

Rang					In.tijd		Tijd
Minioren 5 en later, Meisjes							
1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	6:06.53	200400258	5:49.72		
	50m: 37.03 100m: 1:20.20	200m: 2:51.47 400m: 5:49.72					
2.	Michelle van der Steen	ZV Vlaardingen-Schiedam	6:02.15	200300052	5:56.25		
	50m: 37.38 100m: 1:21.50	200m: 2:53.81 400m: 5:56.25					
3.	Chiara Hoogerwerf	Zpb H&L	NT	200400272	6:38.02		
	50m: 41.88 100m: 1:32.05	200m: 3:14.15 400m: 6:38.02					
NG.ZA	Kayal Kichari	ZV Vlaardingen-Schiedam	6:46.46	200301198			
AFGEM	Julie van Giesen	ZV Westland	7:40.13	200301538			

Minioren 5 en later, Jongens

1.	Julian den Drijver	ZV Westland	7:29.55	200301079	6:49.89		
	50m: 45.20 100m: 1:38.00	200m: 3:24.70 400m: 6:49.89					

Rang					In.tijd		Tijd
Senioren Open, Dames							
1.	Aylin van Uffelen	ZV Westland	5:04.90	199600352	4:56.66		
	50m: 34.28 100m: 1:10.13	200m: 2:26.19 400m: 4:56.66					
2.	Christine Moerkerken	Zpb H&L	NT	196300524	5:18.79		
	50m: 35.15 100m: 1:13.90	200m: 2:34.79 400m: 5:18.79					
3.	Linda Janssen	Zpb H&L	5:28.61	198802088	5:20.66		
	50m: 37.14 100m: 1:17.48	200m: 2:40.10 400m: 5:20.66					
4.	Alma Janssen	Van Vliet-Barracuda	5:38.70	199401078	5:27.34		
	50m: 36.92 100m: 1:17.14	200m: 2:40.25 400m: 5:27.34					
5.	Tiffany Leerdam	De Houtrib	NT	200006200	5:30.81		
	50m: 35.13 100m: 1:15.19	200m: 2:40.16 400m: 5:30.81					
6.	Mirjan den Drijver-Aarse	ZV Westland	NT	197500884	5:46.86		
	50m: 39.04 100m: 1:22.26	200m: 2:50.26 400m: 5:46.86					
7.	Dominika Olszewska	Zpb H&L	6:23.50	200103946	5:59.51		
	50m: 39.80 100m: 1:23.64	200m: 2:57.80 400m: 5:59.51					
8.	Mendy de Wit	ZV Westland	NT	199806170	6:33.60		
	50m: 42.11 100m: 1:31.64	200m: 3:13.64 400m: 6:33.60					
9.	Clementine van Bruxvoort	Zpb H&L	6:43.64	197700138	6:45.24		
	50m: 44.53 100m: 1:34.95	200m: 3:18.34 400m: 6:45.24					
10.	Jindra Hartog	Zpb H&L	7:37.57	200103598	7:14.03		
	50m: 48.64 100m: 1:43.33	200m: 3:35.88 400m: 7:14.03					
AFGEM	Vivian van Vliet	ZV Westland	7:28.98	200101902			

Senioren Open, Heren

1.	Bob Dekkers	ZV Westland	6:01.19	199902551	6:03.58		
	50m: 35.13 100m: 1:16.13	200m: 2:50.81 400m: 6:03.58					
2.	Owen Schoon	ZV Westland	6:18.93	200003641	6:04.80		
	50m: 38.15 100m: 1:23.06	200m: 2:57.47 400m: 6:04.80					
3.	Rowin van Gaalen	ZV Westland	NT	199904435	6:36.75		
	50m: 39.88 100m: 1:26.73	200m: 3:10.14 400m: 6:36.75					

