

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-------------------------|----------------------|--------|-----------|--------------|-----|
| 1. | Erik Bult | DAW | 24.95 | 199902153 | 25.68 | 540 |
| 2. | Boyd Wijkman | MSV-Zeemacht | 26.27 | 200104759 | 26.31 | 502 |
| 3. | Hiras Ferrandino | Dwt | 26.18 | 199306527 | 26.39 | 497 |
| 4. | Jean Carlos de la Court | ZV De Aalscholver | 27.86 | 200005539 | 27.03 | 463 |
| 5. | Kaspur van der Lem | Swimcademy | 27.87 | 199600279 | 27.27 | 451 |
| 6. | Zyco van Esveld | Dwt | 27.76 | 199903843 | 27.50 | 440 |
| 7. | Abdelrahman Mohamed | Dwt | 27.90 | 199805237 | 27.91 | 421 |
| 8. | Sil Oeldrich | DAW | 27.73 | 200103923 | 28.14 | 410 |
| 9. | Fayssal Lantema | De Fuut | 29.56 | 200101379 | 28.18 | 409 |
| 10. | Miguel Klooster | Dwt | 28.85 | 200100613 | 28.31 | 403 |
| 11. | Marlon Bil | DAW | 27.15 | 200102649 | 28.34 | 402 |
| 12. | Elroy van der Wees | WZ&PC Purmerend | 27.73 | 199902717 | 28.46 | 397 |
| 13. | Sven Schutte | Zwemlust- den Hommel | 26.79 | 198604713 | 28.48 | 687 |
| 14. | Jeffrey Dekker | Aquarius | 29.84 | 199604157 | 28.51 | 395 |
| 15. | Joey de Groot | ZV De Aalscholver | 29.19 | 200303587 | 28.78 | 384 |
| 16. | Marcel van der Lem | Swimcademy | 28.11 | 196500563 | 28.88 | 380 |
| 17. | Koen Schelhaas | Dwt | 28.86 | 200202963 | 29.07 | 372 |
| 18. | Teije Langelaan | Dwt | 33.57 | 200004569 | 29.18 | 368 |
| 19. | Max van Schagen | De Columbiaan | 29.98 | 200402591 | 29.45 | 358 |
| 20. | Jordi van der Lem | Swimcademy | 30.05 | 200000189 | 29.67 | 350 |
| 21. | Roel Wit | DAW | 30.62 | 200202085 | 29.69 | 349 |
| 22. | Tycho Maas | WZ&PC Purmerend | 31.66 | 200304551 | 30.16 | 333 |
| 23. | Quentin Ruiz | De Forel | 30.56 | 200100187 | 31.26 | 299 |
| 24. | Anouar Visser | ZV De Aalscholver | 33.43 | 200301829 | 31.45 | 294 |
| 25. | Twan Rozie | MSV-Zeemacht | 30.53 | 199107371 | 32.53 | 266 |
| 26. | Daan van Dijk | DAW | 32.45 | 200303149 | 32.95 | 256 |
| 27. | Vincent van Wely | WZ&PC Purmerend | 33.54 | 200400989 | 33.37 | 246 |
| 28. | Dimitri Lans | ZV De Aalscholver | 39.45 | 200401325 | 35.38 | 206 |
| 29. | Sander Komen | Zwemvereniging Hoorn | NT | 197201507 | 35.97 | 196 |
| 30. | Marc Tol | Swimcademy | 41.34 | 200400125 | 36.68 | 185 |
| AFGEM | Kelvin Douwma | Dwt | 37.93 | 200400547 | | |

| rang | naam | vereniging | intijd | | tijd | RT |
|------|------------------------------|----------------------|--------|-----------|--------------|-----|
| 1. | Anouk van der Kruk | MSV-Zeemacht | 27.79 | 199903778 | 28.68 | 566 |
| 2. | Rowie Kamp | De Reuring | 30.22 | 200001706 | 29.29 | 532 |
| 3. | Ouassima Quandil | Dwt | 28.78 | 200102948 | 29.30 | 531 |
| 4. | Jente Dekker | DAW | 28.57 | 200102724 | 29.35 | 529 |
| 5. | Suzanne Mosch | MSV-Zeemacht | 27.93 | 199400548 | 29.45 | 523 |
| 6. | Chantal Beijer | Dwt | 31.46 | 199700884 | 29.76 | 507 |
| 7. | Fabienne Scholing | Zwemvereniging Hoorn | 30.20 | 200004380 | 30.08 | 491 |
| 8. | Michelle Miltenburg | De Fuut | 29.75 | 200000224 | 30.21 | 485 |
| 9. | Amber van der Kruk | MSV-Zeemacht | 31.76 | 200102730 | 30.40 | 476 |
| 10. | Bibi Dilweg | De Reuring | 30.92 | 200304848 | 30.73 | 460 |
| 11. | Vera Kalous | Dwt | 32.49 | 200006610 | 30.87 | 454 |
| 12. | Kyra Wesemann | MSV-Zeemacht | 29.72 | 200201440 | 31.00 | 449 |
| 13. | Sharon van der Lem | Swimcademy | 31.22 | 199800270 | 31.45 | 430 |
| | <i>F1</i> | | | | | |
| | Amber Hesper | Van Vliet-Barracuda | 30.98 | 200202188 | 31.45 | 430 |
| | <i>F2</i> | | | | | |
| 15. | Mabel Farenhorst | WZ&PC Purmerend | 31.18 | 200301004 | 31.51 | 427 |
| 16. | Anique Star | De Columbiaan | 31.91 | 200400446 | 31.55 | 425 |
| 17. | Anne van der Schatte Olivier | ZV De Aalscholver | 29.88 | 199605302 | 31.59 | 424 |
| 18. | Donna van Beusekom | WZ&PC Purmerend | 31.01 | 200101762 | 31.93 | 410 |
| 19. | Calina van der Lem | Swimcademy | 32.07 | 200200086 | 32.35 | 395 |
| 20. | Demi Brama | ZV De Aalscholver | 31.25 | 200003564 | 32.43 | 392 |
| 21. | Sofia Vijsma | WZ&PC Purmerend | 33.43 | 200302670 | 32.58 | 386 |
| 22. | Dianne Postma | De Fuut | 33.10 | 200402264 | 32.99 | 372 |
| 23. | Milou Lang | Het Y | 34.30 | 200301946 | 33.28 | 363 |
| 24. | Adia Seye | Dwt | 33.15 | 200005366 | 33.54 | 354 |
| 25. | Maaïke Buck | ZV De Bron | 33.45 | 200402532 | 33.69 | 349 |
| | Benthe Voss | Het Y | 34.18 | 200404182 | 33.69 | 349 |
| | Ricia Meijer | DAW | 33.31 | 200401210 | 33.69 | 349 |
| 28. | Priscilla Aarts | Dwt | 32.93 | 199804610 | 34.30 | 331 |

Programmanr. 2, Dames, 50m vrije slag, junioren 1 en ouder

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-----------------------|-----------------|--------|-----------|--------------|-----|
| 29. | Jonna Meesters | De Fuut | 36.17 | 200303236 | 34.88 | 315 |
| 30. | Lisa Moerkens | WZ&PC Purmerend | 33.60 | 200301118 | 34.94 | 313 |
| 31. | Thalita Dekker | Aquarius | 34.21 | 199803220 | 34.98 | 312 |
| 32. | Emma de Mos | De Fuut | 36.75 | 200301338 | 35.29 | 304 |
| | Lisa Weustink | Dwt | 43.27 | 200502904 | 35.29 | 304 |
| 34. | Resmi Voorneveld | WZ&PC Purmerend | 36.15 | 200404258 | 35.93 | 288 |
| 35. | Lina Haddouyate | De Fuut | 37.90 | 200403962 | 37.70 | 249 |
| 36. | Fleur Brouwer | De Fuut | 41.12 | 200402268 | 38.93 | 226 |
| 37. | Caitlyn Zonneveld | DAW | 45.66 | 200503602 | 39.76 | 213 |
| 38. | Myra Elsinghorst | De Fuut | 40.60 | 200502970 | 40.12 | 207 |
| 39. | Nynke Maarhuis | Dwt | 54.66 | 200503640 | 46.24 | 135 |
| AFGEM | Suzanne van den Brink | MSV-Zeemacht | 29.30 | 199901438 | | |
| AFGEM | Sophie Clarke | Het Y | 39.38 | 200502764 | | |

