

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

Programmanr. 14  
26-5-2019 - 9:30

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Junioren 1</b>								
1. Robin Vermeulen	MNC Dordrecht	4:50.58	200700412	<b>5:01.30</b> +0,79	1:11.71	2:29.37	3:46.99	5:01.30
50m: 33.64	33.64	150m: 1:50.50	38.79	250m: 3:07.71	38.34	350m: 4:25.11	38.12	
100m: 1:11.71	38.07	200m: 2:29.37	38.87	300m: 3:46.99	39.28	400m: 5:01.30	36.19	
2. Charlotte Woltjes	The Hague Swimming	(5:20.65	200700110	<b>5:18.66</b> +0,55	1:13.06	2:36.34	3:58.80	5:18.66
50m: 34.40	34.40	150m: 1:54.54	41.48	250m: 3:17.65	41.31	350m: 4:39.41	40.61	
100m: 1:13.06	38.66	200m: 2:36.34	41.80	300m: 3:58.80	41.15	400m: 5:18.66	39.25	
3. Dide Provily	ZPC Wiekslag	5:23.31	200700480	<b>5:24.26</b> +0,68	1:15.58	2:39.67	4:02.90	5:24.26
50m: 35.27	35.27	150m: 1:57.47	41.89	250m: 3:21.35	41.68	350m: 4:44.17	41.27	
100m: 1:15.58	40.31	200m: 2:39.67	42.20	300m: 4:02.90	41.55	400m: 5:24.26	40.09	
4. Liza Voronov	WVZ	5:25.23	200700564	<b>5:30.95</b> +0,68	1:16.03	2:39.80	4:05.85	5:30.95
50m: 35.81	35.81	150m: 1:57.41	41.38	250m: 3:22.76	42.96	350m: 4:49.48	43.63	
100m: 1:16.03	40.22	200m: 2:39.80	42.39	300m: 4:05.85	43.09	400m: 5:30.95	41.47	
5. Samantha van der Jagt	ZZ&PC De Devel	5:26.26	200700220	<b>5:36.72</b> +0,74	1:20.44	2:48.67	4:16.09	5:36.72
50m: 38.26	38.26	150m: 2:04.61	44.17	250m: 3:32.71	44.04	350m: 4:58.17	42.08	
100m: 1:20.44	42.18	200m: 2:48.67	44.06	300m: 4:16.09	43.38	400m: 5:36.72	38.55	
6. Mila Oomens	ZPV Barracuda	5:22.77	200700016	<b>5:37.15</b> +0,67	1:18.26	2:46.07	4:13.92	5:37.15
50m: 36.46	36.46	150m: 2:02.00	43.74	250m: 3:30.32	44.25	350m: 4:56.60	42.68	
100m: 1:18.26	41.80	200m: 2:46.07	44.07	300m: 4:13.92	43.60	400m: 5:37.15	40.55	
7. Yrsah Verheijen	The Hague Swimming	(5:39.26	200700350	<b>5:38.03</b> +0,79	1:17.27	2:43.60	4:11.57	5:38.03
50m: 36.51	36.51	150m: 2:00.21	42.94	250m: 3:27.87	44.27	350m: 4:56.13	44.56	
100m: 1:17.27	40.76	200m: 2:43.60	43.39	300m: 4:11.57	43.70	400m: 5:38.03	41.90	
8. Stella van Droffelaar	ZV Vlaardingen-Schied	5:39.92	200700048	<b>5:38.12</b> +0,61	1:21.18	2:49.45	4:15.82	5:38.12
50m: 38.46	38.46	150m: 2:04.88	43.70	250m: 3:33.08	43.63	350m: 4:58.08	42.26	
100m: 1:21.18	42.72	200m: 2:49.45	44.57	300m: 4:15.82	42.74	400m: 5:38.12	40.04	
9. Daniek Wijnen	Zvl-1886	5:44.86	200701280	<b>5:41.83</b> +0,63	1:19.03	2:46.88	4:15.22	5:41.83
50m: 36.70	36.70	150m: 2:01.79	42.76	250m: 3:31.18	44.30	350m: 4:59.48	44.26	
100m: 1:19.03	42.33	200m: 2:46.88	45.09	300m: 4:15.22	44.04	400m: 5:41.83	42.35	
10. Janneke Twigt	KZV de Lansingh	5:35.92	200701040	<b>5:43.71</b> +0,76	1:19.64	2:47.28	4:16.51	5:43.71
<i>*Bu 400m</i>								
50m: 37.85	37.85	150m: 2:03.34	43.70	250m: 3:32.25	44.97	350m: 5:01.02	44.51	
100m: 1:19.64	41.79	200m: 2:47.28	43.94	300m: 4:16.51	44.26	400m: 5:43.71	42.69	
11. Floor Hogervorst	Noordwijkerhout	5:37.80	200701400	<b>5:48.04</b> +0,64	1:19.58	2:50.15	4:21.26	5:48.04
50m: 37.60	37.60	150m: 2:04.93	45.35	250m: 3:36.09	45.94	350m: 5:07.69	46.43	
100m: 1:19.58	41.98	200m: 2:50.15	45.22	300m: 4:21.26	45.17	400m: 5:48.04	40.35	
12. Jaylin van der Linden	ZZ&PC De Devel	5:45.84	200701766	<b>5:50.16</b> +0,75	1:24.44	2:54.21	4:24.22	5:50.16
50m: 39.73	39.73	150m: 2:09.22	44.78	250m: 3:38.82	44.61	350m: 5:08.00	43.78	
100m: 1:24.44	44.71	200m: 2:54.21	44.99	300m: 4:24.22	45.40	400m: 5:50.16	42.16	
<b>Junioren 2</b>								
1. Avery Collins	The Hague Swimming	(4:54.21	200603622	<b>4:57.97</b> +0,73	1:09.93	2:25.18	3:43.89	4:57.97
50m: 33.41	33.41	150m: 1:46.92	36.99	250m: 3:04.71	39.53	350m: 4:21.32	37.43	
100m: 1:09.93	36.52	200m: 2:25.18	38.26	300m: 3:43.89	39.18	400m: 4:57.97	36.65	
2. Megan Jonkman	The Hague Swimming	(4:55.26	200600508	<b>5:00.47</b> +0,82	1:10.51	2:27.44	3:44.82	5:00.47
50m: 33.43	33.43	150m: 1:48.89	38.38	250m: 3:06.38	38.94	350m: 4:23.01	38.19	
100m: 1:10.51	37.08	200m: 2:27.44	38.55	300m: 3:44.82	38.44	400m: 5:00.47	37.46	
3. Leyla Oversluizen	MNC Dordrecht	4:52.66	200602730	<b>5:08.88</b> +0,73	1:11.18	2:31.95	3:51.98	5:08.88
50m: 33.04	33.04	150m: 1:51.12	39.94	250m: 3:12.40	40.45	350m: 4:31.55	39.57	
100m: 1:11.18	38.14	200m: 2:31.95	40.83	300m: 3:51.98	39.58	400m: 5:08.88	37.33	
4. Hilda Vrijbloed	De Duck	5:09.76	200600732	<b>5:10.30</b> +0,80	1:12.89	2:33.92	3:54.75	5:10.30
<i>*Bu 400m</i>								
50m: 33.64	33.64	150m: 1:53.69	40.80	250m: 3:14.49	40.57	350m: 4:34.30	39.55	
100m: 1:12.89	39.25	200m: 2:33.92	40.23	300m: 3:54.75	40.26	400m: 5:10.30	36.00	
5. Alina Verga	The Hague Swimming	(5:27.88	200603112	<b>5:17.54</b> +0,72	1:14.98	2:37.45	3:56.72	5:17.54
50m: 35.40	35.40	150m: 1:56.31	41.33	250m: 3:17.25	39.80	350m: 4:37.82	41.10	
100m: 1:14.98	39.58	200m: 2:37.45	41.14	300m: 3:56.72	39.47	400m: 5:17.54	39.72	
6. Mara Tims	Rotterdam Swimming	(5:00.50	200601136	<b>5:17.72</b> +0,68	1:13.53	2:35.53	3:57.77	5:17.72
50m: 34.49	34.49	150m: 1:54.37	40.84	250m: 3:16.57	41.04	350m: 4:38.17	40.40	
100m: 1:13.53	39.04	200m: 2:35.53	41.16	300m: 3:57.77	41.20	400m: 5:17.72	39.55	
7. Nikita Snoeren	WVZ	5:32.66	200600342	<b>5:33.01</b> +0,68	1:17.73	2:43.59	4:10.34	5:33.01
50m: 35.58	35.58	150m: 2:00.68	42.95	250m: 3:27.35	43.76	350m: 4:53.59	43.25	
100m: 1:17.73	42.15	200m: 2:43.59	42.91	300m: 4:10.34	42.99	400m: 5:33.01	39.42	

