

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 1
23-11-2025 - 15:00

Heren, 200m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Finn Ostermann	AZC	2:47.74	201301059	2:41.91
	50m: 36.60	100m: 1:17.09	150m: 2:07.56	200m: 2:41.91	+0,77
2.	Loek van Lith	ZVL-1886	2:47.47	201200683	2:45.52
	50m: 36.29	100m: 1:19.68	150m: 2:07.40	200m: 2:45.52	
3.	Joey Groenhorst	WVZ	NT	201202373	3:53.43
	50m: 56.49	100m: 1:56.54	150m: 3:00.32	200m: 3:53.43	
DIS	Shiloh Austin	Het Y	3:18.31	201202759	
<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten., RF Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen</i>					

Onder 16

1.	Luca Monster	Wiekslag	2:28.65	201100343	2:30.28
	50m: 29.98	100m: 1:12.09	150m: 1:55.34	200m: 2:30.28	
2.	Dylan Jooste	GZC DONK	3:14.77	201003759	2:51.59
	50m: 39.36	100m: 1:24.22	150m: 2:14.46	200m: 2:51.59	+0,88
3.	Joseph Crott	GZC DONK	NT	201101045	3:05.42
	50m: 36.54	100m: 1:26.95	150m: 2:23.53	200m: 3:05.42	

Onder 18

1.	Adriaan Coppelmans	AZC	2:14.76	200903243	2:12.61
	50m: 29.16	100m: 1:03.21	150m: 1:42.15	200m: 2:12.61	
2.	Thomas Braat	AZC	2:39.15	200802269	2:37.13
	50m: 33.96	100m: 1:13.59	150m: 2:01.84	200m: 2:37.13	+0,81 502

18 en ouder

1.	Sem Berckenkamp	GZC DONK	2:44.18	200602229	2:46.10
	50m: 35.70	100m: 1:16.93	150m: 2:10.48	200m: 2:46.10	+0,59

Programmanr. 2
23-11-2025 - 15:10

Dames, 200m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Tamara Geuzebroek	AZC	2:49.68	201300894	2:50.91
	50m: 36.15	100m: 1:19.94	150m: 2:11.61	200m: 2:50.91	+0,67
2.	Ailyn Turina	GZC DONK	3:38.24	201201264	3:39.64
	50m: 52.77	100m: 1:52.03	150m: 2:46.61	200m: 3:39.64	+0,81
Onder 16					
1.	Nina van der Schrier	AZC	2:25.83	201000444	2:26.38
	50m: 33.28	100m: 1:08.44	150m: 1:52.97	200m: 2:26.38	
2.	Sophie Hoogervorst	AZC	2:42.16	201100252	2:45.73
	50m: 38.19	100m: 1:20.47	150m: 2:08.57	200m: 2:45.73	
3.	Kira Oldenbeuving	Het Y	3:08.19	201102424	2:50.15
	50m: 36.30	100m: 1:22.48	150m: 2:11.15	200m: 2:50.15	
4.	Anne van Lith	ZVL-1886	2:56.72	201001000	2:52.20
	50m: 37.76	100m: 1:21.82	150m: 2:10.88	200m: 2:52.20	
5.	Jolie van Ark	AZC	2:54.70	201101644	2:56.94
	50m: 42.19	100m: 1:22.31	150m: 2:16.23	200m: 2:56.94	+0,83

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 2, Dames, 200m wisselslag

Onder 18

1.	Yara van Asselen	De Dolfijn	2:33.40	200900408	2:34.59	+0,74
	50m: 31.92	100m: 1:11.48	150m: 1:56.54	200m: 2:34.59		
2.	Nadine Kuiper	WVZ	2:47.03	200802372	2:50.71	+0,95
	50m: 39.45	100m: 1:22.77	150m: 2:11.01	200m: 2:50.71		

