

Overijsselse Kampioenschappen korte baan 2017



Regio Oost i.s.m. ZPC Het Ravijn

Nijverdal 7-1-2017 t/m 8-1-2017

Overijsselse Kampioenschappen korte baan sessie 1 - zaterdag 7 januari 2017 om 12:30u (25 m)

Aanvangstijd juryvergadering: 11:45u

1. 200m wisselslag - Dames

11 - 11 jaar (Junioren 1)

1. Yke Groener (De Dinkel, 200500772)	02:50.62
50m 00:38.63 38,63 100m 01:22.62 43,99 150m 02:12.63 50,01	
2. Roos Arnold (Het Ravijn, 200500060)	02:54.89
50m 00:41.16 41,16 100m 01:27.48 46,32 150m 02:16.39 48,91	
3. Iris Timmermans (Het Ravijn, 200500172)	02:54.99
50m 00:38.05 38,05 100m 01:24.45 46,40 150m 02:17.20 52,75	
4. Esther Engbers (WS Twente, 200500358)	02:57.09
50m 00:39.28 39,28 100m 01:24.56 45,28 150m 02:17.76 53,20	
5. Lisanne Nijland (ZV 44, 200500224)	03:00.02
50m 00:41.87 41,87 100m 01:27.95 46,08 150m 02:18.68 50,73	
6. Laurentien Bosman (De IJssel, 200500080)	03:01.06
50m 00:40.04 40,04 100m 01:27.51 47,47 150m 02:19.93 52,42	
7. Lise van Rijn (O Z & P C, 200500634)	03:03.21
50m 00:41.43 41,43 100m 01:28.43 47,00 150m 02:22.45 54,02	
8. Imre Reijnders (ZV 44, 200501870)	03:05.07
50m 00:39.93 39,93 100m 01:28.55 48,62 150m 02:23.98 55,43	
9. Neomi Koetsier (WS Twente, 200502144)	03:05.63
50m 00:41.45 41,45 100m 01:29.65 48,20 150m 02:24.13 54,48	
10. Jolijn Liezen (ZV 44, 200500518)	03:07.83
50m 00:41.48 41,48 100m 01:29.41 47,93 150m 02:26.54 57,13	
11. Lynn Reitsma (Swol 1894, 200502750)	03:11.66
50m 00:40.80 40,80 100m 01:29.23 48,43 150m 02:31.20 61,97	

12 - 12 jaar (Junioren 2)

1. Puck Koopman (De Dinkel, 200400038)	02:36.14
50m 00:32.58 32,58 100m 01:12.24 39,66 150m 02:00.51 48,27	
2. Tess Wolbert (De Dinkel, 200400538)	02:42.13
50m 00:36.21 36,21 100m 01:17.72 41,51 150m 02:04.54 46,82	
3. Marieke Lenderink (De Dinkel, 200400778)	02:43.90
50m 00:36.38 36,38 100m 01:19.71 43,33 150m 02:06.69 46,98	
4. Sanne Temmen (De Dinkel, 200400682)	02:44.35
50m 00:37.29 37,29 100m 01:18.42 41,13 150m 02:07.86 49,44	
5. Loes Sotthewes (WS Twente, 200401792)	02:44.46
50m 00:35.13 35,13 100m 01:15.59 40,46 150m 02:07.11 51,52	
6. Maya de Best (WS Twente, 200402444)	02:52.65
50m 00:39.91 39,91 100m 01:24.10 44,19 150m 02:13.80 49,70	
7. Daniëlle van der Voort (WS Twente, 200402100)	02:52.69
50m 00:39.33 39,33 100m 01:23.69 44,36 150m 02:13.68 49,99	

8. Aleid te Velthuis (Dedemsvaart-AC, 200401470)			02:52.87
50m 00:37.36 37,36	100m 01:22.89 45,53	150m 02:13.01 50,12	
<i>13 - 13 jaar (Junioren 3)</i>			
1. Joy van Dieren (De Dinkel, 200300182)			02:35.63
50m 00:33.24 33,24	100m 01:12.35 39,11	150m 01:59.73 47,38	
2. Lotte Pieterman (Swol 1894, 200301838)			02:36.00
50m 00:33.97 33,97	100m 01:13.15 39,18	150m 02:00.75 47,60	
3. Alessia Sluis (Dedemsvaart-AC, 200300896)			02:38.75
50m 00:34.68 34,68	100m 01:15.07 40,39	150m 02:01.28 46,21	
4. Milou ten Koppel (Deltasteur, 200302572)			02:40.64
50m 00:34.26 34,26	100m 01:15.03 40,77	150m 02:02.85 47,82	
5. Isabelle Elsweier (WS Twente, 200303614)			02:42.00
50m 00:35.07 35,07	100m 01:15.52 40,45	150m 02:03.44 47,92	
6. Soraya Rakers (De Dinkel, 200300818)			02:42.04
50m 00:36.40 36,40	100m 01:16.68 40,28	150m 02:04.38 47,70	
7. Lionne Klarenbeek (ZPC De Hof, 200300108)			02:42.86
50m 00:34.39 34,39	100m 01:15.57 41,18	150m 02:05.92 50,35	
<i>14 - 14 jaar (Jeugd 1)</i>			
1. Lieke Oude Lenferink (WS Twente, 200200068)			02:29.73
50m 00:30.56 30,56	100m 01:07.10 36,54	150m 01:54.44 47,34	
2. Carlijn Hansté (WS Twente, 200201082)			02:29.83
50m 00:31.96 31,96	100m 01:08.33 36,37	150m 01:54.77 46,44	
3. Hanne te Velthuis (Dedemsvaart-AC, 200201324)			02:34.32
50m 00:33.17 33,17	100m 01:13.93 40,76	150m 02:00.40 46,47	
4. Kiki Koopman (De Dinkel, 200200232)			02:36.26
50m 00:31.69 31,69	100m 01:09.76 38,07	150m 02:01.05 51,29	
5. Mayke Westerhof (De Dinkel, 200201488)			02:41.04
50m 00:35.44 35,44	100m 01:16.43 40,99	150m 02:04.18 47,75	
DIS. Maud Kuipers (Dedemsvaart-AC, 200201894)			00:00.00
<i>15 - 15 jaar (Jeugd 2)</i>			
1. Manon Compagner (Dedemsvaart-AC, 200101710)			02:29.92
50m 00:29.74 29,74	100m 01:06.74 37,00	150m 01:54.06 47,32	
2. Janneke Lenderink (De Dinkel, 200100328)			02:30.38
50m 00:31.78 31,78	100m 01:10.17 38,39	150m 01:54.81 44,64	
3. Tessa van de Belt (Dedemsvaart-AC, 200102056)			02:32.16
50m 00:33.24 33,24	100m 01:11.54 38,30	150m 01:56.33 44,79	
4. Sarah Kits (WS Twente, 200101024)			02:35.32
50m 00:33.47 33,47	100m 01:13.05 39,58	150m 01:59.15 46,10	
5. Roëlle op de Haar (WS Twente, 200103428)			02:41.63
50m 00:35.24 35,24	100m 01:14.59 39,35	150m 02:05.62 51,03	
6. Zoe Slinkman (ZPC De Hof, 200100062)			02:51.74
50m 00:36.72 36,72	100m 01:22.21 45,49	150m 02:07.46 45,25	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>			
1. Sterre Mooiweer (De Dinkel, 199800236)			02:22.37
50m 00:30.37 30,37	100m 01:04.97 34,60	150m 01:48.08 43,11	
2. Maaike van Veen (Dedemsvaart-AC, 199700292)			02:25.66
50m 00:30.85 30,85	100m 01:06.74 35,89	150m 01:50.07 43,33	
3. Romée Spin (De Dinkel, 200000724)			02:30.68
50m 00:31.72 31,72	100m 01:10.72 39,00	150m 01:56.06 45,34	

4. Madelijne Schothans (De Dinkel, 200002416)	50m 00:34.52 34,52	100m 01:14.77 40,25	150m 01:54.45 39,68	02:31.04
5. Eefje Slootweg (De Dinkel, 199800218)	50m 00:31.01 31,01	100m 01:08.26 37,25	150m 01:55.22 46,96	02:31.40
6. Marit Boxum (Deltasteur, 200000068)	50m 00:31.54 31,54	100m 01:10.23 38,69	150m 01:55.43 45,20	02:31.95
7. Laurie Aarninkhof (De Dinkel, 199800822)	50m 00:32.75 32,75	100m 01:11.79 39,04	150m 01:57.01 45,22	02:34.41
8. Kimberley Kranenberg (ZPC De Hof, 199400292)	50m 00:33.91 33,91	100m 01:13.53 39,62	150m 01:58.74 45,21	02:34.79
9. Hadewig Curfs (Het Ravijn, 199800492)	50m 00:34.33 34,33	100m 01:15.11 40,78	150m 01:58.13 43,02	02:35.27
10. Lianne Roescher (ZPC De Hof, 199900248)	50m 00:33.36 33,36	100m 01:12.55 39,19	150m 01:58.92 46,37	02:35.40
11. Yvon Versteeg (Z&PV de Veene, 199201864)	50m 00:32.15 32,15	100m 01:11.14 38,99	150m 01:56.75 45,61	02:35.47
12. Stéphanie Bergsma (Dedemsvaart-AC, 199203374)	50m 00:30.79 30,79	100m 01:09.14 38,35	150m 01:57.80 48,66	02:35.92
13. Maaïke Doornwaard (Deltasteur, 199800264)	50m 00:32.72 32,72	100m 01:12.22 39,50	150m 02:00.34 48,12	02:36.02
14. Linde Haverkate (ZPC De Hof, 199900244)	50m 00:33.03 33,03	100m 01:12.89 39,86	150m 02:01.86 48,97	02:38.21
2. 400m vrije slag - Heren				
12 - 12 jaar (Junioren 1)				
1. Jort van der Vlag (WS Twente, 200400335)	50m 00:31.51 31,51	150m 01:41.93 35,44	250m 02:54.32 36,51	350m 04:08.33 36,91
	100m 01:06.49 34,98	200m 02:17.81 35,88	300m 03:31.42 37,10	
2. Jacco Nijland (ZPC De Hof, 200400081)	50m 00:33.45 33,45	150m 01:49.15 38,52	250m 03:04.58 37,15	350m 04:20.50 38,31
	100m 01:10.63 37,18	200m 02:27.43 38,28	300m 03:42.19 37,61	
3. Matthias Hiltjesdam (ZPC De Hof, 200400137)	50m 00:34.30 34,30	150m 01:51.24 39,04	250m 03:09.69 38,82	350m 04:26.86 38,18
	100m 01:12.20 37,90	200m 02:30.87 39,63	300m 03:48.68 38,99	
4. Quinten ten Dam (ZPC De Hof, 200400075)	50m 00:34.35 34,35	150m 01:51.33 39,01	250m 03:09.59 38,92	350m 04:26.33 38,01
	100m 01:12.32 37,97	200m 02:30.67 39,34	300m 03:48.32 38,73	
13 - 13 jaar (Junioren 2)				
1. Lukas Binnekamp (WS Twente, 200300107)	50m 00:30.07 30,07	150m 01:40.53 36,06	250m 02:54.64 37,80	350m 04:10.16 37,77
	100m 01:04.47 34,40	200m 02:16.84 36,31	300m 03:32.39 37,75	
2. Mika Heskamp (De Dinkel, 200300339)	50m 00:32.23 32,23	150m 01:45.38 36,73	250m 02:58.66 36,48	350m 04:13.01 37,23
	100m 01:08.65 36,42	200m 02:22.18 36,80	300m 03:35.78 37,12	
3. Luuk Ruinemans (De Dinkel, 200301085)	50m 00:32.84 32,84	150m 01:47.81 38,03	250m 03:04.54 37,88	350m 04:21.52 38,38
	100m 01:09.78 36,94	200m 02:26.66 38,85	300m 03:43.14 38,60	
14 - 14 jaar (Junioren 3)				
1. Jurre Hanstede (De Dinkel, 200201019)	50m 00:29.53 29,53	150m 01:36.55 33,92	250m 02:46.24 34,64	350m 03:57.77 35,79
	100m 01:02.63 33,10	200m 02:11.60 35,05	300m 03:21.98 35,74	
2. Maquinho Vorst (ZPC De Hof, 200204179)	50m 00:29.14 29,14	150m 01:36.21 34,41	250m 02:47.71 36,28	350m 03:59.16 35,17

	100m 01:01.80 32,66	200m 02:11.43 35,22	300m 03:23.99 36,28	
3. Robin Kamps (De Dinkel, 200200211)	50m 00:30.96 30,96	150m 01:39.62 34,96	250m 02:50.52 35,56	350m 04:02.70 36,25
	100m 01:04.66 33,70	200m 02:14.96 35,34	300m 03:26.45 35,93	04:37.81
4. Sem de Goei (WS Twente, 200200029)	50m 00:29.54 29,54	150m 01:39.74 35,92	250m 02:53.14 36,61	350m 04:06.99 36,86
	100m 01:03.82 34,28	200m 02:16.53 36,79	300m 03:30.13 36,99	04:43.55
5. Tristan Scholten (ZV 44, 200201683)	50m 00:30.35 30,35	150m 01:41.42 36,26	250m 02:56.37 37,88	350m 04:13.68 39,26
	100m 01:05.16 34,81	200m 02:18.49 37,07	300m 03:34.42 38,05	04:52.69
15 - 15 jaar (Junioren 4)				
1. Milan van Dieren (De Dinkel, 200100493)	50m 00:28.71 28,71	150m 01:34.03 33,41	250m 02:42.41 34,42	350m 03:51.41 34,54
	100m 01:00.62 31,91	200m 02:07.99 33,96	300m 03:16.87 34,46	04:25.23
2. Jelmer Lesscher (Z&PV de Veene, 200100791)	50m 00:29.45 29,45	150m 01:37.75 34,68	250m 02:48.94 35,68	350m 03:59.93 35,55
	100m 01:03.07 33,62	200m 02:13.26 35,51	300m 03:24.38 35,44	04:33.68
3. Rutger Nieuwenhuis (ZPC De Hof, 200100235)	50m 00:29.98 29,98	150m 01:38.71 34,92	250m 02:49.20 35,39	350m 04:00.43 35,87
	100m 01:03.79 33,81	200m 02:13.81 35,10	300m 03:24.56 35,36	04:34.06
4. Robin Leideman (De Grunte, 200103137)	50m 00:30.87 30,87	150m 01:41.69 36,07	250m 02:54.57 36,24	350m 04:06.64 35,80
	100m 01:05.62 34,75	200m 02:18.33 36,64	300m 03:30.84 36,27	04:41.83
5. Jelle ten Hove (De Dinkel, 200101373)	50m 00:30.97 30,97	150m 01:41.69 35,86	250m 02:53.76 36,38	350m 04:07.91 37,31
	100m 01:05.83 34,86	200m 02:17.38 35,69	300m 03:30.60 36,84	04:44.09
6. Jaap Davina (O Z & P C, 200100025)	50m 00:31.48 31,48	150m 01:45.60 37,73	250m 03:00.86 37,83	350m 04:17.20 38,06
	100m 01:07.87 36,39	200m 02:23.03 37,43	300m 03:39.14 38,28	04:52.09
16 - 16 jaar (Jeugd 1)				
1. Dennis Kamps (De Dinkel, 200000191)	50m 00:28.02 28,02	150m 01:31.18 32,31	250m 02:36.05 32,26	350m 03:40.53 32,33
	100m 00:58.87 30,85	200m 02:03.79 32,61	300m 03:08.20 32,15	04:11.16
2. Jorn Lucas (Z&PV de Veene, 200000675)	50m 00:30.28 30,28	150m 01:37.43 33,99	250m 02:46.83 35,00	350m 03:57.81 35,60
	100m 01:03.44 33,16	200m 02:11.83 34,40	300m 03:22.21 35,38	04:31.89
3. Leon Kloots (ZPC De Hof, 200001363)	50m 00:29.80 29,80	150m 01:37.10 34,47	250m 02:47.97 35,98	350m 03:58.98 35,08
	100m 01:02.63 32,83	200m 02:11.99 34,89	300m 03:23.90 35,93	04:32.57
4. Raymond van Unen (Deltasteur, 200000523)	50m 00:31.68 31,68	150m 01:44.37 35,75	250m 02:56.72 36,13	350m 04:08.83 36,31
	100m 01:08.62 36,94	200m 02:20.59 36,22	300m 03:32.52 35,80	04:43.03
17 - 17 jaar (Jeugd 2)				
1. Koen Brummelaar (De Dinkel, 199900047)	50m 00:28.83 28,83	150m 01:33.23 32,47	250m 02:38.74 32,48	350m 03:46.25 33,61
	100m 01:00.76 31,93	200m 02:06.26 33,03	300m 03:12.64 33,90	04:18.31
2. Jelle Dekker (De Grunte, 199901621)	50m 00:28.75 28,75	150m 01:35.73 34,28	250m 02:47.96 36,71	350m 03:59.74 35,11
	100m 01:01.45 32,70	200m 02:11.25 35,52	300m 03:24.63 36,67	04:32.92
vanaf 18 jaar (Senioren 1 en ouder)				
1. Karst Boersma (De Dinkel, 199600849)	50m 00:26.79 26,79	150m 01:27.03 30,73	250m 02:29.32 31,24	350m 03:32.37 31,50
	100m 00:56.30 29,51	200m 01:58.08 31,05	300m 03:00.87 31,55	04:03.91

