

Programmanr. 1
7-5-2017

Dames, 800m vrije slag
Links: serie 1, 3, 5 Rechts: serie 2, 4, 6

Senioren Open
Resultaten

rang	naam			vereniging		inschrijftijd		tijd
Junioren 1								
1.	Thera Janssen			Aqua-Novio'94		10:11.19	200500270	10:22.39
	200m:	2:29.92	400m:	5:07.45	800m:	10:22.39		
2.	Bridget Vermeer			EZ & PC		10:27.26	200501766	10:26.73
	200m:	2:34.05	400m:	5:13.30	800m:	10:26.73		
3.	Yke Groener			De Dinkel		10:24.88	200500772	10:29.64
	200m:	2:33.83	400m:	5:13.56	800m:	10:29.64		
4.	Isabelle Meinema			ZVV		11:39.99	200500216	11:05.37
	200m:	2:39.80	400m:	5:29.00	800m:	11:05.37		
5.	Feline Slijkhuis			ZVV		11:10.20	200501042	11:37.58
	200m:	2:46.83	400m:	5:46.11	800m:	11:37.58		
6.	Jolijn Liezen			ZV 44		11:46.17	200500518	11:46.10
	200m:	2:49.02	400m:	5:48.84	800m:	11:46.10		
7.	Imre Reijnders			ZV 44		11:43.37	200501870	11:54.64
	200m:	2:51.64	400m:	5:54.16	800m:	11:54.64		
Junioren 2								
1.	Ismay Lichtendonk			Dedemsvaart-AC		10:02.16	200400622	10:16.52
	200m:	2:28.87	400m:	5:04.91	800m:	10:16.52		
2.	Marieke Lenderink			De Dinkel		10:01.07	200400778	10:29.37
	200m:	2:34.04	400m:	5:14.28	800m:	10:29.37		
3.	Loes Sotthewes			WS Twente		10:29.77	200401792	10:38.70
	200m:	2:33.80	400m:	5:15.72	800m:	10:38.70		
4.	Aline Meuleman			ZPC Livo		10:50.15	200401136	11:18.10
	200m:	2:39.93	400m:	5:31.18	800m:	11:18.10		
5.	Anniek Takken			De Ward		11:30.37	200401768	11:19.03
	200m:	2:45.59	400m:	5:39.38	800m:	11:19.03		
6.	Aleid te Velthuis			Dedemsvaart-AC		11:18.47	200401470	11:37.59
	200m:	2:45.39	400m:	5:45.84	800m:	11:37.59		
Junioren 3								
1.	Eline Gros			Aqua-Novio'94		10:04.83	200302700	10:03.13
	200m:	2:25.29	400m:	4:56.60	800m:	10:03.13		
2.	Daniëlle Meinema			ZVV		10:34.65	200300534	10:26.33
	200m:	2:29.95	400m:	5:10.33	800m:	10:26.33		
3.	Soraya Rakers			De Dinkel		10:21.19	200300818	10:49.36
	200m:	2:33.76	400m:	5:16.20	800m:	10:49.36		
4.	Michelle van den Hoofdakker			ZV 44		10:43.26	200302708	11:02.64
	200m:	2:35.73	400m:	5:24.26	800m:	11:02.64		
5.	Indy te Molder			ZPC Livo		11:20.89	200301380	11:12.59
	200m:	2:41.76	400m:	5:35.97	800m:	11:12.59		
6.	Annemiek Huijsmans			De Rijn		11:08.55	200300028	11:19.90
	200m:	2:41.97	400m:	5:33.12	800m:	11:19.90		
Jeugd 1								
1.	Zanthe Janssen			Aqua-Novio'94		9:34.51	200201786	9:57.02
	200m:	2:22.29	400m:	4:54.61	800m:	9:57.02		
2.	Hanne te Velthuis			Dedemsvaart-AC		9:45.76	200201324	10:02.20
	200m:	2:23.36	400m:	4:56.64	800m:	10:02.20		
3.	Carlijn Hansté			WS Twente		9:22.44	200201082	10:07.42
	200m:	2:21.32	400m:	4:54.77	800m:	10:07.42		

