

rang	naam		vereniging	inschrijftijd				tijd				
<b>Junioren 2</b>												
1.	Isis Beres		WZK	6:52.02				200001874	<b>6:28.40</b>			
	50m:	41.38	41.38	150m:	2:26.01	50.93	250m:	4:10.29	55.75	350m:	5:49.17	42.65
	100m:	1:35.08	53.70	200m:	3:14.54	48.53	300m:	5:06.52	56.23	400m:	6:28.40	39.23
2.	Celina von Berg		D'elft	7:00.54				200002596	<b>6:31.56</b>			
	50m:	43.25	43.25	150m:	2:27.70	48.75	250m:	4:07.81	53.63	350m:	5:48.83	44.54
	100m:	1:38.95	55.70	200m:	3:14.18	46.48	300m:	5:04.29	56.48	400m:	6:31.56	42.73
<b>Junioren 3</b>												
1.	Gaetane Demyttenaere		DES	5:54.01				199905018	<b>5:48.07</b>			
	50m:	36.27	36.27	150m:	2:02.55	43.42	250m:	3:36.97	52.48	350m:	5:09.11	39.48
	100m:	1:19.13	42.86	200m:	2:44.49	41.94	300m:	4:29.63	52.66	400m:	5:48.07	38.96
2.	Moesha Wartes		Racing Club	5:35.15				199901724	<b>5:48.64</b>			
	50m:	36.17	36.17	150m:	2:05.39	44.91	250m:	3:37.09	47.39	350m:	5:08.35	41.03
	100m:	1:20.48	44.31	200m:	2:49.70	44.31	300m:	4:27.32	50.23	400m:	5:48.64	40.29
<b>Jeugd 1</b>												
1.	Julia Litjens		ZV Westland Dijkglas	5:50.03				199801188	<b>6:13.29</b>			
	50m:	39.95	39.95	150m:	2:14.48	44.99	250m:	3:55.53	56.16	350m:	5:33.32	42.17
	100m:	1:29.49	49.54	200m:	2:59.37	44.89	300m:	4:51.15	55.62	400m:	6:13.29	39.97
<b>Jeugd 2</b>												
1.	Ingeborg Efdée		WZK	7:09.82				199701546	<b>6:55.55</b>			
	50m:	46.78	46.78	150m:	2:35.91	53.49	250m:	4:24.52	57.50	350m:	6:11.45	47.69
	100m:	1:42.42	55.64	200m:	3:27.02	51.11	300m:	5:23.76	59.24	400m:	6:55.55	44.10
DIS	Daphne Hulst		D'elft	5:51.54				199703042				
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>											
	50m:		150m:		250m:		350m:					
	100m:		200m:		300m:		400m:					
<b>Senioren 1</b>												
1.	Elisabeth Rivard		WVZ	5:17.78				199600244	<b>5:29.69</b>			
	50m:	33.80	33.80	150m:	1:56.38	41.47	250m:	3:25.41	49.34	350m:	4:54.09	37.99
	100m:	1:14.91	41.11	200m:	2:36.07	39.69	300m:	4:16.10	50.69	400m:	5:29.69	35.60
2.	Eef Hollander		DES	5:29.26				199602074	<b>5:32.86</b>			
	50m:	32.90	32.90	150m:	1:55.48	41.66	250m:	3:27.07	50.66	350m:	4:55.75	37.75
	100m:	1:13.82	40.92	200m:	2:36.41	40.93	300m:	4:18.00	50.93	400m:	5:32.86	37.11
<b>Senioren</b>												
1.	Merle Verkijk		WVZ	5:01.21				199400278	<b>5:01.09</b>			
	50m:	31.43	31.43	150m:	1:45.10	38.44	250m:	3:07.28	43.88	350m:	4:26.36	34.82
	100m:	1:06.66	35.23	200m:	2:23.40	38.30	300m:	3:51.54	44.26	400m:	5:01.09	34.73
2.	Maud Hoofs		Racing Club	5:20.67				199501206	<b>5:08.28</b>			
	50m:	31.40	31.40	150m:	1:48.30	40.32	250m:	3:10.99	43.55	350m:	4:33.47	36.70
	100m:	1:07.98	36.58	200m:	2:27.44	39.14	300m:	3:56.77	45.78	400m:	5:08.28	34.81
3.	Linda Hoogendam		Zoetermeer	5:59.71				198300892	<b>6:15.43</b>			
	50m:	38.48	38.48	150m:	2:13.56	47.51	250m:	3:56.28	56.18	350m:	5:35.17	42.19
	100m:	1:26.05	47.57	200m:	3:00.10	46.54	300m:	4:52.98	56.70	400m:	6:15.43	40.26
4.	Amanda Hoogenboom		WZK	6:40.04				199200796	<b>6:36.44</b>			
	50m:	42.98	42.98	150m:	2:25.39	50.82	250m:	4:09.94	55.89	350m:	5:51.69	46.20
	100m:	1:34.57	51.59	200m:	3:14.05	48.66	300m:	5:05.49	55.55	400m:	6:36.44	44.75

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
<b>Junioren 1</b>							
1.	Noah Legerstee	D'elft	1:23.52	200003593	<b>1:23.08</b>	38.82	1:23.08
2.	Anne Schuurmans	WVZ	1:26.36	200003919	<b>1:24.72</b>	40.42	1:24.72
3.	J. de Roy van Zuydewijn	WVZ	1:26.27	200000255	<b>1:26.84</b>	41.83	1:26.84
4.	Malo Ranzetti	DSZ	1:35.63	200003849	<b>1:29.04</b>	41.69	1:29.04
5.	Takumi Takaku	Racing Club	1:26.85	200004679	<b>1:29.21</b>	42.99	1:29.21
6.	Doran Paap	Racing Club	1:31.36	200000301	<b>1:29.55</b>	42.30	1:29.55
7.	Rolf Bavelaar	D'elft	1:36.77	200001747	<b>1:33.59</b>	43.69	1:33.59
8.	Vincent Reintjens	D'elft	1:37.78	200003691	<b>1:38.49</b>	46.98	1:38.49
9.	Joshua Bolton	WZK	1:45.42	200003135	<b>1:45.54</b>	49.61	1:45.54
10.	Cade Vente	WZK	2:05.13	200004517	<b>2:04.07</b>	57.52	2:04.07
DIS	Max Simon	WZK	1:44.63	200004593			
<i>AB - De 1e (1 startregel), 2e of volgende valse start veroorzaakt (uitsluiten voor dat progr.nr.).</i>							
AFGEM	Toby Katerbau	DES	1:33.57	200000231			
<b>Junioren 2</b>							
1.	Jaap van Trijp	Racing Club	1:20.54	199903225	<b>1:19.06</b>	37.10	1:19.06
2.	Marijn van Giesen	ZV Westland Dijkglas	1:29.60	199900633	<b>1:27.93</b>	42.08	1:27.93
3.	Daan Janssen	WVZ	1:29.89	199902675	<b>1:30.97</b>	42.34	1:30.97
4.	Bob Dekkers	ZV Westland Dijkglas	1:53.58	199902551	<b>1:39.10</b>	45.16	1:39.10
5.	Pim Hollander	DES	1:43.58	199901051	<b>1:40.88</b>	47.31	1:40.88
6.	Patrick Sheppard	De Vliet (SG)	1:42.09	199901049	<b>1:42.23</b>	46.80	1:42.23
7.	Daniel Standing	WZK	1:45.22	199904795	<b>1:44.41</b>	50.25	1:44.41
DIS	Florian Huber	WZK	2:07.52	199904325			
<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i>							
DIS	Jeroen Theil	WZK	2:20.77	199902731			
<i>AB - De 1e (1 startregel), 2e of volgende valse start veroorzaakt (uitsluiten voor dat progr.nr.).</i>							
<b>Junioren 3</b>							
1.	Jelmer Lankhorst	Racing Club	1:12.90	199800353	<b>1:12.51</b>	34.36	1:12.51
2.	Elliot Falces	DES	1:15.70	199802713	<b>1:14.77</b>	35.33	1:14.77
3.	Dave Jansen	D'elft	1:25.78	199805299	<b>1:22.24</b>	38.88	1:22.24
4.	Sven in den Bosch	ZV Westland Dijkglas	1:26.75	199803929	<b>1:25.79</b>	39.71	1:25.79
5.	Frank Paardekooper	Zoetermeer	1:30.20	199803793	<b>1:27.33</b>	41.89	1:27.33
6.	Tim van IJl	WVZ	1:30.29	199802297	<b>1:27.98</b>	41.90	1:27.98
AFGEM	Daan Verschoor	DSZ	1:36.54	199805007			
<b>Junioren 4</b>							
1.	Jack Davies	WVZ	1:12.60	199704263	<b>1:14.53</b>	35.07	1:14.53
2.	Patrick Wyrdean	ZV Westland Dijkglas	1:19.27	199702475	<b>1:16.84</b>	35.80	1:16.84
3.	Floris van der Meer	D'elft	1:29.32	199701041	<b>1:21.87</b>	38.35	1:21.87
4.	Joey Dukker	D'elft	1:25.22	199703533	<b>1:25.58</b>	40.02	1:25.58
5.	Richard Wilson	WZK	1:38.69	199705091	<b>1:33.30</b>	43.61	1:33.30
6.	Boyd Voet	WZK	1:35.64	199702769	<b>1:33.66</b>	44.30	1:33.66
7.	Jelte Jorritsma	WZK	1:49.95	199705327	<b>1:48.16</b>	51.58	1:48.16
<b>Jeugd 1</b>							
1.	Timo van der Ende	WVZ	1:11.04	199601979	<b>1:09.80</b>	32.91	1:09.80
2.	Vincent de Vries	Zoetermeer	1:17.97	199602189	<b>1:14.28</b>	34.26	1:14.28
3.	Yoram Waarsing	Zoetermeer	1:23.29	199601271	<b>1:22.29</b>	38.38	1:22.29
AFGEM	Julien Vignal	DES	1:23.89	199602479			
<b>Jeugd 2</b>							
1.	Nour Al-Nahas	ZV Westland Dijkglas	1:17.41	199505421	<b>1:18.46</b>	36.15	1:18.46