2. Michiel Jorink (ZV 44, 198701613) [S14]						04:28.33
50m	00:27.88 27,88	150m	01:34.68 33,97	250m	02:43.87 34,68	350m 03:54.21 35,20
100m	01:00.71 32,83	200m	02:09.19 34,51	300m	03:19.01 35,14	
3. 200m vrije slag - Dames						
11 - 11 jaar (Junioren 1)						
1. Yke Groener (De Dinkel, 200500772)						02:35.12
50m	00:34.99 34,99	100m	01:15.11 40,12	150m	01:55.59 40,48	
2. India Segerink (De Dinkel, 200501350)						02:36.66
50m	00:36.19 36,19	100m	01:16.20 40,01	150m	01:57.13 40,93	
3. Iris Timmermans (Het Ravijn, 200500172)						02:36.89
50m	00:34.41 34,41	100m	01:14.57 40,16	150m	01:56.88 42,31	
4. Roos Arnold (Het Ravijn, 200500060)						02:36.94
50m	00:35.99 35,99	100m	01:16.40 40,41	150m	01:58.10 41,70	
5. Senna Geerdink (Deltasteur, 200500026)						02:43.81
50m	00:38.02 38,02	100m	01:19.77 41,75	150m	02:02.27 42,50	
6. Neomi Koetsier (WS Twente, 200502144)						02:44.68
50m	00:37.86 37,86	100m	01:20.72 42,86	150m	02:04.73 44,01	
7. Laurentien Bosman (De IJssel, 200500080)						02:45.31
50m	00:37.50 37,50	100m	01:21.40 43,90	150m	02:06.26 44,86	
8. Lynn Reitsma (Swol 1894, 200502750)						02:45.71
50m	00:38.86 38,86	100m	01:21.57 42,71	150m	02:04.31 42,74	
9. Esther Engbers (WS Twente, 200500358)						02:46.19
50m	00:37.76 37,76	100m	01:21.04 43,28	150m	02:05.82 44,78	
10. Imre Reijnders (ZV 44, 200501870)						02:47.95
50m	00:37.86 37,86	100m	01:19.60 41,74	150m	02:03.82 44,22	
11. Lise van Rijn (O Z & P C, 200500634)						02:48.44
50m	00:39.12 39,12	100m	01:23.01 43,89	150m	02:06.71 43,70	
12. Hannah ter Maat (ZPC De Hof, 200500168)						02:49.66
50m	00:38.73 38,73	100m	01:21.44 42,71	150m	02:06.57 45,13	
13. Hanne Olde Dubbelink (De Dinkel, 200500514)						02:50.81
50m	00:38.73 38,73	100m	01:22.14 43,41	150m	02:06.90 44,76	
12 - 12 jaar (Junioren 2)						
1. Puck Koopman (De Dinkel, 200400038)						02:19.16
50m	00:31.49 31,49	100m	01:06.76 35,27	150m	01:43.40 36,64	
2. Marieke Lenderink (De Dinkel, 200400778)						02:22.15
50m	00:32.87 32,87	100m	01:09.71 36,84	150m	01:46.56 36,85	
3. Luna Hofmeijer (WS Twente, 200400006)						02:24.24
50m	00:32.00 32,00	100m	01:08.51 36,51	150m	01:47.18 38,67	
4. Anne Kleine Koerkamp (De IJssel, 200401428)						02:24.99
50m	00:32.31 32,31	100m	01:08.72 36,41	150m	01:46.75 38,03	
5. Sanne Temmen (De Dinkel, 200400682)						02:25.89
50m	00:33.78 33,78	100m	01:11.32 37,54	150m	01:49.44 38,12	
6. Loes Sotthewes (WS Twente, 200401792)						02:26.65
50m	00:33.31 33,31	100m	01:10.00 36,69	150m	01:48.53 38,53	
7. Monica Faber (Deltasteur, 200400388)						02:34.35
50m	00:36.69 36,69	100m	01:16.45 39,76	150m	01:56.97 40,52	
8. Maud van Buuren (WS Twente, 200403320)						02:34.52
50m	00:35.82 35,82	100m	01:15.53 39,71	150m	01:56.08 40,55	
9. Aleid te Velthuis (Dedemsvaart-AC, 200401470)						02:36.85
50m	00:35.89 35,89	100m	01:15.76 39,87	150m	01:56.80 41,04	

13 - 13 jaar (Junioren 3)

1. Amy Lynn Zweers (Dedemsvaart-AC, 200300390)	02:14.93
50m 00:30.71 30,71 100m 01:05.48 34,77 150m 01:40.91 35,43	
2. Jocelyn Horbeek (ZPC De Hof, 200300302)	02:16.49
50m 00:31.77 31,77 100m 01:06.16 34,39 150m 01:41.95 35,79	
3. Lindsey Berghuis (ZV 44, 200300104)	02:17.63
50m 00:30.66 30,66 100m 01:06.01 35,35 150m 01:43.48 37,47	
4. Joy van Dieren (De Dinkel, 200300182)	02:17.74
50m 00:30.77 30,77 100m 01:06.29 35,52 150m 01:42.40 36,11	
5. Maudé Lesscher (Z&PV de Veene, 200300018)	02:19.18
50m 00:32.10 32,10 100m 01:08.01 35,91 150m 01:43.96 35,95	
6. Isabelle Elsweier (WS Twente, 200303614)	02:20.19
50m 00:32.15 32,15 100m 01:08.13 35,98 150m 01:45.33 37,20	
7. Milou ten Koppel (Deltasteur, 200302572)	02:20.59
50m 00:31.81 31,81 100m 01:07.99 36,18 150m 01:44.93 36,94	
8. Soraya Rakers (De Dinkel, 200300818)	02:25.34
50m 00:32.88 32,88 100m 01:09.52 36,64 150m 01:47.87 38,35	
9. Lionne Klarenbeek (ZPC De Hof, 200300108)	02:25.51
50m 00:34.52 34,52 100m 01:11.82 37,30 150m 01:49.85 38,03	
10. Naomi Polinder (ZV 44, 200300020)	02:25.89
50m 00:32.18 32,18 100m 01:09.41 37,23 150m 01:47.76 38,35	

14 - 14 jaar (Jeugd 1)

1. Elisa Haverkate (ZPC De Hof, 200200266)	02:12.16
50m 00:29.79 29,79 100m 01:03.94 34,15 150m 01:38.92 34,98	
2. Kiki Koopman (De Dinkel, 200200232)	02:12.52
50m 00:30.28 30,28 100m 01:04.00 33,72 150m 01:38.64 34,64	
3. Carlijn Hansté (WS Twente, 200201082)	02:13.30
50m 00:30.24 30,24 100m 01:03.96 33,72 150m 01:39.05 35,09	
4. Lieke Oude Lenferink (WS Twente, 200200068)	02:15.56
50m 00:30.79 30,79 100m 01:05.31 34,52 150m 01:40.87 35,56	
5. Hanne te Velthuis (Dedemsvaart-AC, 200201324)	02:15.59
50m 00:31.60 31,60 100m 01:06.46 34,86 150m 01:41.77 35,31	
6. Manon de Man (Deltasteur, 200201458)	02:17.78
50m 00:31.36 31,36 100m 01:06.51 35,15 150m 01:42.88 36,37	
7. Denice Koolman (ZV 44, 200200132)	02:18.32
50m 00:30.92 30,92 100m 01:06.18 35,26 150m 01:42.39 36,21	
8. Mayke Westerhof (De Dinkel, 200201488)	02:21.70
50m 00:31.84 31,84 100m 01:07.25 35,41 150m 01:44.80 37,55	

15 - 15 jaar (Jeugd 2)

1. Manon Compagner (Dedemsvaart-AC, 200101710)	02:11.10
50m 00:29.88 29,88 100m 01:03.11 33,23 150m 01:36.48 33,37	
2. Mathilde Stolmeijer (De Dinkel, 200100590)	02:11.58
50m 00:30.33 30,33 100m 01:04.08 33,75 150m 01:38.63 34,55	
3. Roëlle op de Haar (WS Twente, 200103428)	02:13.29
50m 00:30.53 30,53 100m 01:05.32 34,79 150m 01:40.74 35,42	
4. Janneke Lenderink (De Dinkel, 200100328)	02:13.82
50m 00:30.56 30,56 100m 01:03.57 33,01 150m 01:38.43 34,86	
5. Tessa van de Belt (Dedemsvaart-AC, 200102056)	02:16.57
50m 00:31.58 31,58 100m 01:06.20 34,62 150m 01:41.91 35,71	

6. Chiméne Rakers (De Dinkel, 200101778)	02:17.10
50m 00:32.25 32,25 100m 01:06.79 34,54 150m 01:42.48 35,69	
7. Lianne Plas (De Grunte, 200101214)	02:24.16
50m 00:31.63 31,63 100m 01:07.22 35,59 150m 01:45.45 38,23	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>	
1. Sterre Mooiweer (De Dinkel, 199800236)	02:04.85
50m 00:28.75 28,75 100m 00:59.96 31,21 150m 01:32.55 32,59	
2. Laura Rolink (De Dinkel, 199902018)	02:09.52
50m 00:29.50 29,50 100m 01:01.82 32,32 150m 01:35.60 33,78	
3. Romée Spin (De Dinkel, 200000724)	02:12.10
50m 00:29.69 29,69 100m 01:03.18 33,49 150m 01:37.86 34,68	
4. Naomi Hofsink (Deltasteur, 199402508)	02:12.86
50m 00:30.18 30,18 100m 01:03.95 33,77 150m 01:38.64 34,69	
5. Annet van Stratum (Deltasteur, 199003640)	02:15.66
50m 00:30.52 30,52 100m 01:05.03 34,51 150m 01:41.02 35,99	
6. Maaïke Doornwaard (Deltasteur, 199800264)	02:16.78
50m 00:31.16 31,16 100m 01:05.98 34,82 150m 01:41.74 35,76	
7. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	02:16.93
50m 00:30.80 30,80 100m 01:05.84 35,04 150m 01:41.75 35,91	
8. Laura van der Neut (ZPC De Hof, 199700326)	02:16.96
50m 00:30.61 30,61 100m 01:05.59 34,98 150m 01:41.42 35,83	
9. Eefje Slootweg (De Dinkel, 199800218)	02:17.16
50m 00:31.10 31,10 100m 01:05.98 34,88 150m 01:41.93 35,95	
10. Lianne Roescher (ZPC De Hof, 199900248)	02:17.79
50m 00:31.21 31,21 100m 01:06.32 35,11 150m 01:42.10 35,78	
11. Laurie Aarninkhof (De Dinkel, 199800822)	02:18.40
50m 00:32.03 32,03 100m 01:06.59 34,56 150m 01:42.72 36,13	
12. Karen Stolk (Swol 1894, 199403950)	02:19.48
50m 00:31.15 31,15 100m 01:06.06 34,91 150m 01:42.19 36,13	
13. Lotte Rougoor (Dedemsvaart-AC, 200000774)	02:20.16
50m 00:31.02 31,02 100m 01:07.37 36,35 150m 01:44.26 36,89	
14. Laura Compagner (Dedemsvaart-AC, 199804602)	02:21.63
50m 00:32.41 32,41 100m 01:07.83 35,42 150m 01:44.36 36,53	
4. 200m schoolslag - Heren	
<i>12 - 12 jaar (Junioren 1)</i>	
1. Niek Lammertink (ZPC De Hof, 200400079)	02:54.16
50m 00:40.18 40,18 100m 01:24.20 44,02 150m 02:08.78 44,58	
2. Quinten Lorkeers (V Z & P C, 200400015)	03:01.07
50m 00:42.26 42,26 100m 01:28.36 46,10 150m 02:15.10 46,74	
3. Danny Brown (ZV 44, 200401511)	03:06.06
50m 00:41.84 41,84 100m 01:29.72 47,88 150m 02:19.30 49,58	
4. Robin van den Berg (De Eerste Kolk, 200400699)	03:08.59
50m 00:42.16 42,16 100m 01:31.22 49,06 150m 02:20.75 49,53	
5. Matthias Hiltjesdam (ZPC De Hof, 200400137)	03:10.00
50m 00:42.20 42,20 100m 01:31.25 49,05 150m 02:21.27 50,02	
6. Niek Hamans (E Z C, 200401763)	03:10.11
50m 00:42.60 42,60 100m 01:31.17 48,57 150m 02:20.45 49,28	
7. Wout Kogelman (O Z & P C, 200400203)	03:20.73
50m 00:44.66 44,66 100m 01:35.80 51,14 150m 02:28.40 52,60	

8. Johan Nijeboer (WS Twente, 200402417)		03:30.68
50m 00:47.03 47,03 100m 01:40.92 53,89 150m 02:35.71 54,79		
9. Quinn Heederik (Deltasteur, 200400093)		03:34.74
50m 00:48.51 48,51 100m 01:43.75 55,24 150m 02:39.55 55,80		
DIS. Jort van der Vlag (WS Twente, 200400335)		00:00.00
DIS. Matthew Critchell (ZV 44, 200403011)		00:00.00
<i>13 - 13 jaar (Junioren 2)</i>		
1. Kylian Heederik (Deltasteur, 200300353)		02:38.12
50m 00:35.31 35,31 100m 01:15.65 40,34 150m 01:57.67 42,02		
2. Lars Meijer (ZPC De Hof, 200301497)		02:47.81
50m 00:37.04 37,04 100m 01:19.24 42,20 150m 02:02.98 43,74		
3. Kevin Lucas (De Dinkel, 200300545)		02:52.91
50m 00:38.58 38,58 100m 01:23.13 44,55 150m 02:08.14 45,01		
4. Andy Zandvliet (ZPC De Hof, 200300381)		02:59.91
50m 00:41.15 41,15 100m 01:26.58 45,43 150m 02:12.97 46,39		
5. Chiel Kootstra (Dedemsvaart-AC, 200301463)		03:05.68
50m 00:41.48 41,48 100m 01:29.03 47,55 150m 02:17.19 48,16		
<i>14 - 14 jaar (Junioren 3)</i>		
1. Jurre Hanstede (De Dinkel, 200201019)		02:37.44
50m 00:35.25 35,25 100m 01:15.38 40,13 150m 01:56.65 41,27		
2. Luuk Einhaus (WS Twente, 200200537)		02:41.79
50m 00:35.09 35,09 100m 01:15.51 40,42 150m 01:57.78 42,27		
3. Ivo Karamoy Faulhaber (Z&PV de Veene, 200200363)		02:44.92
50m 00:36.46 36,46 100m 01:19.55 43,09 150m 02:02.61 43,06		
4. Sem de Goei (WS Twente, 200200029)		02:48.83
50m 00:36.41 36,41 100m 01:20.72 44,31 150m 02:06.36 45,64		
5. Tristan Scholten (ZV 44, 200201683)		02:51.31
50m 00:36.97 36,97 100m 01:20.19 43,22 150m 02:06.01 45,82		
6. Matthijs Poppe (Z&PV de Veene, 200201091)		02:57.86
50m 00:38.64 38,64 100m 01:24.22 45,58 150m 02:11.03 46,81		
7. Vincent Veluwenkamp (ZPC De Hof, 200200647)		03:00.68
50m 00:40.44 40,44 100m 01:26.58 46,14 150m 02:14.55 47,97		
DIS. Sweeder Braakman (De IJssel, 200200397)		00:00.00
<i>15 - 15 jaar (Junioren 4)</i>		
1. Stijn Boertien (Dedemsvaart-AC, 200100719)		02:26.89
50m 00:31.84 31,84 100m 01:08.90 37,06 150m 01:47.57 38,67		
2. Milan van Dieren (De Dinkel, 200100493)		02:41.20
50m 00:35.32 35,32 100m 01:16.38 41,06 150m 01:58.69 42,31		
3. Bart Kooiker (De Dinkel, 200100705)		02:45.48
50m 00:34.43 34,43 100m 01:16.07 41,64 150m 02:00.68 44,61		
4. Otmar Lesscher (Z&PV de Veene, 200100795)		02:50.10
50m 00:36.86 36,86 100m 01:19.94 43,08 150m 02:04.91 44,97		
5. Robin Leideman (De Grunte, 200103137)		02:52.11
50m 00:39.00 39,00 100m 01:23.23 44,23 150m 02:07.68 44,45		
<i>16 - 16 jaar (Jeugd 1)</i>		
1. Gijsbert Pelleboer (De Dinkel, 200000327)		02:29.48
50m 00:31.12 31,12 100m 01:08.71 37,59 150m 01:48.34 39,63		
2. Jorn Lucas (Z&PV de Veene, 200000675)		02:49.09
50m 00:38.15 38,15 100m 01:21.07 42,92 150m 02:05.30 44,23		