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

Programmanr. 14, Meisjes, 400m vrije slag, Junioren 2

rang naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m		
8. Noémi Oldenkamp	KZV de Lansingh	5:26.98	200600162	<b>5:41.98</b>	+0,69	1:20.43	2:47.99	4:16.97	5:41.98		
50m:	37.20	37.20	150m:	2:03.71	43.28	250m:	3:32.59	44.60	350m:	4:59.64	42.67
100m:	1:20.43	43.23	200m:	2:47.99	44.28	300m:	4:16.97	44.38	400m:	5:41.98	42.34
9. Donna van der Meer	BZ en PC	5:41.51	200601146	<b>5:45.06</b>	+0,74	1:21.72	2:50.76	4:19.54	5:45.06		
50m:	38.83	38.83	150m:	2:05.73	44.01	250m:	3:35.57	44.81	350m:	5:03.24	43.70
100m:	1:21.72	42.89	200m:	2:50.76	45.03	300m:	4:19.54	43.97	400m:	5:45.06	41.82
10. Emma Suderee	Rotterdam Swimming (S5:37.33	200603598	<b>5:45.76</b>	+0,63	1:19.92	2:48.99	4:18.39	5:45.76			
50m:	37.44	37.44	150m:	2:04.34	44.42	250m:	3:33.84	44.85	350m:	5:03.12	44.73
100m:	1:19.92	42.48	200m:	2:48.99	44.65	300m:	4:18.39	44.55	400m:	5:45.76	42.64
DIS Sanne Slof	ZPV Barracuda	5:29.86	200601810								
AA - Gestart voor het startsignaal (en wel gezwommen)., AF - De aangegeven afstand niet uitgezwommen											
AFGEM Elijdjah van der Heul	Rotterdam Swimming (S4:45.63	200602180									

Junioren 3

1. Anique Hazebroek	The Hague Swimming (4:41.59	200502196	<b>4:48.89</b>	+0,73	1:06.62	2:20.08	3:34.96	4:48.89			
50m:	31.54	31.54	150m:	1:42.96	36.34	250m:	2:57.69	37.61	350m:	4:12.14	37.18
100m:	1:06.62	35.08	200m:	2:20.08	37.12	300m:	3:34.96	37.27	400m:	4:48.89	36.75
2. Isa Maes	Feijenoord Albion	4:45.99	200500110	<b>4:54.22</b>	+0,88	1:10.15	2:26.19	3:41.20	4:54.22		
50m:	33.46	33.46	150m:	1:48.29	38.14	250m:	3:03.86	37.67	350m:	4:19.04	37.84
100m:	1:10.15	36.69	200m:	2:26.19	37.90	300m:	3:41.20	37.34	400m:	4:54.22	35.18
3. Emma Verkuijl	ZPV Barracuda	4:48.45	200500826	<b>4:55.18</b>	+0,67	1:10.99	2:27.44	3:43.86	4:55.18		
50m:	33.75	33.75	150m:	1:49.11	38.12	250m:	3:06.01	38.57	350m:	4:21.05	37.19
100m:	1:10.99	37.24	200m:	2:27.44	38.33	300m:	3:43.86	37.85	400m:	4:55.18	34.13
4. Asha van Lobberegt *Bu 400m	Feijenoord Albion	4:47.41	200500088	<b>4:56.72</b>	+0,69	1:09.88	2:25.49	3:41.40	4:56.72		
50m:	33.41	33.41	150m:	1:47.61	37.73	250m:	3:03.14	37.65	350m:	4:19.14	37.74
100m:	1:09.88	36.47	200m:	2:25.49	37.88	300m:	3:41.40	38.26	400m:	4:56.72	37.58
5. Aisha Nobels	Feijenoord Albion	4:55.20	200501710	<b>4:57.34</b>	+0,66	1:10.42	2:27.12	3:43.59	4:57.34		
50m:	33.18	33.18	150m:	1:48.44	38.02	250m:	3:05.07	37.95	350m:	4:21.52	37.93
100m:	1:10.42	37.24	200m:	2:27.12	38.68	300m:	3:43.59	38.52	400m:	4:57.34	35.82
6. Niké Telkamp	The Hague Swimming (5:09.26	200501088	<b>5:05.51</b>	+0,73	1:11.26	2:30.56	3:49.51	5:05.51			
50m:	33.55	33.55	150m:	1:50.98	39.72	250m:	3:10.57	40.01	350m:	4:28.49	38.98
100m:	1:11.26	37.71	200m:	2:30.56	39.58	300m:	3:49.51	38.94	400m:	5:05.51	37.02
7. Britt van't Zant	Feijenoord Albion	5:00.80	200501170	<b>5:07.82</b>	+0,74	1:10.77	2:29.48	3:49.08	5:07.82		
50m:	33.44	33.44	150m:	1:49.74	38.97	250m:	3:09.29	39.81	350m:	4:29.24	40.16
100m:	1:10.77	37.33	200m:	2:29.48	39.74	300m:	3:49.08	39.79	400m:	5:07.82	38.58
8. Vivianne Woltjes	The Hague Swimming (5:11.31	200501524	<b>5:09.61</b>	+0,73	1:13.20	2:32.71	3:53.07	5:09.61			
50m:	34.14	34.14	150m:	1:53.09	39.89	250m:	3:13.18	40.47	350m:	4:32.77	39.70
100m:	1:13.20	39.06	200m:	2:32.71	39.62	300m:	3:53.07	39.89	400m:	5:09.61	36.84
9. Madoline Held	The Hague Swimming (5:17.82	200503412	<b>5:15.93</b>	+0,75	1:14.92	2:35.27	3:56.87	5:15.93			
50m:	35.99	35.99	150m:	1:55.15	40.23	250m:	3:16.24	40.97	350m:	4:37.80	40.93
100m:	1:14.92	38.93	200m:	2:35.27	40.12	300m:	3:56.87	40.63	400m:	5:15.93	38.13
10. Laura Hoogenboezem	KZV de Lansingh	5:03.63	200500390	<b>5:17.02</b>	+0,64	1:14.68	2:34.81	3:56.45	5:17.02		
50m:	35.69	35.69	150m:	1:54.45	39.77	250m:	3:15.41	40.60	350m:	4:37.01	40.56
100m:	1:14.68	38.99	200m:	2:34.81	40.36	300m:	3:56.45	41.04	400m:	5:17.02	40.01
11. Mar Stoel	De Columbiaan	5:11.57	200500520	<b>5:21.23</b>	+0,71	1:15.56	2:38.27	4:01.61	5:21.23		
50m:	35.24	35.24	150m:	1:56.34	40.78	250m:	3:19.73	41.46	350m:	4:42.06	40.45
100m:	1:15.56	40.32	200m:	2:38.27	41.93	300m:	4:01.61	41.88	400m:	5:21.23	39.17
12. Sylvie Roos	Feijenoord Albion	5:24.04	200502772	<b>5:22.43</b>	+0,70	1:14.80	2:37.23	4:01.10	5:22.43		
50m:	34.55	34.55	150m:	1:56.33	41.53	250m:	3:18.81	41.58	350m:	4:42.30	41.20
100m:	1:14.80	40.25	200m:	2:37.23	40.90	300m:	4:01.10	42.29	400m:	5:22.43	40.13
13. Meira Simons	The Hague Swimming (5:19.88	200502984	<b>5:24.54</b>	+0,88	1:16.44	2:38.63	4:01.61	5:24.54			
50m:	36.72	36.72	150m:	1:57.46	41.02	250m:	3:20.02	41.39	350m:	4:43.94	42.33
100m:	1:16.44	39.72	200m:	2:38.63	41.17	300m:	4:01.61	41.59	400m:	5:24.54	40.60
14. Felicia Adema	D'elft	5:18.74	200501310	<b>5:33.92</b>	+0,77	1:16.20	2:41.65	4:09.05	5:33.92		
50m:	35.60	35.60	150m:	1:58.26	42.06	250m:	3:25.11	43.46	350m:	4:52.65	43.60
100m:	1:16.20	40.60	200m:	2:41.65	43.39	300m:	4:09.05	43.94	400m:	5:33.92	41.27