Programmanr. 3
20-11-2016 - 13:57

Heren, 200m schoolslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|-------|-------------------|----------------------|---------|-----------|----------------|------|---------|---------|
| 1. | Thomas Hesper | Van Vliet-Barracuda | 2:32.14 | 200004181 | 2:39.58 | 504 | 1:14.69 | 2:39.58 |
| 2. | Jeffrey Camphens | Dwt | 2:44.63 | 199503113 | 2:41.74 | 484 | 1:17.60 | 2:41.74 |
| 3. | Carlo Ruiz | De Forel | 2:33.49 | 199802549 | 2:47.84 | 433 | 1:19.06 | 2:47.84 |
| 4. | Robin van Peenen | De Columbiaan | 2:49.46 | 200201059 | 2:56.66 | 372 | 1:24.75 | 2:56.66 |
| 5. | Emre Uysal | Dwt | 2:57.28 | 200003465 | 2:58.84 | 358 | 1:25.68 | 2:58.84 |
| 6. | Hans Schoenmakers | DAW | 2:52.53 | 196900863 | 3:03.15 | 333 | 1:27.05 | 3:03.15 |
| 7. | Thomas van Peenen | De Columbiaan | 3:17.32 | 200400097 | 3:17.39 | 266 | 1:36.87 | 3:17.39 |
| 8. | Sander Komen | Zwemvereniging Hoorn | NT | 197201507 | 3:19.79 | 257 | 1:31.51 | 3:19.79 |
| 9. | Lucas Douwma | Dwt | 3:32.91 | 200401337 | 3:24.50 | 240 | 1:40.68 | 3:24.50 |
| AFGEM | Anton Smirnov | Dwt | 3:23.50 | 200005597 | | | | |

Programmanr. 4
20-11-2016 - 14:05

Dames, 200m schoolslag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|------|----------------------|-------------------|---------|-----------|----------------|------|---------|---------|
| 1. | Anouk Elzerman | De Dolfijn | 2:29.20 | 199005914 | 2:32.35 | 761 | 1:13.38 | 2:32.35 |
| 2. | Danielle Vis | De Columbiaan | 3:07.80 | 200401044 | 3:05.34 | 423 | 1:28.14 | 3:05.34 |
| 3. | Elise Vink | De Columbiaan | 3:16.52 | 200502588 | 3:19.57 | 339 | 1:36.14 | 3:19.57 |
| 4. | Julie van Leeuwen | ZV De Aalscholver | 3:17.74 | 199805994 | 3:21.33 | 330 | 1:35.40 | 3:21.33 |
| 5. | Nienke Merkus | De Fuut | 3:31.58 | 200304734 | 3:28.43 | 297 | 1:36.69 | 3:28.43 |
| 6. | Odette Helsloot | Dwt | 3:34.05 | 199802764 | 3:32.45 | 281 | 1:40.92 | 3:32.45 |
| 7. | Danique Wittenbernds | DAW | 3:26.09 | 200401214 | 3:37.58 | 261 | 1:40.17 | 3:37.58 |
| 8. | Jiska Randsdorp | Het Y | 3:50.00 | 200501804 | 4:09.38 | 174 | 2:02.83 | 4:09.38 |
| DIS | Mika van Riet | De Fuut | 3:24.37 | 200501636 | | | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

Programmanr. 5
20-11-2016 - 14:14

Heren, 100m rugslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|-------------------|---------|-----------|----------------|-----|
| 1. | Damian Martens | Het Y | 1:01.94 | 199701095 | 1:05.53 | 498 |
| 2. | Erno Vriens | WZ&PC Purmerend | 1:04.06 | 199902587 | 1:07.04 | 465 |
| 3. | Thijs van den End | ZPC Woerden | 1:08.36 | 199306803 | 1:08.34 | 738 |
| 4. | Alex Meijer | DAW | 1:09.75 | 199902925 | 1:11.43 | 384 |
| 5. | Miguel Klooster | Dwt | 1:11.05 | 200100613 | 1:11.69 | 380 |
| 6. | Luc Mul | DAW | 1:08.97 | 200201025 | 1:12.40 | 369 |
| 7. | Makai van Haren | De Forel | 1:10.27 | 200200627 | 1:13.13 | 358 |
| 8. | Koen Schelhaas | Dwt | 1:13.24 | 200202963 | 1:15.01 | 332 |
| 9. | Jeroen Reckman | ZPCNumansdorp | 1:12.48 | 200100209 | 1:15.99 | 319 |
| 10. | Juiliano Soliani | DAW | 1:14.01 | 200400353 | 1:16.24 | 316 |
| 11. | Twan Rozie | MSV-Zeemacht | 1:13.09 | 199107371 | 1:17.61 | 300 |
| 12. | Justin Jansen | ZV De Aalscholver | 1:16.47 | 200302079 | 1:19.02 | 284 |
| 13. | Quint van Haren | De Forel | 1:13.47 | 200400215 | 1:19.67 | 277 |
| 14. | Ice Sangmalai | DAW | NT | 200003429 | 1:19.89 | 275 |
| 15. | Rik Bakker | De Forel | 1:38.35 | 200301143 | 1:37.87 | 149 |

Programmanr. 5, Heren, 100m rugslag, Junioren 1 en ouder

| rang | naam | vereniging | intijd | tijd | RT |
|-------|-----------------|------------|---------|-----------|----|
| AFGEM | Naoufal Quandil | Dwt | 1:38.98 | 200301155 | |
| AFGEM | Liam Burger | DAW | 1:17.98 | 200201001 | |

Programmanr. 6
20-11-2016 - 14:20

Dames, 100m rugslag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|----------------------|----------------------|---------|-----------|--------------------|
| 1. | Denise Boonstra | DAW | 1:10.06 | 199902662 | 1:13.80 488 |
| 2. | Lisanne Hassing | HZ&PC Heerenveen | 1:12.11 | 199702584 | 1:15.46 457 |
| 3. | Fabienne Scholing | Zwemvereniging Hoorn | 1:14.95 | 200004380 | 1:17.42 423 |
| 4. | Leonie Vos | DAW | 1:11.74 | 199901662 | 1:17.73 418 |
| 5. | Anouk Vis | De Columbiaan | 1:15.83 | 200203322 | 1:18.75 402 |
| 6. | Chantal van Willegen | De Forel | 1:12.25 | 200302422 | 1:19.10 397 |
| 7. | Juul Jansen | DAW | 1:21.32 | 200304004 | 1:24.96 320 |
| 8. | Kithapat Braunius | Dwt | 1:20.36 | 200201532 | 1:26.46 304 |
| 9. | Emma Verkuijl | Van Vliet-Barracuda | 1:23.13 | 200500826 | 1:27.99 288 |
| 10. | Kelly Dijst | WZ&PC Purmerend | 1:26.71 | 200500252 | 1:31.15 259 |
| 11. | Priscilla Aarts | Dwt | 1:27.31 | 199804610 | 1:34.09 236 |
| 12. | Lisa Weustink | Dwt | 1:41.90 | 200502904 | 1:40.04 196 |
| 13. | Nynke Maarhuis | Dwt | 1:50.00 | 200503640 | 1:53.44 134 |
| AFGEM | Shania van Wijk | De Fuut | 1:24.41 | 200000968 | |
| AFGEM | Anna Tinga | De Forel | 1:14.68 | 200302734 | |
| AFGEM | Chloe Boes | WZ&PC Purmerend | 1:28.75 | 200502384 | |
| AFGEM | Loeki Griffioen | WZ&PC Purmerend | 1:27.49 | 200502386 | |
| AFGEM | Sophie Clarke | Het Y | 1:38.41 | 200502764 | |

