

Programmanr. 1
3-3-2018 - 13:00

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Veerle Riezebos	ZV 44	11:41.31	200600712	11:45.80329
	100m: 2:48.53	300m: 5:50.11	500m: 6:00m:	700m: 11:45.80	
2.	Carlein Polinder	ZV 44	13:00.44	200600128	11:56.82314
	100m: 2:51.71	300m: 5:55.56	500m: 6:00m:	700m: 11:56.82	
3.	Myrthe Dam	Zuiderzeezwemmers	11:59.39	200602336	12:09.33298
	100m: 2:54.39	300m: 6:03.78	500m: 6:00m:	700m: 12:09.33	
4.	Kim van der Stege	Octopus	11:58.69	200600004	12:13.66293
	100m: 2:59.36	300m: 6:06.57	500m: 6:00m:	700m: 12:13.66	
5.	Marlies Dijsselhof	Dedemsvaart-AC	13:58.29	200601046	12:52.09252
	100m: 3:04.60	300m: 6:24.15	500m: 6:00m:	700m: 12:52.09	
6.	Esmee van Arkel	TZC Vahalis	14:01.32	200600110	13:45.03206
	100m: 3:15.11	300m: 6:48.05	500m: 6:00m:	700m: 13:45.03	
7.	Vienna van Rooijen	NDD	14:01.87	200603178	14:43.47168
	100m: 3:34.09	300m: 7:21.70	500m: 6:00m:	700m: 14:43.47	
8.	Doutsen Doornbos	De IJsselmeeuwen	13:15.59	200602610	14:43.65168
	100m: 3:28.44	300m: 7:20.62	500m: 6:00m:	700m: 14:43.65	
Junioren 2					
1.	Yke Groener	De Dinkel	9:44.97	200500772	10:05.87521
	100m: 2:28.45	300m: 5:00.99	500m: 6:00m:	700m: 10:05.87	
2.	Thera Janssen	Aqua-Novio'94	9:54.05	200500270	10:14.42499
	100m: 2:29.60	300m: 5:05.96	500m: 6:00m:	700m: 10:14.42	
3.	Isabelle Meinema	ZV 44	11:05.37	200500216	10:57.23408
	100m: 2:39.22	300m: 5:24.34	500m: 6:00m:	700m: 10:57.23	
4.	Feline Slijkhuis	ZVV	11:06.45	200501042	11:19.60369
	100m: 2:43.05	300m: 5:36.52	500m: 6:00m:	700m: 11:19.60	
5.	Lev Scheepers	De Rijn	11:22.70	200501270	11:43.94332
	100m: 2:48.62	300m: 5:48.83	500m: 6:00m:	700m: 11:43.94	
6.	Meike Kegel	PFC Rheden	11:59.40	200500554	11:56.82314
	100m: 2:54.05	300m: 5:57.51	500m: 6:00m:	700m: 11:56.82	
7.	Danee Sandifort	RZC	11:53.61	200501768	12:01.41308
	100m: 2:56.38	300m: 6:04.10	500m: 6:00m:	700m: 12:01.41	
8.	Isa Keijzers	NDD	11:53.42	200502044	12:55.98248
	100m: 2:59.77	300m: 6:21.03	500m: 6:00m:	700m: 12:55.98	
Junioren 3					
1.	Ismay Lichtendonk	Dedemsvaart-AC	9:43.81	200400622	10:02.88528
	100m: 2:25.04	300m: 4:58.24	500m: 6:00m:	700m: 10:02.88	
2.	Kim van Dongen	Aqua-Novio'94	10:12.98	200400140	10:23.62477
	100m: 2:26.74	300m: 5:04.92	500m: 6:00m:	700m: 10:23.62	
3.	Marieke Lenderink	De Dinkel	9:55.49	200400778	10:26.88470
	100m: 2:30.51	300m: 5:08.86	500m: 6:00m:	700m: 10:26.88	

Programmanr. 1, Meisjes, 800m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
4.	Nora Weerman	ZV 44	10:07.90	200400620	10:40.48
	100m: 2:31.03	300m: 5:12.74	500m: 600m:	700m: 800m: 10:40.48	441
5.	Loes Sotthwes	WS Twente	10:17.67	200401792	10:48.13
	100m: 2:36.99	300m: 5:22.47	500m: 600m:	700m: 800m: 10:48.13	425
6.	Inge Koekoek	ESCA Zwemmen	10:38.09	200401648	10:53.47
	100m: 2:40.51	300m: 5:28.32	500m: 600m:	700m: 800m: 10:53.47	415
7.	Zara Govaers	De IJsselmeeuwen	10:57.80	200401272	11:05.92
	100m: 2:38.74	300m: 5:29.30	500m: 600m:	700m: 800m: 11:05.92	392
8.	Anniek Takken	De Ward	11:01.56	200401768	11:42.69
	100m: 2:47.01	300m: 5:47.76	500m: 600m:	700m: 800m: 11:42.69	334

Jeugd 1

1.	Daniëlle Meinema	ZV 44	9:59.75	200300534	10:10.18	510
	100m: 2:23.43	300m: 4:58.16	500m: 600m:	700m: 800m:	10:10.18	
2.	Eline Gros	Aqua-Novio'94	9:45.07	200302700	10:11.82	506
	100m: 2:29.17	300m: 4:00m: 5:04.13	500m: 600m:	700m: 800m:	10:11.82	
3.	Lindsey Berghuis	ZV 44	9:34.95	200300104	10:15.33	497
	100m: 2:25.05	300m: 4:00m: 5:00.43	500m: 600m:	700m: 800m:	10:15.33	
4.	Soraya Rakers	De Dinkel	10:04.17	200300818	10:34.65	453
	100m: 2:30.66	300m: 4:00m: 5:12.23	500m: 600m:	700m: 800m:	10:34.65	
5.	Naomi Polinder	ZV 44	9:58.30	200300020	10:45.69	430
	100m: 2:31.90	300m: 4:00m: 5:16.36	500m: 600m:	700m: 800m:	10:45.69	
6.	Michelle van den Hoofdakker	ZV 44	10:33.05	200302708	11:08.18	388
	100m: 2:39.68	300m: 4:00m: 5:29.46	500m: 600m:	700m: 800m:	11:08.18	
7.	Meghan Mulder	Dedemsvaart-AC	10:35.96	200301734	11:14.49	377
	100m: 2:39.44	300m: 4:00m: 5:29.63	500m: 600m:	700m: 800m:	11:14.49	
8.	Noa van den Berg	Wijchen	10:49.67	200302406	11:16.02	375
	100m: 2:39.27	300m: 4:00m: 5:29.54	500m: 600m:	700m: 800m:	11:16.02	

