

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 1  
16-11-2019 - 9:30

Gemengd, 4 x 100m wisselslag

11 jaar en ouder  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	MNC Dordrecht 1 Jorian Tanis Stijn Geelen	MNC Dordrecht +0,64 29.50 +0,32 29.47	4:00.79 1:00.39 Elise Tanis 1:03.84 Milou van Wijk	<b>4:03.97</b> +0,18 29.16 +0,19 25.93 1:03.12 56.62
2.	Albion WSS (SG) 1 Thomas Verhoeven Fenna de Groot	Albion WSS (SG) +0,62 26.83 +0,52 36.13	3:58.57 57.05 Tessa Giele 1:15.69 Ensger Kotterink	<b>4:07.35</b> 30.76 23.67 1:05.04 49.57
3.	ZVL-1886 Tetteroo 1 Robin van Beek Guus Hoogduin	ZVL-1886 Tetteroo +0,64 30.29 +0,63 34.46	4:14.24 1:03.22 Silke Molendijk 1:13.75 Sanne Heemskerck	<b>4:21.21</b> +0,58 29.90 +0,35 28.30 1:04.06 1:00.18
4.	GZC Donk 1 Anniek de Ruiter Duncan van Haaren	Widex GZC Donk 1 +0,75 33.88 +0,01 30.02	4:20.42 1:11.13 Paul van Grol 1:05.21 Mandy van der Meijden	<b>4:22.44</b> +0,32 28.81 +0,46 30.06 1:02.40 1:03.70
5.	The Hague Swimming (SG) 1 Chris van der Hout Mara Bosman	The Hague Swimming (SG) +0,76 31.27 +0,63 38.18	4:23.18 1:03.97 Zev Bulk 1:21.28 Lara Hoeksema	<b>4:26.08</b> +0,11 27.73 +0,24 28.41 1:00.18 1:00.65
6.	De Schotejil 1 Aron Paasse Lotte Middelbos	z.c De Schotejil +0,60 30.59 +0,45 35.99	4:23.82 1:03.13 Lieske Zijlstra 1:18.22 Jacob Mackloet	<b>4:26.34</b> +0,39 31.94 +0,16 25.86 1:10.05 54.94
7.	De Columbiaan 2 Max van Schagen Daniëlle Vis	De Columbiaan +0,58 31.06 +0,40 35.31	4:23.38 1:04.32 Thijm Kruit 1:15.96 Kimberly Ruiter	<b>4:28.79</b> +0,38 29.40 +0,65 30.07 1:04.27 1:04.24
8.	Lansingh 1 Laura Hoogenboezem Kevin Kingma	KZV de Lansingh +0,82 35.54 +0,51 31.90	4:26.22 1:13.32 Roos van Esch 1:09.05 Nol van Thull	<b>4:28.82</b> +0,26 33.28 +0,18 25.99 1:11.50 54.95
9.	De Columbiaan 1 Anouk Vis Dave van den Nieuwendijk	De Columbiaan +0,66 34.04 +0,28 30.79	4:23.03 1:10.99 Fee Smittenaar 1:07.73 Wouter Verdoes	<b>4:29.39</b> +0,51 31.82 +0,19 27.47 1:11.71 58.96
10.	LinK 1 Jenna Klein Kim de Jong	LinK 35.30 +0,68 36.42	4:30.55 1:12.92 Daan Hogerhuis 1:17.84 Boy Borreman	<b>4:37.19</b> +0,49 29.64 +0,44 28.70 1:04.91 1:01.52
11.	ZZ&PC De Devel 1 Isis Naaktgeboren Julian Stok	ZZ&PC De Devel +0,72 35.26 +0,11 35.69	4:38.71 1:12.03 Stijn den Otter 1:17.69 Laura Tromp	<b>4:39.94</b> +0,33 29.14 +0,14 30.92 1:05.25 1:04.97
12.	The Hague Swimming (SG) 2 <i>*BU 100m en 200m</i> Lotte Koomneef Maxim Noordman	The Hague Swimming (SG) +0,63 34.41 35.68	4:50.58 1:11.18 Sanne Slof 1:18.79 Luc Brasz	<b>4:50.74</b> 34.46 29.09 1:20.04 1:00.73
DIS	WVZ 1 AA - Gestart voor het startsignaal (en wel gezwommen). Thomas Jansen, Rosey Metz, Chefanja Nunes, Sean Niewold	WVZ 3:51.53		
AFGEM	Wiekslag 1 ZPC Wiekslag	4:45.78		

Programmanr. 2  
16-11-2019 - 9:40

Dames, 100m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Robin Vermeulen	MNC Dordrecht	1:12.52	200700412	<b>1:09.32</b>	+0,84	31.92 1:09.32
2.	Thalia Meijer	MNC Dordrecht	1:14.82	200704048	<b>1:13.69</b>	+0,65	34.86 1:13.69
3.	Mila Oomens	ZPV Barracuda	1:15.14	200700016	<b>1:14.23</b>	+0,71	34.29 1:14.23
4.	Fleur Kamminga	WVZ	1:22.32	200701838	<b>1:14.50</b>	+0,83	34.24 1:14.50
5.	Flora Szili-Torok	Rotterdam Swimming (SG)	1:15.04	200800114	<b>1:14.56</b>		35.04 1:14.56
6.	Charlotte Woltjes	The Hague Swimming (SG)	1:16.52	200700110	<b>1:15.04</b>	+0,76	34.92 1:15.04
7.	Lety Pieters	Rotterdam Swimming (SG)	1:16.57	200702720	<b>1:15.36</b>	+0,70	34.85 1:15.36
8.	Anniqne Rupke	Widex GZC Donk 1	1:19.85	200700876	<b>1:15.46</b>	+0,75	36.83 1:15.46
9.	Ananda van der Wiel	WVZ	1:13.91	200701562	<b>1:15.58</b>	+0,62	34.29 1:15.58
10.	Samantha van der Jagt	ZZ&PC De Devel	1:17.10	200700220	<b>1:16.22</b>	+0,78	35.94 1:16.22
11.	Daniek Wijnen	ZVL-1886 Tetteroo	1:19.90	200701280	<b>1:16.33</b>	+0,71	35.80 1:16.33
12.	Charlene Ruiter	De Columbiaan	1:17.05	200700522	<b>1:17.30</b>	+0,68	36.49 1:17.30
13.	Floor Hogervorst	Noordwijkerhout	1:19.16	200701400	<b>1:17.46</b>	+0,73	36.05 1:17.46
14.	Meyke v. Nimwegen	z.c De Schotejil	1:18.19	200800106	<b>1:18.22</b>	+0,75	36.34 1:18.22

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 2, Meisjes, 100m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
15.	Liv Heijdra	Albion WSS (SG)	1:20.56	200800736	<b>1:18.79</b>	+0,78	36.03	1:18.79
16.	Dominique Overduin <i>*bu 100m</i>	z.c De Schotejil	1:20.87	200700172	<b>1:19.16</b>	+0,66	37.54	1:19.16
17.	Tessa Hoogstraten	De Columbiaan	1:23.87	200800544	<b>1:20.23</b>	+0,54	36.83	1:20.23
18.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	1:21.59	200700048	<b>1:20.56</b>	+0,71	38.14	1:20.56
19.	Jinth Engelse	ZPV Barracuda	1:21.77	200800204	<b>1:20.61</b>	+0,66	36.38	1:20.61
20.	Britte Lodder	ZZ&PC De Devel	1:19.56	200702290	<b>1:21.69</b>	+0,51	37.64	1:21.69

13 - 14 jaar

1.	Jelsie van Ruijven	WVZ	1:11.65	200500282	<b>1:06.38</b>	+0,67	30.74	1:06.38
2.	Karlijn Offeringa <i>*bu 100m</i>	ZV Vlaardingen-Schiedam	1:09.43	200503292	<b>1:08.36</b>	+0,79	30.60	1:08.36
3.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:10.23	200602180	<b>1:10.95</b>	+0,78	34.35	1:10.95
4.	Vivianne Woltjes	The Hague Swimming (SG)	1:12.91	200501524	<b>1:11.04</b>	+0,75	32.52	1:11.04
5.	Niké Telkamp	The Hague Swimming (SG)	1:10.99	200501088	<b>1:11.05</b>	+0,68	33.15	1:11.05
6.	Anique Hazebroek	The Hague Swimming (SG)	1:11.20	200502196	<b>1:11.07</b>	+0,76	32.69	1:11.07
7.	Marit Huisman	ZPV Barracuda	1:11.94	200502620	<b>1:11.71</b>	+0,66	31.96	1:11.71
8.	Lyke Buscop	z.c De Schotejil	1:14.33	200500552	<b>1:12.95</b>	+0,70	33.93	1:12.95
9.	Emma Verkuijl	ZPV Barracuda	1:12.21	200500826	<b>1:13.33</b>		34.40	1:13.33
10.	Laura Hoogenboezem	KZV de Lansingh	1:13.72	200500390	<b>1:14.06</b>	+0,78	35.13	1:14.06
11.	Anouchka Bos	ZPV Barracuda	1:13.27	200501528	<b>1:14.34</b>	+0,73	36.70	1:14.34
12.	Milou Demirel <i>*bu 100m</i>	The Hague Swimming (SG)	1:16.35	200501254	<b>1:14.98</b>	+0,71	34.71	1:14.98
13.	Sylvie Roos	Albion WSS (SG)	1:17.36	200502772	<b>1:15.17</b>	+0,63	35.81	1:15.17
14.	Sophie Buurman	ZPC Wiekslag	1:16.21	200502530	<b>1:15.56</b>	+0,72	34.19	1:15.56
15.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	1:15.99	200600732	<b>1:15.75</b>	+0,77	33.52	1:15.75
16.	Aisha Nobels	Albion WSS (SG)	1:16.18	200501710	<b>1:17.35</b>	+0,55	35.63	1:17.35
17.	Anna Melissant	PCG	1:16.86	200603122	<b>1:17.43</b>	+0,79	35.60	1:17.43
18.	Amber Saabeel	Rotterdam Swimming (SG)	1:17.28	200503838	<b>1:18.76</b>	+0,63	35.45	1:18.76
19.	Meira Simons	The Hague Swimming (SG)	1:18.54	200502984	<b>1:18.77</b>	+0,82	38.39	1:18.77
20.	Elisabeth Kruger	Albion WSS (SG)	1:19.45	200503938	<b>1:18.91</b>	+0,60	37.48	1:18.91
21.	Ada Eker	WZK	1:19.71	200504608	<b>1:19.17</b>	+0,76	37.26	1:19.17
22.	Elise Vink	De Columbiaan	1:17.63	200502588	<b>1:19.88</b>	+0,75	38.01	1:19.88
23.	Fenne Saaf	Zoetermeer	1:23.69	200504340	<b>1:21.62</b>	+0,80	37.10	1:21.62
24.	Kimberly Ruiters	De Columbiaan	1:15.44	200600492	<b>1:22.50</b>	+0,76	38.07	1:22.50
25.	Sanne Slof	The Hague Swimming (SG)	1:17.36	200601810	<b>1:23.52</b>	+0,79	39.51	1:23.52

15 - 16 jaar

1.	Leonoor van Dijk	The Hague Swimming (SG)	1:09.53	200400832	<b>1:08.38</b>	+0,74	30.47	1:08.38
2.	Rinske Bouman	Rotterdam Swimming (SG)	1:09.73	200400578	<b>1:09.02</b>	+0,72	32.48	1:09.02
3.	Phaedra Meijer	MNC Dordrecht	1:10.36	200405834	<b>1:09.30</b>	+0,79	32.65	1:09.30
4.	Wendy ten Wolde	ZPC Wiekslag	1:11.94	200302658	<b>1:09.83</b>	+0,72	31.91	1:09.83
5.	Megan de Hoog	SG SCOM/de Zeehond'73	1:10.18	200300214	<b>1:10.09</b>	+0,74	31.81	1:10.09
6.	Femke Doorenbos	The Hague Swimming (SG)	1:11.56	200404214	<b>1:10.23</b>	+0,72	32.08	1:10.23
7.	Daniëlle Vis	De Columbiaan	1:09.88	200401044	<b>1:10.66</b>	+0,67	34.34	1:10.66
8.	Julia Notenboom	De Columbiaan	1:11.78	200302596	<b>1:11.00</b>	+0,77	32.10	1:11.00
9.	Jonna Muntjewerff	The Hague Swimming (SG)	1:13.39	200402396	<b>1:11.34</b>	+0,82	32.88	1:11.34
10.	Kim de Jong	Link	1:11.78	200301026	<b>1:12.24</b>	+0,78	34.67	1:12.24
11.	Fee Smittenaar	De Columbiaan	1:12.68	200303060	<b>1:14.06</b>	+0,73	34.19	1:14.06
12.	Amy Koelman	De Columbiaan	1:13.37	200300922	<b>1:14.33</b>	+0,74	33.86	1:14.33
13.	Jenna Klein	Link	1:12.67	200400914	<b>1:15.88</b>	+0,82	35.23	1:15.88
14.	Lara Hoeksema	The Hague Swimming (SG)	1:13.78	200400514	<b>1:18.04</b>	+0,58	35.35	1:18.04
15.	Megan van Delden	WVZ	1:47.28	200405500	SM13 <b>1:30.22</b>	+0,78	41.18	1:30.22

Senioren

1.	Elise Tanis	MNC Dordrecht	1:03.01	200200120	<b>1:04.03</b>	+0,68	30.11	1:04.03
2.	Inge Vieveen	WVZ	1:04.31	200100024	<b>1:05.95</b>	+0,72	30.44	1:05.95
3.	Tessa Giele	Albion WSS (SG)	1:06.25	200203124	<b>1:06.10</b>	+0,63	31.01	1:06.10
4.	Sophie de Jonge	WVZ	1:07.21	200200118	<b>1:07.01</b>	+0,75	31.07	1:07.01
5.	Maaïke Broersma	BZ en PC	1:09.30	200201522	<b>1:07.38</b>	+0,72	30.76	1:07.38
6.	Silke Molendijk	ZVL-1886 Tetteroo	1:05.18	200100178	<b>1:08.30</b>	+0,73	31.20	1:08.30
7.	Rozemarijn van Haaff	ZOB'66	1:09.42	200201852	<b>1:10.63</b>	+0,72	32.09	1:10.63
8.	Lauren van IJll	WVZ	1:10.89	200001064	<b>1:10.64</b>	+0,69	32.86	1:10.64
9.	Lotte Middelbos	z.c De Schotejil	1:10.84	199900680	<b>1:10.93</b>	+0,74	33.02	1:10.93

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 2, Dames, 100m wisselslag, Senioren

rang	naam	vereniging	intijd		tijd	RT	50m	100m
10.	Sanne Heemskerck	ZVL-1886 Tetteroo	1:11.25	200100600	<b>1:13.18</b>	+0,74	32.19	1:13.18
11.	Anouk Vis	De Columbiaan	1:11.10	200203322	<b>1:14.13</b>	+0,78	34.39	1:14.13
12.	Jonne Moleman	Link	1:29.24	200006264	<b>1:30.02</b>	+0,78	39.55	1:30.02

Programmanr. 3  
16-11-2019 - 10:00

Heren, 200m schoolslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
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Junioren 1 en 2

1.	Daan Sonneveld	WVZ	2:41.65	200601085	<b>2:39.03</b>	+0,66	35.90	1:17.01	1:58.40	2:39.03
2.	Mark Demianenko	Zoetermeer	2:49.01	200600409	<b>2:45.64</b>	+0,69	36.92	1:19.26	2:02.31	2:45.64
3.	Thom de Hoog	SG SCOM/de Zeehond	2:52.71	200600019	<b>2:48.92</b>	+0,81	37.64	1:20.74	2:04.84	2:48.92
4.	Hessel de Jong	KZV de Lansingh	2:55.08	200602753	<b>2:51.52</b>	+0,69	39.04	1:22.93	2:07.53	2:51.52
5.	Thijs van den Berg	The Hague Swimming	(2:55.93	200600971	<b>2:53.39</b>	+0,77	40.44	1:24.39	2:09.82	2:53.39
6.	Joshua Agussalim	ZPV Barracuda	2:59.54	200600153	<b>2:53.82</b>	+0,67	38.33	1:22.61	2:08.69	2:53.82
7.	S. Eschbach	ZZ&PC De Devel	2:52.55	200602013	<b>2:54.29</b>	+0,71	37.50	1:21.51	2:08.00	2:54.29
8.	Bas Blanker	ZPB H&L Productions	2:58.08	200601497	<b>2:54.66</b>	+0,59	38.88	1:22.57	2:08.67	2:54.66
9.	Laurens Kalle	z.c De Schotejil	3:05.43	200600161	<b>2:55.05</b>	+0,69	39.07	1:25.18	2:10.48	2:55.05
<i>*bu 50m</i>										
10.	Björn Mulder	Zoetermeer	3:00.76	200601517	<b>2:57.09</b>	+0,59	40.64	1:25.77	2:12.24	2:57.09
11.	Joris Lissenberg	The Hague Swimming	(3:11.47	200600585	<b>3:00.72</b>	+0,73	39.45	1:26.00	2:14.84	3:00.72
12.	Roan van der Weide	Widex GZC Donk 1	3:16.74	200601629	<b>3:01.37</b>	+0,73	42.37	1:29.10	2:16.44	3:01.37
13.	Floris Wassenaar	WVZ	3:05.65	200600649	<b>3:02.15</b>	+0,51	40.66	1:26.99	2:14.53	3:02.15
14.	Bas Bechtold	ZPV Barracuda	3:13.68	200600007	<b>3:04.46</b>	+0,54	40.94	1:29.05	2:17.01	3:04.46
<i>*bu 200m</i>										
15.	B. van Helsdingen	ZZ&PC De Devel	3:06.12	200601097	<b>3:04.57</b>	+0,73	41.36	1:29.16	2:17.96	3:04.57
16.	Benjamin Vermeer	Zoetermeer	3:14.57	200600177	<b>3:04.99</b>	+0,70	41.12	1:28.68	2:17.63	3:04.99
17.	Janu Nolden	WVZ	3:07.54	200600289	<b>3:05.13</b>	+0,73	40.08	1:27.95	2:16.87	3:05.13
18.	Bjorn Rijkaart	BZ en PC	3:18.36	200601337	<b>3:06.66</b>	+0,77	41.92	1:30.79	2:20.08	3:06.66
19.	Daniel Gavran	Widex GZC Donk 1	3:11.57	200600667	<b>3:07.84</b>	+0,71	42.80	1:31.27	2:20.13	3:07.84
20.	Tavi de Gelder	ZOB'66	3:11.49	200602335	<b>3:08.82</b>	+0,74	42.51	1:31.08	2:20.30	3:08.82
<i>*bu 50m en 100m</i>										
21.	Dimi Stoyanov	The Hague Swimming	(3:05.49	200601067	<b>3:09.09</b>	+0,53	43.45	1:31.95	2:21.59	3:09.09
<i>*bu 200m</i>										
22.	Jesse van der Meij	ZVL-1886 Tetteroo	3:11.56	200600841	<b>3:09.55</b>	+0,69	41.83	1:30.51	2:20.94	3:09.55
23.	Bart Tuinenburg	ZPC Wiekslag	3:12.71	200602347	<b>3:10.99</b>	+0,63	44.22	1:32.92	2:22.18	3:10.99
24.	Jasper Groen	KZV de Lansingh	3:19.90	200602325	<b>3:11.00</b>	+0,63	42.00	1:30.97	2:21.47	3:11.00
25.	Robin den Ouden	ZPC Wiekslag	3:14.70	200600255	<b>3:11.62</b>	+0,61	42.30	1:31.29	2:23.69	3:11.62
26.	Merlijn van der Hoeven	WVZ	3:12.98	200600951	<b>3:12.01</b>	+0,52	41.60	1:30.98	2:20.98	3:12.01
27.	Lucas van Peenen	ZVL-1886 Tetteroo	3:14.33	200600457	<b>3:12.33</b>	+0,69	41.69	1:32.30	2:23.32	3:12.33
<i>*bu 50m en 200m</i>										
28.	Winston van den Berg	Rotterdam Swimming	(3:06.40	200600253	<b>3:16.30</b>		42.74	1:32.96	2:25.59	3:16.30
DIS	Thijs van der Hout	The Hague Swimming	(3:20.26	200700913						
<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>										
DIS	Denzel Barthen	WVZ	3:13.15	200700147						
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>										

Junioren 3 en 4

1.	Jason van den Berg	Rotterdam Swimming	(2:28.16	200400009	<b>2:27.55</b>	+0,64	32.17	1:09.16	1:48.84	2:27.55
2.	Abel te Riele	WVZ	2:35.45	200402317	<b>2:31.07</b>	+0,66	33.39	1:12.14	1:51.87	2:31.07
3.	Yanieck Frijstein	The Hague Swimming	(2:39.72	200500329	<b>2:32.95</b>	+0,66	35.06	1:14.29	1:53.58	2:32.95
4.	River Streefland	The Hague Swimming	(2:33.68	200502253	<b>2:34.18</b>	+0,70	34.83	1:13.02	1:55.10	2:34.18
5.	Émile Fouzaï	The Hague Swimming	(2:45.82	200500263	<b>2:38.22</b>	+0,76	35.63	1:17.14	1:58.39	2:38.22
6.	Nathan Janssen	MNC Dordrecht	2:38.29	200401565	<b>2:38.26</b>	+0,71	35.64	1:15.79	1:57.33	2:38.26
7.	Timo Wouters	MNC Dordrecht	2:34.71	200401363	<b>2:42.07</b>	+0,61	35.37	1:17.38	1:59.90	2:42.07
8.	Max van Schagen	De Columbiaan	2:37.80	200402591	<b>2:42.79</b>	+0,65	35.78	1:17.58	2:01.62	2:42.79
9.	Gabriel Been	The Hague Swimming	(2:44.39	200501467	<b>2:43.23</b>	+0,75	35.83	1:16.87	1:59.57	2:43.23
10.	Loeka Wubben	The Hague Swimming	(2:45.80	200400307	<b>2:43.65</b>	+0,59	34.69	1:16.17	2:00.36	2:43.65
11.	Milan Masselink	The Hague Swimming	(2:43.53	200402165	<b>2:44.68</b>	+0,69	37.38	1:19.35	2:02.16	2:44.68
12.	Erik Oldenkamp	Rotterdam Swimming	(2:44.91	200400597	<b>2:45.38</b>	+0,70	36.91	1:19.40	2:02.61	2:45.38

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 3, Jongens, 200m schoolslag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
13. Thijs Visser	ZPV Barracuda	2:53.10 200502129	<b>2:47.00</b>	+0,60	37.55	1:20.64	2:04.48	2:47.00
14. Coen Frkovic	ZPB H&L Productions	2:58.40 200502397	<b>2:47.60</b>	+0,65	37.36	1:20.46	2:03.56	2:47.60
15. Aaike de Tender	ZPC Wiekslag	2:49.32 200502189	<b>2:50.46</b>	+0,72	37.83	1:21.40	2:05.76	2:50.46
16. Casper Hoogervorst	De Columbiaan	3:03.25 200500183	<b>2:50.48</b>	+0,69	38.39	1:21.83	2:06.31	2:50.48
17. Luca Nguyen-Tri	Rotterdam Swimming (S2)	51.72 200500781	<b>2:51.48</b>	+0,71	39.46	1:23.21	2:08.22	2:51.48
18. Bo Schoenmakers	Widex GZC Donk 1	2:53.45 200402919	<b>2:51.49</b>	+0,74	38.77	1:22.00	2:06.63	2:51.49
19. Casper van Nijnatten	Rotterdam Swimming (S2)	59.92 200402559	<b>2:53.17</b>	+0,72	39.60	1:24.51	2:09.97	2:53.17
20. Marijn Dekkers	Widex GZC Donk 1	2:58.24 200402275	<b>2:54.75</b>	+0,76	39.66	1:25.27	2:11.44	2:54.75
21. Michael van den Enden	PCG	2:54.97 200401589	<b>2:57.61</b>	+0,51	38.17	1:22.85	2:09.89	2:57.61
<i>*bu 200m</i>								
22. Pim Romeijn	ZPC Wiekslag	2:58.03 200401321	<b>2:59.34</b>	+0,77	39.14	1:25.50	2:13.51	2:59.34
23. Tim van Lochem	Zoetermeer	3:06.22 200500077	<b>3:03.84</b>	+0,76	41.24	1:28.25	2:16.34	3:03.84
24. Mylan de Gelder	ZOB'66	3:05.66 200404543	<b>3:05.13</b>	+0,76	41.47	1:28.45	2:16.66	3:05.13
25. Niels van der Mast	ZPC Numansdorp	3:00.71 200401917	<b>3:06.78</b>	+0,67	41.79	1:29.12	2:17.69	3:06.78
26. Onno Roeleveld	De Columbiaan	3:12.53 200502775	<b>3:06.96</b>	+0,74	41.65	1:29.93	2:19.13	3:06.96
DIS Kun Woo Kim	The Hague Swimming (2)	46.07 200401361						
AA - Gestart voor het startsignaal (en wel gezwommen).								

Jeugd 1 en 2

1. Perry Laarhoven	ZPC Numansdorp	2:26.23 200301321	<b>2:23.83</b>	+0,78	32.54	1:10.06	1:47.96	2:23.83
2. Thomas van Wanrooij	Poseidon'56	2:31.24 200201473	<b>2:26.97</b>	+0,72	33.07	1:10.45	1:48.35	2:26.97
3. Wesley Zulver	ZV Vlaardingen-Schied	2:26.33 200301319	<b>2:28.48</b>	+0,63	33.90	1:11.54	1:50.43	2:28.48
4. Milan Hamel	The Hague Swimming (2)	31.96 200302125	<b>2:29.28</b>	+0,70	33.71	1:11.21	1:50.36	2:29.28
5. Xander Vis	z.c De Schotejil	2:29.87 200300173	<b>2:30.81</b>	+0,70	33.12	1:10.88	1:50.49	2:30.81
6. Simon Dijkstra	Rotterdam Swimming (S2)	35.81 200204905	<b>2:36.26</b>	+0,65	34.08	1:13.74	1:54.66	2:36.26
7. Guus Hoogduin	ZVL-1886 Tetteroo	2:36.57 200201069	<b>2:37.05</b>	+0,75	34.72	1:14.99	1:56.29	2:37.05
8. Michael Smink	The Hague Swimming (2)	33.92 200302169	<b>2:37.48</b>	+0,76	34.40	1:14.58	1:56.40	2:37.48
9. Kenan Coeruez	Albion WSS (SG)	2:38.72 200300357	<b>2:37.90</b>	+0,68	34.40	1:15.69	1:56.75	2:37.90
<i>*bu 50m</i>								
10. Daan Hogerhuis	LinK	2:39.46 200300317	<b>2:38.03</b>	+0,74	35.72	1:16.04	1:57.22	2:38.03
11. Mart de Koning	ZOB'66	2:40.44 200203253	<b>2:38.58</b>	+0,70	34.02	1:14.46	1:57.28	2:38.58
12. Tygo Korving	ZPB H&L Productions	2:42.56 200300773	<b>2:43.76</b>	+0,73	35.46	1:16.84	2:00.38	2:43.76
13. Raphaël Booiman	ZPC Wiekslag	2:42.46 200300727	<b>2:44.60</b>	+0,70	35.64	1:17.39	2:00.83	2:44.60
14. Roan Roor	ZPV Barracuda	2:48.01 200203127	<b>2:49.61</b>	+0,71	37.97	1:21.28	2:05.96	2:49.61

Senioren 1 en ouder

1. Ensger Kotterink	Albion WSS (SG)	2:18.67 199403391	<b>2:18.98</b>	+0,65	32.28	1:07.62	1:44.88	2:18.98
J. de Roy van Zuydewij	WVZ	2:18.98 200000255	<b>2:18.98</b>	+0,71	31.09	1:06.72	1:42.62	2:18.98
3. Stijn Geelen	MNC Dordrecht	2:22.59 199801363	<b>2:22.08</b>	+0,70	32.08	1:08.29	1:45.55	2:22.08
4. Duncan van Haaren	Widex GZC Donk 1	2:19.61 200000681	<b>2:22.19</b>	+0,69	32.25	1:08.59	1:45.56	2:22.19
5. D. van den Nieuwendijk	De Columbiaan	2:25.36 200100475	<b>2:29.16</b>	+0,71	32.58	1:10.04	1:48.78	2:29.16
6. Paul van Grol	Widex GZC Donk 1	2:27.91 199602951	<b>2:30.34</b>	+0,65	34.21	1:12.88	1:51.79	2:30.34
7. Thomas Hesper	ZPV Barracuda	2:29.29 200004181	<b>2:33.55</b>	+0,80	34.28	1:12.81	1:52.70	2:33.55
8. David Kievit	z.c De Schotejil	2:30.71 199900325	<b>2:38.18</b>	+0,75	34.32	1:13.12	1:54.92	2:38.18
AFGEM Tim van Duuren	Widex GZC Donk 1	2:31.70 199802255						

Programmanr. 4  
16-11-2019 - 10:45

Dames, 200m vlinderslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Junioren 1 en 2								
1. Dide Provily	ZPC Wiekslag	3:07.37 200700480	<b>3:03.73</b>	+0,79	39.97	1:29.76	2:18.82	3:03.73
2. Liv Heijdra	Albion WSS (SG)	3:08.52 200800736	<b>3:08.04</b>	+0,74	37.61	1:23.99	2:15.05	3:08.04

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 4, Dames, 200m vlinderslag

13 - 14 jaar

1. Megan Jonkman	The Hague Swimming	(2:41.08	200600508	<b>2:37.00</b>	+0,77	34.85	1:14.08	1:55.21	2:37.00
2. Mara Tims	The Hague Swimming	(2:33.60	200601136	<b>2:40.87</b>	+0,65	34.94	1:15.76	1:58.75	2:40.87
3. Isa Maes	Albion WSS (SG)	2:42.69	200500110	<b>2:41.63</b>	+0,69	34.10	1:15.34	1:58.35	2:41.63
4. Jade van der Maas	WVZ	2:45.41	200600408	<b>2:42.61</b>	+0,69	35.63	1:17.24	2:00.52	2:42.61
5. Elijdjah van der Heul	Rotterdam Swimming	(2:52.77	200602180	<b>2:48.08</b>	+0,75	36.40	1:17.52	2:03.64	2:48.08
6. Sylvie Roos	Albion WSS (SG)	2:49.69	200502772	<b>2:49.80</b>	+0,71	36.17	1:18.85	2:03.94	2:49.80
7. Leyla Oversluizen	MNC Dordrecht	2:47.26	200602730	<b>2:49.86</b>	+0,76	34.28	1:17.96	2:04.67	2:49.86
<i>*bu 200m</i>									
8. Madoline Held	The Hague Swimming	(2:51.02	200503412	<b>2:52.38</b>	+0,68	34.84	1:17.59	2:05.86	2:52.38
<i>*bu 200m</i>									
9. Peggy Blom	Z&PC De Gouwe	2:57.25	200503166	<b>2:56.75</b>	+0,73	39.48	1:24.01	2:10.16	2:56.75
<i>*bu 200m</i>									
10. Milou Demirel	The Hague Swimming	(3:03.69	200501254	<b>3:03.50</b>	+0,79	37.02	1:23.60	2:13.78	3:03.50
11. Jessica Pol	Poseidon'56	3:03.76	200600030	<b>3:08.84</b>	+0,74	38.02	1:25.11	2:16.71	3:08.84
12. Laura 't Lam	De Geul	3:04.75	200603376	<b>3:12.18</b>	+0,60	38.50	1:27.51	2:19.14	3:12.18
NG.ZA G. Schrijvers van Zende	The Hague Swimming	(2:51.07	200601618						

15 - 16 jaar

1. Rinske Bouman	Rotterdam Swimming	(2:31.73	200400578	<b>2:37.30</b>	+0,74	34.01	1:14.45	1:55.19	2:37.30
2. Femke Doorenbos	The Hague Swimming	(2:47.85	200404214	<b>2:40.00</b>	+0,77	32.47	1:11.92	1:55.69	2:40.00
3. Julia Notenboom	De Columbiaan	2:41.02	200302596	<b>2:40.41</b>	+0,84	34.81	1:15.22	1:57.11	2:40.41
4. Jonna Muntjewerff	The Hague Swimming	(2:44.39	200402396	<b>2:46.78</b>	+0,82	34.82	1:16.09	2:00.69	2:46.78
5. Wendy ten Wolde	ZPC Wiekslag	2:51.36	200302658	<b>2:49.88</b>	+0,70	34.09	1:16.12	2:03.16	2:49.88
6. Fee Smittenaar	De Columbiaan	2:50.67	200303060	<b>2:50.89</b>	+0,81	37.27	1:19.04	2:05.75	2:50.89
7. Lize van Stigt	LinK	2:41.58	200401510	<b>2:53.82</b>	+0,65	36.37	1:19.79	2:07.11	2:53.82
<i>*bu 200m</i>									
8. Lotte van der Maas	ZOB'66	2:53.20	200402376	<b>2:55.61</b>	+0,74	36.62	1:21.59	2:08.67	2:55.61
9. Lucile Bazalgette	D'elft	3:04.03	200403484	<b>2:56.80</b>	+0,65	37.67	1:22.70	2:09.23	2:56.80

Senioren

1. Tessa Giele	Albion WSS (SG)	2:20.37	200203124	<b>2:20.08</b>	+0,62	32.06	1:07.80	1:44.65	2:20.08
<i>*bu 200m</i>									
2. Chefanja Nunes	WVZ	2:19.88	200104750	<b>2:26.75</b>	+0,68	31.24	1:07.56	1:47.13	2:26.75
3. Mariska Scheel	KZV de Lansingh	2:25.07	199306344	<b>2:27.87</b>	+0,78	32.04	1:09.00	1:47.69	2:27.87
4. Fenna de Groot	Albion WSS (SG)	2:26.99	199701796	<b>2:29.73</b>	+0,69	31.82	1:08.84	1:48.13	2:29.73
5. Roos van Esch	KZV de Lansingh	2:38.70	198200468	<b>2:37.26</b>	+0,85	36.82	1:17.06	1:56.92	2:37.26
6. Anne Straub	Zoetermeer	2:45.85	200201402	<b>2:46.53</b>	+0,73	35.01	1:16.85	2:01.12	2:46.53
7. Diana Noordermeer	SG SCOM/de Zeehond'	2:46.89	200102110	<b>2:46.69</b>	+0,53	35.70	1:15.98	2:01.72	2:46.69
<i>*bu 100m</i>									
8. Esmee Breugem	WVZ	2:46.09	200000670	<b>2:52.44</b>	+0,94	36.11	1:19.06	2:04.90	2:52.44
9. Isabelle Janssen	MNC Dordrecht	3:05.79	200006318	<b>3:04.16</b>	+0,74	42.10	1:29.45	2:17.47	3:04.16
NG Linda van der Voort	ZVL-1886 Tetteroo	2:44.38	199207784						

Programmanr. 5

Heren, 50m vrije slag

Junioren 1 en ouder

16-11-2019 - 11:05

Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Daan Sonneveld	WVZ	26.41	200601085	<b>26.08</b>	+0,65
2.	Bjorn Rijkaart	BZ en PC	27.67	200601337	<b>27.41</b>	+0,74
3.	Thierry Zulver	ZV Vlaardingen-Schiedam	27.61	200700023	<b>27.49</b>	+0,63
4.	Thom de Hoog	SG SCOM/de Zeehond'73	28.31	200600019	<b>27.73</b>	+0,79
5.	Vincent Huele	The Hague Swimming (SG)	29.45	200703423	<b>28.40</b>	+0,69
6.	Bas Blanker	ZPB H&L Productions	28.51	200601497	<b>28.43</b>	+0,66
7.	Laurens Kalle	z.c De Schotejil	29.63	200600161	<b>28.72</b>	+0,70
8.	Kaan Uludag	Zoetermeer	30.78	200603559	<b>29.04</b>	+0,74
<i>*bu eindtijd</i>						
9.	Christian Tijl	Widex GZC Donk 1	32.84	200602477	<b>29.11</b>	+0,81
10.	Hessel de Jong	KZV de Lansingh	29.49	200602753	<b>29.33</b>	+0,60

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 5, Jongens, 50m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
11.	Floris Wassenaar	WVZ	29.88	200600649	<b>29.61</b>	+0,69
12.	Joshua Agussalim	ZPV Barracuda	29.67	200600153	<b>29.75</b>	+0,72
13.	Benjamin van Helsdingen	ZZ&PC De Devel	30.95	200601097	<b>29.77</b>	+0,68
14.	Gaëtan Spicq	The Hague Swimming (SG)	32.46	200701807	<b>29.86</b>	+0,67
	<i>*bu eindtijd</i>					
15.	Sven Markkus Eschbach	ZZ&PC De Devel	30.19	200602013	<b>29.93</b>	+0,73
16.	Daniel Gavran	Widex GZC Donk 1	30.84	200600667	<b>30.09</b>	+0,71
17.	Joris Lissenberg	The Hague Swimming (SG)	30.38	200600585	<b>30.18</b>	+1,08
18.	Janu Nolden	WVZ	31.42	200600289	<b>30.43</b>	+0,68
19.	Roan van der Weide	Widex GZC Donk 1	31.77	200601629	<b>30.45</b>	+0,70
20.	Benjamin Vermeer	Zoetermeer	30.89	200600177	<b>30.47</b>	+0,70
21.	Tavi de Gelder	ZOB'66	30.77	200602335	<b>30.60</b>	+0,59
22.	Bas Bechtold	ZPV Barracuda	30.29	200600007	<b>30.77</b>	+0,68
23.	Boele Böhm	De Columbiaan	31.57	200700739	<b>30.80</b>	+0,65
24.	Harm Nahon	Z&PC De Gouwe	32.39	200602515	<b>30.81</b>	+0,80
25.	Lucas van Peenen	ZVL-1886 Tetteroo	32.95	200600457	<b>31.04</b>	+0,68
26.	Winston van Berkel	ZVL-1886 Tetteroo	30.99	200700313	<b>31.12</b>	+0,78
27.	Robin den Ouden	ZPC Wiekslag	31.31	200600255	<b>31.13</b>	+0,59
28.	Thijs van den Berg	The Hague Swimming (SG)	31.85	200600971	<b>31.38</b>	+0,75
29.	Bo Merkestein	WVZ	32.62	200602451	<b>31.50</b>	+0,65
30.	Renzo Steller	WVZ	32.60	200701141	<b>31.51</b>	+0,82
31.	Arav Ramcharan	Poseidon'56	32.38	200603067	<b>31.58</b>	+0,72
32.	Dimi Stoyanov	The Hague Swimming (SG)	31.03	200601067	<b>31.79</b>	+0,62
33.	Jasper Groen	KZV de Lansingh	32.67	200602325	<b>31.82</b>	+0,76
	<i>*bu eindtijd</i>					
34.	Tygo Zweep	ZPC Wiekslag	33.90	200601351	<b>31.83</b>	+0,62
35.	Jelle den Otter	SG SCOM/de Zeehond'73	32.54	200600251	<b>31.94</b>	+0,48
36.	Levy van Rosmalen	De Watervogels	32.06	200602041	<b>32.02</b>	+0,63
37.	Max Bos	SG SCOM/de Zeehond'73	32.33	200701383	<b>32.09</b>	+0,69
38.	Jisse Lousma	WVZ	31.80	200701493	<b>32.15</b>	+0,62
39.	Merlijn van der Hoeven	WVZ	33.49	200600951	<b>32.16</b>	+0,71
40.	Anco van der Lans	ZV Vlaardingen-Schiedam	32.19	200601889	<b>32.19</b>	+0,72
41.	Marco Vlot	ZV Strijen	33.65	200703091	<b>32.27</b>	+0,83
42.	Björn Mulder	Zoetermeer	33.87	200601517	<b>32.32</b>	+0,64
43.	Marnix van Wanrooij	Poseidon'56	33.84	200600015	<b>32.34</b>	+0,69
44.	Casper van Leeuwen	Widex GZC Donk 1	32.90	200601329	<b>32.38</b>	+0,73
45.	Jesse van der Meij	ZVL-1886 Tetteroo	34.10	200600841	<b>32.75</b>	+0,70
46.	Twan Hoogervorst	De Columbiaan	33.78	200700741	<b>32.81</b>	+0,51
47.	Lars Stout	ZPV Barracuda	33.78	200600199	<b>32.84</b>	+0,80
48.	Thomas Klaassen	ZOB'66	33.99	200601535	<b>32.85</b>	+0,71
49.	Niels Meijer	The Hague Swimming (SG)	33.37	200701645	<b>33.10</b>	+0,59
50.	Bauke Vledder	WZK	33.46	200701247	<b>33.20</b>	+0,75
	<i>*bu eindtijd</i>					
51.	Luca Erkens	ZV Vlaardingen-Schiedam	34.13	200601315	<b>33.32</b>	+0,67
52.	Winston van den Berg	Rotterdam Swimming (SG)	33.61	200600253	<b>33.36</b>	+0,57
53.	Milan de Groot	Noordwijkerhout	32.72	200702447	<b>33.55</b>	+0,68
54.	Mathijs Raak	Poseidon'56	33.25	200701105	<b>33.87</b>	+0,83
DIS	Wout Jonkers	Poseidon'56	30.47	200600939		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
NG.ZA	Thijmen de Rijke	ZPC Numansdorp	32.87	200602199		
NG	Joshua Posthoorn	Rotterdam Swimming (SG)	34.23	200701749		

