

100m Deel 6  
Hoogezand, 24.4.2010

1 - 100F

24-4-2010 - 13:45

Programmanr. 1  
24-4-2010 - 13:45

Heren, 100m schoolslag

Senioren open  
Resultaten

| Rang   |                     | In.tijd         |                 | Tijd                |
|--|---------------------|-----------------|-----------------|---------------------|
| <b>Jongens Minioren 6</b>                      |                     |                 |                 |                     |
| 1.   | Anton Meijer        | Z&PC de Inktvis | 1:52.47 9803223 | <b>1:45.24</b>      |
| 2.   | Joshua Knoop        | De Aquaflippers | 1:54.61 9804105 | <b>1:49.13</b>      |
| 3.   | Xander Huberts      | Zeno            | NT 9800809      | <b>1:55.02</b>      |
| 4.   | Eric Zwiep          | De Aquaflippers | 2:10.25 9802531 | <b>1:59.06</b>      |
| <b>Jongens Junioren 1-2</b>                    |                     |                 |                 |                     |
| 1.   | Bas Martena         | Bubble          | 1:32.33 9600861 | <b>1:30.22</b> FJ 1 |
| 2.   | Niels Kasper        | De Aquaflippers | 1:32.67 9603941 | <b>1:30.22</b> FJ 2 |
| 3.   | Patrick Huberts     | Zeno            | 1:34.49 9601209 | <b>1:31.98</b>      |
| 4.   | Marc Tilstra        | Bubble          | 1:35.61 9603271 | <b>1:35.38</b>      |
| 5.   | Bert Gort           | De Aquaflippers | 1:45.00 9703703 | <b>1:36.26</b>      |
| 6.   | Remco Stam          | De Aquaflippers | 1:40.40 9702165 | <b>1:37.67</b>      |
| 7.   | Johan Arling        | Bubble          | 1:40.04 9600735 | <b>1:39.25</b>      |
| 8.   | Stefan Kuipers      | Ducdalf         | 1:37.81 9701243 | <b>1:39.53</b>      |
| 9.   | Jorrik Kerdijk      | Bubble          | 1:43.08 9602135 | <b>1:41.95</b>      |
| 10.  | Lauren Vorstenbosch | Bubble          | 1:43.49 9703379 | <b>1:43.04</b>      |
| 11.  | Han Zwiep           | De Aquaflippers | 1:46.98 9603163 | <b>1:43.32</b>      |
| 12.  | Kris van Noord      | De Aquaflippers | 1:51.02 9603753 | <b>1:43.77</b>      |
| 13.  | Djordi Battjes      | Thor            | NT 9701687      | <b>1:44.26</b>      |
| 14.  | Rowin Zijlstra      | Zeno            | 1:51.74 9604543 | <b>1:45.32</b>      |
| <b>Jongens Junioren 3-4</b>                    |                     |                 |                 |                     |
| 1.   | Paul Zanen          | Z.C. Haren      | 1:22.69 9502269 | <b>1:21.44</b>      |
| 2.   | Dennis Baalman      | De Aquaflippers | 1:25.11 9500887 | <b>1:25.92</b>      |
| 3.   | Tim Beckers         | Z.C. Haren      | 1:25.00 9405467 | <b>1:26.87</b>      |
| 4.   | Tim Vondeling       | De Aquaflippers | 1:23.29 9402009 | <b>1:29.92</b>      |
| 5.   | Jelmer Deiling      | Ducdalf         | 1:35.28 9502437 | <b>1:34.70</b>      |
| DIS  | Aron Bakker         | Z.C. Haren      | 1:28.31 9502267 |                     |
| <i>AA - Te vroeg weg of bewogen bij start.</i> |                     |                 |                 |                     |
| <b>Heren Jeugd 1-2</b>                         |                     |                 |                 |                     |
| 1.   | Johan Wijma         | De Aquaflippers | 1:14.94 9301689 | <b>1:15.13</b>      |
| 2.   | Rick Kuipers        | Z&PC de Inktvis | 1:25.24 9203449 | <b>1:23.19</b>      |
| 3.   | Daniel Bos          | Thor            | 1:33.74 9202607 | <b>1:30.51</b>      |
| <b>Heren Senioren</b>                          |                     |                 |                 |                     |
| 1.   | Jens Boer           | Z&PC de Inktvis | 1:14.80 8900289 | <b>1:16.20</b>      |
| 2.   | Dennis Kuipers      | Z&PC de Inktvis | 1:16.40 8601787 | <b>1:20.57</b>      |
| 3.   | Jarno Heres         | Ducdalf         | 1:20.16 9003549 | <b>1:22.51</b>      |
| 4.   | Edwin van der Veen  | De Aquaflippers | 1:31.67 8705167 | <b>1:31.28</b>      |
| 5.   | Marco de Vries      | Z&PC de Inktvis | 1:23.62 9003181 | <b>1:33.62</b>      |
| 6.   | Erik Meijer         | Thor            | 1:58.42 8704113 | <b>1:53.59</b>      |