Programmanr. 1, Meisjes, 800m vrije slag, Jeugd 1

rang	naam	vereniging	inschrijftijd	tijd
4.	Mayke Westerhof 200m: 2:33.78 400m: 5:15.78 800m: 10:40.96	De Dinkel	10:38.72	200201488
5.	Nikki Esmeijer 200m: 2:41.30 400m: 5:35.17 800m: 11:21.92	N D D	10:49.16	200203406
6.	Ilse Hallie 200m: 2:42.89 400m: 5:36.54 800m: 11:22.54	Octopus	11:14.42	200200128

Jeugd 2

1.	Mathilde Stolmeijer 200m: 2:21.94 400m: 4:51.18 800m: 9:54.31	De Dinkel	9:44.74	200100590	9:54.31
2.	Chiméne Rakers 200m: 2:30.91 400m: 5:08.24 800m: 10:22.76	De Dinkel	10:24.86	200101778	10:22.76
3.	Elisah Velgersdijk 200m: 2:40.53 400m: 5:32.41 800m: 11:15.04	Aquapoldro	10:49.31	200102436	11:15.04
4.	Sanne Arendsen 200m: 2:48.12 400m: 5:47.94 800m: 11:42.76	N D D	11:24.66	200103544	11:42.76
5.	Liz van Tienoven 200m: 2:51.10 400m: 5:54.23 800m: 11:57.29	De Gelenberg	11:37.10	200100844	11:57.29

Senioren

1.	Lynn Kamphuis 200m: 2:25.51 400m: 5:03.51 800m: 10:23.97	N D D	9:52.02	199800434	10:23.97
2.	Jasmijn van Rossum 200m: 2:31.59 400m: 5:16.24 800m: 10:46.97	N D D	9:52.77	199904254	10:46.97
3.	Kirsten Opmeer 200m: 2:34.73 400m: 5:19.15 800m: 10:47.77	Octopus	11:00.95	199800014	10:47.77
4.	Alies Wagter 200m: 2:36.89 400m: 5:28.16 800m: 11:10.92	Steenwijk 1934	10:53.56	199900840	11:10.92
5.	Lieke van Essen 200m: 2:46.16 400m: 5:41.60 800m: 11:32.29	Swol 1894	10:49.82	199502814	11:32.29
6.	Lisa van Riel 200m: 2:45.30 400m: 5:41.77 800m: 11:51.82	Swol 1894	11:08.86	199805652	11:51.82

Programmanr. 2
7-5-2017

Heren, 1500m vrije slag
Links: serie 1, 3 Rechts: serie 2, 4

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Junioren 1				
1.	Quinten ten Dam 400m: 5:28.28 800m: 10:58.93 1500m: 20:24.86	ZPC De Hof	19:47.42	200400075
2.	Quinn Heederik 400m: 5:51.69 800m: 12:00.46 1500m: 22:30.54	Deltasteur	22:54.73	200400093
3.	Luuk Jansen 400m: 5:53.92 800m: 12:03.06 1500m: 22:31.41	Natare	NT	200402111
4.	Lean Piek 400m: 6:13.02 800m: 12:49.16 1500m: 24:16.20	Natare	NT	200402115
Junioren 2				
1.	Rens van Beek 400m: 4:52.20 800m: 9:55.16 1500m: 18:44.67	Aqua-Novio'94	18:14.09	200300537
2.	Matias Jansen 400m: 5:01.32 800m: 10:13.29 1500m: 19:16.13	Zignea	19:31.38	200300199

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

rang	naam		vereniging	inschrijftijd		tijd
3.	Niels Kragt		Dedemsvaart-AC	18:36.96	200300155	19:28.43
	400m: 5:10.95	800m: 10:30.08	1500m: 19:28.43			
4.	Mika Heskamp		De Dinkel	18:40.66	200300339	19:30.14
	400m: 5:09.53	800m: 10:25.68	1500m: 19:30.14			

