

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 1  
11-5-2019 - 13:45

Dames, 100m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Mila Maas	Psv	59.91	200302966	<b>1:00.02</b>	+0,79	29.03	1:00.02
2.	Sophie de Jonge	Wvz	1:00.19	200200118	<b>1:00.19</b>	+0,73	29.13	1:00.19
3.	Lara Hoeksema	The Hague Swimming (SG)	1:03.97	200400514	<b>1:01.26</b>	+0,68	29.18	1:01.26
4.	Ilse Kraaijeveld	The Hague Swimming (SG)	1:00.28	200202190	<b>1:01.39</b>	+0,71	29.17	1:01.39
5.	Sterre Keller	The Hague Swimming (SG)	1:00.55	199904142	<b>1:01.65</b>	+0,81	29.57	1:01.65
6.	Nikita van den Ouden	Z&PV Nuenen	1:00.88	199900622	<b>1:01.68</b>	+0,67	29.39	1:01.68
7.	Robin Pienaar	ZPV Barracuda	1:02.22	200102236	<b>1:02.65</b>	+0,80	30.30	1:02.65
8.	Jill Nai Chung Tong * Backuptijd 100m	ZV Vlaardingen-Schiedam	1:00.56	200404272	<b>1:03.32</b>	+0,80	30.49	1:03.32
9.	Isa Maes	Feijenoord Albion	1:01.77	200500110	<b>1:03.60</b>	+0,70	30.33	1:03.60
10.	Sanne Vermeulen	Aquarijn	1:01.46	200303902	<b>1:04.60</b>	+0,80	30.31	1:04.60
11.	S. van den Dobbelssteen	The Hague Swimming (SG)	1:04.54	200100904	<b>1:05.82</b>	+0,68	31.89	1:05.82
12.	Nike Tolsma	Zignea	1:06.45	200300336	<b>1:05.85</b>	+0,76	31.23	1:05.85
13.	Britt van't Zant	Feijenoord Albion	1:03.66	200501170	<b>1:06.49</b>	+0,78	31.77	1:06.49
14.	Sophie Buurman	ZPC Wiekslag	1:04.98	200502530	<b>1:06.96</b>	+0,75	30.94	1:06.96
15.	Aisha Nobels	Feijenoord Albion	1:06.21	200501710	<b>1:07.22</b>	+0,71	32.11	1:07.22
16.	Sanne Lukken	Psv	1:06.40	200400030	<b>1:07.48</b>	+0,79	32.11	1:07.48
17.	Fleur Kamminga	Wvz	1:08.58	200701838	<b>1:07.68</b>	+0,90	32.78	1:07.68
18.	Loïs van Valen	De Geul	1:07.31	200600396	<b>1:08.72</b>	+0,71	31.99	1:08.72
19.	Quinty Huisman	Rotterdam Swimming (SG)	1:07.48	200401184	<b>1:08.91</b>	+0,74	32.91	1:08.91
20.	Pieke Sterk	Aquarijn	1:05.65	200401158	<b>1:09.57</b>	+0,49	32.36	1:09.57
21.	Dide Provily	ZPC Wiekslag	1:10.14	200700480	<b>1:09.71</b>	+0,84	33.26	1:09.71
22.	Eva v.d. Slik	z.c De Schotejil	1:12.12	200602876	<b>1:10.90</b>	+0,76	33.78	1:10.90
23.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	1:12.23	200700048	<b>1:13.27</b>	+0,54	35.29	1:13.27
24.	Britt Colijn	ZV De Aalscholver	1:16.12	200700544	<b>1:14.04</b>	+0,81	36.24	1:14.04
25.	Anna Melissant	Pcg	1:11.32	200603122	<b>1:14.16</b>	+0,74	35.00	1:14.16
26.	Nynke Roosendaal	Feijenoord Albion	1:15.79	200502040	<b>1:14.26</b>	+0,74	34.70	1:14.26
27.	Yanou Vaessen	Dwk	1:14.94	200603666	<b>1:14.39</b>	+0,57	35.41	1:14.39
28.	Britte Lodder	ZZ&PC De Devel	1:11.95	200702290	<b>1:15.06</b>	+0,79	35.51	1:15.06
29.	Dayenne Chorfi	ZV De Aalscholver	1:14.75	200404452	<b>1:15.29</b>	+0,89	35.99	1:15.29
30.	Sarah Lute	ZV De Aalscholver	1:16.50	200701078	<b>1:15.97</b>	+0,78	37.68	1:15.97
31.	Robin van den Akker	Pcg	1:12.17	200700950	<b>1:16.77</b>	+0,82	37.19	1:16.77
32.	Piera Stallen	Widex Gzc Donk	1:19.73	200600510	<b>1:17.10</b>		36.77	1:17.10
33.	Senna van Laar	ZV De Aalscholver	1:18.91	200700726	<b>1:17.16</b>	+0,88	38.33	1:17.16
34.	Esmeralda Elbers	Rotterdam Swimming (SG)	1:16.65	200404888	<b>1:18.95</b>	+0,71	36.98	1:18.95
35.	Bibiane van der Linde	De Duck	1:17.96	200702546	<b>1:19.30</b>	+0,79	37.41	1:19.30
36.	Julie van 't Zant	Feijenoord Albion	1:19.90	200600456	<b>1:21.66</b>	+0,75	38.32	1:21.66
37.	Meia Stam	Dwk	1:18.90	200504408	<b>1:21.91</b>	+0,87	37.98	1:21.91
38.	Jenna Gorter	ZV De Aalscholver	1:47.20	200702746	<b>1:53.94</b>	+1,00	53.35	1:53.94
AFGEM	Tessa Loos	AquaDream	1:00.54	200200608				
AFGEM	Róza Bense	ZV De Aalscholver	1:12.36	200600850				
AFGEM	Sterre Hendriks	Psv	1:00.28	200401288				
AFGEM	Julia Da Costa	ZPC Woerden	1:11.86	200501582				

Programmanr. 2  
11-5-2019 - 13:57

Heren, 100m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Bjorn van Doesburg	Aquarijn	50.04	200201867	<b>51.83</b>	+0,74	25.13	51.83
2.	Thomas Verhoeven	Rotterdam Swimming (SG)	49.63	199700311	<b>52.04</b>	+0,74	24.63	52.04
3.	Matias Jansen	Zignea	57.30	200300199	<b>56.46</b>	+0,70	26.91	56.46
4.	Bart Muselaers	Dwk	56.16	200100865	<b>56.72</b>	+0,77	27.07	56.72
5.	Mike Gerritsen	Psv	56.32	200304013	<b>56.86</b>	+0,79	27.48	56.86
6.	Stijn Geelen	MNC Dordrecht	55.00	199801363	<b>56.95</b>	+0,71	26.58	56.95
7.	Jeremiah Vianen	Psv	58.68	200204961	<b>57.02</b>	+0,70	27.55	57.02
8.	Jacob Mackloet	z.c De Schotejil	58.07	200001171	<b>58.20</b>	+0,74	28.27	58.20
9.	Cas Jansen	The Hague Swimming (SG)	1:02.49	200203263	<b>58.63</b>	+0,69	27.89	58.63
10.	Joris de Gier	Widex Gzc Donk	58.56	200103817	<b>59.10</b>	+0,73	27.96	59.10
11.	Anthony Kraag	Wvz	57.78	200401973	<b>59.19</b>	+0,67	27.99	59.19
12.	Kenan Coeruez	Feijenoord Albion	56.82	200300357	<b>59.25</b>	+0,73	27.67	59.25
13.	Nick Heinio-Widell	The Hague Swimming (SG)	58.59	200504141	<b>1:00.48</b>	+0,69	28.76	1:00.48
14.	Simon Dijkstra	Rotterdam Swimming (SG)	59.25	200204905	<b>1:01.92</b>	+0,71	29.33	1:01.92
15.	Arthur Bondartsov	Rotterdam Swimming (SG)	1:01.06	200403231	<b>1:02.61</b>	+0,76	29.77	1:02.61

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 2, Heren, 100m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
16.	Konstantinos Doulfis	The Hague Swimming (SG)	1:06.20	200204279	<b>1:03.61</b>	+0,68	29.57	1:03.61
17.	Benjamin Boender	Zob'66	1:07.34	200401351	<b>1:03.92</b>	+0,67	30.15	1:03.92
18.	Michael van den Enden	Pcg	1:00.68	200401589	<b>1:05.12</b>	+0,68	30.55	1:05.12
19.	Casper van Nijnatten	Rotterdam Swimming (SG)	1:03.56	200402559	<b>1:05.45</b>	+0,75	31.22	1:05.45
20.	Daan Sniijders	MNC Dordrecht	1:03.74	200202475	<b>1:05.92</b>	+0,80	31.00	1:05.92
21.	Marijn Dekkers	Widex Gzc Donk	1:06.65	200402275	<b>1:06.65</b>	+0,77	31.51	1:06.65
22.	Tjomme de Tender	De Geul	1:05.36	200502187	<b>1:06.99</b>	+0,74	31.82	1:06.99
23.	Storm Tolsma	Zignea	1:06.74	200600277	<b>1:07.60</b>	+0,82	31.89	1:07.60
24.	Max van der Voorn	The Hague Swimming (SG)	1:09.60	200204541	<b>1:07.85</b>	+0,73	30.65	1:07.85
25.	Jelle den Otter	SG SCOM/de Zeehond'73	1:17.80	200600251	<b>1:16.52</b>	+0,68	36.36	1:16.52
26.	Alberto Randazzo	The Hague Swimming (SG)	1:19.24	197101733	<b>1:18.58</b>	+0,91	35.09	1:18.58
AFGEM	Glenn van Gaalen	De Kempvis	56.31	200200521				

