

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|----------------------|--------------------|---------|-----------|----------------|-----|---------|
| 1. | Rico van der Laan | Zpc Amersfoort | 1:19.98 | 200202445 | 1:14.82 | 310 | 1:14.82 |
| 2. | Frank van der Veen | ZPC Woerden | 1:20.12 | 200203023 | 1:14.97 | 309 | 1:14.97 |
| 3. | Koen Goedkoop | ZPC Watervlo | 1:21.73 | 200104779 | 1:19.96 | 254 | 1:19.96 |
| 4. | Rick Dijkhuizen | Zwemclub Zeist | 1:25.41 | 200400197 | 1:22.86 | 229 | 1:22.86 |
| 5. | Thijs van Spingelen | Zwemclub Woestduin | 1:24.83 | 200301441 | 1:23.80 | 221 | 1:23.80 |
| 6. | Delano van den Bosch | Aquarijn | 1:26.26 | 200200237 | 1:24.44 | 216 | 1:24.44 |
| 7. | Onno Kui | ZPC Watervlo | 1:30.80 | 200303157 | 1:25.62 | 207 | 1:25.62 |
| 8. | Ennio Keja | ZPC Watervlo | 1:33.05 | 200403071 | 1:28.12 | 190 | 1:28.12 |
| 9. | Timo de Leeuw | ZPC Woerden | 1:54.15 | 200401481 | 1:30.56 | 175 | 1:30.56 |
| 10. | Quin Schilham | De Duinkickers | 1:29.80 | 200302297 | 1:31.18 | 172 | 1:31.18 |
| 11. | Lucas Bruins | Zwemclub Zeist | 1:31.07 | 200301209 | 1:32.17 | 166 | 1:32.17 |
| 12. | Niels van den Oever | Zwemclub Zeist | 1:31.88 | 200303019 | 1:35.43 | 150 | 1:35.43 |
| 13. | Max Verheul | ZPC Watervlo | 1:39.80 | 200304485 | 1:35.54 | 149 | 1:35.54 |
| 14. | Stan Huisman | ZPC Watervlo | 1:34.77 | 200304453 | 1:37.16 | 142 | 1:37.16 |
| 15. | Mark Schoonhoven | ZPC Watervlo | 1:38.31 | 200403073 | 1:38.08 | 138 | 1:38.08 |
| 16. | Lucas van Hattum | ZPC Watervlo | 1:40.85 | 200401159 | 1:38.19 | 137 | 1:38.19 |
| 17. | Ivar Drost | ZPC Watervlo | 1:52.64 | 200403085 | 1:39.04 | 134 | 1:39.04 |
| 18. | Nico Nap | De Fuut | 1:48.03 | 200403841 | 1:44.28 | 115 | 1:44.28 |
| DIS | Berkay Akalin | ZPC Watervlo | NT | 200304471 | | | |

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

| | | | | | | | |
|-------|--------------------|----------|---------|-----------|--|--|--|
| NG.ZA | Hans Blankensteijn | Aquarijn | 1:27.61 | 200200159 | | | |
| AFGEM | Lennart Onderwater | GoSwim | NT | 200403737 | | | |
| AFGEM | Ishak Ozdemir | GoSwim | 1:21.68 | 200102061 | | | |

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|---------------------|----------------------|---------|-----------|----------------|-----|---------|
| 1. | Kelly Patricia | VZC | NT | 200402818 | 1:15.55 | 423 | 1:15.55 |
| 2. | Noa Steenpoorte | Zpc Amersfoort | 1:19.10 | 200301882 | 1:17.73 | 388 | 1:17.73 |
| 3. | Femke Doorenbos | De Duinkickers | 1:23.78 | 200404214 | 1:20.31 | 352 | 1:20.31 |
| 4. | Noortje Wijnstekers | De Duinkickers | 1:20.29 | 200301010 | 1:20.48 | 350 | 1:20.48 |
| 5. | Anna Oelen | ZPC Watervlo | 1:24.10 | 200301468 | 1:23.78 | 310 | 1:23.78 |
| 6. | Sol Terpstra | GoSwim | 1:26.18 | 200300396 | 1:25.50 | 292 | 1:25.50 |
| 7. | Alyka Geutjes | Zpc Amersfoort | 1:27.44 | 200500996 | 1:26.80 | 279 | 1:26.80 |
| 8. | Megan Schilham | De Duinkickers | 1:29.40 | 200401894 | 1:26.86 | 278 | 1:26.86 |
| 9. | Muna Onunta | Aquarijn | 1:31.74 | 200402858 | 1:27.43 | 273 | 1:27.43 |
| 10. | Amelie Keulards | Zpc Amersfoort | 1:28.38 | 200501760 | 1:27.55 | 272 | 1:27.55 |
| 11. | Jet la Croix | Zpc Amersfoort | 1:28.60 | 200301044 | 1:28.97 | 259 | 1:28.97 |
| 12. | Michelle van Wijhe | Zpc Amersfoort | 1:29.33 | 200402196 | 1:29.11 | 258 | 1:29.11 |
| 13. | Livia de Waard | De Duinkickers | 1:28.10 | 200302840 | 1:29.83 | 251 | 1:29.83 |
| | Serah Weijland | Zpc Amersfoort | 1:28.17 | 200302086 | 1:29.91 | 251 | 1:29.91 |
| 15. | Sarah Sarioa | ZPC Watervlo | 1:29.65 | 200503460 | 1:31.97 | 234 | 1:31.97 |
| 16. | Kim Middelkoop | ZPC Watervlo | 1:32.00 | 200304562 | 1:33.88 | 220 | 1:33.88 |
| 17. | Juul Meijer | GoSwim | 1:34.10 | 200404518 | 1:34.00 | 219 | 1:34.00 |
| | Meike Groeneveld | GoSwim | 1:33.75 | 200503444 | 1:34.11 | 219 | 1:34.11 |
| 19. | Marit de Lang | Aquarijn | 1:42.09 | 200503512 | 1:35.70 | 208 | 1:35.70 |
| 20. | Eva Daanen | Zwemlust- den Hommel | 1:34.67 | 200404912 | 1:35.89 | 207 | 1:35.89 |
| 21. | Maureen de Waard | De Duinkickers | 1:36.64 | 200500776 | 1:36.99 | 200 | 1:36.99 |
| 22. | Isa de Koning | GoSwim | 1:36.72 | 200404696 | 1:38.20 | 192 | 1:38.20 |
| 23. | Sarah Veenhof | De Fuut | 1:41.98 | 200405248 | 1:38.51 | 191 | 1:38.51 |
| 24. | Emma Winter | Zwemclub Zeist | 1:52.38 | 200304990 | 1:39.94 | 183 | 1:39.94 |
| 25. | Tessel van der Wolk | Zwemclub Zeist | NT | 200405332 | 1:41.30 | 175 | 1:41.30 |
| 26. | Roos Koefoed | GoSwim | 1:40.51 | 200401276 | 1:42.26 | 170 | 1:42.26 |
| 27. | Vera van Barneveld | Zwemclub Woestduin | 1:43.89 | 200503270 | 1:43.79 | 163 | 1:43.79 |
| 28. | Fleur Karczewski | De Fuut | 2:05.97 | 200502968 | 1:52.01 | 130 | 1:52.01 |
| DIS | Noor Sloof | De Fuut | 2:19.83 | 200503120 | | | |

VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht., VB - VC

| | | | | | | | |
|-----|----------------|--------|---------|-----------|--|--|--|
| DIS | Mirna Beverdam | GoSwim | 1:44.33 | 200304750 | | | |
|-----|----------------|--------|---------|-----------|--|--|--|

VC - Armen niet over het water naar voren gebracht.

| | | | | | | | |
|-----|----------------|--------|----|-----------|--|--|--|
| DIS | Shoana Tijhaar | GoSwim | NT | 200504166 | | | |
|-----|----------------|--------|----|-----------|--|--|--|

VJ - Niet aangetikt met de handen bij het keer- en/of eindpunt.(wel afgezet)

| | | | | | | | |
|-------|------------------|---------|---------|-----------|--|--|--|
| AFGEM | Myra Elsinghorst | De Fuut | 1:39.63 | 200502970 | | | |
| AFGEM | Ester Meirink | GoSwim | 1:35.19 | 200404872 | | | |

Programmanr. 2, Meisjes, 100m wisselslag, Junioren

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-----------------------|----------------|---------|-----------|----|-----|------|
| AFGEM | Malak Mouzouri | GoSwim | 1:51.89 | 200301772 | | | |
| AFGEM | Sara Ausema | Zwemclub Zeist | 1:44.97 | 200405328 | | | |
| AFGEM | Monique van der Ploeg | Zwemclub Zeist | 1:56.07 | 200405384 | | | |

Programmanr. 3
06/05/2017 - 14:20

Jongens, 200m wisselslag

Minioren 5
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|----------------------|----------------------|---------|-----------|----|----------------|------|-------|---------|
| 1. | Tenzing Geutjes | Zpc Amersfoort | 3:14.19 | 200600441 | | 2:57.85 | 263 | 38.53 | 2:57.85 |
| 2. | M. Gómez González | VZC | 3:07.35 | 200601473 | | 3:05.69 | 231 | 42.15 | 3:05.69 |
| 3. | Thijs Wellink | Zwemlust- den Hommel | 3:18.26 | 200600715 | | 3:07.54 | 225 | 44.18 | 3:07.54 |
| 4. | Diesel Schaafsma | VZC | 3:10.75 | 200600431 | | 3:11.68 | 210 | 42.29 | 3:11.68 |
| 5. | Niek van Leeuwenkamp | De Duinkickers | 3:19.09 | 200600443 | | 3:12.23 | 209 | 44.41 | 3:12.23 |
| 6. | Pepijn ten Broek | Zpc Amersfoort | 3:22.06 | 200600009 | | 3:18.46 | 190 | 48.82 | 3:18.46 |
| 7. | Tijn de Rooter | ZPC Watervlo | 3:36.76 | 200600657 | | 3:25.11 | 172 | 46.63 | 3:25.11 |
| 8. | Imme Bousema | Zwemclub Zeist | NT | 200601873 | | 3:30.35 | 159 | 51.31 | 3:30.35 |
| 9. | Raffayin Tjon-a-sam | Zwemlust- den Hommel | NT | 200600237 | | 3:55.48 | 113 | 58.43 | 3:55.48 |
| 10. | Jonas van Zwam | Zwemclub Zeist | NT | 200602685 | | 4:06.21 | 99 | 56.10 | 4:06.21 |

Programmanr. 4
06/05/2017 - 14:30

Meisjes, 200m wisselslag

Minioren 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|------|---|--------------------|----------|-----------|----|----------------|------|-------|---------|---------|
| 1. | Angela Whitney | De Duinkickers | 3:14.27 | 200700002 | | 3:16.26 | FJ 1 | 265 | 44.47 | 3:16.26 |
| 2. | Charlotte Plomp | VZC | 3:38.81 | 200701752 | | 3:16.26 | FJ 2 | 265 | 42.38 | 3:16.26 |
| 3. | Nynke Boerefijn | De Fuut | NT | 200700114 | | 3:22.01 | 243 | 48.32 | 3:22.01 | |
| 4. | Renske Danckaarts | De Fuut | NT | 200700116 | | 3:37.36 | 195 | 49.70 | 3:37.36 | |
| 5. | Jolein Dijs | GoSwim | NT | 200701342 | | 3:50.93 | 163 | 56.03 | 3:50.93 | |
| 6. | Leia Terpstra | GoSwim | NT | 200700258 | | 3:55.97 | 153 | 49.49 | 3:55.97 | |
| 7. | Emma-Elise Kragten | ZPC Watervlo | NT | 200700782 | | 4:03.76 | 139 | 54.51 | 4:03.76 | |
| DIS | Charlotte Woltjes | The Hague Swimming | (3:37.69 | 200700110 | | | | | | |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | | | | |
| DIS | Benthe Martens | Zpc Amersfoort | 3:22.14 | 200700310 | | | | | | |
| | <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | | | | | |
| DIS | Carmen Renkers | Zpc Amersfoort | NT | 200700308 | | | | | | |
| | <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i> | | | | | | | | | |

Programmanr. 5
06/05/2017 - 14:35

Jongens, 200m vrije slag

Minioren 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|-------|-----------------------|----------------------|---------|-----------|----|----------------|------|-------|---------|---------|
| 1. | Daan Hoogendoorn | ZPC Woerden | 2:33.67 | 200500113 | | 2:33.28 | 295 | 36.18 | 1:16.21 | 2:33.28 |
| 2. | Yardan Taya | Zwemlust- den Hommel | 2:35.01 | 200501343 | | 2:34.28 | 289 | 35.71 | 1:15.91 | 2:34.28 |
| 3. | Koen Marsman | Zpc Amersfoort | 2:49.33 | 200502763 | | 2:44.19 | 240 | 37.56 | 1:20.27 | 2:44.19 |
| 4. | Tim Seising | VZC | 2:50.76 | 200500107 | | 2:45.85 | 233 | 36.98 | 1:19.76 | 2:45.85 |
| 5. | Hidde Sander Dragstra | Zpc Amersfoort | 3:01.39 | 200500161 | | 2:50.39 | 215 | 37.77 | 1:21.48 | 2:50.39 |
| 6. | Youri Voet | De Duinkickers | 2:58.36 | 200502269 | | 2:53.09 | 205 | 38.11 | 1:22.62 | 2:53.09 |
| 7. | Thijmen Peeters | Zwemlust- den Hommel | 2:59.47 | 200502945 | | 2:54.64 | 199 | 38.83 | 1:25.08 | 2:54.64 |
| 8. | Jens Kuiper | De Fuut | NT | 200502773 | | 3:08.21 | 159 | 43.34 | 1:32.61 | 3:08.21 |
| 9. | Georgios Athanasiou | De Duinkickers | NT | 200502699 | | 3:14.41 | 144 | 43.14 | 1:32.95 | 3:14.41 |
| | Ole Sluis | ZPC Watervlo | 3:09.37 | 200502073 | | 3:14.47 | 144 | 43.45 | 1:34.56 | 3:14.47 |
| 11. | Peer Bergman | VZC | 3:35.16 | 200503223 | | 3:20.53 | 132 | 45.16 | 1:36.89 | 3:20.53 |
| 12. | Julian Teeuwen | Zpc Amersfoort | NT | 200502643 | | 3:28.50 | 117 | 47.25 | 1:41.40 | 3:28.50 |
| 13. | Keefe Pelenkahu | Zwemlust- den Hommel | NT | 200502261 | | 3:44.05 | 94 | 46.27 | 1:42.29 | 3:44.05 |
| AFGEM | D. van de Weerdhof | VZC | 2:42.79 | 200501227 | | | | | | |

