

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 1  
3-2-2019 - 14:00

200m vrije slag

Minioren 5 en later  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Ann Hietbrink	Schuurman BZC	4:30.00	200902444 <b>3:59.16</b>
	50m: 55.31 55.31	100m: 2:02.19 1:06.88	150m: 3:02.48 1:00.29	200m: 3:59.16 56.68
2.	Stijn Hellwich	Montferland	4:43.03	200901117 <b>4:02.45</b>
	50m: 52.76 52.76	100m: 1:55.07 1:02.31	150m: 3:01.51 1:06.44	200m: 4:02.45 1:00.94
AFGEM	Amina Elmoerzajeva	PFC Rheden	NT	200802062
AFGEM	Aukje Markerink	Schuurman BZC	3:35.42	200802196

Programmanr. 2  
3-2-2019 - 14:06

200m wisselslag

Minioren 5 en later  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Programmanr. 3				
3-2-2019 - 14:06				

rang	naam	vereniging	inschrijftijd	tijd
1.	Iris Papen	Groenlose Zwemvereniging	7:19.89	200802842 <b>6:26.39</b>
	50m: 42.57 42.57	150m: 2:21.60 49.96	250m: 4:01.20 49.94	350m: 5:42.54 50.52
	100m: 1:31.64 49.07	200m: 3:11.26 49.66	300m: 4:52.02 50.82	400m: 6:26.39 43.85
2.	Alexander Reznichenka	PFC Rheden	NT	200800673 <b>6:35.44</b>
	50m: 42.07 42.07	150m: 2:20.03 49.46	250m: 4:02.32 51.38	350m: 5:39.42 46.69
	100m: 1:30.57 48.50	200m: 3:10.94 50.91	300m: 4:52.73 50.41	400m: 6:35.44 56.02
3.	Nikki Nekkens	Groenlose Zwemvereniging	7:35.28	200902086 <b>6:54.54</b>
	50m: 46.54 46.54	150m: 2:31.67 53.34	250m: 4:18.92 52.86	350m: 6:06.26 53.91
	100m: 1:38.33 51.79	200m: 3:26.06 54.39	300m: 5:12.35 53.43	400m: 6:54.54 48.28
4.	Emma Lukassen	Montferland	8:00.00	200803176 <b>7:09.25</b>
	50m: 46.54 46.54	150m: 2:30.91 53.22	250m: 4:21.14 56.16	350m: 6:14.55 57.24
	100m: 1:37.69 51.15	200m: 3:24.98 54.07	300m: 5:17.31 56.17	400m: 7:09.25 54.70
5.	Merle Vinkenvleugel	DOS	8:51.00	200802624 <b>7:46.27</b>
	50m: 51.27 51.27	150m: 2:46.61 58.85	250m: 4:48.13 1:00.90	350m: 6:49.08 1:01.71
	100m: 1:47.76 56.49	200m: 3:47.23 1:00.62	300m: 5:47.37 59.24	400m: 7:46.27 57.19
6.	Relinde Fokkink	DOS	7:55.00	200802986 <b>7:51.48</b>
	50m: 49.89 49.89	150m: 2:47.70 1:00.81	250m: 4:50.51 1:01.65	350m: 6:55.45 1:02.59
	100m: 1:46.89 57.00	200m: 3:48.86 1:01.16	300m: 5:52.86 1:02.35	400m: 7:51.48 56.03
7.	Kayleigh Heuvelink	Groenlose Zwemvereniging	9:00.00	201001438 <b>8:22.89</b>
	50m: 50.56 50.56	150m: 2:56.33 1:05.98	250m: 5:07.39 1:06.06	350m: 7:18.91 1:05.86
	100m: 1:50.35 59.79	200m: 4:01.33 1:05.00	300m: 6:13.05 1:05.66	400m: 8:22.89 1:03.98
8.	Sharell Coenen	DOS	9:10.00	200802984 <b>8:57.56</b>
	50m: 57.32 57.32	150m: 3:12.17 1:08.71	250m: 5:33.02 1:10.16	350m: 7:45.28 58.69
	100m: 2:03.46 1:06.14	200m: 4:22.86 1:10.69	300m: 6:46.59 1:13.57	400m: 8:57.56 1:12.28