Jeugd 2

1.	Denice Koolman	ZV 44	9:49.04	200200132	9:53.10	555
	100m: 2:21.58	300m: 4:50.83	500m: 600m:	700m: 800m: 9:53.10		
2.	Zanthe Janssen	Aqua-Novio'94	9:34.51	200201786	9:59.67	537
	100m: 2:25.96	300m: 4:58.07	500m: 600m:	700m: 800m: 9:59.67		
3.	Hanne te Velthuis	Dedemsvaart-AC	9:43.07	200201324	10:11.25	507
	100m: 2:27.26	300m: 5:00.06	500m: 600m:	700m: 800m: 10:11.25		
4.	Eline Dankelman	Dedemsvaart-AC	10:24.72	200204804	10:50.51	421
	100m: 2:35.16	300m: 5:21.96	500m: 600m:	700m: 800m: 10:50.51		
5.	Welmoed Doornbos	De IJsselmeeuwen	10:52.23	200203352	10:56.95	408
	100m: 2:36.49	300m: 5:26.24	500m: 600m:	700m: 800m: 10:56.95		
6.	Mayke Westerhof	De Dinkel	10:28.63	200201488	11:14.03	378
	100m: 2:35.69	300m: 5:26.88	500m: 600m:	700m: 800m: 11:14.03		
7.	Fleur Arendsen	NDD	10:33.34	200202270	11:26.81	357
	100m: 2:40.02	300m: 5:36.04	500m: 600m:	700m: 800m: 11:26.81		
8.	Nikki Esmeijer	NDD	10:58.84	200203406	11:35.03	345
	100m: 2:41.41	300m: 5:36.61	500m: 600m:	700m: 800m: 11:35.03		

Programmanr. 1, Dames, 800m vrije slag

Senioren

1.	Sabien Timmers	Aqua-Novio'94	10:06.84	199904440	10:17.70	491
	100m: 2:27.74	300m: 5:03.51	500m: 600m:	700m: 800m:	10:17.70	
2.	Mathilde Stolmeijer	De Dinkel	9:44.58	200100590	10:19.13	488
	100m: 2:27.13	300m: 5:03.63	500m: 600m:	700m: 800m:	10:19.13	
3.	Chiméne Rakers	De Dinkel	10:18.07	200101778	10:31.78	459
	100m: 2:31.86	300m: 5:10.73	500m: 600m:	700m: 800m:	10:31.78	
4.	Tessa van de Belt	Dedemsvaart-AC	10:27.44	200102056	10:37.36	447
	100m: 2:30.26	300m: 5:11.46	500m: 600m:	700m: 800m:	10:37.36	
5.	Kirsten Opmeer	Octopus	10:25.44	199800014	10:37.52	447
	100m: 2:31.27	300m: 5:11.78	500m: 600m:	700m: 800m:	10:37.52	
6.	Mandy Snelder	NDD	10:36.68	199901796	11:03.84	396
	100m: 2:39.51	300m: 5:27.74	500m: 600m:	700m: 800m:	11:03.84	
7.	Sigrit Aarten	Deltasteur	10:21.59	199302868	11:11.01	383
	100m: 2:42.14	300m: 5:33.44	500m: 600m:	700m: 800m:	11:11.01	
DIS	Marije Dankelman	Dedemsvaart-AC	9:43.89	199701502		
	AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam.					

Programmanr. 2
3-3-2018 - 14:33

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1						
1.	Yanieck Frijstein	Deltasteur	19:03.11	200500329	19:12.39	432
	100m: 200m: 300m: 400m: 5:04.42	500m: 600m: 700m: 800m: 10:15.36	900m: 1000m: 1100m: 1200m:	1300m: 1400m: 1500m: 19:12.39		
2.	Sven Klink	Deltasteur	19:24.58	200500349	20:00.51	382
	100m: 200m: 300m: 400m: 5:14.42	500m: 600m: 700m: 800m: 10:40.45	900m: 1000m: 1100m: 1200m:	1300m: 1400m: 1500m: 20:00.51		
3.	Rens Stijf	NDD	20:48.56	200501419	20:51.82	337
	100m: 200m: 300m: 400m: 5:30.15	500m: 600m: 700m: 800m: 11:08.23	900m: 1000m: 1100m: 1200m:	1300m: 1400m: 1500m: 20:51.82		
4.	Wesley van Elst	De Rijn	NT	200500507	21:48.90	295
	100m: 200m: 300m: 400m: 5:39.13	500m: 600m: 700m: 800m: 11:36.02	900m: 1000m: 1100m: 1200m:	1300m: 1400m: 1500m: 21:48.90		
5.	Mattijn Thijert	WS Twente	24:28.02	200501921	23:33.97	234
	100m: 200m: 300m: 400m: 6:17.43	500m: 600m: 700m: 800m: 12:36.58	900m: 1000m: 1100m: 1200m:	1300m: 1400m: 1500m: 23:33.97		
6.	Marco Wagter	Steenwijk 1934	23:10.57	200500003	23:41.95	230
	100m: 200m: 300m: 400m: 6:18.29	500m: 600m: 700m: 800m: 12:43.29	900m: 1000m: 1100m: 1200m:	1300m: 1400m: 1500m: 23:41.95		

