

rang naam	vereniging	inschrijftijd		tijd	100m	200m	300m	400m
Junioren 2 en 3								
1. Katja Kuijlaars	MNC Dordrecht	5:30.67	199900016	5:38.55	1:17.61	2:44.56		5:38.55
2. Gaetane Demyttenaere	Des	5:48.07	199905018	5:55.95	1:22.21	2:49.11		5:55.95
3. Ilse Wijnmaalen	Pcg	5:49.12	199900940	6:02.12	1:19.15	2:48.58		6:02.12
4. Britt Orchard	De Duck	5:52.70	200004102	6:07.03	1:28.21	2:59.86		6:07.03
5. Simone Does	De Columbiaan	6:21.06	199902932	6:16.03	1:28.31	3:05.11		6:16.03
6. Sanne Hobe	Poseidon'56	6:28.11	200000826	6:27.98	1:33.84	3:12.71		6:27.98
7. Dina Soliman	KZV de Lansingh	6:11.68	199903046	6:31.28	1:30.28	3:14.81		6:31.28
8. Jente Bouwma	Widex Gzc Donk	6:38.69	200003230	6:36.61	1:38.44	3:15.11		6:36.61
9. Zoë van Gool	De Geul	6:30.67	200000964	6:39.21	1:34.59	3:15.34		6:39.21
10. Isis Beres	Wzk	6:28.40	200001874	6:41.35	1:36.65	3:19.06		6:41.35
11. Soraya Kuipers	Van Vliet Barracuda	6:40.14	199903068	6:48.84	1:42.01	3:27.08		6:48.84

Jeugd 1 en 2

1. Elise van Manen	De Columbiaan	5:37.70	199801676	5:47.36	1:15.45	2:49.75		5:47.36
2. Charlotte Eijkelenboom	MNC Dordrecht	5:48.51	199800956	5:57.81	1:22.81	2:57.15		5:57.81
3. Eva Cornelisse	Zpb H&L	5:52.55	199701336	6:06.91	1:23.53	3:04.31		6:06.91
4. Daphne Hulst	D'elft	5:51.54	199703042	6:29.21	1:33.21	3:12.46		6:29.21
NG Melissa Weber	de Zijl/LGB	5:43.92	199705316					

Senioren 1 en 2

1. Moniek Heemsker	Lz 1886	5:25.64	199601964	5:33.26	1:16.88	2:44.33		5:33.26
2. Mariska Teske	Lz 1886	5:27.02	199601712	5:42.79	1:15.78	2:41.56		5:42.79
3. Eef Hollander	Des	5:29.26	199602074	5:44.40	1:15.49	2:41.35		5:44.40
4. Naomi van Gool	Nz&Pc	5:56.77	199505166	6:12.24	1:24.79	2:59.14		6:12.24
5. Michelle Bellekom	Wzk	6:17.65	199606484	6:12.53	1:31.03	3:05.40		6:12.53

Senioren

1. Leonie van Noort	de Zijl/LGB	4:55.73	199301752	5:09.34	1:09.04	2:26.38		5:09.34
2. Merle Verkijk	Wvz	5:01.09	199400278	5:13.41	1:08.66	2:29.18		5:13.41
3. Nadya Putter	ZV Vlaardingen-Schiedam	5:23.37	198301630	5:38.70	1:14.45	2:43.06		5:38.70
4. Samantha van Eijk	De Geul	5:37.27	198806826	5:47.15	1:19.41	2:48.00		5:47.15
5. Jasmijn Ruijgrok	de Zijl/LGB	5:54.01	199401032	5:54.30	1:19.45	2:54.68		5:54.30
6. Aniek Huijsman	KZV de Lansingh	5:45.61	198801932	5:57.08	1:18.14	2:53.11		5:57.08
7. Linda Janssen	Zpb H&L	5:50.30	198802088	6:12.71	1:27.45	3:04.37		6:12.71
NG Ivana Lingen	Van Vliet Barracuda	5:25.91	199305020					

Junioren 2 en ouder

1. Leonie van Noort	de Zijl/LGB	4:55.73	199301752	5:09.34	1:09.04	2:26.38		5:09.34
2. Merle Verkijk	Wvz	5:01.09	199400278	5:13.41	1:08.66	2:29.18		5:13.41
3. Moniek Heemsker	Lz 1886	5:25.64	199601964	5:33.26	1:16.88	2:44.33		5:33.26
4. Katja Kuijlaars	MNC Dordrecht	5:30.67	199900016	5:38.55	1:17.61	2:44.56		5:38.55
5. Nadya Putter	ZV Vlaardingen-Schiedam	5:23.37	198301630	5:38.70	1:14.45	2:43.06		5:38.70
6. Mariska Teske	Lz 1886	5:27.02	199601712	5:42.79	1:15.78	2:41.56		5:42.79
7. Eef Hollander	Des	5:29.26	199602074	5:44.40	1:15.49	2:41.35		5:44.40
8. Samantha van Eijk	De Geul	5:37.27	198806826	5:47.15	1:19.41	2:48.00		5:47.15
9. Elise van Manen	De Columbiaan	5:37.70	199801676	5:47.36	1:15.45	2:49.75		5:47.36
10. Jasmijn Ruijgrok	de Zijl/LGB	5:54.01	199401032	5:54.30	1:19.45	2:54.68		5:54.30
11. Gaetane Demyttenaere	Des	5:48.07	199905018	5:55.95	1:22.21	2:49.11		5:55.95
12. Aniek Huijsman	KZV de Lansingh	5:45.61	198801932	5:57.08	1:18.14	2:53.11		5:57.08
13. Charlotte Eijkelenboom	MNC Dordrecht	5:48.51	199800956	5:57.81	1:22.81	2:57.15		5:57.81
14. Ilse Wijnmaalen	Pcg	5:49.12	199900940	6:02.12	1:19.15	2:48.58		6:02.12
15. Eva Cornelisse	Zpb H&L	5:52.55	199701336	6:06.91	1:23.53	3:04.31		6:06.91
16. Britt Orchard	De Duck	5:52.70	200004102	6:07.03	1:28.21	2:59.86		6:07.03
17. Naomi van Gool	Nz&Pc	5:56.77	199505166	6:12.24	1:24.79	2:59.14		6:12.24
18. Michelle Bellekom	Wzk	6:17.65	199606484	6:12.53	1:31.03	3:05.40		6:12.53
19. Linda Janssen	Zpb H&L	5:50.30	198802088	6:12.71	1:27.45	3:04.37		6:12.71
20. Simone Does	De Columbiaan	6:21.06	199902932	6:16.03	1:28.31	3:05.11		6:16.03
21. Sanne Hobe	Poseidon'56	6:28.11	200000826	6:27.98	1:33.84	3:12.71		6:27.98
22. Daphne Hulst	D'elft	5:51.54	199703042	6:29.21	1:33.21	3:12.46		6:29.21
23. Dina Soliman	KZV de Lansingh	6:11.68	199903046	6:31.28	1:30.28	3:14.81		6:31.28
24. Jente Bouwma	Widex Gzc Donk	6:38.69	200003230	6:36.61	1:38.44	3:15.11		6:36.61
25. Zoë van Gool	De Geul	6:30.67	200000964	6:39.21	1:34.59	3:15.34		6:39.21
26. Isis Beres	Wzk	6:28.40	200001874	6:41.35	1:36.65	3:19.06		6:41.35

