

1 - Speedo Challenge 2020

08-03-2020 - 11:00

Programmanr. 1

Heren, 100m vrije slag

Junioren 1 en ouder

08-03-2020 - 11:00

Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | IPC | 50m | 100m |
|-------------------|-------------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Marnix Rietveld | ZV Haerlem | 200700939 | 1:03.09 | +0,76 | 411 | 30.88 | 1:03.09 |
| 2. | Lennard Brandsma | DZ&PC | 200702645 | 1:05.74 | +0,70 | 363 | 31.46 | 1:05.74 |
| 3. | Tijn Hilders | De Dolfijn | 200700027 | 1:06.54 | +0,74 | 350 | 31.38 | 1:06.54 |
| 4. | Jesse Bout | ZV De Zaan | 200700245 | 1:07.07 | +0,90 | 342 | 32.43 | 1:07.07 |
| 5. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 1:08.38 | +0,71 | 322 | 32.49 | 1:08.38 |
| 6. | Boele Böhm | De Columbiaan | 200700739 | 1:10.30 | +0,75 | 297 | 33.66 | 1:10.30 |
| 7. | Nasr-Eddine Tallih | Watervlo | 200700757 | 1:11.85 | +0,69 | 278 | 33.61 | 1:11.85 |
| 8. | Twan Hoogervorst | De Columbiaan | 200700741 | 1:13.75 | +0,69 | 257 | 34.41 | 1:13.75 |
| 9. | Lou van Leeuwen | De Dolfijn | 200702779 | 1:14.49 | +0,67 | 249 | 35.64 | 1:14.49 |
| 10. | Sylvan Jager | Batavia Swim | 200702673 | 1:16.42 | +0,61 | 231 | 35.53 | 1:16.42 |
| 11. | Mees de Jonge | De Ham | 200700337 | 1:16.75 | +0,89 | 228 | 36.78 | 1:16.75 |
| 12. | Arie Brussaard | Batavia Swim | 200700781 | 1:16.98 | +0,67 | 226 | 37.19 | 1:16.98 |
| 13. | Yannick Dijks | Orca | 200700923 | 1:23.21 | +0,95 | 179 | | 1:23.21 |
| AFGEM | Luca Gerringa | Batavia Swim | 200700555 | | | | | |
| Junioren 2 | | | | | | | | |
| 1. | Jip Bakker | Orca | 200600287 | 1:01.26 | +0,71 | 449 | 29.88 | 1:01.26 |
| 2. | Ben Jackson | De Dolfijn | 200603399 | 1:01.96 | +0,79 | 433 | 29.39 | 1:01.96 |
| 3. | Thom de Hoog | SCOM/de Zeehond'73 (SG) | 200600019 | 1:02.24 | +0,81 | 428 | 29.93 | 1:02.24 |
| 4. | Max ten Bosch | ZV Haerlem | 200603249 | 1:04.07 | +0,73 | 392 | 31.31 | 1:04.07 |
| 5. | Edu van den Brom | De Ham | 200600291 | 1:07.58 | +0,75 | 334 | 32.83 | 1:07.58 |
| 6. | Timo Vankan | De Columbiaan | 200603749 | 1:09.33 | +0,75 | 309 | 33.21 | 1:09.33 |
| 7. | Merijn Verhoeff | De Otters Het Gooi | 200604065 | 1:09.81 | +0,75 | 303 | 33.47 | 1:09.81 |
| 8. | Vincent Schweitzer | DAW | 200601857 | 1:10.59 | +0,67 | 293 | 33.24 | 1:10.59 |
| 9. | Rodrigo Smit | De Ham | 200603965 | 1:11.05 | +0,76 | 287 | 33.86 | 1:11.05 |
| 10. | Leon Kerkhoff | De Ham | 200600455 | 1:11.73 | +0,76 | 279 | 33.94 | 1:11.73 |
| 11. | Tijs van Driesten | Watervlo | 200601345 | 1:18.09 | +0,96 | 216 | 36.51 | 1:18.09 |
| AFGEM | Bram Meijering | Batavia Swim | 200603151 | | | | | |
| Junioren 3 | | | | | | | | |
| 1. | Domingo Kuipers | Orca | 200501787 | 58.73 | +0,69 | 509 | 27.75 | 58.73 |
| 2. | Émile Fouzaï | The Hague Swimming (SG) | 200500263 | 59.43 | +0,72 | 491 | 28.53 | 59.43 |
| 3. | Miles Steenvoorden | De Dolfijn | 200501637 | 1:00.87 | +0,77 | 457 | 30.06 | 1:00.87 |
| 4. | Casper Hoogervorst | De Columbiaan | 200500183 | 1:01.94 | +0,70 | 434 | 30.20 | 1:01.94 |
| 5. | Pepijn de Wit | De Dolfijn | 200502277 | 1:02.69 | +0,71 | 418 | 30.24 | 1:02.69 |
| 6. | Daniël Aling Levy | De Dolfijn | 200502273 | 1:03.05 | +0,72 | 411 | 29.33 | 1:03.05 |
| 7. | Lucas Ambrose | De Dolfijn | 200502275 | 1:03.95 | +0,72 | 394 | 30.69 | 1:03.95 |
| 8. | Leon Moreira Pereira | Kon AZ 1870 | 200504001 | 1:04.27 | +0,75 | 388 | 30.59 | 1:04.27 |
| 9. | Kalle Oortwijn | OEZA | 200501141 | 1:04.60 | +0,72 | 382 | 30.72 | 1:04.60 |
| | <i>*50m</i> | | | | | | | |
| 10. | Philip Grammatikopoulos | DAW | 200504167 | 1:04.61 | +0,78 | 382 | 31.30 | 1:04.61 |
| 11. | James Chadwick | De Dolfijn | 200501249 | 1:05.04 | +0,73 | 375 | 31.03 | 1:05.04 |
| 12. | Eise van der Zee | Orca | 200501437 | 1:05.12 | +0,71 | 373 | 30.64 | 1:05.12 |
| 13. | Noah de Boer | De Dolfijn | 200501053 | 1:07.21 | +0,71 | 340 | 32.08 | 1:07.21 |
| 14. | Jasper Dijks | Orca | 200500109 | 1:17.60 | +0,81 | 220 | 36.62 | 1:17.60 |
| AFGEM | Mischa Ritzen | De Aalscholver | 200500897 | | | | | |
| AFGEM | Jasper Camphuijnder | OEZA | 200502367 | | | | | |
| AFGEM | Gabriel Been | The Hague Swimming (SG) | 200501467 | | | | | |

Programmanr. 1, Heren, 100m vrije slag

Junioren 4

| | | | | | | | | | |
|----|-----------------|--------------|-----------|----------------|-------|-----|-----|-------|---------|
| 1. | Raphaël Dessart | ZV De Zaan | 200401335 | 59.04 | +0,75 | 501 | | 27.30 | 59.04 |
| 2. | Joren Oldenhof | De Dolfijn | 200400045 | 59.83 | +0,67 | 481 | | 28.75 | 59.83 |
| 3. | Collin Schouten | MSV-Zeemacht | 200400697 | 1:00.14 | +0,68 | 474 | | 29.18 | 1:00.14 |
| 4. | Jip Duursema | MSV-Zeemacht | 200404185 | 1:02.68 | +0,74 | 419 | | 30.04 | 1:02.68 |
| 5. | Giljano Palm | Kon AZ 1870 | 200403637 | 1:03.15 | +0,77 | 409 | | 30.11 | 1:03.15 |
| 6. | Rick de Kreek | DWK | 200400201 | 1:03.93 | +0,72 | 395 | | 29.78 | 1:03.93 |
| 7. | Jesse Bruines | Batavia Swim | 200402413 | 1:15.01 | +0,89 | 244 | 287 | 36.50 | 1:15.01 |

Jeugd 1

| | | | | | | | | | |
|----|--------------------------|----------------------------|-----------|----------------|-------|-----|--|-------|---------|
| 1. | Michael Smink | The Hague Swimming (SG) | 200302169 | 55.79 | +0,77 | 594 | | 27.04 | 55.79 |
| 2. | Daan Piepers | KZC | 200303441 | 55.96 | +0,72 | 589 | | 26.48 | 55.96 |
| 3. | Kenan Cörüz | Feijenoord Albion Zwemclub | 200300357 | 57.97 | +0,66 | 529 | | 27.15 | 57.97 |
| 4. | Piet-Hein Straver | Zwemvereniging Zaltbommel | 200302527 | 58.08 | +0,77 | 526 | | 27.36 | 58.08 |
| 5. | Jelle Bon | ZVVS | 200301077 | 58.42 | +0,64 | 517 | | 27.80 | 58.42 |
| 6. | Maximilian Lopes Cardozo | WZK | 200300665 | 58.51 | +0,74 | 515 | | 27.76 | 58.51 |
| 7. | Owen Barker | KZC | 200300679 | 1:00.66 | +0,68 | 462 | | 29.11 | 1:00.66 |
| 8. | Marco van der Wulp | MSV-Zeemacht | 200302051 | 1:04.36 | +0,68 | 387 | | 31.12 | 1:04.36 |
| 9. | Martijn Hutschemakers | De Dolfijn | 200301911 | 1:05.21 | +0,71 | 372 | | 30.83 | 1:05.21 |

Jeugd 2

| | | | | | | | | | |
|----|-----------------|--------------|-----------|----------------|-------|-----|--|-------|---------|
| 1. | Daniël Pronk | WZK | 200201409 | 59.44 | +0,80 | 491 | | 27.83 | 59.44 |
| 2. | Mees Minneboo | MSV-Zeemacht | 200203465 | 1:00.64 | +0,66 | 462 | | 29.18 | 1:00.64 |
| 3. | Thom Meendering | DAW | 200204879 | 1:05.58 | +0,63 | 366 | | 31.58 | 1:05.58 |

Senioren open

| | | | | | | | | | |
|-----|-----------------|----------------------------|-----------|----------------|-------|-----|-----|-------|---------|
| 1. | Serginni Marten | DWK | 199307281 | 54.00 | +0,68 | 655 | | 25.93 | 54.00 |
| 2. | Jarno van Oijen | Feijenoord Albion Zwemclub | 200100055 | 54.86 | +0,78 | 625 | | 26.47 | 54.86 |
| 3. | Perry Lindo | Rotterdam Swimming (SG) | 199207337 | 54.89 | +0,73 | 624 | | 26.64 | 54.89 |
| 4. | Bart Muselaers | DWK | 200100865 | 55.64 | +0,69 | 599 | | 27.03 | 55.64 |
| 5. | Otto Pranger | Feijenoord Albion Zwemclub | 200000007 | 55.68 | +0,62 | 597 | | 26.48 | 55.68 |
| 6. | Max Voortman | DWK | 199902923 | 56.53 | +0,63 | 571 | | 26.54 | 56.53 |
| 7. | Luc de Kreek | DWK | 200101661 | 58.36 | +0,72 | 519 | | 27.83 | 58.36 |
| 8. | Tenzin Tieman | VZV | 200005549 | 1:00.72 | +0,77 | 461 | | 29.20 | 1:00.72 |
| 9. | Rutger Stam | Zwemvereniging Hoogland | 198102463 | 1:03.02 | +0,69 | 412 | | 29.10 | 1:03.02 |
| 10. | Lars Jacobsen | DWK | 199705453 | 1:03.86 | +0,86 | 396 | 612 | 30.90 | 1:03.86 |
| 11. | Youri Jansen | Batavia Swim | 200105259 | 1:04.04 | +0,71 | 393 | | 30.45 | 1:04.04 |
| 12. | Jasper Willig | Rotterdam Swimming (SG) | 200104757 | 1:04.14 | +0,69 | 391 | | 30.10 | 1:04.14 |
| DIS | Stefan Waalkens | Batavia Swim | 200100611 | | | | | | |

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

 Programmanr. 2
 08-03-2020 - 11:19

Dames, 200m vrije slag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m |
|-------------------|----------------------|----------------------------|-----------|----------------|-------|------|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | | |
| 1. | Esmée Mulder | SWOL 1894 | 200800038 | 2:21.38 | +0,65 | 510 | 33.05 | 1:09.49 | 1:45.86 | 2:21.38 |
| 2. | Frouke Ludwig | DZ&PC | 200800112 | 2:24.35 | +0,82 | 479 | 32.78 | 1:09.94 | 1:48.63 | 2:24.35 |
| 3. | Liv Heijdra | Feijenoord Albion Zwemclub | 200800736 | 2:31.09 | +0,70 | 418 | 34.15 | 1:12.90 | 1:52.33 | 2:31.09 |
| 4. | Emma Rose Buitenkamp | DAW | 200801898 | 2:31.65 | +0,76 | 413 | 35.46 | 1:15.06 | 1:54.92 | 2:31.65 |
| 5. | Ayse Mayda | ZV De Zaan | 200800514 | 2:36.19 | +0,83 | 378 | 35.33 | 1:14.93 | 1:56.52 | 2:36.19 |
| 6. | Anne Demmers | KZC | 200800412 | 2:38.80 | +0,74 | 360 | 35.73 | 1:15.65 | 1:57.43 | 2:38.80 |
| 7. | Lucia van Leeuwen | ZV Haerlem | 200802016 | 2:44.40 | +0,71 | 324 | 37.39 | 1:20.55 | 2:04.02 | 2:44.40 |
| 8. | Sanne Pruntel | ZVVS | 200802010 | 2:45.35 | +0,75 | 319 | 37.69 | 1:20.72 | 2:04.38 | 2:45.35 |
| 9. | Puck Stassen | ZV Haerlem | 200801456 | 2:45.85 | +0,74 | 316 | 38.37 | 1:20.62 | 2:04.31 | 2:45.85 |

Programmanr. 2, Meisjes, 200m vrije slag, Junioren 1

| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m | |
|------|-------------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 10. | Linde Fortuin | Orca | 200801530 | 2:45.88 | +0,78 | 315 | 37.63 | 1:20.10 | 2:04.75 | 2:45.88 |
| 11. | J. Paardehaar Rodriguez | ZV Haerlem | 200803278 | 2:50.30 | | 291 | 38.36 | 1:23.64 | 2:09.02 | 2:50.30 |
| 12. | Sabine Brinkman | De Ham | 200803102 | 2:51.20 | +0,81 | 287 | 36.56 | 1:18.71 | 2:06.31 | 2:51.20 |
| 13. | Bette Peetoom | DAW | 200801808 | 2:53.55 | +0,79 | 275 | 37.61 | 1:22.22 | 2:09.24 | 2:53.55 |
| 14. | Sophie Stahl | De Dolfijn | 200801202 | 3:11.84 | +0,80 | 204 | 41.53 | 1:31.01 | 2:21.37 | 3:11.84 |
| 15. | Iris Brouwer | De Aalscholver | 200800368 | 3:13.36 | +0,82 | 199 | 42.89 | 1:32.68 | 2:24.78 | 3:13.36 |
| 16. | Sophie Beekvelt | De Aalscholver | 200801966 | 3:21.73 | +0,77 | 175 | 43.61 | 1:36.65 | 2:30.15 | 3:21.73 |
| 17. | Sofia Renaud | Batavia Swim | 200800756 | 3:43.95 | +0,74 | 128 | 46.22 | 1:44.68 | 2:45.67 | 3:43.95 |

Junioren 2

| | | | | | | | | | | |
|----|-----------------------|-----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Eline van Rijn | DAW | 200700918 | 2:31.64 | +0,71 | 413 | 34.89 | 1:14.06 | 1:53.70 | 2:31.64 |
| 2. | Stella van Droffelaar | ZVVS | 200700048 | 2:35.45 | +0,71 | 383 | 37.42 | 1:17.80 | 1:57.60 | 2:35.45 |
| 3. | Senna van Laar | De Aalscholver | 200700726 | 2:37.06 | +0,87 | 372 | 35.15 | 1:14.50 | 1:56.31 | 2:37.06 |
| 4. | Nynke van der Zee | Orca | 200700604 | 2:37.38 | +0,72 | 369 | 36.30 | 1:18.08 | 1:59.88 | 2:37.38 |
| 5. | Aukje Grijseels | Kon AZ 1870 | 200701208 | 2:43.86 | +0,70 | 327 | 37.10 | 1:18.67 | 2:01.82 | 2:43.86 |
| 6. | Kim van Wijk | WZ&PC Purmerend | 200702536 | 2:52.99 | +0,76 | 278 | 39.27 | 1:24.72 | 2:10.92 | 2:52.99 |

Junioren 3

| | | | | | | | | | | |
|-----|-----------------------|--------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Djanilla Brink | DAW | 200600988 | 2:17.11 | +0,78 | 559 | 31.55 | 1:05.73 | 1:40.76 | 2:17.11 |
| 2. | Charley Blide | TriVia | 200600164 | 2:21.12 | +0,81 | 513 | 31.41 | 1:06.84 | 1:44.31 | 2:21.12 |
| 3. | Linde van Wijngaarden | De Dolfijn | 200601372 | 2:21.59 | +0,71 | 508 | 33.24 | 1:09.43 | 1:46.25 | 2:21.59 |
| 4. | Laura 't Lam | De Geul | 200603376 | 2:23.50 | +0,70 | 488 | 33.09 | 1:10.27 | 1:47.88 | 2:23.50 |
| 5. | Sienna Albers | De Dolfijn | 200601342 | 2:27.14 | +0,61 | 452 | 33.06 | 1:10.45 | 1:48.54 | 2:27.14 |
| 6. | Hiba Aboulas | De Dolfijn | 200600870 | 2:29.53 | +0,87 | 431 | 34.80 | 1:13.14 | 1:53.03 | 2:29.53 |
| 7. | Kimberly Ruiters | De Columbiaaan | 200600492 | 2:30.33 | +0,79 | 424 | 33.23 | 1:11.64 | 1:51.38 | 2:30.33 |
| 8. | Daniqeu Giuliano | De Dolfijn | 200600706 | 2:31.29 | +0,73 | 416 | 35.73 | 1:14.45 | 1:54.22 | 2:31.29 |
| 9. | Tessa Hartel | WZ&PC Purmerend | 200602062 | 2:35.60 | +0,80 | 382 | 34.98 | 1:15.06 | 1:56.52 | 2:35.60 |
| 10. | Yuan Ame Swart | De Otters Het Gooi | 200604754 | 2:36.02 | +0,81 | 379 | 37.86 | 1:19.27 | 1:59.56 | 2:36.02 |
| 11. | Sabine Looden | De Columbiaaan | 200601390 | 2:38.31 | +0,72 | 363 | 35.63 | 1:16.35 | 1:58.34 | 2:38.31 |
| 12. | Nicole Stahl | De Dolfijn | 200600542 | 2:39.13 | +0,88 | 357 | 36.49 | 1:17.13 | 1:59.17 | 2:39.13 |
| 13. | Yanou Vaessen | DWK | 200603666 | 2:41.01 | +0,73 | 345 | 36.56 | 1:18.30 | 2:00.40 | 2:41.01 |
| 14. | Lotte Berghauser Pont | Watervlo | 200601964 | 2:52.02 | +0,79 | 283 | 37.54 | 1:21.27 | 2:07.52 | 2:52.02 |

Junioren 4

| | | | | | | | | | | |
|-----|-----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Sophia van Droffelaar | ZVVS | 200500330 | 2:15.83 | +0,73 | 575 | 31.52 | 1:06.30 | 1:41.37 | 2:15.83 |
| 2. | Emma Riemers | MSV-Zeemacht | 200500748 | 2:17.98 | +0,69 | 548 | 31.50 | 1:07.46 | 1:44.11 | 2:17.98 |
| 3. | Isa Maes | Feijenoord Albion Zwemclub | 200500110 | 2:19.95 | +0,69 | 526 | 32.28 | 1:08.10 | 1:44.66 | 2:19.95 |
| 4. | Aisha Nobels | Feijenoord Albion Zwemclub | 200501710 | 2:21.36 | +0,69 | 510 | 32.85 | 1:08.88 | 1:45.89 | 2:21.36 |
| 5. | Jennifer Veldhuisen | De Dolfijn | 200502500 | 2:21.53 | +0,72 | 508 | 32.22 | 1:07.72 | 1:45.08 | 2:21.53 |
| 6. | Annelieke Stegink | Batavia Swim | 200500570 | 2:24.14 | +0,83 | 481 | 32.06 | 1:07.92 | 1:46.57 | 2:24.14 |
| 7. | Fleur Bos | Orca | 200500674 | 2:24.93 | +0,88 | 473 | 32.31 | 1:09.49 | 1:47.48 | 2:24.93 |
| 8. | Amélie Wortel | Orca | 200500814 | 2:25.03 | +0,76 | 472 | 32.62 | 1:08.96 | 1:47.48 | 2:25.03 |
| 9. | Ciara Pepper | De Dolfijn | 200501806 | 2:31.80 | +0,74 | 412 | 34.93 | 1:14.37 | 1:55.03 | 2:31.80 |
| 10. | Elisabeth Kruger | Feijenoord Albion Zwemclub | 200503938 | 2:32.27 | +0,69 | 408 | 33.52 | 1:11.85 | 1:52.04 | 2:32.27 |
| 11. | Asha van Lobbergt | Feijenoord Albion Zwemclub | 200500088 | 2:32.99 | +0,71 | 402 | 34.78 | 1:13.64 | 1:53.58 | 2:32.99 |
| 12. | Mette Etmans | Batavia Swim | 200500848 | 2:35.67 | +0,82 | 382 | | 1:12.79 | 1:54.02 | 2:35.67 |
| 13. | Zoe Kenworthy | De Columbiaaan | 200500428 | 2:43.49 | +0,71 | 330 | 36.98 | 1:19.11 | 2:02.32 | 2:43.49 |

