

Overijsselse Kampioenschappen korte baan 2017



Regio Oost i.s.m. ZPC Het Ravijn
Nijverdal 14-1-2017 t/m 15-1-2017

Overijsselse Kampioenschappen korte baan sessie 3 - zaterdag 14 januari 2017 om 12:30u (25 m)

Aanvangstijd juryvergadering: 11:45u

50. 200m wisselslag - Heren

12 - 12 jaar (Junioren 1)

1. Jort van der Vlag (WS Twente, 200400335)	02:33.60
50m 00:33.99 33,99 100m 01:11.41 37,42 150m 01:59.30 47,89	
2. Danny Brown (ZV 44, 200401511)	02:44.53
50m 00:35.00 35,00 100m 01:17.63 42,63 150m 02:07.55 49,92	
3. Matthias Hiltjesdam (ZPC De Hof, 200400137)	02:44.59
50m 00:34.24 34,24 100m 01:18.61 44,37 150m 02:07.79 49,18	
4. Robert Dragt (Deltasteur, 200400239)	02:45.27
50m 00:35.64 35,64 100m 01:16.64 41,00 150m 02:08.85 52,21	
5. Niek Lammertink (ZPC De Hof, 200400079)	02:47.84
50m 00:38.22 38,22 100m 01:22.58 44,36 150m 02:09.66 47,08	
6. Quinten Lorkeers (V Z & P C, 200400015)	02:50.82
50m 00:38.37 38,37 100m 01:24.78 46,41 150m 02:11.58 46,80	
7. Niek Hamans (E Z C, 200401763)	02:51.25
50m 00:37.81 37,81 100m 01:21.53 43,72 150m 02:11.13 49,60	
8. Matthew Critchell (ZV 44, 200403011)	02:58.10
50m 00:40.62 40,62 100m 01:25.60 44,98 150m 02:19.27 53,67	

DIS. Wout Kogelman (O Z & P C, 200400203) 00:00.00

13 - 13 jaar (Junioren 2)

1. Kylian Heederik (Deltasteur, 200300353)	02:21.13
50m 00:32.10 32,10 100m 01:07.97 35,87 150m 01:47.17 39,20	
2. Luuk Bos (V Z & P C, 200300151)	02:25.45
50m 00:30.75 30,75 100m 01:07.20 36,45 150m 01:51.41 44,21	
3. Matias Jansen (Zignea, 200300199)	02:26.94
50m 00:31.82 31,82 100m 01:09.42 37,60 150m 01:52.59 43,17	
4. Niels Kragt (Dedemsvaart-AC, 200300155)	02:31.07
50m 00:33.45 33,45 100m 01:11.47 38,02 150m 01:56.00 44,53	
5. Kevin Lucas (De Dinkel, 200300545)	02:35.33
50m 00:35.13 35,13 100m 01:16.92 41,79 150m 02:00.65 43,73	
6. Luuk Ruinemans (De Dinkel, 200301085)	02:40.30
50m 00:33.89 33,89 100m 01:14.19 40,30 150m 02:04.30 50,11	
7. Kieran de Heer (Z&PV de Veene, 200301009)	02:40.34
50m 00:33.83 33,83 100m 01:16.90 43,07 150m 02:03.43 46,53	
8. Andy Zandvliet (ZPC De Hof, 200300381)	02:40.56
50m 00:34.78 34,78 100m 01:17.38 42,60 150m 02:03.74 46,36	
9. Mika Heskamp (De Dinkel, 200300339)	02:41.54
50m 00:35.98 35,98 100m 01:17.50 41,52 150m 02:03.98 46,48	

14 - 14 jaar (Junioren 3)

1. Jurre Hanstede (De Dinkel, 200201019)	02:20.85
50m 00:30.94 30,94 100m 01:07.64 36,70 150m 01:48.72 41,08	
2. Maquinho Vorst (ZPC De Hof, 200204179)	02:24.80
50m 00:30.37 30,37 100m 01:07.31 36,94 150m 01:50.28 42,97	
3. Luuk Einhaus (WS Twente, 200200537)	02:26.08
50m 00:31.08 31,08 100m 01:08.78 37,70 150m 01:51.73 42,95	
4. Sem de Goei (WS Twente, 200200029)	02:28.29
50m 00:31.02 31,02 100m 01:09.55 38,53 150m 01:53.28 43,73	
5. Tristan Scholten (ZV 44, 200201683)	02:29.45
50m 00:30.51 30,51 100m 01:09.85 39,34 150m 01:55.14 45,29	
6. Jordi Kamps (De Dinkel, 200200213)	02:31.09
50m 00:32.59 32,59 100m 01:10.10 37,51 150m 01:55.59 45,49	

15 - 15 jaar (Junioren 4)

1. Robin Leideman (De Grunte, 200103137)	02:26.12
50m 00:31.35 31,35 100m 01:09.93 38,58 150m 01:53.97 44,04	
2. Rutger Nieuwenhuis (ZPC De Hof, 200100235)	02:27.38
50m 00:32.70 32,70 100m 01:11.09 38,39 150m 01:53.40 42,31	
3. Otmar Lesscher (Z&PV de Veene, 200100795)	02:27.57
50m 00:31.23 31,23 100m 01:07.99 36,76 150m 01:53.09 45,10	
4. Jaap Davina (O Z & P C, 200100025)	02:33.87
50m 00:32.54 32,54 100m 01:13.49 40,95 150m 01:58.50 45,01	
5. Mike Müller (Deltasteur, 200102653)	02:39.29
50m 00:31.39 31,39 100m 01:13.04 41,65 150m 02:00.53 47,49	

16 - 16 jaar (Jeugd 1)

1. Gijsbert Pelleboer (De Dinkel, 200000327)	02:19.55
50m 00:30.13 30,13 100m 01:06.95 36,82 150m 01:46.33 39,38	
2. Jorn Lucas (Z&PV de Veene, 200000675)	02:22.94
50m 00:31.43 31,43 100m 01:06.93 35,50 150m 01:50.49 43,56	
3. Leon Kloots (ZPC De Hof, 200001363)	02:27.04
50m 00:31.04 31,04 100m 01:09.06 38,02 150m 01:53.33 44,27	
4. Thon Naberman (De Eerste Kolk, 200000943)	02:33.65
50m 00:34.17 34,17 100m 01:11.55 37,38 150m 01:57.70 46,15	
5. Raymond van Unen (Deltasteur, 200000523)	02:35.55
50m 00:33.19 33,19 100m 01:14.11 40,92 150m 02:01.05 46,94	

17 - 17 jaar (Jeugd 2)

1. Koen Brummelaar (De Dinkel, 199900047)	02:16.72
50m 00:29.26 29,26 100m 01:02.71 33,45 150m 01:45.90 43,19	
2. Pascal Bloemen (De Dinkel, 199900135)	02:23.16
50m 00:30.10 30,10 100m 01:07.53 37,43 150m 01:49.91 42,38	
3. Kylian Kooyman (Steenwijk 1934, 199900763)	02:31.81
50m 00:29.93 29,93 100m 01:07.89 37,96 150m 01:52.53 44,64	

vanaf 18 jaar (Senioren 1 en ouder)

1. Tom Laarhuis (De Dinkel, 199800309)	02:12.21
50m 00:28.27 28,27 100m 01:02.16 33,89 150m 01:41.03 38,87	
2. Sepp Kalter (Dedemsvaart-AC, 199704327)	02:15.85
50m 00:29.08 29,08 100m 01:03.32 34,24 150m 01:43.69 40,37	
3. Gert van t Oever (Deltasteur, 198702403)	02:16.06
50m 00:27.70 27,70 100m 01:01.62 33,92 150m 01:43.91 42,29	

4. Michiel Jorink (ZV 44, 198701613) [S14]	50m 00:27.82 27,82	100m 01:01.46 33,64	150m 01:45.29 43,83	02:19.73	
5. Robert Dekker (Dedemsvaart-AC, 198400443)	50m 00:29.50 29,50	100m 01:04.91 35,41	150m 01:46.91 42,00	02:20.88	
6. Gert Norg (Deltasteur, 199401735)	50m 00:28.25 28,25	100m 01:05.28 37,03	150m 01:46.39 41,11	02:21.35	
7. Jorden Theijink (ZPC De Hof, 199400323)	50m 00:29.60 29,60	100m 01:05.95 36,35	150m 01:48.07 42,12	02:23.20	
DIS. Karst Boersma (De Dinkel, 199600849)				00:00.00	
51. 400m vrije slag - Dames					
11 - 11 jaar (Junioren 1)					
1. Yke Groener (De Dinkel, 200500772)	50m 00:34.25 34,25	150m 01:53.96 39,99	250m 03:16.71 41,34	350m 04:38.08 40,81	05:17.18
	100m 01:13.97 39,72	200m 02:35.37 41,41	300m 03:57.27 40,56		
2. Iris Timmermans (Het Ravijn, 200500172)	50m 00:33.35 33,35	150m 01:54.33 41,32	250m 03:17.51 42,11	350m 04:42.83 42,45	05:22.22
	100m 01:13.01 39,66	200m 02:35.40 41,07	300m 04:00.38 42,87		
3. Roos Arnold (Het Ravijn, 200500060)	50m 00:36.97 36,97	150m 02:00.36 42,32	250m 03:25.38 42,42	350m 04:50.52 42,09	05:30.63
	100m 01:18.04 41,07	200m 02:42.96 42,60	300m 04:08.43 43,05		
4. India Segerink (De Dinkel, 200501350)	50m 00:37.32 37,32	150m 02:02.24 43,28	250m 03:29.48 43,64	350m 04:55.56 42,94	05:35.53
	100m 01:18.96 41,64	200m 02:45.84 43,60	300m 04:12.62 43,14		
5. Esther Engbers (WS Twente, 200500358)	50m 00:35.88 35,88	150m 02:00.47 42,61	250m 03:27.24 43,62	350m 04:53.01 42,22	05:38.23
	100m 01:17.86 41,98	200m 02:43.62 43,15	300m 04:10.79 43,55		
6. Lise van Rijn (O Z & P C, 200500634)	50m 00:38.16 38,16	150m 02:05.88 44,69	250m 03:35.60 44,96	350m 05:05.08 44,11	05:46.99
	100m 01:21.19 43,03	200m 02:50.64 44,76	300m 04:20.97 45,37		
7. Senna Geerdink (Deltasteur, 200500026)	50m 00:38.58 38,58	150m 02:05.88 44,36	250m 03:36.21 45,27	350m 05:08.21 46,09	05:53.64
	100m 01:21.52 42,94	200m 02:50.94 45,06	300m 04:22.12 45,91		
8. Jolijn Liezen (ZV 44, 200500518)	50m 00:39.24 39,24	150m 02:09.29 45,89	250m 03:41.18 46,55	350m 05:14.48 46,42	05:55.42
	100m 01:23.40 44,16	200m 02:54.63 45,34	300m 04:28.06 46,88		
12 - 12 jaar (Junioren 2)					
1. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	50m 00:32.24 32,24	150m 01:45.14 36,98	250m 02:59.36 37,28	350m 04:14.30 37,64	04:49.06
	100m 01:08.16 35,92	200m 02:22.08 36,94	300m 03:36.66 37,30		
2. Marieke Lenderink (De Dinkel, 200400778)	50m 00:32.94 32,94	150m 01:48.69 38,37	250m 03:06.17 38,81	350m 04:22.34 38,08	04:58.69
	100m 01:10.32 37,38	200m 02:27.36 38,67	300m 03:44.26 38,09		
3. Nora Weerman (ZV 44, 200400620)	50m 00:34.12 34,12	150m 01:51.41 39,61	250m 03:09.87 39,16	350m 04:27.92 39,06	05:06.17
	100m 01:11.80 37,68	200m 02:30.71 39,30	300m 03:48.86 38,99		
4. Loes Sotthewes (WS Twente, 200401792)	50m 00:33.43 33,43	150m 01:50.30 39,43	250m 03:10.30 40,27	350m 04:29.45 39,36	05:06.62
	100m 01:10.87 37,44	200m 02:30.03 39,73	300m 03:50.09 39,79		
5. Maud van Buuren (WS Twente, 200403320)	50m 00:35.62 35,62	150m 01:54.61 40,31	250m 03:18.26 41,99	350m 04:43.21 42,53	05:25.27
	100m 01:14.30 38,68	200m 02:36.27 41,66	300m 04:00.68 42,42		
13 - 13 jaar (Junioren 3)					

1. Lindsey Berghuis (ZV 44, 200300104)					04:40.26
50m 00:30.77 30,77	150m 01:41.27 36,10	250m 02:54.00 36,31	350m 04:05.93 36,34		
100m 01:05.17 34,40	200m 02:17.69 36,42	300m 03:29.59 35,59			
2. Joy van Dieren (De Dinkel, 200300182)					04:45.64
50m 00:30.87 30,87	150m 01:43.15 36,80	250m 02:57.58 37,25	350m 04:11.42 36,99		
100m 01:06.35 35,48	200m 02:20.33 37,18	300m 03:34.43 36,85			
3. Isabelle Elsweier (WS Twente, 200303614)					04:52.55
50m 00:31.94 31,94	150m 01:45.05 37,33	250m 03:01.97 39,10	350m 04:18.03 37,50		
100m 01:07.72 35,78	200m 02:22.87 37,82	300m 03:40.53 38,56			
4. Jocelyn Horbeek (ZPC De Hof, 200300302)					04:55.05
50m 00:33.78 33,78	150m 01:47.98 37,61	250m 03:04.21 38,13	350m 04:20.23 37,60		
100m 01:10.37 36,59	200m 02:26.08 38,10	300m 03:42.63 38,42			
14 - 14 jaar (Jeugd 1)					
1. Carlijn Hansté (WS Twente, 200201082)					04:38.26
50m 00:30.31 30,31	150m 01:39.27 34,93	250m 02:50.68 36,03	350m 04:03.23 36,22		
100m 01:04.34 34,03	200m 02:14.65 35,38	300m 03:27.01 36,33			
2. Elisa Haverkate (ZPC De Hof, 200200266)					04:47.66
50m 00:32.33 32,33	150m 01:44.93 36,56	250m 02:58.31 36,36	350m 04:12.62 37,58		
100m 01:08.37 36,04	200m 02:21.95 37,02	300m 03:35.04 36,73			
3. Kiki Koopman (De Dinkel, 200200232)					04:49.40
50m 00:30.84 30,84	150m 01:42.09 36,03	250m 02:56.59 37,59	350m 04:11.62 37,48		
100m 01:06.06 35,22	200m 02:19.00 36,91	300m 03:34.14 37,55			
4. Manon de Man (Deltasteur, 200201458)					04:56.28
50m 00:32.47 32,47	150m 01:47.75 38,18	250m 03:04.31 38,10	350m 04:19.91 37,53		
100m 01:09.57 37,10	200m 02:26.21 38,46	300m 03:42.38 38,07			
5. Denice Koolman (ZV 44, 200200132)					04:59.06
50m 00:31.71 31,71	150m 01:46.54 38,22	250m 03:04.95 39,43	350m 04:23.93 39,26		
100m 01:08.32 36,61	200m 02:25.52 38,98	300m 03:44.67 39,72			
15 - 15 jaar (Jeugd 2)					
1. Mathilde Stolmeijer (De Dinkel, 200100590)					04:37.99
50m 00:30.95 30,95	150m 01:40.56 35,17	250m 02:52.09 36,03	350m 04:03.94 35,98		
100m 01:05.39 34,44	200m 02:16.06 35,50	300m 03:27.96 35,87			
2. Roëlle op de Haar (WS Twente, 200103428)					04:43.75
50m 00:30.90 30,90	150m 01:42.49 36,18	250m 02:56.98 36,95	350m 04:10.96 36,40		
100m 01:06.31 35,41	200m 02:20.03 37,54	300m 03:34.56 37,58			
3. Chiméne Rakers (De Dinkel, 200101778)					04:46.25
50m 00:32.51 32,51	150m 01:44.39 36,50	250m 02:58.31 37,12	350m 04:11.57 36,58		
100m 01:07.89 35,38	200m 02:21.19 36,80	300m 03:34.99 36,68			
vanaf 16 jaar (Senioren 1 en ouder)					
1. Sterre Mooiweer (De Dinkel, 199800236)					04:26.13
50m 00:29.43 29,43	150m 01:35.28 33,44	250m 02:43.82 34,16	350m 03:51.86 34,09		
100m 01:01.84 32,41	200m 02:09.66 34,38	300m 03:17.77 33,95			
2. Romée Spin (De Dinkel, 200000724)					04:37.69
50m 00:30.82 30,82	150m 01:39.82 34,93	250m 02:50.32 35,55	350m 04:02.16 36,23		
100m 01:04.89 34,07	200m 02:14.77 34,95	300m 03:25.93 35,61			
3. Lauri Lesscher (Z&PV de Veene, 199900318)					04:46.27
50m 00:32.16 32,16	150m 01:43.75 36,42	250m 02:57.59 36,71	350m 04:11.05 36,52		
100m 01:07.33 35,17	200m 02:20.88 37,13	300m 03:34.53 36,94			
4. Lianne Roescher (ZPC De Hof, 199900248)					04:47.90
50m 00:32.18 32,18	150m 01:44.71 36,57	250m 02:57.79 36,57	350m 04:11.88 36,99		
100m 01:08.14 35,96	200m 02:21.22 36,51	300m 03:34.89 37,10			
5. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)					04:49.98
50m 00:31.71 31,71	150m 01:43.55 36,51	250m 02:57.41 36,98	350m 04:12.71 38,16		
100m 01:07.04 35,33	200m 02:20.43 36,88	300m 03:34.55 37,14			