Programmanr. 3  
11-5-2019 - 14:04

Dames, 50m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Isabel Scheepbouwer	ZPC Wiekslag	32.56	200301106	<b>33.51</b>	+0,60
2.	Alisha Vieira	Rotterdam Swimming (SG)	32.35	199904554	<b>33.63</b>	+0,69
3.	Michelle van der Steen	ZV Vlaardingen-Schiedam	32.32	200300052	<b>34.08</b>	+0,73
4.	Lotte Koornneef	The Hague Swimming (SG)	34.54	200303584	<b>34.34</b>	+0,69
5.	Evelyn Liket	ZV Vlaardingen-Schiedam	33.06	200503118	<b>34.74</b>	+0,69
6.	Lindi Bos	Dwk	32.12	200101256	<b>34.93</b>	+0,75
7.	Isa Maarleveld	Zpch	32.89	200402626	<b>35.17</b>	+0,66
8.	Estelle van Wijngaarden	ZPB H&L Productions	37.56	200601020	<b>36.26</b>	+0,81
9.	Jet van Oudheusden	Zob'66	36.38	200401012	<b>36.38</b>	+0,58
10.	Nikita Snoeren	Wvz	35.02	200600342	<b>36.45</b>	+0,68
11.	Sophie Buurman	ZPC Wiekslag	33.39	200502530	<b>36.49</b>	+0,76
	<i>* Backup 50m</i>					
12.	Emma Suderee	MNC Dordrecht	36.92	200603598	<b>38.04</b>	+0,73
13.	Katja Kuijlaars	MNC Dordrecht	37.24	199900016	<b>39.53</b>	+0,72
14.	Demi Brama	ZV De Aalscholver	38.90	200003564	<b>40.22</b>	+0,97
15.	Lisa Goris	Aquarijn	NT	200501986	<b>41.54</b>	+0,75
16.	Wietske Visser	Pcg	42.86	200601732	<b>42.94</b>	+0,74

Programmanr. 4  
11-5-2019 - 14:06

Heren, 50m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Melvin Prins	ZPC Wiekslag	26.56	199500201	<b>27.60</b>	+0,63
2.	Kirill Hrabcuns	Aquarijn	31.01	200201221	<b>28.62</b>	+0,62
3.	Aron Paasse	z.c De Schotejil	30.76	200000099	<b>30.84</b>	+0,63
4.	Wesley Scheepbouwer	ZPC Wiekslag	28.84	200101959	<b>30.85</b>	+0,57
5.	Roel van Grol	Widex Gzc Donk	32.45	199802277	<b>32.59</b>	+0,79
6.	Yassine Mellah	Widex Gzc Donk	33.38	200502159	<b>33.84</b>	+0,67
7.	Bjorn Rijkaart	BZ en PC	37.76	200601337	<b>34.42</b>	+0,63
8.	Daniel 't Mannetje	z.c De Schotejil	35.31	200400183	<b>35.05</b>	+0,80
9.	Bo Schoenmakers	Widex Gzc Donk	44.93	200402919	<b>35.06</b>	+0,68
10.	Dimitri Lans	ZV De Aalscholver	34.91	200401325	<b>35.50</b>	+0,67
11.	Bart Tuinenburg	ZPC Wiekslag	39.45	200602347	<b>41.43</b>	+0,59

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 5  
11-5-2019 - 14:09

Dames, 100m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Lynn Blommers	The Hague Swimming (SG)	1:13.42	200105062	<b>1:12.26</b>	+0,72	33.78	1:12.26
2.	Leonoor van Dijk	The Hague Swimming (SG)	NT	200400832	<b>1:18.01</b>	+0,73	36.94	1:18.01
3.	Jade Geurts	Wvz	1:17.09	200402278	<b>1:19.89</b>	+0,76	37.76	1:19.89
4.	Phaedra Meijer	MNC Dordrecht	1:18.87	200405834	<b>1:20.66</b>	+0,78	38.17	1:20.66
5.	Janne Slegers	Psv	1:23.85	200404090	<b>1:24.02</b>	+0,74	37.83	1:24.02
6.	Tessa Poot	ZV Vlaardingen-Schiedam	1:21.62	200404264	<b>1:25.43</b>	+0,80	39.94	1:25.43
7.	Ada Eker	Wzk	1:20.27	200504608	<b>1:26.33</b>	+0,78	39.59	1:26.33
8.	Annique Rupke	Widex Gzc Donk	1:29.21	200700876	<b>1:26.35</b>	+0,80	40.91	1:26.35
9.	Sam Boom	MNC Dordrecht	1:25.49	200600384	<b>1:26.36</b>	+0,78	40.86	1:26.36
10.	Anouchka Bos	ZPV Barracuda	1:23.83	200501528	<b>1:26.57</b>	+0,74	40.24	1:26.57
11.	Charlize Rovers	De Kempvis	1:22.28	200600684	<b>1:27.16</b>	+0,88	41.13	1:27.16
12.	Thalia Meijer	MNC Dordrecht	1:23.25	200704048	<b>1:28.19</b>	+0,69	40.95	1:28.19
13.	Anastasia Romano	MNC Dordrecht	1:21.23	200501076	<b>1:28.23</b>	+0,69	40.73	1:28.23
14.	Zoë Molenaar	Zoetermeer	1:29.51	200300978	<b>1:31.19</b>	+0,76	42.61	1:31.19
15.	Dominique Overduin	z.c De Schotejil	1:29.62	200700172	<b>1:31.59</b>	+0,87	43.04	1:31.59
16.	Isabel Bron	ZV De Aalscholver	1:32.57	200602378	<b>1:32.21</b>	+0,74	43.28	1:32.21
17.	Fenne Saaf	Zoetermeer	1:36.77	200504340	<b>1:35.62</b>	+0,92	44.40	1:35.62
18.	Daphne van Tilburg	De Geul	1:33.87	200500580	<b>1:36.20</b>	+0,88	44.87	1:36.20
19.	Eva v.d. Slik	z.c De Schotejil	1:41.29	200602876	<b>1:40.08</b>	+0,76	47.08	1:40.08
20.	Wietske Visser	Pcg	1:39.53	200601732	<b>1:47.08</b>	+0,89	51.01	1:47.08

Programmanr. 6  
11-5-2019 - 14:16

Heren, 100m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Xander Vis	z.c De Schotejil	1:10.77	200300173	<b>1:11.27</b>	+0,75	32.95	1:11.27
2.	Lucas Pfaff	ZPC Woerden	1:12.00	200303391	<b>1:14.82</b>	+0,78	34.97	1:14.82
3.	Abel te Riele	Wvz	1:13.53	200402317	<b>1:15.19</b>	+0,72	35.20	1:15.19
4.	Timo Wouters	MNC Dordrecht	1:11.50	200401363	<b>1:15.21</b>	+0,75	34.96	1:15.21
5.	Julien Tanis	Rotterdam Swimming (SG)	1:14.89	200401045	<b>1:18.77</b>	+0,71	36.92	1:18.77
6.	Wen-Ye Chen	Rotterdam Swimming (SG)	1:14.30	200402859	<b>1:19.33</b>	+0,66	36.41	1:19.33
7.	Wouter Verdoes	De Columbiaan	1:20.64	200200351	<b>1:19.50</b>	+0,77	37.53	1:19.50
8.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:17.12	200500781	<b>1:20.96</b>	+0,59	37.54	1:20.96
	<i>* Backup 100m</i>							
9.	Joris de Gier	Widex Gzc Donk	1:19.46	200103817	<b>1:24.00</b>	+0,73	39.40	1:24.00
10.	Anouar Visser	ZV De Aalscholver	1:21.10	200301829	<b>1:24.34</b>	+0,68	39.85	1:24.34
11.	Michael van den Enden	Pcg	1:17.33	200401589	<b>1:24.95</b>	+0,52	39.13	1:24.95
12.	Thijs Visser	ZPV Barracuda	1:24.35	200502129	<b>1:25.45</b>	+0,73	39.88	1:25.45
13.	Aaïke de Tender	De Geul	1:19.25	200502189	<b>1:25.83</b>	+0,72	39.08	1:25.83
14.	Sven Markkus Eschbach	ZZ&PC De Devel	1:27.76	200602013	<b>1:27.34</b>	+0,67	41.30	1:27.34
15.	Max van der Voorn	The Hague Swimming (SG)	1:27.98	200204541	<b>1:28.44</b>	+0,75	41.37	1:28.44
16.	Björn Mulder	Zoetermeer	1:28.56	200601517	<b>1:29.53</b>	+0,79	42.56	1:29.53
17.	Tamas Tolsma	Zignea	1:28.45	200500075	<b>1:30.43</b>	+0,81	42.79	1:30.43
18.	Niels Albrechts	z.c De Schotejil	1:30.10	198800039	<b>1:33.41</b>	+0,79	42.98	1:33.41
19.	Benjamin Vermeer	Zoetermeer	1:31.03	200600177	<b>1:33.94</b>	+0,80	44.84	1:33.94
	<i>* Backup 100m</i>							
20.	Robin den Ouden	ZPC Wiekslag	1:33.65	200600255	<b>1:35.63</b>		44.70	1:35.63
21.	Alberto Randazzo	The Hague Swimming (SG)	1:39.77	197101733	<b>1:36.42</b>	+0,90	44.69	1:36.42
DIS	Casper van Nijnatten	Rotterdam Swimming (SG)	1:24.09	200402559				

*SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.*

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 7  
11-5-2019 - 14:22

Dames, 200m vlinderslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Rinske Bouman	Rotterdam Swimming (S2)	2:31.73 200400578	<b>2:39.33</b>	+0,85	32.37	1:11.80	1:54.72	2:39.33
2. Asha van Lobberegt	Feijenoord Albion	2:43.72 200500088	<b>2:48.33</b>	+0,69	34.63	1:16.19	2:01.04	2:48.33
3. Diana Noordermeer	SG SCOM/de Zeehond	2:46.89 200102110	<b>2:55.33</b>	+0,75	36.06	1:18.71	2:05.28	2:55.33
4. Isabelle Janssen	MNC Dordrecht	3:08.82 200006318	<b>3:11.95</b>	+0,73	43.42	1:32.91	2:23.10	3:11.95
5. Robine Boer	De Columbiaan	2:55.93 200402180	<b>3:13.23</b>	+0,74	38.68	1:28.31	2:21.68	3:13.23
<i>* Backup 100m en 200m</i>								
6. Eva Schager	ZV De Aalscholver	NT 200303924	<b>3:36.54</b>	+0,77	43.63	1:37.46	2:37.49	3:36.54
<i>* Backup 150m en 200m</i>								

Programmanr. 8  
11-5-2019 - 14:26

Heren, 200m vlinderslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Lars Schoffelmeer	ZPB H&L Productions	2:15.40 199501907	<b>2:19.34</b>	+0,71	30.32	1:04.94	1:41.22	2:19.34
2. Björn de Heus	ZV Vlaardingen-Schied	2:23.52 200201077	<b>2:30.85</b>	+0,63	31.53	1:09.37	1:50.04	2:30.85
3. Andrei Turta	ZV De Aalscholver	2:32.49 200404549	<b>2:35.18</b>	+0,73	32.11	1:09.91	1:50.35	2:35.18
4. Nick Heinio-Widell	The Hague Swimming (SG)	NT 200504141	<b>2:41.88</b>	+0,80	32.34	1:11.85	1:56.27	2:41.88
5. Christian Kalle	z.c De Schotejil	2:44.29 200400687	<b>2:42.25</b>	+0,80	32.75	1:13.67	1:58.43	2:42.25
6. Yagiz Atilgan	ZV Vlaardingen-Schied	2:41.56 200601453	<b>2:47.07</b>	+0,74	34.51	1:15.73	2:01.82	2:47.07
7. Tibbe Veldboer	ZPB H&L Productions	3:12.62 200600911	<b>3:06.10</b>	+0,93	38.39	1:25.60	2:15.42	3:06.10

Programmanr. 9  
11-5-2019 - 14:30

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	250m	300m	350m	400m
1. Mara Bosman	The Hague Swimming (SG)	5:36.99 200303048	<b>5:31.84</b>	+0,72	36.88	1:21.07	2:02.33	2:42.92	3:29.60	4:18.00	5:07.02	5:53.84
					41.26		41.26	41.26	41.26	41.26	41.26	41.26
					46.68		46.68	46.68	46.68	46.68	46.68	46.68
					48.40		48.40	48.40	48.40	48.40	48.40	48.40
2. Irma van der Wulp	Wvz	5:19.62 200401950	<b>5:38.98</b>	+0,79	36.13	1:21.68	2:05.92	2:48.20	3:33.84	4:20.78	5:00.51	5:38.98
					45.55		45.55	45.55	45.55	45.55	45.55	45.55
					46.94		46.94	46.94	46.94	46.94	46.94	46.94
3. Robin Spreeuw	Zpch	5:35.21 200501262	<b>5:44.58</b>	+0,89	35.12	1:18.30	2:04.05	2:47.84	3:37.05	4:28.00	5:07.02	5:44.58
					43.18		43.18	43.18	43.18	43.18	43.18	43.18
					50.95		50.95	50.95	50.95	50.95	50.95	50.95
4. Sanne Lukken	Psv	5:48.36 200400030	<b>5:52.56</b>	+0,80	35.37	1:20.91	2:07.73	2:53.59	3:40.99	4:30.22	5:11.79	5:52.56
					45.54		45.54	45.54	45.54	45.54	45.54	45.54
					49.23		49.23	49.23	49.23	49.23	49.23	49.23
5. Aisha Nobels	Feijenoord Albion	5:53.60 200501710	<b>5:56.42</b>	+0,72	38.26	1:23.86	2:08.91	2:53.24	3:44.89	4:38.24	5:18.42	5:56.42
					45.60		45.60	45.60	45.60	45.60	45.60	45.60
					53.35		53.35	53.35	53.35	53.35	53.35	53.35
6. Mara Tims	Rotterdam Swimming (SG)	5:32.56 200601136	<b>6:01.59</b>	+0,76	34.29	1:14.76	2:05.08	2:54.50	3:45.55	4:38.67	5:21.13	6:01.59
					40.47		40.47	40.47	40.47	40.47	40.47	40.47
					51.05		51.05	51.05	51.05	51.05	51.05	51.05
7. Samantha van der Jagt	ZZ&PC De Devel	6:07.64 200700220	<b>6:07.57</b>	+0,87	40.81	1:30.74	2:18.85	3:04.55	3:55.04	4:46.59	5:27.45	6:07.57
					49.93		49.93	49.93	49.93	49.93	49.93	49.93
					51.55		51.55	51.55	51.55	51.55	51.55	51.55
<i>* Backup 100m</i>												

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 10  
11-5-2019 - 14:37

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Nikhom Westphal	SG SCOM/de Zeehond'73	4:48.17	200203329	<b>4:53.10</b>			
	50m: 29.21	29.21	150m: 1:44.36	38.97	250m: 3:03.59	40.59	350m: 4:20.67	34.88
	100m: 1:05.39	36.18	200m: 2:23.00	38.64	300m: 3:45.79	42.20	400m: 4:53.10	32.43
2.	Jorian Tanis	MNC Dordrecht	4:44.93	199900327	<b>4:54.41</b>	+0,84		
	50m: 30.30	30.30	150m: 1:44.33	39.07	250m: 3:04.58	43.00	350m: 4:22.76	33.46
	100m: 1:05.26	34.96	200m: 2:21.58	37.25	300m: 3:49.30	44.72	400m: 4:54.41	31.65
3.	Bryan Agterdenbos	Psv	4:35.17	200200003	<b>4:54.75</b>	+0,74		
	50m: 28.82	28.82	150m: 1:42.08	38.48	250m: 3:01.55	41.80	350m: 4:21.19	35.12
	100m: 1:03.60	34.78	200m: 2:19.75	37.67	300m: 3:46.07	44.52	400m: 4:54.75	33.56
4.	David Kievit * Backup 400m	z.c De Schotejil	5:15.67	199900325	<b>5:16.85</b>	+0,80		
	50m: 32.93	32.93	150m: 1:52.69	41.20	250m: 3:16.64	43.58	350m: 4:38.77	38.15
	100m: 1:11.49	38.56	200m: 2:33.06	40.37	300m: 4:00.62	43.98	400m: 5:16.85	38.08
5.	Michael van den Enden	Pcg	5:43.05	200401589	<b>6:07.08</b>	+0,56		
	50m: 37.23	37.23	150m: 2:11.71	49.10	250m: 3:49.73	50.78	350m: 5:25.17	44.04
	100m: 1:22.61	45.38	200m: 2:58.95	47.24	300m: 4:41.13	51.40	400m: 6:07.08	41.91

Programmanr. 11  
11-5-2019 - 14:43

Dames, 100m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Babette van der Kaaij	Rotterdam Swimming (SG)	1:05.61	199902234	<b>1:08.62</b>	+0,67	33.18	1:08.62
2.	Merel Musters	Psv	1:12.04	200304042	<b>1:09.87</b>	+0,62	34.09	1:09.87
3.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:11.37	200503292	<b>1:11.35</b>	+0,70	35.07	1:11.35
4.	Michelle van der Steen	ZV Vlaardingen-Schiedam	1:08.36	200300052	<b>1:12.17</b>	+0,68	36.72	1:12.17
5.	Lotte Koornneef	The Hague Swimming (SG)	1:15.78	200303584	<b>1:14.01</b>	+0,66	35.86	1:14.01
6.	Marit Huisman	ZPV Barracuda	1:16.59	200502620	<b>1:14.09</b>	+0,70	35.70	1:14.09
7.	Estelle van Wijngaarden	ZPB H&L Productions	1:20.76	200601020	<b>1:16.77</b>	+0,86	37.39	1:16.77
8.	Hilda Vrijbloed	De Duck	1:13.88	200600732	<b>1:17.42</b>	+0,66	37.56	1:17.42
9.	Sophie Buurman	ZPC Wiekslag	1:13.22	200502530	<b>1:18.38</b>	+0,76	38.62	1:18.38
10.	Lindi Bos	Dwk	1:09.56	200101256	<b>1:19.16</b>	+0,70	38.23	1:19.16
11.	Fleur Kamminga	Wvz	1:19.20	200701838	<b>1:19.23</b>	+0,80	38.77	1:19.23
12.	Britt van't Zant	Feijenoord Albion	1:16.63	200501170	<b>1:19.95</b>	+0,69	38.92	1:19.95
13.	Britt Colijn	ZV De Aalscholver	1:21.57	200700544	<b>1:21.19</b>	+0,68	40.75	1:21.19
14.	Anna Melissant	Pcg	1:20.16	200603122	<b>1:22.55</b>	+0,85	40.16	1:22.55
15.	Robine Boer	De Columbiaan	1:17.45	200402180	<b>1:22.84</b>	+0,79	41.24	1:22.84
16.	Zoë Molenaar	Zoetermeer	1:20.23	200300978	<b>1:22.90</b>	+0,69	40.80	1:22.90
17.	Stella van Droffelaar	ZV Vlaardingen-Schiedam	1:23.23	200700048	<b>1:23.49</b>	+0,80	41.37	1:23.49
18.	Isabel Bron	ZV De Aalscholver	1:22.59	200602378	<b>1:25.64</b>	+0,67	42.50	1:25.64
19.	Sarah Lute	ZV De Aalscholver	1:25.07	200701078	<b>1:26.66</b>	+0,79	43.03	1:26.66
20.	Nynke Roosendaal	Feijenoord Albion	1:27.97	200502040	<b>1:27.14</b>	+0,65	41.97	1:27.14
21.	Yanou Vaessen	Dwk	1:24.63	200603666	<b>1:27.53</b>	+0,70	42.32	1:27.53
22.	Robin van den Akker	Pcg	1:22.60	200700950	<b>1:28.85</b>	+0,76	44.50	1:28.85
23.	Dayenne Chorfi	ZV De Aalscholver	1:26.27	200404452	<b>1:29.25</b>	+0,79	43.33	1:29.25
24.	Esmeralda Elbers	Rotterdam Swimming (SG)	1:34.33	200404888	<b>1:32.04</b>	+0,81	45.21	1:32.04
25.	Esther Keijzer	Zob'66	1:32.36	200701776	<b>1:33.41</b>	+0,88	45.91	1:33.41
26.	Bente Bekkens	Zob'66	1:33.24	200701736	<b>1:34.43</b>	+0,73	46.77	1:34.43
27.	Julie van 't Zant	Feijenoord Albion	1:35.20	200600456	<b>1:41.19</b>	+0,79	48.62	1:41.19
DIS	Senna van Laar	ZV De Aalscholver	1:23.33	200700726				

*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

DIS Isabel Scheepbouwer ZPC Wiekslag 1:08.87 200301106  
AA - Gestart voor het startsignaal (en wel gezwommen).