Junioren 3

1.	Jarno Koster		Aqua-Novio'94	17:22.50	200200637	18:03.09
	400m: 4:43.65	800m: 9:34.08	1500m: 18:03.09			
2.	Sem de Goei		WS Twente	17:59.19	200200029	18:57.60
	400m: 4:55.53	800m: 10:01.83	1500m: 18:57.60			
3.	Robin Kamps		De Dinkel	18:08.87	200200211	19:12.58
	400m: 4:54.59	800m: 10:03.79	1500m: 19:12.58			
4.	Jordi Kamps		De Dinkel	19:14.88	200200213	20:25.58
	400m: 5:20.59	800m: 10:58.30	1500m: 20:25.58			

Junioren 4

1.	Milan van Dieren		De Dinkel	17:45.58	200100493	18:25.40
	400m: 4:43.91	800m: 9:41.85	1500m: 18:25.40			
2.	Stijn Boertien		Dedemsvaart-AC	17:55.56	200100719	18:43.23
	400m: 4:50.95	800m: 9:55.95	1500m: 18:43.23			
3.	Jarmo van den Blink		De Houtrib	17:57.29	200100585	18:50.70
	400m: 4:52.10	800m: 9:55.76	1500m: 18:50.70			
4.	Jelle ten Hove		De Dinkel	18:33.70	200101373	19:35.58
	400m: 5:10.93	800m: 10:29.32	1500m: 19:35.58			

Jeugd 1

1.	Bjarne Langkamp		Aqua-Novio'94	18:52.50	200002723	18:30.89
	400m: 4:48.89	800m: 9:49.45	1500m: 18:30.89			
2.	Jelle Heijman		Steenwijk 1934	19:49.91	200000635	20:15.11
	400m: 5:15.15	800m: 10:45.03	1500m: 20:15.11			
3.	Diederik de Boer		Steenwijk 1934	19:56.30	200000269	20:44.36
	400m: 5:22.22	800m: 11:01.83	1500m: 20:44.36			
4.	Patrick Kip		Zuiderzeewimmers	20:06.70	200001705	21:48.90
	400m: 5:26.75	800m: 11:21.91	1500m: 21:48.90			

Senioren

1.	Nino Sieling		D W K	17:36.55	199701845	17:51.90
	400m: 4:36.30	800m: 9:22.16	1500m: 17:51.90			
2.	Michiel Jorink		ZV 44	18:10.76	198701613	18:43.10
	400m: 4:49.64	800m: 9:51.19	1500m: 18:43.10			
3.	Jeroen Velders		TZC Vahalis	18:34.82	199602037	19:49.13
	400m: 5:13.13	800m: 10:33.80	1500m: 19:49.13			
4.	Roy Hesselink		D W V	20:14.69	199106909	21:19.54
	400m: 5:28.51	800m: 11:15.13	1500m: 21:19.54			