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 4  
3-2-2019 - 14:25

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam			vereniging			inschrijftijd			tijd		
1.	Senna te Molder			ZPC Livo			5:45.66	200501912	<b>5:32.02</b>			
	50m:	36.20	36.20	150m:	2:00.20	42.72	250m:	3:26.45	43.29	350m:	4:52.89	42.73
	100m:	1:17.48	41.28	200m:	2:43.16	42.96	300m:	4:10.16	43.71	400m:	5:32.02	39.13
2.	Femke Kuiper			Montferland			6:35.24	200103540	<b>5:35.60</b>			
	50m:	37.66	37.66	150m:	2:01.84	42.76	250m:	3:28.70	43.27	350m:	4:54.08	42.24
	100m:	1:19.08	41.42	200m:	2:45.43	43.59	300m:	4:11.84	43.14	400m:	5:35.60	41.52
3.	Loes van Schriek			Montferland			6:30.00	200503372	<b>5:42.20</b>			
	50m:	38.73	38.73	150m:	2:07.80	45.63	250m:	3:37.21	44.26	350m:	5:05.43	44.13
	100m:	1:22.17	43.44	200m:	2:52.95	45.15	300m:	4:21.30	44.09	400m:	5:42.20	36.77
4.	Ruth Ambting			Montferland			6:35.21	200402030	<b>5:53.39</b>			
	50m:	38.23	38.23	150m:	2:08.36	46.41	250m:	3:38.80	45.41	350m:	5:09.70	45.47
	100m:	1:21.95	43.72	200m:	2:53.39	45.03	300m:	4:24.23	45.43	400m:	5:53.39	43.69
5.	Jip Vreuls			ZPC Livo			7:21.26	200600946	<b>6:09.84</b>			
	50m:	40.90	40.90	150m:	2:13.48	47.22	250m:	3:50.99	48.77	350m:	5:30.12	49.97
	100m:	1:26.26	45.36	200m:	3:02.22	48.74	300m:	4:40.15	49.16	400m:	6:09.84	39.72
6.	Linzy Tannemaat			DOS			6:10.99	200501738	<b>6:10.09</b>			
	50m:	40.50	40.50	150m:	2:11.92	46.47	250m:	3:49.54	49.02	350m:	5:27.03	48.35
	100m:	1:25.45	44.95	200m:	3:00.52	48.60	300m:	4:38.68	49.14	400m:	6:10.09	43.06
7.	Isa Peters			PFC Rheden			6:56.56	200503594	<b>6:14.59</b>			
	50m:	41.52	41.52	150m:	2:12.88	46.62	250m:	3:49.57	48.98	350m:	5:27.83	49.07
	100m:	1:26.26	44.74	200m:	3:00.59	47.71	300m:	4:38.76	49.19	400m:	6:14.59	46.76
8.	Kajsa Hakvoort			Schuurman BZC			6:25.88	200302896	<b>6:16.50</b>			
	50m:	40.23	40.23	150m:	2:11.54	47.68	250m:	3:52.45	51.91	350m:	5:31.70	49.41
	100m:	1:23.86	43.63	200m:	3:00.54	49.00	300m:	4:42.29	49.84	400m:	6:16.50	44.80
9.	Romy ter Haar			ZPC Livo			6:24.52	200402746	<b>6:22.69</b>			
	50m:	40.08	40.08	150m:	2:15.50	49.19	250m:	3:57.31	50.87	350m:	5:37.53	50.13
	100m:	1:26.31	46.23	200m:	3:06.44	50.94	300m:	4:47.40	50.09	400m:	6:22.69	45.16
10.	Veranique te Nahuis			Schuurman BZC			7:00.00	200504644	<b>6:30.83</b>			
	50m:	43.04	43.04	150m:	2:20.36	49.50	250m:	4:01.89	51.41	350m:	5:43.83	51.06
	100m:	1:30.86	47.82	200m:	3:10.48	50.12	300m:	4:52.77	50.88	400m:	6:30.83	47.00
11.	Esmee Nieuwenhuis			Schuurman BZC			8:00.00	200701444	<b>6:35.22</b>			
	50m:	43.43	43.43	150m:	2:20.67	49.94	250m:	4:08.36	53.85	350m:	5:52.50	50.76
	100m:	1:30.73	47.30	200m:	3:14.51	53.84	300m:	5:01.74	53.38	400m:	6:35.22	42.72
12.	Charlotte Sturris			DOS			7:08.06	200700168	<b>6:38.14</b>			
	50m:	43.52	43.52	150m:	2:21.38	50.63	250m:	4:03.86	51.47	350m:	5:47.41	51.34
	100m:	1:30.75	47.23	200m:	3:12.39	51.01	300m:	4:56.07	52.21	400m:	6:38.14	50.73
13.	Quinty Lukkassen			ZPC Livo			7:10.33	200600944	<b>6:44.61</b>			
	50m:	43.33	43.33	150m:	2:23.86	51.86	250m:	4:11.14	54.37	350m:	5:58.02	53.63
	100m:	1:32.00	48.67	200m:	3:16.77	52.91	300m:	5:04.39	53.25	400m:	6:44.61	46.59
14.	Lianne Dijkman			Schuurman BZC			7:00.00	200504642	<b>6:47.20</b>			
	50m:	42.94	42.94	150m:	2:20.92	50.71	250m:	4:06.74	53.48	350m:	5:54.10	54.68
	100m:	1:30.21	47.27	200m:	3:13.26	52.34	300m:	4:59.42	52.68	400m:	6:47.20	53.10
15.	Melanie Witt			Montferland			7:00.00	198001774	<b>6:48.85</b>			
	50m:	45.22	45.22	150m:	2:25.50	51.48	250m:	4:11.23	53.92	350m:	5:57.55	53.10
	100m:	1:34.02	48.80	200m:	3:17.31	51.81	300m:	5:04.45	53.22	400m:	6:48.85	51.30
16.	Evi Hulshof			Groenlose Zwemvereniging			7:21.83	200701758	<b>6:53.38</b>			
	50m:	46.47	46.47	150m:	2:31.73	52.11	250m:	4:18.66	52.59	350m:	6:03.44	52.28
	100m:	1:39.62	53.15	200m:	3:26.07	54.34	300m:	5:11.16	52.50	400m:	6:53.38	49.94
17.	Maud Schutten			ZPC Livo			7:06.07	200600948	<b>6:57.27</b>			
	50m:	46.11	46.11	150m:	2:31.94	54.07	250m:	4:23.08	55.20	350m:	6:10.53	51.70
	100m:	1:37.87	51.76	200m:	3:27.88	55.94	300m:	5:18.83	55.75	400m:	6:57.27	46.74