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---|-----------------------|----------------------|----------|-----------|----------------|-----|-------|---------|---------|
| 1. | Pippa van 't Land | Zpc Amersfoort | 2:30.60 | 200600426 | 2:28.91 | 437 | 32.66 | 1:10.84 | 2:28.91 |
| 2. | Sophie Faveaux | Zpc Amersfoort | 2:54.70 | 200600286 | 2:38.81 | 360 | 36.27 | 1:17.09 | 2:38.81 |
| 3. | Tess Berner | De Duinkickers | 3:05.40 | 200600450 | 2:59.70 | 249 | 39.71 | 1:27.59 | 2:59.70 |
| 4. | Daniek Willemse | De Duinkickers | 3:11.55 | 200601018 | 3:00.05 | 247 | 41.61 | 1:28.70 | 3:00.05 |
| 5. | Aniek Dijs | GoSwim | 3:08.69 | 200601426 | 3:01.65 | 241 | 40.31 | 1:28.18 | 3:01.65 |
| 6. | Lotte Elhorst | The Hague Swimming | (3:21.14 | 200601584 | 3:03.51 | 233 | 41.55 | 1:27.53 | 3:03.51 |
| 7. | Isabel van Katwijk | Zwemlust- den Hommel | 3:14.57 | 200601014 | 3:06.97 | 221 | 43.29 | 1:32.07 | 3:06.97 |
| 8. | Sterre Zeeuw | De Zwoer | 3:37.85 | 200601796 | 3:18.38 | 185 | 46.28 | 1:37.76 | 3:18.38 |
| 9. | Leana Vos | De Fuut | 3:30.91 | 200600828 | 3:18.72 | 184 | 43.23 | 1:34.51 | 3:18.72 |
| 10. | Intisar Maddoe | ZPC Watervlo | NT | 200603104 | 3:24.60 | 168 | 44.73 | 1:35.51 | 3:24.60 |
| 11. | Kim Geering | De Fuut | 3:36.28 | 200602044 | 3:25.49 | 166 | 47.40 | 1:41.52 | 3:25.49 |
| 12. | Maren van Bommel | ZPC Watervlo | 3:25.44 | 200600896 | 3:28.56 | 159 | 46.18 | 1:41.41 | 3:28.56 |
| 13. | Josephine Opdam | VZC | 3:48.70 | 200602144 | 3:29.54 | 157 | 47.71 | 1:42.49 | 3:29.54 |
| 14. | Kim Habernickel | ZPC Watervlo | 3:25.31 | 200600672 | 3:30.23 | 155 | 46.64 | 1:40.54 | 3:30.23 |
| 15. | Isabel Kolkman | Zpc Amersfoort | NT | 200601094 | 3:35.95 | 143 | 41.58 | 1:36.92 | 3:35.95 |
| 16. | Aranka Felix | Zpc Amersfoort | NT | 200600780 | 3:38.05 | 139 | 49.14 | 1:47.97 | 3:38.05 |
| 17. | Lotte Berghauser Pont | ZPC Watervlo | NT | 200601964 | 3:40.70 | 134 | 48.19 | 1:45.55 | 3:40.70 |
| 18. | Fani Meijer | Zwemclub Zeist | NT | 200603458 | 3:47.43 | 123 | 44.18 | 1:40.75 | 3:47.43 |
| 19. | Ifra Boumediani | De Zwoer | 4:09.11 | 200603034 | 3:49.69 | 119 | 50.05 | 1:48.97 | 3:49.69 |
| | Linh-Dan Trimbom | GoSwim | NT | 200602072 | 3:49.71 | 119 | 51.37 | 1:53.46 | 3:49.71 |
| 21. | Janna Meijers | De Zwoer | 4:13.45 | 200603476 | 4:01.57 | 102 | 51.87 | 1:53.65 | 4:01.57 |
| DIS | Rebecca van Lier | VZC | 3:27.38 | 200602612 | | | | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | | | | |
| NG.ZA | Zosia Chmielewska | Aquarijn | 3:16.70 | 200602594 | | | | | |
| AFGEM | Manon Kooij | VZC | 3:28.57 | 200602142 | | | | | |
| NG | Noa Oosterom | Zwemlust- den Hommel | NT | 200602020 | | | | | |

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|--|-----------------------|-------------------------|---------|-----------|----------------|-----|---------|
| 1. | Lucas Berner | De Duinkickers | 1:36.30 | 200700219 | 1:33.30 | 160 | 1:33.30 |
| 2. | Dinand van Os | VZC | 1:50.83 | 200700463 | 1:41.38 | 125 | 1:41.38 |
| 3. | Sander van de Hooft | The Hague Swimming (SG) | 1:45.35 | 200700505 | 1:41.48 | 124 | 1:41.48 |
| 4. | Obed Molenaar | VZC | 1:48.23 | 200800823 | 1:45.78 | 110 | 1:45.78 |
| 5. | Andre Versteegen | GoSwim | 2:00.41 | 200700903 | 1:51.23 | 94 | 1:51.23 |
| 6. | Ben Daanen | Zwemlust- den Hommel | 1:58.46 | 200701069 | 1:58.09 | 79 | 1:58.09 |
| 7. | Guus Kui | ZPC Watervlo | 2:12.28 | 200700845 | 2:04.74 | 67 | 2:04.74 |
| 8. | Jort van den Ham | GoSwim | NT | 200800101 | 2:07.78 | 62 | 2:07.78 |
| 9. | Xavier Barnar | GoSwim | 2:33.30 | 200900061 | 2:12.67 | 56 | 2:12.67 |
| 10. | Jeffrey Visser | De Zwoer | NT | 200800905 | 2:17.52 | 50 | 2:17.52 |
| DIS | Floris Nieuwenhuis | GoSwim | NT | 200800383 | | | |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | |
| DIS | L. Schade van Westrum | GoSwim | NT | 200800933 | | | |
| <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht., VB - VC</i> | | | | | | | |
| DIS | Storm Elgersma | Aquarijn | NT | 200702053 | | | |
| <i>SU - Niet gezwommen in de cyclus van eerst armslag dan beenslag of een onvolledige cyclus (behalve bij de laatste slag voor keer- of eindpunt), VE - SU</i> | | | | | | | |
| DIS | Izu Onunta | Aquarijn | 1:42.58 | 200800357 | | | |
| <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | | | |
| AFGEM | Ralph Hanse | GoSwim | NT | 200701949 | | | |

