

Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 8
25-5-2019 - 13:30

Heren, 100m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Daan Sonneveld	WVZ	1:02.08	200601085	1:01.70	+0,86
2.	Thom de Hoog	SG SCOM/de Zeehond'73	1:04.19	200600019	1:02.87	+0,85
3.	Mark Demianenko	Zoetermeer	1:03.30	200600409	1:02.96	+0,66
4.	Bjorn Rijkaart	BZ en PC	1:04.55	200601337	1:03.54	+0,72
5.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	1:06.08	200601453	1:03.65	+0,71
6.	Bas Blanker	ZPB H&L Productions	1:04.52	200601497	1:06.30	+0,69
7.	Laurens Kalle	z.c De Schotejil	1:06.19	200600161	1:06.75	+0,63
8.	Joris Lissenberg	The Hague Swimming (SG)	1:07.51	200600585	1:07.85	+0,76
9.	Dimi Stoyanov	The Hague Swimming (SG)	1:08.13	200601067	1:07.87	+0,56
10.	Hessel de Jong	KZV de Lansingh	1:09.51	200602753	1:07.91	+0,56
	<i>*bu 100m</i>					
11.	Benjamin Vermeer	Zoetermeer	1:08.50	200600177	1:08.38	+0,67
12.	Roan van der Weide	GZC Donk	1:12.00	200601629	1:08.87	+0,56
13.	Floris Wassenaar	WVZ	1:10.00	200600649	1:09.39	+0,79
14.	Benjamin van Helsdingen	ZZ&PC De Devel	1:09.86	200601097	1:10.09	+0,79
15.	Sven Markkus Eschbach	ZZ&PC De Devel	1:08.68	200602013	1:10.46	+0,71
16.	Tavi de Gelder	ZOB'66	1:11.08	200602335	1:10.54	+0,74
17.	Simon van der Sluijs	De Kempvis	1:12.56	200600789	1:10.95	+0,61
18.	Joshua Agussalim	ZPV Barracuda	1:13.02	200600153	1:11.26	+0,73
19.	Harm Nahon	Z&PC De Gouwe	1:13.17	200602515	1:11.81	+0,85
20.	Bo Merkestein	WVZ	1:10.36	200602451	1:12.49	+0,76
21.	Robin den Ouden	ZPC Wiekslag	1:13.60	200600255	1:13.20	+0,55
22.	Jasper Groen	KZV de Lansingh	1:11.65	200602325	1:13.22	+0,56
23.	Janu Nolden	WVZ	1:13.81	200600289	1:13.84	+0,85
24.	Merlijn van der Hoeven	WVZ	1:12.53	200600951	1:14.37	+0,71
25.	Kaan Uludag	Zoetermeer	1:14.66	200603559	1:15.03	+0,77
26.	Casper van Leeuwen	GZC Donk	1:16.29	200601329	1:16.21	+0,83
27.	Jelle den Otter	SG SCOM/de Zeehond'73	1:16.52	200600251	1:17.83	
AFGEM	Wout Jonkers	Poseidon'56	1:09.07	200600939		
Junioren 2						
1.	River Streefland	The Hague Swimming (SG)	1:00.51	200502253	59.77	+0,75
2.	Gabriel Been	The Hague Swimming (SG)	58.24	200501467	59.95	+0,77
3.	Menno Wieringa	KZV de Lansingh	1:00.39	200500927	1:01.07	+0,67
4.	Yanieck Frijstein	The Hague Swimming (SG)	1:00.86	200500329	1:01.54	+0,69
5.	Émile Fouzaï	The Hague Swimming (SG)	1:01.70	200500263	1:01.73	+0,77
6.	Björn Verkaik	The Hague Swimming (SG)	1:01.00	200500411	1:02.63	+0,71
7.	Coen Frkovic	ZPB H&L Productions	1:03.53	200502397	1:04.13	+0,68
8.	Conor Baker	De Columbiaan	1:04.37	200500991	1:04.18	+0,73
9.	Onno Roeleveld	De Columbiaan	1:05.49	200502775	1:04.49	+0,61
10.	Luuk Bogaert	De Watervogels	1:05.43	200503203	1:04.59	+0,79
11.	Stijn de Bondt	ZPB H&L Productions	1:05.72	200502249	1:04.71	+0,73
12.	Stef van Heijst	De Kempvis	1:08.13	200503665	1:04.73	+0,67
13.	Casper Hoogervorst	De Columbiaan	1:07.53	200500183	1:05.17	+0,72
14.	Wouter Willig	De Watervogels	1:11.04	200502785	1:06.89	+0,87
15.	Aaïke de Tender	De Geul	1:03.48	200502189	1:07.78	+0,74
16.	Danyl Geers	KZV de Lansingh	1:08.58	200504111	1:07.90	+0,57
17.	Dobbe Kruit	De Columbiaan	1:08.26	200501367	1:07.91	+0,73
18.	Tyler Diependaal	The Hague Swimming (SG)	1:09.05	200500879	1:08.07	+0,73
19.	Thijs Visser	ZPV Barracuda	1:06.15	200502129	1:08.49	+0,75
20.	Tjomme de Tender	De Geul	1:05.36	200502187	1:09.24	+0,73
21.	Tim van Lochem	Zoetermeer	1:06.85	200500077	1:10.16	+0,64
22.	Yassine Mellah	GZC Donk	1:09.16	200502159	1:10.21	
23.	Sytze van Stein	LinK	1:11.54	200501155	1:11.51	+0,55
24.	Sidique Turay	ZPV Barracuda	1:10.18	200500981	1:12.11	+0,87
25.	Emre Oguz	WZK	1:12.27	200503987	1:12.12	+0,78
26.	Reinier Velthuijs	ZPV Barracuda	1:10.22	200503537	1:12.66	+0,83
27.	Jens Schout	ZPC Wiekslag	1:13.97	200500353	1:13.34	+0,80
NG.ZA	Nino de Lange	SG SCOM/de Zeehond'73	1:09.44	200500047		
AFGEM	Siwar Kool	GZC Donk	1:11.81	200502259		

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Junioren 3

1.	Jay de Vries	Rotterdam Swimming (SG)	54.39	200400669	56.35	+0,75
2.	Chris van der Hout	The Hague Swimming (SG)	55.88	200401355	57.70	+0,69
3.	Timo Kock	Rotterdam Swimming (SG)	56.20	200400387	57.82	+0,71
4.	Anthony Kraag	WVZ	57.78	200401973	59.28	+0,68
5.	Jason van den Berg	Rotterdam Swimming (SG)	56.27	200400009	59.48	+0,73
6.	Niels van der Mast	ZPC Numansdorp	58.61	200401917	59.93	+0,70
7.	Pepijn van Egmond	WVZ	57.81	200402309	59.98	+0,73
8.	Timo Wouters	MNC Dordrecht	58.53	200401363	1:00.13	+0,70
9.	Max van Schagen	De Columbiaan	59.11	200402591	1:00.19	+0,72
10.	Loeka Wubben	The Hague Swimming (SG)	59.87	200400307	1:00.21	+0,74
11.	Kun Woo Kim	The Hague Swimming (SG)	59.37	200401361	1:01.04	+0,72
12.	Julien Tanis	Rotterdam Swimming (SG)	58.94	200401045	1:01.16	+0,72
13.	Arthur Bondartsov	Rotterdam Swimming (SG)	1:01.06	200403231	1:01.66	+0,81
14.	Wen-Ye Chen	Rotterdam Swimming (SG)	59.38	200402859	1:02.37	+0,71
15.	Erik Oldenkamp	Rotterdam Swimming (SG)	58.91	200400597	1:02.65	+0,74
16.	Daniel 't Mannetje	z.c De Schotejil	1:01.13	200400183	1:02.75	+0,69
17.	Benjamin Boender	ZOB'66	1:02.52	200401351	1:03.69	+0,71
18.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:03.56	200402559	1:04.07	+0,75
19.	Bo Schoenmakers	GZC Donk	1:03.82	200402919	1:04.08	+0,76
20.	Mylan de Gelder	ZOB'66	1:03.41	200404543	1:04.14	+0,78
21.	Milan Masselink	The Hague Swimming (SG)	1:01.26	200402165	1:04.84	+0,76
22.	Tim Haimé	The Hague Swimming (SG)	1:02.19	200403567	1:05.09	+0,76
23.	Marijn Dekkers	GZC Donk	1:03.67	200402275	1:05.26	+0,71
24.	Nathan Vos	ZPV Barracuda	1:07.25	200402335	1:05.77	+0,71
25.	Jens van Nobelen	ZV Sassenheim	1:05.07	200400565	1:05.96	+0,77
26.	Wout van Oevelen	D'elft	1:08.38	200404319	1:06.45	+0,68
27.	Alexandre Chahri	WZK	1:05.72	200402547	1:06.91	+0,79
28.	Sem Verberg	The Hague Swimming (SG)	1:01.85	200402105	1:07.06	+0,80
29.	Guus Geelen	Zvl-1886	1:03.51	200401183	1:07.12	+0,71
30.	Patrick van der Knaap	De Duck	1:03.04	200400007	1:07.33	+0,71
31.	Ivo Kragt	ZV Sassenheim	1:07.50	200402785	1:07.86	+0,72
32.	Timon Wijsman	D'elft	1:05.09	200403707	1:07.87	+0,69
33.	Pim Romeijn	ZPC Wiekslag	1:08.89	200401321	1:08.97	+0,82
34.	Duncan den Hartog	De Kempvis	1:06.22	200401889	1:09.02	+0,67
35.	Jens Brouwer	ZOB'66	1:08.44	200403167	1:09.20	+0,75
36.	Jelmer Paans	ZZ&PC De Devel	1:32.33	200404441	1:30.99	+0,97

Junioren 4

1.	Keanu Streefland	The Hague Swimming (SG)	53.69	200302445	54.81	+0,70
2.	Perry Laarhoven	ZPC Numansdorp	55.44	200301321	55.84	+0,73
3.	Maximilian Lopes Cardozo	WZK	56.05	200300665	56.08	+0,69
4.	Omar Markovinovic	The Hague Swimming (SG)	56.99	200304877	56.35	+0,65
5.	Michael Smink	The Hague Swimming (SG)	54.35	200302169	56.40	+0,75
6.	Daan Hogerhuis	Link	58.01	200300317	57.17	+0,79
7.	Wesley Zulver	ZV Vlaardingen-Schiedam	56.37	200301319	57.81	+0,63
8.	Milan van Aken	The Hague Swimming (SG)	57.06	200303307	57.95	+0,82
9.	Milan Hamel	The Hague Swimming (SG)	57.69	200302125	58.24	+0,71
10.	Senna Mooldijk	Feijenoord Albion	57.81	200301147	59.29	+0,65
11.	Kenan Coeruez	Feijenoord Albion	56.82	200300357	59.40	+0,72
12.	Xander Vis	z.c De Schotejil	57.88	200300173	59.43	+0,69
13.	Erik van Gemert	Poseidon'56	57.89	200300587	59.48	+0,72
14.	Stefan Groen	KZV de Lansingh	58.27	200301179	59.64	+0,74
15.	Chris Vogelaar	Zvl-1886	57.91	200302241	1:01.23	+0,70
16.	Sven Nieuwstraten	D'elft	59.49	200301681	1:01.39	+0,80
17.	Julian Stok	ZZ&PC De Devel	59.95	200300071	1:01.59	+0,71
18.	Bjarne Buijs	The Hague Swimming (SG)	58.24	200301089	1:02.08	+0,80
19.	Koen Pijnacker	BZ en PC	1:03.19	200301437	1:02.10	+0,80
20.	Quinten Nieuwenhuis	WZK	1:00.76	200304577	1:03.04	+0,74
21.	Jarno Klink	De Stelle	1:01.13	200302067	1:03.46	+0,64
22.	Tygo Korving	ZPB H&L Productions	1:01.81	200300773	1:03.76	+0,70
23.	Thimo van Beek	Zvl-1886	1:01.96	200301347	1:03.84	+0,68
24.	Dillon van den Berg	Poseidon'56	1:02.96	200300023	1:04.03	+0,76
25.	Noë Berry	Zvl-1886	1:02.77	200303167	1:04.26	+0,79
26.	Yassine Maas	The Hague Swimming (SG)	1:01.17	200301505	1:04.65	+0,77
27.	Maxim Noordman	The Hague Swimming (SG)	1:06.10	200304067	1:04.85	+0,61
28.	Raphaël Booiman	ZPC Wiekslag	1:01.67	200300727	1:05.31	+0,69
29.	Valentijn Verweij	D'elft	1:06.28	200304393	1:05.49	+0,77

Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 8, Jongens, 100m vrije slag, Junioren 4

rang	naam	vereniging	intijd		tijd	RT
30.	Andrew Elam	WZK	1:05.47	200304883	1:05.92	+0,82
31.	Julian den Drijver	Feijenoord Albion	1:04.64	200301079	1:07.23	+0,76
32.	Pepyn van Brakel	ZPC Numansdorp	1:05.30	200300877	1:07.43	+0,95
33.	Zev Bulk	The Hague Swimming (SG)	56.52	200304021	1:07.72	+0,69
34.	Albert van der Veen	De Vliet (SG)	1:06.61	200300515	1:07.78	+0,82
35.	Mike van Huizen	ZPC Numansdorp	1:07.19	200300891	1:11.89	

Jeugd 1 en 2

1.	Sean Niewold	WVZ	50.67	200204699	54.02	+0,82
2.	Quinn van den Heuvel	WVZ	52.47	200100297	54.53	+0,75
3.	Gerard Willighagen	Poseidon'56	52.89	200103663	54.79	+0,72
4.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	52.96	200203079	55.04	+0,70
5.	Nikhom Westphal	SG SCOM/de Zeehond'73	53.09	200203329	55.58	+0,73
6.	Jarno van Oijen	Feijenoord Albion	52.98	200100055	56.43	+0,71
7.	Scott Jansen	WVZ	54.82	200202455	56.70	+0,79
8.	Wesley Scheepbouwer	ZPC Wiekslag	55.02	200101959	57.61	+0,62
9.	Jarno Verbeek	Zoetermeer	55.26	200200931	57.71	+0,72
10.	Michael Boekestijn	Feijenoord Albion	56.29	200100767	58.17	+0,79
11.	Tjeerd van Stein	LinK	55.73	200101439	58.18	+0,81
12.	Sander Iuga	Feijenoord Albion	57.01	200101389	58.40	+0,67
13.	Luuk van Holstein	Feijenoord Albion	58.26	200203841	58.59	+0,75
14.	Milan Zaaijer	The Hague Swimming (SG)	58.26	200202795	59.07	+0,68
15.	Victor Simons	The Hague Swimming (SG)	58.74	200203261	59.17	+0,84
16.	Dylano Termoshuizen	WVZ	57.14	200202169	59.23	+0,74
17.	Joris de Gier	GZC Donk	57.74	200103817	59.47	+0,71
18.	Guus Hoogduin	Zvl-1886	57.55	200201069	59.52	+0,76
19.	Viktor Koets	De Columbiaan	59.38	200201677	59.70	+0,76
20.	Bas van Nisius	The Hague Swimming (SG)	58.74	200202107	1:00.04	+0,76
21.	Esper Paans	ZZ&PC De Devel	59.39	200100607	1:00.16	+0,60
22.	Mart de Koning	ZOB'66	58.55	200203253	1:00.18	+0,69
23.	Youri ten Brink	The Hague Swimming (SG)	57.31	200104719	1:00.53	+0,77
24.	Gregory Abeldynov	Poseidon'56	59.29	200100827	1:00.92	+0,71
25.	Simon Dijkstra	Rotterdam Swimming (SG)	59.25	200204905	1:00.98	+0,71
26.	Luc Brasz	The Hague Swimming (SG)	1:00.65	200200919	1:01.60	+0,69
27.	Boy Borreman	LinK	1:00.44	200102751	1:01.82	+0,70
28.	Jelmer Nederhoed	Zvl-1886	59.91	200201349	1:02.03	+0,78
29.	Wouter Verdoes	De Columbiaan	59.95	200200351	1:02.24	+0,73
30.	Jasper Willig	De Watervogels	1:01.19	200104757	1:02.33	+0,67
31.	Mees Blankert	Feijenoord Albion	1:01.54	200203743	1:02.60	+0,75
32.	Dave van den Nieuwendijk	De Columbiaan	57.57	200100475	1:02.83	+0,76
33.	David Kras	ZZ&PC De Devel	1:00.84	200103253	1:02.99	+0,77
34.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	1:03.81	200200619	1:03.49	+0,68
35.	Jeroen de Mooij	Zvl-1886	1:01.23	200100723	1:03.54	+0,68
36.	Wessel Bonkestoter	GZC Donk	59.96	200100625	1:03.73	+0,74
37.	Martijn van Noort	ZPV Barracuda	1:00.95	200204861	1:04.20	+0,85
38.	Dylan van Kleij	Poseidon'56	1:02.54	200203297	1:04.27	+0,72
AFGEM	Glenn van Gaalen	De Kempvis	56.31	200200521		

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming (SG)	49.45	199200031	50.96	+0,75
2.	Thomas Verhoeven	Rotterdam Swimming (SG)	49.63	199700311	51.25	+0,71
3.	Ensgar Kotterink	Feijenoord Albion	50.10	199403391	52.11	+0,67
4.	Jens Krijgsman	De Columbiaan	49.07	199901429	52.39	+0,69
5.	Mike Hoek	De Duck	51.45	199702229	53.55	+0,72
6.	Floris Kotterink	Feijenoord Albion	50.47	199800199	54.00	+0,63
7.	Melvin Prins	ZPC Wiekslag	52.46	199500201	54.18	+0,69
8.	Pascal Nuijten	Feijenoord Albion	51.88	199701353	54.29	+0,72
9.	Joris Bezemer	De Kempvis	53.43	199900527	54.88	+0,75
10.	Duncan van Haaren	GZC Donk	55.00	200000681	55.98	+0,74
11.	Kevin Kingma	KZV de Lansingh	55.75	199700559	56.48	+0,67
12.	Rutger Dalm	KZV de Lansingh	54.46	199005561	56.58	+0,70
13.	Armand Heyder	Feijenoord Albion	58.16	199603221	57.11	+0,67
14.	Robin van Beek	Zvl-1886	55.00	199704023	57.20	+0,70
15.	Ian Minnigh	Rotterdam Swimming (SG)	50.82	199702737	57.43	+0,66
16.	Bert Duivenvoorde	Noordwijkerhout	56.84	199701805	57.81	+0,76
17.	Stijn Geelen	MNC Dordrecht	55.00	199801363	58.02	+0,69
18.	Bas Verdoes	De Columbiaan	56.69	199801487	58.28	+0,70

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Programmanr. 8, Heren, 100m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT
19.	Paul van Grol	GZC Donk	55.98	199602951	58.53	+0,68
20.	Aron Paasse	z.c De Schotejil	56.46	200000099	58.64	+0,69
21.	Daan Siebenheller	ZOB'66	55.82	199804955	58.65	+0,72
	Ryan van den Ouden	Poseidon'56	55.50	199900377	58.65	+0,84
23.	Jim Geestman	Rotterdam Swimming (SG)	55.51	198300699	58.73	+0,77
24.	Remco Oskam	GZC Donk	57.62	199205583	58.76	+0,71
25.	Patrick Wyrdean	Feijenoord Albion	58.65	199702475	59.50	+0,63
26.	Sander van Beek	Zvl-1886	55.76	200002917	59.62	+0,69
27.	Noah Legerstee	WVZ	55.14	200003593	59.74	+0,77
28.	David Kievit	z.c De Schotejil	57.15	199900325	59.92	+0,77
29.	Jordy van Oel	WVZ	59.27	199802003	59.95	+0,92
30.	Sam Beer	Rotterdam Swimming (SG)	59.16	199605521	1:00.21	+0,76
31.	Jeffrey Eigenraam	ZOB'66	59.27	199500041	1:02.56	+0,76
AFGEM	Bram de Leeuw	The Hague Swimming (SG)	53.83	199805753		
NG	Joost de Roy van Zuydewijn	WVZ	55.92	200000255		