Programmanr. 1, Dames, 400m wisselslag, Junioren 2 en ouder

rang naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
27. Soraya Kuipers	Van Vliet Barracuda	6:40.14	199903068	6:48.84	1:42.01	3:27.08	6:48.84
NG Melissa Weber	de Zijl/LGB	5:43.92	199705316				
NG Ivana Lingen	Van Vliet Barracuda	5:25.91	199305020				

Programmanr. 2 Heren, 1500m vrije slag Junioren 1 en ouder
24-3-2013 - 13:25 Resultaten

rang naam	vereniging	inschrijftijd	tijd
Junioren 1 en 2			
1. Ruben Griffioen	De Columbiaan	17:37.67	199900771
100m: 1:06.76	500m: 9:38.31	900m: 13:00m:	18:10.76
200m: 2:19.99	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 18:10.76	
400m: 4:45.36	800m: 12:00m:		
2. Floris Boendermaker	Lz 1886	21:21.91	199902619
100m: 1:11.00	500m: 10:25.90	900m: 13:00m:	19:39.36
200m: 2:29.17	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 19:39.36	
400m: 5:07.46	800m: 12:00m:		
3. Bernard Rivard	Wvz	19:21.83	200000045
100m: 1:15.62	500m: 10:54.70	900m: 13:00m:	20:25.12
200m: 2:38.10	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 20:25.12	
400m: 5:24.09	800m: 12:00m:		
4. Joost de Roy van Zuydewijn	Wvz	21:30.71	200000255
100m: 1:20.92	500m: 11:05.47	900m: 13:00m:	20:43.81
200m: 2:44.10	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 20:43.81	
400m: 5:29.83	800m: 12:00m:		
5. Jasper Breugem	Wvz	20:49.02	200000303
100m: 1:15.00	500m: 11:03.45	900m: 13:00m:	20:43.84
200m: 2:38.53	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 20:43.84	
400m: 5:25.44	800m: 12:00m:		
6. Sybe de Waard	de Devel	20:37.48	199900139
100m: 1:14.42	500m: 11:02.60	900m: 13:00m:	20:56.78
200m: 2:35.38	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 20:56.78	
400m: 5:21.65	800m: 12:00m:		
7. Dylan Kalden	De Duck	20:35.55	200003283
100m: 1:16.12	500m: 11:09.83	900m: 13:00m:	21:03.15
200m: 2:39.74	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 21:03.15	
400m: 5:29.12	800m: 12:00m:		
8. Matthijs Arnoldus	Wvz	21:13.07	200000571
100m: 1:17.32	500m: 11:14.68	900m: 13:00m:	21:16.11
200m: 2:41.96	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 21:16.11	
400m: 5:32.43	800m: 12:00m:		
9. Oliver Maddock	Wzk	24:07.80	200002281
100m: 1:21.68	500m: 12:42.41	900m: 13:00m:	23:45.37
200m: 2:55.04	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 23:45.37	
400m: 6:09.03	800m: 12:00m:		
AFGEM David Kievit	zc De Schotejil	21:48.54	199900325
NG Wesley Bos	De Columbiaan	19:12.45	199901241
NG Anne Schuurmans	Wvz	19:17.65	200003919

Junioren 3 en 4

1. Bas Verdoes	Lz 1886	19:09.78	199801487
100m: 1:06.44	500m: 10:02.45	900m: 13:00m:	19:00.66
200m: 2:20.86	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 19:00.66	
400m: 4:53.78	800m: 12:00m:		
2. Dion de Mooy	Lz 1886	19:28.03	199701803
100m: 1:08.88	500m: 10:09.23	900m: 13:00m:	19:06.80
200m: 2:24.95	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 19:06.80	
400m: 4:59.91	800m: 12:00m:		
3. Linqendo van der Klooster	Zpb H&L	18:54.12	199801361
100m: 1:05.78	500m: 10:14.25	900m: 13:00m:	19:20.72
200m: 2:21.43	600m: 10:00m:	1400m:	
300m: 3:00m:	700m: 11:00m:	1500m: 19:20.72	
400m: 4:58.28	800m: 12:00m:		

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam		vereniging	inschrijftijd		tijd
4.	Ivar van Straaten		Wvz	19:42.60	199800107	19:57.92
	100m:	1:14.56	500m:	900m:	1300m:	
	200m:	2:34.60	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:57.92
	400m:	5:15.48	800m:	1200m:		
5.	Enrico Strik		Lz 1886	20:07.93	199800747	20:14.62
	100m:	1:08.87	500m:	900m:	1300m:	
	200m:	2:25.92	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:14.62
	400m:	5:07.48	800m:	1200m:		
6.	Max Muller		De Geul	19:34.36	199800347	20:30.78
	100m:	1:11.36	500m:	900m:	1300m:	
	200m:	2:28.49	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:30.78
	400m:	5:09.83	800m:	1200m:		
7.	Ben Muller		De Geul	19:07.89	199801281	20:38.09
	100m:	1:07.81	500m:	900m:	1300m:	
	200m:	2:23.58	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:38.09
	400m:	5:02.64	800m:	1200m:		
8.	Roel van Grol		Widex Gzc Donk	20:37.97	199802277	20:42.09
	100m:	1:11.02	500m:	900m:	1300m:	
	200m:	2:31.51	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:42.09
	400m:	5:16.12	800m:	1200m:		

Jeugd 1 en 2

1.	Armand Heyder		Zwemvereniging Westland	17:37.07	199603221	18:05.55
	100m:	1:07.34	500m:	900m:	1300m:	
	200m:	2:19.19	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:05.55
	400m:	4:44.76	800m:	1200m:		
2.	Nordin Termoshuizen		Wvz	19:01.23	199605401	19:07.72
	100m:	1:09.60	500m:	900m:	1300m:	
	200m:	2:26.00	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:07.72
	400m:	4:59.72	800m:	1200m:		
3.	Paul van Grol		Widex Gzc Donk	18:20.47	199602951	19:18.19
	100m:	1:09.97	500m:	900m:	1300m:	
	200m:	2:27.09	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:18.19
	400m:	4:59.28	800m:	1200m:		
4.	Tim Muller		De Geul	18:15.40	199501019	20:01.54
	100m:	1:07.94	500m:	900m:	1300m:	
	200m:	2:22.72	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:01.54
	400m:	4:59.33	800m:	1200m:		
5.	Gijs Ruijgrok		Lz 1886	19:21.73	199600863	20:02.34
	100m:	1:07.56	500m:	900m:	1300m:	
	200m:	2:25.61	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:02.34
	400m:	5:08.19	800m:	1200m:		
6.	Thomas Grudelbach		ZV Vlaardingen-Schiedam	21:24.79	199500355	22:33.07
	100m:	1:21.46	500m:	900m:	1300m:	
	200m:	2:50.94	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	22:33.07
	400m:	5:56.34	800m:	1200m:		
AFGEM	Lars Schoffemeer		ZV Vlaardingen-Schiedam	16:51.28	199501907	

