



NATIONALE KAMPIOENSCHAPPEN

ZWEMMEN 1990

Nashua
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MICROWAY
COMPUTERS

Prog. 005 400m WISSELSLAG PERS. M.'73/'72

1 Radna Mulder	Mosa Regio	73-546	1:09.78	2:29.26	3:58.87	<u>5:10.89</u>
2 Sylvia Gase	Dolfijn	73-311	1:09.99	2:32.91	4:01.43	<u>5:14.63</u>

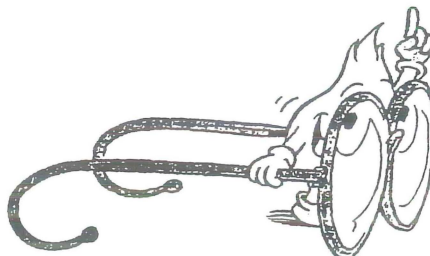
Prog. 006 400m WISSELSLAG PERS. M.'71

1 Desirée de Bruijn WVZ	71-435	1:08.36	2:27.86	3:59.01	<u>5:05.51</u>
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ALL-IN Prog.007 400m WISSELSLAG PERS. DAMES

1 Iris Westrik	Dinkel	74-322	5:01.05
2 Kristel Tellegen	PSV	74-016	5:02.03
3 Desirée de Bruijn	WVZ	71-435	5:05.5
4 Renate Wiggers	Dinkel	70-176	5:08.10
5 Nida Zühal	Double DutyVZC	75-403	5:08.47
6 Kitty Mensink	Dinkel	76-293	5:08.72
7 Minouche Smit	Hoorn	75-365	5:09.61
8 Radna Mulder	Mosa Regio	73-546	5:10.89
9 Linda van den Bosch	WVZ	75-528	5:11.11
10 Sylvia Gase	Dolfijn	73-311	5:14.63
11 Marloes Mensink	Dinkel	74-292	5:15.26
12 Wilma Veldhoen	DSZ	75-404	5:16.99
13 Bianca Hocks	LZ 1886	76-439	5:18.06
14 Diana IJspeert	DWK	75-480	5:18.81
15 Bianca Lutters	PSV	76-037	5:18.87
16 Naomi v.d. Woerd	TZC-Vahalis	77-268	5:19.43
17 Monique Hamstra	Stadskanaal	76-365	5:20.25
18 Sandra van 't Hof	Dolfijn	75-273	5:21.79
19 Regina van Bruggen	WVZ	76-609	5:22.11
20 Karen Wammes	TZC-Vahalis	77-296	5:22.78
21 Marion van Hooft	Gouwe	75-463	5:23.2
22 Wendy Leemker	Orca	74-431	5:23.7
23 Fleur Bakker	LZ 1886	77-473	5:25.73
24 Danielle Klaverdijk	Nautilus	76-430	5:27.10
25 Claudia Ruivenkamp	WVZ	74-615	5:33.21
26 Leda Bitanc	VZC	76-533	5:34.20
27 Martinique Koridon	Steur	77-410	5:35.81
28 Saskia de Keijzer	LZ 1886	77-568	5:37.98
29 Saskia Stöteler	Groenlo	77-245	5:38.29
30 Margot Hooegeveen	DZPC	77-673	5:44.80
31 Susanne Kentgens	MZPC	77-682	5:47.22



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Prog. 008 50m VRIJE SLAG HEREN

1 Ron Dekker	IJsel	66-044	<u>23.72</u>
2 Richard Granneman	HPC	68-035	<u>23.87</u>
3 Wilco v.d. Akker	AZPC	73-019	<u>24.20</u>
4 Ronald Sloeserwij	Dolfijn	69-648	<u>24.35</u>
5 Bram van Haandel	PSV	73-agv	<u>24.38</u>
6 Casper van Dam	Zwemlust/den H.	71-405	<u>24.50</u>
7 Jos Huizer	AZPC	64-681	<u>24.53</u>
8 Leon Verhage	Nautilus	64-539	<u>24.66</u>
9 Marcel de Natris	Zijl/LGB	70-049	<u>24.67</u>
10 Ardi Zandbergen	PSV	65-681	<u>24.68</u>
11 Etienne Boukal	Dolfijn	69-300	<u>24.70</u>
12 Edwin de WildE	AZPC	72-469	<u>24.74</u>
13 Danny Nelson	Nautilus	71-541	<u>24.76</u>
14 Michel Roumen	Nautilus	70-508	<u>24.83</u>
15 Toine van Diepen	Hoorn	64-104	<u>24.84</u>
16 Peter de Rover	Dolfijn	67-344	<u>24.85</u>
17 Kees Robbertsen	DZPC	71-776	<u>24.85</u>
18 Ronald van Dongen	HZC-Weusthag	69-454	<u>24.94</u>
19 Fred Ketting	PSV	60-276	<u>25.12</u>
20 Niek Weustink	TZC-Vahalis	70-297	<u>25.16</u>
21 Fedor Hes	Zwemlust/den H.	70-602	<u>25.42</u>
22 Wouter Steller	WVZ	74-070	<u>25.53</u>
23 Hans Rijntalder	Nautilus	67-472	<u>25.55</u>
24 Auke Sjoerd Tolsma	Zignea	71-301	<u>25.96</u>



Prog. 009 1500m VRIJE SLAG J.'77

1 Dwight Senduk	Dolfijn	77-075	1:06.74	2:18.12	3:29.57	4:41.78	5:55.22
			7:08.55	8:22.42	9:36.73	10:51.19	12:05.86
2 Michel Zwennes	DWK	77-540	13:21.53	14:37.48	15:53.46	17:09.96	18:26.04
			1:08.49	2:22.46	3:36.41	4:50.14	6:03.28
3 Hans Hulsen	PSV	77-074	7:18.13	8:33.47	9:48.91	11:04.52	12:20.81
			13:37.53	14:53.89	16:09.55	17:24.63	18:36.02
			1:07.15	2:21.97	3:36.94	4:52.08	6:07.46
			7:23.30	8:39.66	9:55.36	11:11.84	12:28.86
			13:45.73	15:01.64	16:16.99	17:33.11	18:47.46

Prog. 010 1500m VRIJE SLAG J.'76

1 Christian Fischer	HPC	76-732	1:03.30	2:12.46	3:22.69	4:33.40	5:44.10
			6:53.18	8:04.19	9:15.34	10:25.02	11:35.33
2 Roy Meyboom	MZPC	76-728	12:46.44	13:56.31	15:06.15	16:16.54	17:23.93
			1:06.29	2:17.06	3:27.50	4:37.95	5:48.39
3 Bart Heggelman	WVZ	76-670	6:58.75	8:09.63	9:20.02	10:30.14	11:41.39
			12:52.35	14:03.46	15:15.42	16:26.66	17:37.24
			1:04.84	2:16.52	3:27.82	4:39.48	5:51.77
			7:04.21	8:16.85	9:30.24	10:43.71	11:57.66
			13:10.73	14:24.23	15:38.22	16:51.98	18:03.36



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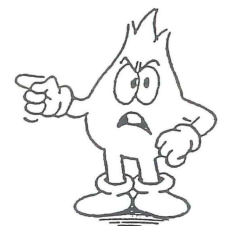


Prog. 011 1500m VRIJE SLAG J'75

1	Jeroen v.d. Loosdrecht	Kempvis	75-451	59.70	2:05.26	3:11.53	4:18.75
				5:25.63	6:32.78	7:40.45	8:48.08
				9:56.01	11:04.31	12:12.56	13:20.41
				14:28.69	15:37.00	<u>16:41.78</u>	
2	Ronnie Uitzetter	ZPA	75-399	1:00.07	2:05.65	3:12.25	4:19.97
				6:37.50	7:45.45	8:53.53	10:01.93
				12:18.77	13:27.45	14:35.73	15:44.09
				16:50.72			
3	Etan Ronen	PSV	75-049	1:03.83	2:13.39	3:21.80	4:29.94
				6:47.78	7:58.08	9:07.69	10:16.47
				12:35.24	13:44.50	14:52.95	16:01.59
				17:06.35			
4	Richard Middelbos	Stadskanaal	75-417	1:03.88	2:13.11	3:21.22	4:29.76
				6:47.62	7:57.62	9:07.44	10:16.15
				12:34.89	13:44.13	14:52.40	16:01.00
				17:06.85			
5	Willy Hansen	Dinkel	75-400	1:05.03	2:14.85	3:25.90	4:37.79
				7:00.76	8:11.65	9:22.45	10:33.03
				12:52.71	14:02.71	15:14.30	16:24.40
				17:30.93			
6	Olof van Gelder	PSV	75-008	1:04.25	2:15.10	3:26.17	4:36.71
				6:58.23	8:09.23	9:19.51	10:30.67
				12:52.74	14:03.96	15:15.40	16:27.74
				17:35.94			
7	Jasper Bisselink	HPC	75-644	1:05.60	2:15.72	3:26.47	4:37.78
				7:00.43	8:11.60	9:22.70	10:33.62
				12:55.29	14:05.96	15:16.50	16:26.66
				17:36.07			
8	Dennis Kruis	Hoogwerf	75-282	1:03.66	2:13.21	3:24.03	4:36.19
				7:00.91	8:13.11	9:26.17	10:39.64
				13:02.92	14:14.15	15:25.28	16:36.55
				17:46.41			
9	Brent Senduk	Dolfijn	75-076	1:05.64	2:15.80	3:27.99	4:39.84
				7:06.18	8:19.27	9:30.63	10:41.62
				13:03.41	14:15.00	15:26.87	16:39.00
				17:49.86			
10	Jos Middelberg	Dolfijn	75-078	1:06.22	2:17.80	3:30.74	4:43.71
				7:10.17	8:22.83	9:35.55	10:48.63
				13:15.02	14:27.77	15:40.06	16:52.25
				18:02.18			
11	Nils Vonhoff	DAW/Sportline	75-454	1:05.27	2:16.35	3:27.54	4:40.04
				7:05.31	8:17.92	9:31.75	10:44.66
				13:11.84	14:25.95	15:39.07	16:52.16
							<u>18:02.56</u>

Prog. 012 1500m VRIJE SLAG J'74

1	Freek Carol	ZPA	74-405	1:05.62	2:15.05	3:25.14	4:35.04	5:43.99
				6:52.29	7:59.96	9:07.25	10:14.60	11:22.71
				12:30.82	13:40.14	14:50.16	16:01.00	<u>17:07.22</u>
2	Martijn Both	Dolfijn	74-578	1:03.07	2:10.71	3:19.97	4:29.34	5:38.70
				6:48.08	7:57.40	9:06.21	10:14.34	11:22.84
				12:31.70	13:40.27	14:49.74	15:59.68	<u>17:07.56</u>
3	Wouter Steller	WVZ	74-070	59.86	2:05.97	3:12.85	4:21.22	5:31.09
				6:41.48	7:52.39	9:03.30	10:13.66	11:24.06
				12:34.39	13:44.59	14:55.19	16:05.66	<u>17:14.90</u>
4	Bas Ido Wennekes	DWK	74-637	1:04.54	2:12.63	3:21.50	4:30.10	5:39.31
				6:48.29	7:57.95	9:07.17	10:16.44	11:26.03
				12:36.04	13:46.47	14:57.94	16:08.74	<u>17:18.06</u>
5	Theo Hulshof	Nautilus	74-378	1:05.15	2:14.13	3:24.36	4:35.26	5:46.70
				6:58.87	8:11.36	9:24.01	10:37.23	11:51.03
				13:04.96	14:18.38	15:32.31	16:45.54	<u>17:58.26</u>



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Prog. 013 1500m VRIJE SLAG J'73/'72

1	Marcel Wouda	Zeester	72-360	1:01.38	2:06.01	3:10.51	4:14.78	5:19.36
				6:23.98	7:28.20	8:32.39	9:36.53	10:41.10
				11:45.76	12:50.55	13:54.89	14:59.70	<u>16:01.60</u>
2	Jan Sonneveld	Dolfijn	72-015	1:05.32	2:11.76	3:18.30	4:23.84	5:29.91
				6:35.58	7:41.62	8:48.27	9:54.93	11:01.97
				12:09.11	13:16.61	14:24.15	15:31.63	<u>16:36.15</u>
3	Mark v.d. Zijden	Gouwe	73-699	1:02.95	2:10.41	3:19.01	4:28.40	5:37.36
				6:46.86	7:56.23	9:04.94	10:12.64	11:20.75
				12:27.79	13:35.06	14:42.62	15:49.27	<u>16:55.49</u>
4	Jan Willem v.d. Hoek	Gouwe	72-671	1:02.40	2:08.79	3:14.67	4:21.04	5:28.77
				5:28.77	6:36.85	7:45.52	8:54.04	10:03.08
				10:03.08	11:11.99	12:21.55	13:31.27	14:41.07
				14:41.07	15:50.31	16:57.16		
5	Eduard van Veenen	Stadskanaal	73-407	1:04.87	2:13.31	3:22.31	4:30.76	5:39.81
				6:48.69	7:58.12	9:06.68	10:15.44	11:24.10
				12:32.57	13:40.99	14:49.96	15:58.18	<u>17:02.20</u>
6	Roy v.d. Veen	Hoorn	73-467	1:02.75	2:10.56	3:18.96	4:28.40	5:37.45
				6:47.00	7:56.52	9:06.25	10:15.70	11:25.47
				12:35.08	13:44.14	14:55.24	16:05.65	<u>17:16.01</u>
7	Martijn van Heusden	B&O Torpedo	72-030	1:02.78	2:10.47	3:18.49	4:27.57	5:37.49
				5:37.49	6:48.28	7:59.32	9:10.92	10:22.64
				10:22.64	11:34.62	12:46.40	13:57.87	15:09.09
				15:09.09	16:19.55	17:28.56		
8	Patrick Jordan	Meent	73-182	1:05.86	2:15.39	3:24.97	4:34.84	5:44.89
				6:55.29	8:05.11	9:16.10	10:26.72	11:38.45
				12:50.14	14:00.69	15:12.30	16:23.75	<u>17:34.53</u>
9	Almar v.d. Meer	B&O Torpedo	72-015	1:01.91	2:07.93	3:14.83	4:22.44	5:31.43
				6:42.27	7:55.21	9:08.40	10:21.74	11:35.70
				12:49.40	14:02.68	15:16.51	16:29.92	<u>17:42.22</u>

Prog. 014 1500m VRIJE SLAG HEREN



1	Alain de Kort	HPC	69-222	1:03.27	2:10.70	3:18.22	4:24.85	5:31.78
				6:39.17	7:46.00	8:51.96	9:58.89	11:05.82
				12:12.59	13:19.29	14:26.35	15:32.84	<u>16:38.75</u>
2	Hans van Goor	Hoorn	70-203	1:02.07	2:08.73	3:15.28	4:22.42	5:29.52
				6:37.16	7:45.23	8:52.80	10:00.84	11:09.39
				12:17.82	13:26.10	14:34.12	15:41.95	<u>16:49.07</u>
3	Harrie Linders	Dolfijn	70-091	1:02.54	2:08.92	3:15.94	4:23.41	5:30.71
				6:38.50	7:46.76	8:55.76	10:04.53	11:13.29
				12:21.84	13:30.38	14:38.72	15:47.59	<u>16:50.86</u>
4	Ronald van Dongen	HZC-Weusthag	69-454	1:02.65	2:09.71	3:16.88	4:24.90	5:32.87
				6:40.85	7:49.09	8:57.77	10:06.80	11:16.58
				12:25.78	13:35.23	14:45.81	15:55.50	<u>17:03.04</u>



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NATIONALE KAMPIOENSCHAPPEN

ZWEMMEN 1990

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ALL-IN Prog. 015 1500 m vrije slag heren

1 Marcel Wouda	Zeester	72-360	16:01.60
2 Jan Sonneveld	Dolfijn	72-015	16:36.15
3 Alain de Kort	HPC	69-222	16:38.75
4 Jeroen v.d. Loosdrecht	Kempvis	75-451	16:41.78
5 Hans van Goor	Hoorn	70-203	16:49.07
6 Ronnie Uitzetter	ZPA	75-399	16:50.72
7 Harrie Linders	Dolfijn	70-091	16:50.86
8 Mark v.d. Zijden	Gouwe	73-699	16:55.49
9 Jan Willem v.d. Hoek	Gouwe	72-671	16:57.16
10 Eduard van Veenen	Stadskanaal	73-407	17:02.20
11 Ronald van Dongen	HZC-Weusthag	69-454	17:03.04
12 Etan Ronen	PSV	75-049	17:06.35
13 Richard Middelbos	Stadskanaal	75-417	17:06.85
14 Freek Carol	ZPA	74-405	17:07.22
15 Martijn Both	Dolfijn	74-578	17:07.56
16 Wouter Steller	WVZ	74-070	17:14.90
17 Roy v.d. Veen	Hoorn	73-467	17:16.01
18 Bas Ido Wennekes	DWK	74-637	17:18.06
19 Martijn van Heusden	B&O Torpedo	72-030	17:28.56
20 Willy Hansen	Dinkel	75-400	17:30.93
21 Patrick Jordan	Meent	73-182	17:34.53
22 Olof van Gelder	PSV	75-008	17:35.94
23 Jasper Bisselink	HPC	75-644	17:36.07
24 Almar v.d. Meer	B&O Torpedo	72-015	17:42.22
25 Dennis Kruis	Hoogwerf	75-282	17:46.41
26 Brent Senduk	Dolfijn	75-076	17:49.86
27 Theo Hulshof	Nautilus	74-378	17:58.26
28 Jos Middelberg	Dolfijn	75-078	18:02.18
29 Nils Vonhoff	DAW/Sportline	75-454	18:02.56

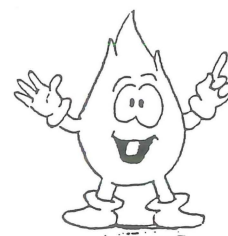
Prog.016 50m vrije slag heren FINALE

A-Finale

1 Ron Dekker	IJssel	66-044	<u>23.66</u>
2 Richard Granneman	HPC	68-035	<u>23.71</u>
3 Wilco v.d. Akker	AZPC	73-019	<u>24.18</u>
4 Ronald Sloeserwij	Dolfijn	69-648	<u>24.20</u>
5 Casper van Dam	Zwemlust/den H.	71-405	<u>24.24</u>
6 Jos Huizer	AZPC	64-681	<u>24.35</u>
7 Bram van Haandel	PSV	73-agv	<u>24.44</u>
8 Leon Verhage	Nautilus	64-539	<u>24.48</u>

B-Finale

1 Etienne Boukal	Dolfijn	69-300	<u>24.54</u>
2 Ardi Zandbergen	PSV	65-681	<u>24.56</u>
3 Michel Roumen	Nautilus	70-508	<u>24.73</u>
4 Edwin de Wilde	AZPC	72-469	<u>24.76</u>
5 Marcel de Natris	Zijl/LGB	70-049	<u>24.97</u>
6 Danny Nelson	Nautilus	71-541	<u>24.99</u>
7 Kees Robbertsen	DZPC	71-776	<u>25.00</u>
8 Toine van Diepen	Hoorn	64-104	<u>25.41</u>



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SPEEDO



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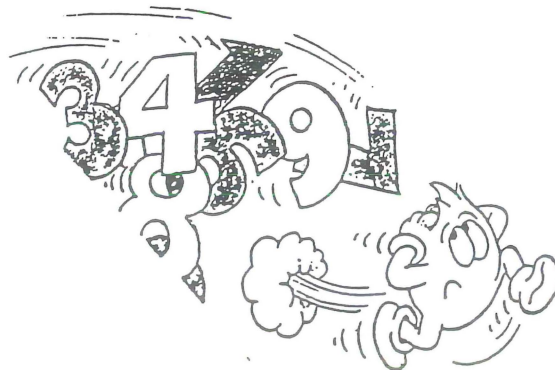
MICROWAY
COMPUTERS

Prog. 017 4x200m VRIJE SLAG EST. DAMES

1 De Dolfijn	1:01.51	2:08.56	3:08.47	4:13.01	5:15.13	6:27.16
	7:24.85	8:29.17				
2 Z.P.A.	1:03.08	2:10.32	3:10.98	4:17.57	5:21.15	6:32.54
	7:31.44	8:36.16				
3 De Dinkel I	1:02.43	2:07.96	3:09.77	4:19.01	5:20.98	6:29.11
	7:31.84	8:39.38				
4 De Dinkel II	1:03.12	2:09.70	3:13.61	4:22.55	5:27.09	6:39.22
	7:44.02	8:53.94				
5 W.V.Z.	1:01.99	2:09.79	3:15.11	4:24.50	5:29.68	6:39.32
	7:45.50	8:54.96				
6 Eemsrobber	1:04.44	2:12.43	3:14.28	4:20.87	5:28.79	6:40.87
	7:45.93	8:56.31				
7 A.Z.P.C.	1:01.64	2:07.09	3:12.97	4:27.91	5:32.81	6:41.96
	7:47.18	8:58.45				
8 't Tolhekke	1:04.21	2:08.87	3:14.31	4:28.41	5:36.91	6:50.35
	7:52.92	9:00.02				
9 DAW/Sportline	1:05.96	2:19.17	3:24.71	4:40.11	5:44.85	6:58.38
	7:58.73	9:04.89				
10 Nautilus	1:04.65	2:15.66	3:19.83	4:32.45	5:37.58	6:50.51
	7:54.75	9:06.83				
11 De Otters	1:07.75	2:22.58	3:27.98	4:40.28	5:46.44	6:57.22
	8:02.07	9:12.47				

Prog. 018 4x100m VRIJE SLAG EST. j.o.16 jaar

1 A.Z.P.C.	59.91	1:57.17	2:54.69	3:48.90
2 De Dolfijn	57.44	1:56.88	2:54.90	3:51.42
3 M.Z.P.C.	59.36	1:58.01	2:55.07	3:53.24
4 Orca	57.67	1:58.57	2:58.35	3:54.42
5 W.V.Z.	58.24	2:02.08	2:59.95	3:55.39
6 P.S.V.	1:01.33	2:03.54	3:03.12	3:56.74
7 Nautilus	56.46	1:57.26	2:59.72	3:57.80
8 Biesboschzwemmers	59.64	2:00.73	3:01.66	3:58.58
9 LZ. 1886	59.01	1:56.81	2:54.24	3:58.87
10 D.W.K.	59.16	1:58.10	2:59.77	3:59.84
11 De Zijl/L.G.B.	55.22	1:58.61	2:59.35	4:01.52
dis B & O Torpedo	58.96	1:59.39 EA	2:59.01	3:58.35



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Prog. 019 100m VRIJE SLAG M.'77

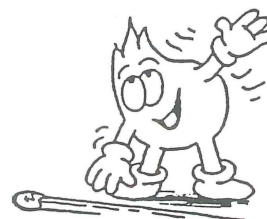
1 Saskia Stoteler	Groenlo	77-245	<u>1:02.03</u>
2 Martinique Koridon	Steur	77-410	<u>1:02.06</u>
3 Madelon Baans	Kempvis	77-624	<u>1:03.42</u>
4 Karen Wammes	TZC- Vahalis	77-296	<u>1:03.68</u>
5 Fleur Bakker	LZ 1886	77-473	<u>1:03.69</u>
6 Marielle Schaaf	ZON/S-S	77-073	<u>1:04.43</u>
7 Danielle van Vuuren	ZVDO '74	77-167	<u>1:05.05</u>
8 Marloes Neijman	BZV	77-545	<u>1:05.08</u>
9 Hylke Berk	PSV	77-677	<u>1:05.17</u>
10 Marije Muthert	Futen	77-652	<u>1:05.22</u>
11 Barbara van Lieshout	Nautilus	77-650	<u>1:05.25</u>
12 Annemieke Mos	B&O Torpedo	77-043	<u>1:05.53</u>
13 Johanna de Kooter	Biesb.	77-211	<u>1:05.57</u>
14 Danielle Heyenrath	RZ	77-333	<u>1:05.65</u>
15 Margot Hoogveen	DZPC	77-673	<u>1:07.00</u>
16 Ursula van Stein	Zeester	77-578	<u>1:07.09</u>

Prog. 020 100m VRIJE SLAG M.'76

1 Kirsten Vliegghuis	Dinkel	76-398	<u>1:00.18</u>
2 Kitty Mensink	Dinkel	76-293	<u>1:00.70</u>
3 Bianca Lutters	PSV	76-037	<u>1:01.57</u>
4 Monique Hamstra	Stadskanaal	76-365	<u>1:01.96</u>
5 Wendy Groeneveld	Dinkel	76-339	<u>1:02.74</u>
6 Danielle Klaverdijk	Nautilus	76-430	<u>1:03.26</u>
7 Bianca Hocks	LZ 1886	76-439	<u>1:03.35</u>
8 Sigrid Pels	Steur	76-450	<u>1:03.63</u>
9 Patricia Stokkers	Meent	76-289	<u>1:03.98</u>

Prog. 021 100m VRIJE SLAG M.'75

1 Nancy Timmermans	De Aa	75-441	<u>1:00.27</u>
2 Karen Guldemond	HPC	75-026	<u>1:00.61</u>
3 Renate Wijering	Dinkel	75-401	<u>1:00.66</u>
4 Minouche Smit	Hoorn	75-365	<u>1:01.45</u>
5 Jacquelin Nieland	Stadskanaal	75-415	<u>1:01.89</u>
6 Ilse de Jonge	Scheldestroom	75-142	<u>1:01.94</u>
7 Marion van Hooft	Gouwe	75-463	<u>1:01.96</u>
8 Anouk Visscher	Dinkel	75-397	<u>1:02.78</u>
9 Linda van den Bosch	WVZ	75-528	<u>1:03.37</u>
10 Karin Koelma	Dinkel	75-399	<u>1:03.38</u>
11 Karin Stastra	LZ 1886	75-403	<u>1:04.45</u>
12 Sandra Berckenkamp	Gouwe	75-557	<u>1:04.58</u>



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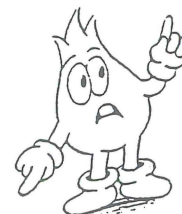
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Prog. 022 100m VRIJE SLAG M.'74

1 Manon Masseurs	HPC	74-656	58.86
2 Brenda Starink	Kempvis	74-378	59.40
3 Kristel Tellegen	PSV	74-016	1:00.68
4 Yvonne Schoorl	Eemsrobber	74-467	1:01.55
5 Wendy Bekkenk	TZC-Vahalis	74-345	1:02.39
6 Wendy Leemker	Orca	74-431	1:02.43
7 Maaike Addicks	GZC	74-430	1:02.79
8 Angelique Wijnen	HZPC Ho	74-306	1:03.14
9 Marloes Mensink	Dinkel	74-292	1:03.23
10 Anita de Hoop	Orca	74-432	1:04.20
11 Hanneke Koopmans	Zijl/LGB	74-058	1:04.23



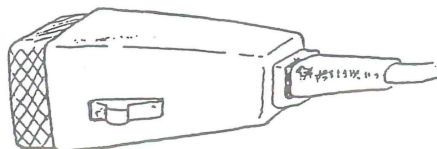
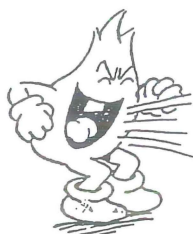
Prog. 023 100m VRIJE SLAG M.'73/'72

1 Natasja Robert	DAW/Sportline	72-328	58.34
2 Inge de Bruijn	Dolfijn	73-079	1:00.24
3 Mireille Hogenhuis	Eemsrobber	73-606	1:00.38
4 Wanda Jongejan	Gooye	72-031	1:00.76
5 Danielle Veenhuizen	ZPA	72-514	1:01.08



Prog. 024 100m VRIJE SLAG DAMES

1 Karin Briennesse	Orca	69-377	56.98
2 Diana v.d. Plaats	Dolfijn	71-717	57.32
3 Marianne Muis	ZPA	68-561	57.69
4 Marieke Mastebroek	Eemsrobber	71-624	58.43
5 Ingrid Baars	Dolfijn	69-080	58.88
6 Ellen Elzerman	B&O Torpedo	71-008	59.41
7 Renate Wigger	Dinkel	70-176	59.68
8 Ingrid Koeman	Dolfijn	71-067	59.70
9 Debby v.d. Staay	HPC	71-655	1:01.03
10 Pauline v.d. Zouw	Dolfijn	69-328	1:01.31
11 Ilse Harms	Nautilus	69-374	1:02.08



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UITSLAGEN FINALE

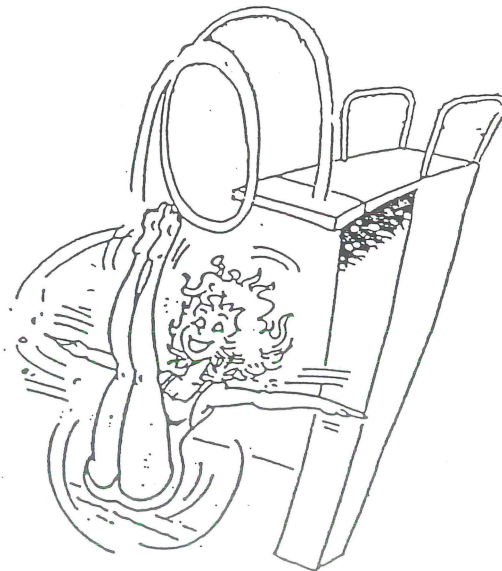
Prog. 145 A-FINALE 200 m. vlinderslag heren

1 Casper van Dam	Zwemlust/den H.	71-405	1:00.47	<u>2:04.96</u>
2 John Machielse	HPC	68-707	1:01.53	<u>2:09.12</u>
3 Marco v.d. Berg	DSZ	69-427	1:00.45	<u>2:09.54</u>
4 Richard Granneman	HPC	68-035	1:01.66	<u>2:09.71</u>
5 Robin Boon	Oceanus	73-355	1:02.64	<u>2:11.09</u>
6 Raimond Vahrmeijer	Dolfijn	69-148	1:01.60	<u>2:11.49</u>
7 Almar v.d. Meer	B&O Torpedo	72-015	1:03.04	<u>2:12.70</u>
8 Dennis Parlevliet	PSV	73-644	1:03.40	<u>2:13.73</u>

B-FINALE 200 m. vlinderslag heren

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	1:00.69	<u>2:11.12</u>
2 Alain de Kort	HPC	69-222	1:02.37	<u>2:12.33</u>
3 Marc van Haelen	Zeemacht	71-391	1:04.71	<u>2:14.56</u>
4 Arjan van Vliet	Nautilus	73-497	1:03.71	<u>2:14.58</u>
5 Niels Hilbrink	DZPC	72-357	1:03.30	<u>2:14.67</u>
6 Stefan Dortmund	Nautilus	72-605	1:04.44	<u>2:15.48</u>
7 Jean Louis Geutjes	Otters	70-531	1:05.08	<u>2:16.50</u>
8 Chester Marsman	Haaien	69-244	1:03.52	<u>2:17.25</u>

*Gewoon te Gek
Weet je Wel*



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UITSLAGEN FINALE

Prog. 143 A-FINALE 200 m. rugslag heren

1 Richard Blank	Dolfijn	72-551	1:00.78	<u>2:06.30</u>
2 Martin v.d. Spoel	DWK	71-316	1:02.77	<u>2:08.97</u>
3 Milco Hogerbrug	Nautilus	72-292	1:02.58	<u>2:10.02</u>
4 Ronald Sloeserwij	Dolfijn	69-648	1:03.61	<u>2:11.48</u>
5 Marcel Wouda	Zeester	72-360	1:04.34	<u>2:12.15</u>
6 Peter de Rover	Dolfijn	67-344	1:04.08	<u>2:13.95</u>
7 Danny Nelson	Nautilus	71-541	1:07.62	<u>2:15.62</u>
8 Johan Dijkstra	Orca	71-434	1:05.57	<u>2:16.39</u>

B-FINALE 200 m. rugslag heren

1 Jan Sonneveld	Dolfijn	72-015	1:04.87	<u>2:12.94</u>
2 Guido Keutgen	Raket	68-371	1:05.22	<u>2:14.72</u>
3 Ruud Coone	Dolfijn	68-065	1:06.56	<u>2:15.16</u>
4 Edwin v.d. Wulp	Steenwijk '34	70-332	1:07.14	<u>2:17.13</u>
5 Alexander Tellegen	PSV	72-015	1:06.66	<u>2:17.38</u>
6 Roy v.d. Veen	Hoorn	73-467	1:05.91	<u>2:18.50</u>
7 Jan Willem v.d. Hoek	Gouwe	72-671	1:07.20	<u>2:19.35</u>
8 Robin Sprinkhuizen	Zijl/LGB	74-710	1:07.50	<u>2:21.92</u>

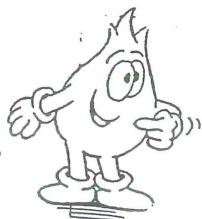


Prog. 144 A-FINALE 200 m. wisselslag pers. dames

1 Marianne Muis	ZPA	68-561	1:05.76	<u>2:19.48</u>
2 Ingrid Koeman	Dolfijn	71-067	1:08.00	<u>2:23.12</u>
3 Renate Wigger	Dinkel	70-176	1:08.23	<u>2:23.96</u>
4 Kristel Tellegen	PSV	74-016	1:12.12	<u>2:24.75</u>
5 Nida Zuhail	Double Duty-VZC	75-403	1:08.74	<u>2:25.41</u>
6 Manon Masseurs	HPC	74-656	1:09.61	<u>2:25.57</u>
7 Sylvia Gase	Dolfijn	73-311	1:12.00	<u>2:29.23</u>
8 Mireille Hogenhuis	Eemsrobber	73-606	1:11.33	<u>2:32.40</u>

B-FINALE 200 m. wisselslag pers. dames

1 Gea Veldhuizen	Tolhekke	71-202	1:09.35	<u>2:26.99</u>
2 Desiree de Bruijn	WVZ	71-435	1:09.72	<u>2:28.23</u>
3 Radna Mulder	Mosa-Regio	73-546	1:11.17	<u>2:28.74</u>
4 Monique Hamstra	Stadskanaal	76-365	1:12.06	<u>2:29.66</u>
5 Hanneke Koopmans	Zijl/LGB	74-058	1:12.63	<u>2:30.40</u>
6 Linda v.d. Bosch	WVZ	75-528	1:11.72	<u>2:30.44</u>
7 Nina Hulleman	DZPC	71-521	1:11.35	<u>2:30.81</u>
8 Naomi v.d. Woerd	TZC-Vahalis	77-268	1:14.36	<u>2:39.42</u>



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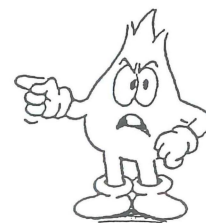
UITSLAGEN FINALE

Prog. 141 A-FINALE 100 m. vrije slag heren

1 Richard Granneman	HPC	68-035	<u>51.69</u>
2 Ron Dekker	IJsel	66-044	<u>52.57</u>
3 Ronald Sloeserwij	Dolfijn	69-648	<u>52.58</u>
4 John Machielsen	HPC	68-707	<u>52.77</u>
5 Wilco v.d. Akker	AZPC	73-019	<u>53.39</u>
6 Danny Nelson	Nautilus	71-541	<u>53.41</u>
7 Bram van Haandel	PSV	73-087	<u>53.61</u>
8 Etienne Boukal	Dolfijn	69-300	<u>54.50</u>

B-FINALE 100 m. vrije slag heren

1 Martin v.d. Spoel	DWK	71-316	<u>53.35</u>
2 Ronald van Dongen	HZC-Weusthag	69-454	<u>54.17</u>
3 Edwin de Wilde	AZPC	72-469	<u>54.53</u>
4 Ardi Zandbergen	PSV	65-681	<u>54.54</u>
5 Leon Verhage	Nautilus	64-539	<u>54.72</u>
6 Kees Robbertsen	DZPC	71-776	<u>55.32</u>
7 Marcel de Natris	Zijl/LGB	70-049	<u>55.38</u>
8 Marco Mulder	AZPC	74-826	<u>55.55</u>



Prog. 142 A-FINALE 100 m. rugslag dames

1 Iris Westrik	Dinkel	74-322	<u>1:05.45</u>
2 Wendy Leemker	Orca	74-431	<u>1:06.79</u>
3 Naomi v.d. Woerd	TZC-Vahalis	77-268	<u>1:07.49</u>
4 Jacqueline Wildeman	SGG	72-625	<u>1:07.65</u>
5 Wanda Jongejan	Gooye	72-031	<u>1:08.41</u>
6 Saskia Lammerts	Toihেকে	70-133	<u>1:08.57</u>
7 Marielle Piels	TZC-Vahalis	76-311	<u>1:08.72</u>
8 Meike Wouda	Hoorn	71-276	<u>1:09.11</u>

B-FINALE 100 m. rugslag dames

1 Mireille Hogenhuis	Eemsrobbe	73-606	<u>1:09.01</u>
2 Debby v.d. Staay	HPC	71-655	<u>1:09.08</u>
3 Gudule v.d. Meer	HZPC Ho	72-443	<u>1:10.27</u>
4 Danielle Sloopjes	SVW	75-229	<u>1:10.29</u>
5 Maaike Addicks	GZC	74-430	<u>1:10.49</u>
6 Laura Filmer	DAW/Sportline	72-476	<u>1:10.87</u>
7 Bianca Meyners	Dinkel	75-324	<u>1:10.96</u>
8 Trea Frikkee	WZPC	70-536	<u>1:11.25</u>



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Prog. 138 200m VLINDERSLAG J.'74

1 Bas Ido Wennekes	DWK	74-637	1:05.04	<u>2:18.60</u>
2 Allard Wagenveld	NZC '21	74-400	1:06.03	<u>2:20.89</u>
3 Tim Hoeymans	PSV	74-426	1:06.17	<u>2:20.95</u>
4 Remco Folkertsma	B&O Torpedo	74-027	1:06.31	<u>2:21.73</u>
5 Martijn Both	Dolfijn	74-578	1:08.60	<u>2:21.97</u>
6 Jacco Schaap	WZPC	74-376	1:09.14	<u>2:30.51</u>

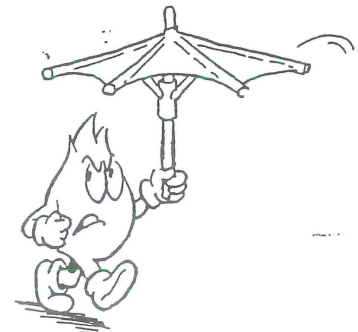
Prog. 139 200m VLINDERSLAG J.'73/'72

1 Almar v.d. Meer	B&O Torpedo	72-015	1:01.80	<u>2:10.26</u>
2 Bram van Haandel	PSV	73-087	1:03.26	<u>2:10.59</u>
3 Dennis Parlevliet	PSV	73-644	1:02.79	<u>2:10.82</u>
4 Robin Boom	Oceanus	73-355	1:02.01	<u>2:10.98</u>
5 Arjan van Vliet	Nautilus	73-497	1:01.58	<u>2:14.29</u>
6 Stefan Dortmund	Nautilus	72-605	1:02.24	<u>2:14.79</u>
7 Niels Hilbrink	DZPC	72-357	1:03.14	<u>2:14.85</u>
8 Martijn van Heusden	B&O Torpedo	72-030	1:05.43	<u>2:17.67</u>
9 Marco v.d. Kooij	WVZ	73-489	1:06.39	<u>2:20.46</u>
10 Frank Huisman	Zeemacht	73-372	1:04.36	<u>2:20.78</u>
11 Eelco van Gemert	Eemsrobber	72-275	1:04.86	<u>2:22.36</u>



Prog. 140 200m VLINDERSLAG HEREN

1 Casper van Dam	Zwemlust/den H.	71-405	1:00.70	<u>2:05.53</u>
2 John Machielsen	HPC	68-707	1:01.45	<u>2:09.31</u>
3 Richard Granneman	HPC	68-035	1:01.99	<u>2:09.75</u>
4 Marco v.d. Berg	DSZ	69-427	1:00.64	<u>2:11.32</u>
5 Raimond Vahrmeijer	Dolfijn	69-148	1:01.43	<u>2:11.97</u>
6 Alain de Kort	HPC	69-222	1:02.43	<u>2:12.11</u>
7 Chester Marsman	Haaïen	69-244	1:02.84	<u>2:13.44</u>
8 Marc van Haelen	Zeemacht	71-391	1:02.91	<u>2:14.83</u>
9 Jean Louis Geutjes	Otters	70-531	1:03.64	<u>2:15.23</u>
10 Stan Steegeling	Dolfijn	71-016	1:03.89	<u>2:16.40</u>
11 Johan Dijkstra	Orca	71-434	1:03.07	<u>2:18.14</u>



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Prog. 135 200m VLINDERSLAG J.'77

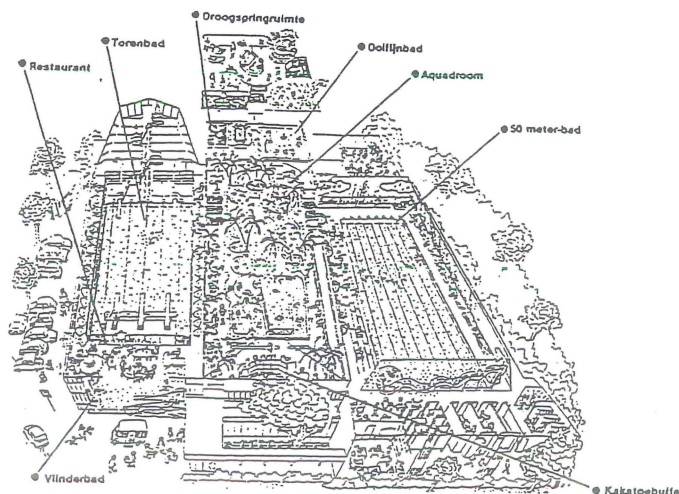
1 Dwight Senduk	Dolfijn	77-075	1:11.99	<u>2:31.52</u>	
2 Ronald van Charante	Dolfijn	77-147	1:11.09	<u>2:34.78</u>	
3 Joy Ignacia	Otters	77-533	1:14.29	<u>2:36.49</u>	
4 Dave Middelburg	Hoogwerf	77-368	1:13.00	<u>2:44.88</u>	
5 Michel Zwennes	DWK	77-540	1:17.53	<u>2:46.73</u>	
6 Oscar Breukels	De Rijn	77-669	1:16.56	<u>2:48.74</u>	
7 Ralf Nijenhuis	Kempvis	77-550	1:18.39	<u>2:49.26</u>	VE. ged.