Jeugd 1 en 2

1. Femke Hoppenbrouwer	The Hague Swimming (4:24.78	200301124	<b>4:31.27</b>	+0,65	1:02.54	2:11.56	3:21.52	4:31.27			
50m:	29.50	29.50	150m:	1:36.69	34.15	250m:	2:46.41	34.85	350m:	3:56.78	35.26
100m:	1:02.54	33.04	200m:	2:11.56	34.87	300m:	3:21.52	35.11	400m:	4:31.27	34.49
2. Rinske Bouman	Rotterdam Swimming (S4:44.12	200400578	<b>4:43.63</b>	+0,75	1:05.47	2:18.69	3:31.65	4:43.63			
50m:	30.69	30.69	150m:	1:41.85	36.38	250m:	2:54.83	36.14	350m:	4:07.80	36.15
100m:	1:05.47	34.78	200m:	2:18.69	36.84	300m:	3:31.65	36.82	400m:	4:43.63	35.83

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

Programmanr. 14, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
3. Britta Koehorst	KZV de Lansingh	4:31.40	200300246	<b>4:45.71</b> +0,77	1:06.58	2:19.55	3:33.16	4:45.71
50m: 31.48	31.48	150m: 1:42.79	36.21	250m: 2:56.42	36.87	350m: 4:09.92	36.76	
100m: 1:06.58	35.10	200m: 2:19.55	36.76	300m: 3:33.16	36.74	400m: 4:45.71	35.79	
4. Lara Hoeksema	The Hague Swimming	(4:46.97	200400514	<b>4:48.23</b> +0,83	1:07.90	2:22.30	3:35.78	4:48.23
50m: 31.89	31.89	150m: 1:45.09	37.19	250m: 2:58.84	36.54	350m: 4:12.07	36.29	
100m: 1:07.90	36.01	200m: 2:22.30	37.21	300m: 3:35.78	36.94	400m: 4:48.23	36.16	
5. Mara Bosman	The Hague Swimming	(4:48.13	200303048	<b>4:58.60</b> +0,68	1:08.92	2:24.95	3:41.78	4:58.60
50m: 32.32	32.32	150m: 1:46.69	37.77	250m: 3:02.94	37.99	350m: 4:20.07	38.29	
100m: 1:08.92	36.60	200m: 2:24.95	38.26	300m: 3:41.78	38.84	400m: 4:58.60	38.53	
6. Isis Naaktgeboren	ZZ&PC De Devel	4:54.53	200403914	<b>4:59.89</b> +0,69	1:09.42	2:27.52	3:45.29	4:59.89
50m: 32.57	32.57	150m: 1:48.50	39.08	250m: 3:06.05	38.53	350m: 4:23.76	38.47	
100m: 1:09.42	36.85	200m: 2:27.52	39.02	300m: 3:45.29	39.24	400m: 4:59.89	36.13	
7. Daniëlle Vis	De Columbiaan	5:04.49	200401044	<b>5:05.67</b> +0,70	1:13.10	2:32.20	3:50.93	5:05.67
50m: 34.35	34.35	150m: 1:52.94	39.84	250m: 3:11.40	39.20	350m: 4:28.83	37.90	
100m: 1:13.10	38.75	200m: 2:32.20	39.26	300m: 3:50.93	39.53	400m: 5:05.67	36.84	
8. Julia Notenboom	De Columbiaan	5:02.25	200302596	<b>5:09.27</b> +0,83	1:09.96	2:28.18	3:49.35	5:09.27
50m: 32.88	32.88	150m: 1:48.77	38.81	250m: 3:08.82	40.64	350m: 4:29.90	40.55	
100m: 1:09.96	37.08	200m: 2:28.18	39.41	300m: 3:49.35	40.53	400m: 5:09.27	39.37	
9. Melanie Marinus-Cruz	WVZ	5:06.41	200404702	<b>5:17.90</b> +0,71	1:13.95	2:35.49	3:58.01	5:17.90
50m: 34.39	34.39	150m: 1:54.55	40.60	250m: 3:17.07	41.58	350m: 4:39.25	41.24	
100m: 1:13.95	39.56	200m: 2:35.49	40.94	300m: 3:58.01	40.94	400m: 5:17.90	38.65	
10. Feija de Bruin	WVZ	5:07.32	200400106	<b>5:23.49</b> +0,84	1:14.46	2:36.09	3:59.94	5:23.49
50m: 35.63	35.63	150m: 1:55.29	40.83	250m: 3:17.97	41.88	350m: 4:42.52	42.58	
100m: 1:14.46	38.83	200m: 2:36.09	40.80	300m: 3:59.94	41.97	400m: 5:23.49	40.97	
11. Wendy ten Wolde	ZPC Wiekslag	5:02.66	200302658	<b>5:26.60</b> +0,78	1:12.90	2:34.98	4:01.06	5:26.60
50m: 33.38	33.38	150m: 1:52.06	39.16	250m: 3:17.36	42.38	350m: 4:44.33	43.27	
100m: 1:12.90	39.52	200m: 2:34.98	42.92	300m: 4:01.06	43.70	400m: 5:26.60	42.27	

Senioren 1 en 2

1. Lotte Hosper	The Hague Swimming	(4:29.05	200201414	<b>4:29.39</b> +0,75	1:02.73	2:10.56	3:19.96	4:29.39
50m: 30.14	30.14	150m: 1:36.39	33.66	250m: 2:44.92	34.36	350m: 3:55.27	35.31	
100m: 1:02.73	32.59	200m: 2:10.56	34.17	300m: 3:19.96	35.04	400m: 4:29.39	34.12	
2. Sophie de Jonge	WVZ	4:26.68	200200118	<b>4:38.07</b> +0,75	1:06.15	2:17.41	3:28.69	4:38.07
50m: 31.24	31.24	150m: 1:41.70	35.55	250m: 2:52.98	35.57	350m: 4:04.01	35.32	
100m: 1:06.15	34.91	200m: 2:17.41	35.71	300m: 3:28.69	35.71	400m: 4:38.07	34.06	
3. Ilse Kraaijeveld	The Hague Swimming	(4:35.00	200202190	<b>4:42.67</b> +0,70	1:06.53	2:18.66	3:31.23	4:42.67
50m: 31.63	31.63	150m: 1:42.39	35.86	250m: 2:55.05	36.39	350m: 4:07.32	36.09	
100m: 1:06.53	34.90	200m: 2:18.66	36.27	300m: 3:31.23	36.18	400m: 4:42.67	35.35	
4. Marlinde Beukers	WVZ	4:34.33	200101934	<b>4:52.70</b> +0,70	1:07.93	2:22.45	3:38.39	4:52.70
50m: 31.70	31.70	150m: 1:45.03	37.10	250m: 3:00.82	38.37	350m: 4:16.12	37.73	
100m: 1:07.93	36.23	200m: 2:22.45	37.42	300m: 3:38.39	37.57	400m: 4:52.70	36.58	
5. Diana Noordermeer	SG SCOM/de Zeehond	4:57.47	200102110	<b>5:01.29</b> +0,55	1:12.44	2:28.25	3:44.90	5:01.29
50m: 34.84	34.84	150m: 1:50.32	37.88	250m: 3:06.28	38.03	350m: 4:23.44	38.54	
100m: 1:12.44	37.60	200m: 2:28.25	37.93	300m: 3:44.90	38.62	400m: 5:01.29	37.85	
6. Sam IJzerman	De Geul	4:45.65	200101204	<b>5:08.60</b> +0,71	1:09.55	2:27.07	3:45.04	5:08.60
50m: 32.41	32.41	150m: 1:47.96	38.41	250m: 3:05.17	38.10	350m: 4:26.86	41.82	
100m: 1:09.55	37.14	200m: 2:27.07	39.11	300m: 3:45.04	39.87	400m: 5:08.60	41.74	
7. Debra de Lange	De Geul	5:05.07	200202380	<b>5:09.83</b> +0,67	1:13.19	2:32.60	3:51.87	5:09.83
50m: 34.57	34.57	150m: 1:52.84	39.65	250m: 3:12.30	39.70	350m: 4:31.58	39.71	
100m: 1:13.19	38.62	200m: 2:32.60	39.76	300m: 3:51.87	39.57	400m: 5:09.83	38.25	
8. Elyanne Boudestein	Zoetermeer	4:53.82	200101060	<b>5:13.61</b> +0,73	1:12.94	2:33.10	3:54.64	5:13.61
50m: 33.96	33.96	150m: 1:52.72	39.78	250m: 3:13.64	40.54	350m: 4:34.62	39.98	
100m: 1:12.94	38.98	200m: 2:33.10	40.38	300m: 3:54.64	41.00	400m: 5:13.61	38.99	
9. Anouk Vis	De Columbiaan	5:01.38	200203322	<b>5:17.26</b> +0,82	1:15.24	2:36.12	3:58.51	5:17.26
50m: 36.10	36.10	150m: 1:55.51	40.27	250m: 3:17.51	41.39	350m: 4:38.10	39.59	
100m: 1:15.24	39.14	200m: 2:36.12	40.61	300m: 3:58.51	41.00	400m: 5:17.26	39.16	

