

# Nederlandse Kampioenschappen korte baan 2024



KNZB

Den Haag 20-12-2024 t/m 22-12-2024

Nederlandse Kampioenschappen Korte Baan sessie 1 - series - vrijdag 20 december 2024 om 09:00u (25 m)

Aanvangstijd juryvergadering: 08:00u

## 1. 400m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Aguila Dolsma (Blue Marlins, 200603902) [S14] 05:38.24(+80)  
50m 00:36.69 36,69 150m 02:02.88 43,43 250m 03:29.89 43,30 350m 04:57.91 44,02  
100m 01:19.45 42,76 200m 02:46.59 43,71 300m 04:13.89 44,00

vanaf 12 jaar (Junioren 2 en ouder)

1. Imani de Jong (Team NL - PSV, 200200464) 04:08.92(+70)  
50m 00:28.21 28,21 150m 01:30.09 31,04 250m 02:33.11 31,67 350m 03:37.32 32,18  
100m 00:59.05 30,84 200m 02:01.44 31,35 300m 03:05.14 32,03

5. Serena Stel (De Dolfijn, 199801528) 04:16.44(+70)  
50m 00:29.60 29,60 150m 01:34.12 32,61 250m 02:39.54 32,88 350m 03:44.63 32,15  
100m 01:01.51 31,91 200m 02:06.66 32,54 300m 03:12.48 32,94

8. Ismay Lichtendonk (Dedemsvaart-AC, 200400622) 04:20.58(+70)  
50m 00:29.72 29,72 150m 01:35.08 32,81 250m 02:41.55 33,33 350m 03:48.23 33,35  
100m 01:02.27 32,55 200m 02:08.22 33,14 300m 03:14.88 33,33

11. Nikita van den Ouden (PSV, 199900622) 04:21.39(+71)  
50m 00:29.50 29,50 150m 01:34.96 33,01 250m 02:41.09 32,98 350m 03:48.69 33,87  
100m 01:01.95 32,45 200m 02:08.11 33,15 300m 03:14.82 33,73

13. Bregje Dekkers (PSV, 200900746) 04:25.03(+70)  
50m 00:30.13 30,13 150m 01:35.76 33,15 250m 02:43.22 33,76 350m 03:51.54 34,32  
100m 01:02.61 32,48 200m 02:09.46 33,70 300m 03:17.22 34,00

15. Fenne Metten (ZPC AMERSFOORT, 201000102) 04:29.57(+76)  
50m 00:29.33 29,33 150m 01:36.90 34,40 250m 02:46.49 35,03 350m 03:56.47 35,07  
100m 01:02.50 33,17 200m 02:11.46 34,56 300m 03:21.40 34,91

16. Myrthe Natzijl (DZ&PC, 200400076) 04:29.81(+78)  
50m 00:31.30 31,30 150m 01:39.37 34,38 250m 02:48.09 34,35 350m 03:56.71 34,35  
100m 01:04.99 33,69 200m 02:13.74 34,37 300m 03:22.36 34,27

17. Roos Englebert (Hieronymus, 200200606) 04:30.03(+74)  
50m 00:30.56 30,56 150m 01:37.84 33,87 250m 02:46.55 34,51 350m 03:56.07 34,68  
100m 01:03.97 33,41 200m 02:12.04 34,20 300m 03:21.39 34,84

19. Tess Panjer (VZC, 200403060) 04:33.60(+80)  
50m 00:30.67 30,67 150m 01:39.03 34,57 250m 02:48.80 34,90 350m 03:59.27 35,30  
100m 01:04.46 33,79 200m 02:13.90 34,87 300m 03:23.97 35,17

20. Amé Hulleman (DZ&PC, 200202794) 04:33.88(+76)  
50m 00:31.13 31,13 150m 01:39.99 34,85 250m 02:49.49 34,55 350m 03:59.61 35,21  
100m 01:05.14 34,01 200m 02:14.94 34,95 300m 03:24.40 34,91

21. Lieke Oude Lenferink (De Dolfijn, 200200068) 04:34.68(+72)  
50m 00:30.37 30,37 150m 01:39.65 35,11 250m 02:49.62 34,91 350m 04:00.10 34,91  
100m 01:04.54 34,17 200m 02:14.71 35,06 300m 03:25.19 35,57

22. Mara Bosman (Blue Marlins, 200303048) 04:34.77(+64)  
50m 00:29.94 29,94 150m 01:37.32 34,36 250m 02:47.85 35,52 350m 03:59.51 35,76  
100m 01:02.96 33,02 200m 02:12.33 35,01 300m 03:23.75 35,90

27. Angelique van Vark (GZC DONK, 199701478)					04:39.51(+67)
50m	00:30.22 30,22	150m 01:36.96 33,71	250m 02:47.36 35,74	350m 04:03.66 38,53	
100m	01:03.25 33,03	200m 02:11.62 34,66	300m 03:25.13 37,77		
<i>12 - 15 jaar</i>					
1. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]					06:54.37(+76)
50m	00:48.89 48,89	150m 02:36.52 54,34	250m 04:23.64 53,62	350m 06:08.59 52,32	
100m	01:42.18 53,29	200m 03:30.02 53,50	300m 05:16.27 52,63		
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>					
1. Jenna Gorter (De Otters Het Gooi, 200702746) [S9]					06:04.00(+83)
50m	00:41.93 41,93	150m 02:14.40 46,77	250m 03:47.53 46,25	350m 05:19.98 45,93	
100m	01:27.63 45,70	200m 03:01.28 46,88	300m 04:34.05 46,52		
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>					
1. Angelina Rolman (Team NL - De Dolfijn, 200701972)					04:16.20(+71)
50m	00:29.33 29,33	150m 01:33.54 32,21	250m 02:38.80 32,59	350m 03:44.26 32,69	
100m	01:01.33 32,00	200m 02:06.21 32,67	300m 03:11.57 32,77		
2. Nynke Boerefijn (ZPC AMERSFOORT, 200700114)					04:19.09(+85)
50m	00:29.74 29,74	150m 01:35.66 33,40	250m 02:42.05 33,08	350m 03:47.37 32,35	
100m	01:02.26 32,52	200m 02:08.97 33,31	300m 03:15.02 32,97		
3. Jade van der Schrier (AZC, 200800692)					04:19.27(+72)
50m	00:29.56 29,56	150m 01:34.91 32,98	250m 02:41.08 33,22	350m 03:47.78 33,37	
100m	01:01.93 32,37	200m 02:07.86 32,95	300m 03:14.41 33,33		
4. Julie van Nispen (Nuenen, 200800290)					04:20.80(+72)
50m	00:29.92 29,92	150m 01:36.04 33,25	250m 02:41.50 32,87	350m 03:48.35 33,71	
100m	01:02.79 32,87	200m 02:08.63 32,59	300m 03:14.64 33,14		
5. Frouke Ludwig (DZ&PC, 200800112)					04:24.05(+74)
50m	00:30.64 30,64	150m 01:36.44 33,28	250m 02:42.17 32,75	350m 03:49.49 34,07	
100m	01:03.16 32,52	200m 02:09.42 32,98	300m 03:15.42 33,25		
6. Rhodee van den Ham (De Duinkickers, 200700090)					04:27.78(+71)
50m	00:30.38 30,38	150m 01:37.17 33,63	250m 02:45.23 33,84	350m 03:54.37 34,86	
100m	01:03.54 33,16	200m 02:11.39 34,22	300m 03:19.51 34,28		
7. Meyke v. Nimwegen (De Schotelij, 200800106)					04:36.31(+72)
50m	00:30.78 30,78	150m 01:39.68 34,75	250m 02:50.89 35,56	350m 04:01.44 35,23	
100m	01:04.93 34,15	200m 02:15.33 35,65	300m 03:26.21 35,32		
8. Imre Bouwland (ZPC Hoogeveen, 200700388)					04:36.67(+74)
50m	00:30.54 30,54	150m 01:39.56 34,86	250m 02:50.59 35,55	350m 04:01.97 35,73	
100m	01:04.70 34,16	200m 02:15.04 35,48	300m 03:26.24 35,65		
9. Ilana Gentile (Orca, 200801558)					04:37.52(+65)
50m	00:30.90 30,90	150m 01:40.25 34,78	250m 02:51.55 35,60	350m 04:03.73 36,08	
100m	01:05.47 34,57	200m 02:15.95 35,70	300m 03:27.65 36,10		
10. Veerle de Ridder (HZ&PC Heerenveen, 200700778)					04:38.71(+68)
50m	00:29.67 29,67	150m 01:37.48 34,49	250m 02:49.21 36,28	350m 04:02.34 36,89	
100m	01:02.99 33,32	200m 02:12.93 35,45	300m 03:25.45 36,24		
11. Veerle Hildebrand (PSV, 200801830)					04:39.74(+70)
50m	00:30.39 30,39	150m 01:39.18 34,87	250m 02:50.18 35,56	350m 04:03.20 36,80	
100m	01:04.31 33,92	200m 02:14.62 35,44	300m 03:26.40 36,22		
12. Esmée Ykema (HZ&PC Heerenveen, 200801710)					04:40.27(+76)
50m	00:30.66 30,66	150m 01:40.28 35,68	250m 02:51.88 35,65	350m 04:04.81 36,35	
100m	01:04.60 33,94	200m 02:16.23 35,95	300m 03:28.46 36,58		
13. Leyona Lichtendonk (Dedemsvaart-AC, 200700010)					04:43.80(+68)
50m	00:31.73 31,73	150m 01:42.56 35,93	250m 02:54.86 36,04	350m 04:08.16 36,56	
100m	01:06.63 34,90	200m 02:18.82 36,26	300m 03:31.60 36,74		
14. Emma Ketelaars (Hellas-Glana, 200800354)					04:44.38(+64)
50m	00:30.56 30,56	150m 01:40.63 35,56	250m 02:54.78 37,31	350m 04:09.09 36,99	

	100m 01:05.07 34,51	200m 02:17.47 36,84	300m 03:32.10 37,32		
15. Niobe Maduro (Aqua-Novio <sup>94</sup> , 200800378)					04:46.14(+75)
	50m 00:32.34 32,34	150m 01:43.78 36,04	250m 02:56.12 36,24	350m 04:09.84 36,89	
	100m 01:07.74 35,40	200m 02:19.88 36,10	300m 03:32.95 36,83		
16. Rosalie Braspenninx (ZPC Woerden, 200702530)					04:46.51(+69)
	50m 00:31.89 31,89	150m 01:44.21 36,56	250m 02:57.32 36,86	350m 04:10.84 36,79	
	100m 01:07.65 35,76	200m 02:20.46 36,25	300m 03:34.05 36,73		
17. Sofie Vos (ZPC Hoogeveen, 200800804)					04:46.53(+82)
	50m 00:32.40 32,40	150m 01:43.81 36,16	250m 02:57.02 36,60	350m 04:10.61 37,04	
	100m 01:07.65 35,25	200m 02:20.42 36,61	300m 03:33.57 36,55		
18. Annika Hogenhuis (Zwemlust-den Hommel, 200701340)					04:46.70(+83)
	50m 00:32.65 32,65	150m 01:44.29 35,78	250m 02:57.02 36,16	350m 04:10.70 36,93	
	100m 01:08.51 35,86	200m 02:20.86 36,57	300m 03:33.77 36,75		
19. Julia Agricola (DZ&PC, 200800266)					04:46.83(+72)
	50m 00:31.86 31,86	150m 01:42.90 35,67	250m 02:55.76 36,59	350m 04:10.44 37,49	
	100m 01:07.23 35,37	200m 02:19.17 36,27	300m 03:32.95 37,19		
20. Lotte Frissen (Patrick-De Roersoppers (SG), 200701354)					04:47.20(+73)
	50m 00:32.20 32,20	150m 01:44.33 36,24	250m 02:57.90 36,63	350m 04:11.81 37,01	
	100m 01:08.09 35,89	200m 02:21.27 36,94	300m 03:34.80 36,90		
21. Noa Ottens (VZC, 200702256)					04:49.56(+68)
	50m 00:32.19 32,19	150m 01:45.03 36,90	250m 02:58.97 37,09	350m 04:13.43 37,36	
	100m 01:08.13 35,94	200m 02:21.88 36,85	300m 03:36.07 37,10		
22. Esmee Nieuwenhuis (ZPC De Hof, 200701444)					04:50.05(+94)
	50m 00:32.83 32,83	150m 01:45.98 36,76	250m 03:00.61 37,40	350m 04:15.00 36,66	
	100m 01:09.22 36,39	200m 02:23.21 37,23	300m 03:38.34 37,73		
23. Alexandra Gepkens (VZC, 200701690)					04:51.19(+71)
	50m 00:32.89 32,89	150m 01:44.54 35,95	250m 02:58.21 37,05	350m 04:13.78 37,67	
	100m 01:08.59 35,70	200m 02:21.16 36,62	300m 03:36.11 37,90		
24. Eloisa Gomes Delgado (Feijenoord Albion Zwemclub, 200700812)					04:53.19(+78)
	50m 00:32.21 32,21	150m 01:45.86 37,41	250m 03:02.22 37,79	350m 04:18.42 38,60	
	100m 01:08.45 36,24	200m 02:24.43 38,57	300m 03:39.82 37,60		
25. Lotte Blanken (SBC2000, 200801476)					04:56.79(+81)
	50m 00:32.55 32,55	150m 01:46.47 37,66	250m 03:02.38 38,06	350m 04:19.72 38,88	
	100m 01:08.81 36,26	200m 02:24.32 37,85	300m 03:40.84 38,46		
26. Inger van Oord (De Dolfijn, 200703912)					05:07.04(+77)
	50m 00:32.44 32,44	150m 01:46.61 37,76	250m 03:05.25 40,00	350m 04:27.27 41,30	
	100m 01:08.85 36,41	200m 02:25.25 38,64	300m 03:45.97 40,72		
27. Sophie van Leent (Blue Marlins, 200800522)					05:14.39(+74)
	50m 00:32.55 32,55	150m 01:50.65 39,63	250m 03:11.65 40,52	350m 04:34.62 41,49	
	100m 01:11.02 38,47	200m 02:31.13 40,48	300m 03:53.13 41,48		
<i>18 - 19 jaar</i>					
1. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)					04:10.92(+73)
	50m 00:29.12 29,12	150m 01:32.63 32,03	250m 02:36.66 31,94	350m 03:40.47 31,81	
	100m 01:00.60 31,48	200m 02:04.72 32,09	300m 03:08.66 32,00		
2. Hedwig Bolt (HZ&PC Heerenveen, 200602660)					04:12.41(+76)
	50m 00:29.42 29,42	150m 01:33.10 32,13	250m 02:37.56 32,39	350m 03:42.11 32,10	
	100m 01:00.97 31,55	200m 02:05.17 32,07	300m 03:10.01 32,45		
3. Sara Korthuis (DZ&PC, 200600494)					04:20.68(+76)
	50m 00:29.05 29,05	150m 01:33.34 32,35	250m 02:39.86 33,49	350m 03:47.94 33,96	
	100m 01:00.99 31,94	200m 02:06.37 33,03	300m 03:13.98 34,12		
4. Sophia van Droffelaar (Blue Marlins, 200505454)					04:32.42(+70)
	50m 00:29.93 29,93	150m 01:37.80 34,38	250m 02:47.81 34,66	350m 03:58.44 35,34	
	100m 01:03.42 33,49	200m 02:13.15 35,35	300m 03:23.10 35,29		
5. Vera Wassink (DZ&PC, 200604976)					04:45.15(+68)

50m 00:31.41 31,41 150m 01:42.71 35,98 250m 02:55.65 36,75 350m 04:09.82 37,05  
100m 01:06.73 35,32 200m 02:18.90 36,19 300m 03:32.77 37,12

## 2. 100m rugslag - Heren

*vanaf 11 jaar (Senioren Open)*

1. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [S6] 01:17.48(+71)  
50m 00:38.14 38,14

4. Lars Jacobsen (DWK, 199705453) [S14] 01:14.11(+76)  
50m 00:35.55 35,55

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Raf Hendriks (Hellas-Glana, 200100879) 00:52.83(+61)  
50m 00:25.57 25,57

2. Austin Namesnik (ZPC AMERSFOORT, 200101817) 00:53.44(+54)  
50m 00:25.72 25,72

3. Hendrik van der Leest (PSV, 200404339) 00:53.82(+56)  
50m 00:25.83 25,83

6. Jelle Betten (DZ&PC, 200001535) 00:54.27(+56)  
50m 00:26.12 26,12

7. Niels Dijkshoorn (Team NL - PSV, 200203079) 00:54.39(+60)  
50m 00:26.32 26,32

8. Thomas Jansen (Team NL - WVZ, 200100143) 00:54.47(+62)  
50m 00:26.05 26,05

11. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391) 00:55.15(+55)  
50m 00:26.04 26,04

12. Niek Heethaar (DWK, 199900999) 00:56.08(+58)  
50m 00:26.62 26,62

13. Luuk Smits (Nuenen, 200001015) 00:56.13(+64)  
50m 00:26.82 26,82

17. Sjoerd van Weelden (Feijenoord Albion Zwemclub, 200101217) 00:57.03(+66)  
50m 00:27.06 27,06

23. Wouter Zijlstra (HZ&PC Heerenveen, 200401545) 00:57.48(+59)  
50m 00:27.17 27,17

24. Mattia Maggio (Hellas-Glana, 200903311) 00:57.52(+57)  
50m 00:27.27 27,27

28. Ronis van Everdingen (DWK, 200300043) 00:58.43(+62)  
50m 00:27.88 27,88

34. Arno Nelissen (Hellas-Glana, 200300229) 00:59.81(+72)  
50m 00:29.02 29,02

*14 - 15 jaar (Junioren 3 en 4)*

*16 - 17 jaar (Jeugd 1 en 2)*

1. Christoph Smit (MSV-Zeemacht, 200702629) [S8] 01:13.06(+66)  
50m 00:34.87 34,87

2. Thomas Braat (AZC, 200802269) [S14] 01:12.42(+77)  
50m 00:35.02 35,02

*16 - 17 jaar (Jeugd 1 en 2)*

1. Nikodim Markovic (Blue Marlins, 200700255) 00:54.18(+63)  
50m 00:25.96 25,96

2. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 00:54.78(+67)  
50m 00:26.44 26,44

3. Tiede Groener (PSV, 200700155) 00:56.44(+68)  
50m 00:27.35 27,35

4. Bram Loots (Team Noord Holland (SG), 200700197) 50m 00:27.61 27,61	00:56.66(+64)
5. Yarno van Dam (ACZ, 200800115) 50m 00:27.51 27,51	00:57.01(+61)
6. Sam Adams (De Dolfijn, 200704081) 50m 00:27.67 27,67	00:57.03(+63)
7. Jake Franse (Blue Marlins, 200703873) 50m 00:27.47 27,47	00:57.04(+70)
8. Jisse Lousma (WVZ, 200701493) 50m 00:27.92 27,92	00:57.15(+56)
9. Niek Issard (DZ&PC, 200700037) 50m 00:27.47 27,47	00:57.23(+67)
10. Boele Böhm (Blue Marlins, 200700739) 50m 00:28.09 28,09	00:57.68(+66)
11. Jaydey Schonewille (Steenwijk 1934, 200800025) 50m 00:28.58 28,58	00:58.26(+74)
12. Tijs Kruithof (Het Ravijn, 200701181) 50m 00:28.53 28,53	00:59.68(+60)
13. Siem de Zeeuw (OZ&PC, 200800013) 50m 00:28.72 28,72	00:59.69(+57)
14. Rein Stoel (ZVL-1886, 200800463) 50m 00:28.65 28,65	00:59.77(+68)
15. Gaëtan Spicq (Blue Marlins, 200701807) 50m 00:28.83 28,83	01:00.46(+64)
16. Niek Sonneveld (WVZ, 200802631) 50m 00:28.99 28,99	01:00.55(+67)
17. Rian Schoneveld (De Berkelduikers, 200801789) 50m 00:29.11 29,11	01:00.61(+53)
18. Milan Veelders (OZ&PC, 200800279) 50m 00:29.08 29,08	01:00.66(+66)
19. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:29.34 29,34	01:01.04(+66)
20. Lias IJzerman (Dedemsvaart-AC, 200703145) 50m 00:29.79 29,79	01:01.50(+74)
21. Tim Brouwer (Aqua-Novio'94, 200800989) 50m 00:29.71 29,71	01:01.75(+75)
22. Willem Weustink (Team Noord Holland (SG), 200800109) 50m 00:29.66 29,66	01:03.23(+67)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Daan Sonneveld (WVZ, 200601085) 50m 00:26.08 26,08	00:54.13(+59)
2. Lars Minnaert (PSV, 200502355) 50m 00:26.03 26,03	00:54.63(+54)
3. Yassine Mellah (Feijenoord Albion Zwemclub, 200502159) 50m 00:27.00 27,00	00:57.16(+50)
4. Thom De Hoog (Blue Marlins, 200600019) 50m 00:28.09 28,09	00:58.11(+64)
5. Fredrick van der Leest (TriVia, 200604403) 50m 00:28.56 28,56	00:59.25(+66)

6. Lars Heddema (Steenwijk 1934, 200603697)		00:59.70(+65)
50m	00:28.81 28,81	
7. Thijmen Peeters (Zwevlust-den Hommel, 200502945)		01:00.32(+71)
50m	00:29.24 29,24	
8. Sofyan El Fhim (Aqua-Novio'94, 200502131)		01:00.57(+65)
50m	00:28.82 28,82	
3. 200m rugslag - Dames		
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>		
2. Jetske Moot (ZPC AMERSFOORT, 200400230)		02:14.37(+60)
50m	00:30.79 30,79	100m 01:04.40 33,61
150m	01:39.19 34,79	
3. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)		02:14.47(+63)
50m	00:31.58 31,58	100m 01:05.95 34,37
150m	01:41.15 35,20	
4. Fay Boxum (DZ&PC, 200900060)		02:14.56(+61)
50m	00:30.83 30,83	100m 01:04.62 33,79
150m	01:39.45 34,83	
10. Maaïke Issard (DZ&PC, 200300022)		02:16.92(+75)
50m	00:31.94 31,94	100m 01:06.16 34,22
150m	01:41.50 35,34	
13. Nina van der Schrier (AZC, 201000444)		02:18.83(+64)
50m	00:32.29 32,29	100m 01:07.35 35,06
150m	01:43.04 35,69	
14. Isa Schellekens (Z&PC Zegenwerp, 200002330)		02:19.57(+69)
50m	00:33.03 33,03	100m 01:08.43 35,40
150m	01:43.93 35,50	
15. Malin Roozeboom (WVZ, 201100006)		02:19.75(+71)
50m	00:33.06 33,06	100m 01:08.57 35,51
150m	01:44.34 35,77	
16. Elin Ditewig (VZC, 200900392)		02:20.25(+64)
50m	00:32.84 32,84	100m 01:08.64 35,80
150m	01:44.74 36,10	
18. Lynn Blommers (Blue Marlins, 200105062)		02:22.75(+54)
50m	00:33.22 33,22	100m 01:09.41 36,19
150m	01:46.08 36,67	
19. Robin Goossens (Nuenen, 200003128)		02:23.87(+92)
50m	00:34.20 34,20	100m 01:10.28 36,08
150m	01:46.91 36,63	
16 - 17 jaar (Jeugd 2 en Senioren 1)		
1. Jinh Engelse (Blue Marlins, 200800204)		02:12.13(+58)
50m	00:29.93 29,93	100m 01:03.00 33,07
150m	01:37.69 34,69	
2. Laura van Etten (HZ&PC Heerenveen, 200800264)		02:14.67(+68)
50m	00:31.05 31,05	100m 01:05.04 33,99
150m	01:39.83 34,79	
3. Frouke Ludwig (DZ&PC, 200800112)		02:15.01(+60)
50m	00:32.19 32,19	100m 01:06.59 34,40
150m	01:40.95 34,36	
4. Maaïke Ooms (ZPC AMERSFOORT, 200801580)		02:15.35(+70)
50m	00:31.68 31,68	100m 01:05.88 34,20
150m	01:40.86 34,98	
5. Fleur Bussels (PSV, 200804848)		02:16.43(+57)
50m	00:32.71 32,71	100m 01:07.48 34,77
150m	01:42.10 34,62	
6. Eefje Irvine (De Dolfijn, 200700164)		02:18.82(+61)
50m	00:32.63 32,63	100m 01:07.61 34,98
150m	01:43.56 35,95	
7. Emmelien Smelt (ZVZ, 200800012)		02:24.81(+64)
50m	00:33.62 33,62	100m 01:09.96 36,34
150m	01:47.30 37,34	
8. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)		02:26.01(+66)
50m	00:33.95 33,95	100m 01:11.06 37,11
150m	01:48.64 37,58	
9. Imre Bouwland (ZPC Hoogeveen, 200700388)		02:27.32(+70)
50m	00:33.52 33,52	100m 01:10.36 36,84
150m	01:48.76 38,40	
10. Maud Roffel (DZ&PC, 200700840)		02:28.06(+67)
50m	00:33.64 33,64	100m 01:11.28 37,64
150m	01:49.67 38,39	

11. Britt Colijn (New Wave Almere, 200700544)	02:28.29(+69)
50m 00:34.18 34,18 100m 01:12.21 38,03 150m 01:50.32 38,11	
12. Mila Oomens (NieMo Barracuda, 200700016)	02:28.51(+70)
50m 00:34.41 34,41 100m 01:11.76 37,35 150m 01:50.29 38,53	
13. Ylva Konings (PSV, 200700148)	02:28.60(+69)
50m 00:34.11 34,11 100m 01:11.36 37,25 150m 01:49.89 38,53	
14. Isa Jansen (SBC2000, 200701176)	02:28.92(+76)
50m 00:34.19 34,19 100m 01:11.36 37,17 150m 01:50.33 38,97	
15. Nina Derckx (ZEPS, 200700030)	02:29.15(+76)
50m 00:34.95 34,95 100m 01:12.45 37,50 150m 01:51.40 38,95	
16. Sofie Vos (ZPC Hoogeveen, 200800804)	02:30.30(+79)
50m 00:35.80 35,80 100m 01:13.57 37,77 150m 01:52.07 38,50	
17. Annedieke Scholte (Blue Marlins, 200701110)	02:30.64(+67)
50m 00:33.95 33,95 100m 01:11.97 38,02 150m 01:51.36 39,39	
18. Leyona Lichtendonk (Dedemsvaart-AC, 200700010)	02:32.15(+68)
50m 00:35.64 35,64 100m 01:14.14 38,50 150m 01:53.47 39,33	
19. Eloisa Gomes Delgado (Feijenoord Albion Zwemclub, 200700812)	02:33.78(+77)
50m 00:35.94 35,94 100m 01:14.60 38,66 150m 01:54.88 40,28	
<i>18 - 19 jaar</i>	
1. Mare Schallenberg (Blue Marlins, 200600078)	02:15.73(+68)
50m 00:31.03 31,03 100m 01:05.72 34,69 150m 01:41.60 35,88	
2. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)	02:18.17(+79)
50m 00:33.24 33,24 100m 01:08.25 35,01 150m 01:43.66 35,41	
3. Famke Irvine (ZPC AMERSFOORT, 200501724)	02:21.83(+68)
50m 00:33.25 33,25 100m 01:09.09 35,84 150m 01:45.88 36,79	
<b>4. 50m schoolslag - Heren</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SB11]	00:32.51(+69)
2. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [SB6]	00:38.13(+78)
3. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [SB6]	00:45.78(+67)
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Koen de Groot (Team NL - PSV, 200401059)	00:26.81(+61)
2. Kingue Struijf (De Dolfijn, 199400913)	00:27.34(+66)
3. Ivo Kroes (Team NL - Azuro, 200300079)	00:27.41(+66)
4. Max Peters (Nuenen, 199903123)	00:27.43(+63)
5. Lars Verhalle (PSV, 200200019)	00:27.45(+70)
7. Bram Zwetsloot (De Dolfijn, 200202117)	00:27.54(+61)
8. Jason van den Berg (Blue Marlins, 200400009)	00:27.62(+65)
9. Viktor Koets (Blue Marlins, 200201677)	00:27.69(+74)
10. Kasper Leeuw (ZPC AMERSFOORT, 199304435)	00:27.78(+61)
11. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391)	00:27.83(+61)
14. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)	00:27.99(+69)
15. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:28.11(+60)
16. Luca Janssen (Team NL - PSV, 200403237)	00:28.25(+72)
17. Thom Delno (VZC, 200000013)	00:28.29(+69)

18. Anders van Norden (ZPC AMERSFOORT, 200400039)	00:28.54(+62)
20. Rick Bulman (Blue Marlins, 200101899)	00:28.67(+65)
21. Piet-Hein Straver (PSV, 200302527)	00:28.83(+64)
23. Matthijs van Meerendonk (DZ&PC, 199900375)	00:28.93(+62)
24. Loek Huyghelier (Feijenoord Albion Zwemclub, 200404903)	00:28.96(+66)
26. Mick van Kempen (CWW Swim team (SG), 200203375)	00:29.04(+70)
27. Kenan Coeruez (Feijenoord Albion Zwemclub, 200300357)	00:29.05(+64)
28. Joost de Roij van Zuidewijn (Feijenoord Albion Zwemclub, 200000255)	00:29.09(+67)
30. Xander Vis (De Schotejil, 200300173)	00:29.25(+68)
33. Jasper Willig (Blue Marlins, 200104757)	00:29.50(+69)
35. Lucas Douwma (ZPCH, 200401337)	00:29.56(+63)
36. Max Voortman (Het Zinkstuk, 199902923)	00:29.66(+65)
37. Felix Geenen (DAW, 199501085)	00:29.70(+72)
39. Nicko Kamphuis (De Warande, 199900887)	00:29.74(+60)
40. Alexander Nijst (Nuenen, 200104869)	00:29.80(+69)
41. Darren Chen (ZPC AMERSFOORT, 200001149)	00:29.83(+61)
42. Bas Dries (Zwemvereniging Hoogland, 199505177)	00:29.89(+65)
43. Arjan Dekker (Bubble, 200000499)	00:29.93(+65)
44. Kevin Meuwissen (Hellas-Glana, 199502485)	00:30.04(+68)
46. Ruben Hoeve (Dedemsvaart-AC, 200302179)	00:30.13(+75)
49. Bert Duivenvoorde (De Columbiaan, 199701805)	00:30.35(+68)
60. Dave van den Nieuwendijk (De Columbiaan, 200100475)	00:31.57(+73)
<i>12 - 15 jaar (Junioren)</i>	
1. Cheng Van Vondel (KSN (SG), 200902673) [SB8]	00:44.20(+82)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Storm Boxum (DZ&PC, 200700421)	00:28.61(+69)
2. Wytse Broekstra (De Vikings, 200800121)	00:28.90(+73)
3. Job Sportel (De Dinkel, 200800429)	00:29.02(+67)
4. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	00:29.22(+63)
5. Floris van der Valk (Wiekslag, 200801891)	00:30.23(+64)
6. Senn Rutten (Hellas-Glana, 200700629)	00:30.24(+66)
7. Cruz de Groot (Team Noord Holland (SG), 200801077)	00:30.36(+64)
8. Suraj Baladurage (Team Noord Holland (SG), 200801291)	00:30.37(+63)
9. Liam Diavatopoulos (Aqua-Novio'94, 200802549)	00:30.68(+59)
10. Emiel de Bruijn (Dedemsvaart-AC, 200700953)	00:30.86(+66)
11. Jelte de Boer (De Vikings, 200700345)	00:31.03(+64)
12. Sem Belmon (PSV, 200702099)	00:31.04(+69)
13. Nout Folkersma (PSV, 200800595)	00:31.24(+69)



14. Jonathan Baaijens (PSV, 200800409)	00:31.35(+67)
15. Melle van Veen (Dedemsvaart-AC, 200700661)	00:31.46(+66)
16. Twan Hoogervorst (De Columbiaan, 200700741)	00:31.56(+57)
17. James Lawton (De Columbiaan, 200700745)	00:31.59(+64)
18. Tijn Hilders (De Dolfijn, 200700027)	00:31.71(+71)
18. Lars Kool (DAW, 200700511)	00:31.71(+67)
20. Twan Huisman (WVZ, 200702207)	00:31.79(+74)
21. Tijs Kruithof (Het Ravijn, 200701181)	00:31.80(+64)
22. Thijmen Willekes (Zwemclub Zeist, 200703077)	00:31.87(+74)
23. Filip Piszczynski (KSN (SG), 200802125)	00:31.92(+62)
24. Marnix Rietveld (Team Noord Holland (SG), 200700939)	00:31.95(+64)
25. Jordey Thole (ZPC Hoogeveen, 200700385)	00:31.96(+71)
26. Damir Mustafic (DZ&PC, 200800885)	00:32.07(+71)
27. Lars de Kooter (De Biesboschzwemmers, 200800185)	00:32.47(+68)
28. Koen de Vries (De Reest, 200802379)	00:32.70(+67)
DIS. Alexander Griston (De Dolfijn, 200803053)	00:00.00
DIS. Lucas Bemer (De Duinkickers, 200700219)	00:00.00
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. River Streefland (Blue Marlins, 200502253)	00:27.51(+65)
2. Cas Verstegen (PSV, 200500891)	00:27.88(+64)
3. Yaniv Kerdijk (Team Noord Holland (SG), 200603439)	00:27.96(+68)
4. Roan van der weide (Blue Marlins, 200601629)	00:29.27(+65)
5. Gaio Sanders (Aqua-Novio'94, 200500533)	00:29.46(+67)
6. Jetze de Vries (De Vikings, 200602589)	00:29.53(+64)
7. Daan Hoogendoorn (ZPC Woerden, 200500113)	00:29.72(+63)
8. Max Ketelaars (Hellas-Glana, 200500345)	00:30.07(+62)
DIS. Steijn Louter (Team NL - PSV, 200500793)	00:00.00
5. 50m vrije slag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]	00:30.52(+70)
2. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [S9]	00:29.03(+70)
3. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]	00:29.49(+87)
4. Milou van Winkel (WVZ, 200402296) [S14]	00:30.47(+70)
5. Marije Oosterhuis (Azuro, 199500318) [S10]	00:31.11(+79)
6. Dannique Koolen (ZPC AMERSFOORT, 199904048) [S14]	00:33.58(+84)
7. Mayke van Tintelen (OZ&PC, 200200688) [S14]	00:34.75(+79)
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Milou van Wijk (Team NL - WVZ, 200404948)	00:24.26(+74)
2. Kim Busch (Team NL - PSV, 199801450)	00:24.59(+67)
3. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:24.60(+58)

3. Marrit Steenbergen (Team NL - PSV, 200000086)	00:24.60(+73)
5. Sam van Nunen (Team NL - PSV, 200100036)	00:24.86(+60)
6. Femke Spiering (ZPC AMERSFOORT, 200204514)	00:24.98(+71)
14. Kirsten Verhale (PSV, 200400210)	00:25.97(+71)
15. Naya Koc (DAW, 200400688)	00:26.03(+68)
17. Manon Compagner (Dedemsvaart-AC, 200101710)	00:26.21(+73)
18. Janne Slegers (PSV, 200404090)	00:26.22(+71)
18. Lynn Blommers (Blue Marlins, 200105062)	00:26.22(+70)
20. Kinge Zandringa (De Dolfijn, 199801422)	00:26.28(+69)
20. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	00:26.28(+66)
24. Britt Cornelissens (Hellas-Glana, 200000632)	00:26.53(+70)
25. Anne Engbersen (ZPC AMERSFOORT, 201000044)	00:26.58(+69)
27. Anne Fleur Willemsen (Azuro, 199901396)	00:26.62(+79)
29. Michelle van Wijk (WWV Winterswijk, 200204746)	00:26.71(+67)
31. Juliëtte Woltjes (VZC, 200900774)	00:26.74(+72)
36. Amber Hesper (NieMo Barracuda, 200202188)	00:26.93(+79)
<i>12 - 15 jaar</i>	
1. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	00:43.38(+80)
2. Jente Parlevliet (Noordwijkerhout, 201003900) [S14]	00:37.24(+79)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jenna Gorter (De Otters Het Gooi, 200702746) [S9]	00:35.71(+79)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Rosalie Reef (ZPC AMERSFOORT, 200800426)	00:25.41(+71)
2. Hylcke de Beer (PSV, 200700006)	00:25.50(+67)
3. Ilse Rozema (Blue Marlins, 200803318)	00:25.93(+64)
4. Maaïke Ooms (ZPC AMERSFOORT, 200801580)	00:26.11(+75)
5. Nomi Olivier (ZPC AMERSFOORT, 200704848)	00:26.29(+73)
6. Nynke Boerefijn (ZPC AMERSFOORT, 200700114)	00:26.58(+82)
7. Jazz-Lynn Gomes Delgado (Feijenoord Albion Zwemclub, 200800738)	00:26.63(+68)
8. Indira van Aggele (De Dolfijn, 200804424)	00:26.83(+79)
9. Charlotte Woltjes (VZC, 200700110)	00:26.88(+74)
10. Rafaela Mulders (Team Noord Holland (SG), 200701398)	00:27.11(+66)
11. Anhelina Biletska (Nuenen, 200804930)	00:27.22(+68)
12. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736)	00:27.26(+68)
13. Veerle de Ridder (HZ&PC Heerenveen, 200700778)	00:27.37(+67)
14. Julie van Nispen (Nuenen, 200800290)	00:27.50(+68)
15. Valérie Sakkers (Deltasteur, 200800080)	00:27.65(+65)
15. Iris Papen (WWV Winterswijk, 200802842)	00:27.65(+76)
17. Bette Peetoom (DAW, 200801808)	00:27.72(+69)

18. Laurien Gliese-Slooijer (De Dinkel, 200700636)	00:27.87(+68)
19. Karlijn Dijkshoorn (Steenwijk 1934, 200803926)	00:27.88(+72)
20. Rosalie Braspenning (ZPC Woerden, 200702530)	00:27.91(+68)
21. Emma Ketelaars (Hellas-Glana, 200800354)	00:28.31(+64)
22. Laura Booij (ZPB H&L Productions, 200801292)	00:28.40(+75)
23. Thalia Meijer (Blue Marlins, 200704048)	00:28.46(+71)
24. Lois Waterham (Dedemsvaart-AC, 200803726)	00:28.64(+69)
25. Sofie Kragt (Dedemsvaart-AC, 200701020)	00:28.79(+72)
<i>18 - 19 jaar</i>	
1. Mare Schallenberg (Blue Marlins, 200600078)	00:25.25(+64)
2. Megan Jonkman (Blue Marlins, 200600508)	00:25.29(+74)
3. Sara Korthuis (DZ&PC, 200600494)	00:25.75(+72)
4. Colinda van der Zanden (Aqua-Novio'94, 200502618)	00:25.82(+73)
5. Marin Wieling (ZPC AMERSFOORT, 200501220)	00:26.30(+70)
6. Tess Bemer (De Duinkickers, 200600450)	00:26.72(+65)
7. Indy van Laarhoven (PSV, 200500710)	00:26.79(+73)
8. Karlijn Offeringa (ZVVS, 200503292)	00:26.89(+78)
6. 200m vlinderslag - Heren <i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
3. Hendrik van der Leest (PSV, 200404339)	02:00.38(+66)
50m 00:26.44 26,44 100m 00:56.65 30,21 150m 01:28.02 31,37	
7. Marlon Borger (PSV, 200404817)	02:06.91(+73)
50m 00:26.79 26,79 100m 00:58.14 31,35 150m 01:31.74 33,60	
12. Kalle van Gemert (ZPC De Zeeuwse Kust, 199801259)	02:10.15(+67)
50m 00:27.96 27,96 100m 01:00.96 33,00 150m 01:35.00 34,04	
16. Guus Hoogduin (ZVL-1886, 200201069)	02:11.86(+76)
50m 00:29.63 29,63 100m 01:03.37 33,74 150m 01:37.65 34,28	
18. Pepijn van Egmond (WVZ, 200402309)	02:13.37(+63)
50m 00:28.69 28,69 100m 01:01.30 32,61 150m 01:36.18 34,88	
20. Rick van Hamond (Z&PC Zegenwerp, 199205873)	02:13.73(+65)
50m 00:29.16 29,16 100m 01:03.48 34,32 150m 01:37.69 34,21	
21. Bjorn de Heus (Feijenoord Albion Zwemclub, 200201077)	02:14.10(+62)
50m 00:28.11 28,11 100m 01:01.20 33,09 150m 01:36.89 35,69	
22. Matteo Viani (Zwemlust-den Hommel, 199007717)	02:14.11(+77)
50m 00:29.18 29,18 100m 01:02.73 33,55 150m 01:37.53 34,80	
23. Gerard Willighagen (Poseidon'56, 200103663)	02:14.24(+68)
50m 00:28.71 28,71 100m 01:02.16 33,45 150m 01:37.36 35,20	
24. Nick Sijmons (De Amstel, 199500491)	02:14.54(+68)
50m 00:30.33 30,33 100m 01:06.05 35,72 150m 01:39.73 33,68	
25. Mattia Maggio (Hellas-Glana, 200903311)	02:14.59(+62)
50m 00:29.35 29,35 100m 01:03.34 33,99 150m 01:38.66 35,32	
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)	01:59.45(+62)
50m 00:26.40 26,40 100m 00:56.81 30,41 150m 01:27.98 31,17	
2. Yarno van Dam (ACZ, 200800115)	02:05.57(+68)

	50m 00:28.20 28,20	100m 01:00.41 32,21	150m 01:33.18 32,77	
3. Xiaoyu Yin (Blue Marlins, 200803363)	50m 00:28.32 28,32	100m 01:00.62 32,30	150m 01:33.56 32,94	02:07.25(+69)
4. Mies de Wit (CWW Swim team (SG), 200700315)	50m 00:27.91 27,91	100m 01:00.30 32,39	150m 01:33.84 33,54	02:07.59(+66)
5. Vincent Huele (Blue Marlins, 200703423)	50m 00:28.11 28,11	100m 01:00.10 31,99	150m 01:33.28 33,18	02:07.91(+69)
6. Daniel Wegman (ZPCH, 200802843)	50m 00:28.11 28,11	100m 01:00.21 32,10	150m 01:34.93 34,72	02:10.81(+61)
7. Diede Veld (HZ&PC Heerenveen, 200800011)	50m 00:28.51 28,51	100m 01:01.65 33,14	150m 01:35.78 34,13	02:11.25(+73)
8. Jones Chuang (PSV, 200801173)	50m 00:28.07 28,07	100m 01:00.88 32,81	150m 01:35.20 34,32	02:11.96(+62)
9. Ties Berghs (ZEPS, 200700709)	50m 00:27.70 27,70	100m 00:59.86 32,16	150m 01:34.89 35,03	02:13.64(+67)
10. Liam Tjin Wong Joe (De Dolfijn, 200804105)	50m 00:30.00 30,00	100m 01:04.78 34,78	150m 01:40.51 35,73	02:17.25(+65)
11. Bjorn van den Berge (ZPC De Zeeuwse Kust, 200701991)	50m 00:30.11 30,11	100m 01:05.37 35,26	150m 01:41.61 36,24	02:17.71(+64)
12. Mads van Norden (ZPC AMERSFOORT, 200700029)	50m 00:29.06 29,06	100m 01:03.91 34,85	150m 01:39.90 35,99	02:18.10(+68)
13. Felix Gepkens (VZC, 200800631)	50m 00:30.12 30,12	100m 01:04.74 34,62	150m 01:40.84 36,10	02:19.08(+70)
14. Rijk Leenders (VZC, 200800627)	50m 00:29.96 29,96	100m 01:04.24 34,28	150m 01:40.12 35,88	02:19.16(+77)
15. Gijs Hartwijk (ZVL-1886, 200800573)	50m 00:30.31 30,31	100m 01:05.64 35,33	150m 01:42.61 36,97	02:20.85(+66)
16. Bjorn Scholten (OZ&PC, 200801143)	50m 00:30.32 30,32	100m 01:05.91 35,59	150m 01:43.09 37,18	02:21.37(+81)
17. Tim Brouwer (Aqua-Novio'94, 200800989)	50m 00:30.83 30,83	100m 01:06.51 35,68	150m 01:43.69 37,18	02:21.97(+73)
18. Willem Weustink (Team Noord Holland (SG), 200800109)	50m 00:29.70 29,70	100m 01:06.26 36,56	150m 01:45.90 39,64	02:25.39(+70)
19. Jamie Kenworthy (De Dolfijn, 200800045)	50m 00:30.16 30,16	100m 01:06.65 36,49	150m 01:45.05 38,40	02:25.62(+69)
20. Thomas van Velzen (Deltasteur, 200703189)	50m 00:31.60 31,60	100m 01:08.89 37,29	150m 01:48.63 39,74	02:27.27(+64)
DIS. Lou van Leeuwen (De Dolfijn, 200702779)				00:00.00
<i>18 - 19 jaar (Senioren 1 en 2)</i>				
1. Émile Fouzaï (ZPC AMERSFOORT, 200500263)	50m 00:26.77 26,77	100m 00:57.06 30,29	150m 01:27.94 30,88	01:59.11(+68)
2. Sven Klink (SWOL 1894, 200500349)	50m 00:27.30 27,30	100m 00:58.10 30,80	150m 01:30.20 32,10	02:03.43(+66)
3. Lars Bulman (Blue Marlins, 200600125)	50m 00:27.71 27,71	100m 01:00.05 32,34	150m 01:32.83 32,78	02:05.27(+65)
4. Lucas van Rooij (PSV, 200603943)	50m 00:28.09 28,09	100m 01:00.02 31,93	150m 01:33.32 33,30	02:07.50(+60)
5. Milco Matla (PSV, 200600555)	50m 00:28.90 28,90	100m 01:02.61 33,71	150m 01:36.68 34,07	02:10.73(+79)

7. 100m wisselslag - Dames

*vanaf 11 jaar (Senioren Open)*

1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SM11] 01:18.78(+71)  
50m 00:38.32 38,32
2. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [SM9] 01:15.64(+73)  
50m 00:33.35 33,35
3. Marije Oosterhuis (Azuro, 199500318) [SM10] 01:20.30(+78)  
50m 00:35.82 35,82
4. Aguila Dolsma (Blue Marlins, 200603902) [SM14] 01:20.73(+82)  
50m 00:37.70 37,70
5. Milou van Winkel (WVZ, 200402296) [SM14] 01:22.37(+71)  
50m 00:38.27 38,27

*vanaf 12 jaar (Junioren 2 en ouder)*

2. Britta Koehorst (WVZ, 200300246) 01:00.88(+66)  
50m 00:28.02 28,02
3. Tessa Giele (Feijenoord Albion Zwemclub, 200203124) 01:01.45(+61)  
50m 00:27.99 27,99
4. Jenjira Srisa-Ard (De Dolfijn, 199507058) 01:03.09(+59)  
50m 00:28.50 28,50
10. Fay Boxum (DZ&PC, 200900060) 01:04.29(+77)  
50m 00:29.03 29,03
12. Selene Wortel (Hieronymus, 199700654) 01:04.88(+69)  
50m 00:30.06 30,06
13. Kinge Zandringa (De Dolfijn, 199801422) 01:05.37(+68)  
50m 00:29.90 29,90

*12 - 15 jaar*

1. Jente Parlevliet (Noordwijkerhout, 201003900) [SM14] 01:33.09(+99)  
50m 00:44.34 44,34

*16 - 17 jaar (Jeugd 2 en Senioren 1)*

1. Jenna Gorter (De Otters Het Gooi, 200702746) [SM9] 01:34.65(+80)  
50m 00:45.10 45,10

*16 - 17 jaar (Jeugd 2 en Senioren 1)*

1. Jinth Engelse (Blue Marlins, 200800204) 01:03.19(+69)  
50m 00:28.22 28,22
2. Dachen Haaijer (ZPC Hoogeveen, 200800380) 01:03.22(+77)  
50m 00:29.39 29,39
3. Angelina Rolman (Team NL - De Dolfijn, 200701972) 01:03.29(+68)  
50m 00:28.58 28,58
4. Rosalie Reef (ZPC AMERSFOORT, 200800426) 01:03.88(+72)  
50m 00:29.87 29,87
5. Hylcke de Beer (PSV, 200700006) 01:04.81(+70)  
50m 00:31.37 31,37
6. Annique Rupke (WVZ, 200700876) 01:05.85(+74)  
50m 00:30.44 30,44
7. Esmee Mulder (DZ&PC, 200800038) 01:06.61(+68)  
50m 00:30.75 30,75
8. Charlotte Woltjes (VZC, 200700110) 01:06.81(+74)  
50m 00:30.12 30,12
9. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736) 01:06.85(+67)

50m 00:29.69 29,69

10. Indira van Aggele (De Dolfijn, 200804424) 01:07.05(+77)  
50m 00:30.14 30,14
  11. Mila Oomens (NieMo Barracuda, 200700016) 01:07.64(+73)  
50m 00:30.78 30,78
  12. Ilana Gentile (Orca, 200801558) 01:07.76(+68)  
50m 00:30.65 30,65
  13. Ilse Rozema (Blue Marlins, 200803318) 01:07.95(+66)  
50m 00:30.70 30,70
  14. Meyke v. Nimwegen (De Schotepijl, 200800106) 01:07.99(+73)  
50m 00:31.50 31,50
  15. Emmelien Smelt (ZVZ, 200800012) 01:08.28(+71)  
50m 00:30.48 30,48
  16. Monica van der Meer (Deltasteur, 200704288) 01:08.44(+78)  
50m 00:31.19 31,19
  17. Lyke Bellert (Octopus-ZVV (SG), 200701424) 01:08.79(+75)  
50m 00:30.75 30,75
  18. Féline Sam (ZVZ, 200700018) 01:09.29(+70)  
50m 00:30.96 30,96
  19. Ylva Konings (PSV, 200700148) 01:09.79(+72)  
50m 00:32.13 32,13
  20. Alexandra Gepkens (VZC, 200701690) 01:10.25(+68)  
50m 00:33.46 33,46
  21. Thalia Meijer (Blue Marlins, 200704048) 01:10.38(+75)  
50m 00:33.06 33,06
  22. Britt Colijn (New Wave Almere, 200700544) 01:10.44(+74)  
50m 00:31.48 31,48
- 18 - 19 jaar
1. Mare Schallenberg (Blue Marlins, 200600078) 01:00.85(+67)  
50m 00:28.36 28,36
  2. Merel Schravendijk (Blue Marlins, 200503382) 01:03.98(+71)  
50m 00:29.91 29,91
  3. Karlijn Offeringa (ZVVS, 200503292) 01:05.94(+77)  
50m 00:29.90 29,90
8. 100m vrije slag - Heren  
*vanaf 11 jaar (Senioren Open)*
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [S11] 01:00.43(+66)  
50m 00:29.24 29,24
  2. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7] 01:06.34(+65)  
50m 00:32.01 32,01
  3. Lars Jacobsen (DWK, 199705453) [S14] 01:00.72(+74)  
50m 00:29.01 29,01
  4. Jesse Bruines (Batavia Swim, 200402413) [S8] 01:08.11(+72)  
50m 00:32.32 32,32
- vanaf 12 jaar (Junioren 1 en ouder)*
1. Merlin Belmon (Team NL - PSV, 200403191) 00:47.80(+67)  
50m 00:22.99 22,99
  2. Sean Niewold (Feijenoord Albion Zwemclub, 200204699) 00:48.26(+69)  
50m 00:23.38 23,38

3. Ivo Stolk (Feijenoord Albion Zwemclub, 200100615) 50m 00:23.18 23,18	00:48.68(+68)
4. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321) 50m 00:23.33 23,33	00:48.74(+69)
7. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311) 50m 00:23.45 23,45	00:49.22(+59)
10. Brandon van den Berg (Blue Marlins, 200200669) 50m 00:23.79 23,79	00:49.44(+66)
12. Luca Janssen (Team NL - PSV, 200403237) 50m 00:23.92 23,92	00:49.82(+72)
13. Simon Claasen (ZPC AMERSFOORT, 200400231) 50m 00:23.70 23,70	00:50.09(+54)
15. Lars Kerremans (Hellas-Glana, 200100305) 50m 00:23.99 23,99	00:50.26(+66)
16. Rijk Heere (ZPC AMERSFOORT, 200300897) 50m 00:23.90 23,90	00:50.35(+61)
17. Jeroen Baars (NieMo Barracuda, 199200031) 50m 00:24.11 24,11	00:50.41(+72)
17. Michael Smink (Blue Marlins, 200302169) 50m 00:23.91 23,91	00:50.41(+67)
19. Felix Geenen (DAW, 199501085) 50m 00:24.20 24,20	00:50.59(+72)
22. Thijn Damen (PSV, 200300973) 50m 00:24.26 24,26	00:50.75(+71)
23. Luuk Smits (Nuenen, 200001015) 50m 00:24.40 24,40	00:50.79(+77)
24. Domingo Togores Rodriguez (Blue Marlins, 199705681) 50m 00:24.46 24,46	00:50.89(+70)
25. Wiktor Syldatk (De Dolfijn, 200305079) 50m 00:24.37 24,37	00:50.90(+70)
28. Niek Heethaar (DWK, 199900999) 50m 00:24.31 24,31	00:51.22(+68)
29. Keanu Streefland (Blue Marlins, 200302445) 50m 00:24.92 24,92	00:51.36(+69)
31. Max Peters (Nuenen, 199903123) 50m 00:24.43 24,43	00:51.47(+64)
32. Lars van der Haijden (Hellas-Glana, 199900225) 50m 00:24.28 24,28	00:51.54(+74)
33. Floris Stork (DZ&PC, 200305075) 50m 00:24.66 24,66	00:51.75(+62)
35. Daan Hogerhuis (De Columbiaan, 200300317) 50m 00:24.39 24,39	00:51.85(+70)
36. Luc Mul (DAW, 200201025) 50m 00:25.11 25,11	00:52.09(+70)
38. Kenan Coeruez (Feijenoord Albion Zwemclub, 200300357) 50m 00:24.46 24,46	00:52.11(+62)
39. Bart Muselaers (Aqua-Novio'94, 200100865) 50m 00:24.72 24,72	00:52.13(+73)
40. Darren Chen (ZPC AMERSFOORT, 200001149) 50m 00:24.75 24,75	00:52.16(+64)

41. Matthijs van Meerendonk (DZ&PC, 199900375) 50m 00:25.19 25,19	00:52.29(+66)
45. Arno Nelissen (Hellas-Glana, 200300229) 50m 00:25.87 25,87	00:52.81(+74)
58. Rick van Hamond (Z&PC Zegenwerp, 199205873) 50m 00:25.74 25,74	00:53.90(+65)
<i>12 - 15 jaar (Junioren)</i>	
1. Cheng Van Vondel (KSN (SG), 200902673) [S9] 50m 00:36.44 36,44	01:18.32(+79)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Thomas Braat (AZC, 200802269) [S14] 50m 00:29.58 29,58	01:02.26(+83)
2. Sander Knol (ZPC De Kanaalstreek, 200701093) [S9] 50m 00:35.06 35,06	01:17.25(+73)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 50m 00:23.60 23,60	00:49.08(+70)
2. Kaan Sudak (Blue Marlins, 200803733) 50m 00:23.51 23,51	00:49.24(+60)
3. Floris Tanis (Feijenoord Albion Zwemclub, 200700005) 50m 00:23.45 23,45	00:49.31(+70)
4. Boele Böhm (Blue Marlins, 200700739) 50m 00:24.19 24,19	00:50.10(+63)
5. Siem de Zeeuw (OZ&PC, 200800013) 50m 00:24.05 24,05	00:50.73(+68)
6. Jake Franse (Blue Marlins, 200703873) 50m 00:25.12 25,12	00:52.62(+65)
7. Niek Issard (DZ&PC, 200700037) 50m 00:24.99 24,99	00:52.66(+64)
8. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:25.22 25,22	00:52.77(+65)
9. Jisse Lousma (WVZ, 200701493) 50m 00:25.62 25,62	00:52.88(+63)
10. Milan Veelders (OZ&PC, 200800279) 50m 00:25.08 25,08	00:53.06(+69)
11. Lucas Bemer (De Duinkickers, 200700219) 50m 00:25.30 25,30	00:53.07(+65)
12. Jones Chuang (PSV, 200801173) 50m 00:25.55 25,55	00:53.13(+60)
13. Bram ter Braak (De Dinkel, 200800281) 50m 00:25.48 25,48	00:53.18(+75)
14. Tim van Rooij (PSV, 200700129) 50m 00:25.60 25,60	00:53.45(+65)
15. Tim Boerefijn (WVZ, 200802815) 50m 00:25.69 25,69	00:53.49(+68)
16. Ties Berghs (ZEPS, 200700709) 50m 00:25.90 25,90	00:53.58(+66)
17. Tim van Erven (DZ&PC, 200700175) 50m 00:25.90 25,90	00:53.69(+80)



18. Tygo Gerts (Blue Marlins, 200704077) 50m 00:25.67 25,67	00:53.76(+60)
19. Melle van Veen (Dedemsvaart-AC, 200700661) 50m 00:25.54 25,54	00:53.82(+69)
20. Filip Piszczynski (KSN (SG), 200802125) 50m 00:25.88 25,88	00:53.87(+64)
21. Suraj Baladurage (Team Noord Holland (SG), 200801291) 50m 00:25.72 25,72	00:53.97(+63)
22. Quinten Brouwer von Gonzenbach (TriVia, 200700001) 50m 00:25.90 25,90	00:54.04(+61)
22. Stijn Saelmans (Hellas-Glana, 200700373) 50m 00:25.57 25,57	00:54.04(+66)
24. Rens Noordover (Team Noord Holland (SG), 200800237) 50m 00:25.44 25,44	00:54.15(+66)
25. Thijmen Lavooij (De Ganze, 200700355) 50m 00:25.92 25,92	00:54.21(+59)
26. Arjan Boogaard (Deltasteur, 200800093) 50m 00:25.92 25,92	00:54.25(+64)
27. Senn Rutten (Hellas-Glana, 200700629) 50m 00:25.83 25,83	00:54.36(+68)
28. Bas Mostert (VZC, 200800629) 50m 00:26.65 26,65	00:54.68(+71)
29. Tijn Hilders (De Dolfijn, 200700027) 50m 00:26.25 26,25	00:54.85(+74)
30. Tijs Kruithof (Het Ravijn, 200701181) 50m 00:26.69 26,69	00:54.99(+69)
31. Alexander Griston (De Dolfijn, 200803053) 50m 00:26.45 26,45	00:55.03(+73)
32. Marnix Rietveld (Team Noord Holland (SG), 200700939) 50m 00:26.19 26,19	00:55.12(+70)
33. Rian Schoneveld (De Berkelduikers, 200801789) 50m 00:26.80 26,80	00:55.31(+69)
34. Thijs Poll (Deltasteur, 200700203) 50m 00:26.30 26,30	00:55.34(+63)
35. Emiel de Bruijn (Dedemsvaart-AC, 200700953) 50m 00:26.44 26,44	00:55.50(+66)
36. Sebastian Lopes Cardozo (WZK Zwemmen, 200800187) 50m 00:26.11 26,11	00:55.83(+64)
37. Bjorn Scholten (OZ&PC, 200801143) 50m 00:27.06 27,06	00:55.95(+75)
38. Floris van der Valk (Wiekslag, 200801891) 50m 00:26.81 26,81	00:56.07(+67)
39. Jort Siebelt (OZ&PC, 200700083) 50m 00:27.05 27,05	00:56.08(+75)
40. Fabian Riedijk (Blue Marlins, 200800603) 50m 00:26.60 26,60	00:56.12(+66)
41. Jelle van Mullekom (RZC, 200801267) 50m 00:26.47 26,47	00:56.18(+71)

1. Koen Marsman (Team NL - ZPC AMERSFOORT, 200502763)				00:49.21(+60)
50m	00:23.78	23,78		
2. Émile Fouzaï (ZPC AMERSFOORT, 200500263)				00:49.76(+63)
50m	00:23.96	23,96		
3. River Streefland (Blue Marlins, 200502253)				00:50.65(+66)
50m	00:24.32	24,32		
4. Tenzing Geutjes (ZPC AMERSFOORT, 200600441)				00:51.10(+64)
50m	00:24.48	24,48		
5. Colin Bes (DZ&PC, 200500201)				00:51.14(+70)
50m	00:24.64	24,64		
6. Lars Bulman (Blue Marlins, 200600125)				00:51.44(+61)
50m	00:24.73	24,73		
7. Rens Stijf (ZPC AMERSFOORT, 200501419)				00:51.78(+62)
50m	00:24.90	24,90		
8. Lucas van Rooij (PSV, 200603943)				00:52.10(+58)
50m	00:25.34	25,34		
9. 200m schoolslag - Dames				
vanaf 12 jaar (Junioren 2 en ouder)				
3. Jill Nai Chung Tong (WVZ, 200404272)				02:29.28(+67)
50m	00:33.56	33,56	100m 01:11.35	37,79
			150m 01:49.95	38,60
6. Hanna Kareinen (De Dolfijn, 200006774)				02:31.94(+71)
50m	00:34.59	34,59	100m 01:12.76	38,17
			150m 01:51.42	38,66
7. Kim Jansen van Galen (PSV, 200201594)				02:33.24(+73)
50m	00:34.38	34,38	100m 01:12.51	38,13
			150m 01:52.00	39,49
11. Nikita van den Ouden (PSV, 199900622)				02:33.71(+68)
50m	00:34.59	34,59	100m 01:13.37	38,78
			150m 01:53.17	39,80
14. Jade Geurts (WVZ, 200402278)				02:35.13(+74)
50m	00:34.06	34,06	100m 01:12.96	38,90
			150m 01:53.40	40,44
15. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)				02:35.55(+69)
50m	00:34.35	34,35	100m 01:13.81	39,46
			150m 01:54.64	40,83
17. Paula Spans (ZPC AMERSFOORT, 201000064)				02:35.79(+72)
50m	00:35.36	35,36	100m 01:14.68	39,32
			150m 01:54.98	40,30
19. Valesca van den Bogert (Hieronimus, 200102138)				02:36.31(+70)
50m	00:35.05	35,05	100m 01:14.94	39,89
			150m 01:55.55	40,61
21. Tess Vonk (De Geul, 200900024)				02:38.00(+63)
50m	00:36.40	36,40	100m 01:17.23	40,83
			150m 01:57.17	39,94
22. Robin Goossens (Nuenen, 200003128)				02:38.93(+80)
50m	00:35.95	35,95	100m 01:15.92	39,97
			150m 01:57.13	41,21
23. Mandy van Rossum (Aqua-Novio'94, 200204904)				02:39.45(+83)
50m	00:35.27	35,27	100m 01:15.41	40,14
			150m 01:57.28	41,87
25. Angelique van Vark (GZC DONK, 199701478)				02:39.76(+68)
50m	00:35.46	35,46	100m 01:16.14	40,68
			150m 01:57.88	41,74
27. Inge Koekoek (DWK, 200401648)				02:40.66(+74)
50m	00:35.38	35,38	100m 01:15.55	40,17
			150m 01:57.44	41,89
28. Kim Vos (De Woelwaters, 200000990)				02:40.78(+66)
50m	00:36.01	36,01	100m 01:16.92	40,91
			150m 01:59.22	42,30
33. Isa Schellekens (Z&PC Zegenwerp, 200002330)				02:42.48(+73)
50m	00:36.34	36,34	100m 01:18.08	41,74
			150m 02:00.09	42,01
34. Rinske Bouman (Feijenoord Albion Zwemclub, 200400578)				02:43.07(+65)

