



NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 123 200m WISSELSLAG PERS.M.'77

1 Naomi v.d. Woerd	TZC-Vahalis	77-268	32.89	1:09.77	1:54.17	<u>2:29.65</u>
2 Saskia Stoteler	Groenlo	77-245	33.77	1:13.40	1:59.68	<u>2:33.47</u>
3 Martinique Koridon	Steur	77-410	31.96	1:13.99	1:59.34	<u>2:34.55</u>
4 Fleur Bakker	LZ 1886	77-473	36.25	1:16.11	2:01.30	<u>2:35.22</u>
5 Margot Hoogveen	DZPC	77-673	34.66	1:16.24	2:01.20	<u>2:36.30</u>
6 Marloes Neijman	BZV	77-545	34.53	1:15.04	1:59.79	<u>2:36.64</u>
7 Saskia de Keijzer	LZ 1886	77-568	34.92	1:14.70	2:01.43	<u>2:38.11</u>
8 Ragna Pattipeilohy	Bubble	77-445	33.83	1:14.79	2:02.67	<u>2:38.75</u>
9 Annemieke Mos	B&O Torpedo	77-043	34.90	1:15.75	2:04.22	<u>2:39.35</u>
10 Susanne Kentgens	MZPC	77-682	35.72	1:17.18	2:02.65	<u>2:39.42</u>
11 Priscilla Laurens	ZPA	77-498	37.33	1:19.99	2:05.85	<u>2:40.36</u>
12 Wilma van 't Hullenaar	Gouwe	77-771	35.89	1:16.35	2:03.99	<u>2:40.56</u>
13 Linda de Boer	DAW/Sportline	77-434	33.88	1:16.81	2:06.12	<u>2:43.28</u>
14 Ryan Verplanke	Scheldestroom	77-152	34.80	1:18.76	2:04.94	<u>2:44.39</u>
15 Johanna de Kooter	Biesboschzw.	77-211	36.49	1:18.63	2:07.19	<u>2:46.47</u>

Prog. 124 200m WISSELSLAG PERS.M.'76

1 Kitty Mensink	Dinkel	76-293	31.14	1:10.08	1:53.27	<u>2:24.69</u>
2 Kirsten Vliegheuis	Dinkel	76-398	33.21	1:11.98	1:55.37	<u>2:26.86</u>
3 Monique Hamstra	Stadskanaal	76-365	33.62	1:12.98	1:54.35	<u>2:28.29</u>
4 Marielle Piels	TZC-Vahalis	76-311	33.48	1:09.85	1:55.89	<u>2:28.92</u>
5 Wendy Groeneveld	Dinkel	76-339	34.14	1:13.69	1:56.10	<u>2:28.99</u>
6 Bianca Lutters	PSV	76-037	33.11	1:12.56	1:56.45	<u>2:30.14</u>
7 Leda Bitanc	VZC	76-533	33.30	1:11.75	1:56.61	<u>2:30.75</u>
8 Danielle Klaverdijk	Nautilus	76-430	33.74	1:14.75	1:58.57	<u>2:33.15</u>
9 Regina van Bruggen	WVZ	76-609	34.75	1:16.36	2:00.94	<u>2:35.19</u>
10 Mariska Leegte	Stadskanaal	76-327	34.40	1:16.81	2:00.20	<u>2:36.00</u>
11 Bianca Hocks	LZ 1886	76-439	34.73	1:14.36	2:02.81	<u>2:36.05</u>
12 Judith de Heer	Meerval	76-011	34.29	1:14.77	2:00.82	<u>2:36.81</u>

Prog. 125 200m WISSELSLAG PERS.M.'75

1 Linda v.d. Bosch	WVZ	75-528	31.77	1:09.70	1:51.47	<u>2:24.16</u>
2 Melanie Bos	Stormvogel	75-252	32.55	1:11.44	1:54.45	<u>2:26.61</u>
3 Nida Zuhai	Double D.VZC	75-403	32.03	1:09.47	1:53.68	<u>2:26.62</u>
4 Minouche Smit	Hoorn	75-365	32.23	1:11.28	1:54.67	<u>2:28.35</u>
5 Nancy Timmermans	De Aa	75-441	32.20	1:10.85	1:57.18	<u>2:29.38</u>
6 Sandra van 't Hof	Dolfijn	75-273	32.51	1:12.86	1:55.05	<u>2:29.44</u>
7 Marion van Hooft	Gouwe	75-463	33.23	1:12.89	1:57.81	<u>2:30.15</u>
8 Bianca Meyners	Dinkel	75-324	31.71	1:10.14	1:57.26	<u>2:30.78</u>
9 Wilma Veldhoen	DSZ	75-404	32.78	1:12.76	1:58.18	<u>2:31.02</u>
10 Diana Yspeert	DWK	75-480	33.47	1:12.71	1:55.95	<u>2:31.12</u>
11 Jacqueline Nieland	Stadskanaal	75-415	33.29	1:14.65	1:57.10	<u>2:31.44</u>
12 Wendy Roowaan	Zignea	75-289	33.81	1:13.34	1:59.26	<u>2:34.21</u>



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Prog. 120 100m RUGSLAG J.74

1 Paul Daman	DZV-Koudijs	74-417	29.93	<u>1:02.82</u>
2 Robin Sprinkhuizen	Zijl/LGB	74-710	29.99	<u>1:02.85</u>
3 Arjan Wessels	VZPC	74-324	30.26	<u>1:03.42</u>
4 Tim Hoeymans	PSV	74-426	30.90	<u>1:04.22</u>
5 Marcel Leegte	Stadskanaal	74-332	30.25	<u>1:04.43</u>
6 Melvin Bakker	Houtrib	74-296	30.92	<u>1:04.59</u>
7 Allard Wagenveld	NZC '21	74-400	30.69	<u>1:04.63</u>
8 Sjors Sijberden	WZPC	74-424	30.53	<u>1:04.86</u>
9 Martijn Fietje	Meent	74-227	30.89	<u>1:04.86</u>
10 Pim Commandeur	Duikelaar	74-174	31.48	<u>1:05.40</u>
11 Emile v.d. Wielen	Zeester	74-347	31.85	<u>1:06.21</u>

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

1 Richard Blank	Dolfijn	72-551	28.22	<u>58.76</u>
2 Milco Hogerbrug	Nautilus	72-292	28.86	<u>59.45</u>
3 Wilco v.d. Akker	AZPC	73-019	28.75	<u>59.83</u>
4 Jan Sonneveld	Dolfijn	72-015	29.21	<u>1:00.38</u>
5 Erik Saat	AZPC	73-507	28.97	<u>1:00.51</u>
6 Marcel Wouda	Zeester	72-360	29.03	<u>1:00.78</u>
7 Bram van Haandel	Hydra	73-187	29.44	<u>1:01.44</u>
8 Vincent Elgersma	Dolfijn	73-286	29.32	<u>1:01.58</u>
9 Alexander Tellegen	PSV	72-015	29.57	<u>1:01.65</u>
10 Dennis Parlevliet	PSV	73-644	29.54	<u>1:01.84</u>
11 Jan Willem v.d. Hoek	Gouwe	72-671	29.40	<u>1:01.91</u>
12 Ernst Stam	DAW/Sportline	72-538	29.58	<u>1:03.07</u>
13 Roy v.d. Veen	Hoorn	73-467	29.90	<u>1:03.38</u>
14 Jeroen Fietje	Meent	72-203	30.19	<u>1:03.66</u>
15 Eelco van Gemert	Stormvogel	72-275	30.34	<u>1:03.90</u>
16 Erwin Muntinga	Stadskanaal	72-370	31.23	<u>1:05.51</u>

Prog. 122 100m RUGSLAG HEREN

1 Ruud Coone	Dolfijn	68-065	27.97	<u>58.20</u>
2 Guido Keutgen	Raket	68-371	27.83	<u>58.37</u>
3 Bram Pronk	Zijl/LGB	67-051	28.11	<u>58.40</u>
4 Ronald Sloeserwij	Dolfijn	69-648	28.00	<u>58.61</u>
5 Frank ter Brugge	SGG	70-322	28.00	<u>58.84</u>
6 Peter Horsthuis	SGG	69-473	28.82	<u>59.19</u>
7 Peter de Rover	Dolfijn	67-344	28.79	<u>59.39</u>
8 Vili Adam	HPC	69-728	28.69	<u>59.67</u>
9 Ron Dekker	IJsel	66-044	28.32	<u>59.68</u>
10 Martin v.d. Spoel	DWK	71-316	28.62	<u>59.94</u>
11 Marco v.d. Berg	DSZ	69-427	28.14	<u>1:00.37</u>
12 Johan Dijkstra	Orca	71-434	29.42	<u>1:00.74</u>
13 Vincent Bekhuis	Zijl/LGB	68-053	29.04	<u>1:00.85</u>
14 Edwin v.d. Wulp	Steenwijk'34	70-332	29.26	<u>1:01.05</u>
15 Udo Karten	Ham	71-417	29.15	<u>1:01.10</u>
16 Menno Spaargaren	Oceanus	64-103	29.32	<u>1:01.65</u>



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Prog. 117 100m RUGSLAG J.'77

1 Sebastiaan Hagewoud	Reestduikers	77-002	31.60	<u>1:08.01</u>
2 Hans Hulsen	PSV	77-074	32.72	<u>1:08.73</u>
3 Pascal Lafort	Numansdorp	77-310	33.07	<u>1:08.87</u>
4 Michel Zwennes	DWK	77-540	34.70	<u>1:11.96</u>
5 Gerjan Hulstijn	HZC-Weusthag	77-397	34.21	<u>1:12.10</u>
6 Oscar Breukels	Rijn	77-669	34.81	<u>1:13.01</u>
7 Sjoerd Witting	IJsel	77-517	34.85	<u>1:13.74</u>
8 Erwin de Grijs	Hoorn	77-443	33.71	<u>1:13.88</u>
9 Ronald v Charante	Watervlo	77-436	35.01	<u>1:13.96</u>
10 Arthur Beemster	Waterland	77-206	35.75	<u>1:14.33</u>
11 Wilfred v Middendorp	DWK	77-557	35.52	<u>1:14.35</u>
12 Maarten Obbes	Stadskanaal	77-414	35.32	<u>1:14.49</u>
13 Niels Wielaard	AZPC	77-512	35.77	<u>1:15.40</u>
14 Ivo Roozeboom	ZVW '74	77-190	35.57	<u>1:16.06</u>
15 Jarino Toppenberg	Rijn	77-557	36.02	<u>1:16.34</u>
16 Edwin Wijnen	Damixa-Ravijn	77-614	35.66	<u>1:17.15</u>

Prog. 118 100m RUGSLAG J.'76

1 Christian Fischer	HPC	76-732	30.69	<u>1:04.37</u>
2 Dave Kempers	Groenlo	76-269	31.35	<u>1:06.80</u>
3 Ronald Fijn	Steur	76-449	31.44	<u>1:06.97</u>
4 Antoine Calis	AZC/Tarvo	76-699	32.51	<u>1:07.29</u>
5 Kim Bouwes	Stadskanaal	76-307	31.85	<u>1:07.32</u>
6 Sander Horenberg	Zevenhuizen	76-398	32.50	<u>1:08.09</u>
7 Rowin Timmermans	WVZ	76-013	33.45	<u>1:09.09</u>
8 Jeroen Goes	AZPC	76-041	34.26	<u>1:11.34</u>
9 Evert Jan van Harten	DWK	76-478	33.80	<u>1:11.45</u>

Prog. 119 100m RUGSLAG J.'75

1 Christiaan de Groot	LZ 1886	75-574	30.07	<u>1:02.99</u>
2 Jeroen v.d. Loosdrecht	Kempvis	75-451	30.51	<u>1:03.06</u>
3 Rob Nijweide	WWV	75-176	30.77	<u>1:04.48</u>
4 Frank Laffeber	Nautilus	75-613	31.07	<u>1:04.68</u>
5 Erwin Ruysink	AZPC	75-062	30.59	<u>1:04.79</u>
6 Eddy Brinkmeyer	DAW/Sportline	75-429	31.10	<u>1:05.08</u>
7 Ronnie Uitzetter	ZPA	75-399	31.24	<u>1:05.16</u>
8 Jeroen Jacobs	Gelenberg	75-300	30.69	<u>1:05.96</u>
9 Mark Schouten	LZ 1886	75-410	30.90	<u>1:06.07</u>
10 Maikel Klaver	Orca	75-398	31.39	<u>1:07.10</u>
11 Harl Tielemans	Tiamat	75-210	32.48	<u>1:07.67</u>
12 Martijn Perlee	HPC	75-583	32.44	<u>1:07.85</u>
13 Rob Onderwijzer	WZPC	75-384	32.41	<u>1:08.58</u>
14 Barry van Leeuwen	DZV-Koudijs	75-482	32.28	<u>1:09.31</u>
15 Marcel Kentgens	MZPC	75-681	32.90	<u>1:09.64</u>



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Prog. 114 100m VLINDERSLAG M.'74

1 Anita de Hoop	Orca	74-432	29.89	<u>1:02.93</u>
2 Marleen Vos	Houtrib	74-558	30.64	<u>1:05.04</u>
3 Caby van Leenen	Raket	74-374	31.42	<u>1:06.26</u>
4 Iris Westrik	Dinkel	74-322	31.83	<u>1:06.77</u>
5 Heidi Voogesang	Nautilus	74-504	31.19	<u>1:07.37</u>
6 Lilian van Duijnhoven	Zeester	74-607	31.55	<u>1:07.50</u>
7 Maaïke Addicks	GZC	74-430	32.14	<u>1:08.00</u>
8 Renate Duim	Dolfijn	74-569	31.94	<u>1:08.60</u>
9 Nancy Kijk i/d Vegte	LZ 1886	74-380	32.33	<u>1:09.65</u>

Prog. 115 100m VLINDERSLAG M.'73/'72

1 Natasja Robert	DAW/Sportline	72-328	29.52	<u>1:02.30</u>
2 Inge de Bruijn	Dolfijn	73-079	29.72	<u>1:02.78</u>
3 Danielle Veenhuizen	ZPA	72-514	30.61	<u>1:05.03</u>
4 Radna Mulder	PSV	73-040	30.96	<u>1:05.46</u>
5 Angelique Jacobs	PSV	72-039	30.53	<u>1:05.82</u>
6 Jacqueline Wildeman	SGG	72-625	31.52	<u>1:06.99</u>
7 Gudule v.d. Meer	HZPC Ho	72-443	31.02	<u>1:07.08</u>
8 Laura Filmer	DAW/Sportline	72-476	31.40	<u>1:07.59</u>

Prog. 116 100m VLINDERSLAG DAMES

1 Ingrid Baars	Dolfijn	69-080	28.66	<u>1:01.21</u>
2 Karin Briennesse	Orca	69-377	28.98	<u>1:01.55</u>
3 Christien Pieterse	Vrije Slag	67-374	29.88	<u>1:03.46</u>
4 Nina Hulleman	DZPC	71-521	29.79	<u>1:03.58</u>
5 Gea Veldhuizen	Tolhekke	71-202	30.39	<u>1:03.99</u>
6 Renate Wigger	Dinkel	70-176	30.56	<u>1:04.67</u>
7 Margriet van Staveren	Steur	70-231	30.07	<u>1:04.78</u>
8 Saskia van Minnen	Meent	66-299	30.85	<u>1:05.92</u>
9 Ilse Ambergen	Eemsrobber	71-608	30.66	<u>1:06.08</u>
10 Pauline v.d. Zouw	Dolfijn	69-328	30.82	<u>1:06.19</u>
11 Wendy Ligtenberg	Dinkel	70-343	30.73	<u>1:06.40</u>
12 Ingrid Koeman	Dolfijn	71-067	31.97	<u>1:06.61</u>
13 Kitty de Kok	Hieronymus	70-397	31.47	<u>1:06.90</u>
14 Yvonne de Kler	Zijl/LGB	69-046	32.00	<u>1:07.75</u>



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Prog. 111 100m VLINDERSLAG M.77

1	Martiniq Koridon	Steur	77-410	31.30	<u>1:07.96</u>
2	Linda de Boer	DAW/Sportline	77-434	34.03	<u>1:11.37</u>
3	Margot Hoogeveen	DZPC	77-673	33.62	<u>1:11.49</u>
4	Sandra van Wegen	Haaïen	77-457	33.83	<u>1:13.12</u>
5	Saskia Stoteler	Groenlo	77-245	34.05	<u>1:13.41</u>
6	Ragna Pattipeilohy	Bubble	77-445	34.35	<u>1:13.90</u>
7	Daniella Heyenrath	RZ	77-333	34.35	<u>1:13.94</u>
8	Madelon Baans	Kempvis	77-624	34.23	<u>1:14.31</u>
9	Ryan Verplanke	Scheïdestroom	77-152	33.80	<u>1:14.71</u>
10	Saskia de Keijzer	LZ 1886	77-568	34.97	<u>1:15.76</u>
11	Karen Wammes	TZC-Vahalis	77-296	35.45	<u>1:15.80</u>

Prog. 112 100m VLINDERSLAG M.76

1	Kitty Mensink	Dinkel	76-293	30.77	<u>1:05.10</u>
2	Sigrid Pels	Steur	76-450	31.90	<u>1:08.89</u>
3	Jitske Zengerink	Meerval	76-028	32.37	<u>1:08.98</u>
4	Bianca Lutters	PSV	76-037	32.80	<u>1:09.11</u>
5	Leda Bitanc	VZC	76-533	32.98	<u>1:10.08</u>
6	Mariska Leeqte	Stadskanaal	76-327	33.19	<u>1:10.61</u>
7	Bianca Hocks	LZ 1886	76-439	33.58	<u>1:11.60</u>
8	Judith de Heer	Meerval	76-011	34.99	<u>1:11.90</u>
9	Sandra Jansen	HZPC Ho	76-341	33.24	<u>1:12.44</u>
10	Muriel de Groot	NDZ '85	76-059	33.79	<u>1:13.44</u>
11	Lianne Bruijs	TZC-Vahalis	76-295	33.91	<u>1:13.7</u>
12	Bianca Singeling	LZ 1886	76-438	34.56	<u>1:15.08</u>

Prog. 113 100m VLINDERSLAG M.75

1	Nida Zuhai	Double D.VZC	75-403	31.56	<u>1:06.06</u>
2	Bianca Meyners	Dinkel	75-324	31.71	<u>1:06.38</u>
3	Minouche Smit	Hoorn	75-365	31.20	<u>1:07.50</u>
4	Renate Wijering	Dinkel	75-401	31.62	<u>1:07.51</u>
5	Marion van Hooft	Gouwe	75-463	31.97	<u>1:07.93</u>
6	Nancy Timmermans	De Aa	75-441	32.00	<u>1:07.96</u>
7	Wilma Veldhoen	DSZ	75-404	32.49	<u>1:08.12</u>
8	Danielle Sloopjes	SVW	75-229	32.21	<u>1:08.97</u>
9	Sandra van 't Hof	Dolfijn	75-273	32.71	<u>1:09.09</u>
10	Natasja van Egmond	Dolfijn	75-125	32.43	<u>1:09.79</u>
11	Wendy Roowaan	Zigna	75-289	32.36	<u>1:10.03</u>
12	Tamara Robert	DAW/Sportline	75-348	31.74	<u>1:10.25</u>
13	Karen Guldemond	HPC	75-026	32.75	<u>1:10.67</u>
14	Ilona Kalter	Houtrib	75-557	33.16	<u>1:10.91</u>
15	Esther Wijnen	HZPC Ho	75-328	32.66	<u>1:11.18</u>
16	Sandra Berckenkamp	Gouwe	75-557	32.54	<u>1:11.75</u>
17	Nanette Janssen	TZC-Vahalis	75-218	33.47	<u>1:12.05</u>
18	Hazel den Hoed	Kimbria	75-289	33.25	<u>1:12.15</u>
19	Everlina Muilwijk	DWF	75-150	32.90	<u>1:12.18</u>
20	Saskia Helsdingen	Haaïen	75-379	33.33	<u>1:12.52</u>
21	Bianca Poelhuis	Groenlo	75-252	32.97	<u>1:12.74</u>
22	Diana Yspeert	DWK	75-480	34.34	<u>1:13.06</u>



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Prog. 110 4x100m VRIJE SLAG EST.j.o.16jr

1 A.Z.P.C.	26.41	56.18	1:23.09	1:52.85
	2:19.43	2:49.21	3:15.43	<u>3:43.03</u>
2 De Dolfijn I	26.80	56.12	1:23.55	1:53.64
	2:19.95	2:50.13	3:16.06	<u>3:43.83</u>
3 L.Z. 1886	26.91	57.20	1:23.83	1:53.81
	2:20.43	2:49.97	3:16.54	<u>3:47.98</u>
4 M.Z.P.C.	27.47	57.43	1:24.75	1:55.94
	2:23.20	2:51.98	3:18.30	<u>3:48.03</u>
5 Orca	26.58	55.42	1:24.08	1:55.40
	2:23.19	2:53.91	3:19.79	<u>3:49.05</u>
6 Z.P.A.	26.99	57.02	1:23.89	1:55.11
	2:23.23	2:54.55	3:21.06	<u>3:50.94</u>
7 D.W.K.	27.89	58.14	1:25.97	1:56.02
	2:24.45	2:54.60	3:21.50	<u>3:51.41</u>
8 B & O Torpedo	27.06	57.20	1:24.28	1:54.97
	2:23.11	2:54.58	3:22.02	<u>3:52.33</u>
9 P.S.V.	28.94	1:00.04	1:28.74	2:00.50
	2:28.06	3:00.08	3:24.93	<u>3:53.25</u>
10 De Zijl/L.G.B.	26.07	54.37	1:22.55	1:54.47
	2:22.38	2:53.72	3:22.30	<u>3:53.92</u>
11 W.Z.P.C.	27.62	57.77	1:26.54	1:57.49
	2:26.33	2:58.19	3:24.81	<u>3:55.19</u>
12 Nautilus	29.08	1:01.47	1:28.29	1:57.90
	2:26.26	2:59.24	3:25.62	<u>3:55.43</u>
13 Biesboschzwemmers	27.72	58.45	1:26.38	1:58.87
	2:26.46	2:58.39	3:25.43	<u>3:55.53</u>
14 Stadskanaal	28.20	59.69	1:27.96	1:59.64
	2:26.17	2:57.14	3:25.35	<u>3:56.53</u>
15 D.A.W./Sportline	28.17	58.78	1:27.25	1:59.46
	2:28.28	3:00.19	3:27.22	<u>3:57.54</u>
16 Oceanus	28.39	58.84	1:27.77	1:59.00
	2:26.22	2:56.27	3:24.74	<u>3:57.79</u>
17 K.Z.C.	27.84	57.81	1:25.35	1:56.35
	2:24.21	2:56.18	3:25.25	<u>3:58.98</u>
18 A.Z.P.C. II	28.42	1:00.38	1:29.11	2:01.13
	2:30.87	3:02.84	3:30.77	<u>4:02.82</u>
19 De Dolfijn II	28.20	59.44	1:29.38	2:01.82
	2:32.21	3:05.22	3:33.71	<u>4:06.36</u>



MICROWAY
COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 109 4x100m WISSELSLAG EST.DAMES

1 De Dolfijn I	30.79	1:04.80	1:38.58	2:18.92
	2:47.12	3:19.43	3:45.65	<u>4:14.55</u>
2 Z.P.A.	32.36	1:08.48	1:41.60	<u>2:19.33</u>
	2:49.16	3:23.39	3:49.18	<u>4:16.98</u>
3 Orca	31.50	1:06.02	1:40.04	<u>2:18.26</u>
	2:47.82	3:21.27	3:47.94	<u>4:17.25</u>
4 De Dinkel	31.25	1:04.96	1:38.40	<u>2:17.84</u>
	2:47.00	3:21.61	3:49.06	<u>4:19.90</u>
5 De Dolfijn II	32.79	1:08.71	1:43.80	<u>2:23.49</u>
	2:52.03	3:25.58	3:52.68	<u>4:23.22</u>
6 H.P.C.	32.31	1:07.42	1:44.24	<u>2:24.82</u>
	2:54.75	3:30.15	3:57.85	<u>4:28.21</u>
7 De Steur	34.47	1:13.20	1:45.69	<u>2:23.65</u>
	2:52.69	3:27.44	3:56.31	<u>4:28.29</u>
8 't Tolhekke	32.13	1:07.67	1:43.45	<u>2:24.91</u>
	2:54.55	3:27.93	3:56.77	<u>4:29.09</u>
9 P.S.V.	33.23	1:09.56	1:44.67	<u>2:23.66</u>
	2:53.92	3:29.35	3:58.31	<u>4:29.93</u>
10 S.G.G.	31.36	1:05.88	1:41.47	<u>2:21.20</u>
	2:52.40	3:29.27	3:58.13	<u>4:30.36</u>
11 Nautilus	32.43	1:07.82	1:43.39	<u>2:25.27</u>
	2:55.64	3:32.70	4:00.25	<u>4:31.51</u>
12 De Zijl/L.G.B.	32.97	1:10.39	1:44.66	<u>2:23.97</u>
	2:54.33	3:29.83	3:58.89	<u>4:32.26</u>
13 D.A.W./Sportline	32.00	1:09.01	1:45.35	<u>2:30.08</u>
	2:59.19	3:33.10	4:02.07	<u>4:35.02</u>
14 A.Z.P.C.	33.60	1:12.17	1:49.42	<u>2:32.30</u>
	3:01.37	3:35.15	4:04.25	<u>4:36.38</u>
15 L.Z. 1886	32.71	1:08.74	1:44.19	<u>2:26.81</u>
	3:00.97	3:45.93	4:15.61	<u>4:49.40</u>

