

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 1
16-2-2020 - 13:25

Dames, 50m vrije slag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|-----------------------|-------------------------|--------|-----------|--------------|----|
| Junioren 1 | | | | | | |
| 1. | Liv Heijdra | Feijenoord Albion | 33.17 | 200800736 | 31.16 | |
| 2. | Ilse Rozema | Azc | 31.39 | 200803318 | 32.21 | |
| 3. | Elaine Geeven | De Zwoer | 36.62 | 200801972 | 34.97 | |
| 4. | Eloise van der Sluijs | ZPC Woerden | 40.53 | 200802312 | 37.93 | |
| 5. | Naomi de Rooij | Alkemade | NT | 200802612 | 43.59 | |
| 6. | Norah Koenes | ZPC Woerden | 51.65 | 200802314 | 47.21 | |
| AFGEM | Amy Dekker | ZPC Woerden | 49.14 | 200803574 | | |
| Junioren 2 | | | | | | |
| 1. | Libhin Boon | Daw | 31.32 | 200701792 | 31.69 | |
| 2. | Eline van Rijn | Daw | 31.92 | 200700918 | 31.83 | |
| 3. | Rosalie Braspenincx | ZPC Woerden | 34.22 | 200702530 | 31.89 | |
| 4. | Tara de Jong | Daw | 32.33 | 200701574 | 32.07 | |
| 5. | Cherish Macnack | Azc | 33.57 | 200701432 | 32.94 | |
| 6. | Fenna Bekke ter | Zwemvereniging Utrecht | 37.10 | 200701506 | 34.94 | |
| 7. | Eloisa Gomes Delgado | Feijenoord Albion | 35.56 | 200700812 | 35.16 | |
| 8. | Amelia Symons | Daw | 39.13 | 200702130 | 35.97 | |
| 9. | Zita Keja | Zwemvereniging Utrecht | 36.06 | 200702714 | 37.46 | |
| 10. | Sanne Kortenoeven | Widex Gzc Donk | 37.57 | 200702088 | 39.68 | |
| AFGEM | Kiara Holmstrom | Daw | 35.13 | 200700696 | | |
| AFGEM | Brianna Voorhout | Daw | 34.37 | 200702342 | | |
| Junioren 3 | | | | | | |
| 1. | Djanilla Brink | Daw | 29.07 | 200600988 | 29.45 | |
| 2. | Kim Oudendijk | Daw | 28.89 | 200600964 | 29.64 | |
| 3. | Zena Bout | Zwemlust- den Hommel | 30.48 | 200601442 | 30.94 | |
| 4. | Piera Stallen | Widex Gzc Donk | 34.06 | 200600510 | 34.82 | |
| 5. | Sophie Beumers | Zwemvereniging Utrecht | 37.53 | 200603494 | 35.88 | |
| 6. | Kyara Beets | Daw | 35.13 | 200602368 | 36.51 | |
| 7. | Milou de Blaeij | Alkemade | 38.07 | 200602504 | 38.94 | |
| 8. | Josanne Betting | ZPC Woerden | NT | 200604842 | 40.13 | |
| 9. | Sofie Visser | ZPC Woerden | 44.44 | 200604516 | 40.72 | |
| Junioren 4 | | | | | | |
| 1. | Vivianne Woltjes | The Hague Swimming (sg) | 27.50 | 200501524 | 28.81 | |
| 2. | Zuzanna Kowalczyk | ZV Zaltbommel | 32.43 | 200503860 | 31.16 | |
| 3. | Lana Hogerhuis | Alkemade | 33.40 | 200501316 | 32.59 | |
| 4. | Amber Luijn van | Zwemvereniging Utrecht | 35.83 | 200504422 | 35.42 | |
| 5. | Zoë van der Reijden | LinK | NT | 200505296 | 36.93 | |
| 6. | Liese Kastelijn | ZPC Woerden | NT | 200505128 | 37.96 | |
| AFGEM | Niké Telkamp | The Hague Swimming (sg) | 29.38 | 200501088 | | |
| AFGEM | Nanna van Munster | ZPC Woerden | 33.47 | 200500878 | | |
| Jeugd 1 | | | | | | |
| 1. | Sophie Stekelenburg | Zwemlust- den Hommel | 28.03 | 200400166 | 28.51 | |
| 2. | Charlotte Breukink | De Zwoer | 28.61 | 200402814 | 29.27 | |
| 3. | Mandy van der Meijden | Widex Gzc Donk | 29.60 | 200402574 | 29.32 | |
| 4. | Leyla Uludag | Zoetermeer | 33.06 | 200405738 | 31.69 | |
| 5. | Danique Wittenbernds | Daw | 31.89 | 200401214 | 31.89 | |
| 6. | Maddy van der Hoeven | Zwemlust- den Hommel | NT | 200401298 | 33.21 | |
| Jeugd 2 | | | | | | |
| 1. | Sanne Vermeulen | Zwemlust- den Hommel | 28.69 | 200303902 | 29.90 | |
| 2. | Kim de Jong | LinK | 30.40 | 200301026 | 30.21 | |
| 3. | Marije de Jager | LinK | 31.09 | 200301394 | 30.55 | |
| 4. | Zoë Molenaar | Zoetermeer | 30.26 | 200300978 | 30.86 | |
| 5. | Anna Oelen | Zwemvereniging Utrecht | 31.07 | 200301468 | 31.45 | |
| 6. | Kim Middelkoop | Zwemvereniging Utrecht | 37.69 | 200304562 | 34.23 | |
| AFGEM | Norah Eijsbroek | Zwemlust- den Hommel | 28.98 | 200303662 | | |

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Utrecht, 16-2-2020

Programmanr. 1, Dames, 50m vrije slag

Senioren

| | | | | | | |
|-----|-------------------|-------------------------|-------|-----------|--------------|--------|
| 1. | Elinore de Jong | The Hague Swimming (sg) | 26.80 | 198902072 | 28.85 | |
| 2. | Inge van der Hoek | The Hague Swimming (sg) | 28.52 | 199204034 | 29.69 | |
| 3. | Marcia Knepper | Zwemvereniging Utrecht | 30.62 | 200106252 | 29.81 | |
| 4. | Lisanne Dijkman | Zoetermeer | 29.29 | 200102676 | 30.04 | |
| 5. | Anniek de Ruiter | Widex Gzc Donk | 29.95 | 200101224 | 30.27 | |
| 6. | Mandy Verbakel | ZPC Woerden | 32.06 | 199003908 | 30.46 | |
| 7. | Jana Driest | Widex Gzc Donk | 30.79 | 200103582 | 31.03 | |
| 8. | Amelie de Jonge | ZV New Wave Almere | 31.17 | 200202678 | 31.48 | |
| 9. | Andrea Daudeij | Alkemade | 31.25 | 200204816 | 32.63 | |
| 10. | Susan van Grol | Widex Gzc Donk | 32.72 | 200201344 | 33.91 | |
| 11. | Jonne Moleman | LinK | 34.09 | 200006264 | 35.79 | S7 825 |

Programmanr. 2
16-2-2020 - 13:34

Heren, 50m vrije slag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 1

| | | | | | |
|----|-----------------------|----------------------|-------|-----------|--------------|
| 1. | Lars Kool | Daw | 31.45 | 200700511 | 32.08 |
| 2. | Ben Daanen | Zwemlust- den Hommel | 32.13 | 200701069 | 32.76 |
| 3. | Freek Ruijsenaars | ZPC Woerden | 37.28 | 200702139 | 32.90 |
| 4. | Thijs den Hollander | ZPC Woerden | NT | 200702477 | 34.01 |
| 5. | Attila Farago | Daw | 35.23 | 200701233 | 35.40 |
| 6. | Mitchell Nooitgedacht | Azc | 36.32 | 200701523 | 35.59 |
| 7. | Thom Huizer | Widex Gzc Donk | 36.82 | 200701711 | 35.61 |

Junioren 2

| | | | | | |
|----|--------------------|------------------------|-------|-----------|--------------|
| 1. | Mark Demianenko | Zoetermeer | 28.43 | 200600409 | 27.72 |
| 2. | Harm Nahon | Z&PC De Gouwe | 30.81 | 200602515 | 31.39 |
| 3. | Madin Lajlufi | Zoetermeer | 34.61 | 200601425 | 31.75 |
| 4. | Casper van Leeuwen | Widex Gzc Donk | 35.97 | 200601329 | 31.97 |
| 5. | Tijn Ruiter de | Zwemvereniging Utrecht | 34.08 | 200600657 | 33.01 |
| 6. | Dominique Drabbe | Zoetermeer | 34.40 | 200600145 | 34.67 |
| 7. | Sem Berckenkamp | Z&PC De Gouwe | 36.90 | 200602229 | 34.86 |

Junioren 3

| | | | | | |
|-------|-------------------------|-------------------------|-------|-----------|--------------|
| 1. | Gabriel Been | The Hague Swimming (sg) | 25.95 | 200501467 | 26.43 |
| 2. | Philip Grammatikopoulos | Daw | 29.95 | 200504167 | 28.91 |
| 3. | Luke van de Pasch | Zwemlust- den Hommel | 29.43 | 200503649 | 29.99 |
| 4. | Jesse Camphens | Noordwijkerhout | 29.46 | 200502899 | 30.07 |
| 5. | Liam Boon | Daw | 30.50 | 200503137 | 30.96 |
| 6. | Siem van Seters | Zwemlust- den Hommel | 30.40 | 200503823 | 32.57 |
| AFGEM | Yardan Taya | Zwemlust- den Hommel | 26.78 | 200501343 | |

Junioren 4

| | | | | | |
|-------|------------------|------------------------|-------|-----------|--------------|
| 1. | Jelle in 't Veld | ZV Zaltbommel | 27.13 | 200400073 | 26.85 |
| 2. | Tijmen Ellen | Zwemvereniging Utrecht | 28.62 | 200403959 | 27.45 |
| 3. | Marijn Dekkers | Widex Gzc Donk | 30.04 | 200402275 | 28.86 |
| 4. | Marcus Fabriek | De Zwoer | 28.76 | 200402863 | 29.37 |
| 5. | Ennio Keja | Zwemvereniging Utrecht | 31.38 | 200403071 | 29.68 |
| 6. | Niels Hartevelde | Azc | 30.21 | 200404235 | 31.01 |
| AFGEM | Ivo van der Tol | ZPC Woerden | NT | 200404411 | |

Jeugd 1

| | | | | | |
|----|---------------------|------------------------|-------|-----------|--------------|
| 1. | Daan Hogerhuis | LinK | 26.78 | 200300317 | 25.07 |
| 2. | Piet - Hein Straver | ZV Zaltbommel | 25.01 | 200302527 | 25.78 |
| 3. | Lucas Pfaff | ZPC Woerden | 27.03 | 200303391 | 26.63 |
| 4. | Faissal Laghrich | Kon. AZ 1870 | 27.42 | 200301885 | 27.43 |
| 5. | Nigel Werring | Zwemlust- den Hommel | 27.55 | 200301503 | 27.84 |
| 6. | Leon Jansen | De Zwoer | 28.98 | 200304075 | 29.51 |
| 7. | Max Verheul | Zwemvereniging Utrecht | 29.98 | 200304485 | 30.01 |

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Programmanr. 2, Heren, 50m vrije slag

Jeugd 2

| | | | | | |
|----|-----------------|------------------------|-------|-----------|--------------|
| 1. | Ward in 't Veld | ZV Zaltbommel | 25.23 | 200200511 | 25.76 |
| 2. | Ben Kok de | Zwemvereniging Utrecht | 27.28 | 200200881 | 26.05 |

Senioren 1 en ouder

| | | | | | |
|-------|--------------------|------------------------|-------|-----------|--------------|
| 1. | Joop Tuppe | ZV Zaltbommel | 25.06 | 200100581 | 25.11 |
| 2. | Ian Terlouw | ZPC Woerden | 26.13 | 200002345 | 26.28 |
| 3. | Remco Oskam | Widex Gzc Donk | 26.77 | 199205583 | 26.44 |
| 4. | Ruben Zwartbol | ZPC Woerden | 27.79 | 200102651 | 27.67 |
| 5. | Vincent Versteeg | Zwemlust- den Hommel | 26.59 | 197701003 | 27.70 |
| 6. | Koen Goedkoop | Zwemvereniging Utrecht | 30.12 | 200104779 | 29.01 |
| AFGEM | Jeff Duivenvoorden | Noordwijkerhout | 30.99 | 199601829 | |

