

1 - Overijsselse B-Kampioenschappen sessie 1

15-6-2019 - 13:00

Programmanr. 1 Gemengd, 4 x 100m vrije slag All in
15-6-2019 - 13:00 Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|-------------------------------|---------|----------------|---------|
| 1. | ZVZ | 4:16.94 | 4:29.80 | +0.65 |
| | Julian Hansman +0.65 28.79 | 1:01.58 | +0.53 34.62 | 1:12.16 |
| | Carlijne Sam 36.09 | 1:15.63 | +0.44 28.91 | 1:00.43 |
| 2. | WS Twente | 4:22.08 | 4:32.40 | +0.78 |
| | Marleen Hof +0.78 33.07 | 1:10.96 | +0.40 36.48 | 1:14.76 |
| | Joost Besten +0.49 30.57 | 1:05.32 | +0.59 28.71 | 1:01.36 |
| 3. | SWOL 1894 | 4:27.86 | 4:32.72 | +0.44 |
| | Raffaël Kultyshev +0.44 32.69 | 1:11.35 | 32.17 | 1:08.61 |
| | Arinda Treffers 33.62 | 1:11.17 | +0.41 28.98 | 1:01.59 |
| 4. | Dedemsvaart-AC | 4:40.89 | 4:51.20 | +0.75 |
| | Torben Rijnkels +0.75 33.23 | 1:12.02 | +0.27 34.43 | 1:12.39 |
| | Iris Kootstra +0.39 36.22 | 1:16.89 | +0.59 33.34 | 1:09.90 |
| NG | VZ&PC | 4:27.72 | | |

Programmanr. 2 Meisjes, 100m vlinderslag Junioren
15-6-2019 - 13:05 Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|-------------------|---------------------|----------------|---------|-----------|----------------|-------|---------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Lily Zandstra | Dedemsvaart-AC | 1:33.76 | 200701418 | 1:39.33 | 44.44 | 1:39.33 | |
| 2. | Krista Veehof | Deltasteur | 1:37.88 | 200700140 | 1:40.59 | +0.99 | 45.10 | 1:40.59 |
| Junioren 2 | | | | | | | | |
| 1. | Renske Oude Egbrink | OZ&PC | 1:31.88 | 200600040 | 1:30.95 | 39.35 | 1:30.95 | |
| Junioren 3 | | | | | | | | |
| 1. | Zoé van den Berg | WS Twente | 1:20.95 | 200501638 | 1:26.70 | 35.34 | 1:26.70 | |
| 2. | Ilse Siemerink | WS Twente | 1:27.75 | 200502512 | 1:30.59 | +0.62 | 37.58 | 1:30.59 |

Programmanr. 3 Dames, 100m vlinderslag Jeugd 1 en ouder
15-6-2019 - 13:10 Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|----------------|------------------|----------------|---------|-----------|----------------|-------|---------|---------|
| Jeugd 1 | | | | | | | | |
| 1. | Kimm Bakker | 't Tolhekke | 1:20.39 | 200403270 | 1:22.26 | 36.09 | 1:22.26 | |
| 2. | Annejèn Smelt | ZVZ | 1:21.57 | 200400442 | 1:23.63 | +0.69 | 37.55 | 1:23.63 |
| 3. | Roos Schuitema | ZVZ | 1:25.15 | 200400526 | 1:27.25 | | 37.43 | 1:27.25 |
| 4. | Abri Wiersma | ZIGNEA | 1:21.82 | 200403854 | 1:27.44 | | 39.62 | 1:27.44 |
| 5. | Fiona Wormeester | EZCL (SG) | 1:24.36 | 200400674 | 1:31.93 | +0.55 | 41.33 | 1:31.93 |
| Jeugd 2 | | | | | | | | |
| 1. | Lieke Stoker | WS Twente | 1:19.29 | 200301412 | 1:19.45 | +0.82 | 36.28 | 1:19.45 |
| 2. | Laura Dekker | De Grunte | 1:18.30 | 200301650 | 1:25.77 | | 36.84 | 1:25.77 |
| 3. | Meghan Mulder | Dedemsvaart-AC | 1:21.52 | 200301734 | 1:26.42 | +0.72 | 38.17 | 1:26.42 |
| 4. | Tamar Wijdenes | Z&PV de Veene | 1:27.57 | 200303618 | 1:31.89 | | 38.78 | 1:31.89 |
| 5. | Aimee Heerschop | 't Tolhekke | 1:27.01 | 200300146 | 1:38.68 | | 44.07 | 1:38.68 |
| AFGEM | Jasmijn Plas | De Grunte | 1:26.41 | 200300388 | | | | |

Programmanr. 3, Dames, 100m vlinderslag

Senioren

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|-------------------|---------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Anniko Maas | EZCL (SG) | 1:16.78 | 200000356 | 1:18.27 | +0.74 | 35.51 | 1:18.27 |
| 2. | Janine ter Schure | 't Tolhekke | 1:20.80 | 200105164 | 1:20.95 | | 37.66 | 1:20.95 |
| 3. | Maud Heldoorn | Deltasteur | 1:20.17 | 200000564 | 1:23.20 | +0.68 | 36.40 | 1:23.20 |
| 4. | Melissa de Lang | Zv 44 | 1:16.34 | 200001186 | 1:23.43 | +0.76 | 36.47 | 1:23.43 |
| 5. | Romée Beverdam | WS Twente | 1:20.96 | 200100158 | 1:26.52 | +0.55 | 38.13 | 1:26.52 |
| 6. | Iris Zandvoort | Z&PV de Veene | 1:25.10 | 200202274 | 1:27.37 | +0.55 | 38.69 | 1:27.37 |
| 7. | Marleen Hof | WS Twente | 1:22.82 | 199802464 | 1:30.66 | +0.85 | 40.19 | 1:30.66 |
| DIS | Tessa Maat | Deltasteur | 1:18.40 | 200201826 | | | | |

AF - De aangegeven afstand niet uitgezwommen.

Programmanr. 4
15-6-2019 - 13:15

Jongens, 100m vrije slag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|------|------------|--------|------|----|-----|------|
|------|------|------------|--------|------|----|-----|------|

Junioren 1

| | | | | | | | | |
|----|-----------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Salo Veld | ZVZ | 1:16.66 | 200600641 | 1:16.84 | +0.56 | 35.45 | 1:16.84 |
| 2. | Rens Minke | De Grunte | 1:17.07 | 200600275 | 1:17.71 | | 36.62 | 1:17.71 |
| 3. | Luuk Tangenberg | De Grunte | 1:17.83 | 200601183 | 1:20.65 | | 38.93 | 1:20.65 |

Junioren 2

| | | | | | | | | |
|----|-------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Jan Julkowski | ZIGNEA | 1:09.43 | 200500275 | 1:09.01 | +0.56 | 33.34 | 1:09.01 |
| 2. | Gijs Vrieling | Dedemsvaart-AC | 1:10.15 | 200503811 | 1:10.90 | | 34.36 | 1:10.90 |
| 3. | Keanu Hawtin | Hera'11 | 1:11.02 | 200503619 | 1:11.79 | +0.73 | 32.88 | 1:11.79 |
| 4. | Geert Almekinders | Zv 44 | 1:11.29 | 200501097 | 1:13.31 | | 34.54 | 1:13.31 |
| 5. | Matthias van Dijk | SWOL 1894 | 1:12.23 | 200502947 | 1:13.33 | | 34.67 | 1:13.33 |

Junioren 3

| | | | | | | | | |
|-------|-------------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Tom Schipper | WS Twente | 1:09.71 | 200401799 | 1:09.39 | | 32.97 | 1:09.39 |
| 2. | Mika Groot Rouwen | OZ&PC | 1:08.54 | 200400023 | 1:09.86 | +0.74 | 33.12 | 1:09.86 |
| 3. | Raffael Kultyshev | SWOL 1894 | 1:10.58 | 200403863 | 1:13.83 | +0.45 | 33.63 | 1:13.83 |
| AFGEM | Wout Achterhuis | OZ&PC | 1:09.76 | 200400255 | | | | |

Junioren 4

| | | | | | | | | |
|----|-----------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Taco Hengstman | De Grunte | 1:03.20 | 200304601 | 1:01.18 | +0.66 | 29.02 | 1:01.18 |
| 2. | Jordi Freriksen | WS Twente | 1:03.71 | 200301927 | 1:05.54 | +0.81 | 30.84 | 1:05.54 |
| 3. | Joas Hoefnagel | ZIGNEA | 1:04.45 | 200302161 | 1:07.14 | +0.67 | 31.41 | 1:07.14 |
| 4. | Sem Wellenberg | Dedemsvaart-AC | 1:04.65 | 200301301 | 1:08.35 | +0.57 | 33.02 | 1:08.35 |

Programmanr. 5
15-6-2019 - 13:20

Heren, 100m vrije slag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|------|------------|--------|------|----|-----|------|
|------|------|------------|--------|------|----|-----|------|

Jeugd 1

| | | | | | | | | |
|----|---------------------|------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Jens zum Grotenhoff | OZ&PC | 1:04.52 | 200200171 | 1:01.58 | +0.96 | 29.46 | 1:01.58 |
| 2. | Vincent Veluwenkamp | ZPC De Hof | 1:02.32 | 200200647 | 1:04.39 | +0.73 | 30.22 | 1:04.39 |
| 3. | Justin Koole | ZIGNEA | 1:04.23 | 200203305 | 1:07.36 | | 32.27 | 1:07.36 |
| 4. | Bart Goos | VZ&PC | 1:06.34 | 200200257 | 1:08.28 | +0.69 | 31.82 | 1:08.28 |

Jeugd 2

| | | | | | | | | |
|----|---------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Joost Besten | WS Twente | 1:03.47 | 200100325 | 1:05.15 | +0.77 | 31.26 | 1:05.15 |
| 2. | Robert Toeter | Hera'11 | 1:05.98 | 200101779 | 1:06.97 | +0.63 | 31.69 | 1:06.97 |

Programmanr. 5, Heren, 100m vrije slag

Senioren

| | | | | | | | | |
|-------|--------------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Bas van Tintelen | OZ&PC | 1:02.42 | 199800455 | 1:01.24 | +0.79 | 29.24 | 1:01.24 |
| 2. | Julian Hansman | ZVZ | 58.23 | 200000029 | 1:01.47 | +0.63 | 29.10 | 1:01.47 |
| 3. | Ties Dilling | WS Twente | 1:00.14 | 200000865 | 1:02.91 | +0.79 | 29.46 | 1:02.91 |
| 4. | Michael van Bekkum | SWOL 1894 | 1:05.18 | 197200051 | 1:04.35 | +0.76 | 30.14 | 1:04.35 |
| 5. | Emiel van Essen | SWOL 1894 | 59.28 | 199702925 | 1:06.02 | +0.81 | 30.56 | 1:06.02 |
| 6. | Eric Hoekman | WS Twente | 1:00.60 | 197401531 | 1:08.19 | +0.90 | 31.70 | 1:08.19 |
| 7. | Robert Jansema | ZVZ | 1:06.38 | 199900309 | 1:08.38 | +0.81 | 30.57 | 1:08.38 |
| AFGEM | Michel Visscher | Zv 44 | 1:03.84 | 199003097 | | | | |

Programmanr. 6
15-6-2019 - 13:20

Meisjes, 50m schoolslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|-----------------------|----------------|--------|-----------|----------------|-------|
| Junioren 1 | | | | | | |
| 1. | Anne de Jong | VZ&PC | 44.07 | 200700292 | 44.12 * | |
| 2. | Dieuwke Cleveringa | SWOL 1894 | 46.49 | 200700708 | 46.58 | |
| 3. | Elise Schaapveld | Zv 44 | 45.41 | 200703006 | 46.63 | +0.63 |
| 4. | Sophia Parker | WS Twente | 45.56 | 200702400 | 47.23 | |
| 5. | Lily Zandstra | Dedemsvaart-AC | 47.29 | 200701418 | 47.47 | +0.84 |
| 6. | Maaïke Bosman | ZIGNEA | 47.19 | 200700624 | 47.57 | |
| 7. | Sofie Kragt | Dedemsvaart-AC | 47.92 | 200701020 | 47.72 | |
| 8. | Fabiënne Fransen | VZ&PC | 48.94 | 200701956 | 47.95 | +0.56 |
| 9. | Iris Klink | Zv 44 | 46.04 | 200700190 | 48.46 | |
| 10. | Vivian Nooter | Zv 44 | 49.21 | 200703614 | 48.66 | |
| 11. | Yvon Eijkelkamp | ZPC De Hof | 48.94 | 200700040 | 48.85 | |
| 12. | Cato Tulen | SWOL 1894 | 47.31 | 200701946 | 49.34 | |
| 13. | Noor Heinekamp | ZPC De Hof | 49.93 | 200701420 | 49.45 | +0.62 |
| 14. | Kaylen Schonewille | ZVZ | 48.72 | 200700500 | 49.79 | |
| 15. | Noëlle Smit | WS Twente | 51.25 | 200701938 | 49.82 | |
| 16. | Senaye van Tricht | SWOL 1894 | 49.69 | 200703932 | 51.42 | |
| 17. | Jorien Hogebrug | WS Twente | 50.39 | 200702260 | 51.44 | |
| 18. | Lieke Kamphuis | EZCL (SG) | 50.80 | 200701448 | 51.49 | |
| Junioren 2 | | | | | | |
| 1. | Renske Oude Egbrink | OZ&PC | 45.22 | 200600040 | 42.13 | |
| 2. | Annemijn Elsweier | WS Twente | 43.03 | 200600602 | 42.55 | |
| 3. | Floor Wergers | Dedemsvaart-AC | 43.06 | 200602114 | 44.93 | |
| 4. | Fien de Zeeuw | OZ&PC | 45.13 | 200600130 | 45.13 * | +0.80 |
| 5. | Demi de Wolf | Deltasteur | 42.70 | 200600240 | 45.15 | |
| 6. | Renske Koerhuis | Hera'11 | 46.20 | 200603064 | 46.13 | |
| 7. | Nikita Timmerman | EZCL (SG) | 45.61 | 200600158 | 46.35 | |
| 8. | Joelle Kageenaar | ZIGNEA | 45.77 | 200600070 | 46.65 | +0.70 |
| 9. | Nova Smit | Z&PV de Veene | 46.60 | 200602526 | 47.15 | |
| 10. | Rebecca Reurink | Dedemsvaart-AC | 45.32 | 200602112 | 47.38 | |
| 11. | Ilse van Eijk | ZIGNEA | 46.64 | 200601930 | 48.99 | |
| 12. | Sherren Peezenkamp | WS Twente | 46.76 | 200603716 | 49.10 | |
| NG | Esmee Kemerink | SWOL 1894 | 45.37 | 200602508 | | |
| Junioren 3 | | | | | | |
| 1. | Eline Pullen | De Grunte | 41.04 | 200500630 | 42.54 | +0.68 |
| 2. | Zoé van den Berg | WS Twente | 42.87 | 200501638 | 43.23 | |
| 3. | Roos Kousman | WS Twente | 42.46 | 200503642 | 44.20 | |
| 4. | Natalie Koole | ZIGNEA | 43.30 | 200500882 | 44.46 | +0.71 |
| 5. | Mirthe van Es | Zv 44 | 44.33 | 200503920 | 44.81 | |
| 6. | Lieke van der Wal | ZIGNEA | 42.85 | 200501428 | 45.51 | +0.72 |
| 7. | Michelle van den Berg | Zv 44 | 42.84 | 200500286 | 45.76 | |
| 8. | Esther Engbers | WS Twente | 43.05 | 200500358 | 47.50 | |
| 9. | Emma ten Bos | EZCL (SG) | 45.14 | 200500294 | 48.23 | |

Programmanr. 7
15-6-2019 - 13:30

Dames, 50m schoolslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|----------------|--------------------|-------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Esmee ter Braak | VZ&PC | 42.13 | 200403660 | 40.66 | +0.64 |
| 2. | Kimm Bakker | 't Tolhekke | 42.00 | 200403270 | 41.75 | |
| 3. | Annakey Willcox | EZCL (SG) | 39.95 | 200401050 | 41.80 | |
| 4. | Hieke Christenhusz | OZ&PC | 41.66 | 200400724 | 42.33 | |
| 5. | Maartje Priekaar | WS Twente | 44.23 | 200403360 | 43.91 | +0.94 |
| 6. | Fiona Wormeester | EZCL (SG) | 42.18 | 200400674 | 44.66 | +0.51 |
| 7. | Roos Schuite | ZVZ | 41.39 | 200400526 | 44.95 | +0.76 |
| 8. | Annejèn Smelt | ZVZ | 43.21 | 200400442 | 46.06 | +0.79 |