Prog. 136 200m VLINDERSLAG J.'76

1 Christian Fischer	HPC	76-732	1:08.89	<u>2:21.15</u>	
Antoine Calis	AZC/Tarvo	76-699	1:08.88	<u>2:23.80</u>	
3 Evert Jan van Harten	DWK	76-478	1:08.43	<u>2:24.75</u>	
4 Ronald Fijn	Steur	76-449	1:09.22	<u>2:26.15</u>	
5 Edwin Blom	Nautilus	76-581	1:09.81	<u>2:29.79</u>	
6 Roy Meyboom	MZPC	76-728	1:11.24	<u>2:31.25</u>	
7 Sander Horenberg	Zevenhuizen	76-398	1:10.20	<u>2:33.33</u>	
8 Rowin Timmermans	WVZ	76-013	1:13.16	<u>2:35.17</u>	

Prog. 137 200m VLINDERSLAG J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	1:01.42	<u>2:12.57</u>	
2 Edgar Thimister	MZPC	75-676	1:04.64	<u>2:18.38</u>	
3 Ronnie Uitzetter	ZPA	75-399	1:05.23	<u>2:19.03</u>	
4 Martijn Baans	Kempvis	75-623	1:06.14	<u>2:20.33</u>	
5 Richard Middelbos	Stadskanaal	75-417	1:06.56	<u>2:22.98</u>	
6 Mark Schouten	LZ 1886	75-410	1:07.01	<u>2:23.40</u>	
7 Mark Liesting	Bevers	75-348	1:09.04	<u>2:25.00</u>	
8 Christian de Groot	LZ 1886	75-574	1:07.29	<u>2:26.72</u>	
9 Patrick Gehasse	Orca	75-353	1:09.40	<u>2:26.88</u>	
10 Brent Senduk	Dolfijn	75-076	1:09.91	<u>2:31.39</u>	
11 Etienne Grootenboer	Devel	75-413	1:12.03	<u>2:32.46</u>	
12 Dennis Schouten	LZ 1886	75-409	1:11.38	<u>2:35.94</u>	



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Prog. 131 200m WISSELSLAG PERS. M.'75

1 Nida Zuhal	Double Duty-VZC	75-403	1:09.22	<u>2:26.78</u>
2 Melanie Bos	Stormvogel	75-252	1:13.64	<u>2:28.06</u>
3 Linda v.d. Bosch	WVZ	75-528	1:11.01	<u>2:28.08</u>
4 Minouche Smit	Hoorn	75-365	1:11.19	<u>2:28.28</u>
5 Diana IJspeert	DWK	75-480	1:12.75	<u>2:31.36</u>
6 Sandra van 't Hof	Dolfijn	75-273	1:15.25	<u>2:32.56</u>
7 Nancy Timmermans	De Aa	75-441	1:12.34	<u>2:32.89</u>
8 Marion van Hooft	Gouwe	75-463	1:12.26	<u>2:32.99</u>
9 Wilma Veldhoen	DSZ	75-404	1:12.57	<u>2:33.20</u>
10 Wendy Roowaan	Zignea	75-289	1:13.82	<u>2:35.82</u>



Prog. 132 200m WISSELSLAG PERS. M.'74

1 Kristel Tellegen	PSV	74-016	1:11.89	<u>2:24.38</u>
2 Iris Westrik	Dinkel	74-322	1:09.15	<u>2:25.27</u>
3 Manon Masseurs	HPC	74-656	1:09.53	<u>2:25.67</u>
4 Marloes Mensink	Dinkel	74-292	1:13.04	<u>2:30.02</u>
5 Hanneke Koopmans	Zijl/LGB	74-058	1:12.49	<u>2:31.00</u>
6 Wendy Leemker	Orca	74-431	1:12.95	<u>2:32.33</u>
7 Mariska Arnoldus	WVZ	74-614	1:15.27	<u>2:34.31</u>
8 Anita de Hoop	Orca	74-432	1:10.20	<u>2:34.95</u>
9 Renate Duim	Dolfijn	74-569	1:13.42	<u>2:35.24</u>
10 Danny van Klink	Stadskanaal	74-406	1:17.20	<u>2:35.72</u>

Prog. 133 200m WISSELSLAG PERS. M.'73/'72

1 Kira Bulten	Steur	73-390	1:08.87	<u>2:25.84</u>
2 Mireille Hogenhuis	Eemsrobber	73-606	1:09.16	<u>2:25.96</u>
3 Sylvia Gase	Dolfijn	73-311	1:10.85	<u>2:26.30</u>
4 Radna Mulder	Mosa-Regio	73-546	1:11.24	<u>2:28.30</u>
5 Natasja Robert	DAW/Sportline	72-328	1:09.07	<u>2:29.20</u>

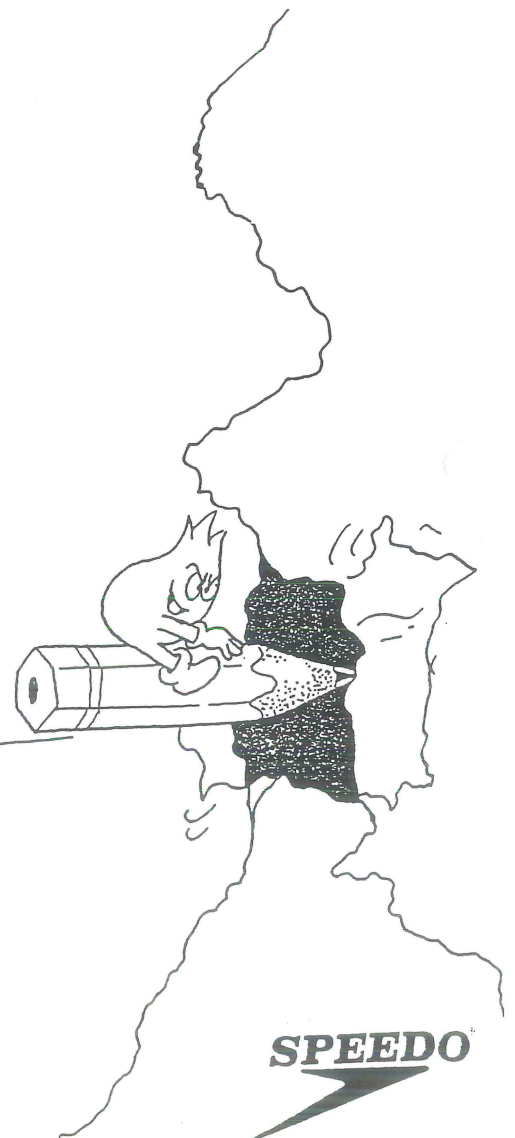
Prog. 134 200m WISSELSLAG PERS. DAMES

1 Marianne Muis	ZPA	68-561	1:05.50	<u>2:19.72</u>
2 Ingrid Koeman	Dolfijn	71-067	1:07.56	<u>2:23.53</u>
3 Renate Wigger	Dinkel	70-176	1:08.18	<u>2:24.24</u>
4 Desiree de Bruijn	WVZ	71-435	1:09.48	<u>2:27.42</u> B
5 Gea Veldhuizen	Tolhekke	71-202	1:09.32	<u>2:27.42</u> A
6 Nina Hulleman	DZPC	71-521	1:11.42	<u>2:28.92</u>
7 Marjon Stam	VZC	71-602	1:13.45	<u>2:31.99</u>



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Prog. 128 200m RUGSLAG HEREN

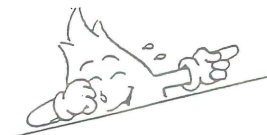
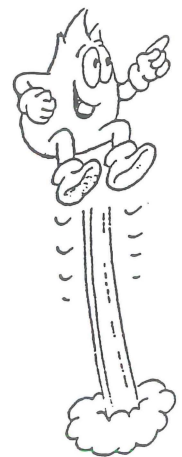
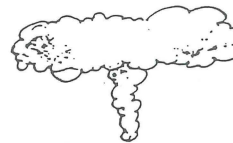
1	Ronald Sloeserwijn	Dolfijn	69-648	1:04.19	<u>2:10.93</u>
2	Martin v.d. Spoel	DWK	71-316	1:05.83	<u>2:11.46</u>
3	Peter de Rover	Dolfijn	67-344	1:04.95	<u>2:12.45</u>
4	Danny Nelson	Nautilus	71-541	1:05.96	<u>2:13.76</u>
5	Johan Dijkstra	Orca	71-434	1:05.34	<u>2:14.19</u>
6	Guido Keutgen	Raket	68-371	1:03.87	<u>2:15.78</u>
7	Ruud Coone	Dolfijn	68-065	1:05.69	<u>2:17.68</u>
8	Edwin v.d. Wulp	Steenwijk '34	70-332	1:07.06	<u>2:18.37</u>

Prog. 129 200m WISSELSLAG PERS. M.'77

1	Naomi v.d. Woerd	TZC-Vahalis	77-268	1:10.41	<u>2:30.49</u>
2	Fleur Bakker	LZ 1886	77-473	1:15.13	<u>2:34.84</u>
3	Martinië Koridon	Steur	77-410	1:13.48	<u>2:35.66</u>
4	Karen Wammes	TZC-vahalis	77-296	1:14.99	<u>2:37.35</u>
5	Marloes Neijman	BZV	77-545	1:15.29	<u>2:37.45</u>
6	Madelon Baans	Kempvis	77-624	1:16.42	<u>2:37.83</u>
7	Margot Hoogeveen	DZPC	77-673	1:19.38	<u>2:40.07</u>
8	Annemieke Mos	B&O Torpedo	77-043	1:16.76	<u>2:40.61</u>
9	Susanne Kentgens	MZPC	77-682	1:18.48	<u>2:40.62</u>
10	Saskia Stoteler	Groenlo	77-245	1:18.23	<u>2:41.25</u>
11	Saskia de Keijzer	LZ 1886	77-568	1:17.27	<u>2:42.25</u>
12	Jacqueline Keyzer	IJsel	77-482	1:18.67	<u>2:43.38</u>
13	Marije Muthert	Futen	77-652	1:17.10	<u>2:43.57</u>
14	Johanna de Kooter	Biesboschzwemmers	77-211	1:20.32	<u>2:43.91</u>
15	Linda de Boer	DAW/Sportline	77-434	1:17.10	<u>2:44.00</u>
16	Priscilla Laurens	ZPA	77-498	1:21.43	<u>2:45.55</u>

Prog. 130 200m WISSELSLAG PERS. M.'76

1	Kirsten Vlieghuis	Dinkel	76-398	1:11.71	<u>2:27.44</u>
2	Monique Hamstra	Stadskanaal	76-365	1:12.09	<u>2:28.87</u>
3	Wendy Groeneveld	Dinkel	76-339	1:15.18	<u>2:31.23</u>
4	Mariëlle Piels	TZC-Vahalis	76-311	1:10.51	<u>2:31.81</u>
5	Kitty Mensink	Dinkel	76-293	1:12.37	<u>2:32.47</u>
6	Bianca Lutters	PSV	76-037	1:14.76	<u>2:32.96</u>
7	Daniëlle Klaverdijk	Nautilus	76-430	1:15.29	<u>2:33.59</u>
8	Mariska Leegte	Stadskanaal	76-327	1:14.72	<u>2:34.88</u>
9	Lilian Visscher	Steur	76-479	1:15.85	<u>2:34.96</u>
10	Bianca Hocks	LZ 1886	76-439	1:14.10	<u>2:35.36</u>
11	Regina van Bruggen	WVZ	76-609	1:16.52	<u>2:36.41</u>
12	Leda Bitanc	VZC	76-533	1:13.32	<u>2:38.26</u>
13	Judith de Heer	Meerval	76-011	1:15.39	<u>2:39.4</u>
14	Francis de Kort	AZPC	76-063	1:17.74	<u>2:40.63</u>



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Prog. 124 200m RUGSLAG J.'76

1	Christian Fischer	HPC	76-732	1:07.97	<u>2:20.32</u>
2	Ronald Fijn	Steur	76-449	1:11.18	<u>2:26.41</u>
3	Dave Kempers	Groenlo	76-269	1:10.01	<u>2:26.54</u>
4	Hans Geert Mast	DZPC	76-708	1:10.90	<u>2:27.03</u>
5	Antoine Calis	AZC/Tarvo	76-699	1:11.19	<u>2:28.12</u>
6	Rowin Timmermans	WVZ	76-013	1:11.96	<u>2:28.57</u>
7	Jeroen Mulder	AZPC	76-827	1:12.39	<u>2:29.08</u>
8	Kim Bouwes	Stadskanaal	76-307	1:12.18	<u>2:29.54</u>
9	Bart Heggelman	WVZ	76-670	1:12.30	<u>2:29.82</u>
10	Michiel Krikke	Dolfijn	76-010	1:11.24	<u>2:29.84</u>
11	Sander Horenberg	Zevenhuizen	76-398	1:12.66	<u>2:30.55</u>
12	Frank Kleijer	DWK	76-530	1:15.33	<u>2:31.77</u>

Prog. 125 200m RUGSLAG J.'75

1	Eddy Brinkmeijer	DAW/Sportline	75-429	1:08.36	<u>2:19.23</u>
2	Ronnie Uitzetter	ZPA	75-399	1:07.55	<u>2:19.47</u>
3	Christian de Groot	LZ 1886	75-574	1:07.03	<u>2:21.88</u>
4	Frank Laffeber	Nautilus	75-613	1:09.19	<u>2:23.65</u>
5	Rob Nijweide	WVZ	75-176	1:09.36	<u>2:23.73</u>
6	Rob Onderwijzer	WZPC	75-384	1:10.47	<u>2:24.95</u>
7	Barry van Leeuwen	DZV-Koudijs	75-482	1:09.55	<u>2:25.87</u>
8	Marcel Kentgens	MZPC	75-681	1:11.70	<u>2:27.23</u>
9	Martijn Perlee	HPC	75-583	1:09.08	<u>2:27.60</u>
10	Erwin Ruysink	AZPC	75-062	1:12.46	<u>2:28.47</u>
11	Bart Gersen	Oceanus	75-332	1:14.72	<u>2:37.31</u>



Prog. 126 200m RUGSLAG J.'74

1	Robin Sprinkhuizen	Zijl/LGB	74-710	1:07.17	<u>2:18.72</u>
2	Tim Hoeymans	PSV	74-426	1:09.38	<u>2:21.43</u>
3	Allard Wagenveld	NZC '21	74-400	1:09.27	<u>2:21.71</u>
3	Robert Langeler	VZPC	74-258	1:07.79	<u>2:21.71</u>
5	Paul Daman	DZV-Koudijs	74-417	1:08.59	<u>2:22.80</u>
6	Sjors Sijberden	WZPC	74-424	1:09.30	<u>2:23.70</u>
7	Martijn Fietje	Meent	74-227	1:08.11	<u>2:24.39</u>
8	Albert Goudsmit	AZPC	74-513	1:08.97	<u>2:26.47</u>
9	Arjan Wessels	VZPC	74-324	1:08.94	<u>2:27.76</u>

Prog. 127 200m RUGSLAG J.'73/'72

1	Richard Blank	Dolfijn	72-551	1:04.41	<u>2:10.76</u>
2	Milco Hogerbrug	Nautilus	72-292	1:05.83	<u>2:12.24</u>
3	Marcel Wouda	Zeester	72-360	1:05.78	<u>2:12.58</u>
4	Erik Saat	AZPC	73-507	1:04.02	<u>2:15.31</u>
5	Jan Sonneveld	Dolfijn	72-015	1:06.00	<u>2:15.49</u>
6	Roy v.d. Veen	Hoorn	73-467	1:05.62	<u>2:16.47</u>
7	Alexander Tellegen	PSV	72-015	1:06.73	<u>2:17.53</u>
8	Jan Willem v.d. Hoek	Gouwe	72-671	1:07.47	<u>2:18.88</u>
9	Wilko Rutgers	Steenwijk '34	73-259	1:07.50	<u>2:19.22</u>
10	Ernst Stam	DAW/Sportline	72-538	1:08.28	<u>2:20.68</u>
11	Jeroen Fietje	Meent	72-203	1:06.14	<u>2:20.90</u>
12	Rogier Vissers	HZPC Ho	73-326	1:08.71	<u>2:23.86</u>



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Aanvulling uitslag prog. nr. 117 100 m. rugslag meisjes '77

Naomi v.d. Woerd TZC-Vahalis 50 m. tijd: 31.6

Prog. 121 100m RUGSLAG M.'73/'72

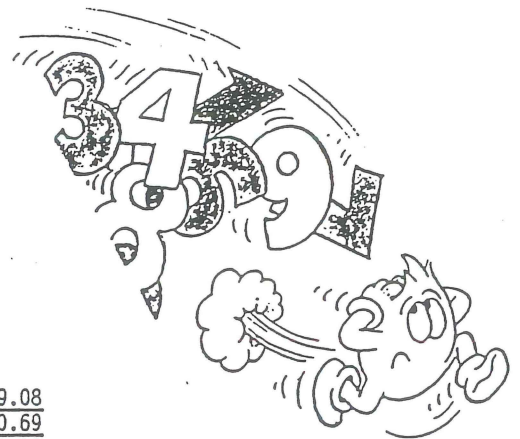
1 Jacqueline Wildeman	SGG	72-625	<u>1:07.07</u>
2 Wanda Jongejan	Gooye	72-031	<u>1:08.50</u>
3 Mireille Hogenhuis	Eemsrobben	73-606	<u>1:08.66</u>
4 Gudule v.d. Meer	HZPC Ho	72-443	<u>1:09.19</u>
5 Laura Filmer	DAW/Sportline	72-476	<u>1:10.01</u>
6 Danielle Veenhuizen	ZPA	72-514	<u>1:10.08</u>
7 Edith Koolen	ZV Kimbria	73-254	<u>1:11.79</u>
8 Renata van Leeuwen	Zeemacht	73-533	<u>1:11.95</u>
9 Radna Mulder	Mosa-Regio	73-546	<u>1:12.14</u>

Prog. 122 100m RUGSLAG DAMES

1 Saskia Lammerts	Tolhekke	70-133	<u>1:07.53</u>
2 Renate Wigger	Dinkel	70-176	<u>1:08.48</u>
3 Meike Wouda	Hoorn	71-276	<u>1:08.65</u>
4 Debby v.d. Staay	HPC	71-655	<u>1:08.82</u>
5 Trea Frikkee	WZPC	70-536	<u>1:09.73</u>
6 Saskia Schuys	Nautilus	68-603	<u>1:10.51</u>
7 Ingrid Koeman	Dolfijn	71-067	<u>1:10.55</u>

Prog. 123 200m RUGSLAG J.'77

1 Sebastiaan Hagewoud	Reestduikers	77-002	1:10.86	<u>2:29.08</u>
2 Pascal Lafort	Numansdorp	77-310	1:13.45	<u>2:30.69</u>
3 Sjoerd Witting	IJssel	77-517	1:12.99	<u>2:31.10</u>
4 Hans Hulsen	PSV	77-074	1:14.27	<u>2:34.98</u>
5 Wilfred v.Middendorp	DWK	77-557	1:16.89	<u>2:37.25</u>
6 Michel Zwennes	DWK	77-540	1:16.76	<u>2:37.52</u>
7 Gerjan Hulstijn	HZC-Weusthag	77-397	1:15.63	<u>2:38.35</u>
8 Arthur Beemster	Waterland	77-206	1:16.64	<u>2:39.01</u>
9 Robert-Jan Derksen	Zwemlust/den H.	77-567	1:16.94	<u>2:39.34</u>
10 Marcel Groot	Kon.AZ 1870	77-494	1:17.07	<u>2:39.65</u>
11 Niels Wielaard	AZPC	77-512	1:17.90	<u>2:42.63</u>
12 Jan Wiebe v.Niejenhuis	De Vrije Slag	77-309	1:19.70	<u>2:44.69</u>





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Prog. 117 100m RUGSLAG M.'77

1 Naomi v.d. Woerd	TZC-Vahalis	77-268	<u>1:07.26</u>
2 Karen Wammes	TZC-Vahalis	77-296	<u>1:12.94</u>
3 Jolanda Zuidstra	DZPC	77-674	<u>1:13.06</u>
4 Saskia Stoteler	Groenlo	77-245	<u>1:13.23</u>
5 Fleur Bakker	LZ 1886	77-473	<u>1:13.55</u>
6 Saskia de Keijzer	LZ 1886	77-568	<u>1:14.10</u>
7 Linda de Boer	DAW/Sportline	77-434	<u>1:14.32</u>
8 Olga Olde Olthuis	Dinkel	77-362	<u>1:14.47</u>
9 Martinique Koridon	Steur	77-410	<u>1:14.94</u>
10 Linda van Hout	AZPC	77-625	<u>1:15.09</u>
11 Marloes Neijman	BZV	77-545	<u>1:15.17</u>
12 Madelon Baans	Kempvis	77-624	<u>1:16.43</u>

Prog. 118 100m RUGSLAG M.'76

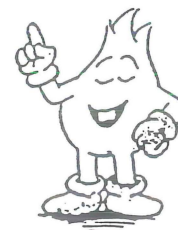
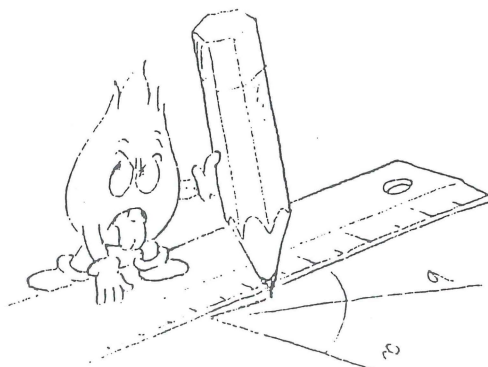
1 Marielle Piels	TZC-Vahalis	76-311	<u>1:08.50</u>
2 Monique Hamstra	Stadskanaal	76-365	<u>1:10.50</u>
3 Leda Bitanc	VZC	76-533	<u>1:11.33</u>
4 Lisette v.d. Kruk	DZV-Koudijs	76-532	<u>1:13.12</u>
5 Bianca Hocks	LZ 1886	76-439	<u>1:13.15</u>
6 Kirsten Vliegheuis	Dinkel	76-398	<u>1:13.18</u>
7 Bianca Lutters	PSV	76-037	<u>1:13.57</u>
8 Alice de Jong	Groenlo	76-225	<u>1:14.00</u>
9 Jitske Zengerink	Meerval	76-028	<u>1:14.44</u>
10 Renate Mulder	Bubble	76-481	<u>1:14.45</u>
11 Noortje Dekkers	Heygrave	76-214	<u>1:15.28</u>
12 Anjo Gringhuis	Olde Vechte	76-229	<u>1:16.82</u>

Prog. 119 100m RUGSLAG M.'75

1 Bianca Meyners	Dinkel	75-324	<u>1:10.07</u>
2 Nida Zuhal	Double Duty-VZC	75-403	<u>1:10.29</u>
3 Danielle Sloopjes	SVW	75-229	<u>1:10.47</u>
4 Karen Guldemond	HPC	75-026	<u>1:10.50</u>
5 Ilse de Jonge	Scheldestroom	75-142	<u>1:11.08</u>
6 Marion van Hooft	Gouwe	75-463	<u>1:11.10</u>
7 Catherine Hoogeveen	DZPC	75-549	<u>1:11.30</u>
8 Nancy Timmermans	De Aa	75-441	<u>1:11.43</u>
9 Elise van Druuten	De Rijn	75-672	<u>1:11.79</u>
10 Wendy Roowaan	Zignea	75-289	<u>1:12.09</u>
11 Tamara Robert	DAW/Sportline	75-348	<u>1:12.91</u>
12 Melanie Bos	Stormvogel	75-252	<u>1:13.48</u>
13 Renate Wijering	Dinkel	75-401	<u>1:13.63</u>
14 Bianca de Lepper	Heygrave	75-147	<u>1:14.16</u>

Prog. 120 100m RUGSLAG M.'74

1 Iris Westrik	Dinkel	74-322	<u>1:05.22</u>
2 Wendy Leemker	Orca	74-431	<u>1:07.08</u>
3 Maaïke Addicks	GZC	74-430	<u>1:09.66</u>
4 Anita de Hoop	Orca	74-432	<u>1:10.38</u>
5 Marieke Westerhof	Dinkel	74-319	<u>1:10.77</u>
6 Kristel Tellegen	PSV	74-016	<u>1:10.90</u>
7 Suzanne Wouda	Zeester	74-492	<u>1:11.17</u>
8 Wendy Alberts	DWK	74-547	<u>1:12.07</u>



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Prog. 114 100m VRIJE SLAG J.'74

1 Marco Mulder	AZPC	74-826	<u>54.83</u>
2 Tim Hoeymans	PSV	74-426	<u>54.91</u>
3 Wouter Steller	WVZ	74-070	<u>55.28</u>
4 Robin Sprinkhuizen	Zijl/LGB	74-710	<u>55.31</u>
5 Martijn Both	Dolfijn	74-578	<u>57.15</u>
6 Sjaak Kuiken	Orca	74-480	<u>57.68</u>
7 Benny Dersigni	Biesboschzwemmers	74-232	<u>57.96</u>
8 Jan de Velde Harsenhorst	Deltazwemmers	74-144	<u>58.07</u>
9 Theo Hulshof	Nautilus	74-378	<u>58.08</u>
10 Michiel Mullaart	Zeester	74-305	<u>58.31</u>
11 Bas Ido Wennekes	DWK	74-637	<u>58.48</u>
12 Lionel Thompson	Zeist	74-449	<u>58.51</u>
13 Melvin Bakker	Houtrib	74-296	<u>59.65</u>

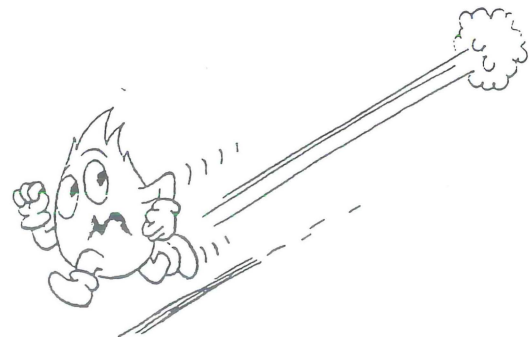
Prog. 115 100m VRIJE SLAG J.'73/'72

1 Wilco v.d. Akker	AZPC	73-019	<u>53.09</u>
2 Bram van Haandel	PSV	73-087	<u>53.28</u>
3 Edwin de Wilde	AZPC	72-469	<u>53.47</u>
4 Dennis Parlevliet	PSV	73-644	<u>53.61</u>
5 Richard Blank	Dolfijn	72-551	<u>54.30</u>
6 Niels Hilbrink	DZPC	72-357	<u>54.92</u>
7 Jan Sonneveld	Dolfijn	72-015	<u>55.08</u>
8 Jan Willem v.d. Hoek	Gouwe	72-671	<u>55.30</u>
9 Marcel Wouda	Zeester	72-360	<u>55.37</u>
10 Mark Roelofs	MZPC	72-576	<u>55.44</u>



Prog. 116 100m VRIJE SLAG HEREN

1 Richard Granneman	HPC	68-035	<u>52.39</u>
2 Ronald Sloeserwijn	Dolfijn	69-648	<u>52.54</u>
3 Ron Dekker	IJsel	66-044	<u>52.79</u>
4 Etienne Boukal	Dolfijn	69-300	<u>53.23</u>
5 John Machielsen	HPC	68-707	<u>53.30</u>
6 Danny Nelson	Nautilus	71-541	<u>53.39</u>
7 Martin v.d. Spoel	DWK	71-316	<u>53.79</u>
8 Marcel de Natris	Zijl/LGB	70-049	<u>54.10</u>
9 Leon Verhage	Nautilus	64-539	<u>54.16</u>
10 Ronald van Dongen	HZC-Weusthag	69-454	<u>54.27</u>
11 Ardi Zandbergen	PSV	65-681	<u>54.28</u>
12 Kees Robbertsen	DZPC	71-776	<u>54.42</u>



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NATIONALE KAMPIOENSCHAPPEN

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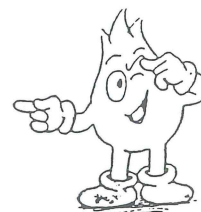
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MICROWAY

COMPUTERS

Prog. 111 100m VRIJE SLAG J.'77

1 Pascal Lafort	Numansdorp	77-310	59.38
2 Hans Hulsen	PSV	77-074	<u>1:00.55</u>
3 Dwight Senduk	Dolfijn	77-075	<u>1:01.09</u>
4 Rogier Stam	AZPC	77-828	<u>1:01.51</u>
5 Bob Heijl	Merlet	77-318	<u>1:03.11</u>
6 Emile Plugge	Bubble	77-504	<u>1:04.06</u>
7 Michiel Kamphuis	PCG	77-449	<u>1:04.50</u>
8 Dave Middelburg	Hoogwerf	77-368	<u>1:04.68</u>
9 Marcel Groot	Kon.AZ 1870	77-494	<u>1:05.37</u>
10 Rob van Kessel	Budel	77-281	<u>1:05.66</u>



Prog. 112 100m VRIJE SLAG J.'76

1 Bart Heggelman	WVZ	76-670	57.43
2 Roy Meyboom	MZPC	76-728	<u>57.78</u>
3 Sander Horenberg	Zevenhuizen	76-398	<u>57.83</u>
4 Ronald Fijn	Steur	76-449	<u>57.90</u>
5 Jeroen Goes	AZPC	76-041	<u>58.87</u>
6 Chong Woo Chiang	Reest	76-311	<u>59.66</u>
7 Jacob van Gelder	ZVDO '74	76-156	<u>59.72</u>
8 Kim Bouwes	Stadskanaal	76-307	<u>1:00.23</u>
9 Jasper Middelberg	Dolfijn	76-077	<u>1:00.31</u>
10 Andre Koopman	HZPC He	76-428	<u>1:00.58</u>
11 John Huiskens	Nautilus	76-604	<u>1:01.03</u>
12 Evert Jan van Harten	DWK	76-478	<u>1:01.53</u>
13 Dave Kempers	Groenlo	76-269	<u>1:01.80</u>
14 Robbert Liesting	Bevers	76-394	<u>1:02.12</u>

Prog. 113 100m VRIJE SLAG J.'75

1 Stefan Aartsen	VZC	75-025	55.42
2 Jeroen v.d. Loosrecht	Kempvis	75-451	<u>55.99</u>
3 Martijn Baans	Kempvis	75-623	<u>56.40</u>
4 Rob Nijweide	WVZ	75-176	<u>56.56</u>
5 Ronnie Uitzetter	ZPA	75-399	<u>56.89</u>
6 Frank Laffeber	Nautilus	75-613	<u>57.22</u>
7 Brent Senduk	Dolfijn	75-076	<u>57.30</u>
8 Erwin Ruysink	AZPC	75-062	<u>58.06</u>
9 Mark Schouten	LZ 1886	75-410	<u>58.23</u>
10 Willy Hansen	Dinkel	75-400	<u>58.23</u>
11 Michel Bom	Zeus	75-518	<u>58.33</u>
12 Jos Middelberg	Dolfijn	75-078	<u>58.40</u>
13 Dennis Schouten	LZ 1886	75-409	<u>58.87</u>
14 Jacky Gnodde	Zignea	75-376	<u>58.96</u>
15 Edgar Thimister	MZPC	75-676	<u>59.49</u>
16 Jean Paul Tates	Oceanus	75-329	<u>59.56</u>
17 Jeroen Jacobs	Gelenberg	75-300	<u>1:00.14</u>



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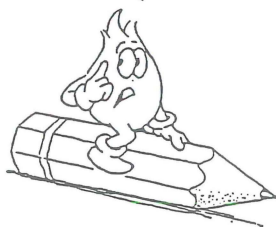
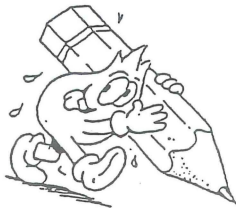
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COMPUTERS

Prog. 108 A-FINALE 50m. vrije slag dames

1	Marieke Mastebroek	Eemsrobben	71-624	26.55
2	Inge de Bruin	Dolfijn	73-079	26.60
3	Marianne Muis	ZPA	68-561	26.75
4	Diana v.d. Plaats	Dolfijn	71-717	26.82
5	Karin Briennesse	Orca	69-377	26.89
6	Nastasja Robert	DAW/Sportline	72-328	27.52
7	Renate Wigger	Dinkel	70-176	27.66
8	Ingrid Baars	Dolfijn	69-080	27.80



Prog. 109 4x200m Vrije slag est. heren

1	De Zijl/L.G.B.	57.65	2:01.66	2:01:66	4:04.01	5:04.21	6:12.53	7:11.22	8:16.87
2	A.Z.P.C.	59.23	2:02.41	3:01.18	4:06.39	5:05.60	6:06.58	7:03.82	8:04.14
3	De Dolfijn II	58.53	2:01.03	2:59.28	4:04.39	5:02.29	6:07.81	7:03.72	8:04.92
4	De Dinkel	59.68	2:03.04	3:01.11	4:04.76	5:04.74	6:12.52	7:12.11	8:17.73
5	M.Z.P.C.	1:02.14	2:06.83	3:07.41	4:13.88	5:13.72	6:17.39	7:16.03	8:20.54

Prog. 110 4x100m Vrije slag est. m.o.16jr.

