

Programmanr. 1
9-3-2019 - 13:00

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Féline Sam	ZVZwartsuis	11:14.67	200700018	11:21.69	
	100m:	300m:	500m:	700m:		
	200m: 2:48.89	400m: 5:44.32	600m:	800m: 11:21.69		
2.	Anique Gravemaker	De Rijn	12:16.22	200700022	12:24.19	
	100m:	300m:	500m:	700m:		
	200m: 2:57.25	400m: 6:07.05	600m:	800m: 12:24.19		
3.	Marlies Jansen	Natare	13:04.85	200701904	12:48.38	
	100m:	300m:	500m:	700m:		
	200m: 2:59.13	400m: 6:14.90	600m:	800m: 12:48.38		
4.	Inge Ruisch	De Ward	13:11.46	200700184	12:49.77	
	100m:	300m:	500m:	700m:		
	200m: 3:04.18	400m: 6:22.85	600m:	800m: 12:49.77		
5.	Jente Koren	NDD	12:01.58	200703560	12:58.22	
	100m:	300m:	500m:	700m:		
	200m: 3:07.98	400m: 6:28.27	600m:	800m: 12:58.22		
6.	Feline Piek	ESCA Zwemmen	12:58.31	200701322	13:04.84	
	100m:	300m:	500m:	700m:		
	200m: 3:03.75	400m: 6:22.83	600m:	800m: 13:04.84		
7.	Fleur Vrugink	WWV Winterswijk	13:19.31	200701724	13:34.51	
	100m:	300m:	500m:	700m:		
	200m: 3:16.94	400m: 6:46.39	600m:	800m: 13:34.51		
8.	Myrthe Ketterink	WWV Winterswijk	13:20.29	200702992	13:50.72	
	100m:	300m:	500m:	700m:		
	200m: 3:17.16	400m: 6:48.09	600m:	800m: 13:50.72		
Junioren 2						
1.	Lobke Arts	Aqua-Novio'94	10:45.74	200600622	10:50.10	
	100m:	300m:	500m:	700m:		
	200m: 2:35.59	400m: 5:20.32	600m:	800m: 10:50.10		
2.	Carlein Polinder	ZV 44	10:42.71	200600128	10:58.12	
	100m:	300m:	500m:	700m:		
	200m: 2:36.20	400m: 5:23.46	600m:	800m: 10:58.12		
3.	Veerle Riezebos	ZV 44	10:39.48	200600712	11:07.34	
	100m:	300m:	500m:	700m:		
	200m: 2:40.03	400m: 5:30.88	600m:	800m: 11:07.34		
4.	Julia van den Bosch	Deltasteur	11:53.73	200600232	11:08.55	
	100m:	300m:	500m:	700m:		
	200m: 2:40.46	400m: 5:33.98	600m:	800m: 11:08.55		
5.	Anouk van Dongen	Aqua-Novio'94	11:26.90	200600084	11:18.47	
	100m:	300m:	500m:	700m:		
	200m: 2:43.36	400m: 5:33.90	600m:	800m: 11:18.47		
6.	Puk Lubbers	ZV 44	11:45.09	200600832	11:21.24	
	100m:	300m:	500m:	700m:		
	200m: 2:45.97	400m: 5:42.45	600m:	800m: 11:21.24		
7.	Kim Schraa	ZVZwartsuis	11:09.67	200600298	11:22.69	
	100m:	300m:	500m:	700m:		
	200m: 2:44.11	400m: 5:40.95	600m:	800m: 11:22.69		
8.	Sarah ten Dam	ZPC De Hof	11:26.47	200600052	11:24.84	
	100m:	300m:	500m:	700m:		
	200m: 2:48.04	400m: 5:43.23	600m:	800m: 11:24.84		
Junioren 3						
1.	Yke Groener	De Dinkel	9:34.34	200500772	10:10.86	
	100m:	300m:	500m:	700m:		
	200m: 2:31.92	400m: 5:03.27	600m:	800m: 10:10.86		
2.	Roos Arnold	ZV 44	10:31.40	200500060	10:25.50	
	100m:	300m:	500m:	700m:		
	200m: 2:34.41	400m: 5:15.47	600m:	800m: 10:25.50		
3.	Jolijn Liezen	ZV 44	10:39.72	200500518	10:48.61	
	100m:	300m:	500m:	700m:		
	200m: 2:36.14	400m: 5:21.34	600m:	800m: 10:48.61		

Programmanr. 1, Meisjes, 800m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
4.	Isabelle Meinema 100m: 2:40.25 200m: 2:40.25	ZV 44 300m: 5:26.39 400m: 5:26.39	10:48.61	200500216 500m: 7:00m: 600m: 8:00m:	10:54.68 700m: 10:54.68 800m: 10:54.68
5.	Delphine van Putten 100m: 2:50.95 200m: 2:50.95	TZC Vahalis 300m: 5:52.26 400m: 5:52.26	11:33.20	200501588 500m: 6:00m: 600m: 6:00m:	11:44.57 700m: 11:44.57 800m: 11:44.57
6.	Hester Moene 100m: 2:49.12 200m: 2:49.12	De Rijn 300m: 5:51.39 400m: 5:51.39	11:35.79	200501878 500m: 6:00m: 600m: 6:00m:	11:46.91 700m: 11:46.91 800m: 11:46.91
7.	Azra Guler 100m: 2:47.04 200m: 2:47.04	NDD 300m: 5:49.38 400m: 5:49.38	11:21.30	200503054 500m: 6:00m: 600m: 6:00m:	11:49.31 700m: 11:49.31 800m: 11:49.31
8.	Isa Keijzers 100m: 2:55.81 200m: 2:55.81	NDD 300m: 6:00.94 400m: 6:00.94	11:46.27	200502044 500m: 6:00m: 600m: 6:00m:	12:15.24 700m: 12:15.24 800m: 12:15.24