Senioren

1. Leonie van Noort	WVZ	4:13.42	199301752	<b>4:25.47</b> +0,80	1:03.47	2:11.38	3:18.51	4:25.47
50m: 30.13	30.13	150m: 1:37.21	33.74	250m: 2:44.66	33.28	350m: 3:52.30	33.79	
100m: 1:03.47	33.34	200m: 2:11.38	34.17	300m: 3:18.51	33.85	400m: 4:25.47	33.17	
2. Angelique van Vark	Z&PC De Gouwe	4:31.04	199701478	<b>4:38.23</b> +0,72	1:04.39	2:14.64	3:26.77	4:38.23
50m: 30.70	30.70	150m: 1:39.19	34.80	250m: 2:50.51	35.87	350m: 4:03.24	36.47	
100m: 1:04.39	33.69	200m: 2:14.64	35.45	300m: 3:26.77	36.26	400m: 4:38.23	34.99	
3. Sterre Keller	The Hague Swimming	(4:45.39	199904142	<b>4:49.96</b> +0,80	1:07.43	2:21.64	3:35.95	4:49.96
50m: 31.89	31.89	150m: 1:44.52	37.09	250m: 2:58.80	37.16	350m: 4:13.19	37.24	
100m: 1:07.43	35.54	200m: 2:21.64	37.12	300m: 3:35.95	37.15	400m: 4:49.96	36.77	

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

Programmanr. 14, Dames, 400m vrije slag, Senioren

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
4. Wendy de Bruin	ZOB'66	4:54.95 199206320	<b>5:13.17</b>	+0,69	1:13.23	2:32.72	3:54.05	5:13.17
50m: 35.01	35.01	150m: 1:52.78	39.55	250m: 3:13.44	40.72	350m: 4:34.74	40.69	
100m: 1:13.23	38.22	200m: 2:32.72	39.94	300m: 3:54.05	40.61	400m: 5:13.17	38.43	
5. Jonne Moleman	LinK	5:07.80 200006264 S7	<b>5:29.40</b>	+0,86	1:17.95	2:41.44	4:05.58	5:29.40
50m: 36.65	36.65	150m: 1:59.33	41.38	250m: 3:23.46	42.02	350m: 4:47.62	42.04	
100m: 1:17.95	41.30	200m: 2:41.44	42.11	300m: 4:05.58	42.12	400m: 5:29.40	41.78	
6. Isabelle Janssen	MNC Dordrecht	5:28.94 200006318	<b>5:32.16</b>	+0,72	1:19.95	2:44.42	4:09.16	5:32.16
50m: 38.64	38.64	150m: 2:01.88	41.93	250m: 3:26.64	42.22	350m: 4:51.43	42.27	
100m: 1:19.95	41.31	200m: 2:44.42	42.54	300m: 4:09.16	42.52	400m: 5:32.16	40.73	
7. Moira Loechteken	WZK	5:28.94 200004446	<b>5:34.39</b>	+0,77	1:17.04	2:43.21	4:09.84	5:34.39
50m: 36.19	36.19	150m: 2:00.20	43.16	250m: 3:27.22	44.01	350m: 4:53.39	43.55	
100m: 1:17.04	40.85	200m: 2:43.21	43.01	300m: 4:09.84	42.62	400m: 5:34.39	41.00	

Programmanr. 15  
26-5-2019 - 10:15

Heren, 200m wisselslag

Juniores 1 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m
<b>Juniores 1</b>						
1. Daan Sonneveld	WVZ	2:36.25 200601085	<b>2:29.62</b>	+0,69	1:09.85	2:29.62
2. Thom de Hoog	SG SCOM/de Zeehond'73	2:39.92 200600019	<b>2:31.76</b>	+0,78	1:11.13	2:31.76
3. Mark Demianenko	Zoetermeer	2:35.26 200600409	<b>2:37.49</b>	+0,51	1:13.72	2:37.49
4. Yagiz Atilgan	ZV Vlaardingens-Schiedam	2:41.65 200601453	<b>2:43.15</b>	+0,68	1:17.98	2:43.15
5. Joris Lissenberg	The Hague Swimming (SG)	2:41.56 200600585	<b>2:43.89</b>	+0,75	1:15.08	2:43.89
6. Bas Blanker	ZPB H&L Productions	2:40.56 200601497	<b>2:45.22</b>	+0,66	1:18.37	2:45.22
7. Dimi Stoyanov	The Hague Swimming (SG)	2:45.42 200601067	<b>2:45.57</b>		1:16.91	2:45.57
8. Benjamin van Helsdingen	ZZ&PC De Devel	2:49.78 200601097	<b>2:49.22</b>	+0,75	1:19.03	2:49.22
9. Hessel de Jong	KZV de Lansingh	2:58.33 200602753	<b>2:52.72</b>	+0,71	1:25.99	2:52.72
10. Tibbe Veldboer	ZPB H&L Productions	2:53.28 200600911	<b>2:54.27</b>	+0,88	1:20.29	2:54.27
11. Floris Wassenaar	WVZ	2:55.68 200600649	<b>2:54.56</b>	+0,58	1:25.44	2:54.56
12. Björn Mulder	Zoetermeer	2:53.48 200601517	<b>2:54.80</b>	+0,89	1:26.80	2:54.80
13. Benjamin Vermeer	Zoetermeer	2:52.10 200600177	<b>2:55.57</b>	+0,77	1:22.88	2:55.57
14. Bart Tuinenburg	ZPC Wiekslag	2:53.63 200602347	<b>2:59.79</b>	+0,84	1:25.26	2:59.79
15. Jasper Groen	KZV de Lansingh	2:57.85 200602325	<b>3:02.40</b>	+0,73	1:29.46	3:02.40
16. Bo Merkestein	WVZ	2:59.99 200602451	<b>3:02.90</b>	+0,66	1:27.13	3:02.90
17. Harm Nahon	Z&PC De Gouwe	3:01.88 200602515	<b>3:03.59</b>	+0,88	1:29.13	3:03.59
18. Merlijn van der Hoeven	WVZ	3:09.19 200600951	<b>3:05.39</b>		1:34.00	3:05.39
19. Jesse van der Meij	Zvl-1886	3:03.83 200600841	<b>3:07.26</b>	+0,85	1:30.63	3:07.26
20. Kaan Uludag	Zoetermeer	3:02.41 200603559	<b>3:08.73</b>	+0,79	1:28.50	3:08.73
DIS Sven Markkus Eschbach	ZZ&PC De Devel	2:46.74 200602013				

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

Juniores 2

1. Gabriel Been	The Hague Swimming (SG)	2:22.56 200501467	<b>2:24.69</b>	+0,70	1:08.58	2:24.69
2. Yanieck Frijstein	The Hague Swimming (SG)	2:25.91 200500329	<b>2:24.89</b>	+0,74	1:09.23	2:24.89
3. Émile Fouzaï	The Hague Swimming (SG)	2:28.27 200500263	<b>2:28.14</b>	+0,77	1:10.45	2:28.14
4. River Streefland	The Hague Swimming (SG)	2:27.72 200502253	<b>2:28.93</b>	+0,73	1:10.96	2:28.93
5. Menno Wieringa	KZV de Lansingh	2:34.97 200500927	<b>2:33.06</b>	+0,72	1:10.74	2:33.06
6. Björn Verkaik	The Hague Swimming (SG)	2:28.47 200500411	<b>2:33.34</b>	+0,72	1:11.04	2:33.34
7. Sem Agterdenbos	MNC Dordrecht	2:32.95 200500049	<b>2:36.15</b>	+0,72	1:13.84	2:36.15
8. Luca Nguyen-Tri	Rotterdam Swimming (SG)	2:34.71 200500781	<b>2:37.50</b>	+0,56	1:13.57	2:37.50
<i>*Bu 200m</i>						
9. Aaike de Tender	De Geul	2:37.35 200502189	<b>2:42.39</b>	+0,74	1:16.97	2:42.39
10. Luuk Bogaert	De Watervogels	2:41.05 200503203	<b>2:44.93</b>	+0,80	1:16.53	2:44.93
11. Onno Roeleveld	De Columbiaan	2:45.17 200502775	<b>2:45.28</b>	+0,71	1:17.46	2:45.28
12. Tyler Diependaal	The Hague Swimming (SG)	2:45.85 200500879	<b>2:45.79</b>	+0,77	1:19.30	2:45.79
13. Conor Baker	De Columbiaan	2:56.75 200500991	<b>2:48.64</b>	+0,89	1:19.01	2:48.64
14. Stef van Heijst	De Kempvis	2:52.99 200503665	<b>2:48.76</b>	+0,67	1:19.01	2:48.76
15. Tim van Lochem	Zoetermeer	2:42.53 200500077	<b>2:51.77</b>	+0,79	1:18.75	2:51.77
16. Tjomme de Tender	De Geul	2:49.54 200502187	<b>2:52.84</b>	+0,77	1:20.11	2:52.84
17. Wouter Willig	De Watervogels	2:54.76 200502785	<b>2:53.61</b>	+0,83	1:23.58	2:53.61
<i>*Bu 200m</i>						
18. Sytze van Stein	LinK	2:53.99 200501155	<b>2:54.22</b>	+0,72	1:23.33	2:54.22