	50m 00:36.53 36,53	100m 01:16.98 40,45	150m 01:59.02 42,04	
37. Myrthe Stelten (Hellas-Glana, 200900234)				02:43.54(+78)
	50m 00:36.57 36,57	100m 01:18.45 41,88	150m 02:00.92 42,47	
39. Marre van der Wal (Bolsward-Workum (SG), 201000046)				02:45.16(+70)
	50m 00:36.63 36,63	100m 01:18.37 41,74	150m 02:01.42 43,05	
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>				
1. Rafaela Mulders (Team Noord Holland (SG), 200701398)				02:31.89(+65)
	50m 00:34.28 34,28	100m 01:12.82 38,54	150m 01:51.91 39,09	
2. Benigna Kocsispeter (Hellas-Glana, 200702058)				02:33.56(+68)
	50m 00:34.70 34,70	100m 01:13.72 39,02	150m 01:53.30 39,58	
3. Dachen Haaijer (ZPC Hoogeveen, 200800380)				02:33.64(+77)
	50m 00:35.06 35,06	100m 01:14.61 39,55	150m 01:54.82 40,21	
4. Nina Zusterzeel (PSV, 200800656)				02:34.42(+70)
	50m 00:35.30 35,30	100m 01:14.43 39,13	150m 01:54.36 39,93	
5. Esmee Mulder (DZ&PC, 200800038)				02:35.67(+67)
	50m 00:35.38 35,38	100m 01:15.13 39,75	150m 01:55.15 40,02	
6. Nieke Dovic (PSV, 200700238)				02:35.98(+78)
	50m 00:35.15 35,15	100m 01:15.19 40,04	150m 01:54.95 39,76	
7. Lisa Dirkzwager (Blue Marlins, 200703458)				02:39.67(+71)
	50m 00:34.48 34,48	100m 01:15.34 40,86	150m 01:56.89 41,55	
8. Diede de Vries (Zwemlust-den Hommel, 200803558)				02:41.02(+75)
	50m 00:36.81 36,81	100m 01:18.15 41,34	150m 01:59.51 41,36	
9. Annique Rupke (WVZ, 200700876)				02:41.18(+74)
	50m 00:36.84 36,84	100m 01:17.74 40,90	150m 01:59.34 41,60	
10. Rhodee van den Ham (De Duinkickers, 200700090)				02:41.20(+72)
	50m 00:36.87 36,87	100m 01:17.95 41,08	150m 01:58.74 40,79	
11. Annika Hogenhuis (Zwemlust-den Hommel, 200701340)				02:41.51(+72)
	50m 00:35.84 35,84	100m 01:16.70 40,86	150m 01:58.92 42,22	
12. Alexandra Gepkens (VZC, 200701690)				02:43.26(+67)
	50m 00:36.51 36,51	100m 01:17.12 40,61	150m 01:59.97 42,85	
13. Rosalie van der Bijl (Hieronymus, 200701644)				02:43.32(+70)
	50m 00:36.96 36,96	100m 01:18.87 41,91	150m 02:00.95 42,08	
14. Meyke v. Nimwegen (De Schotegil, 200800106)				02:45.23(+76)
	50m 00:37.11 37,11	100m 01:18.68 41,57	150m 02:01.74 43,06	
15. Isa Jansen (SBC2000, 200701176)				02:45.27(+75)
	50m 00:37.07 37,07	100m 01:18.99 41,92	150m 02:01.79 42,80	
16. Mila Oomens (NieMo Barracuda, 200700016)				02:47.78(+74)
	50m 00:37.23 37,23	100m 01:19.60 42,37	150m 02:03.96 44,36	
17. Lieze Bersch (SBC2000, 200800536)				02:51.62(+76)
	50m 00:38.28 38,28	100m 01:22.33 44,05	150m 02:06.85 44,52	
18. Julia Agricola (DZ&PC, 200800266)				02:52.09(+71)
	50m 00:39.26 39,26	100m 01:22.95 43,69	150m 02:07.54 44,59	
19. Leonoor Smale (Aqua-Novio'94, 200800942)				02:52.70(+78)
	50m 00:38.00 38,00	100m 01:21.81 43,81	150m 02:06.48 44,67	
20. Fenna Reijmers (CWW Swim team (SG), 200800244)				02:56.44(+69)
	50m 00:40.03 40,03	100m 01:24.95 44,92	150m 02:10.78 45,83	
<i>18 - 19 jaar</i>				
1. Zinke Delcommune (PSV, 200505416)				02:28.48(+72)
	50m 00:33.78 33,78	100m 01:11.89 38,11	150m 01:50.08 38,19	

2. Djanilla Brink (Team NL - De Dolfijn, 200600988)	50m 00:33.63 33,63	100m 01:11.11 37,48	150m 01:49.78 38,67	02:29.21(+77)
3. Mare Schallenberg (Blue Marlins, 200600078)	50m 00:34.33 34,33	100m 01:12.47 38,14	150m 01:51.63 39,16	02:30.58(+72)
4. Hedwig Bolt (HZ&PC Heerenveen, 200602660)	50m 00:34.90 34,90	100m 01:14.20 39,30	150m 01:53.62 39,42	02:33.50(+76)
5. Bridget Vermeer (ZPC AMERSFOORT, 200501766)	50m 00:33.90 33,90	100m 01:12.55 38,65	150m 01:53.08 40,53	02:34.74(+72)
6. Leyla Oversluizen (Feijenoord Albion Zwemclub, 200602730)	50m 00:34.92 34,92	100m 01:14.57 39,65	150m 01:55.95 41,38	02:37.91(+73)
7. Renske Oude Egbrink (OZ&PC, 200600040)	50m 00:35.61 35,61	100m 01:16.39 40,78	150m 01:57.96 41,57	02:40.11(+72)
8. Anouchka Bos (NieMo Barracuda, 200501528)	50m 00:36.54 36,54	100m 01:17.91 41,37	150m 02:00.91 43,00	02:45.00(+78)
10. 200m wisselslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
2. Lars Verhalle (PSV, 200200019)	50m 00:25.55 25,55	100m 00:55.82 30,27	150m 01:29.99 34,17	02:00.06(+71)
4. Luuk van Rooij (PSV, 200400581)	50m 00:25.81 25,81	100m 00:55.88 30,07	150m 01:31.98 36,10	02:01.29(+65)
5. Lucas Greven (Hellas-Glana, 199501941)	50m 00:25.87 25,87	100m 00:57.43 31,56	150m 01:31.90 34,47	02:01.54(+65)
6. Thomas Jansen (Team NL - WVZ, 200100143)	50m 00:26.41 26,41	100m 00:57.28 30,87	150m 01:33.28 36,00	02:02.17(+70)
9. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	50m 00:26.94 26,94	100m 00:57.67 30,73	150m 01:34.03 36,36	02:03.66(+57)
13. Ronis van Everdingen (DWK, 200300043)	50m 00:26.27 26,27	100m 00:58.37 32,10	150m 01:36.05 37,68	02:05.86(+75)
16. Abel te Riele (WVZ, 200402317)	50m 00:27.17 27,17	100m 00:59.65 32,48	150m 01:36.05 36,40	02:06.53(+72)
17. Nicko Kamphuis (De Warande, 199900887)	50m 00:27.46 27,46	100m 01:00.36 32,90	150m 01:36.71 36,35	02:06.66(+60)
19. Floris Stork (DZ&PC, 200305075)	50m 00:27.12 27,12	100m 00:59.64 32,52	150m 01:36.42 36,78	02:07.26(+64)
12 - 15 jaar (Junioren)				
1. Cheng Van Vondel (KSN (SG), 200902673) [SM9]	50m 00:40.43 40,43	100m 01:32.10 51,67	150m 02:25.55 53,45	03:11.81(+92)
16 - 17 jaar (Jeugd 1 en 2)				
1. Christoph Smit (MSV-Zeemacht, 200702629) [SM8]	50m 00:34.81 34,81	100m 01:13.76 38,95	150m 02:03.47 49,71	02:44.81(+77)
16 - 17 jaar (Jeugd 1 en 2)				
1. Nikodim Markovic (Blue Marlins, 200700255)	50m 00:25.41 25,41	100m 00:55.32 29,91	150m 01:30.25 34,93	02:00.72(+64)
2. Tiede Groener (PSV, 200700155)	50m 00:26.08 26,08	100m 00:57.03 30,95	150m 01:32.98 35,95	02:02.34(+70)
3. Wytse Broekstra (De Vikings, 200800121)	50m 00:27.24 27,24	100m 00:59.13 31,89	150m 01:34.10 34,97	02:03.72(+74)
4. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	50m 00:27.69 27,69	100m 00:59.11 31,42	150m 01:35.93 36,82	02:04.14(+73)

5. Mies de Wit (CWW Swim team (SG), 200700315)				02:06.17(+66)			
50m	00:27.12	27,12	100m 01:00.02	32,90	150m 01:36.61	36,59	
6. Storm Boxum (DZ&PC, 200700421)				02:07.13(+75)			
50m	00:27.26	27,26	100m 01:02.45	35,19	150m 01:36.23	33,78	
7. Tieme Wiersma (DZ&PC, 200701031)				02:09.83(+69)			
50m	00:28.95	28,95	100m 01:02.22	33,27	150m 01:40.18	37,96	
8. Job Sportel (De Dinkel, 200800429)				02:10.04(+64)			
50m	00:27.97	27,97	100m 01:00.54	32,57	150m 01:38.16	37,62	
9. Xiaoyu Yin (Blue Marlins, 200803363)				02:11.90(+67)			
50m	00:27.35	27,35	100m 01:00.53	33,18	150m 01:41.48	40,95	
10. Tijn Hilders (De Dolfijn, 200700027)				02:12.35(+71)			
50m	00:28.51	28,51	100m 01:03.44	34,93	150m 01:41.33	37,89	
11. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)				02:12.83(+69)			
50m	00:27.95	27,95	100m 01:01.88	33,93	150m 01:41.23	39,35	
12. Nout Folkersma (PSV, 200800595)				02:12.97(+66)			
50m	00:29.01	29,01	100m 01:02.78	33,77	150m 01:41.19	38,41	
13. Tim van Erven (DZ&PC, 200700175)				02:13.38(+87)			
50m	00:29.22	29,22	100m 01:02.53	33,31	150m 01:43.31	40,78	
14. Tim van Rooij (PSV, 200700129)				02:13.41(+70)			
50m	00:28.37	28,37	100m 01:02.69	34,32	150m 01:42.45	39,76	
15. Jaydey Schonewille (Steenwijk 1934, 200800025)				02:14.73(+76)			
50m	00:29.36	29,36	100m 01:02.87	33,51	150m 01:43.20	40,33	
16. Emiel de Bruijn (Dedemsvaart-AC, 200700953)				02:15.68(+66)			
50m	00:29.12	29,12	100m 01:05.00	35,88	150m 01:43.33	38,33	
17. Denzel Barthen (WVZ, 200700147)				02:15.74(+73)			
50m	00:27.80	27,80	100m 01:01.31	33,51	150m 01:41.68	40,37	
18. Rijk Leenders (VZC, 200800627)				02:16.03(+74)			
50m	00:29.67	29,67	100m 01:04.33	34,66	150m 01:42.41	38,08	
19. Jelte de Boer (De Vikings, 200700345)				02:16.69(+65)			
50m	00:29.35	29,35	100m 01:05.24	35,89	150m 01:44.30	39,06	
20. Tim Boerefijn (WVZ, 200802815)				02:16.73(+70)			
50m	00:29.37	29,37	100m 01:04.13	34,76	150m 01:45.75	41,62	
21. Rian Schoneveld (De Berkelduikers, 200801789)				02:17.68(+68)			
50m	00:28.89	28,89	100m 01:02.89	34,00	150m 01:44.76	41,87	
22. Liam Tjin Wong Joe (De Dolfijn, 200804105)				02:17.92(+65)			
50m	00:29.53	29,53	100m 01:05.61	36,08	150m 01:46.02	40,41	
23. Mads van Norden (ZPC AMERSFOORT, 200700029)				02:18.24(+71)			
50m	00:28.76	28,76	100m 01:06.34	37,58	150m 01:47.41	41,07	
24. Suraj Baladurage (Team Noord Holland (SG), 200801291)				02:18.58(+65)			
50m	00:28.91	28,91	100m 01:06.65	37,74	150m 01:46.53	39,88	
25. Koen de Vries (De Reest, 200802379)				02:18.62(+69)			
50m	00:29.11	29,11	100m 01:06.41	37,30	150m 01:45.86	39,45	
26. Tim Zuurman (Dedemsvaart-AC, 200700131)				02:18.75(+78)			
50m	00:31.19	31,19	100m 01:06.33	35,14	150m 01:47.81	41,48	
27. Cruz de Groot (Team Noord Holland (SG), 200801077)				02:19.11(+65)			
50m	00:28.13	28,13	100m 01:04.89	36,76	150m 01:44.47	39,58	
28. Alexander Griston (De Dolfijn, 200803053)				02:19.56(+74)			
50m	00:29.61	29,61	100m 01:07.70	38,09	150m 01:48.46	40,76	
29. Jort Siebelt (OZ&PC, 200700083)				02:21.71(+79)			

	50m 00:30.85 30,85	100m 01:06.41 35,56	150m 01:48.71 42,30	
30. Rens Noordover (Team Noord Holland (SG), 200800237)				02:25.65(+70)
	50m 00:30.07 30,07	100m 01:07.69 37,62	150m 01:49.80 42,11	
31. Thijs Poll (Deltasteur, 200700203)				02:26.30(+67)
	50m 00:33.64 33,64	100m 01:09.71 36,07	150m 01:52.19 42,48	
<i>18 - 19 jaar (Senioren 1 en 2)</i>				
1. Yanieck Weijland (Team NL - PSV, 200500329)				01:59.38(+69)
	50m 00:26.51 26,51	100m 00:57.08 30,57	150m 01:30.87 33,79	
2. Sven Klink (SWOL 1894, 200500349)				02:03.42(+71)
	50m 00:26.11 26,11	100m 00:57.48 31,37	150m 01:34.27 36,79	
3. Cas Verstegen (PSV, 200500891)				02:03.81(+67)
	50m 00:26.64 26,64	100m 00:58.75 32,11	150m 01:33.15 34,40	
4. Daan Sonneveld (WVZ, 200601085)				02:06.23(+66)
	50m 00:27.34 27,34	100m 00:58.39 31,05	150m 01:36.27 37,88	
5. Youri Voet (ZPC AMERSFOORT, 200502269)				02:08.94(+67)
	50m 00:27.95 27,95	100m 01:00.83 32,88	150m 01:38.58 37,75	
6. Storm Tolsma (DZ&PC, 200600277)				02:11.26(+72)
	50m 00:27.91 27,91	100m 01:02.58 34,67	150m 01:40.68 38,10	
<b>11. 50m vlinderslag - Dames</b>				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]				00:36.58(+71)
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]				00:31.57(+82)
3. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [S9]				00:31.57(+72)
4. Marije Oosterhuis (Azuro, 199500318) [S10]				00:34.63(+76)
5. Milou van Winkel (WVZ, 200402296) [S14]				00:36.38(+75)
6. Dannique Koolen (ZPC AMERSFOORT, 199904048) [S14]				00:36.90(+84)
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)				00:25.92(+64)
2. Kim Busch (Team NL - PSV, 199801450)				00:26.26(+73)
3. Britta Koehorst (WVZ, 200300246)				00:26.36(+65)
4. Jenjira Srisa-Ard (De Dolfijn, 199507058)				00:26.75(+60)
5. Femke Spiering (ZPC AMERSFOORT, 200204514)				00:26.83(+72)
6. Sam van Nunen (Team NL - PSV, 200100036)				00:26.98(+60)
7. Maaïke Broersma (BZ&PC, 200201522)				00:27.15(+66)
10. Manon Compagner (Dedemsvaart-AC, 200101710)				00:27.26(+72)
11. Kinge Zandringa (De Dolfijn, 199801422)				00:27.32(+69)
15. Kirsten Verhale (PSV, 200400210)				00:27.79(+74)
17. Fenna de Groot (Feijenoord Albion Zwemclub, 199701796)				00:27.83(+65)
18. Emma Hofstee (TriVia, 200401282)				00:27.96(+68)
18. Anne Fleur Willemsen (Azuro, 199901396)				00:27.96(+77)
22. Judith Houtvast (Hellas-Glana, 200300714)				00:28.19(+65)
24. Lynn Blommers (Blue Marlins, 200105062)				00:28.46(+66)
27. Lieke Oude Lenferink (De Dolfijn, 200200068)				00:28.65(+71)

29. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	00:28.68(+68)
30. Juliëtte Woltjes (VZC, 200900774)	00:28.69(+73)
33. Kim Jansen van Galen (PSV, 200201594)	00:28.73(+73)
34. Kim Zwinkels (ZPCH, 200300422)	00:28.82(+71)
35. Olena Dijkstra (Orca, 200202624)	00:28.84(+71)
37. Selene Wortel (Hieronymus, 199700654)	00:28.94(+67)
38. Michelle van Wijk (WWV Winterswijk, 200204746)	00:29.01(+70)
39. Kim Roestenberg (PSV, 200402670)	00:29.03(+66)
50. Karin Rijkelijkhuisen (DZ&PC, 199403358)	00:29.59(+66)
<i>12 - 15 jaar</i>	
1. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	00:50.94(+69)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jinth Engelse (Blue Marlins, 200800204)	00:27.39(+69)
2. Indira van Aggele (De Dolfijn, 200804424)	00:28.11(+76)
3. Hylcke de Beer (PSV, 200700006)	00:28.63(+68)
4. Nomi Olivier (ZPC AMERSFOORT, 200704848)	00:28.66(+70)
5. Rafaela Mulders (Team Noord Holland (SG), 200701398)	00:28.72(+65)
6. Jazz-Lynn Gomes Delgado (Feijenoord Albion Zwemclub, 200800738)	00:28.88(+69)
7. Ilse Rozema (Blue Marlins, 200803318)	00:29.06(+65)
8. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736)	00:29.14(+69)
8. Violetta Pflug (Blue Marlins, 200804704)	00:29.14(+70)
10. Lisa Dirkwager (Blue Marlins, 200703458)	00:29.38(+71)
11. Féline Sam (ZVZ, 200700018)	00:29.43(+71)
12. Ilana Gentile (Orca, 200801558)	00:29.46(+65)
13. Emmelien Smelt (ZVZ, 200800012)	00:29.49(+73)
14. Noa Ottens (VZC, 200702256)	00:29.57(+67)
15. Charlotte Woltjes (VZC, 200700110)	00:29.73(+73)
16. Pascalie Smal (DAW, 200802958)	00:29.99(+60)
17. Benigna Kocsispeter (Hellas-Glana, 200702058)	00:30.05(+69)
18. Eline van Rijn (DAW, 200700918)	00:30.09(+69)
19. Sofie Kragt (Dedemsvaart-AC, 200701020)	00:30.12(+73)
20. Laurien Gliese-Sloojer (De Dinkel, 200700636)	00:30.14(+70)
21. Anhelina Biletska (Nuenen, 200804930)	00:30.17(+68)
22. Niobe Maduro (Aqua-Novio'94, 200800378)	00:30.28(+68)
23. Ylva Konings (PSV, 200700148)	00:30.48(+72)
24. Ananda van der Wiel (WVZ, 200701562)	00:30.51(+62)
25. Lyke Bellert (Octopus-ZVV (SG), 200701424)	00:30.58(+73)
26. Inger van Oord (De Dolfijn, 200703912)	00:30.84(+80)
27. Mila Oomens (NieMo Barracuda, 200700016)	00:31.30(+70)

DIS. Bette Peetoom (DAW, 200801808)

00:00.00

18 - 19 jaar

1. Megan Jonkman (Blue Marlins, 200600508) 00:27.19(+75)
2. Marit Huisman (WVZ, 200502620) 00:27.23(+68)
3. Sara Korthuis (DZ&PC, 200600494) 00:27.32(+72)
4. Evy Rozeboom (DAW, 200601338) 00:27.66(+75)
5. Karlijn Offeringa (ZVVS, 200503292) 00:27.79(+77)
6. Tess Bemer (De Duinkickers, 200600450) 00:28.10(+71)
7. Indy van Laarhoven (PSV, 200500710) 00:28.30(+70)
8. Colinda van der Zanden (Aqua-Novio'94, 200502618) 00:28.58(+73)
9. Marin Wieling (ZPC AMERSFOORT, 200501220) 00:28.69(+70)
10. Jolijn Liezen (Steenwijk 1934, 200500518) 00:29.10(+71)
11. Madelief Mans (Blue Marlins, 200501260) 00:29.20(+71)

12. 1500m vrije slag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

8. Hessel Robert (Het Y, 200200917) 16:13.80(+75)

50m	00:28.32	28,32	450m	04:44.68	32,85	800m	08:33.56	33,13	1150m	12:24.81	33,21
100m	00:59.09	30,77	500m	05:17.39	32,71	850m	09:06.35	32,79	1200m	12:57.85	33,04
150m	01:31.04	31,95	550m	05:50.54	33,15	900m	09:39.35	33,00	1250m	13:31.24	33,39
200m	02:02.72	31,68	600m	06:22.93	32,39	950m	10:12.72	33,37	1300m	14:04.56	33,32
250m	02:35.05	32,33	650m	06:55.39	32,46	1000m	10:45.46	32,74	1350m	14:37.79	33,23
300m	03:07.19	32,14	700m	07:27.67	32,28	1050m	11:18.74	33,28	1400m	15:10.73	32,94
350m	03:39.70	32,51	750m	08:00.43	32,76	1100m	11:51.60	32,86	1450m	15:42.97	32,24
400m	04:11.83	32,13	800m	08:33.56	33,13	1150m	12:24.81	33,21			

10. Jorian Tanis (Feijenoord Albion Zwemclub, 199900327)

16:37.92(+77)

50m	00:29.41	29,41	450m	04:56.90	33,87	800m	08:54.60	34,11	1150m	12:50.19	33,38
100m	01:01.36	31,95	500m	05:30.92	34,02	850m	09:28.34	33,74	1200m	13:23.63	33,44
150m	01:34.39	33,03	550m	06:04.99	34,07	900m	10:02.15	33,81	1250m	13:56.85	33,22
200m	02:07.98	33,59	600m	06:39.12	34,13	950m	10:36.02	33,87	1300m	14:30.16	33,31
250m	02:41.83	33,85	650m	07:12.81	33,69	1000m	11:09.64	33,62	1350m	15:03.24	33,08
300m	03:15.51	33,68	700m	07:46.69	33,88	1050m	11:43.42	33,78	1400m	15:36.17	32,93
350m	03:49.25	33,74	750m	08:20.49	33,80	1100m	12:16.81	33,39	1450m	16:08.39	32,22
400m	04:23.03	33,78	800m	08:54.60	34,11	1150m	12:50.19	33,38			

14. Janne Englebort (Hieronymus, 200101561)

17:26.91(+70)

50m	00:29.31	29,31	450m	05:03.54	35,15	800m	09:11.64	35,30	1150m	13:20.57	35,55
100m	01:01.49	32,18	500m	05:39.00	35,46	850m	09:47.20	35,56	1200m	13:56.12	35,55
150m	01:35.10	33,61	550m	06:14.26	35,26	900m	10:22.66	35,46	1250m	14:31.35	35,23
200m	02:09.24	34,14	600m	06:49.62	35,36	950m	10:58.18	35,52	1300m	15:06.57	35,22
250m	02:43.74	34,50	650m	07:25.05	35,43	1000m	11:34.08	35,90	1350m	15:41.97	35,40
300m	03:18.31	34,57	700m	08:00.72	35,67	1050m	12:09.50	35,42	1400m	16:17.52	35,55
350m	03:53.19	34,88	750m	08:36.34	35,62	1100m	12:45.02	35,52	1450m	16:52.83	35,31
400m	04:28.39	35,20	800m	09:11.64	35,30	1150m	13:20.57	35,55			

16 - 17 jaar (Jeugd 1 en 2)

1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)

15:05.36(+61)

50m	00:26.79	26,79	450m	04:24.29	30,04	800m	07:56.50	30,36	1150m	11:31.02	30,51
100m	00:55.73	28,94	500m	04:54.52	30,23	850m	08:27.00	30,50	1200m	12:01.90	30,88
150m	01:24.94	29,21	550m	05:24.74	30,22	900m	08:57.63	30,63	1250m	12:32.53	30,63
200m	01:54.40	29,46	600m	05:55.10	30,36	950m	09:28.28	30,65	1300m	13:03.54	31,01
250m	02:24.22	29,82	650m	06:25.47	30,37	1000m	09:58.57	30,29	1350m	13:34.64	31,10
300m	02:54.20	29,98	700m	06:55.94	30,47	1050m	10:29.62	31,05	1400m	14:05.79	31,15
350m	03:24.12	29,92	750m	07:26.14	30,20	1100m	11:00.51	30,89	1450m	14:36.78	30,99
400m	03:54.25	30,13	800m	07:56.50	30,36	1150m	11:31.02	30,51			

2. Bram Loots (Team Noord Holland (SG), 200700197)

15:26.69(+65)



50m	00:27.07 27,07	450m	04:31.49 30,96	800m	08:08.91 31,32	1150m	11:47.80 31,40
100m	00:56.65 29,58	500m	05:02.25 30,76	850m	08:40.21 31,30	1200m	12:19.50 31,70
150m	01:26.57 29,92	550m	05:33.07 30,82	900m	09:11.81 31,60	1250m	12:50.92 31,42
200m	01:57.35 30,78	600m	06:04.12 31,05	950m	09:42.78 30,97	1300m	13:22.53 31,61
250m	02:28.08 30,73	650m	06:35.25 31,13	1000m	10:14.21 31,43	1350m	13:53.88 31,35
300m	02:58.82 30,74	700m	07:06.43 31,18	1050m	10:45.17 30,96	1400m	14:25.43 31,55
350m	03:29.72 30,90	750m	07:37.59 31,16	1100m	11:16.40 31,23	1450m	14:56.80 31,37
400m	04:00.53 30,81	800m	08:08.91 31,32	1150m	11:47.80 31,40		

3. Tieme Wiersma (DZ&PC, 200701031)

15:34.59(+72)

50m	00:27.80 27,80	450m	04:33.10 30,95	800m	08:10.96 31,79	1150m	11:52.84 31,52
100m	00:57.58 29,78	500m	05:04.06 30,96	850m	08:43.45 32,49	1200m	12:24.80 31,96
150m	01:28.26 30,68	550m	05:34.80 30,74	900m	09:14.95 31,50	1250m	12:57.08 32,28
200m	01:59.00 30,74	600m	06:05.50 30,70	950m	09:46.05 31,10	1300m	13:29.03 31,95
250m	02:29.77 30,77	650m	06:36.40 30,90	1000m	10:17.11 31,06	1350m	14:01.19 32,16
300m	03:00.60 30,83	700m	07:07.67 31,27	1050m	10:49.24 32,13	1400m	14:33.15 31,96
350m	03:31.41 30,81	750m	07:39.17 31,50	1100m	11:21.32 32,08	1450m	15:04.58 31,43
400m	04:02.15 30,74	800m	08:10.96 31,79	1150m	11:52.84 31,52		

4. Diede Veld (HZ&PC Heerenveen, 200800011)

16:03.77(+76)

50m	00:28.65 28,65	450m	04:46.54 32,80	800m	08:35.38 32,62	1150m	12:22.04 31,81
100m	00:59.77 31,12	500m	05:19.41 32,87	850m	09:07.97 32,59	1200m	12:54.05 32,01
150m	01:31.68 31,91	550m	05:52.05 32,64	900m	09:40.60 32,63	1250m	13:26.27 32,22
200m	02:03.79 32,11	600m	06:24.57 32,52	950m	10:12.87 32,27	1300m	13:58.19 31,92
250m	02:36.19 32,40	650m	06:57.24 32,67	1000m	10:45.23 32,36	1350m	14:30.61 32,42
300m	03:08.71 32,52	700m	07:30.04 32,80	1050m	11:17.77 32,54	1400m	15:03.09 32,48
350m	03:41.19 32,48	750m	08:02.76 32,72	1100m	11:50.23 32,46	1450m	15:34.47 31,38
400m	04:13.74 32,55	800m	08:35.38 32,62	1150m	12:22.04 31,81		

5. Bas Mostert (VZC, 200800629)

16:08.11(+68)

50m	00:28.21 28,21	450m	04:43.71 32,53	800m	08:33.93 33,00	1150m	12:22.63 32,65
100m	00:58.38 30,17	500m	05:16.52 32,81	850m	09:06.86 32,93	1200m	12:55.26 32,63
150m	01:29.50 31,12	550m	05:49.39 32,87	900m	09:39.39 32,53	1250m	13:28.06 32,80
200m	02:01.15 31,65	600m	06:22.27 32,88	950m	10:12.09 32,70	1300m	14:00.85 32,79
250m	02:33.30 32,15	650m	06:55.38 33,11	1000m	10:45.09 33,00	1350m	14:33.11 32,26
300m	03:05.68 32,38	700m	07:28.24 32,86	1050m	11:17.48 32,39	1400m	15:05.21 32,10
350m	03:38.29 32,61	750m	08:00.93 32,69	1100m	11:49.98 32,50	1450m	15:37.40 32,19
400m	04:11.18 32,89	800m	08:33.93 33,00	1150m	12:22.63 32,65		

6. Yarno van Dam (ACZ, 200800115)

16:11.12(+69)

50m	00:27.76 27,76	450m	04:43.34 32,22	800m	08:32.04 32,86	1150m	12:23.18 33,22
100m	00:58.57 30,81	500m	05:16.16 32,82	850m	09:04.82 32,78	1200m	12:56.72 33,54
150m	01:30.16 31,59	550m	05:48.58 32,42	900m	09:37.73 32,91	1250m	13:29.93 33,21
200m	02:01.99 31,83	600m	06:21.05 32,47	950m	10:10.63 32,90	1300m	14:02.78 32,85
250m	02:34.01 32,02	650m	06:53.59 32,54	1000m	10:43.75 33,12	1350m	14:35.45 32,67
300m	03:06.25 32,24	700m	07:26.36 32,77	1050m	11:16.57 32,82	1400m	15:08.04 32,59
350m	03:38.64 32,39	750m	07:59.18 32,82	1100m	11:49.96 33,39	1450m	15:40.27 32,23
400m	04:11.12 32,48	800m	08:32.04 32,86	1150m	12:23.18 33,22		

7. Jere Wiersma (DZ&PC, 200701037)

16:48.37(+74)

50m	00:29.85 29,85	450m	05:00.79 33,90	800m	08:57.51 33,67	1150m	12:53.71 33,77
100m	01:02.75 32,90	500m	05:34.53 33,74	850m	09:31.17 33,66	1200m	13:27.29 33,58
150m	01:36.46 33,71	550m	06:08.33 33,80	900m	10:05.22 34,05	1250m	14:01.10 33,81
200m	02:10.36 33,90	600m	06:42.23 33,90	950m	10:38.85 33,63	1300m	14:35.02 33,92
250m	02:44.65 34,29	650m	07:16.24 34,01	1000m	11:12.37 33,52	1350m	15:08.52 33,50
300m	03:18.72 34,07	700m	07:49.94 33,70	1050m	11:46.51 34,14	1400m	15:42.11 33,59
350m	03:52.72 34,00	750m	08:23.84 33,90	1100m	12:19.94 33,43	1450m	16:15.78 33,67
400m	04:26.89 34,17	800m	08:57.51 33,67	1150m	12:53.71 33,77		

18 - 19 jaar (Senioren 1 en 2)

1. Olivier Wilbers (ZPC Hoogeveen, 200600181)

16:11.68(+77)

50m	00:29.64 29,64	450m	04:43.82 31,72	800m	08:27.09 32,10	1150m	12:15.11 32,90
100m	01:01.09 31,45	500m	05:15.56 31,74	850m	08:59.34 32,25	1200m	12:48.27 33,16
150m	01:32.93 31,84	550m	05:47.36 31,80	900m	09:31.58 32,24	1250m	13:21.72 33,45
200m	02:04.72 31,79	600m	06:19.13 31,77	950m	10:04.05 32,47	1300m	13:55.32 33,60
250m	02:36.69 31,97	650m	06:50.97 31,84	1000m	10:36.72 32,67	1350m	14:29.25 33,93
300m	03:08.57 31,88	700m	07:23.00 32,03	1050m	11:09.39 32,67	1400m	15:03.50 34,25
350m	03:40.39 31,82	750m	07:54.99 31,99	1100m	11:42.21 32,82	1450m	15:38.12 34,62
400m	04:12.10 31,71	800m	08:27.09 32,10	1150m	12:15.11 32,90		

2. Bas Blanker (ACZ, 200601497) 16:31.68(+73)

50m	00:28.86 28,86	450m	04:45.96 32,61	800m	08:40.03 33,59	1150m	12:36.81 33,95
100m	01:00.74 31,88	500m	05:19.09 33,13	850m	09:13.56 33,53	1200m	13:10.62 33,81
150m	01:33.14 32,40	550m	05:52.26 33,17	900m	09:47.11 33,55	1250m	13:44.42 33,80
200m	02:05.27 32,13	600m	06:25.78 33,52	950m	10:20.69 33,58	1300m	14:18.22 33,80
250m	02:37.20 31,93	650m	06:59.15 33,37	1000m	10:54.62 33,93	1350m	14:52.38 34,16
300m	03:09.24 32,04	700m	07:32.80 33,65	1050m	11:28.86 34,24	1400m	15:26.03 33,65
350m	03:41.18 31,94	750m	08:06.44 33,64	1100m	12:02.86 34,00	1450m	15:59.39 33,36
400m	04:13.35 32,17	800m	08:40.03 33,59	1150m	12:36.81 33,95		

3. Thijs Wellink (ZPC AMERSFOORT, 200600715) 16:59.19(+68)

50m	00:28.59 28,59	450m	04:52.56 33,52	800m	08:50.68 34,33	1150m	12:54.04 35,19
100m	00:59.94 31,35	500m	05:26.36 33,80	850m	09:24.78 34,10	1200m	13:29.39 35,35
150m	01:32.75 32,81	550m	06:00.04 33,68	900m	09:59.33 34,55	1250m	14:04.94 35,55
200m	02:05.75 33,00	600m	06:34.00 33,96	950m	10:34.17 34,84	1300m	14:40.24 35,30
250m	02:38.83 33,08	650m	07:08.19 34,19	1000m	11:08.96 34,79	1350m	15:15.43 35,19
300m	03:11.99 33,16	700m	07:42.24 34,05	1050m	11:43.86 34,90	1400m	15:50.57 35,14
350m	03:45.39 33,40	750m	08:16.35 34,11	1100m	12:18.85 34,99	1450m	16:25.77 35,20
400m	04:19.04 33,65	800m	08:50.68 34,33	1150m	12:54.04 35,19		

4. Julian Prummel (De Otters Het Gooi, 200501731) 17:02.22(+78)

50m	00:29.83 29,83	450m	04:56.92 33,70	800m	08:58.75 34,59	1150m	13:00.61 34,06
100m	01:01.86 32,03	500m	05:31.34 34,42	850m	09:33.37 34,62	1200m	13:35.43 34,82
150m	01:34.91 33,05	550m	06:05.88 34,54	900m	10:07.92 34,55	1250m	14:10.35 34,92
200m	02:07.81 32,90	600m	06:40.23 34,35	950m	10:42.75 34,83	1300m	14:45.02 34,67
250m	02:41.29 33,48	650m	07:14.63 34,40	1000m	11:17.25 34,50	1350m	15:20.41 35,39
300m	03:15.74 34,45	700m	07:49.56 34,93	1050m	11:52.05 34,80	1400m	15:55.37 34,96
350m	03:48.62 32,88	750m	08:24.16 34,60	1100m	12:26.55 34,50	1450m	16:29.44 34,07
400m	04:23.22 34,60	800m	08:58.75 34,59	1150m	13:00.61 34,06		

11. 50m vlinderslag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

1. Emma Hofstee (TriVia, 200401282) 00:27.97(+67)
2. Anne Fleur Willemsen (Azuro, 199901396) 00:28.01(+78)

Nederlandse Kampioenschappen Korte Baan sessie 2 - finales - vrijdag 20 december 2024 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:15u

12. 1500m vrije slag - Heren

1. 400m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Aguila Dolsma (Blue Marlins, 200603902) [S14] 05:32.82(+74)

50m	00:34.34 34,34	150m	01:56.14 41,93	250m	03:22.59 43,46	350m	04:51.58 44,14
100m	01:14.21 39,87	200m	02:39.13 42,99	300m	04:07.44 44,85		
  2. Jenna Gorter (De Otters Het Gooi, 200702746) [S9] 06:05.25(+81)

50m	00:40.39 40,39	150m	02:12.41 46,74	250m	03:47.27 47,41	350m	05:21.79 47,02
100m	01:25.67 45,28	200m	02:59.86 47,45	300m	04:34.77 47,50		
  3. Gwyneth van der Spek (Batavia Swim, 201102806) [S7] 07:05.10(+78)

50m	00:50.44 50,44	150m	02:40.41 54,94	250m	04:30.02 54,65	350m	06:16.86 52,50
100m	01:45.47 55,03	200m	03:35.37 54,96	300m	05:24.36 54,34		
- . Meyke v. Nimwegen (De Schotejil, 200800106)
- . Imre Bouwland (ZPC Hoogeveen, 200700388)
- vanaf 12 jaar (Junioren 2 en ouder)
1. Imani de Jong (Team NL - PSV, 200200464) 04:04.45(+69)

50m	00:27.80 27,80	150m	01:29.22 30,89	250m	02:31.53 31,14	350m	03:34.46 31,42
100m	00:58.33 30,53	200m	02:00.39 31,17	300m	03:03.04 31,51		
  2. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218) 04:10.14(+74)

50m	00:29.06 29,06	150m	01:32.33 31,79	250m	02:35.84 31,68	350m	03:39.62 31,96
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	100m 01:00.54 31,48	200m 02:04.16 31,83	300m 03:07.66 31,82	
3. Hedwig Bolt (HZ&PC Heerenveen, 200602660)	50m 00:29.35 29,35	150m 01:33.05 32,11	250m 02:37.58 32,22	350m 03:42.13 32,20
	100m 01:00.94 31,59	200m 02:05.36 32,31	300m 03:09.93 32,35	04:13.40(+77)
4. Serena Stel (De Dolfijn, 199801528)	50m 00:29.71 29,71	150m 01:34.31 32,54	250m 02:39.92 32,75	350m 03:44.98 32,23
	100m 01:01.77 32,06	200m 02:07.17 32,86	300m 03:12.75 32,83	04:16.59(+71)
5. Angelina Rolman (Team NL - De Dolfijn, 200701972)	50m 00:29.43 29,43	150m 01:33.93 32,49	250m 02:39.84 32,84	350m 03:46.18 33,67
	100m 01:01.44 32,01	200m 02:07.00 33,07	300m 03:12.51 32,67	04:18.60(+58)
6. Nynke Boerefijn (ZPC AMERSFOORT, 200700114)	50m 00:29.77 29,77	150m 01:36.11 33,05	250m 02:42.05 32,68	350m 03:48.39 33,20
	100m 01:03.06 33,29	200m 02:09.37 33,26	300m 03:15.19 33,14	04:20.33(+87)
7. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	50m 00:29.43 29,43	150m 01:34.30 32,75	250m 02:41.57 33,41	350m 03:49.23 34,18
	100m 01:01.55 32,12	200m 02:08.16 33,86	300m 03:15.05 33,48	04:22.36(+72)
8. Jade van der Schrier (AZC, 200800692)	50m 00:29.86 29,86	150m 01:36.16 33,30	250m 02:43.66 34,03	350m 03:51.48 34,01
	100m 01:02.86 33,00	200m 02:09.63 33,47	300m 03:17.47 33,81	04:23.47(+72)
9. Nikita van den Ouden (PSV, 199900622)	50m 00:29.13 29,13	150m 01:34.42 32,74	250m 02:41.13 33,32	350m 03:47.82 33,12
	100m 01:01.68 32,55	200m 02:07.81 33,39	300m 03:14.70 33,57	04:20.08(+72)
10. Bregje Dekkers (PSV, 200900746)	50m 00:29.95 29,95	150m 01:35.46 33,07	250m 02:42.16 33,30	350m 03:49.09 33,23
	100m 01:02.39 32,44	200m 02:08.86 33,40	300m 03:15.86 33,70	04:22.69(+74)
11. Julie van Nispen (Nuenen, 200800290)	50m 00:29.01 29,01	150m 01:34.41 32,85	250m 02:41.56 33,67	350m 03:49.93 33,96
	100m 01:01.56 32,55	200m 02:07.89 33,48	300m 03:15.97 34,41	04:23.87(+70)
12. Fenne Metten (ZPC AMERSFOORT, 201000102)	50m 00:29.61 29,61	150m 01:36.66 33,88	250m 02:45.91 35,11	350m 03:54.94 34,31
	100m 01:02.78 33,17	200m 02:10.80 34,14	300m 03:20.63 34,72	04:27.86(+71)
13. Rhodee van den Ham (De Duinkickers, 200700090)	50m 00:30.77 30,77	150m 01:38.68 34,32	250m 02:47.51 33,73	350m 03:55.77 34,41
	100m 01:04.36 33,59	200m 02:13.78 35,10	300m 03:21.36 33,85	04:29.47(+73)
14. Myrthe Natziyl (DZ&PC, 200400076)	50m 00:31.35 31,35	150m 01:38.84 34,04	250m 02:47.54 34,28	350m 03:56.61 34,67
	100m 01:04.80 33,45	200m 02:13.26 34,42	300m 03:21.94 34,40	04:30.26(+85)
15. Tess Panjer (VZC, 200403060)	50m 00:30.54 30,54	150m 01:39.22 34,58	250m 02:48.98 34,93	350m 03:58.53 34,51
	100m 01:04.64 34,10	200m 02:14.05 34,83	300m 03:24.02 35,04	04:32.03(+76)
16. Amé Hulleman (DZ&PC, 200202794)	50m 00:30.90 30,90	150m 01:39.03 34,27	250m 02:48.31 34,60	350m 03:58.21 34,97
	100m 01:04.76 33,86	200m 02:13.71 34,68	300m 03:23.24 34,93	04:32.40(+74)
2. 100m rugslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [S6]	50m 00:38.13 38,13			01:16.27(+71)
2. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	50m 00:34.66 34,66			01:11.90(+69)
3. Thomas Braat (AZC, 200802269) [S14]	50m 00:34.77 34,77			01:12.03(+81)
4. Lars Jacobsen (DWK, 199705453) [S14]	50m 00:34.66 34,66			01:12.54(+80)

. Jisse Lousma (WVZ, 200701493)

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Raf Hendriks (Hellas-Glana, 200100879) 00:53.15(+64)  
50m 00:25.95 25,95
2. Hendrik van der Leest (PSV, 200404339) 00:53.29(+58)  
50m 00:25.60 25,60
3. Niels Dijkshoorn (Team NL - PSV, 200203079) 00:53.73(+60)  
50m 00:26.00 26,00
4. Thomas Jansen (Team NL - WVZ, 200100143) 00:53.74(+62)  
50m 00:26.09 26,09
5. Austin Namesnik (ZPC AMERSFOORT, 200101817) 00:53.77(+59)  
50m 00:25.95 25,95
6. Jelle Betten (DZ&PC, 200001535) 00:53.85(+56)  
50m 00:25.83 25,83
7. Nikodim Markovic (Blue Marlins, 200700255) 00:54.35(+61)  
50m 00:25.85 25,85
8. Daan Sonneveld (WVZ, 200601085) 00:54.85(+61)  
50m 00:26.43 26,43
9. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 00:53.94(+64)  
50m 00:26.19 26,19
10. Lars Minnaert (PSV, 200502355) 00:55.00(+56)  
50m 00:26.24 26,24
11. Sam Adams (De Dolfijn, 200704081) 00:56.61(+65)  
50m 00:27.44 27,44
12. Luuk Smits (Nuenen, 200001015) 00:56.81(+61)  
50m 00:26.87 26,87
13. Sjoerd van Weelden (Feijenoord Albion Zwemclub, 200101217) 00:56.86(+65)  
50m 00:27.25 27,25
14. Jake Franse (Blue Marlins, 200703873) 00:57.16(+68)  
50m 00:27.74 27,74
15. Tiede Groener (PSV, 200700155) 00:57.27(+69)  
50m 00:27.54 27,54
16. Niek Heethaar (DWK, 199900999) 00:57.28(+60)  
50m 00:26.83 26,83

### 3. 200m rugslag - Dames

*vanaf 12 jaar (Junioren 2 en ouder)*

1. Jinth Engelse (Blue Marlins, 200800204) 02:09.62(+59)  
50m 00:30.18 30,18 100m 01:02.95 32,77 150m 01:36.25 33,30
2. Ismay Lichtendonk (Dedemsvaart-AC, 200400622) 02:13.07(+62)  
50m 00:31.20 31,20 100m 01:06.05 34,85 150m 01:40.47 34,42
3. Jetske Moot (ZPC AMERSFOORT, 200400230) 02:13.18(+62)  
50m 00:31.23 31,23 100m 01:05.62 34,39 150m 01:39.91 34,29
4. Maaïke Ooms (ZPC AMERSFOORT, 200801580) 02:14.83(+70)  
50m 00:31.22 31,22 100m 01:05.33 34,11 150m 01:40.21 34,88
5. Fay Boxum (DZ&PC, 200900060) 02:14.86(+60)  
50m 00:30.97 30,97 100m 01:04.80 33,83 150m 01:39.45 34,65
6. Fleur Bussels (PSV, 200804848) 02:15.62(+57)  
50m 00:31.60 31,60 100m 01:05.92 34,32 150m 01:40.74 34,82
7. Frouke Ludwig (DZ&PC, 200800112) 02:16.74(+58)

	50m 00:31.70 31,70	100m 01:05.55 33,85	150m 01:40.60 35,05	
8. Laura van Etten (HZ&PC Heerenveen, 200800264)	50m 00:31.35 31,35	100m 01:06.07 34,72	150m 01:42.25 36,18	02:17.69(+66)
9. Elin Ditewig (VZC, 200900392)	50m 00:31.53 31,53	100m 01:06.32 34,79	150m 01:41.90 35,58	02:16.99(+63)
10. Maaïke Issard (DZ&PC, 200300022)	50m 00:32.11 32,11	100m 01:06.47 34,36	150m 01:42.35 35,88	02:17.47(+75)
11. Nina van der Schrier (AZC, 201000444)	50m 00:32.39 32,39	100m 01:07.59 35,20	150m 01:43.35 35,76	02:18.66(+66)
12. Famke Irvine (ZPC AMERSFOORT, 200501724)	50m 00:33.02 33,02	100m 01:08.57 35,55	150m 01:45.37 36,80	02:21.28(+69)
13. Isa Schellekens (Z&PC Zegenwerp, 200002330)	50m 00:32.57 32,57	100m 01:08.42 35,85	150m 01:44.44 36,02	02:21.29(+72)
14. Robin Goossens (Nuenen, 200003128)	50m 00:33.86 33,86	100m 01:09.62 35,76	150m 01:46.12 36,50	02:21.47(+81)
15. Lynn Blommers (Blue Marlins, 200105062)	50m 00:33.23 33,23	100m 01:09.97 36,74	150m 01:47.47 37,50	02:24.75(+57)
16. Maud Roffel (DZ&PC, 200700840)	50m 00:34.51 34,51	100m 01:12.89 38,38	150m 01:54.29 41,40	02:34.89(+70)
DIS. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)				00:00.00
. Imre Bouwland (ZPC Hoogeveen, 200700388)				
4. 50m schoolslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SB11]				00:31.42(+65)
2. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [SB6]				00:36.92(+79)
3. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [SB6]				00:45.97(+65)
4. Cheng Van Vondel (KSN (SG), 200902673) [SB8]				00:44.02(+82)
. Storm Boxum (DZ&PC, 200700421)				
. Anders van Norden (ZPC AMERSFOORT, 200400039)				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
1. Koen de Groot (Team NL - PSV, 200401059)				00:26.29(+62)
2. Kingue Struijf (De Dolfijn, 199400913)				00:27.17(+66)
3. Ivo Kroes (Team NL - Azuro, 200300079)				00:27.24(+68)
4. Max Peters (Nuenen, 199903123)				00:27.38(+60)
5. Lars Verhalle (PSV, 200200019)				00:27.40(+68)
6. Jason van den Berg (Blue Marlins, 200400009)				00:27.44(+63)
7. River Streefland (Blue Marlins, 200502253)				00:27.51(+65)
8. Bram Zwetsloot (De Dolfijn, 200202117)				00:27.75(+64)
9. Kasper Leeuw (ZPC AMERSFOORT, 199304435)				00:27.49(+59)
10. Viktor Koets (Blue Marlins, 200201677)				00:27.54(+70)
11. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391)				00:27.58(+63)
12. Luca Janssen (Team NL - PSV, 200403237)				00:27.92(+73)
13. Cas Verstegen (PSV, 200500891)				00:27.97(+66)

14. Yaniv Kerdijk (Team Noord Holland (SG), 200603439)	00:28.08(+70)
15. Thom Delno (VZC, 200000013)	00:28.30(+71)
DIS. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:00.00
5. 50m vrije slag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]	00:30.65(+65)
2. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [S9]	00:29.31(+73)
3. Marije Oosterhuis (Azuro, 199500318) [S10]	00:30.32(+82)
4. Milou van Winkel (WVZ, 200402296) [S14]	00:30.76(+73)
5. Mayke van Tintelen (OZ&PC, 200200688) [S14]	00:33.83(+78)
6. Dannique Koolen (ZPC AMERSFOORT, 199904048) [S14]	00:34.25(+85)
7. Jenna Gorter (De Otters Het Gooi, 200702746) [S9]	00:35.92(+80)
8. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	00:43.35(+68)
DIS. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]	00:00.00
. Kinge Zandringa (De Dolfijn, 199801422)	
. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:23.96(+59)
2. Milou van Wijk (Team NL - WVZ, 200404948)	00:24.28(+72)
3. Marrit Steenbergen (Team NL - PSV, 200000086)	00:24.37(+71)
4. Kim Busch (Team NL - PSV, 199801450)	00:24.53(+72)
5. Sam van Nunen (Team NL - PSV, 200100036)	00:24.74(+58)
6. Femke Spiering (ZPC AMERSFOORT, 200204514)	00:24.82(+70)
7. Megan Jonkman (Blue Marlins, 200600508)	00:25.25(+72)
8. Rosalie Reef (ZPC AMERSFOORT, 200800426)	00:25.38(+69)
9. Kirsten Verhalle (PSV, 200400210)	00:25.48(+71)
10. Hylcke de Beer (PSV, 200700006)	00:25.56(+67)
11. Sara Korthuis (DZ&PC, 200600494)	00:25.64(+70)
12. Colinda van der Zanden (Aqua-Novio'94, 200502618)	00:25.80(+74)
13. Naya Koc (DAW, 200400688)	00:25.89(+66)
14. Janne Slegers (PSV, 200404090)	00:25.99(+71)
15. Ilse Rozema (Blue Marlins, 200803318)	00:26.11(+65)
16. Lynn Blommers (Blue Marlins, 200105062)	00:26.17(+69)
6. 200m vlinderslag - Heren	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)	01:57.40(+60)
50m 00:26.83 26,83 100m 00:57.39 30,56 150m 01:27.77 30,38	
2. Émile Fouzaï (ZPC AMERSFOORT, 200500263)	01:57.69(+65)
50m 00:26.38 26,38 100m 00:56.26 29,88 150m 01:26.81 30,55	
3. Hendrik van der Leest (PSV, 200404339)	01:58.28(+65)
50m 00:26.01 26,01 100m 00:55.95 29,94 150m 01:26.72 30,77	
4. Sven Klink (SWOL 1894, 200500349)	02:02.62(+70)

	50m 00:27.20 27,20	100m 00:58.29 31,09	150m 01:30.40 32,11	
5. Lars Bulman (Blue Marlins, 200600125)	50m 00:26.57 26,57	100m 00:58.43 31,86	150m 01:31.03 32,60	02:04.08(+64)
6. Marlon Borger (PSV, 200404817)	50m 00:26.59 26,59	100m 00:58.42 31,83	150m 01:31.98 33,56	02:06.30(+74)
7. Xiaoyu Yin (Blue Marlins, 200803363)	50m 00:27.64 27,64	100m 00:59.40 31,76	150m 01:33.08 33,68	02:08.21(+70)
8. Yarno van Dam (ACZ, 200800115)	50m 00:28.00 28,00	100m 01:00.19 32,19	150m 01:33.72 33,53	02:09.41(+69)
9. Lucas van Rooij (PSV, 200603943)	50m 00:28.52 28,52	100m 01:00.63 32,11	150m 01:34.05 33,42	02:07.59(+60)
10. Kalle van Gemert (ZPC De Zeeuwse Kust, 199801259)	50m 00:28.61 28,61	100m 01:02.04 33,43	150m 01:35.30 33,26	02:08.26(+70)
11. Vincent Huele (Blue Marlins, 200703423)	50m 00:27.73 27,73	100m 00:59.75 32,02	150m 01:32.94 33,19	02:08.81(+70)
12. Jones Chuang (PSV, 200801173)	50m 00:27.78 27,78	100m 01:00.16 32,38	150m 01:34.86 34,70	02:10.75(+71)
13. Milco Matla (PSV, 200600555)	50m 00:29.04 29,04	100m 01:02.38 33,34	150m 01:36.75 34,37	02:11.51(+78)
14. Diede Veld (HZ&PC Heerenveen, 200800011)	50m 00:29.22 29,22	100m 01:02.53 33,31	150m 01:37.29 34,76	02:11.54(+77)
15. Daniel Wegman (ZPCH, 200802843)	50m 00:29.05 29,05	100m 01:02.69 33,64	150m 01:37.21 34,52	02:11.73(+72)
16. Guus Hoogduin (ZVL-1886, 200201069)	50m 00:29.58 29,58	100m 01:02.83 33,25	150m 01:37.32 34,49	02:12.38(+80)
. Pepijn van Egmond (WVZ, 200402309)				
. Ties Berghs (ZEPS, 200700709)				
7. 100m wisselslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SM11]	50m 00:37.42 37,42			01:16.88(+76)
2. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [SM9]	50m 00:34.23 34,23			01:15.21(+71)
3. Marije Oosterhuis (Azuro, 199500318) [SM10]	50m 00:35.42 35,42			01:19.69(+80)
4. Aguila Dolsma (Blue Marlins, 200603902) [SM14]	50m 00:37.08 37,08			01:19.74(+75)
5. Milou van Winkel (WVZ, 200402296) [SM14]	50m 00:37.10 37,10			01:20.55(+76)
6. Jenna Gorter (De Otters Het Gooi, 200702746) [SM9]	50m 00:46.01 46,01			01:36.20(+86)
. Meyke v. Nimwegen (De Schotejil, 200800106)				
. Ilse Rozema (Blue Marlins, 200803318)				
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	50m 00:28.30 28,30			00:59.32(+61)
2. Mare Schallenberg (Blue Marlins, 200600078)	50m 00:28.26 28,26			01:00.18(+68)

3. Britta Koehorst (WVZ, 200300246) 50m 00:27.37 27,37	01:00.54(+65)
4. Jenjira Srisa-Ard (De Dolfijn, 199507058) 50m 00:28.20 28,20	01:01.45(+58)
5. Fay Boxum (DZ&PC, 200900060) 50m 00:29.66 29,66	01:04.04(+73)
6. Hylcke de Beer (PSV, 200700006) 50m 00:31.19 31,19	01:04.70(+71)
7. Merel Schravendijk (Blue Marlins, 200503382) 50m 00:30.27 30,27	01:05.25(+74)
8. Selene Wortel (Hieronymus, 199700654) 50m 00:30.39 30,39	01:05.31(+67)
9. Kinge Zandringa (De Dolfijn, 199801422) 50m 00:29.07 29,07	01:04.19(+68)
10. Annique Rupke (WVZ, 200700876) 50m 00:30.18 30,18	01:06.07(+73)
11. Charlotte Woltjes (VZC, 200700110) 50m 00:29.83 29,83	01:06.22(+69)
12. Esmee Mulder (DZ&PC, 200800038) 50m 00:30.79 30,79	01:06.66(+69)
13. Indira van Aggele (De Dolfijn, 200804424) 50m 00:29.88 29,88	01:07.15(+76)
14. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736) 50m 00:29.76 29,76	01:07.51(+70)
15. Mila Oomens (NieMo Barracuda, 200700016) 50m 00:30.99 30,99	01:08.16(+73)
16. Ilana Gentile (Orca, 200801558) 50m 00:30.71 30,71	01:08.40(+65)
8. 100m vrije slag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [S11] 50m 00:27.25 27,25	00:56.90(+70)
2. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7] 50m 00:31.50 31,50	01:06.38(+63)
3. Lars Jacobsen (DWK, 199705453) [S14] 50m 00:28.97 28,97	01:00.20(+76)
4. Jesse Bruines (Batavia Swim, 200402413) [S8] 50m 00:32.37 32,37	01:07.69(+70)
5. Thomas Braat (AZC, 200802269) [S14] 50m 00:29.95 29,95	01:03.09(+85)
6. Sander Knol (ZPC De Kanaalstreek, 200701093) [S9] 50m 00:36.79 36,79	01:18.08(+75)
7. Cheng Van Vondel (KSN (SG), 200902673) [S9] 50m 00:37.00 37,00	01:18.50(+87)
. Siem de Zeeuw (OZ&PC, 200800013) <i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Sean Niewold (Feijenoord Albion Zwemclub, 200204699) 50m 00:22.94 22,94	00:47.47(+66)
2. Merlin Belmon (Team NL - PSV, 200403191)	00:47.67(+67)



	50m 00:23.01 23,01			
3. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321)	50m 00:22.77 22,77			00:48.09(+69)
4. Koen Marsman (Team NL - ZPC AMERSFOORT, 200502763)	50m 00:23.40 23,40			00:48.64(+60)
5. Brandon van den Berg (Blue Marlins, 200200669)	50m 00:23.44 23,44			00:49.00(+69)
6. Ivo Stolk (Feijenoord Albion Zwemclub, 200100615)	50m 00:23.31 23,31			00:49.13(+68)
7. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	50m 00:23.74 23,74			00:49.18(+73)
8. Floris Tanis (Feijenoord Albion Zwemclub, 200700005)	50m 00:23.85 23,85			00:50.11(+72)
9. Michael Smink (Blue Marlins, 200302169)	50m 00:23.36 23,36			00:48.67(+63)
10. Luca Janssen (Team NL - PSV, 200403237)	50m 00:23.69 23,69			00:49.87(+71)
11. Lars Kerremans (Hellas-Glana, 200100305)	50m 00:24.01 24,01			00:50.26(+64)
12. Simon Claasen (ZPC AMERSFOORT, 200400231)	50m 00:24.15 24,15			00:50.41(+53)
13. Boele Böhm (Blue Marlins, 200700739)	50m 00:23.98 23,98			00:50.43(+67)
14. Rijk Heere (ZPC AMERSFOORT, 200300897)	50m 00:23.98 23,98			00:50.49(+64)
15. River Streefland (Blue Marlins, 200502253)	50m 00:24.49 24,49			00:50.77(+67)
16. Felix Geenen (DAW, 199501085)	50m 00:24.00 24,00			00:50.81(+71)
9. 200m schoolslag - Dames <i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
1. Jill Nai Chung Tong (WVZ, 200404272)	50m 00:32.97 32,97	100m 01:10.25 37,28	150m 01:47.59 37,34	02:26.21(+68)
2. Zinke Delcommune (PSV, 200505416)	50m 00:33.96 33,96	100m 01:11.21 37,25	150m 01:49.12 37,91	02:27.29(+70)
3. Djanilla Brink (Team NL - De Dolfijn, 200600988)	50m 00:33.73 33,73	100m 01:11.64 37,91	150m 01:50.37 38,73	02:29.78(+79)
4. Kim Jansen van Galen (PSV, 200201594)	50m 00:34.27 34,27	100m 01:12.52 38,25	150m 01:51.60 39,08	02:31.51(+73)
5. Nikita van den Ouden (PSV, 199900622)	50m 00:34.41 34,41	100m 01:12.98 38,57	150m 01:52.76 39,78	02:33.00(+69)
6. Hanna Kareinen (De Dolfijn, 200006774)	50m 00:35.10 35,10	100m 01:13.53 38,43	150m 01:53.05 39,52	02:33.06(+69)
7. Benigna Kocsispeter (Hellas-Glana, 200702058)	50m 00:34.43 34,43	100m 01:13.22 38,79	150m 01:53.86 40,64	02:34.78(+68)
8. Rafaela Mulders (Team Noord Holland (SG), 200701398)	50m 00:34.45 34,45	100m 01:13.52 39,07	150m 01:54.59 41,07	02:36.32(+66)
9. Bridget Vermeer (ZPC AMERSFOORT, 200501766)	50m 00:33.94 33,94	100m 01:12.52 38,58	150m 01:52.23 39,71	02:33.36(+74)

10. Nina Zusterzeel (PSV, 200800656)				02:35.15(+71)			
50m	00:35.09	35,09	100m 01:14.40	39,31	150m 01:54.86	40,46	
11. Paula Spans (ZPC AMERSFOORT, 20100064)				02:36.56(+72)			
50m	00:35.23	35,23	100m 01:15.22	39,99	150m 01:55.65	40,43	
12. Tess Vonk (De Geul, 200900024)				02:37.52(+65)			
50m	00:36.17	36,17	100m 01:16.15	39,98	150m 01:56.40	40,25	
13. Valesca van den Bogert (Hieronymus, 200102138)				02:37.84(+70)			
50m	00:35.23	35,23	100m 01:15.17	39,94	150m 01:56.40	41,23	
14. Leyla Oversluizen (Feijenoord Albion Zwemclub, 200602730)				02:39.08(+72)			
50m	00:34.74	34,74	100m 01:14.56	39,82	150m 01:56.77	42,21	
15. Lisa Dirkwager (Blue Marlins, 200703458)				02:39.65(+77)			
50m	00:35.20	35,20	100m 01:16.11	40,91	150m 01:57.60	41,49	
16. Nieke Dovic (PSV, 200700238)				02:40.35(+69)			
50m	00:35.78	35,78	100m 01:16.29	40,51	150m 01:58.38	42,09	
. Inge Koekoek (DWK, 200401648)							
. Renske Oude Egbrink (OZ&PC, 200600040)							
10. 200m wisselslag - Heren							
vanaf 11 jaar (Senioren Open)							
1. Christoph Smit (MSV-Zeemacht, 200702629) [SM8]				02:46.23(+78)			
50m	00:35.74	35,74	100m 01:15.41	39,67	150m 02:06.26	50,85	
2. Cheng Van Vondel (KSN (SG), 200902673) [SM9]				03:05.58(+79)			
50m	00:40.77	40,77	100m 01:30.62	49,85	150m 02:23.03	52,41	
. Tieme Wiersma (DZ&PC, 200701031)							
. Job Sportel (De Dinkel, 200800429)							
vanaf 12 jaar (Junioren 1 en ouder)							
1. Yanieck Weijland (Team NL - PSV, 200500329)				01:58.15(+69)			
50m	00:26.46	26,46	100m 00:56.64	30,18	150m 01:30.42	33,78	
2. Lars Verhalle (PSV, 200200019)				01:58.28(+80)			
50m	00:25.44	25,44	100m 00:56.17	30,73	150m 01:29.51	33,34	
3. Nikodim Markovic (Blue Marlins, 200700255)				02:00.60(+67)			
50m	00:25.65	25,65	100m 00:56.43	30,78	150m 01:32.36	35,93	
4. Lucas Greven (Hellas-Glana, 199501941)				02:00.65(+66)			
50m	00:26.14	26,14	100m 00:57.07	30,93	150m 01:31.29	34,22	
5. Thomas Jansen (Team NL - WVZ, 200100143)				02:00.93(+70)			
50m	00:26.22	26,22	100m 00:56.43	30,21	150m 01:32.01	35,58	
6. Luuk van Rooij (PSV, 200400581)				02:01.95(+63)			
50m	00:25.87	25,87	100m 00:56.28	30,41	150m 01:32.49	36,21	
7. Tiede Groener (PSV, 200700155)				02:03.37(+70)			
50m	00:25.78	25,78	100m 00:57.13	31,35	150m 01:33.94	36,81	
8. Sven Klink (SWOL 1894, 200500349)				02:04.06(+74)			
50m	00:26.18	26,18	100m 00:57.74	31,56	150m 01:34.65	36,91	
9. Wytse Broekstra (De Vikings, 200800121)				02:03.05(+75)			
50m	00:27.21	27,21	100m 00:58.93	31,72	150m 01:32.98	34,05	
10. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)				02:05.47(+59)			
50m	00:27.11	27,11	100m 00:58.43	31,32	150m 01:35.72	37,29	
11. Abel te Riele (WVZ, 200402317)				02:05.57(+70)			
50m	00:27.03	27,03	100m 00:59.21	32,18	150m 01:35.45	36,24	
12. Ronis van Everdingen (DWK, 200300043)				02:05.61(+75)			
50m	00:26.07	26,07	100m 00:57.60	31,53	150m 01:35.39	37,79	

13. Mies de Wit (CWW Swim team (SG), 200700315)		02:06.48(+66)
50m 00:27.13 27,13	100m 00:59.65 32,52	150m 01:36.65 37,00
14. Nicko Kamphuis (De Warande, 199900887)		02:06.60(+61)
50m 00:27.21 27,21	100m 01:00.41 33,20	150m 01:36.90 36,49
15. Floris Stork (DZ&PC, 200305075)		02:07.31(+63)
50m 00:26.38 26,38	100m 00:59.13 32,75	150m 01:36.11 36,98
16. Youri Voet (ZPC AMERSFOORT, 200502269)		02:08.66(+67)
50m 00:28.02 28,02	100m 01:00.84 32,82	150m 01:38.36 37,52
11. 50m vlinderslag - Dames		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]		00:36.09(+69)
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]		00:31.27(+84)
3. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [S9]		00:31.54(+72)
4. Marije Oosterhuis (Azuro, 199500318) [S10]		00:33.74(+84)
5. Milou van Winkel (WVZ, 200402296) [S14]		00:36.32(+74)
6. Dannique Koolen (ZPC AMERSFOORT, 199904048) [S14]		00:38.03(+84)
7. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]		00:52.16(+74)
. Emma Hofstee (TriVia, 200401282)		
. Anne Fleur Willemsen (Azuro, 199901396)		
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>		
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)		00:25.50(+61)
2. Kim Busch (Team NL - PSV, 199801450)		00:26.05(+71)
3. Jenjira Srisa-Ard (De Dolfijn, 199507058)		00:26.21(+58)
4. Britta Koehorst (WVZ, 200300246)		00:26.42(+65)
5. Femke Spiering (ZPC AMERSFOORT, 200204514)		00:26.46(+73)
6. Sam van Nunen (Team NL - PSV, 200100036)		00:26.72(+59)
7. Megan Jonkman (Blue Marlins, 200600508)		00:26.99(+73)
8. Maaïke Broersma (BZ&PC, 200201522)		00:27.11(+69)
9. Marit Huisman (WVZ, 200502620)		00:26.94(+70)
10. Manon Compagner (Dedemsvaart-AC, 200101710)		00:27.07(+70)
11. Kinge Zandringa (De Dolfijn, 199801422)		00:27.25(+65)
12. Jinth Engelse (Blue Marlins, 200800204)		00:27.30(+70)
13. Kirsten Verhale (PSV, 200400210)		00:27.33(+74)
14. Evy Rozeboom (DAW, 200601338)		00:27.52(+74)
15. Sara Korthuis (DZ&PC, 200600494)		00:27.67(+73)
16. Fenna de Groot (Feijenoord Albion Zwemclub, 199701796)		00:28.39(+66)
13. 4x200m vrije slag heren		
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>		
1. ZPC AMERSFOORT		07:09.19
Koen Marsman 2005 (+63)	50m 00:24.89 24,89	
Koen Marsman 2005 (+63)	100m 00:51.95 27,06	
Koen Marsman 2005 (+63)	150m 01:19.99 28,04	
Koen Marsman 2005 (+63)	200m 01:47.66 27,67	
Austin Namesnik 2001 (+27)	250m 02:12.00 24,34	