Jeugd 1

1.	Ismay Lichtendonk 100m: 2:21.40 200m: 2:21.40	Dedemsvaart-AC 300m: 4:49.60 400m: 4:49.60	9:29.62	200400622 500m: 6:00m: 600m: 6:00m:	9:48.01 700m: 9:48.01 800m: 9:48.01
2.	Jonna Muntjewerff 100m: 2:27.02 200m: 2:27.02	ESCA Zwemmen 300m: 5:00.59 400m: 5:00.59	9:51.99	200402396 500m: 6:00m: 600m: 6:00m:	10:01.09 700m: 10:01.09 800m: 10:01.09
3.	Nora Weerman 100m: 2:29.21 200m: 2:29.21	ZV 44 300m: 5:06.51 400m: 5:06.51	9:58.57	200400620 500m: 6:00m: 600m: 6:00m:	10:15.11 700m: 10:15.11 800m: 10:15.11
4.	Loes Sotthewes 100m: 2:29.69 200m: 2:29.69	WS Twente 300m: 5:06.16 400m: 5:06.16	10:08.82	200401792 500m: 6:00m: 600m: 6:00m:	10:15.98 700m: 10:15.98 800m: 10:15.98
5.	Kim van Dongen 100m: 2:26.21 200m: 2:26.21	Aqua-Novio'94 300m: 5:03.85 400m: 5:03.85	10:23.62	200400140 500m: 6:00m: 600m: 6:00m:	10:25.27 700m: 10:25.27 800m: 10:25.27
6.	Manou Blokhorst 100m: 2:42.43 200m: 2:42.43	Groenlose Zwemvereniging 300m: 5:37.44 400m: 5:37.44	10:58.49	200402554 500m: 6:00m: 600m: 6:00m:	11:14.85 700m: 11:14.85 800m: 11:14.85
7.	Zara Govaers 100m: 2:38.29 200m: 2:38.29	De IJsselmeeuwen 300m: 5:32.70 400m: 5:32.70	10:42.68	200401272 500m: 6:00m: 600m: 6:00m:	11:26.36 700m: 11:26.36 800m: 11:26.36
8.	Anniek Takken 100m: 2:43.30 200m: 2:43.30	De Ward 300m: 5:41.06 400m: 5:41.06	11:01.56	200401768 500m: 6:00m: 600m: 6:00m:	11:34.95 700m: 11:34.95 800m: 11:34.95

Jeugd 2

1.	Lindsey Berghuis 100m: 2:21.11 200m: 2:21.11	ZV 44 300m: 4:46.18 400m: 4:46.18	9:34.93	200300104 500m: 6:00m: 600m: 6:00m:	9:36.89 700m: 9:36.89 800m: 9:36.89
2.	Danielle Meinema 100m: 2:22.50 200m: 2:22.50	ZV 44 300m: 4:53.60 400m: 4:53.60	9:23.45	200300534 500m: 6:00m: 600m: 6:00m:	9:59.18 700m: 9:59.18 800m: 9:59.18
3.	Naomi Polinder 100m: 2:27.24 200m: 2:27.24	ZV 44 300m: 5:02.70 400m: 5:02.70	9:55.81	200300020 500m: 6:00m: 600m: 6:00m:	10:11.54 700m: 10:11.54 800m: 10:11.54
4.	Soraya Rakers 100m: 2:31.37 200m: 2:31.37	De Dinkel 300m: 5:11.64 400m: 5:11.64	9:39.17	200300818 500m: 6:00m: 600m: 6:00m:	10:31.00 700m: 10:31.00 800m: 10:31.00
5.	Michelle van den Hoofdakker 100m: 2:32.14 200m: 2:32.14	ZV 44 300m: 5:12.28 400m: 5:12.28	11:08.18	200302708 500m: 6:00m: 600m: 6:00m:	10:31.03 700m: 10:31.03 800m: 10:31.03
6.	Lotte Pieterman 100m: 2:30.30 200m: 2:30.30	ZV 44 300m: 5:11.87 400m: 5:11.87	10:10.94	200301838 500m: 6:00m: 600m: 6:00m:	10:35.29 700m: 10:35.29 800m: 10:35.29
7.	Cynthia Koolman 100m: 2:34.20 200m: 2:34.20	ZV 44 300m: 5:19.71 400m: 5:19.71	10:25.63	200300232 500m: 6:00m: 600m: 6:00m:	10:47.98 700m: 10:47.98 800m: 10:47.98
8.	Lisanne van Elst 100m: 2:42.90 200m: 2:42.90	De Rijn 300m: 5:34.45 400m: 5:34.45	10:57.75	200301964 500m: 6:00m: 600m: 6:00m:	11:12.53 700m: 11:12.53 800m: 11:12.53

Programmanr. 1, Dames, 800m vrije slag

Senioren

1. Zanthé Janssen	Aqua-Novio'94	9:56.14	200201786	9:44.76
100m:	300m:	500m:	700m:	
200m: 2:24.52	400m: 4:52.56	600m:	800m: 9:44.76	
2. Denice Koolman	ZV 44	9:49.04	200200132	10:02.09
100m:	300m:	500m:	700m:	
200m: 2:22.01	400m: 4:55.12	600m:	800m: 10:02.09	
3. Chiméne Rakers	De Dinkel	10:01.85	200101778	10:30.21
100m:	300m:	500m:	700m:	
200m: 2:30.72	400m: 5:08.63	600m:	800m: 10:30.21	
4. Moniek van Langevelde	ESCA Zwemmen	10:34.54	199803160	11:03.36
100m:	300m:	500m:	700m:	
200m: 2:41.50	400m: 5:33.00	600m:	800m: 11:03.36	
5. Welmoed Doornbos	De IJsselmeeuwen	10:28.77	200203352	11:06.69
100m:	300m:	500m:	700m:	
200m: 2:38.29	400m: 5:30.16	600m:	800m: 11:06.69	
6. Renée Duenk	WWV Winterswijk	10:46.72	200201368	11:15.85
100m:	300m:	500m:	700m:	
200m: 2:40.20	400m: 5:33.06	600m:	800m: 11:15.85	
7. Chantal van der Horst	ZV De Meer	10:50.47	199400616	11:17.67
100m:	300m:	500m:	700m:	
200m: 2:41.74	400m: 5:35.05	600m:	800m: 11:17.67	
8. Aniek Henken	De Ward	10:49.09	200006216	11:37.53
100m:	300m:	500m:	700m:	
200m: 2:44.50	400m: 5:41.83	600m:	800m: 11:37.53	

