Programmanr. 101 — Heren, 4 x 200m vrije slag — 11 jaar en ouder
14-11-2026 - 14:45 — o16 en senioren open zwemmen in een serie — Resultaten

| rang | | vereniging | | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|---|
| **Onder 16** | | | | | | | | | |
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | | 9:09.58 | | | **9:06.59** | | |
| | Pieter de Jonge | | 14 | | 29.98 | 1:03.62 | 2:12.00 | 2:12.00 | |
| | Luuk Grondard - van Schagen | | 13 | | | | | | |
| | Yaro de Vries | | 14 | | | | | | |
| | Jesse Voet | | 13 | | | | | | |
| 2. | CWW 1 | CWW | | 9:36.62 | | | **9:40.15** | | |
| | Thijn Eekhoff | | 13 | | 31.68 | 1:07.62 | 2:23.52 | 2:23.52 | |
| | Luca Leerentveld | | 14 | | | | | | |
| | Fido Hulstijn | | 13 | | | | | | |
| | Hugo Hulstijn | | 15 | | | | | | |
| DIS | Aqua-Novio'94 2 | Aqua-Novio'94 | | 10:13.02 | | | | | |
| | *EA - Te vroeg overgenomen., 2e zwemmer te vroeg vertrokken* | | | | | | | | |
| | Ralph Kersten | | 13 | | 33.76 | 1:13.13 | | | |
| | Teun Gulikers | | 14 | | | | | | |
| | Berk Can | | 14 | | | | | | |
| | Boris Hekker | | 12 | | | | | | |
| **Senioren Open** | | | | | | | | | |
| 1. | DWK 1 | DWK | | 7:48.66 | | | **7:49.03** | | |
| | Rian Schoneveld | | 18 | | 25.32 | 54.91 | 2:21.54 | 2:21.54 | |
| | Sven Potappel | | 16 | | | | | | |
| | Ruben Baars | | 17 | | | | | | |
| | Ronis van Everdingen | | 23 | | | | | | |
| 2. | Aqua-Novio'94 3 | Aqua-Novio'94 | | 8:00.27 | | | **7:54.92** | | |
| | Martijn Velders | | 31 | | 27.40 | 57.84 | 2:01.00 | 2:01.00 | |
| | Bjorn van Doesburg | | 24 | | | | | | |
| | Jeffrey Camphens | | 31 | | | | | | |
| | Wessel van Dorst | | 17 | | | | | | |
| 3. | ENC 1 | ENC Arnhem | | 8:31.16 | | | **8:19.14** | | |
| | Tim de Vrught | | 33 | | 28.20 | 1:00.34 | 2:08.50 | 2:08.50 | |
| | Sander de Vrught | | 37 | | | | | | |
| | Mika Bongers | | 21 | | | | | | |
| | Mike Schel | | 32 | | | | | | |

Programmanr. 102 — Dames, 50m vlinderslag — 11 jaar en ouder
14-11-2026 - 14:56 — Resultaten Voorronde

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | |
| 1. | Dorean Iseger | DWK | 32.87 | 201300470 | **31.26** | |
| 2. | Lena Verplak | Aqua-Novio'94 | 33.55 | 201400512 | **32.34** | |
| 3. | Vlinder Mariman | Aqua-Novio'94 | 33.41 | 201301522 | **33.43** | |
| 4. | Laura Offermans | ZV Zaltbommel | 34.64 | 201300766 | **34.54** | |
| 5. | Nina van Riessen | Aquapoldro | 36.01 | 201401116 | **35.57** | |
| 6. | Nynthe Spikmans | Aqua-Novio'94 | 35.17 | 201301168 | **36.27** | * |
| 7. | Josephine Rugenbrink | Aquapoldro | 37.08 | 201401324 | **36.96** | |
| | Maybritt Opgenoort | CWW | 38.33 | 201500202 | **36.96** | |
| 9. | Noor de Vogt | DWK | 38.33 | 201400120 | **37.16** | |
| 10. | Elin Hut | Wahoo Swimming | 35.97 | 201300020 | **37.84** | |
| 11. | Jackie Scherps | Aqua-Novio'94 | 38.52 | 201500846 | **37.90** | |
| 12. | Fleur Kalma | Aqua-Novio'94 | 38.59 | 201500192 | **38.08** | |
| **Onder 16** | | | | | | |
| 1. | Moira Iseger | DWK | 30.79 | 201101908 | **29.92** | Q |
| 2. | Johanna van Vliet | DWK | 33.34 | 201102104 | **32.48** | |
| 3. | Belle Fiering | Aqua-Novio'94 | 32.12 | 201202546 | **32.61** | |
| 4. | Fay Jansen | Aqua-Novio'94 | 33.96 | 201200154 | **32.74** | |
| | Annabel Pisters | RZC | 34.47 | 201200074 | **32.74** | |
| 6. | Maartje van Berkom | Aqua-Novio'94 | 33.82 | 201100514 | **33.24** | |
| 7. | Maud Sellis | SG Octopus - ZVV | 34.52 | 201101172 | **33.52** | |
| 8. | Bente Toth | SG Octopus - ZVV | 33.47 | 201102818 | **33.57** | |
| 9. | Neomi Visch | De Hokseberg | 33.90 | 201101482 | **33.77** | |

## Programmanr. 102, Meisjes, 50m vlinderslag, Voorronde, Onder 16

| rang | naam | vereniging | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|
| 10. | Meike van Beek | DWK | 34.37 | 201201556 | | **34.49** | | |
| 11. | Femke Mandema | DWK | 34.26 | 201100396 | | **35.01** | | |
| 12. | Gwyneth van der Spek | Batavia Swim | 48.30 | 201102806 | S7 | **48.88** | | 321 |

### Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Tara Langkamp | Aqua-Novio'94 | 28.33 | 200900362 | | **28.48** | Q | |
| 2. | Julia Bos | De Hokseberg | 29.86 | 200900184 | | **29.36** | Q | |
| 3. | Myrthe Rozendaal | Aqua-Novio'94 | 31.40 | 201000790 | | **30.24** | R | |
| 4. | Ann Hietbrink | De Berkelduikers | 30.92 | 200902444 | | **30.30** | R | |
| 5. | Charlotte Landman | CWW | 30.42 | 200901290 | | **30.32** | | |
| 6. | Tessa Zevenbergen | Aquapoldro | 30.92 | 201002662 | | **30.68** | | |
| 7. | Tessa van Beek | DWK | 30.93 | 201001446 | | **30.86** | | |
| 8. | Lynn Rozendal | NDD | 31.30 | 200901038 | | **31.10** | | |
| 9. | Lili Oosting | DWK | 30.79 | 200900384 | | **31.13** | | |
| 10. | Sophie van der Horst | Flevo | 31.04 | 201000246 | | **31.41** | | |
| 11. | Tess Dugandzic | Zuiderzeezwemmers | 32.44 | 201002908 | | **31.69** | | |
| 12. | Elin Das | NDD | 32.24 | 200901036 | | **33.04** | | |
| NG | Elin Baars | DWK | 30.66 | 201000138 | | | | |

### Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Noa Ottens | Aqua-Novio'94 | 28.43 | 200702256 | | **29.24** | Q | |
| 2. | Niobe Maduro | Aqua-Novio'94 | 29.62 | 200800378 | | **29.56** | Q | |
| 3. | Lyke Bellert | SG Octopus - ZVV | 30.39 | 200701424 | | **30.83** | | |
| 4. | Carlijn Boltendal | Zuiderzeezwemmers | 31.34 | 200700082 | | **31.71** | | |
| 5. | Rosalie Bressers | RZC | 33.12 | 200703820 | | **31.76** | | |
| 6. | Nynke van Leeuwen | De Berkelduikers | 31.72 | 200701272 | | **32.23** | | |
| 7. | Nilou Vriesema | De Hokseberg | 31.92 | 200703216 | | **33.16** | | |
| 8. | Inke Versluis | Olympia | 32.37 | 200800218 | | **33.33** | | |
| 9. | Tess Wakker | De Rijn | 33.00 | 200700154 | | **33.48** | | |
| 10. | Britt Hopman | SG Octopus - ZVV | 32.58 | 200702688 | | **33.69** | | |
| 11. | Danique van de Werken | Olympia | 33.86 | 200701672 | | **34.61** | | |

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 27.27 | 200502618 | | **28.39** | Q | |
| 2. | Kiara Roes | NDD | 29.70 | 200505508 | | **29.25** | Q | |
| 3. | Welmoed Doornbos | ENC Arnhem | 30.11 | 200203352 | | **30.09** | Q | |
| 4. | Inge Koekoek | DWK | 30.41 | 200401648 | | **30.47** | | |
| 5. | Vera Renshof | DWK | 30.88 | 200301582 | | **30.62** | | |
| 6. | Moniek van Langevelde | DWK | 31.26 | 199803160 | | **31.12** | | |

### Para

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek | Batavia Swim | 48.30 | 201102806 | S7 | **48.88** | | 321 |

## Programmanr. 103 — Heren, 100m wisselslag — 11 jaar en ouder

14-11-2026 - 15:05 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | |
| 1. | Jesse Voet | Aqua-Novio'94 | 1:09.49 | 201300057 | **1:07.13** | | | 1:07.13 |
| 2. | Abel Harms | De Berkelduikers | 1:14.69 | 201302287 | **1:12.99** | | | 1:12.99 |
| 3. | Sem Neurdenburg | De Woelwaters | 1:20.09 | 201302709 | **1:13.86** | | | 1:13.86 |
| 4. | Dinand Gerritsen | Batavia Swim | 1:16.11 | 201300335 | **1:14.63** | | | 1:14.63 |
| | Fido Hulstijn | CWW | 1:15.77 | 201300775 | **1:14.63** | | | 1:14.63 |
| 6. | Ralph Kersten | Aqua-Novio'94 | 1:16.98 | 201301263 | **1:15.41** | | | 1:15.41 |
| 7. | Thijs Noordman | De Berkelduikers | 1:18.99 | 201301489 | **1:18.28** | | | 1:18.28 |
| 8. | Olivier Valeijn | DWK | 1:24.40 | 201400225 | **1:21.48** | | | 1:21.48 |
| 9. | Melle Braem | Aqua-Novio'94 | 1:25.14 | 201400055 | **1:21.77** | | | 1:21.77 |
| 10. | Mika Fiering | De Berkelduikers | 1:26.16 | 201401343 | **1:22.72** | | | 1:22.72 |
| 11. | Stefan Boogaard | Batavia Swim | 1:24.22 | 201400083 | **1:22.79** | | | 1:22.79 |
| 12. | Tim Kaasschieter | DWK | 1:24.21 | 201400965 | **1:23.22** | | | 1:23.22 |
| 13. | Brayden Onstwedder | Batavia Swim | 1:23.34 | 201400395 | **1:25.17** | | | 1:25.17 |

## Programmanr. 103, Heren, 100m wisselslag

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Tim Slagers | Aquapoldro | 1:07.94 | 201200263 | | **1:05.05** | | 1:05.05 |
| 2. | Stan Ordelman | SG Octopus - ZVV | 1:07.19 | 201100009 | | **1:06.30** | | 1:06.30 |
| 3. | Dax Muijlaert | SG Octopus - ZVV | 1:07.45 | 201100535 | | **1:07.16** | | 1:07.16 |
| 4. | Bram van Barneveld | De Woelwaters | 1:10.46 | 201103437 | | **1:08.21** | | 1:08.21 |
| 5. | Rutger Donker | NDD | 1:11.75 | 201200361 | | **1:09.71** | | 1:09.71 |
| 6. | Maarten de Haas | Olympia | 1:13.31 | 201100049 | | **1:10.20** | | 1:10.20 |
| 7. | Bram van Putten | De Hokseberg | 1:12.48 | 201101097 | | **1:10.52** | | 1:10.52 |
| 8. | Hugo Hulstijn | CWW | 1:13.69 | 201100297 | | **1:12.26** | | 1:12.26 |
| 9. | Stef van de Wal | DWK | 1:13.81 | 201200803 | | **1:12.36** | | 1:12.36 |
| 10. | Yaro de Vries | Aqua-Novio'94 | 1:16.92 | 201200115 | | **1:13.15** | | 1:13.15 |
| 11. | Berk Can | Aqua-Novio'94 | 1:14.19 | 201200353 | | **1:13.91** | | 1:13.91 |
| 12. | Tim Burgerhart | DWK | 1:17.06 | 201200435 | | **1:14.72** | | 1:14.72 |
| 13. | Teun Gulikers | Aqua-Novio'94 | 1:19.41 | 201201501 | | **1:18.04** | | 1:18.04 |

### Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Wessel van Dorst | Aqua-Novio'94 | 1:00.92 | 200900727 | | **59.58** | | 59.58 |
| 2. | Sven Potappel | DWK | 1:01.56 | 201000127 | | **1:00.92** | | 1:00.92 |
| 3. | Giano Spoor | Aquapoldro | 1:02.86 | 200900655 | | **1:02.05** | | 1:02.05 |
| 4. | Xander Koperdraat | Wahoo Swimming | 1:03.67 | 201001695 | | **1:03.28** | | 1:03.28 |
| 5. | Retief van Gasteren | Olympia | 1:05.21 | 201000067 | | **1:03.57** | | 1:03.57 |
| 6. | Siem Faber | Batavia Swim | 1:04.75 | 200900065 | | **1:05.02** | | 1:05.02 |
| 7. | Ehor Poznyak | Aqua-Novio'94 | 1:06.72 | 201003501 | | **1:06.16** | | 1:06.16 |
| 8. | Daniël Hofman | SG Octopus - ZVV | 1:08.11 | 201000417 | | **1:06.27** | | 1:06.27 |
| 9. | Jesse Jolink | ENC Arnhem | 1:08.65 | 201000401 | | **1:06.36** | | 1:06.36 |
| 10. | Robby Pisters | RZC | 1:07.75 | 201000101 | | **1:08.04** | | 1:08.04 |
| 11. | Mees van der Burg | Olympia | 1:09.32 | 200900515 | | **1:08.79** | | 1:08.79 |
| 12. | Itamar Rogovsky | Aqua-Novio'94 | 1:11.00 | 201003955 | | **1:10.18** | | 1:10.18 |
| 13. | Barna Esmat | Aquapoldro | 1:10.62 | 201000125 | | **1:10.20** | | 1:10.20 |
| 14. | Daan Abrahamse | De Vrije Slag | 1:11.05 | 201001869 | | **1:10.85** | | 1:10.85 |
| 15. | Daniël Tintu | ENC Arnhem | 1:10.54 | 201003173 | | **1:11.13** | | 1:11.13 |
| 16. | Gerco van Dijk | Olympia | 1:10.42 | 201000997 | | **1:11.16** | | 1:11.16 |
| 17. | Coen Sikking | DWV | 1:10.80 | 200901831 | | **1:11.19** | | 1:11.19 |
| 18. | Nordin Vermeer | DWK | 1:07.63 | 201000227 | | **1:11.43** | | 1:11.43 |
| 19. | Fabian Bruil | Aquapoldro | 1:10.65 | 200900533 | | **1:12.00** | | 1:12.00 |

### Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Mies de Wit | CWW | 58.27 | 200700315 | | **57.69** | | 57.69 |
| 2. | Odo McCarthy | CWW | 59.38 | 200700307 | | **58.30** | | 58.30 |
| 3. | Enna Lamers | CWW | 1:02.68 | 200800899 | | **1:01.89** | | 1:01.89 |
| 4. | Jelle van Mullekom | RZC | 1:02.46 | 200801267 | | **1:02.82** | | 1:02.82 |
| 5. | Daniël van Dijk | Zuiderzeezwemmers | 1:03.83 | 200703185 | | **1:04.43** | | 1:04.43 |
| 6. | Tom Pisters | RZC | 1:05.47 | 200801119 | | **1:06.61** | | 1:06.61 |
| 7. | Timo Bourgonje | SG Octopus - ZVV | 1:08.20 | 200700599 | | **1:08.23** | | 1:08.23 |
| 8. | Brian Blankespoor | De Vrije Slag | 1:11.34 | 200801133 | | **1:09.67** | | 1:09.67 |
| 9. | Tim Looijen | Wahoo Swimming | 1:08.88 | 200700325 | | **1:09.92** | | 1:09.92 |
| 10. | D. van den Anker | RZC | 1:10.71 | 200802079 | | **1:10.32** | | 1:10.32 |

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Martijn Velders | Aqua-Novio'94 | 1:01.86 | 199502619 | | **1:01.45** | | 1:01.45 |
| 2. | Thijs de Geus | Olympia | 1:02.34 | 200200349 | | **1:02.50** | | 1:02.50 |
| 3. | Joop Tuppe | Olympia | 1:03.54 | 200100581 | | **1:02.55** | | 1:02.55 |
| 4. | Mika Bongers | ENC Arnhem | 1:03.62 | 200502683 | | **1:03.06** | | 1:03.06 |
| 5. | Ryan Bleumink | De Berkelduikers | 1:03.74 | 200601257 | | **1:03.87** | | 1:03.87 |
| 6. | Lars ten Katen | DWK | 1:02.23 | 200600959 | | **1:05.47** | | 1:05.47 |
| 7. | Jesse Bruines | Batavia Swim | 1:23.97 | 200402413 | SM9 | **1:25.57** | 469 | 1:25.57 |

### Para

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 1:23.97 | 200402413 | SM9 | **1:25.57** | 469 | 1:25.57 |

Programmanr. 104 | Dames, 100m rugslag | 11 jaar en ouder
14-11-2026 - 15:20 | Resultaten

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | | |
| 1. | Vlinder Mariman | Aqua-Novio'94 | 1:19.65 | 201301522 | | **1:16.01** | | 35.90 | 1:16.01 |
| 2. | Nina van Riessen | Aquapoldro | 1:20.91 | 201401116 | | **1:16.78** | | 37.62 | 1:16.78 |
| 3. | Jackie Scherps | Aqua-Novio'94 | 1:20.86 | 201500846 | | **1:18.56** | | 38.28 | 1:18.56 |
| 4. | Dorean Iseger | DWK | 1:19.07 | 201300470 | | **1:18.98** | | 39.00 | 1:18.98 |
| 5. | Roxan Meijer | DWK | 1:20.73 | 201300854 | | **1:19.40** | | 39.29 | 1:19.40 |
| 6. | Maybritt Opgenoort | CWW | 1:22.81 | 201500202 | | **1:20.04** | | 38.68 | 1:20.04 |
| 7. | Josephine Rugenbrink * | Aquapoldro | 1:24.89 | 201401324 | | **1:25.06** | | 41.09 | 1:25.06 |
| 8. | Fleur Kalma | Aqua-Novio'94 | 1:25.33 | 201500192 | | **1:27.46** | | 41.88 | 1:27.46 |
| 9. | Evi Burgerhart * | DWK | 1:27.16 | 201400076 | | **1:27.78** | | 43.31 | 1:27.78 |
| DIS | Lena Verplak | Aqua-Novio'94 | 1:10.35 | 201400512 | | | | | |
| | *RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten (bij O10 tenminste 5m voor keerpunt).* | | | | | | | | |
| NG | Noor de Vogt | DWK | 1:23.33 | 201400120 | | | | | |
| NG | Jolijn Kraaijenbrink | Aqua-Novio'94 | 1:15.40 | 201300230 | | | | | |
| **Onder 16** | | | | | | | | | |
| 1. | Anna Berkhout | DWK | 1:10.59 | 201100080 | | **1:13.07** | | 34.80 | 1:13.07 |
| 2. | Belle Fiering | Aqua-Novio'94 | 1:13.64 | 201202546 | | **1:14.35** | | 35.26 | 1:14.35 |
| 3. | Bente Toth | SG Octopus - ZVV | 1:16.23 | 201102818 | | **1:14.65** | | 35.90 | 1:14.65 |
| 4. | Femke Mandema | DWK | 1:14.80 | 201100396 | | **1:16.09** | | 37.23 | 1:16.09 |
| 5. | Yvonne de Graaf | DWK | 1:11.88 | 201101418 | | **1:16.51** | | 35.87 | 1:16.51 |
| 6. | Maud Sellis | SG Octopus - ZVV | 1:18.47 | 201101172 | | **1:16.92** | | 37.49 | 1:16.92 |
| 7. | Sanne Eilander | SG Octopus - ZVV | 1:16.03 | 201102514 | | **1:17.10** | | 37.93 | 1:17.10 |
| 8. | Yanaika Ido | Batavia Swim | 1:14.68 | 201102764 | | **1:18.04** | | 37.52 | 1:18.04 |
| 9. | Laure Eekhoff | CWW | 1:19.39 | 201100674 | | **1:19.29** | | 38.02 | 1:19.29 |
| 10. | Gwyneth van der Spek | Batavia Swim | 1:40.65 | 201102806 | S7 | **1:39.65** | 512 | 49.30 | 1:39.65 |
| **Onder 18** | | | | | | | | | |
| 1. | Charlotte Landman | CWW | 1:08.23 | 200901290 | | **1:06.57** | | 31.91 | 1:06.57 |
| 2. | Tara Langkamp | Aqua-Novio'94 | 1:08.14 | 200900362 | | **1:07.76** | | 32.32 | 1:07.76 |
| 3. | Julia Bos | De Hokseberg | 1:07.83 | 200900184 | | **1:08.82** | | 32.96 | 1:08.82 |
| 4. | Tess Dugandzic | Zuiderzeezwemmers | 1:10.45 | 201002908 | | **1:10.56** | | 34.42 | 1:10.56 |
| 5. | Lili Oosting | DWK | 1:10.96 | 200900384 | | **1:10.98** | | 34.71 | 1:10.98 |
| 6. | Tessa van Beek | DWK | 1:08.83 | 201001446 | | **1:11.57** | | 34.91 | 1:11.57 |
| 7. | Lynn Rozendal | NDD | 1:12.41 | 200901038 | | **1:11.88** | | 35.00 | 1:11.88 |
| 8. | Ann Hietbrink | De Berkelduikers | 1:13.41 | 200902444 | | **1:13.33** | | 35.44 | 1:13.33 |
| 9. | Tessa Zevenbergen | Aquapoldro | 1:11.10 | 201002662 | | **1:14.50** | | 35.47 | 1:14.50 |
| 10. | Lenore Donker | NDD | 1:12.40 | 201000080 | | **1:14.80** | | 35.94 | 1:14.80 |
| 11. | Evi Giesbers | Wahoo Swimming | 1:15.35 | 200901536 | | **1:15.54** | | 37.70 | 1:15.54 |
| 12. | Kyana de Vries | Aqua-Novio'94 | 1:16.40 | 200901260 | | **1:16.10** | | 37.45 | 1:16.10 |
| 13. | Elin Das | NDD | 1:16.79 | 200901036 | | **1:18.02** | | 38.08 | 1:18.02 |
| 14. | Leana den Hartog * | Aqua-Novio'94 | 1:41.33 | 200904020 | S14 | **1:39.83** | 269 | 47.23 | 1:39.83 |
| NG | Elin Baars | DWK | 1:07.26 | 201000138 | | | | | |
| **Onder 20** | | | | | | | | | |
| 1. | Lyke Bellert | SG Octopus - ZVV | 1:06.45 | 200701424 | | **1:06.70** | | 33.23 | 1:06.70 |
| 2. | Niobe Maduro | Aqua-Novio'94 | 1:07.32 | 200800378 | | **1:06.75** | | 31.85 | 1:06.75 |
| 3. | Carlijn Boltendal | Zuiderzeezwemmers | 1:08.76 | 200700082 | | **1:10.61** | | 34.26 | 1:10.61 |
| 4. | Nynke van Leeuwen * | De Berkelduikers | 1:13.26 | 200701272 | | **1:14.02** | | 35.56 | 1:14.02 |
| 5. | Nilou Vriesema | De Hokseberg | 1:12.95 | 200703216 | | **1:14.23** | | 35.62 | 1:14.23 |
| 6. | Tess Wakker | De Rijn | 1:16.77 | 200700154 | | **1:18.05** | | 37.95 | 1:18.05 |

## Programmanr. 104, Dames, 100m rugslag

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Isa Willemsen | Aqua-Novio'94 | 1:04.91 | 199900628 | | **1:04.44** | | 30.10 | 1:04.44 |
| 2. | C. van der Zanden | Aqua-Novio'94 | 1:03.46 | 200502618 | | **1:04.51** | | 31.17 | 1:04.51 |
| 3. | Jonna Muntjewerff | ENC Arnhem | 1:07.50 | 200402396 | | **1:06.20** | | 32.10 | 1:06.20 |
| 4. | Kim van Dongen | SG Wijchen-Gelenberg | 1:08.06 | 200400140 | | **1:08.08** | | 33.01 | 1:08.08 |
| 5. | Lois van Oijen | CWW | 1:10.69 | 200402054 | | **1:11.32** | | 34.32 | 1:11.32 |
| 6. | M. van Langevelde | DWK | 1:10.62 | 199803160 | | **1:11.96** | | 34.30 | 1:11.96 |
| 7. | Nienke Verploeg | Olympia | 1:12.46 | 200000438 | | **1:13.16** | | 35.52 | 1:13.16 |
| 8. | Aniek Garritsen | De IJsselmeeuwen | 1:12.64 | 199504290 | | **1:14.69** | | 36.35 | 1:14.69 |
| 9. | Noor Polman | CWW | 1:12.88 | 200501248 | | **1:15.05** | | 36.72 | 1:15.05 |
| 10. | Vera Renshof | DWK | 1:13.29 | 200301582 | | **1:15.07** | | 36.56 | 1:15.07 |
| AFGEM | Merel van den Heuvel | ZV De Meer | 1:11.89 | 200201784 | | | | | |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek | Batavia Swim | 1:40.65 | 201102806 | S7 | **1:39.65** | 512 | 49.30 | 1:39.65 |
| 2. | Leana den Hartog * | Aqua-Novio'94 | 1:41.33 | 200904020 | S14 | **1:39.83** | 269 | 47.23 | 1:39.83 |

## Programmanr. 105 — Heren, 200m vlinderslag — 11 jaar en ouder
14-11-2026 - 15:36 — Normale baanindeling — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 2:33.92 | 201300057 | **2:32.05** | | 32.19 | 1:09.74 | | 2:32.05 |
| 2. | L. Grondard - van Scha | Aqua-Novio'94 | 2:58.77 | 201303197 | **2:48.10** | | 36.54 | 1:18.86 | | 2:48.10 |
| 3. | Abel Harms | De Berkelduikers | 3:13.19 | 201302287 | **2:55.04** | | 36.99 | 1:22.28 | | 2:55.04 |
| 4. | Boris Hekker | Aqua-Novio'94 | 2:55.79 | 201400647 | **3:01.87** | | 36.09 | 1:20.00 | | 3:01.87 |

### Onder 16

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Nils Bellert | SG Octopus - ZVV | 2:20.19 | 201100347 | **2:22.05** | | 29.62 | 1:06.08 | | 2:22.05 |
| DIS | D. van de Wetering | DWK | 2:50.67 | 201201973 | | | | | | |

*AF - De aangegeven afstand niet uitgezwommen., *100m*

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| AFGEM | Pieter de Jonge | Aqua-Novio'94 | 2:37.28 | 201200211 | | | | | | |

### Onder 18

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Levi Simonse | De Vrije Slag | 2:25.90 | 200900259 | **2:26.05** | | 30.64 | 1:07.77 | | 2:26.05 |
| 2. | Robby Pisters | RZC | 3:05.07 | 201000101 | **2:53.16** | | 33.06 | 1:15.33 | | 2:53.16 |
| 3. | Barna Esmat | Aquapoldro | 3:04.52 | 201000125 | **2:59.05** | | 35.02 | 1:18.62 | | 2:59.05 |
| 4. | Manuel Meijers | De Rijn | 3:05.39 | 201002289 | **2:59.52** | | 35.95 | 1:19.94 | | 2:59.52 |

### Onder 20

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Rian Schoneveld | DWK | 2:07.87 | 200801789 | **2:09.62** | | 27.15 | 59.62 | | 2:09.62 |
| 2. | Timo Bourgonje | SG Octopus - ZVV | 2:43.55 | 200700599 | **2:32.53** | | 32.32 | 1:09.86 | | 2:32.53 |
| 3. | Tim Looijen | Wahoo Swimming | 2:48.02 | 200700325 | **2:41.78** | | 34.90 | 1:15.32 | | 2:41.78 |
| DIS | Finn Sonneveld | ZV Zaltbommel | 3:10.68 | 200800153 | | | | | | |

*AA - De start ingezet voor het startsignaal (en wel gezwommen).*

### Senioren

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | R. van Everdingen | DWK | 2:13.28 | 200300043 | **2:11.15** | | 29.80 | 1:02.48 | | 2:11.15 |
| 2. | L. van Grevenbroek | CWW | 2:15.03 | 200601323 | **2:16.54** | | 29.69 | 1:05.26 | | 2:16.54 |
| 3. | Mees Peters | CWW | 2:18.57 | 200501895 | **2:16.80** | | 30.56 | 1:05.80 | | 2:16.80 |
| 4. | Jeroen Louwinger | De Rijn | 2:28.30 | 199900583 | **2:30.73** | | 33.66 | 1:11.71 | | 2:30.73 |
| 5. | Alex Vermeulen | Aquapoldro | 2:33.27 | 198905811 | **2:34.70** | | 30.64 | 1:09.21 | | 2:34.70 |
| AFGEM | Cassian Janssen | RZC | 2:25.66 | 200500331 | | | | | | |
| NG | Bas Neeleman | RZC | 2:34.39 | 199603015 | | | | | | |

Programmanr. 106 | Dames, 200m vrije slag | 11 jaar en ouder
14-11-2026 - 16:07 | Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | | | |
| 1. | Lena Verplak | Aqua-Novio'94 | 2:23.62 | 201400512 | **2:23.37** | | 32.41 | 1:09.12 | | 2:23.37 |
| 2. | Sophia Heusinkveld | De Berkelduikers | 2:28.86 | 201301552 | **2:25.66** | | 33.20 | 1:10.49 | | 2:25.66 |
| 3. | Roxan Meijer | DWK | 2:28.39 | 201300854 | **2:28.33** | | 34.39 | 1:11.72 | | 2:28.33 |
| 4. | Laura Offermans | ZV Zaltbommel | 2:35.27 | 201300766 | **2:31.07** | | 32.66 | 1:10.30 | | 2:31.07 |
| 5. | Vlinder Mariman | Aqua-Novio'94 | 2:35.91 | 201301522 | **2:33.39** | | 34.79 | 1:14.31 | | 2:33.39 |
| 6. | Nynthe Spikmans | Aqua-Novio'94 | 2:36.08 | 201301168 | **2:34.05** | | 34.44 | 1:13.59 | | 2:34.05 |
| 7. | Nina van Riessen | Aquapoldro | 2:53.61 | 201401116 | **2:37.01** | | 34.78 | 1:16.95 | | 2:37.01 |
| 8. | Dorean Iseger | DWK | 2:37.17 | 201300470 | **2:38.27** | | 35.75 | 1:15.93 | | 2:38.27 |
| 9. | Jackie Scherps | Aqua-Novio'94 | 2:39.12 | 201500846 | **2:40.29** | | 36.11 | 1:16.48 | | 2:40.29 |
| 10. | Fleur Kalma | Aqua-Novio'94 | 2:35.22 | 201500192 | **2:41.29** | | 36.08 | 1:17.12 | | 2:41.29 |
| 11. | Maybritt Opgenoort<br>**50 *100* | CWW | 2:51.40 | 201500202 | **2:44.78** | | 36.66 | 1:18.65 | | 2:44.78 |
| 12. | Sienna Japink<br>**50 *100* | De Rijn | 2:53.34 | 201402322 | **2:47.79** | | 34.80 | 1:18.23 | | 2:47.79 |
| 13. | Evi Burgerhart | DWK | 2:49.35 | 201400076 | **2:50.47** | | 38.49 | 1:21.66 | | 2:50.47 |
| 14. | Janne Groen | Aqua-Novio'94 | 2:52.50 | 201401186 | **2:53.56** | | 38.17 | 1:23.27 | | 2:53.56 |
| 15. | Lotte Kok | SG Octopus - ZVV | 2:51.15 | 201401332 | **2:57.83** | | 37.45 | 1:22.85 | | 2:57.83 |
| **Onder 16** | | | | | | | | | | |
| 1. | Fay Jansen | Aqua-Novio'94 | 2:16.64 | 201200154 | **2:16.47** | | 31.44 | 1:05.98 | | 2:16.47 |
| 2. | Belle Fiering | Aqua-Novio'94 | 2:21.58 | 201202546 | **2:19.06** | | 32.03 | 1:07.37 | | 2:19.06 |
| 3. | Maartje van Berkom | Aqua-Novio'94 | 2:21.27 | 201100514 | **2:22.19** | | 32.11 | 1:08.06 | | 2:22.19 |
| 4. | Johanna van Vliet | DWK | 2:26.91 | 201102104 | **2:26.71** | | 32.41 | 1:09.06 | | 2:26.71 |
| 5. | Laure Eekhoff | CWW | 2:27.12 | 201100674 | **2:27.86** | | 33.62 | 1:11.87 | | 2:27.86 |
| 6. | Annabel Pisters | RZC | 2:28.43 | 201200074 | **2:29.89** | | 34.24 | 1:12.81 | | 2:29.89 |
| 7. | Moira Iseger | DWK | 2:27.75 | 201101908 | **2:30.79** | | 32.81 | 1:10.75 | | 2:30.79 |
| 8. | Gerlin van de Krol<br>**50 * 100* | DWK | 2:30.03 | 201101412 | **2:30.88** | | 33.79 | 1:11.34 | | 2:30.88 |
| 9. | Meike van Beek | DWK | 2:31.66 | 201201556 | **2:32.06** | | 35.19 | 1:14.72 | | 2:32.06 |
| 10. | Jaurieke Morren | SG Octopus - ZVV | 2:32.47 | 201200292 | **2:33.12** | | 34.53 | 1:13.48 | | 2:33.12 |
| 11. | Bente Toth | SG Octopus - ZVV | 2:28.35 | 201102818 | **2:33.40** | | 34.60 | 1:13.79 | | 2:33.40 |
| 12. | Yanaika Ido | Batavia Swim | 2:25.39 | 201102764 | **2:43.18** | | 35.33 | 1:17.01 | | 2:43.18 |
| **Onder 18** | | | | | | | | | | |
| 1. | Tara Langkamp | Aqua-Novio'94 | 2:12.52 | 200900362 | **2:11.59** | | 29.90 | 1:03.56 | | 2:11.59 |
| 2. | Myrthe Rozendaal | Aqua-Novio'94 | 2:16.01 | 201000790 | **2:12.16** | | 30.85 | 1:04.28 | | 2:12.16 |
| 3. | Charlotte Landman | CWW | 2:15.61 | 200901290 | **2:14.57** | | 30.26 | 1:04.30 | | 2:14.57 |
| 4. | Tessa van Beek | DWK | 2:12.23 | 201001446 | **2:19.48** | | 31.41 | 1:06.99 | | 2:19.48 |
| 5. | Sofie van Poecke | DWK | 2:23.70 | 201001448 | **2:23.10** | | 32.64 | 1:08.41 | | 2:23.10 |
| 6. | Kyana de Vries | Aqua-Novio'94 | 2:26.73 | 200901260 | **2:24.31** | | 33.31 | 1:09.80 | | 2:24.31 |
| 7. | Ann Hietbrink | De Berkelduikers | 2:28.41 | 200902444 | **2:24.46** | | 32.51 | 1:09.49 | | 2:24.46 |
| 8. | Tessa Zevenbergen | Aquapoldro | 2:22.07 | 201002662 | **2:25.00** | | 32.09 | 1:09.51 | | 2:25.00 |
| 9. | Elin Das | NDD | 2:23.87 | 200901036 | **2:25.96** | | 32.54 | 1:09.58 | | 2:25.96 |
| 10. | Lenore Donker | NDD | 2:25.26 | 201000080 | **2:26.80** | | 32.95 | 1:10.43 | | 2:26.80 |
| NG | Tess Dugandzic | Zuiderzeezwemmers | 2:25.28 | 201002908 | | | | | | |
| **Onder 20** | | | | | | | | | | |
| 1. | Rosalie Bressers | RZC | 2:15.42 | 200703820 | **2:12.27** | | 30.12 | 1:03.48 | | 2:12.27 |
| 2. | Lyke Bellert | SG Octopus - ZVV | 2:22.09 | 200701424 | **2:16.90** | | 31.48 | 1:05.78 | | 2:16.90 |
| 3. | Nynke van Leeuwen | De Berkelduikers | 2:22.68 | 200701272 | **2:21.39** | | 30.73 | 1:06.36 | | 2:21.39 |
| 4. | Nilou Vriesema | De Hokseberg | 2:28.20 | 200703216 | **2:29.06** | | 33.59 | 1:11.64 | | 2:29.06 |
| 5. | D. van de Werken | Olympia | 2:29.80 | 200701672 | **2:29.52** | | 34.52 | 1:12.22 | | 2:29.52 |
| 6. | Elise van der Wielen | Olympia | 2:30.03 | 200700346 | **2:30.28** | | 34.61 | 1:12.82 | | 2:30.28 |
| 7. | Maartje Walstra | De Hokseberg | 2:31.54 | 200702160 | **2:30.58** | | 34.20 | 1:12.73 | | 2:30.58 |
| 8. | Inke Versluis | Olympia | 2:26.85 | 200800218 | **2:33.82** | | 35.38 | 1:14.32 | | 2:33.82 |

## Programmanr. 106, Dames, 200m vrije slag

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | C. van der Zanden | Aqua-Novio'94 | 2:01.37 | 200502618 | **2:02.98** | 28.32 | 59.80 | 2:02.98 |
| 2. | M. van Langevelde | DWK | 2:08.41 | 199803160 | **2:10.59** | 30.41 | 1:03.48 | 2:10.59 |
| 3. | Lynn Rötter | ZPC Livo | 2:12.83 | 200600950 | **2:12.81** | 30.28 | 1:03.68 | 2:12.81 |
| 4. | Vera Renshof | DWK | 2:10.71 | 200301582 | **2:13.30** | 30.46 | 1:04.00 | 2:13.30 |
| 5. | Isa Willemsen | Aqua-Novio'94 | 2:19.65 | 199900628 | **2:14.91** | 29.83 | 1:03.91 | 2:14.91 |
| 6. | Myrthe Dam | Zuiderzeezwemmers | 2:16.06 | 200602336 | **2:16.18** | 31.56 | 1:05.91 | 2:16.18 |
| 7. | Noor Polman | CWW | 2:13.58 | 200501248 | **2:18.93** | 31.49 | 1:06.50 | 2:18.93 |
| 8. | Nienke Lammers | ENC Arnhem | 2:19.18 | 200200806 | **2:19.28** | 32.09 | 1:06.76 | 2:19.28 |
| 9. | Nienke Verploeg | Olympia | 2:19.66 | 200000438 | **2:20.99** | 33.23 | 1:09.42 | 2:20.99 |
| 10. | Welmoed Doornbos | ENC Arnhem | 2:16.79 | 200203352 | **2:22.82** | 31.69 | 1:08.10 | 2:22.82 |

## Programmanr. 107 — Heren, 100m vrije slag — 11 jaar en ouder
14-11-2026 - 16:30 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 57.95 | 201300057 | **58.60** | | 27.67 | 58.60 |
| 2. | L. Grondard - van Schag | Aqua-Novio'94 | 1:04.53 | 201303197 | **1:01.69** | | 29.50 | 1:01.69 |
| 3. | Sem Neurdenburg | De Woelwaters | 1:05.86 | 201302709 | **1:03.02** | | 29.83 | 1:03.02 |
| 4. | Fido Hulstijn | CWW | 1:04.63 | 201300775 | **1:03.87** | | 31.24 | 1:03.87 |
| 5. | Thijn Eekhoff | CWW | 1:06.01 | 201300037 | **1:04.94** | | 31.18 | 1:04.94 |
| 6. | Abel Harms | De Berkelduikers | 1:04.70 | 201302287 | **1:05.07** | | 31.11 | 1:05.07 |
| 7. | Dinand Gerritsen | Batavia Swim | 1:07.81 | 201300335 | **1:07.18** | | 31.50 | 1:07.18 |
| 8. | Boris Hekker | Aqua-Novio'94 | 1:09.14 | 201400647 | **1:07.54** | | 32.22 | 1:07.54 |
| 9. | Olivier Valeijn | DWK | 1:09.29 | 201400225 | **1:09.63** | | 33.12 | 1:09.63 |
| 10. | Thijs Noordman | De Berkelduikers | 1:08.79 | 201301489 | **1:09.87** | | 33.23 | 1:09.87 |
| 11. | Mika Fiering<br>*50 | De Berkelduikers | 1:11.61 | 201401343 | **1:10.10** | | 33.65 | 1:10.10 |
| 12. | Tim Kaasschieter | DWK | 1:09.90 | 201400965 | **1:10.26** | | 34.08 | 1:10.26 |
| 13. | Melle Braem | Aqua-Novio'94 | 1:14.83 | 201400055 | **1:10.52** | | 33.38 | 1:10.52 |
| 14. | Stefan Boogaard | Batavia Swim | 1:13.89 | 201400083 | **1:11.81** | | 35.10 | 1:11.81 |
| 15. | Brayden Onstwedder | Batavia Swim | 1:14.86 | 201400395 | **1:12.40** | | 35.01 | 1:12.40 |