Austin Namesnik 2001 (+27)	300m	02:39.18	27,18
Austin Namesnik 2001 (+27)	350m	03:07.07	27,89
Austin Namesnik 2001 (+27)	400m	03:34.66	27,59
Émile Fouzaï 2005 (+33)	450m	03:59.21	24,55
Émile Fouzaï 2005 (+33)	500m	04:26.31	27,10
Émile Fouzaï 2005 (+33)	550m	04:53.96	27,65
Émile Fouzaï 2005 (+33)	600m	05:21.65	27,69
Lucas Peters 2003 (+14)	650m	05:45.28	23,63
Lucas Peters 2003 (+14)	700m	06:11.96	26,68
Lucas Peters 2003 (+14)	750m	06:40.39	28,43
Lucas Peters 2003 (+14)	800m	07:09.19	28,80

2. PSV

07:12.29

Merlin Belmon 2004 (+68)	50m	00:25.25	25,25
Merlin Belmon 2004 (+68)	100m	00:53.12	27,87
Merlin Belmon 2004 (+68)	150m	01:21.15	28,03
Merlin Belmon 2004 (+68)	200m	01:48.37	27,22
Niels Dijkhoorn 2002 (+12)	250m	02:12.93	24,56
Niels Dijkhoorn 2002 (+12)	300m	02:40.28	27,35
Niels Dijkhoorn 2002 (+12)	350m	03:08.05	27,77
Niels Dijkhoorn 2002 (+12)	400m	03:35.92	27,87
Luuk van Rooij 2004 (+50)	450m	04:00.88	24,96
Luuk van Rooij 2004 (+50)	500m	04:28.00	27,12
Luuk van Rooij 2004 (+50)	550m	04:56.56	28,56
Luuk van Rooij 2004 (+50)	600m	05:25.75	29,19
Tiago Fonseca Gomes 2007 (+37)	650m	05:49.94	24,19
Tiago Fonseca Gomes 2007 (+37)	700m	06:17.36	27,42
Tiago Fonseca Gomes 2007 (+37)	750m	06:44.88	27,52
Tiago Fonseca Gomes 2007 (+37)	800m	07:12.29	27,41

3. Hellas-Glana

07:30.66

Lars Kerremans 2001 (+65)	50m	00:26.01	26,01
Lars Kerremans 2001 (+65)	100m	00:55.71	29,70
Lars Kerremans 2001 (+65)	150m	01:26.60	30,89
Lars Kerremans 2001 (+65)	200m	01:55.70	29,10
Raf Hendriks 2001 (+16)	250m	02:20.10	24,40
Raf Hendriks 2001 (+16)	300m	02:47.61	27,51
Raf Hendriks 2001 (+16)	350m	03:16.00	28,39
Raf Hendriks 2001 (+16)	400m	03:43.98	27,98
Mattia Maggio 2009	450m	04:09.32	25,34
Mattia Maggio 2009	500m	04:38.65	29,33
Mattia Maggio 2009	550m	05:08.56	29,91
Mattia Maggio 2009	600m	05:39.01	30,45
Lucas Greven 1995 (+49)	650m	06:04.31	25,30
Lucas Greven 1995 (+49)	700m	06:32.44	28,13
Lucas Greven 1995 (+49)	750m	07:01.66	29,22
Lucas Greven 1995 (+49)	800m	07:30.66	29,00

4. PSV

07:36.89

Lucas van Rooij 2006 (+64)	50m	00:26.21	26,21
Lucas van Rooij 2006 (+64)	100m	00:54.56	28,35
Lucas van Rooij 2006 (+64)	150m	01:23.83	29,27
Lucas van Rooij 2006 (+64)	200m	01:53.10	29,27
Tiede Groener 2007 (+49)	250m	02:18.64	25,54
Tiede Groener 2007 (+49)	300m	02:46.82	28,18
Tiede Groener 2007 (+49)	350m	03:15.70	28,88
Tiede Groener 2007 (+49)	400m	03:44.04	28,34
Martijn Nies 2009 (+47)	450m	04:09.83	25,79
Martijn Nies 2009 (+47)	500m	04:38.78	28,95
Martijn Nies 2009 (+47)	550m	05:08.57	29,79
Martijn Nies 2009 (+47)	600m	05:39.38	30,81
Marlon Borger 2004 (+30)	650m	06:05.11	25,73
Marlon Borger 2004 (+30)	700m	06:34.83	29,72
Marlon Borger 2004 (+30)	750m	07:05.70	30,87
Marlon Borger 2004 (+30)	800m	07:36.89	31,19

5. DZ&PC

07:42.30

Storm Tolsma 2006 (+73)	50m	00:26.59	26,59
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Storm Tolsma 2006 (+73)	100m	00:55.60	29,01
Storm Tolsma 2006 (+73)	150m	01:25.80	30,20
Storm Tolsma 2006 (+73)	200m	01:55.56	29,76
Storm Boxum 2007 (+38)	250m	02:20.83	25,27
Storm Boxum 2007 (+38)	300m	02:49.82	28,99
Storm Boxum 2007 (+38)	350m	03:20.20	30,38
Storm Boxum 2007 (+38)	400m	03:50.73	30,53
Tim van Erven 2007 (+56)	450m	04:17.18	26,45
Tim van Erven 2007 (+56)	500m	04:46.15	28,97
Tim van Erven 2007 (+56)	550m	05:16.76	30,61
Tim van Erven 2007 (+56)	600m	05:48.33	31,57
Colin Bes 2005 (+48)	650m	06:13.35	25,02
Colin Bes 2005 (+48)	700m	06:41.62	28,27
Colin Bes 2005 (+48)	750m	07:11.77	30,15
Colin Bes 2005 (+48)	800m	07:42.30	30,53

#### 6. OZ&PC

07:49.57

Niek Vreeling 2006 (+71)	50m	00:26.52	26,52
Niek Vreeling 2006 (+71)	100m	00:55.96	29,44
Niek Vreeling 2006 (+71)	150m	01:26.45	30,49
Niek Vreeling 2006 (+71)	200m	01:57.28	30,83
Bjorn Scholten 2008 (+44)	250m	02:24.32	27,04
Bjorn Scholten 2008 (+44)	300m	02:54.95	30,63
Bjorn Scholten 2008 (+44)	350m	03:25.76	30,81
Bjorn Scholten 2008 (+44)	400m	03:57.36	31,60
Siem de Zeeuw 2008 (+29)	450m	04:22.58	25,22
Siem de Zeeuw 2008 (+29)	500m	04:51.38	28,80
Siem de Zeeuw 2008 (+29)	550m	05:21.97	30,59
Siem de Zeeuw 2008 (+29)	600m	05:52.72	30,75
Milan Veelders 2008 (+52)	650m	06:19.30	26,58
Milan Veelders 2008 (+52)	700m	06:49.72	30,42
Milan Veelders 2008 (+52)	750m	07:20.55	30,83
Milan Veelders 2008 (+52)	800m	07:49.57	29,02

#### 7. Team Noord Holland (SG)

07:50.84

Giovanni Phillipson 2008 (+77)	50m	00:25.91	25,91
Giovanni Phillipson 2008 (+77)	100m	00:54.76	28,85
Giovanni Phillipson 2008 (+77)	150m	01:24.69	29,93
Giovanni Phillipson 2008 (+77)	200m	01:54.51	29,82
Rens Noordover 2008 (+45)	250m	02:22.27	27,76
Rens Noordover 2008 (+45)	300m	02:53.09	30,82
Rens Noordover 2008 (+45)	350m	03:25.25	32,16
Rens Noordover 2008 (+45)	400m	03:57.74	32,49
Willem Weustink 2008 (+17)	450m	04:24.09	26,35
Willem Weustink 2008 (+17)	500m	04:54.11	30,02
Willem Weustink 2008 (+17)	550m	05:26.22	32,11
Willem Weustink 2008 (+17)	600m	05:58.07	31,85
Bram Loots 2007 (+29)	650m	06:23.23	25,16
Bram Loots 2007 (+29)	700m	06:51.38	28,15
Bram Loots 2007 (+29)	750m	07:21.32	29,94
Bram Loots 2007 (+29)	800m	07:50.84	29,52

#### 8. Dedemsvaart-AC

08:03.49

Dennis Mosterman 2005 (+70)	50m	00:27.34	27,34
Dennis Mosterman 2005 (+70)	100m	00:57.41	30,07
Dennis Mosterman 2005 (+70)	150m	01:28.88	31,47
Dennis Mosterman 2005 (+70)	200m	02:00.30	31,42
Tiamo van der Veen 2006 (+22)	250m	02:26.38	26,08
Tiamo van der Veen 2006 (+22)	300m	02:55.50	29,12
Tiamo van der Veen 2006 (+22)	350m	03:27.16	31,66
Tiamo van der Veen 2006 (+22)	400m	03:59.92	32,76
Emiel de Bruijn 2007 (+30)	450m	04:26.81	26,89
Emiel de Bruijn 2007 (+30)	500m	04:57.40	30,59
Emiel de Bruijn 2007 (+30)	550m	05:29.49	32,09
Emiel de Bruijn 2007 (+30)	600m	06:00.58	31,09
Melle van Veen 2007 (+26)	650m	06:27.27	26,69
Melle van Veen 2007 (+26)	700m	06:59.00	31,73
Melle van Veen 2007 (+26)	750m	07:31.53	32,53

Melle van Veen 2007 (+26) 800m 08:03.49 31,96

14. 4x200m vrije slag dames  
vanaf 12 jaar (Junioren 2 en ouder)

1. PSV

08:03.93

Sam van Nunen 2001 (+61) 50m 00:27.77 27,77  
Sam van Nunen 2001 (+61) 100m 00:58.56 30,79  
Sam van Nunen 2001 (+61) 150m 01:30.06 31,50  
Sam van Nunen 2001 (+61) 200m 02:01.34 31,28  
Janne Slegers 2004 (+43) 250m 02:29.61 28,27  
Janne Slegers 2004 (+43) 300m 03:00.83 31,22  
Janne Slegers 2004 (+43) 350m 03:32.26 31,43  
Janne Slegers 2004 (+43) 400m 04:03.29 31,03  
Kirsten Verhalle 2004 (+26) 450m 04:31.22 27,93  
Kirsten Verhalle 2004 (+26) 500m 05:01.68 30,46  
Kirsten Verhalle 2004 (+26) 550m 05:32.93 31,25  
Kirsten Verhalle 2004 (+26) 600m 06:03.87 30,94  
Zinke Delcommune 2005 (+53) 650m 06:31.72 27,85  
Zinke Delcommune 2005 (+53) 700m 07:02.14 30,42  
Zinke Delcommune 2005 (+53) 750m 07:33.09 30,95  
Zinke Delcommune 2005 (+53) 800m 08:03.93 30,84

2. ZPC AMERSFOORT

08:03.98

Femke Spiering 2002 (+75) 50m 00:27.97 27,97  
Femke Spiering 2002 (+75) 100m 00:58.48 30,51  
Femke Spiering 2002 (+75) 150m 01:29.40 30,92  
Femke Spiering 2002 (+75) 200m 01:59.81 30,41  
Rosalie Reef 2008 (+48) 250m 02:27.86 28,05  
Rosalie Reef 2008 (+48) 300m 02:59.36 31,50  
Rosalie Reef 2008 (+48) 350m 03:31.31 31,95  
Rosalie Reef 2008 (+48) 400m 04:02.89 31,58  
Maaïke Ooms 2008 (+42) 450m 04:30.63 27,74  
Maaïke Ooms 2008 (+42) 500m 05:01.66 31,03  
Maaïke Ooms 2008 (+42) 550m 05:33.00 31,34  
Maaïke Ooms 2008 (+42) 600m 06:04.30 31,30  
Nynke Boerefijn 2007 (+58) 650m 06:31.82 27,52  
Nynke Boerefijn 2007 (+58) 700m 07:01.99 30,17  
Nynke Boerefijn 2007 (+58) 750m 07:32.91 30,92  
Nynke Boerefijn 2007 (+58) 800m 08:03.98 31,07

3. De Dolfijn

08:10.98

Angelina Rolman 2007 (+71) 50m 00:27.87 27,87  
Angelina Rolman 2007 (+71) 100m 00:58.46 30,59  
Angelina Rolman 2007 (+71) 150m 01:29.39 30,93  
Angelina Rolman 2007 (+71) 200m 02:00.31 30,92  
Silke Holkenborg 2001 (+35) 250m 02:28.94 28,63  
Silke Holkenborg 2001 (+35) 300m 03:00.37 31,43  
Silke Holkenborg 2001 (+35) 350m 03:31.73 31,36  
Silke Holkenborg 2001 (+35) 400m 04:02.78 31,05  
Tamara Grove 1996 (+40) 500m 05:03.46 60,68  
Tamara Grove 1996 (+40) 550m 05:35.83 32,37  
Tamara Grove 1996 (+40) 600m 06:08.85 33,02  
Serena Stel 1998 (+54) 650m 06:37.02 28,17  
Serena Stel 1998 (+54) 700m 07:08.26 31,24  
Serena Stel 1998 (+54) 750m 07:39.54 31,28  
Serena Stel 1998 (+54) 800m 08:10.98 31,44

4. PSV

08:31.03

Kim Jansen van Galen 2002 (+61) 50m 00:29.49 29,49  
Kim Jansen van Galen 2002 (+61) 100m 01:01.45 31,96  
Kim Jansen van Galen 2002 (+61) 150m 01:33.85 32,40  
Kim Jansen van Galen 2002 (+61) 200m 02:05.92 32,07  
Nikita van den Ouden 1999 (+42) 250m 02:34.00 28,08  
Nikita van den Ouden 1999 (+42) 300m 03:06.40 32,40  
Nikita van den Ouden 1999 (+42) 350m 03:39.42 33,02  
Nikita van den Ouden 1999 (+42) 400m 04:12.10 32,68  
Veerle Hildebrand 2008 (+27) 450m 04:40.92 28,82  
Veerle Hildebrand 2008 (+27) 500m 05:13.44 32,52

Veerle Hildebrand 2008 (+27)	550m 05:48.15 34,71
Veerle Hildebrand 2008 (+27)	600m 06:23.59 35,44
Fleur Bussels 2008 (+45)	650m 06:51.52 27,93
Fleur Bussels 2008 (+45)	700m 07:23.99 32,47
Fleur Bussels 2008 (+45)	750m 07:58.03 34,04
Fleur Bussels 2008 (+45)	800m 08:31.03 33,00

Nederlandse Kampioenschappen Korte Baan sessie 3- series - zaterdag 21 december 2024 om 09:00u (25 m)

Aanvangstijd juryvergadering: 08:00u

15. 800m vrije slag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

4. Mitch Kolkman (Hellas-Glana, 200201211)					08:17.53(+70)
50m 00:27.89 27,89	250m 02:29.96 30,92	450m 04:35.18 31,33	650m 06:42.21 31,74		
100m 00:57.75 29,86	300m 03:01.20 31,24	500m 05:06.67 31,49	700m 07:14.19 31,98		
150m 01:28.16 30,41	350m 03:32.41 31,21	550m 05:38.52 31,85	750m 07:46.22 32,03		
200m 01:59.04 30,88	400m 04:03.85 31,44	600m 06:10.47 31,95			
5. Martijn Nies (PSV, 200902095)					08:17.76(+70)
50m 00:27.66 27,66	250m 02:30.01 30,92	450m 04:34.33 31,23	650m 06:42.60 32,25		
100m 00:57.90 30,24	300m 03:01.12 31,11	500m 05:05.81 31,48	700m 07:14.81 32,21		
150m 01:28.50 30,60	350m 03:31.98 30,86	550m 05:37.83 32,02	750m 07:47.10 32,29		
200m 01:59.09 30,59	400m 04:03.10 31,12	600m 06:10.35 32,52			
6. Hessel Robert (Het Y, 200200917)					08:21.72(+75)
50m 00:26.74 26,74	250m 02:30.03 31,43	450m 04:36.97 31,88	650m 06:46.99 32,87		
100m 00:56.74 30,00	300m 03:01.58 31,55	500m 05:09.35 32,38	700m 07:19.35 32,36		
150m 01:27.43 30,69	350m 03:33.16 31,58	550m 05:41.36 32,01	750m 07:51.84 32,49		
200m 01:58.60 31,17	400m 04:05.09 31,93	600m 06:14.12 32,76			
9. Gjalt Panjer (Hellas-Glana, 200201943)					08:36.08(+79)
50m 00:29.39 29,39	250m 02:39.66 32,93	450m 04:50.47 32,67	650m 07:00.90 32,69		
100m 01:01.45 32,06	300m 03:12.43 32,77	500m 05:23.02 32,55	700m 07:33.17 32,27		
150m 01:34.01 32,56	350m 03:45.12 32,69	550m 05:55.69 32,67	750m 08:04.69 31,52		
200m 02:06.73 32,72	400m 04:17.80 32,68	600m 06:28.21 32,52			
13. Jesse Cuijpers (Hellas-Glana, 200205025)					08:42.21(+73)
50m 00:29.83 29,83	250m 02:39.93 32,85	450m 04:49.96 32,34	650m 07:02.86 33,63		
100m 01:02.07 32,24	300m 03:12.56 32,63	500m 05:22.75 32,79	700m 07:36.58 33,72		
150m 01:34.54 32,47	350m 03:45.07 32,51	550m 05:55.86 33,11	750m 08:09.79 33,21		
200m 02:07.08 32,54	400m 04:17.62 32,55	600m 06:29.23 33,37			
17. Menno Koolhaas (Hellas-Glana, 199505863)					08:49.85(+80)
50m 00:29.25 29,25	250m 02:40.16 32,83	450m 04:54.69 33,60	650m 07:10.68 34,05		
100m 01:01.13 31,88	300m 03:13.62 33,46	500m 05:29.43 34,74	700m 07:43.91 33,23		
150m 01:34.29 33,16	350m 03:47.28 33,66	550m 06:02.97 33,54	750m 08:17.77 33,86		
200m 02:07.33 33,04	400m 04:21.09 33,81	600m 06:36.63 33,66			
18. Luuk Ruinemans (De Dinkel, 200301085)					08:50.57(+80)
50m 00:28.82 28,82	250m 02:40.44 33,50	450m 04:53.53 33,58	650m 07:09.18 34,06		
100m 01:01.26 32,44	300m 03:13.52 33,08	500m 05:27.25 33,72	700m 07:43.50 34,32		
150m 01:34.11 32,85	350m 03:46.71 33,19	550m 06:01.13 33,88	750m 08:17.57 34,07		
200m 02:06.94 32,83	400m 04:19.95 33,24	600m 06:35.12 33,99			
23. Guus Hoogduin (ZVL-1886, 200201069)					09:08.31(+76)
50m 00:29.71 29,71	250m 02:43.40 34,01	450m 05:02.27 35,09	650m 07:23.70 35,77		
100m 01:02.44 32,73	300m 03:17.65 34,25	500m 05:37.24 34,97	700m 07:59.26 35,56		
150m 01:35.67 33,23	350m 03:52.17 34,52	550m 06:12.57 35,33	750m 08:34.46 35,20		
200m 02:09.39 33,72	400m 04:27.18 35,01	600m 06:47.93 35,36			
16 - 17 jaar (Jeugd 1 en 2)					
1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)					07:54.47(+62)
50m 00:26.52 26,52	250m 02:24.88 29,82	450m 04:25.59 29,92	650m 06:26.94 30,44		
100m 00:55.33 28,81	300m 02:55.30 30,42	500m 04:56.03 30,44	700m 06:57.02 30,08		
150m 01:24.89 29,56	350m 03:25.61 30,31	550m 05:26.45 30,42	750m 07:26.47 29,45		
200m 01:55.06 30,17	400m 03:55.67 30,06	600m 05:56.50 30,05			

2. Bram Loots (Team Noord Holland (SG), 200700197) 08:05.83(+66)  
 50m 00:26.96 26,96 250m 02:28.44 30,77 450m 04:30.64 30,25 650m 06:34.43 31,21  
 100m 00:56.80 29,84 300m 02:58.84 30,40 500m 05:01.24 30,60 700m 07:05.64 31,21  
 150m 01:27.03 30,23 350m 03:29.58 30,74 550m 05:32.15 30,91 750m 07:36.38 30,74  
 200m 01:57.67 30,64 400m 04:00.39 30,81 600m 06:03.22 31,07

3. Tieme Wiersma (DZ&PC, 200701031) 08:09.29(+71)  
 50m 00:27.04 27,04 250m 02:27.78 30,52 450m 04:31.82 31,42 650m 06:37.57 30,88  
 100m 00:56.21 29,17 300m 02:58.37 30,59 500m 05:02.88 31,06 700m 07:08.29 30,72  
 150m 01:26.65 30,44 350m 03:29.29 30,92 550m 05:34.53 31,65 750m 07:39.62 31,33  
 200m 01:57.26 30,61 400m 04:00.40 31,11 600m 06:06.69 32,16

4. Bas Mostert (VZC, 200800629) 08:33.27(+68)  
 50m 00:28.27 28,27 250m 02:34.00 32,17 450m 04:44.88 32,56 650m 06:56.39 32,74  
 100m 00:58.53 30,26 300m 03:06.73 32,73 500m 05:17.85 32,97 700m 07:29.30 32,91  
 150m 01:29.70 31,17 350m 03:39.28 32,55 550m 05:50.93 33,08 750m 08:02.30 33,00  
 200m 02:01.83 32,13 400m 04:12.32 33,04 600m 06:23.65 32,72

5. Diede Veld (HZ&PC Heerenveen, 200800011) 08:38.37(+77)  
 50m 00:28.03 28,03 250m 02:33.96 32,01 450m 04:43.71 32,63 650m 06:56.84 33,99  
 100m 00:58.92 30,89 300m 03:06.27 32,31 500m 05:16.58 32,87 700m 07:31.14 34,30  
 150m 01:30.31 31,39 350m 03:38.66 32,39 550m 05:49.57 32,99 750m 08:04.85 33,71  
 200m 02:01.95 31,64 400m 04:11.08 32,42 600m 06:22.85 33,28

6. Melle van Veen (Dedemsvaart-AC, 200700661) 08:40.04(+71)  
 50m 00:29.01 29,01 250m 02:38.61 32,98 450m 04:50.26 33,01 650m 07:03.41 33,03  
 100m 01:00.68 31,67 300m 03:11.31 32,70 500m 05:23.36 33,10 700m 07:36.46 33,05  
 150m 01:32.94 32,26 350m 03:44.44 33,13 550m 05:56.86 33,50 750m 08:09.23 32,77  
 200m 02:05.63 32,69 400m 04:17.25 32,81 600m 06:30.38 33,52

7. Joey Pop (ZVVS, 200800277) 08:52.45(+81)  
 50m 00:29.28 29,28 250m 02:40.57 33,05 450m 04:55.05 33,90 650m 07:12.01 34,04  
 100m 01:01.75 32,47 300m 03:13.99 33,42 500m 05:29.49 34,44 700m 07:46.33 34,32  
 150m 01:34.54 32,79 350m 03:47.88 33,89 550m 06:03.85 34,36 750m 08:20.78 34,45  
 200m 02:07.52 32,98 400m 04:21.15 33,27 600m 06:37.97 34,12

8. Gijs Hartwijk (ZVL-1886, 200800573) 08:59.18(+66)  
 50m 00:29.52 29,52 250m 02:40.02 33,37 450m 04:56.29 34,26 650m 07:15.15 34,40  
 100m 01:01.22 31,70 300m 03:13.98 33,96 500m 05:31.17 34,88 700m 07:49.77 34,62  
 150m 01:34.13 32,91 350m 03:47.94 33,96 550m 06:06.04 34,87 750m 08:24.81 35,04  
 200m 02:06.65 32,52 400m 04:22.03 34,09 600m 06:40.75 34,71

9. Tim Zuurman (Dedemsvaart-AC, 200700131) 09:03.45(+77)  
 50m 00:30.12 30,12 250m 02:41.42 33,26 450m 04:56.93 34,19 650m 07:17.59 35,50  
 100m 01:02.21 32,09 300m 03:14.78 33,36 500m 05:31.74 34,81 700m 07:53.26 35,67  
 150m 01:34.90 32,69 350m 03:48.49 33,71 550m 06:06.92 35,18 750m 08:29.00 35,74  
 200m 02:08.16 33,26 400m 04:22.74 34,25 600m 06:42.09 35,17

18 - 19 jaar (Senioren 1 en 2)

1. Olivier Wilbers (ZPC Hoogeveen, 200600181) 08:22.37(+75)  
 50m 00:29.19 29,19 250m 02:35.43 31,74 450m 04:42.25 31,63 650m 06:49.65 31,92  
 100m 01:00.32 31,13 300m 03:07.14 31,71 500m 05:13.97 31,72 700m 07:21.52 31,87  
 150m 01:32.05 31,73 350m 03:38.97 31,83 550m 05:45.78 31,81 750m 07:52.75 31,23  
 200m 02:03.69 31,64 400m 04:10.62 31,65 600m 06:17.73 31,95

2. Bas Blanker (ACZ, 200601497) 08:38.86(+74)  
 50m 00:28.38 28,38 250m 02:37.44 32,84 450m 04:49.44 32,91 650m 07:02.24 33,26  
 100m 00:59.65 31,27 300m 03:10.49 33,05 500m 05:22.59 33,15 700m 07:35.32 33,08  
 150m 01:31.97 32,32 350m 03:43.53 33,04 550m 05:55.83 33,24 750m 08:08.22 32,90  
 200m 02:04.60 32,63 400m 04:16.53 33,00 600m 06:28.98 33,15

3. Julian Prummel (De Otters Het Gooi, 200501731) 08:43.84(+74)  
 50m 00:29.09 29,09 250m 02:38.33 32,75 450m 04:49.41 32,61 650m 07:03.92 33,56  
 100m 01:00.64 31,55 300m 03:10.69 32,36 500m 05:23.19 33,78 700m 07:37.61 33,69  
 150m 01:33.12 32,48 350m 03:43.55 32,86 550m 05:56.43 33,24 750m 08:11.33 33,72  
 200m 02:05.58 32,46 400m 04:16.80 33,25 600m 06:30.36 33,93

4. Thijs Wellink (ZPC AMERSFOORT, 200600715) 08:46.16(+71)  
 50m 00:29.61 29,61 250m 02:39.62 32,61 450m 04:51.76 33,31 650m 07:06.10 33,74



100m 01:01.92 32,31	300m 03:12.40 32,78	500m 05:24.95 33,19	700m 07:39.59 33,49
150m 01:34.23 32,31	350m 03:45.40 33,00	550m 05:58.50 33,55	750m 08:13.45 33,86
200m 02:07.01 32,78	400m 04:18.45 33,05	600m 06:32.36 33,86	

5. Jesse Marijn Thimister (ZEPS, 200602893) 08:48.87(+73)

50m 00:29.04 29,04	250m 02:40.40 33,35	450m 04:55.95 33,99	650m 07:11.43 33,28
100m 01:01.06 32,02	300m 03:13.91 33,51	500m 05:29.75 33,80	700m 07:44.54 33,11
150m 01:34.13 33,07	350m 03:47.83 33,92	550m 06:03.84 34,09	750m 08:17.47 32,93
200m 02:07.05 32,92	400m 04:21.96 34,13	600m 06:38.15 34,31	

6. Laurens Kalle (De Schotegil, 200600161) 09:05.71(+74)

50m 00:28.72 28,72	250m 02:43.69 34,01	450m 05:02.27 35,00	650m 07:22.96 35,26
100m 01:01.65 32,93	300m 03:18.11 34,42	500m 05:37.70 35,43	700m 07:58.35 35,39
150m 01:35.45 33,80	350m 03:52.90 34,79	550m 06:13.22 35,52	750m 08:32.78 34,43
200m 02:09.68 34,23	400m 04:27.27 34,37	600m 06:47.70 34,48	

## 16. 100m rugslag - Dames

*vanaf 11 jaar (Senioren Open)*

1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [S10] 01:10.47(+66)

50m 00:33.24 33,24

2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12] 01:14.61(+69)

50m 00:35.20 35,20

3. Milou van Winkel (WVZ, 200402296) [S14] 01:20.81(+71)

50m 00:39.04 39,04

4. Mayke van Tintelen (OZ&PC, 200200688) [S14] 01:25.13(+72)

50m 00:41.41 41,41

*vanaf 12 jaar (Junioren 2 en ouder)*

1. Marrit Steenberghe (Team NL - PSV, 200000086) 00:59.83(+87)

50m 00:29.33 29,33

4. Maaïke Broersma (BZ&PC, 200201522) 01:00.61(+62)

50m 00:29.56 29,56

6. Ismay Lichtendonk (Dedemsvaart-AC, 200400622) 01:01.14(+59)

50m 00:29.87 29,87

7. Jetske Moot (ZPC AMERSFOORT, 200400230) 01:01.38(+63)

50m 00:29.82 29,82

8. Lieke Oude Lenferink (De Dolfijn, 200200068) 01:01.86(+61)

50m 00:29.66 29,66

10. Fay Boxum (DZ&PC, 200900060) 01:02.24(+62)

50m 00:29.85 29,85

16. Nikita van den Ouden (PSV, 199900622) 01:04.60(+76)

50m 00:30.80 30,80

19. Nina van der Schrier (AZC, 201000444) 01:04.98(+65)

50m 00:31.87 31,87

20. Merel Phaff (Nuenen, 200100434) 01:05.06(+65)

50m 00:31.38 31,38

21. Nienke Koster (ZPC Hoogeveen, 200900612) 01:05.09(+56)

50m 00:31.07 31,07

22. Dionne Salomons (Borger, 200200504) 01:05.18(+60)

50m 00:31.82 31,82

24. Julia Notenboom (De Columbiaan, 200302596) 01:05.59(+61)

50m 00:31.42 31,42

25. Elin Ditewig (VZC, 200900392) 01:05.64(+60)

50m 00:31.53 31,53

26. Isa Schellekens (Z&PC Zegenwerp, 200002330) 01:05.78(+65)

50m 00:31.63 31,63

27. Fenna Zusterzeel (PSV, 201000008) 50m 00:31.77 31,77	01:06.06(+52)
31. Celine Schoenmaker (DWK, 199801976) 50m 00:31.59 31,59	01:06.27(+59)
37. Isa Willemsen (Aqua-Novio'94, 199900628) 50m 00:31.66 31,66	01:06.97(+66)
38. Tereza Boom (PSV, 200904028) 50m 00:32.24 32,24	01:07.14(+54)
41. Angelique van Vark (GZC DONK, 199701478) 50m 00:32.16 32,16	01:07.31(+72)
42. Anne Engbersen (ZPC AMERSFOORT, 201000044) 50m 00:32.17 32,17	01:07.33(+72)
44. Isabelle Elsweier (OZ&PC, 200303614) 50m 00:32.15 32,15	01:07.46(+65)
45. Guusje van Lent (Feijenoord Albion Zwemclub, 200203898) 50m 00:32.68 32,68	01:07.48(+71)
61. Senna Rijnbeek (ZPC AMERSFOORT, 200901480) 50m 00:33.56 33,56	01:10.47(+64)
<i>12 - 15 jaar</i>	
1. Aminata Turay (NieMo Barracuda, 200900282) [S10] 50m 00:46.67 46,67	01:36.11(+97)
2. Jente Parlevliet (Noordwijkerhout, 201003900) [S14] 50m 00:46.89 46,89	01:39.74(+88)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jinth Engelse (Blue Marlins, 200800204) 50m 00:29.01 29,01	00:59.92(+59)
2. Maaïke Ooms (ZPC AMERSFOORT, 200801580) 50m 00:29.28 29,28	01:00.90(+68)
3. Angelina Rolman (Team NL - De Dolfijn, 200701972) 50m 00:30.31 30,31	01:02.31(+65)
4. Laura van Etten (HZ&PC Heerenveen, 200800264) 50m 00:30.54 30,54	01:02.98(+68)
5. Eefje Irvine (De Dolfijn, 200700164) 50m 00:30.85 30,85	01:03.48(+58)
6. Jade van der Schrier (AZC, 200800692) 50m 00:31.86 31,86	01:04.93(+61)
7. Charlotte Woltjes (VZC, 200700110) 50m 00:32.12 32,12	01:06.17(+66)
8. Esmee Mulder (DZ&PC, 200800038) 50m 00:32.21 32,21	01:06.23(+62)
9. Emmelien Smelt (ZVZ, 200800012) 50m 00:32.03 32,03	01:06.46(+63)
10. Féline Sam (ZVZ, 200700018) 50m 00:32.80 32,80	01:07.16(+67)
11. Veerle de Ridder (HZ&PC Heerenveen, 200700778) 50m 00:32.66 32,66	01:07.25(+67)
12. Lyke Bellert (Octopus-ZVV (SG), 200701424) 50m 00:32.65 32,65	01:07.44(+77)

13. Monica van der Meer (Deltasteur, 200704288) 50m 00:33.48 33,48	01:07.90(+75)
14. Esmee van der Tuuk (ZPC Hoogeveen, 200800682) 50m 00:32.75 32,75	01:08.11(+67)
15. Maud Roffel (DZ&PC, 200700840) 50m 00:33.21 33,21	01:08.18(+74)
16. Mila Oomens (NieMo Barracuda, 200700016) 50m 00:33.21 33,21	01:08.44(+70)
17. Bette Peetoom (DAW, 200801808) 50m 00:33.31 33,31	01:08.59(+64)
18. Annedieke Scholte (Blue Marlins, 200701110) 50m 00:32.91 32,91	01:08.83(+65)
19. Valérie Sakkers (Deltasteur, 200800080) 50m 00:33.25 33,25	01:09.10(+70)
20. Noa Roberts (Hellas-Glana, 200800702) 50m 00:33.51 33,51	01:09.49(+65)
21. Sofie Vos (ZPC Hoogeveen, 200800804) 50m 00:33.75 33,75	01:09.56(+76)
22. Eline van Rijn (DAW, 200700918) 50m 00:32.99 32,99	01:09.66(+66)
23. Nina Derckx (ZEPS, 200700030) 50m 00:34.35 34,35	01:09.94(+82)
24. Mijke van Hal (Zwemlust-den Hommel, 200800362) 50m 00:34.53 34,53	01:10.00(+71)
25. Carlijn Boltendal (Zuiderzeezwemmers, 200700082) 50m 00:33.55 33,55	01:10.38(+63)
26. Eloisa Gomes Delgado (Feijenoord Albion Zwemclub, 200700812) 50m 00:34.19 34,19	01:10.59(+74)
27. Leyona Lichtendonk (Dedemsvaart-AC, 200700010) 50m 00:35.04 35,04	01:11.67(+69)
<i>18 - 19 jaar</i>	
1. Mare Schallenberg (Blue Marlins, 200600078) 50m 00:29.85 29,85	01:00.53(+61)
2. Sara Korthuis (DZ&PC, 200600494) 50m 00:30.33 30,33	01:02.08(+66)
3. Zinke Delcommune (PSV, 200505416) 50m 00:30.49 30,49	01:03.39(+64)
4. Tess Bemer (De Duinkickers, 200600450) 50m 00:30.66 30,66	01:03.43(+57)
5. Indy van Laarhoven (PSV, 200500710) 50m 00:31.16 31,16	01:04.71(+63)
6. Marit Huisman (WVZ, 200502620) 50m 00:31.03 31,03	01:05.48(+59)
7. Karlijn Offeringa (ZVVS, 200503292) 50m 00:31.30 31,30	01:06.26(+66)
8. Nienke Bakker (TriVia, 200501178) 50m 00:31.41 31,41	01:06.28(+68)
9. Famke Irvine (ZPC AMERSFOORT, 200501724) 50m 00:32.22 32,22	01:06.46(+72)

10. Jolijn Liezen (Steenwijk 1934, 200500518) 50m 00:31.66 31,66	01:06.58(+70)
11. Madelief Mans (Blue Marlins, 200501260) 50m 00:31.76 31,76	01:06.61(+76)
12. Marlies Dijsselhof (Dedemsvaart-AC, 200601046) 50m 00:32.07 32,07	01:07.64(+81)
13. Leyla Oversluizen (Feijenoord Albion Zwemclub, 200602730) 50m 00:33.05 33,05	01:09.74(+73)
17. 100m vlinderslag - Heren	
<i>vanaf 11 jaar (Senioren Open)</i>	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Michael Smink (Blue Marlins, 200302169) 50m 00:23.63 23,63	00:52.30(+66)
2. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311) 50m 00:24.11 24,11	00:52.36(+65)
4. Sean Niewold (Feijenoord Albion Zwemclub, 200204699) 50m 00:25.27 25,27	00:53.67(+69)
6. Simon Claasen (ZPC AMERSFOORT, 200400231) 50m 00:25.11 25,11	00:53.74(+55)
9. Alexander Nijst (Nuenen, 200104869) 50m 00:25.29 25,29	00:54.12(+68)
10. Matthijs van Meerendonk (DZ&PC, 199900375) 50m 00:25.48 25,48	00:54.79(+63)
11. Thomas Jansen (Team NL - WVZ, 200100143) 50m 00:25.57 25,57	00:54.86(+72)
12. Marlon Borger (PSV, 200404817) 50m 00:25.47 25,47	00:55.70(+73)
13. Rijk Heere (ZPC AMERSFOORT, 200300897) 50m 00:25.07 25,07	00:55.90(+61)
18. Felix Geenen (DAW, 199501085) 50m 00:25.95 25,95	00:56.97(+75)
19. Niels Chrisstoffels (ZPC AMERSFOORT, 200404807) 50m 00:26.49 26,49	00:56.98(+77)
21. Rick van Hamond (Z&PC Zegenwerp, 199205873) 50m 00:26.96 26,96	00:57.07(+66)
22. Floris Stork (DZ&PC, 200305075) 50m 00:26.11 26,11	00:57.09(+66)
23. Kalle van Gemert (ZPC De Zeeuwse Kust, 199801259) 50m 00:26.54 26,54	00:57.17(+64)
24. Bart Muselaers (Aqua-Novio'94, 200100865) 50m 00:26.25 26,25	00:57.22(+68)
25. Louis Kappler (Zwemlust-den Hommel, 200205067) 50m 00:26.63 26,63	00:57.38(+69)
<i>12 - 15 jaar (Junioren)</i>	
1. Cheng Van Vondel (KSN (SG), 200902673) [S9] 50m 00:39.24 39,24	01:25.52(+83)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Christoph Smit (MSV-Zeemacht, 200702629) [S8] 50m 00:35.15 35,15	01:14.73(+76)

16 - 17 jaar (Jeugd 1 en 2)

1. Nikodim Markovic (Blue Marlins, 200700255) 50m 00:24.69 24,69	00:53.80(+62)
2. Kaan Sudak (Blue Marlins, 200803733) 50m 00:25.29 25,29	00:53.88(+62)
3. Mies de Wit (CWW Swim team (SG), 200700315) 50m 00:26.28 26,28	00:55.96(+62)
4. Jisse Lousma (WVZ, 200701493) 50m 00:26.13 26,13	00:56.05(+61)
5. Jones Chuang (PSV, 200801173) 50m 00:26.13 26,13	00:56.72(+59)
6. Yarno van Dam (ACZ, 200800115) 50m 00:26.43 26,43	00:57.01(+67)
7. Tim van Rooij (PSV, 200700129) 50m 00:26.27 26,27	00:57.55(+66)
8. Tibbe Quist (KONAZ 1870, 200801359) 50m 00:26.24 26,24	00:57.87(+62)
9. Xiaoyu Yin (Blue Marlins, 200803363) 50m 00:26.36 26,36	00:57.95(+67)
10. Lucas Bemer (De Duinkickers, 200700219) 50m 00:26.52 26,52	00:58.04(+67)
11. Daniel Wegman (ZPCH, 200802843) 50m 00:27.24 27,24	00:58.39(+68)
12. Quinten Brouwer von Gonzenbach (TriVia, 200700001) 50m 00:26.07 26,07	00:58.58(+62)
13. Bram ter Braak (De Dinkel, 200800281) 50m 00:26.82 26,82	00:58.59(+77)
14. Jake Franse (Blue Marlins, 200703873) 50m 00:26.91 26,91	00:59.00(+76)
15. Ties Berghs (ZEPS, 200700709) 50m 00:27.44 27,44	00:59.06(+66)
16. Filip Piszczynski (KSN (SG), 200802125) 50m 00:27.38 27,38	00:59.20(+62)
17. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:26.83 26,83	00:59.31(+66)
18. Job Sportel (De Dinkel, 200800429) 50m 00:27.24 27,24	01:00.14(+65)
19. Marnix Rietveld (Team Noord Holland (SG), 200700939) 50m 00:28.01 28,01	01:00.17(+69)
20. Alexander Griston (De Dolfijn, 200803053) 50m 00:28.28 28,28	01:00.19(+75)
21. Willem Weustink (Team Noord Holland (SG), 200800109) 50m 00:27.47 27,47	01:00.42(+70)
21. Mads van Norden (ZPC AMERSFOORT, 200700029) 50m 00:28.15 28,15	01:00.42(+66)
23. Stijn Saelmans (Hellas-Glana, 200700373) 50m 00:27.53 27,53	01:00.52(+69)
24. Rian Schoneveld (De Berkelduikers, 200801789) 50m 00:28.49 28,49	01:00.66(+65)

25. Tim Brouwer (Aqua-Novio'94, 200800989) 50m 00:28.38 28,38	01:00.96(+69)
26. Damir Mustafic (DZ&PC, 200800885) 50m 00:27.76 27,76	01:04.47(+78)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Émile Fouzaï (ZPC AMERSFOORT, 200500263) 50m 00:24.95 24,95	00:53.16(+65)
2. Lars Bulman (Blue Marlins, 200600125) 50m 00:24.68 24,68	00:53.72(+61)
3. Joshua Agussalim (WVZ, 200600153) 50m 00:25.55 25,55	00:56.08(+65)
<b>18. 50m schoolslag - Dames</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [SB9]	00:35.73(+74)
2. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SB11]	00:40.26(+68)
4. Aguila Dolsma (Blue Marlins, 200603902) [SB14]	00:41.60(+69)
5. Mayke van Tintelen (OZ&PC, 200200688) [SB14]	00:42.77
6. Dannique Koolen (ZPC AMERSFOORT, 199904048) [SB14]	00:45.73(+84)
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:31.06(+63)
2. Britta Koehorst (WVZ, 200300246)	00:31.07(+63)
4. Hanna Kareinen (De Dolfijn, 200006774)	00:31.47(+65)
6. Lynn Blommers (Blue Marlins, 200105062)	00:31.59(+63)
8. Sterre Hendriks (De Dolfijn, 200401288)	00:31.79(+67)
12. Mandy van Rossum (Aqua-Novio'94, 200204904)	00:32.93(+71)
15. Rowie Kamp (Team Noord Holland (SG), 200001706)	00:33.14(+66)
16. Fenna de Groot (Feijenoord Albion Zwemclub, 199701796)	00:33.15(+65)
16. Valesca van den Bogert (Hieronymus, 200102138)	00:33.15(+67)
18. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	00:33.19(+64)
19. Paula Spans (ZPC AMERSFOORT, 201000064)	00:33.35(+59)
20. Emma Hofstee (TriVia, 200401282)	00:33.37(+68)
22. Britt Cornelissens (Hellas-Glana, 200000632)	00:33.41(+71)
24. Selene Wortel (Hieronymus, 199700654)	00:33.49(+56)
26. Felicia Emanuelson (Olympia, 199703168)	00:33.78(+66)
28. Kim Vos (De Woelwaters, 200000990)	00:33.88(+73)
31. Inge Koekoek (DWK, 200401648)	00:34.11(+73)
35. Tess Vonk (De Geul, 200900024)	00:34.57(+67)
36. Ayla van Leeuwen (TZC-Vahalis, 200401980)	00:34.61(+64)
37. Silke Molendijk (ZVL-1886, 200100178)	00:34.63(+72)
38. Sanne Peters (PSV, 200401112)	00:34.65(+66)
<i>12 - 15 jaar</i>	
1. Gwyneth van der Spek (Batavia Swim, 201102806) [SB6]	00:52.89(+83)

2. Jente Parlevliet (Noordwijkerhout, 201003900) [SB14]	00:49.03(+82)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jenna Gorter (De Otters Het Gooi, 200702746) [SB8]	00:48.12(+83)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Hylcke de Beer (PSV, 200700006)	00:31.59(+68)
2. Nina Zusterzeel (PSV, 200800656)	00:32.08(+68)
3. Lisa Dirkwager (Blue Marlins, 200703458)	00:32.46(+72)
4. Benigna Kocsispeter (Hellas-Glana, 200702058)	00:33.11(+52)
5. Rafaela Mulders (Team Noord Holland (SG), 200701398)	00:33.40(+67)
6. Veerle Hildebrand (PSV, 200801830)	00:33.42(+66)
7. Nieke Dovic (PSV, 200700238)	00:33.81(+77)
8. Thalia Meijer (Blue Marlins, 200704048)	00:33.88(+72)
9. Mila Oomens (NieMo Barracuda, 200700016)	00:34.20(+71)
10. Rosalie van der Bijl (Hieronymus, 200701644)	00:34.23(+55)
11. Annika Hogenhuis (Zwevlust-den Hommel, 200701340)	00:34.28(+77)
12. Rhodee van den Ham (De Duinkickers, 200700090)	00:34.67(+70)
13. Annique Rupke (WVZ, 200700876)	00:34.70(+73)
14. Britte Lodder (ZZ&PC De Devel, 200702290)	00:34.84(+67)
15. Alexandra Gepkens (VZC, 200701690)	00:34.89(+67)
16. Diede de Vries (Zwevlust-den Hommel, 200803558)	00:34.92(+71)
17. Meyke v. Nimwegen (De Schotegil, 200800106)	00:34.95(+73)
18. Guusje Winkel (ZPCH, 200704012)	00:35.08(+62)
19. Juul Schellekens (PSV, 200701392)	00:35.41(+69)
20. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736)	00:35.51(+71)
21. Niobe Maduro (Aqua-Novio'94, 200800378)	00:35.70(+60)
22. Leonoor Smale (Aqua-Novio'94, 200800942)	00:35.73(+76)
23. Monica van der Meer (Deltasteur, 200704288)	00:35.77(+78)
24. Imke Riefel (NDD, 200801994)	00:36.08(+69)
25. Ashley Nijveld (Het Ravijn, 200700384)	00:36.15(+62)
26. Lieze Bersch (SBC2000, 200800536)	00:36.62(+80)
<i>18 - 19 jaar</i>	
1. Mare Schallenberg (Blue Marlins, 200600078)	00:31.30(+64)
2. Joy Willekus (De Dolfijn, 200602420)	00:31.48(+66)
3. Bridget Vermeer (ZPC AMERSFOORT, 200501766)	00:32.24(+72)
4. Djanilla Brink (Team NL - De Dolfijn, 200600988)	00:32.97(+78)
5. Kim Oudendijk (DAW, 200600964)	00:33.56(+79)
6. Leyla Oversluisen (Feijenoord Albion Zwemclub, 200602730)	00:33.98(+72)
7. Karlijn Offeringa (ZVVS, 200503292)	00:34.70(+78)
8. Marlies Dijsselhof (Dedemsvaart-AC, 200601046)	00:35.17(+79)

## 19. 200m vrije slag - Heren

*vanaf 11 jaar (Senioren Open)*

1. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7] 02:25.29(+80)  
50m 00:33.85 33,85 100m 01:10.94 37,09 150m 01:48.60 37,66
2. Lars Jacobsen (DWK, 199705453) [S14] 02:12.84(+79)  
50m 00:30.05 30,05 100m 01:03.48 33,43 150m 01:38.34 34,86
3. Jesse Bruines (Batavia Swim, 200402413) [S8] 02:32.47(+72)  
50m 00:35.12 35,12 100m 01:14.06 38,94 150m 01:54.15 40,09

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Merlin Belmon (Team NL - PSV, 200403191) 01:45.42(+70)  
50m 00:24.31 24,31 100m 00:51.04 26,73 150m 01:18.13 27,09
4. Austin Namesnik (ZPC AMERSFOORT, 200101817) 01:47.26(+61)  
50m 00:24.96 24,96 100m 00:52.25 27,29 150m 01:19.78 27,53
5. Hendrik van der Leest (PSV, 200404339) 01:47.46(+66)  
50m 00:24.74 24,74 100m 00:51.88 27,14 150m 01:19.45 27,57
6. Lars Verhalle (PSV, 200200019) 01:48.10(+71)  
50m 00:25.02 25,02 100m 00:52.27 27,25 150m 01:19.92 27,65
7. Raf Hendriks (Hellas-Glana, 200100879) 01:48.31(+69)  
50m 00:25.11 25,11 100m 00:52.47 27,36 150m 01:20.29 27,82
8. Ivo Stolk (Feijenoord Albion Zwemclub, 200100615) 01:48.53(+69)  
50m 00:24.73 24,73 100m 00:51.83 27,10 150m 01:19.54 27,71
9. Niels Dijkshoorn (Team NL - PSV, 200203079) 01:48.63(+68)  
50m 00:25.39 25,39 100m 00:52.70 27,31 150m 01:20.72 28,02
10. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321) 01:49.53(+73)  
50m 00:24.91 24,91 100m 00:52.89 27,98 150m 01:21.39 28,50
14. Luuk van Rooij (PSV, 200400581) 01:50.84(+64)  
50m 00:24.69 24,69 100m 00:52.07 27,38 150m 01:20.85 28,78
16. Thijn Damen (PSV, 200300973) 01:51.23(+70)  
50m 00:25.35 25,35 100m 00:53.13 27,78 150m 01:21.99 28,86
20. Wouter Zijlstra (HZ&PC Heerenveen, 200401545) 01:51.83(+59)  
50m 00:25.58 25,58 100m 00:54.05 28,47 150m 01:22.73 28,68

*12 - 15 jaar (Junioren)*

1. Cheng Van Vondel (KSN (SG), 200902673) [S9] 02:53.25(+81)  
50m 00:40.19 40,19 100m 01:24.28 44,09 150m 02:09.22 44,94

*16 - 17 jaar (Jeugd 1 en 2)*

1. Thomas Braat (AZC, 200802269) [S14] 02:18.41(+65)  
50m 00:30.57 30,57 100m 01:05.26 34,69 150m 01:41.74 36,48
2. Sander Knol (ZPC De Kanaalstreek, 200701093) [S9] 02:59.15(+73)  
50m 00:39.55 39,55 100m 01:24.63 45,08 150m 02:11.37 46,74

*16 - 17 jaar (Jeugd 1 en 2)*

1. Tiago Fonseca Gomes (Team NL - PSV, 200703587) 01:46.85(+59)  
50m 00:25.01 25,01 100m 00:51.63 26,62 150m 01:18.89 27,26
2. Tiede Groener (PSV, 200700155) 01:49.95(+69)  
50m 00:25.50 25,50 100m 00:53.47 27,97 150m 01:21.90 28,43
3. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 01:50.98(+71)  
50m 00:25.08 25,08 100m 00:52.93 27,85 150m 01:21.69 28,76
4. Boele Böhm (Blue Marlins, 200700739) 01:51.25(+55)  
50m 00:25.77 25,77 100m 00:54.41 28,64 150m 01:23.43 29,02
5. Bram Loots (Team Noord Holland (SG), 200700197) 01:51.59(+66)  
50m 00:25.92 25,92 100m 00:54.15 28,23 150m 01:22.88 28,73



6. Siem de Zeeuw (OZ&PC, 200800013)	50m 00:25.53 25,53	100m 00:53.97 28,44	150m 01:23.28 29,31	01:52.70(+68)
7. Nikodim Markovic (Blue Marlins, 200700255)	50m 00:25.89 25,89	100m 00:54.12 28,23	150m 01:23.33 29,21	01:53.66(+67)
8. Floris Tanis (Feijenoord Albion Zwemclub, 200700005)	50m 00:25.90 25,90	100m 00:54.49 28,59	150m 01:24.86 30,37	01:55.42(+73)
9. Milan Veelders (OZ&PC, 200800279)	50m 00:26.81 26,81	100m 00:56.17 29,36	150m 01:25.42 29,25	01:55.45(+78)
10. Diede Veld (HZ&PC Heerenveen, 200800011)	50m 00:27.09 27,09	100m 00:56.68 29,59	150m 01:26.69 30,01	01:55.88(+74)
11. Tim Boerefijn (WVZ, 200802815)	50m 00:26.85 26,85	100m 00:56.54 29,69	150m 01:26.86 30,32	01:56.55(+66)
12. Tim van Erven (DZ&PC, 200700175)	50m 00:27.16 27,16	100m 00:56.87 29,71	150m 01:27.00 30,13	01:56.71(+73)
13. Xiaoyu Yin (Blue Marlins, 200803363)	50m 00:26.21 26,21	100m 00:55.43 29,22	150m 01:26.23 30,80	01:57.79(+68)
14. Gaëtan Spicq (Blue Marlins, 200701807)	50m 00:26.37 26,37	100m 00:56.02 29,65	150m 01:26.93 30,91	01:58.16(+66)
15. Bram ter Braak (De Dinkel, 200800281)	50m 00:27.38 27,38	100m 00:57.72 30,34	150m 01:27.68 29,96	01:58.19(+75)
16. Ties Berghs (ZEPS, 200700709)	50m 00:27.71 27,71	100m 00:57.92 30,21	150m 01:28.56 30,64	01:58.50(+67)
17. Vincent Huele (Blue Marlins, 200703423)	50m 00:27.06 27,06	100m 00:56.77 29,71	150m 01:27.75 30,98	01:58.55(+72)
18. Bas Mostert (VZC, 200800629)	50m 00:27.23 27,23	100m 00:57.50 30,27	150m 01:28.75 31,25	01:59.27(+68)
19. Melle van Veen (Dedemsvaart-AC, 200700661)	50m 00:26.64 26,64	100m 00:56.85 30,21	150m 01:28.52 31,67	01:59.41(+70)
20. Jaydey Schonewille (Steenwijk 1934, 200800025)	50m 00:27.99 27,99	100m 00:58.30 30,31	150m 01:29.32 31,02	02:00.40(+78)
21. Rian Schoneveld (De Berkelduikers, 200801789)	50m 00:27.76 27,76	100m 00:58.25 30,49	150m 01:29.63 31,38	02:00.82(+67)
22. Liam Tjin Wong Joe (De Dolfijn, 200804105)	50m 00:27.76 27,76	100m 00:58.22 30,46	150m 01:29.44 31,22	02:01.14(+69)
23. Bjorn Scholten (OZ&PC, 200801143)	50m 00:27.84 27,84	100m 00:58.60 30,76	150m 01:29.94 31,34	02:01.36(+76)
24. Emiel de Bruijn (Dedemsvaart-AC, 200700953)	50m 00:27.35 27,35	100m 00:58.69 31,34	150m 01:31.07 32,38	02:02.39(+67)
25. Rens Noordover (Team Noord Holland (SG), 200800237)	50m 00:27.31 27,31	100m 00:58.42 31,11	150m 01:30.40 31,98	02:02.42(+68)
26. Figo van Duuren (ZPCH, 200800391)	50m 00:28.11 28,11	100m 00:58.95 30,84	150m 01:30.66 31,71	02:02.61(+73)
27. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	50m 00:27.00 27,00	100m 00:57.61 30,61	150m 01:30.25 32,64	02:02.93(+70)
28. Tim van Rooij (PSV, 200700129)	50m 00:27.26 27,26	100m 00:57.85 30,59	150m 01:30.69 32,84	02:04.36(+70)
29. Jort Siebelt (OZ&PC, 200700083)	50m 00:27.71 27,71	100m 00:59.23 31,52	150m 01:32.23 33,00	02:04.44(+69)
30. Denzel Barthen (WVZ, 200700147)				02:04.64(+72)

50m 00:27.32 27,32 100m 00:57.80 30,48 150m 01:30.77 32,97

18 - 19 jaar (Senioren 1 en 2)

1. Koen Marsman (Team NL - ZPC AMERSFOORT, 200502763) 01:45.98(+64)  
50m 00:24.79 24,79 100m 00:51.62 26,83 150m 01:19.02 27,40
2. Émile Fouzaï (ZPC AMERSFOORT, 200500263) 01:49.61(+69)  
50m 00:26.21 26,21 100m 00:54.65 28,44 150m 01:22.42 27,77
3. River Streefland (Blue Marlins, 200502253) 01:50.44(+72)  
50m 00:25.61 25,61 100m 00:53.09 27,48 150m 01:21.33 28,24
4. Lucas van Rooij (PSV, 200603943) 01:51.67(+62)  
50m 00:25.82 25,82 100m 00:53.66 27,84 150m 01:22.32 28,66
5. Sven Klink (SWOL 1894, 200500349) 01:52.75(+72)  
50m 00:25.76 25,76 100m 00:53.71 27,95 150m 01:22.72 29,01
6. Colin Bes (DZ&PC, 200500201) 01:53.53(+70)  
50m 00:26.12 26,12 100m 00:55.04 28,92 150m 01:24.63 29,59
7. Rens Stijf (ZPC AMERSFOORT, 200501419) 01:54.02(+65)  
50m 00:26.16 26,16 100m 00:54.78 28,62 150m 01:24.07 29,29

20. 100m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11] 01:05.25(+69)  
50m 00:31.75 31,75
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12] 01:05.82(+81)  
50m 00:31.07 31,07
3. Milou van Winkel (WVZ, 200402296) [S14] 01:10.57(+77)  
50m 00:32.49 32,49
4. Aguila Dolsma (Blue Marlins, 200603902) [S14] 01:11.31(+77)  
50m 00:33.74 33,74
7. Mayke van Tintelen (OZ&PC, 200200688) [S14] 01:19.77  
50m 00:37.97 37,97

vanaf 12 jaar (Junioren 2 en ouder)

1. Milou van Wijk (Team NL - WVZ, 200404948) 00:53.27(+76)  
50m 00:25.24 25,24
2. Kim Busch (Team NL - PSV, 199801450) 00:53.91(+70)  
50m 00:25.69 25,69
3. Sam van Nunen (Team NL - PSV, 200100036) 00:54.72(+59)  
50m 00:25.98 25,98
6. Britta Koehorst (WVZ, 200300246) 00:55.18(+68)  
50m 00:26.36 26,36
7. Kirsten Verhalle (PSV, 200400210) 00:55.33(+74)  
50m 00:26.75 26,75
12. Naya Koc (DAW, 200400688) 00:56.26(+67)  
50m 00:26.95 26,95
12. Manon Compagner (Dedemsvaart-AC, 200101710) 00:56.26(+71)  
50m 00:27.06 27,06
15. Janne Slegers (PSV, 200404090) 00:56.65(+69)  
50m 00:26.98 26,98
18. Tamara Grove (De Dolfijn, 199601266) 00:57.62(+70)  
50m 00:27.73 27,73
21. Kim Jansen van Galen (PSV, 200201594) 00:57.85(+72)  
50m 00:28.07 28,07

22. Juliëtte Woltjes (VZC, 200900774) 50m 00:28.19 28,19	00:57.87(+71)
24. Britt Cornelissens (Hellas-Glana, 200000632) 50m 00:27.69 27,69	00:57.98(+56)
25. Kinge Zandringa (De Dolfijn, 199801422) 50m 00:28.15 28,15	00:58.17(+68)
27. Anne Fleur Willemsen (Azuro, 199901396) 50m 00:28.27 28,27	00:58.40(+73)
30. Fenna Westerneng (DZ&PC, 200900070) 50m 00:28.52 28,52	00:58.84(+73)
32. Michelle van Wijk (WWV Winterswijk, 200204746) 50m 00:28.28 28,28	00:58.99(+70)
35. Anne Engbersen (ZPC AMERSFOORT, 201000044) 50m 00:28.18 28,18	00:59.64(+73)
<i>12 - 15 jaar</i>	
1. Aminata Turay (NieMo Barracuda, 200900282) [S10] 50m 00:38.47 38,47	01:20.19
2. Gwyneth van der Spek (Batavia Swim, 201102806) [S7] 50m 00:48.33 48,33	01:36.21(+87)
3. Jente Parlevliet (Noordwijkerhout, 201003900) [S14] 50m 00:41.77 41,77	01:26.83(+94)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jenna Gorter (De Otters Het Gooi, 200702746) [S9] 50m 00:38.23 38,23	01:20.25(+83)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Rosalie Reef (ZPC AMERSFOORT, 200800426) 50m 00:26.60 26,60	00:54.80(+69)
2. Angelina Rolman (Team NL - De Dolfijn, 200701972) 50m 00:27.05 27,05	00:55.09(+70)
3. Maaïke Ooms (ZPC AMERSFOORT, 200801580) 50m 00:27.06 27,06	00:55.76(+74)
4. Nynke Boerefijn (ZPC AMERSFOORT, 200700114) 50m 00:27.43 27,43	00:56.10(+81)
5. Ilse Rozema (Blue Marlins, 200803318) 50m 00:27.39 27,39	00:57.14(+65)
6. Hylcke de Beer (PSV, 200700006) 50m 00:27.60 27,60	00:57.73(+56)
7. Jazz-Lynn Gomes Delgado (Feijenoord Albion Zwemclub, 200800738) 50m 00:27.50 27,50	00:57.81(+67)
8. Nomi Olivier (ZPC AMERSFOORT, 200704848) 50m 00:28.13 28,13	00:58.38(+75)
9. Charlotte Woltjes (VZC, 200700110) 50m 00:28.25 28,25	00:58.59(+75)
10. Rafaela Mulders (Team Noord Holland (SG), 200701398) 50m 00:28.21 28,21	00:58.79(+65)
11. Indira van Aggele (De Dolfijn, 200804424) 50m 00:28.07 28,07	00:58.89(+75)
12. Fleur Bussels (PSV, 200804848) 50m 00:28.23 28,23	00:59.02(+72)

13. Jade van der Schrier (AZC, 200800692) 50m 00:29.08 29,08	00:59.91(+72)
14. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736) 50m 00:28.80 28,80	01:00.00(+69)
14. Julie van Nispen (Nuenen, 200800290) 50m 00:28.78 28,78	01:00.00(+71)
16. Veerle de Ridder (HZ&PC Heerenveen, 200700778) 50m 00:28.75 28,75	01:00.10(+70)
17. Ilana Gentile (Orca, 200801558) 50m 00:29.28 29,28	01:00.31(+50)
18. Emma Ketelaars (Hellas-Glana, 200800354) 50m 00:29.23 29,23	01:01.18(+62)
19. Féline Sam (ZVZ, 200700018) 50m 00:29.50 29,50	01:01.21(+72)
20. Esmee Nieuwenhuis (ZPC De Hof, 200701444) 50m 00:29.73 29,73	01:01.30(+77)
21. Valérie Sakkers (Deltasteur, 200800080) 50m 00:29.69 29,69	01:01.37(+67)
22. Karlijn Dijkshoorn (Steenwijk 1934, 200803926) 50m 00:29.46 29,46	01:01.39(+60)
23. Bette Peetoom (DAW, 200801808) 50m 00:29.44 29,44	01:01.45(+72)
24. Anhelina Biletska (Nuenen, 200804930) 50m 00:29.30 29,30	01:01.46(+69)
25. Veerle Hildebrand (PSV, 200801830) 50m 00:29.62 29,62	01:01.62(+66)
26. Laurien Gliese-Slooiijer (De Dinkel, 200700636) 50m 00:29.03 29,03	01:01.87(+69)
27. Eline van Rijn (DAW, 200700918) 50m 00:29.74 29,74	01:02.83(+71)
28. Julia Agricola (DZ&PC, 200800266) 50m 00:29.87 29,87	01:03.06(+72)
<i>18 - 19 jaar</i>	
1. Sara Korthuis (DZ&PC, 200600494) 50m 00:26.78 26,78	00:55.47(+71)
2. Megan Jonkman (Blue Marlins, 200600508) 50m 00:27.04 27,04	00:55.73(+75)
3. Colinda van der Zanden (Aqua-Novio'94, 200502618) 50m 00:26.89 26,89	00:56.30(+73)
4. Marin Wieling (ZPC AMERSFOORT, 200501220) 50m 00:27.53 27,53	00:57.38(+71)
5. Merel Schravendijk (Blue Marlins, 200503382) 50m 00:27.74 27,74	00:57.93(+72)
6. Indy van Laarhoven (PSV, 200500710) 50m 00:28.30 28,30	00:59.15(+74)
7. Kim Oudendijk (DAW, 200600964) 50m 00:28.49 28,49	00:59.95(+76)
8. Vera Wassink (DZ&PC, 200604976) 50m 00:28.99 28,99	01:01.18(+71)