Programmanr. 3
16-2-2020 - 13:40

Dames, 50m rugslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|----------------------|-------------------------|--------|-----------|--------------|----|
| Junioren 1 | | | | | | |
| 1. | Jade van der Schrier | Azc | 40.86 | 200800692 | 39.16 | |
| 2. | Tamira Anna Rasban | Daw | 42.93 | 200801810 | 43.34 | |
| 3. | Norah Koenes | ZPC Woerden | 59.60 | 200802314 | 52.66 | |
| AFGEM | Nora Mouthaan | De Zwoer | 42.70 | 200802014 | | |
| Junioren 2 | | | | | | |
| 1. | Skye van Gilse | ZV Zaltbommel | 37.00 | 200700606 | 34.93 | |
| 2. | Rosalie Braspeninx | ZPC Woerden | 35.81 | 200702530 | 37.53 | |
| 3. | Cherish Macnack | Azc | 37.94 | 200701432 | 42.30 | |
| Junioren 3 | | | | | | |
| 1. | Isabel van Katwijk | Zwemlust- den Hommel | 37.54 | 200601014 | 39.16 | |
| 2. | Milou de Blaeij | Alkemade | 44.66 | 200602504 | 48.83 | |
| 3. | Josanne Betting | ZPC Woerden | NT | 200604842 | 49.59 | |
| Junioren 4 | | | | | | |
| 1. | Emma van Leeuwen | Daw | 31.90 | 200500200 | 33.51 | |
| 2. | Gia Hân Vu | De Zwoer | 33.20 | 200503438 | 34.58 | |
| 3. | Isabella Grijseels | Kon. AZ 1870 | 37.32 | 200502678 | 37.81 | |
| 4. | Liese Kastelij | ZPC Woerden | NT | 200505128 | 45.07 | |
| 5. | Zoë van der Reijden | LinK | NT | 200505296 | 48.58 | |
| AFGEM | Emma Zwetsloot | Alkemade | 43.22 | 200504990 | | |
| Jeugd 1 | | | | | | |
| 1. | Jill Nai Chung Tong | ZV Vlaardingen-Schiedam | 31.05 | 200404272 | 32.22 | |
| Senioren | | | | | | |
| 1. | Isa Willemsen | ZV Zaltbommel | 32.50 | 199900628 | 33.03 | |
| 2. | Linda Kamperman | Zwemlust- den Hommel | 31.72 | 199601238 | 33.43 | |
| 3. | Jessica Braat | Azc | 36.12 | 200205684 | 39.47 | |
| 4. | Sanne Arisz | Daw | 38.09 | 200106082 | 41.15 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
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Programmanr. 4 Heren, 50m rugslag alg. leeftijdsgroep
16-2-2020 - 13:46 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|----------------------------|---------------------|------------------------|--------|-----------|--------------|----|
| Junioren 2 | | | | | | |
| 1. | Thijs Wellink | Zwemlust- den Hommel | 34.94 | 200600715 | 35.62 | |
| 2. | Vincent Schweitzer | Daw | 38.56 | 200601857 | 39.07 | |
| Junioren 3 | | | | | | |
| 1. | Tim van Lochem | Zoetermeer | 33.82 | 200500077 | 34.69 | |
| 2. | Thijs Huizer | Noordwijkerhout | 42.61 | 200502523 | 35.15 | |
| 3. | Sytze van Stein | LinK | 37.46 | 200501155 | 37.60 | |
| Junioren 4 | | | | | | |
| 1. | Danny van Grondelle | Zwemlust- den Hommel | 32.20 | 200400901 | 34.11 | |
| AFGEM | Jort Ros | Zwemvereniging Utrecht | 37.91 | 200404325 | | |
| Jeugd 1 | | | | | | |
| 1. | Justin Jansen | ZV New Wave Almere | 30.28 | 200302079 | 31.24 | |
| 2. | Max Verheul | Zwemvereniging Utrecht | 38.73 | 200304485 | 41.09 | |
| Jeugd 2 | | | | | | |
| 1. | Thom Meendering | Daw | 35.82 | 200204879 | 36.16 | |
| 2. | Kevin Dirkwager | Daw | 34.92 | 200204151 | 36.77 | |
| Senioren 1 en ouder | | | | | | |
| 1. | Bert Duivenvoorde | Noordwijkerhout | 32.83 | 199701805 | 31.40 | |

Programmanr. 5 Dames, 100m vlinderslag alg. leeftijdsgroep
16-2-2020 - 13:49 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|-----------------------|-------------------------|---------|-----------|----------------|----|
| Junioren 1 | | | | | | |
| 1. | Emma Rose Buitenkamp | Daw | 1:16.84 | 200801898 | 1:20.14 | |
| 2. | Mia Nahon | Z&PC De Gouwe | 1:35.55 | 200801166 | 1:30.30 | |
| Junioren 2 | | | | | | |
| 1. | Charlotte Woltjes | The Hague Swimming (sg) | 1:18.39 | 200700110 | 1:21.47 | |
| 2. | Aukje Grijseels | Kon. AZ 1870 | 1:22.04 | 200701208 | 1:22.52 | |
| 3. | Annika Hogenhuis | Zwemlust- den Hommel | 1:30.21 | 200701340 | 1:23.17 | |
| 4. | Puck Hoogeveen | ZPC Woerden | NT | 200701794 | 1:42.72 | |
| Junioren 3 | | | | | | |
| 1. | Renske Overdam | Z&PC De Gouwe | 1:24.44 | 200601676 | 1:24.81 | |
| Jeugd 1 | | | | | | |
| 1. | Jonna Muntjewerff | The Hague Swimming (sg) | 1:11.69 | 200402396 | 1:18.15 | |
| 2. | Mandy van der Meijden | Widex Gzc Donk | 1:19.99 | 200402574 | 1:20.45 | |
| Senioren | | | | | | |
| 1. | Elinore de Jong | The Hague Swimming (sg) | 59.65 | 198902072 | 1:07.99 | |
| 2. | Angelique van Vark | Z&PC De Gouwe | 1:06.16 | 199701478 | 1:12.35 | |
| 3. | Bregje in 't Veld | ZV Zaltbommel | 1:12.64 | 200000978 | 1:13.42 | |
| 4. | Jessica Braat | Azc | 1:20.17 | 200205684 | 1:22.67 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 6 Heren, 100m vlinderslag alg. leeftijdsgroep
16-2-2020 - 13:53 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|--------------------|--------------------|---------|-----------|----------------|----|
| Junioren 2 | | | | | | |
| 1. | Ivar Kleuver | ZV New Wave Almere | 1:05.69 | 200601457 | 1:09.21 | |
| 2. | Benjamin Vermeer | Zoetermeer | 1:19.63 | 200600177 | 1:17.31 | |
| 3. | Roan van der Weide | Widex Gzc Donk | 1:17.90 | 200601629 | 1:20.15 | |
| 4. | Björn Mulder | Zoetermeer | 1:23.69 | 200601517 | 1:21.27 | |
| 5. | Maurice Tiebosch | Zoetermeer | 1:35.53 | 200601253 | 1:37.94 | |

| | | | | | | |
|-------------------|----------------------|-------------------------|---------|-----------|----------------|--|
| Junioren 3 | | | | | | |
| 1. | Emile Fouzai | The Hague Swimming (sg) | 1:00.45 | 200500263 | 1:02.24 | |
| 2. | Yanieck Frijstein | The Hague Swimming (sg) | 1:05.69 | 200500329 | 1:04.79 | |
| 3. | Gabriel Been | The Hague Swimming (sg) | 1:02.06 | 200501467 | 1:05.20 | |
| 4. | Leon Moreira Pereira | Kon. AZ 1870 | 1:11.90 | 200504001 | 1:13.57 | |
| 5. | Yassine Mellah | Widex Gzc Donk | 1:27.95 | 200502159 | 1:15.34 | |
| 6. | Jesse Camphens | Noordwijkerhout | 1:29.67 | 200502899 | 1:25.05 | |

| | | | | | | |
|-------------------|--------------------|--------------------|---------|-----------|----------------|------|
| Junioren 4 | | | | | | |
| 1. | Shawn Klas | Kon. AZ 1870 | 1:06.60 | 200402005 | 1:11.51 | FJ 1 |
| 2. | Maurits van Bommel | Kon. AZ 1870 | 1:10.57 | 200401089 | 1:11.51 | FJ 2 |
| 3. | Giljano Palm | Kon. AZ 1870 | 1:11.39 | 200403637 | 1:15.49 | |
| 4. | Dimitri Lans | ZV New Wave Almere | 1:20.39 | 200401325 | 1:21.27 | |

| | | | | | | |
|----------------|---------------|-------------------------|---------|-----------|----------------|--|
| Jeugd 1 | | | | | | |
| 1. | Michael Smink | The Hague Swimming (sg) | 57.57 | 200302169 | 59.43 | |
| 2. | Anouar Visser | ZV New Wave Almere | 1:05.29 | 200301829 | 1:07.52 | |
| 3. | Berkay Akalin | Zwemvereniging Utrecht | 1:14.79 | 200304471 | 1:11.22 | |
| 4. | Finn de Kan | Noordwijkerhout | 1:14.60 | 200304607 | 1:12.34 | |

| | | | | | | |
|----------------|-----------------|----------------------|---------|-----------|----------------|--|
| Jeugd 2 | | | | | | |
| 1. | Jarno Verbeek | Zoetermeer | 57.71 | 200200931 | 1:01.69 | |
| 2. | Kirill Hrabcuns | Zwemlust- den Hommel | 57.70 | 200201221 | 1:01.92 | |
| 3. | Luc Mul | Daw | 1:02.60 | 200201025 | 1:04.80 | |
| 4. | Tristan Kornet | Zwemlust- den Hommel | 1:15.01 | 200200297 | 1:18.86 | |
| AFGEM | Dave Rook | Kon. AZ 1870 | 1:12.57 | 200204355 | | |

| | | | | | | |
|----------------------------|---------------|----------------|---------|-----------|----------------|--|
| Senioren 1 en ouder | | | | | | |
| 1. | Paul van Grol | Widex Gzc Donk | 1:05.16 | 199602951 | 1:04.06 | |
| 2. | Roel van Grol | Widex Gzc Donk | 1:09.97 | 199802277 | 1:14.22 | |
| 3. | Thom van Vark | Z&PC De Gouwe | 1:12.47 | 200101305 | 1:15.57 | |

Programmanr. 7 Dames, 200m schoolslag alg. leeftijdsgroep
16-2-2020 - 14:01 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 100m | 200m |
|-------------------|-------------------|----------------|---------|-----------|----------------|----|---------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Veerle Hildebrand | ZV Zaltbommel | NT | 200801830 | 3:08.96 | | 1:28.71 | 3:08.96 |
| 2. | Rosalie Reef | De Zwoer | 3:05.71 | 200800426 | 3:12.21 | | 1:32.09 | 3:12.21 |
| 3. | Bette Peetoom | Daw | 3:40.63 | 200801808 | 3:46.97 | | 1:48.67 | 3:46.97 |
| Junioren 2 | | | | | | | | |
| 1. | Annique Rupke | Widex Gzc Donk | 3:04.50 | 200700876 | 3:02.12 | | 1:27.04 | 3:02.12 |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 7, Dames, 200m schoolslag

Junioren 3

| | | | | | | |
|-------------------|---------------|---------|-----------|----------------|---------|---------|
| 1. Djanilla Brink | Daw | 2:48.68 | 200600988 | 2:50.49 | 1:22.31 | 2:50.49 |
| 2. Zoë Springer | Z&PC De Gouwe | NT | 200604594 | 3:38.76 | 1:43.19 | 3:38.76 |

Junioren 4

| | | | | | | |
|---------------------|-------------------------|---------|-----------|----------------|---------|---------|
| 1. Emma van Leeuwen | Daw | 2:45.83 | 200500200 | 2:50.52 | 1:21.61 | 2:50.52 |
| AFGEM Niké Telkamp | The Hague Swimming (sg) | 2:43.96 | 200501088 | | | |

Jeugd 1

| | | | | | | |
|-----------------------|----------|---------|-----------|----------------|---------|---------|
| 1. Charlotte Breukink | De Zwoer | 3:09.54 | 200402814 | 3:19.89 | 1:34.26 | 3:19.89 |
|-----------------------|----------|---------|-----------|----------------|---------|---------|