Programmanr. 12, Heren, 100m schoolslag

Senioren 1 en ouder

1.	Ensger Kotterink	Albion	1:08.77	199403391	<b>1:07.19</b>	31.09	1:07.19
2.	Alex Vermeulen	WZK	1:14.22	198905811	<b>1:16.82</b>	35.82	1:16.82
3.	Markus ten Have	ZV Westland Dijkglas	1:24.34	199404997	<b>1:22.32</b>	38.83	1:22.32
4.	Thom de Koning	ZV Westland Dijkglas	1:22.26	199402673	<b>1:23.63</b>	38.94	1:23.63
5.	Patrick de Jong	ZV Westland Dijkglas	1:22.58	199403007	<b>1:24.17</b>	38.90	1:24.17
6.	Jasper v.d. Ven	Zoetermeer	1:32.00	199404139	<b>1:28.34</b>	41.75	1:28.34
7.	Sven van den Hoek	Zoetermeer	1:35.53	199207011	<b>1:37.61</b>	44.71	1:37.61

Programmanr. 13  
13-1-2013 - 14:30

Dames, 200m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m		
<b>Junioren 1</b>									
1.	Claire Verkijk	WVZ	2:24.86	200100240	<b>2:20.38</b>	33.91	1:10.21	1:46.76	2:20.38
2.	Inge Vieveen	WVZ	2:26.69	200100024	<b>2:27.18</b>	34.63	1:11.34	1:50.13	2:27.18
3.	Desiré Verlaan	WVZ	2:39.82	200100170	<b>2:36.91</b>	36.03	1:15.76	1:57.09	2:36.91
4.	Juliet van Dinther	Racing Club	2:44.71	200101124	<b>2:43.08</b>	36.68	1:17.44	2:00.36	2:43.08
5.	Floor de Kievit	Racing Club	2:53.20	200100238	<b>2:47.34</b>	36.52	1:19.71	2:04.56	2:47.34
6.	Valeska Willner	D'elft	3:14.83	200103784	<b>3:02.04</b>	38.69	1:24.14	2:13.13	3:02.04
7.	Iris van den Berg	D'elft	3:14.13	200103782	<b>3:09.75</b>	43.41	1:33.50	2:23.34	3:09.75
8.	Anne van der Zwan	DES	3:06.90	200101134	<b>3:13.56</b>	41.81	1:31.71	2:23.91	3:13.56
AFGEM Klara Hornell	WZK	3:06.43	200102518						
NG Diana de Brabander	DSZ	2:59.92	200101140						

Junioren 2

1.	Jasmijn Boon	WVZ	2:18.87	200001280	<b>2:16.46</b>	31.30	1:06.60	1:42.57	2:16.46
2.	Ana Versnik	Racing Club	2:31.70	200003496	<b>2:24.58</b>	32.70	1:09.92	1:47.95	2:24.58
3.	Esmée van Geest	WVZ	2:27.62	200001286	<b>2:25.08</b>	32.96	1:09.68	1:47.82	2:25.08
4.	Juliette Diaz Diaz	Racing Club	2:32.18	200000048	<b>2:26.60</b>	32.59	1:10.26	1:49.36	2:26.60
5.	Serena Tsizi Yu Tom	Racing Club	2:31.51	200004052	<b>2:27.11</b>	32.67	1:09.80	1:48.84	2:27.11
6.	Mariska Lugtenburg	Racing Club	2:33.73	200003700	<b>2:40.63</b>	34.74	1:15.04	1:57.62	2:40.63
7.	Jytte Beenen	WVZ	3:08.48	200000404	<b>2:56.30</b>	38.62	1:23.81	2:10.55	2:56.30
8.	Ceridwen Ellis Hobson	DES	3:13.60	200003844	<b>3:11.48</b>	40.63	1:29.66	2:21.31	3:11.48

Junioren 3

1.	Isobel Bowring	WVZ	2:17.47	199901982	<b>2:17.46</b>	31.05	1:06.00	1:42.30	2:17.46
2.	Tessa de Koning	ZV Westland Dijkglas	2:19.25	199903482	<b>2:18.77</b>	31.34	1:05.83	1:42.04	2:18.77
3.	Sterre Keller	DES	2:25.68	199904142	<b>2:21.63</b>	32.14	1:08.63	1:45.77	2:21.63
4.	Iona van der Toorn	Racing Club	2:23.61	199900884	<b>2:22.06</b>	31.71	1:07.65	1:45.11	2:22.06
5.	Alyssa van der Lans	Racing Club	2:29.37	199901644	<b>2:27.63</b>	32.99	1:09.70	1:48.20	2:27.63
6.	Sytske van der Laan	D'elft	2:34.62	199902008	<b>2:31.68</b>	34.52	1:13.76	1:54.20	2:31.68
7.	Saskia Koolen	WVZ	2:24.61	199900456	<b>2:32.88</b>	35.45	1:15.45	1:55.33	2:32.88
8.	Lara Clucas	WZK	2:44.23	199904282	<b>2:33.28</b>	34.61	1:14.96	1:55.89	2:33.28
AFGEM Noga Arad	WZK	2:49.58	199903808						

Jeugd 1

1.	Valerie van Roon	WVZ	2:10.96	199802326	<b>2:17.71</b>	31.10	1:05.80	1:42.34	2:17.71
2.	Diana van Halm Braam	WVZ	2:21.84	199800788	<b>2:23.45</b>	33.15	1:09.88	1:46.95	2:23.45
3.	Anouk van der Lans	ZV Westland Dijkglas	2:32.13	199801614	<b>2:26.53</b>	32.96	1:10.50	1:49.88	2:26.53
4.	Eline Veldkamp	WVZ	2:28.25	199801766	<b>2:28.16</b>	34.15	1:12.32	1:50.92	2:28.16
5.	Marja Esmeijer	Zoetermeer	2:24.86	199800776	<b>2:28.17</b>	33.35	1:10.50	1:49.49	2:28.17
6.	Vera Martens	WVZ	2:27.77	199801572	<b>2:30.23</b>	34.82	1:12.87	1:52.01	2:30.23
7.	Lincy de Winter	Racing Club	2:28.64	199805886	<b>2:30.64</b>	33.98	1:12.55	1:52.14	2:30.64
8.	Femke Rongen	D'elft	2:31.10	199804682	<b>2:30.86</b>	34.95	1:13.19	1:52.47	2:30.86
9.	Ilse Rijnja	DES	2:39.47	199802432	<b>2:35.43</b>	34.18	1:14.04	1:55.42	2:35.43
10.	Margo van Loon	DES	2:37.76	199804184	<b>2:36.75</b>	34.60	1:14.00	1:55.65	2:36.75
11.	Lisanne Bruin	ZV Westland Dijkglas	2:34.06	199803536	<b>2:41.99</b>	35.37	1:16.47	1:59.82	2:41.99