Jeugd 2

| | | | | | | |
|-----|------------------|----------------|-------|-----------|--------------|-------|
| 1. | Jasmijn Plas | De Grunte | 39.46 | 200300388 | 41.47 | +0.61 |
| 2. | Meghan Mulder | Dedemsvaart-AC | 40.10 | 200301734 | 42.17 | +0.74 |
| 3. | Karin de Haan | 't Tolhekke | 40.78 | 200301456 | 42.33 | |
| 4. | Laura Dekker | De Grunte | 39.23 | 200301650 | 43.07 | +0.50 |
| 5. | Iris Lok | WS Twente | 43.48 | 200301094 | 43.11 | |
| 6. | Marly Leuverink | OZ&PC | 44.20 | 200304530 | 44.53 | +0.94 |
| 7. | Renate Dellelijn | SWOL 1894 | 44.56 | 200301770 | 45.29 | +0.61 |
| 8. | Leonie Smit | EZCL (SG) | 43.67 | 200301978 | 45.50 | +0.65 |
| 9. | Noa van den Berg | WS Twente | 43.02 | 200302118 | 45.72 | |
| 10. | Lieke Stoker | WS Twente | 44.90 | 200301412 | 46.68 | |
| 11. | Tamar Wijdenes | Z&PV de Veene | 44.86 | 200303618 | 47.35 | +0.77 |

Senioren

| | | | | | | |
|-----|------------------------|----------------|-------|-----------|--------------|-------|
| 1. | Meike Cleveringa | SWOL 1894 | 40.92 | 200206096 | 41.68 | +0.50 |
| 2. | Maud Heldoorn | Deltasteur | 40.93 | 200000564 | 42.24 | +0.58 |
| 3. | Iris Zandvoort | Z&PV de Veene | 39.85 | 200202274 | 42.66 | +0.65 |
| 4. | Esmée van der Tweel | Deltasteur | 41.02 | 200202870 | 42.69 | +0.67 |
| 5. | Alies Wagter | Steenwijk 1934 | 40.13 | 199900840 | 42.83 | +0.72 |
| 6. | Sabine Lageweg | Steenwijk 1934 | 41.24 | 199900926 | 42.95 | +0.48 |
| 7. | Kyonne Maas | EZCL (SG) | 41.42 | 200200434 | 43.35 | +0.60 |
| 8. | Danique Afink | Z&PV de Veene | 41.17 | 200201584 | 43.96 | +0.77 |
| 9. | Francis Sanderman | VZ&PC | 43.57 | 200200320 | 44.14 | +0.72 |
| 10. | Arinda Treffers | SWOL 1894 | 43.83 | 200106308 | 44.19 | +0.65 |
| 11. | Kirsten Pluim | SWOL 1894 | 42.73 | 200106132 | 45.14 | +0.66 |
| 12. | Marit Gerritsen | WS Twente | 43.87 | 200200664 | 46.04 | |
| 13. | Diana Hemstede-Lammers | Z&PV de Veene | 43.52 | 198902572 | 46.28 | |
| 14. | Anouk Hof | WS Twente | 43.32 | 199802462 | 46.56 | +0.67 |

Programmanr. 8
15-6-2019 - 13:35

Jongens, 50m rugslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|----------------|------------|--------|-----------|--------------|-------|
| Junioren 1 | | | | | | |
| 1. | Rick Smelt | ZVZ | 39.15 | 200600051 | 39.24 | +0.74 |
| 2. | Dirk Zwaneveld | ZIGNEA | 39.91 | 200601041 | 40.03 | +0.62 |
| 3. | Salo Veld | ZVZ | 40.70 | 200600641 | 40.25 | +0.78 |

Junioren 2

| | | | | | | |
|----|---------------------|----------------|-------|-----------|--------------|-------|
| 1. | Mees Rienties | SWOL 1894 | 35.80 | 200500059 | 35.28 | +0.66 |
| 2. | Gijs Vrieling | Dedemsvaart-AC | 35.64 | 200503811 | 35.29 | +0.72 |
| 3. | Jelmer van der Lijn | EZCL (SG) | 34.95 | 200503081 | 36.07 | +0.72 |

Junioren 3

| | | | | | | |
|----|------------------|----------------|-------|-----------|--------------|-------|
| 1. | Wout Kogelman | OZ&PC | 33.13 | 200400203 | 33.79 | +0.66 |
| 2. | Leonardo Hassing | Dedemsvaart-AC | 33.55 | 200402377 | 35.01 | +0.64 |

Programmanr. 8, Jongens, 50m rugslag

Junioren 4

| | | | | | | |
|----|----------------|----------------|-------|-----------|----------------|-------|
| 1. | Taco Hengstman | De Grunte | 33.79 | 200304601 | 34.42 | +0.68 |
| 2. | Sem Wellenberg | Dedemsvaart-AC | 34.07 | 200301301 | 38.47 * | +0.77 |

Programmanr. 9
15-6-2019 - 13:40

Heren, 50m rugslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|----------------|---------------------|-------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Ian van der Pal | Zv 44 | 31.74 | 200203645 | 32.74 | +0.70 |
| 2. | Jens zum Grotenhoff | OZ&PC | 32.93 | 200200171 | 33.04 | +0.75 |
| 3. | Justin Koole | ZIGNEA | 32.74 | 200203305 | 33.92 | +0.72 |
| 4. | Geert de Haan | 't Tolhekke | 33.58 | 200200369 | 34.82 | +0.61 |

Jeugd 2

| | | | | | | |
|----|-----------------|-----------|-------|-----------|--------------|-------|
| 1. | Joost Besten | WS Twente | 31.13 | 200100325 | 32.61 | +0.90 |
| 2. | Martijn Sam | ZVZ | 32.68 | 200100169 | 33.07 | +0.74 |
| 3. | Stefan Kagenaar | ZIGNEA | 32.22 | 200101391 | 33.84 | +0.75 |

Senioren

| | | | | | | |
|-------|-----------------|----------------|-------|-----------|--------------|-------|
| 1. | Julian Hansman | ZVZ | 32.40 | 200000029 | 35.48 | +0.61 |
| 2. | Eric Hoekman | WS Twente | 33.13 | 197401531 | 36.40 | +0.72 |
| AFGEM | Kylian Kooijman | Steenwijk 1934 | 32.12 | 199900763 | | |

Programmanr. 10
15-6-2019 - 13:40

Meisjes, 4 x 100m wisselslag

Junioren
Resultaten

| rang | vereniging | intijd | | tijd | RT | | | |
|------|------------------|-----------|---------|----------------|------------------|-------|---------|---------|
| 1. | ZPC De Hof 1 | 5:39.89 | | 5:46.76 | +0.76 | | | |
| | Noor Heinekamp | +0.76 | 45.35 | 1:33.19 | Sarah ten Dam | 40.16 | 1:25.75 | |
| | Kim Holterman | +0.62 | 43.14 | 1:35.47 | Sanne ten Tije | +0.26 | 33.40 | 1:12.35 |
| 2. | Dedemsvaart-AC 1 | 5:47.80 | | 5:49.20 | +0.69 | | | |
| | Lyanne Spaan | +0.69 | 41.05 | 1:25.14 | Meike Fix | 41.89 | 1:30.43 | |
| | Floor Werger | +0.18 | 46.45 | 1:37.09 | Lily Zandstra | 35.58 | 1:16.54 | |
| 3. | De Grunte 1 | 5:52.86 | | 5:56.53 | +0.74 | | | |
| | Alyssa Eilander | +0.74 | 42.95 | 1:29.55 | Eva Havelaar | 42.87 | 1:34.78 | |
| | Eline Pullen | +0.14 | 44.36 | 1:33.36 | Lienke Pouwels | 36.04 | 1:18.84 | |
| 4. | EZCL (SG) 1 | 6:35.34 | | 6:36.99 | +0.63 | | | |
| | Lieke Kamphuis | +0.63 | 50.74 | 1:44.16 | Emma ten Bos | +0.07 | 43.40 | 1:37.75 |
| | Larissa Alessi | | 55.08 | 1:57.56 | Nikita Timmerman | +0.08 | 36.92 | 1:17.52 |
| 5. | VZ&PC 1 | 6:29.11 | | 6:53.13 | +0.76 | | | |
| | Laurie Beuker | +0.76 | 47.17 | 1:39.00 | Ashley Nijveld | +0.09 | 45.70 | 1:50.70 |
| | Fabiënne Fransen | +0.61 | 47.87 | 1:46.51 | Anne de Jong | +0.31 | 44.08 | 1:36.92 |
| NG | SWOL 1894 1 | SWOL 1894 | 6:13.75 | | | | | |

Programmanr. 11
15-6-2019 - 13:50

Jongens, 4 x 100m wisselslag

Junioren
Resultaten

| rang | vereniging | intijd | | tijd | RT | | | |
|------|---|-----------|---------|----------------|-----------------|-------|-------|---------|
| 1. | De Grunte 1 | 5:51.25 | | 6:03.06 | +0.82 | | | |
| | Rens Minke | +0.82 | 42.63 | 1:27.83 | Luca Aufderhaar | +0.36 | 42.39 | 1:39.78 |
| | Taco Hengstman | +0.19 | 41.89 | 1:33.44 | Luuk Tangenberg | | 39.59 | 1:22.01 |
| DIS | WS Twente 1 | WS Twente | 5:38.91 | | 5:38.91 | +0.66 | | |
| | <i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt., 3e zwemmer</i> | | | | | | | |
| | Dago Hofmeijer | +0.66 | 41.26 | 1:26.62 | Johan Nijeboer | | | |
| | Tom Schipper | | 39.89 | 1:24.95 | Kay Lubbers | | | |

Programmanr. 12
15-6-2019 - 14:15

Meisjes, 50m vrije slag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------------------|----------------------------|----------------|--------|-----------|--------------------|
| Junioren 1 | | | | | |
| 1. | Sofie Kragt | Dedemsvaart-AC | 34.72 | 200701020 | 34.97 |
| 2. | Vivian Nooter | Zv 44 | 36.02 | 200703614 | 35.97 |
| 3. | Fabiënne Fransen | VZ&PC | 40.13 | 200701956 | 36.04 +0.67 |
| 4. | Sophia Parker | WS Twente | 36.38 | 200702400 | 36.17 |
| 5. | Krista Veehof | Deltasteur | 36.78 | 200700140 | 36.92 |
| 6. | Laurie Beuker | VZ&PC | 39.72 | 200700382 | 37.31 |
| 7. | Lieke Kamphuis | EZCL (SG) | 36.01 | 200701448 | 37.50 |
| 8. | Yvon Eijkelkamp | ZPC De Hof | 37.51 | 200700040 | 38.02 |
| 9. | Ashley Nijveld | VZ&PC | 38.49 | 200700384 | 38.91 |
| 10. | Jorien Hogebrug | WS Twente | 37.39 | 200702260 | 39.21 |
| 11. | Larissa Alessi | EZCL (SG) | 38.69 | 200701162 | 39.40 +0.73 |
| 12. | Senaye van Tricht | SWOL 1894 | 40.11 | 200703932 | 40.42 |
| 13. | Sacha de Velde Harsenhorst | Deltasteur | 38.36 | 200700296 | 41.13 |
| 14. | Anne de Jong | VZ&PC | 41.78 | 200700292 | 44.38 |
| AFGEM | Marij Abbink | De Grunte | 37.91 | 200700260 | |
| AFGEM | Anne Jansen | VZ&PC | 41.92 | 200700474 | |

Junioren 2

| | | | | | |
|-------|--------------------|----------------|-------|-----------|--------------------|
| 1. | Eva Havelaar | De Grunte | 34.80 | 200601660 | 33.68 * |
| 2. | Nova Smit | Z&PV de Veene | 34.74 | 200602526 | 33.93 |
| 3. | Fien de Zeeuw | OZ&PC | 35.52 | 200600130 | 34.60 +0.76 |
| 4. | Ilse van Eijk | ZIGNEA | 36.35 | 200601930 | 35.32 |
| 5. | Arjanne Mulder | De Grunte | 36.09 | 200604586 | 35.37 |
| 6. | Lienke Pouwels | De Grunte | 34.96 | 200601000 | 35.59 +0.54 |
| 7. | Floor Werger | Dedemsvaart-AC | 35.15 | 200602114 | 36.19 |
| 8. | Carmen Powell | Zv 44 | 36.08 | 200602458 | 36.30 +0.51 |
| 9. | Sherren Peezenkamp | WS Twente | 36.01 | 200603716 | 36.47 |
| 10. | Renske Willemsen | Hera'11 | 37.02 | 200600292 | 36.65 |
| 11. | Kim Holterman | ZPC De Hof | 37.51 | 200603488 | 37.00 +0.94 |
| NG.ZA | Floor Visscher | WS Twente | 37.81 | 200604528 | |
| NG | Esmee Kemerink | SWOL 1894 | 36.53 | 200602508 | |
| NG | Hannah de Priester | SWOL 1894 | 36.26 | 200602008 | |
| NG | Isabel Post | WS Twente | 37.63 | 200604582 | |

Junioren 3

| | | | | | |
|-------|----------------------|----------------|-------|-----------|--------------------|
| 1. | Lieke van der Wal | ZIGNEA | 32.72 | 200501428 | 32.14 +0.57 |
| 2. | Marit Welhuis | Dedemsvaart-AC | 33.94 | 200502816 | 32.70 |
| 3. | Mirthe van Es | Zv 44 | 32.78 | 200503920 | 33.10 |
| 4. | Maaïke Schrottenboer | De Grunte | 34.19 | 200504978 | 33.14 +0.63 |
| 5. | Eline Pullen | De Grunte | 34.28 | 200500630 | 33.37 +0.89 |
| 6. | Natalie Koole | ZIGNEA | 34.30 | 200500882 | 35.11 +0.73 |
| 7. | Lisa van Eijk | SWOL 1894 | 35.80 | 200502758 | 35.46 |
| 8. | Emma ten Bos | EZCL (SG) | 35.51 | 200500294 | 35.59 +0.82 |
| NG.ZA | Ingeborg Veluwenkamp | ZPC De Hof | 34.55 | 200500990 | |

Programmanr. 13
15-6-2019 - 14:25

Dames, 50m vrije slag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|----------------|------------------|----------------|--------|-----------|--------------------|
| Jeugd 1 | | | | | |
| 1. | Iris Welhuis | Dedemsvaart-AC | 32.58 | 200403678 | 32.61 +0.62 |
| 2. | Annakey Willcox | EZCL (SG) | 32.88 | 200401050 | 33.85 |
| 3. | Carlijne Sam | ZVZ | 32.70 | 200400196 | 33.90 |
| 4. | Ilse Meulenkamp | WS Twente | 35.26 | 200400764 | 34.37 |
| 5. | Maartje Priekaar | WS Twente | 35.34 | 200403360 | 34.72 |
| 6. | Annet Hartholt | Dedemsvaart-AC | 33.59 | 200401646 | 34.74 |
| 7. | Iris Kootstra | Dedemsvaart-AC | 32.84 | 200404424 | 34.77 +0.74 |
| 8. | Marit van Dalen | De Grunte | 35.21 | 200401686 | 35.41 +0.79 |
| 9. | Maud van Vondel | WS Twente | 35.19 | 200400326 | 35.78 +0.81 |

Programmanr. 13, Meisjes, 50m vrije slag, Jeugd 1

| rang | naam | vereniging | intijd | tijd | RT |
|-------|---|------------|--------|-----------|----|
| DIS | Marinka Mulder | De Grunte | 32.07 | 200405634 | |
| | <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | |
| NG.ZA | Esmee ter Braak | VZ&PC | 35.41 | 200403660 | |
| NG.ZA | Iris ten Tije | ZPC De Hof | 34.39 | 200400940 | |

Jeugd 2

| | | | | | | |
|-----|------------------|---------------|-------|-----------|--------------|-------|
| 1. | Lieke Stoker | WS Twente | 33.46 | 200301412 | 31.11 | +0.76 |
| 2. | Tamar Wijdenes | Z&PV de Veene | 33.13 | 200303618 | 31.78 | |
| 3. | Karin de Haan | 't Tolhekke | 30.99 | 200301456 | 31.82 | +0.54 |
| 4. | Jasmijn Plas | De Grunte | 31.47 | 200300388 | 32.35 | |
| 5. | Noa van den Berg | WS Twente | 32.39 | 200302118 | 32.66 | +0.59 |
| 6. | Leonie Smit | EZCL (SG) | 32.80 | 200301978 | 33.31 | +0.87 |
| 7. | Renate Dellelijn | SWOL 1894 | 33.00 | 200301770 | 34.05 | +0.61 |
| 8. | Aimee Heerschop | 't Tolhekke | 34.13 | 200300146 | 35.38 | |
| 9. | Laura Verwoerd | Z&PV de Veene | 35.63 | 200302310 | 36.19 | |
| 10. | Sophia de Groot | EZCL (SG) | 35.47 | 200300840 | 36.80 | +0.67 |