21. 200m schoolslag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

2. Ivo Kroes (Team NL - Azuro, 200300079)	02:08.49(+66)
50m 00:28.23 28,23 100m 01:00.89 32,66 150m 01:34.31 33,42	
5. Luca Janssen (Team NL - PSV, 200403237)	02:11.61(+74)
50m 00:29.69 29,69 100m 01:03.06 33,37 150m 01:37.16 34,10	
6. Lucas Greven (Hellas-Glana, 199501941)	02:13.76(+65)
50m 00:29.62 29,62 100m 01:03.52 33,90 150m 01:38.44 34,92	
9. Viktor Koets (Blue Marlins, 200201677)	02:17.07(+75)
50m 00:29.91 29,91 100m 01:04.38 34,47 150m 01:39.40 35,02	
10. Thom Delno (VZC, 200000013)	02:17.45(+72)
50m 00:30.24 30,24 100m 01:04.80 34,56 150m 01:40.62 35,82	
11. Rick Offringa (DZ&PC, 200300979)	02:18.43(+75)
50m 00:30.86 30,86 100m 01:06.03 35,17 150m 01:41.61 35,58	
12. Niels Chrisstoffels (ZPC AMERSFOORT, 200404807)	02:18.78(+77)
50m 00:32.67 32,67 100m 01:07.33 34,66 150m 01:43.72 36,39	
13. Joost de Roij van Zuidewijn (Feijenoord Albion Zwemclub, 200000255)	02:19.06(+67)
50m 00:30.67 30,67 100m 01:05.06 34,39 150m 01:41.20 36,14	
14. Nicko Kamphuis (De Warande, 199900887)	02:19.20(+59)
50m 00:31.04 31,04 100m 01:07.02 35,98 150m 01:43.58 36,56	
15. Lucas Douwma (ZPCH, 200401337)	02:19.50(+62)
50m 00:31.68 31,68 100m 01:07.71 36,03 150m 01:44.10 36,39	
16. Guy Hungens (Tempo, 200101697)	02:19.90(+66)
50m 00:31.08 31,08 100m 01:06.02 34,94 150m 01:42.96 36,94	
17. Martijn Velders (Aqua-Novio'94, 199502619)	02:19.91(+63)
50m 00:31.93 31,93 100m 01:07.17 35,24 150m 01:43.36 36,19	
21. Derk Jan van Duijn (KSN (SG), 200105575)	02:23.66(+78)
50m 00:32.71 32,71 100m 01:08.55 35,84 150m 01:45.53 36,98	
22. Kalle van Gemert (ZPC De Zeeuwse Kust, 199801259)	02:23.74(+68)
50m 00:32.55 32,55 100m 01:09.54 36,99 150m 01:46.80 37,26	
23. Anders van Norden (ZPC AMERSFOORT, 200400039)	02:24.70(+94)
50m 00:30.14 30,14 100m 01:05.01 34,87 150m 01:44.06 39,05	
16 - 17 jaar (Jeugd 1 en 2)	
1. Wytse Broekstra (De Vikings, 200800121)	02:14.08(+75)
50m 00:29.72 29,72 100m 01:03.17 33,45 150m 01:37.97 34,80	
2. Storm Boxum (DZ&PC, 200700421)	02:14.25(+72)
50m 00:29.92 29,92 100m 01:03.62 33,70 150m 01:38.31 34,69	
3. Job Sportel (De Dinkel, 200800429)	02:21.79(+71)
50m 00:31.44 31,44 100m 01:07.37 35,93 150m 01:44.08 36,71	
4. Bjorn van den Berge (ZPC De Zeeuwse Kust, 200701991)	02:25.08(+63)
50m 00:32.92 32,92 100m 01:10.45 37,53 150m 01:47.55 37,10	
5. Liam Diavatopoulos (Aqua-Novio'94, 200802549)	02:27.68(+65)
50m 00:32.64 32,64 100m 01:09.96 37,32 150m 01:48.30 38,34	
6. Frits Hoeflaken (PSV, 200804101)	02:27.80(+68)
50m 00:33.46 33,46 100m 01:10.92 37,46 150m 01:48.91 37,99	
7. Emiel de Bruijn (Dedemsvaart-AC, 200700953)	02:27.88(+68)
50m 00:32.55 32,55 100m 01:10.33 37,78 150m 01:49.05 38,72	
8. Jasper Thijert (WS Twente, 200700321)	02:28.23(+69)
50m 00:32.26 32,26 100m 01:09.00 36,74 150m 01:48.15 39,15	

9. Nout Folkersma (PSV, 200800595)				02:28.52(+69)
50m	00:32.92	32,92	100m 01:10.44	37,52
150m	01:48.73	38,29		
10. Twan Huisman (WVZ, 200702207)				02:29.19(+71)
50m	00:32.82	32,82	100m 01:10.18	37,36
150m	01:48.83	38,65		
11. Floris van der Valk (Wiekslag, 200801891)				02:29.84(+66)
50m	00:32.90	32,90	100m 01:11.14	38,24
150m	01:50.54	39,40		
12. Rijk Leenders (VZC, 200800627)				02:31.43(+78)
50m	00:32.90	32,90	100m 01:10.80	37,90
150m	01:50.69	39,89		
13. Jonathan Baaijens (PSV, 200800409)				02:31.75(+74)
50m	00:33.66	33,66	100m 01:12.68	39,02
150m	01:51.89	39,21		
14. Lars de Kooter (De Biesboschzwemmers, 200800185)				02:32.57(+67)
50m	00:34.05	34,05	100m 01:12.52	38,47
150m	01:52.27	39,75		
15. Lou van Leeuwen (De Dolfijn, 200702779)				02:36.23(+75)
50m	00:34.37	34,37	100m 01:13.69	39,32
150m	01:54.70	41,01		
16. Joris Willemse (Hellas-Glana, 200801745)				02:36.25(+73)
50m	00:34.90	34,90	100m 01:14.23	39,33
150m	01:54.86	40,63		
17. Sem Belmon (PSV, 200702099)				02:41.07(+73)
50m	00:32.04	32,04	100m 01:09.59	37,55
150m	01:53.13	43,54		
DIS. Twan Hoogervorst (De Columbiaan, 200700741)				00:00.00
<i>18 - 19 jaar (Senioren 1 en 2)</i>				
1. Steijn Louter (Team NL - PSV, 200500793)				02:07.80(+72)
50m	00:28.82	28,82	100m 01:01.64	32,82
150m	01:34.47	32,83		
2. Yanieck Weijland (Team NL - PSV, 200500329)				02:11.19(+68)
50m	00:29.83	29,83	100m 01:02.82	32,99
150m	01:36.59	33,77		
3. Cas Versteegen (PSV, 200500891)				02:11.24(+69)
50m	00:29.60	29,60	100m 01:01.72	32,12
150m	01:35.45	33,73		
4. Joshua Agussalim (WVZ, 200600153)				02:20.54(+52)
50m	00:31.45	31,45	100m 01:06.69	35,24
150m	01:43.03	36,34		
5. Roan van der weide (Blue Marlins, 200601629)				02:23.01(+68)
50m	00:31.32	31,32	100m 01:07.46	36,14
150m	01:44.71	37,25		
6. Lasse Schrieken (VZC, 200503145)				02:40.14(+71)
50m	00:33.40	33,40	100m 01:13.16	39,76
150m	01:55.71	42,55		
<b>22. 200m vlinderslag - Dames</b>				
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)				02:09.06(+61)
50m	00:28.15	28,15	100m 01:00.32	32,17
150m	01:34.43	34,11		
2. Femke Spiering (ZPC AMERSFOORT, 200204514)				02:12.93(+78)
50m	00:29.60	29,60	100m 01:03.16	33,56
150m	01:38.05	34,89		
5. Maaïke Issard (DZ&PC, 200300022)				02:19.00(+74)
50m	00:30.53	30,53	100m 01:05.30	34,77
150m	01:41.65	36,35		
7. Elin Ditewig (VZC, 200900392)				02:21.93(+70)
50m	00:30.66	30,66	100m 01:05.99	35,33
150m	01:43.22	37,23		
9. Lisa Dreesens (Blue Marlins, 199105798)				02:24.05(+81)
50m	00:30.91	30,91	100m 01:06.71	35,80
150m	01:44.37	37,66		
10. Kim Zwinkels (ZPCH, 200300422)				02:24.16(+75)
50m	00:30.78	30,78	100m 01:06.62	35,84
150m	01:44.35	37,73		
14. Mia Hoeflaken (PSV, 201004108)				02:29.72(+69)
50m	00:33.42	33,42	100m 01:11.97	38,55
150m	01:51.66	39,69		
15. Angelique van Vark (GZC DONK, 199701478)				02:30.15(+54)
50m	00:32.00	32,00	100m 01:09.81	37,81
150m	01:49.87	40,06		

20. Isa Schellekens (Z&PC Zegenwerp, 200002330)				02:33.34
50m	00:32.68	32,68	100m 01:11.51	38,83
150m	01:51.52	40,01		
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>				
1. Frouke Ludwig (DZ&PC, 200800112)				02:16.54(+71)
50m	00:30.81	30,81	100m 01:04.90	34,09
150m	01:40.17	35,27		
2. Rhodee van den Ham (De Duinkickers, 200700090)				02:21.99(+73)
50m	00:32.25	32,25	100m 01:08.84	36,59
150m	01:45.14	36,30		
3. Laura van Etten (HZ&PC Heerenveen, 200800264)				02:24.22(+64)
50m	00:31.01	31,01	100m 01:07.37	36,36
150m	01:44.82	37,45		
4. Emmelien Smelt (ZVZ, 200800012)				02:27.16(+73)
50m	00:33.15	33,15	100m 01:10.75	37,60
150m	01:49.11	38,36		
5. Britt Colijn (New Wave Almere, 200700544)				02:27.62(+74)
50m	00:32.65	32,65	100m 01:10.19	37,54
150m	01:48.57	38,38		
6. Ylva Konings (PSV, 200700148)				02:30.55(+73)
50m	00:33.54	33,54	100m 01:11.07	37,53
150m	01:50.20	39,13		
7. Meyke v. Nimwegen (De Schotegil, 200800106)				02:30.66(+73)
50m	00:32.78	32,78	100m 01:11.00	38,22
150m	01:50.31	39,31		
8. Noa Ottens (VZC, 200702256)				02:30.99(+76)
50m	00:33.33	33,33	100m 01:11.79	38,46
150m	01:50.58	38,79		
9. Violetta Pflug (Blue Marlins, 200804704)				02:32.96(+71)
50m	00:32.08	32,08	100m 01:10.72	38,64
150m	01:51.54	40,82		
10. Julia Agricola (DZ&PC, 200800266)				02:34.13(+72)
50m	00:33.90	33,90	100m 01:13.46	39,56
150m	01:53.33	39,87		
11. Pascalle Smal (DAW, 200802958)				02:35.46(+63)
50m	00:33.80	33,80	100m 01:13.58	39,78
150m	01:54.96	41,38		
12. Leyona Lichtendonk (Dedemsvaart-AC, 200700010)				02:39.53(+74)
50m	00:33.46	33,46	100m 01:12.94	39,48
150m	01:57.48	44,54		
<i>18 - 19 jaar</i>				
1. Evy Rozeboom (DAW, 200601338)				02:17.30(+76)
50m	00:30.60	30,60	100m 01:05.89	35,29
150m	01:41.98	36,09		
2. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)				02:19.35(+73)
50m	00:31.40	31,40	100m 01:06.96	35,56
150m	01:43.10	36,14		
3. Eline Lutters (De Dinkel, 200600322)				02:36.11(+75)
50m	00:33.07	33,07	100m 01:11.66	38,59
150m	01:53.05	41,39		
23. 50m rugslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [S11]				00:30.34(+49)
3. Lars Jacobsen (DWK, 199705453) [S14]				00:33.62(+72)
5. Jesse Bruines (Batavia Swim, 200402413) [S8]				00:40.95(+84)
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
1. Raf Hendriks (Hellas-Glana, 200100879)				00:24.82(+59)
2. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)				00:24.94(+63)
3. Jelle Betten (DZ&PC, 200001535)				00:24.98(+56)
3. Luuk Smits (Nuenen, 200001015)				00:24.98(+54)
5. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391)				00:25.18(+53)
7. Austin Namesnik (ZPC AMERSFOORT, 200101817)				00:25.24(+59)

10. Niels Dijkshoorn (Team NL - PSV, 200203079)	00:25.38(+60)
11. Thomas Jansen (Team NL - WVZ, 200100143)	00:25.41(+63)
12. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:25.54(+64)
12. Simon Claasen (ZPC AMERSFOORT, 200400231)	00:25.54(+62)
14. Michael Smink (Blue Marlins, 200302169)	00:25.56(+63)
15. Niek Heethaar (DWK, 199900999)	00:25.71(+54)
16. Sjoerd van Weelden (Feijenoord Albion Zwemclub, 200101217)	00:25.86(+65)
19. Mattia Maggio (Hellas-Glana, 200903311)	00:26.24(+58)
22. Max Peters (Nuenen, 199903123)	00:26.47(+61)
24. Luca Boorsma (De Dolfijn, 200902031)	00:26.79(+56)
25. Kalle van Gemert (ZPC De Zeeuwse Kust, 199801259)	00:26.93(+51)
27. Rick van Hamond (Z&PC Zegenwerp, 199205873)	00:27.01(+57)
30. Daan Hogerhuis (De Columbiaan, 200300317)	00:27.07(+66)
31. Felbe van 't Land (ZPC AMERSFOORT, 200900027)	00:27.13(+57)
34. Sander Iuga (Feijenoord Albion Zwemclub, 200101389)	00:27.24(+56)
<i>12 - 15 jaar (Junioren)</i>	
1. Cheng Van Vondel (KSN (SG), 200902673) [S9]	00:43.16(+91)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	00:33.27(+66)
2. Thomas Braat (AZC, 200802269) [S14]	00:34.45(+87)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	00:25.18(+65)
2. Sam Adams (De Dolfijn, 200704081)	00:26.19(+60)
3. Niek Issard (DZ&PC, 200700037)	00:26.35(+66)
4. Jake Franse (Blue Marlins, 200703873)	00:26.47(+63)
5. Boele Böhm (Blue Marlins, 200700739)	00:26.94(+65)
6. Kaan Sudak (Blue Marlins, 200803733)	00:27.02(+61)
7. Jisse Lousma (WVZ, 200701493)	00:27.03(+54)
8. Tijs Kruithof (Het Ravijn, 200701181)	00:27.14(+63)
9. Rein Stoel (ZVL-1886, 200800463)	00:27.66(+66)
10. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	00:27.69(+59)
11. Jaydey Schonewille (Steenwijk 1934, 200800025)	00:27.79(+74)
12. Gaëtan Spicq (Blue Marlins, 200701807)	00:27.87(+68)
13. Siem de Zeeuw (OZ&PC, 200800013)	00:27.93(+57)
14. Tim van Rooij (PSV, 200700129)	00:28.01(+61)
15. Niek Sonneveld (WVZ, 200802631)	00:28.24(+66)
16. Tim Brouwer (Aqua-Novio'94, 200800989)	00:28.42(+74)
17. Willem Weustink (Team Noord Holland (SG), 200800109)	00:28.47(+69)
18. Tibbe Quist (KONAZ 1870, 200801359)	00:28.57(+64)
19. Thiimen Lavooii (De Ganze, 200700355)	00:28.67(+62)



20. Filip Piszczynski (KSN (SG), 200802125)	00:28.73(+66)
21. Delano van der Wegen (Hieronymus, 200801941)	00:28.74(+59)
22. Lias IJzerman (Dedemsvaart-AC, 200703145)	00:28.87(+69)
23. Stijn Saelmans (Hellas-Glana, 200700373)	00:28.89(+67)
23. Fabian Riedijk (Blue Marlins, 200800603)	00:28.89(+61)
25. Lars Kool (DAW, 200700511)	00:28.91(+63)
26. Xander Boets (ZPC De Kanaalstreek, 200800133)	00:28.93(+60)
27. Stan Derks (Z&PC Zegenwerp, 200702561)	00:28.96(+64)
28. Colin Beuker (Zwemclub Polaris, 200802023)	00:28.98(+79)
29. Rian Schoneveld (De Berkelduikers, 200801789)	00:28.99(+57)
30. Sem Belmon (PSV, 200702099)	00:29.00(+69)
31. Nout Folkersma (PSV, 200800595)	00:29.04(+62)
32. Thomas Bergmans (CWW Swim team (SG), 200801663)	00:29.09(+70)
33. Lars Schade van Westrum (GoSwim, 200800933)	00:29.25(+59)
33. Sebastian Lopes Cardozo (WZK Zwemmen, 200800187)	00:29.25(+64)
35. Ties Lakke (ACZ, 200703517)	00:29.34(+64)
36. Damir Mustafic (DZ&PC, 200800885)	00:29.48(+69)
37. Mart Tempelman (Dedemsvaart-AC, 200801075)	00:29.83(+69)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Lars Minnaert (PSV, 200502355)	00:25.24(+55)
2. Daan Sonneveld (WVZ, 200601085)	00:25.28(+57)
3. Yassine Mellah (Feijenoord Albion Zwemclub, 200502159)	00:26.02(+55)
4. Lars Bulman (Blue Marlins, 200600125)	00:26.43(+66)
5. Thom De Hoog (Blue Marlins, 200600019)	00:27.13(+63)
6. Lars Heddema (Steenwijk 1934, 200603697)	00:27.42(+71)
7. Lars ten Katen (Batavia Swim, 200600959)	00:27.83(+59)
24. 200m wisselslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SM11]	02:50.21(+69)
50m 00:37.46 37,46 100m 01:23.71 46,25 150m 02:12.28 48,57	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
2. Kirsten Verhalle (PSV, 200400210)	02:15.49(+74)
50m 00:28.72 28,72 100m 01:02.72 34,00 150m 01:43.13 40,41	
5. Nikita van den Ouden (PSV, 199900622)	02:17.40(+69)
50m 00:29.22 29,22 100m 01:04.16 34,94 150m 01:45.12 40,96	
8. Fay Boxum (DZ&PC, 200900060)	02:18.41(+74)
50m 00:30.69 30,69 100m 01:05.15 34,46 150m 01:46.00 40,85	
9. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	02:18.47(+70)
50m 00:29.35 29,35 100m 01:03.22 33,87 150m 01:44.70 41,48	
10. Serena Stel (De Dolfijn, 199801528)	02:18.65(+68)
50m 00:30.27 30,27 100m 01:07.19 36,92 150m 01:47.86 40,67	
11. Lynn Blommers (Blue Marlins, 200105062)	02:18.85(+65)

	50m 00:30.05 30,05	100m 01:07.32 37,27	150m 01:46.17 38,85	
13. Jill Nai Chung Tong (WVZ, 200404272)	50m 00:30.29 30,29	100m 01:06.59 36,30	150m 01:46.65 40,06	02:20.39(+69)
15. Janne Slegers (PSV, 200404090)	50m 00:30.47 30,47	100m 01:06.17 35,70	150m 01:49.14 42,97	02:21.34(+71)
16. Kim Jansen van Galen (PSV, 200201594)	50m 00:29.71 29,71	100m 01:07.41 37,70	150m 01:47.97 40,56	02:21.76(+73)
19. Juliëtte Woltjes (VZC, 200900774)	50m 00:30.73 30,73	100m 01:09.08 38,35	150m 01:50.49 41,41	02:22.34(+60)
23. Robin Goossens (Nuenen, 200003128)	50m 00:31.49 31,49	100m 01:08.70 37,21	150m 01:48.75 40,05	02:23.40(+78)
24. Lieke Oude Lenferink (De Dolfijn, 200200068)	50m 00:29.60 29,60	100m 01:04.98 35,38	150m 01:48.90 43,92	02:23.89(+59)
25. Selene Wortel (Hieronymus, 199700654)	50m 00:30.89 30,89	100m 01:08.86 37,97	150m 01:50.75 41,89	02:23.94(+68)
27. Silke Molendijk (ZVL-1886, 200100178)	50m 00:30.28 30,28	100m 01:09.21 38,93	150m 01:51.68 42,47	02:26.11(+60)
28. Tess Panjer (VZC, 200403060)	50m 00:32.43 32,43	100m 01:09.24 36,81	150m 01:52.84 43,60	02:26.33(+81)
<i>12 - 15 jaar</i>				
1. Gwyneth van der Spek (Batavia Swim, 201102806) [SM7]	50m 00:56.75 56,75	100m 01:53.40 56,65	150m 02:56.13 62,73	03:44.33(+74)
2. Jente Parlevliet (Noordwijkerhout, 201003900) [SM14]	50m 00:50.32 50,32	100m 01:45.27 54,95	150m 02:41.92 56,65	03:31.53(+83)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>				
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>				
1. Frouke Ludwig (DZ&PC, 200800112)	50m 00:29.68 29,68	100m 01:03.70 34,02	150m 01:46.14 42,44	02:18.12(+70)
2. Dachen Haaijer (ZPC Hoogeveen, 200800380)	50m 00:30.61 30,61	100m 01:05.92 35,31	150m 01:47.50 41,58	02:20.25(+77)
3. Jinth Engelse (Blue Marlins, 200800204)	50m 00:29.54 29,54	100m 01:03.77 34,23	150m 01:47.23 43,46	02:20.60(+72)
4. Rhodee van den Ham (De Duinkickers, 200700090)	50m 00:31.09 31,09	100m 01:07.69 36,60	150m 01:49.39 41,70	02:22.03(+63)
5. Rafaela Mulders (Team Noord Holland (SG), 200701398)	50m 00:30.33 30,33	100m 01:07.78 37,45	150m 01:48.64 40,86	02:22.10(+70)
6. Annique Rupke (WVZ, 200700876)	50m 00:31.08 31,08	100m 01:07.26 36,18	150m 01:49.31 42,05	02:23.01(+75)
7. Esmee Mulder (DZ&PC, 200800038)	50m 00:31.00 31,00	100m 01:07.83 36,83	150m 01:49.03 41,20	02:23.03(+70)
8. Fleur Bussels (PSV, 200804848)	50m 00:30.69 30,69	100m 01:07.18 36,49	150m 01:52.15 44,97	02:25.67(+72)
9. Ilana Gentile (Orca, 200801558)	50m 00:32.41 32,41	100m 01:09.44 37,03	150m 01:53.30 43,86	02:27.27(+65)
10. Ilse Rozema (Blue Marlins, 200803318)	50m 00:30.63 30,63	100m 01:08.85 38,22	150m 01:54.16 45,31	02:27.79(+67)
11. Charlotte Woltjes (VZC, 200700110)	50m 00:31.01 31,01	100m 01:07.73 36,72	150m 01:52.82 45,09	02:28.13(+74)
12. Lyke Bellert (Octopus-ZVV (SG), 200701424)				02:28.83(+75)

	50m 00:31.45 31,45	100m 01:08.05 36,60	150m 01:53.38 45,33	
13. Isa Jansen (SBC2000, 200701176)	50m 00:32.03 32,03	100m 01:09.60 37,57	150m 01:52.93 43,33	02:28.90(+76)
14. Lisa Dirkwager (Blue Marlins, 200703458)	50m 00:31.23 31,23	100m 01:12.36 41,13	150m 01:53.40 41,04	02:29.02(+72)
15. Nomi Olivier (ZPC AMERSFOORT, 200704848)	50m 00:30.91 30,91	100m 01:09.97 39,06	150m 01:55.44 45,47	02:29.74(+77)
16. Emmelien Smelt (ZVZ, 200800012)	50m 00:31.60 31,60	100m 01:10.05 38,45	150m 01:55.24 45,19	02:30.66(+72)
17. Emma Ketelaars (Hellas-Glana, 200800354)	50m 00:31.71 31,71	100m 01:10.23 38,52	150m 01:55.41 45,18	02:31.05(+66)
18. Maud van Zwienen (De Warande, 200703734)	50m 00:32.02 32,02	100m 01:10.82 38,80	150m 01:55.48 44,66	02:31.13(+62)
19. Noa Ottens (VZC, 200702256)	50m 00:31.56 31,56	100m 01:10.34 38,78	150m 01:56.38 46,04	02:31.49(+45)
20. Annika Hogenhuis (Zwemlust-den Hommel, 200701340)	50m 00:33.55 33,55	100m 01:14.12 40,57	150m 01:55.91 41,79	02:31.80(+82)
21. Alexandra Gepkens (VZC, 200701690)	50m 00:32.95 32,95	100m 01:12.76 39,81	150m 01:55.00 42,24	02:32.08(+70)
22. Rosalie van der Bijl (Hieronymus, 200701644)	50m 00:31.17 31,17	100m 01:10.88 39,71	150m 01:56.29 45,41	02:32.13(+71)
23. Nina Zusterzeel (PSV, 200800656)	50m 00:32.84 32,84	100m 01:15.38 42,54	150m 01:55.51 40,13	02:32.26(+70)
24. Nieke Dovic (PSV, 200700238)	50m 00:32.71 32,71	100m 01:14.80 42,09	150m 01:54.60 39,80	02:32.34(+80)
25. Julia Agricola (DZ&PC, 200800266)	50m 00:31.98 31,98	100m 01:11.67 39,69	150m 01:56.94 45,27	02:32.70(+69)
26. Féline Sam (ZVZ, 200700018)	50m 00:31.64 31,64	100m 01:11.20 39,56	150m 01:57.82 46,62	02:33.36(+60)
27. Esmée Ykema (HZ&PC Heerenveen, 200801710)	50m 00:34.35 34,35	100m 01:13.30 38,95	150m 01:59.26 45,96	02:34.16(+73)
28. Maud Roffel (DZ&PC, 200700840)	50m 00:33.18 33,18	100m 01:11.72 38,54	150m 01:59.44 47,72	02:34.47(+69)
29. Sophie van Leent (Blue Marlins, 200800522)	50m 00:31.87 31,87	100m 01:12.29 40,42	150m 01:58.47 46,18	02:35.49(+75)
30. Eline van Rijn (DAW, 200700918)	50m 00:33.21 33,21	100m 01:13.50 40,29	150m 01:59.92 46,42	02:36.04(+72)
<i>18 - 19 jaar</i>				
1. Mare Schallenberg (Blue Marlins, 200600078)	50m 00:29.74 29,74	100m 01:04.29 34,55	150m 01:42.46 38,17	02:14.24(+69)
2. Zinke Delcommune (PSV, 200505416)	50m 00:30.22 30,22	100m 01:06.02 35,80	150m 01:44.27 38,25	02:16.39(+72)
3. Hedwig Bolt (HZ&PC Heerenveen, 200602660)	50m 00:29.94 29,94	100m 01:05.61 35,67	150m 01:45.54 39,93	02:17.06(+60)
4. Djanilla Brink (Team NL - De Dolfijn, 200600988)	50m 00:30.84 30,84	100m 01:08.09 37,25	150m 01:45.33 37,24	02:17.60(+78)
5. Merel Schravendijk (Blue Marlins, 200503382)	50m 00:30.17 30,17	100m 01:06.97 36,80	150m 01:49.08 42,11	02:22.43(+74)
6. Kim Oudendijk (DAW, 200600964)				02:28.37(+78)

50m 00:31.28 31,28 100m 01:09.87 38,59 150m 01:52.20 42,33

25. 400m wisselslag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

4. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)

50m 00:27.73 27,73 150m 01:35.40 34,87 250m 02:47.37 37,41 350m 03:55.82 30,23 04:26.31(+61)  
100m 01:00.53 32,80 200m 02:09.96 34,56 300m 03:25.59 38,22

8. Abel te Riele (WVZ, 200402317)

50m 00:27.58 27,58 150m 01:35.45 35,13 250m 02:48.15 38,04 350m 04:00.12 33,19 04:32.59(+73)  
100m 01:00.32 32,74 200m 02:10.11 34,66 300m 03:26.93 38,78

10. Nicko Kamphuis (De Warande, 199900887)

50m 00:28.80 28,80 150m 01:38.56 35,45 250m 02:52.95 38,81 350m 04:04.29 32,21 04:34.43(+61)  
100m 01:03.11 34,31 200m 02:14.14 35,58 300m 03:32.08 39,13

11. Ronis van Everdingen (DWK, 200300043)

50m 00:27.34 27,34 150m 01:35.93 36,16 250m 02:50.27 39,72 350m 04:03.21 32,82 04:35.28(+76)  
100m 00:59.77 32,43 200m 02:10.55 34,62 300m 03:30.39 40,12

16. Darren Chen (ZPC AMERSFOORT, 200001149)

50m 00:29.37 29,37 150m 01:40.74 37,63 250m 02:57.28 40,25 350m 04:10.19 32,29 04:40.69(+66)  
100m 01:03.11 33,74 200m 02:17.03 36,29 300m 03:37.90 40,62

18. Rick Offringa (DZ&PC, 200300979)

50m 00:29.45 29,45 150m 01:42.17 37,57 250m 02:57.00 37,51 350m 04:11.10 35,45 04:44.85(+76)  
100m 01:04.60 35,15 200m 02:19.49 37,32 300m 03:35.65 38,65

20. Jelte de Jong (ZPCH, 200900975)

50m 00:29.74 29,74 150m 01:39.96 35,67 250m 02:57.02 41,63 350m 04:12.92 33,48 04:45.87(+69)  
100m 01:04.29 34,55 200m 02:15.39 35,43 300m 03:39.44 42,42

23. Stefan van der Meer (VZC, 200901361)

50m 00:29.55 29,55 150m 01:41.59 36,86 250m 02:57.79 40,24 350m 04:13.93 34,29 04:46.11(+62)  
100m 01:04.73 35,18 200m 02:17.55 35,96 300m 03:39.64 41,85

25. Kevin Lucas (De Dinkel, 200300545)

50m 00:29.15 29,15 150m 01:42.96 38,68 250m 02:59.88 39,14 350m 04:14.06 34,47 04:46.84(+75)  
100m 01:04.28 35,13 200m 02:20.74 37,78 300m 03:39.59 39,71

26. Guus Hoogduin (ZVL-1886, 200201069)

50m 00:29.57 29,57 150m 01:40.33 37,12 250m 02:57.75 41,23 350m 04:14.98 35,54 04:47.55(+72)  
100m 01:03.21 33,64 200m 02:16.52 36,19 300m 03:39.44 41,69

29. Luuk Ruinemans (De Dinkel, 200301085)

50m 00:28.67 28,67 150m 01:40.42 37,17 250m 02:59.35 42,24 350m 04:16.65 34,23 04:48.72(+74)  
100m 01:03.25 34,58 200m 02:17.11 36,69 300m 03:42.42 43,07

33. Luc Mul (DAW, 200201025)

50m 00:29.68 29,68 150m 01:41.14 37,39 250m 03:00.77 42,76 350m 04:18.84 35,03 04:52.39(+70)  
100m 01:03.75 34,07 200m 02:18.01 36,87 300m 03:43.81 43,04

38. Mick van Kempen (CWW Swim team (SG), 200203375)

50m 00:29.34 29,34 150m 01:46.11 41,33 250m 03:05.81 40,49 350m 04:22.72 34,66 04:55.52(+80)  
100m 01:04.78 35,44 200m 02:25.32 39,21 300m 03:48.06 42,25

43. Max van der Spank (PSV, 201000275)

50m 00:31.36 31,36 150m 01:47.68 39,47 250m 03:07.21 41,36 350m 04:24.20 34,30 04:57.34(+55)  
100m 01:08.21 36,85 200m 02:25.85 38,17 300m 03:49.90 42,69

49. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SM11]

50m 00:31.02 31,02 150m 01:49.36 40,28 250m 03:09.59 39,53 350m 04:28.24 37,49 05:05.34(+66)  
100m 01:09.08 38,06 200m 02:30.06 40,70 300m 03:50.75 41,16

DIS. Jeffrey Camphens (Team Noord Holland (SG), 199503113)

00:00.00

16 - 17 jaar (Jeugd 1 en 2)

1. Nikodim Markovic (Blue Marlins, 200700255)

50m 00:27.49 27,49 150m 01:32.83 33,30 250m 02:43.91 37,45 350m 03:53.52 30,81 04:23.03(+67)  
100m 00:59.53 32,04 200m 02:06.46 33,63 300m 03:22.71 38,80

2. Tiede Groener (PSV, 200700155)					04:23.52(+71)
50m	00:26.99 26,99	150m	01:32.76 34,07	250m	02:44.46 38,03
100m	00:58.69 31,70	200m	02:06.43 33,67	300m	03:23.09 38,63
350m	03:54.44 31,35				
3. Yarno van Dam (ACZ, 200800115)					04:30.03(+65)
50m	00:27.43 27,43	150m	01:33.17 33,53	250m	02:46.22 39,29
100m	00:59.64 32,21	200m	02:06.93 33,76	300m	03:27.25 41,03
350m	03:59.03 31,78				
4. Tieme Wiersma (DZ&PC, 200701031)					04:31.17(+53)
50m	00:29.64 29,64	150m	01:39.86 35,56	250m	02:52.39 38,22
100m	01:04.30 34,66	200m	02:14.17 34,31	300m	03:30.46 38,07
350m	04:01.52 31,06				
5. Wytse Broekstra (De Vikings, 200800121)					04:35.52(+76)
50m	00:29.40 29,40	150m	01:40.31 35,07	250m	02:52.56 37,40
100m	01:05.24 35,84	200m	02:15.16 34,85	300m	03:31.34 38,78
350m	04:04.28 32,94				
6. Diede Veld (HZ&PC Heerenveen, 200800011)					04:36.08(+60)
50m	00:29.32 29,32	150m	01:37.65 35,51	250m	02:52.04 39,83
100m	01:02.14 32,82	200m	02:12.21 34,56	300m	03:33.05 41,01
350m	04:05.03 31,98				
7. Mies de Wit (CWW Swim team (SG), 200700315)					04:37.70(+64)
50m	00:28.35 28,35	150m	01:38.68 36,72	250m	02:53.88 39,17
100m	01:01.96 33,61	200m	02:14.71 36,03	300m	03:33.31 39,43
350m	04:06.38 33,07				
8. Tim van Erven (DZ&PC, 200700175)					04:46.09(+80)
50m	00:30.81 30,81	150m	01:43.55 36,60	250m	03:00.56 42,13
100m	01:06.95 36,14	200m	02:18.43 34,88	300m	03:43.84 43,28
350m	04:15.99 32,15				
9. Lucas Bemer (De Duinkickers, 200700219)					04:47.89(+69)
50m	00:28.13 28,13	150m	01:38.59 37,71	250m	02:55.81 40,53
100m	01:00.88 32,75	200m	02:15.28 36,69	300m	03:37.66 41,85
350m	04:13.40 35,74				
10. Melle van Veen (Dedemsvaart-AC, 200700661)					04:48.19(+76)
50m	00:30.22 30,22	150m	01:45.54 38,08	250m	03:02.78 39,86
100m	01:07.46 37,24	200m	02:22.92 37,38	300m	03:43.09 40,31
350m	04:16.97 33,88				
11. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)					04:48.84(+53)
50m	00:28.45 28,45	150m	01:40.61 36,75	250m	02:58.81 42,04
100m	01:03.86 35,41	200m	02:16.77 36,16	300m	03:42.21 43,40
350m	04:15.59 33,38				
12. Gijs Hartwijk (ZVL-1886, 200800573)					04:50.47(+57)
50m	00:30.31 30,31	150m	01:42.86 37,56	250m	03:01.31 41,43
100m	01:05.30 34,99	200m	02:19.88 37,02	300m	03:43.01 41,70
350m	04:17.23 34,22				
13. Emiel de Bruijn (Dedemsvaart-AC, 200700953)					04:50.89(+70)
50m	00:30.16 30,16	150m	01:46.63 39,26	250m	03:04.03 39,49
100m	01:07.37 37,21	200m	02:24.54 37,91	300m	03:44.23 40,20
350m	04:18.60 34,37				
14. Liam Tjin Wong Joe (De Dolfijn, 200804105)					04:53.08(+68)
50m	00:30.84 30,84	150m	01:44.87 38,87	250m	03:05.67 42,53
100m	01:06.00 35,16	200m	02:23.14 38,27	300m	03:48.80 43,13
350m	04:21.67 32,87				
15. Jelte de Boer (De Vikings, 200700345)					04:53.64(+61)
50m	00:29.61 29,61	150m	01:44.43 39,63	250m	03:03.13 40,45
100m	01:04.80 35,19	200m	02:22.68 38,25	300m	03:44.93 41,80
350m	04:20.19 35,26				
16. Tim Boerefijn (WVZ, 200802815)					04:54.00(+69)
50m	00:29.95 29,95	150m	01:42.82 37,37	250m	03:04.53 44,08
100m	01:05.45 35,50	200m	02:20.45 37,63	300m	03:48.79 44,26
350m	04:21.75 32,96				
17. Koen de Vries (De Reest, 200802379)					04:54.62(+68)
50m	00:29.63 29,63	150m	01:43.21 38,96	250m	03:03.15 41,62
100m	01:04.25 34,62	200m	02:21.53 38,32	300m	03:45.88 42,73
350m	04:21.16 35,28				
18. Mads van Norden (ZPC AMERSFOORT, 200700029)					04:56.13(+76)
50m	00:29.95 29,95	150m	01:45.83 40,51	250m	03:06.75 43,04
100m	01:05.32 35,37	200m	02:23.71 37,88	300m	03:49.88 43,13
350m	04:25.43 35,55				
19. Jere Wiersma (DZ&PC, 200701037)					04:56.58(+77)
50m	00:31.21 31,21	150m	01:46.01 38,34	250m	03:06.20 43,63
100m	01:07.67 36,46	200m	02:22.57 36,56	300m	03:50.45 44,25
350m	04:24.55 34,10				

20. Tim Zuurman (Dedemsvaart-AC, 200700131)					04:58.00(+80)
50m	00:32.63 32,63	150m	01:48.57 37,76	250m	03:08.68 43,52
100m	01:10.81 38,18	200m	02:25.16 36,59	300m	03:52.17 43,49
21. Frits Hoeflaken (PSV, 200804101)					04:59.32(+66)
50m	00:31.14 31,14	150m	01:47.89 39,69	250m	03:08.87 41,58
100m	01:08.20 37,06	200m	02:27.29 39,40	300m	03:51.39 42,52
22. Teun van Weeren (OZ&PC, 200801145)					04:59.76(+71)
50m	00:30.28 30,28	150m	01:43.76 38,38	250m	03:05.56 44,34
100m	01:05.38 35,10	200m	02:21.22 37,46	300m	03:50.30 44,74
23. Jort Siebelt (OZ&PC, 200700083)					05:00.33(+73)
50m	00:30.83 30,83	150m	01:45.53 38,37	250m	03:06.66 42,87
100m	01:07.16 36,33	200m	02:23.79 38,26	300m	03:50.90 44,24
24. Felix Gepkens (VZC, 200800631)					05:01.14(+74)
50m	00:29.79 29,79	150m	01:41.47 36,77	250m	03:04.29 45,87
100m	01:04.70 34,91	200m	02:18.42 36,95	300m	03:51.33 47,04
25. Bjorn Scholten (OZ&PC, 200801143)					05:05.77(+75)
50m	00:30.82 30,82	150m	01:44.65 38,49	250m	03:10.18 47,20
100m	01:06.16 35,34	200m	02:22.98 38,33	300m	03:58.06 47,88
26. Sebastian Lopes Cardozo (WZK Zwemmen, 200800187)					05:06.08(+71)
50m	00:30.29 30,29	150m	01:45.28 38,69	250m	03:09.36 45,85
100m	01:06.59 36,30	200m	02:23.51 38,23	300m	03:56.53 47,17
27. Twan Hoogervorst (De Columbiaan, 200700741)					05:06.23(+69)
50m	00:31.72 31,72	150m	01:50.41 39,28	250m	03:12.61 43,86
100m	01:11.13 39,41	200m	02:28.75 38,34	300m	03:57.21 44,60
28. Sem Belmon (PSV, 200702099)					05:09.52(+73)
50m	00:31.83 31,83	150m	01:49.63 40,39	250m	03:12.70 43,35
100m	01:09.24 37,41	200m	02:29.35 39,72	300m	03:56.95 44,25
DIS. Pelle Schrieken (VZC, 200801595)					00:00.00
<i>18 - 19 jaar (Senioren 1 en 2)</i>					
1. Yanieck Weijland (Team NL - PSV, 200500329)					04:19.57(+69)
50m	00:26.98 26,98	150m	01:32.72 34,39	250m	02:42.79 35,16
100m	00:58.33 31,35	200m	02:07.63 34,91	300m	03:19.00 36,21
2. Youri Voet (ZPC AMERSFOORT, 200502269)					04:29.16(+64)
50m	00:28.46 28,46	150m	01:36.11 34,87	250m	02:47.58 38,56
100m	01:01.24 32,78	200m	02:09.02 32,91	300m	03:26.49 38,91
3. Olivier Wilbers (ZPC Hoogeveen, 200600181)					04:34.42(+76)
50m	00:29.70 29,70	150m	01:37.49 34,22	250m	02:51.73 40,11
100m	01:03.27 33,57	200m	02:11.62 34,13	300m	03:32.50 40,77
4. Storm Tolsma (DZ&PC, 200600277)					04:39.87(+75)
50m	00:28.93 28,93	150m	01:40.54 37,17	250m	02:55.78 38,84
100m	01:03.37 34,44	200m	02:16.94 36,40	300m	03:35.73 39,95
5. Lucas van Rooij (PSV, 200603943)					04:43.46(+64)
50m	00:29.69 29,69	150m	01:42.48 38,84	250m	03:01.20 41,15
100m	01:03.64 33,95	200m	02:20.05 37,57	300m	03:42.44 41,24
6. Niek Vreeling (OZ&PC, 200604211)					04:45.57(+71)
50m	00:28.67 28,67	150m	01:40.63 36,27	250m	02:57.03 40,21
100m	01:04.36 35,69	200m	02:16.82 36,19	300m	03:39.19 42,16
7. Jesse van der Meij (De Dolfijn, 200600841)					04:46.01(+78)
50m	00:30.31 30,31	150m	01:43.99 38,38	250m	03:00.80 39,56
100m	01:05.61 35,30	200m	02:21.24 37,25	300m	03:40.77 39,97
8. Ruben de Vries (Hellas-Glana, 200600497)					04:46.64(+61)
50m	00:29.75 29,75	150m	01:44.51 39,31	250m	03:01.12 38,34
100m	01:05.20 35,45	200m	02:22.78 38,27	300m	03:40.68 39,56
9. Laurens Kalle (De Schotegil, 200600161)					04:56.23(+78)

50m 00:29.94 29,94 150m 01:44.78 39,21 250m 03:06.09 43,29 350m 04:23.82 34,27  
100m 01:05.57 35,63 200m 02:22.80 38,02 300m 03:49.55 43,46

10. Thijs Berkhout (DWK, 200500035)

50m 00:28.76 28,76 150m 01:42.92 39,83 250m 03:03.60 41,54 350m 04:21.95 35,85 04:56.50(+71)  
100m 01:03.09 34,33 200m 02:22.06 39,14 300m 03:46.10 42,50

26. 800m vrije slag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

1. Imani de Jong (Team NL - PSV, 200200464)

50m 00:28.27 28,27 250m 02:34.22 31,71 450m 04:42.21 32,26 650m 06:51.02 32,14 08:26.25(+69)  
100m 00:59.43 31,16 300m 03:06.04 31,82 500m 05:14.33 32,12 700m 07:23.35 32,33  
150m 01:31.04 31,61 350m 03:37.86 31,82 550m 05:46.52 32,19 750m 07:55.29 31,94  
200m 02:02.51 31,47 400m 04:09.95 32,09 600m 06:18.88 32,36

4. Serena Stel (De Dolfijn, 199801528)

50m 00:29.96 29,96 250m 02:42.86 33,61 450m 04:56.88 33,37 650m 07:10.42 33,15 08:48.21(+71)  
100m 01:02.65 32,69 300m 03:16.31 33,45 500m 05:30.65 33,77 700m 07:43.41 32,99  
150m 01:35.72 33,07 350m 03:49.96 33,65 550m 06:04.01 33,36 750m 08:16.48 33,07  
200m 02:09.25 33,53 400m 04:23.51 33,55 600m 06:37.27 33,26

7. Alysha de Jong (ZPCH, 200400086)

50m 00:29.87 29,87 250m 02:46.06 34,39 450m 05:05.53 34,95 650m 07:26.35 35,07 09:09.63(+77)  
100m 01:03.06 33,19 300m 03:20.94 34,88 500m 05:40.64 35,11 700m 08:01.51 35,16  
150m 01:37.22 34,16 350m 03:55.66 34,72 550m 06:15.64 35,00 750m 08:36.74 35,23  
200m 02:11.67 34,45 400m 04:30.58 34,92 600m 06:51.28 35,64

9. Mara Bosman (Blue Marlins, 200303048)

50m 00:30.60 30,60 250m 02:48.46 35,17 450m 05:10.66 35,25 650m 07:32.33 35,73 09:18.83(+69)  
100m 01:04.04 33,44 300m 03:23.97 35,51 500m 05:45.75 35,09 700m 08:08.21 35,88  
150m 01:38.42 34,38 350m 03:59.67 35,70 550m 06:21.07 35,32 750m 08:43.74 35,53  
200m 02:13.29 34,87 400m 04:35.41 35,74 600m 06:56.60 35,53

10. Myrthe Natzijl (DZ&PC, 200400076)

50m 00:31.99 31,99 250m 02:53.78 35,64 450m 05:15.80 35,15 650m 07:37.26 35,31 09:20.43(+82)  
100m 01:06.78 34,79 300m 03:29.72 35,94 500m 05:51.21 35,41 700m 08:12.61 35,35  
150m 01:42.51 35,73 350m 04:05.24 35,52 550m 06:26.66 35,45 750m 08:47.09 34,48  
200m 02:18.14 35,63 400m 04:40.65 35,41 600m 07:01.95 35,29

16 - 17 jaar (Jeugd 2 en Senioren 1)

1. Jade van der Schrier (AZC, 200800692)

50m 00:30.02 30,02 250m 02:43.45 33,67 450m 04:59.83 34,15 650m 07:18.01 34,47 08:58.78(+75)  
100m 01:02.69 32,67 300m 03:17.37 33,92 500m 05:34.69 34,86 700m 07:52.71 34,70  
150m 01:36.11 33,42 350m 03:51.43 34,06 550m 06:08.88 34,19 750m 08:26.59 33,88  
200m 02:09.78 33,67 400m 04:25.68 34,25 600m 06:43.54 34,66

2. Julie van Nispen (Nuenen, 200800290)

50m 00:29.76 29,76 250m 02:45.04 34,04 450m 05:01.11 34,06 650m 07:18.72 34,26 09:00.04(+69)  
100m 01:03.15 33,39 300m 03:18.85 33,81 500m 05:35.40 34,29 700m 07:52.98 34,26  
150m 01:37.29 34,14 350m 03:53.11 34,26 550m 06:09.86 34,46 750m 08:27.20 34,22  
200m 02:11.00 33,71 400m 04:27.05 33,94 600m 06:44.46 34,60

3. Nynke Boerefijn (ZPC AMERSFOORT, 200700114)

50m 00:29.98 29,98 250m 02:48.69 35,30 450m 05:09.35 35,31 650m 07:28.77 34,79 09:12.11(+86)  
100m 01:03.82 33,84 300m 03:23.88 35,19 500m 05:44.66 35,31 700m 08:03.78 35,01  
150m 01:38.50 34,68 350m 03:58.94 35,06 550m 06:19.28 34,62 750m 08:38.33 34,55  
200m 02:13.39 34,89 400m 04:34.04 35,10 600m 06:53.98 34,70

4. Imre Bouwland (ZPC Hoogeveen, 200700388)

50m 00:31.10 31,10 250m 02:55.23 36,31 450m 05:19.86 35,95 650m 07:43.47 35,61 09:28.92(+74)  
100m 01:06.47 35,37 300m 03:31.58 36,35 500m 05:55.97 36,11 700m 08:19.53 36,06  
150m 01:42.80 36,33 350m 04:07.99 36,41 550m 06:32.22 36,25 750m 08:55.51 35,98  
200m 02:18.92 36,12 400m 04:43.91 35,92 600m 07:07.86 35,64

18 - 19 jaar

1. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)

50m 00:29.47 29,47 250m 02:38.96 32,60 450m 04:49.52 32,44 650m 07:00.01 32,67 08:35.63(+78)  
100m 01:01.48 32,01 300m 03:11.66 32,70 500m 05:22.11 32,59 700m 07:32.72 32,71  
150m 01:33.76 32,28 350m 03:44.38 32,72 550m 05:54.67 32,56 750m 08:05.14 32,42

200m 02:06.36 32,60 400m 04:17.08 32,70 600m 06:27.34 32,67

2. Hedwig Bolt (HZ&PC Heerenveen, 200602660) 08:42.72(+63)  
50m 00:30.18 30,18 250m 02:42.25 33,26 450m 04:54.39 32,69 650m 07:06.40 33,07  
100m 01:02.90 32,72 300m 03:15.38 33,13 500m 05:27.31 32,92 700m 07:39.05 32,65  
150m 01:35.89 32,99 350m 03:48.41 33,03 550m 06:00.22 32,91 750m 08:11.58 32,53  
200m 02:08.99 33,10 400m 04:21.70 33,29 600m 06:33.33 33,11

3. Famke Irvine (ZPC AMERSFOORT, 200501724) 09:29.07(+70)  
50m 00:31.28 31,28 250m 02:53.21 36,05 450m 05:18.64 36,69 650m 07:43.54 36,50  
100m 01:05.77 34,49 300m 03:29.43 36,22 500m 05:55.02 36,38 700m 08:19.42 35,88  
150m 01:41.22 35,45 350m 04:05.66 36,23 550m 06:30.94 35,92 750m 08:55.14 35,72  
200m 02:17.16 35,94 400m 04:41.95 36,29 600m 07:07.04 36,10

4. Vera Wassink (DZ&PC, 200604976) 09:48.51(+69)  
50m 00:31.45 31,45 250m 02:57.58 37,13 450m 05:26.92 37,43 650m 07:56.94 37,28  
100m 01:07.30 35,85 300m 03:34.93 37,35 500m 06:04.47 37,55 700m 08:34.71 37,77  
150m 01:43.90 36,60 350m 04:12.37 37,44 550m 06:42.09 37,62 750m 09:12.11 37,40  
200m 02:20.45 36,55 400m 04:49.49 37,12 600m 07:19.66 37,57

27. 1500m vrije slag - Heren  
12 - 13 jaar (Junioren 1 en 2)

1. Ramon Vos (ZPC Hoogeveen, 201100051) 17:15.01(+58)  
50m 00:30.93 30,93 450m 05:08.41 35,30 800m 09:12.19 34,50 1150m 13:14.35 34,62  
100m 01:04.74 33,81 500m 05:43.52 35,11 850m 09:46.62 34,43 1200m 13:49.00 34,65  
150m 01:39.04 34,30 550m 06:18.44 34,92 900m 10:21.32 34,70 1250m 14:23.61 34,61  
200m 02:13.62 34,58 600m 06:53.40 34,96 950m 10:56.05 34,73 1300m 14:58.01 34,40  
250m 02:48.48 34,86 650m 07:27.92 34,52 1000m 11:30.55 34,50 1350m 15:32.87 34,86  
300m 03:23.07 34,59 700m 08:02.82 34,90 1050m 12:05.11 34,56 1400m 16:07.92 35,05  
350m 03:58.28 35,21 750m 08:37.69 34,87 1100m 12:39.73 34,62 1450m 16:42.33 34,41  
400m 04:33.11 34,83 800m 09:12.19 34,50 1150m 13:14.35 34,62

2. Laurens van Nulck (Hellas-Glana, 201100521) 17:38.11(+56)  
50m 00:31.32 31,32 450m 05:15.17 35,62 800m 09:24.25 35,06 1150m 13:32.55 35,77  
100m 01:05.24 33,92 500m 05:51.15 35,98 850m 10:00.18 35,93 1200m 14:07.60 35,05  
150m 01:40.06 34,82 550m 06:26.57 35,42 900m 10:35.59 35,41 1250m 14:43.17 35,57  
200m 02:15.86 35,80 600m 07:02.11 35,54 950m 11:11.20 35,61 1300m 15:19.19 36,02  
250m 02:51.33 35,47 650m 07:37.76 35,65 1000m 11:46.38 35,18 1350m 15:55.11 35,92  
300m 03:27.32 35,99 700m 08:13.68 35,92 1050m 12:21.43 35,05 1400m 16:30.30 35,19  
350m 04:03.24 35,92 750m 08:49.19 35,51 1100m 12:56.78 35,35 1450m 17:05.57 35,27  
400m 04:39.55 36,31 800m 09:24.25 35,06 1150m 13:32.55 35,77

3. Matthijs van Velzen (Deltasteur, 201100435) 17:39.75(+59)  
50m 00:30.36 30,36 450m 05:13.98 36,32 800m 09:24.60 35,73 1150m 13:35.41 35,79  
100m 01:04.65 34,29 500m 05:49.81 35,83 850m 10:00.57 35,97 1200m 14:11.17 35,76  
150m 01:39.68 35,03 550m 06:25.39 35,58 900m 10:36.62 36,05 1250m 14:47.15 35,98  
200m 02:14.82 35,14 600m 07:01.35 35,96 950m 11:12.68 36,06 1300m 15:23.05 35,90  
250m 02:50.47 35,65 650m 07:37.09 35,74 1000m 11:47.84 35,16 1350m 15:58.34 35,29  
300m 03:26.02 35,55 700m 08:12.96 35,87 1050m 12:23.52 35,68 1400m 16:33.56 35,22  
350m 04:01.77 35,75 750m 08:48.87 35,91 1100m 12:59.62 36,10 1450m 17:08.23 34,67  
400m 04:37.66 35,89 800m 09:24.60 35,73 1150m 13:35.41 35,79

4. Douwe Enzerink (Deltasteur, 201102657) 17:52.47(+64)  
50m 00:31.34 31,34 450m 05:17.50 35,74 800m 09:26.17 35,60 1150m 13:39.29 36,59  
100m 01:06.41 35,07 500m 05:52.68 35,18 850m 10:02.61 36,44 1200m 14:15.49 36,20  
150m 01:41.65 35,24 550m 06:28.49 35,81 900m 10:38.43 35,82 1250m 14:52.09 36,60  
200m 02:17.41 35,76 600m 07:03.54 35,05 950m 11:14.51 36,08 1300m 15:28.93 36,84  
250m 02:53.33 35,92 650m 07:39.17 35,63 1000m 11:50.13 35,62 1350m 16:05.64 36,71  
300m 03:30.00 36,67 700m 08:15.14 35,97 1050m 12:26.55 36,42 1400m 16:41.70 36,06  
350m 04:06.18 36,18 750m 08:50.57 35,43 1100m 13:02.70 36,15 1450m 17:18.22 36,52  
400m 04:41.76 35,58 800m 09:26.17 35,60 1150m 13:39.29 36,59

5. Daan Mulder (KSN (SG), 201100267) 18:31.07(+86)  
50m 00:33.31 33,31 450m 05:31.16 37,51 800m 09:52.54 37,72 1150m 14:14.57 37,77  
100m 01:10.20 36,89 500m 06:08.68 37,52 850m 10:29.37 36,83 1200m 14:51.80 37,23  
150m 01:47.16 36,96 550m 06:46.09 37,41 900m 11:06.88 37,51 1250m 15:28.45 36,65  
200m 02:24.45 37,29 600m 07:23.01 36,92 950m 11:44.30 37,42 1300m 16:05.67 37,22  
250m 03:01.48 37,03 650m 08:00.23 37,22 1000m 12:21.86 37,56 1350m 16:42.43 36,76  
300m 03:38.91 37,43 700m 08:37.68 37,45 1050m 12:59.55 37,69 1400m 17:19.74 37,31



350m 04:16.29 37,38 750m 09:14.82 37,14 1100m 13:36.80 37,25 1450m 17:55.73 35,99  
400m 04:53.65 37,36 800m 09:52.54 37,72 1150m 14:14.57 37,77

6. Kasper Lubbers (Orca, 201100025)

18:33.35(+45)

50m 00:33.12 33,12 450m 05:30.23 37,62 800m 09:52.18 37,43 1150m 14:16.69 37,94  
100m 01:09.75 36,63 500m 06:07.59 37,36 850m 10:30.16 37,98 1200m 14:54.33 37,64  
150m 01:47.49 37,74 550m 06:45.46 37,87 900m 11:08.05 37,89 1250m 15:32.44 38,11  
200m 02:24.93 37,44 600m 07:22.28 36,82 950m 11:45.22 37,17 1300m 16:09.85 37,41  
250m 03:02.39 37,46 650m 07:59.33 37,05 1000m 12:23.09 37,87 1350m 16:46.49 36,64  
300m 03:38.50 36,11 700m 08:37.08 37,75 1050m 13:01.34 38,25 1400m 17:22.76 36,27  
350m 04:15.87 37,37 750m 09:14.75 37,67 1100m 13:38.75 37,41 1450m 17:59.09 36,33  
400m 04:52.61 36,74 800m 09:52.18 37,43 1150m 14:16.69 37,94

7. Giovanni Wolfgang (MSV-Zeemacht, 201100859)

18:44.42(+61)

50m 00:30.30 30,30 450m 05:30.05 37,83 800m 09:54.20 38,24 1150m 14:20.59 38,34  
100m 01:06.07 35,77 500m 06:07.38 37,33 850m 10:32.26 38,06 1200m 14:59.81 39,22  
150m 01:44.16 38,09 550m 06:45.63 38,25 900m 11:10.63 38,37 1250m 15:38.30 38,49  
200m 02:22.44 38,28 600m 07:22.63 37,00 950m 11:48.51 37,88 1300m 16:16.67 38,37  
250m 03:00.49 38,05 650m 08:00.32 37,69 1000m 12:26.48 37,97 1350m 16:55.10 38,43  
300m 03:37.88 37,39 700m 08:38.29 37,97 1050m 13:04.37 37,89 1400m 17:33.63 38,53  
350m 04:14.78 36,90 750m 09:15.96 37,67 1100m 13:42.25 37,88 1450m 18:10.65 37,02  
400m 04:52.22 37,44 800m 09:54.20 38,24 1150m 14:20.59 38,34

8. Luca Denkers (New Wave Almere, 201202399)

19:13.70(+72)

50m 00:33.78 33,78 450m 05:41.80 38,44 800m 10:15.82 39,63 1150m 14:49.75 39,29  
100m 01:11.65 37,87 500m 06:20.46 38,66 850m 10:55.11 39,29 1200m 15:27.53 37,78  
150m 01:50.76 39,11 550m 07:00.28 39,82 900m 11:35.05 39,94 1250m 16:05.16 37,63  
200m 02:28.97 38,21 600m 07:38.68 38,40 950m 12:14.72 39,67 1300m 16:42.86 37,70  
250m 03:07.32 38,35 650m 08:17.77 39,09 1000m 12:53.31 38,59 1350m 17:21.60 38,74  
300m 03:45.48 38,16 700m 08:57.44 39,67 1050m 13:31.92 38,61 1400m 18:00.23 38,63  
350m 04:24.81 39,33 750m 09:36.19 38,75 1100m 14:10.46 38,54 1450m 18:38.39 38,16  
400m 05:03.36 38,55 800m 10:15.82 39,63 1150m 14:49.75 39,29

9. Lars Thül (SWOL 1894, 201200119)

19:30.09(+76)

50m 00:35.15 35,15 450m 05:52.89 41,10 800m 10:29.41 39,48 1150m 15:00.29 38,99  
100m 01:14.97 39,82 500m 06:31.54 38,65 850m 11:06.93 37,52 1200m 15:38.44 38,15  
150m 01:54.60 39,63 550m 07:12.09 40,55 900m 11:44.97 38,04 1250m 16:17.07 38,63  
200m 02:33.92 39,32 600m 07:51.44 39,35 950m 12:24.55 39,58 1300m 16:56.52 39,45  
250m 03:13.46 39,54 650m 08:31.40 39,96 1000m 13:02.38 37,83 1350m 17:34.85 38,33  
300m 03:53.38 39,92 700m 09:11.66 40,26 1050m 13:41.64 39,26 1400m 18:13.91 39,06  
350m 04:32.53 39,15 750m 09:49.93 38,27 1100m 14:21.30 39,66 1450m 18:51.98 38,07  
400m 05:11.79 39,26 800m 10:29.41 39,48 1150m 15:00.29 38,99

10. Ivan Halff (De Ham, 201100479)

19:36.26(+77)

50m 00:33.81 33,81 450m 05:45.99 39,47 800m 10:26.77 38,93 1150m 15:03.29 39,90  
100m 01:11.81 38,00 500m 06:26.58 40,59 850m 11:06.60 39,83 1200m 15:42.14 38,85  
150m 01:49.67 37,86 550m 07:05.02 38,44 900m 11:45.54 38,94 1250m 16:21.87 39,73  
200m 02:29.18 39,51 600m 07:44.54 39,52 950m 12:24.88 39,34 1300m 17:01.77 39,90  
250m 03:08.04 38,86 650m 08:24.97 40,43 1000m 13:04.15 39,27 1350m 17:41.33 39,56  
300m 03:46.99 38,95 700m 09:05.46 40,49 1050m 13:43.55 39,40 1400m 18:20.50 39,17  
350m 04:26.61 39,62 750m 09:47.84 42,38 1100m 14:23.39 39,84 1450m 19:00.77 40,27  
400m 05:06.52 39,91 800m 10:26.77 38,93 1150m 15:03.29 39,90

11. Thijs van Kints (BZ&PC, 201101059)

19:48.99(+78)

50m 00:33.06 33,06 450m 05:45.80 38,88 800m 10:26.88 40,43 1150m 15:10.61 41,18  
100m 01:10.28 37,22 500m 06:25.62 39,82 850m 11:06.57 39,69 1200m 15:51.34 40,73  
150m 01:48.81 38,53 550m 07:05.58 39,96 900m 11:46.86 40,29 1250m 16:31.68 40,34  
200m 02:27.81 39,00 600m 07:45.39 39,81 950m 12:27.42 40,56 1300m 17:12.52 40,84  
250m 03:07.02 39,21 650m 08:25.89 40,50 1000m 13:08.58 41,16 1350m 17:52.54 40,02  
300m 03:46.88 39,86 700m 09:05.86 39,97 1050m 13:48.46 39,88 1400m 18:32.52 39,98  
350m 04:27.03 40,15 750m 09:46.45 40,59 1100m 14:29.43 40,97 1450m 19:11.26 38,74  
400m 05:06.92 39,89 800m 10:26.88 40,43 1150m 15:10.61 41,18

12. Maarten de Leeuw (Deltasteur, 201200241)

20:10.78(+85)

50m 00:37.44 37,44 450m 06:05.87 41,00 800m 10:49.20 39,72 1150m 15:31.87 40,17  
100m 01:18.50 41,06 500m 06:46.38 40,51 850m 11:30.54 41,34 1200m 16:12.07 40,20  
150m 01:59.77 41,27 550m 07:26.93 40,55 900m 12:10.64 40,10 1250m 16:51.79 39,72  
200m 02:41.11 41,34 600m 08:07.64 40,71 950m 12:51.25 40,61 1300m 17:32.09 40,30  
250m 03:21.67 40,56 650m 08:48.66 41,02 1000m 13:31.60 40,35 1350m 18:12.05 39,96

300m 04:02.43 40,76	700m 09:28.84 40,18	1050m 14:11.85 40,25	1400m 18:51.96 39,91
350m 04:43.95 41,52	750m 10:09.48 40,64	1100m 14:51.70 39,85	1450m 19:31.14 39,18
400m 05:24.87 40,92	800m 10:49.20 39,72	1150m 15:31.87 40,17	

13. Zion Eijkenboom (Hellas-Glana, 201100043) 20:16.34(+79)

50m 00:34.18 34,18	450m 05:57.46 41,49	800m 10:45.95 40,83	1150m 15:33.56 40,60
100m 01:12.78 38,60	500m 06:39.78 42,32	850m 11:27.70 41,75	1200m 16:15.90 42,34
150m 01:52.44 39,66	550m 07:20.10 40,32	900m 12:09.35 41,65	1250m 16:56.94 41,04
200m 02:32.72 40,28	600m 08:01.85 41,75	950m 12:50.14 40,79	1300m 17:39.64 42,70
250m 03:12.34 39,62	650m 08:43.18 41,33	1000m 13:31.08 40,94	1350m 18:21.85 42,21
300m 03:54.39 42,05	700m 09:23.74 40,56	1050m 14:12.78 41,70	1400m 19:01.93 40,08
350m 04:34.60 40,21	750m 10:05.12 41,38	1100m 14:52.96 40,18	1450m 19:41.57 39,64
400m 05:15.97 41,37	800m 10:45.95 40,83	1150m 15:33.56 40,60	