Jeugd 2

1.	Nadine Ansink	WZK	3:02.06	199706078	<b>2:52.55</b>	39.62	1:23.31	2:09.02	2:52.55
2.	Ingeborg Efdée	WZK	2:56.87	199701546	<b>2:56.68</b>	41.35	1:27.48	2:14.57	2:56.68
AFGEM Kim Visser	WVZ	2:17.01	199702516						

Programmanr. 13, Dames, 200m vrije slag

Senioren 1

1. Elisabeth Rivard	WVZ	2:12.60	199600244	<b>2:14.80</b>	31.22	1:05.44	1:40.45	2:14.80
2. Michelle Bellekom	WZK	2:28.12	199606484	<b>2:29.95</b>	34.14	1:12.89	1:52.71	2:29.95
3. Manisha Bakas	DSZ	2:48.39	199605932	<b>2:55.43</b>	38.55	1:26.26	2:13.08	2:55.43
4. Elise Spaans	Zoetermeer	2:58.85	199602974	<b>3:09.45</b>	42.01	1:30.31	2:21.38	3:09.45
5. Suraiya Nakorikantodas	DSZ	3:39.32	199605472	<b>3:39.35</b>	45.57	1:41.47	2:40.61	3:39.35

Senioren

1. Lieke Verouden	Racing Club	2:02.22	199003948	<b>2:03.92</b>	28.59	59.87	1:31.79	2:03.92
2. Isabelle Massar	WVZ	2:17.07	199102034	<b>2:20.02</b>	30.90	1:05.55	1:42.87	2:20.02
3. Nina Ferreira	WVZ	2:26.14	198901196	<b>2:20.58</b>	32.14	1:08.26	1:44.97	2:20.58
4. Josca Zondag	WVZ	2:31.58	199502334	<b>2:31.71</b>	35.06	1:13.08	1:52.57	2:31.71
5. Nicole van Tiel	WZK	2:46.83	199201754	<b>2:48.33</b>	36.38	1:18.69	2:03.88	2:48.33
6. Amanda Hoogenboom	WZK	2:47.39	199200796	<b>2:54.46</b>	39.88	1:24.44	2:10.45	2:54.46
NG Ilse Noorlander	D'elft	2:25.90	199307810					

Programmanr. 14  
13-1-2013 - 14:50

Heren, 200m rugslag

Junioren 1 en ouder  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
<b>Junioren 1</b>								
1. Noah Legerstee	D'elft	2:42.53	200003593	<b>2:34.60</b>	36.39	1:15.82	1:56.40	2:34.60
2. Jasper Breugem	WVZ	2:44.64	200000303	<b>2:44.45</b>	39.18	1:21.25	2:03.26	2:44.45
3. Matthijs Arnoldus	WVZ	2:55.85	200000571	<b>2:49.32</b>	41.41	1:24.79	2:08.36	2:49.32

Junioren 2

1. Stefan Weegink	WVZ	2:39.21	199900207	<b>2:38.13</b>	37.11	1:17.28	1:58.53	2:38.13
2. Ronald van Noort	WVZ	2:45.02	199903163	<b>2:49.93</b>	39.98	1:23.81	2:07.63	2:49.93
3. Nick Boekestijn	ZV Westland Dijkglas	2:53.53	199900291	<b>2:51.95</b>	42.95	1:27.54	2:10.95	2:51.95
4. Rens Martens	WVZ	3:03.36	199900679	<b>2:59.15</b>	43.08	1:28.94	2:15.65	2:59.15
5. Pim Hollander	DES	3:05.30	199901051	<b>3:08.78</b>	45.86	1:34.24	2:22.63	3:08.78
6. Marijn van Giesen	ZV Westland Dijkglas	2:49.42	199900633	<b>3:08.97</b>	46.52	1:34.97	2:23.99	3:08.97
7. Bob Dekkers	ZV Westland Dijkglas	3:25.79	199902551	<b>3:09.55</b>	45.14	1:34.19	2:24.20	3:09.55

*\*150m tijd is backup tijd*

Junioren 3

1. Timos Skotadis	Racing Club	2:25.20	199804615	<b>2:19.18</b>	31.66	1:06.32	1:42.15	2:19.18
2. Jordy van Oel	WVZ	2:21.34	199802003	<b>2:22.80</b>	33.05	1:09.17	1:47.02	2:22.80
3. Sander Kirillova	Racing Club	2:32.63	199800121	<b>2:28.60</b>	34.79	1:12.95	1:51.12	2:28.60
4. Frank Paardekooper	Zoetermeer	2:48.93	199803793	<b>2:42.06</b>	39.02	1:20.99	2:03.51	2:42.06
5. Sven in den Bosch	ZV Westland Dijkglas	2:51.55	199803929	<b>2:52.09</b>	40.10	1:23.01	2:08.01	2:52.09
DIS Dave Jansen	D'elft	2:29.01	199805299					

*AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.*

Junioren 4

1. Krijn de Kievit	Racing Club	2:16.42	199700277	<b>2:13.00</b>	31.21	1:04.22	1:38.59	2:13.00
2. Pascal Nuijten	ZV Westland Dijkglas	2:19.96	199701353	<b>2:15.65</b>	31.50	1:05.26	1:40.07	2:15.65
3. Joey Dukker	D'elft	2:38.63	199703533	<b>2:40.19</b>	38.18	1:18.63	1:59.38	2:40.19
4. Floris van der Meer	D'elft	2:35.50	199701041	<b>2:43.63</b>	37.77	1:19.50	2:01.73	2:43.63

Jeugd 1

1. Nordin Termoshuizen	WVZ	2:30.79	199605401	<b>2:28.34</b>	34.93	1:12.92	1:50.97	2:28.34
2. Stanley Klerks	WVZ	2:23.97	199600809	<b>2:28.73</b>	34.93	1:12.15	1:50.46	2:28.73
3. Yoram Waarsing	Zoetermeer	2:45.83	199601271	<b>2:41.39</b>	37.65	1:18.81	2:00.86	2:41.39

Jeugd 2

1. Nour Al-Nahas	ZV Westland Dijkglas	2:29.69	199505421	<b>2:37.48</b>	35.51	1:14.49	1:55.83	2:37.48
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Programmanr. 14, Heren, 200m rugslag

Senioren 1 en ouder

1. Ensger Kotterink	Albion	2:01.28	199403391	<b>2:01.83</b>	28.22	58.87	1:30.58	2:01.83
2. Alex Vermeulen	WZK	2:23.16	198905811	<b>2:26.31</b>	33.63	1:10.54	1:49.31	2:26.31
3. Jasper v.d. Ven	Zoetermeer	2:38.21	199404139	<b>2:36.98</b>	36.93	1:16.42	1:57.96	2:36.98
4. Thomas de Ruig	Zoetermeer	2:44.09	199301457	<b>2:38.64</b>	36.50	1:16.60	1:58.01	2:38.64
5. Patrick de Jong	ZV Westland Dijkglas	2:44.73	199403007	<b>2:48.00</b>	39.09	1:20.77	2:04.13	2:48.00
6. Sven van den Hoek	Zoetermeer	3:17.57	199207011	<b>3:13.16</b>	46.12	1:34.89	2:24.82	3:13.16