6. Maaike Doornwaard (Deltasteur, 199800264)				04:54.48
50m 00:32.59 32,59	150m 01:45.84 37,20	250m 03:01.11 37,63	350m 04:16.68 37,92	
100m 01:08.64 36,05	200m 02:23.48 37,64	300m 03:38.76 37,65		
7. Sanne Berg (Dedemsvaart-AC, 200004194)				04:55.32
50m 00:32.67 32,67	150m 01:46.58 37,72	250m 03:02.16 37,84	350m 04:18.43 37,92	
100m 01:08.86 36,19	200m 02:24.32 37,74	300m 03:40.51 38,35		
8. Sigrit Aarten (Deltasteur, 199302868)				04:56.10
50m 00:32.73 32,73	150m 01:46.79 37,82	250m 03:02.47 37,65	350m 04:18.83 37,85	
100m 01:08.97 36,24	200m 02:24.82 38,03	300m 03:40.98 38,51		
9. Naomi Klein (ZPC De Hof, 199902086)				04:59.44
50m 00:32.52 32,52	150m 01:45.86 37,24	250m 03:01.45 37,96	350m 04:20.42 40,25	
100m 01:08.62 36,10	200m 02:23.49 37,63	300m 03:40.17 38,72		
10. Yvon Versteeg (Z&PV de Veene, 199201864)				04:59.89
50m 00:32.44 32,44	150m 01:46.12 37,60	250m 03:02.70 38,94	350m 04:22.08 40,52	
100m 01:08.52 36,08	200m 02:23.76 37,64	300m 03:41.56 38,86		
11. Beau Rijpers (Swol 1894, 199402638)				05:01.07
50m 00:33.33 33,33	150m 01:47.83 37,79	250m 03:04.96 38,78	350m 04:23.13 38,98	
100m 01:10.04 36,71	200m 02:26.18 38,35	300m 03:44.15 39,19		
12. Karen Stolk (Swol 1894, 199403950)				05:03.44
50m 00:32.72 32,72	150m 01:47.08 37,89	250m 03:04.99 38,98	350m 04:24.24 39,35	
100m 01:09.19 36,47	200m 02:26.01 38,93	300m 03:44.89 39,90		
13. Madelijne Schothans (De Dinkel, 200002416)				05:07.55
50m 00:34.09 34,09	150m 01:50.91 38,70	250m 03:09.25 39,15	350m 04:28.09 39,38	
100m 01:12.21 38,12	200m 02:30.10 39,19	300m 03:48.71 39,46		
52. 200m vrije slag - Heren				
12 - 12 jaar (Junioren 1)				
1. Jort van der Vlag (WS Twente, 200400335)				02:13.04
50m 00:30.78 30,78	100m 01:05.00 34,22	150m 01:39.73 34,73		
2. Jacco Nijland (ZPC De Hof, 200400081)				02:19.33
50m 00:32.35 32,35	100m 01:09.02 36,67	150m 01:45.19 36,17		
3. Quinten ten Dam (ZPC De Hof, 200400075)				02:23.16
50m 00:33.72 33,72	100m 01:10.49 36,77	150m 01:47.39 36,90		
4. Robin van den Berg (De Eerste Kolk, 200400699)				02:26.50
50m 00:33.07 33,07	100m 01:11.21 38,14	150m 01:49.78 38,57		
5. Basten van Halteren (O Z & P C, 200402097)				02:34.37
50m 00:34.61 34,61	100m 01:14.23 39,62	150m 01:54.90 40,67		
6. Matthew Critchell (ZV 44, 200403011)				02:36.42
50m 00:35.05 35,05	100m 01:15.14 40,09	150m 01:57.37 42,23		
7. Wout Kogelman (O Z & P C, 200400203)				02:36.46
50m 00:34.54 34,54	100m 01:14.23 39,69	150m 01:57.22 42,99		
8. Johan Nijeboer (WS Twente, 200402417)				02:38.61
50m 00:37.48 37,48	100m 01:18.12 40,64	150m 02:00.70 42,58		
9. Quinten Lorkeers (V Z & P C, 200400015)				02:42.77
50m 00:36.12 36,12	100m 01:18.06 41,94	150m 02:00.92 42,86		
10. Tygo de Booy (Het Ravijn, 200401305)				02:45.20
50m 00:36.60 36,60	100m 01:19.94 43,34	150m 02:04.36 44,42		
11. Stef Eektimmerman (Het Ravijn, 200400569)				02:48.18
50m 00:35.04 35,04	100m 01:17.90 42,86	150m 02:03.91 46,01		
13 - 13 jaar (Junioren 2)				
1. Matias Jansen (Zignea, 200300199)				02:08.49
50m 00:29.81 29,81	100m 01:02.27 32,46	150m 01:35.60 33,33		
2. Lukas Binnekamp (WS Twente, 200300107)				02:13.69

	50m 00:30.37 30,37	100m 01:05.16 34,79	150m 01:40.11 34,95	
3. Luuk Bos (V Z & P C, 200300151)	50m 00:29.60 29,60	100m 01:04.06 34,46	150m 01:39.45 35,39	02:14.36
4. Niels Kragt (Dedemsvaart-AC, 200300155)	50m 00:31.06 31,06	100m 01:05.85 34,79	150m 01:42.16 36,31	02:17.73
5. Kevin Lucas (De Dinkel, 200300545)	50m 00:33.45 33,45	100m 01:09.91 36,46	150m 01:45.78 35,87	02:19.31
6. Mika Heskamp (De Dinkel, 200300339)	50m 00:32.09 32,09	100m 01:08.07 35,98	150m 01:44.51 36,44	02:19.52
7. Luuk Ruinemens (De Dinkel, 200301085)	50m 00:32.34 32,34	100m 01:08.94 36,60	150m 01:45.60 36,66	02:21.64
<i>14 - 14 jaar (Junioren 3)</i>				
1. Leon van den Hof (Dedemsvaart-AC, 200203269)	50m 00:28.03 28,03	100m 00:59.45 31,42	150m 01:31.34 31,89	02:02.80
2. Robin Kamps (De Dinkel, 200200211)	50m 00:30.00 30,00	100m 01:03.15 33,15	150m 01:36.63 33,48	02:09.70
3. Sem de Goei (WS Twente, 200200029)	50m 00:29.41 29,41	100m 01:03.28 33,87	150m 01:37.60 34,32	02:10.49
4. Tristan Scholten (ZV 44, 200201683)	50m 00:29.64 29,64	100m 01:02.53 32,89	150m 01:37.36 34,83	02:11.83
5. Sweeder Braakman (De IJssel, 200200397)	50m 00:29.32 29,32	100m 01:02.81 33,49	150m 01:37.80 34,99	02:11.99
6. Jordi Kamps (De Dinkel, 200200213)	50m 00:30.20 30,20	100m 01:04.17 33,97	150m 01:39.14 34,97	02:13.87
7. Tom van der Vlag (WS Twente, 200200391)	50m 00:30.82 30,82	100m 01:05.22 34,40	150m 01:40.19 34,97	02:13.95
8. Luuk Einhaus (WS Twente, 200200537)	50m 00:28.80 28,80	100m 01:08.86 40,06	150m 01:49.58 40,72	02:30.37
<i>15 - 15 jaar (Junioren 4)</i>				
1. Jesse Zweers (Dedemsvaart-AC, 200100399)	50m 00:27.97 27,97	100m 00:59.27 31,30	150m 01:30.86 31,59	02:01.90
2. Stijn Boertien (Dedemsvaart-AC, 200100719)	50m 00:27.32 27,32	100m 00:59.06 31,74	150m 01:31.78 32,72	02:02.95
3. Milan van Dieren (De Dinkel, 200100493)	50m 00:27.95 27,95	100m 00:59.29 31,34	150m 01:32.01 32,72	02:05.10
4. Robin Leideman (De Grunte, 200103137)	50m 00:29.62 29,62	100m 01:02.88 33,26	150m 01:36.84 33,96	02:09.20
5. Floris Nederburgh (Swol 1894, 200105245)	50m 00:29.63 29,63	100m 01:03.07 33,44	150m 01:37.04 33,97	02:10.03
6. Jelmer Lesscher (Z&PV de Veene, 200100791)	50m 00:29.37 29,37	100m 01:03.30 33,93	150m 01:38.16 34,86	02:10.23
7. Bart Kooiker (De Dinkel, 200100705)	50m 00:28.53 28,53	100m 01:01.33 32,80	150m 01:36.55 35,22	02:10.30
8. Rutger Nieuwenhuis (ZPC De Hof, 200100235)	50m 00:30.00 30,00	100m 01:03.66 33,66	150m 01:37.54 33,88	02:10.46
9. Noël Derks (De Dinkel, 200101489)	50m 00:29.32 29,32	100m 01:02.55 33,23	150m 01:37.18 34,63	02:11.04
10. Jelle ten Hove (De Dinkel, 200101373)	50m 00:30.55 30,55	100m 01:04.39 33,84	150m 01:38.54 34,15	02:11.87

11. Ruth Vahl (Deltasteur, 200101087)			02:13.32
50m 00:29.33 29,33	100m 01:02.77 33,44	150m 01:37.81 35,04	
12. Otmar Lesscher (Z&PV de Veene, 200100795)			02:19.42
50m 00:30.02 30,02	100m 01:04.98 34,96	150m 01:42.22 37,24	
13. Kevin van Dijk (Deltasteur, 200101089)			02:20.35
50m 00:32.39 32,39	100m 01:08.61 36,22	150m 01:45.53 36,92	
14. Jaap Davina (O Z & P C, 200100025)			02:20.47
50m 00:31.56 31,56	100m 01:07.88 36,32	150m 01:44.85 36,97	
<i>16 - 16 jaar (Jeugd 1)</i>			
1. Dennis Kamps (De Dinkel, 200000191)			01:57.31
50m 00:27.34 27,34	100m 00:58.07 30,73	150m 01:28.16 30,09	
2. Gijsbert Pelleboer (De Dinkel, 200000327)			02:03.10
50m 00:27.72 27,72	100m 00:58.79 31,07	150m 01:31.33 32,54	
3. Jorn Lucas (Z&PV de Veene, 200000675)			02:04.14
50m 00:28.61 28,61	100m 01:00.34 31,73	150m 01:32.75 32,41	
4. Leon Kloots (ZPC De Hof, 200001363)			02:08.52
50m 00:29.29 29,29	100m 01:02.13 32,84	150m 01:36.04 33,91	
5. Jorgen Gerritsen (De Eerste Kolk, 200000001)			02:11.37
50m 00:29.47 29,47	100m 01:03.13 33,66	150m 01:37.82 34,69	
6. Diederik de Boer (Steenwijk 1934, 200000269)			02:13.30
50m 00:31.08 31,08	100m 01:04.80 33,72	150m 01:38.83 34,03	
7. Raymond van Unen (Deltasteur, 200000523)			02:14.61
50m 00:32.20 32,20	100m 01:05.74 33,54	150m 01:40.87 35,13	
8. Jelle Heijman (Steenwijk 1934, 200000635)			02:15.39
50m 00:30.67 30,67	100m 01:04.70 34,03	150m 01:40.51 35,81	
<i>17 - 17 jaar (Jeugd 2)</i>			
1. Torben Lammerdink (WS Twente, 199900745)			01:56.28
50m 00:26.88 26,88	100m 00:56.79 29,91	150m 01:26.72 29,93	
2. Koen Brummelaar (De Dinkel, 199900047)			01:59.83
50m 00:27.71 27,71	100m 00:58.46 30,75	150m 01:29.74 31,28	
3. Jelle Dekker (De Grunte, 199901621)			02:04.38
50m 00:27.77 27,77	100m 00:59.61 31,84	150m 01:32.27 32,66	
4. Pascal Bloemen (De Dinkel, 199900135)			02:07.90
50m 00:28.53 28,53	100m 01:01.51 32,98	150m 01:35.35 33,84	
5. Timo de Vries (Steenwijk 1934, 199900407)			02:13.77
50m 00:28.43 28,43	100m 01:01.14 32,71	150m 01:36.05 34,91	
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>			
1. Karst Boersma (De Dinkel, 199600849)			01:55.45
50m 00:26.80 26,80	100m 00:56.68 29,88	150m 01:26.14 29,46	
2. Mathieu Boers (WS Twente, 199800187)			01:57.92
50m 00:26.92 26,92	100m 00:57.50 30,58	150m 01:27.54 30,04	
3. Yoran Klos (De Dinkel, 199600481)			02:00.59
50m 00:26.53 26,53	100m 00:56.59 30,06	150m 01:28.70 32,11	
4. Peter de Boer (Dedemsvaart-AC, 199206199)			02:03.15
50m 00:27.56 27,56	100m 00:59.50 31,94	150m 01:31.66 32,16	
5. Michiel Jorink (ZV 44, 198701613) [S14]			02:04.24
50m 00:28.57 28,57	100m 01:00.42 31,85	150m 01:32.98 32,56	
6. Kars Veldkamp (WS Twente, 199700747)			02:04.44
50m 00:27.63 27,63	100m 00:58.77 31,14	150m 01:31.42 32,65	

7. Coen Reukers (De Dinkel, 199500213)			02:05.15
50m 00:27.66 27,66	100m 00:59.03 31,37	150m 01:31.89 32,86	
8. Jesper Kloek (Dedemsvaart-AC, 199001585)			02:08.81
50m 00:28.24 28,24	100m 01:00.68 32,44	150m 01:34.54 33,86	
9. Diederick Schothans (Z&PV de Veene, 199703185)			02:09.65
50m 00:29.87 29,87	100m 01:03.36 33,49	150m 01:37.80 34,44	
53. 200m schoolslag - Dames			
11 - 11 jaar (Junioren 1)			
1. Roos Arnold (Het Ravijn, 200500060)			03:12.04
50m 00:42.23 42,23	100m 01:31.71 49,48	150m 02:22.64 50,93	
2. Lisanne Nijland (ZV 44, 200500224)			03:12.43
50m 00:42.12 42,12	100m 01:31.28 49,16	150m 02:22.98 51,70	
3. Hannah ter Maat (ZPC De Hof, 200500168)			03:24.50
50m 00:45.48 45,48	100m 01:36.70 51,22	150m 02:30.35 53,65	
4. India Segerink (De Dinkel, 200501350)			03:25.52
50m 00:46.35 46,35	100m 01:39.55 53,20	150m 02:33.21 53,66	
5. Neomi Koetsier (WS Twente, 200502144)			03:33.39
50m 00:49.13 49,13	100m 01:44.81 55,68	150m 02:40.87 56,06	
6. Fleur Temmen (Zwemclub Losser, 200500190)			03:34.37
50m 00:46.64 46,64	100m 01:40.34 53,70	150m 02:37.79 57,45	
7. Hanne Olde Dubbelink (De Dinkel, 200500514)			03:37.32
50m 00:49.55 49,55	100m 01:45.09 55,54	150m 02:41.39 56,30	
8. Pleun Westerhof (De Dinkel, 200500512)			03:39.87
50m 00:50.74 50,74	100m 01:47.00 56,26	150m 02:43.99 56,99	
12 - 12 jaar (Junioren 2)			
1. Tess Wolbert (De Dinkel, 200400538)			02:55.74
50m 00:39.26 39,26	100m 01:23.92 44,66	150m 02:09.47 45,55	
2. Nora Weerman (ZV 44, 200400620)			02:59.74
50m 00:40.26 40,26	100m 01:26.35 46,09	150m 02:12.96 46,61	
3. Puck Koopman (De Dinkel, 200400038)			03:00.72
50m 00:39.84 39,84	100m 01:26.43 46,59	150m 02:14.65 48,22	
4. Luna Hofmeijer (WS Twente, 200400006)			03:01.98
50m 00:40.30 40,30	100m 01:26.50 46,20	150m 02:14.47 47,97	
5. Daniëlle van der Voort (WS Twente, 200402100)			03:04.25
50m 00:41.72 41,72	100m 01:28.87 47,15	150m 02:16.62 47,75	
6. Sanne Temmen (De Dinkel, 200400682)			03:04.83
50m 00:41.14 41,14	100m 01:28.23 47,09	150m 02:17.06 48,83	
7. Merel Marskamp (Hera'11, 200400990)			03:08.01
50m 00:40.80 40,80	100m 01:28.87 48,07	150m 02:17.75 48,88	
8. Anne Kleine Koerkamp (De IJssel, 200401428)			03:09.53
50m 00:43.38 43,38	100m 01:32.67 49,29	150m 02:22.55 49,88	
9. Kim Leideman (De Grunte, 200401352)			03:19.75
50m 00:43.37 43,37	100m 01:34.57 51,20	150m 02:27.72 53,15	
13 - 13 jaar (Junioren 3)			
1. Lynn Joor (WS Twente, 200300550)			02:35.00
50m 00:34.38 34,38	100m 01:13.25 38,87	150m 01:53.30 40,05	
2. Lotte Pieterman (Swol 1894, 200301838)			02:50.40
50m 00:37.42 37,42	100m 01:21.18 43,76	150m 02:06.35 45,17	
3. Alessia Sluis (Dedemsvaart-AC, 200300896)			02:53.58
50m 00:39.05 39,05	100m 01:23.25 44,20	150m 02:08.94 45,69	