Programmanr. 2, Heren, 1500m vrije slag

Junioren 2

1. Robin van den Berg	ZV 44	18:03.27	200400699	18:45.33	464
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	18:45.33	
400m:	800m:	1200m:			
4:51.39	9:55.83				
2. Quinn Heederik	Deltasteur	18:58.10	200400093	18:59.73	446
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	18:59.73	
400m:	800m:	1200m:			
4:59.02	10:03.86				
3. Jacco Nijland	ZPC De Hof	18:09.15	200400081	19:30.64	412
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	19:30.64	
400m:	800m:	1200m:			
5:06.42	10:22.60				
4. Quinten ten Dam	ZPC De Hof	19:04.33	200400075	19:58.22	384
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	19:58.22	
400m:	800m:	1200m:			
5:09.02	10:31.09				
5. Dries Mostert	De Vrije Slag	20:08.19	200400995	20:43.21	344
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	20:43.21	
400m:	800m:	1200m:			
5:26.67	11:03.07				
6. Semih Cetin	Aqua-Novio'94	21:23.91	200401229	20:57.77	332
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	20:57.77	
400m:	800m:	1200m:			
5:26.78	11:05.32				

Junioren 3

1. Luuk Hulleman	ZVV	17:37.39	200300189	18:22.57	493
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	18:22.57	
400m:	800m:	1200m:			
4:48.76	9:44.82				
2. Rens van Beek	Aqua-Novio'94	17:53.95	200300537	18:27.11	487
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	18:27.11	
400m:	800m:	1200m:			
4:50.65	9:49.34				
3. Niels Kragt	Dedemsvaart-AC	18:27.38	200300155	19:01.67	444
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	19:01.67	
400m:	800m:	1200m:			
5:00.23	10:10.02				
4. Pepijn Verschoor	RZC	20:21.80	200300231	19:10.71	434
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	19:10.71	
400m:	800m:	1200m:			
4:59.28	10:11.92				
5. Ronis van Everdingen	De Vrije Slag	19:22.19	200300043	20:07.73	375
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	20:07.73	
400m:	800m:	1200m:			
5:17.36	10:41.00				

NG.ZA	Mick Schüssel	De Ward	18:26.50	200304261	
AFGEM	Mika Heskamp	De Dinkel	18:09.23	200300339	

Junioren 4

1. Sem de Goei	WS Twente	17:50.87	200200029	18:19.74	497
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	18:19.74	
400m:	800m:	1200m:			
4:51.18	9:46.28				
2. Wessel Haverkamp	ESCA Zwemmen	18:22.52	200204755	19:13.10	431
100m:	500m:	900m:	1300m:		
200m:	600m:	1000m:	1400m:		
300m:	700m:	1100m:	1500m:	19:13.10	
400m:	800m:	1200m:			
4:55.97	10:07.33				

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

rang	naam	vereniging	intijd	tijd	RT
3.	Ivo Braam	De Rijn	NT 200201031	20:32.23	353
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	20:32.23
	400m: 5:21.86	800m: 10:54.70	1200m:		
4.	Ruud Schutten	ZPC Livo	23:19.99 200203475	21:35.52	304
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:35.52
	400m: 5:39.39	800m: 11:33.00	1200m:		
5.	Dave Stitselaar	DWK	21:34.45 200202219	21:44.64	298
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:44.64
	400m: 5:37.11	800m: 11:34.85	1200m:		
6.	Dirk-Johan Wyma	DWK	22:53.36 200201051	24:17.08	214
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	24:17.08
	400m: 6:10.42	800m: 12:42.74	1200m:		

Jeugd 1

1.	Milan van Dieren	De Dinkel	17:47.27 200100493	18:10.89	509
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	18:10.89
	400m: 4:42.98	800m: 9:35.33	1200m:		
2.	Bart Muselaers	Octopus	18:46.26 200100865	18:39.94	470
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	18:39.94
	400m: 4:48.62	800m: 9:50.19	1200m:		
3.	Nathanaël Nijsink	ZPC De Hof	18:33.52 200100947	19:04.98	440
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	19:04.98
	400m: 4:59.99	800m: 10:10.45	1200m:		
4.	Wilco Stijf	NDD	19:40.39 200103043	20:36.59	349
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	20:36.59
	400m: 5:14.28	800m: 10:46.54	1200m:		
5.	Friso Ron	De IJsselmeeuwen	19:04.06 200102631	20:49.62	339
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	20:49.62
	400m: 5:18.77	800m: 10:54.90	1200m:		
AFGEM	Stijn Boertien	Dedemsvaart-AC	17:39.67 200100719		
AFGEM	Robin Ross	De IJsselmeeuwen	22:56.90 200102357		

Jeugd 2

1.	Leon Kloots	ZPC De Hof	17:50.07 200001363	18:48.29	460
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	18:48.29
	400m: 4:50.22	800m: 9:53.18	1200m:		
2.	Jelle Heijman	Steenwijk 1934	19:31.99 200000635	21:11.46	321
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:11.46
	400m: 5:25.55	800m: 11:22.72	1200m:		

Senioren

1.	Jelle Dekker	De Grunte	18:35.44 199901621	19:05.34	440
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	19:05.34
	400m: 4:59.19	800m: 10:10.70	1200m:		
2.	Wessel Everloo	Z&PV de Veene	18:07.69 198906597 S14	19:09.36	619
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	19:09.36
	400m: 4:53.00	800m: 10:07.08	1200m:		

Programmanr. 2, Heren, 1500m vrije slag, Senioren

rang	naam	vereniging	intijd	tijd	RT
3.	Bart Maas	Wijchen	18:50.04	199901777	19:18.38 425
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	19:18.38
	400m:	800m:	1200m:		
	5:00.18	10:10.48			
4.	Marcel Reefhuis	WS Twente	18:32.17	198101381	19:30.31 412
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	19:30.31
	400m:	800m:	1200m:		
	5:04.02	10:18.16			
5.	Jeroen Velders	TZC Vahalis	18:34.82	199602037	19:41.24 401
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	19:41.24
	400m:	800m:	1200m:		
	5:12.80	10:30.96			

Programmanr. 3
3-3-2018 - 16:58

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1									
1.	Robyn Hulleman	ZVV	6:01.87	200600890	6:07.68	389	1:27.05		6:07.68
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:07.68		
	1:27.05								
2.	Veerle Riezebos	ZV 44	5:59.39	200600712	6:14.16	369	1:31.57		6:14.16
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:14.16		
	1:31.57								
3.	Anouk van Dongen	Aqua-Novio'94	6:06.78	200600084	6:15.76	365	1:27.10		6:15.76
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:15.76		
	1:27.10								
4.	Carlein Polinder	ZV 44	6:34.25	200600128	6:42.08	298	1:36.70		6:42.08
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:42.08		
	1:36.70								
5.	Esmee van Arkel	TZC Vahalis	7:12.62	200600110	7:23.49	222	1:50.33		7:23.49
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			7:23.49		
	1:50.33								
6.	Doutsen Doornbos	De IJsselmeeuwen	7:13.23	200602610	7:35.85	204	1:53.57		7:35.85
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			7:35.85		
	1:53.57								
DIS Lobke Arts Aqua-Novio'94 6:05.24 200600622									
SL - Het keer- en/of eindpunt met één hand aangetikt.									