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 4, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
18.	Dominique Eelink	Schuurman BZC	7:18.29	200402324 <b>6:57.89</b>
	50m: 43.70 43.70	150m: 2:24.65 51.66	250m: 4:15.42 56.06	350m: 6:04.97 53.15
	100m: 1:32.99 49.29	200m: 3:19.36 54.71	300m: 5:11.82 56.40	400m: 6:57.89 52.92
19.	Wiep Warmerdam	Groenlose Zwemvereniging	7:30.00	200405140 <b>7:14.52</b>
	50m: 46.37 46.37	150m: 2:31.20 52.57	250m: 4:23.90 56.69	350m: 6:18.94 57.96
	100m: 1:38.63 52.26	200m: 3:27.21 56.01	300m: 5:20.98 57.08	400m: 7:14.52 55.58
20.	Janne Arendsen	Montferland	9:00.00	200701142 <b>7:32.76</b>
	50m: 50.60 50.60	150m: 2:43.95 57.95	250m: 4:40.51 58.91	350m: 6:36.92 57.85
	100m: 1:46.00 55.40	200m: 3:41.60 57.65	300m: 5:39.07 58.56	400m: 7:32.76 55.84
21.	Nienke Koster	Groenlose Zwemvereniging	10:00.00	200703996 <b>8:39.85</b>
	50m: 55.76 55.76	150m: 3:01.29 1:03.71	250m: 5:16.04 1:07.21	350m: 7:34.72 1:08.39
	100m: 1:57.58 1:01.82	200m: 4:08.83 1:07.54	300m: 6:26.33 1:10.29	400m: 8:39.85 1:05.13
DIS	Lynn Kummel	Schuurman BZC	6:54.25	200404530
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>			
DIS	Nienke Reinders	Groenlose Zwemvereniging	9:03.87	200604500
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>			
AFGEM	Meike Helmers	Schuurman BZC	9:00.00	200702896
AFGEM	Emma Schutten	ZPC Livo	7:24.64	200501914
AFGEM	Ava Hartelman	Montferland	8:30.00	200703406

Programmanr. 5  
3-2-2019 - 15:08

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Ruud Schutten	ZPC Livo	6:02.31	200203475 <b>5:30.13</b>
	50m: 35.00 35.00	150m: 1:59.13 42.87	250m: 3:26.04 43.22	350m: 4:51.20 42.13
	100m: 1:16.26 41.26	200m: 2:42.82 43.69	300m: 4:09.07 43.03	400m: 5:30.13 38.93
2.	Marijn van der Burgt	PFC Rheden	5:56.65	200403257 <b>5:49.26</b>
	50m: 38.67 38.67	150m: 2:07.67 44.85	250m: 3:37.70 45.13	350m: 5:07.86 44.91
	100m: 1:22.82 44.15	200m: 2:52.57 44.90	300m: 4:22.95 45.25	400m: 5:49.26 41.40
3.	Yannick ter Horst	DOS	6:48.03	200501187 <b>6:03.86</b>
	50m: 39.67 39.67	150m: 2:08.73 45.78	250m: 3:43.82 48.37	350m: 5:18.04 46.91
	100m: 1:22.95 43.28	200m: 2:55.45 46.72	300m: 4:31.13 47.31	400m: 6:03.86 45.82
4.	Tristan Knufing	ZPC Livo	6:06.38	200203557 <b>6:21.40</b>
	50m: 39.81 39.81	150m: 2:09.97 46.61	250m: 3:49.92 51.07	350m: 5:31.45 51.03
	100m: 1:23.36 43.55	200m: 2:58.85 48.88	300m: 4:40.42 50.50	400m: 6:21.40 49.95
5.	Tom Oonk	ZPC Livo	6:58.00	200700427 <b>6:30.28</b>
	50m: 42.74 42.74	150m: 2:24.02 51.40	250m: 4:03.61 49.10	350m: 5:44.22 50.05
	100m: 1:32.62 49.88	200m: 3:14.51 50.49	300m: 4:54.17 50.56	400m: 6:30.28 46.06
6.	Leon Blok	Schuurman BZC	7:01.65	200603163 <b>6:31.22</b>
	50m: 44.14 44.14	150m: 2:22.22 50.04	250m: 4:00.78 49.95	350m: 5:42.91 50.57
	100m: 1:32.18 48.04	200m: 3:10.83 48.61	300m: 4:52.34 51.56	400m: 6:31.22 48.31
7.	Cas Rusink	DOS	7:01.00	200404553 <b>6:37.38</b>
	50m: 42.48 42.48	150m: 2:21.29 50.55	250m: 4:04.70 51.72	350m: 5:49.06 51.77
	100m: 1:30.74 48.26	200m: 3:12.98 51.69	300m: 4:57.29 52.59	400m: 6:37.38 48.32
8.	Senna Engel	DOS	7:27.04	200502505 <b>6:50.82</b>
	50m: 45.94 45.94	150m: 2:27.96 51.18	250m: 4:14.88 53.24	350m: 6:02.78 54.76
	100m: 1:36.78 50.84	200m: 3:21.64 53.68	300m: 5:08.02 53.14	400m: 6:50.82 48.04
AFGEM	Daan in den Nieuwenkamp	Schuurman BZC	8:00.00	200503479