4. Soraya Rakers (De Dinkel, 200300818)			02:58.92
50m 00:40.50 40,50	100m 01:26.24 45,74	150m 02:13.42 47,18	
<i>14 - 14 jaar (Jeugd 1)</i>			
1. Denice Koolman (ZV 44, 200200132)			02:57.26
50m 00:38.98 38,98	100m 01:24.30 45,32	150m 02:11.15 46,85	
2. Ester Schuurman (Deltasteur, 200201106)			03:00.88
50m 00:40.52 40,52	100m 01:27.01 46,49	150m 02:13.66 46,65	
3. Anniek Pelleboer (O Z & P C, 200200160)			03:02.50
50m 00:39.45 39,45	100m 01:25.27 45,82	150m 02:12.93 47,66	
4. Lieke Oude Lenferink (WS Twente, 200200068)			03:02.60
50m 00:37.33 37,33	100m 01:21.81 44,48	150m 02:11.25 49,44	
5. Quinty Setlight (De Dinkel, 200201018)			03:07.11
50m 00:38.78 38,78	100m 01:26.07 47,29	150m 02:17.27 51,20	
<i>15 - 15 jaar (Jeugd 2)</i>			
1. Sarah Kits (WS Twente, 200101024)			02:51.21
50m 00:38.59 38,59	100m 01:22.00 43,41	150m 02:06.47 44,47	
2. Zoe Slinkman (ZPC De Hof, 200100062)			02:54.78
50m 00:37.84 37,84	100m 01:21.69 43,85	150m 02:07.73 46,04	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>			
1. Madelijne Schothans (De Dinkel, 200002416)			02:35.22
50m 00:36.10 36,10	100m 01:16.64 40,54	150m 01:56.39 39,75	
2. Hadewig Curfs (Het Ravijn, 199800492)			02:45.84
50m 00:37.47 37,47	100m 01:19.21 41,74	150m 02:02.20 42,99	
3. Yvon Versteeg (Z&PV de Veene, 199201864)			02:51.20
50m 00:38.65 38,65	100m 01:22.06 43,41	150m 02:07.10 45,04	
4. Kirsten Bies (Dedemsvaart-AC, 199800516)			02:52.17
50m 00:37.63 37,63	100m 01:21.18 43,55	150m 02:05.90 44,72	
5. Ilse Valk (Het Ravijn, 200000172)			02:52.43
50m 00:38.27 38,27	100m 01:21.59 43,32	150m 02:06.51 44,92	
6. Marleen Welten (Deltasteur, 199701526)			02:52.61
50m 00:37.80 37,80	100m 01:21.41 43,61	150m 02:06.95 45,54	
7. Romée Spin (De Dinkel, 200000724)			02:55.18
50m 00:39.10 39,10	100m 01:24.18 45,08	150m 02:09.94 45,76	
8. Beau Rijpers (Swol 1894, 199402638)			02:56.69
50m 00:40.68 40,68	100m 01:25.79 45,11	150m 02:11.18 45,39	
9. Lianne Roescher (ZPC De Hof, 199900248)			02:57.23
50m 00:40.25 40,25	100m 01:25.93 45,68	150m 02:11.28 45,35	
10. Lisa van der Struik (ZV 44, 200005102)			03:01.17
50m 00:40.83 40,83	100m 01:26.52 45,69	150m 02:14.51 47,99	
11. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)			03:01.64
50m 00:39.94 39,94	100m 01:26.57 46,63	150m 02:14.37 47,80	
12. Désirée Hulsmeijer (Het Ravijn, 199001656)			03:06.46
50m 00:40.22 40,22	100m 01:27.75 47,53	150m 02:17.04 49,29	
54. 100m schoolslag - Heren			
<i>12 - 12 jaar (Junioren 1)</i>			
1. Niek Lammertink (ZPC De Hof, 200400079)			01:20.33
50m 00:38.93 38,93			
2. Jort van der Vlag (WS Twente, 200400335)			01:22.42
50m 00:39.53 39,53			

3. Quinten Lorkeers (V Z & P C, 200400015)	01:24.68
50m 00:40.84 40,84	
4. Danny Brown (ZV 44, 200401511)	01:25.19
50m 00:40.42 40,42	
5. Matthias Hiltjesdam (ZPC De Hof, 200400137)	01:27.13
50m 00:41.06 41,06	
6. Niek Hamans (E Z C, 200401763)	01:29.48
50m 00:42.10 42,10	
7. Mika Groot Rouwen (O Z & P C, 200400023)	01:32.49
50m 00:44.16 44,16	
55. 100m schoolslag - Heren	
13 - 13 jaar (Junioren 2)	
1. Kylian Heederik (Deltasteur, 200300353)	01:12.46
50m 00:34.92 34,92	
2. Lars Meijer (ZPC De Hof, 200301497)	01:16.56
50m 00:35.88 35,88	
3. Kevin Lucas (De Dinkel, 200300545)	01:18.43
50m 00:37.78 37,78	
4. Matias Jansen (Zignea, 200300199)	01:18.64
50m 00:36.47 36,47	
5. Kieran de Heer (Z&PV de Veene, 200301009)	01:19.03
50m 00:37.53 37,53	
6. Chiel Kootstra (Dedemsvaart-AC, 200301463)	01:24.37
50m 00:39.57 39,57	
7. Andy Zandvliet (ZPC De Hof, 200300381)	01:26.15
50m 00:40.78 40,78	
8. Ewald de Haas (WS Twente, 200301945)	01:27.58
50m 00:40.49 40,49	
56. 100m schoolslag - Heren	
14 - 14 jaar (Junioren 3)	
1. Jurre Hanstede (De Dinkel, 200201019)	01:11.05
50m 00:33.04 33,04	
2. Luuk Einhaus (WS Twente, 200200537)	01:13.70
50m 00:34.46 34,46	
3. Maquinho Vorst (ZPC De Hof, 200204179)	01:14.40
50m 00:35.04 35,04	
4. Ivo Karamoy Faulhaber (Z&PV de Veene, 200200363)	01:14.44
50m 00:35.10 35,10	
5. Sem de Goei (WS Twente, 200200029)	01:17.24
50m 00:35.35 35,35	
6. Robin Kamps (De Dinkel, 200200211)	01:17.63
50m 00:37.19 37,19	
7. Hidde Wernsen (Zignea, 200200697)	01:20.48
50m 00:37.89 37,89	
8. Jordi Kamps (De Dinkel, 200200213)	01:21.00
50m 00:38.41 38,41	
57. 100m schoolslag - Heren	
15 - 15 jaar (Junioren 4)	
1. Milan van Dieren (De Dinkel, 200100493)	01:14.31
50m 00:34.75 34,75	

2. Jaap Davina (O Z & P C, 200100025)	01:15.41
50m 00:35.21 35,21	
3. Rutger Nieuwenhuis (ZPC De Hof, 200100235)	01:16.33
50m 00:36.02 36,02	
4. Thomas Muller (ZPC De Hof, 200100039)	01:17.51
50m 00:36.09 36,09	
5. Otmar Lesscher (Z&PV de Veene, 200100795)	01:18.52
50m 00:36.98 36,98	
6. Ruth Vahl (Deltasteur, 200101087)	01:18.63
50m 00:36.92 36,92	
7. Robin Leideman (De Grunte, 200103137)	01:20.27
50m 00:37.79 37,79	
8. Kevin van Dijk (Deltasteur, 200101089)	01:21.62
50m 00:36.95 36,95	
58. 100m schoolslag - Heren	
16 - 16 jaar (Jeugd 1)	
1. Gijsbert Pelleboer (De Dinkel, 200000327)	01:06.26
50m 00:31.36 31,36	
2. Jorgen Gerritsen (De Eerste Kolk, 200000001)	01:14.80
50m 00:34.56 34,56	
3. Raymond van Unen (Deltasteur, 200000523)	01:18.07
50m 00:36.37 36,37	
4. Rico Rüdiger (WS Twente, 200001357)	01:18.87
50m 00:36.53 36,53	
5. Thon Naberman (De Eerste Kolk, 200000943)	01:21.12
50m 00:38.15 38,15	
6. Tim Pleiter (Z&PV de Veene, 200002779)	01:22.96
50m 00:38.72 38,72	
17 - 17 jaar (Jeugd 2)	
1. Torben Lammerdink (WS Twente, 199900745)	01:10.91
50m 00:32.61 32,61	
2. Kylian Kooyman (Steenwijk 1934, 199900763)	01:13.26
50m 00:33.74 33,74	
3. Mark Boertien (Dedemsvaart-AC, 199903219)	01:13.90
50m 00:34.48 34,48	
4. Pascal Bloemen (De Dinkel, 199900135)	01:14.31
50m 00:34.92 34,92	
5. Vincent Bosch (Z&PV de Veene, 199900451)	01:17.30
50m 00:35.70 35,70	
6. Laurens Spoelstra (Z&PV de Veene, 199901273)	01:19.00
50m 00:37.22 37,22	
7. Marijn Heetkamp (Het Ravijn, 199903407)	01:19.15
50m 00:36.78 36,78	
8. Timo de Vries (Steenwijk 1934, 199900407)	01:19.50
50m 00:36.37 36,37	
vanaf 18 jaar (Senioren 1 en ouder)	
1. Thomas de Lange (WS Twente, 199701475)	01:05.16
50m 00:30.11 30,11	
2. Gert Norg (Deltasteur, 199401735)	01:07.12
50m 00:31.02 31,02	

3. Karst Boersma (De Dinkel, 199600849)	01:08.35
50m 00:32.11 32,11	
4. Sepp Kalter (Dedemsvaart-AC, 199704327)	01:08.94
50m 00:32.54 32,54	
5. Yoran Klos (De Dinkel, 199600481)	01:09.32
50m 00:32.36 32,36	
6. Tom Laarhuis (De Dinkel, 199800309)	01:09.61
50m 00:32.56 32,56	
7. Jari Hofsink (Deltasteur, 199700535)	01:10.72
50m 00:32.82 32,82	
8. Gideon Teeuw (Z&PV de Veene, 199801237)	01:12.22
50m 00:33.78 33,78	
9. Diederick Schothans (Z&PV de Veene, 199703185)	01:15.86
50m 00:35.45 35,45	
59. 100m rugslag - Dames	
11 - 11 jaar (Junioren 1)	
1. Yke Groener (De Dinkel, 200500772)	01:15.36
50m 00:36.75 36,75	
2. Iris Timmermans (Het Ravijn, 200500172)	01:17.27
50m 00:37.47 37,47	
3. Demi Westendorp (Deltasteur, 200500262)	01:18.38
50m 00:38.00 38,00	
4. Lynn Reitsma (Swol 1894, 200502750)	01:19.91
50m 00:38.23 38,23	
5. Jolijn Liezen (ZV 44, 200500518)	01:21.82
50m 00:40.47 40,47	
6. Roos Arnold (Het Ravijn, 200500060)	01:22.59
50m 00:40.23 40,23	
7. Lisanne Nijland (ZV 44, 200500224)	01:25.40
50m 00:42.15 42,15	
8. Senna Geerdink (Deltasteur, 200500026)	01:27.59
50m 00:43.93 43,93	
60. 100m rugslag - Dames	
12 - 12 jaar (Junioren 2)	
1. Ismay Lichtendonk (Dedemsvaart-AC, 200400622)	01:07.26
50m 00:32.95 32,95	
2. Puck Koopman (De Dinkel, 200400038)	01:11.21
50m 00:34.54 34,54	
3. Marieke Lenderink (De Dinkel, 200400778)	01:15.61
50m 00:37.02 37,02	
4. Loes Sotthewes (WS Twente, 200401792)	01:16.66
50m 00:37.08 37,08	
5. Lieke de Groot (Het Ravijn, 200403056)	01:17.76
50m 00:37.29 37,29	
6. Maya de Best (WS Twente, 200402444)	01:18.11
50m 00:39.26 39,26	
7. Merel Marskamp (Hera'11, 200400990)	01:18.15
50m 00:38.41 38,41	
8. Anne Kleine Koerkamp (De IJssel, 200401428)	01:18.34

50m 00:37.75 37,75		
9. Dana Kuipers (Het Ravijn, 200401454)		01:18.80
50m 00:38.64 38,64		
10. Maud van Buuren (WS Twente, 200403320)		01:18.90
50m 00:38.08 38,08		
11. Monica Faber (Deltasteur, 200400388)		01:18.97
50m 00:39.51 39,51		
12. Sanne Temmen (De Dinkel, 200400682)		01:20.17
50m 00:38.98 38,98		
13. Roos Schuite (ZVZwartsluis, 200400526)		01:21.24
50m 00:40.38 40,38		
61. 100m rugslag - Dames		
13 - 13 jaar (Junioren 3)		
1. Lynn Joor (WS Twente, 200300550)		01:06.30
50m 00:32.04 32,04		
2. Lindsey Berghuis (ZV 44, 200300104)		01:07.37
50m 00:32.34 32,34		
3. Joy van Dieren (De Dinkel, 200300182)		01:07.64
50m 00:32.95 32,95		
4. Lotte Pieterman (Swol 1894, 200301838)		01:09.49
50m 00:33.73 33,73		
5. Milou ten Koppel (Deltasteur, 200302572)		01:10.42
50m 00:34.34 34,34		
6. Jocelyn Horbeek (ZPC De Hof, 200300302)		01:11.60
50m 00:35.00 35,00		
7. Soraya Rakers (De Dinkel, 200300818)		01:13.37
50m 00:35.55 35,55		
8. Renate Dellemijn (Swol 1894, 200301770)		01:17.63
50m 00:37.54 37,54		
62. 100m rugslag - Dames		
14 - 14 jaar (Jeugd 1)		
1. Lieke Oude Lenferink (WS Twente, 200200068)		01:05.68
50m 00:31.97 31,97		
2. Carlijn Hansté (WS Twente, 200201082)		01:06.47
50m 00:32.09 32,09		
3. Elisa Haverkate (ZPC De Hof, 200200266)		01:10.62
50m 00:34.57 34,57		
4. Kiki Koopman (De Dinkel, 200200232)		01:10.99
50m 00:34.19 34,19		
5. Manon de Man (Deltasteur, 200201458)		01:13.51
50m 00:35.12 35,12		
6. Joëlle van der Veen (Dedemsvaart-AC, 200201176)		01:14.76
50m 00:35.75 35,75		
7. Denice Koolman (ZV 44, 200200132)		01:15.46
50m 00:36.29 36,29		
15 - 15 jaar (Jeugd 2)		
1. Mathilde Stolmeijer (De Dinkel, 200100590)		01:06.44
50m 00:32.61 32,61		
2. Eline Brok (WS Twente, 200100186)		01:08.84
50m 00:33.70 33,70		

3. Roëlle op de Haar (WS Twente, 200103428)	01:11.38
50m 00:34.48 34,48	
4. Sarah Kits (WS Twente, 200101024)	01:12.88
50m 00:35.30 35,30	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>	
1. Sterre Mooiweer (De Dinkel, 199800236)	01:03.13
50m 00:30.43 30,43	
2. Stéphanie Bergsma (Dedemsvaart-AC, 199203374)	01:08.27
50m 00:33.08 33,08	
3. Marit Boxum (Deltasteur, 200000068)	01:08.54
50m 00:32.65 32,65	
4. Maaïke Doornwaard (Deltasteur, 199800264)	01:10.20
50m 00:34.30 34,30	
5. Djamilla Gerner (Swol 1894, 199905606)	01:10.65
50m 00:33.80 33,80	
6. Linde Kolkman (Dedemsvaart-AC, 200001114)	01:11.07
50m 00:33.95 33,95	
7. Lotte Oude Lenferink (WS Twente, 200000496)	01:11.36
50m 00:34.81 34,81	
8. Annet van Stratum (Deltasteur, 199003640)	01:11.47
50m 00:34.95 34,95	
9. Naomi Klein (ZPC De Hof, 199902086)	01:11.66
50m 00:35.13 35,13	
10. Sanne Berg (Dedemsvaart-AC, 200004194)	01:13.25
50m 00:35.34 35,34	
11. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)	01:13.38
50m 00:36.32 36,32	
12. Madelijne Schothans (De Dinkel, 200002416)	01:13.43
50m 00:35.93 35,93	
13. Romée Spin (De Dinkel, 200000724)	01:13.96
50m 00:36.11 36,11	
63. 50m vlinderslag - Heren	
12 - 12 jaar (Junioren 1)	
1. Matthias Hiltjesdam (ZPC De Hof, 200400137)	00:32.26
2. Niek Hamans (E Z C, 200401763)	00:33.64
3. Danny Brown (ZV 44, 200401511)	00:33.99
4. Robert Dragt (Deltasteur, 200400239)	00:34.45
5. Quinten ten Dam (ZPC De Hof, 200400075)	00:35.40
6. Robin van den Berg (De Eerste Kolk, 200400699)	00:36.32
7. Quinn Heederik (Deltasteur, 200400093)	00:36.72
DIS. Jort van der Vlag (WS Twente, 200400335)	00:00.00
64. 50m vlinderslag - Heren	
13 - 13 jaar (Junioren 2)	
1. Luuk Bos (V Z & P C, 200300151)	00:29.49
2. Matias Jansen (Zignea, 200300199)	00:29.76
3. Lukas Binnekamp (WS Twente, 200300107)	00:30.77