Programmanr. 3
7-5-2017

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam			vereniging	inschrijftijd		tijd
Junioren 1							
1.	Bridget Vermeer			EZ & PC	6:10.10	200501766	6:12.16
	100m:	1:34.53	400m:	6:12.16			
2.	Esther Engbers			WS Twente	6:19.21	200500358	6:17.65
	100m:	1:29.53	400m:	6:17.65			
3.	Liz Veltman			De Ward	6:24.70	200503668	6:25.77
	100m:	1:36.77	400m:	6:25.77			
4.	Neomi Koetsier			WS Twente	6:40.76	200502144	6:44.02
	100m:	1:41.42	400m:	6:44.02			
DIS	Myrthe Dorgelo			ZV Zwartsluis	6:19.84	200500068	
	RH - Het eindpunt niet in rugligging aangeraakt.						
Junioren 2							
1.	Luna de Vries			Aqua-Novio'94	5:23.23	200400516	5:27.89
	100m:	1:14.98	400m:	5:27.89			
2.	Nora Weerman			ZV 44	5:40.92	200400620	5:44.59
	100m:	1:16.52	400m:	5:44.59			
3.	Puck Koopman			De Dinkel	5:29.67	200400038	5:47.57
	100m:	1:14.54	400m:	5:47.57			
4.	Luna Hofmeijer			WS Twente	5:44.03	200400006	5:55.23
	100m:	1:24.92	400m:	5:55.23			
5.	Tess Wolbert			De Dinkel	5:40.95	200400538	5:56.79
	100m:	1:25.29	400m:	5:56.79			
6.	Sanne Temmen			De Dinkel	5:42.07	200400682	5:57.11
	100m:	1:25.23	400m:	5:57.11			
Junioren 3							
1.	Joy van Dieren			De Dinkel	5:19.02	200300182	5:27.57
	100m:	1:14.60	400m:	5:27.57			
2.	Lotte Pieterman			ZV 44	5:23.32	200301838	5:40.99
	100m:	1:17.54	400m:	5:40.99			
3.	Alessia Sluis			Dedemsvaart-AC	5:32.29	200300896	5:48.64
	100m:	1:19.67	400m:	5:48.64			
4.	Lionne Klarenbeek			ZPC De Hof	5:30.26	200300108	5:51.90
	100m:	1:16.80	400m:	5:51.90			
5.	Nora Brouwer			Aquapoldro	5:30.22	200300480	5:52.75
	100m:	1:16.20	400m:	5:52.75			
Jeugd 1							
1.	Carlijn Hansté			WS Twente	5:16.97	200201082	5:35.51
	100m:	1:14.78	400m:	5:35.51			
2.	Lieke Oude Lenferink			WS Twente	5:43.52	200200068	5:42.36
	100m:	1:13.92	400m:	5:42.36			
3.	Maud Kuipers			Dedemsvaart-AC	5:27.01	200201894	6:00.60
	100m:	1:18.86	400m:	6:00.60			
4.	Nicole Seegers			D W V	6:23.77	200203526	6:40.55
	100m:	1:30.95	400m:	6:40.55			
5.	Karlijn van Houdt			N D D	6:52.74	200204448	7:03.01
	100m:	1:39.71	400m:	7:03.01			

Programmanr. 3, Dames, 400m wisselslag

Jeugd 2

1. Tessa van de Belt	100m: 1:17.33	400m: 5:34.00	Dedemsvaart-AC	5:26.35	200102056	5:34.00
2. Manon Compagner	100m: 1:08.80	400m: 5:35.51	Dedemsvaart-AC	5:18.80	200101710	5:35.51
3. Noa de Vries	100m: 1:14.11	400m: 5:39.85	Aqua-Novio'94	5:24.77	200101556	5:39.85
4. Chiméne Rakers	100m: 1:22.44	400m: 6:06.19	De Dinkel	5:41.32	200101778	6:06.19

Senioren

1. Maaike van Veen	100m: 1:10.60	400m: 5:23.55	Dedemsvaart-AC	5:06.71	199700292	5:23.55
2. Sabien Timmers	100m: 1:16.68	400m: 5:38.71	Aqua-Novio'94	5:30.95	199904440	5:38.71
3. Stéphanie Bergsma	100m: 1:13.08	400m: 5:46.02	Dedemsvaart-AC	5:30.02	199203374	5:46.02
4. Mandy Snelder	100m: 1:16.92	400m: 5:53.12	D W V	5:43.89	199901796	5:53.12
NG Beau Rijpers			Swol 1894	5:30.18	199402638	