Programmanr. 15  
13-1-2013 - 15:00

Dames, 100m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m
<b>Junioren 1</b>						
1.	Claire Verkijk	WVZ	1:12.68	200100240	<b>1:13.31</b>	34.72 1:13.31
2.	Tessa Kempen	Zoetermeer	1:22.24	200100090	<b>1:18.07</b>	36.01 1:18.07
3.	Floor de Kievit	Racing Club	1:32.64	200100238	<b>1:32.59</b>	41.63 1:32.59
4.	Lilou Ragot	WZK	1:38.37	200102982	<b>1:32.67</b>	41.24 1:32.67
5.	Babet Roeling	Zoetermeer	1:41.25	200101322	<b>1:36.89</b>	43.27 1:36.89
6.	Anne van der Zwan	DES	1:47.15	200101134	<b>1:43.81</b>	45.57 1:43.81
7.	Sadie Vente	WZK	1:49.91	200104256	<b>1:46.47</b>	49.50 1:46.47
8.	Iris van den Berg	D'elft	1:53.40	200103782	<b>1:53.29</b>	50.65 1:53.29
9.	Renee Demyttenaere	DES	1:59.34	200102758	<b>2:03.48</b>	53.20 2:03.48
AFGEM	Klara Hornell	WZK	1:44.89	200102518		
NG	Diana de Brabander	DSZ	1:52.48	200101140		

Junioren 2

1.	Lauren van IJl	WVZ	1:22.31	200001064	<b>1:16.71</b>	35.17 1:16.71
2.	Rizzy Korevaar	Racing Club	1:23.69	200001978	<b>1:23.90</b>	37.25 1:23.90
3.	Esmee Breugem	WVZ	1:22.84	200000670	<b>1:24.88</b>	39.84 1:24.88
4.	Amanda Holst	Zoetermeer	1:33.75	200004204	<b>1:31.28</b>	39.91 1:31.28
5.	Maira Loechteken	WZK	1:44.12	200004446	<b>1:39.24</b>	43.90 1:39.24
6.	Ceridwen Ellis Hobson	DES	2:02.27	200003844	<b>1:59.05</b>	52.51 1:59.05

Junioren 3

1.	Saskia Koolen	WVZ	1:13.31	199900456	<b>1:14.41</b>	33.79 1:14.41
2.	Isobel Bowring	WVZ	1:13.00	199901982	<b>1:15.54</b>	34.61 1:15.54
3.	Sterre Keller	DES	1:21.61	199904142	<b>1:18.44</b>	35.78 1:18.44
4.	Daily van der Vorst	ZV Westland Dijkglas	1:22.28	199902270	<b>1:21.31</b>	37.38 1:21.31
5.	Iona van der Toorn	Racing Club	1:23.45	199900884	<b>1:22.16</b>	37.63 1:22.16
6.	Kassidy Dawn	WZK	1:35.87	199905802	<b>1:33.59</b>	42.78 1:33.59
7.	Isabella Allen	WZK	1:49.43	199904900	<b>1:46.15</b>	47.17 1:46.15
AFGEM	Noga Arad	WZK	1:42.14	199903808		

Jeugd 1

1.	Diana van Halm Braam	WVZ	1:13.03	199800788	<b>1:15.45</b>	34.56 1:15.45
2.	Marja Esmeijer	Zoetermeer	1:14.94	199800776	<b>1:19.36</b>	36.47 1:19.36
3.	Anouk van der Lans	ZV Westland Dijkglas	1:30.74	199801614	<b>1:28.77</b>	40.21 1:28.77
4.	Lisanne Bruin	ZV Westland Dijkglas	1:23.68	199803536	<b>1:29.34</b>	41.31 1:29.34
5.	Suzanne Knigge	De Vliet (SG)	1:34.49	199804344	<b>1:30.90</b>	41.38 1:30.90
6.	Annika Allen	WZK	1:40.29	199805572	<b>1:38.91</b>	43.95 1:38.91
7.	Ilse Rijnja	DES	1:38.21	199802432	<b>1:40.04</b>	43.71 1:40.04
	<i>*eindtijd is backup tijd</i>					
AFGEM	Stéphanie van Mil	D'elft	1:38.69	199804548		

Jeugd 2

1.	Myada El Barkouki	WZK	1:16.65	199706368	<b>1:15.55</b>	35.04 1:15.55
2.	Britt Vis	ZV Westland Dijkglas	1:19.99	199700888	<b>1:19.65</b>	37.19 1:19.65
3.	Ariena Budko	D'elft	1:32.01	199705362	<b>1:23.08</b>	37.31 1:23.08
4.	Nacinda Paap	Racing Club	1:18.50	199701684	<b>1:23.25</b>	36.37 1:23.25
5.	Nadine Ansink	WZK	1:34.30	199706078	<b>1:34.65</b>	43.64 1:34.65

Programmanr. 15, Dames, 100m vlinderslag

Senioren 1

	1.	Anouk van der Vlies	WVZ	1:07.38	199603226	<b>1:08.12</b>	31.78	1:08.12
	2.	Eef Hollander	DES	1:11.96	199602074	<b>1:11.55</b>	32.51	1:11.55
	3.	Michelle Bellekom	WZK	1:21.77	199606484	<b>1:24.79</b>	39.32	1:24.79
AFGEM		Elise Spaans	Zoetermeer	1:42.32	199602974			

Senioren

	1.	Merle Verkijk	WVZ	1:03.66	199400278	<b>1:04.15</b>	30.24	1:04.15
	2.	Maud Hoofs	Racing Club	1:07.08	199501206	<b>1:05.44</b>	30.58	1:05.44
	3.	Delia Badoux	Zoetermeer	1:09.78	198000042	<b>1:08.01</b>	31.77	1:08.01
	4.	Amanda Immerzeel	WVZ	1:10.23	199501534	<b>1:11.57</b>	33.15	1:11.57
	5.	Daphne Lankhorst	Racing Club	1:11.62	199405762	<b>1:12.47</b>	33.19	1:12.47
	6.	Isabelle Massar	WVZ	1:11.30	199102034	<b>1:16.95</b>	34.32	1:16.95
	7.	Amanda Hoogenboom	WZK	1:30.71	199200796	<b>1:32.63</b>	42.77	1:32.63
DIS		Nicole van Tiel	WZK	1:26.36	199201754			
		<i>VI - Met één hand keer- en/of eindpunt aangeikt.</i>						
NG		Ilse Noorlander	D'elft	1:20.35	199307810			

Programmanr. 16  
13-1-2013 - 15:15

Heren, 100m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m		
<b>Junioren 1</b>								
	1.	Anne Schuurmans	WVZ	1:03.67	200003919	<b>1:03.14</b>	30.53	1:03.14
	2.	Max Reinders	Racing Club	1:04.17	200004225	<b>1:03.99</b>	30.70	1:03.99
	3.	K. de Kruyf Molina	DES	1:07.22	200002667	<b>1:05.07</b>	30.90	1:05.07
	4.	Noah Legerstee	D'elft	1:06.17	200003593	<b>1:06.47</b>	31.68	1:06.47
	5.	Steven van Santen	WVZ	1:06.20	200001799	<b>1:09.64</b>	30.31	1:09.64
	6.	J. de Roy van Zuydewijn	WVZ	1:11.68	200000255	<b>1:10.73</b>	35.03	1:10.73
	7.	Oliver Maddock	WZK	1:17.45	200002281	<b>1:12.15</b>	34.45	1:12.15
	8.	Rolf Bavelaar	D'elft	1:10.45	200001747	<b>1:13.57</b>	31.24	1:13.57
	9.	Max Simon	WZK	1:26.66	200004593	<b>1:22.19</b>	39.18	1:22.19
DIS		Bernard Rivard	WVZ	1:07.69	200000045			
		<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>						
AFGEM		Toby Katerbau	DES	1:14.25	200000231			

Junioren 2

	1.	Adam Juhasz	Racing Club	1:00.49	199904747	<b>59.83</b>	29.15	59.83
	2.	Klaas Arkesteijn	D'elft	1:00.50	199901897	<b>1:03.09</b>	29.67	1:03.09
	3.	Jaap van Trijp	Racing Club	1:05.79	199903225	<b>1:03.81</b>	31.05	1:03.81
	4.	Marijn van Giesen	ZV Westland Dijkglas	1:10.14	199900633	<b>1:08.61</b>	32.91	1:08.61
	5.	Ronald van Noord	WVZ	1:08.47	199903163	<b>1:09.93</b>	34.58	1:09.93
	6.	Daan Janssen	WVZ	1:10.05	199902675	<b>1:11.32</b>	33.33	1:11.32
	7.	Rens Martens	WVZ	1:10.13	199900679	<b>1:11.53</b>	34.67	1:11.53
	8.	Nick Boekestijn	ZV Westland Dijkglas	1:09.76	199900291	<b>1:12.85</b>	34.51	1:12.85
	9.	Daniel Standing	WZK	1:22.07	199904795	<b>1:13.77</b>	36.10	1:13.77
	10.	Bob Dekkers	ZV Westland Dijkglas	1:12.14	199902551	<b>1:15.78</b>	35.82	1:15.78