Programmanr. 7
20-11-2016 - 14:27

Heren, 50m vlinderslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|---------------------|-----------------|--------|-----------|------------------|
| 1. | Erik Bult | DAW | 28.06 | 199902153 | 28.41 492 |
| 2. | Jordi de Nijs | MSV-Zeemacht | 27.66 | 199801851 | 28.78 473 |
| 3. | Hiras Ferrandino | Dwt | 29.15 | 199306527 | 29.99 418 |
| 4. | Zyco van Esveld | Dwt | 30.40 | 199903843 | 30.23 408 |
| 5. | Arjan Bellaart | Het Y | 29.94 | 196900079 | 30.38 402 |
| 6. | Abdelrahman Mohamed | Dwt | 30.48 | 199805237 | 30.48 399 |
| 7. | Kaspur van der Lem | Swimcademy | 30.72 | 199600279 | 31.23 370 |
| 8. | Max van Schagen | De Columbiaan | 33.26 | 200402591 | 33.44 302 |
| 9. | Teije Langelaan | Dwt | 41.89 | 200004569 | 33.85 291 |
| 10. | Jeffrey Dekker | Aquarius | 34.82 | 199604157 | 34.09 285 |
| 11. | Jordi van der Lem | Swimcademy | 39.84 | 200000189 | 34.74 269 |
| 12. | Jimmy Robinson | WZ&PC Purmerend | 34.78 | 200002457 | 34.96 264 |
| 13. | Lucas Douwma | Dwt | 44.57 | 200401337 | 44.34 129 |
| AFGEM | Kelvin Douwma | Dwt | 46.58 | 200400547 | |

Programmanr. 8
20-11-2016 - 14:30

Dames, 50m vlinderslag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------------|-----------------|--------|-----------|------------------|
| 1. | Vera Kalous F1 | Dwt | 34.58 | 200006610 | 33.17 400 |
| | Ouassima Quandil F2 | Dwt | 33.32 | 200102948 | 33.17 400 |
| 3. | Mabel Farenhorst | WZ&PC Purmerend | 33.19 | 200301004 | 33.56 386 |
| 4. | Amber Bellaart | Het Y | 33.26 | 200101260 | 33.93 373 |
| 5. | Robine Boer | De Columbiaan | 38.97 | 200402180 | 38.05 265 |
| 6. | Adia Seye | Dwt | 37.43 | 200005366 | 38.30 260 |
| 7. | Lisa Moerkens | WZ&PC Purmerend | 35.42 | 200301118 | 38.83 249 |
| 8. | Sharon van der Lem | Swimcademy | 40.31 | 199800270 | 38.99 246 |
| 9. | Bibi Dilweg | De Reuring | 35.06 | 200304848 | 39.22 242 |
| 10. | Sigrid Hoogland | De Forel | 38.31 | 200301976 | 39.24 241 |
| 11. | Ricia Meijer | DAW | 38.23 | 200401210 | 41.76 200 |
| 12. | Julie Randsdorp | Het Y | 42.20 | 200104410 | 41.90 198 |

Programmanr. 8, Dames, 50m vlinderslag, junioren 1 en ouder

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|-----------------|--------|-----------|--------------|-----|
| 13. | Thalita Dekker | Aquarius | 41.94 | 199803220 | 42.59 | 189 |
| 14. | Resmi Voorneveld | WZ&PC Purmerend | 42.54 | 200404258 | 43.04 | 183 |
| 15. | Caitlyn Zonneveld | DAW | NT | 200503602 | 50.90 | 111 |

Programmanr. 9 Heren, 200m wisselslag Junioren 1 en ouder
20-11-2016 - 14:33 Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|-------|-------------------------|-------------------|---------|-----------|----------------|------|------|---------|
| 1. | Viktor Koets | De Columbiaan | 2:31.77 | 200201677 | 2:33.03 | 413 | | 2:33.03 |
| 2. | Alex Meijer | DAW | 2:35.33 | 199902925 | 2:37.96 | 376 | | 2:37.96 |
| 3. | Fayssal Lantema | De Fuut | 2:48.26 | 200101379 | 2:40.53 | 358 | | 2:40.53 |
| 4. | Luc Mul | DAW | 2:43.73 | 200201025 | 2:41.12 | 354 | | 2:41.12 |
| 5. | Jean Carlos de la Court | ZV De Aalscholver | 2:38.41 | 200005539 | 2:43.98 | 336 | | 2:43.98 |
| 6. | Emre Uysal | Dwt | 2:37.55 | 200003465 | 2:47.75 | 314 | | 2:47.75 |
| 7. | Quint van Haren | De Forel | 2:45.85 | 200400215 | 2:55.63 | 273 | | 2:55.63 |
| 8. | Daan van Dijk | DAW | 3:17.38 | 200303149 | 3:01.65 | 247 | | 3:01.65 |
| AFGEM | Anton Smirnov | Dwt | 3:22.27 | 200005597 | | | | |

Programmanr. 10 Dames, 200m wisselslag junioren 1 en ouder
20-11-2016 - 14:40 Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|------|--------------------|----------------------|---------|-----------|----------------|------|------|---------|
| 1. | Chantal Beijer | Dwt | 2:48.65 | 199700884 | 2:43.97 | 455 | | 2:43.97 |
| 2. | Ilna Hogerheyde | DAW | 2:42.58 | 197400224 | 2:50.59 | 404 | | 2:50.59 |
| 3. | Danielle Vis | De Columbiaan | 2:53.55 | 200401044 | 2:54.22 | 379 | | 2:54.22 |
| 4. | Nine Galy | DAW | 2:59.54 | 200402902 | 3:02.12 | 332 | | 3:02.12 |
| 5. | Donna van Beusekom | WZ&PC Purmerend | 2:51.06 | 200101762 | 3:02.94 | 328 | | 3:02.94 |
| 6. | Anique Star | De Columbiaan | 2:55.76 | 200400446 | 3:07.53 | 304 | | 3:07.53 |
| 7. | Bente Kaspers | Zwemvereniging Hoorn | 3:04.80 | 200402160 | 3:08.69 | 299 | | 3:08.69 |
| 8. | Maaïke Buck | ZV De Bron | 3:09.24 | 200402532 | 3:10.87 | 288 | | 3:10.87 |
| 9. | Noor Frijlink | De Columbiaan | 3:13.63 | 200500970 | 3:12.83 | 280 | | 3:12.83 |
| 10. | Odette Helsloot | Dwt | 3:10.36 | 199802764 | 3:14.51 | 273 | | 3:14.51 |