Programmanr. 8
06/05/2017 - 15:10

Meisjes, 100m wisselslag

Minioren 2 en 3
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|--|----------------------|---------|-----------|----------------|-----|---------|
| 1. | Rosalie Reef | Zwemclub Woestduin | 1:36.06 | 200800426 | 1:33.81 | 221 | 1:33.81 |
| 2. | Sanne Korndewal | Zpc Amersfoort | 2:03.40 | 200800314 | 1:50.20 | 136 | 1:50.20 |
| 3. | Amy Vos | GoSwim | NT | 200800636 | 2:25.83 | 59 | 2:25.83 |
| DIS | Mijke van Hal | Zwemlust- den Hommel | 1:57.44 | 200800362 | | | |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | |
| DIS | Anaroos Lagerwey | Zwemclub Woestduin | 2:07.39 | 200800734 | | | |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | |
| DIS | Iris Duim | Zpc Amersfoort | NT | 200900092 | | | |
| | <i>SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.</i> | | | | | | |
| DIS | Maaïke Ooms | Zpc Amersfoort | NT | 200801580 | | | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | |
| DIS | Elvira Renkers | Zpc Amersfoort | NT | 200800164 | | | |
| | <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht., VC - VB</i> | | | | | | |
| NG | Elin Oosterom | Zwemlust- den Hommel | NT | 200800364 | | | |

Programmanr. 9
06/05/2017 - 15:15

Jongens, 200m vrije slag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-------|---|--------------------|---------|-----------|----------------|------|-------|---------|---------|
| 1. | Rico van der Laan | Zpc Amersfoort | 2:32.90 | 200202445 | 2:29.31 | 319 | 33.16 | 1:11.58 | 2:29.31 |
| 2. | Koen Goedkoop | ZPC Watervlo | 2:42.03 | 200104779 | 2:36.41 | 277 | 35.98 | 1:15.97 | 2:36.41 |
| 3. | Rick Dijkhuizen | Zwemclub Zeist | 2:37.39 | 200400197 | 2:37.01 | 274 | 36.30 | 1:17.38 | 2:37.01 |
| 4. | Delano van den Bosch | Aquarijn | 2:45.46 | 200200237 | 2:40.67 | 256 | 36.31 | 1:17.43 | 2:40.67 |
| 5. | Berkay Akalin | ZPC Watervlo | 2:40.99 | 200304471 | 2:42.59 | 247 | 35.80 | 1:16.72 | 2:42.59 |
| 6. | Thijs van Spingelen | Zwemclub Woestduin | 2:45.44 | 200301441 | 2:44.90 | 237 | 36.56 | 1:19.31 | 2:44.90 |
| 7. | Quin Schilham | De Duinkickers | 2:49.76 | 200302297 | 2:52.50 | FJ 1 | 207 | 40.38 | 1:25.52 |
| | | | | | | | | | 2:52.50 |
| 8. | Ennio Keja | ZPC Watervlo | 2:48.24 | 200403071 | 2:52.50 | FJ 2 | 207 | 39.04 | 1:24.47 |
| | | | | | | | | | 2:52.50 |
| 9. | Onno Kui | ZPC Watervlo | 2:58.33 | 200303157 | 2:58.87 | 185 | 38.83 | 1:24.23 | 2:58.87 |
| 10. | Niels van den Oever | Zwemclub Zeist | 2:57.34 | 200303019 | 3:01.23 | 178 | 41.81 | 1:28.52 | 3:01.23 |
| 11. | Stan Huisman | ZPC Watervlo | 3:01.44 | 200304453 | 3:04.17 | 170 | 41.99 | 1:27.62 | 3:04.17 |
| 12. | Lucas Bruins | Zwemclub Zeist | 3:01.25 | 200301209 | 3:10.93 | 152 | 40.18 | 1:27.69 | 3:10.93 |
| 13. | Lucas van Hattum | ZPC Watervlo | 3:15.06 | 200401159 | 3:13.76 | 146 | 41.89 | 1:32.86 | 3:13.76 |
| 14. | Nico Nap | De Fuut | 3:32.35 | 200403841 | 3:21.13 | 130 | 45.43 | 1:38.76 | 3:21.13 |
| DIS | Max Verheul | ZPC Watervlo | 3:53.90 | 200304485 | | | | | |
| | <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | | | |
| NG.ZA | Hans Blankensteijn | Aquarijn | 2:36.28 | 200200159 | | | | | |
| AFGEM | Ishak Ozdemir | GoSwim | 2:26.51 | 200102061 | | | | | |