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 12  
11-5-2019 - 14:51

Heren, 100m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Jelle Bon	ZV Vlaardingen-Schiedam	1:02.26	200301077	<b>1:04.98</b>	+0,61	31.58 1:04.98	
2.	Ian Terlouw	ZPC Woerden	1:02.64	200002345	<b>1:05.97</b>	+0,73	31.47 1:05.97	
3.	Abel te Riele	Wvz	1:02.76	200402317	<b>1:08.22</b>	+0,73	33.50 1:08.22	
4.	Julien Tanis	Rotterdam Swimming (SG)	1:07.12	200401045	<b>1:09.52</b>	+0,67	33.92 1:09.52	
5.	Roel van Grol	Widex Gzc Donk	1:10.86	199802277	<b>1:11.50</b>	+0,78	34.97 1:11.50	
6.	Luca Nguyen-Tri	Rotterdam Swimming (SG)	1:08.34	200500781	<b>1:11.75</b>	+0,65	35.56 1:11.75	
7.	Bjorn Rijkaart	BZ en PC	1:14.63	200601337	<b>1:13.96</b>	+0,76	36.06 1:13.96	
	<i>* Backup 50m</i>							
8.	Wouter Verdoes	De Columbiaan	1:12.40	200200351	<b>1:15.08</b>	+0,70	36.19 1:15.08	
9.	Mark Demianenko	Zoetermeer	1:18.91	200600409	<b>1:17.97</b>	+0,67	37.72 1:17.97	
10.	Tjomme de Tender	De Geul	1:16.77	200502187	<b>1:18.13</b>	+0,86	37.66 1:18.13	
11.	Reinier Velthuis	ZPV Barracuda	1:23.12	200503537	<b>1:19.99</b>	+0,66	39.24 1:19.99	
12.	Thijs Visser	ZPV Barracuda	1:25.18	200502129	<b>1:22.54</b>	+0,75	40.34 1:22.54	
13.	Björn Mulder	Zoetermeer	1:25.83	200601517	<b>1:23.57</b>	+0,70	40.78 1:23.57	
14.	Tavi de Gelder	Zob'66	1:22.46	200602335	<b>1:28.19</b>	+0,78	41.82 1:28.19	

Programmanr. 13  
11-5-2019 - 14:55

Dames, 200m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1.	Rinske Bouman	Rotterdam Swimming (S2)	2:12.52	200400578	<b>2:14.24</b>	+0,82	31.22 1:05.52 1:40.46 2:14.24		
2.	Ilse Kraaijeveld	The Hague Swimming (I2)	2:11.53	200202190	<b>2:15.64</b>	+0,73	30.80 1:05.48 1:40.70 2:15.64		
3.	Lara Hoeksema	The Hague Swimming (I2)	2:20.05	200400514	<b>2:17.26</b>	+0,68	31.42 1:06.45 1:41.89 2:17.26		
4.	Sterre Keller	The Hague Swimming (I2)	2:16.97	199904142	<b>2:18.83</b>	+0,79	32.30 1:07.50 1:43.46 2:18.83		
5.	Asha van Lobberregt	Feijenoord Albion	2:16.62	200500088	<b>2:21.86</b>		32.13 1:07.55 1:44.80 2:21.86		
6.	Emma Verkuijl	ZPV Barracuda	2:23.36	200500826	<b>2:24.56</b>	+0,81	34.00 1:11.25 1:48.50 2:24.56		
7.	Nike Tolsma	Zignea	2:26.32	200300336	<b>2:26.50</b>	+0,78	32.73 1:09.75 1:48.13 2:26.50		
	<i>* Backup 150m</i>								
8.	Katja Kuijlaars	MNC Dordrecht	2:31.88	199900016	<b>2:38.25</b>	+0,59	35.77 1:15.55 1:56.58 2:38.25		
9.	Dominique Overduin	z.c De Schotejil	2:46.61	200700172	<b>2:39.45</b>	+0,84	37.47 1:18.47 2:01.16 2:39.45		
10.	Fenne Saaf	Zoetermeer	2:39.48	200504340	<b>2:41.40</b>	+0,93	36.37 1:17.08 1:59.97 2:41.40		
11.	Eva Schager	ZV De Aalscholver	2:49.40	200303924	<b>2:43.09</b>		37.73 1:19.95 2:03.39 2:43.09		
12.	Wietske Visser	Pcg	2:53.83	200601732	<b>3:03.91</b>	+0,92	42.65 1:29.50 2:18.13 3:03.91		
13.	Bente Bekkens	Zob'66	3:05.32	200701736	<b>3:05.00</b>	+0,51	40.21 1:26.75 2:16.67 3:05.00		

Programmanr. 14  
11-5-2019 - 15:02

Heren, 200m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1.	M. Lopes Cardozo	Wzk	2:04.67	200300665	<b>2:05.87</b>		28.35 1:00.04 1:33.28 2:05.87		
2.	Mike Gerritsen	Psv	2:02.52	200304013	<b>2:08.56</b>	+0,76	28.99 1:02.09 1:35.39 2:08.56		
3.	Pepijn van Egmond	Wvz	2:06.45	200402309	<b>2:10.42</b>	+0,73	29.22 1:02.02 1:36.56 2:10.42		
4.	Victor Simons	The Hague Swimming (I2)	2:15.33	200203261	<b>2:10.64</b>	+0,84	29.57 1:02.58 1:36.58 2:10.64		
	<i>* Backup 100m</i>								
5.	Stijn Geelen	MNC Dordrecht	2:02.53	199801363	<b>2:10.82</b>	+0,72	29.38 1:02.66 1:36.99 2:10.82		
6.	Cas Jansen	The Hague Swimming (I2)	2:22.62	200203263	<b>2:11.27</b>	+0,70	29.29 1:02.48 1:37.28 2:11.27		
7.	Milan Zaaijer	The Hague Swimming (I2)	2:14.96	200202795	<b>2:11.75</b>	+0,74	29.36 1:02.27 1:36.61 2:11.75		
8.	Arthur Bondartsov	Rotterdam Swimming (S2)	2:13.63	200403231	<b>2:25.72</b>	+0,74	30.89 1:07.09 1:46.06 2:25.72		
9.	Yagiz Atilgan	ZV Vlaardingen-Schiedam	2:22.31	200601453	<b>2:26.62</b>	+0,77	33.46 1:11.19 1:49.53 2:26.62		
10.	Bo Schoenmakers	Widex Gzc Donk	3:01.24	200402919	<b>2:29.19</b>		31.84 1:07.96 1:48.13 2:29.19		
11.	Mylan de Gelder	Zob'66	2:40.43	200404543	<b>2:33.00</b>	+0,79	31.67 1:08.59 1:50.07 2:33.00		

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 15  
11-5-2019 - 15:09

Dames, 100m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Jonna Wieling	Aquarijn	1:03.13	200205266	<b>1:06.48</b>	+0,73	29.46	1:06.48
2.	Leonoor van Dijk	The Hague Swimming (SG)	1:12.85	200400832	<b>1:09.01</b>	+0,73	31.92	1:09.01
3.	Kim Zwinkels	Zpch	1:07.22	200300422	<b>1:09.26</b>		32.04	1:09.26
4.	Isa Maarleveld	Zpch	1:11.42	200402626	<b>1:19.50</b>	+0,82	36.45	1:19.50
5.	Robin van den Akker	Pcg	1:32.70	200700950	<b>1:33.93</b>	+0,88	42.96	1:33.93
	<i>* Backup 100m</i>							
6.	Bibiane van der Linde	De Duck	1:40.26	200702546	<b>1:47.87</b>	+0,58	44.54	1:47.87
AFGEM	Sterre Hendriks	Psv	1:06.97	200401288				
AFGEM	S. van den Dobbelsteen	The Hague Swimming (SG)	1:17.46	200100904				

