	OEZA	10:35.30		9801528		10:23.65	+0,87 C
	50m: 35.37	35.37	250m: 3:11.64	39.68	450m: 5:50.71	39.32	650m: 8:29.18	40.02
	100m: 1:12.99	37.62	300m: 3:51.59	39.95	500m: 6:30.25	39.54	700m: 9:08.71	39.53
	150m: 1:52.68	39.69	350m: 4:31.73	40.14	550m: 7:10.20	39.95	750m: 9:47.77	39.06
	200m: 2:31.96	39.28	400m: 5:11.39	39.66	600m: 7:49.16	38.96	800m: 10:23.65	35.88
4.	Sanne Advocaat <i>tt 100m is back-up tijd</i>	MNC Dordrecht	10:44.54		9801320		10:24.89	+1,16 C
	50m: 33.92	33.92	250m: 3:09.04	38.99	450m: 5:49.11	40.56	650m: 8:30.18	40.07
	100m: 1:11.59	37.67	300m: 3:48.49	39.45	500m: 6:30.14	41.03	700m: 9:09.98	39.80
	150m: 1:50.83	39.24	350m: 4:28.29	39.80	550m: 7:09.62	39.48	750m: 9:49.12	39.14
	200m: 2:30.05	39.22	400m: 5:08.55	40.26	600m: 7:50.11	40.49	800m: 10:24.89	35.77
5.	Raiesha Sardar	ZC Ooievaar (SG)	10:56.23		9800604		10:24.96	+1,02 C
	50m: 35.46	35.46	250m: 3:12.19	39.46	450m: 5:52.33	40.40	650m: 8:31.49	39.75
	100m: 1:13.98	38.52	300m: 3:51.85	39.66	500m: 6:31.24	38.91	700m: 9:10.75	39.26
	150m: 1:53.34	39.36	350m: 4:31.40	39.55	550m: 7:11.57	40.33	750m: 9:49.35	38.60
	200m: 2:32.73	39.39	400m: 5:11.93	40.53	600m: 7:51.74	40.17	800m: 10:24.96	35.61

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 45, Meisjes, 800m vrije slag

Programmanr. 45 20.12.2009 - 12:40	Meisjes, 800m vrije slag Progr.nr. 43 en 45 zijn samengevoegd			Juniores 3 Resultaten
Nederlands Record Junioren	8:56.93	Karen Wammes	Dordrecht	08.03.1991
Nederlands Record 13 jaar	9:07.50	Kirsten Vliegheuis	Denekamp	18.11.1989
Kamp. Record Junioren 3	9:16.97	Chantal Lamet	Eindhoven	10.12.1995

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Esmee Vermeulen	E.ON-NZA	9:01.19	9600678	8:48.83	+0,88 A+
	<i>Nederlands Record Junioren, en NR 13j, tt 200m. NR 13j, tt 400m. NR Junioren en NR 13j</i>					
	50m: 29.22	29.22	250m: 2:39.66	33.09	450m: 4:53.94	33.97
	100m: 1:01.21	31.99	300m: 3:13.13	33.47	500m: 5:27.44	33.50
	150m: 1:33.83	32.62	350m: 3:46.59	33.46	550m: 6:01.48	34.04
	200m: 2:06.57	32.74	400m: 4:19.97	33.38	600m: 6:35.44	33.96
2.	Rosa Veerman	E.ON-NZA	9:28.14	9600862	9:19.69	+0,94 B
	50m: 30.05	30.05	250m: 2:46.81	35.00	450m: 5:07.66	35.25
	100m: 1:03.47	33.42	300m: 3:21.88	35.07	500m: 5:43.05	35.39
	150m: 1:37.40	33.93	350m: 3:57.53	35.65	550m: 6:18.80	35.75
	200m: 2:11.81	34.41	400m: 4:32.41	34.88	600m: 6:54.65	35.85
3.	Esmée Bos	DWK	9:50.32	9600662	9:28.67	+0,91 C
	50m: 29.77	29.77	250m: 2:52.80	35.80	450m: 5:16.76	35.90
	100m: 1:04.54	34.77	300m: 3:28.79	35.99	500m: 5:52.91	36.15
	150m: 1:40.93	36.39	350m: 4:04.79	36.00	550m: 6:29.76	36.85
	200m: 2:17.00	36.07	400m: 4:40.86	36.07	600m: 7:06.16	36.40
4.	Evelien van Ruiten	Orca	10:11.88	9602924	9:42.66	+0,95 D
	50m: 32.80	32.80	250m: 2:58.87	36.95	450m: 5:26.38	37.15
	100m: 1:08.89	36.09	300m: 3:35.77	36.90	500m: 6:03.47	37.09
	150m: 1:45.53	36.64	350m: 4:12.42	36.65	550m: 6:40.24	36.77
	200m: 2:21.92	36.39	400m: 4:49.23	36.81	600m: 7:17.22	36.98
5.	Adája Stoetman	Stadskanaal	9:42.09	9600348	9:43.44	+0,84 D
	50m: 31.21	31.21	250m: 2:55.63	37.01	450m: 5:24.07	37.45
	100m: 1:06.11	34.90	300m: 3:32.16	36.53	500m: 6:01.64	37.57
	150m: 1:42.16	36.05	350m: 4:09.40	37.24	550m: 6:39.15	37.51
	200m: 2:18.62	36.46	400m: 4:46.62	37.22	600m: 7:16.57	37.42
6.	Maaïke de Waard	De Zeehond'73	10:13.12	9600604	9:51.71	+0,86 D
	50m: 31.63	31.63	250m: 2:57.50	36.89	450m: 5:29.64	38.37
	100m: 1:07.59	35.96	300m: 3:35.16	37.66	500m: 6:07.76	38.12
	150m: 1:43.92	36.33	350m: 4:13.12	37.96	550m: 6:46.32	38.56
	200m: 2:20.61	36.69	400m: 4:51.27	38.15	600m: 7:24.73	38.41
7.	Lisanne vd Lelij	One Team Swimming	9:48.18	9600666	9:52.72	+0,87 E
	50m: 31.89	31.89	250m: 3:00.74	38.04	450m: 5:32.08	37.74
	100m: 1:07.66	35.77	300m: 3:38.86	38.12	500m: 6:09.93	37.85
	150m: 1:44.92	37.26	350m: 4:16.68	37.82	550m: 6:47.60	37.67
	200m: 2:22.70	37.78	400m: 4:54.34	37.66	600m: 7:24.67	37.07
8.	Manon Wiersma	Zwemvereniging Hoorn	10:17.02	9600112	9:57.39	+0,93 E
	50m: 33.10	33.10	250m: 3:01.83	37.65	450m: 5:33.23	37.97
	100m: 1:09.72	36.62	300m: 3:39.71	37.88	500m: 6:11.12	37.89
	150m: 1:46.85	37.13	350m: 4:17.45	37.74	550m: 6:49.03	37.91
	200m: 2:24.18	37.33	400m: 4:55.26	37.81	600m: 7:27.56	38.53
9.	Amber de Kroon	ZV Westland Dijkglas	10:08.08	9601098	9:59.13	+0,89 E
	50m: 32.78	32.78	250m: 2:59.59	37.02	450m: 5:30.70	38.30
	100m: 1:08.97	36.19	300m: 3:36.75	37.16	500m: 6:09.06	38.36
	150m: 1:45.74	36.77	350m: 4:14.26	37.51	550m: 6:47.66	38.60
	200m: 2:22.57	36.83	400m: 4:52.40	38.14	600m: 7:26.05	38.39
10.	Elisabeth Rivard	WVZ	9:50.70	9600244	10:01.03	+0,90 E
	50m: 32.86	32.86	250m: 3:02.34	37.88	450m: 5:34.95	38.01
	100m: 1:09.46	36.60	300m: 3:40.78	38.44	500m: 6:13.54	38.59
	150m: 1:46.35	36.89	350m: 4:18.89	38.11	550m: 6:51.54	38.00
	200m: 2:24.46	38.11	400m: 4:56.94	38.05	600m: 7:29.48	37.94
11.	Veronique van der Velde	De Dinkel	10:12.45	9601740	10:04.47	+0,94 E
	50m: 32.65	32.65	250m: 3:03.85	38.19	450m: 5:36.61	38.48
	100m: 1:09.48	36.83	300m: 3:42.09	38.24	500m: 6:14.78	38.17
	150m: 1:47.39	37.91	350m: 4:20.17	38.08	550m: 6:53.56	38.78
	200m: 2:25.66	38.27	400m: 4:58.13	37.96	600m: 7:31.72	38.16
12.	Jamilla van Veen	One Team Swimming	10:12.61	9603192	10:12.76	+0,90 E
	50m: 32.65	32.65	250m: 3:05.50	38.99	450m: 5:42.42	39.55
	100m: 1:09.72	37.07	300m: 3:44.87	39.37	500m: 6:22.00	39.58
	150m: 1:48.14	38.42	350m: 4:24.12	39.25	550m: 7:01.52	39.52
	200m: 2:26.51	38.37	400m: 5:02.87	38.75	600m: 7:40.64	39.12

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 45, Meisjes, 800m vrije slag, Junioren 3

rang	naam	vereniging	intijd		tijd		RT	niv.
13.	Tamara Grove	Oceanus	9:53.83		9601266		10:13.11	+0,81 E
	50m: 33.15	33.15	250m: 3:03.05	38.25	450m: 5:39.51	39.29	650m: 8:17.78	39.76
	100m: 1:09.22	36.07	300m: 3:41.99	38.94	500m: 6:18.87	39.36	700m: 8:57.24	39.46
	150m: 1:46.86	37.64	350m: 4:20.68	38.69	550m: 6:58.46	39.59	750m: 9:35.94	38.70
	200m: 2:24.80	37.94	400m: 5:00.22	39.54	600m: 7:38.02	39.56	800m: 10:13.11	37.17
14.	Roxann Geenen	DAW-FINENZO	10:13.24		9601518		10:16.36	+0,77 E
	50m: 31.88	31.88	250m: 3:02.28	38.31	450m: 5:39.87	39.83	650m: 8:17.67	39.54
	100m: 1:08.32	36.44	300m: 3:40.81	38.53	500m: 6:19.16	39.29	700m: 8:56.85	39.18
	150m: 1:45.66	37.34	350m: 4:20.54	39.73	550m: 6:59.10	39.94	750m: 9:36.94	40.09
	200m: 2:23.97	38.31	400m: 5:00.04	39.50	600m: 7:38.13	39.03	800m: 10:16.36	39.42
15.	Brenda Zwarthoed	DAW-FINENZO	9:38.74		9604938		10:19.67	+0,97
	50m: 30.51	30.51	250m: 3:01.92	38.93	450m: 5:39.64	39.44	650m: 8:20.58	40.80
	100m: 1:06.04	35.53	300m: 3:40.76	38.84	500m: 6:19.34	39.70	700m: 9:01.11	40.53
	150m: 1:44.38	38.34	350m: 4:20.81	40.05	550m: 6:59.64	40.30	750m: 9:40.76	39.65
	200m: 2:22.99	38.61	400m: 5:00.20	39.39	600m: 7:39.78	40.14	800m: 10:19.67	38.91
16.	Carina Klees	WVZ	10:12.55		9602680		10:24.42	+0,81
	50m: 34.03	34.03	250m: 3:07.96	39.14	450m: 5:46.25	39.85	650m: 8:26.53	40.01
	100m: 1:11.86	37.83	300m: 3:47.36	39.40	500m: 6:26.20	39.95	700m: 9:06.12	39.59
	150m: 1:50.36	38.50	350m: 4:26.70	39.34	550m: 7:06.36	40.16	750m: 9:45.76	39.64
	200m: 2:28.82	38.46	400m: 5:06.40	39.70	600m: 7:46.52	40.16	800m: 10:24.42	38.66
17.	Jeanine Kocken	Eiffel Swimmers PSV	10:10.13		9601816		10:27.64	+0,80
	50m: 33.92	33.92	250m: 3:07.22	39.52	450m: 5:46.95	40.19	650m: 8:28.68	40.25
	100m: 1:10.68	36.76	300m: 3:46.67	39.45	500m: 6:27.55	40.60	700m: 9:09.35	40.67
	150m: 1:48.87	38.19	350m: 4:26.47	39.80	550m: 7:08.03	40.48	750m: 9:49.77	40.42
	200m: 2:27.70	38.83	400m: 5:06.76	40.29	600m: 7:48.43	40.40	800m: 10:27.64	37.87
18.	Asmara Ritmeijer	Vlaardingen	10:16.88		9600790		10:28.09	+0,94
	50m: 33.36	33.36	250m: 3:07.28	39.80	450m: 5:48.57	40.65	650m: 8:30.53	40.55
	100m: 1:10.36	37.00	300m: 3:47.31	40.03	500m: 6:28.64	40.07	700m: 9:10.74	40.21
	150m: 1:48.33	37.97	350m: 4:27.51	40.20	550m: 7:09.25	40.61	750m: 9:50.29	39.55
	200m: 2:27.48	39.15	400m: 5:07.92	40.41	600m: 7:49.98	40.73	800m: 10:28.09	37.80

6 - Open Nederlandse Kampioenschappen Korte Baan sessie 6

20.12.2009 - 16:30

Programmanr. 31

Heren, 100m vrije slag

all-in

20.12.2009 - 16:30

Resultaten Finale

Wereld Record	44.94	Amaury Leveaux	Rijeka (CRO)	13.12.2008
Europees Record	44.94	Amaury Leveaux	Rijeka (CRO)	13.12.2008
Nederlands Record Senioren	46.81	Pieter van den Hoogenband	Dublin (IRL)	13.12.2003
Nederlands Record Jeugd	49.13	Pieter van den Hoogenband	Atlanta (USA)	22.07.1996

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m	
Finale A									
1.	Stefan de Die	E.ON-NZA	48.99	8603905	48.74	+0,86	A	23.36	48.74
2.	Bas van Velthoven	E.ON-NZA	49.44	8502695	49.06	+0,74	A	23.75	49.06
3.	Robin van Aggele	AZ&PC	49.71	8400017	49.75	+0,79	B	24.29	49.75
4.	Joost Reijns	E.ON-NZA	50.30	8702725	49.76	+0,87	B	23.69	49.76
5.	Joran Barends	AZ&PC	49.74	8500091	49.88	+0,83	B	23.89	49.88
6.	Geert Lantink	AZ&PC	49.74	8601849	50.14	+0,76	C	24.01	50.14
7.	Arjan van der Plaat	MNC Dordrecht	50.33	8602403	50.21	+0,87	C	23.80	50.21
8.	Jak Scott	University of Stirling	50.19	30439	50.29	+0,59	B	24.13	50.29
Finale B									
9.	Jasper van Mierlo	Eiffel Swimmers PSV	50.54	9002005	50.02	+0,72	B	23.92	50.02
10.	Rutger van Oosterhout	Eiffel Swimmers PSV	50.78	9002179	50.28	+0,66	C	24.37	50.28
11.	Robbert Donk	Wiekslag	50.71	8900745	50.33	+0,70	C	24.82	50.33
12.	Pieter Timmers	Eiffel Swimmers PSV	50.55	8806031	50.78	+0,83	C	24.94	50.78
13.	Nico Van Duijn	Swiss Swimming Federation	51.12	13825	50.81	+0,71	C	24.69	50.81
14.	Patrick Janssen	Eiffel Swimmers PSV	50.76	9102817	50.94	+0,74	C	24.68	50.94
15.	Daniel Rast	Swiss Swimming Federation	50.53	8471	50.96	+0,64	D	25.15	50.96
16.	Tim van Deutekom	E.ON-NZA	51.09	9100459	51.00	+0,83	C	24.36	51.00