Jeugd 2

| | | | | | | |
|----------------------|--------------|---------|-----------|----------------|---------|---------|
| 1. Maaïke van Lochem | Zoetermeer | 2:59.08 | 200301390 | 3:16.93 | 1:33.64 | 3:16.93 |
| 2. Sofie Sterk | Kon. AZ 1870 | 3:20.61 | 200302972 | 3:19.89 | 1:36.76 | 3:19.89 |

Senioren

| | | | | | | |
|-----------------------|-------------------------|---------|-----------|----------------|---------|---------|
| 1. Inge van der Hoek | The Hague Swimming (sg) | 2:51.22 | 199204034 | 3:02.38 | 1:25.75 | 3:02.38 |
| 2. Elyanne Boudestein | Zoetermeer | 2:49.95 | 200101060 | 3:07.17 | 1:28.21 | 3:07.17 |
| AFGEM Demi Brama | ZV New Wave Almere | 3:11.22 | 200003564 | | | |

Programmanr. 8
16-2-2020 - 14:08

Heren, 200m schoolslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------|------------|--------|------|----|------|------|
|------|------|------------|--------|------|----|------|------|

Junioren 2

| | | | | | | | |
|-------------------|------------------------|---------|-----------|----------------|--|---------|---------|
| 1. Tijn Ruiter de | Zwemvereniging Utrecht | 3:29.46 | 200600657 | 3:32.43 | | 1:40.49 | 3:32.43 |
|-------------------|------------------------|---------|-----------|----------------|--|---------|---------|

Junioren 3

| | | | | | | | |
|---------------------|-------------|---------|-----------|----------------|--|---------|---------|
| 1. Daan Hoogendoorn | ZPC Woerden | 2:48.22 | 200500113 | 2:48.09 | | 1:22.40 | 2:48.09 |
| 2. Sytze van Stein | LinK | 3:17.41 | 200501155 | 3:18.55 | | 1:33.87 | 3:18.55 |

Junioren 4

| | | | | | | | |
|---------------------|----------------------|---------|-----------|----------------|--|---------|---------|
| 1. Amun Majidzada | Zwemlust- den Hommel | 2:37.45 | 200401391 | 2:48.46 | | 1:18.64 | 2:48.46 |
| DIS Bo Schoenmakers | Widex Gzc Donk | 3:09.25 | 200402919 | | | | |

SU - Niet gezwommen in de cyclus van eerst armsgslag dan beenslag of een onvolledige cyclus (behalve bij de laatste slag voor keer- of eindpunt)

Programmanr. 9
16-2-2020 - 14:12

Dames, 400m wisselslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|------|------|------------|--------|------|----|------|------|------|------|
|------|------|------------|--------|------|----|------|------|------|------|

Junioren 2

| | | | | | | | | | |
|-------------------|----------|----|-----------|----------------|--|--------------|---------------------|-------------------|---------|
| 1. Roos Molenkamp | Alkemade | NT | 200702054 | 7:03.79 | | 1:40.73 | | | 7:03.79 |
| | | | | | | 50m: 1:40.73 | 150m: 350m: 7:03.79 | 200m: 300m: 400m: | |

DIS Tara de Jong Daw NT 200701574
RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Junioren 3

| | | | | | | | | | |
|----------------------|----------|----|-----------|----------------|--|--------------|---------------------|-------------------|---------|
| 1. Sara van der Kamp | Alkemade | NT | 200603056 | 6:49.41 | | 1:33.78 | | | 6:49.41 |
| | | | | | | 50m: 1:33.78 | 150m: 350m: 6:49.41 | 200m: 300m: 400m: | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 9, Dames, 400m wisselslag

Junioren 4

| | | | | | |
|---------------|---------------|--------------|----------------|---------|---------|
| 1. Peggy Blom | Z&PC De Gouwe | NT 200503166 | 6:07.80 | 1:22.96 | 6:07.80 |
| 50m: | 150m: | 250m: | 350m: | | |
| 100m: 1:22.96 | 200m: | 300m: | 400m: 6:07.80 | | |

Jeugd 1

| | | | | | |
|--------------------|-----------------------------|-----------|----------------|---------|---------|
| 1. Femke Doorenbos | The Hague Swimming (5:11.77 | 200404214 | 5:31.10 | 1:13.66 | 5:31.10 |
| 50m: | 150m: | 250m: | 350m: | | |
| 100m: 1:13.66 | 200m: | 300m: | 400m: 5:31.10 | | |

DIS Amber Boonstoppel Z&PC De Gouwe 6:11.22 200401796
WA - De vrije slag gezwommen als school- vlinder- of rugslag.

18 jaar en ouder

| | | | | | |
|-------------------|-------|-------------------|----------------|---------|---------|
| 1. Heidi den Boer | LinK | 6:15.10 196900864 | 6:29.05 | 1:29.03 | 6:29.05 |
| 50m: | 150m: | 250m: | 350m: | | |
| 100m: 1:29.03 | 200m: | 300m: | 400m: 6:29.05 | | |

Programmanr. 10
16-2-2020 - 14:19

Heren, 400m wisselslag

alg. leeftijdsgroep
Resultaten

| | | | | | | | | |
|-----------|------------|--------|------|----|------|------|------|------|
| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|-----------|------------|--------|------|----|------|------|------|------|

Junioren 1

| | | | | | |
|------------------|--------------------|-------------------|----------------|---------|---------|
| 1. Max Verschuur | ZV New Wave Almere | 6:00.11 200702455 | 6:03.51 | 1:25.89 | 6:03.51 |
| 50m: | 150m: | 250m: | 350m: | | |
| 100m: 1:25.89 | 200m: | 300m: | 400m: | | |

Junioren 2

| | | | | | |
|---------------|---------------|--------------|----------------|---------|---------|
| 1. Harm Nahon | Z&PC De Gouwe | NT 200602515 | 6:38.01 | 1:43.61 | 6:38.01 |
| 50m: | 150m: | 250m: | 350m: | | |
| 100m: 1:43.61 | 200m: | 300m: | 400m: 6:38.01 | | |

DIS Mark Demianenko Zoetermeer 5:34.21 200600409
RH - Het eindpunt niet in rugligging aangeraakt.

Jeugd 1

| | | | | | |
|---------------------|--------------|-------------------|----------------|---------|---------|
| 1. Faissal Laghrich | Kon. AZ 1870 | 5:11.32 200301885 | 5:26.65 | 1:08.59 | 5:26.65 |
| 50m: | 150m: | 250m: | 350m: | | |
| 100m: 1:08.59 | 200m: | 300m: | 400m: 5:26.65 | | |

Programmanr. 11
16-2-2020 - 14:26

Dames, 100m rugslag

alg. leeftijdsgroep
Resultaten

| | | | | |
|-----------|------------|--------|------|----|
| rang naam | vereniging | intijd | tijd | RT |
|-----------|------------|--------|------|----|

Junioren 1

| | | | | |
|-------------------------|-------------------|---------|-----------|----------------|
| 1. Liv Heijdra | Feijenoord Albion | 1:26.84 | 200800736 | 1:21.81 |
| 2. Jade van der Schrier | Azc | 1:23.19 | 200800692 | 1:25.36 |

Junioren 2

| | | | | |
|-------------------------|------------------------|---------|-----------|----------------|
| 1. Skye van Gilse | ZV Zaltbommel | 1:19.74 | 200700606 | 1:15.23 |
| 2. Floor Hogervorst | Noordwijkerhout | 1:15.41 | 200701400 | 1:16.51 |
| 3. Eline van Rijn | Daw | 1:15.06 | 200700918 | 1:21.13 |
| 4. Libhin Boon | Daw | 1:22.98 | 200701792 | 1:26.51 |
| 5. Eloisa Gomes Delgado | Feijenoord Albion | 1:25.71 | 200700812 | 1:29.76 |
| 6. Fenna Bekke ter | Zwemvereniging Utrecht | 1:35.32 | 200701506 | 1:32.91 |
| AFGEM Brianna Voorhout | Daw | 1:26.12 | 200702342 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 11, Dames, 100m rugslag

Junioren 3

| | | | | | |
|----|--------------------|----------------------|---------|-----------|----------------|
| 1. | Zena Bout | Zwemlust- den Hommel | 1:19.35 | 200601442 | 1:21.84 |
| 2. | Isabel van Katwijk | Zwemlust- den Hommel | 1:17.94 | 200601014 | 1:24.03 |

Junioren 4

| | | | | | |
|-----|-------------------|---------------|---------|-----------|----------------|
| 1. | Zuzanna Kowalczyk | ZV Zaltbommel | 1:20.07 | 200503860 | 1:19.62 |
| 2. | Fenne Saaf | Zoetermeer | 1:23.11 | 200504340 | 1:25.30 |
| 3. | Esmee Verbeek | Zoetermeer | 1:22.56 | 200502086 | 1:25.96 |
| DIS | Gia Hân Vu | De Zwoer | 1:13.79 | 200503438 | |

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

| | | | | | |
|-------|-------------------|-------------|---------|-----------|--|
| AFGEM | Nanna van Munster | ZPC Woerden | 1:25.01 | 200500878 | |
|-------|-------------------|-------------|---------|-----------|--|

Jeugd 1

| | | | | | |
|----|----------------------|-------------------------|---------|-----------|----------------|
| 1. | Jill Nai Chung Tong | ZV Vlaardingen-Schiedam | 1:09.09 | 200404272 | 1:12.17 |
| 2. | Danique Wittenbernds | Daw | 1:20.54 | 200401214 | 1:28.16 |

Jeugd 2

| | | | | | |
|----|-----------------|------|---------|-----------|----------------|
| 1. | Marije de Jager | LinK | 1:18.90 | 200301394 | 1:17.70 |
|----|-----------------|------|---------|-----------|----------------|

Senioren

| | | | | | |
|----|--------------------|--------------------|---------|-----------|----------------|
| 1. | Elyanne Boudestein | Zoetermeer | 1:11.50 | 200101060 | 1:17.77 |
| 2. | Lisanne Dijkman | Zoetermeer | 1:15.64 | 200102676 | 1:19.37 |
| 3. | Amelie de Jonge | ZV New Wave Almere | 1:19.03 | 200202678 | 1:21.43 |
| 4. | Jana Driest | Widex Gzc Donk | 1:25.89 | 200103582 | 1:26.81 |

Programmanr. 12
16-2-2020 - 14:33

Heren, 100m rugslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 1

| | | | | | |
|----|--------------------|----------------------|---------|-----------|----------------|
| 1. | Ben Daanen | Zwemlust- den Hommel | 1:23.26 | 200701069 | 1:26.01 |
| 2. | Freek Ruijssenaars | ZPC Woerden | NT | 200702139 | 1:29.83 |

Junioren 2

| | | | | | |
|----|--------------------|--------------------|---------|-----------|----------------|
| 1. | Ivar Kleuver | ZV New Wave Almere | 1:04.28 | 200601457 | 1:07.32 |
| 2. | Björn Mulder | Zoetermeer | 1:17.20 | 200601517 | 1:18.21 |
| 3. | Benjamin Vermeer | Zoetermeer | 1:17.42 | 200600177 | 1:18.89 |
| 4. | Roan van der Weide | Widex Gzc Donk | 1:16.80 | 200601629 | 1:20.94 |
| 5. | Casper van Leeuwen | Widex Gzc Donk | 1:28.79 | 200601329 | 1:22.99 |
| 6. | Sem Berckenkamp | Z&PC De Gouwe | 1:34.63 | 200602229 | 1:29.34 |

Junioren 3

| | | | | | |
|-----|--------------|-----------------|---------|-----------|--|
| DIS | Thijs Huizer | Noordwijkerhout | 1:24.81 | 200502523 | |
|-----|--------------|-----------------|---------|-----------|--|

AA - Gestart voor het startsignaal (en wel gezwommen).