Programmanr. 9
25-5-2019 - 14:10

Dames, 400m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m			
Junioren 1												
1.	Ananda van der Wiel	WVZ	6:02.83	200701562	5:55.73	+0,66	1:18.54	2:52.93	4:35.68	5:55.73		
	50m:	35.93	35.93	150m:	2:05.64	47.10	250m:	3:43.65	50.72	350m:	5:16.52	40.84
	100m:	1:18.54	42.61	200m:	2:52.93	47.29	300m:	4:35.68	52.03	400m:	5:55.73	39.21
2.	Robin Vermeulen	MNC Dordrecht	5:52.09	200700412	6:00.84	+0,80	1:29.62	2:57.82	4:42.94	6:00.84		
	50m:	37.94	37.94	150m:	2:15.09	45.47	250m:	3:52.29	54.47	350m:	5:22.49	39.55
	100m:	1:29.62	51.68	200m:	2:57.82	42.73	300m:	4:42.94	50.65	400m:	6:00.84	38.35
3.	Samantha van der Jagt	ZZ&PC De Devel	6:07.57	200700220	6:04.69	+0,73	1:32.87	3:06.74	4:46.88	6:04.69		
	50m:	41.40	41.40	150m:	2:20.59	47.72	250m:	3:56.63	49.89	350m:	5:26.39	39.51
	100m:	1:32.87	51.47	200m:	3:06.74	46.15	300m:	4:46.88	50.25	400m:	6:04.69	38.30
4.	Charlotte Woltjes	The Hague Swimming	(6:36.44	200700110	6:11.85	+0,74	1:30.43	3:02.88	4:52.76	6:11.85		
	50m:	39.22	39.22	150m:	2:17.70	47.27	250m:	3:57.36	54.48	350m:	5:32.67	39.91
	100m:	1:30.43	51.21	200m:	3:02.88	45.18	300m:	4:52.76	55.40	400m:	6:11.85	39.18
5.	Mila Oomens	ZPV Barracuda	6:25.96	200700016	6:17.77	+0,73	1:31.85	3:07.79	4:55.11	6:17.77		
	50m:	39.63	39.63	150m:	2:20.94	49.09	250m:	4:00.37	52.58	350m:	5:37.02	41.91
	100m:	1:31.85	52.22	200m:	3:07.79	46.85	300m:	4:55.11	54.74	400m:	6:17.77	40.75
6.	Britte Lodder	ZZ&PC De Devel	6:24.44	200702290	6:21.17	+0,56	1:33.32	3:11.59	4:57.12	6:21.17		
	50m:	40.43	40.43	150m:	2:22.59	49.27	250m:	4:03.59	52.00	350m:	5:40.75	43.63
	100m:	1:33.32	52.89	200m:	3:11.59	49.00	300m:	4:57.12	53.53	400m:	6:21.17	40.42
7.	Stella van Droffelaar	ZV Vlaardingen-Schied	6:18.35	200700048	6:23.45	+0,59	1:32.95	3:07.08	4:57.56	6:23.45		
	50m:	41.54	41.54	150m:	2:21.45	48.50	250m:	4:02.51	55.43	350m:	5:41.53	43.97
	100m:	1:32.95	51.41	200m:	3:07.08	45.63	300m:	4:57.56	55.05	400m:	6:23.45	41.92
8.	Daniek Wijnen	Zvl-1886	NT	200701280	6:26.02	+0,61	1:24.35	3:08.86	4:58.32	6:26.02		
	50m:	36.48	36.48	150m:	2:17.49	53.14	250m:	4:03.14	54.28	350m:	5:43.64	45.32
	100m:	1:24.35	47.87	200m:	3:08.86	51.37	300m:	4:58.32	55.18	400m:	6:26.02	42.38
9.	Annedieke Scholte	The Hague Swimming	(6:35.95	200701110	6:35.10	+0,69	1:35.49	3:13.23	5:07.70	6:35.10		
	50m:	43.16	43.16	150m:	2:23.62	48.13	250m:	4:10.06	56.83	350m:	5:52.16	44.46
	100m:	1:35.49	52.33	200m:	3:13.23	49.61	300m:	5:07.70	57.64	400m:	6:35.10	42.94
10.	Evi Bol	ZPC Wiekslag	6:46.83	200700790	6:43.50		1:42.68	3:24.17	5:16.04	6:43.50		
	50m:	45.77	45.77	150m:	2:34.76	52.08	250m:	4:19.36	55.19	350m:	6:01.02	44.98
	100m:	1:42.68	56.91	200m:	3:24.17	49.41	300m:	5:16.04	56.68	400m:	6:43.50	42.48
11.	Aukje Schonewille	ZPB H&L Productions	6:41.39	200702340	6:45.31	+0,81	1:42.11	3:15.95	5:21.98	6:45.31		
	50m:	47.19	47.19	150m:	2:30.21	48.10	250m:	4:19.60	1:03.65	350m:	6:05.04	43.06
	100m:	1:42.11	54.92	200m:	3:15.95	45.74	300m:	5:21.98	1:02.38	400m:	6:45.31	40.27
12.	Evelyn Harris	The Hague Swimming	(7:06.83	200703250	6:47.32	+0,84	1:38.77	3:18.91	5:20.27	6:47.32		
	50m:	44.33	44.33	150m:	2:29.97	51.20	250m:	4:19.12	1:00.21	350m:	6:06.03	45.76
	100m:	1:38.77	54.44	200m:	3:18.91	48.94	300m:	5:20.27	1:01.15	400m:	6:47.32	41.29

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Programmanr. 9, Dames, 400m wisselslag

Junioren 2

1. Avery Collins	The Hague Swimming	(5:29.76	200603622	5:29.34	+0,68	1:13.36	2:40.07	4:16.12	5:29.34
50m: 33.94	33.94	150m: 1:57.25	43.89	250m: 3:26.68	46.61	350m: 4:53.50	37.38		
100m: 1:13.36	39.42	200m: 2:40.07	42.82	300m: 4:16.12	49.44	400m: 5:29.34	35.84		
2. Jade van der Maas	WVZ	5:44.16	200600408	5:49.61	+0,71	1:15.82	2:44.92	4:31.14	5:49.61
50m: 34.34	34.34	150m: 2:01.97	46.15	250m: 3:37.47	52.55	350m: 5:12.70	41.56		
100m: 1:15.82	41.48	200m: 2:44.92	42.95	300m: 4:31.14	53.67	400m: 5:49.61	36.91		
3. Leyla Oversluizen	MNC Dordrecht	5:54.30	200602730	5:52.76	+0,76	1:21.28	2:53.35	4:35.78	5:52.76
50m: 34.77	34.77	150m: 2:08.38	47.10	250m: 3:43.77	50.42	350m: 5:15.70	39.92		
100m: 1:21.28	46.51	200m: 2:53.35	44.97	300m: 4:35.78	52.01	400m: 5:52.76	37.06		
4. Mara Tims	Rotterdam Swimming	(5:32.56	200601136	5:53.68	+0,70	1:14.15	2:46.61	4:31.73	5:53.68
50m: 33.48	33.48	150m: 2:00.57	46.42	250m: 3:38.38	51.77	350m: 5:13.17	41.44		
100m: 1:14.15	40.67	200m: 2:46.61	46.04	300m: 4:31.73	53.35	400m: 5:53.68	40.51		
5. Hilda Vrijbloed	De Duck	5:53.27	200600732	6:04.39	+0,77	1:32.10	2:56.58	4:44.82	6:04.39
50m: 39.89	39.89	150m: 2:14.19	42.09	250m: 3:50.05	53.47	350m: 5:26.12	41.30		
100m: 1:32.10	52.21	200m: 2:56.58	42.39	300m: 4:44.82	54.77	400m: 6:04.39	38.27		
6. Laura 't Lam	De Geul	6:01.55	200603376	6:20.33	+0,70	1:20.41	2:59.16	4:53.59	6:20.33
<i>*bu 400m</i>									
50m: 35.22	35.22	150m: 2:09.71	49.30	250m: 3:56.45	57.29	350m: 5:36.80	43.21		
100m: 1:20.41	45.19	200m: 2:59.16	49.45	300m: 4:53.59	57.14	400m: 6:20.33	43.53		
7. Fieke Hoogduin	Zvl-1886	6:31.66	200600836	6:29.07	+0,71	1:33.92	3:09.16	5:00.64	6:29.07
50m: 39.76	39.76	150m: 2:22.65	48.73	250m: 4:04.05	54.89	350m: 5:46.42	45.78		
100m: 1:33.92	54.16	200m: 3:09.16	46.51	300m: 5:00.64	56.59	400m: 6:29.07	42.65		

AFGEM Elijdjah van der Heul Rotterdam Swimming (5:31.35 200602180

Junioren 3

1. Jelsie van Ruijven	WVZ	5:17.49	200500282	5:18.81	+0,65	1:15.89	2:36.75	4:05.97	5:18.81
50m: 34.10	34.10	150m: 1:56.11	40.22	250m: 3:20.78	44.03	350m: 4:44.18	38.21		
100m: 1:15.89	41.79	200m: 2:36.75	40.64	300m: 4:05.97	45.19	400m: 5:18.81	34.63		
2. Sophia van Droffelaar	ZV Vlaardingen-Schied	5:39.36	200500330	5:32.14	+0,70	1:17.02	2:47.12	4:17.41	5:32.14
50m: 34.47	34.47	150m: 2:02.90	45.88	250m: 3:30.97	43.85	350m: 4:56.00	38.59		
100m: 1:17.02	42.55	200m: 2:47.12	44.22	300m: 4:17.41	46.44	400m: 5:32.14	36.14		
3. Niké Telkamp	The Hague Swimming	(5:43.94	200501088	5:41.65	+0,73	1:20.58	2:52.60	4:26.83	5:41.65
50m: 34.69	34.69	150m: 2:07.33	46.75	250m: 3:39.97	47.37	350m: 5:05.60	38.77		
100m: 1:20.58	45.89	200m: 2:52.60	45.27	300m: 4:26.83	46.86	400m: 5:41.65	36.05		
4. Vivianne Woltjes	The Hague Swimming	(5:47.75	200501524	5:47.03	+0,74	1:18.48	2:49.39	4:28.92	5:47.03
50m: 35.01	35.01	150m: 2:04.61	46.13	250m: 3:39.20	49.81	350m: 5:08.07	39.15		
100m: 1:18.48	43.47	200m: 2:49.39	44.78	300m: 4:28.92	49.72	400m: 5:47.03	38.96		
5. Laura Hoogenboezem	KZV de Lansingh	5:39.63	200500390	5:54.74	+0,75	1:22.97	2:55.64	4:33.36	5:54.74
50m: 37.13	37.13	150m: 2:10.27	47.30	250m: 3:43.58	47.94	350m: 5:14.80	41.44		
100m: 1:22.97	45.84	200m: 2:55.64	45.37	300m: 4:33.36	49.78	400m: 5:54.74	39.94		
6. Sylvie Roos	Feijenoord Albion	5:46.92	200502772	5:54.97	+0,72	1:19.44	2:56.86	4:36.78	5:54.97
50m: 36.09	36.09	150m: 2:08.48	49.04	250m: 3:46.27	49.41	350m: 5:16.42	39.64		
100m: 1:19.44	43.35	200m: 2:56.86	48.38	300m: 4:36.78	50.51	400m: 5:54.97	38.55		
7. Madoline Held	The Hague Swimming	(6:19.20	200503412	5:55.74	+0,66	1:25.55	2:55.54	4:38.01	5:55.74
<i>*bu 100m</i>									
50m: 38.55	38.55	150m: 2:11.26	45.71	250m: 3:47.46	51.92	350m: 5:19.25	41.24		
100m: 1:25.55	47.00	200m: 2:55.54	44.28	300m: 4:38.01	50.55	400m: 5:55.74	36.49		
8. Asha van Lobberegt	Feijenoord Albion	5:41.99	200500088	5:57.99	+0,68	1:21.53	2:55.37	4:38.62	5:57.99
50m: 36.94	36.94	150m: 2:09.16	47.63	250m: 3:46.71	51.34	350m: 5:18.26	39.64		
100m: 1:21.53	44.59	200m: 2:55.37	46.21	300m: 4:38.62	51.91	400m: 5:57.99	39.73		
9. Milou Demirel	The Hague Swimming	(5:57.61	200501254	6:02.78	+0,85	1:25.99	3:02.44	4:40.51	6:02.78
50m: 37.17	37.17	150m: 2:13.18	47.19	250m: 3:50.93	48.49	350m: 5:22.09	41.58		
100m: 1:25.99	48.82	200m: 3:02.44	49.26	300m: 4:40.51	49.58	400m: 6:02.78	40.69		
10. Noor Frijlink	De Columbiaan	6:13.83	200500970	6:10.05	+0,58	1:29.31	3:04.96	4:45.56	6:10.05
50m: 41.31	41.31	150m: 2:17.10	47.79	250m: 3:54.90	49.94	350m: 5:28.69	43.13		
100m: 1:29.31	48.00	200m: 3:04.96	47.86	300m: 4:45.56	50.66	400m: 6:10.05	41.36		
11. Fenne Saaf	Zoetermeer	6:09.50	200504340	6:22.23	+0,84	1:33.32	3:10.58	4:57.02	6:22.23
<i>*bu 400m</i>									
50m: 41.57	41.57	150m: 2:21.94	48.62	250m: 4:02.34	51.76	350m: 5:40.48	43.46		
100m: 1:33.32	51.75	200m: 3:10.58	48.64	300m: 4:57.02	54.68	400m: 6:22.23	41.75		
12. Daphne van Tilburg	De Geul	6:08.87	200500580	6:27.80	+0,82	1:37.89	3:15.58	5:05.14	6:27.80
50m: 43.17	43.17	150m: 2:27.79	49.90	250m: 4:10.58	55.00	350m: 5:47.61	42.47		
100m: 1:37.89	54.72	200m: 3:15.58	47.79	300m: 5:05.14	54.56	400m: 6:27.80	40.19		
13. Femke van Dam	ZV Vlaardingen-Schied	6:25.58	200504548	6:31.02	+0,81	1:33.09	3:14.29	5:08.36	6:31.02
50m: 42.33	42.33	150m: 2:24.30	51.21	250m: 4:09.68	55.39	350m: 5:51.68	43.32		
100m: 1:33.09	50.76	200m: 3:14.29	49.99	300m: 5:08.36	58.68	400m: 6:31.02	39.34		

