

Programmanr. 1
 7-3-2020 - 13:00

Dames, 800m vrije slag

 Senioren Open
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Barbara Broekhuis	De Dinkel	10:23.76	200700880	10:41.00
	100m: 1:12.68	1:12.68 300m:	500m:	700m:	800m: 10:41.00
	200m: 2:32.17	1:19.49 400m: 5:15.72	600m:		
2.	Féline Sam	ZV 44	10:20.95	200700018	10:43.22
	100m: 1:15.04	1:15.04 300m:	500m:	700m:	800m: 10:43.22
	200m: 2:37.13	1:22.09 400m: 5:22.11	600m:		
3.	Felice Baris	NDD	11:13.39	200701822	11:06.08
	100m: 1:16.59	1:16.59 300m:	500m:	700m:	800m: 11:06.08
	200m: 2:41.32	1:24.73 400m: 5:30.52	600m:		
4.	Elle Wassink	De Dinkel	10:55.22	200700644	11:06.18
	100m: 1:18.45	1:18.45 300m:	500m:	700m:	800m: 11:06.18
	200m: 2:43.89	1:25.44 400m: 5:35.58	600m:		
5.	Nynke van Leeuwen	De Berkelduikers	11:52.64	200701272	11:27.52
	100m: 1:16.92	1:16.92 300m:	500m:	700m:	800m: 11:27.52
	200m: 2:45.07	1:28.15 400m: 5:41.13	600m:		
6.	Carlijn Boltendal	Zuiderzeezwemmers	11:20.56	200700082	11:29.92 FJ1
	100m: 1:17.74	1:17.74 300m:	500m:	700m:	800m: 11:29.92
	200m: 2:45.39	1:27.65 400m: 5:40.03	600m:		
7.	Laurien Gliese-Slooijer	De Dinkel	12:07.94	200700636	11:58.86
	100m: 1:20.93	1:20.93 300m:	500m:	700m:	800m: 11:58.86
	200m: 2:51.50	1:30.57 400m: 5:58.21	600m:		
8.	Mirte Boswinkel	WS Twente	11:43.03	200700434	12:01.75
	100m: 1:21.96	1:21.96 300m:	500m:	700m:	800m: 12:01.75
	200m: 2:52.33	1:30.37 400m: 5:56.58	600m:		
9.	Lotte Buiting	NDD	12:06.67	200702752	12:40.26
	100m: 1:23.09	1:23.09 300m:	500m:	700m:	800m: 12:40.26
	200m: 3:00.54	1:37.45 400m: 6:18.16	600m:		
10.	Fleur Vrugink	WWV Winterswijk	12:51.53	200701724	12:40.97
	100m: 1:26.84	1:26.84 300m:	500m:	700m:	800m: 12:40.97
	200m: 3:04.08	1:37.24 400m: 6:18.03	600m:		
11.	Anique Polinder	ZV 44	12:24.71	200800008	12:50.16
	100m: 1:29.46	1:29.46 300m:	500m:	700m:	800m: 12:50.16
	200m: 3:10.96	1:41.50 400m: 6:32.52	600m:		
12.	Roos Vrugink	WWV Winterswijk	13:55.19	200801040	12:53.94
	100m: 1:27.69	1:27.69 300m:	500m:	700m:	800m: 12:53.94
	200m: 3:07.07	1:39.38 400m: 6:26.32	600m:		
13.	Meyke Haytink	De Berkelduikers	12:54.80	200801188	12:54.89
	100m: 1:25.52	1:25.52 300m:	500m:	700m:	800m: 12:54.89
	200m: 3:06.05	1:40.53 400m: 6:29.78	600m:		
14.	Veerle Westenbroek	O Z & P C	13:43.04	200800128	13:41.83
	100m: 1:38.23	1:38.23 300m:	500m:	700m:	800m: 13:41.83
	200m: 3:23.37	1:45.14 400m: 6:52.66	600m:		
15.	Isabel Schoemaker	De Gelenberg	13:50.87	200802654	13:57.96
	100m: 1:34.20	1:34.20 300m:	500m:	700m:	800m: 13:57.96
	200m: 3:21.03	1:46.83 400m: 6:55.37	600m:		
AFGEM	Marlies Jansen	Natare	12:06.74	200701904	
AFGEM	Britt Hopman	ZVV	12:10.42	200702688	
AFGEM	Leyona Lichtendonk	Dedemsvaart-AC	10:20.93	200700010	

Junioren 3 en 4

1.	Lianne Beekman	ZVV	9:50.00	200500124	10:08.22
	100m: 1:10.42	1:10.42 300m:	500m:	700m:	800m: 10:08.22
	200m: 2:28.45	1:18.03 400m: 5:04.20	600m:		
2.	Julia van den Bosch	Deltasteur	10:27.04	200600232	10:20.46
	100m: 1:11.45	1:11.45 300m:	500m:	700m:	800m: 10:20.46
	200m: 2:29.74	1:18.29 400m: 5:08.86	600m:		
3.	Puck Kuipers	WS Twente	10:14.97	200603794	10:24.91
	100m: 1:11.43	1:11.43 300m:	500m:	700m:	800m: 10:24.91
	200m: 2:28.67	1:17.24 400m: 5:05.90	600m:		
4.	Robyn Hulleman	ZVV	10:36.54	200600890	10:27.20
	100m: 1:11.83	1:11.83 300m:	500m:	700m:	800m: 10:27.20
	200m: 2:30.92	1:19.09 400m: 5:11.48	600m:		