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

Programmanr. 15, Jongens, 200m wisselslag, Junioren 2

rang	naam	vereniging	intijd		tijd	RT	100m	200m
19.	Dobbe Kruit	De Columbiaan	2:54.55	200501367	<b>2:58.57</b>	+0,79	1:26.19	2:58.57
20.	Reinier Velthuijs	ZPV Barracuda	2:53.60	200503537	<b>2:58.91</b>	+0,91	1:23.80	2:58.91

Junioren 3

1.	Abel te Riele	WVZ	2:16.21	200402317	<b>2:18.69</b>	+0,69	1:05.40	2:18.69
2.	Timo Kock	Rotterdam Swimming (SG)	2:21.36	200400387	<b>2:22.07</b>	+0,74	1:07.49	2:22.07
3.	Jason van den Berg	Rotterdam Swimming (SG)	2:20.91	200400009	<b>2:25.17</b>	+0,69	1:09.93	2:25.17
4.	Pepijn van Egmond	WVZ	2:20.64	200402309	<b>2:26.05</b>	+0,71	1:06.53	2:26.05
5.	Nathan Janssen	MNC Dordrecht	2:24.61	200401565	<b>2:26.51</b>	+0,74	1:11.19	2:26.51
6.	Julien Tanis	Rotterdam Swimming (SG)	2:24.33	200401045	<b>2:29.89</b>	+0,67	1:10.61	2:29.89
7.	Loeka Wubben	The Hague Swimming (SG)	2:30.06	200400307	<b>2:30.14</b>	+0,66	1:11.02	2:30.14
8.	Erik Oldenkamp	Rotterdam Swimming (SG)	2:25.63	200400597	<b>2:32.69</b>	+0,69	1:12.56	2:32.69
9.	Max van Schagen	De Columbiaan	2:30.35	200402591	<b>2:32.75</b>	+0,72	1:14.97	2:32.75
10.	Milan Masselink	The Hague Swimming (SG)	2:32.78	200402165	<b>2:32.83</b>	+0,79	1:12.41	2:32.83
11.	Wen-Ye Chen	Rotterdam Swimming (SG)	2:27.50	200402859	<b>2:35.81</b>	+0,66	1:15.48	2:35.81
12.	Timo Wouters	MNC Dordrecht	2:40.71	200401363	<b>2:36.31</b>	+0,64	1:14.97	2:36.31
13.	Thijm Kruit	De Columbiaan	2:28.67	200401339	<b>2:37.29</b>	+0,80	1:12.02	2:37.29
14.	Kamyar Tamjidi	SG SCOM/de Zeehond'73	2:35.72	200404457	<b>2:39.84</b>	+0,66	1:16.14	2:39.84
15.	Kun Woo Kim	The Hague Swimming (SG)	2:34.38	200401361	<b>2:40.83</b>	+0,74	1:13.78	2:40.83
16.	Sem Verberg	The Hague Swimming (SG)	2:33.08	200402105	<b>2:41.84</b>	+0,73	1:14.56	2:41.84
17.	Niels van der Mast	ZPC Numansdorp	2:36.23	200401917	<b>2:42.33</b>	+0,73	1:15.36	2:42.33
18.	Wout van Oevelen	D'elft	2:43.53	200404319	<b>2:42.34</b>	+0,68	1:18.05	2:42.34
19.	Guus Geelen	Zvl-1886	2:41.89	200401183	<b>2:43.10</b>	+0,77	1:14.09	2:43.10
20.	Jens van Nobelen	ZV Sassenheim	2:43.81	200400565	<b>2:47.03</b>	+0,66	1:21.98	2:47.03
21.	Thomas van Peenen	De Columbiaan	2:38.75	200400097	<b>2:47.70</b>	+0,73	1:19.70	2:47.70
22.	Marijn Dekkers	GZC Donk	2:41.73	200402275	<b>2:49.60</b>	+0,73	1:22.30	2:49.60
23.	Casper van Nijnatten	Rotterdam Swimming (SG)	2:42.07	200402559	<b>2:50.82</b>	+0,72	1:23.24	2:50.82
24.	Timon Wijsman	D'elft	2:45.99	200403707	<b>2:51.82</b>	+0,68	1:17.95	2:51.82
25.	Jelmer Paans	ZZ&PC De Devel	3:45.24	200404441	<b>SM14 3:42.34</b>	+0,80 195	1:47.81	3:42.34
DIS	Duncan den Hartog	De Kempvis	2:54.02	200401889				

*RH - Het eindpunt niet in rugligging aangeraakt.*

NG.ZA Tim Haimé The Hague Swimming (SG) 2:39.37 200403567

Junioren 4

1.	Perry Laarhoven	ZPC Numansdorp	2:13.00	200301321	<b>2:16.48</b>	+0,75	1:06.09	2:16.48
2.	Michael Smink	The Hague Swimming (SG)	2:15.64	200302169	<b>2:17.96</b>	+0,75	1:03.49	2:17.96
3.	Keanu Streefland	The Hague Swimming (SG)	2:13.86	200302445	<b>2:19.77</b>	+0,71	1:03.88	2:19.77
4.	Jelle Bon	ZV Vlaardingen-Schiedam	2:18.60	200301077	<b>2:22.14</b>	+0,64	1:06.43	2:22.14
5.	Wesley Zulver	ZV Vlaardingen-Schiedam	2:19.65	200301319	<b>2:22.20</b>	+0,63	1:08.21	2:22.20
6.	Omar Markovicovic	The Hague Swimming (SG)	2:24.80	200304877	<b>2:25.09</b>	+0,65	1:08.93	2:25.09
7.	Milan Hamel	The Hague Swimming (SG)	2:23.51	200302125	<b>2:27.83</b>	+0,66	1:12.78	2:27.83
8.	Stefan Groen	KZV de Lansingh	2:25.90	200301179	<b>2:31.10</b>	+0,75	1:11.40	2:31.10
9.	Bjarne Buijs	The Hague Swimming (SG)	2:23.46	200301089	<b>2:33.55</b>	+0,76	1:12.41	2:33.55
10.	Quinten Nieuwenhuis	WZK	2:30.70	200304577	<b>2:36.32</b>	+0,73	1:13.58	2:36.32
11.	Julian Stok	ZZ&PC De Devel	2:26.03	200300071	<b>2:37.31</b>	+0,74	1:12.43	2:37.31
12.	Tygo Korving	ZPB H&L Productions	2:32.08	200300773	<b>2:38.37</b>	+0,74	1:14.00	2:38.37
13.	Yassine Maas	The Hague Swimming (SG)	2:26.96	200301505	<b>2:39.04</b>	+0,78	1:13.37	2:39.04
14.	Mike van Huizen	ZPC Numansdorp	2:43.13	200300891	<b>2:47.16</b>	+0,78	1:20.87	2:47.16
15.	Chris Vogelaar	Zvl-1886	2:33.71	200302241	<b>2:49.22</b>	+0,71	1:15.15	2:49.22

Jeugd 1 en 2

1.	Nikhom Westphal	SG SCOM/de Zeehond'73	2:11.55	200203329	<b>2:12.32</b>	+0,71	1:03.93	2:12.32
2.	Niels Dijkshoorn	ZV Vlaardingen-Schiedam	2:15.65	200203079	<b>2:15.32</b>	+0,72	1:03.34	2:15.32
3.	Gerard Willighagen	Poseidon'56	2:12.60	200103663	<b>2:16.60</b>	+0,73	1:03.99	2:16.60
4.	Tjeerd van Stein	Link	2:21.56	200101439	<b>2:19.11</b>	+0,79	1:03.54	2:19.11
5.	Jarno Verbeek	Zoetermeer	2:13.90	200200931	<b>2:20.14</b>	+0,74	1:04.84	2:20.14
6.	Guus Hoogduin	Zvl-1886	2:17.90	200201069	<b>2:21.91</b>	+0,75	1:07.60	2:21.91
7.	Sean Niewold	WVZ	2:07.88	200204699	<b>2:22.02</b>	+0,77	1:05.15	2:22.02
8.	Viktor Koets	De Columbiaan	2:20.08	200201677	<b>2:22.31</b>	+0,78	1:07.81	2:22.31
9.	Scott Jansen	WVZ	2:14.05	200202455	<b>2:22.57</b>	+0,78	1:08.44	2:22.57
10.	Freek Hollander	The Hague Swimming (SG)	2:17.13	200103815	<b>2:22.81</b>	+0,82	1:06.04	2:22.81
11.	Cas Jansen	The Hague Swimming (SG)	2:22.38	200203263	<b>2:24.95</b>	+0,66	1:08.26	2:24.95
12.	Jarno van Oijen	Feijenoord Albion	2:16.50	200100055	<b>2:25.12</b>	+0,75	1:06.17	2:25.12
13.	Sander Iuga	Feijenoord Albion	2:22.68	200101389	<b>2:26.40</b>	+0,67	1:06.21	2:26.40
14.	Bas van Wieringen	De Columbiaan	2:22.95	200200119	<b>2:28.96</b>	+0,72	1:11.32	2:28.96