Junioren 2

1.	Thera Janssen	Aqua-Novio'94	5:25.17	200500270	5:35.09	514	1:17.01		5:35.09
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:35.09		
	1:17.01								
2.	Lianne Beekman	ZVV	5:28.87	200500124	5:35.46	512	1:17.33		5:35.46
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:35.46		
	1:17.33								
3.	Yke Groener	De Dinkel	5:35.14	200500772	5:43.00	479	1:18.41		5:43.00
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:43.00		
	1:18.41								
4.	Liz Veltman	De Ward	5:39.80	200503668	5:53.83	437	1:25.68		5:53.83
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:53.83		
	1:25.68								
5.	Jolijn Liezen	ZV 44	5:53.07	200500518	6:06.47	393	1:25.27		6:06.47
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:06.47		
	1:25.27								
6.	Feline Slijkhuis	ZVV	5:44.56	200501042	6:11.04	379	1:35.69		6:11.04
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:11.04		
	1:35.69								
7.	Julia Visser	De Rijn	5:56.61	200500388	6:12.74	373	1:26.61		6:12.74
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:12.74		
	1:26.61								

Programmanr. 3, Dames, 400m wisselslag

Junioren 3

1. Luna de Vries	Aqua-Novio'94	5:16.13	200400516	5:36.24	509	1:17.43		5:36.24
50m:		150m:		250m:		350m:		
100m:	1:17.43	200m:		300m:		400m:	5:36.24	
2. Nora Weerman	ZV 44	5:30.14	200400620	5:55.05	432	1:17.76		5:55.05
50m:		150m:		250m:		350m:		
100m:	1:17.76	200m:		300m:		400m:	5:55.05	
3. Jonna Muntjewerff	ESCA Zwemmen	5:38.91	200402396	5:58.35	420	1:25.69		5:58.35
50m:		150m:		250m:		350m:		
100m:	1:25.69	200m:		300m:		400m:	5:58.35	
4. Loes Sotthewes	WS Twente	5:42.14	200401792	6:02.02	408	1:20.39		6:02.02
50m:		150m:		250m:		350m:		
100m:	1:20.39	200m:		300m:		400m:	6:02.02	
5. Zara Govaers	De IJsselmeeuwen	5:58.77	200401272	6:19.82	353	1:27.48		6:19.82
50m:		150m:		250m:		350m:		
100m:	1:27.48	200m:		300m:		400m:	6:19.82	
6. Anniek Takken	De Ward	6:09.30	200401768	6:21.32	349	1:33.07		6:21.32
50m:		150m:		250m:		350m:		
100m:	1:33.07	200m:		300m:		400m:	6:21.32	
7. Melissa Frisart	De Rijn	6:10.49	200400982	6:24.87	339	1:29.63		6:24.87
50m:		150m:		250m:		350m:		
100m:	1:29.63	200m:		300m:		400m:	6:24.87	
AFGEM Tessa Sportel	Dedemsvaart-AC	5:30.80	200401644					

Jeugd 1

1. Daniëlle Meinema	ZV 44	5:33.61	200300534	5:33.89	520	1:16.39		5:33.89
50m:		150m:		250m:		350m:		
100m:	1:16.39	200m:		300m:		400m:	5:33.89	
2. Alessia Sluis	Dedemsvaart-AC	5:34.54	200300896	5:43.54	477	1:18.84		5:43.54
50m:		150m:		250m:		350m:		
100m:	1:18.84	200m:		300m:		400m:	5:43.54	
3. Soraya Rakers	De Dinkel	5:30.11	200300818	5:44.29	474	1:27.42		5:44.29
50m:		150m:		250m:		350m:		
100m:	1:27.42	200m:		300m:		400m:	5:44.29	
4. Naomi Polinder	ZV 44	5:41.66	200300020	5:59.36	417	1:21.13		5:59.36
50m:		150m:		250m:		350m:		
100m:	1:21.13	200m:		300m:		400m:	5:59.36	
5. Lisanne van Elst	De Rijn	5:58.39	200301964	6:22.16	347	1:26.13		6:22.16
50m:		150m:		250m:		350m:		
100m:	1:26.13	200m:		300m:		400m:	6:22.16	
6. Mirte Bruins	NDD	6:08.75	200301792	6:27.18	333	1:26.23		6:27.18
50m:		150m:		250m:		350m:		
100m:	1:26.23	200m:		300m:		400m:	6:27.18	
DIS M. van den Hoofdakker	ZV 44	5:44.21	200302708					
SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.								
AFGEM Lionne Klarenbeek	ZPC De Hof	5:22.24	200300108					

Jeugd 2

1. Zanthé Janssen	Aqua-Novio'94	5:07.58	200201786	5:30.19	537	1:15.26		5:30.19
50m:		150m:		250m:		350m:		
100m:	1:15.26	200m:		300m:		400m:	5:30.19	
2. Famke Slabbers	Aqua-Novio'94	5:22.92	200200100	5:35.51	512	1:16.91		5:35.51
50m:		150m:		250m:		350m:		
100m:	1:16.91	200m:		300m:		400m:	5:35.51	
3. Denice Koolman	ZV 44	5:30.28	200200132	5:40.16	491	1:23.25		5:40.16
50m:		150m:		250m:		350m:		
100m:	1:23.25	200m:		300m:		400m:	5:40.16	
4. Kemi van de Wetering	Aqua-Novio'94	5:33.08	200201456	5:50.94	448	1:17.54		5:50.94
50m:		150m:		250m:		350m:		
100m:	1:17.54	200m:		300m:		400m:	5:50.94	
5. Welmoed Doornbos	De IJsselmeeuwen	5:55.63	200203352	6:15.86	364	1:23.93		6:15.86
50m:		150m:		250m:		350m:		
100m:	1:23.93	200m:		300m:		400m:	6:15.86	
6. Nikki Esmeijer	NDD	6:06.72	200203406	6:26.96	334	1:32.17		6:26.96
50m:		150m:		250m:		350m:		
100m:	1:32.17	200m:		300m:		400m:	6:26.96	