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Tim Slagers | Aquapoldro | 57.47 | 201200263 | **55.95** | | 27.03 | 55.95 |
| 2. | Yanniek Jager | Batavia Swim | 58.61 | 201100315 | **57.24** | | 26.90 | 57.24 |
| 3. | Nils Bellert | SG Octopus - ZVV | 57.28 | 201100347 | **57.91** | | 27.79 | 57.91 |
| 4. | Stan Ordelman | SG Octopus - ZVV | 58.57 | 201100009 | **58.65** | | 28.14 | 58.65 |
| 5. | Pieter de Jonge | Aqua-Novio'94 | 1:00.10 | 201200211 | **59.83** | | 28.61 | 59.83 |
| 6. | Rutger Donker | NDD | 1:02.25 | 201200361 | **1:00.13** | | 28.91 | 1:00.13 |
| 7. | Bram van Barneveld | De Woelwaters | 59.88 | 201103437 | **1:00.28** | | 28.12 | 1:00.28 |
| 8. | Bram van Putten<br>*50 | De Hokseberg | 1:02.12 | 201101097 | **1:00.34** | | 28.87 | 1:00.34 |
| 9. | Maarten de Haas | Olympia | 59.84 | 201100049 | **1:00.37** | | 28.76 | 1:00.37 |
| 10. | Dax Muijlaert | SG Octopus - ZVV | 57.99 | 201100535 | **1:00.78** | | 28.43 | 1:00.78 |
| 11. | Kane van Middendorp | DWK | 1:01.82 | 201101537 | **1:01.63** | | 29.16 | 1:01.63 |
| 12. | Stef van de Wal | DWK | 1:05.53 | 201200803 | **1:03.03** | | 29.98 | 1:03.03 |
| 13. | Yaro de Vries | Aqua-Novio'94 | 1:04.04 | 201200115 | **1:03.25** | | 29.99 | 1:03.25 |

### Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Ruben Baars<br>*50 | DWK | 49.67 | 200900471 | **49.81** | | 23.61 | 49.81 |
| 2. | Wessel van Dorst | Aqua-Novio'94 | 52.35 | 200900727 | **52.95** | | 24.98 | 52.95 |
| 3. | Xander Koperdraat | Wahoo Swimming | 55.97 | 201001695 | **55.44** | | 27.22 | 55.44 |
| 4. | Retief van Gasteren | Olympia | 58.02 | 201000067 | **56.48** | | 27.00 | 56.48 |
| 5. | Siem Faber | Batavia Swim | 56.57 | 200900065 | **56.55** | | 27.31 | 56.55 |
| 6. | Jesse Jolink | ENC Arnhem | 57.48 | 201000401 | **57.22** | | 27.51 | 57.22 |
| 7. | Daniël Hofman | SG Octopus - ZVV | 58.05 | 201000417 | **57.88** | | 27.45 | 57.88 |
| | Gerco van Dijk | Olympia | 58.61 | 201000997 | **57.88** | | 27.85 | 57.88 |
| 9. | Nordin Vermeer | DWK | 58.73 | 201000227 | **58.71** | | 27.78 | 58.71 |

## Programmanr. 107, Jongens, 100m vrije slag, Onder 18

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|---|
| 10. | Mees van der Burg | Olympia | 59.73 | 200900515 | | **59.61** | | 28.31 | 59.61 |
| 11. | Daniël Tintu | ENC Arnhem | 59.63 | 201003173 | | **1:00.85** | | 29.03 | 1:00.85 |

### Onder 20

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 52.51 | 200700307 | | **52.07** | | 25.18 | 52.07 |
| 2. | Jelle van Mullekom | RZC | 54.79 | 200801267 | | **54.78** | | 25.62 | 54.78 |
| 3. | Enna Lamers | CWW | 55.96 | 200800899 | | **55.67** | | 26.25 | 55.67 |
| 4. | Daniël van Dijk | Zuiderzeezwemmers | 56.01 | 200703185 | | **56.25** | | 26.80 | 56.25 |
| 5. | Brian Blankespoor | De Vrije Slag | 57.61 | 200801133 | | **57.84** | | 27.95 | 57.84 |
| 6. | Timo Bourgonje | SG Octopus - ZVV | 58.07 | 200700599 | | **58.37** | | 28.06 | 58.37 |
| 7. | Ivan van Wijngaarden | Wahoo Swimming | 58.99 | 200800385 | | **59.16** | | 28.47 | 59.16 |
| 8. | Kaj Folkerts | De Rijn | 58.02 | 200700067 | | **59.17** | | 28.19 | 59.17 |

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Bjorn van Doesburg<br>**50* | Aqua-Novio'94 | 51.22 | 200201867 | | **50.18** | | 24.30 | 50.18 |
| 2. | Ronis van Everdingen | DWK | 51.73 | 200300043 | | **51.95** | | 25.23 | 51.95 |
| 3. | Léon van Grevenbroek | CWW | 54.54 | 200601323 | | **53.74** | | 25.64 | 53.74 |
| 4. | Mees Peters | CWW | 53.22 | 200501895 | | **54.04** | | 26.01 | 54.04 |
| 5. | Joop Tuppe | Olympia | 55.35 | 200100581 | | **54.43** | | 25.53 | 54.43 |
| 6. | Thijs de Geus | Olympia | 55.37 | 200200349 | | **55.48** | | 26.82 | 55.48 |
| 7. | Ryan Bleumink | De Berkelduikers | 55.49 | 200601257 | | **56.56** | | 26.66 | 56.56 |
| 8. | Lars ten Katen | DWK | 54.96 | 200600959 | | **57.62** | | 27.50 | 57.62 |
| 9. | Jesse Bruines | Batavia Swim | 1:07.40 | 200402413 | S9 | **1:07.07** | 512 | 32.37 | 1:07.07 |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 1:07.40 | 200402413 | S9 | **1:07.07** | 512 | 32.37 | 1:07.07 |

## Programmanr. 108 — Dames, 400m wisselslag — 11 jaar en ouder

14-11-2026 - 16:42 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | |
| 1. | Lena Verplak | Aqua-Novio'94 | 5:49.28 | 201400512 | **5:49.02** | |
| | 50m: 35.66 | 35.66 150m: | | 250m: | 350m: | |
| | 100m: 1:21.34 | 45.68 200m: | | 300m: | 400m: 5:49.02 | |
| 2. | Sophia Heusinkveld | De Berkelduikers | 5:53.21 | 201301552 | **5:53.69** | |
| | 50m: 38.85 | 38.85 150m: | | 250m: | 350m: | |
| | 100m: 1:25.57 | 46.72 200m: | | 300m: | 400m: 5:53.69 | |
| 3. | Roxan Meijer | DWK | 6:18.01 | 201300854 | **6:13.29** | |
| | 50m: 41.06 | 41.06 150m: | | 250m: | 350m: | |
| | 100m: 1:31.46 | 50.40 200m: | | 300m: | 400m: 6:13.29 | |
| 4. | Nynthe Spikmans | Aqua-Novio'94 | 6:28.28 | 201301168 | **6:14.39** | |
| | 50m: 40.63 | 40.63 150m: | | 250m: | 350m: | |
| | 100m: 1:31.54 | 50.91 200m: | | 300m: | 400m: 6:14.39 | |
| 5. | Vlinder Mariman | Aqua-Novio'94 | 6:24.60 | 201301522 | **6:18.24** | |
| | 50m: 39.98 | 39.98 150m: | | 250m: | 350m: | |
| | 100m: 1:29.59 | 49.61 200m: | | 300m: | 400m: 6:18.24 | |
| 6. | Laura Offermans | ZV Zaltbommel | 6:29.22 | 201300766 | **6:22.77** | |
| | 50m: 38.60 | 38.60 150m: | | 250m: | 350m: | |
| | 100m: 1:28.95 | 50.35 200m: | | 300m: | 400m: 6:22.77 | |
| NG | Annelinde Straathof | SG Octopus - ZVV | 6:29.77 | 201301598 | | |
| NG | Jolijn Kraaijenbrink | Aqua-Novio'94 | 5:49.92 | 201300230 | | |

## Programmanr. 108, Dames, 400m wisselslag

### Onder 16

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Fay Jansen | Aqua-Novio'94 | 5:38.55 | 201200154 | | **5:39.23** | |
| | 50m: 35.08 | 35.08 | 150m: | 250m: | | 350m: | |
| | 100m: 1:16.84 | 41.76 | 200m: | 300m: | | 400m: | 5:39.23 |
| 2. | Gerlin van de Krol | DWK | 5:37.40 | 201101412 | | **5:39.31** | |
| | 50m: 35.92 | 35.92 | 150m: | 250m: | | 350m: | |
| | 100m: 1:18.24 | 42.32 | 200m: | 300m: | | 400m: | 5:39.31 |
| 3. | Anna Berkhout | DWK | 5:44.16 | 201100080 | | **5:44.42** | |
| | 50m: 37.83 | 37.83 | 150m: | 250m: | | 350m: | |
| | 100m: 1:23.92 | 46.09 | 200m: | 300m: | | 400m: | 5:44.42 |
| 4. | Maartje van Berkom | Aqua-Novio'94 | 5:42.62 | 201100514 | | **5:48.77** | |
| | 50m: 35.63 | 35.63 | 150m: | 250m: | | 350m: | |
| | 100m: 1:18.47 | 42.84 | 200m: | 300m: | | 400m: | 5:48.77 |
| 5. | Jaurieke Morren | SG Octopus - ZVV | 6:06.44 | 201200292 | | **5:57.13** | |
| | 50m: 38.38 | 38.38 | 150m: | 250m: | | 350m: | |
| | 100m: 1:25.20 | 46.82 | 200m: | 300m: | | 400m: | 5:57.13 |
| 6. | Maud Sellis | SG Octopus - ZVV | 6:06.63 | 201101172 | | **6:02.32** | |
| | 50m: 38.26 | 38.26 | 150m: | 250m: | | 350m: | |
| | 100m: 1:24.56 | 46.30 | 200m: | 300m: | | 400m: | 6:02.32 |
| 7. | Femke Mandema | DWK | 6:02.54 | 201100396 | | **6:13.05** * | |
| | 50m: 39.80 | 39.80 | 150m: | 250m: | | 350m: | |
| | 100m: 1:26.90 | 47.10 | 200m: | 300m: | | 400m: | 6:13.05 |
| 8. | Gwyneth van der Spek | Batavia Swim | 7:29.17 | 201102806 | SM7 | **7:49.97** | |
| | *NR PARA* | | | | | | |
| | 50m: 56.05 | 56.05 | 150m: | 250m: | | 350m: | |
| | 100m: 2:00.63 | 1:04.58 | 200m: | 300m: | | 400m: | 7:49.97 |

### Onder 18

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Lili Oosting | DWK | 5:27.70 | 200900384 | | **5:33.29** | |
| | 50m: 36.02 | 36.02 | 150m: | 250m: | | 350m: | |
| | 100m: 1:18.00 | 41.98 | 200m: | 300m: | | 400m: | 5:33.29 |
| 2. | Kyana de Vries | Aqua-Novio'94 | 5:50.13 | 200901260 | | **5:37.44** | |
| | 50m: 35.83 | 35.83 | 150m: | 250m: | | 350m: | |
| | 100m: 1:18.20 | 42.37 | 200m: | 300m: | | 400m: | 5:37.44 |
| 3. | Lynn Rozendal | NDD | 5:41.55 | 200901038 | | **5:39.07** | |
| | 50m: 35.35 | 35.35 | 150m: | 250m: | | 350m: | |
| | 100m: 1:17.93 | 42.58 | 200m: | 300m: | | 400m: | 5:39.07 |
| 4. | Froukje van Leeuwen | De Berkelduikers | 6:22.35 | 200901208 | | **6:35.31** | |
| | 50m: 38.91 | 38.91 | 150m: | 250m: | | 350m: | |
| | 100m: 1:27.97 | 49.06 | 200m: | 300m: | | 400m: | 6:35.31 |
| DIS | Pleun Schouten | De IJsselmeeuwen | 6:09.53 | 201002106 | | | |
| | *RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.* | | | | | | |
| DIS | Lenore Donker | NDD | 5:46.98 | 201000080 | | | |
| | *AF - De aangegeven afstand niet uitgezwommen.* | | | | | | |
| DIS | Myrthe Rozendaal | Aqua-Novio'94 | 5:20.13 | 201000790 | | | |
| | *RH - Het eindpunt niet in rugligging aangeraakt.* | | | | | | |
| AFGEM | Juno Nijhuis | RZC | 6:07.42 | 200900294 | | | |

### Onder 20

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 5:16.54 | 200800378 | | **5:23.32** | |
| | 50m: 32.90 | 32.90 | 150m: | 250m: | | 350m: | |
| | 100m: 1:14.62 | 41.72 | 200m: | 300m: | | 400m: | 5:23.32 |
| 2. | Noa Ottens | Aqua-Novio'94 | 5:21.13 | 200702256 | | **5:32.02** | |
| | 50m: 31.74 | 31.74 | 150m: | 250m: | | 350m: | |
| | 100m: 1:09.99 | 38.25 | 200m: | 300m: | | 400m: | 5:32.02 |
| 3. | Fenna Reijmers | CWW | 5:35.23 | 200800244 | | **5:38.08** | |
| | 50m: 35.45 | 35.45 | 150m: | 250m: | | 350m: | |
| | 100m: 1:19.33 | 43.88 | 200m: | 300m: | | 400m: | 5:38.08 |
| 4. | Britt Hopman | SG Octopus - ZVV | 5:56.23 | 200702688 | | **6:07.48** | |
| | 50m: 37.73 | 37.73 | 150m: | 250m: | | 350m: | |
| | 100m: 1:22.93 | 45.20 | 200m: | 300m: | | 400m: | 6:07.48 |
| 5. | Elise van der Wielen | Olympia | 6:09.15 | 200700346 | | **6:07.53** | |
| | 50m: 41.57 | 41.57 | 150m: | 250m: | | 350m: | |
| | 100m: 1:30.37 | 48.80 | 200m: | 300m: | | 400m: | 6:07.53 |

## Programmanr. 108, Dames, 400m wisselslag, Onder 20

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 6. | Danique van de Werken | Olympia | 6:11.22 | 200701672 | **6:08.72** | |
| | 50m: 39.08 | 39.08 150m: | | 250m: | 350m: | |
| | 100m: 1:25.72 | 46.64 200m: | | 300m: | 400m: 6:08.72 | |
| 7. | Tess Wakker | De Rijn | 6:08.53 | 200700154 | **6:09.14** | |
| | 50m: 37.54 | 37.54 150m: | | 250m: | 350m: | |
| | 100m: 1:21.89 | 44.35 200m: | | 300m: | 400m: 6:09.14 | |
| 8. | Sam Toonen Dekkers | SG Wijchen-Gelenberg | 6:23.42 | 200703316 | **6:09.94** | |
| | 50m: 39.10 | 39.10 150m: | | 250m: | 350m: | |
| | 100m: 1:27.00 | 47.90 200m: | | 300m: | 400m: 6:09.94 | |

### Senioren

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Jonna Muntjewerff | ENC Arnhem | 5:20.19 | 200402396 | **5:16.37** | |
| | 50m: 32.50 | 32.50 150m: | | 250m: | 350m: | |
| | 100m: 1:11.13 | 38.63 200m: | | 300m: | 400m: 5:16.37 | |
| 2. | Lynn Rötter | ZPC Livo | 5:32.81 | 200600950 | **5:26.64** | |
| | 50m: 35.75 | 35.75 150m: | | 250m: | 350m: | |
| | 100m: 1:18.97 | 43.22 200m: | | 300m: | 400m: 5:26.64 | |
| 3. | Myrthe Dam | Zuiderzeezwemmers | 5:33.23 | 200602336 | **5:31.87** | |
| | 50m: 35.35 | 35.35 150m: | | 250m: | 350m: | |
| | 100m: 1:17.48 | 42.13 200m: | | 300m: | 400m: 5:31.87 | |
| 4. | Isa van Ditshuizen | De Berkelduikers | 5:38.33 | 200201002 | **5:35.25** | |
| | 50m: 33.79 | 33.79 150m: | | 250m: | 350m: | |
| | 100m: 1:15.46 | 41.67 200m: | | 300m: | 400m: 5:35.25 | |
| 5. | Aniek Garritsen | De IJsselmeeuwen | 5:54.56 | 199504290 | **5:56.57** | |
| | 50m: 35.69 | 35.69 150m: | | 250m: | 350m: | |
| | 100m: 1:18.19 | 42.50 200m: | | 300m: | 400m: 5:56.57 | |

### Para

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek<br>*NR PARA* | Batavia Swim | 7:29.17 | 201102806 | SM7 | **7:49.97** |
| | 50m: 56.05 | 56.05 150m: | | 250m: | 350m: | |
| | 100m: 2:00.63 | 1:04.58 200m: | | 300m: | 400m: 7:49.97 | |

## Programmanr. 109 — Heren, 50m schoolslag — 11 jaar en ouder
14-11-2026 - 17:18 — Resultaten Voorronde

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | |
| 1. | Ralph Kersten | Aqua-Novio'94 | 36.52 | 201301263 | **34.47** | |
| 2. | Sem Neurdenburg | De Woelwaters | 39.88 | 201302709 | **37.69** | |
| 3. | Thijn Eekhoff | CWW | 38.98 | 201300037 | **37.76** | |
| 4. | Kay Vonk | ZV De Meer | 40.36 | 201301077 | **38.10** | |
| 5. | L. Grondard - van Schagen | Aqua-Novio'94 | 40.90 | 201303197 | **38.36** | |
| 6. | Fido Hulstijn | CWW | 39.78 | 201300775 | **38.39** | |
| 7. | Abel Harms | De Berkelduikers | 41.68 | 201302287 | **40.39** | |
| 8. | Sina Esmat | Aquapoldro | 44.27 | 201400163 | **41.21** | |
| 9. | Melle Braem | Aqua-Novio'94 | 44.44 | 201400055 | **42.19** | |
| 10. | Brayden Onstwedder | Batavia Swim | 43.31 | 201400395 | **42.60** | |
| 11. | Boris Hekker | Aqua-Novio'94 | 43.96 | 201400647 | **44.24** | |
| 12. | Mika Fiering | De Berkelduikers | 46.18 | 201401343 | **44.33** | |
| 13. | Stefan Boogaard | Batavia Swim | 44.38 | 201400083 | **44.44** | |
| 14. | Dante Buser | Aqua-Novio'94 | 44.76 | 201502031 | **44.52** | |
| 15. | Tim Kaasschieter | DWK | 46.05 | 201400965 | **45.25** | |
| 16. | Olivier Valeijn | DWK | 45.83 | 201400225 | **45.29** | |
| 17. | Jim van Veldhuizen | DWK | 46.29 | 201500785 | **45.54** | |

Programmanr. 109, Heren, 50m schoolslag, Voorronde

## Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Nils Bellert | SG Octopus - ZVV | 32.42 | 201100347 | **32.40** | |
| 2. | Maarten de Haas | Olympia | 35.72 | 201100049 | **33.92** | |
| 3. | Bram van Barneveld | De Woelwaters | 34.46 | 201103437 | **33.98** | |
| 4. | Stan Ordelman | SG Octopus - ZVV | 34.36 | 201100009 | **34.11** | |
| 5. | Yaro de Vries | Aqua-Novio'94 | 35.15 | 201200115 | **34.94** | |
| 6. | Berk Can | Aqua-Novio'94 | 35.87 | 201200353 | **35.25** | |
| 7. | Hugo Hulstijn | CWW | 37.01 | 201100297 | **36.04** | |
| 8. | Yanniek Jager | Batavia Swim | 35.00 | 201100315 | **36.32** | |
| 9. | Tim Slagers | Aquapoldro | 36.62 | 201200263 | **36.40** | |
| 10. | Raf Kersten | De Woelwaters | 37.47 | 201103215 | **36.55** | |
| 11. | Tim Burgerhart | DWK | 37.31 | 201200435 | **36.60** | |
| 12. | Stef van de Wal | DWK | 36.62 | 201200803 | **36.68** | |
| 13. | Luca Leerentveld | CWW | 39.04 | 201200299 | **38.56** | |
| 14. | Rutger Donker | NDD | 37.67 | 201200361 | **38.66** | |

## Onder 18

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Ruben Baars | DWK | 28.81 | 200900471 | **28.96** | Q |
| 2. | Tygo van de Wal | DWK | 30.66 | 201001329 | **30.28** | Q |
| 3. | Sven Potappel | DWK | 31.65 | 201000127 | **30.63** | R |
| 4. | Giano Spoor | Aquapoldro | 30.96 | 200900655 | **30.64** | |
| 5. | Retief van Gasteren | Olympia | 32.56 | 201000067 | **31.89** | |
| 6. | Wessel van Dorst | Aqua-Novio'94 | 34.75 | 200900727 | **32.07** | |
| 7. | Ehor Poznyak | Aqua-Novio'94 | 33.56 | 201003501 | **32.92** | |
| 8. | Xander Koperdraat | Wahoo Swimming | 32.49 | 201001695 | **33.14** | |
| 9. | Levi Simonse | De Vrije Slag | 33.67 | 200900259 | **33.19** | |
| 10. | Mees van der Burg | Olympia | 34.65 | 200900515 | **33.81** | |
| 11. | Daniël Hofman | SG Octopus - ZVV | 34.68 | 201000417 | **34.08** | |
| 12. | Coen Sikking | DWV | 33.96 | 200901831 | **34.09** | |
| 13. | Nordin Vermeer | DWK | 34.55 | 201000227 | **34.97** | |

## Onder 20

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Mies de Wit | CWW | 29.17 | 200700315 | **29.07** | Q |
| 2. | Odo McCarthy | CWW | 29.73 | 200700307 | **29.56** | Q |
| 3. | Enna Lamers | CWW | 32.29 | 200800899 | **31.87** | |
| 4. | Tom Pisters | RZC | 34.26 | 200801119 | **32.62** | |
| 5. | Jelle van Mullekom | RZC | 33.01 | 200801267 | **32.93** | |
| 6. | Ivan van Wijngaarden | Wahoo Swimming | 34.40 | 200800385 | **35.30** | |
| 7. | Tim Looijen | Wahoo Swimming | 34.95 | 200700325 | **35.56** | |
| 8. | Kaj Folkerts | De Rijn | 36.64 | 200700067 | **35.69** | |

## Senioren

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Martijn Velders | Aqua-Novio'94 | 29.85 | 199502619 | **29.45** | Q |
| 2. | John Quinn | N.S.Z.& W.V. Hydrofiel | 30.36 | 200101219 | **29.87** | Q |
| 3. | Mika Bongers | ENC Arnhem | 30.92 | 200502683 | **30.22** | Q |
| 4. | Gaio Sanders | Aqua-Novio'94 | 29.70 | 200500533 | **30.47** | Q |
| 5. | Ronis van Everdingen | DWK | 30.63 | 200300043 | **30.55** | R |
| 6. | Freek van Willigen | Olympia | 30.72 | 200000543 | **31.18** | |

Programmanr. 110 — Dames, 4 x 100m wisselslag — 11 jaar en ouder
14-11-2026 - 17:28 — Resultaten

| rang | vereniging | intijd | tijd | RT |
|---|---|---|---|---|

## Programmanr. 110, Dames, 4 x 100m wisselslag

### Onder 16

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | DWK 2 | DWK | | | 4:43.07 | | **4:46.28** |
| | Anna Berkhout | | 15 | 35.15 | 1:13.40 | Moira Iseger | 15 |
| | Gerlin van de Krol | | 15 | | | Johanna van Vliet | 15 |
| 2. | Aqua-Novio'94 1 | Aqua-Novio'94 | | | 4:49.41 | | **4:53.35** |
| | Lena Verplak | | 12 | 33.97 | 1:09.43 | Belle Fiering | 14 |
| | Fleur Kalma | | 11 | | | Fay Jansen | 14 |
| 3. | Aqua-Novio'94 2 | Aqua-Novio'94 | | | 5:12.01 | | **5:13.90** |
| | Vlinder Mariman | | 13 | 36.99 | 1:18.91 | Maartje van Berkom | 15 |
| | Nynthe Spikmans | | 13 | | | Sara Langenberg | 13 |
| 4. | DWK 3 | DWK | | | 5:08.01 | | **5:14.55** |
| | Yvonne de Graaf | | 15 | 36.77 | 1:18.33 | Dorean Iseger | 13 |
| | Julia Happel | | 14 | | | Roxan Meijer | 13 |

### Senioren Open

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Aqua-Novio'94 3 | Aqua-Novio'94 | | | 4:19.36 | | **4:23.16** |
| | Isa Willemsen | | 27 | 30.73 | 1:05.67 | Tara Langkamp | 17 |
| | Myrthe Rozendaal | | 16 | | | Colinda van der Zanden | 21 |
| 2. | DWK 1 | DWK | | | 4:27.76 | | **4:36.66** |
| | Tessa van Beek | | 16 | 34.42 | 1:11.47 | Moniek van Langevelde | 28 |
| | Inge Koekoek | | 22 | | | Vera Renshof | 23 |
| 3. | CWW 1 | CWW | | | 4:43.94 | | **4:49.04** |
| | Lois van Oijen | | 22 | 34.49 | 1:11.78 | Charlotte Landman | 17 |
| | Fenna Reijmers | | 18 | | | Noor Polman | 21 |
| 4. | NDD 1 | NDD | | | 4:51.49 | | **4:53.45** |
| | Lenore Donker | | 16 | 36.33 | 1:15.71 | Lynn Rozendal | 17 |
| | Kiara Roes | | 21 | | | Elin Das | 17 |
| 5. | Wahoo Swimming 1 | Wahoo Swimming | | | 5:10.95 | | **5:18.37** |
| | ** 50* | | | | | | |
| | Elin Hut | | 13 | 41.57 | 1:25.97 | Evi Giesbers | 17 |
| | Kayleigh van Vliet | | 20 | | | Ruby Hut | 17 |
| AFGEM | RZC 1 | RZC | | | 4:59.67 | | |

## Programmanr. 109 — Heren, 50m schoolslag — All-in
14-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Ruben Baars | DWK | 28.96 | 200900471 | **28.88** | |
| 2. | Mies de Wit | CWW | 29.07 | 200700315 | **28.99** | |
| 3. | Odo McCarthy | CWW | 29.56 | 200700307 | **29.48** | |
| 4. | Martijn Velders | Aqua-Novio'94 | 29.45 | 199502619 | **29.66** | |
| 5. | John Quinn | N.S.Z.& W.V. Hydrofiel | 29.87 | 200101219 | **29.78** | |
| 6. | Mika Bongers | ENC Arnhem | 30.22 | 200502683 | **30.02** | |
| 7. | Ronis van Everdingen | DWK | 30.55 | 200300043 | **30.41** | |
| 8. | Sven Potappel | DWK | 30.63 | 201000127 | **31.81** | |

## Programmanr. 102 — Dames, 50m vlinderslag — All-in
14-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 28.39 | 200502618 | **28.04** | |
| 2. | Tara Langkamp | Aqua-Novio'94 | 28.48 | 200900362 | **28.73** | |
| 3. | Noa Ottens | Aqua-Novio'94 | 29.24 | 200702256 | **29.17** | |
| 4. | Kiara Roes | NDD | 29.25 | 200505508 | **29.39** | |
| 5. | Welmoed Doornbos | ENC Arnhem | 30.09 | 200203352 | **29.80** | |
| 6. | Julia Bos | De Hokseberg | 29.36 | 200900184 | **29.82** | |
| 7. | Moira Iseger | DWK | 29.92 | 201101908 | **29.99** | |
| 8. | Niobe Maduro | Aqua-Novio'94 | 29.56 | 200800378 | **30.67** | |

Programmanr. 201 — Gemengd, 4 x 50m wisselslag — 11 jaar en ouder
15-11-2026 - 14:30 — Resultaten

| rang | | vereniging | | intijd | | tijd | RT |
|---|---|---|---|---|---|---|---|
| **Onder 16** | | | | | | | |
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | | 2:07.83 | | **2:03.75** | |
| | Pieter de Jonge | 14 | 29.47 | Belle Fiering | | 14 | 31.52 |
| | Yaro de Vries | 14 | 34.09 | Fay Jansen | | 14 | 28.67 |
| 2. | DWK 3 | DWK | | 2:08.46 | | **2:06.03** | |
| | Teije Baars | 13 | 32.71 | Moira Iseger | | 15 | 30.43 |
| | Gerlin van de Krol | 15 | 34.30 | Stef van de Wal | | 14 | 28.59 |
| 3. | DWK 4 | DWK | | 2:13.10 | | **2:15.45** | |
| | Yvonne de Graaf | 15 | 35.53 | Tim Burgerhart | | 14 | 32.67 |
| | Anna Berkhout | 15 | 36.14 | Olivier Valeijn | | 12 | 31.11 |
| 4. | Aquapoldro 1 | Aquapoldro | | 2:21.32 | | **2:15.94** | |
| | Maud Lamfers | 14 | 34.86 | Tim Slagers | | 14 | 28.37 |
| | Sina Esmat | 12 | 40.34 | Josephine Rugenbrink | | 12 | 32.37 |
| **Senioren Open** | | | | | | | |
| 1. | Aqua-Novio'94 2 | Aqua-Novio'94 | | 1:50.85 | | **1:48.64** | |
| | Isa Willemsen | 27 | 29.39 | Bjorn van Doesburg | | 24 | 24.25 |
| | Martijn Velders | 31 | 29.67 | Colinda van der Zanden | | 21 | 25.33 |
| 2. | DWK 1 | DWK | | 1:52.35 | | **1:52.59** | |
| | Ronis van Everdingen | 23 | 26.93 | Ruben Baars | | 17 | 25.01 |
| | Inge Koekoek | 22 | 33.21 | Vera Renshof | | 23 | 27.44 |
| 3. | CWW 1 | CWW | | 1:54.84 | | **1:55.76** | |
| | Charlotte Landman | 17 | 30.55 | Léon van Grevenbroek | | 20 | 26.35 |
| | Odo McCarthy | 19 | 29.42 | Noor Polman | | 21 | 29.44 |
| 4. | DWK 2 | DWK | | 1:56.44 | | **1:56.49** | |
| | Tessa van Beek | 16 | 32.79 | Rian Schoneveld | | 18 | 24.88 |
| | Sven Potappel | 16 | 31.16 | Moniek van Langevelde | | 28 | 27.66 |
| 5. | Olympia 1 | Olympia | | 1:57.80 | | **1:57.53** | |
| | Thijs de Geus | 24 | 27.92 | Nienke Verploeg | | 26 | 32.17 |
| | Felicia Emanuelson | 29 | 33.52 | Joop Tuppe | | 25 | 23.92 |
| 6. | RZC 1 | RZC | | 2:04.60 | | **2:04.21** | |
| | Rosalie Bressers | 19 | 35.22 | Jelle van Mullekom | | 18 | 27.00 |
| | Tom Pisters | 18 | 32.65 | Merith Janssen | | 20 | 29.34 |
| 7. | SG Octopus - ZVV 2 | SG Octopus - ZVV | | 2:07.65 | | **2:07.36** | |
| | Maud Sellis | 15 | 36.05 | Bente Toth | | 15 | 33.63 |
| | Nils Bellert | 15 | 32.13 | Stan Ordelman | | 15 | 25.55 |
| 8. | SG Octopus - ZVV 1 | SG Octopus - ZVV | | 2:11.38 | | **2:11.69** | |
| | Dax Muijlaert | 15 | 29.95 | Timo Bourgonje | | 19 | 30.49 |
| | Jaurieke Morren | 14 | 39.14 | Sanne Eilander | | 15 | 32.11 |

Programmanr. 202 — Dames, 50m vrije slag — 11 jaar en ouder
15-11-2026 - 14:36 — Resultaten Voorronde

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | |
| 1. | Dorean Iseger | DWK | 29.77 | 201300470 | **29.04** | |
| 2. | Lena Verplak | Aqua-Novio'94 | 30.99 | 201400512 | **29.56** | |
| 3. | Sara Langenberg | Aqua-Novio'94 | 30.60 | 201300366 | **30.14** | |
| 4. | Sophia Heusinkveld | De Berkelduikers | 31.26 | 201301552 | **30.97** | |
| 5. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 30.77 | 201300230 | **31.07** | |
| 6. | Vlinder Mariman | Aqua-Novio'94 | 31.32 | 201301522 | **31.10** | |
| 7. | Fleur Kalma | Aqua-Novio'94 | 32.58 | 201500192 | **32.58** | |
| 8. | Evi Burgerhart | DWK | 32.45 | 201400076 | **32.94** | |

Programmanr. 202, Dames, 50m vrije slag, Voorronde

## Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Annabel Pisters | RZC | 28.97 | 201200074 | | **28.50** | | |
| 2. | Anna Berkhout | DWK | 30.20 | 201100080 | | **29.41** | | |
| 3. | Yanaika Ido | Batavia Swim | 29.84 | 201102764 | | **29.45** | | |
| 4. | Moira Iseger | DWK | 29.32 | 201101908 | | **29.48** | | |
| 5. | Fay Jansen | Aqua-Novio'94 | 29.55 | 201200154 | | **29.56** | | |
| 6. | Johanna van Vliet | DWK | 29.92 | 201102104 | | **29.58** | | |
| 7. | Belle Fiering | Aqua-Novio'94 | 30.00 | 201202546 | | **29.71** | | |
| 8. | Maartje van Berkom | Aqua-Novio'94 | 30.64 | 201100514 | | **30.35** | | |
| 9. | Yvonne de Graaf | DWK | 29.85 | 201101418 | | **30.64** | | |
| 10. | Meike van Beek | DWK | 30.21 | 201201556 | | **30.89** | | |
| 11. | Melissa ter Horst | ZV Overbetuwe | 30.66 | 201100678 | | **30.91** | | |
| 12. | Maud Lamfers | Aquapoldro | 30.88 | 201201350 | | **31.15** | | |
| 13. | Gwyneth van der Spek | Batavia Swim | 41.66 | 201102806 | S7 | **41.47** | | 476 |

## Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Julia Bos | De Hokseberg | 26.63 | 200900184 | | **26.76** | Q | |
| 2. | Tara Langkamp | Aqua-Novio'94 | 26.93 | 200900362 | | **26.77** | Q | |
| 3. | Charlotte Landman | CWW | 27.64 | 200901290 | | **28.05** | Q | |
| 4. | Myrthe Rozendaal | Aqua-Novio'94 | 28.45 | 201000790 | | **28.09** | R | |
| 5. | Tessa van Beek | DWK | 27.47 | 201001446 | | **28.15** | ? | |
| | Tessa Zevenbergen | Aquapoldro | 28.32 | 201002662 | | **28.15** | ? | |
| 7. | Ann Hietbrink | De Berkelduikers | 29.15 | 200902444 | | **28.42** | | |
| 8. | Lynn Rozendal | NDD | 28.98 | 200901038 | | **28.97** | | |
| 9. | Dautsen Vaartjes | Batavia Swim | 28.95 | 201003490 | | **29.67** | | |
| 10. | Sofie van Poecke | DWK | 29.82 | 201001448 | | **29.83** | | |
| 11. | Tess Dugandzic | Zuiderzeezwemmers | 29.30 | 201002908 | | **30.11** | | |
| 12. | Lenore Donker | NDD | 29.50 | 201000080 | | **30.15** | | |
| 13. | Liss Wakker | De Rijn | 29.80 | 201000140 | | **30.35** | | |
| 14. | Leana den Hartog | Aqua-Novio'94 | 40.36 | 200904020 | S14 | **40.49** | | 288 |

## Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Noa Ottens | Aqua-Novio'94 | 28.25 | 200702256 | | **28.05** | Q | |
| 2. | Rosalie Bressers | RZC | 29.02 | 200703820 | | **28.31** | | |
| 3. | Nynke van Leeuwen | De Berkelduikers | 28.55 | 200701272 | | **28.34** | | |
| 4. | Carlijn Boltendal | Zuiderzeezwemmers | 28.69 | 200700082 | | **28.86** | | |
| 5. | Lyke Bellert | SG Octopus - ZVV | 28.96 | 200701424 | | **29.16** | | |
| 6. | Nilou Vriesema | De Hokseberg | 29.23 | 200703216 | | **29.43** | | |
| 7. | Daphne van der Wielen | Olympia | 30.34 | 200800220 | | **30.41** | | |
| 8. | Danique van de Werken | Olympia | 29.90 | 200701672 | | **30.48** | | |
| 9. | Lieke Mater | RZC | 30.35 | 200803384 | | **30.86** | | |
| 10. | Jenske Jannink | SG Wijchen-Gelenberg | 30.20 | 200700302 | | **31.16** | | |

## Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 25.46 | 200502618 | | **26.32** | Q | |
| 2. | Vera Renshof | DWK | 26.79 | 200301582 | | **27.41** | Q | |
| 3. | Isa Willemsen | Aqua-Novio'94 | 27.67 | 199900628 | | **27.56** | Q | |
| 4. | Inge Koekoek | DWK | 28.21 | 200401648 | | **27.65** | Q | |
| 5. | Kiara Roes | NDD | 28.13 | 200505508 | | **28.24** | | |
| 6. | Moniek van Langevelde | DWK | 28.21 | 199803160 | | **28.25** | | |
| 7. | Jonna Muntjewerff | ENC Arnhem | 28.51 | 200402396 | | **28.70** | | |
| 8. | Welmoed Doornbos | ENC Arnhem | 28.37 | 200203352 | | **28.84** | | |
| 9. | Lynn Rötter | ZPC Livo | 28.19 | 200600950 | | **28.89** | | |
| 10. | Felicia Emanuelson | Olympia | 27.64 | 199703168 | | **29.33** | | |
| 11. | Noor Polman | CWW | 28.52 | 200501248 | | **30.08** | | |

## Para

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek | Batavia Swim | 41.66 | 201102806 | S7 | **41.47** | | 476 |
| 2. | Leana den Hartog | Aqua-Novio'94 | 40.36 | 200904020 | S14 | **40.49** | | 288 |

Programmanr. 203 | Heren, 400m vrije slag | 11 jaar en ouder
15-11-2026 - 14:44 | Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|