100m Deel 6  
Hoogezand, 24.4.2010

Programmanr. 2  
24-4-2010 - 14:00

Dames, 100m schoolslag

Senioren open  
Resultaten

| Rang                        |                           |                 | In.tijd |         | Tijd                |
|-----------------------------|---------------------------|-----------------|---------|---------|---------------------|
| <b>Meisjes Junioren 1</b>   |                           |                 |         |         |                     |
| 1.                          | Anouk Zuidema             | De Aquaflippers | 1:26.47 | 9801654 | <b>1:24.19</b>      |
| 2.                          | Isabelle Dijkhuis         | De Aquaflippers | 1:37.64 | 9802850 | <b>1:36.51</b>      |
| 3.                          | Marianne Arling           | Bubble          | 1:38.61 | 9800170 | <b>1:36.72</b>      |
| 4.                          | Lisanne Tilstra           | Bubble          | 1:37.29 | 9801036 | <b>1:37.72</b>      |
| 5.                          | Julia Doesburg            | Z&PC de Inktvis | 1:53.86 | 9803446 | <b>1:50.31</b>      |
| AFGEM                       | Laura van Loenen          | Bubble          | 1:52.12 | 9801040 |                     |
| <b>Meisjes Junioren 2-3</b> |                           |                 |         |         |                     |
| 1.                          | Sanne Kamminga            | De Aquaflippers | 1:31.10 | 9604378 | <b>1:30.00</b>      |
| 2.                          | Mattia van der Laan       | Zeno            | 1:37.81 | 9700702 | <b>1:35.87</b>      |
| 3.                          | Vera Kwant                | Bubble          | 1:38.17 | 9702230 | <b>1:36.68</b>      |
| 4.                          | Lianne Bolhuis            | Zeno            | 1:41.67 | 9705656 | <b>1:42.09</b>      |
| 5.                          | Mariska Wessels           | Thor            | 2:05.29 | 9703540 | <b>1:44.54</b>      |
| 6.                          | Amke van der Straten      | Z&PC de Inktvis | 1:50.19 | 9704822 | <b>1:46.65</b>      |
| 7.                          | Mandy van Mal             | Zeno            | 2:00.88 | 9604874 | <b>1:49.97</b>      |
| 8.                          | Laura Veenman             | Ducdalf         | 1:56.97 | 9700552 | <b>1:51.35</b>      |
| AFGEM                       | Harmke Steenhuis          | Ducdalf         | 1:50.70 | 9606224 |                     |
| AFGEM                       | Marieke van Schuijlenburg | Z.C. Haren      | 1:52.59 | 9704314 |                     |
| AFGEM                       | Noëlle Meijer             | Bubble          | 1:45.88 | 9700422 |                     |
| <b>Dames Jeugd 1-2</b>      |                           |                 |         |         |                     |
| 1.                          | Daphne Adriaanse          | Z&PC de Inktvis | 1:27.65 | 9406616 | <b>1:25.36</b>      |
| 2.                          | Cynthia Lasker            | Z&PC de Inktvis | 1:37.12 | 9502412 | <b>1:32.26</b>      |
| 3.                          | Karen Stolk               | Z.C. Haren      | 1:33.71 | 9403950 | <b>1:32.93</b> FJ 1 |
| 4.                          | Yvonne Wilts              | Z&PC de Inktvis | 1:33.91 | 9501476 | <b>1:32.93</b> FJ 2 |
| 5.                          | Jessica Wortelboer        | Z.C. Haren      | 1:36.64 | 9406824 | <b>1:35.39</b>      |
| 6.                          | Alexandra Rijskamp        | Ducdalf         | 1:35.05 | 9505250 | <b>1:37.10</b>      |
| 7.                          | Anouk Sikkema             | Z&PC de Inktvis | 1:37.93 | 9506042 | <b>1:38.62</b>      |
| 8.                          | Carmen Huttinga           | Bubble          | 1:38.36 | 9503994 | <b>1:38.64</b>      |
| 9.                          | Majken Roelfszema         | Ducdalf         | 1:39.63 | 9404808 | <b>1:39.32</b>      |
| 10.                         | Saskia van Niekerk        | Z.C. Haren      | 1:42.00 | 9506232 | <b>1:42.81</b>      |
| 11.                         | Marieke Veenstra          | Z&PC de Inktvis | 1:42.25 | 9402248 | <b>1:42.99</b>      |
| NG                          | Askin Ardic               | Z&PC de Inktvis | 1:36.90 | 9405848 |                     |
| <b>Dames Senioren</b>       |                           |                 |         |         |                     |
| 1.                          | Esther Schipper           | De Aquaflippers | 1:22.61 | 9201570 | <b>1:24.91</b>      |
| 2.                          | Martine Heres             | Ducdalf         | 1:28.17 | 8701668 | <b>1:29.68</b>      |
| 3.                          | Mirte Drijfhout           | Zeno            | 1:32.92 | 9000912 | <b>1:30.89</b>      |
| 4.                          | Denise Hofman             | Z&PC de Inktvis | NT      | 8601596 | <b>1:39.02</b>      |
| 5.                          | Natasja Postma            | Z&PC de Inktvis | 1:34.58 | 9303864 | <b>1:41.04</b>      |
| 6.                          | Saakje van Zelderen       | Zeno            | 1:41.57 | 9006052 | <b>1:41.80</b>      |
| 7.                          | Andrea Boelens            | Z&PC de Inktvis | 1:39.63 | 9301270 | <b>1:42.05</b>      |
| 8.                          | Sharyn Turksema           | Ducdalf         | 1:46.24 | 9301700 | <b>1:45.33</b>      |
| 9.                          | Jolein Deiling            | Ducdalf         | 1:43.00 | 9007906 | <b>1:47.70</b>      |
| AFGEM                       | Harriet Noordhof          | Zeno            | 1:45.10 | 8806698 |                     |