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Programmanr. 9, Meisjes, 400m wisselslag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
14. Lavinia Streit	WZK	6:56.53 200503852	6:55.61	+0,80	1:34.76	3:17.01	5:20.70	6:55.61
50m: 42.47	42.47	150m: 2:25.69	50.93	250m: 4:19.56	1:02.55	350m: 6:09.79	49.09	
100m: 1:34.76	52.29	200m: 3:17.01	51.32	300m: 5:20.70	1:01.14	400m: 6:55.61	45.82	
DIS Milou Adriaanse	De Columbiaan	6:10.32 200500968						
<i>SE - De handen niet tezamen van de borst naar voren gebracht.</i>								
DIS Isa Maes	Feijenoord Albion	5:23.86 200500110						
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								

Jeugd 1 en 2

1. Anna van Droffelaar	ZV Vlaardingen-Schied	5:01.68 200400258	5:17.24	+0,61	1:13.34	2:35.00	4:04.27	5:17.24
50m: 32.96	32.96	150m: 1:54.52	41.18	250m: 3:19.68	44.68	350m: 4:42.31	38.04	
100m: 1:13.34	40.38	200m: 2:35.00	40.48	300m: 4:04.27	44.59	400m: 5:17.24	34.93	
2. Rinske Bouman	Rotterdam Swimming	(5:20.49 200400578	5:29.24	+0,76	1:12.44	2:43.02	4:16.88	5:29.24
50m: 32.60	32.60	150m: 1:57.48	45.04	250m: 3:29.43	46.41	350m: 4:53.60	36.72	
100m: 1:12.44	39.84	200m: 2:43.02	45.54	300m: 4:16.88	47.45	400m: 5:29.24	35.64	
3. Irma van der Wulp	WVZ	5:19.62 200401950	5:32.10	+0,78	1:20.37	2:47.75	4:18.40	5:32.10
50m: 35.23	35.23	150m: 2:03.94	43.57	250m: 3:32.35	44.60	350m: 4:55.80	37.40	
100m: 1:20.37	45.14	200m: 2:47.75	43.81	300m: 4:18.40	46.05	400m: 5:32.10	36.30	
4. Lara Hoeksema	The Hague Swimming	(5:31.73 200400514	5:33.28	+0,81	1:18.70	2:44.35	4:21.47	5:33.28
50m: 35.10	35.10	150m: 2:02.44	43.74	250m: 3:32.85	48.50	350m: 4:57.62	36.15	
100m: 1:18.70	43.60	200m: 2:44.35	41.91	300m: 4:21.47	48.62	400m: 5:33.28	35.66	
5. Kim de Jong	LinK	5:24.31 200301026	5:34.53	+0,86	1:18.54	2:48.91	4:19.43	5:34.53
50m: 35.75	35.75	150m: 2:04.93	46.39	250m: 3:34.26	45.35	350m: 4:58.89	39.46	
100m: 1:18.54	42.79	200m: 2:48.91	43.98	300m: 4:19.43	45.17	400m: 5:34.53	35.64	
6. Mara Bosman	The Hague Swimming	(5:29.80 200303048	5:34.54	+0,72	1:22.64	2:47.20	4:21.82	5:34.54
50m: 36.29	36.29	150m: 2:05.14	42.50	250m: 3:33.08	45.88	350m: 4:58.01	36.19	
100m: 1:22.64	46.35	200m: 2:47.20	42.06	300m: 4:21.82	48.74	400m: 5:34.54	36.53	
7. Daniëlle Vis	De Columbiaan	5:27.45 200401044	5:35.68	+0,71	1:16.85	2:45.69	4:19.85	5:35.68
50m: 34.87	34.87	150m: 2:01.34	44.49	250m: 3:32.24	46.55	350m: 4:58.66	38.81	
100m: 1:16.85	41.98	200m: 2:45.69	44.35	300m: 4:19.85	47.61	400m: 5:35.68	37.02	
8. Suzanne Dorsman	D'elft	5:30.50 200303314	5:39.84	+0,55	1:16.07	2:48.12	4:26.55	5:39.84
50m: 33.12	33.12	150m: 2:01.86	45.79	250m: 3:35.81	47.69	350m: 5:04.12	37.57	
100m: 1:16.07	42.95	200m: 2:48.12	46.26	300m: 4:26.55	50.74	400m: 5:39.84	35.72	
9. Phaedra Meijer	MNC Dordrecht	5:42.60 200405834	5:49.27	+0,75	1:16.90	2:51.39	4:27.12	5:49.27
50m: 33.41	33.41	150m: 2:05.43	48.53	250m: 3:38.93	47.54	350m: 5:09.62	42.50	
100m: 1:16.90	43.49	200m: 2:51.39	45.96	300m: 4:27.12	48.19	400m: 5:49.27	39.65	
10. Lize van Stigt	LinK	5:46.28 200401510	5:51.73	+0,63	1:18.76	2:47.45	4:33.82	5:51.73
<i>*bu 400m</i>								
50m: 35.24	35.24	150m: 2:03.06	44.30	250m: 3:40.23	52.78	350m: 5:12.39	38.57	
100m: 1:18.76	43.52	200m: 2:47.45	44.39	300m: 4:33.82	53.59	400m: 5:51.73	39.34	
11. Tessa Poot	ZV Vlaardingen-Schied	5:33.28 200404264	5:52.73	+0,79	1:22.32	2:54.52	4:33.32	5:52.73
50m: 36.69	36.69	150m: 2:09.49	47.17	250m: 3:43.08	48.56	350m: 5:15.13	41.81	
100m: 1:22.32	45.63	200m: 2:54.52	45.03	300m: 4:33.32	50.24	400m: 5:52.73	37.60	
12. Jet van Oudheusden	ZOB'66	5:42.20 200401012	5:53.71	+0,74	1:22.91	2:54.94	4:34.16	5:53.71
50m: 37.66	37.66	150m: 2:09.23	46.32	250m: 3:44.25	49.31	350m: 5:15.32	41.16	
100m: 1:22.91	45.25	200m: 2:54.94	45.71	300m: 4:34.16	49.91	400m: 5:53.71	38.39	
13. Fee Smittenaar	De Columbiaan	6:01.77 200303060	5:58.59	+0,78	1:23.55	2:58.81	4:41.89	5:58.59
50m: 37.94	37.94	150m: 2:11.43	47.88	250m: 3:49.71	50.90	350m: 5:20.60	38.71	
100m: 1:23.55	45.61	200m: 2:58.81	47.38	300m: 4:41.89	52.18	400m: 5:58.59	37.99	
14. Carmen Lems	KZV de Lansingh	5:52.26 200402632	5:58.67	+0,71	1:20.68	2:51.90	4:37.40	5:58.67
50m: 35.91	35.91	150m: 2:06.69	46.01	250m: 3:43.67	51.77	350m: 5:19.75	42.35	
100m: 1:20.68	44.77	200m: 2:51.90	45.21	300m: 4:37.40	53.73	400m: 5:58.67	38.92	
15. Cheyenne Elburg	KZV de Lansingh	5:55.83 200401170	6:06.99	+0,73	1:22.09	2:57.06	4:43.29	6:06.99
50m: 37.09	37.09	150m: 2:09.49	47.40	250m: 3:48.85	51.79	350m: 5:25.02	41.73	
100m: 1:22.09	45.00	200m: 2:57.06	47.57	300m: 4:43.29	54.44	400m: 6:06.99	41.97	
16. Wendy ten Wolde	ZPC Wiekslag	5:43.80 200302658	6:07.89	+0,74	1:27.88	3:03.81	4:47.46	6:07.89
50m: 38.98	38.98	150m: 2:16.21	48.33	250m: 3:54.77	50.96	350m: 5:29.74	42.28	
100m: 1:27.88	48.90	200m: 3:03.81	47.60	300m: 4:47.46	52.69	400m: 6:07.89	38.15	
17. Kim Rutters	De Kempvis	5:46.69 200302318	6:09.99	+0,82	1:26.81	2:58.53	4:47.26	6:09.99
50m: 36.97	36.97	150m: 2:13.66	46.85	250m: 3:52.80	54.27	350m: 5:29.67	42.41	
100m: 1:26.81	49.84	200m: 2:58.53	44.87	300m: 4:47.26	54.46	400m: 6:09.99	40.32	
18. Noa de Bock	De Duck	5:53.38 200300318	6:10.67	+0,64	1:17.94	2:57.88	4:47.62	6:10.67
50m: 36.08	36.08	150m: 2:08.50	50.56	250m: 3:52.59	54.71	350m: 5:30.84	43.22	
100m: 1:17.94	41.86	200m: 2:57.88	49.38	300m: 4:47.62	55.03	400m: 6:10.67	39.83	
19. Feija de Bruin	WVZ	6:01.13 200400106	6:13.98	+0,85	1:23.07	2:57.24	4:49.15	6:13.98
50m: 37.24	37.24	150m: 2:10.35	47.28	250m: 3:52.25	55.01	350m: 5:32.12	42.97	
100m: 1:23.07	45.83	200m: 2:57.24	46.89	300m: 4:49.15	56.90	400m: 6:13.98	41.86	

Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 9, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
20. Britt van Bommel	De Columbiaan	5:56.14	200301982	6:14.92	+0,82	1:29.23	3:05.39	4:54.21	6:14.92
50m: 37.98	37.98	150m: 2:18.54	49.31	250m: 3:58.52	53.13	350m: 5:36.31	42.10		
100m: 1:29.23	51.25	200m: 3:05.39	46.85	300m: 4:54.21	55.69	400m: 6:14.92	38.61		
21. Joyce van 't Hof	ZZ&PC De Devel	5:52.29	200302122	6:16.34	+0,75	1:30.36	3:05.91	4:57.75	6:16.34
50m: 38.77	38.77	150m: 2:17.55	47.19	250m: 4:00.44	54.53	350m: 5:36.53	38.78		
100m: 1:30.36	51.59	200m: 3:05.91	48.36	300m: 4:57.75	57.31	400m: 6:16.34	39.81		
22. Lucile Bazalgette	D'elft	6:13.22	200403484	6:16.49	+0,73	1:23.83	3:00.45	4:47.86	6:16.49
50m: 38.08	38.08	150m: 2:12.81	48.98	250m: 3:54.07	53.62	350m: 5:32.67	44.81		
100m: 1:23.83	45.75	200m: 3:00.45	47.64	300m: 4:47.86	53.79	400m: 6:16.49	43.82		
23. Lotte van der Maas	ZOB'66	5:54.77	200402376	6:18.93	+0,87	1:27.54	3:06.41	4:53.69	6:18.93
50m: 38.67	38.67	150m: 2:17.79	50.25	250m: 3:59.70	53.29	350m: 5:37.13	43.44		
100m: 1:27.54	48.87	200m: 3:06.41	48.62	300m: 4:53.69	53.99	400m: 6:18.93	41.80		
24. Robine Boer	De Columbiaan	5:56.77	200402180	6:22.74	+0,76	1:29.14	3:08.25	4:59.36	6:22.74
50m: 39.84	39.84	150m: 2:19.80	50.66	250m: 4:03.68	55.43	350m: 5:40.49	41.13		
100m: 1:29.14	49.30	200m: 3:08.25	48.45	300m: 4:59.36	55.68	400m: 6:22.74	42.25		
25. Kirsten Erkamp	KZV de Lansingh	6:10.52	200402306	6:31.56	+0,85	1:36.77	3:21.28	5:03.92	6:31.56
50m: 42.55	42.55	150m: 2:30.78	54.01	250m: 4:10.86	49.58	350m: 5:49.00	45.08		
100m: 1:36.77	54.22	200m: 3:21.28	50.50	300m: 5:03.92	53.06	400m: 6:31.56	42.56		
26. Julia de Heide	KZV de Lansingh	6:17.80	200302934	6:31.97	+0,67	1:27.82	3:11.14	5:05.09	6:31.97
<i>*bu 400m</i>									
50m: 39.17	39.17	150m: 2:20.22	52.40	250m: 4:06.32	55.18	350m: 5:49.88	44.79		
100m: 1:27.82	48.65	200m: 3:11.14	50.92	300m: 5:05.09	58.77	400m: 6:31.97	42.09		
27. Dagmar Ros	WZK	6:31.48	200403050	6:46.75	+0,82	1:38.38	3:19.63	5:17.56	6:46.75
<i>*bu 400m</i>									
50m: 42.95	42.95	150m: 2:29.75	51.37	250m: 4:18.06	58.43	350m: 6:03.77	46.21		
100m: 1:38.38	55.43	200m: 3:19.63	49.88	300m: 5:17.56	59.50	400m: 6:46.75	42.98		
DIS Juliette Boon	ZZ&PC De Devel	6:06.22	200401908						
<i>AF - De aangegeven afstand niet uitgezwommen.</i>									
DIS Amy Koelman	De Columbiaan	5:44.12	200300922						
<i>ST - Bij het loslaten van de wand na het keerpunt de borstligging niet aangenomen.</i>									

Senioren 1 en 2

1. Lotte Hosper	The Hague Swimming	(4:47.09	200201414	4:59.84	+0,82	1:06.08	2:23.52	3:50.80	4:59.84
50m: 31.04	31.04	150m: 1:45.72	39.64	250m: 3:06.69	43.17	350m: 4:26.37	35.57		
100m: 1:06.08	35.04	200m: 2:23.52	37.80	300m: 3:50.80	44.11	400m: 4:59.84	33.47		
2. Inge Vieveen	WVZ	5:02.75	200100024	5:16.55	+0,79	1:11.44	2:35.03	4:02.88	5:16.55
50m: 32.17	32.17	150m: 1:54.19	42.75	250m: 3:18.40	43.37	350m: 4:40.29	37.41		
100m: 1:11.44	39.27	200m: 2:35.03	40.84	300m: 4:02.88	44.48	400m: 5:16.55	36.26		
3. Ilse Kraaijeveld	The Hague Swimming	(5:17.38	200202190	5:18.75	+0,71	1:10.90	2:33.33	4:06.81	5:18.75
50m: 31.83	31.83	150m: 1:52.89	41.99	250m: 3:19.92	46.59	350m: 4:43.95	37.14		
100m: 1:10.90	39.07	200m: 2:33.33	40.44	300m: 4:06.81	46.89	400m: 5:18.75	34.80		
4. Giulia Corsi	De Columbiaan	5:29.83	200100468	5:41.26	+0,73	1:19.39	2:48.04	4:26.70	5:41.26
50m: 35.70	35.70	150m: 2:03.58	44.19	250m: 3:35.68	47.64	350m: 5:04.34	37.64		
100m: 1:19.39	43.69	200m: 2:48.04	44.46	300m: 4:26.70	51.02	400m: 5:41.26	36.92		
5. Diana Noordermeer	SG SCOM/de Zeehond	5:33.86	200102110	5:46.04	+0,71	1:17.37	2:46.93	4:26.22	5:46.04
50m: 35.35	35.35	150m: 2:02.85	45.48	250m: 3:35.84	48.91	350m: 5:06.99	40.77		
100m: 1:17.37	42.02	200m: 2:46.93	44.08	300m: 4:26.22	50.38	400m: 5:46.04	39.05		
6. Anouk Vis	De Columbiaan	5:32.99	200203322	5:48.25	+0,70	1:19.99	2:51.36	4:31.61	5:48.25
50m: 36.32	36.32	150m: 2:06.53	46.54	250m: 3:40.44	49.08	350m: 5:09.59	37.98		
100m: 1:19.99	43.67	200m: 2:51.36	44.83	300m: 4:31.61	51.17	400m: 5:48.25	38.66		
7. Anna Hoogenboezem	KZV de Lansingh	5:41.28	200200658	5:52.73	+0,78	1:24.76	2:57.63	4:31.59	5:52.73
50m: 38.00	38.00	150m: 2:11.45	46.69	250m: 3:43.92	46.29	350m: 5:13.30	41.71		
100m: 1:24.76	46.76	200m: 2:57.63	46.18	300m: 4:31.59	47.67	400m: 5:52.73	39.43		
8. Elyanne Boudestein	Zoetermeer	5:32.57	200101060	5:57.41	+0,76	1:26.16	2:55.87	4:35.64	5:57.41
50m: 36.36	36.36	150m: 2:11.32	45.16	250m: 3:44.90	49.03	350m: 5:17.31	41.67		
100m: 1:26.16	49.80	200m: 2:55.87	44.55	300m: 4:35.64	50.74	400m: 5:57.41	40.10		
9. Debra de Lange	De Geul	5:48.30	200202380	5:58.71	+0,65	1:33.74	3:01.35	4:42.39	5:58.71
50m: 41.43	41.43	150m: 2:18.17	44.43	250m: 3:51.81	50.46	350m: 5:21.25	38.86		
100m: 1:33.74	52.31	200m: 3:01.35	43.18	300m: 4:42.39	50.58	400m: 5:58.71	37.46		

DIS Almudena Visser Velez The Hague Swimming (5:14.27 200205904
RJ - Lichaam geheel onder water gedurende de race of bij de finish (geldt niet voor kp en eerste 15 m na start en keerpunt)

Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 9, Dames, 400m wisselslag

Senioren

1. Angelique van Vark	Z&PC De Gouwe	4:59.72	199701478	5:14.69	+0,71	1:12.93	2:33.18	4:04.39	5:14.69		
50m:	32.90	32.90	150m:	1:53.66	40.73	250m:	3:18.35	45.17	350m:	4:40.81	36.42
100m:	1:12.93	40.03	200m:	2:33.18	39.52	300m:	4:04.39	46.04	400m:	5:14.69	33.88
2. Lotte Middelbos	z.c De Schotejil	5:28.23	199900680	5:39.84	+0,81	1:17.66	2:47.32	4:25.09	5:39.84		
50m:	34.84	34.84	150m:	2:02.38	44.72	250m:	3:35.55	48.23	350m:	5:02.38	37.29
100m:	1:17.66	42.82	200m:	2:47.32	44.94	300m:	4:25.09	49.54	400m:	5:39.84	37.46
3. Wendy de Bruin	ZOB'66	5:32.05	199206320	5:43.13	+0,69	1:15.94	2:46.48	4:26.70	5:43.13		
50m:	33.71	33.71	150m:	2:01.31	45.37	250m:	3:36.08	49.60	350m:	5:05.75	39.05
100m:	1:15.94	42.23	200m:	2:46.48	45.17	300m:	4:26.70	50.62	400m:	5:43.13	37.38
4. Moira Loechteken	WZK	5:54.24	200004446	6:19.29	+0,63	1:23.07	3:03.73	4:56.30	6:19.29		
50m:	36.84	36.84	150m:	2:15.11	52.04	250m:	3:59.85	56.12	350m:	5:38.41	42.11
100m:	1:23.07	46.23	200m:	3:03.73	48.62	300m:	4:56.30	56.45	400m:	6:19.29	40.88
5. Isabelle Janssen	MNC Dordrecht	6:35.10	200006318	6:33.82	+0,77	1:33.92	3:19.79	5:10.31	6:33.82		
50m:	44.51	44.51	150m:	2:27.73	53.81	250m:	4:14.21	54.42	350m:	5:53.07	42.76
100m:	1:33.92	49.41	200m:	3:19.79	52.06	300m:	5:10.31	56.10	400m:	6:33.82	40.75

Programmanr. 10
25-5-2019 - 15:15

Heren, 50m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Mark Demianenko	Zoetermeer	32.25	200600409	30.71	+0,62
2.	Thom de Hoog	SG SCOM/de Zeehond'73	33.00	200600019	31.43	+0,81
3.	Daan Sonneveld	WVZ	34.20	200601085	31.75	+0,75
4.	Joris Lissenberg	The Hague Swimming (SG)	33.25	200600585	32.19	+0,73
5.	Bas Blanker	ZPB H&L Productions	32.21	200601497	32.68	+0,55
6.	Joshua Agussalim	ZPV Barracuda	32.69	200600153	32.77	+0,65
7.	Sven Markkus Eschbach	ZZ&PC De Devel	33.22	200602013	33.55	+0,58
8.	Dimi Stoyanov	The Hague Swimming (SG)	33.47	200601067	33.69	+0,73
9.	Laurens Kalle	z.c De Schotejil	33.14	200600161	34.05	+0,71
10.	Benjamin van Helsdingen	ZZ&PC De Devel	34.62	200601097	35.12	+0,72
11.	Simon van der Sluijs	De Kempvis	37.99	200600789	35.39	+0,74
12.	Tibbe Veldboer	ZPB H&L Productions	36.53	200600911	35.61	+0,97
13.	Kaan Uludag	Zoetermeer	36.93	200603559	36.21	+0,85
14.	Hessel de Jong	KZV de Lansingh	36.32	200602753	36.30	+0,66
15.	Benjamin Vermeer	Zoetermeer	34.80	200600177	36.90	+0,83
16.	Tavi de Gelder	ZOB'66	37.27	200602335	37.31	
17.	Thomas Klaassen	ZOB'66	37.16	200601535	37.79	+0,75
18.	Bo Merkestein	WVZ	37.67	200602451	38.19	+0,59
19.	Bart Tuinenburg	ZPC Wiekslag	38.89	200602347	38.28	+0,67
	Floris Wassenaar	WVZ	39.12	200600649	38.28	+0,65
21.	Jasper Groen	KZV de Lansingh	37.02	200602325	39.08	+0,73
22.	Robin den Ouden	ZPC Wiekslag	37.38	200600255	39.92	+0,67
23.	Janu Nolden	WVZ	39.85	200600289	40.06	
24.	Daniel Gavran	GZC Donk	39.65	200600667	41.02	+0,77
AFGEM	Wout Jonkers	Poseidon'56	38.84	200600939		