Programmanr. 10
06/05/2017 - 15:25

Meisjes, 200m vrije slag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|---------------------|----------------------|---------|-----------|----------------|------|-------|---------|---------|
| 1. | Femke Doorenbos | De Duinkickers | 2:28.55 | 200404214 | 2:27.01 | 454 | 34.24 | 1:12.21 | 2:27.01 |
| 2. | Noortje Wijnstekers | De Duinkickers | 2:37.50 | 200301010 | 2:27.96 | 445 | 33.93 | 1:11.47 | 2:27.96 |
| 3. | Kelly Patricia | VZC | NT | 200402818 | 2:31.18 | 417 | 33.92 | 1:11.85 | 2:31.18 |
| 4. | Noa Steenpoorte | Zpc Amersfoort | 2:33.52 | 200301882 | 2:36.36 | 377 | 34.46 | 1:14.99 | 2:36.36 |
| 5. | Megan Schilham | De Duinkickers | 2:48.42 | 200401894 | 2:43.96 | 327 | 36.97 | 1:19.58 | 2:43.96 |
| 6. | Sol Terpstra | GoSwim | 2:46.48 | 200300396 | 2:44.14 | 326 | 36.45 | 1:18.58 | 2:44.14 |
| 7. | Alyka Geutjes | Zpc Amersfoort | 2:57.90 | 200500996 | 2:47.80 | 305 | 39.66 | 1:23.37 | 2:47.80 |
| 8. | Anna Oelen | ZPC Watervlo | 2:43.08 | 200301468 | 2:48.01 | 304 | 37.99 | 1:20.78 | 2:48.01 |
| 9. | Livia de Waard | De Duinkickers | 2:51.38 | 200302840 | 2:50.68 | 290 | 38.21 | 1:21.25 | 2:50.68 |
| 10. | Jet la Croix | Zpc Amersfoort | 2:53.92 | 200301044 | 2:51.26 | 287 | | 1:25.22 | 2:51.26 |
| 11. | Serah Weijland | Zpc Amersfoort | 2:52.95 | 200302086 | 2:53.31 | FJ 1 | 277 | 39.08 | 1:23.01 |
| | | | | | | | | | 2:53.31 |
| 12. | Muna Onunta | Aquarijn | 2:53.62 | 200402858 | 2:53.31 | FJ 2 | 277 | 36.89 | 1:22.61 |
| | | | | | | | | | 2:53.31 |
| 13. | Amelie Keulards | Zpc Amersfoort | 3:19.30 | 200501760 | 2:54.80 | 270 | 38.62 | 1:22.90 | 2:54.80 |
| 14. | Lotte van Hal | Zwemlust- den Hommel | 2:52.39 | 200303666 | 2:56.32 | 263 | 40.08 | 1:25.56 | 2:56.32 |
| 15. | Michelle van Wijhe | Zpc Amersfoort | 2:59.61 | 200402196 | 3:01.03 | 243 | 41.35 | 1:28.62 | 3:01.03 |
| 16. | Eva Daanen | Zwemlust- den Hommel | 3:35.11 | 200404912 | 3:01.46 | 241 | 42.24 | 1:28.50 | 3:01.46 |
| 17. | Meike Groeneveld | GoSwim | 3:10.98 | 200503444 | 3:02.32 | 238 | 41.08 | 1:29.54 | 3:02.32 |
| 18. | Isa de Koning | GoSwim | 3:08.04 | 200404696 | 3:03.45 | 234 | 41.37 | 1:28.31 | 3:03.45 |

Programmanr. 10, Meisjes, 200m vrije slag, Junioren

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------------------------|--------------------|---------|-----------|----------------|-----|-------|---------|---------|
| 19. Maureen de Waard | De Duinkickers | 3:08.14 | 200500776 | 3:04.12 | 231 | 41.56 | 1:29.65 | 3:04.12 |
| 20. Kim Middelkoop | ZPC Watervlo | 2:57.22 | 200304562 | 3:04.88 | 228 | 41.26 | 1:28.18 | 3:04.88 |
| 21. Juul Meijer | GoSwim | 3:08.27 | 200404518 | 3:06.27 | 223 | 40.86 | 1:29.79 | 3:06.27 |
| 22. Sarah Veenhof | De Fuut | 3:17.39 | 200405248 | 3:11.61 | 205 | 42.44 | 1:33.05 | 3:11.61 |
| 23. Marit de Lang | Aquarijn | 3:28.19 | 200503512 | 3:12.57 | 202 | 44.12 | 1:35.20 | 3:12.57 |
| 24. Mirna Beverdam | GoSwim | NT | 200304750 | 3:13.50 | 199 | 43.12 | 1:32.18 | 3:13.50 |
| 25. Sarah Sarioa | ZPC Watervlo | 3:25.46 | 200503460 | 3:13.87 | 198 | 43.64 | 1:34.24 | 3:13.87 |
| 26. Roos Koefoed | GoSwim | 3:22.18 | 200401276 | 3:14.76 | 195 | 44.63 | 1:36.19 | 3:14.76 |
| 27. Tessel van der Wolk | Zwemclub Zeist | 3:15.82 | 200405332 | 3:15.32 | 194 | 39.64 | 1:30.11 | 3:15.32 |
| 28. Emma Winter | Zwemclub Zeist | 3:18.76 | 200304990 | 3:19.42 | 182 | 43.04 | 1:33.53 | 3:19.42 |
| 29. Vera van Barneveld | Zwemclub Woestduin | 3:32.74 | 200503270 | 3:31.35 | 153 | | 1:39.99 | 3:31.35 |
| 30. Fleur Karczewski | De Fuut | 3:54.72 | 200502968 | 3:54.62 | 112 | 50.78 | 1:51.83 | 3:54.62 |
| 31. Noor Sloof | De Fuut | NT | 200503120 | 4:02.35 | 101 | 53.94 | 1:56.14 | 4:02.35 |
| AFGEM Myra Elsinghorst | De Fuut | 3:18.12 | 200502970 | | | | | |
| AFGEM Ester Meirink | GoSwim | NT | 200404872 | | | | | |
| AFGEM Malak Mouzouri | GoSwim | NT | 200301772 | | | | | |
| AFGEM Sara Ausema | Zwemclub Zeist | 3:43.98 | 200405328 | | | | | |
| AFGEM Monique van der Ploeg | Zwemclub Zeist | NT | 200405384 | | | | | |

Programmanr. 11
06/05/2017 - 15:45

Jongens, 100m vrije slag

Minioren 5
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|-------------------------|----------------------|---------|-----------|----------------|-----|-------|---------|
| 1. Tenzing Geutjes | Zpc Amersfoort | 1:11.09 | 200600441 | 1:12.51 | 271 | 34.56 | 1:12.51 |
| 2. M. Gómez González | VZC | 1:19.28 | 200601473 | 1:15.26 | 242 | 36.62 | 1:15.26 |
| 3. Diesel Schaafsma | VZC | 1:17.49 | 200600431 | 1:15.45 | 240 | 36.77 | 1:15.45 |
| 4. Thijs Wellink | Zwemlust- den Hommel | 1:15.08 | 200600715 | 1:16.06 | 235 | 35.31 | 1:16.06 |
| 5. Niek van Leeuwenkamp | De Duinkickers | 1:18.82 | 200600443 | 1:19.99 | 202 | 37.02 | 1:19.99 |
| 6. Pepijn ten Broek | Zpc Amersfoort | 1:21.00 | 200600009 | 1:22.23 | 186 | 39.49 | 1:22.23 |
| 7. Tijn de Ruiter | ZPC Watervlo | 1:26.16 | 200600657 | 1:24.63 | 170 | 40.63 | 1:24.63 |
| 8. Imme Bousema | Zwemclub Zeist | 1:27.73 | 200601873 | 1:26.25 | 161 | 40.41 | 1:26.25 |
| 9. Raffayin Tjon-a-sam | Zwemlust- den Hommel | 1:36.27 | 200600237 | 1:33.99 | 124 | 43.30 | 1:33.99 |
| 10. Jonas van Zwam | Zwemclub Zeist | 1:40.95 | 200602685 | 1:45.04 | 89 | 48.13 | 1:45.04 |
| 11. Sean Lee | ZPC Watervlo | NT | 200602351 | 1:46.07 | 87 | 49.59 | 1:46.07 |
| 12. Timo Willeboordse | ZPC Watervlo | 1:59.01 | 200601303 | 1:52.94 | 72 | 50.31 | 1:52.94 |
| AFGEM Jabil El Idrissi | De Fuut | 1:48.91 | 200600655 | | | | |