100m Deel 6  
Hoogezand, 24.4.2010

Programmanr. 3 100m schoolslag Mix Minioren 4-5  
24-4-2010 - 14:15 Resultaten

| Rang  | In.tijd                | Tijd           |
|---|------------------------|----------------|
| Jongens Minioren 4, Jongens   |                        |                |
| 1. Sander Bouma   | Bubble 2:02.45 0001249 | <b>1:57.48</b> |
| DIS Hendrik Broekema  | Bubble NT 0002205      | <b>2:02.67</b> |
| <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> |                        |                |

Meisjes Minioren 4, Meisjes

|  |                                 |                |
|--|---------------------------------|----------------|
| 1. Eline Zuidema   | De Aquaflippers 1:42.74 0002292 | <b>1:41.10</b> |
| 2. Noor Hindriks   | Z&PC de Inktvis 1:54.86 0001928 | <b>1:50.67</b> |
| 3. Floor Gerritsma                                       | De Aquaflippers 1:59.21 0002464 | <b>1:51.78</b> |
| 4. Esmee van Loenen                                      | Bubble 2:01.27 0000070          | <b>1:54.99</b> |
| 5. Arianne Kooijinga                                     | Zeno 2:08.00 0001544            | <b>2:01.50</b> |
| DIS Djuna Mik  | Z.C. Haren NT 0002880           | <b>2:19.20</b> |
| <i>SL - Met één hand keer- en/of eindpunt aangetikt.</i> |                                 |                |

Meisjes Minioren 5, Meisjes

|                     |                                 |                |
|---------------------|---------------------------------|----------------|
| 1. Nikita Mik       | Z.C. Haren 1:45.57 9901204      | <b>1:45.45</b> |
| 2. Anouk Martini    | De Aquaflippers 1:53.87 9903416 | <b>1:48.45</b> |
| 3. Margriet Bieze   | Bubble 1:46.37 9900508          | <b>1:50.80</b> |
| 4. Kirsten Lingbeek | Z&PC de Inktvis 1:59.14 9901408 | <b>1:59.47</b> |