Junioren 4

| | | | | | |
|-------|---------------------|------------------------|---------|-----------|----------------|
| 1. | Dimitri Lans | ZV New Wave Almere | 1:12.62 | 200401325 | 1:16.59 |
| 2. | Danny van Grondelle | Zwemlust- den Hommel | 1:07.65 | 200400901 | 1:17.01 |
| AFGEM | Jort Ros | Zwemvereniging Utrecht | 1:21.21 | 200404325 | |

Jeugd 1

| | | | | | |
|----|---------------|----------------------|---------|-----------|----------------|
| 1. | Nigel Werring | Zwemlust- den Hommel | 1:10.10 | 200301503 | 1:12.94 |
|----|---------------|----------------------|---------|-----------|----------------|

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 12, Heren, 100m rugslag

Jeugd 2

| | | | | | |
|----|-----------------|---------------|---------|-----------|----------------|
| 1. | Jarno Verbeek | Zoetermeer | 58.28 | 200200931 | 1:05.77 |
| 2. | Ward in 't Veld | ZV Zaltbommel | 1:09.38 | 200200511 | 1:10.18 |

Senioren 1 en ouder

| | | | | | |
|----|-----------------|---------------|---------|-----------|----------------|
| 1. | Joop Tuppe | ZV Zaltbommel | 1:05.17 | 200100581 | 1:03.59 |
| 2. | Ruben Zwartebol | ZPC Woerden | 1:11.83 | 200102651 | 1:11.62 |

Programmanr. 13
16-2-2020 - 14:41

Dames, 200m vrije slag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------|------------|--------|------|----|------|------|
|------|------|------------|--------|------|----|------|------|

Junioren 1

| | | | | | | | |
|----|----------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Elaine Geeven | De Zwoer | 3:06.09 | 200801972 | 2:51.46 | 1:23.01 | 2:51.46 |
| 2. | Mia Nahon | Z&PC De Gouwe | 3:01.18 | 200801166 | 2:52.49 | 1:22.84 | 2:52.49 |
| 3. | Pascalie Smal | Daw | 3:05.90 | 200802958 | 2:59.98 | 1:25.67 | 2:59.98 |
| 4. | Nienke de Jong | Widex Gzc Donk | 3:15.54 | 200800156 | 3:09.69 | 1:33.26 | 3:09.69 |

Junioren 2

| | | | | | | | |
|----|----------------|-------------|---------|-----------|----------------|---------|---------|
| 1. | Puck Hoogeveen | ZPC Woerden | 3:17.07 | 200701794 | 2:47.36 | 1:22.07 | 2:47.36 |
|----|----------------|-------------|---------|-----------|----------------|---------|---------|

Junioren 3

| | | | | | | | |
|----|---------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Piera Stallen | Widex Gzc Donk | 2:42.39 | 200600510 | 2:47.94 | 1:23.02 | 2:47.94 |
|----|---------------|----------------|---------|-----------|----------------|---------|---------|

Junioren 4

| | | | | | | | |
|----|------------------|-------------------------|---------|-----------|----------------|---------|---------|
| 1. | Emma van Leeuwen | Daw | 2:13.67 | 200500200 | 2:19.36 | 1:08.28 | 2:19.36 |
| 2. | Vivianne Woltjes | The Hague Swimming (sg) | 2:17.37 | 200501524 | 2:22.75 | 1:09.35 | 2:22.75 |
| 3. | Mariëlle Visser | De Zwoer | 2:16.30 | 200500730 | 2:23.42 | 1:09.35 | 2:23.42 |

Jeugd 1

| | | | | | | | |
|----|-------------------|-------------------------|---------|-----------|----------------|---------|---------|
| 1. | Jonna Muntjewerff | The Hague Swimming (sg) | 2:13.08 | 200402396 | 2:22.51 | 1:09.49 | 2:22.51 |
|----|-------------------|-------------------------|---------|-----------|----------------|---------|---------|

Jeugd 2

| | | | | | | | |
|----|-------------|--------------|---------|-----------|----------------|---------|---------|
| 1. | Sofie Sterk | Kon. AZ 1870 | 2:34.21 | 200302972 | 2:44.02 | 1:19.01 | 2:44.02 |
|----|-------------|--------------|---------|-----------|----------------|---------|---------|

Senioren

| | | | | | | | |
|----|-----------------|----------------------|---------|-----------|----------------|---------|---------|
| 1. | Linda Kamperman | Zwemlust- den Hommel | 2:10.08 | 199601238 | 2:20.06 | 1:09.03 | 2:20.06 |
| 2. | Jessica Braat | Azc | 2:34.30 | 200205684 | 2:40.87 | 1:18.52 | 2:40.87 |

Programmanr. 14
16-2-2020 - 14:48

Heren, 200m vrije slag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------|------------|--------|------|----|------|------|
|------|------|------------|--------|------|----|------|------|

Junioren 1

| | | | | | | | |
|----|---------------------|-------------|---------|-----------|----------------|---------|---------|
| 1. | Attila Farago | Daw | 2:52.27 | 200701233 | 2:58.47 | 1:24.13 | 2:58.47 |
| 2. | Thijs den Hollander | ZPC Woerden | NT | 200702477 | 2:58.85 | 1:23.30 | 2:58.85 |

Junioren 2

| | | | | | | | |
|----|---------------|----------------------|---------|-----------|----------------|---------|---------|
| 1. | Thijs Wellink | Zwemlust- den Hommel | 2:22.92 | 200600715 | 2:26.30 | 1:11.10 | 2:26.30 |
|----|---------------|----------------------|---------|-----------|----------------|---------|---------|

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 14, Heren, 200m vrije slag

Junioren 3

| | | | | | | | |
|-------|----------------------|-------------------------|---------|-----------|----------------|---------|---------|
| 1. | Yanieck Frijstein | The Hague Swimming (sg) | 2:06.87 | 200500329 | 2:07.11 | 1:00.98 | 2:07.11 |
| 2. | Leon Moreira Pereira | Kon. AZ 1870 | 2:22.60 | 200504001 | 2:25.92 | 1:10.04 | 2:25.92 |
| 3. | Liam Boon | Daw | 2:23.25 | 200503137 | 2:30.40 | 1:13.66 | 2:30.40 |
| 4. | Tim van Lochem | Zoetermeer | 2:20.34 | 200500077 | 2:34.10 | 1:12.89 | 2:34.10 |
| AFGEM | Yardan Taya | Zwemlust- den Hommel | 2:07.46 | 200501343 | | | |

Junioren 4

| | | | | | | | |
|----|-----------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Bo Schoenmakers | Widex Gzc Donk | 2:29.19 | 200402919 | 2:23.96 | 1:07.66 | 2:23.96 |
| 2. | Marcus Fabriek | De Zwoer | 2:24.21 | 200402863 | 2:29.60 | 1:11.68 | 2:29.60 |

Jeugd 1

| | | | | | | | |
|----|----------------|--------------------|---------|-----------|----------------|---------|---------|
| 1. | Daan Hogerhuis | LinK | 2:06.67 | 200300317 | 2:04.60 | 59.11 | 2:04.60 |
| 2. | Justin Jansen | ZV New Wave Almere | 2:08.33 | 200302079 | 2:18.37 | 1:05.68 | 2:18.37 |

Jeugd 2

| | | | | | | | |
|----|-----------------|------------|---------|-----------|----------------|---------|---------|
| 1. | Thom Meendering | Daw | 2:25.84 | 200204879 | 2:31.81 | 1:12.18 | 2:31.81 |
| 2. | Floris Tiebosch | Zoetermeer | 2:31.71 | 200203487 | 2:41.03 | 1:16.39 | 2:41.03 |

Senioren 1 en ouder

| | | | | | | | |
|----|---------------|-----|---------|-----------|----------------|---------|---------|
| 1. | Auke Sijperda | Azc | 2:21.78 | 199905115 | 2:29.32 | 1:09.95 | 2:29.32 |
|----|---------------|-----|---------|-----------|----------------|---------|---------|

Programmanr. 15
16-2-2020 - 14:54

Dames, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|------|------------|--------|--|------|----|
|------|------|------------|--------|--|------|----|

Junioren 1

| | | | | | | | |
|--|-----------------------|-------------|---------|--------------|----------------|--|--|
| 1. | Bette Peetoom | Daw | 1:42.70 | 200801808 | 1:47.84 | | |
| 2. | Tamira Anna Rasban | Daw | 1:44.40 | 200801810 | 1:48.81 | | |
| 3. | Eloise van der Sluijs | ZPC Woerden | 1:58.45 | 200802312 | 1:59.60 | | |
| 4. | Norah Koenes | ZPC Woerden | 2:17.28 | 200802314 | 2:07.79 | | |
| DIS | Naomi de Rooij | Alkemade | | NT 200802612 | | | |
| <i>SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.</i> | | | | | | | |
| AFGEM | Nora Mouthaan | De Zwoer | 1:35.41 | 200802014 | | | |

Junioren 2

| | | | | | | | |
|---|-------------------|-------------------------|---------|-----------|----------------|--|--|
| 1. | Annika Hogenhuis | Zwemlust- den Hommel | 1:22.95 | 200701340 | 1:26.15 | | |
| 2. | Charlotte Woltjes | The Hague Swimming (sg) | 1:26.96 | 200700110 | 1:32.91 | | |
| 3. | Lisa Bruining | ZPC Woerden | 1:48.63 | 200702528 | 1:41.03 | | |
| 4. | Amelia Symons | Daw | 1:44.19 | 200702130 | 1:47.08 | | |
| DIS | Aukje Grijseels | Kon. AZ 1870 | 1:27.82 | 200701208 | | | |
| <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | | |
| AFGEM | Kiara Holmstrom | Daw | 1:46.64 | 200700696 | | | |

Junioren 3

| | | | | | | |
|----|-------------------|-------------|---------|--------------|----------------|--|
| 1. | Djanilla Brink | Daw | 1:17.51 | 200600988 | 1:19.54 | |
| 2. | Kim Oudendijk | Daw | 1:17.88 | 200600964 | 1:22.18 | |
| 3. | Evelien Holterman | Zoetermeer | 1:30.83 | 200601124 | 1:33.48 | |
| 4. | Kyara Beets | Daw | 1:40.22 | 200602368 | 1:45.16 | |
| 5. | Sofie Visser | ZPC Woerden | | NT 200604516 | 1:50.72 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 15, Dames, 100m schoolslag

Junioren 4

| | | | | | |
|-------|--------------------|-------------------------|---------|-----------|----------------|
| 1. | Isabella Grijseels | Kon. AZ 1870 | 1:27.48 | 200502678 | 1:31.16 |
| 2. | Liese Kastelijm | ZPC Woerden | NT | 200505128 | 1:43.29 |
| 3. | Amy Stal | ZPC Woerden | 1:45.27 | 200504986 | 1:45.47 |
| 4. | Lana Hogerhuis | Alkemade | 1:37.69 | 200501316 | 1:49.29 |
| AFGEM | Niké Telkamp | The Hague Swimming (sg) | 1:14.15 | 200501088 | |

Jeugd 2

| | | | | | |
|----|--------------|------------|---------|-----------|----------------|
| 1. | Kim de Jong | LinK | 1:19.48 | 200301026 | 1:22.81 |
| 2. | Zoë Molenaar | Zoetermeer | 1:26.35 | 200300978 | 1:30.88 |

Senioren

| | | | | | |
|----|--------------------|----------------|---------|-----------|----------------|
| 1. | Angelique van Vark | Z&PC De Gouwe | 1:11.65 | 199701478 | 1:16.93 |
| 2. | Susan van Grol | Widex Gzc Donk | 1:25.16 | 200201344 | 1:28.52 |
| 3. | Sanne Arisz | Daw | 1:35.03 | 200106082 | 1:41.91 |
| 4. | Jonne Moleman | LinK | NT | 200006264 | 1:45.61 |

836

Programmanr. 16
16-2-2020 - 15:04

Heren, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 1

| | | | | | |
|----|---------------|--------------------|---------|-----------|----------------|
| 1. | Lars Kool | Daw | 1:25.64 | 200700511 | 1:29.73 |
| 2. | Max Verschuur | ZV New Wave Almere | 1:36.68 | 200702455 | 1:39.62 |
| 3. | Thom Huizer | Widex Gzc Donk | 1:54.59 | 200701711 | 1:45.22 |

Junioren 2

| | | | | | |
|----|--------------------|------------|---------|-----------|----------------|
| 1. | Kaan Uludag | Zoetermeer | 1:38.19 | 200603559 | 1:31.22 |
| 2. | Vincent Schweitzer | Daw | 1:27.01 | 200601857 | 1:32.34 |
| 3. | Madin Lajlufi | Zoetermeer | 1:36.01 | 200601425 | 1:40.44 |
| 4. | Dominique Drabbe | Zoetermeer | 1:35.50 | 200600145 | 1:41.05 |
| 5. | Maurice Tiebosch | Zoetermeer | 1:44.84 | 200601253 | 1:46.70 |