Programmanr. 3, Meisjes, 400m wisselslag, Jeugd 2

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
7. Fleur Arendsen	NDD	6:10.06 200202270	6:36.02	311	1:35.42			6:36.02
50m:		150m:	250m:		350m:			
100m:	1:35.42	200m:	300m:		400m:	6:36.02		

Senioren

1. Danique Stoop	Zuiderzeewimmers	5:16.84 199106956	5:29.73	540	1:08.32			5:29.73
50m:		150m:	250m:		350m:			
100m:	1:08.32	200m:	300m:		400m:	5:29.73		
2. Mathilde Stolmeijer	De Dinkel	5:19.25 200100590	5:43.75	476	1:17.06			5:43.75
50m:		150m:	250m:		350m:			
100m:	1:17.06	200m:	300m:		400m:	5:43.75		
3. Sabien Timmers	Aqua-Novio'94	5:30.95 199904440	5:44.91	471	1:18.05			5:44.91
50m:		150m:	250m:		350m:			
100m:	1:18.05	200m:	300m:		400m:	5:44.91		
4. Mandy Snelder	NDD	5:43.89 199901796	6:02.60	406	1:19.40			6:02.60
50m:		150m:	250m:		350m:			
100m:	1:19.40	200m:	300m:		400m:	6:02.60		
5. Aniek Garritsen	De IJsselmeeuwen	5:55.12 199504290	6:06.37	393	1:18.07			6:06.37
50m:		150m:	250m:		350m:			
100m:	1:18.07	200m:	300m:		400m:	6:06.37		
6. Lisa van Riel	Swol 1894	5:53.46 199805652	6:09.48	383	1:25.07			6:09.48
50m:		150m:	250m:		350m:			
100m:	1:25.07	200m:	300m:		400m:	6:09.48		
7. Sanne Arendsen	NDD	6:01.38 200103544	6:16.10	364	1:36.61			6:16.10
50m:		150m:	250m:		350m:			
100m:	1:36.61	200m:	300m:		400m:	6:16.10		
AFGEM Elmi Roelofsen	ZVV	5:46.54 199008198						

Programmanr. 4
4-3-2018 - 13:00

Heren, 800m vrije slag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT
Junioren 1				
1. Rens Stijf	NDD	10:30.81 200501419	10:58.23	324
100m:		300m:	500m:	700m:
200m:	2:40.91	400m:	600m:	800m:
		5:27.58		10:58.23
2. Wesley van Elst	De Rijn	12:02.65 200500507	11:08.23	310
100m:		300m:	500m:	700m:
200m:	2:35.99	400m:	600m:	800m:
		5:27.70		11:08.23
3. Dennis Mosterman	Dedemsvaart-AC	12:11.56 200501283	11:46.43	262
100m:		300m:	500m:	700m:
200m:	2:50.30	400m:	600m:	800m:
		5:49.73		11:46.43
4. Gaio Sanders	Aqua-Novio'94	11:44.05 200500533	11:48.94	259
100m:		300m:	500m:	700m:
200m:	2:48.64	400m:	600m:	800m:
		5:51.50		11:48.94
5. William Kragt	ZV 44	12:30.74 200503133	12:20.02	228
100m:		300m:	500m:	700m:
200m:	3:00.79	400m:	600m:	800m:
		6:13.58		12:20.02
6. Tristan Sanders	Aqua-Novio'94	12:52.47 200500531	13:38.40	169
100m:		300m:	500m:	700m:
200m:	3:13.29	400m:	600m:	800m:
		6:46.01		13:38.40

Junioren 2

1. Robin van den Berg	ZV 44	9:34.66 200400699	9:44.07	464
100m:		300m:	500m:	700m:
200m:	2:17.59	400m:	600m:	800m:
		4:46.95		9:44.07
2. Quinn Heederik	Deltasteur	10:07.71 200400093	9:59.32	429
100m:	1:10.07	300m:	500m:	700m:
200m:	2:24.89	400m:	600m:	800m:
	1:14.82	4:55.86		9:59.32
3. Johan Nijeboer	WS Twente	11:19.63 200402417	11:20.69	293
100m:		300m:	500m:	700m:
200m:	2:41.06	400m:	600m:	800m:
		5:36.61		11:20.69

Programmanr. 4, Jongens, 800m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
4.	Splinter Doornbos	De IJsselmeeuwen	11:02.11 200402255	11:39.97	269
	100m: 2:47.77	300m: 5:46.00	500m: 600m:	700m: 800m: 11:39.97	
5.	Luuk Jansen	Natare	11:43.70 200402111	11:56.38	251
	100m: 2:48.07	300m: 5:50.52	500m: 600m:	700m: 800m: 11:56.38	
6.	Reinout van Dijk	De Rijn	12:05.34 200400441	12:36.14	214
	100m: 2:56.42	300m: 6:12.59	500m: 600m:	700m: 800m: 12:36.14	

Junioren 3

1.	Luuk Hulleman	ZVV	9:21.11 200300189	9:29.26	501
	100m: 2:17.20	300m: 4:43.60	500m: 600m:	700m: 800m: 9:29.26	
2.	Rens van Beek	Aqua-Novio'94	9:29.73 200300537	9:56.41	436
	100m: 2:21.77	300m: 4:53.76	500m: 600m:	700m: 800m: 9:56.41	
3.	Joris Janssen	Aqua-Novio'94	10:08.86 200301311	10:02.86	422
	100m: 2:26.28	300m: 4:58.57	500m: 600m:	700m: 800m: 10:02.86	
4.	Quinten Baris	NDD	10:55.28 200302433	11:22.97	290
	100m: 2:47.96	300m: 5:40.86	500m: 600m:	700m: 800m: 11:22.97	
NG	Mick Schüssel	De Ward	9:35.04 200304261		