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

Programmanr. 15, Jongens, 200m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	100m	200m	
15.	Luuk van Holstein	Feijenoord Albion	2:28.78	200203841	<b>2:29.81</b>	+0,76	1:10.15	2:29.81
16.	Mart de Koning	ZOB'66	2:21.45	200203253	<b>2:30.11</b>	+0,76	1:10.14	2:30.11
17.	Simon Dijkstra	Rotterdam Swimming (SG)	2:27.50	200204905	<b>2:30.73</b>	+0,74	1:11.17	2:30.73
18.	D. van den Nieuwendijk	De Columbiaan	2:23.19	200100475	<b>2:31.11</b>	+0,76	1:12.63	2:31.11
19.	Wouter Verdoes	De Columbiaan	2:28.38	200200351	<b>2:34.62</b>	+0,78	1:14.78	2:34.62
20.	Boy Borreman	Link	2:33.30	200102751	<b>2:39.75</b>	+0,73	1:13.29	2:39.75
21.	David Kras	ZZ&PC De Devel	2:32.26	200103253	<b>2:40.62</b>	+0,78	1:16.62	2:40.62
22.	Jasper Willig	De Watervogels	2:33.78	200104757	<b>2:42.33</b>	+0,69	1:14.69	2:42.33
23.	Wessel Bonkestoter	GZC Donk	2:29.36	200100625	<b>2:43.16</b>	+0,75	1:14.39	2:43.16

Senioren 1 en ouder

1.	Ensger Kotterink	Feijenoord Albion	2:01.61	199403391	<b>2:08.46</b>	+0,65	59.55	2:08.46	
2.	Duncan van Haaren	GZC Donk	2:11.38	200000681	<b>2:14.47</b>	+0,72	1:05.27	2:14.47	
3.	Pascal Nuijten	Feijenoord Albion	2:11.71	199701353	<b>2:20.03</b>	+0,72	1:03.04	2:20.03	
4.	Bert Duivenvoorde	Noordwijkerhout	2:19.78	199701805	<b>2:21.69</b>	+0,75	1:05.16	2:21.69	
5.	Thijs Molendijk	D'elft	2:18.08	199900477	<b>2:22.96</b>	+0,70	1:05.39	2:22.96	
6.	Bas Verdoes	De Columbiaan	2:19.17	199801487	<b>2:23.12</b>	+0,74	1:08.11	2:23.12	
7.	David Kievit	z.c De Schotelij	2:18.02	199900325	<b>2:23.81</b>	+0,79	1:06.95	2:23.81	
8.	Lars Schoffelmeer	ZPB H&L Productions	2:17.86	199501907	<b>2:24.78</b>	+0,75	1:05.58	2:24.78	
9.	Rogier Dorsman	ZZ&PC De Devel	2:18.50	199900211	<b>2:24.88</b>	+0,74	950	1:11.00	2:24.88
10.	Paul van Grol	GZC Donk	2:18.33	199602951	<b>2:26.70</b>	+0,66	1:11.25	2:26.70	
11.	Noah Legerstee	WVZ	2:17.03	200003593	<b>2:28.34</b>	+0,73	1:06.83	2:28.34	
12.	Rutger Dalm	KZV de Lansingh	2:25.43	199005561	<b>2:30.90</b>	+0,75	1:11.66	2:30.90	
DIS	Stijn Geelen	MNC Dordrecht	2:16.30	199801363					

*AE - De aangegeven zwemslag niet uitgevoerd.*

AFGEM J. de Roy van Zuydewijn WVZ 2:10.32 200000255

Programmanr. 16  
26-5-2019 - 11:05

Dames, 50m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1</b>						
1.	Thalia Meijer	MNC Dordrecht	37.96	200704048	<b>37.69</b>	+0,62
2.	Samantha van der Jagt	ZZ&PC De Devel	39.61	200700220	<b>39.32</b>	+0,76
3.	Ananda van der Wiel	WVZ	37.97	200701562	<b>39.34</b>	+0,63
4.	Charlene Ruiten	De Columbiaan	38.21	200700522	<b>39.36</b>	+0,72
5.	Lety Pieters	Rotterdam Swimming (SG)	40.54	200702720	<b>41.24</b>	+0,64
6.	Daniek Wijnen	Zvl-1886	41.07	200701280	<b>41.44</b>	+0,71
7.	Mila Oomens	ZPV Barracuda	40.31	200700016	<b>41.78</b>	+0,68
8.	Sofia Brouwer	The Hague Swimming (SG)	42.53	200702700	<b>42.81</b>	+0,63
9.	Sophie Adriaanse	De Columbiaan	41.56	200701066	<b>42.85</b>	+0,72
10.	Liza Voronov	WVZ	42.40	200700564	<b>43.73</b>	+0,72
11.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	43.53	200700048	<b>43.82</b>	+0,70
12.	Floor Hogervorst	Noordwijkerhout	43.16	200701400	<b>44.14</b>	+0,70
DIS	Charlotte Woltjes	The Hague Swimming (SG)	44.10	200700110		
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
DIS	Anniqne Rupke	GZC Donk	39.22	200700876		
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

Junioren 2

1.	Estelle van Wijngaarden	ZPB H&L Productions	38.21	200601020	<b>37.55</b>	+0,87
2.	Avery Collins	The Hague Swimming (SG)	37.33	200603622	<b>38.10</b>	+0,73
3.	Charlize Rovers	De Kempvis	37.22	200600684	<b>38.63</b>	+0,76
4.	Kimberly Ruiten	De Columbiaan	37.34	200600492	<b>39.30</b>	+0,80
5.	Sanne Slof	ZPV Barracuda	39.68	200601810	<b>40.13</b>	+0,78
6.	Jamila de Lobel	SG SCOM/de Zeehond'73	40.06	200602320	<b>40.34</b>	+0,68
7.	Leyla Oversluisen	MNC Dordrecht	39.89	200602730	<b>41.17</b>	+0,77
8.	Alicia Breeveld	De Kempvis	39.83	200601836	<b>41.35</b>	+0,69
9.	Meike Bakker	Zvl-1886	40.65	200603828	<b>41.93</b>	+0,67
10.	Jade van der Maas	WVZ	40.80	200600408	<b>42.44</b>	+0,65
11.	Meygan Leuring	Zvl-1886	41.96	200602366	<b>44.26</b>	+0,71
12.	Evelien Holterman	Zoetermeer	42.83	200601124	<b>44.92</b>	+0,84

Regiokampioenschappen lange baan  
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Programmanr. 16, Meisjes, 50m schoolslag, Junioren 2

rang	naam	vereniging	intijd			tijd	RT
13.	Águila Dolsma	The Hague Swimming (SG)	45.63	200603902	SB14	<b>45.89</b>	+0,88
AFGEM	Elijdhah van der Heul	Rotterdam Swimming (SG)	34.46	200602180			