Junioren 3

	1.	Jordy van Oel	WVZ	58.64	199802003	<b>57.93</b>	28.11	57.93
	2.	Jelmer Lankhorst	Racing Club	59.02	199800353	<b>59.20</b>	26.77	59.20
	3.	Stan Zwinkels	WVZ	57.10	199800239	<b>1:01.54</b>	26.41	1:01.54
	4.	Dave Jansen	D'elft	1:00.66	199805299	<b>1:02.39</b>	29.77	1:02.39
	5.	Sven in den Bosch	ZV Westland Dijkglas	1:08.73	199803929	<b>1:09.62</b>	33.42	1:09.62
AFGEM		Daan Verschoor	DSZ	1:17.70	199805007			

Junioren 4

	1.	Pascal Nuijten	ZV Westland Dijkglas	54.93	199701353	<b>54.62</b>	26.41	54.62
	2.	Nick Bowring	WVZ	57.87	199703277	<b>57.59</b>	27.68	57.59
	3.	Martijn Tamis	Racing Club	58.66	199701407	<b>57.82</b>	27.67	57.82
	4.	Jack Davies	WVZ	58.62	199704263	<b>58.65</b>	28.92	58.65
	5.	Sven Hubregtse	Racing Club	56.54	199702057	<b>59.16</b>	26.10	59.16
	6.	Mohamed Al-Nahas	ZV Westland Dijkglas	1:00.93	199703997	<b>59.81</b>	28.46	59.81
	7.	Jimmy Dukker	D'elft	1:00.12	199703531	<b>59.85</b>	28.55	59.85

Programmanr. 16, Jongens, 100m vrije slag, Junioren 4

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
7.	Patrick Wyrdean	ZV Westland Dijkglas	1:00.21	199702475	<b>59.85</b>	28.75	59.85
9.	Richard Wilson	WZK	1:05.34	199705091	<b>1:01.68</b>	28.98	1:01.68
10.	Floris van der Meer	D'elft	59.54	199701041	<b>1:06.51</b>	31.13	1:06.51
11.	Jelte Jorritsma	WZK	1:23.69	199705327	<b>1:19.64</b>	38.59	1:19.64

Jeugd 1

1.	Thom Paardekooper	WVZ	54.89	199604259	<b>55.21</b>	26.52	55.21
2.	Vincent de Vries	Zoetermeer	57.60	199602189	<b>55.69</b>	27.05	55.69
3.	Armand Heyder	ZV Westland Dijkglas	56.87	199603221	<b>56.45</b>	26.77	56.45
4.	Julien Vignal	DES	NT	199602479	<b>59.70</b>	27.71	59.70

Jeugd 2

1.	Nour Al-Nahas	ZV Westland Dijkglas	56.84	199505421	<b>58.14</b>	27.41	58.14
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Senioren 1 en ouder

1.	Ensger Kotterink	Albion	51.37	199403391	<b>53.54</b>	25.73	53.54
2.	Markus ten Have	ZV Westland Dijkglas	58.76	199404997	<b>59.67</b>	28.89	59.67
3.	Patrick de Jong	ZV Westland Dijkglas	1:01.46	199403007	<b>1:00.37</b>	29.20	1:00.37
4.	Thomas de Ruig	Zoetermeer	1:01.91	199301457	<b>1:01.95</b>	30.69	1:01.95
5.	Jasper v.d. Ven	Zoetermeer	1:08.76	199404139	<b>1:04.10</b>	31.91	1:04.10
6.	Thom de Koning	ZV Westland Dijkglas	1:09.28	199402673	<b>1:08.62</b>	32.79	1:08.62
7.	Sven van den Hoek	Zoetermeer	1:16.88	199207011	<b>1:18.29</b>	37.62	1:18.29

Programmanr. 17  
13-1-2013 - 15:25

Dames, 200m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
<b>Junioren 1</b>									
1.	Inge Vieveen	WVZ	2:57.54	200100024	<b>2:59.10</b>	40.22	1:25.46	2:12.31	2:59.10
2.	Juliet van Dinther	Racing Club	3:23.47	200101124	<b>3:20.75</b>	46.37	1:37.49	2:29.45	3:20.75
<b>Junioren 2</b>									
1.	Lauren van IJll	WVZ	3:03.32	200001064	<b>3:01.40</b>	40.47	1:26.79	2:13.75	3:01.40
2.	Ana Versnik	Racing Club	3:11.18	200003496	<b>3:05.77</b>	41.21	1:28.30	2:17.92	3:05.77
3.	Isis Beres	WZK	3:40.70	200001874	<b>3:35.66</b>	50.12	1:45.73	2:41.26	3:35.66
4.	Ceridwen Ellis Hobson	DES	3:54.35	200003844	<b>3:51.29</b>	50.79	1:50.82	2:52.18	3:51.29
<b>Junioren 3</b>									
1.	Moesha Wartes	Racing Club	2:54.32	199901724	<b>3:02.18</b>	40.08	1:26.40	2:14.32	3:02.18
2.	Alyssa van der Lans	Racing Club	3:16.14	199901644	<b>3:18.46</b>	44.36	1:35.07	2:28.22	3:18.46
	DIS Sytske van der Laan	D'elft	3:10.79	199902008					
<i>AB - De 1e (1 startregel), 2e of volgende valse start veroorzaakt (uitsluiten voor dat progr.nr.).</i>									

Jeugd 1

1.	Uma Kraus	D'elft	2:56.35	199802328	<b>2:58.96</b>	38.92	1:24.46	2:12.12	2:58.96
2.	Ilse Rijnja	DES	3:10.02	199802432	<b>3:04.59</b>	41.59	1:29.14	2:17.06	3:04.59
3.	Vera Martens	WVZ	3:04.96	199801572	<b>3:11.83</b>	41.00	1:28.27	2:20.02	3:11.83
4.	Margo van Loon	DES	3:16.45	199804184	<b>3:16.86</b>	43.02	1:33.17	2:25.89	3:16.86
5.	Suzanne Knigge	De Vliet (SG)	3:31.89	199804344	<b>3:27.59</b>	47.50	1:40.29	2:34.39	3:27.59
6.	Annika Allen	WZK	3:40.88	199805572	<b>3:39.60</b>	48.42	1:44.62	2:42.91	3:39.60
7.	Grace Yano	WZK	3:39.56	199806228	<b>3:54.32</b>	46.47	1:38.33	2:52.54	3:54.32
	AFGEM Stéphanie van Mil	D'elft	3:37.54	199804548					

Jeugd 2

1.	Daphne Hulst	D'elft	3:02.85	199703042	<b>3:17.10</b>	43.86	1:33.62	2:25.35	3:17.10
	<i>*eindtijd is backup tijd</i>								
2.	Nadine Ansink	WZK	3:23.19	199706078	<b>3:24.96</b>	47.65	1:40.17	2:33.15	3:24.96
3.	Amber van der Hoeven	De Vliet (SG)	3:44.02	199705258	<b>3:50.25</b>	52.16	1:49.79	2:50.49	3:50.25

Programmanr. 17, Dames, 200m schoolslag

Senioren 1

1. Michelle Bellekom	WZK	3:11.12	199606484	<b>3:13.73</b>	44.09	1:34.62	2:25.64	3:13.73
2. Manisha Bakas	DSZ	3:41.62	199605932	<b>3:40.03</b>	49.93	1:46.37	2:43.68	3:40.03
3. Elise Spaans	Zoetermeer	3:34.44	199602974	<b>3:41.33</b>	48.28	1:44.40	2:43.09	3:41.33
4. Suraiya Nakorikantodas	DSZ	4:03.12	199605472	<b>3:57.82</b>	53.06	1:53.68	2:56.07	3:57.82