Programmanr. 2, Heren, 400m vrije slag, Senioren Open

Rang							In.tijd	Tijd	
4.	Liam Schoon			ZV Westland			6:48.22	200201181	6:51.79
	50m: 43.48	100m: 1:34.27	200m: 3:20.61	400m: 6:51.79					
5.	Maurice Nuijten			ZV Westland			6:40.00	200100797	6:54.77
	50m: 42.25	100m: 1:32.57	200m: 3:21.30	400m: 6:54.77					
NG.ZA	Christian Klaver			ZV Westland			NT	200104069	
NG.ZA	Olaf Ottens			ZV Westland			8:02.34	200202293	
NG.ZA	Finn Swanenburg			ZV Westland			7:23.22	200002987	

Programmanr. 3
6-4-2014 - 13:25

800m vrije slag

Minioren 5 en 6, Meisjes Junioren 1
Resultaten

Rang							In.tijd	Tijd	
Minioren 5 en Junioren 1, Meisjes									
1.	Maaïke 't Hart			ZV Vlaardingen-Schiedam			12:29.64	200301226	12:32.73
	50m: 42.45	100m: 1:28.29	200m: 3:02.70	400m: 6:16.13	800m: 12:32.73				
2.	Emma Schurink			Zpb H&L			NT	200301586	12:39.41
	50m: 42.59	100m: 1:29.95	200m: 3:05.30	400m: 6:21.31	800m: 12:39.41				
3.	Hieke de Lijster			ZV Westland			NT	200203312	13:06.83
	50m: 43.48	100m: 1:31.22	200m: 3:16.55	400m: 6:32.64	800m: 13:06.83				
4.	Mara Fennema			ZV Westland			NT	200203314	13:27.38
	50m: 45.33	100m: 1:35.80	200m: 3:19.15	400m: 6:46.31	800m: 13:27.38				
5.	Tess van der Haas			ZV Westland			NT	200301384	13:56.48
	50m: 46.29	100m: 1:39.33	200m: 3:27.58	400m: 6:58.39	800m: 13:56.48				
6.	Chloë Versteeg			ZV Vlaardingen-Schiedam			NT	200200900	13:57.22
	50m: 45.69	100m: 1:36.08	200m: 3:22.72	400m: 6:56.13	800m: 13:57.22				

Minioren 5 en 6, Jongens

1.	Robert Speksnijder			Zpb H&L			12:58.02	200200429	11:48.75
	50m: 37.65	100m: 1:21.95	200m: 2:51.75	400m: 5:56.82	800m: 11:48.75				
2.	Wesley Zulver			ZV Vlaardingen-Schiedam			12:37.11	200301319	12:14.31
	50m: 39.00	100m: 1:23.62	200m: 2:55.80	400m: 6:05.90	800m: 12:14.31				
3.	Niels van Noort			Wvz			12:52.72	200200079	12:23.57
	50m: 40.68	100m: 1:25.75	200m: 2:57.89	400m: 6:08.21	800m: 12:23.57				
4.	Jaap Schoenmakers			ZV Vlaardingen-Schiedam			12:09.74	200200619	12:24.15
	50m: 39.99	100m: 1:25.74	200m: 3:01.05	400m: 6:13.65	800m: 12:24.15				
5.	Niels Dijkshoorn			ZV Westland			NT	200203079	12:47.39
	50m: 42.02	100m: 1:28.57	200m: 3:04.32	400m: 6:21.67	800m: 12:47.39				
6.	Jelle Bon			ZV Westland			NT	200301077	13:22.97
	50m: 42.00	100m: 1:29.54	200m: 3:10.11	400m: 6:36.46	800m: 13:22.97				
7.	Tygo Korving			Zpb H&L			NT	200300773	13:28.54
	50m: 45.13	100m: 1:35.78	200m: 3:19.34	400m: 6:44.85	800m: 13:28.54				