Programmanr. 11 Heren, 1500m vrije slag Junioren 1 en ouder
20-11-2016 - 14:48 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------|-------------------|----------------|-----------|-----------------|-----|
| 1. | Sven Elfferich | Het Y | 19:15.21 | 200100529 | 18:58.12 | 448 |
| | 100m: 1:07.72 | 1:07.72 | 500m: 900m: | | 1300m: | |
| | 200m: 2:21.68 | 1:13.96 | 600m: 1000m: | | 1400m: | |
| | 300m: | | 700m: 1100m: | | 1500m: 18:58.12 | |
| | 400m: 4:55.87 | | 800m: 10:06.26 | | 1200m: | |
| 2. | Joey de Groot | ZV De Aalscholver | 19:32.41 | 200303587 | 19:51.30 | 391 |
| | 100m: 1:09.07 | 1:09.07 | 500m: 900m: | | 1300m: | |
| | 200m: 2:26.95 | 1:17.88 | 600m: 1000m: | | 1400m: | |
| | 300m: | | 700m: 1100m: | | 1500m: 19:51.30 | |
| | 400m: 5:08.14 | | 800m: 10:28.41 | | 1200m: | |
| 3. | John Hardeman | De Fuut | NT | 196601615 | 19:57.91 | 384 |
| | 100m: 1:11.07 | 1:11.07 | 500m: 900m: | | 1300m: | |
| | 200m: 2:29.14 | 1:18.07 | 600m: 1000m: | | 1400m: | |
| | 300m: | | 700m: 1100m: | | 1500m: 19:57.91 | |
| | 400m: 5:09.23 | | 800m: 10:30.78 | | 1200m: | |
| 4. | Gerben Rozie | MSV-Zeemacht | 19:37.06 | 199002507 | 20:56.75 | 333 |
| | 100m: 1:13.98 | 1:13.98 | 500m: 900m: | | 1300m: | |
| | 200m: 2:35.31 | 1:21.33 | 600m: 1000m: | | 1400m: | |
| | 300m: | | 700m: 1100m: | | 1500m: 20:56.75 | |
| | 400m: 5:22.28 | | 800m: 11:02.10 | | 1200m: | |
| 5. | Merlin Belmon | Het Y | 21:30.00 | 200403191 | 21:13.21 | 320 |
| | 100m: 1:18.17 | 1:18.17 | 500m: 900m: | | 1300m: | |
| | 200m: 2:42.89 | 1:24.72 | 600m: 1000m: | | 1400m: | |
| | 300m: | | 700m: 1100m: | | 1500m: 21:13.21 | |
| | 400m: 5:32.05 | | 800m: 11:12.13 | | 1200m: | |
| 6. | Anouar Visser | ZV De Aalscholver | NT | 200301829 | 22:21.41 | 274 |
| | 100m: 1:21.79 | 1:21.79 | 500m: 900m: | | 1300m: | |
| | 200m: 2:50.49 | 1:28.70 | 600m: 1000m: | | 1400m: | |
| | 300m: | | 700m: 1100m: | | 1500m: 22:21.41 | |
| | 400m: 5:49.76 | | 800m: 11:47.65 | | 1200m: | |

Programmanr. 11, Heren, 1500m vrije slag, Junioren 1 en ouder

| rang | naam | vereniging | intijd | tijd | RT | |
|------|---------------|-------------------|----------|-----------|-----------------|-----|
| 7. | Danny Merkus | ZV De Bron | 22:29.07 | 200202955 | 23:02.40 | 250 |
| | 100m: 1:20.09 | 1:20.09 | 500m: | 900m: | 1300m: | |
| | 200m: 2:48.59 | 1:28.50 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 23:02.40 | |
| | 400m: 5:50.40 | 800m: 12:05.46 | 800m: | 1200m: | | |
| 8. | Dimitri Lans | ZV De Aalscholver | NT | 200401325 | 23:50.92 | 226 |
| | 100m: 1:28.43 | 1:28.43 | 500m: | 900m: | 1300m: | |
| | 200m: 3:04.41 | 1:35.98 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 23:50.92 | |
| | 400m: 6:16.70 | 800m: 12:44.75 | 800m: | 1200m: | | |
| 9. | Justin Jansen | ZV De Aalscholver | NT | 200302079 | 24:10.10 | 217 |
| | 100m: 1:24.90 | 1:24.90 | 500m: | 900m: | 1300m: | |
| | 200m: 2:58.78 | 1:33.88 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 24:10.10 | |
| | 400m: 6:12.46 | 800m: 12:43.55 | 800m: | 1200m: | | |
| 10. | Liam Ligthart | De Reuring | NT | 200103625 | 25:37.41 | 182 |
| | 100m: 1:30.56 | 1:30.56 | 500m: | 900m: | 1300m: | |
| | 200m: 3:11.96 | 1:41.40 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 25:37.41 | |
| | 400m: 6:38.69 | 800m: 13:35.13 | 800m: | 1200m: | | |

Programmanr. 12
20-11-2016 - 15:34

Dames, 800m vrije slag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|------|------------------------------|-------------------|---------------|-----------|----------------|-----|
| 1. | Lisanne Hassing | HZ&PC Heerenveen | 9:11.18 | 199702584 | 9:30.33 | 624 |
| | 100m: 1:03:08.89 | 1:03:08.89 | 300m: | 500m: | 700m: | |
| | 200m: 2:15.35 | | 400m: 4:40.21 | 600m: | 800m: 9:30.33 | |
| 2. | Simone Anvelink | MSV-Zeemacht | 9:54.35 | 200001546 | 10:13.44 | 502 |
| | 100m: 1:13.79 | 1:13.79 | 300m: | 500m: | 700m: | |
| | 200m: 2:31.74 | 1:17.95 | 400m: 5:06.64 | 600m: | 800m: 10:13.44 | |
| 3. | Anne van der Schatte Olivier | ZV De Aalscholver | 10:27.81 | 199605302 | 10:36.88 | 448 |
| | 100m: 1:13.55 | 1:13.55 | 300m: | 500m: | 700m: | |
| | 200m: 2:34.78 | 1:21.23 | 400m: 5:14.79 | 600m: | 800m: 10:36.88 | |
| 4. | Samira Mijnen | WZ&PC Purmerend | 11:13.32 | 199701320 | 10:59.47 | 404 |
| | 100m: 1:14.72 | 1:14.72 | 300m: | 500m: | 700m: | |
| | 200m: 2:36.81 | 1:22.09 | 400m: 5:24.13 | 600m: | 800m: 10:59.47 | |
| 5. | Anouk Vis | De Columbiaan | 10:52.95 | 200203322 | 11:04.17 | 395 |
| | 100m: 1:18.31 | 1:18.31 | 300m: | 500m: | 700m: | |
| | 200m: 2:43.81 | 1:25.50 | 400m: 5:33.46 | 600m: | 800m: 11:04.17 | |
| 6. | Julie van Leeuwen | ZV De Aalscholver | NT | 199805994 | 11:14.89 | 377 |
| | 100m: 1:18.00 | 1:18.00 | 300m: | 500m: | 700m: | |
| | 200m: 2:45.63 | 1:27.63 | 400m: 5:38.72 | 600m: | 800m: 11:14.89 | |
| 7. | Demi Brama | ZV De Aalscholver | NT | 200003564 | 11:18.11 | 371 |
| | 100m: 1:15.89 | 1:15.89 | 300m: | 500m: | 700m: | |
| | 200m: 2:40.48 | 1:24.59 | 400m: 5:32.24 | 600m: | 800m: 11:18.11 | |
| 8. | Jet Kleine | MSV-Zeemacht | NT | 199903384 | 11:23.56 | 362 |
| | 100m: 1:15.09 | 1:15.09 | 300m: | 500m: | 700m: | |
| | 200m: 2:38.24 | 1:23.15 | 400m: 5:31.27 | 600m: | 800m: 11:23.56 | |
| 9. | Kyra Wijinker | MSV-Zeemacht | 10:50.57 | 199803342 | 11:28.55 | 355 |
| | 100m: 1:17.28 | 1:17.28 | 300m: | 500m: | 700m: | |
| | 200m: 2:42.10 | 1:24.82 | 400m: 5:37.33 | 600m: | 800m: 11:28.55 | |
| 10. | Lotte Verheijen | De Fuut | NT | 200204976 | 12:01.40 | 308 |
| | 100m: 1:19.93 | 1:19.93 | 300m: | 500m: | 700m: | |
| | 200m: 2:49.43 | 1:29.50 | 400m: 5:54.53 | 600m: | 800m: 12:01.40 | |
| 11. | Rowie Kamp | De Reuring | 11:24.10 | 200001706 | 12:12.11 | 295 |
| | 100m: 1:18.05 | 1:18.05 | 300m: | 500m: | 700m: | |
| | 200m: 2:50.13 | 1:32.08 | 400m: 5:57.93 | 600m: | 800m: 12:12.11 | |