Senioren 1 en ouder

1.	Emiel van Beusekom		Van Vliet Barracuda	17:33.23	199403951	18:09.82
	100m:	1:07.02	500m:	900m:	1300m:	
	200m:	2:20.43	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:09.82
	400m:	4:48.15	800m:	1200m:		
2.	Maurice van der Berge		HZ Zian	18:25.18	196900087	18:58.99
	100m:	1:10.26	500m:	900m:	1300m:	
	200m:	2:25.70	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:58.99
	400m:	4:57.37	800m:	1200m:		
3.	Niels Albrechts		zc De Schotejil	18:45.21	198800039	19:31.29
	100m:	1:11.88	500m:	900m:	1300m:	
	200m:	2:28.14	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:31.29
	400m:	5:02.29	800m:	1200m:		

Programmanr. 2, Heren, 1500m vrije slag, Senioren 1 en ouder

rang	naam		vereniging	inschrijftijd		tijd
4.	Stefan Groeneweg		KZV de Lansingh	18:51.26	198901039	19:45.09
	100m:	1:10.62	500m:	900m:	1300m:	
	200m:	2:26.85	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:45.09
	400m:	5:03.34	800m:	1200m:		
			10:23.80			
5.	Edgar van Oosten		Van Vliet Barracuda	18:46.77	199104545	20:22.36
	100m:	1:08.16	500m:	900m:	1300m:	
	200m:	2:25.37	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:22.36
	400m:	5:05.44	800m:	1200m:		
			10:40.22			
6.	Mark Lomax		KZV de Lansingh	19:45.83	198201095	20:34.84
	100m:	1:10.81	500m:	900m:	1300m:	
	200m:	2:30.69	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:34.84
	400m:	5:16.53	800m:	1200m:		
			10:51.90			
7.	Menno Lomans		D'elft	20:04.45	196101071	20:57.95
	100m:	1:18.51	500m:	900m:	1300m:	
	200m:	2:41.91	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:57.95
	400m:	5:30.54	800m:	1200m:		
			11:07.81			

Junioren 1 en ouder

1.	Armand Heyder		Zwemvereniging Westland	17:37.07	199603221	18:05.55
	100m:	1:07.34	500m:	900m:	1300m:	
	200m:	2:19.19	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:05.55
	400m:	4:44.76	800m:	1200m:		
			9:40.84			
2.	Emiel van Beusekom		Van Vliet Barracuda	17:33.23	199403951	18:09.82
	100m:	1:07.02	500m:	900m:	1300m:	
	200m:	2:20.43	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:09.82
	400m:	4:48.15	800m:	1200m:		
			9:43.60			
3.	Ruben Griffioen		De Columbiaan	17:37.67	199900771	18:10.76
	100m:	1:06.76	500m:	900m:	1300m:	
	200m:	2:19.99	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:10.76
	400m:	4:45.36	800m:	1200m:		
			9:38.31			
4.	Maurice van der Berge		HZ Zian	18:25.18	196900087	18:58.99
	100m:	1:10.26	500m:	900m:	1300m:	
	200m:	2:25.70	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	18:58.99
	400m:	4:57.37	800m:	1200m:		
			10:00.21			
5.	Bas Verdoes		Lz 1886	19:09.78	199801487	19:00.66
	100m:	1:06.44	500m:	900m:	1300m:	
	200m:	2:20.86	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:00.66
	400m:	4:53.78	800m:	1200m:		
			10:02.45			
6.	Dion de Mooy		Lz 1886	19:28.03	199701803	19:06.80
	100m:	1:08.88	500m:	900m:	1300m:	
	200m:	2:24.95	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:06.80
	400m:	4:59.91	800m:	1200m:		
			10:09.23			
7.	Nordin Termoshuizen		Wvz	19:01.23	199605401	19:07.72
	100m:	1:09.60	500m:	900m:	1300m:	
	200m:	2:26.00	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:07.72
	400m:	4:59.72	800m:	1200m:		
			10:11.50			
8.	Paul van Grol		Widex Gzc Donk	18:20.47	199602951	19:18.19
	100m:	1:09.97	500m:	900m:	1300m:	
	200m:	2:27.09	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:18.19
	400m:	4:59.28	800m:	1200m:		
			10:09.31			
9.	Linquendo van der Klooster		Zpb H&L	18:54.12	199801361	19:20.72
	100m:	1:05.78	500m:	900m:	1300m:	
	200m:	2:21.43	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:20.72
	400m:	4:58.28	800m:	1200m:		
			10:14.25			
10.	Niels Albrechts		zc De Schotejil	18:45.21	198800039	19:31.29
	100m:	1:11.88	500m:	900m:	1300m:	
	200m:	2:28.14	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:31.29
	400m:	5:02.29	800m:	1200m:		
			10:16.75			
11.	Floris Boendermaker		Lz 1886	21:21.91	199902619	19:39.36
	100m:	1:11.00	500m:	900m:	1300m:	
	200m:	2:29.17	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:39.36
	400m:	5:07.46	800m:	1200m:		
			10:25.90			

Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

rang	naam		vereniging	inschrijftijd		tijd
12.	Stefan Groeneweg		KZV de Lansingh	18:51.26	198901039	19:45.09
	100m:	1:10.62	500m:	900m:	1300m:	
	200m:	2:26.85	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:45.09
	400m:	5:03.34	800m:	1200m:		
			10:23.80			
13.	Ivar van Straaten		Wvz	19:42.60	199800107	19:57.92
	100m:	1:14.56	500m:	900m:	1300m:	
	200m:	2:34.60	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	19:57.92
	400m:	5:15.48	800m:	1200m:		
			10:36.49			
14.	Tim Muller		De Geul	18:15.40	199501019	20:01.54
	100m:	1:07.94	500m:	900m:	1300m:	
	200m:	2:22.72	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:01.54
	400m:	4:59.33	800m:	1200m:		
			10:21.75			
15.	Gijs Ruijgrok		Lz 1886	19:21.73	199600863	20:02.34
	100m:	1:07.56	500m:	900m:	1300m:	
	200m:	2:25.61	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:02.34
	400m:	5:08.19	800m:	1200m:		
			10:35.62			
16.	Enrico Strik		Lz 1886	20:07.93	199800747	20:14.62
	100m:	1:08.87	500m:	900m:	1300m:	
	200m:	2:25.92	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:14.62
	400m:	5:07.48	800m:	1200m:		
			10:38.88			
17.	Edgar van Oosten		Van Vliet Barracuda	18:46.77	199104545	20:22.36
	100m:	1:08.16	500m:	900m:	1300m:	
	200m:	2:25.37	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:22.36
	400m:	5:05.44	800m:	1200m:		
			10:40.22			
18.	Bernard Rivard		Wvz	19:21.83	200000045	20:25.12
	100m:	1:15.62	500m:	900m:	1300m:	
	200m:	2:38.10	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:25.12
	400m:	5:24.09	800m:	1200m:		
			10:54.70			
19.	Max Muller		De Geul	19:34.36	199800347	20:30.78
	100m:	1:11.36	500m:	900m:	1300m:	
	200m:	2:28.49	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:30.78
	400m:	5:09.83	800m:	1200m:		
			10:42.20			
20.	Mark Lomax		KZV de Lansingh	19:45.83	198201095	20:34.84
	100m:	1:10.81	500m:	900m:	1300m:	
	200m:	2:30.69	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:34.84
	400m:	5:16.53	800m:	1200m:		
			10:51.90			
21.	Ben Muller		De Geul	19:07.89	199801281	20:38.09
	100m:	1:07.81	500m:	900m:	1300m:	
	200m:	2:23.58	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:38.09
	400m:	5:02.64	800m:	1200m:		
			10:40.93			
22.	Roel van Grol		Widex Gzc Donk	20:37.97	199802277	20:42.09
	100m:	1:11.02	500m:	900m:	1300m:	
	200m:	2:31.51	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:42.09
	400m:	5:16.12	800m:	1200m:		
			10:56.69			
23.	Joost de Roy van Zuydewijn		Wvz	21:30.71	200000255	20:43.81
	100m:	1:20.92	500m:	900m:	1300m:	
	200m:	2:44.10	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:43.81
	400m:	5:29.83	800m:	1200m:		
			11:05.47			
24.	Jasper Breugem		Wvz	20:49.02	200000303	20:43.84
	100m:	1:15.00	500m:	900m:	1300m:	
	200m:	2:38.53	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:43.84
	400m:	5:25.44	800m:	1200m:		
			11:03.45			
25.	Sybe de Waard		de Devel	20:37.48	199900139	20:56.78
	100m:	1:14.42	500m:	900m:	1300m:	
	200m:	2:35.38	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:56.78
	400m:	5:21.65	800m:	1200m:		
			11:02.60			
26.	Menno Lomans		D'elft	20:04.45	196101071	20:57.95
	100m:	1:18.51	500m:	900m:	1300m:	
	200m:	2:41.91	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	20:57.95
	400m:	5:30.54	800m:	1200m:		
			11:07.81			
27.	Dylan Kalden		De Duck	20:35.55	200003283	21:03.15
	100m:	1:16.12	500m:	900m:	1300m:	
	200m:	2:39.74	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m:	21:03.15
	400m:	5:29.12	800m:	1200m:		
			11:09.83			

Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd
28.	Matthijs Arnoldus	Wvz	21:13.07	200000571 21:16.11
	100m: 1:17.32 200m: 2:41.96 300m: 400m: 5:32.43	1:17.32 1:24.64 11:14.68	500m: 900m: 600m: 1000m: 700m: 1100m: 800m: 1200m:	1300m: 1400m: 1500m: 21:16.11
29.	Thomas Grudelbach	ZV Vlaardingen-Schiedam	21:24.79	199500355 22:33.07
	100m: 1:21.46 200m: 2:50.94 300m: 400m: 5:56.34	1:21.46 1:29.48 12:08.22	500m: 900m: 600m: 1000m: 700m: 1100m: 800m: 1200m:	1300m: 1400m: 1500m: 22:33.07
30.	Oliver Maddock	Wzk	24:07.80	200002281 23:45.37
	100m: 1:21.68 200m: 2:55.04 300m: 400m: 6:09.03	1:21.68 1:33.36 12:42.41	500m: 900m: 600m: 1000m: 700m: 1100m: 800m: 1200m:	1300m: 1400m: 1500m: 23:45.37
AFGEM	David Kievit	zc De Schotejil	21:48.54	199900325
AFGEM	Lars Schoffelmeeer	ZV Vlaardingen-Schiedam	16:51.28	199501907
NG	Wesley Bos	De Columbiaan	19:12.45	199901241
NG	Anne Schuurmans	Wvz	19:17.65	200003919

Programmanr. 3
24-3-2013 - 14:55

Jongens, 400m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
1.	Jason van den Berg	Poseidon'56	6:02.91	200400009	5:58.37	1:23.96	2:56.87	5:58.37
2.	Julian Stok	de Devel	6:12.31	200300071	5:58.57	1:25.77	2:58.24	5:58.57
3.	Robin Schols	KZV de Lansingh	6:34.46	200400433	6:39.62	1:30.97	3:15.37	6:39.62
4.	Tino Huurman	De Geul	6:50.34	200300239	6:46.11	1:35.05	3:20.55	6:46.11
5.	Chris Siemens	de Zeehond '73	6:59.44	200400005	6:46.77	1:34.23	3:19.63	6:46.77

Programmanr. 4
24-3-2013 - 15:00

Meisjes, 400m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
1.	Britta Koehorst	KZV de Lansingh	5:59.75	200300246	5:53.16	1:21.28	2:53.82	5:53.16
2.	Megan de Hoog	de Zeehond '73	6:10.68	200300214	6:07.17	1:23.85	2:57.59	6:07.17
3.	Michelle van der Steen	ZV Vlaardingen-Schiedam	7:11.41	200300052	6:30.68	1:29.11	3:12.11	6:30.68
4.	Daphne Zoetekouw	de Zeehond '73	6:35.60	200301750	6:56.14	1:35.46	3:22.68	6:56.14

Programmanr. 5
24-3-2013 - 15:40

Jongens, 800m vrije slag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Tjeerd van Stein	Lz 1886	11:32.73	200101439 10:37.62
	100m: 1:13.04 200m: 2:34.25	1:13.04 1:21.21 5:18.46	300m: 500m: 400m: 600m:	700m: 800m: 10:37.62
2.	Thomas Jansen	Wvz	11:05.00	200100143 10:40.04
	100m: 1:14.96 200m: 2:36.07	1:14.96 1:21.11 5:20.08	300m: 500m: 400m: 600m:	700m: 800m: 10:40.04
3.	Tygo van Hassel	ZV Vlaardingen-Schiedam	11:50.00	200101479 10:59.05
	100m: 1:16.13 200m: 2:40.75	1:16.13 1:24.62 5:29.84	300m: 500m: 400m: 600m:	700m: 800m: 10:59.05
4.	Brandon van den Berg	Poseidon'56	11:13.47	200200669 11:08.73
	100m: 1:15.58 200m: 2:38.44	1:15.58 1:22.86 5:28.15	300m: 500m: 400m: 600m:	700m: 800m: 11:08.73
5.	Freek Hollander	Des	12:04.13	200103815 12:08.48
	100m: 1:24.25 200m: 2:57.14	1:24.25 1:32.89 6:03.57	300m: 500m: 400m: 600m:	700m: 800m: 12:08.48
6.	Esper Paans	de Devel	12:11.08	200100607 12:09.05
	100m: 1:23.26 200m: 2:56.62	1:23.26 1:33.36 6:06.24	300m: 500m: 400m: 600m:	700m: 800m: 12:09.05
7.	Robin Stok	de Devel	12:09.91	200100217 12:37.27
	100m: 1:26.35 200m: 3:00.69	1:26.35 1:34.34 6:15.22	300m: 500m: 400m: 600m:	700m: 800m: 12:37.27