1.00.51

18.26
06.02

2 24

17.84
4.96

2 00

23.97
10.39

13.58

18.92
04.80

4 12

23.39
16.90

41

19.33
08.48

10.85

19.43
14.55

4 88

1.27
2.75

4.02





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 106 1500m VRIJE SLAG HEREN

1 Alain de Kort	HPC	69-222	28.24	59.68	1:31.76	2:03.83
			2:35.68	3:07.62	3:39.40	4:11.36
			4:43.43	5:15.54	5:47.41	6:19.54
			6:51.33	7:22.80	7:54.84	8:26.83
			8:58.84	9:30.73	10:02.78	10:35.01
			11:06.91	11:39.36	12:11.73	12:44.34
			13:17.04	13:49.94	14:22.83	14:55.38
			15:27.54	<u>15:58.67</u>		
			29.02	1:00.53	1:32.49	2:04.35
			2:36.42	3:08.58	3:40.75	4:13.02
2 Jean Louis Geutjes	Otters	70-531	4:45.32	5:17.53	5:50.08	6:22.44
			6:54.67	7:27.01	7:59.23	8:31.59
			9:03.62	9:35.98	10:08.46	10:40.91
			11:13.41	11:45.95	12:18.68	12:51.44
			13:24.21	13:56.64	14:29.18	15:01.82
			15:34.14	<u>16:05.46</u>		
			27.78	58.42	1:29.53	2:01.23
			2:33.24	3:05.99	3:38.68	4:11.39
			4:44.45	5:17.64	5:50.81	6:23.47
			6:56.09	7:29.05	8:01.96	8:34.56
3 Ronald van Dongen	HZC-Weusthag	69-454	9:07.54	9:40.60	10:13.68	10:46.82
			11:19.45	11:52.49	12:25.48	12:58.78
			13:31.29	14:04.15	14:37.23	15:09.63
			15:41.44	<u>16:10.83</u>		
			28.35	1:00.07	1:32.42	2:05.01
			2:37.97	3:10.57	3:43.22	4:16.27
			4:49.08	5:21.96	5:54.78	6:27.70
			7:00.92	7:34.37	8:07.71	8:41.50
			9:15.13	9:49.01	10:22.70	10:56.01
			11:29.47	12:02.86	12:36.51	13:10.47
4 Hans van Goor	Hoor	70-203	13:44.24	14:18.26	14:51.99	15:25.56
			15:58.89	<u>16:31.40</u>		

Prog. 108 50m Vrije Slag Heren A-FINALE

1 Ron Dekker	IJsel	66-044	<u>22.83</u>
2 Onno Joustra	Zijl/LGB	70-050	<u>23.37</u>
3 Leon Verhage	Nautilus	64-539	<u>23.39</u>
4 Marcel de Natris	Zijl/LGB	70-049	<u>23.45</u>
5 Ardi Zandbergen	PSV	65-681	<u>23.78</u>
6 Wilco v.d. Akker	AZPC	73-019	<u>23.79</u>
7 Vili Adam	HPC	69-728	<u>23.83</u>
8 Casper van Dam	Zwemlust/DH	71-405	<u>23.95</u>

Prog. 108 50m Vrije Slag Heren B-FINALE

1 Etienne Boukal	Dolfijn	69-300	<u>23.84</u>
2 Bram van Haandel	Hydra	73-187	<u>23.90</u>
3 Michel Roumen	Nautilus	70-508	<u>24.00</u>
4 Edwin de Wilde	AZPC	72-469	<u>24.45</u>
5 Kees Robbertsen	DZPC	71-776	<u>24.47</u>
6 Hans Rijntalder	Nautilus	67-472	<u>24.49</u>
7 Vincent Bekhuis	Zijl/LGB	68-053	<u>24.85</u>
8 Ronald van Dongen	HZC-Weusthag	69-454	<u>25.21</u>



MICROWAY
COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

7 Jan Willem v.d. Hoek	Gouwe	72-671	28.53	59.74	1:31.30	2:02.91
			2:34.82	3:07.40	3:39.97	4:12.88
			4:46.05	5:18.85	5:51.92	6:24.69
			6:57.80	7:31.13	8:04.46	8:37.86
			9:11.07	9:44.33	10:17.58	10:50.68
			11:24.03	11:57.71	12:31.29	13:04.86
			13:37.70	14:11.07	14:44.72	15:18.18
			15:51.34	<u>16:23.26</u>		
			28.09	1:00.01	1:32.68	2:05.54
			2:37.94	3:11.18	3:44.15	4:17.04
8 Patrick Jordan	Meent	73-182	4:49.47	5:22.56	5:55.87	6:29.10
			7:02.12	7:35.28	8:08.45	8:41.70
			9:15.24	9:48.56	10:21.34	10:54.74
			11:28.36	12:02.15	12:34.92	13:08.66
			13:42.47	14:15.84	14:48.24	15:20.88
			15:53.32	<u>16:26.50</u>		
			28.73	1:00.67	1:32.88	2:05.38
			2:37.91	3:10.52	3:43.26	4:16.27
			4:49.02	5:21.90	5:54.53	6:27.03
			6:59.13	7:31.17	8:03.73	8:36.58
9 Almar v.d. Meer	B&O Torpedo	72-015	9:09.77	9:43.28	10:17.10	10:50.66
			11:24.35	11:58.32	12:31.96	13:06.15
			13:39.93	14:13.71	14:47.41	15:21.03
			15:54.41	<u>16:26.57</u>		
			29.46	1:01.53	1:33.91	2:06.81
			2:39.63	3:12.78	3:46.32	4:19.58
			4:53.39	5:27.29	6:00.71	6:33.93
			7:07.20	7:40.75	8:14.57	8:48.22
			9:21.79	9:55.35	10:29.09	11:02.89
			11:36.44	12:10.09	12:43.84	13:17.81
10 Eduard van Veenen	Stadskanaal	73-407	13:51.49	14:24.88	14:58.31	15:31.76
			16:04.49	<u>16:34.71</u>		
			28.15	59.29	1:31.08	2:03.60
			2:35.69	3:08.39	3:41.07	4:13.82
			4:46.86	5:20.01	5:53.23	6:26.33
			6:59.53	7:33.03	8:06.88	8:40.37
			9:14.25	9:48.03	10:22.49	10:56.89
			11:31.02	12:05.09	12:39.77	13:14.33
			13:48.77	14:23.24	14:57.61	15:32.02
			16:05.65	<u>16:37.40</u>		
11 Mark v.d. Zijden	Gouwe	73-699	28.73	1:01.11	1:34.10	2:07.20
			2:40.02	3:13.14	3:46.56	4:20.01
			4:53.77	5:27.70	6:01.41	6:34.99
			7:07.94	7:41.23	8:15.25	8:49.08
			9:22.82	9:56.26	10:30.55	11:04.40
			11:38.18	12:13.08	12:46.01	13:19.67
			13:53.81	14:27.24	15:00.76	15:36.00
			16:07.88	<u>16:38.49</u>		
			28.85	1:00.94	1:33.45	2:06.10
			2:38.72	3:11.54	3:44.02	4:16.85
12 Dennis Rijnbeek	Rapido'82	72-226	4:49.72	5:22.73	5:55.95	6:29.06
			7:02.39	7:35.84	8:09.41	8:43.17
			9:16.99	9:50.80	10:25.09	10:59.63
			11:34.26	12:08.89	12:43.37	13:18.05
			13:52.51	14:26.06	14:59.95	15:33.84
			16:07.41	<u>16:40.02</u>		
			28.52	59.93	1:32.27	2:05.08
			2:38.42	3:11.52	3:43.50	4:16.13
			4:49.73	5:23.51	5:57.38	6:31.80
			7:06.37	7:40.54	8:15.70	8:48.58
13 Martijn van Heusden	B&O Torpedo	72-030	9:20.73	9:53.27	10:26.41	11:00.49
			11:35.21	12:10.45	12:45.90	13:20.69
			13:55.78	14:30.99	15:05.95	15:40.28
			16:14.69	<u>16:48.93</u>		
			28.52	59.93	1:32.27	2:05.08
			2:38.42	3:11.52	3:43.50	4:16.13
			4:49.73	5:23.51	5:57.38	6:31.80
			7:06.37	7:40.54	8:15.70	8:48.58
			9:20.73	9:53.27	10:26.41	11:00.49
			11:35.21	12:10.45	12:45.90	13:20.69
14 Vincent Elgersma	Dolfijn	73-286	13:55.78	14:30.99	15:05.95	15:40.28
			16:14.69	<u>16:48.93</u>		



MICROWAY
COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 105 1500m VRIJE SLAG J.'73/'72

1 Marcel Wouda	Zeester	72-360	27.54	57.93	1:28.56	1:59.42
			2:30.44	3:01.56	3:32.92	4:04.37
			4:35.46	5:06.95	5:38.62	6:10.37
			6:42.03	7:13.63	7:45.48	8:17.07
			8:48.74	9:20.67	9:52.51	10:24.70
			10:56.52	11:28.88	12:00.73	12:32.25
			13:04.34	13:36.68	14:08.39	14:40.87
			15:13.34	<u>15:45.07</u>		
			29.46	1:01.38	1:33.27	2:05.47
			2:37.55	3:10.03	3:41.97	4:14.04
2 Jan Sonneveld	Dolfijn	72-015	4:46.30	5:18.58	5:50.61	6:22.80
			6:54.66	7:26.47	7:57.96	8:29.21
			9:00.86	9:32.50	10:04.19	10:35.86
			11:07.38	11:39.24	12:10.96	12:43.09
			13:15.11	13:47.17	14:19.25	14:51.24
			15:23.00	<u>15:53.17</u>		
			28.45	59.54	1:31.42	2:03.61
			2:35.70	3:08.08	3:40.39	4:12.98
			4:45.35	5:17.94	5:50.53	6:23.21
			6:55.93	7:28.88	8:01.65	8:34.40
3 Diederik Rouffaer	N/Sp. en Sp.	72-290	9:07.36	9:40.45	10:13.42	10:46.37
			11:19.19	11:52.38	12:25.31	12:58.49
			13:31.05	14:03.89	14:36.88	15:09.27
			15:41.36	<u>16:11.23</u>		
			28.51	59.69	1:31.32	2:03.62
			2:36.07	3:08.63	3:40.97	4:13.58
			4:46.16	5:19.06	5:51.96	6:24.85
			6:57.82	7:30.95	8:03.83	8:36.38
			9:09.52	9:42.44	10:15.40	10:48.17
			11:21.55	11:55.14	12:28.42	13:01.37
4 Goran Loos	Nautilus	72-507	13:34.99	14:08.61	14:41.79	15:15.42
			15:47.98	<u>16:20.21</u>		
			27.94	58.91	1:30.54	2:02.42
			2:34.89	3:07.52	3:40.08	4:13.10
			4:46.26	5:19.21	5:52.31	6:25.25
			6:58.35	7:31.42	8:04.56	8:38.03
			9:11.12	9:44.36	10:17.61	10:50.53
			11:24.05	11:57.87	12:31.38	13:03.50
			13:36.70	14:09.86	14:42.84	15:15.60
			15:48.45	<u>16:20.52</u>		
5 Roy v.d. Veen	Hoom	73-467	29.00	1:01.76	1:34.84	2:08.37
			2:42.00	3:15.69	3:49.49	4:23.15
			4:56.29	5:29.25	6:02.53	6:35.75
			7:08.48	7:41.61	8:14.51	8:47.72
			9:20.12	9:52.82	10:25.08	10:57.50
			11:29.83	12:02.15	12:34.75	13:07.11
			13:39.43	14:12.03	14:44.69	15:17.24
			15:49.66	<u>16:20.82</u>		
			29.00	1:01.76	1:34.84	2:08.37
			2:42.00	3:15.69	3:49.49	4:23.15
6 Dennis Parlevliet	PSV	73-644	4:56.29	5:29.25	6:02.53	6:35.75
			7:08.48	7:41.61	8:14.51	8:47.72
			9:20.12	9:52.82	10:25.08	10:57.50
			11:29.83	12:02.15	12:34.75	13:07.11
			13:39.43	14:12.03	14:44.69	15:17.24
			15:49.66	<u>16:20.82</u>		
			29.00	1:01.76	1:34.84	2:08.37
			2:42.00	3:15.69	3:49.49	4:23.15
			4:56.29	5:29.25	6:02.53	6:35.75
			7:08.48	7:41.61	8:14.51	8:47.72



MICROWAY
COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

9 Nils Vonhoff	DAW/Sportline	75-454	30.51	1:04.44	1:39.21	2:14.10
			2:49.51	3:24.63	3:59.93	4:35.50
			5:10.83	5:46.38	6:21.88	6:57.06
			7:31.98	8:07.14	8:42.61	9:17.78
			9:52.67	10:27.81	11:03.09	11:38.54
			12:14.41	12:50.37	13:25.73	14:01.31
			14:36.80	15:12.10	15:47.53	16:22.88
			16:56.52	<u>17:30.10</u>		
10 Dennis Kruis	Hoogwerf	75-282	29.28	1:01.70	1:35.18	2:09.01
			2:43.25	3:17.86	3:53.04	4:28.27
			5:04.16	5:40.14	6:16.10	6:52.37
			7:28.12	8:04.71	8:40.68	9:16.49
			9:52.13	10:28.03	11:04.35	11:40.43
			12:16.88	12:53.44	13:29.31	14:05.27
			14:41.76	15:18.06	15:53.58	16:29.84
			17:04.92	<u>17:39.52</u>		
11 Mark Dijkstra	B&O Torpedo	75-056	29.32	1:02.59	1:36.35	2:10.06
			2:44.71	3:19.31	3:53.99	4:29.86
			5:05.48	5:41.47	6:17.43	6:53.87
			7:29.72	8:06.10	8:41.54	9:16.82
			9:52.55	10:27.99	11:03.92	11:40.34
			12:16.55	12:53.14	13:29.70	14:06.00
			14:42.04	15:19.08	15:55.26	16:32.08
			17:08.35	<u>17:43.82</u>		

Prog. 104 1500m VRIJE SLAG J.74

1 Martijn Both	Dolfijn	74-578	29.11	1:01.26	1:33.74	2:06.32
			2:39.03	3:11.69	3:45.07	4:18.70
			4:51.70	5:24.98	5:57.88	6:30.89
			7:04.04	7:37.17	8:09.41	8:42.40
			9:15.54	9:48.56	10:21.47	10:55.09
			11:28.56	12:02.25	12:34.91	13:08.94
			13:42.40	14:15.85	14:47.43	15:19.77
			15:50.97	<u>16:21.13</u>		
2 Tim Hoeymans	PSV	74-426	28.81	1:01.06	1:34.02	2:06.67
			2:39.65	3:12.59	3:45.57	4:18.56
			4:52.04	5:25.74	5:59.31	6:32.50
			7:06.12	7:39.89	8:13.57	8:47.46
			9:21.74	9:55.78	10:29.91	11:04.00
			11:38.36	12:12.76	12:47.15	13:21.94
			13:56.07	14:30.07	15:04.56	15:38.82
			16:12.54	<u>16:45.66</u>		
3 Theo Hulshof	Nautilus	74-378	29.19	1:01.44	1:33.81	2:06.52
			2:38.99	3:12.07	3:45.86	4:19.86
			4:53.72	5:27.86	6:02.11	6:36.41
			7:10.47	7:44.71	8:19.05	8:53.41
			9:27.97	10:02.57	10:36.64	11:10.93
			11:45.58	12:19.93	12:54.60	13:29.42
			14:03.99	14:38.51	15:12.93	15:47.59
			16:21.88	<u>16:54.23</u>		
4 Freck Carol	ZPA	74-405	29.35	1:02.63	1:36.11	2:09.60
			2:43.09	3:16.44	3:49.74	4:23.27
			4:56.94	5:30.74	6:04.36	6:38.36
			7:12.46	7:46.51	8:20.35	8:54.45
			9:28.49	10:02.58	10:36.85	11:11.53
			11:46.10	12:20.59	12:55.15	13:29.88
			14:04.55	14:39.11	15:13.94	15:48.78
			16:23.06	<u>16:57.17</u>		



NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 103 1500m VRIJE SLAG J.75

1 Jeroen v.d. Loosdrecht Kempvis	75-451	28.16	59.04	1:30.98	2:03.01		
		2:34.89	3:06.96	3:39.91	4:12.42		
		4:45.05	5:18.25	5:51.28	6:24.36		
		6:57.19	7:30.43	8:03.91	8:36.96		
		9:10.23	9:43.53	10:16.83	10:49.96		
		11:22.94	11:55.83	12:29.01	13:02.36		
		13:35.39	14:08.68	14:41.48	15:14.24		
		15:45.78	<u>16:15.62</u>				
		2 Ronnie Uitzetter ZPA	75-399	27.96	58.56	1:30.77	2:02.95
				2:35.30	3:07.95	3:40.87	4:14.47
				4:47.71	5:20.73	5:54.02	6:27.36
				7:00.89	7:34.33	8:07.65	8:41.00
				9:14.44	9:48.12	10:21.49	10:54.87
				11:28.66	12:02.36	12:35.83	13:09.85
				13:43.29	14:16.65	14:50.19	15:24.17
				15:57.57	<u>16:29.86</u>		
3 Etan Roonen PSV	75-049			29.67	1:01.45	1:34.27	2:07.00
				2:40.62	3:14.04	3:47.63	4:21.17
				4:55.06	5:28.90	6:03.13	6:37.40
				7:11.44	7:45.69	8:19.75	8:53.82
				9:28.07	10:02.23	10:36.02	11:10.36
				11:44.60	12:19.11	12:53.42	13:27.54
				14:01.22	14:34.97	15:09.47	15:43.52
				16:16.42	<u>16:48.96</u>		
		4 Richard Middelbos Stadskanaal	75-417	29.91	1:02.52	1:35.44	2:08.84
				2:42.68	3:16.33	3:50.41	4:23.97
				4:58.37	5:32.63	6:07.13	6:41.52
				7:15.49	7:49.92	8:23.78	8:57.86
				9:31.64	10:05.67	10:39.56	11:13.14
				11:47.44	12:21.83	12:55.89	13:29.99
				14:04.10	14:38.90	15:13.37	15:48.18
				16:22.21	<u>16:56.03</u>		
5 Willy Hansen Dinkel	75-400			29.84	1:02.06	1:35.38	2:09.06
				2:42.70	3:16.37	3:50.81	4:24.95
				4:59.34	5:34.20	6:08.82	6:43.59
				7:17.97	7:52.60	8:26.89	9:01.66
				9:35.88	10:10.39	10:44.80	11:19.63
				11:54.25	12:29.38	13:03.95	13:38.87
				14:14.62	14:49.80	15:24.38	15:59.25
				16:34.45	<u>17:08.65</u>		
		6 Jasper Bisselink HPC	75-644	29.68	1:02.78	1:36.32	2:10.62
				2:44.61	3:19.22	3:53.78	4:28.48
				5:03.11	5:38.20	6:12.74	6:47.57
				7:22.40	7:57.08	8:32.32	9:07.29
				9:42.49	10:17.74	10:53.00	11:27.99
				12:03.12	12:38.46	13:13.91	13:49.19
				14:24.52	14:59.79	15:35.17	16:10.45
				16:45.52	<u>17:19.30</u>		
7 Jos Middelberg Dolfijn	75-078			30.74	1:04.24	1:38.47	2:12.74
				2:47.43	3:22.69	3:57.73	4:33.23
				5:08.56	5:43.91	6:18.85	6:54.28
				7:29.20	8:04.57	8:39.98	9:15.19
				9:50.61	10:26.02	11:01.10	11:36.45
				12:12.10	12:47.62	13:22.79	13:57.42
				14:32.48	15:07.98	15:43.28	16:17.89
				16:52.57	<u>17:24.44</u>		
		8 Brent Senduk Dolfijn	75-076	29.38	1:02.73	1:35.92	2:09.33
				2:43.05	3:16.66	3:50.76	4:25.01
				4:59.23	5:33.54	6:07.70	6:42.46
				7:17.38	7:52.74	8:27.49	9:02.83
				9:38.16	10:13.99	10:49.99	11:25.84
				12:01.87	12:37.75	13:14.06	13:50.14
				14:26.36	15:02.58	15:38.70	16:14.60
				16:50.12	<u>17:24.94</u>		



MICROWAY
COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 101 1500m VRIJE SLAG J.'77

1 Dwight Senduk	Dolfijn	77-075	31.62	1:06.61	1:42.28	2:17.44
			2:52.83	3:28.20	4:03.48	4:39.13
			5:14.61	5:50.04	6:25.80	7:01.34
			7:36.87	8:13.13	8:48.83	9:24.63
			10:00.38	10:36.60	11:12.44	11:48.70
			12:25.08	13:01.23	13:37.30	14:13.62
			14:50.32	15:26.41	16:02.70	16:39.23
			17:15.38	<u>17:50.97</u>		

Prog. 102 1500m VRIJE SLAG J.'76

1 Christian Fischer	HPC	76-732	30.51	1:03.33	1:37.09	2:09.98
			2:43.81	3:18.55	3:53.00	4:27.88
			5:01.93	5:35.37	6:09.16	6:44.61
			7:19.08	7:51.98	8:26.81	9:02.07
			9:36.73	10:10.63	10:43.96	11:18.04
			11:50.69	12:24.51	12:58.99	13:33.80
			14:08.44	14:42.22	15:16.09	15:50.25
			16:23.40	<u>16:56.07</u>		
			30.13	1:03.47	1:37.41	2:10.76
			2:44.50	3:18.94	3:53.35	4:27.99
2 Bart Heggelman	WVZ	76-670	5:02.48	5:36.31	6:10.66	6:45.34
			7:20.69	7:54.54	8:28.94	9:03.90
			9:38.68	10:13.35	10:47.77	11:22.34
			11:56.25	12:30.72	13:05.04	13:39.92
			14:14.29	14:49.56	15:24.78	16:00.33
			16:35.19	<u>17:08.98</u>		
			31.09	1:05.77	1:41.04	2:16.38
			2:52.18	3:27.00	4:02.20	4:37.69
			5:13.43	5:49.01	6:24.85	6:59.85
			7:35.25	8:10.38	8:46.06	9:21.59
3 Roy Meyboom	MZPC	76-728	9:57.23	10:32.73	11:08.74	11:43.71
			12:18.85	12:54.14	13:29.22	14:04.10
			14:39.48	15:14.50	15:49.34	16:24.43
			16:59.16	<u>17:32.89</u>		





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 097 400m WISSELSLAG PERS.M.'74

1 Kristel Tellegen	PSV	74-016	32.32	1:09.53	1:48.72	2:28.79
			3:08.81	3:49.79	4:23.47	<u>4:55.81</u>
1 Iris Westrik	Dinkel	74-322	31.82	1:08.05	1:45.18	2:22.52
			3:06.67	3:50.63	4:23.58	<u>4:55.81</u>
3 Manon Masseurs	HPC	74-656	32.49	1:10.02	1:47.96	2:26.85
			3:10.12	3:53.51	4:26.14	<u>4:58.44</u>
4 Wendy Leemker	Orca	74-431	32.84	1:10.96	1:48.24	2:26.48
			3:09.62	3:52.70	4:27.33	<u>5:01.10</u>
5 Brenda Starink	Kempvis	74-378	32.86	1:09.45	1:46.95	2:25.26
			3:10.69	3:56.87	4:32.14	<u>5:07.10</u>
6 Hanneke Koopmans	Zijl/LGB	74-058	32.33	1:10.11	1:50.30	2:29.76
			3:12.60	3:56.11	4:33.01	<u>5:07.77</u>
7 Marloes Mensink	Dinkel	74-292	33.01	1:12.83	1:54.85	2:36.14
			3:18.70	4:02.33	4:37.74	<u>5:10.79</u>
8 Claudia Ruivenkamp	WVZ	74-615	33.20	1:11.56	1:53.27	2:35.32
			3:21.60	4:08.03	4:44.00	<u>5:18.79</u>
9 Heleen van der Leij	SGG	74-415	33.14	1:13.35	1:55.12	2:37.81
			3:21.10	4:05.28	4:42.71	<u>5:19.63</u>
10 Anita de Hoop	Orca	74-432	30.21	1:04.38	1:43.91	2:24.61
			3:14.77	4:06.28	4:44.17	<u>5:20.48</u>

Prog. 098 400m WISSELSLAG PERS.M.'73/'72

1 Radna Mulder	PSV	73-040	31.64	1:07.70	1:45.64	2:25.43
			3:09.14	3:52.67	4:27.73	<u>5:02.17</u>
2 Sylvia Gase	Dolfijn	73-311	32.32	1:09.60	1:49.13	2:29.80
			3:11.46	3:54.61	4:30.01	<u>5:05.80</u>

Prog. 099 400m WISSELSLAG PERS. DAMES

1 Marianne Muis	ZPA	68-561	30.76	1:04.09	1:40.23	2:17.83
			2:58.15	3:39.61	4:12.07	<u>4:43.54</u>
2 Renate Wigger	Dinkel	70-176	31.32	1:06.32	1:43.49	2:22.08
			3:05.19	3:49.34	4:23.08	<u>4:57.48</u>
3 Desiree de Bruijn	WVZ	71-435	31.82	1:07.94	1:46.03	2:25.22
			3:09.05	3:53.26	4:26.94	<u>5:00.09</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 095 400m WISSELSLAG PERS.M.'76