4. Luuk Ruinemans (De Dinkel, 200301085)	00:32.02
5. Kevin Lucas (De Dinkel, 200300545)	00:33.38
6. Kieran de Heer (Z&PV de Veene, 200301009)	00:33.42
7. Lars Meijer (ZPC De Hof, 200301497)	00:33.54
8. Andy Zandvliet (ZPC De Hof, 200300381)	00:33.66
9. Luc Aveskamp (De Dinkel, 200300337)	00:33.87
10. Bart Harbers (Z&PV de Veene, 200303069)	00:34.38
11. Nathan de Boer (Z&PV de Veene, 200301395)	00:34.39
12. Thijs Oonk (O Z & P C, 200300245)	00:34.55
13. Mika Heskamp (De Dinkel, 200300339)	00:35.02
65. 50m vlinderslag - Heren	
<i>14 - 14 jaar (Junioren 3)</i>	
1. Maquinho Vorst (ZPC De Hof, 200204179)	00:28.60
2. Leon van den Hof (Dedemsvaart-AC, 200203269)	00:28.67
3. Tristan Scholten (ZV 44, 200201683)	00:28.82
4. Sem de Goei (WS Twente, 200200029)	00:29.83
5. Sweeder Braakman (De IJssel, 200200397)	00:30.24
6. Luuk Einhaus (WS Twente, 200200537)	00:30.78
7. Jurre Hanstede (De Dinkel, 200201019)	00:30.94
8. Hidde Wernsen (Zignea, 200200697)	00:31.27
9. Jordi Kamps (De Dinkel, 200200213)	00:31.39
10. Robin Kamps (De Dinkel, 200200211)	00:31.54
11. Ivo Karamoy Faulhaber (Z&PV de Veene, 200200363)	00:32.72
12. Johannes Post (Zignea, 200203393)	00:32.78
13. Thijs van Erp (Swol 1894, 200200313)	00:33.07
66. 50m vlinderslag - Heren	
<i>15 - 15 jaar (Junioren 4)</i>	
1. Jesse Zweers (Dedemsvaart-AC, 200100399)	00:27.51
2. Noël Derks (De Dinkel, 200101489)	00:28.22
3. Floris Nederburgh (Swol 1894, 200105245)	00:28.25
4. Mike Müller (Deltasteur, 200102653)	00:28.84
5. Milan van Dieren (De Dinkel, 200100493)	00:29.10
6. Daan Rienties (Swol 1894, 200103369)	00:29.13
7. Bart Kooiker (De Dinkel, 200100705)	00:29.35
8. Otmar Lesscher (Z&PV de Veene, 200100795)	00:30.10
9. Jelmer Lesscher (Z&PV de Veene, 200100791)	00:30.22
10. Robin Leideman (De Grunte, 200103137)	00:30.36
11. Zander Heslinga (Zwemclub Losser, 200102485)	00:30.92
12. Ruth Vahl (Deltasteur, 200101087)	00:31.62
13. Jaap Davina (O Z & P C, 200100025)	00:32.07

14. Max Mastebroek (Zignea, 200101395)	00:32.31
15. Kevin van Dijk (Deltasteur, 200101089)	00:33.70
DIS. Martijn Sam (ZVZwartsluis, 200100169)	00:00.00
67. 50m vlinderslag - Heren	
<i>16 - 16 jaar (Jeugd 1)</i>	
1. Dennis Kamps (De Dinkel, 200000191)	00:27.45
2. Jorn Lucas (Z&PV de Veene, 200000675)	00:29.46
3. Gijsbert Pelleboer (De Dinkel, 200000327)	00:29.73
4. Jorgen Gerritsen (De Eerste Kolk, 200000001)	00:29.86
5. Jelle Heijman (Steenwijk 1934, 200000635)	00:30.29
6. Leon Kloots (ZPC De Hof, 200001363)	00:30.32
7. Thon Naberman (De Eerste Kolk, 200000943)	00:31.76
8. Raymond van Unen (Deltasteur, 200000523)	00:31.79
<i>17 - 17 jaar (Jeugd 2)</i>	
1. Torben Lammerdink (WS Twente, 199900745)	00:26.92
2. Jelle Dekker (De Grunte, 199901621)	00:27.94
3. Koen Brummelaar (De Dinkel, 199900047)	00:28.42
4. Pascal Bloemen (De Dinkel, 199900135)	00:29.27
5. Kylian Kooyman (Steenwijk 1934, 199900763)	00:29.60
6. Vincent Bosch (Z&PV de Veene, 199900451)	00:29.74
7. Chris Coelingh (Zwemclub Losser, 199900479)	00:31.16
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Yoran Klos (De Dinkel, 199600481)	00:25.79
2. Mathieu Boers (WS Twente, 199800187)	00:25.92
3. Michiel Jorink (ZV 44, 198701613) [S14]	00:26.59
4. Sepp Kalter (Dedemsvaart-AC, 199704327)	00:26.62
5. Karst Boersma (De Dinkel, 199600849)	00:26.64
6. Gert van t Oever (Deltasteur, 198702403)	00:26.95
7. Jari Hofsink (Deltasteur, 199700535)	00:26.98
8. Tom Laarhuis (De Dinkel, 199800309)	00:27.03
9. Peter de Boer (Dedemsvaart-AC, 199206199)	00:27.99
10. Gert Norg (Deltasteur, 199401735)	00:28.11
11. Jesper Kloek (Dedemsvaart-AC, 199001585)	00:28.12
12. Gideon Teeuw (Z&PV de Veene, 199801237)	00:28.72
13. Jorden Theijink (ZPC De Hof, 199400323)	00:28.90
14. Coen Reukers (De Dinkel, 199500213)	00:28.94
15. Diederick Schothans (Z&PV de Veene, 199703185)	00:29.15
68. 4x100m wisselslag dames	
<i>11 - 13 jaar (Junioren 3 en later)</i>	
1. De Dinkel	04:48.18
Joy van Dieren 2003 () 50m 00:32.60 32,60	

Joy van Dieren 2003 ()	100m	01:07.61	35,01
Soraya Rakers 2003 ()	150m	01:46.14	38,53
Soraya Rakers 2003 ()	200m	02:29.80	43,66
Puck Koopman 2004 ()	250m	03:02.86	33,06
Puck Koopman 2004 ()	300m	03:43.16	40,30
Marieke Lenderink 2004 ()	350m	04:13.93	30,77
Marieke Lenderink 2004 ()	400m	04:48.18	34,25

2. ZV 44

04:56.73

Lindsey Berghuis 2003 ()	50m	00:33.21	33,21
Lindsey Berghuis 2003 ()	100m	01:11.11	37,90
Nora Weerman 2004 (+55)	150m	01:49.18	38,07
Nora Weerman 2004 (+55)	200m	02:33.26	44,08
Michelle van den Hoofdakker 2003 (+56)	250m	03:07.21	33,95
Michelle van den Hoofdakker 2003 (+56)	300m	03:50.38	43,17
Naomi Polinder 2003 (+30)	350m	04:21.46	31,08
Naomi Polinder 2003 (+30)	400m	04:56.73	35,27

3. Het Ravijn

05:18.68

Lieke de Groot 2004 ()	50m	00:37.23	37,23
Lieke de Groot 2004 ()	100m	01:17.06	39,83
Roos Arnold 2005 ()	150m	01:59.26	42,20
Roos Arnold 2005 ()	200m	02:48.63	49,37
Mia de Vente 2003 ()	250m	03:25.56	36,93
Mia de Vente 2003 ()	300m	04:09.27	43,71
Iris Timmermans 2005 ()	350m	04:41.71	32,44
Iris Timmermans 2005 ()	400m	05:18.68	36,97

4. De IJssel

05:35.52

Anne Kleine Koerkamp 2004 ()	50m	00:38.37	38,37
Anne Kleine Koerkamp 2004 ()	100m	01:18.18	39,81
Meike Bakkeren 2003 (+78)	150m	02:01.86	43,68
Meike Bakkeren 2003 (+78)	200m	02:52.14	50,28
Laurentien Bosman 2005 (+39)	250m	03:31.48	39,34
Laurentien Bosman 2005 (+39)	300m	04:21.82	50,34
Jildau Meijer 2004 (+68)	350m	04:56.13	34,31
Jildau Meijer 2004 (+68)	400m	05:35.52	39,39

69. 4x100m wisselslag dames

vanaf 11 jaar (Senioren Open)

1. De Dinkel

04:23.39

Sterre Mooiweer 1998 ()	50m	00:30.54	30,54
Sterre Mooiweer 1998 ()	100m	01:02.45	31,91
Madelijne Schothans 2000 ()	150m	01:35.84	33,39
Madelijne Schothans 2000 ()	200m	02:15.08	39,24
Mathilde Stolmeijer 2001 (+87)	250m	02:46.26	31,18
Mathilde Stolmeijer 2001 (+87)	300m	03:23.23	36,97
Kiki Koopman 2002 (+21)	350m	03:51.67	28,44
Kiki Koopman 2002 (+21)	400m	04:23.39	31,72

2. WS Twente

04:31.47

Lieke Oude Lenferink 2002 ()	50m	00:32.34	32,34
Lieke Oude Lenferink 2002 ()	100m	01:06.58	34,24
Lynn Joor 2003 (+43)	150m	01:40.00	33,42
Lynn Joor 2003 (+43)	200m	02:18.64	38,64
Carlijn Hansté 2002 (+47)	250m	02:50.85	32,21
Carlijn Hansté 2002 (+47)	300m	03:30.62	39,77
Roëlle op de Haar 2001 (+40)	350m	03:59.48	28,86
Roëlle op de Haar 2001 (+40)	400m	04:31.47	31,99

3. Deltasteur

04:36.62

Maaïke Doornwaard 1998 ()	50m	00:34.47	34,47
Maaïke Doornwaard 1998 ()	100m	01:10.13	35,66
Marleen Welten 1997 ()	150m	01:46.57	36,44
Marleen Welten 1997 ()	200m	02:28.89	42,32
Marit Boxum 2000 ()	250m	02:59.52	30,63
Marit Boxum 2000 ()	300m	03:37.49	37,97
Annet van Stratum 1990 ()	350m	04:05.51	28,02

Annet van Stratum 1990 ()	400m	04:36.62	31,11	
4. Swol 1894				04:38.04
Lotte Pieterman 2003 ()	50m	00:33.41	33,41	
Lotte Pieterman 2003 ()	100m	01:09.06	35,65	
Djamilla Gerner 1999 (+36)	150m	01:46.08	37,02	
Djamilla Gerner 1999 (+36)	200m	02:28.98	42,90	
Karen Stolk 1994 (+20)	250m	02:58.83	29,85	
Karen Stolk 1994 (+20)	300m	03:36.60	37,77	
Beau Rijpers 1994 (+26)	350m	04:05.64	29,04	
Beau Rijpers 1994 (+26)	400m	04:38.04	32,40	
5. Dedemsvaart-AC				04:38.60
Sanne Berg 2000 ()	50m	00:34.96	34,96	
Sanne Berg 2000 ()	100m	01:12.97	38,01	
Kirsten Bies 1998 (+16)	150m	01:48.63	35,66	
Kirsten Bies 1998 (+16)	200m	02:30.86	42,23	
Stéphanie Bergsma 1992 (+26)	250m	03:01.78	30,92	
Stéphanie Bergsma 1992 (+26)	300m	03:37.09	35,31	
Michelle Zomerdijk 2000 (+43)	350m	04:06.08	28,99	
Michelle Zomerdijk 2000 (+43)	400m	04:38.60	32,52	
6. ZPC De Hof				04:40.26
Naomi Klein 1999 ()	50m	00:34.84	34,84	
Naomi Klein 1999 ()	100m	01:12.38	37,54	
Zoe Slinkman 2001 (+68)	150m	01:49.73	37,35	
Zoe Slinkman 2001 (+68)	200m	02:33.00	43,27	
Linde Haverkate 1999 (+37)	250m	03:04.45	31,45	
Linde Haverkate 1999 (+37)	300m	03:40.82	36,37	
Elisa Haverkate 2002 (+27)	350m	04:09.26	28,44	
Elisa Haverkate 2002 (+27)	400m	04:40.26	31,00	
7. Het Ravijn				04:58.28
Dana Kuipers 2004 ()	50m	00:38.85	38,85	
Dana Kuipers 2004 ()	100m	01:19.51	40,66	
Hadewig Curfs 1998 (-6)	150m	01:55.39	35,88	
Hadewig Curfs 1998 (-6)	200m	02:35.89	40,50	
Ilse Valk 2000 (+55)	250m	03:09.19	33,30	
Ilse Valk 2000 (+55)	300m	03:51.23	42,04	
Désirée Hulsmeijer 1990 (+21)	350m	04:22.16	30,93	
Désirée Hulsmeijer 1990 (+21)	400m	04:58.28	36,12	
70. 4x100m vrije slag heren				
12 - 15 jaar				
1. Dedemsvaart-AC				03:44.53
Stijn Boertien 2001 ()	50m	00:25.91	25,91	
Stijn Boertien 2001 ()	100m	00:54.47	28,56	
Niels Kragt 2003 (+42)	150m	01:23.78	29,31	
Niels Kragt 2003 (+42)	200m	01:55.84	32,06	
Leon van den Hof 2002 (+51)	250m	02:21.80	25,96	
Leon van den Hof 2002 (+51)	300m	02:50.71	28,91	
Jesse Zweers 2001 ()	350m	03:16.37	25,66	
Jesse Zweers 2001 ()	400m	03:44.53	28,16	
2. De Dinkel				03:50.72
Milan van Dieren 2001 ()	50m	00:26.63	26,63	
Milan van Dieren 2001 ()	100m	00:56.54	29,91	
Jurre Hanstede 2002 (+48)	150m	01:23.82	27,28	
Jurre Hanstede 2002 (+48)	200m	01:53.74	29,92	
Robin Kamps 2002 (+52)	250m	02:21.66	27,92	
Robin Kamps 2002 (+52)	300m	02:52.38	30,72	
Noël Derks 2001 (+36)	350m	03:20.08	27,70	
Noël Derks 2001 (+36)	400m	03:50.72	30,64	
3. WS Twente				04:00.92
Luuk Einhaus 2002 ()	50m	00:27.39	27,39	
Luuk Einhaus 2002 ()	100m	00:58.55	31,16	
Tom van der Vlag 2002 ()	150m	01:27.87	29,32	
Tom van der Vlag 2002 ()	200m	01:59.23	31,36	

Sem de Goei 2002 ()	250m	02:28.17 28,94
Sem de Goei 2002 ()	300m	03:00.67 32,50
Jort van der Vlag 2004 ()	350m	03:29.72 29,05
Jort van der Vlag 2004 ()	400m	04:00.92 31,20

4. Z&PV de Veene 04:05.57

Jelmer Lesscher 2001 ()	50m	00:27.74 27,74
Jelmer Lesscher 2001 ()	100m	00:58.99 31,25
Ivo Karamoy Faulhaber 2002 (+32)	150m	01:28.61 29,62
Ivo Karamoy Faulhaber 2002 (+32)	200m	02:01.40 32,79
Otmar Lesscher 2001 (+54)	250m	02:29.28 27,88
Otmar Lesscher 2001 (+54)	300m	03:01.58 32,30
Kieran de Heer 2003 (+51)	350m	03:31.21 29,63
Kieran de Heer 2003 (+51)	400m	04:05.57 34,36

5. ZPC De Hof 04:09.35

Nathanaël Nijnsink 2001 ()	50m	00:30.09 30,09
Nathanaël Nijnsink 2001 ()	100m	01:01.90 31,81
Thomas Muller 2001 (+44)	150m	01:30.88 28,98
Thomas Muller 2001 (+44)	200m	02:03.58 32,70
Vincent Veluwenkamp 2002 (+52)	250m	02:33.98 30,40
Vincent Veluwenkamp 2002 (+52)	300m	03:08.31 34,33
Jacco Nijland 2004 (+58)	350m	03:37.65 29,34
Jacco Nijland 2004 (+58)	400m	04:09.35 31,70