Programmanr. 4
7-5-2017

Heren, 800m vrije slag
Links serie 1, 3 Rechts serie 2, 4

Junioren 1 en ouder
Resultaten

rang	naam				vereniging			inschrijftijd			tijd
Junioren 1											
1.	Semih Cetin	200m:	2:36.20	400m:	Aqua-Novio'94	5:28.02	800m:	11:13.88	11:32.20	200401229	11:13.88
2.	Matthew Critchell	200m:	2:52.70	400m:	ZV 44	6:03.45	800m:	12:08.00	11:52.52	200403011	12:08.00
3.	Justin van Arkel	200m:	3:03.91	400m:	TZC Vahalis	6:17.63	800m:	12:35.73	12:32.32	200400161	12:35.73
Junioren 2											
1.	Rens van Beek	200m:	2:21.39	400m:	Aqua-Novio'94	4:51.23	800m:	9:48.86	9:39.52	200300537	9:48.86
2.	Joris Janssen	200m:	2:28.66	400m:	Aqua-Novio'94	5:02.25	800m:	10:08.86	10:26.82	200301311	10:08.86
3.	Mick Schüssel	200m:	2:36.88	400m:	De Ward	5:21.27	800m:	10:42.82	10:26.82	200304261	10:42.82
4.	Sem Wellenberg	200m:	2:55.65	400m:	Dedemsvaart-AC	6:03.67	800m:	12:01.90	12:08.64	200301301	12:01.90
5.	Yaseen Boukajjouch	200m:	3:12.49	400m:	De Gelenberg	6:46.18	800m:	13:43.76	NT	200303077	13:43.76
Junioren 3											
1.	Thijs van Erp	200m:	2:30.09	400m:	Swol 1894	5:09.06	800m:	10:25.55	11:40.79	200200313	10:25.55
2.	Luuk van den Broek	200m:	2:49.10	400m:	De Gelenberg	5:56.45	800m:	12:10.68	11:51.39	200202717	12:10.68

Programmanr. 4, Heren, 800m vrije slag

Junioren 4

1. Luc de Kreek	D W K	10:31.47	200101661	9:59.23
200m: 2:25.45 400m: 4:57.76 800m: 9:59.23				
2. Ivar Regelink	D W V	10:27.64	200102707	10:39.24
200m: 2:34.22 400m: 5:16.63 800m: 10:39.24				
3. Wilco Stijf	N D D	10:28.73	200103043	10:41.14
200m: 2:28.36 400m: 5:11.45 800m: 10:41.14				
4. Sjoerd Nijhuis	N D D	11:23.65	200103675	12:00.02
200m: 2:38.42 400m: 5:43.45 800m: 12:00.02				

Jeugd 1

1. Ivar Visser	ZPC Livo	10:25.65	200000309	10:22.76
200m: 2:26.42 400m: 5:04.29 800m: 10:22.76				
2. Jelle Heijman	Steenwijk 1934	10:19.50	200000635	10:31.28
200m: 2:31.71 400m: 5:14.75 800m: 10:31.28				
3. Jochem Hallie	Octopus	10:28.15	200000009	10:32.61
200m: 2:28.20 400m: 5:10.67 800m: 10:32.61				
4. Ted Ruiter	Zuiderzeewimmers	10:30.16	200000047	10:47.31
200m: 2:29.60 400m: 5:12.23 800m: 10:47.31				
5. Diederik de Boer	Steenwijk 1934	10:22.17	200000269	10:47.46
200m: 2:32.72 400m: 5:17.11 800m: 10:47.46				

Senioren

1. Peter de Boer	Dedemsvaart-AC	9:23.10	199206199	9:41.20
200m: 2:17.14 400m: 4:46.26 800m: 9:41.20				
2. Martijn Velders	TZC Vahalis	9:48.98	199502619	9:59.28
200m: 2:24.26 400m: 4:56.43 800m: 9:59.28				
3. Frank Groot Kormelinck	Natare	10:04.82	199600255	10:28.51
200m: 2:25.86 400m: 5:03.60 800m: 10:28.51				
4. Tom Groot Kormelinck	Natare	9:55.16	199800105	10:49.26
200m: 2:24.23 400m: 5:08.80 800m: 10:49.26				