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming (SG)	25.17	200400669	<b>24.58</b>	+0,68
	<i>*handtijd</i>					
2.	Chris van der Hout	The Hague Swimming (SG)	25.35	200401355	<b>25.08</b>	+0,72
3.	Max van Schagen	De Columbiaan	26.17	200402591	<b>25.13</b>	+0,64
4.	Thijm Kruit	De Columbiaan	26.47	200401339	<b>25.68</b>	+0,72
5.	Timo Wouters	MNC Dordrecht	26.64	200401363	<b>26.07</b>	+0,67
6.	Gabriel Been	The Hague Swimming (SG)	26.82	200501467	<b>26.11</b>	+0,78
7.	Sem Agterdenbos	MNC Dordrecht	26.96	200500049	<b>26.27</b>	+0,59
8.	Anthony Kraag	WVZ	26.88	200401973	<b>26.44</b>	+0,61
9.	Abel te Riele	WVZ	26.48	200402317	<b>26.63</b>	+0,68
10.	Arthur Bondartsov	Rotterdam Swimming (SG)	27.36	200403231	<b>26.69</b>	+0,72
11.	Kun Woo Kim	The Hague Swimming (SG)	27.44	200401361	<b>26.81</b>	+0,63

*\*bu eindtijd*

12.	Émile Fouzai	The Hague Swimming (SG)	28.24	200500263	<b>26.82</b>	+0,69
13.	Pepijn van Egmond	WVZ	26.97	200402309	<b>26.83</b>	+0,65
14.	River Streefland	The Hague Swimming (SG)	27.66	200502253	<b>27.15</b>	+0,73
15.	Julien Tanis	Rotterdam Swimming (SG)	27.03	200401045	<b>27.16</b>	+0,66
16.	Coen Frkovic	ZPB H&L Productions	27.50	200502397	<b>27.20</b>	+0,63
17.	Daniel 't Mannetje	z.c De Schotejil	27.62	200400183	<b>27.27</b>	+0,66
18.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	27.66	200404457	<b>27.32</b>	+0,62
19.	Menno Wieringa	KZV de Lansingh	26.97	200500927	<b>27.36</b>	+0,70
20.	Erik Oldenkamp	Rotterdam Swimming (SG)	27.41	200400597	<b>27.51</b>	+0,68
21.	Niels van der Mast	ZPC Numansdorp	27.25	200401917	<b>27.52</b>	+0,67
22.	Yanieck Frijstein	The Hague Swimming (SG)	29.10	200500329	<b>27.60</b>	+0,68
23.	Luuk Bogaert	De Watervogels	29.59	200503203	<b>27.66</b>	+0,74
24.	Michael van den Enden	PCG	27.66	200401589	<b>27.67</b>	+0,65
25.	Mylan de Gelder	ZOB'66	27.74	200404543	<b>27.80</b>	+0,64
26.	Conor Baker	De Columbiaan	28.17	200500991	<b>27.83</b>	+0,70
27.	Milan Masselink	The Hague Swimming (SG)	28.11	200402165	<b>27.91</b>	+0,77
28.	Timon Wijsman	D'eIft	28.02	200403707	<b>27.96</b>	+0,67
29.	Bo Schoenmakers	Widex GZC Donk 1	27.82	200402919	<b>28.00</b>	+0,64
30.	Tjomme de Tender	ZPC Wiekslag	29.37	200502187	<b>28.04</b>	+0,67
31.	Gino Martir	ACZ	29.49	200404459	<b>28.05</b>	+0,78
32.	Pim Romeijn	ZPC Wiekslag	28.89	200401321	<b>28.30</b>	+0,74

*\*bu eindtijd*

33.	Wouter Willig	De Watervogels	31.42	200502785	<b>28.39</b>	+0,71
34.	Dobbe Kruit	De Columbiaan	29.58	200501367	<b>28.49</b>	+0,74
35.	Onno Roeleveld	De Columbiaan	28.42	200502775	<b>28.58</b>	+0,69
	Aaïke de Tender	ZPC Wiekslag	28.74	200502189	<b>28.58</b>	+0,66
37.	Stijn de Bondt	ZPB H&L Productions	28.78	200502249	<b>28.76</b>	+0,82
38.	Marijn Dekkers	Widex GZC Donk 1	28.78	200402275	<b>28.79</b>	+0,74

*\*bu eindtijd*

39.	Casper Hoogervorst	De Columbiaan	29.67	200500183	<b>29.02</b>	+0,67
40.	Jesse Camphens	Noordwijkerhout	30.55	200502899	<b>29.17</b>	+0,62
41.	Thijs Visser	ZPV Barracuda	30.07	200502129	<b>29.35</b>	+0,60
	Casper van Nijnatten	Rotterdam Swimming (SG)	28.40	200402559	<b>29.35</b>	+0,71
43.	Yassine Mellah	Widex GZC Donk 1	29.88	200502159	<b>29.51</b>	+0,62
44.	Kor Eefting	Poseidon'56	31.60	200502869	<b>29.54</b>	+0,77

*\*bu eindtijd*

45.	Emre Oguz	WZK	30.98	200503987	<b>29.57</b>	+0,56
46.	Wout van Oevelen	D'eIft	30.71	200404319	<b>29.63</b>	+0,73
47.	Reinier Velthuijs	ZPV Barracuda	30.03	200503537	<b>29.74</b>	+0,67
48.	Tim van Lochem	Zoetermeer	29.97	200500077	<b>29.79</b>	+0,76
49.	Christian Schenk	ZV Strijen	30.50	200402191	<b>29.84</b>	+0,83
50.	Bouke Schaap	BZ en PC	30.86	200503197	<b>29.92</b>	+0,74
51.	Olaf Herman	Albion WSS (SG)	29.80	200404421	<b>30.02</b>	+0,76
52.	Nino de Lange	SG SCOM/de Zeehond'73	29.37	200500047	<b>30.15</b>	+0,78
	Lucas Houkes	ZV Sassenheim	30.42	200503425	<b>30.15</b>	+0,71
54.	Duncan den Hartog	De Kempvis	30.16	200401889	<b>30.37</b>	+0,78
55.	Sytze van Stein	LinK	31.00	200501155	<b>30.73</b>	+0,44
56.	Tycho Knijnenburg	Noordwijkerhout	32.01	200502901	<b>30.83</b>	+0,68
57.	Quinn Huijsmans	ACZ	31.59	200404139	<b>31.19</b>	+0,74

*\*bu eindtijd*

58.	Hongyu Chok	WZK	31.49	200504011	<b>31.23</b>	+0,71
59.	Hein Siegert	WZK	31.94	200404351	<b>31.64</b>	+0,71
60.	David Hostiuc	WZK	32.12	200502713	<b>32.13</b>	+0,90
61.	Jelmer Paans	ZZ&PC De Devel	39.30	200404441	<b>37.93</b>	+0,76
DIS	Loeka Wubben	The Hague Swimming (SG)	26.21	200400307		

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

DIS	Jens Brouwer	ZOB'66	29.37	200403167		
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*AA - Gestart voor het startsignaal (en wel gezwommen).*

DIS	Stef van Heijst	De Kempvis	29.80	200503665		
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*AA - Gestart voor het startsignaal (en wel gezwommen).*

NG	Jip van Veen	ZPV Barracuda	31.45	200401353		
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Regiokampioenschappen korte baan  
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Programmanr. 5, Heren, 50m vrije slag

Jeugd 1 en 2

1.	Sean Niewold <i>*handtijd</i>	WVZ	23.27	200204699	<b>23.14</b>	+0,69
2.	Michael Smink <i>*handtijd</i>	The Hague Swimming (SG)	24.98	200302169	<b>24.31</b>	+0,79
3.	Jarno Verbeek <i>*handtijd</i>	Zoetermeer	25.39	200200931	<b>24.52</b>	+0,67
4.	Erik van Gemert <i>*handtijd</i>	Poseidon'56	25.44	200300587	<b>24.58</b>	+0,73
5.	Perry Laarhoven	ZPC Numansdorp	25.21	200301321	<b>25.05</b>	+0,74
6.	Kenan Coeruez	Albion WSS (SG)	25.03	200300357	<b>25.06</b>	+0,63
7.	Daan Hogerhuis	LinK	25.72	200300317	<b>25.37</b>	+0,74
8.	Cas Jansen <i>*bu eindtijd</i>	The Hague Swimming (SG)	26.28	200203263	<b>25.49</b>	+0,67
9.	Stijn den Otter	ZZ&PC De Devel	25.70	200200225	<b>25.51</b>	+0,63
	Xander Vis	z.c De Schotejil	25.46	200300173	<b>25.51</b>	+0,67
11.	Rob Lugtenburg	The Hague Swimming (SG)	26.06	200201123	<b>25.59</b>	+0,63
12.	Saviël Armand	ACZ	26.69	200204461	<b>25.80</b>	+0,61
	Wesley Zulver	ZV Vlaardingen-Schiedam	25.06	200301319	<b>25.80</b>	+0,63
14.	Zev Bulk	The Hague Swimming (SG)	25.35	200304021	<b>25.98</b>	+0,66
15.	Mart de Koning	ZOB'66	26.64	200203253	<b>26.19</b>	+0,73
16.	Martijn van Noort	ZPV Barracuda	26.73	200204861	<b>26.20</b>	+0,67
17.	Bjarne Buijs	The Hague Swimming (SG)	27.96	200301089	<b>26.38</b>	+0,64
18.	Milan Hamel	The Hague Swimming (SG)	27.07	200302125	<b>26.40</b>	+0,69
19.	Simon Dijkstra	Rotterdam Swimming (SG)	26.83	200204905	<b>26.55</b>	+0,65
20.	Luc Brasz	The Hague Swimming (SG)	27.53	200200919	<b>26.62</b>	+1,86
21.	Guus Hoogduin <i>*bu eindtijd</i>	ZVL-1886 Tetteroo	26.78	200201069	<b>26.71</b>	+0,70
22.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	28.91	200200619	<b>26.90</b>	+0,63
23.	Victor Simons	The Hague Swimming (SG)	27.86	200203261	<b>27.02</b>	+0,82
24.	Tygo Korving	ZPB H&L Productions	26.62	200300773	<b>27.03</b>	+0,69
25.	Wouter Verdoes	De Columbiaan	27.41	200200351	<b>27.18</b>	+0,59
	Mart van der Weijden <i>*bu eindtijd</i>	Widex GZC Donk 1	27.75	200301743	<b>27.18</b>	+0,81
27.	Julian Stok <i>*bu eindtijd</i>	ZZ&PC De Devel	27.02	200300071	<b>27.23</b>	+0,72
28.	Dylan van Kleij	Poseidon'56	28.98	200203297	<b>27.52</b>	+0,70
29.	Roan Roor <i>*bu eindtijd</i>	ZPV Barracuda	27.44	200203127	<b>27.81</b>	+0,69
30.	Mark Bom	ZVL-1886 Tetteroo	28.61	200201471	<b>27.93</b>	+0,72
31.	Raphaël Booiman	ZPC Wiekslag	28.12	200300727	<b>27.94</b>	+0,65
32.	Maxim Noordman	The Hague Swimming (SG)	29.08	200304067	<b>28.05</b>	+0,67
33.	Jarno Klink	De Stelle	28.93	200302067	<b>28.14</b>	+0,63
34.	Brandon Groeneveld	De Geul	28.27	200300595	<b>28.21</b>	+0,62
35.	Martijn Jobse	De Watervogels	29.02	200203477	<b>28.57</b>	+0,67
AFGEM	Glenn van Gaalen	De Kempvis	25.96	200200521		
NG	Milan Zaaijer	The Hague Swimming (SG)	25.86	200202795		

Senioren 1 en ouder

1.	Jeroen Baars <i>*handtijd</i>	Rotterdam Swimming (SG)	21.97	199200031	<b>21.47</b>	+0,70
2.	Thomas Verhoeven <i>*handtijd</i>	Albion WSS (SG)	22.30	199700311	<b>22.23</b>	+0,66
3.	Ensgar Kotterink <i>*handtijd</i>	Albion WSS (SG)	22.29	199403391	<b>22.33</b>	+0,63
4.	Mark Baars <i>*handtijd</i>	Rotterdam Swimming (SG)	23.31	198500059	<b>23.06</b>	+0,63
5.	Ian Minnigh <i>*handtijd</i>	Rotterdam Swimming (SG)	23.60	199702737	<b>23.72</b>	+0,63



Regiokampioenschappen korte baan  
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Programmanr. 5, Heren, 50m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT	
6.	Quinn van den Heuvel <i>*handtijd</i>	WVZ	24.13	200100297	<b>23.84</b> +0,72	
7.	Marc Botter <i>*handtijd</i>	The Hague Swimming (SG)	24.11	200000329	<b>23.94</b> +0,64	
8.	Bram de Leeuw <i>*handtijd</i>	The Hague Swimming (SG)	23.76	199805753	<b>23.95</b> +0,61	
9.	Melvin Prins <i>*handtijd</i>	Rotterdam Swimming (SG)	23.65	199500201	<b>24.07</b> +0,67	
10.	Pascal Nuijten <i>*handtijd</i>	Albion WSS (SG)	24.36	199701353	<b>24.23</b> +0,67	
11.	Jarno van Oijen <i>*handtijd</i>	Albion WSS (SG)	25.30	200100055	<b>24.97</b> +0,73	
12.	Nol van Thull <i>*bu eindtijd</i>	KZV de Lansingh	24.53	198001513	<b>25.02</b> +0,74	
13.	Bert Duivenvoorde	Noordwijkerhout	25.45	199701805	<b>25.04</b> +0,69	
	Joost de Roy van Zuydewijn	WVZ	25.50	200000255	<b>25.04</b> +0,69	
	Aron Paasse	z.c De Schotejil	25.06	200000099	<b>25.04</b> +0,68	
16.	Jorian Tanis	MNC Dordrecht	24.89	199900327	<b>25.05</b> +0,74	
17.	Otto Pranger	Albion WSS (SG)	26.18	200000007	<b>25.07</b> +0,62	
18.	Martijn Dolk	Rotterdam Swimming (SG)	24.14	198900737	<b>25.08</b> +0,70	
19.	Ryan van den Ouden	Poseidon'56	25.38	199900377	<b>25.13</b> +0,78	
20.	Noah Legerstee	WVZ	25.15	200003593	<b>25.16</b> +0,65	
21.	Jacob Mackloet	z.c De Schotejil	25.51	200001171	<b>25.36</b> +0,70	
22.	Kevin Kingma	KZV de Lansingh	24.62	199700559	<b>25.39</b> +0,69	
23.	Jim Geestman	Rotterdam Swimming (SG)	25.49	198300699	<b>25.43</b> +0,77	
24.	Remco Oskam	Widex GZC Donk 1	25.54	199205583	<b>25.46</b> +0,75	
25.	Stijn Geelen	MNC Dordrecht	25.03	199801363	<b>25.50</b> +0,65	
26.	Sam Beer	Rotterdam Swimming (SG)	25.85	199605521	<b>25.60</b> +0,64	
27.	Wesley Scheepbouwer	ZPC Wiekslag	25.26	200101959	<b>25.66</b> +0,60	
28.	Emiel van Beusekom	ZPV Barracuda	25.45	199403951	<b>25.74</b> +0,76	
29.	Sjoerd van Weelden	PCG	26.14	200101217	<b>25.80</b> +0,69	
30.	Paul van Grol	Widex GZC Donk 1	25.56	199602951	<b>25.94</b> +0,63	
	Bob Hogendoorn	DWF	25.98	199903089	<b>25.94</b> +0,70	
32.	Mark Hensen	ZPV Barracuda	26.21	197900497	<b>25.98</b> +0,76	
33.	Bart Spaans	ACZ	26.36	199902559	<b>26.05</b> +0,55	
34.	Dave van den Nieuwendijk	De Columbiaan	25.80	200100475	<b>26.19</b> +0,70	
35.	Ian van Mullem	ZOB'66	26.73	199602545	<b>26.37</b> +0,69	
36.	Joris de Gier	Widex GZC Donk 1	26.06	200103817	<b>26.52</b> +0,67	
37.	Luuk Kieviet	z.c De Schotejil	26.40	200100469	<b>26.98</b> +0,62	
38.	Thomas Hesper	ZPV Barracuda	26.90	200004181	<b>27.32</b> +0,79	
39.	Stefan Duivenvoorden	Noordwijkerhout	37.74	199704907	<b>34.71</b> +0,59	
AFGEM	Tim van Duuren	Widex GZC Donk 1	26.83	199802255	S9	
NG	Sander van Beek	ZVL-1886 Tetteroo	25.40	200002917	S10	155

Programmanr. 6  
16-11-2019 - 11:30

Dames, 100m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Robin Vermeulen	MNC Dordrecht	1:11.94	200700412	<b>1:09.63</b> +0,68	34.21	1:09.63
2.	Charlotte Woltjes <i>*bu 100m</i>	The Hague Swimming (SG)	1:13.36	200700110	<b>1:12.98</b> +0,78	35.97	1:12.98
3.	Fleur Kamminga	WVZ	1:14.43	200701838	<b>1:13.48</b>	35.71	1:13.48
4.	Floor Hogervorst	Noordwijkerhout	1:17.32	200701400	<b>1:16.31</b> +0,71	37.58	1:16.31
5.	Mila Oomens	ZPV Barracuda	1:17.16	200700016	<b>1:16.56</b> +0,66	37.08	1:16.56
6.	Lety Pieters	Rotterdam Swimming (SG)	1:20.37	200702720	<b>1:16.63</b> +0,82	37.31	1:16.63
7.	Flora Szili-Torok	Rotterdam Swimming (SG)	1:16.21	200800114	<b>1:16.88</b> +0,71	37.45	1:16.88
8.	Samantha van der Jagt	ZZ&PC De Devel	1:19.75	200700220	<b>1:16.89</b> +0,67	37.71	1:16.89
9.	Annique Rupke	Widex GZC Donk 1	1:21.71	200700876	<b>1:17.17</b> +0,75	37.61	1:17.17
10.	Jinth Engelse	ZPV Barracuda	1:17.51	200800204	<b>1:17.29</b> +0,74	38.17	1:17.29

Regiokampioenschappen korte baan  
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Programmanr. 6, Meisjes, 100m rugslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
11.	Meyke v. Nimwegen	z.c De Schotejil	1:21.47	200800106	<b>1:17.42</b>	+0,74	37.81	1:17.42
12.	Charlene Ruiten	De Columbiaan	1:17.05	200700522	<b>1:17.92</b>	+0,64	38.34	1:17.92
13.	Yrsah Verheijen	The Hague Swimming (SG)	1:22.67	200700350	<b>1:18.31</b>	+0,71	37.65	1:18.31
14.	Annedieke Scholte	The Hague Swimming (SG)	1:19.24	200701110	<b>1:18.51</b>	+0,71	38.36	1:18.51
15.	Thalia Meijer	MNC Dordrecht	1:19.91	200704048	<b>1:18.75</b>	+0,64	38.51	1:18.75
16.	Dide Provily	ZPC Wiekslag	1:16.14	200700480	<b>1:18.80</b>	+0,71	37.66	1:18.80
17.	Ananda van der Wiel	WVZ	1:16.47	200701562	<b>1:19.46</b>	+0,60	38.43	1:19.46
18.	Aukje Schonewille	ZPB H&L Productions	1:25.38	200702340	<b>1:20.44</b>	+0,73	39.77	1:20.44
19.	Kyona Steffe	The Hague Swimming (SG)	1:23.68	200702004	<b>1:20.67</b>	+0,81	39.72	1:20.67
20.	Daniek Wijnen	ZVL-1886 Tetteroo	1:23.91	200701280	<b>1:20.71</b>	+0,69	38.78	1:20.71
21.	Dominique Overduin	z.c De Schotejil	1:22.09	200700172	<b>1:20.80</b>	+0,66	39.12	1:20.80
22.	Britte Lodder	ZZ&PC De Devel	1:19.82	200702290	<b>1:21.25</b>	+0,72	39.39	1:21.25
23.	Liv Heijdra	Albion WSS (SG)	1:21.81	200800736	<b>1:22.08</b>	+0,72	39.39	1:22.08
24.	Tessa Hoogstraten <i>*bu 100m</i>	De Columbiaan	1:21.32	200800544	<b>1:22.17</b>		40.02	1:22.17
25.	Jade van der Schrier	AZC	1:23.19	200800692	<b>1:24.22</b>	+0,69	40.97	1:24.22
26.	Robin van den Akker	PCG	1:20.33	200700950	<b>1:25.24</b>	+0,76	43.10	1:25.24
27.	Ilse Rozema	AZC	1:24.87	200803318	<b>1:26.12</b>	+0,71	41.27	1:26.12

13 - 14 jaar

1.	Jelsie van Ruijven	WVZ	1:07.98	200500282	<b>1:07.32</b>	+0,60	32.64	1:07.32
2.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:07.71	200503292	<b>1:07.93</b>		32.72	1:07.93
3.	Ester Schirripa	The Hague Swimming (SG)	1:09.43	200605002	<b>1:08.09</b>	+0,79	33.89	1:08.09
4.	Marit Huisman	ZPV Barracuda	1:09.79	200502620	<b>1:08.56</b>	+0,61	33.42	1:08.56
5.	Madelief Mans	The Hague Swimming (SG)	1:10.04	200501260	<b>1:11.07</b>	+0,68	35.20	1:11.07
6.	Vivianne Woltjes <i>*bu 100m</i>	The Hague Swimming (SG)	1:11.99	200501524	<b>1:11.85</b>		35.11	1:11.85
7.	Lyke Buscop	z.c De Schotejil	1:12.66	200500552	<b>1:12.06</b>	+0,59	35.15	1:12.06
8.	Sophie Buurman	ZPC Wiekslag	1:13.22	200502530	<b>1:12.30</b>	+0,73	36.14	1:12.30
9.	Niké Telkamp	The Hague Swimming (SG)	1:11.97	200501088	<b>1:12.46</b>		35.17	1:12.46
10.	Laura Hoogenboezem	KZV de Lansingh	1:13.42	200500390	<b>1:12.87</b>	+0,77	35.55	1:12.87
11.	Emma Verkuijl	ZPV Barracuda	1:11.86	200500826	<b>1:12.99</b>	+0,69	35.93	1:12.99
12.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	1:11.11	200600732	<b>1:13.03</b>	+0,68	35.33	1:13.03
13.	Megan Jonkman	The Hague Swimming (SG)	1:11.93	200600508	<b>1:13.17</b>	+0,76	35.96	1:13.17
14.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:13.08	200503118	<b>1:13.48</b>	+0,62	34.10	1:13.48
15.	Madoline Held	The Hague Swimming (SG)	1:13.88	200503412	<b>1:14.40</b>	+1,12	35.80	1:14.40
16.	Aisha Nobels	Albion WSS (SG)	1:15.00	200501710	<b>1:14.49</b>	+0,72	36.22	1:14.49
17.	Jade van der Maas	WVZ	1:11.85	200600408	<b>1:15.00</b>	+0,67	36.75	1:15.00
18.	Nikita Snoeren <i>*bu 100m</i>	WVZ	1:15.67	200600342	<b>1:15.04</b>	+0,59	36.61	1:15.04
19.	Lotte Cornelissen	De Watervogels	1:15.94	200601182	<b>1:15.26</b>	+0,52	36.57	1:15.26
20.	Yente Bouwmeester <i>*bu 100m</i>	De Columbiaan	1:13.70	200500340	<b>1:15.65</b>		36.04	1:15.65
21.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:15.32	200602180	<b>1:15.88</b>	+0,65	37.49	1:15.88
22.	Amber Saabeel	Rotterdam Swimming (SG)	1:18.16	200503838	<b>1:16.34</b>	+0,69	36.93	1:16.34
23.	Noémi Oldenkamp	KZV de Lansingh	1:15.27	200600162	<b>1:17.07</b>	+0,73	36.80	1:17.07
24.	Elisabeth Kruger	Albion WSS (SG)	1:15.24	200503938	<b>1:17.37</b>	+0,64	37.70	1:17.37
25.	Kimberly Ruiten	De Columbiaan	1:15.28	200600492	<b>1:18.31</b>	+0,70	37.72	1:18.31
26.	Meira Simons	The Hague Swimming (SG)	1:17.11	200502984	<b>1:19.90</b>	+0,76	39.55	1:19.90
27.	Jamila de Lobel	SG SCOM/de Zeehond'73	1:20.21	200602320	<b>1:20.13</b>	+0,61	39.00	1:20.13
28.	Daphne van Tilburg	De Geul	1:19.29	200500580	<b>1:20.34</b>	+0,63	39.69	1:20.34
29.	Zoë Hendriks	Zoetermeer	1:24.56	200502978	<b>1:22.09</b>	+0,62	39.51	1:22.09
30.	Ada Eker <i>*bu 100m</i>	WZK	1:22.84	200504608	<b>1:22.55</b>	+0,78	40.89	1:22.55
31.	Britt van Osnabrugge	ZPB H&L Productions	1:21.42	200601910	<b>1:23.11</b>	+0,72	40.80	1:23.11

15 - 16 jaar

1.	Milou van Wijk	MNC Dordrecht	1:03.64	200404948	<b>1:04.95</b>	+0,58	31.38	1:04.95
2.	Julia Notenboom <i>*bu eindtijd</i>	De Columbiaan	1:06.45	200302596	<b>1:07.53</b>		33.21	1:07.53
3.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:07.52	200404272	<b>1:08.74</b>	+0,68	32.86	1:08.74
4.	Isabel Scheepbouwer	ZPC Wiekslag	1:08.87	200301106	<b>1:08.78</b>	+0,61	32.92	1:08.78
5.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:08.36	200300052	<b>1:09.30</b>	+0,71	33.25	1:09.30

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 6, Meisjes, 100m rugslag, 15 - 16 jaar

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
6.	Jonna Muntjewerff	The Hague Swimming (SG)	1:10.67	200402396	<b>1:09.78</b>	+0,70	34.27	1:09.78
7.	Lotte Koornneef	The Hague Swimming (SG)	1:10.47	200303584	<b>1:10.71</b>	+0,65	34.42	1:10.71
8.	Megan de Hoog	SG SCOM/de Zeehond'73	1:08.52	200300214	<b>1:11.06</b>	+0,73	33.61	1:11.06
9.	Isis Naaktgeboren	ZZ&PC De Devel	1:10.75	200403914	<b>1:11.25</b>	+0,74	34.84	1:11.25
10.	Kim Rutters	De Kempvis	1:14.81	200302318	<b>1:11.49</b>	+0,69	34.75	1:11.49
11.	Zinzi van der Maas	WVZ	1:11.16	200402028	<b>1:12.39</b>	+0,59	35.23	1:12.39
12.	Jenna Klein	LinK	1:10.19	200400914	<b>1:12.86</b>	+0,86	34.79	1:12.86
13.	Megan van Delden	WVZ	1:38.39	200405500	<b>1:35.20</b>	+0,71	46.76	1:35.20

Senioren

1.	Elise Tanis	MNC Dordrecht	1:01.69	200200120	<b>1:03.74</b>		31.33	1:03.74
2.	Chefanja Nunes	WVZ	1:03.05	200104750	<b>1:04.24</b>	+0,59	31.39	1:04.24
3.	Maaïke Broersma	BZ en PC	1:05.75	200201522	<b>1:04.32</b>	+0,64	31.21	1:04.32
4.	Babette van der Kaaij	Rotterdam Swimming (SG)	1:05.52	199902234	<b>1:06.38</b>	+0,61	32.33	1:06.38
5.	Sanne Heemskerck	ZVL-1886 Tetteroo	1:07.34	200100600	<b>1:08.06</b>	+0,60	32.42	1:08.06
<i>*bu 100m</i>								
6.	Lynn Blommers	The Hague Swimming (SG)	1:10.41	200105062	<b>1:08.39</b>	+0,59	33.67	1:08.39
7.	Sophie de Jonge	WVZ	1:11.52	200200118	<b>1:08.90</b>	+0,70	33.71	1:08.90
8.	Ana Nusa Versnik	The Hague Swimming (SG)	1:09.36	200003496	<b>1:09.45</b>	+0,65	33.20	1:09.45
9.	Jip Veeman	The Hague Swimming (SG)	1:08.24	200106100	<b>1:09.48</b>	+0,77	33.54	1:09.48
10.	Robin Pienaar	ZPV Barracuda	1:13.31	200102236	<b>1:09.58</b>	+0,65	34.10	1:09.58
11.	Rozemarijn van Haaff	ZOB'66	1:14.03	200201852	<b>1:10.93</b>	+0,69	34.61	1:10.93
12.	Lauren van IJll	WVZ	1:09.45	200001064	<b>1:11.06</b>	+0,68	34.44	1:11.06
13.	Anouk Vis	De Columbiaan	1:11.08	200203322	<b>1:11.68</b>	+0,60	34.70	1:11.68
14.	Anniek de Ruiter	Widex GZC Donk 1	1:10.14	200101224	<b>1:11.84</b>		34.25	1:11.84
<i>*bu 100m</i>								
15.	Laura Tromp	ZZ&PC De Devel	1:12.13	200000276	<b>1:13.15</b>	+0,71	35.67	1:13.15
16.	Diana Noordermeer	SG SCOM/de Zeehond'73	1:15.80	200102110	<b>1:14.93</b>	+0,64	36.48	1:14.93
17.	Jonne Moleman	LinK	1:20.63	200006264	<b>1:22.77</b>	+0,75	40.80	1:22.77
<i>*bu 100m</i>								

Programmanr. 7  
16-11-2019 - 11:50

Jongens, 4 x 200m vrije slag

Juniores  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Rotterdam Swimming 1 <i>*bu 600m</i>	Rotterdam Swimming (SG)	8:27.60	<b>8:36.31</b> +0,72
	Erik Oldenkamp	04	+0,72 28.61	1:01.10 1:34.31 2:07.22 2:07.22
	Arthur Bondartsov	04	+0,40 30.04	1:04.41 1:39.97 2:14.92 2:14.92
	Julien Tanis	04	+0,65 29.41	1:02.95 1:37.76 2:11.97 2:11.97
	Jay de Vries	04	27.59	59.55 1:31.61 2:02.20 2:02.20
2.	De Columbiaan 1 <i>*bu 200m</i>	De Columbiaan	8:48.22	<b>8:51.20</b> +0,73
	Conor Baker	05	+0,73 30.63	1:06.21 1:42.16 2:17.60 2:17.60
	Max van Schagen	04	28.78	1:00.79 1:35.28 2:08.95 2:08.95
	Casper Hoogervorst	05	31.57	1:06.81 1:42.29 2:18.50 2:18.50
	Thijm Kruit	04	26.00	57.18 1:31.11 2:06.15 2:06.15
3.	GZC Donk 1	Widex GZC Donk 1	9:38.52	<b>9:20.39</b> +0,71
	Roan van der Weide	06	+0,71 31.89	1:07.16 1:43.71 2:19.97 2:19.97
	Marijn Dekkers	04	+0,40 31.23	1:07.10 1:43.98 2:18.77 2:18.77
	Yassine Mellah	05	+0,42 32.69	1:10.16 1:48.11 2:23.19 2:23.19
	Bo Schoenmakers	04	+0,44 30.23	1:04.68 1:41.14 2:18.46 2:18.46
4.	WVZ 1	WVZ	9:22.06	<b>9:22.64</b> +0,68
	Pepijn van Egmond	04	+0,68 29.55	1:01.91 1:33.99 2:05.19 2:05.19
	Floris Wassenaar	06	+0,46 31.93	1:08.04 1:44.93 2:25.36 2:25.36
	Renzo Steller	07	+0,48 32.57	1:10.95 1:52.54 2:34.43 2:34.43
	Anthony Kraag	04	+0,56 28.92	1:03.93 1:40.90 2:17.66 2:17.66
5.	Barracuda 1	ZPV Barracuda	9:48.59	<b>10:07.39</b> +0,69
	Thijs Visser	05	+0,69 32.90	1:10.31 1:48.03 2:24.24 2:24.24
	Joshua Agussalim	06	+0,72 32.61	1:11.95 1:53.54 2:34.00 2:34.00
	Bas Bechtold	06	+0,62 34.20	1:14.94 1:56.85 2:36.00 2:36.00
	Reinier Velthuijs	05	+0,66 33.06	1:11.56 1:52.12 2:33.15 2:33.15

Regiokampioenschappen korte baan  
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Programmanr. 7, Jongens, 4 x 200m vrije slag, Junioren

rang	vereniging	intijd	tijd	RT
6.	De Columbiaan 2	De Columbiaan	9:54.86	<b>10:07.90</b> +0,75
	Onno Roeleveld	05	+0,75 32.29 1:09.09 1:47.19 2:25.49 2:25.49	
	Boele Böhm	07	+0,62 35.64 1:17.23 1:59.12 2:39.83 2:39.83	
	Twan Hoogervorst	07	+0,64 36.00 1:17.90 2:00.31 2:40.40 2:40.40	
	Dobbe Kruit	05	+0,27 31.72 1:07.98 1:45.64 2:22.18 2:22.18	
7.	Lansingh 1	KZV de Lansingh	10:05.64	<b>10:09.42</b> +0,54
	Hessel de Jong	06	+0,54 33.05 1:10.56 1:48.66 2:23.43 2:23.43	
	Naveh Goodchild	07	+0,29 39.95 1:25.44 2:10.40 2:53.39 2:53.39	
	Jasper Groen	06	+0,15 34.87 1:15.32 1:58.10 2:39.74 2:39.74	
	Menno Wieringa	05	+0,21 29.07 1:03.92 1:39.87 2:12.86 2:12.86	

Programmanr. 8  
16-11-2019 - 12:00

Heren, 4 x 200m vrije slag

Junioren 1 en ouder  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Albion WSS (SG) 1	Albion WSS (SG)	7:45.70	<b>7:51.30</b> +0,69
	Pascal Nuijten	97	+0,69 26.72 56.13 1:26.17 1:57.03 1:57.03	
	Otto Pranger	00	+0,56 26.66 56.33 1:27.80 2:01.01 2:01.01	
	Jarno van Oijen	01	+0,46 26.71 56.44 1:27.40 1:58.38 1:58.38	
	Ensgar Kotterink	94	+0,41 25.19 53.79 1:24.10 1:54.88 1:54.88	
2.	WVZ 1	WVZ	8:01.57	<b>8:02.20</b> +0,69
	<i>*bu 600 - 650 - 700m</i>			
	Joost de Roy van Zuydewijn	00	+0,69 28.16 59.46 1:30.79 2:01.81 2:01.81	
	Quinn van den Heuvel	01	+0,27 26.73 56.81 1:27.74 1:58.43 1:58.43	
	Noah Legerstee	00	+0,34 27.35 58.63 1:31.32 2:03.33 2:03.33	
	Sean Niewold	02	26.05 55.95 1:27.42 1:58.63 1:58.63	
3.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	8:26.16	<b>8:09.69</b> +0,88
	Victor Simons	02	+0,88 28.35 59.55 1:32.21 2:05.47 2:05.47	
	Rob Lugtenburg	02	+0,63 29.22 1:01.00 1:34.30 2:07.40 2:07.40	
	Jonne Schaafsma	98	+0,46 25.63 54.70 1:24.66 1:54.81 1:54.81	
	Cas Jansen	02	+0,40 27.24 57.71 1:29.82 2:02.01 2:02.01	
4.	Rotterdam Swimming 2	Rotterdam Swimming (SG)	8:02.34	<b>8:11.28</b> +0,75
	Jeroen Baars	92	+0,75 27.21 57.59 1:28.43 1:55.48 1:55.48	
	Jim Geestman	83	+0,69 28.92 1:00.95 1:34.40 2:07.59 2:07.59	
	Sam Beer	96	+0,66 28.54 1:02.34 1:37.88 2:12.57 2:12.57	
	Mark Baars	85	+0,22 25.49 54.90 1:24.94 1:55.64 1:55.64	
5.	De Schotejil 1	z.c De Schotejil	8:14.44	<b>8:21.26</b> +0,73
	Jacob Mackloet	00	+0,73 27.64 58.94 1:30.99 2:01.86 2:01.86	
	Aron Paasse	00	+0,41 27.40 58.22 1:30.89 2:04.03 2:04.03	
	David Kievit	99	+0,30 28.32 1:00.24 1:33.84 2:07.80 2:07.80	
	Xander Vis	03	+0,68 27.79 59.87 1:33.73 2:07.57 2:07.57	
6.	Barracuda 1	ZPV Barracuda	8:30.18	<b>8:28.46</b> +0,76
	Emiel van Beusekom	94	+0,76 28.49 59.87 1:32.06 2:03.00 2:03.00	
	Thomas Hesper	00	+0,63 29.37 1:02.04 1:35.34 2:07.74 2:07.74	
	Mark Hensen	79	+0,28 28.19 1:00.24 1:33.22 2:06.55 2:06.55	
	Martijn van Noord	02	+0,46 30.63 1:03.98 1:37.58 2:11.17 2:11.17	
7.	Lansingh 1	KZV de Lansingh	8:17.09	<b>8:29.70</b> +0,72
	<i>*bu 450 - 500m</i>			
	Nol van Thull	80	+0,72 28.57 1:00.40 1:32.38 2:03.03 2:03.03	
	Stefan Groen	03	+0,26 29.00 1:01.81 1:36.66 2:11.84 2:11.84	
	Kevin Kingma	97	+0,33 28.28 1:01.14 1:35.78 2:10.32 2:10.32	
	Rutger Dalm	90	+0,10 28.51 1:00.09 1:32.85 2:04.51 2:04.51	
8.	GZC Donk 1	Widex GZC Donk 1	8:30.39	<b>8:34.87</b> +0,67
	Paul van Grol	96	+0,67 28.37 59.91 1:32.70 2:05.52 2:05.52	
	Duncan van Haaren	00	+0,25 27.23 58.58 1:31.08 2:03.19 2:03.19	
	Joris de Gier	01	+0,49 28.63 1:01.31 1:36.44 2:13.86 2:13.86	
	Remco Oskam	92	+0,33 28.26 1:01.08 1:36.11 2:12.30 2:12.30	

Regiokampioenschappen korte baan  
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Programmanr. 9  
16-11-2019 - 13:30