Programmanr. 2
9-3-2019 - 14:34

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Bram Scholte	ZPC De Hof	21:56.86	200600957	23:02.44	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 23:02.44	
	400m: 6:02.56	800m: 12:15.23		1200m:		
2.	Wessel Jansen	WWV Winterswijk	24:03.49	200603579	24:24.93	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 24:24.93	
	400m: 6:23.88	800m: 13:03.63		1200m:		
3.	Jorn ten Dam	De IJsselmeeuwen	24:58.99	200601805	24:34.00	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 24:34.00	
	400m: 6:30.29	800m: 13:05.98		1200m:		
4.	Oscar Vrolijk	De IJsselmeeuwen	24:39.95	200600917	26:18.85	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 26:18.85	
	400m: 6:51.76	800m: 14:02.56		1200m:		
5.	Bas van Hoorn	NDD	27:09.34	200602421	28:03.83	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 28:03.83	
	400m: 7:18.50	800m: 14:52.25		1200m:		
Junioren 2						
1.	Rens Stijf	NDD	18:21.23	200501419	18:46.15	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 18:46.15	
	400m: 4:56.14	800m: 10:01.54		1200m:		
2.	Sven Klink	ZV 44	18:33.73	200500349	19:37.11	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m: 19:37.11	
	400m: 4:59.17	800m: 10:18.34		1200m:		

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 2

rang	naam	vereniging	intijd		tijd	RT
3.	Wesley van Elst	De Rijn	19:44.07	200500507	19:59.34	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:59.34
	400m: 5:14.59	800m: 10:40.55		1200m:		
4.	William Kragt	ZV 44	20:17.31	200503133	20:35.33	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	20:35.33
	400m: 5:28.21	800m: 11:02.30		1200m:		
5.	Hugo Lamtink	ZV 44	20:33.46	200502759	21:14.54	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:14.54
	400m: 5:33.95	800m: 11:19.65		1200m:		

Junioren 3

1.	Quinn Heederik	Deltasteur	17:38.05	200400093	18:06.85	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	18:06.85
	400m: 4:43.82	800m: 9:36.70		1200m:		
2.	Robin van den Berg	ZV 44	17:45.96	200400699	18:19.17	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	18:19.17
	400m: 4:36.24	800m: 9:34.48		1200m:		
3.	Quinten ten Dam	ZPC De Hof	18:40.78	200400075	19:35.12	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:35.12
	400m: 5:08.88	800m: 10:28.72		1200m:		
4.	Yoren van Aalst	ZV 44	21:41.33	200400713	21:15.72	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:15.72
	400m: 5:33.82	800m: 11:22.62		1200m:		
5.	Luuk Jansen	Natare	21:25.07	200402111	21:36.28	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:36.28
	400m: 5:36.41	800m: 11:27.58		1200m:		
6.	Splinter Doornbos	De IJsselmeeuwen	19:44.90	200402255	22:47.02	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:47.02
	400m: 5:44.63	800m: 11:55.64		1200m:		

Junioren 4

1.	Kylian Heederik	Deltasteur	17:11.68	200300353	17:45.11	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	17:45.11
	400m: 4:41.31	800m: 9:24.42		1200m:		
2.	Lukas Binnekamp	De Dinkel	16:59.78	200300107	18:04.83	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	18:04.83
	400m: 4:43.73	800m: 9:33.55		1200m:		
3.	Joris Janssen	Aqua-Novio'94	18:28.20	200301311	18:07.80	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	18:07.80
	400m: 4:44.37	800m: 9:36.52		1200m:		
4.	Kevin Lucas	De Dinkel	18:16.90	200300545	18:33.62	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	18:33.62
	400m: 4:48.25	800m: 9:48.47		1200m:		
5.	Rens van Beek	Aqua-Novio'94	17:44.92	200300537	18:42.73	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	18:42.73
	400m: 4:49.86	800m: 9:52.92		1200m:		

Programmanr. 2, Heren, 1500m vrije slag

Jeugd 1

1. Wessel Haverkamp	ESCA Zwemmen	18:22.52	200204755	18:45.83
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 18:45.83
400m: 4:55.53	800m: 9:56.78		1200m:	
2. Dave Stitselaar	DWK	21:44.64	200202219	21:33.24
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 21:33.24
400m: 5:33.33	800m: 11:25.65		1200m:	
3. Dirk-Johan Wyma	DWK	22:52.02	200201051	23:52.06
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 23:52.06
400m: 6:12.37	800m: 12:36.10		1200m:	
AFGEM Sem de Goei	WS Twente	17:29.02	200200029	

Jeugd 2

1. Milan van Dieren	De Dinkel	18:10.89	200100493	18:31.42
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 18:31.42
400m: 4:39.05	800m: 9:41.74		1200m:	
2. Nathanaël Nijsink	ZPC De Hof	18:19.32	200100947	18:54.95
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 18:54.95
400m: 4:56.71	800m: 10:03.19		1200m:	
3. Luc de Kreek	DWK	18:00.29	200101661	19:26.27
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 19:26.27
400m: 5:01.54	800m: 10:18.11		1200m:	
4. Lesley Smits	Zuiderzeezwemmers	19:39.33	200105227	20:23.17
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 20:23.17
400m: 5:13.50	800m: 10:43.88		1200m:	
5. Wilco Stijf	NDD	19:39.60	200103043	21:05.55
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 21:05.55
400m: 5:23.71	800m: 11:04.62		1200m:	
DIS Jelle ten Hove	De Dinkel	18:04.41	200101373	
<i>Andere zwemmer gehinderd tijdens de race</i>				
AFGEM Bart Kooiker	De Dinkel	18:00.98	200100705	
AFGEM Friso Ron	De IJsselmeeuwen	19:11.42	200102631	

Senioren

1. Niek Heethaar	DWK	16:50.60	199900999	17:31.10
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 17:31.10
400m: 4:38.22	800m: 9:21.10		1200m:	
2. Leon Kloots	ZPC De Hof	17:50.07	200001363	18:54.14
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 18:54.14
400m: 4:49.62	800m: 9:56.75		1200m:	
3. Jeroen Velders	TZC Vahalis	18:51.36	199602037	19:35.11
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 19:35.11
400m: 5:07.25	800m: 10:23.24		1200m:	
4. Bart Maas	Wijchen	19:18.38	199901777	19:56.25
100m:	500m:		900m:	1300m:
200m:	600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 19:56.25
400m: 5:04.70	800m: 10:25.16		1200m:	