Programmanr. 1, Meisjes, 800m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
5.	Feline Slijkhuis	ZVV	10:25.17	200501042	10:28.40
	100m: 1:12.82	1:12.82 300m:	500m:	700m:	800m: 10:28.40
	200m: 2:32.25	1:19.43 400m: 5:12.92	600m:		
6.	Carlein Polinder	ZV 44	10:27.63	200600128	10:37.41
	100m: 1:12.90	1:12.90 300m:	500m:	700m:	800m: 10:37.41
	200m: 2:33.11	1:20.21 400m: 5:15.82	600m:		
7.	Sarah ten Dam	ZPC De Hof	10:42.74	200600052	10:58.55
	100m: 1:17.36	1:17.36 300m:	500m:	700m:	800m: 10:58.55
	200m: 2:39.30	1:21.94 400m: 5:27.01	600m:		
8.	Veerle Riezebos	ZV 44	10:32.58	200600712	11:09.25
	100m: 1:15.68	1:15.68 300m:	500m:	700m:	800m: 11:09.25
	200m: 2:39.65	1:23.97 400m: 5:30.13	600m:		
9.	Meike Kegel	PFC Rheden	11:06.50	200500554	11:14.18
	100m: 1:14.47	1:14.47 300m:	500m:	700m:	800m: 11:14.18
	200m: 2:38.69	1:24.22 400m: 5:30.10	600m:		
10.	Azra Guler	NDD	11:10.17	200503054	11:15.55
	100m: 1:17.29	1:17.29 300m:	500m:	700m:	800m: 11:15.55
	200m: 2:42.65	1:25.36 400m: 5:35.29	600m:		
11.	Mandy Hagting	Zuiderzeezwemmers	11:23.85	200500608	11:18.98
	100m: 1:18.81	1:18.81 300m:	500m:	700m:	800m: 11:18.98
	200m: 2:45.87	1:27.06 400m: 5:40.89	600m:		
12.	Christel Manuela	ZVV	11:20.07	200602154	11:21.82
	100m: 1:16.48	1:16.48 300m:	500m:	700m:	800m: 11:21.82
	200m: 2:42.02	1:25.54 400m: 5:36.68	600m:		
13.	Suzanne Vesneur	Zuiderzeezwemmers	11:26.78	200500740	11:29.92 FJ2
	100m: 1:15.86	1:15.86 300m:	500m:	700m:	800m: 11:29.92
	200m: 2:40.43	1:24.57 400m: 5:32.54	600m:		
14.	Imke Temmink	De Berkelduikers	11:12.35	200601668	11:48.07
	100m: 1:17.53	1:17.53 300m:	500m:	700m:	800m: 11:48.07
	200m: 2:44.22	1:26.69 400m: 5:45.47	600m:		
15.	Iris Sportel	Dedemsvaart-AC	11:46.39	200601048	11:48.83
	100m: 1:20.97	1:20.97 300m:	500m:	700m:	800m: 11:48.83
	200m: 2:52.10	1:31.13 400m: 5:52.96	600m:		
16.	India Segerink	O Z & P C	11:47.93	200501350	11:50.46
	100m: 1:23.15	1:23.15 300m:	500m:	700m:	800m: 11:50.46
	200m: 2:52.00	1:28.85 400m: 5:53.81	600m:		
17.	Alyssa Eilander	De Grunte	11:31.39	200501982	12:03.03
	100m: 1:18.96	1:18.96 300m:	500m:	700m:	800m: 12:03.03
	200m: 2:48.40	1:29.44 400m: 5:54.57	600m:		
18.	Lyanne Spaan	Dedemsvaart-AC	11:50.59	200600216	12:07.59
	100m: 1:18.74	1:18.74 300m:	500m:	700m:	800m: 12:07.59
	200m: 2:48.87	1:30.13 400m: 5:52.19	600m:		
19.	Renske Oude Egbrink	O Z & P C	11:38.41	200600040	12:14.43
	100m: 1:20.79	1:20.79 300m:	500m:	700m:	800m: 12:14.43
	200m: 2:52.14	1:31.35 400m: 6:00.22	600m:		
20.	Sterre Karmiggelt	De Berkelduikers	12:05.63	200601786	12:29.91
	100m: 1:25.43	1:25.43 300m:	500m:	700m:	800m: 12:29.91
	200m: 2:59.11	1:33.68 400m: 6:11.01	600m:		
21.	Marike Hovinga	WWV Winterswijk	13:15.02	200604560	13:10.95
	100m: 1:28.15	1:28.15 300m:	500m:	700m:	800m: 13:10.95
	200m: 3:08.10	1:39.95 400m: 6:29.34	600m:		
22.	Doutsen Doornbos	De IJsselmeeuwen	12:13.35	200602610	13:26.43
	100m: 1:30.43	1:30.43 300m:	500m:	700m:	800m: 13:26.43
	200m: 3:14.35	1:43.92 400m: 6:44.74	600m:		
AFGEM	Pien Ooijman	De Berkelduikers	12:06.12	200504500	
AFGEM	Lynn Reitsma	Deltasteur	10:28.41	200502750	
AFGEM	Isabelle Meinema	SWOL 1894	10:31.55	200500216	

Jeugd 1 en 2

1.	Nora Weerman	ZV 44	10:03.90	200400620	10:10.70
	100m: 1:09.88	1:09.88 300m:	500m:	700m:	800m: 10:10.70
	200m: 2:27.97	1:18.09 400m: 5:03.94	600m:		
2.	Alessia Sluis	Dedemsvaart-AC	10:00.89	200300896	10:18.48
	100m: 1:11.93	1:11.93 300m:	500m:	700m:	800m: 10:18.48
	200m: 2:29.72	1:17.79 400m: 5:06.60	600m:		
3.	Loes Sotthewes	WS Twente	10:15.98	200401792	10:30.48
	100m: 1:14.28	1:14.28 300m:	500m:	700m:	800m: 10:30.48
	200m: 2:34.02	1:19.74 400m: 5:14.27	600m:		

Programmanr. 1, Meisjes, 800m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
4.	Cynthia Koolman	Zuiderzeezwimmers	10:21.13	200300232	10:36.73	
	100m: 1:11.67	1:11.67 300m:		500m:	700m:	
	200m: 2:29.73	1:18.06 400m: 5:10.97		600m:	800m: 10:36.73	
5.	Manou Blokhorst	Groenlose Zwemvereniging	10:41.58	200402554	10:59.49	
	100m: 1:15.92	1:15.92 300m:		500m:	700m:	
	200m: 2:39.34	1:23.42 400m: 5:27.79		600m:	800m: 10:59.49	
6.	Manon Tiggelaar	Dedemsvaart-AC	11:01.56	200400394	11:27.31	
	100m: 1:17.89	1:17.89 300m:		500m:	700m:	
	200m: 2:44.46	1:26.57 400m: 5:39.37		600m:	800m: 11:27.31	
7.	Juliëtte Bootsveld	NDD	11:00.03	200401270	11:33.79	
	100m: 1:17.50	1:17.50 300m:		500m:	700m:	
	200m: 2:42.36	1:24.86 400m: 5:36.64		600m:	800m: 11:33.79	
AFGEM	Zara Govaers	De IJsselmeeuwen	10:37.75	200401272		