## Onder 14

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 4:35.47 | 201300057 | **4:40.67** | |
| | 50m: 31.18 | 31.18 | 150m: 1:41.74 | 35.73 | 250m: 2:53.55 | 36.14 | 350m: 4:05.35 | 35.91 |
| | 100m: 1:06.01 | 34.83 | 200m: 2:17.41 | 35.67 | 300m: 3:29.44 | 35.89 | 400m: 4:40.67 | 35.32 |
| 2. | Teije Baars | DWK | 5:04.64 | 201300203 | **4:52.48** | |
| | 50m: 32.71 | 32.71 | 150m: 1:46.72 | 37.12 | 250m: 3:01.76 | 37.45 | 350m: 4:17.13 | 37.47 |
| | 100m: 1:09.60 | 36.89 | 200m: 2:24.31 | 37.59 | 300m: 3:39.66 | 37.90 | 400m: 4:52.48 | 35.35 |
| 3. | L. Grondard - van Schagen | Aqua-Novio'94 | 5:00.96 | 201303197 | **4:53.04** | |
| | 50m: 32.38 | 32.38 | 150m: 1:46.84 | 38.11 | 250m: 3:02.71 | 38.39 | 350m: 4:17.85 | 37.96 |
| | 100m: 1:08.73 | 36.35 | 200m: 2:24.32 | 37.48 | 300m: 3:39.89 | 37.18 | 400m: 4:53.04 | 35.19 |
| 4. | Thijn Eekhoff | CWW | 5:08.55 | 201300037 | **4:53.50** | |
| | 50m: 32.47 | 32.47 | 150m: 1:46.96 | 37.93 | 250m: 3:02.76 | 37.97 | 350m: 4:17.77 | 37.59 |
| | 100m: 1:09.03 | 36.56 | 200m: 2:24.79 | 37.83 | 300m: 3:40.18 | 37.42 | 400m: 4:53.50 | 35.73 |
| 5. | Fido Hulstijn | CWW | 5:05.49 | 201300775 | **4:56.62** | |
| | 50m: 32.34 | 32.34 | 150m: 1:46.65 | 37.57 | 250m: 3:02.94 | 37.92 | 350m: 4:19.74 | 38.29 |
| | 100m: 1:09.08 | 36.74 | 200m: 2:25.02 | 38.37 | 300m: 3:41.45 | 38.51 | 400m: 4:56.62 | 36.88 |
| 6. | Dinand Gerritsen | Batavia Swim | 5:30.69 | 201300335 | **5:00.66** | |
| | 50m: 33.18 | 33.18 | 150m: 1:50.53 | 39.79 | 250m: 3:07.84 | 38.74 | 350m: 4:24.06 | 37.28 |
| | 100m: 1:10.74 | 37.56 | 200m: 2:29.10 | 38.57 | 300m: 3:46.78 | 38.94 | 400m: 5:00.66 | 36.60 |
| 7. | Tim Kaasschieter | DWK | 5:09.78 | 201400965 | **5:05.89** | |
| | 50m: 34.89 | 34.89 | 150m: 1:52.04 | 39.18 | 250m: 3:11.35 | 39.79 | 350m: 4:28.56 | 38.48 |
| | 100m: 1:12.86 | 37.97 | 200m: 2:31.56 | 39.52 | 300m: 3:50.08 | 38.73 | 400m: 5:05.89 | 37.33 |
| 8. | Thijs Noordman | De Berkelduikers | 5:24.41 | 201301489 | **5:09.56** | |
| | 50m: 33.89 | 33.89 | 150m: 1:53.52 | 40.74 | 250m: 3:15.41 | 41.45 | 350m: 4:32.65 | 38.13 |
| | 100m: 1:12.78 | 38.89 | 200m: 2:33.96 | 40.44 | 300m: 3:54.52 | 39.11 | 400m: 5:09.56 | 36.91 |
| 9. | Boris Hekker | Aqua-Novio'94 | 5:27.13 | 201400647 | **5:14.32** | |
| | 50m: 33.56 | 33.56 | 150m: 1:51.68 | 40.09 | 250m: 3:13.39 | 41.12 | 350m: 4:34.26 | 40.25 |
| | 100m: 1:11.59 | 38.03 | 200m: 2:32.27 | 40.59 | 300m: 3:54.01 | 40.62 | 400m: 5:14.32 | 40.06 |
| 10. | Julian van der Ende | CWW | 5:21.98 | 201300353 | **5:19.60** | |
| | 50m: 34.41 | 34.41 | 150m: 1:52.96 | 39.83 | 250m: 3:15.23 | 41.57 | 350m: 4:38.94 | 41.78 |
| | 100m: 1:13.13 | 38.72 | 200m: 2:33.66 | 40.70 | 300m: 3:57.16 | 41.93 | 400m: 5:19.60 | 40.66 |
| 11. | Olivier Valeijn | DWK | 5:24.17 | 201400225 | **5:22.67** | |
| | 50m: 36.53 | 36.53 | 150m: 1:57.24 | 40.70 | 250m: 3:21.35 | 41.75 | 350m: 4:46.10 | 42.55 |
| | 100m: 1:16.54 | 40.01 | 200m: 2:39.60 | 42.36 | 300m: 4:03.55 | 42.20 | 400m: 5:22.67 | 36.57 |
| 12. | Jesper Jansen | Aqua-Novio'94 | 5:38.58 | 201300759 | **5:40.56** | |
| | 50m: 36.99 | 36.99 | 150m: 2:01.94 | 42.69 | 250m: 3:30.42 | 44.56 | 350m: 4:58.94 | 44.13 |
| | 100m: 1:19.25 | 42.26 | 200m: 2:45.86 | 43.92 | 300m: 4:14.81 | 44.39 | 400m: 5:40.56 | 41.62 |
| 13. | Mika Fiering | De Berkelduikers | 5:43.16 | 201401343 | **5:43.79** | |
| | 50m: 35.77 | 35.77 | 150m: 2:01.67 | 44.28 | 250m: 3:33.09 | 46.05 | 350m: 5:02.78 | 44.37 |
| | 100m: 1:17.39 | 41.62 | 200m: 2:47.04 | 45.37 | 300m: 4:18.41 | 45.32 | 400m: 5:43.79 | 41.01 |
| 14. | Brayden Onstwedder | Batavia Swim | 5:49.41 | 201400395 | **5:44.22** | |
| | 50m: 37.30 | 37.30 | 150m: 2:03.35 | 43.41 | 250m: 3:34.11 | 45.58 | 350m: 5:02.95 | 44.35 |
| | 100m: 1:19.94 | 42.64 | 200m: 2:48.53 | 45.18 | 300m: 4:18.60 | 44.49 | 400m: 5:44.22 | 41.27 |
| 15. | Tim Regtering | ENC Arnhem | 5:52.00 | 201400289 | **5:45.40** | |
| | 50m: 38.09 | 38.09 | 150m: 2:05.85 | 44.98 | 250m: 3:35.21 | 44.99 | 350m: 5:03.45 | 44.09 |
| | 100m: 1:20.87 | 42.78 | 200m: 2:50.22 | 44.37 | 300m: 4:19.36 | 44.15 | 400m: 5:45.40 | 41.95 |

## Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Rutger Donker | NDD | 4:43.97 | 201200361 | **4:40.35** | |
| | 50m: 29.70 | 29.70 | 150m: 1:39.54 | 35.53 | 250m: 2:51.54 | 36.13 | 350m: 4:04.44 | 37.14 |
| | 100m: 1:04.01 | 34.31 | 200m: 2:15.41 | 35.87 | 300m: 3:27.30 | 35.76 | 400m: 4:40.35 | 35.91 |
| 2. | Bram van Barneveld | De Woelwaters | 4:53.95 | 201103437 | **4:52.28** | |
| | 50m: 30.72 | 30.72 | 150m: 1:40.52 | 35.68 | 250m: 2:55.24 | 37.97 | 350m: 4:13.74 | 39.78 |
| | 100m: 1:04.84 | 34.12 | 200m: 2:17.27 | 36.75 | 300m: 3:33.96 | 38.72 | 400m: 4:52.28 | 38.54 |
| 3. | Teun Gulikers | Aqua-Novio'94 | 5:16.88 | 201201501 | **5:08.62** | |
| | 50m: 32.73 | 32.73 | 150m: 1:49.78 | 39.57 | 250m: 3:09.80 | 40.47 | 350m: 4:31.59 | 41.00 |
| | 100m: 1:10.21 | 37.48 | 200m: 2:29.33 | 39.55 | 300m: 3:50.59 | 40.79 | 400m: 5:08.62 | 37.03 |
| 4. | Aurel Starink | NDD | 5:16.67 | 201100793 | **5:09.54** | |
| | 50m: 35.07 | 35.07 | 150m: 1:54.70 | 40.53 | 250m: 3:16.08 | 40.95 | 350m: 4:34.06 | 37.25 |
| | 100m: 1:14.17 | 39.10 | 200m: 2:35.13 | 40.43 | 300m: 3:56.81 | 40.73 | 400m: 5:09.54 | 35.48 |
| 5. | David van de Wetering | DWK | 5:25.25 | 201201973 | **5:26.96** | |
| | 50m: 35.90 | 35.90 | 150m: 1:58.76 | 41.98 | 250m: 3:22.93 | 42.02 | 350m: 4:46.17 | 41.47 |
| | 100m: 1:16.78 | 40.88 | 200m: 2:40.91 | 42.15 | 300m: 4:04.70 | 41.77 | 400m: 5:26.96 | 40.79 |

## Programmanr. 203, Heren, 400m vrije slag

### Onder 18

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Wessel van Dorst | | Aqua-Novio'94 | | | 4:08.79 | | 200900727 | | | | **4:27.41** | | | | | | |
| | 50m: | 28.54 | 28.54 | 150m: | 1:35.26 | 34.05 | 250m: | 2:44.21 | 34.53 | 350m: | 3:52.99 | 34.34 | | | | | | |
| | 100m: | 1:01.21 | 32.67 | 200m: | 2:09.68 | 34.42 | 300m: | 3:18.65 | 34.44 | 400m: | 4:27.41 | 34.42 | | | | | | |
| 2. | Robby Pisters | | RZC | | | 4:54.45 | | 201000101 | | | | **4:45.43** | | | | | | |
| | 50m: | 30.11 | 30.11 | 150m: | 1:40.89 | 36.25 | 250m: | 2:55.37 | 37.25 | 350m: | 4:09.97 | 37.25 | | | | | | |
| | 100m: | 1:04.64 | 34.53 | 200m: | 2:18.12 | 37.23 | 300m: | 3:32.72 | 37.35 | 400m: | 4:45.43 | 35.46 | | | | | | |
| 3. | Ehor Poznyak | | Aqua-Novio'94 | | | 4:48.71 | | 201003501 | | | | **4:46.47** | | | | | | |
| | 50m: | 30.97 | 30.97 | 150m: | 1:41.32 | 35.93 | 250m: | 2:56.23 | 38.10 | 350m: | 4:12.22 | 37.46 | | | | | | |
| | 100m: | 1:05.39 | 34.42 | 200m: | 2:18.13 | 36.81 | 300m: | 3:34.76 | 38.53 | 400m: | 4:46.47 | 34.25 | | | | | | |
| 4. | Nordin Vermeer | | DWK | | | 4:51.33 | | 201000227 | | | | **4:49.17** | | | | | | |
| | 50m: | 31.97 | 31.97 | 150m: | 1:44.13 | 36.55 | 250m: | 2:59.19 | 37.75 | 350m: | 4:13.62 | 36.89 | | | | | | |
| | 100m: | 1:07.58 | 35.61 | 200m: | 2:21.44 | 37.31 | 300m: | 3:36.73 | 37.54 | 400m: | 4:49.17 | 35.55 | | | | | | |
| AFGEM | Itamar Rogovsky | | Aqua-Novio'94 | | | 5:03.64 | | 201003955 | | | | | | | | | | |

### Onder 20

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Rian Schoneveld | | DWK | | | 4:09.76 | | 200801789 | | | | **4:10.33** | | | | | | |
| | 50m: | 26.53 | 26.53 | 150m: | 1:29.66 | 31.92 | 250m: | 2:34.07 | 32.08 | 350m: | 3:39.12 | 32.69 | | | | | | |
| | 100m: | 57.74 | 31.21 | 200m: | 2:01.99 | 32.33 | 300m: | 3:06.43 | 32.36 | 400m: | 4:10.33 | 31.21 | | | | | | |
| 2. | Timo Bourgonje | | SG Octopus - ZVV | | | 4:36.26 | | 200700599 | | | | **4:32.21** | | | | | | |
| | 50m: | 29.49 | 29.49 | 150m: | 1:36.93 | 34.62 | 250m: | 2:47.49 | 35.60 | 350m: | 3:58.12 | 35.67 | | | | | | |
| | 100m: | 1:02.31 | 32.82 | 200m: | 2:11.89 | 34.96 | 300m: | 3:22.45 | 34.96 | 400m: | 4:32.21 | 34.09 | | | | | | |
| 3. | Kaj Folkerts | | De Rijn | | | 4:37.21 | | 200700067 | | | | **4:33.44** | | | | | | |
| | 50m: | 29.19 | 29.19 | 150m: | 1:37.72 | 35.01 | 250m: | 2:48.80 | 35.52 | 350m: | 4:00.27 | 35.53 | | | | | | |
| | 100m: | 1:02.71 | 33.52 | 200m: | 2:13.28 | 35.56 | 300m: | 3:24.74 | 35.94 | 400m: | 4:33.44 | 33.17 | | | | | | |
| 4. | Brian Blankespoor | | De Vrije Slag | | | 4:42.13 | | 200801133 | | | | **4:35.35** | | | | | | |
| | 50m: | 29.91 | 29.91 | 150m: | 1:39.32 | 35.44 | 250m: | 2:51.89 | 36.47 | 350m: | 4:02.40 | 34.89 | | | | | | |
| | 100m: | 1:03.88 | 33.97 | 200m: | 2:15.42 | 36.10 | 300m: | 3:27.51 | 35.62 | 400m: | 4:35.35 | 32.95 | | | | | | |
| 5. | Damiän van den Anker | | RZC | | | 4:50.13 | | 200802079 | | | | **4:58.84** | | | | | | |
| | 50m: | 32.03 | 32.03 | 150m: | 1:43.94 | 37.00 | 250m: | 3:00.67 | 39.00 | 350m: | 4:19.85 | 39.45 | | | | | | |
| | 100m: | 1:06.94 | 34.91 | 200m: | 2:21.67 | 37.73 | 300m: | 3:40.40 | 39.73 | 400m: | 4:58.84 | 38.99 | | | | | | |
| 6. | Timon Wierper | | De Vrije Slag | | | 4:57.49 | | 200801573 | | | | **5:15.12** | | | | | | |
| | 50m: | 31.59 | 31.59 | 150m: | 1:49.31 | 40.54 | 250m: | 3:12.98 | 41.35 | 350m: | 4:36.27 | 40.76 | | | | | | |
| | 100m: | 1:08.77 | 37.18 | 200m: | 2:31.63 | 42.32 | 300m: | 3:55.51 | 42.53 | 400m: | 5:15.12 | 38.85 | | | | | | |

### Senioren

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Ronis van Everdingen | | DWK | | | 4:10.77 | | 200300043 | | | | **4:07.78** | | | | | | |
| | 50m: | 27.06 | 27.06 | 150m: | 1:27.71 | 30.98 | 250m: | 2:31.46 | 31.72 | 350m: | 3:36.01 | 32.59 | | | | | | |
| | 100m: | 56.73 | 29.67 | 200m: | 1:59.74 | 32.03 | 300m: | 3:03.42 | 31.96 | 400m: | 4:07.78 | 31.77 | | | | | | |
| 2. | Mike Schel | | ENC Arnhem | | | 4:18.13 | | 199403279 | | | | **4:15.92** | | | | | | |
| | 50m: | 27.94 | 27.94 | 150m: | 1:31.54 | 32.20 | 250m: | 2:37.63 | 33.24 | 350m: | 3:43.86 | 32.99 | | | | | | |
| | 100m: | 59.34 | 31.40 | 200m: | 2:04.39 | 32.85 | 300m: | 3:10.87 | 33.24 | 400m: | 4:15.92 | 32.06 | | | | | | |
| 3. | Léon van Grevenbroek | | CWW | | | 4:23.44 | | 200601323 | | | | **4:22.63** | | | | | | |
| | 50m: | 29.01 | 29.01 | 150m: | 1:36.00 | 33.97 | 250m: | 2:44.05 | 33.36 | 350m: | 3:50.90 | 33.28 | | | | | | |
| | 100m: | 1:02.03 | 33.02 | 200m: | 2:10.69 | 34.69 | 300m: | 3:17.62 | 33.57 | 400m: | 4:22.63 | 31.73 | | | | | | |
| 4. | Jeffrey Camphens | | Aqua-Novio'94 | | | 4:23.28 | | 199503113 | | | | **4:24.33** | | | | | | |
| | 50m: | 28.87 | 28.87 | 150m: | 1:35.83 | 34.00 | 250m: | 2:44.79 | 34.80 | 350m: | 3:52.15 | 33.32 | | | | | | |
| | 100m: | 1:01.83 | 32.96 | 200m: | 2:09.99 | 34.16 | 300m: | 3:18.83 | 34.04 | 400m: | 4:24.33 | 32.18 | | | | | | |
| 5. | Tim de Vrught | | ENC Arnhem | | | 4:37.13 | | 199306719 | | | | **4:40.17** | | | | | | |
| | 50m: | 29.38 | 29.38 | 150m: | 1:37.75 | 35.29 | 250m: | 2:49.53 | 36.18 | 350m: | 4:03.40 | 37.29 | | | | | | |
| | 100m: | 1:02.46 | 33.08 | 200m: | 2:13.35 | 35.60 | 300m: | 3:26.11 | 36.58 | 400m: | 4:40.17 | 36.77 | | | | | | |
| 6. | Lars Jacobsen | | DWK | | | 4:44.74 | | 199705453 | S14 | | | **4:52.84** | | | | | | 602 |
| | 50m: | 30.49 | 30.49 | 150m: | 1:41.58 | 37.08 | 250m: | 2:57.95 | 38.58 | 350m: | 4:16.33 | 38.88 | | | | | | |
| | 100m: | 1:04.50 | 34.01 | 200m: | 2:19.37 | 37.79 | 300m: | 3:37.45 | 39.50 | 400m: | 4:52.84 | 36.51 | | | | | | |
| 7. | Jesse Bruines | | Batavia Swim | | | 5:29.52 | | 200402413 | S9 | | | **5:20.70** | | | | | | 477 |
| | 50m: | 35.13 | 35.13 | 150m: | 1:53.93 | 40.06 | 250m: | 3:15.55 | 41.35 | 350m: | 4:40.16 | 42.75 | | | | | | |
| | 100m: | 1:13.87 | 38.74 | 200m: | 2:34.20 | 40.27 | 300m: | 3:57.41 | 41.86 | 400m: | 5:20.70 | 40.54 | | | | | | |
| NG | Bas Neeleman | | RZC | | | 4:35.57 | | 199603015 | | | | | | | | | | |
| NG | Gerrit Rochat | | RZC | | | 4:39.82 | | 200500393 | | | | | | | | | | |

### Para

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Lars Jacobsen | | DWK | | | 4:44.74 | | 199705453 | S14 | | | **4:52.84** | | | | | | 602 |
| | 50m: | 30.49 | 30.49 | 150m: | 1:41.58 | 37.08 | 250m: | 2:57.95 | 38.58 | 350m: | 4:16.33 | 38.88 | | | | | | |
| | 100m: | 1:04.50 | 34.01 | 200m: | 2:19.37 | 37.79 | 300m: | 3:37.45 | 39.50 | 400m: | 4:52.84 | 36.51 | | | | | | |
| 2. | Jesse Bruines | | Batavia Swim | | | 5:29.52 | | 200402413 | S9 | | | **5:20.70** | | | | | | 477 |
| | 50m: | 35.13 | 35.13 | 150m: | 1:53.93 | 40.06 | 250m: | 3:15.55 | 41.35 | 350m: | 4:40.16 | 42.75 | | | | | | |
| | 100m: | 1:13.87 | 38.74 | 200m: | 2:34.20 | 40.27 | 300m: | 3:57.41 | 41.86 | 400m: | 5:20.70 | 40.54 | | | | | | |

Programmanr. 204 — Dames, 100m vlinderslag — 11 jaar en ouder
15-11-2026 - 15:20 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | |
| 1. | Lena Verplak | Aqua-Novio'94 | 1:22.27 | 201400512 | **1:15.24** | | 34.24 | 1:15.24 |
| 2. | Dorean Iseger | DWK | 1:17.41 | 201300470 | **1:18.62** | | 35.87 | 1:18.62 |
| 3. | Sophia Heusinkveld | De Berkelduikers | 1:22.25 | 201301552 | **1:20.34** | | 36.42 | 1:20.34 |
| 4. | Vlinder Mariman | Aqua-Novio'94 | 1:22.58 | 201301522 | **1:20.56** | | 36.75 | 1:20.56 |
| 5. | Laura Offermans | ZV Zaltbommel | 1:23.05 | 201300766 | **1:21.31** | | 35.13 | 1:21.31 |
| 6. | Jackie Scherps | Aqua-Novio'94 | 1:29.74 | 201500846 | **1:25.89** | | 39.35 | 1:25.89 |
| 7. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 1:19.56 | 201300230 | **1:28.39** | | 39.17 | 1:28.39 |
| 8. | Roxan Meijer | DWK | 1:26.48 | 201300854 | **1:28.42** | | 39.81 | 1:28.42 |
| 9. | Maybritt Opgenoort | CWW | 1:36.43 | 201500202 | **1:31.29** | | 37.77 | 1:31.29 |
| 10. | Janne Groen | Aqua-Novio'94 | 1:38.09 | 201401186 | **1:32.45** | | 40.77 | 1:32.45 |
| 11. | Elin Hut | Wahoo Swimming | 1:22.81 | 201300020 | **1:32.75** | | 40.45 | 1:32.75 |
| 12. | Evi Burgerhart | DWK | 1:32.45 | 201400076 | **1:34.78** | | 40.76 | 1:34.78 |
| 13. | Lara Bourgonje | SG Octopus - ZVV | 1:38.10 | 201400746 | **1:49.46** | | 47.81 | 1:49.46 |
| **Onder 16** | | | | | | | | |
| 1. | Moira Iseger | DWK | 1:11.62 | 201101908 | **1:08.74** | | 31.61 | 1:08.74 |
| 2. | Gerlin van de Krol | DWK | 1:16.80 | 201101412 | **1:14.42** | | 34.44 | 1:14.42 |
| 3. | Belle Fiering | Aqua-Novio'94 | 1:11.12 | 201202546 | **1:14.46** | | 33.14 | 1:14.46 |
| 4. | Fay Jansen | Aqua-Novio'94 | 1:15.02 | 201200154 | **1:14.81** | | 34.37 | 1:14.81 |
| 5. | Maartje van Berkom | Aqua-Novio'94 | 1:15.68 | 201100514 | **1:17.14** | | 35.49 | 1:17.14 |
| 6. | Maud Lamfers | Aquapoldro | 1:18.20 | 201201350 | **1:18.11** | | 35.07 | 1:18.11 |
| 7. | Johanna van Vliet | DWK | 1:17.59 | 201102104 | **1:18.34** | | 35.40 | 1:18.34 |
| 8. | Jaurieke Morren | SG Octopus - ZVV | 1:21.85 | 201200292 | **1:21.27** | | 37.34 | 1:21.27 |
| 9. | Annabel Pisters | RZC | 1:20.23 | 201200074 | **1:21.85** | | 37.10 | 1:21.85 |
| 10. | Meike van Beek | DWK | 1:21.38 | 201201556 | **1:23.98** | | 39.99 | 1:23.98 |
| **Onder 18** | | | | | | | | |
| 1. | Tara Langkamp | Aqua-Novio'94 | 1:05.00 | 200900362 | **1:05.16** | | 29.64 | 1:05.16 |
| 2. | Myrthe Rozendaal | Aqua-Novio'94 | 1:11.63 | 201000790 | **1:07.54** | | 31.32 | 1:07.54 |
| 3. | Ann Hietbrink | De Berkelduikers | 1:11.16 | 200902444 | **1:09.17** | | 31.96 | 1:09.17 |
| 4. | Lili Oosting | DWK | 1:10.09 | 200900384 | **1:12.81** | | 33.02 | 1:12.81 |
| 5. | Kyana de Vries | Aqua-Novio'94 | 1:16.49 | 200901260 | **1:14.28** | | 33.46 | 1:14.28 |
| 6. | Tessa Zevenbergen | Aquapoldro | 1:14.40 | 201002662 | **1:15.11** | | 33.21 | 1:15.11 |
| 7. | Sophie van der Horst | Flevo | 1:17.45 | 201000246 | **1:15.91** | | 34.81 | 1:15.91 |
| 8. | Lenore Donker | NDD | 1:19.15 | 201000080 | **1:18.40** | | 36.37 | 1:18.40 |
| 9. | Elin Das | NDD | 1:16.21 | 200901036 | **1:18.83** | | 33.73 | 1:18.83 |
| 10. | Sabina Klijn | RZC | 1:20.09 | 201000050 | **1:19.30** | | 36.84 | 1:19.30 |
| 11. | Pleun Schouten | De IJsselmeeuwen | 1:19.79 | 201002106 | **1:19.42** | | 36.65 | 1:19.42 |
| 12. | Evelyne Nas | NDD | 1:17.75 | 200902066 | **1:19.68** | | 36.07 | 1:19.68 |
| AFGEM | Juno Nijhuis | RZC | 1:19.50 | 200900294 | | | | |
| **Onder 20** | | | | | | | | |
| 1. | Noa Ottens | Aqua-Novio'94 | 1:04.87 | 200702256 | **1:06.89** | | 31.35 | 1:06.89 |
| 2. | Lyke Bellert | SG Octopus - ZVV | 1:07.84 | 200701424 | **1:07.67** | | 31.59 | 1:07.67 |
| 3. | Niobe Maduro | Aqua-Novio'94 | 1:05.65 | 200800378 | **1:12.63** | | 31.17 | 1:12.63 |
| 4. | Nynke van Leeuwen | De Berkelduikers | 1:14.36 | 200701272 | **1:12.91** | | 33.62 | 1:12.91 |
| 5. | D. van de Werken | Olympia | 1:17.43 | 200701672 | **1:18.46** | | 36.47 | 1:18.46 |
| 6. | Maartje Walstra | De Hokseberg | 1:17.08 | 200702160 | **1:19.23** | | 36.15 | 1:19.23 |
| 7. | Tess Wakker | De Rijn | 1:17.34 | 200700154 | **1:19.82** | | 37.10 | 1:19.82 |
| 8. | Britt Hopman | SG Octopus - ZVV | 1:19.31 | 200702688 | **1:20.07** | | 36.61 | 1:20.07 |
| 9. | Inke Versluis | Olympia | 1:17.80 | 200800218 | **1:20.13** | | 37.62 | 1:20.13 |
| 10. | Elise van der Wielen | Olympia | 1:21.54 | 200700346 | **1:20.90** | | 37.93 | 1:20.90 |

## Programmanr. 204, Dames, 100m vlinderslag

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | C. van der Zanden | Aqua-Novio'94 | 1:03.16 | 200502618 | **1:03.14** | | 29.38 | 1:03.14 |
| 2. | Inge Arts | Aqua-Novio'94 | 1:07.98 | 199203076 | **1:08.73** | | 31.39 | 1:08.73 |
| 3. | Welmoed Doornbos | ENC Arnhem | 1:11.20 | 200203352 | **1:11.96** | | 32.48 | 1:11.96 |
| 4. | Myrthe Dam | Zuiderzeezwemmers | 1:11.89 | 200602336 | **1:13.85** | | 34.30 | 1:13.85 |
| 5. | Aniek Garritsen | De IJsselmeeuwen | 1:13.25 | 199504290 | **1:15.00** | | 33.14 | 1:15.00 |
| 6. | Zuzanna Kowalczyk | N.S.Z.& W.V. Hydrofiel | 1:12.56 | 200503860 | **1:18.56** | | 35.49 | 1:18.56 |

## Programmanr. 205 — Heren, 200m wisselslag — 11 jaar en ouder

15-11-2026 - 15:34 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 2:35.04 | 201300057 | **2:28.84** | | 31.07 | 1:08.59 | 1:55.82 | 2:28.84 |
| 2. | L. Grondard - van Scha | Aqua-Novio'94 | 2:37.58 | 201303197 | **2:36.33** | | 33.62 | 1:13.11 | 2:01.15 | 2:36.33 |
| 3. | Teije Baars | DWK | 2:37.81 | 201300203 | **2:38.50** | | 33.65 | 1:16.81 | 2:02.24 | 2:38.50 |
| 4. | Fido Hulstijn | CWW | 2:45.43 | 201300775 | **2:38.78** | | 35.90 | 1:16.65 | 2:02.39 | 2:38.78 |
| 5. | Abel Harms | De Berkelduikers | 2:43.46 | 201302287 | **2:39.43** | | 34.56 | 1:14.33 | 2:03.26 | 2:39.43 |
| 6. | Thijn Eekhoff | CWW | 2:41.88 | 201300037 | **2:40.29** | | 35.95 | 1:19.05 | 2:04.40 | 2:40.29 |
| 7. | Ralph Kersten | Aqua-Novio'94 | 2:50.32 | 201301263 | **2:44.57** | | 35.80 | 1:18.94 | 2:03.70 | 2:44.57 |
| 8. | Boris Hekker | Aqua-Novio'94 | 2:51.47 | 201400647 | **2:51.39** | *200 | 34.57 | 1:19.37 | 2:13.61 | 2:51.39 |
| 9. | Mika Fiering | De Berkelduikers | 3:02.64 | 201401343 | **2:57.12** | | 41.29 | 1:26.27 | 2:19.18 | 2:57.12 |
| 10. | Melle Braem | Aqua-Novio'94 | 3:09.69 | 201400055 | **2:57.33** | *50 | 38.14 | 1:22.65 | 2:17.10 | 2:57.33 |
| 11. | Stefan Boogaard | Batavia Swim | 3:07.69 | 201400083 | **2:59.38** | | 40.38 | 1:26.95 | 2:19.83 | 2:59.38 |
| 12. | Tim Kaasschieter | DWK | 3:00.48 | 201400965 | **2:59.96** | | 41.06 | 1:27.35 | 2:21.02 | 2:59.96 |

### Onder 16

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Nils Bellert | SG Octopus - ZVV | 2:21.34 | 201100347 | **2:19.25** | | 28.77 | 1:05.16 | 1:47.34 | 2:19.25 |
| 2. | Tim Slagers | Aquapoldro | 2:23.35 | 201200263 | **2:21.85** | | 29.53 | 1:05.88 | 1:49.05 | 2:21.85 |
| 3. | Pieter de Jonge | Aqua-Novio'94 | 2:30.89 | 201200211 | **2:28.67** | | 31.16 | 1:08.44 | 1:54.30 | 2:28.67 |
| 4. | Stan Ordelman | SG Octopus - ZVV | 2:29.49 | 201100009 | **2:28.71** | | 30.95 | 1:10.61 | 1:53.53 | 2:28.71 |
| 5. | Yanniek Jager | Batavia Swim | 2:29.42 | 201100315 | **2:29.85** | | 31.14 | 1:10.53 | 1:55.52 | 2:29.85 |
| 6. | Rutger Donker | NDD | 2:31.69 | 201200361 | **2:32.64** | | 32.79 | 1:11.55 | 1:56.80 | 2:32.64 |
| 7. | Dax Muijlaert | SG Octopus - ZVV | 2:34.35 | 201100535 | **2:33.56** | | 31.03 | 1:10.50 | 1:57.76 | 2:33.56 |
| 8. | Stef van de Wal | DWK | 2:36.51 | 201200803 | **2:35.65** | | 32.27 | 1:14.09 | 1:59.44 | 2:35.65 |
| 9. | Hugo Hulstijn | CWW | 2:40.48 | 201100297 | **2:36.23** | | 35.41 | 1:14.91 | 1:59.49 | 2:36.23 |
| 10. | Maarten de Haas | Olympia | 2:41.57 | 201100049 | **2:37.40** | | 32.24 | 1:13.66 | 2:01.56 | 2:37.40 |
| 11. | Yaro de Vries | Aqua-Novio'94 | 2:35.74 | 201200115 | **2:38.07** | | 35.07 | 1:19.09 | 2:00.78 | 2:38.07 |
| 12. | Tim Burgerhart | DWK | 2:49.25 | 201200435 | **2:46.63** | | 35.32 | 1:21.43 | 2:08.20 | 2:46.63 |

### Onder 18

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Ruben Baars | DWK | 2:15.93 | 200900471 | **2:09.52** | | 27.08 | 1:02.11 | 1:39.50 | 2:09.52 |
| 2. | Sven Potappel | DWK | 2:12.20 | 201000127 | **2:13.27** | | 27.46 | 1:02.88 | 1:42.09 | 2:13.27 |
| 3. | Wessel van Dorst | Aqua-Novio'94 | 2:22.29 | 200900727 | **2:13.33** | | 27.84 | 1:01.76 | 1:43.21 | 2:13.33 |
| 4. | Xander Koperdraat | Wahoo Swimming | 2:25.91 | 201001695 | **2:23.94** | | 30.33 | 1:07.85 | 1:50.60 | 2:23.94 |
| 5. | Retief van Gasteren | Olympia | 2:28.80 | 201000067 | **2:25.17** | | 29.61 | 1:07.86 | 1:50.92 | 2:25.17 |
| 6. | Siem Faber | Batavia Swim | 2:26.81 | 200900065 | **2:25.22** | | 28.70 | 1:05.62 | 1:50.68 | 2:25.22 |
| 7. | Ruben Zirkzee | ZV De Meer | 2:35.78 | 200900571 | **2:33.42** | | 34.39 | 1:11.45 | 1:57.08 | 2:33.42 |
| 8. | Gerco van Dijk | Olympia | 2:31.12 | 201000997 | **2:38.15** | | 29.42 | 1:09.23 | 2:00.77 | 2:38.15 |

### Onder 20

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 2:09.55 | 200700307 | **2:10.13** | | 28.21 | 1:01.02 | 1:38.85 | 2:10.13 |
| 2. | Enna Lamers | CWW | 2:22.90 | 200800899 | **2:18.93** | | 28.46 | 1:03.48 | 1:44.93 | 2:18.93 |
| 3. | Jelle van Mullekom | RZC | 2:19.13 | 200801267 | **2:19.69** | | 28.11 | 1:04.82 | 1:47.56 | 2:19.69 |
| 4. | Timo Bourgonje | SG Octopus - ZVV | 2:28.60 | 200700599 | **2:28.27** | | 31.46 | 1:09.61 | 1:53.69 | 2:28.27 |
| 5. | Tom Pisters | RZC | 2:37.11 | 200801119 | **2:31.44** | | 28.55 | 1:08.37 | 1:54.78 | 2:31.44 |
| 6. | Tim Looijen | Wahoo Swimming | 2:35.94 | 200700325 | **2:36.04** | | 30.90 | 1:12.85 | 1:59.08 | 2:36.04 |
| 7. | D. van den Anker | RZC | 2:39.15 | 200802079 | **2:39.28** | | 30.61 | 1:13.18 | 2:05.50 | 2:39.28 |

## Programmanr. 205, Heren, 200m wisselslag

### Senioren

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | R. van Everdingen | DWK | 2:07.06 | 200300043 | **2:07.77** | | 26.96 | 59.64 | 1:37.09 | 2:07.77 |
| 2. | Martijn Velders | Aqua-Novio'94 | 2:14.07 | 199502619 | **2:12.55** | | 29.09 | 1:05.76 | 1:41.18 | 2:12.55 |
| 3. | Bjorn van Doesburg | Aqua-Novio'94 | 2:15.89 | 200201867 | **2:15.83** | | 26.65 | 1:01.65 | 1:44.12 | 2:15.83 |
| 4. | Joop Tuppe | Olympia | 2:20.65 | 200100581 | **2:19.13** | | 28.36 | 1:03.44 | 1:46.61 | 2:19.13 |
| 5. | Ryan Bleumink | De Berkelduikers | 2:20.92 | 200601257 | **2:22.44** | | 29.24 | 1:04.98 | 1:48.36 | 2:22.44 |
| 6. | Lars ten Katen | DWK | 2:19.44 | 200600959 | **2:26.26** | | 29.32 | 1:05.73 | 1:50.50 | 2:26.26 |
| 7. | Dries Mostert | DWK | 2:24.26 | 200400995 | **2:33.44** | | 29.52 | 1:07.77 | 1:54.04 | 2:33.44 |

## Programmanr. 206 — Dames, 200m rugslag — 11 jaar en ouder

15-11-2026 - 16:14 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Lena Verplak | Aqua-Novio'94 | 2:30.93 | 201400512 | **2:30.98** | | | 35.83 | 1:14.76 | 1:53.61 | 2:30.98 |
| 2. | Vlinder Mariman | Aqua-Novio'94 | 2:47.23 | 201301522 | **2:46.31** | | | 37.71 | 1:21.48 | 2:04.28 | 2:46.31 |
| 3. | Jackie Scherps | Aqua-Novio'94 | 2:59.57 | 201500846 | **2:46.55** | | | 38.48 | 1:20.86 | 2:04.24 | 2:46.55 |
| 4. | Nynthe Spikmans | Aqua-Novio'94 | 2:56.49 | 201301168 | **2:50.68** | | | 40.37 | 1:23.71 | 2:07.37 | 2:50.68 |
| 5. | Roxan Meijer | DWK | 2:54.85 | 201300854 | **2:51.74** | | | 39.43 | 1:23.25 | 2:07.83 | 2:51.74 |
| 6. | Sara Langenberg | Aqua-Novio'94 | 2:54.63 | 201300366 | **2:52.69** | | | 41.50 | 1:25.14 | 2:09.43 | 2:52.69 |
| 7. | Maybritt Opgenoort | CWW | 3:08.50 | 201500202 | **2:54.80** | *100 | | 42.17 | 1:27.30 | 2:12.25 | 2:54.80 |
| 8. | Dorean Iseger | DWK | 2:58.56 | 201300470 | **2:57.28** | | | 41.79 | 1:27.13 | 2:12.91 | 2:57.28 |
| 9. | Fleur Kalma | Aqua-Novio'94 | 3:04.23 | 201500192 | **3:01.40** | | | 42.73 | 1:29.55 | 2:16.85 | 3:01.40 |
| 10. | Sophia van Gent | CWW | 2:57.76 | 201302482 | **3:01.75** | | | 42.66 | 1:28.75 | 2:16.62 | 3:01.75 |
| 11. | Lotte Kok | SG Octopus - ZVV | 3:09.65 | 201401332 | **3:03.43** | | | 42.82 | 1:30.02 | 2:17.77 | 3:03.43 |
| 12. | Noor van Overdijk | Aqua-Novio'94 | 3:15.04 | 201402862 | **3:09.65** | | | 44.45 | 1:32.24 | 2:21.67 | 3:09.65 |
| 13. | Isolde Bijlsma | De Rijn | 3:17.28 | 201400204 | **3:09.95** | | | 44.39 | 1:33.21 | 2:22.89 | 3:09.95 |
| 14. | Caja Meijers | De Rijn | 3:15.67 | 201401058 | **3:12.15** | | | 45.10 | 1:34.93 | 2:23.85 | 3:12.15 |
| 15. | Janne Groen | Aqua-Novio'94 | 3:09.56 | 201401186 | **3:12.33** | | | 44.72 | 1:34.54 | 2:26.02 | 3:12.33 |
| 16. | Lara Bourgonje<br>**50, 100* | SG Octopus - ZVV | 3:07.10 | 201400746 | **3:15.73** | | | 46.80 | 1:36.88 | 2:27.49 | 3:15.73 |
| AFGEM | Evi Burgerhart | DWK | 3:04.18 | 201400076 | | | | | | | |
| NG | Jolijn Kraaijenbrink | Aqua-Novio'94 | 2:38.49 | 201300230 | | | | | | | |

### Onder 16

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Anna Berkhout | DWK | 2:33.80 | 201100080 | **2:35.30** | | | 35.76 | 1:15.53 | 1:55.88 | 2:35.30 |
| 2. | Bente Toth | SG Octopus - ZVV | 2:47.35 | 201102818 | **2:39.10** | | | 37.21 | 1:17.85 | 1:59.11 | 2:39.10 |
| 3. | Jaurieke Morren | SG Octopus - ZVV | 2:44.48 | 201200292 | **2:40.29** | | | 37.97 | 1:19.30 | 2:00.64 | 2:40.29 |
| 4. | Belle Fiering | Aqua-Novio'94 | 2:42.37 | 201202546 | **2:41.19** | | | 37.58 | 1:18.90 | 2:00.09 | 2:41.19 |
| 5. | Sanne Eilander | SG Octopus - ZVV | 2:40.38 | 201102514 | **2:45.51** | | | 38.78 | 1:20.44 | 2:03.12 | 2:45.51 |
| 6. | Maud Lamfers | Aquapoldro | 2:51.39 | 201201350 | **2:48.38** | | | 39.25 | 1:21.97 | 2:05.55 | 2:48.38 |
| 7. | Laure Eekhoff | CWW | 2:48.67 | 201100674 | **2:49.13** | | | 39.32 | 1:23.15 | 2:06.78 | 2:49.13 |
| 8. | Femke Mandema | DWK | 2:45.77 | 201100396 | **2:49.72** | | | 39.68 | 1:23.78 | 2:07.22 | 2:49.72 |
| 9. | Maartje van Berkom | Aqua-Novio'94 | 2:47.36 | 201100514 | **2:52.19** | | | 40.92 | 1:25.18 | 2:09.07 | 2:52.19 |
| 10. | Femke van Duijn | DWK | 2:56.08 | 201201070 | **2:54.21** | | | 41.03 | 1:25.88 | 2:11.23 | 2:54.21 |
| 11. | Yvonne de Graaf | DWK | 2:40.53 | 201101418 | **2:55.19** | | | 39.19 | 1:24.34 | 2:10.72 | 2:55.19 |
| 12. | Jynthe Koppenaal | RZC | 2:57.60 | 201200396 | **3:01.53** | | | 41.08 | 1:26.82 | 2:14.58 | 3:01.53 |
| 13. | Eloise Gerringa | Batavia Swim | 2:57.82 | 201200548 | **3:01.76** | | | 42.13 | 1:30.03 | 2:17.72 | 3:01.76 |
| 14. | G. van der Spek | Batavia Swim | 3:32.12 | 201102806 S7 | **3:28.31** | | 557 | 51.13 | 1:45.01 | 2:37.73 | 3:28.31 |

### Onder 18

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Charlotte Landman | CWW | 2:28.28 | 200901290 | **2:25.45** | | | 34.30 | 1:11.89 | 1:49.06 | 2:25.45 |
| 2. | Tess Dugandzic | Zuiderzeezwemmers | 2:34.19 | 201002908 | **2:34.11** | | | 36.08 | 1:15.63 | 1:55.55 | 2:34.11 |
| 3. | Lynn Rozendal | NDD | 2:35.01 | 200901038 | **2:34.28** | | | 36.53 | 1:16.03 | 1:55.77 | 2:34.28 |
| 4. | Lili Oosting | DWK | 2:31.05 | 200900384 | **2:34.80** | | | 35.80 | 1:14.60 | 1:54.78 | 2:34.80 |
| 5. | Tessa van Beek | DWK | 2:29.65 | 201001446 | **2:37.40** | | | 36.41 | 1:16.37 | 1:57.08 | 2:37.40 |
| 6. | Ann Hietbrink | De Berkelduikers | 2:43.92 | 200902444 | **2:40.80** | | | 37.32 | 1:18.33 | 2:00.29 | 2:40.80 |
| 7. | Lenore Donker | NDD | 2:38.01 | 201000080 | **2:42.92** | | | 37.50 | 1:18.46 | 2:01.49 | 2:42.92 |
| 8. | Evi Giesbers | Wahoo Swimming | 2:44.04 | 200901536 | **2:43.24** | | | 38.36 | 1:20.13 | 2:02.95 | 2:43.24 |
| 9. | Tessa Zevenbergen | Aquapoldro | 2:42.37 | 201002662 | **2:45.32** | | | 37.51 | 1:19.27 | 2:03.09 | 2:45.32 |
| 10. | Liss Wakker | De Rijn | 2:43.57 | 201000140 | **2:45.41** | *100 | | 37.70 | 1:19.24 | 2:02.29 | 2:45.41 |
| 11. | Sabina Klijn | RZC | 2:49.53 | 201000050 | **2:51.78** | | | 41.00 | 1:24.40 | 2:08.28 | 2:51.78 |
| 12. | Froukje van Leeuwen | De Berkelduikers | 2:53.10 | 200901208 | **2:52.16** | | | 39.58 | 1:23.33 | 2:08.47 | 2:52.16 |