3. Jorgen Gerritsen (De Eerste Kolk, 200000001)		02:50.27
50m 00:35.82 35,82 100m 01:18.52 42,70 150m 02:03.70 45,18		
4. Raymond van Unen (Deltasteur, 200000523)		02:54.05
50m 00:37.80 37,80 100m 01:22.36 44,56 150m 02:08.85 46,49		
5. Thon Naberman (De Eerste Kolk, 200000943)		02:57.69
50m 00:40.26 40,26 100m 01:25.94 45,68 150m 02:12.85 46,91		
6. Kian van Goor (Swol 1894, 200004929)		02:57.79
50m 00:40.43 40,43 100m 01:26.07 45,64 150m 02:12.82 46,75		
7. Rico Rüdiger (WS Twente, 200001357)		02:58.62
50m 00:37.90 37,90 100m 01:22.57 44,67 150m 02:10.21 47,64		
8. Tim Pleiter (Z&PV de Veene, 200002779)		03:02.77
50m 00:39.63 39,63 100m 01:26.07 46,44 150m 02:14.78 48,71		
<i>17 - 17 jaar (Jeugd 2)</i>		
1. Mark Boertien (Dedemsvaart-AC, 199903219)		02:49.67
50m 00:36.63 36,63 100m 01:19.23 42,60 150m 02:03.81 44,58		
2. Marnix Klein (O Z & P C, 199900071)		02:54.30
50m 00:37.73 37,73 100m 01:21.40 43,67 150m 02:07.82 46,42		
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>		
1. Thomas de Lange (WS Twente, 199701475)		02:25.91
50m 00:31.88 31,88 100m 01:08.74 36,86 150m 01:47.31 38,57		
2. Tom Laarhuis (De Dinkel, 199800309)		02:29.03
50m 00:32.51 32,51 100m 01:10.02 37,51 150m 01:49.64 39,62		
3. Karst Boersma (De Dinkel, 199600849)		02:30.49
50m 00:33.82 33,82 100m 01:11.98 38,16 150m 01:51.12 39,14		
5. 100m schoolslag - Dames		
<i>11 - 11 jaar (Junioren 1)</i>		
1. Lianne Nijland (ZV 44, 200500224)		01:26.96
50m 00:40.88 40,88		
2. Roos Arnold (Het Ravijn, 200500060)		01:28.57
50m 00:41.67 41,67		
3. Yke Groener (De Dinkel, 200500772)		01:31.20
50m 00:43.29 43,29		
4. Jolijn Liezen (ZV 44, 200500518)		01:32.95
50m 00:44.44 44,44		
5. India Segerink (De Dinkel, 200501350)		01:35.02
50m 00:45.30 45,30		
6. Lise van Rijn (O Z & P C, 200500634)		01:35.61
50m 00:45.81 45,81		
7. Hannah ter Maat (ZPC De Hof, 200500168)		01:36.97
50m 00:44.96 44,96		
8. Senna Geerdink (Deltasteur, 200500026)		01:39.29
50m 00:46.98 46,98		
6. 100m schoolslag - Dames		
<i>12 - 12 jaar (Junioren 2)</i>		
1. Puck Koopman (De Dinkel, 200400038)		01:22.37
50m 00:39.42 39,42		
2. Luna Hofmeijer (WS Twente, 200400006)		01:22.66
50m 00:38.50 38,50		
3. Tess Wolbert (De Dinkel, 200400538)		01:22.67
50m 00:39.03 39,03		

4. Tessa Sportel (Dedemsvaart-AC, 200401644)	01:24.75
50m 00:39.37 39,37	
5. Marieke Lenderink (De Dinkel, 200400778)	01:26.54
50m 00:41.29 41,29	
6. Merel Marskamp (Hera'11, 200400990)	01:27.48
50m 00:40.79 40,79	
7. Sanne Temmen (De Dinkel, 200400682)	01:27.55
50m 00:41.53 41,53	
8. Kim Leideman (De Grunte, 200401352)	01:28.74
50m 00:41.79 41,79	
9. Anne Kleine Koerkamp (De IJssel, 200401428)	01:28.98
50m 00:41.69 41,69	
10. Claire Bosch (De Dinkel, 200401480)	01:29.09
50m 00:41.74 41,74	
11. Daniëlle van der Voort (WS Twente, 200402100)	01:30.24
50m 00:43.77 43,77	
12. Maya de Best (WS Twente, 200402444)	01:30.58
50m 00:43.07 43,07	
13. Aleid te Velthuis (Dedemsvaart-AC, 200401470)	01:33.92
50m 00:43.51 43,51	
7. 100m schoolslag - Dames	
13 - 13 jaar (Junioren 3)	
1. Lynn Joor (WS Twente, 200300550)	01:10.93
50m 00:33.18 33,18	
2. Lotte Pieterman (Swol 1894, 200301838)	01:15.79
50m 00:35.42 35,42	
3. Alessia Sluis (Dedemsvaart-AC, 200300896)	01:20.89
50m 00:38.10 38,10	
4. Isabelle Elswier (WS Twente, 200303614)	01:20.91
50m 00:37.38 37,38	
5. Jocelyn Horbeek (ZPC De Hof, 200300302)	01:21.53
50m 00:38.77 38,77	
6. Soraya Rakers (De Dinkel, 200300818)	01:24.24
50m 00:39.90 39,90	
7. Milou ten Koppel (Deltasteur, 200302572)	01:25.75
50m 00:40.17 40,17	
8. Joy van Dieren (De Dinkel, 200300182)	01:25.89
50m 00:39.89 39,89	
8. 100m schoolslag - Dames	
14 - 14 jaar (Jeugd 1)	
1. Lieke Oude Lenferink (WS Twente, 200200068)	01:19.84
50m 00:36.98 36,98	
2. Carlijn Hansté (WS Twente, 200201082)	01:22.67
50m 00:38.39 38,39	
3. Denice Koolman (ZV 44, 200200132)	01:23.54
50m 00:38.63 38,63	
4. Quinty Setlight (De Dinkel, 200201018)	01:23.77
50m 00:38.18 38,18	
5. Anniek Pelleboer (O Z & P C, 200200160)	01:24.99

50m 00:39.83 39,83

6. Maud Kuipers (Dedemsvaart-AC, 200201894) 01:25.44
50m 00:39.99 39,99

7. Manon de Man (Deltasteur, 200201458) 01:26.81
50m 00:40.82 40,82

15 - 15 jaar (Jeugd 2)

1. Zoe Slinkman (ZPC De Hof, 200100062) 01:18.97
50m 00:36.93 36,93

2. Tessa van de Belt (Dedemsvaart-AC, 200102056) 01:20.46
50m 00:38.00 38,00

3. Sarah Kits (WS Twente, 200101024) 01:21.08
50m 00:38.64 38,64

4. Kyra Montijn (Dedemsvaart-AC, 200101270) 01:24.24
50m 00:38.81 38,81

5. Lianne Plas (De Grunte, 200101214) 01:26.01
50m 00:40.02 40,02

vanaf 16 jaar (Senioren 1 en ouder)

1. Madelijne Schothans (De Dinkel, 200002416) 01:12.16
50m 00:33.46 33,46

2. Maaïke van Veen (Dedemsvaart-AC, 199700292) 01:16.37
50m 00:36.10 36,10

3. Chantal Meyerink (De Grunte, 199105212) 01:16.83
50m 00:36.17 36,17

4. Hadewig Curfs (Het Ravijn, 199800492) 01:17.06
50m 00:36.66 36,66

5. Myrna Schasfoort (De Dinkel, 199300668) 01:18.35
50m 00:36.16 36,16

6. Kimberley Kranenberg (ZPC De Hof, 199400292) 01:18.93
50m 00:37.52 37,52

7. Yvon Versteeg (Z&PV de Veene, 199201864) 01:19.68
50m 00:36.76 36,76

8. Romée Spin (De Dinkel, 200000724) 01:19.95
50m 00:37.88 37,88

9. Marleen Welten (Deltasteur, 199701526) 01:20.35
50m 00:37.88 37,88

10. Myrthe Kappert (ZPC De Hof, 200000024) 01:20.36
50m 00:37.27 37,27

11. Laurie Aarninkhof (De Dinkel, 199800822) 01:20.51
50m 00:37.49 37,49

12. Ilse Valk (Het Ravijn, 200000172) 01:20.64
50m 00:38.02 38,02

13. Djamilla Gerner (Swol 1894, 199905606) 01:21.37
50m 00:36.25 36,25

14. Laura van der Neut (ZPC De Hof, 199700326) 01:21.66
50m 00:38.33 38,33

15. Marit Boxum (Deltasteur, 200000068) 01:21.82
50m 00:38.68 38,68

16. Eefje Slootweg (De Dinkel, 199800218) 01:21.97
50m 00:38.58 38,58

17. Marlin Klarenbeek (ZPC De Hof, 200000106)	01:24.43
50m 00:38.66 38,66	
18. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	01:25.36
50m 00:39.67 39,67	
9. 100m rugslag - Heren	
12 - 12 jaar (Junioren 1)	
1. Jort van der Vlag (WS Twente, 200400335)	01:08.88
50m 00:33.58 33,58	
2. Robert Dragt (Deltasteur, 200400239)	01:15.09
50m 00:37.84 37,84	
3. Danny Brown (ZV 44, 200401511)	01:15.66
50m 00:36.48 36,48	
4. Robin van den Berg (De Eerste Kolk, 200400699)	01:15.83
50m 00:36.43 36,43	
5. Niek Hamans (E Z C, 200401763)	01:17.22
50m 00:37.79 37,79	
6. Basten van Halteren (O Z & P C, 200402097)	01:18.49
50m 00:38.05 38,05	
7. Quinten ten Dam (ZPC De Hof, 200400075)	01:18.65
50m 00:38.80 38,80	
DIS. Matthew Critchell (ZV 44, 200403011)	00:00.00
10. 100m rugslag - Heren	
13 - 13 jaar (Junioren 2)	
1. Luuk Bos (V Z & P C, 200300151)	01:05.28
50m 00:31.22 31,22	
2. Kylian Heederik (Deltasteur, 200300353)	01:06.52
50m 00:32.81 32,81	
3. Lukas Binnekamp (WS Twente, 200300107)	01:07.00
50m 00:32.31 32,31	
4. Ewald de Haas (WS Twente, 200301945)	01:11.10
50m 00:34.09 34,09	
5. Luuk Ruinemans (De Dinkel, 200301085)	01:14.88
50m 00:36.61 36,61	
6. Thijs Oonk (O Z & P C, 200300245)	01:17.27
50m 00:37.55 37,55	
7. Chiel Kootstra (Dedemsvaart-AC, 200301463)	01:17.41
50m 00:37.09 37,09	
11. 100m rugslag - Heren	
14 - 14 jaar (Junioren 3)	
1. Léon van der Geest (WS Twente, 200201005)	01:03.67
50m 00:30.04 30,04	
2. Maquinho Vorst (ZPC De Hof, 200204179)	01:06.01
50m 00:32.07 32,07	
3. Robin Kamps (De Dinkel, 200200211)	01:07.81
50m 00:33.09 33,09	
4. Jurre Hanstede (De Dinkel, 200201019)	01:08.44
50m 00:33.02 33,02	
5. Sweeder Braakman (De IJssel, 200200397)	01:09.34
50m 00:33.77 33,77	

6. Jordi Kamps (De Dinkel, 200200213)	01:09.68
50m 00:34.19 34,19	
7. Tom van der Vlag (WS Twente, 200200391)	01:10.46
50m 00:33.93 33,93	
8. Tristan Scholten (ZV 44, 200201683)	01:11.47
50m 00:33.99 33,99	
12. 100m rugslag - Heren	
15 - 15 jaar (Junioren 4)	
1. Jesse Zweers (Dedemsvaart-AC, 200100399)	01:02.60
50m 00:30.35 30,35	
2. Floris Nederburgh (Swol 1894, 200105245)	01:05.87
50m 00:31.52 31,52	
3. Jelmer Lesscher (Z&PV de Veene, 200100791)	01:06.19
50m 00:31.90 31,90	
4. Daan Rienties (Swol 1894, 200103369)	01:06.30
50m 00:31.80 31,80	
5. Otmar Lesscher (Z&PV de Veene, 200100795)	01:08.39
50m 00:32.79 32,79	
6. Noël Derks (De Dinkel, 200101489)	01:08.79
50m 00:34.06 34,06	
7. Milan van Dieren (De Dinkel, 200100493)	01:09.70
50m 00:33.75 33,75	
13. 100m rugslag - Heren	
16 - 16 jaar (Jeugd 1)	
1. Dennis Kamps (De Dinkel, 200000191)	01:00.12
50m 00:29.64 29,64	
2. Jorn Lucas (Z&PV de Veene, 200000675)	01:06.44
50m 00:32.40 32,40	
3. Thon Naberman (De Eerste Kolk, 200000943)	01:07.57
50m 00:32.76 32,76	
4. Gijsbert Pelleboer (De Dinkel, 200000327)	01:07.61
50m 00:33.43 33,43	
5. Rico Rüdiger (WS Twente, 200001357)	01:08.48
50m 00:33.36 33,36	
6. Leon Kloots (ZPC De Hof, 200001363)	01:10.85
50m 00:34.74 34,74	
7. Raymond van Unen (Deltasteur, 200000523)	01:11.47
50m 00:34.32 34,32	
17 - 17 jaar (Jeugd 2)	
1. Jelle Dekker (De Grunte, 199901621)	00:59.70
50m 00:28.75 28,75	
2. Koen Brummelaar (De Dinkel, 199900047)	01:01.93
50m 00:30.39 30,39	
3. Vincent Bosch (Z&PV de Veene, 199900451)	01:07.08
50m 00:32.11 32,11	
4. Marnix Klein (O Z & P C, 199900071)	01:10.15
50m 00:34.08 34,08	
vanaf 18 jaar (Senioren 1 en ouder)	
1. Karst Boersma (De Dinkel, 199600849)	00:58.90
50m 00:28.88 28,88	