Rang					In.tijd		Tijd
Junioren 2 en ouder, Dames							
1.	Naomi van Gool			Nz&Pc	10:46.00	199505166	11:14.66
	50m: 35.97	100m: 1:15.94	200m: 2:38.38	400m: 5:29.89	800m: 11:14.66		
2.	Chantal van de Vaart			ZV Vlaardingen-Schiedam	11:12.45	199802266	11:24.14
	50m: 36.25	100m: 1:16.56	200m: 2:41.88	400m: 5:35.19	800m: 11:24.14		
3.	Anja Hoogeveen			Nz&Pc	NT	199106442	11:37.88
	50m: 38.48	100m: 1:21.72	200m: 2:49.95	400m: 5:46.38	800m: 11:37.88		
4.	Marielle van de Vaart			ZV Vlaardingen-Schiedam	12:21.81	200000994	11:54.18
	50m: 37.56	100m: 1:20.71	200m: 2:49.46	400m: 5:50.10	800m: 11:54.18		
NG.ZA	Poonam Kichari			ZV Vlaardingen-Schiedam	14:36.75	200103668	
AFGEM	Joyce Brummelkamp			ZV Vlaardingen-Schiedam	11:51.62	197000952	

Junioren 1 en ouder, Heren

1.	Erik Speksnijder			Zpb H&L	11:19.83	200001375	11:13.31
	50m: 37.34	100m: 1:19.83	200m: 2:47.20	400m: 5:43.47	800m: 11:13.31		

Rang					In.tijd		Tijd
Junioren 2 en ouder, Dames							
1.	Inge Vieveen			Wvz	NT	200100024	18:57.33
	50m: 34.16	100m: 1:11.56	200m: 2:28.00	1500m: 18:57.33			
2.	Suzanne Brummel			Lz 1886	20:44.72	199401366	19:14.84
	50m: 32.20	100m: 1:08.22	200m: 2:23.34	400m: 4:57.70	800m: 10:11.43	1500m: 19:14.84	
3.	Alinda Damsteegt			MNC Dordrecht	20:23.83	199400222	20:02.95
	50m: 34.78	100m: 1:12.90	200m: 2:30.89	400m: 5:10.54	800m: 10:36.48	1500m: 20:02.95	
4.	Ilse Wijnmaalen			Pcg	NT	199900940	20:27.84
	50m: 34.80	100m: 1:12.69	200m: 2:30.98	400m: 5:10.89	800m: 10:14.63	1500m: 20:27.84	
5.	Sam IJzerman			De Geul	NT	200101204	20:27.95
	50m: 35.64	100m: 1:14.23	200m: 2:34.36	400m: 5:19.64	800m: 10:54.05	1500m: 20:27.95	
6.	Esmée Roodenburg			De Geul	NT	200100040	20:39.67
	50m: 35.83	100m: 1:15.54	200m: 2:37.35	400m: 5:24.13	800m: 11:00.95	1500m: 20:39.67	
7.	Marja Esmeijer			Zoetermeer	NT	199800776	21:00.01
	50m: 36.26	100m: 1:16.15	200m: 2:38.86	400m: 5:27.62	800m: 11:08.35	1500m: 21:00.01	
8.	Amanda Holst			Zoetermeer	NT	200004204	21:16.20
	50m: 37.25	100m: 1:18.49	200m: 2:42.39	400m: 5:33.60	800m: 11:18.90	1500m: 21:16.20	
9.	Celina von Berg			ZV Westland	23:05.12	200002596	21:22.86
	50m: 38.45	100m: 1:20.45	200m: 2:46.32	400m: 5:36.26	800m: 11:15.57	1500m: 21:22.86	
10.	Mariëtte Bulman			zc AquaDream	22:33.60	199506846	21:47.55
	50m: 37.23	100m: 1:17.70	200m: 2:42.48	400m: 5:39.60	800m: 11:34.35	1500m: 21:47.55	
11.	Yancey Bouman			Zoetermeer	NT	199801924	21:50.55
	50m: 35.40	100m: 1:17.40	200m: 2:45.40	400m: 5:42.55	800m: 11:34.99	1500m: 21:50.55	
12.	Tessa Bijl			ZV Westland	NT	200003432	23:24.02
	50m: 41.17	100m: 1:25.99	200m: 2:57.83	400m: 6:06.87	800m: 12:27.99	1500m: 23:24.02	
13.	Renée Pondman			ZV Westland	NT	200000894	23:24.35
	50m: 40.99	100m: 1:25.90	200m: 2:57.81	400m: 6:06.47	800m: 12:27.46	1500m: 23:24.35	