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 6  
3-2-2019 - 15:25

Dames, 800m vrije slag

Senioren Open  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
1.	Aline Meuleman		ZPC Livo		10:50.15		200401136	<b>10:45.48</b>
	50m:	33.73	33.73	250m:	3:12.04	40.22	450m:	5:55.67 41.65
	100m:	1:11.70	37.97	300m:	3:52.48	40.44	500m:	6:37.73 42.06
	150m:	1:51.29	39.59	350m:	4:32.95	40.47	550m:	7:19.39 41.66
	200m:	2:31.82	40.53	400m:	5:14.02	41.07	600m:	8:00.60 41.21
							650m:	8:42.32 41.72
							700m:	9:24.04 41.72
							800m:	10:45.48 1:21.44
2.	Manou Blokhorst		Groenlose Zwemvereniging		11:54.17		200402554	<b>10:58.49</b> FJ1
	50m:	37.26	37.26	250m:	3:21.92	42.22	450m:	6:10.92 42.41
	100m:	1:17.42	40.16	300m:	4:04.02	42.10	500m:	6:53.02 42.10
	150m:	1:58.20	40.78	350m:	4:46.57	42.55	550m:	7:35.76 42.74
	200m:	2:39.70	41.50	400m:	5:28.51	41.94	600m:	8:18.70 42.94
							650m:	9:01.42 42.72
							700m:	9:42.67 41.25
							750m:	10:25.26 42.59
							800m:	10:58.49 33.23
3.	Indy te Molder		ZPC Livo		10:58.61		200301380	<b>11:46.97</b>
	50m:	37.37	37.37	250m:	3:32.88	44.80	450m:	6:34.78 45.95
	100m:	1:19.11	41.74	300m:	4:18.07	45.19	500m:	7:20.36 45.58
	150m:	2:03.06	43.95	350m:	5:03.62	45.55	550m:	8:04.85 44.49
	200m:	2:48.08	45.02	400m:	5:48.83	45.21	600m:	8:50.60 45.75
							650m:	9:35.67 45.07
							700m:	10:20.00 44.33
							750m:	11:03.06 43.06
							800m:	11:46.97 43.91
4.	Esther van Maastrigt		Montferland		12:28.02		198802836	<b>12:14.11</b>
	50m:	40.23	40.23	250m:	3:41.33	46.56	450m:	6:49.61 47.16
	100m:	1:24.04	43.81	300m:	4:27.77	46.44	500m:	7:36.70 47.09
	150m:	2:09.42	45.38	350m:	5:15.39	47.62	550m:	8:23.80 47.10
	200m:	2:54.77	45.35	400m:	6:02.45	47.06	600m:	9:10.51 46.71
							650m:	9:57.04 46.53
							700m:	10:43.86 46.82
							750m:	11:28.04 44.18
							800m:	12:14.11 46.07
5.	Alyssa Heuvelink		Groenlose Zwemvereniging		13:10.22		200600500	<b>12:48.63</b>
	50m:	39.96	39.96	250m:	3:49.32	49.16	450m:	7:05.61 49.53
	100m:	1:25.16	45.20	300m:	4:39.27	49.95	500m:	7:54.52 48.91
	150m:	2:11.93	46.77	350m:	5:27.23	47.96	550m:	8:44.57 50.05
	200m:	3:00.16	48.23	400m:	6:16.08	48.85	600m:	9:35.23 50.66
							650m:	10:25.29 50.06
							700m:	11:15.08 49.79
							750m:	12:03.79 48.71
							800m:	12:48.63 44.84
6.	Liz Rusink		DOS		12:11.00		200403102	<b>12:59.16</b>
	50m:	39.46	39.46	250m:	3:49.54	49.63	450m:	7:09.80 50.36
	100m:	1:24.77	45.31	300m:	4:38.87	49.33	500m:	8:00.12 50.32
	150m:	2:11.99	47.22	350m:	5:28.73	49.86	550m:	8:51.25 51.13
	200m:	2:59.91	47.92	400m:	6:19.44	50.71	600m:	9:42.34 51.09
							650m:	10:32.83 50.49
							700m:	11:22.51 49.68
							750m:	12:12.72 50.21
							800m:	12:59.16 46.44
7.	Anne Masselink		DOS		12:53.00		200303894	<b>14:18.17</b>
	50m:	40.68	40.68	250m:	4:07.46	55.38	450m:	7:54.93 57.69
	100m:	1:27.46	46.78	300m:	5:04.22	56.76	500m:	8:49.69 54.76
	150m:	2:18.13	50.67	350m:	6:00.28	56.06	550m:	9:45.25 55.56
	200m:	3:12.08	53.95	400m:	6:57.24	56.96	600m:	10:42.24 56.99
							650m:	11:38.81 56.57
							700m:	12:33.85 55.04
							750m:	13:27.32 53.47
							800m:	14:18.17 50.85