2. Tom Laarhuis (De Dinkel, 199800309)	00:59.26
50m 00:28.50 28,50	
3. Jari Hofsink (Deltasteur, 199700535)	01:01.25
50m 00:29.65 29,65	
4. Yoran Klos (De Dinkel, 199600481)	01:01.50
50m 00:29.45 29,45	
5. Michiel Jorink (ZV 44, 198701613) [S14]	01:02.49
50m 00:29.68 29,68	
14. 50m vlinderslag - Dames	
11 - 11 jaar (Junioren 1)	
1. Lynn Reitsma (Swol 1894, 200502750)	00:36.36
2. Iris Timmermans (Het Ravijn, 200500172)	00:36.40
3. Yke Groener (De Dinkel, 200500772)	00:36.41
4. Imre Reijnders (ZV 44, 200501870)	00:37.89
5. Jolijn Liezen (ZV 44, 200500518)	00:38.05
6. Esther Engbers (WS Twente, 200500358)	00:38.33
7. Roos Arnold (Het Ravijn, 200500060)	00:40.72
8. Senna Geerdink (Deltasteur, 200500026)	00:40.75
15. 50m vlinderslag - Dames	
12 - 12 jaar (Junioren 2)	
1. Puck Koopman (De Dinkel, 200400038)	00:31.27
2. Luna Hofmeijer (WS Twente, 200400006)	00:34.30
3. Loes Sotthewes (WS Twente, 200401792)	00:34.32
4. Esmée Timmerman (WS Twente, 200403136)	00:34.86
5. Tess Wolbert (De Dinkel, 200400538)	00:34.95
6. Dana Kuipers (Het Ravijn, 200401454)	00:35.06
7. Marieke Lenderink (De Dinkel, 200400778)	00:35.33
8. Sanne Temmen (De Dinkel, 200400682)	00:35.61
9. Anne Kleine Koerkamp (De IJssel, 200401428)	00:36.83
10. Jolieke van den Berg (Het Ravijn, 200400810)	00:36.90
11. Tessa Sportel (Dedemsvaart-AC, 200401644)	00:37.55
12. Lieke de Groot (Het Ravijn, 200403056)	00:37.68
13. Myrthe ten Heuw (ZV 44, 200401602)	00:37.96
14. Merel Marskamp (Hera'11, 200400990)	00:38.17
16. 50m vlinderslag - Dames	
13 - 13 jaar (Junioren 3)	
1. Lynn Joor (WS Twente, 200300550)	00:28.66
2. Amy Lynn Zweers (Dedemsvaart-AC, 200300390)	00:30.03
3. Lindsey Berghuis (ZV 44, 200300104)	00:30.36
4. Maudé Lesscher (Z&PV de Veene, 200300018)	00:31.15
5. Joy van Dieren (De Dinkel, 200300182)	00:32.55
6. Michelle van den Hoofdakker (ZV 44, 200302708)	00:33.19

7. Lionne Klarenbeek (ZPC De Hof, 200300108)	00:33.66
8. Soraya Rakers (De Dinkel, 200300818)	00:35.47
17. 50m vlinderslag - Dames	
<i>14 - 14 jaar (Jeugd 1)</i>	
1. Lieke Oude Lenferink (WS Twente, 200200068)	00:30.19
2. Kiki Koopman (De Dinkel, 200200232)	00:31.23
3. Quinty Setlight (De Dinkel, 200201018)	00:31.24
4. Carlijn Hansté (WS Twente, 200201082)	00:31.78
5. Elisa Haverkate (ZPC De Hof, 200200266)	00:31.96
6. Maud Kuipers (Dedemsvaart-AC, 200201894)	00:33.10
7. Mayke Westerhof (De Dinkel, 200201488)	00:34.10
8. Denice Koolman (ZV 44, 200200132)	00:34.59
<i>15 - 15 jaar (Jeugd 2)</i>	
1. Manon Compagner (Dedemsvaart-AC, 200101710)	00:28.01
2. Janneke Lenderink (De Dinkel, 200100328)	00:30.53
3. Mathilde Stolmeijer (De Dinkel, 200100590)	00:30.64
4. Roëlle op de Haar (WS Twente, 200103428)	00:31.55
5. Kyra Montijn (Dedemsvaart-AC, 200101270)	00:31.89
6. Chiméne Rakers (De Dinkel, 200101778)	00:32.54
7. Tessa van de Belt (Dedemsvaart-AC, 200102056)	00:32.69
8. Sarah Kits (WS Twente, 200101024)	00:33.54
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>	
1. Sterre Mooiweer (De Dinkel, 199800236)	00:28.72
2. Stéphanie Bergsma (Dedemsvaart-AC, 199203374)	00:29.57
3. Laura Rolink (De Dinkel, 199902018)	00:29.58
4. Maaïke van Veen (Dedemsvaart-AC, 199700292)	00:29.84
5. Merel van der Kieft (E Z C, 199200920)	00:29.90
6. Karen Stolk (Swol 1894, 199403950)	00:30.14
7. Lotte Rougoor (Dedemsvaart-AC, 200000774)	00:30.38
8. Eefje Slootweg (De Dinkel, 199800218)	00:30.44
8. Laura van der Neut (ZPC De Hof, 199700326)	00:30.44
10. Marit Boxum (Deltasteur, 200000068)	00:30.48
11. Annet van Stratum (Deltasteur, 199003640)	00:30.55
12. Romée Spin (De Dinkel, 200000724)	00:30.69
13. Laura Compagner (Dedemsvaart-AC, 199804602)	00:30.83
14. Yvon Versteeg (Z&PV de Veene, 199201864)	00:30.92
15. Linde Haverkate (ZPC De Hof, 199900244)	00:31.02
16. Laurie Aarninkhof (De Dinkel, 199800822)	00:31.09
17. Maaïke Doornwaard (Deltasteur, 199800264)	00:31.16
18. Djamilla Gerner (Swol 1894, 199905606)	00:31.33

19. Chantal Meyerink (De Grunte, 199105212)		00:31.42
20. Kimberley Kranenberg (ZPC De Hof, 199400292)		00:31.78
21. Naomi Hofsink (Deltasteur, 199402508)		00:31.93
22. Nikki Hoogeboom (De IJssel, 199301196)		00:32.43
23. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)		00:32.61
24. Kayleigh Westenberg (Z&PV de Veene, 200004064)		00:32.65
25. Marleen Welten (Deltasteur, 199701526)		00:33.92
18. 4x100m wisselslag heren		
12 - 15 jaar		
1. De Dinkel		04:20.91
Robin Kamps 2002 ()	50m 00:33.01 33,01	
Robin Kamps 2002 ()	100m 01:07.88 34,87	
Jurre Hanstede 2002 (+59)	150m 01:41.49 33,61	
Jurre Hanstede 2002 (+59)	200m 02:19.81 38,32	
Noël Derks 2001 (+30)	250m 02:49.64 29,83	
Noël Derks 2001 (+30)	300m 03:25.07 35,43	
Milan van Dieren 2001 (+30)	350m 03:51.23 26,16	
Milan van Dieren 2001 (+30)	400m 04:20.91 29,68	
2. WS Twente		04:28.23
Léon van der Geest 2002 ()	50m 00:30.69 30,69	
Léon van der Geest 2002 ()	100m 01:05.73 35,04	
Luuk Einhaus 2002 (+29)	150m 01:39.15 33,42	
Luuk Einhaus 2002 (+29)	200m 02:18.31 39,16	
Sem de Goei 2002 (+51)	250m 02:48.44 30,13	
Sem de Goei 2002 (+51)	300m 03:26.79 38,35	
Tom van der Vlag 2002 (+60)	350m 03:56.24 29,45	
Tom van der Vlag 2002 (+60)	400m 04:28.23 31,99	
3. ZPC De Hof		04:33.04
Maquinho Vorst 2002 ()	50m 00:31.38 31,38	
Maquinho Vorst 2002 ()	100m 01:04.60 33,22	
Lars Meijer 2003 (+93)	150m 01:41.08 36,48	
Lars Meijer 2003 (+93)	200m 02:23.42 42,34	
Nathanaël Nijsink 2001 (+32)	250m 02:55.95 32,53	
Nathanaël Nijsink 2001 (+32)	300m 03:34.84 38,89	
Rutger Nieuwenhuis 2001 (+9)	350m 04:02.50 27,66	
Rutger Nieuwenhuis 2001 (+9)	400m 04:33.04 30,54	
4. Z&PV de Veene		04:36.91
Matthijs Poppe 2002 ()	50m 00:34.83 34,83	
Matthijs Poppe 2002 ()	100m 01:13.58 38,75	
Ivo Karamoy Faulhaber 2002 ()	150m 01:47.17 33,59	
Ivo Karamoy Faulhaber 2002 ()	200m 02:27.59 40,42	
Jelmer Lesscher 2001 ()	250m 02:58.82 31,23	
Jelmer Lesscher 2001 ()	300m 03:37.14 38,32	
Otmar Lesscher 2001 ()	350m 04:04.97 27,83	
Otmar Lesscher 2001 ()	400m 04:36.91 31,94	
5. De IJssel		05:01.51
Tein Huizinga 2001 ()	50m 00:37.10 37,10	
Tein Huizinga 2001 ()	100m 01:19.00 41,90	
Robert Nijendijk 2001 (+20)	150m 01:58.70 39,70	
Robert Nijendijk 2001 (+20)	200m 02:46.26 47,56	
Sweeder Braakman 2002 (+44)	250m 03:17.36 31,10	
Sweeder Braakman 2002 (+44)	300m 03:55.11 37,75	
Stef Koman 2001 (+51)	350m 04:25.20 30,09	
Stef Koman 2001 (+51)	400m 05:01.51 36,31	
19. 4x100m wisselslag heren		
vanaf 12 jaar (Junioren 1 en ouder)		
1. De Dinkel		04:00.01

Dennis Kamps 2000 ()	50m	00:28.98	28,98
Dennis Kamps 2000 ()	100m	00:58.72	29,74
Gijsbert Pelleboer 2000 (+73)	150m	01:30.29	31,57
Gijsbert Pelleboer 2000 (+73)	200m	02:06.71	36,42
Yoran Klos 1996 (+41)	250m	02:33.79	27,08
Yoran Klos 1996 (+41)	300m	03:05.83	32,04
Karst Boersma 1996 (+43)	350m	03:32.05	26,22
Karst Boersma 1996 (+43)	400m	04:00.01	27,96

20. 4x100m vrije slag dames

11 - 13 jaar (Junioren 3 en later)

1. WS Twente

04:15.63

Isabelle Elsweier 2003 ()	50m	00:30.67	30,67
Isabelle Elsweier 2003 ()	100m	01:03.80	33,13
Loes Sotthewes 2004 (+58)	150m	01:36.05	32,25
Loes Sotthewes 2004 (+58)	200m	02:11.23	35,18
Luna Hofmeijer 2004 (+74)	250m	02:42.10	30,87
Luna Hofmeijer 2004 (+74)	300m	03:17.10	35,00
Lynn Joor 2003 (+41)	350m	03:44.39	27,29
Lynn Joor 2003 (+41)	400m	04:15.63	31,24

2. De Dinkel

04:16.35

Puck Koopman 2004 ()	50m	00:29.84	29,84
Puck Koopman 2004 ()	100m	01:01.98	32,14
Marieke Lenderink 2004 ()	150m	01:34.61	32,63
Marieke Lenderink 2004 ()	200m	02:08.66	34,05
Soraya Rakers 2003 ()	250m	02:39.74	31,08
Soraya Rakers 2003 ()	300m	03:14.01	34,27
Joy van Dieren 2003 ()	350m	03:44.02	30,01
Joy van Dieren 2003 ()	400m	04:16.35	32,33

3. Dedemsvaart-AC

04:25.68

Alessia Sluis 2003 ()	50m	00:31.77	31,77
Alessia Sluis 2003 ()	100m	01:06.07	34,30
Aleid te Velthuis 2004 (+76)	150m	01:40.46	34,39
Aleid te Velthuis 2004 (+76)	200m	02:18.52	38,06
Meghan Mulder 2003 (+57)	250m	02:49.27	30,75
Meghan Mulder 2003 (+57)	300m	03:24.65	35,38
Amy Lynn Zweers 2003 (+44)	350m	03:53.86	29,21
Amy Lynn Zweers 2003 (+44)	400m	04:25.68	31,82

4. De Dinkel

04:28.96

Anouk Olde Dubbelink 2003 ()	50m	00:30.75	30,75
Anouk Olde Dubbelink 2003 ()	100m	01:04.91	34,16
Yke Groener 2005 (+66)	150m	01:38.21	33,30
Yke Groener 2005 (+66)	200m	02:15.95	37,74
Tess Wolbert 2004 (+46)	250m	02:47.71	31,76
Tess Wolbert 2004 (+46)	300m	03:22.82	35,11
Sanne Temmen 2004 (+44)	350m	03:53.84	31,02
Sanne Temmen 2004 (+44)	400m	04:28.96	35,12

5. ZV 44

04:31.16

Naomi Polinder 2003 ()	50m	00:30.89	30,89
Naomi Polinder 2003 ()	100m	01:06.05	35,16
Michelle van den Hoofdakker 2003 ()	150m	01:37.71	31,66
Michelle van den Hoofdakker 2003 ()	200m	02:13.30	35,59
Imre Reijnders 2005 ()	250m	02:49.38	36,08
Imre Reijnders 2005 ()	300m	03:28.41	39,03
Lindsey Berghuis 2003 ()	350m	03:57.67	29,26
Lindsey Berghuis 2003 ()	400m	04:31.16	33,49

6. De IJssel

04:49.28

Jildau Meijer 2004 ()	50m	00:35.56	35,56
Jildau Meijer 2004 ()	100m	01:15.07	39,51
Laurentien Bosman 2005 (+20)	150m	01:51.11	36,04
Laurentien Bosman 2005 (+20)	200m	02:32.25	41,14
Meike Bakkeren 2003 (+69)	250m	03:05.37	33,12
Meike Bakkeren 2003 (+69)	300m	03:42.94	37,57

Anne Kleine Koerkamp 2004 (+42) 350m 04:14.73 31,79
 Anne Kleine Koerkamp 2004 (+42) 400m 04:49.28 34,55

7. Het Ravijn

04:50.10

Roos Arnold 2005 () 50m 00:34.21 34,21
 Roos Arnold 2005 () 100m 01:15.52 41,31
 Mia de Vente 2003 (-5) 150m 01:48.90 33,38
 Mia de Vente 2003 (-5) 200m 02:26.35 37,45
 Lieke de Groot 2004 (+55) 250m 02:59.58 33,23
 Lieke de Groot 2004 (+55) 300m 03:37.87 38,29
 Iris Timmermans 2005 (+47) 350m 04:12.06 34,19
 Iris Timmermans 2005 (+47) 400m 04:50.10 38,04

8. ZV 44

05:09.37

Jolijn Liezen 2005 () 50m 00:35.79 35,79
 Jolijn Liezen 2005 () 100m 01:14.35 38,56
 Myrthe ten Heuw 2004 (+35) 150m 01:53.26 38,91
 Myrthe ten Heuw 2004 (+35) 200m 02:35.63 42,37
 Lisanne Nijland 2005 (+51) 250m 03:11.72 36,09
 Lisanne Nijland 2005 (+51) 300m 03:51.86 40,14
 Cynthia Koolman 2003 (+22) 350m 04:27.99 36,13
 Cynthia Koolman 2003 (+22) 400m 05:09.37 41,38

21. 4x100m vrije slag dames

vanaf 11 jaar (Senioren Open)

1. De Dinkel

03:56.72

Romée Spin 2000 () 50m 00:29.13 29,13
 Romée Spin 2000 () 100m 01:01.27 32,14
 Laura Rolink 1999 () 150m 01:29.33 28,06
 Laura Rolink 1999 () 200m 01:59.36 30,03
 Janneke Lenderink 2001 (+16) 250m 02:28.22 28,86
 Janneke Lenderink 2001 (+16) 300m 02:59.04 30,82
 Sterre Mooiweer 1998 () 350m 03:26.35 27,31
 Sterre Mooiweer 1998 () 400m 03:56.72 30,37

2. Deltasteur

04:00.55

Annet van Stratum 1990 () 50m 00:29.03 29,03
 Annet van Stratum 1990 () 100m 00:59.94 30,91
 Marit Boxum 2000 (+46) 150m 01:28.49 28,55
 Marit Boxum 2000 (+46) 200m 02:00.98 32,49
 Maaïke Doornwaard 1998 (+23) 250m 02:29.99 29,01
 Maaïke Doornwaard 1998 (+23) 300m 03:01.88 31,89
 Naomi Hofsink 1994 (+19) 350m 03:29.63 27,75
 Naomi Hofsink 1994 (+19) 400m 04:00.55 30,92

3. Dedemsvaart-AC

04:00.65

Manon Compagner 2001 () 50m 00:28.60 28,60
 Manon Compagner 2001 () 100m 00:59.32 30,72
 Michelle Zomerdijk 2000 () 150m 01:28.49 29,17
 Michelle Zomerdijk 2000 () 200m 02:00.86 32,37
 Hanne te Velthuis 2002 () 250m 02:29.35 28,49
 Hanne te Velthuis 2002 () 300m 03:01.12 31,77
 Maaïke van Veen 1997 () 350m 03:29.66 28,54
 Maaïke van Veen 1997 () 400m 04:00.65 30,99