Programmanr. 5, Dames, 1500m vrije slag, Junioren 2 en ouder

Rang							In.tijd		Tijd
14.	Laura Nuijten	ZV Westland	NT	200101084	23:26.34				
	50m: 42.69	100m: 1:28.42	200m: 3:03.11	400m: 6:14.82	800m: 12:37.34	1500m: 23:26.34			
15.	Julia van Hoeven	ZV Westland	NT	200004442	23:35.10				
	50m: 39.93	100m: 1:24.53	200m: 2:47.13	400m: 6:06.32	800m: 12:29.93	1500m: 23:35.10			
16.	Kim van der Lugt	ZV Westland	NT	200002368	23:52.71				
	50m: 41.95	100m: 1:27.81	200m: 3:03.82	400m: 6:18.84	800m: 12:44.69	1500m: 23:52.71			
17.	Britt Zuiderwijk	ZV Westland	NT	200101048	23:58.86				
	50m: 44.67	100m: 1:31.89	200m: 3:10.26	400m: 6:25.22	800m: 12:59.81	1500m: 23:58.86			
18.	Ilonka van der Well	ZV Vlaardingen-Schiedam	NT	200103732	24:22.52				
	50m: 38.68	100m: 1:23.46	200m: 2:58.51	400m: 6:12.57	800m: 12:48.79	1500m: 24:22.52			
19.	Florbella Rodrigues Baptista	ZV Westland	NT	200101958	24:22.85				
	50m: 40.78	100m: 1:27.18	200m: 3:03.90	400m: 6:22.43	800m: 12:59.99	1500m: 24:22.85			
20.	Judith van Marrewijk	ZV Westland	NT	200101104	24:42.37				
	50m: 42.48	100m: 1:29.28	200m: 3:06.40	400m: 6:26.21	800m: 13:06.70	1500m: 24:42.37			
AFGEM	Désirée Emmen	O.Z. & P.C. De Warande			19:32.13	199204862			
AFGEM	Ramona Linting	Zoetermeer			21:30.00	198301274			