Programmanr. 16  
11-5-2019 - 15:16

Heren, 100m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
1.	Jeremiah Vianen	Psv	1:01.20	200204961	<b>1:00.87</b>	+0,73	28.22	1:00.87
2.	Bart Muselaers	Dwk	1:01.02	200100865	<b>1:01.15</b>	+0,79	28.85	1:01.15
3.	Timo Kock	Rotterdam Swimming (SG)	1:01.45	200400387	<b>1:03.36</b>		29.28	1:03.36
4.	Björn de Heus	ZV Vlaardingen-Schiedam	1:04.23	200201077	<b>1:06.28</b>	+0,58	30.39	1:06.28
5.	Luuk Kieviet	z.c De Schotejil	1:05.82	200100469	<b>1:06.38</b>	+0,58	30.95	1:06.38
6.	Anthony Kraag	Wvz	1:03.60	200401973	<b>1:06.88</b>	+0,68	30.80	1:06.88
7.	Nick Heinio-Widell	The Hague Swimming (SG)	1:06.04	200504141	<b>1:07.16</b>	+0,74	31.65	1:07.16
8.	Andrei Turta	ZV De Aalscholver	1:05.55	200404549	<b>1:07.22</b>	+0,75	30.87	1:07.22
9.	Aron Paasse	z.c De Schotejil	1:07.83	200000099	<b>1:07.42</b>		30.81	1:07.42
10.	Sem Agterdenbos	MNC Dordrecht	1:07.68	200500049	<b>1:09.31</b>	+0,70	31.99	1:09.31
11.	Wen-Ye Chen	Rotterdam Swimming (SG)	1:06.90	200402859	<b>1:11.50</b>	+0,69	32.74	1:11.50
12.	Anouar Visser	ZV De Aalscholver	1:08.52	200301829	<b>1:11.60</b>	+0,67	33.05	1:11.60
13.	Benjamin Boender	Zob'66	1:25.90	200401351	<b>1:16.08</b>		34.11	1:16.08
14.	Benjamin van Helsdingen	ZZ&PC De Devel	1:17.48	200601097	<b>1:16.31</b>	+0,74	36.31	1:16.31
15.	Laurens Kalle	z.c De Schotejil	1:16.71	200600161	<b>1:18.53</b>	+0,73	35.95	1:18.53
16.	Robin den Ouden	ZPC Wiekslag	1:26.27	200600255	<b>1:29.30</b>	+0,50	39.93	1:29.30

Programmanr. 17  
11-5-2019 - 15:20

Dames, 50m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Lynn Blommers	The Hague Swimming (SG)	32.73	200105062	<b>33.09</b>	+0,72	
2.	Sophie de Jonge	Wvz	34.51	200200118	<b>35.70</b>		
3.	Leonoor van Dijk	The Hague Swimming (SG)	NT	200400832	<b>36.78</b>	+0,62	
4.	Tessa Poot	ZV Vlaardingen-Schiedam	35.82	200404264	<b>36.84</b>	+0,79	
5.	Jade Geurts	Wvz	35.29	200402278	<b>37.17</b>	+0,76	
6.	Isa Boom	MNC Dordrecht	35.03	200200186	<b>37.58</b>	+0,74	
7.	Emi Schipper	Zob'66	38.54	200502126	<b>38.09</b>	+0,76	
8.	Ada Eker	Wzk	37.46	200504608	<b>38.15</b>		
9.	Anouchka Bos	ZPV Barracuda	37.31	200501528	<b>38.90</b>	+0,75	
10.	Annique Rupke	Widex Gzc Donk	39.57	200700876	<b>39.22</b>	+0,86	
11.	Sam Boom	MNC Dordrecht	38.49	200600384	<b>39.28</b>	+0,70	
12.	Anastasia Romano	MNC Dordrecht	36.93	200501076	<b>39.84</b>	+0,77	
13.	Mara Bosman	The Hague Swimming (SG)	41.25	200303048	<b>39.95</b>	+0,76	
14.	Charlize Rovers	De Kempvis	37.22	200600684	<b>40.16</b>	+0,89	
15.	Abri Wiersma	Zignea	39.58	200403854	<b>40.28</b>	+0,74	
16.	Zoë Molenaar	Zoetermeer	37.20	200300978	<b>40.53</b>	+0,84	
17.	Anna Melissant	Pcg	42.02	200603122	<b>42.43</b>	+0,74	
18.	Maud van der Burgh	Zob'66	46.00	200502990	<b>42.85</b>	+0,72	
19.	Demi Brama	ZV De Aalscholver	40.42	200003564	<b>43.23</b>	+0,65	
20.	Nikita Snoeren	Wvz	42.52	200600342	<b>44.73</b>		
21.	Meia Stam	Dwk	43.70	200504408	<b>47.80</b>	+0,78	
22.	Jenna Gorter	ZV De Aalscholver	57.98	200702746	<b>58.66</b>	+0,97	209
AFGEM	Tessa Loos	AquaDream	33.08	200200608			

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 18  
11-5-2019 - 15:24

Heren, 50m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Paul van Grol	Widex Gzc Donk	31.26	199602951	<b>31.72</b> +0,65
2.	Xander Vis	z.c De Schotejil	33.22	200300173	<b>32.67</b> +0,72
3.	Lucas Pfaff	ZPC Woerden	32.24	200303391	<b>32.76</b> +0,73
4.	Kenan Coeruez	Feijenoord Albion	32.38	200300357	<b>33.26</b>
5.	Timo Wouters	MNC Dordrecht	32.92	200401363	<b>33.85</b> +0,61
6.	Daan Sniijders	MNC Dordrecht	32.72	200202475	<b>34.19</b> +0,80
7.	David Kievit	z.c De Schotejil	34.26	199900325	<b>34.70</b> +0,79
8.	Konstantinos Doulfis	The Hague Swimming (SG)	40.62	200204279	<b>38.04</b> +0,69
9.	Michael van den Enden	Pcg	35.88	200401589	<b>38.31</b> +0,54
10.	Thijs Visser	ZPV Barracuda	38.81	200502129	<b>38.90</b> +0,73
11.	Max van der Voorn	The Hague Swimming (SG)	42.29	200204541	<b>39.54</b> +0,78
12.	Alberto Randazzo	The Hague Swimming (SG)	47.08	197101733	<b>41.34</b> +0,85
13.	Tamas Tolsma	Zignea	41.41	200500075	<b>41.50</b> +0,77
14.	Dimitri Lans	ZV De Aalscholver	40.45	200401325	<b>41.70</b>
15.	Thijs van Dijk	De Duck	48.23	200600623	<b>49.22</b> +0,71
NG.ZA	Simon Dijkstra	Rotterdam Swimming (SG)	34.68	200204905	

Programmanr. 19  
11-5-2019 - 15:27

Dames, 200m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1.	Nikita van den Ouden	Z&PV Nuenen	2:25.50	199900622	<b>2:31.14</b> +0,74	31.87	1:10.60	1:55.79	2:31.14
2.	Jill Nai Chung Tong	ZV Vlaardingen-Schied	2:26.55	200404272	<b>2:35.50</b> +0,81	32.29	1:11.74	1:57.97	2:35.50
3.	Janne Slegers	Psv	2:38.02	200404090	<b>2:36.42</b> +0,75	32.14	1:11.44	2:00.03	2:36.42
4.	Isa Maes	Feijenoord Albion	2:32.19	200500110	<b>2:41.96</b>	35.47	1:19.03	2:05.98	2:41.96
5.	Leyla Oversluizen	MNC Dordrecht	2:45.38	200602730	<b>2:45.62</b> +0,75	34.03	1:19.06	2:07.34	2:45.62
6.	Sanne Lukken	Psv	2:43.67	200400030	<b>2:46.71</b> +0,86	35.24	1:19.88	2:07.43	2:46.71
7.	Mara Tims	Rotterdam Swimming (S2)	2:40.15	200601136	<b>2:49.62</b> +0,74	34.32	1:20.15	2:09.98	2:49.62
8.	Lindi Bos	Dwk	2:37.26	200101256	<b>2:51.02</b> +0,78	35.10	1:23.15	2:11.63	2:51.02
9.	Hilda Vrijbloed	De Duck	2:47.77	200600732	<b>2:51.74</b> +0,82	38.85	1:20.63	2:14.32	2:51.74
10.	Robine Boer	De Columbiaan	2:51.59	200402180	<b>2:51.77</b>	36.67	1:24.10	2:16.47	2:51.77
11.	Fleur Kamminga	Wvz	2:53.26	200701838	<b>2:54.69</b> +0,99	39.05	1:24.08	2:17.04	2:54.69
12.	Thalia Meijer	MNC Dordrecht	2:49.64	200704048	<b>2:56.04</b> +0,76	39.18	1:25.28	2:16.59	2:56.04
13.	Britt Colijn	ZV De Aalscholver	2:55.93	200700544	<b>2:57.96</b>	40.76	1:24.06	2:18.36	2:57.96
14.	Emma Suderee	MNC Dordrecht	2:58.62	200603598	<b>3:08.06</b> +0,69	42.93	1:30.40	2:28.14	3:08.06
15.	Amber Saabeel	Rotterdam Swimming (S3)	3:07.43	200503838	<b>3:08.36</b> +0,55	42.28	1:30.23	2:26.80	3:08.36
16.	Eva Schager	ZV De Aalscholver	3:05.38	200303924	<b>3:11.86</b> +0,79	44.76	1:34.74	2:29.22	3:11.86
17.	Robin van den Akker	Pcg	3:27.71	200700950	<b>3:21.02</b>	44.00	1:35.56	2:38.36	3:21.02
18.	Lisa Goris	Aquarijn	NT	200501986	<b>3:23.36</b>	46.23	1:38.30	2:37.42	3:23.36
19.	Esther Keijzer	Zob'66	3:25.40	200701776	<b>3:28.19</b>	50.28	1:41.41	2:41.59	3:28.19