## Programmanr. 206, Meisjes, 200m rugslag, Onder 18

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 13. | Evelyne Nas | NDD | 2:53.36 | 200902066 | **2:52.77** | | 41.35 | 1:25.88 | 2:11.39 | 2:52.77 |
| 14. | Anne Starink | ZV De Meer | 2:49.70 | 201003994 | **2:53.27** | | 40.53 | 1:23.91 | 2:08.81 | 2:53.27 |
| NG | Maite Opgenoort | CWW | 2:51.85 | 201001464 | | | | | | |

### Onder 20

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Lyke Bellert | SG Octopus - ZVV | 2:23.33 | 200701424 | **2:25.62** | | 34.21 | 1:11.23 | 1:48.38 | 2:25.62 |
| 2. | Niobe Maduro | Aqua-Novio'94 | 2:28.38 | 200800378 | **2:34.65** | | 35.61 | 1:14.83 | 1:55.02 | 2:34.65 |
| 3. | Carlijn Boltendal | Zuiderzeezwemmers | 2:30.12 | 200700082 | **2:35.90** | | 35.67 | 1:15.58 | 1:55.88 | 2:35.90 |
| 4. | Rosalie Bressers | RZC | 2:41.58 | 200703820 | **2:41.35** | | 37.33 | 1:17.86 | 1:59.76 | 2:41.35 |
| 5. | Nynke van Leeuwen | De Berkelduikers | 2:39.38 | 200701272 | **2:41.36** | | 37.17 | 1:17.86 | 1:59.98 | 2:41.36 |
| 6. | Gitte Defoort | CWW | 2:41.66 | 200801680 | **2:41.96** | | 36.99 | 1:18.31 | 2:00.95 | 2:41.96 |
| 7. | Nilou Vriesema | De Hokseberg | 2:45.44 | 200703216 | **2:46.30** | | 37.10 | 1:19.22 | 2:03.12 | 2:46.30 |
| 8. | Tess Wakker | De Rijn | 2:53.17 | 200700154 | **2:47.30** | | 39.27 | 1:22.09 | 2:05.04 | 2:47.30 |
| 9. | Maartje Walstra | De Hokseberg | 2:53.52 | 200702160 | **2:50.68** | | 39.76 | 1:23.59 | 2:08.53 | 2:50.68 |
| 10. | Elise van der Wielen | Olympia | 2:50.80 | 200700346 | **2:53.13** | | 41.13 | 1:25.57 | 2:10.08 | 2:53.13 |
| 11. | Eleonore Derks<br>**100* | N.S.Z.& W.V. Hydrofiel | 2:54.42 | 200800252 | **2:53.38** | | 41.15 | 1:24.29 | 2:09.06 | 2:53.38 |
| 12. | Elke van Dorst | CWW | 2:54.41 | 200702816 | **2:56.27** | | 41.43 | 1:26.35 | 2:11.77 | 2:56.27 |
| 13. | Jenske Jannink<br>**50, 100* | SG Wijchen-Gelenberg | 2:55.02 | 200700302 | **2:59.52** | | 39.84 | 1:25.02 | 2:12.65 | 2:59.52 |
| 14. | D. van der Wielen | Olympia | 2:56.17 | 200800220 | **3:00.98** | | 42.40 | 1:28.76 | 2:15.92 | 3:00.98 |

### Senioren

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Isa Willemsen | Aqua-Novio'94 | 2:23.01 | 199900628 | **2:21.77** | | 32.68 | 1:08.91 | 1:44.68 | 2:21.77 |
| 2. | Jonna Muntjewerff | ENC Arnhem | 2:22.94 | 200402396 | **2:23.45** | | 33.18 | 1:08.86 | 1:45.64 | 2:23.45 |
| 3. | Inge Arts | Aqua-Novio'94 | 2:26.51 | 199203076 | **2:27.74** | | 35.10 | 1:12.97 | 1:49.94 | 2:27.74 |
| 4. | M. van Langevelde | DWK | 2:31.68 | 199803160 | **2:32.30** | | 35.45 | 1:14.03 | 1:53.39 | 2:32.30 |
| 5. | Lynn Rötter | ZPC Livo | 2:33.74 | 200600950 | **2:34.09** | | 35.68 | 1:13.99 | 1:53.72 | 2:34.09 |
| 6. | Lois van Oijen | CWW | 2:33.87 | 200402054 | **2:36.79** | | 36.64 | 1:15.91 | 1:56.33 | 2:36.79 |
| 7. | Nienke Verploeg | Olympia | 2:38.38 | 200000438 | **2:37.68** | *100 | 37.56 | 1:17.08 | 1:57.68 | 2:37.68 |
| 8. | Noor Polman | CWW | 2:40.15 | 200501248 | **2:39.02** | | 38.35 | 1:19.56 | 2:00.74 | 2:39.02 |
| 9. | M. van den Heuvel | ZV De Meer | 2:36.86 | 200201784 | **2:39.69** | | 36.38 | 1:16.60 | 1:58.38 | 2:39.69 |
| 10. | Aniek Garritsen | De IJsselmeeuwen | 2:40.83 | 199504290 | **2:40.15** | | 37.18 | 1:17.71 | 1:59.95 | 2:40.15 |

### Para

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | G. van der Spek | Batavia Swim | 3:32.12 | 201102806 S7 | **3:28.31** | 557 | 51.13 | 1:45.01 | 2:37.73 | 3:28.31 |

## Programmanr. 207 — Heren, 100m schoolslag — 11 jaar en ouder
15-11-2026 - 16:49 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|
| 1. | Ralph Kersten | Aqua-Novio'94 | 1:18.68 | 201301263 | **1:17.25** | | 36.29 | 1:17.25 |
| 2. | Jesse Voet | Aqua-Novio'94 | 1:25.32 | 201300057 | **1:20.63** | | 38.06 | 1:20.63 |
| 3. | Teije Baars | DWK | 1:23.57 | 201300203 | **1:21.67** | | 38.58 | 1:21.67 |
| 4. | Fido Hulstijn | CWW | 1:23.97 | 201300775 | **1:22.48** | | 39.25 | 1:22.48 |
| 5. | Thijn Eekhoff | CWW | 1:25.28 | 201300037 | **1:22.90** | | 38.55 | 1:22.90 |
| 6. | L. Grondard - van Schag | Aqua-Novio'94 | 1:29.30 | 201303197 | **1:25.37** | | 40.47 | 1:25.37 |
| 7. | Sem Neurdenburg | De Woelwaters | 1:29.87 | 201302709 | **1:25.73** | | 39.64 | 1:25.73 |
| 8. | Kay Vonk | ZV De Meer | 1:30.91 | 201301077 | **1:26.77** | | 39.79 | 1:26.77 |
| 9. | Thijn Crajé | Aqua-Novio'94 | 1:29.33 | 201500065 | **1:28.02** | | 41.33 | 1:28.02 |
| 10. | Abel Harms | De Berkelduikers | 1:30.29 | 201302287 | **1:29.14** | | 42.11 | 1:29.14 |
| 11. | Sina Esmat | Aquapoldro | 1:36.51 | 201400163 | **1:30.31** | | 42.21 | 1:30.31 |
| 12. | Melle Braem | Aqua-Novio'94 | 1:39.25 | 201400055 | **1:31.14** | | 43.14 | 1:31.14 |
| 13. | Boris Hekker | Aqua-Novio'94 | 1:33.30 | 201400647 | **1:32.18** | | 44.06 | 1:32.18 |
| 14. | Jesper Jansen | Aqua-Novio'94 | 1:31.29 | 201300759 | **1:32.87** | | 43.68 | 1:32.87 |
| 15. | Brayden Onstwedder | Batavia Swim | 1:32.68 | 201400395 | **1:34.07** | | 45.25 | 1:34.07 |
| 16. | Stefan Boogaard | Batavia Swim | 1:35.59 | 201400083 | **1:37.26** | | 45.38 | 1:37.26 |
| 17. | Tim Kaasschieter | DWK | 1:36.71 | 201400965 | **1:39.71** | | 46.49 | 1:39.71 |
| 18. | Olivier Valeijn | DWK | 1:36.59 | 201400225 | **1:42.33** | | 48.36 | 1:42.33 |

## Programmanr. 207, Heren, 100m schoolslag

### Onder 16

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Nils Bellert | SG Octopus - ZVV | 1:12.78 | 201100347 | | **1:12.07** | | 33.66 | 1:12.07 |
| 2. | Stan Ordelman | SG Octopus - ZVV | 1:15.00 | 201100009 | | **1:13.95** | | 34.44 | 1:13.95 |
| 3. | Yaro de Vries | Aqua-Novio'94 | 1:16.61 | 201200115 | | **1:15.24** | | 35.76 | 1:15.24 |
| 4. | Maarten de Haas | Olympia | 1:18.69 | 201100049 | | **1:18.27** | | 35.84 | 1:18.27 |
| 5. | Bram van Barneveld | De Woelwaters | 1:17.29 | 201103437 | | **1:18.47** | | 34.44 | 1:18.47 |
| 6. | Yanniek Jager | Batavia Swim | 1:19.77 | 201100315 | | **1:19.86** | | 37.14 | 1:19.86 |
| 7. | Berk Can | Aqua-Novio'94 | 1:21.40 | 201200353 | | **1:20.05** | | 37.11 | 1:20.05 |
| 8. | Stef van de Wal | DWK | 1:20.61 | 201200803 | | **1:21.02** | | 37.87 | 1:21.02 |
| 9. | Hugo Hulstijn | CWW | 1:21.18 | 201100297 | | **1:21.94** | | 38.46 | 1:21.94 |
| 10. | Tim Burgerhart | DWK | 1:21.78 | 201200435 | | **1:22.05** | | 38.08 | 1:22.05 |
| 11. | Rutger Donker | NDD | 1:22.32 | 201200361 | | **1:23.77** | | 39.02 | 1:23.77 |

### Onder 18

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Ruben Baars | DWK | 1:03.05 | 200900471 | | **1:04.29** | | 29.77 | 1:04.29 |
| 2. | Giano Spoor | Aquapoldro | 1:08.77 | 200900655 | | **1:06.82** | | 31.10 | 1:06.82 |
| 3. | Sven Potappel | DWK | 1:08.62 | 201000127 | | **1:08.37** | | 32.46 | 1:08.37 |
| 4. | Xander Koperdraat | Wahoo Swimming | 1:12.81 | 201001695 | | **1:11.68** | | 33.78 | 1:11.68 |
| 5. | Wessel van Dorst | Aqua-Novio'94 | 1:14.57 | 200900727 | | **1:12.25** | | 33.39 | 1:12.25 |
| 6. | Retief van Gasteren | Olympia | 1:11.41 | 201000067 | | **1:12.52** | | 34.47 | 1:12.52 |
| 7. | Ehor Poznyak | Aqua-Novio'94 | 1:13.56 | 201003501 | | **1:13.23** | | 34.56 | 1:13.23 |
| 8. | Coen Sikking | DWV | 1:16.73 | 200901831 | | **1:16.45** | | 35.09 | 1:16.45 |
| 9. | Ruben Zirkzee | ZV De Meer | 1:18.77 | 200900571 | | **1:18.75** | | 36.79 | 1:18.75 |
| 10. | Nordin Vermeer | DWK | 1:18.40 | 201000227 | | **1:18.76** | | 35.92 | 1:18.76 |

### Onder 20

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Mies de Wit | CWW | 1:03.12 | 200700315 | | **1:03.58** | | 30.00 | 1:03.58 |
| 2. | Odo McCarthy | CWW | 1:09.16 | 200700307 | | **1:08.69** | | 31.67 | 1:08.69 |
| 3. | Enna Lamers | CWW | 1:11.39 | 200800899 | | **1:10.91** | | 32.87 | 1:10.91 |
| 4. | Jelle van Mullekom | RZC | 1:11.85 | 200801267 | | **1:11.53** | | 32.86 | 1:11.53 |
| 5. | Tom Pisters | RZC | 1:16.84 | 200801119 | | **1:15.97** | | 34.22 | 1:15.97 |
| 6. | Ivan van Wijngaarden | Wahoo Swimming | 1:19.12 | 200800385 | | **1:17.32** | | 34.80 | 1:17.32 |
| 7. | Kaj Folkerts | De Rijn | 1:19.34 | 200700067 | | **1:17.82** | | 35.80 | 1:17.82 |
| 8. | Timo Bourgonje | SG Octopus - ZVV | 1:19.67 | 200700599 | | **1:17.88** | | 36.84 | 1:17.88 |
| 9. | Tim Looijen | Wahoo Swimming | 1:16.75 | 200700325 | | **1:19.73** | | 36.70 | 1:19.73 |

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Martijn Velders | Aqua-Novio'94 | 1:04.33 | 199502619 | | **1:03.86** | | 30.36 | 1:03.86 |
| 2. | Léon van Grevenbroek | CWW | 1:09.45 | 200601323 | | **1:08.67** | | 31.78 | 1:08.67 |
| 3. | John Quinn | N.S.Z.& W.V. Hydrofiel | 1:09.92 | 200101219 | | **1:09.28** | | 31.06 | 1:09.28 |
| 4. | Gaio Sanders | Aqua-Novio'94 | 1:07.53 | 200500533 | | **1:10.24** | | 32.21 | 1:10.24 |
| 5. | Sofyan El Fhim | Aqua-Novio'94 | 1:09.41 | 200502131 | | **1:10.86** | | 32.55 | 1:10.86 |
| 6. | Jesse Bruines | Batavia Swim | 1:47.48 | 200402413 | SB8 | **1:46.42** | 262 | 50.11 | 1:46.42 |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 1:47.48 | 200402413 | SB8 | **1:46.42** | 262 | 50.11 | 1:46.42 |

## Programmanr. 208 — Dames, 200m schoolslag — 11 jaar en ouder

15-11-2026 - 17:04 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Sophia Heusinkveld | De Berkelduikers | 3:03.18 | 201301552 | **3:01.11** | | 40.34 | 1:26.44 | 2:14.23 | 3:01.11 |
| 2. | Fleur Kalma | Aqua-Novio'94 | 3:11.10 | 201500192 | **3:01.95** | | 40.08 | 1:26.44 | 2:14.45 | 3:01.95 |
| 3. | Roxan Meijer | DWK | 3:13.72 | 201300854 | **3:09.14** | | 42.67 | 1:30.87 | 2:20.92 | 3:09.14 |
| 4. | Lena Verplak | Aqua-Novio'94 | 3:18.89 | 201400512 | **3:09.17** | | 43.08 | 1:31.70 | 2:22.10 | 3:09.17 |
| 5. | Laura Offermans | ZV Zaltbommel | 3:19.10 | 201300766 | **3:11.19** | | 42.51 | 1:31.21 | 2:21.65 | 3:11.19 |
| 6. | Elin Hut | Wahoo Swimming | 3:14.99 | 201300020 | **3:15.29** | | 42.75 | 1:33.14 | 2:24.57 | 3:15.29 |
| 7. | Vera Magendans | De Vrije Slag | 3:20.47 | 201300436 | **3:19.25** | *200 | 43.51 | 1:34.81 | 2:27.89 | 3:19.25 |
| 8. | Jackie Scherps | Aqua-Novio'94 | 3:22.19 | 201500846 | **3:19.27** | | 44.15 | 1:35.70 | 2:28.28 | 3:19.27 |
| 9. | J. Rugenbrink | Aquapoldro | 3:22.57 | 201401324 | **3:19.36** | | 43.84 | 1:35.48 | 2:28.19 | 3:19.36 |

## Programmanr. 208, Meisjes, 200m schoolslag, Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 10. | Evi Burgerhart | DWK | 3:26.39 | 201400076 | **3:24.25** | | 47.09 | 1:39.21 | 2:32.10 | 3:24.25 |
| 11. | Bo Dute | ZPC Livo | 3:33.66 | 201403022 | **3:35.44** | | 49.70 | 1:45.19 | 2:39.20 | 3:35.44 |
| 12. | Mara van de Wal | DWK | 3:35.26 | 201400500 | **3:36.26** | | 49.58 | 1:45.97 | 2:42.15 | 3:36.26 |
| 13. | Desi Klein Gebbink | ZPC Livo | 3:32.92 | 201400786 | **3:44.17** | | 49.68 | 1:46.67 | 2:44.11 | 3:44.17 |

### Onder 16

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Gerlin van de Krol | DWK | 2:44.06 | 201101412 | **2:42.42** | | 35.93 | 1:17.06 | 1:59.56 | 2:42.42 |
| 2. | Annabel Pisters | RZC | 2:57.44 | 201200074 | **2:55.83** | | 37.26 | 1:21.22 | 2:08.30 | 2:55.83 |
| 3. | Maud Sellis | SG Octopus - ZVV | 3:04.21 | 201101172 | **3:01.58** | | 39.88 | 1:26.22 | 2:13.99 | 3:01.58 |
| 4. | Bente Toth | SG Octopus - ZVV | 3:04.34 | 201102818 | **3:04.70** | | 41.23 | 1:28.04 | 2:16.35 | 3:04.70 |
| 5. | Jaurieke Morren | SG Octopus - ZVV | 3:09.95 | 201200292 | **3:05.91** | | 41.66 | 1:29.57 | 2:18.12 | 3:05.91 |
| 6. | Johanna van Vliet | DWK | 3:13.23 | 201102104 | **3:09.09** | | 41.59 | 1:28.20 | 2:18.32 | 3:09.09 |
| 7. | Maud Lamfers | Aquapoldro | 3:12.53 | 201201350 | **3:11.49** | | 43.03 | 1:32.33 | 2:22.11 | 3:11.49 |
| 8. | Yanaika Ido | Batavia Swim | 3:09.38 | 201102764 | **3:15.27** | | 42.34 | 1:32.33 | 2:24.15 | 3:15.27 |
| 9. | Julia Happel | DWK | 3:15.62 | 201201666 | **3:16.73** | | 42.66 | 1:32.24 | 2:24.00 | 3:16.73 |
| 10. | Femke Mandema | DWK | 3:15.55 | 201100396 | **3:18.96** | | 45.47 | 1:36.04 | 2:27.69 | 3:18.96 |
| 11. | Noeka de Groot | De Woelwaters | 3:17.26 | 201203072 | **3:22.62** | | 46.34 | 1:38.57 | 2:31.89 | 3:22.62 |
| 12. | Kensi de Lange | Olympia | 3:13.72 | 201100276 | **3:25.14** | | 44.02 | 1:36.65 | 2:31.92 | 3:25.14 |

### Onder 18

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Myrthe Rozendaal | Aqua-Novio'94 | 2:41.33 | 201000790 | **2:42.19** | | 35.87 | 1:16.75 | 1:59.33 | 2:42.19 |
| 2. | Kyana de Vries | Aqua-Novio'94 | 2:48.14 | 200901260 | **2:49.90** | | 37.51 | 1:20.07 | 2:03.85 | 2:49.90 |
| 3. | Lynn Rozendal | NDD | 2:56.75 | 200901038 | **2:58.32** | | 39.90 | 1:25.24 | 2:12.04 | 2:58.32 |
| 4. | Jiska Smit | De Woelwaters | 3:01.69 | 200903526 | **3:04.20** | | 41.26 | 1:27.66 | 2:16.32 | 3:04.20 |
| 5. | H. Onstwedder | Zuiderzeezwemmers | 3:06.72 | 201002902 | **3:09.67** | | 41.69 | 1:29.74 | 2:20.19 | 3:09.67 |
| 6. | Pleun Schouten | De IJsselmeeuwen | 3:14.17 | 201002106 | **3:14.24** | | 43.80 | 1:32.86 | 2:23.49 | 3:14.24 |
| DIS | Ruby Hut | Wahoo Swimming | 3:00.21 | 200901842 | | | | | | |

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

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| AFGEM | Juno Nijhuis | RZC | 3:00.39 | 200900294 | | | | | | |

### Onder 20

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 2:44.94 | 200800378 | **2:46.19** | | 36.13 | 1:17.20 | 2:00.35 | 2:46.19 |
| 2. | Fenna Reijmers | CWW | 2:50.81 | 200800244 | **2:53.78** | | 39.10 | 1:22.31 | 2:07.92 | 2:53.78 |
| 3. | Inke Versluis | Olympia | 3:01.86 | 200800218 | **3:03.48** | | 40.99 | 1:27.63 | 2:16.07 | 3:03.48 |
| 4. | D. van de Werken | Olympia | 3:02.14 | 200701672 | **3:04.06** | | 40.82 | 1:27.17 | 2:15.40 | 3:04.06 |
| 5. | Lieke Mater | RZC | 3:07.48 | 200803384 | **3:11.19** | | 42.12 | 1:30.27 | 2:20.28 | 3:11.19 |
| 6. | Elise van der Wielen | Olympia | 3:04.23 | 200700346 | **3:12.33** | | 43.64 | 1:32.86 | 2:22.63 | 3:12.33 |
| 7. | Britt Hopman | SG Octopus - ZVV | 3:08.87 | 200702688 | **3:12.37** | | 43.65 | 1:33.20 | 2:23.32 | 3:12.37 |
| 8. | Elke van Dorst | CWW | 3:15.42 | 200702816 | **3:19.69** | | 43.43 | 1:33.86 | 2:26.11 | 3:19.69 |

### Senioren

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | C. van der Zanden | Aqua-Novio'94 | 2:36.75 | 200502618 | **2:39.28** | | 35.31 | 1:14.92 | 1:56.04 | 2:39.28 |
| 2. | Inge Koekoek | DWK | 2:41.59 | 200401648 | **2:44.93** | | 35.50 | 1:16.93 | 2:00.71 | 2:44.93 |
| 3. | Jonna Muntjewerff | ENC Arnhem | 2:53.00 | 200402396 | **2:48.33** | | 38.51 | 1:20.81 | 2:04.62 | 2:48.33 |
| 4. | Isa van Ditshuizen | De Berkelduikers | 2:50.90 | 200201002 | **2:48.52** | | 37.87 | 1:20.74 | 2:04.79 | 2:48.52 |
| 5. | Felicia Emanuelson | Olympia | 2:49.45 | 199703168 | **2:51.23** | | 38.04 | 1:22.41 | 2:07.53 | 2:51.23 |
| 6. | Lois van Oijen | CWW | 2:50.50 | 200402054 | **2:52.50** | | 39.10 | 1:22.00 | 2:06.57 | 2:52.50 |
| 7. | Myrthe Dam | Zuiderzeezwemmers | 2:50.43 | 200602336 | **2:54.18** | | 39.01 | 1:23.02 | 2:08.36 | 2:54.18 |
| 8. | Lynn Rötter | ZPC Livo | 2:55.38 | 200600950 | **2:54.97** | | 38.77 | 1:23.10 | 2:08.29 | 2:54.97 |

Programmanr. 209 | Heren, 50m rugslag | 11 jaar en ouder
15-11-2026 - 17:32 | Resultaten Voorronde

## Onder 14

| rang | naam | vereniging | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 32.93 | 201300057 | | **31.18** | | |
| 2. | Abel Harms | De Berkelduikers | 33.36 | 201302287 | | **32.17** | | |
| 3. | L. Grondard - van Schagen | Aqua-Novio'94 | 33.69 | 201303197 | | **33.04** | | |
| 4. | Sem Neurdenburg | De Woelwaters | 34.74 | 201302709 | | **33.21** | | |
| 5. | Teije Baars | DWK | 32.88 | 201300203 | | **33.84** | | |
| 6. | Fido Hulstijn | CWW | 33.83 | 201300775 | | **33.91** | | |
| 7. | Thijn Eekhoff | CWW | 35.21 | 201300037 | | **34.80** | | |
| 8. | Menno Looman | NDD | 35.15 | 201302563 | | **35.44** | | |
| 9. | Boris Hekker | Aqua-Novio'94 | 37.12 | 201400647 | | **35.72** | | |
| 10. | Mika Fiering | De Berkelduikers | 37.35 | 201401343 | | **35.81** | | |
| 11. | Olivier Valeijn | DWK | 38.45 | 201400225 | | **37.54** | | |
| 12. | Melle Braem | Aqua-Novio'94 | 39.52 | 201400055 | | **37.70** | | |
| 13. | Tim Kaasschieter | DWK | 40.04 | 201400965 | | **38.44** | | |
| 14. | Sina Esmat | Aquapoldro | 39.56 | 201400163 | | **39.58** | | |

## Onder 16

| rang | naam | vereniging | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Dax Muijlaert | SG Octopus - ZVV | 29.05 | 201100535 | | **29.12** | | |
| 2. | Nils Bellert | SG Octopus - ZVV | 30.80 | 201100347 | | **29.34** | | |
| 3. | Tim Slagers | Aquapoldro | 30.24 | 201200263 | | **29.55** | | |
| 4. | Pieter de Jonge | Aqua-Novio'94 | 31.01 | 201200211 | | **30.81** | | |
| 5. | Maarten de Haas | Olympia | 32.73 | 201100049 | | **31.31** | | |
| 6. | Rutger Donker | NDD | 32.90 | 201200361 | | **32.18** | | |
| 7. | Stan Ordelman | SG Octopus - ZVV | 32.41 | 201100009 | | **32.34** | | |
| 8. | Bram van Barneveld | De Woelwaters | 32.10 | 201103437 | | **33.18** | | |
| 9. | Berk Can | Aqua-Novio'94 | 35.79 | 201200353 | | **33.88** | | |

## Onder 18

| rang | naam | vereniging | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Wessel van Dorst | Aqua-Novio'94 | 28.67 | 200900727 | | **27.90** | Q | |
| 2. | Giano Spoor | Aquapoldro | 28.80 | 200900655 | | **28.10** | R | |
| 3. | Xander Koperdraat | Wahoo Swimming | 28.85 | 201001695 | | **28.34** | R | |
| 4. | Siem Faber | Batavia Swim | 29.84 | 200900065 | | **30.41** | | |
| 5. | Fabian Bruil | Aquapoldro | 31.16 | 200900533 | | **31.12** | | |
| 6. | Ehor Poznyak | Aqua-Novio'94 | 31.66 | 201003501 | | **31.31** | | |

## Onder 20

| rang | naam | vereniging | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 26.96 | 200700307 | | **26.68** | Q | |
| 2. | Rian Schoneveld | DWK | 27.17 | 200801789 | | **26.96** | Q | |
| 3. | Enna Lamers | CWW | 27.89 | 200800899 | | **27.07** | Q | |
| 4. | Tim Brouwer | Aqua-Novio'94 | 28.02 | 200800989 | | **27.43** | Q | |
| 5. | Mies de Wit | CWW | 28.81 | 200700315 | | **27.72** | Q | |
| 6. | Tom Pisters | RZC | 31.54 | 200801119 | | **30.67** | | |
| 7. | Ivan van Wijngaarden | Wahoo Swimming | 32.68 | 200800385 | | **33.21** | | |
| NG | Martijn de Groot | SG Wijchen-Gelenberg | 32.05 | 200701801 | | | | |

## Senioren

| rang | naam | vereniging | intijd | | | tijd | | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Bjorn van Doesburg | Aqua-Novio'94 | 27.75 | 200201867 | | **26.85** | Q | |
| 2. | Thijs de Geus | Olympia | 27.40 | 200200349 | | **27.75** | Q | |
| 3. | Léon van Grevenbroek | CWW | 29.13 | 200601323 | | **28.51** | | |
| 4. | Lars ten Katen | DWK | 28.07 | 200600959 | | **28.87** | | |
| 5. | Sofyan El Fhim | Aqua-Novio'94 | 28.70 | 200502131 | | **28.94** | | |
| 6. | Mike Schel | ENC Arnhem | 28.81 | 199403279 | | **28.95** | | |
| 7. | Ryan Bleumink | De Berkelduikers | 28.95 | 200601257 | | **29.50** | | |
| 8. | Jesse Bruines | Batavia Swim | 40.13 | 200402413 | S9 | **40.78** | | 332 |
| NG | Lars Jacobsen | DWK | 33.90 | 199705453 | S14 | | | |

## Programmanr. 209, Heren, 50m rugslag, Voorronde

### Para

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 40.13 | 200402413 | S9 | **40.78** | 332 |
| NG | Lars Jacobsen | DWK | 33.90 | 199705453 | S14 | | |

## Programmanr. 210 — Dames, 4 x 100m vrije slag — 11 jaar en ouder
15-11-2026 - 17:41 — Resultaten

| rang | vereniging | intijd | tijd | RT |
|---|---|---|---|---|

### Onder 16

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | | | 4:19.09 | | | | **4:17.86** | |
| | Belle Fiering | | 14 | 30.36 | 1:03.95 | Maartje van Berkom | 15 | 31.68 | 1:05.78 | |
| | Lena Verplak | | 12 | 31.14 | 1:05.25 | Fay Jansen | 14 | 30.00 | 1:02.88 | |
| 2. | DWK 2 | DWK | | | 4:24.55 | | | | **4:21.97** | |
| | Johanna van Vliet | | 15 | 31.05 | 1:06.37 | Moira Iseger | 15 | 30.02 | 1:04.25 | |
| | Anna Berkhout | | 15 | 30.77 | 1:05.08 | Dorean Iseger | 13 | 31.23 | 1:06.27 | |
| 3. | DWK 3 | DWK | | | 4:30.24 | | | | **4:35.99** | |
| | Roxan Meijer | | 13 | 33.16 | 1:09.52 | Meike van Beek | 14 | 32.17 | 1:06.82 | |
| | Yvonne de Graaf | | 15 | 33.74 | 1:12.44 | Gerlin van de Krol | 15 | 32.32 | 1:07.21 | |
| 4. | Aqua-Novio'94 2 | Aqua-Novio'94 | | | 4:36.51 | | | | **4:40.76** | |
| | Sara Langenberg | | 13 | 32.26 | 1:08.49 | Jackie Scherps | 11 | 34.16 | 1:12.67 | |
| | Nynthe Spikmans | | 13 | 32.69 | 1:09.76 | Vlinder Mariman | 13 | 32.33 | 1:09.84 | |

### Senioren Open

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Aqua-Novio'94 3 | Aqua-Novio'94 | | | 3:54.99 | | | | **3:59.71** | |
| | Isa Willemsen | | 27 | 28.52 | 1:00.02 | Tara Langkamp | 17 | 28.04 | 59.71 | |
| | Inge Arts | | 34 | 29.27 | 1:01.79 | Colinda van der Zanden | 21 | 27.28 | 58.19 | |
| 2. | DWK 1 | DWK | | | 3:58.26 | | | | **4:04.86** | |
| | Tessa van Beek | | 16 | 29.49 | 1:01.46 | Inge Koekoek | 22 | 29.36 | 1:02.38 | |
| | Moniek van Langevelde | | 28 | 29.02 | 1:00.90 | Vera Renshof | 23 | 28.51 | 1:00.12 | |
| 3. | CWW 1 | CWW | | | 4:12.67 | | | | **4:15.70** | |
| | Charlotte Landman | | 17 | 28.93 | 1:01.30 | Laura ter Stege | 30 | 30.53 | 1:05.37 | |
| | Lois van Oijen | | 22 | 31.34 | 1:05.80 | Noor Polman | 21 | 30.43 | 1:03.23 | |
| 4. | NDD 1 | NDD | | | 4:19.40 | | | | **4:21.06** | |
| | Elin Das | | 17 | 32.09 | 1:07.80 | Kiara Roes | 21 | 29.04 | 1:01.25 | |
| | Lynn Rozendal | | 17 | 31.14 | 1:05.19 | Lenore Donker | 16 | 31.92 | 1:06.82 | |
| 5. | RZC 1 | RZC | | | 4:20.91 | | | | **4:22.31** | |
| | Sabina Klijn | | 16 | 33.20 | 1:08.69 | Annabel Pisters | 14 | 30.77 | 1:05.92 | |
| | Rosalie Bressers | | 19 | 30.04 | 1:02.23 | Merith Janssen | 20 | 30.74 | 1:05.47 | |
| 6. | SG Octopus - ZVV 1 | SG Octopus - ZVV | | | 4:26.22 | | | | **4:33.73** | |
| | Lyke Bellert | | 19 | 30.50 | 1:05.04 | Britt Hopman | 19 | 34.03 | 1:10.37 | |
| | Maud Sellis | | 15 | 33.22 | 1:09.38 | Bente Toth | 15 | 32.49 | 1:08.94 | |
| 7. | Olympia 1 | Olympia | | | 4:43.44 | | | | **4:51.96** | |
| | Danique van de Werken | | 19 | 33.11 | 1:09.14 | Daphne van der Wielen | 18 | 32.93 | 1:12.86 | |
| | Kensi de Lange | | 15 | 36.16 | 1:18.68 | Elise van der Wielen | 19 | 34.27 | 1:11.28 | |

## Programmanr. 209 — Heren, 50m rugslag — All-in
15-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Bjorn van Doesburg | Aqua-Novio'94 | 26.85 | 200201867 | **26.38** | |
| 2. | Odo McCarthy | CWW | 26.68 | 200700307 | **26.49** | |
| 3. | Rian Schoneveld | DWK | 26.96 | 200801789 | **26.53** | |
| 4. | Enna Lamers | CWW | 27.07 | 200800899 | **27.10** | |
| 5. | Thijs de Geus | Olympia | 27.75 | 200200349 | **27.60** | |
| 6. | Tim Brouwer | Aqua-Novio'94 | 27.43 | 200800989 | **27.73** | |
| 7. | Mies de Wit | CWW | 27.72 | 200700315 | **27.79** | |
| 8. | Wessel van Dorst | Aqua-Novio'94 | 27.90 | 200900727 | **27.99** | |

Programmanr. 202 — Dames, 50m vrije slag — All-in
15-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 26.32 | 200502618 | **25.82** | |
| 2. | Julia Bos | De Hokseberg | 26.76 | 200900184 | **26.40** | |
| 3. | Vera Renshof | DWK | 27.41 | 200301582 | **27.01** | |
| 4. | Tara Langkamp | Aqua-Novio'94 | 26.77 | 200900362 | **27.31** | |
| 5. | Isa Willemsen | Aqua-Novio'94 | 27.56 | 199900628 | **27.54** | |
| 6. | Charlotte Landman | CWW | 28.05 | 200901290 | **27.74** | |
| 7. | Noa Ottens | Aqua-Novio'94 | 28.05 | 200702256 | **28.39** | |
| 8. | Myrthe Rozendaal | Aqua-Novio'94 | 28.09 | 201000790 | **28.52** | |

Programmanr. 301 — Dames, 4 x 200m vrije slag — 11 jaar en ouder
21-11-2026 - 14:45 — o16 en senioren open zwemmen in een serie — Resultaten

| rang | | vereniging | | intijd | | | tijd | |
|---|---|---|---|---|---|---|---|---|
| **Onder 16** | | | | | | | | |
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | | 9:23.11 | | | **9:34.61** | |
| | Belle Fiering | | 14 | | 31.33 | 1:05.34 | 2:19.45 | 2:19.45 |
| | Maartje van Berkom | | 15 | | | | 2:24.86 | 2:24.86 |
| | Lena Verplak | | 12 | | | | 2:25.42 | 2:25.42 |
| | Fay Jansen | | 14 | | | | 2:24.88 | 2:24.88 |
| 2. | DWK 2 | DWK | | 9:50.98 | | | **9:55.84** | |
| | Johanna van Vliet | | 15 | | 32.56 | 1:09.31 | 2:27.19 | 2:27.19 |
| | Moira Iseger | | 15 | | | | 2:30.02 | 2:30.02 |
| | Anna Berkhout | | 15 | | | | 2:30.23 | 2:30.23 |
| | Roxan Meijer | | 13 | | | | 2:28.40 | 2:28.40 |
| 3. | Aqua-Novio'94 2 | Aqua-Novio'94 | | 10:00.97 | | | **10:07.54** | |
| | Jolijn Kraaijenbrink | | 13 | | 33.03 | 1:10.89 | 2:29.96 | 2:29.96 |
| | Nynthe Spikmans | | 13 | | | | 2:34.79 | 2:34.79 |
| | Vlinder Mariman | | 13 | | | | 2:32.87 | 2:32.87 |
| | Sara Langenberg | | 13 | | | | 2:29.92 | 2:29.92 |
| **Senioren Open** | | | | | | | | |
| 1. | Aqua-Novio'94 3 | Aqua-Novio'94 | | 8:54.65 | | | **8:37.52** | |
| | Niobe Maduro | | 18 | | 30.15 | 1:03.45 | 2:11.87 | 2:11.87 |
| | Isa Willemsen | | 27 | | | | 2:11.37 | 2:11.37 |
| | Inge Arts | | 34 | | | | 2:13.86 | 2:13.86 |
| | Colinda van der Zanden | | 21 | | | | 2:00.42 | 2:00.42 |
| 2. | DWK 1 | DWK | | 8:46.60 | | | **8:59.78** | |
| | Moniek van Langevelde | | 28 | | 30.45 | 1:03.49 | 2:11.52 | 2:11.52 |
| | Vera Renshof | | 23 | | | | 2:11.23 | 2:11.23 |
| | Tessa van Beek | | 16 | | | | 2:17.52 | 2:17.52 |
| | Elin Baars | | 16 | | | | 2:19.51 | 2:19.51 |

Programmanr. 302 — Heren, 50m vlinderslag — 11 jaar en ouder
21-11-2026 - 14:56 — Resultaten Voorronde

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | |
| 1. | Jesse Voet | Aqua-Novio'94 | 30.12 | 201300057 | **28.92** | |
| 2. | Boris Hekker | Aqua-Novio'94 | 32.58 | 201400647 | **31.17** | |
| 3. | Teije Baars | DWK | 33.23 | 201300203 | **31.34** | |
| 4. | Sem Neurdenburg | De Woelwaters | 33.53 | 201302709 | **31.98** | |
| 5. | L. Grondard - van Schagen | Aqua-Novio'94 | 33.03 | 201303197 | **32.32** | |
| 6. | Abel Harms | De Berkelduikers | 34.59 | 201302287 | **33.48** | |
| 7. | Dinand Gerritsen | Batavia Swim | 35.01 | 201300335 | **33.69** | |
| 8. | Thijn Eekhoff | CWW | 33.72 | 201300037 | **33.79** | |
| 9. | Corné Rots | ENC Arnhem | 34.92 | 201300963 | **34.85** | |
| 10. | Fido Hulstijn | CWW | 35.10 | 201300775 | **35.20** | |
| 11. | Melle Braem | Aqua-Novio'94 | 39.56 | 201400055 | **36.06** | |
| 12. | Mika Fiering | De Berkelduikers | 37.48 | 201401343 | **37.90** | |
| 13. | Jareon Derks | DWK | 40.60 | 201500397 | **39.71** | |

## Programmanr. 302, Jongens, 50m vlinderslag, Voorronde, Onder 14

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| DIS | Tim Kaasschieter | DWK | 39.81 | 201400965 | | |
| | *AA - De start ingezet voor het startsignaal (en wel gezwommen).* | | | | | |
| DIS | Olivier Valeijn | DWK | 36.51 | 201400225 | | |
| | *AA - De start ingezet voor het startsignaal (en wel gezwommen).* | | | | | |

### Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Nils Bellert | SG Octopus - ZVV | 27.26 | 201100347 | **27.48** | |
| 2. | Tim Slagers | Aquapoldro | 28.59 | 201200263 | **28.40** | |
| 3. | Pieter de Jonge | Aqua-Novio'94 | 29.19 | 201200211 | **29.22** | |
| 4. | Yanniek Jager | Batavia Swim | 29.26 | 201100315 | **29.48** | |
| 5. | Bram van Putten | De Hokseberg | 31.09 | 201101097 | **29.50** | |
| 6. | Stan Ordelman | SG Octopus - ZVV | 29.28 | 201100009 | **29.66** | |
| 7. | Bram van Barneveld | De Woelwaters | 31.12 | 201103437 | **30.56** | |
| 8. | Rutger Donker | NDD | 31.59 | 201200361 | **30.87** | |
| 9. | Tim Burgerhart | DWK | 32.38 | 201200435 | **31.67** | |
| 10. | Stef van de Wal | DWK | 32.27 | 201200803 | **31.71** | |
| 11. | Berk Can | Aqua-Novio'94 | 32.03 | 201200353 | **31.88** | |

### Onder 18

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Sven Potappel | DWK | 25.81 | 201000127 | **25.90** | Q |
| 2. | Giano Spoor | Aquapoldro | 27.24 | 200900655 | **26.84** | |
| 3. | Wessel van Dorst | Aqua-Novio'94 | 27.71 | 200900727 | **26.97** | |
| 4. | Siem Faber | Batavia Swim | 27.09 | 200900065 | **27.14** | |
| 5. | Retief van Gasteren | Olympia | 27.92 | 201000067 | **28.07** | |
| 6. | Levi Simonse | De Vrije Slag | 28.27 | 200900259 | **28.23** | |
| 7. | Xander Koperdraat | Wahoo Swimming | 28.08 | 201001695 | **28.35** | |
| | Jesse Jolink | ENC Arnhem | 29.16 | 201000401 | **28.35** | |
| 9. | Gerco van Dijk | Olympia | 28.70 | 201000997 | **28.58** | |
| 10. | Ehor Poznyak | Aqua-Novio'94 | 30.05 | 201003501 | **29.03** | |
| 11. | Robby Pisters | RZC | 29.73 | 201000101 | **29.05** | |