Senioren

| | | | | | | |
|-----|------------------------|----------------|-------|-----------|--------------|-------|
| 1. | Romee Stappenbelt | OZ&PC | 30.44 | 200200690 | 30.35 | +0.65 |
| 2. | Sabine Lageweg | Steenwijk 1934 | 30.27 | 199900926 | 30.92 | +0.51 |
| 3. | Lisa van Riel | SWOL 1894 | 30.44 | 199805652 | 31.04 | +0.57 |
| 4. | Maud Heldoorn | Deltasteur | 30.55 | 200000564 | 31.29 | +0.67 |
| 5. | Deborah Wilms | WS Twente | 31.29 | 199800936 | 31.30 | +0.69 |
| 6. | Esmée van der Tweel | Deltasteur | 30.53 | 200202870 | 31.55 | |
| 7. | Marleen Hof | WS Twente | 31.02 | 199802464 | 31.75 | |
| 8. | Arinda Treffers | SWOL 1894 | 33.12 | 200106308 | 31.81 | +0.68 |
| 9. | Francis Sanderman | VZ&PC | 30.76 | 200200320 | 31.83 | +0.66 |
| 10. | Tessa Maat | Deltasteur | 31.31 | 200201826 | 31.85 | +0.74 |
| 11. | Meike Cleveringa | SWOL 1894 | 32.80 | 200206096 | 32.19 | |
| 12. | Mathilde van Hattum | EZCL (SG) | 32.23 | 200006662 | 32.23 | |
| 13. | Romée Beverdam | WS Twente | 31.54 | 200100158 | 32.67 | +0.74 |
| 14. | Diana Hemstede-Lammers | Z&PV de Veene | 32.00 | 198902572 | 32.85 | +0.62 |
| 15. | Anniko Maas | EZCL (SG) | 31.05 | 200000356 | 32.98 | +0.70 |
| 16. | Kirsten Pluim | SWOL 1894 | 34.09 | 200106132 | 33.07 | |
| 17. | Kyonne Maas | EZCL (SG) | 32.86 | 200200434 | 33.26 | |
| 18. | Marloes Eppinga | WS Twente | 34.77 | 200204164 | 33.84 | |
| 19. | Anouk Hof | WS Twente | 32.96 | 199802462 | 35.14 | +0.63 |
| 20. | Marit Gerritsen | WS Twente | 35.06 | 200200664 | 35.21 | |
| 21. | Karlijn Berning | EZCL (SG) | 34.01 | 200000692 | 35.82 | |

Programmanr. 14
15-6-2019 - 14:30

Jongens, 100m schoolslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|-------------------|---------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Jur Hoekman | WS Twente | 1:39.50 | 200600801 | 1:36.98 | +0.54 | 44.67 | 1:36.98 |
| 2. | Dirk Zwaneveld | ZIGNEA | 1:37.64 | 200601041 | 1:39.92 | | 46.29 | 1:39.92 |
| Junioren 2 | | | | | | | | |
| 1. | Jelmer van der Lijn | EZCL (SG) | 1:33.18 | 200503081 | 1:28.99 | | 41.38 | 1:28.99 |
| 2. | Geert Almekinders | Zv 44 | 1:30.90 | 200501097 | 1:35.71 | +0.54 | 44.79 | 1:35.71 |
| Junioren 3 | | | | | | | | |
| 1. | Torben Rijnkels | Dedemsvaart-AC | 1:27.50 | 200404603 | 1:24.61 | +0.66 | 38.95 | 1:24.61 |
| 2. | Tom Schipper | WS Twente | 1:27.81 | 200401799 | 1:24.77 | | 40.31 | 1:24.77 |
| 3. | Johan Nijeboer | WS Twente | 1:28.15 | 200402417 | 1:32.05 | +0.84 | 43.22 | 1:32.05 |
| AFGEM | Yoren van Aalst | Zv 44 | 1:25.89 | 200400713 | | | | |

Programmanr. 14, Jongens, 100m schoolslag

Junioren 4

| | | | | | | | | |
|----|-------------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Bart Oude Egbrink | OZ&PC | 1:22.50 | 200300491 | 1:25.07 | +0.70 | 40.19 | 1:25.07 |
| 2. | Jordi Freriksen | WS Twente | 1:22.30 | 200301927 | 1:28.62 | +0.82 | 41.41 | 1:28.62 |

Programmanr. 15
15-6-2019 - 14:35

Heren, 100m schoolslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|------|------|------------|--------|--|------|----|-----|------|
|------|------|------------|--------|--|------|----|-----|------|

Jeugd 1

| | | | | | | | | |
|----|---------------|-------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Geert de Haan | 't Tolhekke | 1:23.51 | 200200369 | 1:27.17 | +0.67 | 39.83 | 1:27.17 |
|----|---------------|-------------|---------|-----------|----------------|-------|-------|---------|

Jeugd 2

| | | | | | | | | |
|----|-------------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Patrick Groeneweg | WS Twente | 1:20.44 | 200100513 | 1:24.25 | +0.63 | 39.45 | 1:24.25 |
| 2. | Martijn Sam | ZVZ | 1:18.14 | 200100169 | 1:25.40 | +0.82 | 41.07 | 1:25.40 |
| 3. | Stefan Kagenaar | ZIGNEA | 1:20.88 | 200101391 | 1:26.83 | | 40.53 | 1:26.83 |
| 4. | Robert Toeter | Hera'11 | 1:21.85 | 200101779 | 1:28.89 | +0.62 | 41.18 | 1:28.89 |
| 5. | Lars Peters | WS Twente | 1:23.54 | 200105027 | 1:31.07 | +0.58 | 42.06 | 1:31.07 |

Senioren

| | | | | | | | | |
|-------|------------------|-------|---------|-----------|----------------|-------|-------|---------|
| 1. | Julian Hansman | ZVZ | 1:16.57 | 200000029 | 1:21.25 | +0.65 | 38.05 | 1:21.25 |
| 2. | Bas van Tintelen | OZ&PC | 1:23.57 | 199800455 | 1:22.76 | +0.79 | 39.87 | 1:22.76 |
| AFGEM | Michel Visscher | Zv 44 | 1:22.10 | 199003097 | | | | |

Programmanr. 16
15-6-2019 - 14:35

Meisjes, 100m rugslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|------|------|------------|--------|--|------|----|-----|------|
|------|------|------------|--------|--|------|----|-----|------|

Junioren 1

| | | | | | | | | |
|-------|--------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Elise Schaapveld | Zv 44 | 1:30.34 | 200703006 | 1:22.84 | +0.80 | 40.65 | 1:22.84 |
| 2. | Maaïke Bosman | ZIGNEA | 1:25.34 | 200700624 | 1:29.53 | +0.77 | 42.92 | 1:29.53 |
| 3. | Krista Veehof | Deltasteur | 1:26.66 | 200700140 | 1:31.15 | +0.84 | 44.93 | 1:31.15 |
| 4. | Cato Tulen | SWOL 1894 | 1:29.94 | 200701946 | 1:32.86 | +0.70 | 45.76 | 1:32.86 |
| 5. | Kaylen Schonewille | ZVZ | 1:33.56 | 200700500 | 1:32.88 | +0.66 | 45.68 | 1:32.88 |
| 6. | Sofie Kragt | Dedemsvaart-AC | 1:34.21 | 200701020 | 1:33.04 | +0.77 | 44.87 | 1:33.04 |
| 7. | Noor Heinekamp | ZPC De Hof | 1:27.45 | 200701420 | 1:33.22 | +0.68 | 46.35 | 1:33.22 |
| 8. | Vivian Nooter | Zv 44 | 1:28.84 | 200703614 | 1:35.37 | +0.61 | 46.03 | 1:35.37 |
| 9. | Iris Klink | Zv 44 | 1:34.49 | 200700190 | 1:36.86 | +0.62 | 46.54 | 1:36.86 |
| NG.ZA | Noëlle Smit | WS Twente | 1:35.82 | 200701938 | | | | |

Junioren 2

| | | | | | | | | |
|----|---------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Demi de Wolf | Deltasteur | 1:20.96 | 200600240 | 1:22.13 | +0.81 | 39.88 | 1:22.13 |
| 2. | Lyanne Spaan | Dedemsvaart-AC | 1:21.02 | 200600216 | 1:24.72 | +0.68 | 40.34 | 1:24.72 |
| 3. | Renske Oude Egbrink | OZ&PC | 1:21.84 | 200600040 | 1:25.50 | +0.77 | 41.06 | 1:25.50 |
| 4. | Sarah ten Dam | ZPC De Hof | 1:26.26 | 200600052 | 1:26.05 | +0.72 | 42.57 | 1:26.05 |
| 5. | Sanne ten Tije | ZPC De Hof | 1:28.34 | 200600324 | 1:29.83 | +0.75 | 43.75 | 1:29.83 |
| 6. | Joelle Kagenaar | ZIGNEA | 1:29.14 | 200600070 | 1:30.89 | +0.72 | 44.53 | 1:30.89 |
| 7. | Floor Wergers | Dedemsvaart-AC | 1:27.65 | 200602114 | 1:32.32 | +0.74 | 45.22 | 1:32.32 |

Junioren 3

| | | | | | | | | |
|----|-----------------------|-----------|---------|-----------|----------------|-------|-------|---------|
| 1. | Ilse Siemerink | WS Twente | 1:25.03 | 200502512 | 1:25.06 | +0.88 | 41.54 | 1:25.06 |
| 2. | Zoé van den Berg | WS Twente | 1:23.18 | 200501638 | 1:25.47 | +0.80 | 40.90 | 1:25.47 |
| 3. | Michelle van den Berg | Zv 44 | 1:26.03 | 200500286 | 1:27.08 | +0.73 | 42.57 | 1:27.08 |
| 4. | Eline Pullen | De Grunte | 1:24.99 | 200500630 | 1:29.95 | +0.82 | 44.75 | 1:29.95 |
| 5. | Esther Engbers | WS Twente | 1:22.40 | 200500358 | 1:30.05 | +0.74 | 43.43 | 1:30.05 |
| 6. | Lieke van der Wal | ZIGNEA | 1:24.05 | 200501428 | 1:31.03 | +0.59 | 43.27 | 1:31.03 |

Programmanr. 17
15-6-2019 - 14:45

Dames, 100m rugslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|----------------|------------------|----------------|---------|-----------|------------------|-------|---------------|
| Jeugd 1 | | | | | | | |
| 1. | Abri Wiersma | ZIGNEA | 1:15.38 | 200403854 | 1:21.43 | +0.72 | 39.90 1:21.43 |
| 2. | Kimm Bakker | 't Tolhekke | 1:23.64 | 200403270 | 1:25.52 | +0.98 | 41.52 1:25.52 |
| 3. | Carlijne Sam | ZVZ | 1:19.20 | 200400196 | 1:25.60 | +0.72 | 42.83 1:25.60 |
| 4. | Annet Hartholt | Dedemsvaart-AC | 1:20.33 | 200401646 | 1:28.35 * | +0.76 | 42.82 1:28.35 |
| 5. | Ilona Kosse | Dedemsvaart-AC | 1:23.34 | 200401966 | 1:28.42 | +0.80 | 43.90 1:28.42 |
| 6. | Fiona Wormeester | EZCL (SG) | 1:19.25 | 200400674 | 1:28.66 | +0.64 | 43.53 1:28.66 |

Jeugd 2

| | | | | | | | |
|-----|------------------|----------------|---------|-----------|----------------|-------|---------------|
| 1. | Iris Lok | WS Twente | 1:16.89 | 200301094 | 1:19.49 | +0.71 | 39.08 1:19.49 |
| 2. | Juliëtte Jansen | ZVZ | 1:19.84 | 200303006 | 1:22.11 | +0.75 | 40.22 1:22.11 |
| 3. | Renate Dellelijn | SWOL 1894 | 1:22.93 | 200301770 | 1:22.50 | +0.72 | 40.35 1:22.50 |
| 4. | Noa van den Berg | WS Twente | 1:19.32 | 200302118 | 1:23.98 | +0.65 | 40.23 1:23.98 |
| 5. | Laura Dekker | De Grunte | 1:16.52 | 200301650 | 1:24.26 | +0.74 | 40.01 1:24.26 |
| 6. | Lieke Stoker | WS Twente | 1:20.75 | 200301412 | 1:26.83 | +0.66 | 43.34 1:26.83 |
| 7. | Jasmijn Plas | De Grunte | 1:19.03 | 200300388 | 1:26.85 | +0.76 | 43.02 1:26.85 |
| 8. | Karin de Haan | 't Tolhekke | 1:23.33 | 200301456 | 1:26.98 | +0.63 | 42.56 1:26.98 |
| 9. | Tamar Wijdenes | Z&PV de Veene | 1:21.64 | 200303618 | 1:28.47 | +0.74 | 42.28 1:28.47 |
| 10. | Sophia de Groot | EZCL (SG) | 1:23.14 | 200300840 | 1:29.30 | +0.84 | 44.34 1:29.30 |
| 11. | Meghan Mulder | Dedemsvaart-AC | 1:20.58 | 200301734 | 1:30.26 | +0.72 | 43.56 1:30.26 |

Senioren

| | | | | | | | |
|-----|---------------------|----------------|---------|-----------|----------------|-------|---------------|
| 1. | Francis Sanderman | VZ&PC | 1:16.50 | 200200320 | 1:19.44 | +0.59 | 38.64 1:19.44 |
| 2. | Deborah Wilms | WS Twente | 1:15.50 | 199800936 | 1:19.63 | +0.78 | 39.96 1:19.63 |
| 3. | Melissa de Lang | Zv 44 | 1:15.69 | 200001186 | 1:20.88 | +0.85 | 39.84 1:20.88 |
| 4. | Marleen Hof | WS Twente | 1:19.38 | 199802464 | 1:22.40 | +0.80 | 40.81 1:22.40 |
| 5. | Romee Stappenbelt | OZ&PC | 1:22.25 | 200200690 | 1:22.53 | +0.71 | 40.52 1:22.53 |
| 6. | Janine ter Schure | 't Tolhekke | 1:23.47 | 200105164 | 1:22.99 | +0.70 | 40.80 1:22.99 |
| 7. | Alies Wagter | Steenwijk 1934 | 1:17.41 | 199900840 | 1:23.74 | +0.82 | 41.14 1:23.74 |
| 8. | Esmée van der Tweel | Deltasteur | 1:17.30 | 200202870 | 1:24.13 | +0.61 | 40.17 1:24.13 |
| 9. | Meike Cleveringa | SWOL 1894 | 1:22.51 | 200206096 | 1:25.51 | +0.68 | 40.79 1:25.51 |
| 10. | Anniko Maas | EZCL (SG) | 1:18.54 | 200000356 | 1:27.59 | +0.95 | 42.90 1:27.59 |

Programmanr. 18
15-6-2019 - 14:50

Jongens, 50m vlinderslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|--|-----------------|------------|--------|-----------|--------------------|
| Junioren 1 | | | | | |
| 1. | Dirk Zwaneveld | ZIGNEA | 40.45 | 200601041 | 39.52 +0.75 |
| 2. | Luca Aufderhaar | De Grunte | 41.04 | 200603375 | 40.27 +0.59 |
| 3. | Dago Hofmeijer | WS Twente | 42.22 | 200600121 | 40.51 |
| 4. | Rick Smelt | ZVZ | 40.43 | 200600051 | 40.99 |
| 5. | Jur Hoekman | WS Twente | 39.08 | 200600801 | 41.07 |
| 6. | Salo Veld | ZVZ | 42.61 | 200600641 | 42.18 |
| DIS | Kay Lubbers | WS Twente | 43.09 | 200600987 | +0.75 |
| <i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i> | | | | | |
| NG | Pascal Seine | Zv 44 | 42.43 | 200602835 | |

Junioren 2

| | | | | | |
|----|---------------------|-----------|-------|-----------|--------------------|
| 1. | Jelmer van der Lijn | EZCL (SG) | 35.79 | 200503081 | 34.72 |
| 2. | Keanu Hawtin | Hera'11 | 36.91 | 200503619 | 37.02 +0.59 |
| 3. | Geert Almekinders | Zv 44 | 37.73 | 200501097 | 37.80 +0.57 |
| 4. | Jan Julkowski | ZIGNEA | 36.80 | 200500275 | 37.98 |

Programmanr. 18, Jongens, 50m vlinderslag

Junioren 3

| | | | | | | |
|----|------------------|----------------|-------|-----------|--------------|-------|
| 1. | Leonardo Hassing | Dedemsvaart-AC | 34.35 | 200402377 | 33.59 | +0.63 |
|----|------------------|----------------|-------|-----------|--------------|-------|

Junioren 4

| | | | | | | |
|-------|-------------------|----------------|-------|-----------|--------------|-------|
| 1. | Bart Oude Egbrink | OZ&PC | 31.88 | 200300491 | 31.92 | +0.66 |
| 2. | Jordi Freriksen | WS Twente | 32.61 | 200301927 | 32.86 | +0.89 |
| 3. | Taco Hengstman | De Grunte | 34.03 | 200304601 | 34.27 | |
| 4. | Sem Wellenberg | Dedemsvaart-AC | 33.37 | 200301301 | 35.08 | +0.77 |
| 5. | Joas Hoefnagel | ZIGNEA | 34.88 | 200302161 | 35.35 | +0.70 |
| AFGEM | Daniël Groeneweg | WS Twente | 34.73 | 200300521 | | |

Programmanr. 19
15-6-2019 - 14:55

Heren, 50m vlinderslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|----------------|---------------------|-------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Ian van der Pal | Zv 44 | 29.59 | 200203645 | 30.35 | +0.73 |
| 2. | Geert de Haan | 't Tolhekke | 30.99 | 200200369 | 32.07 | +0.61 |
| 3. | Jens zum Grotenhoff | OZ&PC | 33.00 | 200200171 | 32.75 | +0.90 |
| 4. | Bart Goos | VZ&PC | 33.94 | 200200257 | 34.36 | +0.78 |
| NG | Lucas Wulff | EZCL (SG) | 31.89 | 200202249 | | |