Programmanr. 20  
11-5-2019 - 15:38

Heren, 200m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
1.	Bryan Agterdenbos	Psv	2:15.38	200200003	<b>2:17.96</b> +0,74	28.48	1:05.42	1:46.74	2:17.96	
2.	Jelle Bon	ZV Vlaardingen-Schied	2:18.60	200301077	<b>2:22.89</b> +0,67	30.41	1:07.12	1:49.66	2:22.89	
3.	Thomas Vastenhou	Zpch	2:24.80	200204545	<b>2:34.20</b>	31.84	1:17.05	2:01.21	2:34.20	
4.	Anouar Visser	ZV De Aalscholver	2:26.47	200301829	<b>2:35.19</b> +0,70	32.32	1:12.79	2:00.35	2:35.19	
5.	Luca Nguyen-Tri	Rotterdam Swimming (S2)	3:35.91	200500781	<b>2:36.32</b> +0,71	33.27	1:12.60	2:00.37	2:36.32	
6.	Wen-Ye Chen	Rotterdam Swimming (S2)	2:27.50	200402859	<b>2:36.53</b> +0,70	33.01	1:16.32	2:00.53	2:36.53	
7.	Daniel 't Mannetje	z.c De Schotejil	2:35.16	200400183	<b>2:39.20</b> +0,72	34.58	1:16.89	2:05.34	2:39.20	
8.	Mylan de Gelder	Zob'66	2:58.15	200404543	<b>3:02.39</b> +0,78	39.26	1:24.82	2:19.42	3:02.39	
	<i>* Backup 100m</i>									
9.	Tavi de Gelder	Zob'66	3:11.27	200602335	<b>3:15.55</b>	43.94	1:32.15	2:29.85	3:15.55	



Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 21  
11-5-2019 - 15:46

Dames, 50m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Mila Maas	Psv	27.88	200302966	<b>28.23</b>	+0,79
2.	Ilse Kraaijeveld	The Hague Swimming (SG)	27.91	200202190	<b>28.42</b>	+0,72
3.	Alisha Vieira	Rotterdam Swimming (SG)	27.99	199904554	<b>28.71</b>	+0,64
4.	Phaedra Meijer	MNC Dordrecht	27.98	200405834	<b>28.77</b>	
5.	Robin Pienaar	ZPV Barracuda	28.52	200102236	<b>28.85</b>	+0,79
6.	Lara Hoeksema	The Hague Swimming (SG)	30.84	200400514	<b>28.89</b>	+0,78
7.	Merel Musters	Psv	29.18	200304042	<b>29.51</b>	+0,60
8.	Sophie Buurman	ZPC Wiekslag	28.70	200502530	<b>29.76</b>	+0,77
9.	Lotte Koornneef	The Hague Swimming (SG)	30.38	200303584	<b>29.94</b>	+0,79
10.	Evelyn Liket	ZV Vlaardingen-Schiedam	29.31	200503118	<b>29.95</b>	+0,74
11.	Sanne Vermeulen	Aquarijn	28.69	200303902	<b>29.97</b>	+0,81
12.	Tessa Poot	ZV Vlaardingen-Schiedam	29.65	200404264	<b>30.37</b>	
13.	Kim Zwinkels	Zpch	29.48	200300422	<b>30.42</b>	+0,81
14.	Anastasia Romano	MNC Dordrecht	29.77	200501076	<b>30.81</b>	+0,78
15.	Britt van't Zant	Feijenoord Albion	30.35	200501170	<b>30.90</b>	+0,76
16.	Pieke Sterk	Aquarijn	30.25	200401158	<b>31.20</b>	+0,68
17.	Aisha Nobels	Feijenoord Albion	31.01	200501710	<b>31.82</b>	+0,72
18.	Britte Lodder	ZZ&PC De Devel	32.23	200702290	<b>31.83</b>	+0,69
	Quinty Huisman	Rotterdam Swimming (SG)	31.30	200401184	<b>31.83</b>	
20.	Diana Noordermeer	SG SCOM/de Zeehond'73	31.81	200102110	<b>31.90</b>	+0,68
21.	Zoë Molenaar	Zoetermeer	30.68	200300978	<b>32.17</b>	+0,81
22.	Dide Provily	ZPC Wiekslag	31.68	200700480	<b>32.23</b>	+0,78
23.	Evi Bol	ZPC Wiekslag	33.46	200700790	<b>32.35</b>	+0,65
24.	Sam Boom	MNC Dordrecht	33.08	200600384	<b>32.50</b>	
25.	Daphne van Tilburg	De Geul	31.35	200500580	<b>33.01</b>	+0,85
26.	Maud van der Burgh	Zob'66	35.47	200502990	<b>33.39</b>	+0,74
27.	Yanou Vaessen	Dwk	32.69	200603666	<b>33.70</b>	+0,74
28.	Esmeralda Elbers	Rotterdam Swimming (SG)	33.28	200404888	<b>34.30</b>	+0,72
29.	Dayenne Chorfi	ZV De Aalscholver	33.61	200404452	<b>34.55</b>	+0,83
30.	Sarah Lute	ZV De Aalscholver	34.19	200701078	<b>34.74</b>	+0,78
31.	Lisa Goris	Aquarijn	34.59	200501986	<b>34.80</b>	+0,80
32.	Senna van Laar	ZV De Aalscholver	34.43	200700726	<b>35.14</b>	+0,85
33.	Bente Bekkens	Zob'66	37.63	200701736	<b>36.71</b>	+0,70
34.	Julie van 't Zant	Feijenoord Albion	36.47	200600456	<b>37.80</b>	
AFGEM	Róza Bense	ZV De Aalscholver	32.31	200600850		
AFGEM	Julia Da Costa	ZPC Woerden	32.75	200501582		

Programmanr. 22  
11-5-2019 - 15:52

Heren, 50m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Jeroen Baars	Rotterdam Swimming (SG)	22.15	199200031	<b>22.92</b>	+0,76
2.	Thomas Verhoeven	Rotterdam Swimming (SG)	22.08	199700311	<b>23.69</b>	+0,71
3.	Bjorn van Doesburg	Aquarijn	22.88	200201867	<b>23.80</b>	
4.	Jeremiah Vianen	Psv	25.53	200204961	<b>25.38</b>	+0,68
5.	Kirill Hrabcuns	Aquarijn	25.91	200201221	<b>25.43</b>	+0,73
6.	Jorian Tanis	MNC Dordrecht	25.10	199900327	<b>25.64</b>	+0,78
7.	Matias Jansen	Zignea	25.38	200300199	<b>25.71</b>	+0,71
8.	Bart Muselaers	Dwk	25.44	200100865	<b>26.29</b>	+0,76
9.	Milan Zaaijer	The Hague Swimming (SG)	29.41	200202795	<b>26.43</b>	+0,70
10.	Kenan Coeruez	Feijenoord Albion	25.75	200300357	<b>26.44</b>	+0,73
11.	Paul van Grol	Widex Gzc Donk	26.52	199602951	<b>26.69</b>	
12.	Mike Gerritsen	Psv	27.02	200304013	<b>26.77</b>	+0,76
13.	Nick Heinio-Widell	The Hague Swimming (SG)	26.95	200504141	<b>27.27</b>	+0,67
14.	Simon Dijkstra	Rotterdam Swimming (SG)	27.21	200204905	<b>27.38</b>	+0,59
15.	Joris de Gier	Widex Gzc Donk	26.69	200103817	<b>27.40</b>	+0,72
16.	Luuk Kieviet	z.c De Schotejil	27.04	200100469	<b>27.49</b>	+0,66
17.	Victor Simons	The Hague Swimming (SG)	28.12	200203261	<b>27.86</b>	+0,85
18.	Niels Albrechts	z.c De Schotejil	29.13	198800039	<b>28.07</b>	+0,82
19.	Konstantinos Doulfis	The Hague Swimming (SG)	29.29	200204279	<b>28.75</b>	+0,67
20.	Michael van den Enden	Pcg	27.66	200401589	<b>29.08</b>	+0,64
21.	Casper van Nijnatten	Rotterdam Swimming (SG)	28.69	200402559	<b>29.15</b>	
22.	Storm Tolsma	Zignea	30.10	200600277	<b>30.23</b>	+0,78
23.	Marijn Dekkers	Widex Gzc Donk	30.04	200402275	<b>30.48</b>	+0,82
24.	Alberto Randazzo	The Hague Swimming (SG)	35.75	197101733	<b>34.13</b>	

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 22, Heren, 50m vrije slag, Senioren Open

rang	naam	vereniging	intijd		tijd	RT
25.	Thijs van Dijk	De Duck	35.03	200600623	<b>35.77</b>	+0,82
AFGEM	Glenn van Gaalen	De Kempvis	25.49	200200521		

Programmanr. 23  
11-5-2019 - 15:56

Dames, 200m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
1.	Emma Verkuijl	ZPV Barracuda	2:39.02	200500826	<b>2:44.16</b>	+0,70	39.51	1:21.02	2:03.56	2:44.16
2.	Jet van Oudheusden	Zob'66	2:52.68	200401012	<b>2:49.91</b>	+0,62	39.77	1:21.78	2:07.02	2:49.91
3.	Stella van Droffelaar * Backup 50m	ZV Vlaardingen-Schiedam	2:54.69	200700048	<b>2:56.97</b>	+0,77	42.47	1:27.32	2:12.76	2:56.97
4.	Bibiane van der Linde	De Duck	NT	200702546	<b>3:16.00</b>	+0,76	46.60	1:36.43	2:27.45	3:16.00

Programmanr. 24  
11-5-2019 - 16:00

Heren, 200m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
1.	Timo Kock	Rotterdam Swimming (S2)	2:20.56	200400387	<b>2:23.97</b>	+0,76	33.78	1:10.58	1:48.16	2:23.97
2.	Bjorn Rijkaart	BZ en PC	2:41.74	200601337	<b>2:38.98</b>	+0,85	38.20	1:18.63	1:59.54	2:38.98
3.	Lucas Pfaff	ZPC Woerden	2:28.08	200303391	<b>2:40.00</b>	+0,70	36.43	1:16.81	1:58.97	2:40.00
4.	Reinier Velthuijs Benjamin Vermeer	ZPV Barracuda Zoetermeer	2:55.00 2:46.52	200503537 200600177	<b>2:49.41</b> <b>2:49.41</b>	+0,62 +0,63	40.33 40.10	1:23.91 1:22.77	2:07.90 2:06.75	2:49.41 2:49.41
6.	Tibbe Veldboer	ZPB H&L Productions	2:52.03	200600911	<b>2:53.14</b>	+1,02	40.58	1:24.54	2:09.19	2:53.14
7.	Björn Mulder	Zoetermeer	2:57.97	200601517	<b>2:55.47</b>	+0,70	41.94	1:26.19	2:11.67	2:55.47
8.	Robin den Ouden	ZPC Wiekslag	3:07.34	200600255	<b>3:08.13</b>	+0,73	43.97	1:32.69	2:21.30	3:08.13