Programmanr. 13
20-11-2016 - 15:59

Heren, 50m rugslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-------------------------|-------------------|--------|-----------|--------------|-----|
| 1. | Erno Vriens | WZ&PC Purmerend | 30.61 | 199902587 | 31.11 | 461 |
| 2. | Boyd Wijkman | MSV-Zeemacht | 31.33 | 200104759 | 31.42 | 448 |
| 3. | Thijs van den End | ZPC Woerden | 32.27 | 199306803 | 32.64 | 761 |
| 4. | Arjan Bellaart | Het Y | 31.85 | 196900079 | 32.91 | 390 |
| 5. | Jeffrey Camphens | Dwt | 37.21 | 199503113 | 34.05 | 352 |
| 6. | Hiras Ferrandino | Dwt | 32.64 | 199306527 | 34.12 | 350 |
| 7. | Jean Carlos de la Court | ZV De Aalscholver | 35.84 | 200005539 | 34.70 | 333 |
| 8. | Kaspur van der Lem | Swimcademy | 34.73 | 199600279 | 34.88 | 327 |
| 9. | Zyco van Esveld | Dwt | 34.42 | 199903843 | 34.94 | 326 |
| 10. | Twan Rozie | MSV-Zeemacht | 33.13 | 199107371 | 35.21 | 318 |
| 11. | Jeffrey Dekker | Aquarius | 35.67 | 199604157 | 35.40 | 313 |
| 12. | Teije Langelaan | Dwt | 40.57 | 200004569 | 35.57 | 309 |
| 13. | Abdelrahman Mohamed | Dwt | 34.81 | 199805237 | 36.25 | 292 |
| 14. | Marlon Bil | DAW | 34.78 | 200102649 | 36.80 | 279 |
| 15. | Vincent van Wely | WZ&PC Purmerend | 39.59 | 200400989 | 40.10 | 215 |
| 16. | Marc Tol | Swimcademy | 40.30 | 200400125 | 41.19 | 199 |
| AFGEM | Naoufal Quandil | Dwt | 46.44 | 200301155 | | |

Programmanr. 14
20-11-2016 - 16:03

Dames, 50m rugslag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-----------------------|----------------------|--------|-----------|--------------|-----|
| 1. | Fabienne Scholing | Zwemvereniging Hoorn | 35.27 | 200004380 | 35.28 | 451 |
| 2. | Mabel Farenhorst | WZ&PC Purmerend | 35.32 | 200301004 | 35.78 | 433 |
| 3. | Amber van der Kruk | MSV-Zeemacht | 37.50 | 200102730 | 36.85 | 396 |
| | Ouassima Quandil | Dwt | 36.21 | 200102948 | 36.85 | 396 |
| 5. | Michelle Miltenburg | De Fuut | 35.49 | 200000224 | 37.02 | 391 |
| | <i>F1</i> | | | | | |
| | Jente Dekker | DAW | 35.36 | 200102724 | 37.02 | 391 |
| | <i>F2</i> | | | | | |
| 7. | Kithapat Braunius | Dwt | 37.15 | 200201532 | 38.16 | 357 |
| 8. | Juul Jansen | DAW | 37.99 | 200304004 | 38.33 | 352 |
| 9. | Calina van der Lem | Swimcademy | 37.04 | 200200086 | 38.83 | 338 |
| | <i>F2</i> | | | | | |
| | Chantal Beijer | Dwt | 36.99 | 199700884 | 38.83 | 338 |
| | <i>F1</i> | | | | | |
| 11. | Jonna Meesters | De Fuut | 38.83 | 200303236 | 39.93 | 311 |
| 12. | Emma de Mos | De Fuut | 42.71 | 200301338 | 40.23 | 304 |
| 13. | Adia Seye | Dwt | 43.25 | 200005366 | 42.51 | 258 |
| 14. | Mika van Riet | De Fuut | 44.85 | 200501636 | 43.24 | 245 |
| 15. | Nienke Merkus | De Fuut | 42.40 | 200304734 | 44.33 | 227 |
| 16. | Lina Haddouyate | De Fuut | 43.39 | 200403962 | 45.00 | 217 |
| 17. | Caitlyn Zonneveld | DAW | 45.03 | 200503602 | 46.97 | 191 |
| 18. | Nynke Maarhuis | Dwt | 49.20 | 200503640 | 51.37 | 146 |
| AFGEM | Suzanne van den Brink | MSV-Zeemacht | 33.59 | 199901438 | | |

Programmanr. 15
20-11-2016 - 16:07

Heren, 200m vlinderslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|------|------------------|------------|--------|-----------|----------------|------|---------|---------|
| 1. | John Hardeman | De Fuut | NT | 196601615 | 2:46.97 | 298 | 1:16.66 | 2:46.97 |
| 2. | Juiliano Soliani | DAW | NT | 200400353 | 3:05.44 | 217 | 1:28.90 | 3:05.44 |

Programmanr. 16
20-11-2016 - 16:10

Dames, 200m vlinderslag

juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|-------|------------------|------------|---------|-----------|----------------|------|---------|---------|
| 1. | Vera Kalous | Dwt | 2:49.60 | 200006610 | 3:06.03 | 281 | 1:26.46 | 3:06.03 |
| 2. | Dianne Postma | De Fuut | 3:08.69 | 200402264 | 3:14.74 | 245 | 1:30.89 | 3:14.74 |
| 3. | Ricia Meijer | DAW | NT | 200401210 | 3:46.05 | 156 | 1:39.90 | 3:46.05 |
| 4. | Myra Elsinghorst | De Fuut | NT | 200502970 | 4:12.27 | 113 | 1:58.64 | 4:12.27 |
| AFGEM | Anna Tinga | De Forel | 2:45.86 | 200302734 | | | | |

Programmanr. 17
20-11-2016 - 16:14

Heren, 100m schoolslag

Juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | RT |
|-------|--------------------|---------------------|---------|-----------|----------------|-----|
| 1. | Thomas Hesper | Van Vliet-Barracuda | 1:08.62 | 200004181 | 1:11.83 | 524 |
| 2. | Jeffrey Camphens | Dwt | 1:15.57 | 199503113 | 1:15.85 | 445 |
| 3. | Carlo Ruiz | De Forel | 1:10.15 | 199802549 | 1:16.34 | 437 |
| 4. | Robin van Peenen | De Columbiaan | 1:16.59 | 200201059 | 1:20.63 | 371 |
| 5. | Stanley Hau | WZ&PC Purmerend | 1:21.32 | 200300655 | 1:21.94 | 353 |
| 6. | Alex Meijer | DAW | 1:18.94 | 199902925 | 1:23.11 | 338 |
| 7. | Hans Schoenmakers | DAW | 1:18.48 | 196900863 | 1:23.86 | 329 |
| 8. | Roel Wit | DAW | 1:22.59 | 200202085 | 1:24.41 | 323 |
| 9. | Emre Uysal | Dwt | 1:20.48 | 200003465 | 1:24.67 | 320 |
| 10. | Jordi van der Lem | Swimcademy | 1:26.37 | 200000189 | 1:25.40 | 312 |
| 11. | Elroy van der Wees | WZ&PC Purmerend | 1:22.39 | 199902717 | 1:26.40 | 301 |
| 12. | Quentin Ruiz | De Forel | 1:23.22 | 200100187 | 1:30.56 | 262 |
| 13. | Thomas van Peenen | De Columbiaan | 1:31.51 | 200400097 | 1:32.72 | 244 |
| 14. | Ice Sangmalai | DAW | 1:34.45 | 200003429 | 1:33.00 | 242 |
| 15. | Daan van Dijk | DAW | 1:36.27 | 200303149 | 1:36.78 | 214 |
| 16. | Lucas Douwma | Dwt | 1:37.72 | 200401337 | 1:41.14 | 188 |
| 17. | Rik Bakker | De Forel | 1:54.84 | 200301143 | 1:52.73 | 136 |
| AFGEM | Naoufal Quandil | Dwt | 1:55.07 | 200301155 | | |
| AFGEM | Anton Smirnov | Dwt | 1:32.67 | 200005597 | | |