Senioren

1.	Michelle Zomerdijk	Dedemsvaart-AC	9:42.55	200003196	10:14.24	
	100m: 1:11.56	1:11.56 300m:		500m:	700m:	
	200m: 2:29.14	1:17.58 400m: 5:06.73		600m:	800m: 10:14.24	
2.	Sarah Kits	WS Twente	10:38.79	200101024	10:18.32	
	100m: 1:12.70	1:12.70 300m:		500m:	700m:	
	200m: 2:29.64	1:16.94 400m: 5:03.90		600m:	800m: 10:18.32	
3.	Moniek van Langevelde	ESCA Zwemmen	10:25.15	199803160	10:57.74	
	100m: 1:14.05	1:14.05 300m:		500m:	700m:	
	200m: 2:36.15	1:22.10 400m: 5:24.22		600m:	800m: 10:57.74	
4.	Sanne Arendsen	NDD	11:19.92	200103544	11:17.54	
	100m: 1:17.34	1:17.34 300m:		500m:	700m:	
	200m: 2:42.86	1:25.52 400m: 5:35.43		600m:	800m: 11:17.54	
5.	Fleur Arendsen	NDD	11:03.42	200202270	12:06.81	
	100m: 1:19.06	1:19.06 300m:		500m:	700m:	
	200m: 2:49.12	1:30.06 400m: 5:56.58		600m:	800m: 12:06.81	
6.	Liz van Tienoven	De Gelenberg	11:24.49	200100844	12:17.23	
	100m: 1:20.89	1:20.89 300m:		500m:	700m:	
	200m: 2:52.42	1:31.53 400m: 6:01.48		600m:	800m: 12:17.23	
7.	Kyonne Maas	Sg - E Z C L	12:28.30	200200434	13:17.16	
	100m: 1:23.84	1:23.84 300m:		500m:	700m:	
	200m: 3:00.76	1:36.92 400m: 6:22.32		600m:	800m: 13:17.16	
8.	Lerato van der Lugt	Sg - E Z C L	12:32.11	199804582	13:17.63	
	100m: 1:19.52	1:19.52 300m:		500m:	700m:	
	200m: 2:56.59	1:37.07 400m: 6:22.54		600m:	800m: 13:17.63	
9.	Manon Poell	Sg - E Z C L	13:49.61	199801756	14:17.71	
	100m: 1:31.32	1:31.32 300m:		500m:	700m:	
	200m: 3:18.94	1:47.62 400m: 7:00.54		600m:	800m: 14:17.71	

Programmanr. 2
7-3-2020 - 13:53

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Tiede Groener	De Dinkel	17:42.57	200700155	18:41.76	
	100m: 1:06.03	1:06.03 500m:		900m:	1300m:	
	200m: 2:19.92	1:13.89 600m:		1000m:	1400m:	
	300m: 4:51.40	700m:		1100m:	1500m: 18:41.76	
	400m: 9:58.34	800m: 9:58.34		1200m:		
2.	Cas Prinse	De Ward	20:00.45	200701765	20:21.67	
	100m: 1:15.64	1:15.64 500m:		900m:	1300m:	
	200m: 2:37.60	1:21.96 600m:		1000m:	1400m:	
	300m: 5:24.67	700m:		1100m:	1500m: 20:21.67	
	400m: 10:55.23	800m: 10:55.23		1200m:		
3.	David Keurentjes	NDD	20:50.22	200701459	20:51.88	
	100m: 1:15.66	1:15.66 500m:		900m:	1300m:	
	200m: 2:38.39	1:22.73 600m:		1000m:	1400m:	
	300m: 5:26.60	700m:		1100m:	1500m: 20:51.88	
	400m: 11:08.27	800m: 11:08.27		1200m:		

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

rang	naam	vereniging	intijd	tijd	RT
4.	Wessel Meeuwenberg	De Rijn	20:47.67	200600607	21:11.55
	100m: 1:15.24	1:15.24	500m:	900m:	1300m:
	200m: 2:39.66	1:24.42	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:11.55
	400m: 5:30.37		800m: 11:13.51	1200m:	
5.	Daan van Peet	De Dinkel	20:21.52	200700461	21:31.25
	100m: 1:16.53	1:16.53	500m:	900m:	1300m:
	200m: 2:40.86	1:24.33	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:31.25
	400m: 5:34.07		800m: 11:26.94	1200m:	
6.	Jort Siebelt	O Z & P C	21:39.65	200700083	21:44.83
	100m: 1:19.32	1:19.32	500m:	900m:	1300m:
	200m: 2:45.10	1:25.78	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:44.83
	400m: 5:37.77		800m: 11:29.66	1200m:	
7.	Niek Vreeling	Sg - E Z C L	22:02.54	200600217	22:25.98
	100m: 1:14.96	1:14.96	500m:	900m:	1300m:
	200m: 2:40.27	1:25.31	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 22:25.98
	400m: 5:43.03		800m: 11:51.30	1200m:	
8.	Mathijs Takken	Olympia	21:31.55	200700229	22:56.06
	100m: 1:19.61	1:19.61	500m:	900m:	1300m:
	200m: 2:49.25	1:29.64	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 22:56.06
	400m: 5:49.86		800m: 12:05.54	1200m:	
9.	Jorn ten Dam	De IJsselmeeuwen	24:34.00	200601805	24:27.94
	100m: 1:30.85	1:30.85	500m:	900m:	1300m:
	200m: 3:08.99	1:38.14	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 24:27.94
	400m: 6:27.48		800m: 13:03.41	1200m:	
10.	Niek Evers	O Z & P C	23:36.66	200700079	25:16.29
	100m: 1:30.20	1:30.20	500m:	900m:	1300m:
	200m: 3:07.89	1:37.69	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:16.29
	400m: 6:30.70		800m: 13:15.54	1200m:	
11.	Jasper Thijert	WS Twente	24:05.41	200700321	25:22.58
	100m: 1:27.75	1:27.75	500m:	900m:	1300m:
	200m: 3:04.66	1:36.91	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:22.58
	400m: 6:29.66		800m: 13:24.50	1200m:	
12.	Oscar Vrolijk	De IJsselmeeuwen	24:39.95	200600917	25:58.29
	100m: 1:23.68	1:23.68	500m:	900m:	1300m:
	200m: 3:02.71	1:39.03	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:58.29
	400m: 6:31.20		800m: 13:35.58	1200m:	
13.	Bert Hagting	Zuiderzeezwemmers	26:16.53	200701121	26:38.91
	100m: 1:39.41	1:39.41	500m:	900m:	1300m:
	200m: 3:26.95	1:47.54	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 26:38.91
	400m: 7:03.64		800m: 14:19.45	1200m:	