Programmanr. 5
7-5-2017

Dames, 1500m vrije slag
Links serie 1, 3 Rechts serie 2, 4

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Junioren 2				
1.	Kim van Dongen	Aqua-Novio'94	NT	19:54.58
	400m: 5:04.91 800m: 10:28.91 1500m: 19:54.58			
2.	Nica Fontein	D W V	24:45.76	25:00.20
	400m: 6:24.92 800m: 13:11.00 1500m: 25:00.20			
3.	Pleun Regelink	D W V	25:41.27	25:54.42
	400m: 6:39.41 800m: 13:41.43 1500m: 25:54.42			
Junioren 3				
1.	Lindsey Berghuis	ZV 44	18:39.59	19:09.19
	400m: 4:50.64 800m: 10:03.25 1500m: 19:09.19			
2.	Daniëlle Meinema	Z V V	19:54.14	19:59.69
	400m: 5:14.06 800m: 10:36.38 1500m: 19:59.69			
3.	Naomi Polinder	ZV 44	19:48.96	20:41.92
	400m: 5:15.26 800m: 10:53.20 1500m: 20:41.92			
4.	Jasmijn Plas	De Grunte	21:28.61	22:04.74
	400m: 5:42.61 800m: 11:43.04 1500m: 22:04.74			

Programmanr. 5, Dames, 1500m vrije slag

Jeugd 1

1. Denice Koolman	ZV 44	19:17.84	200200132	20:06.80
400m: 5:10.77 800m: 10:34.86 1500m: 20:06.80				
2. Nikki Esmeijer	N D D	21:13.02	200203406	21:45.02
400m: 5:35.70 800m: 11:27.89 1500m: 21:45.02				
3. Ilse Hallie	Octopus	21:28.96	200200128	21:53.54
400m: 5:45.86 800m: 11:42.20 1500m: 21:53.54				
4. Fleur Arendsen	N D D	22:44.14	200202270	22:42.08
400m: 5:51.88 800m: 12:03.73 1500m: 22:42.08				
5. Nicole Seegers	D W V	23:50.47	200203526	24:55.25
400m: 6:23.65 800m: 13:08.27 1500m: 24:55.25				

Jeugd 2

1. Lianne Plas	De Grunte	20:05.18	200101214	21:11.65
400m: 5:30.78 800m: 11:12.55 1500m: 21:11.65				
2. Milou Bakarbessy	EZ & PC	21:54.72	200101878	22:49.95
400m: 5:49.25 800m: 11:57.26 1500m: 22:49.95				
3. Anne Rüwen	Aquapoldro	25:01.22	200104914	24:20.70
400m: 6:19.25 800m: 12:56.46 1500m: 24:20.70				

Senioren

1. Sabien Timmers	Aqua-Novio'94	19:29.70	199904440	19:46.57
400m: 5:04.59 800m: 10:24.11 1500m: 19:46.57				
2. Kirsten Opmeer	Octopus	21:01.20	199800014	20:40.14
400m: 5:27.51 800m: 11:01.62 1500m: 20:40.14				
3. Mandy Snelder	D W V	20:23.20	199901796	20:43.89
400m: 5:26.30 800m: 10:58.94 1500m: 20:43.89				
4. Aniek Henken	De Ward	21:41.18	200006216	21:36.60
400m: 5:33.13 800m: 11:23.86 1500m: 21:36.60				
5. Beau Rijpers	Swol 1894	19:50.81	199402638	22:24.36
400m: 5:45.00 800m: 11:46.57 1500m: 22:24.36				

Programmanr. 6
7-5-2017

Heren, 400m wisselslag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	
Junioren 1					
1.	Simon Claasen	ZVV	5:10.13	200400231	5:24.62
	100m: 1:16.68	400m: 5:24.62			
2.	Ruben Claasen	ZVV	5:19.61	200400229	5:33.43
	100m: 1:18.30	400m: 5:33.43			
3.	Robin van de Berg	ZV 44	5:53.04	200400699	5:44.85
	100m: 1:22.09	400m: 5:44.85			
4.	Danny Brown	ZV 44	5:49.60	200401511	5:57.45
	100m: 1:19.82	400m: 5:57.45			
5.	Jon de Wit	De Ward	5:58.18	200401969	6:14.63
	100m: 1:25.62	400m: 6:14.63			