Jeugd 1

| | | | | | | | | | | |
|----|-----------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Femke Doorenbos | The Hague Swimming (SG) | 200404214 | 2:13.45 | +0,76 | 606 | 30.70 | 1:04.27 | 1:39.10 | 2:13.45 |
| 2. | Yvette Buis | De Dolfijn | 200401830 | 2:21.71 | +0,73 | 506 | 32.38 | 1:08.08 | 1:45.20 | 2:21.71 |
| 3. | Nynke Jansen | Batavia Swim | 200404914 | 2:37.00 | +0,71 | 372 | 35.61 | 1:15.92 | 1:57.03 | 2:37.00 |
| 4. | Sanne de Koning | Zwemvereniging Hoogland | 200405838 | 2:41.27 | +0,78 | 343 | 36.35 | 1:17.63 | 2:00.38 | 2:41.27 |
| 5. | Maaïke van der Linden | Batavia Swim | 200405886 | 3:13.17 | +0,82 | 200 | 41.59 | 1:30.07 | 2:22.95 | 3:13.17 |

Programmanr. 2, Dames, 200m vrije slag

Jeugd 2

| | | | | | | | | | |
|---------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Eline Hoekstra | OEZA | 200301280 | 2:22.49 | +0,80 | 498 | 31.41 | 1:07.60 | 1:45.24 | 2:22.49 |
| AFGEM Megan de Hoog | SCOM/de Zeehond'73 (SG) | 200300214 | | | | | | | |

Senioren Open

| | | | | | | | | | |
|--------------------|---------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Noa Oldenhof | De Dolfijn | 199700622 | 2:19.75 | +0,65 | 528 | 31.32 | 1:06.64 | 1:42.83 | 2:19.75 |
| 2. Tiffany Leerdam | De Dolfijn | 200006200 | 2:20.75 | +0,80 | 517 | 31.25 | 1:07.71 | 1:43.92 | 2:20.75 |
| 3. Anouk Vis | De Columbiaan | 200203322 | 2:24.83 | +0,81 | 474 | 33.30 | 1:10.46 | 1:47.52 | 2:24.83 |
| 4. Bianca Groot | MSV-Zeemacht | 197000652 | 2:32.85 | +0,83 | 403 | 35.18 | 1:14.23 | 1:53.97 | 2:32.85 |
| 5. Rachel Jahn | De Ham | 200100958 | 2:38.11 | +0,86 | 364 | 36.01 | 1:16.01 | 1:57.62 | 2:38.11 |
| 6. Anna Bruins | DAW | 199901966 | 2:39.16 | +0,65 | 357 | 34.25 | 1:13.40 | 1:55.81 | 2:39.16 |

 Programmanr. 3
 08-03-2020 - 11:47

Heren, 200m vlinderslag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m | |
|-------------------|--------------------|-------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| Junioren 4 | | | | | | | | | | |
| 1. | Maurits van Bommel | Kon AZ 1870 | 200401089 | 2:47.47 | +0,70 | 289 | 35.59 | 1:18.11 | 2:02.81 | 2:47.47 |

Jeugd 1

| | | | | | | | | | |
|------------------|------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Rick Offringa | OEZA | 200300979 | 2:54.24 | +0,80 | 256 | 33.67 | 1:17.10 | 2:03.63 | 2:54.24 |
|------------------|------|-----------|----------------|-------|-----|-------|---------|---------|---------|

Jeugd 2

| | | | | | | | | | |
|------------------|------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Björn de Heus | ZVVS | 200201077 | 2:30.99 | +0,65 | 394 | 32.11 | 1:10.46 | 1:50.98 | 2:30.99 |
|------------------|------|-----------|----------------|-------|-----|-------|---------|---------|---------|

 Programmanr. 4
 08-03-2020 - 11:51

Dames, 400m wisselslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | | Tijd | RT | FINA | | | |
|-------------------|------------------|----------------|---------------|------------------|---------------|-------|---------------|-------|--|
| Junioren 1 | | | | | | | | | |
| 1. | Mint van Wees | De Dolfijn | 200801328 | 6:19.98 | +0,79 | 344 | | | |
| | 50m: 43.94 | 43.94 | 150m: 2:24.37 | 47.20 | 250m: 4:06.33 | 54.95 | 350m: 5:41.07 | 39.31 | |
| | 100m: 1:37.17 | 53.23 | 200m: 3:11.38 | 47.01 | 300m: 5:01.76 | 55.43 | 400m: 6:19.98 | 38.91 | |
| Junioren 2 | | | | | | | | | |
| 1. | Sarah Lute | De Aalscholver | 200701078 | 6:43.04 | +0,76 | 288 | | | |
| | 50m: 42.99 | 42.99 | 150m: 2:27.68 | 51.83 | 250m: 4:15.86 | 58.12 | 350m: 5:59.84 | 46.04 | |
| | 100m: 1:35.85 | 52.86 | 200m: 3:17.74 | 50.06 | 300m: 5:13.80 | 57.94 | 400m: 6:43.04 | 43.20 | |
| Junioren 4 | | | | | | | | | |
| 1. | Emma van Leeuwen | DAW | 200500200 | 5:30.06 | +0,80 | 525 | | | |
| | 50m: 37.24 | 37.24 | 150m: 2:03.21 | 41.39 | 250m: 3:29.96 | 45.99 | 350m: 4:54.20 | 38.27 | |
| | 100m: 1:21.82 | 44.58 | 200m: 2:43.97 | 40.76 | 300m: 4:15.93 | 45.97 | 400m: 5:30.06 | 35.86 | |
| 2. | Noor Frijlink | De Columbiaan | 200500970 | 6:11.67 * | +0,75 | 368 | | | |
| | 50m: 42.56 | 42.56 | 150m: 2:17.62 | 46.52 | 250m: 3:54.62 | 51.18 | 350m: 5:29.44 | 44.49 | |
| | 100m: 1:31.10 | 48.54 | 200m: 3:03.44 | 45.82 | 300m: 4:44.95 | 50.33 | 400m: 6:11.67 | 42.23 | |
| 3. | Maud de Wildt | OEZA | 200501974 | 6:29.01 | +0,96 | 321 | | | |
| | 50m: 42.82 | 42.82 | 150m: 2:26.44 | 49.66 | 250m: 4:08.46 | 52.18 | 350m: 5:45.92 | 43.86 | |
| | 100m: 1:35.78 | 53.96 | 200m: 3:16.28 | 49.84 | 300m: 5:02.06 | 53.60 | 400m: 6:29.01 | 43.09 | |

Programmanr. 4, Dames, 400m wisselslag

Jeugd 1

| | | | | | | |
|-------------------|---------|--------|-----------|----------------|-------|---------|
| 1. Veerle Nieborg | | TriVia | 200400428 | 5:22.54 | +0,73 | 563 |
| 50m: | 31.36 | 150m: | 1:51.57 | 47.04 | 350m: | 4:45.71 |
| 100m: | 1:08.68 | 200m: | 2:33.55 | 47.38 | 400m: | 5:22.54 |
| 31.36 | | 42.89 | | | 37.74 | |
| 37.32 | | 41.98 | | | 36.83 | |
| 2. Yara Wentink | | OEZA | 200403334 | 5:57.98 | +0,79 | 411 |
| 50m: | 35.44 | 150m: | 2:06.96 | 55.34 | 350m: | 5:21.41 |
| 100m: | 1:21.52 | 200m: | 2:51.42 | 53.68 | 400m: | 5:57.98 |
| 35.44 | | 45.44 | | | 40.97 | |
| 46.08 | | 44.46 | | | 36.57 | |

Programmanr. 5
08-03-2020 - 11:58

Heren, 100m schoolslag

Junioren 1 en ouder
Resultaten

Punten: FINA 2020

Rang Tijd RT FINA IPC 50m 100m

Junioren 1

| | | | | | | | |
|----------------------------|------------|-----------|----------------|-------|-----|-------|---------|
| 1. Storm Boxum | SWOL 1894 | 200700421 | 1:19.42 | +0,65 | 367 | 37.06 | 1:19.42 |
| 2. Sem Belmon | De Dolfijn | 200702099 | 1:23.85 | +0,77 | 312 | 38.94 | 1:23.85 |
| 3. Tijn Hilders | De Dolfijn | 200700027 | 1:27.91 | +0,82 | 270 | 40.81 | 1:27.91 |
| 4. Q. Brouwer von Gonzenba | TriVia | 200700001 | 1:28.55 | +0,72 | 265 | 41.66 | 1:28.55 |
| 5. Guus Kui | Watervlo | 200700845 | 1:32.21 | +0,70 | 234 | 42.71 | 1:32.21 |
| 6. Bram Loots | KZC | 200700197 | 1:32.72 | +0,69 | 230 | 43.83 | 1:32.72 |

Junioren 2

| | | | | | | | |
|----------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Senna Hof | DZ&PC | 200600761 | 1:11.08 | +0,76 | 512 | 33.93 | 1:11.08 |
| 2. Thom de Hoog | SCOM/de Zeehond'73 (SG) | 200600019 | 1:25.39 | +0,86 | 295 | 40.24 | 1:25.39 |
| 3. Bas Blanker | ZPB H&L Productions | 200601497 | 1:25.45 | +0,65 | 294 | 40.06 | 1:25.45 |
| 4. Feico de Jonge | KZC | 200600047 | 1:25.55 | +0,69 | 293 | 40.81 | 1:25.55 |
| 5. Jan van Dreumel | ZV Haerlem | 200600167 | 1:26.59 | +0,71 | 283 | 41.45 | 1:26.59 |
| 6. Max ten Bosch | ZV Haerlem | 200603249 | 1:27.43 | +0,70 | 275 | 41.43 | 1:27.43 |
| 7. Leon Kerkhoff | De Ham | 200600455 | 1:31.04 | +0,79 | 243 | 43.06 | 1:31.04 |
| 8. Edu van den Brom | De Ham | 200600291 | 1:32.32 | +0,76 | 233 | 44.18 | 1:32.32 |
| AFGEM Bram Meijering | Batavia Swim | 200603151 | | | | | |

Junioren 3

| | | | | | | | |
|-----------------------|------------|-----------|----------------|-------|-----|-------|---------|
| 1. Matthew O'Sullivan | De Dolfijn | 200502609 | 1:18.56 | +0,68 | 379 | 36.66 | 1:18.56 |
| 2. Ben Aalsvel | De Dolfijn | 200501255 | 1:29.79 | +0,79 | 254 | 41.00 | 1:29.79 |
| 3. Jasper Dijks | Orca | 200500109 | 1:45.83 | +0,83 | 155 | 49.19 | 1:45.83 |

Junioren 4

| | | | | | | | |
|----------------------|--------------|-----------|----------------|-------|-----|-------|---------|
| 1. Raphaël Dessart | ZV De Zaan | 200401335 | 1:15.13 | +0,73 | 433 | 34.62 | 1:15.13 |
| 2. Thomas Burgmeijer | Batavia Swim | 200400739 | 1:17.09 | +0,61 | 401 | 35.48 | 1:17.09 |
| 3. Jesse Bruines | Batavia Swim | 200402413 | 1:58.46 | +0,83 | 110 | 55.99 | 1:58.46 |

Jeugd 1

| | | | | | | | |
|-----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Kenan Cörüz | Feijenoord Albion Zwemclub | 200300357 | 1:17.24 | +0,68 | 399 | 35.92 | 1:17.24 |
| 2. Liam Wesemann | MSV-Zeemacht | 200300581 | 1:19.10 | +0,69 | 371 | 35.98 | 1:19.10 |
| 3. Onno Kui | Watervlo | 200303157 | 1:25.59 | +0,73 | 293 | 41.03 | 1:25.59 |
| 4. Marco van der Wulp | MSV-Zeemacht | 200302051 | 1:26.63 | +0,72 | 283 | 41.05 | 1:26.63 |
| 5. Owen Barker | KZC | 200300679 | 1:28.43 | +0,67 | 266 | 40.55 | 1:28.43 |
| AFGEM Melvin Kotzebue | De Aalscholver | 200301667 | | | | | |

Jeugd 2

| | | | | | | | |
|------------------|--------------|-----------|----------------|-------|-----|-------|---------|
| 1. Sven Konings | Kon AZ 1870 | 200204391 | 1:12.35 | +0,78 | 485 | 34.06 | 1:12.35 |
| 2. Daniël Pronk | WZK | 200201409 | 1:20.09 | +0,82 | 358 | 37.77 | 1:20.09 |
| 3. Mees Minneboo | MSV-Zeemacht | 200203465 | 1:22.06 | +0,71 | 333 | 37.08 | 1:22.06 |

Programmanr. 5, Heren, 100m schoolslag

Senioren open

| | | | | | | | | |
|--|--------------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Ruben Koek | DWK | 199701187 | 1:09.52 | +0,73 | 547 | 32.61 | 1:09.52 |
| 2. | Max Voortman | DWK | 199902923 | 1:10.34 | +0,64 | 528 | 32.45 | 1:10.34 |
| 3. | Nick van der Woude | ZV Haerlem | 200001391 | 1:10.64 | +0,69 | 522 | 33.27 | 1:10.64 |
| 4. | Enrico Molly | De Dolfijn | 200004147 | 1:12.20 | +0,67 | 488 | 33.50 | 1:12.20 |
| 5. | Dave van den Nieuwendijk | De Columbiaan | 200100475 | 1:13.06 | +0,75 | 471 | 33.80 | 1:13.06 |
| 6. | Jasper Willig | Rotterdam Swimming (SG) | 200104757 | 1:18.57 | +0,69 | 379 | 36.39 | 1:18.57 |
| DIS | Raphael Mennen | DWK | 200103049 | 1:16.63 | | | 35.09 | 1:16.63 |
| AA - Gestart voor het startsignaal (en wel gezwommen). | | | | | | | | |
| AFGEM | Timo Dinkelberg | Feijenoord Albion Zwemclub | 199300773 | | | | | |
| AFGEM | Rainier Rafaela | Rotterdam Swimming (SG) | 199905307 | | | | | |

Programmanr. 6

08-03-2020 - 12:10

Dames, 100m vlinderslag

Senioren Open

Resultaten

Punten: FINA 2020

| Rang | | | | Tijd | RT | FINA | 50m | 100m |
|-------------------|-------------------------|----------------------------|-----------|----------------|-------|------|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Julia Agricola | DZ&PC | 200800266 | 1:18.86 | +0,76 | 348 | 36.55 | 1:18.86 |
| 2. | Tessa Hoogstraten | De Columbiaan | 200800544 | 1:19.96 | +0,67 | 334 | 35.97 | 1:19.96 |
| 3. | Floortje van 't Wout | De Ham | 200802286 | 1:23.80 | +0,76 | 290 | 38.49 | 1:23.80 |
| 4. | Linde Fortuin | Orca | 200801530 | 1:25.91 | +0,76 | 269 | 40.61 | 1:25.91 |
| 5. | Lieve Faber | Batavia Swim | 200800016 | 1:40.70 | +0,70 | 167 | 44.04 | 1:40.70 |
| 6. | Tamira Anna Rasban | DAW | 200801810 | 1:47.68 | +0,84 | 136 | 48.39 | 1:47.68 |
| 7. | Bette Peetoom | DAW | 200801808 | 1:47.81 | +0,84 | 136 | 47.42 | 1:47.81 |
| 8. | Lucia van Leeuwen | ZV Haerlem | 200802016 | 1:50.11 | +0,80 | 127 | 51.15 | 1:50.11 |
| Junioren 2 | | | | | | | | |
| 1. | Daniek Wijnen | ZVL-1886 Tetteroo | 200701280 | 1:16.52 | +0,69 | 381 | 34.16 | 1:16.52 |
| 2. | Katie Potts-Drew | De Dolfijn | 200703524 | 1:20.27 | +0,91 | 330 | 36.82 | 1:20.27 |
| 3. | Rafaela Mulders | De Reuring | 200701398 | 1:22.48 | +0,73 | 304 | 37.45 | 1:22.48 |
| 4. | Charlene Ruiters | De Columbiaan | 200700522 | 1:24.14 | +0,73 | 286 | 37.98 | 1:24.14 |
| 5. | Senna van Laar | De Aalscholver | 200700726 | 1:27.65 | +0,89 | 253 | 37.47 | 1:27.65 |
| 6. | Leona Meester | De Ham | 200700192 | 1:36.19 | +0,80 | 191 | 42.00 | 1:36.19 |
| Junioren 3 | | | | | | | | |
| 1. | Estelle van Wijngaarden | ZPB H&L Productions | 200601020 | 1:09.06 | +0,84 | 518 | 31.58 | 1:09.06 |
| 2. | Laura 't Lam | De Geul | 200603376 | 1:18.42 | +0,72 | 354 | 36.05 | 1:18.42 |
| 3. | Monique Tienstra | TriVia | 200600354 | 1:21.92 | +0,85 | 310 | 37.02 | 1:21.92 |
| 4. | Leona Ronda | Orca | 200603772 | 1:28.51 | +0,83 | 246 | 39.07 | 1:28.51 |
| 5. | Jasmine Matuskova | ZVVS | 200602328 | 1:28.55 | +0,69 | 245 | 37.48 | 1:28.55 |
| 6. | Celine Helder | Orca | 200602426 | 1:31.12 | +0,73 | 225 | 36.09 | 1:31.12 |
| 7. | Kyara Beets | DAW | 200602368 | 1:41.53 | +0,78 | 163 | 42.29 | 1:41.53 |
| AFGEM | Isabel Bron | De Aalscholver | 200602378 | | | | | |
| Junioren 4 | | | | | | | | |
| 1. | Mar Stoel | De Columbiaan | 200500520 | 1:14.79 | +0,71 | 408 | 34.43 | 1:14.79 |
| 2. | Sophia van Droffelaar | ZVVS | 200500330 | 1:14.98 | +0,73 | 405 | 34.17 | 1:14.98 |
| 3. | Famke Irvine | De Otters Het Gooi | 200501724 | 1:16.50 | +0,80 | 381 | 34.32 | 1:16.50 |
| 4. | Ciara Pepper | De Dolfijn | 200501806 | 1:17.09 | +0,76 | 372 | 35.49 | 1:17.09 |
| 5. | Aisha Nobels | Feijenoord Albion Zwemclub | 200501710 | 1:19.08 | +0,72 | 345 | 36.69 | 1:19.08 |
| 6. | Milou Adriaanse | De Columbiaan | 200500968 | 1:19.25 | +0,75 | 343 | 34.67 | 1:19.25 |
| 7. | Asha van Lobberegt | Feijenoord Albion Zwemclub | 200500088 | 1:19.44 | +0,69 | 340 | 36.29 | 1:19.44 |
| 8. | Lotte Zaal | De Columbiaan | 200502590 | 1:23.87 | +0,78 | 289 | 37.00 | 1:23.87 |
| 9. | Isabella Grijseels | Kon AZ 1870 | 200502678 | 1:24.24 | +0,80 | 285 | 38.03 | 1:24.24 |
| 10. | Samantha Frensch | De Dolfijn | 200501598 | 1:51.11 | +0,71 | 124 | 47.72 | 1:51.11 |

Programmanr. 6, Dames, 100m vlinderslag

Jeugd 1

| | | | | | | | |
|--------------------------|-----------------|-----------|----------------|-------|-----|-------|---------|
| 1. Resmi Voorneveld | WZ&PC Purmerend | 200404258 | 1:19.68 | +0,73 | 337 | 37.89 | 1:19.68 |
| 2. Samijn Janine Wiersma | Orca | 200403130 | 1:23.41 | +0,88 | 294 | 37.21 | 1:23.41 |
| 3. Nynke Jansen | Batavia Swim | 200404914 | 1:40.72 | +0,72 | 167 | 42.76 | 1:40.72 |

Jeugd 2

| | | | | | | | |
|--------------------|---------------|-----------|----------------|-------|-----|-------|---------|
| 1. Julia Notenboom | De Columbiaan | 200302596 | 1:13.05 | +0,80 | 438 | 33.15 | 1:13.05 |
| 2. Lena Minderaa | DWK | 200300252 | 1:13.41 | +0,81 | 431 | 34.55 | 1:13.41 |
| AFGEM Vera Renshof | DWK | 200301582 | | | | | |