Senioren

1. Nina Ferreira	WVZ	2:53.83	198901196	<b>2:53.10</b>	39.14	1:23.27	2:07.97	2:53.10
2. Amanda Immerzeel	WVZ	2:54.87	199501534	<b>2:58.32</b>	40.28	1:25.55	2:12.16	2:58.32
3. Amanda Hoogenboom	WZK	3:32.22	199200796	<b>3:27.22</b>	47.45	1:39.43	2:32.87	3:27.22
AFGEM Lieke Verouden	Racing Club	2:33.73	199003948					

Programmanr. 18  
13-1-2013 - 15:40

Heren, 200m wisselslag

Junioren 1 en ouder  
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
<b>Junioren 1</b>								
1. Anne Schuurmans	WVZ	2:45.78	200003919	<b>2:37.62</b>	35.85	1:16.08	2:02.60	2:37.62
<i>*50m tijd is backup tijd</i>								
2. K. de Kruyf Molina	DES	2:49.20	200002667	<b>2:47.49</b>	36.07	1:19.16	2:09.78	2:47.49
3. J. de Roy van Zuydewijn	WVZ	2:55.47	200000255	<b>2:52.00</b>	41.64	1:28.25	2:15.41	2:52.00
<i>*50m tijd is backuptijd</i>								
4. Rolf Bavelaar	D'elft	3:01.26	200001747	<b>2:58.14</b>	40.86	1:24.41	2:18.21	2:58.14
5. Doran Paap	Racing Club	3:01.80	200000301	<b>3:00.11</b>	41.53	1:28.21	2:19.02	3:00.11
<i>*50m tijd is backup tijd</i>								
6. Takumi Takaku	Racing Club	2:56.81	200004679	<b>3:00.38</b>	41.07	1:29.12	2:18.56	3:00.38
7. Vincent Reintjens	D'elft	3:17.23	200003691	<b>3:04.55</b>	42.89	1:30.20	2:26.01	3:04.55
8. Cade Vente	WZK	4:04.05	200004517	<b>3:50.77</b>	54.22	1:50.31	2:57.88	3:50.77
DIS Malo Ranzetti	DSZ	3:28.82	200003849					
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>								

Junioren 2

1. Klaas Arkesteijn	D'elft	2:39.55	199901897	<b>2:37.71</b>	33.79	1:13.06	2:02.74	2:37.71
2. Stefan Weegink	WVZ	2:51.89	199900207	<b>2:50.04</b>	36.39	1:19.30	2:10.84	2:50.04
3. Ronald van Noort	WVZ	2:56.36	199903163	<b>2:50.28</b>	38.35	1:22.24	2:14.37	2:50.28
4. Marijn van Giesen	ZV Westland Dijkglas	2:54.68	199900633	<b>2:52.39</b>	43.27	1:28.08	2:14.94	2:52.39
5. Daan Janssen	WVZ	3:01.08	199902675	<b>3:07.06</b>	40.14	1:28.86	2:22.12	3:07.06
6. Bob Dekkers	ZV Westland Dijkglas	3:02.34	199902551	<b>3:11.75</b>	43.87	1:31.40	2:30.21	3:11.75

Junioren 3

1. Jelmer Lankhorst	Racing Club	2:27.50	199800353	<b>2:26.60</b>	30.47	1:09.74	1:53.01	2:26.60
2. Stan Zwinkels	WVZ	2:28.78	199800239	<b>2:27.19</b>	32.08	1:10.98	1:54.57	2:27.19
3. Elliot Falces	DES	2:35.89	199802713	<b>2:29.42</b>	31.32	1:09.97	1:53.83	2:29.42
4. Matthew Dullemond	Racing Club	2:48.60	199805005	<b>2:38.89</b>	35.07	1:16.42	2:03.45	2:38.89
5. Sven in den Bosch	ZV Westland Dijkglas	2:51.84	199803929	<b>2:59.40</b>	40.71	1:26.38	2:19.25	2:59.40

Junioren 4

1. Pascal Nuijten	ZV Westland Dijkglas	2:16.84	199701353	<b>2:16.78</b>	29.37	1:03.83	1:45.67	2:16.78
2. Martijn Tamis	Racing Club	2:29.26	199701407	<b>2:28.07</b>	33.29	1:12.23	1:53.79	2:28.07
3. Floris van der Meer	D'elft	2:35.08	199701041	<b>2:34.54</b>	31.69	1:10.59	1:59.73	2:34.54
4. Jimmy Dukker	D'elft	2:36.57	199703531	<b>2:37.91</b>	33.92	1:15.50	2:03.76	2:37.91
5. Joey Dukker	D'elft	2:40.00	199703533	<b>2:43.60</b>	35.91	1:18.41	2:07.67	2:43.60

Jeugd 1

1. Timo van der Ende	WVZ	2:20.08	199601979	<b>2:18.41</b>	29.84	1:06.98	1:47.11	2:18.41
2. Nordin Termoshuizen	WVZ	2:23.90	199605401	<b>2:25.86</b>	31.84	1:10.13	1:54.58	2:25.86
3. Stanley Klerks	WVZ	2:29.34	199600809	<b>2:28.46</b>	30.87	1:10.54	1:56.53	2:28.46
4. Vincent de Vries	Zoetermeer	2:31.21	199602189	<b>2:35.77</b>	33.58	1:13.51	1:58.45	2:35.77
5. Julien Vignal	DES	2:39.90	199602479	<b>2:44.64</b>	31.97	1:16.70	2:09.33	2:44.64



Programmanr. 18, Heren, 200m wisselslag

Jeugd 2

1. Nour Al-Nahas	ZV Westland Dijkglas	2:25.80	199505421	<b>2:40.84</b>	31.56	1:11.96	2:00.35	2:40.84
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Senioren 1 en ouder

1. Ensger Kotterink	Albion	2:06.73	199403391	<b>2:06.60</b>	27.43	59.14	1:36.23	2:06.60
2. Alex Vermeulen	WZK	2:26.92	198905811	<b>2:34.37</b>	32.74	1:12.85	1:57.68	2:34.37
3. Patrick de Jong	ZV Westland Dijkglas	2:38.35	199403007	<b>2:46.26</b>	32.92	1:16.78	2:05.38	2:46.26
4. Thom de Koning	ZV Westland Dijkglas	2:48.76	199402673	<b>2:48.09</b>	35.84	1:20.93	2:08.68	2:48.09
5. Sybren van der Veen	DES	3:20.31	198705139	<b>3:14.70</b>	45.05	1:37.32	2:31.23	3:14.70
6. Sven van den Hoek	Zoetermeer	3:15.03	199207011	<b>3:15.64</b>	45.41	1:35.20	2:29.11	3:15.64

Programmanr. 19  
13-1-2013 - 16:00

Dames, 100m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	50m	100m
<b>Junioren 1</b>							
1.	Inge Vieveen	WVZ	1:17.16	200100024	<b>1:19.78</b>	38.98	1:19.78
2.	Tessa Kempen	Zoetermeer	1:19.09	200100090	<b>1:19.85</b>	39.12	1:19.85
3.	Desiré Verlaan	WVZ	1:20.76	200100170	<b>1:23.15</b>	40.15	1:23.15
4.	Laura Nuijten	ZV Westland Dijkglas	1:23.73	200101084	<b>1:24.43</b>	40.28	1:24.43
5.	Floor de Kievit	Racing Club	1:27.19	200100238	<b>1:28.00</b>	42.64	1:28.00
6.	Juliet van Dinther	Racing Club	1:26.21	200101124	<b>1:28.39</b>	43.65	1:28.39
7.	Babet Roeling	Zoetermeer	1:34.48	200101322	<b>1:28.92</b>	43.26	1:28.92
8.	Valeska Willner	D'elft	1:30.85	200103784	<b>1:29.14</b>	42.43	1:29.14
NG	Diana de Brabander	DSZ	1:30.63	200101140			