Dames, 100m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
<b>Junioren 1 en 2</b>								
1.	Robin Vermeulen	MNC Dordrecht	1:02.16	200700412	<b>1:01.72</b>	+0,85	29.83	1:01.72
2.	Charlotte Woltjes	The Hague Swimming (SG)	1:03.44	200700110	<b>1:04.28</b>	+0,79	30.57	1:04.28
3.	Fleur Kamminga	WVZ	1:03.91	200701838	<b>1:04.45</b>	+0,81	30.76	1:04.45
4.	Ananda van der Wiel	WVZ	1:04.02	200701562	<b>1:04.70</b>	+0,69	31.47	1:04.70
5.	Floor Hogervorst	Noordwijkerhout	1:07.86	200701400	<b>1:05.39</b>	+0,75	31.90	1:05.39
6.	Thalia Meijer	MNC Dordrecht	1:05.94	200704048	<b>1:05.91</b>	+0,69	31.79	1:05.91
7.	Daniek Wijnen	ZVL-1886 Tetteroo	1:06.96	200701280	<b>1:07.06</b>	+0,73	32.29	1:07.06
8.	Mila Oomens	ZPV Barracuda	1:05.95	200700016	<b>1:07.10</b>	+0,70	32.06	1:07.10
9.	Lety Pieters	Rotterdam Swimming (SG)	1:09.25	200702720	<b>1:07.35</b>	+1,02	31.75	1:07.35
10.	Flora Szili-Torok	Rotterdam Swimming (SG)	1:07.71	200800114	<b>1:07.52</b>	+0,69	32.22	1:07.52
11.	Liv Heijdra	Albion WSS (SG)	1:07.92	200800736	<b>1:07.61</b>	+0,57	32.04	1:07.61
	<i>*bu eindtijd</i>							
12.	Anniqne Rupke	Widex GZC Donk 1	1:09.61	200700876	<b>1:07.71</b>	+0,76	32.47	1:07.71
13.	Meyke v. Nimwegen	z.c De Schotejil	1:07.64	200800106	<b>1:07.83</b>	+0,79	32.56	1:07.83
14.	Samantha van der Jagt	ZZ&PC De Devel	1:10.21	200700220	<b>1:08.80</b>	+0,82	33.22	1:08.80
15.	Dide Provily	ZPC Wiekslag	1:09.47	200700480	<b>1:09.64</b>	+0,78	33.33	1:09.64
16.	Charlene Ruiters	De Columbiaan	1:10.77	200700522	<b>1:09.88</b>	+0,72	34.03	1:09.88
	<i>*bu eindtijd</i>							
17.	Tessa Hoogstraten	De Columbiaan	1:10.77	200800544	<b>1:10.15</b>	+0,49	33.79	1:10.15
18.	Britte Lodder	ZZ&PC De Devel	1:09.23	200702290	<b>1:10.64</b>	+0,73	33.74	1:10.64
19.	Dominique Overduin	z.c De Schotejil	1:09.81	200700172	<b>1:10.77</b>	+0,63	33.98	1:10.77
20.	Solana Kock	WVZ	1:12.52	200802520	<b>1:11.17</b>	+0,80	34.20	1:11.17
21.	Shirley van Mourik	MNC Dordrecht	1:10.24	200802092	<b>1:11.55</b>	+0,72	35.46	1:11.55
22.	Evi Bol	ZPC Wiekslag	1:13.29	200700790	<b>1:11.92</b>	+0,57	34.22	1:11.92
23.	Janneke Twigt	KZV de Lansingh	1:11.22	200701040	<b>1:11.96</b>	+0,83	34.65	1:11.96
24.	Ilse Rozema	AZC	1:14.68	200803318	<b>1:11.98</b>	+0,65	33.87	1:11.98
25.	Annedieke Scholte	The Hague Swimming (SG)	1:09.79	200701110	<b>1:12.36</b>	+0,79	34.47	1:12.36
26.	Lea Visser	ZPC Numansdorp	1:15.65	200703572	<b>1:12.50</b>	+0,79	35.19	1:12.50
27.	Renske Snip	De Columbiaan	1:13.72	200703628	<b>1:12.52</b>	+0,71	35.34	1:12.52
28.	Yrsah Verheijen	The Hague Swimming (SG)	1:10.32	200700350	<b>1:12.60</b>	+0,74	34.40	1:12.60
29.	Donna Verhoef	De Geul	1:13.43	200701934	<b>1:12.64</b>	+0,75	34.13	1:12.64
30.	Robin van den Akker	PCG	1:11.21	200700950	<b>1:12.79</b>	+0,60	36.37	1:12.79
31.	Evelyn Harris	The Hague Swimming (SG)	1:14.62	200703250	<b>1:12.90</b>	+0,78	35.11	1:12.90
32.	J. Gomes Delgado	Albion WSS (SG)	1:13.33	200800738	<b>1:13.06</b>	+0,82	35.01	1:13.06
33.	Julia van Wingerden	ZZ&PC De Devel	1:16.02	200800436	<b>1:13.37</b>	+0,56	36.11	1:13.37
34.	Jinth Engelse	ZPV Barracuda	1:09.20	200800204	<b>1:13.41</b>		34.54	1:13.41
35.	Anniek Colijn	MNC Dordrecht	1:15.62	200801120	<b>1:13.43</b>	+0,76	35.99	1:13.43
	<i>*bu eindtijd</i>							
36.	Aukje Schonewille	ZPB H&L Productions	1:13.85	200702340	<b>1:13.98</b>	+0,76	36.25	1:13.98
37.	Sophie Adriaanse	De Columbiaan	1:12.52	200701066	<b>1:14.09</b>	+0,74	35.43	1:14.09
38.	Eloisa Gomes Delgado	Albion WSS (SG)	1:12.67	200700812	<b>1:14.26</b>	+0,82	36.51	1:14.26
39.	Kyona Steffe	The Hague Swimming (SG)	1:16.39	200702004	<b>1:14.55</b>		36.01	1:14.55
40.	Judith Keijzer	ZOB'66	1:13.44	200801056	<b>1:15.18</b>	+0,81	35.88	1:15.18
	<i>*bu eindtijd</i>							
41.	Kyana van Dam	ZPV Barracuda	1:15.64	200703008	<b>1:15.46</b>	+0,82	35.96	1:15.46
42.	Sara Stevens	De Watervogels	1:16.15	200701878	<b>1:16.18</b>	+0,79	36.45	1:16.18
43.	Eliska Bosscher	MNC Dordrecht	1:16.43	200800054	<b>1:16.83</b>	+1,03	37.10	1:16.83
NG	Jaylin van der Linden	ZZ&PC De Devel	1:15.21	200701766				
NG	Lieke van den Aniel	D'elft	1:12.50	200702010				
<b>13 - 14 jaar</b>								
1.	Jelsie van Ruijven	WVZ	1:00.23	200500282	<b>59.08</b>	+0,69	28.22	59.08
	<i>* bu 100m</i>							
2.	Anique Hazebroek	The Hague Swimming (SG)	59.88	200502196	<b>1:00.30</b>	+0,75	28.76	1:00.30
	<i>* bu 100m</i>							
3.	Isa Maes	Albion WSS (SG)	1:01.77	200500110	<b>1:00.65</b>	+0,69	29.41	1:00.65
4.	Elijdjah van der Heul	Rotterdam Swimming (SG)	1:02.19	200602180	<b>1:00.89</b>	+0,70	29.56	1:00.89
5.	Britt van't Zant	Albion WSS (SG)	1:03.46	200501170	<b>1:01.39</b>	+0,68	29.48	1:01.39
6.	Vivianne Woltjes	The Hague Swimming (SG)	1:03.00	200501524	<b>1:01.65</b>	+0,70	29.43	1:01.65
7.	Estelle van Wijngaarden	ZPB H&L Productions	1:02.19	200601020	<b>1:02.38</b>	+0,82	30.06	1:02.38

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Programmanr. 9, Meisjes, 100m vrije slag, 13 - 14 jaar

rang	naam	vereniging	intijd		tijd	RT	50m	100m
8.	Marit Huisman	ZPV Barracuda	1:03.04	200502620	<b>1:02.77</b>	+0,64	30.31	1:02.77
9.	Emma Verkuijl	ZPV Barracuda	1:03.04	200500826	<b>1:03.78</b>	+0,70	31.39	1:03.78
	Lyke Buscop	z.c De Schotejil	1:05.61	200500552	<b>1:03.78</b>	+0,72	30.64	1:03.78
11.	Anouchka Bos	ZPV Barracuda	1:03.66	200501528	<b>1:03.92</b>	+0,72	31.32	1:03.92
12.	Niké Telkamp	The Hague Swimming (SG)	1:03.38	200501088	<b>1:04.13</b>	+0,75	30.54	1:04.13
13.	Laura Hoogenboezem	KZV de Lansingh	1:04.47	200500390	<b>1:04.26</b>	+0,79	31.14	1:04.26
	<i>*bu eindtijd</i>							
14.	Madoline Held	The Hague Swimming (SG)	1:04.23	200503412	<b>1:04.32</b>	+0,74	30.54	1:04.32
15.	Evelyn Liket	ZV Vlaardingen-Schiedam	1:04.68	200503118	<b>1:04.56</b>	+0,75	30.19	1:04.56
16.	Mar Stoel	De Columbiaan	1:05.24	200500520	<b>1:04.61</b>	+0,72	31.17	1:04.61
	Aisha Nobels	Albion WSS (SG)	1:06.21	200501710	<b>1:04.61</b>	+0,62	31.79	1:04.61
18.	Kimberly Ruiten	De Columbiaan	1:03.51	200600492	<b>1:04.64</b>	+0,78	30.91	1:04.64
19.	Sophie Buurman	ZPC Wiekslag	1:04.98	200502530	<b>1:04.66</b>	+0,69	31.61	1:04.66
20.	Yente Bouwmeester	De Columbiaan	1:03.85	200500340	<b>1:04.85</b>	+0,66	31.69	1:04.85
21.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	1:06.88	200600732	<b>1:05.08</b>	+0,82	31.33	1:05.08
22.	Sylvie Roos	Albion WSS (SG)	1:08.60	200502772	<b>1:05.31</b>	+0,71	31.47	1:05.31
23.	Leyla Oversluizen	MNC Dordrecht	1:03.16	200602730	<b>1:06.00</b>	+0,77	30.64	1:06.00
24.	Laura 't Lam	De Geul	1:05.53	200603376	<b>1:06.15</b>	+0,72	32.47	1:06.15
	<i>*bu eindtijd</i>							
25.	Asha van Lobberegt	Albion WSS (SG)	1:03.25	200500088	<b>1:06.20</b>	+0,64	31.57	1:06.20
26.	Milou Demirel	The Hague Swimming (SG)	1:07.57	200501254	<b>1:06.26</b>	+0,83	31.68	1:06.26
27.	Felicia Adema	D'elft	1:06.89	200501310	<b>1:06.76</b>	+0,73	31.91	1:06.76
28.	Sanne Slof	The Hague Swimming (SG)	1:05.07	200601810	<b>1:06.85</b>	+0,87	32.31	1:06.85
29.	Elisabeth Kruger	Albion WSS (SG)	1:07.28	200503938	<b>1:07.11</b>	+0,73	31.69	1:07.11
30.	Eva v.d. Slik	z.c De Schotejil	1:06.20	200602876	<b>1:07.17</b>	+0,70	32.12	1:07.17
31.	Meira Simons	The Hague Swimming (SG)	1:06.87	200502984	<b>1:07.63</b>	+0,77	32.69	1:07.63
32.	Jade van der Maas	WVZ	1:05.71	200600408	<b>1:07.66</b>	+0,75	32.60	1:07.66
33.	Lotte Zaal	De Columbiaan	1:08.63	200502590	<b>1:07.71</b>	+0,78	32.91	1:07.71
34.	Emi Schipper	ZOB'66	1:07.01	200502126	<b>1:07.74</b>	+0,79	32.60	1:07.74
35.	Mara Tims	The Hague Swimming (SG)	1:07.07	200601136	<b>1:07.77</b>	+0,62	32.83	1:07.77
36.	Anna Melissant	PCG	1:11.32	200603122	<b>1:07.93</b>	+0,76	32.61	1:07.93
37.	Amber Saabeel	Rotterdam Swimming (SG)	1:11.27	200503838	<b>1:08.22</b>	+0,61	32.56	1:08.22
38.	Zoe Kenworthy	De Columbiaan	1:08.79	200500428	<b>1:08.24</b>	+0,75	32.67	1:08.24
39.	Peggy Blom	Z&PC De Gouwe	1:10.87	200503166	<b>1:08.28</b>	+0,65	33.09	1:08.28
40.	Lilian Kint	Rotterdam Swimming (SG)	1:09.17	200503408	<b>1:08.46</b>	+0,67	32.51	1:08.46
41.	Renske Overdam	Z&PC De Gouwe	1:10.23	200601676	<b>1:09.18</b>	+0,83	33.11	1:09.18
42.	Noëmi Oldenkamp	KZV de Lansingh	1:09.31	200600162	<b>1:09.25</b>	+0,85	32.96	1:09.25
43.	Nikita Snoeren	WVZ	1:07.44	200600342	<b>1:09.45</b>	+0,67	33.74	1:09.45
44.	Donna van der Meer	BZ en PC	1:11.10	200601146	<b>1:09.53</b>	+0,49	33.04	1:09.53
45.	Sabine Looden	De Columbiaan	1:11.20	200601390	<b>1:09.54</b>	+0,72	33.65	1:09.54
46.	Nayely Acosta Avarado	D'elft	1:10.97	200602934	<b>1:09.62</b>	+0,66	32.92	1:09.62
47.	Alicia Breeveld	Rotterdam Swimming (SG)	1:11.67	200601836	<b>1:09.92</b>	+0,73	33.77	1:09.92
48.	Noa Bijl	SG SCOM/de Zeehond'73	1:09.54	200603586	<b>1:10.03</b>	+0,77	32.60	1:10.03
49.	Lotte Cornelissen	De Watervogels	1:10.55	200601182	<b>1:10.12</b>	+0,75	33.39	1:10.12
50.	Jessica Pol	Poseidon'56	1:09.92	200600030	<b>1:10.17</b>	+0,80	34.23	1:10.17
51.	Daphne van Tilburg	De Geul	1:08.32	200500580	<b>1:10.22</b>	+0,83	33.92	1:10.22
	<i>*bu eindtijd</i>							
52.	Nynke Roosendaal	Albion WSS (SG)	1:12.93	200502040	<b>1:10.75</b>	+0,64	32.96	1:10.75
53.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	1:11.37	200602328	<b>1:10.99</b>	+0,67	33.83	1:10.99
54.	G. Schrijvers van Zender	The Hague Swimming (SG)	1:10.78	200601618	<b>1:11.22</b>	+0,70	34.31	1:11.22
55.	Meygan Leuring	ZVL-1886 Tetteroo	1:10.00	200602366	<b>1:11.94</b>	+0,65	34.93	1:11.94
56.	Fenne Saaf	Zoetermeer	1:10.06	200504340	<b>1:12.10</b>	+0,83	33.74	1:12.10
57.	Anne-Marie Twigt	KZV de Lansingh	1:12.94	200503290	<b>1:12.33</b>	+0,83	34.80	1:12.33
58.	Zoë Hendriks	Zoetermeer	1:14.27	200502978	<b>1:15.40</b>	+0,94	35.56	1:15.40
59.	Emma Suderee	Rotterdam Swimming (SG)	1:11.60	200603598	<b>1:15.75</b>	+0,75	36.27	1:15.75
NG.ZA	Eva Kerdel	WZK	1:10.19	200500930				

15 - 16 jaar

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	56.26	200400258	<b>56.36</b>	+0,67	27.19	56.36
2.	Milou van Wijk	MNC Dordrecht	56.09	200404948	<b>57.39</b>	+0,76	28.09	57.39
3.	Lara Hoeksema	The Hague Swimming (SG)	1:00.35	200400514	<b>59.52</b>	+0,78	28.47	59.52
4.	Femke Doorenbos	The Hague Swimming (SG)	1:00.76	200404214	<b>1:00.02</b>	+0,80	29.28	1:00.02
5.	Rinske Bouman	Rotterdam Swimming (SG)	1:00.48	200400578	<b>1:00.28</b>	+0,77	29.13	1:00.28
6.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	1:00.56	200404272	<b>1:01.05</b>	+0,71	29.21	1:01.05
7.	Phaedra Meijer	MNC Dordrecht	1:01.47	200405834	<b>1:01.27</b>	+0,76	29.68	1:01.27
8.	Megan de Hoog	SG SCOM/de Zeehond'73	1:00.83	200300214	<b>1:01.61</b>	+0,75	29.32	1:01.61

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rang	naam	vereniging	intijd		tijd	RT	50m	100m
9.	Daniëlle Vis <i>*bu eindtijd</i>	De Columbiaan	1:03.50	200401044	<b>1:02.14</b>	+0,71	30.36	1:02.14
10.	Isis Naaktgeboren	ZZ&PC De Devel	1:02.11	200403914	<b>1:02.33</b>	+0,86	30.63	1:02.33
11.	Fee Smittenaar	De Columbiaan	1:03.25	200303060	<b>1:02.67</b>	+0,72	30.17	1:02.67
12.	Wendy ten Wolde	ZPC Wiekslag	1:03.37	200302658	<b>1:02.82</b>	+0,69	29.94	1:02.82
13.	Julia Notenboom	De Columbiaan	1:04.22	200302596	<b>1:03.38</b>	+0,84	30.73	1:03.38
14.	Carmen Lems	KZV de Lansingh	1:03.90	200402632	<b>1:03.52</b>	+0,74	30.19	1:03.52
15.	Jonna Muntjewerff	The Hague Swimming (SG)	1:02.34	200402396	<b>1:03.64</b>	+0,81	30.79	1:03.64
16.	Isabel Scheepbouwer	ZPC Wiekslag	1:04.53	200301106	<b>1:03.65</b>	+0,66	30.58	1:03.65
17.	Kim de Jong	LinK	1:02.79	200301026	<b>1:03.69</b>	+0,82	30.89	1:03.69
18.	Mara Bosman	The Hague Swimming (SG)	1:03.65	200303048	<b>1:03.73</b>	+0,65	30.55	1:03.73
19.	Tessa Poot	ZV Vlaardingen-Schiedam	1:04.52	200404264	<b>1:03.80</b>	+0,75	30.62	1:03.80
20.	Mandy van der Meijden	Widex GZC Donk 1	1:03.44	200402574	<b>1:03.90</b>	+0,76	30.45	1:03.90
21.	Marije de Jager	LinK	1:05.36	200301394	<b>1:04.33</b>	+0,72	30.50	1:04.33
22.	Nora van der Steen	LinK	1:03.26	200403458	<b>1:04.39</b>	+0,67	31.06	1:04.39
23.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:02.41	200300052	<b>1:04.46</b>	+0,65	30.52	1:04.46
24.	Noa de Bock	De Duck	1:04.87	200300318	<b>1:04.69</b>	+0,65	31.13	1:04.69
25.	Anique Star <i>*bu eindtijd</i>	De Columbiaan	1:06.21	200400446	<b>1:04.90</b>	+0,72	31.75	1:04.90
26.	Melanie Marinus-Cruz	WVZ	1:07.61	200404702	<b>1:05.35</b>	+0,72	31.08	1:05.35
27.	Amy Koelman	De Columbiaan	1:06.27	200300922	<b>1:05.82</b>	+0,72	31.78	1:05.82
28.	Quinty Huisman	Rotterdam Swimming (SG)	1:07.90	200401184	<b>1:05.89</b>	+0,69	32.30	1:05.89
29.	Jet van Oudheusden	ZOB'66	1:06.40	200401012	<b>1:06.60</b>	+0,71	32.05	1:06.60
30.	Jade Geurts	WVZ	1:06.00	200402278	<b>1:06.62</b>	+0,64	31.21	1:06.62
31.	Jenna Klein	LinK	1:05.67	200400914	<b>1:06.73</b>	+0,79	32.15	1:06.73
32.	Britt van Bommel	De Columbiaan	1:05.90	200301982	<b>1:07.47</b>	+0,79	32.37	1:07.47
33.	Joyce van 't Hof	ZZ&PC De Devel	1:04.85	200302122	<b>1:07.48</b>	+0,73	32.50	1:07.48
34.	Milou van Winkel	LinK	1:10.81	200402296	S14 <b>1:07.99</b>	+0,84 762	32.45	1:07.99
35.	Zoë Molenaar	Zoetermeer	1:05.38	200300978	<b>1:08.26</b>	+0,73	32.49	1:08.26
36.	Megan van Delden	WVZ	1:15.96	200405500	S13 <b>1:17.27</b>	+0,84 390	36.63	1:17.27

Senioren

1.	Elise Tanis	MNC Dordrecht	56.11	200200120	<b>56.87</b>	+0,70	27.62	56.87
2.	Lynn Blommers <i>* bu 100m</i>	The Hague Swimming (SG)	56.95	200105062	<b>57.23</b>	+0,65	27.80	57.23
3.	Angelique van Vark	Z&PC De Gouwe	58.36	199701478	<b>58.41</b>	+0,69	28.43	58.41
4.	Tessa Giele	Albion WSS (SG)	59.47	200203124	<b>58.53</b>	+0,59	28.32	58.53
5.	Sophie de Jonge	WVZ	58.44	200200118	<b>58.68</b>	+0,70	28.31	58.68
6.	Silke Molendijk	ZVL-1886 Tetteroo	58.04	200100178	<b>59.59</b>	+0,73	28.93	59.59
7.	Babette van der Kaaij	Rotterdam Swimming (SG)	59.34	199902234	<b>59.60</b>	+0,69	28.80	59.60
8.	Rosey Metz	WVZ	1:00.19	200101786	<b>59.74</b>	+0,71	28.90	59.74
9.	Pien Schravandes	KZV de Lansingh	59.37	199902010	<b>59.97</b>	+0,71	29.29	59.97
10.	Maaïke Broersma	BZ en PC	59.81	200201522	<b>1:00.01</b>	+0,73	28.65	1:00.01
11.	Ilse Kraaijeveld	The Hague Swimming (SG)	59.07	200202190	<b>1:00.22</b>	+0,74	28.60	1:00.22
12.	Chefanja Nunes	WVZ	57.25	200104750	<b>1:00.59</b>	+0,67	28.36	1:00.59
13.	Robin Pienaar	ZPV Barracuda	1:00.29	200102236	<b>1:01.17</b>	+0,79	29.40	1:01.17
14.	Jip Veeman	The Hague Swimming (SG)	1:02.12	200106100	<b>1:01.60</b>	+0,72	29.55	1:01.60
15.	Sanne Heemskerck	ZVL-1886 Tetteroo	58.94	200100600	<b>1:02.01</b>	+0,77	29.14	1:02.01
16.	Ana Nusa Versnik	The Hague Swimming (SG)	1:02.05	200003496	<b>1:02.13</b>	+0,70	29.69	1:02.13
17.	Lieske Zijlstra	z.c De Schotelijk	1:02.64	200200996	<b>1:02.33</b>	+0,75	30.06	1:02.33
18.	Anke Lambooy	De Vliet (SG)	1:01.34	198001182	<b>1:02.41</b>	+0,74	29.09	1:02.41
19.	Lotte Middelbos	z.c De Schotelijk	1:02.23	199900680	<b>1:02.42</b>	+0,76	29.82	1:02.42
20.	Alisha Vieira	Rotterdam Swimming (SG)	1:02.91	199904554	<b>1:03.23</b>	+0,75	29.84	1:03.23
21.	Kelly Wigleven	Poseidon'56	1:03.47	199500058	<b>1:03.29</b>	+0,77	30.52	1:03.29
22.	Anne Straub	Zoetermeer	1:04.12	200201402	<b>1:03.49</b>	+0,76	30.64	1:03.49
23.	Manon Middelbos	z.c De Schotelijk	1:03.29	200100056	<b>1:03.51</b>	+0,75	30.30	1:03.51
24.	Inge van der Hoek <i>* bu 100m</i>	The Hague Swimming (SG)	1:02.77	199204034	<b>1:03.56</b>	+0,69	30.73	1:03.56
25.	Rozemarijn van Haaff	ZOB'66	1:03.01	200201852	<b>1:03.67</b>	+0,79	30.56	1:03.67
26.	S. van den Dobbelssteen	The Hague Swimming (SG)	1:02.76	200100904	<b>1:03.77</b>	+0,65	31.04	1:03.77
27.	Lotte Tillemans	z.c De Schotelijk	1:02.21	200200692	<b>1:03.93</b>	+0,75	30.65	1:03.93
28.	Laila Kuipers	BZ en PC	1:04.03	200003124	<b>1:03.99</b>	+0,80	30.79	1:03.99
29.	Wendy de Bruin	ZOB'66	1:03.15	199206320	<b>1:04.05</b>	+0,63	30.24	1:04.05
30.	Amy van Leersum	Poseidon'56	1:04.72	200200300	<b>1:04.13</b>	+0,74	30.76	1:04.13
31.	Lincy de Winter	The Hague Swimming (SG)	1:04.23	199805886	<b>1:04.43</b>	+0,68	30.87	1:04.43

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Programmanr. 9, Dames, 100m vrije slag, Senioren

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
32.	Anniek de Ruiter	Widex GZC Donk 1	1:02.47	200101224	<b>1:04.46</b>	+0,78	30.63	1:04.46
33.	Lisanne Dijkman	Zoetermeer	1:03.96	200102676	<b>1:04.55</b>	+0,66	30.66	1:04.55
34.	Anouk Vis	De Columbiaan	1:03.78	200203322	<b>1:04.68</b>	+0,77	30.76	1:04.68
35.	Iris van Berkel	ZPV Barracuda	1:04.17	200000476	<b>1:04.88</b>	+0,78	31.18	1:04.88
36.	Sanne Hobé	Poseidon'56	1:02.83	200000826	<b>1:05.31</b>	+0,72	31.20	1:05.31
37.	Marbel Diderik	De Columbiaan	1:04.09	200205752	<b>1:05.40</b>	+0,62	30.94	1:05.40
38.	Jana Plaisier	ZZ&PC De Devel	1:04.69	200101266	<b>1:05.88</b>	+0,77	31.71	1:05.88
<i>*bu eindtijd</i>								
39.	Elyanne Boudestein	Zoetermeer	1:04.97	200101060	<b>1:06.01</b>	+0,75	31.20	1:06.01
40.	Lara Idsinga	ZZ&PC De Devel	1:05.05	200200678	<b>1:06.29</b>	+0,74	31.82	1:06.29
41.	Nikita Herwig	ZPC Wiekslag	1:04.68	199903552	<b>1:07.73</b>	+0,76	32.34	1:07.73
42.	Femke Noordhoek	De Watervogels	1:05.02	199901150	<b>1:08.29</b>	+0,73	32.58	1:08.29
43.	Jonne Moleman	LinK	1:12.06	200006264	<b>1:14.36</b>	+0,90 884	35.69	1:14.36

Programmanr. 10  
16-11-2019 - 14:10

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
<b>Junioren 1 en 2</b>								
1.	Daan Sonneveld <i>*bu 100m</i>	WVZ	5:24.32	200601085	<b>4:58.50</b> +0,71			
	50m: 33.49	33.49	150m: 1:49.62	37.16	250m: 3:09.60	43.76	350m: 4:27.07	33.39
	100m: 1:12.46	38.97	200m: 2:25.84	36.22	300m: 3:53.68	44.08	400m: 4:58.50	31.43
2.	Thierry Zulver	ZV Vlaardingen-Schiedam	5:39.45	200700023	<b>5:22.47</b> +0,71			
	50m: 32.39	32.39	150m: 1:53.33	41.01	250m: 3:20.82	47.46	350m: 4:44.95	38.29
	100m: 1:12.32	39.93	200m: 2:33.36	40.03	300m: 4:06.66	45.84	400m: 5:22.47	37.52
3.	Laurens Kalle	z.c De Schotejil	5:37.16	200600161	<b>5:27.20</b> +0,78			
	50m: 35.97	35.97	150m: 2:01.09	42.61	250m: 3:29.35	46.72	350m: 4:53.14	35.80
	100m: 1:18.48	42.51	200m: 2:42.63	41.54	300m: 4:17.34	47.99	400m: 5:27.20	34.06
4.	Björn Mulder	Zoetermeer	6:03.05	200601517	<b>5:32.19</b> +0,68			
	50m: 38.34	38.34	150m: 2:06.56	42.87	250m: 3:33.87	45.58	350m: 4:56.31	37.07
	100m: 1:23.69	45.35	200m: 2:48.29	41.73	300m: 4:19.24	45.37	400m: 5:32.19	35.88
5.	Roan van der Weide	Widex GZC Donk 1	5:47.27	200601629	<b>5:34.13</b> +0,75			
	50m: 36.63	36.63	150m: 2:04.30	44.93	250m: 3:35.48	47.48	350m: 4:59.31	35.71
	100m: 1:19.37	42.74	200m: 2:48.00	43.70	300m: 4:23.60	48.12	400m: 5:34.13	34.82
6.	Bas Blanker <i>*bu 400m</i>	ZPB H&L Productions	5:46.59	200601497	<b>5:36.72</b> +0,72			
	50m: 36.14	36.14	150m: 2:02.36	43.89	250m: 3:33.85	47.70	350m: 5:00.55	38.19
	100m: 1:18.47	42.33	200m: 2:46.15	43.79	300m: 4:22.36	48.51	400m: 5:36.72	36.17
7.	Dimi Stoyanov	The Hague Swimming (SG)	5:40.99	200601067	<b>5:37.68</b> +0,50			
	50m: 35.59	35.59	150m: 1:58.23	43.30	250m: 3:30.94	49.84	350m: 4:59.86	38.87
	100m: 1:14.93	39.34	200m: 2:41.10	42.87	300m: 4:20.99	50.05	400m: 5:37.68	37.82
8.	Hessel de Jong	KZV de Lansingh	NT	200602753	<b>5:42.29</b> +0,71			
	50m: 37.64	37.64	150m: 2:10.91	43.83	250m: 3:40.89	46.75	350m: 5:08.32	39.78
	100m: 1:27.08	49.44	200m: 2:54.14	43.23	300m: 4:28.54	47.65	400m: 5:42.29	33.97
9.	Joshua Agussalim <i>*bu 100m</i>	ZPV Barracuda	NT	200600153	<b>5:42.52</b> +0,69			
	50m: 34.55	34.55	150m: 2:04.41	46.98	250m: 3:37.53	48.23	350m: 5:05.65	40.02
	100m: 1:17.43	42.88	200m: 2:49.30	44.89	300m: 4:25.63	48.10	400m: 5:42.52	36.87
10.	Benjamin Vermeer	Zoetermeer	6:05.97	200600177	<b>5:47.09</b> +0,75			
	50m: 37.27	37.27	150m: 2:04.51	43.81	250m: 3:36.40	48.86	350m: 5:08.61	41.62
	100m: 1:20.70	43.43	200m: 2:47.54	43.03	300m: 4:26.99	50.59	400m: 5:47.09	38.48
11.	Janu Nolden <i>*bu 100m</i>	WVZ	6:27.82	200600289	<b>5:56.76</b> +0,66			
	50m: 38.24	38.24	150m: 2:12.01	45.17	250m: 3:46.32	49.99	350m: 5:18.77	42.21
	100m: 1:26.84	48.60	200m: 2:56.33	44.32	300m: 4:36.56	50.24	400m: 5:56.76	37.99
12.	Tibbe Veldboer	ZPB H&L Productions	6:08.07	200600911	<b>5:57.31</b> +0,82			
	50m: 35.23	35.23	150m: 2:06.38	46.49	250m: 3:42.62	49.98	350m: 5:17.34	42.08
	100m: 1:19.89	44.66	200m: 2:52.64	46.26	300m: 4:35.26	52.64	400m: 5:57.31	39.97
13.	Jasper Groen	KZV de Lansingh	6:27.72	200602325	<b>6:11.95</b> +0,80			
	50m: 42.04	42.04	150m: 2:22.63	46.81	250m: 4:00.10	51.80	350m: 5:31.27	39.74
	100m: 1:35.82	53.78	200m: 3:08.30	45.67	300m: 4:51.53	51.43	400m: 6:11.95	40.68



Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 10, Jongens, 400m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
14.	Lucas van Peenen <i>*bu 100m</i>	ZVL-1886 Tetteroo	NT	200600457	<b>6:15.43</b> +0,70			
	50m: 40.89	40.89	150m: 2:21.93	46.87	250m: 3:57.99	50.45	350m: 5:33.92	43.67
	100m: 1:35.06	54.17	200m: 3:07.54	45.61	300m: 4:50.25	52.26	400m: 6:15.43	41.51
15.	Bart Tuinenburg	ZPC Wiekslag	6:07.33	200602347	<b>6:18.30</b> +0,60			
	50m: 40.86	40.86	150m: 2:22.04	46.27	250m: 4:00.25	52.84	350m: 5:36.21	43.47
	100m: 1:35.77	54.91	200m: 3:07.41	45.37	300m: 4:52.74	52.49	400m: 6:18.30	42.09
16.	Jisse Lousma	WVZ	NT	200701493	<b>6:21.81</b>			
	50m: 42.48	42.48	150m: 2:23.59	49.98	250m: 4:03.82	54.95	350m: 5:41.07	42.88
	100m: 1:33.61	51.13	200m: 3:08.87	45.28	300m: 4:58.19	54.37	400m: 6:21.81	40.74
17.	Merlijn van der Hoeven <i>*bu 50m</i>	WVZ	6:22.25	200600951	<b>6:32.41</b> +0,72			
	50m: 40.25	40.25	150m: 2:29.08	50.67	250m: 4:13.43	55.31	350m: 5:50.14	43.51
	100m: 1:38.41	58.16	200m: 3:18.12	49.04	300m: 5:06.63	53.20	400m: 6:32.41	42.27
18.	Bo Merkestein	WVZ	6:27.29	200602451	<b>6:34.68</b> +0,72			
	50m: 41.70	41.70	150m: 2:22.62	48.99	250m: 4:10.89	58.05	350m: 5:51.66	41.75
	100m: 1:33.63	51.93	200m: 3:12.84	50.22	300m: 5:09.91	59.02	400m: 6:34.68	43.02
19.	Tijn van Die <i>*bu 50m - 100m - 400m</i>	ZZ&PC De Devel	6:53.71	200701747	<b>6:52.37</b> +0,52			
	50m: 42.38	42.38	150m: 2:30.12	52.22	250m: 4:19.23	56.90	350m: 6:06.83	46.99
	100m: 1:37.90	55.52	200m: 3:22.33	52.21	300m: 5:19.84	1:00.61	400m: 6:52.37	45.54

Junioren 3 en 4

1.	Abel te Riele	WVZ	4:48.03	200402317	<b>4:41.51</b> +0,66			
	50m: 31.11	31.11	150m: 1:42.41	35.70	250m: 2:58.01	40.28	350m: 4:10.06	32.11
	100m: 1:06.71	35.60	200m: 2:17.73	35.32	300m: 3:37.95	39.94	400m: 4:41.51	31.45
2.	Yanieck Frijstein	The Hague Swimming (SG)	4:56.27	200500329	<b>4:50.44</b> +0,68			
	50m: 31.74	31.74	150m: 1:46.25	38.22	250m: 3:04.01	40.28	350m: 4:18.05	33.65
	100m: 1:08.03	36.29	200m: 2:23.73	37.48	300m: 3:44.40	40.39	400m: 4:50.44	32.39
3.	Nathan Janssen	MNC Dordrecht	4:58.53	200401565	<b>4:53.05</b> +0,72			
	50m: 31.71	31.71	150m: 1:46.81	39.44	250m: 3:06.92	41.44	350m: 4:21.73	33.10
	100m: 1:07.37	35.66	200m: 2:25.48	38.67	300m: 3:48.63	41.71	400m: 4:53.05	31.32
4.	Émile Fouzaï	The Hague Swimming (SG)	4:56.11	200500263	<b>4:53.75</b> +0,78			
	50m: 30.97	30.97	150m: 1:45.47	38.80	250m: 3:06.21	42.02	350m: 4:22.19	33.43
	100m: 1:06.67	35.70	200m: 2:24.19	38.72	300m: 3:48.76	42.55	400m: 4:53.75	31.56
5.	Gabriel Been	The Hague Swimming (SG)	5:02.71	200501467	<b>4:55.62</b> +0,86			
	50m: 31.54	31.54	150m: 1:47.41	39.29	250m: 3:06.91	42.04	350m: 4:23.00	33.75
	100m: 1:08.12	36.58	200m: 2:24.87	37.46	300m: 3:49.25	42.34	400m: 4:55.62	32.62
6.	Pepijn van Egmond	WVZ	5:04.88	200402309	<b>4:59.28</b> +0,60			
	50m: 30.61	30.61	150m: 1:44.33	37.35	250m: 3:05.91	44.06	350m: 4:25.70	34.47
	100m: 1:06.98	36.37	200m: 2:21.85	37.52	300m: 3:51.23	45.32	400m: 4:59.28	33.58
7.	Björn Verkaik	The Hague Swimming (SG)	5:03.44	200500411	<b>4:59.94</b> +0,70			
	50m: 31.77	31.77	150m: 1:48.40	38.83	250m: 3:07.90	43.33	350m: 4:26.56	33.88
	100m: 1:09.57	37.80	200m: 2:24.57	36.17	300m: 3:52.68	44.78	400m: 4:59.94	33.38
8.	River Streefland	The Hague Swimming (SG)	5:28.08	200502253	<b>5:04.08</b> +0,71			
	50m: 33.39	33.39	150m: 1:49.82	38.08	250m: 3:09.41	41.98	350m: 4:29.15	36.78
	100m: 1:11.74	38.35	200m: 2:27.43	37.61	300m: 3:52.37	42.96	400m: 5:04.08	34.93
9.	Erik Oldenkamp	Rotterdam Swimming (SG)	5:07.21	200400597	<b>5:05.40</b> +0,77			
	50m: 32.20	32.20	150m: 1:50.78	40.43	250m: 3:13.28	43.36	350m: 4:31.68	34.61
	100m: 1:10.35	38.15	200m: 2:29.92	39.14	300m: 3:57.07	43.79	400m: 5:05.40	33.72
10.	Sem Agterdenbos	MNC Dordrecht	NT	200500049	<b>5:14.84</b> +0,65			
	50m: 33.02	33.02	150m: 1:52.34	40.74	250m: 3:19.22	45.85	350m: 4:41.64	36.30
	100m: 1:11.60	38.58	200m: 2:33.37	41.03	300m: 4:05.34	46.12	400m: 5:14.84	33.20
11.	Max van Schagen	De Columbiaan	5:29.04	200402591	<b>5:17.25</b> +0,67			
	50m: 32.86	32.86	150m: 1:55.45	41.88	250m: 3:20.25	42.74	350m: 4:41.71	37.03
	100m: 1:13.57	40.71	200m: 2:37.51	42.06	300m: 4:04.68	44.43	400m: 5:17.25	35.54
12.	Casper Hoogervorst	De Columbiaan	5:53.25	200500183	<b>5:22.76</b> +0,70			
	50m: 35.94	35.94	150m: 2:00.15	42.37	250m: 3:26.23	43.84	350m: 4:48.85	36.80
	100m: 1:17.78	41.84	200m: 2:42.39	42.24	300m: 4:12.05	45.82	400m: 5:22.76	33.91
13.	Wout van Oevelen	D'elft	5:45.76	200404319	<b>5:24.45</b> +0,70			
	50m: 34.01	34.01	150m: 1:55.55	39.66	250m: 3:22.72	46.78	350m: 4:48.82	38.22
	100m: 1:15.89	41.88	200m: 2:35.94	40.39	300m: 4:10.60	47.88	400m: 5:24.45	35.63
14.	Niels van der Mast	ZPC Numansdorp	5:33.84	200401917	<b>5:30.82</b> +0,74			
	50m: 33.31	33.31	150m: 1:55.84	44.27	250m: 3:28.51	49.75	350m: 4:56.37	38.21
	100m: 1:11.57	38.26	200m: 2:38.76	42.92	300m: 4:18.16	49.65	400m: 5:30.82	34.45