Open Nederlandse Kampioenschappen 2009
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Programmanr. 32
20.12.2009 - 16:35

Dames, 100m vrije slag

all-in
Resultaten Finale

Wereld Record	51.01	Libby Trickett	Hobart (AUS)	10.08.2009
Europees Record	51.19	Francesca Halsall	Singapore (SIN)	22.11.2009
Nederlands Record Senioren	51.35	Inge Dekker	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	55.12	Ranomi Kromowidjojo	Eindhoven	28.04.2006

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Femke Heemskerk	E.ON-NZA	54.13 8705224	52.95	+0,88	A+	25.66	52.95
2.	Saskia de Jonge	E.ON-NZA	55.85 8601826	54.04	+0,84	A+	25.93	54.04
3.	Lucy Ellis	University of Stirling	55.91 36779	55.19	+0,78	A+	26.97	55.19
4.	Ilse Kraaijeveld	Orca	55.68 9002110	55.21	+0,78	A	26.54	55.21
5.	Elise Bouwens	E.ON-NZA	55.45 9103964	55.41	+0,87	A	26.94	55.41
6.	Maud van de Meer	Eiffel Swimmers PSV	55.38 9201180	55.46	+0,79	A+	26.68	55.46
7.	Rebecca Turner	City of Sheffield Swim Squad	56.24 36574	55.73	+0,69	A	27.16	55.73
8.	Chantal Senden	ZC Valkenburg	56.54 9300698	56.43	+0,79	A	27.16	56.43
Finale B								
9.	Eline Boers	E.ON-NZA	56.77 9104546	56.02	+0,83	B	26.66	56.02
10.	Joëlle Scheps	WVZ	56.90 9202364	56.63	+0,86	B	27.41	56.63
11.	Andrea Kneppers	Zwemvereniging Hoorn	57.28 9302216	57.08	+0,93	B	28.03	57.08
12.	Eloise Barber	University of Stirling	57.78 30561	57.51	+0,80	C	27.64	57.51
13.	Danielle Villars	Swiss Swimming Federation	57.13 14972	57.59	+0,80	B	27.60	57.59
14.	Femke Leenstra	Orca	57.19 9503038	57.97	+0,81	A	28.01	57.97
15.	Jessica Spruit	Eiffel Swimmers PSV	57.82 9103756	58.08	+0,80	D	28.46	58.08
16.	Tamara van Vliet	E.ON-NZA	56.91 9403562	58.70	+0,87	C	27.91	58.70

Programmanr. 33
20.12.2009 - 16:41

Heren, 100m rugslag

all-in
Resultaten Finale

Wereld Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13.12.2009
Europees Record	48.97	A.Vyatchanin / S.Donets	Istanbul (TUR)	13.12.2009
Nederlands Record Senioren	51.39	Nick Driebergen	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	55.29	Joey de Ruiter	Eindhoven	26.04.2009

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Nick Driebergen	E.ON-NZA	53.82 8700793	52.98		A+	25.76	52.98
2.	Bastiaan Lijesen	Eiffel Swimmers PSV	53.91 9001819	54.20		A	26.33	54.20
3.	Jurjen Willemssen	Eiffel Swimmers PSV	55.48 9003315	54.70		B	26.47	54.70
4.	Adrien Perez	Swiss Swimming Federation	55.71 11122	54.75		B	26.55	54.75
5.	Jan Kersten	De Columbiaan	55.79 8601561	55.41		C	27.01	55.41
6.	Andrew Shepherd	City of Sheffield Swim Squad	55.83 2837	55.54		C	26.88	55.54
7.	Joey de Ruiter	Eiffel Swimmers PSV	56.53 9101971	55.66		B	27.25	55.66
8.	Robert Yallop	AZ&PC	57.45 8903679	57.75		E	27.49	57.75
Finale B								
9.	Henk van Niejenhuis	De Dolfijn	57.66 8905063	57.08		D	27.81	57.08
10.	Sverre Eschweiler	MSV- Zeemacht	58.04 9204035	57.42		C	28.11	57.42
11.	Arvid Munsters	Eiffel Swimmers PSV	58.25 9203625	57.60		D	27.62	57.60
12.	Kyle Barrett	Ealing Swimming Club	57.82 24108	57.61		D	28.02	57.61
13.	Jens Bakker	E.ON-NZA	58.60 9300021	59.31		D	29.16	59.31
14.	Melako Coker	Ealing Swimming Club	59.60 049544	59.35		D	28.26	59.35
15.	Pascal Timmermans	RZC	59.04 9202349	59.61		E	28.25	59.61
16.	Erik Hagting	DZ&PC	59.49 9100829	59.87		E	29.28	59.87

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Programmanr. 34 Dames, 100m rugslag all-in
20.12.2009 - 16:47 Resultaten Finale

Wereld Record	55.23	Shiho Sakai	Berlijn (GER)	15.11.2009
Europees Record	56.36	Ksheiya Moskvina	Istanbul (TUR)	11.12.2009
Nederlands Record Senioren	58.64	Hinkelien Schreuder	Amsterdam	21.12.2008
Nederlands Record Jeugd	1:01.54	Kira Toussaint	Amsterdam	19.12.2009

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	50m	100m
Finale A								
1.	Ekaterina Avramova	Ealing Swimming Club	1:00.39	758483	1:00.28	A+	29.14	1:00.28
2.	Wendy vd Zanden	Eiffel Swimmers PSV	1:00.67	8805004	1:00.83	A	29.39	1:00.83
3.	Kira Toussaint	E.ON-NZA	1:01.64	9400990	1:01.61	A+	29.94	1:01.61
4.	Anja van der Hout	De Dolfijn	1:02.43	9001598	1:01.97	B	29.94	1:01.97
5.	Kimberley Albers	Eiffel Swimmers PSV	1:03.30	9204102	1:02.13	B	30.64	1:02.13
6.	Evy Witlox	E.ON-NZA	1:02.41	8804946	1:02.43	C	30.73	1:02.43
7.	Miranda Nijenhuis	E.ON-NZA	1:03.06	9204076	1:02.50	B	30.46	1:02.50
8.	Mariët Koster	ZPC Bikkel Hoogeveen	1:03.77	8301162	1:04.04	D	30.69	1:04.04
Finale B								
9.	Lauren Turner	Ealing Swimming Club	1:03.92	36667	1:03.21	B	30.44	1:03.21
10.	Annamarie Worst	Octopus	1:04.34	9500042	1:04.20	A	31.56	1:04.20
11.	Michelle Strandskov	Danish Swimming Federation	1:03.95	9158AF	1:04.30	D	31.68	1:04.30
12.	Mirthe Lanfermeijer	TriVia	1:04.16	9400074	1:05.32	C	31.71	1:05.32
13.	Laura Huggon	City of Sheffield Swim Squad	1:05.64	36333	1:05.40	E	31.59	1:05.40
14.	Kyra Rietveld	TriVia	1:05.49	9300624	1:05.60	D	31.68	1:05.60
15.	Sylvia Dik	TriVia	1:05.19	9501064	1:05.98	C	31.77	1:05.98
16.	Marion van den Berg	DWK	1:05.71	8600272	1:06.14	E	32.10	1:06.14

Programmanr. 35 Heren, 50m schoolslag all-in
20.12.2009 - 16:52 Resultaten Finale

Wereld Record	25.25	Cameron van den Burgh	Berlijn (GER)	14.11.2009
Europees Record	26.14	Alessandro Terrin	Istanbul (TUR)	12.12.2009
Nederlands Record Senioren	26.34	Robin van Aggele	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	28.81	Aaron Eisank	Alkmaar	28.06.2009

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Lennart Stekelenburg	E.ON-NZA	28.66	8602979	27.89	+0,71 A
2.	Timon Evenhuis	ANKER TEAM GRONINGEN	28.68	9000843	28.24	+0,81 A
3.	Rudy Ted de Haan	ANKER TEAM GRONINGEN	28.85	8400805	28.42	+0,90 B
4.	Aaron Eisank	Eiffel Swimmers PSV	28.59	9100577	28.78	+0,74 B
5.	Erik Talma	TriVia	28.98	8903107	28.80	+0,50 C
6.	Pieter Jan de Vries	ZVZ	29.15	9003183	28.83	+0,85 C
7.	Bastiaan Lijesen	Eiffel Swimmers PSV	28.86	9001819	29.06	+0,73 C
DIS	Devi Wolthuizen	TriVia	29.15	8703887		AA
Finale B						
9.	Thijs van Valkengoed	AZ&PC	29.20	8302141	28.64	+0,71 C
10.	Chris Jones	Ealing Swimming Club	29.24	3878	28.80	+0,79 C
11.	Roy Smeenge	TriVia	29.23	9305557	28.93	+0,75 A
<i>Nederlands Record 16 jaar</i>						
12.	Douglas Scott	University of Stirling	29.39	29664	29.04	+0,74 C
13.	Max Partridge	City of Sheffield Swim Squad	29.33	10583	29.20	+0,77 C
14.	Bram Dekker	Eiffel Swimmers PSV	29.46	8900649	29.34	+0,51 D
15.	Niels van Eck	ZPC Bikkel Hoogeveen	29.69	8900793	29.58	+0,86 D
16.	Gavin v/d. Werf	RTC-Drachten	29.60	9302971	30.09	+0,78 C

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Programmanr. 36
20.12.2009 - 16:57

Dames, 50m schoolslag

all-in
Resultaten Finale

Wereld Record	28.80	Jessica Hardy	Berlijn (GER)	15.11.2009
Europees Record	29.55	Janne Schäfer	Berlijn (GER)	15.11.2009
Nederlands Record Senioren	29.68	Moniek Nijhuis	Istanbul (TUR)	10.12.2009
Nederlands Record Jeugd	31.23	Moniek Nijhuis	Dublin (IRL)	11.12.2003

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Moniek Nijhuis	E.ON-NZA	31.72	8803188	30.72	+0,81 A+
2.	Tessa Brouwer	E.ON-NZA	32.79	9105548	31.29	+0,93 A+
3.	Lona Kroese	E.ON-NZA	32.51	8702382	31.89	+0,84 B
4.	Loes Zanderink	AZ&PC	32.67	8805006	32.26	+0,80 B
5.	Anouk Elzerman	De Dolfijn	32.70	9005914	32.61	+0,84 C
6.	Lotte Goosen	DIO	32.69	9205306	32.89	+0,75 C
7.	Yvonne v.d. Pol	AZ&PC	33.29	8803472	33.06	+0,84 D
8.	Larissa Brak	AZ&PC	33.58	8800572	33.59	+0,86 D
Finale B						
9.	Jocelyn Spruit	Eiffel Swimmers PSV	33.65	9302044	33.50	+0,89 C
10.	Ella Kirby	Ealing Swimming Club	34.08	35428	33.95	+0,75 E
	Lonne Dijkhuis	De Dinkel	33.73	9400030	33.95	+0,90 C
12.	Lianne Slagter	WVW	33.81	9500940	34.30	+0,87 C
13.	Kristel Doreleijers	Eiffel Swimmers PSV	34.73	9302568	34.54	+0,87 D
14.	Manon Minneboo	De Stormvogel	34.88	9301548	34.70	+0,77 E
15.	Tamara van Vliet	E.ON-NZA	34.38	9403562	34.93	+0,86 D
16.	Estrella Wierikx	Numansdorp	34.58	9402712	35.03	+0,69 D

Programmanr. 37
20.12.2009 - 17:02

Meisjes, 400m wisselslag

Jeugd 1 en 2
Resultaten

Wereld Record	4:22.88	Kathryn Meaklim	Singapore (SIN)	22.11.2009
Europees Record	4:25.06	Mireia Belmonte Garcia	Rijeka (CRO)	14.12.2008
Nederlands Record Senioren	4:36.91	Rieneke Terink	Amsterdam	20.12.2009
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang	naam	vereniging	intijd	tijd	RT	niv.		
1.	Merle Verkijk	WVZ	5:01.38	9400278	5:02.27	+0,78 B		
	50m: 31.57	31.57	150m: 1:46.10	38.49	250m: 3:07.53	43.57	350m: 4:28.31	35.67
	100m: 1:07.61	36.04	200m: 2:23.96	37.86	300m: 3:52.64	45.11	400m: 5:02.27	33.96
2.	Marjolein Delno	De Rijn	5:04.16	9400024	5:06.59	+0,95 C		
	50m: 31.45	31.45	150m: 1:47.98	39.51	250m: 3:10.64	42.78	350m: 4:31.67	36.03
	100m: 1:08.47	37.02	200m: 2:27.86	39.88	300m: 3:55.64	45.00	400m: 5:06.59	34.92
3.	Michelle Verouden	Eiffel Swimmers PSV	5:06.84	9400150	5:10.01	+0,93 C		
	50m: 34.46	34.46	150m: 1:53.97	39.72	250m: 3:16.66	43.38	350m: 4:36.90	35.10
	100m: 1:14.25	39.79	200m: 2:33.28	39.31	300m: 4:01.80	45.14	400m: 5:10.01	33.11
4.	Macy Oortwijn	DWK	5:06.07	9500722	5:11.36	+0,99 C		
	50m: 32.63	32.63	150m: 1:52.39	41.02	250m: 3:16.94	44.42	350m: 4:37.71	35.64
	100m: 1:11.37	38.74	200m: 2:32.52	40.13	300m: 4:02.07	45.13	400m: 5:11.36	33.65
5.	Rachelle Visser	AZ&PC	5:15.60	9500106	5:12.13	+0,91 C		
	50m: 32.29	32.29	150m: 1:52.28	41.18	250m: 3:16.63	44.84	350m: 4:37.81	35.98
	100m: 1:11.10	38.81	200m: 2:31.79	39.51	300m: 4:01.83	45.20	400m: 5:12.13	34.32
6.	Jessica Taylor	City of Sheffield Swim Squad	5:16.67	56782	5:14.96	+0,79 D		
	50m: 33.49	33.49	150m: 1:51.61	38.35	250m: 3:17.20	47.72	350m: 4:41.20	35.76
	100m: 1:13.26	39.77	200m: 2:29.48	37.87	300m: 4:05.44	48.24	400m: 5:14.96	33.76
7.	Yvette de Gier	De Columbiaan	5:16.80	9402124	5:15.77	+0,96 D		
	<i>tt 50m is een back-up tijd</i>							
	50m: 34.84	34.84	150m: 1:56.79	40.98	250m: 3:19.67	42.11	350m: 4:40.83	37.71
	100m: 1:15.81	40.97	200m: 2:37.56	40.77	300m: 4:03.12	43.45	400m: 5:15.77	34.94
8.	Monique van der Struik	RTC-Drachten	5:06.40	9502502	5:18.40 *	+0,91 D		
	50m: 34.08	34.08	150m: 1:52.34	38.93	250m: 3:17.48	45.45	350m: 4:41.77	36.95
	100m: 1:13.41	39.33	200m: 2:32.03	39.69	300m: 4:04.82	47.34	400m: 5:18.40	36.63
9.	Kelly Wiglevan	Poseidon'56	5:26.88	9500058	5:22.02	+1,04 E		
	50m: 33.39	33.39	150m: 1:54.39	41.46	250m: 3:21.61	46.55	350m: 4:45.93	37.16
	100m: 1:12.93	39.54	200m: 2:35.06	40.67	300m: 4:08.77	47.16	400m: 5:22.02	36.09