1 Kitty Mensink	Dinkel	76-293	32.18	1:07.52	1:47.09	2:26.87
			3:10.08	3:53.85	4:28.28	<u>5:01.81</u>
2 Kirsten Vlieghuis	Dinkel	76-398	33.66	1:13.14	1:53.08	<u>2:32.81</u>
			3:16.67	4:01.15	4:34.15	<u>5:06.60</u>
3 Marielle Piels	TZC-Vahalis	76-311	33.63	1:12.46	1:50.25	<u>2:28.41</u>
			3:16.09	4:03.68	4:38.25	<u>5:11.27</u>
4 Bianca Lutters	PSV	76-037	33.12	1:10.44	1:52.17	<u>2:33.99</u>
			3:18.27	4:03.28	4:39.14	<u>5:13.09</u>
5 Monique Hamstra	Stadskanaal	76-365	34.47	1:14.38	1:55.09	<u>2:35.79</u>
			3:18.26	4:01.92	4:38.81	<u>5:13.85</u>
6 Danielle Klaverdijk	Nautilus	76-430	33.78	1:12.84	1:53.39	<u>2:34.57</u>
			3:20.01	4:05.67	4:40.74	<u>5:15.84</u>
7 Wendy Groeneveld	Dinkel	76-339	35.42	1:15.30	1:55.89	<u>2:36.76</u>
			3:22.42	4:05.98	4:41.63	<u>5:16.84</u>
8 Regina van Bruggen	WVZ	76-609	35.06	1:15.81	1:58.51	<u>2:41.33</u>
			3:25.12	4:08.97	4:44.61	<u>5:18.33</u>
9 Bianca Hocks	LZ 1886	76-439	35.40	1:15.51	1:55.30	<u>2:35.99</u>
			3:24.34	4:14.14	4:49.95	<u>5:24.97</u>

Prog. 096 400m WISSELSLAG PERS.M.'75

1 Linda v.d. Bosch	WVZ	75-528	33.53	1:09.07	1:48.82	2:29.34
			3:12.03	3:54.52	4:27.68	<u>4:59.87</u>
2 Nida Zuhai	Double D.VZC	75-403	31.84	1:07.52	1:45.53	<u>2:24.06</u>
			3:08.71	3:54.33	4:28.97	<u>5:01.83</u>
3 Minouche Smit	Hoorn	75-365	31.33	1:07.80	1:47.43	<u>2:27.27</u>
			3:10.37	3:54.34	4:28.93	<u>5:01.82</u>
4 Sandra van 't Hof	Dolfijn	75-273	33.54	1:12.31	1:53.24	<u>2:35.17</u>
			3:17.25	4:01.05	4:37.16	<u>5:11.32</u>
5 Marion van Hooft	Gouwe	75-463	33.69	1:12.32	1:53.02	<u>2:34.98</u>
			3:21.74	4:07.99	4:43.17	<u>5:18.01</u>
6 Natasja van Egmond	Dolfijn	75-125	34.40	1:15.43	1:58.12	<u>2:41.93</u>
			3:31.93	4:22.63	5:01.32	<u>5:40.36</u>
7 Wilma Veldhoen	DSZ	75-404	32.83	1:09.87	1:50.66	<u>2:32.12</u>
			3:18.59	4:05.19	4:41.18	<u>5:14.79</u>



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COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 093 50m VRIJE SLAG HEREN

1 Ron Dekker	IJssel	66-044	<u>23.05</u>
2 Leon Verhage	Nautilus	64-539	<u>23.33</u>
3 Marcel de Natris	Zijl/LGB	70-049	<u>23.64</u>
4 Casper van Dam	Zwemlust/DH	71-405	<u>23.69</u>
5 Wilco v.d. Akker	AZPC	73-019	<u>23.70</u>
6 Vili Adam	HPC	69-728	<u>23.76</u>
7 Onno Joustra	Zijl/LGB	70-050	<u>23.78</u>
8 Ardi Zandbergen	PSV	65-681	<u>23.88</u>
9 Bram van Haandel	Hydra	73-187	<u>23.89</u>
10 Etienne Boukal	Dolfijn	69-300	<u>23.98</u>
11 Michel Roumen	Nautilus	70-508	<u>24.10</u>
12 Ronald van Dongen	HZC-Weusthag	69-454	<u>24.14</u>
13 Hans Rijntalder	Nautilus	67-472	<u>24.18</u>
14 Kees Robbertsen	DZPC	71-776	<u>24.47</u>
15 Edwin de Wilde	AZPC	72-469	<u>24.48</u>
16 Vincent Bekhuis	Zijl/LGB	68-053	<u>24.86</u>

Prog. 094 400m WISSELSLAG PERS.M.'77

1 Naomi v.d. Woerd	TZC-Vahalis	77-268	33.75	1:12.58	1:51.44	2:30.84
			3:16.44	4:02.28	4:38.71	<u>5:14.43</u>
2 Martinique Koridon	Steur	77-410	32.00	1:09.41	1:52.12	2:35.57
			3:23.32	4:11.54	4:49.78	<u>5:26.94</u>
3 Margot Hoogeveen	DZPC	77-673	35.10	1:17.51	1:59.53	2:42.67
			3:28.70	4:15.38	4:53.14	<u>5:28.86</u>
4 Fleur Bakker	LZ 1886	77-473	38.33	1:21.92	2:03.40	2:46.91
			3:32.85	4:20.31	4:57.24	<u>5:29.62</u>
5 Saskia Stoteler	Groenlo	77-245	35.24	1:18.73	2:01.45	2:44.83
			3:33.53	4:21.42	4:57.21	<u>5:30.63</u>
6 Karen Wammes	TZC-Vahalis	77-296	34.80	1:14.70	1:55.95	2:37.77
			3:28.83	4:20.24	4:56.25	<u>5:31.21</u>
7 Saskia de Keijzer	LZ 1886	77-568	34.96	1:15.95	1:57.69	2:40.57
			3:27.94	4:16.14	4:54.78	<u>5:31.37</u>
8 Susanne Kentgens	MZPC	77-682	36.94	1:20.03	2:02.54	2:47.04
			3:33.77	4:21.40	5:00.40	<u>5:38.98</u>



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COMPUTERS





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 092 4x200m VRIJESLAG EST. DAMES

1 De Dolfijn I	27.61	57.81	1:29.82	2:01.79
	2:30.18	3:01.95	3:34.37	4:07.06
	4:36.31	5:08.88	5:40.67	6:11.49
	6:39.97	7:11.17	7:43.19	<u>8:14.29</u>
2 De Dinkel	29.48	1:02.42	1:35.71	2:08.60
	2:37.45	3:10.21	3:43.67	4:17.00
	4:45.89	5:18.22	5:51.22	6:24.17
	6:52.31	7:24.46	7:57.97	<u>8:31.74</u>
3 P.S.V.	29.85	1:02.38	1:35.64	2:09.27
	2:39.23	3:12.16	3:47.02	4:21.17
	4:51.10	5:24.13	5:57.31	6:29.60
	6:58.12	7:29.82	8:02.69	<u>8:35.84</u>
4 De Dolfijn II	29.38	1:01.30	1:34.64	2:06.86
	2:37.22	3:10.15	3:44.21	4:17.65
	4:46.67	5:19.41	5:53.28	6:26.90
	6:55.02	7:28.18	8:04.40	<u>8:39.25</u>
5 Nautilus	29.61	1:02.23	1:36.15	2:10.42
	2:40.32	3:13.88	3:48.55	4:23.16
	4:52.67	5:25.60	5:59.14	6:33.14
	7:02.54	7:35.06	8:08.95	<u>8:42.81</u>
6 't Tolhekke	30.98	1:02.28	1:34.45	2:06.43
	2:36.39	3:09.20	3:43.44	4:17.85
	4:47.99	5:22.46	5:57.46	6:31.88
	7:01.16	7:34.44	8:08.91	<u>8:43.00</u>
7 D.A.W./Sportline	29.84	1:03.12	1:36.61	2:10.28
	2:39.97	3:13.79	3:50.34	4:28.27
	4:58.35	5:31.57	6:07.31	6:44.40
	7:12.59	7:43.91	8:16.29	<u>8:48.13</u>
8 De Zijl/L.G.B.	30.34	1:04.45	1:39.84	2:16.37
	2:46.29	3:19.88	3:54.84	4:28.79
	4:58.69	5:32.02	6:06.55	6:41.18
	7:10.59	7:42.52	8:16.27	<u>8:50.12</u>
9 A.Z.P.C.	30.04	1:04.03	1:39.88	2:15.74
	2:45.68	3:19.54	3:53.70	4:28.25
	4:58.41	5:32.33	6:07.85	6:42.99
	7:12.75	7:45.16	8:18.06	<u>8:51.06</u>
10 Eemsrobben	29.63	1:02.79	1:36.37	2:09.46
	2:39.61	3:13.21	3:48.08	4:21.87
	4:52.44	5:27.29	6:03.13	6:37.80
	7:08.45	7:42.55	8:17.80	<u>8:52.79</u>
11 De Otters	29.95	1:03.54	1:38.88	2:14.35
	2:45.17	3:19.35	3:54.28	4:28.40
	4:58.12	5:31.78	6:07.23	6:41.56
	7:11.60	7:45.61	8:20.76	<u>8:56.54</u>

21.17
9.27

11.90

07.06
01.79

5.67

14.29
11.49

2.80

09.60
1.17

0.43

5.84
40

6.24





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
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Prog. 091 4x100m WISSELSLAG EST. i.o. 16

1 M.Z.P.C.	32.26	1:07.80	1:39.40	2:15.66
	2:43.03	3:15.29	3:41.67	<u>4:11.36</u>
2 A.Z.P.C.	30.90	1:05.88	1:39.72	2:17.92
	2:45.88	3:19.34	3:45.69	<u>4:13.89</u>
3 De Dolfijn	31.88	1:06.91	1:40.01	2:17.60
	2:45.68	3:18.63	3:45.73	<u>4:15.91</u>
4 Orca	31.22	1:06.69	1:39.52	2:17.49
	2:47.89	3:22.45	3:49.31	<u>4:18.78</u>
5 L.Z. 1886	30.43	1:03.53	1:36.25	2:14.04
	2:42.32	3:16.96	3:47.23	<u>4:20.17</u>
6 N.Z.C. '21	31.42	1:07.72	1:41.67	2:20.19
	2:49.80	3:25.32	3:51.82	<u>4:21.51</u>
7 B & O Torpedo	32.97	1:11.15	1:43.75	2:20.91
	2:50.42	3:24.67	3:51.19	<u>4:22.43</u>
8 Oceanus	32.21	1:07.72	1:41.05	2:18.18
	2:49.69	3:26.69	3:53.44	<u>4:23.78</u>
9 Stadskanaal	30.43	1:05.64	1:40.40	2:20.76
	2:50.67	3:25.43	3:53.27	<u>4:24.35</u>
10 Nautilus	31.44	1:05.54	1:40.35	2:20.89
	2:49.31	3:24.10	3:52.54	<u>4:24.50</u>
11 W.Z.P.C.	31.02	1:05.04	1:39.36	2:20.04
	2:50.82	3:26.91	3:54.11	<u>4:24.65</u>
12 D.W.K.	31.94	1:09.09	1:42.72	2:22.56
	2:52.04	3:26.60	3:54.70	<u>4:25.55</u>
13 De Houtrib	30.99	1:05.29	1:38.32	2:17.53
	2:48.92	3:25.44	3:53.48	<u>4:26.26</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



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Prog. 090 200m vlinderslag dames A-FINALE

1 Anita de Hoop	Orca	74-432	30.22	1:04.53	1:39.99	<u>2:15.03</u>
2 Ingrid Baars	Dolfijn	69-080	30.30	1:04.61	1:40.29	<u>2:15.94</u>
3 Gea Veldhuizen	Tolhekke	71-202	31.70	1:06.59	1:41.69	<u>2:17.31</u>
4 Radna Mulder	PSV	73-040	31.31	1:06.31	1:41.94	<u>2:17.9</u>
5 Natasja Robert	DAW/Sportline	72-328	30.89	1:05.76	1:42.23	<u>2:18.09</u>
6 Christien Pieterse	Vrije Slag	67-374	30.89	1:06.33	1:43.05	<u>2:19.78</u>
7 Nina Hulleman	DZPC	71-521	30.68	1:05.71	1:42.42	<u>2:20.06</u>
8 Renate Wigger	Dinkel	70-176	31.61	1:07.75	1:45.43	<u>2:24.64</u>

Prog. 090 200m vlinderslag dames B-FINALE

1 Inge de Bruijn	Dolfijn	73-079	30.01	1:05.92	1:43.59	<u>2:20.17</u>
2 Wendy Ligtenberg	Dinkel	70-343	31.27	1:06.44	1:42.90	<u>2:21.43</u>
3 Danielle van Lunsen	Dolfijn	70-457	31.61	1:07.98	1:45.86	<u>2:23.42</u>
4 Michele Visser	Dolfijn	70-395	31.77	1:08.09	1:45.99	<u>2:23.62</u>
5 Nida Zuhail	Double D.VZC	75-403	32.98	1:08.99	1:46.48	<u>2:24.02</u>
6 Angelique Jacobs	PSV	72-039	31.61	1:07.22	1:45.46	<u>2:24.88</u>
7 Wendy Dokter	Zeester	72-588	31.21	1:07.10	1:45.73	<u>2:25.57</u>
8 Caby van Leenen	Raket	74-374	32.35	1:08.73	1:47.23	<u>2:25.67</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
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Prog. 088 200M rugslag dames A-Finale

1 Ellen Elzerman	B&O Torpedo	71-008	31.12	1:05.13	1:39.66	<u>2:14.24</u>
2 Iris Westrik	Dinkel	74-322	31.57	1:06.23	1:41.55	<u>2:17.77</u>
3 Jacqueline Wildeman	SGG	72-625	32.34	1:08.57	1:45.14	<u>2:20.88</u>
4 Debby v.d. Staay	HPC	71-655	32.26	1:07.83	1:44.85	<u>2:22.68</u>
5 Mireille Hogenhuis	Eemsrobben	73-606	32.66	1:08.79	1:46.45	<u>2:24.02</u>
6 Marielle Piels	TZC-Vahalis	76-311	32.19	1:08.46	1:46.69	<u>2:24.78</u>
7 Wendy Leemker	Orca	74-431	32.29	1:08.80	1:47.66	<u>2:24.84</u>
8 Saskia Lammerts	Tolhekke	70-133	32.75	1:09.31	1:47.31	<u>2:25.78</u>

Prog. 088 200M rugslag dames B-Finale

1 Nida Zuhail	Double D.VZC	75-403	34.13	1:11.05	1:48.46	<u>2:25.86</u>
2 Wanda Jongejan	Gooye	72-031	32.78	1:09.97	1:47.91	<u>2:25.97</u>
3 Bianca Meyners	Dinkel	75-324	33.63	1:10.72	1:49.42	<u>2:27.17</u>
4 Naomi v.d. Woerd	TZC-Vahalis	77-268	34.10	1:11.28	1:49.54	<u>2:27.98</u>
5 Meike Wouda	Hoom	71-276	33.15	1:10.81	1:49.83	<u>2:28.28</u>
6 Trea Frikkee	Dolfijn	70-719	34.27	1:11.74	1:50.29	<u>2:28.51</u>
7 Diane Bonnes	Dinkel	72-256	34.19	1:11.89	1:50.59	<u>2:29.19</u>
8 Wendy Alberts	DWK	74-547	34.69	1:12.66	1:51.42	<u>2:29.47</u>

Prog. 089 200m schoolslag heren A-FINALE

1 Ron Dekker	IJsel	66-044	30.47	1:03.81	1:38.90	<u>2:14.56</u>
2 Antoine van Weerde	LZ 1886	68-286	30.67	1:06.27	1:42.66	<u>2:18.46</u>
3 Marcel Wouda	Zeester	72-360	31.19	1:06.70	1:42.72	<u>2:19.47</u>
4 Stan Steegeling	Dolfijn	71-016	30.97	1:06.54	1:44.04	<u>2:20.96</u>
5 Geert Donkers	Breda	72-340	32.82	1:08.97	1:46.17	<u>2:22.28</u>
6 Martijn vd Maagdenberg	VZC	71-432	32.27	1:08.75	1:45.33	<u>2:22.73</u>
7 Michael van Rijn	KZC	70-432	32.13	1:08.78	1:46.06	<u>2:23.84</u>
8 Lars van Leeuwen	Raket	73-242	32.63	1:10.02	1:48.20	<u>2:25.44</u>

Prog. 089 200m schoolslag heren B-FINALE

1 Willem Jan Knoester	Raket	65-370	33.96	1:10.19	1:48.22	<u>2:24.70</u>
2 Ronald van Dongen	HZC-Weusthag	69-454	32.65	1:09.87	1:47.66	<u>2:24.71</u>
3 Marcel Spoelstra	Orca	71-250	32.80	1:09.89	1:47.97	<u>2:25.49</u>
4 Ronald van Ombergen	Stormvogel	72-288	33.31	1:10.62	1:48.30	<u>2:25.73</u>
5 Jan Fiechter	TRB-RES	72-456	32.09	1:09.24	1:47.71	<u>2:26.21</u>
6 Tim Hoeymans	PSV	74-426	33.47	1:11.23	1:49.14	<u>2:27.09</u>
7 Wilko Rutgers	Steenwijk'34	73-259	33.40	1:10.92	1:49.59	<u>2:27.42</u>
8 Dennis Smit	Zignea	70-368	32.46	1:09.22	1:48.26	<u>2:27.76</u>





NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



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Prog. 086 100m vrije slag dames A-FINALE

1 Marianne Muis	ZPA	68-561	26.52	<u>54.14</u>	NR
2 Diana v.d. Plaats	Dolfijn	71-717	26.98	<u>55.80</u>	
3 Karin Brienesse	Orca	69-377	27.11	<u>56.01</u>	
4 Mildred Muis	ZPA	68-560	27.36	<u>56.45</u>	
5 Natasja Robert	DAW/Sportline	72-328	27.96	<u>57.02</u>	
6 Manon Masseurs	HPC	74-656	28.20	<u>58.42</u>	
7 Renate Wigger	Dinkel	70-176	28.28	<u>58.98</u>	
8 Ingrid Baars	Dolfijn	69-080	29.53	<u>1:00.86</u>	

Prog. 086 100m vrije slag dames B-FINALE

1 Brenda Starink	Kempvis	74-378	28.02	<u>57.93</u>	
2 Ingrid Koeman	Dolfijn	71-067	28.12	<u>58.13</u>	
3 Pauline v.d. Zouw	Dolfijn	69-328	27.76	<u>58.59</u>	
4 Angela Postma	Zignea	71-363	28.02	<u>59.14</u>	
5 Renate Wijering	Dinkel	75-401	28.69	<u>59.41</u>	
6 Kirsten Vliegheuis	Dinkel	76-398	28.88	<u>59.71</u>	
7 Karen Guldemond	HPC	75-026	28.69	<u>1:00.48</u>	
8 Anita de Hoop	Orca	74-432	30.58	<u>1:03.90</u>	

Prog. 087 200m vrije slag heren A-FINALE

1 Danny Nelson	Nautilus	71-541	25.92	53.48	1:21.62	<u>1:50.14</u>
2 Ronald Sloeserwij	Dolfijn	69-648	26.07	54.29	1:22.53	<u>1:50.54</u>
3 Richard Blank	Dolfijn	72-551	26.62	54.53	1:22.93	<u>1:51.34</u>
4 John Machielsen	HPC	68-707	26.22	55.00	1:24.12	<u>1:52.90</u>
5 Peter de Rover	Dolfijn	67-344	26.54	55.47	1:24.20	<u>1:53.07</u>
6 Casper van Dam	Zwemlust/DH	71-405	26.33	55.69	1:24.82	<u>1:53.77</u>
7 Ronald v Dongen	HZC-Weusthag	69-454	25.99	55.28	1:24.92	<u>1:54.18</u>
8 Marcel Wouda	Zeester	72-360	29.07	1:01.25	1:34.23	<u>2:06.92</u>

Prog. 087 200m vrije slag heren B-FINALE

1 Martin v.d. Spoel	DWK	71-316	26.71	55.46	1:24.79	<u>1:53.12</u>
2 Vincent Elgersma	Dolfijn	73-286	26.51	55.55	1:24.75	<u>1:53.39</u>
3 Jan Sonneveld	Dolfijn	72-015	26.57	55.62	1:25.38	<u>1:54.78</u>
4 Niels Hilbrink	DZPC	72-357	26.67	55.43	1:25.41	<u>1:54.82</u>
5 Almar v.d. Meer	B&O Torpedo	72-015	28.00	58.32	1:27.90	<u>1:56.21</u>
6 Vili Adam	HPC	69-728	27.55	57.06	1:27.33	<u>1:56.34</u>
7 Marcel Ekkelboom	Dinkel	64-451	26.98	56.39	1:26.53	<u>1:56.45</u>
8 Martijn Both	Dolfijn	74-578	26.96	56.82	1:26.90	<u>1:57.18</u>



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Correctie op programma 045 Jeroen van de Loosdrecht Backup tijd

Prog 045 200m vlinderslag j'75

1	Jeroen v.d. Loosdrecht	Kempvis	75-451	28.95	1:01.43	1:35.66	<u>2:09.60</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	Haaïen	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>



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Prog. 084 200m VLINDERSLAG M.73/'72

1 Radna Mulder	PSV	73-040	31.37	1:06.50	1:41.86	<u>2:16.91</u>
2 Natasja Robert	DAW/Sportline	72-328	30.80	1:05.70	1:42.19	<u>2:17.98</u>
3 Wendy Dokter	Zeester	72-588	31.40	1:07.18	1:44.23	<u>2:22.50</u>
4 Inge de Bruijn	Dolfijn	73-079	31.63	1:09.41	1:46.36	<u>2:23.84</u>
5 Angelique Jacobs	PSV	72-039	31.14	1:06.73	1:44.65	<u>2:24.93</u>

Prog. 085 200m VLINDERSLAG DAMES

1 Karin Briennesse	Orca	69-377	30.16	1:03.28	1:37.88	<u>2:14.27</u>
2 Ingrid Baars	Dolfijn	69-080	30.17	1:04.31	1:39.18	<u>2:15.03</u>
3 Gea Veldhuizen	Tolhekke	71-202	31.68	1:06.48	1:41.69	<u>2:18.17</u>
4 Nina Hulleman	DZPC	71-521	31.03	1:06.07	1:42.72	<u>2:20.65</u>
5 Christien Pieterse	Vrije Slag	67-374	31.81	1:08.27	1:44.65	<u>2:20.81</u>
6 Renate Wigger	Dinkel	70-176	31.43	1:06.53	1:42.72	<u>2:21.66</u>
7 Wendy Ligtenberg	Dinkel	70-343	30.83	1:05.90	1:42.76	<u>2:23.36</u>
8 Ingrid Koeman	Dolfijn	71-067	31.76	1:07.57	1:45.70	<u>2:23.45</u>
9 Danielle van Lunsen	Dolfijn	70-457	32.00	1:08.34	1:45.86	<u>2:23.63</u>
10 Michele Visser	Dolfijn	70-395	31.85	1:07.97	1:46.39	<u>2:24.36</u>
11 Ilse Ambergen	Eemsrobben	71-608	32.08	1:09.12	1:47.99	<u>2:27.36</u>



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D.Z.-P.C.
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SMALLINGERLAND

Prog. 081 200m VLINDERSLAG M.'76

1 Kitty Mensink	Dinkel	76-293	31.09	1:07.30	1:46.14	<u>2:23.54</u>
2 Bianca Lutters	PSV	76-037	32.67	1:09.89	1:48.92	<u>2:29.98</u>
3 Jitske Zengerink	Meerval	76-028	33.24	1:11.55	1:51.56	<u>2:31.17</u>
4 Mariska Leegte	Stadskanaal	76-327	34.41	1:12.46	1:52.55	<u>2:31.48</u>
5 Sigrid Pels	Steur	76-450	34.09	1:12.38	1:52.64	<u>2:32.43</u>
6 Danielle Klaverdijk	Nautilus	76-430	34.36	1:14.21	1:54.66	<u>2:36.74</u>
7 Bianca Hocks	LZ 1886	76-439	35.12	1:14.79	1:55.61	<u>2:36.96</u>
8 Regina van Bruggen	WVZ	76-609	34.75	1:15.72	1:57.32	<u>2:37.37</u>
9 Leda Bitanc	VZC	76-533	34.02	1:13.80	1:56.15	<u>2:37.86</u>
10 Natasja Rijk	Stormvogel	76-411	35.29	1:16.04	1:57.92	<u>2:39.20</u>
11 Judith de Heer	Meerval	76-011	35.06	1:15.07	1:57.01	<u>2:40.86</u>

Prog. 082 200m VLINDERSLAG M.'75

1 Nida Zuhai	Double D.VZC	75-403	32.66	1:08.65	1:46.25	<u>2:22.58</u>
2 Linda v.d. Bosch	WVZ	75-528	33.02	1:09.91	1:47.64	<u>2:24.76</u>
3 Wilma Veldhoen	DSZ	75-404	33.03	1:10.00	1:48.12	<u>2:26.26</u>
4 Nancy Timmermans	De Aa	75-441	33.77	1:11.16	1:49.03	<u>2:26.98</u>
5 Marion van Hoof	Gouwe	75-463	33.67	1:12.46	1:52.94	<u>2:34.24</u>