Junioren 3

1.	Niké Telkamp	The Hague Swimming (SG)	35.26	200501088		<b>35.22</b>	+0,71
2.	Jelsie van Ruijven	WVZ	35.34	200500282		<b>36.01</b>	+0,65
3.	Emi Schipper	ZOB'66	37.33	200502126		<b>37.43</b>	+0,77
4.	Lyke Buscop	z.c De Schotejil	37.78	200500552		<b>38.07</b>	+0,74
5.	Anouchka Bos	ZPV Barracuda	38.33	200501528		<b>38.11</b>	+0,74
6.	Laura Hoogenboezem	KZV de Lansingh	37.76	200500390		<b>38.24</b>	+0,66
7.	Merel Schravendijk	The Hague Swimming (SG)	38.06	200503382		<b>38.27</b>	+0,53
8.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	37.92	200503292		<b>38.39</b>	+0,79
9.	Ada Eker	WZK	37.46	200504608		<b>38.52</b>	+0,68
10.	Anastasia Romano	MNC Dordrecht	36.93	200501076		<b>38.54</b>	+0,76
11.	Evelyn Liket	ZV Vlaardingen-Schiedam	37.73	200503118		<b>38.61</b>	+0,77
12.	Isa Maes	Feijenoord Albion	38.26	200500110		<b>39.14</b>	+0,77
13.	Vivianne Woltjes	The Hague Swimming (SG)	38.71	200501524		<b>39.17</b>	+0,64
14.	Elise Vink	De Columbiaan	37.90	200502588		<b>39.35</b>	+0,78
15.	Noor Frijlink	De Columbiaan	40.14	200500970		<b>39.72</b>	
16.	Milou Demirel	The Hague Swimming (SG)	39.76	200501254		<b>39.90</b>	+0,79
17.	Sylvie Roos	Feijenoord Albion	39.05	200502772		<b>40.28</b>	+0,55
18.	Nynke Roosendaal	Feijenoord Albion	39.91	200502040		<b>40.42</b>	+0,73
19.	Madoline Held	The Hague Swimming (SG)	39.39	200503412		<b>40.71</b>	
20.	Amber Saabeel	Rotterdam Swimming (SG)	41.39	200503838		<b>42.17</b>	+0,67
21.	Emma Verkuijl	ZPV Barracuda	40.47	200500826		<b>42.37</b>	+0,75
22.	Fenne Saaf	Zoetermeer	43.57	200504340		<b>43.70</b>	+0,81
AFGEM	Rosa Kwaijtaal	Poseidon'56	39.79	200500872			

Jeugd 1 en 2

1.	Anna van Droffelaar	ZV Vlaardingen-Schiedam	31.43	200400258		<b>32.57</b>	+0,63
2.	Britta Koehorst	KZV de Lansingh	32.20	200300246		<b>33.41</b>	+0,69
3.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	33.78	200404272		<b>35.43</b>	+0,71
4.	Phaedra Meijer	MNC Dordrecht	35.68	200405834		<b>35.53</b>	+0,71
5.	Daniëlle Vis	De Columbiaan	34.91	200401044		<b>36.05</b>	+0,72
6.	Kim de Jong	LinK	35.32	200301026		<b>36.64</b>	+0,82
7.	Tessa Poot	ZV Vlaardingen-Schiedam	35.82	200404264		<b>36.72</b>	+0,77
8.	Jade Geurts	WVZ	35.29	200402278		<b>36.74</b>	+0,62
9.	Femke Hoppenbrouwer	The Hague Swimming (SG)	34.50	200301124		<b>36.75</b>	+0,70
10.	Amy Koelman	De Columbiaan	38.17	200300922		<b>38.10</b>	+0,75
11.	Bobby Jean Fidder	D'elft	38.94	200402894		<b>39.75</b>	+0,70
12.	Mara Bosman	The Hague Swimming (SG)	39.72	200303048		<b>40.21</b>	+0,71
13.	Kirsten Erkamp	KZV de Lansingh	39.36	200402306		<b>40.37</b>	+0,76
14.	Anique Star	De Columbiaan	39.86	200400446		<b>41.07</b>	+0,71
15.	Jet van Oudheusden	ZOB'66	38.27	200401012		<b>41.08</b>	+0,60
16.	Maaïke van Lochem	Zoetermeer	39.10	200301390		<b>41.30</b>	+0,69
17.	Joyce van 't Hof	ZZ&PC De Devel	38.22	200302122		<b>41.39</b>	+0,74
18.	Wendy ten Wolde	ZPC Wiekslag	37.33	200302658		<b>41.52</b>	+0,70
19.	Juliette Boon	ZZ&PC De Devel	39.92	200401908		<b>41.73</b>	+0,75
20.	Milou van Winkel	LinK	49.32	200402296	SB14	<b>46.69</b>	+0,98
21.	Megan van Delden	WVZ	46.88	200405500	SB13	<b>48.96</b>	+0,76
DIS	Zoë Molenaar	Zoetermeer	37.20	200300978			334

SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.

NG	Leonoor van Dijk	The Hague Swimming (SG)	34.91	200400832			
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Senioren 1 en 2

1.	Lynn Blommers	The Hague Swimming (SG)	32.24	200105062		<b>32.91</b>	+0,66
2.	Lotte Hosper	The Hague Swimming (SG)	34.59	200201414		<b>35.56</b>	+0,75
3.	Marlinde Beukers	WVZ	34.58	200101934		<b>35.83</b>	+0,69
4.	Eline Duynisveld	WVZ	34.87	200103958		<b>36.10</b>	+0,73
5.	Chefanja Nunes	WVZ	37.01	200104750		<b>36.18</b>	+0,67
6.	Anniek de Ruiter	GZC Donk	35.33	200101224		<b>37.50</b>	+0,78
7.	Paula Dorsman	D'elft	37.36	200105354		<b>38.15</b>	+0,68
8.	Almudena Visser Velez	The Hague Swimming (SG)	37.33	200205904		<b>38.35</b>	+0,75
9.	Sam IJzerman	De Geul	36.90	200101204		<b>38.53</b>	+0,70
10.	Manon Middelbos	z.c De Schotejil	36.89	200100056		<b>38.93</b>	+0,78
11.	Anna Hoogenboezem	KZV de Lansingh	38.02	200200658		<b>38.94</b>	+0,70

Regiokampioenschappen lange baan  
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Programmanr. 16, Dames, 50m schoolslag, Senioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
12.	Susan van Grol	GZC Donk	38.04	200201344	<b>39.04</b>	+0,68
13.	Elyanne Boudestein	Zoetermeer	36.12	200101060	<b>39.47</b>	+0,71
14.	Marbel Diderik	De Columbiaan	38.26	200205752	<b>39.83</b>	+0,66
15.	Diana Noordermeer	SG SCOM/de Zeehond'73	38.86	200102110	<b>40.53</b>	+0,42
16.	Fleur van Norren	KZV de Lansingh	39.04	200204432	<b>40.75</b>	+0,66
17.	Amy van Leersum	Poseidon'56	39.04	200200300	<b>41.48</b>	+0,85
AFGEM	Grace Anderson	WVZ	35.27	200200578		

Senioren

1.	Valerie van Roon	WVZ	30.78	199802326	<b>32.88</b>	+0,67
2.	Anne Louise Palmans	WVZ	31.70	200006324	<b>33.31</b>	+0,76
3.	Chantalle Zijderveld	ZZ&PC De Devel	33.19	200000702	<b>33.96</b>	+0,67 1045
4.	Ilse Rijnja	The Hague Swimming (SG)	32.65	199802432	<b>34.62</b>	+0,73
5.	Lonneke Graansma	Zvl-1886	34.97	199900936	<b>36.25</b>	+0,70
6.	Inge van der Hoek	The Hague Swimming (SG)	35.74	199204034	<b>36.49</b>	+0,73
7.	Lotte Middelbos	z.c De Schotejil	35.23	199900680	<b>36.72</b>	+0,76
8.	Fenna de Groot	Feijenoord Albion	35.04	199701796	<b>37.40</b>	+0,67
9.	Wendy de Bruin	ZOB'66	36.31	199206320	<b>38.98</b>	+0,64
10.	Laura Tromp	ZZ&PC De Devel	39.34	200000276	<b>40.39</b>	+0,70
11.	Kirana Hoogenbosch	De Geul	37.83	200003428	<b>42.38</b>	+0,63
12.	Jonne Moleman	Link	45.01	200006264	<b>1:01.66</b>	+0,92 341