6. De IJssel 04:22.38

Fjodor de Wit 2001 ()	50m	00:31.21 31,21
Fjodor de Wit 2001 ()	100m	01:09.79 38,58
Stef Koman 2001 (+33)	150m	01:40.47 30,68
Stef Koman 2001 (+33)	200m	02:16.25 35,78
Robert Nijendijk 2001 (+32)	250m	02:46.46 30,21
Robert Nijendijk 2001 (+32)	300m	03:20.90 34,44
Sweeder Braakman 2002 (+49)	350m	03:50.13 29,23
Sweeder Braakman 2002 (+49)	400m	04:22.38 32,25

71. 4x100m vrije slag heren
vanaf 12 jaar (Junioren 1 en ouder)

1. De Dinkel 03:34.12

Yoran Klos 1996 ()	50m	00:25.19 25,19
Yoran Klos 1996 ()	100m	00:52.27 27,08
Tjakko Ruinemans 1974 (+22)	150m	01:18.00 25,73
Tjakko Ruinemans 1974 (+22)	200m	01:47.08 29,08
Karst Boersma 1996 (+49)	250m	02:12.43 25,35
Karst Boersma 1996 (+49)	300m	02:39.77 27,34
Dennis Kamps 2000 (+53)	350m	03:06.07 26,30
Dennis Kamps 2000 (+53)	400m	03:34.12 28,05

2. WS Twente 03:38.10

Mathieu Boers 1998 ()	50m	00:25.31 25,31
Mathieu Boers 1998 ()	100m	00:52.81 27,50
Thomas de Lange 1997 (+38)	150m	01:20.64 27,83
Thomas de Lange 1997 (+38)	200m	01:50.57 29,93
Kars Veldkamp 1997 (+36)	250m	02:16.57 26,00
Kars Veldkamp 1997 (+36)	300m	02:45.57 29,00
Torben Lammerdink 1999 (+63)	350m	03:10.59 25,02
Torben Lammerdink 1999 (+63)	400m	03:38.10 27,51

3. De Dinkel 03:38.77

Tom Laarhuis 1998 ()	50m	00:26.13 26,13
Tom Laarhuis 1998 ()	100m	00:54.70 28,57
Koen Brummelaar 1999 ()	150m	01:20.60 25,90
Koen Brummelaar 1999 ()	200m	01:49.54 28,94
Gijsbert Pelleboer 2000 (+27)	250m	02:15.94 26,40
Gijsbert Pelleboer 2000 (+27)	300m	02:44.88 28,94
Coen Reukers 1995 (+19)	350m	03:10.40 25,52
Coen Reukers 1995 (+19)	400m	03:38.77 28,37

4. Dedemsvaart-AC 03:38.89

Sepp Kalter 1997 ()	50m	00:26.18 26,18
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Sepp Kalter 1997 ()	100m	00:54.05	27,87
Robert Dekker 1984 (+46)	150m	01:20.34	26,29
Robert Dekker 1984 (+46)	200m	01:49.66	29,32
Jesper Kloek 1990 (+44)	250m	02:15.74	26,08
Jesper Kloek 1990 (+44)	300m	02:45.91	30,17
Peter de Boer 1992 (+38)	350m	03:11.17	25,26
Peter de Boer 1992 (+38)	400m	03:38.89	27,72

5. ZPC De Hof

03:55.37

Jorden Theijink 1994 ()	50m	00:27.75	27,75
Jorden Theijink 1994 ()	100m	00:59.75	32,00
Leon Kloots 2000 (+56)	150m	01:27.60	27,85
Leon Kloots 2000 (+56)	200m	01:57.81	30,21
Rutger Nieuwenhuis 2001 (+43)	250m	02:26.87	29,06
Rutger Nieuwenhuis 2001 (+43)	300m	02:58.65	31,78
Maquinho Vorst 2002 (+27)	350m	03:25.64	26,99
Maquinho Vorst 2002 (+27)	400m	03:55.37	29,73

6. Steenwijk 1934

04:01.15

Jelle Heijman 2000 ()	50m	00:29.18	29,18
Jelle Heijman 2000 ()	100m	01:01.85	32,67
Diederik de Boer 2000 (+53)	150m	01:30.46	28,61
Diederik de Boer 2000 (+53)	200m	02:01.99	31,53
Timo de Vries 1999 (+57)	250m	02:29.82	27,83
Timo de Vries 1999 (+57)	300m	03:01.80	31,98
Kylian Kooyman 1999 (+52)	350m	03:29.83	28,03
Kylian Kooyman 1999 (+52)	400m	04:01.15	31,32

Overijsselse Kampioenschappen korte baan sessie 4 - zondag 15 januari 2017 om 12:30u (25 m)

Aanvangstijd juryvergadering: 11:45u

72. 100m vrije slag - Dames

11 - 11 jaar (Junioren 1)

1. Iris Timmermans (Het Ravijn, 200500172)	01:07.19
50m 00:32.06 32,06	
2. Yke Groener (De Dinkel, 200500772)	01:09.19
50m 00:33.05 33,05	
3. Lynn Reitsma (Swol 1894, 200502750)	01:09.77
50m 00:33.31 33,31	
4. Roos Arnold (Het Ravijn, 200500060)	01:11.64
50m 00:33.59 33,59	
5. India Segerink (De Dinkel, 200501350)	01:11.77
50m 00:34.66 34,66	
6. Jolijn Liezen (ZV 44, 200500518)	01:14.33
50m 00:35.04 35,04	
7. Senna Geerdink (Deltasteur, 200500026)	01:14.71
50m 00:35.76 35,76	

73. 100m vrije slag - Dames

12 - 12 jaar (Junioren 2)

1. Puck Koopman (De Dinkel, 200400038)	01:01.35
50m 00:28.93 28,93	
2. Marieke Lenderink (De Dinkel, 200400778)	01:04.55
50m 00:30.82 30,82	
3. Anne Kleine Koerkamp (De IJssel, 200401428)	01:04.94
50m 00:31.01 31,01	
4. Sanne Temmen (De Dinkel, 200400682)	01:05.18
50m 00:30.88 30,88	

5. Luna Hofmeijer (WS Twente, 200400006)	01:05.87
50m 00:30.84 30,84	
6. Tess Wolbert (De Dinkel, 200400538)	01:06.37
50m 00:31.77 31,77	
7. Nora Weerman (ZV 44, 200400620)	01:06.53
50m 00:31.96 31,96	
8. Loes Sotthewes (WS Twente, 200401792)	01:07.29
50m 00:32.32 32,32	
9. Merel Marskamp (Hera'11, 200400990)	01:09.80
50m 00:32.87 32,87	
10. Annejèn Smelt (ZVZwartsluis, 200400442)	01:09.98
50m 00:33.48 33,48	
11. Daniëlle van der Voort (WS Twente, 200402100)	01:10.20
50m 00:33.83 33,83	
12. Maud van Buuren (WS Twente, 200403320)	01:10.30
50m 00:34.42 34,42	
13. Aleid te Velthuis (Dedemsvaart-AC, 200401470)	01:10.36
50m 00:33.28 33,28	
14. Monica Faber (Deltasteur, 200400388)	01:11.13
50m 00:34.44 34,44	
15. Maya de Best (WS Twente, 200402444)	01:11.20
50m 00:34.73 34,73	
16. Esmée Timmerman (WS Twente, 200403136)	01:11.66
50m 00:34.41 34,41	
74. 100m vrije slag - Dames	
13 - 13 jaar (Junioren 3)	
1. Amy Lynn Zweers (Dedemsvaart-AC, 200300390)	01:00.50
50m 00:29.09 29,09	
2. Jocelyn Horbeek (ZPC De Hof, 200300302)	01:01.07
50m 00:29.55 29,55	
3. Lotte Pieterman (Swol 1894, 200301838)	01:01.49
50m 00:29.26 29,26	
4. Joy van Dieren (De Dinkel, 200300182)	01:02.27
50m 00:29.79 29,79	
5. Michelle van den Hoofdakker (ZV 44, 200302708)	01:03.66
50m 00:30.47 30,47	
6. Isabelle Elsweier (WS Twente, 200303614)	01:03.85
50m 00:30.41 30,41	
7. Soraya Rakers (De Dinkel, 200300818)	01:03.87
50m 00:30.37 30,37	
8. Maudé Lesscher (Z&PV de Veene, 200300018)	01:04.07
50m 00:30.21 30,21	
9. Milou ten Koppel (Deltasteur, 200302572)	01:04.38
50m 00:31.00 31,00	
10. Lionne Klarenbeek (ZPC De Hof, 200300108)	01:04.58
50m 00:31.21 31,21	
11. Juliëtte Jansen (ZVZwartsluis, 200303006)	01:05.57
50m 00:31.68 31,68	
12. Naomi Polinder (ZV 44, 200300020)	01:05.58
50m 00:30.93 30,93	

13. Anouk Olde Dubbelink (De Dinkel, 200300820)	01:05.98
50m 00:31.45 31,45	
14. Meghan Mulder (Dedemsvaart-AC, 200301734)	01:06.26
50m 00:31.23 31,23	
15. Ellody Ausma (WS Twente, 200301092)	01:10.14
50m 00:33.21 33,21	
75. 100m vrije slag - Dames	
14 - 14 jaar (Jeugd 1)	
1. Elisa Haverkate (ZPC De Hof, 200200266)	01:00.23
50m 00:28.95 28,95	
2. Carlijn Hansté (WS Twente, 200201082)	01:00.97
50m 00:29.21 29,21	
3. Lieke Oude Lenferink (WS Twente, 200200068)	01:01.60
50m 00:29.38 29,38	
4. Kiki Koopman (De Dinkel, 200200232)	01:01.69
50m 00:28.59 28,59	
5. Manon de Man (Deltasteur, 200201458)	01:03.27
50m 00:30.24 30,24	
6. Denice Koolman (ZV 44, 200200132)	01:03.48
50m 00:30.01 30,01	
7. Mayke Westerhof (De Dinkel, 200201488)	01:04.46
50m 00:31.03 31,03	
8. Quinty Setlight (De Dinkel, 200201018)	01:05.42
50m 00:30.62 30,62	
15 - 15 jaar (Jeugd 2)	
1. Roëlle op de Haar (WS Twente, 200103428)	00:59.72
50m 00:28.97 28,97	
2. Janneke Lenderink (De Dinkel, 200100328)	01:00.64
50m 00:28.88 28,88	
3. Tessa van de Belt (Dedemsvaart-AC, 200102056)	01:03.80
50m 00:30.54 30,54	
4. Tara van Bree (Dedemsvaart-AC, 200103650)	01:03.89
50m 00:30.90 30,90	
5. Chiméne Rakers (De Dinkel, 200101778)	01:04.60
50m 00:31.72 31,72	
6. Sarah Kits (WS Twente, 200101024)	01:04.65
50m 00:30.87 30,87	
7. Lianne Plas (De Grunte, 200101214)	01:05.37
50m 00:30.35 30,35	
8. Julia Nibourg (De Dinkel, 200101776)	01:07.37
50m 00:31.94 31,94	
vanaf 16 jaar (Senioren 1 en ouder)	
1. Sterre Mooiweer (De Dinkel, 199800236)	00:57.47
50m 00:27.74 27,74	
2. Gabriëlle Bolk (ZV 44, 199900344)	00:58.55
50m 00:28.18 28,18	
3. Noortje Timmerman (De Dinkel, 199501088)	00:59.44
50m 00:28.20 28,20	
4. Annet van Stratum (Deltasteur, 199003640)	00:59.47

50m 00:28.17 28,17					
5. Naomi Hofsink (Deltasteur, 199402508)					01:00.10
50m 00:28.60 28,60					
6. Romée Spin (De Dinkel, 200000724)					01:00.25
50m 00:28.78 28,78					
7. Marit Boxum (Deltasteur, 200000068)					01:01.15
50m 00:29.00 29,00					
8. Laura Hagreis (WS Twente, 199600548)					01:01.17
50m 00:29.38 29,38					
9. Laura van den Berg (Swol 1894, 199100206)					01:01.57
50m 00:29.74 29,74					
10. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)					01:01.81
50m 00:29.32 29,32					
11. Maaïke Doornwaard (Deltasteur, 199800264)					01:01.83
50m 00:29.48 29,48					
12. Karen Stolk (Swol 1894, 199403950)					01:02.20
50m 00:29.42 29,42					
13. Laura van der Neut (ZPC De Hof, 199700326)					01:02.59
50m 00:29.33 29,33					
14. Linde Kolkman (Dedemsvaart-AC, 200001114)					01:02.69
50m 00:29.84 29,84					
15. Lotte Rougoor (Dedemsvaart-AC, 200000774)					01:03.69
50m 00:29.85 29,85					
76. 400m wisselslag - Heren					
12 - 12 jaar (Junioren 1)					
1. Quinten ten Dam (ZPC De Hof, 200400075)					05:54.88
50m 00:37.72 37,72	150m 02:09.02 44,94	250m 03:45.55 52,73	350m 05:18.05 39,24		
100m 01:24.08 46,36	200m 02:52.82 43,80	300m 04:38.81 53,26			
2. Robin van den Berg (De Eerste Kolk, 200400699)					05:58.76
50m 00:39.68 39,68	150m 02:15.16 44,64	250m 03:49.81 52,03	350m 05:21.79 40,09		
100m 01:30.52 50,84	200m 02:57.78 42,62	300m 04:41.70 51,89			
DIS. Jort van der Vlag (WS Twente, 200400335)					05:27.18
300m 04:15.28 255,28	350m 04:51.61 36,33				
13 - 13 jaar (Junioren 2)					
1. Matias Jansen (Zignea, 200300199)					05:12.57
50m 00:33.45 33,45	150m 01:53.55 39,81	250m 03:18.38 46,01	350m 04:39.44 35,81		
100m 01:13.74 40,29	200m 02:32.37 38,82	300m 04:03.63 45,25			
2. Lukas Binnekamp (WS Twente, 200300107)					05:24.65
50m 00:33.91 33,91	150m 01:56.25 39,37	250m 03:22.88 48,35	350m 04:47.77 37,31		
100m 01:16.88 42,97	200m 02:34.53 38,28	300m 04:10.46 47,58			
3. Kevin Lucas (De Dinkel, 200300545)					05:36.48
50m 00:36.32 36,32	150m 02:06.19 45,07	250m 03:35.01 45,63	350m 04:59.69 37,16		
100m 01:21.12 44,80	200m 02:49.38 43,19	300m 04:22.53 47,52			
4. Mika Heskamp (De Dinkel, 200300339)					05:39.22
50m 00:37.33 37,33	150m 02:06.35 43,29	250m 03:34.92 47,51	350m 05:02.88 39,05		
100m 01:23.06 45,73	200m 02:47.41 41,06	300m 04:23.83 48,91			
5. Kieran de Heer (Z&PV de Veene, 200301009)					05:45.15
50m 00:34.35 34,35	150m 02:03.55 45,50	250m 03:35.29 47,23	350m 05:04.87 41,50		
100m 01:18.05 43,70	200m 02:48.06 44,51	300m 04:23.37 48,08			
14 - 14 jaar (Junioren 3)					
1. Sem de Goei (WS Twente, 200200029)					05:12.06