Programmanr. 2, Heren, 1500m vrije slag, Senioren

rang	naam	vereniging	intijd		tijd	RT
5.	Richard van der Horst	ZV De Meer	19:34.80	199700179	20:02.47	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	20:02.47
	400m: 5:12.22	800m: 10:35.12		1200m:		
6.	Hans Stoffers	Z&PC Triton Putten	19:11.07	199604027	20:20.57	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	20:20.57
	400m: 5:07.94	800m: 10:37.22		1200m:		

Programmanr. 3
9-3-2019 - 16:56

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
Junioren 1										
1.	Alexandra Gepkens	Aqua-Novio'94	NT	200701690	6:13.92		1:34.35			6:13.92
	50m:	150m:		250m:			350m:			
	100m: 1:34.35	200m:		300m:			400m:	6:13.92		
2.	Féline Sam	ZVZwartsluis	6:00.70	200700018	6:14.07		1:29.87			6:14.07
	50m:	150m:		250m:			350m:			
	100m: 1:29.87	200m:		300m:			400m:	6:14.07		
3.	Leyona Lichtendonk	Dedemsvaart-AC	6:18.04	200700010	6:14.67		1:27.04			6:14.67
	50m:	150m:		250m:			350m:			
	100m: 1:27.04	200m:		300m:			400m:	6:14.67		
4.	Jente Koren	NDD	6:32.32	200703560	6:42.19		1:37.11			6:42.19
	50m:	150m:		250m:			350m:			
	100m: 1:37.11	200m:		300m:			400m:	6:42.19		
5.	Anique Gravemaker	De Rijn	6:32.09	200700022	6:47.20		1:37.66			6:47.20
	50m:	150m:		250m:			350m:			
	100m: 1:37.66	200m:		300m:			400m:	6:47.20		
Junioren 2										
1.	Veerle Riezebos	ZV 44	5:53.58	200600712	5:51.43		1:20.87			5:51.43
	50m:	150m:		250m:			350m:			
	100m: 1:20.87	200m:		300m:			400m:	5:51.43		
2.	Carlein Polinder	ZV 44	6:06.77	200600128	6:00.88		1:19.64			6:00.88
	50m:	150m:		250m:			350m:			
	100m: 1:19.64	200m:		300m:			400m:	6:00.88		
3.	Anouk van Dongen	Aqua-Novio'94	5:56.37	200600084	6:08.17		1:25.94			6:08.17
	50m:	150m:		250m:			350m:			
	100m: 1:25.94	200m:		300m:			400m:	6:08.17		
4.	Lobke Arts	Aqua-Novio'94	6:09.35	200600622	6:10.46		1:32.07			6:10.46
	50m:	150m:		250m:			350m:			
	100m: 1:32.07	200m:		300m:			400m:	6:10.46		
5.	Myrthe Dam	Zuiderzeewimmers	6:11.76	200602336	6:12.31		1:27.52			6:12.31
	50m:	150m:		250m:			350m:			
	100m: 1:27.52	200m:		300m:			400m:	6:12.31		
6.	Kim Schraa	ZVZwartsluis	6:14.74	200600298	6:18.35		1:29.48			6:18.35
	50m:	150m:		250m:			350m:			
	100m: 1:29.48	200m:		300m:			400m:	6:18.35		
7.	Doutsen Doornbos	De IJsselmeeuwen	6:27.13	200602610	6:30.80		1:34.20			6:30.80
	50m:	150m:		250m:			350m:			
	100m: 1:34.20	200m:		300m:			400m:	6:30.80		
8.	Lotte Aufderhaar	De Grunte	6:27.40	200601662	6:34.64		1:31.57			6:34.64
	50m:	150m:		250m:			350m:			
	100m: 1:31.57	200m:		300m:			400m:	6:34.64		
Junioren 3										
1.	Roos Arnold	ZV 44	5:59.84	200500060	5:46.59		1:30.08			5:46.59
	50m:	150m:		250m:			350m:			
	100m: 1:30.08	200m:		300m:			400m:	5:46.59		
2.	Myrthe Dorgelo	ZVZwartsluis	5:42.26	200500068	5:48.33		1:19.48			5:48.33
	50m:	150m:		250m:			350m:			
	100m: 1:19.48	200m:		300m:			400m:	5:48.33		

Programmanr. 3, Meisjes, 400m wisselslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
3. Julia Visser	De Rijn	5:42.32 200500388	6:02.32		1:19.93			6:02.32
50m:		150m:	250m:		350m:			
100m: 1:19.93		200m:	300m:		400m:	6:02.32		
4. Suzanne Vesseur	Zuiderzeewemmers	6:37.88 200500740	6:33.25		1:31.22			6:33.25
50m:		150m:	250m:		350m:			
100m: 1:31.22		200m:	300m:		400m:	6:33.25		
5. Isabelle Meinema	ZV 44	6:05.86 200500216	6:34.36		1:39.91			6:34.36
50m:		150m:	250m:		350m:			
100m: 1:39.91		200m:	300m:		400m:	6:34.36		

Jeugd 1

1. Ismay Lichtendonk	Dedemsvaart-AC	5:21.47 200400622	5:29.58		1:11.56			5:29.58
50m:		150m:	250m:		350m:			
100m: 1:11.56		200m:	300m:		400m:	5:29.58		
2. Luna de Vries	Aqua-Novio'94	5:17.69 200400516	5:30.93		1:14.77			5:30.93
50m:		150m:	250m:		350m:			
100m: 1:14.77		200m:	300m:		400m:	5:30.93		
3. Nora Weerman	ZV 44	5:38.96 200400620	5:36.37		1:16.59			5:36.37
50m:		150m:	250m:		350m:			
100m: 1:16.59		200m:	300m:		400m:	5:36.37		
4. Marieke Lenderink	De Dinkel	5:29.53 200400778	5:54.74		1:15.74			5:54.74
50m:		150m:	250m:		350m:			
100m: 1:15.74		200m:	300m:		400m:	5:54.74		
5. Ayla van Leeuwen	TZC Vahalis	5:55.00 200401980	6:00.95		1:24.48			6:00.95
50m:		150m:	250m:		350m:			
100m: 1:24.48		200m:	300m:		400m:	6:00.95		
6. Vivian Gravemaker	De Rijn	5:51.07 200400058	6:02.34		1:29.13			6:02.34
50m:		150m:	250m:		350m:			
100m: 1:29.13		200m:	300m:		400m:	6:02.34		
7. Melissa Frisart	De Rijn	6:10.49 200400982	6:13.38		1:24.99			6:13.38
50m:		150m:	250m:		350m:			
100m: 1:24.99		200m:	300m:		400m:	6:13.38		
8. Zara Govaers	De IJsselmeeuwen	5:58.77 200401272	6:21.47		1:30.73			6:21.47
50m:		150m:	250m:		350m:			
100m: 1:30.73		200m:	300m:		400m:	6:21.47		
9. Anniek Takken	De Ward	6:09.30 200401768	6:23.88		1:33.69			6:23.88
50m:		150m:	250m:		350m:			
100m: 1:33.69		200m:	300m:		400m:	6:23.88		