Junioren 4

1.	Daan Piek	Natare	11:15.84 200203783	11:22.26	291
	100m: 2:39.10	300m: 5:34.92	500m: 600m:	700m: 800m: 11:22.26	
2.	Luuk van den Broek	De Gelsenberg	11:26.72 200202717	12:11.31	236
	100m: 2:45.45	300m: 5:51.15	500m: 600m:	700m: 800m: 12:11.31	
3.	Dirk-Johan Wyma	DWK	11:52.74 200201051	12:14.95	233
	100m: 2:55.92	300m: 6:02.04	500m: 600m:	700m: 800m: 12:14.95	

Jeugd 1

1.	Bart Muselaers	Octopus	9:23.08 200100865	9:40.43	473
	100m: 2:17.76	300m: 4:45.49	500m: 600m:	700m: 800m: 9:40.43	
2.	Jelle ten Hove	De Dinkel	9:35.79 200101373	9:49.77	451
	100m: 2:19.24	300m: 4:49.21	500m: 600m:	700m: 800m: 9:49.77	
3.	Rick Theunissen	Wijchen	9:32.56 200101257	9:52.70	444
	100m: 2:18.82	300m: 4:47.42	500m: 600m:	700m: 800m: 9:52.70	
4.	Bart Kooiker	De Dinkel	9:35.37 200100705	9:54.76	439
	100m: 2:16.97	300m: 4:49.79	500m: 600m:	700m: 800m: 9:54.76	
5.	Ilmar Stoop	Zuiderzeewimmers	9:44.98 200100871	10:04.21	419
	100m: 2:21.69	300m: 4:50.27	500m: 600m:	700m: 800m: 10:04.21	
6.	Robin Leideman	De Grunte	9:51.60 200103137	10:16.04	395
	100m: 2:29.76	300m: 5:04.02	500m: 600m:	700m: 800m: 10:16.04	

Jeugd 2

1.	Dylan Jacobs	De Gelsenberg	9:55.70 200000347	10:28.31	373
	100m: 2:28.37	300m: 5:08.21	500m: 600m:	700m: 800m: 10:28.31	
2.	Diederik de Boer	Steenwijk 1934	9:53.77 200000269	10:30.95	368
	100m: 2:30.41	300m: 5:09.25	500m: 600m:	700m: 800m: 10:30.95	

Programmanr. 4, Jongens, 800m vrije slag, Jeugd 2

rang	naam	vereniging	intijd	tijd	RT
3.	Ted Ruiter	Zuiderzeezwimmers	10:09.14 200000047	11:03.95	316
	100m: 2:32.47	300m: 5:17.63	500m: 7:00m:	800m: 11:03.95	
4.	Sharino Willemsen	TZC Vahalis	11:08.36 200005647	11:46.87	262
	100m: 2:53.72	300m: 5:56.39	500m: 7:00m:	800m: 11:46.87	
5.	Jorian Hage	TZC Vahalis	12:54.73 200005295	12:32.75	217
	100m: 3:04.20	300m: 6:17.51	500m: 7:00m:	800m: 12:32.75	

Senioren

1.	Ebel van Geemen	WS Twente	9:43.61 199901095	9:27.56	506
	100m: 2:10.35	300m: 4:35.04	500m: 7:00m:	800m: 9:27.56	
2.	Jelle Dekker	De Grunte	10:00.44 199901621	9:49.60	451
	100m: 2:22.07	300m: 4:50.95	500m: 7:00m:	800m: 9:49.60	
3.	Mike Schel	ESCA Zwemmen	9:21.77 199403279	9:51.78	446
	100m: 2:19.72	300m: 4:49.66	500m: 7:00m:	800m: 9:51.78	
4.	Martijn Velders	TZC Vahalis	9:23.54 199502619	9:58.56	431
	100m: 2:25.44	300m: 4:57.44	500m: 7:00m:	800m: 9:58.56	
5.	Kylian Kooijman	Steenwijk 1934	10:02.73 199900763	10:37.63	356
	100m: 2:31.75	300m: 5:13.66	500m: 7:00m:	800m: 10:37.63	

Programmanr. 5
4-3-2018 - 14:09

Dames, 1500m vrije slag

Juniores 2 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Juniores 2					
1.	Lianne Beekman	ZVV	NT 200500124	20:26.77	429
	100m: 5:14.08	500m: 10:47.94	900m: 1300m:	1400m: 20:26.77	
2.	Jolijn Liezen	ZV 44	NT 200500518	21:36.01	364
	100m: 5:34.17	500m: 11:24.85	900m: 1300m:	1400m: 21:36.01	
3.	Feline Slijkhuis	ZVV	NT 200501042	21:38.79	362
	100m: 5:36.79	500m: 11:31.57	900m: 1300m:	1400m: 21:38.79	
4.	Isabelle Meinema	ZV 44	21:25.34 200500216	21:57.53	347
	100m: 5:33.03	500m: 11:29.62	900m: 1300m:	1400m: 21:57.53	
5.	Isa Keijzers	NDD	22:48.36 200502044	25:30.26	221
	100m: 6:17.40	500m: 13:19.24	900m: 1300m:	1400m: 25:30.26	
6.	Yira Esmeijer	NDD	25:06.66 200503058	25:34.17	220
	100m: 6:35.67	500m: 13:42.86	900m: 1300m:	1400m: 25:34.17	
AFGEM	Iske Sanders	NDD	32:30.09 200503052		
NG	Coco Schut	De Vrije Slag	22:31.74 200500942		