	50m 00:31.59 31,59	150m 01:52.91 42,41	250m 03:17.31 43,96	350m 04:38.55 36,85	
	100m 01:10.50 38,91	200m 02:33.35 40,44	300m 04:01.70 44,39		
2. Robin Kamps (De Dinkel, 200200211)					05:16.82
	50m 00:33.75 33,75	150m 01:54.32 39,95	250m 03:19.66 46,22	350m 04:42.51 36,13	
	100m 01:14.37 40,62	200m 02:33.44 39,12	300m 04:06.38 46,72		
3. Jordi Kamps (De Dinkel, 200200213)					05:21.89
	50m 00:34.81 34,81	150m 01:55.13 40,22	250m 03:21.33 46,66	350m 04:45.81 37,36	
	100m 01:14.91 40,10	200m 02:34.67 39,54	300m 04:08.45 47,12		
15 - 15 jaar (Junioren 4)					
1. Rutger Nieuwenhuis (ZPC De Hof, 200100235)					05:15.68
	50m 00:33.86 33,86	150m 01:57.18 41,04	250m 03:19.74 43,06	350m 04:41.03 36,75	
	100m 01:16.14 42,28	200m 02:36.68 39,50	300m 04:04.28 44,54		
2. Otmar Lesscher (Z&PV de Veene, 200100795)					05:18.56
	50m 00:31.38 31,38	150m 01:52.44 40,83	250m 03:16.80 45,20	350m 04:42.31 38,75	
	100m 01:11.61 40,23	200m 02:31.60 39,16	300m 04:03.56 46,76		
3. Nathanaël Nijsink (ZPC De Hof, 200100947)					05:22.09
	50m 00:35.41 35,41	150m 02:00.20 43,79	250m 03:25.30 44,84	350m 04:47.81 37,58	
	100m 01:16.41 41,00	200m 02:40.46 40,26	300m 04:10.23 44,93		
DIS. Milan van Dieren (De Dinkel, 200100493)					00:00.00
16 - 16 jaar (Jeugd 1)					
1. Jorn Lucas (Z&PV de Veene, 200000675)					05:05.54
	50m 00:32.68 32,68	150m 01:49.34 38,65	250m 03:12.85 45,78	350m 04:33.18 34,42	
	100m 01:10.69 38,01	200m 02:27.07 37,73	300m 03:58.76 45,91		
2. Leon Kloots (ZPC De Hof, 200001363)					05:18.84
	50m 00:32.12 32,12	150m 01:52.92 41,73	250m 03:19.19 45,53	350m 04:43.55 37,13	
	100m 01:11.19 39,07	200m 02:33.66 40,74	300m 04:06.42 47,23		
17 - 17 jaar (Jeugd 2)					
1. Marijn Heetkamp (Het Ravijn, 199903407)					05:43.82
	50m 00:33.54 33,54	150m 02:02.71 46,27	250m 03:35.13 48,51	350m 05:04.30 40,64	
	100m 01:16.44 42,90	200m 02:46.62 43,91	300m 04:23.66 48,53		
vanaf 18 jaar (Senioren 1 en ouder)					
1. Karst Boersma (De Dinkel, 199600849)					04:42.67
	50m 00:28.80 28,80	150m 01:38.29 35,28	250m 02:54.06 40,77	350m 04:09.05 33,31	
	100m 01:03.01 34,21	200m 02:13.29 35,00	300m 03:35.74 41,68		
2. Tom Laarhuis (De Dinkel, 199800309)					04:46.03
	50m 00:29.30 29,30	150m 01:42.41 37,26	250m 02:59.02 42,36	350m 04:14.30 34,30	
	100m 01:05.15 35,85	200m 02:16.66 34,25	300m 03:40.00 40,98		
3. Gert van t Oever (Deltasteur, 198702403)					04:50.14
	50m 00:28.42 28,42	150m 01:39.21 36,31	250m 02:59.06 43,11	350m 04:16.50 34,05	
	100m 01:02.90 34,48	200m 02:15.95 36,74	300m 03:42.45 43,39		
4. Thomas de Lange (WS Twente, 199701475)					05:15.00
	50m 00:31.70 31,70	150m 01:54.25 41,86	250m 03:17.44 41,96	350m 04:38.58 38,56	
	100m 01:12.39 40,69	200m 02:35.48 41,23	300m 04:00.02 42,58		
5. Wessel Everloo (Z&PV de Veene, 198906597) [S14]					05:16.83
	50m 00:31.45 31,45	150m 01:50.04 39,88	250m 03:17.00 48,55	350m 04:42.00 36,06	
	100m 01:10.16 38,71	200m 02:28.45 38,41	300m 04:05.94 48,94		
77. 200m rugslag - Dames					
11 - 11 jaar (Junioren 1)					
1. Iris Timmermans (Het Ravijn, 200500172)					02:47.49
	50m 00:38.59 38,59	100m 01:21.81 43,22	150m 02:06.10 44,29		
2. Demi Westendorp (Deltasteur, 200500262)					02:51.31
	50m 00:39.64 39,64	100m 01:23.16 43,52	150m 02:07.87 44,71		
3. Roos Arnold (Het Ravijn, 200500060)					02:53.07

	50m 00:40.28 40,28	100m 01:25.66 45,38	150m 02:11.66 46,00	
4. Jolijn Liezen (ZV 44, 200500518)				02:55.04
	50m 00:40.71 40,71	100m 01:24.34 43,63	150m 02:10.60 46,26	
5. Hanne Olde Dubbelink (De Dinkel, 200500514)				02:57.45
	50m 00:41.48 41,48	100m 01:26.44 44,96	150m 02:12.57 46,13	
6. Lise van Rijn (O Z & P C, 200500634)				03:02.60
	50m 00:44.10 44,10	100m 01:30.77 46,67	150m 02:18.11 47,34	
7. Myrthe Dorgelo (ZVZwartsluis, 200500068)				03:04.69
	50m 00:43.95 43,95	100m 01:30.66 46,71	150m 02:19.80 49,14	
8. Puk Veenstra (O Z & P C, 200500234)				03:17.84
	50m 00:45.66 45,66	100m 01:37.37 51,71	150m 02:29.12 51,75	
9. Myrthe Bosman (De Eerste Kolk, 200500838)				03:19.53
	50m 00:46.93 46,93	100m 01:39.08 52,15	150m 02:31.19 52,11	
DIS. Anouk Bosman (De Eerste Kolk, 200500836)				00:00.00
<i>12 - 12 jaar (Junioren 2)</i>				
1. Marieke Lenderink (De Dinkel, 200400778)				02:39.18
	50m 00:37.93 37,93	100m 01:18.65 40,72	150m 02:00.09 41,44	
2. Loes Sotthewes (WS Twente, 200401792)				02:39.76
	50m 00:37.18 37,18	100m 01:17.00 39,82	150m 01:58.60 41,60	
3. Luna Hofmeijer (WS Twente, 200400006)				02:41.06
	50m 00:37.54 37,54	100m 01:18.12 40,58	150m 02:00.45 42,33	
4. Tessa Sportel (Dedemsvaart-AC, 200401644)				02:43.02
	50m 00:36.88 36,88	100m 01:18.41 41,53	150m 02:01.03 42,62	
5. Tess Wolbert (De Dinkel, 200400538)				02:43.71
	50m 00:38.60 38,60	100m 01:20.93 42,33	150m 02:03.30 42,37	
6. Lieke de Groot (Het Ravijn, 200403056)				02:43.78
	50m 00:37.63 37,63	100m 01:20.60 42,97	150m 02:03.88 43,28	
7. Monica Faber (Deltasteur, 200400388)				02:47.11
	50m 00:41.22 41,22	100m 01:23.93 42,71	150m 02:06.78 42,85	
8. Anne Kleine Koerkamp (De IJssel, 200401428)				02:47.84
	50m 00:39.38 39,38	100m 01:22.16 42,78	150m 02:05.99 43,83	
9. Dana Kuipers (Het Ravijn, 200401454)				02:48.37
	50m 00:39.51 39,51	100m 01:22.26 42,75	150m 02:06.45 44,19	
10. Maya de Best (WS Twente, 200402444)				02:50.42
	50m 00:42.20 42,20	100m 01:27.10 44,90	150m 02:10.57 43,47	
11. Maud van Buuren (WS Twente, 200403320)				02:53.07
	50m 00:41.14 41,14	100m 01:25.75 44,61	150m 02:10.75 45,00	
12. Kim van Dijk (Zignea, 200403008)				02:56.98
	50m 00:40.58 40,58	100m 01:26.45 45,87	150m 02:13.66 47,21	
<i>13 - 13 jaar (Junioren 3)</i>				
1. Joy van Dieren (De Dinkel, 200300182)				02:25.04
	50m 00:33.11 33,11	100m 01:09.90 36,79	150m 01:47.95 38,05	
2. Lynn Joor (WS Twente, 200300550)				02:29.30
	50m 00:34.52 34,52	100m 01:11.63 37,11	150m 01:50.16 38,53	
3. Lotte Pieterman (Swol 1894, 200301838)				02:31.77
	50m 00:35.62 35,62	100m 01:15.12 39,50	150m 01:54.80 39,68	
4. Lindsey Berghuis (ZV 44, 200300104)				02:32.23
	50m 00:35.12 35,12	100m 01:14.00 38,88	150m 01:54.03 40,03	
5. Milou ten Koppel (Deltasteur, 200302572)				02:32.39

	50m 00:35.97 35,97	100m 01:14.80 38,83	150m 01:53.69 38,89	
6. Jocelyn Horbeek (ZPC De Hof, 200300302)				02:33.73
	50m 00:36.88 36,88	100m 01:16.03 39,15	150m 01:55.55 39,52	
7. Soraya Rakers (De Dinkel, 200300818)				02:35.27
	50m 00:37.44 37,44	100m 01:16.88 39,44	150m 01:56.64 39,76	
8. Isabelle Elsweier (WS Twente, 200303614)				02:45.54
	50m 00:37.00 37,00	100m 01:18.59 41,59	150m 02:03.25 44,66	
<i>14 - 14 jaar (Jeugd 1)</i>				
1. Carlijn Hansté (WS Twente, 200201082)				02:21.40
	50m 00:33.07 33,07	100m 01:09.11 36,04	150m 01:45.79 36,68	
2. Lieke Oude Lenferink (WS Twente, 200200068)				02:26.48
	50m 00:33.10 33,10	100m 01:09.44 36,34	150m 01:47.96 38,52	
3. Mayke Westerhof (De Dinkel, 200201488)				02:33.54
	50m 00:36.69 36,69	100m 01:15.66 38,97	150m 01:55.66 40,00	
4. Denice Koolman (ZV 44, 200200132)				02:39.07
	50m 00:37.26 37,26	100m 01:17.09 39,83	150m 01:58.77 41,68	
5. Maud Kuipers (Dedemsvaart-AC, 200201894)				02:39.27
	50m 00:36.58 36,58	100m 01:17.17 40,59	150m 01:58.33 41,16	
<i>15 - 15 jaar (Jeugd 2)</i>				
1. Mathilde Stolmeijer (De Dinkel, 200100590)				02:22.01
	50m 00:33.27 33,27	100m 01:09.79 36,52	150m 01:46.43 36,64	
2. Tessa van de Belt (Dedemsvaart-AC, 200102056)				02:27.41
	50m 00:34.81 34,81	100m 01:12.01 37,20	150m 01:49.92 37,91	
3. Eline Brok (WS Twente, 200100186)				02:28.21
	50m 00:35.21 35,21	100m 01:12.53 37,32	150m 01:50.28 37,75	
4. Sarah Kits (WS Twente, 200101024)				02:34.63
	50m 00:36.52 36,52	100m 01:15.87 39,35	150m 01:55.01 39,14	
5. Kyra Montijn (Dedemsvaart-AC, 200101270)				02:37.05
	50m 00:36.85 36,85	100m 01:17.02 40,17	150m 01:58.33 41,31	
6. Chiméne Rakers (De Dinkel, 200101778)				02:38.42
	50m 00:37.99 37,99	100m 01:18.03 40,04	150m 01:58.88 40,85	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>				
1. Sterre Mooiweer (De Dinkel, 199800236)				02:19.84
	50m 00:31.78 31,78	100m 01:06.00 34,22	150m 01:42.81 36,81	
2. Noortje Timmerman (De Dinkel, 199501088)				02:22.28
	50m 00:32.09 32,09	100m 01:07.59 35,50	150m 01:45.33 37,74	
3. Maaïke van Veen (Dedemsvaart-AC, 199700292)				02:22.87
	50m 00:33.39 33,39	100m 01:09.66 36,27	150m 01:46.37 36,71	
4. Eefje Slootweg (De Dinkel, 199800218)				02:25.42
	50m 00:34.88 34,88	100m 01:12.45 37,57	150m 01:50.10 37,65	
5. Lauri Lesscher (Z&PV de Veene, 199900318)				02:30.33
	50m 00:34.31 34,31	100m 01:11.53 37,22	150m 01:50.56 39,03	
6. Maaïke Doornwaard (Deltasteur, 199800264)				02:33.59
	50m 00:36.76 36,76	100m 01:14.95 38,19	150m 01:54.58 39,63	
7. Laura Hagreis (WS Twente, 199600548)				02:33.91
	50m 00:36.82 36,82	100m 01:15.30 38,48	150m 01:54.95 39,65	
8. Lotte Oude Lenferink (WS Twente, 200000496)				02:35.13
	50m 00:35.40 35,40	100m 01:13.37 37,97	150m 01:54.02 40,65	
9. Sanne Berg (Dedemsvaart-AC, 200004194)				02:35.96

	50m 00:35.93 35,93	100m 01:15.09 39,16	150m 01:55.90 40,81	
10. Lianne Roescher (ZPC De Hof, 199900248)	50m 00:36.52 36,52	100m 01:15.89 39,37	150m 01:56.19 40,30	02:36.17
11. Julia Weustink (De Dinkel, 199801180)	50m 00:36.64 36,64	100m 01:15.86 39,22	150m 01:56.55 40,69	02:37.22
12. Geralda Woolderink (WS Twente, 199801696)	50m 00:36.54 36,54	100m 01:17.73 41,19	150m 01:57.99 40,26	02:37.78
13. Linde Haverkate (ZPC De Hof, 199900244)	50m 00:38.11 38,11	100m 01:18.17 40,06	150m 01:59.09 40,92	02:38.49
14. Kayleigh Westenberg (Z&PV de Veene, 200004064)	50m 00:38.25 38,25	100m 01:19.15 40,90	150m 02:01.07 41,92	02:43.19
15. Annet van Stratum (Deltasteur, 199003640)	50m 00:38.57 38,57	100m 01:21.02 42,45	150m 02:04.15 43,13	02:46.97
78. 50m vrije slag - Heren				
12 - 12 jaar (Junioren 1)				
1. Jacco Nijland (ZPC De Hof, 200400081)				00:28.07
2. Jort van der Vlag (WS Twente, 200400335)				00:28.11
3. Danny Brown (ZV 44, 200401511)				00:29.36
4. Niek Lammertink (ZPC De Hof, 200400079)				00:30.73
5. Wout Kogelman (O Z & P C, 200400203)				00:30.80
6. Matthew Critchell (ZV 44, 200403011)				00:31.11
7. Stef Eektimmerman (Het Ravijn, 200400569)				00:31.68
8. Quinten Lorkeers (V Z & P C, 200400015)				00:32.69
79. 50m vrije slag - Heren				
13 - 13 jaar (Junioren 2)				
1. Matias Jansen (Zignea, 200300199)				00:26.12
2. Luuk Bos (V Z & P C, 200300151)				00:26.13
3. Lukas Binnekamp (WS Twente, 200300107)				00:28.33
4. Lars Kogelman (O Z & P C, 200300111)				00:28.97
5. Luuk Ruinemans (De Dinkel, 200301085)				00:29.51
6. Kevin Lucas (De Dinkel, 200300545)				00:29.59
7. Lars Meijer (ZPC De Hof, 200301497)				00:29.82
8. Chiel Kootstra (Dedemsvaart-AC, 200301463)				00:29.83
9. Bart Harbers (Z&PV de Veene, 200303069)				00:29.96
10. Ewald de Haas (WS Twente, 200301945)				00:30.16
11. Mika Heskamp (De Dinkel, 200300339)				00:30.71
12. Andy Zandvliet (ZPC De Hof, 200300381)				00:31.42
13. Nathan de Boer (Z&PV de Veene, 200301395)				00:31.65
80. 50m vrije slag - Heren				
14 - 14 jaar (Junioren 3)				
1. Maquinho Vorst (ZPC De Hof, 200204179)				00:26.00
2. Tristan Scholten (ZV 44, 200201683)				00:26.20
3. Luuk Einhaus (WS Twente, 200200537)				00:26.66

4. Robin Kamps (De Dinkel, 200200211)	00:27.33
5. Sem de Goei (WS Twente, 200200029)	00:27.68
6. Sweeder Braakman (De IJssel, 200200397)	00:27.73
7. Tom van der Vlag (WS Twente, 200200391)	00:28.12
81. 50m vrije slag - Heren	
<i>15 - 15 jaar (Junioren 4)</i>	
1. Milan van Dieren (De Dinkel, 200100493)	00:25.71
2. Floris Nederburgh (Swol 1894, 200105245)	00:26.08
3. Robin Leideman (De Grunte, 200103137)	00:26.19
4. Daan Rienties (Swol 1894, 200103369)	00:26.24
5. Bart Kooiker (De Dinkel, 200100705)	00:26.31
6. Otmar Lesscher (Z&PV de Veene, 200100795)	00:26.97
7. Chris van der Linden (ZVZwartsluis, 200100065)	00:27.02
8. Jelmer Lesscher (Z&PV de Veene, 200100791)	00:27.09
9. Noël Derks (De Dinkel, 200101489)	00:27.33
10. Rutger Nieuwenhuis (ZPC De Hof, 200100235)	00:27.61
11. Mike Müller (Deltasteur, 200102653)	00:27.77
12. Thomas Muller (ZPC De Hof, 200100039)	00:27.87
13. Zander Heslinga (Zwemclub Losser, 200102485)	00:28.01
14. Jelle ten Hove (De Dinkel, 200101373)	00:28.23
82. 50m vrije slag - Heren	
<i>16 - 16 jaar (Jeugd 1)</i>	
1. Jorgen Gerritsen (De Eerste Kolk, 200000001)	00:25.44
2. Gijsbert Pelleboer (De Dinkel, 200000327)	00:25.45
3. Dennis Kamps (De Dinkel, 200000191)	00:25.64
4. Jorn Lucas (Z&PV de Veene, 200000675)	00:26.01
5. Leon Kloots (ZPC De Hof, 200001363)	00:26.51
6. Rico Rüdiger (WS Twente, 200001357)	00:27.02
<i>17 - 17 jaar (Jeugd 2)</i>	
1. Jelle Dekker (De Grunte, 199901621)	00:24.86
2. Vincent Bosch (Z&PV de Veene, 199900451)	00:25.72
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Yoran Klos (De Dinkel, 199600481)	00:23.37
2. Michiel Jorink (ZV 44, 198701613) [S14]	00:24.33
3. Sepp Kalter (Dedemsvaart-AC, 199704327)	00:24.71
4. Karst Boersma (De Dinkel, 199600849)	00:24.88
5. Jari Hofsink (Deltasteur, 199700535)	00:24.92
6. Tom Laarhuis (De Dinkel, 199800309)	00:25.32
7. Frank Beijering (De IJssel, 199304311)	00:26.08
83. 100m vlinderslag - Dames	
<i>11 - 11 jaar (Junioren 1)</i>	