Junioren 1 en ouder, Heren

1.	Michael Vermoen	ZPCNumansdorp			18:38.63	199604897	17:51.79		
	50m: 29.98	100m: 1:02.73	200m: 2:11.28	400m: 4:33.06	800m: 9:22.70	1500m: 17:51.79			
2.	Pascal Nuijten	ZV Westland			18:16.91	199701353	17:59.88		
	50m: 30.58	100m: 1:03.95	200m: 2:12.84	400m: 4:34.10	800m: 9:22.95	1500m: 17:59.88			
3.	Ivar van Straaten	Wvz			18:46.75	199800107	18:57.43		
	50m: 34.93	100m: 1:12.47	200m: 2:29.24	400m: 5:03.93	800m: 10:08.84	1500m: 18:57.43			
4.	Hensley Hubert	De Houtrib	NT	199904799	19:14.40				
	50m: 31.65	100m: 1:06.74	200m: 2:21.87	400m: 4:55.87	800m: 10:09.30	1500m: 19:14.40			
5.	Jeremy Evers	Pcg	NT	199701175	19:15.96				
	50m: 33.17	100m: 1:08.82	200m: 2:23.19	400m: 4:57.01	800m: 10:07.03	1500m: 19:15.96			
6.	Markus van Rest	Zoetermeer			20:05.01	197701197	19:46.21		
	50m: 35.12	100m: 1:13.63	200m: 2:33.11	400m: 5:13.42	800m: 10:34.24	1500m: 19:46.21			
7.	Joost de Roy van Zuydewijn	Wvz			20:39.85	200000255	19:56.90		
	50m: 34.18	100m: 1:12.92	200m: 2:32.39	400m: 5:10.25	800m: 10:35.25	1500m: 19:56.90			
8.	Frank Paardekooper	Zoetermeer	NT	199803793	20:03.53				
	50m: 34.23	100m: 1:11.93	200m: 2:29.88	400m: 5:09.82	800m: 10:35.37	1500m: 20:03.53			
9.	Menno Lomans	D'elft			19:58.29	196101071	20:12.58		
	50m: 35.89	100m: 1:14.77	200m: 2:34.55	400m: 5:17.46	800m: 10:42.17	1500m: 20:12.58			
10.	Marcel Osse	Zoetermeer			20:00.00	196600573	20:41.64		
	50m: 36.68	100m: 1:16.40	200m: 2:37.64	400m: 5:21.40	800m: 10:51.52	1500m: 20:41.64			
11.	Michael Boekestijn	ZV Westland	NT	200100767	22:49.41				
	50m: 41.28	100m: 1:25.25	200m: 2:56.50	400m: 6:01.22	800m: 12:12.60	1500m: 22:49.41			
12.	Bjarne van Straaten	Wvz	NT	200100145	22:58.06				
	50m: 37.72	100m: 1:21.88	200m: 2:54.38	400m: 6:01.29	800m: 12:12.32	1500m: 22:58.06			
13.	Jervis Boele	ZPCNumansdorp	NT	200004141	24:02.25				
	50m: 42.67	100m: 1:29.73	200m: 3:07.05	400m: 6:20.29	800m: 12:49.67	1500m: 24:02.25			
14.	Ricardo van der Steen	ZV Vlaardingen-Schiedam			24:37.26	200000625	24:24.00		
	50m: 38.66	100m: 1:21.03	200m: 2:49.00	400m: 6:04.60	800m: 12:41.69	1500m: 24:24.00			
15.	Giovanni Hoeksel	ZV Vlaardingen-Schiedam	NT	200103827	25:27.88				
	50m: 44.39	100m: 1:34.36	200m: 3:17.91	400m: 6:43.47	800m: 13:30.05	1500m: 25:27.88			
16.	Sven Janssens	ZPCNumansdorp	NT	200102659	25:41.02				
	50m: 45.46	100m: 1:34.99	200m: 3:16.28	400m: 6:42.08	800m: 13:41.10	1500m: 25:41.02			

Rang					In.tijd		Tijd
Jeugd 1 en 2, Meisjes							
1.	Anouk van der Lans	ZV Westland			NT	199801614	27:24.42
	50m: 35.40	200m: 2:34.93	800m: 10:49.18	2000m: 27:24.42			
	100m: 1:14.75	400m: 5:18.56	1500m: 20:31.58				
2.	Babette van der Kaaij	ZV Westland			NT	199902234	29:02.03
	50m: 39.60	200m: 2:50.50	800m: 11:42.91	2000m: 29:02.03			
	100m: 1:22.82	400m: 5:47.53	1500m: 21:54.97				
3.	Femke de Groot	ZV Westland			NT	199905868	29:35.12
	50m: 36.65	200m: 2:45.07	800m: 11:36.48	2000m: 29:35.12			
	100m: 1:18.43	400m: 5:41.66	1500m: 22:05.23				
4.	Iris van Valen	De Geul		30:04.37		199800496	29:54.85
	50m: 36.68	200m: 2:44.49	800m: 11:37.00	2000m: 29:54.85			
	100m: 1:18.35	400m: 5:39.10	1500m: 22:17.70				
5.	Julia Litjens	ZV Westland			NT	199801188	30:50.46
	50m: 40.28	200m: 2:55.47	800m: 12:14.00	2000m: 30:50.46			
	100m: 1:24.62	400m: 6:00.63	1500m: 23:09.90				
6.	Maaïke Koedoot	Van Vliet-Barracuda			NT	199901696	31:40.51
	50m: 33.00	200m: 2:51.23	800m: 12:14.29	2000m: 31:40.51			
	100m: 1:20.64	400m: 5:57.80	1500m: 23:34.76				
7.	Charlotte van Deursen	ZV Westland			NT	199905366	32:03.13
	50m: 41.60	200m: 3:01.53	800m: 12:28.60	2000m: 32:03.13			
	100m: 1:27.27	400m: 6:11.51	1500m: 23:51.66				