Programmanr. 25  
11-5-2019 - 16:04

Dames, 50m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Jonna Wieling	Aquarijn	28.26	200205266	<b>29.33</b>	+0,76
2.	Lynn Blommers	The Hague Swimming (SG)	29.90	200105062	<b>30.12</b>	+0,70
3.	Babette van der Kaaij	Rotterdam Swimming (SG)	29.98	199902234	<b>30.24</b>	
4.	Ilse Kraaijeveld	The Hague Swimming (SG)	30.17	200202190	<b>30.40</b>	+0,71
5.	Sacha van den Dobbelssteen	The Hague Swimming (SG)	30.77	200100904	<b>31.43</b>	+0,65
6.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	31.89	200503292	<b>31.54</b>	+0,78
7.	Jill Nai Chung Tong	ZV Vlaardingen-Schiedam	31.14	200404272	<b>31.55</b>	+0,83
8.	Isa Boom	MNC Dordrecht	30.23	200200186	<b>31.93</b>	+0,74
9.	Janne Slegers	Psv	31.78	200404090	<b>32.14</b>	+0,75
10.	Marit Huisman	ZPV Barracuda	31.94	200502620	<b>32.87</b>	
11.	Lindi Bos	Dwk	31.22	200101256	<b>33.08</b>	+0,75
12.	Asha van Lobberegt	Feijenoord Albion	32.54	200500088	<b>34.22</b>	+0,69
13.	Abri Wiersma	Zignea	35.06	200403854	<b>35.25</b>	+0,76
14.	Anna Melissant	Pcg	35.92	200603122	<b>35.37</b>	+0,79
15.	Loïs van Valen	De Geul	34.06	200600396	<b>35.42</b>	+0,64
16.	Jade Geurts	Wvz	33.97	200402278	<b>35.60</b>	+0,77
17.	Demi Brama	ZV De Aalscholver	32.51	200003564	<b>35.86</b>	+0,74
18.	Eva v.d. Slik	z.c De Schoteijl	35.68	200602876	<b>36.08</b>	+0,80
19.	Sophie Buurman	ZPC Wiekslag	34.25	200502530	<b>36.97</b>	+0,74
20.	Jet van Oudheusden	Zob'66	37.12	200401012	<b>36.98</b>	+0,77
21.	Zoë Molenaar	Zoetermeer	35.29	200300978	<b>37.01</b>	+0,81
22.	Esmeralda Elbers	Rotterdam Swimming (SG)	36.84	200404888	<b>38.57</b>	+0,77
23.	Isabel Bron	ZV De Aalscholver	40.66	200602378	<b>40.29</b>	+0,76
24.	Piera Stallen	Widex Gzc Donk	43.61	200600510	<b>40.70</b>	+0,96
25.	Nynke Roosendaal	Feijenoord Albion	39.32	200502040	<b>41.37</b>	+0,70
26.	Wietske Visser	Pcg	43.04	200601732	<b>43.50</b>	
27.	Jenna Gorter	ZV De Aalscholver	57.33	200702746	<b>1:00.44</b>	+0,88
AFGEM	Róza Bense	ZV De Aalscholver	38.85	200600850		
AFGEM	Julia Da Costa	ZPC Woerden	35.34	200501582		

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 26  
11-5-2019 - 16:09

Heren, 50m vlinderslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Thomas Verhoeven	Rotterdam Swimming (SG)	23.80	199700311	<b>24.58</b>	+0,73
2.	Bjorn van Doesburg	Aquarijn	25.06	200201867	<b>26.04</b>	+0,72
3.	Jeremiah Vianen	Psv	26.86	200204961	<b>26.57</b>	+0,69
4.	Kirill Hrabcuns	Aquarijn	27.84	200201221	<b>26.85</b>	+0,73
5.	Wesley Scheepbouwer	ZPC Wiekslag	27.17	200101959	<b>27.78</b>	+0,59
6.	Ian Terlouw	ZPC Woerden	26.81	200002345	<b>27.97</b>	
7.	Aron Paasse	z.c De Schotejil	28.33	200000099	<b>28.64</b>	+0,71
8.	Xander Vis	z.c De Schotejil	28.82	200300173	<b>28.83</b>	+0,72
9.	Roel van Grol	Widex Gzc Donk	28.78	199802277	<b>28.86</b>	
10.	Paul van Grol	Widex Gzc Donk	28.60	199602951	<b>28.90</b>	+0,69
11.	Cas Jansen	The Hague Swimming (SG)	31.11	200203263	<b>29.20</b>	
12.	David Kievit	z.c De Schotejil	29.30	199900325	<b>29.21</b>	+0,64
13.	Luuk Kieviet	z.c De Schotejil	28.94	200100469	<b>29.24</b>	+0,71
14.	Andrei Turta	ZV De Aalscholver	28.53	200404549	<b>29.40</b>	+0,73
15.	Abel te Riele	Wvz	28.99	200402317	<b>29.44</b>	+0,75
16.	Nick Heinio-Widell	The Hague Swimming (SG)	NT	200504141	<b>29.50</b>	
17.	Thomas Vastenhou	Zpch	29.50	200204545	<b>29.75</b>	+0,70
18.	Björn de Heus	ZV Vlaardingen-Schiedam	28.88	200201077	<b>29.82</b>	+0,47
19.	Anouar Visser	ZV De Aalscholver	30.77	200301829	<b>31.27</b>	+0,67
20.	Daniel 't Mannetje	z.c De Schotejil	32.03	200400183	<b>31.56</b>	+0,69
21.	Bo Schoenmakers	Widex Gzc Donk	31.85	200402919	<b>31.84</b>	+0,73
22.	Simon Dijkstra	Rotterdam Swimming (SG)	31.35	200204905	<b>31.95</b>	+0,75
23.	Max van der Voorn	The Hague Swimming (SG)	35.59	200204541	<b>32.20</b>	+0,75
24.	Niels Albrechts	z.c De Schotejil	33.70	198800039	<b>32.62</b>	+0,71
25.	Konstantinos Doulfis	The Hague Swimming (SG)	33.32	200204279	<b>32.75</b>	+0,74
26.	Marijn Dekkers	Widex Gzc Donk	35.83	200402275	<b>33.69</b>	
27.	Dimitri Lans	ZV De Aalscholver	36.70	200401325	<b>36.41</b>	+0,78
28.	Yassine Mellah	Widex Gzc Donk	36.87	200502159	<b>36.47</b>	+0,74
29.	Mylan de Gelder	Zob'66	36.28	200404543	<b>38.65</b>	+0,82
30.	Bart Tuinenburg	ZPC Wiekslag	38.06	200602347	<b>39.08</b>	+0,76
31.	Casper van Nijnatten	Rotterdam Swimming (SG)	35.20	200402559	<b>39.82</b>	+0,77
32.	Jelle den Otter	SG SCOM/de Zeehond'73	40.49	200600251	<b>41.72</b>	+0,67
AFGEM	Glenn van Gaalen	De Kempvis	27.78	200200521		

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11-5-2019 - 16:15

Dames, 200m schoolslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
1.	Irma van der Wulp	Wvz	2:48.55	200401950	<b>2:52.39</b>	+0,78	40.15	1:24.96	2:09.70	2:52.39
2.	Rinske Bouman	Rotterdam Swimming	€2:46.57	200400578	<b>2:53.40</b>	+0,82	39.16	1:22.73	2:07.82	2:53.40
3.	Emi Schipper	Zob'66	3:06.74	200502126	<b>3:04.57</b>	+0,80	41.77	1:28.81	2:16.06	3:04.57
4.	E. van Wijngaarden	ZPB H&L Productions	3:01.28	200601020	<b>3:04.91</b>	+0,83	40.84	1:27.34	2:16.15	3:04.91
5.	Charlize Rovers	De Kempvis	3:00.75	200600684	<b>3:15.62</b>		43.22	1:33.28	2:25.46	3:15.62
6.	Dominique Overduin	z.c De Schotejil	3:06.38	200700172	<b>3:16.11</b>	+0,83	44.61	1:35.34	2:25.89	3:16.11
7.	Amber Saabeel	Rotterdam Swimming	€3:21.80	200503838	<b>3:27.25</b>	+0,84	46.38	1:39.72	2:34.18	3:27.25
8.	Isabelle Janssen	MNC Dordrecht	3:41.45	200006318	<b>3:32.45</b>	+0,77	50.19	1:43.84	2:38.77	3:32.45
9.	Eva Schager	ZV De Aalscholver	3:23.62	200303924	<b>3:36.47</b>	+0,75	49.23	1:44.23	2:40.09	3:36.47
10.	Esther Keijzer	Zob'66	3:42.18	200701776	<b>3:45.89</b>		53.55	1:50.52	2:48.50	3:45.89
11.	Meia Stam	Dwk	3:40.50	200504408	<b>3:47.62</b>	+0,83	50.95	1:49.82	2:50.17	3:47.62