1	De Dinkel I	0:59:99	2:00:13	3:00:19	4:00:38
2	PSV	1:01:91	2:06:21	3:10:02	4:09:12
3	De Dinkel II	1:01:85	2:04:10	3:07:50	4:09:57
4	TZC Vahalis	1:02:95	2:07:84	3:11:81	4:12:60
5	De Dinkel III	1:02:80	2:06:53	3:06:52	4:14:26
6	De Dolfijn	1:02:98	2:08:82	3:12:78	4:14:48
7	W.V.Z.	1:03:23	2:07:5	3:11:21	4:16:37
8	Orca	1:01:88	2:10:63	3:16:03	4:17:24
9	L.Z. 1	1:03:88	2:08:32	3:12:09	4:18:47
10	De Gouwe	1:02:82	2:12:81	3:18:36	4:20:44
11	De Kempvis	1:06:30	2:15:19	3:21:04	4:21:59
12	Die Heygrave	1:05:48	2:09:54	3:15:85	4:23:32



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Prog. 104 800m VRIJE SLAG M.'74

Manon Masseurs HPC	74-656	1:02.30	2:11.32	3:21.51	4:31.97	5:42.91	6:53.05	8:03.02	9:09.62
Marloes Mensink Dinkel	74-292	1:05.74	2:16.35	3:26.84	4:38.04	5:49.80	7:00.62	8:11.62	9:21.48
Iris Westrik Dinkel	74-322	1:04.92	2:15.15	3:25.69	4:36.97	5:48.32	7:00.70	8:14.12	9:26.36
Sandra Nien De Rog	74-376	1:07.35	2:19.95	3:33.71	4:47.82	6:02.17	7:16.90	8:31.97	9:45.68

Prog. 105 800m VRIJE SLAG M.'73/'72

1 Natasja Robert DAW/Sportline	72-328	1:03.12	2:11.64	3:21.97	4:33.45	5:44.97	6:56.69	8:07.81	9:17.60
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Prog. 106 800m VRIJE SLAG DAMES

1 Karin Briennesse Orca	69-377	1:02.05	2:09.01	3:16.88	4:24.24	5:31.46	6:39.61	7:48.96	8:55.44
2 Kirsten Silvester AZPC	71-126	1:02.71	2:09.72	3:17.92	4:26.68	5:36.57	6:46.94	7:57.27	9:04.45
3 Desiree de Bruijn WVZ	71-435	1:04.77	2:13.83	3:23.20	4:32.62	5:41.71	6:51.15	8:00.85	9:08.75

Prog. 107 800m VRIJE SLAG DAMES (uitslag all in)

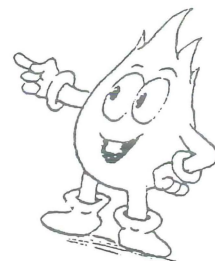
1 Karin Briennesse Orca	69-377	1:02.05	2:09.01	3:16.88	4:24.24	5:31.46	6:39.61	7:48.96	8:55.44
2 Kirsten Silvester AZPC	71-126	1:02.71	2:09.72	3:17.92	4:26.68	5:36.57	6:46.94	7:57.27	9:04.45
Nida Zuhail D.D.-VZC	75-403	1:05.07	2:13.98	3:22.85	4:31.99	5:41.02	6:49.95	7:58.53	9:05.14
Desiree de Bruijn WVZ	71-435	1:04.77	2:13.83	3:23.20	4:32.62	5:41.71	6:51.15	8:00.85	9:08.75
Manon Masseurs HPC	74-656	1:02.30	2:11.32	3:21.51	4:31.97	5:42.91	6:53.05	8:03.02	9:09.62
6 Kirsten Vlieghuis Dinkel	76-398	1:05.09	2:15.49	3:26.09	4:36.67	5:46.88	6:57.01	8:07.33	9:14.01
Minouche Smit Hoorn	75-365	1:05.81	2:15.96	3:26.84	4:37.74	5:48.22	6:58.36	8:08.49	9:14.95
8 Anouk Visscher Dinkel	75-397	1:06.42	2:16.94	3:27.99	4:38.79	5:49.00	6:59.35	8:09.62	9:15.31
9 Natasja Robert DAW/Sportline	72-328	1:03.12	2:11.64	3:21.97	4:33.45	5:44.97	6:56.69	8:07.81	9:17.60
10 Marloes Mensink Dinkel	74-292	1:05.74	2:16.35	3:26.84	4:38.04	5:49.80	7:00.62	8:11.62	9:21.48
Nancy Timmermans De Aa	75-441	1:06.82	2:17.23	3:28.01	4:38.78	5:50.03	7:01.31	8:13.46	9:22.65
12 Iris Westrik Dinkel	74-322	1:04.92	2:15.15	3:25.69	4:36.97	5:48.32	7:00.70	8:14.12	9:26.36
13 Linda v.d. Bosch WVZ	75-528	1:06.58	2:17.25	3:28.61	4:39.89	5:52.06	7:03.97	8:16.82	9:26.78
Kitty Mensink Dinkel	76-293	1:06.65	2:18.24	3:29.82	4:41.17	5:53.18	7:05.47	8:17.48	9:27.98
Regina van Bruggen WVZ	76-609	1:07.38	2:19.68	3:32.14	4:45.07	5:57.46	7:09.75	8:22.46	9:32.33
16 Wendy Groeneveld Dinkel	76-339	1:08.74	2:21.06	3:33.25	4:46.16	5:57.63	7:08.97	8:20.83	9:32.51
17 Bianca Hocks LZ 1886	76-439	1:07.52	2:19.68	3:31.85	4:44.67	5:57.76	7:11.20	8:24.55	9:36.71
Karen Guldemond HPC	75-026	1:06.74	2:18.60	3:30.86	4:44.57	5:58.50	7:12.75	8:27.06	9:40.12
Bianca Lutters PSV	76-037	1:08.21	2:20.60	3:32.87	4:46.10	6:00.37	7:14.85	8:30.82	9:43.01
20 Noortje Dekkers Heygrave	76-214	1:08.80	2:20.71	3:34.07	4:47.59	6:01.79	7:16.38	8:30.81	9:43.55
21 Sandra Nien De Rog	74-376	1:07.35	2:19.95	3:33.71	4:47.82	6:02.17	7:16.90	8:31.97	9:45.68

Aanvulling Uitslag prog. nr. 095 400 m. wisselslag pers. J'75

Rob Onderwijzer WZPC 75-384 1.12.23 2.30.24 3.58.43 5.08.20 VI



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Prog. 100 50m Vrije slag DAMES

1 Inge de Bruijn	Dolfijn	73-079	<u>26.57</u>
2 Marieke Mastebroek	Eemsrobber	71-624	<u>26.63</u>
3 Karin Briennesse	Orca	69-377	<u>26.73</u>
4 Diana v.d. Plaats	Dolfijn	71-717	<u>26.84</u>
5 Marianne Muis	ZPA	68-561	<u>26.94</u>
6 Natasja Robert	DAW/Sportline	72-328	<u>27.43</u>
7 Ingrid Baars	Dolfijn	69-080	<u>27.56</u>
8 Renate Wigger	Dinkel	70-176	<u>27.74</u>
9 Kira Bulten	Steur	73-390	<u>27.81</u>
10 Saskia van Minnen	Meent	66-299	<u>28.12</u>
11 Margriet v.Staveren	Steur	70-231	<u>28.34</u>

g. 101 800m VRIJE SLAG M.'77

1 Karen Wammes	TZC-Vahalis	77-296	1:07.10	2:19.09	3:32.01	4:44.30	5:55.90	7:09.46	8:22.79	<u>9:31.25</u>
Annemieke Mos	B&O Torpedo	77-043	1:09.63	2:22.95	3:36.22	4:50.45	6:05.03	7:20.06	8:34.32	<u>9:45.46</u>
Fleur Bakker	LZ 1886	77-473	1:08.78	2:22.69	3:37.01	4:51.49	6:05.66	7:20.71	8:35.55	<u>9:45.73</u>
4 Madelon Baans	Kempvis	77-624	1:08.46	2:22.15	3:35.95	4:50.56	6:05.59	7:21.58	8:36.38	<u>9:48.29</u>
5 Martinique Koridon	Steur	77-410	1:08.66	2:22.58	3:37.77	4:53.31	6:09.07	7:25.03	8:41.81	<u>9:56.87</u>
Saskia Stoteler	Groenlo	77-245	1:09.47	2:25.01	3:40.28	4:56.81	6:13.01	7:29.24	8:46.67	<u>10:01.28</u>
Johanna de Kooter	Biesboschzwemmers	77-211	1:09.87	2:26.06	3:43.52	5:01.30	6:19.83	7:38.62	8:57.29	<u>10:14.31</u>

g. 102 800m VRIJE SLAG M.'76

1 Kirsten Vliegghuis	Dinkel	76-398	1:05.09	2:15.49	3:26.09	4:36.67	5:46.88	6:57.01	8:07.33	<u>9:14.01</u>
2 Kitty Mensink	Dinkel	76-293	1:06.65	2:18.24	3:29.82	4:41.17	5:53.18	7:05.47	8:17.48	<u>9:27.98</u>
Regina van Bruggen	WVZ	76-609	1:07.38	2:19.68	3:32.14	4:45.07	5:57.46	7:09.75	8:22.46	<u>9:32.33</u>
4 Wendy Groeneveld	Dinkel	76-339	1:08.74	2:21.06	3:33.25	4:46.16	5:57.63	7:08.97	8:20.83	<u>9:32.51</u>
5 Bianca Hocks	LZ 1886	76-439	1:07.52	2:19.68	3:31.85	4:44.67	5:57.76	7:11.20	8:24.55	<u>9:36.71</u>
Bianca Lutters	PSV	76-037	1:08.21	2:20.60	3:32.87	4:46.10	6:00.37	7:14.85	8:30.82	<u>9:43.01</u>
Noortje Dekkers	Heygrave	76-214	1:08.80	2:20.71	3:34.07	4:47.59	6:01.79	7:16.38	8:30.81	<u>9:43.55</u>

g. 103 800m VRIJE SLAG M.'75

1 Nida Zuhal	D.D.- VZC	75-403	1:05.07	2:13.98	3:22.85	4:31.99	5:41.02	6:49.95	7:58.53	<u>9:05.14</u>
2 Minouche Smit	Hoorn	75-365	1:05.81	2:15.96	3:26.84	4:37.74	5:48.22	6:58.36	8:08.49	<u>9:14.95</u>
3 Anouk Visscher	Dinkel	75-397	1:06.42	2:16.94	3:27.99	4:38.79	5:49.00	6:59.35	8:09.62	<u>9:15.31</u>
4 Nancy Timmermans	De Aa	75-441	1:06.82	2:17.23	3:28.01	4:38.78	5:50.03	7:01.31	8:13.46	<u>9:22.65</u>
5 Linda v.d. Bosch	WVZ	75-528	1:06.58	2:17.25	3:28.61	4:39.89	5:52.06	7:03.97	8:16.82	<u>9:26.78</u>
J Karen Guldemond	HPC	75-026	1:06.74	2:18.60	3:30.86	4:44.57	5:58.50	7:12.75	8:27.06	<u>9:40.12</u>



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Prog. 097 400m WISSELSLAG PERS. J.'73/'72

1 Marcel Wouda	Zeester	72-360	1:01.09	2:11.87	3:31.88	4:35.30
ennis Parlevliet	PSV	73-644	1:02.81	2:15.79	3:39.21	4:42.84
3 Almar v.d. Meer	B&O Torpedo	72-015	1:02.84	2:17.08	3:42.42	4:44.96
4 Mark v.d. Zijden	Gouwe	73-699	1:04.01	2:19.09	3:43.02	4:48.27
5 Eduard van Veenen	Stadskanaal	73-407	1:04.47	2:18.02	3:43.38	4:49.11
Alexander Tellegen	PSV	72-015	1:04.55	2:18.64	3:45.47	4:52.45
7 Roy v.d. Veen	Hoorn	73-467	1:05.41	2:20.18	3:46.49	4:53.40
8 Wilko Rutgers	Steenwijk '34	73-259	1:07.90	2:23.68	3:48.13	4:57.66
9 Rob Onderwijzer	WZPC	75-384	1:12.23	2:30.24	3:58.45	5:08.20

Ged. V.J

Prog. 098 400m WISSELSLAG PERS. HEREN

1 Martin v.d. Spoel	DWK	71-316	59.14	2:09.43	3:32.12	4:34.64
2 Stan Steegeling	Dolfijn	71-016	1:03.37	2:17.40	3:37.51	4:40.30
3 Ronald van Dongen	HZC-Weusthag	69-454	1:02.35	2:18.39	3:41.35	4:47.88
4 Alain de Kort	HPC	69-222	1:02.58	2:16.25	3:41.66	4:49.36
5 Johan Dijkstra	Orca	71-434	1:03.84	2:19.86	3:48.98	4:56.56

Prog. 099 400m WISSELSLAG PERS. HEREN (uitslag all in)

1 Martin v.d. Spoel	DWK	71-316	59.14	2:09.43	3:32.12	4:34.64
2 Marcel Wouda	Zeester	72-360	1:01.09	2:11.87	3:31.88	4:35.30
3 Stan Steegeling	Dolfijn	71-016	1:03.37	2:17.40	3:37.51	4:40.30
4 Dennis Parlevliet	PSV	73-644	1:02.81	2:15.79	3:39.21	4:42.84
5 Almar v.d. Meer	B&O Torpedo	72-015	1:02.84	2:17.08	3:42.42	4:44.96
6 Jeroen v.d. Loosdrecht	Kempvis	75-451	1:01.36	2:16.80	3:41.38	4:47.45
7 Ronald van Dongen	HZC-Weusthag	69-454	1:02.35	2:18.39	3:41.35	4:47.88
8 Tim Hoeymans	PSV	74-426	1:06.26	2:21.60	3:42.46	4:48.09
9 Mark v.d. Zijden	Gouwe	73-699	1:04.01	2:19.09	3:43.02	4:48.27
10 Eduard van Veenen	Stadskanaal	73-407	1:04.47	2:18.02	3:43.38	4:49.11
11 Alain de Kort	HPC	69-222	1:02.58	2:16.25	3:41.66	4:49.36
12 Alexander Tellegen	PSV	72-015	1:04.55	2:18.64	3:45.47	4:52.45
13 Roy v.d. Veen	Hoorn	73-467	1:05.41	2:20.18	3:46.49	4:53.40
14 Ronnie Uitzetter	ZPA	75-399	1:03.98	2:18.14	3:49.14	4:55.53
15 Johan Dijkstra	Orca	71-434	1:03.84	2:19.86	3:48.98	4:56.56
16 Wilko Rutgers	Steenwijk '34	73-259	1:07.90	2:23.68	3:48.13	4:57.66
17 Allard Wagenveld	NZC '21	74-400	1:05.62	2:23.05	3:51.23	4:58.99
18 Christian Fischer	HPC	76-732	1:07.04	2:24.28	3:51.96	4:58.99
19 Frank Laffeber	Nautilus	75-613	1:05.74	2:22.47	3:52.59	4:59.78
20 Etan Ronen	PSV	75-049	1:08:58	2:26:37	3:54:56	5:01:78
21 Jasper Bisselink	HPC	75-644	1:09.11	2:25.65	3:53.47	5:02.12
22 Bart Heggelman	WVZ	76-670	1:08.08	2:28.65	3:54.16	5:02.27
23 Robert Langeler	VZPC	74-258	1:11.38	2:27.52	3:53.48	5:03.96
24 Richard Middelbos	Stadskanaal	75-417	1:07.20	2:27.09	3:57.54	5:04.77
25 Martijn Both	Dolfijn	74-578	1:08.41	2:27.89	3:57.85	5:05.02
26 Ronald Fijn	Steur	76-449	1:07.15	2:26.27	3:59.07	5:06.99
27 Rob Onderwijzer	WZPC	75-384	1:12.23	2:30.24	3:58.43	5:08.20
28 Antoine Calis	AZC/Tarvo	76-699	1:06.86	2:27.73	3:56.76	5:08.70
29 Christian de Groot	LZ 1886	75-574	1:05.29	2:23.15	3:59.44	5:11.68
30 Edgar Thimister	MZPC	75-676	1:05.59	2:32.31	4:01.52	5:11.76
31 Evert Jan v. Harten	DWK	76-478	1:08.24	2:31.39	4:03.68	5:12.79
32 Rowin Timmermans	WVZ	76-013	1:12.23	2:32.07	4:02.13	5:13.53
33 Dwight Senduk	Dolfijn	77-075	1:11.98	2:34.24	4:06.79	5:15.26
34 Pascal Lafort	Numansdorp	77-310	1:12.07	2:34.50	4:05.51	5:15.67
35 Eddy Brinkmeijer	DAW/Sportline	75-429	1:12.03	2:26.32	4:03.52	5:16.52
36 Michel Zwennes	DWK	77-540	1:15.67	2:39.61	4:13.37	5:25.80
37 Hans Hulsen	PSV	77-074	1:15.30	2:37.77	4:16.15	5:29.56



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Prog. 093 400m WISSELSLAG PERS. J.'77

1 Dwight Senduk	Dolfijn	77-075	1:11.98	2:34.24	4:06.79	<u>5:15.26</u>
2 Pascal Lafort	Numansdorp	77-310	1:12.07	2:34.50	4:05.51	<u>5:15.67</u>
3 Hans Hulsen	PSV	77-074	1:15.30	2:37.77	4:16.15	<u>5:29.56</u>
4 Michel Zwennes	DWK	77-540	1:15.67	2:39.61	4:13.37	<u>5:25.80</u>

Prog. 094 400m WISSELSLAG PERS. J.'76

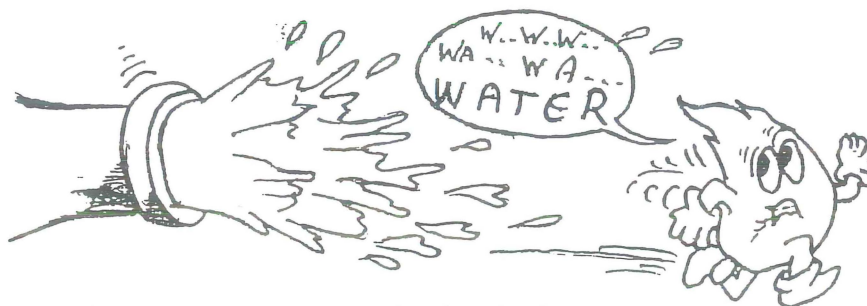
1 Christian Fischer	HPC	76-732	1:07.04	2:24.28	3:51.96	<u>4:58.99</u>
2 Bart Heggelman	WVZ	76-670	1:08.08	2:28.65	3:54.16	<u>5:02.27</u>
3 Ronald Fijn	Steur	76-449	1:07.15	2:26.27	3:59.07	<u>5:06.99</u>
4 Antoine Calis	AZC/Tarvo	76-699	1:06.86	2:27.73	3:56.76	<u>5:08.70</u>
5 Evert Jan v. Harten	DWK	76-478	1:08.24	2:31.39	4:03.68	<u>5:12.79</u>
6 Rowin Timmermans	WVZ	76-013	1:12.23	2:32.07	4:02.13	<u>5:13.53</u>

Prog. 095 400m WISSELSLAG PERS. J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	1:01.36	2:16.80	3:41.38	<u>4:47.45</u>
2 Ronnie Uitzetter	ZPA	75-399	1:03.98	2:18.14	3:49.14	<u>4:55.53</u>
3 Frank Laffeber	Nautilus	75-613	1:05.74	2:22.47	3:52.59	<u>4:59.78</u>
4 Etan Ronen	PSV	75-049	1:08:58	2:26:37	3:54:56	<u>5:01:78</u>
5 Jasper Bisselink	HPC	75-644	1:09.11	2:25.65	3:53.47	<u>5:02.12</u>
6 Richard Middelbos	Stadskanaal	75-417	1:07.20	2:27.09	3:57.54	<u>5:04.77</u>
7 Christian de Groot	LZ 1886	75-574	1:05.29	2:23.15	3:59.44	<u>5:11.68</u>
8 Edgar Thimister	MZPC	75-676	1:05.59	2:32.31	4:01.52	<u>5:11.76</u>
9 Eddy Brinkmeijer	DAW/Sportline	75-429	1:12.03	2:26.32	4:03.52	<u>5:16.52</u>

Prog. 096 400m WISSELSLAG PERS. J.'74

1 Tim Hoeymans	PSV	74-426	1:06.26	2:21.60	3:42.46	<u>4:48.09</u>
2 Allard Wagenveld	NZC '21	74-400	1:05.62	2:23.05	3:51.23	<u>4:58.99</u>
3 Robert Langelier	VZPC	74-258	1:11.38	2:27.52	3:53.48	<u>5:03.96</u>
4 Martijn Both	Dolfijn	74-578	1:08.41	2:27.89	3:57.85	<u>5:05.02</u>



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Prog. 091 4x100m VRIJE SLAG EST. DAMES

1 De Dolfijn I	58.69	1:57.91	2:55.27	3:53.04
2 Z.P.A.	57.10	1:57.27	2:59.03	3:57.02
3 De Dinkel	59.95	1:59.91	3:00.85	4:02.49
4 H.P.C.	1:00.67	2:05.62	3:04.87	4:03.22
5 Eemsrobber	1:00.79	2:04.57	3:06.09	4:05.41
6 Orca	1:04.37	2:06.92	3:08.85	4:06.95
7 't Tolhekke	1:01.04	2:01.74	3:05.49	4:07.10
8 D.A.W./Sportline	1:02.74	2:05.08	3:07.77	4:07.45
9 W.V.Z.	1:03.79	2:07.01	3:08.58	4:09.15
10 Nautilus	1:02.11	2:05.62	3:08.58	4:11.56
11 De Dolfijn II	1:03.7	2:07.89	3:11.19	4:15.88

4.81
3.20

7.71

Prog. 092 4x100m WISSELSLAG EST. HEREN

1 De Dolfijn I	59.76	2:06.95	3:04.81	3:56.90
2 De Zijl/L.G.B.	59.91	2:06.59	3:05.20	3:59.69
3 Nautilus	1:01.00	2:06.66	3:07.17	4:00.23
4 De Dolfijn II	1:00.43	2:09.32	3:09.35	4:02.67
5 Raket I	1:00.55	2:08.46	3:08.77	4:03.18
6 A.Z.P.C.	1:02.07	2:12.87	3:12.36	4:06.90
7 P.S.V.	1:03.45	2:13.86	3:13.99	4:07.69
8 M.Z.P.C.	1:05.17	2:14.46	3:13.74	4:09.10
9 H.P.C.	1:06.98	2:19.97	3:19.46	4:09.99
10 Zeester	1:05.39	2:11.01	3:15.36	4:11.30
11 Zwemlust/Den Hommel	1:05.96	2:19.26	3:16.02	4:11.50
12 Oceanus	1:02.48	2:15.81	3:17.04	4:12.56
13 D.Z.P.C.	1:05.46	2:15.36	3:18.12	4:16.03
14 Steenwijk '34	1:03.43	2:15.47	3:24.87	4:20.13
15 L.Z. 1886	1:06.17	2:13.55	3:18.61	4:20.18

6.66
1.00

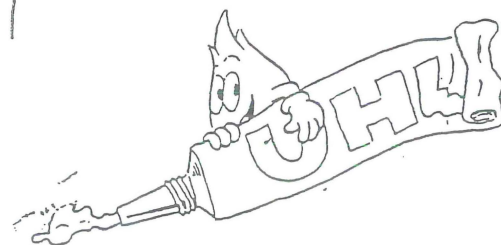
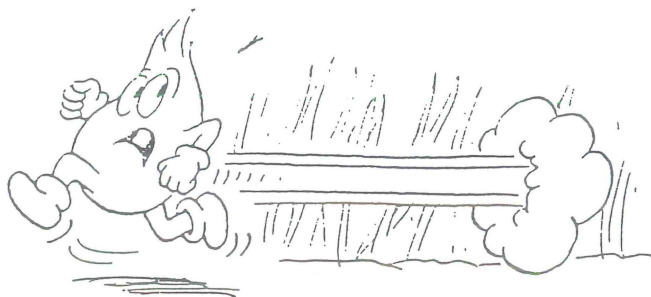
5.66

4.61
1.01

5.62

13.55
6.17

07.38



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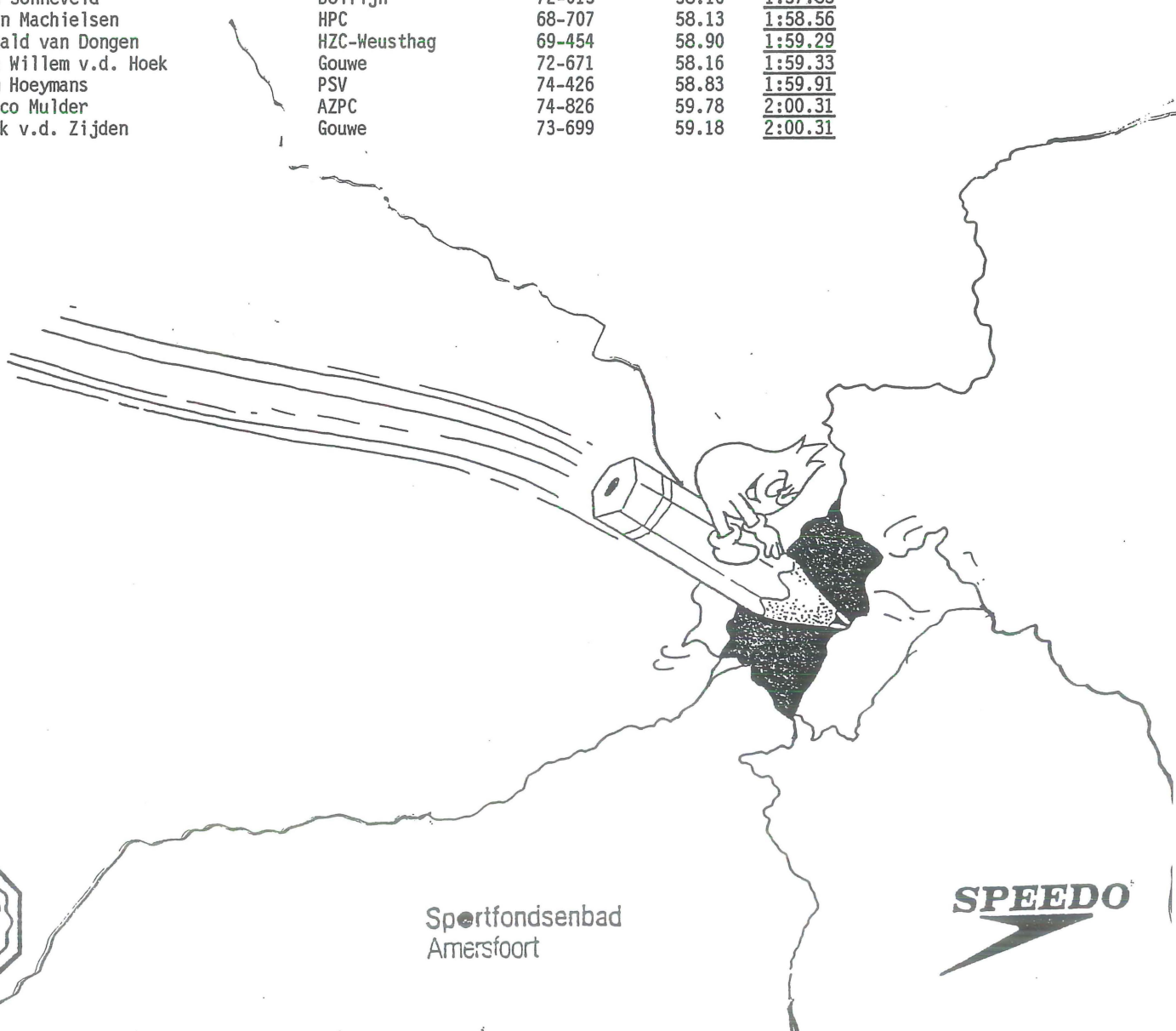
UITSLAGEN FINALE

Prog. 090 A FINALE 200 m. vrije slag Heren

1 Richard Granneman	HPC	68-035	55.19	<u>1:52.29</u>
2 Ronald Sloeserwij	Dolfijn	69-648	55.49	<u>1:54.05</u>
3 Marcel Wouda	Zeester	72-360	55.68	<u>1:55.00</u>
4 Richard Blank	Dolfijn	72-551	55.79	<u>1:56.01</u>
5 Danny Nelson	Nautilus	71-541	56.15	<u>1:56.12</u>
6 Almar v.d. Meer	B&O Torpedo	72-015	57.44	<u>1:57.79</u>
7 Dennis Parlevliet	PSV	73-644	59.49	<u>1:58.95</u>
8 Niels Hilbrink	DZPC	72-357	57.70	<u>1:59.11</u>

B FINALE 200 m. vrije slag Heren

1 Martin v.d. Spoel	DWK	71-316	58.02	<u>1:56.79</u>
2 Jan Sonneveld	Dolfijn	72-015	58.16	<u>1:57.85</u>
3 John Machielsen	HPC	68-707	58.13	<u>1:58.56</u>
4 Ronald van Dongen	HZC-Weusthag	69-454	58.90	<u>1:59.29</u>
5 Jan Willem v.d. Hoek	Gouwe	72-671	58.16	<u>1:59.33</u>
6 Tim Hoeymans	PSV	74-426	58.83	<u>1:59.91</u>
7 Marco Mulder	AZPC	74-826	59.78	<u>2:00.31</u>
8 Mark v.d. Zijden	Gouwe	73-699	59.18	<u>2:00.31</u>



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UITSLAGEN FINALE



Prog. 088 A FINALE 100 m. schoolslag Heren

1	Michael van Rijn	KZC	70-432	1:04.75
2	Ron Dekker	IJssel	66-044	1:04.85
3	Antoine van Weerde	LZ 1886	68-286	1:05.85
4	Marko van Brummelen	Zijl/LGB	73-063	1:06.86
5	Corne Baars	Nautilus	73-496	1:06.93
6	Martijn vd Maagdenberg	Raket	71-428	1:08.73
7	Stan Steegeling	Dolfijn	71-016	1:09.43
8	Kees Robbertsen	DZPC	71-776	1:09.82

B FINALE 100 m. schoolslag Heren

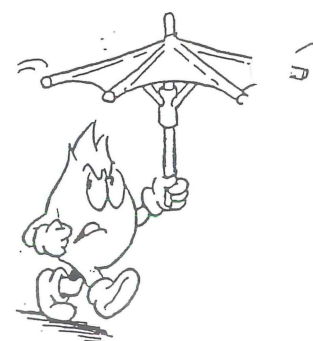
1	Dennis Smit	Zignea	70-368	1:09.33
2	Ronald van Ombergen	Stormvogel	72-288	1:10.01
3	Benno Kuipers	Vrije Slag	74-383	1:10.13
4	Pascal Mooyman	Kempvis	71-540	1:10.14
5	Rutger Huygens	Raket	66-369	1:10.27
6	Ronald van Dongen	HZC-Weusthag	69-454	1:11.07
7	Melvin Bakker	Houtrib	74-296	1:11.52
8	Tim Hoeymans	PSV	74-426	1:11.72

Prog. 089 A FINALE 400 m. vrije slag Dames

1	Karin Brienesse	Orca	69-377	1:00.89	2:06.29	3:12.60	4:19.39
2	Kirsten Silvester	AZPC	71-126	1:02.02	2:08.03	3:15.18	4:22.55
3	Diana v.d. Plaats	Dolfijn	71-717	1:01.51	2:08.72	3:16.97	4:25.61
4	Manon Masseurs	HPC	74-656	1:02.56	2:11.99	3:22.25	4:28.42
5	Natasja Robert	DAW/Sportline	72-328	1:02.78	2:11.60	3:21.44	4:28.88
6	Kirsten Vliegghuis	Dinkel	76-398	1:04.57	2:14.48	3:23.54	4:31.80
7	Iris Westrik	Dinkel	74-322	1:04.22	2:14.29	3:24.89	4:34.95
8	Anouk Visscher	Dinkel	75-397	1:05.72	2:15.73	3:27.15	4:36.75

B FINALE 400 m. vrije slag DAMES

1	Desiree de Bruijn	WVZ	71-435	1:04.42	2:13.20	3:22.86	4:31.04
2	Nancy Timmermans	De Aa	75-441	1:05.30	2:14.76	3:24.67	4:31.67
3	Marielle Piels	TZC-Vahalis	76-311	1:05.09	2:15.59	3:25.89	4:34.71
4	Radna Mulder	Mosa-Regio	73-546	1:07.04	2:17.08	3:26.93	4:35.34
5	Kitty Mensink	Dinkel	76-293	1:05.24	2:15.31	3:25.97	4:35.76
6	Karen Wammes	TZC-Vahalis	77-296	1:06.46	2:18.46	3:29.25	4:39.11
7	Linda v.d. Bosch	WVZ	75-528	1:06.45	2:18.18	3:30.24	4:40.76
8	Bianca Hocks	LZ 1886	76-439	1:07.58	2:20.81	3:33.89	4:44.46





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UITSLAGEN FINALE

Prog. 086 A FINALE 100 m. vlinderslag Heren.

1 Casper van Dam	Zwemlust/den H.	71-405	55.46
2 Marco v.d. Berg	DSZ	69-247	<u>57.97</u>
3 Raimond Vahrmeijer	Dolfijn	69-148	<u>58.11</u>
4 John Machielsen	HPC	68-707	<u>58.15</u>
5 Bram van Haandel	PSV	73-agv	<u>58.42</u>
6 Marcel de Natris	Zijl/LGB	70-049	<u>59.55</u>
7 Milco Hogerbrug	Nautilus	72-292	<u>59.74</u>
8 Robin Boon	Oceanus	73-355	<u>59.94</u>

B-FINALE 100 m. vlinderslag Heren.

1 Patrick Tonnard	MZPC	71-592	59.53
2 Dennis Parlevliet	PSV	73-644	<u>59.70</u>
3 Johan Dijkstra	Orca	71-434	<u>59.93</u>
4 Chester Marsman	Haaïen	69-244	<u>1:00.49</u>
5 Walter Schellingerhout	Oceanus	69-162	<u>1:00.67</u>
6 Erik Saat	AZPC	73-507	<u>1:01.32</u>
7 Martijn Baans	Kempvis	75-623	<u>1:01.60</u>
8 Jeroen Fietje	Meent	72-203	<u>1:01.74</u>



Prog. 087 A FINALE 200 m. schoolslag Dames

1 Kira Bulten	Steur	73-390	1:17.27	<u>2:38.76</u>
2 Ynske Smit	Orca	71-382	1:16.55	<u>2:39.39</u>
3 Linda Moes	SGG	71-633	1:16.57	<u>2:39.95</u>
4 Kristel Tellegen	PSV	74-016	1:18.11	<u>2:41.57</u>
5 Sylvia Gase	Dolfijn	73-311	1:18.43	<u>2:42.93</u>
6 Wendy Ligtenberg	Dinkel	70-343	1:17.39	<u>2:43.56</u>
7 Wendy Groeneveld	Dinkel	76-339	1:20.59	<u>2:47.61</u>
8 Mariska Leegte	Stadskanaal	76-327	1:19.27	<u>2:48.88</u>

B FINALE 200 m. schoolslag Dames

1 Karin Moed	TZC-Vahalis	71-190	1:21.35	<u>2:46.39</u>
2 Radna Mulder	Mosa-Regio	73-546	1:21.66	<u>2:47.32</u>
3 Mary Peters	Argo	76-269	1:22.27	<u>2:48.90</u>
4 Francis de Kort	AZPC	76-063	1:21.99	<u>2:49.81</u>
5 Birgit Heijl	Merlet	73-205	1:20.00	<u>2:52.46</u>
6 Martine Janssen	Vrije Slag	77-391	1:23.90	<u>2:52.82</u>
7 Annemarie Camu	Zignea	74-349	1:23.69	<u>2:52.99</u>
8 Monique Juist	Dolfijn	75-577	1:23.28	<u>2:53.15</u>



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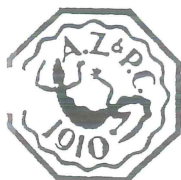
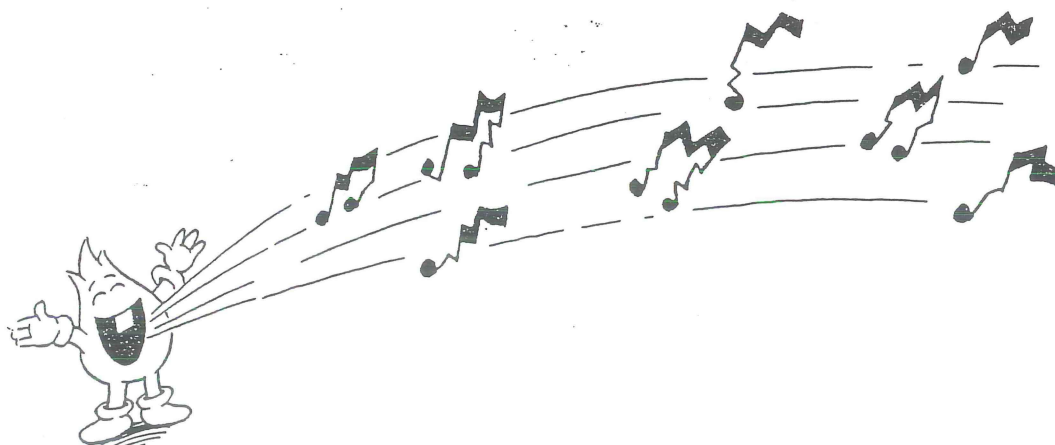
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Prog. 084 200m VRIJE SLAG J.'73/'72

1 Marcel Wouda	Zeester	72-360	56.65	<u>1:55.65</u>
2 Richard Blank	Dolfijn	72-551	56.97	<u>1:56.31</u>
3 Almar v.d. Meer	B&O Torpedo	72-015	57.19	<u>1:56.77</u>
4 Bram v. Haandel	PSV	73-agv	58.70	<u>1:56.91</u>
5 Dennis Parlevliet	PSV	73-644	57.68	<u>1:57.09</u>
6 Niels Hilbrink	DZPC	72-357	57.49	<u>1:57.21</u>
7 Jan Sonneveld	Dolfijn	72-015	57.92	<u>1:58.49</u>
8 Jan Willem v.d. Hoek	Gouwe	72-671	58.06	<u>1:59.07</u>
9 Mark v.d. Zijden	Gouwe	73-699	59.26	<u>2:00.17</u>
10 Edwin de Wilde	AZPC	72-469	58.71	<u>2:00.47</u>
11 Remko Bosma	TZC-Vahalis	73-357	58.75	<u>2:01.61</u>
12 Pieke Geelen	MZPC	72-690	58.19	<u>2:02.29</u>
13 Patrick Jordan	Meent	73-182	1:00.69	<u>2:07.12</u>

Prog. 085 200m VRIJE SLAG HEREN

1 Richard Granneman	HPC	68-035	55.25	<u>1:52.87</u>
2 Ronald Sloeserwij	Dolfijn	69-648	55.57	<u>1:54.06</u>
3 Danny Nelson	Nautilus	71-541	57.04	<u>1:57.07</u>
4 John Machielsen	HPC	68-707	56.16	<u>1:57.21</u>
5 Martin v.d. Spoel	DWK	71-316	59.02	<u>1:57.27</u>
6 Ronald van Dongen	HZC-Weusthag	69-454	56.53	<u>1:58.86</u>
7 Raimond Vahrmeijer	Dolfijn	69-148	57.91	<u>1:59.48</u>
8 Peter de Rover	Dolfijn	67-344	58.42	<u>2:01.74</u>



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Prog. 081 200m VRIJE SLAG J.'76

1 Ronald Fijn	Steur	76-449	1:01.37	<u>2:05.20</u>
2 Bart Heggelman	WVZ	76-670	1:01.76	<u>2:05.28</u>
3 Christian Fischer	HPC	76-732	1:01.63	<u>2:05.30</u>
4 Roy Meyboom	MZPC	76-728	1:04.32	<u>2:08.98</u>
5 Jeroen Mulder	AZPC	76-827	1:02.61	<u>2:10.21</u>
6 Sander Horenberg	Zevenhuizen	76-398	1:05.25	<u>2:11.74</u>
7 Jeroen Goes	AZPC	76-041	1:03.64	<u>2:12.34</u>
8 Jasper Middelberg	Dolfijn	76-077	1:02.96	<u>2:12.68</u>

Prog. 082 200m VRIJE SLAG J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	58.76	<u>2:00.91</u>
2 Frank Laffeber	Nautilus	75-613	59.32	<u>2:01.67</u>
3 Ronnie Uitzetter	ZPA	75-399	59.25	<u>2:01.83</u>
4 Brent Senduk	Dolfijn	75-076	1:00.57	<u>2:04.51</u>
5 Willy Hansen	Dinkel	75-400	59.74	<u>2:04.58</u>
6 Rob Nijweide	WVZ	75-176	1:00.39	<u>2:04.77</u>
7 Martijn Baans	Kempvis	75-623	1:00.32	<u>2:05.03</u>
8 Etan Ronen	PSV	75-049	1:01.97	<u>2:06.51</u>
9 Richard Middelbos	Stadskanaal	75-417	1:02.01	<u>2:06.74</u>
10 Erwin Ruysink	AZPC	75-062	1:00.25	<u>2:07.19</u>
11 Michel Bom	Zeus	75-518	1:00.50	<u>2:07.31</u>
12 Christian de Groot	LZ 1886	75-574	1:01.97	<u>2:08.96</u>
13 Dennis Kruis	Hoogwerf	75-282	1:02.31	<u>2:09.59</u>
14 Patrick Reniers	Breda.	75-270	1:01.60	<u>2:09.60</u>
15 Stefan Aartsen	VZC	75-025	1:04.40	<u>2:10.32</u>
16 Dennis Schouten	LZ 1886	75-409	1:06.08	<u>2:10.59</u>
17 Rob Onderwijzer	WZPC	75-384	1:02.45	<u>2:10.72</u>
18 Jos Middelberg	Dolfijn	75-078	1:04.01	<u>2:10.97</u>
19 Jacky Gnodde	Zignea	75-376	1:01.91	<u>2:11.08</u>
20 Mark Schouten	LZ 1886	75-410	1:02.96	<u>2:11.37</u>
21 Marcel Kentgens	MZPC	75-681	1:03.57	<u>2:13.41</u>