18 en ouder

1.	Angelique van Vark	GZC DONK	2:23.99	199701478	2:27.07	+0,31
	50m: 32.11	100m: 1:09.92	150m: 1:53.85	200m: 2:27.07		

Programmanr. 3
23-11-2025 - 15:15

200m vrije slag

8 - 9 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
	Eliza Diederiks	ZVL-1886	NT	201601312	4:19.01
	50m: 56.96	100m: 2:05.04	150m: 3:14.69	200m: 4:19.01	
	Irlena Vreeken	ZVL-1886	NT	201700376	3:35.17
	50m: 46.39	100m: 1:39.07	150m: 2:36.61	200m: 3:35.17	
	Jip Steijvers	ZVL-1886	3:58.04	201600312	3:37.21
	50m: 46.44	100m: 1:43.39	150m: 2:41.68	200m: 3:37.21	
	Kira van Leeuwen	AZC	NT	201600580	3:27.54
	50m: 43.65	100m: 1:37.55	150m: 2:33.11	200m: 3:27.54	+0,58
	Max Tang	WVZ	NT	201700161	3:51.44
	50m: 49.63	100m: 1:50.12	150m: 2:49.79	200m: 3:51.44	
	Menasse van Zelst	ZVL-1886	NT	201600639	4:18.05
	50m: 48.18	100m: 2:48.19	150m: 3:45.73	200m: 4:18.05	+0,59
	Mia Tang	WVZ	NT	201700234	3:23.66
	50m: 44.06	100m: 1:37.40	150m: 2:35.24	200m: 3:23.66	+0,80
DIS	Mohamed Yessin H.	ZVL-1886	NT	201700705	
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel., bij 25 en 75 m keerpunt</i>				
	Ranomi van den Hurk	AZC	NT	201600194	2:52.17
	50m: 38.96	100m: 1:23.74	150m: 2:08.87	200m: 2:52.17	
	Rosalie Kruit	ZVL-1886	4:03.00	201600320	3:50.25
	50m: 49.13	100m: 1:51.20	150m: 2:50.44	200m: 3:50.25	
	Stein Keijzer	AZC	NT	201600035	3:24.56
	50m: 43.28	100m: 1:37.52	150m: 2:33.33	200m: 3:24.56	+0,60

Programmanr. 4
23-11-2025 - 15:25

400m vrije slag

10 - 11 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Riff van der Zwaan	ZVL-1886	5:05.29	201400053	4:50.99
	50m: 32.17	150m: 1:44.27	250m: 2:59.33	350m: 4:14.65	
	100m: 1:07.46	200m: 2:21.66	300m: 3:37.12	400m: 4:50.99	
2.	Jolie Fransen	WVZ	5:19.44	201400034	5:14.42
	50m: 32.59	150m: 1:49.88	250m: 3:12.01	350m: 4:35.18	
	100m: 1:09.67	200m: 2:30.60	300m: 3:53.84	400m: 5:14.42	
3.	Kassidy Martis	AZC	NT	201500726	5:27.01
	50m: 36.23	150m: 2:00.20	250m: 3:23.40	350m: 4:48.31	+0,84
	100m: 1:18.12	200m: 2:42.99	300m: 4:05.84	400m: 5:27.01	
4.	Jessica Bannatyne	BZ&PC	6:06.70	201400158	5:31.11
	50m: 35.81	150m: 2:00.46	250m: 3:25.72	350m: 4:51.53	+0,77
	100m: 1:17.80	200m: 2:43.01	300m: 4:09.07	400m: 5:31.11	
5.	Daniella Mazur	AZL	6:32.16	201400550	5:38.37
	50m: 36.57	150m: 2:01.14	250m: 3:29.40	350m: 4:57.20	+0,55
	100m: 1:17.80	200m: 2:45.30	300m: 4:14.33	400m: 5:38.37	
6.	Mick Boerefijn	WVZ	6:35.23	201400239	5:39.36
	50m: 38.20	150m: 2:05.33	250m: 3:31.96	350m: 4:58.06	
	100m: 1:21.48	200m: 2:48.49	300m: 4:15.17	400m: 5:39.36	