Junioren 3 en 4

1.	Robin van den Berg	ZV 44	17:28.52	200400699	17:21.70
	100m: 1:04.12	1:04.12	500m:	900m:	1300m:
	200m: 2:12.09	1:07.97	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 17:21.70
	400m: 4:30.20		800m: 9:09.13	1200m:	
2.	Rens Stijf	NDD	17:34.10	200501419	17:59.85
	100m: 1:05.47	1:05.47	500m:	900m:	1300m:
	200m: 2:15.33	1:09.86	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 17:59.85
	400m: 4:40.39		800m: 9:32.37	1200m:	
3.	Quinten ten Dam	ZPC De Hof	18:11.68	200400075	18:42.94
	100m: 1:09.20	1:09.20	500m:	900m:	1300m:
	200m: 2:23.52	1:14.32	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 18:42.94
	400m: 4:54.43		800m: 9:58.98	1200m:	
4.	Dries Mostert	De Vrije Slag	19:01.01	200400995	20:06.90
	100m: 1:14.73	1:14.73	500m:	900m:	1300m:
	200m: 2:36.41	1:21.68	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:06.90
	400m: 5:21.51		800m: 10:49.81	1200m:	

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
5.	Dennis Mosterman	Dedemsvaart-AC	20:02.23	200501283	20:42.50
	100m: 1:14.38	1:14.38	500m:	900m:	1300m:
	200m: 2:36.19	1:21.81	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:42.50
	400m: 5:21.97	800m: 11:02.00	1200m:		
6.	Mick Mulder	WS Twente	20:15.90	200502519	20:46.50
	100m: 1:17.45	1:17.45	500m:	900m:	1300m:
	200m: 2:41.83	1:24.38	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:46.50
	400m: 5:30.73	800m: 11:09.11	1200m:		
7.	Oscar Jansen	O Z & P C	20:34.33	200501953	21:16.85
	100m: 1:15.26	1:15.26	500m:	900m:	1300m:
	200m: 2:39.64	1:24.38	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	21:16.85
	400m: 5:31.04	800m: 11:13.72	1200m:		
8.	Luuk Jansen	Natare	21:13.34	200402111	22:02.10
	100m: 1:16.75	1:16.75	500m:	900m:	1300m:
	200m: 2:42.39	1:25.64	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:02.10
	400m: 5:38.54	800m: 11:35.90	1200m:		
9.	Mattijn Thijert	WS Twente	22:19.70	200501921	22:29.67
	100m: 1:21.69	1:21.69	500m:	900m:	1300m:
	200m: 2:48.74	1:27.05	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:29.67
	400m: 5:50.88	800m: 11:57.36	1200m:		
10.	Tom Schipper	WS Twente	22:10.68	200401799	22:36.32
	100m: 1:18.67	1:18.67	500m:	900m:	1300m:
	200m: 2:45.65	1:26.98	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:36.32
	400m: 5:45.03	800m: 11:53.23	1200m:		
11.	Oleh Chuchman	O Z & P C	23:22.41	200404447	23:52.59
	100m: 1:20.50	1:20.50	500m:	900m:	1300m:
	200m: 2:54.30	1:33.80	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	23:52.59
	400m: 6:07.67	800m: 12:38.24	1200m:		
DIS	Leonardo Hassing	Dedemsvaart-AC	20:52.41	200402377	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
AFGEM	Splinter Doornbos	De IJsselmeeuwen	19:44.90	200402255	

Jeugd 1 en 2

1.	Ronis van Everdingen	De Vrije Slag	17:33.57	200300043	18:17.70
	100m: 1:04.97	1:04.97	500m:	900m:	1300m:
	200m: 2:16.85	1:11.88	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	18:17.70
	400m: 4:54.43	800m: 9:38.16	1200m:		
2.	Niels Kragt	Dedemsvaart-AC	18:17.97	200300155	18:42.30
	100m: 1:06.14	1:06.14	500m:	900m:	1300m:
	200m: 2:21.14	1:15.00	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	18:42.30
	400m: 4:53.70	800m: 9:58.72	1200m:		
3.	Omar Markovic	WS Twente	18:07.62	200304877	18:44.45
	100m: 1:06.56	1:06.56	500m:	900m:	1300m:
	200m: 2:19.85	1:13.29	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	18:44.45
	400m: 4:51.08	800m: 9:58.60	1200m:		
4.	Taco Hengstman	De Grunte	19:38.11	200304601	20:00.43
	100m: 1:11.43	1:11.43	500m:	900m:	1300m:
	200m: 2:30.83	1:19.40	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:00.43
	400m: 5:12.33	800m: 10:38.77	1200m:		
5.	Jack Beaujon	Olympia	NT	200304251	20:39.86
	100m: 1:09.32	1:09.32	500m:	900m:	1300m:
	200m: 2:28.39	1:19.07	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:39.86
	400m: 5:10.46	800m: 10:50.17	1200m:		
NG	Bart Oude Egbrink	O Z & P C	20:05.95	200300491	

Programmanr. 2, Heren, 1500m vrije slag

Senioren

1.	Leon Kloots	ZPC De Hof	18:11.89	200001363	19:08.04	
	100m: 1:07.48	1:07.48 500m:		900m:	1300m:	
	200m: 2:21.29	1:13.81 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:08.04
	400m: 4:54.17	800m: 10:04.45		1200m:		
2.	Wessel Everloo	WS Twente	18:19.86	198906597	19:32.62	644
	100m: 1:11.41	1:11.41 500m:		900m:	1300m:	
	200m: 2:29.12	1:17.71 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:32.62
	400m: 5:05.56	800m: 10:19.32		1200m:		
3.	Jelle ten Hove	De Dinkel	17:47.67	200101373	19:38.56	
	100m: 1:08.61	1:08.61 500m:		900m:	1300m:	
	200m: 2:23.26	1:14.65 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:38.56
	400m: 4:59.41	800m: 10:20.26		1200m:		
4.	Marcel Reefhuis	WS Twente	18:36.91	198101381	19:41.30	
	100m: 1:15.37	1:15.37 500m:		900m:	1300m:	
	200m: 2:28.78	1:13.41 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	19:41.30
	400m: 5:04.38	800m: 10:18.42		1200m:		
5.	Lesley Smits	Zuiderzeezwemmers	19:01.07	200105227	20:18.25	
	100m: 1:08.51	1:08.51 500m:		900m:	1300m:	
	200m: 2:26.39	1:17.88 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	20:18.25
	400m: 5:07.13	800m: 10:38.07		1200m:		
6.	Luuk Hagting	Zuiderzeezwemmers	24:26.32	197101709	25:31.32	
	100m: 1:29.82	1:29.82 500m:		900m:	1300m:	
	200m: 3:07.85	1:38.03 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	25:31.32
	400m: 6:27.55	800m: 13:12.81		1200m:		
AFGEM	Dylan Jacobs	De Gelenberg	19:39.22	200000347		
AFGEM	Wilco Stijf	NDD	19:39.60	200103043		
AFGEM	Friso Ron	De IJsselmeeuwen	19:11.42	200102631		