Junioren 3

| | | | | | |
|----|-------------------|----------------------|---------|-----------|----------------|
| 1. | Luke van de Pasch | Zwemlust- den Hommel | 1:23.08 | 200503649 | 1:24.39 |
|----|-------------------|----------------------|---------|-----------|----------------|

Junioren 4

| | | | | | |
|----|--------------------|----------------------|---------|-----------|----------------|
| 1. | Amun Majidzada | Zwemlust- den Hommel | 1:12.84 | 200401391 | 1:18.33 |
| 2. | Shawn Klas | Kon. AZ 1870 | 1:11.62 | 200402005 | 1:18.50 |
| 3. | Maurits van Bommel | Kon. AZ 1870 | 1:17.65 | 200401089 | 1:22.57 |
| 4. | Marijn Dekkers | Widex Gzc Donk | 1:26.80 | 200402275 | 1:27.97 |
| 5. | Niels Hartevelt | Azc | 1:26.48 | 200404235 | 1:30.23 |

Jeugd 1

| | | | | | |
|----|-------------|-------------|---------|-----------|----------------|
| 1. | Lucas Pfaff | ZPC Woerden | 1:14.67 | 200303391 | 1:16.98 |
|----|-------------|-------------|---------|-----------|----------------|

Jeugd 2

| | | | | | |
|----|------------------|-----|---------|-----------|----------------|
| 1. | Kevin Dirkzwager | Daw | 1:24.07 | 200204151 | 1:31.57 |
|----|------------------|-----|---------|-----------|----------------|

Senioren 1 en ouder

| | | | | | |
|----|-------------------|----------------------|---------|-----------|----------------|
| 1. | Bert Duivenvoorde | Noordwijkerhout | 1:14.89 | 199701805 | 1:12.88 |
| 2. | Vincent Versteeg | Zwemlust- den Hommel | 1:09.86 | 197701003 | 1:14.27 |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 17
16-2-2020 - 15:10

Dames, 50m vlinderslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|----------------------|-------------------------|--------|-----------|--------------|----|
| Junioren 1 | | | | | | |
| 1. | Veerle Hildebrand | ZV Zaltbommel | 39.70 | 200801830 | 37.09 | |
| 2. | Ilse Rozema | Azc | 37.81 | 200803318 | 38.67 | |
| 3. | Pascalie Smal | Daw | 44.39 | 200802958 | 43.77 | |
| Junioren 2 | | | | | | |
| 1. | Rosalie Braspennincx | ZPC Woerden | 36.60 | 200702530 | 35.08 | |
| AFGEM | Brianna Voorhout | Daw | 44.92 | 200702342 | | |
| Junioren 3 | | | | | | |
| 1. | Milou de Blaeij | Alkemade | 44.05 | 200602504 | 45.63 | |
| Junioren 4 | | | | | | |
| 1. | Esmee Verbeek | Zoetermeer | 40.21 | 200502086 | 42.96 | |
| Jeugd 1 | | | | | | |
| 1. | Sophie Stekelenburg | Zwemlust- den Hommel | 30.58 | 200400166 | 31.36 | |
| 2. | Leyla Uludag | Zoetermeer | 35.16 | 200405738 | 34.38 | |
| Jeugd 2 | | | | | | |
| 1. | Marije de Jager | LinK | 32.80 | 200301394 | 31.70 | |
| 2. | Anna Oelen | Zwemvereniging Utrecht | 36.84 | 200301468 | 35.08 | |
| 3. | Maaïke van Lochem | Zoetermeer | 34.74 | 200301390 | 36.41 | |
| AFGEM | Norah Eijsbroek | Zwemlust- den Hommel | 31.98 | 200303662 | | |
| Senioren | | | | | | |
| 1. | Elinore de Jong | The Hague Swimming (sg) | 26.45 | 198902072 | 30.33 | |
| 2. | Anniek de Ruyter | Widex Gzc Donk | 32.57 | 200101224 | 32.29 | |
| 3. | Marcia Knepper | Zwemvereniging Utrecht | 34.44 | 200106252 | 33.83 | |
| 4. | Amelie de Jonge | ZV New Wave Almere | 34.44 | 200202678 | 34.73 | |

Programmanr. 18
16-2-2020 - 15:14

Heren, 50m vlinderslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|-------------------------|--------------------|--------|-----------|--------------|----|
| Junioren 1 | | | | | | |
| 1. | Lars Kool | Daw | 38.00 | 200700511 | 42.93 | |
| 2. | Mitchell Nooitgedacht | Azc | 46.39 | 200701523 | 45.11 | |
| Junioren 3 | | | | | | |
| 1. | Philip Grammatikopoulos | Daw | 30.23 | 200504167 | 31.13 | |
| 2. | Yassine Mellah | Widex Gzc Donk | 36.25 | 200502159 | 32.87 | |
| 3. | Sytze van Stein | LinK | 36.93 | 200501155 | 35.93 | |
| Junioren 4 | | | | | | |
| 1. | Jelle in 't Veld | ZV Zaltbommel | 28.56 | 200400073 | 28.75 | |
| Jeugd 1 | | | | | | |
| 1. | Piet - Hein Straver | ZV Zaltbommel | 30.60 | 200302527 | 28.10 | |
| 2. | Anouar Visser | ZV New Wave Almere | 29.19 | 200301829 | 29.33 | |
| 3. | Finn de Kan | Noordwijkerhout | 33.55 | 200304607 | 32.02 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 18, Heren, 50m vlinderslag

Jeugd 2

| | | | | | |
|----|-----------------|------------------------|-------|-----------|--------------|
| 1. | Kirill Hrabcuns | Zwemlust- den Hommel | 26.46 | 200201221 | 27.44 |
| 2. | Ward in 't Veld | ZV Zaltbommel | 27.83 | 200200511 | 28.18 |
| 3. | Ben Kok de | Zwemvereniging Utrecht | 31.13 | 200200881 | 31.70 |
| 4. | Tristan Kornet | Zwemlust- den Hommel | 31.76 | 200200297 | 34.48 |

Senioren 1 en ouder

| | | | | | |
|-------|--------------------|------------------------|-------|-----------|--------------|
| 1. | Ian Terlouw | ZPC Woerden | 27.77 | 200002345 | 27.77 |
| 2. | Paul van Grol | Widex Gzc Donk | 28.60 | 199602951 | 27.98 |
| 3. | Remco Oskam | Widex Gzc Donk | 29.74 | 199205583 | 29.01 |
| 4. | Roel van Grol | Widex Gzc Donk | 28.47 | 199802277 | 29.24 |
| 5. | Koen Goedkoop | Zwemvereniging Utrecht | 30.89 | 200104779 | 31.28 |
| AFGEM | Jeff Duivenvoorden | Noordwijkerhout | 30.32 | 199601829 | |

Programmanr. 19
16-2-2020 - 15:17

Dames, 200m wisselslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-------------------|----------------------|-------------------------|---------|-----------|----------------|------|---------|
| Junioren 1 | | | | | | | |
| 1. | Rosalie Reef | De Zwoer | 2:40.92 | 200800426 | 2:47.29 | | 2:47.29 |
| 2. | Emma Rose Buitenkamp | Daw | 2:45.38 | 200801898 | 2:57.41 | | 2:57.41 |
| 3. | Mia Nahon | Z&PC De Gouwe | 3:04.57 | 200801166 | 3:11.42 | | 3:11.42 |
| Junioren 2 | | | | | | | |
| 1. | Libhin Boon | Daw | 2:59.13 | 200701792 | 3:07.67 | | 3:07.67 |
| 2. | Eloisa Gomes Delgado | Feijenoord Albion | 3:19.72 | 200700812 | 3:19.61 | | 3:19.61 |
| Junioren 3 | | | | | | | |
| 1. | Renske Overdam | Z&PC De Gouwe | 2:58.81 | 200601676 | 3:04.47 | | 3:04.47 |
| 2. | Zoë Springer | Z&PC De Gouwe | NT | 200604594 | 3:11.44 | | 3:11.44 |
| Junioren 4 | | | | | | | |
| 1. | Vivianne Woltjes | The Hague Swimming (sg) | 2:29.87 | 200501524 | 2:43.24 | | 2:43.24 |
| Jeugd 1 | | | | | | | |
| 1. | Charlotte Breukink | De Zwoer | 2:39.57 | 200402814 | 2:50.84 | | 2:50.84 |
| Senioren | | | | | | | |
| 1. | Bregje in 't Veld | ZV Zaltbommel | NT | 200000978 | 2:48.06 | | 2:48.06 |

Programmanr. 20
16-2-2020 - 15:25

Heren, 200m wisselslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-------------------|--------------------|--------------------|---------|-----------|----------------|------|---------|
| Junioren 2 | | | | | | | |
| 1. | Ivar Kleuver | ZV New Wave Almere | 2:26.01 | 200601457 | 2:34.23 | | 2:34.23 |
| 2. | Björn Mulder | Zoetermeer | 2:46.98 | 200601517 | 2:45.90 | | 2:45.90 |
| 3. | Roan van der Weide | Widex Gzc Donk | 3:01.31 | 200601629 | 2:46.26 | | 2:46.26 |
| 4. | Benjamin Vermeer | Zoetermeer | 2:43.52 | 200600177 | 2:47.24 | | 2:47.24 |
| 5. | Casper van Leeuwen | Widex Gzc Donk | 2:58.55 | 200601329 | 3:00.35 | | 3:00.35 |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 20, Heren, 200m wisselslag

Junioren 3

| | | | | | | |
|----|------------------|-------------------------|---------|-----------|----------------|---------|
| 1. | Emile Fouzai | The Hague Swimming (sg) | 2:19.28 | 200500263 | 2:24.83 | 2:24.83 |
| 2. | Daan Hoogendoorn | ZPC Woerden | 2:42.57 | 200500113 | 2:38.04 | 2:38.04 |
| 3. | Tim van Lochem | Zoetermeer | 2:35.21 | 200500077 | 2:49.08 | 2:49.08 |
| 4. | Jesse Camphens | Noordwijkerhout | 2:54.63 | 200502899 | 3:01.88 | 3:01.88 |

Junioren 4

| | | | | | | |
|----|--------------|------------------------|---------|-----------|----------------|---------|
| 1. | Giljano Palm | Kon. AZ 1870 | 2:31.16 | 200403637 | 2:39.66 | 2:39.66 |
| 2. | Ennio Keja | Zwemvereniging Utrecht | 2:48.03 | 200403071 | 2:50.37 | 2:50.37 |
| 3. | Dimitri Lans | ZV New Wave Almere | 2:38.97 | 200401325 | 2:50.83 | 2:50.83 |
| 4. | Tijmen Ellen | Zwemvereniging Utrecht | 2:42.07 | 200403959 | 2:52.65 | 2:52.65 |

Jeugd 1

| | | | | | | |
|----|---------------|-------------------------|---------|-----------|----------------|---------|
| 1. | Michael Smink | The Hague Swimming (sg) | 2:13.90 | 200302169 | 2:19.46 | 2:19.46 |
|----|---------------|-------------------------|---------|-----------|----------------|---------|

Jeugd 2

| | | | | | | |
|-----|-----------------|------------|---------|-----------|----------------|---------|
| 1. | Jarno Verbeek | Zoetermeer | 2:11.96 | 200200931 | 2:32.12 | 2:32.12 |
| 2. | Luc Mul | Daw | 2:21.07 | 200201025 | 2:33.75 | 2:33.75 |
| DIS | Floris Tiebosch | Zoetermeer | 2:53.96 | 200203487 | | |

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

| | | | | | | |
|-------|-----------|--------------|---------|-----------|--|--|
| AFGEM | Dave Rook | Kon. AZ 1870 | 2:35.92 | 200204355 | | |
|-------|-----------|--------------|---------|-----------|--|--|

Programmanr. 21
16-2-2020 - 15:35

Dames, 100m vrije slag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 1

| | | | | | |
|-------|--------------------|----------------|---------|-----------|----------------|
| 1. | Bette Peetoom | Daw | 1:16.14 | 200801808 | 1:19.09 |
| 2. | Tamira Anna Rasban | Daw | 1:29.13 | 200801810 | 1:29.92 |
| 3. | Nienke de Jong | Widex Gzc Donk | 1:31.08 | 200800156 | 1:30.15 |
| AFGEM | Amy Dekker | ZPC Woerden | 1:56.15 | 200803574 | |