Junioren 2

1.	Jasmijn Boon	WVZ	1:09.51	200001280	<b>1:07.69</b>	33.22	1:07.69
2.	Esmée van Geest	WVZ	1:13.79	200001286	<b>1:15.14</b>	36.92	1:15.14
3.	Rizzy Korevaar	Racing Club	1:16.89	200001978	<b>1:15.70</b>	37.23	1:15.70
4.	Mariska Lugtenburg	Racing Club	1:18.23	200003700	<b>1:18.35</b>	37.76	1:18.35
5.	Celina von Berg	D'elft	1:22.12	200002596	<b>1:23.62</b>	39.51	1:23.62
	<i>*50m tijd is backup tijd</i>						
6.	Amanda Holst	Zoetermeer	1:25.45	200004204	<b>1:25.24</b>	41.26	1:25.24
7.	Serena Tsizi Yu Tom	Racing Club	1:25.59	200004052	<b>1:25.38</b>	40.47	1:25.38
8.	Ceridwen Ellis Hobson	DES	1:38.95	200003844	<b>1:39.97</b>	47.80	1:39.97
9.	Moira Loechteken	WZK	1:43.10	200004446	<b>1:47.69</b>	51.86	1:47.69

Junioren 3

1.	Isobel Bowring	WVZ	1:13.54	199901982	<b>1:15.25</b>	36.58	1:15.25
2.	Gaetane Demyttenaere	DES	1:16.68	199905018	<b>1:15.74</b>	36.68	1:15.74
3.	Daily van der Vorst	ZV Westland Dijkglas	1:21.82	199902270	<b>1:17.64</b>	38.48	1:17.64
4.	Lara Clucas	WZK	1:19.16	199904282	<b>1:18.50</b>	37.74	1:18.50
5.	Tessa de Koning	ZV Westland Dijkglas	1:20.50	199903482	<b>1:18.62</b>	38.52	1:18.62
6.	Babette van der Kaaij	ZV Westland Dijkglas	1:22.16	199902234	<b>1:22.06</b>	39.75	1:22.06
7.	Alyssa van der Lans	Racing Club	1:29.53	199901644	<b>1:23.07</b>	40.14	1:23.07
8.	Kassidy Dawn	WZK	1:32.18	199905802	<b>1:23.25</b>	40.90	1:23.25
9.	Isabella Allen	WZK	1:35.06	199904900	<b>1:32.61</b>	44.17	1:32.61
AFGEM	Noga Arad	WZK	1:31.94	199903808			

Jeugd 1

1.	Valerie van Roon	WVZ	1:09.58	199802326	<b>1:12.41</b>	35.27	1:12.41
2.	Femke Rongen	D'elft	1:15.53	199804682	<b>1:15.70</b>	36.94	1:15.70
3.	Anouk van der Lans	ZV Westland Dijkglas	1:18.76	199801614	<b>1:15.96</b>	37.18	1:15.96
4.	Uma Kraus	D'elft	1:16.23	199802328	<b>1:17.86</b>	37.17	1:17.86
	<i>*eindtijd is backup tijd</i>						
5.	Julia Litjens	ZV Westland Dijkglas	1:14.61	199801188	<b>1:17.92</b>	37.99	1:17.92
6.	Eline Veldkamp	WVZ	1:17.88	199801766	<b>1:19.94</b>	38.23	1:19.94
7.	Lincy de Winter	Racing Club	1:19.63	199805886	<b>1:20.62</b>	39.20	1:20.62
8.	Barbara Matekovic	WVZ	1:21.28	199800786	<b>1:21.33</b>	37.99	1:21.33
9.	Margo van Loon	DES	1:21.99	199804184	<b>1:22.15</b>	40.55	1:22.15
10.	Lisanne Bruin	ZV Westland Dijkglas	1:26.09	199803536	<b>1:28.00</b>	43.66	1:28.00

Programmanr. 19, Dames, 100m rugslag

Jeugd 2

1.	Nacinda Paap	Racing Club	1:14.92	199701684	<b>1:15.23</b>	36.47	1:15.23
2.	Myada El Barkouki	WZK	1:19.41	199706368	<b>1:17.24</b>	37.57	1:17.24
3.	Britt Vis	ZV Westland Dijkglas	1:13.70	199700888	<b>1:17.90</b>	38.74	1:17.90
4.	Ariena Budko	D'elft	1:25.18	199705362	<b>1:26.38</b>	42.31	1:26.38
	<i>*50m tijd is backup tijd</i>						
5.	Ingeborg Efdée	WZK	1:33.20	199701546	<b>1:31.74</b>	45.54	1:31.74
6.	Nadine Ansink	WZK	1:39.69	199706078	<b>1:37.39</b>	47.87	1:37.39
	<i>*50m tijd is backup tijd</i>						
7.	Amber van der Hoeven	De Vliet (SG)	1:41.69	199705258	<b>1:46.42</b>	51.06	1:46.42
AFGEM	Kim Visser	WVZ	1:09.11	199702516			

Senioren 1

1.	Anouk van der Vlies	WVZ	1:06.10	199603226	<b>1:07.94</b>	32.70	1:07.94
2.	Elisabeth Rivard	WVZ	1:08.04	199600244	<b>1:09.84</b>	34.35	1:09.84
3.	Michelle Bellekom	WZK	1:12.17	199606484	<b>1:13.65</b>	36.19	1:13.65
4.	Manisha Bakas	DSZ	1:24.08	199605932	<b>1:25.05</b>	41.30	1:25.05
5.	Suraiya Nakorikantodas	DSZ	1:48.68	199605472	<b>1:52.44</b>	54.91	1:52.44
AFGEM	Elise Spaans	Zoetermeer	1:41.29	199602974			

Senioren

1.	Daphne Lankhorst	Racing Club	1:15.06	199405762	<b>1:12.17</b>	35.05	1:12.17
2.	Delia Badoux	Zoetermeer	1:15.68	198000042	<b>1:13.34</b>	35.45	1:13.34
3.	Josca Zondag	WVZ	1:17.13	199502334	<b>1:19.00</b>	38.55	1:19.00
4.	Linda Hoogendam	Zoetermeer	1:18.42	198300892	<b>1:23.82</b>	40.65	1:23.82
5.	Nicole van Tiel	WZK	1:26.68	199201754	<b>1:24.97</b>	41.27	1:24.97
6.	Amanda Hoogenboom	WZK	1:26.87	199200796	<b>1:27.85</b>	42.97	1:27.85
AFGEM	Lieke Verouden	Racing Club	1:07.28	199003948			
NG	Ilse Noorlander	D'elft	1:15.28	199307810			

Programmanr. 20  
13-1-2013 - 16:15

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd				tijd	
<b>Junioren 1</b>								
1.	Marc Botter	Racing Club	5:12.38				200000329	<b>4:56.38</b>
	50m: 33.17	33.17	150m: 1:48.09	37.75	250m: 3:03.18	37.36	350m: 4:19.96	38.57
	100m: 1:10.34	37.17	200m: 2:25.82	37.73	300m: 3:41.39	38.21	400m: 4:56.38	36.42
2.	Max Reinders	Racing Club	5:07.92				200004225	<b>4:56.76</b>
	50m: 33.18	33.18	150m: 1:47.45	37.53	250m: 3:03.85	37.98	350m: 4:20.96	38.53
	100m: 1:09.92	36.74	200m: 2:25.87	38.42	300m: 3:42.43	38.58	400m: 4:56.76	35.80
3.	Bernard Rivard	WVZ	5:01.39				200000045	<b>5:00.34</b>
	50m: 33.73	33.73	150m: 1:50.66	38.89	250m: 3:06.41	37.13	350m: 4:23.32	37.93
	100m: 1:11.77	38.04	200m: 2:29.28	38.62	300m: 3:45.39	38.98	400m: 5:00.34	37.02
4.	Matthijs Arnoldus	WVZ	5:24.01				200000571	<b>5:16.58</b>
	50m: 35.97	35.97	150m: 1:56.87	40.85	250m: 3:19.01	41.17	350m: 4:39.31	40.08
	100m: 1:16.02	40.05	200m: 2:37.84	40.97	300m: 3:59.23	40.22	400m: 5:16.58	37.27
5.	Noah Legerstee	D'elft	5:21.00				200003593	<b>5:17.88</b>
	50m: 36.04	36.04	150m: 1:56.93	40.92	250m: 3:19.14	40.98	350m: 4:39.20	39.54
	100m: 1:16.01	39.97	200m: 2:38.16	41.23	300m: 3:59.66	40.52	400m: 5:17.88	38.68
6.	Joost de Roy van Zuydewijn	WVZ	5:31.08				200000255	<b>5:23.44</b>
	50m: 38.86	38.86	150m: 2:02.78	41.92	250m: 3:24.49	40.82	350m: 4:46.23	40.59
	100m: 1:20.86	42.00	200m: 2:43.67	40.89	300m: 4:05.64	41.15	400m: 5:23.44	37.21
7.	Oliver Maddock	WZK	5:54.29				200002281	<b>5:56.00</b>
	50m: 38.48	38.48	150m: 2:07.11	44.65	250m: 3:38.66	46.10	350m: 5:10.72	45.48
	100m: 1:22.46	43.98	200m: 2:52.56	45.45	300m: 4:25.24	46.58	400m: 5:56.00	45.28
<b>Junioren 2</b>								
1.	Adam Juhasz	Racing Club	4:41.50				199904747	<b>4:31.87</b>
	50m: 30.37	30.37	150m: 1:38.30	34.16	250m: 2:48.02	34.86	350m: 3:58.54	35.12
	100m: 1:04.14	33.77	200m: 2:13.16	34.86	300m: 3:23.42	35.40	400m: 4:31.87	33.33
2.	Jaap van Trijp	Racing Club	4:52.42				199903225	<b>4:47.17</b>
	50m: 32.38	32.38	150m: 1:44.32	36.19	250m: 2:57.03	36.51	350m: 4:11.56	37.68
	100m: 1:08.13	35.75	200m: 2:20.52	36.20	300m: 3:33.88	36.85	400m: 4:47.17	35.61