Programmanr. 3
7-3-2020 - 15:20

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Hannah Markovinovic	WS Twente	20:06.60	200803266	20:39.27	
	100m: 1:16.42	1:16.42 500m:		900m:	1300m:	
	200m: 2:39.30	1:22.88 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	20:39.27
	400m: 5:26.48	800m: 10:59.76		1200m:		
2.	Heleen Broshuis	WS Twente	21:12.37	200701510	21:56.47	
	100m: 1:15.59	1:15.59 500m:		900m:	1300m:	
	200m: 2:41.45	1:25.86 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	21:56.47
	400m: 5:38.07	800m: 11:36.83		1200m:		
3.	Leyona Lichtendonk	Dedemsvaart-AC	NT	200700010	22:19.29	
	100m: 1:23.18	1:23.18 500m:		900m:	1300m:	
	200m: 2:54.21	1:31.03 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:19.29
	400m: 6:00.09	800m: 12:08.30		1200m:		
4.	Vivian Nooter	ZV 44	22:59.79	200703614	22:37.02	
	100m: 1:21.54	1:21.54 500m:		900m:	1300m:	
	200m: 2:52.92	1:31.38 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:37.02
	400m: 5:57.23	800m: 12:04.54		1200m:		
5.	Imke Riefel	NDD	22:32.48	200801994	22:37.42	
	100m: 1:23.09	1:23.09 500m:		900m:	1300m:	
	200m: 2:54.40	1:31.31 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	22:37.42
	400m: 5:57.15	800m: 12:06.73		1200m:		
6.	Marlouke Frijstein	ZV 44	23:42.41	200800152	23:16.84	
	100m: 1:25.57	1:25.57 500m:		900m:	1300m:	
	200m: 2:59.60	1:34.03 600m:		1000m:	1400m:	
	300m:	700m:		1100m:	1500m:	23:16.84
	400m: 6:08.65	800m: 12:25.87		1200m:		

Programmanr. 3, Meisjes, 1500m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
7.	Anique Gravemaker	De Rijn	22:08.06	200700022	23:23.09
	100m: 1:23.40	1:23.40	500m: 900m:	1300m:	
	200m: 2:55.89	1:32.49	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 23:23.09		
	6:03.06	800m: 12:23.20	1200m:		
8.	Britt Hopman	ZVV	23:08.09	200702688	23:25.36
	100m: 1:25.78	1:25.78	500m: 900m:	1300m:	
	200m: 2:59.49	1:33.71	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 23:25.36		
	6:08.82	800m: 12:22.93	1200m:		
9.	Sofie Kragt	Dedemsvaart-AC	NT	200701020	23:27.41
	100m: 1:28.77	1:28.77	500m: 900m:	1300m:	
	200m: 3:04.37	1:35.60	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 23:27.41		
	6:14.64	800m: 12:35.50	1200m:		
10.	Marlies Jansen	Natare	23:10.20	200701904	23:56.34
	100m: 1:28.45	1:28.45	500m: 900m:	1300m:	
	200m: 3:03.31	1:34.86	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 23:56.34		
	6:16.86	800m: 12:45.67	1200m:		
11.	Elise van der Wielen	Olympia	23:56.34	200700346	25:33.81
	100m: 1:33.78	1:33.78	500m: 900m:	1300m:	
	200m: 3:20.03	1:46.25	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 25:33.81		
	6:54.79	800m: 13:56.64	1200m:		
12.	Iris Boswinkel	WS Twente	26:06.55	200801306	25:53.39
	100m: 1:33.03	1:33.03	500m: 900m:	1300m:	
	200m: 3:15.18	1:42.15	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 25:53.39		
	6:43.07	800m: 13:40.90	1200m:		
13.	Jorien Hogebrug	WS Twente	NT	200702260	28:52.17
	100m: 1:41.15	1:41.15	500m: 900m:	1300m:	
	200m: 3:34.68	1:53.53	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 28:52.17		
	7:24.16	800m: 15:11.67	1200m:		
DIS	Daphne van der Wielen	Olympia	26:22.41	200800220	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
AFGEM	Isabel Schoemaker	De Gelenberg	26:03.13	200802654	
Junioren 3 en 4					
1.	Roos Arnold	ZV 44	19:20.22	200500060	19:37.95
	100m: 1:13.92	1:13.92	500m: 900m:	1300m:	
	200m: 2:32.80	1:18.88	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 19:37.95		
	5:10.60	800m: 10:26.20	1200m:		
2.	Jolijn Liezen	ZV 44	19:49.57	200500518	19:50.04
	100m: 1:13.73	1:13.73	500m: 900m:	1300m:	
	200m: 2:33.23	1:19.50	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 19:50.04		
	5:11.89	800m: 10:30.57	1200m:		
3.	Isabelle Meinema	SWOL 1894	19:42.53	200500216	20:27.72
	100m: 1:15.78	1:15.78	500m: 900m:	1300m:	
	200m: 2:37.29	1:21.51	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 20:27.72		
	5:22.20	800m: 10:54.61	1200m:		
4.	Myrthe Dam	Zuiderzeezwimmers	20:18.94	200602336	20:58.53
	100m: 1:14.59	1:14.59	500m: 900m:	1300m:	
	200m: 2:37.57	1:22.98	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 20:58.53		
	5:24.97	800m: 11:04.55	1200m:		
5.	Marlies Dijsselhof	Dedemsvaart-AC	NT	200601046	21:22.03
	100m: 1:16.28	1:16.28	500m: 900m:	1300m:	
	200m: 2:41.01	1:24.73	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 21:22.03		
	5:34.33	800m: 11:19.42	1200m:		
6.	Bloem Muijlaert	ZVV	21:19.99	200602754	21:29.12
	100m: 1:16.81	1:16.81	500m: 900m:	1300m:	
	200m: 2:41.79	1:24.98	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 21:29.12		
	5:34.96	800m: 11:22.50	1200m:		
7.	Michelle van den Berg	ZV 44	21:36.06	200500286	21:50.07
	100m: 1:17.75	1:17.75	500m: 900m:	1300m:	
	200m: 2:44.61	1:26.86	600m: 1000m:	1400m:	
	300m: 400m:	700m: 1100m:	1500m: 21:50.07		
	5:40.33	800m: 11:34.09	1200m:		