Programmanr. 7  
3-2-2019 - 15:52

Heren, 800m vrije slag

Senioren Open  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
1.	Jesse Baak		Schuurman BZC		11:01.22		199701983	<b>10:58.49</b> FJ2
	50m:	36.50	36.50	250m:	3:21.35	41.86	450m:	6:10.69 42.20
	100m:	1:17.23	40.73	300m:	4:03.66	42.31	500m:	6:52.19 41.50
	150m:	1:58.00	40.77	350m:	4:46.50	42.84	550m:	7:35.77 43.58
	200m:	2:39.49	41.49	400m:	5:28.49	41.99	600m:	8:18.67 42.90
							650m:	9:00.81 42.14
							700m:	9:42.43 41.62
							750m:	10:26.06 43.63
							800m:	10:58.49 32.43
2.	Casper Scheuter		DOS		12:50.00		200502507	<b>12:47.24</b>
	50m:	40.72	40.72	250m:	3:54.05	49.28	450m:	7:11.45 49.30
	100m:	1:27.21	46.49	300m:	4:43.30	49.25	500m:	8:00.54 49.09
	150m:	2:15.53	48.32	350m:	5:32.80	49.50	550m:	8:50.04 49.50
	200m:	3:04.77	49.24	400m:	6:22.15	49.35	600m:	9:38.85 48.81
							650m:	10:27.43 48.58
							700m:	11:15.96 48.53
							750m:	12:03.86 47.90
							800m:	12:47.24 43.38
3.	Bas Kreeftenberg		DOS		13:27.00		200204233	<b>12:50.11</b>
	50m:	42.23	42.23	250m:	3:56.51	50.03	450m:	7:13.94 49.32
	100m:	1:28.98	46.75	300m:	4:45.54	49.03	500m:	8:03.23 49.29
	150m:	2:17.38	48.40	350m:	5:35.32	49.78	550m:	8:53.70 50.47
	200m:	3:06.48	49.10	400m:	6:24.62	49.30	600m:	9:42.88 49.18
							650m:	10:32.16 49.28
							700m:	11:20.57 48.41
							750m:	12:07.29 46.72
							800m:	12:50.11 42.82

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 7, Heren, 800m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
4.	<b>Bram Bussink</b>	<b>DOS</b>	<b>12:56.00</b>	<b>200303719</b>
	50m: 41.37	41.37	250m: 3:54.68	50.48
	100m: 1:28.13	46.76	300m: 4:46.62	51.94
	150m: 2:15.71	47.58	350m: 5:38.07	51.45
	200m: 3:04.20	48.49	400m: 6:30.46	52.39
			450m: 7:23.31	52.85
			500m: 8:16.17	52.86
			550m: 9:09.33	53.16
			600m: 10:02.66	53.33
			650m: 10:55.85	53.19
			700m: 11:48.48	52.63
			750m: 12:40.86	52.38
			800m: 13:31.02	50.16

Programmanr. 8 Meisjes, 800m vrije slag Minioren 4 en 5 Resultaten

Programmanr. 9 Jongens, 800m vrije slag Minioren 4 en 5 Resultaten

Programmanr. 10 Dames, 400m wisselslag Senioren Open Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	<b>Isha Brouwer</b>	<b>ZPC Livo</b>	<b>5:42.10</b>	<b>200301610</b>
	50m: 35.43	35.43	150m: 2:02.95	44.50
	100m: 1:18.45	43.02	200m: 2:47.12	44.17
			250m: 3:39.83	52.71
			300m: 4:34.47	54.64
			350m: 5:15.84	41.37
			400m: 5:54.86	39.02
2.	<b>Loes van Schriek</b>	<b>Montferland</b>	<b>7:15.00</b>	<b>200503372</b>
	50m: 40.15	40.15	150m: 2:16.90	47.85
	100m: 1:29.05	48.90	200m: 3:03.08	46.18
			250m: 3:55.72	52.64
			300m: 4:47.34	51.62
			350m: 5:29.78	42.44
			400m: 6:07.96	38.18
3.	<b>Femke Kuiper</b>	<b>Montferland</b>	<b>6:30.36</b>	<b>200103540</b>
	50m: 38.78	38.78	150m: 2:11.07	45.99
	100m: 1:25.08	46.30	200m: 2:57.26	46.19
			250m: 3:51.27	54.01
			300m: 4:47.12	55.85
			350m: 5:33.04	45.92
			400m: 6:15.98	42.94
4.	<b>Lynn Rötter</b>	<b>ZPC Livo</b>	<b>6:36.00</b>	<b>200600950</b>
	50m: 43.89	43.89	150m: 2:26.63	54.69
	100m: 1:31.94	48.05	200m: 3:12.19	45.56
			250m: 4:07.38	55.19
			300m: 5:00.54	53.16
			350m: 5:41.45	40.91
			400m: 6:21.02	39.57
5.	<b>Eline Vonhof</b>	<b>ZPC Livo</b>	<b>6:24.47</b>	<b>198904434</b>
	50m: 39.76	39.76	150m: 2:18.15	47.38
	100m: 1:30.77	51.01	200m: 3:03.94	45.79
			250m: 4:01.18	57.24
			300m: 4:57.44	56.26
			350m: 5:44.05	46.61
			400m: 6:25.77	41.72
6.	<b>Manou Blokhorst</b>	<b>Groenlose Zwemvereniging</b>	<b>6:36.34</b>	<b>200402554</b>
	50m: 45.43	45.43	150m: 2:28.58	50.49
	100m: 1:38.09	52.66	200m: 3:17.30	48.72
			250m: 4:13.55	56.25
			300m: 5:09.11	55.56
			350m: 5:52.29	43.18
			400m: 6:30.50	38.21
7.	<b>Ruth Ambting</b>	<b>Montferland</b>	<b>7:15.00</b>	<b>200402030</b>
	50m: 40.59	40.59	150m: 2:21.07	49.13
	100m: 1:31.94	51.35	200m: 3:08.74	47.67
			250m: 4:04.21	55.47
			300m: 5:01.93	57.72
			350m: 5:47.72	45.79
			400m: 6:31.59	43.87
8.	<b>Isa Peters</b>	<b>PFC Rheden</b>	<b>7:26.85</b>	<b>200503594</b>
	50m: 47.47	47.47	150m: 2:40.39	54.69
	100m: 1:45.70	58.23	200m: 3:33.15	52.76
			250m: 4:32.47	59.32
			300m: 5:33.39	1:00.92
			350m: 6:21.18	47.79
			400m: 7:07.67	46.49