Prog. 083 200m VRIJE SLAG J.'74

1 Marco Mulder	AZPC	74-826	58.17	<u>1:59.13</u>
2 Tim Hoeymans	PSV	74-426	59.28	<u>1:59.63</u>
3 Robin Sprinkhuizen	Zijl/LGB	74-710	58.38	<u>2:00.24</u>
4 Martijn Both	Dolfijn	74-578	59.53	<u>2:00.87</u>
5 Wouter Steller	WVZ	74-070	58.64	<u>2:01.36</u>
6 Bas Ido Wennekes	DWK	74-637	1:00.79	<u>2:06.20</u>
7 Theo Hulshof	Nautilus	74-378	59.94	<u>2:06.55</u>



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Prog. 075 400m VRIJE SLAG M.'76

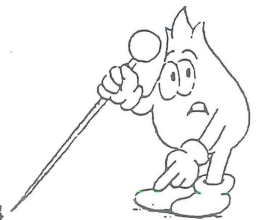
1 Kirsten Vliegheuis	Dinkel	76-398	1:04.14	2:12.79	3:22.62	4:29.50
2 Kitty Mensink	Dinkel	76-293	1:05.70	2:15.94	3:26.08	4:33.52
3 Marielle Piels	TZC-Vahalis	76-311	1:06.07	2:16.35	3:26.86	4:34.21
4 Bianca Hocks	LZ 1886	76-439	1:07.16	2:19.00	3:31.03	4:40.76
5 Bianca Lutters	PSV	76-037	1:06.46	2:17.90	3:29.19	4:40.91
6 Regina van Bruggen	WVZ	76-609	1:07.15	2:18.92	3:32.23	4:44.71
7 Wendy Groeneveld	Dinkel	76-339	1:08.79	2:21.73	3:35.28	4:48.34
8 Danielle Klaverdijk	Nautilus	76-430	1:08.07	2:21.42	3:36.18	4:48.81

Prog. 076 400m VRIJE SLAG M.'76

1 Nida Zuhail	Double Duty VZC	75-403	1:04.59	2:13.59	3:23.06	4:30.92
2 Anouk Visscher	Dinkel	75-397	1:05.20	2:14.88	3:25.01	4:31.60
3 Nancy Timmermans	De Aa	75-441	1:05.35	2:15.32	3:25.85	4:31.68
4 Renate Wijering	Dinkel	75-401	1:05.32	2:16.67	3:28.82	4:37.59
5 Minouche Smit	Hoorn	75-365	1:06.02	2:16.87	3:28.50	4:38.20
6 Wilma Veldhoen	DSZ	75-404	1:07.65	2:18.19	3:29.79	4:38.83
7 Linda v.d. Bosch	WVZ	75-528	1:07.00	2:18.31	3:29.69	4:39.30
8 Karen Guldemond	HPC	75-026	1:04.82	2:15.39	3:27.60	4:40.33

Prog. 077 400m VRIJE SLAG M.'74

1 Manon Masseurs	HPC	74-656	1:03.67	2:12.36	3:22.40	4:29.24
2 Kristel Tellegen	PSV	74-016	1:03.97	2:12.73	3:22.19	4:29.58
3 Iris Westrik	Dinkel	74-322	1:04.32	2:13.09	3:22.43	4:29.69
4 Brenda Starink	Kempvis	74-378	1:03.57	2:12.93	3:22.69	4:30.80
5 Anita de Hoop	Orca	74-432	1:05.02	2:15.90	3:29.19	4:41.73
6 Marloes Mensink	Dinkel	74-292	1:06.56	2:19.17	3:31.95	4:43.47



Prog. 078 400m VRIJE SLAG M.'73/'72

1 Natasja Robert	DAW/Sportline	72-328	1:03.01	2:11.58	3:22.37	4:29.98
2 Radna Mulder	Mosa-Regio	73-546	1:05.68	2:16.65	3:26.26	4:34.75

Prog. 079 400m VRIJE SLAG DAMES

1 Karin Briennesse	Orca	69-377	1:01.64	2:07.16	3:14.33	4:21.95
2 Kirsten Silvester	AZPC	71-126	1:03.24	2:11.03	3:19.54	4:29.28
3 Diana v.d. Plaats	Dolfijn	71-717	1:02.21	2:10.28	3:20.13	4:30.90
4 Desiree de Bruijn	WVZ	71-435	1:03.83	2:12.78	3:23.31	4:33.13

Prog. 080 200m VRIJE SLAG J.'77

1 Dwight Senduk	Dolfijn	77-075	1:04.65	2:12.09
2 Pascal Lafort	Numansdorp	77-310	1:03.91	2:12.31
3 Hans Hulsen	PSV	77-074	1:04.67	2:14.84
4 Michel Zwennes	DWK	77-540	1:06.53	2:16.14
5 Bob Heijl	Merlet	77-318	1:05.17	2:17.76



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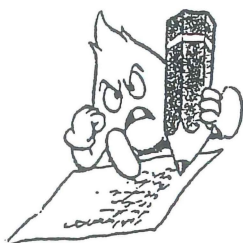


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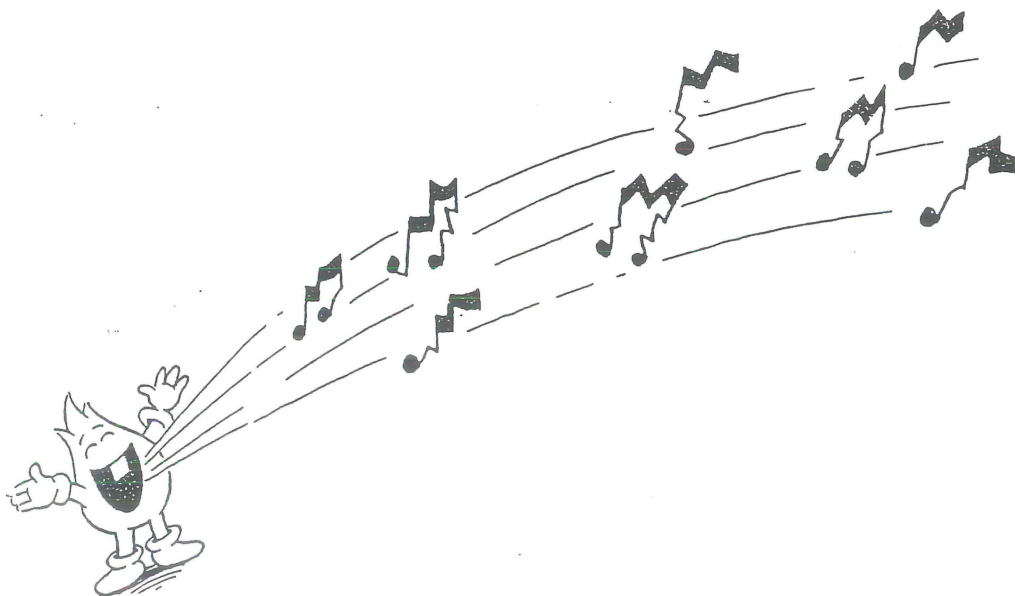
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Prog. 074 400m VRIJE SLAG M.'77

1 Karen Wammes	TZC-Vahalis	77-296	1:05.95	2:17.91	3:29.43	<u>4:37.54</u>
2 Saskia Stoteler	Groenlo	77-245	1:07.14	2:20.60	3:35.00	<u>4:47.07</u>
3 Madelon Baans	Kempvis	77-624	1:08.75	2:22.62	3:37.07	<u>4:47.88</u>
4 Fleur Bakker	LZ 1886	77-473	1:08.88	2:22.99	3:37.51	<u>4:49.06</u>
5 Naomi v.d. Woerd	TZC-Vahalis	77-268	1:09.17	2:23.59	3:39.21	<u>4:51.81</u>
6 Annemieke Mos	B&O Torpedo	77-043	1:11.00	2:26.20	3:40.47	<u>4:51.87</u>
7 Martinique Koridon	Steur	77-410	1:08.86	2:23.17	3:39.19	<u>4:54.23</u>
8 Marije Muthert	Futen	77-652	1:09.63	2:27.20	3:45.10	<u>5:00.20</u>



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Prog. 071 100m SCHOOLSLAG J.'74

- 1 Benno Kuipers
- 2 Tim Hoeymans
- 3 Melvin Bakker
- 4 Danny Senden
- 5 Robert Langeler
- 6 Vincent de Bruyn
- 7 Michiel Mullaart
- 8 Allard Wagenveld

De Vrije Slag	74-383	<u>1:09.42</u>
PSV	74-426	<u>1:10.05</u>
Houtrib	74-296	<u>1:10.59</u>
MZPC	74-669	<u>1:10.68</u>
VZPC	74-258	<u>1:13.36</u>
WVZ	74-529	<u>1:14.87</u>
Zeester	74-305	<u>1:15.48</u>
NZC '21	74-400	<u>1:15.90</u>

Prog. 072 100m SCHOOLSLAG J.'73/'72

- 1 Marcel Wouda
- 2 Marco van Brummelen
- 3 Corne Baars
- 4 Ronald van Ombergen
- 5 Mark v.d. Zijden
- 6 Jan Fiechter
- 7 Jurgen Langer
- 8 Wilko Rutgers
- 9 Jakob Wallinga
- 10 Dieter Hoofman
- 11 Gerwin Kroezen
- 12 Sander Vester
- 13 Arjan Breur
- 14 Edgar ter Braake

Zeester	72-360	<u>1:06.43</u>
Zijl/LGB	73-063	<u>1:06.81</u>
Nautilus	73-496	<u>1:07.21</u>
Stormvogel	72-288	<u>1:09.78</u>
Gouwe	73-699	<u>1:10.60</u>
TRB-RES	72-456	<u>1:11.06</u>
MZPC	73-730	<u>1:11.16</u>
Steenwijk '34	73-259	<u>1:11.19</u>
ZCE	73-481	<u>1:11.37</u>
Gouwe	72-709	<u>1:12.39</u>
VZPC	73-231	<u>1:12.46</u>
AZPC	73-715	<u>1:13.49</u>
Oceanus	72-274	<u>1:15.00</u>
Gouwe	73-698	<u>1:15.26</u>

Prog. 073 100m SCHOOLSLAG HEREN

- 1 Michael van Rijn
- 2 Ron Dekker
- 3 Antoine van Weerde
- 4 Martijn v.d.Maagdenberg
- 5 Stan Steegeling
- 6 Kees Robbertsen
- 7 Rutger Huygens
- 8 Pascal Mooyman
- 9 Dennis Smit
- 10 Ronald van Dongen
- 11 Edwin Vissers
- 12 Freddy Simons
- 13 Marcel Spoelstra
- 14 Erwin van Dort

KZC	70-432	<u>1:04.45</u>
IJsel	66-044	<u>1:04.51</u>
LZ 1886	68-286	<u>1:06.47</u>
Raket	71-428	<u>1:07.65</u>
Dolfijn	71-016	<u>1:08.25</u>
DZPC	71-776	<u>1:08.81</u>
Raket	66-369	<u>1:09.54</u>
Kempvis	71-540	<u>1:09.87</u>
Zignea	70-368	<u>1:10.04</u>
HZC-Weusthag	69-454	<u>1:10.39</u>
Dommelbaarzen	70-386	<u>1:11.36</u>
PSV	67-508	<u>1:12.28</u>
Orca	71-250	<u>1:12.39</u>
Bevers	69-512	<u>1:14.52</u>

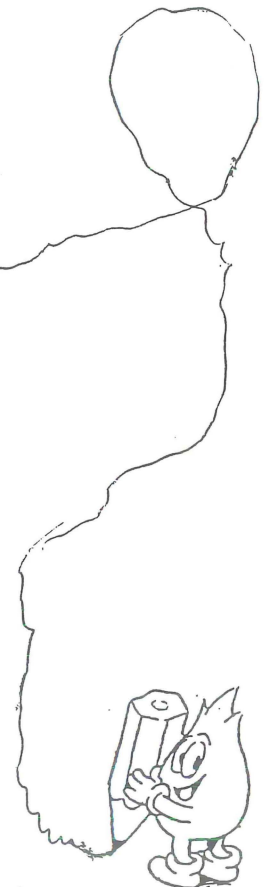
RECTIFICATIE : PROG. 070 100m SCHOOLSLAG J.'75

nr 8 + 9 moet zijn :

- 8 Michiel Jansen
- 9 Kees Ebben

Gelenberg
Gelenberg

75-310	<u>1:15.82</u>
75-235	<u>1:17.61</u>



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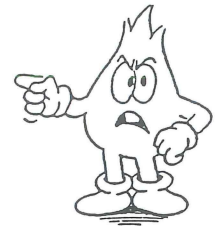
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COMPUTERS

Prog. 066 200m SCHOOLS LAG M.'73/'72

1 Kira Bulten	Steur	73-390	1:17.11	<u>2:40.28</u>
2 Sylvia Gase	Dolfijn	73-311	1:18.70	<u>2:41.14</u>
3 Radna Mulder	Mosa-Regio	73-546	1:20.30	<u>2:47.30</u>
4 Birgit Heijl	Merlet	73-205	1:20.72	<u>2:47.92</u>
5 Ellen Willenmse	GZC	73-362	1:23.00	<u>2:54.37</u>

Prog. 067 200m SCHOOLS LAG DAMES

1 Ynske Smit	Orca	71-382	1:16.73	<u>2:38.53</u>
2 Linda Moes	SGG	71-633	1:18.33	<u>2:40.96</u>
3 Wendy Ligtenberg	Dinkel	70-343	1:19.68	<u>2:45.14</u>
4 Karin Moed	TZC-Vahalis	71-190	1:21.36	<u>2:47.77</u>
5 Karin Stein	VZC	71-401	1:20.57	<u>2:50.65</u>
6 Marjon Stam	VZC	71-602	1:21.25	<u>2:50.97</u>
7 Nina Hulleman	DZPC	71-521	1:21.21	<u>2:51.00</u>



Prog. 068 100m SCHOOLS LAG J.'77

1 Pascal Lafort	Numansdorp	77-310	1:16.41
2 Paul Mullaart	Zeester	77-584	1:17.92
3 Rogier Stam	AZPC	77-828	1:18.26
4 Ralf Nijenhuis	Kempvis	77-550	1:18.28
5 Gerjan Hulstijn	HZC-Weusthag	77-397	1:20.77
6 Erwin de Grijs	Hoorn	77-443	1:21.33
7 Ronald van Charante	Dolfijn	77-147	1:21.43
8 Robert Jan Derksen	Zwemlust/den H.	77-567	1:21.77
9 Niels Wielaard	AZPC	77-512	1:22.51
10 Bob Heijl	Merlet	77-318	1:22.81
11 Thijs Ettema	Meerval	77-007	1:24.62



Prog. 069 100m SCHOOLS LAG J.'76

1 Chong-Woo Chiang	Reest	76-311	1:12.32
2 Jeroen Goes	AZPC	76-041	1:14.24
3 Frank Kleijer	DWK	76-530	1:14.34
4 Edwin Blom	Nautilus	76-581	1:16.30
5 Roelof Hofman	Steenwijk '34	76-291	1:16.98
6 Frans Merks	Tiamat	76-233	1:18.70
7 Evert-Jan van Harten	DWK	76-478	1:20.79

Prog. 070 100m SCHOOLS LAG J.'75

1 Lesley Voorn	B&O Torpedo	75-024	1:11.06
2 Etienne Grootenboer	Devel	75-413	1:12.23
3 Jeroen v.d. Loosdrecht	Kempvis	75-451	1:13.17
4 Jos Middelberg	Dolfijn	75-078	1:13.88
5 Edgar Thimister	MZPC	75-676	1:15.03
6 Dennis Schouten	LZ 1886	75-409	1:15.05
7 Jasper Bisselink	HPC	75-644	1:15.28
8 Kees Ebben	Gelenberg	75-235	1:15.82
9 Michiel Jansen	Gelenberg	75-310	1:17.61



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Prog. 062 200m SCHOOLS LAG M.'77

1 Martine Janssen	De Vrije Slag	77-391	1:20.75	<u>2:49.47</u>
2 Fleur Bakker	LZ 1886	77-473	1:25.14	<u>2:56.25</u>
3 Marloes Neijman	BZV	77-545	1:24.93	<u>2:57.49</u>
4 Barbara van Lieshout	Nautilus	77-650	1:25.32	<u>2:59.29</u>
5 Madelon Baans	Kempvis	77-624	1:27.61	<u>2:59.74</u>
6 Priscilla Laurens	ZPA	77-498	1:27.68	<u>2:59.83</u>
7 Martinique Koridon	Steur	77-410	1:27.13	<u>3:02.61</u>
8 Susanne Kentgens	MZPC	77-682	1:27.73	<u>3:04.10</u>
9 Paula Boot	Neptunia '24	77-364	1:29.41	<u>3:04.22</u>
10 Margot Hoogeveen	DZPC	77-673	1:28.86	<u>3:04.42</u>
11 Ryan Verplanke	Scheldestroom	77-152	1:27.37	<u>3:05.07</u>
12 Liane Gerritsen	Double Duty VZC	77-685	1:30.83	<u>3:06.15</u>

Prog. 063 200m SCHOOLS LAG M.'76

1 Wendy Groeneveld	Dinkel	76-339	1:20.19	<u>2:45.35</u>
2 Mariska Leegte	Stadskanaal	76-327	1:18.84	<u>2:47.29</u>
3 Christina Negerman	Bolsward	76-324	1:19.86	<u>2:47.40</u>
4 Mary Peters	Argo	76-269	1:20.88	<u>2:48.27</u>
5 Francis de Kort	AZPC	76-063	1:20.79	<u>2:48.61</u>
6 Monique Hamstra	Stadskanaal	76-365	1:21.42	<u>2:51.44</u>
7 Lilian Visscher	Steur	76-479	1:22.64	<u>2:54.64</u>
8 Leda Bitanc	VZC	76-533	1:23.50	<u>2:54.73</u>
9 Regina van Bruggen	WVZ	76-609	1:25.80	<u>2:55.33</u>
10 Andrea Hoenselaar	LZ 1886	76-440	1:29.31	<u>3:06.00</u>



Prog. 064 200m SCHOOLS LAG M.'75

1 Melanie Bos	Stormvogel	75-252	1:20.99	<u>2:47.19</u>
2 Monique Juist	Dolfijn	75-577	1:21.51	<u>2:48.95</u>
3 Diana Yspeert	DWK	75-480	1:23.44	<u>2:50.84</u>
4 Kim Speekenbrink	TZC-Vahalis	75-310	1:22.17	<u>2:51.91</u>
5 Hilde Swiers	Bubble	75-427	1:23.44	<u>2:52.01</u>
6 Minouche Smit	Hoorn	75-365	1:23.39	<u>2:52.38</u>
7 Sandra van 't Hof	Dolfijn	75-273	1:20.56	<u>2:53.40</u>
8 Linda van den Bosch	WVZ	75-528	1:24.00	<u>2:53.53</u>
9 Jacqueliën Nieland	Stadskanaal	75-415	1:21.52	<u>2:54.58</u>
10 Karin Koelma	Dinkel	75-399	1:24.27	<u>2:55.07</u>
11 Femke Ytsma	DZPC	75-550	1:24.46	<u>2:57.84</u>
12 Marischka Koek	Biesboschzwemmers	75-207	1:23.80	<u>2:58.43</u>
13 Janneke Groos	NZC '21	75-427	1:26.19	<u>2:58.88</u>

Prog. 065 200m SCHOOLS LAG M.'74

1 Kristel Tellegen	PSV	74-016	1:18.27	<u>2:43.08</u>
2 Annemarie Camu	Zignea	74-349	1:21.41	<u>2:48.82</u>
3 Marjo Kuyt	DWK	74-524	1:22.15	<u>2:50.90</u>
4 Danny van Klink	Stadskanaal	74-406	1:23.77	<u>2:51.47</u>
5 Marloes Mensink	Dinkel	74-292	1:24.78	<u>2:53.43</u>
6 Hanneke Koopmans	Zijl/LGB	74-058	1:22.92	<u>2:53.91</u>
7 Miranda Smits	PSV	74-660	1:23.76	<u>2:54.53</u>
8 Renate Duim	Dolfijn	74-569	1:21.67	<u>2:55.33</u>
9 Wendy Leemker	Orca	74-431	1:25.94	<u>2:58.22</u>
10 Nancy Kijk i/d Vegte	LZ 1886	74-380	1:26.02	<u>3:05.41</u>



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Prog. 059 100m VLINDERSLAG J.'74

1 Bas Ido Wennekes	DWK	74-637	<u>1:02.63</u>
2 Tim Hoeymans	PSV	74-426	<u>1:02.64</u>
3 Allard Wagenveld	NZC '21	74-400	<u>1:02.69</u>
4 Melvin Bakker	Houtrib	74-296	<u>1:04.42</u>
5 Vincent de Blok	DWK	74-469	<u>1:04.62</u>
6 Hennie Kersten	NZC '21	74-536	<u>1:05.83</u>
7 Pim Commandeur	Duikelaar	74-174	<u>1:05.99</u>
8 Emile v.d. Wielen	Zeester	74-347	<u>1:06.97</u>



Prog. 060 100m VLINDERSLAG J.'73/'72

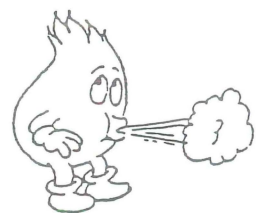
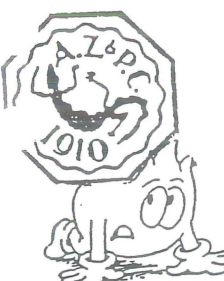
1 Bram v. Haandel	PSV	73-AGV	<u>57.51</u>
2 Robin Boon	Oceanus	73-355	<u>58.56</u>
3 Milco Hogerbrug	Nautilus	72-292	<u>59.26</u>
4 Dennis Parlevliet	PSV	73-644	<u>59.61</u>
5 Jeroen Fietje	Meent	72-203	<u>1:00.66</u>
6 Erik Saat	AZPC	73-507	<u>1:00.86</u>
7 Arjan v. Vliet	Nautilus	73-497	<u>1:00.95</u>
8 Wilco v.d. Akker	AZPC	73-019	<u>1:01.37</u>
9 Eelco van Gemert	Stormvogel	72-275	<u>1:01.89</u>
10 Marco v.d. Kooij	WVZ	73-489	<u>1:02.37</u>

Prog. 061 100m VLINDERSLAG HEREN

1 Casper van Dam	Zwemlust/den H.	71-405	<u>55.22</u>
2 John Machielsen	HPC	68-707	<u>57.79</u>
3 Marco van den Berg	DSZ	69-427	<u>57.97</u>
4 Raimond Vahrmeijer	Dolfijn	69-148	<u>57.97</u>
5 Marcel de Natris	Zijl/LGB	70-049	<u>59.16</u>
6 Patrick Tonnard	MZPC	71-592	<u>59.60</u>
7 Walter Schellinghouth	Oceanus	69-162	<u>59.98</u>
8 Johan Dijkstra	Orca	71-434	<u>1:00.25</u>
9 Chester Marsman	Haaien	69-244	<u>1:00.79</u>

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Prog. 056 100m VLINDERSLAG J.'77

1 Dwight Senduk	Dolfijn	77-075	<u>1:07.57</u>
2 Ronald v. Charante	Dolfijn	77-147	<u>1:08.72</u>
3 Joy Igancia	Otters	77-533	<u>1:10.38</u>
4 Dave Middelburg	Hoogwerf	77-368	<u>1:11.15</u>
5 Gerjan Hulstijn	HZC-Weusthag	77-397	<u>1:13.30</u>
5 Michel Zwennes	DWK	77-540	<u>1:13.30</u>
7 Erwin de Grijs	Hoorn	77-443	<u>1:14.34</u>
8 Bob Heijl	Merlet	77-318	<u>1:14.40</u>
9 Marcel Groot	Kon. AZ 1870	77-494	<u>1:15.04</u>



Prog. 057 100m VLINDERSLAG J.'76

1 Antoine Calis	AZC/Tarvo	76-699	<u>1:02.64</u>
2 Christian Fischer	HPC	76-732	<u>1:03.86</u>
3 Sander Horenberg	Zevenhuizen	76-398	<u>1:04.24</u>
4 Evert Jan van Harten	DWK	76-478	<u>1:05.07</u>
5 Ronald Fijn	Steur	76-449	<u>1:06.18</u>
6 Edwin Blom	Nautilus	76-581	<u>1:06.75</u>
7 Roy Meyboom	MZPC	76-728	<u>1:06.78</u>
8 Kim Bouwes	Stadskanaal	76-307	<u>1:06.97</u>
9 Bart Heggelman	WVZ	76-670	<u>1:07.57</u>
10 Robbert Liesting	Bevers	76-394	<u>1:08.16</u>
11 John Huiskens	Nautilus	76-604	<u>1:08.43</u>
12 Chong Woo Chiang	Reest	76-311	<u>1:09.29</u>
13 Jeroen Mulder	AZPC	76-827	<u>1:09.57</u>
14 Frans Merks	Tiamat	76-233	<u>1:09.72</u>
15 Rowin Timmermans	WVZ	76-013	<u>1:11.03</u>
16 Dirk Tielemans	Tiamat	76-235	<u>1:13.10</u>



Prog. 058 100m VLINDERSLAG J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	<u>1:00.37</u>
2 Martijn Baans	Kempvis	75-623	<u>1:00.62</u>
3 Edgar Thimister	MZPC	75-676	<u>1:01.04</u>
4 Christian de Groot	LZ 1886	75-574	<u>1:02.87</u>
5 Stefan Aartsen	VZC	75-025	<u>1:03.91</u>
6 Mark Schouten	LZ 1886	75-410	<u>1:04.01</u>
7 Ronnie Uitzetter	ZPA	75-399	<u>1:04.06</u>
8 Patrick Reniers	Breda	75-270	<u>1:04.51</u>
9 Erwin Ruysink	AZPC	75-062	<u>1:04.59</u>
10 Brent Senduk	Dolfijn	75-076	<u>1:04.62</u>
11 Maikel Klaver	Orca	75-398	<u>1:05.23</u>
12 Patrick Gehasse	Orca	75-353	<u>1:05.33</u>
13 Bas Versloot	De Ham	75-307	<u>1:06.09</u>
14 Mark Liesting	Bevers	75-348	<u>1:06.34</u>
15 Etienne Grootenboer	Devel	75-413	<u>1:06.87</u>
16 Dennis Schouten	LZ 1886	75-409	<u>1:06.92</u>
17 Sancho Berbers	Warande	75-575	<u>1:06.93</u>
18 Jan Willem van Dijk	Haaien	75-363	<u>1:07.14</u>



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Prog. 054 4x200m VRIJE SLAG EST. j.o.16 jaar

1 A.Z.P.C.	1:02.89	2:11.34	3:11.89	4:17.68	5:17.07	6:24.14
			7:20.82	<u>8:22.38</u>		
2 W.V.Z.	1:01.73	2:07.53	3:07.87	4:15.08	5:19.14	6:28.76
			7:25.97	<u>8:29.29</u>		
3 De Dolfijn	1:00.17	2:06.41	3:07.71	4:16.59	5:16.82	6:25.94
			7:23.21	<u>8:29.65</u>		
4 P.S.V.	58.43	2:01.31	3:03.45	4:14.56	5:17.63	6:24.43
			7:25.10	<u>8:31.43</u>		
5 M.Z.P.C.	1:02.05	2:07.83	3:11.12	4:17.21	5:17.58	6:24.93
			7:26.73	<u>8:31.92</u>		
6 B&O Torpedo	1:01.48	2:08.55	3:10.97	4:19.22	5:20.92	6:28.57
			7:29.44	<u>8:34.06</u>		
7 Z.P.A.	59.01	2:02.98	3:02.67	4:09.21	5:10.63	6:22.22
			7:23.32	<u>8:34.26</u>		
8 Nautilus	58.15	2:02.33	3:05.41	4:17.88	5:23.62	6:36.20
			7:36.05	<u>8:43.46</u>		
9 Orca	1:01.57	2:11.25	3:15.18	4:25.11	5:27.62	6:36.44
			7:36.38	<u>8:45.43</u>		
10 D.W.K.	1:00.84	2:07.15	3:11.18	4:21.19	5:26.33	6:37.19
			7:38.84	<u>8:48.10</u>		
11 L.Z. 1886	1:00.93	2:07.89	3:10.12	4:16.46	5:18.21	6:26.57
			7:35.51	<u>8:49.63</u>		
12 Oceanus	1:00.57	2:11.24	3:12.91	4:25.07	5:30.90	6:41.62
			7:44.48	<u>8:53.22</u>		
13 W.Z.P.C.	1:02.84	2:12.28	3:17.01	4:32.14	5:36.17	6:48.79
			7:51.73	<u>9:01.20</u>		

Prog. 055 4x100m WISSELSLAG EST. m.o.16 jaar

1 De Dinkel I	1:06.56	2:23.22	3:32.89	<u>4:33.67</u>
2 T.Z.C.-Vahalis	1:08.51	2:28.00	3:36.79	<u>4:39.22</u>
3 PSV	1:12.55	2:32.92	3:42.13	<u>4:42.73</u>
4 Stadskanaal	1:11.93	2:30.66	3:41.38	<u>4:42.76</u>
5 De Dinkel II	1:12.17	2:33.34	3:43.03	<u>4:43.67</u>
6 Orca	1:07.88	2:35.71	3:42.44	<u>4:47.37</u>
7 D.W.K.	1:13.67	2:31.89	3:41.51	<u>4:47.69</u>
8 L.Z. 1886	1:12.37	2:34.26	3:46.54	<u>4:49.28</u>
9 De Dolfijn	1:15.38	2:36.27	3:48.68	<u>4:51.05</u>
10 De Steur	1:17.19	2:36.82	3:46.33	<u>4:52.32</u>



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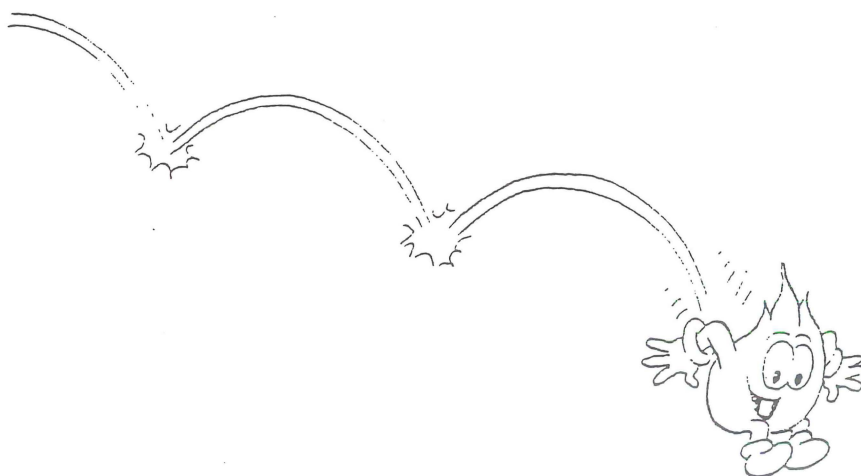
UITSLAGEN FINALE

Prog. 053 A-FINALE 200 m. vlinderslag Dames

1 Karin Briennesse	Orca	69-377	1:03.58	<u>2:16.61</u>
2 Kirsten Silvester	AZPC	71-126	1:07.40	<u>2:20.85</u>
3 Gea Veldhuizen	Tolhekke	71-202	1:08.20	<u>2:21.94</u>
4 Natasja Robert	DAW/Sportline	72-328	1:06.74	<u>2:24.25</u>
5 Anita de Hoop	Orca	74-432	1:07.44	<u>2:25.01</u>
6 Christien Pieterse	De Vrije Slag	67-374	1:10.00	<u>2:25.43</u>
7 Nida Zuhai	Double Duty-VZC	75-403	1:09.72	<u>2:26.46</u>
8 Nina Hulleman	DZPC	71-521	1:08.41	<u>2:26.62</u>

Prog. 153 B-FINALE 200 m. vlinderslag Dames

1 Ingrid Koeman	Dolfijn	71-067	1:08.49	<u>2:22.38</u>
2 Desiree de Bruijn	WVZ	71-435	1:09.21	<u>2:25.60</u>
3 Wendy Ligtenberg	Dinkel	70-343	1:08.71	<u>2:26.18</u>
4 Renate Wigger	Dinkel	70-176	1:09.43	<u>2:26.92</u>
5 Radna Mulder	Mosa regio	73-546	1:09.92	<u>2:27.02</u>
6 Wilma Veldhoen	DSZ	75-404	1:11.13	<u>2:28.19</u>
7 Nancy Timmermans	De Aa	75-441	1:11.82	<u>2:29.24</u>
8 Kitty Mensink	Dinkel	76-293	1:12.76	<u>2:35.36</u>



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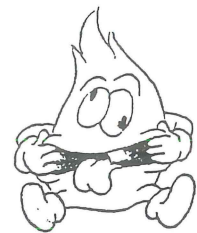
UITSLAGEN FINALE

Prog. 051 A-FINALE 200 m. rugslag Dames

1 Ellen Elzerman	B&O Torpedo	71-008	1:05.30	<u>2:16.00</u>
2 Iris Westrik	Dinkel	74-322	1:07.45	<u>2:19.19</u>
3 Naomi v.d. Woerd	TZC-Vahalis	77-268	1:08.67	<u>2:23.27</u>
4 Marielle Piels	TZC-Vahalis	76-311	1:09.18	<u>2:25.79</u>
5 Debby v.d. Staay	HPC	71-655	1:10.16	<u>2:25.88</u>
6 Jacqueline Wildeman	SGG	72-625	1:11.11	<u>2:27.87</u>
7 Saskia Lammerts	Tolhekke	70-133	1:11.72	<u>2:28.11</u>
8 Renate Wigger	Dinkel	70-176	1:12.02	<u>2:29.78</u>

B-FINALE 200 m. rugslag Dames

1 Mireille Hogenhuis	Eemsrobben	73-606	1:11.58	<u>2:28.71</u>
2 Wendy Leemker	Orca	74-431	1:12.93	<u>2:28.76</u>
3 Bianca Meyners	Dinkel	75-324	1:12.88	<u>2:30.36</u>
4 Wanda Jongejan	Gooye	72-031	1:12.39	<u>2:30.58</u>
5 Suzanne Wouda	Zeester	74-492	1:13.47	<u>2:32.69</u>
6 Monique Hamstra	Stadskanaal	76-365	1:13.44	<u>2:33.26</u>
7 Catherine Hoogveen	DZPC	75-549	1:13.93	<u>2:34.26</u>
8 Meike Wouda	Hoorn	71-276	1:13.55	<u>2:36.49</u>



Prog. 052 A-FINALE 200 m. wisselslag pers. Heren

1 Martin v.d. Spoel	DWK	71-316	59.10	<u>2:08.25</u>
2 Marcel Wouda	Zeester	72-360	1:02.32	<u>2:08.31</u>
3 Ron Dekker	IJsel	66-044	1:02.26	<u>2:10.22</u>
4 Casper van Dam	Zwemlust/den H.	71-405	1:02.38	<u>2:10.43</u>
5 Stan Steegeling	Dolfijn	71-016	1:02.81	<u>2:11.38</u>
6 Milco Hogerbrug	Nautilus	72-292	1:01.37	<u>2:12.44</u>
7 Danny Nelson	Nautilus	71-541	1:03.12	<u>2:13.44</u>
8 Mark v.d. Zijden	Gouwe	73-699	1:04.81	<u>2:15.64</u>

B-FINALE 200 m. wisselslag pers. Heren

1 Tim Hoeymans	PSV	74-426	1:04.07	<u>2:13.58</u>
2 Ronald van Dongen	HZC-Weusthag	69-454	1:04.65	<u>2:14.06</u>
3 Edwin de Wilde	AZPC	72-469	1:03.92	<u>2:15.09</u>
4 Almar v.d. Meer	B&O Torpedo	72-015	1:04.53	<u>2:15.23</u>
5 Jan Willem v.d.Hoek	Gouwe	72-671	1:04.27	<u>2:17.54</u>
6 Johan Dijkstra	Orca	71-434	1:04.03	<u>2:18.27</u>
7 Eduard van Veenen	Stadskanaal	73-407	1:05.94	<u>2:19.95</u>
8 Marcel de Natris	Zijl/LGB	70-049	1:04.97	<u>2:20.40</u>



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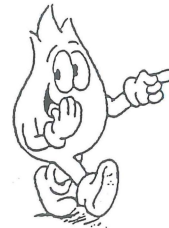
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UITSLAGEN FINALE

Prog. 049 A-FINALE 100 m. vrije slag Dames

1 Karin Briennesse	Orca	69-377	56.57
2 Diana v.d. Plaats	Dolfijn	71-717	56.84
3 Marianne Muis	ZPA	68-561	57.45
4 Marieke Mastebroek	Eemsrobben	71-624	57.95
5 Natasja Robert	DAW/Sportline	72-328	58.21
6 Manon Masseurs	HPC	74-656	58.58
7 Ingrid Baars	Dolfijn	69-080	58.88
8 Brenda Starink	Kempvis	74-378	59.42



B-FINALE 100 m. vrije slag Dames

1 Inge de Bruijn	Dolfijn	73-079	58.70
2 Ingrid Koeman	Dolfijn	71-067	58.78
3 Kirsten Vliegheuis	Dinkel	76-398	59.96
4 Nancy Timmermans	De Aa	75-441	1:00.40
5 Renate Wigger	Dinkel	70-176	1:00.65
6 Renate Wijering	Dinkel	75-401	1:00.70
7 Mireille Hoogenhuis	Eemsrobben	73-606	1:00.71
8 Kristel Tellegen	PSV	74-016	1:00.85

Prog. 050 A-FINALE 100 m. rugslag Heren

1 Ronald Sloeserwij	59.83	Dolfijn	69-648	59.52
2 Richard Blank	1.00.62	Dolfijn	72-551	59.53
3 Bram Pronk	1.00.32	Zijl/LGB	67-051	1:00.25
4 Ruud Coone	1.00.74	Dolfijn	68-065	1:00.30
5 Martin v.d. Spoel	1.00.66	DWK	71-316	1:00.37
6 Milco Hogerbrug	1.01.04	Nautilus	72-292	1:01.26
7 Wilco v.d. Akker	1.00.98	AZPC	73-019	1:01.33
8 Marco v.d. Berg	1.01.37	DSZ	69-427	1:01.38