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Programmanr. 37, Dames, 400m wisselslag

Programmanr. 37 Dames, 400m wisselslag all-in
20.12.2009 - 17:02 Resultaten

Wereld Record	4:22.88	Kathryn Meaklim	Singapore (SIN)	22.11.2009
Europees Record	4:25.06	Mireia Belmonte Garcia	Rijeka (CRO)	14.12.2008
Nederlands Record Senioren	4:36.91	Rieneke Terink	Amsterdam	20.12.2009
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16.11.2008

rang	naam	vereniging	intijd	tijd	RT	niv.
1.	Rieneke Terink <i>Nederlands Record Senioren</i>	AZ&PC	4:38.49	8402424	4:36.91	+0,85 A+
	50m: 29.53 29.53	150m: 1:38.04 34.74	250m: 2:53.35 40.59	350m: 4:05.94 31.18		
	100m: 1:03.30 33.77	200m: 2:12.76 34.72	300m: 3:34.76 41.41	400m: 4:36.91 30.97		
2.	Sharon van Rouwendaal <i>Nederlands Record 16 jaar</i>	Eiffel Swimmers PSV	4:43.75	9307422	4:43.00	+0,80 A+
	50m: 30.49 30.49	150m: 1:39.85 35.64	250m: 2:56.19 40.95	350m: 4:10.64 32.97		
	100m: 1:04.21 33.72	200m: 2:15.24 35.39	300m: 3:37.67 41.48	400m: 4:43.00 32.36		
3.	Marina Ribí	Swiss Swimming Federation	4:45.53	1036	4:45.22	+0,97 A
	50m: 31.08 31.08	150m: 1:43.00 37.13	250m: 2:59.75 40.30	350m: 4:13.53 33.19		
	100m: 1:05.87 34.79	200m: 2:19.45 36.45	300m: 3:40.34 40.59	400m: 4:45.22 31.69		
4.	Lieke Verouden	AZ&PC	4:44.73	9003948	4:46.06	+0,89 A
	50m: 30.73 30.73	150m: 1:44.21 37.54	250m: 3:00.59 39.65	350m: 4:14.61 32.95		
	100m: 1:06.67 35.94	200m: 2:20.94 36.73	300m: 3:41.66 41.07	400m: 4:46.06 31.45		
5.	Julie Leth-Espensen	Danish Swimming Federation	4:47.21	9274AF	4:49.52	A
	50m: 31.66 31.66	150m: 1:45.95 38.06	250m: 3:03.38 39.73	350m: 4:17.09 33.57		
	100m: 1:07.89 36.23	200m: 2:23.65 37.70	300m: 3:43.52 40.14	400m: 4:49.52 32.43		
6.	Trine Gudnitz	Danish Swimming Federation	4:51.90	8728AA	4:52.56	+0,80 B
	50m: 32.30 32.30	150m: 1:45.28 36.84	250m: 3:04.50 43.28	350m: 4:20.65 33.30		
	100m: 1:08.44 36.14	200m: 2:21.22 35.94	300m: 3:47.35 42.85	400m: 4:52.56 31.91		
7.	Helen McRoberts	City of Sheffield Swim Squad	4:45.53	28274	4:57.59	+0,78 C
	50m: 32.78 32.78	150m: 1:46.10 37.53	250m: 3:06.98 43.70	350m: 4:24.49 33.82		
	100m: 1:08.57 35.79	200m: 2:23.28 37.18	300m: 3:50.67 43.69	400m: 4:57.59 33.10		
8.	Lucy Spencer	City of Sheffield Swim Squad	5:08.08	43193	4:59.27	+0,81 B
	50m: 32.39 32.39	150m: 1:48.35 38.83	250m: 3:10.44 43.51	350m: 4:27.01 32.98		
	100m: 1:09.52 37.13	200m: 2:26.93 38.58	300m: 3:54.03 43.59	400m: 4:59.27 32.26		
9.	Joëlle Scheps	WVZ	4:53.33	9202364	4:59.94	+0,94 C
	50m: 32.05 32.05	150m: 1:49.91 40.17	250m: 3:10.81 42.20	350m: 4:28.45 34.14		
	100m: 1:09.74 37.69	200m: 2:28.61 38.70	300m: 3:54.31 43.50	400m: 4:59.94 31.49		
10.	Marloes Oldenburg <i>tt 100m is een back-up tijd</i>	TriVia	5:02.32	8803218	5:01.42	+1,00 D
	50m: 30.86 30.86	150m: 1:47.40 40.36	250m: 3:10.73 43.25	350m: 4:28.66 34.35		
	100m: 1:07.04 36.18	200m: 2:27.48 40.08	300m: 3:54.31 43.58	400m: 5:01.42 32.76		
11.	Michelle Strandkov	Danish Swimming Federation	4:54.68	9158AF	5:01.73	+0,83 D
	50m: 31.56 31.56	150m: 1:44.51 37.55	250m: 3:09.10 47.74	350m: 4:29.90 33.98		
	100m: 1:06.96 35.40	200m: 2:21.36 36.85	300m: 3:55.92 46.82	400m: 5:01.73 31.83		
12.	Wendan Poelstra <i>tt 100m is een back-up tijd</i>	Orca	5:00.26	9102496	5:02.10	+0,86 D
	50m: 31.55 31.55	150m: 1:45.11 37.34	250m: 3:07.50 44.73	350m: 4:27.81 35.00		
	100m: 1:07.77 36.22	200m: 2:22.77 37.66	300m: 3:52.81 45.31	400m: 5:02.10 34.29		
13.	Merle Verkijk	WVZ	5:01.38	9400278	5:02.27	+0,78 B
	50m: 31.57 31.57	150m: 1:46.10 38.49	250m: 3:07.53 43.57	350m: 4:28.31 35.67		
	100m: 1:07.61 36.04	200m: 2:23.96 37.86	300m: 3:52.64 45.11	400m: 5:02.27 33.96		
14.	Judith van Meijel	HZPC	5:04.21	9102076	5:02.99	+0,86 D
	50m: 32.77 32.77	150m: 1:49.05 37.66	250m: 3:10.37 44.06	350m: 4:28.89 34.71		
	100m: 1:11.39 38.62	200m: 2:26.31 37.26	300m: 3:54.18 43.81	400m: 5:02.99 34.10		
15.	Marjolein Delno	De Rijn	5:04.16	9400024	5:06.59	+0,95 C
	50m: 31.45 31.45	150m: 1:47.98 39.51	250m: 3:10.64 42.78	350m: 4:31.67 36.03		
	100m: 1:08.47 37.02	200m: 2:27.86 39.88	300m: 3:55.64 45.00	400m: 5:06.59 34.92		
16.	Malissa van de Heuvel	Eiffel Swimmers PSV	5:03.95	9304922	5:08.52	+0,55 D
	50m: 32.37 32.37	150m: 1:47.81 38.59	250m: 3:11.60 44.63	350m: 4:34.32 36.43		
	100m: 1:09.22 36.85	200m: 2:26.97 39.16	300m: 3:57.89 46.29	400m: 5:08.52 34.20		
17.	Leonie van Noort	De Zijl/LGB	5:08.26	9301752	5:09.11	+1,03 D
	50m: 33.19 33.19	150m: 1:51.79 39.56	250m: 3:14.87 42.73	350m: 4:36.02 35.19		
	100m: 1:12.23 39.04	200m: 2:32.14 40.35	300m: 4:00.83 45.96	400m: 5:09.11 33.09		
18.	Michelle Verouden	Eiffel Swimmers PSV	5:06.84	9400150	5:10.01	+0,93 C
	50m: 34.46 34.46	150m: 1:53.97 39.72	250m: 3:16.66 43.38	350m: 4:36.90 35.10		
	100m: 1:14.25 39.79	200m: 2:33.28 39.31	300m: 4:01.80 45.14	400m: 5:10.01 33.11		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 37, Dames, 400m wisselslag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
19.	Jodie Willis	Ealing Swimming Club	4:58.62	60106	5:10.73	+0,83 D
	50m: 31.87	150m: 1:47.50	250m: 3:11.96	350m: 4:33.69		37.02
	100m: 1:08.66	200m: 2:27.07	300m: 3:56.67	400m: 5:10.73		37.04
20.	Macy Oortwijn	DWK	5:06.07	9500722	5:11.36	+0,99 C
	50m: 32.63	150m: 1:52.39	250m: 3:16.94	350m: 4:37.71		35.64
	100m: 1:11.37	200m: 2:32.52	300m: 4:02.07	400m: 5:11.36		33.65
21.	Rachelle Visser	AZ&PC	5:15.60	9500106	5:12.13	+0,91 C
	50m: 32.29	150m: 1:52.28	250m: 3:16.63	350m: 4:37.81		35.98
	100m: 1:11.10	200m: 2:31.79	300m: 4:01.83	400m: 5:12.13		34.32
22.	Kelly ter Doest	Zwem- en Poloclub De Hof	5:01.94	9100750	5:14.12	+0,86 E
	50m: 32.83	150m: 1:51.63	250m: 3:15.70	350m: 4:37.44		37.56
	100m: 1:10.92	200m: 2:31.11	300m: 3:59.88	400m: 5:14.12		36.68
23.	Jessica Taylor	City of Sheffield Swim Squad	5:16.67	56782	5:14.96	+0,79 D
	50m: 33.49	150m: 1:51.61	250m: 3:17.20	350m: 4:41.20		35.76
	100m: 1:13.26	200m: 2:29.48	300m: 4:05.44	400m: 5:14.96		33.76
24.	Yvette de Gier	De Columbiaan	5:16.80	9402124	5:15.77	+0,96 D
	<i>tt 50m is een back-up tijd</i>					
	50m: 34.84	150m: 1:56.79	250m: 3:19.67	350m: 4:40.83		37.71
	100m: 1:15.81	200m: 2:37.56	300m: 4:03.12	400m: 5:15.77		34.94
25.	Monique van der Struik	RTC-Drachten	5:06.40	9502502	5:18.40	* +0,91 D
	50m: 34.08	150m: 1:52.34	250m: 3:17.48	350m: 4:41.77		36.95
	100m: 1:13.41	200m: 2:32.03	300m: 4:04.82	400m: 5:18.40		36.63
26.	Kelly Wigleven	Poseidon'56	5:26.88	9500058	5:22.02	+1,04 E
	50m: 33.39	150m: 1:54.39	250m: 3:21.61	350m: 4:45.93		37.16
	100m: 1:12.93	200m: 2:35.06	300m: 4:08.77	400m: 5:22.02		36.09
AFGEM	Katrine Holm Sørensen	Danish Swimming Federation	4:43.48	9282AG		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		
NG	Judith Stap	De Stormvogel	4:56.35	9302702		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		
BM	Randi Nielsen	Danish Swimming Federation	5:07.52	8948AC	5:00.10	+0,86 D
	50m: 32.75	150m: 1:48.11	250m: 3:08.49	350m: 4:27.46		34.77
	100m: 1:11.11	200m: 2:25.07	300m: 3:52.69	400m: 5:00.10		32.64

Programmanr. 38
20.12.2009 - 17:09

Heren, 50m vlinderslag

all-in

Resultaten Finale

Wereld Record	21.80	Steffen Deibler	Berlijn (GER)	14.11.2009
Europees Record	21.80	Steffen Deibler	Berlijn (GER)	14.11.2009
Nederlands Record Senioren	22.74	Bastiaan Tamminga	Istanbul (TUR)	13.12.2009
Nederlands Record Jeugd	24.71	Pieter van den Hoogenband	Dordrecht	23.03.1996

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Joeri Verlinden	Eiffel Swimmers PSV	23.99	8803549	23.31	+0,75 A+
2.	Bastiaan Tamminga	Eiffel Swimmers PSV	24.28	8101659	23.68	+0,84 A
3.	Robin van Aggele	AZ&PC	24.83	8400017	24.27	+0,71 B
4.	Tim van Deutekom	E.ON-NZA	24.23	9100459	24.41	+0,79 B
5.	Ewoud Tamminga	AZ&PC	24.79	8201701	24.67	+0,83 C
6.	Marc Kremer	ANKER TEAM GRONINGEN	24.66	9004667	24.70	+0,76 C
7.	Nico Van Duijn	Swiss Swimming Federation	25.01	13825	24.82	+0,74 C
8.	Jeroen Stuut	TriVia	24.99	8803315	24.90	+0,82 D
Finale B						
9.	Adrien Perez	Swiss Swimming Federation	25.11	11122	24.79	+0,80 C
10.	Floor Verhaar	WVZ	25.38	9004603	24.84	+0,56 C
11.	Mike Marissen	AZ&PC	25.25	9202187	25.21	+0,80 C
12.	Robert Klinkhamer	ZPC Bikkel Hoogeveen	25.33	9101241	25.24	+0,75 D
13.	Jurjen Willemsen	Eiffel Swimmers PSV	25.23	9003315	25.38	+0,77 D
14.	Daniel Rast	Swiss Swimming Federation	25.45	8471	25.43	+0,76 E
15.	Raga Flores	BZV	25.34	8900903	25.61	+0,77 E
16.	Pieter Timmers	Eiffel Swimmers PSV	25.48	8806031	25.74	+0,84 E

Open Nederlandse Kampioenschappen 2009
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Programmanr. 39 Dames, 50m vlinderslag all-in
20.12.2009 - 17:13 Resultaten Finale

Wereld Record	24.38	Therese Alshammar	Singapore (SIN)	22.11.2009
Europees Record	24.38	Therese Alshammar	Singapore (SIN)	22.11.2009
Nederlands Record Senioren	25.00	Inge Dekker/Hinkelien Schreuder	Istanbul (TUR)	11.12.2009
Nederlands Record Jeugd	27.48	Ranomi Kromowidjojo	Palma de Mallorca (ESP)	07.07.2006

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Chantal Groot	De Dolfijn	27.58	8200562	26.93	+0,79 A
2.	Elise Bouwens	E.ON-NZA	27.56	9103964	27.33	+0,87 B
3.	Lenneke van Schaik	De Dolfijn	28.35	8603124	27.85	+0,88 C
4.	Willemijn Knot	De Dolfijn	27.89	9002010	27.98	+0,82 D
5.	Kelly de Jong	E.ON-NZA	28.35	9101474	28.03	+0,93 C
6.	Lotte Goosen	DIO	28.30	9205306	28.27	+0,76 C
7.	Ilse Kraaijeveld	Orca	28.29	9002110	28.57	+0,77 D
DIS	Kira Toussaint	E.ON-NZA	27.99	9400990		AA
Finale B						
9.	Jessica Spruit	Eiffel Swimmers PSV	28.46	9103756	28.15	+0,80 C
10.	Parand Zarekiani	E.ON-NZA	28.53	9402150	28.36	+0,81 A
11.	Chantal Senden	ZC Valkenburg	28.78	9300698	28.53	+0,77 C
12.	Femke Leenstra	Orca	28.64	9503038	28.54	+0,81 A
13.	Milou Julicher	Wiekslag	28.76	9301320	28.58	+0,72 C
14.	Danielle Villars	Swiss Swimming Federation	28.63	14972	28.71	+0,77 C
15.	Eloise Barber	University of Stirling	28.69	30561	28.83	+0,81 D
16.	Christel Vinke	ZVZ	28.97	9400152	29.40	+0,95 C