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 11  
3-2-2019 - 16:32

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam			vereniging			inschrijftijd			tijd		
1.	Marijn van der Burgt			PFC Rheden			6:39.04	200403257	<b>6:28.51</b>			
	50m:	41.10	41.10	150m:	2:24.51	51.91	250m:	4:08.23	55.31	350m:	5:47.64	44.07
	100m:	1:32.60	51.50	200m:	3:12.92	48.41	300m:	5:03.57	55.34	400m:	6:28.51	40.87
2.	William Sturris			DOS			7:13.86	200203951	<b>6:36.13</b>			
	50m:	36.73	36.73	200m:	3:08.92	1:43.44	300m:	5:01.48	58.62	400m:	6:36.13	45.93
	100m:	1:25.48	48.75	250m:	4:02.86	53.94	350m:	5:50.20	48.72			
3.	Tijmen Lensink			ZPC Livo			7:04.37	200303363	<b>6:51.52</b>			
	50m:	37.19	37.19	150m:	2:21.04	53.45	250m:	4:11.10	57.75	350m:	6:01.41	45.84
	100m:	1:27.59	50.40	200m:	3:13.35	52.31	300m:	5:15.57	1:04.47	400m:	6:51.52	50.11

Programmanr. 12  
3-2-2019 - 16:40

Dames, 1500m vrije slag

Senioren Open  
Resultaten

rang	naam			vereniging			inschrijftijd			tijd		
1.	Isabel Aardema			DWK			18:52.11	200100364	<b>18:52.46</b>			
	50m:	33.58	33.58	450m:	5:33.97	37.98	850m:	10:35.66	37.83	1250m:	15:41.25	38.70
	100m:	1:10.56	36.98	500m:	6:11.74	37.77	900m:	11:13.57	37.91	1300m:	16:19.95	38.70
	150m:	1:47.63	37.07	550m:	6:49.13	37.39	950m:	11:51.69	38.12	1350m:	16:58.49	38.54
	200m:	2:25.06	37.43	600m:	7:26.70	37.57	1000m:	12:29.75	38.06	1400m:	17:36.62	38.13
	250m:	3:02.38	37.32	650m:	8:04.24	37.54	1050m:	13:07.65	37.90	1450m:	18:16.28	39.66
	300m:	3:39.95	37.57	700m:	8:42.07	37.83	1100m:	13:45.85	38.20	1500m:	18:52.46	36.18
	350m:	4:17.91	37.96	750m:	9:19.83	37.76	1150m:	14:24.34	38.49			
	400m:	4:55.99	38.08	800m:	9:57.83	38.00	1200m:	15:02.55	38.21			
2.	Michelle van Wijk			Groenlose Zwemvereniging			19:29.56	200204746	<b>19:47.69</b>			
	50m:	34.22	34.22	450m:	5:46.01	40.62	850m:	11:08.81	40.52	1250m:	16:32.98	41.30
	100m:	1:11.61	37.39	500m:	6:26.22	40.21	900m:	11:48.41	39.60	1300m:	17:13.25	40.27
	150m:	1:49.74	38.13	550m:	7:06.60	40.38	950m:	12:28.98	40.57	1350m:	17:53.10	39.85
	200m:	2:28.27	38.53	600m:	7:46.98	40.38	1000m:	13:08.91	39.93	1400m:	18:33.02	39.92
	250m:	3:06.65	38.38	650m:	8:27.66	40.68	1050m:	13:49.60	40.69	1450m:	19:10.93	37.91
	300m:	3:46.02	39.37	700m:	9:07.88	40.22	1100m:	14:30.64	41.04	1500m:	19:47.69	36.76
	350m:	4:25.55	39.53	750m:	9:48.38	40.50	1150m:	15:10.99	40.35			
	400m:	5:05.39	39.84	800m:	10:28.29	39.91	1200m:	15:51.68	40.69			
3.	Femke van Wijk			Groenlose Zwemvereniging			20:47.60	200403434	<b>20:59.48</b>			
	50m:	37.92	37.92	450m:	6:14.39	42.69	850m:	11:47.80	40.26	1250m:	17:30.82	43.62
	100m:	1:18.54	40.62	500m:	6:56.86	42.47	900m:	12:29.36	41.56	1300m:	18:14.02	43.20
	150m:	2:01.39	42.85	550m:	7:38.92	42.06	950m:	13:13.45	44.09	1350m:	18:57.32	43.30
	200m:	2:42.89	41.50	600m:	8:20.86	41.94	1000m:	13:54.16	40.71	1400m:	19:41.13	43.81
	250m:	3:25.20	42.31	650m:	9:02.36	41.50	1050m:	14:36.36	42.20	1450m:	20:23.48	42.35
	300m:	4:06.76	41.56	700m:	9:44.10	41.74	1100m:	15:19.67	43.31	1500m:	20:59.48	36.00
	350m:	4:48.95	42.19	750m:	10:26.20	42.10	1150m:	16:03.29	43.62			
	400m:	5:31.70	42.75	800m:	11:07.54	41.34	1200m:	16:47.20	43.91			
4.	Demi de Vries			Groenlose Zwemvereniging			23:12.54	200404674	<b>23:03.82</b>			
	50m:	40.69	40.69	450m:	6:53.47	44.47	850m:	13:02.99	46.95	1250m:	19:21.95	47.06
	100m:	1:26.10	45.41	500m:	7:38.33	44.86	900m:	13:51.46	48.47	1300m:	20:08.40	46.45
	150m:	2:12.22	46.12	550m:	8:23.04	44.71	950m:	14:39.90	48.44	1350m:	20:54.81	46.41
	200m:	2:59.57	47.35	600m:	9:08.83	45.79	1000m:	15:27.11	47.21	1400m:	21:40.72	45.91
	250m:	3:47.25	47.68	650m:	9:54.86	46.03	1050m:	16:14.57	47.46	1450m:	22:25.75	45.03
	300m:	4:34.66	47.41	700m:	10:40.82	45.96	1100m:	17:02.07	47.50	1500m:	23:03.82	38.07
	350m:	5:22.51	47.85	750m:	11:28.22	47.40	1150m:	17:48.39	46.32			
	400m:	6:09.00	46.49	800m:	12:16.04	47.82	1200m:	18:34.89	46.50			