14. Kris Stoyanov (Blue Marlins, 201201505) 20:42.25(+69)

50m 00:33.30 33,30	450m 06:01.75 41,59	800m 10:57.51 42,33	1150m 15:53.66 42,25
100m 01:12.82 39,52	500m 06:44.39 42,64	850m 11:38.78 41,27	1200m 16:35.04 41,38
150m 01:53.52 40,70	550m 07:26.19 41,80	900m 12:21.48 42,70	1250m 17:18.03 42,99
200m 02:33.71 40,19	600m 08:08.76 42,57	950m 13:04.30 42,82	1300m 18:00.43 42,40
250m 03:14.04 40,33	650m 08:50.78 42,02	1000m 13:45.50 41,20	1350m 18:41.85 41,42
300m 03:56.18 42,14	700m 09:32.67 41,89	1050m 14:29.72 44,22	1400m 19:22.61 40,76
350m 04:37.35 41,17	750m 10:15.18 42,51	1100m 15:11.41 41,69	1450m 20:03.61 41,00
400m 05:20.16 42,81	800m 10:57.51 42,33	1150m 15:53.66 42,25	

28. 800m vrije slag - Dames

12 - 13 jaar (Junioren 2 en 3)

1. Malin Roozeboom (WVZ, 201100006) 09:22.39(+72)

50m 00:31.69 31,69	250m 02:50.75 34,86	450m 05:13.25 35,70	650m 07:36.88 35,83
100m 01:06.41 34,72	300m 03:26.25 35,50	500m 05:48.98 35,73	700m 08:12.66 35,78
150m 01:40.95 34,54	350m 04:01.80 35,55	550m 06:24.91 35,93	750m 08:48.24 35,58
200m 02:15.89 34,94	400m 04:37.55 35,75	600m 07:01.05 36,14	

2. Elin Reinstra (TriVia, 201100842) 09:31.63(+79)

50m 00:32.75 32,75	250m 02:56.69 36,14	450m 05:21.19 35,79	650m 07:45.17 36,03
100m 01:08.82 36,07	300m 03:32.78 36,09	500m 05:57.08 35,89	700m 08:21.13 35,96
150m 01:44.45 35,63	350m 04:09.00 36,22	550m 06:33.26 36,18	750m 08:56.91 35,78
200m 02:20.55 36,10	400m 04:45.40 36,40	600m 07:09.14 35,88	

3. Anna Lepoutre (PSV, 201100534) 09:35.47(+52)

50m 00:31.55 31,55	250m 02:56.60 36,59	450m 05:23.54 36,49	650m 07:49.12 35,73
100m 01:07.07 35,52	300m 03:33.50 36,90	500m 06:00.47 36,93	700m 08:24.83 35,71
150m 01:43.38 36,31	350m 04:10.25 36,75	550m 06:36.95 36,48	750m 09:00.26 35,43
200m 02:20.01 36,63	400m 04:47.05 36,80	600m 07:13.39 36,44	

4. Milou Filemon (Blue Marlins, 201100078) 09:38.11(+72)

50m 00:32.23 32,23	250m 02:57.07 36,72	450m 05:23.37 36,48	650m 07:50.20 36,31
100m 01:07.42 35,19	300m 03:33.69 36,62	500m 06:00.32 36,95	700m 08:27.05 36,85
150m 01:43.72 36,30	350m 04:10.30 36,61	550m 06:36.99 36,67	750m 09:03.51 36,46
200m 02:20.35 36,63	400m 04:46.89 36,59	600m 07:13.89 36,90	

5. Brechtje Slootweg (ZPC AMERSFOORT, 201101744) 09:41.89(+51)

50m 00:33.26 33,26	250m 02:59.66 37,02	450m 05:27.20 36,47	650m 07:55.43 37,16
100m 01:09.54 36,28	300m 03:36.55 36,89	500m 06:03.97 36,77	700m 08:32.33 36,90
150m 01:46.07 36,53	350m 04:13.59 37,04	550m 06:41.07 37,10	750m 09:08.72 36,39
200m 02:22.64 36,57	400m 04:50.73 37,14	600m 07:18.27 37,20	

6. Ylène Zondervan (ZPC AMERSFOORT, 201200016) 09:42.63(+78)

50m 00:32.48 32,48	250m 02:57.77 36,88	450m 05:26.35 36,89	650m 07:55.35 36,74
100m 01:08.15 35,67	300m 03:34.70 36,93	500m 06:03.86 37,51	700m 08:31.99 36,64
150m 01:44.73 36,58	350m 04:11.83 37,13	550m 06:41.22 37,36	750m 09:08.88 36,89
200m 02:20.89 36,16	400m 04:49.46 37,63	600m 07:18.61 37,39	

7. Rozalia Diederiks (ZVL-1886, 201100904) 09:48.28(+80)

50m 00:33.21 33,21	250m 03:01.53 37,73	450m 05:31.10 37,46	650m 07:59.85 36,76
100m 01:09.11 35,90	300m 03:38.79 37,26	500m 06:08.27 37,17	700m 08:36.98 37,13
150m 01:46.38 37,27	350m 04:16.12 37,33	550m 06:46.03 37,76	750m 09:13.35 36,37
200m 02:23.80 37,42	400m 04:53.64 37,52	600m 07:23.09 37,06	

8. Pien Walstra (De Treffers, 201101034) 10:01.60

50m	00:33.66	33,66	250m	03:06.50	38,50	450m	05:40.37	39,01	650m	08:12.40	37,76
100m	01:11.17	37,51	300m	03:44.57	38,07	500m	06:18.53	38,16	700m	08:50.53	38,13
150m	01:49.66	38,49	350m	04:23.46	38,89	550m	06:56.64	38,11	750m	09:27.97	37,44
200m	02:28.00	38,34	400m	05:01.36	37,90	600m	07:34.64	38,00			
9. Lobke Hempenius (HZ&PC Heerenveen, 201100522)											
50m	00:32.32	32,32	250m	03:04.08	38,16	450m	05:39.10	38,63	650m	08:12.72	38,32
100m	01:09.27	36,95	300m	03:42.95	38,87	500m	06:17.80	38,70	700m	08:51.37	38,65
150m	01:47.68	38,41	350m	04:21.94	38,99	550m	06:56.27	38,47	750m	09:29.16	37,79
200m	02:25.92	38,24	400m	05:00.47	38,53	600m	07:34.40	38,13			
10. Julia Bannatyne (BZ&PC, 201201020)											
50m	00:32.16	32,16	250m	02:59.00	37,73	450m	05:33.30	39,00	650m	08:11.33	39,17
100m	01:07.77	35,61	300m	03:36.65	37,65	500m	06:13.06	39,76	700m	08:50.72	39,39
150m	01:44.39	36,62	350m	04:15.70	39,05	550m	06:52.31	39,25	750m	09:28.28	37,56
200m	02:21.27	36,88	400m	04:54.30	38,60	600m	07:32.16	39,85			
11. Elke Kriesels (Hieronymus, 201100898)											
50m	00:33.17	33,17	250m	03:04.63	38,11	450m	05:38.60	38,63	650m	08:14.69	39,15
100m	01:09.93	36,76	300m	03:42.63	38,00	500m	06:17.49	38,89	700m	08:53.57	38,88
150m	01:48.35	38,42	350m	04:21.19	38,56	550m	06:56.37	38,88	750m	09:32.34	38,77
200m	02:26.52	38,17	400m	04:59.97	38,78	600m	07:35.54	39,17			
12. Julia Ketelaars (Hellas-Glana, 201200028)											
50m	00:32.99	32,99	250m	03:05.21	38,48	450m	05:41.22	38,82	650m	08:17.69	38,40
100m	01:09.93	36,94	300m	03:44.13	38,92	500m	06:20.58	39,36	700m	08:56.43	38,74
150m	01:47.91	37,98	350m	04:23.27	39,14	550m	06:59.76	39,18	750m	09:35.06	38,63
200m	02:26.73	38,82	400m	05:02.40	39,13	600m	07:39.29	39,53			
13. Kyara Balt (De Vikings, 201100306)											
50m	00:34.13	34,13	250m	03:08.97	39,25	450m	05:44.27	38,84	650m	08:19.47	38,69
100m	01:12.16	38,03	300m	03:47.48	38,51	500m	06:22.87	38,60	700m	08:58.07	38,60
150m	01:50.83	38,67	350m	04:26.32	38,84	550m	07:01.76	38,89	750m	09:36.10	38,03
200m	02:29.72	38,89	400m	05:05.43	39,11	600m	07:40.78	39,02			
14. Noortje Bisperink (ZPC AMERSFOORT, 201100486)											
50m	00:33.68	33,68	250m	03:08.00	39,17	450m	05:46.91	39,52	650m	08:25.61	39,52
100m	01:11.01	37,33	300m	03:47.75	39,75	500m	06:26.56	39,65	700m	09:05.13	39,52
150m	01:49.66	38,65	350m	04:27.45	39,70	550m	07:06.33	39,77	750m	09:43.97	38,84
200m	02:28.83	39,17	400m	05:07.39	39,94	600m	07:46.09	39,76			
15. Sterre de Veen (Hellas-Glana, 201100086)											
50m	00:32.97	32,97	250m	03:05.10	38,94	450m	05:46.68	40,84	650m	08:32.59	41,55
100m	01:09.59	36,62	300m	03:44.59	39,49	500m	06:27.76	41,08	700m	09:14.81	42,22
150m	01:47.54	37,95	350m	04:24.75	40,16	550m	07:09.00	41,24	750m	09:57.34	42,53
200m	02:26.16	38,62	400m	05:05.84	41,09	600m	07:51.04	42,04			

Nederlandse Kampioenschappen Korte Baan sessie 4 - finales - zaterdag 21 december 2024 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:15u

26. 800m vrije slag - Dames

25. 400m wisselslag - Heren

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Yanieck Weijland (Team NL - PSV, 200500329)											
50m	00:27.44	27,44	150m	01:34.18	34,33	250m	02:42.41	34,83	350m	03:47.32	29,84
100m	00:59.85	32,41	200m	02:07.58	33,40	300m	03:17.48	35,07			
2. Tiede Groener (PSV, 200700155)											
50m	00:27.43	27,43	150m	01:35.21	35,26	250m	02:47.04	37,70	350m	03:56.33	30,93
100m	00:59.95	32,52	200m	02:09.34	34,13	300m	03:25.40	38,36			
3. Ronis van Everdingen (DWK, 200300043)											
50m	00:27.38	27,38	150m	01:36.01	35,87	250m	02:49.65	38,75	350m	04:00.02	31,41
100m	01:00.14	32,76	200m	02:10.90	34,89	300m	03:28.61	38,96			
4. Abel te Riele (WVZ, 200402317)											
50m	00:28.45	28,45	150m	01:38.96	36,80	250m	02:52.11	36,92	350m	04:02.28	32,15

	100m 01:02.16 33,71	200m 02:15.19 36,23	300m 03:30.13 38,02		
5. Yuri Voet (ZPC AMERSFOORT, 200502269)					04:33.40(+68)
	50m 00:28.82 28,82	150m 01:37.91 35,62	250m 02:51.78 39,15	350m 04:02.88 32,04	
	100m 01:02.29 33,47	200m 02:12.63 34,72	300m 03:30.84 39,06		
6. Darren Chen (ZPC AMERSFOORT, 200001149)					04:37.29(+64)
	50m 00:28.74 28,74	150m 01:38.88 37,13	250m 02:54.63 39,12	350m 04:06.43 31,85	
	100m 01:01.75 33,01	200m 02:15.51 36,63	300m 03:34.58 39,95		
7. Storm Tolsma (DZ&PC, 200600277)					04:39.84(+74)
	50m 00:28.98 28,98	150m 01:41.77 37,58	250m 02:56.59 38,50	350m 04:08.55 32,18	
	100m 01:04.19 35,21	200m 02:18.09 36,32	300m 03:36.37 39,78		
8. Niek Vreeling (OZ&PC, 200604211)					04:46.59(+73)
	50m 00:28.59 28,59	150m 01:39.93 36,43	250m 02:57.51 41,42	350m 04:14.08 34,37	
	100m 01:03.50 34,91	200m 02:16.09 36,16	300m 03:39.71 42,20		
9. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)					04:42.06(+72)
	50m 00:27.85 27,85	150m 01:37.77 36,07	250m 02:54.47 41,34	350m 04:09.82 33,26	
	100m 01:01.70 33,85	200m 02:13.13 35,36	300m 03:36.56 42,09		
10. Stefan van der Meer (VZC, 200901361)					04:43.50(+63)
	50m 00:29.58 29,58	150m 01:41.25 36,83	250m 02:56.66 39,46	350m 04:11.68 33,99	
	100m 01:04.42 34,84	200m 02:17.20 35,95	300m 03:37.69 41,03		
11. Jesse van der Meij (De Dolfijn, 200600841)					04:47.58(+73)
	50m 00:30.65 30,65	150m 01:44.79 38,53	250m 03:02.24 39,67	350m 04:16.12 33,82	
	100m 01:06.26 35,61	200m 02:22.57 37,78	300m 03:42.30 40,06		
12. Melle van Veen (Dedemsvaart-AC, 200700661)					04:48.89(+72)
	50m 00:29.84 29,84	150m 01:44.75 38,13	250m 03:02.02 40,27	350m 04:17.70 34,67	
	100m 01:06.62 36,78	200m 02:21.75 37,00	300m 03:43.03 41,01		
13. Luuk Ruinemans (De Dinkel, 200301085)					04:48.93(+70)
	50m 00:28.44 28,44	150m 01:40.31 37,25	250m 02:59.78 42,48	350m 04:16.47 33,80	
	100m 01:03.06 34,62	200m 02:17.30 36,99	300m 03:42.67 42,89		
14. Kevin Lucas (De Dinkel, 200300545)					04:49.37(+73)
	50m 00:29.66 29,66	150m 01:43.96 38,68	250m 03:01.91 40,12	350m 04:17.28 34,78	
	100m 01:05.28 35,62	200m 02:21.79 37,83	300m 03:42.50 40,59		
16. 100m rugslag - Dames					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [S10]					01:09.21(+56)
	50m 00:32.92 32,92				
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]					01:14.49(+63)
	50m 00:35.27 35,27				
3. Milou van Winkel (WVZ, 200402296) [S14]					01:18.06(+69)
	50m 00:37.01 37,01				
4. Mayke van Tintelen (OZ&PC, 200200688) [S14]					01:24.68(+72)
	50m 00:40.81 40,81				
5. Aminata Turay (NieMo Barracuda, 200900282) [S10]					01:37.11(+92)
	50m 00:45.96 45,96				
6. Jente Parlevliet (Noordwijkerhout, 201003900) [S14]					01:38.46(+86)
	50m 00:46.83 46,83				
. Elin Ditewig (VZC, 200900392)					
. Isa Schellekens (Z&PC Zegenwerp, 200002330)					
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>					
1. Marrit Steenberghe (Team NL - PSV, 200000086)					00:58.76(+82)
	50m 00:28.72 28,72				
2. Jinth Engelse (Blue Marlins, 200800204)					01:00.08(+58)

	50m 00:29.17 29,17	
3. Maaïke Broersma (BZ&PC, 200201522)	50m 00:29.10 29,10	01:00.23(+63)
4. Maaïke Ooms (ZPC AMERSFOORT, 200801580)	50m 00:29.45 29,45	01:00.36(+71)
5. Jetske Moot (ZPC AMERSFOORT, 200400230)	50m 00:29.19 29,19	01:00.56(+63)
6. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	50m 00:29.72 29,72	01:00.85(+63)
7. Lieke Oude Lenferink (De Dolfijn, 200200068)	50m 00:30.46 30,46	01:03.01(+64)
8. Sara Korhuis (DZ&PC, 200600494)	50m 00:30.13 30,13	01:03.05(+68)
9. Laura van Etten (HZ&PC Heerenveen, 200800264)	50m 00:30.42 30,42	01:02.48(+69)
10. Fay Boxum (DZ&PC, 200900060)	50m 00:29.98 29,98	01:02.51(+60)
11. Tess Bemer (De Duinkickers, 200600450)	50m 00:30.88 30,88	01:03.97(+61)
12. Marit Huisman (WVZ, 200502620)	50m 00:30.24 30,24	01:04.49(+55)
13. Nina van der Schrier (AZC, 201000444)	50m 00:31.64 31,64	01:04.64(+66)
14. Indy van Laarhoven (PSV, 200500710)	50m 00:30.72 30,72	01:04.72(+63)
15. Merel Phaff (Nuenen, 200100434)	50m 00:31.74 31,74	01:05.45(+64)
16. Julia Notenboom (De Columbiaan, 200302596)	50m 00:31.45 31,45	01:05.62(+61)
17. 100m vlinderslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>		
1. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	50m 00:34.98 34,98	01:14.36(+84)
2. Cheng Van Vondel (KSN (SG), 200902673) [S9]	50m 00:38.56 38,56	01:22.54(+66)
. Floris Stork (DZ&PC, 200305075)		
. Rick van Hamond (Z&PC Zegenwerp, 199205873)		
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>		
1. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)	50m 00:24.03 24,03	00:51.49(+69)
2. Michael Smink (Blue Marlins, 200302169)	50m 00:24.18 24,18	00:52.14(+65)
3. Simon Claasen (ZPC AMERSFOORT, 200400231)	50m 00:24.62 24,62	00:53.54(+45)
4. Nikodim Markovic (Blue Marlins, 200700255)	50m 00:24.62 24,62	00:53.77(+65)
5. Lars Bulman (Blue Marlins, 200600125)	50m 00:24.78 24,78	00:53.84(+63)
6. Alexander Nijst (Nuenen, 200104869)		00:54.38(+70)

	50m 00:25.32 25,32	
7.	Kaan Sudak (Blue Marlins, 200803733) 50m 00:25.42 25,42	00:54.91(+65)
8.	Matthijs van Meerendonk (DZ&PC, 199900375) 50m 00:25.67 25,67	00:55.13(+62)
9.	Thomas Jansen (Team NL - WVZ, 200100143) 50m 00:25.22 25,22	00:53.83(+72)
10.	Marlon Borger (PSV, 200404817) 50m 00:25.22 25,22	00:54.73(+70)
11.	Rijk Heere (ZPC AMERSFOORT, 200300897) 50m 00:25.53 25,53	00:55.24(+63)
12.	Joshua Agussalim (WVZ, 200600153) 50m 00:25.63 25,63	00:55.39(+63)
13.	Jones Chuang (PSV, 200801173) 50m 00:25.90 25,90	00:55.74(+59)
14.	Mies de Wit (CWW Swim team (SG), 200700315) 50m 00:26.11 26,11	00:55.91(+63)
15.	Jisse Lousma (WVZ, 200701493) 50m 00:26.21 26,21	00:56.06(+61)
16.	Felix Geenen (DAW, 199501085) 50m 00:25.66 25,66	00:56.87(+73)
18.	50m schoolslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1.	Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [SB9]	00:35.14(+73)
2.	Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SB11]	00:39.86(+73)
3.	Aguila Dolsma (Blue Marlins, 200603902) [SB14]	00:40.00(+76)
4.	Gwyneth van der Spek (Batavia Swim, 201102806) [SB6]	00:53.18(+78)
5.	Mayke van Tintelen (OZ&PC, 200200688) [SB14]	00:41.66
6.	Dannique Koolen (ZPC AMERSFOORT, 199904048) [SB14]	00:44.69(+85)
7.	Jenna Gorter (De Otters Het Gooi, 200702746) [SB8]	00:47.32(+81)
8.	Jente Parlevliet (Noordwijkerhout, 201003900) [SB14]	00:49.75(+82)
.	Rafaela Mulders (Team Noord Holland (SG), 200701398)	
.	Paula Spans (ZPC AMERSFOORT, 201000064)	
	<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1.	Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:30.45(+62)
2.	Sterre Hendriks (De Dolfijn, 200401288)	00:31.09(+67)
3.	Hanna Kareinen (De Dolfijn, 200006774)	00:31.16(+66)
4.	Joy Willekus (De Dolfijn, 200602420)	00:31.25(+67)
5.	Hylcke de Beer (PSV, 200700006)	00:31.43(+55)
6.	Lynn Blommers (Blue Marlins, 200105062)	00:31.56(+73)
7.	Nina Zusterzeel (PSV, 200800656)	00:32.39(+69)
8.	Bridget Vermeer (ZPC AMERSFOORT, 200501766)	00:32.91(+75)
9.	Benigna Kocsispeter (Hellas-Glana, 200702058)	00:32.97(+54)
10.	Fenna de Groot (Feijenoord Albion Zwemclub, 199701796)	00:32.99(+65)

11. Djanilla Brink (Team NL - De Dolfijn, 200600988)	00:33.02(+78)
12. Valesca van den Bogert (Hieronymus, 200102138)	00:33.12(+70)
13. Lisa Dirkwager (Blue Marlins, 200703458)	00:33.22(+73)
14. Mandy van Rossum (Aqua-Novio'94, 200204904)	00:33.30(+67)
15. Rowie Kamp (Team Noord Holland (SG), 200001706)	00:33.31(+64)
16. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	00:33.69(+67)
<b>19. 200m vrije slag - Heren</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]	02:26.30(+77)
50m 00:31.96 31,96 100m 01:07.80 35,84 150m 01:46.76 38,96	
2. Jesse Bruines (Batavia Swim, 200402413) [S8]	02:30.94
50m 00:34.60 34,60 100m 01:13.02 38,42 150m 01:52.66 39,64	
3. Lars Jacobsen (DWK, 199705453) [S14]	02:14.03(+78)
50m 00:30.11 30,11 100m 01:04.45 34,34 150m 01:39.74 35,29	
4. Thomas Braat (AZC, 200802269) [S14]	02:18.87(+71)
50m 00:30.68 30,68 100m 01:05.52 34,84 150m 01:42.23 36,71	
5. Cheng Van Vondel (KSN (SG), 200902673) [S9]	02:51.28(+88)
50m 00:38.58 38,58 100m 01:22.86 44,28 150m 02:07.18 44,32	
6. Sander Knol (ZPC De Kanaalstreek, 200701093) [S9]	02:58.47(+73)
50m 00:36.34 36,34 100m 01:20.05 43,71 150m 02:09.35 49,30	
. Siem de Zeeuw (OZ&PC, 200800013)	
. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)	01:44.70(+58)
50m 00:24.72 24,72 100m 00:51.31 26,59 150m 01:18.02 26,71	
2. Merlin Belmon (Team NL - PSV, 200403191)	01:46.48(+70)
50m 00:24.27 24,27 100m 00:51.22 26,95 150m 01:18.88 27,66	
3. Koen Marsman (Team NL - ZPC AMERSFOORT, 200502763)	01:46.72(+62)
50m 00:24.52 24,52 100m 00:51.21 26,69 150m 01:18.74 27,53	
4. Austin Namesnik (ZPC AMERSFOORT, 200101817)	01:46.79(+61)
50m 00:24.96 24,96 100m 00:51.65 26,69 150m 01:18.98 27,33	
5. Niels Dijkshoorn (Team NL - PSV, 200203079)	01:47.78(+68)
50m 00:25.27 25,27 100m 00:52.61 27,34 150m 01:20.02 27,41	
6. Lars Verhalle (PSV, 200200019)	01:47.96(+72)
50m 00:25.17 25,17 100m 00:52.22 27,05 150m 01:19.61 27,39	
7. Ivo Stolk (Feijenoord Albion Zwemclub, 200100615)	01:49.59(+73)
50m 00:24.34 24,34 100m 00:51.04 26,70 150m 01:19.08 28,04	
8. Hendrik van der Leest (PSV, 200404339)	01:50.19(+66)
50m 00:24.78 24,78 100m 00:52.17 27,39 150m 01:21.23 29,06	
9. Émile Fouzaï (ZPC AMERSFOORT, 200500263)	01:47.56(+65)
50m 00:25.15 25,15 100m 00:52.43 27,28 150m 01:20.13 27,70	
10. Boele Böhm (Blue Marlins, 200700739)	01:50.38(+65)
50m 00:25.40 25,40 100m 00:53.59 28,19 150m 01:22.35 28,76	
11. River Streefland (Blue Marlins, 200502253)	01:50.48(+69)
50m 00:25.41 25,41 100m 00:53.15 27,74 150m 01:21.74 28,59	
12. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	01:51.06(+75)
50m 00:25.45 25,45 100m 00:53.65 28,20 150m 01:22.72 29,07	

13. Tiede Groener (PSV, 200700155)	50m 00:26.15 26,15	100m 00:54.50 28,35	150m 01:23.37 28,87	01:51.27(+71)
14. Lucas van Rooij (PSV, 200603943)	50m 00:25.96 25,96	100m 00:54.13 28,17	150m 01:23.02 28,89	01:51.86(+62)
15. Thijn Damen (PSV, 200300973)	50m 00:25.70 25,70	100m 00:53.55 27,85	150m 01:22.58 29,03	01:52.04(+71)
16. Luuk van Rooij (PSV, 200400581)	50m 00:25.72 25,72	100m 00:53.85 28,13	150m 01:23.17 29,32	01:52.80(+64)
20. 100m vrije slag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]	50m 00:31.19 31,19			01:04.30(+71)
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]	50m 00:31.53 31,53			01:05.43(+77)
3. Milou van Winkel (WVZ, 200402296) [S14]	50m 00:31.37 31,37			01:07.17(+77)
4. Aguila Dolsma (Blue Marlins, 200603902) [S14]	50m 00:33.30 33,30			01:10.32
5. Jenna Gorter (De Otters Het Gooi, 200702746) [S9]	50m 00:38.39 38,39			01:19.72(+82)
6. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	50m 00:46.36 46,36			01:33.86(+80)
7. Aminata Turay (NieMo Barracuda, 200900282) [S10]	50m 00:38.25 38,25			01:21.83(+105)
8. Mayke van Tintelen (OZ&PC, 200200688) [S14]	50m 00:39.58 39,58			01:24.15(+83)
. Juliëtte Woltjes (VZC, 200900774)				
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
1. Milou van Wijk (Team NL - WVZ, 200404948)	50m 00:25.11 25,11			00:52.30(+75)
2. Kim Busch (Team NL - PSV, 199801450)	50m 00:26.14 26,14			00:54.21(+72)
3. Sam van Nunen (Team NL - PSV, 200100036)	50m 00:26.03 26,03			00:54.29(+61)
4. Angelina Rolman (Team NL - De Dolfijn, 200701972)	50m 00:26.55 26,55			00:54.54(+67)
5. Britta Koehorst (WVZ, 200300246)	50m 00:26.14 26,14			00:54.67(+64)
6. Rosalie Reef (ZPC AMERSFOORT, 200800426)	50m 00:26.49 26,49			00:55.05(+68)
7. Kirsten Verhalle (PSV, 200400210)	50m 00:26.59 26,59			00:55.26(+75)
8. Sara Korthuis (DZ&PC, 200600494)	50m 00:26.51 26,51			00:55.53(+72)
9. Nynke Boerefijn (ZPC AMERSFOORT, 200700114)	50m 00:27.25 27,25			00:56.22(+83)
10. Naya Koc (DAW, 200400688)	50m 00:26.98 26,98			00:56.42(+66)
11. Colinda van der Zanden (Aqua-Novio'94, 200502618)				00:56.49(+68)



	50m 00:26.94 26,94			
12.	Manon Compagner (Dedemsvaart-AC, 200101710)			00:56.55(+72)
	50m 00:27.19 27,19			
13.	Janne Slegers (PSV, 200404090)			00:56.58(+71)
	50m 00:27.26 27,26			
14.	Ilse Rozema (Blue Marlins, 200803318)			00:57.02(+65)
	50m 00:27.28 27,28			
15.	Marin Wieling (ZPC AMERSFOORT, 200501220)			00:57.17(+70)
	50m 00:27.27 27,27			
16.	Jazz-Lynn Gomes Delgado (Feijenoord Albion Zwemclub, 200800738)			00:59.53(+70)
	50m 00:27.95 27,95			
21.	200m schoolslag - Heren			
	vanaf 12 jaar (Junioren 1 en ouder)			
1.	Ivo Kroes (Team NL - Azuro, 200300079)			02:07.71(+66)
	50m 00:28.53 28,53	100m 01:00.97 32,44	150m 01:34.26 33,29	
2.	Steijn Louter (Team NL - PSV, 200500793)			02:08.15(+69)
	50m 00:28.90 28,90	100m 01:01.67 32,77	150m 01:35.01 33,34	
3.	Luca Janssen (Team NL - PSV, 200403237)			02:10.60(+72)
	50m 00:29.19 29,19	100m 01:01.91 32,72	150m 01:36.14 34,23	
4.	Lucas Greven (Hellas-Glana, 199501941)			02:11.31(+66)
	50m 00:29.29 29,29	100m 01:02.47 33,18	150m 01:36.94 34,47	
5.	Yanieck Weijland (Team NL - PSV, 200500329)			02:12.18(+70)
	50m 00:30.27 30,27	100m 01:03.98 33,71	150m 01:38.08 34,10	
6.	Wytse Broekstra (De Vikings, 200800121)			02:14.66(+74)
	50m 00:30.13 30,13	100m 01:04.42 34,29	150m 01:39.40 34,98	
7.	Cas Verstegen (PSV, 200500891)			02:16.00(+67)
	50m 00:29.66 29,66	100m 01:03.17 33,51	150m 01:38.67 35,50	
8.	Storm Boxum (DZ&PC, 200700421)			02:18.46(+77)
	50m 00:30.27 30,27	100m 01:05.15 34,88	150m 01:41.57 36,42	
9.	Thom Delno (VZC, 200000013)			02:17.05(+71)
	50m 00:29.83 29,83	100m 01:04.32 34,49	150m 01:40.24 35,92	
10.	Joost de Roij van Zuidewijn (Feijenoord Albion Zwemclub, 200000255)			02:17.59(+65)
	50m 00:29.97 29,97	100m 01:04.52 34,55	150m 01:40.41 35,89	
11.	Viktor Koets (Blue Marlins, 200201677)			02:18.42(+72)
	50m 00:29.74 29,74	100m 01:04.04 34,30	150m 01:40.14 36,10	
12.	Rick Offringa (DZ&PC, 200300979)			02:20.05(+79)
	50m 00:31.30 31,30	100m 01:06.87 35,57	150m 01:43.01 36,14	
13.	Lucas Douwma (ZPCH, 200401337)			02:20.95(+66)
	50m 00:31.35 31,35	100m 01:07.52 36,17	150m 01:44.21 36,69	
14.	Martijn Velders (Aqua-Novio'94, 199502619)			02:21.10(+66)
	50m 00:31.48 31,48	100m 01:07.03 35,55	150m 01:43.51 36,48	
15.	Nicko Kamphuis (De Warande, 199900887)			02:21.21(+60)
	50m 00:31.25 31,25	100m 01:07.57 36,32	150m 01:44.77 37,20	
16.	Guy Hungens (Tempo, 200101697)			02:21.86(+69)
	50m 00:31.63 31,63	100m 01:07.75 36,12	150m 01:45.35 37,60	
.	Joshua Agussalim (WVZ, 200600153)			
.	Job Sportel (De Dinkel, 200800429)			
22.	200m vlinderslag - Dames			
	vanaf 12 jaar (Junioren 2 en ouder)			

1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	50m 00:27.83 27,83	100m 00:59.64 31,81	150m 01:32.26 32,62	02:05.40(+62)
2. Femke Spiering (ZPC AMERSFOORT, 200204514)	50m 00:28.11 28,11	100m 01:00.61 32,50	150m 01:34.58 33,97	02:10.37(+74)
3. Frouke Ludwig (DZ&PC, 200800112)	50m 00:30.40 30,40	100m 01:04.41 34,01	150m 01:39.84 35,43	02:16.71(+74)
4. Evy Rozeboom (DAW, 200601338)	50m 00:30.74 30,74	100m 01:06.10 35,36	150m 01:42.96 36,86	02:17.67
5. Maaïke Issard (DZ&PC, 200300022)	50m 00:31.42 31,42	100m 01:06.89 35,47	150m 01:42.96 36,07	02:20.22(+79)
6. Elin Ditewig (VZC, 200900392)	50m 00:30.53 30,53	100m 01:06.18 35,65	150m 01:43.78 37,60	02:22.62(+69)
7. Rhodee van den Ham (De Duinkickers, 200700090)	50m 00:32.09 32,09	100m 01:08.50 36,41	150m 01:45.70 37,20	02:24.57(+74)
8. Lisa Dreesens (Blue Marlins, 199105798)	50m 00:31.52 31,52	100m 01:08.14 36,62	150m 01:45.76 37,62	02:24.61(+85)
9. Mia Hoeflaken (PSV, 201004108)	50m 00:33.50 33,50	100m 01:10.92 37,42	150m 01:50.32 39,40	02:28.06(+56)
10. Angelique van Vark (GZC DONK, 199701478)	50m 00:31.78 31,78	100m 01:09.70 37,92	150m 01:49.30 39,60	02:28.97(+65)
11. Noa Ottens (VZC, 200702256)	50m 00:33.26 33,26	100m 01:12.20 38,94	150m 01:51.17 38,97	02:29.39(+74)
12. Britt Colijn (New Wave Almere, 200700544)	50m 00:32.75 32,75	100m 01:10.52 37,77	150m 01:50.10 39,58	02:29.54(+75)
13. Violetta Pflug (Blue Marlins, 200804704)	50m 00:31.52 31,52	100m 01:09.08 37,56	150m 01:48.88 39,80	02:30.05(+75)
14. Ylva Konings (PSV, 200700148)	50m 00:33.69 33,69	100m 01:11.80 38,11	150m 01:51.49 39,69	02:31.25
15. Meyke v. Nimwegen (De Schotegil, 200800106)	50m 00:31.94 31,94	100m 01:10.01 38,07	150m 01:49.99 39,98	02:31.84(+73)
16. Julia Agricola (DZ&PC, 200800266)	50m 00:32.89 32,89	100m 01:11.33 38,44	150m 01:51.58 40,25	02:34.11(+74)
. Pascale Smal (DAW, 200802958)				
. Eline Lutters (De Dinkel, 200600322)				
23. 50m rugslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [S11]				00:29.42(+53)
2. Christoph Smit (MSV-Zeemacht, 200702629) [S8]				00:33.23(+63)
3. Lars Jacobsen (DWK, 199705453) [S14]				00:33.04(+75)
4. Thomas Braat (AZC, 200802269) [S14]				00:33.85(+89)
5. Jesse Bruines (Batavia Swim, 200402413) [S8]				00:40.42(+83)
. Mattia Maggio (Hellas-Glana, 200903311)				
. Niek Issard (DZ&PC, 200700037)				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
1. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)				00:24.47(+61)
2. Raf Hendriks (Hellas-Glana, 200100879)				00:24.70(+63)

3. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391)	00:24.79(+52)
4. Jelle Betten (DZ&PC, 200001535)	00:24.83(+54)
5. Luuk Smits (Nuenen, 200001015)	00:24.89(+56)
6. Lars Minnaert (PSV, 200502355)	00:25.02(+53)
7. Daan Sonneveld (WVZ, 200601085)	00:25.03(+58)
7. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	00:25.03(+69)
9. Thomas Jansen (Team NL - WVZ, 200100143)	00:24.79(+58)
10. Niels Dijkshoorn (Team NL - PSV, 200203079)	00:25.02(+58)
11. Simon Claasen (ZPC AMERSFOORT, 200400231)	00:25.17(+59)
12. Michael Smink (Blue Marlins, 200302169)	00:25.69(+61)
13. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:25.72(+62)
14. Niek Heethaar (DWK, 199900999)	00:25.93(+60)
15. Sam Adams (De Dolfijn, 200704081)	00:26.14(+62)
16. Sjoerd van Weelden (Feijenoord Albion Zwemclub, 200101217)	00:26.45(+70)
<b>24. 200m wisselslag - Dames</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SM11]	02:49.48(+74)
50m 00:37.01 37,01 100m 01:22.05 45,04 150m 02:11.54 49,49	
2. Gwyneth van der Spek (Batavia Swim, 201102806) [SM7]	03:46.10(+77)
50m 00:57.05 57,05 100m 01:53.97 56,92 150m 02:58.29 64,32	
3. Jente Parlevliet (Noordwijkerhout, 201003900) [SM14]	03:25.89(+69)
50m 00:47.95 47,95 100m 01:40.88 52,93 150m 02:38.35 57,47	
. Silke Molendijk (ZVL-1886, 200100178)	
. Selene Wortel (Hieronymus, 199700654)	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Zinke Delcommune (PSV, 200505416)	02:13.96(+72)
50m 00:29.47 29,47 100m 01:04.48 35,01 150m 01:42.73 38,25	
2. Mare Schallenberg (Blue Marlins, 200600078)	02:14.04(+67)
50m 00:29.37 29,37 100m 01:04.02 34,65 150m 01:42.65 38,63	
3. Kirsten Verhalle (PSV, 200400210)	02:15.87(+74)
50m 00:29.01 29,01 100m 01:03.53 34,52 150m 01:44.04 40,51	
4. Nikita van den Ouden (PSV, 199900622)	02:16.06(+60)
50m 00:29.44 29,44 100m 01:04.29 34,85 150m 01:44.62 40,33	
5. Djanilla Brink (Team NL - De Dolfijn, 200600988)	02:16.13(+78)
50m 00:30.34 30,34 100m 01:06.84 36,50 150m 01:43.89 37,05	
6. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	02:17.53(+70)
50m 00:28.75 28,75 100m 01:02.05 33,30 150m 01:42.93 40,88	
7. Serena Stel (De Dolfijn, 199801528)	02:18.57(+71)
50m 00:30.57 30,57 100m 01:06.80 36,23 150m 01:47.68 40,88	
8. Fay Boxum (DZ&PC, 200900060)	02:21.44(+79)
50m 00:30.98 30,98 100m 01:06.26 35,28 150m 01:48.38 42,12	
9. Jill Nai Chung Tong (WVZ, 200404272)	02:18.58(+68)
50m 00:29.71 29,71 100m 01:05.45 35,74 150m 01:45.78 40,33	
10. Dachen Haaijer (ZPC Hoogeveen, 200800380)	02:19.27(+75)
50m 00:29.05 29,05 100m 01:04.59 35,54 150m 01:46.05 41,46	

11. Merel Schravendijk (Blue Marlins, 200503382)				02:20.97(+72)
50m	00:29.95	29,95	100m 01:08.06	38,11
150m	01:48.72	40,66		
12. Rafaela Mulders (Team Noord Holland (SG), 200701398)				02:22.37(+70)
50m	00:30.36	30,36	100m 01:08.19	37,83
150m	01:49.24	41,05		
13. Juliëtte Woltjes (VZC, 200900774)				02:22.94(+59)
50m	00:30.09	30,09	100m 01:07.03	36,94
150m	01:49.99	42,96		
14. Annique Rupke (WVZ, 200700876)				02:24.79(+75)
50m	00:30.23	30,23	100m 01:05.99	35,76
150m	01:49.74	43,75		
15. Esmee Mulder (DZ&PC, 200800038)				02:25.62(+70)
50m	00:31.50	31,50	100m 01:08.36	36,86
150m	01:50.57	42,21		
16. Lieke Oude Lenferink (De Dolfijn, 200200068)				02:27.07(+75)
50m	00:29.97	29,97	100m 01:05.88	35,91
150m	01:50.92	45,04		
15. 800m vrije slag - Heren				
29. 4x100m vrije slag dames				
vanaf 12 jaar (Junioren 2 en ouder)				
1. PSV				03:36.58
Sam van Nunen 2001 (+60)	50m	00:25.76	25,76	
Sam van Nunen 2001 (+60)	100m	00:54.43	28,67	
Kim Busch 1998 (+28)	150m	01:19.92	25,49	
Kim Busch 1998 (+28)	200m	01:48.42	28,50	
Zinke Delcommune 2005 (+55)	250m	02:15.02	26,60	
Zinke Delcommune 2005 (+55)	300m	02:43.34	28,32	
Marrit Steenbergen 2000 (+36)	350m	03:08.67	25,33	
Marrit Steenbergen 2000 (+36)	400m	03:36.58	27,91	
2. ZPC AMERSFOORT				03:39.75
Rosalie Reef 2008 (+68)	50m	00:26.67	26,67	
Rosalie Reef 2008 (+68)	100m	00:55.26	28,59	
Nynke Boerefijn 2007 (+37)	150m	01:21.96	26,70	
Nynke Boerefijn 2007 (+37)	200m	01:50.83	28,87	
Maaïke Ooms 2008 (+43)	250m	02:17.51	26,68	
Maaïke Ooms 2008 (+43)	300m	02:46.24	28,73	
Femke Spiering 2002 (+29)	350m	03:11.68	25,44	
Femke Spiering 2002 (+29)	400m	03:39.75	28,07	
3. WVZ				03:41.37
Milou van Wijk 2004 (+76)	50m	00:25.54	25,54	
Milou van Wijk 2004 (+76)	100m	00:53.11	27,57	
Jill Nai Chung Tong 2004 (+53)	150m	01:20.25	27,14	
Jill Nai Chung Tong 2004 (+53)	200m	01:50.08	29,83	
Leonie van Noort 1993 (+31)	250m	02:17.21	27,13	
Leonie van Noort 1993 (+31)	300m	02:47.41	30,20	
Britta Koehorst 2003 (+17)	350m	03:12.81	25,40	
Britta Koehorst 2003 (+17)	400m	03:41.37	28,56	
4. Blue Marlins				03:44.92
Lynn Blommers 2001 (+68)	50m	00:27.24	27,24	
Lynn Blommers 2001 (+68)	100m	00:56.57	29,33	
Ilse Rozema 2008 (+40)	150m	01:23.74	27,17	
Ilse Rozema 2008 (+40)	200m	01:54.07	30,33	
Mare Schallenberg 2006 (+50)	250m	02:20.96	26,89	
Mare Schallenberg 2006 (+50)	300m	02:49.73	28,77	
Megan Jonkman 2006 (+44)	350m	03:16.27	26,54	
Megan Jonkman 2006 (+44)	400m	03:44.92	28,65	
5. PSV				03:45.18
Hylcke de Beer 2007 (+57)	50m	00:26.79	26,79	
Hylcke de Beer 2007 (+57)	100m	00:56.50	29,71	
Janne Slegers 2004 (+33)	150m	01:23.31	26,81	
Janne Slegers 2004 (+33)	200m	01:52.18	28,87	
Kim Jansen van Galen 2002 (+29)	250m	02:19.20	27,02	
Kim Jansen van Galen 2002 (+29)	300m	02:49.09	29,89	
Kirsten Verhalle 2004 (+38)	350m	03:16.17	27,08	

	Kirsten Verhalle 2004 (+38)	400m	03:45.18	29,01	
6.	De Dolfijn				03:50.32
	Tamara Grove 1996 (+69)	50m	00:27.62	27,62	
	Tamara Grove 1996 (+69)	100m	00:57.45	29,83	
	Serena Stel 1998 (+50)	150m	01:25.31	27,86	
	Serena Stel 1998 (+50)	200m	01:55.18	29,87	
	Kinge Zandringa 1998 (+41)	250m	02:22.27	27,09	
	Kinge Zandringa 1998 (+41)	300m	02:52.28	30,01	
	Lieke Oude Lenferink 2002 (+55)	350m	03:20.19	27,91	
	Lieke Oude Lenferink 2002 (+55)	400m	03:50.32	30,13	
7.	Dedemsvaart-AC				03:55.64
	Ismay Lichtendonk 2004 (+68)	50m	00:28.16	28,16	
	Ismay Lichtendonk 2004 (+68)	100m	00:58.31	30,15	
	Michelle Zomerdijk 2000 (+38)	150m	01:26.29	27,98	
	Michelle Zomerdijk 2000 (+38)	200m	01:57.91	31,62	
	Alessia Sluis 2003 (+24)	250m	02:26.18	28,27	
	Alessia Sluis 2003 (+24)	300m	02:57.79	31,61	
	Manon Compagner 2001 (+41)	350m	03:25.00	27,21	
	Manon Compagner 2001 (+41)	400m	03:55.64	30,64	
8.	VZC				03:56.07
	Charlotte Woltjes 2007 (+75)	50m	00:27.67	27,67	
	Charlotte Woltjes 2007 (+75)	100m	00:58.19	30,52	
	Juliëtte Woltjes 2009 (+38)	150m	01:26.51	28,32	
	Juliëtte Woltjes 2009 (+38)	200m	01:57.77	31,26	
	Elin Ditewig 2009 (+43)	250m	02:25.46	27,69	
	Elin Ditewig 2009 (+43)	300m	02:56.30	30,84	
	Tess Panjer 2004 (+35)	350m	03:24.97	28,67	
	Tess Panjer 2004 (+35)	400m	03:56.07	31,10	
9.	Nuenen				03:56.54
	Susan Teijken 1995 (+72)	50m	00:28.23	28,23	
	Susan Teijken 1995 (+72)	100m	00:59.14	30,91	
	Robin Goossens 2000 (+32)	150m	01:27.89	28,75	
	Robin Goossens 2000 (+32)	200m	01:58.86	30,97	
	Merel Phaff 2001 (+23)	250m	02:27.01	28,15	
	Merel Phaff 2001 (+23)	300m	02:57.78	30,77	
	Julie van Nispen 2008 (+27)	350m	03:25.79	28,01	
	Julie van Nispen 2008 (+27)	400m	03:56.54	30,75	
10.	DAW				03:57.78
	Zoë Prins 2006 (+60)	50m	00:29.07	29,07	
	Zoë Prins 2006 (+60)	100m	01:00.79	31,72	
	Bette Peetoom 2008 (+54)	150m	01:29.41	28,62	
	Bette Peetoom 2008 (+54)	200m	02:01.60	32,19	
	Kim Oudendijk 2006 (+47)	250m	02:29.68	28,08	
	Kim Oudendijk 2006 (+47)	300m	03:00.92	31,24	
	Naya Koc 2004 (+31)	350m	03:28.29	27,37	
	Naya Koc 2004 (+31)	400m	03:57.78	29,49	
11.	DZ&PC				03:57.80
	Fay Boxum 2009 (+73)	50m	00:27.66	27,66	
	Fay Boxum 2009 (+73)	100m	00:57.35	29,69	
	Fenna Westerneng 2009 (+55)	150m	01:25.21	27,86	
	Fenna Westerneng 2009 (+55)	200m	01:55.94	30,73	
	Vera Wassink 2006 (+35)	250m	02:25.27	29,33	
	Vera Wassink 2006 (+35)	300m	02:58.02	32,75	
	Karin Rijkelijkhuisen 1994 (+35)	350m	03:26.33	28,31	
	Karin Rijkelijkhuisen 1994 (+35)	400m	03:57.80	31,47	
12.	Hellas-Glana				03:59.13
	Isabel Dijkstra 2002 (+82)	50m	00:29.18	29,18	
	Isabel Dijkstra 2002 (+82)	100m	01:00.53	31,35	
	Emma Ketelaars 2008 (+33)	150m	01:29.46	28,93	
	Emma Ketelaars 2008 (+33)	200m	02:01.69	32,23	
	Benigna Kocsispeter 2007 (+32)	250m	02:29.71	28,02	
	Benigna Kocsispeter 2007 (+32)	300m	03:01.49	31,78	

	Britt Cornelissens 2000 (+38)	350m	03:28.62	27,13	
	Britt Cornelissens 2000 (+38)	400m	03:59.13	30,51	
13. WVZ					04:00.17
	Nikita Snoeren 2006 (+68)	50m	00:29.06	29,06	
	Nikita Snoeren 2006 (+68)	100m	01:00.34	31,28	
	Anniqne Rupke 2007 (+24)	150m	01:28.58	28,24	
	Anniqne Rupke 2007 (+24)	200m	01:59.90	31,32	
	Chloé in 't Veen 2011 (+39)	250m	02:29.42	29,52	
	Chloé in 't Veen 2011 (+39)	300m	03:01.88	32,46	
	Marit Huisman 2005 (+43)	350m	03:29.54	27,66	
	Marit Huisman 2005 (+43)	400m	04:00.17	30,63	
14. DWK					04:00.74
	Vera Renshof 2003 (+69)	50m	00:27.64	27,64	
	Vera Renshof 2003 (+69)	100m	00:57.61	29,97	
	Inge Koekoek 2004 (+53)	150m	01:27.43	29,82	
	Inge Koekoek 2004 (+53)	200m	01:58.89	31,46	
	Moniek van Langevelde 1998 (+54)	250m	02:27.98	29,09	
	Moniek van Langevelde 1998 (+54)	300m	03:00.43	32,45	
	Celine Schoenmaker 1998 (+12)	350m	03:29.06	28,63	
	Celine Schoenmaker 1998 (+12)	400m	04:00.74	31,68	
15. Hieronymus					04:01.20
	Rosalie van der Bijl 2007 (+72)	50m	00:28.30	28,30	
	Rosalie van der Bijl 2007 (+72)	100m	01:01.07	32,77	
	Nadja Roovers 1998 (+26)	150m	01:30.02	28,95	
	Nadja Roovers 1998 (+26)	200m	02:01.85	31,83	
	Christel Brugmans 2000 (+34)	250m	02:30.80	28,95	
	Christel Brugmans 2000 (+34)	300m	03:03.18	32,38	
	Selene Wortel 1997 (+57)	350m	03:31.08	27,90	
	Selene Wortel 1997 (+57)	400m	04:01.20	30,12	
16. Orca					04:01.38
	Marre Zandringa 1997 (+68)	50m	00:28.44	28,44	
	Marre Zandringa 1997 (+68)	100m	01:00.00	31,56	
	Olena Dijkstra 2002 (+57)	150m	01:27.98	27,98	
	Olena Dijkstra 2002 (+57)	200m	02:00.03	32,05	
	Lize Janna de Vries 2001 (+41)	250m	02:29.03	29,00	
	Lize Janna de Vries 2001 (+41)	300m	03:01.33	32,30	
	Ilana Gentile 2008 (+28)	350m	03:29.96	28,63	
	Ilana Gentile 2008 (+28)	400m	04:01.38	31,42	
17. Feijenoord Albion Zwemclub					04:02.40
	Jazz-Lynn Gomes Delgado 2008 (+68)	50m	00:28.30	28,30	
	Jazz-Lynn Gomes Delgado 2008 (+68)	100m	00:59.40	31,10	
	Guusje van Lent 2002 (+51)	150m	01:28.67	29,27	
	Guusje van Lent 2002 (+51)	200m	02:00.40	31,73	
	Rinske Bouman 2004 (+41)	250m	02:28.85	28,45	
	Rinske Bouman 2004 (+41)	300m	03:01.97	33,12	
	Liv Heijdra 2008 (+49)	350m	03:29.89	27,92	
	Liv Heijdra 2008 (+49)	400m	04:02.40	32,51	
18. HZ&PC Heerenveen					04:03.60
	Laura van Etten 2008 (+75)	50m	00:27.67	27,67	
	Laura van Etten 2008 (+75)	100m	00:57.58	29,91	
	Silke Hooghiemstra 2009 (+31)	150m	01:25.91	28,33	
	Silke Hooghiemstra 2009 (+31)	200m	01:57.12	31,21	
	Esmée Ykema 2008 (+43)	250m	02:26.36	29,24	
	Esmée Ykema 2008 (+43)	300m	02:58.58	32,22	
	Lois Jalving 2004 (+30)	350m	03:28.29	29,71	
	Lois Jalving 2004 (+30)	400m	04:03.60	35,31	
19. Team Noord Holland (SG)					04:06.78
	Rafaela Mulders 2007 (+69)	50m	00:28.83	28,83	
	Rafaela Mulders 2007 (+69)	100m	01:00.05	31,22	
	Rowie Kamp 2000 (+44)	150m	01:28.72	28,67	
	Rowie Kamp 2000 (+44)	200m	02:01.44	32,72	
	Patricia de Leu 2009 (+50)	250m	02:31.28	29,84	

Patricia de Leu 2009 (+50)	300m	03:05.08	33,80	
Megan Snoek 2009 (+26)	350m	03:33.75	28,67	
Megan Snoek 2009 (+26)	400m	04:06.78	33,03	
<b>20. ZVL-1886</b>				<b>04:08.27</b>
Silke Molendijk 2001 (+59)	50m	00:28.60	28,60	
Silke Molendijk 2001 (+59)	100m	00:59.74	31,14	
Victoria Diederiks 2009 (+44)	150m	01:29.91	30,17	
Victoria Diederiks 2009 (+44)	200m	02:03.77	33,86	
Rozalia Diederiks 2011 (+45)	250m	02:35.09	31,32	
Rozalia Diederiks 2011 (+45)	300m	03:07.90	32,81	
Jelsie van Ruijven 2005 (+40)	350m	03:36.05	28,15	
Jelsie van Ruijven 2005 (+40)	400m	04:08.27	32,22	
<b>21. Deltasteur</b>				<b>04:12.38</b>
Monica van der Meer 2007 (+75)	50m	00:29.79	29,79	
Monica van der Meer 2007 (+75)	100m	01:05.29	35,50	
Valérie Sakkers 2008 (+41)	150m	01:34.23	28,94	
Valérie Sakkers 2008 (+41)	200m	02:06.82	32,59	
Charlotte van der Meer 2007 (+25)	250m	02:37.69	30,87	
Charlotte van der Meer 2007 (+25)	300m	03:11.92	34,23	
Simone Faber 2009 (+69)	350m	03:40.80	28,88	
Simone Faber 2009 (+69)	400m	04:12.38	31,58	
<b>30. 4x100m wisselslag heren</b>				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
<b>1. Feijenoord Albion Zwemclub</b>				<b>03:33.75</b>
Ensger Kotterink 1994 (+52)	50m	00:25.80	25,80	
Ensger Kotterink 1994 (+52)	100m	00:54.54	28,74	
Perry Laarhoven 2003 (+31)	150m	01:22.12	27,58	
Perry Laarhoven 2003 (+31)	200m	01:55.48	33,36	
Thomas Verhoeven 1997 (+54)	250m	02:19.36	23,88	
Thomas Verhoeven 1997 (+54)	300m	02:46.79	27,43	
Sean Niewold 2002 (+24)	350m	03:09.45	22,66	
Sean Niewold 2002 (+24)	400m	03:33.75	24,30	
<b>2. PSV</b>				<b>03:34.02</b>
Niels Dijkhoorn 2002 (+63)	50m	00:25.89	25,89	
Niels Dijkhoorn 2002 (+63)	100m	00:53.42	27,53	
Koen de Groot 2004 (+24)	150m	01:19.96	26,54	
Koen de Groot 2004 (+24)	200m	01:51.30	31,34	
Cas Verstegen 2005 (+18)	250m	02:16.41	25,11	
Cas Verstegen 2005 (+18)	300m	02:46.45	30,04	
Merlin Belmon 2004 (+23)	350m	03:09.14	22,69	
Merlin Belmon 2004 (+23)	400m	03:34.02	24,88	
<b>3. Blue Marlins</b>				<b>03:37.09</b>
Nikodim Markovic 2007 (+60)	50m	00:26.10	26,10	
Nikodim Markovic 2007 (+60)	100m	00:54.96	28,86	
Jason van den Berg 2004 (+32)	150m	01:22.71	27,75	
Jason van den Berg 2004 (+32)	200m	01:54.84	32,13	
Michael Smink 2003 (+38)	250m	02:19.06	24,22	
Michael Smink 2003 (+38)	300m	02:48.52	29,46	
Brandon van den Berg 2002 (+36)	350m	03:11.58	23,06	
Brandon van den Berg 2002 (+36)	400m	03:37.09	25,51	
<b>4. ZPC AMERSFOORT</b>				<b>03:37.87</b>
Austin Namesnik 2001 (+58)	50m	00:26.32	26,32	
Austin Namesnik 2001 (+58)	100m	00:53.97	27,65	
Anders van Norden 2004 (+19)	150m	01:22.42	28,45	
Anders van Norden 2004 (+19)	200m	01:55.59	33,17	
Simon Claasen 2004 (+31)	250m	02:20.38	24,79	
Simon Claasen 2004 (+31)	300m	02:49.24	28,86	
Koen Marsman 2005 (+37)	350m	03:12.38	23,14	
Koen Marsman 2005 (+37)	400m	03:37.87	25,49	
<b>5. Hellas-Glana</b>				<b>03:40.94</b>
Raf Hendriks 2001 (+63)	50m	00:25.81	25,81	
Raf Hendriks 2001 (+63)	100m	00:53.25	27,44	

Lucas Greven 1995 (+48)	150m	01:20.94	27,69	
Lucas Greven 1995 (+48)	200m	01:52.89	31,95	
Mattia Maggio 2009 (+11)	250m	02:18.68	25,79	
Mattia Maggio 2009 (+11)	300m	02:50.57	31,89	
Lars Kerremans 2001 (+7)	350m	03:13.90	23,33	
Lars Kerremans 2001 (+7)	400m	03:40.94	27,04	
<b>6. Blue Marlins</b>				<b>03:42.25</b>
Jake Franse 2007 (+68)	50m	00:27.01	27,01	
Jake Franse 2007 (+68)	100m	00:57.22	30,21	
River Streefland 2005 (+37)	150m	01:25.17	27,95	
River Streefland 2005 (+37)	200m	01:57.50	32,33	
Lars Bulman 2006 (+48)	250m	02:22.39	24,89	
Lars Bulman 2006 (+48)	300m	02:51.94	29,55	
Domingo Togores Rodriguez 1997 (+12)	350m	03:15.81	23,87	
Domingo Togores Rodriguez 1997 (+12)	400m	03:42.25	26,44	
<b>7. PSV</b>				<b>03:43.16</b>
Lars Minnaert 2005 (+55)	50m	00:26.37	26,37	
Lars Minnaert 2005 (+55)	100m	00:55.38	29,01	
Lars Verhalle 2002 (+56)	150m	01:23.80	28,42	
Lars Verhalle 2002 (+56)	200m	01:56.47	32,67	
Marlon Borger 2004 (+50)	250m	02:22.00	25,53	
Marlon Borger 2004 (+50)	300m	02:53.33	31,33	
Luuk van Rooij 2004 (+30)	350m	03:16.79	23,46	
Luuk van Rooij 2004 (+30)	400m	03:43.16	26,37	
<b>8. DZ&amp;PC</b>				<b>03:43.22</b>
Jelle Betten 2000 (+61)	50m	00:26.47	26,47	
Jelle Betten 2000 (+61)	100m	00:55.37	28,90	
Storm Boxum 2007 (+18)	150m	01:24.12	28,75	
Storm Boxum 2007 (+18)	200m	01:57.77	33,65	
Matthijs van Meerendonk 1999 (+24)	250m	02:22.69	24,92	
Matthijs van Meerendonk 1999 (+24)	300m	02:52.40	29,71	
Colin Bes 2005 (+37)	350m	03:16.66	24,26	
Colin Bes 2005 (+37)	400m	03:43.22	26,56	
<b>9. Team Noord Holland (SG)</b>				<b>03:44.50</b>
Bram Loots 2007 (+63)	50m	00:27.86	27,86	
Bram Loots 2007 (+63)	100m	00:57.29	29,43	
Yaniv Kerdijk 2006 (+32)	150m	01:25.75	28,46	
Yaniv Kerdijk 2006 (+32)	200m	01:58.22	32,47	
Rik Hofland 1997 (+39)	250m	02:24.15	25,93	
Rik Hofland 1997 (+39)	300m	02:55.63	31,48	
Giovanni Phillipson 2008 (+31)	350m	03:18.86	23,23	
Giovanni Phillipson 2008 (+31)	400m	03:44.50	25,64	
<b>10. WVZ</b>				<b>03:44.81</b>
Daan Sonneveld 2006 (+65)	50m	00:26.24	26,24	
Daan Sonneveld 2006 (+65)	100m	00:54.10	27,86	
Joshua Agussalim 2006 (+35)	150m	01:24.37	30,27	
Joshua Agussalim 2006 (+35)	200m	01:58.95	34,58	
Thomas Jansen 2001 (+29)	250m	02:23.64	24,69	
Thomas Jansen 2001 (+29)	300m	02:52.96	29,32	
Jisse Lousma 2007 (+37)	350m	03:17.68	24,72	
Jisse Lousma 2007 (+37)	400m	03:44.81	27,13	
<b>11. Feijenoord Albion Zwemclub</b>				<b>03:45.01</b>
Yassine Mellah 2005 (+66)	50m	00:27.32	27,32	
Yassine Mellah 2005 (+66)	100m	00:57.78	30,46	
Joost de Roij van Zuidewijn 2000 (+9)	150m	01:26.53	28,75	
Joost de Roij van Zuidewijn 2000 (+9)	200m	02:00.62	34,09	
Sjoerd van Weelden 2001 (+48)	250m	02:25.82	25,20	
Sjoerd van Weelden 2001 (+48)	300m	02:56.17	30,35	
Floris Tanis 2007 (+23)	350m	03:19.26	23,09	
Floris Tanis 2007 (+23)	400m	03:45.01	25,75	
<b>12. Blue Marlins</b>				<b>03:46.64</b>
Thom De Hoog 2006 (+67)	50m	00:27.89	27,89	



Thom De Hoog 2006 (+67)	100m	00:57.88	29,99	
Viktor Koets 2002 (+56)	150m	01:25.65	27,77	
Viktor Koets 2002 (+56)	200m	01:58.47	32,82	
Vincent Huele 2007 (+29)	250m	02:25.07	26,60	
Vincent Huele 2007 (+29)	300m	02:55.92	30,85	
Boele Böhm 2007 (+34)	350m	03:20.28	24,36	
Boele Böhm 2007 (+34)	400m	03:46.64	26,36	
<b>13. Nuenen</b>				<b>03:48.33</b>
Luuk Smits 2000 (+58)	50m	00:27.31	27,31	
Luuk Smits 2000 (+58)	100m	00:57.87	30,56	
Max Peters 1999 (+27)	150m	01:25.73	27,86	
Max Peters 1999 (+27)	200m	01:59.31	33,58	
Alexander Nijst 2001 (+1)	250m	02:24.58	25,27	
Alexander Nijst 2001 (+1)	300m	02:54.36	29,78	
Wouter Sijmons 1993 (+30)	350m	03:20.01	25,65	
Wouter Sijmons 1993 (+30)	400m	03:48.33	28,32	
<b>14. Feijenoord Albion Zwemclub</b>				<b>03:50.01</b>
Sander Iuga 2001 (+57)	50m	00:28.14	28,14	
Sander Iuga 2001 (+57)	100m	00:58.67	30,53	
Loek Huyghelier 2004 (+18)	150m	01:27.39	28,72	
Loek Huyghelier 2004 (+18)	200m	02:01.12	33,73	
Bjorn de Heus 2002 (+52)	250m	02:27.26	26,14	
Bjorn de Heus 2002 (+52)	300m	02:58.63	31,37	
Kenan Coeruez 2003 (+22)	350m	03:22.47	23,84	
Kenan Coeruez 2003 (+22)	400m	03:50.01	27,54	
<b>15. DWK</b>				<b>03:54.13</b>
Niek Heethaar 1999 (+76)	50m	00:27.65	27,65	
Niek Heethaar 1999 (+76)	100m	00:57.24	29,59	
Thijs Berkhout 2005 (+38)	150m	01:27.96	30,72	
Thijs Berkhout 2005 (+38)	200m	02:04.29	36,33	
Ronis van Everdingen 2003 (+37)	250m	02:29.62	25,33	
Ronis van Everdingen 2003 (+37)	300m	03:00.97	31,35	
Ruben Baars 2009 (+50)	350m	03:26.39	25,42	
Ruben Baars 2009 (+50)	400m	03:54.13	27,74	
<b>16. De Dinkel</b>				<b>03:54.87</b>
Luuk Ruinemans 2003 (+74)	50m	00:29.20	29,20	
Luuk Ruinemans 2003 (+74)	100m	01:00.60	31,40	
Job Sportel 2008 (+37)	150m	01:29.81	29,21	
Job Sportel 2008 (+37)	200m	02:03.44	33,63	
Maurice Pater 2002 (+34)	250m	02:30.29	26,85	
Maurice Pater 2002 (+34)	300m	03:02.53	32,24	
Bram ter Braak 2008 (+19)	350m	03:27.44	24,91	
Bram ter Braak 2008 (+19)	400m	03:54.87	27,43	
<b>17. Azuro</b>				<b>03:55.56</b>
Jarno Ottens 2000 (+63)	50m	00:29.57	29,57	
Jarno Ottens 2000 (+63)	100m	01:02.40	32,83	
Ivo Kroes 2003 (+51)	150m	01:29.86	27,46	
Ivo Kroes 2003 (+51)	200m	02:01.14	31,28	
Harmen van der Ploeg 2002 (+48)	250m	02:28.00	26,86	
Harmen van der Ploeg 2002 (+48)	300m	03:01.05	33,05	
Wout Kroeze 2006 (+16)	350m	03:26.81	25,76	
Wout Kroeze 2006 (+16)	400m	03:55.56	28,75	
<b>18. ZPCH</b>				<b>03:57.54</b>
Ruud Holswilder 1978 (+69)	50m	00:30.27	30,27	
Ruud Holswilder 1978 (+69)	100m	01:03.59	33,32	
Lucas Douwma 2004 (+45)	150m	01:33.76	30,17	
Lucas Douwma 2004 (+45)	200m	02:07.65	33,89	
Daniel Wegman 2008 (+39)	250m	02:33.99	26,34	
Daniel Wegman 2008 (+39)	300m	03:05.02	31,03	
Thomas Vastenhout 2002 (+32)	350m	03:30.22	25,20	
Thomas Vastenhout 2002 (+32)	400m	03:57.54	27,32	
<b>19. Hellas-Glana</b>				<b>03:57.78</b>