Jeugd 2

| | | | | | | |
|-------|-------------------|------------|-------|-----------|--------------|-------|
| 1. | Martijn Sam | ZVZ | 29.63 | 200100169 | 29.86 | +0.75 |
| 2. | Patrick Groeneweg | WS Twente | 30.97 | 200100513 | 32.18 | +0.70 |
| 3. | Stefan Kagenaar | ZIGNEA | 30.10 | 200101391 | 32.34 | +0.65 |
| 4. | Robert Toeter | Hera'11 | 33.61 | 200101779 | 35.44 | +0.46 |
| AFGEM | Kristian Kiers | Deltasteur | 32.56 | 200100349 | | |

Senioren

| | | | | | | |
|-------|--------------------|-----------|-------|-----------|--------------|-------|
| 1. | Bas van Tintelen | OZ&PC | 30.80 | 199800455 | 31.58 | +0.83 |
| 2. | Michael van Bekkum | SWOL 1894 | 31.75 | 197200051 | 32.60 | +0.59 |
| 3. | Julian Hansman | ZVZ | 30.34 | 200000029 | 33.36 | +0.55 |
| 4. | Emiel van Essen | SWOL 1894 | 32.42 | 199702925 | 34.47 | +0.79 |
| AFGEM | Michel Visscher | Zv 44 | 31.82 | 199003097 | | |

Programmanr. 20
15-6-2019 - 15:20

Dames, 200m wisselslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|----------------|------------------|----------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| Jeugd 1 | | | | | | | | | | |
| 1. | Ilona Kosse | Dedemsvaart-AC | 3:02.21 | 200401966 | 3:03.51 | +0.61 | 40.17 | 1:29.64 | 2:22.51 | 3:03.51 |
| 2. | Carlijne Sam | ZVZ | 2:55.64 | 200400196 | 3:10.06 | | 43.11 | 1:31.41 | 2:28.44 | 3:10.06 |
| 3. | Iris Kootstra | Dedemsvaart-AC | 3:00.35 | 200404424 | 3:12.23 | | 43.23 | 1:34.64 | 2:26.90 | 3:12.23 |
| 4. | Annet Hartholt | Dedemsvaart-AC | 3:05.97 | 200401646 | 3:21.53 | | 47.03 | 1:34.60 | 2:36.72 | 3:21.53 |
| 5. | Fiona Wormeester | EZCL (SG) | 2:54.09 | 200400674 | 3:23.16 | +0.73 | 41.91 | 1:36.81 | 2:33.65 | 3:23.16 |
| DIS | Kimm Bakker | 't Tolhekke | 2:51.43 | 200403270 | | +0.54 | | | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Jeugd 2

| | | | | | | | | | | |
|----|------------------|----------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| 1. | Juliëtte Jansen | ZVZ | 2:41.72 | 200303006 | 2:49.18 | | 35.42 | 1:20.91 | 2:11.48 | 2:49.18 |
| 2. | Iris Lok | WS Twente | 2:54.05 | 200301094 | 2:55.52 | | 38.39 | 1:22.27 | 2:16.01 | 2:55.52 |
| 3. | Meghan Mulder | Dedemsvaart-AC | 2:49.54 | 200301734 | 2:56.49 | | 38.40 | 1:27.25 | 2:18.88 | 2:56.49 |
| 4. | Jasmijn Plas | De Grunte | 2:50.48 | 200300388 | 2:59.40 | +0.75 | 38.76 | 1:27.38 | 2:18.98 | 2:59.40 |
| 5. | Laura Dekker | De Grunte | 2:45.73 | 200301650 | 3:01.94 | +0.51 | 38.65 | 1:26.44 | 2:21.80 | 3:01.94 |
| 6. | Lieke Stoker | WS Twente | 2:52.76 | 200301412 | 3:05.68 | +0.73 | 38.55 | 1:27.92 | 2:24.84 | 3:05.68 |
| 7. | Renate Dellelijn | SWOL 1894 | 3:03.20 | 200301770 | 3:08.72 | | 39.88 | 1:25.40 | 2:25.21 | 3:08.72 |

Programmanr. 20, Meisjes, 200m wisselslag, Jeugd 2

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|---------------------|---------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| 8. Noa van den Berg | WS Twente | 2:54.52 | 200302118 | 3:09.98 | +0.53 | 42.53 | 1:27.43 | 2:25.17 | 3:09.98 |
| 9. Leonie Smit | EZCL (SG) | 3:07.11 | 200301978 | 3:12.79 | | 41.99 | 1:28.83 | 2:28.60 | 3:12.79 |
| 10. Tamar Wijdenes | Z&PV de Veene | 3:06.15 | 200303618 | 3:12.81 | +0.70 | 41.47 | 1:31.31 | 2:28.44 | 3:12.81 |

Senioren

| | | | | | | | | | |
|-------------------------|----------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| 1. Tessa Maat | Deltasteur | 2:49.29 | 200201826 | 2:53.06 | +0.72 | 35.99 | 1:21.33 | 2:13.19 | 2:53.06 |
| 2. Sabine Lageweg | Steenwijk 1934 | 2:52.35 | 199900926 | 2:53.20 | +0.49 | 35.93 | 1:22.87 | 2:13.69 | 2:53.20 |
| 3. Danique Afink | Z&PV de Veene | 2:51.73 | 200201584 | 2:53.35 | +0.68 | 35.97 | 1:18.57 | 2:13.77 | 2:53.35 |
| 4. Lisa van Riel | SWOL 1894 | 2:52.21 | 199805652 | 2:55.76 | | 37.19 | 1:22.93 | 2:15.00 | 2:55.76 |
| 5. Maud Heldoorn | Deltasteur | 2:53.00 | 200000564 | 2:57.29 | +0.54 | 36.01 | 1:23.03 | 2:15.88 | 2:57.29 |
| 6. Meike Cleveringa | SWOL 1894 | 2:56.50 | 200206096 | 3:00.26 | +0.56 | 41.21 | 1:28.79 | 2:19.08 | 3:00.26 |
| 7. Janine ter Schure | 't Tolhekke | 3:01.74 | 200105164 | 3:02.48 | +0.80 | 40.53 | 1:28.02 | 2:24.88 | 3:02.48 |
| 8. Iris Zandvoort | Z&PV de Veene | 2:56.75 | 200202274 | 3:03.31 | +0.77 | 38.38 | 1:29.12 | 2:22.70 | 3:03.31 |
| 9. Romée Beverdam | WS Twente | 2:55.34 | 200100158 | 3:06.23 | | 38.05 | 1:26.41 | 2:21.23 | 3:06.23 |
| 10. Anniko Maas | EZCL (SG) | 2:56.27 | 200000356 | 3:23.77 | +0.79 | 46.01 | 1:37.90 | 2:39.25 | 3:23.77 |
| NG.ZA Francis Sanderman | VZ&PC | 3:02.04 | 200200320 | | | | | | |

Programmanr. 21
15-6-2019 - 15:35

Meisjes, 200m wisselslag

Junioren
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|-----------------------|----------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | |
| 1. Diewuë Cleveringa | SWOL 1894 | 3:10.58 | 200700708 | 3:11.31 | +0.52 | 48.88 | 1:34.65 | 2:29.56 | 3:11.31 |
| 2. Cato Tulen | SWOL 1894 | 3:22.66 | 200701946 | 3:14.94 | | 46.98 | 1:37.73 | 2:33.79 | 3:14.94 |
| 3. Maaïke Bosman | ZIGNEA | 3:14.45 | 200700624 | 3:16.93 | | 42.27 | 1:33.30 | 2:31.24 | 3:16.93 |
| 4. Sofie Kragt | Dedemsvaart-AC | 3:22.63 | 200701020 | 3:17.44 | | 44.83 | 1:38.30 | 2:34.73 | 3:17.44 |
| 5. Noor Heinekamp | ZPC De Hof | 3:27.30 | 200701420 | 3:17.56 | +0.64 | 45.44 | 1:36.08 | 2:35.69 | 3:17.56 |
| 6. Kaylen Schonewille | ZVZ | 3:21.79 | 200700500 | 3:23.35 | +0.72 | 47.96 | 1:39.74 | 2:40.72 | 3:23.35 |
| 7. Ashley Nijveld | VZ&PC | 3:28.65 | 200700384 | 3:26.26 | | 47.27 | 1:41.89 | 2:38.27 | 3:26.26 |
| 8. Iris Klink | Zv 44 | 3:21.83 | 200700190 | 3:28.04 | | 48.94 | 1:41.20 | 2:39.12 | 3:28.04 |
| 9. Jorien Hogebrug | WS Twente | 3:27.57 | 200702260 | 3:41.61 | | 49.55 | 1:47.73 | 2:49.30 | 3:41.61 |

Junioren 2

| | | | | | | | | | |
|---------------------|----------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| 1. Sarah ten Dam | ZPC De Hof | 3:01.87 | 200600052 | 3:01.88 | | 40.46 | 1:26.45 | 2:22.19 | 3:01.88 |
| 2. Meike Fix | Dedemsvaart-AC | 3:02.12 | 200600962 | 3:04.79 | | 42.21 | 1:29.66 | 2:25.72 | 3:04.79 |
| 3. Rebecca Reurink | Dedemsvaart-AC | 3:04.63 | 200602112 | 3:05.82 | | 39.11 | 1:26.44 | 2:23.87 | 3:05.82 |
| 4. Nikita Timmerman | EZCL (SG) | 3:02.34 | 200600158 | 3:05.88 | +0.67 | 42.48 | 1:30.41 | 2:24.94 | 3:05.88 |
| 5. Sanne ten Tije | ZPC De Hof | 3:01.18 | 200600324 | 3:06.87 | | 40.28 | 1:26.82 | 2:25.32 | 3:06.87 |
| 6. Floor Wergers | Dedemsvaart-AC | 3:15.18 | 200602114 | 3:14.46 | | 48.15 | 1:39.67 | 2:32.19 | 3:14.46 |
| 7. Joelle Kagenaar | ZIGNEA | 3:19.06 | 200600070 | 3:15.17 | | 46.68 | 1:38.03 | 2:34.42 | 3:15.17 |
| 8. Eva Havelaar | De Grunte | 3:16.38 | 200601660 | 3:17.90 | | 44.43 | 1:38.05 | 2:37.90 | 3:17.90 |
| 9. Fien de Zeeuw | OZ&PC | 3:18.24 | 200600130 | 3:24.85 | +0.76 | 49.40 | 1:46.77 | 2:42.08 | 3:24.85 |
| 10. Lyanne Spaan | Dedemsvaart-AC | 3:03.82 | 200600216 | 3:25.90 | | 47.30 | 1:37.53 | 2:41.69 | 3:25.90 |
| 11. Carmen Powell | Zv 44 | 3:17.64 | 200602458 | 3:29.62 | +0.65 | 50.68 | 1:45.67 | 2:41.38 | 3:29.62 |

DIS Lienke Pouwels De Grunte 3:19.10 200601000
VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.

DIS Kim Holterman ZPC De Hof 3:12.02 200603488
VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.

Junioren 3

| | | | | | | | | | |
|--------------------------|----------------|---------|-----------|----------------|-------|-------|---------|---------|---------|
| 1. Eline Pullen | De Grunte | 3:08.00 | 200500630 | 3:05.86 | +0.72 | 44.91 | 1:33.46 | 2:26.44 | 3:05.86 |
| 2. Alyssa Eilander | De Grunte | 3:09.23 | 200501982 | 3:08.42 | | 44.13 | 1:32.52 | 2:28.13 | 3:08.42 |
| 3. Esther Engbers | WS Twente | 2:55.17 | 200500358 | 3:09.99 | +0.69 | 44.02 | 1:32.04 | 2:28.45 | 3:09.99 |
| 4. Ilse Siemerink | WS Twente | 3:02.71 | 200502512 | 3:10.78 | | 39.01 | 1:29.42 | 2:27.62 | 3:10.78 |
| 5. Roos Kousman | WS Twente | 3:08.57 | 200503642 | 3:10.98 | | 45.22 | 1:33.64 | 2:28.14 | 3:10.98 |
| 6. Emma ten Bos | EZCL (SG) | 3:08.88 | 200500294 | 3:13.54 | | 43.04 | 1:33.17 | 2:29.62 | 3:13.54 |
| 7. Michelle van den Berg | Zv 44 | 3:09.24 | 200500286 | 3:13.62 | +0.73 | 45.76 | 1:38.65 | 2:33.91 | 3:13.62 |
| 8. Marit Welhuis | Dedemsvaart-AC | 3:12.74 | 200502816 | 3:23.11 | | 47.92 | 1:40.69 | 2:39.56 | 3:23.11 |
| 9. Lieke van der Wal | ZIGNEA | 3:11.83 | 200501428 | 3:25.99 | | 48.52 | 1:41.81 | 2:37.88 | 3:25.99 |

Programmanr. 22
15-6-2019 - 15:50

Heren, 4 x 100m vrije slag

All in
Resultaten

| rang | vereniging | intijd | | tijd | | RT | | |
|-------|--------------|---------|-------|----------------|--------------|-------|-------|---------|
| 1. | WS Twente | 4:14.91 | | 4:28.47 | | +0.69 | | |
| | Ties Dilling | +0.69 | 30.32 | 1:04.93 | Joost Besten | +0.50 | 32.08 | 1:09.78 |
| | Tom Schipper | +0.57 | 33.87 | 1:10.76 | Eric Hoekman | +0.57 | 29.96 | 1:03.00 |
| AFGEM | OZ&PC 1 | OZ&PC | | 4:17.69 | | | | |

Programmanr. 23
15-6-2019 - 15:55

Dames, 4 x 100m vrije slag

All in
Resultaten

| rang | vereniging | intijd | | tijd | | RT | | |
|------|---------------------|----------------|-------|----------------|---------------------|-------|-------|---------|
| 1. | EZCL (SG) 1 | 4:40.62 | | 4:48.97 | | +0.57 | | |
| | Mathilde van Hattum | +0.57 | 34.08 | 1:13.17 | Kyonne Maas | +0.45 | 34.24 | 1:13.27 |
| | Anniko Maas | +0.49 | 33.65 | 1:10.77 | Fiona Wormeester | +0.57 | 33.75 | 1:11.76 |
| 2. | de Veene 1 | Z&PV de Veene | | 4:51.64 | | +0.82 | | |
| | Tamar Wijdenes | +0.82 | 35.00 | 1:12.73 | Iris Zandvoort | +0.36 | 34.21 | 1:12.19 |
| | Nova Smit | | 36.16 | 1:16.96 | Danique Afink | +0.55 | 32.41 | 1:08.24 |
| 3. | OZ&PC 1 | OZ&PC | | 4:49.80 | | +0.92 | | |
| | Ilon Schuurman | +0.92 | 34.35 | 1:13.63 | Jolene Bekhuis | +0.25 | 34.98 | 1:15.67 |
| | Marly Leuwerink | +0.56 | 36.07 | 1:17.58 | Romee Stappenbelt | +0.38 | 31.47 | 1:05.21 |
| 4. | De Grunte 1 | De Grunte | | 4:38.44 | | | | |
| | Laura Dekker | | 35.02 | 1:13.59 | Marinka Mulder | +0.38 | 35.65 | 1:16.45 |
| | Jasmijn Plas | +0.25 | 33.95 | 1:11.82 | Alyssa Eilander | +0.22 | 35.72 | 1:14.41 |
| 5. | Dedemsvaart-AC 1 | Dedemsvaart-AC | | 4:49.78 | | | | |
| | Iris Welhuis | | 34.48 | 1:12.32 | Ilona Kosse | +0.24 | 34.83 | 1:13.50 |
| | Annet Hartholt | | 36.84 | 1:19.49 | Iris Kootstra | | 36.31 | 1:17.65 |
| 6. | ZVZ 1 | ZVZ | | 4:46.10 | | +0.68 | | |
| | Annejen Smelt | +0.68 | 34.61 | 1:11.94 | Carlijne Sam | | 37.28 | 1:18.48 |
| | Kaylen Schonewille | +0.48 | 37.67 | 1:20.07 | Roos Schuitema | +0.30 | 33.97 | 1:14.06 |
| 7. | EZCL (SG) 2 | EZCL (SG) | | 5:04.36 | | | | |
| | Leonie Smit | | 38.09 | 1:20.36 | Sophia de Groot | +0.47 | 39.08 | 1:24.98 |
| | Annakey Willcox | +0.19 | 37.21 | 1:18.87 | Karlijn Berning | | 39.78 | 1:26.40 |
| 8. | De Grunte 2 | De Grunte | | 5:45.23 | | | | |
| | Marit van Dalen | | 39.52 | 1:23.34 | Maaïke Schrotenboer | +0.28 | 39.19 | 1:19.59 |
| | Lienke Pouwels | | 38.93 | 1:23.87 | Arjanne Mulder | | 40.12 | 1:25.17 |