Programmanr. 5, Dames, 1500m vrije slag

Junioren 3

1. Ismay Lichtendonk	Dedemsvaart-AC	19:44.00	200400622	19:19.46	509
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	19:19.46
400m: 5:04.13	800m: 10:16.03		1200m:		
2. Marieke Lenderink	De Dinkel	19:45.53	200400778	20:02.22	456
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	20:02.22
400m: 5:08.15	800m: 10:32.21		1200m:		
3. Kim van Dongen	Aqua-Novio'94	19:54.58	200400140	20:05.76	452
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	20:05.76
400m: 5:09.48	800m: 10:33.37		1200m:		
4. Nora Weerman	ZV 44	19:48.97	200400620	20:25.19	431
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	20:25.19
400m: 5:15.16	800m: 10:47.77		1200m:		
5. Jonna Muntjewerff	ESCA Zwemmen	20:49.57	200402396	21:10.16	387
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	21:10.16
400m: 5:35.26	800m: 11:20.41		1200m:		
6. Inge Koekoek	ESCA Zwemmen	21:01.10	200401648	21:10.52	387
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	21:10.52
400m: 5:34.17	800m: 11:15.34		1200m:		
7. Zara Govaers	De IJsselmeeuwen	20:35.17	200401272	21:14.10	383
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	21:14.10
400m: 5:29.62	800m: 11:19.29		1200m:		

Jeugd 1

1. Lindsey Berghuis	ZV 44	18:09.11	200300104	18:52.82	545
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	18:52.82
400m: 4:51.43	800m: 9:56.13		1200m:		
2. Daniëlle Meinema	ZV 44	18:54.98	200300534	19:24.45	502
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	19:24.45
400m: 5:01.98	800m: 10:16.49		1200m:		
3. Naomi Polinder	ZV 44	19:32.86	200300020	20:21.56	435
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	20:21.56
400m: 5:17.44	800m: 10:47.69		1200m:		
4. Alessia Sluis	Dedemsvaart-AC	19:55.76	200300896	20:23.65	433
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	20:23.65
400m: 5:20.57	800m: 10:50.62		1200m:		
5. Cynthia Koolman	ZV 44	20:44.61	200300232	20:42.32	413
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	20:42.32
400m: 5:22.46	800m: 10:57.50		1200m:		
6. Chantal Odink	Dedemsvaart-AC	21:08.89	200304574	21:25.14	373
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	21:25.14
400m: 5:36.61	800m: 11:22.39		1200m:		
7. Michelle van den Hoofdakker	ZV 44	21:11.41	200302708	21:35.73	364
100m:	500m:		900m:	1300m:	
200m:	600m:		1000m:	1400m:	
300m:	700m:		1100m:	1500m:	21:35.73
400m: 5:34.83	800m: 11:19.44		1200m:		

Programmanr. 5, Meisjes, 1500m vrije slag, Jeugd 1

rang	naam	vereniging	intijd	tijd	RT
8.	Jasmijn Plas	De Grunte	20:57.60	200300388	22:09.96
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	22:09.96
	400m:	800m:	1200m:		
	5:45.66	11:40.67			

Jeugd 2

1.	Denice Koolman	ZV 44	18:38.60	200200132	19:04.86	528
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:04.86	
	400m:	800m:	1200m:			
	4:54.11					
2.	Carlijn Hansté	WS Twente	18:10.31	200201082	19:33.83	490
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:33.83	
	400m:	800m:	1200m:			
	5:02.50	10:21.19				
3.	Eline Dankelman	Dedemsvaart-AC	20:13.90	200204804	20:40.81	415
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	20:40.81	
	400m:	800m:	1200m:			
	5:22.24	10:57.93				
4.	Welmoed Doornbos	De IJsselmeeuwen	20:45.25	200203352	21:30.68	369
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	21:30.68	
	400m:	800m:	1200m:			
	5:36.89	11:30.94				
5.	Nikki Esmeijer	NDD	21:05.11	200203406	21:45.35	356
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	21:45.35	
	400m:	800m:	1200m:			
	5:38.42	11:32.13				
6.	Fleur Arendsen	NDD	21:25.62	200202270	21:57.72	346
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	21:57.72	
	400m:	800m:	1200m:			
	5:40.30	11:32.67				
7.	Ilse Hallie	Octopus	20:49.34	200200128	23:04.27	299
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	23:04.27	
	400m:	800m:	1200m:			
	5:56.22	12:07.58				

Senioren

1.	Michelle Zomerdijk	Dedemsvaart-AC	18:45.12	200003196	19:39.00	484
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:39.00	
	400m:	800m:	1200m:			
	5:10.52	10:26.61				
2.	Lisanne Andeweg	Zuiderzeewimmers	18:39.37	198800092	19:39.29	483
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:39.29	
	400m:	800m:	1200m:			
	5:07.54	10:26.29				
3.	Sabien Timmers	Aqua-Novio'94	19:35.97	199904440	19:41.15	481
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:41.15	
	400m:	800m:	1200m:			
	5:06.60	10:23.35				
4.	Tessa van de Belt	Dedemsvaart-AC	19:46.39	200102056	20:17.98	439
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	20:17.98	
	400m:	800m:	1200m:			
	5:14.21	10:44.52				
5.	Kirsten Opmeer	Octopus	19:55.08	199800014	20:26.02	430
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	20:26.02	
	400m:	800m:	1200m:			
	5:19.76	10:51.57				
6.	Mandy Snelder	NDD	20:11.79	199901796	21:00.27	396
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	21:00.27	
	400m:	800m:	1200m:			
	5:22.51	11:00.28				

Programmanr. 5, Dames, 1500m vrije slag, Senioren

rang	naam	vereniging	intijd	tijd	RT	
7.	Nanda de Vries	Steenwijk 1934	19:46.16	199204328	21:13.23	384
	100m:	500m:	900m:	1300m:		
	200m:	600m:	1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	21:13.23	
	400m:	800m:	1200m:			
	5:24.82	11:11.16				

Programmanr. 6
4-3-2018 - 16:48

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1									
1.	Sven Klink	Deltasteur	5:30.87	200500349	5:37.42	377	1:16.98		5:37.42
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:37.42		
2.	Wesley van Elst	De Rijn	5:51.83	200500507	5:58.76	314	1:24.82		5:58.76
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:58.76		
3.	Rens Stijf	NDD	5:59.02	200501419	6:15.06	275	1:28.31		6:15.06
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:15.06		
4.	Twan van Engen	De Ward	6:09.06	200500581	6:22.09	260	1:40.51		6:22.09
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:22.09		
5.	Thijs Berkhout	TZC Vahalis	6:18.79	200500035	6:32.48	240	1:31.48		6:32.48
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:32.48		