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 10, Jongens, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
15.	Tim van Lochem	Zoetermeer	5:57.56	200500077	<b>5:32.79</b> +0,74			
	50m: 34.62	34.62	150m: 1:59.48	42.22	250m: 3:28.76	48.52	350m: 4:55.75	38.26
	100m: 1:17.26	42.64	200m: 2:40.24	40.76	300m: 4:17.49	48.73	400m: 5:32.79	37.04
16.	Thijm Kruit	De Columbiaan	5:40.11	200401339	<b>5:34.38</b> +0,78			
	50m: 33.37	33.37	150m: 1:57.06	43.82	250m: 3:27.18	48.39	350m: 4:57.84	40.33
	100m: 1:13.24	39.87	200m: 2:38.79	41.73	300m: 4:17.51	50.33	400m: 5:34.38	36.54
17.	Guus Geelen	ZVL-1886 Tetteroo	5:53.68	200401183	<b>5:36.38</b> +0,74			
	50m: 32.93	32.93	150m: 1:56.16	42.99	250m: 3:28.86	50.01	350m: 4:58.95	39.57
	100m: 1:13.17	40.24	200m: 2:38.85	42.69	300m: 4:19.38	50.52	400m: 5:36.38	37.43
18.	Marijn Dekkers	Widex GZC Donk 1	5:48.03	200402275	<b>5:41.79</b> +0,80			
	50m: 37.54	37.54	150m: 2:10.28	43.38	250m: 3:41.71	46.73	350m: 5:08.06	36.99
	100m: 1:26.90	49.36	200m: 2:54.98	44.70	300m: 4:31.07	49.36	400m: 5:41.79	33.73
19.	Wouter Willig	De Watervogels	5:57.23	200502785	<b>5:42.67</b> +0,84			
	50m: 35.40	35.40	150m: 2:04.19	45.32	250m: 3:36.04	48.37	350m: 5:05.88	41.63
	100m: 1:18.87	43.47	200m: 2:47.67	43.48	300m: 4:24.25	48.21	400m: 5:42.67	36.79
20.	Thijs Visser	ZPV Barracuda	5:59.17	200502129	<b>5:43.26</b> +0,76			
	50m: 39.05	39.05	150m: 2:11.75	44.78	250m: 3:40.98	46.23	350m: 5:06.14	39.94
	100m: 1:26.97	47.92	200m: 2:54.75	43.00	300m: 4:26.20	45.22	400m: 5:43.26	37.12
21.	Sytze van Stein <i>*bu 50m - 100m</i>	LinK	6:02.42	200501155	<b>5:52.64</b> +0,47			
	50m: 38.90	38.90	150m: 2:09.18	43.29	250m: 3:41.52	50.57	350m: 5:12.99	40.44
	100m: 1:25.89	46.99	200m: 2:50.95	41.77	300m: 4:32.55	51.03	400m: 5:52.64	39.65
22.	Stef van Heijst	De Kempvis	6:10.00	200503665	<b>5:57.44</b> +0,64			
	50m: 36.14	36.14	150m: 2:06.45	47.07	250m: 3:44.46	52.62	350m: 5:19.08	41.35
	100m: 1:19.38	43.24	200m: 2:51.84	45.39	300m: 4:37.73	53.27	400m: 5:57.44	38.36
23.	Christian Schenk	ZV Strijen	6:07.56	200402191	<b>6:01.76</b> +0,81			
	50m: 36.59	36.59	150m: 2:10.24	47.91	250m: 3:47.39	50.06	350m: 5:21.10	41.51
	100m: 1:22.33	45.74	200m: 2:57.33	47.09	300m: 4:39.59	52.20	400m: 6:01.76	40.66

Jeugd 1 en 2

1.	Perry Laarhoven	ZPC Numansdorp	4:48.49	200301321	<b>4:42.62</b> +0,77			
	50m: 30.12	30.12	150m: 1:42.25	36.57	250m: 2:56.47	38.31	350m: 4:10.60	35.12
	100m: 1:05.68	35.56	200m: 2:18.16	35.91	300m: 3:35.48	39.01	400m: 4:42.62	32.02
2.	Michael Smink <i>*bu 100m - 150m</i>	The Hague Swimming (SG)	4:49.14	200302169	<b>4:44.83</b> +0,78			
	50m: 28.79	28.79	150m: 1:40.65	37.09	250m: 2:59.87	42.73	350m: 4:13.96	33.39
	100m: 1:03.56	34.77	200m: 2:17.14	36.49	300m: 3:40.57	40.70	400m: 4:44.83	30.87
3.	Guus Hoogduin	ZVL-1886 Tetteroo	4:50.01	200201069	<b>4:48.33</b> +0,71			
	50m: 29.64	29.64	150m: 1:41.73	38.05	250m: 2:59.84	41.38	350m: 4:16.29	34.54
	100m: 1:03.68	34.04	200m: 2:18.46	36.73	300m: 3:41.75	41.91	400m: 4:48.33	32.04
4.	Daan Hogerhuis	LinK	4:57.23	200300317	<b>4:56.37</b> +0,80			
	50m: 31.32	31.32	150m: 1:46.53	39.08	250m: 3:06.77	42.79	350m: 4:24.29	34.72
	100m: 1:07.45	36.13	200m: 2:23.98	37.45	300m: 3:49.57	42.80	400m: 4:56.37	32.08
5.	Maximilian Lopes Cardozo	WZK	5:18.20	200300665	<b>5:04.32</b> +0,77			
	50m: 30.81	30.81	150m: 1:49.13	39.23	250m: 3:13.11	43.29	350m: 4:32.39	32.64
	100m: 1:09.90	39.09	200m: 2:29.82	40.69	300m: 3:59.75	46.64	400m: 5:04.32	31.93
6.	Quinten Nieuwenhuis	WZK	5:23.26	200304577	<b>5:11.97</b> +0,74			
	50m: 31.55	31.55	150m: 1:49.37	38.72	250m: 3:14.69	46.58	350m: 4:37.15	36.04
	100m: 1:10.65	39.10	200m: 2:28.11	38.74	300m: 4:01.11	46.42	400m: 5:11.97	34.82
7.	Stefan Groen	KZV de Lansingh	5:11.25	200301179	<b>5:16.86</b> +0,72			
	50m: 31.37	31.37	150m: 1:48.96	39.67	250m: 3:15.11	46.65	350m: 4:40.15	37.54
	100m: 1:09.29	37.92	200m: 2:28.46	39.50	300m: 4:02.61	47.50	400m: 5:16.86	36.71
8.	Dylano Termoshuizen	WVZ	5:28.43	200202169	<b>5:21.23</b> +0,70			
	50m: 31.31	31.31	150m: 1:46.81	38.68	250m: 3:13.18	47.38	350m: 4:43.70	40.08
	100m: 1:08.13	36.82	200m: 2:25.80	38.99	300m: 4:03.62	50.44	400m: 5:21.23	37.53
9.	Yassine Maas	The Hague Swimming (SG)	5:16.97	200301505	<b>5:21.94</b> +0,75			
	50m: 31.41	31.41	150m: 1:49.89	41.82	250m: 3:16.53	45.61	350m: 4:44.15	39.96
	100m: 1:08.07	36.66	200m: 2:30.92	41.03	300m: 4:04.19	47.66	400m: 5:21.94	37.79
10.	Wouter Verdoes <i>*bu 100m</i>	De Columbiaan	5:29.66	200200351	<b>5:22.40</b> +0,73			
	50m: 32.27	32.27	150m: 1:52.58	41.40	250m: 3:19.60	45.24	350m: 4:45.85	39.60
	100m: 1:11.18	38.91	200m: 2:34.36	41.78	300m: 4:06.25	46.65	400m: 5:22.40	36.55

Regiokampioenschappen korte baan  
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Programmanr. 10, Heren, 400m wisselslag

Senioren 1 en ouder

1.	Ensger Kotterink <i>*bu 50m - 100m</i>	Albion WSS (SG)	4:34.34	199403391	<b>4:39.83</b>	+0,72		
	50m: 28.80 100m: 1:02.63	28.80 33.83	150m: 1:37.22 200m: 2:12.81	34.59 35.59	250m: 2:53.18 300m: 3:33.77	40.37 40.59	350m: 4:06.69 400m: 4:39.83	32.92 33.14
2.	Jasper Breugem <i>*bu 50m - 100m</i>	WVZ	4:41.71	200000303	<b>4:51.70</b>	+0,77		
	50m: 30.16 100m: 1:06.28	30.16 36.12	150m: 1:43.16 200m: 2:20.21	36.88 37.05	250m: 3:01.90 300m: 3:44.76	41.69 42.86	350m: 4:18.65 400m: 4:51.70	33.89 33.05
3.	Bert Duivenvoorde	Noordwijkerhout	4:56.55	199701805	<b>4:54.03</b>	+0,72		
	50m: 30.00 100m: 1:04.60	30.00 34.60	150m: 1:43.34 200m: 2:22.11	38.74 38.77	250m: 3:03.72 300m: 3:46.73	41.61 43.01	350m: 4:21.80 400m: 4:54.03	35.07 32.23
4.	Bas Verdoes	De Columbiaan	4:55.41	199801487	<b>4:54.13</b>	+0,71		
	50m: 29.36 100m: 1:03.65	29.36 34.29	150m: 1:41.57 200m: 2:19.36	37.92 37.79	250m: 3:01.76 300m: 3:44.88	42.40 43.12	350m: 4:20.90 400m: 4:54.13	36.02 33.23
5.	Emiel van Beusekom	ZPV Barracuda	4:49.53	199403951	<b>4:56.92</b>	+0,75		
	50m: 30.00 100m: 1:05.44	30.00 35.44	150m: 1:45.14 200m: 2:23.49	39.70 38.35	250m: 3:06.19 300m: 3:49.86	42.70 43.67	350m: 4:24.55 400m: 4:56.92	34.69 32.37
6.	Lars Schoffemeer	ZPB H&L Productions	4:54.77	199501907	<b>4:57.13</b>	+0,75		
	50m: 29.00 100m: 1:02.42	29.00 33.42	150m: 1:39.53 200m: 2:16.63	37.11 37.10	250m: 3:01.23 300m: 3:47.00	44.60 45.77	350m: 4:22.18 400m: 4:57.13	35.18 34.95
7.	David Kievit	z.c De Schotejil	4:57.69	199900325	<b>5:04.67</b>	+0,77		
	50m: 30.32 100m: 1:05.98	30.32 35.66	150m: 1:47.23 200m: 2:26.88	41.25 39.65	250m: 3:09.92 300m: 3:52.76	43.04 42.84	350m: 4:28.78 400m: 5:04.67	36.02 35.89
8.	Mark Hensen	ZPV Barracuda	5:08.99	197900497	<b>5:11.99</b>	+0,80		
	50m: 31.42 100m: 1:07.59	31.42 36.17	150m: 1:47.25 200m: 2:26.79	39.66 39.54	250m: 3:13.27 300m: 4:00.02	46.48 46.75	350m: 4:36.32 400m: 5:11.99	36.30 35.67
9.	Luuk Kievit	z.c De Schotejil	5:15.36	200100469	<b>5:20.61</b>	+0,60		
	50m: 33.57 100m: 1:10.90	33.57 37.33	150m: 1:52.94 200m: 2:36.14	42.04 43.20	250m: 3:22.78 300m: 4:08.97	46.64 46.19	350m: 4:45.68 400m: 5:20.61	36.71 34.93
10.	Boy Borreman <i>*bu 50m - 100m - 400m</i>	LinK	5:21.81	200102751	<b>5:42.65</b>	+0,74		
	50m: 33.01 100m: 1:13.16	33.01 40.15	150m: 1:58.21 200m: 2:43.33	45.05 45.12	250m: 3:31.17 300m: 4:22.37	47.84 51.20	350m: 5:02.21 400m: 5:42.65	39.84 40.44
11.	Sven Janssens	ZPB H&L Productions	5:57.95	200102659	<b>5:51.03</b>	+0,80		
	50m: 34.49 100m: 1:19.02	34.49 44.53	150m: 2:04.99 200m: 2:49.45	45.97 44.46	250m: 3:41.14 300m: 4:31.92	51.69 50.78	350m: 5:12.57 400m: 5:51.03	40.65 38.46

Programmanr. 11  
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Dames, 50m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Robin Vermeulen <i>*bu eindtijd</i>	MNC Dordrecht	31.12	200700412	<b>31.02</b>	+0,83
2.	Ananda van der Wiel <i>*bu eindtijd</i>	WVZ	31.50	200701562	<b>31.76</b>	+0,65
3.	Thalia Meijer	MNC Dordrecht	33.03	200704048	<b>32.50</b>	+0,69
4.	Fleur Kamminga	WVZ	34.34	200701838	<b>32.73</b>	+0,72
5.	Lety Pieters	Rotterdam Swimming (SG)	33.37	200702720	<b>32.79</b>	+1,04
6.	Daniek Wijnen	ZVL-1886 Tetteroo	33.14	200701280	<b>33.03</b>	+0,69
7.	Charlotte Woltjes	The Hague Swimming (SG)	34.68	200700110	<b>33.28</b>	+0,75
8.	Mila Oomens	ZPV Barracuda	33.79	200700016	<b>33.55</b>	+0,71
9.	Meyke v. Nimwegen	z.c De Schotejil	34.48	200800106	<b>34.06</b>	+0,76
10.	Liv Heijdra	Albion WSS (SG)	34.12	200800736	<b>34.22</b>	
11.	Tessa Hoogstraten <i>*bu eindtijd</i>	De Columbiaan	36.01	200800544	<b>34.27</b>	+0,63
12.	Charlene Ruiters	De Columbiaan	34.81	200700522	<b>34.45</b>	+0,72
13.	Flora Szili-Torok	Rotterdam Swimming (SG)	35.25	200800114	<b>34.55</b>	+0,60
14.	Shirley van Mourik	MNC Dordrecht	35.15	200802092	<b>34.69</b>	+0,69
15.	Floor Hogervorst	Noordwijkerhout	36.07	200701400	<b>34.78</b>	+0,63
16.	Samantha van der Jagt	ZZ&PC De Devel	34.45	200700220	<b>35.13</b>	+0,76
17.	Dominique Overduin	z.c De Schotejil	36.70	200700172	<b>36.11</b>	+0,68

Regiokampioenschappen korte baan  
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Programmanr. 11, Meisjes, 50m vlinderslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
18.	Jinth Engelse	ZPV Barracuda	36.30	200800204	<b>36.61</b>	+0,83
19.	Annique Rupke	Widex GZC Donk 1	38.36	200700876	<b>36.84</b>	+0,75
20.	Kyona Steffe	The Hague Swimming (SG)	38.04	200702004	<b>37.10</b>	+0,83
21.	Yrsah Verheijen	The Hague Swimming (SG)	37.96	200700350	<b>37.42</b>	+0,76
22.	Jazz-Lynn Gomes Delgado	Albion WSS (SG)	37.75	200800738	<b>38.10</b>	+0,74
23.	Kyana van Dam	ZPV Barracuda	37.93	200703008	<b>38.11</b>	+0,83
24.	Janneke Twigt	KZV de Lansingh	37.10	200701040	<b>38.33</b>	+0,89
25.	Lea Visser	ZPC Numansdorp	38.70	200703572	<b>38.38</b>	+0,74
26.	Ilse Rozema	AZC	37.81	200803318	<b>38.40</b>	+0,69
27.	Robin van den Akker	PCG	37.13	200700950	<b>38.45</b>	+0,81
28.	Sara Stevens	De Watervogels	38.05	200701878	<b>39.25</b>	+0,57
	<i>* bu eindtijd</i>					
29.	Sophie Adriaanse	De Columbiaan	38.98	200701066	<b>39.27</b>	+0,74
30.	Storm Maliepaard	ZPC Numansdorp	38.06	200702310	<b>39.31</b>	+0,80
NG	Lieke van den An del	D'elft	37.10	200702010		

13 - 14 jaar

1.	Jelsie van Ruijven	WVZ	29.76	200500282	<b>29.06</b>	+0,68
2.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	30.68	200503292	<b>29.95</b>	+0,78
3.	Madelief Mans	The Hague Swimming (SG)	30.47	200501260	<b>30.19</b>	+0,78
4.	Marit Huisman	ZPV Barracuda	31.94	200502620	<b>30.33</b>	+0,65
5.	Anique Hazebroek	The Hague Swimming (SG)	30.99	200502196	<b>30.51</b>	+0,74
6.	Estelle van Wijngaarden	ZPB H&L Productions	30.40	200601020	<b>30.54</b>	+0,81
7.	Evelyn Liket	ZV Vlaardingen-Schiedam	31.83	200503118	<b>31.04</b>	+0,68
8.	Vivianne Woltjes	The Hague Swimming (SG)	31.67	200501524	<b>31.16</b>	+0,72
9.	Emma Verkuijl	ZPV Barracuda	32.45	200500826	<b>31.51</b>	+0,61
10.	Niké Telkamp	The Hague Swimming (SG)	31.49	200501088	<b>31.61</b>	+0,71
11.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	31.41	200500330	<b>31.67</b>	+0,63
12.	Milou Demirel	The Hague Swimming (SG)	31.68	200501254	<b>31.85</b>	+0,76
	<i>*bu eindtijd</i>					
13.	Ester Schirripa	The Hague Swimming (SG)	33.25	200605002	<b>31.97</b>	+0,90
14.	Jade van der Maas	WVZ	32.22	200600408	<b>32.07</b>	+0,54
15.	Isa Maes	Albion WSS (SG)	32.34	200500110	<b>32.25</b>	+0,72
16.	Kimberly Ruiters	De Columbiaan	31.22	200600492	<b>32.29</b>	+0,74
17.	Madoline Held	The Hague Swimming (SG)	33.36	200503412	<b>32.47</b>	+0,71
	Leyla Overslui zen	MNC Dordrecht	32.42	200602730	<b>32.47</b>	+0,74
19.	Anna Melissant	PCG	34.42	200603122	<b>32.61</b>	+0,75
20.	Elijdjah van der Heul	Rotterdam Swimming (SG)	33.29	200602180	<b>32.73</b>	+0,75
21.	Sylvie Roos	Albion WSS (SG)	33.36	200502772	<b>32.83</b>	+0,64
22.	G. Schrijvers van Zenden	The Hague Swimming (SG)	33.12	200601618	<b>33.20</b>	+0,69
23.	Mara Tims	The Hague Swimming (SG)	31.47	200601136	<b>33.25</b>	+0,69
24.	Lotte Zaal	De Columbiaan	35.41	200502590	<b>33.69</b>	+0,72
25.	Sanne Slof	The Hague Swimming (SG)	34.79	200601810	<b>33.73</b>	+0,93
26.	Sophie Buurman	ZPC Wiekslag	34.21	200502530	<b>33.76</b>	+0,68
27.	Laura 't Lam	De Geul	33.10	200603376	<b>33.87</b>	+0,70
28.	Donna van der Meer	BZ en PC	35.60	200601146	<b>33.92</b>	+0,75
29.	Anouchka Bos	ZPV Barracuda	35.48	200501528	<b>34.00</b>	+0,72
30.	Jessica Pol	Poseidon'56	34.07	200600030	<b>34.01</b>	+0,77
31.	Aisha Nobels	Albion WSS (SG)	34.80	200501710	<b>34.05</b>	+0,63
32.	Mar Stoel	De Columbiaan	34.06	200500520	<b>34.14</b>	+0,74
33.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	34.32	200602328	<b>34.17</b>	+0,67
34.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	35.30	200600732	<b>34.22</b>	+0,77
35.	Eva v.d. Slik	z.c De Schotejil	34.32	200602876	<b>34.24</b>	+0,65
36.	Asha van Lobbereg	Albion WSS (SG)	32.54	200500088	<b>34.91</b>	+0,66
37.	Jamila de Lobel	SG SCOM/de Zeehond'73	35.19	200602320	<b>34.93</b>	+0,65
38.	Nikita Snoeren	WVZ	35.48	200600342	<b>35.17</b>	+0,69
39.	Emi Schipper	ZOB'66	35.15	200502126	<b>35.18</b>	+0,75
40.	Ada Eker	WZK	36.33	200504608	<b>35.48</b>	+0,85
41.	Zoe Kenworthy	De Columbiaan	36.27	200500428	<b>38.07</b>	+0,82
42.	Evelien Holterman	Zoetermeer	39.87	200601124	<b>39.30</b>	+0,82

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Programmanr. 11, Dames, 50m vlinderslag

15 - 16 jaar

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	28.72	200400258	<b>28.73</b>	+0,65
2.	Leonoor van Dijk	The Hague Swimming (SG)	28.98	200400832	<b>28.79</b>	+0,71
3.	Milou van Wijk	MNC Dordrecht	28.54	200404948	<b>28.98</b>	+0,75
4.	Phaedra Meijer	MNC Dordrecht	29.88	200405834	<b>29.39</b>	+0,78
5.	Femke Doorenbos	The Hague Swimming (SG)	31.49	200404214	<b>29.83</b>	+0,75
6.	Irma van der Wulp	WVZ	30.37	200401950	<b>30.29</b>	+0,72
7.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	30.00	200404272	<b>30.37</b>	+0,70
8.	Noa de Bock	De Duck	31.81	200300318	<b>30.80</b>	+0,66
9.	Lotte Koornneef	The Hague Swimming (SG)	31.33	200303584	<b>31.09</b>	+0,68
10.	Lucile Bazalgette	D'elft	32.38	200403484	<b>31.15</b>	+0,64
11.	Wendy ten Wolde	ZPC Wiekslag	31.80	200302658	<b>31.49</b>	+0,70
12.	Isabel Scheepbouwer	ZPC Wiekslag	32.53	200301106	<b>31.63</b>	+0,64
13.	Kim de Jong	LinK	31.78	200301026	<b>31.65</b>	+0,80
14.	Isis Naaktgeboren	ZZ&PC De Devel	31.82	200403914	<b>31.76</b>	+0,83
15.	Megan de Hoog	SG SCOM/de Zeehond'73	32.95	200300214	<b>31.79</b>	+0,79
16.	Julia Notenboom	De Columbiaan	31.94	200302596	<b>32.04</b>	+0,83
17.	Fee Smittenaar	De Columbiaan	31.55	200303060	<b>32.13</b>	+0,66
18.	Daniëlle Vis	De Columbiaan	32.93	200401044	<b>32.16</b>	+0,71
19.	Marije de Jager	LinK	32.76	200301394	<b>32.21</b>	+0,70
20.	Amy Koelman	De Columbiaan	32.10	200300922	<b>32.24</b>	+0,73
	Michelle van der Steen	ZV Vlaardingen-Schiedam	33.46	200300052	<b>32.24</b>	+0,62
22.	Robine Boer	De Columbiaan	32.79	200402180	<b>32.27</b>	+0,69
23.	Nora van der Steen	LinK	31.68	200403458	<b>32.35</b>	+0,71
24.	Mandy van der Meijden	Widex GZC Donk 1	33.41	200402574	<b>32.85</b>	+0,71
25.	Jonna Muntjewerff	The Hague Swimming (SG)	32.35	200402396	<b>32.86</b>	+0,82
26.	Jenna Klein	LinK	33.20	200400914	<b>32.90</b>	+0,82
27.	Joyce van 't Hof	ZZ&PC De Devel	32.98	200302122	<b>33.09</b>	+0,72
28.	Tessa Poot	ZV Vlaardingen-Schiedam	33.12	200404264	<b>33.23</b>	+0,73
29.	Anique Star	De Columbiaan	33.26	200400446	<b>33.89</b>	+0,75
30.	Juliette Boon	ZZ&PC De Devel	33.73	200401908	<b>34.57</b>	+0,73
31.	Milou van Winkel	LinK	39.06	200402296	<b>37.09</b>	+0,83
32.	Megan van Delden	WVZ	37.21	200405500	<b>39.34</b>	+0,87

Senioren

1.	Chefanja Nunes	WVZ	27.25	200104750	<b>27.60</b>	+0,67
2.	Elise Tanis	MNC Dordrecht	28.28	200200120	<b>28.30</b>	+0,67
3.	Lynn Blommers	The Hague Swimming (SG)	28.63	200105062	<b>28.51</b>	+0,64
4.	Tessa Giele	Albion WSS (SG)	28.75	200203124	<b>28.65</b>	+0,61
5.	Mariska Scheel	KZV de Lansingh	29.06	199306344	<b>28.86</b>	+0,72
6.	Silke Molendijk	ZVL-1886 Tetteroo	28.67	200100178	<b>28.87</b>	+0,68
7.	Maaïke Broersma	BZ en PC	29.65	200201522	<b>28.91</b>	+0,70
8.	Babette van der Kaaij	Rotterdam Swimming (SG)	29.56	199902234	<b>29.60</b>	+0,70
9.	Pien Schravendes	KZV de Lansingh	29.86	199902010	<b>30.26</b>	+0,66
10.	Alisha Vieira	Rotterdam Swimming (SG)	30.97	199904554	<b>30.39</b>	+0,72
11.	Lieske Zijlstra	z.c De Schotejil	30.73	200200996	<b>30.67</b>	+0,74
12.	Sanne Heemskerk	ZVL-1886 Tetteroo	30.61	200100600	<b>30.84</b>	+0,73
13.	Sophie de Jonge	WVZ	30.69	200200118	<b>30.85</b>	+0,73
14.	Fenna de Groot	Albion WSS (SG)	30.84	199701796	<b>30.89</b>	+0,68
15.	Anne Straub	Zoetermeer	31.90	200201402	<b>31.00</b>	+0,74
16.	Anniek de Ruiters	Widex GZC Donk 1	31.01	200101224	<b>31.26</b>	+0,75
17.	Rozemarijn van Haaff	ZOB'66	31.48	200201852	<b>31.33</b>	+0,73
18.	Anouk Vis	De Columbiaan	32.11	200203322	<b>31.51</b>	+0,74
19.	Nikita Herwig	ZPC Wiekslag	30.22	199903552	<b>31.57</b>	+0,78
20.	Lisanne Dijkman	Zoetermeer	31.43	200102676	<b>31.66</b>	+0,65
21.	Kelly Wiglevan	Poseidon'56	31.81	199500058	<b>31.83</b>	+0,74
22.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	31.35	200100904	<b>31.98</b>	+0,64
23.	Amy van Leersum	Poseidon'56	30.98	200200300	<b>32.05</b>	+0,73
24.	Manon Middelbos	z.c De Schotejil	33.02	200100056	<b>32.14</b>	+0,75
25.	Lincy de Winter	The Hague Swimming (SG)	32.25	199805886	<b>32.18</b>	+0,69
26.	Eef Hollander	The Hague Swimming (SG)	32.29	199602074	<b>32.34</b>	+0,78
	Robin Pienaars	ZPV Barracuda	31.03	200102236	<b>32.34</b>	+0,75
28.	Wendy de Bruin	ZOB'66	32.18	199206320	<b>32.54</b>	+0,62
29.	Lotte Middelbos	z.c De Schotejil	32.37	199900680	<b>32.63</b>	+0,77
30.	Marbel Diderik	De Columbiaan	31.93	200205752	<b>32.76</b>	+0,60
31.	Roos van Esch	KZV de Lansingh	32.96	198200468	<b>33.01</b>	+0,85
	<i>*bu eindtijd</i>					
32.	Carmen Hofstede	De Watervogels	33.05	200205252	<b>33.42</b>	+0,68
33.	Elyanne Boudestein	Zoetermeer	33.30	200101060	<b>33.71</b>	+0,77

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 11, Dames, 50m vlinderslag, Senioren

rang	naam	vereniging	intijd		tijd	RT
34.	Iris van Berkel	ZPV Barracuda	32.82	200000476	<b>33.73</b>	+0,79
35.	Inge van der Hoek	The Hague Swimming (SG)	33.84	199204034	<b>33.82</b>	+0,69
36.	Jana Plaisier	ZZ&PC De Devel	33.18	200101266	<b>33.90</b>	+0,73
	<i>*bu eindtijd</i>					
37.	Sanne Hobé	Poseidon'56	32.81	200000826	<b>35.31</b>	+0,77
38.	Jonne Moleman	LinK	38.22	200006264	<b>40.95</b>	+0,91
NG	Linda van der Voort	ZVL-1886 Tetteroo	31.80	199207784		709

Programmanr. 12  
16-11-2019 - 15:35

Heren, 200m rugslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Junioren 1 en 2</b>										
1.	Daan Sonneveld	WVZ	2:15.40	200601085	<b>2:12.63</b>	+0,62	31.75	1:06.25	1:40.52	2:12.63
2.	Thom de Hoog	SG SCOM/de Zeehond	2:23.03	200600019	<b>2:20.45</b>	+0,67	33.29	1:08.93	1:45.23	2:20.45
3.	Mark Demianenko	Zoetermeer	2:34.72	200600409	<b>2:27.61</b>	+0,65	34.84	1:12.32	1:50.74	2:27.61
4.	Joris Lissenberg	The Hague Swimming	(2:35.03	200600585	<b>2:34.43</b>	+0,81	36.41	1:15.10	1:54.26	2:34.43
5.	Janu Nolden	WVZ	2:42.50	200600289	<b>2:37.76</b>	+0,67	37.59	1:18.95	1:59.82	2:37.76
6.	Floris Wassenaar	WVZ	2:40.15	200600649	<b>2:38.65</b>	+0,76	37.74	1:18.26	1:58.95	2:38.65
7.	Timo Vankan	De Columbiaan	2:47.05	200603749	<b>2:39.89</b>	+0,76	38.03	1:20.15	2:01.09	2:39.89
8.	Kaan Uludag	Zoetermeer	2:51.98	200603559	<b>2:41.80</b>	+0,75	38.04	1:19.20	2:02.07	2:41.80
9.	Bas Blanker	ZPB H&L Productions	2:43.68	200601497	<b>2:42.09</b>	+0,72	37.46	1:19.35	2:01.89	2:42.09
10.	Laurens Kalle	z.c De Schotejil	2:37.90	200600161	<b>2:42.17</b>	+0,67	37.77	1:19.42	2:01.17	2:42.17
11.	Gaëtan Spicq	The Hague Swimming	(2:50.63	200701807	<b>2:42.85</b>	+0,67	38.08	1:19.81	2:02.41	2:42.85
12.	Benjamin Vermeer	Zoetermeer	2:44.61	200600177	<b>2:44.05</b>	+0,59	38.88	1:21.03	2:03.78	2:44.05
13.	Dimi Stoyanov	The Hague Swimming	(2:42.38	200601067	<b>2:45.33</b>	+0,79	38.89	1:21.14	2:04.25	2:45.33
	<i>*bu eindtijd</i>									
14.	Tibbe Veldboer	ZPB H&L Productions	2:44.01	200600911	<b>2:45.49</b>	+0,81	39.35	1:23.18	2:05.63	2:45.49
15.	Björn Mulder	Zoetermeer	2:54.05	200601517	<b>2:45.94</b>	+0,78	39.55	1:22.30	2:05.27	2:45.94
16.	Roan van der Weide	Widex GZC Donk 1	2:54.00	200601629	<b>2:47.01</b>		40.81	1:23.70	2:06.64	2:47.01
17.	Renzo Steller	WVZ	2:54.20	200701141	<b>2:47.28</b>	+0,65	39.34	1:21.92	2:05.87	2:47.28
	<i>*bu eindtijd</i>									
18.	Joshua Agussalim	ZPV Barracuda	2:49.88	200600153	<b>2:47.77</b>	+0,54	38.74	1:21.73	2:05.87	2:47.77
19.	Tavi de Gelder	ZOB'66	2:51.56	200602335	<b>2:49.46</b>	+0,67	38.94	1:21.82	2:06.63	2:49.46
20.	Thijs van den Berg	The Hague Swimming	(2:51.79	200600971	<b>2:50.35</b>		41.67	1:24.88	2:07.77	2:50.35
21.	Boele Böhm	De Columbiaan	2:51.27	200700739	<b>2:51.42</b>	+0,66	40.16	1:23.77	2:08.96	2:51.42
22.	Jelle den Otter	SG SCOM/de Zeehond	2:55.71	200600251	<b>2:52.00</b>		40.49	1:23.73	2:08.40	2:52.00
	<i>*bu eindtijd</i>									
23.	Daniel Gavran	Widex GZC Donk 1	2:55.44	200600667	<b>2:53.25</b>	+0,47	41.83	1:27.04	2:11.90	2:53.25
24.	Jisse Lousma	WVZ	2:57.03	200701493	<b>2:53.35</b>	+0,67	41.71	1:26.61	2:11.17	2:53.35
25.	Bart Tuinenburg	ZPC Wiekslag	2:52.97	200602347	<b>2:55.99</b>	+0,62	41.26	1:25.32	2:12.50	2:55.99
26.	Lucas van Peenen	ZVL-1886 Tetteroo	2:52.72	200600457	<b>2:57.86</b>	+0,71	40.49	1:25.32	2:12.00	2:57.86
27.	Thijs van der Hout	The Hague Swimming	(3:01.14	200700913	<b>2:59.10</b>	+0,58	41.88	1:27.39	2:13.01	2:59.10
	<i>*bu eindtijd</i>									
DIS	Bjorn Rijkaart	BZ en PC	2:33.74	200601337						
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>									

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming	(2:10.44	200400669	<b>2:09.59</b>	+0,66	30.57	1:03.83	1:37.31	2:09.59
2.	Chris van der Hout	The Hague Swimming	(2:17.82	200401355	<b>2:17.60</b>	+0,72	32.47	1:06.75	1:41.99	2:17.60
3.	Björn Verkaik	The Hague Swimming	(2:21.05	200500411	<b>2:17.82</b>	+0,62	33.42	1:09.12	1:44.43	2:17.82
4.	Abel te Riele	WVZ	2:15.79	200402317	<b>2:19.35</b>	+0,69	32.87	1:08.80	1:44.57	2:19.35
5.	Gabriel Been	The Hague Swimming	(2:23.92	200501467	<b>2:21.57</b>	+0,75	33.86	1:10.38	1:46.63	2:21.57
6.	Kun Woo Kim	The Hague Swimming	(2:27.15	200401361	<b>2:22.65</b>	+0,77	33.50	1:08.79	1:45.75	2:22.65
	<i>*bu eindtijd</i>									
7.	Yanieck Frijstein	The Hague Swimming	(2:23.64	200500329	<b>2:22.86</b>	+0,78	33.92	1:10.78	1:46.93	2:22.86
8.	Menno Wieringa	KZV de Lansingh	2:22.61	200500927	<b>2:23.84</b>	+0,61	33.83	1:11.11	1:48.27	2:23.84
9.	Julien Tanis	Rotterdam Swimming	(2:23.20	200401045	<b>2:24.59</b>	+0,68	34.07	1:10.35	1:47.67	2:24.59
10.	Sem Verberg	The Hague Swimming	(2:25.23	200402105	<b>2:25.43</b>	+0,79	33.21	1:09.72	1:47.66	2:25.43
	<i>*bu eindtijd</i>									

Regiokampioenschappen korte baan  
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Programmanr. 12, Jongens, 200m rugslag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
11. Daniel 't Mannetje	z.c De Schotejil	2:28.02	200400183	<b>2:26.06</b>	+0,41	35.46	1:13.86	1:51.03	2:26.06
12. Loeka Wubben	The Hague Swimming	(2:24.22	200400307	<b>2:26.14</b>	+0,72	33.13	1:09.82	1:48.11	2:26.14
13. Luca Nguyen-Tri	Rotterdam Swimming	(2:30.59	200500781	<b>2:27.98</b>	+0,65	34.93	1:13.11	1:51.24	2:27.98
14. Luuk Bogaert	De Watervogels	2:30.46	200503203	<b>2:28.25</b>	+0,65	34.73	1:12.52	1:51.14	2:28.25
15. Émile Fouzaï	The Hague Swimming	(2:27.98	200500263	<b>2:29.66</b>	+0,68	34.82	1:12.97	1:51.98	2:29.66
16. Tim van Lochem <i>*bu eindtijd</i>	Zoetermeer	2:34.03	200500077	<b>2:31.03</b>	+0,56	35.73	1:14.11	1:52.98	2:31.03
17. Guus Geelen	ZVL-1886 Tetteroo	2:36.15	200401183	<b>2:32.32</b>	+0,59	35.83	1:14.28	1:54.42	2:32.32
18. Yassine Mellah	Widex GZC Donk 1	2:39.26	200502159	<b>2:34.15</b>	+0,71	36.31	1:16.21	1:56.19	2:34.15
19. Wout van Oevelen	D'elft	2:31.10	200404319	<b>2:36.32</b>	+0,71	36.81	1:15.73	1:56.19	2:36.32
20. Thijm Kruit	De Columbiaan	2:40.37	200401339	<b>2:37.26</b>	+0,77	38.38	1:19.20	2:00.16	2:37.26
21. Aaike de Tender	ZPC Wiekslag	2:41.31	200502189	<b>2:37.87</b>	+0,66	36.92	1:17.65	1:59.06	2:37.87
22. Sytze van Stein	LinK	2:44.91	200501155	<b>2:38.84</b>	+0,50	37.55	1:18.07	1:58.93	2:38.84
23. Tjomme de Tender	ZPC Wiekslag	2:42.76	200502187	<b>2:38.88</b>	+0,90	35.97	1:16.80	1:59.11	2:38.88
24. Conor Baker	De Columbiaan	2:40.82	200500991	<b>2:38.96</b>	+0,56	37.31	1:18.19	1:59.50	2:38.96
25. Niels van der Mast	ZPC Numansdorp	2:36.63	200401917	<b>2:40.62</b>	+0,74	38.80	1:20.16	2:01.04	2:40.62
26. Wouter Willig	De Watervogels	2:40.65	200502785	<b>2:41.01</b>	+0,66	39.17	1:20.93	2:02.85	2:41.01
27. Onno Roeleveld	De Columbiaan	2:46.20	200502775	<b>2:41.15</b>	+0,78	38.01	1:18.71	2:01.24	2:41.15
28. Reinier Velthuijs	ZPV Barracuda	2:40.30	200503537	<b>2:42.20</b>	+0,60	38.62	1:20.15	2:02.40	2:42.20
29. Marijn Dekkers	Widex GZC Donk 1	2:43.24	200402275	<b>2:43.36</b>	+0,64	38.90	1:20.95	2:03.54	2:43.36
30. Thijs Visser	ZPV Barracuda	2:41.86	200502129	<b>2:45.00</b>	+0,69	39.11	1:21.85	2:04.55	2:45.00
NG.ZA Kor Eefting	Poseidon'56	2:46.26	200502869						

Jeugd 1 en 2

1. Niels Dijkshoorn	ZV Vlaardingen-Schied	2:05.38	200203079	<b>2:07.01</b>		30.72	1:03.89	1:36.41	2:07.01
2. Jarno Verbeek	Zoetermeer	2:11.03	200200931	<b>2:07.56</b>	+0,62	29.82	1:02.08	1:35.39	2:07.56
3. Jelle Bon	ZV Vlaardingen-Schied	2:13.93	200301077	<b>2:12.01</b>	+0,55	30.40	1:03.71	1:38.28	2:12.01
4. Perry Laarhoven	ZPC Numansdorp	2:15.75	200301321	<b>2:12.20</b>	+0,68	31.17	1:05.69	1:39.32	2:12.20
5. Thomas van Wanrooij	Poseidon'56	2:13.17	200201473	<b>2:12.35</b>	+0,541003	31.47	1:05.51	1:39.69	2:12.35
6. Michael Smink	The Hague Swimming	(2:18.69	200302169	<b>2:16.83</b>	+0,78	31.81	1:05.94	1:41.95	2:16.83
7. Björn de Heus	ZV Vlaardingen-Schied	2:19.35	200201077	<b>2:18.26</b>	+0,71	32.26	1:07.15	1:43.02	2:18.26
8. Daan Hogerhuis	LinK	2:20.20	200300317	<b>2:18.79</b>	+0,70	32.41	1:07.86	1:43.72	2:18.79
9. Dylano Termoshuizen	WVZ	2:19.13	200202169	<b>2:19.80</b>	+0,69	31.83	1:07.84	1:43.71	2:19.80
10. Quinten Nieuwenhuis	WZK	2:32.02	200304577	<b>2:23.91</b>	+0,66	34.38	1:11.30	1:48.17	2:23.91
11. Julian Stok	ZZ&PC De Devel	2:28.64	200300071	<b>2:30.64</b>		35.32	1:13.74	1:53.08	2:30.64

Senioren 1 en ouder

1. Ivo Stolk <i>*bu eindtijd</i>	Albion WSS (SG)	2:04.18	200100615	<b>2:05.74</b>	+0,66	29.77	1:02.32	1:34.18	2:05.74
2. Max Visser	WVZ	2:09.23	200100077	<b>2:06.69</b>	+0,59	30.31	1:02.69	1:34.89	2:06.69
3. Jorian Tanis	MNC Dordrecht	2:07.77	199900327	<b>2:08.33</b>	+0,66	30.53	1:03.41	1:36.47	2:08.33
4. Ensger Kotterink	Albion WSS (SG)	2:01.11	199403391	<b>2:08.55</b>	+0,68	29.67	1:02.22	1:36.37	2:08.55
5. Thijs Molendijk	D'elft	2:12.65	199900477	<b>2:12.46</b>	+0,60	30.76	1:04.54	1:38.57	2:12.46
6. Quinn van den Heuvel	WVZ	2:09.49	200100297	<b>2:12.98</b>	+0,67	30.91	1:04.29	1:38.51	2:12.98
7. Sjoerd van Weelden	PCG	2:16.70	200101217	<b>2:15.01</b>	+0,67	31.75	1:06.15	1:41.47	2:15.01
8. Aron Paasse	z.c De Schotejil	2:15.86	200000099	<b>2:16.83</b>	+0,65	31.57	1:06.20	1:41.64	2:16.83
9. Jasper Breugem	WVZ	2:11.63	200000303	<b>2:18.63</b>	+0,78	32.36	1:07.01	1:43.04	2:18.63
10. Lars Schoffelmeer <i>*bu eindtijd</i>	ZPB H&L Productions	2:16.58	199501907	<b>2:19.45</b>	+0,71	31.87	1:06.50	1:42.97	2:19.45
11. Jacob Mackloet	z.c De Schotejil	2:17.89	200001171	<b>2:26.63</b>	+0,72	33.81	1:10.52	1:49.17	2:26.63
12. Boy Borreman	LinK	2:25.38	200102751	<b>2:36.74</b>	+0,63	35.48	1:14.34	1:55.43	2:36.74
NG J. Vlasopoulos	The Hague Swimming	(2:06.85	199905313						