Programmanr. 40 Jongens, 1500m vrije slag Jeugd 1 en 2
20.12.2009 - 17:18 Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07.08.2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09.12.2006
Nederlands Record Senioren	14:41.14	Job Kienhuis	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18.12.2005

rang	naam	vereniging	intijd	tijd	RT	niv.		
1.	Thomas Sunter	City of Sheffield Swim Squad	15:49.05	25388	15:36.59	+0,85 A+		
	50m: 28.50	28.50	450m: 4:36.43	31.42	850m: 8:47.70	31.45	1250m: 13:00.90	31.74
	100m: 58.78	30.28	500m: 5:07.69	31.26	900m: 9:19.06	31.36	1300m: 13:32.61	31.71
	150m: 1:29.60	30.82	550m: 5:38.92	31.23	950m: 9:50.70	31.64	1350m: 14:04.15	31.54
	200m: 2:00.18	30.58	600m: 6:10.35	31.43	1000m: 10:22.44	31.74	1400m: 14:35.47	31.32
	250m: 2:31.55	31.37	650m: 6:41.72	31.37	1050m: 10:54.33	31.89	1450m: 15:07.02	31.55
	300m: 3:02.40	30.85	700m: 7:13.05	31.33	1100m: 11:25.99	31.66	1500m: 15:36.59	29.57
	350m: 3:33.59	31.19	750m: 7:44.73	31.68	1150m: 11:57.62	31.63		
	400m: 4:05.01	31.42	800m: 8:16.25	31.52	1200m: 12:29.16	31.54		
2.	Ricky Speed	City of Sheffield Swim Squad	16:08.57	27480	15:53.18	+0,81 B		
	50m: 28.25	28.25	450m: 4:40.17	31.97	850m: 8:55.80	32.23	1250m: 13:13.78	32.27
	100m: 58.93	30.68	500m: 5:11.76	31.59	900m: 9:27.96	32.16	1300m: 13:46.25	32.47
	150m: 1:30.02	31.09	550m: 5:43.54	31.78	950m: 10:00.14	32.18	1350m: 14:18.43	32.18
	200m: 2:01.39	31.37	600m: 6:15.48	31.94	1000m: 10:32.17	32.03	1400m: 14:50.71	32.28
	250m: 2:32.96	31.57	650m: 6:47.46	31.98	1050m: 11:04.47	32.30	1450m: 15:22.68	31.97
	300m: 3:04.73	31.77	700m: 7:19.36	31.90	1100m: 11:37.09	32.62	1500m: 15:53.18	30.50
	350m: 3:36.35	31.62	750m: 7:51.35	31.99	1150m: 12:09.33	32.24		
	400m: 4:08.20	31.85	800m: 8:23.57	32.22	1200m: 12:41.51	32.18		
3.	Ferry Weertman	DWK	15:35.48	9201461	15:58.41	+1,16 B		
	50m: 28.30	28.30	450m: 4:43.89	32.51	850m: 9:02.11	32.02	1250m: 13:20.70	32.23
	100m: 59.39	31.09	500m: 5:16.13	32.24	900m: 9:34.11	32.00	1300m: 13:52.73	32.03
	150m: 1:31.03	31.64	550m: 5:48.72	32.59	950m: 10:06.47	32.36	1350m: 14:24.72	31.99
	200m: 2:02.88	31.85	600m: 6:21.14	32.42	1000m: 10:38.68	32.21	1400m: 14:57.04	32.32
	250m: 2:35.13	32.25	650m: 6:53.68	32.54	1050m: 11:10.91	32.23	1450m: 15:28.50	31.46
	300m: 3:07.40	32.27	700m: 7:25.65	31.97	1100m: 11:43.58	32.67	1500m: 15:58.41	29.91
	350m: 3:39.43	32.03	750m: 7:57.74	32.09	1150m: 12:15.97	32.39		
	400m: 4:11.38	31.95	800m: 8:30.09	32.35	1200m: 12:48.47	32.50		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd		RT	niv.
4.	Niek Pereboom	WVZ	16:44.34		9305395	16:25.63	+0,92	C
	50m: 29.14	29.14	450m: 4:53.04	33.03	850m: 9:15.67	33.24	1250m: 13:42.78	33.49
	100m: 1:01.64	32.50	500m: 5:25.86	32.82	900m: 9:48.69	33.02	1300m: 14:16.35	33.57
	150m: 1:34.82	33.18	550m: 5:58.70	32.84	950m: 10:22.08	33.39	1350m: 14:49.38	33.03
	200m: 2:07.86	33.04	600m: 6:31.21	32.51	1000m: 10:55.38	33.30	1400m: 15:23.51	34.13
	250m: 2:40.84	32.98	650m: 7:03.82	32.61	1050m: 11:28.77	33.39	1450m: 15:56.82	33.31
	300m: 3:13.74	32.90	700m: 7:36.50	32.68	1100m: 12:02.17	33.40	1500m: 16:25.63	28.81
	350m: 3:46.87	33.13	750m: 8:09.59	33.09	1150m: 12:35.76	33.59		
	400m: 4:20.01	33.14	800m: 8:42.43	32.84	1200m: 13:09.29	33.53		
5.	Jens Bakker	E.ON-NZA	16:49.33		9300021	16:38.72	+0,92	D
	50m: 30.02	30.02	450m: 4:54.31	33.05	850m: 9:20.94	33.87	1250m: 13:52.64	34.37
	100m: 1:02.77	32.75	500m: 5:27.71	33.40	900m: 9:54.14	33.20	1300m: 14:26.39	33.75
	150m: 1:36.13	33.36	550m: 6:00.93	33.22	950m: 10:28.40	34.26	1350m: 15:00.50	34.11
	200m: 2:09.59	33.46	600m: 6:34.12	33.19	1000m: 11:02.61	34.21	1400m: 15:34.58	34.08
	250m: 2:42.33	32.74	650m: 7:06.91	32.79	1050m: 11:36.51	33.90	1450m: 16:07.79	33.28
	300m: 3:15.17	32.84	700m: 7:39.89	32.98	1100m: 12:10.49	33.98	1500m: 16:38.72	30.93
	350m: 3:48.37	33.20	750m: 8:13.38	33.49	1150m: 12:44.40	33.91		
	400m: 4:21.26	32.89	800m: 8:47.07	33.69	1200m: 13:18.27	33.87		
6.	Bernd Kobesen	RTC-Drachten	16:34.38		9300981	16:41.45	+0,66	D
	50m: 28.72	28.72	450m: 4:53.75	33.61	850m: 9:25.41	34.07	1250m: 13:56.91	33.50
	100m: 1:00.89	32.17	500m: 5:27.61	33.86	900m: 9:59.43	34.02	1300m: 14:30.52	33.61
	150m: 1:33.80	32.91	550m: 6:01.36	33.75	950m: 10:33.46	34.03	1350m: 15:03.95	33.43
	200m: 2:07.06	33.26	600m: 6:35.34	33.98	1000m: 11:07.77	34.31	1400m: 15:37.23	33.28
	250m: 2:40.38	33.32	650m: 7:09.33	33.99	1050m: 11:42.03	34.26	1450m: 16:10.39	33.16
	300m: 3:13.45	33.07	700m: 7:43.14	33.81	1100m: 12:15.95	33.92	1500m: 16:41.45	31.06
	350m: 3:46.60	33.15	750m: 8:17.13	33.99	1150m: 12:49.72	33.77		
	400m: 4:20.14	33.54	800m: 8:51.34	34.21	1200m: 13:23.41	33.69		
7.	Bart Dunweg	Vlaardingen	17:15.41		9301763	16:49.32	+0,80	D
	50m: 29.37	29.37	450m: 5:02.23	34.38	850m: 9:31.40	34.25	1250m: 14:01.81	34.06
	100m: 1:02.86	33.49	500m: 5:36.10	33.87	900m: 10:04.88	33.48	1300m: 14:35.87	34.06
	150m: 1:37.10	34.24	550m: 6:08.67	32.57	950m: 10:38.77	33.89	1350m: 15:10.13	34.26
	200m: 2:11.66	34.56	600m: 6:42.67	34.00	1000m: 11:12.23	33.46	1400m: 15:44.43	34.30
	250m: 2:46.37	34.71	650m: 7:16.48	33.81	1050m: 11:46.37	34.14	1450m: 16:18.11	33.68
	300m: 3:20.30	33.93	700m: 7:50.56	34.08	1100m: 12:19.66	33.29	1500m: 16:49.32	31.21
	350m: 3:53.90	33.60	750m: 8:23.54	32.98	1150m: 12:53.56	33.90		
	400m: 4:27.85	33.95	800m: 8:57.15	33.61	1200m: 13:27.75	34.19		
8.	Victor Poot	Vlaardingen	16:48.00		9203651	16:54.30	+0,77	E
	50m: 29.04	29.04	450m: 4:52.20	33.58	850m: 9:26.89	34.71	1250m: 14:07.66	35.14
	100m: 1:00.71	31.67	500m: 5:25.87	33.67	900m: 10:01.67	34.78	1300m: 14:41.82	34.16
	150m: 1:33.06	32.35	550m: 5:59.48	33.61	950m: 10:36.72	35.05	1350m: 15:16.09	34.27
	200m: 2:05.89	32.83	600m: 6:33.64	34.16	1000m: 11:12.01	35.29	1400m: 15:49.55	33.46
	250m: 2:39.02	33.13	650m: 7:08.10	34.46	1050m: 11:47.99	35.98	1450m: 16:22.33	32.78
	300m: 3:12.01	32.99	700m: 7:42.57	34.47	1100m: 12:23.33	35.34	1500m: 16:54.30	31.97
	350m: 3:45.49	33.48	750m: 8:17.52	34.95	1150m: 12:57.64	34.31		
	400m: 4:18.62	33.13	800m: 8:52.18	34.66	1200m: 13:32.52	34.88		
9.	Marcel Schouten	Haerlem'04 (SG)	16:27.44		9300653	16:57.32	+0,87	D
	50m: 28.67	28.67	450m: 4:53.32	33.13	850m: 9:21.85	34.30	1250m: 14:03.90	35.60
	100m: 1:00.80	32.13	500m: 5:26.63	33.31	900m: 9:56.36	34.51	1300m: 14:40.18	36.28
	150m: 1:33.81	33.01	550m: 5:59.45	32.82	950m: 10:30.75	34.39	1350m: 15:14.52	34.34
	200m: 2:06.79	32.98	600m: 6:32.81	33.36	1000m: 11:05.77	35.02	1400m: 15:50.76	36.24
	250m: 2:39.77	32.98	650m: 7:06.20	33.39	1050m: 11:40.42	34.65	1450m: 16:24.53	33.77
	300m: 3:13.01	33.24	700m: 7:39.76	33.56	1100m: 12:15.93	35.51	1500m: 16:57.32	32.79
	350m: 3:46.58	33.57	750m: 8:13.73	33.97	1150m: 12:51.78	35.85		
	400m: 4:20.19	33.61	800m: 8:47.55	33.82	1200m: 13:28.30	36.52		
10.	Giovanni den Ouden	De Devel	17:00.05		9300877	16:57.98	+0,81	D
	50m: 29.88	29.88	450m: 5:00.19	34.18	850m: 9:33.60	34.65	1250m: 14:07.96	34.15
	100m: 1:02.96	33.08	500m: 5:33.75	33.56	900m: 10:07.71	34.11	1300m: 14:42.84	34.88
	150m: 1:36.46	33.50	550m: 6:08.59	34.84	950m: 10:42.12	34.41	1350m: 15:16.80	33.96
	200m: 2:11.11	34.65	600m: 6:42.85	34.26	1000m: 11:16.29	34.17	1400m: 15:51.46	34.66
	250m: 2:45.07	33.96	650m: 7:16.89	34.04	1050m: 11:50.62	34.33	1450m: 16:25.84	34.38
	300m: 3:18.29	33.22	700m: 7:50.97	34.08	1100m: 12:25.01	34.39	1500m: 16:57.98	32.14
	350m: 3:52.23	33.94	750m: 8:24.86	33.89	1150m: 12:59.34	34.33		
	400m: 4:26.01	33.78	800m: 8:58.95	34.09	1200m: 13:33.81	34.47		
11.	Mitch Notten	ZC Valkenburg	16:22.38		9202505	17:11.92	+0,91	E
	50m: 28.46	28.46	450m: 4:50.15	33.64	850m: 9:28.80	35.50	1250m: 14:15.42	35.86
	100m: 59.72	31.26	500m: 5:24.38	34.23	900m: 10:04.28	35.48	1300m: 14:51.67	36.25
	150m: 1:31.74	32.02	550m: 5:58.62	34.24	950m: 10:40.05	35.77	1350m: 15:27.34	35.67
	200m: 2:03.92	32.18	600m: 6:33.33	34.71	1000m: 11:15.79	35.74	1400m: 16:02.81	35.47
	250m: 2:36.67	32.75	650m: 7:07.95	34.62	1050m: 11:51.73	35.94	1450m: 16:37.78	34.97
	300m: 3:09.77	33.10	700m: 7:43.06	35.11	1100m: 12:27.60	35.87	1500m: 17:11.92	34.14
	350m: 3:43.22	33.45	750m: 8:17.85	34.79	1150m: 13:03.81	36.21		
	400m: 4:16.51	33.29	800m: 8:53.30	35.45	1200m: 13:39.56	35.75		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd		RT	niv.
12.	Pim Kienhuis	De Dinkel	17:24.73		9300263		17:13.80	+0,96 E
	50m: 29.56	29.56	450m: 5:00.80	34.76	850m: 9:39.38	35.08	1250m: 14:21.06	34.00
	100m: 1:02.68	33.12	500m: 5:35.13	34.33	900m: 10:13.95	34.57	1300m: 14:56.11	35.05
	150m: 1:36.69	34.01	550m: 6:10.04	34.91	950m: 10:49.76	35.81	1350m: 15:31.37	35.26
	200m: 2:09.96	33.27	600m: 6:44.51	34.47	1000m: 11:24.56	34.80	1400m: 16:06.23	34.86
	250m: 2:43.61	33.65	650m: 7:19.56	35.05	1050m: 11:59.31	34.75	1450m: 16:41.10	34.87
	300m: 3:17.55	33.94	700m: 7:54.48	34.92	1100m: 12:35.05	35.74	1500m: 17:13.80	32.70
	350m: 3:51.66	34.11	750m: 8:28.64	34.16	1150m: 13:11.07	36.02		
	400m: 4:26.04	34.38	800m: 9:04.30	35.66	1200m: 13:47.06	35.99		
13.	Wouter Kaman	Aquarijn	17:37.70		9300241		17:14.33	+0,81 E
	50m: 29.96	29.96	450m: 5:04.30	35.01	850m: 9:44.21	35.07	1250m: 14:22.04	34.52
	100m: 1:02.97	33.01	500m: 5:39.04	34.74	900m: 10:18.89	34.68	1300m: 14:56.71	34.67
	150m: 1:36.83	33.86	550m: 6:13.80	34.76	950m: 10:53.92	35.03	1350m: 15:31.33	34.62
	200m: 2:11.58	34.75	600m: 6:48.84	35.04	1000m: 11:28.48	34.56	1400m: 16:05.73	34.40
	250m: 2:45.86	34.28	650m: 7:24.11	35.27	1050m: 12:03.10	34.62	1450m: 16:40.20	34.40
	300m: 3:20.44	34.58	700m: 7:58.92	34.81	1100m: 12:37.96	34.86	1500m: 17:14.33	34.13
	350m: 3:54.77	34.33	750m: 8:34.24	35.32	1150m: 13:12.94	34.98		
	400m: 4:29.29	34.52	800m: 9:09.14	34.90	1200m: 13:47.52	34.58		
14.	Maurice Soudant	Nuenen	17:36.77		9302125		17:18.89	+0,71 E
	50m: 28.39	28.39	450m: 5:00.20	34.34	850m: 9:43.67	35.81	1250m: 14:25.77	35.47
	100m: 1:01.38	32.99	500m: 5:35.05	34.85	900m: 10:18.60	34.93	1300m: 15:00.73	34.96
	150m: 1:35.48	34.10	550m: 6:09.74	34.69	950m: 10:54.31	35.71	1350m: 15:35.78	35.05
	200m: 2:09.70	34.22	600m: 6:44.54	34.80	1000m: 11:29.05	34.74	1400m: 16:10.64	34.86
	250m: 2:43.72	34.02	650m: 7:19.46	34.92	1050m: 12:04.52	35.47	1450m: 16:46.51	35.08
	300m: 3:18.04	34.32	700m: 7:54.66	35.20	1100m: 12:39.67	35.15	1500m: 17:18.89	33.17
	350m: 3:51.97	33.93	750m: 8:31.14	36.48	1150m: 13:15.55	35.88		
	400m: 4:25.86	33.89	800m: 9:07.86	36.72	1200m: 13:50.30	34.75		
15.	Timo Dinkelberg	Vlaardingen	17:19.25		9300773		17:19.37	+0,80 E
	50m: 29.41	29.41	450m: 5:04.17	34.08	850m: 9:41.24	35.08	1250m: 14:25.73	35.23
	100m: 1:02.79	33.38	500m: 5:38.28	34.11	900m: 10:16.21	34.97	1300m: 15:01.76	36.03
	150m: 1:37.27	34.48	550m: 6:12.63	34.35	950m: 10:51.69	35.48	1350m: 15:37.37	35.61
	200m: 2:11.95	34.68	600m: 6:46.75	34.12	1000m: 11:27.56	35.87	1400m: 16:12.82	35.45
	250m: 2:46.70	34.75	650m: 7:21.60	34.85	1050m: 12:03.41	35.85	1450m: 16:46.51	33.69
	300m: 3:22.04	35.34	700m: 7:56.22	34.62	1100m: 12:39.04	35.63	1500m: 17:19.37	32.86
	350m: 3:56.20	34.16	750m: 8:31.05	34.83	1150m: 13:14.41	35.37		
	400m: 4:30.09	33.89	800m: 9:06.16	35.11	1200m: 13:50.50	36.09		
16.	Daniel Langerveld	De Fuut	17:01.91		9302989		17:22.14	+0,83 E
	50m: 30.06	30.06	450m: 5:04.21	34.81	850m: 9:45.88	34.47	1250m: 14:29.32	35.07
	100m: 1:03.34	33.28	500m: 5:39.67	35.46	900m: 10:21.28	35.40	1300m: 15:05.39	36.07
	150m: 1:37.19	33.85	550m: 6:15.27	35.60	950m: 10:56.88	35.60	1350m: 15:39.75	34.36
	200m: 2:11.18	33.99	600m: 6:50.81	35.54	1000m: 11:32.44	35.56	1400m: 16:14.51	34.76
	250m: 2:45.76	34.58	650m: 7:26.83	36.02	1050m: 12:07.60	35.16	1450m: 16:48.86	34.35
	300m: 3:19.95	34.19	700m: 8:02.41	35.58	1100m: 12:42.91	35.31	1500m: 17:22.14	33.28
	350m: 3:54.44	34.49	750m: 8:37.90	35.49	1150m: 13:18.53	35.62		
	400m: 4:29.40	34.96	800m: 9:11.41	33.51	1200m: 13:54.25	35.72		
17.	Kasper Leeuw	De Dinkel	17:25.31		9304435		17:27.32	+1,02 E
	50m: 30.17	30.17	450m: 5:07.31	34.88	850m: 9:51.01	35.59	1250m: 14:34.66	35.23
	100m: 1:03.50	33.33	500m: 5:42.70	35.39	900m: 10:26.71	35.70	1300m: 15:09.55	34.89
	150m: 1:37.85	34.35	550m: 6:17.99	35.29	950m: 11:02.05	35.34	1350m: 15:44.32	34.77
	200m: 2:12.67	34.82	600m: 6:53.30	35.31	1000m: 11:37.69	35.64	1400m: 16:19.19	34.87
	250m: 2:47.35	34.68	650m: 7:28.69	35.39	1050m: 12:13.23	35.54	1450m: 16:53.89	34.70
	300m: 3:22.35	35.00	700m: 8:04.28	35.59	1100m: 12:48.54	35.31	1500m: 17:27.32	33.43
	350m: 3:57.32	34.97	750m: 8:39.76	35.48	1150m: 13:23.86	35.32		
	400m: 4:32.43	35.11	800m: 9:15.42	35.66	1200m: 13:59.43	35.57		
18.	Dennis Cramer	Appingedam	16:46.96		9200199		17:31.01	+0,86
	50m: 29.25	29.25	450m: 5:05.60	35.20	850m: 9:50.33	36.07	1250m: 14:36.21	36.13
	100m: 1:01.66	32.41	500m: 5:41.18	35.58	900m: 10:25.94	35.61	1300m: 15:12.28	36.07
	150m: 1:36.75	35.09	550m: 6:16.43	35.25	950m: 11:01.94	36.00	1350m: 15:47.44	35.16
	200m: 2:11.40	34.65	600m: 6:52.34	35.91	1000m: 11:37.74	35.80	1400m: 16:23.19	35.75
	250m: 2:46.82	35.42	650m: 7:27.43	35.09	1050m: 12:13.19	35.45	1450m: 16:57.63	34.44
	300m: 3:20.83	34.01	700m: 8:03.18	35.75	1100m: 12:49.01	35.82	1500m: 17:31.01	33.38
	350m: 3:55.62	34.79	750m: 8:38.64	35.46	1150m: 13:24.57	35.56		
	400m: 4:30.40	34.78	800m: 9:14.26	35.62	1200m: 14:00.08	35.51		
19.	Nick Duivenvoorden	Noordwijkerhout	17:36.15		9300731		17:33.69	+0,74 E
	50m: 29.72	29.72	450m: 5:08.87	35.90	850m: 9:53.78	35.69	1250m: 14:39.94	35.73
	100m: 1:02.93	33.21	500m: 5:44.10	35.23	900m: 10:29.31	35.53	1300m: 15:15.39	35.45
	150m: 1:37.29	34.36	550m: 6:19.82	35.72	950m: 11:05.19	35.88	1350m: 15:50.62	35.23
	200m: 2:11.93	34.64	600m: 6:55.40	35.58	1000m: 11:41.02	35.83	1400m: 16:26.03	35.41
	250m: 2:46.77	34.84	650m: 7:31.22	35.82	1050m: 12:16.65	35.63	1450m: 17:01.10	35.07
	300m: 3:22.08	35.31	700m: 8:07.00	35.78	1100m: 12:52.62	35.97	1500m: 17:33.69	32.59
	350m: 3:57.61	35.53	750m: 8:42.62	35.62	1150m: 13:28.39	35.77		
	400m: 4:32.97	35.36	800m: 9:18.09	35.47	1200m: 14:04.21	35.82		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT	niv.	
20.	Sebastian de Been	De Warande	17:18.16		9302233	17:47.17	+0,79	
	50m: 29.13	29.13	450m: 5:06.42	35.78	850m: 9:54.03	36.43	1250m: 14:46.00	36.64
	100m: 1:02.48	33.35	500m: 5:41.97	35.55	900m: 10:30.14	36.11	1300m: 15:22.61	36.61
	150m: 1:36.80	34.32	550m: 6:17.55	35.58	950m: 11:06.94	36.80	1350m: 15:59.04	36.43
	200m: 2:10.89	34.09	600m: 6:53.72	36.17	1000m: 11:43.14	36.20	1400m: 16:35.30	36.26
	250m: 2:45.34	34.45	650m: 7:29.62	35.90	1050m: 12:19.58	36.44	1450m: 17:11.32	36.02
	300m: 3:20.01	34.67	700m: 8:05.34	35.72	1100m: 12:55.82	36.24	1500m: 17:47.17	35.85
	350m: 3:55.09	35.08	750m: 8:41.24	35.90	1150m: 13:32.75	36.93		
	400m: 4:30.64	35.55	800m: 9:17.60	36.36	1200m: 14:09.36	36.61		
21.	Thomas van Mierlo	Eiffel Swimmers PSV	17:30.21		9300353	17:48.10	+0,85	
	50m: 29.93	29.93	450m: 5:08.79	35.43	850m: 9:56.78	36.32	1250m: 14:48.21	36.69
	100m: 1:03.88	33.95	500m: 5:44.34	35.55	900m: 10:33.19	36.41	1300m: 15:24.67	36.46
	150m: 1:38.28	34.40	550m: 6:19.91	35.57	950m: 11:09.29	36.10	1350m: 16:01.40	36.73
	200m: 2:13.07	34.79	600m: 6:56.02	36.11	1000m: 11:45.80	36.51	1400m: 16:37.92	36.52
	250m: 2:47.86	34.79	650m: 7:32.11	36.09	1050m: 12:21.93	36.13	1450m: 17:13.69	35.77
	300m: 3:22.75	34.89	700m: 8:08.19	36.08	1100m: 12:58.50	36.57	1500m: 17:48.10	34.41
	350m: 3:57.73	34.98	750m: 8:44.42	36.23	1150m: 13:35.15	36.65		
	400m: 4:33.36	35.63	800m: 9:20.46	36.04	1200m: 14:11.52	36.37		
NG	Sonny Corré	Luctor et Emergo	16:59.13		9303615			
	50m:		450m:		850m:		1250m:	
	100m:		500m:		900m:		1300m:	
	150m:		550m:		950m:		1350m:	
	200m:		600m:		1000m:		1400m:	
	250m:		650m:		1050m:		1450m:	
	300m:		700m:		1100m:		1500m:	
	350m:		750m:		1150m:			
	400m:		800m:		1200m:			