Programmanr. 3, Meisjes, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
8.	Mandy Hagting	Zuiderzeezwemmers	24:05.56	200500608	21:50.98
	100m: 1:20.86	1:20.86	500m: 900m:	1300m:	
	200m: 2:47.88	1:27.02	600m: 1000m:	1400m:	
	300m: 4:04.91	700m: 11:39.31	700m: 1100m:	1500m: 21:50.98	
	400m: 5:45.91	800m: 12:15.63	800m: 1200m:		
9.	Camila Valencia	De Rijn	21:55.27	200501882	23:05.66
	100m: 1:24.09	1:24.09	500m: 900m:	1300m:	
	200m: 2:57.24	1:33.15	600m: 1000m:	1400m:	
	300m: 4:04.00	700m: 11:00m:	700m: 1100m:	1500m: 23:05.66	
	400m: 6:04.00	800m: 12:15.63	800m: 1200m:		
10.	Alyssa Eilander	De Grunte	22:42.56	200501982	23:23.41
	100m: 1:23.82	1:23.82	500m: 900m:	1300m:	
	200m: 2:58.61	1:34.79	600m: 1000m:	1400m:	
	300m: 4:08.35	700m: 11:00m:	700m: 1100m:	1500m: 23:23.41	
	400m: 6:08.35	800m: 12:21.14	800m: 1200m:		
11.	Fien de Zeeuw	O Z & P C	23:09.51	200600130	23:46.69
	100m: 1:25.53	1:25.53	500m: 900m:	1300m:	
	200m: 3:00.44	1:34.91	600m: 1000m:	1400m:	
	300m: 4:12.65	700m: 11:00m:	700m: 1100m:	1500m: 23:46.69	
	400m: 6:12.65	800m: 12:38.96	800m: 1200m:		
DIS	Hester Moene	De Rijn	21:25.35	200501878	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
AFGEM	Doutsen Doornbos	De IJsselmeeuwen	24:02.63	200602610	

Jeugd 1 en 2

1.	Danielle Meinema	SWOL 1894	18:08.74	200300534	18:23.36
	100m: 1:07.96	1:07.96	500m: 900m:	1300m:	
	200m: 2:21.04	1:13.08	600m: 1000m:	1400m:	
	300m: 4:47.11	700m: 9:42.36	700m: 1100m:	1500m: 18:23.36	
	400m: 4:47.11	800m: 9:42.36	800m: 1200m:		
2.	Cynthia Koolman	Zuiderzeezwemmers	20:05.11	200300232	20:27.27
	100m: 1:14.85	1:14.85	500m: 900m:	1300m:	
	200m: 2:35.42	1:20.57	600m: 1000m:	1400m:	
	300m: 5:19.73	700m: 10:50.43	700m: 1100m:	1500m: 20:27.27	
	400m: 5:19.73	800m: 10:50.43	800m: 1200m:		
3.	Lisanne van Elst	De Rijn	20:37.72	200301964	21:33.85
	100m: 1:16.18	1:16.18	500m: 900m:	1300m:	
	200m: 2:41.01	1:24.83	600m: 1000m:	1400m:	
	300m: 5:31.72	700m: 11:22.46	700m: 1100m:	1500m: 21:33.85	
	400m: 5:31.72	800m: 11:22.46	800m: 1200m:		
4.	Vera van Breda	Olympia	20:40.21	200400090	21:44.62
	100m: 1:16.11	1:16.11	500m: 900m:	1300m:	
	200m: 2:40.73	1:24.62	600m: 1000m:	1400m:	
	300m: 5:35.57	700m: 11:28.41	700m: 1100m:	1500m: 21:44.62	
	400m: 5:35.57	800m: 11:28.41	800m: 1200m:		
5.	Vivian Gravemaker	De Rijn	21:20.74	200400058	21:57.76
	100m: 1:19.03	1:19.03	500m: 900m:	1300m:	
	200m: 2:47.19	1:28.16	600m: 1000m:	1400m:	
	300m: 5:47.89	700m: 11:44.39	700m: 1100m:	1500m: 21:57.76	
	400m: 5:47.89	800m: 11:44.39	800m: 1200m:		
6.	Iris Althoff	Groenlose Zwemvereniging	22:09.89	200404676	22:59.38
	100m: 1:23.58	1:23.58	500m: 900m:	1300m:	
	200m: 2:57.43	1:33.85	600m: 1000m:	1400m:	
	300m: 6:05.96	3:08.53	700m: 1100m:	1500m: 22:59.38	
	400m: 6:05.96	800m: 12:22.75	800m: 1200m:		
7.	Romee Jabben	Dedemsvaart-AC	23:27.60	200404426	23:02.96
	100m: 1:24.49	1:24.49	500m: 900m:	1300m:	
	200m: 2:56.59	1:32.10	600m: 1000m:	1400m:	
	300m: 6:02.05	700m: 12:15.03	700m: 1100m:	1500m: 23:02.96	
	400m: 6:02.05	800m: 12:15.03	800m: 1200m:		
8.	Annet Hartholt	Dedemsvaart-AC	23:17.35	200401646	24:25.15
	100m: 1:26.34	1:26.34	500m: 900m:	1300m:	
	200m: 3:02.84	1:36.50	600m: 1000m:	1400m:	
	300m: 6:16.92	700m: 12:51.43	700m: 1100m:	1500m: 24:25.15	
	400m: 6:16.92	800m: 12:51.43	800m: 1200m:		
9.	Jolene Bekhuis	O Z & P C	24:19.20	200300248	24:33.50
	100m: 1:26.39	1:26.39	500m: 900m:	1300m:	
	200m: 3:03.77	1:37.38	600m: 1000m:	1400m:	
	300m: 6:23.19	700m: 13:00.66	700m: 1100m:	1500m: 24:33.50	
	400m: 6:23.19	800m: 13:00.66	800m: 1200m:		
10.	Ilon Schuurman	O Z & P C	25:06.17	200304766	25:11.54
	100m: 1:27.63	1:27.63	500m: 900m:	1300m:	
	200m: 3:07.19	1:39.56	600m: 1000m:	1400m:	
	300m: 6:31.92	700m: 13:22.29	700m: 1100m:	1500m: 25:11.54	
	400m: 6:31.92	800m: 13:22.29	800m: 1200m:		