2 - Overijsselse B-Kampioenschappen sessie 2

16-6-2019 - 13:00

Programmanr. 24
16-6-2019 - 13:00

Gemengd, 4 x 100m wisselslag

All in
Resultaten

| rang | vereniging | intijd | tijd | RT |
|-------|----------------|---------|----------------|-----------------|
| 1. | ZVZ | 4:44.62 | 4:53.34 | +0.71 |
| | +0.71 | 37.58 | 1:17.92 | Martijn Sam |
| | | 41.09 | 1:27.45 | Julian Hansman |
| | | | 30.24 | 1:07.10 |
| | | | 28.64 | 1:00.87 |
| 2. | WS Twente | 4:54.03 | 5:07.86 | +0.79 |
| | +0.79 | 38.87 | 1:19.03 | Sander Riezebos |
| | | 39.36 | 1:24.38 | Romée Beverdam |
| | | | 31.50 | 1:11.69 |
| | | | 33.35 | 1:12.76 |
| 3. | WS Twente | 5:05.16 | 5:13.24 | +0.87 |
| | +0.87 | 33.52 | 1:10.56 | Lieke Stoker |
| | | 39.87 | 1:27.00 | Jolein Beute |
| | | | 35.99 | 1:20.04 |
| | | | 35.18 | 1:15.64 |
| 4. | De Grunte | 5:12.23 | 5:22.66 | +0.83 |
| | +0.83 | 37.71 | 1:19.54 | Lianne Plas |
| | | 41.48 | 1:30.62 | Daan Tangenberg |
| | | | 34.49 | 1:17.03 |
| | | | 35.76 | 1:15.47 |
| 5. | Dedemsvaart-AC | 5:18.00 | 5:39.59 | +0.76 |
| | +0.76 | 40.76 | 1:23.98 | Sem Wellenberg |
| | | 40.26 | 1:25.84 | Iris Kootstra |
| | | | 39.66 | 1:33.26 |
| | | | 35.55 | 1:16.51 |
| NG.ZA | VZ&PC | 5:10.40 | | |

Programmanr. 25
16-6-2019 - 13:05

Jongens, 100m vlinderslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------------------|------------------|----------------|---------|-----------|----------------|-------|---------|
| Junioren 1 | | | | | | | |
| 1. | Seb Pieterman | SWOL 1894 | 1:27.12 | 200600331 | 1:30.87 | 41.99 | 1:30.87 |
| Junioren 3 | | | | | | | |
| 1. | Wout Kogelman | OZ&PC | 1:17.42 | 200400203 | 1:21.64 | 33.67 | 1:21.64 |
| 2. | Leonardo Hassing | Dedemsvaart-AC | 1:18.83 | 200402377 | 1:22.50 | +0.46 | 35.61 |
| AFGEM | Yoren van Aalst | Zv 44 | 1:15.41 | 200400713 | | | 1:22.50 |
| Junioren 4 | | | | | | | |
| AFGEM | Daniël Groeneweg | WS Twente | 1:16.45 | 200300521 | | | |

Programmanr. 26
16-6-2019 - 13:10

Heren, 100m vlinderslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|----------------|---------------------|-------------|---------|-----------|----------------|-------|-------|
| Jeugd 1 | | | | | | | |
| 1. | Ian van der Pal | Zv 44 | 1:10.83 | 200203645 | 1:11.07 | +0.70 | 32.31 |
| 2. | Vincent Veluwenkamp | ZPC De Hof | 1:12.00 | 200200647 | 1:15.45 | +0.53 | 32.37 |
| 3. | Geert de Haan | 't Tolhekke | 1:12.79 | 200200369 | 1:16.33 | +0.66 | 33.27 |
| 4. | Jens zum Grotenhoff | OZ&PC | 1:15.67 | 200200171 | 1:18.18 | +0.90 | 36.38 |
| Jeugd 2 | | | | | | | |
| 1. | Lars Peters | WS Twente | 1:09.36 | 200105027 | 1:09.76 | +0.63 | 31.87 |
| 2. | Stefan Kagenaar | ZIGNEA | 1:10.92 | 200101391 | 1:12.48 | +0.65 | 31.62 |
| 3. | Martijn Sam | ZVZ | 1:06.68 | 200100169 | 1:13.11 | +0.76 | 32.75 |
| 4. | Patrick Groeneweg | WS Twente | 1:08.83 | 200100513 | 1:13.58 | +0.65 | 33.40 |

Programmanr. 26, Heren, 100m vlinderslag

Senioren

| | | | | | | | | |
|-------|-----------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Ties Dilling | WS Twente | 1:04.70 | 200000865 | 1:09.38 | +0.73 | 32.06 | 1:09.38 |
| 2. | Eric Hoekman | WS Twente | 1:13.72 | 197401531 | 1:15.49 | +0.90 | 32.95 | 1:15.49 |
| 3. | Cars Wiegmann | WS Twente | 1:13.85 | 199401025 | 1:15.55 | +0.76 | 33.91 | 1:15.55 |
| 4. | Sander Riezebos | WS Twente | 1:08.84 | 199400467 | 1:21.39 | +0.79 | 37.72 | 1:21.39 |
| AFGEM | Kylian Kooijman | Steenwijk 1934 | 1:10.74 | 199900763 | | | | |

Programmanr. 27
16-6-2019 - 13:10

Meisjes, 100m vrije slag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|-------------------|-------------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Lily Zandstra | Dedemsvaart-AC | 1:15.05 | 200701418 | 1:16.71 | +0.73 | 36.63 | 1:16.71 |
| 2. | Kaylen Schonewille | ZVZ | 1:17.20 | 200700500 | 1:17.07 | +0.83 | 37.14 | 1:17.07 |
| 3. | Dieuwke Cleveringa | SWOL 1894 | 1:18.47 | 200700708 | 1:17.30 | | 36.73 | 1:17.30 |
| 4. | Cato Tulen | SWOL 1894 | 1:17.77 | 200701946 | 1:18.00 | | 36.84 | 1:18.00 |
| 5. | Elise Schaapveld | Zv 44 | 1:20.43 | 200703006 | 1:18.92 | +0.69 | 38.35 | 1:18.92 |
| 6. | Maaike Bosman | ZIGNEA | 1:17.26 | 200700624 | 1:19.17 | | 38.27 | 1:19.17 |
| 7. | Noor Heinekamp | ZPC De Hof | 1:18.28 | 200701420 | 1:20.35 | | 37.58 | 1:20.35 |
| 8. | Noëlle Smit | WS Twente | 1:20.91 | 200701938 | 1:20.38 | | 37.18 | 1:20.38 |
| 9. | Sofie Kragt | Dedemsvaart-AC | 1:17.44 | 200701020 | 1:21.12 | | 38.73 | 1:21.12 |
| 10. | Laura van de Wal | Deltasteur | 1:19.25 | 200700138 | 1:21.44 | +0.78 | 38.46 | 1:21.44 |
| 11. | Lotte Oostdijk | ZPC De Hof | 1:21.99 | 200700070 | 1:21.71 | | 37.65 | 1:21.71 |
| 12. | Vivian Nooter | Zv 44 | 1:24.68 | 200703614 | 1:21.96 | | 37.76 | 1:21.96 |
| 13. | Sophia Parker | WS Twente | 1:22.82 | 200702400 | 1:22.21 | | 39.73 | 1:22.21 |
| 14. | Yvon Jansen | Deltasteur | 1:23.44 | 200700142 | 1:23.05 | | 40.10 | 1:23.05 |
| 15. | Krista Veehof | Deltasteur | 1:23.73 | 200700140 | 1:23.47 | | 40.18 | 1:23.47 |
| 16. | Lieke Kamphuis | EZCL (SG) | 1:24.40 | 200701448 | 1:24.37 | +0.60 | 40.15 | 1:24.37 |
| 17. | Yvon Eijkelkamp | ZPC De Hof | 1:21.48 | 200700040 | 1:24.49 | +0.76 | 39.28 | 1:24.49 |
| 18. | Fabiënne Fransen | VZ&PC | 1:24.61 | 200701956 | 1:25.45 | | 41.18 | 1:25.45 |
| 19. | Yalina Visscher | 't Tolhekke | 1:24.25 | 200700714 | 1:25.62 | | 40.52 | 1:25.62 |
| 20. | Sanne Regeling | ZIGNEA | 1:27.48 | 200700020 | 1:25.82 | | 37.77 | 1:25.82 |
| 21. | Esther van Benthem | 't Tolhekke | 1:23.63 | 200702082 | 1:26.03 | | 41.39 | 1:26.03 |
| 22. | Ashley Nijveld | VZ&PC | 1:27.30 | 200700384 | 1:28.19 | | 42.18 | 1:28.19 |
| 23. | Jorien Hogebrug | WS Twente | 1:27.04 | 200702260 | 1:28.84 | | 41.06 | 1:28.84 |
| 24. | Larissa Alessi | EZCL (SG) | 1:25.79 | 200701162 | 1:29.36 | | 43.25 | 1:29.36 |
| 25. | S. de Velde Harsenhorst | Deltasteur | 1:25.27 | 200700296 | 1:30.99 | | 44.10 | 1:30.99 |
| DIS | Iris Klink | Zv 44 | 1:19.65 | 200700190 | | | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

AFGEM Marij Abbink De Grunte 1:25.86 200700260

Junioren 2

| | | | | | | | | |
|-----|--------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Marlies Dijsselhof | Dedemsvaart-AC | 1:11.60 | 200601046 | 1:10.35 | | 33.45 | 1:10.35 |
| 2. | Sarah ten Dam | ZPC De Hof | 1:13.92 | 200600052 | 1:13.82 | | 35.96 | 1:13.82 |
| 3. | Nikita Timmerman | EZCL (SG) | 1:13.10 | 200600158 | 1:14.31 | +0.58 | 36.91 | 1:14.31 |
| 4. | Demi de Wolf | Deltasteur | 1:15.43 | 200600240 | 1:14.91 | | 35.29 | 1:14.91 |
| 5. | Joelle Kagenaar | ZIGNEA | 1:14.77 | 200600070 | 1:15.30 | | 36.64 | 1:15.30 |
| 6. | Meike Fix | Dedemsvaart-AC | 1:14.00 | 200600962 | 1:15.90 | | 35.54 | 1:15.90 |
| 7. | Iris Sportel | Dedemsvaart-AC | 1:13.48 | 200601048 | 1:16.09 | | 35.95 | 1:16.09 |
| 8. | Nova Smit | Z&PV de Veene | 1:21.27 | 200602526 | 1:16.42 | | 36.19 | 1:16.42 |
| 9. | Fien de Zeeuw | OZ&PC | 1:18.56 | 200600130 | 1:16.69 | | 37.66 | 1:16.69 |
| 10. | Sanne ten Tije | ZPC De Hof | 1:13.50 | 200600324 | 1:17.06 | | 35.78 | 1:17.06 |
| 11. | Romy Rohrink | OZ&PC | 1:22.32 | 200600014 | 1:17.20 | +0.63 | 36.42 | 1:17.20 |
| 12. | Eva Havelaar | De Grunte | 1:17.30 | 200601660 | 1:18.00 | | 37.15 | 1:18.00 |
| 13. | Floor Werger | Dedemsvaart-AC | 1:16.28 | 200602114 | 1:19.17 | | 38.35 | 1:19.17 |
| 14. | Carmen Powell | Zv 44 | 1:19.66 | 200602458 | 1:21.98 | +0.53 | 38.44 | 1:21.98 |
| DIS | Lyanne Spaan | Dedemsvaart-AC | 1:12.28 | 200600216 | | +0.70 | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

NG Esmee Kemerink SWOL 1894 1:21.53 200602508
NG Hannah de Priester SWOL 1894 1:21.94 200602008

Programmanr. 27, Meisjes, 100m vrije slag

Junioren 3

| | | | | | | | | |
|-------|-------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Alyssa Eilander | De Grunte | 1:11.30 | 200501982 | 1:12.03 | +0.71 | 34.96 | 1:12.03 |
| 2. | Zoé van den Berg | WS Twente | 1:13.86 | 200501638 | 1:12.09 | | 33.30 | 1:12.09 |
| 3. | Hannah ter Maat | ZPC De Hof | 1:10.20 | 200500168 | 1:13.95 | +0.59 | 34.70 | 1:13.95 |
| 4. | Eline Pullen | De Grunte | 1:15.19 | 200500630 | 1:14.17 | | 35.63 | 1:14.17 |
| 5. | Esther Engbers | WS Twente | 1:11.58 | 200500358 | 1:14.40 | | 34.82 | 1:14.40 |
| 6. | Mirthe van Es | Zv 44 | 1:14.79 | 200503920 | 1:15.88 | +0.64 | 35.61 | 1:15.88 |
| 7. | Natalie Koole | ZIGNEA | 1:15.29 | 200500882 | 1:16.26 | | 36.80 | 1:16.26 |
| 8. | Marit Welhuis | Dedemsvaart-AC | 1:17.17 | 200502816 | 1:17.05 | | 37.20 | 1:17.05 |
| 9. | Lieke van der Wal | ZIGNEA | 1:15.42 | 200501428 | 1:18.23 | | 36.30 | 1:18.23 |
| 10. | Vera Loman | WS Twente | 1:19.42 | 200504254 | 1:18.52 | +0.64 | 37.26 | 1:18.52 |
| 11. | Fianne Kroes | 't Tolhekke | 1:19.10 | 200504190 | 1:19.38 | +0.80 | 38.31 | 1:19.38 |
| AFGEM | Emma ten Bos | EZCL (SG) | 1:17.48 | 200500294 | | | | |

Programmanr. 28
16-6-2019 - 13:25

Dames, 100m vrije slag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|----------------|--------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| Jeugd 1 | | | | | | | | |
| 1. | Annejèn Smelt | ZVZ | 1:08.99 | 200400442 | 1:10.88 | +0.69 | 34.34 | 1:10.88 |
| 2. | Nienke Koopman | ZIGNEA | 1:09.00 | 200403852 | 1:10.90 | | 32.81 | 1:10.90 |
| 3. | Iris Welhuis | Dedemsvaart-AC | 1:12.62 | 200403678 | 1:11.87 | +0.63 | 34.23 | 1:11.87 |
| 4. | Ilona Kosse | Dedemsvaart-AC | 1:11.91 | 200401966 | 1:11.96 | +0.75 | 34.55 | 1:11.96 |
| 5. | Aleid te Velthuis | Dedemsvaart-AC | 1:07.75 | 200401470 | 1:12.20 | +0.53 | 34.36 | 1:12.20 |
| 6. | Fiona Wormeester | EZCL (SG) | 1:08.58 | 200400674 | 1:12.47 | +0.73 | 34.46 | 1:12.47 |
| 7. | Abri Wiersma | ZIGNEA | 1:08.64 | 200403854 | 1:13.35 | | 34.55 | 1:13.35 |
| 8. | Roos Schuite | ZVZ | 1:08.73 | 200400526 | 1:14.74 | | 35.44 | 1:14.74 |
| 9. | Carlijne Sam | ZVZ | 1:11.94 | 200400196 | 1:15.03 | | 35.98 | 1:15.03 |
| 10. | Hieke Christenhusz | OZ&PC | 1:18.08 | 200400724 | 1:15.79 | +0.65 | 36.38 | 1:15.79 |
| 11. | Marinka Mulder | De Grunte | 1:13.61 | 200405634 | 1:16.44 | +0.79 | 35.11 | 1:16.44 |
| 12. | Iris Kootstra | Dedemsvaart-AC | 1:11.40 | 200404424 | 1:17.36 | | 36.87 | 1:17.36 |
| 13. | Annakey Willcox | EZCL (SG) | 1:14.21 | 200401050 | 1:18.46 | | 38.74 | 1:18.46 |
| 14. | Annet Hartholt | Dedemsvaart-AC | 1:13.85 | 200401646 | 1:18.51 | | 36.10 | 1:18.51 |
| 15. | Mirte Slamp | Z&PV de Veene | 1:16.51 | 200400522 | 1:19.89 | | 38.28 | 1:19.89 |
| 16. | Iris ten Tije | ZPC De Hof | 1:16.53 | 200400940 | 1:20.27 | +0.62 | 38.27 | 1:20.27 |
| NG | Maartje Priekaar | WS Twente | 1:17.69 | 200403360 | | | | |

Jeugd 2

| | | | | | | | | |
|-------|------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Meghan Mulder | Dedemsvaart-AC | 1:04.47 | 200301734 | 1:05.42 | +0.62 | 31.46 | 1:05.42 |
| 2. | Laura Dekker | De Grunte | 1:05.71 | 200301650 | 1:08.08 | +0.53 | 32.17 | 1:08.08 |
| 3. | Lieke Stoker | WS Twente | 1:06.32 | 200301412 | 1:09.19 | | 32.60 | 1:09.19 |
| 4. | Jasmijn Plas | De Grunte | 1:07.58 | 200300388 | 1:10.97 | | 33.83 | 1:10.97 |
| 5. | Rosa Huntjens | EZCL (SG) | 1:11.73 | 200301402 | 1:11.02 | | 35.06 | 1:11.02 |
| 6. | Ilon Schuurman | OZ&PC | 1:12.39 | 200304766 | 1:13.11 | | 34.45 | 1:13.11 |
| 7. | Leonie Smit | EZCL (SG) | 1:16.91 | 200301978 | 1:14.28 | +0.62 | 35.37 | 1:14.28 |
| 8. | Karin de Haan | 't Tolhekke | 1:10.55 | 200301456 | 1:14.33 | | 34.73 | 1:14.33 |
| 9. | Renate Dellemijn | SWOL 1894 | 1:12.00 | 200301770 | 1:15.62 | +0.74 | 36.53 | 1:15.62 |
| 10. | Jolene Bekhuis | OZ&PC | 1:16.47 | 200300248 | 1:17.25 | +0.75 | 36.31 | 1:17.25 |
| 11. | Sterre Boerma | ZIGNEA | 1:13.72 | 200300156 | 1:17.73 | | 36.33 | 1:17.73 |
| 12. | Aimee Heerschop | 't Tolhekke | 1:16.51 | 200300146 | 1:21.58 | +0.86 | 39.25 | 1:21.58 |
| 13. | Sophia de Groot | EZCL (SG) | 1:16.65 | 200300840 | 1:23.98 | +0.66 | 40.41 | 1:23.98 |
| AFGEM | Inge Halman | Steenwijk 1934 | 1:11.34 | 200300726 | | | | |