Programmanr. 40
20.12.2009 - 17:18

Heren, 1500m vrije slag

all-in

Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07.08.2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09.12.2006
Nederlands Record Senioren	14:41.14	Job Kienhuis	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18.12.2005

rang	naam	vereniging	intijd		tijd	RT	niv.	
1.	Job Kienhuis	Eiffel Swimmers PSV	14:45.91		8901631	14:48.72	+0,94 A+	
	<i>Kampioenschaps Record</i>							
	50m: 26.96	26.96	450m: 4:23.53	29.65	850m: 8:22.68	29.83	1250m: 12:20.77	29.79
	100m: 55.81	28.85	500m: 4:53.35	29.82	900m: 8:52.47	29.79	1300m: 12:50.66	29.89
	150m: 1:25.18	29.37	550m: 5:23.53	30.18	950m: 9:22.30	29.83	1350m: 13:20.03	29.37
	200m: 1:55.00	29.82	600m: 5:53.32	29.79	1000m: 9:51.97	29.67	1400m: 13:49.85	29.82
	250m: 2:24.55	29.55	650m: 6:23.25	29.93	1050m: 10:21.87	29.90	1450m: 14:19.75	29.90
	300m: 2:54.24	29.69	700m: 6:53.17	29.92	1100m: 10:51.32	29.45	1500m: 14:48.72	28.97
	350m: 3:24.01	29.77	750m: 7:23.04	29.87	1150m: 11:21.28	29.96		
	400m: 3:53.88	29.87	800m: 7:52.85	29.81	1200m: 11:50.98	29.70		
2.	Anders Lie	Danish Swimming Federation	15:06.35		9105AF	15:08.72	+0,82 A+	
	50m: 27.54	27.54	450m: 4:29.19	30.61	850m: 8:33.91	30.75	1250m: 12:38.03	30.22
	100m: 56.92	29.38	500m: 4:59.65	30.46	900m: 9:04.64	30.73	1300m: 13:08.50	30.47
	150m: 1:26.77	29.85	550m: 5:30.01	30.36	950m: 9:35.35	30.71	1350m: 13:39.01	30.51
	200m: 1:56.88	30.11	600m: 6:00.54	30.53	1000m: 10:05.92	30.57	1400m: 14:09.50	30.49
	250m: 2:27.21	30.33	650m: 6:31.05	30.51	1050m: 10:36.37	30.45	1450m: 14:40.14	30.64
	300m: 2:57.53	30.32	700m: 7:01.71	30.66	1100m: 11:06.83	30.46	1500m: 15:08.72	28.58
	350m: 3:28.05	30.52	750m: 7:32.40	30.69	1150m: 11:37.18	30.35		
	400m: 3:58.58	30.53	800m: 8:03.16	30.76	1200m: 12:07.81	30.63		
3.	Damien Cattin Vidal	Club des Vikings de Rouen	15:21.16		88vidal	15:27.12	+0,87 A	
	50m: 27.66	27.66	450m: 4:32.54	30.74	850m: 8:42.07	31.03	1250m: 12:51.68	30.86
	100m: 57.03	29.37	500m: 5:03.66	31.12	900m: 9:13.85	31.78	1300m: 13:22.99	31.31
	150m: 1:27.15	30.12	550m: 5:34.82	31.16	950m: 9:45.13	31.28	1350m: 13:54.92	31.93
	200m: 1:57.99	30.84	600m: 6:06.25	31.43	1000m: 10:16.13	31.00	1400m: 14:25.96	31.04
	250m: 2:28.81	30.82	650m: 6:37.24	30.99	1050m: 10:47.06	30.93	1450m: 14:57.38	31.42
	300m: 3:00.02	31.21	700m: 7:08.57	31.33	1100m: 11:18.59	31.53	1500m: 15:27.12	29.74
	350m: 3:31.09	31.07	750m: 7:39.81	31.24	1150m: 11:49.58	30.99		
	400m: 4:01.80	30.71	800m: 8:11.04	31.23	1200m: 12:20.82	31.24		
4.	Thomas Sunter	City of Sheffield Swim Squad	15:49.05		25388	15:36.59	+0,85 A+	
	50m: 28.50	28.50	450m: 4:36.43	31.42	850m: 8:47.70	31.45	1250m: 13:00.90	31.74
	100m: 58.78	30.28	500m: 5:07.69	31.26	900m: 9:19.06	31.36	1300m: 13:32.61	31.71
	150m: 1:29.60	30.82	550m: 5:38.92	31.23	950m: 9:50.70	31.64	1350m: 14:04.15	31.54
	200m: 2:00.18	30.58	600m: 6:10.35	31.43	1000m: 10:22.44	31.74	1400m: 14:35.47	31.32
	250m: 2:31.55	31.37	650m: 6:41.72	31.37	1050m: 10:54.33	31.89	1450m: 15:07.02	31.55
	300m: 3:02.40	30.85	700m: 7:13.05	31.33	1100m: 11:25.99	31.66	1500m: 15:36.59	29.57
	350m: 3:33.59	31.19	750m: 7:44.73	31.68	1150m: 11:57.62	31.63		
	400m: 4:05.01	31.42	800m: 8:16.25	31.52	1200m: 12:29.16	31.54		