### Onder 20

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Rian Schoneveld | DWK | 25.37 | 200801789 | **25.16** | Q |
| 2. | Mies de Wit | CWW | 25.18 | 200700315 | **25.24** | Q |
| 3. | Tim Brouwer | Aqua-Novio'94 | 27.07 | 200800989 | **26.41** | Q |
| 4. | Odo McCarthy | CWW | 26.97 | 200700307 | **26.52** | R |
| 5. | Jelle van Mullekom | RZC | 26.77 | 200801267 | **26.74** | |
| 6. | Tom Pisters | RZC | 27.58 | 200801119 | **27.61** | |
| 7. | Enna Lamers | CWW | 28.01 | 200800899 | **27.67** | |
| 8. | Stijn Krol | Aquapoldro | 28.69 | 200804011 | **29.01** | |
| 9. | Tim Looijen | Wahoo Swimming | 29.23 | 200700325 | **29.42** | |

### Senioren

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Bart Muselaers | Aqua-Novio'94 | 25.27 | 200100865 | **25.58** | Q |
| 2. | Thijs de Geus | Olympia | 26.46 | 200200349 | **26.11** | Q |
| 3. | Mick van Kempen | CWW | 26.64 | 200203375 | **26.34** | Q |
| 4. | Léon van Grevenbroek | CWW | 26.60 | 200601323 | **26.49** | Q |
| 5. | Gaio Sanders | Aqua-Novio'94 | 26.20 | 200500533 | **26.53** | R |

## Programmanr. 303 — Dames, 100m wisselslag — 11 jaar en ouder
21-11-2026 - 15:04 — Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|

Programmanr. 303, Dames, 100m wisselslag

## Onder 14

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Lena Verplak | Aqua-Novio'94 | 1:14.58 | 201400512 | | **1:13.08** | | 33.20 | 1:13.08 |
| 2. | Sophia Heusinkveld | De Berkelduikers | 1:22.20 | 201301552 | | **1:16.26** | | 35.78 | 1:16.26 |
| 3. | Dorean Iseger | DWK | 1:20.36 | 201300470 | | **1:16.59** | | 33.63 | 1:16.59 |
| 4. | Laura Offermans | ZV Zaltbommel | 1:20.16 | 201300766 | | **1:16.81** | | 35.26 | 1:16.81 |
| 5. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 1:20.99 | 201300230 | | **1:16.84** | | 35.30 | 1:16.84 |
| 6. | Vlinder Mariman | Aqua-Novio'94 | 1:23.53 | 201301522 | | **1:18.76** | | 34.59 | 1:18.76 |
| 7. | Nina van Riessen | Aquapoldro | 1:20.72 | 201401116 | | **1:19.07** | | 35.67 | 1:19.07 |
| 8. | Nynthe Spikmans | Aqua-Novio'94 | 1:23.41 | 201301168 | | **1:19.69** | | 37.18 | 1:19.69 |
| 9. | Roxan Meijer | DWK | 1:22.34 | 201300854 | | **1:19.71** | | 36.88 | 1:19.71 |
| 10. | Elin Hut | Wahoo Swimming | 1:20.78 | 201300020 | | **1:20.76** | | 37.64 | 1:20.76 |
| 11. | Sam van Leeuwen | NDD | 1:20.81 | 201401844 | | **1:20.83** | | 36.55 | 1:20.83 |
| 12. | Fleur Kalma | Aqua-Novio'94 | 1:20.56 | 201500192 | | **1:20.85** | | 39.75 | 1:20.85 |
| 13. | Maybritt Opgenoort | CWW | 1:23.46 | 201500202 | | **1:22.41** | | 37.58 | 1:22.41 |
| 14. | Jackie Scherps | Aqua-Novio'94 | 1:21.35 | 201500846 | | **1:22.46** | | 38.28 | 1:22.46 |
| 15. | Noor de Vogt | DWK | 1:24.08 | 201400120 | | **1:22.70** | | 37.27 | 1:22.70 |
| 16. | Josephine Rugenbrink | Aquapoldro | 1:23.50 | 201401324 | | **1:22.88** | | 38.92 | 1:22.88 |
| 17. | Lola van den Dam | De Vrije Slag | 1:22.74 | 201300098 | | **1:23.18** | | 38.89 | 1:23.18 |
| 18. | Lotte Ketelaar | Montferland | 1:28.33 | 201401248 | | **1:24.73** | | 41.18 | 1:24.73 |
| 19. | Evi Burgerhart | DWK | 1:26.64 | 201400076 | | **1:26.57** | | 40.86 | 1:26.57 |

## Onder 16

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Anna Berkhout | DWK | 1:14.36 | 201100080 | | **1:12.60** | | | 1:12.60 |
| 2. | Gerlin van de Krol | DWK | 1:17.03 | 201101412 | | **1:13.76** | | | 1:13.76 |
| 3. | Annabel Pisters | RZC | 1:15.81 | 201200074 | | **1:13.86** | | | 1:13.86 |
| 4. | Belle Fiering | Aqua-Novio'94 | 1:19.52 | 201202546 | | **1:14.73** | | | 1:14.73 |
| 5. | Maud Sellis | SG Octopus - ZVV | 1:17.87 | 201101172 | | **1:15.17** | | | 1:15.17 |
| 6. | Johanna van Vliet | DWK | 1:17.06 | 201102104 | | **1:16.10** | | | 1:16.10 |
| 7. | Fay Jansen | Aqua-Novio'94 | 1:15.28 | 201200154 | | **1:16.37** | | | 1:16.37 |
| 8. | Jaurieke Morren | SG Octopus - ZVV | 1:16.32 | 201200292 | | **1:16.74** | | | 1:16.74 |
| 9. | Maud Lamfers | Aquapoldro | 1:17.32 | 201201350 | | **1:17.03** | | 33.65 | 1:17.03 |
| 10. | Bente Toth | SG Octopus - ZVV | 1:17.14 | 201102818 | | **1:17.13** | | | 1:17.13 |
| 11. | Moira Iseger | DWK | 1:19.53 | 201101908 | | **1:17.41** | | 34.41 | 1:17.41 |
| 12. | Yanaika Ido | Batavia Swim | 1:17.25 | 201102764 | | **1:17.56** | | | 1:17.56 |
| 13. | Maartje van Berkom | Aqua-Novio'94 | 1:18.65 | 201100514 | | **1:19.77** | | | 1:19.77 |
| 14. | Fenne Vaartjes | Batavia Swim | 1:24.79 | 201201810 | | **1:23.45** | | 37.63 | 1:23.45 |
| 15. | Meike van Beek | DWK | 1:21.55 | 201201556 | | **1:23.46** | | 40.01 | 1:23.46 |
| 16. | Gwyneth van der Spek<br>**50m* | Batavia Swim | 1:43.46 | 201102806 | SM7 | **1:45.43** | 550 | 50.22 | 1:45.43 |
| DIS | Eloise Gerringa | Batavia Swim | 1:24.48 | 201200548 | | | | | |
| | *AA - De start ingezet voor het startsignaal (en wel gezwommen).* | | | | | | | | |
| AFGEM | Robin Versteeg | Aqua-Novio'94 | 1:20.08 | 201200276 | | | | | |
| NG | Yvonne de Graaf | DWK | 1:17.45 | 201101418 | | | | | |

## Onder 18

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Tara Langkamp | Aqua-Novio'94 | 1:06.35 | 200900362 | | **1:06.54** | | 30.18 | 1:06.54 |
| 2. | Myrthe Rozendaal | Aqua-Novio'94 | 1:08.78 | 201000790 | | **1:07.45** | | 32.33 | 1:07.45 |
| 3. | Julia Bos | De Hokseberg | 1:09.40 | 200900184 | | **1:08.16** | | 31.28 | 1:08.16 |
| 4. | Tessa van Beek | DWK | 1:10.49 | 201001446 | | **1:09.89** | | 32.22 | 1:09.89 |
| 5. | Lynn Rozendal | NDD | 1:11.76 | 200901038 | | **1:10.64** | | 32.19 | 1:10.64 |
| 6. | Ann Hietbrink | De Berkelduikers | 1:12.48 | 200902444 | | **1:12.27** | | 32.44 | 1:12.27 |
| 7. | Elin Baars | DWK | 1:08.56 | 201000138 | | **1:12.60** | | 33.59 | 1:12.60 |
| 8. | Tess Dugandzic | Zuiderzeezwemmers | 1:13.30 | 201002908 | | **1:13.21** | | 32.86 | 1:13.21 |
| 9. | Kyana de Vries | Aqua-Novio'94 | 1:13.70 | 200901260 | | **1:13.66** | | 35.25 | 1:13.66 |
| 10. | Lenore Donker | NDD | 1:16.01 | 201000080 | | **1:13.76** | | 33.60 | 1:13.76 |
| 11. | Sophie van der Horst | Flevo | 1:16.71 | 201000246 | | **1:15.85** | | 33.83 | 1:15.85 |
| 12. | Froukje van Leeuwen | De Berkelduikers | 1:18.05 | 200901208 | | **1:16.57** | | | 1:16.57 |
| 13. | Tessa Zevenbergen | Aquapoldro | 1:13.18 | 201002662 | | **1:17.30** | | 33.09 | 1:17.30 |
| 14. | Robin van Beek | Aquapoldro | 1:17.51 | 200903518 | | **1:17.62** | | | 1:17.62 |
| 15. | Liss Wakker | De Rijn | 1:17.74 | 201000140 | | **1:18.55** | | | 1:18.55 |
| 16. | Evelyne Nas | NDD | 1:18.26 | 200902066 | | **1:18.86** | | | 1:18.86 |
| AFGEM | Juno Nijhuis | RZC | 1:16.50 | 200900294 | | | | | |

## Programmanr. 303, Dames, 100m wisselslag

### Onder 20

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 1:08.59 | 200800378 | | **1:08.18** | | 31.15 | 1:08.18 |
| 2. | Lyke Bellert | SG Octopus - ZVV | 1:08.99 | 200701424 | | **1:08.56** | | 30.96 | 1:08.56 |
| 3. | Carlijn Boltendal | Zuiderzeezwemmers | 1:10.28 | 200700082 | | **1:11.27** | | 31.92 | 1:11.27 |
| 4. | Nynke van Leeuwen | De Berkelduikers | 1:13.09 | 200701272 | | **1:12.20** | | 33.73 | 1:12.20 |
| 5. | Rosalie Bressers | RZC | 1:15.92 | 200703820 | | **1:14.48** | | 34.53 | 1:14.48 |
| 6. | Inke Versluis | Olympia | 1:15.10 | 200800218 | | **1:14.96** | | 34.99 | 1:14.96 |
| 7. | Nilou Vriesema | De Hokseberg | 1:13.53 | 200703216 | | **1:15.17** | | 33.19 | 1:15.17 |
| 8. | D. van de Werken | Olympia | 1:16.80 | 200701672 | | **1:17.39** | | 37.52 | 1:17.39 |
| 9. | Elise van der Wielen | Olympia | 1:17.93 | 200700346 | | **1:18.01** | | | 1:18.01 |
| 10. | Mirte Boswinkel | N.S.Z.& W.V. Hydrofiel | 1:15.67 | 200700434 | | **1:19.82** | | 35.14 | 1:19.82 |
| 11. | Tess Wakker | De Rijn | 1:16.24 | 200700154 | | **1:20.22** | | 36.57 | 1:20.22 |

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Vera Renshof | DWK | 1:10.82 | 200301582 | | **1:08.39** | | 32.70 | 1:08.39 |
| 2. | Inge Koekoek | DWK | 1:08.99 | 200401648 | | **1:08.50** | | 32.97 | 1:08.50 |
| 3. | Felicia Emanuelson | Olympia | 1:09.30 | 199703168 | | **1:08.54** | | 32.12 | 1:08.54 |
| 4. | Kiara Roes | NDD | 1:10.30 | 200505508 | | **1:08.80** | | 31.38 | 1:08.80 |
| 5. | M. van Langevelde | DWK | 1:09.28 | 199803160 | | **1:08.98** | | 32.02 | 1:08.98 |
| 6. | Jonna Muntjewerff | ENC Arnhem | 1:10.48 | 200402396 | | **1:09.00** | | 31.01 | 1:09.00 |
| 7. | Celine Schoenmaker | DWK | 1:10.05 | 199801976 | | **1:09.26** | | 30.75 | 1:09.26 |
| 8. | Lynn Rötter | ZPC Livo | 1:11.43 | 200600950 | | **1:11.99** | | 33.61 | 1:11.99 |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek<br>**50m* | Batavia Swim | 1:43.46 | 201102806 | SM7 | **1:45.43** | 550 | 50.22 | 1:45.43 |

## Programmanr. 304 — Heren, 100m rugslag — 11 jaar en ouder
21-11-2026 - 15:22 — Resultaten

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | | |
| 1. | Jesse Voet | Aqua-Novio'94 | 1:09.63 | 201300057 | | **1:05.93** | | 31.99 | 1:05.93 |
| 2. | Teije Baars | DWK | 1:11.80 | 201300203 | | **1:09.70** | | 33.49 | 1:09.70 |
| 3. | L. Grondard - van Schag | Aqua-Novio'94 | 1:12.59 | 201303197 | | **1:10.42** | | 34.33 | 1:10.42 |
| 4. | Abel Harms | De Berkelduikers | 1:11.64 | 201302287 | | **1:10.45** | | 34.85 | 1:10.45 |
| 5. | Fido Hulstijn | CWW | 1:12.64 | 201300775 | | **1:11.97** | | 35.30 | 1:11.97 |
| 6. | Sem Neurdenburg | De Woelwaters | 1:16.87 | 201302709 | | **1:12.19** | | 35.27 | 1:12.19 |
| 7. | Dinand Gerritsen | Batavia Swim | 1:16.19 | 201300335 | | **1:14.96** | | 36.40 | 1:14.96 |
| 8. | Thijn Eekhoff<br>**50m* | CWW | 1:17.30 | 201300037 | | **1:15.98** | | 36.49 | 1:15.98 |
| 9. | Mika Fiering | De Berkelduikers | 1:21.78 | 201401343 | | **1:18.50** | | 38.09 | 1:18.50 |
| 10. | Boris Hekker | Aqua-Novio'94 | 1:19.40 | 201400647 | | **1:18.84** | | 38.48 | 1:18.84 |
| 11. | Melle Braem | Aqua-Novio'94 | 1:23.70 | 201400055 | | **1:19.80** | | 38.62 | 1:19.80 |
| 12. | Olivier Valeijn | DWK | 1:22.96 | 201400225 | | **1:21.30** | | 39.25 | 1:21.30 |
| 13. | Tim Kaasschieter | DWK | 1:26.03 | 201400965 | | **1:21.34** | | 39.81 | 1:21.34 |
| 14. | Haidar Agha | Aqua-Novio'94 | 1:27.00 | 201402011 | | **1:27.99** | | 42.78 | 1:27.99 |
| 15. | Jareon Derks | DWK | 1:27.46 | 201500397 | | **1:28.52** | | 42.72 | 1:28.52 |
| NG | Vince Lamers | SG Wijchen-Gelenberg | 1:26.67 | 201500283 | | | | | |
| **Onder 16** | | | | | | | | | |
| 1. | Tim Slagers | Aquapoldro | 1:03.44 | 201200263 | | **1:02.96** | | 31.17 | 1:02.96 |
| 2. | Nils Bellert | SG Octopus - ZVV | 1:04.67 | 201100347 | | **1:03.48** | | 31.12 | 1:03.48 |
| 3. | Pieter de Jonge | Aqua-Novio'94 | 1:06.23 | 201200211 | | **1:06.42** | | 32.44 | 1:06.42 |
| 4. | Dax Muijlaert | SG Octopus - ZVV | 1:02.81 | 201100535 | | **1:06.85** | | 31.29 | 1:06.85 |
| 5. | Rutger Donker | NDD | 1:09.27 | 201200361 | | **1:07.68** | | 32.75 | 1:07.68 |
| 6. | Yanniek Jager | Batavia Swim | 1:05.42 | 201100315 | | **1:08.29** | | 33.17 | 1:08.29 |
| 7. | Maarten de Haas | Olympia | 1:10.95 | 201100049 | | **1:10.27** | | 33.26 | 1:10.27 |
| 8. | Stan Ordelman | SG Octopus - ZVV | 1:11.20 | 201100009 | | **1:10.71** | | 33.77 | 1:10.71 |

## Programmanr. 304, Heren, 100m rugslag

### Onder 18

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Xander Koperdraat | Wahoo Swimming | 1:02.39 | 201001695 | | **1:00.73** | | 30.58 | 1:00.73 |
| | Wessel van Dorst | Aqua-Novio'94 | 1:04.39 | 200900727 | | **1:00.73** | | 29.44 | 1:00.73 |
| 3. | Giano Spoor | Aquapoldro | 1:02.53 | 200900655 | | **1:01.46** | | 29.95 | 1:01.46 |
| 4. | Retief van Gasteren | Olympia | 1:07.70 | 201000067 | | **1:05.93** | | 31.82 | 1:05.93 |
| 5. | Ehor Poznyak | Aqua-Novio'94 | 1:09.02 | 201003501 | | **1:06.71** | | 32.52 | 1:06.71 |
| 6. | Ruben Zirkzee | ZV De Meer | 1:08.60 | 200900571 | | **1:08.30** | | 33.03 | 1:08.30 |

### Onder 20

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 58.93 | 200700307 | | **57.82** | | 28.22 | 57.82 |
| 2. | Enna Lamers | CWW | 59.43 | 200800899 | | **58.55** | | 28.60 | 58.55 |
| 3. | Stijn Krol | Aquapoldro | 1:08.04 | 200804011 | | **1:07.58** | | 32.64 | 1:07.58 |
| 4. | Tom Pisters | RZC | 1:08.45 | 200801119 | | **1:08.98** | | 32.46 | 1:08.98 |
| AFGEM | Ivan van Wijngaarden | Wahoo Swimming | 1:08.76 | 200800385 | | | | | |

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Ronis van Everdingen | DWK | 58.26 | 200300043 | | **59.57** | | 29.85 | 59.57 |
| 2. | Léon van Grevenbroek | CWW | 1:03.17 | 200601323 | | **1:00.82** | | 29.51 | 1:00.82 |
| 3. | Mike Schel | ENC Arnhem | 1:03.09 | 199403279 | | **1:01.14** | | 30.17 | 1:01.14 |
| 4. | Thijs de Geus | Olympia | 1:03.21 | 200200349 | | **1:02.02** | | 30.28 | 1:02.02 |
| | **50m* | | | | | | | | |
| 5. | Joop Tuppe | Olympia | 1:03.10 | 200100581 | | **1:02.33** | | 29.72 | 1:02.33 |
| 6. | Sofyan El Fhim | Aqua-Novio'94 | 1:02.51 | 200502131 | | **1:02.63** | | 29.91 | 1:02.63 |
| 7. | Lars ten Katen | DWK | 1:00.47 | 200600959 | | **1:02.82** | | 30.21 | 1:02.82 |
| 8. | Ryan Bleumink | De Berkelduikers | 1:03.20 | 200601257 | | **1:03.04** | | 29.90 | 1:03.04 |
| 9. | Kjetil van Gasteren | Olympia | 1:04.51 | 200600405 | | **1:04.99** | | 30.91 | 1:04.99 |
| 10. | Jesse Bruines | Batavia Swim | 1:33.24 | 200402413 | S9 | **1:26.65** | 333 | 42.56 | 1:26.65 |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 1:33.24 | 200402413 | S9 | **1:26.65** | 333 | 42.56 | 1:26.65 |

## Programmanr. 305 — Dames, 200m vlinderslag — 11 jaar en ouder

21-11-2026 - 15:38 — Normale baanindeling — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Lena Verplak | Aqua-Novio'94 | 3:28.47 | 201400512 | **3:10.50** | | 36.05 | 1:22.02 | 2:14.28 | 3:10.50 |

### Onder 16

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Maartje van Berkom | Aqua-Novio'94 | 2:47.85 | 201100514 | **2:43.92** | | 35.61 | 1:16.90 | 2:00.18 | 2:43.92 |
| 2. | Fay Jansen | Aqua-Novio'94 | 2:56.92 | 201200154 | **2:53.98** | | 35.48 | 1:18.26 | 2:06.46 | 2:53.98 |
| 3. | Johanna van Vliet | DWK | 3:01.77 | 201102104 | **2:59.65** | | 37.57 | 1:21.36 | 2:09.89 | 2:59.65 |
| 4. | Laure Eekhoff | CWW | 2:58.78 | 201100674 | **3:01.09** | | 39.46 | 1:24.67 | 2:12.46 | 3:01.09 |
| 5. | Maud Sellis | SG Octopus - ZVV | 2:59.85 | 201101172 | **3:03.80** | | 38.46 | 1:24.83 | 2:14.42 | 3:03.80 |
| 6. | Jaurieke Morren | SG Octopus - ZVV | 3:14.93 | 201200292 | **3:05.55** | | 38.99 | 1:26.48 | 2:15.51 | 3:05.55 |
| 7. | Femke Mandema | DWK | 3:08.10 | 201100396 | **3:11.18** | | 39.96 | 1:27.52 | 2:18.91 | 3:11.18 |
| AFGEM | Belle Fiering | Aqua-Novio'94 | 3:07.31 | 201202546 | | | | | | |

### Onder 18

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Lili Oosting | DWK | 2:43.09 | 200900384 | **2:43.39** | | 35.48 | 1:16.60 | 1:59.64 | 2:43.39 |
| 2. | Tessa Zevenbergen | Aquapoldro | 2:52.58 | 201002662 | **2:56.32** | | 37.38 | 1:21.27 | 2:09.66 | 2:56.32 |
| 3. | Anne Starink | ZV De Meer | 3:13.96 | 201003994 | **3:05.03** | | 38.93 | 1:25.76 | 2:14.94 | 3:05.03 |
| DIS | Pleun Schouten | De IJsselmeeuwen | 3:16.45 | 201002106 | | | | | | |

*AF - De aangegeven afstand niet uitgezwommen.*

## Programmanr. 305, Dames, 200m vlinderslag

### Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. Noa Ottens | Aqua-Novio'94 | 2:25.75 | 200702256 | **2:31.22** | 32.18 | 1:10.68 | 1:50.51 | 2:31.22 |
| 2. Lyke Bellert | SG Octopus - ZVV | 2:33.75 | 200701424 | **2:39.98** | 33.62 | 1:12.87 | 1:56.04 | 2:39.98 |
| 3. Tess Wakker | De Rijn | 2:56.97 | 200700154 | **2:56.41** | 39.57 | 1:24.53 | 2:10.28 | 2:56.41 |
| 4. Elise van der Wielen | Olympia | 3:14.45 | 200700346 | **3:11.55** | 43.85 | 1:33.83 | 2:24.42 | 3:11.55 |
| AFGEM Niobe Maduro | Aqua-Novio'94 | 2:40.66 | 200800378 | | | | | |

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. Inge Arts | Aqua-Novio'94 | 2:37.57 | 199203076 | **2:33.50** | 33.50 | 1:12.32 | 1:52.63 | 2:33.50 |
| 2. Welmoed Doornbos | ENC Arnhem | 2:44.33 | 200203352 | **2:34.20** | 32.96 | 1:12.20 | 1:52.71 | 2:34.20 |
| 3. Aniek Garritsen | De IJsselmeeuwen | 2:55.31 | 199504290 | **2:52.73** | 35.39 | 1:19.42 | 2:06.82 | 2:52.73 |
| 4. Sylvia Reijers | SG Wijchen-Gelenberg | 2:54.53 | 198201360 | **2:56.08** | 36.10 | 1:19.72 | 2:07.64 | 2:56.08 |
| 5. Ayla van Leeuwen | TZC Vahalis | 2:53.72 | 200401980 | **2:57.46** | 32.77 | 1:14.47 | 2:04.45 | 2:57.46 |
| 6. Leonie Veldhuis | SG Octopus - ZVV | 2:51.25 | 200301768 | **2:58.49** | 37.61 | 1:22.18 | 2:09.29 | 2:58.49 |

## Programmanr. 306 — Heren, 200m vrije slag — 11 jaar en ouder

21-11-2026 - 16:09 — Resultaten

### Onder 14

| rang naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|
| 1. Jesse Voet | Aqua-Novio'94 | 2:08.68 | 201300057 | **2:09.43** | | 29.69 | 1:02.98 | 1:36.63 | 2:09.43 |
| 2. L. Grondard - van Scha | Aqua-Novio'94 | 2:20.44 | 201303197 | **2:16.45** | | 31.78 | 1:06.88 | 1:42.36 | 2:16.45 |
| 3. Teije Baars | DWK | 2:18.38 | 201300203 | **2:18.68** | | 31.49 | 1:07.17 | 1:43.11 | 2:18.68 |
| 4. Dinand Gerritsen | Batavia Swim | 2:26.33 | 201300335 | **2:20.44** | | 32.35 | 1:08.99 | 1:45.46 | 2:20.44 |
| 5. Fido Hulstijn | CWW | 2:23.44 | 201300775 | **2:20.58** | | 33.05 | 1:09.15 | 1:45.29 | 2:20.58 |
| 6. Abel Harms | De Berkelduikers | 2:23.36 | 201302287 | **2:27.31** | | 33.30 | 1:10.96 | 1:50.17 | 2:27.31 |
| 7. Boris Hekker | Aqua-Novio'94 | 2:34.06 | 201400647 | **2:28.00** | | 33.87 | 1:12.13 | 1:50.54 | 2:28.00 |
| 8. Julian van der Ende | CWW | 2:33.62 | 201300353 | **2:29.12** | | 35.26 | 1:12.97 | 1:50.94 | 2:29.12 |
| 9. Tim Kaasschieter | DWK | 2:31.57 | 201400965 | **2:29.42** | | 35.15 | 1:13.43 | 1:52.08 | 2:29.42 |
| 10. Olivier Valeijn | DWK | 2:32.00 | 201400225 | **2:35.68** | | 34.40 | 1:15.37 | 1:56.73 | 2:35.68 |
| *50m, 100m* | | | | | | | | | |
| 11. Mika Fiering | De Berkelduikers | 2:39.90 | 201401343 | **2:35.97** | | 35.05 | 1:15.19 | 1:56.30 | 2:35.97 |
| 12. Jareon Derks | DWK | 2:41.69 | 201500397 | **2:39.10** | | 35.57 | 1:16.92 | 1:59.07 | 2:39.10 |
| 13. Tim Regtering | ENC Arnhem | 2:44.54 | 201400289 | **2:41.30** | | 37.62 | 1:18.79 | 2:00.47 | 2:41.30 |
| 14. Jim van Veldhuizen | DWK | 2:46.77 | 201500785 | **2:46.73** | | 38.41 | 1:21.73 | 2:05.46 | 2:46.73 |
| *100m* | | | | | | | | | |
| 15. Brayden Onstwedder | Batavia Swim | 2:45.62 | 201400395 | **2:47.38** | | 37.17 | 1:20.91 | 2:05.94 | 2:47.38 |

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. Nils Bellert | SG Octopus - ZVV | 2:11.95 | 201100347 | **2:10.90** | | 30.48 | 1:05.29 | 1:39.90 | 2:10.90 |
| 2. Pieter de Jonge | Aqua-Novio'94 | 2:13.68 | 201200211 | **2:11.42** | | 30.81 | 1:05.02 | 1:38.83 | 2:11.42 |
| 3. Rutger Donker | NDD | 2:13.51 | 201200361 | **2:11.75** | | 30.13 | 1:03.84 | 1:38.75 | 2:11.75 |
| 4. Stan Ordelman | SG Octopus - ZVV | 2:14.02 | 201100009 | **2:13.03** | | 30.68 | 1:04.84 | 1:40.69 | 2:13.03 |
| 5. Bram van Barneveld | De Woelwaters | 2:19.01 | 201103437 | **2:14.73** | | 30.45 | 1:04.14 | 1:39.64 | 2:14.73 |
| 6. Bram van Putten | De Hokseberg | 2:20.88 | 201101097 | **2:15.37** | | 30.53 | 1:05.00 | 1:41.53 | 2:15.37 |
| 7. Hugo Hulstijn | CWW | 2:16.16 | 201100297 | **2:16.14** | | 31.25 | 1:05.91 | 1:41.37 | 2:16.14 |
| 8. Maarten de Haas | Olympia | 2:20.61 | 201100049 | **2:19.22** | | 31.41 | 1:07.17 | 1:43.50 | 2:19.22 |
| 9. Dax Muijlaert | SG Octopus - ZVV | 2:10.62 | 201100535 | **2:19.39** | | 30.88 | 1:06.50 | 1:43.41 | 2:19.39 |
| 10. Stef van de Wal | DWK | 2:21.45 | 201200803 | **2:20.01** | | 31.63 | 1:07.21 | 1:44.50 | 2:20.01 |
| 11. Yaro de Vries | Aqua-Novio'94 | 2:26.78 | 201200115 | **2:21.01** | | 31.38 | 1:07.85 | 1:44.81 | 2:21.01 |
| 12. Nathan Wilkens | De Rijn | 2:22.98 | 201100591 | **2:21.69** | | 31.83 | 1:07.63 | 1:45.37 | 2:21.69 |
| 13. Teun Gulikers | Aqua-Novio'94 | 2:28.96 | 201201501 | **2:27.14** | | 32.27 | 1:09.95 | 1:49.33 | 2:27.14 |
| 14. Luca Leerentveld | CWW | 2:33.58 | 201200299 | **2:30.82** | | 33.95 | 1:12.68 | 1:52.31 | 2:30.82 |
| 15. Tim Burgerhart | DWK | 2:31.40 | 201200435 | **2:31.56** | | 34.78 | 1:13.44 | 1:53.08 | 2:31.56 |
| *50m, 100m* | | | | | | | | | |

## Programmanr. 306, Heren, 200m vrije slag

### Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. Wessel van Dorst | Aqua-Novio'94 | 1:54.81 | 200900727 | **1:59.90** | 26.56 | 56.94 | 1:28.04 | 1:59.90 |
| 2. Gerco van Dijk | Olympia | 2:14.47 | 201000997 | **2:09.09** | 29.34 | 1:02.10 | 1:36.32 | 2:09.09 |
| 3. Jesse Jolink | ENC Arnhem | 2:15.45 | 201000401 | **2:10.47** | 29.28 | 1:01.98 | 1:36.54 | 2:10.47 |
| 4. Robby Pisters | RZC | 2:18.61 | 201000101 | **2:11.13** | 28.92 | 1:02.40 | 1:37.54 | 2:11.13 |
| 5. Retief van Gasteren | Olympia | 2:20.53 | 201000067 | **2:11.68** | 29.81 | 1:03.12 | 1:37.72 | 2:11.68 |
| 6. Nordin Vermeer | DWK | 2:13.25 | 201000227 | **2:11.92** | 28.84 | 1:01.90 | 1:37.03 | 2:11.92 |
| 7. Siem Faber | Batavia Swim | 2:18.62 | 200900065 | **2:12.59** | 29.04 | 1:02.68 | 1:38.06 | 2:12.59 |
| 8. Daan Abrahamse | De Vrije Slag | 2:13.53 | 201001869 | **2:14.47** | 30.52 | 1:04.18 | 1:39.39 | 2:14.47 |
| NG Ruben Baars | DWK | 1:55.32 | 200900471 | | | | | |
| NG Daniël Tintu | ENC Arnhem | 2:19.61 | 201003173 | | | | | |

### Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. Rian Schoneveld | DWK | 1:52.83 | 200801789 | **1:54.91** | 26.16 | 56.46 | 1:26.02 | 1:54.91 |
| 2. Mies de Wit | CWW | 1:59.15 | 200700315 | **1:58.59** | 26.48 | 56.19 | 1:26.99 | 1:58.59 |
| 3. Jelle van Mullekom | RZC | 2:03.03 | 200801267 | **2:01.50** | 27.10 | 57.99 | 1:30.13 | 2:01.50 |
| 4. Timo Bourgonje | SG Octopus - ZVV | 2:09.88 | 200700599 | **2:05.45** | 28.62 | 1:00.43 | 1:32.89 | 2:05.45 |
| 5. Enna Lamers | CWW | 2:09.37 | 200800899 | **2:05.90** | 28.25 | 1:00.24 | 1:33.63 | 2:05.90 |
| 6. Brian Blankespoor | De Vrije Slag | 2:08.54 | 200801133 | **2:08.06** | 28.22 | 1:00.82 | 1:35.14 | 2:08.06 |
| 7. Tom Pisters<br>**50m* | RZC | 2:14.34 | 200801119 | **2:16.93** | 28.87 | 1:02.36 | 1:38.74 | 2:16.93 |
| 8. D. van den Anker<br>**100m* | RZC | 2:11.83 | 200802079 | **2:21.50** | 30.04 | 1:04.67 | 1:42.21 | 2:21.50 |

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. R. van Everdingen | DWK | 1:53.89 | 200300043 | **1:53.64** | 25.71 | 53.64 | 1:23.16 | 1:53.64 |
| 2. L. van Grevenbroek | CWW | 2:02.48 | 200601323 | **2:00.21** | 27.61 | 58.07 | 1:29.32 | 2:00.21 |
| 3. Mike Schel | ENC Arnhem | 2:02.12 | 199403279 | **2:00.36** | 27.28 | 58.16 | 1:29.56 | 2:00.36 |
| 4. Bart Muselaers | Aqua-Novio'94 | 2:01.58 | 200100865 | **2:04.91** | 27.58 | 58.86 | 1:31.35 | 2:04.91 |
| 5. Ryan Bleumink | De Berkelduikers | 2:05.15 | 200601257 | **2:09.14** | 27.86 | 59.56 | 1:33.60 | 2:09.14 |
| 6. Jack Beaujon | Olympia | 2:07.85 | 200304251 | **2:10.42** | 28.85 | 1:01.18 | 1:34.72 | 2:10.42 |

## Programmanr. 307 — Dames, 100m vrije slag — 11 jaar en ouder

21-11-2026 - 16:31 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|
| 1. | Lena Verplak | Aqua-Novio'94 | 1:06.20 | 201400512 | **1:05.06** | | 31.50 | 1:05.06 |
| 2. | Dorean Iseger | DWK | 1:06.81 | 201300470 | **1:05.58** | | 31.82 | 1:05.58 |
| 3. | Laura Offermans | ZV Zaltbommel | 1:07.58 | 201300766 | **1:06.73** | | 31.86 | 1:06.73 |
| 4. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 1:07.49 | 201300230 | **1:07.32** | | 32.06 | 1:07.32 |
| 5. | Sophia Heusinkveld | De Berkelduikers | 1:08.95 | 201301552 | **1:07.51** | | 32.23 | 1:07.51 |
| 6. | Roxan Meijer | DWK | 1:08.22 | 201300854 | **1:07.76** | | 32.63 | 1:07.76 |
| 7. | Vlinder Mariman | Aqua-Novio'94 | 1:09.33 | 201301522 | **1:08.52** | | 32.69 | 1:08.52 |
| 8. | Sara Langenberg | Aqua-Novio'94 | 1:09.09 | 201300366 | **1:08.65** | | 32.46 | 1:08.65 |
| 9. | Nina van Riessen | Aquapoldro | 1:12.43 | 201401116 | **1:09.24** | | 33.43 | 1:09.24 |
| 10. | Fleur Kalma | Aqua-Novio'94 | 1:12.40 | 201500192 | **1:10.90** | | 34.34 | 1:10.90 |
| 11. | Jackie Scherps | Aqua-Novio'94 | 1:12.34 | 201500846 | **1:11.91** | | 34.90 | 1:11.91 |
| 12. | Noor de Vogt | DWK | 1:13.13 | 201400120 | **1:13.60** | | 35.45 | 1:13.60 |
| AFGEM | Sam van Leeuwen | NDD | 1:12.64 | 201401844 | | | | |

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Fay Jansen | Aqua-Novio'94 | 1:03.24 | 201200154 | **1:03.43** | | 30.99 | 1:03.43 |
| 2. | Belle Fiering | Aqua-Novio'94 | 1:04.47 | 201202546 | **1:03.69** | | 30.51 | 1:03.69 |
| 3. | Annabel Pisters | RZC | 1:05.53 | 201200074 | **1:04.13** | | 30.09 | 1:04.13 |
| 4. | Maud Lamfers | Aquapoldro | 1:06.57 | 201201350 | **1:04.97** | | 30.70 | 1:04.97 |
| 5. | Johanna van Vliet | DWK | 1:05.00 | 201102104 | **1:05.05** | | 31.41 | 1:05.05 |
| 6. | Moira Iseger | DWK | 1:06.45 | 201101908 | **1:05.44** | | 30.88 | 1:05.44 |
| 7. | Yanaika Ido | Batavia Swim | 1:05.20 | 201102764 | **1:06.09** | | 31.87 | 1:06.09 |
| 8. | Anna Berkhout | DWK | 1:06.29 | 201100080 | **1:06.54** | | 31.22 | 1:06.54 |
| 9. | Maartje van Berkom | Aqua-Novio'94 | 1:05.18 | 201100514 | **1:07.29** | | 32.24 | 1:07.29 |

## Programmanr. 307, Meisjes, 100m vrije slag, Onder 16

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|---|
| 10. | Meike van Beek | DWK | 1:07.57 | 201201556 | | **1:07.47** | | 32.87 | 1:07.47 |
| 11. | Laure Eekhoff | CWW | 1:07.97 | 201100674 | | **1:08.05** | | 32.41 | 1:08.05 |
| 12. | Gerlin van de Krol | DWK | 1:07.60 | 201101412 | | **1:08.94** | | 32.83 | 1:08.94 |
| 13. | Femke Mandema | DWK | 1:07.72 | 201100396 | | **1:10.17** | | 33.94 | 1:10.17 |
| 14. | Gwyneth van der Spek | Batavia Swim | 1:30.95 | 201102806 | S7 | **1:30.58** | 442 | 44.03 | 1:30.58 |
| AFGEM | Robin Versteeg | Aqua-Novio'94 | 1:06.01 | 201200276 | | | | | |
| NG | Yvonne de Graaf | DWK | 1:06.85 | 201101418 | | | | | |

### Onder 18

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Tara Langkamp | Aqua-Novio'94 | 58.75 | 200900362 | | **58.33** | | 27.81 | 58.33 |
| 2. | Julia Bos | De Hokseberg | 59.30 | 200900184 | | **58.94** | | 28.16 | 58.94 |
| 3. | Tessa van Beek | DWK | 59.72 | 201001446 | | **1:00.16** | | 29.27 | 1:00.16 |
| 4. | Charlotte Landman | CWW | 1:00.74 | 200901290 | | **1:00.42** | | 28.40 | 1:00.42 |
| 5. | Myrthe Rozendaal | Aqua-Novio'94 | 1:01.91 | 201000790 | | **1:01.68** | | 29.81 | 1:01.68 |
| 6. | Lynn Rozendal | NDD | 1:04.04 | 200901038 | | **1:03.26** | | 30.26 | 1:03.26 |
| 7. | Elin Baars | DWK | 1:02.03 | 201000138 | | **1:04.57** | | 31.08 | 1:04.57 |
| 8. | Lenore Donker | NDD | 1:03.45 | 201000080 | | **1:05.07** | | 30.95 | 1:05.07 |
| 9. | Tess Dugandzic | Zuiderzeezwemmers | 1:04.35 | 201002908 | | **1:05.12** | | 31.21 | 1:05.12 |
| 10. | Ann Hietbrink | De Berkelduikers | 1:04.39 | 200902444 | | **1:05.24** | | 30.77 | 1:05.24 |
| 11. | Tessa Zevenbergen | Aquapoldro | 1:02.23 | 201002662 | | **1:05.48** | | 30.21 | 1:05.48 |
| 12. | Lili Oosting | DWK | 1:03.02 | 200900384 | | **1:05.62** | | 31.32 | 1:05.62 |
| 13. | Dautsen Vaartjes | Batavia Swim | 1:05.45 | 201003490 | | **1:06.19** | | 31.99 | 1:06.19 |
| 14. | Liss Wakker | De Rijn | 1:05.87 | 201000140 | | **1:06.92** | | 31.69 | 1:06.92 |
| AFGEM | Leana den Hartog | Aqua-Novio'94 | 1:32.31 | 200904020 | S14 | | | | |

### Onder 20

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 1:02.91 | 200800378 | | **1:00.42** | | 29.08 | 1:00.42 |
| 2. | Rosalie Bressers | RZC | 1:02.09 | 200703820 | | **1:00.68** | | 29.19 | 1:00.68 |
| 3. | Noa Ottens | Aqua-Novio'94 | 1:00.38 | 200702256 | | **1:01.61** | | 29.30 | 1:01.61 |
| 4. | Nynke van Leeuwen | De Berkelduikers | 1:02.79 | 200701272 | | **1:01.89** | | 29.72 | 1:01.89 |
| 5. | Carlijn Boltendal | Zuiderzeezwemmers | 1:03.37 | 200700082 | | **1:04.98** | | 30.27 | 1:04.98 |
| 6. | Nilou Vriesema | De Hokseberg | 1:04.90 | 200703216 | | **1:05.48** | | 31.21 | 1:05.48 |
| 7. | Merle Baumeister | ENC Arnhem | 1:07.24 | 200803026 | | **1:06.41** | | 31.84 | 1:06.41 |
| 8. | Inke Versluis | Olympia | 1:06.44 | 200800218 | | **1:06.75** | | 32.26 | 1:06.75 |