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 4, Alle, 400m vrije slag, 10 - 11 jaar

rang	naam	vereniging	intijd	tijd	RT
7.	Senne Van den Nouland	ZVL-1886	5:37.34	201400022	5:41.84 +0,58
	50m: 35.03	150m: 2:01.00	250m: 3:30.52	350m: 4:58.13	
	100m: 1:16.64	200m: 2:45.66	300m: 4:14.76	400m: 5:41.84	
8.	Cas de Heij	AZC	6:25.65	201400557	5:43.56
	50m: 36.42	150m: 2:02.21	250m: 3:32.29	350m: 5:02.59	
	100m: 1:18.54	200m: 2:46.79	300m: 4:15.80	400m: 5:43.56	
9.	Maren Roozeboom	WVZ	6:24.69	201400002	5:46.67 +0,61
	50m: 37.21	150m: 2:05.45	250m: 3:35.95	350m: 5:04.20	
	100m: 1:20.80	200m: 2:51.06	300m: 4:20.19	400m: 5:46.67	
10.	Twan van der Schrier	AZC	6:02.22	201400237	S14 5:53.83 112
	50m: 36.97	150m: 2:04.17	250m: 3:35.83	350m: 5:08.40	
	100m: 1:19.88	200m: 2:49.43	300m: 4:21.60	400m: 5:53.83	
11.	Jaimy van den Hurk	AZC	6:14.53	201400831	5:56.32 +0,65
	50m: 39.67	150m: 2:11.88	250m: 3:45.29	350m: 5:15.83	
	100m: 1:24.99	200m: 2:58.80	300m: 4:32.18	400m: 5:56.32	
12.	Loes Ripping	WVZ	6:42.97	201400740	6:01.91 +0,75
	50m: 39.58	150m: 2:12.97	250m: 3:46.97	350m: 5:18.34	
	100m: 1:25.31	200m: 3:00.35	300m: 4:34.12	400m: 6:01.91	
13.	Tygo van der Poel	ZVL-1886	6:26.53	201401681	6:10.66 +0,73
	50m: 38.25	150m: 2:10.57	250m: 3:45.64	350m: 5:22.31	
	100m: 1:23.43	200m: 2:58.53	300m: 4:33.40	400m: 6:10.66	
14.	Ipek Berkin	WVZ	NT	201502312	6:17.11
	50m: 40.59	150m: 2:16.67	250m: 3:55.02	350m: 5:32.86	
	100m: 1:27.73	200m: 3:05.64	300m: 4:43.92	400m: 6:17.11	
15.	Phaedra van Zelst	ZVL-1886	6:42.50	201401326	6:17.20 +0,63
	50m: 40.07	150m: 2:15.60	250m: 3:53.69	350m: 5:32.19	
	100m: 1:26.73	200m: 3:04.89	300m: 4:44.08	400m: 6:17.20	
16.	Fenna Eijs	AZC	6:39.88	201400408	6:19.37 +0,86
	50m: 38.05	150m: 2:13.90	250m: 3:54.27	350m: 5:34.17	
	100m: 1:24.33	200m: 3:04.82	300m: 4:44.42	400m: 6:19.37	
17.	Eliza Parwiz	WVZ	7:24.53	201400876	6:23.40 +0,44
	50m: 43.61	150m: 2:21.82	250m: 4:00.34	350m: 5:36.52	
	100m: 1:32.41	200m: 3:10.92	300m: 4:47.71	400m: 6:23.40	