Programmanr. 4 100m schoolslag Mix Minioren 2-3  
24-4-2010 - 14:20 Resultaten

| Rang                          | In.tijd                         | Tijd           |
|-------------------------------|---------------------------------|----------------|
| Meisjes Minioren 2-3, Meisjes |                                 |                |
| 1. Rosa Koetsier              | Z&PC de Inktvis 1:52.59 0101158 | <b>1:49.04</b> |
| 2. Fleur Vialle               | Bubble 2:06.64 0100554          | <b>1:57.52</b> |
| 3. Kim van de Graaf           | Z&PC de Inktvis 2:13.31 0200312 | <b>2:04.20</b> |

Programmanr. 5 Heren, 200m schoolslag Senioren open  
24-4-2010 - 14:20 Resultaten

| Rang                        | In.tijd                    | Tijd           |
|-----------------------------|----------------------------|----------------|
| 1. Wolter v.d Veen          | Z.C. Haren 2:55.00 9505099 | <b>3:04.88</b> |
| 100m: 1:28.66 200m: 3:04.88 |                            |                |
| 2. Maarten Pops             | Z.C. Haren 3:10.00 9501459 | <b>3:17.07</b> |
| 100m: 1:34.99 200m: 3:17.07 |                            |                |

100m Deel 6  
Hoogezand, 24.4.2010

Programmanr. 6 Dames, 200m schoolslag Senioren open  
24-4-2010 - 14:25 Resultaten

| Rang |                             |            | In.tijd |         | Tijd           |
|------|-----------------------------|------------|---------|---------|----------------|
| 1.   | Martine Heres               | Ducdalf    | 3:15.18 | 8701668 | <b>3:17.37</b> |
|      | 100m: 1:35.81 200m: 3:17.37 |            |         |         |                |
| 2.   | Anne Groenendijk            | Z.C. Haren | 3:24.73 | 9404684 | <b>3:18.06</b> |
|      | 100m: 1:34.69 200m: 3:18.06 |            |         |         |                |
| 3.   | Majken Roelfszema           | Ducdalf    | NT      | 9404808 | <b>3:33.59</b> |
|      | 100m: 1:41.93 200m: 3:33.59 |            |         |         |                |
| 4.   | Mattia van der Laan         | Zeno       | NT      | 9700702 | <b>3:33.70</b> |
|      | 100m: 1:43.23 200m: 3:33.70 |            |         |         |                |

Programmanr. 7 Heren, 100m wisselslag Senioren open  
24-4-2010 - 14:30 Resultaten

| Rang |                      |                 | In.tijd |         | Tijd           |
|------|----------------------|-----------------|---------|---------|----------------|
| 1.   | Sander Oosterhof     | Ducdalf         | 1:17.47 | 9205081 | <b>1:13.66</b> |
| 2.   | Daniel Bos           | Thor            | 1:18.31 | 9202607 | <b>1:14.63</b> |
| 3.   | Bas Martena          | Bubble          | 1:28.06 | 9600861 | <b>1:19.23</b> |
| 4.   | Joop v.d. Veen       | Z.C. Haren      | 1:24.59 | 6000997 | <b>1:23.92</b> |
| 5.   | Maarten Schuttenbeld | Ducdalf         | 1:24.90 | 9401497 | <b>1:25.35</b> |
| 6.   | Jelmer Deiling       | Ducdalf         | 1:25.80 | 9502437 | <b>1:25.87</b> |
| 7.   | Lauren Vorstenbosch  | Bubble          | 1:33.81 | 9703379 | <b>1:32.27</b> |
| 8.   | Djordi Battjes       | Thor            | 1:44.98 | 9701687 | <b>1:32.95</b> |
| 9.   | Rowin Zijlstra       | Zeno            | 1:35.80 | 9604543 | <b>1:33.13</b> |
| 10.  | Joshua Knoop         | De Aquaflippers | 1:47.89 | 9804105 | <b>1:40.44</b> |