Prog. 083 200m VLINDERSLAG M.'74

1 Anita de Hoop	Orca	74-432	30.29	1:04.96	1:40.35	<u>2:15.16</u>
2 Marleen Vos	Houtrib	74-558	31.64	1:06.78	1:42.38	<u>2:19.26</u>
3 Caby van Leenen	Raket	74-374	31.25	1:07.19	1:44.34	<u>2:22.14</u>
4 Lilian van Duijnhoven	Zeester	74-607	31.70	1:08.45	1:47.58	<u>2:29.22</u>
5 Nancy Kijk i/d Vegte	LZ 1886	74-380	32.93	1:11.53	1:52.65	<u>2:33.46</u>
6 Heidi Vogelesang	Nautilus	74-504	31.31	1:09.35	1:51.14	<u>2:33.90</u>



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GEMEENTE
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Prog. 078 200m SCHOOLSLAG J.73/'72

1 Marcel Wouda	Zeester	72-360	31.18	1:06.60	1:41.42	<u>2:17.97</u>
2 Geert Donkers	Breda	72-340	32.32	1:07.60	1:43.86	<u>2:20.48</u>
3 Lars van Leeuwen	Raket	73-242	32.97	1:09.69	1:46.90	<u>2:23.48</u>
4 Ronald van Ombergen	Stormvogel	72-288	32.63	1:09.01	1:46.00	<u>2:24.70</u>
5 Jan Fiechter	TRB-RES	72-456	32.41	1:09.96	1:47.67	<u>2:26.39</u>
6 Wilko Rutgers	Steenwijk'34	73-259	33.18	1:10.74	1:48.75	<u>2:26.75</u>
7 Corne Baars	Nautilus	73-496	33.26	1:10.97	1:49.08	<u>2:27.66</u>
8 Jurgen Langer	MZPC	73-730	32.87	1:11.10	1:49.34	<u>2:28.21</u>
9 Arjan Breur	Oceanus	72-274	33.40	1:11.41	1:50.72	<u>2:30.82</u>
10 Gerwin Kroezen	VZPC	73-231	32.67	1:10.34	1:49.92	<u>2:31.11</u>
11 Dieter Hoofman	Gouwe	72-709	34.61	1:13.94	1:52.85	<u>2:32.45</u>

Prog. 079 200m SCHOOLSLAG HEREN

1 Ron Dekker	IJssel	66-044	30.96	1:05.52	1:39.89	<u>2:16.46</u>
2 Antoine van Weerde	LZ 1886	68-286	30.88	1:06.34	1:42.42	<u>2:17.86</u>
3 Michael van Rijn	KZC	70-432	31.36	1:07.61	1:42.87	<u>2:18.18</u>
4 Stan Steegeling	Dolfijn	71-016	31.39	1:06.59	1:43.30	<u>2:20.40</u>
5 Martijn vd Maagdenberg	VZC	71-432	31.94	1:07.89	1:44.70	<u>2:22.87</u>
6 Willem Jan Knoester	Raket	65-370	31.93	1:07.84	1:45.27	<u>2:24.20</u>
7 Ronald van Dongen	HZC-Weusthag	69-454	32.01	1:08.42	1:46.73	<u>2:24.94</u>
8 Casper van Dam	Zwemlust/DH	71-405	32.10	1:09.25	1:46.66	<u>2:25.09</u>
9 Marcel Spoelstra	Orca	71-250	32.66	1:09.44	1:46.91	<u>2:25.12</u>
10 Dennis Smit	Zignea	70-368	32.63	1:09.41	1:47.97	<u>2:26.91</u>
11 Pascal Mooyman	Kempvis	71-540	32.79	1:09.45	1:48.13	<u>2:28.58</u>
12 Kees Robbertsen	DZPC	71-776	33.93	1:11.66	1:49.93	<u>2:29.53</u>
13 Rutger Huygens	Raket	66-369	32.14	1:08.84	1:47.62	<u>2:29.76</u>

Prog. 080 200m VLINDERSLAG M.'77

1 Martinique Koridon	Steur	77-410	32.35	1:09.88	1:50.47	<u>2:32.37</u>
2 Margot Hoogeveen	DZPC	77-673	34.10	1:13.49	1:54.49	<u>2:34.52</u>
3 Karen Wammes	TZC-Vahalis	77-296	35.90	1:15.32	1:56.90	<u>2:37.51</u>
4 Sabine Keizers	Dinkel	77-382	35.70	1:16.24	1:58.64	<u>2:42.36</u>
5 Naomi v.d. Woerd	TZC-Vahalis	77-268	35.57	1:17.11	2:00.56	<u>2:45.93</u>
6 Ragna Pattipeilohy	Bubble	77-445	35.78	1:18.56	2:03.41	<u>2:46.70</u>
7 Madelon Baans	Kempvis	77-624	36.74	1:20.24	2:04.72	<u>2:47.34</u>
8 Saskia de Keijzer	LZ 1886	77-568	35.52	1:16.86	2:02.10	<u>2:47.95</u>



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Prog. 075 200m SCHOOLSLAG J.76

1 Bart Heggelman	WVZ	76-670	36.02	1:16.77	1:57.89	<u>2:38.04</u>
2 Roelof Hofman	Steenwijk'34	76-291	35.84	1:17.37	1:59.23	<u>2:38.29</u>
3 Frank Kleyer	DWK	76-530	36.30	1:17.03	1:58.83	<u>2:40.61</u>
4 Jeroen Goes	AZPC	76-041	36.50	1:18.01	1:59.94	<u>2:42.96</u>
5 Chong-Woo Chiang	Reest	76-311	36.28	1:17.63	2:01.47	<u>2:45.69</u>
6 Evert-Jan van Harten	DWK	76-478	37.69	1:20.30	2:03.37	<u>2:45.83</u>
7 Ronald Fijn	Steur	76-449	38.07	1:20.63	2:03.02	<u>2:45.94</u>
8 Niels Hoogsteder	Hoorn	76-475	38.24	1:20.41	2:03.44	<u>2:46.06</u>
9 Antoine Calis	AZC/Tarvo	76-699	37.65	1:20.16	2:03.56	<u>2:46.22</u>
10 Edwin Blom	Nautilus	76-581	36.92	1:20.28	2:03.68	<u>2:47.15</u>
11 Frans Merks	Tiamat	76-233	38.04	1:20.47	2:04.21	<u>2:47.49</u>
12 Bjorn Snijders	Groenlo	76-242	37.39	1:20.53	2:05.33	<u>2:49.67</u>

Prog. 076 200m SCHOOLSLAG J.75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	33.70	1:12.14	1:51.42	<u>2:30.27</u>
2 Jasper Bisselink	HPC	75-644	34.00	1:12.47	1:51.94	<u>2:32.11</u>
3 Lesley Voorn	B&O Torpedo	75-024	34.25	1:12.96	1:53.83	<u>2:35.70</u>
4 Etienne Grootenboer	Devel	75-413	33.55	1:13.08	1:54.85	<u>2:36.44</u>
5 Willy Hansen	Dinkel	75-400	35.57	1:16.03	1:58.31	<u>2:39.32</u>
6 Jos Middelberg	Dolfijn	75-078	36.18	1:16.87	1:57.83	<u>2:39.96</u>
7 Martin Andrea	Ham	75-373	35.00	1:15.29	1:57.89	<u>2:42.10</u>
8 Dennis Schouten	LZ 1886	75-409	34.09	1:15.04	1:58.29	<u>2:42.62</u>
9 Emiel Hengst	ZVW'74	75-245	35.60	1:16.38	1:59.18	<u>2:43.13</u>
10 Richard Bosman	BZPC	75-662	35.16	1:16.06	1:59.06	<u>2:43.66</u>
11 Brent Senduk	Dolfijn	75-076	36.21	1:17.65	2:00.99	<u>2:44.55</u>

Prog. 077 200m SCHOOLSLAG J.74

1 Tim Hoeymans	PSV	74-426	33.70	1:12.08	1:48.78	<u>2:27.14</u>
2 Melvin Bakker	Houtrib	74-296	33.09	1:11.80	1:50.77	<u>2:28.14</u>
3 Danny Senden	MZPC	74-669	33.99	1:11.74	1:50.26	<u>2:28.74</u>
4 Benno Kuipers	Vrije Slag	74-383	33.60	1:12.36	1:51.57	<u>2:29.79</u>
5 Robert Langelier	VZPC	74-258	34.28	1:12.79	1:51.82	<u>2:30.33</u>
6 Allard Wagenveld	NZC'21	74-400	34.93	1:14.59	1:55.10	<u>2:35.82</u>
7 Michiel Mullaart	Zeester	74-305	35.22	1:14.31	1:55.18	<u>2:36.24</u>
8 Vincent de Bruyn	WVZ	74-529	35.22	1:14.93	1:55.39	<u>2:36.27</u>
9 Marcel Schuringa	DZPC	74-388	35.41	1:14.99	1:55.26	<u>2:36.35</u>
10 Dennis v Woudenberg	IJZPC	74-395	35.25	1:14.89	1:55.85	<u>2:37.38</u>
11 Henk v.d. Kamp	Orca	74-329	34.97	1:15.41	1:56.80	<u>2:39.77</u>
12 Dennis Portegies	KZC	74-379	35.55	1:15.63	1:57.22	<u>2:41.14</u>



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Prog. 071 200m RUGSLAG M.'74

1 Iris Westrik	Dinkel	74-322	32.07	1:07.36	1:42.70	<u>2:18.21</u>
2 Brenda Starink	Kempvis	74-378	33.19	1:09.11	1:45.57	<u>2:22.50</u>
3 Wendy Leemker	Orca	74-431	32.79	1:09.10	1:46.96	<u>2:22.94</u>
4 Manon Masseurs	HPC	74-656	33.78	1:10.70	1:49.00	<u>2:26.73</u>
5 Wendy Alberts	DWK	74-547	34.00	1:11.36	1:49.89	<u>2:27.95</u>
6 Suzanne Wouda	Zeester	74-492	33.49	1:11.45	1:50.74	<u>2:29.62</u>
7 Maaïke Addicks	GZC	74-430	33.89	1:11.78	1:50.75	<u>2:30.28</u>
8 Marieke Westerhof	Dinkel	74-319	34.07	1:12.46	1:52.21	<u>2:32.62</u>
9 Simone Sybrandy	Haaïen	74-422	34.67	1:13.37	1:53.45	<u>2:33.77</u>

Prog. 072 200m RUGSLAG M.'73/'72

1 Jacqueline Wildeman	SGG	72-625	32.30	1:08.17	1:44.39	<u>2:21.02</u>
2 Mireille Hogenhuis	Eemsrobben	73-606	32.62	1:08.94	1:46.36	<u>2:23.86</u>
3 Diane Bonnes	Dinkel	72-256	32.87	1:09.19	1:46.65	<u>2:25.96</u>
4 Wanda Jongejan	Gooye	72-031	32.31	1:08.81	1:46.69	<u>2:26.28</u>
5 Paulien Stastra	LZ 1886	72-387	32.72	1:09.42	1:48.64	<u>2:28.67</u>

Prog. 073 200m RUGSLAG DAMES

1 Ellen Elzerman	B&O Torpedo	71-008	31.72	1:06.18	1:40.89	<u>2:14.91</u>
2 Debby v.d. Staay	HPC	71-655	32.89	1:08.87	1:45.51	<u>2:22.83</u>
3 Saskia Lammerts	Tolhekke	70-133	32.54	1:08.71	1:45.76	<u>2:23.40</u>
4 Meike Wouda	Hoorn	71-276	32.32	1:09.04	1:46.94	<u>2:25.62</u>
5 Trea Frikkee	Dolfijn	70-719	33.47	1:09.92	1:47.49	<u>2:26.34</u>

Prog. 074 200m SCHOOLSLAG J.'77

1 Pascal Lafort	Numansdorp	77-310	36.08	1:18.10	2:00.09	<u>2:42.37</u>
2 Jarino Toppenberg	Rijn	77-557	36.58	1:18.88	2:02.63	<u>2:47.31</u>
3 Gerjan Hulstijn	HZC-Weusthag	77-397	37.24	1:20.24	2:03.96	<u>2:48.44</u>
4 Erwin de Grijs	Hoorn	77-443	37.71	1:21.71	2:05.77	<u>2:49.33</u>
5 Paul Mullaart	Zeester	77-584	38.28	1:22.74	2:06.26	<u>2:50.02</u>
6 Ronald van Charante	Watervlo	77-436	37.96	1:21.10	2:05.93	<u>2:50.30</u>
7 Ralf Nijenhuis	Kempvis	77-550	38.24	1:22.18	2:07.30	<u>2:50.42</u>
8 Rogier Stam	AZPC	77-828	38.99	1:23.04	2:07.20	<u>2:50.60</u>
9 Richard v Duijvenbode	LZ 1886	77-567	40.32	1:25.37	2:10.45	<u>2:53.66</u>
10 Michel Zwennes	DWK	77-540	40.52	1:25.11	2:10.76	<u>2:54.95</u>
11 Albert Broekman	Stadskanaal	77-409	40.24	1:24.64	2:11.23	<u>2:55.07</u>
12 Emiel Kamman	Granaet	77-385	37.98	1:23.14	2:09.41	<u>2:55.26</u>
13 Jan Douwe v.d. Veen	ZPD	77-090	38.90	1:22.42	2:08.80	<u>2:55.29</u>





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Prog. 068 200m RUGSLAG M.'77

1 Naomi v.d. Woerd	TZC-Vahalis	77-268	33.36	1:09.70	1:46.88	<u>2:25.27</u>
2 Jolanda Zuidstra	DZPC	77-674	34.16	1:12.65	1:53.74	<u>2:34.23</u>
3 Karen Wammes	TZC-Vahalis	77-296	36.69	1:16.20	1:55.91	<u>2:34.92</u>
4 Olga Olde Olthuis	Dinkel	77-362	35.76	1:15.77	1:56.60	<u>2:36.86</u>
5 Saskia de Keijzer	LZ 1886	77-568	35.64	1:15.29	1:56.41	<u>2:37.54</u>
6 Fleur Bakker	LZ 1886	77-473	37.44	1:18.38	1:58.95	<u>2:37.80</u>
7 Linda de Boer	DAW/Sportline	77-434	36.10	1:16.76	1:58.79	<u>2:39.83</u>
8 Ragna Pattipeilohy	Bubble	77-445	37.00	1:18.86	2:02.50	<u>2:45.35</u>
dis Tanja Kerkmeester	DWK	77-558	37.52	1:19.26	2:02.64	<u>2:46.54</u> RC

Prog. 069 200m RUGSLAG M.'76

1 Marielle Piels	TZC-Vahalis	76-311	32.75	1:08.83	1:46.13	<u>2:23.43</u>
2 Monique Hamstra	Stadskanaal	76-365	34.10	1:12.01	1:50.58	<u>2:29.01</u>
3 Kirsten Vliegghuis	Dinkel	76-398	34.27	1:12.31	1:51.62	<u>2:30.87</u>
4 Leda Bitanc	VZC	76-533	34.89	1:13.42	1:53.56	<u>2:32.82</u>
5 Bianca Hocks	LZ 1886	76-439	36.12	1:15.96	1:56.78	<u>2:36.14</u>
6 Judith de Heer	Meerval	76-011	35.11	1:14.59	1:55.42	<u>2:36.28</u>
7 Lisette v.d. Kruk	DZV-Koudijs	76-532	34.71	1:13.52	1:54.59	<u>2:37.31</u>
8 Alice de Jong	Groenlo	76-225	35.32	1:14.65	1:55.60	<u>2:38.06</u>
9 Noortje Dekkers	Heygrave	76-214	35.44	1:15.58	1:57.78	<u>2:39.34</u>
10 Yvonne van Beek	Vrije Slag	76-389	36.09	1:16.03	1:57.40	<u>2:39.71</u>

Prog. 070 200m RUGSLAG M.'75

1 Nida Zuhai	Double D.VZC	75-403	33.90	1:10.34	1:47.31	<u>2:24.87</u>
2 Bianca Meyners	Dinkel	75-324	33.92	1:10.98	1:49.10	<u>2:27.23</u>
3 Danielle Slootjes	SVW	75-229	33.67	1:11.78	1:51.40	<u>2:30.95</u>
4 Minouche Smit	Hoorn	75-365	35.20	1:14.10	1:53.47	<u>2:31.05</u>
5 Catherine Hooogveen	DZPC	75-549	33.94	1:12.08	1:51.71	<u>2:31.27</u>
6 Anouk Visscher	Dinkel	75-397	36.12	1:15.16	1:54.38	<u>2:31.97</u>
7 Wendy Roowaan	Zignea	75-289	34.38	1:12.98	1:53.43	<u>2:32.75</u>
8 Nancy Timmermans	De Aa	75-441	35.12	1:14.23	1:53.63	<u>2:33.22</u>
9 Karen Guldemond	HPC	75-026	35.15	1:13.87	1:54.21	<u>2:34.27</u>
10 Marion van Hooft	Gouwe	75-463	35.85	1:15.35	1:55.35	<u>2:35.59</u>
11 Nanette Janssen	TZC-Vahalis	75-218	35.13	1:14.51	1:55.60	<u>2:38.07</u>
12 Jacqueline Nieland	Stadskanaal	75-415	35.80	1:15.77	1:57.50	<u>2:38.90</u>
13 Diana Ijspeert	DWK	75-480	37.01	1:17.35	1:58.60	<u>2:39.68</u>
14 Renate Wijering	Dinkel	75-401	37.29	1:18.71	2:01.04	<u>2:42.28</u>



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Prog. 065 200m VRIJE SLAG J.74

1 Martijn Both	Dolfijn	74-578	27.14	56.36	1:26.37	<u>1:55.93</u>
2 Tim Hoeymans	PSV	74-426	27.09	56.95	1:26.39	<u>1:56.19</u>
3 Marco Mulder	AZPC	74-826	27.71	57.55	1:28.22	<u>1:58.13</u>
4 Robin Sprinkhuizen	Zijl/LGB	74-710	27.26	57.42	1:27.72	<u>1:58.50</u>
5 Wouter Steller	AZC/Tarvo	74-367	27.11	57.49	1:29.11	<u>2:00.96</u>
6 Theo Hulshof	Nautilus	74-378	27.61	57.81	1:28.75	<u>2:01.37</u>
7 Bas Ido Wennekes	DWK	74-637	28.94	1:00.80	1:31.85	<u>2:03.21</u>
8 Henk v.d. Kamp	Orca	74-329	27.69	58.71	1:31.33	<u>2:03.40</u>
9 Sjaak Kuiken	Orca	74-480	27.52	58.40	1:31.37	<u>2:03.76</u>
10 Remco Folkertsma	B&O Torpedo	74-027	29.14	1:02.11	1:33.32	<u>2:03.87</u>
11 Freek Carol	ZPA	74-405	27.81	58.33	1:31.09	<u>2:04.71</u>

Prog. 066 200m VRIJE SLAG J.73/72

1 Richard Blank	Dolfijn	72-551	26.27	54.04	1:22.28	<u>1:51.36</u>
2 Marcel Wouda	Zeester	72-360	26.55	55.31	1:23.75	<u>1:52.19</u>
3 Vincent Elgersma	Dolfijn	73-286	26.47	55.24	1:24.69	<u>1:53.94</u>
4 Dennis Parlevliet	PSV	73-644	26.69	56.35	1:25.12	<u>1:54.27</u>
5 Jan Sonneveld	Dolfijn	72-015	26.68	55.55	1:24.97	<u>1:54.55</u>
6 Niels Hilbrink	DZPC	72-357	27.25	55.98	1:25.40	<u>1:54.90</u>
7 Almar v.d. Meer	B&O Torpedo	72-015	27.01	56.31	1:26.06	<u>1:56.07</u>
8 Mark v.d. Zijden	Gouwe	73-699	27.21	56.80	1:26.75	<u>1:56.36</u>
9 Milco Hogerbrug	Nautilus	72-292	26.98	56.22	1:26.21	<u>1:56.38</u>
10 Wilco v.d. Akker	AZPC	73-019	26.92	56.62	1:26.88	<u>1:56.78</u>
11 Jan Willem v.d. Hoek	Gouwe	72-671	27.22	56.34	1:26.67	<u>1:56.89</u>
12 Edwin de Wilde	AZPC	72-469	27.22	56.90	1:27.55	<u>1:57.71</u>
13 Goran Loos	Nautilus	72-507	27.24	57.19	1:28.14	<u>1:58.36</u>
14 Roy v.d. Veen	Hoorn	73-467	27.44	57.29	1:28.33	<u>1:58.78</u>
15 Tibor Stomp	Meent	72-298	27.54	57.33	1:28.19	<u>1:59.51</u>
16 Dennis Rijnbeek	Rapido'82	72-226	26.52	56.83	1:28.96	<u>2:01.06</u>

Prog. 067 200m VRIJE SLAG HEREN

1 Ron Dekker	IJssel	66-044	25.33	52.79	1:20.75	<u>1:49.87</u>
2 Ronald Sloeserwij	Dolfijn	69-648	26.19	54.17	1:22.47	<u>1:50.55</u>
3 Danny Nelson	Nautilus	71-541	27.00	55.78	1:24.08	<u>1:52.34</u>
4 Casper van Dam	Zwemlust/DH	71-405	25.71	54.04	1:23.34	<u>1:52.83</u>
5 Peter de Rover	Dolfijn	67-344	26.24	54.83	1:23.51	<u>1:53.05</u>
6 Ronald van Dongen	HZC-Weusthag	69-454	25.55	53.97	1:23.47	<u>1:53.16</u>
7 John Machielsen	HPC	68-707	26.99	55.82	1:24.63	<u>1:53.27</u>
8 Martin v.d. Spoel	DWK	71-316	26.59	55.19	1:24.24	<u>1:53.45</u>
9 Marcel Ekkelboom	Dinkel	64-451	26.95	55.98	1:25.25	<u>1:55.37</u>
10 Vili Adam	HPC	69-728	26.95	55.89	1:25.54	<u>1:55.80</u>
11 Stan Steegeling	Dolfijn	71-016	27.46	57.69	1:27.92	<u>1:58.24</u>



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Prog. 063 200m VRIJE SLAG J.'76

1 Christian Fischer	HPC	76-732	29.17	1:00.55	1:32.90	<u>2:03.19</u>
2 Bart Heggelman	WVZ	76-670	28.83	1:00.57	1:33.53	<u>2:03.79</u>
3 Ronald Fijn	Steur	76-449	29.14	1:01.22	1:33.88	<u>2:05.08</u>
4 Sander Horenberg	Zevenhuizen	76-398	28.28	1:00.95	1:34.22	<u>2:06.80</u>
5 Jeroen Goes	AZPC	76-041	28.15	1:00.37	1:33.93	<u>2:07.17</u>
6 Roy Meyboom	MZPC	76-728	28.92	1:00.92	1:34.41	<u>2:07.36</u>
7 Jasper Middelberg	Dolfijn	76-077	29.54	1:01.69	1:35.36	<u>2:09.46</u>
8 Jeroen Mulder	AZPC	76-827	29.30	1:02.61	1:36.93	<u>2:10.39</u>
9 Hans Geert Mast	DZPC	76-708	29.18	1:02.48	1:37.23	<u>2:10.77</u>
10 Kim Bouwes	Stadskanaal	76-307	29.42	1:02.83	1:37.53	<u>2:11.35</u>
11 Antoine Calis	AZC/Tarvo	76-699	29.29	1:02.12	1:36.61	<u>2:11.39</u>
12 Rowin Timmermans	WVZ	76-013	30.64	1:04.73	1:39.39	<u>2:11.95</u>
13 Andre Koopman	HZPC He	76-428	29.18	1:03.09	1:38.02	<u>2:12.92</u>
14 Roland de Jong	RZ	76-321	29.40	1:02.51	1:37.85	<u>2:14.30</u>

Prog. 064 200m VRIJE SLAG J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	27.18	57.10	1:27.77	<u>1:57.78</u>
2 Frank Laffebier	Nautilus	75-613	27.83	57.86	1:28.54	<u>1:59.04</u>
3 Ronnie Uitzetter	ZPA	75-399	27.62	58.05	1:29.12	<u>1:59.71</u>
4 Edgar Thimister	MZPC	75-676	28.78	1:00.19	1:32.54	<u>2:02.67</u>
5 Brent Senduk	Dolfijn	75-076	28.10	59.49	1:32.09	<u>2:03.95</u>
6 Dennis Schouten	LZ 1886	75-409	28.42	1:00.03	1:32.16	<u>2:04.16</u>
7 Willy Hansen	Dinkel	75-400	28.24	59.00	1:31.50	<u>2:04.18</u>
8 Michel Bom	Zeus	75-518	27.71	58.60	1:31.72	<u>2:04.31</u>
9 Martijn Baans	Kempvis	75-623	28.20	59.64	1:32.13	<u>2:04.33</u>
10 Erwin Ruysink	AZPC	75-062	27.54	58.72	1:31.26	<u>2:04.39</u>
11 Jos Middelberg	Dolfijn	75-078	28.59	1:00.82	1:33.01	<u>2:04.55</u>
12 Etan Ronen	PSV	75-049	28.96	1:00.51	1:32.88	<u>2:04.74</u>
13 Richard Middelbos	Stadskanaal	75-417	28.69	59.99	1:33.29	<u>2:05.38</u>
14 Patrick Reniers	Breda	75-270	28.26	59.73	1:32.83	<u>2:05.69</u>
15 Jacky Gnodde	Zignea	75-376	28.20	59.56	1:32.88	<u>2:06.05</u>
16 Jean Paul Tates	Oceanus	75-329	28.72	1:00.22	1:33.47	<u>2:06.64</u>
17 Dennis Kruis	Hoogwerf	75-282	28.49	1:00.12	1:33.75	<u>2:07.24</u>
18 Maikel Klaver	Orca	75-398	28.16	1:00.13	1:34.29	<u>2:08.12</u>
19 Nicolas Riverola	Stormvogel	75-318	28.08	59.44	1:33.49	<u>2:08.24</u>
20 Mark Schouten	LZ 1886	75-410	29.43	1:01.57	1:35.26	<u>2:08.38</u>
21 Mark Dijkstra	B&O Torpedo	75-056	28.69	1:01.33	1:35.25	<u>2:08.79</u>
22 Christian de Groot	LZ 1886	75-574	28.80	1:01.09	1:35.75	<u>2:09.11</u>
23 Marcel Kentgens	MZPC	75-681	29.34	1:02.01	1:35.64	<u>2:09.23</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