18.	Mirell Elize Adam	WVZ	NT	201402614	6:29.42 +0,75
	50m: 44.23	150m: 2:22.60	250m: 4:01.70	350m: 5:40.71	
	100m: 1:32.94	200m: 3:12.68	300m: 4:51.63	400m: 6:29.42	
19.	Nolan Teng	ZVL-1886	6:17.36	201400533	6:29.53 +0,68
	50m: 39.93	150m: 2:20.44	250m: 4:03.83	350m: 5:44.10	
	100m: 1:29.17	200m: 3:11.25	300m: 4:54.24	400m: 6:29.53	
20.	Benjamin Westerveld	ZVL-1886	7:03.60	201500963	6:31.54
	50m: 44.08	150m: 2:23.76	250m: 4:07.82	350m: 5:48.22	
	100m: 1:33.57	200m: 3:15.26	300m: 4:59.19	400m: 6:31.54	
21.	Elano Teng	ZVL-1886	6:50.52	201500371	6:33.79 +0,59
	50m: 40.89	150m: 2:20.73	250m: 4:02.92	350m: 5:46.66	
	100m: 1:29.91	200m: 3:12.40	300m: 4:55.32	400m: 6:33.79	
22.	Estella van Eldik	AZC	7:11.30	201401858	6:36.03
	50m: 41.84	150m: 2:23.33	250m: 4:07.95	350m: 5:48.87	
	100m: 1:31.75	200m: 3:15.53	300m: 4:59.32	400m: 6:36.03	
23.	Jyoti Atwaroe	WVZ	NT	201402476	6:46.09
	50m: 42.53	150m: 2:24.07	250m: 4:08.27	350m: 5:54.20	
	100m: 1:32.34	200m: 3:15.93	300m: 5:01.93	400m: 6:46.09	
24.	Enzo Tang	WVZ	NT	201401743	6:47.91 +0,76
	50m: 44.98	150m: 2:29.45	250m: 4:14.69	350m: 5:58.53	
	100m: 1:37.33	200m: 3:21.04	300m: 5:07.37	400m: 6:47.91	
25.	Saar van Straten	WVZ	NT	201500418	6:51.61
	50m: 45.92	150m: 2:27.60	250m: 4:12.77	350m: 6:00.50	
	100m: 1:36.47	200m: 3:20.00	300m: 5:07.02	400m: 6:51.61	
26.	Fygo Schel	ZVL-1886	NT	201402217	6:56.28
	50m: 44.46	150m: 2:29.49	250m: 4:19.86	350m: 6:07.48	
	100m: 1:35.60	200m: 3:24.20	300m: 5:13.26	400m: 6:56.28	
27.	Tara Anders	WVZ	NT	201401336	7:00.41
	50m: 48.71	150m: 2:34.01	250m: 4:21.64	350m: 6:10.12	
	100m: 1:41.06	200m: 3:27.46	300m: 5:15.06	400m: 7:00.41	
28.	Liam Samsuria	ZVL-1886	NT	201500541	7:21.21
	50m: 45.65	150m: 2:38.84	250m: 4:34.25	350m: 6:24.83	
	100m: 1:41.52	200m: 3:36.53	300m: 5:30.21	400m: 7:21.21	
29.	Lotte Lieder	ZVL-1886	8:02.71	201402272	7:26.42
	50m: 45.65	150m: 2:39.68	250m: 4:36.66	350m: 6:32.08	
	100m: 1:41.07	200m: 3:37.82	300m: 5:34.77	400m: 7:26.42	