Programmanr. 18
20-11-2016 - 16:21

Dames, 100m schoolslag

juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | RT |
|------|----------------------|---------------------|---------|-----------|----------------|-----|
| 1. | Jose Bijl | Het Y | 1:16.55 | 200100948 | 1:20.45 | 512 |
| 2. | Anouk van der Kruk | MSV-Zeemacht | 1:18.02 | 199903778 | 1:25.21 | 431 |
| 3. | Leonie Vos | DAW | 1:23.15 | 199901662 | 1:28.65 | 382 |
| 4. | Amber Hesper | Van Vliet-Barracuda | 1:23.37 | 200202188 | 1:28.83 | 380 |
| 5. | Sofia Vijsma | WZ&PC Purmerend | 1:32.15 | 200302670 | 1:31.90 | 343 |
| 6. | Elise Vink | De Columbiaan | 1:27.46 | 200502588 | 1:32.67 | 335 |
| 7. | Kithapat Braunius | Dwt | 1:30.97 | 200201532 | 1:33.74 | 323 |
| 8. | Kelly Dijst | WZ&PC Purmerend | 1:33.23 | 200500252 | 1:35.07 | 310 |
| 9. | Benthe Voss | Het Y | 1:34.94 | 200404182 | 1:36.37 | 298 |
| 10. | Sigrid Hoogland | De Forel | 1:24.94 | 200301976 | 1:36.41 | 297 |
| 11. | Milou Lang | Het Y | 1:37.85 | 200301946 | 1:37.21 | 290 |
| 12. | Noor Frijlink | De Columbiaan | 1:37.75 | 200500970 | 1:37.84 | 285 |
| 13. | Calina van der Lem | Swimcademy | 1:39.75 | 200200086 | 1:38.39 | 280 |
| 14. | Odetta Helsloot | Dwt | 1:36.28 | 199802764 | 1:39.00 | 275 |
| 15. | Danique Wittenbernds | DAW | 1:33.36 | 200401214 | 1:39.46 | 271 |
| 16. | Lisa Weustink | Dwt | 1:47.65 | 200502904 | 1:45.32 | 228 |
| 17. | Lina Haddouyate | De Fuut | 1:50.72 | 200403962 | 1:52.14 | 189 |
| DIS | Julie Randsdorp | Het Y | 1:37.48 | 200104410 | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

Programmanr. 19
20-11-2016 - 16:28

Heren, 200m vrije slag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|-------|--------------------|-----------------|---------|-----------|----------------|------|---------|---------|
| 1. | Jordi de Nijs | MSV-Zeemacht | 1:59.98 | 199801851 | 2:14.05 | 441 | 1:03.95 | 2:14.05 |
| 2. | Luc Mul | DAW | 2:18.05 | 200201025 | 2:17.13 | 412 | 1:05.36 | 2:17.13 |
| 3. | Arjan Bellaart | Het Y | 2:09.17 | 196900079 | 2:18.06 | 403 | 1:06.03 | 2:18.06 |
| 4. | Jeroen Reckman | ZPCNumansdorp | 2:19.31 | 200100209 | 2:21.96 | 371 | 1:08.87 | 2:21.96 |
| 5. | Tycho Maas | WZ&PC Purmerend | 2:26.75 | 200304551 | 2:25.42 | 345 | 1:09.03 | 2:25.42 |
| 6. | Marcel van der Lem | Swimcademy | 2:32.11 | 196500563 | 2:43.34 | 244 | 1:15.52 | 2:43.34 |
| AFGEM | Liam Burger | DAW | 2:28.50 | 200201001 | | | | |

Programmanr. 20
20-11-2016 - 16:32

Dames, 200m vrije slag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|-------|-----------------|-----------------|---------|-----------|----------------|------|---------|---------|
| 1. | Anouk Vis | De Columbiaan | 2:26.34 | 200203322 | 2:28.79 | 438 | 1:13.01 | 2:28.79 |
| 2. | Kyra Wesemann | MSV-Zeemacht | 2:18.88 | 200201440 | 2:28.81 | 438 | 1:11.84 | 2:28.81 |
| 3. | Ilna Hogerheyde | DAW | 2:26.12 | 197400224 | 2:33.12 | 402 | 1:12.21 | 2:33.12 |
| 4. | Robine Boer | De Columbiaan | 2:34.34 | 200402180 | 2:46.15 | 314 | 1:21.28 | 2:46.15 |
| 5. | Maaïke Buck | ZV De Bron | 2:44.17 | 200402532 | 2:48.05 | 304 | 1:21.42 | 2:48.05 |
| AFGEM | Shania van Wijk | De Fuut | 2:40.19 | 200000968 | | | | |
| AFGEM | Chloe Boes | WZ&PC Purmerend | 2:57.76 | 200502384 | | | | |
| AFGEM | Loeki Griffioen | WZ&PC Purmerend | 2:58.08 | 200502386 | | | | |

Programmanr. 21
20-11-2016 - 16:36

Heren, 200m rugslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|------|-------------------------|-------------------|---------|-----------|----------------|------|---------|---------|
| 1. | Damian Martens | Het Y | 2:23.39 | 199701095 | 2:23.94 | 470 | 1:10.60 | 2:23.94 |
| 2. | Erno Vriens | WZ&PC Purmerend | 2:16.24 | 199902587 | 2:26.27 | 448 | 1:11.41 | 2:26.27 |
| 3. | Viktor Koets | De Columbiaan | 2:24.75 | 200201677 | 2:32.53 | 395 | 1:14.90 | 2:32.53 |
| 4. | Makai van Haren | De Forel | 2:28.06 | 200200627 | 2:34.67 | 379 | 1:16.01 | 2:34.67 |
| 5. | Miguel Klooster | Dwt | 2:31.65 | 200100613 | 2:35.80 | 371 | 1:16.33 | 2:35.80 |
| 6. | Jean Carlos de la Court | ZV De Aalscholver | 2:34.65 | 200005539 | 2:41.15 | 335 | 1:18.18 | 2:41.15 |
| 7. | Koen Schelhaas | Dwt | 2:38.91 | 200202963 | 2:45.78 | 308 | 1:22.50 | 2:45.78 |
| 8. | Jimmy Robinson | WZ&PC Purmerend | 2:43.52 | 200002457 | 2:53.16 | 270 | 1:23.59 | 2:53.16 |
| 9. | Thomas van Peenen | De Columbiaan | 2:53.73 | 200400097 | 2:56.43 | 255 | 1:27.87 | 2:56.43 |

Programmanr. 22
20-11-2016 - 16:43

Dames, 200m rugslag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | pnt. | 100m | 200m |
|------|-----------------|----------------------|---------|-----------|----------------|------|---------|---------|
| 1. | Amber Bellaart | Het Y | 2:46.14 | 200101260 | 2:46.42 | 414 | 1:21.24 | 2:46.42 |
| 2. | Emma Verkuijl | Van Vliet-Barracuda | 2:58.31 | 200500826 | 3:07.28 | 291 | 1:35.06 | 3:07.28 |
| 3. | Jonna Meesters | De Fuut | 3:11.24 | 200303236 | 3:07.59 | 289 | 1:33.95 | 3:07.59 |
| 4. | Bente Kaspers | Zwemvereniging Hoorn | 3:08.08 | 200402160 | 3:07.96 | 288 | 1:32.49 | 3:07.96 |
| 5. | Priscilla Aarts | Dwt | 3:23.09 | 199804610 | 3:29.56 | 207 | 1:42.25 | 3:29.56 |