Junioren 2

| | | | | | |
|----|------------------|------------------------|---------|-----------|----------------|
| 1. | Skye van Gilse | ZV Zaltbommel | 1:10.64 | 200700606 | 1:08.91 |
| 2. | Annika Hogenhuis | Zwemlust- den Hommel | 1:08.09 | 200701340 | 1:09.41 |
| 3. | Annique Rupke | Widex Gzc Donk | 1:11.82 | 200700876 | 1:10.58 |
| 4. | Cherish Macnack | Azc | 1:17.97 | 200701432 | 1:17.98 |
| 5. | Lisa Bruining | ZPC Woerden | 1:30.33 | 200702528 | 1:24.57 |
| 6. | Zita Keja | Zwemvereniging Utrecht | 1:38.34 | 200702714 | 1:28.11 |

Junioren 3

| | | | | | |
|----|--------------------|------------------------|---------|-----------|----------------|
| 1. | Zena Bout | Zwemlust- den Hommel | 1:07.73 | 200601442 | 1:09.23 |
| 2. | Isabel van Katwijk | Zwemlust- den Hommel | 1:11.60 | 200601014 | 1:15.70 |
| 3. | Piera Stallen | Widex Gzc Donk | 1:12.91 | 200600510 | 1:16.19 |
| 4. | Evelien Holterman | Zoetermeer | 1:14.41 | 200601124 | 1:16.20 |
| 5. | Sophie Beumers | Zwemvereniging Utrecht | 1:33.52 | 200603494 | 1:27.06 |

Junioren 4

| | | | | | |
|-------|-------------------|------------------------|---------|-----------|----------------|
| 1. | Emma van Leeuwen | Daw | 1:02.18 | 200500200 | 1:04.84 |
| 2. | Peggy Blom | Z&PC De Gouwe | 1:06.77 | 200503166 | 1:08.91 |
| 3. | Zuzanna Kowalczyk | ZV Zaltbommel | 1:10.65 | 200503860 | 1:09.30 |
| 4. | Gia Hân Vu | De Zwoer | 1:06.50 | 200503438 | 1:09.97 |
| 5. | Amber Luijn van | Zwemvereniging Utrecht | 1:27.31 | 200504422 | 1:20.84 |
| 6. | Amy Stal | ZPC Woerden | 1:37.50 | 200504986 | 1:24.11 |
| AFGEM | Emma Zwetsloot | Alkemade | 1:30.32 | 200504990 | |
| AFGEM | Nanna van Munster | ZPC Woerden | 1:16.01 | 200500878 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 21, Dames, 100m vrije slag

Jeugd 1

| | | | | | |
|----|----------------------|-------------------------|---------|-----------|----------------|
| 1. | Jill Nai Chung Tong | ZV Vlaardingen-Schiedam | 1:02.75 | 200404272 | 1:02.58 |
| 2. | Maddy van der Hoeven | Zwemlust- den Hommel | NT | 200401298 | 1:13.29 |

Jeugd 2

| | | | | | |
|----|-----------------|------------------------|---------|-----------|----------------|
| 1. | Sanne Vermeulen | Zwemlust- den Hommel | 1:02.23 | 200303902 | 1:07.59 |
| 2. | Zoë Molenaar | Zoetermeer | 1:05.38 | 200300978 | 1:09.34 |
| 3. | Anna Oelen | Zwemvereniging Utrecht | 1:09.28 | 200301468 | 1:11.34 |

Senioren

| | | | | | |
|-------|--------------------|-------------------------|---------|-----------|----------------|
| 1. | Elinore de Jong | The Hague Swimming (sg) | 57.30 | 198902072 | 1:06.62 |
| 2. | Mandy Verbakel | ZPC Woerden | 1:07.17 | 199003908 | 1:08.18 |
| 3. | Elyanne Boudestein | Zoetermeer | 1:04.12 | 200101060 | 1:09.10 |
| 4. | Jana Driest | Widex Gzc Donk | 1:09.95 | 200103582 | 1:11.57 |
| 5. | Bregje in 't Veld | ZV Zaltbommel | 1:07.25 | 200000978 | 1:12.24 |
| AFGEM | Demi Brama | ZV New Wave Almere | 1:06.28 | 200003564 | |

Programmanr. 22
16-2-2020 - 15:44

Heren, 100m vrije slag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 1

| | | | | | |
|----|---------------------|----------------------|---------|-----------|----------------|
| 1. | Ben Daanen | Zwemlust- den Hommel | 1:11.97 | 200701069 | 1:14.42 |
| 2. | Freek Ruijssenaars | ZPC Woerden | NT | 200702139 | 1:17.88 |
| 3. | Thom Huizer | Widex Gzc Donk | 1:29.63 | 200701711 | 1:19.71 |
| 4. | Thijs den Hollander | ZPC Woerden | NT | 200702477 | 1:20.92 |
| 5. | Attila Farago | Daw | 1:17.75 | 200701233 | 1:22.40 |

Junioren 2

| | | | | | |
|----|------------|---------------|---------|-----------|----------------|
| 1. | Harm Nahon | Z&PC De Gouwe | 1:08.09 | 200602515 | 1:10.11 |
|----|------------|---------------|---------|-----------|----------------|

Junioren 3

| | | | | | |
|----|-----------------|-------------------------|---------|-----------|----------------|
| 1. | Gabriel Been | The Hague Swimming (sg) | 56.41 | 200501467 | 58.43 |
| 2. | Thijs Huizer | Noordwijkerhout | 1:17.13 | 200502523 | 1:09.09 |
| 3. | Liam Boon | Daw | 1:03.96 | 200503137 | 1:10.13 |
| 4. | Siem van Seters | Zwemlust- den Hommel | 1:08.15 | 200503823 | 1:12.86 |

Junioren 4

| | | | | | |
|-------|-----------------|------------------------|---------|-----------|----------------|
| 1. | Marijn Dekkers | Widex Gzc Donk | 1:05.26 | 200402275 | 1:05.57 |
| 2. | Tijmen Ellen | Zwemvereniging Utrecht | 1:04.78 | 200403959 | 1:08.38 |
| 3. | Niels Harteveld | Azc | 1:06.90 | 200404235 | 1:14.02 |
| AFGEM | Ivo van der Tol | ZPC Woerden | 1:21.04 | 200404411 | |

Jeugd 1

| | | | | | |
|----|---------------------|------------------------|---------|-----------|----------------|
| 1. | Piet - Hein Straver | ZV Zaltbommel | 56.06 | 200302527 | 57.95 |
| 2. | Justin Jansen | ZV New Wave Almere | 57.94 | 200302079 | 1:00.06 |
| 3. | Berkay Akalin | Zwemvereniging Utrecht | 1:06.75 | 200304471 | 1:07.58 |
| 4. | Leon Jansen | De Zwoer | 1:06.19 | 200304075 | 1:09.06 |

Jeugd 2

| | | | | | |
|----|------------------|-----|---------|-----------|----------------|
| 1. | Kevin Dirkzwager | Daw | 1:06.25 | 200204151 | 1:11.52 |
|----|------------------|-----|---------|-----------|----------------|

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 22, Heren, 100m vrije slag

Senioren 1 en ouder

| | | | | | |
|-------|--------------------|-----------------|---------|-----------|----------------|
| 1. | Joop Tuppe | ZV Zaltbommel | 56.49 | 200100581 | 56.43 |
| 2. | Ian Terlouw | ZPC Woerden | 57.87 | 200002345 | 58.66 |
| 3. | Remco Oskam | Widex Gzc Donk | 58.76 | 199205583 | 59.72 |
| 4. | Thom van Vark | Z&PC De Gouwe | 59.94 | 200101305 | 1:01.57 |
| 5. | Auke Sijperda | Azc | 1:01.44 | 199905115 | 1:05.61 |
| AFGEM | Jeff Duivenvoorden | Noordwijkerhout | 1:05.56 | 199601829 | |

Programmanr. 23
16-2-2020 - 15:51

Dames, 200m rugslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-------------------|----------------------|-------------------------|---------|-----------|----------------|---------|---------|
| Junioren 1 | | | | | | | |
| 1. | Jade van der Schrier | Azc | NT | 200800692 | 3:01.01 | 1:27.56 | 3:01.01 |
| 2. | Elaine Geeven | De Zwoer | 3:23.79 | 200801972 | 3:20.75 | 1:41.17 | 3:20.75 |
| AFGEM | Nora Mouthaan | De Zwoer | 3:20.19 | 200802014 | | | |
| Junioren 2 | | | | | | | |
| 1. | Charlotte Woltjes | The Hague Swimming (sg) | 2:35.19 | 200700110 | 2:44.72 | 1:21.57 | 2:44.72 |
| 2. | Floor Hogervorst | Noordwijkerhout | 2:41.63 | 200701400 | 2:47.71 | 1:23.40 | 2:47.71 |
| 3. | Amelia Symons | Daw | 3:38.51 | 200702130 | 3:19.05 | 1:36.01 | 3:19.05 |
| AFGEM | Kiara Holmstrom | Daw | NT | 200700696 | | | |
| AFGEM | Brianna Voorhout | Daw | 3:15.40 | 200702342 | | | |
| Junioren 4 | | | | | | | |
| 1. | Fenne Saaf | Zoetermeer | 2:51.33 | 200504340 | 3:03.68 | 1:30.32 | 3:03.68 |
| 2. | Esmee Verbeek | Zoetermeer | 2:56.83 | 200502086 | 3:04.10 | 1:32.10 | 3:04.10 |
| Jeugd 1 | | | | | | | |
| 1. | Jonna Muntjewerff | The Hague Swimming (sg) | 2:26.56 | 200402396 | 2:32.91 | 1:15.03 | 2:32.91 |
| Senioren | | | | | | | |
| 1. | Isa Willemsen | ZV Zaltbommel | 2:31.00 | 199900628 | 2:29.45 | 1:11.52 | 2:29.45 |
| 2. | Sanne Arisz | Daw | 2:59.57 | 200106082 | 3:15.16 | 1:34.43 | 3:15.16 |

Programmanr. 24
16-2-2020 - 16:00

Heren, 200m rugslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-------------------|--------------------|--------------------|---------|-----------|----------------|---------|---------|
| Junioren 1 | | | | | | | |
| 1. | Max Verschuur | ZV New Wave Almere | 2:42.92 | 200702455 | 2:48.61 | 1:23.32 | 2:48.61 |
| 2. | Lars Kool | Daw | 2:48.74 | 200700511 | 2:50.99 | 1:24.65 | 2:50.99 |
| Junioren 2 | | | | | | | |
| 1. | Mark Demianenko | Zoetermeer | 2:27.61 | 200600409 | 2:38.46 | 1:16.95 | 2:38.46 |
| 2. | Madin Lajlufi | Zoetermeer | 2:55.69 | 200601425 | 3:00.18 | 1:29.69 | 3:00.18 |
| 3. | Vincent Schweitzer | Daw | 3:31.66 | 200601857 | 3:01.70 | 1:29.34 | 3:01.70 |
| 4. | Dominique Drabbe | Zoetermeer | 3:00.50 | 200600145 | 3:08.15 | 1:34.68 | 3:08.15 |
| 5. | Sem Berckenkamp | Z&PC De Gouwe | 3:10.36 | 200602229 | 3:11.46 | 1:35.12 | 3:11.46 |
| 6. | Maurice Tiebosch | Zoetermeer | 3:14.61 | 200601253 | 3:29.01 | 1:41.66 | 3:29.01 |
| Junioren 4 | | | | | | | |
| 1. | Shawn Klas | Kon. AZ 1870 | 2:27.13 | 200402005 | 2:42.56 | 1:18.08 | 2:42.56 |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 24, Heren, 200m rugslag

Jeugd 1

| | | | | | | | |
|----|----------------|------|---------|-----------|----------------|---------|---------|
| 1. | Daan Hogerhuis | LinK | 2:27.99 | 200300317 | 2:25.26 | 1:10.70 | 2:25.26 |
|----|----------------|------|---------|-----------|----------------|---------|---------|

Jeugd 2

| | | | | | | | |
|----|-----------------|------------|---------|-----------|----------------|---------|---------|
| 1. | Thom Meendering | Daw | 2:48.78 | 200204879 | 2:52.16 | 1:23.23 | 2:52.16 |
| 2. | Floris Tiebosch | Zoetermeer | 2:42.19 | 200203487 | 2:56.78 | 1:27.99 | 2:56.78 |