Junioren 2

1.	Robin van den Berg	ZV 44	5:18.32	200400699	5:27.93	411	1:14.91		5:27.93
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:27.93		
2.	Quinten ten Dam	ZPC De Hof	5:41.22	200400075	5:53.06	329	1:21.43		5:53.06
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:53.06		
3.	Matthew Critchell	Deltasteur	5:47.34	200403011	5:56.08	321	1:26.49		5:56.08
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:56.08		
4.	Justin van Arkel	TZC Vahalis	6:15.52	200400161	6:18.52	267	1:26.78		6:18.52
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:18.52		
5.	Splinter Doornbos	De IJsselmeeuwen	7:00.83	200402255	6:56.07	201	1:44.73		6:56.07
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:56.07		

DIS Luuk Jansen Natare 7:08.45 200402111
SH - Bij de achterwaartse beweging van de beenslag de voeten niet naar buiten bewegen.

Junioren 3

1.	Rens van Beek	Aqua-Novio'94	5:11.47	200300537	5:20.05	442	1:12.34		5:20.05
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:20.05		
2.	Tom Thijssen	NDD	5:09.41	200301521	5:24.86	423	1:12.45		5:24.86
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:24.86		
3.	Niels Kragt	Dedemsvaart-AC	5:09.88	200300155	5:25.91	419	1:11.53		5:25.91
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:25.91		
4.	Andy Zandvliet	ZPC De Hof	5:20.84	200300381	5:33.83	390	1:14.82		5:33.83
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			5:33.83		
5.	Felix Vrolijk	De IJsselmeeuwen	6:42.40	200301865	6:46.26	216	1:25.66		6:46.26
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m:			6:46.26		

Programmanr. 6, Jongens, 400m wisselslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
DIS Vincent de Jong	TZC Vahalis	7:07.06 200301465						
VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.								
AFGEM Lucas Boevink	De IJsselmeeuwen	5:52.64 200302411						
AFGEM Mika Heskamp	De Dinkel	5:16.84 200300339						
NG Mick Schüssel	De Ward	5:34.58 200304261						

Junioren 4

1. Wessel Haverkamp	ESCA Zwemmen	5:09.98 200204755	5:29.18	406	1:12.18			5:29.18
50m:	150m:	250m:	350m:					
100m: 1:12.18	200m: 5:29.18	300m:	400m:					

Jeugd 1

1. Milan van Dieren	De Dinkel	4:59.31 200100493	5:07.86	497	1:06.57			5:07.86
50m:	150m:	250m:	350m:					
100m: 1:06.57	200m: 5:07.86	300m:	400m:					
2. Bart Muselaers	Octopus	4:50.32 200100865	5:13.16	472	1:05.60			5:13.16
50m:	150m:	250m:	350m:					
100m: 1:05.60	200m: 5:13.16	300m:	400m:					
3. Bart Kooiker	De Dinkel	5:12.83 200100705	5:24.72	423	1:11.59			5:24.72
50m:	150m:	250m:	350m:					
100m: 1:11.59	200m: 5:24.72	300m:	400m:					
4. Robin Leideman	De Grunte	5:32.89 200103137	5:33.55	391	1:18.25			5:33.55
50m:	150m:	250m:	350m:					
100m: 1:18.25	200m: 5:33.55	300m:	400m:					
5. Friso Ron	De IJsselmeeuwen	5:27.42 200102631	5:40.91	366	1:10.28			5:40.91
50m:	150m:	250m:	350m:					
100m: 1:10.28	200m: 5:40.91	300m:	400m:					
6. Wilco Stijf	NDD	5:35.96 200103043	6:00.83	309	1:17.77			6:00.83
50m:	150m:	250m:	350m:					
100m: 1:17.77	200m: 6:00.83	300m:	400m:					
NG.ZA Robin Ross	De IJsselmeeuwen	6:13.18 200102357						
AFGEM Stijn Boertien	Dedemsvaart-AC	4:47.92 200100719						

Jeugd 2

1. Diederik de Boer	Steenwijk 1934	5:23.84 200000269	5:44.12	356	1:26.19			5:44.12
50m:	150m:	250m:	350m:					
100m: 1:26.19	200m: 5:44.12	300m:	400m:					
2. Ted Ruiter	Zuiderzeewimmers	5:22.62 200000047	5:52.23	332	1:22.89			5:52.23
50m:	150m:	250m:	350m:					
100m: 1:22.89	200m: 5:52.23	300m:	400m:					
3. Sharino Willemsen	TZC Vahalis	6:11.42 200005647	6:09.20	288	1:28.60			6:09.20
50m:	150m:	250m:	350m:					
100m: 1:28.60	200m: 6:09.20	300m:	400m:					

Senioren

1. Martijn Velders	TZC Vahalis	4:56.34 199502619	5:08.59	493	1:11.73			5:08.59
50m:	150m:	250m:	350m:					
100m: 1:11.73	200m: 5:08.59	300m:	400m:					
2. Ebel van Geemen	WS Twente	4:54.02 199901095	5:24.49	424	1:04.45			5:24.49
50m:	150m:	250m:	350m:					
100m: 1:04.45	200m: 5:24.49	300m:	400m:					
3. Bart Maas	Wijchen	5:20.24 199901777	5:26.31	417	1:10.07			5:26.31
50m:	150m:	250m:	350m:					
100m: 1:10.07	200m: 5:26.31	300m:	400m:					
4. Tom Groot Kormelinck	Natare	5:18.30 199800105	5:31.98	396	1:10.74			5:31.98
50m:	150m:	250m:	350m:					
100m: 1:10.74	200m: 5:31.98	300m:	400m:					
5. Kylian Kooijman	Steenwijk 1934	5:14.78 199900763	5:40.36	368	1:13.02			5:40.36
50m:	150m:	250m:	350m:					
100m: 1:13.02	200m: 5:40.36	300m:	400m:					