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Prog. 059 100m VRUJE SLAG M.'74

1 Manon Masseurs	HPC	74-656	28.14	<u>57.79</u>
2 Brenda Starink	Kempvis	74-378	28.62	<u>58.69</u>
3 Anita de Hoop	Orca	74-432	28.70	<u>58.79</u>
4 Kristel Tellegen	PSV	74-016	29.12	<u>59.58</u>
5 Wendy Leemker	Orca	74-431	28.85	<u>59.80</u>
6 Hanneke Koopmans	Zijl/LGB	74-058	29.60	<u>1:00.17</u>
7 Maaïke Addicks	GZC	74-430	29.25	<u>1:00.60</u>
8 Yvonne Schoorl	Eemsrobber	74-467	29.24	<u>1:00.64</u>
9 Angelique Wijnen	HZPC Ho	74-306	29.92	<u>1:01.56</u>

Prog. 060 100m VRUJE SLAG M.'73/'72

1 Natasja Robert	DAW/Sportline	72-328	28.15	<u>57.21</u>
2 Inge de Bruijn	Dolfijn	73-079	27.63	<u>59.20</u>
3 Mireille Hoogenhuis	Eemsrobber	73-606	28.86	<u>59.27</u>
4 Radna Mulder	PSV	73-040	28.97	<u>59.95</u>

Prog. 061 100m VRUJE SLAG DAMES

1 Marianne Muis	ZPA	68-561	26.61	<u>54.59</u>
2 Karin Briennesse	Orca	69-377	27.06	<u>55.81</u>
3 Diana v.d. Plaats	Dolfijn	71-717	27.04	<u>56.21</u>
4 Mildred Muis	ZPA	68-560	27.55	<u>56.74</u>
5 Ingrid Baars	Dolfijn	69-080	27.20	<u>56.75</u>
6 Renate Wigger	Dinkel	70-176	28.13	<u>58.47</u>
7 Pauline v.d. Zouw	Dolfijn	69-328	27.92	<u>58.66</u>
8 Debby v.d. Staay	HPC	71-655	28.25	<u>58.72</u>
9 Ingrid Koeman	Dolfijn	71-067	28.39	<u>58.93</u>
10 Angela Postma	Zigna	71-363	28.24	<u>59.45</u>
11 Ilse Harms	Nautilus	69-374	28.61	<u>59.69</u>
12 Saskia Lammerts	Tolhekke	70-133	29.09	<u>1:00.99</u>

Prog. 062 200m VRUJE SLAG J.'77

1 Pascal Lafort	Numansdorp	77-310	28.67	1:01.84	1:35.26	<u>2:08.19</u>
2 Dwight Senduk	Dolfijn	77-075	29.23	1:02.29	1:35.91	<u>2:09.41</u>
3 Hans Hulsen	PSV	77-074	29.37	1:03.05	1:37.39	<u>2:10.62</u>
4 Michel Zwennes	DWK	77-540	31.25	1:06.12	1:41.87	<u>2:16.07</u>
5 Dave Middelburg	Hoogwerf	77-368	30.98	1:06.03	1:42.36	<u>2:18.35</u>
6 Richard v Duijvenbode	LZ 1886	77-567	32.28	1:07.47	1:43.62	<u>2:19.34</u>
7 Marcel Groot	Kon AZ 1870	77-494	30.03	1:04.84	1:42.38	<u>2:19.48</u>



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Prog 056 100m vrije slag m'77

1 Saskia Stoteler	Groenlo	77-245	29.80	<u>1:01.09</u>
2 Martinique Koridon	Steur	77-410	30.08	<u>1:01.99</u>
3 Madelon Baans	Kempvis	77-624	29.63	<u>1:02.58</u>
4 Marielle Schaaf	ZON/Sp.en Sp.	77-251	30.46	<u>1:03.72</u>
5 Fleur Bakker	LZ 1886	77-473	31.34	<u>1:03.88</u>
6 Karen Wammes	TZC-Vahalis	77-296	31.33	<u>1:04.14</u>
7 Annemieke Mos	B&O Torpedo	77-043	31.21	<u>1:04.24</u>
8 Daniella Heyenrath	RZ	77-333	30.88	<u>1:04.44</u>
9 Barbara van Lieshout	Heygrave	77-231	31.44	<u>1:05.12</u>
10 Marloes Neijman	BZV	77-545	31.40	<u>1:05.28</u>
11 Marianne ter Keurs	De Aa	77-504	31.55	<u>1:05.56</u>
12 Karin Hammink	ZPA	77-496	32.09	<u>1:06.09</u>

Prog. 057 100m VRIJE SLAG M.'76

1 Kirsten Vlieghuis	Dinkel	76-398	28.75	<u>59.41</u>
2 Kitty Mensink	Dinkel	76-293	28.74	<u>59.64</u>
3 Bianca Lutters	PSV	76-037	29.61	<u>1:00.63</u>
4 Marielle Piels	TZC-Vahalis	76-311	29.52	<u>1:01.08</u>
5 Danielle Klaverdijk	Nautilus	76-430	29.76	<u>1:01.59</u>
6 Bianca Hocks	LZ 1886	76-439	30.14	<u>1:02.65</u>
7 Sigrid Pels	Steur	76-450	30.75	<u>1:02.68</u>
8 Muriel de Groot	NDZ'85	76-059	30.69	<u>1:02.99</u>
9 Maaike Kleinsmann	OZPC	76-600	30.64	<u>1:03.68</u>
10 Lilian Visscher	Steur	76-479	30.77	<u>1:04.46</u>

Prog. 058 100m VRIJE SLAG M.'75

1 Renate Wijering	Dinkel	75-401	28.36	<u>58.69</u>
2 Nancy Timmermans	De Aa	75-441	28.48	<u>58.86</u>
3 Karen Guldemond	HPC	75-026	28.63	<u>59.24</u>
4 Marion van Hooff	Gouwe	75-463	28.89	<u>59.93</u>
5 Anouk Visscher	Dinkel	75-397	29.32	<u>1:00.20</u>
6 Ilse de Jonge	Scheldestroom	75-142	29.06	<u>1:00.36</u>
7 Minouche Smit	Hoorn	75-365	29.55	<u>1:01.14</u>
8 Jacqueline Nieland	Stadskanaal	75-415	29.76	<u>1:01.15</u>
9 Melanie Bos	Stormvogel	75-252	29.54	<u>1:01.32</u>
10 Sandra Berckenkamp	Gouwe	75-557	29.23	<u>1:01.73</u>
11 Natasja van Egmond	Dolfijn	75-125	29.58	<u>1:01.87</u>
12 Linda v.d. Bosch	WVZ	75-528	29.98	<u>1:01.98</u>
13 Rianne Slotboom	Zevenhuizen	75-416	29.89	<u>1:02.59</u>
14 Ilona Kalter	Houtrib	75-557	29.95	<u>1:02.66</u>
15 Karin Koelma	Dinkel	75-399	29.99	<u>1:03.02</u>
16 Karin Stastra	LZ 1886	75-403	30.03	<u>1:03.15</u>
17 Wilma Veldhoen	DSZ	75-404	30.80	<u>1:03.26</u>



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Prog. 055 4x200m VRIJE SLAG EST. HEREN

1 De Dolfijn I	26.45	54.21	1:22.77	1:51.53
	2:17.38	2:46.44	3:16.60	3:46.44
	4:12.42	4:41.12	5:10.01	5:40.25
	6:05.23	6:33.12	7:02.03	<u>7:30.94</u>
2 Nautilus I	26.71	55.72	1:25.44	1:55.15
	2:20.96	2:50.46	3:21.21	3:51.39
	4:17.79	4:47.28	5:17.66	5:47.64
	6:13.73	6:41.90	7:10.30	<u>7:38.59</u>
3 De Dolfijn II	26.95	56.66	1:26.54	1:55.37
	2:21.73	2:51.39	3:20.84	3:50.64
	4:16.08	4:45.28	5:15.18	5:45.35
	6:11.29	6:40.16	7:10.20	<u>7:40.88</u>
4 D.Z.P.C.	27.69	58.37	1:29.62	2:00.19
	2:26.11	2:55.58	3:26.51	3:57.79
	4:24.23	4:53.96	5:24.64	5:54.91
	6:21.75	6:50.74	7:20.51	<u>7:49.98</u>
5 P.S.V.	26.40	56.25	1:26.72	1:57.99
	2:24.84	2:55.47	3:26.27	3:57.62
	4:25.25	4:56.33	5:27.56	5:58.15
	6:23.77	6:53.57	7:23.17	<u>7:53.06</u>
6 A.Z.P.C.	27.01	57.17	1:27.82	1:58.11
	2:24.97	2:56.17	3:27.51	3:57.96
	4:24.48	4:54.71	5:25.57	5:55.42
	6:21.99	6:52.74	7:24.93	<u>7:54.26</u>
7 De Zijl/L.G.B.	27.31	57.35	1:27.98	1:57.41
	2:24.17	2:54.63	3:26.28	3:57.41
	4:23.83	4:53.74	5:24.48	5:55.56
	6:22.27	6:52.64	7:24.50	<u>7:54.82</u>
8 De Dinkel	27.08	57.13	1:27.93	1:58.68
	2:25.22	2:55.49	3:25.91	3:56.57
	4:23.96	4:54.80	5:26.90	5:59.17
	6:25.65	6:55.28	7:25.14	<u>7:55.18</u>
9 De Meent	26.73	56.59	1:27.88	2:00.09
	2:28.37	2:59.65	3:30.68	4:01.29
	4:27.63	4:58.49	5:29.95	5:59.99
	6:26.47	6:55.96	7:27.16	<u>7:58.19</u>
10 Het Y	26.39	54.93	1:24.36	1:54.58
	2:22.14	2:52.85	3:25.00	3:57.53
	4:24.99	4:56.04	5:28.86	6:01.76
	6:27.53	6:56.89	7:28.34	<u>8:00.29</u>
11 Nautilus II	26.38	55.01	1:24.69	1:56.45
	2:23.65	2:54.16	3:26.40	3:58.82
	4:25.70	4:56.57	5:27.60	5:59.62
	6:27.39	6:57.90	7:29.80	<u>8:00.41</u>
12 Zwemlust/Den H	28.23	1:00.05	1:32.45	2:04.40
	2:31.66	3:02.48	3:34.19	4:05.45
	4:33.61	5:06.18	5:39.47	6:12.24
	6:38.11	7:07.53	7:38.55	<u>8:09.22</u>

Handwritten calculations on the right side of the page:

$$\begin{array}{r} 1.53 \\ 3.56 \\ \hline 5.09 \end{array}$$

$$\begin{array}{r} 6.44 \\ 28 \\ \hline 19 \end{array}$$

$$\begin{array}{r} 7.64 \\ 7.41 \\ \hline 9.02 \end{array}$$

$$\begin{array}{r} 64 \\ 4.65 \\ \hline 5.29 \end{array}$$

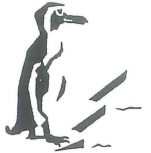
$$\begin{array}{r} 45.35 \\ 40.80 \\ \hline 44 \end{array}$$


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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



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SMALLINGERLAND

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Prog. 054 4x100m WISSELSLAG EST. MEISJES ONDER 16 JAAR

1 De Dinkel I	32.00	1:05.75	1:42.41	2:23.04
	2:53.32	3:28.52	3:56.59	4:28.00
2 Orca	31.30	1:05.92	1:43.53	2:27.24
	2:56.50	3:29.81	4:01.48	4:36.90
3 P.S.V.	35.13	1:12.62	1:49.07	2:29.44
	3:00.63	3:38.57	4:07.06	4:37.73
4 De Dinkel II	33.97	1:10.88	1:47.77	2:29.98
	3:01.30	3:38.60	4:07.61	4:38.31
5 De Dolfijn	34.70	1:13.45	1:49.09	2:29.83
	3:01.15	3:38.87	4:07.86	4:39.99
6 Stadskanaal	33.92	1:11.30	1:47.13	2:27.48
	3:01.50	3:39.38	4:08.54	4:40.00
7 D.W.K.	33.60	1:10.57	1:47.90	2:30.33
	3:03.71	3:42.08	4:10.59	4:44.50
8 L.Z. 1886	33.97	1:10.84	1:47.67	2:31.87
	3:03.60	3:40.26	4:10.78	4:44.67
9 De Steur	36.30	1:16.73	1:53.35	2:34.34
	3:05.72	3:42.42	4:12.44	4:44.98
10 T.Z.C.-Vahalis	34.98	1:13.15	1:50.66	2:33.05
	3:05.72	3:45.66	4:15.85	4:49.06
11 De Dinkel III	34.70	1:13.23	1:50.63	2:33.48
	3:08.05	3:49.59	4:18.51	4:50.21
12 Bubble	33.40	1:10.80	1:47.12	2:29.04
	3:03.67	3:44.66	4:14.96	4:50.71



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GEMEENTE
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Prog. 126 200m WISSELSLAG PERS.M.'74

1 Manon Masseurs	HPC	74-656	31.67	1:07.92	1:50.24	<u>2:21.09</u>
2 Kristel Tellegen	PSV	74-016	32.42	1:10.72	1:50.35	<u>2:21.96</u>
3 Wendy Leemker	Orca	74-431	32.30	1:07.19	1:49.23	<u>2:22.16</u>
4 Brenda Starink	Kempvis	74-378	31.06	1:06.84	1:50.71	<u>2:22.45</u>
5 Iris Westrik	Dinkel	74-322	31.78	1:07.88	1:51.16	<u>2:23.19</u>
6 Hanneke Koopmans	Zijl/LGB	74-058	32.38	1:10.13	1:50.47	<u>2:23.95</u>
7 Renate Duim	Dolfijn	74-569	32.11	1:10.94	1:52.50	<u>2:27.52</u>
8 Danny van Klink	Stadskanaal	74-406	33.60	1:13.07	1:53.49	<u>2:27.54</u>
9 Marloes Mensink	Dinkel	74-292	33.13	1:13.31	1:55.89	<u>2:28.82</u>
10 Claudia Ruivenkamp	WVZ	74-615	33.23	1:11.80	1:55.96	<u>2:30.09</u>
11 Heleen van der Leij	SGG	74-415	32.81	1:13.16	1:55.86	<u>2:31.54</u>
12 Marleen Vos	Houtrib	74-558	32.57	1:13.71	1:58.73	<u>2:35.49</u>

Prog. 128 200m WISSELSLAG PERS.DAMES

1 Marianne Muis	ZPA	68-561	29.44	1:03.38	1:43.61	<u>2:14.73</u>
2 Mildred Muis	ZPA	68-560	29.97	1:06.11	1:46.60	<u>2:18.96</u>
3 Renate Wigger	Dinkel	70-176	30.65	1:06.01	1:47.49	<u>2:20.10</u>
4 Gea Veldhuizen	Tolhekke	71-202	31.25	1:08.04	1:52.36	<u>2:24.55</u>
5 Desiree de Bruijn	WVZ	71-435	31.92	1:08.91	1:52.44	<u>2:24.71</u>
6 Ingrid Koeman	Dolfijn	71-067	32.07	1:09.29	1:51.92	<u>2:24.81</u>
7 Nina Hulleman	DZPC	71-521	30.85	1:09.96	1:51.31	<u>2:25.37</u>
8 Ingrid Baars	Dolfijn	69-080	29.68	1:06.61	1:54.94	<u>2:27.74</u>

Prog. 127 200m WISSELSLAG PERS.M.'73/'72

1 Mireille Hogenhuis	Eemsrobben	73-606	31.50	1:06.92	1:48.41	<u>2:20.67</u>
2 Radna Mulder	PSV	73-040	31.19	1:07.69	1:49.26	<u>2:21.94</u>
3 Kira Bulten	Steur	73-390	31.20	1:10.02	1:49.97	<u>2:24.21</u>
4 Sylvia Gase	Dolfijn	73-311	31.48	1:10.51	1:52.43	<u>2:25.97</u>
5 Inge de Bruijn	Dolfijn	73-079	31.63	1:10.20	1:54.33	<u>2:27.24</u>

Prog. 129 100m SCHOOLSLAG J.'77

1 Pascal Lafort	Numansdorp	77-310	34.97	<u>1:14.28</u>	
2 Jarino Toppenberg	Rijn	77-557	35.06	<u>1:15.38</u>	
3 Paul Mullaart	Zeester	77-584	36.75	<u>1:17.32</u>	
4 Rogier Stam	AZPC	77-828	37.39	<u>1:17.80</u>	
5 Gerjan Hulstijn	HZC-Weusthag	77-397	36.19	<u>1:17.97</u>	
6 Erwin de Grijs	Hoor	77-443	36.76	<u>1:18.82</u>	
7 Ronald van Charante	Watervlo	77-436	37.04	<u>1:18.98</u>	
8 Ralf Nijenhuis	Kempvis	77-550	37.62	<u>1:19.07</u>	
9 Jasper Aerts	Breda	77-430	37.21	<u>1:19.30</u>	
10 Jan Douwe v.d. Veen	ZPD	77-090	37.18	<u>1:19.66</u>	
11 Emiel Kamman	Granaet	77-385	37.76	<u>1:20.39</u>	
12 Richard v Duijvenbode	LZ 1886	77-567	38.67	<u>1:20.56</u>	
13 Sebastiaan Hagewoud	Reestduikers	77-002	37.92	<u>1:20.67</u>	
14 Albert Broekman	Stadskanaal	77-409	38.75	<u>1:20.82</u>	



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GEMEENTE
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Prog. 130 100m SCHOOLSLAG J.76

1 Chong-Woo Chiang	Reest	76-311	33.46	<u>1:11.84</u>
2 Jeroen Goes	AZPC	76-041	35.04	<u>1:12.17</u>
3 Frank Kleyer	DWK	76-530	35.12	<u>1:12.25</u>
4 Roelof Hofman	Steenwijk'34	76-291	35.01	<u>1:12.93</u>
5 Christian Fischer	HPC	76-732	35.20	<u>1:13.39</u>
6 Edwin Blom	Nautilus	76-581	36.12	<u>1:15.07</u>
7 Bart Heggelman	WVZ	76-670	35.77	<u>1:15.28</u>
8 Niels Hoogsteder	Hoorn	76-475	35.93	<u>1:17.04</u>
9 Ronald Fijn	Steur	76-449	36.24	<u>1:17.20</u>
10 Evert-Jan van Harten	DWK	76-478	36.57	<u>1:17.35</u>
11 Bjorn Snijders	Groenlo	76-242	36.32	<u>1:18.84</u>
12 Antoine Calis	AZC/Tarvo	76-699	37.43	<u>1:19.28</u>

Prog. 131 100m SCHOOLSLAG J.75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	33.37	<u>1:09.37</u>
2 Lesley Voorn	B&O Torpedo	75-024	33.13	<u>1:10.22</u>
3 Dennis Schouten	LZ 1886	75-409	32.93	<u>1:10.71</u>
4 Etienne Grootenboer	Devel	75-413	33.22	<u>1:11.22</u>
5 Jos Middelberg	Dolfijn	75-078	33.20	<u>1:11.56</u>
6 Edgar Thimister	MZPC	75-676	33.96	<u>1:12.09</u>
7 Jasper Bisselink	HPC	75-644	34.46	<u>1:12.41</u>
8 Michiel Jansen	Gelenberg	75-310	33.92	<u>1:12.42</u>
9 Jan de Boer	Rijn	75-535	34.35	<u>1:13.34</u>
10 Willy Hansen	Dinkel	75-400	34.86	<u>1:13.56</u>
11 Martin Andrea	Ham	75-373	34.56	<u>1:13.65</u>
12 Rolf Jongeling	Meent	75-226	34.07	<u>1:14.67</u>
13 Sander Wiggers	Groenlo	75-238	34.96	<u>1:14.94</u>
14 Emiel Hengst	ZVW'74	75-245	35.34	<u>1:15.01</u>
15 Maarten van der Zwan	Schelde	75-227	34.37	<u>1:15.52</u>
16 Richard Bosman	BZPC	75-662	34.64	<u>1:15.67</u>
17 Michel Bom	Zeus	75-518	35.73	<u>1:16.63</u>

Prog. 132 100m SCHOOLSLAG J.74

1 Tim Hoeymans	PSV	74-426	31.70	<u>1:07.16</u>
2 Melvin Bakker	Houtrib	74-296	32.06	<u>1:07.86</u>
3 Benno Kuipers	Vrije Slag	74-383	32.29	<u>1:08.60</u>
4 Robert Langeler	VZPC	74-258	32.79	<u>1:08.65</u>
5 Danny Senden	MZPC	74-669	32.50	<u>1:08.85</u>
6 Vincent de Bruyn	WVZ	74-529	32.94	<u>1:11.27</u>
7 Michiel Mullaart	Zeester	74-305	33.76	<u>1:11.71</u>
8 Allard Wagenveld	NZC'21	74-400	34.80	<u>1:13.16</u>



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Prog. 133 100m SCHOOLSLAG J.'73/'72

1 Marcel Wouda	Zeester	72-360	30.50	<u>1:03.99</u>
2 Geert Donkers	Breda	72-340	31.04	<u>1:05.51</u>
3 Corne Baars	Nautilus	73-496	30.95	<u>1:06.05</u>
4 Jan Fiechter	TRB-RES	72-456	31.16	<u>1:06.56</u>
5 Lars van Leeuwen	Raket	73-242	31.11	<u>1:06.73</u>
6 Mark v.d. Zijden	Gouwe	73-699	31.33	<u>1:07.15</u>
7 Jurgen Langer	MZPC	73-730	31.43	<u>1:07.18</u>
8 Ronald van Ombergen	Stormvogel	72-288	31.71	<u>1:07.96</u>
9 Gerjan Cats	DZPC	72-533	31.71	<u>1:08.04</u>
10 Jakob Wallinga	ZCE	73-481	32.17	<u>1:08.23</u>
11 Sander Vester	AZPC	73-715	31.83	<u>1:08.87</u>
12 Arjan Breur	Oceanus	72-274	32.09	<u>1:09.16</u>
13 Gerwin Kroezen	VZPC	73-231	32.23	<u>1:09.42</u>
14 Dieter Hoofman	Gouwe	72-709	33.00	<u>1:10.15</u>
15 Diederik Rouffaer	ZON/Sp. en Sp.	72-290	33.31	<u>1:10.20</u>
16 Aby v.d. Neer	Berkel	72-230	32.04	<u>1:10.47</u>
17 Edgar ter Braake	Gouwe	73-698	32.84	<u>1:11.19</u>

Prog. 134 100m SCHOOLSLAG HEREN

1 Ron Dekker	IJssel	66-044	29.53	<u>1:01.24</u>
2 Onno Joustra	Zijl/LGB	70-050	30.12	<u>1:04.04</u>
3 Casper van Dam	Zwemlust/DH	71-405	29.83	<u>1:04.08</u>
4 Antoine van Weerde	LZ 1886	68-286	29.88	<u>1:04.19</u>
5 Stan Steegeling	Dolfijn	71-016	30.95	<u>1:05.07</u>
6 Martijn vd Maagdenberg	VZC	71-432	30.86	<u>1:05.73</u>
7 Edwin Vissers	Dommelbaarzen	70-386	30.69	<u>1:06.28</u>
8 Ronald van Dongen	HZC-Weusthag	69-454	31.25	<u>1:06.43</u>
9 Kees Robbertsen	DZPC	71-776	31.29	<u>1:06.62</u>
10 Rutger Huygens	Raket	66-369	30.76	<u>1:06.63</u>
11 Dennis Smit	Zignea	70-368	31.77	<u>1:07.24</u>
12 Harold Matla	PSV	68-079	30.93	<u>1:07.43</u>
13 Erwin van Dort	Bevers	69-512	31.64	<u>1:07.85</u>
14 Marcel Spoelstra	Orca	71-250	31.83	<u>1:08.04</u>
15 Pascal Mooyman	Kempvis	71-540	31.99	<u>1:08.66</u>
16 Roland Boomsma	HZPC	64-209	32.19	<u>1:08.77</u>
17 Matthijs Schonewille	ZCE	71-446	31.81	<u>1:09.07</u>
18 Tiedo de Boer	DWK	68-349	33.37	<u>1:10.15</u>

DIS Michael v Rijn KZC 70-432 AC



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Prog. 135 400m VRIJE SLAG M.'77