4. ZPC De Hof

04:07.33

Elisa Haverkate 2002 () 50m 00:29.78 29,78
 Elisa Haverkate 2002 () 100m 01:01.83 32,05
 Kimberley Kranenberg 1994 (+43) 150m 01:31.96 30,13
 Kimberley Kranenberg 1994 (+43) 200m 02:04.21 32,25
 Jocelyn Horbeek 2003 (+25) 250m 02:34.37 30,16
 Jocelyn Horbeek 2003 (+25) 300m 03:06.21 31,84
 Laura van der Neut 1997 (+30) 350m 03:35.04 28,83
 Laura van der Neut 1997 (+30) 400m 04:07.33 32,29

5. De Dinkel

04:07.90

Kiki Koopman 2002 () 50m 00:29.30 29,30
 Kiki Koopman 2002 () 100m 01:01.29 31,99
 Mathilde Stolmeijer 2001 (+85) 150m 01:30.88 29,59

Mathilde Stolmeijer 2001 (+85)	200m	02:02.54	31,66
Eefje Sloatweg 1998 (+33)	250m	02:31.73	29,19
Eefje Sloatweg 1998 (+33)	300m	03:05.17	33,44
Laurie Aarninkhof 1998 (+18)	350m	03:34.97	29,80
Laurie Aarninkhof 1998 (+18)	400m	04:07.90	32,93

6. WS Twente

04:09.34

Sarah Kits 2001 ()	50m	00:30.86	30,86
Sarah Kits 2001 ()	100m	01:05.10	34,24
Lieke Oude Lenferink 2002 (+33)	150m	01:33.95	28,85
Lieke Oude Lenferink 2002 (+33)	200m	02:06.06	32,11
Carlijn Hansté 2002 (+46)	250m	02:35.34	29,28
Carlijn Hansté 2002 (+46)	300m	03:07.77	32,43
Roëlle op de Haar 2001 (+65)	350m	03:37.12	29,35
Roëlle op de Haar 2001 (+65)	400m	04:09.34	32,22

Overijsselse Kampioenschappen korte baan sessie 2 - zondag 8 januari 2017 om 12:30u (25 m)

Aanvangstijd juryvergadering: 11:45u

22. 100m vrije slag - Heren

12 - 12 jaar (Junioren 1)

1. Jort van der Vlag (WS Twente, 200400335)	00:59.73
50m 00:28.95 28,95	
2. Jacco Nijland (ZPC De Hof, 200400081)	01:01.55
50m 00:29.70 29,70	
3. Robin van den Berg (De Eerste Kolk, 200400699)	01:04.97
50m 00:31.03 31,03	
4. Matthew Critchell (ZV 44, 200403011)	01:06.96
50m 00:31.71 31,71	
5. Niek Lammertink (ZPC De Hof, 200400079)	01:07.21
50m 00:32.19 32,19	
6. Danny Brown (ZV 44, 200401511)	01:07.48
50m 00:31.50 31,50	
7. Basten van Halteren (O Z & P C, 200402097)	01:08.23
50m 00:32.15 32,15	
8. Niek Hamans (E Z C, 200401763)	01:10.05
50m 00:33.08 33,08	

23. 100m vrije slag - Heren

13 - 13 jaar (Junioren 2)

1. Luuk Bos (V Z & P C, 200300151)	00:57.38
50m 00:27.45 27,45	
2. Matias Jansen (Zignea, 200300199)	00:57.58
50m 00:28.03 28,03	
3. Lukas Binnekamp (WS Twente, 200300107)	01:01.12
50m 00:28.88 28,88	
4. Niels Kragt (Dedemsvaart-AC, 200300155)	01:02.23
50m 00:29.93 29,93	
5. Kevin Lucas (De Dinkel, 200300545)	01:03.57
50m 00:30.98 30,98	
6. Lars Kogelman (O Z & P C, 200300111)	01:03.66
50m 00:30.46 30,46	
7. Lars Meijer (ZPC De Hof, 200301497)	01:04.61
50m 00:30.94 30,94	
8. Luuk Ruinemens (De Dinkel, 200301085)	01:04.83

50m 00:31.23 31,23

24. 100m vrije slag - Heren

14 - 14 jaar (Junioren 3)

- | | |
|---|----------|
| 1. Leon van den Hof (Dedemsvaart-AC, 200203269) | 00:55.23 |
| 50m 00:26.43 26,43 | |
| 2. Maquinho Vorst (ZPC De Hof, 200204179) | 00:56.26 |
| 50m 00:27.00 27,00 | |
| 3. Jurre Hanstede (De Dinkel, 200201019) | 00:57.33 |
| 50m 00:27.49 27,49 | |
| 4. Tristan Scholten (ZV 44, 200201683) | 00:57.54 |
| 50m 00:27.15 27,15 | |
| 5. Léon van der Geest (WS Twente, 200201005) | 00:57.93 |
| 50m 00:27.69 27,69 | |
| 6. Luuk Einhaus (WS Twente, 200200537) | 00:58.07 |
| 50m 00:27.13 27,13 | |
| 7. Robin Kamps (De Dinkel, 200200211) | 00:59.49 |
| 50m 00:28.49 28,49 | |
| 8. Sweeder Braakman (De IJssel, 200200397) | 01:00.55 |
| 50m 00:28.43 28,43 | |

25. 100m vrije slag - Heren

15 - 15 jaar (Junioren 4)

- | | |
|---|----------|
| 1. Milan van Dieren (De Dinkel, 200100493) | 00:56.23 |
| 50m 00:26.61 26,61 | |
| 2. Robin Leideman (De Grunte, 200103137) | 00:57.82 |
| 50m 00:27.70 27,70 | |
| 3. Jelmer Lesscher (Z&PV de Veene, 200100791) | 00:57.92 |
| 50m 00:27.64 27,64 | |
| 4. Daan Rienties (Swol 1894, 200103369) | 00:58.14 |
| 50m 00:27.36 27,36 | |
| 5. Otmar Lesscher (Z&PV de Veene, 200100795) | 00:58.98 |
| 50m 00:27.88 27,88 | |
| 6. Rutger Nieuwenhuis (ZPC De Hof, 200100235) | 00:59.10 |
| 50m 00:28.30 28,30 | |
| 7. Kevin van Dijk (Deltasteur, 200101089) | 01:02.76 |
| 50m 00:28.86 28,86 | |
| DIS. Floris Nederburgh (Swol 1894, 200105245) | 00:00.00 |

26. 100m vrije slag - Heren

16 - 16 jaar (Jeugd 1)

- | | |
|---|----------|
| 1. Dennis Kamps (De Dinkel, 200000191) | 00:54.97 |
| 50m 00:26.79 26,79 | |
| 2. Gijsbert Pelleboer (De Dinkel, 200000327) | 00:56.70 |
| 50m 00:27.29 27,29 | |
| 3. Jorn Lucas (Z&PV de Veene, 200000675) | 00:57.24 |
| 50m 00:27.81 27,81 | |
| 4. Jorgen Gerritsen (De Eerste Kolk, 200000001) | 00:57.25 |
| 50m 00:27.05 27,05 | |
| 5. Leon Kloots (ZPC De Hof, 200001363) | 00:58.09 |
| 50m 00:27.82 27,82 | |
| 6. Joost Davina (O Z & P C, 200000205) | 01:01.62 |
| 50m 00:29.35 29,35 | |

7. Joost Padberg (O Z & P C, 200002451)	01:01.69
50m 00:29.43 29,43	
<i>17 - 17 jaar (Jeugd 2)</i>	
1. Ebel van Geemen (WS Twente, 199901095)	00:55.34
50m 00:26.58 26,58	
2. Jelle Dekker (De Grunte, 199901621)	00:55.42
50m 00:26.00 26,00	
3. Pascal Bloemen (De Dinkel, 199900135)	00:56.87
50m 00:27.26 27,26	
4. Vincent Bosch (Z&PV de Veene, 199900451)	00:57.54
50m 00:26.74 26,74	
5. Mark Boertien (Dedemsvaart-AC, 199903219)	00:59.93
50m 00:28.39 28,39	
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Karst Boersma (De Dinkel, 199600849)	00:52.07
50m 00:25.33 25,33	
2. Yoran Klos (De Dinkel, 199600481)	00:52.21
50m 00:24.95 24,95	
2. Mathieu Boers (WS Twente, 199800187)	00:52.21
50m 00:24.91 24,91	
4. Gert van t Oever (Deltasteur, 198702403)	00:53.64
50m 00:25.33 25,33	
5. Sepp Kalter (Dedemsvaart-AC, 199704327)	00:54.03
50m 00:26.02 26,02	
6. Michiel Jorink (ZV 44, 198701613) [S14]	00:54.48
50m 00:25.77 25,77	
7. Tjakko Ruinemans (De Dinkel, 197400687)	00:54.75
50m 00:26.49 26,49	
8. Coen Reukers (De Dinkel, 199500213)	00:55.59
50m 00:26.27 26,27	
9. Robert Dekker (Dedemsvaart-AC, 198400443)	00:56.36
50m 00:26.52 26,52	
10. Mart Kortman (De Dinkel, 199800357)	00:56.70
50m 00:26.64 26,64	
11. Kars Veldkamp (WS Twente, 199700747)	00:56.79
50m 00:27.16 27,16	
12. Jorden Theijink (ZPC De Hof, 199400323)	00:57.15
50m 00:27.12 27,12	
13. Rick Driezen (Steenwijk 1934, 198600713)	00:57.60
50m 00:27.31 27,31	
14. Thomas de Lange (WS Twente, 199701475)	00:57.78
50m 00:27.73 27,73	
15. Luuk ter Mors (WS Twente, 199801627)	00:58.01
50m 00:27.17 27,17	
16. Diederick Schothans (Z&PV de Veene, 199703185)	00:58.35
50m 00:27.94 27,94	
17. Thimo Brand (Swol 1894, 199702589)	00:59.59
50m 00:27.74 27,74	

18. Frank Beijering (De IJssel, 199304311)					00:59.61
50m	00:26.33	26,33			
27. 400m wisselslag - Dames					
12 - 12 jaar (Junioren 2)					
1. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)					05:25.99
50m	00:33.17	33,17	150m	01:55.54	40,42
100m	01:15.12	41,95	200m	02:35.97	40,43
250m	03:23.48	47,51	350m	04:51.36	38,64
300m	04:12.72	49,24			
2. Loes Sotthewes (WS Twente, 200401792)					05:51.42
50m	00:35.55	35,55	150m	02:01.48	43,54
100m	01:17.94	42,39	200m	02:43.64	42,16
250m	03:36.79	53,15	350m	05:12.72	41,58
300m	04:31.14	54,35			
4. Tessa Sportel (Dedemsvaart-AC, 200401644)					05:58.27
50m	00:38.49	38,49	150m	02:11.78	43,87
100m	01:27.91	49,42	200m	02:54.69	42,91
250m	03:44.97	50,28	350m	05:18.49	42,89
300m	04:35.60	50,63			
5. Anne Kleine Koerkamp (De IJssel, 200401428)					05:59.49
50m	00:40.08	40,08	150m	02:13.25	43,12
100m	01:30.13	50,05	200m	02:56.15	42,90
250m	03:48.09	51,94	350m	05:19.89	39,04
300m	04:40.85	52,76			
6. Annejèn Smelt (ZVZwartsluis, 200400442)					06:11.94
50m	00:40.00	40,00	150m	02:16.95	48,28
100m	01:28.67	48,67	200m	03:04.24	47,29
250m	03:56.50	52,26	350m	05:31.32	41,69
300m	04:49.63	53,13			
7. Dana Kuipers (Het Ravijn, 200401454)					06:21.91
50m	00:38.46	38,46	150m	02:10.19	46,34
100m	01:23.85	45,39	200m	02:56.82	46,63
250m	03:51.50	54,68	350m	05:33.88	46,35
300m	04:47.53	56,03			
8. Fiona Wormeester (E Z C, 200400674)					06:31.14
50m	00:41.57	41,57	150m	02:22.97	49,29
100m	01:33.68	52,11	200m	03:11.30	48,33
250m	04:06.44	55,14	350m	05:46.98	45,92
300m	05:01.06	54,62			
13 - 13 jaar (Junioren 3)					
1. Lynn Joor (WS Twente, 200300550)					05:15.43
50m	00:31.43	31,43	150m	01:50.59	40,68
100m	01:09.91	38,48	200m	02:30.65	40,06
250m	03:12.37	41,72	350m	04:37.81	39,74
300m	03:58.07	45,70			
2. Joy van Dieren (De Dinkel, 200300182)					05:29.05
50m	00:33.73	33,73	150m	01:55.51	40,79
100m	01:14.72	40,99	200m	02:34.91	39,40
250m	03:23.25	48,34	350m	04:52.56	39,18
300m	04:13.38	50,13			
3. Milou ten Koppel (Deltasteur, 200302572)					05:36.90
50m	00:34.93	34,93	150m	01:59.66	42,88
100m	01:16.78	41,85	200m	02:40.83	41,17
250m	03:29.63	48,80	350m	04:58.81	40,43
300m	04:18.38	48,75			
4. Lotte Pieterman (Swol 1894, 200301838)					05:39.40
50m	00:35.77	35,77	150m	02:04.49	42,63
100m	01:21.86	46,09	200m	02:45.47	40,98
250m	03:33.82	48,35	350m	05:02.22	40,03
300m	04:22.19	48,37			
5. Lionne Klarenbeek (ZPC De Hof, 200300108)					05:39.93
50m	00:34.74	34,74	150m	02:00.12	43,69
100m	01:16.43	41,69	200m	02:42.50	42,38
250m	03:32.73	50,23	350m	05:03.51	39,54
300m	04:23.97	51,24			
6. Soraya Rakers (De Dinkel, 200300818)					05:50.83
50m	00:41.23	41,23	150m	02:12.12	41,16
100m	01:30.96	49,73	200m	02:53.28	41,16
250m	03:43.29	50,01	350m	05:12.07	38,95
300m	04:33.12	49,83			
14 - 14 jaar (Jeugd 1)					
1. Carlijn Hansté (WS Twente, 200201082)					05:18.18
50m	00:32.76	32,76	150m	01:52.21	40,17
100m	01:12.04	39,28	200m	02:31.07	38,86
250m	03:19.03	47,96	350m	04:43.95	36,71
300m	04:07.24	48,21			
2. Mayke Westerhof (De Dinkel, 200201488)					05:49.32
50m	00:36.80	36,80	150m	02:07.93	44,47
100m	01:23.46	46,66	200m	02:50.92	42,99
250m	03:41.06	50,14	350m	05:11.42	38,98
300m	04:32.44	51,38			
15 - 15 jaar (Jeugd 2)					
1. Manon Compagner (Dedemsvaart-AC, 200101710)					05:18.80
50m	00:31.77	31,77	150m	01:50.36	40,01
250m	03:18.03	47,92	350m	04:42.95	36,77