Programmanr. 23
20-11-2016 - 16:47

Heren, 100m vlinderslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | klasse | tijd | RT |
|-------|---------------------|-------------|---------|-----------|----------------|-----|
| 1. | Thijs van den End | ZPC Woerden | 1:08.13 | 199306803 | 1:08.19 | 645 |
| 2. | Abdelrahman Mohamed | Dwt | 1:11.43 | 199805237 | 1:12.32 | 327 |
| 3. | Sil Oeldrich | DAW | 1:14.59 | 200103923 | 1:17.11 | 270 |
| 4. | Quint van Haren | De Forel | 1:17.89 | 200400215 | 1:23.00 | 216 |
| AFGEM | Kelvin Douwma | Dwt | 1:40.82 | 200400547 | | |

Programmanr. 24
20-11-2016 - 16:50

Dames, 100m vlinderslag

juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|------------------------------|-------------------|---------|-----------|----------------|-----|
| 1. | Denise Boonstra | DAW | 1:08.99 | 199902662 | 1:11.86 | 464 |
| 2. | Vera Kalous | Dwt | 1:22.01 | 200006610 | 1:14.85 | 411 |
| 3. | Suzanne Mosch | MSV-Zeemacht | 1:07.85 | 199400548 | 1:16.39 | 386 |
| 4. | Anne van der Schatte Olivier | ZV De Aalscholver | 1:14.72 | 199605302 | 1:21.43 | 319 |
| 5. | Demi Brama | ZV De Aalscholver | 1:14.97 | 200003564 | 1:22.79 | 304 |
| 6. | Julie van Leeuwen F1 | ZV De Aalscholver | 1:23.31 | 199805994 | 1:27.03 | 261 |
| | Nine Galy F2 | DAW | 1:26.21 | 200402902 | 1:27.03 | 261 |
| 8. | Donna van Beusekom | WZ&PC Purmerend | 1:19.35 | 200101762 | 1:28.41 | 249 |
| 9. | Bibi Dilweg | De Reuring | 1:26.91 | 200304848 | 1:32.37 | 219 |
| 10. | Lisa Moerkens | WZ&PC Purmerend | 1:27.04 | 200301118 | 1:38.43 | 181 |
| 11. | Emma de Mos | De Fuut | 1:33.54 | 200301338 | 1:41.42 | 165 |
| 12. | Nienke Merkus | De Fuut | 1:48.59 | 200304734 | 1:42.87 | 158 |
| 13. | Fleur Brouwer | De Fuut | 1:59.84 | 200402268 | 1:44.37 | 152 |
| 14. | Mika van Riet | De Fuut | 1:37.19 | 200501636 | 1:46.74 | 142 |
| AFGEM | Shania van Wijk | De Fuut | 1:31.39 | 200000968 | | |

Programmanr. 25
20-11-2016 - 16:55

Heren, 400m wisselslag

Juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|------|--------------------|---------------|---------|-------------|----------------|-------------|---------|------|---------|
| 1. | Jeffrey Camphens | Dwt | 5:10.75 | 199503113 | 5:13.89 | 469 | 1:08.76 | | 5:13.89 |
| | 50m: 100m: 1:08.76 | 150m: 200m: | | 250m: 300m: | | 350m: 400m: | 5:13.89 | | |
| 2. | Robin van Peenen | De Columbiaan | 5:26.22 | 200201059 | 5:36.48 | 381 | 1:20.62 | | 5:36.48 |
| | 50m: 100m: 1:20.62 | 150m: 200m: | | 250m: 300m: | | 350m: 400m: | 5:36.48 | | |

Programmanr. 26
20-11-2016 - 17:01

Dames, 400m wisselslag

juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|------|--------------------|------------------|---------|-------------|----------------|-------------|---------|------|---------|
| 1. | Lisanne Hassing | HZ&PC Heerenveen | 5:11.51 | 199702584 | 5:25.22 | 562 | 1:19.49 | | 5:25.22 |
| | 50m: 100m: 1:19.49 | 150m: 200m: | | 250m: 300m: | | 350m: 400m: | 5:25.22 | | |
| 2. | Chantal Beijer | Dwt | 5:49.80 | 199700884 | 5:46.66 | 464 | 1:18.93 | | 5:46.66 |
| | 50m: 100m: 1:18.93 | 150m: 200m: | | 250m: 300m: | | 350m: 400m: | 5:46.66 | | |
| | Rowie Kamp | De Reuring | NT | 200001706 | 5:46.66 | 464 | 1:29.27 | | 5:46.66 |
| | 50m: 100m: 1:29.27 | 150m: 200m: | | 250m: 300m: | | 350m: 400m: | 5:46.66 | | |
| 4. | Sigrid Hoogland | De Forel | 6:12.00 | 200301976 | 6:24.91 | 339 | 1:34.13 | | 6:24.91 |
| | 50m: 100m: 1:34.13 | 150m: 200m: | | 250m: 300m: | | 350m: 400m: | 6:24.91 | | |

Programmanr. 27
20-11-2016 - 17:08

Heren, 50m schoolslag

Juniores 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|--------------------|---------------------|--------|-----------|--------------|
| 1. | Thomas Hesper | Van Vliet-Barracuda | 31.98 | 200004181 | 32.56 |
| 2. | Hiras Ferrandino | Dwt | 32.77 | 199306527 | 32.75 |
| 3. | Zyco van Esveld | Dwt | 36.70 | 199903843 | 36.06 |
| 4. | Jeffrey Dekker | Aquarius | 37.79 | 199604157 | 36.67 |
| 5. | Hans Schoenmakers | DAW | 34.71 | 196900863 | 37.10 |
| 6. | Marcel van der Lem | Swimcademy | 35.41 | 196500563 | 37.17 |
| 7. | Jordi van der Lem | Swimcademy | 38.83 | 200000189 | 37.27 |
| 8. | Kaspur van der Lem | Swimcademy | 39.34 | 199600279 | 38.69 |
| 9. | Roel Wit | DAW | 38.74 | 200202085 | 40.01 |
| 10. | Teije Langelaan | Dwt | 46.37 | 200004569 | 42.04 |
| 11. | Anouar Visser | ZV De Aalscholver | 42.48 | 200301829 | 43.15 |

Programmanr. 27, Heren, 50m schoolslag, Junioren 1 en ouder

| rang | naam | vereniging | intijd | | tijd | RT |
|---|--------------|-------------------|--------|-----------|--------------|-----|
| 12. | Lucas Douwma | Dwt | 47.04 | 200401337 | 46.82 | 180 |
| 13. | Dimitri Lans | ZV De Aalscholver | 51.04 | 200401325 | 52.06 | 131 |
| 14. | Marc Tol | Swimcademy | 51.03 | 200400125 | 52.32 | 129 |
| DIS | Stanley Hau | WZ&PC Purmerend | 37.95 | 200300655 | | |
| <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | |
| AFGEM | Liam Burger | DAW | 42.05 | 200201001 | | |