Open Nederlandse Kampioenschappen 2009
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Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd		tijd		RT	niv.
5.	Bryan Mannaart	Eiffel Swimmers PSV	15:58.73		9103445	15:36.80	+0,84	A
	50m: 28.21	28.21	450m: 4:35.21	31.25	850m: 8:47.95	31.96	1250m: 13:01.16	31.58
	100m: 58.19	29.98	500m: 5:06.81	31.60	900m: 9:19.53	31.58	1300m: 13:32.81	31.65
	150m: 1:28.68	30.49	550m: 5:38.11	31.30	950m: 9:51.13	31.60	1350m: 14:04.55	31.74
	200m: 1:59.45	30.77	600m: 6:09.46	31.35	1000m: 10:22.76	31.63	1400m: 14:36.06	31.51
	250m: 2:30.44	30.99	650m: 6:40.77	31.31	1050m: 10:54.27	31.51	1450m: 15:07.21	31.15
	300m: 3:01.61	31.17	700m: 7:12.40	31.63	1100m: 11:25.95	31.68	1500m: 15:36.80	29.59
	350m: 3:32.55	30.94	750m: 7:44.16	31.76	1150m: 11:57.49	31.54		
	400m: 4:03.96	31.41	800m: 8:15.99	31.83	1200m: 12:29.58	32.09		
6.	Davy Verreussel	Hellas-Glana	15:44.45		8903341	15:48.35	+0,91	C
	50m: 27.42	27.42	450m: 4:40.68	31.92	850m: 8:55.92	32.06	1250m: 13:11.11	32.33
	100m: 57.90	30.48	500m: 5:12.76	32.08	900m: 9:27.69	31.77	1300m: 13:42.76	31.65
	150m: 1:29.35	31.45	550m: 5:44.48	31.72	950m: 9:59.52	31.83	1350m: 14:14.53	31.77
	200m: 2:00.91	31.56	600m: 6:16.53	32.05	1000m: 10:31.36	31.84	1400m: 14:46.51	31.98
	250m: 2:33.05	32.14	650m: 6:48.31	31.78	1050m: 11:03.13	31.77	1450m: 15:18.12	31.61
	300m: 3:05.29	32.24	700m: 7:20.12	31.81	1100m: 11:34.92	31.79	1500m: 15:48.35	30.23
	350m: 3:36.56	31.27	750m: 7:51.98	31.86	1150m: 12:06.80	31.88		
	400m: 4:08.76	32.20	800m: 8:23.86	31.88	1200m: 12:38.78	31.98		
7.	Ricky Speed	City of Sheffield Swim Squad	16:08.57		27480	15:53.18	+0,81	B
	50m: 28.25	28.25	450m: 4:40.17	31.97	850m: 8:55.80	32.23	1250m: 13:13.78	32.27
	100m: 58.93	30.68	500m: 5:11.76	31.59	900m: 9:27.96	32.16	1300m: 13:46.25	32.47
	150m: 1:30.02	31.09	550m: 5:43.54	31.78	950m: 10:00.14	32.18	1350m: 14:18.43	32.18
	200m: 2:01.39	31.37	600m: 6:15.48	31.94	1000m: 10:32.17	32.03	1400m: 14:50.71	32.28
	250m: 2:32.96	31.57	650m: 6:47.46	31.98	1050m: 11:04.47	32.30	1450m: 15:22.68	31.97
	300m: 3:04.73	31.77	700m: 7:19.36	31.90	1100m: 11:37.09	32.62	1500m: 15:53.18	30.50
	350m: 3:36.35	31.62	750m: 7:51.35	31.99	1150m: 12:09.33	32.24		
	400m: 4:08.20	31.85	800m: 8:23.57	32.22	1200m: 12:41.51	32.18		
8.	Ferry Weertman	DWK	15:35.48		9201461	15:58.41	+1,16	B
	50m: 28.30	28.30	450m: 4:43.89	32.51	850m: 9:02.11	32.02	1250m: 13:20.70	32.23
	100m: 59.39	31.09	500m: 5:16.13	32.24	900m: 9:34.11	32.00	1300m: 13:52.73	32.03
	150m: 1:31.03	31.64	550m: 5:48.72	32.59	950m: 10:06.47	32.36	1350m: 14:24.72	31.99
	200m: 2:02.88	31.85	600m: 6:21.14	32.42	1000m: 10:38.68	32.21	1400m: 14:57.04	32.32
	250m: 2:35.13	32.25	650m: 6:53.68	32.54	1050m: 11:10.91	32.23	1450m: 15:28.50	31.46
	300m: 3:07.40	32.27	700m: 7:25.65	31.97	1100m: 11:43.58	32.67	1500m: 15:58.41	29.91
	350m: 3:39.43	32.03	750m: 7:57.74	32.09	1150m: 12:15.97	32.39		
	400m: 4:11.38	31.95	800m: 8:30.09	32.35	1200m: 12:48.47	32.50		
9.	Mark Moussa	AZ&PC	15:52.81		9002059	16:00.20	+0,93	C
	50m: 27.86	27.86	450m: 4:40.37	31.89	850m: 8:57.46	32.23	1250m: 13:18.44	32.86
	100m: 58.49	30.63	500m: 5:12.43	32.06	900m: 9:29.96	32.50	1300m: 13:51.15	32.71
	150m: 1:29.79	31.30	550m: 5:44.32	31.89	950m: 10:02.29	32.33	1350m: 14:24.72	32.63
	200m: 2:01.29	31.50	600m: 6:16.38	32.06	1000m: 10:34.90	32.61	1400m: 14:56.39	32.61
	250m: 2:33.07	31.78	650m: 6:48.67	32.29	1050m: 11:07.52	32.62	1450m: 15:28.68	32.29
	300m: 3:05.04	31.97	700m: 7:20.88	32.21	1100m: 11:40.08	32.56	1500m: 16:00.20	31.52
	350m: 3:36.54	31.50	750m: 7:52.97	32.09	1150m: 12:12.87	32.79		
	400m: 4:08.48	31.94	800m: 8:25.23	32.26	1200m: 12:45.58	32.71		
10.	Ross Muir	University of Stirling	16:07.09		69791	16:11.64	+0,81	C
	50m: 29.50	29.50	450m: 4:46.86	31.72	850m: 9:05.82	32.33	1250m: 13:28.59	32.96
	100m: 1:01.11	31.61	500m: 5:18.88	32.02	900m: 9:38.67	32.85	1300m: 14:01.74	33.15
	150m: 1:33.23	32.12	550m: 5:50.99	32.11	950m: 10:11.35	32.68	1350m: 14:34.58	32.84
	200m: 2:05.89	32.66	600m: 6:23.30	32.31	1000m: 10:44.23	32.88	1400m: 15:07.51	32.93
	250m: 2:38.19	32.30	650m: 6:55.64	32.34	1050m: 11:16.96	32.73	1450m: 15:40.33	32.82
	300m: 3:10.46	32.27	700m: 7:28.12	32.48	1100m: 11:49.63	32.67	1500m: 16:11.64	31.31
	350m: 3:42.68	32.22	750m: 8:00.61	32.49	1150m: 12:22.47	32.84		
	400m: 4:15.14	32.46	800m: 8:33.49	32.88	1200m: 12:55.63	33.16		
11.	Vincent van Iperen	Orca	16:15.15		9106179	16:18.43	+0,84	D
	50m: 28.45	28.45	450m: 4:45.93	32.75	850m: 9:11.31	33.54	1250m: 13:37.27	33.20
	100m: 59.59	31.14	500m: 5:18.63	32.70	900m: 9:44.49	33.18	1300m: 14:11.07	33.80
	150m: 1:31.01	31.42	550m: 5:51.55	32.92	950m: 10:17.73	33.24	1350m: 14:43.51	32.44
	200m: 2:02.89	31.88	600m: 6:24.26	32.71	1000m: 10:50.62	32.89	1400m: 15:16.41	32.90
	250m: 2:35.45	32.56	650m: 6:57.33	33.07	1050m: 11:23.70	33.08	1450m: 15:48.65	32.24
	300m: 3:08.01	32.56	700m: 7:30.98	33.65	1100m: 11:57.58	33.88	1500m: 16:18.43	29.78
	350m: 3:40.59	32.58	750m: 8:04.70	33.72	1150m: 12:30.70	33.12		
	400m: 4:13.18	32.59	800m: 8:37.77	33.07	1200m: 13:04.07	33.37		
12.	Raymond van de Merwe	WVZ	16:13.08		8602077	16:18.46	+0,81	D
	50m: 28.58	28.58	450m: 4:48.41	32.66	850m: 9:10.49	32.85	1250m: 13:37.04	33.55
	100m: 1:00.18	31.60	500m: 5:20.79	32.38	900m: 9:43.66	33.17	1300m: 14:10.15	33.11
	150m: 1:32.39	32.21	550m: 5:53.46	32.67	950m: 10:16.84	33.18	1350m: 14:43.41	33.26
	200m: 2:04.82	32.43	600m: 6:26.33	32.87	1000m: 10:49.92	33.08	1400m: 15:17.07	33.66
	250m: 2:37.38	32.56	650m: 6:59.26	32.93	1050m: 11:23.32	33.40	1450m: 15:49.46	32.39
	300m: 3:10.08	32.70	700m: 7:32.00	32.74	1100m: 11:56.57	33.25	1500m: 16:18.46	29.00
	350m: 3:42.71	32.63	750m: 8:04.80	32.80	1150m: 12:29.92	33.35		
	400m: 4:15.75	33.04	800m: 8:37.64	32.84	1200m: 13:03.49	33.57		

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Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd		tijd		RT	niv.
13.	Niek Pereboom	WVZ	16:44.34		9305395	16:25.63	+0,92	C
	50m: 29.14	29.14	450m: 4:53.04	33.03	850m: 9:15.67	33.24	1250m: 13:42.78	33.49
	100m: 1:01.64	32.50	500m: 5:25.86	32.82	900m: 9:48.69	33.02	1300m: 14:16.35	33.57
	150m: 1:34.82	33.18	550m: 5:58.70	32.84	950m: 10:22.08	33.39	1350m: 14:49.38	33.03
	200m: 2:07.86	33.04	600m: 6:31.21	32.51	1000m: 10:55.38	33.30	1400m: 15:23.51	34.13
	250m: 2:40.84	32.98	650m: 7:03.82	32.61	1050m: 11:28.77	33.39	1450m: 15:56.82	33.31
	300m: 3:13.74	32.90	700m: 7:36.50	32.68	1100m: 12:02.17	33.40	1500m: 16:25.63	28.81
	350m: 3:46.87	33.13	750m: 8:09.59	33.09	1150m: 12:35.76	33.59		
	400m: 4:20.01	33.14	800m: 8:42.43	32.84	1200m: 13:09.29	33.53		
14.	Bo Wullings	KNZB	16:14.66		8904251	16:26.00	+0,93	E
	50m: 29.88	29.88	450m: 4:51.59	32.90	850m: 9:14.15	32.78	1250m: 13:39.36	33.18
	100m: 1:01.85	31.97	500m: 5:24.18	32.59	900m: 9:46.83	32.68	1300m: 14:13.26	33.90
	150m: 1:34.25	32.40	550m: 5:57.13	32.95	950m: 10:19.80	32.97	1350m: 14:47.02	33.76
	200m: 2:07.01	32.76	600m: 6:30.11	32.98	1000m: 10:52.68	32.88	1400m: 15:20.94	33.92
	250m: 2:39.89	32.88	650m: 7:03.09	32.98	1050m: 11:26.14	33.46	1450m: 15:53.91	32.97
	300m: 3:12.79	32.90	700m: 7:35.94	32.85	1100m: 11:59.45	33.31	1500m: 16:26.00	32.09
	350m: 3:45.87	33.08	750m: 8:08.61	32.67	1150m: 12:32.91	33.46		
	400m: 4:18.69	32.82	800m: 8:41.37	32.76	1200m: 13:06.18	33.27		
15.	Jens Bakker	E.ON-NZA	16:49.33		9300021	16:38.72	+0,92	D
	50m: 30.02	30.02	450m: 4:54.31	33.05	850m: 9:20.94	33.87	1250m: 13:52.64	34.37
	100m: 1:02.77	32.75	500m: 5:27.71	33.40	900m: 9:54.14	33.20	1300m: 14:26.39	33.75
	150m: 1:36.13	33.36	550m: 6:00.93	33.22	950m: 10:28.40	34.26	1350m: 15:00.50	34.11
	200m: 2:09.59	33.46	600m: 6:34.12	33.19	1000m: 11:02.61	34.21	1400m: 15:34.58	34.08
	250m: 2:42.33	32.74	650m: 7:06.91	32.79	1050m: 11:36.51	33.90	1450m: 16:07.79	33.21
	300m: 3:15.17	32.84	700m: 7:39.89	32.98	1100m: 12:10.49	33.98	1500m: 16:38.72	30.93
	350m: 3:48.37	33.20	750m: 8:13.38	33.49	1150m: 12:44.40	33.91		
	400m: 4:21.26	32.89	800m: 8:47.07	33.69	1200m: 13:18.27	33.87		
16.	Bernd Kobesen	RTC-Drachten	16:34.38		9300981	16:41.45	+0,66	D
	50m: 28.72	28.72	450m: 4:53.75	33.61	850m: 9:25.41	34.07	1250m: 13:56.91	33.50
	100m: 1:00.89	32.17	500m: 5:27.61	33.86	900m: 9:59.43	34.02	1300m: 14:30.52	33.61
	150m: 1:33.80	32.91	550m: 6:01.36	33.75	950m: 10:33.46	34.03	1350m: 15:03.95	33.43
	200m: 2:07.06	33.26	600m: 6:35.34	33.98	1000m: 11:07.77	34.31	1400m: 15:37.23	33.28
	250m: 2:40.38	33.32	650m: 7:09.33	33.99	1050m: 11:42.03	34.26	1450m: 16:10.39	33.16
	300m: 3:13.45	33.07	700m: 7:43.14	33.81	1100m: 12:15.95	33.92	1500m: 16:41.45	31.06
	350m: 3:46.60	33.15	750m: 8:17.13	33.99	1150m: 12:49.72	33.77		
	400m: 4:20.14	33.54	800m: 8:51.34	34.21	1200m: 13:23.41	33.69		
17.	Felix Broekhuizen	E.ON-NZA	16:09.88		9000439	16:42.36	+0,85	E
	50m: 30.06	30.06	450m: 4:50.54	32.49	850m: 9:16.73	33.58	1250m: 13:50.90	34.46
	100m: 1:02.81	32.75	500m: 5:23.23	32.69	900m: 9:50.90	34.17	1300m: 14:25.93	35.03
	150m: 1:35.11	32.30	550m: 5:56.29	33.06	950m: 10:25.03	34.13	1350m: 15:00.30	34.37
	200m: 2:07.76	32.65	600m: 6:29.10	32.81	1000m: 10:59.48	34.45	1400m: 15:34.36	34.06
	250m: 2:40.26	32.50	650m: 7:02.57	33.47	1050m: 11:34.06	34.58	1450m: 16:08.54	34.18
	300m: 3:12.88	32.62	700m: 7:35.79	33.22	1100m: 12:07.86	33.80	1500m: 16:42.36	33.82
	350m: 3:45.20	32.32	750m: 8:09.24	33.45	1150m: 12:42.22	34.36		
	400m: 4:18.05	32.85	800m: 8:43.15	33.91	1200m: 13:16.44	34.22		
18.	Bart Dunweg	Vlaardingen	17:15.41		9301763	16:49.32	+0,80	D
	50m: 29.37	29.37	450m: 5:02.23	34.38	850m: 9:31.40	34.25	1250m: 14:01.81	34.06
	100m: 1:02.86	33.49	500m: 5:36.10	33.87	900m: 10:04.88	33.48	1300m: 14:35.87	34.06
	150m: 1:37.10	34.24	550m: 6:08.67	32.57	950m: 10:38.77	33.89	1350m: 15:10.13	34.26
	200m: 2:11.66	34.56	600m: 6:42.67	34.00	1000m: 11:12.23	33.46	1400m: 15:44.43	34.30
	250m: 2:46.37	34.71	650m: 7:16.48	33.81	1050m: 11:46.37	34.14	1450m: 16:18.11	33.68
	300m: 3:20.30	33.93	700m: 7:50.56	34.08	1100m: 12:19.66	33.29	1500m: 16:49.32	31.21
	350m: 3:53.90	33.60	750m: 8:23.54	32.98	1150m: 12:53.56	33.90		
	400m: 4:27.85	33.95	800m: 8:57.15	33.61	1200m: 13:27.75	34.19		
19.	Marco van der Stel	Vlaardingen	16:34.78		9102879	16:50.68	+0,81	E
	50m: 29.72	29.72	450m: 4:53.74	33.62	850m: 9:26.53	34.46	1250m: 14:00.41	34.49
	100m: 1:02.11	32.39	500m: 5:27.18	33.44	900m: 10:00.63	34.10	1300m: 14:34.94	34.53
	150m: 1:35.02	32.91	550m: 6:00.71	33.53	950m: 10:35.05	34.42	1350m: 15:09.13	34.19
	200m: 2:07.77	32.75	600m: 6:34.59	33.88	1000m: 11:09.11	34.06	1400m: 15:43.55	34.42
	250m: 2:40.60	32.83	650m: 7:08.69	34.10	1050m: 11:43.31	34.20	1450m: 16:17.83	34.28
	300m: 3:13.58	32.98	700m: 7:43.04	34.35	1100m: 12:17.35	34.04	1500m: 16:50.68	32.85
	350m: 3:46.84	33.26	750m: 8:17.57	34.53	1150m: 12:51.55	34.20		
	400m: 4:20.12	33.28	800m: 8:52.07	34.50	1200m: 13:25.92	34.37		
20.	Victor Poot	Vlaardingen	16:48.00		9203651	16:54.30	+0,77	E
	50m: 29.04	29.04	450m: 4:52.20	33.58	850m: 9:26.89	34.71	1250m: 14:07.66	35.14
	100m: 1:00.71	31.67	500m: 5:25.87	33.67	900m: 10:01.67	34.78	1300m: 14:41.82	34.16
	150m: 1:33.06	32.35	550m: 5:59.48	33.61	950m: 10:36.72	35.05	1350m: 15:16.09	34.27
	200m: 2:05.89	32.83	600m: 6:33.64	34.16	1000m: 11:12.01	35.29	1400m: 15:49.55	33.46
	250m: 2:39.02	33.13	650m: 7:08.10	34.46	1050m: 11:47.99	35.98	1450m: 16:22.33	32.78
	300m: 3:12.01	32.99	700m: 7:42.57	34.47	1100m: 12:23.33	35.34	1500m: 16:54.30	31.97
	350m: 3:45.49	33.48	750m: 8:17.52	34.95	1150m: 12:57.64	34.31		
	400m: 4:18.62	33.13	800m: 8:52.18	34.66	1200m: 13:32.52	34.88		