B-FINALE 100 m. rugslag Heren

1 Guido Keutgen	1.01.46	Raket	68-371	1:00.40
2 Erik Saat	1.01.71	AZPC	73-507	1:01.57
3 Johan Dijkstra	1.01.74	Orca	71-434	1:01.82
4 Peter de Rover	1.02.02	Dolfijn	67-344	1:02.00
5 Bram van Haandel	1.01.76	PSV	73-agy	1:02.40
6 Jan Sonneveld	1.01.90	Dolfijn	72-015	1:02.47
7 Leonard Kroon	1.01.80	Noordwijk.	72-076	1:03.74
8 Menno Spaargaren	1.02.66	Oceanus	64-103	1:04.22



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Prog. 043 200m VLINDERSLAG M.'77

1 Madelon Baans	Kempvis	77-624	1:14.92	<u>2:34.00</u>
2 Martinique Koridon	Steur	77-410	1:15.29	<u>2:34.94</u>
3 Karen Wammes	TZC-Vahalis	77-296	1:16.42	<u>2:37.21</u>
4 Naomi v.d. Woerd	TZC-Vahalis	77-268	1:11.19	<u>2:37.82</u>
5 Margot Hoogeveen	DZPC	77-673	1:13.40	<u>2:42.33</u>
6 Annemieke Mos	B&O Torpedo	77-043	1:17.61	<u>2:46.40</u>
7 Saskia de Keijzer	LZ 1886	77-568	1:18.84	<u>2:47.09</u>
8 Daniella Heyenrath	RZ	77-333	1:17.47	<u>2:47.30</u>
9 Linda de Boer	DAW/Sportline	77-434	1:16.36	<u>2:48.56</u>
10 Jolanda Zuidstra	DZPC	77-674	1:19.12	<u>2:51.06</u>

Prog. 044 200m VLINDERSLAG M.'76

1 Kitty Mensink	Dinkel	76-293	1:09.91	<u>2:25.55</u>
2 Jitske Zengerink	Meerval	76-028	1:11.96	<u>2:33.36</u>
3 Danielle Klaverdijk	Nautilus	76-430	1:13.47	<u>2:34.40</u>
4 Bianca Lutters	PSV	76-037	1:14.29	<u>2:35.57</u>
5 Bianca Hocks	LZ 1886	76-439	1:14.63	<u>2:36.30</u>
6 Mariska Leegte	Stadskanaal	76-327	1:13.24	<u>2:37.15</u>
7 Sigrid Pels	Steur	76-450	1:14.63	<u>2:38.25</u>

Prog. 045 200m VLINDERSLAG M.'75

1 Nida Zuhail	Double Duty VZC	75-403	1:09.53	<u>2:24.35</u>
2 Wilma Veldhoen	DSZ	75-404	1:08.77	<u>2:25.16</u>
3 Nancy Timmermans	De Aa	75-441	1:10.58	<u>2:26.21</u>
4 Linda v.d. Bosch	WVZ	75-528	1:11.57	<u>2:28.77</u>
5 Bianca Meyners	Dinkel	75-324	1:11.01	<u>2:30.39</u>
6 Minouche Smit	Hoorn	75-365	1:11.67	<u>2:32.31</u>
7 Diana IJspeert	DWK	75-480	1:13.55	<u>2:34.56</u>

Prog. 046 200m VLINDERSLAG M.'74

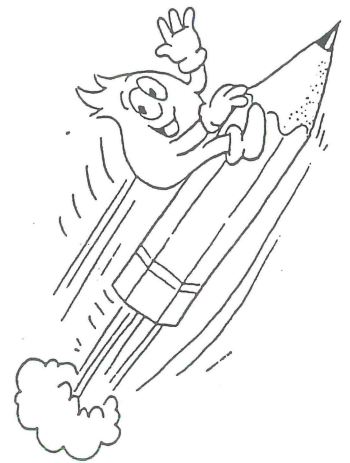
1 Anita de Hoop	Orca	74-432	1:07.53	<u>2:21.41</u>
2 Marleen Vos	Houtrib	74-558	1:07.96	<u>2:23.78</u>
3 Caby van Leenen	Raket	74-374	1:09.46	<u>2:27.35</u>
4 Kristel Tellegen	PSV	74-016	1:11.53	<u>2:31.38</u>
5 Heidi Vogelesang	Nautilus	74-504	1:11.58	<u>2:33.93</u>
6 Sandra Nien	Rog	74-376	1:12.13	<u>2:34.32</u>
7 Mariska Arnoldus	WVZ	74-614	1:12.68	<u>2:35.54</u>

Prog. 047 200m VLINDERSLAG M.'73/'72

1 Natasja Robert	DAW/Sportline	72-328	1:07.30	<u>2:22.64</u>
2 Radna Mulder	Mosa Regio	73-546	1:08.63	<u>2:25.28</u>
3 Inge de Bruyn	Dolfijn	73-079	1:10.20	<u>2:25.72</u>
4 Wendy Dokter	Zeester	72-588	1:09.12	<u>2:28.14</u>
5 Danielle Veenhuizen	ZPA	72-514	1:10.45	<u>2:28.45</u>
6 Petra Herder	DZPC	73-640	1:10.33	<u>2:29.07</u>
7 Angelique Jacobs	PSV	72-039	1:09.71	<u>2:30.56</u>

Prog. 048 200m VLINDERSLAG DAMES

1 Karin Brienesse	Orca	69-377	1:05.62	<u>2:20.28</u>
2 Gea Veldhuizen	Tolhekke	71-202	1:09.01	<u>2:21.14</u>
3 Kirsten Silvester	AZPC	71-126	1:08.27	<u>2:22.90</u>
4 Christien Pieterse	De Vrije Slag	67-374	1:07.56	<u>2:23.77</u>
5 Nina Hulleman	DZPC	71-521	1:07.99	<u>2:24.07</u>
6 Ingrid Koeman	Dolfijn	71-067	1:08.05	<u>2:25.62</u>
7 Desiree de Bruijn	WVZ	71-435	1:08.83	<u>2:25.67</u>
8 Wendy Ligtenberg	Dinkel	70-343	1:08.89	<u>2:26.04</u>
9 Renate Wigger	Dinkel	70-176	1:08.72	<u>2:26.42</u>
10 Michelle Visser	Dolfijn	70-395	1:10.10	<u>2:30.72</u>
11 Ilse Ambergen	Eemsrobben	71-608	1:12.31	<u>2:38.73</u>



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Prog. 040 200m WISSELSLAG PERS. J.'74

1 Tim Hoeymans	PSV	74-426	1:04.99	<u>2:14.24</u>
2 Robin Sprinkhuizen	Zijl/LGB	74-710	1:05.18	<u>2:19.75</u>
3 Allard Wagenveld	NZC '21	74-400	1:06.11	<u>2:22.36</u>
4 Martijn Both	Dolfijn	74-578	1:07.52	<u>2:22.40</u>
5 Vincent de Bruyn	VZ	74-529	1:08.50	<u>2:24.10</u>
6 Robert Langelier	VZPC	74-258	1:10.26	<u>2:25.25</u>
7 Bas Ido Wennekes	DWK	74-637	1:09.35	<u>2:25.81</u>
8 Melvin Bakker	Houtrib	74-296	1:11.05	<u>2:29.43</u>



Prog. 041 200m WISSELSLAG PERS. J.'73/'72

1 Marcel Wouda	Zeester	72-360	1:01.1	<u>2:09.09</u>
2 Milco Hogerbrug	Nautilus	72-292	1:01.69	<u>2:12.26</u>
3 Mark v.d. Zijden	Gouwe	73-699	1:03.55	<u>2:12.99</u>
4 Bram v. Haandel	PSV	73-AGV	1:00.87	<u>2:13.62</u>
4 Edwin de Wilde	AZPC	72-469	1:04.57	<u>2:14.68</u>
5 Dennis Parlevliet	PSV	73-644	1:01.93	<u>2:15.57</u>
6 Almar v.d. Meer	B & O Torpedo	72-015	1:04.61	<u>2:15.63</u>
7 Jan Willem v.d. Hoek	Gouwe	72-671	1:04.83	<u>2:17.95</u>
8 Eduard van Veenen	Stadskanaal	73-407	1:05.07	<u>2:18.26</u>
9 Jan Fiechter	TRB-RES	72-456	1:04.79	<u>2:18.90</u>
10 Wilko Rutgers	Steenwijk '34	73-259	1:06.79	<u>2:20.37</u>
11 Marco van der Kooij	WVZ	73-489	1:06.83	<u>2:20.42</u>
12 Alexander Tellegen	PSV	72-015	1:04.84	<u>2:20.60</u>
13 Ernst Stam	DAW/Sportline	72-538	1:03.77	<u>2:20.97</u>
14 Roy v.d. Veen	Hoorn	73-467	1:05.80	<u>2:21.71</u>
15 Arjan van Vliet	Nautilus	73-497	1:05.52	<u>2:22.39</u>
16 Eelco van Gemert	Stormvogel	72-275	1:05.59	<u>2:23.89</u>

Prog. 042 200m WISSELSLAG PERS. HEREN

1 Ron Dekker	IJssel	66-044	1:02.04	<u>2:09.60</u>
2 Casper van Dam	Zwemlust/den H.	71-405	1:01.15	<u>2:09.76</u>
3 Martin v.d. Spoel	DWK	71-316	1:01.59	<u>2:11.69</u>
4 Stan Steegeling	Dolfijn	71-016	1:02.82	<u>2:12.87</u>
5 Danny Nelson	Nautilus	71-541	1:03.21	<u>2:13.49</u>
6 Marcel de Natris	Zijl/LGB	70-049	1:02.65	<u>2:15.45</u>
7 Ronald van Dongen	HZC-Weusthag	69-454	1:02.31	<u>2:15.63</u>
8 Johan Dijkstra	Orca	71-434	1:02.04	<u>2:16.25</u>



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Prog. 037 200m WISSELSLAG PERS. J.'77

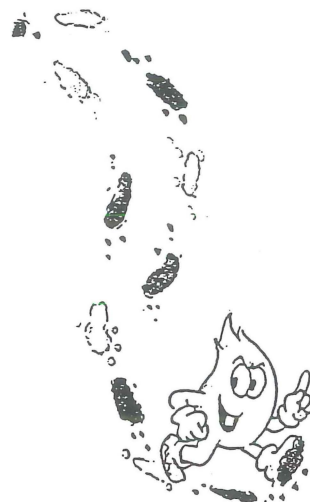
1 Pascal Lafort	Numansdorp	77-310	1:12.64	<u>2:28.68</u>
2 Dwight Senduk	Dolfijn	77-075	1:10.79	<u>2:29.86</u>
3 Ronald van Charante	Dolfijn	77-147	1:12.18	<u>2:31.53</u>
4 Michel Zwennes	DWK	77-540	1:14.64	<u>2:33.39</u>
5 Gerjan Hulstijn	HZC-Weusthag	77-397	1:13.39	<u>2:33.87</u>
6 Dave Middelburg	Hoogwerf	77-368	1:14.20	<u>2:35.34</u>
7 Joy Ignacia	Otters	77-533	1:12.85	<u>2:36.22</u>
8 Hans Hulsen	PSV	77-074	1:14.20	<u>2:37.24</u>
9 Sebastiaan Hagewoud	Reestduikers	77-002	1:15.30	<u>2:37.99</u>
10 Marcel Groot	Kon. AZ 1870	77-494	1:13.64	<u>2:41.14</u>

Prog. 038 200m WISSELSLAG PERS. J.'76

1 Christian Fischer	HPC	76-732	1:07.72	<u>2:20.09</u>
2 Bart Heggelman	WVZ	76-670	1:09.10	<u>2:21.66</u>
3 Ronald Fijn	Steur	76-449	1:07.76	<u>2:22.91</u>
4 Antoine Calis	AZC/Tarvo	76-699	1:07.42	<u>2:23.40</u>
5 Evert-Jan van Harten	DWK	76-478	1:09.17	<u>2:27.48</u>
6 Kim Bouwes	Stadskanaal	76-307	1:08.84	<u>2:29.24</u>
7 Sander Horenberg	Zevenhuizen	76-398	1:07.94	<u>2:29.28</u>
8 Rowin Timmermans	WVZ	76-013	1:11.47	<u>2:29.42</u>
9 Jasper Middelberg	Dolfijn	76-077	1:11.60	<u>2:29.50</u>
10 Jeroen Mulder	AZPC	76-827	1:10.48	<u>2:29.65</u>
11 Jeroen Goes	AZPC	76-041	1:12.64	<u>2:29.67</u>
12 Hans Geert Mast	DZPC	76-708	1:11.59	<u>2:30.04</u>
13 Edwin Blom	Nautilus	76-581	1:12.10	<u>2:30.86</u>
14 Frans Merks	Tiamat	76-233	1:13.72	<u>2:32.74</u>

Prog. 039 200m WISSELSLAG PERS. J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	1:03.95	<u>2:16.16</u>
2 Frank Laffeber	Nautilus	75-613	1:05.88	<u>2:19.24</u>
3 Jasper Bisselink	HPC	75-644	1:07.67	<u>2:21.74</u>
4 Ronnie Uitzetter	ZPA	75-399	1:06.86	<u>2:21.86</u>
5 Martijn Baans	Kempvis	75-623	1:07.53	<u>2:22.65</u>
6 Rob Onderwijzer	WZPC	75-384	1:08.71	<u>2:22.76</u>
7 Rob Nijweide	WWV	75-176	1:08.13	<u>2:24.79</u>
8 Etan Ronen	PSV	75-049	1:09.80	<u>2:25.04</u>
9 Erwin Ruysink	AZPC	75-062	1:06.92	<u>2:25.19</u>
10 Patrick Reniers	Breda	75-270	1:08.88	<u>2:25.92</u>
11 Christian de Groot	LZ 1886	75-574	1:06.27	<u>2:25.93</u>
12 Michel Bom	Zeus	75-518	1:10.39	<u>2:25.94</u>
13 Edgar Thimister	MZPC	75-676	1:09.64	<u>2:26.20</u>
14 Lesley Voorn	B&O Torp.	75-024	1:10.79	<u>2:26.80</u>
15 Sancho Berbers	Warande	75-575	1:09.02	<u>2:28.03</u>
16 Willy Hansen	Dinkel	75-400	1:11.73	<u>2:28.41</u>
17 Harl Tielemans	Tiamat	75-210	1:10.76	<u>2:29.13</u>



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Prog. 031 200m RUGSLAG M.'77

1 Naomi v.d. Woerd	TZC-Vahalis	77-268	1:08.82	<u>2:23.54</u>
2 Karen Wammes	TZC-Vahalis	77-296	1:16.68	<u>2:34.07</u>
3 Jolanda Zuidstra	DZPC	77-674	1:13.07	<u>2:34.57</u>
4 Saskia Stoteler	Groenlo	77-245	1:16.67	<u>2:36.68</u>
5 Olga Olde Olthuis	Dinkel	77-362	1:15.46	<u>2:37.26</u>
6 Fleur Bakker	LZ 1886	77-473	1:18.12	<u>2:38.51</u>
7 Saskia de Keijzer	LZ 1886	77-568	1:17.51	<u>2:39.91</u>
8 Marloes Neijman	BZV	77-545	1:17.94	<u>2:43.57</u>

Prog. 032 200m RUGSLAG M.'76

1 Marielle Piels	TZC-Vahalis	76-311	1:08.70	<u>2:25.07</u>
2 Monique Hamstra	Stadskanaal	76-365	1:16.30	<u>2:31.72</u>
3 Bianca Hocks	LZ 1886	76-439	1:15.16	<u>2:34.32</u>
4 Kirsten Vliegheuis	Dinkel	76-398	1:10.87	<u>2:35.44</u>
5 Lisette v.d. Kruk	DZV-Koudijs	76-532	1:15.52	<u>2:35.55</u>
6 Alice de Jong	Groenlo	76-225	1:15.17	<u>2:38.29</u>
7 Leda Bitanc	VZC	76-533	1:16.40	<u>2:38.85</u>

Prog. 033 200m RUGSLAG M.'75

1 Bianca Meyners	Dinkel	75-324	1:10.46	<u>2:26.68</u>
2 Nida Zuhai	DD-VZC	75-403	1:10.87	<u>2:26.93</u>
3 Catherine Hoogveen	DZPC	75-549	1:13.52	<u>2:32.74</u>
4 Karen Guldemond	HPC	75-026	1:13.94	<u>2:34.08</u>
5 Nancy Timmermans	De Aa	75-441	1:16.11	<u>2:34.68</u>
6 Wendy Rowaan	Zignea	75-289	1:16.40	<u>2:35.03</u>
7 Danielle Slootjes	SVW	75-229	1:13.37	<u>2:35.36</u>
8 Ilse de Jong	Scheldestroom	75-142	1:16.30	<u>2:38.57</u>
9 Anouk Visscher	Dinkel	75-397	1:18.60	<u>2:39.42</u>

Prog. 034 200m RUGSLAG M.'74

1 Iris Westrik	Dinkel	74-322	1:07.93	<u>2:21.27</u>
2 Wendy Leemker	Orca	74-431	1:11.55	<u>2:26.85</u>
3 Brenda Starink	Kempvis	74-378	1:11.48	<u>2:30.87</u>
4 Suzanne Wouda	Zeester	74-492	1:12.30	<u>2:31.30</u>
5 Maaïke Addicks	GZC	74-430	1:12.91	<u>2:33.47</u>
6 Wendy Alberts	DWK	74-547	1:14.24	<u>2:35.88</u>

Prog. 035 200m RUGSLAG M.'73/'72

1 Jacqueline Wildeman	SGG	72-625	1:10.63	<u>2:24.91</u>
2 Danielle Veenhuizen	ZPA	72-514	1:11.87	<u>2:27.55</u>
3 Mireille Hogenhuis	Eemsrobber	73-606	1:11.46	<u>2:29.94</u>
4 Wanda Jongejan	Gooye	72-031	1:12.62	<u>2:33.35</u>
5 Gudule v.d. Meer	HZPC Ho	72-443	1:14.73	<u>2:33.91</u>

Prog. 036 200m RUGSLAG DAMES

1 Ellen Elzerman	B&O Torpedo	71-008	1:06.97	<u>2:18.43</u>
2 Debby v.d. Staay	HPC	71-655	1:10.78	<u>2:25.41</u>
3 Saskia Lammerts	Tolhekke	70-133	1:10.45	<u>2:25.57</u>
4 Renate Wigger	Dinkel	70-176	1:11.00	<u>2:26.11</u>
5 Meike Wouda	Hoom	71-276	1:11.32	<u>2:32.07</u>
6 Trea Frikkee	WZPC	70-536	1:11.71	<u>2:34.30</u>
7 Saskia Schuys	Nautilus	68-603	1:12.67	<u>2:37.26</u>



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Prog. 028 100m RUGSLAG J.'74

1 Robin Sprinkhuizen	Zijl/LGB	74-710	1:03.58
2 Paul Daman	DZV-Koudijs	74-417	1:05.15
3 Tim Hoeymans	PSV	74-426	1:05.19
4 Allard Wagenveld	NZC '21	74-400	1:05.45
5 Sjors Sijberden	WZPC	74-424	1:05.61
6 Melvin Bakker	Houtrib	74-296	1:05.72
7 Albert Goudsmit	AZPC	74-513	1:06.08
8 Arjan Wessels	VZPC	74-324	1:06.90
9 Martijn Fietje	Meent	74-227	1:07.17
10 Marcel Leegte	Stadskanaal	74-332	1:07.57
11 Vincent Gresnigt	Zwemlust/den H.	74-584	1:08.67
12 Pim Commandeur	Duikelaar	74-174	1:09.05

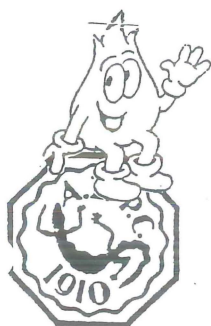
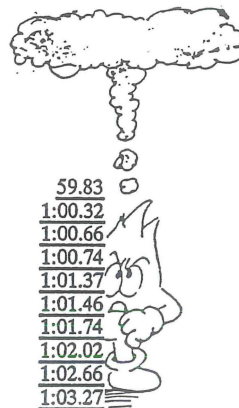


Prog. 029 100m RUGSLAG J.'73/'72

1 Richard Blank	Dolfijn	72-551	1:00.62
2 Wilco v.d. Akker	AZPC	73-019	1:00.98
3 Milco Hogerbrug	Nautilus	72-292	1:01.04
4 Erik Saat	AZPC	73-507	1:01.71
5 Bram v. Haandel	PSV	73-AGV	1:01.76
6 Leonard Kroon	Noordwijkerhout	72-076	1:01.80
7 Jan Sonneveld	Dolfijn	72-015	1:01.90
8 Jan W. v.d. Hoek	Gouwe	72-671	1:03.4
9 Alexander Tellegen	PSV	72-015	1:04.10
10 Dirk Simon Beerda	Eemsrobber	72-412	1:05.49
11 Roy v.d. Veen	Hoorn	73-467	1:06.40

Prog. 030 100m RUGSLAG HEREN

1 Ronald Sloeserwij	Dolfijn	69-648	59.83
2 Bram Pronk	Zijl/LGB	67-051	1:00.32
3 Martin v.d. Spoel	DWK	71-316	1:00.66
4 Ruud Coone	Dolfijn	68-065	1:00.74
5 Marco van den Berg	DSZ	69-427	1:01.37
6 Guido Keutgen	Raket	68-371	1:01.46
7 Johan Dijkstra	Orca	71-434	1:01.74
8 Peter de Rover	Dolfijn	67-344	1:02.02
9 Menno Spaargaren	Oceanus	64-103	1:02.66
10 Danny Nelson	Nautilus	71-541	1:03.27



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Prog. 025 100m RUGSLAG J.'77

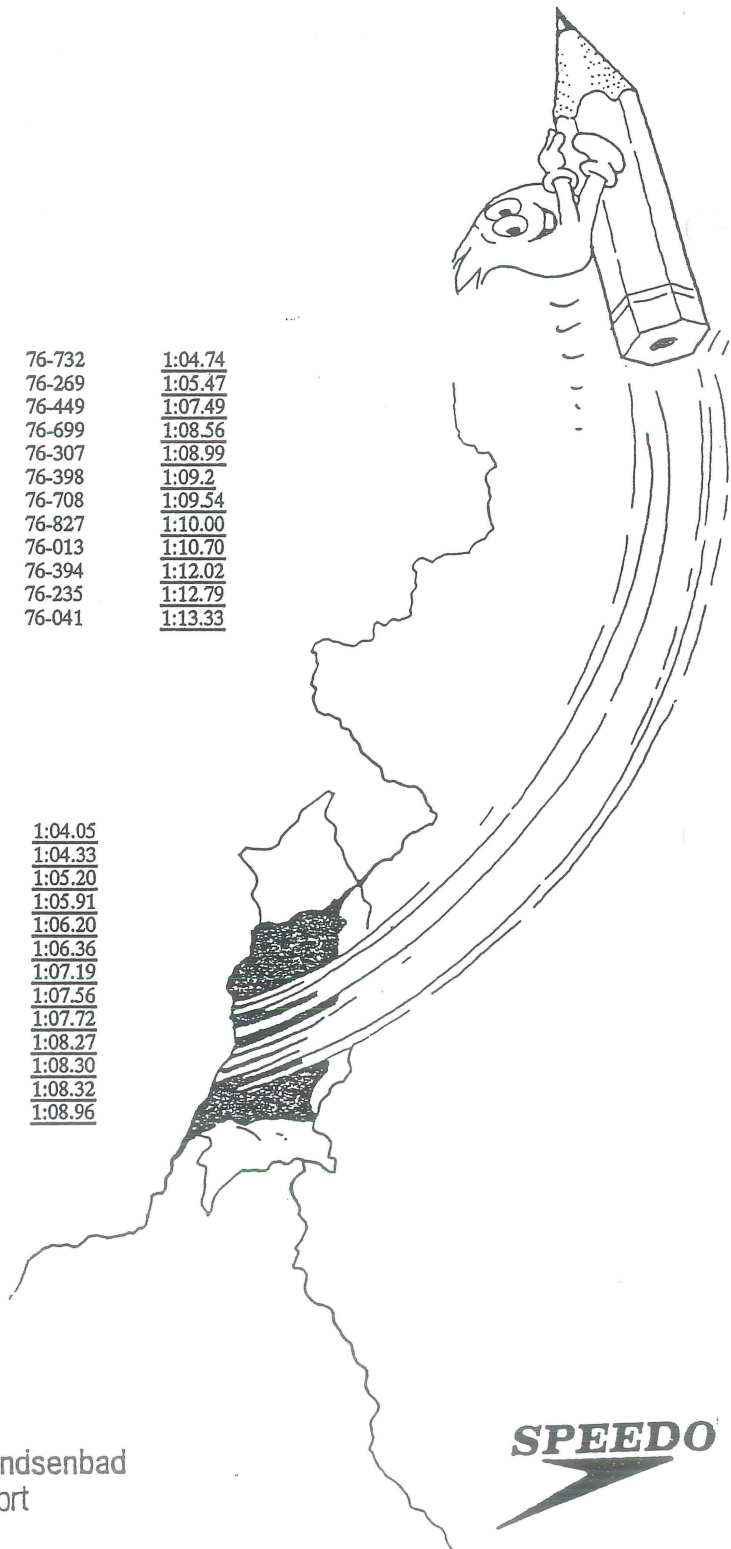
1 Sebastiaan Hagewoud	Reestduikers	77-002	<u>1:08.18</u>
2 Pascal Lafort	Numansdorp	77-310	<u>1:10.06</u>
3 Sjoerd Witting	IJsel	77-517	<u>1:11.35</u>
4 Hans Hulsen	PSV	77-074	<u>1:12.21</u>
5 Ronald van Charante	Dolfijn	77-147	<u>1:13.44</u>
6 Marcel Groot	Kon. AZ 1870	77-494	<u>1:13.47</u>
7 Robert-Jan Derksen	Zwemlust/den H.	77-567	<u>1:13.62</u>
8 Gerjan Hulstijn	HZC-Weusthag	77-397	<u>1:13.94</u>
9 Edwin Wijnen	Damixa-Ravijn	77-614	<u>1:14.20</u>
10 Michel Zwennes	DWK	77-540	<u>1:14.28</u>
11 Ivo Roozeboom	ZVW '74	77-190	<u>1:14.93</u>
12 Oscar Breukels	De Rijn	77-669	<u>1:16.82</u>

Prog. 026 100m RUGSLAG J.'76

1 Christian Fischer	HPC	76-732	<u>1:04.74</u>
2 Dave Kempers	Groenlo	76-269	<u>1:05.47</u>
3 Ronald Fijn	Steur	76-449	<u>1:07.49</u>
4 Antoine Calis	AZC/Tarvo	76-699	<u>1:08.56</u>
5 Kim Bouwes	Stadskanaal	76-307	<u>1:08.99</u>
6 Sander Horenberg	Zevenhuizen	76-398	<u>1:09.2</u>
7 Hans Geert Mast	DZPC	76-708	<u>1:09.54</u>
8 Jeroen Mulder	AZPC	76-827	<u>1:10.00</u>
9 Rowin Timmermans	WVZ	76-013	<u>1:10.70</u>
10 Robbert Liesting	Bevers	76-394	<u>1:12.02</u>
11 Dirk Tielemans	Tiamat	76-235	<u>1:12.79</u>
12 Jeroen Goes	AZPC	76-041	<u>1:13.33</u>

Prog. 027 100m RUGSLAG J. '75

1 Christian de Groot	LZ 1886	75-574	<u>1:04.05</u>
2 Jeroen v.d. Loosdrecht	Kempvis	75-451	<u>1:04.33</u>
3 Rob Nijweide	WWV	75-176	<u>1:05.20</u>
4 Frank Laffeber	Nautilus	75-613	<u>1:05.91</u>
5 Ronnie Uitzetter	ZPA	75-399	<u>1:06.20</u>
6 Eddy Brinkmeijer	DAW/Sport.	75-429	<u>1:06.36</u>
7 Erwin Ruysink	AZPC	75-062	<u>1:07.19</u>
8 Harl Tielemans	Tiamat	75-210	<u>1:07.56</u>
9 Maikel Klaver	Orca	75-398	<u>1:07.72</u>
10 Martijn Perlee	HPC	75-583	<u>1:08.27</u>
11 Mark Schouten	LZ 1886	75-410	<u>1:08.30</u>
12 Patrick Reniers	Breda	75-270	<u>1:08.32</u>
13 Jeroen Jacobs	Gelenberg	75-300	<u>1:08.96</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



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Prog. 053 200m Vlinderslag heren A-FINALE

1 Casper van Dam	Zwemlust/DH	71-405	28.41	1:00.25	1:31.79	<u>2:02.52</u>
2 John Machielsen	HPC	68-707	28.63	1:00.25	1:31.98	<u>2:03.24</u>
3 Marco v.d. Berg	DSZ	69-427	27.47	59.39	1:32.09	<u>2:06.06</u>
4 Martin v.d. Spoel	DWK	71-316	28.10	59.81	1:32.85	<u>2:06.32</u>
5 Dennis Parlevliet	PSV	73-644	28.07	59.68	1:32.92	<u>2:07.45</u>
6 Benny Mensink	ZPA	66-305	29.30	1:01.71	1:35.25	<u>2:09.79</u>
7 Jeroen v.d. Loosdrecht	Kempvis	75-451	28.48	1:01.09	1:35.19	<u>2:10.30</u>
8 Chester Marsman	Haaien	69-244	27.82	1:00.18	1:35.08	<u>2:10.62</u>

Prog. 053 200m Vlinderslag heren B-FINALE

1 Bram van Haandel	Hydra	73-187	2:10.40	29.24	1:03.26	1:36.44	<u>2:10.05</u>
2 Almar v.d. Meer	B&O Torpedo	72-015	2:11.07	29.26	1:02.11	1:36.38	<u>2:10.66</u>
3 Arjan van Vliet	Nautilus	73-497	2:10.47	28.63	1:01.75	1:36.30	<u>2:10.88</u>
4 Marc van Haelen	Zeemacht	71-391	2:12.71	28.78	1:02.16	1:37.05	<u>2:12.38</u>
5 Martijn van Heusden	B&O Torpedo	72-030	2:14.07	30.05	1:03.89	1:39.41	<u>2:14.25</u>
6 Stefan Dortmond	Nautilus	72-605	2:13.66	29.47	1:03.13	1:38.43	<u>2:14.94</u>
7 Ernst Stam	DAW/Sportline	72-538	2:13.29	28.96	1:03.38	1:40.87	<u>2:19.35</u>
8 Martijn Both	Dolfijn	74-578	2:13.00	31.03	1:07.68	1:43.85	<u>2:21.36</u>



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Prog. 051 200m Rugslag Heren A-FINALE

1 Richard Blank	Dolfijn	72-551	29.67	1:02.37	1:33.35	<u>2:04.84</u>
2 Milco Hogerbrug	Nautilus	72-292	29.33	1:00.88	1:32.62	<u>2:05.20</u>
3 Martin v.d. Spoel	DWK	71-316	29.88	1:02.43	1:34.32	<u>2:05.89</u>
4 Peter de Rover	Dolfijn	67-344	29.10	1:01.32	1:34.00	<u>2:07.48</u>
5 Peter Horsthuis	SGG	69-473	29.73	1:02.67	1:35.55	<u>2:07.80</u>
6 Frank ter Brugge	SGG	70-322	29.15	1:01.59	1:34.50	<u>2:08.38</u>
7 Guido Keutgen	Raket	68-371	28.84	1:01.16	1:35.33	<u>2:09.14</u>
DIS Johan Dijkstra	Orca	71-434	30.16	1:03.21	1:38.15	<u>2:12.05</u> RC

Prog. 051 200m Rugslag Heren B-FINALE

1 Jan Sonneveld	Dolfijn	72-015	30.14	1:03.27	1:37.73	<u>2:10.62</u>
2 Alexander Tellegen	PSV	72-015	30.48	1:04.02	1:38.11	<u>2:11.53</u>
3 Edwin v.d. Wulp	Steenwijk'34	70-332	30.43	1:03.92	1:38.33	<u>2:12.11</u>
4 Roy v.d. Veen	Hoorn	73-467	30.03	1:03.55	1:38.22	<u>2:13.51</u>
5 Ruud Coone	Dolfijn	68-065	30.23	1:04.63	1:38.53	<u>2:13.61</u>
6 Jan Willem v.d. Hoek	Gouwe	72-671	29.91	1:03.87	1:39.53	<u>2:15.62</u>
7 Udo Karten	De Ham	71-417	30.47	1:04.92	1:40.50	<u>2:16.73</u>
8 Christian de Groot	LZ 1886	75-574	31.06	1:06.21	1:42.72	<u>2:19.40</u>

Prog. 052 200m Schoolslag Dames A-Finale

1 Kira Bulten	Steur	73-390	34.97	1:14.07	1:53.77	<u>2:33.00</u>
2 Ynske Smit	Orca	71-382	35.06	1:13.84	1:53.06	<u>2:33.46</u>
3 Kristel Tellegen	PSV	74-016	35.35	1:14.89	1:55.09	<u>2:34.24</u>
4 Linda Moes	Bubble	71-509	35.30	1:14.94	1:54.87	<u>2:34.94</u>
5 Wendy Ligtenberg	Dinkel	70-343	35.52	1:15.47	1:55.10	<u>2:35.62</u>
6 Nina Hulleman	DZPC	71-521	35.74	1:16.12	1:58.04	<u>2:41.11</u>
7 Wendy Groeneveld	Dinkel	76-339	37.86	1:20.20	2:02.79	<u>2:45.21</u>
8 Sandra van 't Hof	Dolfijn	75-273	36.78	1:20.15	2:04.80	<u>2:49.01</u>

Prog. 052 200m Schoolslag Dames B-Finale

1 Radna Mulder	PSV	73-040	35.84	1:16.19	1:57.64	<u>2:38.33</u>
2 Sylvia Gase	Dolfijn	73-311	36.21	1:16.57	1:57.36	<u>2:39.16</u>
3 Hanneke Koopmans	Zijl/LGB	74-058	36.83	1:17.60	1:59.78	<u>2:42.27</u>
4 Heleen van der Leij	SGG	74-415	36.78	1:18.44	2:01.37	<u>2:44.02</u>
5 Monique Hamstra	Stadskanaal	76-365	37.28	1:18.80	2:01.33	<u>2:44.04</u>
6 Karin Moed	TZC-Vahalis	71-190	36.63	1:18.57	2:01.96	<u>2:44.83</u>
7 Melanie Bos	Stormvogel	75-252	37.01	1:19.34	2:02.58	<u>2:46.13</u>
8 Mariska Leege	Stadskanaal	76-327	37.83	1:20.72	2:04.13	<u>2:47.26</u>



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Prog. 049 100m Vrije Slag Heren A-FINALE

1 Ron Dekker	IJsel	66-044	24.20	<u>50.01</u>
2 Ronald Sloeserwij	Dolfijn	69-648	24.74	<u>51.19</u>
3 Etienne Boukal	Dolfijn	69-300	24.74	<u>51.35</u>
4 Wilco v.d. Akker	AZPC	73-019	25.39	<u>51.65</u>
5 Leon Verhage	Nautilus	64-539	25.09	<u>51.76</u>
6 Ronald van Dongen	HZC-Weusthag	69-454	24.81	<u>52.11</u>
7 Kees Robbertsen	DZPC	71-776	25.08	<u>52.30</u>
8 John Machielsens	HPC	68-707	25.37	<u>52.43</u>

Prog 49 100m vrij HEREN B-FINALE

1 Danny Nelson	Nautilus	71-541	25.05	<u>51.51</u>
2 Vincent Elgersma	Dolfijn	73-286	25.22	<u>52.43</u>
3 Marcel de Natris	Zijl/L.G.B.	70-049	25.53	<u>52.91</u>
4 Edwin de Wilde	AZPC	72-469	25.72	<u>53.02</u>
5 Bram van Haandel	Hydra	73-187	25.84	<u>53.19</u>
6 Marcel Ekkelboom	Dinkel	64-451	25.65	<u>53.28</u>
7 Tim Hoeymans	PSV	74-426	25.89	<u>53.71</u>
8 Tibor Stomp	Meent	72-298	26.20	<u>53.73</u>

Prog 050 200m vrije slag DAMES A-FINALE

1 Marianne Muis	ZPA	68-561	27.81	58.03	1:27.70	<u>1:57.13</u> NR
2 Karin Brienesse	Orca	69-377	27.86	58.12	1:28.62	<u>1:59.48</u>
3 Diana v.d. Plaats	Dolfijn	71-717	27.87	58.12	1:29.35	<u>2:00.50</u>
4 Ingrid Baars	Dolfijn	69-080	28.15	58.71	1:29.87	<u>2:00.79</u>
5 Natasja Robert	DAW/Sportline	72-328	28.72	59.70	1:31.80	<u>2:03.12</u>
6 Manon Masseurs	HPC	74-656	28.85	59.98	1:32.57	<u>2:05.30</u>
7 Brenda Starink	Kempvis	74-378	29.17	1:00.59	1:33.32	<u>2:06.33</u>
8 Kristel Tellegen	PSV	74-016	29.60	1:02.16	1:35.25	<u>2:08.18</u>

Prog. 050 200M Vrije Slag Dames B-FINALE

1 Renate Wigger	Dinkel	70-176	28.70	1:00.97	1:33.36	<u>2:05.86</u>
2 Iris Westrik	Dinkel	74-322	29.61	1:01.79	1:34.26	<u>2:06.22</u>
3 Renate Wijering	Dinkel	75-401	29.33	1:01.95	1:34.93	<u>2:06.94</u>
4 Anouk Visscher	Dinkel	75-397	29.75	1:02.51	1:35.64	<u>2:07.22</u>
5 Kirsten Vlieghuis	Dinkel	76-398	29.64	1:02.34	1:35.88	<u>2:07.89</u>
6 Ingrid Koeman	Dolfijn	71-067	29.59	1:02.20	1:35.88	<u>2:08.79</u>
7 Kitty Mensink	Dinkel	76-293	29.31	1:02.08	1:36.02	<u>2:09.31</u>
8 Karen Guldemond	HPC	75-026	30.20	1:02.63	1:36.88	<u>2:11.57</u>



NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog 046 200m vlinderslag j'74

1 Martijn Both	Dolfijn	74-578	30.01	1:03.93	1:37.78	<u>2:13.00</u>
2 Tim Hoeymans	PSV	74-426	28.73	1:02.44	1:38.39	<u>2:14.62</u>
3 Bas Ido Wennikes	DWK	74-637	30.21	1:04.67	1:39.80	<u>2:14.70</u>
4 Allard Wagenveld	NZC '21	74-400	30.64	1:06.25	1:42.12	<u>2:17.55</u>
5 Remco Folkertsma	B&O Torpedo	74-027	30.56	1:06.08	1:41.65	<u>2:17.98</u>