Programmanr. 5, Jongens, 800m vrije slag, Minioren 5 en 6

rang	naam	vereniging	inschrijftijd	tijd
8.	Thijs Schuurmans	Wvz	13:10.34	200201458 12:49.28
	100m: 1:28.38	300m: 5:00m:		700m:
	200m: 3:05.06	400m: 6:20.91		800m: 12:49.28

Programmanr. 6 Meisjes, 800m vrije slag Minioren 5 en Junioren 1 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Inge Vieveen	Wvz	10:43.71	200100024 10:38.74
	100m: 1:13.33	300m: 5:00m:		700m:
	200m: 2:32.82	400m: 5:14.68		800m: 10:38.74
2.	Sophie de Jonge	zc De Schotejil	10:42.82	200200118 10:48.34
	100m: 1:14.11	300m: 5:00m:		700m:
	200m: 2:35.87	400m: 5:20.07		800m: 10:48.34
3.	Diana Noordermeer	de Zeehond '73	11:00.79	200102110 11:14.93
	100m: 1:18.23	300m: 5:00m:		700m:
	200m: 2:42.36	400m: 5:32.86		800m: 11:14.93
4.	Giorgia Colle	de Zeehond '73	11:10.58	200201754 11:28.67
	100m: 1:19.72	300m: 5:00m:		700m:
	200m: 2:47.88	400m: 5:44.59		800m: 11:28.67
5.	Sam IJzerman	De Geul	11:22.93	200101204 11:40.47
	100m: 1:18.07	300m: 5:00m:		700m:
	200m: 2:46.07	400m: 5:46.17		800m: 11:40.47
6.	Esmée Roodenburg	De Geul	11:24.76	200100040 11:55.66
	100m: 1:22.35	300m: 5:00m:		700m:
	200m: 2:51.31	400m: 5:52.85		800m: 11:55.66
7.	Jana Plaisier	de Devel	12:10.28	200101266 12:20.07
	100m: 1:22.82	300m: 5:00m:		700m:
	200m: 2:54.50	400m: 6:03.53		800m: 12:20.07
8.	Charlotte Drastich	Wzk	13:01.24	200200344 12:58.44
	100m: 1:26.40	300m: 5:00m:		700m:
	200m: 3:03.55	400m: 6:21.55		800m: 12:58.44
AFGEM	Charlotte Beijer	KZV de Lansingh	14:16.19	200104460

Programmanr. 7 Dames, 800m vrije slag Junioren 2 en ouder Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Junioren 2 en 3				
1.	Pien Schravessande	KZV de Lansingh	10:10.93	199902010 10:21.23
	100m: 1:12.00	300m: 5:00m:		700m:
	200m: 2:31.32	400m: 5:12.76		800m: 10:21.23
2.	Annemarie Meijer	De Duck	10:20.93	199900964 10:26.22
	100m: 1:12.29	300m: 5:00m:		700m:
	200m: 2:30.16	400m: 5:08.62		800m: 10:26.22
3.	Sterre Keller	Des	10:45.36	199904142 10:34.82
	100m: 1:13.38	300m: 5:00m:		700m:
	200m: 2:33.96	400m: 5:15.58		800m: 10:34.82
4.	Nathalie Bakker	De Columbiaan	10:42.18	199903732 10:35.20
	100m: 1:13.66	300m: 5:00m:		700m:
	200m: 2:34.34	400m: 5:14.81		800m: 10:35.20
5.	Marieke van der Meer	De Columbiaan	10:32.66	200000162 10:43.16
	100m: 1:15.93	300m: 5:00m:		700m:
	200m: 2:37.30	400m: 5:21.28		800m: 10:43.16
6.	Esmée van Geest	Wvz	10:34.42	200001286 10:53.82
	100m: 1:14.91	300m: 5:00m:		700m:
	200m: 2:36.41	400m: 5:22.86		800m: 10:53.82
7.	Britt Orchard	De Duck	10:30.31	200004102 11:02.92
	100m: 1:15.14	300m: 5:00m:		700m:
	200m: 2:37.42	400m: 5:25.52		800m: 11:02.92
8.	Nikita Vos	Lz 1886	11:05.31	199900356 11:40.46
	100m: 1:14.49	300m: 5:00m:		700m:
	200m: 2:40.97	400m: 5:38.90		800m: 11:40.46
AFGEM	Maaïke Baker	De Columbiaan	11:29.00	199902930

Programmanr. 7, Dames, 800m vrije slag

Jeugd 1 en 2

1.	Tessa Bruijgoms		MNC Dordrecht	10:25.65	199801322	10:25.50
	100m: 1:11.30	1:11.30	300m: 5:09.85	500m: 10:25.50	700m: 10:25.50	800m: 10:25.50
	200m: 2:30.09	1:18.79	400m: 5:09.85	600m: 10:25.50	700m: 10:25.50	800m: 10:25.50
2.	Elise van Manen		De Columbiaan	10:02.98	199801676	10:30.44
	100m: 1:13.12	1:13.12	300m: 5:14.20	500m: 10:30.44	700m: 10:30.44	800m: 10:30.44
	200m: 2:32.25	1:19.13	400m: 5:14.20	600m: 10:30.44	700m: 10:30.44	800m: 10:30.44
3.	Charlotte Eijkelenboom		MNC Dordrecht	10:44.67	199800956	10:32.27
	100m: 1:10.60	1:10.60	300m: 5:10.35	500m: 10:32.27	700m: 10:32.27	800m: 10:32.27
	200m: 2:29.67	1:19.07	400m: 5:10.35	600m: 10:32.27	700m: 10:32.27	800m: 10:32.27
4.	Diana van Halm Braam		Wvz	10:24.54	199800788	10:37.70
	100m: 1:14.09	1:14.09	300m: 5:17.28	500m: 10:37.70	700m: 10:37.70	800m: 10:37.70
	200m: 2:34.81	1:20.72	400m: 5:17.28	600m: 10:37.70	700m: 10:37.70	800m: 10:37.70
5.	Myrthe Vreeswijk		Lz 1886	10:30.77	199800078	10:40.18
	100m: 1:12.91	1:12.91	300m: 5:16.49	500m: 10:40.18	700m: 10:40.18	800m: 10:40.18
	200m: 2:33.72	1:20.81	400m: 5:16.49	600m: 10:40.18	700m: 10:40.18	800m: 10:40.18
6.	Marsha van den Heuvel		Widex Gzc Donk	11:24.70	199801154	10:53.80
	100m: 1:14.08	1:14.08	300m: 5:24.33	500m: 10:53.80	700m: 10:53.80	800m: 10:53.80
	200m: 2:36.49	1:22.41	400m: 5:24.33	600m: 10:53.80	700m: 10:53.80	800m: 10:53.80
7.	Kelsey Tukker		Poseidon'56	10:51.57	199801148	11:10.26
	100m: 1:15.59	1:15.59	300m: 5:31.28	500m: 11:10.26	700m: 11:10.26	800m: 11:10.26
	200m: 2:39.78	1:24.19	400m: 5:31.28	600m: 11:10.26	700m: 11:10.26	800m: 11:10.26
8.	Anouk van der Lans		Zwemvereniging Westland	11:35.27	199801614	11:21.22
	100m: 1:14.86	1:14.86	300m: 5:34.23	500m: 11:21.22	700m: 11:21.22	800m: 11:21.22
	200m: 2:39.89	1:25.03	400m: 5:34.23	600m: 11:21.22	700m: 11:21.22	800m: 11:21.22
NG	Diane Vink		De Geul	11:22.53	199804000	
NG	Melissa Weber		de Zijl/LGB	10:32.48	199705316	