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 13  
16-11-2019 - 16:05

Meisjes, 4 x 100m wisselslag

Junioren 4 en later  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Barracuda 1 Marit Huisman Anouchka Bos	ZPV Barracuda +0,60 34.02 +0,37 36.73	4:44.55 1:09.72 Emma Verkuil 1:17.55 Mila Oomens	<b>4:42.35</b> +0,47 33.86 1:10.07 +0,28 30.54 1:05.01
2.	WVZ 1 Jade van der Maas Jelsie van Ruijven	WVZ +0,61 36.04 +0,30 35.94	4:43.55 1:13.43 Ananda van der Wiel 1:16.24 Fleur Kamminga	<b>4:46.94</b> +0,64 34.67 1:16.03 27.57 1:01.24
3.	Albion WSS (SG) 1 Aisha Nobels Isa Maes	Albion WSS (SG) +0,75 36.91 +0,27 36.75	4:49.55 1:15.43 Sylvie Roos 1:19.93 Britt van't Zant	<b>4:50.78</b> +0,48 33.55 1:13.28 +0,42 29.58 1:02.14
4.	The Hague Swimming (SG) 1 Yrsah Verheijen Milou Demirel	The Hague Swimming (SG) +0,73 37.77 +0,56 39.20	4:58.70 1:18.04 Mara Tims 1:23.22 Sanne Slof	<b>5:00.16</b> +0,25 33.78 1:12.60 +0,50 31.35 1:06.30
5.	De Columbiaan 1 Yente Bouwmeester Charlene Ruiter	De Columbiaan 36.31 +0,61 38.15	4:58.26 1:14.00 Mar Stoel 1:22.64 Kimberly Ruiter	<b>5:01.50</b> +0,65 35.33 1:18.92 +0,77 30.77 1:05.94
6.	De Schotejil 1 Lyke Buscop Dominique Overduin	z.c De Schotejil +0,60 35.02 +0,58 40.83	5:05.23 1:12.20 Meyke v. Nimwegen 1:27.60 Eva v.d. Slik	<b>5:05.49</b> +0,34 35.73 1:17.58 +0,26 31.93 1:08.11
7.	De Columbiaan 2 Lotte Zaal Sophie Adriaanse	De Columbiaan 38.95 +0,33 41.22	5:39.77 1:19.92 Tessa Hoogstraten 1:27.90 Sabine Looden	<b>5:20.31</b> +0,20 36.89 1:22.91 +0,38 32.31 1:09.58
8.	Lansingh 1 <i>*bu 300m - 350m</i> Noémi Oldenkamp Laura Hoogenboezem	KZV de Lansingh 36.70 +0,46 38.63	5:16.80 1:16.23 Janneke Twigt 1:23.04 Anne-Marie Twigt	<b>5:21.99</b> +0,33 41.60 1:31.12 33.38 1:11.60
9.	De Geul 1 Donna Verhoef Daphne van Tilburg	De Geul +0,78 40.93 +0,60 42.16	5:32.87 1:25.73 Laura 't Lam 1:31.25 Evi Kleijn	<b>5:30.04</b> +0,56 36.75 1:19.11 +0,52 34.84 1:13.95
10.	GZC Donk 1 Piera Stallen Anniëke Rupke	Widex GZC Donk 1 +0,74 41.44 +0,22 39.00	5:47.49 1:23.86 Nada Mghizrat 1:22.87 Anoeska Wiltenburg	<b>5:44.25</b> +0,30 45.72 1:54.40 1:03.12
AFGEM	ZZ&PC De Devel 1	ZZ&PC De Devel	5:26.71	

Programmanr. 14  
16-11-2019 - 16:20

Dames, 4 x 100m wisselslag

Senioren Open  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1 Irma van der Wulp Jade Geurts	WVZ +0,70 35.42 34.28	4:27.87 1:14.36 Chefanja Nunes 1:15.17 Sophie de Jonge	<b>4:28.73</b> +0,27 28.06 1:00.75 +0,32 27.74 58.45
2.	The Hague Swimming (SG) 1 <i>*bu 100m -</i> Lotte Koomneef Inge van der Hoek	The Hague Swimming (SG) 34.36 36.83	4:31.80 1:10.26 Lynn Blommers Lara Hoeksema	<b>4:32.30</b> +0,21 28.78 1:00.99
3.	De Columbiaan 1 Julia Notenboom Daniëlle Vis	De Columbiaan +0,67 32.96 +0,35 35.12	4:38.42 1:07.46 Anouk Vis 1:16.15 Fee Smittenaar	<b>4:36.85</b> +0,40 32.30 1:10.77 +0,52 29.87 1:02.47
4.	Lansingh 1 Esther Reinders Anna Hoogenboezem	KZV de Lansingh +0,58 36.05 +0,29 36.73	4:41.30 1:15.05 Mariska Scheel 1:19.97 Carmen Lems	<b>4:42.86</b> +0,15 29.80 1:04.60 +0,23 29.95 1:03.24
5.	De Schotejil 1 Manon Middelbos Lotte Middelbos	z.c De Schotejil +0,74 34.67 +0,46 36.63	4:40.61 1:11.51 Lieske Zijlstra 1:18.70 Lotte Tillema	<b>4:43.27</b> +0,42 31.99 1:09.55 +0,61 29.82 1:03.51
6.	Zoetermeer 1 Lisanne Dijkman Elyanne Boudestein	Zoetermeer +0,61 36.49 +0,06 38.11	4:50.40 1:15.64 Anne Straub 1:21.07 Zoë Molenaar	<b>4:51.20</b> +0,22 32.01 1:09.21 1:05.28
7.	ZZ&PC De Devel 1 Isis Naaktgeboren Laura Tromp	ZZ&PC De Devel +0,73 35.44 36.52	4:50.92 1:14.53 Jana Plaisier 1:21.02 Joyce van 't Hof	<b>4:54.23</b> +1,90 33.13 1:12.88 0.00 31.03 1:05.80
8.	ZOB'66 1 Jet van Oudheusden Emi Schipper	ZOB'66 +0,56 36.82 +0,20 38.10	4:51.46 1:16.60 Wendy de Bruin 1:22.32 Rozemarijn van Haaff	<b>4:55.40</b> +0,27 32.92 1:13.29 +0,44 29.90 1:03.19



Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 14, Dames, 4 x 100m wisselslag, Senioren Open

rang	vereniging	intijd	tijd	RT	
9.	De Columbiaan 2	De Columbiaan	4:54.49	<b>4:59.26</b>	+0,72
	Robine Boer	+0,72 36.68	1:14.56 Anique Star	+0,48 35.35	1:18.31
	Amy Koelman	+0,36 38.08	1:21.36 Marbel Diderik	+0,17 30.61	1:05.03
10.	GZC Donk 1	Widex GZC Donk 1	4:56.83	<b>5:00.91</b>	+0,75
	Anniek de Ruiter	+0,75 34.24	1:12.57 Mandy van der Meijden	+0,48 34.06	1:19.57
	Susan van Grol	+0,44 38.54	1:21.66 Jana Driest	+0,01 31.14	1:07.11
DIS	LinK 1	LinK	4:40.03		
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>				
	Jenna Klein, Kim de Jong, Nora van der Steen, Marije de Jager				

Programmanr. 15  
17-11-2019 - 9:30

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1 en 2</b>						
1.	Daan Sonneveld	WVZ	4:27.07	200601085	<b>4:24.80</b>	+0,70
	50m: 30.52	30.52 150m: 1:38.36	34.10 250m: 2:46.86	34.05 350m: 3:54.42	33.81	
	100m: 1:04.26	33.74 200m: 2:12.81	34.45 300m: 3:20.61	33.75 400m: 4:24.80	30.38	
2.	Thom de Hoog	SG SCOM/de Zeehond'73	4:48.51	200600019	<b>4:26.29</b>	+0,83
	50m: 30.22	30.22 150m: 1:38.51	34.43 250m: 2:47.18	34.01 350m: 4:03.03	34.12	
	100m: 1:04.08	33.86 200m: 2:13.17	34.66 300m: 3:20.91	33.73 400m: 4:26.29	31.26	
3.	Mark Demianenko	Zoetermeer	4:53.70	200600409	<b>4:37.42</b>	+0,70
	50m: 29.98	29.98 150m: 1:40.38	35.64 250m: 2:51.45	35.56 350m: 4:03.39	35.83	
	100m: 1:04.74	34.76 200m: 2:15.89	35.51 300m: 3:27.56	36.11 400m: 4:37.42	34.03	
4.	Bjorn Rijkaart	BZ en PC	4:47.87	200601337	<b>4:48.70</b>	+0,74
	50m: 31.67	31.67 150m: 1:43.34	36.30 250m: 2:57.48	37.25 350m: 4:12.28	37.48	
	100m: 1:07.04	35.37 200m: 2:20.23	36.89 300m: 3:34.80	37.32 400m: 4:48.70	36.42	
5.	Bas Blanker	ZPB H&L Productions	4:52.35	200601497	<b>4:50.56</b>	+0,65
	50m: 31.20	31.20 150m: 1:44.10	37.00 250m: 2:59.19	37.51 350m: 4:15.82	38.45	
	100m: 1:07.10	35.90 200m: 2:21.68	37.58 300m: 3:37.37	38.18 400m: 4:50.56	34.74	
6.	Roan van der Weide	Widex GZC Donk 1	5:10.65	200601629	<b>4:52.61</b>	+0,70
	50m: 32.74	32.74 150m: 1:46.28	37.38 250m: 3:01.36	37.66 350m: 4:16.66	37.29	
	100m: 1:08.90	36.16 200m: 2:23.70	37.42 300m: 3:39.37	38.01 400m: 4:52.61	35.95	
7.	Björn Mulder	Zoetermeer	5:10.42	200601517	<b>4:58.22</b>	+0,75
	50m: 34.24	34.24 150m: 1:48.85	37.84 250m: 3:04.93	38.27 350m: 4:21.82	38.64	
	100m: 1:11.01	36.77 200m: 2:26.66	37.81 300m: 3:43.18	38.25 400m: 4:58.22	36.40	
8.	Hessel de Jong	KZV de Lansingh	5:18.55	200602753	<b>4:58.36</b>	+0,71
	50m: 33.03	33.03 150m: 1:48.91	38.27 250m: 3:06.12	38.59 350m: 4:24.09	39.10	
	100m: 1:10.64	37.61 200m: 2:27.53	38.62 300m: 3:44.99	38.87 400m: 4:58.36	34.27	
9.	Dave Dirks	ZV Vlaardingen-Schiedam	5:07.25	200602883	<b>5:03.07</b>	+0,74
	50m: 33.19	33.19 150m: 1:48.73	38.17 250m: 3:05.80	38.57 350m: 4:23.58	39.01	
	100m: 1:10.56	37.37 200m: 2:27.23	38.50 300m: 3:44.57	38.77 400m: 5:03.07	39.49	
10.	Dimi Stoyanov	The Hague Swimming (SG)	5:02.51	200601067	<b>5:03.60</b>	+0,51
	50m: 32.29	32.29 150m: 1:47.54	38.36 250m: 3:06.14	39.76 350m: 4:25.17	39.45	
	100m: 1:09.18	36.89 200m: 2:26.38	38.84 300m: 3:45.72	39.58 400m: 5:03.60	38.43	
11.	Floris Wassenaar	WVZ	5:05.05	200600649	<b>5:05.09</b>	+0,64
	50m: 32.53	32.53 150m: 1:48.65	38.67 250m: 3:07.92	40.03 350m: 4:27.68	39.56	
	100m: 1:09.98	37.45 200m: 2:27.89	39.24 300m: 3:48.12	40.20 400m: 5:05.09	37.41	
12.	Kaan Uludag	Zoetermeer	5:40.91	200603559	<b>5:05.93</b>	+0,77
	50m: 33.55	33.55 150m: 1:50.57	39.10 250m: 3:10.37	40.14 350m: 4:29.25	39.21	
	100m: 1:11.47	37.92 200m: 2:30.23	39.66 300m: 3:50.04	39.67 400m: 5:05.93	36.68	
13.	Janu Nolden	WVZ	5:28.93	200600289	<b>5:08.57</b>	+0,72
	50m: 34.46	34.46 150m: 1:53.27	39.85 250m: 3:13.30	40.50 350m: 4:32.71	38.66	
	100m: 1:13.42	38.96 200m: 2:32.80	39.53 300m: 3:54.05	40.75 400m: 5:08.57	35.86	
14.	Denzel Barthen	WVZ	5:15.68	200700147	<b>5:10.07</b>	+0,77
	50m: 33.53	33.53 150m: 1:51.62	39.72 250m: 3:10.45	39.64 350m: 4:31.58	40.58	
	100m: 1:11.90	38.37 200m: 2:30.81	39.19 300m: 3:51.00	40.55 400m: 5:10.07	38.49	
15.	Joris Lissenberg	The Hague Swimming (SG)	5:19.69	200600585	<b>5:11.05</b>	+0,73
	50m: 34.16	34.16 150m: 1:52.36	39.83 250m: 3:12.81	40.37 350m: 4:33.66	39.77	
	100m: 1:12.53	38.37 200m: 2:32.44	40.08 300m: 3:53.89	41.08 400m: 5:11.05	37.39	
16.	Joshua Agussalim	ZPV Barracuda	5:26.39	200600153	<b>5:15.09</b>	+0,70
	50m: 32.96	32.96 150m: 1:50.98	40.13 250m: 3:15.12	42.55 350m: 4:39.63	42.31	
	100m: 1:10.85	37.89 200m: 2:32.57	41.59 300m: 3:57.32	42.20 400m: 5:15.09	35.46	

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 15, Jongens, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT		
17.	Thijs van den Berg <i>*bu eindtijd</i>	The Hague Swimming (SG)	5:14.29	200600971	<b>5:17.23</b>	+0,85		
	50m: 36.14	36.14	150m: 1:55.19	39.77	250m: 3:16.65	41.08	350m: 4:38.20	41.25
	100m: 1:15.42	39.28	200m: 2:35.57	40.38	300m: 3:56.95	40.30	400m: 5:17.23	39.03
18.	Bo Merkestein	WVZ	5:28.28	200602451	<b>5:20.18</b>	+0,70		
	50m: 34.53	34.53	150m: 1:54.31	40.80	250m: 3:17.82	41.77	350m: 4:41.63	41.42
	100m: 1:13.51	38.98	200m: 2:36.05	41.74	300m: 4:00.21	42.39	400m: 5:20.18	38.55
19.	Robin den Ouden	ZPC Wiekslag	5:30.66	200600255	<b>5:20.30</b>	+0,47		
	50m: 34.03	34.03	150m: 1:54.76	41.50	250m: 3:18.41	41.77	350m: 4:41.90	42.06
	100m: 1:13.26	39.23	200m: 2:36.64	41.88	300m: 3:59.84	41.43	400m: 5:20.30	38.40
20.	Bas Bechtold <i>*bu eindtijd</i>	ZPV Barracuda	5:38.50	200600007	<b>5:22.62</b>	+0,52		
	50m: 33.27	33.27	150m: 1:54.62	42.32	250m: 3:18.71	42.14	350m: 4:42.84	42.02
	100m: 1:12.30	39.03	200m: 2:36.57	41.95	300m: 4:00.82	42.11	400m: 5:22.62	39.78
21.	Winston van den Berg	Rotterdam Swimming (SG)	5:28.06	200600253	<b>5:23.50</b>	+0,76		
	50m: 35.80	35.80	150m: 1:58.97	41.49	250m: 3:22.28	40.83	350m: 4:43.91	39.89
	100m: 1:17.48	41.68	200m: 2:41.45	42.48	300m: 4:04.02	41.74	400m: 5:23.50	39.59
22.	Boele Böhm	De Columbiaan	5:26.50	200700739	<b>5:23.87</b>	+0,58		
	50m: 35.08	35.08	150m: 1:56.91	41.65	250m: 3:20.46	41.40	350m: 4:43.81	41.71
	100m: 1:15.26	40.18	200m: 2:39.06	42.15	300m: 4:02.10	41.64	400m: 5:23.87	40.06
23.	Merlijn van der Hoeven	WVZ	5:28.79	200600951	<b>5:26.09</b>	+0,73		
	50m: 34.69	34.69	150m: 1:56.24	41.94	250m: 3:20.77	42.29	350m: 4:43.66	40.94
	100m: 1:14.30	39.61	200m: 2:38.48	42.24	300m: 4:02.72	41.95	400m: 5:26.09	42.43
24.	Bart Tuinenburg	ZPC Wiekslag	5:40.22	200602347	<b>5:28.81</b>	+0,60		
	50m: 36.81	36.81	150m: 1:59.35	42.34	250m: 3:25.49	42.92	350m: 4:48.17	40.84
	100m: 1:17.01	40.20	200m: 2:42.57	43.22	300m: 4:07.33	41.84	400m: 5:28.81	40.64
25.	Wout Jonkers	Poseidon'56	5:46.54	200600939	<b>5:33.42</b>	+0,77		
	50m: 33.96	33.96	150m: 1:54.90	41.89	250m: 3:22.38	44.24	350m: 4:53.01	45.35
	100m: 1:13.01	39.05	200m: 2:38.14	43.24	300m: 4:07.66	45.28	400m: 5:33.42	40.41
26.	Twan Hoogervorst	De Columbiaan	5:45.13	200700741	<b>5:33.97</b>	+0,58		
	50m: 35.66	35.66	150m: 2:02.17	44.37	250m: 3:28.68	43.65	350m: 4:54.65	43.18
	100m: 1:17.80	42.14	200m: 2:45.03	42.86	300m: 4:11.47	42.79	400m: 5:33.97	39.32
27.	Jisse Lousma	WVZ	5:34.65	200701493	<b>5:35.35</b>	+0,69		
	50m: 37.76	37.76	150m: 2:02.60	42.07	250m: 3:28.70	43.70	350m: 4:54.76	43.27
	100m: 1:20.53	42.77	200m: 2:45.00	42.40	300m: 4:11.49	42.79	400m: 5:35.35	40.59
28.	Lucas van Peenen <i>*bu eindtijd</i>	ZVL-1886 Tetteroo	5:52.39	200600457	<b>5:35.90</b>	+0,68		
	50m: 35.67	35.67	150m: 2:00.36	42.70	250m: 3:24.07	41.40	350m: 4:47.01	40.50
	100m: 1:17.66	41.99	200m: 2:42.67	42.31	300m: 4:06.51	42.44	400m: 5:35.90	48.89
29.	Niels Meijer	The Hague Swimming (SG)	5:47.37	200701645	<b>5:37.32</b>	+0,67		
	50m: 36.91	36.91	150m: 2:02.37	42.67	250m: 3:28.12	43.30	350m: 4:55.29	43.07
	100m: 1:19.70	42.79	200m: 2:44.82	42.45	300m: 4:12.22	44.10	400m: 5:37.32	42.03
30.	Gaëtan Spicq <i>*bu eindtijd</i>	The Hague Swimming (SG)	5:50.41	200701807	<b>5:40.89</b>	+0,72		
	50m: 34.17	34.17	150m: 1:58.83	43.67	250m: 3:28.78	44.89	350m: 4:55.71	42.43
	100m: 1:15.16	40.99	200m: 2:43.89	45.06	300m: 4:13.28	44.50	400m: 5:40.89	45.18
31.	Dominique Drabbe	Zoetermeer	5:46.44	200600145	<b>5:41.24</b>	+0,81		
	50m: 35.90	35.90	150m: 2:02.81	45.15	250m: 3:31.49	43.42	350m: 5:01.04	43.54
	100m: 1:17.66	41.76	200m: 2:48.07	45.26	300m: 4:17.50	46.01	400m: 5:41.24	40.20
32.	Renzo Steller	WVZ	5:46.60	200701141	<b>5:41.83</b>	+0,85		
	50m: 36.66	36.66	150m: 2:00.00	42.86	250m: 3:30.71	44.67	350m: 5:00.29	43.69
	100m: 1:17.14	40.48	200m: 2:46.04	46.04	300m: 4:16.60	45.89	400m: 5:41.83	41.54
33.	Max Bos	SG SCOM/de Zeehond'73	6:01.51	200701383	<b>5:45.67</b>	+0,75	79	
	50m: 35.81	35.81	150m: 2:02.78	44.50	250m: 3:34.31	46.43	350m: 5:05.27	45.32
	100m: 1:18.28	42.47	200m: 2:47.88	45.10	300m: 4:19.95	45.64	400m: 5:45.67	40.40

Junioren 3 en 4

1.	Abel te Riele	WVZ	4:17.49	200402317	<b>4:16.53</b>	+0,57		
	50m: 28.85	28.85	150m: 1:33.72	32.70	250m: 2:39.69	33.11	350m: 3:45.00	32.68
	100m: 1:01.02	32.17	200m: 2:06.58	32.86	300m: 3:12.32	32.63	400m: 4:16.53	31.53
2.	Nathan Janssen	MNC Dordrecht	4:17.79	200401565	<b>4:18.68</b>	+0,72		
	50m: 29.07	29.07	150m: 1:34.02	32.92	250m: 2:40.58	33.26	350m: 3:46.70	32.90
	100m: 1:01.10	32.03	200m: 2:07.32	33.30	300m: 3:13.80	33.22	400m: 4:18.68	31.98
3.	Gabriel Been	The Hague Swimming (SG)	4:28.98	200501467	<b>4:20.40</b>	+0,78		
	50m: 29.35	29.35	150m: 1:34.86	33.19	250m: 2:42.06	33.77	350m: 3:48.53	33.19
	100m: 1:01.67	32.32	200m: 2:08.29	33.43	300m: 3:15.34	33.28	400m: 4:20.40	31.87

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 15, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd			tijd	RT
4.	Émile Fouzaï	The Hague Swimming (SG)	4:25.23	200500263	<b>4:20.64</b>	+0,73	
	50m: 29.65	29.65 150m: 1:35.68	33.07	250m: 2:42.83	33.71	350m: 3:49.73	33.35
	100m: 1:02.61	32.96 200m: 2:09.12	33.44	300m: 3:16.38	33.55	400m: 4:20.64	30.91
5.	Yanieck Frijstein	The Hague Swimming (SG)	4:23.47	200500329	<b>4:20.84</b>	+0,70	
	50m: 29.10	29.10 150m: 1:34.03	32.91	250m: 2:41.21	33.57	350m: 3:48.82	33.98
	100m: 1:01.12	32.02 200m: 2:07.64	33.61	300m: 3:14.84	33.63	400m: 4:20.84	32.02
6.	Erik Oldenkamp	Rotterdam Swimming (SG)	4:35.15	200400597	<b>4:27.05</b>	+0,68	
	50m: 30.37	30.37 150m: 1:37.81	33.92	250m: 2:45.27	33.83	350m: 3:53.23	33.73
	100m: 1:03.89	33.52 200m: 2:11.44	33.63	300m: 3:19.50	34.23	400m: 4:27.05	33.82
7.	Björn Verkaik	The Hague Swimming (SG)	4:28.92	200500411	<b>4:27.85</b>	+0,70	
	50m: 30.12	30.12 150m: 1:38.37	34.38	250m: 2:47.29	34.22	350m: 3:55.31	33.74
	100m: 1:03.99	33.87 200m: 2:13.07	34.70	300m: 3:21.57	34.28	400m: 4:27.85	32.54
8.	Pepijn van Egmond	WVZ	4:33.48	200402309	<b>4:30.69</b>	+0,61	
	50m: 30.30	30.30 150m: 1:37.64	34.13	250m: 2:47.39	34.88	350m: 3:57.04	34.87
	100m: 1:03.51	33.21 200m: 2:12.51	34.87	300m: 3:22.17	34.78	400m: 4:30.69	33.65
9.	Max van Schagen	De Columbian	4:57.87	200402591	<b>4:32.20</b>	+0,67	
	50m: 30.43	30.43 150m: 1:38.83	34.94	250m: 2:49.08	35.06	350m: 3:58.76	34.82
	100m: 1:03.89	33.46 200m: 2:14.02	35.19	300m: 3:23.94	34.86	400m: 4:32.20	33.44
10.	Thijm Kruit	De Columbian	4:39.99	200401339	<b>4:40.42</b>	+0,75	
	50m: 30.27	30.27 150m: 1:39.81	35.69	250m: 2:52.49	36.39	350m: 4:05.92	36.55
	100m: 1:04.12	33.85 200m: 2:16.10	36.29	300m: 3:29.37	36.88	400m: 4:40.42	34.50
11.	Julien Tanis	Rotterdam Swimming (SG)	4:41.48	200401045	<b>4:41.41</b>	+0,69	
	50m: 30.33	30.33 150m: 1:40.32	35.61	250m: 2:52.91	35.97	350m: 4:06.34	36.64
	100m: 1:04.71	34.38 200m: 2:16.94	36.62	300m: 3:29.70	36.79	400m: 4:41.41	35.07
12.	Casper Hoogervorst	De Columbian	4:49.18	200500183	<b>4:42.14</b>	+0,68	
	50m: 32.17	32.17 150m: 1:43.94	36.13	250m: 2:56.49	36.34	350m: 4:08.18	35.69
	100m: 1:07.81	35.64 200m: 2:20.15	36.21	300m: 3:32.49	36.00	400m: 4:42.14	33.96
13.	Timo Huizer	ZPC Wiekslag	4:42.81	200401125	<b>4:43.77</b>	+0,72	
	50m: 31.04	31.04 150m: 1:41.24	35.33	250m: 2:54.91	36.39	350m: 4:07.93	35.93
	100m: 1:05.91	34.87 200m: 2:18.52	37.28	300m: 3:32.00	37.09	400m: 4:43.77	35.84
14.	Niels van der Mast	ZPC Numansdorp	4:44.78	200401917	<b>4:44.77</b>	+0,76	
	50m: 30.89	30.89 150m: 1:42.92	36.52	250m: 2:56.70	36.83	350m: 4:10.75	36.69
	100m: 1:06.40	35.51 200m: 2:19.87	36.95	300m: 3:34.06	37.36	400m: 4:44.77	34.02
15.	Sem Verberg	The Hague Swimming (SG)	4:51.93	200402105	<b>4:50.98</b>	+0,72	
	50m: 30.62	30.62 150m: 1:43.55	37.21	250m: 2:59.67	38.16	350m: 4:15.40	37.49
	100m: 1:06.34	35.72 200m: 2:21.51	37.96	300m: 3:37.91	38.24	400m: 4:50.98	35.58
16.	Marijn Dekkers	Widex GZC Donk 1	5:07.83	200402275	<b>4:51.07</b>	+0,73	
	50m: 32.47	32.47 150m: 1:45.92	37.22	250m: 3:01.44	37.97	350m: 4:17.48	38.12
	100m: 1:08.70	36.23 200m: 2:23.47	37.55	300m: 3:39.36	37.92	400m: 4:51.07	33.59
17.	Stijn de Bondt	ZPB H&L Productions	4:50.66	200502249	<b>4:51.11</b>	+0,91	
	50m: 31.20	31.20 150m: 1:43.62	37.14	250m: 2:59.68	38.35	350m: 4:16.05	37.93
	100m: 1:06.48	35.28 200m: 2:21.33	37.71	300m: 3:38.12	38.44	400m: 4:51.11	35.06
18.	Wout van Oevelen	D'elft	5:00.24	200404319	<b>4:52.55</b>	+0,68	
	50m: 33.66	33.66 150m: 1:48.62	38.41	250m: 3:03.62	36.97	350m: 4:17.08	36.31
	100m: 1:10.21	36.55 200m: 2:26.65	38.03	300m: 3:40.77	37.15	400m: 4:52.55	35.47
19.	Conor Baker	De Columbian	4:59.47	200500991	<b>4:55.77</b>	+0,74	
	50m: 32.47	32.47 150m: 1:47.61	37.84	250m: 3:04.54	38.18	350m: 4:21.16	37.90
	100m: 1:09.77	37.30 200m: 2:26.36	38.75	300m: 3:43.26	38.72	400m: 4:55.77	34.61
20.	Thomas van Peenen	ZVL-1886 Tetteroo	5:08.04	200400097	<b>4:57.42</b>	+0,74	
	50m: 31.16	31.16 150m: 1:46.25	38.24	250m: 3:03.40	38.65	350m: 4:21.33	38.69
	100m: 1:08.01	36.85 200m: 2:24.75	38.50	300m: 3:42.64	39.24	400m: 4:57.42	36.09
21.	Wouter Willig	De Watervogels	5:10.60	200502785	<b>4:58.19</b>	+0,68	
	50m: 33.51	33.51 150m: 1:49.34	38.69	250m: 3:06.96	38.75	350m: 4:24.51	38.60
	100m: 1:10.65	37.14 200m: 2:28.21	38.87	300m: 3:45.91	38.95	400m: 4:58.19	33.68
22.	Luuk Bogaert	De Watervogels	5:08.57	200503203	<b>4:58.28</b>	+0,83	
	50m: 31.84	31.84 150m: 1:46.38	38.08	250m: 3:03.85	39.15	350m: 4:21.43	38.34
	100m: 1:08.30	36.46 200m: 2:24.70	38.32	300m: 3:43.09	39.24	400m: 4:58.28	36.85
23.	Aaïke de Tender	ZPC Wiekslag	5:10.12	200502189	<b>4:59.19</b>	+0,71	
	50m: 33.19	33.19 150m: 1:49.69	38.63	250m: 3:07.16	38.75	350m: 4:24.72	38.84
	100m: 1:11.06	37.87 200m: 2:28.41	38.72	300m: 3:45.88	38.72	400m: 4:59.19	34.47
24.	Benjamin Boender	ZOB'66	5:03.45	200401351	<b>5:02.25</b>	+0,70	
	50m: 31.84	31.84 150m: 1:45.81	37.82	250m: 3:03.90	38.96	350m: 4:23.42	39.66
	100m: 1:07.99	36.15 200m: 2:24.94	39.13	300m: 3:43.76	39.86	400m: 5:02.25	38.83
25.	Tjomme de Tender	ZPC Wiekslag	5:14.97	200502187	<b>5:02.93</b>	+0,68	
	50m: 32.01	32.01 150m: 1:48.48	38.43	250m: 3:06.63	39.38	350m: 4:25.18	39.02
	100m: 1:10.05	38.04 200m: 2:27.25	38.77	300m: 3:46.16	39.53	400m: 5:02.93	37.75
26.	Onno Roeleveld	De Columbian	5:03.44	200502775	<b>5:05.66</b>	+0,67	
	50m: 32.95	32.95 150m: 1:49.63	38.86	250m: 3:08.32	39.23	350m: 4:27.79	39.46
	100m: 1:10.77	37.82 200m: 2:29.09	39.46	300m: 3:48.33	40.01	400m: 5:05.66	37.87

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 15, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
27.	Tim van Lochem	Zoetermeer	5:28.46	200500077	<b>5:08.04</b> +0,75
	50m: 33.77	33.77 150m: 1:51.68	39.69	250m: 3:12.24	40.05 350m: 4:31.80
	100m: 1:11.99	38.22 200m: 2:32.19	40.51	300m: 3:52.26	40.02 400m: 5:08.04
28.	Duncan den Hartog <i>*bu eindtijd</i>	De Kempvis	5:13.91	200401889	<b>5:12.58</b> +0,75
	50m: 35.37	35.37 150m: 1:52.91	38.97	250m: 3:12.03	39.42 350m: 4:33.34
	100m: 1:13.94	38.57 200m: 2:32.61	39.70	300m: 3:54.31	42.28 400m: 5:12.58
29.	Sytze van Stein	Link	5:05.42	200501155	<b>5:12.73</b> +0,43
	50m: 33.23	33.23 150m: 1:51.40	39.69	250m: 3:11.13	39.95 350m: 4:32.87
	100m: 1:11.71	38.48 200m: 2:31.18	39.78	300m: 3:51.93	40.80 400m: 5:12.73
30.	Timon Wijsman	D'elft	5:16.98	200403707	<b>5:25.38</b> +0,66
	50m: 32.13	32.13 150m: 1:53.29	42.35	250m: 3:19.84	43.67 350m: 4:45.59
	100m: 1:10.94	38.81 200m: 2:36.17	42.88	300m: 4:02.96	43.12 400m: 5:25.38
31.	Jelmer Paans	ZZ&PC De Devel	6:53.38	200404441	<b>6:53.85</b> 1
	50m: 41.84	41.84 150m: 2:25.42	53.24	250m: 4:13.45	54.60 350m: 6:03.08
	100m: 1:32.18	50.34 200m: 3:18.85	53.43	300m: 5:07.95	54.50 400m: 6:53.85

Jeugd 1 en 2

1.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	4:09.09	200203079	<b>4:07.61</b> +0,72
	50m: 28.18	28.18 150m: 1:30.74	31.25	250m: 2:33.87	31.26 350m: 3:37.22
	100m: 59.49	31.31 200m: 2:02.61	31.87	300m: 3:05.40	31.53 400m: 4:07.61
2.	Michael Smink	The Hague Swimming (SG)	4:18.24	200302169	<b>4:11.75</b> +0,77
	50m: 28.73	28.73 150m: 1:32.55	32.02	250m: 2:37.53	32.56 350m: 3:40.78
	100m: 1:00.53	31.80 200m: 2:04.97	32.42	300m: 3:08.67	31.14 400m: 4:11.75
3.	Perry Laarhoven	ZPC Numansdorp	4:21.26	200301321	<b>4:12.14</b> +0,76
	50m: 28.67	28.67 150m: 1:32.28	31.60	250m: 2:36.97	32.19 350m: 3:41.70
	100m: 1:00.68	32.01 200m: 2:04.78	32.50	300m: 3:09.43	32.46 400m: 4:12.14
4.	Jelle Bon	ZV Vlaardingen-Schiedam	4:12.44	200301077	<b>4:12.96</b> +0,64
	50m: 28.26	28.26 150m: 1:31.34	31.62	250m: 2:35.58	32.13 350m: 3:41.06
	100m: 59.72	31.46 200m: 2:03.45	32.11	300m: 3:08.19	32.61 400m: 4:12.96
5.	Maximilian Lopes Cardozo	WZK	4:24.62	200300665	<b>4:13.80</b> +0,83
	50m: 28.96	28.96 150m: 1:33.82	32.74	250m: 2:38.55	31.74 350m: 3:43.24
	100m: 1:01.08	32.12 200m: 2:06.81	32.99	300m: 3:10.91	32.36 400m: 4:13.80
6.	Daan Hogerhuis	Link	4:29.38	200300317	<b>4:15.78</b> +0,74
	50m: 28.32	28.32 150m: 1:32.29	32.35	250m: 2:37.73	32.91 350m: 3:43.89
	100m: 59.94	31.62 200m: 2:04.82	32.53	300m: 3:10.74	33.01 400m: 4:15.78
7.	Guus Hoogduin	ZVL-1886 Tetteroo	4:21.78	200201069	<b>4:20.41</b> +0,70
	50m: 28.69	28.69 150m: 1:34.21	33.16	250m: 2:41.20	33.71 350m: 3:47.76
	100m: 1:01.05	32.36 200m: 2:07.49	33.28	300m: 3:15.28	34.08 400m: 4:20.41
8.	Jarno Verbeek	Zoetermeer	4:28.34	200200931	<b>4:20.77</b> +0,71
	50m: 27.85	27.85 150m: 1:33.08	32.84	250m: 2:40.81	34.34 350m: 3:48.74
	100m: 1:00.24	32.39 200m: 2:06.47	33.39	300m: 3:14.49	33.68 400m: 4:20.77
9.	Kenan Coeruez	Albion WSS (SG)	4:33.72	200300357	<b>4:31.93</b> +0,68
	50m: 30.17	30.17 150m: 1:39.91	35.13	250m: 2:49.70	34.76 350m: 3:58.85
	100m: 1:04.78	34.61 200m: 2:14.94	35.03	300m: 3:25.18	35.48 400m: 4:31.93
10.	Milan van Aken	The Hague Swimming (SG)	4:35.26	200303307	<b>4:32.69</b> +0,76
	50m: 29.68	29.68 150m: 1:37.32	34.32	250m: 2:47.33	35.00 350m: 3:58.24
	100m: 1:03.00	33.32 200m: 2:12.33	35.01	300m: 3:23.05	35.72 400m: 4:32.69
11.	Victor Simons	The Hague Swimming (SG)	4:41.44	200203261	<b>4:34.90</b> +0,83
	50m: 30.48	30.48 150m: 1:38.26	34.34	250m: 2:48.29	35.03 350m: 3:58.46
	100m: 1:03.92	33.44 200m: 2:13.26	35.00	300m: 3:23.11	34.82 400m: 4:34.90
12.	Bas van Wieringen	De Columbiaan	4:35.40	200200119	<b>4:38.32</b> +0,66
	50m: 28.93	28.93 150m: 1:37.58	35.32	250m: 2:49.62	36.02 350m: 4:02.85
	100m: 1:02.26	33.33 200m: 2:13.60	36.02	300m: 3:26.54	36.92 400m: 4:38.32
13.	Simon Dijkstra	Rotterdam Swimming (SG)	4:55.45	200204905	<b>4:40.18</b> +0,68
	50m: 30.05	30.05 150m: 1:39.64	35.17	250m: 2:50.42	35.36 350m: 4:03.83
	100m: 1:04.47	34.42 200m: 2:15.06	35.42	300m: 3:26.61	36.19 400m: 4:40.18
14.	Robin van Peenen	ZVL-1886 Tetteroo	4:44.55	200201059	<b>4:44.96</b> +0,85
	50m: 29.58	29.58 150m: 1:39.83	36.33	250m: 2:54.10	37.42 350m: 4:08.92
	100m: 1:03.50	33.92 200m: 2:16.68	36.85	300m: 3:31.23	37.13 400m: 4:44.96
15.	Dylano Termoshuizen <i>* bu eindtijd</i>	WVZ	4:41.37	200202169	<b>4:51.40</b> +0,69
	50m: 30.37	30.37 150m: 1:40.75	35.80	250m: 2:54.26	37.17 350m: 4:12.01
	100m: 1:04.95	34.58 200m: 2:17.09	36.34	300m: 3:32.92	38.66 400m: 4:51.40
16.	Wouter Verdoes	De Columbiaan	4:47.06	200200351	<b>4:52.59</b> +0,74
	50m: 31.05	31.05 150m: 1:44.23	37.32	250m: 2:59.86	38.04 350m: 4:16.26
	100m: 1:06.91	35.86 200m: 2:21.82	37.59	300m: 3:38.02	38.16 400m: 4:52.59