Programmanr. 3, Meisjes, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	
AFGEM	Zara Govaers	De IJsselmeeuwen	20:37.60	200401272		
AFGEM	Marieke Lenderink	O Z & P C	19:37.90	200400778		
Senioren						
1.	Tessa van de Belt	Dedemsvaart-AC	18:55.29	200102056	19:27.01	
	100m: 1:11.29	1:11.29	500m: 900m:	1300m:		
	200m: 2:28.20	1:16.91	600m: 1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:27.01	
	400m: 5:03.20	800m: 10:16.75	1200m:			
2.	Lisanne Andeweg	Zuiderzeezwimmers	18:56.99	198800092	19:45.40	
	100m: 1:13.39	1:13.39	500m: 900m:	1300m:		
	200m: 2:32.63	1:19.24	600m: 1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	19:45.40	
	400m: 5:12.25	800m: 10:31.60	1200m:			
3.	Eline Dankelman	Dedemsvaart-AC	18:51.71	200204804	20:19.35	
	100m: 1:12.72	1:12.72	500m: 900m:	1300m:		
	200m: 2:31.88	1:19.16	600m: 1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	20:19.35	
	400m: 5:12.80	800m: 10:39.61	1200m:			
4.	Lerato van der Lugt	Sg - E Z C L	24:06.13	199804582	25:04.94	
	100m: 1:25.84	1:25.84	500m: 900m:	1300m:		
	200m: 3:02.56	1:36.72	600m: 1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	25:04.94	
	400m: 6:24.41	800m: 13:11.87	1200m:			
5.	Mayke van Tintelen	O Z & P C	28:31.81	200200688	28:03.91	3
	100m: 1:37.69	1:37.69	500m: 900m:	1300m:		
	200m: 3:29.10	1:51.41	600m: 1000m:	1400m:		
	300m:	700m:	1100m:	1500m:	28:03.91	
	400m: 7:14.41	800m: 14:46.76	1200m:			
AFGEM	Liz van Tienoven	De Gelenberg	22:33.49	200100844		

Programmanr. 4
7-3-2020 - 16:35

Heren, 800m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Wout Koops	WS Twente	9:45.79	200601543	10:06.10
	100m: 1:11.85	1:11.85	300m: 500m:	700m:	
	200m: 2:27.52	1:15.67	400m: 5:00.60	800m:	10:06.10
2.	David Keurentjes FJ1	NDD	10:42.53	200701459	10:46.92
	100m: 1:13.38	1:13.38	300m: 500m:	700m:	
	200m: 2:34.47	1:21.09	400m: 5:21.10	800m:	10:46.92
3.	Daniël Hardziyenka	ZV 44	10:30.55	200701773	10:51.12
	100m: 1:15.46	1:15.46	300m: 500m:	700m:	
	200m: 2:39.00	1:23.54	400m: 5:24.31	800m:	10:51.12
4.	Rutger van der Knijff	De Vrije Slag	11:09.49	200600541	10:54.55
	100m: 1:18.44	1:18.44	300m: 500m:	700m:	
	200m: 2:40.97	1:22.53	400m: 5:27.90	800m:	10:54.55
5.	Wessel Jansen	WWV Winterswijk	11:34.22	200603579	11:05.57
	100m: 1:15.51	1:15.51	300m: 500m:	700m:	
	200m: 2:40.65	1:25.14	400m: 5:28.24	800m:	11:05.57
6.	Gijs Vesseur	Zuiderzeezwimmers	11:31.25	200700277	11:12.23
	100m: 1:17.10	1:17.10	300m: 500m:	700m:	
	200m: 2:41.39	1:24.29	400m: 5:33.70	800m:	11:12.23
7.	Lars Haytink	De Berkelduikers	10:37.99	200601815	11:18.89
	100m: 1:13.56	1:13.56	300m: 500m:	700m:	
	200m: 2:36.65	1:23.09	400m: 5:26.76	800m:	11:18.89
8.	Emiel de Bruijn	Dedemsvaart-AC	11:46.69	200700953	11:30.65
	100m: 1:18.48	1:18.48	300m: 500m:	700m:	
	200m: 2:47.60	1:29.12	400m: 5:45.12	800m:	11:30.65
9.	Niek Vreeling	Sg - E Z C L	11:30.63	200600217	11:46.25
	100m: 1:15.34	1:15.34	300m: 500m:	700m:	
	200m: 2:43.84	1:28.50	400m: 5:46.23	800m:	11:46.25
10.	Sven Kreikamp	De Dinkel	11:27.10	200600711	11:49.98
	100m: 1:20.16	1:20.16	300m: 500m:	700m:	
	200m: 2:52.22	1:32.06	400m: 5:56.28	800m:	11:49.98

Programmanr. 4, Jongens, 800m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
11.	Arnoud Bult	De Dinkel	11:48.99	200701387	11:58.47
	100m: 1:25.17	1:25.17 300m:	500m:	700m:	
	200m: 2:56.10	1:30.93 400m: 6:01.79	600m:	800m: 11:58.47	
12.	Thijs Poll	ZV 44	12:03.33	200700203	12:10.98
	100m: 1:25.48	1:25.48 300m:	500m:	700m:	
	200m: 2:57.26	1:31.78 400m: 6:06.62	600m:	800m: 12:10.98	
13.	Finn Ooijman	De Berkelduikers	11:44.51	200603161	12:18.32
	100m: 1:22.10	1:22.10 300m:	500m:	700m:	
	200m: 2:54.89	1:32.79 400m: 6:02.32	600m:	800m: 12:18.32	
14.	Haiying Jacobs	WS Twente	13:34.33	200703299	13:25.17
	100m: 1:29.78	1:29.78 300m:	500m:	700m:	
	200m: 3:10.70	1:40.92 400m: 6:40.33	600m:	800m: 13:25.17	
15.	Bert Hagting	Zuiderzeezwemmers	13:56.77	200701121	14:14.71
	100m: 1:39.04	1:39.04 300m:	500m:	700m:	
	200m: 3:27.95	1:48.91 400m: 7:05.51	600m:	800m: 14:14.71	
AFGEM	Wessel Meeuwenberg	De Rijn	11:03.70	200600607	
AFGEM	Jorn ten Dam	De IJsselmeeuwen	12:53.86	200601805	
AFGEM	Oscar Vrolijk	De IJsselmeeuwen	13:11.33	200600917	
NG	Syb van der Schouw	NDD	15:49.13	200702951	