Senioren Open

| | | | | | | | |
|-------------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Elinore de Jong | The Hague Swimming (SG) | 198902072 | 1:04.20 | +0,71 | 645 | 29.29 | 1:04.20 |
| 2. Luca Ebbinge | DZ&PC | 199802406 | 1:08.55 | +0,64 | 530 | 31.95 | 1:08.55 |
| 3. Ilse Kraaijeveld | The Hague Swimming (SG) | 200202190 | 1:09.38 | +0,71 | 511 | 31.31 | 1:09.38 |
| 4. Isabel Aardema | DWK | 200100364 | 1:09.85 | +0,78 | 501 | 32.13 | 1:09.85 |
| 5. Annabel Kuipers | DWK | 200001076 | 1:12.84 | +0,73 | 441 | 32.50 | 1:12.84 |
| 6. Denise Veldhuisen | De Dolfijn | 200006422 | 1:13.10 | +0,67 | 437 | 33.50 | 1:13.10 |
| 7. Naomi Veldhuisen | De Dolfijn | 200105858 | 1:15.42 | +0,71 | 398 | 34.21 | 1:15.42 |
| 8. Dytaysha Laurence | De Dolfijn | 200106300 | 1:20.06 | +0,67 | 332 | 35.70 | 1:20.06 |
| 9. Hanna Looi | ZV Haerlem | 200006090 | 1:21.49 | +0,75 | 315 | 36.46 | 1:21.49 |
| 10. Daniëlle van Velzen | De Ham | 200102830 | 1:30.48 | +0,87 | 230 | 39.26 | 1:30.48 |

 Programmanr. 7
 08-03-2020 - 12:23

Heren, 200m rugslag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| | | | | | | | | | |
|------|--|--|------|----|------|-----|------|------|------|
| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m |
|------|--|--|------|----|------|-----|------|------|------|

Junioren 1

| | | | | | | | | | |
|---------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Tieme Wiersma | DZ&PC | 200701031 | 2:29.83 | +0,71 | 416 | 34.81 | 1:12.71 | 1:51.95 | 2:29.83 |
| 2. Harvey Mills | De Dolfijn | 200700973 | 2:45.32 | +0,70 | 310 | 39.38 | 1:21.45 | 2:03.99 | 2:45.32 |
| 3. Lennard Brandsma | DZ&PC | 200702645 | 2:48.73 | +0,76 | 291 | 40.12 | 1:23.45 | 2:06.50 | 2:48.73 |
| 4. Arie Brussaard | Batavia Swim | 200700781 | 3:02.54 | +0,67 | 230 | 42.64 | 1:29.43 | 2:16.56 | 3:02.54 |
| 5. Yannick Dijks | Orca | 200700923 | 3:16.50 | +0,72 | 184 | 45.24 | 1:36.70 | 2:29.18 | 3:16.50 |

Junioren 2

| | | | | | | | | | |
|-------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Jip Bakker | Orca | 200600287 | 2:35.65 | +0,66 | 371 | 37.47 | 1:17.00 | 1:56.76 | 2:35.65 |
| 2. Lars ten Katen | Batavia Swim | 200600959 | 2:51.47 | +0,75 | 278 | 42.13 | 1:26.50 | 2:11.32 | 2:51.47 |

Junioren 3

| | | | | | | | | | |
|----------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Yanieck Frijstein | The Hague Swimming (SG) | 200500329 | 2:24.89 | +0,72 | 460 | 34.56 | 1:11.37 | 1:48.38 | 2:24.89 |
| 2. Pepijn de Wit | De Dolfijn | 200502277 | 2:40.32 | +0,62 | 340 | 37.14 | 1:17.66 | 1:59.30 | 2:40.32 |

Junioren 4

| | | | | | | | | | |
|-----------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Kaito van Meeteren | De Dolfijn | 200404271 | 2:15.71 | +0,64 | 560 | 32.16 | 1:06.43 | 1:41.11 | 2:15.71 |
| 2. Raphaël Dessart | ZV De Zaan | 200401335 | 2:32.21 | +0,72 | 397 | 34.27 | 1:12.34 | 1:51.70 | 2:32.21 |
| 3. Jip Duursema | MSV-Zeemacht | 200404185 | 2:42.23 | +0,68 | 328 | 37.25 | 1:19.02 | 2:01.43 | 2:42.23 |

Jeugd 1

| | | | | | | | | | |
|--------------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Michael Smink | The Hague Swimming (SG) | 200302169 | 2:20.78 | +0,70 | 502 | 32.76 | 1:08.90 | 1:45.55 | 2:20.78 |
| 2. Jelle Bon | ZVVS | 200301077 | 2:21.89 | +0,59 | 490 | 31.95 | 1:08.03 | 1:45.32 | 2:21.89 |
| 3. Martijn Hutschemakers | De Dolfijn | 200301911 | 2:44.95 | +0,81 | 312 | 37.95 | 1:20.09 | 2:04.31 | 2:44.95 |

Programmanr. 7, Heren, 200m rugslag

Jeugd 2

| | | | | | | | | | |
|--------------------|------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Björn de Heus | ZVVS | 200201077 | 2:31.52 | +0,65 | 403 | 34.57 | 1:13.33 | 1:52.88 | 2:31.52 |
| 2. Thom Meendering | DAW | 200204879 | 2:54.07 | +0,64 | 265 | 40.23 | 1:24.66 | 2:10.35 | 2:54.07 |

Senioren open

| | | | | | | | | | |
|--------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Jorrick Druyven | DAW | 199400507 | 2:14.64 | +0,58 | 574 | 30.93 | 1:05.47 | 1:40.81 | 2:14.64 |
| 2. Stefan Waalkens | Batavia Swim | 200100611 | 2:20.72 | +0,65 | 503 | 32.97 | 1:09.12 | 1:45.56 | 2:20.72 |
| 3. Youri Jansen | Batavia Swim | 200105259 | 2:43.93 | +0,76 | 318 | 37.75 | 1:19.33 | 2:02.97 | 2:43.93 |

 Programmanr. 8
 08-03-2020 - 12:34

Dames, 200m schoolslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m | |
|-------------------|----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | | |
| 1. | Liv Heijdra | Feijenoord Albion Zwemclub | 200800736 | 3:09.95 | +0,78 | 392 | 43.66 | 1:32.59 | 2:21.54 | 3:09.95 |
| 2. | Indy Hof | DZ&PC | 200800630 | 3:10.28 | +0,81 | 390 | 43.27 | 1:32.47 | 2:21.40 | 3:10.28 |
| 3. | Emma Rose Buitenkamp | DAW | 200801898 | 3:30.28 | +0,73 | 289 | 46.30 | 1:39.90 | 2:35.56 | 3:30.28 |
| 4. | Jenna Wiersma | Orca | 200801906 | 3:32.64 | +0,83 | 279 | 48.47 | 1:44.67 | 2:39.85 | 3:32.64 |
| 5. | Iris Brouwer | De Aalscholver | 200800368 | 3:34.95 | +0,79 | 271 | 48.53 | 1:44.55 | 2:41.62 | 3:34.95 |
| 6. | Tara van Ruth | De Aalscholver | 200801968 | 3:53.28 | +0,93 | 212 | 53.89 | 1:53.57 | 2:55.49 | 3:53.28 |
| | AFGEM Kenza Essabbar | De Aalscholver | 200801744 | | | | | | | |

Junioren 2

| | | | | | | | | | | |
|----|-------------------|-----------------|-----------|------------------|-------|-----|-------|---------|---------|---------|
| 1. | Eline van Rijn | DAW | 200700918 | 3:04.61 * | +0,66 | 427 | 42.40 | 1:29.51 | 2:17.02 | 3:04.61 |
| 2. | Tara de Jong | DAW | 200701574 | 3:10.89 | +0,68 | 387 | 42.83 | 1:32.64 | 2:22.56 | 3:10.89 |
| 3. | Sophie Adriaanse | De Columbiaan | 200701066 | 3:14.05 * | +0,80 | 368 | 43.53 | 1:33.35 | 2:24.71 | 3:14.05 |
| 4. | Renske Snip | De Columbiaan | 200703628 | 3:29.93 | +0,75 | 290 | 48.29 | 1:43.04 | 2:36.30 | 3:29.93 |
| 5. | Brianna Voorhout | DAW | 200702342 | 3:35.82 | +0,67 | 267 | 49.16 | 1:44.72 | 2:40.78 | 3:35.82 |
| 6. | Esmee Slingerland | De Aalscholver | 200704078 | 3:40.33 | +0,83 | 251 | 48.90 | 1:45.56 | 2:43.45 | 3:40.33 |
| 7. | Kim van Wijk | WZ&PC Purmerend | 200702536 | 3:44.86 | +0,68 | 236 | 53.36 | 1:51.51 | 2:49.35 | 3:44.86 |
| 8. | Lisanne Hakvoort | KZC | 200701664 | 3:44.96 | +0,80 | 236 | 50.65 | 1:48.09 | 2:46.37 | 3:44.96 |

Junioren 3

| | | | | | | | | | | |
|----|----------------|------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Kim Oudendijk | DAW | 200600964 | 2:55.67 | +0,78 | 496 | 38.40 | 1:23.70 | 2:10.20 | 2:55.67 |
| 2. | Senna Levering | DWK | 200603892 | 3:08.85 | +0,76 | 399 | 43.58 | 1:32.40 | 2:21.43 | 3:08.85 |
| 3. | Leona Ronda | Orca | 200603772 | 3:11.21 | +0,83 | 385 | 43.49 | 1:31.65 | 2:21.86 | 3:11.21 |
| 4. | Lieve Adams | ZV Haerlem | 200604792 | 3:51.32 | +0,65 | 217 | 51.31 | 1:50.32 | 2:50.79 | 3:51.32 |
| 5. | Elise Koppijn | Watervlo | 200603610 | 3:52.44 | +0,97 | 214 | 52.12 | 1:50.61 | 2:52.76 | 3:52.44 |

Junioren 4

| | | | | | | | | | | |
|----|-----------------|----------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Niké Telkamp | The Hague Swimming (SG) | 200501088 | 2:59.40 | +0,75 | 466 | 38.63 | 1:23.86 | 2:11.92 | 2:59.40 |
| 2. | Isa Maes | Feijenoord Albion Zwemclub | 200500110 | 2:59.42 | +0,70 | 466 | 40.35 | 1:26.38 | 2:13.42 | 2:59.42 |
| 3. | Fleur Bos | Orca | 200500674 | 3:01.01 | +0,83 | 453 | 40.57 | 1:26.74 | 2:13.76 | 3:01.01 |
| 4. | Ada Eker | WZK | 200504608 | 3:09.75 | +0,78 | 394 | 42.78 | 1:31.39 | 2:21.61 | 3:09.75 |
| 5. | Frédérique Bais | MSV-Zeemacht | 200505160 | 3:14.27 | +0,77 | 367 | 45.31 | 1:36.30 | 2:25.35 | 3:14.27 |
| 6. | Britt Kat | De Ham | 200502170 | 3:23.51 | +0,83 | 319 | 44.21 | 1:36.86 | 2:31.87 | 3:23.51 |

Jeugd 1

| | | | | | | | | | | |
|----|---------------------|---------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Jill Nai Chung Tong | ZVVS | 200404272 | 2:45.62 | +0,67 | 592 | 36.14 | 1:17.92 | 2:01.61 | 2:45.62 |
| 2. | Daniëlle Vis | De Columbiaan | 200401044 | 2:56.13 | +0,74 | 492 | 40.12 | 1:24.89 | 2:10.73 | 2:56.13 |

Programmanr. 8, Dames, 200m schoolslag

Senioren Open

| | | | | | | | | | |
|----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Jose Bijl | Het Y | 200100948 | 2:51.29 | +0,67 | 535 | 38.20 | 1:21.97 | 2:06.78 | 2:51.29 |
| 2. Fenna de Groot | Feijenoord Albion Zwemclub | 199701796 | 2:54.80 | +0,72 | 504 | 38.83 | 1:23.05 | 2:08.23 | 2:54.80 |
| 3. Xena Gijzen | ZV Haerlem | 200200776 | 2:58.18 | +0,71 | 475 | 40.18 | 1:25.18 | 2:11.38 | 2:58.18 |
| 4. Inge van der Hoek | The Hague Swimming (SG) | 199204034 | 3:01.40 | +0,72 | 450 | 40.14 | 1:26.44 | 2:13.32 | 3:01.40 |
| 5. Daphne Geurtsen | De Ham | 200104476 | 3:11.33 | +0,77 | 384 | 41.93 | 1:30.65 | 2:21.62 | 3:11.33 |
| 6. Bianca Groot | MSV-Zeemacht | 197000652 | 3:19.07 | +0,83 | 341 | 44.96 | 1:35.62 | 2:27.02 | 3:19.07 |

 Programmanr. 9
 08-03-2020 - 12:55

Heren, 400m vrije slag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| Rang | | | | | | | Tijd | RT | FINA |
|------|--|--|--|--|--|--|------|----|------|
|------|--|--|--|--|--|--|------|----|------|

Junioren 1

| | | | | | | | | |
|----------------|-------|---------------|-------|---------------|-------|----------------|-------|-----|
| 1. Storm Boxum | | SWOL 1894 | | 200700421 | | 5:01.74 | +0,69 | 387 |
| 50m: 34.08 | 34.08 | 150m: 1:51.75 | 38.90 | 250m: 3:08.67 | 38.06 | 350m: 4:24.88 | 37.86 | |
| 100m: 1:12.85 | 38.77 | 200m: 2:30.61 | 38.86 | 300m: 3:47.02 | 38.35 | 400m: 5:01.74 | 36.86 | |

AFGEM Luca Gerringa

Batavia Swim

200700555

Junioren 2

| | | | | | | | | |
|-------------------|-------|---------------|-------|---------------|-------|----------------|-------|-----|
| 1. Senna Hof | | DZ&PC | | 200600761 | | 4:34.45 | +0,81 | 515 |
| 50m: 30.21 | 30.21 | 150m: 1:40.33 | 35.45 | 250m: 2:51.65 | 36.06 | 350m: 4:02.34 | 35.75 | |
| 100m: 1:04.88 | 34.67 | 200m: 2:15.59 | 35.26 | 300m: 3:26.59 | 34.94 | 400m: 4:34.45 | 32.11 | |
| 2. Bjorn Rijkaart | | BZ&PC | | 200601337 | | 4:34.78 | +0,74 | 513 |
| 50m: 31.13 | 31.13 | 150m: 1:40.51 | 35.60 | 250m: 2:51.37 | 35.54 | 350m: 4:02.49 | 36.07 | |
| 100m: 1:04.91 | 33.78 | 200m: 2:15.83 | 35.32 | 300m: 3:26.42 | 35.05 | 400m: 4:34.78 | 32.29 | |

Junioren 3

| | | | | | | | | |
|-----------------|-------|-------------------------|-------|---------------|-------|----------------|-------|-----|
| 1. Émile Fouzaï | | The Hague Swimming (SG) | | 200500263 | | 4:28.40 | +0,78 | 551 |
| 50m: 30.94 | 30.94 | 150m: 1:38.82 | 34.05 | 250m: 2:47.62 | 34.07 | 350m: 3:56.08 | 33.99 | |
| 100m: 1:04.77 | 33.83 | 200m: 2:13.55 | 34.73 | 300m: 3:22.09 | 34.47 | 400m: 4:28.40 | 32.32 | |

Junioren 4

| | | | | | | | | |
|--------------------|-------|---------------|-------|---------------|-------|----------------|-------|-----|
| 1. Collin Schouten | | MSV-Zeemacht | | 200400697 | | 4:27.91 | +0,74 | 554 |
| 50m: 30.56 | 30.56 | 150m: 1:39.10 | 34.64 | 250m: 2:48.42 | 34.80 | 350m: 3:56.49 | 33.43 | |
| 100m: 1:04.46 | 33.90 | 200m: 2:13.62 | 34.52 | 300m: 3:23.06 | 34.64 | 400m: 4:27.91 | 31.42 | |
| 2. Tycho de Jonge | | KZC | | 200400411 | | 4:29.64 | +0,72 | 543 |
| 50m: 30.63 | 30.63 | 150m: 1:38.87 | 34.65 | 250m: 2:47.93 | 34.22 | 350m: 3:56.79 | 34.42 | |
| 100m: 1:04.22 | 33.59 | 200m: 2:13.71 | 34.84 | 300m: 3:22.37 | 34.44 | 400m: 4:29.64 | 32.85 | |

Senioren open

AFGEM Timo Dinkelberg

Feijenoord Albion Zwemclub

199300773

Programmanr. 10
 08-03-2020 - 13:02

Dames, 100m rugslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | |
|-------------------|---------------------|----------------------------|-----------|------------------|-------|-----|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Frouke Ludwig | DZ&PC | 200800112 | 1:15.22 | +0,78 | 448 | 36.25 | 1:15.22 |
| 2. | Tessa Hoogstraten | De Columbiaan | 200800544 | 1:21.92 | +0,56 | 347 | 39.65 | 1:21.92 |
| 3. | Julia Agricola | DZ&PC | 200800266 | 1:22.20 | +0,64 | 343 | 40.39 | 1:22.20 |
| 4. | Linde Fortuin | Orca | 200801530 | 1:23.97 | +0,63 | 322 | 41.52 | 1:23.97 |
| 5. | Rowan Hayes | De Dolfijn | 200801200 | 1:24.63 | +0,68 | 314 | 42.07 | 1:24.63 |
| 6. | Anne Demmers | KZC | 200800412 | 1:25.81 | +0,85 | 301 | 41.75 | 1:25.81 |
| 7. | Aimée de Feijter | Watervlo | 200801038 | 1:27.45 | +0,70 | 285 | 41.60 | 1:27.45 |
| 8. | Sanne Pruntel | ZVVS | 200802010 | 1:28.01 | +0,64 | 279 | 41.49 | 1:28.01 |
| 9. | Lena van Rooden | Watervlo | 200801952 | 1:29.80 | +0,66 | 263 | 43.81 | 1:29.80 |
| 10. | Sabine Brinkman | De Ham | 200803102 | 1:31.26 | +0,67 | 251 | 45.67 | 1:31.26 |
| 11. | Pascalie Smal | DAW | 200802958 | 1:31.55 | +0,58 | 248 | 44.86 | 1:31.55 |
| 12. | Hanna van Loenen | ZVVS | 200800836 | 1:32.17 | +0,60 | 243 | 45.29 | 1:32.17 |
| 13. | Rachel Baransky | Watervlo | 200802974 | 1:33.76 * | +0,76 | 231 | 46.22 | 1:33.76 |
| 14. | Ifke Stam | Zwemvereniging Hoogland | 200800374 | 1:39.88 | +0,68 | 191 | 47.83 | 1:39.88 |
| 15. | Leila Benko | De Aalscholver | 200802866 | 1:45.69 | | 161 | 51.08 | 1:45.69 |
| 16. | Sofia Renaud | Batavia Swim | 200800756 | 1:51.18 | +0,75 | 138 | 50.89 | 1:51.18 |
| Junioren 2 | | | | | | | | |
| 1. | Angelina Rolman | WZ&PC Purmerend | 200701972 | 1:12.23 | +0,72 | 506 | 34.79 | 1:12.23 |
| 2. | Julie Rupprecht | De Ham | 200702322 | 1:14.70 | +0,61 | 457 | 37.22 | 1:14.70 |
| 3. | Charlene Ruiters | De Columbiaan | 200700522 | 1:16.40 | +0,72 | 427 | 38.85 | 1:16.40 |
| 4. | Nynke van der Zee | Orca | 200700604 | 1:22.11 | +0,68 | 344 | 40.29 | 1:22.11 |
| 5. | Aukje Grijseels | Kon AZ 1870 | 200701208 | 1:22.47 | +0,67 | 340 | 39.77 | 1:22.47 |
| 6. | Maya Petroutsos | KZC | 200701814 | 1:24.20 | +0,66 | 319 | 41.34 | 1:24.20 |
| 7. | Daniek Wijnen | ZVL-1886 Tetteroo | 200701280 | 1:24.79 | +0,87 | 313 | 40.50 | 1:24.79 |
| 8. | Lisan Steenbakker | KZC | 200701666 | 1:25.09 | +0,65 | 309 | 40.84 | 1:25.09 |
| 9. | Femke Paus | MSV-Zeemacht | 200701772 | 1:26.18 | +0,71 | 298 | 42.26 | 1:26.18 |
| 10. | Lisa Makking | Watervlo | 200702712 | 1:27.69 | +0,82 | 282 | 42.89 | 1:27.69 |
| Junioren 3 | | | | | | | | |
| 1. | Djanilla Brink | DAW | 200600988 | 1:14.38 | +0,74 | 463 | 36.24 | 1:14.38 |
| 2. | Sienna Albers | De Dolfijn | 200601342 | 1:17.49 | +0,70 | 410 | 38.05 | 1:17.49 |
| 3. | Hiba Aboulas | De Dolfijn | 200600870 | 1:17.95 * | +0,85 | 402 | 36.83 | 1:17.95 |
| 4. | Zoë Prins | De Reuring | 200603812 | 1:20.54 | +0,60 | 365 | 38.49 | 1:20.54 |
| 5. | Nicole Stahl | De Dolfijn | 200600542 | 1:22.67 | +0,79 | 337 | 40.84 | 1:22.67 |
| 6. | Yanou Vaessen | DWK | 200603666 | 1:22.91 | +0,66 | 334 | 40.09 | 1:22.91 |
| 7. | Danique Giuliano | De Dolfijn | 200600706 | 1:24.11 | +0,67 | 320 | 41.25 | 1:24.11 |
| 8. | Kyara Beets | DAW | 200602368 | 1:34.05 * | +0,79 | 229 | 46.09 | 1:34.05 |
| 9. | Senna Tamminga | De Aalscholver | 200604914 | 1:43.06 | +0,66 | 174 | 47.49 | 1:43.06 |
| Junioren 4 | | | | | | | | |
| 1. | Emma Riemers | MSV-Zeemacht | 200500748 | 1:14.70 | +0,63 | 457 | 35.82 | 1:14.70 |
| 2. | Jennifer Veldhuisen | De Dolfijn | 200502500 | 1:15.43 | +0,68 | 444 | 36.55 | 1:15.43 |
| 3. | Dido Toornend | ZV Haerlem | 200501718 | 1:16.79 | +0,73 | 421 | 37.73 | 1:16.79 |
| 4. | Elisabeth Kruger | Feijenoord Albion Zwemclub | 200503938 | 1:19.77 | +0,67 | 375 | 38.28 | 1:19.77 |
| 5. | Lotte Zaal | De Columbiaan | 200502590 | 1:20.56 | +0,66 | 364 | 39.31 | 1:20.56 |
| 6. | Zoe Kenworthy | De Columbiaan | 200500428 | 1:22.61 | +0,63 | 338 | 39.42 | 1:22.61 |
| 7. | Samantha Frensch | De Dolfijn | 200501598 | 1:28.12 | +0,86 | 278 | 41.18 | 1:28.12 |