1 Karen Wammes	TZC-Vahalis	77-296	32.35	1:07.90	1:43.65	2:20.25
			2:56.44	3:33.22	4:09.56	<u>4:42.84</u>
2 Madelon Baans	Kempvis	77-624	32.30	1:08.12	1:44.60	2:21.10
			2:57.93	3:34.46	4:10.57	<u>4:43.14</u>
3 Martinique Koridon	Steur	77-410	32.82	1:08.52	1:44.70	2:21.77
			2:58.88	3:36.25	4:12.85	<u>4:47.76</u>
4 Fleur Bakker	LZ 1886	77-473	33.78	1:09.67	1:46.76	2:23.86
			3:00.99	3:38.16	4:14.46	<u>4:47.77</u>
5 Karin Hammink	ZPA	77-496	33.52	1:10.41	1:47.89	2:26.17
			3:04.26	3:42.84	4:21.94	<u>4:59.01</u>

Prog. 136 400m VRIJE SLAG M.'76

1 Kirsten Vlieghuis	Dinkel	76-398	30.53	1:04.61	1:39.08	2:13.75
			2:47.96	3:21.96	3:54.86	<u>4:26.86</u>
2 Kitty Mensink	Dinkel	76-293	30.50	1:04.76	1:39.40	2:14.12
			2:48.74	3:23.03	3:57.47	<u>4:31.11</u>
3 Marielle Piels	TZC-Vahalis	76-311	30.88	1:04.86	1:39.85	2:15.01
			2:49.98	3:24.68	3:58.66	<u>4:31.98</u>
4 Regina van Bruggen	WVZ	76-609	31.72	1:06.00	1:41.06	2:16.05
			2:51.25	3:26.32	4:01.09	<u>4:35.07</u>
5 Bianca Lutters	PSV	76-037	30.95	1:05.39	1:40.53	2:16.22
			2:51.76	3:28.31	4:04.10	<u>4:39.11</u>
6 Danielle Klaverdijk	Nautilus	76-430	31.29	1:05.89	1:41.31	2:17.00
			2:52.78	3:29.11	4:05.49	<u>4:39.74</u>
7 Bianca Hocks	LZ 1886	76-439	31.37	1:06.16	1:42.18	2:18.70
			2:55.34	3:32.23	4:08.72	<u>4:43.77</u>
8 Muriel de Groot	NDZ'85	76-059	31.84	1:07.18	1:43.22	2:20.20
			2:57.40	3:35.16	4:12.57	<u>4:48.39</u>

Prog. 137 400m VRIJE SLAG M.'75

1 Renate Wijering	Dinkel	75-401	29.96	1:02.74	1:36.72	2:11.35
			2:45.69	3:20.28	3:54.28	<u>4:25.97</u>
2 Anouk Visscher	Dinkel	75-397	29.94	1:03.01	1:37.16	2:11.58
			2:45.94	3:20.36	3:54.42	<u>4:26.25</u>
3 Linda v.d. Bosch	WVZ	75-528	30.97	1:04.80	1:38.73	2:13.00
			2:47.25	3:21.83	3:56.67	<u>4:30.18</u>
4 Minouche Smit	Hoorn	75-365	31.27	1:05.77	1:40.54	2:15.74
			2:50.91	3:25.91	4:00.42	<u>4:32.81</u>
5 Wilma Veldhoen	DSZ	75-404	31.76	1:06.32	1:40.47	2:14.91
			2:49.83	3:24.95	3:59.72	<u>4:32.89</u>
6 Nida Zuhai	Double D.VZC	75-403	31.37	1:05.43	1:39.75	2:14.58
			2:49.77	3:24.83	3:59.55	<u>4:32.99</u>
7 Nancy Timmermans	De Aa	75-441	30.87	1:04.66	1:39.76	2:15.36
			2:51.22	3:27.95	4:03.77	<u>4:37.89</u>
8 Karen Guldemond	HPC	75-026	30.95	1:04.55	1:39.38	2:15.27
			2:51.50	3:27.85	4:03.97	<u>4:38.44</u>

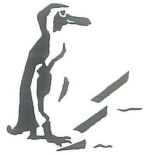


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Prog. 138 400m VRUJE SLAG M.74

1 Manon Masseurs	HPC	74-656	29.65	1:02.16	1:35.60	2:08.86
			2:41.57	3:15.26	3:48.27	<u>4:20.85</u>
2 Iris Westrik	Dinkel	74-322	30.43	1:04.00	1:37.33	2:10.48
			2:43.86	3:17.52	3:51.33	<u>4:24.56</u>
3 Anita de Hoop	Orca	74-432	30.73	1:04.26	1:38.69	2:12.74
			2:47.06	3:21.22	3:54.92	<u>4:26.73</u>
4 Kristel Tellegen	PSV	74-016	30.61	1:04.43	1:38.88	2:13.53
			2:47.19	3:20.96	3:54.63	<u>4:27.45</u>
5 Brenda Starink	Kempvis	74-378	30.30	1:04.32	1:39.05	2:13.71
			2:48.22	3:22.99	3:57.45	<u>4:31.78</u>

Prog. 139 400m VRUJE SLAG M.73/72

1 Natasja Robert	DAW/Sportline	72-328	29.92	1:02.15	1:35.11	2:09.17
			2:42.90	3:16.85	3:50.94	<u>4:23.90</u>
2 Radna Mulder	PSV	73-040	30.17	1:03.34	1:36.78	2:10.66
			2:44.43	3:18.44	3:52.38	<u>4:24.76</u>

Prog. 140 400m VRUJE SLAG DAMES

1 Karin Briensee	Orca	69-377	29.24	1:00.38	1:32.22	2:04.61
			2:37.01	3:09.75	3:42.66	<u>4:15.29</u>
2 Diana v.d. Plaats	Dolfijn	71-717	28.95	1:00.31	1:32.72	2:05.87
			2:39.01	3:12.53	3:46.15	<u>4:18.94</u>



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Prog. 141 100m Vriendslag Dames A-FINALE

1 Karin Brienesse	Orca	69-377	28.58	<u>1:00.48</u>
2 Ingrid Baars	Dolfijn	69-080	28.81	<u>1:01.72</u>
3 Inge de Bruijn	Dolfijn	73-079	29.16	<u>1:01.98</u>
4 Anita de Hoop	Orca	74-432	29.90	<u>1:02.48</u>
5 Natasja Robert	DAW/Sportline	72-328	29.97	<u>1:02.76</u>
6 Christien Pieterse	Vrije Slag	67-374	29.80	<u>1:03.55</u>
7 Nina Hulleman	DZPC	71-521	30.07	<u>1:03.91</u>
8 Gea Veldhuizen	Tolhekke	71-202	30.27	<u>1:04.00</u>

Prog. 141 100m Vriendslag Dames B-FINALE

1 Margriet van Staveren	Steur	70-231	30.46	<u>1:05.16</u>
2 Pauline v.d. Zouw	Dolfijn	69-328	30.38	<u>1:05.19</u>
3 Angelique Jacobs	PSV	72-039	30.91	<u>1:06.03</u>
4 Ilse Ambergen	Eemsrobber	71-608	31.71	<u>1:06.34</u>
5 Marleen Vos	Houtrib	74-558	31.10	<u>1:06.38</u>
6 Nida Zuhai	Double D.VZC	75-403	31.63	<u>1:06.51</u>
7 Bianca Meyners	Dinkel	75-324	31.18	<u>1:07.36</u>
8 Caby van Leenen	Raket	74-374	31.96	<u>1:08.35</u>

Prog. 142 100m Rugslag Heren A-FINALE

1 Ronald Sloeserwij	Dolfijn	69-648	28.00	<u>57.83</u>
2 Ruud Coone	Dolfijn	68-065	27.67	<u>58.07</u>
3 Richard Blank	Dolfijn	72-551	28.06	<u>58.27</u>
4 Bram Pronk	Zijl/LGB	67-051	27.92	<u>58.32</u>
5 Guido Keutgen	Raket	68-371	27.44	<u>58.53</u>
6 Frank ter Brugge	SGG	70-322	28.12	<u>59.29</u>
6 Peter Horsthuis	SGG	69-473	28.63	<u>59.29</u>
8 Peter de Rover	Dolfijn	67-344	28.35	<u>59.84</u>

Prog. 142 100m Rugslag Heren B-FINALE

1 Martin v.d. Spoel	DWK	71-316	28.03	<u>58.77</u>
2 Wilco v.d. Akker	AZPC	73-019	28.14	<u>59.17</u>
3 Milco Hogerbrug	Nautilus	72-292	28.24	<u>59.63</u>
4 Jan Sonneveld	Dolfijn	72-015	29.01	<u>1:00.83</u>
5 Johan Dijkstra	Orca	71-434	29.54	<u>1:01.40</u>
6 Erik Saat	AZPC	73-507	29.22	<u>1:01.60</u>
7 Marco v.d. Berg	DSZ	69-427	30.95	<u>1:04.53</u>
8 Vili Adam	HPC	69-728	29.19	<u>1:04.86</u>



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Prog. 143 200m Wisselslag Dames A-FINALE

1 Marianne Muis	ZPA	68-561	29.28	1:03.37	1:42.69	<u>2:12.72</u>	NR
2 Mildred Muis	ZPA	68-560	30.03	1:05.71	1:45.76	<u>2:17.68</u>	
3 Renate Wigger	Dinkel	70-176	30.98	1:06.67	1:49.11	<u>2:21.64</u>	
4 Kristel Tellegen	PSV	74-016	32.55	1:10.44	1:50.36	<u>2:22.20</u>	
5 Mireille Hogenhuis	Eemsrobber	73-606	31.42	1:07.69	1:50.10	<u>2:22.74</u>	
6 Wendy Leemker	Orca	74-431	32.36	1:08.43	1:50.13	<u>2:22.76</u>	
7 Radna Mulder	PSV	73-040	31.33	1:08.10	1:50.01	<u>2:23.26</u>	
8 Brenda Starink	Kempvis	74-378	31.67	1:08.08	1:52.08	<u>2:24.04</u>	

Prog. 143 200m Wisselslag Dames B-FINALE

1 Ingrid Koeman	Dolfijn	71-067	31.27	1:08.37	1:49.71	<u>2:21.47</u>	
2 Hanneke Koopmans	Zijl/LGB	74-058	32.24	1:09.73	1:49.50	<u>2:22.82</u>	
3 Desiree de Bruijn	WVZ	71-435	32.16	1:09.55	1:52.00	<u>2:24.41</u>	
4 Nina Hulleman	DZPC	71-521	30.63	1:09.79	1:51.49	<u>2:25.52</u>	
5 Gea Veldhuis	Tolhekke	71-202	31.76	1:10.06	1:54.41	<u>2:26.11</u>	
6 Melanie Bos	Stormvogel	75-252	32.39	1:11.43	1:54.57	<u>2:29.16</u>	
7 Renate Duim	Dolfijn	74-569	32.29	1:11.55	1:54.12	<u>2:30.51</u>	
8 Nida Zuhail	Double D.VZC	75-403	32.90	1:12.97	1:57.77	<u>2:32.73</u>	

Prog. 144 100m Schoolslag Heren A-FINALE

1 Ron Dekker	IJssel	66-044	28.90	<u>1:01.31</u>		
2 Onno Joustra	Zijl/LGB	70-050	29.68	<u>1:02.97</u>		
3 Casper van Dam	Zwemlust/DH	71-405	29.87	<u>1:03.57</u>		
4 Antoine van Weerde	LZ 1886	68-286	30.28	<u>1:04.18</u>		
5 Marcel Wouda	Zeester	72-360	30.56	<u>1:04.45</u>		
6 Martijn vd Maagdenberg	VZC	71-432	31.11	<u>1:05.75</u>		
7 Stan Steegeling	Dolfijn	71-016	31.02	<u>1:05.89</u>		
8 Geert Donkers	Breda	72-340	31.34	<u>1:06.17</u>		

Prog. 144 100m Schoolslag Heren B-FINALE

1 Corne Baars	Nautilus	73-496	30.78	<u>1:05.59</u>		
2 Jan Fiechter	TRB-RES	72-456	31.02	<u>1:06.08</u>		
3 Lars van Leeuwen	Raket	73-242	30.99	<u>1:06.39</u>		
4 Edwin Vissers	Dommelbaarzen	70-386	30.54	<u>1:06.42</u>		
5 Kees Robbertsen	DZPC	71-776	31.39	<u>1:06.65</u>		
6 Rutger Huygens	Raket	66-369	31.30	<u>1:06.89</u>		
7 Ronald van Dongen	HZC-Weusthag	69-454	31.72	<u>1:07.13</u>		
8 Mark v.d. Zijden	Gouwe	73-699	31.15	<u>1:07.68</u>		



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Prog. 145 400m Vrije Slag Dames A-FINALE

1 Karin Brienesse	Orca	69-377	29.28	1:00.61	1:31.69	2:03.01
			2:34.60	3:06.74	3:39.05	<u>4:10.22</u>
2 Diana v.d. Plaats	Dolfijn	71-717	29.49	1:01.13	1:33.10	2:05.92
			2:38.87	3:12.29	3:45.92	<u>4:18.31</u>
3 Manon Masseurs	HPC	74-656	29.47	1:01.55	1:34.36	2:07.93
			2:41.54	3:15.13	3:48.42	<u>4:20.79</u>
4 Natasja Robert	DAW/Sportline	72-328	30.15	1:02.79	1:36.08	2:09.86
			2:43.27	3:17.00	3:50.36	<u>4:22.34</u>
5 Radna Mulder	PSV	73-040	30.82	1:03.98	1:38.00	2:12.43
			2:46.63	3:21.13	3:55.81	<u>4:29.10</u>
6 Nida Zuhai	Double D.VZC	75-403	31.44	1:05.01	1:39.40	2:14.24
			2:49.25	3:24.27	3:59.13	<u>4:33.19</u>
7 Linda v.d. Bosch	WVZ	75-528	31.44	1:06.13	1:41.21	2:16.30
			2:51.66	3:27.02	4:02.40	<u>4:36.64</u>
8 Anita de Hoop	Orca	74-432	31.35	1:05.73	1:40.96	2:16.46
			2:52.23	3:28.36	4:03.44	<u>4:37.39</u>

Prog. 145 400m Vrije Slag Dames B-FINALE

1 Karen Guldemond	HPC	75-026	30.63	1:03.61	1:38.05	2:13.38
			2:48.51	3:23.75	3:58.98	<u>4:32.77</u>
2 Regina van Bruggen	WVZ	76-609	31.76	1:05.76	1:40.73	2:15.61
			2:50.93	3:26.01	4:00.92	<u>4:33.81</u>
3 Bianca Hocks	LZ 1886	76-439	31.00	1:05.26	1:40.87	2:16.73
			2:52.68	3:28.91	4:04.99	<u>4:39.80</u>
4 Martinique Koridon	Steur	77-410	32.37	1:07.64	1:43.59	2:20.21
			2:56.94	3:33.93	4:11.02	<u>4:46.53</u>
5 Muriel de Groot	NDZ'85	76-059	31.64	1:06.74	1:43.89	2:20.48
			2:57.49	3:34.64	4:11.89	<u>4:47.23</u>
6 Madelon Baans	Kempvis	77-624	32.29	1:08.39	1:45.27	2:22.37
			2:59.61	3:37.30	4:14.86	<u>4:49.18</u>
7 Fleur Bakker	LZ 1886	77-473	32.69	1:08.87	1:46.45	2:22.88
			3:00.14	3:37.15	4:14.28	<u>4:49.41</u>



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DRACHTEN

Prog. 146 4x100m VRIJE SLAG EST.HEREN

1 De Dolfijn I	25.33	51.84	1:16.08	1:43.16
	2:07.43	2:34.09	2:58.47	<u>3:24.54</u>
2 Nautilus I	24.46	51.63	1:16.14	1:44.35
	2:07.95	2:35.64	2:59.92	<u>3:26.28</u>
3 De Zijl/L.G.B. I	25.43	52.66	1:17.72	1:46.41
	2:11.09	2:38.12	3:01.83	<u>3:28.73</u>
4 P.S.V.	24.66	51.79	1:16.48	1:44.71
	2:09.48	2:37.54	3:02.12	<u>3:29.25</u>
5 De Dolfijn II	26.13	54.46	1:19.19	1:47.58
	2:12.04	2:39.41	3:03.68	<u>3:30.89</u>
6 A.Z.P.C. I	25.90	54.12	1:19.33	1:47.85
	2:13.44	2:41.01	3:05.63	<u>3:32.60</u>
7 H.P.C.	25.34	52.29	1:18.97	1:48.38
	2:13.28	2:41.80	3:06.52	<u>3:33.07</u>
8 Zeester	25.82	53.65	1:19.21	1:48.11
	2:13.94	2:41.96	3:06.66	<u>3:33.54</u>
9 D.Z.P.C. I	25.72	53.39	1:18.72	1:47.34
	2:12.76	2:41.59	3:06.56	<u>3:33.85</u>
10 Zwemlust/Den Hommel	26.08	54.33	1:20.39	1:48.71
	2:13.22	2:39.80	3:05.76	<u>3:34.93</u>
11 De Zijl/L.G.B. II	26.20	54.43	1:19.64	1:47.58
	2:12.44	2:40.61	3:06.68	<u>3:35.16</u>
12 Het Y	25.46	53.91	1:18.91	1:47.35
	2:13.66	2:42.76	3:07.78	<u>3:35.37</u>
13 M.Z.P.C.	25.26	52.89	1:17.82	1:46.75
	2:12.26	2:41.70	3:06.31	<u>3:35.42</u>
14 Nautilus II	25.66	53.92	1:19.76	1:48.04
	2:13.44	2:42.17	3:07.53	<u>3:35.69</u>
15 S.G.G.	26.26	54.78	1:20.67	1:41.44
	2:13.61	2:41.52	3:07.48	<u>3:35.95</u>
16 De Dinkel	26.73	55.54	1:21.55	1:50.72
	2:15.99	2:43.63	3:08.58	<u>3:36.11</u>
17 De Meent	26.18	54.40	1:19.52	1:47.04
	2:13.48	2:42.39	3:07.95	<u>3:36.64</u>
18 D.S.Z.	25.45	52.60	1:19.16	1:49.20
	2:15.49	2:45.19	3:10.83	<u>3:39.73</u>
19 Raket	25.85	53.70	1:20.86	1:50.18
	2:16.01	2:45.34	3:11.63	<u>3:40.16</u>
20 Oceanus	25.84	54.48	1:20.29	1:49.32
	2:15.78	2:45.46	3:11.54	<u>3:40.43</u>
21 H.Z.C.-Weusthag	26.96	57.18	1:23.14	1:53.64
	2:18.84	2:47.97	3:13.21	<u>3:40.63</u>
22 D.Z.P.C. II	26.25	55.03	1:21.26	1:51.70
	2:17.89	2:47.94	3:13.90	<u>3:43.37</u>
23 A.Z.P.C. II	26.56	54.60	1:21.76	1:51.83
	2:18.43	2:48.05	3:15.18	<u>3:44.80</u>

3.16
5.91

9.07 00.91

5.64
3.72

9.36 50.64

1.96
6.46

8.42 50.50

50.61



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 147 4x200m VRIJE SLAG EST. m.o.16

1 De Dinkel I	29.07	1:01.24	1:34.56	2:06.71
	2:35.04	3:07.17	3:40.70	4:13.29
	4:42.10	5:14.23	5:46.92	6:19.27
	6:48.15	7:20.89	7:54.29	<u>8:26.96</u>
2 De Dinkel II	29.71	1:02.83	1:36.64	2:09.25
	2:37.88	3:10.83	3:44.98	4:18.01
	4:47.72	5:21.65	5:56.42	6:30.40
	6:59.81	7:32.83	8:06.84	<u>8:40.29</u>
3 P.S.V.	30.17	1:02.76	1:37.46	2:11.80
	2:42.25	3:16.37	3:52.43	4:28.75
	4:59.73	5:34.91	6:11.79	6:48.94
	7:17.64	7:49.76	8:22.66	<u>8:55.05</u>
4 De Dinkel III	29.83	1:03.36	1:38.23	2:12.83
	2:43.48	3:17.67	3:53.27	4:27.82
	4:58.04	5:33.26	6:09.98	6:45.60
	7:16.21	7:50.10	8:24.54	<u>8:57.52</u>
5 De Dolfijn	30.63	1:04.62	1:39.62	2:13.07
	2:42.37	3:16.22	3:52.07	4:27.30
	4:57.79	5:32.36	6:08.10	6:43.33
	7:14.11	7:48.46	8:23.88	<u>8:58.47</u>
6 W.V.Z.	30.65	1:04.69	1:39.46	2:13.68
	2:44.88	3:19.12	3:55.07	4:29.20
	4:59.60	5:33.68	6:09.26	6:44.37
	7:14.80	7:48.72	8:23.86	<u>8:58.82</u>
7 T.Z.C.-Vahalis	30.36	1:04.31	1:39.73	2:14.81
	2:45.07	3:19.11	3:54.45	4:29.61
	5:01.13	5:36.58	6:12.08	6:46.26
	7:16.70	7:50.81	8:26.29	<u>9:01.67</u>
8 Stadskanaal	31.28	1:05.29	1:40.78	2:15.47
	2:46.15	3:20.61	3:56.25	4:31.19
	5:02.51	5:38.60	6:15.77	6:52.07
	7:22.73	7:57.21	8:32.62	<u>9:05.72</u>
9 Die Heygrave	30.01	1:03.53	1:38.73	2:14.22
	2:45.17	3:20.22	3:56.52	4:32.35
	5:03.01	5:38.17	6:14.28	6:48.80
	7:19.25	7:53.70	8:30.11	<u>9:07.34</u>
10 L.Z. 1886	31.10	1:06.30	1:42.39	2:18.22
	2:49.14	3:24.34	4:01.00	4:37.58
	5:10.13	5:46.91	6:24.11	6:59.04
	7:29.85	8:04.69	8:41.16	<u>9:17.30</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 148 100m VLINDERSLAG J.'77

1 Dwight Senduk	Dolfijn	77-075	31.61	<u>1:06.98</u>
2 Ronald van Charante	Watervlo	77-436	32.53	<u>1:09.98</u>
3 Richard v Duijvenbode	LZ 1886	77-567	33.15	<u>1:10.48</u>
4 Michel Zwennes	DWK	77-540	33.61	<u>1:10.81</u>
5 Gerjan Hulstijn	HZC-Weusthag	77-397	33.09	<u>1:11.57</u>
6 Bob Heyl	Merlet	77-318	32.86	<u>1:11.71</u>
7 Joy Ignacia	Otters	77-533	33.31	<u>1:11.86</u>
8 Michiel Kamphuis	PCG	77-449	34.46	<u>1:13.34</u>
9 Erwin de Grijs	Hoorn	77-443	34.52	<u>1:14.81</u>
10 Oscar Breukels	Rijn	77-669	34.95	<u>1:15.36</u>
11 Marcel Groot	Kon AZ 1870	77-494	33.45	<u>1:17.52</u>

Prog. 149 100m VLINDERSLAG J.'76

1 Christian Fischer	HPC	76-732	30.15	<u>1:03.01</u>
2 Evert-Jan van Harten	DWK	76-478	30.35	<u>1:03.50</u>
3 Ronald Fijn	Steur	76-449	29.63	<u>1:03.96</u>
4 Antoine Calis	AZC/Tarvo	76-699	31.20	<u>1:04.09</u>
5 Sander Horenberg	Zevenhuizen	76-398	29.98	<u>1:05.36</u>
6 Bart Heggelman	WVZ	76-670	31.05	<u>1:06.10</u>
7 Kim Bouwes	Stadskanaal	76-307	31.02	<u>1:06.61</u>
8 Roy Meyboom	MZPC	76-728	31.06	<u>1:07.87</u>
9 Edwin Blom	Nautilus	76-581	32.21	<u>1:08.24</u>
10 Robbert Liesting	Bevers	76-394	31.75	<u>1:08.54</u>
11 Rowin Timmermans	WVZ	76-013	32.36	<u>1:09.00</u>
12 Jasper Middelberg	Dolfijn	76-077	31.33	<u>1:09.08</u>
13 Frank Kleyer	DWK	76-530	32.08	<u>1:10.23</u>

Prog. 150 100m VLINDERSLAG J.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	27.89	<u>59.75</u>
2 Edgar Thimister	MZPC	75-676	28.27	<u>1:00.45</u>
3 Christian de Groot	LZ 1886	75-574	28.27	<u>1:00.75</u>
4 Martijn Baans	Kempvis	75-623	28.72	<u>1:00.87</u>
5 Erwin Ruysink	AZPC	75-062	28.47	<u>1:02.59</u>
6 Ronnie Uitzetter	ZPA	75-399	29.68	<u>1:02.95</u>
7 Mark Schouten	LZ 1886	75-410	29.27	<u>1:03.25</u>
8 Maikel Klaver	Orca	75-398	29.00	<u>1:03.82</u>
9 Brent Senduk	Dolfijn	75-076	30.51	<u>1:04.09</u>
10 Patrick Reniers	Breda	75-270	29.78	<u>1:05.00</u>
11 Mark Liesting	Bevers	75-348	30.42	<u>1:05.60</u>
12 Patrick Gehasse	Orca	75-353	30.64	<u>1:05.62</u>
13 Jan Willem van Dijk	Haaien	75-363	30.78	<u>1:06.27</u>
14 Richard Middelbos	Stadskanaal	75-417	30.90	<u>1:06.46</u>
15 Dennis Schouten	LZ 1886	75-409	30.21	<u>1:06.67</u>
16 Henk v.d. Veen	EZV	75-172	31.07	<u>1:06.75</u>
17 Jeroen Jacobs	Gelenberg	75-300	29.95	<u>1:07.02</u>
18 Harl Tielemans	Tiamat	75-210	31.26	<u>1:07.21</u>
19 Nicolas Riverola	Stormvogel	75-318	30.27	<u>1:07.70</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 151 100m VLINDERSLAG J.'74