Arno Nelissen 2003 (+78)	50m	00:28.54	28,54	
Arno Nelissen 2003 (+78)	100m	00:59.61	31,07	
Senn Rutten 2007 (+32)	150m	01:29.58	29,97	
Senn Rutten 2007 (+32)	200m	02:06.12	36,54	
Stijn Saelmans 2007 (+42)	250m	02:33.28	27,16	
Stijn Saelmans 2007 (+42)	300m	03:07.38	34,10	
Lars van der Haijden 1999 (+30)	350m	03:30.65	23,27	
Lars van der Haijden 1999 (+30)	400m	03:57.78	27,13	
<b>20. Zwemlust-den Hommel</b>				<b>03:58.58</b>
Thijmen Peeters 2005 (+65)	50m	00:29.13	29,13	
Thijmen Peeters 2005 (+65)	100m	01:00.06	30,93	
Vincent Versteeg 1977 (+5)	150m	01:31.86	31,80	
Vincent Versteeg 1977 (+5)	200m	02:10.24	38,38	
Louis Kappler 2002 (+27)	250m	02:36.21	25,97	
Louis Kappler 2002 (+27)	300m	03:06.46	30,25	
Joan Kentrop 1985 (+16)	350m	03:30.72	24,26	
Joan Kentrop 1985 (+16)	400m	03:58.58	27,86	
<b>21. De Columbiaan</b>				<b>03:58.85</b>
Daan Hogerhuis 2003 (+66)	50m	00:28.32	28,32	
Daan Hogerhuis 2003 (+66)	100m	00:59.43	31,11	
Dave van den Nieuwendijk 2001 (+49)	150m	01:31.10	31,67	
Dave van den Nieuwendijk 2001 (+49)	200m	02:08.53	37,43	
Bert Duivenvoorde 1997 (+51)	250m	02:34.50	25,97	
Bert Duivenvoorde 1997 (+51)	300m	03:07.43	32,93	
Max van Schagen 2004 (+34)	350m	03:31.25	23,82	
Max van Schagen 2004 (+34)	400m	03:58.85	27,60	
<b>21. Blue Marlins</b>				<b>03:58.85</b>
Gaëtan Spicq 2007 (+72)	50m	00:29.00	29,00	
Gaëtan Spicq 2007 (+72)	100m	01:00.90	31,90	
Roan van der weide 2006 (+2)	150m	01:29.94	29,04	
Roan van der weide 2006 (+2)	200m	02:03.95	34,01	
Rick Bulman 2001 (+47)	250m	02:30.39	26,44	
Rick Bulman 2001 (+47)	300m	03:03.54	33,15	
Fabian Riedijk 2008 (+24)	350m	03:29.74	26,20	
Fabian Riedijk 2008 (+24)	400m	03:58.85	29,11	
<b>23. Dedemsvaart-AC</b>				<b>03:59.95</b>
Tiamo van der Veen 2006 (+57)	50m	00:27.70	27,70	
Tiamo van der Veen 2006 (+57)	100m	00:58.23	30,53	
Ruben Hoeve 2003 (+41)	150m	01:28.77	30,54	
Ruben Hoeve 2003 (+41)	200m	02:05.08	36,31	
Melle van Veen 2007 (+43)	250m	02:32.16	27,08	
Melle van Veen 2007 (+43)	300m	03:05.52	33,36	
Emiel de Bruijn 2007 (+33)	350m	03:31.05	25,53	
Emiel de Bruijn 2007 (+33)	400m	03:59.95	28,90	
<b>24. CWW Swim team (SG)</b>				<b>04:00.03</b>
Thomas Bergmans 2008 (+70)	50m	00:29.90	29,90	
Thomas Bergmans 2008 (+70)	100m	01:03.53	33,63	
Mick van Kempen 2002 (+41)	150m	01:33.43	29,90	
Mick van Kempen 2002 (+41)	200m	02:08.38	34,95	
Mies de Wit 2007 (+29)	250m	02:33.92	25,54	
Mies de Wit 2007 (+29)	300m	03:04.08	30,16	
Tom Ariens 2007 (+24)	350m	03:30.22	26,14	
Tom Ariens 2007 (+24)	400m	04:00.03	29,81	
<b>25. OZ&amp;PC</b>				<b>04:00.24</b>
Milan Veelders 2008 (+69)	50m	00:28.92	28,92	
Milan Veelders 2008 (+69)	100m	01:00.42	31,50	
Niek Vreeling 2006 (+43)	150m	01:31.12	30,70	
Niek Vreeling 2006 (+43)	200m	02:06.80	35,68	
Jens zum Grotenhoff 2002 (+44)	250m	02:35.14	28,34	
Jens zum Grotenhoff 2002 (+44)	300m	03:09.55	34,41	
Siem de Zeeuw 2008 (+23)	350m	03:33.59	24,04	
Siem de Zeeuw 2008 (+23)	400m	04:00.24	26,65	

26. WVZ						04:00.87
Abel te Riele 2004 (+64)	50m	00:29.43	29,43			
Abel te Riele 2004 (+64)	100m	01:00.82	31,39			
Twan Huisman 2007 (+38)	150m	01:32.29	31,47			
Twan Huisman 2007 (+38)	200m	02:09.48	37,19			
Pepijn van Egmond 2004 (+26)	250m	02:35.48	26,00			
Pepijn van Egmond 2004 (+26)	300m	03:07.33	31,85			
Denzel Barthen 2007 (+38)	350m	03:32.92	25,59			
Denzel Barthen 2007 (+38)	400m	04:00.87	27,95			
27. VZC						04:01.82
Rijk Leenders 2008 (+63)	50m	00:29.90	29,90			
Rijk Leenders 2008 (+63)	100m	01:00.99	31,09			
Thom Delno 2000 (+23)	150m	01:29.38	28,39			
Thom Delno 2000 (+23)	200m	02:03.05	33,67			
Lasse Schrieken 2005 (+73)	250m	02:31.05	28,00			
Lasse Schrieken 2005 (+73)	300m	03:07.25	36,20			
Bas Mostert 2008 (+26)	350m	03:33.34	26,09			
Bas Mostert 2008 (+26)	400m	04:01.82	28,48			
28. ZPC Woerden						04:02.61
Brent Schifflers 2009 (+65)	50m	00:30.36	30,36			
Brent Schifflers 2009 (+65)	100m	01:02.87	32,51			
Daan Hoogendoorn 2005 (+40)	150m	01:32.77	29,90			
Daan Hoogendoorn 2005 (+40)	200m	02:08.36	35,59			
Ian Terlouw 2000 (+39)	250m	02:35.08	26,72			
Ian Terlouw 2000 (+39)	300m	03:07.08	32,00			
Milan de Roo 2001 (+32)	350m	03:33.33	26,25			
Milan de Roo 2001 (+32)	400m	04:02.61	29,28			
DIS. DZ&PC						00:00.00
Niek Issard 2007	400m	00:00.00	0,00			

Nederlandse Kampioenschappen Korte Baan sessie 5 - series - zondag 22 december 2024 om 09:00u (25 m)

Aanvangstijd juryvergadering: 08:00u

31. 400m vrije slag - Heren						
<i>vanaf 11 jaar (Senioren Open)</i>						
1. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]						05:13.07(+68)
50m	00:35.29	35,29	150m 01:52.94	39,26	250m 03:13.22	40,50
100m	01:13.68	38,39	200m 02:32.72	39,78	300m 03:53.86	40,64
350m	04:34.21	40,35				
2. Lars Jacobsen (DWK, 199705453) [S14]						04:45.91(+77)
50m	00:31.26	31,26	150m 01:41.93	35,59	250m 02:55.00	36,61
100m	01:06.34	35,08	200m 02:18.39	36,46	300m 03:33.04	38,04
350m	04:08.47	35,43				
4. Jesse Bruines (Batavia Swim, 200402413) [S8]						05:34.78(+80)
50m	00:37.64	37,64	150m 02:02.00	42,41	250m 03:28.08	42,71
100m	01:19.59	41,95	200m 02:45.37	43,37	300m 04:11.01	42,93
350m	04:53.79	42,78				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>						
2. Austin Namesnik (ZPC AMERSFOORT, 200101817)						03:52.35(+61)
50m	00:25.44	25,44	150m 01:22.99	29,23	250m 02:22.74	29,97
100m	00:53.76	28,32	200m 01:52.77	29,78	300m 02:53.14	30,40
350m	03:23.41	30,27				
9. Merlin Belmon (Team NL - PSV, 200403191)						03:59.16(+71)
50m	00:25.43	25,43	150m 01:24.49	29,88	250m 02:25.55	31,02
100m	00:54.61	29,18	200m 01:54.53	30,04	300m 02:56.88	31,33
350m	03:28.32	31,44				
11. Martijn Nies (PSV, 200902095)						04:00.54(+60)
50m	00:27.05	27,05	150m 01:27.52	30,29	250m 02:29.05	30,82
100m	00:57.23	30,18	200m 01:58.23	30,71	300m 03:00.06	31,01
350m	03:30.69	30,63				
12. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)						04:01.79(+57)
50m	00:26.38	26,38	150m 01:27.23	30,79	250m 02:29.00	30,55
100m	00:56.44	30,06	200m 01:58.45	31,22	300m 03:00.09	31,09
350m	03:30.88	30,79				

16. Hessel Robert (Het Y, 200200917)					04:04.91(+78)
50m	00:26.95 26,95	150m	01:28.63 31,30	250m	02:31.54 31,91
100m	00:57.33 30,38	200m	01:59.63 31,00	300m	03:03.08 31,54
350m	03:34.96 31,88				
19. Abel te Riele (WVZ, 200402317)					04:05.97(+74)
50m	00:27.21 27,21	150m	01:28.62 31,10	250m	02:31.56 31,57
100m	00:57.52 30,31	200m	01:59.99 31,37	300m	03:03.30 31,74
350m	03:35.01 31,71				
24. Jorian Tanis (Feijenoord Albion Zwemclub, 199900327)					04:09.12(+71)
50m	00:28.44 28,44	150m	01:31.19 31,58	250m	02:35.62 32,11
100m	00:59.61 31,17	200m	02:03.51 32,32	300m	03:08.01 32,39
350m	03:39.73 31,72				
35. Luc Mul (DAW, 200201025)					04:15.12(+74)
50m	00:28.32 28,32	150m	01:31.86 32,14	250m	02:36.48 32,46
100m	00:59.72 31,40	200m	02:04.02 32,16	300m	03:09.48 33,00
350m	03:42.64 33,16				
<i>12 - 15 jaar (Junioren)</i>					
<i>16 - 17 jaar (Jeugd 1 en 2)</i>					
1. Thomas Braat (AZC, 200802269) [S14]					04:56.73(+88)
50m	00:31.57 31,57	150m	01:45.37 37,85	250m	03:02.53 38,58
100m	01:07.52 35,95	200m	02:23.95 38,58	300m	03:41.57 39,04
350m	04:19.43 37,86				
<i>16 - 17 jaar (Jeugd 1 en 2)</i>					
1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)					03:51.08(+59)
50m	00:25.95 25,95	150m	01:22.53 28,46	250m	02:21.82 30,12
100m	00:54.07 28,12	200m	01:51.70 29,17	300m	02:52.13 30,31
350m	03:22.30 30,17				
2. Bram Loots (Team Noord Holland (SG), 200700197)					03:57.23(+64)
50m	00:26.89 26,89	150m	01:26.31 29,97	250m	02:27.23 30,33
100m	00:56.34 29,45	200m	01:56.90 30,59	300m	02:57.71 30,48
350m	03:27.80 30,09				
3. Tieme Wiersma (DZ&PC, 200701031)					03:58.27(+71)
50m	00:27.26 27,26	150m	01:27.26 30,28	250m	02:27.68 30,19
100m	00:56.98 29,72	200m	01:57.49 30,23	300m	02:58.02 30,34
350m	03:29.22 31,20				
4. Tiede Groener (PSV, 200700155)					03:58.54(+69)
50m	00:26.69 26,69	150m	01:26.09 30,01	250m	02:27.94 30,74
100m	00:56.08 29,39	200m	01:57.20 31,11	300m	02:58.88 30,94
350m	03:29.51 30,63				
5. Diede Veld (HZ&PC Heerenveen, 200800011)					04:05.40(+70)
50m	00:28.12 28,12	150m	01:31.66 32,10	250m	02:34.03 30,71
100m	00:59.56 31,44	200m	02:03.32 31,66	300m	03:04.86 30,83
350m	03:35.60 30,74				
6. Milan Veelders (OZ&PC, 200800279)					04:05.56(+69)
50m	00:27.45 27,45	150m	01:30.26 31,53	250m	02:32.79 31,12
100m	00:58.73 31,28	200m	02:01.67 31,41	300m	03:04.06 31,27
350m	03:35.97 31,91				
7. Boele Böhm (Blue Marlins, 200700739)					04:06.14(+67)
50m	00:26.88 26,88	150m	01:28.11 30,99	250m	02:31.16 31,42
100m	00:57.12 30,24	200m	01:59.74 31,63	300m	03:03.49 32,33
350m	03:35.31 31,82				
8. Yarno van Dam (ACZ, 200800115)					04:06.17(+65)
50m	00:26.82 26,82	150m	01:27.78 30,70	250m	02:30.10 31,40
100m	00:57.08 30,26	200m	01:58.70 30,92	300m	03:02.26 32,16
350m	03:34.49 32,23				
9. Bas Mostert (VZC, 200800629)					04:07.04(+70)
50m	00:27.45 27,45	150m	01:28.69 31,16	250m	02:32.20 31,89
100m	00:57.53 30,08	200m	02:00.31 31,62	300m	03:04.11 31,91
350m	03:36.02 31,91				
10. Xiaoyu Yin (Blue Marlins, 200803363)					04:08.64(+72)
50m	00:27.42 27,42	150m	01:28.61 30,98	250m	02:31.26 31,42
100m	00:57.63 30,21	200m	01:59.84 31,23	300m	03:03.35 32,09
350m	03:36.16 32,81				
11. Tim van Erven (DZ&PC, 200700175)					04:12.82(+77)
50m	00:28.78 28,78	150m	01:32.05 32,12	250m	02:37.20 32,54
100m	00:59.93 31,15	200m	02:04.66 32,61	300m	03:09.93 32,73
350m	03:41.92 31,99				
12. Bram ter Braak (De Dinkel, 200800281)					04:13.49(+77)
50m	00:27.78 27,78	150m	01:31.29 32,13	250m	02:36.76 32,55
100m	00:59.16 31,38	200m	02:04.21 32,92	300m	03:09.80 33,04
350m	03:42.22 32,42				

13. Melle van Veen (Dedemsvaart-AC, 200700661)						04:14.13(+70)	
50m	00:28.31 28,31	150m	01:32.31 32,58	250m	02:37.43 32,60	350m	03:43.24 32,88
100m	00:59.73 31,42	200m	02:04.83 32,52	300m	03:10.36 32,93		
14. Tim Boerefijn (WVZ, 200802815)						04:14.18(+69)	
50m	00:28.23 28,23	150m	01:32.42 32,26	250m	02:37.30 32,72	350m	03:42.78 32,37
100m	01:00.16 31,93	200m	02:04.58 32,16	300m	03:10.41 33,11		
15. Siem de Zeeuw (OZ&PC, 200800013)						04:14.26(+70)	
50m	00:26.88 26,88	150m	01:30.37 32,39	250m	02:36.60 33,19	350m	03:42.66 32,87
100m	00:57.98 31,10	200m	02:03.41 33,04	300m	03:09.79 33,19		
16. Felix Gepkens (VZC, 200800631)						04:14.93(+74)	
50m	00:28.52 28,52	150m	01:32.45 32,31	250m	02:37.71 32,36	350m	03:43.71 32,93
100m	01:00.14 31,62	200m	02:05.35 32,90	300m	03:10.78 33,07		
17. Willem Weustink (Team Noord Holland (SG), 200800109)						04:15.90(+74)	
50m	00:28.97 28,97	150m	01:33.37 32,55	250m	02:38.40 32,16	350m	03:43.99 32,74
100m	01:00.82 31,85	200m	02:06.24 32,87	300m	03:11.25 32,85		
18. Rian Schoneveld (De Berkelduikers, 200801789)						04:19.03(+68)	
50m	00:28.34 28,34	150m	01:33.37 32,67	250m	02:40.19 33,45	350m	03:47.99 33,92
100m	01:00.70 32,36	200m	02:06.74 33,37	300m	03:14.07 33,88		
19. Figo van Duuren (ZPCH, 200800391)						04:19.73(+74)	
50m	00:28.89 28,89	150m	01:33.40 32,98	250m	02:40.28 33,60	350m	03:47.56 33,34
100m	01:00.42 31,53	200m	02:06.68 33,28	300m	03:14.22 33,94		
20. Gijs Hartwijk (ZVL-1886, 200800573)						04:20.25(+55)	
50m	00:29.11 29,11	150m	01:34.57 33,07	250m	02:42.37 33,73	350m	03:48.08 31,86
100m	01:01.50 32,39	200m	02:08.64 34,07	300m	03:16.22 33,85		
20. Joey Pop (ZVVS, 200800277)						04:20.25(+81)	
50m	00:28.62 28,62	150m	01:33.15 32,79	250m	02:40.32 33,64	350m	03:48.27 34,26
100m	01:00.36 31,74	200m	02:06.68 33,53	300m	03:14.01 33,69		
22. Jere Wiersma (DZ&PC, 200701037)						04:21.50(+73)	
50m	00:28.98 28,98	150m	01:34.88 33,38	250m	02:42.21 33,55	350m	03:49.38 33,59
100m	01:01.50 32,52	200m	02:08.66 33,78	300m	03:15.79 33,58		
23. Bjorn Scholten (OZ&PC, 200801143)						04:21.53(+71)	
50m	00:28.35 28,35	150m	01:33.14 32,65	250m	02:40.22 34,13	350m	03:48.92 34,03
100m	01:00.49 32,14	200m	02:06.09 32,95	300m	03:14.89 34,67		
24. Tim Zuurman (Dedemsvaart-AC, 200700131)						04:21.95(+83)	
50m	00:30.01 30,01	150m	01:35.12 33,01	250m	02:42.23 33,66	350m	03:49.16 33,53
100m	01:02.11 32,10	200m	02:08.57 33,45	300m	03:15.63 33,40		
25. Liam Tjin Wong Joe (De Dolfin, 200804105)						04:23.10(+68)	
50m	00:29.52 29,52	150m	01:34.95 33,07	250m	02:42.21 33,63	350m	03:49.93 33,68
100m	01:01.88 32,36	200m	02:08.58 33,63	300m	03:16.25 34,04		
26. Koen de Vries (De Reest, 200802379)						04:27.27(+70)	
50m	00:30.21 30,21	150m	01:37.63 34,21	250m	02:46.01 34,31	350m	03:54.12 33,93
100m	01:03.42 33,21	200m	02:11.70 34,07	300m	03:20.19 34,18		
<i>18 - 19 jaar (Senioren 1 en 2)</i>							
1. Koen Marsman (Team NL - ZPC AMERSFOORT, 200502763)						03:52.74(+63)	
50m	00:26.41 26,41	150m	01:25.58 29,96	250m	02:26.16 30,38	350m	03:25.65 29,61
100m	00:55.62 29,21	200m	01:55.78 30,20	300m	02:56.04 29,88		
2. Yanieck Weijland (Team NL - PSV, 200500329)						03:53.39(+71)	
50m	00:26.69 26,69	150m	01:25.60 29,79	250m	02:25.58 29,87	350m	03:25.98 30,13
100m	00:55.81 29,12	200m	01:55.71 30,11	300m	02:55.85 30,27		
3. Émile Fouzaï (ZPC AMERSFOORT, 200500263)						03:53.99(+66)	
50m	00:26.58 26,58	150m	01:25.51 30,14	250m	02:26.35 30,39	350m	03:25.59 29,49
100m	00:55.37 28,79	200m	01:55.96 30,45	300m	02:56.10 29,75		
4. Sven Klink (SWOL 1894, 200500349)						03:59.80(+73)	
50m	00:26.75 26,75	150m	01:25.46 29,87	250m	02:26.42 30,44	350m	03:28.96 31,70

	100m 00:55.59 28,84	200m 01:55.98 30,52	300m 02:57.26 30,84		
5. Lucas van Rooij (PSV, 200603943)					04:03.25(+66)
	50m 00:27.78 27,78	150m 01:28.27 30,36	250m 02:30.60 31,16	350m 03:33.11 31,21	
	100m 00:57.91 30,13	200m 01:59.44 31,17	300m 03:01.90 31,30		
6. Olivier Wilbers (ZPC Hoogeveen, 200600181)					04:03.37(+74)
	50m 00:28.41 28,41	150m 01:29.51 30,76	250m 02:31.30 30,95	350m 03:33.18 30,79	
	100m 00:58.75 30,34	200m 02:00.35 30,84	300m 03:02.39 31,09		
7. Youri Voet (ZPC AMERSFOORT, 200502269)					04:04.39(+69)
	50m 00:27.84 27,84	150m 01:29.36 31,00	250m 02:32.50 31,20	350m 03:34.60 31,11	
	100m 00:58.36 30,52	200m 02:01.30 31,94	300m 03:03.49 30,99		
8. Bas Blanker (ACZ, 200601497)					04:09.31(+72)
	50m 00:27.62 27,62	150m 01:30.52 31,90	250m 02:34.78 32,08	350m 03:39.15 32,11	
	100m 00:58.62 31,00	200m 02:02.70 32,18	300m 03:07.04 32,26		
9. Rens Stijf (ZPC AMERSFOORT, 200501419)					04:11.07(+67)
	50m 00:27.38 27,38	150m 01:28.86 31,37	250m 02:33.92 32,81	350m 03:39.20 32,46	
	100m 00:57.49 30,11	200m 02:01.11 32,25	300m 03:06.74 32,82		
10. Mohammad Shouman (WS Twente, 200604397)					04:11.47(+62)
	50m 00:27.98 27,98	150m 01:30.56 31,99	250m 02:35.25 32,40	350m 03:40.04 32,47	
	100m 00:58.57 30,59	200m 02:02.85 32,29	300m 03:07.57 32,32		
11. Storm Tolsma (DZ&PC, 200600277)					04:12.44(+77)
	50m 00:28.33 28,33	150m 01:31.52 32,22	250m 02:36.49 32,54	350m 03:41.47 31,85	
	100m 00:59.30 30,97	200m 02:03.95 32,43	300m 03:09.62 33,13		
32. 400m wisselslag - Dames					
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>					
3. Nikita van den Ouden (PSV, 199900622)					04:52.79(+73)
	50m 00:29.77 29,77	150m 01:43.40 38,15	250m 03:02.47 42,08	350m 04:19.15 34,49	
	100m 01:05.25 35,48	200m 02:20.39 36,99	300m 03:44.66 42,19		
5. Maaïke Issard (DZ&PC, 200300022)					04:55.90(+77)
	50m 00:30.55 30,55	150m 01:43.80 38,11	250m 03:04.95 42,99	350m 04:22.78 34,49	
	100m 01:05.69 35,14	200m 02:21.96 38,16	300m 03:48.29 43,34		
7. Fay Boxum (DZ&PC, 200900060)					04:59.11(+77)
	50m 00:31.12 31,12	150m 01:45.39 37,22	250m 03:05.32 42,41	350m 04:24.55 35,22	
	100m 01:08.17 37,05	200m 02:22.91 37,52	300m 03:49.33 44,01		
9. Lynn Blommers (Blue Marlins, 200105062)					05:02.44(+69)
	50m 00:30.54 30,54	150m 01:47.16 39,63	250m 03:08.83 42,40	350m 04:27.87 35,70	
	100m 01:07.53 36,99	200m 02:26.43 39,27	300m 03:52.17 43,34		
12. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)					05:04.12(+73)
	50m 00:29.83 29,83	150m 01:44.30 38,97	250m 03:06.30 43,20	350m 04:28.01 37,03	
	100m 01:05.33 35,50	200m 02:23.10 38,80	300m 03:50.98 44,68		
13. Lisa Dreesens (Blue Marlins, 199105798)					05:07.03(+83)
	50m 00:31.25 31,25	150m 01:48.79 40,65	250m 03:11.81 43,12	350m 04:31.90 35,84	
	100m 01:08.14 36,89	200m 02:28.69 39,90	300m 03:56.06 44,25		
16. Anne Noom (Het Y, 199800062)					05:14.71(+73)
	50m 00:32.22 32,22	150m 01:50.35 40,68	250m 03:13.97 44,32	350m 04:37.79 37,93	
	100m 01:09.67 37,45	200m 02:29.65 39,30	300m 03:59.86 45,89		
17. Meike van de Ree (HZPC, 200402646)					05:14.82(+79)
	50m 00:33.20 33,20	150m 01:51.67 39,09	250m 03:15.54 45,61	350m 04:39.19 36,76	
	100m 01:12.58 39,38	200m 02:29.93 38,26	300m 04:02.43 46,89		
18. Myrthe Stelten (Hellas-Glana, 200900234)					05:20.38(+79)
	50m 00:33.17 33,17	150m 01:53.95 41,42	250m 03:17.41 44,52	350m 04:42.64 40,41	
	100m 01:12.53 39,36	200m 02:32.89 38,94	300m 04:02.23 44,82		
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>					
1. Frouke Ludwig (DZ&PC, 200800112)					04:51.86(+74)
	50m 00:30.98 30,98	150m 01:41.58 35,87	250m 03:00.15 43,12	350m 04:18.02 34,83	

	100m 01:05.71 34,73	200m 02:17.03 35,45	300m 03:43.19 43,04	
2. Rhodee van den Ham (De Duinkikkers, 200700090)				04:57.09(+63)
	50m 00:32.02 32,02	150m 01:46.90 38,07	250m 03:07.08 42,37	350m 04:24.64 34,32
	100m 01:08.83 36,81	200m 02:24.71 37,81	300m 03:50.32 43,24	
3. Dachen Haaijer (ZPC Hoogeveen, 200800380)				05:00.71(+80)
	50m 00:32.33 32,33	150m 01:50.37 39,28	250m 03:10.88 42,72	350m 04:27.62 33,96
	100m 01:11.09 38,76	200m 02:28.16 37,79	300m 03:53.66 42,78	
4. Laura van Etten (HZ&PC Heerenveen, 200800264)				05:02.56(+78)
	50m 00:31.58 31,58	150m 01:47.82 38,02	250m 03:09.80 44,91	350m 04:28.79 34,31
	100m 01:09.80 38,22	200m 02:24.89 37,07	300m 03:54.48 44,68	
5. Meyke v. Nimwegen (De Schotegil, 200800106)				05:11.28(+73)
	50m 00:32.81 32,81	150m 01:50.39 39,35	250m 03:12.56 43,80	350m 04:35.02 36,92
	100m 01:11.04 38,23	200m 02:28.76 38,37	300m 03:58.10 45,54	
6. Emmelien Smelt (ZVZ, 200800012)				05:13.23(+72)
	50m 00:32.30 32,30	150m 01:49.05 39,59	250m 03:13.88 45,57	350m 04:37.47 37,63
	100m 01:09.46 37,16	200m 02:28.31 39,26	300m 03:59.84 45,96	
7. Britt Colijn (New Wave Almere, 200700544)				05:21.10(+74)
	50m 00:33.80 33,80	150m 01:52.65 40,67	250m 03:18.75 46,91	350m 04:44.43 38,47
	100m 01:11.98 38,18	200m 02:31.84 39,19	300m 04:05.96 47,21	
8. Isa Jansen (SBC2000, 200701176)				05:23.38(+78)
	50m 00:34.22 34,22	150m 01:56.67 41,22	250m 03:22.43 45,49	350m 04:46.41 37,90
	100m 01:15.45 41,23	200m 02:36.94 40,27	300m 04:08.51 46,08	
9. Noa Ottens (VZC, 200702256)				05:26.53(+76)
	50m 00:32.24 32,24	150m 01:55.04 43,46	250m 03:24.74 47,91	350m 04:50.17 38,14
	100m 01:11.58 39,34	200m 02:36.83 41,79	300m 04:12.03 47,29	
10. Annika Hogenhuis (Zwemlust-den Hommel, 200701340)				05:27.04(+86)
	50m 00:34.03 34,03	150m 01:58.46 42,88	250m 03:25.66 44,34	350m 04:49.72 38,91
	100m 01:15.58 41,55	200m 02:41.32 42,86	300m 04:10.81 45,15	
11. Marlouke Weijland (Deltasteur, 200800152)				05:34.87(+74)
	50m 00:36.54 36,54	150m 02:01.25 41,78	250m 03:29.65 47,81	350m 04:57.68 38,84
	100m 01:19.47 42,93	200m 02:41.84 40,59	300m 04:18.84 49,19	
12. Lotte Blanken (SBC2000, 200801476)				05:38.19(+82)
	50m 00:35.12 35,12	150m 02:00.93 42,52	250m 03:31.26 47,77	350m 05:00.64 40,69
	100m 01:18.41 43,29	200m 02:43.49 42,56	300m 04:19.95 48,69	
13. Annedieke Scholte (Blue Marlins, 200701110)				05:38.32(+76)
	50m 00:33.95 33,95	150m 02:00.16 44,35	250m 03:31.31 48,64	350m 05:00.41 39,49
	100m 01:15.81 41,86	200m 02:42.67 42,51	300m 04:20.92 49,61	
<i>18 - 19 jaar</i>				
1. Hedwig Bolt (HZ&PC Heerenveen, 200602660)				04:49.00(+73)
	50m 00:30.94 30,94	150m 01:45.12 38,08	250m 03:02.66 40,46	350m 04:17.06 33,12
	100m 01:07.04 36,10	200m 02:22.20 37,08	300m 03:43.94 41,28	
2. Djanilla Brink (Team NL - De Dolfijn, 200600988)				04:55.74(+80)
	50m 00:31.72 31,72	150m 01:48.90 39,84	250m 03:06.37 38,34	350m 04:21.53 35,06
	100m 01:09.06 37,34	200m 02:28.03 39,13	300m 03:46.47 40,10	
3. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)				05:03.18(+77)
	50m 00:31.53 31,53	150m 01:46.85 38,73	250m 03:09.25 44,70	350m 04:29.53 34,73
	100m 01:08.12 36,59	200m 02:24.55 37,70	300m 03:54.80 45,55	
4. Marlies Dijsselhof (Dedemsvaart-AC, 200601046)				05:25.25(+75)
	50m 00:32.48 32,48	150m 01:52.36 39,04	250m 03:19.58 46,99	350m 04:46.14 39,93
	100m 01:13.32 40,84	200m 02:32.59 40,23	300m 04:06.21 46,63	
5. Anouchka Bos (NieMo Barracuda, 200501528)				05:26.79(+81)
	50m 00:35.29 35,29	150m 02:01.79 44,88	250m 03:28.70 44,43	350m 04:51.54 37,02
	100m 01:16.91 41,62	200m 02:44.27 42,48	300m 04:14.52 45,82	

33. 100m schoolslag - Heren

*vanaf 11 jaar (Senioren Open)*

1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SB11] 01:09.63(+67)  
50m 00:32.37 32,37

2. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [SB6] 01:21.83(+79)  
50m 00:38.02 38,02

*vanaf 12 jaar (Junioren 1 en ouder)*

2. Koen de Groot (Team NL - PSV, 200401059) 00:59.01(+62)  
50m 00:27.66 27,66

3. Ivo Kroes (Team NL - Azuro, 200300079) 00:59.27(+67)  
50m 00:27.86 27,86

4. Lars Verhalle (PSV, 200200019) 00:59.59(+70)  
50m 00:27.85 27,85

5. Lucas Greven (Hellas-Glana, 199501941) 00:59.99(+64)  
50m 00:28.05 28,05

6. Luca Janssen (Team NL - PSV, 200403237) 01:00.01(+71)  
50m 00:28.31 28,31

9. Kingue Struijf (De Dolfijn, 199400913) 01:01.19(+66)  
50m 00:27.70 27,70

10. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391) 01:01.30(+63)  
50m 00:28.15 28,15

12. Jason van den Berg (Blue Marlins, 200400009) 01:01.65(+65)  
50m 00:28.81 28,81

13. Viktor Koets (Blue Marlins, 200201677) 01:01.77(+71)  
50m 00:28.36 28,36

14. Max Peters (Nuenen, 199903123) 01:01.88(+63)  
50m 00:28.22 28,22

15. Anders van Norden (ZPC AMERSFOORT, 200400039) 01:01.89(+64)  
50m 00:28.91 28,91

19. Thom Delno (VZC, 200000013) 01:02.50(+70)  
50m 00:29.24 29,24

21. Duncan van Haaren (ZPC AMERSFOORT, 200000681) 01:03.66(+68)  
50m 00:29.60 29,60

22. Rick Bulman (Blue Marlins, 200101899) 01:03.74(+64)  
50m 00:29.37 29,37

23. Lucas Douwma (ZPCH, 200401337) 01:03.82(+63)  
50m 00:29.99 29,99

24. Loek Huyghelier (Feijenoord Albion Zwemclub, 200404903) 01:03.88(+63)  
50m 00:29.95 29,95

25. Joost de Roij van Zuidewijn (Feijenoord Albion Zwemclub, 200000255) 01:03.94(+67)  
50m 00:29.61 29,61

26. Rick Offringa (DZ&PC, 200300979) 01:04.43(+77)  
50m 00:29.50 29,50

30. Guy Hungens (Tempo, 200101697) 01:04.97(+69)  
50m 00:30.41 30,41

32. Mick van Kempen (CWW Swim team (SG), 200203375) 01:05.19(+74)  
50m 00:30.29 30,29

33. Kevin Meuwissen (Hellas-Glana, 199502485) 01:05.36(+67)  
50m 00:30.47 30,47



34. Nicko Kamphuis (De Warande, 199900887) 50m 00:30.54 30,54	01:05.70(+62)
35. Jasper Willig (Blue Marlins, 200104757) 50m 00:30.09 30,09	01:05.74(+68)
36. Bert Duivenvoorde (De Columbiaan, 199701805) 50m 00:31.07 31,07	01:05.97(+72)
52. Dave van den Nieuwendijk (De Columbiaan, 200100475) 50m 00:32.57 32,57	01:09.07(+73)
<i>12 - 15 jaar (Junioren)</i>	
1. Cheng Van Vondel (KSN (SG), 200902673) [SB8] 50m 00:46.11 46,11	01:38.46(+76)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Storm Boxum (DZ&PC, 200700421) 50m 00:28.76 28,76	01:02.16(+68)
2. Nikodim Markovic (Blue Marlins, 200700255) 50m 00:29.14 29,14	01:02.17(+65)
3. Wytse Broekstra (De Vikings, 200800121) 50m 00:29.23 29,23	01:02.19(+73)
4. Job Sportel (De Dinkel, 200800429) 50m 00:29.50 29,50	01:03.02(+66)
5. Mies de Wit (CWW Swim team (SG), 200700315) 50m 00:30.51 30,51	01:04.67(+65)
6. Quinten Brouwer von Gonzenbach (TriVia, 200700001) 50m 00:29.43 29,43	01:04.89(+62)
7. Senn Rutten (Hellas-Glana, 200700629) 50m 00:30.85 30,85	01:06.14(+69)
8. Liam Diavatopoulos (Aqua-Novio'94, 200802549) 50m 00:31.03 31,03	01:06.17(+74)
9. Floris van der Valk (Wiekslag, 200801891) 50m 00:31.22 31,22	01:06.28(+66)
10. Suraj Baladurage (Team Noord Holland (SG), 200801291) 50m 00:31.45 31,45	01:06.92(+62)
11. Bjorn van den Berge (ZPC De Zeeuwse Kust, 200701991) 50m 00:31.40 31,40	01:06.98(+64)
12. Jasper Thijert (WS Twente, 200700321) 50m 00:31.79 31,79	01:07.70(+66)
13. Daniel Wegman (ZPCH, 200802843) 50m 00:31.78 31,78	01:07.75(+71)
14. Alexander Griston (De Dolfijn, 200803053) 50m 00:31.81 31,81	01:08.00(+72)
15. Jelte de Boer (De Vikings, 200700345) 50m 00:31.88 31,88	01:08.35(+63)
16. Jonathan Baaijens (PSV, 200800409) 50m 00:32.34 32,34	01:08.37(+75)
17. Cruz de Groot (Team Noord Holland (SG), 200801077) 50m 00:32.03 32,03	01:08.50(+66)
18. Nout Folkersma (PSV, 200800595) 50m 00:31.91 31,91	01:08.69(+66)

19. Sem Belmon (PSV, 200702099) 50m 00:31.81 31,81	01:08.72(+72)
20. Lars Kool (DAW, 200700511) 50m 00:32.22 32,22	01:09.16(+69)
21. Twan Huisman (WVZ, 200702207) 50m 00:32.07 32,07	01:09.35(+75)
21. Frits Hoeflaken (PSV, 200804101) 50m 00:32.92 32,92	01:09.35(+64)
23. Lars de Kooter (De Biesboschzwemmers, 200800185) 50m 00:32.63 32,63	01:09.88(+65)
24. Twan Hoogervorst (De Columbiaan, 200700741) 50m 00:32.70 32,70	01:10.03(+63)
25. Filip Piszczynski (KSN (SG), 200802125) 50m 00:32.67 32,67	01:10.20(+63)
25. Thijs Melker (AZ&PC De Futen, 200703183) 50m 00:32.41 32,41	01:10.20(+65)
27. Emiel de Bruijn (Dedemsvaart-AC, 200700953) 50m 00:32.23 32,23	01:10.44(+67)
28. Jordey Thole (ZPC Hoogeveen, 200700385) 50m 00:33.52 33,52	01:10.70(+70)
29. Kobe Verhaegen (De Zilvermeeuw, 200802609) 50m 00:33.06 33,06	01:11.40(+71)
30. Damir Mustafic (DZ&PC, 200800885) 50m 00:32.77 32,77	01:11.48(+78)
31. Koen de Vries (De Reest, 200802379) 50m 00:33.68 33,68	01:12.19(+68)
32. Liam Tjin Wong Joe (De Dolfijn, 200804105) 50m 00:33.95 33,95	01:13.55(+68)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Steijn Louter (Team NL - PSV, 200500793) 50m 00:27.47 27,47	00:58.30(+69)
2. Cas Verstegen (PSV, 200500891) 50m 00:28.54 28,54	01:00.12(+67)
3. River Streefland (Blue Marlins, 200502253) 50m 00:27.97 27,97	01:00.18(+68)
4. Yaniv Kerdijk (Team Noord Holland (SG), 200603439) 50m 00:28.73 28,73	01:01.45(+70)
5. Roan van der weide (Blue Marlins, 200601629) 50m 00:29.83 29,83	01:04.48(+67)
6. Daan Hoogendoorn (ZPC Woerden, 200500113) 50m 00:30.36 30,36	01:05.05(+64)
7. Joshua Agussalim (WVZ, 200600153) 50m 00:30.37 30,37	01:06.03(+65)
8. Tijn van Kuijk (HZPC, 200501087) 50m 00:30.96 30,96	01:06.42(+71)
34. 50m rugslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [S10]	00:32.13(+60)
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]	00:34.04(+67)

3. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]	00:39.85(+61)
4. Marije Oosterhuis (Azuro, 199500318) [S10]	00:36.21(+69)
5. Milou van Winkel (WVZ, 200402296) [S14]	00:37.42(+70)
6. Aguila Dolsma (Blue Marlins, 200603902) [S14]	00:38.24(+66)
7. Mayke van Tintelen (OZ&PC, 200200688) [S14]	00:38.50(+70)
9. Dannique Koolen (ZPC AMERSFOORT, 199904048) [S14]	00:40.52(+65)
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:26.61(+55)
2. Maaïke Broersma (BZ&PC, 200201522)	00:27.83(+62)
6. Britta Koehorst (WVZ, 200300246)	00:28.30(+63)
7. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	00:28.33(+58)
8. Jetske Moot (ZPC AMERSFOORT, 200400230)	00:28.45(+60)
9. Lieke Oude Lenferink (De Dolfijn, 200200068)	00:28.64(+62)
10. Manon Compagner (Dedemsvaart-AC, 200101710)	00:28.67(+69)
13. Silke Hooghiemstra (HZ&PC Heerenveen, 200901224)	00:29.25(+65)
18. Malin Roozeboom (WVZ, 201100006)	00:29.80(+72)
19. Dionne Salomons (Borger, 200200504)	00:29.97(+58)
21. Guusje van Lent (Feijenoord Albion Zwemclub, 200203898)	00:30.08(+70)
23. Tereza Boom (PSV, 200904028)	00:30.24(+54)
27. Isa Willemsen (Aqua-Novio'94, 199900628)	00:30.45(+64)
28. Janne Slegers (PSV, 200404090)	00:30.46(+67)
29. Elin Ditewig (VZC, 200900392)	00:30.47(+65)
30. Senna Rijnbeek (ZPC AMERSFOORT, 200901480)	00:30.49(+62)
31. Fenna Zusterzeel (PSV, 201000008)	00:30.51(+54)
33. Celine Schoenmaker (DWK, 199801976)	00:30.70(+60)
38. Julia Notenboom (De Columbiaan, 200302596)	00:30.79(+62)
43. Judith Houtvast (Hellas-Glana, 200300714)	00:31.17(+65)
45. Inge Dekker (HZ&PC Heerenveen, 200200476)	00:31.26(+71)
<i>12 - 15 jaar</i>	
1. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	00:47.77(+70)
2. Jente Parlevliet (Noordwijkerhout, 201003900) [S14]	00:45.19(+88)
3. Robbin Bagerman (ZPC De Kanaalstreek, 200902772) [S7]	01:01.14(+77)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jenna Gorter (De Otters Het Gooi, 200702746) [S9]	00:43.56(+75)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jinth Engelse (Blue Marlins, 200800204)	00:28.13(+60)
2. Maaïke Ooms (ZPC AMERSFOORT, 200801580)	00:28.17(+71)
3. Eefje Irvine (De Dolfijn, 200700164)	00:29.66(+61)
4. Laura van Etten (HZ&PC Heerenveen, 200800264)	00:30.03(+68)
5. Jazz-Lynn Gomes Delgado (Feijenoord Albion Zwemclub, 200800738)	00:30.26(+70)

6. Indira van Aggele (De Dolfijn, 200804424)	00:30.35(+77)
7. Emmelien Smelt (ZVZ, 200800012)	00:30.72(+63)
7. Anhelina Biletska (Nuenen, 200804930)	00:30.72(+66)
9. Valérie Sakkers (Deltasteur, 200800080)	00:30.94(+68)
10. Rosalie van der Bijl (Hieronymus, 200701644)	00:31.02(+66)
11. Féline Sam (ZVZ, 200700018)	00:31.11(+65)
12. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736)	00:31.27(+57)
13. Veerle de Ridder (HZ&PC Heerenveen, 200700778)	00:31.33(+68)
14. Maud Roffel (DZ&PC, 200700840)	00:31.58(+67)
15. Britte Lodder (ZZ&PC De Devel, 200702290)	00:31.79(+75)
16. Mila Oomens (NieMo Barracuda, 200700016)	00:31.84(+64)
16. Lyke Bellert (Octopus-ZVV (SG), 200701424)	00:31.84(+70)
18. Bette Peetoom (DAW, 200801808)	00:31.86(+64)
19. Rosalie Braspennincx (ZPC Woerden, 200702530)	00:31.87(+69)
20. Carlijn Boltendal (Zuiderzeezwemmers, 200700082)	00:32.09(+63)
21. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)	00:32.16(+63)
22. Annedieke Scholte (Blue Marlins, 200701110)	00:32.33(+61)
23. Monica van der Meer (Deltasteur, 200704288)	00:32.37(+77)
24. Noa Roberts (Hellas-Glana, 200800702)	00:32.63(+65)
25. Eloisa Gomes Delgado (Feijenoord Albion Zwemclub, 200700812)	00:33.01(+72)
<i>18 - 19 jaar</i>	
1. Mare Schallenberg (Blue Marlins, 200600078)	00:27.96(+66)
2. Megan Jonkman (Blue Marlins, 200600508)	00:28.93(+71)
3. Tess Bemer (De Duinkickers, 200600450)	00:29.21(+64)
4. Zinke Delcommune (PSV, 200505416)	00:29.45(+60)
5. Joy Willekus (De Dolfijn, 200602420)	00:29.48(+65)
6. Marit Huisman (WVZ, 200502620)	00:29.57(+54)
7. Indy van Laarhoven (PSV, 200500710)	00:30.11(+58)
8. Madelief Mans (Blue Marlins, 200501260)	00:30.29(+72)
9. Karlijn Offeringa (ZVVS, 200503292)	00:30.52(+65)
10. Famke Irvine (ZPC AMERSFOORT, 200501724)	00:30.75(+73)
11. Nienke Bakker (TriVia, 200501178)	00:30.78(+64)
12. Leyla Oversluizen (Feijenoord Albion Zwemclub, 200602730)	00:30.85(+69)
13. Jelsie van Ruijven (ZVL-1886, 200500282)	00:31.22(+65)
<b>35. 50m vrije slag - Heren</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [S11]	00:25.85(+69)
2. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]	00:30.72(+60)
3. Jesse Bruines (Batavia Swim, 200402413) [S8]	00:31.05(+72)

5. Lars Jacobsen (DWK, 199705453) [S14]	00:27.93(+76)
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)	00:21.81(+69)
2. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321)	00:21.85(+67)
3. Brandon van den Berg (Blue Marlins, 200200669)	00:22.06(+67)
4. Michael Smink (Blue Marlins, 200302169)	00:22.37(+66)
5. Jesse Puts (De Dolfijn, 199401147)	00:22.40(+62)
7. Kingue Struijf (De Dolfijn, 199400913)	00:22.52(+60)
9. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:22.64(+62)
10. Rijk Heere (ZPC AMERSFOORT, 200300897)	00:22.66(+63)
12. Jelle Betten (DZ&PC, 200001535)	00:22.76(+67)
13. Merlin Belmon (Team NL - PSV, 200403191)	00:22.77(+67)
14. Felix Geenen (DAW, 199501085)	00:22.88(+75)
15. Simon Claasen (ZPC AMERSFOORT, 200400231)	00:22.96(+57)
18. Piet-Hein Straver (PSV, 200302527)	00:23.10(+64)
19. Luuk Smits (Nuenen, 200001015)	00:23.15(+76)
21. Lars van der Haijden (Hellas-Glana, 199900225)	00:23.21(+72)
22. Lars Kerremans (Hellas-Glana, 200100305)	00:23.29(+68)
23. Niek Heethaar (DWK, 199900999)	00:23.43(+69)
25. Saviël Armand (ACZ, 200204461)	00:23.51(+65)
25. Thijn Damen (PSV, 200300973)	00:23.51(+69)
27. Keanu Streefland (Blue Marlins, 200302445)	00:23.53(+72)
28. Bas Dries (Zwemvereniging Hoogland, 199505177)	00:23.58(+67)
31. Matthijs van Meerendonk (DZ&PC, 199900375)	00:23.64(+63)
32. Floris Kotterink (Feijenoord Albion Zwemclub, 199800199)	00:23.65(+63)
33. Daan Hogerhuis (De Columbiaan, 200300317)	00:23.73(+70)
36. Alexander Nijst (Nuenen, 200104869)	00:23.99(+70)
37. Luc Mul (DAW, 200201025)	00:24.06(+69)
38. Bart Muselaers (Aqua-Novio'94, 200100865)	00:24.09(+69)
<i>12 - 15 jaar (Junioren)</i>	
1. Cheng Van Vondel (KSN (SG), 200902673) [S9]	00:35.31(+78)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	00:31.51(+77)
2. Thomas Braat (AZC, 200802269) [S14]	00:29.12(+85)
3. Sander Knol (ZPC De Kanaalstreek, 200701093) [S9]	00:34.32(+73)
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Floris Tanis (Feijenoord Albion Zwemclub, 200700005)	00:22.45(+69)
2. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	00:22.57(+70)
3. Kaan Sudak (Blue Marlins, 200803733)	00:22.72(+56)
4. Nikodim Markovic (Blue Marlins, 200700255)	00:22.96(+68)

5. Siem de Zeeuw (OZ&PC, 200800013)	00:23.17(+67)
6. Jake Franse (Blue Marlins, 200703873)	00:23.59(+68)
7. Jones Chuang (PSV, 200801173)	00:23.94(+59)
8. Bram ter Braak (De Dinkel, 200800281)	00:24.13(+75)
9. Lucas Bemer (De Duinkickers, 200700219)	00:24.19(+67)
10. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	00:24.24(+68)
11. Gijs Vesseur (ZPC AMERSFOORT, 200700277)	00:24.26(+69)
12. Niek Issard (DZ&PC, 200700037)	00:24.29(+71)
13. Tibbe Quist (KONAZ 1870, 200801359)	00:24.30(+61)
14. Storm Boxum (DZ&PC, 200700421)	00:24.35(+70)
15. Tijs Kruithof (Het Ravijn, 200701181)	00:24.43(+66)
16. Tygo Gerts (Blue Marlins, 200704077)	00:24.50(+59)
17. Ties Lakke (ACZ, 200703517)	00:24.57(+64)
18. Ties Berghs (ZEPS, 200700709)	00:24.63(+63)
19. Suraj Baladurage (Team Noord Holland (SG), 200801291)	00:24.64(+59)
20. Tim Boerefijn (WVZ, 200802815)	00:24.70(+67)
21. Thijs Poll (Deltasteur, 200700203)	00:24.76(+62)
22. Job Sportel (De Dinkel, 200800429)	00:24.78(+56)
23. Marnix Rietveld (Team Noord Holland (SG), 200700939)	00:24.85(+64)
24. Cruz de Groot (Team Noord Holland (SG), 200801077)	00:24.91(+66)
24. Thijmen Lavooij (De Ganze, 200700355)	00:24.91(+66)
24. Filip Piszczynski (KSN (SG), 200802125)	00:24.91(+61)
27. Stijn Saelmans (Hellas-Glana, 200700373)	00:24.92(+67)
28. Emiel de Bruijn (Dedemsvaart-AC, 200700953)	00:24.99(+66)
29. Tim van Erven (DZ&PC, 200700175)	00:25.01(+81)
30. Mads van Norden (ZPC AMERSFOORT, 200700029)	00:25.04(+68)
31. Senn Rutten (Hellas-Glana, 200700629)	00:25.14(+70)
32. Willem Weustink (Team Noord Holland (SG), 200800109)	00:25.16(+72)
33. Jelmer Miedema (IJsselmeer, 200800467)	00:25.35(+70)
34. Fabian Riedijk (Blue Marlins, 200800603)	00:25.47(+70)
35. Daniel Wegman (ZPCH, 200802843)	00:25.53(+71)
36. Mika Bindels (Blue Marlins, 200701239)	00:25.71(+72)
37. Floris van der Valk (Wiekslag, 200801891)	00:25.74(+66)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Émile Fouzaï (ZPC AMERSFOORT, 200500263)	00:22.97(+63)
2. Rens Stijf (ZPC AMERSFOORT, 200501419)	00:23.44(+66)
3. Colin Bes (DZ&PC, 200500201)	00:23.63(+70)
4. Yaniv Kerdijk (Team Noord Holland (SG), 200603439)	00:23.81(+68)

36. 200m vrije slag - Dames

*vanaf 11 jaar (Senioren Open)*

1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [S10] 02:20.95(+85)  
50m 00:32.80 32,80 100m 01:09.23 36,43 150m 01:45.59 36,36

2. Milou van Winkel (WVZ, 200402296) [S14] 02:37.36(+74)  
50m 00:33.23 33,23 100m 01:12.87 39,64 150m 01:54.87 42,00

*vanaf 12 jaar (Junioren 2 en ouder)*

4. Femke Spiering (ZPC AMERSFOORT, 200204514) 02:01.70(+74)  
50m 00:27.75 27,75 100m 00:58.47 30,72 150m 01:29.75 31,28

5. Kirsten Verhalle (PSV, 200400210) 02:01.83(+75)  
50m 00:27.76 27,76 100m 00:58.84 31,08 150m 01:30.28 31,44

12. Janne Slegers (PSV, 200404090) 02:05.48(+71)  
50m 00:29.47 29,47 100m 01:01.18 31,71 150m 01:33.56 32,38

13. Naya Koc (DAW, 200400688) 02:05.56(+66)  
50m 00:29.30 29,30 100m 01:01.32 32,02 150m 01:34.12 32,80

14. Alysha de Jong (ZPCH, 200400086) 02:06.06(+82)  
50m 00:29.01 29,01 100m 01:00.96 31,95 150m 01:33.76 32,80

15. Tamara Grove (De Dolfijn, 199601266) 02:06.43(+69)  
50m 00:29.06 29,06 100m 01:00.82 31,76 150m 01:33.36 32,54

16. Femke Hoppenbrouwer (De Dolfijn, 200301124) 02:07.13(+69)  
50m 00:28.57 28,57 100m 01:01.00 32,43 150m 01:33.63 32,63

19. Angelique van Vark (GZC DONK, 199701478) 02:08.08(+64)  
50m 00:29.50 29,50 100m 01:01.71 32,21 150m 01:35.15 33,44

20. Fay Boxum (DZ&PC, 200900060) 02:08.26(+75)  
50m 00:29.07 29,07 100m 01:01.65 32,58 150m 01:35.07 33,42

22. Tess Panjer (VZC, 200403060) 02:09.43(+64)  
50m 00:29.94 29,94 100m 01:02.79 32,85 150m 01:36.56 33,77

25. Myrthe Natzijl (DZ&PC, 200400076) 02:10.30(+83)  
50m 00:30.47 30,47 100m 01:03.63 33,16 150m 01:37.23 33,60

26. Ilona Weisz (ZPC AMERSFOORT, 201004146) 02:10.91(+69)  
50m 00:29.51 29,51 100m 01:01.88 32,37 150m 01:36.30 34,42

*12 - 15 jaar*

1. Gwyneth van der Spek (Batavia Swim, 201102806) [S7] 03:20.02(+79)  
50m 00:48.58 48,58 100m 01:40.90 52,32 150m 02:32.44 51,54

*16 - 17 jaar (Jeugd 2 en Senioren 1)*

1. Jenna Gorter (De Otters Het Gooi, 200702746) [S9] 02:58.83(+85)  
50m 00:40.65 40,65 100m 01:27.45 46,80 150m 02:14.74 47,29

*16 - 17 jaar (Jeugd 2 en Senioren 1)*

1. Angelina Rolman (Team NL - De Dolfijn, 200701972) 01:59.72(+69)  
50m 00:28.11 28,11 100m 00:58.73 30,62 150m 01:28.87 30,14

2. Nynke Boerefijn (ZPC AMERSFOORT, 200700114) 02:01.55(+69)  
50m 00:28.00 28,00 100m 00:58.46 30,46 150m 01:29.89 31,43

3. Maaïke Ooms (ZPC AMERSFOORT, 200801580) 02:02.49(+77)  
50m 00:28.14 28,14 100m 00:59.22 31,08 150m 01:31.12 31,90

4. Rosalie Reef (ZPC AMERSFOORT, 200800426) 02:03.73(+70)  
50m 00:28.64 28,64 100m 00:59.74 31,10 150m 01:31.63 31,89

5. Jade van der Schrier (AZC, 200800692) 02:05.38(+56)  
50m 00:29.32 29,32 100m 01:01.02 31,70 150m 01:33.78 32,76

6. Ilse Rozema (Blue Marlins, 200803318) 02:07.53(+66)  
50m 00:28.92 28,92 100m 01:01.29 32,37 150m 01:34.48 33,19

7. Julie van Nispen (Nueneen, 200800290)				02:08.81(+73)	
50m	00:29.13	29,13	100m 01:01.66	32,53 150m 01:35.37	33,71
8. Charlotte Woltjes (VZC, 200700110)				02:10.17(+74)	
50m	00:29.05	29,05	100m 01:01.64	32,59 150m 01:35.33	33,69
9. Veerle de Ridder (HZ&PC Heerenveen, 200700778)				02:10.96(+68)	
50m	00:29.81	29,81	100m 01:02.59	32,78 150m 01:36.67	34,08
10. Esmee Mulder (DZ&PC, 200800038)				02:11.34(+69)	
50m	00:29.59	29,59	100m 01:02.21	32,62 150m 01:36.64	34,43
11. Ilana Gentile (Orca, 200801558)				02:11.41(+63)	
50m	00:30.53	30,53	100m 01:04.11	33,58 150m 01:38.59	34,48
12. Imre Bouwland (ZPC Hoogeveen, 200700388)				02:12.16(+73)	
50m	00:30.53	30,53	100m 01:04.25	33,72 150m 01:38.46	34,21
13. Esmée Ykema (HZ&PC Heerenveen, 200801710)				02:12.82(+77)	
50m	00:30.30	30,30	100m 01:04.32	34,02 150m 01:38.80	34,48
14. Julia Agricola (DZ&PC, 200800266)				02:15.38(+71)	
50m	00:30.71	30,71	100m 01:05.27	34,56 150m 01:40.58	35,31
15. Leyona Lichtendonk (Dedemsvaart-AC, 200700010)				02:15.77(+63)	
50m	00:31.38	31,38	100m 01:05.97	34,59 150m 01:40.86	34,89
16. Emma Ketelaars (Hellas-Glana, 200800354)				02:15.89(+66)	
50m	00:29.68	29,68	100m 01:03.81	34,13 150m 01:39.37	35,56
17. Bette Peetoom (DAW, 200801808)				02:15.95(+60)	
50m	00:30.65	30,65	100m 01:04.87	34,22 150m 01:40.68	35,81
18. Rosalie Braspenninx (ZPC Woerden, 200702530)				02:17.18(+69)	
50m	00:31.46	31,46	100m 01:06.52	35,06 150m 01:42.12	35,60
19. Esmee Nieuwenhuis (ZPC De Hof, 200701444)				02:17.63(+83)	
50m	00:31.95	31,95	100m 01:07.59	35,64 150m 01:43.66	36,07
20. Féline Sam (ZVZ, 200700018)				02:18.94(+74)	
50m	00:31.94	31,94	100m 01:07.24	35,30 150m 01:43.60	36,36
21. Eloisa Gomes Delgado (Feijenoord Albion Zwemclub, 200700812)				02:23.54(+75)	
50m	00:32.03	32,03	100m 01:08.64	36,61 150m 01:46.17	37,53
<i>18 - 19 jaar</i>					
1. Hedwig Bolt (HZ&PC Heerenveen, 200602660)				02:01.21(+76)	
50m	00:28.64	28,64	100m 00:59.62	30,98 150m 01:30.63	31,01
2. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)				02:02.63(+75)	
50m	00:29.40	29,40	100m 01:00.89	31,49 150m 01:32.64	31,75
3. Sara Korhuis (DZ&PC, 200600494)				02:03.10(+70)	
50m	00:28.04	28,04	100m 00:59.32	31,28 150m 01:31.76	32,44
4. Colinda van der Zanden (Aqua-Novio'94, 200502618)				02:03.88(+75)	
50m	00:29.07	29,07	100m 01:00.26	31,19 150m 01:31.62	31,36
5. Marin Wieling (ZPC AMERSFOORT, 200501220)				02:07.16(+73)	
50m	00:29.32	29,32	100m 01:01.51	32,19 150m 01:34.33	32,82
6. Kim Oudendijk (DAW, 200600964)				02:09.82(+79)	
50m	00:28.71	28,71	100m 01:01.44	32,73 150m 01:35.78	34,34
37. 200m rugslag - Heren					
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>					
1. Raf Hendriks (Hellas-Glana, 200100879)				01:56.70(+61)	
50m	00:27.47	27,47	100m 00:57.27	29,80 150m 01:27.33	30,06
2. Niels Dijkshoorn (Team NL - PSV, 200203079)				01:58.25(+61)	
50m	00:27.72	27,72	100m 00:57.66	29,94 150m 01:28.15	30,49



3. Thomas Jansen (Team NL - WVZ, 200100143)	01:58.45(+61)
50m 00:28.65 28,65 100m 00:59.23 30,58 150m 01:29.29 30,06	
4. Austin Namesnik (ZPC AMERSFOORT, 200101817)	01:58.64(+60)
50m 00:28.13 28,13 100m 00:58.62 30,49 150m 01:29.12 30,50	
5. Hendrik van der Leest (PSV, 200404339)	01:58.85(+61)
50m 00:26.93 26,93 100m 00:56.64 29,71 150m 01:27.95 31,31	
15. Louis Kappler (Zwemlust-den Hommel, 200205067)	02:06.39(+78)
50m 00:29.15 29,15 100m 01:01.13 31,98 150m 01:33.71 32,58	
31. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [S6]	02:43.13(+72)
50m 00:39.34 39,34 100m 01:20.73 41,39 150m 02:03.53 42,80	
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	02:00.44(+65)
50m 00:27.67 27,67 100m 00:57.89 30,22 150m 01:29.69 31,80	
2. Bram Loots (Team Noord Holland (SG), 200700197)	02:01.40(+63)
50m 00:28.56 28,56 100m 00:59.22 30,66 150m 01:30.65 31,43	
3. Nikodim Markovic (Blue Marlins, 200700255)	02:02.98(+63)
50m 00:27.84 27,84 100m 00:58.16 30,32 150m 01:29.86 31,70	
4. Jake Franse (Blue Marlins, 200703873)	02:04.80(+64)
50m 00:29.43 29,43 100m 01:01.03 31,60 150m 01:32.73 31,70	
5. Sam Adams (De Dolfijn, 200704081)	02:04.82(+63)
50m 00:29.24 29,24 100m 01:00.54 31,30 150m 01:32.50 31,96	
6. Jaydey Schonewille (Steenwijk 1934, 200800025)	02:05.87(+75)
50m 00:29.62 29,62 100m 01:01.48 31,86 150m 01:33.89 32,41	
7. Yarno van Dam (ACZ, 200800115)	02:06.64(+65)
50m 00:28.35 28,35 100m 00:59.86 31,51 150m 01:33.01 33,15	
8. Tiede Groener (PSV, 200700155)	02:06.72(+69)
50m 00:29.67 29,67 100m 01:02.22 32,55 150m 01:34.89 32,67	
9. Jisse Lousma (WVZ, 200701493)	02:07.80(+56)
50m 00:29.68 29,68 100m 01:02.16 32,48 150m 01:35.44 33,28	
10. Wytse Broekstra (De Vikings, 200800121)	02:08.30(+65)
50m 00:29.56 29,56 100m 01:01.86 32,30 150m 01:35.21 33,35	
11. Niek Issard (DZ&PC, 200700037)	02:08.74(+79)
50m 00:29.57 29,57 100m 01:02.33 32,76 150m 01:35.77 33,44	
12. Boele Böhm (Blue Marlins, 200700739)	02:10.33(+66)
50m 00:29.82 29,82 100m 01:03.55 33,73 150m 01:37.75 34,20	
13. Rein Stoel (ZVL-1886, 200800463)	02:10.90(+53)
50m 00:30.08 30,08 100m 01:04.06 33,98 150m 01:37.69 33,63	
14. Niek Sonneveld (WVZ, 200802631)	02:12.08(+63)
50m 00:29.90 29,90 100m 01:02.91 33,01 150m 01:37.29 34,38	
15. Rijk Leenders (VZC, 200800627)	02:12.64(+65)
50m 00:31.24 31,24 100m 01:04.79 33,55 150m 01:39.02 34,23	
16. Gaëtan Spicq (Blue Marlins, 200701807)	02:13.50(+74)
50m 00:30.09 30,09 100m 01:03.62 33,53 150m 01:38.49 34,87	
17. Tim Brouwer (Aqua-Novio'94, 200800989)	02:14.14(+74)
50m 00:30.97 30,97 100m 01:04.79 33,82 150m 01:39.85 35,06	
18. Felix Gepkens (VZC, 200800631)	02:16.11(+54)
50m 00:31.71 31,71 100m 01:06.71 35,00 150m 01:41.75 35,04	
19. Mart Tempelman (Dedemsvaart-AC, 200801075)	02:18.45(+67)
50m 00:30.52 30,52 100m 01:04.19 33,67 150m 01:41.33 37,14	