	100m 01:10.35 38,58	200m 02:30.11 39,75	300m 04:06.18 48,15	
2. Mathilde Stolmeijer (De Dinkel, 200100590)	50m 00:32.30 32,30	150m 01:50.24 39,86	250m 03:17.81 49,24	350m 04:44.44 36,92
	100m 01:10.38 38,08	200m 02:28.57 38,33	300m 04:07.52 49,71	05:19.25
3. Janneke Lenderink (De Dinkel, 200100328)	50m 00:33.32 33,32	150m 01:55.34 42,26	250m 03:21.75 45,43	350m 04:46.15 37,55
	100m 01:13.08 39,76	200m 02:36.32 40,98	300m 04:08.60 46,85	05:20.70
4. Chiméne Rakers (De Dinkel, 200101778)	50m 00:36.19 36,19	150m 02:03.90 44,66	250m 03:37.95 51,10	350m 05:06.75 37,14
	100m 01:19.24 43,05	200m 02:46.85 42,95	300m 04:29.61 51,66	05:41.32
vanaf 16 jaar (Senioren 1 en ouder)				
1. Sterre Mooiweer (De Dinkel, 199800236)	50m 00:31.66 31,66	150m 01:47.95 39,10	250m 03:10.40 44,14	350m 04:32.22 36,24
	100m 01:08.85 37,19	200m 02:26.26 38,31	300m 03:55.98 45,58	05:07.61
2. Marit Boxum (Deltasteur, 200000068)	50m 00:33.01 33,01	150m 01:54.51 41,10	250m 03:22.46 47,58	350m 04:49.78 37,93
	100m 01:13.41 40,40	200m 02:34.88 40,37	300m 04:11.85 49,39	05:28.11
3. Romée Spin (De Dinkel, 200000724)	50m 00:33.02 33,02	150m 01:55.81 42,64	250m 03:25.22 46,69	350m 04:52.58 38,52
	100m 01:13.17 40,15	200m 02:38.53 42,72	300m 04:14.06 48,84	05:29.78
28. 200m rugslag - Heren				
12 - 12 jaar (Junioren 1)				
1. Jort van der Vlag (WS Twente, 200400335)	50m 00:34.69 34,69	100m 01:11.81 37,12	150m 01:49.35 37,54	02:26.26
2. Robin van den Berg (De Eerste Kolk, 200400699)	50m 00:40.31 40,31	100m 01:23.58 43,27	150m 02:07.26 43,68	02:47.07
3. Quinten ten Dam (ZPC De Hof, 200400075)	50m 00:40.18 40,18	100m 01:22.80 42,62	150m 02:06.48 43,68	02:47.59
4. Jacco Nijland (ZPC De Hof, 200400081)	50m 00:40.01 40,01	100m 01:24.42 44,41	150m 02:08.01 43,59	02:49.35
5. Basten van Halteren (O Z & P C, 200402097)	50m 00:40.12 40,12	100m 01:23.67 43,55	150m 02:07.49 43,82	02:49.55
6. Quinn Heederik (Deltasteur, 200400093)	50m 00:43.21 43,21	100m 01:28.84 45,63	150m 02:14.63 45,79	02:57.68
7. Matthew Critchell (ZV 44, 200403011)	50m 00:43.82 43,82	100m 01:30.38 46,56	150m 02:16.92 46,54	03:01.07
8. Mika Groot Rouwen (O Z & P C, 200400023)	50m 00:42.94 42,94	100m 01:30.25 47,31	150m 02:19.41 49,16	03:05.85
13 - 13 jaar (Junioren 2)				
1. Kylian Heederik (Deltasteur, 200300353)	50m 00:32.91 32,91	100m 01:08.32 35,41	150m 01:45.12 36,80	02:22.27
2. Luuk Bos (V Z & P C, 200300151)	50m 00:33.71 33,71	100m 01:11.24 37,53	150m 01:48.39 37,15	02:24.09
3. Lukas Binnekamp (WS Twente, 200300107)	50m 00:33.22 33,22	100m 01:09.38 36,16	150m 01:48.01 38,63	02:25.23
4. Niels Kragt (Dedemsvaart-AC, 200300155)	50m 00:35.39 35,39	100m 01:12.92 37,53	150m 01:51.27 38,35	02:28.64
5. Matias Jansen (Zignea, 200300199)	50m 00:35.68 35,68	100m 01:13.66 37,98	150m 01:52.31 38,65	02:30.85
6. Ewald de Haas (WS Twente, 200301945)	50m 00:34.79 34,79	100m 01:13.56 38,77	150m 01:53.64 40,08	02:32.26

7. Luuk Ruinemans (De Dinkel, 200301085)			02:35.33
50m 00:36.05 36,05	100m 01:16.27 40,22	150m 01:56.58 40,31	
8. Mika Heskamp (De Dinkel, 200300339)			02:37.43
50m 00:36.77 36,77	100m 01:16.95 40,18	150m 01:57.59 40,64	
9. Chiel Kootstra (Dedemsvaart-AC, 200301463)			02:43.14
50m 00:37.71 37,71	100m 01:18.99 41,28	150m 02:00.82 41,83	
10. Lars Kogelman (O Z & P C, 200300111)			02:45.92
50m 00:38.31 38,31	100m 01:19.65 41,34	150m 02:02.99 43,34	
11. Luc Aveskamp (De Dinkel, 200300337)			02:46.37
50m 00:37.75 37,75	100m 01:20.08 42,33	150m 02:03.13 43,05	
12. Thijs Oonk (O Z & P C, 200300245)			02:46.86
50m 00:37.12 37,12	100m 01:20.12 43,00	150m 02:04.03 43,91	
<i>14 - 14 jaar (Junioren 3)</i>			
1. Leon van den Hof (Dedemsvaart-AC, 200203269)			02:22.08
50m 00:31.44 31,44	100m 01:06.83 35,39	150m 01:44.16 37,33	
2. Maquinho Vorst (ZPC De Hof, 200204179)			02:25.43
50m 00:33.81 33,81	100m 01:10.56 36,75	150m 01:48.26 37,70	
3. Robin Kamps (De Dinkel, 200200211)			02:26.27
50m 00:34.27 34,27	100m 01:11.09 36,82	150m 01:48.88 37,79	
4. Jordi Kamps (De Dinkel, 200200213)			02:27.91
50m 00:34.59 34,59	100m 01:11.25 36,66	150m 01:49.21 37,96	
5. Sem de Goei (WS Twente, 200200029)			02:30.17
50m 00:33.50 33,50	100m 01:12.09 38,59	150m 01:52.03 39,94	
6. Tom van der Vlag (WS Twente, 200200391)			02:30.50
50m 00:34.04 34,04	100m 01:12.15 38,11	150m 01:52.05 39,90	
7. Edwin Kanis (Deltasteur, 200200505)			02:36.01
50m 00:36.30 36,30	100m 01:15.57 39,27	150m 01:56.03 40,46	
DIS. Léon van der Geest (WS Twente, 200201005)			00:00.00
<i>15 - 15 jaar (Junioren 4)</i>			
1. Jelmer Lesscher (Z&PV de Veene, 200100791)			02:22.38
50m 00:33.56 33,56	100m 01:09.92 36,36	150m 01:46.94 37,02	
2. Otmar Lesscher (Z&PV de Veene, 200100795)			02:23.72
50m 00:33.50 33,50	100m 01:10.21 36,71	150m 01:47.22 37,01	
3. Milan van Dieren (De Dinkel, 200100493)			02:25.04
50m 00:33.60 33,60	100m 01:10.26 36,66	150m 01:48.16 37,90	
4. Daan Rienties (Swol 1894, 200103369)			02:28.52
50m 00:34.13 34,13	100m 01:11.24 37,11	150m 01:50.01 38,77	
5. Robin Leideman (De Grunte, 200103137)			02:29.27
50m 00:36.09 36,09	100m 01:13.79 37,70	150m 01:52.39 38,60	
6. Rutger Nieuwenhuis (ZPC De Hof, 200100235)			02:30.84
50m 00:34.66 34,66	100m 01:12.51 37,85	150m 01:52.55 40,04	
7. Floris Nederburgh (Swol 1894, 200105245)			02:31.84
50m 00:34.37 34,37	100m 01:11.60 37,23	150m 01:51.51 39,91	
8. Kevin van Dijk (Deltasteur, 200101089)			02:42.02
50m 00:35.83 35,83	100m 01:17.25 41,42	150m 01:59.65 42,40	
<i>16 - 16 jaar (Jeugd 1)</i>			
1. Jorn Lucas (Z&PV de Veene, 200000675)			02:22.62
50m 00:33.92 33,92	100m 01:09.88 35,96	150m 01:47.19 37,31	
2. Diederik de Boer (Steenwijk 1934, 200000269)			02:28.38

	50m 00:34.58 34,58	100m 01:12.04 37,46	150m 01:50.38 38,34	
3. Joost Davina (O Z & P C, 200000205)				02:32.87
	50m 00:36.03 36,03	100m 01:14.43 38,40	150m 01:54.17 39,74	
<i>17 - 17 jaar (Jeugd 2)</i>				
1. Torben Lammerdink (WS Twente, 199900745)				02:09.29
	50m 00:30.56 30,56	100m 01:03.68 33,12	150m 01:36.92 33,24	
2. Koen Brummelaar (De Dinkel, 199900047)				02:12.51
	50m 00:31.50 31,50	100m 01:05.42 33,92	150m 01:38.94 33,52	
3. Jelle Dekker (De Grunte, 199901621)				02:17.13
	50m 00:32.21 32,21	100m 01:06.82 34,61	150m 01:42.25 35,43	
4. Timo de Vries (Steenwijk 1934, 199900407)				02:31.69
	50m 00:33.89 33,89	100m 01:11.24 37,35	150m 01:51.03 39,79	
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>				
1. Tom Laarhuis (De Dinkel, 199800309)				02:08.46
	50m 00:30.81 30,81	100m 01:05.16 34,35	150m 01:36.85 31,69	
2. Karst Boersma (De Dinkel, 199600849)				02:09.02
	50m 00:30.39 30,39	100m 01:03.62 33,23	150m 01:36.50 32,88	
3. Jari Hofsink (Deltasteur, 199700535)				02:14.18
	50m 00:30.76 30,76	100m 01:04.86 34,10	150m 01:39.32 34,46	
4. Kars Veldkamp (WS Twente, 199700747)				02:20.86
	50m 00:33.05 33,05	100m 01:08.86 35,81	150m 01:45.45 36,59	
5. Robert Dekker (Dedemsvaart-AC, 198400443)				02:21.49
	50m 00:33.42 33,42	100m 01:09.22 35,80	150m 01:45.86 36,64	
29. 50m vrije slag - Dames				
<i>11 - 11 jaar (Junioren 1)</i>				
1. Iris Timmermans (Het Ravijn, 200500172)				00:30.79
2. Yke Groener (De Dinkel, 200500772)				00:31.77
3. Imre Reijnders (ZV 44, 200501870)				00:32.19
4. Roos Arnold (Het Ravijn, 200500060)				00:32.20
5. Lynn Reitsma (Swol 1894, 200502750)				00:32.27
6. India Segerink (De Dinkel, 200501350)				00:32.54
7. Neomi Koetsier (WS Twente, 200502144)				00:32.84
8. Jolijn Liezen (ZV 44, 200500518)				00:32.91
9. Demi Westendorp (Deltasteur, 200500262)				00:32.98
10. Lisanne Nijland (ZV 44, 200500224)				00:33.21
11. Esther Engbers (WS Twente, 200500358)				00:33.36
12. Senna Geerdink (Deltasteur, 200500026)				00:33.70
13. Tamar van der Wal (De IJssel, 200500530)				00:34.70
DIS. Laurentien Bosman (De IJssel, 200500080)				00:00.00
30. 50m vrije slag - Dames				
<i>12 - 12 jaar (Junioren 2)</i>				
1. Puck Koopman (De Dinkel, 200400038)				00:28.20
2. Luna Hofmeijer (WS Twente, 200400006)				00:29.78
3. Tess Wolbert (De Dinkel, 200400538)				00:29.86
4. Marieke Lenderink (De Dinkel, 200400778)				00:30.01

5. Anne Kleine Koerkamp (De IJssel, 200401428)	00:30.08
6. Sanne Temmen (De Dinkel, 200400682)	00:30.31
8. Merel Marskamp (Hera'11, 200400990)	00:30.89
9. Loes Sotthewes (WS Twente, 200401792)	00:31.71
10. Annejèn Smelt (ZVZwartsluis, 200400442)	00:32.42
11. Kim van Dijk (Zignea, 200403008)	00:32.49
12. Monica Faber (Deltasteur, 200400388)	00:32.51
13. Naomi van der Sluis (De Eerste Kolk, 200402824)	00:32.53
14. Aleid te Velthuis (Dedemsvaart-AC, 200401470)	00:32.56
15. Sarie Kluitman (De Dinkel, 200400202)	00:32.97
16. Maya de Best (WS Twente, 200402444)	00:33.08
31. 50m vrije slag - Dames	
<i>13 - 13 jaar (Junioren 3)</i>	
1. Lynn Joor (WS Twente, 200300550)	00:27.24
2. Lindsey Berghuis (ZV 44, 200300104)	00:27.58
3. Lotte Pieterman (Swol 1894, 200301838)	00:27.71
4. Jocelyn Horbeek (ZPC De Hof, 200300302)	00:28.51
5. Maudé Lesscher (Z&PV de Veene, 200300018)	00:28.89
6. Joy van Dieren (De Dinkel, 200300182)	00:29.35
7. Isabelle Elswieier (WS Twente, 200303614)	00:29.87
8. Soraya Rakers (De Dinkel, 200300818)	00:29.90
32. 50m vrije slag - Dames	
<i>14 - 14 jaar (Jeugd 1)</i>	
1. Elisa Haverkate (ZPC De Hof, 200200266)	00:27.52
2. Lieke Oude Lenferink (WS Twente, 200200068)	00:27.97
3. Hanne te Velthuis (Dedemsvaart-AC, 200201324)	00:28.09
4. Denice Koolman (ZV 44, 200200132)	00:28.69
5. Carlijn Hansté (WS Twente, 200201082)	00:28.81
6. Manon de Man (Deltasteur, 200201458)	00:29.02
7. Quinty Setlight (De Dinkel, 200201018)	00:29.45
8. Mayke Westerhof (De Dinkel, 200201488)	00:30.45
9. Joëlle van der Veen (Dedemsvaart-AC, 200201176)	00:30.69
<i>15 - 15 jaar (Jeugd 2)</i>	
1. Manon Compagner (Dedemsvaart-AC, 200101710)	00:27.14
2. Roëlle op de Haar (WS Twente, 200103428)	00:27.21
3. Janneke Lenderink (De Dinkel, 200100328)	00:27.70
4. Mathilde Stolmeijer (De Dinkel, 200100590)	00:28.59
5. Tara van Bree (Dedemsvaart-AC, 200103650)	00:28.70
6. Lianne Plas (De Grunte, 200101214)	00:29.14
7. Sarah Kits (WS Twente, 200101024)	00:30.04

vanaf 16 jaar (Senioren 1 en ouder)

1. Sterre Mooiweer (De Dinkel, 199800236)	00:26.82
2. Annet van Stratum (Deltasteur, 199003640)	00:26.85
3. Laura Rolink (De Dinkel, 199902018)	00:27.49
4. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	00:27.80
5. Maaïke van Veen (Dedemsvaart-AC, 199700292)	00:27.91
6. Lotte Rougoor (Dedemsvaart-AC, 200000774)	00:28.02
7. Alies Wagter (Steenwijk 1934, 199900840)	00:28.18
8. Laura Compagner (Dedemsvaart-AC, 199804602)	00:28.20
9. Marit Boxum (Deltasteur, 200000068)	00:28.22
10. Merel van der Kieft (E Z C, 199200920)	00:28.34
11. Maaïke Doornwaard (Deltasteur, 199800264)	00:28.59
12. Romée Spin (De Dinkel, 200000724)	00:28.62
13. Linde Kolkman (Dedemsvaart-AC, 200001114)	00:28.63
14. Madelijne Schothans (De Dinkel, 200002416)	00:29.11
15. Chantal Meyerink (De Grunte, 199105212)	00:29.39
16. Daphne Robijn – Jongedijk (Zwemclub Losser, 198903520)	00:29.63

33. 100m vlinderslag - Heren

12 - 12 jaar (Junioren 1)

1. Jort van der Vlag (WS Twente, 200400335)	01:13.51
50m 00:33.64 33,64	
2. Quinten ten Dam (ZPC De Hof, 200400075)	01:18.59
50m 00:36.92 36,92	
3. Niek Hamans (E Z C, 200401763)	01:19.69
50m 00:36.96 36,96	
4. Danny Brown (ZV 44, 200401511)	01:20.25
50m 00:35.12 35,12	
5. Quinten Lorkeers (V Z & P C, 200400015)	01:21.89
50m 00:37.77 37,77	
6. Niek Lammertink (ZPC De Hof, 200400079)	01:26.03
50m 00:39.51 39,51	

34. 100m vlinderslag - Heren

13 - 13 jaar (Junioren 2)

1. Matias Jansen (Zignea, 200300199)	01:07.75
50m 00:31.75 31,75	
2. Luuk Bos (V Z & P C, 200300151)	01:07.99
50m 00:31.00 31,00	
3. Lars Meijer (ZPC De Hof, 200301497)	01:14.38
50m 00:33.87 33,87	
4. Luuk Ruinemans (De Dinkel, 200301085)	01:14.75
50m 00:34.36 34,36	
5. Andy Zandvliet (ZPC De Hof, 200300381)	01:17.25
50m 00:35.26 35,26	
6. Lars Kogelman (O Z & P C, 200300111)	01:20.60
50m 00:36.36 36,36	