Programmanr. 10, Dames, 100m rugslag

Jeugd 1

| | | | | | | | |
|--------------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Jonna Muntjewerff | The Hague Swimming (SG) | 200402396 | 1:12.93 | +0,68 | 491 | 35.76 | 1:12.93 |
| 2. Veerle Nieborg | TriVia | 200400428 | 1:14.63 | +0,70 | 459 | 36.42 | 1:14.63 |
| 3. Yvette Buis | De Dolfijn | 200401830 | 1:17.10 | +0,64 | 416 | 37.35 | 1:17.10 |
| 4. Maaike van der Linden | Batavia Swim | 200405886 | 1:40.41 | +0,62 | 188 | 49.24 | 1:40.41 |

Jeugd 2

| | | | | | | | |
|---------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Mabel Farenhorst | WZ&PC Purmerend | 200301004 | 1:10.44 | +0,57 | 545 | 33.69 | 1:10.44 |
| 2. Eline Hoekstra | OEZA | 200301280 | 1:14.14 | +0,76 | 468 | 35.21 | 1:14.14 |
| AFGEM Megan de Hoog | SCOM/de Zeehond'73 (SG) | 200300214 | | | | | |

Senioren Open

| | | | | | | | |
|----------------|---------------|-----------|----------------|-------|-----|-------|---------|
| 1. Anouk Vis | De Columbiaan | 200203322 | 1:14.73 | +0,62 | 457 | 35.79 | 1:14.73 |
| 2. Rachel Jahn | De Ham | 200100958 | 1:18.49 | +0,79 | 394 | 37.88 | 1:18.49 |

 Programmanr. 11
 08-03-2020 - 13:18

Heren, 200m wisselslag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| Rang | Tijd | RT | FINA | IPC | 50m | 100m | 150m | 200m |
|------|------|----|------|-----|-----|------|------|------|
|------|------|----|------|-----|-----|------|------|------|

Junioren 1

| | | | | | | | | | |
|-------------------|---------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Sem Belmon | De Dolfijn | 200702099 | 2:42.49 | +0,77 | 345 | 37.35 | 1:20.35 | 2:08.16 | 2:42.49 |
| 2. Boele Böhm | De Columbiaan | 200700739 | 2:52.96 | +0,73 | 286 | 36.49 | 1:21.36 | 2:16.59 | 2:52.96 |
| 3. Sylvan Jager | Batavia Swim | 200702673 | 3:19.53 | +0,62 | 186 | 41.91 | 1:33.10 | 2:37.83 | 3:19.53 |
| DIS Tieme Wiersma | DZ&PC | 200701031 | | | | | | | |

RH - Het eindpunt niet in rugligging aangeraakt.

Junioren 2

| | | | | | | | | | |
|-----------------------|---------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Max ten Bosch | ZV Haerlem | 200603249 | 2:42.05 | +0,72 | 348 | 36.33 | 1:17.91 | 2:06.55 | 2:42.05 |
| 2. Vincent Schweitzer | DAW | 200601857 | 2:55.54 | +0,72 | 273 | 38.58 | 1:25.16 | 2:17.35 | 2:55.54 |
| 3. Timo Vankan | De Columbiaan | 200603749 | 2:57.97 | +0,90 | 262 | 40.76 | 1:23.08 | 2:20.22 | 2:57.97 |
| DIS Edu van den Brom | De Ham | 200600291 | | | | | | | |

RH - Het eindpunt niet in rugligging aangeraakt.

AFGEM Bram Meijering Batavia Swim 200603151

Junioren 3

| | | | | | | | | | |
|-------------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Domingo Kuipers | Orca | 200501787 | 2:23.20 | +0,68 | 504 | 31.10 | 1:06.89 | 1:49.53 | 2:23.20 |
| 2. Casper Hoogervorst | De Columbiaan | 200500183 | 2:34.90 | +0,68 | 398 | 34.31 | 1:16.66 | 2:00.86 | 2:34.90 |
| 3. Daniël Aling Levy | De Dolfijn | 200502273 | 2:38.81 | +0,72 | 369 | 32.41 | 1:14.52 | 2:03.00 | 2:38.81 |
| 4. Kalle Oortwijn | OEZA | 200501141 | 2:39.37 | +0,72 | 366 | 35.81 | 1:18.91 | 2:03.71 | 2:39.37 |
| 5. Ben Aalsvel | De Dolfijn | 200501255 | 2:41.92 | +0,78 | 348 | 34.64 | 1:16.44 | 2:06.05 | 2:41.92 |
| 6. Leon Moreira Pereira | Kon AZ 1870 | 200504001 | 2:43.36 | +0,86 | 339 | 33.92 | 1:17.97 | 2:07.24 | 2:43.36 |
| 7. Eise van der Zee | Orca | 200501437 | 2:43.53 | +0,71 | 338 | 36.34 | 1:17.24 | 2:07.54 | 2:43.53 |
| 8. James Chadwick | De Dolfijn | 200501249 | 2:46.25 | +0,72 | 322 | 36.00 | 1:20.16 | 2:10.96 | 2:46.25 |
| 9. Noah de Boer | De Dolfijn | 200501053 | 2:52.00 | +0,74 | 291 | 36.92 | 1:22.66 | 2:13.41 | 2:52.00 |
| AFGEM Mischa Ritzen | De Aalscholver | 200500897 | | | | | | | |

Junioren 4

| | | | | | | | | | |
|-----------------------|-------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Erik Wetzlaugk | De Dolfijn | 200404653 | 2:40.50 | +0,76 | 358 | 33.72 | 1:14.76 | 2:03.36 | 2:40.50 |
| 2. Rick de Kreek | DWK | 200400201 | 2:41.92 | +0,74 | 348 | 33.70 | 1:16.10 | 2:05.90 | 2:41.92 |
| 3. Giljano Palm | Kon AZ 1870 | 200403637 | 2:42.14 | +0,77 | 347 | 34.66 | 1:17.71 | 2:04.93 | 2:42.14 |
| 4. Maurits van Bommel | Kon AZ 1870 | 200401089 | 2:43.90 | +0,74 | 336 | 34.48 | 1:21.32 | 2:06.14 | 2:43.90 |

Programmanr. 11, Heren, 200m wisselslag

Jeugd 1

| | | | | | | | | | |
|--------------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. M. Lopes Cardozo | WZK | 200300665 | 2:33.24 | +0,73 | 411 | 29.93 | 1:11.29 | 2:00.87 | 2:33.24 |
| 2. Martijn Hutschemakers | De Dolfijn | 200301911 | 2:40.72 | +0,81 | 356 | 33.65 | 1:14.41 | 2:03.81 | 2:40.72 |
| 3. Marco van der Wulp | MSV-Zeemacht | 200302051 | 2:47.24 | +0,75 | 316 | 34.88 | 1:18.93 | 2:07.55 | 2:47.24 |

Jeugd 2

| | | | | | | | | | |
|-------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Sven Konings | Kon AZ 1870 | 200204391 | 2:37.63 | +0,83 | 378 | 35.85 | 1:18.00 | 2:01.50 | 2:37.63 |
| 2. Mees Minneboon | MSV-Zeemacht | 200203465 | 2:44.63 | +0,70 | 332 | 33.50 | 1:17.19 | 2:07.09 | 2:44.63 |

Senioren open

| | | | | | | | | | |
|---------------------------|---------------|-----------|---------------------|-------|---------|-------|---------|---------|---------|
| 1. Nick van der Woude | ZV Haerlem | 200001391 | 2:19.23 | +0,77 | 548 | 29.20 | 1:08.00 | 1:48.71 | 2:19.23 |
| 2. Bart Muselaers | DWK | 200100865 | 2:19.27 | +0,75 | 548 | 29.24 | 1:06.20 | 1:48.50 | 2:19.27 |
| 3. D. van den Nieuwendijk | De Columbiaan | 200100475 | 2:32.17 | +0,75 | 420 | 30.89 | 1:09.79 | 1:51.46 | 2:32.17 |
| 4. Lars Jacobsen | DWK | 199705453 | SM14 2:45.99 | +0,84 | 323 375 | 34.02 | 1:17.01 | 2:09.90 | 2:45.99 |

Programmanr. 12
08-03-2020 - 13:32

Dames, 50m vrije slag

Senioren Open
Resultaten

Punten: FINA 2020

| Rang | | | | Tijd | RT | FINA |
|-------------------|---------------------------|----------------------------|-----------|--------------|-------|------|
| Junioren 1 | | | | | | |
| 1. | Emma Rose Buitenkamp | DAW | 200801898 | 29.08 | +0,73 | 539 |
| 2. | Liv Heijdra | Feijenoord Albion Zwemclub | 200800736 | 31.67 | +0,70 | 417 |
| 3. | Indy Hof | DZ&PC | 200800630 | 32.08 | +0,77 | 401 |
| 4. | Mint van Wees | De Dolfijn | 200801328 | 32.27 | +0,90 | 394 |
| 5. | Ayse Mayda | ZV De Zaan | 200800514 | 32.37 | +0,84 | 390 |
| 6. | Lucia van Leeuwen | ZV Haerlem | 200802016 | 32.76 | +0,77 | 377 |
| 7. | Jada Paardehaar Rodriguez | ZV Haerlem | 200803278 | 33.74 | +0,91 | 345 |
| 8. | Eline Bonneveld | De Ham | 200801194 | 33.76 | +0,77 | 344 |
| 9. | Puck Stassen | ZV Haerlem | 200801456 | 34.48 | +0,76 | 323 |
| 10. | Lena van Rooden | Watervlo | 200801952 | 36.37 | +0,76 | 275 |
| 11. | Rachel Baransky | Watervlo | 200802974 | 36.77 | +0,81 | 266 |
| 12. | Ifke Stam | Zwemvereniging Hoogland | 200800374 | 37.17 | +0,65 | 258 |
| 13. | Sophie Stahli | De Dolfijn | 200801202 | 37.54 | +0,79 | 250 |
| 14. | Sophie Beekvelt | De Aalscholver | 200801966 | 37.62 | +0,76 | 249 |
| 15. | Tamira Anna Rasban | DAW | 200801810 | 37.97 | +0,81 | 242 |
| 16. | Jenna Wiersma | Orca | 200801906 | 38.54 | +0,81 | 231 |
| 17. | Rashika Naganasoore | De Aalscholver | 200801884 | 40.73 | | 196 |
| 18. | Tara van Ruth | De Aalscholver | 200801968 | 46.57 | +0,94 | 131 |
| AFGEM | Kenza Essabbar | De Aalscholver | 200801744 | | | |
| Junioren 2 | | | | | | |
| 1. | Angelina Rolman | WZ&PC Purmerend | 200701972 | 28.63 | +0,73 | 565 |
| 2. | Julie Rupprecht | De Ham | 200702322 | 29.86 | +0,73 | 498 |
| 3. | Stella van Droffelaar | ZVVS | 200700048 | 30.87 | +0,70 | 450 |
| 4. | Sarah Lute | De Aalscholver | 200701078 | 30.95 | +0,63 | 447 |
| 5. | Katie Potts-Drew | De Dolfijn | 200703524 | 31.73 | +0,92 | 415 |
| 6. | Nynke van der Zee | Orca | 200700604 | 31.80 | +0,75 | 412 |
| 7. | Renske Snip | De Columbiaan | 200703628 | 33.62 | +0,71 | 348 |
| 8. | Sophie Adriaanse | De Columbiaan | 200701066 | 33.73 | +0,79 | 345 |
| 9. | Kim van Wijk | WZ&PC Purmerend | 200702536 | 34.68 | +0,68 | 317 |
| 10. | Esmee Slingerland | De Aalscholver | 200704078 | 37.21 | +0,86 | 257 |

Programmanr. 12, Dames, 50m vrije slag

Junioren 3

| | | | | | | |
|-------|--------------------|----------------------------|-----------|--------------|-------|-----|
| 1. | Kimberly Ruiter | De Columbiaan | 200600492 | 27.99 | +0,72 | 604 |
| 2. | Charley Blide | TriVia | 200600164 | 29.12 | +0,78 | 537 |
| 3. | Kim Oudendijk | DAW | 200600964 | 29.34 | +0,81 | 525 |
| 4. | Zea Wetzlaugk | De Dolfijn | 200604780 | 30.11 | +0,74 | 485 |
| 5. | Zoë Prins | De Reuring | 200603812 | 30.73 | +0,75 | 456 |
| 6. | Bridget Veldhuisen | De Dolfijn | 200602532 | 31.95 | +0,66 | 406 |
| 7. | Celine Helder | Orca | 200602426 | 32.30 | +0,76 | 393 |
| 8. | Sabine Looden | De Columbiaan | 200601390 | 32.77 | +0,78 | 376 |
| 9. | Jasmine Matuskova | ZVVS | 200602328 | 32.84 | +0,72 | 374 |
| 10. | Yuan Ame Swart | De Otters Het Gooi | 200604754 | 33.28 | +0,78 | 359 |
| 11. | Marit Hakvoort | KZC | 200601062 | 33.47 | +0,79 | 353 |
| 12. | Julie van 't Zant | Feijenoord Albion Zwemclub | 200600456 | 34.45 | +0,71 | 324 |
| 13. | Lieve Adams | ZV Haerlem | 200604792 | 35.33 | +0,69 | 300 |
| 14. | Senna Tamminga | De Aalscholver | 200604914 | 38.28 | +0,75 | 236 |
| AFGEM | Isabel Bron | De Aalscholver | 200602378 | | | |

Junioren 4

| | | | | | | |
|-----|-------------------|----------------------------|-----------|--------------|-------|-----|
| 1. | Annelieke Stegink | Batavia Swim | 200500570 | 27.74 | +0,76 | 621 |
| 2. | Britt van't Zant | Feijenoord Albion Zwemclub | 200501170 | 29.42 | +0,70 | 520 |
| 3. | Demi Barker | KZC | 200500348 | 29.55 | +0,76 | 513 |
| 4. | Isa Maes | Feijenoord Albion Zwemclub | 200500110 | 29.74 | +0,70 | 504 |
| 5. | Amélie Wortel | Orca | 200500814 | 29.90 | +0,73 | 496 |
| 6. | Ciara Pepper | De Dolfijn | 200501806 | 30.07 | +0,74 | 487 |
| 7. | Mar Stoel | De Columbiaan | 200500520 | 30.21 | +0,72 | 480 |
| 8. | Famke Irvine | De Otters Het Gooi | 200501724 | 30.40 | +0,86 | 472 |
| 9. | Aisha Nobels | Feijenoord Albion Zwemclub | 200501710 | 30.60 | +0,72 | 462 |
| 10. | Milou Adriaanse | De Columbiaan | 200500968 | 31.29 | +0,69 | 432 |
| 11. | Mette Etmans | Batavia Swim | 200500848 | 31.60 | +0,76 | 420 |
| 12. | Dana van Leeuwen | KZC | 200500150 | 33.71 | +0,70 | 346 |
| 13. | Britt Kat | De Ham | 200502170 | 34.80 | +0,84 | 314 |

Jeugd 1

| | | | | | | |
|----|-----------------------|-------------------------|-----------|--------------|-------|-----|
| 1. | Resmi Voorneveld | WZ&PC Purmerend | 200404258 | 31.05 | +0,69 | 443 |
| 2. | Sanne de Koning | Zwemvereniging Hoogland | 200405838 | 32.58 | +0,77 | 383 |
| 3. | Samijn Janine Wiersma | Orca | 200403130 | 32.81 | +0,81 | 375 |
| 4. | Nynke Jansen | Batavia Swim | 200404914 | 33.14 | +0,72 | 364 |

Jeugd 2

| | | | | | | |
|----|--------------------------|-----------------|-----------|--------------|-------|-----|
| 1. | Mabel Farenhorst | WZ&PC Purmerend | 200301004 | 29.40 | +0,68 | 521 |
| 2. | Britt van Bommel | De Columbiaan | 200301982 | 30.41 | +0,80 | 471 |
| 3. | Esmeralda Duarte de Pina | De Ham | 200302744 | 30.60 | +0,65 | 462 |

Senioren Open

| | | | | | | |
|-------|-----------------------|-------------------------|-----------|--------------|-------|-----|
| 1. | Rachel Blok | Het Y | 199906076 | 28.46 | +0,69 | 575 |
| 2. | Tiffany Leerdam | De Dolfijn | 200006200 | 28.50 | +0,78 | 572 |
| 3. | Anoeska van de Kraats | DWK | 199701284 | 29.24 | +0,71 | 530 |
| 4. | Alisha Vieira | Rotterdam Swimming (SG) | 199904554 | 29.27 | +0,81 | 528 |
| 5. | Sarah el Bacha | De Dolfijn | 200201104 | 29.44 | +0,71 | 519 |
| | Luca Ebbinge | DZ&PC | 199802406 | 29.44 | +0,64 | 519 |
| 7. | Hanna Looi | ZV Haerlem | 200006090 | 30.04 | +0,71 | 489 |
| 8. | Naomi Veldhuisen | De Dolfijn | 200105858 | 30.11 | +0,69 | 485 |
| 9. | Cheyenne van de Port | DWK | 199804718 | 30.35 | +0,70 | 474 |
| 10. | Denise Veldhuisen | De Dolfijn | 200006422 | 30.46 | +0,67 | 469 |
| 11. | Thirza van de Kraats | DWK | 200200392 | 30.50 | +0,76 | 467 |
| 12. | Daphne Geurtsen | De Ham | 200104476 | 31.62 | +0,78 | 419 |
| 13. | Dyshanty Laurence | De Dolfijn | 200106298 | 32.52 | +0,76 | 385 |
| NG.ZA | Xiomara Getrouw | De Dolfijn | 199407552 | | | |
| AFGEM | Jonell Barker | KZC | 200103468 | | | |