Junioren 2

1.	Gabriel Been	The Hague Swimming (SG)	29.06	200501467	28.77	+0,77
2.	Émile Fouzai	The Hague Swimming (SG)	29.56	200500263	29.87	+0,78
3.	River Streefland	The Hague Swimming (SG)	32.16	200502253	30.17	+0,74
4.	Björn Verkaik	The Hague Swimming (SG)	31.79	200500411	30.71	+0,69
5.	Menno Wieringa	KZV de Lansingh	31.46	200500927	31.34	+0,70
6.	Onno Roeleveld	De Columbiaan	32.64	200502775	31.91	+0,70
7.	Yanieck Frijstein	The Hague Swimming (SG)	32.74	200500329	32.07	+0,68
8.	Stef van Heijst	De Kempvis	33.96	200503665	33.11	+0,64
9.	Wouter Willig	De Watervogels	33.58	200502785	33.13	+0,86
10.	Tyler Diependaal	The Hague Swimming (SG)	33.33	200500879	33.87	+0,79
11.	Aaïke de Tender	De Geul	35.68	200502189	34.20	+0,67
12.	Luuk Bogaert	De Watervogels	34.57	200503203	34.70	+0,84
	Conor Baker	De Columbiaan	33.32	200500991	34.70	+0,76
14.	Coen Frkovic	ZPB H&L Productions	35.58	200502397	34.73	+0,68
15.	Jesse Camphens	Noordwijkerhout	35.82	200502899	34.89	+0,74
16.	Lucas Houkes	ZV Sassenheim	34.78	200503425	35.19	+0,61
17.	Tjomme de Tender	De Geul	34.13	200502187	35.86	+0,75

Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 10, Jongens, 50m vlinderslag, Junioren 2

rang	naam	vereniging	intijd		tijd	RT
18.	Tim van Lochem	Zoetermeer	34.32	200500077	35.88	+0,68
19.	Dobbe Kruit	De Columbiaan	34.44	200501367	36.12	+0,74
20.	Danyl Geers	KZV de Lansingh	35.09	200504111	36.16	+0,67
21.	Yassine Mellah	GZC Donk	36.47	200502159	36.25	+0,62
22.	Thijs Visser	ZPV Barracuda	35.53	200502129	36.38	+0,57
23.	Sidique Turay	ZPV Barracuda	36.32	200500981	36.91	+0,81
24.	Sytze van Stein	LinK	36.99	200501155	36.93	+0,54
25.	Stijn de Bondt	ZPB H&L Productions	36.46	200502249	38.13	+0,84

Junioren 3

1.	Jay de Vries	Rotterdam Swimming (SG)	27.32	200400669	27.35	+0,76
2.	Max van Schagen	De Columbiaan	28.63	200402591	28.57	+0,69
3.	Pepijn van Egmond	WVZ	29.03	200402309	28.86	+0,67
4.	Jason van den Berg	Rotterdam Swimming (SG)	28.26	200400009	28.99	+0,66
5.	Nathan Janssen	MNC Dordrecht	28.90	200401565	29.01	+0,70
6.	Timo Wouters	MNC Dordrecht	29.02	200401363	29.30	+0,69
7.	Anthony Kraag	WVZ	28.98	200401973	29.51	+0,69
8.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	31.11	200404457	30.19	+0,69
9.	Tim Haimé	The Hague Swimming (SG)	31.25	200403567	30.23	+0,84
10.	Milan Masselink	The Hague Swimming (SG)	30.59	200402165	30.28	+0,78
11.	Niels van der Mast	ZPC Numansdorp	29.73	200401917	30.31	+0,71
12.	Julien Tanis	Rotterdam Swimming (SG)	30.24	200401045	30.84	+0,68
13.	Erik Oldenkamp	Rotterdam Swimming (SG)	30.11	200400597	31.16	+0,73
14.	Daniel 't Mannetje	z.c De Schotejil	31.56	200400183	31.35	+0,65
15.	Loeka Wubben	The Hague Swimming (SG)	31.75	200400307	31.81	+0,69
16.	Arthur Bondartsov	Rotterdam Swimming (SG)	33.29	200403231	31.90	+0,70
17.	Timon Wijsman	D'elft	31.57	200403707	31.96	+0,70
18.	Bo Schoenmakers	GZC Donk	31.84	200402919	32.10	+0,70
19.	Benjamin Boender	ZOB'66	31.89	200401351	32.22	+0,71
20.	Kun Woo Kim	The Hague Swimming (SG)	33.52	200401361	32.27	+0,74
21.	Patrick van der Knaap	De Duck	33.15	200400007	32.73	+0,71
22.	Wout van Oevelen	D'elft	34.45	200404319	33.15	+0,69
23.	Nathan Vos	ZPV Barracuda	32.63	200402335	33.77	+0,67
24.	Marijn Dekkers	GZC Donk	33.00	200402275	33.97	+0,77
25.	Guus Geelen	Zvl-1886	33.07	200401183	34.05	+0,71
26.	Jens Brouwer	ZOB'66	35.64	200403167	35.39	+0,76
27.	Casper van Nijnatten	Rotterdam Swimming (SG)	35.20	200402559	36.93	+0,73
28.	Jelmer Paans	ZZ&PC De Devel	43.36	200404441	40.82	+0,97
NG.ZA	Sem Verberg	The Hague Swimming (SG)	30.53	200402105		

Junioren 4

1.	Michael Smink	The Hague Swimming (SG)	26.26	200302169	26.31	+0,71
2.	Zev Bulk	The Hague Swimming (SG)	26.78	200304021	26.98	+0,71
3.	Keanu Streefland	The Hague Swimming (SG)	26.93	200302445	27.19	+0,69
4.	Dylan Jansen	WVZ	28.43	200300817	27.55	+0,69
5.	Perry Laarhoven	ZPC Numansdorp	27.73	200301321	27.62	+0,73
6.	Erik van Gemert	Poseidon'56	27.32	200300587	28.20	+0,73
7.	Milan Hamel	The Hague Swimming (SG)	27.87	200302125	28.29	+0,69
8.	Xander Vis	z.c De Schotejil	28.61	200300173	28.63	+0,68
9.	Kenan Coeruez	Feijenoord Albion	28.26	200300357	28.67	+0,72
10.	Milan van Aken	The Hague Swimming (SG)	28.59	200303307	28.70	+0,80
11.	Wesley Zulver	ZV Vlaardingen-Schiedam	28.67	200301319	28.71	+0,66
12.	Julian Stok	ZZ&PC De Devel	29.64	200300071	29.75	+0,75
13.	Maximilian Lopes Cardozo	WZK	29.25	200300665	29.92	+0,66
14.	Daan Hogerhuis	LinK	29.56	200300317	29.98	+0,80
15.	Bjarne Buijs	The Hague Swimming (SG)	29.76	200301089	30.01	+0,71
16.	Koen Pijnacker	BZ en PC	29.95	200301437	30.19	+0,72
17.	Raphaël Booiman	ZPC Wiekslag	29.76	200300727	30.60	+0,70
18.	Senna Mooldijk	Feijenoord Albion	29.53	200301147	30.75	+0,69
19.	Maxim Noordman	The Hague Swimming (SG)	31.59	200304067	31.03	+0,56
20.	Stefan Groen	KZV de Lansingh	30.58	200301179	31.11	+0,72
21.	Tygo Korving	ZPB H&L Productions	30.45	200300773	31.55	+0,63
22.	Andrew Elam	WZK	32.93	200304883	31.73	+0,85
23.	Chris Vogelaar	Zvl-1886	30.67	200302241	31.85	+0,71
24.	Albert van der Veen	De Vliet (SG)	30.81	200300515	32.07	+0,82
25.	Julian den Drijver	Feijenoord Albion	31.33	200301079	32.33	+0,61
26.	Thimo van Beek	Zvl-1886	31.79	200301347	32.36	+0,69
27.	Mike van Huizen	ZPC Numansdorp	33.86	200300891	34.70	+0,83

Regiokampioenschappen lange baan
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Programmanr. 10, Jongens, 50m vlinderslag, Junioren 4

rang	naam	vereniging	intijd		tijd	RT
28.	Pepyn van Brakel	ZPC Numansdorp	34.41	200300877	37.25	+0,80

Jeugd 1 en 2

1.	Nikhom Westphal	SG SCOM/de Zeehond'73	26.00	200203329	26.03	+0,66
2.	Sean Niewold	WVZ	25.34	200204699	26.33	+0,75
3.	Jarno Verbeek	Zoetermeer	25.99	200200931	26.50	+0,70
4.	Gerard Willighagen	Poseidon'56	26.51	200103663	26.65	+0,68
5.	Quinn van den Heuvel	WVZ	25.63	200100297	26.68	+0,71
6.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	27.84	200203079	27.63	+0,72
7.	Wesley Scheepbouwer	ZPC Wiekslag	27.17	200101959	27.94	+0,62
8.	Viktor Koets	De Columbiaan	28.72	200201677	28.12	+0,79
9.	Jarno van Oijen	Feijenoord Albion	27.34	200100055	28.19	+0,73
10.	Youri ten Brink	The Hague Swimming (SG)	27.52	200104719	28.44	+0,77
11.	Tjeerd van Stein	LinK	28.79	200101439	28.58	+0,77
12.	Michael Bokestijn	Feijenoord Albion	28.93	200100767	29.19	+0,75
13.	Scott Jansen	WVZ	29.01	200202455	29.22	+0,77
14.	Mart de Koning	ZOB'66	28.61	200203253	29.31	+0,73
15.	Sander Iuga	Feijenoord Albion	28.58	200101389	29.33	+0,66
16.	Luc Brasz	The Hague Swimming (SG)	30.27	200200919	29.61	+0,66
17.	Björn de Heus	ZV Vlaardingen-Schiedam	28.88	200201077	29.70	+0,63
	Luuk van Holstein	Feijenoord Albion	29.55	200203841	29.70	+0,75
19.	Mees Blankert	Feijenoord Albion	29.49	200203743	30.17	+0,73
20.	Bas van Nisius	The Hague Swimming (SG)	31.41	200202107	30.27	+0,83
21.	Dylano Termoshuizen	WVZ	30.63	200202169	30.69	+0,79
22.	Wouter Verdoes	De Columbiaan	30.45	200200351	30.78	+0,71
	Boy Borreman	LinK	30.38	200102751	30.78	+0,70
24.	Jaap Schoenmakers	ZV Vlaardingen-Schiedam	30.55	200200619	30.80	+0,72
25.	Jelmer Nederhoed	Zvl-1886	30.95	200201349	30.82	+0,79
26.	Wessel Bonkestoter	GZC Donk	30.10	200100625	30.86	+0,70
27.	Jeroen de Mooij	Zvl-1886	31.43	200100723	31.02	+0,67
28.	Simon Dijkstra	Rotterdam Swimming (SG)	31.35	200204905	31.06	+0,71
29.	Jasper Willig	De Watervogels	29.84	200104757	31.07	+0,65
30.	Gregory Abeldynov	Poseidon'56	32.35	200100827	31.08	+0,68
31.	Dave van den Nieuwendijk	De Columbiaan	29.51	200100475	31.36	+0,75
32.	Martijn van Noort	ZPV Barracuda	29.84	200204861	31.87	+0,75
33.	Esper Paans	ZZ&PC De Devel	31.08	200100607	32.09	+0,72
34.	Vladimir Popov	WZK	31.86	200203979	32.75	+0,76
AFGEM	Liam Schoon	Feijenoord Albion	30.98	200201181		