Programmanr. 28
20-11-2016 - 17:11

Dames, 50m schoolslag

junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|--------------------|---------------------|--------|-----------|--------------|-----|
| 1. | Jose Bijl | Het Y | 35.86 | 200100948 | 36.87 | 511 |
| 2. | Ouassima Quandil | Dwt | 36.78 | 200102948 | 37.33 | 493 |
| 3. | Amber Hesper | Van Vliet-Barracuda | 37.77 | 200202188 | 40.25 | 393 |
| 4. | Ilona Hogerheyde | DAW | 39.10 | 197400224 | 40.43 | 388 |
| 5. | Kithapat Braunius | Dwt | 39.85 | 200201532 | 41.38 | 362 |
| 6. | Sharon van der Lem | Swimcademy | 42.28 | 199800270 | 42.72 | 329 |
| 7. | Odette Helsloot | Dwt | 44.86 | 199802764 | 43.69 | 307 |
| 8. | Adia Seye | Dwt | 43.97 | 200005366 | 43.99 | 301 |
| 9. | Amber van der Kruk | MSV-Zeemacht | 41.71 | 200102730 | 44.01 | 506 |
| 10. | Benthe Voss | Het Y | 43.40 | 200404182 | 44.14 | 298 |
| 11. | Juul Jansen | DAW | 44.78 | 200304004 | 45.39 | 274 |
| 12. | Thalita Dekker | Aquarius | 44.64 | 199803220 | 46.85 | 249 |
| 13. | Fleur Brouwer | De Fuut | 51.15 | 200402268 | 50.69 | 197 |
| 14. | Caitlyn Zonneveld | DAW | 53.69 | 200503602 | 52.35 | 179 |
| 15. | Nynke Maarhuis | Dwt | 58.36 | 200503640 | 56.36 | 143 |

Programmanr. 29
20-11-2016 - 17:14

Heren, 100m vrije slag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-------------------------|----------------------|---------|-----------|----------------|-----|
| 1. | Damian Martens | Het Y | 55.30 | 199701095 | 57.24 | 550 |
| 2. | Boyd Wijkman | MSV-Zeemacht | 56.90 | 200104759 | 59.50 | 490 |
| 3. | Carlo Ruiz | De Forel | 58.71 | 199802549 | 1:00.49 | 466 |
| 4. | Jean Carlos de la Court | ZV De Aalscholver | 1:01.74 | 200005539 | 1:02.10 | 431 |
| 5. | Miguel Klooster | Dwt | 1:04.97 | 200100613 | 1:02.84 | 416 |
| 6. | Fayssal Lantema | De Fuut | 1:04.41 | 200101379 | 1:03.05 | 412 |
| 7. | Viktor Koets | De Columbiaan | 1:00.84 | 200201677 | 1:03.36 | 406 |
| 8. | Makai van Haren | De Forel | 1:01.74 | 200200627 | 1:03.53 | 403 |
| 9. | Sil Oeldrich | DAW | 1:00.86 | 200103923 | 1:03.80 | 397 |
| 10. | Elroy van der Wees | WZ&PC Purmerend | 59.30 | 199902717 | 1:03.82 | 397 |
| 11. | Emre Uysal | Dwt | 1:00.75 | 200003465 | 1:04.38 | 387 |
| 12. | Jeroen Reckman | ZPCNumansdorp | 1:03.98 | 200100209 | 1:04.94 | 377 |
| 13. | Tycho Maas | WZ&PC Purmerend | 1:04.78 | 200304551 | 1:05.03 | 375 |
| 14. | Sven Schutte | Zwemlust- den Hommel | 1:01.19 | 198604713 | 1:05.28 | 572 |
| 15. | Koen Schelhaas | Dwt | 1:04.00 | 200202963 | 1:05.76 | 363 |
| 16. | Marlon Bil | DAW | 1:01.92 | 200102649 | 1:05.98 | 359 |
| 17. | Joey de Groot | ZV De Aalscholver | 1:03.96 | 200303587 | 1:07.43 | 337 |
| 18. | Max van Schagen | De Columbiaan | 1:05.99 | 200402591 | 1:08.12 | 327 |
| 19. | Justin Jansen | ZV De Aalscholver | 1:10.61 | 200302079 | 1:10.05 | 300 |
| 20. | Juiliano Soliani | DAW | 1:09.98 | 200400353 | 1:11.18 | 286 |
| 21. | Quentin Ruiz | De Forel | 1:06.57 | 200100187 | 1:14.45 | 250 |
| | <i>F2</i> | | | | | |
| | Vincent van Wely | WZ&PC Purmerend | 1:11.94 | 200400989 | 1:14.45 | 250 |
| | <i>F1</i> | | | | | |
| 23. | Rik Bakker | De Forel | 1:21.82 | 200301143 | 1:23.07 | 180 |
| AFGEM | Kelvin Douwma | Dwt | 1:20.71 | 200400547 | | |
| AFGEM | Naoufal Quandil | Dwt | 1:25.04 | 200301155 | | |
| AFGEM | Anton Smirnov | Dwt | 1:18.03 | 200005597 | | |

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|----------------------------|----------------------|---------|-----------|----------------|-----|
| 1. | Anouk van der Kruk | MSV-Zeemacht | 1:00.68 | 199903778 | 1:04.57 | 524 |
| 2. | Jente Dekker | DAW | 1:02.76 | 200102724 | 1:05.56 | 501 |
| 3. | Chantal van Willegen | De Forel | 1:03.49 | 200302422 | 1:06.33 | 484 |
| 4. | Samira Mijnen | WZ&PC Purmerend | 1:06.95 | 199701320 | 1:08.73 | 435 |
| 5. | Michelle Miltenburg | De Fuut | 1:05.97 | 200000224 | 1:08.87 | 432 |
| 6. | Danielle Vis | De Columbiaan | 1:10.20 | 200401044 | 1:09.25 | 425 |
| 7. | Mabel Farenhorst | WZ&PC Purmerend | 1:08.16 | 200301004 | 1:10.12 | 409 |
| 8. | Bibi Dilweg | De Reuring | 1:07.20 | 200304848 | 1:10.66 | 400 |
| 9. | Anique Star | De Columbiaan | 1:08.22 | 200400446 | 1:10.85 | 397 |
| 10. | Robine Boer | De Columbiaan | 1:10.78 | 200402180 | 1:12.59 | 369 |
| 11. | Dianne Postma <i>F2</i> | De Fuut | 1:15.33 | 200402264 | 1:12.68 | 368 |
| | Sofia Vijsma <i>F1</i> | WZ&PC Purmerend | 1:10.40 | 200302670 | 1:12.68 | 368 |
| 13. | Bente Kaspers | Zwemvereniging Hoorn | 1:13.38 | 200402160 | 1:15.03 | 334 |
| 14. | Emma Verkuijl | Van Vliet-Barracuda | 1:12.10 | 200500826 | 1:16.34 | 317 |
| 15. | Danique Wittenbernds | DAW | 1:16.91 | 200401214 | 1:16.36 | 317 |
| 16. | Elise Vink | De Columbiaan | 1:17.25 | 200502588 | 1:16.78 | 312 |
| 17. | Noor Frijlink | De Columbiaan | 1:20.03 | 200500970 | 1:20.33 | 272 |
| 18. | Lisa Weustink | Dwt | 1:29.92 | 200502904 | 1:20.40 | 272 |
| 19. | Kelly Dijst | WZ&PC Purmerend | 1:18.56 | 200500252 | 1:23.58 | 242 |
| 20. | Priscilla Aarts | Dwt | 1:17.61 | 199804610 | 1:25.22 | 228 |
| 21. | Myra Elsinghorst | De Fuut | 1:33.49 | 200502970 | 1:33.10 | 175 |
| 22. | Jiska Randsdorp | Het Y | 1:35.48 | 200501804 | 1:35.25 | 163 |
| AFGEM | Suzanne van den Brink | MSV-Zeemacht | 1:04.55 | 199901438 | | |
| AFGEM | Anna Tinga | De Forel | 1:06.00 | 200302734 | | |
| AFGEM | Chloe Boes | WZ&PC Purmerend | 1:20.83 | 200502384 | | |
| AFGEM | Loeki Griffioen | WZ&PC Purmerend | 1:21.39 | 200502386 | | |