Senioren 1 en 2

1.	Elisabeth Rivard		Wvz	9:44.76	199600244	9:55.13
	100m: 1:08.09	1:08.09	300m: 4:54.71	500m: 9:55.13	700m: 9:55.13	800m: 9:55.13
	200m: 2:23.18	1:15.09	400m: 4:54.71	600m: 9:55.13	700m: 9:55.13	800m: 9:55.13
2.	Danielle Grootes		de Zijl/LGB	9:48.62	199501278	9:55.94
	100m: 1:08.37	1:08.37	300m: 4:54.03	500m: 9:55.94	700m: 9:55.94	800m: 9:55.94
	200m: 2:22.09	1:13.72	400m: 4:54.03	600m: 9:55.94	700m: 9:55.94	800m: 9:55.94
3.	Eef Hollander		Des	10:23.69	199602074	10:06.93
	100m: 1:10.64	1:10.64	300m: 5:00.30	500m: 10:06.93	700m: 10:06.93	800m: 10:06.93
	200m: 2:26.56	1:15.92	400m: 5:00.30	600m: 10:06.93	700m: 10:06.93	800m: 10:06.93
4.	Moniek Heemskerk		Lz 1886	10:01.47	199601964	10:30.17
	100m: 1:10.91	1:10.91	300m: 5:12.41	500m: 10:30.17	700m: 10:30.17	800m: 10:30.17
	200m: 2:30.16	1:19.25	400m: 5:12.41	600m: 10:30.17	700m: 10:30.17	800m: 10:30.17
5.	Saskia Kommers		Van Vliet Barracuda	10:22.60	199502846	10:38.15
	100m: 1:12.79	1:12.79	300m: 5:16.02	500m: 10:38.15	700m: 10:38.15	800m: 10:38.15
	200m: 2:32.59	1:19.80	400m: 5:16.02	600m: 10:38.15	700m: 10:38.15	800m: 10:38.15
6.	Céline Verhoef		De Duck	10:14.44	199604476	10:49.89
	100m: 1:12.31	1:12.31	300m: 5:19.74	500m: 10:49.89	700m: 10:49.89	800m: 10:49.89
	200m: 2:33.17	1:20.86	400m: 5:19.74	600m: 10:49.89	700m: 10:49.89	800m: 10:49.89
7.	Debby Bavelaar		de Zijl/LGB	10:42.18	199502648	10:53.60
	100m: 1:15.46	1:15.46	300m: 5:29.32	500m: 10:53.60	700m: 10:53.60	800m: 10:53.60
	200m: 2:39.50	1:24.04	400m: 5:29.32	600m: 10:53.60	700m: 10:53.60	800m: 10:53.60
8.	Michelle Bellekom		Wzk	11:56.10	199606484	11:09.59
	100m: 1:19.24	1:19.24	300m: 5:36.49	500m: 11:09.59	700m: 11:09.59	800m: 11:09.59
	200m: 2:44.89	1:25.65	400m: 5:36.49	600m: 11:09.59	700m: 11:09.59	800m: 11:09.59

Senioren

1.	Leonie van Noort		de Zijl/LGB	8:43.73	199301752	9:19.98
	100m: 1:04.27	1:04.27	300m: 4:34.20	500m: 9:19.98	700m: 9:19.98	800m: 9:19.98
	200m: 2:13.95	1:09.68	400m: 4:34.20	600m: 9:19.98	700m: 9:19.98	800m: 9:19.98
2.	Jasmijn Ruijgrok		de Zijl/LGB	10:32.77	199401032	10:16.38
	100m: 1:09.58	1:09.58	300m: 5:03.66	500m: 10:16.38	700m: 10:16.38	800m: 10:16.38
	200m: 2:26.61	1:17.03	400m: 5:03.66	600m: 10:16.38	700m: 10:16.38	800m: 10:16.38
3.	Karin Stein		ZV Vlaardingen-Schiedam	9:55.33	197100554	10:17.94
	100m: 1:12.69	1:12.69	300m: 5:05.95	500m: 10:17.94	700m: 10:17.94	800m: 10:17.94
	200m: 2:29.59	1:16.90	400m: 5:05.95	600m: 10:17.94	700m: 10:17.94	800m: 10:17.94
4.	Pauline Tieleman		De Geul	10:31.47	198403348	10:51.30
	100m: 1:13.97	1:13.97	300m: 5:18.19	500m: 10:51.30	700m: 10:51.30	800m: 10:51.30
	200m: 2:34.00	1:20.03	400m: 5:18.19	600m: 10:51.30	700m: 10:51.30	800m: 10:51.30
5.	Tamara Caspers		Nz&Pc	11:04.91	199007272	11:02.61
	100m: 1:14.31	1:14.31	300m: 5:24.39	500m: 11:02.61	700m: 11:02.61	800m: 11:02.61
	200m: 2:36.77	1:22.46	400m: 5:24.39	600m: 11:02.61	700m: 11:02.61	800m: 11:02.61

Programmanr. 7, Dames, 800m vrije slag, Senioren

rang	naam		vereniging	inschrijftijd		tijd
6.	Ruby Boudestein		KZV de Lansingh	10:32.30	199303430	11:02.82
	100m:	1:15.12	300m:	500m:	700m:	
	200m:	2:38.68	400m:	600m:	800m:	11:02.82
7.	Sunanda van Heteren		De Geul	10:54.57	198901728	11:15.21
	100m:	1:15.10	300m:	500m:	700m:	
	200m:	2:38.28	400m:	600m:	800m:	11:15.21
8.	Andrea van Leeuwen		de Zijl/LGB	11:20.72	198100904	11:32.72
	100m:	1:21.72	300m:	500m:	700m:	
	200m:	2:49.75	400m:	600m:	800m:	11:32.72
AFGEM	Eline Roobol		KZV de Lansingh	10:55.07	199106414	