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 4, Alle, 400m vrije slag, 10 - 11 jaar

rang	naam	vereniging	intijd	tijd	RT
30.	Vienna de Haan	WVZ	NT 201500688	7:31.36	
	50m: 44.22	150m: 2:38.13	250m: 4:35.67	350m: 6:33.81	
	100m: 1:38.95	200m: 3:36.92	300m: 5:34.77	400m: 7:31.36	
31.	Yinthe van Paridon	ZVL-1886	8:05.76 201501204	7:48.99	+0,82
	50m: 46.85	150m: 2:44.02	250m: 4:48.97	350m: 6:50.59	
	100m: 1:43.41	200m: 3:45.71	300m: 5:51.47	400m: 7:48.99	
32.	Yakov Fedoseev	ZVL-1886	NT 201502029	7:55.33	
	50m: 52.00	150m: 2:54.13	250m: 4:57.17	350m: 6:58.15	
	100m: 1:52.65	200m: 3:55.49	300m: 5:58.12	400m: 7:55.33	

Programmanr. 5
23-11-2025

Heren, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Fido Hulstijn	CWW Swimteam	22:02.95 201300775	20:54.82	
	50m: 36.48	300m:	550m: 800m: 11:11.01	1050m: 1300m:	
	100m: 1:17.84	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 5:30.27	650m: 900m: 1150m:	1400m:	
	200m: 2:40.46	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	20:54.82
2.	Sven Nozeman	ZVL-1886	NT 201300993	21:12.22	
	50m: 37.18	300m:	550m: 800m: 11:25.33	1050m: 1300m:	
	100m: 1:17.47	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 5:36.13	650m: 900m: 1150m:	1400m:	
	200m: 2:41.38	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	21:12.22

Onder 16

1.	David van der Valk	Wiekslag	18:41.91 201100519	18:15.56	
	50m: 31.51	300m:	550m: 800m: 9:40.27	1050m: 1300m:	
	100m: 1:06.55	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 4:44.64	650m: 900m: 1150m:	1400m:	
	200m: 2:18.54	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	18:15.56
2.	Luca Monster	Wiekslag	19:26.17 201100343	19:10.62	
	50m: 32.15	300m:	550m: 800m: 10:12.67	1050m: 1300m:	
	100m: 1:09.20	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 4:59.53	650m: 900m: 1150m:	1400m:	
	200m: 2:25.69	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	19:10.62
3.	Vishnu Jaivant	WVZ	NT 201003887	19:52.01	
	50m: 34.55	300m:	550m: 800m: 10:31.95	1050m: 1300m:	
	100m: 1:13.11	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 5:11.19	650m: 900m: 1150m:	1400m:	
	200m: 2:32.16	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	19:52.01
4.	Teun Evers	ZVL-1886	21:05.58 201101965	21:03.97	
	50m: 36.09	300m:	550m: 800m: 11:18.94	1050m: 1300m:	
	100m: 1:16.97	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 5:33.41	650m: 900m: 1150m:	1400m:	
	200m: 2:41.18	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	21:03.97

Onder 18

1.	Steven Knol	De Dolfijn	17:51.93 200900543	17:21.25	
	50m: 30.83	300m:	550m: 800m: 9:14.34	1050m: 1300m:	
	100m: 1:05.32	350m:	600m: 850m: 11:00m:	1350m:	
	150m:	400m: 4:34.00	650m: 900m: 1150m:	1400m:	
	200m: 2:14.71	450m:	700m: 950m: 1200m:	1450m:	
	250m:	500m:	750m: 1000m: 1250m:	1500m:	17:21.25

18 en ouder

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 5, Heren, 1500m vrije slag, 18 en ouder

rang	naam	vereniging		intijd		tijd		RT
1.	Jonathan Norfles	AZ&PC De Futen		19:36.05	200702179	19:09.82		
	50m: 31.88	300m:	550m:	800m: 10:00.79	1050m:	1300m:		
	100m: 1:09.08	350m:	600m:	850m:	1100m:	1350m:		
	150m:	400m: 4:52.94	650m:	900m:	1150m:	1400m:		
	200m: 2:23.78	450m:	700m:	950m:	1200m:	1450m:		
	250m:	500m:	750m:	1000m:	1250m:	1500m:	19:09.82	
AFGEM	Hessel Robert	Het Y		16:05.80	200200917			