Programmanr. 8 Dames, 100m wisselslag Senioren open  
24-4-2010 - 14:35 Resultaten

| Rang  |  |                 | In.tijd |         | Tijd           |
|-------|--|-----------------|---------|---------|----------------|
| 1.    | Brenda Ritsema   | Bubble          | 1:21.05 | 9301704 | <b>1:22.79</b> |
| 2.    | Marleen Buis   | Z.C. Haren      | 1:26.75 | 9604414 | <b>1:25.05</b> |
| 3.    | Vera Kwant   | Bubble          | 1:27.04 | 9702230 | <b>1:26.29</b> |
| 4.    | Andrea Boelens   | Z&PC de Inktvis | 1:29.32 | 9301270 | <b>1:28.14</b> |
| 5.    | Saakje van Zelderen  | Zeno            | 1:29.04 | 9006052 | <b>1:31.60</b> |
| 6.    | Denise Hofman  | Z&PC de Inktvis | 1:31.67 | 8601596 | <b>1:32.87</b> |
| 7.    | Mariska Wessels  | Thor            | 1:35.76 | 9703540 | <b>1:33.35</b> |
| 8.    | Saskia van Niekerk   | Z.C. Haren      | 1:32.63 | 9506232 | <b>1:33.66</b> |
| 9.    | Sharyn Turksema  | Ducdalf         | 1:33.48 | 9301700 | <b>1:37.13</b> |
| 10.   | Mandy van Mal  | Zeno            | 1:37.06 | 9604874 | <b>1:38.33</b> |
| 11.   | Jolein Deiling   | Ducdalf         | 1:35.62 | 9007906 | <b>1:42.50</b> |
| DIS   | Laura Veenman  | Ducdalf         | 1:48.20 | 9700552 | <b>1:41.50</b> |
|       | <i>VC - Armen niet over het water naar voren gebracht.</i> |                 |         |         |                |
| AFGEM | Harriet Noordhof   | Zeno            | 1:33.26 | 8806698 |                |
| AFGEM | Denise Rozeboom  | Ducdalf         | 1:34.26 | 9700550 |                |





100m Deel 6  
Hoogezand, 24.4.2010

Programmanr. 15, Alle, 100m rugslag, Mix Minioren 4-5

| Rang |  |                 | In.tijd |         | Tijd           |
|------|--|-----------------|---------|---------|----------------|
| DIS  | Margriet Bieze   | Bubble          | 1:49.39 | 9900508 | <b>1:47.00</b> |
|      | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i>           |                 |         |         |                |
| DIS  | Noor Hindriks  | Z&PC de Inktvis | 1:47.86 | 0001928 | <b>1:48.27</b> |
|      | <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> |                 |         |         |                |

Programmanr. 16  
24-4-2010 - 15:10

100m rugslag

Mix Minioren 2-3  
Resultaten

| Rang |  |                 | In.tijd |         | Tijd           |
|------|--|-----------------|---------|---------|----------------|
| 1.   | Rosa Koetsier  | Z&PC de Inktvis | 1:56.74 | 0101158 | <b>1:55.74</b> |
| DIS  | Kim van de Graaf   | Z&PC de Inktvis | NT      | 0200312 | <b>1:49.55</b> |
|      | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> |                 |         |         |                |

Programmanr. 17  
24-4-2010 - 15:10

Heren, 200m wisselslag

Senioren open  
Resultaten

| Rang |                 |                 | In.tijd |         | Tijd           |
|------|-----------------|-----------------|---------|---------|----------------|
| 1.   | Dennis Kuipers  | Z&PC de Inktvis | 2:31.68 | 8601787 | <b>2:41.32</b> |
| 2.   | Rick Kuipers    | Z&PC de Inktvis | 2:45.49 | 9203449 | <b>2:53.17</b> |
|      | 50m: 34.54      | 200m: 2:53.17   |         |         |                |
| 3.   | Tim Beckers     | Z.C. Haren      | 3:07.22 | 9405467 | <b>2:59.59</b> |
|      | 50m: 35.63      | 200m: 2:59.59   |         |         |                |
| 4.   | Patrick Huberts | Zeno            | NT      | 9601209 | <b>3:00.74</b> |
| 5.   | Marc Tilstra    | Bubble          | 3:14.47 | 9603271 | <b>3:18.38</b> |
|      | 50m: 45.86      | 200m: 3:18.38   |         |         |                |