1. Esther Engbers (WS Twente, 200500358)	01:22.39
50m 00:38.56 38,56	
2. Iris Timmermans (Het Ravijn, 200500172)	01:24.36
50m 00:38.41 38,41	
3. Yke Groener (De Dinkel, 200500772)	01:26.05
50m 00:38.57 38,57	
4. Lynn Reitsma (Swol 1894, 200502750)	01:26.39
50m 00:38.77 38,77	
5. Lise van Rijn (O Z & P C, 200500634)	01:31.04
50m 00:42.48 42,48	
6. Senna Geerdink (Deltasteur, 200500026)	01:33.72
50m 00:42.84 42,84	
7. Sanne Westerhof (De Dinkel, 200501334)	01:34.30
50m 00:43.08 43,08	
84. 100m vlinderslag - Dames	
12 - 12 jaar (Junioren 2)	
1. Puck Koopman (De Dinkel, 200400038)	01:12.81
50m 00:33.50 33,50	
2. Loes Sotthewes (WS Twente, 200401792)	01:14.70
50m 00:34.83 34,83	
3. Nora Weerman (ZV 44, 200400620)	01:15.52
50m 00:35.00 35,00	
4. Dana Kuipers (Het Ravijn, 200401454)	01:21.02
50m 00:36.56 36,56	
5. Tess Wolbert (De Dinkel, 200400538)	01:22.16
50m 00:37.15 37,15	
6. Esmée Timmerman (WS Twente, 200403136)	01:22.56
50m 00:37.34 37,34	
7. Aleid te Velthuis (Dedemsvaart-AC, 200401470)	01:24.65
50m 00:38.16 38,16	
8. Luna Hofmeijer (WS Twente, 200400006)	01:24.84
50m 00:37.99 37,99	
9. Sanne Temmen (De Dinkel, 200400682)	01:25.49
50m 00:38.58 38,58	
10. Annejèn Smelt (ZVZwartsluis, 200400442)	01:25.65
50m 00:38.89 38,89	
11. Daniëlle van der Voort (WS Twente, 200402100)	01:25.69
50m 00:40.54 40,54	
12. Lieke de Groot (Het Ravijn, 200403056)	01:28.39
50m 00:39.45 39,45	
13. Claire Bosch (De Dinkel, 200401480)	01:29.17
50m 00:38.99 38,99	
14. Myrthe ten Heuw (ZV 44, 200401602)	01:29.92
50m 00:41.39 41,39	
15. Jolieke van den Berg (Het Ravijn, 200400810)	01:30.35
50m 00:38.46 38,46	
85. 100m vlinderslag - Dames	
13 - 13 jaar (Junioren 3)	
1. Amy Lynn Zweers (Dedemsvaart-AC, 200300390)	01:09.06
50m 00:31.94 31,94	

2. Lindsey Berghuis (ZV 44, 200300104)	01:10.73
50m 00:32.47 32,47	
3. Maudé Lesscher (Z&PV de Veene, 200300018)	01:10.88
50m 00:33.98 33,98	
4. Lionne Klarenbeek (ZPC De Hof, 200300108)	01:13.69
50m 00:33.45 33,45	
5. Tahnee Slinkman (ZPC De Hof, 200300126)	01:18.14
50m 00:36.12 36,12	
6. Michelle van den Hoofdakker (ZV 44, 200302708)	01:19.73
50m 00:35.23 35,23	
7. Mia de Vente (Het Ravijn, 200300518)	01:20.81
50m 00:37.26 37,26	
86. 100m vlinderslag - Dames	
14 - 14 jaar (Jeugd 1)	
1. Lieke Oude Lenferink (WS Twente, 200200068)	01:08.87
50m 00:31.03 31,03	
2. Carlijn Hansté (WS Twente, 200201082)	01:09.88
50m 00:31.57 31,57	
3. Elisa Haverkate (ZPC De Hof, 200200266)	01:12.10
50m 00:33.76 33,76	
4. Kiki Koopman (De Dinkel, 200200232)	01:12.61
50m 00:33.82 33,82	
5. Quinty Setlight (De Dinkel, 200201018)	01:13.21
50m 00:31.93 31,93	
6. Manon de Man (Deltasteur, 200201458)	01:14.66
50m 00:34.13 34,13	
7. Maud Kuipers (Dedemsvaart-AC, 200201894)	01:17.93
50m 00:34.92 34,92	
8. Ester Schuurman (Deltasteur, 200201106)	01:18.24
50m 00:36.15 36,15	
15 - 15 jaar (Jeugd 2)	
1. Mathilde Stolmeijer (De Dinkel, 200100590)	01:07.85
50m 00:31.36 31,36	
2. Janneke Lenderink (De Dinkel, 200100328)	01:09.89
50m 00:32.52 32,52	
3. Chiméne Rakers (De Dinkel, 200101778)	01:12.54
50m 00:34.17 34,17	
4. Sarah Kits (WS Twente, 200101024)	01:14.08
50m 00:34.01 34,01	
5. Kyra Montijn (Dedemsvaart-AC, 200101270)	01:14.83
50m 00:33.36 33,36	
6. Nova Wiersma (Zignea, 200105550)	01:16.95
50m 00:35.33 35,33	
7. Tessa van de Belt (Dedemsvaart-AC, 200102056)	01:17.56
50m 00:33.35 33,35	
8. Zoe Slinkman (ZPC De Hof, 200100062)	01:18.49
50m 00:35.37 35,37	
vanaf 16 jaar (Senioren 1 en ouder)	
1. Sterre Mooiweer (De Dinkel, 199800236)	01:03.96

50m 00:30.04 30,04				
2. Eefje Slootweg (De Dinkel, 199800218)				01:06.12
50m 00:30.76 30,76				
3. Stéphanie Bergsma (Dedemsvaart-AC, 199203374)				01:06.20
50m 00:30.53 30,53				
4. Maaïke van Veen (Dedemsvaart-AC, 199700292)				01:06.61
50m 00:30.94 30,94				
5. Laura van den Berg (Swol 1894, 199100206)				01:07.06
50m 00:31.50 31,50				
6. Noortje Timmerman (De Dinkel, 199501088)				01:07.15
50m 00:30.46 30,46				
7. Romée Spin (De Dinkel, 200000724)				01:07.85
50m 00:31.44 31,44				
8. Linde Haverkate (ZPC De Hof, 199900244)				01:08.19
50m 00:32.22 32,22				
9. Gabriëlle Bolk (ZV 44, 199900344)				01:09.66
50m 00:31.50 31,50				
10. Annet van Stratum (Deltasteur, 199003640)				01:09.69
50m 00:32.06 32,06				
11. Karen Stolk (Swol 1894, 199403950)				01:09.71
50m 00:30.90 30,90				
12. Marit Boxum (Deltasteur, 200000068)				01:09.83
50m 00:31.64 31,64				
13. Kimberley Kranenberg (ZPC De Hof, 199400292)				01:10.73
50m 00:33.04 33,04				
14. Laura Hagreis (WS Twente, 199600548)				01:10.87
50m 00:32.78 32,78				
15. Laura van der Neut (ZPC De Hof, 199700326)				01:11.21
50m 00:32.61 32,61				
16. Michelle Zomerdijk (Dedemsvaart-AC, 200003196)				01:12.09
50m 00:32.72 32,72				
87. 200m vlinderslag - Heren				
12 - 12 jaar (Junioren 1)				
1. Jort van der Vlag (WS Twente, 200400335)				02:50.25
50m 00:36.86 36,86 100m 01:20.86 44,00 150m 02:06.48 45,62				
13 - 13 jaar (Junioren 2)				
1. Matias Jansen (Zignea, 200300199)				02:39.48
50m 00:34.16 34,16 100m 01:15.61 41,45 150m 01:59.41 43,80				
2. Luuk Bos (V Z & P C, 200300151)				02:41.28
50m 00:31.59 31,59 100m 01:12.18 40,59 150m 01:57.10 44,92				
3. Andy Zandvliet (ZPC De Hof, 200300381)				02:51.16
50m 00:35.68 35,68 100m 01:18.44 42,76 150m 02:04.52 46,08				
4. Lukas Binnekamp (WS Twente, 200300107)				02:52.56
50m 00:34.90 34,90 100m 01:17.94 43,04 150m 02:06.28 48,34				
14 - 14 jaar (Junioren 3)				
1. Maquinho Vorst (ZPC De Hof, 200204179)				02:32.89
50m 00:30.98 30,98 100m 01:08.49 37,51 150m 01:50.61 42,12				
2. Sweeder Braakman (De IJssel, 200200397)				02:34.98
50m 00:32.00 32,00 100m 01:09.60 37,60 150m 01:50.43 40,83				

3. Tristan Scholten (ZV 44, 200201683)	02:38.45
50m 00:32.79 32,79 100m 01:11.79 39,00 150m 01:53.91 42,12	
4. Vincent Veluwenkamp (ZPC De Hof, 200200647)	03:03.32
50m 00:35.85 35,85 100m 01:22.03 46,18 150m 02:12.02 49,99	
<i>15 - 15 jaar (Junioren 4)</i>	
1. Noël Derks (De Dinkel, 200101489)	02:31.29
50m 00:31.84 31,84 100m 01:09.82 37,98 150m 01:50.89 41,07	
2. Jelmer Lesscher (Z&PV de Veene, 200100791)	02:39.18
50m 00:32.12 32,12 100m 01:11.76 39,64 150m 01:56.82 45,06	
3. Bart Kooiker (De Dinkel, 200100705)	02:45.04
50m 00:30.70 30,70 100m 01:10.03 39,33 150m 01:58.13 48,10	
4. Nathanaël Nijsink (ZPC De Hof, 200100947)	02:46.78
50m 00:35.44 35,44 100m 01:18.42 42,98 150m 02:03.38 44,96	
5. Chris van der Linden (ZVZwartsluis, 200100065)	02:59.65
50m 00:35.06 35,06 100m 01:20.28 45,22 150m 02:11.04 50,76	
6. Martijn Sam (ZVZwartsluis, 200100169)	03:02.78
50m 00:35.91 35,91 100m 01:20.62 44,71 150m 02:10.93 50,31	
<i>16 - 16 jaar (Jeugd 1)</i>	
1. Dennis Kamps (De Dinkel, 200000191)	02:13.34
50m 00:29.60 29,60 100m 01:04.25 34,65 150m 01:39.21 34,96	
2. Jelle Heijman (Steenwijk 1934, 200000635)	02:55.57
50m 00:35.64 35,64 100m 01:19.93 44,29 150m 02:08.42 48,49	
<i>17 - 17 jaar (Jeugd 2)</i>	
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Karst Boersma (De Dinkel, 199600849)	02:14.29
50m 00:29.59 29,59 100m 01:04.01 34,42 150m 01:38.93 34,92	
2. Michiel Jorink (ZV 44, 198701613) [S14]	02:16.56
50m 00:28.61 28,61 100m 01:02.85 34,24 150m 01:39.10 36,25	
3. Sepp Kalter (Dedemsvaart-AC, 199704327)	02:18.27
50m 00:29.37 29,37 100m 01:04.83 35,46 150m 01:41.20 36,37	
4. Pieter Pickhardt (ZPC De Hof, 198301657)	02:21.01
50m 00:31.68 31,68 100m 01:07.66 35,98 150m 01:44.12 36,46	
88. 50m rugslag - Dames	
<i>11 - 11 jaar (Junioren 1)</i>	
1. Demi Westendorp (Deltasteur, 200500262)	00:36.08
2. Yke Groener (De Dinkel, 200500772)	00:36.24
3. Iris Timmermans (Het Ravijn, 200500172)	00:36.26
4. Lynn Reitsma (Swol 1894, 200502750)	00:37.43
5. Roos Arnold (Het Ravijn, 200500060)	00:37.76
6. India Segerink (De Dinkel, 200501350)	00:38.13
7. Jolijn Liezen (ZV 44, 200500518)	00:38.20
89. 50m rugslag - Dames	
<i>12 - 12 jaar (Junioren 2)</i>	
1. Puck Koopman (De Dinkel, 200400038)	00:32.87
2. Marieke Lenderink (De Dinkel, 200400778)	00:34.49
3. Luna Hofmeijer (WS Twente, 200400006)	00:35.69
4. Loes Sotthewes (WS Twente, 200401792)	00:35.97

5. Merel Marskamp (Hera'11, 200400990)	00:36.10
6. Lieke de Groot (Het Ravijn, 200403056)	00:36.19
7. Tessa Sportel (Dedemsvaart-AC, 200401644)	00:36.28
8. Anne Kleine Koerkamp (De IJsel, 200401428)	00:36.48
9. Tess Wolbert (De Dinkel, 200400538)	00:36.51
10. Nora Weerman (ZV 44, 200400620)	00:36.70
11. Roos Schuite (ZVZwartsluis, 200400526)	00:36.73
12. Sanne Temmen (De Dinkel, 200400682)	00:37.03
13. Kim van Dijk (Zignea, 200403008)	00:37.19
14. Dana Kuipers (Het Ravijn, 200401454)	00:37.73
90. 50m rugslag - Dames	
<i>13 - 13 jaar (Junioren 3)</i>	
1. Lynn Joor (WS Twente, 200300550)	00:31.40
2. Lindsey Berghuis (ZV 44, 200300104)	00:31.58
3. Lotte Pieterman (Swol 1894, 200301838)	00:31.68
4. Joy van Dieren (De Dinkel, 200300182)	00:31.75
5. Amy Lynn Zweers (Dedemsvaart-AC, 200300390)	00:32.14
6. Milou ten Koppel (Deltasteur, 200302572)	00:32.94
7. Jocelyn Horbeek (ZPC De Hof, 200300302)	00:33.58
8. Maudé Lesscher (Z&PV de Veene, 200300018)	00:33.78
9. Soraya Rakers (De Dinkel, 200300818)	00:34.40
10. Michelle van den Hoofdakker (ZV 44, 200302708)	00:34.75
11. Lionne Klarenbeek (ZPC De Hof, 200300108)	00:35.48
DIS. Isabelle Elswier (WS Twente, 200303614)	00:00.00
91. 50m rugslag - Dames	
<i>14 - 14 jaar (Jeugd 1)</i>	
1. Lieke Oude Lenferink (WS Twente, 200200068)	00:31.00
2. Carlijn Hansté (WS Twente, 200201082)	00:31.26
3. Kiki Koopman (De Dinkel, 200200232)	00:33.40
4. Mayke Westerhof (De Dinkel, 200201488)	00:33.72
5. Manon de Man (Deltasteur, 200201458)	00:33.73
6. Maud Kuipers (Dedemsvaart-AC, 200201894)	00:33.89
7. Joëlle van der Veen (Dedemsvaart-AC, 200201176)	00:34.25
8. Denice Koolman (ZV 44, 200200132)	00:34.42
<i>15 - 15 jaar (Jeugd 2)</i>	
1. Mathilde Stolmeijer (De Dinkel, 200100590)	00:31.68
2. Eline Brok (WS Twente, 200100186)	00:31.82
3. Roëlle op de Haar (WS Twente, 200103428)	00:31.98
4. Janneke Lenderink (De Dinkel, 200100328)	00:32.79
5. Sarah Kits (WS Twente, 200101024)	00:33.76

6. Tessa van de Belt (Dedemsvaart-AC, 200102056)	00:34.18
7. Tara van Bree (Dedemsvaart-AC, 200103650)	00:34.55
8. Rosanne Kuilder (Z&PV de Veene, 200100074)	00:35.04
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>	
1. Sterre Mooiweer (De Dinkel, 199800236)	00:29.77
2. Noortje Timmerman (De Dinkel, 199501088)	00:30.09
3. Maaïke van Veen (Dedemsvaart-AC, 199700292)	00:30.96
4. Lotte Rougoor (Dedemsvaart-AC, 200000774)	00:31.70
4. Marit Boxum (Deltasteur, 200000068)	00:31.70
6. Stéphanie Bergsma (Dedemsvaart-AC, 199203374)	00:32.08
7. Eefje Slootweg (De Dinkel, 199800218)	00:32.34
8. Djamilla Gerner (Swol 1894, 199905606)	00:32.61
9. Naomi Klein (ZPC De Hof, 199902086)	00:32.74
10. Maaïke Doornwaard (Deltasteur, 199800264)	00:33.05
11. Madelijne Schothans (De Dinkel, 200002416)	00:33.25
12. Annet van Stratum (Deltasteur, 199003640)	00:33.73
13. Vera Kraijer (Swol 1894, 199206688)	00:33.78
14. Sanne Berg (Dedemsvaart-AC, 200004194)	00:34.19
15. Kayleigh Westenberg (Z&PV de Veene, 200004064)	00:35.43
92. 50m schoolslag - Heren	
<i>12 - 12 jaar (Junioren 1)</i>	
1. Niek Lammertink (ZPC De Hof, 200400079)	00:36.39
2. Danny Brown (ZV 44, 200401511)	00:39.46
3. Quinten Lorkeers (V Z & P C, 200400015)	00:40.19
4. Robin van den Berg (De Eerste Kolk, 200400699)	00:40.66
5. Jacco Nijland (ZPC De Hof, 200400081)	00:40.92
6. Matthew Critchell (ZV 44, 200403011)	00:40.98
7. Mika Groot Rouwen (O Z & P C, 200400023)	00:42.57
DIS. Jort van der Vlag (WS Twente, 200400335)	00:00.00
93. 50m schoolslag - Heren	
<i>13 - 13 jaar (Junioren 2)</i>	
1. Kieran de Heer (Z&PV de Veene, 200301009)	00:34.55
2. Matias Jansen (Zignea, 200300199)	00:35.18
3. Lars Meijer (ZPC De Hof, 200301497)	00:35.78
4. Kevin Lucas (De Dinkel, 200300545)	00:36.80
5. Chiel Kootstra (Dedemsvaart-AC, 200301463)	00:38.42
6. Mika Heskamp (De Dinkel, 200300339)	00:39.39
7. Andy Zandvliet (ZPC De Hof, 200300381)	00:39.53
8. Ewald de Haas (WS Twente, 200301945)	00:40.56
94. 50m schoolslag - Heren	