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 15, Heren, 400m vrije slag

Senioren 1 en ouder

1.	Thomas Jansen	WVZ	3:52.63	200100143	<b>3:58.49</b>	+0,71			
	50m: 26.91	26.91	150m: 1:26.44	29.98	250m: 2:27.59	30.67	350m: 3:29.28	30.76	
	100m: 56.46	29.55	200m: 1:56.92	30.48	300m: 2:58.52	30.93	400m: 3:58.49	29.21	
2.	Max Visser	WVZ	4:06.43	200100077	<b>4:01.11</b>	+0,76			
	50m: 27.20	27.20	150m: 1:27.73	30.55	250m: 2:29.20	30.83	350m: 3:31.19	30.98	
	100m: 57.18	29.98	200m: 1:58.37	30.64	300m: 3:00.21	31.01	400m: 4:01.11	29.92	
3.	Ensgert Kotterink	Albion WSS (SG)	4:02.33	199403391	<b>4:06.14</b>	+0,68			
	50m: 26.90	26.90	150m: 1:28.39	31.08	250m: 2:31.19	31.41	350m: 3:35.13	32.02	
	100m: 57.31	30.41	200m: 1:59.78	31.39	300m: 3:03.11	31.92	400m: 4:06.14	31.01	
4.	Jorian Tanis	MNC Dordrecht	4:06.12	199900327	<b>4:07.20</b>	+0,78			
	50m: 27.40	27.40	150m: 1:29.34	31.60	250m: 2:33.06	31.88	350m: 3:36.85	31.36	
	100m: 57.74	30.34	200m: 2:01.18	31.84	300m: 3:05.49	32.43	400m: 4:07.20	30.35	
5.	Timo Dinkelberg	Albion WSS (SG)	4:04.15	199300773	<b>4:12.21</b>	+0,67			
	50m: 28.45	28.45	150m: 1:32.23	32.20	250m: 2:37.89	33.03	350m: 3:42.86	32.17	
	100m: 1:00.03	31.58	200m: 2:04.86	32.63	300m: 3:10.69	32.80	400m: 4:12.21	29.35	
6.	Ivo Stolk	Albion WSS (SG)	4:00.86	200100615	<b>4:13.16</b>	+0,71			
	50m: 26.95	26.95	150m: 1:29.25	31.79	250m: 2:35.30	33.41	350m: 3:42.59	33.70	
	100m: 57.46	30.51	200m: 2:01.89	32.64	300m: 3:08.89	33.59	400m: 4:13.16	30.57	
7.	Freek Hollander	The Hague Swimming (SG)	4:12.27	200103815	<b>4:14.79</b>	+0,78			
	50m: 28.29	28.29	150m: 1:33.54	33.23	250m: 2:39.64	32.90	350m: 3:44.61	32.05	
	100m: 1:00.31	32.02	200m: 2:06.74	33.20	300m: 3:12.56	32.92	400m: 4:14.79	30.18	
8.	Floris de Leeuw	The Hague Swimming (SG)	4:18.91	200105317	<b>4:15.60</b>	+0,69			
	50m: 29.28	29.28	150m: 1:33.38	31.69	250m: 2:38.56	33.01	350m: 3:44.21	32.67	
	100m: 1:01.69	32.41	200m: 2:05.55	32.17	300m: 3:11.54	32.98	400m: 4:15.60	31.39	
9.	Jasper Breugem	WVZ	4:15.21	200000303	<b>4:25.81</b>	+0,75			
	50m: 29.31	29.31	150m: 1:34.86	33.17	250m: 2:42.76	34.03	350m: 3:52.03	35.13	
	100m: 1:01.69	32.38	200m: 2:08.73	33.87	300m: 3:16.90	34.14	400m: 4:25.81	33.78	
10.	Sander Iuga	Albion WSS (SG)	4:26.98	200101389	<b>4:30.09</b>	+0,67			
	50m: 29.38	29.38	150m: 1:37.37	34.37	250m: 2:47.24	34.91	350m: 3:56.77	34.53	
	100m: 1:03.00	33.62	200m: 2:12.33	34.96	300m: 3:22.24	35.00	400m: 4:30.09	33.32	
11.	Boy Borreman	LinK	4:38.45	200102751	<b>4:55.94</b>	+0,73			
	50m: 31.75	31.75	150m: 1:45.33	37.62	250m: 3:02.09	38.63	350m: 4:18.38	37.68	
	100m: 1:07.71	35.96	200m: 2:23.46	38.13	300m: 3:40.70	38.61	400m: 4:55.94	37.56	
OPG	Jordy van Oel	WVZ	4:24.08	199802003					
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

Programmanr. 16  
17-11-2019 - 10:40

Dames, 200m wisselslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
<b>Junioren 1 en 2</b>										
1.	Ananda van der Wiel	WVZ	2:38.66	200701562	<b>2:36.76</b>	+0,65	33.71	1:12.39	2:00.11	2:36.76
2.	Mila Oomens	ZPV Barracuda	2:39.94	200700016	<b>2:39.51</b>	+0,70	35.17	1:14.79	2:02.62	2:39.51
	<i>*bu eindtijd</i>									
3.	Charlotte Woltjes	The Hague Swimming	(2:42.47	200700110	<b>2:40.38</b>	+0,78	34.29	1:15.02	2:04.32	2:40.38
4.	Flora Szili-Torok	Rotterdam Swimming	(2:43.01	200800114	<b>2:43.30</b>	+0,57	35.92	1:16.14	2:04.59	2:43.30
5.	Fleur Kamminga	WVZ	2:41.50	200701838	<b>2:43.50</b>	+0,87	35.27	1:15.62	2:04.56	2:43.50
6.	Meyke v. Nimwegen	z.c De Schotejil	2:43.87	200800106	<b>2:44.59</b>	+0,80	36.80	1:19.21	2:07.42	2:44.59
7.	Annieke Rupke	Widex GZC Donk 1	2:52.15	200700876	<b>2:46.79</b>	+0,73	38.36	1:21.98	2:07.03	2:46.79
8.	Floor Hogervorst	Noordwijkerhout	2:51.68	200701400	<b>2:47.06</b>	+0,75	36.76	1:18.83	2:08.64	2:47.06
9.	Samantha van der Jagt	ZZ&PC De Devel	2:47.95	200700220	<b>2:48.12</b>	+0,77	37.15	1:20.53	2:09.14	2:48.12
10.	Charlene Ruiters	De Columbiaan	2:55.77	200700522	<b>2:52.37</b>	+0,74	38.05	1:23.54	2:11.33	2:52.37
11.	Julia van Wingerden	ZZ&PC De Devel	2:58.93	200800436	<b>2:52.88</b>	+0,75	37.24	1:21.62	2:13.50	2:52.88
12.	Shirley van Mourik	MNC Dordrecht	2:52.02	200802092	<b>2:53.15</b>	+0,72	38.58	1:24.78	2:14.27	2:53.15
13.	Tessa Hoogstraten	De Columbiaan	2:53.80	200800544	<b>2:53.38</b>		38.11	1:22.80	2:14.66	2:53.38
14.	Daniek Wijnen	ZVL-1886 Tetteroo	2:48.17	200701280	<b>2:53.99</b>	+0,71	34.67	1:21.86	2:14.07	2:53.99
15.	Evi Bol	ZPC Wiekslag	3:01.13	200700790	<b>2:57.68</b>	+0,72	40.86	1:25.72	2:16.72	2:57.68
16.	Yrsah Verheijen	The Hague Swimming	(2:57.78	200700350	<b>2:57.83</b>	+0,84	38.13	1:22.90	2:15.95	2:57.83
17.	Solana Kock	WVZ	3:00.54	200802520	<b>2:58.06</b>	+0,89	40.46	1:27.38	2:18.09	2:58.06
18.	Sophie Adriaanse	De Columbiaan	2:58.55	200701066	<b>2:58.09</b>	+0,76	39.82	1:27.65	2:17.03	2:58.09
19.	Britte Lodder	ZZ&PC De Devel	2:52.85	200702290	<b>2:58.76</b>	+0,71	40.15	1:26.26	2:18.21	2:58.76
20.	Amy Flobbe	ZPB H&L Productions	2:59.44	200801286	<b>2:58.93</b>	+0,59	43.39	1:26.16	2:21.43	2:58.93
21.	Donna Verhoef	De Geul	3:11.35	200701934	<b>3:02.05</b>	+0,73	39.33	1:25.25	2:20.14	3:02.05

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 16, Meisjes, 200m wisselslag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
22. Aukje Schonewille	ZPB H&L Productions	3:09.53	200702340	<b>3:03.79</b>	+0,82	41.45	1:27.44	2:24.50	3:03.79
DIS Thalia Meijer	MNC Dordrecht	2:45.00	200704048						

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

13 - 14 jaar

1. Merel Schravendijk	The Hague Swimming	(2:30.05	200503382	<b>2:22.69</b>	+0,76	31.78	1:08.67	1:49.14	2:22.69
2. Jelsie van Ruijven	WVZ	2:27.07	200500282	<b>2:26.21</b>	+0,63	31.30	1:07.29	1:51.30	2:26.21
3. Sophia van Droffelaar	ZV Vlaardingen-Schied	2:27.16	200500330	<b>2:28.22</b>	+0,71	32.51	1:11.02	1:53.44	2:28.22
4. E. van Wijngaarden	ZPB H&L Productions	2:31.02	200601020	<b>2:30.32</b>	+0,81	31.68	1:11.55	1:56.14	2:30.32
5. Elijdjah van der Heul	Rotterdam Swimming	(2:32.33	200602180	<b>2:30.71</b>	+0,76	33.85	1:13.11	1:57.04	2:30.71
6. Anique Hazebroek	The Hague Swimming	(2:34.96	200502196	<b>2:32.03</b>	+0,71	31.26	1:09.98	1:57.43	2:32.03
7. Megan Jonkman	The Hague Swimming	(2:33.42	200600508	<b>2:32.28</b>	+0,78	33.29	1:12.89	1:57.70	2:32.28
8. Isa Maes	Albion WSS (SG)	2:32.19	200500110	<b>2:32.51</b>	+0,70	33.18	1:12.43	1:57.25	2:32.51
9. Emma Verkuijl	ZPV Barracuda	2:34.03	200500826	<b>2:33.00</b>	+0,66	33.58	1:13.49	1:59.78	2:33.00
10. Vivianne Woltjes	The Hague Swimming	(2:37.83	200501524	<b>2:33.93</b>	+0,70	32.39	1:13.14	1:59.16	2:33.93
11. Niké Telkamp	The Hague Swimming	(2:35.35	200501088	<b>2:35.02</b>	+0,68	33.55	1:14.20	1:57.87	2:35.02
12. Anouchka Bos	ZPV Barracuda	2:38.96	200501528	<b>2:38.66</b>	+0,69	35.41	1:19.55	2:03.49	2:38.66
13. Hilda Vrijbloed	SG SCOM/de Zeehond	2:39.09	200600732	<b>2:40.53</b>	+0,76	33.88	1:13.73	2:04.51	2:40.53
14. Madoline Held	The Hague Swimming	(2:43.76	200503412	<b>2:40.59</b>	+0,70	34.76	1:15.86	2:03.45	2:40.59
15. Laura Hoogenboezem	KZV de Lansingh	2:38.60	200500390	<b>2:41.73</b>	+0,77	36.21	1:18.38	2:04.15	2:41.73
16. Sylvie Roos	Albion WSS (SG)	2:41.17	200502772	<b>2:41.78</b>	+0,68	33.76	1:16.01	2:02.62	2:41.78
17. Milou Demirel	The Hague Swimming	(2:45.57	200501254	<b>2:42.23</b>	+0,78	35.23	1:19.06	2:04.96	2:42.23
<i>*bu eindtijd</i>									
18. Evelyn Liket	ZV Vlaardingen-Schied	2:43.06	200503118	<b>2:43.44</b>	+0,69	32.27	1:13.40	2:02.45	2:43.44
19. Kimberly Ruiten	De Columbiaan	2:49.05	200600492	<b>2:45.80</b>	+0,76	34.73	1:18.72	2:07.98	2:45.80
20. Laura 't Lam	De Geul	2:44.99	200603376	<b>2:45.88</b>	+0,58	35.74	1:18.97	2:08.48	2:45.88
21. Mara Tims	The Hague Swimming	(2:39.54	200601136	<b>2:46.38</b>	+0,63	34.20	1:18.22	2:08.65	2:46.38
22. Mar Stoel	De Columbiaan	2:50.62	200500520	<b>2:46.88</b>	+0,72	35.53	1:19.59	2:09.94	2:46.88
23. Eva v.d. Slik	z.c De Schotejil	2:49.22	200602876	<b>2:48.78</b>	+0,66	35.74	1:19.73	2:09.91	2:48.78
24. Ada Eker	WZK	2:52.00	200504608	<b>2:50.39</b>	+0,72	38.37	1:21.88	2:09.76	2:50.39
25. Elise Vink	De Columbiaan	2:43.43	200502588	<b>2:50.60</b>	+0,79	36.70	1:22.18	2:10.38	2:50.60
<i>*bu eindtijd</i>									
26. Lotte Cornelissen	De Watervogels	2:55.09	200601182	<b>2:51.17</b>	+0,57	36.36	1:17.89	2:09.94	2:51.17
<i>*bu eindtijd</i>									
27. Noor Frijlink	De Columbiaan	2:54.00	200500970	<b>2:51.60</b>	+0,76	38.28	1:22.29	2:10.72	2:51.60
<i>*bu 200m</i>									
28. Nikita Snoeren	WVZ	2:47.65	200600342	<b>2:52.87</b>	+0,66	39.28	1:22.36	2:12.94	2:52.87
29. Daphne van Tilburg	De Geul	2:58.53	200500580	<b>2:54.51</b>	+0,80	38.92	1:24.04	2:16.17	2:54.51
30. G. Schrijvers van Zende	The Hague Swimming	(2:52.11	200601618	<b>2:55.02</b>	+0,71	35.20	1:20.59	2:15.16	2:55.02
31. Fenne Saaf	Zoetermeer	2:55.54	200504340	<b>2:57.51</b>	+0,83	41.10	1:24.10	2:16.53	2:57.51
<i>*bu eindtijd</i>									
32. Emma Suderee	Rotterdam Swimming	(2:58.62	200603598	<b>3:05.51</b>	+0,63	41.23	1:26.49	2:21.78	3:05.51

15 - 16 jaar

1. Britta Koehorst	KZV de Lansingh	2:20.71	200300246	<b>2:21.59</b>	+0,69	30.74	1:07.57	1:48.89	2:21.59
2. Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:26.55	200404272	<b>2:26.24</b>	+0,69	30.73	1:07.68	1:50.54	2:26.24
3. Rinske Bouman	Rotterdam Swimming	(2:29.68	200400578	<b>2:28.77</b>	+0,73	31.43	1:11.16	1:53.99	2:28.77
4. Irma van der Wulp	WVZ	2:30.10	200401950	<b>2:28.86</b>	+0,71	31.70	1:11.50	1:55.16	2:28.86
5. Femke Doorenbos	The Hague Swimming	(2:37.89	200404214	<b>2:28.98</b>	+0,73	31.62	1:10.02	1:56.11	2:28.98
6. Jonna Muntjewerff	The Hague Swimming	(2:29.68	200402396	<b>2:31.15</b>	+0,82	33.31	1:11.30	1:55.86	2:31.15
7. Phaedra Meijer	MNC Dordrecht	2:35.23	200405834	<b>2:32.27</b>	+0,75	32.07	1:13.24	1:57.09	2:32.27
8. Daniëlle Vis	De Columbiaan	2:35.72	200401044	<b>2:32.86</b>	+0,74	33.57	1:14.26	1:57.31	2:32.86
9. Kim de Jong	LinK	2:31.46	200301026	<b>2:32.90</b>	+0,83	32.93	1:14.06	1:56.64	2:32.90
10. Mara Bosman	The Hague Swimming	(2:40.24	200303048	<b>2:35.64</b>	+0,69	36.06	1:15.53	2:00.14	2:35.64
11. Tessa Poot	ZV Vlaardingen-Schied	2:39.47	200404264	<b>2:36.58</b>	+0,80	34.16	1:16.22	2:00.74	2:36.58
12. Julia Notenboom	De Columbiaan	2:35.23	200302596	<b>2:38.04</b>	+0,80	33.40	1:13.37	2:01.41	2:38.04
13. Fee Smittenaar	De Columbiaan	2:39.50	200303060	<b>2:39.48</b>	+0,71	32.78	1:14.75	2:03.89	2:39.48
14. Amy Koelman	De Columbiaan	2:43.62	200300922	<b>2:39.86</b>	+0,70	33.05	1:14.37	2:01.39	2:39.86
15. Jade Geurts	WVZ	2:38.20	200402278	<b>2:40.67</b>	+0,71	34.26	1:18.10	2:00.82	2:40.67
16. Wendy ten Wolde	ZPC Wiekslag	2:36.62	200302658	<b>2:42.04</b>	+0,70	33.51	1:16.39	2:02.91	2:42.04
17. Esther Reinders	KZV de Lansingh	2:39.26	200301798	<b>2:42.20</b>	+0,70	35.55	1:17.42	2:04.92	2:42.20
18. Jet van Oudheusden	ZOB'66	2:42.16	200401012	<b>2:43.70</b>	+0,58	35.54	1:18.14	2:05.29	2:43.70
19. Kim Rutters	De Kempvis	2:45.40	200302318	<b>2:44.85</b>	+0,80	34.68	1:15.15	2:05.97	2:44.85

Regiokampioenschappen korte baan  
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Programmanr. 16, Meisjes, 200m wisselslag, 15 - 16 jaar

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
20. Marije de Jager	LinK	2:51.52 200301394	<b>2:45.01</b>	+0,60	32.62	1:14.09	2:05.36	2:45.01
21. Melanie Marinus-Cruz	WVZ	2:42.37 200404702	<b>2:47.68</b>	+0,73	36.24	1:21.02	2:09.92	2:47.68
22. Juliette Boon	ZZ&PC De Devel	2:51.95 200401908	<b>3:08.00</b>	+0,69	38.83	1:28.85	2:27.31	3:08.00
23. Megan van Delden	WVZ	3:25.07 200405500 SM13	<b>3:13.34</b>	+0,84 245	38.30	1:30.43	2:25.94	3:13.34

Senioren

1. Lynn Blommers	The Hague Swimming (:2:20.45 200105062	<b>2:18.83</b>	+0,64	30.25	1:07.67	1:46.09	2:18.83	
2. Tessa Giele	Albion WSS (SG) 2:24.61 200203124	<b>2:21.50</b>	+0,62	30.22	1:07.38	1:48.44	2:21.50	
3. Silke Molendijk	ZVL-1886 Tetteroo 2:20.30 200100178	<b>2:23.17</b>	+0,70	30.06	1:08.19	1:50.87	2:23.17	
4. Chefanja Nunes	WVZ 2:26.48 200104750	<b>2:24.05</b>	+0,67	28.64	1:05.41	1:49.62	2:24.05	
5. Inge Vieveen	WVZ 2:20.41 200100024	<b>2:24.86</b>	+0,72	30.65	1:08.12	1:50.41	2:24.86	
6. Mabel Suli	WVZ 2:23.70 199307964	<b>2:26.12</b>	+0,76	32.24	1:08.05	1:51.47	2:26.12	
7. Angelique van Vark	Z&PC De Gouwe 2:23.79 199701478	<b>2:26.56</b>	+0,70	31.83	1:08.87	1:52.25	2:26.56	
8. Ana Nusa Versnik	The Hague Swimming (:2:33.28 200003496	<b>2:30.93</b>	+0,70	33.54	1:12.25	1:55.54	2:30.93	
9. Lotte Middelbos	z.c De Schotejil 2:33.08 199900680	<b>2:34.21</b>	+0,78	33.15	1:13.63	1:58.24	2:34.21	
10. Grace Anderson	WVZ 2:29.89 200200578	<b>2:36.25</b>	+0,75	34.08	1:14.25	2:00.52	2:36.25	
<i>*bu eindtijd</i>								
11. Elyanne Boudestein	Zoetermeer 2:36.21 200101060	<b>2:38.50</b>	+0,72	34.42	1:14.19	2:00.85	2:38.50	
12. Anouk Vis	De Columbiaan 2:39.54 200203322	<b>2:38.65</b>	+0,78	33.49	1:13.55	2:01.71	2:38.65	
13. Robin Pienaar	ZPV Barracuda 2:34.19 200102236	<b>2:39.63</b>	+0,79	33.34	1:12.49	2:01.58	2:39.63	
14. Anne Straub	Zoetermeer 2:40.54 200201402	<b>2:41.34</b>	+0,76	33.46	1:14.64	2:03.80	2:41.34	
15. Jonne Moleman	LinK 3:02.67 200006264 SM7	<b>3:07.57</b>	+0,86 852	40.57	1:23.89	2:27.30	3:07.57	
NG.ZA Kelly Wiglevon	Poseidon'56 2:35.60 199500058							
AFGEM Elise Tanis	MNC Dordrecht 2:17.33 200200120							

Programmanr. 17  
17-11-2019 - 11:35

Heren, 50m schoolslag

Junioren 1 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>				
1. Daan Sonneveld <i>*bu eindtijd</i>	WVZ	33.61	200601085	<b>33.48</b> +0,70
2. Thierry Zulver <i>*bu eindtijd</i>	ZV Vlaardingen-Schiedam	34.59	200700023	<b>33.51</b> +0,66
3. Sven Markkus Eschbach	ZZ&PC De Devel	36.86	200602013	<b>36.07</b> +0,66
4. Vincent Huele	The Hague Swimming (SG)	37.11	200703423	<b>36.40</b> +0,70
5. Thom de Hoog	SG SCOM/de Zeehond'73	36.58	200600019	<b>36.80</b> +0,83
6. Hessel de Jong	KZV de Lansingh	38.21	200602753	<b>36.88</b> +0,55
7. Joshua Agussalim	ZPV Barracuda	37.76	200600153	<b>37.05</b> +0,67
8. Thijs van den Berg	The Hague Swimming (SG)	38.24	200600971	<b>37.39</b> +0,79
9. Bas Blanker	ZPB H&L Productions	38.45	200601497	<b>37.57</b> +0,67
10. James Lawton	De Columbiaan	39.91	200700745	<b>37.64</b> +0,55
11. Floris Wassenaar	WVZ	40.02	200600649	<b>37.95</b> +0,72
12. Bas Bechtold	ZPV Barracuda	39.16	200600007	<b>38.31</b> +0,64
13. Joris Lissenberg	The Hague Swimming (SG)	41.61	200600585	<b>38.57</b> +0,72
14. Christian Tijn	Widex GZC Donk 1	42.90	200602477	<b>38.99</b> +0,81
15. Jesse van der Meij	ZVL-1886 Tetteroo	40.13	200600841	<b>39.13</b> +0,73
16. Björn Mulder	Zoetermeer	40.51	200601517	<b>39.14</b> +0,72
17. Lucas van Peenen	ZVL-1886 Tetteroo	41.70	200600457	<b>39.33</b> +0,69
18. Daniel Gavran	Widex GZC Donk 1	42.58	200600667	<b>39.65</b> +0,67
19. Janu Nolden	WVZ	39.99	200600289	<b>39.84</b> +0,59
20. Robin den Ouden	ZPC Wiekslag	41.01	200600255	<b>40.17</b> +0,58
Merlijn van der Hoeven	WVZ	41.67	200600951	<b>40.17</b> +0,67
22. Jasper Groen	KZV de Lansingh	41.54	200602325	<b>40.22</b> +0,54
23. Tavi de Gelder	ZOB'66	42.78	200602335	<b>40.46</b> +0,83
24. Winston van den Berg	Rotterdam Swimming (SG)	39.04	200600253	<b>40.73</b> +0,78
25. Levy van Rosmalen	De Watervogels	43.78	200602041	<b>40.94</b>
26. Roan van der Weide	Widex GZC Donk 1	42.63	200601629	<b>40.97</b> +0,48
27. Dimi Stoyanov	The Hague Swimming (SG)	41.49	200601067	<b>40.99</b> +0,53
28. Jisse Lousma	WVZ	44.40	200701493	<b>41.14</b> +0,63
29. Boele Böhm	De Columbiaan	42.51	200700739	<b>41.96</b> +0,63
30. Wout Jonkers	Poseidon'56	43.60	200600939	<b>42.26</b> +0,77
31. Arav Ramcharan	Poseidon'56	42.44	200603067	<b>42.82</b> +0,72

Regiokampioenschappen korte baan  
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Programmanr. 17, Jongens, 50m schoolslag, Junioren 1 en 2

rang	naam	vereniging	intijd			tijd	RT	
32.	Max Bos	SG SCOM/de Zeehond'73	44.91	200701383	SB9	<b>43.86</b>	+0,58	303
33.	Sanad Abualrous	WZK	43.05	200703055		<b>43.89</b>	+0,79	
34.	Renzo Steller	WVZ	43.88	200701141		<b>45.45</b>	+0,90	
NG	Joshua Posthoorn	Rotterdam Swimming (SG)	42.52	200701749				

Junioren 3 en 4

1.	Jason van den Berg	Rotterdam Swimming (SG)	31.21	200400009		<b>30.18</b>	+0,64	
2.	Max van Schagen	De Columbiaan	30.99	200402591		<b>31.28</b>	+0,63	
3.	River Streefland	The Hague Swimming (SG)	31.47	200502253		<b>31.47</b>	+0,69	
4.	Kun Woo Kim	The Hague Swimming (SG)	33.85	200401361		<b>32.27</b>	+0,72	
5.	Abel te Riele	WVZ	32.42	200402317		<b>32.84</b>	+0,66	
6.	Gabriel Been	The Hague Swimming (SG)	34.05	200501467		<b>33.11</b>	+0,79	
7.	Timo Wouters	MNC Dordrecht	32.92	200401363		<b>33.13</b>	+0,70	
8.	Milan Masselink	The Hague Swimming (SG)	34.65	200402165		<b>33.78</b>	+0,74	
9.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	34.03	200404457		<b>33.85</b>	+0,64	
10.	Émile Fouzai	The Hague Swimming (SG)	34.84	200500263		<b>34.26</b>	+0,74	
	Loeka Wubben	The Hague Swimming (SG)	34.93	200400307		<b>34.26</b>	+0,64	
12.	Yanieck Frijstein	The Hague Swimming (SG)	35.06	200500329		<b>34.29</b>	+0,68	
13.	Björn Verkaik	The Hague Swimming (SG)	36.45	200500411		<b>34.55</b>	+0,70	
14.	Erik Oldenkamp	Rotterdam Swimming (SG)	34.55	200400597		<b>34.99</b>	+0,71	
15.	Michael van den Enden	PCG	35.77	200401589		<b>35.21</b>	+0,62	
16.	Sem Agterdenbos	MNC Dordrecht	35.66	200500049		<b>35.48</b>	+0,62	
17.	Nick Dirks	ZV Vlaardingen-Schiedam	36.22	200503637		<b>35.70</b>	+0,64	
18.	Casper van Nijnatten	Rotterdam Swimming (SG)	36.58	200402559		<b>36.02</b>	+0,70	
19.	Bo Schoenmakers	Widex GZC Donk 1	38.92	200402919		<b>36.33</b>	+0,73	
20.	Thomas van Peenen	ZVL-1886 Tetteroo	37.38	200400097		<b>36.46</b>	+0,70	
21.	Aaïke de Tender	ZPC Wiekslag	36.43	200502189		<b>36.48</b>	+0,70	
22.	Timon Wijsman	D'elft	38.84	200403707		<b>36.49</b>	+0,63	
23.	Casper Hoogervorst	De Columbiaan	38.31	200500183		<b>36.64</b>	+0,69	
24.	Thijm Kruit	De Columbiaan	37.92	200401339		<b>36.71</b>	+0,73	
25.	Simon Thijsssen	WZK	38.85	200503759		<b>37.09</b>	+0,71	
26.	Marijn Dekkers	Widex GZC Donk 1	37.62	200402275		<b>37.17</b>	+0,76	
27.	Wouter Willig	De Watervogels	39.45	200502785		<b>37.92</b>	+0,76	
28.	Duncan den Hartog	De Kempvis	39.18	200401889		<b>38.09</b>	+0,75	
29.	Tjomme de Tender	ZPC Wiekslag	39.95	200502187		<b>38.43</b>	+0,74	
30.	Onno Roeeveld	De Columbiaan	38.33	200502775		<b>38.56</b>	+0,79	
31.	Conor Baker	De Columbiaan	39.00	200500991		<b>38.60</b>	+0,77	
32.	Sem Verberg	The Hague Swimming (SG)	38.64	200402105		<b>38.79</b>	+0,72	
DIS	Jelmer Paans	ZZ&PC De Devel	55.19	200404441	SB14			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
NG	Jip van Veen	ZPV Barracuda	38.63	200401353				

Jeugd 1 en 2

1.	Nikhom Westphal	WVZ	30.62	200203329		<b>29.28</b>	+0,62	
2.	Brandon van den Berg	Rotterdam Swimming (SG)	30.03	200200669		<b>29.44</b>	+0,69	
3.	Perry Laarhoven	ZPC Numansdorp	30.65	200301321		<b>29.59</b>	+0,72	
4.	Kenan Coeruez	Albion WSS (SG)	30.89	200300357		<b>30.53</b>	+0,64	
5.	Wesley Zulver	ZV Vlaardingen-Schiedam	30.15	200301319		<b>30.54</b>	+0,63	
6.	Xander Vis	z.c De Schotejil	31.23	200300173		<b>31.13</b>	+0,69	
7.	Mart de Koning	ZOB'66	32.06	200203253		<b>31.29</b>	+0,72	
8.	Milan Hamel	The Hague Swimming (SG)	31.56	200302125		<b>31.34</b>	+0,64	
9.	Jarno Verbeek	Zoetermeer	32.13	200200931		<b>31.85</b>	+0,66	
10.	Jelle Bon	ZV Vlaardingen-Schiedam	31.80	200301077		<b>32.10</b>	+0,64	
11.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	33.17	200203079		<b>32.40</b>	+0,69	
12.	Robin van Peenen	ZVL-1886 Tetteroo	32.61	200201059		<b>32.51</b>	+0,77	
13.	Michael Smink	The Hague Swimming (SG)	32.45	200302169		<b>32.65</b>	+0,74	
14.	Simon Dijkstra	Rotterdam Swimming (SG)	32.52	200204905		<b>32.92</b>	+0,66	
15.	Erik van Gemert	Poseidon'56	32.05	200300587		<b>32.97</b>	+0,80	
16.	Bjarne Buijs	The Hague Swimming (SG)	33.38	200301089		<b>32.98</b>	+0,65	
17.	Tygo Korving	ZPB H&L Productions	33.24	200300773		<b>33.08</b>	+0,70	
18.	Martijn van Noort	ZPV Barracuda	34.40	200204861		<b>33.41</b>	+0,72	
19.	Bas van Wieringen	De Columbiaan	32.28	200200119		<b>33.57</b>	+0,66	
20.	Daan Snijders	MNC Dordrecht	32.72	200202475		<b>33.62</b>	+0,76	
	<i>*bu eindtijd</i>							
21.	Raphaël Booiman	ZPC Wiekslag	33.44	200300727		<b>33.70</b>	+0,68	
22.	Daan Hogerhuis	LinK	34.50	200300317		<b>33.86</b>	+0,67	



Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 17, Jongens, 50m schoolslag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
23.	Milan van Aken	The Hague Swimming (SG)	34.64	200303307	<b>34.58</b>	+0,72
24.	Maximilian Lopes Cardozo	WZK	35.18	200300665	<b>34.86</b>	+0,72
25.	Hugo Katerbau	The Hague Swimming (SG)	35.76	200301051	<b>34.93</b>	+0,71
26.	Roan Roor	ZPV Barracuda	34.35	200203127	<b>35.02</b>	+0,69
27.	Wouter Verdoes	De Columbiaan	35.28	200200351	<b>35.71</b>	+0,72

Senioren 1 en ouder

1.	Mark Baars	Rotterdam Swimming (SG)	27.96	198500059	<b>28.05</b>	+0,63
2.	Ensger Kotterink	Albion WSS (SG)	28.11	199403391	<b>28.26</b>	+0,62
3.	Jonne Schaafsma	The Hague Swimming (SG)	28.82	199800745	<b>29.05</b>	+0,69
4.	Rainier Rafaela	Rotterdam Swimming (SG)	28.75	199905307	<b>29.21</b>	+0,65
5.	Quinn van den Heuvel	WVZ	29.37	200100297	<b>29.39</b>	+0,72
6.	Joost de Roy van Zuydewijn	WVZ	29.26	200000255	<b>29.53</b>	+0,68
7.	Jordy Zuidhoek	De Columbiaan	29.66	199201569	<b>29.84</b>	+0,69
8.	Thomas Jansen	WVZ	30.74	200100143	<b>30.31</b>	+0,73
9.	Dave van den Nieuwendijk	De Columbiaan	30.51	200100475	<b>30.90</b>	+0,70
10.	Thomas Hesper	ZPV Barracuda	31.30	200004181	<b>31.37</b>	+0,82
11.	Kevin Kingma	KZV de Lansingh	30.82	199700559	<b>31.41</b>	+0,67
12.	Paul van Grol	Widex GZC Donk 1	30.54	199602951	<b>31.42</b>	+0,66
13.	Noah Legerstee	WVZ	32.90	200003593	<b>32.13</b>	+0,72
14.	Bert Duivenvoorde	Noordwijkerhout	31.47	199701805	<b>32.16</b>	+0,71
15.	Bas Verdoes	De Columbiaan	31.89	199801487	<b>32.47</b>	+0,72
16.	Ryan van den Ouden	Poseidon'56	32.18	199900377	<b>32.57</b>	+0,80
17.	Rick de Waard	SG SCOM/de Zeehond'73	32.94	199401095	<b>32.69</b>	+0,67
18.	Jasper Willig	Rotterdam Swimming (SG)	32.84	200104757	<b>32.71</b>	+0,64
19.	Remco Oskam	Widex GZC Donk 1	32.66	199205583	<b>33.09</b>	+0,74
20.	Jasper Breugem	WVZ	33.23	200000303	<b>33.18</b>	+0,75
21.	Bart Spaans	ACZ	33.26	199902559	<b>33.28</b>	+0,58
	<i>*bu eindtijd</i>					
NG.ZA	Nol van Thull	KZV de Lansingh	32.29	198001513		
AFGEM	Tim van Duuren	Widex GZC Donk 1	31.53	199802255	SB8	
NG	Mark Hensen	ZPV Barracuda	32.76	197900497		

Programmanr. 18  
17-11-2019 - 11:50

Meisjes, 800m vrije slag

Junioren 4 en later  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Robin Vermeulen	MNC Dordrecht	10:00.96	200700412	<b>9:49.70</b>	+0,80
	100m: 1:08.57	1:08.57	300m: 3:36.53	1:14.64	500m: 6:07.25	1:15.65
	200m: 2:21.89	1:13.32	400m: 4:51.60	1:15.07	600m: 7:23.13	1:15.88
					700m: 8:38.48	1:15.35
					800m: 9:49.70	1:11.22
2.	Dide Provily	ZPC Wiekslag	10:58.73	200700480	<b>10:50.65</b>	+0,80
	100m: 1:14.37	1:14.37	300m: 3:58.45	1:21.89	500m: 6:43.25	1:22.39
	200m: 2:36.56	1:22.19	400m: 5:20.86	1:22.41	600m: 8:06.60	1:23.35
					700m: 9:29.54	1:22.94
					800m: 10:50.65	1:21.11
3.	Liv Heijdra	Albion WSS (SG)	11:11.23	200800736	<b>10:55.85</b>	+0,69
	<i>*bu eindtijd</i>					
	100m: 1:12.63	1:12.63	300m: 3:57.89	1:23.67	500m: 6:47.46	1:25.34
	200m: 2:34.22	1:21.59	400m: 5:22.12	1:24.23	600m: 8:12.46	1:25.00
					700m: 9:35.77	1:23.31
					800m: 10:55.85	1:20.08
4.	Daniek Wijnen	ZVL-1886 Tetteroo	11:19.26	200701280	<b>11:12.07</b>	+0,72
	100m: 1:19.02	1:19.02	300m: 4:09.08	1:25.68	500m: 7:02.30	1:27.24
	200m: 2:43.40	1:24.38	400m: 5:35.06	1:25.98	600m: 8:27.92	1:25.62
					700m: 9:52.36	1:24.44
					800m: 11:12.07	1:19.71
5.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	11:56.57	200700048	<b>11:16.45</b>	+0,74
	100m: 1:19.73	1:19.73	300m: 4:13.14	1:26.88	500m: 7:07.50	1:27.14
	200m: 2:46.26	1:26.53	400m: 5:40.36	1:27.22	600m: 8:32.84	1:25.34
					700m: 9:56.92	1:24.08
					800m: 11:16.45	1:19.53
6.	Samantha van der Jagt	ZZ&PC De Devel	11:21.28	200700220	<b>11:24.85</b>	+0,81
	100m: 1:19.76	1:19.76	300m: 4:14.21	1:27.83	500m: 7:10.05	1:27.73
	200m: 2:46.38	1:26.62	400m: 5:42.32	1:28.11	600m: 8:37.68	1:27.63
					700m: 10:04.33	1:26.65
					800m: 11:24.85	1:20.52
7.	Yrsah Verheijen	The Hague Swimming (SG)	11:58.45	200700350	<b>11:32.30</b>	+0,82
	100m: 1:19.56	1:19.56	300m: 4:15.98	1:28.31	500m: 7:11.07	1:28.03
	200m: 2:47.67	1:28.11	400m: 5:43.04	1:27.06	600m: 8:38.86	1:27.79
					700m: 10:06.63	1:27.77
					800m: 11:32.30	1:25.67
8.	Sanne Pruntel	ZV Vlaardingen-Schiedam	12:06.95	200802010	<b>12:07.18</b>	+0,77
	100m: 1:20.88	1:20.88	300m: 4:25.66	1:32.88	500m: 7:32.97	1:34.35
	200m: 2:52.78	1:31.90	400m: 5:58.62	1:32.96	600m: 9:06.25	1:33.28
					700m: 10:39.22	1:32.97
					800m: 12:07.18	1:27.96

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 18, Meisjes, 800m vrije slag

13 - 14 jaar

1.	Merel Schravendijk	The Hague Swimming (SG)	9:19.02	200503382	<b>9:12.80</b>	+0,73		
	100m: 1:05.91	1:05.91	300m: 3:26.33	1:10.70	500m: 5:46.73	1:10.38	700m: 8:05.93	1:09.80
	200m: 2:15.63	1:09.72	400m: 4:36.35	1:10.02	600m: 6:56.13	1:09.40	800m: 9:12.80	1:06.87
2.	Elijdjah van der Heul	Rotterdam Swimming (SG)	9:53.68	200602180	<b>9:41.88</b>	+0,80		
	100m: 1:07.37	1:07.37	300m: 3:34.53	1:14.33	500m: 6:03.77	1:15.21	700m: 8:31.26	1:13.70
	200m: 2:20.20	1:12.83	400m: 4:48.56	1:14.03	600m: 7:17.56	1:13.79	800m: 9:41.88	1:10.62
3.	Isa Maes	Albion WSS (SG)	9:50.39	200500110	<b>9:47.79</b>	+0,74		
	100m: 1:09.92	1:09.92	300m: 3:38.70	1:14.53	500m: 6:07.20	1:14.20	700m: 8:35.58	1:14.48
	200m: 2:24.17	1:14.25	400m: 4:53.00	1:14.30	600m: 7:21.10	1:13.90	800m: 9:47.79	1:12.21
4.	Megan Jonkman	The Hague Swimming (SG)	9:57.39	200600508	<b>9:49.82</b>	+0,82		
	100m: 1:08.45	1:08.45	300m: 3:38.26	1:15.08	500m: 6:08.12	1:14.46	700m: 8:37.77	1:14.88
	200m: 2:23.18	1:14.73	400m: 4:53.66	1:15.40	600m: 7:22.89	1:14.77	800m: 9:49.82	1:12.05
5.	Anique Hazebroek	The Hague Swimming (SG)	9:57.47	200502196	<b>9:50.07</b>	+0,81		
	100m: 1:07.88	1:07.88	300m: 3:36.14	1:14.79	500m: 6:07.28	1:15.76	700m: 8:37.91	1:14.97
	200m: 2:21.35	1:13.47	400m: 4:51.52	1:15.38	600m: 7:22.94	1:15.66	800m: 9:50.07	1:12.16
6.	Emma Verkuijl	ZPV Barracuda	10:00.48	200500826	<b>9:56.38</b>	+0,68		
	100m: 1:10.45	1:10.45	300m: 3:43.16	1:16.68	500m: 6:15.47	1:15.76	700m: 8:45.75	1:14.30
	200m: 2:26.48	1:16.03	400m: 4:59.71	1:16.55	600m: 7:31.45	1:15.98	800m: 9:56.38	1:10.63
7.	Madoline Held	The Hague Swimming (SG)	10:07.47	200503412	<b>10:10.94</b>	+0,75		
	100m: 1:11.31	1:11.31	300m: 3:45.58	1:17.22	500m: 6:20.92	1:17.95	700m: 8:56.42	1:17.24
	200m: 2:28.36	1:17.05	400m: 5:02.97	1:17.39	600m: 7:39.18	1:18.26	800m: 10:10.94	1:14.52
8.	Leyla Oversluizen	MNC Dordrecht	10:09.32	200602730	<b>10:16.55</b>	+0,69		
	100m: 1:08.02	1:08.02	300m: 3:41.50	1:17.15	500m: 6:19.64	1:19.05	700m: 9:02.53	1:21.21
	200m: 2:24.35	1:16.33	400m: 5:00.59	1:19.09	600m: 7:41.32	1:21.68	800m: 10:16.55	1:14.02