Jeugd 2

1. Danielle Meinema	ZV 44	5:04.78 200300534	5:23.48		1:15.53			5:23.48
50m:		150m:	250m:		350m:			
100m: 1:15.53		200m:	300m:		400m:	5:23.48		
2. Milou ten Koppel	Deltasteur	5:18.14 200302572	5:36.59		1:15.09			5:36.59
50m:		150m:	250m:		350m:			
100m: 1:15.09		200m:	300m:		400m:	5:36.59		
3. Naomi Polinder	ZV 44	5:35.67 200300020	5:42.02		1:19.13			5:42.02
50m:		150m:	250m:		350m:			
100m: 1:19.13		200m:	300m:		400m:	5:42.02		
4. Lindsey Berghuis	ZV 44	5:21.79 200300104	5:49.18		1:15.43			5:49.18
50m:		150m:	250m:		350m:			
100m: 1:15.43		200m:	300m:		400m:	5:49.18		
5. Lisanne van Elst	De Rijn	5:54.31 200301964	6:01.59		1:23.14			6:01.59
50m:		150m:	250m:		350m:			
100m: 1:23.14		200m:	300m:		400m:	6:01.59		
6. Mare Heite	De IJsselmeeuwen	6:13.98 200302986	6:35.84		1:31.08			6:35.84
50m:		150m:	250m:		350m:			
100m: 1:31.08		200m:	300m:		400m:	6:35.84		

DIS Soraya Rakers De Dinkel 5:21.17 200300818
VN - Lichaam geheel onder water gedurende de race (geldt niet voor kp en eerste 15 m na start en keerpunt)

NG Lionne Klarenbeek ZPC De Hof 5:21.95 200300108

Programmanr. 3, Dames, 400m wisselslag

Senioren

rang	naam	vereniging	intijd	2002	500m	700m	800m	RT
1.	Zanthe Janssen	Aqua-Novio'94	5:08.36	200201786	5:22.04	1:17.41	5:22.04	
	50m:	150m:			250m:	350m:		
	100m: 1:17.41	200m:			300m:	400m: 5:22.04		
2.	Sarah Kits	WS Twente	5:20.59	200101024	5:30.01	1:17.24	5:30.01	
	50m:	150m:			250m:	350m:		
	100m: 1:17.24	200m:			300m:	400m: 5:30.01		
3.	Denice Koolman	ZV 44	5:40.16	200200132	5:42.69	1:27.68	5:42.69	
	50m:	150m:			250m:	350m:		
	100m: 1:27.68	200m:			300m:	400m: 5:42.69		
4.	Welmoed Doornbos	De IJsselmeeuwen	5:51.51	200203352	6:14.36	1:21.66	6:14.36	
	50m:	150m:			250m:	350m:		
	100m: 1:21.66	200m:			300m:	400m: 6:14.36		
5.	Sanne Arendsen	NDD	5:58.91	200103544	6:25.11	1:38.24	6:25.11	
	50m:	150m:			250m:	350m:		
	100m: 1:38.24	200m:			300m:	400m: 6:25.11		
6.	Aniek Henken	De Ward	6:02.75	200006216	6:30.25	1:28.63	6:30.25	
	50m:	150m:			250m:	350m:		
	100m: 1:28.63	200m:			300m:	400m: 6:30.25		
7.	Maria-Meg Verbaan	Z&PC Triton Putten	6:36.58	200203472	6:54.52	1:37.22	6:54.52	
	50m:	150m:			250m:	350m:		
	100m: 1:37.22	200m:			300m:	400m: 6:54.52		

Programmanr. 4
10-3-2019 - 13:00

Heren, 800m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	2006	500m	700m	800m	RT
Junioren 1								
1.	Wessel Meeuwenberg	De Rijn	11:34.58	200600607	11:38.08			
	100m:	300m:			500m:	700m:		
	200m: 2:49.48	400m: 5:48.04			600m:	800m: 11:38.08		
2.	Luca Aufderhaar	De Grunte	12:13.86	200603375	12:01.37			
	100m:	300m:			500m:	700m:		
	200m: 2:50.29	400m: 5:53.83			600m:	800m: 12:01.37		
3.	Marijn Baas	De Ward	12:53.46	200601487	12:07.98			
	100m:	300m:			500m:	700m:		
	200m: 2:49.59	400m: 5:56.50			600m:	800m: 12:07.98		
4.	Jorn ten Dam	De IJsselmeeuwen	13:18.97	200601805	12:53.86			
	100m:	300m:			500m:	700m:		
	200m: 3:03.52	400m: 6:23.44			600m:	800m: 12:53.86		
5.	Kjetil van Gasteren	Olympia	11:57.54	200600405	12:55.83			
	100m:	300m:			500m:	700m:		
	200m: 3:03.70	400m: 6:22.23			600m:	800m: 12:55.83		
6.	Oscar Vrolijk	De IJsselmeeuwen	13:09.54	200600917	14:10.23			
	100m:	300m:			500m:	700m:		
	200m: 3:11.55	400m: 6:55.86			600m:	800m: 14:10.23		
Junioren 2								
1.	Rens Stijf	NDD	9:45.14	200501419	9:48.41			
	100m:	300m:			500m:	700m:		
	200m: 2:15.55	400m: 4:43.76			600m:	800m: 9:48.41		
2.	Wesley van Elst	De Rijn	10:16.84	200500507	10:26.97			
	100m:	300m:			500m:	700m:		
	200m: 2:26.88	400m: 5:05.88			600m:	800m: 10:26.97		
3.	William Kragt	ZV 44	10:46.74	200503133	10:31.17			
	100m:	300m:			500m:	700m:		
	200m: 2:31.56	400m: 5:14.26			600m:	800m: 10:31.17		
4.	Dennis Mosterman	Dedemsvaart-AC	11:20.66	200501283	11:09.21			
	100m:	300m:			500m:	700m:		
	200m: 2:40.19	400m: 5:30.85			600m:	800m: 11:09.21		
5.	Pjotr Bakker	ZV 44	11:47.91	200500999	11:37.86			
	100m:	300m:			500m:	700m:		
	200m: 2:45.06	400m: 5:43.10			600m:	800m: 11:37.86		
6.	Niels Doppenberg	Zuiderzeezwimmers	12:24.46	200502149	12:50.85			
	100m:	300m:			500m:	700m:		
	200m: 3:03.04	400m: 6:20.69			600m:	800m: 12:50.85		