Programmanr. 13
 08-03-2020 - 14:01

Heren, 50m vrije slag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| Rang | | | | Tijd | RT | FINA | IPC |
|-------------------|--------------------------|----------------------------|-----------|--------------|-------|------|-----|
| Junioren 1 | | | | | | | |
| 1. | Jesse Bout | ZV De Zaan | 200700245 | 29.01 | +0,83 | 374 | |
| 2. | Marnix Rietveld | ZV Haerlem | 200700939 | 29.23 | +0,75 | 366 | |
| 3. | Nándor Szabó | De Dolfijn | 200700475 | 29.51 | +0,73 | 355 | |
| 4. | Lennard Brandsma | DZ&PC | 200702645 | 30.17 | +0,74 | 332 | |
| 5. | Storm Boxum | SWOL 1894 | 200700421 | 30.29 | +0,66 | 328 | |
| 6. | Tijn Hilders | De Dolfijn | 200700027 | 30.65 | +0,68 | 317 | |
| 7. | Boele Böhm | De Columbiaan | 200700739 | 32.00 | +0,68 | 279 | |
| 8. | Twan Hoogervorst | De Columbiaan | 200700741 | 32.90 | +0,72 | 256 | |
| 9. | Derek Smit | De Reuring | 200702055 | 33.20 | +0,77 | 249 | |
| 10. | Arie Brussaard | Batavia Swim | 200700781 | 34.09 | +0,66 | 230 | |
| 11. | Mees de Jonge | De Ham | 200700337 | 34.53 | +0,88 | 222 | |
| 12. | Guus Kui | Watervlo | 200700845 | 35.62 | +0,66 | 202 | |
| 13. | Sylvan Jager | Batavia Swim | 200702673 | 35.89 | +0,64 | 197 | |
| 14. | Christoph Smit | MSV-Zeemacht | 200702629 | 43.28 | +0,78 | 112 | 27 |
| AFGEM | Luca Gerringa | Batavia Swim | 200700555 | | | | |
| Junioren 2 | | | | | | | |
| 1. | Bjorn Rijkaart | BZ&PC | 200601337 | 27.30 | +0,76 | 449 | |
| 2. | Jip Bakker | Orca | 200600287 | 28.13 | +0,70 | 410 | |
| 3. | Merijn Verhoeff | De Otters Het Gooi | 200604065 | 31.60 | +0,75 | 289 | |
| 4. | Rodrigo Smit | De Ham | 200603965 | 31.91 | +0,73 | 281 | |
| 5. | Jan van Dreumel | ZV Haerlem | 200600167 | 32.91 | +0,76 | 256 | |
| 6. | Tijs van Driesten | Watervlo | 200601345 | 34.13 | +0,73 | 229 | |
| Junioren 3 | | | | | | | |
| 1. | Émile Fouzaï | The Hague Swimming (SG) | 200500263 | 27.31 | +0,70 | 448 | |
| 2. | Matthew O'Sullivan | De Dolfijn | 200502609 | 27.77 | +0,69 | 426 | |
| 3. | Lucas Ambrose | De Dolfijn | 200502275 | 28.70 | +0,74 | 386 | |
| 4. | Pepijn de Wit | De Dolfijn | 200502277 | 28.83 | +0,73 | 381 | |
| 5. | Philip Grammatikopoulos | DAW | 200504167 | 29.11 | +0,73 | 370 | |
| 6. | Kian Herschel | Watervlo | 200504267 | 30.84 | +0,76 | 311 | |
| AFGEM | Jasper Camphuijnder | OEZA | 200502367 | | | | |
| AFGEM | Gabriel Been | The Hague Swimming (SG) | 200501467 | | | | |
| Junioren 4 | | | | | | | |
| 1. | Joren Oldenhof | De Dolfijn | 200400045 | 27.11 | +0,68 | 458 | |
| 2. | Thomas Burgmeijer | Batavia Swim | 200400739 | 27.46 | +0,64 | 441 | |
| 3. | Erik Wetzlaugk | De Dolfijn | 200404653 | 27.93 | +0,79 | 419 | |
| 4. | Jip Duursema | MSV-Zeemacht | 200404185 | 28.18 | +0,69 | 408 | |
| 5. | Jesse Bruines | Batavia Swim | 200402413 | 33.28 | +0,80 | 248 | 391 |
| Jeugd 1 | | | | | | | |
| 1. | Kenan Cörüz | Feijenoord Albion Zwemclub | 200300357 | 25.88 | +0,67 | 527 | |
| | Piet-Hein Straver | Zwemvereniging Zaltbommel | 200302527 | 25.88 | +0,76 | 527 | |
| 3. | Daan Piepers | KZC | 200303441 | 25.89 | +0,66 | 526 | |
| 4. | Thijs Bosma | De Dolfijn | 200302443 | 26.37 | +0,79 | 498 | |
| 5. | Maximilian Lopes Cardozo | WZK | 200300665 | 26.53 | +0,69 | 489 | |
| AFGEM | Melvin Kotzebue | De Aalscholver | 200301667 | | | | |

Programmanr. 13, Heren, 50m vrije slag

Jeugd 2

| | | | | | |
|-----------------|-----|-----------|--------------|-------|-----|
| 1. Daniël Pronk | WZK | 200201409 | 26.67 | +0,77 | 481 |
|-----------------|-----|-----------|--------------|-------|-----|

Senioren open

| | | | | | |
|--------------------|----------------------------|-----------|--------------|-------|-----|
| 1. Jeroen Baars | Rotterdam Swimming (SG) | 199200031 | 23.37 | +0,74 | 716 |
| 2. Perry Lindo | Rotterdam Swimming (SG) | 199207337 | 23.84 | +0,71 | 674 |
| 3. Serginni Marten | DWK | 199307281 | 24.77 | +0,69 | 601 |
| 4. Otto Pranger | Feijenoord Albion Zwemclub | 200000007 | 25.19 | +0,62 | 571 |
| 5. Jarno van Oijen | Feijenoord Albion Zwemclub | 200100055 | 25.36 | +0,75 | 560 |
| 6. Martijn Dolk | Rotterdam Swimming (SG) | 198900737 | 25.77 | +0,78 | 534 |
| 7. Stefan Waalkens | Batavia Swim | 200100611 | 25.90 | +0,64 | 526 |
| 8. Max Voortman | DWK | 199902923 | 25.97 | +0,64 | 521 |
| 9. Rutger Stam | Zwemvereniging Hoogland | 198102463 | 27.36 | +0,69 | 446 |
| 10. Youri Jansen | Batavia Swim | 200105259 | 28.56 | +0,67 | 392 |
| 11. Jasper Willig | Rotterdam Swimming (SG) | 200104757 | 28.59 | +0,68 | 391 |
| 12. Lars Jacobsen | DWK | 199705453 | 28.68 | +0,80 | 387 |

 Programmanr. 14
 08-03-2020 - 14:11

Dames, 200m wisselslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m | |
|-------------------|-----------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | | |
| 1. | Frouke Ludwig | DZ&PC | 200800112 | 2:44.67 | +0,77 | 449 | 34.44 | 1:15.70 | 2:07.40 | 2:44.67 |
| 2. | Julia Agricola | DZ&PC | 200800266 | 2:51.16 | +0,81 | 400 | 38.01 | 1:22.98 | 2:14.35 | 2:51.16 |
| 3. | Tessa Hoogstraten | De Columbiaan | 200800544 | 2:54.68 | +0,63 | 376 | 37.39 | 1:22.70 | 2:16.50 | 2:54.68 |
| 4. | Mirre van Wijngaarden | De Dolfijn | 200800262 | 2:55.80 | +0,79 | 369 | 39.82 | 1:24.39 | 2:16.89 | 2:55.80 |
| 5. | Linde Fortuin | Orca | 200801530 | 3:03.57 | +0,75 | 324 | 41.72 | 1:28.80 | 2:23.63 | 3:03.57 |
| 6. | Eline Bonneveld | De Ham | 200801194 | 3:13.25 | +0,77 | 277 | 43.47 | 1:34.85 | 2:33.45 | 3:13.25 |
| 7. | Pascal Smal | DAW | 200802958 | 3:16.69 | +0,61 | 263 | 45.22 | 1:34.74 | 2:29.68 | 3:16.69 |
| 8. | Bette Peetoom | DAW | 200801808 | 3:17.24 | +0,76 | 261 | 43.32 | 1:35.84 | 2:33.41 | 3:17.24 |
| 9. | Iris Brouwer | De Aalscholver | 200800368 | 3:24.76 | +0,89 | 233 | 47.78 | 1:41.11 | 2:37.78 | 3:24.76 |
| 10. | Jenna Wiersma | Orca | 200801906 | 3:26.89 | +0,87 | 226 | 52.59 | 1:44.97 | 2:40.11 | 3:26.89 |
| 11. | Sophie Beekvelt | De Aalscholver | 200801966 | 3:34.19 | +0,75 | 204 | 49.86 | 1:45.17 | 2:48.28 | 3:34.19 |
| 12. | Leila Benko | De Aalscholver | 200802866 | 4:00.03 | +0,82 | 145 | 54.85 | 1:56.31 | 3:03.58 | 4:00.03 |
| | NG.ZA Sofia Renaud | Batavia Swim | 200800756 | | | | | | | |

Junioren 2

| | | | | | | | | | | |
|----|------------------|--------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Rafaëla Mulders | De Reuring | 200701398 | 2:45.37 | +0,76 | 443 | 37.30 | 1:20.58 | 2:09.93 | 2:45.37 |
| 2. | Eefje Irvine | De Otters Het Gooi | 200700164 | 2:48.48 | +0,74 | 419 | 36.20 | 1:18.31 | 2:09.88 | 2:48.48 |
| 3. | Charlene Ruiter | De Columbiaan | 200700522 | 2:51.87 | +0,78 | 395 | 38.41 | 1:24.92 | 2:12.50 | 2:51.87 |
| 4. | Leona Meester | De Ham | 200700192 | 3:02.58 | +0,79 | 329 | 42.20 | 1:28.35 | 2:22.51 | 3:02.58 |
| 5. | Sophie Adriaanse | De Columbiaan | 200701066 | 3:03.20 | +0,80 | 326 | 39.84 | 1:30.84 | 2:20.73 | 3:03.20 |
| 6. | Brianna Voorhout | DAW | 200702342 | 3:09.88 | +0,67 | 293 | 46.38 | 1:33.64 | 2:29.38 | 3:09.88 |

Junioren 3

| | | | | | | | | | | |
|----|-------------------------|---------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. | Estelle van Wijngaarden | ZPB H&L Productions | 200601020 | 2:37.19 | +0,85 | 516 | 31.13 | 1:14.29 | 2:00.99 | 2:37.19 |
| 2. | Linde van Wijngaarden | De Dolfijn | 200601372 | 2:41.61 | +0,73 | 475 | 36.04 | 1:19.47 | 2:05.62 | 2:41.61 |
| 3. | Charley Blide | TriVia | 200600164 | 2:49.41 | +0,81 | 412 | 35.72 | 1:18.24 | 2:10.36 | 2:49.41 |
| 4. | Tessa Hartel | WZ&PC Purmerend | 200602062 | 2:51.73 | +0,81 | 396 | 37.50 | 1:20.35 | 2:13.44 | 2:51.73 |
| 5. | Bridget Veldhuisen | De Dolfijn | 200602532 | 2:55.32 | +0,67 | 372 | 37.68 | 1:24.41 | 2:17.61 | 2:55.32 |
| 6. | Senna Levering | DWK | 200603892 | 2:56.45 | +0,79 | 365 | 40.41 | 1:26.38 | 2:15.92 | 2:56.45 |
| 7. | Yanou Vaessen | DWK | 200603666 | 3:03.51 | +0,76 | 324 | 40.10 | 1:26.03 | 2:22.30 | 3:03.51 |
| 8. | Monique Tienstra | TriVia | 200600354 | 3:03.54 | +0,80 | 324 | 38.76 | 1:27.90 | 2:23.38 | 3:03.54 |
| 9. | Kyara Beets | DAW | 200602368 | 3:19.26 | +0,82 | 253 | 43.54 | 1:35.97 | 2:35.32 | 3:19.26 |
| | DIS Kimberly Ruiter | De Columbiaan | 200600492 | | | | | | | |

RJ - Lichaam geheel onder water gedurende de race of bij het eindpunt (geldt niet voor kp en eerste 15 m na start en keerpunt)

Junioren 4

| | | | | | | | | | |
|--------------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Sophia van Droffelaar | ZVVS | 200500330 | 2:34.22 | +0,73 | 546 | 33.60 | 1:15.53 | 1:59.68 | 2:34.22 |
| 2. Emma van Leeuwen | DAW | 200500200 | 2:34.87 | +0,79 | 540 | 35.95 | 1:16.50 | 2:00.14 | 2:34.87 |
| 3. Fleur Bos | Orca | 200500674 | 2:45.75 | +0,85 | 440 | 34.58 | 1:18.86 | 2:07.31 | 2:45.75 |
| 4. Aisha Nobels | Feijenoord Albion Zwemclub | 200501710 | 2:48.31 | +0,68 | 420 | 36.47 | 1:21.63 | 2:11.51 | 2:48.31 |
| 5. Niké Telkamp | The Hague Swimming (SG) | 200501088 | 2:48.40 | +0,75 | 420 | 34.78 | 1:20.80 | 2:08.04 | 2:48.40 |
| 6. Dido Toornend | ZV Haerlem | 200501718 | 2:49.31 | +0,77 | 413 | 38.19 | 1:22.30 | 2:10.47 | 2:49.31 |
| 7. Mar Stoel | De Columbiaaan | 200500520 | 2:50.16 | +0,75 | 407 | 34.81 | 1:18.99 | 2:11.64 | 2:50.16 |
| 8. Frédérique Bais | MSV-Zeemacht | 200505160 | 2:54.02 | +0,78 | 380 | 38.07 | 1:25.56 | 2:15.55 | 2:54.02 |
| 9. Zoe Kenworthy | De Columbiaaan | 200500428 | 3:02.08 | +0,75 | 332 | 41.33 | 1:28.05 | 2:22.35 | 3:02.08 |

Jeugd 1

| | | | | | | | | | |
|--------------------------|-----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Veerle Nieborg | TriVia | 200400428 | 2:33.81 | +0,74 | 551 | 31.58 | 1:12.45 | 1:59.46 | 2:33.81 |
| 2. Yvette Buis | De Dolfijn | 200401830 | 2:38.78 | +0,71 | 501 | 35.16 | 1:17.46 | 2:02.52 | 2:38.78 |
| 3. Resmi Voorneveld | WZ&PC Purmerend | 200404258 | 2:43.60 | +0,77 | 458 | 37.13 | 1:19.83 | 2:08.46 | 2:43.60 |
| 4. Samijn Janine Wiersma | Orca | 200403130 | 3:01.58 | +0,94 | 335 | 37.81 | 1:24.07 | 2:20.49 | 3:01.58 |
| 5. Nynke Jansen | Batavia Swim | 200404914 | 3:17.86 | +0,74 | 258 | 41.07 | 1:33.49 | 2:31.78 | 3:17.86 |

Jeugd 2

| | | | | | | | | | |
|--------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Julia Notenboom | De Columbiaaan | 200302596 | 2:40.39 | +0,79 | 486 | 34.12 | 1:15.46 | 2:03.96 | 2:40.39 |
|--------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|

Senioren Open

| | | | | | | | | | |
|----------------|------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Xena Gijzen | ZV Haerlem | 200200776 | 2:50.60 | +0,72 | 404 | 36.60 | 1:23.04 | 2:10.28 | 2:50.60 |
| 2. Anna Bruins | DAW | 199901966 | 3:00.86 | +0,64 | 339 | 37.66 | 1:24.61 | 2:18.28 | 3:00.86 |

Programmanr. 15
08-03-2020 - 14:34

Heren, 100m rugslag

Junioren 1 en ouder
Resultaten

Punten: FINA 2020

| | | | | | | | | |
|------|--|--|--|------|----|------|-----|------|
| Rang | | | | Tijd | RT | FINA | 50m | 100m |
|------|--|--|--|------|----|------|-----|------|

Junioren 1

| | | | | | | | |
|------------------------------|--------------|-----------|----------------|-------|-----|-------|---------|
| 1. Bram Loots | KZC | 200700197 | 1:12.69 | +0,70 | 362 | 35.97 | 1:12.69 |
| 2. Sem Belmon | De Dolfijn | 200702099 | 1:13.81 | +0,72 | 346 | 35.47 | 1:13.81 |
| 3. Lennard Brandsma | DZ&PC | 200702645 | 1:14.71 | +0,55 | 334 | 35.97 | 1:14.71 |
| 4. Q. Brouwer von Gonzenbach | TriVia | 200700001 | 1:16.28 | +0,63 | 314 | 37.11 | 1:16.28 |
| 5. Harvey Mills | De Dolfijn | 200700973 | 1:17.63 | +0,71 | 297 | 37.58 | 1:17.63 |
| 6. Nasr-Eddine Tallih | Watervlo | 200700757 | 1:23.76 | +0,59 | 237 | 40.38 | 1:23.76 |
| 7. Mees de Jonge | De Ham | 200700337 | 1:24.89 | +0,98 | 227 | 42.02 | 1:24.89 |
| 8. Sylvan Jager | Batavia Swim | 200702673 | 1:35.27 | +0,69 | 161 | 47.22 | 1:35.27 |

Junioren 2

| | | | | | | | |
|----------------------|---------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Ben Jackson | De Dolfijn | 200603399 | 1:11.23 | +0,86 | 385 | 35.05 | 1:11.23 |
| 2. Feico de Jonge | KZC | 200600047 | 1:13.42 | +0,68 | 352 | 35.46 | 1:13.42 |
| 3. Timo Vankan | De Columbiaaan | 200603749 | 1:15.45 | +0,73 | 324 | 37.54 | 1:15.45 |
| 4. Lars ten Katen | Batavia Swim | 200600959 | 1:18.17 | +0,75 | 291 | 39.10 | 1:18.17 |
| 5. Jan van Dreumel | ZV Haerlem | 200600167 | 1:21.90 | +0,63 | 253 | 40.50 | 1:21.90 |
| 6. Bas Blanker | ZPB H&L Productions | 200601497 | 1:21.97 | +0,63 | 253 | 39.48 | 1:21.97 |
| 7. Leon Kerkhoff | De Ham | 200600455 | 1:22.38 | +0,64 | 249 | 40.05 | 1:22.38 |
| 8. Tijs van Driesten | Watervlo | 200601345 | 1:30.04 | +0,68 | 190 | 43.69 | 1:30.04 |
| AFGEM Bram Meijering | Batavia Swim | 200603151 | | | | | |

Junioren 3

| | | | | | | | |
|----------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Yanieck Frijstein | The Hague Swimming (SG) | 200500329 | 1:07.14 | +0,67 | 460 | 32.19 | 1:07.14 |
| 2. Ben Aalsvel | De Dolfijn | 200501255 | 1:12.19 | +0,73 | 370 | 35.87 | 1:12.19 |
| 3. Kalle Oortwijn | OEZA | 200501141 | 1:13.21 | +0,77 | 355 | 35.70 | 1:13.21 |

Programmanr. 15, Heren, 100m rugslag

Junioren 4

| | | | | | | | |
|--------------------|--------------|-----------|----------------|-------|-----|-------|---------|
| 1. Tycho de Jonge | KZC | 200400411 | 1:11.60 | +0,78 | 379 | 35.34 | 1:11.60 |
| 2. Collin Schouten | MSV-Zeemacht | 200400697 | 1:12.44 | +0,71 | 366 | 35.21 | 1:12.44 |

Jeugd 1

| | | | | | | | |
|------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Michael Smink | The Hague Swimming (SG) | 200302169 | 1:04.38 | +0,72 | 522 | 31.05 | 1:04.38 |
| 2. Jelle Bon | ZVVS | 200301077 | 1:05.78 | +0,61 | 489 | 31.49 | 1:05.78 |
| 3. Liam Wesemann | MSV-Zeemacht | 200300581 | 1:16.03 | +0,68 | 317 | 38.11 | 1:16.03 |

Jeugd 2

| | | | | | | | |
|--------------------|--------------|-----------|----------------|-------|-----|-------|---------|
| 1. Björn de Heus | ZVVS | 200201077 | 1:08.25 | +0,64 | 438 | 32.85 | 1:08.25 |
| 2. Mees Minneboo | MSV-Zeemacht | 200203465 | 1:16.55 | +0,59 | 310 | 37.49 | 1:16.55 |
| 3. Thom Meendering | DAW | 200204879 | 1:18.39 | +0,58 | 289 | 38.35 | 1:18.39 |

Senioren open

| | | | | | | | |
|--------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Jorrick Druyven | DAW | 199400507 | 1:00.71 | +0,56 | 622 | 29.07 | 1:00.71 |
| 2. Ivo Stolk | Feijenoord Albion Zwemclub | 200100615 | 1:02.33 | +0,67 | 575 | 30.24 | 1:02.33 |
| 3. Enrico Molly | De Dolfijn | 200004147 | 1:03.61 | +0,57 | 541 | 30.48 | 1:03.61 |
| 4. Martijn Dolk | Rotterdam Swimming (SG) | 198900737 | 1:08.46 | +0,68 | 434 | 33.28 | 1:08.46 |