Junioren 3 en 4, Jongens

1.	Ben Muller	De Geul		25:49.81		199801281	25:00.21
	50m: 32.17	200m: 2:18.14	800m: 9:50.93	2000m: 25:00.21			
	100m: 1:06.75	400m: 4:46.37	1500m: 18:45.41				
2.	Linguendo van der Klooster	Zpb H&L		25:33.21		199801361	25:44.41
	50m: 30.60	200m: 2:20.04	800m: 10:09.07	2000m: 25:44.41			
	100m: 1:05.67	400m: 4:53.50	1500m: 19:20.33				
3.	Max Muller	De Geul		26:13.84		199800347	26:08.25
	50m: 30.66	200m: 2:18.78	800m: 10:07.56	2000m: 26:08.25			
	100m: 1:05.38	400m: 4:51.59	1500m: 19:32.29				
4.	Ronald van Noord	Wvz			NT	199903163	26:47.71
	50m: 35.67	200m: 2:32.49	800m: 10:37.36	2000m: 26:47.71			
	100m: 1:14.02	400m: 5:13.77	1500m: 20:03.33				
5.	Nick Boekestijn	ZV Westland			NT	199900291	27:56.46
	50m: 37.61	200m: 2:44.99	800m: 11:17.77	2000m: 27:56.46			
	100m: 1:20.05	400m: 5:35.11	1500m: 21:03.10				
6.	Sven in den Bosch	ZV Westland			NT	199803929	29:33.83
	50m: 37.07	200m: 2:43.23	800m: 11:40.57	2000m: 29:33.83			
	100m: 1:17.76	400m: 5:39.01	1500m: 22:13.79				

Jeugd 1 en 2, Jongens

1.	Vincent Dermaux	zc AquaDream		24:43.02		199600599	24:09.57
	50m: 31.08	200m: 2:17.51	800m: 9:31.57	2000m: 24:09.57			
	100m: 1:05.84	400m: 4:41.31	1500m: 18:02.21				
2.	Armand Heyder	ZV Westland		25:19.86		199603221	24:25.12
	50m: 31.94	200m: 2:17.41	800m: 9:32.06	2000m: 24:25.12			
	100m: 1:05.94	400m: 4:40.94	1500m: 18:15.03				
3.	Patrick Wyrdean	ZV Westland		28:53.74		199702475	26:27.36
	50m: 34.77	200m: 2:28.24	800m: 10:17.30	2000m: 26:27.36			
	100m: 1:12.20	400m: 5:05.11	1500m: 19:39.30				

Programmanr. 6, Jongens, 2000m vrije slag, Jeugd 1 en 2

Rang						In.tijd		Tijd
4.	Timo Korbee			Nz&Pc		28:44.09	199601587	30:08.12
	50m:	38.12	200m:	2:44.00	800m:	11:40.22	2000m:	30:08.12
	100m:	1:18.25	400m:	5:39.94	1500m:	22:17.85		