Senioren

| | | | | | | | | |
|----|---------------------|---------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Romee Stappenbelt | OZ&PC | 1:07.32 | 200200690 | 1:06.57 | | 32.58 | 1:06.57 |
| 2. | Danique Afink | Z&PV de Veene | 1:06.72 | 200201584 | 1:06.64 | +0.79 | 31.84 | 1:06.64 |
| 3. | Deborah Wilms | WS Twente | 1:06.23 | 199800936 | 1:08.64 | +0.65 | 32.49 | 1:08.64 |
| 4. | Janine ter Schure | 't Tolhekke | 1:06.71 | 200105164 | 1:08.71 | +0.78 | 33.98 | 1:08.71 |
| 5. | Maud Heldoorn | Deltasteur | 1:08.63 | 200000564 | 1:09.95 | +0.66 | 33.45 | 1:09.95 |
| 6. | Lisa van Riel | SWOL 1894 | 1:12.69 | 199805652 | 1:10.22 | +0.55 | 32.65 | 1:10.22 |
| 7. | Tessa Maat | Deltasteur | 1:08.79 | 200201826 | 1:10.33 | +0.72 | 33.32 | 1:10.33 |
| 8. | Esmée van der Tweel | Deltasteur | 1:07.71 | 200202870 | 1:10.54 | +0.64 | 33.29 | 1:10.54 |
| 9. | Marleen Hof | WS Twente | 1:07.58 | 199802464 | 1:10.74 | +0.69 | 32.86 | 1:10.74 |

Programmanr. 28, Dames, 100m vrije slag, Senioren

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|---------------------|---------------|---------|-----------|----------------|-------|-------|---------|
| 10. | Iris Zandvoort | Z&PV de Veene | 1:10.26 | 200202274 | 1:11.45 | +0.73 | 34.34 | 1:11.45 |
| 11. | Mathilde van Hattum | EZCL (SG) | 1:12.30 | 200006662 | 1:13.27 | | 34.24 | 1:13.27 |
| 12. | Kyonne Maas | EZCL (SG) | 1:12.15 | 200200434 | 1:13.57 | +0.63 | 34.91 | 1:13.57 |
| 13. | Anouk Hof | WS Twente | 1:09.44 | 199802462 | 1:14.83 | +0.76 | 36.03 | 1:14.83 |
| 14. | Romée Beverdam | WS Twente | 1:09.25 | 200100158 | 1:15.98 | | 35.42 | 1:15.98 |
| 15. | Kirsten Pluim | SWOL 1894 | 1:11.92 | 200106132 | 1:16.08 | +0.66 | 35.66 | 1:16.08 |
| 16. | Anniko Maas | EZCL (SG) | 1:08.42 | 200000356 | 1:17.11 | | 35.65 | 1:17.11 |
| 17. | Jolein Beute | WS Twente | 1:13.05 | 200101704 | 1:17.29 | | 36.06 | 1:17.29 |
| 18. | Naomi Slamp | Z&PV de Veene | 1:12.65 | 200000400 | 1:17.36 | +0.81 | 36.51 | 1:17.36 |
| 19. | Caia van Leeuwen | ZIGNEA | 1:14.49 | 200203176 | 1:20.61 | +0.77 | 38.54 | 1:20.61 |
| DIS | Meike Cleveringa | SWOL 1894 | 1:14.17 | 200206096 | | | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 29
16-6-2019 - 13:40

Jongens, 50m schoolslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|-------------------|-----------------|------------|--------|-----------|--------------|-------|
| Junioren 1 | | | | | | |
| 1. | Seb Pieterman | SWOL 1894 | 43.85 | 200600331 | 44.54 | +0.62 |
| 2. | Dirk Zwaneveld | ZIGNEA | 45.06 | 200601041 | 44.70 | |
| 3. | Luca Aufderhaar | De Grunte | 46.80 | 200603375 | 44.86 | +0.50 |
| 4. | Jur Hoekman | WS Twente | 46.00 | 200600801 | 45.18 | +0.56 |
| 5. | Rick Smelt | ZVZ | 44.81 | 200600051 | 45.29 | |
| NG | Pascal Seine | Zv 44 | 47.10 | 200602835 | | |

Junioren 2

| | | | | | | |
|----|--------------|---------|-------|-----------|--------------|--|
| 1. | Keanu Hawtin | Hera'11 | 40.54 | 200503619 | 39.82 | |
|----|--------------|---------|-------|-----------|--------------|--|

Junioren 3

| | | | | | | |
|----|-------------------|----------------|-------|-----------|--------------|-------|
| 1. | Torben Rijkels | Dedemsvaart-AC | 39.08 | 200404603 | 37.64 | +0.67 |
| 2. | Mika Groot Rouwen | OZ&PC | 38.20 | 200400023 | 39.89 | |
| 3. | Johan Nijeboer | WS Twente | 40.22 | 200402417 | 41.21 | +0.69 |

Programmanr. 30
16-6-2019 - 13:45

Heren, 50m schoolslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|----------------|---------------|-------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Geert de Haan | 't Tolhekke | 37.00 | 200200369 | 38.31 | +0.48 |

Jeugd 2

| | | | | | | |
|----|-------------------|-----------|-------|-----------|--------------|-------|
| 1. | Stefan Kagenaar | ZIGNEA | 35.30 | 200101391 | 38.33 | +0.71 |
| 2. | Martijn Sam | ZVZ | 36.31 | 200100169 | 38.44 | +0.80 |
| 3. | Patrick Groeneweg | WS Twente | 37.54 | 200100513 | 39.34 | +0.88 |
| 4. | Robert Toeter | Hera'11 | 38.28 | 200101779 | 39.44 | +0.53 |

Senioren

| | | | | | | |
|-------|-----------------|-------|-------|-----------|--------------|-------|
| 1. | Julian Hansman | ZVZ | 33.34 | 200000029 | 35.47 | +0.68 |
| AFGEM | Michel Visscher | Zv 44 | 36.14 | 199003097 | | |

Programmanr. 31
16-6-2019 - 13:45

Meisjes, 50m rugslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|--------------------------------------|----------------|--------|-----------|--------------|-------|
| Junioren 1 | | | | | | |
| 1. | Elise Schaapveld | Zv 44 | 40.23 | 200703006 | 38.45 | +0.95 |
| 2. | Lily Zandstra | Dedemsvaart-AC | 40.76 | 200701418 | 39.81 | +0.74 |
| 3. | Dieuwke Cleveringa | SWOL 1894 | 43.24 | 200700708 | 40.81 | +0.78 |
| 4. | Vivian Nooter | Zv 44 | 40.81 | 200703614 | 41.40 | +0.53 |
| 5. | Kaylen Schonewille | ZVZ | 42.75 | 200700500 | 42.15 | +0.69 |
| 6. | Sofie Kragt | Dedemsvaart-AC | 42.88 | 200701020 | 42.21 | +0.68 |
| 7. | Fabiënne Fransen | VZ&PC | 45.15 | 200701956 | 42.39 | +0.69 |
| 8. | Noëlle Smit | WS Twente | 43.95 | 200701938 | 42.62 | +0.69 |
| 9. | Yvon Jansen | Deltasteur | 44.61 | 200700142 | 44.22 | +0.77 |
| 10. | Iris Klink | Zv 44 | 42.60 | 200700190 | 44.24 | +0.58 |
| 11. | Yvon Eijkelkamp | ZPC De Hof | 43.97 | 200700040 | 44.33 | +0.74 |
| 12. | Lotte Oostdijk | ZPC De Hof | 44.57 | 200700070 | 45.62 | +0.74 |
| 13. | Sophia Parker | WS Twente | 45.47 | 200702400 | 45.70 | +0.96 |
| 14. | Yalina Visscher | 't Tolhekke | 44.46 | 200700714 | 46.18 | +0.83 |
| 15. | Sanne Regeling | ZIGNEA | 44.81 | 200700020 | 47.23 | +0.75 |
| 16. | Sacha de Velde Harsenhorst | Deltasteur | 44.05 | 200700296 | 47.86 | +0.75 |
| DIS | Maaïke Bosman | ZIGNEA | 39.06 | 200700624 | | +0.76 |
| | <i>AO - Niet gerechtigd gestart.</i> | | | | | |

Junioren 2

| | | | | | | |
|----|--------------------|----------------|-------|-----------|--------------|-------|
| 1. | Marlies Dijsselhof | Dedemsvaart-AC | 37.91 | 200601046 | 36.66 | +0.78 |
| 2. | Demi de Wolf | Deltasteur | 38.68 | 200600240 | 38.53 | +0.77 |
| 3. | Lotte Aufderhaar | De Grunte | 38.24 | 200601662 | 39.27 | +0.74 |
| 4. | Joelle Kagenaar | ZIGNEA | 39.67 | 200600070 | 39.95 | +0.73 |
| 5. | Lyanne Spaan | Dedemsvaart-AC | 39.20 | 200600216 | 40.35 | +0.73 |
| 6. | Sarah ten Dam | ZPC De Hof | 40.32 | 200600052 | 40.46 | +0.74 |

Junioren 3

| | | | | | | |
|----|-----------------------|------------|-------|-----------|--------------|-------|
| 1. | Lieke van der Wal | ZIGNEA | 37.48 | 200501428 | 38.43 | +0.71 |
| 2. | Maaïke Schrotenboer | De Grunte | 39.86 | 200504978 | 38.48 | +0.78 |
| 3. | Hannah ter Maat | ZPC De Hof | 37.48 | 200500168 | 39.05 | +0.76 |
| 4. | Ilse Siemerink | WS Twente | 38.57 | 200502512 | 39.33 | +0.86 |
| 5. | Esther Engbers | WS Twente | 37.68 | 200500358 | 40.19 | +0.76 |
| 6. | Michelle van den Berg | Zv 44 | 39.66 | 200500286 | 40.43 | +0.78 |
| 7. | Eline Pullen | De Grunte | 39.68 | 200500630 | 40.52 | +0.72 |
| 8. | Mirthe van Es | Zv 44 | 40.23 | 200503920 | 43.57 | +0.65 |

Programmanr. 32
16-6-2019 - 13:50

Dames, 50m rugslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|----------------|-------------------|----------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Abri Wiersma | ZIGNEA | 34.91 | 200403854 | 36.55 | +0.65 |
| 2. | Kimm Bakker | 't Tolhekke | 36.79 | 200403270 | 37.27 | +0.93 |
| 3. | Carlijne Sam | ZVZ | 37.36 | 200400196 | 39.12 | +0.66 |
| 4. | Aleid te Velthuis | Dedemsvaart-AC | 36.43 | 200401470 | 39.51 | +0.78 |
| 5. | Fiona Wormeester | EZCL (SG) | 37.16 | 200400674 | 39.67 | +0.67 |
| 6. | Annet Hartholt | Dedemsvaart-AC | 37.83 | 200401646 | 40.22 | +0.77 |

Jeugd 2

| | | | | | | |
|----|------------------|----------------|-------|-----------|--------------|-------|
| 1. | Laura Dekker | De Grunte | 34.50 | 200301650 | 36.65 | +0.71 |
| 2. | Renate Dellelijn | SWOL 1894 | 39.04 | 200301770 | 36.81 | +0.76 |
| 3. | Juliëtte Jansen | ZVZ | 36.87 | 200303006 | 38.20 | +0.66 |
| 4. | Karin de Haan | 't Tolhekke | 35.75 | 200301456 | 38.70 | +0.62 |
| 5. | Leonie Smit | EZCL (SG) | 37.20 | 200301978 | 38.86 | +0.84 |
| 6. | Jasmijn Plas | De Grunte | 36.83 | 200300388 | 39.56 | +0.71 |
| 7. | Meghan Mulder | Dedemsvaart-AC | 37.52 | 200301734 | 40.92 | +0.75 |
| 8. | Rosa Huntjens | EZCL (SG) | 38.92 | 200301402 | 41.41 | +0.77 |

Programmanr. 32, Meisjes, 50m rugslag, Jeugd 2

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-----------------|----------------|--------|-----------|--------------|-------|
| 9. | Sophia de Groot | EZCL (SG) | 38.13 | 200300840 | 41.42 | +0.76 |
| 10. | Sterre Boerma | ZIGNEA | 39.22 | 200300156 | 41.97 | +0.71 |
| 11. | Aimee Heerschop | 't Tolhekke | 36.65 | 200300146 | 43.95 | +0.66 |
| NG.ZA | Lieke Stoker | WS Twente | 39.15 | 200301412 | | |
| AFGEM | Inge Halman | Steenwijk 1934 | 35.92 | 200300726 | | |

Senioren

| | | | | | | |
|-----|---------------------|-------------|-------|-----------|--------------|-------|
| 1. | Lianne Plas | De Grunte | 35.51 | 200101214 | 35.25 | +0.83 |
| 2. | Melissa de Lang | Zv 44 | 36.73 | 200001186 | 37.29 | +0.84 |
| 3. | Deborah Wilms | WS Twente | 36.53 | 199800936 | 37.72 | +0.79 |
| 4. | Anniko Maas | EZCL (SG) | 36.35 | 200000356 | 37.99 | +0.90 |
| 5. | Meike Cleveringa | SWOL 1894 | 38.88 | 200206096 | 38.19 | +0.86 |
| 6. | Janine ter Schure | 't Tolhekke | 37.69 | 200105164 | 38.52 | +0.73 |
| 7. | Marleen Hof | WS Twente | 36.36 | 199802464 | 38.57 | +0.73 |
| 8. | Lisa van Riel | SWOL 1894 | 36.16 | 199805652 | 38.64 | +0.77 |
| 9. | Romee Stappenbelt | OZ&PC | 37.13 | 200200690 | 38.74 | +0.82 |
| 10. | Mathilde van Hattum | EZCL (SG) | 37.07 | 200006662 | 38.76 | +0.69 |
| 11. | Tessa Maat | Deltasteur | 38.07 | 200201826 | 39.12 | +0.54 |
| 12. | Esmée van der Tweel | Deltasteur | 35.56 | 200202870 | 39.33 | +0.65 |
| 13. | Anouk Hof | WS Twente | 37.32 | 199802462 | 39.56 | +0.82 |

Programmanr. 33
16-6-2019 - 13:55

Jongens, 4 x 100m vrije slag

Junioren
Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|-------------------|---------|----------------|--------------------------|
| 1. | De Grunte 1 | 4:51.74 | 4:51.42 | +0.78 |
| | Daan Tangenberg | +0.78 | 36.79 | 1:16.77 |
| | Luuk Tangenberg | 37.94 | 1:17.78 | Rens Minke |
| | | | | Taco Hengstman |
| | | | +0.30 | 34.47 |
| | | | 29.25 | 1:02.90 |
| 2. | SWOL 1894 1 | 4:51.69 | 4:58.55 | +0.69 |
| | Freerk Cleveringa | +0.69 | 38.42 | 1:17.47 |
| | Matthias van Dijk | 34.96 | 1:13.73 | Raffaël Kultyshev |
| | | | | Laurendt-Pjer Nederburgh |
| | | | +0.21 | 32.88 |
| | | | 34.68 | 1:16.14 |

Programmanr. 34
16-6-2019 - 14:00

Meisjes, 4 x 100m vrije slag

Junioren
Resultaten

| rang | vereniging | intijd | tijd | RT |
|-------|---------------------|-----------|----------------|-----------------|
| 1. | ZPC De Hof 1 | 5:10.35 | 5:00.85 | |
| | Sarah ten Dam | 36.10 | 1:14.15 | Noor Heinekamp |
| | Sanne ten Tije | +0.46 | 34.77 | 1:14.34 |
| | | | | Hannah ter Maat |
| | | | +0.17 | 34.32 |
| | | | | 1:19.65 |
| | | | | 1:12.71 |
| 2. | De Grunte 1 | 5:09.58 | 5:05.94 | |
| | Alyssa Eilander | 36.09 | 1:16.15 | Eva Havelaar |
| | Maaïke Schrotenboer | +0.30 | 37.90 | 1:19.07 |
| | | | | Eline Pullen |
| | | | +0.38 | 34.82 |
| | | | | 1:13.25 |
| 3. | Dedemsvaart-AC 1 | 5:07.26 | 5:11.29 | |
| | Lily Zandstra | 07 | 35.86 | 1:15.77 |
| | Floor Werger | 06 | 38.38 | 1:19.37 |
| | | | | Lyanne Spaan |
| | | | | Meike Fix |
| | | | 06 | 37.46 |
| | | | 06 | 35.82 |
| | | | | 1:21.06 |
| | | | | 1:15.09 |
| 4. | WS Twente 1 | 5:20.25 | 5:14.25 | |
| | Zoé van den Berg | 05 | 34.00 | 1:13.95 |
| | Sophia Parker | 07 | 40.04 | 1:24.52 |
| | | | | Noëlle Smit |
| | | | | Esther Engbers |
| | | | 07 | 38.64 |
| | | | 05 | 35.56 |
| | | | | 1:20.70 |
| | | | | 1:15.08 |
| AFGEM | EZCL (SG) 1 | EZCL (SG) | 5:20.23 | |