Junioren 2 en ouder

1.	Leonie van Noort		de Zijl/LGB	8:43.73	199301752	9:19.98
	100m:	1:04.27	300m:	500m:	700m:	
	200m:	2:13.95	400m:	600m:	800m:	9:19.98
2.	Elisabeth Rivard		Wvz	9:44.76	199600244	9:55.13
	100m:	1:08.09	300m:	500m:	700m:	
	200m:	2:23.18	400m:	600m:	800m:	9:55.13
3.	Danielle Grootes		de Zijl/LGB	9:48.62	199501278	9:55.94
	100m:	1:08.37	300m:	500m:	700m:	
	200m:	2:22.09	400m:	600m:	800m:	9:55.94
4.	Eef Hollander		Des	10:23.69	199602074	10:06.93
	100m:	1:10.64	300m:	500m:	700m:	
	200m:	2:26.56	400m:	600m:	800m:	10:06.93
5.	Jasmijn Ruijgrok		de Zijl/LGB	10:32.77	199401032	10:16.38
	100m:	1:09.58	300m:	500m:	700m:	
	200m:	2:26.61	400m:	600m:	800m:	10:16.38
6.	Karin Stein		ZV Vlaardingen-Schiedam	9:55.33	197100554	10:17.94
	100m:	1:12.69	300m:	500m:	700m:	
	200m:	2:29.59	400m:	600m:	800m:	10:17.94
7.	Pien Schravendes		KZV de Lansingh	10:10.93	199902010	10:21.23
	100m:	1:12.00	300m:	500m:	700m:	
	200m:	2:31.32	400m:	600m:	800m:	10:21.23
8.	Tessa Bruijgoms		MNC Dordrecht	10:25.65	199801322	10:25.50
	100m:	1:11.30	300m:	500m:	700m:	
	200m:	2:30.09	400m:	600m:	800m:	10:25.50
9.	Annemarie Meijer		De Duck	10:20.93	199900964	10:26.22
	100m:	1:12.29	300m:	500m:	700m:	
	200m:	2:30.16	400m:	600m:	800m:	10:26.22
10.	Moniek Heemskerk		Lz 1886	10:01.47	199601964	10:30.17
	100m:	1:10.91	300m:	500m:	700m:	
	200m:	2:30.16	400m:	600m:	800m:	10:30.17
11.	Elise van Manen		De Columbiaan	10:02.98	199801676	10:30.44
	100m:	1:13.12	300m:	500m:	700m:	
	200m:	2:32.25	400m:	600m:	800m:	10:30.44
12.	Charlotte Eijkelenboom		MNC Dordrecht	10:44.67	199800956	10:32.27
	100m:	1:10.60	300m:	500m:	700m:	
	200m:	2:29.67	400m:	600m:	800m:	10:32.27
13.	Sterre Keller		Des	10:45.36	199904142	10:34.82
	100m:	1:13.38	300m:	500m:	700m:	
	200m:	2:33.96	400m:	600m:	800m:	10:34.82
14.	Nathalie Bakker		De Columbiaan	10:42.18	199903732	10:35.20
	100m:	1:13.66	300m:	500m:	700m:	
	200m:	2:34.34	400m:	600m:	800m:	10:35.20
15.	Diana van Halm Braam		Wvz	10:24.54	199800788	10:37.70
	100m:	1:14.09	300m:	500m:	700m:	
	200m:	2:34.81	400m:	600m:	800m:	10:37.70
16.	Saskia Kommers		Van Vliet Barracuda	10:22.60	199502846	10:38.15
	100m:	1:12.79	300m:	500m:	700m:	
	200m:	2:32.59	400m:	600m:	800m:	10:38.15
17.	Myrthe Vreeswijk		Lz 1886	10:30.77	199800078	10:40.18
	100m:	1:12.91	300m:	500m:	700m:	
	200m:	2:33.72	400m:	600m:	800m:	10:40.18
18.	Marieke van der Meer		De Columbiaan	10:32.66	200000162	10:43.16
	100m:	1:15.93	300m:	500m:	700m:	
	200m:	2:37.30	400m:	600m:	800m:	10:43.16
19.	Céline Verhoef		De Duck	10:14.44	199604476	10:49.89
	100m:	1:12.31	300m:	500m:	700m:	
	200m:	2:33.17	400m:	600m:	800m:	10:49.89
20.	Pauline Tieleman		De Geul	10:31.47	198403348	10:51.30
	100m:	1:13.97	300m:	500m:	700m:	
	200m:	2:34.00	400m:	600m:	800m:	10:51.30

Programmanr. 7, Dames, 800m vrije slag, Junioren 2 en ouder

rang	naam	vereniging	inschrijftijd	tijd
21.	Debby Bavelaar 100m: 1:15.46 200m: 2:39.50	de Zijl/LGB 300m: 1:15.46 400m: 5:29.32	500m: 10:42.18 600m: 199502648	700m: 10:53.60 800m: 10:53.60
22.	Marsha van den Heuvel 100m: 1:14.08 200m: 2:36.49	Widex Gzc Donk 300m: 1:14.08 400m: 5:24.33	500m: 11:24.70 600m: 199801154	700m: 10:53.80 800m: 10:53.80
23.	Esmée van Geest 100m: 1:14.91 200m: 2:36.41	Wvz 300m: 1:14.91 400m: 5:22.86	500m: 10:34.42 600m: 200001286	700m: 10:53.82 800m: 10:53.82
24.	Tamara Caspers 100m: 1:14.31 200m: 2:36.77	Nz&Pc 300m: 1:14.31 400m: 5:24.39	500m: 11:04.91 600m: 199007272	700m: 11:02.61 800m: 11:02.61
25.	Ruby Boudestein 100m: 1:15.12 200m: 2:38.68	KZV de Lansingh 300m: 1:15.12 400m: 5:27.81	500m: 10:32.30 600m: 199303430	700m: 11:02.82 800m: 11:02.82
26.	Britt Orchard 100m: 1:15.14 200m: 2:37.42	De Duck 300m: 1:15.14 400m: 5:25.52	500m: 10:30.31 600m: 200004102	700m: 11:02.92 800m: 11:02.92
27.	Michelle Bellekom 100m: 1:19.24 200m: 2:44.89	Wzk 300m: 1:19.24 400m: 5:36.49	500m: 11:56.10 600m: 199606484	700m: 11:09.59 800m: 11:09.59
28.	Kelsey Tukker 100m: 1:15.59 200m: 2:39.78	Poseidon'56 300m: 1:15.59 400m: 5:31.28	500m: 10:51.57 600m: 199801148	700m: 11:10.26 800m: 11:10.26
29.	Sunanda van Heteren 100m: 1:15.10 200m: 2:38.28	De Geul 300m: 1:15.10 400m: 5:30.30	500m: 10:54.57 600m: 198901728	700m: 11:15.21 800m: 11:15.21
30.	Anouk van der Lans 100m: 1:14.86 200m: 2:39.89	Zwemvereniging Westland 300m: 1:14.86 400m: 5:34.23	500m: 11:35.27 600m: 199801614	700m: 11:21.22 800m: 11:21.22
31.	Andrea van Leeuwen 100m: 1:21.72 200m: 2:49.75	de Zijl/LGB 300m: 1:21.72 400m: 5:46.63	500m: 11:20.72 600m: 198100904	700m: 11:32.72 800m: 11:32.72
32.	Nikita Vos 100m: 1:14.49 200m: 2:40.97	Lz 1886 300m: 1:14.49 400m: 5:38.90	500m: 11:05.31 600m: 199900356	700m: 11:40.46 800m: 11:40.46
AFGEM	Eline Roobol	KZV de Lansingh	10:55.07	199106414
AFGEM	Maaïke Baker	De Columbiaan	11:29.00	199902930
NG	Diane Vink	De Geul	11:22.53	199804000
NG	Melissa Weber	de Zijl/LGB	10:32.48	199705316