Senioren 1 en ouder

| | | | | | | | |
|----|-----------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Ruben Zwartebol | ZPC Woerden | 2:30.11 | 200102651 | 2:35.58 | 1:15.40 | 2:35.58 |
| 2. | Roel van Grol | Widex Gzc Donk | 2:37.99 | 199802277 | 2:49.28 | 1:22.61 | 2:49.28 |

Programmanr. 25
16-2-2020 - 16:09

Dames, 50m schoolslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|-----------------------|---------------|--------|-----------|--------------|----|
| Junioren 1 | | | | | | |
| 1. | Veerle Hildebrand | ZV Zaltbommel | 40.30 | 200801830 | 38.46 | |
| 2. | Emma Rose Buitenkamp | Daw | 41.21 | 200801898 | 43.21 | |
| 3. | Tamira Anna Rasban | Daw | 45.80 | 200801810 | 48.78 | |
| 4. | Eloise van der Sluijs | ZPC Woerden | 51.58 | 200802312 | 52.09 | |
| DIS | Pascalie Smal | Daw | 45.79 | 200802958 | | |

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

Junioren 2

| | | | | | | |
|----|-------------------|----------------|-------|-----------|--------------|--|
| 1. | Skye van Gilse | ZV Zaltbommel | 38.59 | 200700606 | 37.48 | |
| 2. | Tara de Jong | Daw | 38.80 | 200701574 | 41.56 | |
| 3. | Lisa Bruining | ZPC Woerden | 49.71 | 200702528 | 45.22 | |
| 4. | Libhin Boon | Daw | 46.77 | 200701792 | 48.87 | |
| 5. | Sanne Kortenoeven | Widex Gzc Donk | 51.59 | 200702088 | 53.85 | |

Junioren 3

| | | | | | | |
|----|-------------------|-------------|---------|-----------|--------------|--|
| 1. | Sara van der Kamp | Alkemade | 46.46 | 200603056 | 47.88 | |
| 2. | Sofie Visser | ZPC Woerden | 54.93 | 200604516 | 50.52 | |
| 3. | Josanne Betting | ZPC Woerden | 1:04.08 | 200604842 | 57.35 | |

Junioren 4

| | | | | | | |
|-------|---------------------|-------------------------|-------|-----------|--------------|--|
| 1. | Zoë van der Reijden | LinK | NT | 200505296 | 52.16 | |
| AFGEM | Niké Telkamp | The Hague Swimming (sg) | 34.30 | 200501088 | | |
| AFGEM | Emma Zwetsloot | Alkemade | 56.93 | 200504990 | | |

Jeugd 1

| | | | | | | |
|----|-----------------------|----------------------|-------|-----------|--------------|--|
| 1. | Mandy van der Meijden | Widex Gzc Donk | 42.03 | 200402574 | 39.47 | |
| 2. | Maddy van der Hoeven | Zwemlust- den Hommel | NT | 200401298 | 42.53 | |
| 3. | Leyla Uludag | Zoetermeer | 44.00 | 200405738 | 43.76 | |

Jeugd 2

| | | | | | | |
|----|-----------------|------------------------|-------|-----------|--------------|--|
| 1. | Kim de Jong | LinK | 36.12 | 200301026 | 37.48 | |
| 2. | Marije de Jager | LinK | 41.76 | 200301394 | 41.65 | |
| 3. | Sofie Sterk | Kon. AZ 1870 | 42.89 | 200302972 | 42.60 | |
| 4. | Kim Middelkoop | Zwemvereniging Utrecht | 49.80 | 200304562 | 49.79 | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 25, Dames, 50m schoolslag

Senioren

| | | | | | | | |
|----|-------------------|-------------------------|---------|-----------|-----|--------------|-----|
| 1. | Inge van der Hoek | The Hague Swimming (sg) | 35.56 | 199204034 | | 37.09 | |
| 2. | Anniek de Ruiter | Widex Gzc Donk | 37.50 | 200101224 | | 39.52 | |
| 3. | Marcia Knepper | Zwemvereniging Utrecht | 40.49 | 200106252 | | 41.23 | |
| 4. | Amelie de Jonge | ZV New Wave Almere | 43.23 | 200202678 | | 45.98 | |
| 5. | Jonne Moleman | LinK | 1:01.66 | 200006264 | SB6 | 46.18 | 906 |

Programmanr. 26
16-2-2020 - 16:14

Heren, 50m schoolslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|------|------------|--------|--|------|----|
|------|------|------------|--------|--|------|----|

Junioren 1

| | | | | | | |
|----|---------------|-----|-------|-----------|--|--------------|
| 1. | Attila Farago | Daw | 48.57 | 200701233 | | 52.08 |
|----|---------------|-----|-------|-----------|--|--------------|

Junioren 3

| | | | | | | |
|-------|-------------------|----------------------|-------|-----------|--|--------------|
| 1. | Daan Hoogendoorn | ZPC Woerden | 36.35 | 200500113 | | 35.17 |
| 2. | Luke van de Pasch | Zwemlust- den Hommel | 37.20 | 200503649 | | 39.39 |
| AFGEM | Yardan Taya | Zwemlust- den Hommel | 33.55 | 200501343 | | |

Junioren 4

| | | | | | | |
|---|-----------------|----------------------|-------|-----------|--|--------------|
| 1. | Bo Schoenmakers | Widex Gzc Donk | 42.01 | 200402919 | | 37.12 |
| DIS | Amun Majidzada | Zwemlust- den Hommel | 33.26 | 200401391 | | |
| <i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i> | | | | | | |
| AFGEM | Ivo van der Tol | ZPC Woerden | NT | 200404411 | | |

Jeugd 1

| | | | | | | |
|----|-------------|------------------------|-------|-----------|--|--------------|
| 1. | Lucas Pfaff | ZPC Woerden | 32.76 | 200303391 | | 33.07 |
| 2. | Max Verheul | Zwemvereniging Utrecht | 39.66 | 200304485 | | 39.32 |
| 3. | Finn de Kan | Noordwijkerhout | 43.37 | 200304607 | | 47.07 |

Jeugd 2

| | | | | | | |
|----|---------------|------------------------|-------|-----------|--|--------------|
| 1. | Jarno Verbeek | Zoetermeer | 31.85 | 200200931 | | 33.56 |
| 2. | Ben Kok de | Zwemvereniging Utrecht | 33.79 | 200200881 | | 33.89 |
| 3. | Luc Mul | Daw | 33.32 | 200201025 | | 36.20 |

Senioren 1 en ouder

| | | | | | | |
|----|------------------|----------------------|-------|-----------|--|--------------|
| 1. | Vincent Versteeg | Zwemlust- den Hommel | 31.90 | 197701003 | | 33.15 |
| 2. | Paul van Grol | Widex Gzc Donk | 31.26 | 199602951 | | 33.56 |
| 3. | Joop Tuppe | ZV Zaltbommel | NT | 200100581 | | 34.16 |

Programmanr. 27
16-2-2020 - 16:16

Dames, 200m vlinderslag

alg. leeftijdsgroep
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 100m | 200m |
|------|------|------------|--------|--|------|----|------|------|
|------|------|------------|--------|--|------|----|------|------|

Junioren 4

| | | | | | | | | |
|----|--------------------|--------------|---------|-----------|----------------|--|---------|---------|
| 1. | Isabella Grijseels | Kon. AZ 1870 | 3:08.92 | 200502678 | 3:18.04 | | 1:30.97 | 3:18.04 |
|----|--------------------|--------------|---------|-----------|----------------|--|---------|---------|

Senioren

| | | | | | | | | |
|----|-----------------|------------|----|-----------|----------------|--|---------|---------|
| 1. | Lisanne Dijkman | Zoetermeer | NT | 200102676 | 3:00.47 | | 1:17.20 | 3:00.47 |
|----|-----------------|------------|----|-----------|----------------|--|---------|---------|

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 28 Heren, 200m vlinderslag alg. leeftijdsgroep
16-2-2020 - 16:20 Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|----------------------------|-------------------------|-------------------------|-------------------|----------------|----|---------|---------|
| Junioren 2 | | | | | | | |
| 1. | Kaan Uludag | Zoetermeer | NT 200603559 | 2:49.09 | | 1:17.32 | 2:49.09 |
| Junioren 3 | | | | | | | |
| 1. | Yanieck Frijstein | The Hague Swimming (sg) | 2:21.09 200500329 | 2:23.62 | | 1:08.83 | 2:23.62 |
| 2. | Philip Grammatikopoulos | Daw | 2:37.85 200504167 | 2:45.98 | | 1:14.14 | 2:45.98 |
| 3. | Leon Moreira Pereira | Kon. AZ 1870 | NT 200504001 | 3:00.99 | | 1:20.51 | 3:00.99 |
| Jeugd 1 | | | | | | | |
| 1. | Faissal Laghrich | Kon. AZ 1870 | 2:48.40 200301885 | 2:41.07 | | 1:14.38 | 2:41.07 |
| 2. | Anouar Visser | ZV New Wave Almere | 2:37.73 200301829 | 2:45.30 | | 1:15.02 | 2:45.30 |
| Senioren 1 en ouder | | | | | | | |
| 1. | Erik Schoenmakers | Widex Gzc Donk | NT 197601667 | 2:55.83 | | 1:19.31 | 2:55.83 |
| 2. | Thom van Vark | Z&PC De Gouwe | NT 200101305 | 3:08.21 | | 1:20.29 | 3:08.21 |

Programmanr. 29 Dames, 400m vrije slag alg. leeftijdsgroep
16-2-2020 - 16:23 Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|-------------------|--|-------------------|-------------------|----------------|----|---------|---------|------|---------|
| Junioren 1 | | | | | | | | | |
| 1. | Liv Heijdra | Feijenoord Albion | 5:15.84 200800736 | 5:21.54 | | 1:14.62 | 2:37.02 | | 5:21.54 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:37.02 | 300m: | | 400m: | 5:21.54 | | |
| 2. | Ilse Rozema | Azc | 6:08.90 200803318 | 5:33.23 | | 1:16.91 | 2:42.87 | | 5:33.23 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:42.87 | 300m: | | 400m: | 5:33.23 | | |
| 3. | Nienke de Jong | Widex Gzc Donk | 6:55.01 200800156 | 6:50.45 | | 1:37.82 | 3:23.70 | | 6:50.45 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 3:23.70 | 300m: | | 400m: | 6:50.45 | | |
| DIS | Naomi de Rooij | Alkemade | NT 200802612 | | | | | | |
| | <i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i> | | | | | | | | |

| | | | | | | | | | |
|-------------------|------------------|-----------------|-------------------|----------------|--|---------|---------|--|---------|
| Junioren 2 | | | | | | | | | |
| 1. | Floor Hogervorst | Noordwijkerhout | 5:22.19 200701400 | 5:24.63 | | 1:16.23 | 2:40.03 | | 5:24.63 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:40.03 | 300m: | | 400m: | 5:24.63 | | |
| 2. | Eline van Rijn | Daw | 5:22.66 200700918 | 5:24.98 | | 1:17.37 | 2:40.44 | | 5:24.98 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:40.44 | 300m: | | 400m: | 5:24.98 | | |
| 3. | Annieke Rupke | Widex Gzc Donk | 5:16.46 200700876 | 5:27.13 | | 1:17.95 | 2:41.25 | | 5:27.13 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:41.25 | 300m: | | 400m: | 5:27.13 | | |
| 4. | Aukje Grijseels | Kon. AZ 1870 | 5:38.85 200701208 | 5:49.64 | | 1:21.40 | 2:51.40 | | 5:49.64 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:51.40 | 300m: | | 400m: | 5:49.64 | | |
| 5. | Puck Hoogeveen | ZPC Woerden | NT 200701794 | 6:05.25 | | 1:23.33 | 2:56.89 | | 6:05.25 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 2:56.89 | 300m: | | 400m: | 6:05.25 | | |
| 6. | Roos Molenkamp | Alkemade | NT 200702054 | 6:33.30 | | 1:31.78 | 3:12.36 | | 6:33.30 |
| | 50m: | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 200m: | 3:12.36 | 300m: | | 400m: | 6:33.30 | | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 29, Dames, 400m vrije slag