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Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd			tijd			RT	niv.
21.	Marcel Schouten	Haerlem'04 (SG)	16:27.44			9300653	16:57.32		+0,87	D
	50m: 28.67	28.67	450m: 4:53.32	33.13	850m: 9:21.85	34.30	1250m: 14:03.90	35.60		
	100m: 1:00.80	32.13	500m: 5:26.63	33.31	900m: 9:56.36	34.51	1300m: 14:40.18	36.28		
	150m: 1:33.81	33.01	550m: 5:59.45	32.82	950m: 10:30.75	34.39	1350m: 15:14.52	34.34		
	200m: 2:06.79	32.98	600m: 6:32.81	33.36	1000m: 11:05.77	35.02	1400m: 15:50.76	36.24		
	250m: 2:39.77	32.98	650m: 7:06.20	33.39	1050m: 11:40.42	34.65	1450m: 16:24.53	33.77		
	300m: 3:13.01	33.24	700m: 7:39.76	33.56	1100m: 12:15.93	35.51	1500m: 16:57.32	32.79		
	350m: 3:46.58	33.57	750m: 8:13.73	33.97	1150m: 12:51.78	35.85				
	400m: 4:20.19	33.61	800m: 8:47.55	33.82	1200m: 13:28.30	36.52				
22.	Giovanni den Ouden	De Devel	17:00.05			9300877	16:57.98		+0,81	D
	50m: 29.88	29.88	450m: 5:00.19	34.18	850m: 9:33.60	34.65	1250m: 14:07.96	34.15		
	100m: 1:02.96	33.08	500m: 5:33.75	33.56	900m: 10:07.71	34.11	1300m: 14:42.84	34.88		
	150m: 1:36.46	33.50	550m: 6:08.59	34.84	950m: 10:42.12	34.41	1350m: 15:16.80	33.96		
	200m: 2:11.11	34.65	600m: 6:42.85	34.26	1000m: 11:16.29	34.17	1400m: 15:51.46	34.66		
	250m: 2:45.07	33.96	650m: 7:16.89	34.04	1050m: 11:50.62	34.33	1450m: 16:24.53	34.38		
	300m: 3:18.29	33.22	700m: 7:50.97	34.08	1100m: 12:25.01	34.39	1500m: 16:57.98	32.14		
	350m: 3:52.23	33.94	750m: 8:24.86	33.89	1150m: 12:59.34	34.33				
	400m: 4:26.01	33.78	800m: 8:58.95	34.09	1200m: 13:33.81	34.47				
23.	Mitch Notten	ZC Valkenburg	16:22.38			9202505	17:11.92		+0,91	E
	50m: 28.46	28.46	450m: 4:50.15	33.64	850m: 9:28.80	35.50	1250m: 14:15.42	35.86		
	100m: 59.72	31.26	500m: 5:24.38	34.23	900m: 10:04.28	35.48	1300m: 14:51.67	36.25		
	150m: 1:31.74	32.02	550m: 5:58.62	34.24	950m: 10:40.05	35.77	1350m: 15:27.34	35.67		
	200m: 2:03.92	32.18	600m: 6:33.33	34.71	1000m: 11:15.79	35.74	1400m: 16:02.81	35.47		
	250m: 2:36.67	32.75	650m: 7:07.95	34.62	1050m: 11:51.73	35.94	1450m: 16:37.78	34.97		
	300m: 3:09.77	33.10	700m: 7:43.06	35.11	1100m: 12:27.60	35.87	1500m: 17:11.92	34.14		
	350m: 3:43.22	33.45	750m: 8:17.85	34.79	1150m: 13:03.81	36.21				
	400m: 4:16.51	33.29	800m: 8:53.30	35.45	1200m: 13:39.56	35.75				
24.	Pim Kienhuis	De Dinkel	17:24.73			9300263	17:13.80		+0,96	E
	50m: 29.56	29.56	450m: 5:00.80	34.76	850m: 9:39.38	35.08	1250m: 14:21.06	34.00		
	100m: 1:02.68	33.12	500m: 5:35.13	34.33	900m: 10:13.95	34.57	1300m: 14:56.11	35.05		
	150m: 1:36.69	34.01	550m: 6:10.04	34.91	950m: 10:49.76	35.81	1350m: 15:31.37	35.26		
	200m: 2:09.96	33.27	600m: 6:44.51	34.47	1000m: 11:24.56	34.80	1400m: 16:06.23	34.86		
	250m: 2:43.61	33.65	650m: 7:19.56	35.05	1050m: 11:59.31	34.75	1450m: 16:41.10	34.87		
	300m: 3:17.55	33.94	700m: 7:54.48	34.92	1100m: 12:35.05	35.74	1500m: 17:13.80	32.70		
	350m: 3:51.66	34.11	750m: 8:28.64	34.16	1150m: 13:11.07	36.02				
	400m: 4:26.04	34.38	800m: 9:04.30	35.66	1200m: 13:47.06	35.99				
25.	Wouter Kaman	Aquarijn	17:37.70			9300241	17:14.33		+0,81	E
	50m: 29.96	29.96	450m: 5:04.30	35.01	850m: 9:44.21	35.07	1250m: 14:22.04	34.52		
	100m: 1:02.97	33.01	500m: 5:39.04	34.74	900m: 10:18.89	34.68	1300m: 14:56.71	34.67		
	150m: 1:36.83	33.86	550m: 6:13.80	34.76	950m: 10:53.92	35.03	1350m: 15:31.33	34.62		
	200m: 2:11.58	34.75	600m: 6:48.84	35.04	1000m: 11:28.48	34.56	1400m: 16:05.73	34.40		
	250m: 2:45.86	34.28	650m: 7:24.11	35.27	1050m: 12:03.10	34.62	1450m: 16:40.20	34.47		
	300m: 3:20.44	34.58	700m: 7:58.92	34.81	1100m: 12:37.96	34.86	1500m: 17:14.33	34.13		
	350m: 3:54.77	34.33	750m: 8:34.24	35.32	1150m: 13:12.94	34.98				
	400m: 4:29.29	34.52	800m: 9:09.14	34.90	1200m: 13:47.52	34.58				
26.	Maurice Soudant	Nuenen	17:36.77			9302125	17:18.89		+0,71	E
	50m: 28.39	28.39	450m: 5:00.20	34.34	850m: 9:43.67	35.81	1250m: 14:25.77	35.47		
	100m: 1:01.38	32.99	500m: 5:35.05	34.85	900m: 10:18.60	34.93	1300m: 15:00.73	34.96		
	150m: 1:35.48	34.10	550m: 6:09.74	34.69	950m: 10:54.31	35.71	1350m: 15:35.78	35.05		
	200m: 2:09.70	34.22	600m: 6:44.54	34.80	1000m: 11:29.05	34.74	1400m: 16:10.64	34.86		
	250m: 2:43.72	34.02	650m: 7:19.46	34.92	1050m: 12:04.52	35.47	1450m: 16:45.72	35.08		
	300m: 3:18.04	34.32	700m: 7:54.66	35.20	1100m: 12:39.67	35.15	1500m: 17:18.89	33.17		
	350m: 3:51.97	33.93	750m: 8:31.14	36.48	1150m: 13:15.55	35.88				
	400m: 4:25.86	33.89	800m: 9:07.86	36.72	1200m: 13:50.30	34.75				
27.	Timo Dinkelberg	Vlaardingen	17:19.25			9300773	17:19.37		+0,80	E
	50m: 29.41	29.41	450m: 5:04.17	34.08	850m: 9:41.24	35.08	1250m: 14:25.73	35.23		
	100m: 1:02.79	33.38	500m: 5:38.28	34.11	900m: 10:16.21	34.97	1300m: 15:01.76	36.03		
	150m: 1:37.27	34.48	550m: 6:12.63	34.35	950m: 10:51.69	35.48	1350m: 15:37.37	35.61		
	200m: 2:11.95	34.68	600m: 6:46.75	34.12	1000m: 11:27.56	35.87	1400m: 16:12.82	35.45		
	250m: 2:46.70	34.75	650m: 7:21.60	34.85	1050m: 12:03.41	35.85	1450m: 16:46.51	33.69		
	300m: 3:22.04	35.34	700m: 7:56.22	34.62	1100m: 12:39.04	35.63	1500m: 17:19.37	32.86		
	350m: 3:56.20	34.16	750m: 8:31.05	34.83	1150m: 13:14.41	35.37				
	400m: 4:30.09	33.89	800m: 9:06.16	35.11	1200m: 13:50.50	36.09				
28.	Daniel Langerveld	De Fuut	17:01.91			9302989	17:22.14		+0,83	E
	50m: 30.06	30.06	450m: 5:04.21	34.81	850m: 9:45.88	34.47	1250m: 14:29.32	35.07		
	100m: 1:03.34	33.28	500m: 5:39.67	35.46	900m: 10:21.28	35.40	1300m: 15:05.39	36.07		
	150m: 1:37.19	33.85	550m: 6:15.27	35.60	950m: 10:56.88	35.60	1350m: 15:39.75	34.36		
	200m: 2:11.18	33.99	600m: 6:50.81	35.54	1000m: 11:32.44	35.56	1400m: 16:14.51	34.76		
	250m: 2:45.76	34.58	650m: 7:26.83	36.02	1050m: 12:07.60	35.16	1450m: 16:48.86	34.35		
	300m: 3:19.95	34.19	700m: 8:02.41	35.58	1100m: 12:42.91	35.31	1500m: 17:22.14	33.28		
	350m: 3:54.44	34.49	750m: 8:37.90	35.49	1150m: 13:18.53	35.62				
	400m: 4:29.40	34.96	800m: 9:11.41	33.51	1200m: 13:54.25	35.72				