Programmanr. 8
24-3-2013 - 16:55

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
Junioren 1 en 2								
1.	Ruben Griffioen	De Columbiaan	5:00.54	199900771	5:18.99	1:19.78		5:18.99
2.	Floris Boendermaker	Lz 1886	5:44.59	199902619	5:38.25	1:15.92		5:38.25
3.	Bernard Rivard	Wvz	5:43.18	200000045	5:52.62	1:24.06		5:52.62
4.	Matthijs Arnoldus	Wvz	6:08.79	200000571	6:18.56	1:29.68		6:18.56
5.	Dylan Kalden	De Duck	6:10.33	200003283	6:22.63	1:31.05		6:22.63
6.	Aidan van Gool	De Geul	6:49.51	200001773	6:52.97	1:42.76		6:52.97
7.	Patrick Bavelaar	de Zijl/LGB	7:03.13	200002581	6:59.93	1:43.03		6:59.93
AFGEM	Liam van Gool	De Geul	7:05.60	200001111				
NG	Wesley Bos	De Columbiaan	5:13.88	199901241				
NG	Duncan van Haaren	Widex Gzc Donk	6:24.59	200000681				
NG	Herman de Bruin	de Zijl/LGB	6:30.02	199903483				
Junioren 3 en 4								
1.	Bas Verdoes	Lz 1886	5:04.71	199801487	5:19.77	1:13.36		5:19.77
2.	Stan Zwinkels	Wvz	5:18.30	199800239	5:21.91	1:09.80		5:21.91
3.	Enrico Strik	Lz 1886	5:24.91	199800747	5:31.66	1:15.78		5:31.66
4.	Dion de Mooy	Lz 1886	5:25.59	199701803	5:34.60	1:14.07		5:34.60
5.	Elliot Falces	Des	5:38.01	199802713	5:41.30	1:10.71		5:41.30
6.	Rainier Voll	de Devel	5:23.05	199800365	5:47.15	1:14.17		5:47.15
7.	Joran Bakema	De Geul	5:45.83	199703663	5:50.07	1:19.49		5:50.07

Programmanr. 8, Heren, 400m wisselslag

Jeugd 1 en 2

1. Mike Bravenboer	Poseidon'56	5:07.42	199500299	5:16.79	1:08.12	5:16.79
2. Nordin Termoshuizen	Wvz	5:05.23	199605401	5:20.53	1:12.23	5:20.53
3. Paul van Grol	Widex Gzc Donk	5:08.34	199602951	5:28.14	1:14.41	5:28.14
4. Gijs Ruijgrok	Lz 1886	5:37.90	199600863	5:49.59	1:15.42	5:49.59

Senioren 1 en ouder

1. Victor Poot	MNC Dordrecht	4:57.84	199203651	5:12.24	1:06.72	5:12.24
2. Emiel van Beusekom	Van Vliet Barracuda	5:06.61	199403951	5:17.64	1:09.63	5:17.64
3. Stefan Groeneweg	KZV de Lansingh	5:11.35	198901039	5:31.13	1:11.13	5:31.13

Junioren 1 en ouder

1. Victor Poot	MNC Dordrecht	4:57.84	199203651	5:12.24	1:06.72	5:12.24
2. Mike Bravenboer	Poseidon'56	5:07.42	199500299	5:16.79	1:08.12	5:16.79
3. Emiel van Beusekom	Van Vliet Barracuda	5:06.61	199403951	5:17.64	1:09.63	5:17.64
4. Ruben Griffioen	De Columbiaan	5:00.54	199900771	5:18.99	1:19.78	5:18.99
5. Bas Verdoes	Lz 1886	5:04.71	199801487	5:19.77	1:13.36	5:19.77
6. Nordin Termoshuizen	Wvz	5:05.23	199605401	5:20.53	1:12.23	5:20.53
7. Stan Zwinkels	Wvz	5:18.30	199800239	5:21.91	1:09.80	5:21.91
8. Paul van Grol	Widex Gzc Donk	5:08.34	199602951	5:28.14	1:14.41	5:28.14
9. Stefan Groeneweg	KZV de Lansingh	5:11.35	198901039	5:31.13	1:11.13	5:31.13
10. Enrico Strik	Lz 1886	5:24.91	199800747	5:31.66	1:15.78	5:31.66
11. Dion de Mooy	Lz 1886	5:25.59	199701803	5:34.60	1:14.07	5:34.60
12. Floris Boendermaker	Lz 1886	5:44.59	199902619	5:38.25	1:15.92	5:38.25
13. Elliot Falces	Des	5:38.01	199802713	5:41.30	1:10.71	5:41.30
14. Rainier Voll	de Devel	5:23.05	199800365	5:47.15	1:14.17	5:47.15
15. Gijs Ruijgrok	Lz 1886	5:37.90	199600863	5:49.59	1:15.42	5:49.59
16. Joran Bakema	De Geul	5:45.83	199703663	5:50.07	1:19.49	5:50.07
17. Bernard Rivard	Wvz	5:43.18	200000045	5:52.62	1:24.06	5:52.62
18. Matthijs Arnoldus	Wvz	6:08.79	200000571	6:18.56	1:29.68	6:18.56
19. Dylan Kalden	De Duck	6:10.33	200003283	6:22.63	1:31.05	6:22.63
20. Aidan van Gool	De Geul	6:49.51	200001773	6:52.97	1:42.76	6:52.97
21. Patrick Bavelaar	de Zijl/LGB	7:03.13	200002581	6:59.93	1:43.03	6:59.93
AFGEM Liam van Gool	De Geul	7:05.60	200001111			
NG Wesley Bos	De Columbiaan	5:13.88	199901241			
NG Duncan van Haaren	Widex Gzc Donk	6:24.59	200000681			
NG Herman de Bruin	de Zijl/LGB	6:30.02	199903483			