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 28  
11-5-2019 - 16:24

Heren, 200m schoolslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
1. Stijn Geelen	MNC Dordrecht	2:22.93	199801363	<b>2:29.60</b>	+0,73	32.84	1:10.93	1:50.08	2:29.60
2. Timo Wouters	MNC Dordrecht	2:34.71	200401363	<b>2:49.71</b>	+0,74	37.61	1:21.60	2:06.41	2:49.71
3. Julien Tanis	Rotterdam Swimming (S2:44.74	200401045	<b>2:53.63</b>		38.43	1:22.57	2:08.06	2:53.63	
4. Wen-Ye Chen	Rotterdam Swimming (S2:45.95	200402859	<b>2:56.35</b>	+0,67	39.27	1:25.27	2:12.30	2:56.35	
5. Luca Nguyen-Tri	Rotterdam Swimming (S2:51.72	200500781	<b>3:01.66</b>	+0,72	41.59	1:28.26	2:15.93	3:01.66	
6. Thijs Visser	ZPV Barracuda	3:09.54	200502129	<b>3:05.00</b>	+0,79	41.41	1:29.21	2:17.70	3:05.00
7. Aaike de Tender	De Geul	2:49.32	200502189	<b>3:08.09</b>	+0,73	42.22	1:31.33	2:20.13	3:08.09
8. Mark Demianenko	Zoetermeer	2:59.82	200600409	<b>3:08.29</b>	+0,72	41.92	1:30.92	2:20.27	3:08.29
9. Dimitri Lans	ZV De Aalscholver	3:08.65	200401325	<b>3:13.10</b>	+0,56	41.55	1:32.20	2:22.33	3:13.10
10. Reinier Velthuijs	ZPV Barracuda	3:19.24	200503537	<b>3:16.53</b>	+0,75	43.04	1:33.27	2:25.59	3:16.53
11. Jelle den Otter	SG SCOM/de Zeehond	3:27.00	200600251	<b>3:41.16</b>		49.72	1:46.62	2:45.07	3:41.16

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Dames, 400m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT			
1. Sophie de Jonge	Wvz	4:36.15	200200118	<b>4:37.41</b>	+0,77		
50m: 31.24	31.24	150m: 1:39.97	34.89	250m: 2:50.89	35.51	350m: 4:02.62	35.79
100m: 1:05.08	33.84	200m: 2:15.38	35.41	300m: 3:26.83	35.94	400m: 4:37.41	34.79
2. Mara Bosman	The Hague Swimming (SG)	4:55.78	200303048	<b>4:55.46</b>	+0,74		
50m: 33.25	33.25	150m: 1:47.50	37.64	250m: 3:02.83	37.47	350m: 4:17.91	37.20
100m: 1:09.86	36.61	200m: 2:25.36	37.86	300m: 3:40.71	37.88	400m: 4:55.46	37.55
3. Diana Noordermeer	SG SCOM/de Zeehond'73	5:00.00	200102110	<b>5:01.49</b>	+0,55		
50m: 35.12	35.12	150m: 1:49.54	37.38	250m: 3:05.55	38.01	350m: 4:23.60	39.23
100m: 1:12.16	37.04	200m: 2:27.54	38.00	300m: 3:44.37	38.82	400m: 5:01.49	37.89
4. Leyla Oversluijen	MNC Dordrecht	4:52.66	200602730	<b>5:05.02</b>			
50m: 33.84	33.84	150m: 1:51.94	39.41	250m: 3:11.13	39.72	350m: 4:28.26	38.69
100m: 1:12.53	38.69	200m: 2:31.41	39.47	300m: 3:49.57	38.44	400m: 5:05.02	36.76
5. Isa Maes	Feijenoord Albion	4:45.99	200500110	<b>5:07.68</b>	+0,74		
50m: 35.03	35.03	150m: 1:52.97	39.69	250m: 3:11.54	39.26	350m: 4:29.82	39.37
100m: 1:13.28	38.25	200m: 2:32.28	39.31	300m: 3:50.45	38.91	400m: 5:07.68	37.86
6. Britt van't Zant	Feijenoord Albion	5:00.80	200501170	<b>5:08.65</b>	+0,81		
50m: 34.02	34.02	150m: 1:51.26	39.44	250m: 3:11.15	39.97	350m: 4:31.60	39.90
100m: 1:11.82	37.80	200m: 2:31.18	39.92	300m: 3:51.70	40.55	400m: 5:08.65	37.05
7. Hilda Vrijbloed	De Duck	5:09.76	200600732	<b>5:21.89</b>	+0,98		
50m: 35.24	35.24	150m: 1:56.89	40.94	250m: 3:19.70	41.40	350m: 4:42.94	40.71
100m: 1:15.95	40.71	200m: 2:38.30	41.41	300m: 4:02.23	42.53	400m: 5:21.89	38.95
8. Dide Provily	ZPC Wiekslag	5:23.31	200700480	<b>5:25.92</b>			
50m: 34.95	34.95	150m: 1:57.42	41.59	250m: 3:22.14	42.67	350m: 4:45.85	41.58
100m: 1:15.83	40.88	200m: 2:39.47	42.05	300m: 4:04.27	42.13	400m: 5:25.92	40.07
9. Nikita Snoeren	Wvz	5:43.09	200600342	<b>5:32.66</b>	+0,70		
50m: 36.03	36.03	150m: 2:00.31	42.93	250m: 3:25.59	42.89	350m: 4:51.74	42.90
100m: 1:17.38	41.35	200m: 2:42.70	42.39	300m: 4:08.84	43.25	400m: 5:32.66	40.92
10. Katja Kuijlaars	MNC Dordrecht	5:24.43	199900016	<b>5:35.75</b>			
50m: 36.90	36.90	150m: 2:02.70	44.18	250m: 3:28.48	42.51	350m: 4:55.25	43.19
100m: 1:18.52	41.62	200m: 2:45.97	43.27	300m: 4:12.06	43.58	400m: 5:35.75	40.50

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Heren, 400m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT			
1. Jacob Mackloet	z.c De Schotejil	4:37.10	200001171	<b>4:29.50</b>	+0,77		
50m: 30.02	30.02	150m: 1:39.03	34.98	250m: 2:49.40	34.70	350m: 3:57.70	33.27
100m: 1:04.05	34.03	200m: 2:14.70	35.67	300m: 3:24.43	35.03	400m: 4:29.50	31.80
2. Jelle Bon	ZV Vlaardingen-Schiedam	4:15.66	200301077	<b>4:29.65</b>	+0,66		
50m: 29.07	29.07	150m: 1:37.13	34.52	250m: 2:46.32	34.93	350m: 3:56.33	35.03
100m: 1:02.61	33.54	200m: 2:11.39	34.26	300m: 3:21.30	34.98	400m: 4:29.65	33.32
3. Bart Muselaers	Dwk	4:34.70	200100865	<b>4:33.18</b>	+0,82		
50m: 30.32	30.32	150m: 1:40.72	35.55	250m: 2:52.12	35.58	350m: 4:00.11	33.47
100m: 1:05.17	34.85	200m: 2:16.54	35.82	300m: 3:26.64	34.52	400m: 4:33.18	33.07

Limietwedstrijd  
Dordrecht, 11-5-2019

Programmanr. 30, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd			tijd			RT	
4.	Maximilian Lopes Cardozo	Wzk	4:24.62			200300665			<b>4:33.58</b>	+0,88
	50m: 29.62	29.62	150m: 1:38.14	34.94	250m: 2:48.57	35.68	350m: 3:59.60	35.16		
	100m: 1:03.20	33.58	200m: 2:12.89	34.75	300m: 3:24.44	35.87	400m: 4:33.58	33.98		
5.	Pepijn van Egmond	Wvz	4:33.48			200402309			<b>4:43.65</b>	
	50m: 30.04	30.04	150m: 1:39.22	35.30	250m: 2:52.68	36.90	350m: 4:07.44	37.68		
	100m: 1:03.92	33.88	200m: 2:15.78	36.56	300m: 3:29.76	37.08	400m: 4:43.65	36.21		
6.	Christian Kalle	z.c De Schotejil	4:46.38			200400687			<b>4:44.63</b>	+0,75
	50m: 31.10	31.10	150m: 1:45.09	37.27	250m: 2:58.92	36.13	350m: 4:10.82	35.42		
	100m: 1:07.82	36.72	200m: 2:22.79	37.70	300m: 3:35.40	36.48	400m: 4:44.63	33.81		
7.	Sem Agterdenbos	MNC Dordrecht	4:40.86			200500049			<b>4:55.62</b>	+0,69
	50m: 32.24	32.24	150m: 1:47.12	37.72	250m: 3:04.34	38.79	350m: 4:20.24	37.44		
	100m: 1:09.40	37.16	200m: 2:25.55	38.43	300m: 3:42.80	38.46	400m: 4:55.62	35.38		
8.	Laurens Kalle	z.c De Schotejil	4:57.51			200600161			<b>5:14.59</b>	+0,74
	50m: 33.88	33.88	150m: 1:53.87	40.55	250m: 3:16.48	41.24	350m: 4:38.24	40.67		
	100m: 1:13.32	39.44	200m: 2:35.24	41.37	300m: 3:57.57	41.09	400m: 5:14.59	36.35		
9.	Benjamin Boender	Zob'66	5:43.02			200401351			<b>5:22.20</b>	+0,70
	50m: 32.50	32.50	150m: 1:50.44	40.03	250m: 3:14.56	42.11	350m: 4:41.17	43.44		
	100m: 1:10.41	37.91	200m: 2:32.45	42.01	300m: 3:57.73	43.17	400m: 5:22.20	41.03		
10.	Arthur Bondartsov * Backup 350m	Rotterdam Swimming (SG)	4:45.31			200403231			<b>5:22.45</b>	+0,77
	50m: 32.72	32.72	150m: 1:50.60	39.97	250m: 3:14.37	42.44	350m: 4:41.11	43.37		
	100m: 1:10.63	37.91	200m: 2:31.93	41.33	300m: 3:57.74	43.37	400m: 5:22.45	41.34		
11.	Robin den Ouden	ZPC Wiekslag	5:40.65			200600255			<b>5:48.42</b>	+0,70
	50m: 36.06	36.06	150m: 2:03.93	45.06	250m: 3:35.21	45.74	350m: 5:06.19	44.97		
	100m: 1:18.87	42.81	200m: 2:49.47	45.54	300m: 4:21.22	46.01	400m: 5:48.42	42.23		