Programmanr. 12
06/05/2017 - 15:50

Meisjes, 100m vrije slag

Minioren 4
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|--------------------------|-------------------------|---------|-----------|---------------------|-----|---------|---------|
| 1. Nynke Boerefijn | De Fuut | 1:17.33 | 200700114 | 1:19.51 FJ 1 | 281 | 39.09 | 1:19.51 |
| 2. Angela Whitney | De Duinkickers | 1:19.05 | 200700002 | 1:19.51 FJ 2 | 281 | | 1:19.51 |
| 3. Charlotte Woltjes | The Hague Swimming (SG) | 1:23.00 | 200700110 | 1:21.45 | 261 | 40.30 | 1:21.45 |
| 4. Benthe Martens | Zpc Amersfoort | 1:26.74 | 200700310 | 1:21.93 | 257 | 39.95 | 1:21.93 |
| 5. Charlotte Plomp | VZC | 1:24.39 | 200701752 | 1:23.93 | 239 | 39.03 | 1:23.93 |
| 6. Leia Terpstra | GoSwim | 1:38.03 | 200700258 | 1:32.53 | 178 | 43.69 | 1:32.53 |
| 7. Renske Danckaarts | De Fuut | 1:31.43 | 200700116 | 1:33.18 | 174 | 44.94 | 1:33.18 |
| 8. Emma-Elise Kragten | ZPC Watervlo | 1:39.77 | 200700782 | 1:33.73 | 171 | 40.79 | 1:33.73 |
| 9. Jolein Dijs | GoSwim | 1:48.62 | 200701342 | 1:36.19 | 159 | 47.80 | 1:36.19 |
| 10. Annika Hogenhuis | Zwemlust- den Hommel | 1:59.58 | 200701340 | 1:37.98 | 150 | 46.81 | 1:37.98 |
| 11. Carmen Renkers | Zpc Amersfoort | 1:43.80 | 200700308 | 1:39.25 | 144 | 47.56 | 1:39.25 |
| 12. Liselotte ter Huurne | ZPC Watervlo | NT | 200701596 | 1:39.86 | 142 | 45.87 | 1:39.86 |
| 13. Lois Dirkx | GoSwim | 1:48.87 | 200702376 | 1:43.38 | 128 | 46.99 | 1:43.38 |
| 14. Birgit de Jong | De Fuut | 1:44.72 | 200701638 | 1:44.34 | 124 | 45.82 | 1:44.34 |
| 15. Juliette Barnar | GoSwim | 1:55.36 | 200700554 | 1:49.09 | 109 | 48.91 | 1:49.09 |
| 16. Nourah Taya | Zwemlust- den Hommel | 2:10.94 | 200700924 | 2:08.44 | 67 | 55.82 | 2:08.44 |
| 17. Roshnie Chedie | GoSwim | NT | 200702286 | 2:25.73 | 46 | 1:06.16 | 2:25.73 |

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|-----------------------|----------------------|---------|-----------|----------------|-----|---------|---------|
| 1. | Daan Hoogendoorn | ZPC Woerden | 1:27.39 | 200500113 | 1:28.71 | 278 | 42.24 | 1:28.71 |
| 2. | Yardan Taya | Zwemlust- den Hommel | 1:26.34 | 200501343 | 1:34.50 | 230 | 43.76 | 1:34.50 |
| 3. | Tim Seising | VZC | 1:38.74 | 200500107 | 1:36.24 | 218 | 45.74 | 1:36.24 |
| 4. | Koen Marsman | Zpc Amersfoort | 1:42.88 | 200502763 | 1:36.57 | 216 | 45.83 | 1:36.57 |
| 5. | Georgios Athanasiou | De Duinkickers | NT | 200502699 | 1:41.65 | 185 | 47.61 | 1:41.65 |
| 6. | Youri Voet | De Duinkickers | 1:44.27 | 200502269 | 1:44.56 | 170 | 48.31 | 1:44.56 |
| 7. | Hidde Sander Dragstra | Zpc Amersfoort | 1:47.77 | 200500161 | 1:48.75 | 151 | 51.07 | 1:48.75 |
| 8. | Thijmen Peeters | Zwemlust- den Hommel | 1:47.26 | 200502945 | 1:49.01 | 150 | 50.34 | 1:49.01 |
| 9. | Jens Kuiper | De Fuut | 1:50.15 | 200502773 | 1:51.01 | 142 | 52.98 | 1:51.01 |
| 10. | Peer Bergman | VZC | NT | 200503223 | 1:52.05 | 138 | 50.78 | 1:52.05 |
| 11. | Keefe Pelenkahu | Zwemlust- den Hommel | 2:08.23 | 200502261 | 1:52.52 | 136 | 53.04 | 1:52.52 |
| 12. | Julian Teeuwen | Zpc Amersfoort | 2:04.53 | 200502643 | 2:08.14 | 92 | 1:03.05 | 2:08.14 |
| DIS | Ole Sluis | ZPC Watervlo | 1:49.32 | 200502073 | | | | |

SL - Het keer- en/of eindpunt met één hand aangetikt.

| | | | | | | | | |
|-------|--------------------|--------|---------|-----------|--|--|--|--|
| AFGEM | D. van de Weerdhof | VZC | 1:41.94 | 200501227 | | | | |
| AFGEM | Anwar Elling | GoSwim | NT | 200503427 | | | | |