Programmanr. 19  
17-11-2019 - 13:30

Dames, 800m vrije slag

Jeugd 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
15 - 16 jaar								
1.	Jonna Muntjewerff	The Hague Swimming (SG)	9:33.40	200402396	<b>9:35.51</b> +0,85			
	100m: 1:07.40	1:07.40	300m: 3:32.89	1:12.92	500m: 5:59.57	1:13.01	700m: 8:25.60	1:12.54
	200m: 2:19.97	1:12.57	400m: 4:46.56	1:13.67	600m: 7:13.06	1:13.49	800m: 9:35.51	1:09.91
2.	Lara Hoeksema	The Hague Swimming (SG)	9:54.00	200400514	<b>9:42.97</b> +0,78			
	100m: 1:07.01	1:07.01	300m: 3:31.98	1:12.26	500m: 6:00.83	1:14.52	700m: 8:30.37	1:14.54
	200m: 2:19.72	1:12.71	400m: 4:46.31	1:14.33	600m: 7:15.83	1:15.00	800m: 9:42.97	1:12.60
3.	Kim de Jong	LinK	9:55.79	200301026	<b>9:51.01</b> +0,91			
	100m: 1:08.18	1:08.18	300m: 3:35.60	1:14.37	500m: 6:06.57	1:15.71	700m: 8:38.15	1:15.65
	200m: 2:21.23	1:13.05	400m: 4:50.86	1:15.26	600m: 7:22.50	1:15.93	800m: 9:51.01	1:12.86
4.	Esther Reinders	KZV de Lansingh	10:13.39	200301798	<b>10:21.43</b> +0,67			
	100m: 1:11.19	1:11.19	300m: 3:47.19	1:18.06	500m: 6:25.28	1:19.41	700m: 9:04.03	1:19.41
	200m: 2:29.13	1:17.94	400m: 5:05.87	1:18.68	600m: 7:44.62	1:19.34	800m: 10:21.43	1:17.40
5.	Melanie Marinus-Cruz	WVZ	10:30.10	200404702	<b>10:22.80</b> +0,75			
	100m: 1:12.73	1:12.73	300m: 3:49.39	1:18.54	500m: 6:27.96	1:19.45	700m: 9:07.05	1:18.67
	200m: 2:30.85	1:18.12	400m: 5:08.51	1:19.12	600m: 7:48.38	1:20.42	800m: 10:22.80	1:15.75
6.	Feija de Bruin	WVZ	10:34.30	200400106	<b>10:31.34</b> +0,79			
	100m: 1:13.47	1:13.47	300m: 3:50.91	1:19.17	500m: 6:30.00	1:19.58	700m: 9:11.62	1:21.12
	200m: 2:31.74	1:18.27	400m: 5:10.42	1:19.51	600m: 7:50.50	1:20.50	800m: 10:31.34	1:19.72
7.	Isabel Scheepbouwer	ZPC Wiekslag	10:18.49	200301106	<b>10:33.85</b> +0,68			
	100m: 1:09.31	1:09.31	300m: 3:44.48	1:19.07	500m: 6:28.46	1:22.40	700m: 9:14.08	1:22.53
	200m: 2:25.41	1:16.10	400m: 5:06.06	1:21.58	600m: 7:51.55	1:23.09	800m: 10:33.85	1:19.77
8.	Jet van Oudheusden	ZOB'66	10:45.81	200401012	<b>10:34.14</b> +0,61			
	100m: 1:12.01	1:12.01	300m: 3:51.99	1:19.92	500m: 6:34.02	1:20.99	700m: 9:15.56	1:20.49
	200m: 2:32.07	1:20.06	400m: 5:13.03	1:21.04	600m: 7:55.07	1:21.05	800m: 10:34.14	1:18.58
9.	Kim Rutters	De Kempvis	10:30.13	200302318	<b>10:36.05</b> +0,86			
	100m: 1:13.37	1:13.37	300m: 3:53.02	1:20.33	500m: 6:34.21	1:20.57	700m: 9:17.52	1:21.78
	200m: 2:32.69	1:19.32	400m: 5:13.64	1:20.62	600m: 7:55.74	1:21.53	800m: 10:36.05	1:18.53

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 19, Dames, 800m vrije slag

Senioren

1.	Angelique van Vark	Z&PC De Gouwe	9:27.35	199701478	<b>9:20.35</b>	+0,72
	100m: 1:04.75	1:04.75	300m: 3:23.68	1:10.03	500m: 5:46.19	1:11.25
	200m: 2:13.65	1:08.90	400m: 4:34.94	1:11.26	600m: 6:58.71	1:12.52
					700m: 8:10.31	1:11.60
					800m: 9:20.35	1:10.04
2.	Diana Noordermeer	SG SCOM/de Zeehond'73	10:08.44	200102110	<b>10:02.15</b>	+0,69
	100m: 1:11.48	1:11.48	300m: 3:41.54	1:15.22	500m: 6:13.53	1:16.46
	200m: 2:26.32	1:14.84	400m: 4:57.07	1:15.53	600m: 7:30.42	1:16.89
					700m: 8:46.97	1:16.55
					800m: 10:02.15	1:15.18
3.	Elyanne Boudestein	Zoetermeer	10:04.36	200101060	<b>10:07.37</b>	+0,78
	100m: 1:10.09	1:10.09	300m: 3:42.88	1:16.43	500m: 6:16.97	1:16.89
	200m: 2:26.45	1:16.36	400m: 5:00.08	1:17.20	600m: 7:34.95	1:17.98
					700m: 8:51.99	1:17.04
					800m: 10:07.37	1:15.38
4.	Debra de Lange	De Geul	10:21.75	200202380	<b>10:13.80</b>	+0,75
	<i>*bu eindtijd</i>					
	100m: 1:12.39	1:12.39	300m: 3:46.03	1:17.44	500m: 6:20.64	1:17.35
	200m: 2:28.59	1:16.20	400m: 5:03.29	1:17.26	600m: 7:38.39	1:17.75
					700m: 8:56.88	1:18.49
					800m: 10:13.80	1:16.92
5.	Wendy de Bruin	ZOB'66	10:21.75	199206320	<b>10:21.20</b>	+0,59
	<i>*bu eindtijd</i>					
	100m: 1:11.79	1:11.79	300m: 3:49.38	1:19.26	500m: 6:28.14	1:19.27
	200m: 2:30.12	1:18.33	400m: 5:08.87	1:19.49	600m: 7:47.18	1:19.04
					700m: 9:05.51	1:18.33
					800m: 10:21.20	1:15.69
6.	Jonne Moleman	LinK	10:38.98	200006264	<b>10:54.44</b>	+0,78
	100m: 1:17.19	1:17.19	300m: 4:03.12	1:23.70	500m: 6:49.70	1:23.40
	200m: 2:39.42	1:22.23	400m: 5:26.30	1:23.18	600m: 8:12.06	1:22.36
					700m: 9:34.14	1:22.08
					800m: 10:54.44	1:20.30
7.	Isabelle Janssen	MNC Dordrecht	11:19.39	200006318	<b>10:54.60</b>	+0,72
	100m: 1:18.16	1:18.16	300m: 4:01.85	1:22.26	500m: 6:47.69	1:22.73
	200m: 2:39.59	1:21.43	400m: 5:24.96	1:23.11	600m: 8:10.77	1:23.08
					700m: 9:33.97	1:23.20
					800m: 10:54.60	1:20.63

Programmanr. 20  
17-11-2019 - 13:55

Heren, 100m schoolslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Daan Sonneveld	WVZ	1:15.74	200601085	<b>1:14.33</b>	+0,69	36.13
2.	Mark Demianenko	Zoetermeer	1:18.41	200600409	<b>1:15.17</b>	+0,64	35.47
	<i>*bu eindtijd</i>						1:15.17
3.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:18.79	200700023	<b>1:15.74</b>	+0,67	35.76
4.	Sven Markkus Eschbach	ZZ&PC De Devel	1:18.54	200602013	<b>1:19.41</b>	+0,64	37.29
5.	Thom de Hoog	SG SCOM/de Zeehond'73	1:22.71	200600019	<b>1:20.29</b>	+0,85	37.77
6.	Bas Blanker	ZPB H&L Productions	1:21.76	200601497	<b>1:20.64</b>	+0,69	37.99
7.	Hessel de Jong	KZV de Lansingh	1:21.75	200602753	<b>1:20.78</b>	+0,67	38.01
8.	Thijs van den Berg	The Hague Swimming (SG)	1:21.94	200600971	<b>1:21.21</b>	+0,82	38.64
9.	Joshua Agussalim	ZPV Barracuda	1:23.95	200600153	<b>1:21.39</b>	+0,71	38.24
10.	Vincent Huele	The Hague Swimming (SG)	1:23.18	200703423	<b>1:21.41</b>	+0,72	39.38
11.	Bas Bechtold	ZPV Barracuda	1:30.81	200600007	<b>1:23.27</b>	+0,68	39.14
12.	Björn Mulder	Zoetermeer	1:26.78	200601517	<b>1:24.25</b>	+0,75	40.35
	<i>*bu eindtijd</i>						1:24.25
13.	Floris Wassenaar	WVZ	1:28.55	200600649	<b>1:24.30</b>	+0,69	39.46
14.	Benjamin van Helsdingen	ZZ&PC De Devel	1:24.64	200601097	<b>1:24.51</b>	+0,71	40.14
15.	Christian Tijl	Widex GZC Donk 1	1:31.44	200602477	<b>1:24.67</b>	+0,78	39.67
16.	James Lawton	De Columbiaan	1:26.19	200700745	<b>1:25.96</b>	+0,66	40.03
17.	Daniel Gavran	Widex GZC Donk 1	1:30.16	200600667	<b>1:26.08</b>	+0,68	41.62
18.	Bjorn Rijkaart	BZ en PC	1:30.72	200601337	<b>1:26.62</b>	+0,59	40.67
19.	Jasper Groen	KZV de Lansingh	1:29.45	200602325	<b>1:27.30</b>	+0,69	42.18
20.	Winston van den Berg	Rotterdam Swimming (SG)	1:27.17	200600253	<b>1:27.52</b>	+0,77	41.03
21.	Robin den Ouden	ZPC Wiekslag	1:31.31	200600255	<b>1:27.63</b>	+0,61	41.80
22.	Lucas van Peenen	ZVL-1886 Tetteroo	1:31.09	200600457	<b>1:28.04</b>	+0,69	42.72
23.	Merlijn van der Hoeven	WVZ	1:28.93	200600951	<b>1:28.48</b>	+0,72	42.37
24.	Janu Nolden	WVZ	1:28.00	200600289	<b>1:28.93</b>	+0,71	41.15
25.	Tavi de Gelder	ZOB'66	1:31.89	200602335	<b>1:28.95</b>	+0,69	41.70
26.	Jesse van der Meij	ZVL-1886 Tetteroo	1:30.15	200600841	<b>1:29.06</b>	+0,62	42.00
27.	Roan van der Weide	Widex GZC Donk 1	1:30.23	200601629	<b>1:29.22</b>	+0,68	42.49
28.	Levy van Rosmalen	De Watervogels	1:32.69	200602041	<b>1:30.22</b>	+0,72	42.53
29.	Denzel Barthen	WVZ	1:31.73	200700147	<b>1:30.70</b>	+0,67	42.55
30.	Dimi Stoyanov	The Hague Swimming (SG)	1:29.11	200601067	<b>1:30.71</b>		44.23

Regiokampioenschappen korte baan  
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Programmanr. 20, Jongens, 100m schoolslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT	50m	100m
31.	Bart Tuinenburg <i>*bu eindtijd</i>	ZPC Wiekslag	1:31.07	200602347	<b>1:31.94</b>	+0,49	43.82	1:31.94
	Jisse Lousma	WVZ	1:37.23	200701493	<b>1:31.94</b>	+0,59	43.41	1:31.94
33.	Twan Hoogervorst	De Columbiaan	1:33.15	200700741	<b>1:32.95</b>	+0,54	45.20	1:32.95
34.	Boele Böhm	De Columbiaan	1:33.19	200700739	<b>1:33.47</b>	+0,69	44.93	1:33.47
35.	Max Bos	SG SCOM/de Zeehond'73	1:37.18	200701383	<b>1:35.07</b>	+0,74	44.90	1:35.07
36.	Thijs van der Hout	The Hague Swimming (SG)	1:36.72	200700913	<b>1:35.24</b>	+0,50	44.56	1:35.24
NG	Joshua Posthoorn	Rotterdam Swimming (SG)	1:34.67	200701749				

Junioren 3 en 4

1.	Jason van den Berg	Rotterdam Swimming (SG)	1:06.71	200400009	<b>1:05.58</b>	+0,65	30.87	1:05.58
2.	Max van Schagen	De Columbiaan	1:09.31	200402591	<b>1:09.49</b>	+0,66	32.30	1:09.49
3.	River Streefland	The Hague Swimming (SG)	1:09.54	200502253	<b>1:09.92</b>	+0,66	32.83	1:09.92
4.	Kun Woo Kim	The Hague Swimming (SG)	1:12.78	200401361	<b>1:10.53</b>	+0,74	32.68	1:10.53
5.	Gabriel Been	The Hague Swimming (SG)	1:11.99	200501467	<b>1:13.42</b>	+0,77	34.27	1:13.42
6.	Timo Wouters	MNC Dordrecht	1:11.50	200401363	<b>1:13.64</b>	+0,71	34.24	1:13.64
7.	Yanieck Frijstein	The Hague Swimming (SG)	1:14.48	200500329	<b>1:14.15</b>	+0,71	34.53	1:14.15
8.	Émile Fouzaï	The Hague Swimming (SG)	1:13.78	200500263	<b>1:14.25</b>	+0,69	35.33	1:14.25
9.	Loeka Wubben	The Hague Swimming (SG)	1:16.31	200400307	<b>1:15.06</b>	+0,72	35.17	1:15.06
10.	Milan Masselink	The Hague Swimming (SG)	1:14.84	200402165	<b>1:15.33</b>	+0,74	36.40	1:15.33
11.	Nathan Janssen	MNC Dordrecht	1:15.32	200401565	<b>1:15.49</b>	+0,69	35.82	1:15.49
12.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	1:15.42	200404457	<b>1:15.80</b>	+0,67	35.87	1:15.80
13.	Erik Oldenkamp	Rotterdam Swimming (SG)	1:14.49	200400597	<b>1:16.30</b>	+0,68	35.73	1:16.30
14.	Michael van den Enden	PCG	1:17.33	200401589	<b>1:18.25</b>	+0,64	36.39	1:18.25
15.	Arthur Bondartsov	Rotterdam Swimming (SG)	1:22.98	200403231	<b>1:19.37</b>	+0,73	37.22	1:19.37
16.	Sem Agterdenbos	MNC Dordrecht	1:18.61	200500049	<b>1:19.44</b>	+0,63	37.16	1:19.44
17.	Aaïke de Tender	ZPC Wiekslag	1:19.20	200502189	<b>1:19.45</b>	+0,68	37.36	1:19.45
18.	Casper Hoogervorst	De Columbiaan	1:20.77	200500183	<b>1:19.81</b>	+0,68	37.98	1:19.81
19.	Nick Dirks	ZV Vlaardingens-Schiedam	1:20.02	200503637	<b>1:20.25</b>	+0,67	36.93	1:20.25
20.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:18.48	200402559	<b>1:20.61</b>	+0,74	37.98	1:20.61
21.	Thijm Kruit	De Columbiaan	1:26.48	200401339	<b>1:21.32</b>	+0,76	38.90	1:21.32
22.	Simon Thijsssen	WZK	1:22.81	200503759	<b>1:21.56</b>	+0,76	38.57	1:21.56
23.	Thomas van Peenen	ZVL-1886 Tetteroo	1:22.53	200400097	<b>1:22.88</b>	+0,69	38.63	1:22.88
24.	Marijn Dekkers	Widex GZC Donk 1	1:22.53	200402275	<b>1:23.73</b>	+0,83	39.47	1:23.73
25.	Guus Geelen	ZVL-1886 Tetteroo	1:26.46	200401183	<b>1:23.81</b>	+0,73	38.62	1:23.81
26.	Duncan den Hartog	De Kempvis	1:24.17	200401889	<b>1:24.05</b>	+0,75	39.30	1:24.05
27.	Onno Roeleveld	De Columbiaan	1:25.42	200502775	<b>1:24.58</b>	+0,73	40.43	1:24.58
28.	Sem Verberg	The Hague Swimming (SG)	1:24.01	200402105	<b>1:24.81</b>	+0,73	39.72	1:24.81
29.	Reinier Velthuijs	ZPV Barracuda	1:26.21	200503537	<b>1:25.54</b>	+0,77	39.92	1:25.54
30.	Conor Baker	De Columbiaan	1:29.74	200500991	<b>1:25.78</b>	+0,75	39.98	1:25.78
31.	Julian Kersten	The Hague Swimming (SG)	1:25.79	200500613	<b>1:25.90</b>	+0,69	42.43	1:25.90
32.	Tjomme de Tender	ZPC Wiekslag	1:25.77	200502187	<b>1:26.11</b>	+0,72	40.40	1:26.11
33.	Mylan de Gelder	ZOB'66	1:25.28	200404543	<b>1:26.30</b>	+0,77	40.46	1:26.30
34.	Tim van Lochem	Zoetermeer	1:29.37	200500077	<b>1:26.32</b>	+0,78	40.83	1:26.32
35.	Sytze van Stein	LinK	1:29.74	200501155	<b>1:29.38</b>	+0,64	41.91	1:29.38
36.	Hein Siegert	WZK	1:32.64	200404351	<b>1:31.69</b>	+0,82	42.94	1:31.69
NG	Jip van Veen	ZPV Barracuda	1:24.94	200401353				

Jeugd 1 en 2

1.	Perry Laarhoven	ZPC Numansdorp	1:07.28	200301321	<b>1:04.53</b>	+0,75	30.31	1:04.53
2.	Brandon van den Berg	Rotterdam Swimming (SG)	1:05.43	200200669	<b>1:04.59</b>	+0,70	30.11	1:04.59
3.	Milan Hamel	The Hague Swimming (SG)	1:08.22	200302125	<b>1:07.50</b>	+0,65	31.90	1:07.50
4.	Xander Vis	z.c De Schotelijk	1:08.11	200300173	<b>1:08.29</b>	+0,70	32.04	1:08.29
5.	Kenan Coeruez	Albion WSS (SG)	1:09.73	200300357	<b>1:09.22</b>	+0,64	32.22	1:09.22
6.	Wesley Zulver	ZV Vlaardingens-Schiedam	1:06.65	200301319	<b>1:09.93</b>	+0,62	32.12	1:09.93
7.	Mart de Koning	ZOB'66	1:10.97	200203253	<b>1:10.59</b>	+0,73	32.39	1:10.59
8.	Simon Dijkstra	Rotterdam Swimming (SG)	1:11.27	200204905	<b>1:11.12</b>	+0,68	33.25	1:11.12
9.	Robin van Peenen	ZVL-1886 Tetteroo	1:12.56	200201059	<b>1:11.53</b>	+0,78	33.09	1:11.53
10.	Daan Hogerhuis	LinK	1:13.38	200300317	<b>1:12.63</b>	+0,71	34.28	1:12.63
11.	Bas van Wieringen	De Columbiaan	1:11.89	200200119	<b>1:13.16</b>	+0,66	34.09	1:13.16
12.	Guus Hoogduin	ZVL-1886 Tetteroo	1:13.31	200201069	<b>1:13.72</b>	+0,75	34.58	1:13.72
13.	Tygo Korving	ZPB H&L Productions	1:14.77	200300773	<b>1:13.81</b>	+0,70	34.51	1:13.81
14.	Raphaël Booïman	ZPC Wiekslag	1:13.74	200300727	<b>1:14.05</b>	+0,67	34.39	1:14.05
15.	Erik van Gemert	Poseidon'56	1:14.05	200300587	<b>1:14.11</b>	+0,71	35.04	1:14.11
16.	Michael Smink	The Hague Swimming (SG)	1:11.14	200302169	<b>1:14.14</b>	+0,78	34.22	1:14.14
17.	Martijn van Noort	ZPV Barracuda	1:14.70	200204861	<b>1:14.15</b>	+0,72	35.96	1:14.15

Regiokampioenschappen korte baan  
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Programmanr. 20, Jongens, 100m schoolslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
18.	Hugo Katerbau	The Hague Swimming (SG)	1:16.10	200301051	<b>1:16.07</b>	+0,71	35.83	1:16.07
19.	Wouter Verdoes	De Columbiaan	1:16.31	200200351	<b>1:16.56</b>	+0,71	35.85	1:16.56
20.	Daan Sniijders	MNC Dordrecht	1:13.53	200202475	<b>1:16.93</b>	+0,71	35.04	1:16.93
21.	Milan van Aken	The Hague Swimming (SG)	1:17.39	200303307	<b>1:17.53</b>	+0,72	36.73	1:17.53
22.	Roan Roor	ZPV Barracuda	1:16.24	200203127	<b>1:17.63</b>	+0,67	36.91	1:17.63
23.	Dylan van Kleij	Poseidon'56	1:18.70	200203297	<b>1:18.39</b>	+0,71	36.25	1:18.39
24.	M. Lopes Cardozo	WZK	1:19.57	200300665	<b>1:18.64</b>	+0,68	36.63	1:18.64
25.	Quinten Nieuwenhuis	WZK	1:21.84	200304577	<b>1:19.91</b>	+0,74	37.41	1:19.91

Senioren 1 en ouder

1.	Ensger Kotterink	Albion WSS (SG)	1:03.83	199403391	<b>1:01.73</b>	+0,67	29.21	1:01.73
2.	Mark Baars	Rotterdam Swimming (SG)	1:01.95	198500059	<b>1:02.45</b>	+0,66	29.88	1:02.45
3.	Jeroen Baars	Rotterdam Swimming (SG)	1:05.98	199200031	<b>1:02.47</b>	+0,77	29.29	1:02.47
	<i>*bu eindtijd</i>							
4.	Stijn Geelen	MNC Dordrecht	1:03.44	199801363	<b>1:03.52</b>	+0,67	29.96	1:03.52
5.	Jonne Schaafsma	The Hague Swimming (SG)	1:03.51	199800745	<b>1:04.06</b>	+0,71	29.68	1:04.06
6.	Rainier Rafaela	Rotterdam Swimming (SG)	1:04.77	199905307	<b>1:04.12</b>	+0,66	30.04	1:04.12
7.	Duncan van Haaren	Widex GZC Donk 1	1:04.33	200000681	<b>1:04.32</b>	+0,68	30.64	1:04.32
8.	J. de Roy van Zuydewijn	WVZ	1:04.22	200000255	<b>1:04.41</b>	+0,67	30.99	1:04.41
9.	Romero Hennep	Albion WSS (SG)	1:03.04	199304929	<b>1:05.61</b>	+0,69	30.98	1:05.61
	<i>*bu eindtijd</i>							
10.	Jordy Zuidhoek	De Columbiaan	1:05.37	199201569	<b>1:05.82</b>	+0,69	30.68	1:05.82
	<i>*bu eindtijd</i>							
11.	Thomas Hesper	ZPV Barracuda	1:08.13	200004181	<b>1:08.00</b>	+0,80	32.13	1:08.00
12.	D. van den Nieuwendijk	De Columbiaan	1:06.16	200100475	<b>1:08.01</b>	+0,71	31.37	1:08.01
13.	Mike Hoek	De Duck	1:08.29	199702229	<b>1:09.10</b>	+0,72	32.55	1:09.10
14.	Paul van Grol	Widex GZC Donk 1	1:06.16	199602951	<b>1:09.28</b>	+0,70	32.32	1:09.28
15.	Pascal Nuijten	Albion WSS (SG)	1:08.68	199701353	<b>1:09.32</b>	+0,71	32.66	1:09.32
16.	Bert Duivenvoorde	Noordwijkerhout	1:11.53	199701805	<b>1:09.41</b>	+0,70	33.09	1:09.41
17.	Kevin Kingma	KZV de Lansingh	1:08.48	199700559	<b>1:09.56</b>	+0,67	32.63	1:09.56
18.	Tim van den Berg	Rotterdam Swimming (SG)	1:09.99	198500157	<b>1:10.50</b>	+0,71	32.65	1:10.50
19.	Ryan van den Ouden	Poseidon'56	1:12.07	199900377	<b>1:11.21</b>	+0,78	32.76	1:11.21
20.	David Kievit	z.c De Schoteijl	1:09.54	199900325	<b>1:12.04</b>	+0,75	34.84	1:12.04
21.	Otto Pranger	Albion WSS (SG)	1:23.95	200000007	<b>1:13.83</b>	+0,65	34.69	1:13.83
22.	Jasper Willig	Rotterdam Swimming (SG)	1:13.26	200104757	<b>1:14.32</b>	+0,63	35.07	1:14.32
23.	Martijn Houweling	ZPV Barracuda	1:14.47	199600893	<b>1:14.46</b>	+0,75	34.71	1:14.46
24.	Remco Oskam	Widex GZC Donk 1	1:15.56	199205583	<b>1:17.26</b>	+0,76	35.19	1:17.26
25.	Joris de Gier	Widex GZC Donk 1	1:15.33	200103817	<b>1:17.76</b>	+0,71	36.23	1:17.76
DIS	Bas Verdoes	De Columbiaan	1:14.14	199801487				
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>							

AFGEM Tim van Duuren Widex GZC Donk 1 1:09.01 199802255 SB8

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Dames, 50m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Juniores 1 en 2</b>						
1.	Charlotte Woltjes	The Hague Swimming (SG)	35.35	200700110	<b>33.20</b>	
2.	Mila Oomens	ZPV Barracuda	35.77	200700016	<b>34.30</b>	+0,68
3.	Lety Pieters	Rotterdam Swimming (SG)	35.03	200702720	<b>34.31</b>	+0,73
4.	Charlene Ruiters	De Columbiaan	35.75	200700522	<b>34.89</b>	+0,57
5.	Fleur Kamminga	WVZ	36.55	200701838	<b>34.91</b>	+0,68
6.	Jinth Engelse	ZPV Barracuda	35.85	200800204	<b>34.95</b>	+0,66
7.	Ananda van der Wiel	WVZ	36.14	200701562	<b>35.01</b>	+0,73
8.	Dide Provily	ZPC Wiekslag	35.98	200700480	<b>35.07</b>	+0,69
9.	Thalia Meijer	MNC Dordrecht	36.73	200704048	<b>35.67</b>	
10.	Flora Szili-Torok	Rotterdam Swimming (SG)	36.09	200800114	<b>35.73</b>	+0,73
11.	Floor Hogervorst	Noordwijkerhout	36.47	200701400	<b>35.83</b>	+0,73
12.	Anniqne Rupke	Widex GZC Donk 1	39.22	200700876	<b>35.91</b>	+0,76
	<i>*bu eindtijd</i>					
13.	Liv Heijdra	Albion WSS (SG)	37.50	200800736	<b>36.51</b>	+0,73
14.	Samantha van der Jagt	ZZ&PC De Devel	37.33	200700220	<b>36.90</b>	+0,67

Regiokampioenschappen korte baan  
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Programmanr. 21, Meisjes, 50m rugslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
15.	Meyke v. Nimwegen	z.c De Schotejil	37.52	200800106	<b>37.10</b>	+0,83
16.	Kyona Steffe	The Hague Swimming (SG)	39.53	200702004	<b>37.43</b>	+0,76
17.	Aukje Schonewille	ZPB H&L Productions	39.34	200702340	<b>37.58</b>	+0,72
18.	Tessa Hoogstraten	De Columbiaan	38.70	200800544	<b>37.60</b>	+0,57
19.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	39.27	200700048	<b>37.70</b>	+0,68
20.	Cherish Macnack <i>*bu eindtijd</i>	AZC	38.08	200701432	<b>37.94</b>	+0,60
21.	Yrsah Verheijen	The Hague Swimming (SG)	39.15	200700350	<b>37.95</b>	+0,75
22.	Evi Bol	ZPC Wiekslag	39.69	200700790	<b>38.18</b>	+0,67
23.	Donna Verhoef	De Geul	39.35	200701934	<b>38.65</b>	+0,72
24.	Shirley van Mourik	MNC Dordrecht	39.98	200802092	<b>39.16</b>	+0,64
25.	Daniek Wijnen	ZVL-1886 Tetteroo	39.79	200701280	<b>39.27</b>	+0,77
AFGEM	Robin Vermeulen	MNC Dordrecht	32.89	200700412		
NG	Tess van 't Land	De Columbiaan	39.18	200802844		

13 - 14 jaar

1.	Karljin Offeringa <i>*bu eindtijd</i>	ZV Vlaardingen-Schiedam	32.20	200503292	<b>30.84</b>	
2.	Jelsie van Ruijven <i>*bu eindtijd</i>	WVZ	31.47	200500282	<b>30.98</b>	+0,60
3.	Marit Huisman	ZPV Barracuda	32.29	200502620	<b>31.49</b>	+0,56
4.	Ester Schirripa	The Hague Swimming (SG)	33.13	200605002	<b>31.50</b>	+0,82
5.	Madelief Mans	The Hague Swimming (SG)	32.66	200501260	<b>32.49</b>	+0,66
6.	Sophie Buurman	ZPC Wiekslag	33.39	200502530	<b>32.60</b>	+0,64
7.	Vivianne Woltjes	The Hague Swimming (SG)	34.36	200501524	<b>32.66</b>	+0,68
8.	Evelyn Liket	ZV Vlaardingen-Schiedam	33.06	200503118	<b>33.01</b>	+0,59
9.	Kimberly Ruiters	De Columbiaan	32.47	200600492	<b>33.20</b>	+0,62
10.	Merel Schravendijk	The Hague Swimming (SG)	34.60	200503382	<b>33.33</b>	+0,59
11.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	34.49	200500330	<b>33.58</b>	+0,74
12.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	34.84	200600732	<b>33.78</b>	+0,60
13.	Yente Bouwmeester	De Columbiaan	34.02	200500340	<b>33.89</b>	
14.	Niké Telkamp	The Hague Swimming (SG)	34.00	200501088	<b>33.90</b>	+0,58
15.	Estelle van Wijngaarden	ZPB H&L Productions	35.76	200601020	<b>34.28</b>	
16.	Leyla Oversluizen	MNC Dordrecht	35.56	200602730	<b>34.38</b>	
17.	Lotte Cornelissen <i>*bu eindtijd</i>	De Watervogels	35.70	200601182	<b>34.41</b>	+0,62
18.	Jade van der Maas	WVZ	33.84	200600408	<b>34.52</b>	+0,57
19.	Noémi Oldenkamp	KZV de Lansingh	35.13	200600162	<b>34.54</b>	+0,64
20.	Nikita Snoeren	WVZ	35.02	200600342	<b>34.80</b>	+0,54
21.	Laura Hoogenboezem	KZV de Lansingh	35.16	200500390	<b>34.84</b>	+0,74
22.	Lotte Zaal	De Columbiaan	37.90	200502590	<b>34.92</b>	
23.	Amber Saabeel	Rotterdam Swimming (SG)	35.47	200503838	<b>35.22</b>	+0,69
24.	Eva Kerdel	WZK	35.10	200500930	<b>35.54</b>	
25.	Elisabeth Kruger	Albion WSS (SG)	35.26	200503938	<b>36.02</b>	+0,63
26.	Mar Stoel	De Columbiaan	37.38	200500520	<b>36.10</b>	+0,74
27.	Zoe Kenworthy	De Columbiaan	36.43	200500428	<b>36.21</b>	+0,63
28.	Sanne Slof	The Hague Swimming (SG)	37.06	200601810	<b>36.27</b>	+0,50
29.	Emi Schipper <i>*bu eindtijd</i>	ZOB'66	36.59	200502126	<b>37.17</b>	+0,59
30.	Emma Suderee	Rotterdam Swimming (SG)	36.92	200603598	<b>37.66</b>	

15 - 16 jaar

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	29.44	200400258	<b>29.55</b>	
2.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	31.05	200404272	<b>30.68</b>	+0,69
3.	Julia Notenboom	De Columbiaan	31.25	200302596	<b>31.07</b>	+0,61
4.	Isabel Scheepbouwer	ZPC Wiekslag	32.56	200301106	<b>31.70</b>	+0,60
5.	Megan de Hoog	SG SCOM/de Zeehond'73	32.81	200300214	<b>32.24</b>	+0,72
6.	Lotte Koornneef	The Hague Swimming (SG)	34.34	200303584	<b>32.35</b>	
7.	Michelle van der Steen	ZV Vlaardingen-Schiedam	32.32	200300052	<b>32.58</b>	+0,63
8.	Jonna Muntjewerff	The Hague Swimming (SG)	34.00	200402396	<b>33.43</b>	+0,70
9.	Zinzi van der Maas	WVZ	34.58	200402028	<b>33.87</b>	+0,64
10.	Amy Koelman	De Columbiaan	34.57	200300922	<b>33.99</b>	+0,67
11.	Kim Rutters	De Kempvis	33.53	200302318	<b>34.23</b>	+0,76
12.	Marije de Jager	LinK	36.22	200301394	<b>34.35</b>	+0,59
13.	Feline Jonkers	Poseidon'56	35.36	200401160	<b>34.72</b>	+0,67

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Programmanr. 21, Meisjes, 50m rugslag, 15 - 16 jaar

rang	naam	vereniging	intijd		tijd	RT	
14.	Zoë Molenaar	Zoetermeer	35.44	200300978		<b>35.78</b>	+0,67
15.	Milou van Winkel	LinK	38.88	200402296	S14	<b>38.08</b>	+0,69
16.	Megan van Delden	WVZ	42.69	200405500	S13	<b>43.33</b>	+0,72 454
NG	Milou van Wijk	MNC Dordrecht	28.58	200404948			

Senioren

1.	Chefanja Nunes <i>*bu eindtijd</i>	WVZ	28.89	200104750		<b>29.38</b>	+0,60
2.	Tessa Giele	Albion WSS (SG)	30.06	200203124		<b>29.65</b>	+0,67
3.	Maaïke Broersma	BZ en PC	30.29	200201522		<b>30.05</b>	+0,62
4.	Sanne Heemskerck	ZVL-1886 Tetteroo	31.19	200100600		<b>30.74</b>	+0,53
5.	Babette van der Kaaij	Rotterdam Swimming (SG)	30.61	199902234		<b>30.90</b>	+0,60
6.	Sophie de Jonge	WVZ	32.27	200200118		<b>31.51</b>	+0,66
7.	Lauren van IJll	WVZ	31.08	200001064		<b>31.98</b>	+0,69
8.	Jip Veeman	The Hague Swimming (SG)	31.83	200106100		<b>32.42</b>	+0,79
9.	Robin Pienaar <i>*bu eindtijd</i>	ZPV Barracuda	32.41	200102236		<b>32.82</b>	
10.	Alisha Vieira <i>*bu eindtijd</i>	Rotterdam Swimming (SG)	32.35	199904554		<b>33.04</b>	+0,69
11.	Anouk Vis	De Columbiaan	33.89	200203322		<b>33.79</b>	+0,59
12.	Sacha van den Dobbelsteen	The Hague Swimming (SG)	33.55	200100904		<b>33.90</b>	+0,68
13.	Karen van Dee	SG SCOM/de Zeehond'73	33.21	199604074		<b>34.09</b>	+0,74
14.	Jonne Moleman	LinK	39.14	200006264	S7	<b>40.20</b>	+0,76 947

Programmanr. 22  
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Heren, 100m vlinderslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
<b>Junioren 1 en 2</b>								
1.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:07.29	200700023	<b>1:05.29</b>	+0,64	31.57	1:05.29
2.	Thom de Hoog	SG SCOM/de Zeehond'73	1:08.50	200600019	<b>1:05.69</b>	+0,83	31.66	1:05.69
3.	Mark Demianenko	Zoetermeer	1:09.96	200600409	<b>1:06.43</b>	+0,64	30.75	1:06.43
4.	Vincent Huele	The Hague Swimming (SG)	1:09.33	200703423	<b>1:08.58</b>	+0,71	32.00	1:08.58
5.	Daan Sonneveld	WVZ	1:10.74	200601085	<b>1:08.61</b>	+0,71	32.74	1:08.61
6.	Benjamin van Helddingen	ZZ&PC De Devel	1:09.19	200601097	<b>1:10.68</b>	+0,74	32.70	1:10.68
7.	Bas Blanker	ZPB H&L Productions	1:13.00	200601497	<b>1:10.69</b>	+0,71	33.15	1:10.69
8.	Joris Lissenberg	The Hague Swimming (SG)	1:11.02	200600585	<b>1:10.88</b>	+0,72	33.51	1:10.88
9.	Joshua Agussalim	ZPV Barracuda	1:11.65	200600153	<b>1:11.81</b>	+0,68	32.80	1:11.81
10.	Dimi Stoyanov	The Hague Swimming (SG)	1:12.31	200601067	<b>1:12.69</b>		33.59	1:12.69
11.	Bjorn Rijkaart	BZ en PC	1:17.00	200601337	<b>1:13.90</b>	+0,71	32.77	1:13.90
12.	Kaan Uludag	Zoetermeer	1:16.59	200603559	<b>1:14.13</b>	+0,82	33.23	1:14.13
13.	Roan van der Weide	Widex GZC Donk 1	1:18.77	200601629	<b>1:17.90</b>	+0,45	37.44	1:17.90
14.	Tibbe Veldboer	ZPB H&L Productions	1:20.83	200600911	<b>1:18.64</b>	+0,84	35.84	1:18.64
15.	Floris Wassenaar	WVZ	1:25.26	200600649	<b>1:19.95</b>	+0,73	36.42	1:19.95
16.	Bas Bechtold <i>*bu eindtijd</i>	ZPV Barracuda	1:20.95	200600007	<b>1:21.06</b>	+0,54	37.28	1:21.06
17.	Niels Meijer <i>*bu eindtijd</i>	The Hague Swimming (SG)	1:23.00	200701645	<b>1:22.05</b>	+0,61	38.61	1:22.05
18.	Tavi de Gelder	ZOB'66	1:27.27	200602335	<b>1:22.44</b>	+0,74	38.82	1:22.44
19.	Boele Böhm	De Columbiaan	1:18.13	200700739	<b>1:22.84</b>	+0,63	38.85	1:22.84
20.	Jisse Lousma	WVZ	1:25.02	200701493	<b>1:22.97</b>	+0,62	39.88	1:22.97
21.	Robin den Ouden	ZPC Wiekslag	1:26.27	200600255	<b>1:23.03</b>	+0,62	38.24	1:23.03
22.	Jasper Groen	KZV de Lansingh	1:17.19	200602325	<b>1:23.59</b>	+0,69	38.25	1:23.59
23.	Arav Ramcharan <i>*bu eindtijd</i>	Poseidon'56	1:26.45	200603067	<b>1:23.64</b>	+0,70	38.79	1:23.64
24.	Björn Mulder	Zoetermeer	1:29.89	200601517	<b>1:24.68</b>	+0,74	39.51	1:24.68
25.	Janu Nolden	WVZ	1:23.80	200600289	<b>1:24.85</b>	+0,72	39.53	1:24.85
26.	Dominique Drabbe	Zoetermeer	1:27.45	200600145	<b>1:27.70</b>	+0,72	40.15	1:27.70
27.	Bart Tuinenburg	ZPC Wiekslag	1:25.22	200602347	<b>1:28.37</b>	+0,56	39.27	1:28.37
28.	Daniel Gavran	Widex GZC Donk 1	1:29.32	200600667	<b>1:28.55</b>	+0,71	40.59	1:28.55

Regiokampioenschappen korte baan  
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Programmanr. 22, Jongens, 100m vlinderslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
29.	Thomas Klaassen	ZOB'66	1:25.76	200601535	<b>1:29.09</b>	+0,58	39.30	1:29.09
30.	Bo Merkestein	WVZ	1:27.46	200602451	<b>1:29.76</b>	+0,75	39.44	1:29.76
31.	Lucas van Peenen	ZVL-1886 Tetteroo	1:27.67	200600457	<b>1:30.55</b>	+0,69	39.73	1:30.55