1 Tim Hoeymans	PSV	74-426	28.25	<u>1:00.55</u>
2 Martijn Both	Dolfijn	74-578	28.66	<u>1:01.53</u>
3 Bas Ido Wennekes	DWK	74-637	29.83	<u>1:01.80</u>
4 Allard Wagenveld	NZC '21	74-400	29.41	<u>1:02.45</u>
5 Arjan Wessels	VZPC	74-324	29.16	<u>1:03.16</u>
6 Theo Hulshof	Nautilus	74-378	29.57	<u>1:04.10</u>
7 Remco Folkertsma	B&O Torpedo	74-027	29.76	<u>1:04.11</u>
8 Pim Commandeur	Duikelaar	74-174	29.50	<u>1:04.22</u>
9 Hennie Kersten	NZC '21	74-536	30.11	<u>1:04.25</u>
10 Melvin Bakker	Houtrib	74-296	30.33	<u>1:04.91</u>

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

1 Robin Boon	Oceanus	73-355	26.78	<u>57.54</u>
2 Dennis Parlevliet	PSV	73-644	27.24	<u>58.02</u>
3 Vincent Elgersma	Dolfijn	73-286	27.27	<u>58.15</u>
4 Bram van Haandel	Hydra	73-187	27.21	<u>58.42</u>
5 Arjan van Vliet	Nautilus	73-497	27.50	<u>59.15</u>
6 Wilco v.d. Akker	AZPC	73-019	27.44	<u>59.56</u>
7 Eelco van Gemert	Stormvogel	72-275	28.65	<u>1:00.35</u>
8 Almar v.d. Meer	B&O Torpedo	72-015	28.32	<u>1:00.49</u>
9 Ernst Stam	DAW/Sportline	72-538	27.75	<u>1:00.50</u>
10 Patrick Jordan	Meent	73-182	28.53	<u>1:00.94</u>
11 Jeroen Fietje	Meent	72-203	28.38	<u>1:00.94</u>
12 Frank Huisman	Zeemacht	73-372	28.03	<u>1:01.20</u>
13 Erik Saat	AZPC	73-507	27.76	<u>1:01.62</u>

Prog. 153 100m VLINDERSLAG HEREN

1 Casper van Dam	Zwemlust/DH	71-405	25.81	<u>54.88</u>
2 Vili Adam	HPC	69-728	26.52	<u>56.39</u>
3 Marcel de Natris	Zijl/LGB	70-049	26.57	<u>56.71</u>
4 John Machielsens	HPC	68-707	27.34	<u>56.78</u>
5 Marco v.d. Berg	DSZ	69-427	26.57	<u>57.40</u>
6 Frank ter Brugge	SGG	70-322	26.56	<u>57.47</u>
7 Martin v.d. Spoel	DWK	71-316	26.87	<u>57.57</u>
8 Raimond Vahrmeijer	Het Y	69-623	26.75	<u>58.06</u>
9 Dennis Hogerbrug	Nautilus	69-293	27.12	<u>58.21</u>
10 Michel Roumen	Nautilus	70-508	26.69	<u>58.60</u>
11 Patrick Tonnard	MZPC	71-592	27.71	<u>58.72</u>
12 Tiedo de Boer	DWK	68-349	27.39	<u>58.99</u>
13 Chester Marsman	Haaïen	69-244	27.46	<u>59.02</u>
14 Walter Schellingerhout	Oceanus	69-162	27.23	<u>59.24</u>
15 Ronald van Dongen	HZC-Weusthag	69-454	27.47	<u>59.26</u>
16 Johan Dijkstra	Orca	71-434	27.73	<u>59.41</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 154 100m RUGSLAG M.'77

1 Naomi v.d. Woerd	TZC-Vahalis	77-268	32.59	<u>1:08.55</u>
2 Saskia Stoteler	Groenlo	77-245	34.05	<u>1:10.44</u>
3 Jolanda Zuidstra	DZPC	77-674	33.92	<u>1:10.90</u>
4 Fleur Bakker	LZ 1886	77-473	35.70	<u>1:12.76</u>
5 Saskia de Keijzer	LZ 1886	77-568	34.98	<u>1:12.80</u>
6 Olga Olthuis	Dinkel	77-362	34.52	<u>1:12.92</u>
7 Karen Wammes	TZC-Vahalis	77-296	35.65	<u>1:14.16</u>
8 Linda de Boer	DAW/Sportline	77-434	35.78	<u>1:14.65</u>
9 Martinique Koridon	Steur	77-410	35.70	<u>1:14.79</u>
10 Wilma van 't Hullenaar	Gouwe	77-771	35.34	<u>1:15.21</u>
11 Linda van Hout	AZPC	77-625	34.88	<u>1:16.16</u>
12 Tanja Kerkmeester	DWK	77-558	36.25	<u>1:16.24</u>
13 Ragna Pattipeilohy	Bubble	77-445	36.35	<u>1:17.49</u>

Prog. 155 100m RUGSLAG M.'76

1 Marielle Piels	TZC-Vahalis	76-311	32.37	<u>1:07.17</u>
2 Monique Hamstra	Stadskanaal	76-365	33.19	<u>1:08.81</u>
3 Kirsten Vlieghuis	Dinkel	76-398	33.99	<u>1:09.95</u>
4 Kitty Mensink	Dinkel	76-293	33.91	<u>1:09.97</u>
5 Leda Bitanc	VZC	76-533	33.78	<u>1:10.41</u>
6 Bianca Hocks	LZ 1886	76-439	33.86	<u>1:11.34</u>
7 Judith de Heer	Meerval	76-011		<u>1:11.4</u>
8 Renate Mulder	Bubble	76-481	33.04	<u>1:11.58</u>
9 Lisette v.d. Kruk	DZV-Koudijs	76-532	34.26	<u>1:11.60</u>
10 Alice de Jong	Groenlo	76-225	34.51	<u>1:12.27</u>
11 Jitske Zengerink	Meerval	76-028	34.46	<u>1:13.14</u>
12 Bianca Lutters	PSV	76-037	35.20	<u>1:13.83</u>
13 Muriel de Groot	NDZ '85	76-059	35.45	<u>1:14.32</u>
14 Sandra Jansen	HZPC Ho	76-341	35.27	<u>1:15.55</u>

Prog. 156 100m RUGSLAG M.'75

1 Ilse de Jonge	Scheldestroom	75-142	32.62	<u>1:08.19</u>
2 Bianca Meyners	Dinkel	75-324	33.31	<u>1:08.81</u>
3 Danielle Slootjes	SVW	75-229	33.19	<u>1:09.58</u>
4 Renate Wijering	Dinkel	75-401	33.26	<u>1:09.79</u>
5 Nida Zuhail	Double D.VZC	75-403	33.87	<u>1:09.81</u>
6 Catherine Hoogeveen	DZPC	75-549	33.22	<u>1:10.10</u>
7 Marion van Hooft	Gouwe	75-463	33.40	<u>1:10.11</u>
8 Nancy Timmermans	De Aa	75-441	33.50	<u>1:10.44</u>
9 Wendy Roowaan	Zignea	75-289	33.57	<u>1:11.25</u>
10 Karen Guldemond	HPC	75-026	33.76	<u>1:11.47</u>
11 Bianca de Lepper	Heygrave	75-147	33.74	<u>1:11.52</u>
12 Anouk Visscher	Dinkel	75-397	34.39	<u>1:11.74</u>
13 Elise van Druuten	Rijn	75-672	34.23	<u>1:12.29</u>
14 Linda v.d. Bosch	WVZ	75-528	34.92	<u>1:13.03</u>
15 Nanette Janssen	TZC-Vahalis	75-218	34.68	<u>1:13.68</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 157 100m RUGSLAG M.74

1 Iris Westrik	Dinkel	74-322	31.24	<u>1:04.60</u>
2 Brenda Starink	Kempvis	74-378	31.01	<u>1:04.88</u>
3 Wendy Leemker	Orca	74-431	32.23	<u>1:06.74</u>
4 Manon Masseurs	HPC	74-656	32.30	<u>1:07.04</u>
5 Wendy Alberts	DWK	74-547	32.46	<u>1:08.08</u>
6 Marieke Westerhof	Dinkel	74-319	32.91	<u>1:09.42</u>
7 Maaïke Addicks	GZC	74-430	33.26	<u>1:09.60</u>
8 Suzanne Wouda	Zeester	74-492	33.23	<u>1:10.31</u>
9 Claudine Tellers	Patrick	74-016	33.37	<u>1:10.53</u>
10 Nathalie Zwennes	DWK	74-539	33.71	<u>1:10.79</u>
11 Leontien van Vugt	Heygrave	74-140	33.44	<u>1:11.07</u>
12 Kristel Tellegen	PSV	74-016	34.55	<u>1:11.92</u>

Prog. 158 100m RUGSLAG M.73/72

1 Jacqueline Wildeman	SGG	72-625	31.44	<u>1:05.66</u>
2 Mireille Hogenhuis	Eemsrobber	73-606	32.44	<u>1:06.88</u>
3 Diane Bonnes	Dinkel	72-256	32.09	<u>1:07.74</u>
4 Laura Filmer	DAW/Sportline	72-476	31.82	<u>1:07.88</u>
5 Paulien Stastra	LZ 1886	72-387	32.85	<u>1:07.96</u>
6 Danielle Veenhuizen	ZPA	72-514	33.05	<u>1:09.31</u>
7 Edith Koolen	Kimbria	73-254	33.05	<u>1:09.75</u>
8 Marieke Rump	Reest	73-259	32.88	<u>1:10.67</u>

Prog. 159 100m RUGSLAG DAMES

1 Ellen Elzerman	B&O Torpedo	71-008	30.20	<u>1:03.21</u>
2 Marianne Muis	ZPA	68-561	30.64	<u>1:03.79</u>
3 Ingrid Baars	Dolfijn	69-080	31.05	<u>1:05.02</u>
4 Debby v.d. Staay	HPC	71-655	32.11	<u>1:07.23</u>
5 Saskia Lammerts	Tolhekke	70-133	32.29	<u>1:07.35</u>
6 Renate Wigger	Dinkel	70-176	32.22	<u>1:07.55</u>
7 Meike Wouda	Hoorn	71-276	32.10	<u>1:07.89</u>
8 Sandra Haafkes	Dinkel	71-194	32.33	<u>1:09.09</u>



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NATIONALE WINTERKAMPIOENSCHAPPEN ZWEMMEN 1990



GEMEENTE
SMALLINGERLAND

D.Z.-P.C.
DRACHTEN

Prog. 160 200m WISSELSLAG PERSJ.'77

1 Pascal Lafort	Numansdorp	77-310	32.09	1:10.25	1:51.26	<u>2:24.38</u>
2 Dwight Senduk	Dolfijn	77-075	31.83	1:10.54	1:53.83	<u>2:28.40</u>
3 Hans Hulsen	PSV	77-074	32.23	1:09.98	1:55.36	<u>2:29.10</u>
4 Bob Heyl	Merlet	77-318	33.18	1:12.82	1:56.57	<u>2:29.78</u>
5 Michel Zwennes	DWK	77-540	34.82	1:13.31	1:57.85	<u>2:30.65</u>
6 Ronald van Charante	Watervlo	77-436	32.80	1:12.55	1:56.05	<u>2:31.15</u>
7 Gerjan Hulstijn	HZC-Weusthag	77-397	33.87	1:13.18	1:57.58	<u>2:34.94</u>
8 Richard v Duijvenbode	LZ 1886	77-567	34.23	1:15.68	2:00.87	<u>2:36.18</u>
9 Niels Wielaard	AZPC	77-512	34.54	1:15.17	2:00.59	<u>2:36.60</u>
10 Erwin de Grijs	Hoorn	77-443	33.92	1:13.69	2:00.19	<u>2:36.74</u>
11 Paul Mullaart	Zeester	77-584	36.37	1:16.43	2:00.16	<u>2:37.08</u>
12 Dave Middelburg	Hoogwerf	77-368	34.37	1:15.37	2:01.00	<u>2:37.22</u>
13 Joy Ignacia	Otters	77-533	34.35	1:15.74	2:02.18	<u>2:37.28</u>
14 Jarino Toppenberg	Rijn	77-557	36.65	1:19.04	2:02.33	<u>2:38.23</u>
15 Maarten Obbes	Stadskanaal	77-414	35.64	1:15.93	2:04.83	<u>2:41.35</u>
16 Ralf Nijenhuis	Kempvis	77-550	34.66	1:19.50	2:06.27	<u>2:43.07</u>
17 Rogier Stam	AZPC	77-828	36.37	1:20.97	2:07.02	<u>2:43.84</u>
18 Oscar Breukels	Rijn	77-669	36.85	1:20.31	2:10.71	<u>2:47.86</u>
DIS Sebastiaan Hagewoud	Reestduikers	77-002	34.34	1:11.55	1:57.86	<u>2:35.51</u> RC

Prog. 161 200m WISSELSLAG PERSJ.'76

1 Christian Fischer	HPC	76-732	31.56	1:05.60	1:46.59	<u>2:18.03</u>
2 Bart Heggelman	WVZ	76-670	29.57	1:06.45	1:47.74	<u>2:20.27</u>
3 Antoine Calis	AZC/Tarvo	76-699	31.04	1:07.60	1:48.68	<u>2:21.78</u>
4 Ronald Fijn	Steur	76-449	30.46	1:07.77	1:50.15	<u>2:21.89</u>
5 Kim Bouwes	Stadskanaal	76-307	31.22	1:07.40	1:51.08	<u>2:24.41</u>
6 Sander Horenberg	Zevenhuizen	76-398	30.53	1:08.24	1:52.95	<u>2:24.66</u>
7 Ever-Jan van Harten	DWK	76-478	30.67	1:08.72	1:51.80	<u>2:25.66</u>
8 Jeroen Goes	AZPC	76-041	31.63	1:10.70	1:52.01	<u>2:27.31</u>
9 Jasper Middelberg	Dolfijn	76-077	31.74	1:09.57	1:55.07	<u>2:27.66</u>
10 Frans Merks	Tiamat	76-233	32.54	1:11.09	1:54.85	<u>2:28.27</u>
11 Maarten Jaarsma	ZPA	76-531	32.39	1:10.17	1:54.96	<u>2:30.78</u>

Prog. 162 200m WISSELSLAG PERSJ.'75

1 Jeroen v.d. Loosdrecht	Kempvis	75-451	28.95	1:03.13	1:42.17	<u>2:12.10</u>
2 Frank Laffeber	Nautilus	75-613	29.86	1:04.02	1:44.30	<u>2:15.54</u>
3 Jasper Bisselink	HPC	75-644	31.06	1:06.97	1:46.56	<u>2:19.31</u>
4 Edgar Thimister	MZPC	75-676	28.27	1:06.92	1:48.12	<u>2:20.16</u>
5 Erwin Ruysink	AZPC	75-062	29.66	1:05.53	1:48.62	<u>2:20.52</u>
6 Rob Nijweide	WWV	75-176	30.34	1:06.49	1:49.56	<u>2:20.96</u>
7 Michel Bom	Zeus	75-518	30.89	1:07.47	1:49.32	<u>2:21.67</u>
8 Christian de Groot	LZ 1886	75-574	29.52	1:05.08	1:48.80	<u>2:22.37</u>
9 Mark Schouten	LZ 1886	75-410	30.20	1:07.53	1:50.88	<u>2:22.92</u>
10 Richard Middelbos	Stadskanaal	75-417	31.41	1:07.80	1:49.77	<u>2:23.03</u>
11 Patrick Reniers	Breda	75-270	30.56	1:06.94	1:50.34	<u>2:23.06</u>
12 Etan Ronen	PSV	75-049	32.69	1:10.40	1:51.57	<u>2:23.43</u>
13 Willy Hansen	Dinkel	75-400	31.77	1:09.31	1:51.35	<u>2:24.09</u>
14 Jan Willem van Dijk	Haaïen	75-363	30.79	1:08.66	1:52.13	<u>2:24.91</u>
15 Jos Middelberg	Dolfijn	75-078	30.95	1:09.84	1:51.51	<u>2:25.28</u>
16 Harl Tielemans	Tiamat	75-210	31.94	1:08.86	1:53.02	<u>2:25.49</u>
17 Maikel Klaver	Orca	75-398	29.87	1:07.93	1:52.22	<u>2:25.88</u>
18 Lesley Voorn	B&O Torpedo	75-024	31.19	1:09.39	1:52.95	<u>2:28.02</u>
19 Dennis Schouten	LZ 1886	75-409	31.51	1:10.92	1:55.07	<u>2:28.80</u>



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Prog. 163 200m WISSELSLAG PERSJ.'74

1 Tim Hoeymans	PSV	74-426	29.13	1:03.85	1:41.54	<u>2:11.48</u>
2 Martijn Both	Dolfijn	74-578	29.33	1:04.78	1:45.05	<u>2:15.44</u>
3 Robert Langeler	VZPC	74-258	30.25	1:05.61	1:44.21	<u>2:16.35</u>
4 Melvin Bakker	Houtrib	74-296	30.23	1:06.99	1:45.54	<u>2:17.60</u>
5 Vincent de Bruijn	VVZ	74-529	30.83	1:06.81	1:46.55	<u>2:18.75</u>
6 Allard Wagenveld	NZC '21	74-400	29.98	1:05.97	1:48.68	<u>2:20.44</u>
7 Robin Sprinkhuizen	Zijl/LGB	74-710	30.14	1:04.69	1:48.74	<u>2:20.61</u>
8 Pim Commandeur	Duikelaar	74-174	29.28	1:06.57	1:48.36	<u>2:22.56</u>

Prog. 164 200m WISSELSLAG PERSJ.'73/'72

1 Marcel Wouda	Zeester	72-360	27.57	59.70	1:36.57	<u>2:05.77</u>
2 Vincent Elgersma	Dolfijn	73-286	28.13	1:02.59	1:42.67	<u>2:10.79</u>
3 Jan Fiechter	TRB-RES	72-456	28.71	1:02.73	1:40.32	<u>2:11.05</u>
4 Mark v.d. Zijden	Gouwe	73-699	28.87	1:03.10	1:40.79	<u>2:11.78</u>
5 Bram van Haandel	Hydra	73-187	28.05	1:01.16	1:41.71	<u>2:12.93</u>
6 Dennis Parlevliet	PSV	73-644	27.60	1:00.37	1:42.46	<u>2:13.48</u>
7 Alexander Tellegen	PSV	72-015	28.44	1:02.98	1:42.95	<u>2:13.85</u>
8 Robin Boon	Oceanus	73-355	27.53	1:01.22	1:42.84	<u>2:13.89</u>
9 Edwin de Wilde	AZPC	72-469	28.57	1:04.24	1:45.81	<u>2:17.04</u>
10 Roy v.d. Veen	Hoorn	73-467	29.71	1:04.73	1:47.11	<u>2:17.38</u>
11 Ernst Stam	DAW/Sportline	72-538	29.29	1:05.17	1:46.80	<u>2:19.07</u>
12 Eelco van Gemert	Stormvogel	72-275	30.01	1:04.77	1:47.15	<u>2:19.10</u>

Prog. 165 200m WISSELSLAG PERS. HEREN

1 Ron Dekker	IJssel	66-044	26.68	58.98	1:34.46	<u>2:04.42</u>
2 Martin v.d. Spoel	DWK	71-316	27.21	58.69	1:36.81	<u>2:07.19</u>
3 Marcel de Natris	Zijl/LGB	70-049	27.57	1:00.47	1:39.20	<u>2:08.32</u>
4 Stan Steegeling	Dolfijn	71-016	27.47	1:00.43	1:37.49	<u>2:08.48</u>
5 Ronald van Dongen	HZC-Weusthag	69-454	28.39	1:01.85	1:40.08	<u>2:10.47</u>
6 Ruud Coone	Dolfijn	68-065	27.85	59.99	1:39.94	<u>2:11.84</u>
7 Johan Dijkstra	Orca	71-434	28.25	1:02.12	1:42.99	<u>2:13.55</u>
8 Benny Mensink	ZPA	66-305	28.74	1:03.45	1:44.70	<u>2:20.78</u>

Prog. 166 100m SCHOOLSLAG M.'77

1 Martine Janssen	Vrije Slag	77-391		<u>1:19.69</u>	
2 Ryan Verplanke	Scheldestroom	77-152		<u>1:20.31</u>	
3 Fleur Bakker	LZ 1886	77-473		<u>1:20.69</u>	
4 Marloes Neijman	BZV	77-545		<u>1:20.94</u>	
5 Martinique Koridon	Steur	77-410		<u>1:21.84</u>	
6 Priscilla Laurens	ZPA	77-498	39.38	<u>1:22.46</u>	
7 Susanne Kentgens	MZPC	77-682		<u>1:22.63</u>	
8 Saskia Stoteler	Groenlo	77-245		<u>1:24.32</u>	
9 Paula Boot	Neptunia'24	77-364		<u>1:24.60</u>	





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Prog. 167 100m SCHOOLSLAG M.'76

1	Mary Peters	Argo	76-269	35.13	<u>1:15.04</u>
2	Wendy Groeneveld	Dinkel	76-339	36.85	<u>1:15.17</u>
3	Mariska Leegte	Stadskanaal	76-327	36.09	<u>1:15.71</u>
4	Monique Hamstra	Stadskanaal	76-365	36.07	<u>1:16.07</u>
5	Francis de Kort	AZPC	76-063	36.29	<u>1:17.49</u>
6	Olga Bouwmeester	LZ 1886	76-495	36.05	<u>1:17.62</u>
7	Christina Negerman	Bolsward	76-324	37.33	<u>1:18.26</u>
8	Lilian Visscher	Steur	76-479	37.27	<u>1:18.48</u>
9	Anette van Dijk	Steur	76-394	37.53	<u>1:20.01</u>
10	Bianca Lutters	PSV	76-037	38.99	<u>1:21.19</u>
11	Andrea Hoenselaar	LZ 1886	76-440	38.01	<u>1:21.22</u>
12	Chantal Vlot	Reestduikers	76-003	38.47	<u>1:21.62</u>

Prog. 168 100m SCHOOLSLAG M.'75

1	Melanie Bos	Stormvogel	75-252	36.19	<u>1:14.33</u>
2	Sandra van 't Hof	Dolfijn	75-273	35.95	<u>1:15.98</u>
3	Jacqueline Nieland	Stadskanaal	75-415	35.62	<u>1:16.23</u>
4	Karin Koelma	Dinkel	75-399	36.35	<u>1:16.71</u>
5	Marischka Koek	Biesboschzw.	75-207	35.97	<u>1:16.93</u>
6	Hilde Swiers	Bubble	75-427	36.98	<u>1:17.65</u>
7	Femke Ytsma	DZPC	75-550	37.74	<u>1:18.76</u>
8	Janneke Groos	NZC '21	75-427	38.08	<u>1:18.98</u>
9	Marja van Gunst	Tolhekke	75-175	37.52	<u>1:19.16</u>
10	Diana Yspeert	DWK	75-480	37.32	<u>1:19.44</u>
11	Linda v.d. Bosch	WVZ	75-528	38.17	<u>1:20.09</u>
12	Monique Konings	Kimbria	75-270	37.41	<u>1:21.18</u>

Prog. 169 100m SCHOOLSLAG M.'74

1	Kristel Tellegen	PSV	74-016	35.61	<u>1:12.98</u>
2	Hanneke Koopman	Zijl/LGB	74-058	34.95	<u>1:13.36</u>
3	Renate Duim	Dolfijn	74-569	34.83	<u>1:14.89</u>
4	Heleen van der Leij	SGG	74-415	35.54	<u>1:15.33</u>
5	Wendy Leemker	Orca	74-431	36.10	<u>1:15.87</u>
6	Danny van Klink	Stadskanaal	74-406	36.05	<u>1:16.20</u>
7	Miranda Smits	PSV	74-660	37.67	<u>1:16.55</u>
8	Annemarie Camu	Zignea	74-349	36.26	<u>1:16.94</u>
9	Marjo Kuyt	DWK	74-524	36.77	<u>1:17.19</u>
10	Marloes Mensink	Dinkel	74-292	37.17	<u>1:18.04</u>
11	Nancy Kijk i/d Vegte	LZ 1886	74-380	36.69	<u>1:19.61</u>

Prog. 170 100m SCHOOLSLAG M.'73/'72

1	Kira Bulten	Steur	73-390	33.13	<u>1:09.47</u>
2	Constantia Martens	Stormvogel	73-353	34.56	<u>1:13.74</u>
3	Inge de Bruijn	Dolfijn	73-079	35.32	<u>1:14.51</u>
4	Ellen Willemse	GZC	73-362	35.28	<u>1:15.49</u>
5	Suzette de Kler	Zijl/LGB	73-045	35.27	<u>1:15.63</u>
6	Gerlinde Borst	Hatto-Heim	72-270	35.83	<u>1:16.59</u>
7	Birgit Heyl	Merlet	73-205	35.69	<u>1:16.97</u>
8	Marieke Rump	Reest	73-259	34.95	<u>1:17.00</u>
9	Inge Swinkels	Heygrave	72-211	36.48	<u>1:18.13</u>
10	Hillie Koopstra	DZPC	72-561	35.70	<u>1:18.66</u>



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Prog. 171 100m SCHOOLSLAG DAMES