Senioren 1 en ouder

1.	Jeroen Baars	Rotterdam Swimming (SG)	24.18	199200031	24.77	+0,70
2.	Thomas Verhoeven	Rotterdam Swimming (SG)	23.80	199700311	24.93	+0,73
3.	Jens Krijgsman	De Columbiaan	24.24	199901429	25.51	+0,70
4.	Floris Kotterink	Feijenoord Albion	24.56	199800199	26.11	+0,62
5.	Ensgar Kotterink	Feijenoord Albion	24.58	199403391	26.18	+0,63
6.	Melvin Prins	ZPC Wiekslag	25.23	199500201	26.38	+0,68
7.	Mike Hoek	De Duck	25.85	199702229	26.56	+0,70
8.	Pascal Nuijten	Feijenoord Albion	26.37	199701353	26.77	+0,70
9.	Daan Siebenheller	ZOB'66	26.56	199804955	27.18	+0,69
10.	Bert Duivenvoorde	Noordwijkerhout	27.23	199701805	27.41	+0,76
11.	Derk Jan Speelman	Rotterdam Swimming (SG)	26.29	199602425	27.55	+0,66
12.	Noah Legerstee	WVZ	26.73	200003593	27.81	+0,69
13.	Ian Minnigh	Rotterdam Swimming (SG)	26.04	199702737	27.85	+0,65
	Robin van Beek	Zvl-1886	26.67	199704023	27.85	+0,70
15.	Stijn Geelen	MNC Dordrecht	26.36	199801363	27.90	+0,68
16.	Kevin Kingma	KZV de Lansingh	27.67	199700559	28.02	+0,65
17.	Bas Verdoes	De Columbiaan	27.07	199801487	28.03	+0,77
18.	Thijs Molendijk	D'elft	27.62	199900477	28.16	+0,75
19.	Sander van Beek	Zvl-1886	27.15	200002917	28.37	+0,66
20.	Roel van Grol	GZC Donk	28.16	199802277	28.47	+0,67
21.	Aron Paasse	z.c De Schotejil	27.85	200000099	28.49	+0,67
22.	Paul van Grol	GZC Donk	27.50	199602951	28.60	+0,65
23.	Martijn Dolk	Rotterdam Swimming (SG)	27.59	198900737	28.77	+0,74
24.	Armand Heyder	Feijenoord Albion	28.63	199603221	28.82	+0,63
25.	Ryan van den Ouden	Poseidon'56	27.63	199900377	28.83	+0,85
26.	Jordy van Oel	WVZ	27.62	199802003	28.85	+0,77
27.	Ivo van Dijk	The Hague Swimming (SG)	28.98	199702985	29.11	+0,66
28.	Sam Beer	Rotterdam Swimming (SG)	29.18	199605521	29.25	+0,69

Regiokampioenschappen lange baan
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Programmanr. 10, Heren, 50m vlinderslag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT
29.	David Kievit	z.c De Schotejil	28.29	199900325	29.38	+0,77
30.	Ferdy van Mastrigt	Rotterdam Swimming (SG)	29.38	198802315	29.43	+0,75
31.	Jim Geestman	Rotterdam Swimming (SG)	29.02	198300699	29.57	+0,78
32.	Markus van Rest	WVZ	29.12	197701197	29.72	+0,82
33.	Remco Oskam	GZC Donk	28.78	199205583	29.96	+0,79
34.	Thomas Boxman	The Hague Swimming (SG)	30.16	200005203	30.00	+0,75
35.	Ian van Mullem	ZOB'66	29.80	199602545	30.32	+0,70
36.	Jeffrey Eigenraam	ZOB'66	29.62	199500041	30.36	+0,73
37.	Patrick Wyrdean	Feijenoord Albion	29.33	199702475	30.37	+0,64
38.	Mairo Bonte	Zoetermeer	30.88	199905271	31.22	+0,69
39.	Jeroen van Blanken	KZV de Lansingh	30.94	199206451	32.18	+0,77
AFGEM	Dylan Kalden	De Duck	28.51	200003283		
AFGEM	Bram de Leeuw	The Hague Swimming (SG)	26.32	199805753		
NG	Joost de Roy van Zuydewijn	WVZ	27.25	200000255		

Programmanr. 11
25-5-2019 - 15:50

Dames, 200m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
Junioren 1								
1.	Fleur Kamminga	WVZ	2:53.54	200701838	2:42.96	+0,85	1:21.54	2:42.96
2.	Dide Provily	ZPC Wiekslag	2:47.11	200700480	2:43.39	+0,69	1:20.22	2:43.39
3.	Charlotte Woltjes	The Hague Swimming (SG)	2:44.14	200700110	2:44.82	+0,68	1:19.26	2:44.82
4.	Ananda van der Wiel	WVZ	2:41.17	200701562	2:52.10		1:25.95	2:52.10
5.	Samantha van der Jagt	ZZ&PC De Devel	2:51.44	200700220	2:52.77	+0,76	1:25.67	2:52.77
6.	Yrsah Verheijen	The Hague Swimming (SG)	3:01.57	200700350	2:54.68	+0,66	1:24.81	2:54.68
7.	Mila Oomens	ZPV Barracuda	2:55.81	200700016	2:57.28	+0,64	1:26.75	2:57.28
8.	Thalia Meijer	MNC Dordrecht	2:58.19	200704048	3:03.09	+0,69	1:29.66	3:03.09
9.	Evi Bol	ZPC Wiekslag	3:07.23	200700790	3:11.44	+0,83	1:36.69	3:11.44
10.	Aukje Schonewille	ZPB H&L Productions	3:00.65	200702340	3:12.50	+0,62	1:35.28	3:12.50
Junioren 2								
1.	Megan Jonkman	The Hague Swimming (SG)	2:33.83	200600508	2:36.66	+0,70	1:16.79	2:36.66
2.	Hilda Vrijbloed	De Duck	2:33.11	200600732	2:41.08		1:17.76	2:41.08
3.	Nikita Snoeren	WVZ	2:43.26	200600342	2:44.95	+0,69	1:21.00	2:44.95
4.	Jade van der Maas	WVZ	2:34.44	200600408	2:49.60	+0,62	1:21.51	2:49.60
5.	Noémi Oldenkamp	KZV de Lansingh	2:54.24	200600162	2:51.60	+0,70	1:23.19	2:51.60
6.	Lotte Cornelissen	De Watervogels	2:46.85	200601182	2:54.12	+0,54	1:24.30	2:54.12
7.	Sabine Looden	De Columbiaan	2:55.94	200601390	2:58.35	+0,64	1:28.62	2:58.35
8.	Emma Suderee	Rotterdam Swimming (SG)	2:52.80	200603598	2:59.56	+0,64	1:26.80	2:59.56
9.	Kimberly Ruiters	De Columbiaan	2:41.92	200600492	3:01.72	+0,62	1:29.34	3:01.72
NG.ZA	G. Schrijvers van Zender	The Hague Swimming (SG)	2:51.67	200601618				
AFGEM	Elijdjah van der Heul	Rotterdam Swimming (SG)	2:44.26	200602180				
Junioren 3								
1.	Jelsie van Ruijven	WVZ	2:28.90	200500282	2:30.99	+0,61	1:16.13	2:30.99
2.	Merel Schravendijk	The Hague Swimming (SG)	2:29.24	200503382	2:32.23	+0,77	1:16.20	2:32.23
3.	Marit Huisman	ZPV Barracuda	2:36.04	200502620	2:37.37	+0,66	1:17.56	2:37.37
4.	Emma Verkuijl	ZPV Barracuda	2:32.92	200500826	2:39.45	+0,73	1:19.36	2:39.45
5.	Madelief Mans	The Hague Swimming (SG)	2:39.36	200501260	2:40.15	+0,67	1:18.85	2:40.15
6.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	2:37.61	200503292	2:42.41	+0,60	1:18.91	2:42.41
7.	Anique Hazebroek	The Hague Swimming (SG)	2:39.55	200502196	2:44.45	+0,73	1:20.87	2:44.45
8.	Madoline Held	The Hague Swimming (SG)	2:48.99	200503412	2:44.65	+1,02	1:22.10	2:44.65
9.	Vivianne Woltjes	The Hague Swimming (SG)	2:42.37	200501524	2:45.50	+0,71	1:21.86	2:45.50
10.	Yente Bouwmeester	De Columbiaan	2:43.45	200500340	2:46.09	+0,61	1:22.02	2:46.09
11.	Evelyn Liket	ZV Vlaardingen-Schiedam	2:39.67	200503118	2:47.31	+0,72	1:19.41	2:47.31
<i>*Bu 200m</i>								
12.	Aisha Nobels	Feijenoord Albion	2:45.61	200501710	2:48.20	+0,68	1:22.27	2:48.20
13.	Meira Simons	The Hague Swimming (SG)	2:39.26	200502984	2:48.37		1:22.96	2:48.37
14.	Laura Hoogenboezem	KZV de Lansingh	2:40.47	200500390	2:49.78	+0,81	1:22.62	2:49.78
15.	Milou Adriaanse	De Columbiaan	2:46.50	200500968	2:52.31	+0,64	1:22.83	2:52.31
16.	Zoe Kenworthy	De Columbiaan	2:50.19	200500428	2:56.61		1:26.57	2:56.61

Regiokampioenschappen lange baan
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Programmanr. 11, Meisjes, 200m rugslag, Junioren 3

rang	naam	vereniging	intijd		tijd	RT	100m	200m
17.	Femke van Dam	ZV Vlaardingen-Schiedam	2:50.35	200504548	2:56.88	+0,62	1:26.98	2:56.88
18.	Ada Eker	WZK	3:05.97	200504608	3:14.23	+0,83	1:37.76	3:14.23
AFGEM	Rosa Kwaijtaal	Poseidon'56	2:42.15	200500872				

Jeugd 1 en 2

1.	Femke Hoppenbrouwer	The Hague Swimming (SG)	2:24.02	200301124	2:29.63	+0,66	1:13.53	2:29.63
2.	Britta Koehorst	KZV de Lansingh	2:30.71	200300246	2:29.86	+0,78	1:14.61	2:29.86
3.	Isabel Scheepbouwer	ZPC Wiekslag	2:29.48	200301106	2:32.83	+0,64	1:14.05	2:32.83
4.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	2:29.61	200404272	2:33.86	+0,71	1:13.35	2:33.86
5.	Julia Notenboom	De Columbiaan	2:33.30	200302596	2:34.24	+0,71	1:14.50	2:34.24
	<i>*Bu 200m</i>							
6.	Isis Naaktgeboren	ZZ&PC De Devel	2:35.50	200403914	2:39.14	+0,69	1:18.38	2:39.14
7.	Mara Bosman	The Hague Swimming (SG)	2:40.45	200303048	2:41.85	+0,72	1:19.37	2:41.85
8.	Kim Rutters	De Kempvis	2:34.60	200302318	2:44.08	+0,67	1:19.93	2:44.08
9.	Esther Reinders	KZV de Lansingh	2:36.38	200301798	2:45.60	+0,60	1:20.22	2:45.60
	<i>*Bu 200m</i>							
10.	Lize van Stigt	LinK	2:41.01	200401510	2:45.86	+0,62	1:20.67	2:45.86
11.	Marije de Jager	LinK	2:41.63	200301394	2:49.22	+0,65	1:20.22	2:49.22
	<i>*Bu 200m</i>							
12.	Cheyenne Elburg	KZV de Lansingh	2:43.05	200401170	2:53.48	+0,71	1:24.98	2:53.48
13.	Robine Boer	De Columbiaan	2:41.53	200402180	2:57.68	+0,73	1:27.44	2:57.68
14.	Milou van Winkel	LinK	3:15.16	200402296	3:14.38	+0,88	1:35.09	3:14.38
	<i>*Bu 200m</i>							
AFGEM	Zinzi van der Maas	WVZ	2:34.88	200402028				