7. Mika Heskamp (De Dinkel, 200300339)	01:20.89
50m 00:37.03 37,03	
35. 100m vlinderslag - Heren	
14 - 14 jaar (Junioren 3)	
1. Maquinho Vorst (ZPC De Hof, 200204179)	01:04.94
50m 00:30.22 30,22	
2. Sem de Goei (WS Twente, 200200029)	01:06.86
50m 00:30.39 30,39	
3. Sweeder Braakman (De IJssel, 200200397)	01:06.90
50m 00:30.76 30,76	
4. Jurre Hanstede (De Dinkel, 200201019)	01:07.15
50m 00:31.35 31,35	
5. Tristan Scholten (ZV 44, 200201683)	01:08.65
50m 00:29.84 29,84	
6. Luuk Einhaus (WS Twente, 200200537)	01:10.51
50m 00:31.36 31,36	
7. Robin Kamps (De Dinkel, 200200211)	01:13.03
50m 00:33.95 33,95	
8. Jordi Kamps (De Dinkel, 200200213)	01:13.77
50m 00:34.22 34,22	
36. 100m vlinderslag - Heren	
15 - 15 jaar (Junioren 4)	
1. Noël Derks (De Dinkel, 200101489)	01:04.01
50m 00:30.47 30,47	
2. Floris Nederburgh (Swol 1894, 200105245)	01:05.10
50m 00:30.05 30,05	
3. Bart Kooiker (De Dinkel, 200100705)	01:06.59
50m 00:29.54 29,54	
4. Jelmer Lesscher (Z&PV de Veene, 200100791)	01:07.41
50m 00:31.08 31,08	
5. Milan van Dieren (De Dinkel, 200100493)	01:09.64
50m 00:31.05 31,05	
6. Robin Leideman (De Grunte, 200103137)	01:10.03
50m 00:32.06 32,06	
7. Otmar Lesscher (Z&PV de Veene, 200100795)	01:10.50
50m 00:31.90 31,90	
8. Mike Müller (Deltasteur, 200102653)	01:11.98
50m 00:30.92 30,92	
37. 100m vlinderslag - Heren	
16 - 16 jaar (Jeugd 1)	
1. Dennis Kamps (De Dinkel, 200000191)	00:58.66
50m 00:27.78 27,78	
2. Leon Kloots (ZPC De Hof, 200001363)	01:07.53
50m 00:31.09 31,09	
3. Jelle Heijman (Steenwijk 1934, 200000635)	01:08.73
50m 00:30.76 30,76	
4. Jorn Lucas (Z&PV de Veene, 200000675)	01:09.14
50m 00:31.74 31,74	
5. Jorgen Gerritsen (De Eerste Kolk, 200000001)	01:10.97
50m 00:32.37 32,37	

6. Joost Padberg (O Z & P C, 200002451)	01:13.09
50m 00:32.78 32,78	
17 - 17 jaar (Jeugd 2)	
1. Ebel van Geemen (WS Twente, 199901095)	01:00.56
50m 00:28.20 28,20	
2. Koen Brummelaar (De Dinkel, 199900047)	01:01.56
50m 00:29.00 29,00	
3. Kylian Kooyman (Steenwijk 1934, 199900763)	01:06.63
50m 00:30.23 30,23	
4. Pascal Bloemen (De Dinkel, 199900135)	01:06.88
50m 00:30.78 30,78	
5. Jelle Dekker (De Grunte, 199901621)	01:07.42
50m 00:30.56 30,56	
6. Vincent Bosch (Z&PV de Veene, 199900451)	01:07.71
50m 00:30.96 30,96	
7. Chris Coelingh (Zwemclub Losser, 199900479)	01:15.04
50m 00:33.34 33,34	
vanaf 18 jaar (Senioren 1 en ouder)	
1. Mathieu Boers (WS Twente, 199800187)	00:57.80
50m 00:27.05 27,05	
2. Yoran Klos (De Dinkel, 199600481)	00:58.66
50m 00:27.05 27,05	
3. Karst Boersma (De Dinkel, 199600849)	00:58.82
50m 00:27.90 27,90	
4. Sepp Kalter (Dedemsvaart-AC, 199704327)	00:58.97
50m 00:27.65 27,65	
5. Michiel Jorink (ZV 44, 198701613) [S14]	00:59.31
50m 00:26.73 26,73	
6. Gert van t Oever (Deltasteur, 198702403)	01:00.21
50m 00:27.62 27,62	
7. Jari Hofsink (Deltasteur, 199700535)	01:00.34
50m 00:27.56 27,56	
8. Rick Driezen (Steenwijk 1934, 198600713)	01:01.40
50m 00:28.35 28,35	
9. Jorden Theijink (ZPC De Hof, 199400323)	01:02.58
50m 00:28.58 28,58	
10. Tjakko Ruinemans (De Dinkel, 197400687)	01:03.24
50m 00:29.44 29,44	
11. Pieter Pickhardt (ZPC De Hof, 198301657)	01:03.73
50m 00:29.83 29,83	
12. Gideon Teeuw (Z&PV de Veene, 199801237)	01:04.35
50m 00:29.27 29,27	
13. Diederick Schothans (Z&PV de Veene, 199703185)	01:05.91
50m 00:30.38 30,38	
14. Coen Reukers (De Dinkel, 199500213)	01:06.37
50m 00:29.89 29,89	
38. 200m vlinderslag - Dames	
12 - 12 jaar (Junioren 2)	
1. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	02:49.01

	50m 00:34.51 34,51	100m 01:17.14 42,63	150m 02:04.63 47,49	
2. Loes Sotthewes (WS Twente, 200401792)				02:49.72
	50m 00:35.70 35,70	100m 01:19.23 43,53	150m 02:05.55 46,32	
3. Luna Hofmeijer (WS Twente, 200400006)				03:09.94
	50m 00:39.50 39,50	100m 01:29.25 49,75	150m 02:21.71 52,46	
4. Lieke de Groot (Het Ravijn, 200403056)				03:12.57
	50m 00:39.64 39,64	100m 01:29.99 50,35	150m 02:22.34 52,35	
5. Annejèn Smelt (ZVZwartsluis, 200400442)				03:13.48
	50m 00:40.99 40,99	100m 01:30.47 49,48	150m 02:22.88 52,41	
6. Aniek Mars (Hera'11, 200400372)				03:21.17
	50m 00:40.14 40,14	100m 01:30.59 50,45	150m 02:26.43 55,84	
7. Myrthe ten Heuw (ZV 44, 200401602)				03:21.77
	50m 00:41.46 41,46	100m 01:30.66 49,20	150m 02:26.76 56,10	
8. Jolieke van den Berg (Het Ravijn, 200400810)				03:22.95
	50m 00:39.26 39,26	100m 01:31.50 52,24	150m 02:26.52 55,02	
9. Fiona Wormeester (E Z C, 200400674)				03:23.74
	50m 00:43.20 43,20	100m 01:35.20 52,00	150m 02:29.55 54,35	
<i>13 - 13 jaar (Junioren 3)</i>				
1. Lindsey Berghuis (ZV 44, 200300104)				02:41.78
	50m 00:33.40 33,40	100m 01:14.34 40,94	150m 01:59.11 44,77	
2. Mia de Vente (Het Ravijn, 200300518)				02:54.76
	50m 00:37.31 37,31	100m 01:22.81 45,50	150m 02:10.03 47,22	
3. Naomi Polinder (ZV 44, 200300020)				03:01.02
	50m 00:38.73 38,73	100m 01:26.08 47,35	150m 02:14.38 48,30	
4. Michelle van den Hoofdakker (ZV 44, 200302708)				03:03.80
	50m 00:37.30 37,30	100m 01:25.62 48,32	150m 02:18.27 52,65	
5. Juliëtte Jansen (ZVZwartsluis, 200303006)				03:09.65
	50m 00:38.73 38,73	100m 01:24.93 46,20	150m 02:15.75 50,82	
6. Maud Masselink (Z&PV de Veene, 200300512)				03:13.98
	50m 00:41.44 41,44	100m 01:30.59 49,15	150m 02:22.94 52,35	
7. Jasmijn van der Ent (WS Twente, 200302648)				03:15.55
	50m 00:39.78 39,78	100m 01:32.07 52,29	150m 02:25.30 53,23	
<i>14 - 14 jaar (Jeugd 1)</i>				
1. Ester Schuurman (Deltasteur, 200201106)				03:01.32
	50m 00:36.17 36,17	100m 01:20.37 44,20	150m 02:10.72 50,35	
2. Denise Koolman (ZV 44, 200200132)				03:17.88
	50m 00:40.41 40,41	100m 01:31.76 51,35	150m 02:26.62 54,86	
<i>15 - 15 jaar (Jeugd 2)</i>				
1. Chiméne Rakers (De Dinkel, 200101778)				02:58.88
	50m 00:37.29 37,29	100m 01:23.21 45,92	150m 02:11.52 48,31	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>				
1. Stéphanie Bergsma (Dedemsvaart-AC, 199203374)				02:29.58
	50m 00:31.97 31,97	100m 01:09.67 37,70	150m 01:48.91 39,24	
2. Maaïke van Veen (Dedemsvaart-AC, 199700292)				02:30.59
	50m 00:32.27 32,27	100m 01:10.03 37,76	150m 01:49.57 39,54	
3. Annet van Stratum (Deltasteur, 199003640)				02:40.78
	50m 00:33.10 33,10	100m 01:12.90 39,80	150m 01:55.51 42,61	
4. Linde Haverkate (ZPC De Hof, 199900244)				02:41.09
	50m 00:34.93 34,93	100m 01:16.14 41,21	150m 01:59.10 42,96	

39. 50m rugslag - Heren

12 - 12 jaar (*Junioren 1*)

1. Jort van der Vlag (WS Twente, 200400335)	00:32.30
2. Danny Brown (ZV 44, 200401511)	00:34.95
3. Robin van den Berg (De Eerste Kolk, 200400699)	00:35.00
4. Niek Hamans (E Z C, 200401763)	00:35.54
5. Jacco Nijland (ZPC De Hof, 200400081)	00:36.05
6. Basten van Halteren (O Z & P C, 200402097)	00:37.04
7. Matthew Critchell (ZV 44, 200403011)	00:39.96

40. 50m rugslag - Heren

13 - 13 jaar (*Junioren 2*)

1. Luuk Bos (V Z & P C, 200300151)	00:30.38
2. Matias Jansen (Zignea, 200300199)	00:30.89
3. Kylian Heederik (Deltasteur, 200300353)	00:31.03
4. Lukas Binnekamp (WS Twente, 200300107)	00:31.24
5. Ewald de Haas (WS Twente, 200301945)	00:33.73
6. Luuk Ruinemans (De Dinkel, 200301085)	00:34.26
7. Thijs Oonk (O Z & P C, 200300245)	00:35.24
8. Luc Aveskamp (De Dinkel, 200300337)	00:36.01

41. 50m rugslag - Heren

14 - 14 jaar (*Junioren 3*)

1. Leon van den Hof (Dedemsvaart-AC, 200203269)	00:28.45
2. Léon van der Geest (WS Twente, 200201005)	00:29.13
3. Maquinho Vorst (ZPC De Hof, 200204179)	00:30.13
4. Jurre Hanstede (De Dinkel, 200201019)	00:31.53
5. Robin Kamps (De Dinkel, 200200211)	00:31.70
6. Sweeder Braakman (De IJssel, 200200397)	00:31.98
7. Tristan Scholten (ZV 44, 200201683)	00:32.97
8. Jordi Kamps (De Dinkel, 200200213)	00:33.23

42. 50m rugslag - Heren

15 - 15 jaar (*Junioren 4*)

1. Floris Nederburgh (Swol 1894, 200105245)	00:30.07
2. Jelmer Lesscher (Z&PV de Veene, 200100791)	00:30.79
3. Daan Rienties (Swol 1894, 200103369)	00:30.96
4. Noël Derks (De Dinkel, 200101489)	00:31.47
5. Kevin van Dijk (Deltasteur, 200101089)	00:31.72
6. Bart Kooiker (De Dinkel, 200100705)	00:31.93
7. Milan van Dieren (De Dinkel, 200100493)	00:32.08
8. Robin Leideman (De Grunte, 200103137)	00:32.88

43. 50m rugslag - Heren

16 - 16 jaar (*Jeugd 1*)

1. Dennis Kamps (De Dinkel, 200000191)	00:28.57
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2. Jorgen Gerritsen (De Eerste Kolk, 200000001)	00:32.27
<i>17 - 17 jaar (Jeugd 2)</i>	
1. Torben Lammerdink (WS Twente, 199900745)	00:27.54
2. Jelle Dekker (De Grunte, 199901621)	00:28.18
3. Koen Brummelaar (De Dinkel, 199900047)	00:30.82
4. Vincent Bosch (Z&PV de Veene, 199900451)	00:31.60
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Karst Boersma (De Dinkel, 199600849)	00:27.46
2. Tom Laarhuis (De Dinkel, 199800309)	00:27.75
3. Yoran Klos (De Dinkel, 199600481)	00:28.21
4. Michiel Jorink (ZV 44, 198701613) [S14]	00:28.44
5. Jari Hofsink (Deltasteur, 199700535)	00:28.48
6. Sepp Kalter (Dedemsvaart-AC, 199704327)	00:29.42
7. Tjakko Ruinemans (De Dinkel, 197400687)	00:30.08
8. Robert Dekker (Dedemsvaart-AC, 198400443)	00:30.51
9. Coen Reukers (De Dinkel, 199500213)	00:30.55
10. Gideon Teeuw (Z&PV de Veene, 199801237)	00:30.64
11. Kars Veldkamp (WS Twente, 199700747)	00:30.77
12. Luuk ter Mors (WS Twente, 199801627)	00:30.99
13. Mart Kortman (De Dinkel, 199800357)	00:31.13
14. Diederick Schothans (Z&PV de Veene, 199703185)	00:31.56
15. Frank Beijering (De IJssel, 199304311)	00:31.99
DIS. Thimo Brand (Swol 1894, 199702589)	00:00.00
44. 50m schoolslag - Dames	
<i>11 - 11 jaar (Junioren 1)</i>	
1. Roos Arnold (Het Ravijn, 200500060)	00:40.55
2. Lianne Nijland (ZV 44, 200500224)	00:40.73
3. Myrthe Dorgelo (ZVZwartsluis, 200500068)	00:42.00
4. India Segerink (De Dinkel, 200501350)	00:43.26
5. Lise van Rijn (O Z & P C, 200500634)	00:44.32
6. Demi Westendorp (Deltasteur, 200500262)	00:44.50
7. Senna Geerdink (Deltasteur, 200500026)	00:45.19
8. Neomi Koetsier (WS Twente, 200502144)	00:45.53
9. Esther Engbers (WS Twente, 200500358)	00:45.61
10. Imre Reijnders (ZV 44, 200501870)	00:45.67
11. Lucky Kim (De Dinkel, 200501348)	00:46.12
12. Zoé van den Berg (WS Twente, 200501638)	00:46.42
13. Hanne Olde Dubbelink (De Dinkel, 200500514)	00:46.56
14. Noa van de Beek (Deltasteur, 200500256)	00:48.87