1 Linda Moes	Bubble	71-509	34.08	<u>1:11.71</u>
2 Mildred Muis	ZPA	68-560	34.04	<u>1:11.77</u>
3 Ynske Smit	Orca	71-382	34.52	<u>1:12.61</u>
4 Wendy Ligtenberg	Dinkel	70-343	34.54	<u>1:12.67</u>
5 Ingrid Koeman	Dolfijn	71-067	35.52	<u>1:14.35</u>
6 Nina Hulleman	DZPC	71-521	34.78	<u>1:14.47</u>
7 Yvonne de Kler	Zijl/LGB	69-046	34.66	<u>1:15.63</u>
8 Karin Moed	TZC-Vahalis	71-190	36.02	<u>1:16.18</u>
9 Saskia Lammerts	Tolhekke	70-133	36.14	<u>1:16.42</u>

Prog. 172 400m VRUJE SLAG J.77

1 Dwight Senduk	Dolfijn	77-075	30.77	1:04.89	1:39.52	2:14.15
			2:48.71	3:23.00	3:57.47	<u>4:29.95</u>
2 Pascal Lafort	Numansdorp	77-310	30.68	1:05.23	1:39.47	2:14.44
			2:49.09	3:23.76	3:57.92	<u>4:30.95</u>
3 Hans Hulsen	PSV	77-074	30.45	1:05.33	1:40.19	2:15.68
			2:50.95	3:26.87	4:02.21	<u>4:36.38</u>
4 Michel Zwennes	DWK	77-540	32.05	1:08.04	1:44.40	2:20.64
			2:57.08	3:33.67	4:10.13	<u>4:44.60</u>

Prog. 173 400m VRUJE SLAG J.76

1 Bart Heggelman	WVZ	76-670	29.46	1:02.48	1:35.80	2:09.36
			2:43.16	3:16.37	3:48.30	<u>4:18.78</u>
2 Christian Fischer	HPC	76-732	29.88	1:02.73	1:35.89	2:09.88
			2:43.05	3:16.13	3:48.76	<u>4:18.94</u>
3 Ronald Fijn	Steur	76-449	30.96	1:04.51	1:38.33	2:13.11
			2:46.53	3:20.37	3:53.51	<u>4:25.22</u>
4 Roy Meyboom	MZPC	76-728	30.28	1:03.62	1:37.73	2:12.24
			2:46.54	3:20.74	3:54.14	<u>4:26.06</u>
5 Jasper Middelberg	Dolfijn	76-077	30.13	1:04.54	1:38.61	2:12.95
			2:46.78	3:20.93	3:55.33	<u>4:28.81</u>
6 Jeroen Goes	AZPC	76-041	29.85	1:04.72	1:40.48	2:16.00
			2:49.97	3:25.73	3:57.93	<u>4:31.57</u>
7 Hans Geert Mast	DZPC	76-708	30.88	1:05.17	1:39.95	2:15.06
			2:50.04	3:25.73	4:01.09	<u>4:35.10</u>
8 Rowin Timmermans	WVZ	76-013	30.89	1:05.07	1:40.14	2:15.43
			2:50.81	3:26.42	4:01.48	<u>4:35.16</u>
9 Antoine Calis	AZC/Tarvo	76-699	30.50	1:03.68	1:38.38	2:13.56
			2:49.39	3:26.13	4:03.15	<u>4:39.80</u>



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Prog. 174 400m VRJJE SLAG J.'75

1	Jeroen v.d. Loosdrecht	Kempvis	75-451	27.50	57.94	1:29.34	2:01.25
				2:33.33	3:05.59	3:37.71	4:09.01
2	Ronnie Uitzetter	ZPA	75-399	27.79	58.78	1:30.44	2:02.99
				2:35.71	3:08.72	3:41.24	4:12.9
3	Frank Laffeber	Nautilus	75-613	28.80	59.92	1:31.98	2:04.51
				2:37.35	3:10.58	3:43.32	4:14.90
4	Brent Senduk	Dolfijn	75-076	28.40	1:00.28	1:32.74	2:05.88
				2:38.93	3:11.61	3:44.17	4:16.54
5	Willy Hansen	Dinkel	75-400	28.90	1:00.36	1:32.75	2:05.47
				2:38.25	3:11.93	3:45.62	4:18.96
6	Jasper Bisselink	HPC	75-644	29.27	1:01.80	1:34.82	2:08.19
				2:42.03	3:15.96	3:49.84	4:22.75
7	Richard Middelbos	Stadskanaal	75-417	29.26	1:01.66	1:35.27	2:09.41
				2:43.61	3:17.75	3:51.25	4:23.22
8	Etan Ronen	PSV	75-049	29.43	1:02.16	1:35.46	2:08.77
				2:42.80	3:17.41	3:50.95	4:23.47
9	Dennis Kruis	Hoogwerf	75-282	29.18	1:01.29	1:34.34	2:08.03
				2:42.17	3:16.33	3:50.82	4:24.71
10	Jos Middelberg	Dolfijn	75-078	29.99	1:03.29	1:37.02	2:10.99
				2:45.34	3:19.64	3:53.76	4:26.51
11	Rob Onderwijzer	WZPC	75-384	28.85	1:01.03	1:34.51	2:08.83
				2:44.09	3:19.57	3:54.07	4:27.39
12	Nils Vonhoff	DAW/Sportline	75-454	29.83	1:02.94	1:37.48	2:11.88
				2:46.66	3:21.13	3:55.57	4:29.02
13	Marcel Kentgens	MZPC	75-681	29.21	1:02.00	1:35.71	2:10.11
				2:45.08	3:20.63	3:55.96	4:30.75
14	Patrick Reniers	Breda	75-270	29.21	1:01.78	1:35.59	2:10.03
				2:45.39	3:20.80	3:56.19	4:30.81
15	Martijn Baans	Kempvis	75-623	29.43	1:02.94	1:36.95	2:11.90
				2:46.62	3:22.26	3:57.36	4:31.30

Prog. 175 400m VRJJE SLAG J.'74

1	Tim Hoeymans	PSV	74-426	27.87	58.21	1:28.94	2:00.42
				2:31.68	3:02.98	3:33.82	4:03.86
2	Martijn Both	Dolfijn	74-578	28.32	59.43	1:30.90	2:02.49
				2:33.57	3:05.29	3:36.37	4:07.33
3	Marco Mulder	AZPC	74-826	28.63	1:01.02	1:32.93	2:05.38
				2:38.42	3:11.29	3:44.09	4:14.21
4	Theo Hulshof	Nautilus	74-378	28.69	1:00.06	1:31.70	2:03.92
				2:36.12	3:09.46	3:42.94	4:15.23
5	Freek Carol	ZPA	74-405	28.65	1:00.92	1:33.17	2:05.67
				2:38.39	3:11.21	3:44.08	4:16.58
6	Remco Folkertsma	B&O Torpedo	74-027	27.75	59.90	1:33.88	2:09.21
				2:45.32	3:21.73	3:58.00	4:33.35



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D.Z.-P.C.
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Prog. 176 400m VRUJE SLAG J.73/72

1 Marcel Wouda	Zeester	72-360	28.24	58.68	1:28.36	1:57.90
			2:26.90	2:56.27	3:25.58	<u>3:54.65</u>
2 Jan Sonneveld	Dolfijn	72-015	27.47	57.15	1:27.17	1:57.36
			2:27.65	2:57.86	3:28.13	<u>3:57.84</u>
3 Richard Blank	Dolfijn	72-551	27.87	58.57	1:29.00	1:58.66
			2:27.88	2:57.94	3:28.34	<u>3:58.50</u>
4 Vincent Elgersma	Dolfijn	73-286	27.68	58.08	1:28.87	1:59.38
			2:30.26	3:01.58	3:32.38	<u>4:02.25</u>
5 Almar v.d. Meer	B&O Torpedo	72-015	28.46	59.47	1:30.69	2:01.84
			2:32.87	3:03.76	3:34.06	<u>4:04.00</u>
6 Niels Hilbrink	DZPC	72-357	27.67	57.56	1:27.99	1:58.99
			2:30.22	3:01.74	3:33.44	<u>4:04.43</u>
7 Goran Loos	Nautilus	72-507	27.43	56.89	1:27.25	1:58.10
			2:29.85	3:02.42	3:34.27	<u>4:05.12</u>
8 Jan Willem v.d. Hoek	Gouwe	72-671	28.13	58.28	1:28.98	2:00.40
			2:32.07	3:03.99	3:35.76	<u>4:07.09</u>
9 Diederik Rouffaer	ZON/Sp.en Sp.	72-290	27.98	58.67	1:30.23	2:01.98
			2:34.06	3:06.22	3:38.05	<u>4:09.35</u>
10 Roy v.d. Veen	Hoorn	73-467	27.99	58.58	1:29.33	2:00.87
			2:32.69	3:05.15	3:37.56	<u>4:09.53</u>
11 Mark v.d. Zijden	Gouwe	73-699	28.20	58.81	1:29.43	2:00.84
			2:32.87	3:05.19	3:37.88	<u>4:09.99</u>
12 Edwin de Wilde	AZPC	72-469	28.40	59.42	1:31.44	2:04.10
			2:36.98	3:10.60	3:45.59	<u>4:20.37</u>

Prog. 177 400m VRUJE SLAG HEREN

1 Danny Nelson	Nautilus	71-541	27.24	57.69	1:28.56	1:59.44
			2:29.06	2:58.68	3:28.53	<u>3:57.69</u>
2 Ronald Sloeserwij	Dolfijn	69-648	27.28	57.72	1:27.99	1:58.60
			2:29.24	2:59.61	3:29.15	<u>3:57.93</u>
3 Martin v.d. Spoel	DWK	71-316	28.58	59.93	1:30.26	2:01.58
			2:31.00	3:01.21	3:31.71	<u>4:00.53</u>
4 Jean Louis Geutjes	Otters	70-531	27.65	57.80	1:28.21	1:58.92
			2:29.78	3:00.78	3:31.85	<u>4:01.64</u>
5 Ronald van Dongen	HZC-Weusthag	69-454	27.88	58.44	1:30.32	2:02.33
			2:33.93	3:05.45	3:35.94	<u>4:04.65</u>
6 Alain de Kort	HPC	69-222	27.39	57.67	1:28.72	2:00.09
			2:30.84	3:02.72	3:34.62	<u>4:05.91</u>
7 Stan Steegeling	Dolfijn	71-016	27.40	58.29	1:30.17	2:02.19
			2:33.41	3:05.13	3:36.70	<u>4:06.88</u>



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Prog. 178 100m Vlinderslag Heren A-FINALE

1 Casper van Dam	Zwemlust/DH	71-405	25.69	<u>54.82</u>
2 John Machielsens	HPC	68-707	26.48	<u>55.86</u>
3 Marcel de Natris	Zijl/LGB	70-049	26.13	<u>56.07</u>
4 Vili Adam	HPC	69-728	26.59	<u>56.90</u>
5 Marco v.d. Berg	DSZ	69-427	26.16	<u>57.12</u>
6 Frank ter Brugge	SGG	70-322	26.67	<u>57.14</u>
7 Robin Boon	Oceanus	73-355	26.71	<u>57.47</u>
8 Dennis Parlevliet	PSV	73-644	27.01	<u>57.72</u>

Prog. 178 100m Vlinderslag Heren B-FINALE

1 Raimond Vahrmeijer	Het Y	69-623	27.21	<u>57.87</u>
2 Dennis Hogerbrug	Nautilus	69-293	27.36	<u>58.31</u>
3 Bram van Haandel	Hydra	73-187	27.71	<u>58.56</u>
4 Michel Roumen	Nautilus	70-508	26.69	<u>58.66</u>
5 Tiedo de Boer	DWK	68-349	27.44	<u>58.97</u>
6 Patrick Tonnard	MZPC	71-592	27.36	<u>59.03</u>
7 Chester Marsman	Haaien	69-244	27.36	<u>59.20</u>
8 Vincent Elgersma	Dolfijn	73-286	28.11	<u>1:00.90</u>

Prog. 179 100m Rugslag Dames A-FINALE

1 Ellen Elzerman	B&O Torpedo	71-008	30.33	<u>1:02.97</u>
2 Marianne Muis	ZPA	68-561	30.62	<u>1:03.41</u>
3 Iris Westrik	Dinkel	74-322	31.13	<u>1:04.76</u>
4 Brenda Starink	Kempvis	74-378	31.41	<u>1:05.70</u>
5 Jacqueline Wildeman	SGG	72-625	31.35	<u>1:05.80</u>
6 Wendy Leemker	Orca	74-431	31.17	<u>1:06.18</u>
7 Mireille Hogenhuis	Eemsrobber	73-606	32.25	<u>1:07.38</u>
8 Manon Masseurs	HPC	74-656	32.65	<u>1:08.26</u>

Prog. 179 100m Rugslag Dames B-FINALE

1 Debby v.d. Staay	HPC	71-655	32.44	<u>1:07.19</u>
2 Marielle Piels	TZC-Vahalis	76-311	32.36	<u>1:07.67</u>
3 Renate Wigger	Dinkel	70-176	32.49	<u>1:07.77</u>
4 Laura Filmer	DAW/Sportline	72-476	32.34	<u>1:08.11</u>
5 Saskia Lammerts	Tolhekke	70-133	32.65	<u>1:08.41</u>
6 Meike Wouda	Hoornd	71-276	32.58	<u>1:09.07</u>
7 Paulien Stastra	LZ 1886	72-387	32.96	<u>1:09.19</u>
8 Wendy Alberts	DWK	74-547	33.49	<u>1:09.79</u>



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Prog. 180 200m Wisselslag Heren A-FINALE

1 Ron Dekker	IJssel	66-044	26.81	59.16	1:34.77	<u>2:03.57</u>
2 Marcel Wouda	Zeester	72-360	27.53	59.68	1:35.62	<u>2:04.29</u>
3 Martin v.d. Spoel	DWK	71-316	26.97	58.50	1:36.21	<u>2:06.83</u>
4 Stan Steegeling	Dolfijn	71-016	27.95	1:02.73	1:39.26	<u>2:08.74</u>
5 Marcel de Natris	Zijl/LGB	70-049	27.43	1:01.20	1:39.63	<u>2:08.84</u>
6 Ronald van Dongen	HZC-Weusthag	69-454	28.58	1:02.50	1:40.78	<u>2:10.38</u>
7 Tim Hoeymans	PSV	74-426	28.73	1:03.04	1:40.83	<u>2:11.17</u>
8 Jan Fiechter	TRB-RES	72-456	28.64	1:03.59	1:41.54	<u>2:13.12</u>

Prog. 180 200m Wisselslag Heren B-FINALE

1 Ruud Coone	Dolfijn	68-065	28.61	1:02.32	1:41.94	<u>2:10.41</u>
2 Johan Dijkstra	Orca	71-434	28.02	1:01.38	1:41.04	<u>2:11.09</u>
3 Mark v.d. Zijden	Gouwe	73-699	28.96	1:03.50	1:41.03	<u>2:11.51</u>
4 Alexander Tellegen	PSV	72-015	28.69	1:02.76	1:42.92	<u>2:14.08</u>
5 Bram van Haandel	Hydra	73-187	28.74	1:02.23	1:44.40	<u>2:15.44</u>
6 Robert Langeler	VZPC	74-258	30.44	1:06.15	1:44.57	<u>2:16.65</u>
7 Roy v.d. Veen	Hoorn	73-467	29.86	1:04.57	1:45.49	<u>2:16.66</u>
8 Edwin de Wilde	AZPC	72-469	28.83	1:04.44	1:46.43	<u>2:17.27</u>

Prog. 181 100m Schoolslag Dames A-FINALE

1 Kira Bulten	Steur	73-390	33.51	<u>1:09.05</u>
2 Linda Moes	Bubble	71-509	33.17	<u>1:10.55</u>
3 Mildred Muis	ZPA	68-560	34.35	<u>1:12.03</u>
4 Ynske Smit	Orca	71-382	34.64	<u>1:12.69</u>
5 Wendy Ligtenberg	Dinkel	70-343	34.24	<u>1:13.19</u>
6 Hanneke Koopman	Zijl/LGB	74-058	34.61	<u>1:13.78</u>
7 Kristel Tellegen	PSV	74-016	35.26	<u>1:13.89</u>
8 Constantia Martens	Stormvogel	73-353	35.04	<u>1:15.22</u>

Prog. 181 100m Schoolslag Dames B-FINALE

1 Ingrid Koeman	Dolfijn	71-067	35.24	<u>1:13.99</u>
2 Nina Hulleman	DZPC	71-521	35.01	<u>1:14.81</u>
3 Melanie Bos	Stormvogel	75-252	36.52	<u>1:15.29</u>
4 Renate Duim	Dolfijn	74-569	34.99	<u>1:15.95</u>
5 Mary Peters	Argo	76-269	36.00	<u>1:16.42</u>
6 Wendy Groeneveld	Dinkel	76-339	36.62	<u>1:16.55</u>
7 Ellen Willemse	GZC	73-362	36.15	<u>1:17.18</u>
8 Heleen van der Leij	SGG	74-415	36.33	<u>1:17.44</u>



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Prog. 182 400m Vrije Slag Heren A-FINALE

1 Marcel Wouda	Zeester	72-360	27.96	57.64	1:27.18	1:57.31
			2:27.22	2:57.57	3:27.26	<u>3:55.65</u>
1 Richard Blank	Dolfijn	72-551	28.35	58.32	1:28.84	1:59.13
			2:28.69	2:57.92	3:26.68	<u>3:55.65</u>
3 Ronald Sloeserwij	Dolfijn	69-648	25.89	54.50	1:24.08	1:53.96
			2:24.23	2:54.67	3:25.68	<u>3:55.94</u>
4 Danny Nelson	Nautilus	71-541	26.63	55.68	1:25.42	1:55.57
			2:26.01	2:57.06	3:27.98	<u>3:58.34</u>
5 Jan Sonneveld	Dolfijn	72-015	27.47	57.48	1:27.87	1:58.80
			2:29.08	2:59.47	3:30.42	<u>4:00.93</u>
6 Jean Louis Geutjes	Otters	70-531	28.12	58.62	1:29.22	2:00.28
			2:31.16	3:02.67	3:34.38	<u>4:05.50</u>
7 Martin v.d. Spoel	DWK	71-316	28.80	1:00.42	1:31.02	2:01.93
			2:32.58	3:03.75	3:35.43	<u>4:07.58</u>
8 Vincent Elgersma	Dolfijn	73-286	28.84	1:00.71	1:32.26	2:04.56
			2:37.20	3:08.26	3:39.96	<u>4:12.09</u>

Prog. 182 400m Vrije Slag Heren B-FINALE

1 Ronald van Dongen	HZC-Weusthag	69-454	28.21	59.49	1:30.69	2:02.71
			2:34.11	3:05.70	3:35.09	<u>4:03.99</u>
2 Goran Loos	Nautilus	72-507	27.79	58.34	1:29.08	1:59.84
			2:30.72	3:02.80	3:34.17	<u>4:04.34</u>
3 Alain de Kort	HPC	69-222	28.24	59.64	1:31.16	2:02.54
			2:34.20	3:04.78	3:34.82	<u>4:04.83</u>
4 Almar v.d. Meer	B&O Torpedo	72-015	28.37	59.40	1:30.68	2:02.08
			2:33.40	3:04.81	3:35.86	<u>4:06.04</u>
5 Jan Willem v.d. Hoek	Gouwe	72-671	27.88	58.68	1:29.61	2:00.47
			2:31.83	3:03.80	3:35.81	<u>4:06.59</u>
6 Tim Hoeymans	PSV	74-426	28.30	59.29	1:30.36	2:02.19
			2:33.71	3:06.19	3:38.34	<u>4:10.43</u>
7 Diederik Rouffaer	ZON/Sp.en Sp.	72-290	28.10	59.02	1:31.16	2:03.36
			2:35.47	3:07.59	3:39.70	<u>4:11.02</u>
8 Roy v.d. Veen	Hoorn	73-467	28.66	59.95	1:32.14	2:05.20
			2:38.10	3:10.90	3:43.12	<u>4:15.43</u>

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D.Z.-P.C.
DRACHTEN

Prog. 183 4x100m VRIJE SLAG EST.DAMES

1 De Dolfijn I	27.05	56.24	1:23.25	1:52.40
	2:19.15	2:49.04	3:15.40	3:44.43
2 Z.P.A.	26.28	53.95	1:21.97	1:52.93
	2:21.39	2:52.87	3:19.62	3:48.89
3 De Dolfijn II	28.35	58.10	1:26.26	1:57.85
	2:25.03	2:55.55	3:22.73	3:52.64
4 H.P.C.	28.14	58.44	1:26.21	1:57.57
	2:25.67	2:56.77	3:24.33	3:54.04
5 Orca	28.48	59.43	1:28.31	2:00.40
	2:28.50	2:59.24	3:26.42	3:56.46
6 De Dinkel	27.90	58.57	1:26.44	1:57.28
	2:26.10	2:57.73	3:26.31	3:58.09
7 P.S.V.	29.20	1:00.49	1:28.89	2:00.69
	2:29.36	3:00.17	3:29.09	3:59.73
8 D.A.W./Sportline	29.17	1:00.50	1:29.64	2:02.25
	2:31.57	3:03.71	3:31.53	4:01.28
9 't Tolhekke	28.82	59.66	1:28.46	2:00.30
	2:29.09	3:01.53	3:29.91	4:01.84
10 Eemsrobber	29.13	1:00.63	1:28.98	1:59.99
	2:29.65	3:01.86	3:30.63	4:02.25
11 Nautilus	28.55	59.46	1:28.54	2:00.54
	2:29.68		3:31.07	4:02.32
12 Raket	28.91	59.93	1:29.31	2:02.00
	2:31.19	3:04.29	3:32.48	4:03.89
13 De Zijl/L.G.B.	29.60	1:02.10	1:31.17	2:04.10
	2:32.58	3:05.71	3:35.27	4:06.92

Marianne Muis

ZPA

53.95

NR ER WBT



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Prog. 184 4x 200m VRUJE SLAG EST.i.o.16jr

1 De Dolfijn	28.17	59.88	1:32.60	2:04.64
	2:32.63	3:04.42	3:37.94	4:10.65
	4:37.12	5:07.22	5:39.55	6:12.28
	6:38.17	7:07.63	7:39.26	<u>8:09.59</u>
2 A.Z.P.C.	28.16	1:00.79	1:34.45	
	2:35.37	3:06.04	3:38.66	4:10.70
	4:37.58	5:08.65	5:40.64	6:12.73
	6:40.14	7:10.91	7:42.55	<u>8:12.51</u>
3 M.Z.P.C.	27.47	58.22	1:30.74	2:04.23
	2:31.94	3:03.23	3:35.32	4:06.82
	4:34.23	5:06.09	5:40.17	6:13.82
	6:41.45	7:13.14	7:46.20	<u>8:19.47</u>
4 Z.P.A.	27.28	58.05	1:29.71	2:00.58
	2:27.39	2:57.78	3:29.87	4:02.16
	4:29.99	5:02.28	5:36.86	6:11.37
	6:38.69	7:10.99	7:46.09	<u>8:22.08</u>
5 Orca	27.33	58.01	1:30.72	2:02.56
	2:32.32	3:05.63	3:39.66	4:12.94
	4:41.17	5:13.28	5:47.49	6:20.61
	6:47.21	7:17.76	7:50.71	<u>8:23.17</u>
6 P.S.V.	29.36	1:01.79	1:34.66	2:06.14
	2:35.22	3:08.13	3:42.34	4:15.23
	4:43.74	5:17.92	5:53.41	6:27.28
	6:53.45	7:23.03	7:53.67	<u>8:24.65</u>
7 B & O Torpedo	28.84	1:01.68	1:34.86	2:07.29
	2:35.26	3:07.73	3:40.83	4:13.94
	4:42.33	5:14.07	5:47.68	6:21.81
	6:49.72	7:21.61	7:53.88	<u>8:25.78</u>
8 L.Z. 1886	27.62	59.22	1:32.96	2:06.98
	2:34.80	3:06.75	3:39.86	4:11.85
	4:40.09	5:13.38	5:49.15	6:23.35
	6:51.41	7:22.91	7:56.34	<u>8:30.70</u>
9 N.Z.C. '21	29.61	1:02.41	1:35.49	2:08.33
	2:36.79	3:08.48	3:42.24	4:14.78
	4:44.49	5:17.80	5:52.89	6:28.51
	6:56.71	7:28.55	8:01.75	<u>8:34.60</u>
10 Oceanus	28.50	1:00.46	1:33.06	2:05.99
	2:36.10	3:09.59	3:44.72	4:18.36
	4:46.32	5:17.68	5:51.14	6:24.86
	6:54.54	7:27.48	8:02.03	<u>8:35.68</u>
11 W.Z.P.C.	29.13	1:02.25	1:36.60	2:11.24
	2:38.86	3:10.71	3:44.03	4:16.87
	4:45.23	5:18.17	5:52.66	6:25.89
	6:54.61	7:27.57	8:02.12	<u>8:37.42</u>
12 Nautilus	28.54	59.90	1:32.35	2:04.38
	2:33.93	3:07.45	3:43.46	4:20.22
	4:49.99	5:24.96	6:01.04	6:37.17
	7:04.30	7:34.90	8:06.91	<u>8:38.81</u>
13 De Zijl/L.G.B.	26.45	56.45	1:28.22	2:00.48
	2:30.15	3:05.50	3:41.28	4:15.38
	4:44.30	5:17.84	5:53.47	6:29.30
	6:58.03	7:30.80	8:05.58	<u>8:41.19</u>



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