 Programmanr. 16
 08-03-2020 - 14:43

Dames, 400m vrije slag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | | | | | Tijd | RT | FINA |
|-------------------|----------------------|-------------------|---------------|----------------|---------------|-------|---------------|-------|------|
| Junioren 1 | | | | | | | | | |
| 1. | Esmée Mulder | SWOL 1894 | 200800038 | 5:08.43 | +0,70 | | | | 450 |
| | 50m: 34.27 | 34.27 | 150m: 1:52.27 | 39.61 | 250m: 3:11.70 | 39.71 | 350m: 4:30.87 | 39.42 | |
| | 100m: 1:12.66 | 38.39 | 200m: 2:31.99 | 39.72 | 300m: 3:51.45 | 39.75 | 400m: 5:08.43 | 37.56 | |
| 2. | Floortje van 't Wout | De Ham | 200802286 | 5:31.11 | +0,74 | | | | 364 |
| | 50m: 35.51 | 35.51 | 150m: 1:58.37 | 42.04 | 250m: 3:25.02 | 43.32 | 350m: 4:51.03 | 42.48 | |
| | 100m: 1:16.33 | 40.82 | 200m: 2:41.70 | 43.33 | 300m: 4:08.55 | 43.53 | 400m: 5:31.11 | 40.08 | |
| 3. | Anne Demmers | KZC | 200800412 | 5:38.10 | +0,82 | | | | 342 |
| | 50m: 39.79 | 39.79 | 150m: 2:05.24 | 43.34 | 250m: 3:32.83 | 43.97 | 350m: 5:00.14 | 44.05 | |
| | 100m: 1:21.90 | 42.11 | 200m: 2:48.86 | 43.62 | 300m: 4:16.09 | 43.26 | 400m: 5:38.10 | 37.96 | |
| 4. | Lieve Faber | Batavia Swim | 200800016 | 6:34.07 | +0,71 | | | | 216 |
| | 50m: 41.65 | 41.65 | 150m: 2:18.32 | 49.09 | 250m: 4:00.63 | 51.17 | 350m: 5:44.65 | 52.25 | |
| | 100m: 1:29.23 | 47.58 | 200m: 3:09.46 | 51.14 | 300m: 4:52.40 | 51.77 | 400m: 6:34.07 | 49.42 | |
| Junioren 2 | | | | | | | | | |
| 1. | Daniek Wijnen | ZVL-1886 Tetteroo | 200701280 | 5:19.99 | +0,72 | | | | 403 |
| | 50m: 33.63 | 33.63 | 150m: 1:53.14 | 40.58 | 250m: 3:16.26 | 41.89 | 350m: 4:40.06 | 41.19 | |
| | 100m: 1:12.56 | 38.93 | 200m: 2:34.37 | 41.23 | 300m: 3:58.87 | 42.61 | 400m: 5:19.99 | 39.93 | |
| 2. | Lisan Steenbakker | KZC | 200701666 | 5:50.86 | +0,70 | | | | 306 |
| | 50m: 39.06 | 39.06 | 150m: 2:07.55 | 44.23 | 250m: 3:37.59 | 44.44 | 350m: 5:08.31 | 44.31 | |
| | 100m: 1:23.32 | 44.26 | 200m: 2:53.15 | 45.60 | 300m: 4:24.00 | 46.41 | 400m: 5:50.86 | 42.55 | |
| Junioren 3 | | | | | | | | | |
| 1. | Zea Wetzlaugk | De Dolfijn | 200604780 | 5:16.81 | +0,79 | | | | 415 |
| | 50m: 33.67 | 33.67 | 150m: 1:51.41 | 39.52 | 250m: 3:12.18 | 40.43 | 350m: 4:36.68 | 42.55 | |
| | 100m: 1:11.89 | 38.22 | 200m: 2:31.75 | 40.34 | 300m: 3:54.13 | 41.95 | 400m: 5:16.81 | 40.13 | |

Programmanr. 16, Dames, 400m vrije slag

Junioren 4

| | | | | | |
|-----------------------|----------------------------|---------------|----------------|---------------|-------|
| 1. Britt van't Zant | Feijenoord Albion Zwemclub | 200501170 | 5:00.94 | +0,71 | 485 |
| 50m: 33.28 | 150m: 1:48.14 | 250m: 3:06.66 | 38.56 | 350m: 4:23.51 | 37.64 |
| 100m: 1:10.44 | 200m: 2:28.10 | 300m: 3:45.87 | 39.21 | 400m: 5:00.94 | 37.43 |
| 2. Annelieke Stegink | Batavia Swim | 200500570 | 5:21.60 | +0,81 | 397 |
| 50m: 33.89 | 150m: 1:52.94 | 250m: 3:17.26 | 42.22 | 350m: 4:42.44 | 42.34 |
| 100m: 1:12.38 | 200m: 2:35.04 | 300m: 4:00.10 | 42.84 | 400m: 5:21.60 | 39.16 |
| 3. Lotte Zaal | De Columbiaan | 200502590 | 5:31.24 | +0,85 | 363 |
| 50m: 37.55 | 150m: 2:03.08 | 250m: 3:27.98 | 42.89 | 350m: 4:53.18 | 42.12 |
| 100m: 1:19.86 | 200m: 2:45.09 | 300m: 4:11.06 | 43.08 | 400m: 5:31.24 | 38.06 |
| 4. Isabella Grijseels | Kon AZ 1870 | 200502678 | 5:37.80 | +0,81 | 342 |
| 50m: 36.97 | 150m: 2:02.39 | 250m: 3:30.43 | 43.83 | 350m: 4:56.87 | 42.89 |
| 100m: 1:19.00 | 200m: 2:46.60 | 300m: 4:13.98 | 43.55 | 400m: 5:37.80 | 40.93 |
| 5. Mette Etmans | Batavia Swim | 200500848 | 5:42.81 | +0,85 | 328 |
| 50m: 36.53 | 150m: 2:01.40 | 250m: 3:29.72 | 44.18 | 350m: 4:59.18 | 44.80 |
| 100m: 1:17.01 | 200m: 2:45.54 | 300m: 4:14.38 | 44.66 | 400m: 5:42.81 | 43.63 |

Jeugd 1

| | | | | | |
|--------------------|-------------------------|---------------|----------------|---------------|-------|
| 1. Femke Doorenbos | The Hague Swimming (SG) | 200404214 | 4:41.03 | +0,81 | 595 |
| 50m: 32.13 | 150m: 1:43.08 | 250m: 2:54.85 | 35.79 | 350m: 4:06.45 | 35.65 |
| 100m: 1:07.14 | 200m: 2:19.06 | 300m: 3:30.80 | 35.95 | 400m: 4:41.03 | 34.58 |

Jeugd 2

| | | | | | |
|---------------------|---------------|---------------|----------------|---------------|-------|
| 1. Britt van Bommel | De Columbiaan | 200301982 | 5:14.28 | +0,82 | 425 |
| 50m: 35.58 | 150m: 1:55.51 | 250m: 3:15.23 | 40.31 | 350m: 4:35.99 | 39.95 |
| 100m: 1:14.92 | 200m: 2:34.92 | 300m: 3:56.04 | 40.81 | 400m: 5:14.28 | 38.29 |
| 2. Iris Onnink | DWK | 200301836 | 5:35.25 | +0,75 | 350 |
| 50m: 37.15 | 150m: 2:02.02 | 250m: 3:28.35 | 43.28 | 350m: 4:54.03 | 42.83 |
| 100m: 1:19.27 | 200m: 2:45.07 | 300m: 4:11.20 | 42.85 | 400m: 5:35.25 | 41.22 |

Senioren Open

| | | | | | |
|---------------------|-------------------------|---------------|----------------|---------------|-------|
| 1. Ilse Kraaijeveld | The Hague Swimming (SG) | 200202190 | 4:43.54 | +0,70 | 580 |
| 50m: 32.32 | 150m: 1:44.37 | 250m: 2:56.64 | 36.03 | 350m: 4:08.93 | 35.78 |
| 100m: 1:08.00 | 200m: 2:20.61 | 300m: 3:33.15 | 36.51 | 400m: 4:43.54 | 34.61 |
| 2. Isabel Aardema | DWK | 200100364 | 4:43.60 | +0,78 | 579 |
| 50m: 31.95 | 150m: 1:43.15 | 250m: 2:54.68 | 35.52 | 350m: 4:07.68 | 36.43 |
| 100m: 1:07.19 | 200m: 2:19.16 | 300m: 3:31.25 | 36.57 | 400m: 4:43.60 | 35.92 |
| 3. Noa Oldenhof | De Dolfijn | 199700622 | 4:57.01 | +0,68 | 504 |
| 50m: 33.78 | 150m: 1:49.66 | 250m: 3:05.31 | 37.54 | 350m: 4:20.70 | 37.93 |
| 100m: 1:11.49 | 200m: 2:27.77 | 300m: 3:42.77 | 37.46 | 400m: 4:57.01 | 36.31 |
| 4. Bianca Groot | MSV-Zeemacht | 197000652 | 5:14.89 | +0,85 | 423 |
| 50m: 35.88 | 150m: 1:55.23 | 250m: 3:15.79 | 40.57 | 350m: 4:36.44 | 40.34 |
| 100m: 1:15.51 | 200m: 2:35.22 | 300m: 3:56.10 | 40.31 | 400m: 5:14.89 | 38.45 |

 Programmanr. 17
 08-03-2020 - 15:03

Heren, 200m schoolslag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m | |
|------------|------------------|---------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | | |
| 1. | Tieme Wiersma | DZ&PC | 200701031 | 2:59.85 | +0,79 | 344 | 40.32 | 1:25.85 | 2:13.24 | 2:59.85 |
| 2. | Twan Hoogervorst | De Columbiaan | 200700741 | 3:22.26 | +0,75 | 242 | 43.84 | 1:35.94 | 2:28.60 | 3:22.26 |

Programmanr. 17, Heren, 200m schoolslag

Junioren 2

| | | | | | | | | | |
|-------------------|------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Senna Hof | DZ&PC | 200600761 | 2:37.56 | +0,77 | 512 | 36.35 | 1:17.61 | 1:57.63 | 2:37.56 |
| 2. Bjorn Rijkaart | BZ&PC | 200601337 | 2:59.00 | +0,77 | 349 | 40.07 | 1:26.11 | 2:13.02 | 2:59.00 |
| 3. Max ten Bosch | ZV Haerlem | 200603249 | 3:01.66 | +0,73 | 334 | 42.49 | 1:29.43 | 2:16.94 | 3:01.66 |

Junioren 4

| | | | | | | | | | |
|-----------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Kaito van Meeteren | De Dolfijn | 200404271 | 2:48.35 | +0,70 | 420 | 36.58 | 1:19.46 | 2:04.16 | 2:48.35 |
| 2. Thomas Burgmeijer | Batavia Swim | 200400739 | 2:51.65 | +0,64 | 396 | 37.19 | 1:21.40 | 2:07.20 | 2:51.65 |

Senioren open

| | | | | | | | | | |
|---------------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Ruben Koek | DWK | 199701187 | 2:34.95 | +0,74 | 539 | 35.13 | 1:14.89 | 1:55.55 | 2:34.95 |
| 2. D. van den Nieuwendijk | De Columbiaan | 200100475 | 2:38.21 | +0,78 | 506 | 34.70 | 1:14.02 | 1:55.05 | 2:38.21 |
| 3. Raphael Mennen | DWK | 200103049 | 2:46.39 | +0,70 | 435 | 36.27 | 1:18.45 | 2:01.64 | 2:46.39 |
| 4. Menno Bas | Zwemclub Zeist | 199902947 | 2:49.07 | +0,69 | 415 | 35.69 | 1:18.88 | 2:03.43 | 2:49.07 |
| 5. Yuri Jansen | Batavia Swim | 200105259 | 3:13.67 | +0,70 | 276 | 40.90 | 1:30.87 | 2:23.13 | 3:13.67 |

 Programmanr. 18
 08-03-2020 - 15:10

Dames, 200m rugslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m | |
|-------------------|-----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | | |
| 1. | Frouke Ludwig | DZ&PC | 200800112 | 2:37.78 | +0,64 | 477 | 36.84 | 1:17.05 | 1:57.84 | 2:37.78 |
| 2. | Emma Rose Buitenkamp | DAW | 200801898 | 2:50.12 | +0,82 | 381 | 40.14 | 1:23.69 | 2:08.17 | 2:50.12 |
| 3. | Liv Heijdra | Feijenoord Albion Zwemclub | 200800736 | 2:54.87 | +0,72 | 350 | 41.47 | 1:25.83 | 2:10.53 | 2:54.87 |
| 4. | Mint van Wees | De Dolfijn | 200801328 | 2:56.86 | +0,73 | 339 | 42.58 | 1:28.39 | 2:14.18 | 2:56.86 |
| 5. | Mirre van Wijngaarden | De Dolfijn | 200800262 | 3:02.51 | +0,70 | 308 | 42.76 | 1:29.67 | 2:18.00 | 3:02.51 |
| 6. | Aimée de Feijter | Watervlo | 200801038 | 3:09.71 | +0,65 | 274 | 44.62 | 1:32.93 | 2:22.07 | 3:09.71 |
| 7. | Sanne Pruntel | ZVVS | 200802010 | 3:09.90 | +0,63 | 274 | 45.10 | 1:35.01 | 2:23.95 | 3:09.90 |
| 8. | Tamira Anna Rasban | DAW | 200801810 | 3:21.59 | +0,84 | 229 | 47.37 | 1:38.82 | 2:32.03 | 3:21.59 |
| 9. | AFGEM Kenza Essabbar | De Aalscholver | 200801744 | | | | | | | |

Junioren 2

| | | | | | | | | | |
|--------------------------|-----------------|-----------|------------------|-------|-----|-------|---------|---------|---------|
| 1. Angelina Rolman | WZ&PC Purmerend | 200701972 | 2:38.41 | +0,78 | 472 | 36.92 | 1:17.14 | 1:57.61 | 2:38.41 |
| 2. Senna van Laar | De Aalscholver | 200700726 | 2:45.33 | +0,78 | 415 | 39.31 | 1:20.65 | 2:03.81 | 2:45.33 |
| 3. Eline van Rijn | DAW | 200700918 | 2:50.17 | +0,69 | 380 | 41.29 | 1:24.54 | 2:08.29 | 2:50.17 |
| 4. Stella van Droffelaar | ZVVS | 200700048 | 2:52.04 | +0,73 | 368 | 40.68 | 1:24.53 | 2:08.56 | 2:52.04 |
| 5. Charlene Ruiters | De Columbiaan | 200700522 | 2:54.05 | +0,64 | 355 | 40.76 | 1:25.31 | 2:10.41 | 2:54.05 |
| 6. Femke Paus | MSV-Zeemacht | 200701772 | 3:02.25 | +0,62 | 310 | 43.78 | 1:30.30 | 2:18.52 | 3:02.25 |
| 7. Sarah Lute | De Aalscholver | 200701078 | 3:03.44 | +0,68 | 304 | 44.86 | 1:32.81 | 2:20.86 | 3:03.44 |
| 8. Sofya Kuznetsova | De Dolfijn | 200704458 | 3:08.41 * | +0,61 | 280 | 42.10 | 1:29.26 | 2:19.14 | 3:08.41 |
| 9. Lisa Makking | Watervlo | 200702712 | 3:15.34 * | +0,92 | 251 | 47.27 | 1:38.98 | 2:29.40 | 3:15.34 |

Junioren 3

| | | | | | | | | | |
|-------------------|----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Evy Rozeboom | DAW | 200601338 | 2:37.19 | +0,71 | 483 | 37.04 | 1:17.01 | 1:57.45 | 2:37.19 |
| 2. Charley Blide | TriVia | 200600164 | 2:43.17 | +0,81 | 432 | 37.16 | 1:18.02 | 2:00.89 | 2:43.17 |
| 3. Leona Ronda | Orca | 200603772 | 2:50.57 | +0,73 | 378 | 39.06 | 1:22.30 | 2:06.87 | 2:50.57 |
| 4. Zoë Prins | De Reuring | 200603812 | 2:56.00 | +0,69 | 344 | 40.97 | 1:26.27 | 2:12.60 | 2:56.00 |
| 5. Sabine Looden | De Columbiaan | 200601390 | 2:59.72 | +0,77 | 323 | 43.12 | 1:29.24 | 2:16.06 | 2:59.72 |
| 6. Marit Hakvoort | KZC | 200601062 | 3:02.88 | +0,82 | 306 | 42.69 | 1:28.55 | 2:15.97 | 3:02.88 |
| 7. Senna Tamminga | De Aalscholver | 200604914 | 3:47.95 | +0,57 | 158 | 50.90 | 1:47.77 | 2:49.02 | 3:47.95 |

Programmanr. 18, Dames, 200m rugslag

Junioren 4

| | | | | | | | | | |
|---------------------|--------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Emma Riemers | MSV-Zeemacht | 200500748 | 2:39.57 | +0,74 | 461 | 37.75 | 1:18.95 | 2:00.06 | 2:39.57 |
| 2. Amélie Wortel | Orca | 200500814 | 2:46.53 | +0,72 | 406 | 38.98 | 1:20.55 | 2:03.68 | 2:46.53 |
| 3. Samantha Frensch | De Dolfijn | 200501598 | 3:16.36 | +0,88 | 247 | 44.01 | 1:33.95 | 2:25.80 | 3:16.36 |

Jeugd 2

| | | | | | | | | | |
|---------------------|-----------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Mabel Farenhorst | WZ&PC Purmerend | 200301004 | 2:36.23 | +0,58 | 492 | 35.84 | 1:15.80 | 1:56.56 | 2:36.23 |
| 2. Eline Hoekstra | OEZA | 200301280 | 2:42.98 | +0,74 | 433 | 37.16 | 1:18.59 | 2:00.99 | 2:42.98 |

Senioren Open

| | | | | | | | | | |
|---------------|------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Hanna Looi | ZV Haerlem | 200006090 | 2:45.17 | +0,69 | 416 | 39.20 | 1:21.32 | 2:04.68 | 2:45.17 |
|---------------|------------|-----------|----------------|-------|-----|-------|---------|---------|---------|

 Programmanr. 19
 08-03-2020 - 15:26

Heren, 100m vlinderslag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| | | | | | | | | | | | |
|------|--|--|--|--|--|------|----|------|-----|-----|------|
| Rang | | | | | | Tijd | RT | FINA | IPC | 50m | 100m |
|------|--|--|--|--|--|------|----|------|-----|-----|------|

Junioren 1

| | | | | | | | | | | | |
|----------------------------|--------------|-----------|----------------|-------|----|-----|---|--|--|-------|---------|
| 1. Q. Brouwer von Gonzenba | TriVia | 200700001 | 1:18.58 | +0,77 | | 249 | | | | 36.22 | 1:18.58 |
| 2. Lennard Brandsma | DZ&PC | 200702645 | 1:23.16 | +0,77 | | 210 | | | | 37.34 | 1:23.16 |
| 3. Derek Smit | De Reuring | 200702055 | 1:32.65 | +0,73 | | 152 | | | | 41.05 | 1:32.65 |
| 4. Christoph Smit | MSV-Zeemacht | 200702629 | 1:40.72 | +0,80 | S8 | 118 | 3 | | | 46.74 | 1:40.72 |

Junioren 2

| | | | | | | | | | | | |
|-----------------------|------------|-----------|----------------|-------|--|-----|--|--|--|-------|---------|
| 1. Jip Bakker | Orca | 200600287 | 1:15.46 | +0,70 | | 282 | | | | 34.85 | 1:15.46 |
| 2. Max ten Bosch | ZV Haerlem | 200603249 | 1:16.85 | +0,74 | | 267 | | | | 34.63 | 1:16.85 |
| 3. Vincent Schweitzer | DAW | 200601857 | 1:24.65 | +0,63 | | 199 | | | | 38.60 | 1:24.65 |

Junioren 3

| | | | | | | | | | | | |
|----------------------------|-------------------------|-----------|----------------|-------|--|-----|--|--|--|-------|---------|
| 1. Domingo Kuipers | Orca | 200501787 | 1:07.55 | +0,64 | | 393 | | | | 31.66 | 1:07.55 |
| 2. Pepijn de Wit | De Dolfijn | 200502277 | 1:09.42 | +0,72 | | 362 | | | | 32.22 | 1:09.42 |
| 3. Miles Steenvoorden | De Dolfijn | 200501637 | 1:10.00 | +0,76 | | 353 | | | | 31.23 | 1:10.00 |
| 4. Philip Grammatikopoulos | DAW | 200504167 | 1:10.40 | +0,74 | | 347 | | | | 32.59 | 1:10.40 |
| 5. Daniël Aling Levy | De Dolfijn | 200502273 | 1:11.88 | +0,76 | | 326 | | | | 32.46 | 1:11.88 |
| 6. Casper Hoogervorst | De Columbiaan | 200500183 | 1:14.34 | +0,72 | | 295 | | | | 34.52 | 1:14.34 |
| 7. Leon Moreira Pereira | Kon AZ 1870 | 200504001 | 1:14.86 | +0,77 | | 289 | | | | 34.58 | 1:14.86 |
| 8. Matthew O'Sullivan | De Dolfijn | 200502609 | 1:18.95 | +0,71 | | 246 | | | | 34.05 | 1:18.95 |
| 9. Kian Herschel | Watervlo | 200504267 | 1:21.53 | +0,73 | | 223 | | | | 37.23 | 1:21.53 |
| AFGEM Jasper Camphuijnder | OEZA | 200502367 | | | | | | | | | |
| AFGEM Émile Fouzai | The Hague Swimming (SG) | 200500263 | | | | | | | | | |