Senioren 1 en 2

1.	Lotte Hosper	The Hague Swimming (SG)	2:13.66	200201414	2:21.23	+0,75	1:08.27	2:21.23
2.	Elise Tanis	MNC Dordrecht	2:16.43	200200120	2:24.32	+0,60	1:10.05	2:24.32
3.	Chefanja Nunes	WVZ	2:23.15	200104750	2:28.81	+0,56	1:12.51	2:28.81
4.	Maaïke Broersma	BZ en PC	2:26.26	200201522	2:32.72	+0,65	1:15.58	2:32.72
5.	Marlinde Beukers	WVZ	2:24.76	200101934	2:32.77	+0,66	1:16.15	2:32.77
6.	Sanne Heemskerk	Zvl-1886	2:25.52	200100600	2:34.58	+0,63	1:14.15	2:34.58
7.	Anouk Vis	De Columbiaan	2:35.44	200203322	2:42.63	+0,65	1:19.73	2:42.63
8.	Manon Middelbos	z.c De Schotetijl	2:31.70	200100056	2:43.64	+0,77	1:18.24	2:43.64
9.	Diana Noordermeer	SG SCOM/de Zeehond'73	2:39.88	200102110	2:47.75	+0,75	1:22.14	2:47.75
10.	Elyanne Boudestein	Zoetermeer	2:32.30	200101060	2:51.65	+0,81	1:23.76	2:51.65

Senioren

1.	Leonie van Noort	WVZ	2:18.21	199301752	2:22.73		1:10.12	2:22.73
2.	Mabel Suli	WVZ	2:22.14	199307964	2:28.84	+0,64	1:11.84	2:28.84
	<i>*Bu 200m</i>							
3.	Babette van der Kaaij	Rotterdam Swimming (SG)	2:26.21	199902234	2:34.74	+0,72	1:16.19	2:34.74
4.	Lauren van IJll	WVZ	2:31.35	200001064	2:39.79	+0,73	1:17.46	2:39.79
5.	Laura Tromp	ZZ&PC De Devel	2:35.86	200000276	2:45.28	+0,76	1:20.53	2:45.28
6.	Jonne Moleman	LinK	3:01.73	200006264	3:00.52	+0,92	1:30.17	3:00.52
7.	Moira Loechteken	WZK	2:52.71	200004446	3:01.31	+0,65	1:29.59	3:01.31

Programmanr. 12
25-5-2019 - 16:20

Jongens, 4 x 100m wisselslag

Junioren
Resultaten

rang	vereniging	intijd		tijd	RT
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Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 12, Jongens, 4 x 100m wisselslag

1.	The Hague Swimming (SG) 1	The Hague Swimming (SG)	4:06.45	4:18.00	+0,80
	Zev Bulk	+0,80 32.58	1:06.28	Michael Smink	+0,48 28.03 1:00.54
	Milan Hamel	+0,58 34.42	1:12.79	Chris van der Hout	+0,49 27.48 58.39
2.	Rotterdam Swimming 1	Rotterdam Swimming (SG)	4:18.66	4:22.60	+0,71
	Julien Tanis	+0,71 34.07	1:09.12	Jay de Vries	+0,45 28.36 1:00.65
	Jason van den Berg	+0,40 32.96	1:10.42	Arthur Bondartsov	+0,49 29.27 1:02.41
3.	The Hague Swimming (SG) 2	The Hague Swimming (SG)	4:17.30	4:24.13	+0,74
	Sem Verberg	+0,74 33.77	1:09.82	Omar Markovinovic	+0,31 29.32 1:02.42
	River Streefland	+0,57 34.83	1:14.52	Milan van Aken	+0,38 27.30 57.37
4.	ZPC Numansdorp 1	ZPC Numansdorp	4:30.90	4:50.84	+0,81
	Mike van Huizen	+0,81 37.79	1:18.58	Niels van der Mast	+0,46 32.33 1:11.51
	Perry Laarhoven	+0,17 33.58	1:12.43	Pepyn van Brakel	+0,43 31.82 1:08.32
5.	De Columbiaan 1	De Columbiaan	5:07.63	4:57.13	+0,41
	Onno Roeleveld	+0,41 38.45	1:18.46	Casper Hoogervorst	+0,46 36.00 1:19.19
	Max van Schagen	+0,26 34.12	1:14.87	Conor Baker	+0,43 30.08 1:04.61
6.	ZPB H&L 1	ZPB H&L Productions	4:47.67	4:59.62	+0,78
	Tygo Korving	+0,78 36.46	1:16.86	Bas Blanker	+0,19 34.93 1:15.94
	Coen Frkovic	+0,30 37.75	1:20.91	Stijn de Bondt	+0,39 31.08 1:05.91
7.	D'elft 1	D'elft	4:56.53	5:08.56	+0,68
	<i>*Bu 200m</i>				
	Sven Nieuwstraten	+0,68 38.61	1:15.85	Wout van Oevelen	+0,17 35.37 1:18.14
	Timon Wijsman	+0,44 41.00	1:28.72	Valentijn Verweij	31.16 1:05.85
8.	Zoetermeer 1	Zoetermeer	5:00.49	5:08.69	+0,66
	Tim van Lochem	+0,66 36.74	1:15.42	Mark Demianenko	+0,19 35.15 1:17.03
	Björn Mulder	+0,47 41.24	1:27.63	Benjamin Vermeer	+0,27 32.60 1:08.61
9.	ZOB'66 1	ZOB'66	5:04.95	5:11.68	+0,66
	Jens Brouwer	+0,66 36.13	1:14.44	Benjamin Boender	+0,36 33.86 1:16.37
	Tavi de Gelder	+0,68 43.93	1:36.79	Mylan de Gelder	+0,57 30.56 1:04.08
10.	GZC Donk 1	GZC Donk	5:04.03	5:14.25	+0,82
	Yassine Mellah	+0,82 38.39	1:16.94	Bo Schoenmakers	+0,27 34.56 1:19.67
	Marijn Dekkers	+0,37 41.31	1:28.74	Roan van der Weide	+0,43 33.59 1:08.90
11.	Barracuda 1	ZPV Barracuda	5:03.67	5:15.71	+0,74
	Reinier Velthuijs	+0,74 38.36	1:19.26	Joshua Agussalim	+0,67 36.59 1:23.39
	Thijs Visser	+0,70 38.54	1:23.60	Nathan Vos	+0,45 32.06 1:09.46

Programmanr. 13
25-5-2019 - 16:30

Herren, 4 x 100m wisselslag

Junioren 1 en ouder
Resultaten

rang	vereniging	intijd	tijd	RT	
1.	Feijenoord Albion 1	Feijenoord Albion	3:59.03	4:02.90	+0,60
	Ensger Kotterink	+0,60 27.70	57.62	Pascal Nuijten	+0,28 26.37 1:00.57
	Floris Kotterink	+0,35 31.75	1:09.69	Jamo van Oijen	+0,30 26.30 55.02
2.	Rotterdam Swimming 1	Rotterdam Swimming (SG)	3:46.95	4:05.20	+0,68
	Martijn Dolk	+0,68 32.49	1:06.64	Jeroen Baars	+0,41 25.32 54.75
	Thomas Verhoeven	+0,49 31.21	1:08.58	Ian Minnigh	0.00 25.68 55.23
3.	WVZ 1	WVZ	3:55.23	4:08.41	+0,66
	Dylan Jansen	+0,66 30.68	1:02.96	Pepijn van Egmond	+0,66 29.98 1:07.79
	Quinn van den Heuvel	+0,34 30.23	1:06.08	Sean Niewold	23.69 51.58
4.	De Columbiaan 1	De Columbiaan	4:21.44	4:09.22	+0,66
	Viktor Koets	+0,66 31.11	1:04.66	Jens Krijgsman	+0,16 26.28 57.17
	Dave van den Nieuwendijk	+0,42 32.10	1:10.20	Bas Verdoes	+0,26 26.96 57.19
5.	GZC Donk 1	GZC Donk	4:19.24	4:20.12	+0,75
	Roel van Grol	+0,75 33.91	1:10.82	Duncan van Haaren	+0,19 27.50 1:00.13
	Paul van Grol	+0,40 32.21	1:10.03	Remco Oskam	+0,20 28.62 59.14
6.	WVZ 2	WVZ	4:16.56	4:26.17	+0,57
	Daan Sonneveld	+0,57 32.76	1:06.02	Jordy van Oel	+0,23 28.61 1:02.93
	Noah Legerstee	+0,29 35.07	1:18.57	Dylano Termoshuizen	+0,40 27.45 58.65
7.	Lansingh 1	KZV de Lansingh	4:15.47	4:26.24	+0,57
	Menzo Wieringa	+0,57 33.03	1:07.31	Stefan Groen	+0,22 31.40 1:10.56
	Kevin Kingma	+0,40 32.25	1:12.09	Rutger Dalm	+0,10 26.70 56.28
8.	Rotterdam Swimming 2	Rotterdam Swimming (SG)	4:17.55	4:30.99	+0,68
	Jim Geestman	+0,68 36.54	1:12.76	Derk Jan Speelman	+0,21 28.39 1:04.37
	Simon Dijkstra	+0,38 34.42	1:14.83	Sam Beer	+0,44 27.60 59.03
9.	De Schotejil 1	z.c De Schotejil	4:22.87	4:31.63	+0,82
	David Kievit	+0,82 33.52	1:08.90	Aron Paasse	+0,28 30.03 1:07.42
	Xander Vis	+0,62 33.65	1:12.31	Daniel 't Mannetje	+0,23 30.04 1:03.00

Regiokampioenschappen lange baan
Den Haag, 25- - 26-5-2019

Programmanr. 13, Heren, 4 x 100m wisselslag, Junioren 1 en ouder

rang	vereniging	intijd		tijd		RT
10.	Zvl-1886 1	4:17.86		4:32.63		+0,68
	Robin van Beek	+0,68	32.04	1:07.14	Sander van Beek	+0,38 28.96 1:07.35
	Guus Hoogduin	+0,64	35.32	1:16.19	Jelmer Nederhoed	+0,13 29.33 1:01.95
11.	ZOB'66 1	4:18.40		4:35.54		+0,68
	Jeffrey Eigenraam	+0,68	35.05	1:13.05	Daan Siebenheller	+0,35 28.08 1:02.75
	Mart de Koning	+0,41	35.34	1:18.08	Ian van Mullem	+0,18 28.45 1:01.66
12.	LinK 1	4:48.40		4:45.74		+0,74
	Daan Hogerhuis	+0,74	33.26	1:08.16	Boy Borreman	+0,59 31.69 1:11.58
	Tjeerd van Stein	+0,52	36.01	1:17.50	Sytze van Stein	+0,17 32.18 1:08.50
13.	Feijenoord Albion 2	4:45.31		4:48.83		+0,79
	Luuk van Holstein	+0,79	33.96	1:10.27	Mees Blankert	+0,53 30.98 1:10.89
	Julian den Drijver	+0,44	40.87	1:27.78	Michael Boekestijn	0.00 28.00 59.89