DIS. Yke Groener (De Dinkel, 200500772)	00:00.00
DIS. Jolijn Liezen (ZV 44, 200500518)	00:00.00
45. 50m schoolslag - Dames	
<i>12 - 12 jaar (Junioren 2)</i>	
1. Puck Koopman (De Dinkel, 200400038)	00:37.40
2. Luna Hofmeijer (WS Twente, 200400006)	00:37.93
3. Tess Wolbert (De Dinkel, 200400538)	00:37.98
5. Sanne Temmen (De Dinkel, 200400682)	00:39.03
6. Marieke Lenderink (De Dinkel, 200400778)	00:39.44
7. Tessa Sportel (Dedemsvaart-AC, 200401644)	00:39.57
8. Kim Leideman (De Grunte, 200401352)	00:39.97
9. Merel Marskamp (Hera'11, 200400990)	00:40.11
10. Daniëlle van der Voort (WS Twente, 200402100)	00:40.32
11. Anne Kleine Koerkamp (De IJssel, 200401428)	00:40.96
12. Abri Wiersma (Zignea, 200403854)	00:41.40
13. Claire Bosch (De Dinkel, 200401480)	00:41.65
14. Aleid te Velthuis (Dedemsvaart-AC, 200401470)	00:42.20
15. Tara Schuurman (Deltasteur, 200400386)	00:42.28
16. Annakey Willcox (Zwemclub Losser, 200401050)	00:43.19
46. 50m schoolslag - Dames	
<i>13 - 13 jaar (Junioren 3)</i>	
1. Lynn Joor (WS Twente, 200300550)	00:33.29
2. Lotte Pieterman (Swol 1894, 200301838)	00:35.54
3. Isabelle Elsweier (WS Twente, 200303614)	00:36.66
4. Jocelyn Horbeek (ZPC De Hof, 200300302)	00:37.89
5. Milou ten Koppel (Deltasteur, 200302572)	00:38.79
6. Lionne Klarenbeek (ZPC De Hof, 200300108)	00:39.04
7. Joy van Dieren (De Dinkel, 200300182)	00:39.28
8. Naomi Polinder (ZV 44, 200300020)	00:40.03
9. Jasmijn van der Ent (WS Twente, 200302648)	00:40.55
10. Maudé Lesscher (Z&PV de Veene, 200300018)	00:40.70
11. Renate Dellelijn (Swol 1894, 200301770)	00:41.13
12. Nike Tolsma (Zignea, 200300336)	00:42.81
DIS. Soraya Rakers (De Dinkel, 200300818)	00:00.00
47. 50m schoolslag - Dames	
<i>14 - 14 jaar (Jeugd 1)</i>	
1. Lieke Oude Lenferink (WS Twente, 200200068)	00:35.34
2. Quinty Setlight (De Dinkel, 200201018)	00:37.51
3. Carlijn Hansté (WS Twente, 200201082)	00:37.84
4. Anniek Pelleboer (O Z & P C, 200200160)	00:38.50
5. Elisa Haverkate (ZPC De Hof, 200200266)	00:38.53

6. Laura Veenstra (O Z & P C, 200201222)	00:39.68
7. Manon de Man (Deltasteur, 200201458)	00:39.89
8. Mayke Westerhof (De Dinkel, 200201488)	00:40.35
9. Ester Schuurman (Deltasteur, 200201106)	00:40.88
DIS. Denice Koolman (ZV 44, 200200132)	00:00.00

15 - 15 jaar (Jeugd 2)

1. Zoe Slinkman (ZPC De Hof, 200100062)	00:35.83
2. Janneke Lenderink (De Dinkel, 200100328)	00:36.37
3. Sarah Kits (WS Twente, 200101024)	00:37.52
4. Roëlle op de Haar (WS Twente, 200103428)	00:37.81
5. Lianne Plas (De Grunte, 200101214)	00:39.02
6. Noëlle Bos (V Z & P C, 200102026)	00:39.91

vanaf 16 jaar (Senioren 1 en ouder)

1. Madelijne Schothans (De Dinkel, 200002416)	00:33.70
2. Djamilla Gerner (Swol 1894, 199905606)	00:34.33
3. Maaïke van Veen (Dedemsvaart-AC, 199700292)	00:35.24
4. Leandra Vedder (Steenwijk 1934, 199600866)	00:35.39
5. Chantal Meyerink (De Grunte, 199105212)	00:35.45
6. Hadewig Curfs (Het Ravijn, 199800492)	00:35.90
7. Ilse Valk (Het Ravijn, 200000172)	00:36.41
8. Myrthe Kappert (ZPC De Hof, 200000024)	00:36.68
9. Romée Spin (De Dinkel, 200000724)	00:36.91
10. Marleen Welten (Deltasteur, 199701526)	00:37.04
11. Merel van der Kieft (E Z C, 199200920)	00:37.51
12. Melissa de Lang (De Grunte, 200001186)	00:37.70
13. Lianne Roescher (ZPC De Hof, 199900248)	00:37.74
14. Laura Compagner (Dedemsvaart-AC, 199804602)	00:37.95
15. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	00:38.36
16. Désirée Hulsmeijer (Het Ravijn, 199001656)	00:38.54

48. 4x200m vrije slag heren

12 - 15 jaar

1. De Dinkel		08:34.84
Robin Kamps 2002 ()	50m	00:30.26 30,26
Robin Kamps 2002 ()	100m	01:03.92 33,66
Robin Kamps 2002 ()	150m	01:37.45 33,53
Robin Kamps 2002 ()	200m	02:10.33 32,88
Jurre Hanstede 2002 (+63)	250m	02:39.09 28,76
Jurre Hanstede 2002 (+63)	300m	03:11.03 31,94
Jurre Hanstede 2002 (+63)	350m	03:44.37 33,34
Jurre Hanstede 2002 (+63)	400m	04:17.00 32,63
Noël Derks 2001 ()	450m	04:47.36 30,36
Noël Derks 2001 ()	500m	05:21.91 34,55
Noël Derks 2001 ()	550m	05:57.20 35,29
Noël Derks 2001 ()	600m	06:30.18 32,98
Milan van Dieren 2001 ()	650m	06:58.05 27,87

Milan van Dieren 2001 ()	700m 07:29.32 31,27
Milan van Dieren 2001 ()	750m 08:02.03 32,71
Milan van Dieren 2001 ()	800m 08:34.84 32,81

2. WS Twente

08:52.39

Tom van der Vlag 2002 ()	50m 00:30.54 30,54
Tom van der Vlag 2002 ()	100m 01:04.54 34,00
Tom van der Vlag 2002 ()	150m 01:40.28 35,74
Tom van der Vlag 2002 ()	200m 02:14.72 34,44
Sem de Goei 2002 (+50)	250m 02:43.61 28,89
Sem de Goei 2002 (+50)	300m 03:17.56 33,95
Sem de Goei 2002 (+50)	350m 03:53.40 35,84
Sem de Goei 2002 (+50)	400m 04:27.27 33,87
Luuk Einhaus 2002 (+40)	450m 04:55.64 28,37
Luuk Einhaus 2002 (+40)	500m 05:29.59 33,95
Luuk Einhaus 2002 (+40)	550m 06:04.76 35,17
Luuk Einhaus 2002 (+40)	600m 06:40.13 35,37
Léon van der Geest 2002 (+43)	650m 07:09.49 29,36
Léon van der Geest 2002 (+43)	700m 07:43.36 33,87
Léon van der Geest 2002 (+43)	750m 08:18.08 34,72
Léon van der Geest 2002 (+43)	800m 08:52.39 34,31

3. ZPC De Hof

09:10.86

Jacco Nijland 2004 ()	50m 00:31.91 31,91
Jacco Nijland 2004 ()	100m 01:08.81 36,90
Jacco Nijland 2004 ()	150m 01:46.98 38,17
Jacco Nijland 2004 ()	200m 02:22.66 35,68
Rutger Nieuwenhuis 2001 (+24)	250m 02:51.67 29,01
Rutger Nieuwenhuis 2001 (+24)	300m 03:24.78 33,11
Rutger Nieuwenhuis 2001 (+24)	350m 03:58.99 34,21
Rutger Nieuwenhuis 2001 (+24)	400m 04:32.50 33,51
Quinten ten Dam 2004 (+57)	450m 05:05.65 33,15
Quinten ten Dam 2004 (+57)	500m 05:42.21 36,56
Quinten ten Dam 2004 (+57)	550m 06:20.48 38,27
Quinten ten Dam 2004 (+57)	600m 06:57.31 36,83
Nathanaël Nijsink 2001 (+35)	650m 07:27.68 30,37
Nathanaël Nijsink 2001 (+35)	700m 08:01.62 33,94
Nathanaël Nijsink 2001 (+35)	750m 08:36.20 34,58
Nathanaël Nijsink 2001 (+35)	800m 09:10.86 34,66

4. Dedemsvaart-AC

09:11.28

Niels Kragt 2003 ()	50m 00:30.96 30,96
Niels Kragt 2003 ()	100m 01:05.28 34,32
Niels Kragt 2003 ()	150m 01:41.62 36,34
Niels Kragt 2003 ()	200m 02:17.23 35,61
Robin Bruins 2001 ()	250m 02:47.34 30,11
Robin Bruins 2001 ()	300m 03:22.23 34,89
Robin Bruins 2001 ()	350m 03:58.62 36,39
Robin Bruins 2001 ()	400m 04:33.62 35,00
Chiel Kootstra 2003 ()	450m 05:07.14 33,52
Chiel Kootstra 2003 ()	500m 05:45.71 38,57
Chiel Kootstra 2003 ()	550m 06:25.95 40,24
Chiel Kootstra 2003 ()	600m 07:07.19 41,24
Leon van den Hof 2002 ()	650m 07:34.98 27,79
Leon van den Hof 2002 ()	700m 08:06.33 31,35
Leon van den Hof 2002 ()	750m 08:39.68 33,35
Leon van den Hof 2002 ()	800m 09:11.28 31,60

5. De IJssel

09:58.15

Stef Koman 2001 ()	50m 00:33.32 33,32
Stef Koman 2001 ()	100m 01:10.98 37,66
Stef Koman 2001 ()	150m 01:51.90 40,92
Stef Koman 2001 ()	200m 02:30.16 38,26
Tein Huizinga 2001 (+17)	250m 03:05.08 34,92
Tein Huizinga 2001 (+17)	300m 03:46.51 41,43
Tein Huizinga 2001 (+17)	350m 04:29.55 43,04
Tein Huizinga 2001 (+17)	400m 05:13.41 43,86
Robert Nijendijk 2001 ()	450m 05:46.43 33,02

Robert Nijendijk 2001 ()	500m	06:23.65 37,22
Robert Nijendijk 2001 ()	550m	07:03.66 40,01
Robert Nijendijk 2001 ()	600m	07:41.16 37,50
Sweeder Braakman 2002 (+46)	650m	08:11.84 30,68
Sweeder Braakman 2002 (+46)	700m	08:46.86 35,02
Sweeder Braakman 2002 (+46)	750m	09:23.20 36,34
Sweeder Braakman 2002 (+46)	800m	09:58.15 34,95

49. 4x200m vrije slag heren

vanaf 12 jaar (Junioren 1 en ouder)

1. De Dinkel

07:52.63

Dennis Kamps 2000 ()	50m	00:27.76 27,76
Dennis Kamps 2000 ()	100m	00:58.12 30,36
Dennis Kamps 2000 ()	150m	01:28.15 30,03
Dennis Kamps 2000 ()	200m	01:57.79 29,64
Yoran Klos 1996 (+41)	250m	02:24.20 26,41
Yoran Klos 1996 (+41)	300m	02:53.80 29,60
Yoran Klos 1996 (+41)	350m	03:25.48 31,68
Yoran Klos 1996 (+41)	400m	03:58.33 32,85
Karst Boersma 1996 (+34)	450m	04:24.27 25,94
Karst Boersma 1996 (+34)	500m	04:52.93 28,66
Karst Boersma 1996 (+34)	550m	05:22.90 29,97
Karst Boersma 1996 (+34)	600m	05:52.91 30,01
Tom Laarhuis 1998 ()	650m	06:19.23 26,32
Tom Laarhuis 1998 ()	700m	06:49.79 30,56
Tom Laarhuis 1998 ()	750m	07:21.10 31,31
Tom Laarhuis 1998 ()	800m	07:52.63 31,53

2. WS Twente

08:10.71

Ebel van Geemen 1999 ()	50m	00:28.63 28,63
Ebel van Geemen 1999 ()	100m	01:00.35 31,72
Ebel van Geemen 1999 ()	150m	01:31.63 31,28
Ebel van Geemen 1999 ()	200m	02:03.16 31,53
Kars Veldkamp 1997 (+30)	250m	02:31.01 27,85
Kars Veldkamp 1997 (+30)	300m	03:03.35 32,34
Kars Veldkamp 1997 (+30)	350m	03:36.56 33,21
Kars Veldkamp 1997 (+30)	400m	04:09.43 32,87
Mathieu Boers 1998 (+35)	450m	04:35.56 26,13
Mathieu Boers 1998 (+35)	500m	05:07.18 31,62
Mathieu Boers 1998 (+35)	550m	05:38.52 31,34
Mathieu Boers 1998 (+35)	600m	06:10.88 32,36
Torben Lammerdink 1999 (+55)	650m	06:37.65 26,77
Torben Lammerdink 1999 (+55)	700m	07:08.35 30,70
Torben Lammerdink 1999 (+55)	750m	07:39.71 31,36
Torben Lammerdink 1999 (+55)	800m	08:10.71 31,00

3. De Dinkel

08:19.34

Koen Brummelaar 1999 ()	50m	00:27.84 27,84
Koen Brummelaar 1999 ()	100m	00:58.37 30,53
Koen Brummelaar 1999 ()	150m	01:29.42 31,05
Koen Brummelaar 1999 ()	200m	02:00.40 30,98
Pascal Bloemen 1999 ()	250m	02:29.23 28,83
Pascal Bloemen 1999 ()	300m	03:02.22 32,99
Pascal Bloemen 1999 ()	350m	03:36.04 33,82
Pascal Bloemen 1999 ()	400m	04:09.14 33,10
Gijsbert Pelleboer 2000 ()	450m	04:37.28 28,14
Gijsbert Pelleboer 2000 ()	500m	05:09.19 31,91
Gijsbert Pelleboer 2000 ()	550m	05:42.29 33,10
Gijsbert Pelleboer 2000 ()	600m	06:14.16 31,87
Tjakko Ruinemans 1974 ()	650m	06:43.21 29,05
Tjakko Ruinemans 1974 ()	700m	07:14.93 31,72
Tjakko Ruinemans 1974 ()	750m	07:47.95 33,02
Tjakko Ruinemans 1974 ()	800m	08:19.34 31,39

4. ZPC De Hof

08:38.27

Jorden Theijink 1994 ()	50m	00:29.72 29,72
Jorden Theijink 1994 ()	100m	01:02.98 33,26
Jorden Theijink 1994 ()	150m	01:36.84 33,86

Jorden Theijink 1994 ()	200m	02:09.96	33,12
Leon Kloots 2000 (+80)	250m	02:39.33	29,37
Leon Kloots 2000 (+80)	300m	03:12.33	33,00
Leon Kloots 2000 (+80)	350m	03:46.99	34,66
Leon Kloots 2000 (+80)	400m	04:20.73	33,74
Pieter Pickhardt 1983 (+40)	450m	04:49.54	28,81
Pieter Pickhardt 1983 (+40)	500m	05:21.52	31,98
Pieter Pickhardt 1983 (+40)	550m	05:54.52	33,00
Pieter Pickhardt 1983 (+40)	600m	06:27.28	32,76
Maquinho Vorst 2002 (+26)	650m	06:57.46	30,18
Maquinho Vorst 2002 (+26)	700m	07:31.12	33,66
Maquinho Vorst 2002 (+26)	750m	08:04.95	33,83
Maquinho Vorst 2002 (+26)	800m	08:38.27	33,32

5. Steenwijk 1934

08:57.12

Diederik de Boer 2000 ()	50m	00:31.16	31,16
Diederik de Boer 2000 ()	100m	01:05.71	34,55
Diederik de Boer 2000 ()	150m	01:40.30	34,59
Diederik de Boer 2000 ()	200m	02:15.90	35,60
Timo de Vries 1999 (+45)	250m	02:44.06	28,16
Timo de Vries 1999 (+45)	300m	03:16.57	32,51
Timo de Vries 1999 (+45)	350m	03:51.43	34,86
Timo de Vries 1999 (+45)	400m	04:27.95	36,52
Kylian Kooyman 1999 (+52)	450m	04:58.64	30,69
Kylian Kooyman 1999 (+52)	500m	05:33.24	34,60
Kylian Kooyman 1999 (+52)	550m	06:08.53	35,29
Kylian Kooyman 1999 (+52)	600m	06:42.04	33,51
Jelle Heijman 2000 (+46)	650m	07:12.16	30,12
Jelle Heijman 2000 (+46)	700m	07:46.13	33,97
Jelle Heijman 2000 (+46)	750m	08:21.88	35,75
Jelle Heijman 2000 (+46)	800m	08:57.12	35,24