Junioren 4

| | | | | | | | | | | | |
|-------------------|--------------|-----------|----------------|-------|----|-----|----|--|--|-------|---------|
| 1. Joren Oldenhof | De Dolfijn | 200400045 | 1:08.75 | +0,67 | | 373 | | | | 31.51 | 1:08.75 |
| 2. Jip Duursema | MSV-Zeemacht | 200404185 | 1:09.92 | +0,70 | | 354 | | | | 32.80 | 1:09.92 |
| 3. Giljano Palm | Kon AZ 1870 | 200403637 | 1:17.60 | +0,78 | | 259 | | | | 35.18 | 1:17.60 |
| 4. Jesse Bruines | Batavia Swim | 200402413 | 1:35.30 | +0,87 | S9 | 140 | 10 | | | 40.82 | 1:35.30 |

Jeugd 1

| | | | | | | | | | | | |
|-----------------------|----------------|-----------|----------------|-------|--|-----|--|--|--|-------|---------|
| 1. Onno Kui | Watervlo | 200303157 | 1:25.93 | +0,66 | | 191 | | | | 35.42 | 1:25.93 |
| AFGEM Melvin Kotzebue | De Aalscholver | 200301667 | | | | | | | | | |

Programmanr. 19, Heren, 100m vlinderslag

Jeugd 2

| | | | | | | | |
|------------------|-------------|-----------|----------------|-------|-----|-------|---------|
| 1. Björn de Heus | ZVVS | 200201077 | 1:07.10 | +0,65 | 401 | 30.99 | 1:07.10 |
| 2. Daniël Pronk | WZK | 200201409 | 1:14.05 | +0,79 | 298 | 33.40 | 1:14.05 |
| 3. Sven Konings | Kon AZ 1870 | 200204391 | 1:15.12 | +0,78 | 286 | 33.58 | 1:15.12 |

Senioren open

| | | | | | | | |
|-----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Jeroen Baars | Rotterdam Swimming (SG) | 199200031 | 56.82 | +0,74 | 661 | 25.90 | 56.82 |
| 2. Bart Muselaers | DWK | 200100865 | 1:00.81 | +0,73 | 539 | 28.90 | 1:00.81 |
| 3. Perry Lindo | Rotterdam Swimming (SG) | 199207337 | 1:01.51 | +0,72 | 521 | 27.28 | 1:01.51 |
| 4. Jarno van Oijen | Feijenoord Albion Zwemclub | 200100055 | 1:01.71 | +0,73 | 516 | 28.14 | 1:01.71 |
| 5. Max Voortman | DWK | 199902923 | 1:03.93 | +0,62 | 464 | 28.77 | 1:03.93 |
| 6. Nick van der Woude | ZV Haerlem | 200001391 | 1:04.31 | +0,72 | 456 | 29.40 | 1:04.31 |
| 7. Stefan Waalkens | Batavia Swim | 200100611 | 1:04.62 | +0,68 | 449 | 29.79 | 1:04.62 |
| 8. Luc de Kreek | DWK | 200101661 | 1:05.83 | +0,75 | 425 | 30.43 | 1:05.83 |
| AFGEM Timo Dinkelberg | Feijenoord Albion Zwemclub | 199300773 | | | | | |

 Programmanr. 20
 08-03-2020 - 15:36

Dames, 100m schoolslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | Tijd | RT | FINA | 50m | 100m | |
|-------------------|---|----------------|-----------|----------------|---------|-----|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Puck Stassen | ZV Haerlem | 200801456 | 1:28.49 | +0,70 | 380 | 42.28 | 1:28.49 |
| 2. | Indy Hof | DZ&PC | 200800630 | 1:31.57 | +0,73 | 343 | 43.15 | 1:31.57 |
| 3. | Rowan Hayes | De Dolfijn | 200801200 | 1:32.13 | +0,73 | 337 | 44.36 | 1:32.13 |
| 4. | Julia Agricola | DZ&PC | 200800266 | 1:33.52 | +0,80 | 322 | 44.26 | 1:33.52 |
| 5. | Lucia van Leeuwen | ZV Haerlem | 200802016 | 1:36.91 | +0,75 | 289 | 46.10 | 1:36.91 |
| 6. | Jenna Wiersma | Orca | 200801906 | 1:37.43 | +0,81 | 285 | 46.70 | 1:37.43 |
| 7. | Ayse Mayda | ZV De Zaan | 200800514 | 1:39.38 | +0,88 | 268 | 46.94 | 1:39.38 |
| 8. | Pascalie Smal | DAW | 200802958 | 1:40.94 | +0,58 | 256 | 48.94 | 1:40.94 |
| 9. | Jada Paardehaar Rodriguez | ZV Haerlem | 200803278 | 1:41.89 | +0,91 | 249 | 48.47 | 1:41.89 |
| 10. | Iris Brouwer | De Aalscholver | 200800368 | 1:43.48 | +0,75 | 238 | 49.24 | 1:43.48 |
| 11. | Sophie Stahl | De Dolfijn | 200801202 | 1:52.48 | * +0,84 | 185 | 53.09 | 1:52.48 |
| 12. | Rashika Naganasoore | De Aalscholver | 200801884 | 1:54.46 | +0,98 | 175 | 53.86 | 1:54.46 |
| 13. | Tara van Ruth | De Aalscholver | 200801968 | 1:57.75 | +0,92 | 161 | 55.79 | 1:57.75 |
| DIS | Linde Fortuin | Orca | 200801530 | | | | | |
| | <i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i> | | | | | | | |
| DIS | Sofia Renaud | Batavia Swim | 200800756 | | | | | |
| | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | | |

Junioren 2

| | | | | | | | | |
|-------|-------------------|-----------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Tara de Jong | DAW | 200701574 | 1:29.78 | +0,62 | 364 | 42.51 | 1:29.78 |
| 2. | Aukje Grijseels | Kon AZ 1870 | 200701208 | 1:31.92 | +0,72 | 339 | 43.79 | 1:31.92 |
| 3. | Nynke van der Zee | Orca | 200700604 | 1:32.31 | +0,70 | 335 | 43.78 | 1:32.31 |
| 4. | Sofya Kuznetsova | De Dolfijn | 200704458 | 1:34.94 | +0,78 | 308 | 44.66 | 1:34.94 |
| 5. | Renske Snip | De Columbiaan | 200703628 | 1:37.33 | +0,71 | 286 | 46.14 | 1:37.33 |
| 6. | Esmee Slingerland | De Aalscholver | 200704078 | 1:41.25 | +0,90 | 254 | 47.20 | 1:41.25 |
| 7. | Katie Potts-Drew | De Dolfijn | 200703524 | 1:44.73 | +0,98 | 229 | 48.53 | 1:44.73 |
| 8. | Kim van Wijk | WZ&PC Purmerend | 200702536 | 1:45.74 | +0,72 | 223 | 51.40 | 1:45.74 |
| 9. | Lisan Steenbakker | KZC | 200701666 | 1:47.41 | +0,82 | 212 | 50.89 | 1:47.41 |
| AFGEM | Maya Petroustos | KZC | 200701814 | | | | | |

Programmanr. 20, Dames, 100m schoolslag

Junioren 3

| | | | | | | | | |
|-----|-------------------|----------------------------|-----------|----------------|---------|-----|-------|---------|
| 1. | Kim Oudendijk | DAW | 200600964 | 1:21.27 | +0,78 | 491 | 37.73 | 1:21.27 |
| 2. | Sienna Albers | De Dolfijn | 200601342 | 1:29.19 | +0,74 | 371 | 42.09 | 1:29.19 |
| 3. | Hiba Aboulas | De Dolfijn | 200600870 | 1:29.50 | +0,85 | 367 | 42.30 | 1:29.50 |
| 4. | Tessa Hartel | WZ&PC Purmerend | 200602062 | 1:36.99 | +0,80 | 289 | 46.28 | 1:36.99 |
| 5. | Nicole Stahli | De Dolfijn | 200600542 | 1:37.17 | +0,90 | 287 | 45.88 | 1:37.17 |
| 6. | Celine Helder | Orca | 200602426 | 1:38.73 | +0,76 | 274 | 45.70 | 1:38.73 |
| 7. | Julie van 't Zant | Feijenoord Albion Zwemclub | 200600456 | 1:40.09 | +0,74 | 263 | 46.56 | 1:40.09 |
| 8. | Senna Tamminga | De Aalscholver | 200604914 | 1:56.39 | * +0,83 | 167 | 53.91 | 1:56.39 |
| DIS | Lieve Adams | ZV Haerlem | 200604792 | | | | | |

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

AFGEM Isabel Bron De Aalscholver 200602378

Junioren 4

| | | | | | | | | |
|-----|-----------------------|--------------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Emma van Leeuwen | DAW | 200500200 | 1:19.30 | +0,79 | 528 | 37.69 | 1:19.30 |
| 2. | Dido Toornend | ZV Haerlem | 200501718 | 1:24.44 | +0,76 | 438 | 41.45 | 1:24.44 |
| 3. | Sophia van Droffelaar | ZVVS | 200500330 | 1:24.58 | +0,71 | 435 | 39.33 | 1:24.58 |
| 4. | Ada Eker | WZK | 200504608 | 1:27.00 | +0,75 | 400 | 40.48 | 1:27.00 |
| 5. | Famke Irvine | De Otters Het Gooi | 200501724 | 1:29.84 | +0,86 | 363 | 42.04 | 1:29.84 |
| 6. | Noor Frijlink | De Columbiaan | 200500970 | 1:30.20 | +0,73 | 359 | 42.54 | 1:30.20 |
| 7. | Frédérique Bais | MSV-Zeemacht | 200505160 | 1:30.50 | +0,82 | 355 | 43.49 | 1:30.50 |
| 8. | Zoe Kenworthy | De Columbiaan | 200500428 | 1:31.85 | +0,76 | 340 | 43.22 | 1:31.85 |
| 9. | Demi Barker | KZC | 200500348 | 1:32.37 | +0,78 | 334 | 42.51 | 1:32.37 |
| 10. | Britt Kat | De Ham | 200502170 | 1:33.87 | +0,83 | 318 | 44.33 | 1:33.87 |

Jeugd 1

| | | | | | | | | |
|----|-----------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Jill Nai Chung Tong | ZVVS | 200404272 | 1:17.74 | +0,67 | 561 | 36.36 | 1:17.74 |
| 2. | Daniëlle Vis | De Columbiaan | 200401044 | 1:21.23 | +0,74 | 492 | 38.23 | 1:21.23 |
| 3. | Veerle Nieborg | TriVia | 200400428 | 1:26.18 | +0,78 | 412 | 40.90 | 1:26.18 |
| 4. | Jonna Muntjewerff | The Hague Swimming (SG) | 200402396 | 1:28.33 | +0,78 | 382 | 41.81 | 1:28.33 |
| 5. | Samijn Janine Wiersma | Orca | 200403130 | 1:41.07 | +0,89 | 255 | 47.75 | 1:41.07 |
| 6. | Maaïke van der Linden | Batavia Swim | 200405886 | 1:54.16 | +0,86 | 177 | 53.72 | 1:54.16 |

Jeugd 2

| | | | | | | | | |
|-------|---------------|-----|-----------|----------------|-------|-----|-------|---------|
| 1. | Lena Minderaa | DWK | 200300252 | 1:26.77 | +0,76 | 403 | 39.41 | 1:26.77 |
| AFGEM | Vera Renshof | DWK | 200301582 | | | | | |

Senioren Open

| | | | | | | | | |
|-----|-----------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Annabel Kuipers | DWK | 200001076 | 1:19.38 | +0,74 | 527 | 36.92 | 1:19.38 |
| 2. | Jose Bijl | Het Y | 200100948 | 1:19.64 | +0,69 | 522 | 37.52 | 1:19.64 |
| 3. | Bibi Stokvis | Het Y | 199900892 | 1:21.14 | +0,69 | 493 | 36.85 | 1:21.14 |
| 4. | Fenna de Groot | Feijenoord Albion Zwemclub | 199701796 | 1:22.32 | +0,71 | 472 | 38.35 | 1:22.32 |
| 5. | Inge van der Hoek | The Hague Swimming (SG) | 199204034 | 1:22.39 | +0,74 | 471 | 38.07 | 1:22.39 |
| 6. | Xena Gijzen | ZV Haerlem | 200200776 | 1:23.63 | +0,68 | 450 | 39.20 | 1:23.63 |
| 7. | Anoeska van de Kraats | DWK | 199701284 | 1:23.67 | +0,70 | 450 | 39.62 | 1:23.67 |
| 8. | Daphne Geurtsen | De Ham | 200104476 | 1:26.29 | +0,78 | 410 | 41.17 | 1:26.29 |
| 9. | Sarah el Bacha | De Dolfijn | 200201104 | 1:26.94 | +0,72 | 401 | 38.56 | 1:26.94 |
| 10. | Denise Veldhuisen | De Dolfijn | 200006422 | 1:28.85 | +0,70 | 376 | 41.44 | 1:28.85 |
| 11. | Dytaysha Laurence | De Dolfijn | 200106300 | 1:32.16 | +0,71 | 336 | 43.29 | 1:32.16 |
| DIS | Anna Bruins | DAW | 199901966 | | | | | |

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

Programmanr. 21
 08-03-2020 - 15:58

Heren, 400m wisselslag

 Junioren 1 en ouder
 Resultaten

Punten: FINA 2020

| Rang | | | | | | | Tijd | RT | FINA |
|-------------------|---------------|-------|---------------|-------|---------------|-------|----------------|-------|------|
| Junioren 1 | | | | | | | | | |
| 1. | Harvey Mills | | De Dolfijn | | 200700973 | | 6:01.22 | +0,76 | 307 |
| | 50m: 39.04 | 39.04 | 150m: 2:14.88 | 46.27 | 250m: 3:49.79 | 49.18 | 350m: 5:21.50 | 40.89 | |
| | 100m: 1:28.61 | 49.57 | 200m: 3:00.61 | 45.73 | 300m: 4:40.61 | 50.82 | 400m: 6:01.22 | 39.72 | |
| 2. | Nándor Szabó | | De Dolfijn | | 200700475 | | 6:01.91 | +0,74 | 305 |
| | 50m: 36.39 | 36.39 | 150m: 2:11.49 | 46.89 | 250m: 3:51.12 | 53.92 | 350m: 5:26.21 | 39.58 | |
| | 100m: 1:24.60 | 48.21 | 200m: 2:57.20 | 45.71 | 300m: 4:46.63 | 55.51 | 400m: 6:01.91 | 35.70 | |

Junioren 2

| | | | | | | | | | |
|----|-----------------|-------|-------------------------|-------|---------------|-------|------------------|-------|-----|
| 1. | Thom de Hoog | | SCOM/de Zeehond'73 (SG) | | 200600019 | | 5:25.85 | +0,85 | 419 |
| | 50m: 33.85 | 33.85 | 150m: 1:58.08 | 42.95 | 250m: 3:26.21 | 46.80 | 350m: 4:51.57 | 36.33 | |
| | 100m: 1:15.13 | 41.28 | 200m: 2:39.41 | 41.33 | 300m: 4:15.24 | 49.03 | 400m: 5:25.85 | 34.28 | |
| 2. | Ben Jackson | | De Dolfijn | | 200603399 | | 5:34.86 | +0,81 | 386 |
| | 50m: 34.63 | 34.63 | 150m: 1:57.72 | 41.98 | 250m: 3:28.57 | 50.47 | 350m: 4:56.92 | 38.61 | |
| | 100m: 1:15.74 | 41.11 | 200m: 2:38.10 | 40.38 | 300m: 4:18.31 | 49.74 | 400m: 5:34.86 | 37.94 | |
| 3. | Feico de Jonge | | KZC | | 200600047 | | 5:36.02 * | +0,74 | 382 |
| | 50m: 36.63 | 36.63 | 150m: 2:01.15 | 41.28 | 250m: 3:31.21 | 49.11 | 350m: 4:59.03 | 38.71 | |
| | 100m: 1:19.87 | 43.24 | 200m: 2:42.10 | 40.95 | 300m: 4:20.32 | 49.11 | 400m: 5:36.02 | 36.99 | |
| 4. | Bas Blanker | | ZPB H&L Productions | | 200601497 | | 5:47.47 | +0,73 | 345 |
| | 50m: 37.19 | 37.19 | 150m: 2:06.04 | 45.53 | 250m: 3:41.55 | 49.18 | 350m: 5:10.82 | 38.94 | |
| | 100m: 1:20.51 | 43.32 | 200m: 2:52.37 | 46.33 | 300m: 4:31.88 | 50.33 | 400m: 5:47.47 | 36.65 | |
| 5. | Jan van Dreumel | | ZV Haerlem | | 200600167 | | 6:09.19 | +0,83 | 288 |
| | 50m: 41.01 | 41.01 | 150m: 2:20.38 | 48.82 | 250m: 3:57.63 | 50.01 | 350m: 5:30.51 | 42.21 | |
| | 100m: 1:31.56 | 50.55 | 200m: 3:07.62 | 47.24 | 300m: 4:48.30 | 50.67 | 400m: 6:09.19 | 38.68 | |

Junioren 3

| | | | | | | | | | |
|----|-------------------|-------|-------------------------|-------|---------------|-------|----------------|-------|-----|
| 1. | Yanieck Frijstein | | The Hague Swimming (SG) | | 200500329 | | 4:55.30 | +0,75 | 563 |
| | 50m: 31.06 | 31.06 | 150m: 1:47.01 | 39.22 | 250m: 3:06.73 | 41.15 | 350m: 4:22.31 | 34.06 | |
| | 100m: 1:07.79 | 36.73 | 200m: 2:25.58 | 38.57 | 300m: 3:48.25 | 41.52 | 400m: 4:55.30 | 32.99 | |

 Programmanr. 22
 08-03-2020 - 16:06

Dames, 200m vlinderslag

 Senioren Open
 Resultaten

Punten: FINA 2020

| Rang | | | | | Tijd | RT | FINA | 50m | 100m | 150m | 200m |
|-------------------|---------------------|----------------------------|--|-----------|----------------|-------|------|-------|---------|---------|---------|
| Junioren 3 | | | | | | | | | | | |
| 1. | Evy Rozeboom | DAW | | 200601338 | 2:39.81 | +0,79 | 442 | 34.50 | 1:17.10 | 2:00.47 | 2:39.81 |
| 2. | Monique Tienstra | TriVia | | 200600354 | 3:06.69 | +0,86 | 277 | 39.24 | 1:26.12 | 2:14.89 | 3:06.69 |
| Junioren 4 | | | | | | | | | | | |
| 1. | Jennifer Veldhuisen | De Dolfijn | | 200502500 | 2:48.53 | +0,75 | 377 | 35.20 | 1:17.22 | 2:03.40 | 2:48.53 |
| 2. | Isa Maes | Feijenoord Albion Zwemclub | | 200500110 | 2:49.02 | +0,72 | 374 | 35.84 | 1:19.73 | 2:05.75 | 2:49.02 |
| 3. | Fleur Bos | Orca | | 200500674 | 2:49.41 | +0,84 | 371 | 36.25 | 1:20.28 | 2:05.09 | 2:49.41 |
| Jeugd 1 | | | | | | | | | | | |
| 1. | Femke Doorenbos | The Hague Swimming (SG) | | 200404214 | 2:44.01 | +0,87 | 409 | 33.72 | 1:14.46 | 1:59.19 | 2:44.01 |

Programmanr. 22, Dames, 200m vlinderslag

Senioren Open

| | | | | | | | | | |
|-----------------|-------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Luca Ebbinge | DZ&PC | 199802406 | 2:46.61 | +0,61 | 390 | 33.82 | 1:15.56 | 2:00.52 | 2:46.61 |
|-----------------|-------|-----------|----------------|-------|-----|-------|---------|---------|---------|