14 - 14 jaar (Junioren 3)

1. Luuk Einhaus (WS Twente, 200200537)	00:33.24
2. Ivo Karamoy Faulhaber (Z&PV de Veene, 200200363)	00:33.72
3. Maquinho Vorst (ZPC De Hof, 200204179)	00:34.00
4. Sem de Goei (WS Twente, 200200029)	00:34.71
5. Robin Kamps (De Dinkel, 200200211)	00:35.71
6. Hidde Wernsen (Zignea, 200200697)	00:36.25
7. Sweeder Braakman (De IJssel, 200200397)	00:37.47
8. Jordi Kamps (De Dinkel, 200200213)	00:37.86

95. 50m schoolslag - Heren

15 - 15 jaar (Junioren 4)

1. Milan van Dieren (De Dinkel, 200100493)	00:34.08
2. Bart Kooiker (De Dinkel, 200100705)	00:34.33
3. Thomas Muller (ZPC De Hof, 200100039)	00:34.73
4. Daan Rienties (Swol 1894, 200103369)	00:34.74
5. Rutger Nieuwenhuis (ZPC De Hof, 200100235)	00:34.77
6. Ruth Vahl (Deltasteur, 200101087)	00:34.91
7. Otmar Lesscher (Z&PV de Veene, 200100795)	00:35.03
8. Chris van der Linden (ZVZwartsluis, 200100065)	00:35.45
9. Jelle ten Hove (De Dinkel, 200101373)	00:35.74
10. Floris Nederburgh (Swol 1894, 200105245)	00:35.88
11. Noël Derks (De Dinkel, 200101489)	00:35.89
12. Robin Leideman (De Grunte, 200103137)	00:35.92
13. Mike Müller (Deltasteur, 200102653)	00:36.52

96. 50m schoolslag - Heren

16 - 16 jaar (Jeugd 1)

1. Gijsbert Pelleboer (De Dinkel, 200000327)	00:31.19
2. Jorgen Gerritsen (De Eerste Kolk, 200000001)	00:33.05
3. Jorn Lucas (Z&PV de Veene, 200000675)	00:34.97
4. Rico Rüdiger (WS Twente, 200001357)	00:35.18
5. Julian Hansman (ZVZwartsluis, 200000029)	00:35.83
6. Dennis Kamps (De Dinkel, 200000191)	00:35.85

17 - 17 jaar (Jeugd 2)

1. Kylian Kooyman (Steenwijk 1934, 199900763)	00:32.71
2. Vincent Bosch (Z&PV de Veene, 199900451)	00:33.98
3. Mark Boertien (Dedemsvaart-AC, 199903219)	00:34.22
4. Marijn Heetkamp (Het Ravijn, 199903407)	00:36.60

vanaf 18 jaar (Senioren 1 en ouder)

1. Thomas de Lange (WS Twente, 199701475)	00:29.54
2. Jari Hofsink (Deltasteur, 199700535)	00:30.94
3. Karst Boersma (De Dinkel, 199600849)	00:31.35

4. Yoran Klos (De Dinkel, 199600481)	00:31.53
5. Sepp Kalter (Dedemsvaart-AC, 199704327)	00:31.78
6. Gert van t Oever (Deltasteur, 198702403)	00:32.15
7. Michiel Jorink (ZV 44, 198701613) [SB14]	00:32.64
8. Pieter Pickhardt (ZPC De Hof, 198301657)	00:33.41
9. Thimo Brand (Swol 1894, 199702589)	00:34.43
10. Frank Beijering (De IJssel, 199304311)	00:34.46
11. Michael van Bakkum (Swol 1894, 197200051)	00:34.81

97. 4x200m vrije slag dames

11 - 13 jaar (Junioren 3 en later)

1. De Dinkel	09:19.98
Joy van Dieren 2003 ()	50m 00:31.04 31,04
Joy van Dieren 2003 ()	100m 01:05.89 34,85
Joy van Dieren 2003 ()	150m 01:42.01 36,12
Joy van Dieren 2003 ()	200m 02:16.89 34,88
Soraya Rakers 2003 ()	250m 02:48.34 31,45
Soraya Rakers 2003 ()	300m 03:24.40 36,06
Soraya Rakers 2003 ()	350m 04:02.69 38,29
Soraya Rakers 2003 ()	400m 04:38.88 36,19
Puck Koopman 2004 ()	450m 05:09.80 30,92
Puck Koopman 2004 ()	500m 05:44.96 35,16
Puck Koopman 2004 ()	550m 06:21.62 36,66
Puck Koopman 2004 ()	600m 06:57.59 35,97
Marieke Lenderink 2004 ()	650m 07:30.26 32,67
Marieke Lenderink 2004 ()	700m 08:06.87 36,61
Marieke Lenderink 2004 ()	750m 08:44.29 37,42
Marieke Lenderink 2004 ()	800m 09:19.98 35,69
2. WS Twente	09:25.52
Isabelle Elsweier 2003 ()	50m 00:31.49 31,49
Isabelle Elsweier 2003 ()	100m 01:07.13 35,64
Isabelle Elsweier 2003 ()	150m 01:45.35 38,22
Isabelle Elsweier 2003 ()	200m 02:20.41 35,06
Luna Hofmeijer 2004 (+65)	250m 02:52.70 32,29
Luna Hofmeijer 2004 (+65)	300m 03:29.77 37,07
Luna Hofmeijer 2004 (+65)	350m 04:09.04 39,27
Luna Hofmeijer 2004 (+65)	400m 04:46.98 37,94
Loes Sotthewes 2004 (+75)	450m 05:19.98 33,00
Loes Sotthewes 2004 (+75)	500m 05:56.32 36,34
Loes Sotthewes 2004 (+75)	550m 06:34.38 38,06
Loes Sotthewes 2004 (+75)	600m 07:11.35 36,97
Lynn Joor 2003 (+44)	650m 07:40.71 29,36
Lynn Joor 2003 (+44)	700m 08:14.83 34,12
Lynn Joor 2003 (+44)	750m 08:50.08 35,25
Lynn Joor 2003 (+44)	800m 09:25.52 35,44
3. ZV 44	09:47.10
Nora Weerman 2004 ()	50m 00:33.12 33,12
Nora Weerman 2004 ()	100m 01:10.13 37,01
Nora Weerman 2004 ()	150m 01:48.39 38,26
Nora Weerman 2004 ()	200m 02:25.66 37,27
Naomi Polinder 2003 (+50)	250m 02:57.21 31,55
Naomi Polinder 2003 (+50)	300m 03:33.98 36,77
Naomi Polinder 2003 (+50)	350m 04:12.37 38,39
Naomi Polinder 2003 (+50)	400m 04:49.80 37,43
Michelle van den Hoofdakker 2003 (+68)	450m 05:23.28 33,48
Michelle van den Hoofdakker 2003 (+68)	500m 06:01.55 38,27
Michelle van den Hoofdakker 2003 (+68)	550m 06:42.39 40,84
Michelle van den Hoofdakker 2003 (+68)	600m 07:19.87 37,48
Lindsey Berghuis 2003 (+58)	650m 07:52.91 33,04
Lindsey Berghuis 2003 (+58)	700m 08:30.54 37,63

Lindsey Berghuis 2003 (+58)	750m 09:08.35 37,81
Lindsey Berghuis 2003 (+58)	800m 09:47.10 38,75

4. De Dinkel

09:57.97

Anouk Olde Dubbelink 2003 ()	50m 00:32.73 32,73
Anouk Olde Dubbelink 2003 ()	100m 01:09.46 36,73
Anouk Olde Dubbelink 2003 ()	150m 01:47.43 37,97
Anouk Olde Dubbelink 2003 ()	200m 02:25.00 37,57
Yke Groener 2005 (+62)	250m 02:58.87 33,87
Yke Groener 2005 (+62)	300m 03:39.22 40,35
Yke Groener 2005 (+62)	350m 04:20.33 41,11
Yke Groener 2005 (+62)	400m 04:59.48 39,15
Tess Wolbert 2004 (+53)	450m 05:33.16 33,68
Tess Wolbert 2004 (+53)	500m 06:12.03 38,87
Tess Wolbert 2004 (+53)	550m 06:51.08 39,05
Tess Wolbert 2004 (+53)	600m 07:29.41 38,33
Sanne Temmen 2004 (+79)	650m 08:01.83 32,42
Sanne Temmen 2004 (+79)	700m 08:39.45 37,62
Sanne Temmen 2004 (+79)	750m 09:19.59 40,14
Sanne Temmen 2004 (+79)	800m 09:57.97 38,38

5. Het Ravijn

10:32.23

Iris Timmermans 2005 ()	50m 00:33.51 33,51
Iris Timmermans 2005 ()	100m 01:12.85 39,34
Iris Timmermans 2005 ()	150m 01:56.15 43,30
Iris Timmermans 2005 ()	200m 02:35.96 39,81
Lieke de Groot 2004 (+34)	250m 03:11.92 35,96
Lieke de Groot 2004 (+34)	300m 03:53.77 41,85
Lieke de Groot 2004 (+34)	350m 04:36.76 42,99
Lieke de Groot 2004 (+34)	400m 05:15.58 38,82
Roos Arnold 2005 ()	450m 05:51.13 35,55
Roos Arnold 2005 ()	500m 06:34.29 43,16
Roos Arnold 2005 ()	550m 07:18.62 44,33
Roos Arnold 2005 ()	600m 07:59.16 40,54
Mia de Vente 2003 (+48)	650m 08:33.69 34,53
Mia de Vente 2003 (+48)	700m 09:13.85 40,16
Mia de Vente 2003 (+48)	750m 09:54.75 40,90
Mia de Vente 2003 (+48)	800m 10:32.23 37,48

98. 4x200m vrije slag dames

vanaf 11 jaar (Senioren Open)

08:45.30

1. De Dinkel

Noortje Timmerman 1995 ()	50m 00:29.70 29,70
Noortje Timmerman 1995 ()	100m 01:02.89 33,19
Noortje Timmerman 1995 ()	150m 01:37.91 35,02
Noortje Timmerman 1995 ()	200m 02:12.37 34,46
Romée Spin 2000 (+35)	250m 02:41.72 29,35
Romée Spin 2000 (+35)	300m 03:14.93 33,21
Romée Spin 2000 (+35)	350m 03:48.78 33,85
Romée Spin 2000 (+35)	400m 04:22.42 33,64
Eefje Slootweg 1998 (+20)	450m 04:53.02 30,60
Eefje Slootweg 1998 (+20)	500m 05:27.91 34,89
Eefje Slootweg 1998 (+20)	550m 06:03.78 35,87
Eefje Slootweg 1998 (+20)	600m 06:39.16 35,38
Sterre Mooiweer 1998 (+31)	650m 07:07.17 28,01
Sterre Mooiweer 1998 (+31)	700m 07:38.35 31,18
Sterre Mooiweer 1998 (+31)	750m 08:11.59 33,24
Sterre Mooiweer 1998 (+31)	800m 08:45.30 33,71

2. De Dinkel

08:49.75

Mathilde Stolmeijer 2001 ()	50m 00:30.32 30,32
Mathilde Stolmeijer 2001 ()	100m 01:03.85 33,53
Mathilde Stolmeijer 2001 ()	150m 01:38.80 34,95
Mathilde Stolmeijer 2001 ()	200m 02:11.95 33,15
Kiki Koopman 2002 (+23)	250m 02:41.02 29,07
Kiki Koopman 2002 (+23)	300m 03:14.30 33,28
Kiki Koopman 2002 (+23)	350m 03:48.39 34,09
Kiki Koopman 2002 (+23)	400m 04:21.93 33,54

Chiméne Rakers 2001 (+7)	450m	04:53.14	31,21
Chiméne Rakers 2001 (+7)	500m	05:27.26	34,12
Chiméne Rakers 2001 (+7)	550m	06:02.00	34,74
Chiméne Rakers 2001 (+7)	600m	06:36.92	34,92
Janneke Lenderink 2001 (+44)	650m	07:07.62	30,70
Janneke Lenderink 2001 (+44)	700m	07:40.96	33,34
Janneke Lenderink 2001 (+44)	750m	08:15.64	34,68
Janneke Lenderink 2001 (+44)	800m	08:49.75	34,11

3. WS Twente

09:04.03

Roëlle op de Haar 2001 ()	50m	00:30.71	30,71
Roëlle op de Haar 2001 ()	100m	01:06.26	35,55
Roëlle op de Haar 2001 ()	150m	01:43.50	37,24
Roëlle op de Haar 2001 ()	200m	02:17.44	33,94
Laura Hagreis 1996 (+35)	250m	02:47.88	30,44
Laura Hagreis 1996 (+35)	300m	03:22.17	34,29
Laura Hagreis 1996 (+35)	350m	03:57.81	35,64
Laura Hagreis 1996 (+35)	400m	04:33.66	35,85
Lieke Oude Lenferink 2002 (+26)	450m	05:04.23	30,57
Lieke Oude Lenferink 2002 (+26)	500m	05:39.55	35,32
Lieke Oude Lenferink 2002 (+26)	550m	06:16.04	36,49
Lieke Oude Lenferink 2002 (+26)	600m	06:52.44	36,40
Carlijn Hansté 2002 (+48)	650m	07:22.46	30,02
Carlijn Hansté 2002 (+48)	700m	07:56.15	33,69
Carlijn Hansté 2002 (+48)	750m	08:30.62	34,47
Carlijn Hansté 2002 (+48)	800m	09:04.03	33,41

4. Deltasteur

09:06.03

Naomi Hofsink 1994 ()	50m	00:29.41	29,41
Naomi Hofsink 1994 ()	100m	01:03.06	33,65
Naomi Hofsink 1994 ()	150m	01:37.88	34,82
Naomi Hofsink 1994 ()	200m	02:13.72	35,84
Manon de Man 2002 (+23)	250m	02:44.25	30,53
Manon de Man 2002 (+23)	300m	03:19.71	35,46
Manon de Man 2002 (+23)	350m	03:56.41	36,70
Manon de Man 2002 (+23)	400m	04:31.50	35,09
Annet van Stratum 1990 (+41)	450m	05:01.97	30,47
Annet van Stratum 1990 (+41)	500m	05:36.60	34,63
Annet van Stratum 1990 (+41)	550m	06:13.26	36,66
Annet van Stratum 1990 (+41)	600m	06:49.66	36,40
Marit Boxum 2000 (+40)	650m	07:19.10	29,44
Marit Boxum 2000 (+40)	700m	07:52.82	33,72
Marit Boxum 2000 (+40)	750m	08:29.20	36,38
Marit Boxum 2000 (+40)	800m	09:06.03	36,83

5. ZPC De Hof

09:21.70

Naomi Klein 1999 ()	50m	00:31.45	31,45
Naomi Klein 1999 ()	100m	01:06.40	34,95
Naomi Klein 1999 ()	150m	01:43.28	36,88
Naomi Klein 1999 ()	200m	02:18.45	35,17
Laura van der Neut 1997 (+48)	250m	02:49.33	30,88
Laura van der Neut 1997 (+48)	300m	03:24.73	35,40
Laura van der Neut 1997 (+48)	350m	04:01.38	36,65
Laura van der Neut 1997 (+48)	400m	04:37.70	36,32
Jocelyn Horbeek 2003 (+8)	450m	05:09.50	31,80
Jocelyn Horbeek 2003 (+8)	500m	05:45.27	35,77
Jocelyn Horbeek 2003 (+8)	550m	06:21.95	36,68
Jocelyn Horbeek 2003 (+8)	600m	06:57.80	35,85
Elisa Haverkate 2002 (+40)	650m	07:30.11	32,31
Elisa Haverkate 2002 (+40)	700m	08:06.87	36,76
Elisa Haverkate 2002 (+40)	750m	08:44.40	37,53
Elisa Haverkate 2002 (+40)	800m	09:21.70	37,30