Junioren 3

| | | | | | | | | |
|-------------------|---------------|---------------|---------|-----------|----------------|---------------|---------|---------|
| 1. Kim Oudendijk | Daw | | 4:49.01 | 200600964 | 5:03.86 | 1:09.88 | 2:28.89 | 5:03.86 |
| 50m: | | 150m: | | | 250m: | 350m: | | |
| 100m: 1:09.88 | | 200m: 2:28.89 | | | 300m: | 400m: 5:03.86 | | |
| 2. Renske Overdam | Z&PC De Gouwe | | 5:54.01 | 200601676 | 5:48.15 | 1:24.38 | 2:55.77 | 5:48.15 |
| 50m: | | 150m: | | | 250m: | 350m: | | |
| 100m: 1:24.38 | | 200m: 2:55.77 | | | 300m: | 400m: 5:48.15 | | |
| 3. Kyara Beets | Daw | | 5:51.49 | 200602368 | 6:15.08 | 1:25.66 | 3:01.62 | 6:15.08 |
| 50m: | | 150m: | | | 250m: | 350m: | | |
| 100m: 1:25.66 | | 200m: 3:01.62 | | | 300m: | 400m: 6:15.08 | | |

Junioren 4

| | | | | | | | | |
|--------------------|----------|---------------|---------|-----------|----------------|---------------|---------|---------|
| 1. Mariëlle Visser | De Zwoer | | 4:53.94 | 200500730 | 5:05.30 | 1:12.18 | 2:30.01 | 5:05.30 |
| 50m: | | 150m: | | | 250m: | 350m: | | |
| 100m: 1:12.18 | | 200m: 2:30.01 | | | 300m: | 400m: 5:05.30 | | |
| 2. Lana Hogerhuis | Alkemade | | 5:49.15 | 200501316 | 5:52.08 | 1:24.05 | 2:55.00 | 5:52.08 |
| 50m: | | 150m: | | | 250m: | 350m: | | |
| 100m: 1:24.05 | | 200m: 2:55.00 | | | 300m: | 400m: 5:52.08 | | |

Jeugd 1

| | | | | | | | | |
|-------------------------|--------------------|---------------|-----------|----------------|----------------|---------|---------|---------|
| 1. Femke Doorenbos | The Hague Swimming | (4:29.04 | 200404214 | 4:35.07 | 1:06.11 | 2:16.72 | 4:35.07 | |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:06.11 | | 200m: 2:16.72 | | 300m: | 400m: 4:35.07 | | | |
| 2. Amber Boonstoppel | Z&PC De Gouwe | | 5:48.64 | 200401796 | 5:34.52 | 1:19.39 | 2:46.25 | 5:34.52 |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:19.39 | | 200m: 2:46.25 | | 300m: | 400m: 5:34.52 | | | |
| 3. Danique Wittenbernds | Daw | | 5:34.95 | 200401214 | 5:37.95 | 1:18.13 | 2:43.35 | 5:37.95 |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:18.13 | | 200m: 2:43.35 | | 300m: | 400m: 5:37.95 | | | |

Senioren

| | | | | | | | | |
|-----------------------|----------------|---------------|---------|-----------|----------------|---------|---------|---------|
| 1. Angelique van Vark | Z&PC De Gouwe | | 4:28.06 | 199701478 | 4:43.01 | 1:06.11 | 2:18.02 | 4:43.01 |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:06.11 | | 200m: 2:18.02 | | 300m: | 400m: 4:43.01 | | | |
| 2. Mandy Verbakel | ZPC Woerden | | 5:39.28 | 199003908 | 5:30.92 | 1:14.74 | 2:39.05 | 5:30.92 |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:14.74 | | 200m: 2:39.05 | | 300m: | 400m: 5:30.92 | | | |
| 3. Susan van Grol | Widex Gzc Donk | | 5:40.12 | 200201344 | 5:47.88 | 1:22.82 | 2:53.05 | 5:47.88 |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:22.82 | | 200m: 2:53.05 | | 300m: | 400m: 5:47.88 | | | |
| 4. Andrea Daudeij | Alkemade | | 6:20.11 | 200204816 | 5:52.79 | 1:19.61 | 2:51.82 | 5:52.79 |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:19.61 | | 200m: 2:51.82 | | 300m: | 400m: 5:52.79 | | | |

Programmanr. 30
16-2-2020 - 16:43

Heren, 400m vrije slag

alg. leeftijdsgroep
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|--------------------------|----------------------|---------------|-----------|----------------|---------------|---------|---------|------|
| Junioren 1 | | | | | | | | |
| 1. Max Verschuur | ZV New Wave Almere | 5:03.95 | 200702455 | 5:11.88 | 1:14.34 | 2:34.65 | 5:11.88 | |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:14.34 | | 200m: 2:34.65 | | 300m: | 400m: 5:11.88 | | | |
| 2. Mitchell Nooitgedacht | Azc | 6:37.35 | 200701523 | 6:18.95 | 1:29.93 | 3:09.09 | 6:18.95 | |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:29.93 | | 200m: 3:09.09 | | 300m: | 400m: 6:18.95 | | | |
| Junioren 2 | | | | | | | | |
| 1. Thijs Wellink | Zwemlust- den Hommel | 5:03.69 | 200600715 | 5:10.06 | 1:15.94 | 2:34.16 | 5:10.06 | |
| 50m: | | 150m: | | 250m: | 350m: | 400m: | | |
| 100m: 1:15.94 | | 200m: 2:34.16 | | 300m: | 400m: 5:10.06 | | | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 30, Heren, 400m vrije slag

Junioren 3

| | | | | | | | |
|--------------------|-----------------------------|-----------|----------------|----------------|---------|---------|---------|
| 1. Emile Fouzai | The Hague Swimming (4:19.47 | 200500263 | 4:30.55 | 1:04.47 | 2:12.40 | 4:30.55 | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:04.47 | 200m: 2:12.40 | 300m: | 400m: 4:30.55 | | | | |
| 2. Sytze van Stein | LinK | 5:14.62 | 200501155 | 5:12.98 | 1:11.37 | 2:31.65 | 5:12.98 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:11.37 | 200m: 2:31.65 | 300m: | 400m: 5:12.98 | | | | |
| 3. Yassine Mellah | Widex Gzc Donk | 5:42.72 | 200502159 | 5:18.01 | 1:13.06 | 2:35.07 | 5:18.01 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:13.06 | 200m: 2:35.07 | 300m: | 400m: 5:18.01 | | | | |

Junioren 4

| | | | | | | | |
|-----------------------|--------------------|---------|---------------|----------------|---------|---------|---------|
| 1. Dimitri Lans | ZV New Wave Almere | 5:00.71 | 200401325 | 5:13.01 | 1:14.06 | 2:35.08 | 5:13.01 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:14.06 | 200m: 2:35.08 | 300m: | 400m: 5:13.01 | | | | |
| 2. Maurits van Bommel | Kon. AZ 1870 | 5:20.44 | 200401089 | 5:13.96 | 1:11.82 | 2:33.37 | 5:13.96 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:11.82 | 200m: 2:33.37 | 300m: | 400m: 5:13.96 | | | | |
| 3. Giljano Palm | Kon. AZ 1870 | 4:59.11 | 200403637 | 5:21.23 | 1:14.60 | 2:36.56 | 5:21.23 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:14.60 | 200m: 2:36.56 | 300m: | 400m: 5:21.23 | | | | |

Jeugd 1

| | | | | | | | |
|------------------|-----------------------------|-----------|----------------|----------------|---------|---------|---------|
| 1. Michael Smink | The Hague Swimming (4:11.75 | 200302169 | 4:23.65 | 1:00.96 | 2:07.97 | 4:23.65 | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:00.96 | 200m: 2:07.97 | 300m: | 400m: 4:23.65 | | | | |
| 2. Nigel Werring | Zwemlust- den Hommel | 4:35.68 | 200301503 | 4:45.12 | 1:06.15 | 2:19.86 | 4:45.12 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:06.15 | 200m: 2:19.86 | 300m: | 400m: 4:45.12 | | | | |

Jeugd 2

AFGEM Dave Rook Kon. AZ 1870 5:06.08 200204355

Senioren 1 en ouder

| | | | | | | | |
|----------------------|-----------------|-------|---------------|----------------|---------|---------|---------|
| 1. Bert Duivenvoorde | Noordwijkerhout | NT | 199701805 | 4:44.73 | 1:04.67 | 2:17.39 | 4:44.73 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:04.67 | 200m: 2:17.39 | 300m: | 400m: 4:44.73 | | | | |

alg. leeftijdsgroep

| | | | | | | | |
|----------------------|-----------------------------|-----------|----------------|----------------|---------|---------|---------|
| 1. Michael Smink | The Hague Swimming (4:11.75 | 200302169 | 4:23.65 | 1:00.96 | 2:07.97 | 4:23.65 | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:00.96 | 200m: 2:07.97 | 300m: | 400m: 4:23.65 | | | | |
| 2. Emile Fouzai | The Hague Swimming (4:19.47 | 200500263 | 4:30.55 | 1:04.47 | 2:12.40 | 4:30.55 | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:04.47 | 200m: 2:12.40 | 300m: | 400m: 4:30.55 | | | | |
| 3. Bert Duivenvoorde | Noordwijkerhout | NT | 199701805 | 4:44.73 | 1:04.67 | 2:17.39 | 4:44.73 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:04.67 | 200m: 2:17.39 | 300m: | 400m: 4:44.73 | | | | |
| 4. Nigel Werring | Zwemlust- den Hommel | 4:35.68 | 200301503 | 4:45.12 | 1:06.15 | 2:19.86 | 4:45.12 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:06.15 | 200m: 2:19.86 | 300m: | 400m: 4:45.12 | | | | |
| 5. Thijs Wellink | Zwemlust- den Hommel | 5:03.69 | 200600715 | 5:10.06 | 1:15.94 | 2:34.16 | 5:10.06 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:15.94 | 200m: 2:34.16 | 300m: | 400m: 5:10.06 | | | | |
| 6. Max Verschuur | ZV New Wave Almere | 5:03.95 | 200702455 | 5:11.88 | 1:14.34 | 2:34.65 | 5:11.88 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:14.34 | 200m: 2:34.65 | 300m: | 400m: 5:11.88 | | | | |
| 7. Sytze van Stein | LinK | 5:14.62 | 200501155 | 5:12.98 | 1:11.37 | 2:31.65 | 5:12.98 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:11.37 | 200m: 2:31.65 | 300m: | 400m: 5:12.98 | | | | |
| 8. Dimitri Lans | ZV New Wave Almere | 5:00.71 | 200401325 | 5:13.01 | 1:14.06 | 2:35.08 | 5:13.01 |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: 1:14.06 | 200m: 2:35.08 | 300m: | 400m: 5:13.01 | | | | |

Limietwedstrijd voor Junioren Jeugd en Senioren deel 2
Utrecht, 16-2-2020

Programmanr. 30, Heren, 400m vrije slag, alg. leeftijdsgroep

| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|---------------------------|----------------|---------------|-----------|----------------|---------------|---------|------|---------|
| 9. Maurits van Bommel | Kon. AZ 1870 | 5:20.44 | 200401089 | 5:13.96 | 1:11.82 | 2:33.37 | | 5:13.96 |
| 50m: | | 150m: | | 250m: | 350m: | | | |
| 100m: 1:11.82 | | 200m: 2:33.37 | | 300m: | 400m: 5:13.96 | | | |
| 10. Yassine Mellah | Widex Gzc Donk | 5:42.72 | 200502159 | 5:18.01 | 1:13.06 | 2:35.07 | | 5:18.01 |
| 50m: | | 150m: | | 250m: | 350m: | | | |
| 100m: 1:13.06 | | 200m: 2:35.07 | | 300m: | 400m: 5:18.01 | | | |
| 11. Giljano Palm | Kon. AZ 1870 | 4:59.11 | 200403637 | 5:21.23 | 1:14.60 | 2:36.56 | | 5:21.23 |
| 50m: | | 150m: | | 250m: | 350m: | | | |
| 100m: 1:14.60 | | 200m: 2:36.56 | | 300m: | 400m: 5:21.23 | | | |
| 12. Mitchell Nooitgedacht | Azc | 6:37.35 | 200701523 | 6:18.95 | 1:29.93 | 3:09.09 | | 6:18.95 |
| 50m: | | 150m: | | 250m: | 350m: | | | |
| 100m: 1:29.93 | | 200m: 3:09.09 | | 300m: | 400m: 6:18.95 | | | |
| AFGEM Dave Rook | Kon. AZ 1870 | 5:06.08 | 200204355 | | | | | |