Programmanr. 18  
24-4-2010 - 15:15

Dames, 200m wisselslag

Senioren open  
Resultaten

| Rang |   |                 | In.tijd |         | Tijd           |
|------|---|-----------------|---------|---------|----------------|
| 1.   | Daphne Adriaanse  | Z&PC de Inktvis | 3:02.10 | 9406616 | <b>2:53.57</b> |
|      | 50m: 38.32  | 200m: 2:53.57   |         |         |                |
| 2.   | Marleen Buis  | Z.C. Haren      | 3:03.36 | 9604414 | <b>3:03.82</b> |
|      | 50m: 38.89  | 200m: 3:03.82   |         |         |                |
| 3.   | Yvonne Wilts  | Z&PC de Inktvis | 3:18.03 | 9501476 | <b>3:11.80</b> |
|      | 50m: 45.09  | 200m: 3:11.80   |         |         |                |
| DIS  | Alexandra Rijskamp                                      | Ducdalf         | NT      | 9505250 | <b>3:22.05</b> |
|      | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> |                 |         |         |                |
| NG   | Askin Ardic   | Z&PC de Inktvis | 3:29.28 | 9405848 |                |

100m Deel 6  
Hoogezand, 24.4.2010

Programmanr. 19  
24-4-2010 - 15:20

Heren, 400m vrije slag

Senioren open  
Resultaten

| Rang |                    |               |               |                 | In.tijd |         | Tijd           |
|------|--------------------|---------------|---------------|-----------------|---------|---------|----------------|
| 1.   | Wolter v.d Veen    |               |               | Z.C. Haren      | 4:36.00 | 9505099 | <b>4:51.29</b> |
|      | 100m: 1:08.00      | 200m: 2:24.57 | 400m: 4:51.29 |                 |         |         |                |
| 2.   | Dennis Baalman     |               |               | De Aquaflippers | NT      | 9500887 | <b>4:52.11</b> |
|      | 100m: 1:08.83      | 200m: 2:24.52 | 400m: 4:52.11 |                 |         |         |                |
| 3.   | Jasper Groeneveld  |               |               | Z.C. Haren      | 5:20.19 | 8102263 | <b>5:01.67</b> |
|      | 100m: 1:08.20      | 200m: 2:24.86 | 400m: 5:01.67 |                 |         |         |                |
| 4.   | Johan Wijma        |               |               | De Aquaflippers | NT      | 9301689 | <b>5:09.23</b> |
|      | 100m: 1:11.20      | 200m: 2:30.39 | 400m: 5:09.23 |                 |         |         |                |
| 5.   | Edwin van der Veen |               |               | De Aquaflippers | 5:42.60 | 8705167 | <b>5:29.82</b> |
|      | 100m: 1:11.67      | 200m: 2:36.49 | 400m: 5:29.82 |                 |         |         |                |
| 6.   | Niels Kasper       |               |               | De Aquaflippers | 5:33.91 | 9603941 | <b>5:30.99</b> |
|      | 100m: 1:18.83      | 200m: 2:45.24 | 400m: 5:30.99 |                 |         |         |                |
| 7.   | Sander Oosterhof   |               |               | Ducdalf         | NT      | 9205081 | <b>5:31.11</b> |
|      | 100m: 1:14.22      | 200m: 2:38.40 | 400m: 5:31.11 |                 |         |         |                |
| 8.   | Jarno Heres        |               |               | Ducdalf         | 5:28.02 | 9003549 | <b>5:40.60</b> |
|      | 100m: 1:14.07      | 200m: 2:40.08 | 400m: 5:40.60 |                 |         |         |                |
| 9.   | Johan Arling       |               |               | Bubble          | 6:44.94 | 9600735 | <b>5:43.29</b> |
|      | 100m: 1:19.60      | 200m: 2:46.89 | 400m: 5:43.29 |                 |         |         |                |
| 10.  | Joop v.d. Veen     |               |               | Z.C. Haren      | 5:45.00 | 6000997 | <b>6:12.80</b> |
|      | 100m: 1:24.92      | 200m: 3:00.14 | 400m: 6:12.80 |                 |         |         |                |