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|-----------------------|-------------------------|---------|-----------|----------------|-----|---------|---------|
| 1. | Sophie Faveaux | Zpc Amersfoort | 1:29.31 | 200600286 | 1:26.09 | 418 | 40.31 | 1:26.09 |
| 2. | Pippa van 't Land | Zpc Amersfoort | 1:34.24 | 200600426 | 1:29.91 | 367 | 42.43 | 1:29.91 |
| 3. | Daniek Willemse | De Duinkickers | 1:41.44 | 200601018 | 1:37.96 | 283 | 45.76 | 1:37.96 |
| 4. | Tess Berner | De Duinkickers | 1:47.90 | 200600450 | 1:48.79 | 207 | 50.09 | 1:48.79 |
| 5. | Aniek Dijs | GoSwim | 1:50.73 | 200601426 | 1:49.33 | 204 | | 1:49.33 |
| 6. | Lotte Elhorst | The Hague Swimming (SG) | 1:59.03 | 200601584 | 1:52.07 | 189 | 52.71 | 1:52.07 |
| 7. | Isabel Kolkman | Zpc Amersfoort | NT | 200601094 | 1:54.07 | 180 | 51.16 | 1:54.07 |
| 8. | Rebecca van Lier | VZC | 1:57.23 | 200602612 | 1:55.71 | 172 | 53.98 | 1:55.71 |
| 9. | Sterre Zeeuw | De Zwoer | 1:58.13 | 200601796 | 1:56.94 | 167 | 55.71 | 1:56.94 |
| 10. | Maren van Bommel | ZPC Watervlo | 2:00.56 | 200600896 | 1:58.53 | 160 | 54.68 | 1:58.53 |
| 11. | Fani Meijer | Zwemclub Zeist | NT | 200603458 | 1:59.75 | 155 | 56.00 | 1:59.75 |
| 12. | Lotte Berghauser Pont | ZPC Watervlo | 2:06.00 | 200601964 | 2:00.08 | 154 | 57.22 | 2:00.08 |
| 13. | Kim Geering | De Fuut | 2:02.69 | 200602044 | 2:00.22 | 153 | 57.28 | 2:00.22 |
| | Isabel van Katwijk | Zwemlust- den Hommel | 1:56.98 | 200601014 | 2:00.41 | 153 | 56.81 | 2:00.41 |
| 15. | Laura Flesch | De Fuut | 2:16.38 | 200602168 | 2:01.92 | 147 | 57.91 | 2:01.92 |
| 16. | Josephine Opdam | VZC | 2:06.36 | 200602144 | 2:03.75 | 141 | 57.66 | 2:03.75 |
| 17. | Intisar Maddoe | ZPC Watervlo | NT | 200603104 | 2:06.58 | 131 | 58.94 | 2:06.58 |
| 18. | Linh-Dan Trimborn | GoSwim | NT | 200602072 | 2:07.03 | 130 | 59.45 | 2:07.03 |
| 19. | Aranka Felix | Zpc Amersfoort | 2:04.34 | 200600780 | 2:07.98 | 127 | 1:00.43 | 2:07.98 |
| 20. | Leana Vos | De Fuut | 2:13.22 | 200600828 | 2:23.49 | 90 | 1:05.99 | 2:23.49 |
| DIS | Kim Habernickel | ZPC Watervlo | 1:52.04 | 200600672 | | | | |

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

| | | | | | | | | |
|-------|--|----------------------|---------|-----------|--|--|--|--|
| DIS | Ifra Boumediyani | De Zwoer | NT | 200603034 | | | | |
| | <i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdeste gedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.</i> | | | | | | | |
| DIS | Janna Meijers | De Zwoer | 2:06.91 | 200603476 | | | | |
| | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | | |
| NG.ZA | Zosia Chmielewska | Aquarijn | 1:47.62 | 200602594 | | | | |
| AFGEM | Manon Kooij | VZC | 2:00.76 | 200602142 | | | | |
| NG | Noa Oosterom | Zwemlust- den Hommel | 2:01.01 | 200602020 | | | | |

Programmanr. 15
06/05/2017 - 16:15

Jongens, 50m rugslag

Minioren 2, 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-------------------------|-------------------------|---------|-----------|----------------|-----|
| 1. | Lucas Bemer | De Duinkickers | 44.07 | 200700219 | 42.77 | 178 |
| 2. | Dinand van Os | VZC | 47.79 | 200700463 | 44.09 | 162 |
| 3. | Sander van de Hoofd | The Hague Swimming (SG) | 48.61 | 200700505 | 48.88 | 119 |
| 4. | Ben Daanen | Zwemlust- den Hommel | 50.17 | 200701069 | 49.48 | 115 |
| 5. | Obed Molenaar | VZC | 54.25 | 200800823 | 50.08 | 111 |
| 6. | Izu Onunta | Aquarijn | 52.50 | 200800357 | 52.58 | 96 |
| 7. | Andre Versteegen | GoSwim | 54.61 | 200700903 | 52.99 | 93 |
| 8. | Kai van Katwijk | Zwemlust- den Hommel | 1:00.19 | 200800659 | 54.62 | 85 |
| 9. | Jort van den Ham | GoSwim | 1:01.07 | 200800101 | 56.55 | 77 |
| 10. | Storm Elgersma | Aquarijn | 53.86 | 200702053 | 57.76 | 72 |
| 11. | Xavier Barnar | GoSwim | 1:05.10 | 200900061 | 58.79 | 68 |
| 12. | Lars Schade van Westrum | GoSwim | NT | 200800933 | 1:00.67 | 62 |
| 13. | Guus Kui | ZPC Watervlo | 55.91 | 200700845 | 1:02.71 | 56 |
| 14. | Floris Nieuwenhuis | GoSwim | NT | 200800383 | 1:06.99 | 46 |
| 15. | Jeffrey Visser | De Zwoer | 1:10.99 | 200800905 | 1:12.73 | 36 |
| AFGEM | Ralph Hanse | GoSwim | NT | 200701949 | | |

Programmanr. 16
06/05/2017 - 16:20

Meisjes, 50m rugslag

Minioren 2 en 3
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|----------------------|---------|-----------|----------------|-----|
| 1. | Rosalie Reef | Zwemclub Woestduin | 44.67 | 200800426 | 46.30 | 200 |
| 2. | Mijke van Hal | Zwemlust- den Hommel | 51.69 | 200800362 | 49.56 | 163 |
| 3. | Sanne Korndewal | Zpc Amersfoort | 50.04 | 200800314 | 50.42 | 155 |
| 4. | Maaïke Ooms | Zpc Amersfoort | 1:07.11 | 200801580 | 55.02 | 119 |
| 5. | Anaroods Lagerwey | Zwemclub Woestduin | 54.07 | 200800734 | 55.22 | 118 |
| 6. | Iris Duim | Zpc Amersfoort | 57.43 | 200900092 | 58.30 | 100 |
| 7. | Elvira Renkers | Zpc Amersfoort | 1:08.45 | 200800164 | 58.85 | 97 |
| 8. | Elaine Geeven | Zwemclub Woestduin | NT | 200801972 | 59.62 | 93 |
| 9. | Amy Vos | GoSwim | NT | 200800636 | 1:05.65 | 70 |
| NG | Elin Oosterom | Zwemlust- den Hommel | 58.72 | 200800364 | | |