20. Milan Veelders (OZ&PC, 200800279)	02:20.19(+71)
50m 00:32.04 32,04 100m 01:07.40 35,36 150m 01:44.12 36,72	
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Daan Sonneveld (WVZ, 200601085)	02:00.74(+59)
50m 00:27.78 27,78 100m 00:57.95 30,17 150m 01:28.99 31,04	
2. Thom De Hoog (Blue Marlins, 200600019)	02:05.08(+64)
50m 00:29.15 29,15 100m 01:00.96 31,81 150m 01:33.56 32,60	
3. Lars Minnaert (PSV, 200502355)	02:05.17(+55)
50m 00:28.18 28,18 100m 00:59.58 31,40 150m 01:32.46 32,88	
4. Olivier Wilbers (ZPC Hoogeveen, 200600181)	02:09.99(+63)
50m 00:30.85 30,85 100m 01:03.87 33,02 150m 01:37.41 33,54	
<b>38. 100m schoolslag - Dames</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [SB9]	01:19.08(+75)
50m 00:36.66 36,66	
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SB11]	01:27.93(+71)
50m 00:40.84 40,84	
3. Aguila Dolsma (Blue Marlins, 200603902) [SB14]	01:28.19
50m 00:41.26 41,26	
4. Mayke van Tintelen (OZ&PC, 200200688) [SB14]	01:32.08(+82)
50m 00:43.42 43,42	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Hanna Kareinen (De Dolfijn, 200006774)	01:07.92(+65)
50m 00:31.79 31,79	
2. Jill Nai Chung Tong (WVZ, 200404272)	01:08.58(+69)
50m 00:32.33 32,33	
3. Sterre Hendriks (De Dolfijn, 200401288)	01:08.78(+65)
50m 00:31.97 31,97	
5. Britta Koehorst (WVZ, 200300246)	01:08.97(+66)
50m 00:31.79 31,79	
6. Lynn Blommers (Blue Marlins, 200105062)	01:09.19(+64)
50m 00:32.16 32,16	
13. Kim Jansen van Galen (PSV, 200201594)	01:10.94(+70)
50m 00:33.61 33,61	
16. Jade Geurts (WVZ, 200402278)	01:11.42(+72)
50m 00:33.57 33,57	
17. Paula Spans (ZPC AMERSFOORT, 201000064)	01:11.44(+70)
50m 00:33.61 33,61	
20. Mandy van Rossum (Aqua-Novio'94, 200204904)	01:12.84(+63)
50m 00:34.03 34,03	
21. Selene Wortel (Hieronymus, 199700654)	01:13.03(+68)
50m 00:34.16 34,16	
22. Valesca van den Bogert (Hieronymus, 200102138)	01:13.10(+60)
50m 00:34.15 34,15	
26. Kim Vos (De Woelwaters, 200000990)	01:13.21(+63)
50m 00:34.26 34,26	
28. Tess Vonk (De Geul, 200900024)	01:13.40(+63)
50m 00:34.69 34,69	
29. Rowie Kamp (Team Noord Holland (SG), 200001706)	01:13.97(+68)
50m 00:33.75 33,75	

30. Rinske Bouman (Feijenoord Albion Zwemclub, 200400578) 50m 00:34.92 34,92	01:14.30(+78)
31. Robin Goossens (Nuenen, 200003128) 50m 00:34.97 34,97	01:14.32(+82)
33. Michelle Zomerdijk (Dedemsvaart-AC, 200003196) 50m 00:34.59 34,59	01:14.37(+67)
37. Inge Koekoek (DWK, 200401648) 50m 00:34.89 34,89	01:14.70(+73)
39. Angelique van Vark (GZC DONK, 199701478) 50m 00:35.47 35,47	01:15.14(+67)
40. Sanne Peters (PSV, 200401112) 50m 00:34.47 34,47	01:15.27(+68)
41. Isabelle Elsweier (OZ&PC, 200303614) 50m 00:34.99 34,99	01:15.72(+77)
50. Ayla van Leeuwen (TZC-Vahalis, 200401980) 50m 00:36.15 36,15	01:17.76(+66)
51. Felicia Emanuelson (Olympia, 199703168) 50m 00:36.67 36,67	01:18.04(+68)
<i>12 - 15 jaar</i>	
1. Gwyneth van der Spek (Batavia Swim, 201102806) [SB6] 50m 00:55.91 55,91	01:55.35(+78)
2. Jente Parlevliet (Noordwijkerhout, 201003900) [SB14] 50m 00:50.94 50,94	01:48.00(+66)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Jenna Gorter (De Otters Het Gooi, 200702746) [SB8] 50m 00:50.70 50,70	01:48.29(+81)
<i>16 - 17 jaar (Jeugd 2 en Senioren 1)</i>	
1. Nina Zusterzeel (PSV, 200800656) 50m 00:33.20 33,20	01:10.23(+64)
2. Rafaela Mulders (Team Noord Holland (SG), 200701398) 50m 00:33.67 33,67	01:10.85(+67)
3. Benigna Kocsispeter (Hellas-Glana, 200702058) 50m 00:33.34 33,34	01:11.05(+57)
4. Hylcke de Beer (PSV, 200700006) 50m 00:33.01 33,01	01:11.09(+70)
5. Dachen Haaijer (ZPC Hoogeveen, 200800380) 50m 00:33.62 33,62	01:11.71(+75)
6. Lisa Dirkwager (Blue Marlins, 200703458) 50m 00:33.29 33,29	01:12.44(+71)
7. Nieke Dovic (PSV, 200700238) 50m 00:34.21 34,21	01:13.19(+77)
8. Veerle Hildebrand (PSV, 200801830) 50m 00:33.90 33,90	01:13.39(+67)
9. Annique Rupke (WVZ, 200700876) 50m 00:35.30 35,30	01:14.56(+72)
10. Annika Hogenhuis (Zwemlust-den Hommel, 200701340) 50m 00:34.65 34,65	01:14.64(+77)
11. Esmee Mulder (DZ&PC, 200800038) 50m 00:35.33 35,33	01:15.04(+69)

12. Diede de Vries (Zwemlust-den Hommel, 200803558) 50m 00:35.75 35,75	01:15.83(+75)
13. Thalia Meijer (Blue Marlins, 200704048) 50m 00:35.25 35,25	01:16.04(+72)
14. Rosalie van der Bijl (Hieronymus, 200701644) 50m 00:35.89 35,89	01:16.13(+70)
15. Alexandra Gepkens (VZC, 200701690) 50m 00:35.85 35,85	01:16.38(+68)
16. Meyke v. Nimwegen (De Schotegil, 200800106) 50m 00:35.88 35,88	01:16.51(+72)
17. Mila Oomens (NieMo Barracuda, 200700016) 50m 00:35.74 35,74	01:17.10(+77)
18. Leonoor Smale (Aqua-Novio'94, 200800942) 50m 00:36.27 36,27	01:17.55(+85)
19. Isa Jansen (SBC2000, 200701176) 50m 00:36.65 36,65	01:17.63(+61)
20. Isis van Kuijk (HZPC, 200700442) 50m 00:36.65 36,65	01:18.43(+73)
21. Niobe Maduro (Aqua-Novio'94, 200800378) 50m 00:35.85 35,85	01:18.50(+72)
22. Lieze Bersch (SBC2000, 200800536) 50m 00:37.63 37,63	01:20.26(+66)
23. Monica van der Meer (Deltasteur, 200704288) 50m 00:37.47 37,47	01:22.15(+77)
<i>18 - 19 jaar</i>	
1. Mare Schallenberg (Blue Marlins, 200600078) 50m 00:32.58 32,58	01:08.89(+67)
2. Zinke Delcommune (PSV, 200505416) 50m 00:32.77 32,77	01:09.20(+72)
3. Djanilla Brink (Team NL - De Dolfijn, 200600988) 50m 00:33.21 33,21	01:09.76(+65)
4. Joy Willekus (De Dolfijn, 200602420) 50m 00:32.16 32,16	01:10.12(+68)
5. Bridget Vermeer (ZPC AMERSFOORT, 200501766) 50m 00:33.16 33,16	01:10.44(+75)
6. Leyla Oversluizen (Feijenoord Albion Zwemclub, 200602730) 50m 00:34.18 34,18	01:13.17(+72)
7. Kim Oudendijk (DAW, 200600964) 50m 00:33.95 33,95	01:13.19(+81)
8. Marlies Dijsselhof (Dedemsvaart-AC, 200601046) 50m 00:34.81 34,81	01:14.34(+66)
9. Renske Oude Egbrink (OZ&PC, 200600040) 50m 00:35.21 35,21	01:14.56(+75)
10. Anouchka Bos (NieMo Barracuda, 200501528) 50m 00:37.07 37,07	01:18.76(+78)
39. 50m vlinderslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
2. Jesse Bruines (Batavia Swim, 200402413) [S8]	00:33.59(+74)
4. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]	00:39.39(+82)

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Michael Smink (Blue Marlins, 200302169)	00:23.61(+64)
2. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)	00:23.65(+70)
3. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:23.77(+64)
4. Jesse Puts (De Dolfijn, 199401147)	00:23.90(+63)
5. Simon Claasen (ZPC AMERSFOORT, 200400231)	00:24.12(+55)
8. Piet-Hein Straver (PSV, 200302527)	00:24.67(+64)
9. Rijk Heere (ZPC AMERSFOORT, 200300897)	00:24.71(+62)
10. Matthijs van Meerendonk (DZ&PC, 199900375)	00:24.81(+60)
11. Domingo Togores Rodriguez (Blue Marlins, 199705681)	00:24.84(+69)
13. Alexander Nijst (Nuenen, 200104869)	00:24.95(+70)
16. Marlon Borger (PSV, 200404817)	00:25.10(+69)
19. Jaime Fais (TriVia, 200400291)	00:25.22(+71)
21. Felix Geenen (DAW, 199501085)	00:25.27(+74)
23. Rick van Hamond (Z&PC Zegenwerp, 199205873)	00:25.42(+63)
24. Niek Heethaar (DWK, 199900999)	00:25.43(+68)
25. Sjoerd van Weelden (Feijenoord Albion Zwemclub, 200101217)	00:25.44(+69)
26. Floris Kotterink (Feijenoord Albion Zwemclub, 199800199)	00:25.56(+61)
28. Bart Muselaers (Aqua-Novio'94, 200100865)	00:25.67(+67)
31. Lars van der Haijden (Hellas-Glana, 199900225)	00:25.79(+77)
33. Bert Duivenvoorde (De Columbiaan, 199701805)	00:26.05(+70)

*12 - 15 jaar (Junioren)*

1. Cheng Van Vondel (KSN (SG), 200902673) [S9]	00:37.87(+74)
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*16 - 17 jaar (Jeugd 1 en 2)*

1. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	00:32.90(+78)
2. Thomas Braat (AZC, 200802269) [S14]	00:33.02(+83)

*16 - 17 jaar (Jeugd 1 en 2)*

1. Kaan Sudak (Blue Marlins, 200803733)	00:24.30(+62)
2. Floris Tanis (Feijenoord Albion Zwemclub, 200700005)	00:25.08(+70)
3. Jones Chuang (PSV, 200801173)	00:25.20(+57)
4. Mies de Wit (CWW Swim team (SG), 200700315)	00:25.25(+60)
5. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	00:25.27(+59)
6. Jisse Lousma (WVZ, 200701493)	00:25.66(+59)
7. Lucas Bemmer (De Duinkickers, 200700219)	00:25.70(+68)
8. Tibbe Quist (KONAZ 1870, 200801359)	00:25.71(+59)
9. Siem de Zeeuw (OZ&PC, 200800013)	00:26.02(+64)
10. Tim van Rooij (PSV, 200700129)	00:26.06(+69)
11. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	00:26.24(+68)
12. Marnix Rietveld (Team Noord Holland (SG), 200700939)	00:26.25(+66)

13. Bram ter Braak (De Dinkel, 200800281)	00:26.46(+76)
14. Sam Adams (De Dolfijn, 200704081)	00:26.59(+67)
14. Mads van Norden (ZPC AMERSFOORT, 200700029)	00:26.59(+69)
16. Suraj Baladurage (Team Noord Holland (SG), 200801291)	00:26.60(+62)
17. Daniel Wegman (ZPCH, 200802843)	00:26.65(+63)
18. Gijs Vesseur (ZPC AMERSFOORT, 200700277)	00:26.67(+66)
19. Damir Mustafic (DZ&PC, 200800885)	00:26.73(+74)
20. Tygo Gerts (Blue Marlins, 200704077)	00:26.78(+62)
21. Melle van Veen (Dedemsvaart-AC, 200700661)	00:26.82(+70)
22. Tijs Kruithof (Het Ravijn, 200701181)	00:26.95(+66)
23. Stijn Saelmans (Hellas-Glana, 200700373)	00:26.98(+70)
24. Denzel Barthen (WVZ, 200700147)	00:27.01(+66)
25. Cruz de Groot (Team Noord Holland (SG), 200801077)	00:27.02(+65)
26. Mika Bindels (Blue Marlins, 200701239)	00:27.14(+72)
26. Floris van der Valk (Wiekslag, 200801891)	00:27.14(+65)
28. Ties Berghs (ZEPS, 200700709)	00:27.17(+69)
29. Rian Schoneveld (De Berkelduikers, 200801789)	00:27.25(+65)
30. Willem Weustink (Team Noord Holland (SG), 200800109)	00:27.35(+56)
31. Alexander Griston (De Dolfijn, 200803053)	00:27.46(+72)
32. Tim Brouwer (Aqua-Novio'94, 200800989)	00:27.58(+71)
32. Timo Berghuis (NDD, 200801991)	00:27.58(+69)
34. Ties Lakke (ACZ, 200703517)	00:27.60(+69)
35. Stan Derks (Z&PC Zegenwerp, 200702561)	00:28.05(+71)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Joshua Agussalim (WVZ, 200600153)	00:24.66(+64)
2. Lars Bulman (Blue Marlins, 200600125)	00:24.86(+63)
3. Yaniv Kerdijk (Team Noord Holland (SG), 200603439)	00:25.07(+68)
4. Lars Minnaert (PSV, 200502355)	00:25.12(+61)
40. 100m vlinderslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [S9]	01:07.72(+76)
50m 00:31.61 31,61	
2. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]	01:25.22(+75)
50m 00:38.77 38,77	
3. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]	01:16.85(+80)
50m 00:34.56 34,56	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:56.94(+61)
50m 00:26.68 26,68	
2. Femke Spiering (ZPC AMERSFOORT, 200204514)	01:00.01(+74)
50m 00:28.06 28,06	
5. Kinge Zandringa (De Dolfijn, 199801422)	01:01.66(+68)

50m 00:28.69 28,69

7. Kirsten Verhalle (PSV, 200400210) 01:01.86(+75)  
50m 00:29.22 29,22
8. Anne Fleur Willemsen (Azuro, 199901396) 01:01.89(+81)  
50m 00:28.76 28,76
10. Sam van Nunen (Team NL - PSV, 200100036) 01:02.16(+62)  
50m 00:28.52 28,52
14. Manon Compagner (Dedemsvaart-AC, 200101710) 01:02.65(+71)  
50m 00:28.25 28,25
16. Ismay Lichtendonk (Dedemsvaart-AC, 200400622) 01:02.82(+69)  
50m 00:28.91 28,91
17. Fenna de Groot (Feijenoord Albion Zwemclub, 199701796) 01:03.08(+67)  
50m 00:28.74 28,74
19. Kim Zwinkels (ZPCH, 200300422) 01:03.57(+73)  
50m 00:29.92 29,92
22. Silke Molendijk (ZVL-1886, 200100178) 01:04.02(+72)  
50m 00:29.81 29,81
23. Juliëtte Woltjes (VZC, 200900774) 01:04.15(+73)  
50m 00:30.00 30,00
26. Selene Wortel (Hieronymus, 199700654) 01:05.00(+69)  
50m 00:30.15 30,15
27. Lieke Oude Lenferink (De Dolfijn, 200200068) 01:05.12(+71)  
50m 00:29.91 29,91
31. Elin Ditewig (VZC, 200900392) 01:05.81(+53)  
50m 00:30.29 30,29
34. Tess Vonk (De Geul, 200900024) 01:06.22(+66)  
50m 00:31.15 31,15
38. Yara Wentink (OEZA, 200403334) 01:06.92(+69)  
50m 00:30.02 30,02

12 - 15 jaar

16 - 17 jaar (Jeugd 2 en Senioren 1)

16 - 17 jaar (Jeugd 2 en Senioren 1)

1. Frouke Ludwig (DZ&PC, 200800112) 01:01.76(+73)  
50m 00:28.83 28,83
2. Rosalie Reef (ZPC AMERSFOORT, 200800426) 01:02.13(+66)  
50m 00:29.14 29,14
3. Angelina Rolman (Team NL - De Dolfijn, 200701972) 01:02.30(+56)  
50m 00:28.90 28,90
4. Jinth Engelse (Blue Marlins, 200800204) 01:02.61(+70)  
50m 00:29.25 29,25
5. Indira van Aggele (De Dolfijn, 200804424) 01:02.69(+76)  
50m 00:28.62 28,62
6. Violetta Pflug (Blue Marlins, 200804704) 01:05.18(+72)  
50m 00:29.80 29,80
7. Ilse Rozema (Blue Marlins, 200803318) 01:05.48(+70)  
50m 00:30.63 30,63
8. Emmelien Smelt (ZVZ, 200800012) 01:05.70(+75)  
50m 00:30.39 30,39
9. Jazz-Lynn Gomes Delgado (Feijenoord Albion Zwemclub, 200800738) 01:05.98(+65)

50m 00:29.27 29,27

10. Rafaela Mulders (Team Noord Holland (SG), 200701398) 01:06.16(+65)  
50m 00:30.39 30,39
  11. Rhodee van den Ham (De Duinkickers, 200700090) 01:06.32(+74)  
50m 00:31.13 31,13
  12. Nomi Olivier (ZPC AMERSFOORT, 200704848) 01:06.84(+73)  
50m 00:29.65 29,65
  13. Laura van Etten (HZ&PC Heerenveen, 200800264) 01:06.86(+77)  
50m 00:30.84 30,84
  14. F line Sam (ZVZ, 200700018) 01:07.05(+73)  
50m 00:30.58 30,58
  15. Benigna Kocsispeter (Hellas-Glana, 200702058) 01:07.52(+69)  
50m 00:31.76 31,76
  16. Ilana Gentile (Orca, 200801558) 01:07.63(+61)  
50m 00:31.58 31,58
  16. Liv Heijdra (Feijenoord Albion Zwemclub, 200800736) 01:07.63(+78)  
50m 00:30.56 30,56
  18. Charlotte Woltjes (VZC, 200700110) 01:07.65(+72)  
50m 00:30.98 30,98
  19. Pascalle Smal (DAW, 200802958) 01:07.79(+59)  
50m 00:31.13 31,13
  20. Britt Colijn (New Wave Almere, 200700544) 01:07.89(+63)  
50m 00:31.39 31,39
  21. Lyke Bellert (Octopus-ZVV (SG), 200701424) 01:08.10(+75)  
50m 00:31.16 31,16
  22. Noa Ottens (VZC, 200702256) 01:08.26(+74)  
50m 00:31.33 31,33
  23. Emma Ketelaars (Hellas-Glana, 200800354) 01:08.41(+67)  
50m 00:31.47 31,47
  24. Julia Agricola (DZ&PC, 200800266) 01:08.47(+61)  
50m 00:31.27 31,27
  25. Leyona Lichtendonk (Dedemsvaart-AC, 200700010) 01:12.64(+76)  
50m 00:32.96 32,96
- 18 - 19 jaar*
1. Evy Rozeboom (DAW, 200601338) 01:00.76(+77)  
50m 00:28.81 28,81
  2. Megan Jonkman (Blue Marlins, 200600508) 01:01.48(+64)  
50m 00:28.53 28,53
  3. Sara Korthuis (DZ&PC, 200600494) 01:02.50(+69)  
50m 00:28.83 28,83
  4. Colinda van der Zanden (Aqua-Novio'94, 200502618) 01:03.56(+75)  
50m 00:30.35 30,35
  5. Karlijn Offeringa (ZVVS, 200503292) 01:03.63(+81)  
50m 00:29.36 29,36
  6. Marit Huisman (WVZ, 200502620) 01:04.01(+70)  
50m 00:28.46 28,46
  7. Tess Bemer (De Duinkickers, 200600450) 01:04.70(+69)  
50m 00:29.40 29,40
  8. Marin Wieling (ZPC AMERSFOORT, 200501220) 01:04.86(+73)



50m 00:29.57 29,57

41. 100m wisselslag - Heren  
vanaf 11 jaar (Senioren Open)

1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SM11] 01:04.75(+67)  
50m 00:30.57 30,57

2. Lars Jacobsen (DWK, 199705453) [SM14] 01:16.65(+80)  
50m 00:33.63 33,63

vanaf 12 jaar (Junioren 1 en ouder)

2. Brandon van den Berg (Blue Marlins, 200200669) 00:54.70(+66)  
50m 00:25.04 25,04

3. Lars Verhalle (PSV, 200200019) 00:54.74(+72)  
50m 00:25.22 25,22

4. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321) 00:54.79(+70)  
50m 00:25.58 25,58

5. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391) 00:54.85(+59)  
50m 00:25.30 25,30

6. Lucas Greven (Hellas-Glana, 199501941) 00:55.21(+62)  
50m 00:25.79 25,79

7. Michael Smink (Blue Marlins, 200302169) 00:55.24(+65)  
50m 00:25.38 25,38

9. Simon Claasen (ZPC AMERSFOORT, 200400231) 00:55.44(+56)  
50m 00:25.55 25,55

10. Ivo Stolk (Feijenoord Albion Zwemclub, 200100615) 00:55.53(+69)  
50m 00:24.96 24,96

12. Thomas Jansen (Team NL - WVZ, 200100143) 00:56.38(+70)  
50m 00:25.51 25,51

14. Viktor Koets (Blue Marlins, 200201677) 00:56.71(+71)  
50m 00:26.32 26,32

16. Lars Kerremans (Hellas-Glana, 200100305) 00:56.98(+64)  
50m 00:26.78 26,78

17. Luuk Smits (Nuenen, 200001015) 00:57.37(+74)  
50m 00:25.76 25,76

19. Jason van den Berg (Blue Marlins, 200400009) 00:57.88(+63)  
50m 00:26.50 26,50

20. Floris Stork (DZ&PC, 200305075) 00:58.08(+64)  
50m 00:27.68 27,68

22. Nicko Kamphuis (De Warande, 199900887) 00:58.34(+61)  
50m 00:26.27 26,27

32. Rick van Hamond (Z&PC Zegenwerp, 199205873) 01:01.22(+66)  
50m 00:28.41 28,41

12 - 15 jaar (Junioren)

16 - 17 jaar (Jeugd 1 en 2)

16 - 17 jaar (Jeugd 1 en 2)

1. Nikodim Markovic (Blue Marlins, 200700255) 00:54.03(+64)  
50m 00:24.57 24,57

2. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 00:55.26(+69)  
50m 00:25.47 25,47

3. Mies de Wit (CWW Swim team (SG), 200700315) 00:57.40(+64)  
50m 00:26.81 26,81

4. Yarno van Dam (ACZ, 200800115) 50m 00:26.23 26,23	00:58.33(+65)
5. Kaan Sudak (Blue Marlins, 200803733) 50m 00:26.01 26,01	00:58.36(+61)
6. Storm Boxum (DZ&PC, 200700421) 50m 00:28.12 28,12	00:58.51(+72)
7. Job Sportel (De Dinkel, 200800429) 50m 00:27.32 27,32	00:59.17(+65)
8. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:27.85 27,85	01:00.04(+69)
9. Bjorn van den Berge (ZPC De Zeeuwse Kust, 200701991) 50m 00:28.17 28,17	01:00.13(+67)
10. Tim van Rooij (PSV, 200700129) 50m 00:26.93 26,93	01:00.39(+68)
11. Quinten Brouwer von Gonzenbach (TriVia, 200700001) 50m 00:27.50 27,50	01:00.51(+65)
12. Filip Piszczynski (KSN (SG), 200802125) 50m 00:28.08 28,08	01:00.81(+64)
13. Tijs Kruithof (Het Ravijn, 200701181) 50m 00:27.77 27,77	01:01.61(+66)
14. Nout Folkersma (PSV, 200800595) 50m 00:28.13 28,13	01:01.74(+67)
15. Melle van Veen (Dedemsvaart-AC, 200700661) 50m 00:29.53 29,53	01:02.06(+69)
16. Jaydey Schonewille (Steenwijk 1934, 200800025) 50m 00:28.53 28,53	01:02.11(+75)
17. Tibbe Quist (KONAZ 1870, 200801359) 50m 00:26.95 26,95	01:02.32(+48)
18. Stijn Saelmans (Hellas-Glana, 200700373) 50m 00:28.68 28,68	01:02.36(+65)
19. Emiel de Bruijn (Dedemsvaart-AC, 200700953) 50m 00:29.29 29,29	01:02.60(+72)
20. Rein Stoel (ZVL-1886, 200800463) 50m 00:28.27 28,27	01:02.83(+72)
21. Xiaoyu Yin (Blue Marlins, 200803363) 50m 00:27.91 27,91	01:03.18(+72)
22. Sem Belmon (PSV, 200702099) 50m 00:29.11 29,11	01:03.24(+76)
23. Rijk Leenders (VZC, 200800627) 50m 00:29.44 29,44	01:04.02(+77)
<i>18 - 19 jaar (Senioren 1 en 2)</i>	
1. Yanieck Weijland (Team NL - PSV, 200500329) 50m 00:25.90 25,90	00:56.01(+68)
2. Lars Bulman (Blue Marlins, 200600125) 50m 00:25.84 25,84	00:56.54(+64)
3. Daan Sonneveld (WVZ, 200601085) 50m 00:25.90 25,90	00:56.75(+64)
4. Lars Minnaert (PSV, 200502355) 50m 00:26.37 26,37	00:59.55(+62)

42. 1500m vrije slag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

2. Serena Stel (De Dolfijn, 199801528)

16:43.65(+70)

50m 00:29.95 29,95	450m 04:54.32 33,17	800m 08:50.45 33,70	1150m 12:48.22 33,68
100m 01:02.73 32,78	500m 05:27.94 33,62	850m 09:24.74 34,29	1200m 13:22.69 34,47
150m 01:35.53 32,80	550m 06:01.62 33,68	900m 09:58.33 33,59	1250m 13:56.21 33,52
200m 02:08.53 33,00	600m 06:35.16 33,54	950m 10:32.35 34,02	1300m 14:30.67 34,46
250m 02:41.69 33,16	650m 07:09.32 34,16	1000m 11:06.42 34,07	1350m 15:04.50 33,83
300m 03:14.84 33,15	700m 07:42.80 33,48	1050m 11:40.45 34,03	1400m 15:38.34 33,84
350m 03:47.96 33,12	750m 08:16.75 33,95	1100m 12:14.54 34,09	1450m 16:11.77 33,43
400m 04:21.15 33,19	800m 08:50.45 33,70	1150m 12:48.22 33,68	

5. Alysha de Jong (ZPCH, 200400086)

17:25.05(+82)

50m 00:30.27 30,27	450m 05:07.93 35,11	800m 09:13.80 35,19	1150m 13:20.56 35,20
100m 01:03.82 33,55	500m 05:43.22 35,29	850m 09:49.04 35,24	1200m 13:56.16 35,60
150m 01:37.88 34,06	550m 06:18.58 35,36	900m 10:24.31 35,27	1250m 14:31.41 35,25
200m 02:12.59 34,71	600m 06:53.60 35,02	950m 10:59.57 35,26	1300m 15:06.68 35,27
250m 02:47.32 34,73	650m 07:28.49 34,89	1000m 11:34.81 35,24	1350m 15:42.21 35,53
300m 03:22.21 34,89	700m 08:03.75 35,26	1050m 12:09.95 35,14	1400m 16:17.43 35,22
350m 03:57.54 35,33	750m 08:38.61 34,86	1100m 12:45.36 35,41	1450m 16:51.65 34,22
400m 04:32.82 35,28	800m 09:13.80 35,19	1150m 13:20.56 35,20	

6. Roos Englebert (Hieronymus, 200200606)

17:36.05(+75)

50m 00:31.08 31,08	450m 05:09.63 34,79	800m 09:17.12 35,82	1150m 13:28.29 35,87
100m 01:04.92 33,84	500m 05:44.66 35,03	850m 09:52.82 35,70	1200m 14:04.13 35,84
150m 01:39.57 34,65	550m 06:19.76 35,10	900m 10:28.72 35,90	1250m 14:39.88 35,75
200m 02:14.70 35,13	600m 06:54.75 34,99	950m 11:04.53 35,81	1300m 15:15.68 35,80
250m 02:49.71 35,01	650m 07:30.01 35,26	1000m 11:40.57 36,04	1350m 15:51.15 35,47
300m 03:24.82 35,11	700m 08:05.69 35,68	1050m 12:16.74 36,17	1400m 16:26.92 35,77
350m 03:59.97 35,15	750m 08:41.30 35,61	1100m 12:52.42 35,68	1450m 17:02.17 35,25
400m 04:34.84 34,87	800m 09:17.12 35,82	1150m 13:28.29 35,87	

9. Mara Bosman (Blue Marlins, 200303048)

17:40.93(+66)

50m 00:30.26 30,26	450m 05:07.36 35,60	800m 09:17.09 35,65	1150m 13:28.22 36,18
100m 01:02.90 32,64	500m 05:42.81 35,45	850m 09:52.92 35,83	1200m 14:04.34 36,12
150m 01:36.67 33,77	550m 06:18.74 35,93	900m 10:28.75 35,83	1250m 14:40.83 36,49
200m 02:10.92 34,25	600m 06:54.22 35,48	950m 11:04.59 35,84	1300m 15:17.30 36,47
250m 02:45.74 34,82	650m 07:29.88 35,66	1000m 11:40.68 36,09	1350m 15:53.67 36,37
300m 03:21.00 35,26	700m 08:05.63 35,75	1050m 12:16.09 35,41	1400m 16:30.09 36,42
350m 03:56.33 35,33	750m 08:41.44 35,81	1100m 12:52.04 35,95	1450m 17:05.78 35,69
400m 04:31.76 35,43	800m 09:17.09 35,65	1150m 13:28.22 36,18	

10. Amé Hulleman (DZ&PC, 200202794)

17:48.92(+77)

50m 00:31.60 31,60	450m 05:13.94 35,78	800m 09:25.34 35,99	1150m 13:36.96 35,95
100m 01:06.13 34,53	500m 05:49.75 35,81	850m 10:01.45 36,11	1200m 14:13.12 36,16
150m 01:41.15 35,02	550m 06:25.61 35,86	900m 10:37.28 35,83	1250m 14:49.00 35,88
200m 02:16.38 35,23	600m 07:01.55 35,94	950m 11:13.11 35,83	1300m 15:25.07 36,07
250m 02:51.61 35,23	650m 07:37.51 35,96	1000m 11:49.15 36,04	1350m 16:00.89 35,82
300m 03:26.90 35,29	700m 08:13.53 36,02	1050m 12:25.08 35,93	1400m 16:37.26 36,37
350m 04:02.54 35,64	750m 08:49.35 35,82	1100m 13:01.01 35,93	1450m 17:13.26 36,00
400m 04:38.16 35,62	800m 09:25.34 35,99	1150m 13:36.96 35,95	

11. Maaïke Vooren (DAW, 199103324)

18:12.65(+85)

50m 00:32.71 32,71	450m 05:23.44 36,32	800m 09:40.17 36,86	1150m 13:57.25 36,74
100m 01:08.31 35,60	500m 06:00.12 36,68	850m 10:17.01 36,84	1200m 14:34.08 36,83
150m 01:44.75 36,44	550m 06:36.45 36,33	900m 10:53.86 36,85	1250m 15:10.83 36,75
200m 02:21.07 36,32	600m 07:13.07 36,62	950m 11:30.76 36,90	1300m 15:47.53 36,70
250m 02:57.72 36,65	650m 07:49.77 36,70	1000m 12:07.22 36,46	1350m 16:23.98 36,45
300m 03:34.37 36,65	700m 08:26.48 36,71	1050m 12:43.83 36,61	1400m 17:00.72 36,74
350m 04:10.70 36,33	750m 09:03.31 36,83	1100m 13:20.51 36,68	1450m 17:37.42 36,70
400m 04:47.12 36,42	800m 09:40.17 36,86	1150m 13:57.25 36,74	

14. Nina Tetteroo (De Columbiaan, 201000048)

18:46.35(+76)

50m 00:32.24 32,24	450m 05:30.12 37,96	800m 09:54.37 37,69	1150m 14:20.61 37,96
100m 01:08.54 36,30	500m 06:08.22 38,10	850m 10:32.04 37,67	1200m 14:58.75 38,14
150m 01:45.55 37,01	550m 06:46.49 38,27	900m 11:10.09 38,05	1250m 15:37.14 38,39
200m 02:22.74 37,19	600m 07:24.46 37,97	950m 11:47.99 37,90	1300m 16:15.26 38,12
250m 02:59.75 37,01	650m 08:01.74 37,28	1000m 12:26.15 38,16	1350m 16:53.32 38,06
300m 03:37.23 37,48	700m 08:39.29 37,55	1050m 13:04.35 38,20	1400m 17:31.54 38,22

350m 04:14.78 37,55 750m 09:16.68 37,39 1100m 13:42.65 38,30 1450m 18:09.66 38,12  
400m 04:52.16 37,38 800m 09:54.37 37,69 1150m 14:20.61 37,96

DIS. Jamilla van Omme - van Veen (Zwemvereniging Hoogland, 199603192)

00:00.00

16 - 17 jaar (Jeugd 2 en Senioren 1)

1. Jade van der Schrier (AZC, 200800692)

17:01.94(+74)

50m 00:30.07 30,07 450m 05:00.23 34,34 800m 09:02.37 34,72 1150m 13:05.52 34,79  
100m 01:02.80 32,73 500m 05:34.78 34,55 850m 09:36.86 34,49 1200m 13:40.02 34,50  
150m 01:36.20 33,40 550m 06:09.28 34,50 900m 10:11.31 34,45 1250m 14:14.42 34,40  
200m 02:09.73 33,53 600m 06:43.84 34,56 950m 10:46.17 34,86 1300m 14:48.37 33,95  
250m 02:43.58 33,85 650m 07:18.41 34,57 1000m 11:20.91 34,74 1350m 15:22.55 34,18  
300m 03:17.53 33,95 700m 07:53.04 34,63 1050m 11:55.57 34,66 1400m 15:56.87 34,32  
350m 03:51.55 34,02 750m 08:27.65 34,61 1100m 12:30.73 35,16 1450m 16:30.60 33,73  
400m 04:25.89 34,34 800m 09:02.37 34,72 1150m 13:05.52 34,79

2. Julie van Nispen (Nuenen, 200800290)

17:04.68(+72)

50m 00:30.12 30,12 450m 05:02.26 33,87 800m 09:02.65 34,46 1150m 13:05.30 35,10  
100m 01:03.52 33,40 500m 05:36.12 33,86 850m 09:37.06 34,41 1200m 13:39.94 34,64  
150m 01:37.45 33,93 550m 06:10.20 34,08 900m 10:11.82 34,76 1250m 14:14.64 34,70  
200m 02:11.30 33,85 600m 06:44.35 34,15 950m 10:46.43 34,61 1300m 14:49.60 34,96  
250m 02:45.78 34,48 650m 07:18.88 34,53 1000m 11:21.11 34,68 1350m 15:23.72 34,12  
300m 03:20.07 34,29 700m 07:53.48 34,60 1050m 11:55.66 34,55 1400m 15:58.10 34,38  
350m 03:54.30 34,23 750m 08:28.19 34,71 1100m 12:30.20 34,54 1450m 16:32.24 34,14  
400m 04:28.39 34,09 800m 09:02.65 34,46 1150m 13:05.30 35,10

3. Laura van Etten (HZ&PC Heerenveen, 200800264)

17:40.49(+75)

50m 00:30.36 30,36 450m 05:12.21 36,08 800m 09:23.81 35,99 1150m 13:34.98 36,10  
100m 01:03.99 33,63 500m 05:47.91 35,70 850m 09:59.43 35,62 1200m 14:10.88 35,90  
150m 01:38.94 34,95 550m 06:24.41 36,50 900m 10:34.92 35,49 1250m 14:46.93 36,05  
200m 02:13.73 34,79 600m 07:00.47 36,06 950m 11:10.96 36,04 1300m 15:22.66 35,73  
250m 02:49.39 35,66 650m 07:36.48 36,01 1000m 11:47.06 36,10 1350m 15:57.11 34,45  
300m 03:25.03 35,64 700m 08:12.06 35,58 1050m 12:23.30 36,24 1400m 16:32.73 35,62  
350m 04:00.79 35,76 750m 08:47.82 35,76 1100m 12:58.88 35,58 1450m 17:06.53 33,80  
400m 04:36.13 35,34 800m 09:23.81 35,99 1150m 13:34.98 36,10

4. Imre Bouwland (ZPC Hoogeveen, 200700388)

18:18.67(+58)

50m 00:31.19 31,19 450m 05:21.76 36,48 800m 09:40.24 36,63 1150m 13:59.94 37,08  
100m 01:06.28 35,09 500m 05:58.78 37,02 850m 10:17.14 36,90 1200m 14:37.24 37,30  
150m 01:42.65 36,37 550m 06:36.40 37,62 900m 10:54.25 37,11 1250m 15:14.47 37,23  
200m 02:19.21 36,56 600m 07:13.60 37,20 950m 11:31.44 37,19 1300m 15:51.93 37,46  
250m 02:55.25 36,04 650m 07:50.73 37,13 1000m 12:08.36 36,92 1350m 16:28.74 36,81  
300m 03:31.65 36,40 700m 08:27.54 36,81 1050m 12:45.60 37,24 1400m 17:06.09 37,35  
350m 04:08.51 36,86 750m 09:03.61 36,07 1100m 13:22.86 37,26 1450m 17:43.05 36,96  
400m 04:45.28 36,77 800m 09:40.24 36,63 1150m 13:59.94 37,08

18 - 19 jaar

1. Marte Hieke van der Kamp (HZ&PC Heerenveen, 200500218)

16:22.98(+75)

50m 00:29.83 29,83 450m 04:53.03 32,81 800m 08:43.02 32,75 1150m 12:33.43 32,90  
100m 01:02.23 32,40 500m 05:25.84 32,81 850m 09:15.90 32,88 1200m 13:06.30 32,87  
150m 01:35.06 32,83 550m 05:58.70 32,86 900m 09:48.75 32,85 1250m 13:39.34 33,04  
200m 02:08.18 33,12 600m 06:31.51 32,81 950m 10:21.57 32,82 1300m 14:12.38 33,04  
250m 02:41.30 33,12 650m 07:04.65 33,14 1000m 10:54.50 32,93 1350m 14:45.55 33,17  
300m 03:14.30 33,00 700m 07:37.38 32,73 1050m 11:27.50 33,00 1400m 15:18.68 33,13  
350m 03:47.31 33,01 750m 08:10.27 32,89 1100m 12:00.53 33,03 1450m 15:51.79 33,11  
400m 04:20.22 32,91 800m 08:43.02 32,75 1150m 12:33.43 32,90

2. Evy Rozeboom (DAW, 200601338)

17:40.90(+67)

50m 00:31.59 31,59 450m 05:11.73 35,75 800m 09:21.00 35,91 1150m 13:32.79 35,39  
100m 01:05.70 34,11 500m 05:47.64 35,91 850m 09:56.90 35,90 1200m 14:08.82 36,03  
150m 01:40.34 34,64 550m 06:22.82 35,18 900m 10:32.81 35,91 1250m 14:44.46 35,64  
200m 02:15.34 35,00 600m 06:58.13 35,31 950m 11:09.03 36,22 1300m 15:20.48 36,02  
250m 02:50.19 34,85 650m 07:33.44 35,31 1000m 11:45.16 36,13 1350m 15:56.54 36,06  
300m 03:25.33 35,14 700m 08:09.31 35,87 1050m 12:21.01 35,85 1400m 16:32.14 35,60  
350m 04:00.46 35,13 750m 08:45.09 35,78 1100m 12:57.40 36,39 1450m 17:07.95 35,81  
400m 04:35.98 35,52 800m 09:21.00 35,91 1150m 13:32.79 35,39

3. Famke Irvine (ZPC AMERSFOORT, 200501724)

18:14.25(+71)

50m 00:31.49 31,49 450m 05:21.10 36,54 800m 09:37.95 37,03 1150m 13:56.44 36,99

100m 01:06.87 35,38	500m 05:57.69 36,59	850m 10:14.48 36,53	1200m 14:34.02 37,58
150m 01:42.80 35,93	550m 06:33.95 36,26	900m 10:51.58 37,10	1250m 15:11.25 37,23
200m 02:18.79 35,99	600m 07:10.54 36,59	950m 11:28.46 36,88	1300m 15:48.29 37,04
250m 02:54.92 36,13	650m 07:47.44 36,90	1000m 12:05.30 36,84	1350m 16:25.05 36,76
300m 03:31.33 36,41	700m 08:24.06 36,62	1050m 12:42.28 36,98	1400m 17:01.98 36,93
350m 04:07.93 36,60	750m 09:00.92 36,86	1100m 13:19.45 37,17	1450m 17:38.85 36,87
400m 04:44.56 36,63	800m 09:37.95 37,03	1150m 13:56.44 36,99	

#### 43. 1500m vrije slag - Heren

14 - 15 jaar (Junioren 3 en 4)

##### 1. Martijn Nies (PSV, 200902095)

15:53.46(+74)

50m 00:28.40 28,40	450m 04:41.21 31,87	800m 08:25.57 32,17	1150m 12:10.94 32,36
100m 00:59.22 30,82	500m 05:13.09 31,88	850m 08:57.75 32,18	1200m 12:43.00 32,06
150m 01:30.61 31,39	550m 05:45.38 32,29	900m 09:29.68 31,93	1250m 13:15.70 32,70
200m 02:01.96 31,35	600m 06:17.44 32,06	950m 10:01.92 32,24	1300m 13:47.75 32,05
250m 02:33.81 31,85	650m 06:49.23 31,79	1000m 10:34.06 32,14	1350m 14:19.68 31,93
300m 03:05.55 31,74	700m 07:21.24 32,01	1050m 11:06.49 32,43	1400m 14:51.71 32,03
350m 03:37.44 31,89	750m 07:53.40 32,16	1100m 11:38.58 32,09	1450m 15:23.40 31,69
400m 04:09.34 31,90	800m 08:25.57 32,17	1150m 12:10.94 32,36	

##### 2. Jelte de Jong (ZPCH, 200900975)

16:31.16(+55)

50m 00:29.29 29,29	450m 04:53.74 33,38	800m 08:47.09 33,40	1150m 12:39.75 33,38
100m 01:01.34 32,05	500m 05:27.07 33,33	850m 09:20.58 33,49	1200m 13:13.28 33,53
150m 01:34.06 32,72	550m 06:00.51 33,44	900m 09:54.01 33,43	1250m 13:46.84 33,56
200m 02:07.19 33,13	600m 06:33.69 33,18	950m 10:27.53 33,52	1300m 14:20.19 33,35
250m 02:40.34 33,15	650m 07:07.10 33,41	1000m 11:00.37 32,84	1350m 14:53.03 32,84
300m 03:13.59 33,25	700m 07:40.30 33,20	1050m 11:33.28 32,91	1400m 15:26.27 33,24
350m 03:46.95 33,36	750m 08:13.69 33,39	1100m 12:06.37 33,09	1450m 15:59.16 32,89
400m 04:20.36 33,41	800m 08:47.09 33,40	1150m 12:39.75 33,38	

##### 3. Stefan van der Meer (VZC, 200901361)

16:47.72(+67)

50m 00:29.32 29,32	450m 04:58.75 33,87	800m 08:57.14 34,29	1150m 12:54.30 33,63
100m 01:01.34 32,62	500m 05:32.64 33,89	850m 09:30.75 33,61	1200m 13:27.72 33,42
150m 01:35.40 33,46	550m 06:06.82 34,18	900m 10:04.64 33,89	1250m 14:01.73 34,01
200m 02:09.16 33,76	600m 06:40.89 34,07	950m 10:38.92 34,28	1300m 14:35.97 34,24
250m 02:43.34 34,18	650m 07:14.76 33,87	1000m 11:12.92 34,00	1350m 15:09.41 33,44
300m 03:17.01 33,67	700m 07:48.56 33,80	1050m 11:46.82 33,90	1400m 15:43.18 33,77
350m 03:50.63 33,62	750m 08:22.85 34,29	1100m 12:20.67 33,85	1450m 16:16.42 33,24
400m 04:24.88 34,25	800m 08:57.14 34,29	1150m 12:54.30 33,63	

##### 4. Mattias Stolk (HZ&PC Heerenveen, 201000525)

17:20.37(+71)

50m 00:30.57 30,57	450m 05:06.77 34,80	800m 09:14.18 35,57	1150m 13:21.13 34,91
100m 01:04.32 33,75	500m 05:41.95 35,18	850m 09:49.79 35,61	1200m 13:55.58 34,45
150m 01:38.60 34,28	550m 06:16.98 35,03	900m 10:25.04 35,25	1250m 14:29.87 34,29
200m 02:12.67 34,07	600m 06:52.48 35,50	950m 11:00.23 35,19	1300m 15:04.91 35,04
250m 02:47.32 34,65	650m 07:27.81 35,33	1000m 11:35.71 35,48	1350m 15:39.82 34,91
300m 03:22.32 35,00	700m 08:03.32 35,51	1050m 12:10.97 35,26	1400m 16:14.38 34,56
350m 03:56.85 34,53	750m 08:38.61 35,29	1100m 12:46.22 35,25	1450m 16:48.31 33,93
400m 04:31.97 35,12	800m 09:14.18 35,57	1150m 13:21.13 34,91	

##### 5. Sverre van der Zwaan (WVZ, 200900737)

17:27.05(+57)

50m 00:29.97 29,97	450m 05:04.24 35,02	800m 09:10.50 35,42	1150m 13:19.56 35,74
100m 01:02.99 33,02	500m 05:39.12 34,88	850m 09:45.93 35,43	1200m 13:54.79 35,23
150m 01:36.98 33,99	550m 06:14.25 35,13	900m 10:21.62 35,69	1250m 14:29.97 35,18
200m 02:10.94 33,96	600m 06:49.13 34,88	950m 10:56.90 35,28	1300m 15:05.58 35,61
250m 02:45.49 34,55	650m 07:24.33 35,20	1000m 11:33.10 36,20	1350m 15:41.02 35,44
300m 03:19.88 34,39	700m 07:59.64 35,31	1050m 12:08.17 35,07	1400m 16:17.00 35,98
350m 03:54.47 34,59	750m 08:35.08 35,44	1100m 12:43.82 35,65	1450m 16:52.23 35,23
400m 04:29.22 34,75	800m 09:10.50 35,42	1150m 13:19.56 35,74	

##### 6. Aidan van der Stelt (Blue Marlins, 200900901)

17:37.21(+75)

50m 00:29.54 29,54	450m 05:10.05 35,46	800m 09:19.85 36,02	1150m 13:30.33 35,90
100m 01:03.38 33,84	500m 05:45.44 35,39	850m 09:55.44 35,59	1200m 14:06.22 35,89
150m 01:38.04 34,66	550m 06:20.96 35,52	900m 10:31.34 35,90	1250m 14:41.95 35,73
200m 02:13.41 35,37	600m 06:56.59 35,63	950m 11:06.82 35,48	1300m 15:18.05 36,10
250m 02:48.75 35,34	650m 07:32.23 35,64	1000m 11:42.46 35,64	1350m 15:53.68 35,63
300m 03:23.95 35,20	700m 08:07.86 35,63	1050m 12:18.30 35,84	1400m 16:30.21 36,53
350m 03:59.32 35,37	750m 08:43.83 35,97	1100m 12:54.43 36,13	1450m 17:05.92 35,71

400m	04:34.59 35,27	800m	09:19.85 36,02	1150m	13:30.33 35,90		
<b>7. Baris Tomu (ZPCH, 201000869)</b>						<b>17:38.40(+64)</b>	
50m	00:30.71 30,71	450m	05:11.76 35,60	800m	09:21.33 35,39	1150m	13:27.68 35,48
100m	01:04.71 34,00	500m	05:47.16 35,40	850m	09:56.71 35,38	1200m	14:03.88 36,20
150m	01:39.27 34,56	550m	06:22.85 35,69	900m	10:31.76 35,05	1250m	14:39.89 36,01
200m	02:14.08 34,81	600m	06:59.06 36,21	950m	11:06.67 34,91	1300m	15:16.27 36,38
250m	02:49.51 35,43	650m	07:34.43 35,37	1000m	11:41.77 35,10	1350m	15:52.42 36,15
300m	03:25.27 35,76	700m	08:10.59 36,16	1050m	12:17.21 35,44	1400m	16:28.59 36,17
350m	04:00.45 35,18	750m	08:45.94 35,35	1100m	12:52.20 34,99	1450m	17:04.28 35,69
400m	04:36.16 35,71	800m	09:21.33 35,39	1150m	13:27.68 35,48		
<b>8. Abel op den Velde (De Duinkickers, 201000079)</b>						<b>17:42.94(+77)</b>	
50m	00:30.50 30,50	450m	05:07.03 34,76	800m	09:14.16 35,75	1150m	13:29.26 36,75
100m	01:04.82 34,32	500m	05:41.77 34,74	850m	09:50.45 36,29	1200m	14:05.51 36,25
150m	01:39.61 34,79	550m	06:17.18 35,41	900m	10:26.97 36,52	1250m	14:42.71 37,20
200m	02:13.89 34,28	600m	06:52.07 34,89	950m	11:02.67 35,70	1300m	15:20.03 37,32
250m	02:48.72 34,83	650m	07:27.81 35,74	1000m	11:39.16 36,49	1350m	15:56.83 36,80
300m	03:23.26 34,54	700m	08:03.16 35,35	1050m	12:15.94 36,78	1400m	16:32.81 35,98
350m	03:57.43 34,17	750m	08:38.41 35,25	1100m	12:52.51 36,57	1450m	17:08.43 35,62
400m	04:32.27 34,84	800m	09:14.16 35,75	1150m	13:29.26 36,75		
<b>9. Sven Mulder (WVZ, 200901655)</b>						<b>17:48.01(+67)</b>	
50m	00:29.97 29,97	450m	05:12.48 36,19	800m	09:26.35 36,43	1150m	13:38.80 36,69
100m	01:03.76 33,79	500m	05:48.54 36,06	850m	10:02.65 36,30	1200m	14:15.33 36,53
150m	01:38.86 35,10	550m	06:24.80 36,26	900m	10:38.24 35,59	1250m	14:51.08 35,75
200m	02:14.05 35,19	600m	07:01.44 36,64	950m	11:14.79 36,55	1300m	15:27.52 36,44
250m	02:49.39 35,34	650m	07:37.30 35,86	1000m	11:51.00 36,21	1350m	16:04.27 36,75
300m	03:24.66 35,27	700m	08:13.51 36,21	1050m	12:26.11 35,11	1400m	16:39.93 35,66
350m	04:00.37 35,71	750m	08:49.92 36,41	1100m	13:02.11 36,00	1450m	17:15.28 35,35
400m	04:36.29 35,92	800m	09:26.35 36,43	1150m	13:38.80 36,69		
<b>10. Finn Stamsnieder (OZ&amp;PC, 200900225)</b>						<b>17:57.52(+74)</b>	
50m	00:31.31 31,31	450m	05:21.58 36,73	800m	09:37.35 36,58	1150m	13:51.61 35,80
100m	01:06.60 35,29	500m	05:58.01 36,43	850m	10:13.85 36,50	1200m	14:27.58 35,97
150m	01:42.23 35,63	550m	06:34.55 36,54	900m	10:50.14 36,29	1250m	15:03.05 35,47
200m	02:18.22 35,99	600m	07:11.06 36,51	950m	11:26.78 36,64	1300m	15:38.62 35,57
250m	02:54.74 36,52	650m	07:47.50 36,44	1000m	12:03.40 36,62	1350m	16:14.31 35,69
300m	03:31.42 36,68	700m	08:23.91 36,41	1050m	12:39.40 36,00	1400m	16:49.22 34,91
350m	04:08.30 36,88	750m	09:00.77 36,86	1100m	13:15.81 36,41	1450m	17:23.94 34,72
400m	04:44.85 36,55	800m	09:37.35 36,58	1150m	13:51.61 35,80		
<b>11. Mathijs Boersma (ZPC Hoogeveen, 201000313)</b>						<b>18:00.14(+88)</b>	
50m	00:31.99 31,99	450m	05:21.37 36,60	800m	09:38.23 36,70	1150m	13:52.12 35,98
100m	01:06.98 34,99	500m	05:58.05 36,68	850m	10:14.65 36,42	1200m	14:27.90 35,78
150m	01:42.99 36,01	550m	06:34.78 36,73	900m	10:51.04 36,39	1250m	15:03.96 36,06
200m	02:19.14 36,15	600m	07:11.55 36,77	950m	11:27.46 36,42	1300m	15:39.96 36,00
250m	02:55.53 36,39	650m	07:48.18 36,63	1000m	12:03.90 36,44	1350m	16:15.85 35,89
300m	03:31.84 36,31	700m	08:24.75 36,57	1050m	12:40.03 36,13	1400m	16:51.35 35,50
350m	04:08.17 36,33	750m	09:01.53 36,78	1100m	13:16.14 36,11	1450m	17:26.52 35,17
400m	04:44.77 36,60	800m	09:38.23 36,70	1150m	13:52.12 35,98		
<b>12. Finn Hilders (De Dolfijn, 200900283)</b>						<b>18:04.09(+58)</b>	
50m	00:31.27 31,27	450m	05:17.88 36,44	800m	09:35.27 36,76	1150m	13:52.03 36,58
100m	01:05.84 34,57	500m	05:55.23 37,35	850m	10:12.25 36,98	1200m	14:28.53 36,50
150m	01:41.54 35,70	550m	06:31.82 36,59	900m	10:48.50 36,25	1250m	15:05.02 36,49
200m	02:17.22 35,68	600m	07:08.51 36,69	950m	11:25.11 36,61	1300m	15:41.34 36,32
250m	02:53.36 36,14	650m	07:45.00 36,49	1000m	12:01.95 36,84	1350m	16:17.80 36,46
300m	03:29.84 36,48	700m	08:21.82 36,82	1050m	12:38.57 36,62	1400m	16:54.26 36,46
350m	04:05.50 35,66	750m	08:58.51 36,69	1100m	13:15.45 36,88	1450m	17:30.73 36,47
400m	04:41.44 35,94	800m	09:35.27 36,76	1150m	13:52.03 36,58		
<b>13. Thijmen Pruijssers (Hieronymus, 201000129)</b>						<b>18:08.90(+55)</b>	
50m	00:30.68 30,68	450m	05:18.93 36,80	800m	09:37.34 37,33	1150m	13:57.43 37,01
100m	01:05.07 34,39	500m	05:55.33 36,40	850m	10:13.88 36,54	1200m	14:34.47 37,04
150m	01:40.90 35,83	550m	06:32.98 37,65	900m	10:51.36 37,48	1250m	15:10.97 36,50
200m	02:17.29 36,39	600m	07:09.72 36,74	950m	11:28.97 37,61	1300m	15:47.92 36,95
250m	02:53.36 36,07	650m	07:46.90 37,18	1000m	12:05.92 36,95	1350m	16:23.72 35,80
300m	03:29.57 36,21	700m	08:23.95 37,05	1050m	12:43.45 37,53	1400m	17:00.31 36,59

350m 04:05.20 35,63	750m 09:00.01 36,06	1100m 13:20.42 36,97	1450m 17:35.55 35,24
400m 04:42.13 36,93	800m 09:37.34 37,33	1150m 13:57.43 37,01	

14. Thomas Nauta (Arethusa, 200900339)

18:40.48(+74)

50m 00:30.89 30,89	450m 05:22.08 37,26	800m 09:49.76 38,62	1150m 14:17.11 38,02
100m 01:05.29 34,40	500m 05:59.63 37,55	850m 10:27.26 37,50	1200m 14:55.52 38,41
150m 01:41.24 35,95	550m 06:37.72 38,09	900m 11:05.20 37,94	1250m 15:33.46 37,94
200m 02:17.59 36,35	600m 07:15.87 38,15	950m 11:43.42 38,22	1300m 16:11.69 38,23
250m 02:54.27 36,68	650m 07:54.20 38,33	1000m 12:21.97 38,55	1350m 16:49.48 37,79
300m 03:31.42 37,15	700m 08:32.66 38,46	1050m 13:00.74 38,77	1400m 17:27.29 37,81
350m 04:08.14 36,72	750m 09:11.14 38,48	1100m 13:39.09 38,35	1450m 18:04.82 37,53
400m 04:44.82 36,68	800m 09:49.76 38,62	1150m 14:17.11 38,02	

44. 800m vrije slag - Dames

14 - 15 jaar (Junioren 4 en Jeugd 1)

1. Luus Gielens (PSV, 200900138)

09:13.19(+85)

50m 00:31.44 31,44	250m 02:50.25 34,65	450m 05:07.76 34,36	650m 07:28.69 34,80
100m 01:06.02 34,58	300m 03:24.49 34,24	500m 05:42.88 35,12	700m 08:04.70 36,01
150m 01:40.59 34,57	350m 03:58.94 34,45	550m 06:18.14 35,26	750m 08:40.14 35,44
200m 02:15.60 35,01	400m 04:33.40 34,46	600m 06:53.89 35,75	

2. Nina van der Schrier (AZC, 201000444)

09:14.12(+76)

50m 00:30.67 30,67	250m 02:50.33 35,41	450m 05:10.84 35,00	650m 07:31.54 35,42
100m 01:04.71 34,04	300m 03:25.71 35,38	500m 05:45.80 34,96	700m 08:06.67 35,13
150m 01:39.92 35,21	350m 04:00.88 35,17	550m 06:20.99 35,19	750m 08:41.03 34,36
200m 02:14.92 35,00	400m 04:35.84 34,96	600m 06:56.12 35,13	

3. Fenne Metten (ZPC AMERSFOORT, 201000102)

09:16.44(+78)

50m 00:30.34 30,34	250m 02:50.58 35,38	450m 05:12.72 35,36	650m 07:35.32 35,59
100m 01:04.56 34,22	300m 03:26.16 35,58	500m 05:48.43 35,71	700m 08:10.17 34,85
150m 01:39.92 35,36	350m 04:01.88 35,72	550m 06:24.25 35,82	750m 08:44.94 34,77
200m 02:15.20 35,28	400m 04:37.36 35,48	600m 06:59.73 35,48	

4. Bregje Dekkers (PSV, 200900746)

09:16.76(+73)

50m 00:31.16 31,16	250m 02:50.61 35,29	450m 05:11.79 35,16	650m 07:33.87 36,11
100m 01:05.54 34,38	300m 03:25.66 35,05	500m 05:46.47 34,68	700m 08:09.14 35,27
150m 01:40.05 34,51	350m 04:01.45 35,79	550m 06:21.90 35,43	750m 08:43.95 34,81
200m 02:15.32 35,27	400m 04:36.63 35,18	600m 06:57.76 35,86	

5. Ilona Weisz (ZPC AMERSFOORT, 201004146)

09:22.24(+73)

50m 00:31.48 31,48	250m 02:52.57 35,02	450m 05:13.40 35,11	650m 07:35.90 35,48
100m 01:06.60 35,12	300m 03:27.75 35,18	500m 05:49.21 35,81	700m 08:11.60 35,70
150m 01:42.00 35,40	350m 04:03.14 35,39	550m 06:24.73 35,52	750m 08:47.43 35,83
200m 02:17.55 35,55	400m 04:38.29 35,15	600m 07:00.42 35,69	

6. Fenna Westerneng (DZ&PC, 200900070)

09:33.37(+74)

50m 00:30.66 30,66	250m 02:53.17 35,72	450m 05:17.82 36,59	650m 07:43.09 36,23
100m 01:05.29 34,63	300m 03:29.06 35,89	500m 05:54.06 36,24	700m 08:19.83 36,74
150m 01:41.17 35,88	350m 04:05.08 36,02	550m 06:30.24 36,18	750m 08:57.14 37,31
200m 02:17.45 36,28	400m 04:41.23 36,15	600m 07:06.86 36,62	

7. Juliëtte Woltjes (VZC, 200900774)

09:36.21(+62)

50m 00:31.71 31,71	250m 02:51.55 34,82	450m 05:14.45 36,39	650m 07:42.21 36,89
100m 01:06.11 34,40	300m 03:27.06 35,51	500m 05:50.22 35,77	700m 08:19.77 37,56
150m 01:41.41 35,30	350m 04:02.72 35,66	550m 06:26.77 36,55	750m 08:58.62 38,85
200m 02:16.73 35,32	400m 04:38.06 35,34	600m 07:05.32 38,55	

8. Nina Tetteroo (De Columbiaan, 201000048)

09:39.49(+77)

50m 00:32.22 32,22	250m 02:57.35 36,64	450m 05:23.94 36,78	650m 07:50.74 36,79
100m 01:07.80 35,58	300m 03:34.04 36,69	500m 06:00.56 36,62	700m 08:27.34 36,60
150m 01:44.07 36,27	350m 04:10.71 36,67	550m 06:37.24 36,68	750m 09:03.99 36,65
200m 02:20.71 36,64	400m 04:47.16 36,45	600m 07:13.95 36,71	

9. Jenny Muntinga (ZPCH, 200900450)

09:44.55(+60)

50m 00:31.73 31,73	250m 02:57.82 36,90	450m 05:26.48 36,71	650m 07:54.36 36,96
100m 01:07.33 35,60	300m 03:35.11 37,29	500m 06:03.49 37,01	700m 08:31.27 36,91
150m 01:43.85 36,52	350m 04:12.51 37,40	550m 06:40.39 36,90	750m 09:08.35 37,08
200m 02:20.92 37,07	400m 04:49.77 37,26	600m 07:17.40 37,01	

10. Amber Kunst (DAW, 200900680)

09:44.92(+68)

50m	00:31.62	31,62	250m	02:55.93	35,61	450m	05:24.53	37,82	650m	07:54.54	37,09
100m	01:07.62	36,00	300m	03:32.38	36,45	500m	06:02.12	37,59	700m	08:32.05	37,51
150m	01:43.61	35,99	350m	04:09.15	36,77	550m	06:40.06	37,94	750m	09:09.29	37,24
200m	02:20.32	36,71	400m	04:46.71	37,56	600m	07:17.45	37,39			

11. Djelaysa Buunk (ZPC De Zeeuwse Kust, 200900536)

09:49.00(+52)

50m	00:31.99	31,99	250m	02:57.69	37,11	450m	05:26.70	37,62	650m	07:57.19	38,15
100m	01:07.89	35,90	300m	03:34.90	37,21	500m	06:03.95	37,25	700m	08:35.10	37,91
150m	01:44.05	36,16	350m	04:11.95	37,05	550m	06:41.26	37,31	750m	09:13.36	38,26
200m	02:20.58	36,53	400m	04:49.08	37,13	600m	07:19.04	37,78			

12. Erin de Jong (GZC DONK, 201000024)

09:58.59(+88)

50m	00:31.43	31,43	250m	02:57.84	37,47	450m	05:31.16	38,27	650m	08:06.19	39,24
100m	01:06.75	35,32	300m	03:35.91	38,07	500m	06:09.49	38,33	700m	08:44.88	38,69
150m	01:43.23	36,48	350m	04:14.16	38,25	550m	06:47.87	38,38	750m	09:22.44	37,56
200m	02:20.37	37,14	400m	04:52.89	38,73	600m	07:26.95	39,08			

13. Florian Pot (OZ&PC, 201000768)

09:59.14(+90)

50m	00:33.06	33,06	250m	03:01.17	37,57	450m	05:32.08	38,11	650m	08:06.39	38,89
100m	01:09.55	36,49	300m	03:38.62	37,45	500m	06:10.33	38,25	700m	08:44.84	38,45
150m	01:46.59	37,04	350m	04:16.04	37,42	550m	06:48.72	38,39	750m	09:22.86	38,02
200m	02:23.60	37,01	400m	04:53.97	37,93	600m	07:27.50	38,78			

14. Ilse Jongepier (TriVia, 201000006)

09:59.62(+88)

50m	00:31.86	31,86	250m	02:58.38	37,55	450m	05:30.39	38,73	650m	08:06.38	39,28
100m	01:07.24	35,38	300m	03:35.98	37,60	500m	06:08.85	38,46	700m	08:44.98	38,60
150m	01:43.45	36,21	350m	04:13.61	37,63	550m	06:47.95	39,10	750m	09:23.02	38,04
200m	02:20.83	37,38	400m	04:51.66	38,05	600m	07:27.10	39,15			

Nederlandse Kampioenschappen Korte Baan sessie 6 - finales - zondag 22 december 2024 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:15u

31. 400m vrije slag - Heren

vanaf 11 jaar (Senioren Open)

1. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]

05:04.95(+64)

50m	00:35.63	35,63	150m	01:52.07	38,48	250m	03:09.03	38,79	350m	04:27.07	39,18
100m	01:13.59	37,96	200m	02:30.24	38,17	300m	03:47.89	38,86			

2. Lars Jacobsen (DWK, 199705453) [S14]

04:50.59(+77)