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | C. van der Zanden | Aqua-Novio'94 | 55.13 | 200502618 | | **55.29** | | 26.67 | 55.29 |
| 2. | Vera Renshof | DWK | 58.45 | 200301582 | | **57.87** | | 27.83 | 57.87 |
| 3. | Isa Willemsen | Aqua-Novio'94 | 59.81 | 199900628 | | **59.81** | | 28.12 | 59.81 |
| 4. | Inge Koekoek | DWK | 1:00.18 | 200401648 | | **1:00.42** | | 28.87 | 1:00.42 |
| 5. | Lynn Rötter | ZPC Livo | 1:01.15 | 200600950 | | **1:00.99** | | 29.14 | 1:00.99 |
| 6. | M. van Langevelde | DWK | 59.91 | 199803160 | | **1:01.00** | | 29.09 | 1:01.00 |
| 7. | Celine Schoenmaker | DWK | 1:02.18 | 199801976 | | **1:01.89** | | 29.58 | 1:01.89 |
| 8. | Inge Arts | Aqua-Novio'94 | 1:01.30 | 199203076 | | **1:01.93** | | 29.53 | 1:01.93 |
| 9. | Jonna Muntjewerff | ENC Arnhem | 1:02.17 | 200402396 | | **1:02.21** | | 29.64 | 1:02.21 |
| 10. | Welmoed Doornbos | ENC Arnhem | 1:01.84 | 200203352 | | **1:03.37** | | 29.66 | 1:03.37 |
| 11. | Nienke Lammers | ENC Arnhem | 1:03.52 | 200200806 | | **1:03.48** | | 30.38 | 1:03.48 |
| 12. | Noor Polman | CWW | 1:01.74 | 200501248 | | **1:03.62** | | 30.47 | 1:03.62 |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek | Batavia Swim | 1:30.95 | 201102806 | S7 | **1:30.58** | 442 | 44.03 | 1:30.58 |
| AFGEM | Leana den Hartog | Aqua-Novio'94 | 1:32.31 | 200904020 | S14 | | | | |

Programmanr. 308 — Heren, 400m wisselslag — 11 jaar en ouder
21-11-2026 - 16:45 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|

## Onder 14

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | L. Grondard - van Schagen | Aqua-Novio'94 | 5:36.58 | 201303197 | **5:27.03** | |
| | 50m: 34.87 | 34.87 | 150m: 1:57.79 | 41.11 | 250m: 3:27.47 | 48.79 | 350m: 4:51.73 | 36.16 |
| | 100m: 1:16.68 | 41.81 | 200m: 2:38.68 | 40.89 | 300m: 4:15.57 | 48.10 | 400m: 5:27.03 | 35.30 |
| 2. | Teije Baars | DWK | 5:34.08 | 201300203 | **5:28.26** | |
| | 50m: 34.20 | 34.20 | 150m: 2:01.23 | 42.89 | 250m: 3:27.98 | 45.82 | 350m: 4:52.38 | 36.74 |
| | 100m: 1:18.34 | 44.14 | 200m: 2:42.16 | 40.93 | 300m: 4:15.64 | 47.66 | 400m: 5:28.26 | 35.88 |
| 3. | Fido Hulstijn | CWW | 6:05.50 | 201300775 | **5:41.92** | |
| | 50m: 35.27 | 35.27 | 150m: 2:05.88 | 47.82 | 250m: 3:36.70 | 47.31 | 350m: 5:04.55 | 39.37 |
| | 100m: 1:18.06 | 42.79 | 200m: 2:49.39 | 43.51 | 300m: 4:25.18 | 48.48 | 400m: 5:41.92 | 37.37 |
| 4. | Thijn Eekhoff | CWW | 6:08.01 | 201300037 | **5:44.60** | |
| | 50m: 36.53 | 36.53 | 150m: 2:07.97 | 47.52 | 250m: 3:38.58 | 46.17 | 350m: 5:07.43 | 41.41 |
| | 100m: 1:20.45 | 43.92 | 200m: 2:52.41 | 44.44 | 300m: 4:26.02 | 47.44 | 400m: 5:44.60 | 37.17 |
| 5. | Ralph Kersten | Aqua-Novio'94 | 6:00.64 | 201301263 | **5:58.78** | |
| | 50m: 37.41 | 37.41 | 150m: 2:10.46 | 46.22 | 250m: 3:42.19 | 46.85 | 350m: 5:15.34 | 44.65 |
| | 100m: 1:24.24 | 46.83 | 200m: 2:55.34 | 44.88 | 300m: 4:30.69 | 48.50 | 400m: 5:58.78 | 43.44 |
| 6. | Julian van der Ende | CWW | 6:25.39 | 201300353 | **6:38.84** | |
| | 50m: 46.80 | 46.80 | 150m: 2:31.26 | 47.84 | 250m: 4:17.21 | 59.75 | 350m: 5:57.99 | 42.99 |
| | 100m: 1:43.42 | 56.62 | 200m: 3:17.46 | 46.20 | 300m: 5:15.00 | 57.79 | 400m: 6:38.84 | 40.85 |
| DIS | Moreno Broenink | Batavia Swim | 6:28.78 | 201300941 | | |
| | *SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.* | | | | | |
| DIS | Jesse Voet | Aqua-Novio'94 | 5:27.36 | 201300057 | | |
| | *VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.* | | | | | |

## Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Rutger Donker | NDD | 5:22.10 | 201200361 | **5:17.58** | |
| | 50m: 33.09 | 33.09 | 150m: 1:55.85 | 40.35 | 250m: 3:19.21 | 44.83 | 350m: 4:42.83 | 37.93 |
| | 100m: 1:15.50 | 42.41 | 200m: 2:34.38 | 38.53 | 300m: 4:04.90 | 45.69 | 400m: 5:17.58 | 34.75 |
| 2. | Yaro de Vries | Aqua-Novio'94 | 5:59.39 | 201200115 | **5:43.29** | |
| | 50m: 35.59 | 35.59 | 150m: 2:07.45 | 47.31 | 250m: 3:36.91 | 43.52 | 350m: 5:03.79 | 41.41 |
| | 100m: 1:20.14 | 44.55 | 200m: 2:53.39 | 45.94 | 300m: 4:22.38 | 45.47 | 400m: 5:43.29 | 39.50 |
| 3. | Aurel Starink | NDD | 5:57.89 | 201100793 | **5:47.87** | |
| | 50m: 38.11 | 38.11 | 150m: 2:11.81 | 45.53 | 250m: 3:43.63 | 48.52 | 350m: 5:12.50 | 40.36 |
| | 100m: 1:26.28 | 48.17 | 200m: 2:55.11 | 43.30 | 300m: 4:32.14 | 48.51 | 400m: 5:47.87 | 35.37 |
| 4. | Tim Burgerhart | DWK | 6:02.76 | 201200435 | **6:07.08** | |
| | 50m: 36.55 | 36.55 | 150m: 2:13.87 | 52.77 | 250m: 3:52.63 | 49.60 | 350m: 5:25.79 | 42.53 |
| | 100m: 1:21.10 | 44.55 | 200m: 3:03.03 | 49.16 | 300m: 4:43.26 | 50.63 | 400m: 6:07.08 | 41.29 |
| 5. | David van de Wetering | DWK | 6:08.89 | 201201973 | **6:11.61** | |
| | 50m: 37.01 | 37.01 | 150m: 2:07.69 | 47.76 | 250m: 3:50.20 | 54.82 | 350m: 5:29.39 | 43.67 |
| | 100m: 1:19.93 | 42.92 | 200m: 2:55.38 | 47.69 | 300m: 4:45.72 | 55.52 | 400m: 6:11.61 | 42.22 |

## Onder 18

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Wessel van Dorst | Aqua-Novio'94 | 4:44.93 | 200900727 | **4:49.23** | |
| | 50m: 29.14 | 29.14 | 150m: 1:42.07 | 38.24 | 250m: 3:02.87 | 43.62 | 350m: 4:19.06 | 32.25 |
| | 100m: 1:03.83 | 34.69 | 200m: 2:19.25 | 37.18 | 300m: 3:46.81 | 43.94 | 400m: 4:49.23 | 30.17 |
| 2. | Sven Potappel | DWK | 4:51.09 | 201000127 | **4:49.42** | |
| | 50m: 30.38 | 30.38 | 150m: 1:44.39 | 39.45 | 250m: 3:04.65 | 41.73 | 350m: 4:19.18 | 33.26 |
| | 100m: 1:04.94 | 34.56 | 200m: 2:22.92 | 38.53 | 300m: 3:45.92 | 41.27 | 400m: 4:49.42 | 30.24 |
| 3. | Levi Simonse | De Vrije Slag | 5:01.46 | 200900259 | **4:59.61** | |
| | 50m: 31.25 | 31.25 | 150m: 1:45.92 | 38.14 | 250m: 3:05.56 | 41.66 | 350m: 4:24.76 | 35.37 |
| | 100m: 1:07.78 | 36.53 | 200m: 2:23.90 | 37.98 | 300m: 3:49.39 | 43.83 | 400m: 4:59.61 | 34.85 |
| 4. | Giano Spoor | Aquapoldro | 5:23.91 | 200900655 | **5:08.79** | |
| | 50m: 31.52 | 31.52 | 150m: 1:49.43 | 40.46 | 250m: 3:10.66 | 41.26 | 350m: 4:31.10 | 38.57 |
| | 100m: 1:08.97 | 37.45 | 200m: 2:29.40 | 39.97 | 300m: 3:52.53 | 41.87 | 400m: 5:08.79 | 37.69 |
| 5. | Itamar Rogovsky | Aqua-Novio'94 | 5:42.71 | 201003955 | **5:41.10** | |
| | 50m: 32.59 | 32.59 | 150m: 1:53.15 | 42.08 | 250m: 3:24.62 | 50.33 | 350m: 5:00.66 | 44.01 |
| | 100m: 1:11.07 | 38.48 | 200m: 2:34.29 | 41.14 | 300m: 4:16.65 | 52.03 | 400m: 5:41.10 | 40.44 |
| 6. | Ruben Zirkzee | ZV De Meer | 5:41.37 | 200900571 | **5:42.10** | |
| | 50m: 36.54 | 36.54 | 150m: 2:02.05 | 41.43 | 250m: 3:31.81 | 48.99 | 350m: 5:02.21 | 40.54 |
| | 100m: 1:20.62 | 44.08 | 200m: 2:42.82 | 40.77 | 300m: 4:21.67 | 49.86 | 400m: 5:42.10 | 39.89 |

## Programmanr. 308, Heren, 400m wisselslag

### Onder 20

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | | CWW | | | 4:42.94 | | 200700307 | | | **4:40.06** | |
| | 50m: | 29.15 | 29.15 | 150m: | 1:39.11 | 35.28 | 250m: | 2:53.53 | 39.09 | 350m: | 4:07.47 | 33.84 |
| | 100m: | 1:03.83 | 34.68 | 200m: | 2:14.44 | 35.33 | 300m: | 3:33.63 | 40.10 | 400m: | 4:40.06 | 32.59 |
| 2. | Timo Bourgonje | | SG Octopus - ZVV | | | 5:26.54 | | 200700599 | | | **5:11.01** | |
| | 50m: | 32.33 | 32.33 | 150m: | 1:51.15 | 40.20 | 250m: | 3:15.53 | 43.87 | 350m: | 4:35.66 | 35.68 |
| | 100m: | 1:10.95 | 38.62 | 200m: | 2:31.66 | 40.51 | 300m: | 3:59.98 | 44.45 | 400m: | 5:11.01 | 35.35 |
| 3. | Tim Looijen | | Wahoo Swimming | | | 5:35.46 | | 200700325 | | | **5:31.10** | |
| | 50m: | 32.79 | 32.79 | 150m: | 1:56.40 | 44.30 | 250m: | 3:29.38 | 48.72 | 350m: | 4:56.38 | 37.37 |
| | 100m: | 1:12.10 | 39.31 | 200m: | 2:40.66 | 44.26 | 300m: | 4:19.01 | 49.63 | 400m: | 5:31.10 | 34.72 |
| 4. | Damiän van den Anker | | RZC | | | 5:34.22 | | 200802079 | | | **5:33.80** | |
| | 50m: | 32.10 | 32.10 | 150m: | 1:55.61 | 43.82 | 250m: | 3:29.94 | 50.58 | 350m: | 4:57.57 | 36.28 |
| | 100m: | 1:11.79 | 39.69 | 200m: | 2:39.36 | 43.75 | 300m: | 4:21.29 | 51.35 | 400m: | 5:33.80 | 36.23 |
| 5. | Tom Pisters | | RZC | | | 5:38.12 | | 200801119 | | | **5:36.36** | |
| | 50m: | 30.88 | 30.88 | 150m: | 1:54.07 | 44.50 | 250m: | 3:27.90 | 49.56 | 350m: | 4:58.63 | 39.49 |
| | 100m: | 1:09.57 | 38.69 | 200m: | 2:38.34 | 44.27 | 300m: | 4:19.14 | 51.24 | 400m: | 5:36.36 | 37.73 |

### Senioren

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Ronis van Everdingen | | DWK | | | 4:36.06 | | 200300043 | | | **4:41.57** | |
| | 50m: | 28.95 | 28.95 | 150m: | 1:40.45 | 37.26 | 250m: | 2:55.73 | 39.32 | 350m: | 4:09.08 | 34.28 |
| | 100m: | 1:03.19 | 34.24 | 200m: | 2:16.41 | 35.96 | 300m: | 3:34.80 | 39.07 | 400m: | 4:41.57 | 32.49 |
| 2. | Martijn Velders | | Aqua-Novio'94 | | | 4:45.70 | | 199502619 | | | **4:44.63** | |
| | 50m: | 30.00 | 30.00 | 150m: | 1:44.30 | 38.60 | 250m: | 3:00.29 | 36.50 | 350m: | 4:11.82 | 33.83 |
| | 100m: | 1:05.70 | 35.70 | 200m: | 2:23.79 | 39.49 | 300m: | 3:37.99 | 37.70 | 400m: | 4:44.63 | 32.81 |
| 3. | Jeffrey Camphens | | Aqua-Novio'94 | | | 4:56.93 | | 199503113 | | | **4:58.58** | |
| | 50m: | 30.60 | 30.60 | 150m: | 1:48.29 | 40.95 | 250m: | 3:08.38 | 40.52 | 350m: | 4:24.79 | 35.78 |
| | 100m: | 1:07.34 | 36.74 | 200m: | 2:27.86 | 39.57 | 300m: | 3:49.01 | 40.63 | 400m: | 4:58.58 | 33.79 |
| 4. | Ryan Bleumink | | De Berkelduikers | | | 5:16.38 | | 200601257 | | | **5:11.50** | |
| | 50m: | 30.94 | 30.94 | 150m: | 1:49.83 | 39.86 | 250m: | 3:13.68 | 44.28 | 350m: | 4:36.41 | 36.65 |
| | 100m: | 1:09.97 | 39.03 | 200m: | 2:29.40 | 39.57 | 300m: | 3:59.76 | 46.08 | 400m: | 5:11.50 | 35.09 |
| 5. | Richard van der Horst | | ZV De Meer | | | 5:14.26 | | 199700179 | | | **5:15.97** | |
| | 50m: | 33.62 | 33.62 | 150m: | 1:55.98 | 43.18 | 250m: | 3:18.51 | 40.51 | 350m: | 4:38.51 | 37.45 |
| | 100m: | 1:12.80 | 39.18 | 200m: | 2:38.00 | 42.02 | 300m: | 4:01.06 | 42.55 | 400m: | 5:15.97 | 37.46 |
| 6. | Jesse Bruines | | Batavia Swim | | | 6:42.01 | | 200402413 | SM9 | | **6:44.01** | |
| | 50m: | 38.15 | 38.15 | 150m: | 2:16.18 | 51.31 | 250m: | 4:13.18 | 1:08.16 | 350m: | 6:04.32 | 42.83 |
| | 100m: | 1:24.87 | 46.72 | 200m: | 3:05.02 | 48.84 | 300m: | 5:21.49 | 1:08.31 | 400m: | 6:44.01 | 39.69 |
| NG | Bas Neeleman | | RZC | | | 5:15.64 | | 199603015 | | | | |

### Para

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | | Batavia Swim | | | 6:42.01 | | 200402413 | SM9 | | **6:44.01** | |
| | 50m: | 38.15 | 38.15 | 150m: | 2:16.18 | 51.31 | 250m: | 4:13.18 | 1:08.16 | 350m: | 6:04.32 | 42.83 |
| | 100m: | 1:24.87 | 46.72 | 200m: | 3:05.02 | 48.84 | 300m: | 5:21.49 | 1:08.31 | 400m: | 6:44.01 | 39.69 |

## Programmanr. 309 — Dames, 50m schoolslag — 11 jaar en ouder

21-11-2026 - 17:19 — Resultaten Voorronde

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Fleur Kalma | Aqua-Novio'94 | 39.03 | 201500192 | **37.78** | |
| 2. | Sophia Heusinkveld | De Berkelduikers | 38.80 | 201301552 | **38.73** | |
| 3. | Yara Haverkamp | De IJsselmeeuwen | 41.61 | 201301650 | **39.26** | |
| 4. | Nynthe Spikmans | Aqua-Novio'94 | 41.78 | 201301168 | **39.51** | |
| 5. | Josephine Rugenbrink | Aquapoldro | 43.06 | 201401324 | **40.14** | |
| 6. | Roxan Meijer | DWK | 41.40 | 201300854 | **40.26** | |
| 7. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 40.79 | 201300230 | **40.64** | |
| 8. | Elin Hut | Wahoo Swimming | 40.62 | 201300020 | **40.97** | |
| 9. | Lena Verplak | Aqua-Novio'94 | 40.77 | 201400512 | **41.15** | |
| 10. | Jackie Scherps | Aqua-Novio'94 | 42.25 | 201500846 | **41.38** | |
| 11. | Vera Magendans | De Vrije Slag | 40.78 | 201300436 | **41.58** | |
| 12. | Sara Langenberg | Aqua-Novio'94 | 41.92 | 201300366 | **42.03** | |
| 13. | Dorean Iseger | DWK | 40.63 | 201300470 | **42.20** | |
| 14. | Vesper Jongerden | Batavia Swim | 44.75 | 201402390 | **42.65** | |
| 15. | Evi Burgerhart | DWK | 44.36 | 201400076 | **43.70** | |
| 16. | Jaley de Graaf | Aqua-Novio'94 | 44.93 | 201401184 | **44.23** | |

## Programmanr. 309, Dames, 50m schoolslag, Voorronde

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Annabel Pisters | RZC | 35.54 | 201200074 | | **34.71** | R | |
| 2. | Gerlin van de Krol | DWK | 35.48 | 201101412 | | **35.56** | | |
| 3. | Anna Berkhout | DWK | 36.53 | 201100080 | | **35.70** | | |
| 4. | Moira Iseger | DWK | 40.09 | 201101908 | | **38.38** | | |
| 5. | Maud Sellis | SG Octopus - ZVV | 38.73 | 201101172 | | **38.43** | | |
| 6. | Yanaika Ido | Batavia Swim | 36.93 | 201102764 | | **38.54** | | |
| 7. | Sofie Besselink | De Berkelduikers | 40.37 | 201103120 | | **39.13** | | |
| 8. | Kensi de Lange | Olympia | 38.97 | 201100276 | | **39.80** | | |
| 9. | Jaurieke Morren | SG Octopus - ZVV | 39.57 | 201200292 | | **39.89** | | |
| 10. | Bente Toth | SG Octopus - ZVV | 39.99 | 201102818 | | **39.93** | | |
| 11. | Melissa ter Horst | ZV Overbetuwe | 40.38 | 201100678 | | **40.31** | | |
| 12. | Julia Happel | DWK | 40.75 | 201201666 | | **40.47** | | |
| 13. | Maud Lamfers | Aquapoldro | 40.59 | 201201350 | | **41.16** | | |
| 14. | Gwyneth van der Spek | Batavia Swim | 52.69 | 201102806 | SB6 | **56.34** | | 475 |
| AFGEM | Noeka de Groot | De Woelwaters | 40.44 | 201203072 | | | | |
| AFGEM | Robin Versteeg | Aqua-Novio'94 | 39.97 | 201200276 | | | | |

### Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Tara Langkamp | Aqua-Novio'94 | 33.69 | 200900362 | | **33.74** | Q | |
| 2. | Myrthe Rozendaal | Aqua-Novio'94 | 34.40 | 201000790 | | **34.05** | Q | |
| 3. | Julia Bos | De Hokseberg | 34.91 | 200900184 | | **34.46** | Q | |
| 4. | Kyana de Vries | Aqua-Novio'94 | 35.45 | 200901260 | | **35.58** | | |
| 5. | Lynn Rozendal | NDD | 35.89 | 200901038 | | **35.70** | | |
| 6. | Tessa van Beek | DWK | 38.99 | 201001446 | | **36.54** | | |
| | Ann Hietbrink | De Berkelduikers | 39.15 | 200902444 | | **36.54** | | |
| 8. | Elin Baars | DWK | 35.62 | 201000138 | | **37.21** | | |
| 9. | Hayleigh Onstwedder | Zuiderzeezwemmers | 37.72 | 201002902 | | **37.73** | | |
| 10. | Jiska Smit | De Woelwaters | 38.35 | 200903526 | | **38.35** | | |
| 11. | Ruby Hut | Wahoo Swimming | 38.48 | 200901842 | | **38.62** | | |
| 12. | Lenore Donker | NDD | 39.64 | 201000080 | | **39.86** | | |
| 13. | Robin van Beek | Aquapoldro | 39.02 | 200903518 | | **39.89** | | |
| AFGEM | Leana den Hartog | Aqua-Novio'94 | 50.73 | 200904020 | SB14 | | | |
| AFGEM | Juno Nijhuis | RZC | 37.18 | 200900294 | | | | |

### Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 34.98 | 200800378 | | **34.43** | Q | |
| 2. | Lyke Bellert | SG Octopus - ZVV | 37.33 | 200701424 | | **36.31** | | |
| 3. | Fenna Reijmers | CWW | 36.58 | 200800244 | | **36.43** | | |
| 4. | Danique van de Werken | Olympia | 36.76 | 200701672 | | **37.10** | | |
| 5. | Inke Versluis | Olympia | 39.05 | 200800218 | | **38.48** | | |
| 6. | Mirte Boswinkel | N.S.Z.& W.V. Hydrofiel | 37.60 | 200700434 | | **39.97** | | |
| 7. | Elise van der Wielen | Olympia | 39.35 | 200700346 | | **39.99** | | |
| 8. | Elke van Dorst | CWW | 40.35 | 200702816 | | **40.10** | | |
| 9. | Nilou Vriesema | De Hokseberg | 40.15 | 200703216 | | **41.24** | | |

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 32.69 | 200502618 | | **33.10** | Q | |
| 2. | Felicia Emanuelson | Olympia | 33.41 | 199703168 | | **33.68** | Q | |
| 3. | Inge Koekoek | DWK | 33.33 | 200401648 | | **33.76** | Q | |
| 4. | Kiara Roes | NDD | 34.80 | 200505508 | | **34.45** | Q | |
| 5. | Ayla van Leeuwen | TZC Vahalis | 34.86 | 200401980 | | **34.78** | R | |
| 6. | Moniek van Langevelde | DWK | 36.69 | 199803160 | | **35.48** | | |
| 7. | Celine Schoenmaker | DWK | 36.78 | 199801976 | | **37.14** | | |

### Para

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek | Batavia Swim | 52.69 | 201102806 | SB6 | **56.34** | | 475 |
| AFGEM | Leana den Hartog | Aqua-Novio'94 | 50.73 | 200904020 | SB14 | | | |

Programmanr. 310 — Heren, 4 x 100m wisselslag — 11 jaar en ouder
21-11-2026 - 17:30 — Resultaten

| rang | vereniging | | | intijd | | | tijd | RT |
|---|---|---|---|---|---|---|---|---|
| **Onder 16** | | | | | | | | |
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | | 4:31.47 | | | **4:29.05** | |
| | Luuk Grondard - van Schagen | 13 | 34.05 | 1:10.48 | Pieter de Jonge | 14 | 29.42 | 1:04.60 |
| | Yaro de Vries | 14 | 35.22 | 1:16.29 | Jesse Voet | 13 | 27.18 | 57.68 |
| 2. | Aqua-Novio'94 2 | Aqua-Novio'94 | | 5:01.48 | | | **4:55.48** | |
| | Teun Gulikers | 14 | 37.61 | 1:18.44 | Boris Hekker | 12 | 33.14 | 1:12.56 |
| | Ralph Kersten | 13 | 37.00 | 1:20.08 | Berk Can | 14 | 29.62 | 1:04.40 |
| 3. | CWW 1 | CWW | | 5:02.45 | | | **4:57.47** | |
| | Fido Hulstijn | 13 | 35.54 | 1:13.64 | Thijn Eekhoff | 13 | 35.54 | 1:18.98 |
| | Hugo Hulstijn | 15 | 36.28 | 1:17.81 | Luca Leerentveld | 14 | 31.87 | 1:07.04 |
| 4. | DWK 2 | DWK | | 4:56.78 | | | **4:58.39** | |
| | Teije Baars | 13 | 34.54 | 1:12.79 | Stef van de Wal | 14 | 32.91 | 1:14.24 |
| | Tim Burgerhart | 14 | 38.55 | 1:23.39 | Olivier Valeijn | 12 | 31.98 | 1:07.97 |
| **Senioren Open** | | | | | | | | |
| 1. | CWW 2 | CWW | | 3:52.78 | | | **3:49.30** | |
| | Enna Lamers | 18 | 27.93 | 57.79 | Mies de Wit | 19 | 25.82 | 55.99 |
| | Mick van Kempen | 24 | 30.08 | 1:04.61 | Odo McCarthy | 19 | 24.19 | 50.91 |
| 2. | Aqua-Novio'94 3 | Aqua-Novio'94 | | 4:02.43 | | | **3:56.61** | |
| | Sofyan El Fhim | 21 | 29.96 | 1:02.86 | Bart Muselaers | 25 | 25.97 | 57.03 |
| | Martijn Velders | 31 | 30.21 | 1:04.17 | Wessel van Dorst | 17 | 24.66 | 52.55 |
| 3. | DWK 1 | DWK | | 3:50.14 | | | **3:58.92** | |
| | Ronis van Everdingen | 23 | 27.75 | 58.14 | Rian Schoneveld | 18 | 25.63 | 55.86 |
| | Sven Potappel | 16 | 30.51 | 1:06.32 | Nordin Vermeer | 16 | 26.97 | 58.60 |
| 4. | Olympia 1 | Olympia | | 4:13.62 | | | **4:12.35** | |
| | Thijs de Geus | 24 | 30.55 | 1:03.52 | Jack Beaujon | 23 | 28.52 | 1:03.18 |
| | Retief van Gasteren | 16 | 33.05 | 1:11.39 | Joop Tuppe | 25 | 25.13 | 54.26 |
| 5. | SG Octopus - ZVV 1 | SG Octopus - ZVV | | 4:16.71 | | | **4:19.43** | |
| | Dax Muijlaert | 15 | 31.66 | 1:07.19 | Nils Bellert | 15 | 28.53 | 1:02.64 |
| | Stan Ordelman | 15 | 33.27 | 1:12.29 | Timo Bourgonje | 19 | 27.22 | 57.31 |
| 6. | RZC 1 | RZC | | 4:18.57 | | | **4:33.71** | |
| | Jelle van Mullekom | 18 | 30.52 | 1:04.55 | Robby Pisters | 16 | 30.87 | 1:10.73 |
| | Tom Pisters | 18 | 34.14 | 1:16.35 | Damiän van den Anker | 18 | 29.42 | 1:02.08 |

Programmanr. 302 — Heren, 50m vlinderslag — All-in
21-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Rian Schoneveld | DWK | 25.16 | 200801789 | **25.26** | |
| | Mies de Wit | CWW | 25.24 | 200700315 | **25.26** | |
| 3. | Bart Muselaers | Aqua-Novio'94 | 25.58 | 200100865 | **25.82** | |
| 4. | Sven Potappel | DWK | 25.90 | 201000127 | **25.86** | |
| 5. | Odo McCarthy | CWW | 26.52 | 200700307 | **26.13** | |
| 6. | Thijs de Geus | Olympia | 26.11 | 200200349 | **26.18** | |
| 7. | Mick van Kempen | CWW | 26.34 | 200203375 | **26.52** | |
| 8. | Léon van Grevenbroek | CWW | 26.49 | 200601323 | **26.56** | |

Programmanr. 309 — Dames, 50m schoolslag — All-in
21-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | tijd | RT |
|---|---|---|---|---|---|

## Programmanr. 309, Dames, 50m schoolslag, Finale

| | | | | | |
|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 33.10 | 200502618 | **33.15** |
| 2. | Tara Langkamp | Aqua-Novio'94 | 33.74 | 200900362 | **33.43** |
| 3. | Inge Koekoek | DWK | 33.76 | 200401648 | **33.76** |
| 4. | Myrthe Rozendaal | Aqua-Novio'94 | 34.05 | 201000790 | **34.24** |
| 5. | Kiara Roes | NDD | 34.45 | 200505508 | **34.36** |
| 6. | Niobe Maduro | Aqua-Novio'94 | 34.43 | 200800378 | **34.43** |
| 7. | Julia Bos | De Hokseberg | 34.46 | 200900184 | **34.78** |
| 8. | Annabel Pisters | RZC | 34.71 | 201200074 | **34.86** |

## Programmanr. 401 — Gemengd, 4 x 50m vrije slag — 11 jaar en ouder

22-11-2026 - 15:15 — Resultaten

| Regio Oost Records | 1:39.22 | Aqua-Novio'94 | 05-100 | Eindhoven | 7-12-2019 |
|---|---|---|---|---|---|

| rang | vereniging | intijd | tijd | RT |
|---|---|---|---|---|

### Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | 1:55.52 | | **1:51.85** | |
| | Jesse Voet | 13 | 26.10 | Belle Fiering | 14 | 29.65 |
| | Pieter de Jonge | 14 | 27.00 | Fay Jansen | 14 | 29.10 |
| 2. | SG Octopus - ZVV 2 | SG Octopus - ZVV | 1:55.81 | | **1:54.10** | |
| | Jaurieke Morren | 14 | 31.09 | Dax Muijlaert | 15 | 26.38 |
| | Bente Toth | 15 | 30.77 | Stan Ordelman | 15 | 25.86 |
| 3. | DWK 3 | DWK | 1:58.58 | | **1:54.33** | |
| | Stef van de Wal | 14 | 28.86 | Dorean Iseger | 13 | 28.90 |
| | Teije Baars | 13 | 28.21 | Anna Berkhout | 15 | 28.36 |
| 4. | Aqua-Novio'94 2 | Aqua-Novio'94 | 1:58.38 | | **1:55.57** | |
| | Berk Can | 14 | 27.98 | Maartje van Berkom | 15 | 29.90 |
| | Yaro de Vries | 14 | 28.70 | Lena Verplak | 12 | 28.99 |
| 5. | Aquapoldro 1 | Aquapoldro | 2:03.49 | | **1:59.67** | |
| | Tim Slagers | 14 | 25.68 | Nina van Riessen | 12 | 31.41 |
| | Sina Esmat | 12 | 32.79 | Maud Lamfers | 14 | 29.79 |
| 6. | De Woelwaters 1 | De Woelwaters | 2:05.52 | | **2:02.65** | |
| | Bram van Barneveld | 15 | 26.98 | Sem Neurdenburg | 13 | 29.30 |
| | Tirza Smit | 15 | 33.11 | Lotte Boone | 15 | 33.26 |
| 7. | DWK 4 | DWK | 2:01.82 | | **2:04.54** | |
| | Noor de Vogt | 12 | 31.15 | Olivier Valeijn | 12 | 32.79 |
| | Meike van Beek | 14 | 30.92 | Tim Burgerhart | 14 | 29.68 |

### Senioren Open

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Aqua-Novio'94 3 | Aqua-Novio'94 | 1:39.35 | | **1:38.92** | |
| | *Regio Oost record* | | | | | |
| | Bart Muselaers | 25 | 23.92 | Tara Langkamp | 17 | 26.86 |
| | Stan de Swart | 23 | 22.94 | Colinda van der Zanden | 21 | 25.20 |
| 2. | DWK 1 | DWK | 1:41.74 | | **1:42.19** | |
| | Rian Schoneveld | 18 | 23.75 | Tessa van Beek | 16 | 27.53 |
| | Ronis van Everdingen | 23 | 23.33 | Moniek van Langevelde | 28 | 27.58 |
| 3. | Aqua-Novio'94 4 | Aqua-Novio'94 | 1:45.25 | | **1:43.65** | |
| | Martijn Velders | 31 | 25.41 | Isa Willemsen | 27 | 26.70 |
| | Wessel van Dorst | 17 | 24.29 | Niobe Maduro | 18 | 27.25 |
| 4. | CWW 1 | CWW | 1:44.10 | | **1:43.87** | |
| | Mick van Kempen | 24 | 24.44 | Charlotte Landman | 17 | 27.38 |
| | Noor Polman | 21 | 29.03 | Odo McCarthy | 19 | 23.02 |
| 5. | Olympia 1 | Olympia | 1:46.79 | | **1:45.54** | |
| | Thijs de Geus | 24 | 24.95 | Felicia Emanuelson | 29 | 27.22 |
| | Joop Tuppe | 25 | 24.33 | Nienke Verploeg | 26 | 29.04 |
| 6. | RZC 1 | RZC | 1:51.66 | | **1:48.09** | |
| | Jelle van Mullekom | 18 | 25.23 | Merith Janssen | 20 | 29.58 |
| | Tom Pisters | 18 | 25.36 | Rosalie Bressers | 19 | 27.92 |
| 7. | Aquapoldro 2 | Aquapoldro | 1:50.97 | | **1:49.80** | |
| | Tessa Zevenbergen | 16 | 28.62 | Giano Spoor | 17 | 25.79 |
| | Milena Vlot | 26 | 28.14 | Barna Esmat | 16 | 27.25 |
| 8. | DWK 2 | DWK | 1:50.56 | | **1:49.84** | |
| | Nordin Vermeer | 16 | 26.29 | Lili Oosting | 17 | 28.70 |
| | Sven Potappel | 16 | 23.67 | Gerlin van de Krol | 15 | 31.18 |

## Programmanr. 401, Gemengd, 4 x 50m vrije slag, Senioren Open

| rang | | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 9. | SG Octopus - ZVV 1 | SG Octopus - ZVV | 1:53.40 | | **1:50.23** | |
| | Lyke Bellert | 19 | 28.53 | Nils Bellert | 15 | 25.74 |
| | Maud Sellis | 15 | 30.58 | Daniël Hofman | 16 | 25.38 |
| 10. | NDD 1 | NDD | 1:52.15 | | **1:50.33** | |
| | Sander Burgers | 25 | 26.83 | Rutger Donker | 14 | 27.59 |
| | Lynn Rozendal | 17 | 28.80 | Kiara Roes | 21 | 27.11 |

## Programmanr. 402 — Heren, 50m vrije slag — 11 jaar en ouder
22-11-2026 - 15:23 — Resultaten Voorronde

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 27.29 | 201300057 | **27.11** | |
| 2. | Sem Neurdenburg | De Woelwaters | 29.86 | 201302709 | **28.47** | |
| 3. | L. Grondard - van Schagen | Aqua-Novio'94 | 28.75 | 201303197 | **28.49** | |
| 4. | Fido Hulstijn | CWW | 29.99 | 201300775 | **28.67** | |
| 5. | Teije Baars | DWK | 29.65 | 201300203 | **29.12** | |
| 6. | Thijn Eekhoff | CWW | 29.71 | 201300037 | **29.32** | |
| 7. | Abel Harms | De Berkelduikers | 29.80 | 201302287 | **29.38** | |
| 8. | Olivier Valeijn | DWK | 30.59 | 201400225 | **30.72** | |
| 9. | Boris Hekker | Aqua-Novio'94 | 31.59 | 201400647 | **31.02** | |
| 10. | Mika Fiering | De Berkelduikers | 31.63 | 201401343 | **31.60** | |
| 11. | Jareon Derks | DWK | 32.83 | 201500397 | **31.98** | |
| 12. | Tim Kaasschieter | DWK | 32.09 | 201400965 | **32.31** | |
| 13. | Brayden Onstwedder | Batavia Swim | 33.45 | 201400395 | **34.09** | |

### Onder 16

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Tim Slagers | Aquapoldro | 26.65 | 201200263 | **25.79** | |
| 2. | Nils Bellert | SG Octopus - ZVV | 26.45 | 201100347 | **26.21** | |
| 3. | Dax Muijlaert | SG Octopus - ZVV | 26.57 | 201100535 | **27.14** | |
| 4. | Pieter de Jonge | Aqua-Novio'94 | 28.68 | 201200211 | **27.68** | |
| 5. | Rutger Donker | NDD | 28.42 | 201200361 | **27.73** | |
| 6. | Berk Can | Aqua-Novio'94 | 28.69 | 201200353 | **29.13** | |
| 7. | Yaro de Vries | Aqua-Novio'94 | 29.28 | 201200115 | **29.26** | |
| DIS | Stan Ordelman | SG Octopus - ZVV | 26.35 | 201100009 | | |
| | *AA - De start ingezet voor het startsignaal (en wel gezwommen).* | | | | | |
| AFGEM | Yanniek Jager | Batavia Swim | 25.45 | 201100315 | | |

### Onder 18

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Sven Potappel | DWK | 24.61 | 201000127 | **24.23** | Q |
| 2. | Wessel van Dorst | Aqua-Novio'94 | 23.89 | 200900727 | **24.32** | Q |
| 3. | Siem Faber | Batavia Swim | 25.79 | 200900065 | **25.61** | |
| 4. | Xander Koperdraat | Wahoo Swimming | 25.43 | 201001695 | **25.73** | |
| 5. | Retief van Gasteren | Olympia | 25.84 | 201000067 | **25.80** | |
| 6. | Tygo van de Wal | DWK | 26.54 | 201001329 | **26.32** | |
| 7. | Nordin Vermeer | DWK | 26.19 | 201000227 | **26.71** | |
| NG | Ruben Baars | DWK | 22.19 | 200900471 | | |

### Onder 20

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 23.87 | 200700307 | **23.84** | Q |
| 2. | Enna Lamers | CWW | 25.58 | 200800899 | **24.88** | Q |
| 3. | Jelle van Mullekom | RZC | 25.12 | 200801267 | **25.31** | R |
| 4. | Tom Pisters | RZC | 25.89 | 200801119 | **26.25** | |
| 5. | Brian Blankespoor | De Vrije Slag | 26.66 | 200801133 | **26.49** | |
| 6. | Damiän van den Anker | RZC | 26.84 | 200802079 | **27.57** | |

## Programmanr. 402, Heren, 50m vrije slag, Voorronde

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Ronis van Everdingen | DWK | 24.27 | 200300043 | | **23.95** | Q | |
| 2. | Bart Muselaers | Aqua-Novio'94 | 23.36 | 200100865 | | **24.16** | Q | |
| 3. | Mees Peters | CWW | 24.53 | 200501895 | | **24.59** | Q | |
| 4. | John Quinn | N.S.Z.& W.V. Hydrofiel | 24.14 | 200101219 | | **24.71** | Q | |
| 5. | Stan de Swart | Aqua-Novio'94 | 23.60 | 200300535 | | **24.96** | R | |
| 6. | Jesse Bruines | Batavia Swim | 30.56 | 200402413 | S9 | **30.40** | | 503 |

### Para

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 30.56 | 200402413 | S9 | **30.40** | | 503 |