Programmanr. 4, Heren, 800m vrije slag

Junioren 3

1. Robin van den Berg	ZV 44	9:18.49	200400699	9:29.33
100m: 2:12.27	300m: 4:35.21	500m: 600m:	700m: 9:29.33	800m: 9:29.33
2. Yoren van Aalst	ZV 44	10:48.47	200400713	10:38.07
100m: 2:33.64	300m: 5:15.80	500m: 600m:	700m: 10:38.07	800m: 10:38.07
3. Splinter Doornbos	De IJsselmeeuwen	10:28.88	200402255	11:10.11
100m: 2:37.11	300m: 5:30.26	500m: 600m:	700m: 11:10.11	800m: 11:10.11
4. Luuk Jansen	Natare	11:56.38	200402111	11:21.45
100m: 2:41.50	300m: 5:35.99	500m: 600m:	700m: 11:21.45	800m: 11:21.45
5. Reinout van Dijk	De Rijn	12:04.21	200400441	12:36.99
100m: 2:47.55	300m: 6:02.88	500m: 600m:	700m: 12:36.99	800m: 12:36.99
AFGEM Justin van Arkel	TZC Vahalis	10:57.63	200400161	

Junioren 4

1. Joris Janssen	Aqua-Novio'94	9:48.74	200301311	9:33.79
100m: 2:19.04	300m: 4:45.11	500m: 600m:	700m: 9:33.79	800m: 9:33.79
2. Rens van Beek	Aqua-Novio'94	9:23.40	200300537	9:44.31
100m: 2:17.60	300m: 4:44.93	500m: 600m:	700m: 9:44.31	800m: 9:44.31
3. Felix Vrolijk	De IJsselmeeuwen	11:20.97	200301865	11:18.17
100m: 2:37.88	300m: 5:34.10	500m: 600m:	700m: 11:18.17	800m: 11:18.17
4. Jasper Piek	Natare	11:30.38	200302535	11:18.56
100m: 2:40.38	300m: 5:33.83	500m: 600m:	700m: 11:18.56	800m: 11:18.56
5. Taco Hengstman	De Grunte	11:45.17	200304601	11:28.45
100m: 2:42.61	300m: 5:39.15	500m: 600m:	700m: 11:28.45	800m: 11:28.45

Jeugd 1

1. Jarno Koster	Aqua-Novio'94	9:16.32	200200637	9:03.96
100m: 2:09.54	300m: 4:25.56	500m: 600m:	700m: 9:03.96	800m: 9:03.96
2. Daan Piek	Natare	11:15.84	200203783	11:39.49
100m: 2:41.60	300m: 5:41.13	500m: 600m:	700m: 11:39.49	800m: 11:39.49
3. Dirk-Johan Wyma	DWK	11:43.94	200201051	12:11.65
100m: 2:54.81	300m: 6:01.03	500m: 600m:	700m: 12:11.65	800m: 12:11.65

Jeugd 2

1. Nathanaël Nijsink	ZPC De Hof	9:38.12	200100947	9:49.65
100m: 2:20.67	300m: 4:50.09	500m: 600m:	700m: 9:49.65	800m: 9:49.65
2. Ilmar Stoop	Zuiderzeezwemmers	9:31.14	200100871	9:50.06
100m: 2:18.95	300m: 4:49.36	500m: 600m:	700m: 9:50.06	800m: 9:50.06
3. Friso Ron	De IJsselmeeuwen	9:55.60	200102631	10:17.89
100m: 2:24.95	300m: 5:03.37	500m: 600m:	700m: 10:17.89	800m: 10:17.89
4. Lesley Smits	Zuiderzeezwemmers	10:18.04	200105227	10:34.47
100m: 2:26.40	300m: 5:08.27	500m: 600m:	700m: 10:34.47	800m: 10:34.47
5. Wilco Stijf	NDD	10:06.50	200103043	10:48.53
100m: 2:26.49	300m: 5:12.28	500m: 600m:	700m: 10:48.53	800m: 10:48.53

Programmanr. 4, Heren, 800m vrije slag

Senioren

1.	Sten Postma	Aqua-Novio'94	8:36.49	200000011	8:52.60
	100m:	300m:	500m:	700m:	
	200m: 2:09.32	400m: 4:24.77	600m:	800m: 8:52.60	
2.	Mike Schel	ESCA Zwemmen	9:15.68	199403279	9:49.25
	100m:	300m:	500m:	700m:	
	200m: 2:20.88	400m: 4:49.89	600m:	800m: 9:49.25	
3.	Martijn Velders	TZC Vahalis	9:23.54	199502619	9:56.20
	100m:	300m:	500m:	700m:	
	200m: 2:26.42	400m: 4:57.86	600m:	800m: 9:56.20	
4.	Hans Stoffers	Z&PC Triton Putten	9:49.74	199604027	10:31.93
	100m:	300m:	500m:	700m:	
	200m: 2:23.17	400m: 5:03.68	600m:	800m: 10:31.93	
5.	Dylan Jacobs	De Gelenberg	10:28.31	200000347	10:39.35
	100m:	300m:	500m:	700m:	
	200m: 2:31.50	400m: 5:15.02	600m:	800m: 10:39.35	
6.	Gerben Sijbers	De IJsselmeeuwen	10:56.01	199805309	10:57.50
	100m:	300m:	500m:	700m:	
	200m: 2:34.67	400m: 5:23.24	600m:	800m: 10:57.50	
AFGEM	Sharino Willemsen	TZC Vahalis	11:08.36	200005647	