Prog 047 200m vlinderslag j'73/'72

1 Dennis Parlevliet	PSV	73-644	29.40	1:01.60	1:33.49	<u>2:06.85</u>
2 Bram van Haandel	Hydra	73-187	30.50	1:04.78	1:36.99	<u>2:10.40</u>
3 Arjan van Vliet	Nautilus	73-497	28.33	1:01.19	1:35.64	<u>2:10.47</u>
4 Vincent Elgersma	Dolfijn	73-286	28.27	1:00.65	1:34.98	<u>2:10.96</u>
5 Almar v.d. Meer	B&O Torpedo	72-015	29.72	1:03.45	1:37.41	<u>2:11.07</u>
6 Niels Hilbrink	DZPC	72-357	29.57	1:02.56	1:36.80	<u>2:11.84</u>
7 Robin Boon	Oceanus	73-355	29.95	1:03.89	1:37.51	<u>2:11.87</u>
8 Ernst Stam	DAW/Sportline	72-538	29.54	1:03.48	1:37.76	<u>2:13.29</u>
9 Stefan Dortmond	Nautilus	72-605	29.17	1:02.53	1:36.30	<u>2:13.66</u>
10 Martijn van Heusden	B&O Torpedo	72-030	29.22	1:02.78	1:37.61	<u>2:14.07</u>
11 Patrick Jordan	Meent	73-182	29.96	1:03.80	1:39.38	<u>2:15.40</u>
12 Geert Donkers	Breda	72-340	30.29	1:04.27	1:39.79	<u>2:15.51</u>
13 Jan Fiechter	TRB-RES	72-456	29.87	1:04.20	1:40.18	<u>2:16.44</u>
14 Eelco van Gemert	Stormvogel	72-275	29.25	1:04.19	1:39.30	<u>2:16.62</u>
15 Tibor Stomp	Meent	72-298	29.37	1:03.52	1:39.92	<u>2:16.66</u>
16 Frank Huisman	Zeemacht	73-372	28.98	1:02.51	1:38.86	<u>2:17.42</u>

Prog 048 200m vlinderslag Heren

1 John Machielsen	HPC	68-707	28.20	59.51	1:31.49	<u>2:03.65</u>
2 Casper van Dam	Zwemlust/DH	71-405	27.11	59.73	1:32.03	<u>2:04.15</u>
3 Marco v.d. Berg	DSZ	69-427	27.71	59.39	1:32.54	<u>2:07.24</u>
4 Benny Mensink	ZPA	66-305	28.77	1:01.43	1:34.79	<u>2:08.87</u>
5 Martin v.d. Spoel	DWK	71-316	28.62	1:02.10	1:34.43	<u>2:08.88</u>
6 Chester Marsman	Haaïen	69-244	28.58	1:02.56	1:35.77	<u>2:09.50</u>
7 Alain de Kort	HPC	69-222	28.27	1:01.44	1:35.15	<u>2:09.66</u>
8 Stan Steegeling	Dolfijn	71-016	28.49	1:00.82	1:35.91	<u>2:10.91</u>
9 Marc van Haelen	Zeemacht	71-391	28.89	1:02.51	1:37.57	<u>2:12.71</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
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Prog 041 200m schoolslag m73/72

1 Kira Bulten	Steur	73-390	35.05	1:12.99	1:53.09	<u>2:33.81</u>
2 Sylvia Gase	Dolfijn	73-311	36.35	1:16.75	1:58.37	<u>2:40.74</u>
3 Radna Mulder	PSV	73-040	35.89	1:16.21	1:58.42	<u>2:40.79</u>
4 Ellen Willemse	GZC	73-362	37.15	1:19.15	2:01.07	<u>2:44.90</u>
5 Suzette de Kler	Zijl/LGB	73-045	38.05	1:20.29	2:03.76	<u>2:47.92</u>
6 Birgit Heyl	Merlet	73-205	37.00	1:20.14	2:04.83	<u>2:49.06</u>
7 Inge Swinkels	Heygrave	72-211	37.89	1:20.96	2:05.42	<u>2:51.21</u>

Prog 042 200m schoolslag Dames

1 Linda Moes	Bubble	71-509	34.73	1:13.48	1:53.86	<u>2:34.22</u>
2 Ynske Smit	Orca	71-382	35.15	1:14.57	1:54.38	<u>2:35.18</u>
3 Wendy Ligtenberg	Dinkel	70-343	34.60	1:14.02	1:54.77	<u>2:36.89</u>
4 Nina Hulleman	DZPC	71-521	35.65	1:15.89	1:57.13	<u>2:39.30</u>
5 Karin Moed	TZC-Vahalis	71-190	36.56	1:17.69	2:00.71	<u>2:43.19</u>

Prog 043 200m vlinderslag j77

1 Dwight Senduk	Dolfijn	77-075	33.45	1:09.74	1:48.58	<u>2:28.08</u>
2 Richard vDuijvenbode	LZ 1886	77-567	34.46	1:13.68	1:55.26	<u>2:36.97</u>
3 Michel Zwennes	DWK	77-540	35.36	1:16.18	1:59.28	<u>2:39.40</u>
4 Oscar Breukels	Rijn	77-669	35.34	1:16.83	1:59.56	<u>2:40.24</u>

Prog 044 200m vlinderslag j76

1 Antoine Calis	AZC/Tarvo	76-699	31.60	1:07.04	1:43.83	<u>2:19.93</u>
2 Christian Fischer	HPC	76-732	31.20	1:07.30	1:44.12	<u>2:20.22</u>
3 Evert-Jan van Harten	DWK	76-478	31.54	1:07.70	1:45.05	<u>2:24.67</u>
4 Ronald Fijn	Steur	76-449	32.10	1:07.51	1:45.71	<u>2:24.73</u>
5 Rowin Timmermans	WVZ	76-013	32.99	1:11.01	1:50.22	<u>2:28.78</u>
6 Roy Meyboom	MZPC	76-728	32.31	1:09.76	1:49.64	<u>2:29.93</u>
7 Frans Merks	Tiamat	76-233	33.16	1:10.87	1:50.95	<u>2:32.69</u>
8 Edwin Blom	Nautilus	76-581	33.38	1:11.95	1:52.31	<u>2:33.00</u>
9 Kim Bouwes	Stadskanaal	76-307	32.55	1:11.28	1:51.89	<u>2:33.25</u>

Prog 045 200m vlinderslag j75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	28.95	1:01.43	1:35.66	<u>2:10.16</u>
2 Edgar Thimister	MZPC	75-676	29.60	1:03.71	1:40.10	<u>2:15.62</u>
3 Christian de Groot	LZ 1886	75-574	29.54	1:04.62	1:40.53	<u>2:15.77</u>
4 Ronnie Uitzetter	ZPA	75-399	29.92	1:04.22	1:40.08	<u>2:16.25</u>
5 Mark Schouten	LZ 1886	75-410	29.83	1:05.10	1:41.40	<u>2:20.05</u>
6 Martijn Baans	Kempvis	75-623	30.48	1:06.31	1:44.20	<u>2:23.48</u>
7 Brent Senduk	Dolfijn	75-076	31.28	1:07.94	1:45.71	<u>2:23.88</u>
8 Richard Middelbos	Stadskanaal	75-417	30.76	1:06.20	1:44.60	<u>2:24.52</u>
9 Mark Liesting	Bevers	75-348	31.91	1:09.24	1:47.55	<u>2:24.82</u>
10 Dennis Schouten	LZ 1886	75-409	31.43	1:08.67	1:47.48	<u>2:25.59</u>
11 Patrick Gehasse	Orca	75-353	32.48	1:10.03	1:47.89	<u>2:26.04</u>
12 Jaap Simonis	Houtrib	75-413	32.89	1:09.98	1:47.95	<u>2:26.28</u>
13 Patrick Reniers	Breda	75-270	30.64	1:07.26	1:46.71	<u>2:26.85</u>
14 Jan Willem van Dijk	Haaien	75-363	31.78	1:09.25	1:48.86	<u>2:29.31</u>
15 Harl Tielemans	Tiamat	75-210	32.68	1:10.71	1:50.27	<u>2:29.82</u>
16 Henk v.d. Veen	EZV	75-172	31.18	1:09.23	1:50.62	<u>2:31.62</u>



NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

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Prog 037 200m schoolslag m77

1 Martine Janssen	Vrije Slag	77-391	38.30	1:21.31	2:05.84	<u>2:48.89</u>
2 Marloes Neijman	BZV	77-545	38.46	1:21.40	2:06.50	<u>2:52.13</u>
3 Susanne Kentgens	MZPC	77-682	38.73	1:21.43	2:06.90	<u>2:53.55</u>
4 Martinique Koridon	Steur	77-410	39.41	1:23.82	2:09.20	<u>2:54.04</u>
5 Priscilla Laurens	ZPA	77-498	39.56	1:23.62	2:09.09	<u>2:54.41</u>
6 Margot Hoogeveen	DZPC	77-673	39.28	1:24.08	2:10.10	<u>2:54.63</u>
7 Naomi v.d. Woerd	TZC-Vahalis	77-269	40.10	1:25.12	2:10.87	<u>2:55.80</u>
8 Paula Boot	Neptunia'24	77-364	40.09	1:25.86	2:13.05	<u>2:58.38</u>
9 Fleur Bakker	LZ 1886	77-473	40.77	1:25.37	2:13.28	<u>2:58.41</u>
10 Kim Engbers	Damixa-Ravijn	77-575	39.80	1:24.23	2:10.99	<u>2:58.70</u>
11 Saskia Stoteler	Groenlo	77-245	39.95	1:25.39	2:13.12	<u>2:59.78</u>
12 Barbara van Lieshout	Heygrave	77-231	41.76	1:26.84	2:14.63	<u>3:02.07</u>
13 Ryan Verplanke	Scheldestroom	77-152	39.35	1:25.95	2:14.58	<u>3:03.62</u>
14 Fanneke Joling	DZPC	77-661	40.19	1:26.95	2:15.24	<u>3:03.97</u>

Prog 038 200m schoolslag m76

1 Wendy Groeneveld	Dinkel	76-339	37.47	1:18.40	1:59.20	<u>2:40.34</u>
2 Monique Hamstra	Stadskanaal	76-365	36.75	1:17.21	1:59.66	<u>2:43.11</u>
3 Mariska Leege	Stadskanaal	76-327	37.33	1:18.79	2:00.81	<u>2:43.58</u>
4 Christina Negerman	Bolsward	76-324	37.60	1:19.67	2:02.49	<u>2:45.90</u>
5 Lilian Visscher	Steur	76-479	38.56	1:21.28	2:05.48	<u>2:49.01</u>
6 Francis de Kort	AZPC	76-063	37.81	1:20.68	2:05.36	<u>2:49.42</u>
7 Leda Bitanc	VZC	76-533	38.19	1:20.89	2:05.21	<u>2:49.63</u>
8 Bianca Lutters	PSV	76-037	39.42	1:22.41	2:06.69	<u>2:50.42</u>
9 Danielle Klaverdijk	Nautilus	76-430	39.18	1:22.88	2:07.70	<u>2:53.81</u>
10 Chantal Vlot	Reestduikers	76-003	39.29	1:24.01	2:10.39	<u>2:55.48</u>
11 Corine Kenkhuis	VZPC	76-332	39.10	1:23.98	2:09.50	<u>2:55.50</u>
12 Olga Bouwmeester	LZ 1886	76-495	39.36	1:24.01	2:10.27	<u>2:55.96</u>
13 Anette van Dijk	Steur	76-394	39.17	1:23.30	2:09.57	<u>2:56.44</u>
14 Andrea Hoenselaar	LZ 1886	76-440	38.30	1:24.28	2:11.57	<u>2:57.27</u>

Prog 039 200m schoolslag m75

1 Sandra van 't Hof	Dolfijn	75-273	35.87	1:16.37	1:58.67	<u>2:40.17</u>
2 Melanie Bos	Stormvogel	75-252	36.18	1:16.67	2:00.13	<u>2:43.71</u>
3 Linda v.d. Bosch	WVZ	75-528	37.93	1:20.39	2:03.21	<u>2:46.08</u>
4 Minouche Smit	Hoorn	75-365	37.72	1:20.98	2:04.78	<u>2:47.40</u>
5 Jacqueline Nieland	Stadskanaal	75-415	38.07	1:20.72	2:04.62	<u>2:47.53</u>
6 Kim Speekenbrink	TZC-Vahalis	75-310	38.72	1:21.54	2:05.22	<u>2:48.11</u>
7 Hilde Swiers	Bubble	75-427	37.64	1:20.89	2:04.77	<u>2:48.93</u>
8 Femke Ytsma	DZPC	75-550	38.05	1:21.48	2:06.34	<u>2:50.83</u>
9 Marischka Koek	Biesboschzw.	75-207	38.16	1:22.05	2:07.00	<u>2:51.99</u>
10 Diana Ijspeert	DWK	75-480	39.06	1:23.58	2:08.99	<u>2:53.37</u>
11 Karin Koelma	Dinkel	75-399	37.94	1:22.08	2:08.14	<u>2:53.75</u>

Prog 040 200m schoolslag m74

1 Kristel Tellegen	PSV	74-016	36.00	1:15.49	1:55.71	<u>2:35.75</u>
2 Wendy Leemker	Orca	74-431	36.76	1:17.79	1:59.29	<u>2:41.06</u>
3 Hanneke Koopmans	Zijl/LGB	74-058	35.66	1:16.49	1:58.53	<u>2:41.08</u>
4 Heleen van der Leij	SGG	74-415	36.26	1:17.26	1:59.52	<u>2:41.64</u>
5 Miranda Smits	PSV	74-660	37.53	1:20.43	2:01.92	<u>2:44.06</u>
6 Danny van Klink	Stadskanaal	74-406	36.40	1:18.54	2:02.51	<u>2:45.32</u>
7 Renate Duim	Dolfijn	74-569	35.87	1:18.57	2:02.85	<u>2:47.51</u>
8 Annemarie Camu	Zignea	74-349	37.31	1:19.58	2:03.74	<u>2:47.61</u>
9 Nancy Kijk in de Vegte	LZ 1886	74-380	38.53	1:22.06	2:06.65	<u>2:50.95</u>



NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

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DRACHTEN

Prog 033 200m rug j'75

1 Christian de Groot	LZ 1886	75-574	30.64	1:05.03	1:40.66	<u>2:16.36</u>
2 Frank Laffeber	Nautilus	75-613	32.00	1:06.98	1:42.84	<u>2:18.37</u>
3 Rob Nijweide	WWV	75-176	32.48	1:08.41	1:44.32	<u>2:19.15</u>
4 Eddy Brinkmeyer	DAW/Sportline	75-429	31.59	1:06.54	1:43.70	<u>2:20.78</u>
5 Erwin Ruysink	AZPC	75-062	33.11	1:09.96	1:46.74	<u>2:23.39</u>
6 Barry van Leeuwen	DZV-Koudijs	75-482	31.88	1:08.68	1:46.65	<u>2:24.04</u>
7 Marcel Kentgens	MZPC	75-681	32.83	1:10.10	1:47.91	<u>2:24.82</u>
8 Martijn Perlee	HPC	75-583	32.40	1:08.39	1:46.03	<u>2:25.44</u>
9 Bart Gersen	Oceanus	75-332	33.82	1:11.10	1:49.42	<u>2:26.76</u>
10 Jasper Bisselink	HPC	75-644	33.09	1:09.76	1:47.41	<u>2:26.85</u>
11 Maikel Klaver	Orca	75-398	32.45	1:09.21	1:47.81	<u>2:27.11</u>
12 Remco Hitzert	AZPC	75-476	34.52	1:13.97	1:52.16	<u>2:30.81</u>
13 R. Groot Roessink	Natare	75-216	33.51	1:11.56	1:51.41	<u>2:31.34</u>

Prog 034 200m rug j'74

1 Robin Sprinkhuizen	Zijl/LGB	74-710	31.30	1:05.38	1:40.41	<u>2:16.44</u>
2 Paul Daman	DZV-Koudijs	74-417	30.33	1:04.14	1:40.53	<u>2:18.04</u>
3 Robert Langeler	VZPC	74-258	31.88	1:06.55	1:42.77	<u>2:19.01</u>
4 Allard Wagenveld	NZC'21	74-400	31.74	1:06.96	1:43.48	<u>2:19.28</u>
5 Martijn Fietje	Meent	74-227	31.92	1:07.54	1:44.47	<u>2:21.15</u>
6 Arjan Wessels	VZPC	74-324	32.08	1:07.71	1:43.92	<u>2:21.37</u>
7 Emile v.d. Wielen	Zeester	74-347	32.35	1:07.84	1:46.56	<u>2:23.37</u>
8 Pim Commandeur	Duikelaar	74-174	31.99	1:08.71	1:45.74	<u>2:24.02</u>
9 Albert Goudsmit	AZPC	74-513	31.41	1:07.14	1:45.21	<u>2:24.19</u>

Prog 035 200m rug j'73/'72

1 Richard Blank	Dolfijn	72-551	30.23	1:02.45	1:33.72	<u>2:05.56</u>
2 Milco Hogerbrug	Nautilus	72-292	30.33	1:03.15	1:34.85	<u>2:06.95</u>
3 Marcel Wouda	Zeester	72-360	30.37	1:03.24	1:36.22	<u>2:09.38</u>
4 Jan Sonneveld	Dolfijn	72-015	29.62	1:02.18	1:35.78	<u>2:10.82</u>
5 Erik Saat	AZPC	73-507	29.68	1:03.62	1:38.09	<u>2:12.13</u>
6 Alexander Tellegen	PSV	72-015	30.61	1:04.20	1:38.58	<u>2:12.95</u>
7 Jan Willem v.d. Hoek	Gouwe	72-671	30.33	1:04.62	1:39.60	<u>2:14.76</u>
8 Roy v.d. Veen	Hoorn	73-467	30.68	1:05.00	1:40.39	<u>2:15.53</u>
9 Wilco v.d. Akker	AZPC	73-019	30.92	1:05.68	1:42.10	<u>2:16.08</u>
10 Goran Loos	Nautilus	72-507	30.13	1:04.50	1:40.80	<u>2:16.56</u>
11 Eduard van Veenen	Stadskanaal	73-407	31.86	1:06.35	1:41.83	<u>2:17.34</u>
12 Dirk Simon Beerda	Eemsrobbe	72-412	30.76	1:05.73	1:41.73	<u>2:17.99</u>
13 Jeroen Fietje	Meent	72-203	30.62	1:05.07	1:41.31	<u>2:19.80</u>
14 Dave Wertheym	AZC/Tarvo	73-605	31.92	1:07.42	1:44.15	<u>2:20.11</u>
15 Ernst Stam	DAW/Sportline	72-538	31.43	1:06.81	1:43.09	<u>2:20.12</u>

Prog 036 200m rug Heren

1 Martin v.d. Spoel	DWK	71-316	29.90	1:02.58	1:34.72	<u>2:06.12</u>
2 Ronald Sloeserwij	Dolfijn	69-648	29.69	1:01.82	1:33.80	<u>2:06.15</u>
3 Peter de Rover	Dolfijn	67-344	29.94	1:01.54	1:33.42	<u>2:06.62</u>
4 Peter Horsthuis	SGG	69-473	29.86	1:02.67	1:35.87	<u>2:08.73</u>
5 Frank ter Brugge	SGG	70-322	29.60	1:02.82	1:35.36	<u>2:08.94</u>
6 Guido Keutgen	Raket	68-371	29.13	1:01.58	1:35.48	<u>2:10.01</u>
7 Danny Nelson	Nautilus	71-541	31.15	1:04.41	1:37.42	<u>2:10.18</u>
8 Johan Dijkstra	Orca	71-434	30.06	1:03.27	1:37.09	<u>2:10.47</u>
9 Edwin v.d. Wulp	Steenwijk'34	70-332	30.72	1:04.40	1:38.35	<u>2:12.54</u>
10 Ruud Coone	Dolfijn	68-065	29.44	1:02.38	1:37.19	<u>2:13.17</u>
11 Udo Karten	De Ham	71-417	29.79	1:03.40	1:38.29	<u>2:14.24</u>
12 Michel Bakkenes	DWK	68-393	31.36	1:06.06	1:41.51	<u>2:17.57</u>



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Prog 028 200m vrij m'74

1 Manon Masseurs	HPC	74-656	28.23	59.60	1:31.86	<u>2:03.90</u>
2 Kristel Tellegen	PSV	74-016	29.62	1:01.56	1:33.61	<u>2:05.25</u>
3 Brenda Starink	Kempvis	74-378	29.20	1:00.82	1:33.25	<u>2:05.43</u>
4 Iris Westrik	Dinkel	74-322	29.74	1:02.16	1:35.04	<u>2:07.37</u>
5 Anita de Hoop	Orca	74-432	29.86	1:02.24	1:35.98	<u>2:09.04</u>
6 Hanneke Koopmans	Zijl/LGB	74-058	30.17	1:02.84	1:36.87	<u>2:11.10</u>
7 Angélique Wijnen	HZPC Ho	74-306	30.99	1:04.73	1:38.95	<u>2:13.69</u>

Prog 029 200m vrij m'73/'72

1 Natasja Robert	DAW/Sportline	72-328	29.18	1:00.77	1:33.08	<u>2:04.45</u>
2 Mireille Hogenhuis	Eemsrobben	73-606	29.64	1:01.78	1:34.78	<u>2:07.23</u>
3 Radna Mulder	PSV	73-040	29.37	1:01.60	1:34.95	<u>2:08.96</u>

Prog 030 200m vrij Dames

1 Marianne Muis	ZPA	68-561	27.66	57.85	1:28.04	<u>1:58.76</u>
2 Karin Briennesse	Orca	69-377	27.87	58.02	1:28.78	<u>1:59.85</u>
3 Diana v.d. Plaats	Dolfijn	71-717	27.72	57.84	1:29.22	<u>2:00.75</u>
4 Ingrid Baars	Dolfijn	69-080	28.27	58.90	1:30.02	<u>2:01.07</u>
5 Ellen Elzerman	B&O Torpedo	71-008	29.07	1:01.20	1:33.61	<u>2:05.27</u>
6 Renate Wigger	Dinkel	70-176	29.06	1:00.36	1:32.61	<u>2:06.01</u>
7 Ingrid Koeman	Dolfijn	71-067	29.11	1:01.20	1:35.15	<u>2:08.84</u>

Prog 031 200m rug j'77

1 Pascal Lafort	Numansdorp	77-310	34.73	1:12.28	1:50.53	<u>2:29.39</u>
2 Hans Hulsen	PSV	77-074	33.52	1:12.07	1:52.23	<u>2:32.37</u>
3 Michel Zwennes	DWK	77-540	36.05	1:15.32	1:54.90	<u>2:33.31</u>
4 Wilfred v Middendorp	DWK	77-557	35.68	1:15.72	1:56.07	<u>2:36.04</u>
5 Gerjan Hulstijn	HZC-Weusthag	77-397	34.55	1:13.93	1:55.65	<u>2:36.38</u>
6 Edwin Wijnen	Damixa/Ravijn	77-614	34.54	1:14.31	1:57.11	<u>2:36.63</u>
7 Arthur Beemster	Waterland	77-206	35.43	1:15.03	1:56.81	<u>2:38.61</u>
8 Ard Noeverman	Stadskanaal	77-358	35.40	1:15.74	1:57.45	<u>2:39.02</u>
9 Maarten Obbes	Stadskanaal	77-414	36.90	1:18.00	2:00.23	<u>2:41.86</u>
10 Oscar Breukels	Rijn	77-669	35.98	1:16.83	1:59.94	<u>2:42.00</u>
11 Ronald van Charante	Watervlo	77-436	37.46	1:18.15	2:01.03	<u>2:43.90</u>

Prog 032 200m rug j'76

1 Christian Fischer	HPC	76-732	31.45	1:06.37	1:42.05	<u>2:17.70</u>
2 Rowin Timmermans	WVZ	76-013	33.90	1:10.99	1:48.85	<u>2:25.21</u>
3 Hans Geert Mast	DZPC	76-708	32.44	1:09.06	1:47.56	<u>2:25.78</u>
4 Michiel Krikke	Dolfijn	76-010	33.44	1:10.22	1:48.56	<u>2:26.42</u>
5 Kim Bouwes	Stadskanaal	76-307	33.11	1:10.72	1:49.60	<u>2:27.84</u>
6 Bart Heggelman	WVZ	76-670	33.56	1:11.37	1:50.22	<u>2:28.05</u>
7 Sander Horenberg	Zevenhuizen	76-398	34.32	1:12.12	1:51.11	<u>2:28.36</u>
8 Joep van Dijk	TRB-RES	76-599	33.30	1:10.65	1:49.67	<u>2:29.14</u>
9 Maarten Jaarsma	ZPA	76-531	32.88	1:10.41	1:49.97	<u>2:29.47</u>
10 Frank Kleyer	DWK	76-530	33.96	1:11.81	1:51.22	<u>2:31.42</u>
11 Evert-Jan van Harten	DWK	76-478	33.74	1:11.89	1:52.34	<u>2:33.11</u>
12 Jeroen Goes	AZPC	76-041	34.24	1:13.40	1:53.98	<u>2:33.54</u>



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Prog. 024 100m VRIJE SLAG HEREN

1	Ron Dekker	IJssel	66-044	24.16	50.25
2	Ronald Sloeserwij	Dolfijn	69-648	24.79	50.97
3	Etienne Boukal	Dolfijn	69-300	24.60	51.22
4	Leon Verhage	Nautilus	64-539	24.86	51.45
5	John Machielsens	HPC	68-707	25.40	52.22
6	Kees Robbertsen	DZPC	71-776	25.37	52.28
7	Ronald van Dongen	HZC-Weusthag	69-454	24.93	52.30
8	Casper van Dam	Zwemlust/DH	71-405	24.96	52.38
9	Marcel de Natris	Zijl/L.G.B.	70-049	25.30	52.40
10	Danny Nelson	Nautilus	71-541	25.82	52.79
11	Marcel Ekkelboom	Dinkel	64-451	25.32	52.86

Prog 025 200m vrij m'77

1	Saskia Stoteler	Groenlo	77-245	30.72	1:04.55	1:38.33	<u>2:11.43</u>
2	Karen Wammes	TZC-Vahalis	77-296	31.41	1:05.36	1:39.80	<u>2:13.30</u>
3	Martinique Koridon	Steur	77-410	30.85	1:05.30	1:40.27	<u>2:13.47</u>
4	Madelon Baans	Kempvis	77-624	30.86	1:05.50	1:41.26	<u>2:16.81</u>
5	Fleur Bakker	LZ 1886	77-473	31.51	1:07.24	1:43.44	<u>2:16.94</u>
6	Margot Hoogveen	DZPC	77-673	31.69	1:06.75	1:43.46	<u>2:18.12</u>
7	Annemieke Mos	B&O Torpedo	77-043	31.80	1:07.02	1:43.61	<u>2:18.46</u>
8	Linda de Boer	DAW/Sportline	77-434	31.47	1:06.67	1:43.84	<u>2:19.52</u>
9	Priscilla Laurens	ZPA	77-498	31.96	1:07.37	1:44.13	<u>2:20.05</u>
10	Karin Hammink	ZPA	77-496	32.03	1:07.72	1:44.70	<u>2:20.69</u>
11	Johanna de Kooter	Biesboschzw.	77-211	32.22	1:07.67	1:44.52	<u>2:21.38</u>

Prog 026 200m vrij m'76

1	Kirsten Vlieghuis	Dinkel	76-398	29.24	1:01.83	1:35.23	<u>2:06.43</u>
2	Kitty Mensink	Dinkel	76-293	29.27	1:01.77	1:35.23	<u>2:06.45</u>
3	Bianca Lutters	PSV	76-037	30.20	1:02.83	1:36.53	<u>2:09.60</u>
4	Marielle Piels	TZC-Vahalis	76-311	30.37	1:03.88	1:38.03	<u>2:11.31</u>
5	Sigrid Pels	Steur	76-450	31.10	1:05.57	1:40.38	<u>2:13.63</u>
6	Danielle Klaverdijk	Nautilus	76-430	30.37	1:03.59	1:38.39	<u>2:13.63</u>
7	Muriel de Groot	NDZ'85	76-059	30.91	1:04.38	1:39.55	<u>2:14.19</u>
8	Maaik Kleinsmann	OZPC	76-600	31.39	1:05.78	1:40.81	<u>2:15.26</u>
9	Noortje Dekkers	Heygrave	76-214	30.94	1:05.62	1:40.86	<u>2:15.33</u>
10	Regina van Bruggen	WVZ	76-609	31.33	1:05.46	1:41.12	<u>2:16.22</u>
11	Bianca Hocks	LZ 1886	76-439	30.70	1:05.03	1:41.29	<u>2:18.04</u>

Prog 027 200m vrij m'75

1	Renate Wijering	Dinkel	75-401	29.16	1:01.36	1:34.20	<u>2:06.16</u>
2	Anouk Visscher	Dinkel	75-397	29.66	1:02.19	1:35.28	<u>2:07.41</u>
3	Nancy Timmermans	De Aa	75-441	29.38	1:01.75	1:34.86	<u>2:08.26</u>
4	Karen Guldemond	HPC	75-026	29.41	1:01.54	1:35.13	<u>2:08.45</u>
5	Nida Zuhail	Double D.VZC	75-403	30.33	1:02.85	1:36.53	<u>2:10.04</u>
6	Marion van Hooft	Gouwe	75-463	29.96	1:02.47	1:36.22	<u>2:10.45</u>
7	Minouche Smit	Hoom	75-365	30.15	1:03.67	1:37.84	<u>2:11.03</u>
8	Linda v.d. Bosch	WVZ	75-528	30.36	1:03.46	1:37.50	<u>2:11.05</u>
9	Wilma Veldhoen	DSZ	75-404	30.87	1:04.54	1:39.30	<u>2:13.01</u>
10	Ilona Kalter	Houtrib	75-557	30.43	1:04.27	1:39.08	<u>2:13.50</u>
11	Karin Stastra	LZ 1886	75-403	31.68	1:07.41	1:44.60	<u>2:21.65</u>



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Prog 021 100m vrij j'75

1 Martijn Baans	Kempvis	75-623	26.19	<u>55.08</u>
2 Jeroen v.d. Loosdrecht	Kempvis	75-451	26.72	<u>55.53</u>
3 Brent Senduk	Dolfijn	75-076	26.71	<u>55.92</u>
4 Rob Nijweide	WWV	75-176	26.90	<u>56.05</u>
5 Erwin Ruysink	AZPC	75-062	26.47	<u>56.08</u>
6 Ronnie Uitzetter	ZPA	75-399	27.23	<u>56.45</u>
7 Michel Bom	Zeus	75-518	26.89	<u>56.60</u>
8 Jos Middelberg	Dolfijn	75-078	26.69	<u>56.67</u>
9 Jacky Gnodde	Zignea	75-376	27.21	<u>56.83</u>
10 Frank Laffeber	Nautilus	75-613	27.68	<u>56.83</u>
11 Mark Schouten	LZ 1886	75-410	27.11	<u>57.21</u>
12 Dennis Schouten	LZ 1886	75-409	27.86	<u>57.40</u>
13 Jean Paul Tate	Oceanus	75-329	27.16	<u>57.68</u>
14 Edgar Thimister	MZPC	75-676	28.04	<u>57.73</u>
15 Willy Hansen	Dinkel	75-400	27.86	<u>57.82</u>
16 Nicolas Riverola	Stormvogel	75-318	27.23	<u>58.24</u>

Prog 022 100m vrij j'74

1 Tim Hoeymans	PSV	74-426	25.69	<u>53.30</u>
2 Martijn Both	Dolfijn	74-578	26.33	<u>54.05</u>
3 Robin Sprinkhuizen	Zijl/LGB	74-710	26.31	<u>54.26</u>
4 Marco Mulder	AZPC	74-826	27.13	<u>54.89</u>
5 Wouter Steller	AZC/Tarvo	74-367	26.17	<u>55.13</u>
6 Theo Hulshof	Nautilus	74-378	26.86	<u>56.03</u>
7 Henk v.d. Kamp	Orca	74-329	26.49	<u>56.11</u>
8 Sjaak Kuiken	Orca	74-480	26.57	<u>56.12</u>
9 J. d Velde Harsenhorst	Deltazwemmers	74-144	25.89	<u>56.23</u>
10 Benny Dersigni	Biesboschzw.	74-232	27.27	<u>57.16</u>
11 Gert Jan Abbink	De Whee	74-191	27.29	<u>57.20</u>
12 Hennie Kersten	NZC'21	74-536	28.15	<u>57.64</u>
13 Freek Carol	ZPA	74-405	27.32	<u>57.90</u>

Prog 023 100m vrij j'73/'72

1 Wilco v.d. Akker	AZPC	73-019	24.59	<u>51.25</u>
2 Richard Blank	Dolfijn	72-551	25.31	<u>51.63</u>
3 Dennis Parlevliet	PSV	73-644	24.94	<u>52.35</u>
4 Marcel Wouda	Zeester	72-360	25.28	<u>52.88</u>
5 Bram van Haandel	Hydra	73-187	25.72	<u>52.96</u>
6 Edwin de Wilde	AZPC	72-469	25.94	<u>53.30</u>
7 Vincent Elgersma	Dolfijn	73-286	25.86	<u>53.43</u>
8 Tibor Stomp	Meent	72-298	25.71	<u>53.49</u>
9 Niels Hilbrink	DZPC	72-357	26.05	<u>53.76</u>
10 Jan Willem v.d. Hoek	De Gouwe	72-671	25.97	<u>53.78</u>
11 Dennis Rijnbeek	Rapido'82	72-226	25.49	<u>54.01</u>
12 Mark v.d. Zijden	Gouwe	73-699	25.80	<u>54.16</u>
13 Almar v.d. Meer	B&O Torpedo	72-015	26.22	<u>54.26</u>
14 Robin Boon	Oceanus	73-355	26.35	<u>55.20</u>



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RECTIFICATIE

Finale uitslag 50m Vrije slag Dames

nr 25.00 Annemarie Verstappen 13.02.1987
nar 26.07 Marieke Mastenbroek 14.11.1987

A-Finale

1 Marianne Muis	ZPA	68-561	25.43
2 Inge de Bruijn	Dolfijn	73-079	25.95
3 Karin Briennesse	Orca	69-377	26.04
4 Diana v.d. Plaats	Dolfijn	71-717	26.05
5 Angela Postma	Zignea	71-363	26.47
6 Mildred Muis	ZPA	68-560	26.48
Ellen Elzerman	B&O Torpedo	71-008	26.51
Saskia van Minnen	Meent	66-299	27.12

B-Finale

1 Renate Wigger	Dinkel	70-176	27.01
2 Natasja Robert	DAW/Sportline	72-328	27.22
3 Margriet van Staveren	Steur	70-231	27.27
4 Brenda Starink	Kempvis	74-378	27.29
5 Debby v.d. Staay	HPC	71-655	27.42
6 Saskia Lammerts	Tolhekke	70-133	27.62
7 Ilse Harms	Nautilus	69-374	27.62
8 Renate Wijering	Dinkel	75-401	29.03

Prog 019 100m vrij i'77

1 Pascal Lafort	Numansdorp	77-310	27.93	<u>58.62</u>
2 Hans Hulsen	P.S.V.	77-074	28.33	<u>59.31</u>
3 Dwight Senduk	Dolfijn	77-075	28.64	<u>1:00.17</u>
4 Rogier Stam	AZPC	77-828	28.69	<u>1:00.71</u>
5 Bob Heyl	Merlet	77-318	28.88	<u>1:01.21</u>
6 Emile Plugge	Bubble	77-504	30.69	<u>1:02.58</u>
7 Robert-Jan Derksen	Zwemlust/DH	77-567	29.91	<u>1:02.67</u>
Ronald van Charante	Watervlo	77-436	29.90	<u>1:02.91</u>
9 Jarino Toppenberg	De Rijn	77-557	29.68	<u>1:03.13</u>
10 Richard vDuijvenbode	LZ 1886	77-567	30.66	<u>1:03.47</u>
11 Barry van Amersfoort	Woelwaters	77-314	29.95	<u>1:03.56</u>
12 Dave Middelburg	Hoogwerf	77-368	30.46	<u>1:03.57</u>
13 Michiel Kamphuis	PCG	77-449	30.83	<u>1:03.67</u>
14 Marcel Groot	Kon AZ 1870	77-494	29.84	<u>1:03.68</u>
15 Maarten Obbes	Stadskanaal	77-414	31.07	<u>1:04.76</u>
16 Marius Evers	De Aa	77-478	31.08	<u>1:05.27</u>

Prog 020 100m vrij i'76

1 Bart Heggelman	WVZ	76-670	27.56	<u>56.73</u>
2 Jeroen Goes	AZPC	76-041	27.44	<u>56.78</u>
3 Ronald Fijn	Steur	76-449	27.38	<u>57.04</u>
4 Sander Horenberg	Zevenhuizen	76-398	27.21	<u>57.13</u>
5 Christian Fischer	HPC	76-732	27.49	<u>57.33</u>
6 Roy Meyboom	MZPC	76-728	28.20	<u>58.06</u>
7 Jasper Middelberg	Dolfijn	76-077	28.10	<u>58.72</u>
8 Robert-Jan Broersma	Hatto Heim	76-372	28.93	<u>59.93</u>
9 Kim Bouwes	Stadskanaal	76-307	28.70	<u>1:00.09</u>
10 Andre Koopman	HZPC-He.	76-428	28.47	<u>1:00.63</u>



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Prog 018 4x100m vrij m.o.16

1 De Dinkel I	29.28	1:00.00	1:28.31	1:59.60
	2:28.29	2:59.36	3:27.14	<u>3:58.14</u>
2 De Dinkel II	29.06	1:00.13	1:29.21	2:01.91
	2:31.01	3:02.68	3:31.77	<u>4:03.36</u>
3 P.S.V.	29.49	1:00.35	1:30.01	2:02.54
	2:32.38	3:05.96	3:33.69	<u>4:04.11</u>
4 De Dolfijn	29.02	1:01.06	1:30.29	2:02.46
	2:31.50	3:03.84	3:33.55	<u>4:06.11</u>
5 T.Z.C.-Vahalis	28.88	1:01.48	1:31.79	2:04.99
	2:34.74	3:08.11	3:36.98	<u>4:09.34</u>
6 De Gouwe	28.76	1:01.09	1:32.26	2:07.94
	2:37.86	3:10.91	3:39.38	<u>4:10.75</u>
7 Die Heygrave	29.99	1:03.02	1:32.91	2:05.73
	2:36.27	3:10.42	3:38.91	<u>4:11.37</u>
8 De Dinkel III	30.08	1:03.33	1:33.25	2:05.60
	2:35.70	3:08.77	3:39.89	<u>4:14.30</u>
9 L.Z. 1886	30.64	1:04.37	1:33.73	2:06.52
	2:36.81	3:10.88	3:40.79	<u>4:15.13</u>
10 De Steur	30.35	1:03.38	1:33.84	2:08.37
	2:39.13	3:15.52	3:44.34	<u>4:17.89</u>



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Prog 017 4x100m wisselslag Heren