50m	00:31.30	31,30	150m	01:43.38	36,72	250m	02:58.99	38,28	350m	04:14.16	38,48
100m	01:06.66	35,36	200m	02:20.71	37,33	300m	03:35.68	36,69			

2. Thomas Braat (AZC, 200802269) [S14]

04:50.50(+72)

50m	00:31.29	31,29	150m	01:43.65	36,93	250m	02:59.27	37,92	350m	04:15.16	38,00
100m	01:06.72	35,43	200m	02:21.35	37,70	300m	03:37.16	37,89			

4. Jesse Bruines (Batavia Swim, 200402413) [S8]

05:27.10(+59)

50m	00:36.11	36,11	150m	01:59.31	42,25	250m	03:23.76	42,10	350m	04:47.30	41,47
100m	01:17.06	40,95	200m	02:41.66	42,35	300m	04:05.83	42,07			

. Bas Blanker (ACZ, 200601497)

. Bas Mostert (VZC, 200800629)

vanaf 12 jaar (Junioren 1 en ouder)

1. Tiago Fonseca Gomes (Team NL - PSV, 200703587)

03:44.21(+60)

50m	00:25.81	25,81	150m	01:21.68	28,30	250m	02:18.70	28,56	350m	03:16.50	28,61
100m	00:53.38	27,57	200m	01:50.14	28,46	300m	02:47.89	29,19			

2. Koen Marsman (Team NL - ZPC AMERSFOORT, 200502763)

03:50.03(+61)

50m	00:25.36	25,36	150m	01:22.18	28,88	250m	02:21.03	29,66	350m	03:21.46	30,15
100m	00:53.30	27,94	200m	01:51.37	29,19	300m	02:51.31	30,28			

3. Émile Fouzaï (ZPC AMERSFOORT, 200500263)

03:51.15(+67)

50m	00:25.72	25,72	150m	01:22.50	28,81	250m	02:21.79	29,70	350m	03:22.19	30,23
100m	00:53.69	27,97	200m	01:52.09	29,59	300m	02:51.96	30,17			



4. Yanieck Weijland (Team NL - PSV, 200500329)					03:53.94(+68)
50m	00:26.49 26,49	150m	01:24.85 29,35	250m	02:23.69 29,49
100m	00:55.50 29,01	200m	01:54.20 29,35	300m	02:52.82 29,13
350m	03:20.26 27,44				
5. Austin Namesnik (ZPC AMERSFOORT, 200101817)					03:55.35(+58)
50m	00:26.07 26,07	150m	01:24.46 29,63	250m	02:24.69 29,97
100m	00:54.83 28,76	200m	01:54.72 30,26	300m	02:55.03 30,34
350m	03:26.14 31,11				
6. Bram Loots (Team Noord Holland (SG), 200700197)					03:57.25(+67)
50m	00:26.48 26,48	150m	01:25.74 30,05	250m	02:26.05 30,19
100m	00:55.69 29,21	200m	01:55.86 30,12	300m	02:56.26 30,21
350m	03:27.03 30,77				
7. Tiede Groener (PSV, 200700155)					03:57.67(+72)
50m	00:26.65 26,65	150m	01:26.60 30,54	250m	02:27.65 30,24
100m	00:56.06 29,41	200m	01:57.41 30,81	300m	02:58.42 30,77
350m	03:28.74 30,32				
8. Tieme Wiersma (DZ&PC, 200701031)					03:57.68(+74)
50m	00:26.97 26,97	150m	01:26.46 30,12	250m	02:27.22 30,25
100m	00:56.34 29,37	200m	01:56.97 30,51	300m	02:57.76 30,54
350m	03:28.65 30,89				
9. Sven Klink (SWOL 1894, 200500349)					03:54.67(+74)
50m	00:26.68 26,68	150m	01:24.89 29,56	250m	02:24.84 29,78
100m	00:55.33 28,65	200m	01:55.06 30,17	300m	02:55.01 30,17
350m	03:25.06 30,05				
10. Martijn Nies (PSV, 200902095)					03:57.07(+57)
50m	00:27.14 27,14	150m	01:27.06 30,06	250m	02:27.57 30,28
100m	00:57.00 29,86	200m	01:57.29 30,23	300m	02:57.59 30,02
350m	03:27.68 30,09				
11. Lucas van Rooij (PSV, 200603943)					03:58.93(+64)
50m	00:26.71 26,71	150m	01:25.63 29,92	250m	02:26.68 30,59
100m	00:55.71 29,00	200m	01:56.09 30,46	300m	02:57.61 30,93
350m	03:28.73 31,12				
12. Abel te Riele (WVZ, 200402317)					04:02.88(+71)
50m	00:27.19 27,19	150m	01:27.88 30,95	250m	02:30.11 31,20
100m	00:56.93 29,74	200m	01:58.91 31,03	300m	03:01.38 31,27
350m	03:32.65 31,27				
13. Olivier Wilbers (ZPC Hoogeveen, 200600181)					04:03.12(+63)
50m	00:28.23 28,23	150m	01:29.02 30,67	250m	02:30.94 31,03
100m	00:58.35 30,12	200m	01:59.91 30,89	300m	03:01.98 31,04
350m	03:33.00 31,02				
14. Diede Veld (HZ&PC Heerenveen, 200800011)					04:03.59(+76)
50m	00:27.66 27,66	150m	01:29.72 31,37	250m	02:31.82 30,90
100m	00:58.35 30,69	200m	02:00.92 31,20	300m	03:02.93 31,11
350m	03:33.96 31,03				
15. Youri Voet (ZPC AMERSFOORT, 200502269)					04:04.62(+70)
50m	00:27.85 27,85	150m	01:29.73 31,12	250m	02:31.78 31,04
100m	00:58.61 30,76	200m	02:00.74 31,01	300m	03:02.90 31,12
350m	03:33.95 31,05				
16. Milan Veelders (OZ&PC, 200800279)					04:04.86(+73)
50m	00:27.74 27,74	150m	01:30.36 31,45	250m	02:32.88 31,29
100m	00:58.91 31,17	200m	02:01.59 31,23	300m	03:04.33 31,45
350m	03:35.23 30,90				
32. 400m wisselslag - Dames					
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>					
1. Nikita van den Ouden (PSV, 199900622)					04:48.98(+73)
50m	00:30.53 30,53	150m	01:44.17 37,73	250m	03:02.44 41,28
100m	01:06.44 35,91	200m	02:21.16 36,99	300m	03:44.27 41,83
350m	04:17.77 33,50				
2. Hedwig Bolt (HZ&PC Heerenveen, 200602660)					04:49.06(+77)
50m	00:30.75 30,75	150m	01:44.22 37,97	250m	03:02.38 41,24
100m	01:06.25 35,50	200m	02:21.14 36,92	300m	03:44.62 42,24
350m	04:17.60 32,98				
3. Djanilla Brink (Team NL - De Dolfijn, 200600988)					04:49.95(+63)
50m	00:31.24 31,24	150m	01:46.73 38,47	250m	03:03.47 38,18
100m	01:08.26 37,02	200m	02:25.29 38,56	300m	03:42.81 39,34
350m	04:17.00 34,19				
4. Frouke Ludwig (DZ&PC, 200800112)					04:55.61(+63)
50m	00:30.56 30,56	150m	01:42.06 36,68	250m	03:01.95 43,69
100m	01:05.38 34,82	200m	02:18.26 36,20	300m	03:46.14 44,19
350m	04:21.01 34,87				
5. Rhodee van den Ham (De Duinkickers, 200700090)					04:58.58(+75)

	50m 00:31.67 31,67	150m 01:46.84 38,65	250m 03:07.43 42,37	350m 04:26.04 34,33	
	100m 01:08.19 36,52	200m 02:25.06 38,22	300m 03:51.71 44,28		
6. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)					05:04.79(+71)
	50m 00:30.38 30,38	150m 01:43.92 37,06	250m 03:05.92 45,18	350m 04:30.20 37,40	
	100m 01:06.86 36,48	200m 02:20.74 36,82	300m 03:52.80 46,88		
7. Lisa Dreesens (Blue Marlins, 199105798)					05:05.15(+88)
	50m 00:31.40 31,40	150m 01:47.62 39,53	250m 03:10.95 43,64	350m 04:31.22 35,34	
	100m 01:08.09 36,69	200m 02:27.31 39,69	300m 03:55.88 44,93		
9. Meyke v. Nimwegen (De Schotegijl, 200800106)					05:08.17(+74)
	50m 00:32.20 32,20	150m 01:49.49 39,23	250m 03:11.09 43,29	350m 04:32.66 36,37	
	100m 01:10.26 38,06	200m 02:27.80 38,31	300m 03:56.29 45,20		
10. Anne Noom (Het Y, 199800062)					05:10.60(+58)
	50m 00:32.23 32,23	150m 01:49.81 39,55	250m 03:12.89 43,86	350m 04:34.95 36,99	
	100m 01:10.26 38,03	200m 02:29.03 39,22	300m 03:57.96 45,07		
11. Meike van de Ree (HZPC, 200402646)					05:15.60(+78)
	50m 00:33.30 33,30	150m 01:52.91 39,44	250m 03:17.39 45,26	350m 04:40.56 36,76	
	100m 01:13.47 40,17	200m 02:32.13 39,22	300m 04:03.80 46,41		
12. Noa Ottens (VZC, 200702256)					05:17.83(+74)
	50m 00:32.44 32,44	150m 01:53.63 42,07	250m 03:19.45 45,13	350m 04:42.50 37,43	
	100m 01:11.56 39,12	200m 02:34.32 40,69	300m 04:05.07 45,62		
13. Myrthe Stelten (Hellas-Glana, 200900234)					05:18.84(+62)
	50m 00:32.48 32,48	150m 01:53.44 41,26	250m 03:17.52 44,23	350m 04:40.91 39,35	
	100m 01:12.18 39,70	200m 02:33.29 39,85	300m 04:01.56 44,04		
14. Marlies Dijsselhof (Dedemsvaart-AC, 200601046)					05:22.49(+79)
	50m 00:33.20 33,20	150m 01:54.87 39,71	250m 03:18.89 45,02	350m 04:44.19 39,61	
	100m 01:15.16 41,96	200m 02:33.87 39,00	300m 04:04.58 45,69		
DIS: Dachen Haaijer (ZPC Hoogeveen, 200800380)					00:00.00
33. 100m schoolslag - Heren					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SB11]					01:08.63(+66)
	50m 00:32.10 32,10				
2. Thijs van Hofweegen (ZPC AMERSFOORT, 199605253) [SB6]					01:21.23(+76)
	50m 00:38.23 38,23				
3. Cheng Van Vondel (KSN (SG), 200902673) [SB8]					01:35.29(+74)
	50m 00:44.81 44,81				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>					
1. Koen de Groot (Team NL - PSV, 200401059)					00:56.86(+61)
	50m 00:26.66 26,66				
2. Steijn Louter (Team NL - PSV, 200500793)					00:58.13(+66)
	50m 00:27.34 27,34				
3. Ivo Kroes (Team NL - Azuro, 200300079)					00:58.94(+68)
	50m 00:27.81 27,81				
4. Lars Verhalle (PSV, 200200019)					00:59.54(+72)
	50m 00:27.83 27,83				
5. Lucas Greven (Hellas-Glana, 199501941)					01:00.10(+65)
	50m 00:27.97 27,97				
6. River Streefland (Blue Marlins, 200502253)					01:00.26(+68)
	50m 00:27.90 27,90				
7. Cas Verstegen (PSV, 200500891)					01:00.39(+66)
	50m 00:28.47 28,47				
8. Yaniv Kerdijk (Team Noord Holland (SG), 200603439)					01:01.54(+70)
	50m 00:28.80 28,80				

9. Jason van den Berg (Blue Marlins, 200400009) 50m 00:28.10 28,10	01:00.04(+63)
10. Viktor Koets (Blue Marlins, 200201677) 50m 00:28.29 28,29	01:01.33(+71)
11. Anders van Norden (ZPC AMERSFOORT, 200400039) 50m 00:28.77 28,77	01:01.69(+65)
12. Max Peters (Nuenen, 199903123) 50m 00:28.38 28,38	01:01.99(+62)
13. Wytse Broekstra (De Vikings, 200800121) 50m 00:29.24 29,24	01:02.50(+74)
14. Thom Delno (VZC, 200000013) 50m 00:29.18 29,18	01:02.51(+70)
15. Job Sportel (De Dinkel, 200800429) 50m 00:29.98 29,98	01:03.51(+62)
16. Rick Bulman (Blue Marlins, 200101899) 50m 00:29.26 29,26	01:03.63(+63)
34. 50m rugslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [S10]	00:31.60(+60)
2. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12]	00:33.57(+73)
3. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11]	00:38.51(+66)
4. Marije Oosterhuis (Azuro, 199500318) [S10]	00:35.05(+63)
5. Milou van Winkel (WVZ, 200402296) [S14]	00:35.16(+68)
6. Aguila Dolsma (Blue Marlins, 200603902) [S14]	00:38.00(+64)
7. Mayke van Tintelen (OZ&PC, 200200688) [S14]	00:38.58(+70)
8. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	00:48.44(+80)
. Jente Parlevliet (Noordwijkerhout, 201003900) [S14]	
. Guusje van Lent (Feijenoord Albion Zwemclub, 200203898)	
. Laura van Etten (HZ&PC Heerenveen, 200800264)	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124)	00:26.43(+54)
2. Britta Koehorst (WVZ, 200300246)	00:27.52(+60)
3. Mare Schallenberg (Blue Marlins, 200600078)	00:27.84(+62)
4. Maaïke Broersma (BZ&PC, 200201522)	00:27.90(+60)
5. Jinth Engelse (Blue Marlins, 200800204)	00:28.01(+58)
6. Maaïke Ooms (ZPC AMERSFOORT, 200801580)	00:28.21(+71)
7. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	00:28.39(+57)
8. Jetske Moot (ZPC AMERSFOORT, 200400230)	00:28.40(+64)
9. Manon Compagner (Dedemsvaart-AC, 200101710)	00:28.64(+67)
10. Lieke Oude Lenferink (De Dolfijn, 200200068)	00:28.66(+60)
11. Tess Bemer (De Duinkickers, 200600450)	00:29.05(+56)
12. Malin Roozeboom (WVZ, 201100006)	00:29.34(+68)

13. Silke Hooghiemstra (HZ&PC Heerenveen, 200901224)	00:29.35(+68)
14. Marit Huisman (WVZ, 200502620)	00:29.43(+57)
15. Joy Willekus (De Dolfijn, 200602420)	00:29.78(+63)
DIS. Eefje Irvine (De Dolfijn, 200700164)	00:00.00
<b>35. 50m vrije slag - Heren</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [S11]	00:25.83(+64)
2. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]	00:30.60(+59)
3. Jesse Bruines (Batavia Swim, 200402413) [S8]	00:30.74(+74)
4. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	00:30.99(+77)
5. Lars Jacobsen (DWK, 199705453) [S14]	00:28.28(+78)
6. Thomas Braat (AZC, 200802269) [S14]	00:29.37(+91)
7. Sander Knol (ZPC De Kanaalstreek, 200701093) [S9]	00:33.72(+69)
8. Cheng Van Vondel (KSN (SG), 200902673) [S9]	00:34.39(+81)
. Lars Kerremans (Hellas-Glana, 200100305)	
. Lars van der Haijden (Hellas-Glana, 199900225)	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)	00:21.49(+68)
2. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321)	00:21.69(+66)
3. Brandon van den Berg (Blue Marlins, 200200669)	00:21.94(+67)
4. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:22.06(+61)
5. Michael Smink (Blue Marlins, 200302169)	00:22.23(+62)
6. Floris Tanis (Feijenoord Albion Zwemclub, 200700005)	00:22.38(+69)
7. Kingue Struijf (De Dolfijn, 199400913)	00:22.51(+69)
8. Giovanni Phillipson (Team Noord Holland (SG), 200801099)	00:22.75(+71)
9. Rijk Heere (ZPC AMERSFOORT, 200300897)	00:22.53(+61)
10. Felix Geenen (DAW, 199501085)	00:22.79(+70)
11. Jelle Betten (DZ&PC, 200001535)	00:22.86(+69)
12. Kaan Sudak (Blue Marlins, 200803733)	00:22.90(+63)
13. Luuk Smits (Nuenen, 200001015)	00:23.00(+73)
14. Simon Claasen (ZPC AMERSFOORT, 200400231)	00:23.02(+54)
15. Siem de Zeeuw (OZ&PC, 200800013)	00:23.12(+66)
16. Piet-Hein Straver (PSV, 200302527)	00:23.33(+65)
<b>36. 200m vrije slag - Dames</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [S10]	02:17.73(+77)
50m 00:31.45 31,45 100m 01:06.60 35,15 150m 01:42.36 35,76	
2. Milou van Winkel (WVZ, 200402296) [S14]	02:34.17(+68)
50m 00:31.90 31,90 100m 01:10.38 38,48 150m 01:52.83 42,45	
3. Jenna Gorter (De Otters Het Gooi, 200702746) [S9]	02:53.25(+82)
50m 00:38.94 38,94 100m 01:23.96 45,02 150m 02:09.97 46,01	
4. Gwyneth van der Spek (Batavia Swim, 201102806) [S7]	03:18.93

50m 00:48.30 48,30 100m 01:40.30 52,00 150m 02:31.85 51,55

. Myrthe Natzijl (DZ&PC, 200400076)

. Ilona Weisz (ZPC AMERSFOORT, 201004146)

*vanaf 12 jaar (Junioren 2 en ouder)*

1. Femke Spiering (ZPC AMERSFOORT, 200204514) 01:58.06(+61)  
50m 00:27.93 27,93 100m 00:57.98 30,05 150m 01:27.84 29,86

2. Angelina Rolman (Team NL - De Dolfijn, 200701972) 02:00.11(+69)  
50m 00:28.53 28,53 100m 00:59.25 30,72 150m 01:29.23 29,98

3. Nynke Boerefijn (ZPC AMERSFOORT, 200700114) 02:00.58(+83)  
50m 00:28.64 28,64 100m 00:59.41 30,77 150m 01:30.10 30,69

4. Kirsten Verhalle (PSV, 200400210) 02:01.76(+76)  
50m 00:28.34 28,34 100m 00:59.24 30,90 150m 01:30.66 31,42

5. Sara Korthuis (DZ&PC, 200600494) 02:02.61(+77)  
50m 00:28.57 28,57 100m 00:59.66 31,09 150m 01:31.57 31,91

6. Hedwig Bolt (HZ&PC Heerenveen, 200602660) 02:03.40(+61)  
50m 00:28.54 28,54 100m 00:59.39 30,85 150m 01:31.45 32,06

7. Janne Slegers (PSV, 200404090) 02:03.76(+73)  
50m 00:28.73 28,73 100m 00:59.91 31,18 150m 01:31.80 31,89

8. Colinda van der Zanden (Aqua-Novio'94, 200502618) 02:04.42(+71)  
50m 00:28.65 28,65 100m 01:00.09 31,44 150m 01:32.34 32,25

9. Naya Koc (DAW, 200400688) 02:05.03(+69)  
50m 00:28.72 28,72 100m 01:00.89 32,17 150m 01:33.76 32,87

10. Alysha de Jong (ZPCH, 200400086) 02:05.07(+78)  
50m 00:29.04 29,04 100m 01:01.30 32,26 150m 01:33.96 32,66

11. Angelique van Vark (GZC DONK, 199701478) 02:05.34(+64)  
50m 00:29.16 29,16 100m 01:01.37 32,21 150m 01:34.53 33,16

12. Marin Wieling (ZPC AMERSFOORT, 200501220) 02:06.70(+71)  
50m 00:28.66 28,66 100m 01:00.95 32,29 150m 01:34.30 33,35

13. Ilse Rozema (Blue Marlins, 200803318) 02:07.50(+55)  
50m 00:28.00 28,00 100m 00:59.86 31,86 150m 01:33.49 33,63

14. Tess Panjer (VZC, 200403060) 02:07.86(+78)  
50m 00:29.81 29,81 100m 01:02.08 32,27 150m 01:35.13 33,05

15. Julie van Nispen (Nuenen, 200800290) 02:07.91(+74)  
50m 00:29.05 29,05 100m 01:01.37 32,32 150m 01:34.96 33,59

16. Kim Oudendijk (DAW, 200600964) 02:08.55(+79)  
50m 00:30.06 30,06 100m 01:03.72 33,66 150m 01:36.37 32,65

### 37. 200m rugslag - Heren

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Hendrik van der Leest (PSV, 200404339) 01:54.03(+60)  
50m 00:26.48 26,48 100m 00:55.20 28,72 150m 01:24.34 29,14

2. Niels Dijkshoorn (Team NL - PSV, 200203079) 01:55.85(+64)  
50m 00:27.38 27,38 100m 00:56.90 29,52 150m 01:26.62 29,72

3. Raf Hendriks (Hellas-Glana, 200100879) 01:57.35(+61)  
50m 00:26.96 26,96 100m 00:56.28 29,32 150m 01:26.52 30,24

4. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 02:01.13(+67)  
50m 00:27.71 27,71 100m 00:58.57 30,86 150m 01:30.44 31,87

5. Daan Sonneveld (WVZ, 200601085) 02:02.59(+60)  
50m 00:28.14 28,14 100m 00:59.59 31,45 150m 01:31.08 31,49

6. Bram Loots (Team Noord Holland (SG), 200700197)	50m 00:28.62 28,62	100m 00:59.76 31,14	150m 01:31.65 31,89	02:03.29(+63)
7. Sam Adams (De Dolfijn, 200704081)	50m 00:28.97 28,97	100m 01:00.58 31,61	150m 01:33.14 32,56	02:05.58(+62)
8. Thom De Hoog (Blue Marlins, 200600019)	50m 00:29.31 29,31	100m 01:01.68 32,37	150m 01:34.93 33,25	02:08.71(+70)
9. Louis Kappler (Zwemlust-den Hommel, 200205067)	50m 00:29.08 29,08	100m 01:00.67 31,59	150m 01:32.59 31,92	02:04.21(+77)
10. Jaydey Schonewille (Steenwijk 1934, 200800025)	50m 00:29.30 29,30	100m 01:00.93 31,63	150m 01:33.26 32,33	02:05.36(+72)
11. Jisse Lousma (WVZ, 200701493)	50m 00:29.63 29,63	100m 01:02.11 32,48	150m 01:35.15 33,04	02:06.67(+58)
12. Rijk Leenders (VZC, 200800627)	50m 00:31.18 31,18	100m 01:04.10 32,92	150m 01:37.92 33,82	02:10.89(+64)
13. Niek Sonneveld (WVZ, 200802631)	50m 00:30.52 30,52	100m 01:04.50 33,98	150m 01:38.22 33,72	02:11.41(+61)
14. Tim Brouwer (Aqua-Novio'94, 200800989)	50m 00:30.33 30,33	100m 01:03.53 33,20	150m 01:37.93 34,40	02:11.95(+85)
15. Gaëtan Spicq (Blue Marlins, 200701807)	50m 00:30.27 30,27	100m 01:04.06 33,79	150m 01:38.51 34,45	02:12.32(+71)
16. Rein Stoel (ZVL-1886, 200800463)	50m 00:29.80 29,80	100m 01:02.55 32,75	150m 01:37.72 35,17	02:13.39(+61)
. Felix Gepkens (VZC, 200800631)				
. Mart Tempelman (Dedemsvaart-AC, 200801075)				
38. 100m schoolslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Lisa Kruger (TeamNL PARA - De Dolfijn, 200005304) [SB9]	50m 00:36.26 36,26			01:18.13(+76)
2. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [SB11]	50m 00:40.92 40,92			01:28.38(+72)
3. Aguila Dolsma (Blue Marlins, 200603902) [SB14]	50m 00:40.89 40,89			01:27.62(+75)
4. Gwyneth van der Spek (Batavia Swim, 201102806) [SB6]	50m 00:54.62 54,62			01:52.82(+75)
5. Mayke van Tintelen (OZ&PC, 200200688) [SB14]	50m 00:43.42 43,42			01:32.31
6. Jente Parlevliet (Noordwijkerhout, 201003900) [SB14]	50m 00:49.20 49,20			01:45.06(+73)
. Dachen Haaijer (ZPC Hoogeveen, 200800380)				
. Lisa Dirkzwager (Blue Marlins, 200703458)				
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
1. Britta Koehorst (WVZ, 200300246)	50m 00:30.97 30,97			01:07.38(+66)
2. Hanna Kareinen (De Dolfijn, 200006774)	50m 00:31.94 31,94			01:07.67(+68)
3. Lynn Blommers (Blue Marlins, 200105062)	50m 00:31.87 31,87			01:07.91(+67)
4. Jill Nai Chung Tong (WVZ, 200404272)	50m 00:32.05 32,05			01:08.15(+65)

5. Sterre Hendriks (De Dolfijn, 200401288) 50m 00:31.88 31,88	01:08.46(+68)
6. Mare Schallenberg (Blue Marlins, 200600078) 50m 00:32.95 32,95	01:08.56(+67)
7. Zinke Delcommune (PSV, 200505416) 50m 00:32.60 32,60	01:09.02(+73)
8. Djanilla Brink (Team NL - De Dolfijn, 200600988) 50m 00:33.37 33,37	01:10.77(+79)
9. Kim Jansen van Galen (PSV, 200201594) 50m 00:33.32 33,32	01:10.14(+59)
10. Benigna Kocsispeter (Hellas-Glana, 200702058) 50m 00:33.44 33,44	01:11.25(+63)
11. Jade Geurts (WVZ, 200402278) 50m 00:33.37 33,37	01:11.47(+75)
12. Hylcke de Beer (PSV, 200700006) 50m 00:33.52 33,52	01:11.57(+71)
12. Joy Willekus (De Dolfijn, 200602420) 50m 00:33.58 33,58	01:11.57(+68)
14. Nina Zusterzeel (PSV, 200800656) 50m 00:33.94 33,94	01:11.88(+66)
15. Rafaela Mulders (Team Noord Holland (SG), 200701398) 50m 00:34.13 34,13	01:12.11(+69)
16. Paula Spans (ZPC AMERSFOORT, 201000064) 50m 00:33.89 33,89	01:12.28(+72)
39. 50m vlinderslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
1. Christoph Smit (MSV-Zeemacht, 200702629) [S8]	00:32.73(+77)
2. Jesse Bruines (Batavia Swim, 200402413) [S8]	00:34.20(+72)
3. Julian Hendriks (TeamNL PARA - De Otters Het Gooi, 200603717) [S7]	00:38.31(+79)
4. Thomas Braat (AZC, 200802269) [S14]	00:33.37(+73)
5. Cheng Van Vondel (KSN (SG), 200902673) [S9]	00:36.58(+63)
. Jaime Fais (TriVia, 200400291)	
. Felix Geenen (DAW, 199501085)	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Thomas Verhoeven (Feijenoord Albion Zwemclub, 199700311)	00:22.60(+59)
2. Sean Niewold (Feijenoord Albion Zwemclub, 200204699)	00:22.73(+65)
3. Michael Smink (Blue Marlins, 200302169)	00:23.12(+64)
4. Simon Claasen (ZPC AMERSFOORT, 200400231)	00:23.90(+44)
5. Kaan Sudak (Blue Marlins, 200803733)	00:24.52(+64)
6. Rijk Heere (ZPC AMERSFOORT, 200300897)	00:24.70(+63)
7. Joshua Agussalim (WVZ, 200600153)	00:24.73(+64)
8. Piet-Hein Straver (PSV, 200302527)	00:25.18(+67)
9. Lars Bulman (Blue Marlins, 200600125)	00:24.36(+64)
10. Matthijs van Meerendonk (DZ&PC, 199900375)	00:24.50(+62)

11. Alexander Nijst (Nuenen, 200104869)	00:24.73(+66)
12. Marlon Borger (PSV, 200404817)	00:24.77(+71)
13. Domingo Togores Rodriguez (Blue Marlins, 199705681)	00:24.81(+69)
14. Lars Minnaert (PSV, 200502355)	00:24.86(+60)
15. Yaniv Kerdijk (Team Noord Holland (SG), 200603439)	00:25.04(+68)
16. Jones Chuang (PSV, 200801173)	00:25.34(+57)
40. 100m vlinderslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Liesette Bruinsma (TeamNL PARA - HZ&PC Heerenveen, 200004346) [S11] 50m 00:36.55 36,55	01:19.51(+70)
2. Florianne Bultje (TeamNL PARA - Team Noord-Holland SG, 199804342) [S9] 50m 00:31.62 31,62	01:08.57(+72)
3. Irene van Drimmelen (MSV-Zeemacht, 200502210) [S12] 50m 00:33.39 33,39	01:14.81(+73)
. Marin Wieling (ZPC AMERSFOORT, 200501220)	
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>	
1. Tessa Giele (Feijenoord Albion Zwemclub, 200203124) 50m 00:26.19 26,19	00:56.10(+60)
2. Femke Spiering (ZPC AMERSFOORT, 200204514) 50m 00:27.53 27,53	00:58.70(+71)
3. Kinge Zandringa (De Dolfijn, 199801422) 50m 00:27.88 27,88	00:59.91(+70)
4. Evy Rozeboom (DAW, 200601338) 50m 00:28.43 28,43	01:00.98(+78)
5. Megan Jonkman (Blue Marlins, 200600508) 50m 00:28.62 28,62	01:01.47(+62)
6. Anne Fleur Willemsen (Azuro, 199901396) 50m 00:28.46 28,46	01:02.02(+78)
7. Sam van Nunen (Team NL - PSV, 200100036) 50m 00:27.79 27,79	01:02.23(+62)
8. Frouke Ludwig (DZ&PC, 200800112) 50m 00:29.17 29,17	01:02.81(+75)
9. Fenna de Groot (Feijenoord Albion Zwemclub, 199701796) 50m 00:28.67 28,67	01:02.29(+66)
10. Indira van Aggele (De Dolfijn, 200804424) 50m 00:29.42 29,42	01:02.76(+78)
11. Angelina Rolman (Team NL - De Dolfijn, 200701972) 50m 00:28.72 28,72	01:02.80(+69)
12. Sara Korthuis (DZ&PC, 200600494) 50m 00:29.01 29,01	01:02.93(+70)
13. Kim Zwinkels (ZPCH, 200300422) 50m 00:29.99 29,99	01:03.70(+74)
14. Juliette Woltjes (VZC, 200900774) 50m 00:29.28 29,28	01:03.76(+74)
15. Marit Huisman (WVZ, 200502620) 50m 00:28.18 28,18	01:03.86(+71)
16. Silke Molendijk (ZVL-1886, 200100178) 50m 00:30.05 30,05	01:04.07(+70)



41. 100m wisselslag - Heren

*vanaf 11 jaar (Senioren Open)*

1. Rogier Dorsman (TeamNL PARA - ZZ&PC De Devel, 199900211) [SM11] 01:03.21(+67)  
50m 00:29.96 29,96

DIS. Lars Jacobsen (DWK, 199705453) [SM14] 00:00.00

. Job Sportel (De Dinkel, 200800429)

. Kaan Sudak (Blue Marlins, 200803733)

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Ensger Kotterink (Feijenoord Albion Zwemclub, 199403391) 00:54.38(+58)  
50m 00:24.79 24,79

2. Brandon van den Berg (Blue Marlins, 200200669) 00:54.70(+68)  
50m 00:25.29 25,29

3. Nikodim Markovic (Blue Marlins, 200700255) 00:54.77(+63)  
50m 00:24.71 24,71

4. Lars Verhalle (PSV, 200200019) 00:54.87(+70)  
50m 00:25.29 25,29

5. Perry Laarhoven (Feijenoord Albion Zwemclub, 200301321) 00:55.12(+69)  
50m 00:25.33 25,33

6. Lucas Greven (Hellas-Glana, 199501941) 00:55.38(+63)  
50m 00:25.90 25,90

7. Simon Claasen (ZPC AMERSFOORT, 200400231) 00:55.55(+55)  
50m 00:25.49 25,49

8. Giovanni Phillipson (Team Noord Holland (SG), 200801099) 00:56.11(+73)  
50m 00:25.71 25,71

9. Thomas Jansen (Team NL - WVZ, 200100143) 00:54.73(+70)  
50m 00:24.63 24,63

10. Daan Sonneveld (WVZ, 200601085) 00:55.97(+67)  
50m 00:25.57 25,57

11. Yanieck Weijland (Team NL - PSV, 200500329) 00:56.27(+67)  
50m 00:26.13 26,13

12. Lars Bulman (Blue Marlins, 200600125) 00:56.89(+67)  
50m 00:25.78 25,78

13. Viktor Koets (Blue Marlins, 200201677) 00:57.17(+71)  
50m 00:26.08 26,08

14. Lars Kerremans (Hellas-Glana, 200100305) 00:57.26(+66)  
50m 00:26.96 26,96

15. Luuk Smits (Nuenen, 200001015) 00:57.52(+74)  
50m 00:25.88 25,88

16. Mies de Wit (CWW Swim team (SG), 200700315) 00:58.13(+68)  
50m 00:26.77 26,77

42. 1500m vrije slag - Dames

45. 4x100m vrije slag heren

*vanaf 12 jaar (Junioren 1 en ouder)*

1. PSV 03:14.64

Lars Verhalle 2002 (+69) 50m 00:23.57 23,57

Lars Verhalle 2002 (+69) 100m 00:48.71 25,14

Merlin Belmon 2004 (+32) 150m 01:11.51 22,80

Merlin Belmon 2004 (+32) 200m 01:36.96 25,45

Niels Dijkhoorn 2002 (+20) 250m 02:00.15 23,19

Niels Dijkhoorn 2002 (+20) 300m 02:26.06 25,91

	Tiago Fonseca Gomes 2007 (+37)	350m	02:49.04	22,98	
	Tiago Fonseca Gomes 2007 (+37)	400m	03:14.64	25,60	
2.	Feijenoord Albion Zwemclub				03:16.32
	Sean Niewold 2002 (+67)	50m	00:23.23	23,23	
	Sean Niewold 2002 (+67)	100m	00:47.96	24,73	
	Floris Tanis 2007 (+42)	150m	01:11.62	23,66	
	Floris Tanis 2007 (+42)	200m	01:38.45	26,83	
	Ivo Stolk 2001 (+31)	250m	02:01.52	23,07	
	Ivo Stolk 2001 (+31)	300m	02:27.53	26,01	
	Perry Laarhoven 2003 (+51)	350m	02:50.68	23,15	
	Perry Laarhoven 2003 (+51)	400m	03:16.32	25,64	
3.	ZPC AMERSFOORT				03:16.95
	Austin Namesnik 2001 (+56)	50m	00:23.83	23,83	
	Austin Namesnik 2001 (+56)	100m	00:49.48	25,65	
	Émile Fouzaï 2005 (+25)	150m	01:12.96	23,48	
	Émile Fouzaï 2005 (+25)	200m	01:38.81	25,85	
	Rijk Heere 2003 (+21)	250m	02:02.00	23,19	
	Rijk Heere 2003 (+21)	300m	02:28.22	26,22	
	Koen Marsman 2005 (+38)	350m	02:51.51	23,29	
	Koen Marsman 2005 (+38)	400m	03:16.95	25,44	
4.	Hellas-Glana				03:22.18
	Raf Hendriks 2001 (+68)	50m	00:23.89	23,89	
	Raf Hendriks 2001 (+68)	100m	00:50.11	26,22	
	Lars Kerremans 2001 (+25)	150m	01:13.95	23,84	
	Lars Kerremans 2001 (+25)	200m	01:40.05	26,10	
	Lucas Greven 1995 (+51)	250m	02:04.45	24,40	
	Lucas Greven 1995 (+51)	300m	02:31.30	26,85	
	Lars van der Haijden 1999 (+41)	350m	02:55.25	23,95	
	Lars van der Haijden 1999 (+41)	400m	03:22.18	26,93	
5.	Blue Marlins				03:22.58
	Kaan Sudak 2008 (+64)	50m	00:24.12	24,12	
	Kaan Sudak 2008 (+64)	100m	00:50.16	26,04	
	Boele Böhm 2007 (+36)	150m	01:14.13	23,97	
	Boele Böhm 2007 (+36)	200m	01:40.18	26,05	
	Tygo Gerts 2007 (+36)	250m	02:05.13	24,95	
	Tygo Gerts 2007 (+36)	300m	02:33.19	28,06	
	Nikodim Markovic 2007 (+38)	350m	02:56.90	23,71	
	Nikodim Markovic 2007 (+38)	400m	03:22.58	25,68	
6.	Blue Marlins				03:23.99
	River Streefland 2005 (+66)	50m	00:24.11	24,11	
	River Streefland 2005 (+66)	100m	00:50.34	26,23	
	Domingo Togores Rodriguez 1997 (+16)	150m	01:13.76	23,42	
	Domingo Togores Rodriguez 1997 (+16)	200m	01:39.98	26,22	
	Lars Bulman 2006 (+39)	250m	02:04.55	24,57	
	Lars Bulman 2006 (+39)	300m	02:31.50	26,95	
	Viktor Koets 2002 (+45)	350m	02:56.27	24,77	
	Viktor Koets 2002 (+45)	400m	03:23.99	27,72	
7.	ZPC AMERSFOORT				03:24.71
	Rens Stijf 2005 (+63)	50m	00:24.47	24,47	
	Rens Stijf 2005 (+63)	100m	00:51.14	26,67	
	Youri Voet 2005 (+44)	150m	01:15.91	24,77	
	Youri Voet 2005 (+44)	200m	01:42.65	26,74	
	Felbe van 't Land 2009 (+57)	250m	02:07.69	25,04	
	Felbe van 't Land 2009 (+57)	300m	02:34.82	27,13	
	Simon Claasen 2004 (+20)	350m	02:58.44	23,62	
	Simon Claasen 2004 (+20)	400m	03:24.71	26,27	
8.	PSV				03:25.36
	Marlon Borger 2004 (+73)	50m	00:24.50	24,50	
	Marlon Borger 2004 (+73)	100m	00:52.11	27,61	
	Yanieck Weijland 2005 (+51)	150m	01:16.44	24,33	
	Yanieck Weijland 2005 (+51)	200m	01:42.71	26,27	
	Tiede Groener 2007 (+33)	250m	02:06.65	23,94	

Tiede Groener 2007 (+33)	300m	02:33.34	26,69	
Piet-Hein Straver 2003 (+20)	350m	02:57.17	23,83	
Piet-Hein Straver 2003 (+20)	400m	03:25.36	28,19	
<b>9. DZ&amp;PC</b>				<b>03:26.02</b>
Jelle Betten 2000 (+69)	50m	00:23.96	23,96	
Jelle Betten 2000 (+69)	100m	00:49.88	25,92	
Colin Bes 2005 (+39)	150m	01:13.97	24,09	
Colin Bes 2005 (+39)	200m	01:40.95	26,98	
Matthijs van Meerendonk 1999 (+30)	250m	02:05.69	24,74	
Matthijs van Meerendonk 1999 (+30)	300m	02:33.17	27,48	
Niek Issard 2007 (+54)	350m	02:58.08	24,91	
Niek Issard 2007 (+54)	400m	03:26.02	27,94	
<b>10. Feijenoord Albion Zwemclub</b>				<b>03:27.32</b>
Ensger Kotterink 1994 (+61)	50m	00:23.85	23,85	
Ensger Kotterink 1994 (+61)	100m	00:50.47	26,62	
Loek Huyghelier 2004 (+36)	150m	01:14.94	24,47	
Loek Huyghelier 2004 (+36)	200m	01:42.70	27,76	
Sander Iuga 2001 (+33)	250m	02:07.96	25,26	
Sander Iuga 2001 (+33)	300m	02:36.36	28,40	
Kenan Coeruez 2003 (+8)	350m	03:00.44	24,08	
Kenan Coeruez 2003 (+8)	400m	03:27.32	26,88	
<b>11. WVZ</b>				<b>03:28.19</b>
Abel te Riele 2004 (+68)	50m	00:25.61	25,61	
Abel te Riele 2004 (+68)	100m	00:52.99	27,38	
Denzel Barthen 2007 (+44)	150m	01:18.39	25,40	
Denzel Barthen 2007 (+44)	200m	01:46.06	27,67	
Jisse Lousma 2007 (+47)	250m	02:11.11	25,05	
Jisse Lousma 2007 (+47)	300m	02:38.16	27,05	
Daan Sonneveld 2006 (+31)	350m	03:01.45	23,29	
Daan Sonneveld 2006 (+31)	400m	03:28.19	26,74	
<b>12. Nuenen</b>				<b>03:28.55</b>
Alexander Nijst 2001 (+70)	50m	00:25.47	25,47	
Alexander Nijst 2001 (+70)	100m	00:52.70	27,23	
Max Peters 1999 (+24)	150m	01:16.56	23,86	
Max Peters 1999 (+24)	200m	01:43.82	27,26	
Wouter Sijmons 1993 (+19)	250m	02:09.36	25,54	
Wouter Sijmons 1993 (+19)	300m	02:37.71	28,35	
Luuk Smits 2000 (+24)	350m	03:01.83	24,12	
Luuk Smits 2000 (+24)	400m	03:28.55	26,72	
<b>13. Team Noord Holland (SG)</b>				<b>03:29.26</b>
Bram Loots 2007 (+65)	50m	00:25.46	25,46	
Bram Loots 2007 (+65)	100m	00:52.64	27,18	
Yaniv Kerdijk 2006 (+48)	150m	01:17.39	24,75	
Yaniv Kerdijk 2006 (+48)	200m	01:46.18	28,79	
Rik Hofland 1997 (+29)	250m	02:10.85	24,67	
Rik Hofland 1997 (+29)	300m	02:38.76	27,91	
Giovanni Phillipson 2008 (+40)	350m	03:02.66	23,90	
Giovanni Phillipson 2008 (+40)	400m	03:29.26	26,60	
<b>14. DWK</b>				<b>03:29.30</b>
Ronis van Everdingen 2003 (+75)	50m	00:24.69	24,69	
Ronis van Everdingen 2003 (+75)	100m	00:51.62	26,93	
Benjamin Vermeulen 2000 (+16)	150m	01:16.57	24,95	
Benjamin Vermeulen 2000 (+16)	200m	01:45.39	28,82	
Ruben Baars 2009 (+39)	250m	02:10.86	25,47	
Ruben Baars 2009 (+39)	300m	02:38.52	27,66	
Niek Heethaar 1999 (+25)	350m	03:02.40	23,88	
Niek Heethaar 1999 (+25)	400m	03:29.30	26,90	
<b>15. OZ&amp;PC</b>				<b>03:30.30</b>
Niek Vreeling 2006 (+68)	50m	00:25.11	25,11	
Niek Vreeling 2006 (+68)	100m	00:52.82	27,71	
Jens zum Grotenhoff 2002 (+34)	150m	01:19.08	26,26	
Jens zum Grotenhoff 2002 (+34)	200m	01:47.29	28,21	

Siem de Zeeuw 2008 (+46)	250m	02:11.19	23,90	
Siem de Zeeuw 2008 (+46)	300m	02:37.48	26,29	
Milan Veelders 2008 (+49)	350m	03:02.57	25,09	
Milan Veelders 2008 (+49)	400m	03:30.30	27,73	
<b>16. DAW</b>				<b>03:30.58</b>
Luc Mul 2002 (+68)	50m	00:25.09	25,09	
Luc Mul 2002 (+68)	100m	00:51.92	26,83	
Michel de Maesschalck 1991 (+31)	150m	01:18.11	26,19	
Michel de Maesschalck 1991 (+31)	200m	01:47.64	29,53	
Jorrick Druyven 1994 (+32)	250m	02:12.57	24,93	
Jorrick Druyven 1994 (+32)	300m	02:41.04	28,47	
Felix Geenen 1995 (+28)	350m	03:04.35	23,31	
Felix Geenen 1995 (+28)	400m	03:30.58	26,23	
<b>17. Hellas-Glana</b>				<b>03:30.75</b>
Kevin Meuwissen 1995 (+68)	50m	00:25.38	25,38	
Kevin Meuwissen 1995 (+68)	100m	00:53.38	28,00	
Stijn Saelmans 2007 (+65)	150m	01:18.90	25,52	
Stijn Saelmans 2007 (+65)	200m	01:47.24	28,34	
Mattia Maggio 2009 (+25)	250m	02:12.07	24,83	
Mattia Maggio 2009 (+25)	300m	02:40.05	27,98	
Arno Nelissen 2003 (+23)	350m	03:04.31	24,26	
Arno Nelissen 2003 (+23)	400m	03:30.75	26,44	
<b>18. Zwemlust-den Hommel</b>				<b>03:31.42</b>
Louis Kappler 2002 (+72)	50m	00:25.04	25,04	
Louis Kappler 2002 (+72)	100m	00:52.30	27,26	
Fayssal Lantema 2001 (+19)	150m	01:17.37	25,07	
Fayssal Lantema 2001 (+19)	200m	01:45.16	27,79	
Thijmen Peeters 2005 (+66)	250m	02:11.24	26,08	
Thijmen Peeters 2005 (+66)	300m	02:39.54	28,30	
Joan Kentrop 1985 (+38)	350m	03:03.45	23,91	
Joan Kentrop 1985 (+38)	400m	03:31.42	27,97	
<b>18. De Dolfijn</b>				<b>03:31.42</b>
Kingue Struijf 1994 (+65)	50m	00:22.70	22,70	
Kingue Struijf 1994 (+65)	100m	00:48.86	26,16	
Vince Van der Pal 2004 (+43)	150m	01:13.27	24,41	
Vince Van der Pal 2004 (+43)	200m	01:40.00	26,73	
Sam Adams 2007 (+40)	250m	02:05.41	25,41	
Sam Adams 2007 (+40)	300m	02:32.91	27,50	
Marc Evers 1991 (+51)	350m	03:00.74	27,83	
Marc Evers 1991 (+51)	400m	03:31.42	30,68	
<b>20. De Dinkel</b>				<b>03:33.00</b>
Bram ter Braak 2008 (+72)	50m	00:25.76	25,76	
Bram ter Braak 2008 (+72)	100m	00:53.87	28,11	
Milan Lucas 2005 (+38)	150m	01:19.08	25,21	
Milan Lucas 2005 (+38)	200m	01:47.36	28,28	
Job Sportel 2008 (+37)	250m	02:12.84	25,48	
Job Sportel 2008 (+37)	300m	02:40.88	28,04	
Luuk Ruinemans 2003 (+32)	350m	03:05.25	24,37	
Luuk Ruinemans 2003 (+32)	400m	03:33.00	27,75	
<b>21. Blue Marlins</b>				<b>03:36.32</b>
Vincent Huele 2007 (+71)	50m	00:26.09	26,09	
Vincent Huele 2007 (+71)	100m	00:54.26	28,17	
Gaëtan Spicq 2007 (+20)	150m	01:19.51	25,25	
Gaëtan Spicq 2007 (+20)	200m	01:48.13	28,62	
Rick Bulman 2001 (+24)	250m	02:13.96	25,83	
Rick Bulman 2001 (+24)	300m	02:42.29	28,33	
Xiaoyu Yin 2008 (+23)	350m	03:07.49	25,20	
Xiaoyu Yin 2008 (+23)	400m	03:36.32	28,83	
<b>22. Poseidon'56</b>				<b>03:36.96</b>
Gerard Willighagen 2001 (+66)	50m	00:25.39	25,39	
Gerard Willighagen 2001 (+66)	100m	00:53.47	28,08	
Jim Geestman 1983 (+48)	150m	01:20.57	27,10	

Jim Geestman 1983 (+48)	200m	01:50.54	29,97	
Ryan van den Ouden 1999 (+22)	250m	02:15.26	24,72	
Ryan van den Ouden 1999 (+22)	300m	02:43.50	28,24	
Erik van Gemert 2003 (+24)	350m	03:08.40	24,90	
Erik van Gemert 2003 (+24)	400m	03:36.96	28,56	
<b>23. Dedemsvaart-AC</b>				<b>03:38.79</b>
Tiamo van der Veen 2006 (+73)	50m	00:26.03	26,03	
Tiamo van der Veen 2006 (+73)	100m	00:54.80	28,77	
Emiel de Bruijn 2007 (+25)	150m	01:20.75	25,95	
Emiel de Bruijn 2007 (+25)	200m	01:49.69	28,94	
Dennis Mosterman 2005 (+36)	250m	02:15.65	25,96	
Dennis Mosterman 2005 (+36)	300m	02:44.57	28,92	
Melle van Veen 2007 (+37)	350m	03:10.02	25,45	
Melle van Veen 2007 (+37)	400m	03:38.79	28,77	
<b>24. Blue Marlins</b>				<b>03:39.69</b>
Fabian Riedijk 2008 (+69)	50m	00:26.52	26,52	
Fabian Riedijk 2008 (+69)	100m	00:55.61	29,09	
Thom De Hoog 2006 (+30)	150m	01:21.16	25,55	
Thom De Hoog 2006 (+30)	200m	01:50.71	29,55	
Jasper Willig 2001 (+25)	250m	02:16.41	25,70	
Jasper Willig 2001 (+25)	300m	02:46.08	29,67	
Mika Bindels 2007 (+50)	350m	03:11.63	25,55	
Mika Bindels 2007 (+50)	400m	03:39.69	28,06	
<b>46. 4x100m wisselslag dames</b>				
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>				
<b>1. ZPC AMERSFOORT</b>				<b>04:03.38</b>
Maike Ooms 2008 (+70)	50m	00:29.56	29,56	
Maike Ooms 2008 (+70)	100m	01:00.80	31,24	
Bridget Vermeer 2005 (+46)	150m	01:33.16	32,36	
Bridget Vermeer 2005 (+46)	200m	02:11.37	38,21	
Femke Spiering 2002 (+23)	250m	02:37.85	26,48	
Femke Spiering 2002 (+23)	300m	03:08.85	31,00	
Rosalie Reef 2008 (+44)	350m	03:34.90	26,05	
Rosalie Reef 2008 (+44)	400m	04:03.38	28,48	
<b>2. Blue Marlins</b>				<b>04:03.94</b>
Jinth Engelse 2008 (+58)	50m	00:29.03	29,03	
Jinth Engelse 2008 (+58)	100m	01:00.15	31,12	
Lynn Blommers 2001 (+37)	150m	01:31.66	31,51	
Lynn Blommers 2001 (+37)	200m	02:08.10	36,44	
Megan Jonkman 2006 (+29)	250m	02:36.34	28,24	
Megan Jonkman 2006 (+29)	300m	03:09.08	32,74	
Mare Schallenberg 2006 (+26)	350m	03:35.04	25,96	
Mare Schallenberg 2006 (+26)	400m	04:03.94	28,90	
<b>3. WVZ</b>				<b>04:04.46</b>
Britta Koehorst 2003 (+66)	50m	00:29.11	29,11	
Britta Koehorst 2003 (+66)	100m	01:01.36	32,25	
Jill Nai Chung Tong 2004 (+42)	150m	01:32.94	31,58	
Jill Nai Chung Tong 2004 (+42)	200m	02:09.48	36,54	
Marit Huisman 2005 (+35)	250m	02:37.45	27,97	
Marit Huisman 2005 (+35)	300m	03:12.45	35,00	
Milou van Wijk 2004 (+49)	350m	03:37.33	24,88	
Milou van Wijk 2004 (+49)	400m	04:04.46	27,13	
<b>4. De Dolfijn</b>				<b>04:04.84</b>
Lieke Oude Lenferink 2002 (+63)	50m	00:30.20	30,20	
Lieke Oude Lenferink 2002 (+63)	100m	01:02.61	32,41	
Hanna Kareinen 2000 (+45)	150m	01:34.71	32,10	
Hanna Kareinen 2000 (+45)	200m	02:10.93	36,22	
Kinge Zandringa 1998 (+41)	250m	02:38.50	27,57	
Kinge Zandringa 1998 (+41)	300m	03:10.62	32,12	
Angelina Rolman 2007 (+27)	350m	03:36.81	26,19	
Angelina Rolman 2007 (+27)	400m	04:04.84	28,03	
<b>5. PSV</b>				<b>04:05.23</b>

Zinke Delcommune 2005 (+60)	50m	00:30.13	30,13	
Zinke Delcommune 2005 (+60)	100m	01:03.00	32,87	
Kim Jansen van Galen 2002 (+27)	150m	01:35.54	32,54	
Kim Jansen van Galen 2002 (+27)	200m	02:12.58	37,04	
Kim Busch 1998 (+16)	250m	02:39.50	26,92	
Kim Busch 1998 (+16)	300m	03:11.88	32,38	
Sam van Nunen 2001 (+20)	350m	03:37.25	25,37	
Sam van Nunen 2001 (+20)	400m	04:05.23	27,98	
<b>6. De Dolfijn</b>				<b>04:14.33</b>
Eefje Irvine 2007 (+60)	50m	00:31.18	31,18	
Eefje Irvine 2007 (+60)	100m	01:04.39	33,21	
Sterre Hendriks 2004 (+42)	150m	01:36.27	31,88	
Sterre Hendriks 2004 (+42)	200m	02:13.89	37,62	
Indira van Aggele 2008 (-3)	250m	02:42.90	29,01	
Indira van Aggele 2008 (-3)	300m	03:17.19	34,29	
Femke Hoppenbrouwer 2003 (+1)	350m	03:43.73	26,54	
Femke Hoppenbrouwer 2003 (+1)	400m	04:14.33	30,60	
<b>7. DZ&amp;PC</b>				<b>04:15.64</b>
Maike Issard 2003 (+76)	50m	00:31.05	31,05	
Maike Issard 2003 (+76)	100m	01:04.73	33,68	
Esmee Mulder 2008 (+10)	150m	01:38.41	33,68	
Esmee Mulder 2008 (+10)	200m	02:17.56	39,15	
Frouke Ludwig 2008 (+43)	250m	02:46.52	28,96	
Frouke Ludwig 2008 (+43)	300m	03:20.29	33,77	
Sara Korhuis 2006 (+43)	350m	03:46.60	26,31	
Sara Korhuis 2006 (+43)	400m	04:15.64	29,04	
<b>8. De Dolfijn</b>				<b>04:16.54</b>
Silke Holkenborg 2001 (+77)	50m	00:30.90	30,90	
Silke Holkenborg 2001 (+77)	100m	01:04.49	33,59	
Djanilla Brink 2006 (+18)	150m	01:37.32	32,83	
Djanilla Brink 2006 (+18)	200m	02:15.37	38,05	
Serena Stel 1998 (+48)	250m	02:46.05	30,68	
Serena Stel 1998 (+48)	300m	03:19.72	33,67	
Tamara Grove 1996 (+20)	350m	03:46.62	26,90	
Tamara Grove 1996 (+20)	400m	04:16.54	29,92	
<b>9. Feijenoord Albion Zwemclub</b>				<b>04:16.90</b>
Guusje van Lent 2002 (+72)	50m	00:32.65	32,65	
Guusje van Lent 2002 (+72)	100m	01:09.01	36,36	
Fenna de Groot 1997 (+13)	150m	01:42.11	33,10	
Fenna de Groot 1997 (+13)	200m	02:21.26	39,15	
Tessa Giele 2002 (+33)	250m	02:47.93	26,67	
Tessa Giele 2002 (+33)	300m	03:18.29	30,36	
Jazz-Lynn Gomes Delgado 2008 (+33)	350m	03:45.44	27,15	
Jazz-Lynn Gomes Delgado 2008 (+33)	400m	04:16.90	31,46	
<b>10. PSV</b>				<b>04:18.26</b>
Nikita van den Ouden 1999 (+79)	50m	00:31.23	31,23	
Nikita van den Ouden 1999 (+79)	100m	01:05.27	34,04	
Nina Zusterzeel 2008 (+41)	150m	01:38.55	33,28	
Nina Zusterzeel 2008 (+41)	200m	02:17.32	38,77	
Kirsten Verhalle 2004 (+25)	250m	02:46.39	29,07	
Kirsten Verhalle 2004 (+25)	300m	03:20.66	34,27	
Hylcke de Beer 2007 (+47)	350m	03:47.93	27,27	
Hylcke de Beer 2007 (+47)	400m	04:18.26	30,33	
<b>11. WVZ</b>				<b>04:18.58</b>
Malin Roozeboom 2011 (+70)	50m	00:30.69	30,69	
Malin Roozeboom 2011 (+70)	100m	01:03.64	32,95	
Jade Geurts 2004 (+35)	150m	01:36.66	33,02	
Jade Geurts 2004 (+35)	200m	02:14.44	37,78	
Emma Verkuyl 2005 (+31)	250m	02:44.52	30,08	
Emma Verkuyl 2005 (+31)	300m	03:19.82	35,30	
Annieke Rupke 2007 (+9)	350m	03:47.22	27,40	
Annieke Rupke 2007 (+9)	400m	04:18.58	31,36	

12. Dedemsvaart-AC			04:19.20
Ismay Lichtendonk 2004 (+77)	50m	00:30.19 30,19	
Ismay Lichtendonk 2004 (+77)	100m	01:02.50 32,31	
Michelle Zomerdijk 2000 (+34)	150m	01:35.92 33,42	
Michelle Zomerdijk 2000 (+34)	200m	02:16.51 40,59	
Manon Compagner 2001 (+28)	250m	02:44.89 28,38	
Manon Compagner 2001 (+28)	300m	03:19.37 34,48	
Alessia Sluis 2003 (+2)	350m	03:47.22 27,85	
Alessia Sluis 2003 (+2)	400m	04:19.20 31,98	
13. HZ&PC Heerenveen			04:19.87
Silke Hooghiemstra 2009 (+68)	50m	00:30.46 30,46	
Silke Hooghiemstra 2009 (+68)	100m	01:03.25 32,79	
Hedwig Bolt 2006 (+33)	150m	01:37.50 34,25	
Hedwig Bolt 2006 (+33)	200m	02:17.19 39,69	
Marte Hieke van der Kamp 2005 (+13)	250m	02:46.90 29,71	
Marte Hieke van der Kamp 2005 (+13)	300m	03:21.81 34,91	
Laura van Etten 2008 (+37)	350m	03:49.26 27,45	
Laura van Etten 2008 (+37)	400m	04:19.87 30,61	
14. DAW			04:20.47
Bette Peetoom 2008 (+61)	50m	00:33.01 33,01	
Bette Peetoom 2008 (+61)	100m	01:09.05 36,04	
Kim Oudendijk 2006 (+13)	150m	01:42.17 33,12	
Kim Oudendijk 2006 (+13)	200m	02:21.93 39,76	
Evy Rozeboom 2006 (+39)	250m	02:50.89 28,96	
Evy Rozeboom 2006 (+39)	300m	03:24.14 33,25	
Naya Koc 2004 (+35)	350m	03:50.94 26,80	
Naya Koc 2004 (+35)	400m	04:20.47 29,53	
15. Blue Marlins			04:20.86
Madelief Mans 2005 (+68)	50m	00:31.49 31,49	
Madelief Mans 2005 (+68)	100m	01:06.76 35,27	
Lisa Dirkzwager 2007 (+59)	150m	01:39.77 33,01	
Lisa Dirkzwager 2007 (+59)	200m	02:18.94 39,17	
Violetta Pflug 2008 (+23)	250m	02:47.91 28,97	
Violetta Pflug 2008 (+23)	300m	03:23.31 35,40	
Ilse Rozema 2008 (+39)	350m	03:50.48 27,17	
Ilse Rozema 2008 (+39)	400m	04:20.86 30,38	
16. VZC			04:24.65
Charlotte Woltjes 2007 (+72)	50m	00:31.47 31,47	
Charlotte Woltjes 2007 (+72)	100m	01:05.64 34,17	
Alexandra Gepkens 2007 (+4)	150m	01:39.93 34,29	
Alexandra Gepkens 2007 (+4)	200m	02:20.85 40,92	
Juliëtte Woltjes 2009 (+14)	250m	02:50.74 29,89	
Juliëtte Woltjes 2009 (+14)	300m	03:26.82 36,08	
Elin Ditewig 2009 (+31)	350m	03:54.01 27,19	
Elin Ditewig 2009 (+31)	400m	04:24.65 30,64	
17. Hellas-Glana			04:25.09
Myrthe Stelten 2009 (+68)	50m	00:32.69 32,69	
Myrthe Stelten 2009 (+68)	100m	01:07.91 35,22	
Benigna Kocsispeter 2007 (+28)	150m	01:40.79 32,88	
Benigna Kocsispeter 2007 (+28)	200m	02:19.04 38,25	
Judith Houtvast 2003 (+28)	250m	02:49.61 30,57	
Judith Houtvast 2003 (+28)	300m	03:27.39 37,78	
Britt Cornelissens 2000 (+22)	350m	03:54.40 27,01	
Britt Cornelissens 2000 (+22)	400m	04:25.09 30,69	
18. Nuenen			04:27.30
Merel Phaff 2001 (+65)	50m	00:31.75 31,75	
Merel Phaff 2001 (+65)	100m	01:06.16 34,41	
Robin Goossens 2000 (+34)	150m	01:40.22 34,06	
Robin Goossens 2000 (+34)	200m	02:19.63 39,41	
Anneloes Peulen 1985 (+20)	250m	02:50.69 31,06	
Anneloes Peulen 1985 (+20)	300m	03:28.32 37,63	
Julie van Nispen 2008 (+45)	350m	03:56.15 27,83	
Julie van Nispen 2008 (+45)	400m	04:27.30 31,15	

19. Blue Marlins			04:30.69
Annedieke Scholte 2007 (+62)	50m	00:32.64 32,64	
Annedieke Scholte 2007 (+62)	100m	01:08.26 35,62	
Milou Demirel 2005 (+36)	150m	01:44.09 35,83	
Milou Demirel 2005 (+36)	200m	02:26.50 42,41	
Lisa Dreesens 1991 (+26)	250m	02:56.64 30,14	
Lisa Dreesens 1991 (+26)	300m	03:31.73 35,09	
Sophia van Droffelaar 2005 (+50)	350m	04:00.08 28,35	
Sophia van Droffelaar 2005 (+50)	400m	04:30.69 30,61	
20. ZPCH			04:33.03
Jenny Muntinga 2009 (+59)	50m	00:32.22 32,22	
Jenny Muntinga 2009 (+59)	100m	01:07.02 34,80	
Linou van Kampen 2010 (+33)	150m	01:45.09 38,07	
Linou van Kampen 2010 (+33)	200m	02:27.11 42,02	
Kim Zwinkels 2003 (+36)	250m	02:56.79 29,68	
Kim Zwinkels 2003 (+36)	300m	03:31.02 34,23	
Sophie Brouwer 2005 (+54)	350m	04:00.15 29,13	
Sophie Brouwer 2005 (+54)	400m	04:33.03 32,88	
21. DZ&PC			04:33.53
Maud Roffel 2007 (+72)	50m	00:33.14 33,14	
Maud Roffel 2007 (+72)	100m	01:08.60 35,46	
Lise Kleinbekman 2005 (+46)	150m	01:43.69 35,09	
Lise Kleinbekman 2005 (+46)	200m	02:24.90 41,21	
Karin Rijkelijkhuisen 1994 (+24)	250m	02:55.51 30,61	
Karin Rijkelijkhuisen 1994 (+24)	300m	03:32.39 36,88	
Myrthe Natzijl 2004 (+45)	350m	04:01.63 29,24	
Myrthe Natzijl 2004 (+45)	400m	04:33.53 31,90	
22. Zwemlust-den Hommel			04:35.82
Mijke van Hal 2008 (+65)	50m	00:33.97 33,97	
Mijke van Hal 2008 (+65)	100m	01:10.00 36,03	
Annika Hogenhuis 2007 (+33)	150m	01:44.18 34,18	
Annika Hogenhuis 2007 (+33)	200m	02:24.37 40,19	
Sophie Stekelenburg 2004 (+29)	250m	02:55.81 31,44	
Sophie Stekelenburg 2004 (+29)	300m	03:35.67 39,86	
Manon Kloosterman 1997 (+13)	350m	04:03.87 28,20	
Manon Kloosterman 1997 (+13)	400m	04:35.82 31,95	
23. ZVL-1886			04:37.90
Victoria Diederiks 2009 (+60)	50m	00:33.84 33,84	
Victoria Diederiks 2009 (+60)	100m	01:10.13 36,29	
Rozalia Diederiks 2011 (+52)	150m	01:48.11 37,98	
Rozalia Diederiks 2011 (+52)	200m	02:33.29 45,18	
Silke Molendijk 2001 (+31)	250m	03:02.94 29,65	
Silke Molendijk 2001 (+31)	300m	03:36.99 34,05	
Jelsie van Ruijven 2005 (+36)	350m	04:05.89 28,90	
Jelsie van Ruijven 2005 (+36)	400m	04:37.90 32,01	
24. Team Noord Holland (SG)			04:41.49
Megan Snoek 2009 (+58)	50m	00:34.16 34,16	
Megan Snoek 2009 (+58)	100m	01:14.93 40,77	
Rafaela Mulders 2007 (+60)	150m	01:49.90 34,97	
Rafaela Mulders 2007 (+60)	200m	02:29.36 39,46	
Florianne Bultje 1998 (+15)	250m	03:00.97 31,61	
Florianne Bultje 1998 (+15)	300m	03:39.32 38,35	
Patricia de Leu 2009 (+35)	350m	04:08.72 29,40	
Patricia de Leu 2009 (+35)	400m	04:41.49 32,77	