Programmanr. 17
06/05/2017 - 16:25

Jongens, 50m schoolslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|----------------------|--------------------|--------|-----------|--------------|----------|
| 1. | Frank van der Veen | ZPC Woerden | 41.44 | 200203023 | 38.38 | 326 |
| 2. | Rico van der Laan | Zpc Amersfoort | 40.76 | 200202445 | 38.87 | 314 |
| 3. | Lucas Bruins | Zwemclub Zeist | 40.18 | 200301209 | 42.03 | 248 |
| 4. | Onno Kui | ZPC Watervlo | 44.88 | 200303157 | 42.21 | 245 |
| 5. | Berkay Akalin | ZPC Watervlo | 45.06 | 200304471 | 44.87 | 204 |
| 6. | Delano van den Bosch | Aquarijn | 45.13 | 200200237 | 45.00 | 202 |
| 7. | Thijs van Spingelen | Zwemclub Woestduin | 42.37 | 200301441 | 45.36 | 198 |
| 8. | Rick Dijkhuizen | Zwemclub Zeist | 44.75 | 200400197 | 45.86 | 191 |
| 9. | Stan Huisman | ZPC Watervlo | 47.43 | 200304453 | 47.28 | 174 |
| 10. | Niels van den Oever | Zwemclub Zeist | 46.76 | 200303019 | 47.93 | 167 |
| 11. | Lucas van Hattum | ZPC Watervlo | 47.77 | 200401159 | 48.41 | 163 |
| 12. | Ennio Keja | ZPC Watervlo | 48.06 | 200403071 | 48.48 | 162 |
| 13. | Max Verheul | ZPC Watervlo | 46.20 | 200304485 | 48.64 | 160 |
| | Koen Goedkoop | ZPC Watervlo | 44.06 | 200104779 | 48.65 | 160 |
| 15. | Ivar Drost | ZPC Watervlo | 49.79 | 200403085 | 48.86 | FJ 1 158 |
| 16. | Quin Schilham | De Duinkickers | 50.18 | 200302297 | 48.86 | FJ 2 158 |
| 17. | Timo de Leeuw | ZPC Woerden | 57.95 | 200401481 | 50.10 | 147 |
| 18. | Mark Schoonhoven | ZPC Watervlo | 49.45 | 200403073 | 50.84 | 140 |
| 19. | Nico Nap | De Fuut | 56.79 | 200403841 | 55.62 | 107 |
| NG.ZA | Hans Blankensteijn | Aquarijn | 44.95 | 200200159 | | |
| AFGEM | Lennart Onderwater | GoSwim | 57.60 | 200403737 | | |
| AFGEM | Ishak Ozdemir | GoSwim | 42.29 | 200102061 | | |

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-----------------------|----------------------|--------|-----------|--------------|-------------|
| 1. | Kelly Patricia | VZC | NT | 200402818 | 38.21 | 459 |
| 2. | Noa Steenpoorte | Zpc Amersfoort | 39.30 | 200301882 | 39.44 | 418 |
| 3. | Noortje Wijnstekers | De Duinkickers | 41.59 | 200301010 | 40.42 | 388 |
| 4. | Michelle van Wijhe | Zpc Amersfoort | 44.66 | 200402196 | 44.01 | 301 |
| 5. | Femke Doorenbos | De Duinkickers | 44.93 | 200404214 | 44.46 | 292 |
| 6. | Anna Oelen | ZPC Watervlo | 45.22 | 200301468 | 45.03 | FJ 1 281 |
| 7. | Megan Schilham | De Duinkickers | 45.95 | 200401894 | 45.03 | FJ 2 281 |
| 8. | Amelie Keulards | Zpc Amersfoort | 46.29 | 200501760 | 46.42 | 256 |
| 9. | Juul Meijer | GoSwim | 49.07 | 200404518 | 46.59 | 253 |
| 10. | Muna Onunta | Aquarijn | 48.42 | 200402858 | 46.92 | 248 |
| 11. | Alyka Geutjes | Zpc Amersfoort | 46.64 | 200500996 | 47.26 | 243 |
| 12. | Serah Weijland | Zpc Amersfoort | 45.98 | 200302086 | 47.43 | 240 |
| 13. | Sol Terpstra | GoSwim | 47.81 | 200300396 | 47.79 | 235 |
| 14. | Livia de Waard | De Duinkickers | 47.86 | 200302840 | 49.04 | 217 |
| 15. | Meike Groeneveld | GoSwim | 50.42 | 200503444 | 49.65 | 209 |
| 16. | Eva Daanen | Zwemlust- den Hommel | 49.90 | 200404912 | 49.72 | 208 |
| 17. | Sarah Sarioa | ZPC Watervlo | 52.36 | 200503460 | 49.82 | 207 |
| | Lotte van Hal | Zwemlust- den Hommel | 47.69 | 200303666 | 49.85 | 207 |
| 19. | Emma Winter | Zwemclub Zeist | 52.44 | 200304990 | 51.32 | 190 |
| 20. | Marit de Lang | Aquarijn | 51.59 | 200503512 | 51.47 | 188 |
| 21. | Isa de Koning | GoSwim | 50.06 | 200404696 | 51.88 | 183 |
| 22. | Vera van Barneveld | Zwemclub Woestduin | 53.36 | 200503270 | 52.36 | FJ 1 178 |
| 23. | Maureen de Waard | De Duinkickers | 52.59 | 200500776 | 52.36 | FJ 2 178 |
| 24. | Kim Middelkoop | ZPC Watervlo | 48.37 | 200304562 | 52.71 | 175 |
| 25. | Jet la Croix | Zpc Amersfoort | 51.44 | 200301044 | 53.35 | 169 |
| 26. | Tessel van der Wolk | Zwemclub Zeist | 52.34 | 200405332 | 55.06 | 153 |
| 27. | Fleur Karczewski | De Fuut | 54.40 | 200502968 | 55.22 | 152 |
| 28. | Mirna Beverdam | GoSwim | 53.79 | 200304750 | 55.70 | 148 |
| | Shoana Tijhaar | GoSwim | NT | 200504166 | 55.72 | 148 |
| 30. | Noor Sloof | De Fuut | 55.13 | 200503120 | 55.91 | 147 |
| 31. | Roos Koefoed | GoSwim | 53.97 | 200401276 | 56.88 | 139 |
| 32. | Sarah Veenhof | De Fuut | NT | 200405248 | 57.71 | 133 |
| AFGEM | Myra Elsinghorst | De Fuut | 49.77 | 200502970 | | |
| AFGEM | Ester Meirink | GoSwim | 43.30 | 200404872 | | |
| AFGEM | Malak Mouzouri | GoSwim | 57.56 | 200301772 | | |
| AFGEM | Sara Ausema | Zwemclub Zeist | 51.04 | 200405328 | | |
| AFGEM | Monique van der Ploeg | Zwemclub Zeist | NT | 200405384 | | |

| rang | vereniging | intijd | tijd | RT |
|------|---|----------------------|---|----------------|
| 1. | Zpc Amersfoort 1 | Zpc Amersfoort | 2:20.11 | 2:16.25 |
| | Koen Marsman Pepijn ten Broek | 05 06 | 34.19 Hidde Sander Dragstra Tenzing Geutjes | 05 06 |
| 2. | Zwemlust- den Hommel 1 | Zwemlust- den Hommel | 2:23.66 | 2:20.13 |
| | Raffayin Tjon-a-sam Thijmen Peeters | 06 05 | 38.85 Thijs Wellink Yardan Taya | 06 05 |
| 3. | VZC 1 | VZC | 2:19.48 | 2:22.07 |
| | Tim Seising Marcelino Gómez González | 05 06 | 34.24 Diesel Schaafsma Dinand van Os | 06 07 |
| 4. | ZPC Watervlo 1 | ZPC Watervlo | 2:45.67 | 2:53.13 |
| | Tijn de Ruiter Guus Kui | 06 07 | 36.92 Sean Lee Ole Sluis | 06 05 |