Programmanr. 17  
26-5-2019 - 11:30

Jongens, 1500m vrije slag

Juniores  
Resultaten

rang	naam	vereniging	intijd		tijd	RT		
<b>Junioren 1 en 2</b>								
1.	Bjorn Rijkaart	BZ en PC	19:58.80	200601337	<b>20:00.94</b>	+0,73		
	100m: 1:17.28	1:17.28	500m: 6:41.89	1:19.14	900m: 12:02.19	1:21.22	1300m: 17:25.31	1:20.96
	200m: 2:38.63	1:21.35	600m: 8:02.19	1:20.30	1000m: 13:23.56	1:21.37	1400m: 18:44.15	1:18.84
	300m: 4:00.45	1:21.82	700m: 9:21.86	1:19.67	1100m: 14:44.23	1:20.67	1500m: 20:00.94	1:16.79
	400m: 5:22.75	1:22.30	800m: 10:40.97	1:19.11	1200m: 16:04.35	1:20.12		
2.	Dimi Stoyanov	The Hague Swimming (SG)	20:29.30	200601067	<b>20:17.71</b>	+0,52		
	100m: 1:12.52	1:12.52	500m: 6:42.65	1:22.36	900m: 12:12.46	1:22.19	1300m: 17:39.13	1:22.17
	200m: 2:35.34	1:22.82	600m: 8:04.50	1:21.85	1000m: 13:34.41	1:21.95	1400m: 19:00.86	1:21.73
	300m: 3:57.77	1:22.43	700m: 9:27.10	1:22.60	1100m: 14:56.03	1:21.62	1500m: 20:17.71	1:16.85
	400m: 5:20.29	1:22.52	800m: 10:50.27	1:23.17	1200m: 16:16.96	1:20.93		
3.	Sytze van Stein	Link	19:34.46	200501155	<b>20:23.20</b>	+0,51		
	100m: 1:15.17	1:15.17	500m: 6:41.05	1:21.25	900m: 12:09.19	1:21.82	1300m: 17:42.58	1:23.54
	200m: 2:36.40	1:21.23	600m: 8:02.81	1:21.76	1000m: 13:31.51	1:22.32	1400m: 19:03.58	1:21.00
	300m: 3:58.10	1:21.70	700m: 9:24.79	1:21.98	1100m: 14:55.19	1:23.68	1500m: 20:23.20	1:19.62
	400m: 5:19.80	1:21.70	800m: 10:47.37	1:22.58	1200m: 16:19.04	1:23.85		
4.	Casper Hoogvorst	De Columbiaan	19:57.51	200500183	<b>20:29.04</b>	+0,67		
	100m: 1:15.66	1:15.66	500m: 6:49.30	1:23.56	900m: 12:22.12	1:23.43	1300m: 17:51.32	1:21.88
	200m: 2:38.20	1:22.54	600m: 8:12.36	1:23.06	1000m: 13:45.65	1:23.53	1400m: 19:12.67	1:21.35
	300m: 4:01.75	1:23.55	700m: 9:35.50	1:23.14	1100m: 15:07.43	1:21.78	1500m: 20:29.04	1:16.37
	400m: 5:25.74	1:23.99	800m: 10:58.69	1:23.19	1200m: 16:29.44	1:22.01		
5.	Aaïke de Tender	De Geul	20:02.93	200502189	<b>21:32.95</b>	+0,75		
	100m: 1:15.80	1:15.80	500m: 6:55.63	1:25.85	900m: 12:49.20	1:29.65	1300m: 18:47.26	1:30.24
	200m: 2:39.39	1:23.59	600m: 8:22.88	1:27.25	1000m: 14:18.10	1:28.90	1400m: 20:12.68	1:25.42
	300m: 4:04.21	1:24.82	700m: 9:50.56	1:27.68	1100m: 15:47.51	1:29.41	1500m: 21:32.95	1:20.27
	400m: 5:29.78	1:25.57	800m: 11:19.55	1:28.99	1200m: 17:17.02	1:29.51		
6.	Tjomme de Tender	De Geul	20:28.34	200502187	<b>21:37.67</b>	+0,79		
	<i>*Bu 100m</i>							
	100m: 1:18.28	1:18.28	500m: 7:06.85	1:29.13	900m: 12:56.22	1:26.83	1300m: 18:42.92	1:21.85
	200m: 2:42.50	1:24.22	600m: 8:33.41	1:26.56	1000m: 14:26.00	1:29.78	1400m: 20:11.50	1:28.58
	300m: 4:08.59	1:26.09	700m: 10:01.40	1:27.99	1100m: 15:55.70	1:29.70	1500m: 21:37.67	1:26.17
	400m: 5:37.72	1:29.13	800m: 11:29.39	1:27.99	1200m: 17:21.07	1:25.37		
7.	Wouter Willig	De Watervogels	23:41.26	200502785	<b>22:07.99</b>	+0,80		
	100m: 1:21.22	1:21.22	500m: 7:25.19	1:31.13	900m: 13:27.29	1:29.72	1300m: 19:20.31	1:28.48
	200m: 2:51.65	1:30.43	600m: 8:56.61	1:31.42	1000m: 14:57.26	1:29.97	1400m: 20:48.33	1:28.02
	300m: 4:23.98	1:32.33	700m: 10:26.97	1:30.36	1100m: 16:24.28	1:27.02	1500m: 22:07.99	1:19.66
	400m: 5:54.06	1:30.08	800m: 11:57.57	1:30.60	1200m: 17:51.83	1:27.55		
8.	Jasper Groen	KZV de Lansingh	23:04.53	200602325	<b>23:25.39</b>	+0,70		
	100m: 1:16.72	1:16.72	500m: 7:21.44	1:31.61	900m: 13:29.50	1:32.11	1300m: 20:03.45	1:42.87
	200m: 2:45.79	1:29.07	600m: 8:53.30	1:31.86	1000m: 15:04.39	1:34.89	1400m: 21:44.55	1:41.10
	300m: 4:17.71	1:31.92	700m: 10:25.83	1:32.53	1100m: 16:40.74	1:36.35	1500m: 23:25.39	1:40.84
	400m: 5:49.83	1:32.12	800m: 11:57.39	1:31.56	1200m: 18:20.58	1:39.84		



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

Programmanr. 17, Jongens, 1500m vrije slag, Junioren 1 en 2

rang	naam	vereniging				intijd				tijd				RT	
9.	Merlijn van der Hoeven	WVZ				22:19.82				200600951				<b>24:08.52</b>	+0,71
	100m:	1:22.11	1:22.11	500m:	7:40.44	1:37.55	900m:	14:15.64	1:41.37	1300m:	20:59.87	1:41.72			
	200m:	2:53.83	1:31.72	600m:	9:16.16	1:35.72	1000m:	15:58.00	1:42.36	1400m:	22:39.29	1:39.42			
	300m:	4:27.83	1:34.00	700m:	10:54.50	1:38.34	1100m:	17:36.60	1:38.60	1500m:	24:08.52	1:29.23			
	400m:	6:02.89	1:35.06	800m:	12:34.27	1:39.77	1200m:	19:18.15	1:41.55						

Junioren 3 en 4

1.	Maximilian Lopes Cardozo	WZK				17:19.28				200300665				<b>17:35.75</b>	+0,73
	100m:	1:04.65	1:04.65	500m:	5:45.61	1:10.85	900m:	10:30.86	1:11.36	1300m:	15:14.43	1:10.33			
	200m:	2:14.72	1:10.07	600m:	6:56.52	1:10.91	1000m:	11:43.18	1:12.32	1400m:	16:26.26	1:11.83			
	300m:	3:25.07	1:10.35	700m:	8:07.88	1:11.36	1100m:	12:52.86	1:09.68	1500m:	17:35.75	1:09.49			
	400m:	4:34.76	1:09.69	800m:	9:19.50	1:11.62	1200m:	14:04.10	1:11.24						
2.	Daan Hogerhuis	LinK				17:56.90				200300317				<b>17:42.06</b>	+0,81
	100m:	1:03.53	1:03.53	500m:	5:46.67	1:10.92	900m:	10:32.07	1:11.91	1300m:	15:20.42	1:12.65			
	200m:	2:13.72	1:10.19	600m:	6:57.49	1:10.82	1000m:	11:43.91	1:11.84	1400m:	16:32.68	1:12.26			
	300m:	3:24.88	1:11.16	700m:	8:08.88	1:11.39	1100m:	12:55.76	1:11.85	1500m:	17:42.06	1:09.38			
	400m:	4:35.75	1:10.87	800m:	9:20.16	1:11.28	1200m:	14:07.77	1:12.01						
3.	Benjamin Boender	ZOB'66				21:42.88				200401351				<b>21:14.31</b>	+0,71
	100m:	1:12.28	1:12.28	500m:	6:52.70	1:26.82	900m:	12:39.07	1:25.92	1300m:	18:25.64	1:26.21			
	200m:	2:35.36	1:23.08	600m:	8:19.49	1:26.79	1000m:	14:05.63	1:26.56	1400m:	19:52.35	1:26.71			
	300m:	3:59.97	1:24.61	700m:	9:46.60	1:27.11	1100m:	15:32.26	1:26.63	1500m:	21:14.31	1:21.96			
	400m:	5:25.88	1:25.91	800m:	11:13.15	1:26.55	1200m:	16:59.43	1:27.17						
DIS	Sem Verberg	The Hague Swimming (SG)				19:11.67				200402105					+0,73
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>														
	100m:	1:10.73	1:10.73	500m:		900m:		1300m:							
	200m:	2:31.11	1:20.38	600m:		1000m:		1400m:							
	300m:	3:54.12	1:23.01	700m:		1100m:		1500m:							
	400m:			800m:		1200m:									