Programmanr. 20  
24-4-2010 - 15:30

Dames, 400m vrije slag

Senioren open  
Resultaten

| Rang |                   |               |               |                 | In.tijd |         | Tijd           |
|------|-------------------|---------------|---------------|-----------------|---------|---------|----------------|
| 1.   | Suzanne Teuben    |               |               | De Aquaflippers | 5:32.82 | 9201736 | <b>5:12.26</b> |
|      | 100m: 1:12.70     | 200m: 2:32.39 | 400m: 5:12.26 |                 |         |         |                |
| 2.   | Esther Schipper   |               |               | De Aquaflippers | 5:30.00 | 9201570 | <b>5:20.02</b> |
|      | 100m: 1:16.07     | 200m: 2:39.57 | 400m: 5:20.02 |                 |         |         |                |
| 3.   | Sanne Kamminga    |               |               | De Aquaflippers | 5:37.01 | 9604378 | <b>5:23.20</b> |
|      | 100m: 1:16.65     | 200m: 2:41.01 | 400m: 5:23.20 |                 |         |         |                |
| 4.   | Anouk Sikkema     |               |               | Z&PC de Inktvis | 5:57.69 | 9506042 | <b>5:49.47</b> |
|      | 100m: 1:21.76     | 200m: 2:48.78 | 400m: 5:49.47 |                 |         |         |                |
| 5.   | Marianne Arling   |               |               | Bubble          | 6:21.45 | 9800170 | <b>5:52.70</b> |
|      | 100m: 1:21.39     | 200m: 2:53.02 | 400m: 5:52.70 |                 |         |         |                |
| 6.   | Lisanne Tilstra   |               |               | Bubble          | 6:20.83 | 9801036 | <b>5:52.80</b> |
|      | 100m: 1:21.00     | 200m: 2:53.32 | 400m: 5:52.80 |                 |         |         |                |
| 7.   | Sanne Alkemade    |               |               | Z&PC de Inktvis | 6:01.31 | 9500226 | <b>5:57.13</b> |
|      | 100m: 1:22.48     | 200m: 2:53.10 | 400m: 5:57.13 |                 |         |         |                |
| 8.   | Sanne Norder      |               |               | Z&PC de Inktvis | 5:51.67 | 9102300 | <b>5:57.70</b> |
|      | 100m: 1:21.93     | 200m: 2:52.68 | 400m: 5:57.70 |                 |         |         |                |
| 9.   | Isabelle Dijkhuis |               |               | De Aquaflippers | 6:48.20 | 9802850 | <b>6:06.90</b> |
|      | 100m: 1:29.63     | 200m: 3:05.85 | 400m: 6:06.90 |                 |         |         |                |
| 10.  | Mirte Drijfhout   |               |               | Zeno            | NT      | 9000912 | <b>6:31.86</b> |
|      | 100m: 1:32.44     | 200m: 3:14.27 | 400m: 6:31.86 |                 |         |         |                |



100m Deel 6  
Hoogezand, 24.4.2010

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Programmanr. 25, Heren, 4 x 50m vrije slag

|                      |    |                 |                    |                |
|----------------------|----|-----------------|--------------------|----------------|
| 1. Z&PC de Inktvis 1 |    | Z&PC de Inktvis | 1:46.96            | <b>1:46.76</b> |
| Marco de Vries       | 90 | 28.57           | Dennis Kuipers     | 86             |
| Rick Kuipers         | 92 |                 | Jens Boer          | 89             |
| 2. Z.C. Haren 1      |    | Z.C. Haren      | 1:52.34            | <b>1:54.07</b> |
| Jasper Groeneveld    | 81 | 27.92           | Paul Zanen         | 95             |
| Aron Bakker          | 95 |                 | Wolter v.d Veen    | 95             |
| 3. De Aquaflippers 2 |    | De Aquaflippers | 1:58.17            | <b>1:58.82</b> |
| Niels Kasper         | 96 | 31.01           | Bert Gort          | 97             |
| Johan Wijma          | 93 |                 | Edwin van der Veen | 87             |
| 4. De Aquaflippers 1 |    | De Aquaflippers | 2:04.06            | <b>2:06.03</b> |
| Dennis Baalman       | 95 | 27.59           | Kris van Noord     | 96             |
| Remco Stam           | 97 |                 | Tim Vondeling      | 94             |