## Programmanr. 403 — Dames, 400m vrije slag — 11 jaar en ouder
22-11-2026 - 15:30 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | | tijd | RT |
|---|---|---|---|---|---|---|---|
| 1. | Lena Verplak | Aqua-Novio'94 | 5:01.94 | 201400512 | | **4:58.84** | |
| | 50m: 32.95 | 32.95 150m: 1:48.77 | 38.41 | 250m: 3:05.93 | 38.65 | 350m: 4:22.94 | 37.95 |
| | 100m: 1:10.36 | 37.41 200m: 2:27.28 | 38.51 | 300m: 3:44.99 | 39.06 | 400m: 4:58.84 | 35.90 |
| 2. | Roxan Meijer | DWK | 5:15.71 | 201300854 | | **5:09.57** | |
| | 50m: 34.40 | 34.40 150m: 1:50.63 | 38.76 | 250m: 3:09.62 | 39.88 | 350m: 4:29.80 | 40.14 |
| | 100m: 1:11.87 | 37.47 200m: 2:29.74 | 39.11 | 300m: 3:49.66 | 40.04 | 400m: 5:09.57 | 39.77 |
| 3. | Sophia Heusinkveld | De Berkelduikers | 5:31.78 | 201301552 | | **5:10.78** | |
| | 50m: 34.62 | 34.62 150m: 1:53.19 | 39.69 | 250m: 3:13.62 | 40.23 | 350m: 4:33.62 | 39.47 |
| | 100m: 1:13.50 | 38.88 200m: 2:33.39 | 40.20 | 300m: 3:54.15 | 40.53 | 400m: 5:10.78 | 37.16 |
| 4. | Sara Langenberg | Aqua-Novio'94 | 5:33.31 | 201300366 | | **5:17.50** | |
| | 50m: 35.18 | 35.18 150m: 1:54.24 | 39.95 | 250m: 3:17.00 | 41.49 | 350m: 4:39.02 | 40.70 |
| | 100m: 1:14.29 | 39.11 200m: 2:35.51 | 41.27 | 300m: 3:58.32 | 41.32 | 400m: 5:17.50 | 38.48 |
| 5. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 5:11.21 | 201300230 | | **5:17.60** | |
| | 50m: 34.63 | 34.63 150m: 1:53.59 | 39.47 | 250m: 3:16.42 | 41.60 | 350m: 4:38.60 | 41.15 |
| | 100m: 1:14.12 | 39.49 200m: 2:34.82 | 41.23 | 300m: 3:57.45 | 41.03 | 400m: 5:17.60 | 39.00 |
| 6. | Vlinder Mariman | Aqua-Novio'94 | 5:29.14 | 201301522 | | **5:19.21** | |
| | 50m: 35.50 | 35.50 150m: 1:56.68 | 40.70 | 250m: 3:17.93 | 40.43 | 350m: 4:39.30 | 40.35 |
| | 100m: 1:15.98 | 40.48 200m: 2:37.50 | 40.82 | 300m: 3:58.95 | 41.02 | 400m: 5:19.21 | 39.91 |
| 7. | Nynthe Spikmans | Aqua-Novio'94 | 5:40.42 | 201301168 | | **5:26.90** | |
| | 50m: 36.63 | 36.63 150m: 1:59.52 | 41.92 | 250m: 3:23.24 | 41.77 | 350m: 4:46.28 | 41.52 |
| | 100m: 1:17.60 | 40.97 200m: 2:41.47 | 41.95 | 300m: 4:04.76 | 41.52 | 400m: 5:26.90 | 40.62 |
| 8. | Fleur Kalma | Aqua-Novio'94 | 5:37.09 | 201500192 | | **5:37.33** | |
| | 50m: 36.02 | 36.02 150m: 2:00.54 | 43.62 | 250m: 3:28.48 | 44.04 | 350m: 4:55.73 | 43.15 |
| | 100m: 1:16.92 | 40.90 200m: 2:44.44 | 43.90 | 300m: 4:12.58 | 44.10 | 400m: 5:37.33 | 41.60 |
| 9. | Annelinde Straathof<br>**50, 100* | SG Octopus - ZVV | 5:39.64 | 201301598 | | **5:41.51** | |
| | 50m: 36.72 | 36.72 150m: 2:02.75 | 43.35 | 250m: 3:29.73 | 43.33 | 350m: 4:58.01 | 44.52 |
| | 100m: 1:19.40 | 42.68 200m: 2:46.40 | 43.65 | 300m: 4:13.49 | 43.76 | 400m: 5:41.51 | 43.50 |
| 10. | Nina van Riessen | Aquapoldro | 5:49.77 | 201401116 | | **5:42.92** | |
| | 50m: 35.54 | 35.54 150m: 2:03.69 | 44.50 | 250m: 3:34.70 | 45.77 | 350m: 5:03.22 | 43.83 |
| | 100m: 1:19.19 | 43.65 200m: 2:48.93 | 45.24 | 300m: 4:19.39 | 44.69 | 400m: 5:42.92 | 39.70 |
| 11. | Aicha Hamdi | Batavia Swim | 6:18.84 | 201400134 | | **5:56.82** | |
| | 50m: 38.09 | 38.09 150m: 2:07.32 | 46.00 | 250m: 3:41.62 | 47.34 | 350m: 5:14.74 | 46.17 |
| | 100m: 1:21.32 | 43.23 200m: 2:54.28 | 46.96 | 300m: 4:28.57 | 46.95 | 400m: 5:56.82 | 42.08 |
| 12. | Juliet Donker | NDD | 6:21.11 | 201400374 | | **6:04.00** | |
| | 50m: 37.43 | 37.43 150m: 2:09.97 | 47.01 | 250m: 3:45.16 | 47.75 | 350m: 5:20.06 | 46.78 |
| | 100m: 1:22.96 | 45.53 200m: 2:57.41 | 47.44 | 300m: 4:33.28 | 48.12 | 400m: 6:04.00 | 43.94 |
| 13. | Lotte Kok | SG Octopus - ZVV | 6:20.20 | 201401332 | | **6:06.55** | |
| | 50m: 37.82 | 37.82 150m: 2:11.17 | 47.76 | 250m: 3:47.78 | 48.54 | 350m: 5:24.65 | 47.82 |
| | 100m: 1:23.41 | 45.59 200m: 2:59.24 | 48.07 | 300m: 4:36.83 | 49.05 | 400m: 6:06.55 | 41.90 |
| 14. | Isolde Bijlsma | De Rijn | 6:21.85 | 201400204 | | **6:10.88** | |
| | 50m: 39.72 | 39.72 150m: 2:15.89 | 48.24 | 250m: 3:54.50 | 50.11 | 350m: 5:28.64 | 45.98 |
| | 100m: 1:27.65 | 47.93 200m: 3:04.39 | 48.50 | 300m: 4:42.66 | 48.16 | 400m: 6:10.88 | 42.24 |
| 15. | Caja Meijers | De Rijn | 6:25.72 | 201401058 | | **6:11.72** | |
| | 50m: 37.31 | 37.31 150m: 2:10.86 | 48.99 | 250m: 3:49.60 | 49.70 | 350m: 5:27.05 | 48.44 |
| | 100m: 1:21.87 | 44.56 200m: 2:59.90 | 49.04 | 300m: 4:38.61 | 49.01 | 400m: 6:11.72 | 44.67 |
| 16. | Lynn Eekelder | ZPC Livo | 6:19.94 | 201501244 | | **6:12.79** | |
| | 50m: 40.65 | 40.65 150m: 2:13.21 | 47.53 | 250m: 3:50.70 | 48.94 | 350m: 5:26.73 | 47.84 |
| | 100m: 1:25.68 | 45.03 200m: 3:01.76 | 48.55 | 300m: 4:38.89 | 48.19 | 400m: 6:12.79 | 46.06 |

## Programmanr. 403, Meisjes, 400m vrije slag, Onder 14

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 17. | Lara Bourgonje<br>**50, 100* | SG Octopus - ZVV | 6:30.61 | 201400746 | **6:23.66** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 41.47 | 41.47 | 150m: | 2:21.13 | 49.95 | 250m: | 4:00.41 | 49.34 | 350m: | 5:36.18 | 47.06 |
| 100m: | 1:31.18 | 49.71 | 200m: | 3:11.07 | 49.94 | 300m: | 4:49.12 | 48.71 | 400m: | 6:23.66 | 47.48 |

## Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Fay Jansen | Aqua-Novio'94 | 4:45.58 | 201200154 | **4:48.45** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.43 | 32.43 | 150m: | 1:44.45 | 36.60 | 250m: | 2:58.18 | 36.88 | 350m: | 4:12.07 | 37.22 |
| 100m: | 1:07.85 | 35.42 | 200m: | 2:21.30 | 36.85 | 300m: | 3:34.85 | 36.67 | 400m: | 4:48.45 | 36.38 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 2. | Belle Fiering | Aqua-Novio'94 | 5:01.98 | 201202546 | **4:59.71** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.71 | 32.71 | 150m: | 1:46.78 | 37.33 | 250m: | 3:04.44 | 39.07 | 350m: | 4:21.82 | 38.55 |
| 100m: | 1:09.45 | 36.74 | 200m: | 2:25.37 | 38.59 | 300m: | 3:43.27 | 38.83 | 400m: | 4:59.71 | 37.89 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 3. | Maartje van Berkom | Aqua-Novio'94 | 5:00.00 | 201100514 | **5:00.82** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.70 | 33.70 | 150m: | 1:49.65 | 38.68 | 250m: | 3:08.36 | 39.10 | 350m: | 4:24.68 | 37.66 |
| 100m: | 1:10.97 | 37.27 | 200m: | 2:29.26 | 39.61 | 300m: | 3:47.02 | 38.66 | 400m: | 5:00.82 | 36.14 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 4. | Gerlin van de Krol | DWK | 5:21.94 | 201101412 | **5:07.14** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.70 | 34.70 | 150m: | 1:53.30 | 40.00 | 250m: | 3:11.21 | 39.23 | 350m: | 4:29.85 | 38.99 |
| 100m: | 1:13.30 | 38.60 | 200m: | 2:31.98 | 38.68 | 300m: | 3:50.86 | 39.65 | 400m: | 5:07.14 | 37.29 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 5. | Laure Eekhoff | CWW | 5:07.10 | 201100674 | **5:09.65** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.34 | 34.34 | 150m: | 1:51.76 | 39.38 | 250m: | 3:10.37 | 39.46 | 350m: | 4:30.31 | 40.25 |
| 100m: | 1:12.38 | 38.04 | 200m: | 2:30.91 | 39.15 | 300m: | 3:50.06 | 39.69 | 400m: | 5:09.65 | 39.34 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 6. | Linn Frunt | DWK | 5:22.98 | 201101420 | **5:21.23** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.29 | 35.29 | 150m: | 1:57.19 | 41.66 | 250m: | 3:21.43 | 41.38 | 350m: | 4:43.28 | 40.54 |
| 100m: | 1:15.53 | 40.24 | 200m: | 2:40.05 | 42.86 | 300m: | 4:02.74 | 41.31 | 400m: | 5:21.23 | 37.95 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 7. | Femke Mandema | DWK | 5:15.57 | 201100396 | **5:22.57** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.81 | 35.81 | 150m: | 1:57.88 | 42.00 | 250m: | 3:21.27 | 42.18 | 350m: | 4:43.44 | 40.98 |
| 100m: | 1:15.88 | 40.07 | 200m: | 2:39.09 | 41.21 | 300m: | 4:02.46 | 41.19 | 400m: | 5:22.57 | 39.13 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 8. | Meike van Beek | DWK | 5:34.09 | 201201556 | **5:22.64** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.71 | 36.71 | 150m: | 1:57.83 | 40.21 | 250m: | 3:20.58 | 41.50 | 350m: | 4:44.75 | 42.56 |
| 100m: | 1:17.62 | 40.91 | 200m: | 2:39.08 | 41.25 | 300m: | 4:02.19 | 41.61 | 400m: | 5:22.64 | 37.89 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 9. | Femke van Duijn | DWK | 5:30.29 | 201201070 | **5:23.50** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.41 | 36.41 | 150m: | 1:58.33 | 41.00 | 250m: | 3:21.25 | 41.24 | 350m: | 4:44.92 | 41.86 |
| 100m: | 1:17.33 | 40.92 | 200m: | 2:40.01 | 41.68 | 300m: | 4:03.06 | 41.81 | 400m: | 5:23.50 | 38.58 |

| | | | | | |
|---|---|---|---|---|---|
| 10. | Jaurieke Morren<br>**50* | SG Octopus - ZVV | 5:24.24 | 201200292 | **5:24.48** |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.72 | 35.72 | 150m: | 1:57.50 | 41.55 | 250m: | 3:21.13 | 41.66 | 350m: | 4:44.68 | 41.22 |
| 100m: | 1:15.95 | 40.23 | 200m: | 2:39.47 | 41.97 | 300m: | 4:03.46 | 42.33 | 400m: | 5:24.48 | 39.80 |

## Onder 18

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Myrthe Rozendaal | Aqua-Novio'94 | 4:44.92 | 201000790 | **4:44.32** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.99 | 30.99 | 150m: | 1:40.24 | 35.21 | 250m: | 2:53.30 | 36.75 | 350m: | 4:07.82 | 37.29 |
| 100m: | 1:05.03 | 34.04 | 200m: | 2:16.55 | 36.31 | 300m: | 3:30.53 | 37.23 | 400m: | 4:44.32 | 36.50 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 2. | Lili Oosting | DWK | 4:48.60 | 200900384 | **4:51.64** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.37 | 32.37 | 150m: | 1:45.32 | 36.89 | 250m: | 2:59.93 | 37.42 | 350m: | 4:14.82 | 37.69 |
| 100m: | 1:08.43 | 36.06 | 200m: | 2:22.51 | 37.19 | 300m: | 3:37.13 | 37.20 | 400m: | 4:51.64 | 36.82 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 3. | Tessa Zevenbergen | Aquapoldro | 4:56.86 | 201002662 | **5:00.94** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.84 | 31.84 | 150m: | 1:48.36 | 38.92 | 250m: | 3:06.51 | 38.77 | 350m: | 4:24.24 | 39.01 |
| 100m: | 1:09.44 | 37.60 | 200m: | 2:27.74 | 39.38 | 300m: | 3:45.23 | 38.72 | 400m: | 5:00.94 | 36.70 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 4. | Elin Das | NDD | 5:02.96 | 200901036 | **5:08.24** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.37 | 33.37 | 150m: | 1:49.12 | 38.50 | 250m: | 3:08.21 | 40.28 | 350m: | 4:29.18 | 40.72 |
| 100m: | 1:10.62 | 37.25 | 200m: | 2:27.93 | 38.81 | 300m: | 3:48.46 | 40.25 | 400m: | 5:08.24 | 39.06 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 5. | Lenore Donker | NDD | 5:07.90 | 201000080 | **5:08.46** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.67 | 33.67 | 150m: | 1:50.67 | 39.26 | 250m: | 3:10.90 | 40.11 | 350m: | 4:31.21 | 40.16 |
| 100m: | 1:11.41 | 37.74 | 200m: | 2:30.79 | 40.12 | 300m: | 3:51.05 | 40.15 | 400m: | 5:08.46 | 37.25 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 6. | Dautsen Vaartjes | Batavia Swim | 5:23.78 | 201003490 | **5:14.15** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.12 | 33.12 | 150m: | 1:51.02 | 39.44 | 250m: | 3:12.07 | 40.45 | 350m: | 4:34.14 | 41.33 |
| 100m: | 1:11.58 | 38.46 | 200m: | 2:31.62 | 40.60 | 300m: | 3:52.81 | 40.74 | 400m: | 5:14.15 | 40.01 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 7. | Ruby Hut | Wahoo Swimming | 5:23.66 | 200901842 | **5:20.83** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.63 | 34.63 | 150m: | 1:52.81 | 39.77 | 250m: | 3:15.51 | 41.93 | 350m: | 4:39.91 | 41.94 |
| 100m: | 1:13.04 | 38.41 | 200m: | 2:33.58 | 40.77 | 300m: | 3:57.97 | 42.46 | 400m: | 5:20.83 | 40.92 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 8. | Pleun Schouten | De IJsselmeeuwen | 5:23.88 | 201002106 | **5:22.12** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.59 | 34.59 | 150m: | 1:53.60 | 40.14 | 250m: | 3:16.21 | 41.48 | 350m: | 4:41.64 | 42.89 |
| 100m: | 1:13.46 | 38.87 | 200m: | 2:34.73 | 41.13 | 300m: | 3:58.75 | 42.54 | 400m: | 5:22.12 | 40.48 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 9. | Evi Giesbers | Wahoo Swimming | 5:25.71 | 200901536 | **5:22.57** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.49 | 35.49 | 150m: | 1:56.54 | 41.25 | 250m: | 3:20.33 | 42.36 | 350m: | 4:45.00 | 42.77 |
| 100m: | 1:15.29 | 39.80 | 200m: | 2:37.97 | 41.43 | 300m: | 4:02.23 | 41.90 | 400m: | 5:22.57 | 37.57 |

## Programmanr. 403, Meisjes, 400m vrije slag, Onder 18

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 10. | Sabina Klijn | RZC | 5:26.38 | 201000050 | **5:29.64** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 37.18 | 37.18 | 150m: | 1:59.77 | 41.64 | 250m: | 3:23.73 | 42.07 | 350m: | 4:48.95 | 42.58 |
| 100m: | 1:18.13 | 40.95 | 200m: | 2:41.66 | 41.89 | 300m: | 4:06.37 | 42.64 | 400m: | 5:29.64 | 40.69 |

### Onder 20

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Rosalie Bressers | RZC | 4:55.81 | 200703820 | **4:49.56** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.94 | 30.94 | 150m: | 1:41.90 | 35.95 | 250m: | 2:56.34 | 37.60 | 350m: | 4:12.57 | 38.16 |
| 100m: | 1:05.95 | 35.01 | 200m: | 2:18.74 | 36.84 | 300m: | 3:34.41 | 38.07 | 400m: | 4:49.56 | 36.99 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 2. | Nynke van Leeuwen | De Berkelduikers | 5:03.89 | 200701272 | **5:04.23** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.34 | 31.34 | 150m: | 1:45.05 | 37.75 | 250m: | 3:03.81 | 39.82 | 350m: | 4:24.57 | 40.41 |
| 100m: | 1:07.30 | 35.96 | 200m: | 2:23.99 | 38.94 | 300m: | 3:44.16 | 40.35 | 400m: | 5:04.23 | 39.66 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 3. | Danique van de Werken | Olympia | 5:14.85 | 200701672 | **5:16.45** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.34 | 35.34 | 150m: | 1:53.66 | 39.38 | 250m: | 3:13.48 | 40.13 | 350m: | 4:35.17 | 40.93 |
| 100m: | 1:14.28 | 38.94 | 200m: | 2:33.35 | 39.69 | 300m: | 3:54.24 | 40.76 | 400m: | 5:16.45 | 41.28 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 4. | Kimberley Olieman | Zuiderzeezwemmers | 5:19.78 | 200700484 | **5:21.62** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.86 | 34.86 | 150m: | 1:55.06 | 40.96 | 250m: | 3:18.99 | 41.91 | 350m: | 4:42.77 | 41.96 |
| 100m: | 1:14.10 | 39.24 | 200m: | 2:37.08 | 42.02 | 300m: | 4:00.81 | 41.82 | 400m: | 5:21.62 | 38.85 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 5. | Merle Baumeister | ENC Arnhem | 5:22.93 | 200803026 | **5:21.74** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.97 | 34.97 | 150m: | 1:54.59 | 40.43 | 250m: | 3:17.56 | 41.73 | 350m: | 4:41.96 | 42.01 |
| 100m: | 1:14.16 | 39.19 | 200m: | 2:35.83 | 41.24 | 300m: | 3:59.95 | 42.39 | 400m: | 5:21.74 | 39.78 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 6. | Elise van der Wielen | Olympia | 5:26.60 | 200700346 | **5:21.92** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.81 | 36.81 | 150m: | 1:59.74 | 42.09 | 250m: | 3:22.57 | 40.87 | 350m: | 4:43.92 | 40.21 |
| 100m: | 1:17.65 | 40.84 | 200m: | 2:41.70 | 41.96 | 300m: | 4:03.71 | 41.14 | 400m: | 5:21.92 | 38.00 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 7. | Tess Wakker | De Rijn | 5:31.09 | 200700154 | **5:24.32** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 37.65 | 37.65 | 150m: | 1:59.70 | 41.45 | 250m: | 3:22.21 | 41.08 | 350m: | 4:44.73 | 40.99 |
| 100m: | 1:18.25 | 40.60 | 200m: | 2:41.13 | 41.43 | 300m: | 4:03.74 | 41.53 | 400m: | 5:24.32 | 39.59 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 8. | Sam Toonen Dekkers<br>**200* | SG Wijchen-Gelenberg | 5:29.60 | 200703316 | **5:25.23** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.86 | 34.86 | 150m: | 1:54.38 | 40.99 | 250m: | 3:18.76 | 42.90 | 350m: | 4:43.87 | 42.35 |
| 100m: | 1:13.39 | 38.53 | 200m: | 2:35.86 | 41.48 | 300m: | 4:01.52 | 42.76 | 400m: | 5:25.23 | 41.36 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 9. | Elke van Dorst<br>**200* | CWW | 5:27.94 | 200702816 | **5:28.15** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.60 | 34.60 | 150m: | 1:55.49 | 41.41 | 250m: | 3:19.48 | 42.25 | 350m: | 4:44.75 | 42.79 |
| 100m: | 1:14.08 | 39.48 | 200m: | 2:37.23 | 41.74 | 300m: | 4:01.96 | 42.48 | 400m: | 5:28.15 | 43.40 |

### Senioren

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Colinda van der Zanden | Aqua-Novio'94 | 4:24.69 | 200502618 | **4:21.91** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 29.50 | 29.50 | 150m: | 1:35.41 | 33.37 | 250m: | 2:41.70 | 33.29 | 350m: | 3:48.70 | 33.72 |
| 100m: | 1:02.04 | 32.54 | 200m: | 2:08.41 | 33.00 | 300m: | 3:14.98 | 33.28 | 400m: | 4:21.91 | 33.21 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 2. | Jonna Muntjewerff | ENC Arnhem | 4:38.42 | 200402396 | **4:40.60** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.63 | 30.63 | 150m: | 1:39.44 | 34.91 | 250m: | 2:50.43 | 35.69 | 350m: | 4:03.63 | 36.74 |
| 100m: | 1:04.53 | 33.90 | 200m: | 2:14.74 | 35.30 | 300m: | 3:26.89 | 36.46 | 400m: | 4:40.60 | 36.97 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 3. | Moniek van Langevelde | DWK | 4:34.80 | 199803160 | **4:44.08** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.27 | 31.27 | 150m: | 1:41.73 | 35.96 | 250m: | 2:53.51 | 35.96 | 350m: | 4:07.50 | 37.35 |
| 100m: | 1:05.77 | 34.50 | 200m: | 2:17.55 | 35.82 | 300m: | 3:30.15 | 36.64 | 400m: | 4:44.08 | 36.58 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 4. | Feline Slijkhuis | SG Octopus - ZVV | 5:03.21 | 200501042 | **4:55.64** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.82 | 33.82 | 150m: | 1:47.73 | 37.07 | 250m: | 3:03.22 | 37.99 | 350m: | 4:19.44 | 37.72 |
| 100m: | 1:10.66 | 36.84 | 200m: | 2:25.23 | 37.50 | 300m: | 3:41.72 | 38.50 | 400m: | 4:55.64 | 36.20 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 5. | Welmoed Doornbos | ENC Arnhem | 4:58.82 | 200203352 | **4:56.00** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.43 | 32.43 | 150m: | 1:47.83 | 37.91 | 250m: | 3:04.68 | 37.89 | 350m: | 4:20.30 | 38.13 |
| 100m: | 1:09.92 | 37.49 | 200m: | 2:26.79 | 38.96 | 300m: | 3:42.17 | 37.49 | 400m: | 4:56.00 | 35.70 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 6. | Nienke Verploeg | Olympia | 4:56.57 | 200000438 | **4:56.33** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.46 | 33.46 | 150m: | 1:47.04 | 37.18 | 250m: | 3:03.01 | 38.20 | 350m: | 4:19.91 | 38.40 |
| 100m: | 1:09.86 | 36.40 | 200m: | 2:24.81 | 37.77 | 300m: | 3:41.51 | 38.50 | 400m: | 4:56.33 | 36.42 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 7. | Noor Polman | CWW | 4:48.37 | 200501248 | **4:58.32** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.39 | 31.39 | 150m: | 1:43.98 | 37.29 | 250m: | 3:01.96 | 39.37 | 350m: | 4:20.64 | 39.38 |
| 100m: | 1:06.69 | 35.30 | 200m: | 2:22.59 | 38.61 | 300m: | 3:41.26 | 39.30 | 400m: | 4:58.32 | 37.68 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 8. | Nienke Lammers | ENC Arnhem | 5:06.51 | 200200806 | **5:04.25** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.14 | 33.14 | 150m: | 1:48.44 | 38.19 | 250m: | 3:07.62 | 39.53 | 350m: | 4:26.35 | 39.30 |
| 100m: | 1:10.25 | 37.11 | 200m: | 2:28.09 | 39.65 | 300m: | 3:47.05 | 39.43 | 400m: | 5:04.25 | 37.90 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 9. | Merith Janssen | RZC | 5:08.55 | 200600106 | **5:16.26** | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.11 | 34.11 | 150m: | 1:53.37 | 40.64 | 250m: | 3:14.87 | 40.71 | 350m: | 4:36.23 | 40.53 |
| 100m: | 1:12.73 | 38.62 | 200m: | 2:34.16 | 40.79 | 300m: | 3:55.70 | 40.83 | 400m: | 5:16.26 | 40.03 |

| | | | | | |
|---|---|---|---|---|---|
| NG | Lynn Rötter | ZPC Livo | 4:44.65 | 200600950 | |

Programmanr. 404 | Heren, 100m vlinderslag | 11 jaar en ouder
22-11-2026 - 16:14 | Resultaten

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | | |
| 1. | Jesse Voet | Aqua-Novio'94 | 1:06.80 | 201300057 | | **1:05.20** | | 29.98 | 1:05.20 |
| 2. | L. Grondard - van Schag | Aqua-Novio'94 | 1:15.50 | 201303197 | | **1:12.50** | | 33.51 | 1:12.50 |
| 3. | Boris Hekker | Aqua-Novio'94 | 1:13.94 | 201400647 | | **1:12.61** | | 33.29 | 1:12.61 |
| 4. | Teije Baars | DWK | 1:16.62 | 201300203 | | **1:13.71** | | 33.95 | 1:13.71 |
| 5. | Fido Hulstijn | CWW | 1:19.69 | 201300775 | | **1:15.40** | | 34.25 | 1:15.40 |
| 6. | Abel Harms | De Berkelduikers | 1:22.19 | 201302287 | | **1:16.41** | | 35.06 | 1:16.41 |
| 7. | Thijn Eekhoff | CWW | 1:21.24 | 201300037 | | **1:20.68** | | 36.61 | 1:20.68 |
| 8. | Melle Braem | Aqua-Novio'94 | 1:34.67 | 201400055 | | **1:26.14** | | 36.31 | 1:26.14 |
| 9. | Olivier Valeijn | DWK | 1:33.14 | 201400225 | | **1:29.25** | | 40.79 | 1:29.25 |
| 10. | Toby Beekhuis | SG Octopus - ZVV | 1:32.72 | 201401069 | | **1:31.54** | | 42.30 | 1:31.54 |
| 11. | Mika Fiering | De Berkelduikers | 1:39.57 | 201401343 | | **1:32.81** | | 42.82 | 1:32.81 |
| 12. | Haidar Agha | Aqua-Novio'94 | 1:37.43 | 201402011 | | **1:33.59** | | 41.46 | 1:33.59 |
| 13. | Tim Kaasschieter | DWK | 1:38.94 | 201400965 | | **1:35.05** | | 40.94 | 1:35.05 |
| **Onder 16** | | | | | | | | | |
| 1. | Nils Bellert | SG Octopus - ZVV | 1:00.83 | 201100347 | | **1:00.70** | | 28.32 | 1:00.70 |
| 2. | Tim Slagers | Aquapoldro | 1:05.15 | 201200263 | | **1:04.52** | | 29.35 | 1:04.52 |
| 3. | Pieter de Jonge | Aqua-Novio'94 | 1:04.32 | 201200211 | | **1:04.66** | | 29.96 | 1:04.66 |
| 4. | Bram van Putten | De Hokseberg | 1:10.76 | 201101097 | | **1:06.81** | | 30.26 | 1:06.81 |
| 5. | Stan Ordelman | SG Octopus - ZVV | 1:10.93 | 201100009 | | **1:10.86** | | 32.27 | 1:10.86 |
| 6. | Rutger Donker | NDD | 1:13.10 | 201200361 | | **1:11.36** | | 31.97 | 1:11.36 |
| 7. | Bram van Barneveld | De Woelwaters | 1:13.93 | 201103437 | | **1:11.97** | | 32.18 | 1:11.97 |
| 8. | Stef van de Wal | DWK | 1:13.91 | 201200803 | | **1:12.11** | | 32.92 | 1:12.11 |
| 9. | David van de Wetering | DWK | 1:19.30 | 201201973 | | **1:15.13** | | 35.57 | 1:15.13 |
| 10. | Tim Burgerhart | DWK | 1:19.11 | 201200435 | | **1:16.13** | | 35.08 | 1:16.13 |
| **Onder 18** | | | | | | | | | |
| 1. | Sven Potappel | DWK | 56.89 | 201000127 | | **57.58** | | 26.87 | 57.58 |
| 2. | Wessel van Dorst | Aqua-Novio'94 | 1:01.91 | 200900727 | | **1:01.13** | | 28.23 | 1:01.13 |
| 3. | Siem Faber | Batavia Swim | 1:00.94 | 200900065 | | **1:01.30** | | 28.66 | 1:01.30 |
| 4. | Giano Spoor | Aquapoldro | 1:04.73 | 200900655 | | **1:02.44** | | 28.73 | 1:02.44 |
| 5. | Xander Koperdraat | Wahoo Swimming | 1:05.63 | 201001695 | | **1:02.80** | | 29.74 | 1:02.80 |
| 6. | Levi Simonse | De Vrije Slag | 1:06.49 | 200900259 | | **1:04.17** | | 29.57 | 1:04.17 |
| 7. | Gerco van Dijk | Olympia | 1:05.50 | 201000997 | | **1:04.49** | | 29.85 | 1:04.49 |
| 8. | Daniël Hofman | SG Octopus - ZVV | 1:07.13 | 201000417 | | **1:07.04** | | 30.11 | 1:07.04 |
| 9. | Robby Pisters | RZC | 1:11.16 | 201000101 | | **1:08.00** | | 29.78 | 1:08.00 |
| AFGEM | Jesse Jolink | ENC Arnhem | 1:08.49 | 201000401 | | | | | |
| **Onder 20** | | | | | | | | | |
| 1. | Mies de Wit | CWW | 56.24 | 200700315 | | **56.49** | | 26.30 | 56.49 |
| 2. | Rian Schoneveld | DWK | 56.14 | 200801789 | | **56.95** | | 26.14 | 56.95 |
| 3. | Jelle van Mullekom | RZC | 58.73 | 200801267 | | **1:00.28** | | 27.70 | 1:00.28 |
| 4. | Tom Pisters | RZC | 1:10.41 | 200801119 | | **1:05.25** | | 29.30 | 1:05.25 |
| 5. | Tim Looijen | Wahoo Swimming | 1:07.27 | 200700325 | | **1:08.44** | | 30.70 | 1:08.44 |
| 6. | Timo Bourgonje | SG Octopus - ZVV | 1:10.08 | 200700599 | | **1:09.29** | | 30.89 | 1:09.29 |
| NG | Sylvan Jager | Batavia Swim | 1:10.25 | 200702673 | | | | | |
| **Senioren** | | | | | | | | | |
| 1. | Bart Muselaers | Aqua-Novio'94 | 57.45 | 200100865 | | **57.47** | | 26.32 | 57.47 |
| 2. | Stan de Swart | Aqua-Novio'94 | 59.64 | 200300535 | | **58.61** | | 27.28 | 58.61 |
| 3. | Mees Peters | CWW | 59.00 | 200501895 | | **59.35** | | 28.12 | 59.35 |
| 4. | Léon van Grevenbroek | CWW | 59.90 | 200601323 | | **59.84** | | 27.67 | 59.84 |
| 5. | Mick van Kempen | CWW | 1:00.92 | 200203375 | | **1:00.13** | | 27.56 | 1:00.13 |
| 6. | Gaio Sanders | Aqua-Novio'94 | 1:00.37 | 200500533 | | **1:00.42** | | 27.63 | 1:00.42 |
| 7. | Thijs de Geus | Olympia | 1:00.87 | 200200349 | | **1:00.88** | | 27.19 | 1:00.88 |
| 8. | Jesse Bruines | Batavia Swim | 1:20.57 | 200402413 | S9 | **1:28.56** | 275 | 41.05 | 1:28.56 |

## Programmanr. 404, Heren, 100m vlinderslag

### Para

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | Batavia Swim | 1:20.57 | 200402413 | S9 | **1:28.56** | | 275 | 41.05 | 1:28.56 |

## Programmanr. 405 — Dames, 200m wisselslag — 11 jaar en ouder
22-11-2026 - 16:26 — Resultaten

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | | | | |
| 1. | Lena Verplak | Aqua-Novio'94 | 2:38.76 | 201400512 | | **2:38.39** | | 33.82 | 1:12.88 | 2:01.79 | 2:38.39 |
| 2. | Sophia Heusinkveld | De Berkelduikers | 2:47.09 | 201301552 | | **2:43.50** | | 36.50 | 1:18.96 | 2:04.41 | 2:43.50 |
| 3. | Laura Offermans | ZV Zaltbommel | 2:56.47 | 201300766 | | **2:50.00** | | 35.48 | 1:20.60 | 2:11.31 | 2:50.00 |
| 4. | Vlinder Mariman | Aqua-Novio'94 | 2:57.04 | 201301522 | | **2:52.07** | | 36.82 | 1:19.67 | 2:13.07 | 2:52.07 |
| 5. | Jackie Scherps | Aqua-Novio'94 | 2:55.33 | 201500846 | | **2:52.51** | | 38.97 | 1:21.13 | 2:12.75 | 2:52.51 |
| 6. | Roxan Meijer | DWK | 2:52.85 | 201300854 | | **2:52.99** | | 39.25 | 1:23.32 | 2:14.23 | 2:52.99 |
| 7. | Dorean Iseger | DWK | 2:57.35 | 201300470 | | **2:53.33** | | 35.15 | 1:17.81 | 2:12.52 | 2:53.33 |
| 8. | Nynthe Spikmans | Aqua-Novio'94 | 2:57.20 | 201301168 | | **2:56.89** | | 37.83 | 1:23.56 | 2:15.53 | 2:56.89 |
| 9. | Lola van den Dam | De Vrije Slag | 2:58.92 | 201300098 | | **2:57.22** | | 39.02 | 1:25.46 | 2:16.52 | 2:57.22 |
| 10. | Elin Hut | Wahoo Swimming | 2:58.72 | 201300020 | | **2:58.50** | | 37.87 | 1:24.65 | 2:15.97 | 2:58.50 |
| 11. | J. Rugenbrink | Aquapoldro | 3:06.26 | 201401324 | | **3:01.66** | | 38.77 | 1:26.73 | 2:18.27 | 3:01.66 |
| 12. | Evi Burgerhart | DWK | 3:05.80 | 201400076 | | **3:02.67** | | 39.64 | 1:27.84 | 2:21.49 | 3:02.67 |
| 13. | Lotte Ketelaar | Montferland | 3:07.31 | 201401248 | | **3:02.82** | | 42.07 | 1:27.95 | 2:21.71 | 3:02.82 |
| 14. | Noor de Vogt | DWK | 3:05.62 | 201400120 | | **3:04.26** | | 36.83 | 1:23.35 | 2:20.50 | 3:04.26 |
| 15. | Juliet Donker | NDD | 3:07.87 | 201400374 | | **3:06.54** | | 41.12 | 1:30.53 | 2:24.43 | 3:06.54 |
| 16. | Janne Groen | Aqua-Novio'94 | 3:09.07 | 201401186 | | **3:07.71** | | 39.58 | 1:28.03 | 2:24.94 | 3:07.71 |
| 17. | Sienna Japink | De Rijn | 3:09.61 | 201402322 | | **3:12.00** | | 43.55 | 1:29.29 | 2:30.24 | 3:12.00 |
| **Onder 16** | | | | | | | | | | | |
| 1. | Anna Berkhout | DWK | 2:39.80 | 201100080 | | **2:39.28** | | 34.93 | 1:14.40 | 2:00.14 | 2:39.28 |
| 2. | Fay Jansen | Aqua-Novio'94 | 2:41.08 | 201200154 | | **2:41.09** | | 34.05 | 1:17.19 | 2:05.95 | 2:41.09 |
| 3. | Belle Fiering | Aqua-Novio'94 | 2:43.97 | 201202546 | | **2:42.67** | | 34.53 | 1:17.75 | 2:06.97 | 2:42.67 |
| 4. | Bente Toth | SG Octopus - ZVV | 2:45.43 | 201102818 | | **2:45.25** | | 35.60 | 1:18.52 | 2:06.38 | 2:45.25 |
| 5. | Gerlin van de Krol | DWK | 2:42.06 | 201101412 | | **2:46.12** | | 35.33 | 1:24.11 | 2:06.13 | 2:46.12 |
| 6. | Maud Sellis | SG Octopus - ZVV | 2:47.27 | 201101172 | | **2:47.34** | | 35.78 | 1:18.94 | 2:05.73 | 2:47.34 |
| 7. | Maartje van Berkom | Aqua-Novio'94 | 2:43.47 | 201100514 | | **2:47.44** | | 35.21 | 1:19.23 | 2:10.78 | 2:47.44 |
| 8. | Jaurieke Morren | SG Octopus - ZVV | 2:51.76 | 201200292 | | **2:47.82** | | 36.23 | 1:20.22 | 2:09.89 | 2:47.82 |
| 9. | Maud Lamfers | Aquapoldro | 2:57.57 | 201201350 | | **2:47.91** | | 34.32 | 1:15.36 | 2:08.20 | 2:47.91 |
| 10. | Annabel Pisters | RZC | 2:52.38 | 201200074 | | **2:48.71** | | 35.48 | 1:21.01 | 2:08.53 | 2:48.71 |
| 11. | Femke Mandema | DWK | 2:49.55 | 201100396 | | **2:55.27** | | 38.45 | 1:24.22 | 2:15.33 | 2:55.27 |
| 12. | G. van der Spek | Batavia Swim | 3:40.65 | 201102806 | SM7 | **3:36.17** | 510 | 51.39 | 1:44.19 | 2:47.35 | 3:36.17 |
| AFGEM | Robin Versteeg | Aqua-Novio'94 | 2:46.11 | 201200276 | | | | | | | |
| NG | Yvonne de Graaf | DWK | 2:50.27 | 201101418 | | | | | | | |
| **Onder 18** | | | | | | | | | | | |
| 1. | Myrthe Rozendaal | Aqua-Novio'94 | 2:26.96 | 201000790 | | **2:27.25** | | 32.13 | 1:11.87 | 1:52.20 | 2:27.25 |
| 2. | Charlotte Landman | CWW | 2:33.89 | 200901290 | | **2:30.74** | | 31.68 | 1:08.49 | 1:55.15 | 2:30.74 |
| 3. | Tessa van Beek | DWK | 2:28.25 | 201001446 | | **2:32.95** | | 32.44 | 1:12.62 | 1:56.98 | 2:32.95 |
| 4. | Lynn Rozendal | NDD | 2:36.44 | 200901038 | | **2:34.80** | | 33.07 | 1:12.61 | 1:58.27 | 2:34.80 |
| 5. | Lili Oosting | DWK | 2:36.51 | 200900384 | | **2:36.39** | | 33.14 | 1:12.26 | 1:59.99 | 2:36.39 |
| 6. | Kyana de Vries | Aqua-Novio'94 | 2:39.79 | 200901260 | | **2:40.30** | | 34.26 | 1:16.65 | 2:00.80 | 2:40.30 |
| 7. | Lenore Donker | NDD | 2:44.18 | 201000080 | | **2:47.46** | | 36.58 | 1:18.33 | 2:08.64 | 2:47.46 |
| 8. | Sabina Klijn | RZC | 2:47.82 | 201000050 | | **2:48.14** | | 35.74 | 1:20.08 | 2:08.93 | 2:48.14 |
| 9. | Elin Das | NDD | 2:46.88 | 200901036 | | **2:49.70** | | 35.08 | 1:17.69 | 2:10.04 | 2:49.70 |
| 10. | Pleun Schouten | De IJsselmeeuwen | 2:50.13 | 201002106 | | **2:53.44** | | 36.37 | 1:23.94 | 2:16.28 | 2:53.44 |
| NG | Tess Dugandzic | Zuiderzeezwemmers | 2:39.92 | 201002908 | | | | | | | |
| **Onder 20** | | | | | | | | | | | |
| 1. | Lyke Bellert | SG Octopus - ZVV | 2:26.36 | 200701424 | | **2:26.01** | | 31.48 | 1:06.92 | 1:50.89 | 2:26.01 |
| 2. | Niobe Maduro | Aqua-Novio'94 | 2:29.48 | 200800378 | | **2:27.94** | | 31.22 | 1:09.41 | 1:51.77 | 2:27.94 |
| 3. | Noa Ottens | Aqua-Novio'94 | 2:32.93 | 200702256 | | **2:36.51** | | 30.43 | 1:10.76 | 1:58.42 | 2:36.51 |
| 4. | Carlijn Boltendal | Zuiderzeezwemmers | 2:39.04 | 200700082 | | **2:38.14** | | 33.41 | 1:13.86 | 2:00.87 | 2:38.14 |
| 5. | Nynke van Leeuwen | De Berkelduikers | 2:36.74 | 200701272 | | **2:42.78** | | 34.12 | 1:16.60 | 2:05.76 | 2:42.78 |
| 6. | Inke Versluis | Olympia | 2:48.66 | 200800218 | | **2:46.08** | | 35.57 | 1:19.64 | 2:07.85 | 2:46.08 |