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
29.	Kasper Leeuw	De Dinkel	17:25.31	9304435	17:27.32	+1,02 E
	50m: 30.17	30.17	450m: 5:07.31	34.88	850m: 9:51.01	35.59
	100m: 1:03.50	33.33	500m: 5:42.70	35.39	900m: 10:26.71	35.70
	150m: 1:37.85	34.35	550m: 6:17.99	35.29	950m: 11:02.05	35.34
	200m: 2:12.67	34.82	600m: 6:53.30	35.31	1000m: 11:37.69	35.64
	250m: 2:47.35	34.68	650m: 7:28.69	35.39	1050m: 12:13.23	35.54
	300m: 3:22.35	35.00	700m: 8:04.28	35.59	1100m: 12:48.54	35.31
	350m: 3:57.32	34.97	750m: 8:39.76	35.48	1150m: 13:23.86	35.32
	400m: 4:32.43	35.11	800m: 9:15.42	35.66	1200m: 13:59.43	35.57
30.	Dennis Cramer	Appingedam	16:46.96	9200199	17:31.01	+0,86
	50m: 29.25	29.25	450m: 5:05.60	35.20	850m: 9:50.33	36.07
	100m: 1:01.66	32.41	500m: 5:41.18	35.58	900m: 10:25.94	35.61
	150m: 1:36.75	35.09	550m: 6:16.43	35.25	950m: 11:01.94	36.00
	200m: 2:11.40	34.65	600m: 6:52.34	35.91	1000m: 11:37.74	35.80
	250m: 2:46.82	35.42	650m: 7:27.43	35.09	1050m: 12:13.19	35.45
	300m: 3:20.83	34.01	700m: 8:03.18	35.75	1100m: 12:49.01	35.82
	350m: 3:55.62	34.79	750m: 8:38.64	35.46	1150m: 13:24.57	35.56
	400m: 4:30.40	34.78	800m: 9:14.26	35.62	1200m: 14:00.08	35.51
31.	Matthijs Dekker	De Dolfijn	16:22.12	9000621	17:32.38	+0,99
	50m: 30.45	30.45	450m: 5:03.67	35.18	850m: 9:48.56	33.75
	100m: 1:03.56	33.11	500m: 5:39.21	35.54	900m: 10:24.86	36.30
	150m: 1:37.12	33.56	550m: 6:14.63	35.42	950m: 11:00.65	35.79
	200m: 2:11.12	34.00	600m: 6:50.42	35.79	1000m: 11:37.06	36.41
	250m: 2:44.87	33.75	650m: 7:25.97	35.55	1050m: 12:13.21	36.15
	300m: 3:18.82	33.95	700m: 8:02.21	36.24	1100m: 12:48.91	35.70
	350m: 3:53.30	34.48	750m: 8:38.68	36.47	1150m: 13:24.57	35.66
	400m: 4:28.49	35.19	800m: 9:14.81	36.13	1200m: 14:00.32	35.75
32.	Nick Duivenvoorden	Noordwijkerhout	17:36.15	9300731	17:33.69	+0,74 E
	50m: 29.72	29.72	450m: 5:08.87	35.90	850m: 9:53.78	35.69
	100m: 1:02.93	33.21	500m: 5:44.10	35.23	900m: 10:29.31	35.53
	150m: 1:37.29	34.36	550m: 6:19.82	35.72	950m: 11:05.19	35.88
	200m: 2:11.93	34.64	600m: 6:55.40	35.58	1000m: 11:41.02	35.83
	250m: 2:46.77	34.84	650m: 7:31.22	35.82	1050m: 12:16.65	35.63
	300m: 3:22.08	35.31	700m: 8:07.00	35.78	1100m: 12:52.62	35.97
	350m: 3:57.61	35.53	750m: 8:42.62	35.62	1150m: 13:28.39	35.77
	400m: 4:32.97	35.36	800m: 9:18.09	35.47	1200m: 14:04.21	35.82
33.	Sebastian de Been	De Warande	17:18.16	9302233	17:47.17	+0,79
	50m: 29.13	29.13	450m: 5:06.42	35.78	850m: 9:54.03	36.43
	100m: 1:02.48	33.35	500m: 5:41.97	35.55	900m: 10:30.14	36.11
	150m: 1:36.80	34.32	550m: 6:17.55	35.58	950m: 11:06.94	36.80
	200m: 2:10.89	34.09	600m: 6:53.72	36.17	1000m: 11:43.14	36.20
	250m: 2:45.34	34.45	650m: 7:29.62	35.90	1050m: 12:19.58	36.44
	300m: 3:20.01	34.67	700m: 8:05.34	35.72	1100m: 12:55.82	36.24
	350m: 3:55.09	35.08	750m: 8:41.24	35.90	1150m: 13:32.75	36.93
	400m: 4:30.64	35.55	800m: 9:17.60	36.36	1200m: 14:09.36	36.61
34.	Thomas van Mierlo	Eiffel Swimmers PSV	17:30.21	9300353	17:48.10	+0,85
	50m: 29.93	29.93	450m: 5:08.79	35.43	850m: 9:56.78	36.32
	100m: 1:03.88	33.95	500m: 5:44.34	35.55	900m: 10:33.19	36.41
	150m: 1:38.28	34.40	550m: 6:19.91	35.57	950m: 11:09.29	36.10
	200m: 2:13.07	34.79	600m: 6:56.02	36.11	1000m: 11:45.80	36.51
	250m: 2:47.86	34.79	650m: 7:32.11	36.09	1050m: 12:21.93	36.13
	300m: 3:22.75	34.89	700m: 8:08.19	36.08	1100m: 12:58.50	36.57
	350m: 3:57.73	34.98	750m: 8:44.42	36.23	1150m: 13:35.15	36.65
	400m: 4:33.36	35.63	800m: 9:20.46	36.04	1200m: 14:11.52	36.37
NG	Sonny Corré	Luctor et Emergo	16:59.13	9303615		
	50m:		450m:		850m:	
	100m:		500m:		900m:	
	150m:		550m:		950m:	
	200m:		600m:		1000m:	
	250m:		650m:		1050m:	
	300m:		700m:		1100m:	
	350m:		750m:		1150m:	
	400m:		800m:		1200m:	
NG	Hans Peter Hartog	DAW-FINENZO	16:38.34	9100859		
	50m:		450m:		850m:	
	100m:		500m:		900m:	
	150m:		550m:		950m:	
	200m:		600m:		1000m:	
	250m:		650m:		1050m:	
	300m:		700m:		1100m:	
	350m:		750m:		1150m:	
	400m:		800m:		1200m:	

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 41 Heren, 4 x 100m wisselslag Senioren Open
20.12.2009 - 18:01 Resultaten

Wereld Record	3:23.33	CAN	Leeds (GBR)	09.08.2009
Europees Record	3:24.29	RUS	Manchester (GBR)	13.04.2008
Ned. Record Senioren Ver.	3:32.78	De Dolfijn	Amsterdam	21.12.2008
Ned. Record Jeugd Ver.	3:52.46	Eiffel Swimmers PSV	Amsterdam	21.12.2008

rang	vereniging	intijd	tijd	RT	niv.
1.	De Dolfijn Nick Driebergen Lennart Stekelenburg	25.58 52.85 +0,37 28.13 1:00.39	3:35.97 Bas van Velthoven Stefan de Die	3:35.40 +0,42 25.10 +0,07 22.40	54.49 47.67
2.	Eiffel Swimmers PSV 1 Bastiaan Lijesen Bram Dekker	26.17 54.13 +0,43 28.96 1:01.79	3:34.02 Joeri Verlinden Bastiaan Tamminga	3:35.95 +0,14 23.43 +0,35 22.92	50.87 49.16
3.	AZ&PC 1 Joran Barends Robin van Aggele	27.82 56.91 +0,27 26.96 58.49	3:35.37 Ewoud Tamminga Geert Lantink	3:40.25 +0,23 24.93 +0,35 23.56	54.91 49.94
4.	Eiffel Swimmers PSV 2 <i>tt 200m is een back-up tijd</i> Joey de Ruitter Aaron Eisank	27.25 55.16 +0,33 29.53 1:05.92	3:39.76 Jurjen Willemsen Jasper van Mierlo	3:45.16 +0,29 25.26 +0,29 23.64	54.05 50.03
5.	Ealing Swimming Club 1 Jamie Smithers Chris Jones	27.56 56.81 +0,11 28.17 1:01.66	3:46.65 Connor Barrett Kyle Barrett	3:46.98 +0,39 25.73 +0,25 24.94	56.03 52.48
6.	AZ&PC 2 Robert Yallop Thijs van Valkengoed	28.32 58.31 +0,21 28.67 1:01.24	3:44.89 Mike Marissen Mark Moussa	3:49.22 +0,33 24.98 +0,47 25.90	55.13 54.54
7.	TriVia 1 Peter van Heukelem Devi Wolthuizen	28.99 1:00.52 +0,34 29.08 1:02.31	3:46.96 Roy Smeenge Jeroen Stuut	3:54.27 +0,30 26.17 +0,27 24.58	58.02 53.42
8.	De Dolfijn 2 Henk van Niejenhuis Jens Bakker	28.26 57.96 +0,37 31.05 1:06.54	3:50.46 Joost Krommenhoek Frank Boon	3:54.78 +0,44 26.84 +0,07 24.92	57.81 52.47
9.	De Dinkel 1 Rense Loohuis Sjoerd Zanderink	28.78 59.60 +0,31 30.51 1:05.72	3:57.61 Jordi Dijkhuis Menno Manning	3:56.47 +0,38 26.49 +0,40 24.85	58.58 52.57
10.	WVZ 1 Martijn Smeets Wouter Smeets	29.13 1:00.91 +0,28 31.75 1:08.49	3:51.60 Floor Verhaar Arjan Assink	3:57.90 +0,35 25.52 +0,43 24.45	56.70 51.80
11.	Hellas-Glana 1 Davy Verreussel Kevin Wolters	29.15 59.12 +0,52 32.33 1:08.89	3:55.76 Sven Jaeger Bjorn de Jonge	4:00.74 +0,11 26.79 +0,47 25.43	59.48 53.25
12.	WZ&PC Purmerend 1 Jeffrey Appel Bas Tietze	30.61 1:01.88 +0,16 31.03 1:06.48	3:58.41 Kevin Lebis Bart Knijn	4:01.42 +0,31 26.52 +0,12 25.47	59.44 53.62
13.	De Columbiaan 1 Jonathan Cassuto Jordy Zuidhoek	30.29 1:02.42 +0,42 30.57 1:05.95	3:53.89 Jeroen Eggeraat Eduard Bremmer	4:03.27 +0,40 27.41 +0,18 25.75	1:00.32 54.58
14.	Luctor et Emergo 1 Joeri van Wallenburg Simon Edenburg	30.97 1:04.95 +0,36 32.37 1:09.86	3:59.36 René van Wallenburg Niek de Ridder	4:11.97 +0,39 28.62 +0,34 26.00	1:02.59 54.57
DIS	Eiffel Swimmers PSV 3 <i>tt 100m is een back-up tijd</i> Johnno Smulders Steven Nonnekes	31.00 1:05.34 +0,02 29.60 1:04.44	3:54.67 John Verhagen Pieter Timmers	EA +0,41 26.92 -0,04	57.64
DIS	ANKER TEAM GRONINGEN 1 <i>tt 100m. is een back-up tijd, dis 2e zwemmer</i> Marc Kremer Rudy Ted de Haan	27.14 56.64 +0,13 28.40 1:01.94	3:42.59 Rory Bob de Haan Timon Evenhuis	3:44.56 SR +0,16 26.01 +0,07 22.99	56.42 49.56

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 42
20.12.2009 - 18:06

Dames, 4 x 200m vrije slag

Senioren Open
Resultaten

Wereld Record	7:38.90	NED	Manchester (GBR)	09.04.2008
Europees Record	7:38.90	NED	Manchester (GBR)	09.04.2008
Ned. Record Senioren Ver.	7:58.93	Eiffel Swimmers PSV	Amsterdam	21.12.2008
Ned. Record Jeugd Ver.	8:18.07	De Dinkel	Dordrecht	10.03.1991

rang	vereniging	intijd		tijd		RT	niv.
1.	Eiffel Swimmers PSV 1	8:01.73		8:04.00			
	Wendy vd Zanden	88	28.27	58.35	1:29.20	1:59.91	1:59.91
	Roxanne Linders	92	28.40	59.64	1:32.11	2:03.74	2:03.74
	Clarissa van Rheenen	91	27.81	58.30	1:29.40	2:00.56	2:00.56
	Sharon van Rouwendaal	93	28.14	58.61	1:29.54	1:59.79	1:59.79
2.	De Dolfijn 1	8:12.84		8:09.90			
	<i>startzwemmer NR Junioren en NR 13 jaar</i>						
	Esmee Vermeulen	96	28.10	58.49	1:30.24	2:01.66	2:01.66
	Willemijn Knot	90	27.43	58.32	1:30.79	2:04.07	2:04.07
	Lona Kroese	87	27.36	58.40	1:30.34	2:02.58	2:02.58
	Chantal Groot	82	27.06	57.70	1:29.46	2:01.59	2:01.59
3.	AZ&PC 1	8:10.16		8:13.16			
	Ilse van Hoorn	90	29.61	1:02.41	1:36.10	2:09.58	2:09.58
	Lieke Verouden	90	28.20	59.46	1:31.06	2:02.39	2:02.39
	Lotte Wilms	84	28.18	1:00.17	1:32.68	2:05.00	2:05.00
	Rieneke Terink	84	26.59	56.19	1:26.53	1:56.19	1:56.19
4.	Danish Swimming Federation 1	8:10.97		8:19.65			
	Randi Nielsen	89	29.03	1:00.49	1:32.94	2:05.40	2:05.40
	Michelle Strandkov	91	29.19	1:01.24	1:33.45	2:05.15	2:05.15
	Pernille Jalsøe	93	28.84	1:00.32	1:32.29	2:03.97	2:03.97
	Trine Gudnitz	87	28.92	1:00.05	1:32.48	2:05.13	2:05.13
5.	De Dolfijn 2	8:22.37		8:21.76			
	Lenneke van Schaik	86	29.22	1:00.99	1:33.11	2:04.55	2:04.55
	Anja van der Hout	90	29.83	1:02.12	1:34.21	2:06.05	2:06.05
	Silke Oude Weernink	90	28.65	1:01.16	1:33.67	2:05.69	2:05.69
	Kira Toussaint	94	28.28	59.77	1:32.61	2:05.47	2:05.47
6.	Orca 1	8:27.68		8:34.15			
	Femke Leenstra	95	28.77	1:01.45	1:35.64	2:09.71	2:09.71
	Wendan Poelstra	91	28.40	1:00.54	1:33.30	2:06.04	2:06.04
	Jessie Smeding	95	30.39	1:04.38	1:40.36	2:16.77	2:16.77
	Ilse Kraaijeveld	90	27.80	58.79	1:30.75	2:01.63	2:01.63
7.	OZ&PC 1	8:43.58		8:49.04		+1,03	
	Evelien Kip	92	+1,03	30.42	1:04.30	1:39.06	2:14.57
	Marieke Nijhuis	92	+0,33	27.98	58.97	1:31.04	2:02.91
	Magda Toeters	86	+0,55	32.11	1:07.60	1:43.98	2:19.38
	Marloes Giesselink	92	+0,54	29.76	1:03.03	1:37.16	2:12.18
8.	AZ&PC 2	8:43.77		8:51.28		+0,90	
	Rachelle Visser	95	+0,90	30.45	1:04.17	1:38.93	2:12.86
	Claire de Winter	94	+0,40	28.91	1:01.47	1:37.11	2:13.46
	Mandy van Wakeren	86	+0,33	30.31	1:03.70	1:38.28	2:12.57
	Iris Pijtak	93	+0,40	30.94	1:04.65	1:38.75	2:12.39
9.	Wiekslag 1	8:44.61		8:55.48		+0,90	
	Tanja van Essen	94	+0,90	30.60	1:04.83	1:39.61	2:13.71
	Dian Kortleve	94	+0,54	31.26	1:05.68	1:41.30	2:16.65
	Naomi Julicher	92	+0,34	30.93	1:05.07	1:40.29	2:16.04
	Milou Julicher	93	+0,42	29.94	1:02.71	1:35.91	2:09.08
10.	De Dinkel 1	8:48.98		8:56.52		+0,98	
	Marlies Reinders	86	+0,98	29.56	1:01.89	1:34.60	2:08.07
	Lonne Dijkhuis	94	+0,59	30.39	1:04.87	1:41.42	2:17.39
	Loes Westerhof	95	+0,34	30.01	1:05.23	1:42.24	2:18.00
	Carien van der Schaaf	95	+0,31	30.43	1:04.25	1:38.94	2:13.06
11.	Zeester Meerval 1	8:50.10		8:59.33		+0,93	
	Sophie Sollie	94	+0,93	31.60	1:05.53	1:41.54	2:17.51
	Stephanie Janssen	91	+0,02	29.36	1:02.55	1:37.10	2:11.63
	Inge Arts	92	+0,10	31.24	1:06.77	1:40.81	2:15.37
	Karlijn Hoogstede	94	+0,06	29.94	1:04.67	1:40.02	2:14.82
12.	DAW-FINENZO 1	8:49.90		9:03.10		+0,76	
	Marianne vd Poll	89	+0,76	30.48	1:04.89	1:40.90	2:17.02
	Maaïke Vooren	91	+0,35	30.66	1:05.27	1:41.66	2:18.02
	Sharon Mlcoch	94	+0,07	29.68	1:03.21	1:38.76	2:15.03
	Melissa Zwaan	91	+0,37	29.90	1:03.93	1:38.32	2:13.03
NG.ZA	Eiffel Swimmers PSV 2	8:28.00					
	Pauline van Dam	93					
	Jocelyn Spruit	93					
	Jessica Spruit	91					
	Malissa van de Heuvel	93					

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 42, Dames, 4 x 200m vrije slag, Senioren Open

rang	vereniging	intijd	tijd	RT	niv.
NG.ZA	Ealing Swimming Club 1	Ealing Swimming Club	8:08.83		
	Ekaterina Avramova	91			
	Jenna Turner	91			
	Lauren Turner	93			
	Georgina Heyn	84			