Programmanr. 5
10-3-2019 - 14:10

Dames, 1500m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 2						
1.	Carlein Polinder	ZV 44	NT	200600128	21:06.81	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 21:06.81		
	400m: 5:35.88	800m: 11:18.87	1200m:			
2.	Puk Lubbers	ZV 44	22:11.95	200600832	21:45.93	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 21:45.93		
	400m: 5:42.03	800m: 11:33.43	1200m:			
3.	Veerle Riezebos	ZV 44	NT	200600712	22:03.27	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 22:03.27		
	400m: 5:53.83	800m: 11:49.20	1200m:			
4.	Myrthe Dam	Zuiderzeezwemmers	21:45.11	200602336	22:11.75	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 22:11.75		
	400m: 5:48.15	800m: 11:49.98	1200m:			
5.	Anna Kamphuis	Z&PC Triton Putten	24:08.96	200600334	23:29.96	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 23:29.96		
	400m: 6:11.67	800m: 12:31.75	1200m:			
6.	Doutsen Doornbos	De IJsselmeeuwen	24:02.63	200602610	24:48.84	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 24:48.84		
	400m: 6:22.40	800m: 12:58.03	1200m:			
Junioren 3						
1.	Roos Arnold	ZV 44	19:58.14	200500060	20:12.89	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 20:12.89		
	400m: 5:28.15	800m: 11:01.06	1200m:			
2.	Jolijn Liezen	ZV 44	20:32.50	200500518	20:36.93	
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m: 20:36.93		
	400m: 5:26.38	800m: 10:58.69	1200m:			

Programmanr. 5, Meisjes, 1500m vrije slag, Junioren 3

rang	naam	vereniging	intijd	200500216	tijd	RT
3.	Isabelle Meinema	ZV 44	20:41.68	200500216	21:35.70	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:35.70
	400m: 5:34.54	800m: 11:25.73		1200m:		
4.	Meike Kegel	PFC Rheden	20:56.60	200500554	22:20.86	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:20.86
	400m: 5:41.61	800m: 11:41.54		1200m:		
5.	Azra Guler	NDD	21:41.07	200503054	22:40.15	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:40.15
	400m: 5:47.02	800m: 11:55.44		1200m:		
6.	Michelle van den Berg	ZV 44	23:14.50	200500286	23:17.55	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	23:17.55
	400m: 5:59.18	800m: 12:17.28		1200m:		
7.	Isa Keijzers	NDD	22:48.36	200502044	24:33.92	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	24:33.92
	400m: 6:13.84	800m: 12:53.26		1200m:		

Jeugd 1

1.	Jonna Muntjewerff	ESCA Zwemmen	20:49.57	200402396	19:28.57	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:28.57
	400m: 5:06.43	800m: 10:25.42		1200m:		
2.	Nora Weerman	ZV 44	19:40.29	200400620	19:50.32	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:50.32
	400m: 5:14.90	800m: 10:37.57		1200m:		
3.	Marieke Lenderink	De Dinkel	19:23.29	200400778	20:04.90	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	20:04.90
	400m: 5:12.54	800m: 10:39.11		1200m:		
4.	Vera van Breda	Olympia	20:42.19	200400090	21:13.40	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:13.40
	400m: 5:32.04	800m: 11:14.86		1200m:		
5.	Zara Govaers	De IJsselmeeuwen	20:16.19	200401272	21:18.20	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:18.20
	400m: 5:29.68	800m: 11:15.28		1200m:		
6.	Juliette Bootsveld	De IJsselmeeuwen	21:59.65	200401270	22:24.88	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:24.88
	400m: 5:45.95	800m: 11:49.69		1200m:		
7.	Anniek Takken	De Ward	21:10.57	200401768	22:31.22	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:31.22
	400m: 5:57.67	800m: 12:13.91		1200m:		
8.	Nienke Wentink	NDD	23:12.82	200403414	25:45.39	
	100m:	500m:		900m:	1300m:	
	200m:	600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	25:45.39
	400m: 6:32.00	800m: 13:36.89		1200m:		
AFGEM	Ismay Lichtendonk	Dedemsvaart-AC	17:58.32	200400622		

Programmanr. 5, Dames, 1500m vrije slag

Jeugd 2

1. Lindsey Berghuis	ZV 44	18:18.56	200300104	18:35.24
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	18:35.24
400m: 4:54.10	800m: 9:51.43	1200m:		
2. Danielle Meinema	ZV 44	18:24.89	200300534	18:50.21
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	18:50.21
400m: 4:54.23	800m: 9:53.06	1200m:		
3. Naomi Polinder	ZV 44	18:58.50	200300020	19:35.75
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:35.75
400m: 4:57.37	800m: 10:18.70	1200m:		
4. Alessia Sluis	Dedemsvaart-AC	19:21.42	200300896	20:18.13
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	20:18.13
400m: 5:14.58	800m: 10:38.68	1200m:		
5. Michelle van den Hoofdakker	ZV 44	21:35.73	200302708	20:33.17
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	20:33.17
400m: 5:20.94	800m: 10:52.69	1200m:		
6. Cynthia Koolman	ZV 44	20:04.62	200300232	20:38.28
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	20:38.28
400m: 5:25.42	800m: 10:57.04	1200m:		
7. Mare Heite	De IJsselmeeuwen	21:50.01	200302986	22:30.03
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	22:30.03
400m: 5:52.05	800m: 11:55.64	1200m:		

Senioren

1. Denice Koolman	ZV 44	18:38.60	200200132	19:09.68
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:09.68
400m: 4:57.11	800m: 10:07.46	1200m:		
2. Marije Dankelman	Dedemsvaart-AC	18:54.72	199701502	19:20.10
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:20.10
400m: 5:01.18	800m: 10:10.13	1200m:		
3. Lisanne Andeweg	Zuiderzeezwimmers	18:46.88	198800092	19:26.05
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:26.05
400m: 5:02.96	800m: 10:16.39	1200m:		
4. Michelle Zomerdijk	Dedemsvaart-AC	18:26.95	200003196	19:44.56
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:44.56
400m: 5:10.88	800m: 10:29.56	1200m:		
5. Tessa van de Belt	Dedemsvaart-AC	18:55.29	200102056	19:50.51
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:50.51
400m: 5:09.89	800m: 10:31.61	1200m:		
6. Eline Dankelman	Dedemsvaart-AC	20:12.58	200204804	19:54.00
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	19:54.00
400m: 5:09.35	800m: 10:31.31	1200m:		
7. Welmoed Doornbos	De IJsselmeeuwen	20:28.27	200203352	21:36.36
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	21:36.36
400m: 5:41.97	800m: 11:38.94	1200m:		