1 De Dolfijn I	28.03	59.25	1:29.11	2:03.20
2 Nautilus I	2:29.43	3:00.75	3:25.08	<u>3:51.29</u>
3 De Zijl/L.G.B. II	28.23	58.71	1:29.02	2:03.80
4 De Dolfijn II	2:29.68	3:01.01	3:25.64	<u>3:51.81</u>
5 Raket I	27.99	58.50	1:28.11	2:02.18
6 H.P.C.	2:29.06	2:58.89	3:14.15	<u>3:52.39</u>
7 P.S.V.	28.43	58.75	1:28.91	2:04.06
8 S.G.G.	2:30.37	3:01.36	3:25.57	<u>3:52.65</u>
9 A.Z.P.C.	27.52	58.27	1:28.64	2:02.97
10 Zeester	2:29.79	3:01.74	3:26.52	<u>3:54.55</u>
11 Nautilus II	28.56	59.91	1:31.07	2:07.26
12 M.Z.P.C.	2:34.57	3:06.36	3:31.17	<u>3:58.00</u>
13 Zwemlust/Den Hommel	29.92	1:02.22	1:32.39	2:08.86
14 De Zijl/L.G.B. I	2:35.82	3:06.86	3:31.75	<u>3:59.83</u>
15 D.Z.P.C.	28.56	59.82	1:31.52	2:09.81
16 Oceanus	2:35.81	3:06.56	3:31.62	<u>3:59.98</u>
17 Steenwijk '34	28.60	1:00.37	1:32.04	2:09.18
18 Raket II	2:35.88	3:09.17	3:34.17	<u>4:01.53</u>
19 D.W.K.	29.15	1:01.92	1:31.68	2:05.65
20 De Dinkel	2:34.07	3:08.30	3:33.81	<u>4:02.25</u>
21 L.Z. 1886	29.32	1:00.50	1:31.51	2:08.77
	2:36.34	3:09.35	3:34.35	<u>4:02.66</u>
	29.48	1:03.70	1:34.46	2:10.57
	2:37.35	3:09.50	3:34.99	<u>4:03.49</u>
	31.15	1:05.85	1:38.06	2:15.37
	2:40.61	3:09.98	3:35.36	<u>4:03.53</u>
	28.65	59.95	1:31.42	2:08.97
	2:37.02	3:09.73	3:35.63	<u>4:04.56</u>
	30.98	1:04.40	1:35.39	2:11.13
	2:39.17	3:11.82	3:37.16	<u>4:05.64</u>
	30.02	1:03.78	1:35.47	2:12.70
	2:39.12	3:10.20	3:36.28	<u>4:05.67</u>
	29.22	1:00.88	1:32.67	2:08.99
	2:36.43	3:09.88	3:35.87	<u>4:05.89</u>
	30.07	1:04.14	1:34.93	2:10.76
	2:38.45	3:11.14	3:37.38	<u>4:06.02</u>
	30.66	1:04.99	1:36.49	2:12.73
	2:39.30	3:11.41	3:37.23	<u>4:06.31</u>
	30.40	1:04.86	1:36.55	2:15.49
	2:43.70	3:16.95	3:42.05	<u>4:09.52</u>
	30.00	1:03.59	1:33.41	2:08.14
	2:36.44	3:11.67	3:38.43	<u>4:09.74</u>

Handwritten calculations and corrections:

- 05.65
1.92

3.73
- 1537
0998

5.39
- 54.61
- 1.0373
- 3.20
75

2.45
- 8.71
75

9.46
- 03.80
1.29

5.09
- 03.80
1.07

2.99
- 1.01
8.19

9.20
- 2.18
1.50

3.68
- 1.11
2.18

3.29
- 01.36
7.35

8.71
- 8.89
2.39

6.50
- 04.06
1.25

5.3



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
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Prog 012 800m vrij m'74

1 Manon Masseurs	HPC	74-656	29.35	1:01.45	1:35.06	2:08.78
			2:42.89	3:17.03	3:51.50	4:25.23
			4:58.80	5:32.93	6:06.88	6:40.29
			7:13.89	7:47.69	8:21.05	<u>8:53.88</u>
2 Iris Westrik	Dinkel	74-322	30.14	1:03.46	1:36.81	2:10.43
			2:44.43	3:18.78	3:52.92	4:26.78
			5:00.79	5:34.84	6:08.87	6:43.38
			7:18.00	7:52.58	8:27.48	<u>9:01.54</u>
3 Marloes Mensink	Dinkel	74-292	30.42	1:04.14	1:38.07	2:12.38
			2:46.97	3:21.95	3:57.10	4:32.22
			5:07.14	5:42.52	6:17.39	6:52.04
			7:26.96	8:01.24	8:35.52	<u>9:08.61</u>
4 Marieke Westerhof	Dinkel	74-319	31.00	1:05.10	1:39.77	2:14.82
			2:50.46	3:26.18	4:01.91	4:37.71
			5:13.66	5:49.73	6:25.60	7:01.56
			7:37.42	8:13.48	8:49.92	<u>9:25.55</u>
5 Sandra Nien	Rog	74-376	31.05	1:05.38	1:40.05	2:15.37
			2:51.08	3:27.29	4:03.34	4:39.71
			5:15.83	5:52.38	6:28.73	7:05.04
			7:41.61	8:17.90	8:54.22	<u>9:29.13</u>
6 Miranda Koot	AZL	74-605	30.17	1:04.92	1:40.93	2:17.76
			2:54.37	3:31.18	4:07.85	4:44.98
			5:22.00	5:58.60	6:35.78	7:13.36
			7:50.43	8:27.70	9:04.86	<u>9:41.41</u>

Prog 013 800m vrij m'73/'72

1 Natasja Robert	DAW/Sportline	72-328	29.81	1:02.25	1:35.58	2:09.12
			2:42.88	3:16.96	3:51.03	4:25.05
			4:58.97	5:33.19	6:07.35	6:41.60
			7:16.05	7:50.71	8:24.56	<u>8:57.35</u>

Prog 016 50m Vrije Slag Dames Finale

NR Annemarie Verstappen 13.02.1987
NAR Marieke Mastenbroek 14.11.1987

A-Finale

1 Marianne Muis	ZPA	68-561	25.27
2 Inge de Bruijn	Dolfijn	73-079	26.31
3 Karin Briennesse	Orca	69-377	26.32
4 Diana v.d. Plaats	Dolfijn	71-717	26.35
5 Mildred Muis	ZPA	68-560	26.60
6 Ellen Elzerman	B&O Torpedo	71-008	26.87
7 Saskia van Minnen	Meent	66-299	26.92
8 Angela Postma	Zignea	71-363	27.03

B-Finale

1 Natasja Robert	DAW/Sportline	72-328	27.09
2 Debby v.d. Staay	HPC	71-655	27.26
3 Renate Wigger	Dinkel	70-176	27.32
4 Margriet van Staveren	Steur	70-231	27.46
5 Brenda Starink	Kempvis	74-378	27.47
6 Saskia Lammerts	Tolhekke	70-133	27.49
7 Renate Wijering	Dinkel	75-401	27.56
8 Ilse Harms	Nautilus	69-374	27.61



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
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Prog 010 800m vrij m'76

1 Kirsten Vlieghuis	Dinkel	76-398	30.27	1:03.52	1:37.02	2:10.62
			2:44.61	3:18.97	3:53.49	4:27.77
			5:02.02	5:36.08	6:09.91	6:43.95
			7:18.06	7:52.30	8:25.81	8:58.21
2 Kitty Mensink	Dinkel	76-293	30.25	1:03.79	1:37.81	2:11.86
			2:46.47	3:21.37	3:56.21	4:31.07
			5:06.10	5:41.24	6:16.48	6:51.16
			7:26.14	8:01.15	8:35.76	9:09.45
3 Marielle Piels	TZC-Vahalis	76-311	30.70	1:04.81	1:39.77	2:15.00
			2:50.07	3:25.40	4:00.79	4:36.31
			5:11.77	5:47.71	6:23.67	6:59.54
			7:35.98	8:12.37	8:47.52	9:21.92
4 Regina van Bruggen	WVZ	76-609	31.77	1:06.45	1:42.05	2:17.67
			2:53.19	3:28.60	4:04.23	4:40.11
			5:15.86	5:51.67	6:28.18	7:03.77
			7:39.20	8:14.69	8:50.31	9:23.28
5 Bianca Lutters	PSV	76-037	30.97	1:04.99	1:39.92	2:15.22
			2:50.86	3:26.76	4:02.63	4:38.51
			5:14.20	5:50.25	6:26.41	7:02.72
			7:39.02	8:15.37	8:51.58	9:24.60
6 Bianca Hocks	LZ 1886	76-439	30.92	1:05.57	1:41.29	2:17.66
			2:54.27	3:31.87	4:09.55	4:47.58
			5:26.28	6:05.04	6:44.05	7:23.05
			8:01.95	8:40.85	9:19.55	9:57.80

Prog 011 800m vrij m'75

1 Nida Zuhai	Double D.VZC	75-403	30.53	1:03.62	1:37.29	2:11.01
			2:45.02	3:19.20	3:53.26	4:27.63
			5:01.72	5:35.88	6:10.02	6:44.11
			7:18.34	7:52.69	8:26.43	8:59.86
2 Anouk Visscher	Dinkel	75-397	30.70	1:04.23	1:38.17	2:12.53
			2:46.77	3:21.45	3:56.44	4:31.33
			5:06.19	5:40.75	6:15.69	6:50.66
			7:25.45	8:00.35	8:35.31	9:08.72
3 Minouche Smit	Hoorn	75-365	30.26	1:03.64	1:37.63	2:11.91
			2:46.58	3:21.36	3:56.38	4:31.25
			5:06.45	5:41.15	6:16.05	6:51.20
			7:26.44	8:01.66	8:36.96	9:11.10
4 Linda v.d. Bosch	WVZ	75-528	30.72	1:04.26	1:38.53	2:13.03
			2:47.82	3:22.88	3:57.72	4:32.86
			5:08.05	5:43.60	6:19.23	6:55.37
			7:31.57	8:07.92	8:44.15	9:18.68



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
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DRACHTEN

Prog 007 400m wissel pers. Heren

1	Martin v.d. Spoel	DWK	71-316	27.97	59.89	1:32.77	2:06.62
2	Stan Steegeling	Dolfijn	71-016	2:45.72	3:25.86	3:56.04	<u>4:26.39</u>
3	Alain de Kort	HPC	69-222	28.95	1:01.87	1:38.14	2:14.69
4	Ronald van Dongen	HZC-Weusthag	69-454	2:52.30	3:29.76	4:01.63	<u>4:33.53</u>
5	Benny Mensink	ZPA	66-305	28.59	1:01.70	1:36.53	2:12.11
6	Antoine van Weerde	LZ 1886	68-286	2:52.12	3:33.70	4:05.99	<u>4:37.77</u>
7	Chester Marsman	Haaien	69-244	28.45	1:01.19	1:37.75	2:15.17
				2:54.98	3:35.27	4:07.24	<u>4:38.26</u>
				28.95	1:02.24	1:38.72	2:15.73
				2:55.31	3:34.78	4:07.60	<u>4:39.27</u>
				29.25	1:03.27	1:40.73	2:20.19
				2:57.29	3:37.67	4:11.55	<u>4:46.07</u>
				28.68	1:02.04	1:36.86	2:13.31
				2:55.99	3:40.74	4:14.52	<u>4:48.02</u>

Prog 009 800m vrij m'77

1	Saskia Stoteler	Groenlo	77-245	31.52	1:06.25	1:41.63	2:17.14
				2:52.74	3:28.44	4:04.16	4:39.64
				5:15.25	5:50.78	6:26.96	7:02.79
				7:38.58	8:14.71	8:50.51	<u>9:23.85</u>
2	Karen Wammes	TZC-Vahalis	77-296	31.98	1:06.77	1:41.78	2:17.24
				2:52.50	3:28.25	4:04.17	4:39.25
				5:14.78	5:50.79	6:27.01	7:02.85
				7:38.71	8:14.96	8:50.94	<u>9:25.61</u>
3	Madelon Baans	Kempvis	77-624	31.87	1:07.61	1:44.21	2:20.85
				2:57.59	3:34.92	4:12.18	4:49.45
				5:26.80	6:04.07	6:41.33	7:18.60
				7:56.14	8:33.52	9:10.23	<u>9:44.64</u>
4	Fleur Bakker	LZ 1886	77-473	32.71	1:08.44	1:45.14	2:21.78
				2:58.96	3:35.93	4:13.50	4:50.90
				5:28.18	6:05.34	6:42.59	7:20.17
				7:57.73	8:34.71	9:11.29	<u>9:45.35</u>
5	Annemieke Mos	B&O Torpedo	77-043	31.61	1:07.76	1:44.75	2:21.47
				2:58.82	3:36.60	4:14.46	4:51.98
				5:29.87	6:07.75	6:45.78	7:24.25
				8:02.64	8:41.81	9:18.65	<u>9:55.38</u>
6	Karin Hammink	ZPA	77-496	32.55	1:09.15	1:46.22	2:23.64
				3:01.24	3:39.28	4:17.44	4:55.79
				5:34.36	6:13.72	6:52.83	7:32.19
				8:11.22	8:49.84	9:28.76	<u>10:06.70</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
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D.Z.-P.C.
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Prog 004 400m wisselslag pers. j'75

1 Jeroen v.d.Loosdrecht	Kempvis	75-451	28.09	1:00.76	1:37.24	2:13.93
			2:53.57	3:34.90	4:08.41	<u>4:39.76</u>
2 Ronnie Uitzetter	ZPA	75-399	30.18	1:04.05	1:40.40	2:17.68
			3:01.44	3:45.35	4:18.85	<u>4:50.09</u>
3 Frank Laffeber	Nautilus	75-613	30.08	1:04.43	1:40.78	2:17.91
			3:02.15	3:45.56	4:19.43	<u>4:51.45</u>
4 Jasper Bisselink	HPC	75-644	31.18	1:07.05	1:44.14	2:22.44
			3:03.59	3:44.96	4:19.45	<u>4:52.50</u>
5 Christian de Groot	LZ 1886	75-574	28.98	1:02.90	1:39.70	2:17.35
			3:01.46	3:44.98	4:20.46	<u>4:55.18</u>
6 Etan Ronen	PSV	75-049	31.72	1:10.20	1:48.83	2:27.21
			3:09.35	3:52.63	4:26.17	<u>4:58.75</u>
7 Richard Middelbos	Stadskanaal	75-417	31.27	1:07.55	1:47.43	2:26.85
			3:11.02	3:56.06	4:30.34	<u>5:03.23</u>

Prog 005 400m wissel pers. j'74

1 Tim Hoeymans	PSV	74-426	29.55	1:03.13	1:38.99	2:16.00
			2:55.96	3:36.78	4:09.57	<u>4:41.17</u>
2 Martijn Both	Dolfijn	74-578	29.84	1:04.14	1:41.00	2:19.49
			2:59.89	3:41.51	4:13.41	<u>4:45.51</u>
3 Robert Langeler	VZPC	74-258	31.90	1:08.23	1:44.81	2:21.87
			3:01.35	3:42.02	4:15.86	<u>4:48.82</u>
4 Allard Wagenveld	NZC'21	74-400	30.08	1:04.63	1:41.72	2:20.19
			3:02.54	3:45.17	4:18.59	<u>4:50.14</u>
5 Vincent de Bruyn	WVZ	74-529	31.10	1:07.69	1:45.98	2:25.48
			3:07.38	3:51.05	4:26.03	<u>5:00.78</u>
6 Danny Senden	MZPC	74-669	31.72	1:10.34	1:52.15	2:34.65
			3:15.62	3:58.20	4:34.96	<u>5:10.22</u>

Prog 006 400m wissel pers. j'73/'72

1 Marcel Wouda	Zeester	72-360	27.88	1:00.29	1:33.60	2:07.87
			2:45.39	3:23.91	3:54.14	<u>4:23.99</u> NR
2 Milco Hogerbrug	Nautilus	72-292	29.04	1:02.40	1:35.70	2:10.03
			2:51.68	3:33.09	4:04.80	<u>4:35.62</u>
3 Dennis Parlevliet	PSV	73-644	28.27	1:00.47	1:35.03	2:10.99
			2:51.17	3:32.89	4:04.44	<u>4:35.89</u>
4 Eduard van Veenen	Stadskanaal	73-407	30.20	1:04.24	1:40.91	2:17.99
			2:58.15	3:38.83	4:10.20	<u>4:40.97</u>
5 Almar v.d. Meer	B&O Torpedo	72-015	29.76	1:03.53	1:39.51	2:15.83
			2:57.33	3:39.52	4:10.96	<u>4:41.18</u>
6 Roy v.d. Veen	Hoorn	73-467	29.42	1:03.11	1:39.33	2:15.67
			2:56.74	3:38.21	4:10.72	<u>4:41.36</u>
7 Wilko Rutgers	Steenwijk'34	73-259	30.77	1:07.05	1:42.16	2:18.09
			2:56.84	3:37.41	4:11.14	<u>4:43.67</u>
8 Alexander Tellegen	PSV	72-015	29.62	1:04.22	1:39.81	2:15.65
			2:56.41	3:37.66	4:11.03	<u>4:43.85</u>
9 Mark v.d. Zijden	Gouwe	73-699	28.36	1:02.02	1:39.29	2:17.22
			2:56.97	3:39.56	4:13.68	<u>4:47.44</u>
10 Vincent Elgersma	Dolfijn	73-286	28.16	1:00.94	1:37.54	2:14.81
			2:58.02	3:42.53	4:15.59	<u>4:48.48</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 001 50m VRIJE SLAG DAMES

1 Marianne Muis	ZPA	68-561	25.27
2 Inge de Bruijn	Dolfijn	73-079	26.31
3 Karin Briennesse	Orca	69-377	26.32
4 Diana v.d. Plaats	Dolfijn	71-717	26.35
5 Mildred Muis	ZPA	68-560	26.60
6 Ellen Elzerman	B&O Torpedo	71-008	26.87
7 Saskia van Minnen	Meent	66-299	26.92
8 Angela Postma	Zignea	71-363	27.03
9 Natasja Robert	DAW/Sportline	72-328	27.09
10 Debby v.d. Staay	HPC	71-655	27.26
11 Renate Wigger	Dinkel	70-176	27.32
12 Margriet van Staveren	Steur	70-231	27.46
13 Brenda Starink	Kempvis	74-378	27.47
14 Saskia Lammerts	Tolhekke	70-133	27.49
15 Renate Wijering	Dinkel	75-401	27.56
16 Ilse Harms	Nautilus	69-374	27.61

Prog 002 400m wissel pers j'77

1 Pascal Lafort	Numansdorp	77-310	32.37	1:10.28	1:51.64	2:32.92
			3:16.13	4:00.02	4:35.93	5:09.88
2 Dwight Senduk	Dolfijn	77-075	32.52	1:09.44	1:48.99	2:30.20
			3:15.34	4:00.97	4:37.23	5:10.28
3 Michel Zwennes	DWK	77-540	35.20	1:16.26	1:55.97	2:37.30
			3:22.12	4:07.58	4:43.12	5:17.59
4 Richard v Duijvenbode	LZ 1886	77-567	33.27	1:11.50	1:54.23	2:37.35
			3:22.48	4:08.14	4:44.05	5:19.23
5 Hans Hulsen	PSV	77-074	33.43	1:13.52	1:55.02	2:37.20
			3:24.84	4:14.23	4:49.88	5:25.73
6 Ronald van Charante	Watervlo	77-436	33.24	1:13.19	1:56.61	2:39.99
			3:26.24	4:13.94	4:51.98	5:29.86

Prog 003 400m wissel pers j'76

1 Christian Fischer	HPC	76-732	31.23	1:06.51	1:42.83	2:21.90
			3:02.65	3:44.30	4:18.53	4:51.32
2 Bart Heggelman	WVZ	76-670	31.65	1:08.10	1:46.40	2:25.72
			3:07.24	3:50.09	4:25.46	4:58.70
3 Antoine Calis	AZC/Tarvo	76-699	31.83	1:08.24	1:45.99	2:25.58
			3:07.67	3:51.36	4:26.01	5:00.79
4 Ronald Fijn	Steur	76-449	30.90	1:07.05	1:45.66	2:25.13
			3:10.11	3:55.62	4:30.08	5:04.23
5 Rowin Timmermans	WVZ	76-013	32.49	1:10.50	1:49.47	2:29.12
			3:14.13	3:59.77	4:35.48	5:09.44
6 Evert-Jan van Harten	DWK	76-478	31.43	1:07.63	1:46.66	2:27.25
			3:11.64	3:57.30	4:33.97	5:09.55



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Prog. 183 4x100m Vrije slag est. heren

1 H.P.C.	52.76	1:45.76	2:39.79	3:30.12
2 De Dolfijn I	54.44	1:47.43	2:40.86	3:32.58
3 Nautilus	54.51	1:47.88	2:41.17	3:34.12
4 A.Z.P.C.	55.69	1:50.59	2:43.69	3:37.02
5 P.S.V.	54.25	1:49.05	2:44.83	3:38.20
6 De Dolfijn II	55.74	1:49.95	2:44.12	3:38.26
7 De Zijl/L.G.B.	55.57	1:50.09	2:47.79	3:41.55
8 M.Z.P.C.	55.29	1:50.36	2:46.45	3:41.92
9 Zeester	55.60	1:51.89	2:48.62	3:42.29
10 Zwemlust/Den Hommel	53.78	1:49.60	2:46.62	3:44.33
11 D.Z.P.C.	54.88	1:52.02	2:49.31	3:44.54
12 De Dinkel	55.13	1:49.99	2:48.63	3:45.24
13 L.Z. 1886	55.70	1:52.99	2:50.03	3:49.26

$\frac{2.76}{4.24}$
 $\frac{7.00}{}$
53.00
54.03
 $\frac{5.76}{21}$
5.97
 $\frac{9.79}{12}$
 $\frac{67}{}$

Prog. 184 4x100m Wisselslag est. dames

1 De Dolfijn I	1:06.34	2:21.54	3:22.76	4:19.25	NR
2 De Dolfijn II	1:07.11	2:25.22	3:27.20	4:25.47	
3 Orca	1:08.05	2:22.25	3:27.36	4:26.48	
4 De Dinkel I	1:06.32	2:22.16	3:28.06	4:28.78	
5 S.G.G.	1:08.67	2:21.61	3:34.55	4:36.99	
6 De Steur	1:14.16	2:28.11	3:33.74	4:37.35	
7 't Tolhekke	1:09.06	2:29.95	3:35.44	4:40.13	
8 H.P.C.	1:09.41	2:32.15	3:42.85	4:41.60	
9 De Dinkel II	1:12.30	2:32.15	3:43.82	4:47.26	
Z.P.A.	1:09.80	2:25.13	3:31.58	4:28.78	SK
Nautilus	1:09.97	EA 2:32.92	3:43.10	4:44.14	

51.72
 $\frac{40.86}{32.50}$
 $\frac{8.20}{}$
 $\frac{21.54}{06.34}$
 $\frac{15.20}{}$



$\frac{22.76}{21.54}$
 $\frac{1.22}{}$
 $\frac{27.20}{25.22}$
 $\frac{1.98}{}$
 $\frac{22.76}{19.25}$
 $\frac{3.51}{}$

Tot ziens



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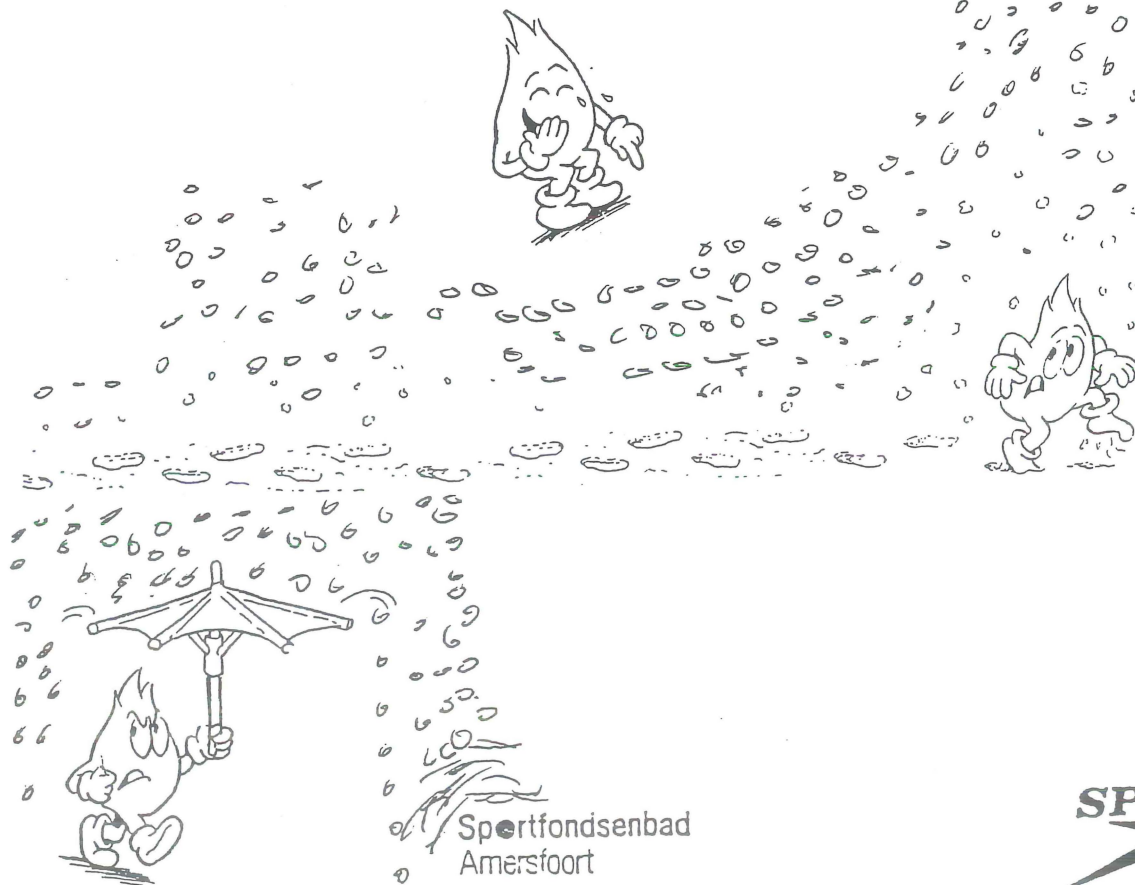
UITSLAGEN FINALE

Prog. 182 A-FINALE 200m Vrije slag Dames

1 Karin Brienesse	Orca	69-377	59.40	<u>2:02.36</u>
2 Diana v.d. Plaats	Dolfijn	71-717	59.33	<u>2:03.77</u>
3 Manon Masseurs	HPC	74-656	59.43	<u>2:03.99</u>
4 Marianne Muis	ZPA	68-561	1:00.56	<u>2:04.78</u>
5 Kirsten Silvester	AZPC	71-126	1:00.52	<u>2:05.03</u>
6 Ingrid Baars	Dolfijn	69-080	1:01.37	<u>2:05.14</u>
7 Natasja Robert	DAW/Sportline	72-328	1:00.80	<u>2:06.32</u>
8 Marieke Mastebroek	Eemsrobben	71-624	1:02.26	<u>2:11.86</u>

Prog. 282 B-FINALE 200m Vrije slag Dames

1 Ingrid Koeman	Dolfijn	71-067	1:03.33	<u>2:08.74</u>
2 Kristel Tellegen	PSV	74-016	1:03.18	<u>2:08.95</u>
3 Gea Veldhuizen	Tolhekke	71-202	1:04.90	<u>2:09.13</u>
4 Kirsten Vliegghuis	Dinkel	76-398	1:02.88	<u>2:09.45</u>
5 Nancy Timmermans	De Aa	75-441	1:03.80	<u>2:10.01</u>
6 Renate Wijering	Dinkel	75-401	1:04.97	<u>2:11.36</u>
7 Anouk Visscher	Dinkel	75-397	1:04.47	<u>2:11.69</u>
8 Iris Westrik	Dinkel	74-322	1:06.48	<u>2:18.59</u>



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Proq. 180 A-FINALE 100m SchoolsIaq Dames

1 Kira Bulten	Steur	73-390	<u>1:11.99</u>
2 Linda Moes	SGG	71-633	<u>1:13.03</u>
3 Ynske Smit	Orca	71-382	<u>1:14.41</u>
4 Kristel Tellegen	PSV	74-016	<u>1:15.76</u>
5 Jacqueliën Nieland	Stadskanaal	75-415	<u>1:16.61</u>
6 Mary Peters	Argo	76-269	<u>1:16.62</u>
7 Birgit Heijl	Merlet	73-205	<u>1:17.83</u>
8 Melanie Ros	Stormvogel	75-252	<u>1:18.39</u>

B-FINALE 100m SchoolsIaq Dames

1 Wendy Ligtenberg	Dinkel	70-343	<u>1:15.10</u>
2 Sylvia Gase	Dolfijn	73-311	<u>1:15.77</u>
3 Saskia Lammerts	Tolhekke	70-133	<u>1:15.93</u>
4 Marieke Rump	Reest	73-259	<u>1:17.62</u>
5 Mariska Leegte	Stadskanaal	76-327	<u>1:17.83</u>
6 Wendy Groeneveld	Dinkel	76-339	<u>1:18.18</u>
7 Annemarie Camu	Zignea	74-349	<u>1:19.52</u>
8 Constantia Martens	Stormvogel	73-351	<u>1:19.78</u>

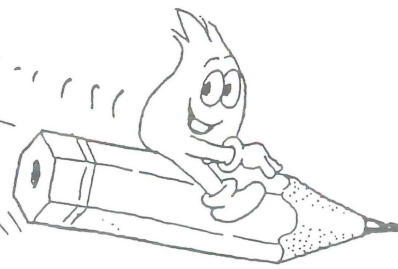
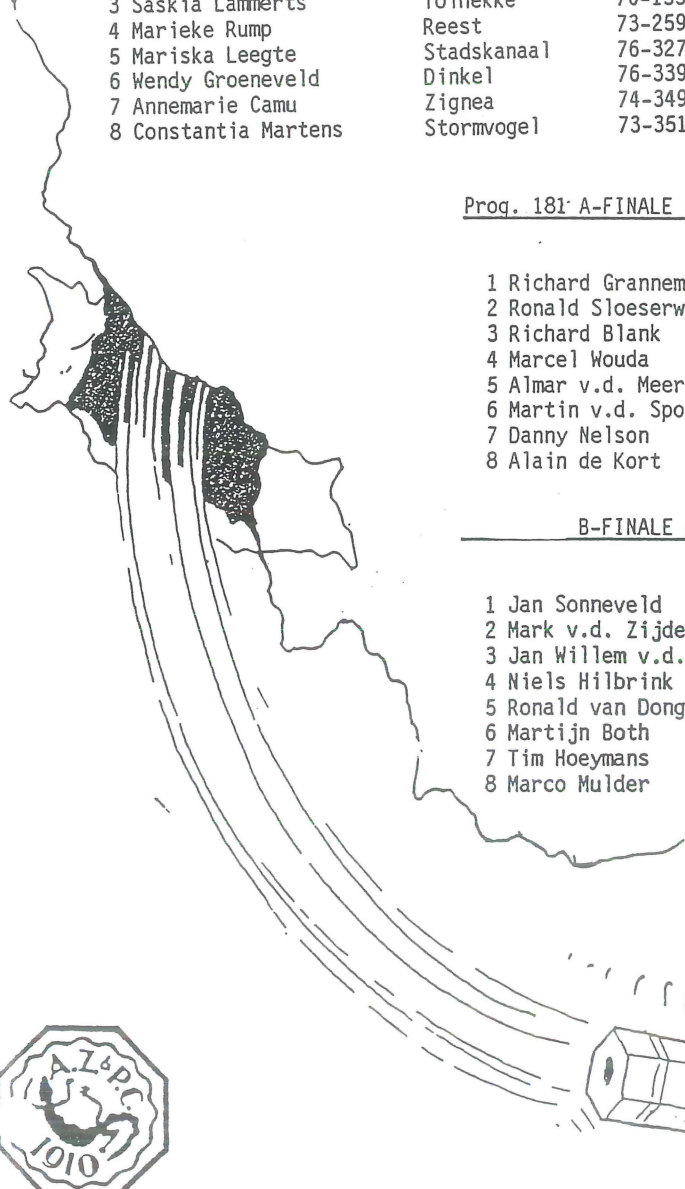


Proq. 181 A-FINALE 400m Vrije slag Heren

1 Richard Granneman	HPC	68-035	58.25	2:00.95	3:04.02	<u>4:03.20</u>
2 Ronald Sloeserwij	Dolfijn	69-648	58.73	2:01.40	3:04.40	<u>4:04.74</u>
3 Richard Blank	Dolfijn	72-551	59.78	2:02.31	3:04.53	<u>4:05.37</u>
4 Marcel Wouda	Zeester	72-360	58.58	2:01.26	3:04.80	<u>4:07.65</u>
5 Almar v.d. Meer	B&O Torpedo	72-015	59.14	2:02.44	3:05.97	<u>4:08.04</u>
6 Martin v.d. Spoel	DWK	71-316	58.13	2:00.92	3:04.74	<u>4:08.90</u>
7 Danny Nelson	Nautilus	71-541	1:00.00	2:03.30	3:06.46	<u>4:09.57</u>
8 Alain de Kort	HPC	69-222	1:00.38	2:05.73	3:10.39	<u>4:15.57</u>

B-FINALE 400m Vrije slag Heren

1 Jan Sonneveld	Dolfijn	72-015	59.11	2:02.28	3:05.91	<u>4:08.46</u>
2 Mark v.d. Zijden	Gouwe	73-699	59.94	2:04.44	3:09.13	<u>4:11.25</u>
3 Jan Willem v.d. Hoek	Gouwe	72-671	1:00.44	2:04.76	3:09.53	<u>4:11.50</u>
4 Niels Hilbrink	DZPC	72-357	59.40	2:03.71	3:08.43	<u>4:12.42</u>
5 Ronald van Dongen	HZC-Weusthag	69-454	59.43	2:04.18	3:10.59	<u>4:15.53</u>
6 Martijn Both	Dolfijn	74-578	1:00.35	2:06.15	3:11.02	<u>4:15.66</u>
7 Tim Hoeymans	PSV	74-426	1:00.79	2:07.26	3:13.91	<u>4:21.56</u>
8 Marco Mulder	AZPC	74-628	1:01.84	2:08.13	3:16.48	<u>4:23.64</u>



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Prog. 178 A-FINALE 100m Vlinderslag dames

1 Inge de Bruijn	Dolfijn	73-079	<u>1:00.57</u>	NR
2 Karin Brienesse	Orca	69-377	<u>1:01.41</u>	
3 Ingrid Baars	Dolfijn	69-080	<u>1:02.06</u>	
4 Gea Veldhuizen	Tolhekke	71-202	<u>1:04.21</u>	
5 Natasja Robert	DAW/Sportline	72-328	<u>1:04.32</u>	
6 Christien Pieterse	De Vrije Slag	67-374	<u>1:04.59</u>	
7 Anita de Hoop	Orca	74-432	<u>1:05.88</u>	
8 Nida Zuhal	Double Duty-VZC	75-403	<u>1:06.71</u>	



Prog. 278 B-FINALE 100m Vlinderslag dames

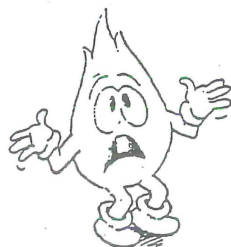
1 Ingrid Koeman	Dolfijn	71-067	<u>1:05.62</u>	
2 Margriet van Staveren	Steur	70-231	<u>1:06.07</u>	
3 Renate Wigger	Dinkel	70-176	<u>1:06.37</u>	
4 Nina Hulleman	DZPC	71-521	<u>1:06.62</u>	
5 Miranda Seykens	ZON/S en S	69-034	<u>1:07.18</u>	
6 Kitty Mensink	Dinkel	76-293	<u>1:07.27</u>	
7 Marleen Vos	Houtrib	74-558	<u>1:08.64</u>	
8 Wilma Veldhoen	DSZ	75-404	<u>1:08.72</u>	

Prog. 179 A-FINALE 200m Schoolslag Heren

1 Antoine van Weerde	LZ 1886	68-286	1:09.37	<u>2:22.61</u>
2 Ron Dekker	IJsel	66-044	1:08.13	<u>2:22.62</u>
3 Michael van Rijn	KZC	70-432	1:07.57	<u>2:23.83</u>
4 Martijn vd Maagdenberg	Raket	71-428	1:10.93	<u>2:28.27</u>
5 Stån Steegeling	Dolfijn	71-016	1:09.92	<u>2:28.52</u>
6 Marko van Brummelen	Zijl/LGB	73-063	1:11.39	<u>2:29.96</u>
7 Corne Baars	Nautilus	73-496	1:10.42	<u>2:30.41</u>
8 Ronald van Ombergen	Stormvogel	72-288	1:12.85	<u>2:34.85</u>

Prog. 279 B-FINALE 200m Schoolslag Heren

1 Ronald van Dongen	HZC-Weusthag	69-454	1:12.92	<u>2:32.28</u>
2 Pascal Mooyman	Kempvis	71-540	1:13.82	<u>2:33.34</u>
3 Casper van Dam	Zwemlust/den H.	71-405	1:17.01	<u>2:33.43</u>
4 Benno Kuipers	De Vrije Slag	74-383	1:14.45	<u>2:33.74</u>
5 Jurgen Langer	MZPC	73-730	1:14.85	<u>2:33.93</u>
6 Danny Senden	MZPC	74-669	1:14.25	<u>2:35.31</u>
7 Wilko Rutgers	Steenwijk '34	73-259	1:14.44	<u>2:36.09</u>
8 Tim Hoeymans	PSV	74-426	1:15.70	<u>2:37.32</u>



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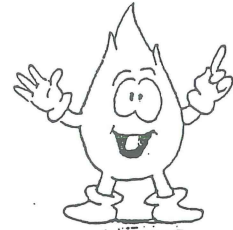
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Prog. 175 200m VRIJE SLAG M.'74

1	Manon Masseurs	HPC	74-656	1:00.83	<u>2:05.36</u>
2	Kristel Tellegen	PSV	74-016	1:03.02	<u>2:09.06</u>
3	Iris Westrik	Dinkel	74-322	1:02.38	<u>2:10.51</u>
4	Anita de Hoop	Orca	74-432	1:05.97	<u>2:13.72</u>
5	Maroesja Geutjes	Otters	74-526	1:05.10	<u>2:14.20</u>
6	Angelique Wijnen	HZPC Ho	74-306	1:05.26	<u>2:15.33</u>
7	Marloes Mensink	Dinkel	74-292	1:05.46	<u>2:15.56</u>
8	Wendy Leemker	Orca	74-431	1:06.34	<u>2:16.86</u> A
9	Wendy Bekkenk	TZC-Vahalis	74-345	1:06.54	<u>2:16.86</u> B
10	Hanneke Koopmans	Zijl/LGB	74-058	1:08.11	<u>2:19.43</u>

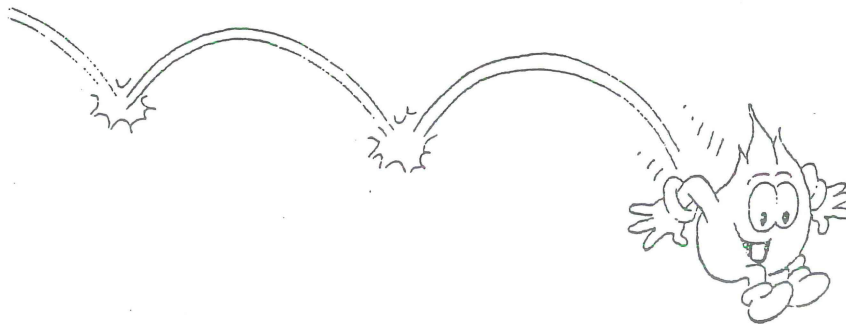


Prog. 176 200m VRIJE SLAG M.'73/'72

1	Natasja Robert	DAW/Sportline	72-328	1:00.94	<u>2:05.51</u>
2	Danielle Veenhuizen	ZPA	72-514	1:03.00	<u>2:10.94</u>
3	Mireille Hogenhuis	Eemsrobber	73-606	1:03.62	<u>2:12.20</u>
4	Radna Mulder	Mosa-Regio	73-546	1:03.81	<u>2:13.14</u>