Programmanr. 23

08-03-2020 - 16:09

Punten: FINA 2020

Heren, 200m vrije slag

Junioren 1 en ouder

Resultaten

| Rang | | | | Tijd | RT | FINA | IPC | 50m | 100m | 150m | 200m |
|-------------------|-----------------|--------------|-----------|----------------|-------|------|-----|-------|---------|---------|---------|
| Junioren 1 | | | | | | | | | | | |
| 1. | Bram Loots | KZC | 200700197 | 2:15.78 | +0,69 | 423 | | 32.15 | 1:07.44 | 1:42.30 | 2:15.78 |
| 2. | Storm Boxum | SWOL 1894 | 200700421 | 2:21.29 | +0,67 | 376 | | 32.08 | 1:08.58 | 1:45.25 | 2:21.29 |
| 3. | Marnix Rietveld | ZV Haerlem | 200700939 | 2:21.92 | +0,85 | 371 | | 32.33 | 1:09.32 | 1:46.45 | 2:21.92 |
| 4. | Sem Belmon | De Dolfijn | 200702099 | 2:22.96 | +0,73 | 363 | | 32.60 | 1:10.04 | 1:48.35 | 2:22.96 |
| 5. | Tijn Hilders | De Dolfijn | 200700027 | 2:23.18 | +0,67 | 361 | | 33.34 | 1:10.09 | 1:47.72 | 2:23.18 |
| 6. | Arie Brussaard | Batavia Swim | 200700781 | 2:52.74 | +0,65 | 205 | | 37.94 | 1:23.60 | 2:09.98 | 2:52.74 |
| 7. | Sylvan Jager | Batavia Swim | 200702673 | 2:53.13 | +0,65 | 204 | | 39.31 | 1:25.53 | 2:12.72 | 2:53.13 |
| 8. | Derek Smit | De Reuring | 200702055 | 2:53.88 | +0,75 | 201 | | 37.83 | 1:23.28 | 2:11.22 | 2:53.88 |
| 9. | Christoph Smit | MSV-Zeemacht | 200702629 | 3:42.75 | +0,81 | 96 | 21 | 48.56 | 1:46.20 | 2:45.24 | 3:42.75 |
| AFGEM | Luca Gerringa | Batavia Swim | 200700555 | | | | | | | | |

Junioren 2

| | | | | | | | | | | | |
|----|-----------------|--------------------|-----------|----------------|-------|-----|--|-------|---------|---------|---------|
| 1. | Senna Hof | DZ&PC | 200600761 | 2:12.38 | +0,79 | 457 | | 30.03 | 1:04.07 | 1:38.67 | 2:12.38 |
| 2. | Timo Vankan | De Columbiaan | 200603749 | 2:33.79 | +0,76 | 291 | | 35.20 | 1:15.32 | 1:57.21 | 2:33.79 |
| 3. | Merijn Verhoeff | De Otters Het Gooi | 200604065 | 2:39.07 | +0,74 | 263 | | 36.10 | 1:19.27 | 2:00.44 | 2:39.07 |
| 4. | Lars ten Katen | Batavia Swim | 200600959 | 2:47.02 | +0,93 | 227 | | 37.38 | 1:21.01 | 2:05.41 | 2:47.02 |

Junioren 3

| | | | | | | | | | | | |
|--|---------------|-------------------------|-----------|----------------|-------|-----|--|-------|---------|---------|---------|
| 1. | Émile Fouzaï | The Hague Swimming (SG) | 200500263 | 2:07.02 | +0,75 | 517 | | 30.06 | 1:02.65 | 1:35.66 | 2:07.02 |
| DIS | Lucas Ambrose | De Dolfijn | 200502275 | | | | | | | | |
| AA - Gestart voor het startsignaal (en wel gezwommen). | | | | | | | | | | | |

| | | | | | | | | | | | |
|-------|---------------|-------------------------|-----------|--|--|--|--|--|--|--|--|
| AFGEM | Mischa Ritzen | De Aalscholver | 200500897 | | | | | | | | |
| AFGEM | Gabriel Been | The Hague Swimming (SG) | 200501467 | | | | | | | | |

Junioren 4

| | | | | | | | | | | | |
|----|--------------------|--------------|-----------|----------------|-------|-----|--|-------|---------|---------|---------|
| 1. | Tycho de Jonge | KZC | 200400411 | 2:08.19 | +0,73 | 503 | | 30.11 | 1:03.18 | 1:36.77 | 2:08.19 |
| 2. | Collin Schouten | MSV-Zeemacht | 200400697 | 2:08.65 | +0,75 | 498 | | 30.22 | 1:03.72 | 1:37.09 | 2:08.65 |
| 3. | Thomas Burgmeijer | Batavia Swim | 200400739 | 2:19.90 | +0,69 | 387 | | 30.76 | 1:05.57 | 1:43.32 | 2:19.90 |
| 4. | Rick de Kreek | DWK | 200400201 | 2:22.33 | +0,71 | 368 | | 31.83 | 1:08.23 | 1:45.71 | 2:22.33 |
| 5. | Maurits van Bommel | Kon AZ 1870 | 200401089 | 2:28.44 | +0,77 | 324 | | 32.35 | 1:10.22 | 1:50.06 | 2:28.44 |

Jeugd 1

| | | | | | | | | | | | |
|----|-------------------|---------------------------|-----------|----------------|-------|-----|--|-------|---------|---------|---------|
| 1. | Michael Smink | The Hague Swimming (SG) | 200302169 | 2:04.72 | +0,83 | 547 | | 29.51 | 1:01.75 | 1:34.09 | 2:04.72 |
| 2. | Daan Piepers | KZC | 200303441 | 2:05.18 | +0,71 | 540 | | 28.76 | 1:01.76 | 1:33.94 | 2:05.18 |
| 3. | Thijs Bosma | De Dolfijn | 200302443 | 2:07.18 | +0,77 | 515 | | 28.62 | 1:01.32 | 1:34.40 | 2:07.18 |
| 4. | M. Lopes Cardozo | WZK | 200300665 | 2:07.37 | +0,75 | 513 | | 28.96 | 1:01.41 | 1:35.16 | 2:07.37 |
| 5. | Jelle Bon | ZVVS | 200301077 | 2:07.86 | +0,62 | 507 | | 29.70 | 1:02.59 | 1:36.16 | 2:07.86 |
| 6. | Piet-Hein Straver | Zwemvereniging Zaltbommel | 200302527 | 2:13.11 | +0,79 | 449 | | 30.24 | 1:04.00 | 1:38.86 | 2:13.11 |

Jeugd 2

| | | | | | | | | | | | |
|----|-----------------|-----|-----------|----------------|-------|-----|--|-------|---------|---------|---------|
| 1. | Thom Meendering | DAW | 200204879 | 2:31.81 | +0,72 | 303 | | 33.95 | 1:12.75 | 1:53.18 | 2:31.81 |
|----|-----------------|-----|-----------|----------------|-------|-----|--|-------|---------|---------|---------|

Programmanr. 23, Heren, 200m vrije slag

Senioren open

| | | | | | | | | | |
|-------------------|---------------------------|-----------|----------------|-------|-----|-------|---------|---------|---------|
| 1. Ivo Stolk | Feijenoord Albion Zwemclu | 200100615 | 2:01.30 | +0,68 | 594 | 28.23 | 59.93 | 1:31.59 | 2:01.30 |
| 2. Bart Muselaers | DWK | 200100865 | 2:02.41 | +0,78 | 578 | 28.84 | 1:00.92 | 1:31.89 | 2:02.41 |
| 3. Luc de Kreek | DWK | 200101661 | 2:12.99 | +0,77 | 451 | 30.51 | 1:04.67 | 1:38.84 | 2:12.99 |
| 4. Menno Bas | Zwemclub Zeist | 199902947 | 2:15.51 | +0,72 | 426 | 30.36 | 1:05.04 | 1:40.44 | 2:15.51 |
| 5. Youri Jansen | Batavia Swim | 200105259 | 2:30.44 | +0,70 | 311 | 34.14 | 1:13.26 | 1:54.69 | 2:30.44 |

Programmanr. 24
08-03-2020 - 16:26

Dames, 100m vrije slag

Senioren Open
Resultaten

Punten: FINA 2020

| Rang | | | | Tijd | RT | FINA | 50m | 100m |
|-------------------|-----------------------|----------------------------|-----------|----------------|-------|------|-------|---------|
| Junioren 1 | | | | | | | | |
| 1. | Esmée Mulder | SWOL 1894 | 200800038 | 1:05.83 | +0,70 | 484 | 32.13 | 1:05.83 |
| 2. | Emma Rose Buitenkamp | DAW | 200801898 | 1:08.17 | +0,71 | 436 | 32.41 | 1:08.17 |
| 3. | Frouke Ludwig | DZ&PC | 200800112 | 1:08.20 | +0,75 | 435 | 32.25 | 1:08.20 |
| 4. | Tessa Hoogstraten | De Columbiaan | 200800544 | 1:08.62 | +0,61 | 427 | 32.95 | 1:08.62 |
| 5. | Julia Agricola | DZ&PC | 200800266 | 1:09.40 | +0,74 | 413 | 33.86 | 1:09.40 |
| 6. | Indy Hof | DZ&PC | 200800630 | 1:09.97 | +0,76 | 403 | 34.27 | 1:09.97 |
| 7. | Liv Heijdra | Feijenoord Albion Zwemclub | 200800736 | 1:10.17 | +0,70 | 400 | 33.57 | 1:10.17 |
| 8. | Mirre van Wijngaarden | De Dolfijn | 200800262 | 1:11.90 | +0,84 | 371 | 34.74 | 1:11.90 |
| 9. | Eline Bonneveld | De Ham | 200801194 | 1:13.80 | +0,75 | 343 | 36.06 | 1:13.80 |
| 10. | Rowan Hayes | De Dolfijn | 200801200 | 1:13.86 | +0,75 | 343 | 36.57 | 1:13.86 |
| 11. | Sabine Brinkman | De Ham | 200803102 | 1:15.80 | +0,79 | 317 | 36.57 | 1:15.80 |
| 12. | Hanna van Loenen | ZVVS | 200800836 | 1:18.30 | +0,73 | 288 | 36.94 | 1:18.30 |
| 13. | Puck Stassen | ZV Haerlem | 200801456 | 1:18.69 | +0,77 | 283 | 37.67 | 1:18.69 |
| 14. | Pascal Smal | DAW | 200802958 | 1:19.21 | +0,63 | 278 | 37.58 | 1:19.21 |
| 15. | Aimée de Feijter | Watervlo | 200801038 | 1:22.45 | +0,72 | 246 | 40.50 | 1:22.45 |
| 16. | Sophie Beekvelt | De Aalscholver | 200801966 | 1:25.70 | +0,74 | 219 | 40.06 | 1:25.70 |
| 17. | Tamira Anna Rasban | DAW | 200801810 | 1:29.71 | +0,81 | 191 | 42.73 | 1:29.71 |
| 18. | Leila Benko | De Aalscholver | 200802866 | 1:41.26 | | 133 | 46.83 | 1:41.26 |
| 19. | Tara van Ruth | De Aalscholver | 200801968 | 1:50.41 | +0,94 | 102 | 51.80 | 1:50.41 |
| AFGEM | Kenza Essabbar | De Aalscholver | 200801744 | | | | | |

Junioren 2

| | | | | | | | | |
|-------|-----------------------|--------------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Angelina Rolman | WZ&PC Purmerend | 200701972 | 1:03.33 | +0,75 | 544 | 29.89 | 1:03.33 |
| 2. | Rafaela Mulders | De Reuring | 200701398 | 1:05.08 | +0,75 | 501 | 31.50 | 1:05.08 |
| 3. | Julie Rupperecht | De Ham | 200702322 | 1:05.42 | +0,77 | 493 | 32.43 | 1:05.42 |
| 4. | Eefje Irvine | De Otters Het Gooi | 200700164 | 1:06.46 | +0,76 | 471 | 32.06 | 1:06.46 |
| 5. | Stella van Droffelaar | ZVVS | 200700048 | 1:08.64 | +0,70 | 427 | 33.82 | 1:08.64 |
| 6. | Nynke van der Zee | Orca | 200700604 | 1:10.15 | +0,71 | 400 | 34.24 | 1:10.15 |
| 7. | Sarah Lute | De Aalscholver | 200701078 | 1:11.71 | +0,60 | 374 | 35.28 | 1:11.71 |
| 8. | Senna van Laar | De Aalscholver | 200700726 | 1:12.11 | +0,82 | 368 | 35.06 | 1:12.11 |
| 9. | Brianna Voorhout | DAW | 200702342 | 1:12.81 | +0,74 | 358 | 34.71 | 1:12.81 |
| 10. | Tara de Jong | DAW | 200701574 | 1:13.21 | +0,69 | 352 | 34.74 | 1:13.21 |
| 11. | Sofya Kuznetsova | De Dolfijn | 200704458 | 1:13.39 | +0,77 | 349 | 34.86 | 1:13.39 |
| 12. | Sophie Adriaanse | De Columbiaan | 200701066 | 1:15.28 | +0,78 | 324 | 35.49 | 1:15.28 |
| 13. | Femke Paus | MSV-Zeemacht | 200701772 | 1:16.32 | +0,83 | 311 | 35.82 | 1:16.32 |
| 14. | Renske Snip | De Columbiaan | 200703628 | 1:18.36 | +0,74 | 287 | 37.48 | 1:18.36 |
| 15. | Esmee Slingerland | De Aalscholver | 200704078 | 1:21.66 | +0,94 | 253 | 37.68 | 1:21.66 |
| AFGEM | Maya Petroutsos | KZC | 200701814 | | | | | |

Programmanr. 24, Dames, 100m vrije slag

Junioren 3

| | | | | | | | |
|----------------------------|---------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Estelle van Wijngaarden | ZPB H&L Productions | 200601020 | 1:04.00 | +0,84 | 527 | 31.08 | 1:04.00 |
| 2. Charley Blide | TriVia | 200600164 | 1:04.05 | +0,68 | 526 | 30.30 | 1:04.05 |
| 3. Kimberly Ruiten | De Columbiaan | 200600492 | 1:04.47 | +0,76 | 516 | 30.71 | 1:04.47 |
| 4. Kim Oudendijk | DAW | 200600964 | 1:05.03 | +0,82 | 502 | 31.04 | 1:05.03 |
| 5. Evy Rozeboom | DAW | 200601338 | 1:05.07 | +0,75 | 501 | 31.03 | 1:05.07 |
| 6. Sienna Albers | De Dolfijn | 200601342 | 1:06.60 | +0,74 | 468 | 32.67 | 1:06.60 |
| 7. Linde van Wijngaarden | De Dolfijn | 200601372 | 1:06.67 | +0,72 | 466 | 32.54 | 1:06.67 |
| 8. Zoë Prins | De Reuring | 200603812 | 1:08.48 | +0,71 | 430 | 33.16 | 1:08.48 |
| 9. Danique Giuliano | De Dolfijn | 200600706 | 1:08.87 | +0,60 | 423 | 33.45 | 1:08.87 |
| 10. Bridget Veldhuisen | De Dolfijn | 200602532 | 1:10.69 | +0,64 | 391 | 33.39 | 1:10.69 |
| 11. Yuan Ame Swart | De Otters Het Gooi | 200604754 | 1:11.26 | +0,75 | 382 | 34.81 | 1:11.26 |
| 12. Leona Ronda | Orca | 200603772 | 1:11.58 | +0,85 | 377 | 34.26 | 1:11.58 |
| 13. Celine Helder | Orca | 200602426 | 1:11.77 | +0,74 | 374 | 33.63 | 1:11.77 |
| 14. Sabine Looden | De Columbiaan | 200601390 | 1:12.01 | +0,72 | 370 | 35.07 | 1:12.01 |
| 15. Jasmine Matuskova | ZVVS | 200602328 | 1:13.88 | +0,73 | 342 | 35.03 | 1:13.88 |
| 16. Lotte Berghauser Pont | Watervlo | 200601964 | 1:19.69 | +0,79 | 273 | 38.49 | 1:19.69 |
| 17. Kyara Beets | DAW | 200602368 | 1:22.02 | +0,82 | 250 | 38.43 | 1:22.02 |
| DIS Lieve Adams | ZV Haerlem | 200604792 | | | | | |

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

Junioren 4

| | | | | | | | |
|--------------------------|----------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Sophia van Droffelaar | ZVVS | 200500330 | 1:03.04 | +0,69 | 551 | 30.44 | 1:03.04 |
| 2. Britt van't Zant | Feijenoord Albion Zwemclub | 200501170 | 1:03.28 | +0,71 | 545 | 30.67 | 1:03.28 |
| 3. Emma Riemers | MSV-Zeemacht | 200500748 | 1:03.30 | +0,69 | 545 | 30.16 | 1:03.30 |
| 4. Annelieke Stegink | Batavia Swim | 200500570 | 1:04.11 | +0,84 | 524 | 30.44 | 1:04.11 |
| 5. Mar Stoel | De Columbiaan | 200500520 | 1:05.55 | +0,85 | 490 | 31.92 | 1:05.55 |
| 6. Amélie Wortel | Orca | 200500814 | 1:05.87 | +0,73 | 483 | 31.58 | 1:05.87 |
| 7. Aisha Nobels | Feijenoord Albion Zwemclub | 200501710 | 1:06.25 | +0,69 | 475 | 32.36 | 1:06.25 |
| 8. Milou Adriaanse | De Columbiaan | 200500968 | 1:08.59 | +0,76 | 428 | 33.13 | 1:08.59 |
| 9. Elisabeth Kruger | Feijenoord Albion Zwemclub | 200503938 | 1:08.87 | +0,69 | 423 | 32.97 | 1:08.87 |
| 10. Mette Etmans | Batavia Swim | 200500848 | 1:09.36 | +0,79 | 414 | 33.05 | 1:09.36 |
| 11. Frédérique Bais | MSV-Zeemacht | 200505160 | 1:11.72 | +0,82 | 374 | 35.18 | 1:11.72 |
| 12. Isabella Grijseels | Kon AZ 1870 | 200502678 | 1:13.46 | +0,83 | 348 | 35.20 | 1:13.46 |
| 13. Dana van Leeuwen | KZC | 200500150 | 1:15.58 | +0,79 | 320 | 36.28 | 1:15.58 |
| 14. Samantha Frensch | De Dolfijn | 200501598 | 1:24.10 | +0,71 | 232 | 39.43 | 1:24.10 |

Jeugd 1

| | | | | | | | |
|---------------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Yvette Buis | De Dolfijn | 200401830 | 1:05.54 | +0,72 | 491 | 31.17 | 1:05.54 |
| 2. Jonna Muntjewerff | The Hague Swimming (SG) | 200402396 | 1:06.67 | +0,79 | 466 | 32.08 | 1:06.67 |
| 3. Jill Nai Chung Tong | ZVVS | 200404272 | 1:06.70 | +0,71 | 465 | 31.58 | 1:06.70 |
| 4. Sanne de Koning | Zwemvereniging Hoogland | 200405838 | 1:10.73 | +0,77 | 390 | 34.77 | 1:10.73 |
| 5. Nynke Jansen | Batavia Swim | 200404914 | 1:13.39 | +0,74 | 349 | 36.40 | 1:13.39 |
| 6. Samijn Janine Wiersma | Orca | 200403130 | 1:15.18 | +0,89 | 325 | 36.49 | 1:15.18 |
| DIS Maaïke van der Linden | Batavia Swim | 200405886 | | | | | |

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

Jeugd 2

| | | | | | | | |
|-----------------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. Lena Minderaa | DWK | 200300252 | 1:07.75 | +0,70 | 444 | 30.93 | 1:07.75 |
| 2. Esmeralda Duarte de Pina | De Ham | 200302744 | 1:07.91 | +0,67 | 441 | 32.42 | 1:07.91 |
| AFGEM Megan de Hoog | SCOM/de Zeehond'73 (SG) | 200300214 | | | | | |
| AFGEM Vera Renshof | DWK | 200301582 | | | | | |

Programmanr. 24, Dames, 100m vrije slag

Senioren Open

| | | | | | | | | |
|-----|----------------------|-------------------------|-----------|----------------|-------|-----|-------|---------|
| 1. | Ilse Kraaijeveld | The Hague Swimming (SG) | 200202190 | 1:00.95 | +0,72 | 610 | 29.37 | 1:00.95 |
| 2. | Rachel Blok | Het Y | 199906076 | 1:01.20 | +0,72 | 603 | 29.92 | 1:01.20 |
| 3. | Bibi Stokvis | Het Y | 199900892 | 1:02.83 | +0,71 | 557 | 30.03 | 1:02.83 |
| 4. | Alisha Vieira | Rotterdam Swimming (SG) | 199904554 | 1:04.71 | +0,84 | 510 | 30.80 | 1:04.71 |
| 5. | Annabel Kuipers | DWK | 200001076 | 1:04.84 | +0,74 | 507 | 31.43 | 1:04.84 |
| 6. | Cheyenne van de Port | DWK | 199804718 | 1:05.50 | +0,69 | 492 | 31.39 | 1:05.50 |
| 7. | Naomi Veldhuisen | De Dolfijn | 200105858 | 1:06.27 | +0,77 | 475 | 31.40 | 1:06.27 |
| 8. | Sarah el Bacha | De Dolfijn | 200201104 | 1:08.41 | +0,71 | 431 | 31.98 | 1:08.41 |
| 9. | Thirza van de Kraats | DWK | 200200392 | 1:08.55 | +0,78 | 429 | 32.46 | 1:08.55 |
| 10. | Bianca Groot | MSV-Zeemacht | 197000652 | 1:10.39 | +0,84 | 396 | 34.03 | 1:10.39 |
| 11. | Daniëlle van Velzen | De Ham | 200102830 | 1:13.01 | +0,80 | 355 | 35.18 | 1:13.01 |
| 12. | Dyshanty Laurence | De Dolfijn | 200106298 | 1:13.33 | +0,79 | 350 | 35.77 | 1:13.33 |