Senioren 1 en ouder, Dames

1.	Amy van Lier			Trb/Res		25:58.27	199603022	25:00.21
	50m:	31.75	200m:	2:22.39	800m:	9:53.95	2000m:	25:00.21
	100m:	1:07.80	400m:	4:52.42	1500m:	18:45.37		
2.	Roos van Esch			Trb/Res		27:30.41	198200468	26:53.64
	50m:	36.20	200m:	2:34.17	800m:	10:33.67	2000m:	26:53.64
	100m:	1:15.02	400m:	5:12.86	1500m:	20:05.51		
3.	Tamara Caspers			Nz&Pc		27:56.57	199007272	27:11.53
	50m:	35.97	200m:	2:35.82	800m:	10:46.44	2000m:	27:11.53
	100m:	1:15.25	400m:	5:18.94	1500m:	20:22.25		
4.	Anouk Kuijlaars			zc AquaDream		NT	199401700	27:52.37
	50m:	39.91	200m:	2:43.31	800m:	11:01.76	2000m:	27:52.37
	100m:	1:21.66	400m:	5:28.15	1500m:	20:50.16		
5.	Eva Cornelisse			Zpb H&L		28:56.38	199701336	28:17.75
	50m:	37.66	200m:	2:45.92	800m:	11:21.68	2000m:	28:17.75
	100m:	1:19.56	400m:	5:39.85	1500m:	21:18.34		
6.	Linda Hoogendam			Zoetermeer		27:36.25	198300892	28:20.07
	50m:	36.56	200m:	2:39.65	800m:	11:08.92	2000m:	28:20.07
	100m:	1:17.25	400m:	5:27.75	1500m:	21:09.41		
7.	Sunanda van Heteren			De Geul		27:55.52	198901728	29:34.00
	50m:	37.48	200m:	2:43.13	800m:	11:44.29	2000m:	29:34.00
	100m:	1:18.13	400m:	5:41.25	1500m:	22:16.86		
8.	Ada de Voogd			ZV Vlaardingen-Schiedam		30:49.20	195900280	29:54.89
	50m:	40.25	200m:	2:56.20	800m:	12:02.56	2000m:	29:54.89
	100m:	1:25.32	400m:	5:58.21	1500m:	22:32.50		
9.	Ramona Noordermeer			ZV Vlaardingen-Schiedam		NT	199401746	31:44.75
	50m:	42.19	200m:	3:01.78	800m:	12:32.66	2000m:	31:44.75
	100m:	1:27.52	400m:	6:12.19	1500m:	23:51.59		

AFGEM Jacoline van den Beukel ZV Westland NT 199100238

Senioren 1 en ouder, Heren

1.	Lars Schoffeleer			ZV Vlaardingen-Schiedam		22:58.58	199501907	22:59.64
	50m:	29.25	200m:	2:12.66	800m:	9:02.06	2000m:	22:59.64
	100m:	1:03.53	400m:	4:29.27	1500m:	17:11.97		
2.	Thomas Rietveld			Trb/Res		NT	199401803	25:08.20
	50m:	33.80	200m:	2:22.65	800m:	9:48.36	2000m:	25:08.20
	100m:	1:09.36	400m:	4:50.84	1500m:	18:48.66		
3.	Niels Albrechts			zc De Schoteijl		NT	198800039	25:15.64
	50m:	35.07	200m:	2:28.84	800m:	10:04.36	2000m:	25:15.64
	100m:	1:12.46	400m:	5:01.24	1500m:	18:55.14		
4.	Marcel Hoeksel			ZV Vlaardingen-Schiedam		NT	197001655	28:25.47
	50m:	37.78	200m:	2:42.13	800m:	11:16.63	2000m:	28:25.47
	100m:	1:18.34	400m:	5:32.81	1500m:	21:19.91		
5.	Emiel van Elderen			ZV Vlaardingen-Schiedam		NT	195600383	30:04.80
	50m:	39.83	200m:	2:47.46	800m:	11:50.43	2000m:	30:04.80
	100m:	1:21.74	400m:	5:47.27	1500m:	22:29.95		
6.	Fred Dijkshoorn			ZV Westland		NT	196501539	30:39.17
	50m:	39.07	200m:	2:55.75	800m:	12:15.78	2000m:	30:39.17
	100m:	1:23.09	400m:	6:02.43	1500m:	23:03.01		
7.	Roan Doves			ZV Vlaardingen-Schiedam		NT	197501427	34:50.63
	50m:	42.76	200m:	3:06.10	800m:	13:35.66	2000m:	34:50.63
	100m:	1:27.44	400m:	6:35.35	1500m:	26:00.82		

Programmanr. 6, Heren, 2000m vrije slag, Senioren 1 en ouder

Rang							In.tijd	Tijd
8.	Marco Schoenmakers			ZV Vlaardingen-Schiedam			NT	196401375 35:08.76
	50m:	44.48	200m:	3:20.20	800m:	14:06.13	2000m:	35:08.76
	100m:	1:34.92	400m:	6:51.80	1500m:	26:30.86		
NG.ZA	Paul Spaans			ZV Westland			NT	195900647