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 12, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging		inschrijftijd				tijd				
5.	Iris Althoff	Groenlose Zwemvereniging		24:35.07				200404676 <b>23:28.17</b>				
	50m:	40.87	40.87	450m:	6:56.06	47.03	850m:	13:17.67	47.71	1250m:	19:40.97	47.75
	100m:	1:25.68	44.81	500m:	7:43.37	47.31	900m:	14:06.10	48.43	1300m:	20:28.25	47.28
	150m:	2:11.85	46.17	550m:	8:30.76	47.39	950m:	14:53.86	47.76	1350m:	21:15.19	46.94
	200m:	2:58.60	46.75	600m:	9:19.01	48.25	1000m:	15:42.17	48.31	1400m:	22:01.24	46.05
	250m:	3:46.05	47.45	650m:	10:06.05	47.04	1050m:	16:30.18	48.01	1450m:	22:45.07	43.83
	300m:	4:33.55	47.50	700m:	10:54.27	48.22	1100m:	17:18.06	47.88	1500m:	23:28.17	43.10
	350m:	5:21.19	47.64	750m:	11:42.52	48.25	1150m:	18:05.66	47.60			
	400m:	6:09.03	47.84	800m:	12:29.96	47.44	1200m:	18:53.22	47.56			
6.	Noa Esman	Montferland		24:15.00				200000158 <b>23:43.02</b>				
	50m:	41.16	41.16	450m:	7:00.24	47.47	850m:	13:23.56	48.55	1250m:	19:48.78	48.28
	100m:	1:26.16	45.00	500m:	7:46.66	46.42	900m:	14:10.70	47.14	1300m:	20:36.53	47.75
	150m:	2:12.81	46.65	550m:	8:34.10	47.44	950m:	14:59.05	48.35	1350m:	21:24.46	47.93
	200m:	3:00.29	47.48	600m:	9:22.44	48.34	1000m:	15:47.25	48.20	1400m:	22:11.74	47.28
	250m:	3:47.57	47.28	650m:	10:10.24	47.80	1050m:	16:36.19	48.94	1450m:	22:58.36	46.62
	300m:	4:35.82	48.25	700m:	10:58.58	48.34	1100m:	17:24.69	48.50	1500m:	23:43.02	44.66
	350m:	5:24.72	48.90	750m:	11:46.48	47.90	1150m:	18:12.32	47.63			
	400m:	6:12.77	48.05	800m:	12:35.01	48.53	1200m:	19:00.50	48.18			
7.	Eva Bouwmeester	Schuurman BZC		25:22.88				199903972 <b>25:16.68</b>				
	50m:	43.65	43.65	450m:	7:20.57	51.97	850m:	14:11.84	50.18	1250m:	21:11.17	51.62
	100m:	1:30.62	46.97	500m:	8:11.61	51.04	900m:	15:04.70	52.86	1300m:	22:01.99	50.82
	150m:	2:18.71	48.09	550m:	9:03.71	52.10	950m:	15:57.55	52.85	1350m:	22:52.86	50.87
	200m:	3:07.06	48.35	600m:	9:56.09	52.38	1000m:	16:49.13	51.58	1400m:	23:43.19	50.33
	250m:	3:57.04	49.98	650m:	10:46.69	50.60	1050m:	17:42.20	53.07	1450m:	24:32.53	49.34
	300m:	4:46.39	49.35	700m:	11:38.42	51.73	1100m:	18:33.97	51.77	1500m:	25:16.68	44.15
	350m:	5:38.08	51.69	750m:	12:29.72	51.30	1150m:	19:26.21	52.24			
	400m:	6:28.60	50.52	800m:	13:21.66	51.94	1200m:	20:19.55	53.34			