Junioren 3 en 4

1.	Jay de Vries	Rotterdam Swimming (SG)	58.08	200400669	<b>58.60</b>	+0,70	27.70	58.60
2.	Émile Fouzaï	The Hague Swimming (SG)	1:02.44	200500263	<b>1:01.70</b>	+0,69	29.27	1:01.70
3.	Pepijn van Egmond	WVZ	1:02.55	200402309	<b>1:02.79</b>	+0,70	29.15	1:02.79
4.	Gabriel Been	The Hague Swimming (SG)	1:02.06	200501467	<b>1:02.95</b>	+0,76	30.45	1:02.95
5.	Anthony Kraag	WVZ	1:03.60	200401973	<b>1:02.97</b>	+0,74	29.29	1:02.97
6.	Thijm Kruit	De Columbiaan	1:04.29	200401339	<b>1:03.01</b>	+0,74	28.44	1:03.01
7.	Chris van der Hout	The Hague Swimming (SG)	1:03.55	200401355	<b>1:03.14</b>	+0,74	28.81	1:03.14
8.	Nathan Janssen	MNC Dordrecht	1:06.18	200401565	<b>1:04.58</b>	+0,72	30.61	1:04.58
9.	Erik Oldenkamp	Rotterdam Swimming (SG)	1:09.12	200400597	<b>1:04.76</b>	+0,71	30.14	1:04.76
10.	Timo Huizer	ZPC Wiekslag	1:06.96	200401125	<b>1:06.31</b>	+0,73	30.13	1:06.31
11.	Loeka Wubben	The Hague Swimming (SG)	1:07.95	200400307	<b>1:07.34</b>	+0,70	30.17	1:07.34
12.	Yanieck Frijstein	The Hague Swimming (SG)	1:07.48	200500329	<b>1:07.39</b>	+0,70	32.08	1:07.39
13.	Timo Wouters	MNC Dordrecht	1:07.05	200401363	<b>1:07.57</b>	+0,71	30.65	1:07.57
14.	Niels van der Mast	ZPC Numansdorp	1:05.80	200401917	<b>1:07.75</b>	+0,74	31.58	1:07.75
15.	Julien Tanis	Rotterdam Swimming (SG)	1:07.42	200401045	<b>1:08.19</b>	+0,69	32.35	1:08.19
16.	Sem Verberg	The Hague Swimming (SG)	1:10.07	200402105	<b>1:08.80</b>	+0,71	31.81	1:08.80

\*bu eindtijd

17.	River Streefland	The Hague Swimming (SG)	1:08.30	200502253	<b>1:09.20</b>	+0,73	32.41	1:09.20
18.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:08.82	200500781	<b>1:09.48</b>	+0,69	33.19	1:09.48
19.	Milan Masselink	The Hague Swimming (SG)	1:08.80	200402165	<b>1:10.06</b>	+0,78	32.83	1:10.06
20.	Menno Wieringa	KZV de Lansingh	1:09.50	200500927	<b>1:10.87</b>	+0,73	32.47	1:10.87
21.	Guus Geelen	ZVL-1886 Tetteroo	1:11.31	200401183	<b>1:11.07</b>	+0,70	32.72	1:11.07
22.	Wouter Willig	De Watervogels	1:13.88	200502785	<b>1:11.23</b>	+0,78	33.12	1:11.23
23.	Benjamin Boender	ZOB'66	1:12.52	200401351	<b>1:12.29</b>	+0,70	32.23	1:12.29
24.	Bo Schoenmakers	Widex GZC Donk 1	1:12.90	200402919	<b>1:12.63</b>	+0,73	32.61	1:12.63
25.	Michael van den Enden	PCG	1:13.68	200401589	<b>1:12.91</b>	+0,63	32.76	1:12.91
26.	Wout van Oevelen	D'elft	1:11.69	200404319	<b>1:13.09</b>	+0,67	33.15	1:13.09
27.	Tim van Lochem	Zoetermeer	1:16.77	200500077	<b>1:13.95</b>	+0,78	34.07	1:13.95
28.	Luuk Bogaert	De Watervogels	1:15.94	200503203	<b>1:14.74</b>	+0,76	34.07	1:14.74
29.	Timon Wijsman	D'elft	1:15.80	200403707	<b>1:15.29</b>	+0,66	32.77	1:15.29
30.	Casper Hoogervorst	De Columbiaan	1:16.47	200500183	<b>1:17.68</b>	+0,65	36.43	1:17.68
31.	Simon Thijsssen	WZK	1:18.41	200503759	<b>1:18.69</b>	+0,72	35.89	1:18.69

\*bu eindtijd

32.	Hein Siegert	WZK	1:17.49	200404351	<b>1:22.37</b>	+0,69	36.66	1:22.37
33.	Jelmer Paans	ZZ&PC De Devel	1:34.64	200404441	<b>1:39.61</b>	+0,93	44.53	1:39.61

Jeugd 1 en 2

1.	Nikhom Westphal	WVZ	55.88	200203329	<b>56.61</b>	+0,64	26.66	56.61
2.	Jarno Verbeek	Zoetermeer	58.73	200200931	<b>57.71</b>	+0,68	27.08	57.71
3.	Michael Smink	The Hague Swimming (SG)	57.57	200302169	<b>58.05</b>	+0,75	27.48	58.05
4.	Perry Laarhoven	ZPC Numansdorp	1:01.69	200301321	<b>59.46</b>	+0,75	27.57	59.46
5.	Zev Bulk	The Hague Swimming (SG)	59.90	200304021	<b>1:00.71</b>	+0,66	28.51	1:00.71
6.	Guus Hoogduin	ZVL-1886 Tetteroo	1:02.92	200201069	<b>1:02.76</b>	+0,72	29.45	1:02.76
7.	Cas Jansen	The Hague Swimming (SG)	1:03.25	200203263	<b>1:03.19</b>	+0,66	29.08	1:03.19
8.	Mart de Koning	ZOB'66	1:03.33	200203253	<b>1:03.57</b>	+0,76	29.07	1:03.57
9.	Kenan Coeruez	Albion WSS (SG)	1:04.03	200300357	<b>1:03.71</b>	+0,69	29.50	1:03.71
10.	Luuk van Holstein	Albion WSS (SG)	1:04.52	200203841	<b>1:03.97</b>	+0,72	29.48	1:03.97
11.	Björn de Heus	ZV Vlaardingen-Schiedam	1:03.36	200201077	<b>1:04.36</b>	+0,65	29.48	1:04.36
12.	Erik van Gemert	Poseidon'56	1:07.97	200300587	<b>1:04.42</b>	+0,73	28.64	1:04.42
13.	Rob Lugtenburg	The Hague Swimming (SG)	1:05.44	200201123	<b>1:04.64</b>	+0,60	30.37	1:04.64
14.	Bjarne Buijs	The Hague Swimming (SG)	1:03.68	200301089	<b>1:05.04</b>	+0,65	30.08	1:05.04
15.	M. Lopes Cardozo	WZK	1:07.00	200300665	<b>1:05.13</b>	+0,70	29.62	1:05.13
16.	Julian Stok	ZZ&PC De Devel	1:05.42	200300071	<b>1:05.49</b>	+0,72	30.48	1:05.49
17.	Milan van Aken	The Hague Swimming (SG)	1:04.64	200303307	<b>1:05.75</b>	+0,76	30.11	1:05.75
18.	Daan Hogerhuis	Link	1:06.86	200300317	<b>1:05.89</b>	+0,75	30.06	1:05.89
19.	Stefan Groen	KZV de Lansingh	1:07.96	200301179	<b>1:06.92</b>	+0,73	30.34	1:06.92
20.	Wouter Verdoes	De Columbiaan	1:09.07	200200351	<b>1:07.66</b>	+0,74	31.00	1:07.66
21.	Quinten Nieuwenhuis	WZK	1:08.47	200304577	<b>1:08.05</b>	+0,73	32.18	1:08.05
22.	Yassine Maas	The Hague Swimming (SG)	1:09.78	200301505	<b>1:08.62</b>	+0,77	30.87	1:08.62

\*bu eindtijd



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Programmanr. 22, Jongens, 100m vlinderslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
23.	Bas van Wieringen	De Columbiaan	1:09.50	200200119	<b>1:08.89</b>	+0,68	31.05	1:08.89
24.	Martijn van Noort	ZPV Barracuda	1:10.67	200204861	<b>1:09.09</b>	+0,73	31.23	1:09.09
25.	Raphaël Booiman	ZPC Wiekslag	1:08.36	200300727	<b>1:09.51</b>	+0,68	30.47	1:09.51
26.	Simon Dijkstra	Rotterdam Swimming (SG)	1:08.13	200204905	<b>1:09.97</b>	+0,66	32.09	1:09.97
27.	Tygo Korving	ZPB H&L Productions	1:10.34	200300773	<b>1:12.88</b>	+0,65	32.86	1:12.88
NG.ZA	Wesley Zulver	ZV Vlaardingen-Schiedam	1:03.84	200301319				
AFGEM	Glenn van Gaalen	De Kempvis	1:04.37	200200521				
NG	Milan Zaaier	The Hague Swimming (SG)	1:07.76	200202795				

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming (SG)	53.24	199200031	<b>53.80</b>	+0,72	25.54	53.80
2.	Engser Kotterink	Albion WSS (SG)	54.62	199403391	<b>55.16</b>	+0,65	26.72	55.16
3.	Melvin Prins	Rotterdam Swimming (SG)	56.24	199500201	<b>56.33</b>	+0,68	26.18	56.33
4.	Gerard Willighagen	Poseidon'56	57.24	200103663	<b>57.52</b>	+0,74	26.93	57.52
5.	Thomas Jansen	WVZ	57.06	200100143	<b>58.09</b>	+0,74	27.34	58.09
6.	Bas Verdoes	De Columbiaan	59.17	199801487	<b>58.21</b>	+0,81	27.05	58.21
7.	Jonne Schaafsma	The Hague Swimming (SG)	58.69	199800745	<b>58.53</b>	+0,67	26.77	58.53
8.	Pascal Nuijten	Albion WSS (SG)	58.96	199701353	<b>58.56</b>	+0,70	27.16	58.56
9.	Mike Hoek	De Duck	58.79	199702229	<b>58.62</b>	+0,72	26.14	58.62
10.	Jarno van Oijen	Albion WSS (SG)	58.60	200100055	<b>58.87</b>	+0,74	27.51	58.87
11.	Noah Legerstee	WVZ	59.61	200003593	<b>59.14</b>	+0,74	27.75	59.14
12.	Freek Hollander	The Hague Swimming (SG)	1:00.21	200103815	<b>1:00.13</b>	+0,78	28.30	1:00.13
13.	Lars Schoffelmeeer	ZPB H&L Productions	1:00.25	199501907	<b>1:00.63</b>	+0,74	28.00	1:00.63
14.	Quinn van den Heuvel	WVZ	58.99	200100297	<b>1:00.65</b>	+0,76	28.79	1:00.65
	<i>*bu eindtijd</i>							
15.	Robin van Beek	ZVL-1886 Tetteroo	59.51	199704023	<b>1:00.69</b>	+0,68	28.22	1:00.69
16.	Bert Duivenvoorde	Noordwijkerhout	1:01.57	199701805	<b>1:00.71</b>	+0,70	28.54	1:00.71
17.	Ryan van den Ouden	Poseidon'56	1:02.76	199900377	<b>1:01.26</b>	+0,78	27.76	1:01.26
18.	Stijn Geelen	MNC Dordrecht	1:00.14	199801363	<b>1:01.48</b>	+0,69	28.46	1:01.48
19.	Rainier Rafaela	Rotterdam Swimming (SG)	1:01.00	199905307	<b>1:01.69</b>	+0,62	28.15	1:01.69
20.	Romero Hennep	Albion WSS (SG)	59.38	199304929	<b>1:02.63</b>	+0,69	27.63	1:02.63
21.	Thijs Molendijk	D'elft	1:02.20	199900477	<b>1:02.64</b>	+0,71	29.21	1:02.64
22.	Paul van Grol	Widex GZC Donk 1	1:02.51	199602951	<b>1:02.74</b>	+0,66	29.57	1:02.74
23.	Wesley Scheepbouwer	ZPC Wiekslag	1:02.64	200101959	<b>1:02.75</b>	+0,60	28.18	1:02.75
24.	Jordy van Oel	WVZ	1:02.20	199802003	<b>1:03.30</b>	+0,80	29.12	1:03.30
25.	Nol van Thull	KZV de Lansingh	1:04.39	198001513	<b>1:03.40</b>	+0,73	28.90	1:03.40
26.	Kevin Kingma	KZV de Lansingh	1:03.08	199700559	<b>1:04.08</b>	+0,69	29.66	1:04.08
27.	Otto Pranger	Albion WSS (SG)	1:03.64	200000007	<b>1:04.42</b>	+0,65	29.85	1:04.42
28.	David Kievit	z.c De Schotelij	1:02.13	199900325	<b>1:05.04</b>	+0,77	29.45	1:05.04
29.	Ian van Mullem	ZOB'66	1:06.53	199602545	<b>1:06.83</b>	+0,69	30.58	1:06.83
30.	Rens Post	WVZ	1:05.34	199101827	<b>1:06.90</b>	+0,73	30.68	1:06.90
31.	Remco Oskam	Widex GZC Donk 1	1:06.85	199205583	<b>1:09.90</b>	+0,72	29.88	1:09.90
32.	Boy Borreman	Link	1:06.92	200102751	<b>1:11.00</b>	+0,71	31.29	1:11.00
AFGEM	Tim van Duuren	Widex GZC Donk 1	1:05.63	199802255	S9			
NG	Sander van Beek	ZVL-1886 Tetteroo	1:03.19	200002917				

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Dames, 200m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Junioren 1 en 2</b>										
1.	Charlotte Woltjes	The Hague Swimming	(2:23.05	200700110	<b>2:22.46</b>	+0,74	31.97	1:08.31	1:45.69	2:22.46
2.	Ananda van der Wiel	WVZ	2:23.93	200701562	<b>2:24.52</b>	+0,64	33.08	1:10.65	1:48.43	2:24.52
3.	Fleur Kamminga	WVZ	2:29.06	200701838	<b>2:25.01</b>	+0,83	33.51	1:11.31	1:49.03	2:25.01
4.	Thalia Meijer	MNC Dordrecht	2:26.93	200704048	<b>2:25.30</b>	+0,69	32.90	1:10.13	1:48.46	2:25.30
5.	Floor Hogervorst	Noordwijkerhout	2:31.04	200701400	<b>2:26.51</b>	+0,70	34.08	1:11.53	1:50.24	2:26.51
6.	Mila Oomens	ZPV Barracuda	2:28.28	200700016	<b>2:26.68</b>	+0,53	32.86	1:10.72	1:49.53	2:26.68
7.	Flora Szili-Torok	Rotterdam Swimming	(2:29.22	200800114	<b>2:27.38</b>	+0,83	33.26	1:11.03	1:49.29	2:27.38
8.	Meyke v. Nimwegen	z.c De Schotelij	2:31.80	200800106	<b>2:27.98</b>	+0,77	34.27	1:11.63	1:50.88	2:27.98
9.	Liv Heijdra	Albion WSS (SG)	2:28.90	200800736	<b>2:28.34</b>	+0,58	33.19	1:11.71	1:51.11	2:28.34
	<i>*bu eindtijd</i>									
10.	Tessa Hoogstraten	De Columbiaan	2:40.39	200800544	<b>2:31.57</b>	+0,57	35.34	1:14.78	1:54.71	2:31.57
11.	Daniek Wijnen	ZVL-1886 Tetteroo	2:30.33	200701280	<b>2:31.64</b>	+0,68	33.37	1:12.23	1:52.03	2:31.64

Regiokampioenschappen korte baan  
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Programmanr. 23, Meisjes, 200m vrije slag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
12. Jinth Engelse	ZPV Barracuda	2:32.30 200800204	<b>2:31.74</b>	+0,75	34.93	1:13.85	1:53.17	2:31.74
13. Anniëke Rupke	Widex GZC Donk 1	2:35.22 200700876	<b>2:31.96</b>	+0,77	34.30	1:13.55	1:53.77	2:31.96
14. Dide Provily	ZPC Wiekslag	2:29.49 200700480	<b>2:32.13</b>	+0,73	34.63	1:13.70	1:53.98	2:32.13
15. Samantha van der Jagt	ZZ&PC De Devel	2:31.34 200700220	<b>2:32.50</b>	+0,86	34.48	1:12.65	1:52.88	2:32.50
<i>*bu eindtijd</i>								
16. Shirley van Mourik	MNC Dordrecht	2:37.20 200802092	<b>2:34.31</b>	+0,73	37.25	1:15.88	1:56.32	2:34.31
17. Annedieke Scholte	The Hague Swimming	(2:42.24 200701110	<b>2:35.17</b>	+0,75	35.13	1:15.14	1:56.24	2:35.17
18. Lety Pieters	Rotterdam Swimming	(2:32.66 200702720	<b>2:35.47</b>	+0,74	34.33	1:13.21	1:55.07	2:35.47
19. Stella van Droffelaar	ZV Vlaardingen-Schied	2:36.51 200700048	<b>2:37.08</b>	+0,69	35.32	1:14.70	1:56.73	2:37.08
<i>*bu eindtijd</i>								
20. Renske Snip	De Columbiaan	2:44.16 200703628	<b>2:38.24</b>	+0,71	36.58	1:17.60	1:58.55	2:38.24
<i>*bu eindtijd</i>								
21. Ilse Rozema	AZC	2:38.79 200803318	<b>2:38.51</b>	+0,65	34.78	1:14.93	1:56.62	2:38.51
22. Julia van Wingerden	ZZ&PC De Devel	2:48.02 200800436	<b>2:40.36</b>	+0,73	39.08	1:21.13	2:03.00	2:40.36
23. Yrsah Verheijen	The Hague Swimming	(2:38.03 200700350	<b>2:40.43</b>	+0,83	35.65	1:16.72	1:58.87	2:40.43
24. Aukje Schonewille	ZPB H&L Productions	2:44.94 200702340	<b>2:40.74</b>	+0,72	36.86	1:19.53	2:01.82	2:40.74
25. Lea Visser	ZPC Numansdorp	2:46.96 200703572	<b>2:40.83</b>	+0,64	37.51	1:18.92	2:01.23	2:40.83
26. Solana Kock	WVZ	2:42.27 200802520	<b>2:41.81</b>	+0,79	35.39	1:17.25	2:00.69	2:41.81
27. Evi Bol	ZPC Wiekslag	2:42.89 200700790	<b>2:42.57</b>	+0,63	36.05	1:17.75	2:01.08	2:42.57
28. Kyana van Dam	ZPV Barracuda	2:43.85 200703008	<b>2:42.69</b>	+0,79	37.10	1:19.79	2:02.31	2:42.69
29. Aleksandra Zalewska	ZPB H&L Productions	2:47.75 200802836	<b>2:43.04</b>	+0,88	37.50	1:18.88	2:02.43	2:43.04
30. Donna Verhoef	De Geul	2:43.69 200701934	<b>2:45.40</b>	+0,75	36.59	1:18.21	2:02.80	2:45.40
31. Eliska Bosscher	MNC Dordrecht	2:49.35 200800054	<b>2:47.13</b>	+0,57	37.54	1:20.62	2:04.98	2:47.13
AFGEM Robin Vermeulen	MNC Dordrecht	2:17.06 200700412						
NG Jaylin van der Linden	ZZ&PC De Devel	2:41.20 200701766						
NG Lieke van den Aniel	D'elft	2:39.14 200702010						
<b>13 - 14 jaar</b>								
1. Merel Schravendijk	The Hague Swimming	(2:09.90 200503382	<b>2:10.08</b>	+0,59	29.79	1:02.47	1:36.32	2:10.08
2. Elijdjah van der Heul	Rotterdam Swimming	(2:16.02 200602180	<b>2:12.50</b>	+0,79	31.18	1:04.67	1:39.43	2:12.50
3. Aisha Nobels	Albion WSS (SG)	2:14.84 200501710	<b>2:14.04</b>	+0,67	31.29	1:05.24	1:39.97	2:14.04
4. Marit Huisman	ZPV Barracuda	2:16.16 200502620	<b>2:15.31</b>	+0,74	31.36	1:05.80	1:40.60	2:15.31
5. Isa Maes	Albion WSS (SG)	2:14.86 200500110	<b>2:15.77</b>	+0,71	31.56	1:05.79	1:41.38	2:15.77
6. E. van Wijngaarden	ZPB H&L Productions	2:16.14 200601020	<b>2:15.89</b>	+0,70	31.39	1:05.44	1:41.10	2:15.89
7. Emma Verkuil	ZPV Barracuda	2:16.45 200500826	<b>2:16.19</b>	+0,52	30.98	1:05.64	1:41.59	2:16.19
8. Britt van't Zant	Albion WSS (SG)	2:14.90 200501170	<b>2:16.20</b>	+0,74	29.91	1:03.34	1:39.12	2:16.20
9. Leyla Oversluizen	MNC Dordrecht	2:19.57 200602730	<b>2:16.60</b>	+0,72	31.66	1:07.57	1:42.98	2:16.60
10. Vivianne Woltjes	The Hague Swimming	(2:22.30 200501524	<b>2:17.37</b>	+0,73	31.17	1:06.45	1:42.62	2:17.37
11. Niké Telkamp	The Hague Swimming	(2:19.03 200501088	<b>2:17.86</b>	+0,68	31.79	1:06.98	1:42.69	2:17.86
12. Hilda Vrijbloed	SG SCOM/de Zeehond	2:21.86 200600732	<b>2:19.00</b>	+0,77	31.46	1:06.37	1:43.26	2:19.00
13. Anouchka Bos	ZPV Barracuda	2:21.16 200501528	<b>2:19.73</b>	+0,68	32.75	1:08.71	1:45.48	2:19.73
14. Madoline Held	The Hague Swimming	(2:22.04 200503412	<b>2:19.79</b>	+0,71	32.44	1:07.94	1:44.93	2:19.79
15. Laura Hoogenboezem	KZV de Lansingh	2:23.17 200500390	<b>2:22.43</b>	+0,76	33.23	1:09.66	1:46.31	2:22.43
<i>*bu eindtijd</i>								
16. Mara Tims	The Hague Swimming	(2:23.70 200601136	<b>2:22.56</b>	+0,69	33.28	1:10.38	1:47.46	2:22.56
17. Laura 't Lam	De Geul	2:24.14 200603376	<b>2:24.37</b>	+0,73	33.48	1:10.73	1:48.60	2:24.37
18. Mar Stoel	De Columbiaan	2:24.95 200500520	<b>2:24.74</b>	+0,74	32.67	1:09.77	1:47.54	2:24.74
19. Elisabeth Kruger	Albion WSS (SG)	2:34.74 200503938	<b>2:25.60</b>	+0,72	32.05	1:08.41	1:46.37	2:25.60
20. Sophie Buurman	ZPC Wiekslag	2:23.77 200502530	<b>2:25.62</b>	+0,71	33.38	1:11.09	1:50.27	2:25.62
21. Lotte Zaal	De Columbiaan	2:32.88 200502590	<b>2:25.68</b>	+0,73	33.58	1:11.37	1:49.88	2:25.68
<i>*bu eindtijd</i>								
22. Asha van Lobbergt	Albion WSS (SG)	2:16.62 200500088	<b>2:25.83</b>	+0,66	32.95	1:09.11	1:47.20	2:25.83
<i>*bu eindtijd</i>								
23. Felicia Adema	D'elft	2:31.14 200501310	<b>2:26.09</b>	+0,79	33.49	1:10.60	1:49.00	2:26.09
24. Zoe Kenworthy	De Columbiaan	2:30.53 200500428	<b>2:27.84</b>	+0,74	34.66	1:12.04	1:49.92	2:27.84
25. Peggy Blom	Z&PC De Gouwe	2:31.20 200503166	<b>2:28.50</b>	+0,68	34.05	1:12.50	1:52.08	2:28.50
26. Eva Kerdel	WZK	2:35.42 200500930	<b>2:28.97</b>	+0,85	32.60	1:10.01	1:50.17	2:28.97
27. Milou Demirel	The Hague Swimming	(2:29.29 200501254	<b>2:29.04</b>	+0,81	33.78	1:11.23	1:50.44	2:29.04
<i>*bu eindtijd</i>								
28. Madelief Mans	The Hague Swimming	(2:27.39 200501260	<b>2:29.15</b>	+0,74	33.36	1:12.67	1:52.56	2:29.15
29. Noémi Oldenkamp	KZV de Lansingh	2:29.14 200600162	<b>2:29.80</b>	+0,77	33.32	1:11.30	1:51.07	2:29.80
30. Nikita Snoeren	WVZ	2:31.84 200600342	<b>2:30.05</b>	+0,64	34.86	1:13.67	1:53.35	2:30.05
31. Kimberly Ruiters	De Columbiaan	2:26.38 200600492	<b>2:30.09</b>	+0,75	33.75	1:12.79	1:52.35	2:30.09

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Programmanr. 23, Meisjes, 200m vrije slag, 13 - 14 jaar

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
32. Sabine Looden	De Columbiaan	2:34.50	200601390	<b>2:30.40</b>	+0,74	34.09	1:12.32	1:51.40	2:30.40
Donna van der Meer	BZ en PC	2:34.60	200601146	<b>2:30.40</b>	+0,67	34.94	1:14.03	1:53.63	2:30.40
34. Eva v.d. Slik	z.c De Schotejil	2:28.55	200602876	<b>2:30.52</b>	+0,70	33.90	1:12.88	1:51.81	2:30.52
35. Emi Schipper	ZOB'66	2:32.76	200502126	<b>2:31.65</b>	+0,74	34.33	1:12.44	1:52.09	2:31.65
<i>*bu eindtijd</i>									
36. Sanne Slof	The Hague Swimming	(2:26.51	200601810	<b>2:32.39</b>	+0,80	34.13	1:13.19	1:53.76	2:32.39
<i>*bu eindtijd</i>									
37. Daphne van Tilburg	De Geul	2:34.80	200500580	<b>2:32.82</b>	+0,77	35.90	1:15.66	1:56.33	2:32.82
38. Fenne Saaf	Zoetermeer	2:38.15	200504340	<b>2:32.87</b>	+0,81	34.41	1:13.50	1:53.37	2:32.87
39. G. Schrijvers van Zende	The Hague Swimming	(2:29.46	200601618	<b>2:33.22</b>	+0,66	34.87	1:14.19	1:54.18	2:33.22
40. Renske Overdam	Z&PC De Gouwe	2:31.54	200601676	<b>2:35.76</b>	+0,86	36.16	1:16.55	1:57.81	2:35.76
41. Zahra Day	The Hague Swimming	(2:39.71	200601374	<b>2:37.97</b>	+0,60	35.29	1:15.83	1:57.25	2:37.97
42. Lotte Cornelissen	De Watervogels	2:40.28	200601182	<b>2:38.29</b>	+0,72	35.63	1:16.77	1:58.87	2:38.29
43. Emma Suderee	Rotterdam Swimming	(2:38.15	200603598	<b>2:46.14</b>	+0,70	37.45	1:20.04	2:04.32	2:46.14
DIS Anique Hazebroek	The Hague Swimming	(2:11.86	200502196						

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

15 - 16 jaar

1. Femke Doorenbos	The Hague Swimming	(2:09.70	200404214	<b>2:09.97</b>	+0,73	30.25	1:03.05	1:37.51	2:09.97
<i>*bu eindtijd</i>									
2. Rinske Bouman	Rotterdam Swimming	(2:09.32	200400578	<b>2:10.91</b>	+0,79	29.40	1:01.39	1:35.69	2:10.91
<i>*bu eindtijd</i>									
3. Jonna Muntjewerff	The Hague Swimming	(2:17.16	200402396	<b>2:13.81</b>	+0,83	31.00	1:05.08	1:39.69	2:13.81
4. Daniëlle Vis	De Columbiaan	2:17.62	200401044	<b>2:15.41</b>	+0,69	31.79	1:06.56	1:41.27	2:15.41
5. Phaëdra Meijer	MNC Dordrecht	2:16.52	200405834	<b>2:15.59</b>	+0,78	31.55	1:06.13	1:41.58	2:15.59
6. Lara Hoeksema	The Hague Swimming	(2:15.39	200400514	<b>2:17.42</b>	+0,80	29.72	1:04.27	1:41.09	2:17.42
7. Julia Notenboom	De Columbiaan	2:22.55	200302596	<b>2:18.17</b>	+0,81	32.20	1:06.86	1:42.76	2:18.17
8. Carmen Lems	KZV de Lansingh	2:20.22	200402632	<b>2:18.91</b>	+0,71	30.93	1:05.31	1:42.19	2:18.91
9. Wendy ten Wolde	ZPC Wiekslag	2:19.83	200302658	<b>2:22.84</b>	+0,69	29.65	1:05.63	1:44.11	2:22.84
10. Esther Reinders	KZV de Lansingh	2:20.71	200301798	<b>2:22.92</b>	+0,70	33.10	1:09.31	1:46.33	2:22.92
11. Marije de Jager	LinK	2:26.39	200301394	<b>2:24.23</b>	+0,68	30.96	1:06.37	1:45.73	2:24.23
12. Amy Koelman	De Columbiaan	2:23.60	200300922	<b>2:25.88</b>	+0,74	32.86	1:10.20	1:48.76	2:25.88
13. Melanie Marinus-Cruz	WVZ	2:25.07	200404702	<b>2:27.04</b>	+0,78	33.38	1:11.39	1:51.08	2:27.04
14. Zoë Molenaar	Zoetermeer	2:25.45	200300978	<b>2:27.32</b>	+0,77	32.77	1:11.63	1:50.55	2:27.32
15. Milou van Winkel	LinK	2:32.69	200402296	<b>2:28.07</b>	+0,93	33.88	1:11.58	1:50.24	2:28.07
16. Michelle van der Steen	ZV Vlaardingen-Schied	2:24.05	200300052	<b>2:28.93</b>	+0,63	32.30	1:10.64	1:50.73	2:28.93
17. Britt van Bommel	De Columbiaan	2:23.00	200301982	<b>2:29.03</b>	+0,83	34.08	1:12.07	1:51.01	2:29.03
18. Megan van Delden	WVZ	2:49.97	200405500	<b>2:49.26</b>	+0,96	38.15	1:20.76	2:06.43	2:49.26
OPG Megan de Hoog	SG SCOM/de Zeehond	2:11.02	200300214						

AF - De aangegeven afstand niet uitgezwommen.

Senioren

1. Leonie van Noort	WVZ	1:59.20	199301752	<b>2:06.11</b>	+0,77	29.69	1:01.34	1:33.69	2:06.11
2. Sophie de Jonge	WVZ	2:05.57	200200118	<b>2:06.17</b>	+0,73	29.53	1:01.69	1:34.36	2:06.17
3. Angelique van Vark	Z&PC De Gouwe	2:05.86	199701478	<b>2:07.33</b>	+0,69	29.74	1:02.18	1:35.19	2:07.33
4. Sanne Heemsker	ZVL-1886 Tetteroo	2:11.71	200100600	<b>2:11.73</b>	+0,71	29.83	1:02.98	1:37.36	2:11.73
5. Babette van der Kaaij	Rotterdam Swimming	(2:15.03	199902234	<b>2:12.68</b>	+0,74	30.49	1:04.53	1:39.21	2:12.68
6. Robin Pienaar	ZPV Barracuda	2:13.72	200102236	<b>2:13.40</b>	+0,77	30.52	1:04.53	1:39.42	2:13.40
7. Jip Veeman	The Hague Swimming	(2:14.39	200106100	<b>2:14.02</b>	+0,76	29.77	1:02.85	1:38.02	2:14.02
8. Maaïke Broersma	BZ en PC	2:16.84	200201522	<b>2:14.20</b>	+0,72	30.38	1:05.09	1:40.35	2:14.20
9. Chefanja Nunes	WVZ	2:08.27	200104750	<b>2:14.80</b>	+0,68	30.23	1:04.28	1:39.45	2:14.80
10. Rozemarijn van Haaff	ZOB'66	2:18.89	200201852	<b>2:19.32</b>	+0,76	32.16	1:07.43	1:43.70	2:19.32
11. Kelly Wiglevan	Poseidon'56	2:18.41	199500058	<b>2:19.99</b>	+0,75	31.69	1:07.27	1:43.92	2:19.99
12. Diana Noordermeer	SG SCOM/de Zeehond	2:19.51	200102110	<b>2:20.10</b>	+0,68	32.28	1:07.33	1:43.84	2:20.10
13. Elyanne Boudestein	Zoetermeer	2:20.36	200101060	<b>2:21.04</b>	+0,75	31.67	1:07.29	1:44.10	2:21.04
Anne Straub	Zoetermeer	2:21.71	200201402	<b>2:21.04</b>	+0,78	32.59	1:08.56	1:45.70	2:21.04
15. Laura Tromp	ZZ&PC De Devel	2:21.07	200000276	<b>2:21.84</b>	+0,70	33.36	1:09.61	1:45.74	2:21.84
16. Wendy de Bruin	ZOB'66	2:18.70	199206320	<b>2:22.12</b>	+0,66	31.88	1:07.64	1:44.67	2:22.12
17. Lisanne Dijkman	Zoetermeer	2:21.54	200102676	<b>2:22.98</b>	+0,64	32.22	1:08.87	1:46.61	2:22.98
<i>*bu eindtijd</i>									
18. Marbel Diderik	De Columbiaan	2:25.20	200205752	<b>2:24.99</b>	+0,64	32.39	1:08.77	1:46.56	2:24.99
19. Anouk Vis	De Columbiaan	2:19.53	200203322	<b>2:25.77</b>	+0,75	32.55	1:08.27	1:46.16	2:25.77

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 23, Dames, 200m vrije slag, Senioren

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
20. S. van den Dobbelsteen	The Hague Swimming	(:2:25.44 200100904	<b>2:29.32</b>	+0,62	33.80	1:12.98	1:53.20	2:29.32
<i>*bu eindtijd</i>								
21. Isabelle Janssen	MNC Dordrecht	2:33.70 200006318	<b>2:30.24</b>	+0,74	35.69	1:14.55	1:53.43	2:30.24
NG Iris van Berkel	ZPV Barracuda	2:21.89 200000476						
NG Linda van der Voort	ZVL-1886 Tetteroo	2:21.35 199207784						

Programmanr. 24  
17-11-2019 - 16:05

Jongens, 4 x 100m vrije slag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT
1. Rotterdam Swimming 3	Rotterdam Swimming (SG)	3:46.13	<b>3:46.85</b>	+0,66
Jason van den Berg	+0,66 26.65	56.17	Julien Tanis	+0,68 28.04
Erik Oldenkamp	+0,74 27.51	57.41	Jay de Vries	+0,31 25.69
57.71				53.56
2. WVZ 1	WVZ	3:56.19	<b>3:54.43</b>	+0,71
<i>*bu eindtijd</i>				
Anthony Kraag	+0,71 27.12	56.79	Floris Wassenaar	
Daan Sonneveld	+0,42 27.28		Pepijn van Egmond	
3. The Hague Swimming (SG) 1	The Hague Swimming (SG)	3:57.94	<b>3:54.66</b>	+0,75
Chris van der Hout	+0,75 26.88	56.03	River Streefland	+0,32 27.44
Dimi Stoyanov	+0,46 29.93	1:03.92	Loeka Wubben	+0,29 26.84
57.83				56.88
4. De Columbiaan 1	De Columbiaan	4:00.08	<b>3:54.92</b>	+0,68
Casper Hoogervorst	+0,68 29.97	1:01.69	Thijm Kruit	+0,51 26.99
Conor Baker	+0,50 28.34	1:00.54	Max van Schagen	+0,27 26.66
57.11				55.58
5. ZPB H&L 1	ZPB H&L Productions	4:17.24	<b>4:07.60</b>	+0,67
Bas Blanker	+0,67 29.66	1:01.70	Syb Willekens	+0,49 30.17
Coen Frkovic	+0,20 28.31	1:00.61	Stijn de Bondt	+0,43 30.15
1:02.42				1:02.87
6. GZC Donk 1	Widex GZC Donk 1	4:13.95	<b>4:14.79</b>	+0,70
Marijn Dekkers	+0,70 29.63	1:02.37	Yassine Mellah	+0,42 31.39
Roan van der Weide	+0,59 31.69	1:05.33	Bo Schoenmakers	+0,27 29.83
1:04.72				1:02.37
7. De Columbiaan 2	De Columbiaan	4:35.12	<b>4:29.80</b>	+0,59
Boele Böhm	+0,59 33.22	1:10.54	Twan Hoogervorst	+0,53 34.83
Dobbe Kruit	+0,21 30.06	1:02.24	Onno Roeleveld	+0,28 29.22
1:13.94				1:03.08

Programmanr. 25  
17-11-2019 - 16:10

Heren, 4 x 100m vrije slag

Junioren 1 en ouder  
Resultaten

rang	vereniging	intijd	tijd	RT
1. Rotterdam Swimming 4	Rotterdam Swimming (SG)	3:20.03	<b>3:22.41</b>	+0,64
Ian Minnigh	+0,64	51.01	Mark Baars	50.92
Brandon van den Berg	+0,58	50.48	Jeroen Baars	50.00
2. Albion WSS (SG) 1	Albion WSS (SG)	3:30.38	<b>3:29.46</b>	+1,89
Pascal Nuijten	+1,89	51.66	Jamo van Oijen	25.16
Otto Pranger	25.80	55.14	Ensgar Kotterink	52.74
49.92				
3. WVZ 1	WVZ	3:33.13	<b>3:32.76</b>	+0,72
Thomas Jansen	+0,72 25.77	53.34	Noah Legerstee	+0,43 26.13
Nikhom Westphal	+0,41 25.55	52.47	Quinn van den Heuvel	+0,22
54.77				52.18
4. The Hague Swimming (SG) 1	The Hague Swimming (SG)	3:38.87	<b>3:40.35</b>	+0,66
Zev Bulk	+0,66 27.24	56.34	Michael Smink	+0,59 26.07
Milan van Aken	+0,51 26.93	56.35	Jonne Schaafsma	+0,32 25.47
55.10				52.56
5. Lansingh 1	KZV de Lansingh	3:41.34	<b>3:44.00</b>	+0,69
Rutger Dalm	+0,69 26.44	55.06	Kevin Kingma	+0,45 26.12
Stefan Groen	+0,50 27.63	58.75	Nol van Thull	+0,43 26.77
55.50				54.69
6. De Columbiaan 1	De Columbiaan	3:45.82	<b>3:44.48</b>	+0,67
Bas van Wieringen	+0,67 26.73	56.39	Wouter Verdoes	+0,35 27.99
Bas Verdoes	+0,34 25.92	54.24	Jordy Zuidhoek	+0,40 25.52
59.56				54.29
7. Albion WSS (SG) 2	Albion WSS (SG)	3:46.11	<b>3:45.16</b>	+0,65
Kenan Coeruez	+0,65 26.34	55.93	Luuk van Holstein	25.31
Ayrton Mooldijk	+0,14 28.23	59.14	Romero Hennep	+0,33 25.12
54.80				55.29
8. GZC Donk 1	Widex GZC Donk 1	3:44.84	<b>3:46.46</b>	+0,66
Paul van Grol	+0,66 26.82	55.93	Duncan van Haaren	+0,17 25.93
Joris de Gier	+0,41 27.69	58.86	Remco Oskam	+0,39 27.42
54.46				57.21

Regiokampioenschappen korte baan  
Den Haag, 16- - 17-11-2019

Programmanr. 25, Heren, 4 x 100m vrije slag, Junioren 1 en ouder

rang	vereniging		intijd		tijd	RT
9.	The Hague Swimming (SG) 2	The Hague Swimming (SG)	3:48.15		<b>3:46.75</b>	+0,68
	<i>*bu eindtijd</i>					
	Rob Lugtenburg	+0,68 26.97	56.50	Victor Simons	+0,60 27.27	59.38
	Bjarne Buijs	+0,33 26.73	57.38	Cas Jansen		53.49
10.	ZVL-1886 Tetteroo 1	ZVL-1886 Tetteroo	3:45.91		<b>3:50.65</b>	+0,71
	Guus Hoogduin	+0,71 27.27	57.35	Robin van Beek	+0,24 25.90	54.74
	Robin van Peenen	+0,49 27.43	58.21	Thomas van Peenen	+0,35 28.45	1:00.35
11.	ZOB'66 1	ZOB'66	4:05.04		<b>3:58.30</b>	+0,69
	Ian van Mullem	+0,69 27.73	58.88	Benjamin Boender	+0,12 27.88	59.97
	Mylan de Gelder	+0,54 28.38	1:01.04	Mart de Koning	+0,45 27.54	58.41
12.	Barracuda 1	ZPV Barracuda	3:51.38		<b>3:59.47</b>	+0,73
	Martijn Houweling	+0,73 28.47	1:00.72	Thomas Hesper	+0,48 27.75	57.71
	Roan Roor	+0,48 29.00	1:01.92	Martijn van Noort	+0,62 29.41	59.12