Programmanr. 35
16-6-2019 - 14:25

Jongens, 50m vrije slag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------|-------------------|----------------|--------|-----------|--------------|-------|
| Junioren 1 | | | | | | |
| 1. | Rens Minke | De Grunte | 35.33 | 200600275 | 33.39 | |
| 2. | Salo Veld | ZVZ | 35.32 | 200600641 | 33.62 | |
| 3. | Luuk Tangenberg | De Grunte | 35.88 | 200601183 | 35.01 | |
| 4. | Jan Hogeman | WS Twente | 38.94 | 200602127 | 37.83 | +0.80 |
| Junioren 2 | | | | | | |
| 1. | Geert Almekinders | Zv 44 | 31.93 | 200501097 | 31.66 | +0.67 |
| 2. | Mattijn Thijert | WS Twente | 34.51 | 200501921 | 34.46 | |
| Junioren 3 | | | | | | |
| 1. | Quinten de Theije | ZIGNEA | 31.04 | 200402129 | 30.28 | +0.69 |
| 2. | Tom Schipper | WS Twente | 31.82 | 200401799 | 30.98 | |
| 3. | Raffael Kultyshev | SWOL 1894 | 32.17 | 200403863 | 31.04 | +0.47 |
| 4. | Torben Rijkels | Dedemsvaart-AC | 32.93 | 200404603 | 31.55 | +0.67 |
| 5. | Max Balint | SWOL 1894 | 32.00 | 200404281 | 31.81 | +0.54 |
| 6. | Nout Dilling | WS Twente | 32.88 | 200402857 | 32.00 | |
| 7. | Freerk Cleveringa | SWOL 1894 | 33.37 | 200404611 | 32.38 | +0.64 |
| 8. | Daan Tangenberg | De Grunte | 33.21 | 200401643 | 33.48 | +0.74 |
| 9. | Guus Stijf | SWOL 1894 | 33.93 | 200404309 | 34.18 | |
| Junioren 4 | | | | | | |
| 1. | Joas Hoefnagel | ZIGNEA | 28.65 | 200302161 | 29.86 | +0.70 |
| 2. | Sem Wellenberg | Dedemsvaart-AC | 28.66 | 200301301 | 29.94 | +0.82 |
| AFGEM | Daniël Groeneweg | WS Twente | 30.45 | 200300521 | | |

Programmanr. 36
16-6-2019 - 14:30

Heren, 50m vrije slag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-----------------|---------------------|----------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Jens zum Grotenhoff | OZ&PC | 28.24 | 200200171 | 27.81 | +0.89 |
| 2. | Lars Koopman | ZIGNEA | 29.20 | 200202131 | 29.57 | +0.82 |
| 3. | Bart Goos | VZ&PC | 30.89 | 200200257 | 29.73 | +0.74 |
| 4. | Justin Koole | ZIGNEA | 29.41 | 200203305 | 30.67 | |
| 5. | Patrick Timmerman | 't Tolhekke | 31.84 | 200203591 | 32.61 | +0.73 |
| Jeugd 2 | | | | | | |
| 1. | Lars Peters | WS Twente | 28.64 | 200105027 | 28.61 | +0.52 |
| 2. | Patrick Groeneweg | WS Twente | 27.89 | 200100513 | 29.34 | |
| 3. | Robert Toeter | Hera'11 | 28.62 | 200101779 | 29.60 | +0.57 |
| 4. | Joost Besten | WS Twente | 29.24 | 200100325 | 29.75 | +0.90 |
| Senioren | | | | | | |
| 1. | Emiel van Essen | SWOL 1894 | 26.46 | 199702925 | 26.25 | +0.77 |
| 2. | Julian Hansman | ZVZ | 26.54 | 200000029 | 27.45 | +0.67 |
| 3. | Cars Wiegmann | WS Twente | 27.85 | 199401025 | 28.19 | +0.79 |
| 4. | Sander Riezebos | WS Twente | 29.37 | 199400467 | 28.74 | +0.73 |
| 5. | Edward van Dootingh | Zv 44 | 29.03 | 198403341 | 29.48 | +0.52 |
| 6. | Pascal ter Beke | WS Twente | 31.72 | 199905241 | 32.27 | +0.84 |
| AFGEM | Michel Visscher | Zv 44 | 28.38 | 199003097 | | |
| AFGEM | Kylian Kooijman | Steenwijk 1934 | 26.01 | 199900763 | | |
| AFGEM | Timo de Vries | Steenwijk 1934 | 27.64 | 199900407 | | |

Programmanr. 37
16-6-2019 - 14:35

Meisjes, 100m schoolslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|---|--------------------|----------------|---------|-----------|----------------|-------|---------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Elise Schaapveld | Zv 44 | 1:37.49 | 200703006 | 1:39.19 | 46.98 | 1:39.19 | |
| 2. | Yalina Visscher | 't Tolhekke | 1:40.02 | 200700714 | 1:41.77 | 47.76 | 1:41.77 | |
| 3. | Fabiënne Fransen | VZ&PC | 1:45.19 | 200701956 | 1:42.59 | 48.35 | 1:42.59 | |
| 4. | Sophia Parker | WS Twente | 1:40.62 | 200702400 | 1:42.80 | 48.17 | 1:42.80 | |
| 5. | Lily Zandstra | Dedemsvaart-AC | 1:41.76 | 200701418 | 1:44.24 | 48.87 | 1:44.24 | |
| 6. | Maaïke Bosman | ZIGNEA | 1:43.42 | 200700624 | 1:44.97 | +0.69 | 48.52 | 1:44.97 |
| 7. | Cato Tulen | SWOL 1894 | 1:46.38 | 200701946 | 1:45.18 | 50.59 | 1:45.18 | |
| 8. | Esther van Benthem | 't Tolhekke | 1:47.62 | 200702082 | 1:47.37 | 50.74 | 1:47.37 | |
| 9. | Iris Klink | Zv 44 | 1:43.68 | 200700190 | 1:49.19 | 51.07 | 1:49.19 | |
| 10. | Yvon Eijkelkamp | ZPC De Hof | 1:44.26 | 200700040 | 1:49.83 | 52.39 | 1:49.83 | |
| 11. | Kaylen Schonewille | ZVZ | 1:44.30 | 200700500 | 1:50.80 | 52.02 | 1:50.80 | |
| DIS | Senaye van Tricht | SWOL 1894 | 1:47.10 | 200703932 | | 51.76 | | |
| <i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdste gedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.</i> | | | | | | | | |

Junioren 2

| | | | | | | | | |
|---|---------------------|----------------|---------|-----------|----------------|-------|---------|---------|
| 1. | Renske Oude Egbrink | OZ&PC | 1:36.24 | 200600040 | 1:32.81 | 44.06 | 1:32.81 | |
| 2. | Kim Holterman | ZPC De Hof | 1:33.33 | 200603488 | 1:32.92 | +0.63 | 43.24 | 1:32.92 |
| 3. | Jeslyn van Hilten | SWOL 1894 | 1:35.07 | 200602800 | 1:35.43 | 44.31 | 1:35.43 | |
| 4. | Carmen Powell | Zv 44 | 1:33.53 | 200602458 | 1:35.88 | +0.54 | 44.16 | 1:35.88 |
| 5. | Lotte Aufderhaar | De Grunte | 1:33.20 | 200601662 | 1:39.14 | 46.80 | 1:39.14 | |
| 6. | Demi de Wolf | Deltasteur | 1:32.19 | 200600240 | 1:39.44 | +0.76 | 46.12 | 1:39.44 |
| 7. | Joelle Kagenaar | ZIGNEA | 1:38.32 | 200600070 | 1:41.42 | +0.74 | 47.52 | 1:41.42 |
| 8. | Renske Koerhuis | Hera'11 | 1:41.02 | 200603064 | 1:41.91 | +0.72 | 48.68 | 1:41.91 |
| 9. | Fien de Zeeuw | OZ&PC | 1:39.88 | 200600130 | 1:42.69 | 48.14 | 1:42.69 | |
| 10. | Nikita Timmerman | EZCL (SG) | 1:39.01 | 200600158 | 1:43.22 | +0.71 | 49.88 | 1:43.22 |
| 11. | Nova Smit | Z&PV de Veene | 1:39.70 | 200602526 | 1:44.30 | 49.33 | 1:44.30 | |
| 12. | Meike Fix | Dedemsvaart-AC | 1:38.67 | 200600962 | 1:44.56 | 51.07 | 1:44.56 | |
| 13. | Romy Rohrink | OZ&PC | 1:41.43 | 200600014 | 1:46.02 | +0.68 | 49.75 | 1:46.02 |
| DIS | Floor Werger | Dedemsvaart-AC | 1:32.86 | 200602114 | | 47.40 | | |
| <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | | | | |

Junioren 3

| | | | | | | | | |
|-----|-----------------------|------------|---------|-----------|----------------|-------|---------|---------|
| 1. | Hannah ter Maat | ZPC De Hof | 1:27.65 | 200500168 | 1:31.99 | +0.57 | 42.63 | 1:31.99 |
| 2. | Zoé van den Berg | WS Twente | 1:31.35 | 200501638 | 1:33.03 | 43.91 | 1:33.03 | |
| 3. | Eline Pullen | De Grunte | 1:31.23 | 200500630 | 1:33.16 | +0.74 | 44.59 | 1:33.16 |
| 4. | Roos Kousman | WS Twente | 1:31.71 | 200503642 | 1:37.08 | 45.16 | 1:37.08 | |
| 5. | Yoni van der Gronde | SWOL 1894 | 1:38.23 | 200504858 | 1:39.31 | 46.44 | 1:39.31 | |
| 6. | Mirthe van Es | Zv 44 | 1:36.03 | 200503920 | 1:39.91 | 47.17 | 1:39.91 | |
| 7. | Michelle van den Berg | Zv 44 | 1:32.78 | 200500286 | 1:40.03 | +0.67 | 47.71 | 1:40.03 |
| 8. | Natalie Koole | ZIGNEA | 1:35.74 | 200500882 | 1:40.26 | +0.72 | 46.53 | 1:40.26 |
| 9. | Esther Engbers | WS Twente | 1:33.38 | 200500358 | 1:41.41 | +0.72 | 46.94 | 1:41.41 |
| 10. | Lieke van der Wal | ZIGNEA | 1:35.52 | 200501428 | 1:43.69 | +0.78 | 47.79 | 1:43.69 |

Programmanr. 38
16-6-2019 - 14:45

Dames, 100m schoolslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|----------------|--------------------|----------------|---------|-----------|----------------|-------|---------|---------|
| Jeugd 1 | | | | | | | | |
| 1. | Ilona Kosse | Dedemsvaart-AC | 1:27.48 | 200401966 | 1:30.17 | +0.77 | 42.36 | 1:30.17 |
| 2. | Kimm Bakker | 't Tolhekke | 1:31.81 | 200403270 | 1:32.91 | 43.78 | 1:32.91 | |
| 3. | Iris Kootstra | Dedemsvaart-AC | 1:25.35 | 200404424 | 1:33.99 | +0.74 | 42.23 | 1:33.99 |
| 4. | Hieke Christenhusz | OZ&PC | 1:32.86 | 200400724 | 1:34.60 | +0.71 | 44.42 | 1:34.60 |
| 5. | Abri Wiersma | ZIGNEA | 1:26.44 | 200403854 | 1:35.38 | +0.75 | 45.61 | 1:35.38 |
| 6. | Annakey Willcox | EZCL (SG) | 1:32.85 | 200401050 | 1:36.68 | 44.96 | 1:36.68 | |
| 7. | Roos Schuite | ZVZ | 1:28.34 | 200400526 | 1:40.23 | 46.27 | 1:40.23 | |
| 8. | Fiona Wormeester | EZCL (SG) | 1:31.69 | 200400674 | 1:42.63 | +0.48 | 48.31 | 1:42.63 |

Programmanr. 38, Dames, 100m schoolslag

Jeugd 2

| | | | | | | | | |
|----|------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Jasmijn Plas | De Grunte | 1:26.19 | 200300388 | 1:32.25 | | 42.66 | 1:32.25 |
| 2. | Meghan Mulder | Dedemsvaart-AC | 1:25.91 | 200301734 | 1:33.67 | +0.68 | 43.98 | 1:33.67 |
| 3. | Karin de Haan | 't Tolhekke | 1:30.65 | 200301456 | 1:33.74 | | 43.96 | 1:33.74 |
| 4. | Renate Dellelijn | SWOL 1894 | 1:33.64 | 200301770 | 1:38.98 | +0.74 | 47.46 | 1:38.98 |
| 5. | Leonie Smit | EZCL (SG) | 1:34.00 | 200301978 | 1:39.40 | +0.64 | 47.19 | 1:39.40 |
| 6. | Rosa Huntjens | EZCL (SG) | 1:36.82 | 200301402 | 1:44.05 | +0.57 | 49.56 | 1:44.05 |
| 7. | Lieke Stoker | WS Twente | 1:35.21 | 200301412 | 1:45.38 | +0.71 | 49.17 | 1:45.38 |

Senioren

| | | | | | | | | |
|-----|---------------------|---------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Melissa de Lang | Zv 44 | 1:21.65 | 200001186 | 1:30.22 | +0.77 | 42.85 | 1:30.22 |
| 2. | Lianne Plas | De Grunte | 1:29.58 | 200101214 | 1:31.17 | | 43.59 | 1:31.17 |
| 3. | Meike Cleveringa | SWOL 1894 | 1:29.94 | 200206096 | 1:32.72 | +0.58 | 43.50 | 1:32.72 |
| 4. | Maud Heldoorn | Deltasteur | 1:29.78 | 200000564 | 1:35.62 | +0.50 | 44.23 | 1:35.62 |
| 5. | Iris Zandvoort | Z&PV de Veene | 1:32.51 | 200202274 | 1:35.66 | +0.50 | 45.33 | 1:35.66 |
| 6. | Danique Afink | Z&PV de Veene | 1:33.03 | 200201584 | 1:37.23 | +0.72 | 45.84 | 1:37.23 |
| 7. | Kyonne Maas | EZCL (SG) | 1:33.80 | 200200434 | 1:38.36 | +0.64 | 47.37 | 1:38.36 |
| 8. | Esmée van der Tweel | Deltasteur | 1:30.34 | 200202870 | 1:38.47 | +0.50 | 45.18 | 1:38.47 |
| 9. | Caia van Leeuwen | ZIGNEA | 1:31.45 | 200203176 | 1:39.36 | +0.85 | 46.15 | 1:39.36 |
| 10. | Romée Beverdam | WS Twente | 1:35.75 | 200100158 | 1:40.28 | +0.62 | 47.57 | 1:40.28 |
| 11. | Kirsten Pluim | SWOL 1894 | 1:33.18 | 200106132 | 1:41.90 | | 47.98 | 1:41.90 |

Programmanr. 39
16-6-2019 - 14:55

Jongens, 100m rugslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|-------------------|------------------|----------------|---------|-----------|----------------|-------|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Seb Pieterman | SWOL 1894 | 1:24.67 | 200600331 | 1:25.63 | +0.69 | 43.29 | 1:25.63 |
| 2. | Rick Smelt | ZVZ | 1:23.69 | 200600051 | 1:25.92 | +0.63 | 41.99 | 1:25.92 |
| 3. | Dirk Zwaneveld | ZIGNEA | 1:24.39 | 200601041 | 1:27.35 | +0.63 | 41.82 | 1:27.35 |
| Junioren 2 | | | | | | | | |
| 1. | Mees Rienties | SWOL 1894 | 1:15.29 | 200500059 | 1:17.14 | +0.74 | 37.98 | 1:17.14 |
| Junioren 3 | | | | | | | | |
| 1. | Wout Kogelman | OZ&PC | 1:12.15 | 200400203 | 1:13.48 | +0.67 | 34.91 | 1:13.48 |
| 2. | Leonardo Hassing | Dedemsvaart-AC | 1:10.73 | 200402377 | 1:15.05 | +0.58 | 36.07 | 1:15.05 |
| 3. | Johan Nijeboer | WS Twente | 1:16.52 | 200402417 | 1:20.42 | +0.74 | 39.15 | 1:20.42 |
| Junioren 4 | | | | | | | | |
| 1. | Taco Hengstman | De Grunte | 1:14.96 | 200304601 | 1:21.08 | +0.85 | 38.30 | 1:21.08 |

Programmanr. 40
16-6-2019 - 14:55

Heren, 100m rugslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|----------------|---------------------|------------|---------|-----------|----------------|-------|-------|---------|
| Jeugd 1 | | | | | | | | |
| 1. | Ian van der Pal | Zv 44 | 1:09.59 | 200203645 | 1:11.41 | +0.74 | 35.66 | 1:11.41 |
| 2. | Jens zum Grotenhoff | OZ&PC | 1:10.59 | 200200171 | 1:13.34 | +0.73 | 36.20 | 1:13.34 |
| Jeugd 2 | | | | | | | | |
| 1. | Joost Besten | WS Twente | 1:07.90 | 200100325 | 1:10.01 | +0.87 | 33.54 | 1:10.01 |
| 2. | Stefan Kagenaar | ZIGNEA | 1:08.92 | 200101391 | 1:13.80 | +0.78 | 36.11 | 1:13.80 |
| 3. | Martijn Sam | ZVZ | 1:08.50 | 200100169 | 1:14.97 | +0.67 | 37.31 | 1:14.97 |