Prog. 177 200m VRIJE SLAG Dames

1	Karin Briennesse	Orca	69-377	1:00.23	<u>2:03.54</u>
2	Diana v.d. Plaats	Dolfijn	71-717	59.86	<u>2:04.09</u>
3	Marianne Muis	ZPA	68-561	1:00.76	<u>2:05.10</u>
4	Kirsten Silvester	AZPC	71-126	1:01.41	<u>2:05.89</u>
5	Ingrid Baars	Dolfijn	69-080	1:01.90	<u>2:06.25</u>
6	Marieke Mastebroek	Eemsrobber	71-624	1:01.74	<u>2:06.96</u>
7	Ingrid Koeman	Dolfijn	71-067	1:02.99	<u>2:08.75</u>
8	Gea Veldhuizen	Tolhekke	71-202	1:05.26	<u>2:09.04</u>
9	Renate Wigger	Dinkel	70-176	1:02.83	<u>2:11.43</u>



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Prog. 171 400m VRIJE SLAG HEREN

1 Richard Granneman	HPC	68-035	1:00.52	2:05.19	3:04.92	4:08.96
2 Ronald Sloeserwijn	Dolfijn	69-648	1:01.13	2:05.88	3:08.52	4:10.15
3 Danny Nelson	Nautilus	71-541	1:00.67	2:05.88	3:09.78	4:11.04
4 Martin v.d. Spoel	DWK	71-316	1:01.29	2:05.93	3:09.72	4:11.42
5 Alain de Kort	HPC	69-222	1:00.17	2:04.67	3:08.55	4:11.87
6 Ronald van Dongen	HZC-Weusthag	69-454	1:01.26	2:06.38	3:12.04	4:12.52
7 Stan Steegeling	Dolfijn	71-016	59.55	2:04.03	3:09.89	4:14.00
8 Jean Louis Geutjes	Otters	70-531	1:01.51	2:06.77	3:13.10	4:18.95

Prog. 172 200m VRIJE SLAG M.'77

1 Karen Wammes	TZC-Vahalis	77-296	1:06.12	2:14.52
2 Saskia Stoteler	Groenlo	77-245	1:05.53	2:14.75
3 Martinique Koridon	Steur	77-410	1:06.63	2:15.97
4 Fleur Bakker	LZ 1886	77-473	1:07.85	2:16.84
5 Adelon Baans	Kempvis	77-624	1:07.39	2:17.13
6 Annemieke Mos	B&O Torpedo	77-043	1:08.10	2:18.14
7 Barbara van Lieshout	Nautilus	77-650	1:07.34	2:19.51
8 Johanna de Kooter	Biesboschwimmers	77-211	1:08.56	2:20.55
9 Priscilla Laurens	ZPA	77-498	1:09.50	2:21.27
10 Marije Muthert	Futen	77-652	1:08.47	2:21.29
11 Marloes Neijman	BZV	77-545	1:07.61	2:21.58
12 Naomi v.d. Woerd	TZC-Vahalis	77-268	1:08.51	2:21.88
13 Margot Hoogeveen	DZPC	77-673	1:09.27	2:23.30
14 Sabine Keizers	Dinkel	77-382	1:09.80	2:26.63

Prog. 173 200m VRIJE SLAG M.'76

1 Kirsten Vlieghuis	Dinkel	76-398	1:02.33	2:08.68
2 Bianca Lutters	PSV	76-037	1:05.27	2:11.78
3 Marielle Piels	TZC-Vahalis	76-311	1:04.16	2:12.24
4 Kitty Mensink	Dinkel	76-293	1:05.79	2:15.17
5 Bianca Hocks	LZ 1886	76-439	1:06.39	2:15.49
6 Wendy Groeneveld	Dinkel	76-339	1:06.88	2:15.85
7 Danielle Klaverdijk	Nautilus	76-430	1:06.72	2:16.06
8 Regina van Bruggen	WVZ	76-609	1:06.70	2:16.21
9 Noortje Dekkers	Heygrave	76-214	1:07.27	2:17.86
10 Sigrid Pels	Steur	76-450	1:08.53	2:21.69

Prog. 174 200m VRIJE SLAG M.'76

1 Nancy Timmermans	De Aa	75-441	1:03.43	2:08.71
2 Renate Wijering	Dinkel	75-401	1:03.71	2:08.92
3 Anouk Visscher	Dinkel	75-397	1:03.85	2:09.53
4 Karen Guldemond	HPC	75-026	1:03.04	2:09.70
5 Minouche Smit	Hoorn	75-365	1:04.27	2:12.21
6 Nida Zuhail	Double Duty-VZC	75-403	1:04.96	2:12.94
7 Linda v.d. Bosch	WVZ	75-528	1:05.05	2:13.68
8 Wilma Veldhoen	DSZ	75-404	1:06.17	2:13.74
9 Ilse de Jonge	Scheldestroom	75-142	1:05.27	2:15.12
10 Bianca Meyners	Dinkel	75-324	1:06.13	2:15.84
11 Karin Koelma	Dinkel	75-399	1:06.77	2:17.01
12 Marion van Hooft	Gouwe	75-463	1:06.15	2:17.25
13 Sandra van 't Hof	Dolfijn	75-273	1:07.51	2:17.61



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Prog. 166 400m VRIJE SLAG J.'77

1 Dwight Senduk	Dolfijn	77-075	1:05.78	2:18.65	3:27.71	<u>4:38.84</u>
2 Bob Heijl	Merlet	77-318	1:05.60	2:19.07	3:32.01	<u>4:43.23</u>
3 Hans Hulsen	PSV	77-074	1:05.79	2:19.29	3:32.80	<u>4:44.68</u>
4 Pascal Lafort	Numansdorp	77-310	1:05.90	2:18.99	3:32.28	<u>4:46.36</u>
5 Michel Zwennes	DWK	77-540	1:07.63	2:21.48	3:35.52	<u>4:48.81</u>

Prog. 167 400m VRIJE SLAG J.'76

1 Bart Heggelman	WVZ	76-670	1:02.61	2:10.48	3:18.10	<u>4:22.43</u>
2 Christian Fischer	HPC	76-732	1:02.03	2:10.75	3:20.08	<u>4:24.59</u>
3 Roy-Meyboom	MZPC	76-728	1:04.17	2:12.79	3:21.66	<u>4:27.96</u>
4 Ronald Fijn	Steur	76-449	1:02.55	2:10.77	3:19.28	<u>4:28.19</u>
5 Jasper Middelberg	Dolfijn	76-077	1:04.24	2:13.48	3:23.97	<u>4:34.69</u>
6 Jeroen Goes	AZPC	76-041	1:05.81	2:19.77	3:34.35	<u>4:43.73</u>
7 Hans Geert Mast	DZPC	76-708	1:07.24	2:20.96	3:34.29	<u>4:45.53</u>

Prog. 168 400m VRIJE SLAG J.'75

1 Jeroen v.d.Loosdrecht	Kempvis	75-451	1:00.55	2:06.96	3:11.83	<u>4:15.48</u>
2 Ronnie Uitzetter	ZPA	75-399	1:00.63	2:06.99	3:12.43	<u>4:16.07</u>
3 Frank Laffeber	Nautilus	75-613	1:01.39	2:07.50	3:14.21	<u>4:19.40</u>
4 Stefan Aartsen	VZC	75-025	1:01.13	2:08.26	3:15.41	<u>4:22.09</u>
5 Etan Roonen	PSV	75-049	1:01.27	2:08.15	3:16.84	<u>4:24.67</u>
6 Richard Middelbos	Stadskanaal	75-417	1:03.01	2:11.78	3:20.51	<u>4:25.59</u>
7 Willy Hansen	Dinkel	75-400	1:02.08	2:09.94	3:19.28	<u>4:26.75</u>
8 Brent Senduk	Dolfijn	75-076	1:02.30	2:10.15	3:20.06	<u>4:28.82</u>
9 Jasper Bisselink	HPC	75-644	1:02.95	2:11.98	3:23.21	<u>4:31.30</u>
10 Erwin Ruysink	AZPC	75-062	1:02.16	2:11.2	3:23.44	<u>4:34.11</u>
11 Edgar Thimister	MZPC	75-676	1:06.26	2:17.46	3:28.08	<u>4:36.14</u>
12 Rob Nijweide	WVW	75-176	1:02.21	2:11.33	3:21.98	<u>4:30.20</u>

ged. VRA

Prog. 169 400m VRIJE SLAG J.'74

1 Martijn Both	Dolfijn	74-578	1:01.91	2:08.01	3:12.00	<u>4:15.31</u>
2 Marco Mulder	AZPC	74-628	1:00.38	2:06.24	3:11.55	<u>4:16.15</u>
3 Tim Hoeymans	PSV	74-426	1:01.26	2:06.83	3:13.05	<u>4:18.78</u>
4 Wouter Steller	WVZ	74-070	1:00.10	2:06.32	3:13.84	<u>4:19.90</u>
5 Freek Carol	ZPA	74-405	1:02.09	2:09.02	3:16.27	<u>4:23.56</u>
6 Robin Sprinkhuizen	Zijl/LGB	74-710	1:00.77	2:07.65	3:15.85	<u>4:24.49</u>
7 Bas Ido Wennekes	DWK	74-637	1:02.18	2:08.70	3:17.07	<u>4:26.60</u>
8 Theo Hulshof	Nautilus	74-378	1:01.23	2:08.81	3:20.27	<u>4:31.82</u>

Prog. 170 400m VRIJE SLAG J.'73/72

1 Marcel Wouda	Zeester	72-360	59.29	2:00.35	3:02.20	<u>4:03.38</u>
2 Almar v.d. Meer	B&O Torpedo	72-015	59.74	2:03.05	3:06.40	<u>4:08.20</u>
3 Richard Blank	Dolfijn	72-551	1:00.94	2:03.79	3:06.84	<u>4:09.04</u>
4 Bram van Haandel	PSV	73-087	59.32	2:03.21	3:07.90	<u>4:11.15</u>
5 Jan Sonneveld	Dolfijn	72-015	1:00.33	2:04.41	3:08.14	<u>4:12.74</u>
6 Mark v.d. Zijden	Gouwe	73-699	1:00.87	2:06.09	3:11.66	<u>4:13.51</u>
7 Niels Hilbrink	DZPC	72-357	59.69	2:03.94	3:09.06	<u>4:13.58</u>
8 Jan Willem v.d. Hoek	Gouwe	72-671	59.62	2:04.02	3:09.39	<u>4:13.79</u>
9 Roy v.d. Veen	Hoorn	73-467	1:01.01	2:06.46	3:14.13	<u>4:20.73</u>
10 Edwin de Wilde	AZPC	72-469	1:01.20	2:06.97	3:13.91	<u>4:22.26</u>
11 Martijn van Heusden	B&O Torpedo	72-030	1:01.80	2:08.39	3:16.93	<u>4:26.02</u>



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Prog. 161 100m SCHOOLSLAG M.'76

1 Mary Peters	Argo	76-269	<u>1:15.06</u>
2 Mariska Leegte	Stadskanaal	76-327	<u>1:16.94</u>
3 Wendy Groeneveld	Dinkel	76-339	<u>1:17.56</u>
4 Christina Negerman	Bolsward	76-324	<u>1:17.85</u>
5 Monique Hamstra	Stadskanaal	76-365	<u>1:18.97</u>
6 Francis de Kort	AZPC	76-063	<u>1:19.82</u>
7 Kristel Koeijvoets	Hieronymus	76-410	<u>1:21.21</u>
8 Leda Bitanc	VZC	76-533	<u>1:21.33</u>
9 Olga Bouwmeester	LZ 1886	76-495	<u>1:21.64</u>
10 Lilian Visscher	Steur	76-479	<u>1:22.13</u>
11 Ester Lokkart	RZV	76-470	<u>1:23.57</u>

Prog. 162- 100m SCHOOLSLAG M.'75

1 Jacquélien Nieland	Stadskanaal	75-415	<u>1:16.14</u>
2 Melanie Bos	Stormvogel	75-252	<u>1:16.21</u>
Karin Koelma	Dinkel	75-399	<u>1:18.82</u>
+ Sandra van 't Hof	Dolfijn	75-273	<u>1:18.91</u>
5 Hilde Swiers	Bubble	75-427	<u>1:19.23</u>
6 Monique Juist	Dolfijn	75-577	<u>1:20.49</u>
7 Tamara van Gorkom	Haaïen	75-417	<u>1:20.59</u>
8 Femke Ytsma	DZPC	75-550	<u>1:20.62</u>
9 Marischka Koek	Biesboschwem.	75-207	<u>1:20.84</u>
10 Marja van Gunst	Tolhekke	75-175	<u>1:21.91</u>
11 Kim Speekenbrink	TZC-Vahalis	75-310	<u>1:22.70</u>
12 Janneke Groos	NZC '21	75-427	<u>1:23.10</u>

Prog. 163- 100m SCHOOLSLAG M.'74

1 Kristel Tellegen	PSV	74-016	<u>1:14.73</u>
2 Annemarie Camu	Zignea	74-349	<u>1:18.49</u>
3 Marjo Kuyt	DWK	74-524	<u>1:18.97</u>
4 Renate Duim	Dolfijn	74-569	<u>1:19.16</u>
5 Hanneke Koopmans	Zijl/LGB	74-058	<u>1:19.77</u>
6 Marloes Mensink	Dinkel	74-292	<u>1:19.89</u>
7 Danny van Klink	Stadskanaal	74-406	<u>1:20.11</u>
8 Nancy Kijk i/d Vegte	LZ 1886	74-380	<u>1:22.47</u>
9 Wendy Leemker	Orca	74-431	<u>1:22.77</u>

Prog. 164 100m SCHOOLSLAG M.'73/'72

1 Kira Bulten	Steur	73-390	<u>1:12.25</u>
2 Birgit Heijl	Merlet	73-205	<u>1:16.54</u>
3 Sylvia Gase	Dolfijn	73-311	<u>1:16.57</u>
4 Constantia Martens	Stormvogel	73-351	<u>1:16.72</u>
5 Marieke Rump	Reest	73-259	<u>1:17.60</u>
6 Suzette de Kler	Zijl/LGB	73-045	<u>1:18.70</u>
7 Radna Mulder	Mosa-Regio	73-546	<u>1:20.22</u>
8 Ellen Willemse	GZC	73-362	<u>1:21.03</u>

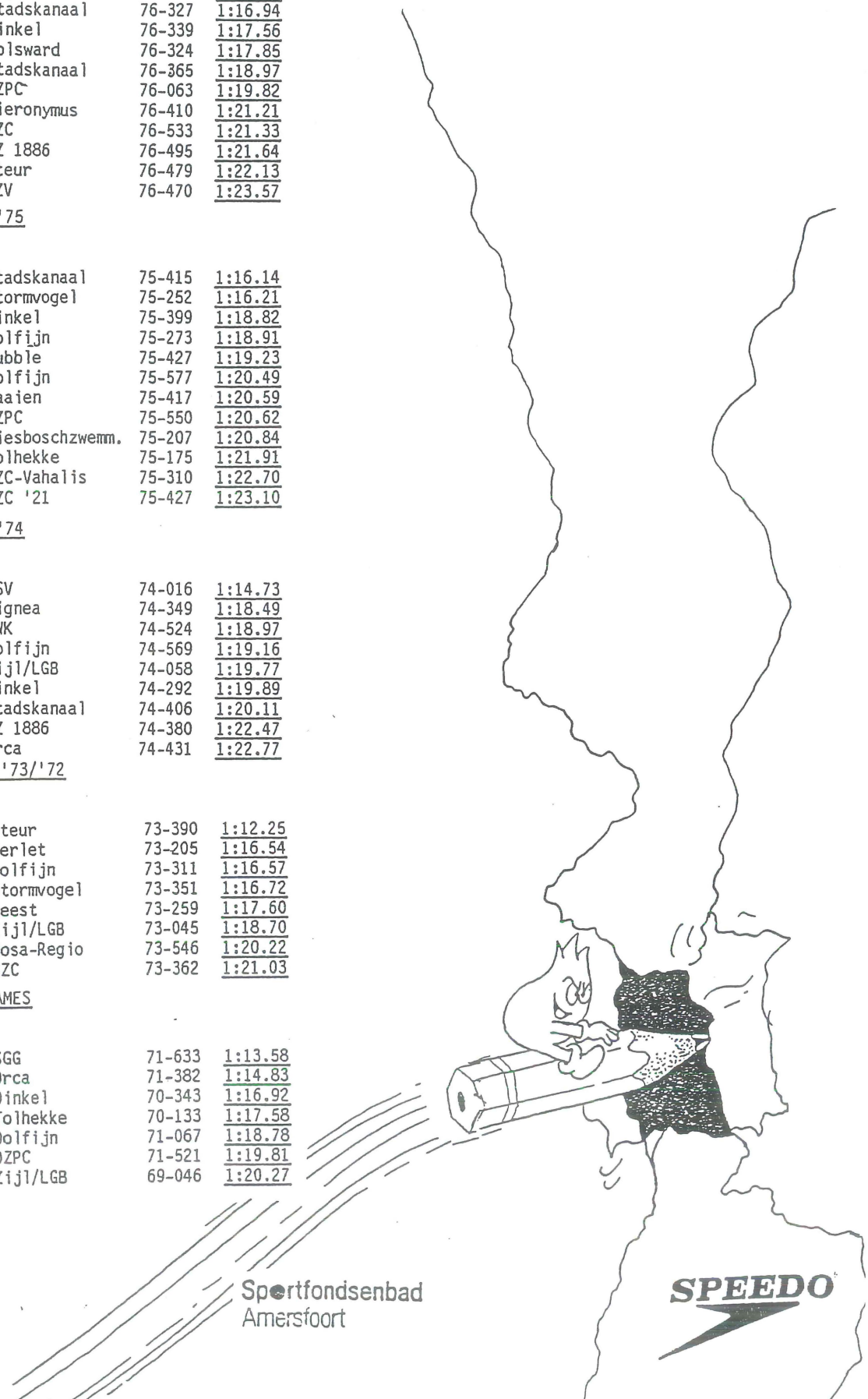
Prog. 165- 100m SCHOOLSLAG DAMES

1 Linda Moes	SGG	71-633	<u>1:13.58</u>
2 Ynske Smit	Orca	71-382	<u>1:14.83</u>
3 Wendy Ligtenberg	Dinkel	70-343	<u>1:16.92</u>
4 Saskia Lammerts	Tolhekke	70-133	<u>1:17.58</u>
5 Ingrid Koeman	Dolfijn	71-067	<u>1:18.78</u>
6 Nina Hulleman	DZPC	71-521	<u>1:19.81</u>
7 Yvonne de Kler	Zijl/LGB	69-046	<u>1:20.27</u>



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Prog. 157 200m SCHOOLS LAG J.'75

1	Tim Hoeymans	PSV	74-426	1:13.92	<u>2:32.63</u>
2	Danny Senden	MZPC	74-669	1:14.63	<u>2:34.36</u>
3	Benno Kuipers	De Vrije Slag	74-383	1:14.99	<u>2:35.86</u>
4	Robert Langelier	VZPC	74-258	1:15.09	<u>2:37.28</u>
5	Melvin Bakker	Houtrib	74-296	1:16.26	<u>2:41.89</u>
6	Allard Wagenveld	NZC '21	74-400	1:18.97	<u>2:42.22</u>
7	Dennis Portegies	KZC	74-379	1:20.01	<u>2:42.9</u>
8	Michiel Mullaart	Zeester	74-305	1:18.84	<u>2:43.31</u>
9	Dennis v.Woudenberg	IJZPC	74-395	1:18.47	<u>2:43.61</u>
10	Vincent de Bruyn	WVZ	74-529	1:16.63	<u>2:43.73</u>
11	Marcel Schuringa	DZPC	74-388	1:18.64	<u>2:44.27</u>
12	Henk v.d. Kamp	Orca	74-329	1:18.87	<u>2:50.52</u>

Prog. 158 200m SCHOOLS LAG J.'72/73

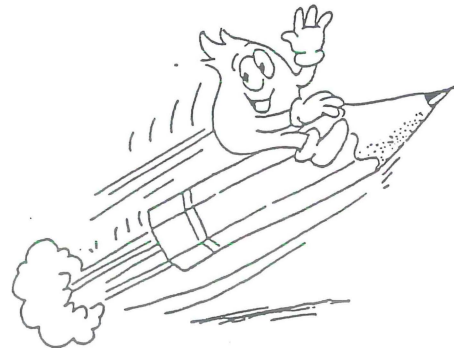
1	Marcel Wouda	Zeester	72-360	1:09.94	<u>2:27.93</u>
2	Ronald van Ombergen	Stormvogel	72-288	1:11.36	<u>2:29.42</u>
3	Marko van Brummelen	Zijl/LGB	73-063	1:12.87	<u>2:30.20</u>
4	Corne Baars	Nautilus	73-496	1:11.49	<u>2:30.92</u>
5	Jurgen Langer	MZPC	73-730	1:15.19	<u>2:33.84</u>
6	Wilko Rutgers	Steenwijk '34	73-259	1:14.22	<u>2:36.46</u>
7	Lars van Leeuwen	Raket	73-242	1:13.60	<u>2:36.50</u>
8	Gerwin Kroezen	VZPC	73-231	1:15.07	<u>2:37.54</u>
9	Arjan Breur	Oceanus	72-274	1:17.62	<u>2:46.80</u>
10	Jan Fiechter	TRB-RES	72-456	1:13.86	<u>2:35.76</u> SE-ged.

Prog. 159 200m SCHOOLS LAG HEREN

1	Michael van Rijn	KZC	70-432	1:08.44	<u>2:23.56</u>
2	Ron Dekker	IJsel	66-044	1:09.71	<u>2:23.70</u>
3	Antoine van Weerde	LZ 1886	68-286	1:09.13	<u>2:26.34</u>
4	Martijn vd Maagdenberg	Raket	71-428	1:09.40	<u>2:27.63</u>
5	Stan Steegeling	Dolfijn	71-016	1:12.01	<u>2:28.92</u>
6	Casper van Dam	Zwemlust/den H.	71-405	1:11.30	<u>2:32.16</u>
7	Pascal Mooyman	Kempvis	71-540	1:10.91	<u>2:32.24</u>
8	Ronald van Dongen	HZC-Weusthag	69-454	1:11.75	<u>2:33.33</u>
9	Freddy Simons	PSV	67-508	1:12.60	<u>2:38.20</u>
10	Marcel Spoelstra	Orca	71-250	1:15.06	<u>2:38.37</u>
11	Dennis Smit	Zigria	70-368	1:18.26	<u>2:45.27</u>

Prog. 160 100m SCHOOLS LAG M.'77

1	Martine Janssen	De Vrije Slag	77-391	<u>1:19.04</u>
2	Marloes Neijman	BZV	77-545	<u>1:21.85</u>
3	Fleur Bakker	LZ 1886	77-473	<u>1:21.90</u>
4	Ryan Verplanke	Scheldestroom	77-152	<u>1:22.09</u>
5	Madelon Baans	Kempvis	77-624	<u>1:23.17</u>
6	Susanne Kentgens	MZPC	77-682	<u>1:26.33</u>
7	Martinique Koridon	Steur	77-410	<u>1:26.65</u>
8	Saskia Stoteler	Groenlo	77-245	<u>1:33.51</u>



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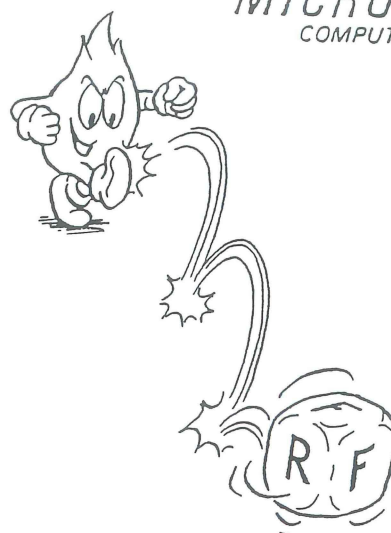
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Prog. 154 200m SCHOOLS LAG J.'77

1 Pascal Lafort	Numansdorp	77-310	1:20.38	<u>2:46.29</u>
2 Paul Mullaart	Zeester	77-584	1:20.06	<u>2:49.91</u>
3 Ralf Nijenhuis	Kempvis	77-550	1:24.03	<u>2:51.67</u>
4 Gerjan Hulstijn	HZC-Weusthag	77-397	1:23.49	<u>2:54.47</u>
5 Erwin de Grijs	Hoorn	77-443	1:23.97	<u>2:55.26</u>
6 Ronald van Charante	Dolfijn	77-147	1:24.57	<u>2:55.26</u>
7 Rogier Stam	AZPC	77-828	1:24.01	<u>2:55.99</u>
8 Robert-Jan Derksen	Zwemlust/den H.	77-567	1:25.30	<u>2:56.79</u>
9 Niels Wielaard	AZPC	77-512	1:24.60	<u>2:56.95</u>
10 Jan Wiebe v.Niejenhuis	De Vrije Slag	77-309	1:27.38	<u>2:59.65</u>
11 Dave Middelburg	Hoogwerf	77-368	1:26.33	<u>2:59.67</u>
12 Bob Heijl	Merlet	77-318	1:26.75	<u>3:01.28</u>

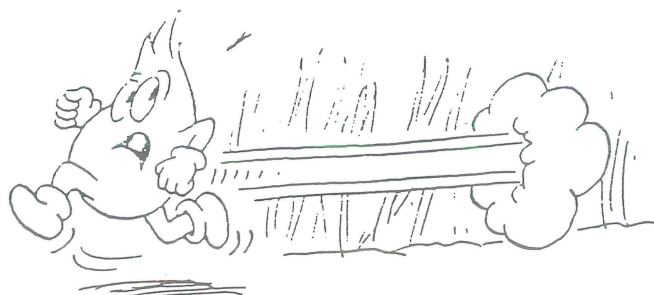


Prog. 155 200m SCHOOLS LAG J.'76

1 Bart Heggelman	WVZ	76-670	1:18.42	<u>2:42.09</u>
2 Chong-Woo Chiang	Reest	76-311	1:20.08	<u>2:43.26</u>
3 Roelof Hofman	Steenwijk '34	76-291	1:20.40	<u>2:44.85</u>
4 Edwin Blom	Nautilus	76-581	1:20.04	<u>2:45.74</u>
5 Frank Kleijer	DWK	76-530	1:20.68	<u>2:45.85</u>
6 Jeroen Goes	AZPC	76-041	1:19.84	<u>2:48.01</u>
7 Niels Hoogsteder	Hoorn	76-475	1:21.90	<u>2:50.41</u>
8 Rowin Timmermans	WVZ	76-013	1:23.27	<u>2:51.27</u>

Prog. 156 200m SCHOOLS LAG J.'75

1 Jeroen v.d.Loosdrecht	Kempvis	75-451	1:15.74	<u>2:35.75</u>
2 Etienne Grootenboer	Devel	75-413	1:17.70	<u>2:40.80</u>
3 Lesley Voorn	B&O Torpedo	75-024	1:17.75	<u>2:40.89</u>
Jasper Bisselink	HPC	75-644	1:16.71	<u>2:41.21</u>
5 Jos Middelberg	Dolfijn	75-078	1:18.85	<u>2:41.63</u>
6 Olof van Gelder	PSV	75-008	1:19.40	<u>2:43.07</u>
7 Michiel Jansen	Gelenberg	75-310	1:20.05	<u>2:46.52</u>
8 Jan Willem van Dijk	Haaien	75-363	1:18.76	<u>2:47.55</u>
9 Dennis Schouten	LZ 1886	75-409	1:19.61	<u>2:49.56</u>
10 Willy Hansen	Dinkel	75-400	1:21.46	<u>2:49.98</u>
11 Kees Ebben	Gelenberg	75-235	1:23.95	<u>2:54.69</u>



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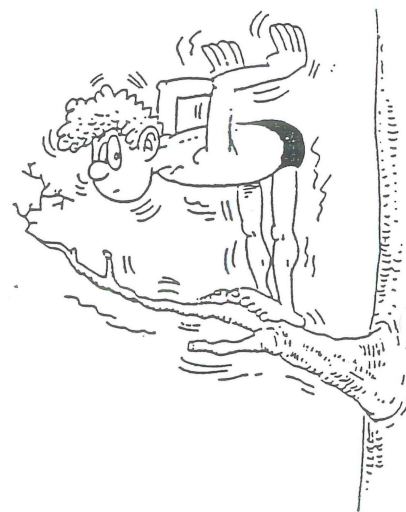
Prog. 151. 100m VLINDERSLAG M.'74

1 Anita de Hoop	Orca	74-432	<u>1:05.12</u>
2 Marleen Vos	Houtrib	74-558	<u>1:06.50</u>
3 Caby van Leenen	Raket	74-374	<u>1:08.01</u>
4 Iris Westrik	Dinkel	74-322	<u>1:08.23</u>
5 Heidi Voegesang	Nautilus	74-504	<u>1:08.42</u>
6 Maaïke Addicks	GZC	74-430	<u>1:09.20</u>
7 Lilian van Duijnhoven	Zeester	74-607	<u>1:10.69</u>



Prog. 152 100m VLINDERSLAG M.'73/'72

1 Inge de Bruijn	Dolfijn	73-079	<u>1:02.48</u>
2 Natasja Robert	DAW/Sportline	72-328	<u>1:03.77</u>
3 Danielle Veenhuizen	ZPA	72-514	<u>1:07.67</u>
4 Angelique Jacobs	PSV	72-039	<u>1:08.14</u>
5 Radna Mulder	Mosa-Regio	73-546	<u>1:08.85</u>
6 Gudule v.d. Meer	HZPC Ho	72-443	<u>1:09.41</u>
7 Laura Filmer	DAW/Sportline	72-476	<u>1:09.79</u>
8 Wendy Dokter	Zeester	72-588	<u>1:10.20</u>



Prog. 153 100m VLINDERSLAG DAMES

1 Karin Briennesse	Orca	69-377	<u>1:02.06</u>
2 Ingrid Baars	Dolfijn	69-080	<u>1:02.24</u>
3 Gea Veldhuizen	Toihekke	71-202	<u>1:04.45</u>
3 Christien Pieterse	De Vrije Slag	67-374	<u>1:04.45</u>
5 Ingrid Koeman	Dolfijn	71-067	<u>1:05.82</u>
6 Nina Hulleman	DZPC	71-521	<u>1:06.04</u>
7 Renate Wigger	Dinkel	70-176	<u>1:06.43</u>
8 Margriet van Staveren	Steur	70-231	<u>1:06.91</u>
9 Miranda Seykens	ZON/S en S	69-034	<u>1:07.55</u>
10 Wendy Ligtenberg	Dinkel	70-343	<u>1:09.95</u>



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Prog. 148 100m VLINDERSLAG M.'77

1	Martinique Koridon	Steur	77-410	<u>1:09.39</u>
2	Madelon Baans	Kempvis	77-624	<u>1:10.66</u>
3	Linda de Boer	DAW/Sportline	77-434	<u>1:11.91</u>
4	Naomi v.d. Woerd	TZC-Vahalis	77-268	<u>1:12.35</u>
5	Ragna Pattipeilohy	Bubble	77-445	<u>1:13.77</u>
6	Saskia de Keijzer	LZ 1886	77-568	<u>1:13.84</u>
7	Karen Wammes	TZC-Vahalis	77-296	<u>1:14.92</u>
8	Margot Hoogveen	DZPC	77-673	<u>1:14.93</u>
9	Marije Muthert	Futen	77-652	<u>1:14.94</u>
10	Gerlant Kooistra	DZPC	77-686	<u>1:15.37</u>
11	Daniella Heyenrath	RZ	77-333	<u>1:15.93</u>
12	Sandra van Wegen	Haaien	77-457	<u>1:16.08</u>
13	Saskia Stoteler	Groenlo	77-245	<u>1:16.09</u>



Prog. 149 100m VLINDERSLAG M.'76

1	Kitty Mensink	Dinkel	76-293	<u>1:06.7</u>
2	Sigrid Pels	Steur	76-450	<u>1:09.02</u>
3	Mariska Leegte	Stadskanaal	76-327	<u>1:10.25</u>
4	Bianca Lutters	PSV	76-037	<u>1:10.44</u>
5	Jitske Zengerink	Meerval	76-028	<u>1:10.70</u>
6	Danielle Klaverdijk	Nautilus	76-430	<u>1:10.93</u>
7	Leda Bitanc	VZC	76-533	<u>1:10.95</u>
8	Marielle Piels	TZC-Vahalis	76-311	<u>1:11.50</u>
9	Judith de Heer	Meerval	76-011	<u>1:11.85</u>
10	Bianca Hocks	LZ 1886	76-439	<u>1:12.12</u>
11	Regina van Bruggen	WVZ	76-609	<u>1:13.50</u>
12	Olga Bouwmeester	LZ 1886	76-495	<u>1:13.78</u>
13	Francis de Kort	AZPC	76-063	<u>1:14.21</u>



Prog. 150 100m VLINDERSLAG M.'75

1	Nida Zuhai	Double Duty-VZC	75-403	<u>1:05.56</u>
2	Wilma Veldhoen	DSZ	75-404	<u>1:07.54</u>
3	Nancy Timmermans	De Aa	75-441	<u>1:07.73</u>
4	Bianca Meyners	Dinkel	75-324	<u>1:08.37</u>
5	Minouche Smit	Hoorn	75-365	<u>1:08.85</u>
6	Tamara Robert	DAW/Sportline	75-348	<u>1:09.04</u>
7	Karen Guldemond	HPC	75-026	<u>1:09.36</u>
8	Linda v.d. Bosch	WVZ	75-528	<u>1:09.51</u>
9	Marion van Hooft	Gouwe	75-463	<u>1:10.50</u>
10	Sandra Berckenkamp	Gouwe	75-557	<u>1:10.81</u>
11	Wendy Roowaan	Zignea	75-289	<u>1:11.25</u>
12	Nanette Janssen	TZC-Vahalis	75-218	<u>1:12.09</u>
13	Danielle Slootjes	SVW	75-229	<u>1:12.56</u>
14	Heidi v.d. Mooren	De Vrije Slag	75-385	<u>1:13.17</u>



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Prog. 146 4*200m Vrije slag est.m.o. 16 jaar.

1 De Dinkel I	1:04.30	2:10.40	3:13.66	4:22.81	5:26.89	6:33.70	7:35.65	<u>8:41.77</u>
2 De Dinkel II	1:03.32	2:09.91	3:15.46	4:26.54	5:32.46	6:41.97	7:47.86	<u>8:58.91</u>
3 P.S.V	1:05.81	2:13.31	3:21.12	4:36.54	5:42.37	6:55.82	7:56.71	<u>9:02.97</u>
4 W.V.Z.	1:05.99	2:15.69	3:22.09	4:32.49	5:39.27	6:49.83	7:55.65	<u>9:04.16</u>
5 T.Z.C.-Vahalis I	1:04.96	2:17.54	3:25.03	4:37.55	5:42.60	6:52.52	7:55.82	<u>9:05.45</u>
6 Stadskanaal	1:05.93	2:16.42	3:24.86	4:38.69	5:45.76	6:58.02	8:03.92	<u>9:13.19</u>
7 De Dinkel III	1:05.80	2:18.26	3:25.61	4:35.86	5:41.54	6:54.67	8:01.60	<u>9:14.5</u>
8 De Dolfijn	1:06.47	2:19.43	3:27.37	4:43.73	5:49.89	7:02.73	8:08.98	<u>9:19.31</u>
9 L.Z. 1886	1:06.98	2:18.21	3:27.24	4:40.26	5:48.14	7:05.04	8:13.07	<u>9:25.70</u>
10 T.Z.C.-Vahalis II	1:06.19	2:19.08	3:28.17	4:43.69	5:52.12	7:08.90	8:16.75	<u>9:31.27</u>

Prog. 147 4x100m Wisselslag est. j.o. 16 jaar.

1 M.Z.P.C.	1:08.27	2:17.50	3:17.89	<u>4:14.52</u>
2 A.Z.P.C.	1:06.45	2:23.00	3:26.13	<u>4:20.70</u>
3 De Dolfijn	1:10.98	2:25.37	3:28.66	<u>4:25.19</u>
4 B & O Torpedo	1:11.45	2:23.21	3:27.08	<u>4:26.53</u>
5 D.W.K.	1:09.36	2:24.17	3:27.60	<u>4:26.64</u>
6 Orca	1:08.24	2:24.90	3:29.96	<u>4:26.73</u>
7 P.S.V.	1:10.61	2:25.67	3:34.62	<u>4:29.16</u>
8 W.Z.P.C.	1:06.21	2:23.30	3:30.40	<u>4:30.75</u>
9 L.Z. 1886	1:07.22	2:21.26	3:25.05	<u>4:31.93</u>
10 Stadskanaal	1:06.51	2:26.94	3:33.60	<u>4:32.89</u>
11 Z.P.A.	1:06.65	2:25.96	3:35.61	<u>4:33.56</u>
12 Oceanus	1:12.24	2:26.77	3:37.96	<u>4:37.52</u>
13 Nautilus	1:06.32	2:21.84	3:27.71 EA	<u>4:24.22</u>

RECTIFICATIE: Prog. 109 4x200m Vrije slag est. heren

MOET ZIJN :

1 De Dolfijn I	55.87	1:56.06	2:51.78	3:53.09	4:48.96	5:48.76	6:43.15	<u>7:42.33</u>
2 Nautilus	55.51	1:54.72	2:49.91	3:54.37	4:51.75	5:54.34	6:49.94	<u>7:51.98</u>
3 HPC	56.41	1:56.70	2:54.16	4:01.36	4:58.71	6:02.75	6:55.01	<u>7:55.26</u>
4 PSV	58.76	1:59.78	2:57.08	4:02.45	5:02.97	6:06.92	7:04.61	<u>8:03.26</u>
5 A.Z.P.C.	59.23	2:02.41	3:01.18	4:06.39	5:05.60	6:06.58	7:03.82	<u>8:04.14</u>
6 De Dolfijn II	58.53	2:01.03	2:59.28	4:04.39	5:02.29	6:07.81	7:03.72	<u>8:04.92</u>
7 DZPC	57.29	1:58.65	2:57.59	4:04.62	5:03.90	6:08.16	7:06.67	<u>8:10.24</u>
8 Zeester	56.30	1:56.34	2:56.65	4:04.82	5:04.62	6:08.18	7:06.32	<u>8:11.51</u>
9 De Zijl/L.G.B.	57.65	2:01.66	3:01:66	4:04.01	5:04.21	6:12.53	7:11.22	<u>8:16.87</u>
10 De Dinkel	59.68	2:03.04	3:01.11	4:04.76	5:04.74	6:12.52	7:12.11	<u>8:17.73</u>
11 M.Z.P.C.	1:02.14	2:06.83	3:07.41	4:13.88	5:13.72	6:17.39	7:16.03	<u>8:20.54</u>



Sportfondsenbad
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