Junioren 3 en 4

1.	Rens Stijf	NDD	9:11.68	200501419	9:29.21
	100m: 1:05.26	1:05.26 300m:	500m:	700m:	
	200m: 2:17.44	1:12.18 400m: 4:42.91	600m:	800m: 9:29.21	
2.	Mika Bongers	ESCA Zwemmen	9:37.84	200502683	9:55.47
	100m: 1:08.40	1:08.40 300m:	500m:	700m:	
	200m: 2:23.06	1:14.66 400m: 4:54.43	600m:	800m: 9:55.47	
3.	Matthew Critchell	Deltasteur	NT	200403011	9:58.06
	100m: 1:08.10	1:08.10 300m:	500m:	700m:	
	200m: 2:24.10	1:16.00 400m: 5:00.10	600m:	800m: 9:58.06	
4.	William Kragt	ZV 44	10:05.05	200503133	10:13.18
	100m: 1:11.30	1:11.30 300m:	500m:	700m:	
	200m: 2:29.17	1:17.87 400m: 5:07.18	600m:	800m: 10:13.18	
5.	Wout Kogelman	O Z & P C	11:11.02	200400203	11:04.34
	100m: 1:11.50	1:11.50 300m:	500m:	700m:	
	200m: 2:32.12	1:20.62 400m: 5:22.38	600m:	800m: 11:04.34	
6.	Torben Rijnkels	Dedemsvaart-AC	11:28.01	200404603	11:31.40
	100m: 1:16.08	1:16.08 300m:	500m:	700m:	
	200m: 2:42.67	1:26.59 400m: 5:40.34	600m:	800m: 11:31.40	
7.	Luuk Jansen	Natare	11:10.44	200402111	11:51.97
	100m: 1:17.43	1:17.43 300m:	500m:	700m:	
	200m: 2:44.72	1:27.29 400m: 5:44.75	600m:	800m: 11:51.97	
NG	Splinter Doornbos	De IJsselmeeuwen	10:36.67	200402255	

Jeugd 1 en 2

1.	Niels Kragt	Dedemsvaart-AC	9:43.56	200300155	9:41.90
	100m: 1:05.41	1:05.41 300m:	500m:	700m:	
	200m: 2:18.54	1:13.13 400m: 4:47.83	600m:	800m: 9:41.90	
2.	Wesley Grotenbreg	ESCA Zwemmen	9:30.22	200303495	9:54.91
	100m: 1:08.69	1:08.69 300m:	500m:	700m:	
	200m: 2:23.76	1:15.07 400m: 4:54.02	600m:	800m: 9:54.91	
3.	Taco Hengstman	De Grunte	10:13.62	200304601	10:17.33
	100m: 1:09.14	1:09.14 300m:	500m:	700m:	
	200m: 2:27.36	1:18.22 400m: 5:03.23	600m:	800m: 10:17.33	
4.	Quinten Baris	NDD	9:58.00	200302433	10:18.06
	100m: 1:11.79	1:11.79 300m:	500m:	700m:	
	200m: 2:29.78	1:17.99 400m: 5:09.06	600m:	800m: 10:18.06	
5.	Luc Aveskamp	De Dinkel	10:10.07	200300337	10:29.41
	100m: 1:12.04	1:12.04 300m:	500m:	700m:	
	200m: 2:30.88	1:18.84 400m: 5:11.83	600m:	800m: 10:29.41	
6.	Luuk Ruinemans	De Dinkel	10:14.04	200301085	10:29.51
	100m: 1:11.07	1:11.07 300m:	500m:	700m:	
	200m: 2:30.21	1:19.14 400m: 5:13.94	600m:	800m: 10:29.51	
7.	Rolf Veldboom	WWW Winterswijk	10:59.56	200302231	11:24.70
	100m: 1:15.72	1:15.72 300m:	500m:	700m:	
	200m: 2:42.71	1:26.99 400m: 5:36.53	600m:	800m: 11:24.70	

Programmanr. 4, Heren, 800m vrije slag

Senioren

1.	Mike Schel		ESCA Zwemmen	9:06.17	199403279	9:41.13
	100m:	1:08.68	1:08.68 300m:	500m:		700m:
	200m:	2:22.01	1:13.33 400m:	600m:		800m: 9:41.13
2.	Ilmar Stoop		Zuiderzeezwemmers	9:30.62	200100871	9:41.98
	100m:	1:04.72	1:04.72 300m:	500m:		700m:
	200m:	2:17.45	1:12.73 400m:	600m:		800m: 9:41.98
3.	Nathanaël Nijsink		ZPC De Hof	9:37.42	200100947	9:53.97
	100m:	1:07.17	1:07.17 300m:	500m:		700m:
	200m:	2:20.65	1:13.48 400m:	600m:		800m: 9:53.97
4.	Lesley Smits		Zuiderzeezwemmers	9:50.20	200105227	10:27.07
	100m:	1:08.64	1:08.64 300m:	500m:		700m:
	200m:	2:26.21	1:17.57 400m:	600m:		800m: 10:27.07
5.	Friso Ron		De IJsselmeeuwen	10:05.03	200102631	10:44.53
	100m:	1:11.44	1:11.44 300m:	500m:		700m:
	200m:	2:33.28	1:21.84 400m:	600m:		800m: 10:44.53
6.	Dylan Jacobs		De Gelenberg	10:17.55	200000347	10:46.92
	<i>FJ2</i>					
	100m:	1:11.22	1:11.22 300m:	500m:		700m:
	200m:	2:30.21	1:18.99 400m:	600m:		800m: 10:46.92
7.	Wilco Stijf		NDD	10:06.50	200103043	10:52.10
	100m:	1:13.04	1:13.04 300m:	500m:		700m:
	200m:	2:35.07	1:22.03 400m:	600m:		800m: 10:52.10
8.	Luuk Hagting		Zuiderzeezwemmers	12:46.72	197101709	13:15.05
	100m:	1:31.40	1:31.40 300m:	500m:		700m:
	200m:	3:11.37	1:39.97 400m:	600m:		800m: 13:15.05
9.	Jan Willem Heuten		WS Twente	13:46.89	196000883	13:50.76
	100m:	1:29.15	1:29.15 300m:	500m:		700m:
	200m:		400m: 6:45.62	600m:		800m: 13:50.76