## Programmanr. 20, Jongens, 400m vrije slag, Junioren 2

rang	naam		vereniging		inschrijftijd			tijd
3.	Ronald van Noort		WVZ		5:23.84	199903163		<b>5:20.38</b>
	50m:	37.42	150m:	1:59.04	41.16	250m:	3:21.49	41.11
	100m:	1:17.88	200m:	2:40.38	41.34	300m:	4:01.59	40.10
						350m:	4:41.06	39.47
						400m:	5:20.38	39.32
4.	Nick Boekestijn		ZV Westland Dijkglas		5:53.70	199900291		<b>5:29.50</b>
	50m:	36.56	150m:	2:00.72	42.10	250m:	3:24.85	42.17
	100m:	1:18.62	200m:	2:42.68	41.96	300m:	4:07.92	43.07
						350m:	4:51.09	43.17
						400m:	5:29.50	38.41
5.	Rens Martens		WVZ		5:38.01	199900679		<b>5:35.09</b>
	50m:	39.52	150m:	2:07.29	44.85	250m:	3:30.92	43.26
	100m:	1:22.44	200m:	2:47.66	40.37	300m:	4:14.08	43.16
						350m:	4:55.46	41.38
						400m:	5:35.09	39.63
6.	Marijn van Giesen		ZV Westland Dijkglas		6:07.16	199900633		<b>5:40.32</b>
	50m:	38.30	150m:	2:05.47	44.17	250m:	3:34.76	44.22
	100m:	1:21.30	200m:	2:50.54	45.07	300m:	4:18.32	43.56
						350m:	5:01.84	43.52
						400m:	5:40.32	38.48
7.	Bob Dekkers		ZV Westland Dijkglas		6:18.39	199902551		<b>6:01.19</b>
	50m:	39.10	150m:	2:10.40	46.44	250m:	3:44.89	47.43
	100m:	1:23.96	200m:	2:57.46	47.06	300m:	4:31.53	46.64
						350m:	5:17.22	45.69
						400m:	6:01.19	43.97

## Junioren 3

1.	Jorgos Skotadis		Racing Club		4:06.56	199803317		<b>4:05.64</b>
	50m:	27.65	150m:	1:27.97	30.34	250m:	2:30.83	31.60
	100m:	57.63	200m:	1:59.23	31.26	300m:	3:02.58	31.75
						350m:	3:34.27	31.69
						400m:	4:05.64	31.37
2.	Timos Skotadis		Racing Club		4:19.02	199804615		<b>4:19.98</b>
	50m:	29.23	150m:	1:34.94	32.96	250m:	2:40.78	32.92
	100m:	1:01.98	200m:	2:07.86	32.92	300m:	3:13.93	33.15
						350m:	3:47.36	33.43
						400m:	4:19.98	32.62
3.	Matthew Dullemond		Racing Club		5:19.04	199805005		<b>5:00.79</b>
	50m:	34.10	150m:	1:50.50	38.83	250m:	3:07.73	38.23
	100m:	1:11.67	200m:	2:29.50	39.00	300m:	3:46.80	39.07
						350m:	4:25.27	38.47
						400m:	5:00.79	35.52
4.	Frank Paardekooper		Zoetermeer		5:25.43	199803793		<b>5:13.30</b>
	50m:	35.38	150m:	1:57.65	41.67	250m:	3:18.16	40.58
	100m:	1:15.98	200m:	2:37.58	39.93	300m:	3:58.33	40.17
						350m:	4:37.02	38.69
						400m:	5:13.30	36.28
5.	Tim van IJll		WVZ		5:20.15	199802297		<b>5:15.16</b>
	50m:	35.59	150m:	1:55.54	39.85	250m:	3:16.84	40.29
	100m:	1:15.69	200m:	2:36.55	41.01	300m:	3:57.61	40.77
						350m:	4:38.05	40.44
						400m:	5:15.16	37.11
AFGEM	Sander Kirillova		Racing Club		4:42.98	199800121		

## Junioren 4

1.	Krijn de Kievit		Racing Club		4:28.94	199700277		<b>4:26.61</b>
	50m:	28.99	150m:	1:34.52	33.34	250m:	2:43.09	34.49
	100m:	1:01.18	200m:	2:08.60	34.08	300m:	3:17.96	34.87
						350m:	3:52.80	34.84
						400m:	4:26.61	33.81
2.	Sven Hubregtse		Racing Club		4:41.07	199702057		<b>4:41.26</b>
	50m:	29.82	150m:	1:40.80	35.98	250m:	2:53.48	36.55
	100m:	1:04.82	200m:	2:16.93	36.13	300m:	3:30.32	36.84
						350m:	4:06.57	36.25
						400m:	4:41.26	34.69
3.	Patrick Wyrdean		ZV Westland Dijkglas		4:51.08	199702475		<b>4:44.48</b>
	50m:	32.04	150m:	1:42.82	34.84	250m:	2:54.72	36.42
	100m:	1:07.98	200m:	2:18.30	35.48	300m:	3:31.63	36.91
						350m:	4:08.46	36.83
						400m:	4:44.48	36.02
4.	Mohamed Al-Nahas		ZV Westland Dijkglas		4:58.26	199703997		<b>4:54.39</b>
	50m:	32.41	150m:	1:43.90	35.64	250m:	2:56.75	36.92
	100m:	1:08.26	200m:	2:19.83	35.93	300m:	3:34.73	37.98
						350m:	4:14.92	40.19
						400m:	4:54.39	39.47

## Jeugd 1

1.	Armand Heyder		ZV Westland Dijkglas		4:22.21	199603221		<b>4:29.07</b>
	50m:	29.43	150m:	1:37.29	34.50	250m:	2:46.60	34.75
	100m:	1:02.79	200m:	2:11.85	34.56	300m:	3:21.64	35.04
						350m:	3:56.35	34.71
						400m:	4:29.07	32.72
2.	Thom Paardekooper		WVZ		4:24.83	199604259		<b>4:30.56</b>
	50m:	30.58	150m:	1:39.68	34.75	250m:	2:48.27	34.03
	100m:	1:04.93	200m:	2:14.24	34.56	300m:	3:22.69	34.42
						350m:	3:56.97	34.28
						400m:	4:30.56	33.59

## Jeugd 2

1.	Nour Al-Nahas		ZV Westland Dijkglas		4:29.16	199505421		<b>5:18.32</b>
	50m:	34.59	150m:	1:54.11	40.39	250m:	3:17.38	42.15
	100m:	1:13.72	200m:	2:35.23	41.12	300m:	3:57.70	40.32
						350m:	4:38.93	41.23
						400m:	5:18.32	39.39

## Senioren 1 en ouder

1.	Sybren van der Veen		DES		6:20.98	198705139		<b>5:58.14</b>
	50m:	38.43	150m:	2:09.41	46.53	250m:	3:41.43	46.45
	100m:	1:22.88	200m:	2:54.98	45.57	300m:	4:27.59	46.16
						350m:	5:13.66	46.07
						400m:	5:58.14	44.48