## Programmanr. 405, Dames, 200m wisselslag, Onder 20

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 7. | Tess Wakker | De Rijn | 2:48.88 | 200700154 | | **2:46.72** | | 35.07 | 1:18.18 | 2:08.63 | 2:46.72 |
| 8. | Nilou Vriesema | De Hokseberg | 2:44.46 | 200703216 | | **2:48.23** | | 33.61 | 1:16.30 | 2:09.17 | 2:48.23 |
| 9. | D. van de Werken | Olympia | 2:52.23 | 200701672 | | **2:51.66** | | 37.38 | 1:26.35 | 2:14.26 | 2:51.66 |
| 10. | Elise van der Wielen | Olympia | 2:47.82 | 200700346 | | **2:52.93** | | 38.88 | 1:25.09 | 2:13.74 | 2:52.93 |

### Senioren

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Inge Arts | Aqua-Novio'94 | 2:30.45 | 199203076 | | **2:27.73** | | 31.88 | 1:09.16 | 1:53.07 | 2:27.73 |
| 2. | Jonna Muntjewerff | ENC Arnhem | 2:28.23 | 200402396 | | **2:28.46** | | 31.94 | 1:08.20 | 1:52.85 | 2:28.46 |
| 3. | Kim van Dongen | SG Wijchen-Gelenberg | 2:31.68 | 200400140 | | **2:33.62** | | 32.54 | 1:10.13 | 1:54.86 | 2:33.62 |
| 4. | M. van Langevelde | DWK | 2:32.20 | 199803160 | | **2:35.11** | | 31.26 | 1:13.68 | 1:58.83 | 2:35.11 |
| 5. | Feline Slijkhuis | SG Octopus - ZVV | 2:36.66 | 200501042 | | **2:40.97** | | 34.92 | 1:16.71 | 2:03.07 | 2:40.97 |
| NG | Lynn Rötter | ZPC Livo | 2:36.77 | 200600950 | | | | | | | |

### Para

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | G. van der Spek | Batavia Swim | 3:40.65 | 201102806 | SM7 | **3:36.17** | 510 | 51.39 | 1:44.19 | 2:47.35 | 3:36.17 |

## Programmanr. 406 — Heren, 200m rugslag — 11 jaar en ouder
22-11-2026 - 17:15 — Resultaten

| rang | naam | vereniging | intijd | | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Onder 14** | | | | | | | | | | | |
| 1. | Jesse Voet | Aqua-Novio'94 | 2:23.61 | 201300057 | | **2:21.86** | | 33.18 | 1:09.28 | 1:45.85 | 2:21.86 |
| 2. | L. Grondard - van Scha | Aqua-Novio'94 | 2:33.07 | 201303197 | | **2:29.53** | | 35.03 | 1:13.36 | 1:52.20 | 2:29.53 |
| 3. | Teije Baars | DWK | 2:31.50 | 201300203 | | **2:32.17** | | 35.73 | 1:14.37 | 1:53.36 | 2:32.17 |
| 4. | Fido Hulstijn | CWW | 2:40.01 | 201300775 | | **2:35.33** | | 36.11 | 1:15.76 | 1:56.28 | 2:35.33 |
| 5. | Thijn Eekhoff | CWW | 2:42.44 | 201300037 | | **2:39.37** | | 36.68 | 1:17.16 | 1:58.63 | 2:39.37 |
| 6. | Boris Hekker | Aqua-Novio'94 | 2:41.74 | 201400647 | | **2:46.15** | | 39.47 | 1:22.04 | 2:04.68 | 2:46.15 |
| 7. | Melle Braem<br>**100* | Aqua-Novio'94 | 2:54.62 | 201400055 | | **2:49.03** | | 39.82 | 1:22.97 | 2:06.51 | 2:49.03 |
| 8. | Mika Fiering | De Berkelduikers | 2:58.60 | 201401343 | | **2:51.09** | | 40.75 | 1:25.20 | 2:09.39 | 2:51.09 |
| 9. | Tim Kaasschieter<br>**50* | DWK | 2:56.02 | 201400965 | | **2:54.46** | | 41.99 | 1:27.16 | 2:11.64 | 2:54.46 |
| 10. | Olivier Valeijn | DWK | 2:57.11 | 201400225 | | **2:57.48** | | 41.23 | 1:27.59 | 2:14.22 | 2:57.48 |
| 11. | Thijn Crajé | Aqua-Novio'94 | 3:07.19 | 201500065 | | **3:00.58** | | 42.49 | 1:28.65 | 2:15.40 | 3:00.58 |
| 12. | Vince Lamers | SG Wijchen-Gelenberg | 3:04.53 | 201500283 | | **3:02.03** | | 42.67 | 1:29.93 | 2:17.42 | 3:02.03 |
| 13. | Lucas Orelio<br>**50, 100* | CWW | 3:10.89 | 201400075 | | **3:03.40** | | 43.95 | 1:30.83 | 2:17.63 | 3:03.40 |
| 14. | Tim Regtering | ENC Arnhem | 3:07.69 | 201400289 | | **3:04.28** | | 44.40 | 1:31.52 | 2:19.00 | 3:04.28 |
| 15. | Haidar Agha | Aqua-Novio'94 | 3:04.26 | 201402011 | | **3:10.66** | | 44.56 | 1:32.54 | 2:22.02 | 3:10.66 |
| **Onder 16** | | | | | | | | | | | |
| 1. | Dax Muijlaert | SG Octopus - ZVV | 2:17.49 | 201100535 | | **2:18.35** | | 32.51 | 1:08.51 | 1:45.05 | 2:18.35 |
| 2. | Tim Slagers | Aquapoldro | 2:19.29 | 201200263 | | **2:19.24** | | 33.61 | 1:09.26 | 1:45.95 | 2:19.24 |
| 3. | Pieter de Jonge | Aqua-Novio'94 | 2:22.85 | 201200211 | | **2:22.30** | | 32.67 | 1:08.81 | 1:45.41 | 2:22.30 |
| 4. | Rutger Donker | NDD | 2:27.43 | 201200361 | | **2:24.62** | | 34.14 | 1:10.91 | 1:48.45 | 2:24.62 |
| 5. | Hugo Hulstijn | CWW | 2:36.62 | 201100297 | | **2:34.50** | | 35.86 | 1:15.16 | 1:55.03 | 2:34.50 |
| AFGEM | Tim Burgerhart | DWK | 2:51.44 | 201200435 | | | | | | | |
| **Onder 18** | | | | | | | | | | | |
| 1. | Wessel van Dorst | Aqua-Novio'94 | 2:18.60 | 200900727 | | **2:13.65** | | 30.81 | 1:05.15 | 1:39.64 | 2:13.65 |
| 2. | Xander Koperdraat | Wahoo Swimming | 2:20.60 | 201001695 | | **2:22.06** | | 33.17 | 1:09.74 | 1:46.54 | 2:22.06 |
| 3. | Ruben Zirkzee | ZV De Meer | 2:26.35 | 200900571 | | **2:25.57** | | 34.00 | 1:11.22 | 1:48.75 | 2:25.57 |
| 4. | Daniël Hofman | SG Octopus - ZVV | 2:25.86 | 201000417 | | **2:26.56** | | 34.45 | 1:12.80 | 1:50.50 | 2:26.56 |
| 5. | Itamar Rogovsky | Aqua-Novio'94 | 2:33.51 | 201003955 | | **2:29.96** | | 34.98 | 1:12.33 | 1:50.86 | 2:29.96 |
| 6. | Retief van Gasteren | Olympia | 2:35.02 | 201000067 | | **2:31.27** | | 35.02 | 1:13.68 | 1:53.57 | 2:31.27 |
| 7. | Gerco van Dijk | Olympia | 2:32.78 | 201000997 | | **2:32.72** | | 36.38 | 1:15.01 | 1:54.64 | 2:32.72 |
| 8. | Nordin Vermeer<br>**200* | DWK | 2:38.81 | 201000227 | | **2:32.98** | | 36.59 | 1:14.64 | 1:53.88 | 2:32.98 |

## Programmanr. 406, Jongens, 200m rugslag, Onder 18

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 9. | Barna Esmat | Aquapoldro | 2:38.99 | 201000125 | **2:34.83** | | 34.17 | 1:13.64 | 1:54.29 | 2:34.83 |

### Onder 20

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 2:24.48 | 200700307 | **2:07.79** | | 29.61 | 1:02.41 | 1:35.64 | 2:07.79 |
| 2. | Rian Schoneveld | DWK | 2:06.96 | 200801789 | **2:08.43** | | 30.38 | 1:03.18 | 1:36.75 | 2:08.43 |
| 3. | Enna Lamers | CWW | 2:10.58 | 200800899 | **2:09.72** | | 29.32 | 1:01.76 | 1:36.28 | 2:09.72 |
| 4. | Martijn de Groot | SG Wijchen-Gelenberg | 2:40.34 | 200701801 | **2:36.99** | | 35.88 | 1:17.25 | 1:58.82 | 2:36.99 |
| 5. | D. van den Anker | RZC | 2:41.36 | 200802079 | **2:37.17** | | 36.23 | 1:16.01 | 1:57.47 | 2:37.17 |
| 6. | Brian Blankespoor | De Vrije Slag | 2:40.57 | 200801133 | **2:39.17** | | 36.33 | 1:17.36 | 1:59.28 | 2:39.17 |
| AFGEM | Machiel de Gier | De Vrije Slag | 2:45.47 | 200704037 | | | | | | |

### Senioren

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | R. van Everdingen | DWK | 2:05.43 | 200300043 | **2:07.65** | | 30.53 | 1:03.34 | 1:35.31 | 2:07.65 |
| 2. | Mike Schel | ENC Arnhem | 2:14.36 | 199403279 | **2:13.65** | | 31.59 | 1:05.67 | 1:40.01 | 2:13.65 |
| 3. | Thijs Molendijk | De Vrije Slag | 2:16.18 | 199900477 | **2:14.46** | | 31.52 | 1:05.94 | 1:40.83 | 2:14.46 |
| 4. | Joop Tuppe | Olympia | 2:17.50 | 200100581 | **2:16.87** | | 32.19 | 1:06.56 | 1:41.69 | 2:16.87 |
| 5. | Ryan Bleumink | De Berkelduikers | 2:21.43 | 200601257 | **2:17.59** | | 31.74 | 1:07.25 | 1:42.96 | 2:17.59 |
| 6. | Kjetil van Gasteren | Olympia | 2:23.69 | 200600405 | **2:22.99** | | 32.13 | 1:07.49 | 1:45.29 | 2:22.99 |
| 7. | Jeroen Louwinger<br>**200* | De Rijn | 2:23.78 | 199900583 | **2:29.77** | | 34.26 | 1:11.56 | 1:50.09 | 2:29.77 |
| NG | Bas Neeleman | RZC | 2:21.20 | 199603015 | | | | | | |

## Programmanr. 407 — Dames, 100m schoolslag — 11 jaar en ouder

22-11-2026 - 17:37 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---|---|---|---|---|---|---|---|---|

### Onder 14

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Fleur Kalma | Aqua-Novio'94 | 1:24.70 | 201500192 | **1:22.69** | | 38.52 | 1:22.69 |
| 2. | Sophia Heusinkveld | De Berkelduikers | 1:25.29 | 201301552 | **1:24.91** | | 40.07 | 1:24.91 |
| 3. | Jolijn Kraaijenbrink | Aqua-Novio'94 | 1:27.59 | 201300230 | **1:27.56** | | 40.98 | 1:27.56 |
| 4. | Lena Verplak | Aqua-Novio'94 | 1:28.03 | 201400512 | **1:28.10** | | 41.98 | 1:28.10 |
| 5. | Roxan Meijer | DWK | 1:30.66 | 201300854 | **1:28.43** | | 41.88 | 1:28.43 |
| 6. | Josephine Rugenbrink | Aquapoldro | 1:35.63 | 201401324 | **1:29.81** | | 41.35 | 1:29.81 |
| 7. | Maybritt Opgenoort | CWW | 1:37.26 | 201500202 | **1:30.00** | | 41.82 | 1:30.00 |
| 8. | Elin Hut | Wahoo Swimming | 1:29.99 | 201300020 | **1:30.95** | | 41.92 | 1:30.95 |
| 9. | Vera Magendans | De Vrije Slag | 1:30.47 | 201300436 | **1:31.87** | | 43.18 | 1:31.87 |
| 10. | Jackie Scherps | Aqua-Novio'94 | 1:30.07 | 201500846 | **1:32.34** | | 44.30 | 1:32.34 |
| 11. | Vesper Jongerden | Batavia Swim | 1:38.20 | 201402390 | **1:32.70** | | 43.03 | 1:32.70 |
| 12. | Sara Langenberg | Aqua-Novio'94 | 1:30.18 | 201300366 | **1:33.69** | | 43.79 | 1:33.69 |
| 13. | Evi Burgerhart | DWK | 1:37.77 | 201400076 | **1:34.75** | | 44.51 | 1:34.75 |
| 14. | Jaley de Graaf | Aqua-Novio'94 | 1:37.93 | 201401184 | **1:35.55** | | 45.71 | 1:35.55 |
| 15. | Lotte Ketelaar | Montferland | 1:37.95 | 201401248 | **1:38.67** | | 47.09 | 1:38.67 |

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Gerlin van de Krol | DWK | 1:16.69 | 201101412 | **1:16.01** | | 35.64 | 1:16.01 |
| 2. | Annabel Pisters | RZC | 1:20.50 | 201200074 | **1:17.96** | | 36.16 | 1:17.96 |
| 3. | Anna Berkhout | DWK | 1:21.49 | 201100080 | **1:19.10** | | 36.63 | 1:19.10 |
| 4. | Maud Sellis | SG Octopus - ZVV | 1:26.14 | 201101172 | **1:22.96** | | 39.17 | 1:22.96 |
| 5. | Bente Toth | SG Octopus - ZVV | 1:27.08 | 201102818 | **1:26.57** | | 41.10 | 1:26.57 |
| 6. | Jaurieke Morren | SG Octopus - ZVV | 1:25.77 | 201200292 | **1:27.30** | | 40.99 | 1:27.30 |
| 7. | Melissa ter Horst | ZV Overbetuwe | 1:29.11 | 201100678 | **1:28.18** | | 41.08 | 1:28.18 |
| 8. | Julia Happel | DWK | 1:30.50 | 201201666 | **1:30.09** | | 41.14 | 1:30.09 |
| 9. | Kensi de Lange<br>**100* | Olympia | 1:27.70 | 201100276 | **1:30.44** | | 42.60 | 1:30.44 |
| 10. | Maud Lamfers | Aquapoldro | 1:30.11 | 201201350 | **1:30.64** | | 42.33 | 1:30.64 |
| 11. | Yanaika Ido | Batavia Swim | 1:24.13 | 201102764 | **1:31.27** | | 41.10 | 1:31.27 |
| AFGEM | Noeka de Groot | De Woelwaters | 1:32.32 | 201203072 | | | | |
| AFGEM | Ylana van Kuijk | Aqua-Novio'94 | 1:29.45 | 201201554 | | | | |
| AFGEM | Robin Versteeg | Aqua-Novio'94 | 1:26.18 | 201200276 | | | | |

## Programmanr. 407, Dames, 100m schoolslag

### Onder 18

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Myrthe Rozendaal | Aqua-Novio'94 | 1:14.32 | 201000790 | | **1:12.25** | | | 34.08 | 1:12.25 |
| 2. | Tara Langkamp | Aqua-Novio'94 | 1:14.21 | 200900362 | | **1:13.73** | | | 34.21 | 1:13.73 |
| 3. | Kyana de Vries | Aqua-Novio'94 | 1:18.32 | 200901260 | | **1:17.11** | | | 35.96 | 1:17.11 |
| 4. | Lynn Rozendal | NDD | 1:19.59 | 200901038 | | **1:18.33** | | | 36.65 | 1:18.33 |
| 5. | Ann Hietbrink | De Berkelduikers | 1:26.20 | 200902444 | | **1:22.37** | | | 38.72 | 1:22.37 |
| 6. | Jiska Smit | De Woelwaters | 1:24.41 | 200903526 | | **1:24.13** | | | 38.93 | 1:24.13 |
| 7. | Ruby Hut | Wahoo Swimming | 1:25.41 | 200901842 | | **1:24.81** | | | 39.88 | 1:24.81 |
| 8. | Hayleigh Onstwedder | Zuiderzeezwemmers | 1:26.12 | 201002902 | | **1:26.77** | | | 38.81 | 1:26.77 |
| 9. | Leana den Hartog | Aqua-Novio'94 | 1:53.67 | 200904020 | SB14 | **1:48.13** | | 302 | 50.49 | 1:48.13 |
| AFGEM | Juno Nijhuis | RZC | 1:24.08 | 200900294 | | | | | | |

### Onder 20

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 1:16.62 | 200800378 | | **1:15.92** | | | 34.94 | 1:15.92 |
| 2. | Lyke Bellert | SG Octopus - ZVV | 1:18.37 | 200701424 | | **1:18.57** | | | 36.89 | 1:18.57 |
| 3. | Fenna Reijmers | CWW | 1:20.07 | 200800244 | | **1:20.35** | | | 37.59 | 1:20.35 |
| 4. | Inke Versluis | Olympia | 1:26.61 | 200800218 | | **1:23.72** | | | 39.25 | 1:23.72 |
| 5. | D. van de Werken | Olympia | 1:22.91 | 200701672 | | **1:23.97** | | | 38.89 | 1:23.97 |
| 6. | Kimberley Olieman | Zuiderzeezwemmers | 1:22.36 | 200700484 | | **1:27.44** | | | 40.82 | 1:27.44 |
| 7. | Lieke Mater | RZC | 1:26.59 | 200803384 | | **1:27.84** | | | 41.15 | 1:27.84 |
| 8. | Elise van der Wielen | Olympia | 1:25.80 | 200700346 | | **1:27.95** | | | 41.59 | 1:27.95 |
| 9. | Elke van Dorst | CWW | 1:29.73 | 200702816 | | **1:31.47** | | | 42.19 | 1:31.47 |

### Senioren

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | C. van der Zanden | Aqua-Novio'94 | 1:10.57 | 200502618 | | **1:10.99** | | | 33.49 | 1:10.99 |
| 2. | Felicia Emanuelson | Olympia | 1:15.04 | 199703168 | | **1:15.36** | | | 34.93 | 1:15.36 |
| 3. | Kiara Roes | NDD | 1:19.44 | 200505508 | | **1:15.72** | | | 34.72 | 1:15.72 |
| 4. | Ayla van Leeuwen | TZC Vahalis | 1:18.24 | 200401980 | | **1:17.09** | | | 36.00 | 1:17.09 |
| 5. | Kim van Dongen | SG Wijchen-Gelenberg | 1:18.43 | 200400140 | | **1:19.14** | | | 36.80 | 1:19.14 |
| 6. | Feline Slijkhuis | SG Octopus - ZVV | 1:21.15 | 200501042 | | **1:24.26** | | | 39.75 | 1:24.26 |
| NG | Lynn Rötter | ZPC Livo | 1:20.97 | 200600950 | | | | | | |

### Para

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Leana den Hartog | Aqua-Novio'94 | 1:53.67 | 200904020 | SB14 | **1:48.13** | | 302 | 50.49 | 1:48.13 |

## Programmanr. 408 — Heren, 200m schoolslag — 11 jaar en ouder

22-11-2026 - 17:52 — Resultaten

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Voet | Aqua-Novio'94 | 3:09.40 | 201300057 | **2:52.47** | | 37.92 | 1:22.02 | 2:06.96 | 2:52.47 |
| 2. | Ralph Kersten | Aqua-Novio'94 | 2:53.41 | 201301263 | **2:53.06** | | 38.81 | 1:22.57 | 2:07.64 | 2:53.06 |
| 3. | Fido Hulstijn | CWW | 2:58.84 | 201300775 | **2:54.12** | | 39.98 | 1:24.71 | 2:09.74 | 2:54.12 |
| 4. | Thijn Eekhoff | CWW | 3:08.31 | 201300037 | **2:59.30** | | 39.66 | 1:25.45 | 2:12.36 | 2:59.30 |
| 5. | Teije Baars | DWK | 3:04.09 | 201300203 | **2:59.41** | | 40.06 | 1:25.09 | 2:11.99 | 2:59.41 |
| 6. | L. Grondard - van Scha | Aqua-Novio'94 | 3:06.02 | 201303197 | **3:05.16** | | 42.29 | 1:29.59 | 2:17.99 | 3:05.16 |
| 7. | Abel Harms | De Berkelduikers | 3:08.59 | 201302287 | **3:08.95** | | 44.00 | 1:33.25 | 2:22.21 | 3:08.95 |
| 8. | Kay Vonk | ZV De Meer | 3:11.21 | 201301077 | **3:09.01** | | 42.63 | 1:31.02 | 2:22.26 | 3:09.01 |
| 9. | Corné Rots | ENC Arnhem | 3:18.01 | 201300963 | **3:12.20** | | 44.45 | 1:33.48 | 2:23.75 | 3:12.20 |
| 10. | Melle Braem | Aqua-Novio'94 | 3:34.38 | 201400055 | **3:12.98** | | 43.04 | 1:32.62 | 2:23.06 | 3:12.98 |
| 11. | Thijn Crajé | Aqua-Novio'94 | 3:28.45 | 201500065 | **3:14.46** | | 44.47 | 1:34.23 | 2:25.14 | 3:14.46 |
| 12. | Julian Dijkhof | ENC Arnhem | 3:31.59 | 201400759 | **3:18.25** | | 44.02 | 1:34.16 | 2:26.43 | 3:18.25 |
| 13. | Boris Hekker | Aqua-Novio'94 | 3:15.49 | 201400647 | **3:18.57** | | 44.59 | 1:34.52 | 2:26.74 | 3:18.57 |
| 14. | Mika Fiering | De Berkelduikers | 3:33.42 | 201401343 | **3:21.96** | | 46.69 | 1:39.33 | 2:32.12 | 3:21.96 |
| 15. | Brayden Onstwedder | Batavia Swim | 3:29.93 | 201400395 | **3:22.37** | | 47.01 | 1:39.54 | 2:32.38 | 3:22.37 |
| 16. | Sina Esmat | Aquapoldro | 3:28.76 | 201400163 | **3:23.52** | | 45.50 | 1:38.63 | 2:32.28 | 3:23.52 |
| 17. | Toby Beekhuis | SG Octopus - ZVV | 3:33.19 | 201401069 | **3:24.02** | | 47.32 | 1:40.20 | 2:32.42 | 3:24.02 |
| DIS | Jesper Jansen | Aqua-Novio'94 | 3:19.68 | 201300759 | | | | | | |

*AA - De start ingezet voor het startsignaal (en wel gezwommen).*

## Programmanr. 408, Heren, 200m schoolslag

### Onder 16

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. Nils Bellert | SG Octopus - ZVV | 2:33.77 | 201100347 | | **2:35.63** | | 34.75 | 1:14.96 | 1:56.46 | 2:35.63 |
| 2. Stan Ordelman | SG Octopus - ZVV | 2:45.09 | 201100009 | | **2:42.92** | | 35.50 | 1:17.24 | 2:00.57 | 2:42.92 |
| 3. Yaro de Vries | Aqua-Novio'94 | 2:45.17 | 201200115 | | **2:46.60** | | 37.71 | 1:20.17 | 2:02.49 | 2:46.60 |
| 4. Bram van Barneveld | De Woelwaters | 2:51.16 | 201103437 | | **2:48.12** | | 35.57 | 1:18.10 | 2:02.60 | 2:48.12 |
| 5. Tim Slagers | Aquapoldro | 2:54.58 | 201200263 | | **2:50.89** | | 37.97 | 1:21.57 | 2:06.15 | 2:50.89 |
| 6. Stef van de Wal | DWK | 2:54.30 | 201200803 | | **2:53.07** | | 38.25 | 1:22.52 | 2:08.16 | 2:53.07 |
| 7. Hugo Hulstijn | CWW | 2:54.75 | 201100297 | | **2:54.86** | | 38.65 | 1:23.59 | 2:09.55 | 2:54.86 |
| 8. Rutger Donker | NDD | 2:59.37 | 201200361 | | **2:56.94** | | 39.55 | 1:24.70 | 2:10.63 | 2:56.94 |
| 9. Berk Can | Aqua-Novio'94 | 3:03.22 | 201200353 | | **2:59.03** | | 38.07 | 1:23.40 | 2:11.54 | 2:59.03 |
| 10. Tim Burgerhart | DWK | 3:00.18 | 201200435 | | **3:02.44** | | 41.50 | 1:28.03 | 2:15.69 | 3:02.44 |

### Onder 18

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. Giano Spoor | Aquapoldro | 2:30.77 | 200900655 | | **2:31.92** | | 33.14 | 1:12.24 | 1:51.85 | 2:31.92 |
| 2. Levi Simonse | De Vrije Slag | 2:43.69 | 200900259 | | **2:39.78** | | 36.02 | 1:18.16 | 2:00.56 | 2:39.78 |
| 3. Ehor Poznyak | Aqua-Novio'94 | 2:45.58 | 201003501 | | **2:40.74** | | 36.81 | 1:18.36 | 1:59.77 | 2:40.74 |
| 4. Retief van Gasteren | Olympia | 2:49.93 | 201000067 | | **2:45.54** | | 35.81 | 1:18.21 | 2:02.31 | 2:45.54 |
| 5. Daniël Hofman | SG Octopus - ZVV | 2:45.03 | 201000417 | | **2:46.08** | | 37.04 | 1:20.20 | 2:03.53 | 2:46.08 |
| 6. Ruben Zirkzee | ZV De Meer | 2:50.92 | 200900571 | | **2:52.26** | | 39.06 | 1:23.51 | 2:07.97 | 2:52.26 |
| 7. Barna Esmat | Aquapoldro | 2:57.16 | 201000125 | | **2:58.43** | | 38.80 | 1:24.98 | 2:12.76 | 2:58.43 |
| 8. Jared van de Ven | Aquapoldro | 3:01.52 | 201003813 | | **2:59.55** | | 40.32 | 1:26.21 | 2:13.26 | 2:59.55 |

### Onder 20

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. Mies de Wit | CWW | 2:31.22 | 200700315 | | **2:26.27** | | 31.26 | 1:07.67 | 1:46.33 | 2:26.27 |
| 2. Jelle van Mullekom | RZC | 2:37.98 | 200801267 | | **2:39.47** | | 33.50 | 1:13.08 | 1:56.22 | 2:39.47 |
| 3. Timo Bourgonje | SG Octopus - ZVV | 2:46.15 | 200700599 | | **2:44.48** | | 37.23 | 1:18.58 | 2:01.47 | 2:44.48 |
| 4. Tom Pisters | RZC | 2:51.48 | 200801119 | | **2:51.50** | | 35.53 | 1:19.40 | 2:05.94 | 2:51.50 |
| 5. Tim Looijen | Wahoo Swimming | 2:54.62 | 200700325 | | **2:55.34** | | 40.03 | 1:25.38 | 2:10.70 | 2:55.34 |
| 6. Timon Wierper | De Vrije Slag | 3:03.80 | 200801573 | | **2:56.73** | | 39.54 | 1:24.41 | 2:10.75 | 2:56.73 |
| 7. D. van den Anker | RZC | 2:58.56 | 200802079 | | **3:11.80** | | 40.40 | 1:29.60 | 2:21.66 | 3:11.80 |

### Senioren

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. Martijn Velders | Aqua-Novio'94 | 2:17.41 | 199502619 | | **2:17.96** | | 31.08 | 1:05.73 | 1:41.30 | 2:17.96 |
| 2. Mick van Kempen | CWW | 2:33.76 | 200203375 | | **2:30.73** | | 33.46 | 1:12.55 | 1:52.38 | 2:30.73 |
| 3. Mike Schel | ENC Arnhem | 2:35.54 | 199403279 | | **2:32.77** | | 35.24 | 1:14.94 | 1:54.66 | 2:32.77 |
| 4. L. van Grevenbroek | CWW | 2:36.17 | 200601323 | | **2:33.59** | | 35.10 | 1:15.06 | 1:54.80 | 2:33.59 |
| 5. R. van der Horst | ZV De Meer | 2:36.30 | 199700179 | | **2:37.22** | | 35.83 | 1:16.19 | 1:56.19 | 2:37.22 |
| 6. Dries Mostert | DWK | 2:41.58 | 200400995 | | **2:41.42** | | 35.27 | 1:15.99 | 1:58.05 | 2:41.42 |
| 7. Kjetil van Gasteren | Olympia | 2:41.68 | 200600405 | | **2:43.91** | | 35.92 | 1:17.54 | 2:00.44 | 2:43.91 |
| 8. Joop Tuppe | Olympia | 2:38.58 | 200100581 | | **3:00.96** | | 41.07 | 1:27.16 | 2:13.73 | 3:00.96 |
| 9. Jesse Bruines | Batavia Swim | 3:51.83 | 200402413 | SB8 | **3:51.65** | 261 | 52.17 | 1:51.81 | 2:52.41 | 3:51.65 |

### Para

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. Jesse Bruines | Batavia Swim | 3:51.83 | 200402413 | SB8 | **3:51.65** | 261 | 52.17 | 1:51.81 | 2:52.41 | 3:51.65 |

## Programmanr. 409 — Dames, 50m rugslag — 11 jaar en ouder

22-11-2026 - 18:19 — Resultaten Voorronde

### Onder 14

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Lena Verplak | Aqua-Novio'94 | 33.10 | 201400512 | **32.36** | |
| 2. | Vlinder Mariman | Aqua-Novio'94 | 36.05 | 201301522 | **35.10** | |
| 3. | Nina van Riessen | Aquapoldro | 38.96 | 201401116 | **35.68** | |
| 4. | Dorean Iseger | DWK | 36.41 | 201300470 | **36.01** | |
| 5. | Maybritt Opgenoort | CWW | 37.63 | 201500202 | **37.00** | |
| 6. | Noor de Vogt | DWK | 37.16 | 201400120 | **38.96** | |
| 7. | Fleur Kalma | Aqua-Novio'94 | 39.52 | 201500192 | **39.76** | |
| 8. | Josephine Rugenbrink | Aquapoldro | 38.37 | 201401324 | **40.69** | |
| DIS | Jackie Scherps | Aqua-Novio'94 | 37.23 | 201500846 | | |

*RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.*

## Programmanr. 409, Dames, 50m rugslag, Voorronde

### Onder 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Anna Berkhout | DWK | 33.15 | 201100080 | | **32.57** | | |
| 2. | Yanaika Ido | Batavia Swim | 33.93 | 201102764 | | **33.90** | | |
| 3. | Belle Fiering | Aqua-Novio'94 | 35.45 | 201202546 | | **35.13** | | |
| 4. | Annabel Pisters | RZC | 34.99 | 201200074 | | **35.31** | | |
| 5. | Sanne Eilander | SG Octopus - ZVV | 35.76 | 201102514 | | **35.38** | | |
| 6. | Maud Lamfers | Aquapoldro | 35.57 | 201201350 | | **35.40** | | |
| 7. | Bente Toth | SG Octopus - ZVV | 35.61 | 201102818 | | **35.76** | | |
| 8. | Femke Mandema | DWK | 35.37 | 201100396 | | **35.81** | | |
| 9. | Fenne Vaartjes | Batavia Swim | 35.94 | 201201810 | | **36.07** | | |
| 10. | Maud Sellis | SG Octopus - ZVV | 35.41 | 201101172 | | **37.47** | | |
| 11. | Gwyneth van der Spek | Batavia Swim | 47.65 | 201102806 | S7 | **45.83** | | 577 |
| AFGEM | Robin Versteeg | Aqua-Novio'94 | 34.15 | 201200276 | | | | |
| NG | Yvonne de Graaf | DWK | 33.60 | 201101418 | | | | |

### Onder 18

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Julia Bos | De Hokseberg | 31.06 | 200900184 | | **29.83** | Q | |
| 2. | Tara Langkamp | Aqua-Novio'94 | 29.95 | 200900362 | | **30.00** | Q | |
| 3. | Charlotte Landman | CWW | 31.41 | 200901290 | | **30.50** | Q | |
| 4. | Ann Hietbrink | De Berkelduikers | 33.36 | 200902444 | | **32.15** | R | |
| 5. | Tessa van Beek | DWK | 31.79 | 201001446 | | **32.68** | | |
| 6. | Tess Dugandzic | Zuiderzeezwemmers | 33.58 | 201002908 | | **32.71** | | |
| 7. | Lili Oosting | DWK | 33.12 | 200900384 | | **33.06** | | |
| 8. | Lynn Rozendal | NDD | 33.04 | 200901038 | | **33.64** | | |
| 9. | Tessa Zevenbergen | Aquapoldro | 33.50 | 201002662 | | **33.84** | | |
| 10. | Evi Giesbers | Wahoo Swimming | 34.91 | 200901536 | | **34.41** | | |
| 11. | Lenore Donker | NDD | 34.43 | 201000080 | | **34.73** | | |
| 12. | Kyana de Vries | Aqua-Novio'94 | 35.40 | 200901260 | | **34.80** | | |
| 13. | Liss Wakker | De Rijn | 34.65 | 201000140 | | **35.03** | | |
| 14. | Leana den Hartog | Aqua-Novio'94 | 46.26 | 200904020 | S14 | **48.27** | | 255 |

### Onder 20

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Niobe Maduro | Aqua-Novio'94 | 31.78 | 200800378 | | **31.22** | Q | |
| 2. | Lyke Bellert | SG Octopus - ZVV | 31.34 | 200701424 | | **31.36** | Q | |
| 3. | Carlijn Boltendal | Zuiderzeezwemmers | 31.65 | 200700082 | | **32.23** | | |
| 4. | Nilou Vriesema | De Hokseberg | 33.08 | 200703216 | | **33.23** | | |
| 5. | Noa Ottens | Aqua-Novio'94 | 33.14 | 200702256 | | **33.88** | | |
| 6. | Nynke van Leeuwen | De Berkelduikers | 33.69 | 200701272 | | **34.76** | | |
| 7. | Rosalie Bressers | RZC | 34.50 | 200703820 | | **34.83** | | |

### Senioren

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Isa Willemsen | Aqua-Novio'94 | 29.92 | 199900628 | | **29.41** | Q | |
| 2. | Colinda van der Zanden | Aqua-Novio'94 | 29.63 | 200502618 | | **30.09** | Q | |
| 3. | Kim van Dongen | SG Wijchen-Gelenberg | 31.36 | 200400140 | | **31.36** | Q | |
| 4. | Jonna Muntjewerff | ENC Arnhem | 31.74 | 200402396 | | **31.51** | R | |
| 5. | Moniek van Langevelde | DWK | 32.67 | 199803160 | | **33.04** | | |
| | Milena Vlot | Aquapoldro | 33.18 | 200003792 | | **33.04** | | |
| 7. | Inge Arts | Aqua-Novio'94 | 33.09 | 199203076 | | **33.21** | | |
| 8. | Kiara Roes | NDD | 32.63 | 200505508 | | **33.59** | | |
| 9. | Merith Janssen | RZC | 32.97 | 200600106 | | **33.98** | | |

### Para

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Gwyneth van der Spek | Batavia Swim | 47.65 | 201102806 | S7 | **45.83** | | 577 |
| 2. | Leana den Hartog | Aqua-Novio'94 | 46.26 | 200904020 | S14 | **48.27** | | 255 |

Programmanr. 410 — Heren, 4 x 100m vrije slag — 11 jaar en ouder
22-11-2026 - 18:30 — Resultaten

| rang | vereniging | intijd | tijd | RT |
|---|---|---|---|---|

## Onder 16

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Aqua-Novio'94 1 | Aqua-Novio'94 | | | 4:08.41 | | | **4:03.01** | |
| | Pieter de Jonge | 14 | 28.34 | 59.61 | Luuk Grondard - van Schagen | 13 | 29.05 | 1:01.22 | |
| | Yaro de Vries | 14 | 29.57 | 1:03.12 | Jesse Voet | 13 | 27.73 | 59.06 | |
| 2. | CWW 1 | CWW | | | 4:20.96 | | | **4:19.37** | |
| | Fido Hulstijn | 13 | 31.24 | 1:04.19 | Thijn Eekhoff | 13 | 30.79 | 1:05.47 | |
| | Luca Leerentveld | 14 | 32.48 | 1:08.61 | Hugo Hulstijn | 15 | 29.25 | 1:01.10 | |
| 3. | DWK 2 | DWK | | | 4:27.50 | | | **4:24.80** | |
| | Teije Baars | 13 | 30.39 | 1:04.12 | Tim Burgerhart | 14 | 31.94 | 1:07.13 | |
| | Stef van de Wal | 14 | 30.22 | 1:03.75 | Olivier Valeijn | 12 | 32.80 | 1:09.80 | |
| 4. | Aqua-Novio'94 2 | Aqua-Novio'94 | | | 4:41.51 | | | **4:34.23** | |
| | Ralph Kersten | 13 | 33.53 | 1:12.06 | Teun Gulikers | 14 | 31.83 | 1:08.28 | |
| | Boris Hekker | 12 | 32.94 | 1:09.03 | Berk Can | 14 | 30.15 | 1:04.86 | |

## Senioren Open

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | DWK 1 | DWK | | | 3:28.02 | | | **3:27.49** | |
| | Felbe van 't Land | 17 | 24.03 | 51.49 | Rian Schoneveld | 18 | 24.45 | 51.61 | |
| | Sven Potappel | 16 | 25.22 | 53.28 | Ronis van Everdingen | 23 | 23.89 | 51.11 | |
| 2. | CWW 2 | CWW | | | 3:33.07 | | | **3:31.11** | |
| | Mees Peters | 21 | 25.61 | 53.96 | Mies de Wit | 19 | 24.79 | 52.27 | |
| | Léon van Grevenbroek | 20 | 25.70 | 54.18 | Odo McCarthy | 19 | 23.62 | 50.70 | |
| 3. | Aqua-Novio'94 3 | Aqua-Novio'94 | | | 3:35.05 | | | **3:34.68** | |
| | Wessel van Dorst | 17 | 25.66 | 53.96 | Bart Muselaers | 25 | 24.79 | 53.23 | |
| | Stan de Swart | 23 | 24.33 | 51.59 | Martijn Velders | 31 | 26.50 | 55.90 | |
| 4. | Olympia 1 | Olympia | | | 3:47.35 | | | **3:46.31** | |
| | Joop Tuppe | 25 | 25.41 | 54.52 | Retief van Gasteren | 16 | 27.91 | 58.76 | |
| | Gerco van Dijk | 16 | 28.04 | 58.47 | Thijs de Geus | 24 | 25.90 | 54.56 | |
| 5. | RZC 1 | RZC | | | 3:53.42 | | | **3:47.85** | |
| | Robby Pisters | 16 | 27.15 | 57.72 | Tom Pisters | 18 | 26.69 | 57.41 | |
| | Cassian Janssen | 21 | 27.54 | 57.97 | Jelle van Mullekom | 18 | 26.00 | 54.75 | |
| 6. | SG Octopus - ZVV 1 | SG Octopus - ZVV | | | 3:51.89 | | | **3:50.92** | |
| | Stan Ordelman | 15 | 27.92 | 57.37 | Nils Bellert | 15 | 27.25 | 57.23 | |
| | Dax Muijlaert | 15 | 27.40 | 59.80 | Daniël Hofman | 16 | 26.80 | 56.52 | |
| 7. | De Vrije Slag 1 | De Vrije Slag | | | 3:55.46 | | | **4:02.62** | |
| | Brian Blankespoor | 18 | 28.16 | 58.79 | Thijs Molendijk | 27 | 27.61 | 58.75 | |
| | Timon Wierper | 18 | 30.88 | 1:05.84 | Levi Simonse | 17 | 27.91 | 59.24 | |

Programmanr. 402 — Heren, 50m vrije slag — All-in
22-11-2026 — Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | CWW | 23.84 | 200700307 | **23.47** | |
| 2. | Bart Muselaers | Aqua-Novio'94 | 24.16 | 200100865 | **23.56** | |
| 3. | Ronis van Everdingen | DWK | 23.95 | 200300043 | **23.67** | |
| 4. | Sven Potappel | DWK | 24.23 | 201000127 | **24.03** | |
| 5. | Wessel van Dorst | Aqua-Novio'94 | 24.32 | 200900727 | **24.28** | |
| 6. | John Quinn | N.S.Z.& W.V. Hydrofiel | 24.71 | 200101219 | **24.61** | |
| 7. | Mees Peters | CWW | 24.59 | 200501895 | **24.97** | |
| 8. | Enna Lamers | CWW | 24.88 | 200800899 | **25.16** | |

Programmanr. 409 | Dames, 50m rugslag | All-in
22-11-2026 | Resultaten Finale

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 1. | Isa Willemsen | Aqua-Novio'94 | 29.41 | 199900628 | **29.63** | |
| 2. | Colinda van der Zanden | Aqua-Novio'94 | 30.09 | 200502618 | **29.92** | |
| 3. | Tara Langkamp | Aqua-Novio'94 | 30.00 | 200900362 | **29.93** | |
| 4. | Julia Bos | De Hokseberg | 29.83 | 200900184 | **30.12** | |
| 5. | Charlotte Landman | CWW | 30.50 | 200901290 | **30.38** | |
| 6. | Kim van Dongen | SG Wijchen-Gelenberg | 31.36 | 200400140 | **31.20** | |
| 7. | Lyke Bellert | SG Octopus - ZVV | 31.36 | 200701424 | **31.39** | |
| 8. | Niobe Maduro | Aqua-Novio'94 | 31.22 | 200800378 | **31.52** | |