Programmanr. 13  
3-2-2019 - 17:30

Heren, 1500m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging		inschrijftijd				tijd				
1.	Niek Heethaar	DWK		16:50.60				199900999 <b>16:52.47</b>				
	50m:	29.99	29.99	450m:	4:59.60	33.92	850m:	9:30.36	33.71	1250m:	14:03.45	34.13
	100m:	1:02.82	32.83	500m:	5:33.30	33.70	900m:	10:04.47	34.11	1300m:	14:37.80	34.35
	150m:	1:36.02	33.20	550m:	6:07.06	33.76	950m:	10:38.98	34.51	1350m:	15:11.68	33.88
	200m:	2:09.79	33.77	600m:	6:40.98	33.92	1000m:	11:12.76	33.78	1400m:	15:45.77	34.09
	250m:	2:43.70	33.91	650m:	7:14.56	33.58	1050m:	11:46.74	33.98	1450m:	16:19.46	33.69
	300m:	3:17.71	34.01	700m:	7:48.48	33.92	1100m:	12:20.79	34.05	1500m:	16:52.47	33.01
	350m:	3:51.53	33.82	750m:	8:22.76	34.28	1150m:	12:54.93	34.14			
	400m:	4:25.68	34.15	800m:	8:56.65	33.89	1200m:	13:29.32	34.39			
2.	Niels Bouwmeester	ZPC Livo		22:10.06				200303365 <b>22:04.42</b>				
	50m:	32.65	32.65	450m:	6:08.57	44.16	850m:	12:07.19	44.76	1250m:	18:16.70	46.67
	100m:	1:10.88	38.23	500m:	6:52.90	44.33	900m:	12:53.45	46.26	1300m:	19:03.32	46.62
	150m:	1:50.73	39.85	550m:	7:37.70	44.80	950m:	13:38.99	45.54	1350m:	19:49.07	45.75
	200m:	2:31.76	41.03	600m:	8:22.80	45.10	1000m:	14:24.63	45.64	1400m:	20:35.50	46.43
	250m:	3:13.79	42.03	650m:	9:08.18	45.38	1050m:	15:11.23	46.60	1450m:	21:21.73	46.23
	300m:	3:56.68	42.89	700m:	9:53.67	45.49	1100m:	15:58.66	47.43	1500m:	22:04.42	42.69
	350m:	4:40.34	43.66	750m:	10:37.71	44.04	1150m:	16:44.17	45.51			
	400m:	5:24.41	44.07	800m:	11:22.43	44.72	1200m:	17:30.03	45.86			
3.	Maurits Heetkamp	Groenlose Zwemvereniging		23:13.72				200105163 <b>25:33.21</b>				
	50m:	39.09	39.09	450m:	6:58.26	50.50	850m:	14:12.98	53.31	1250m:	21:15.26	53.90
	100m:	1:21.21	42.12	500m:	7:50.33	52.07	900m:	15:04.98	52.00	1300m:	22:08.04	52.78
	150m:	2:05.09	43.88	550m:	8:43.24	52.91	950m:	15:56.06	51.08	1350m:	23:00.98	52.94
	200m:	2:50.51	45.42	600m:	9:37.63	54.39	1000m:	16:49.45	53.39	1400m:	23:53.83	52.85
	250m:	3:37.16	46.65	650m:	10:32.26	54.63	1050m:	17:41.80	52.35	1450m:	24:46.16	52.33
	300m:	4:25.68	48.52	700m:	11:28.68	56.42	1100m:	18:35.36	53.56	1500m:	25:33.21	47.05
	350m:	5:16.64	50.96	750m:	12:25.41	56.73	1150m:	19:28.33	52.97			
	400m:	6:07.76	51.12	800m:	13:19.67	54.26	1200m:	20:21.36	53.03			

Zeskamp deel 4  
's Heerenberg, 3-2-2019

Programmanr. 13, Heren, 1500m vrije slag, Senioren Open

rang	naam		vereniging		inschrijftijd				tijd
4.	William Heetkamp		Groenlose Zwemvereniging		27:30.00		200301245		<b>26:51.16</b>
	50m:	41.07	41.07	450m:	7:30.13	53.53	850m:	14:50.95	55.90
	100m:	1:27.00	45.93	500m:	8:25.64	55.51	900m:	15:46.48	55.59
	150m:	2:14.23	47.23	550m:	9:19.48	53.84	950m:	16:42.26	55.06
	200m:	3:04.45	50.22	600m:	10:13.39	53.91	1000m:	17:39.10	56.23
	250m:	3:56.48	52.03	650m:	11:09.51	56.12	1050m:	18:35.54	55.90
	300m:	4:49.92	53.44	700m:	12:05.10	55.59	1100m:	19:31.48	46.46
	350m:	5:43.42	53.50	750m:	13:00.07	54.97	1150m:	20:28.20	
	400m:	6:36.60	53.18	800m:	13:55.42	55.35	1200m:	21:26.02	57.82