Programmanr. 6, Heren, 400m wisselslag

Junioren 2

1.	Rens van Beek	Aqua-Novio'94	5:21.62	200300537	5:23.65
	100m: 1:13.52	400m: 5:23.65			
2.	Luuk Hulleman	ZVV	5:12.85	200300189	5:24.62
	100m: 1:08.52	400m: 5:24.62			
3.	Tom Thijssen	N D D	5:19.42	200301521	5:31.21
	100m: 1:17.13	400m: 5:31.21			
4.	Lukas Binnekamp	WS Twente	5:24.11	200300107	5:33.64
	100m: 1:18.70	400m: 5:33.64			
5.	Mika Heskamp	De Dinkel	5:36.84	200300339	5:44.63
	100m: 1:24.86	400m: 5:44.63			
6.	Kevin Lucas	De Dinkel	5:31.28	200300545	5:45.67
	100m: 1:19.48	400m: 5:45.67			

Junioren 3

1.	Maquinho Vorst	ZPC De Hof	5:32.65	200204179	5:10.76
	100m: 1:09.24	400m: 5:10.76			
2.	Jurre Hanstede	De Dinkel	4:58.91	200201019	5:11.68
	100m: 1:10.72	400m: 5:11.68			
3.	Robin Kamps	De Dinkel	5:16.82	200200211	5:27.61
	100m: 1:16.00	400m: 5:27.61			
4.	Tristan Scholten	ZV 44	5:21.18	200201683	5:29.70
	100m: 1:12.10	400m: 5:29.70			
5.	Sem de Goei	WS Twente	5:12.06	200200029	5:31.45
	100m: 1:15.20	400m: 5:31.45			
6.	Jordi Kamps	De Dinkel	5:15.99	200200213	5:41.85
	100m: 1:20.09	400m: 5:41.85			

Junioren 4

1.	Stefan Waalkens	De Houtrib	5:03.68	200100611	5:06.26
	100m: 1:08.69	400m: 5:06.26			
2.	Bart Muselaers	Octopus	5:03.88	200100865	5:22.46
	100m: 1:08.90	400m: 5:22.46			
3.	Jarmo van den Blink	De Houtrib	5:06.79	200100585	5:23.00
	100m: 1:14.81	400m: 5:23.00			
4.	Joost Vilier	EZ & PC	5:31.68	200102813	5:46.70
	100m: 1:18.54	400m: 5:46.70			
DIS	Wilco Stijf	N D D	5:35.96	200103043	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Jeugd 1

1.	Dennis Kamps	De Dinkel	4:51.52	200000191	5:03.49
	100m: 1:06.34	400m: 5:03.49			
2.	Bjarne Langkamp	Aqua-Novio'94	5:04.67	200002723	5:18.62
	100m: 1:10.18	400m: 5:18.62			
3.	Bart de Lange de Beauveser	N D D	6:38.48	200004301	6:39.82
	100m: 1:29.15	400m: 6:39.82			

Jeugd 2

1.	Justus Ykema	D W K	5:00.99	199900029	5:07.04
	100m: 1:04.13	400m: 5:07.04			

Programmanr. 6, Heren, 400m wisselslag

Senioren

1. Martijn Velders			TZC Vahalis	5:12.12	199502619	5:13.16
100m: 1:12.51	400m:	5:13.16				
2. Jeroen Velders			TZC Vahalis	5:09.54	199602037	5:27.36
100m: 1:13.02	400m:	5:27.36				
3. Tom Groot Kormelinck			Natare	5:15.22	199800105	5:32.59
100m: 1:16.24	400m:	5:32.59				
4. Roy Hesselink			D W V	5:32.18	199106909	5:59.20
100m: 1:15.86	400m:	5:59.20				