Programmanr. 5, Dames, 1500m vrije slag, Senioren

rang	naam	vereniging	intijd	tijd	RT
NG	Aniek Henken	De Ward	20:34.87	200006216	

Programmanr. 6
10-3-2019 - 16:37

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1									
1.	Bram Scholte	ZPC De Hof	6:14.94	200600957	6:20.64	1:27.96			6:20.64
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:20.64		
2.	Wessel Meeuwenberg	De Rijn	6:29.34	200600607	6:29.75	1:31.31			6:29.75
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:29.75		
3.	Boaz Schuurman	ZV 44	6:58.73	200600061	6:38.40	1:38.68			6:38.40
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:38.40		
4.	Jorn ten Dam	De IJsselmeewen	7:13.84	200601805	7:16.63	1:53.70			7:16.63
	50m:	150m:				350m:			
	100m:	200m:				400m:	7:16.63		
Junioren 2									
1.	Sven Klink	ZV 44	5:13.57	200500349	5:17.05	1:10.05			5:17.05
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:17.05		
2.	Rens Stijf	NDD	5:20.08	200501419	5:31.05	1:15.05			5:31.05
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:31.05		
3.	Wesley van Elst	De Rijn	5:28.31	200500507	5:31.40	1:18.36			5:31.40
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:31.40		
4.	Mees Peters	De Ward	5:39.15	200501895	5:41.98	1:14.41			5:41.98
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:41.98		
5.	William Kragt	ZV 44	6:02.18	200503133	6:07.97	1:39.47			6:07.97
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:07.97		
6.	Thijs Berkhout	TZC Vahalis	6:22.00	200500035	6:23.09	1:28.41			6:23.09
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:23.09		
7.	Pjotr Bakker	ZV 44	6:27.97	200500999	6:36.14	1:35.45			6:36.14
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:36.14		
Junioren 3									
1.	Robin van den Berg	ZV 44	4:56.77	200400699	5:13.42	1:09.20			5:13.42
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:13.42		
2.	Quinn Heederik	Deltasteur	5:06.18	200400093	5:18.67	1:10.49			5:18.67
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:18.67		
3.	Quinten ten Dam	ZPC De Hof	5:31.16	200400075	5:41.74	1:17.65			5:41.74
	50m:	150m:				350m:			
	100m:	200m:				400m:	5:41.74		
4.	Splinter Doornbos	De IJsselmeewen	6:18.76	200402255	6:57.49	1:38.67			6:57.49
	50m:	150m:				350m:			
	100m:	200m:				400m:	6:57.49		
AFGEM	Justin van Arkel	TZC Vahalis	6:18.52	200400161					

Programmanr. 6, Heren, 400m wisselslag

Junioren 4

1. Tom Thijssen	NDD	5:04.67	200301521	5:14.63	1:07.32		5:14.63
50m:		150m:		250m:	350m:		
100m: 1:07.32		200m:		300m:	400m: 5:14.63		
2. Rens van Beek	Aqua-Novio'94	5:05.94	200300537	5:16.81	1:10.34		5:16.81
50m:		150m:		250m:	350m:		
100m: 1:10.34		200m:		300m:	400m: 5:16.81		
3. Felix Vrolijk	De IJsselmeeuwen	6:28.60	200301865	6:23.79	1:22.55		6:23.79
50m:		150m:		250m:	350m:		
100m: 1:22.55		200m:		300m:	400m: 6:23.79		
4. Vincent de Jong	TZC Vahalis	7:07.06	200301465	6:36.48	1:23.73		6:36.48
50m:		150m:		250m:	350m:		
100m: 1:23.73		200m:		300m:	400m: 6:36.48		
DIS Taco Hengstman	De Grunte	6:34.97	200304601				
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							
AFGEM Yenzi Willemsen	TZC Vahalis	7:31.66	200304587				

Jeugd 1

1. Jarno Koster	Aqua-Novio'94	4:32.41	200200637	4:50.16	1:03.95		4:50.16
50m:		150m:		250m:	350m:		
100m: 1:03.95		200m:		300m:	400m: 4:50.16		
2. Jurre Hanstede	De Dinkel	4:46.92	200201019	5:00.26	1:07.77		5:00.26
50m:		150m:		250m:	350m:		
100m: 1:07.77		200m:		300m:	400m: 5:00.26		
3. Wessel Haverkamp	ESCA Zwemmen	5:06.19	200204755	5:24.29	1:10.56		5:24.29
50m:		150m:		250m:	350m:		
100m: 1:10.56		200m:		300m:	400m: 5:24.29		

Jeugd 2

1. Friso Ron	De IJsselmeeuwen	5:19.82	200102631	5:41.66	1:10.30		5:41.66
50m:		150m:		250m:	350m:		
100m: 1:10.30		200m:		300m:	400m: 5:41.66		
2. Wilco Stijf	NDD	5:38.32	200103043	5:58.12	1:21.73		5:58.12
50m:		150m:		250m:	350m:		
100m: 1:21.73		200m:		300m:	400m: 5:58.12		

Senioren

1. Sten Postma	Aqua-Novio'94	4:28.76	200000011	4:47.20	1:04.91		4:47.20
50m:		150m:		250m:	350m:		
100m: 1:04.91		200m:		300m:	400m: 4:47.20		
2. Martijn Velders	TZC Vahalis	4:52.97	199502619	5:09.23	1:11.19		5:09.23
50m:		150m:		250m:	350m:		
100m: 1:11.19		200m:		300m:	400m: 5:09.23		
3. Tom Groot Kormelinck	Natare	5:13.14	199800105	5:35.69	1:10.22		5:35.69
50m:		150m:		250m:	350m:		
100m: 1:10.22		200m:		300m:	400m: 5:35.69		
AFGEM Sharino Willemsen	TZC Vahalis	5:57.23	200005647				