Programmanr. 40, Heren, 100m rugslag

Senioren

| | | | | | | | | |
|-------|-----------------|----------------|---------|-----------|----------------|-------|-------|---------|
| 1. | Eric Hoekman | WS Twente | 1:11.12 | 197401531 | 1:13.25 | +0.76 | 35.52 | 1:13.25 |
| 2. | Ties Dilling | WS Twente | 1:11.00 | 200000865 | 1:14.29 | +0.79 | 35.92 | 1:14.29 |
| 3. | Julian Hansman | ZVZ | 1:08.56 | 200000029 | 1:14.40 | +0.65 | 36.46 | 1:14.40 |
| 4. | Emiel van Essen | SWOL 1894 | 1:12.90 | 199702925 | 1:17.83 | +0.68 | 37.65 | 1:17.83 |
| AFGEM | Kylian Kooijman | Steenwijk 1934 | 1:11.23 | 199900763 | | | | |

Programmanr. 41
16-6-2019 - 15:00

Meisjes, 50m vlinderslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|--------------------|----------------|--------|-----------|----------------|-------|
| Junioren 1 | | | | | | |
| 1. | Sofie Kragt | Dedemsvaart-AC | 41.83 | 200701020 | 40.43 | |
| 2. | Krista Veehof | Deltasteur | 43.54 | 200700140 | 42.98 | |
| 3. | Ashley Nijveld | VZ&PC | 44.57 | 200700384 | 43.37 | |
| 4. | Elise Schaapveld | Zv 44 | 43.56 | 200703006 | 43.87 | |
| 5. | Laura van de Wal | Deltasteur | 42.17 | 200700138 | 44.79 | +0.87 |
| 6. | Noëlle Smit | WS Twente | 44.70 | 200701938 | 46.03 | |
| 7. | Vivian Nooter | Zv 44 | 46.38 | 200703614 | 46.29 | |
| 8. | Kaylen Schonewille | ZVZ | 44.43 | 200700500 | 46.70 | |
| 9. | Jorien Hogebrug | WS Twente | 45.57 | 200702260 | 47.59 | +0.65 |
| 10. | Dieuwke Cleveringa | SWOL 1894 | 45.92 | 200700708 | 48.12 | |
| 11. | Larissa Alessi | EZCL (SG) | 44.53 | 200701162 | 49.96 * | |
| DIS | Iris Klink | Zv 44 | 42.65 | 200700190 | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | |

Junioren 2

| | | | | | | |
|----|---------------------|----------------|-------|-----------|--------------|-------|
| 1. | Renske Oude Egbrink | OZ&PC | 40.41 | 200600040 | 37.59 | |
| 2. | Sarah ten Dam | ZPC De Hof | 37.40 | 200600052 | 37.65 | +0.63 |
| 3. | Renske Koerhuis | Hera'11 | 38.74 | 200603064 | 38.46 | |
| 4. | Lotte Aufderhaar | De Grunte | 37.20 | 200601662 | 39.09 | +0.53 |
| 5. | Meike Fix | Dedemsvaart-AC | 39.94 | 200600962 | 39.89 | |
| 6. | Sanne ten Tije | ZPC De Hof | 39.33 | 200600324 | 39.96 | |
| 7. | Lyanne Spaan | Dedemsvaart-AC | 39.21 | 200600216 | 42.90 | |

Junioren 3

| | | | | | | |
|----|------------------|------------|-------|-----------|--------------|-------|
| 1. | Zoé van den Berg | WS Twente | 35.52 | 200501638 | 35.32 | |
| 2. | Esther Engbers | WS Twente | 35.28 | 200500358 | 36.33 | |
| 3. | Ilse Siemerink | WS Twente | 36.72 | 200502512 | 36.74 | |
| 4. | Hannah ter Maat | ZPC De Hof | 37.79 | 200500168 | 39.00 | +0.63 |

Programmanr. 42
16-6-2019 - 15:05

Dames, 50m vlinderslag

Jeugd 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|----------------|-------------------|----------------|--------|-----------|--------------|-------|
| Jeugd 1 | | | | | | |
| 1. | Kimm Bakker | 't Tolhekke | 35.42 | 200403270 | 34.78 | +0.79 |
| 2. | Fiona Wormeester | EZCL (SG) | 35.04 | 200400674 | 35.06 | |
| 3. | Aleid te Velthuis | Dedemsvaart-AC | 35.72 | 200401470 | 35.65 | +0.53 |
| 4. | Annejèn Smelt | ZVZ | 36.27 | 200400442 | 36.58 | |
| 5. | Roos Schuite | ZVZ | 37.08 | 200400526 | 37.79 | |
| 6. | Carlijne Sam | ZVZ | 38.06 | 200400196 | 40.28 | +0.80 |
| 7. | Annakey Willcox | EZCL (SG) | 38.85 | 200401050 | 40.60 | |

Programmanr. 42, Dames, 50m vlinderslag

Jeugd 2

| | | | | | | |
|-------|------------------|----------------|-------|-----------|--------------|-------|
| 1. | Lieke Stoker | WS Twente | 34.45 | 200301412 | 34.63 | |
| 2. | Jasmijn Plas | De Grunte | 35.12 | 200300388 | 35.90 | +0.79 |
| 3. | Rosa Huntjens | EZCL (SG) | 34.45 | 200301402 | 36.53 | +0.56 |
| 4. | Renate Dellemijn | SWOL 1894 | 37.64 | 200301770 | 37.84 | +0.61 |
| 5. | Meghan Mulder | Dedemsvaart-AC | 36.75 | 200301734 | 37.89 | +0.77 |
| 6. | Karin de Haan | 't Tolhekke | 37.76 | 200301456 | 38.87 | +0.53 |
| 7. | Aimee Heerschop | 't Tolhekke | 36.99 | 200300146 | 40.50 | |
| AFGEM | Inge Halman | Steenwijk 1934 | 36.49 | 200300726 | | |

Senioren

| | | | | | | |
|-----|---------------------|---------------|-------|-----------|--------------|-------|
| 1. | Tessa Maat | Deltasteur | 33.92 | 200201826 | 32.94 | +0.73 |
| 2. | Anniko Maas | EZCL (SG) | 33.31 | 200000356 | 33.16 | +0.70 |
| 3. | Danique Afink | Z&PV de Veene | 35.30 | 200201584 | 33.46 | |
| 4. | Lianne Plas | De Grunte | 33.89 | 200101214 | 33.54 | +0.69 |
| 5. | Marloes Eppinga | WS Twente | 35.29 | 200204164 | 34.37 | |
| 6. | Marleen Hof | WS Twente | 34.49 | 199802464 | 34.95 | +0.66 |
| 7. | Maud Heldoorn | Deltasteur | 34.95 | 200000564 | 35.05 | +0.53 |
| 8. | Iris Zandvoort | Z&PV de Veene | 34.48 | 200202274 | 35.36 | +0.50 |
| 9. | Melissa de Lang | Zv 44 | 34.20 | 200001186 | 35.40 | +0.55 |
| 10. | Janine ter Schure | 't Tolhekke | 35.19 | 200105164 | 35.91 | +0.71 |
| 11. | Deborah Wilms | WS Twente | 34.29 | 199800936 | 36.15 | +0.75 |
| 12. | Romee Stappenbelt | OZ&PC | 37.87 | 200200690 | 36.32 | |
| 13. | Lisa van Riel | SWOL 1894 | 34.73 | 199805652 | 36.45 | +0.57 |
| 14. | Romée Beverdam | WS Twente | 35.66 | 200100158 | 37.15 | +0.62 |
| 15. | Mathilde van Hattum | EZCL (SG) | 37.09 | 200006662 | 39.02 | |
| 16. | Naomi Slamp | Z&PV de Veene | 37.64 | 200000400 | 39.92 | +0.82 |
| 17. | Caia van Leeuwen | ZIGNEA | 38.50 | 200203176 | 41.67 | +0.88 |

Programmanr. 43
16-6-2019 - 15:30

Heren, 200m wisselslag

Jeugd 1 en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|-----------------|---------------------|----------------|-------------------|----------------|-------|-------|---------|---------|---------|
| Jeugd 1 | | | | | | | | | |
| 1. | Ian van der Pal | Zv 44 | 2:36.68 200203645 | 2:37.92 | +0.81 | 33.54 | 1:13.84 | 2:02.53 | 2:37.92 |
| 2. | Vincent Veluwenkamp | ZPC De Hof | 2:35.54 200200647 | 2:39.37 | +0.52 | 32.40 | 1:14.95 | 2:03.03 | 2:39.37 |
| 3. | Geert de Haan | 't Tolhekke | 2:42.21 200200369 | 2:41.38 | +0.67 | 33.31 | 1:17.36 | 2:06.44 | 2:41.38 |
| 4. | Lars Koopman | ZIGNEA | 2:45.26 200202131 | 2:54.05 | +0.83 | 38.90 | 1:28.71 | 2:16.41 | 2:54.05 |
| NG | Lucas Wulff | EZCL (SG) | 2:44.04 200202249 | | | | | | |
| Jeugd 2 | | | | | | | | | |
| 1. | Martijn Sam | ZVZ | 2:28.11 200100169 | 2:36.25 | +0.74 | 32.45 | 1:13.88 | 2:02.20 | 2:36.25 |
| 2. | Stefan Kagenaar | ZIGNEA | 2:33.23 200101391 | 2:41.30 | +0.64 | 33.76 | 1:15.27 | 2:04.92 | 2:41.30 |
| 3. | Lars Peters | WS Twente | 2:38.36 200105027 | 2:42.82 | +0.60 | 32.90 | 1:16.19 | 2:06.37 | 2:42.82 |
| 4. | Robert Toeter | Hera'11 | 2:47.13 200101779 | 2:50.48 | +0.56 | 36.72 | 1:21.34 | 2:11.50 | 2:50.48 |
| Senioren | | | | | | | | | |
| 1. | Julian Hansman | ZVZ | 2:31.09 200000029 | 2:36.93 | +0.72 | 33.56 | 1:15.91 | 2:01.53 | 2:36.93 |
| 2. | Sander Riezebos | WS Twente | 2:36.09 199400467 | 2:42.26 | +0.78 | 33.25 | 1:18.04 | 2:07.57 | 2:42.26 |
| AFGEM | Kylian Kooijman | Steenwijk 1934 | 2:28.43 199900763 | | | | | | |

Programmanr. 44
16-6-2019 - 15:35

Jongens, 200m wisselslag

Junioren
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|---|----------------|---------|-----------|----------------|-------|---------|---------|---------|---------|
| Junioren 1 | | | | | | | | | |
| 1. Dirk Zwaneveld | ZIGNEA | 3:09.02 | 200601041 | 3:03.70 | 39.96 | 1:28.36 | 2:23.98 | 3:03.70 | |
| 2. L. Nederburgh | SWOL 1894 | 3:09.25 | 200600219 | 3:06.27 | 38.54 | 1:28.54 | 2:24.08 | 3:06.27 | |
| Junioren 2 | | | | | | | | | |
| 1. Gijs Vrieling | Dedemsvaart-AC | 2:51.06 | 200503811 | 2:48.94 | 36.74 | 1:19.33 | 2:11.62 | 2:48.94 | |
| 2. Matthias van Dijk | SWOL 1894 | 2:47.65 | 200502947 | 2:54.96 | 39.25 | 1:27.05 | 2:15.00 | 2:54.96 | |
| 3. Dennis Mosterman | Dedemsvaart-AC | 2:53.45 | 200501283 | 2:56.29 | 41.56 | 1:27.92 | 2:19.35 | 2:56.29 | |
| 4. Geert Almekinders | Zv 44 | 3:01.05 | 200501097 | 3:00.20 | 39.98 | 1:27.28 | 2:21.20 | 3:00.20 | |
| DIS Jan Julkowski | ZIGNEA | 3:01.71 | 200500275 | | | | | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | | | | |
| Junioren 3 | | | | | | | | | |
| 1. Tom Schipper | WS Twente | 2:54.09 | 200401799 | 2:51.61 | +0.69 | 39.49 | 1:25.99 | 2:12.66 | 2:51.61 |
| 2. Mika Groot Rouwen | OZ&PC | 2:53.83 | 200400023 | 2:58.52 | +0.71 | 41.05 | 1:28.17 | 2:17.63 | 2:58.52 |
| Junioren 4 | | | | | | | | | |
| 1. Joas Hoefnagel | ZIGNEA | 2:48.66 | 200302161 | 2:54.45 | +0.64 | 36.23 | 1:22.61 | 2:15.12 | 2:54.45 |

Programmanr. 45
16-6-2019 - 15:45

Dames, 4 x 100m wisselslag

All in
Resultaten

| rang | vereniging | intijd | tijd | RT | | | | |
|---------------------|--------------------|---------|----------------|---------|---------------------|-------|-------|---------|
| 1. De Grunte 1 | De Grunte | 5:07.73 | 5:22.68 | +0.76 | | | | |
| | Lotte Auferhaar | +0.76 | 42.30 | 1:24.81 | Lianne Plas | +0.33 | 34.88 | 1:17.90 |
| | Jasmijn Plas | +0.33 | 43.07 | 1:32.60 | Laura Dekker | +0.06 | 31.08 | 1:07.37 |
| 2. ZVZ 1 | ZVZ | 5:13.22 | 5:32.06 | +0.72 | | | | |
| | Roos Schuite | +0.72 | 39.83 | 1:21.79 | Annejen Smelt | +0.60 | 37.56 | 1:24.88 |
| | Juliette Jansen | +0.66 | 42.73 | 1:30.81 | Carlijne Sam | | 35.04 | 1:14.58 |
| 3. Dedemsvaart-AC 1 | Dedemsvaart-AC | 5:20.43 | 5:33.17 | +0.77 | | | | |
| | Annet Harholt | +0.77 | 41.96 | 1:26.23 | Aleid te Velthuis | +0.43 | 38.19 | 1:23.78 |
| | Iris Kootstra | +0.62 | 43.12 | 1:33.53 | Ilona Kosse | +0.18 | 33.71 | 1:09.63 |
| 4. WS Twente 1 | WS Twente | 5:19.74 | 5:40.26 | +0.75 | | | | |
| | Deborah Wilms | +0.75 | 38.80 | 1:20.37 | Zoé van den Berg | | 34.85 | 1:27.78 |
| | Roos Kousman | | 44.46 | 1:37.22 | Esther Engbers | +0.15 | 33.66 | 1:14.89 |
| 5. EZCL (SG) 1 | EZCL (SG) | 5:24.05 | 5:42.51 | +0.69 | | | | |
| | Fiona Wormeester | +0.69 | 44.95 | 1:31.15 | Anniko Maas | +0.51 | 35.58 | 1:21.29 |
| | Leonie Smit | +0.66 | 45.89 | 1:38.80 | Rosa Huntjens | +0.03 | 33.93 | 1:11.27 |
| 6. OZ&PC 1 | OZ&PC | 5:51.60 | 5:53.91 | +0.75 | | | | |
| | * 50m | | | | | | | |
| | Romy Rohrink | +0.75 | 43.57 | 1:29.00 | Renske Oude Egbrink | | 40.23 | 1:32.70 |
| | Hieke Christenhusz | | 44.86 | 1:36.10 | Fien de Zeeuw | +0.11 | 36.55 | 1:16.11 |

Programmanr. 46
16-6-2019 - 15:50

Heren, 4 x 100m wisselslag

All in
Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|------------|--------|------|----|
|------|------------|--------|------|----|

Programmanr. 46, Heren, 4 x 100m wisselslag

| | | | | | |
|-------|-------------------|-------------|---------------------------|----------------|---------|
| 1. | WS Twente 1 | WS Twente | 4:34.39 | 4:50.55 | +0.86 |
| | Joost Besten | +0.86 34.61 | 1:12.63 Ties Dilling | +0.63 30.52 | 1:09.63 |
| | Patrick Groeneweg | +0.29 39.22 | 1:24.35 Cars Wiegmann | +0.60 29.94 | 1:03.94 |
| 2. | ZVZ 1 | ZVZ | 4:53.32 | 5:18.23 | +0.70 |
| | Rick Smelt | +0.70 41.59 | 1:26.06 Martijn Sam | +0.45 33.77 | 1:13.64 |
| | Julian Hansman | +0.48 38.82 | 1:23.11 Salo Veld | 35.73 | 1:15.42 |
| 3. | SWOL 1894 1 | SWOL 1894 | 5:36.54 | 5:43.72 | +0.67 |
| | Mees Rienties | +0.67 37.57 | 1:16.87 Guus Stijf | +0.42 44.32 | 1:43.42 |
| | Max Balint | +0.71 39.74 | 1:28.71 Freerk Cleveringa | +0.39 34.97 | 1:14.72 |
| AFGEM | OZ&PC 1 | OZ&PC | 5:07.93 | | |