Programmanr. 6
23-11-2025 - 16:40

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd				tijd				RT	
Onder 16												
1.	Rozalia Diederiks	ZVL-1886	19:37.31				201100904				18:27.52	+0.63
	50m: 33.17	300m: 3:36.82	550m: 6:42.94	800m: 9:49.52	1050m: 12:55.45	1300m: 16:01.96						
	100m: 1:09.54	350m: 4:13.96	600m: 7:20.34	850m: 10:26.36	1100m: 13:33.25	1350m: 16:38.86						
	150m: 1:46.17	400m: 4:50.95	650m: 7:57.25	900m: 11:03.61	1150m: 14:10.71	1400m: 17:16.48						
	200m: 2:23.28	450m: 5:28.11	700m: 8:34.83	950m: 11:41.40	1200m: 14:47.84	1450m: 17:52.81						
	250m: 2:59.97	500m: 6:05.58	750m: 9:12.34	1000m: 12:18.50	1250m: 15:24.88	1500m: 18:27.52						
2.	Eva Blokzijl	Het Y	21:44.00				201003214				23:11.56	
	50m: 40.42	300m: 4:27.72	550m: 8:19.33	800m: 12:13.07	1050m: 16:09.55	1300m: 20:05.74						
	100m: 1:25.07	350m: 5:13.41	600m: 9:05.61	850m: 13:00.28	1100m: 16:56.34	1350m: 20:52.24						
	150m: 2:10.77	400m: 5:59.69	650m: 9:52.31	900m: 13:47.79	1150m: 17:43.57	1400m: 21:39.67						
	200m: 2:56.30	450m: 6:46.31	700m: 10:39.01	950m: 14:35.06	1200m: 18:30.78	1450m: 22:26.09						
	250m: 3:42.17	500m: 7:32.90	750m: 11:25.81	1000m: 15:22.67	1250m: 19:18.76	1500m: 23:11.56						

Onder 18

1.	Jade van der Schrier	AZC	16:56.14	200800692	16:38.99	
	50m: 30.33	300m: 3:15.26	550m: 6:01.21	800m: 8:49.28	1050m: 11:37.88	1300m: 14:27.09
	100m: 1:03.03	350m: 3:48.41	600m: 6:34.59	850m: 9:22.98	1100m: 12:11.81	1350m: 15:01.01
	150m: 1:35.74	400m: 4:21.78	650m: 7:08.28	900m: 9:56.71	1150m: 12:45.60	1400m: 15:34.99
	200m: 2:09.00	450m: 4:55.12	700m: 7:41.79	950m: 10:30.41	1200m: 13:19.43	1450m: 16:08.46
	250m: 2:42.14	500m: 5:28.22	750m: 8:15.47	1000m: 11:04.14	1250m: 13:53.21	1500m: 16:38.99
2.	Sanne Mulder	WVZ	NT	200900280	19:56.70	+0,63
	50m: 33.51	300m: 3:53.06	550m: 7:15.96	800m: 10:37.55	1050m: 13:59.72	1300m: 17:21.40
	100m: 1:11.41	350m: 4:33.55	600m: 7:55.95	850m: 11:18.02	1100m: 14:40.06	1350m: 18:01.45
	150m: 1:50.89	400m: 5:14.30	650m: 8:36.81	900m: 11:58.60	1150m: 15:20.91	1400m: 18:41.42
	200m: 2:31.70	450m: 5:54.72	700m: 9:17.07	950m: 12:38.86	1200m: 16:01.06	1450m: 19:20.42
	250m: 3:12.07	500m: 6:35.59	750m: 9:57.20	1000m: 13:19.49	1250m: 16:41.17	1500m: 19:56.70
3.	Nina de Witt	Het Y	21:00.00	200801858	21:38.62	
	50m: 37.87	300m: 4:04.01	550m: 7:38.04	800m: 11:18.12	1050m: 15:00.65	1300m: 18:46.64
	100m: 1:17.48	350m: 4:46.09	600m: 8:21.68	850m: 12:02.03	1100m: 15:46.21	1350m: 19:30.02
	150m: 1:58.27	400m: 5:28.50	650m: 9:05.66	900m: 12:46.51	1150m: 16:31.37	1400m: 20:14.95
	200m: 2:40.28	450m: 6:11.45	700m: 9:49.91	950m: 13:30.97	1200m: 17:16.40	1450m: 20:58.98
	250m: 3:22.00	500m: 6:54.77	750m: 10:33.96	1000m: 14:15.68	1250m: 18:01.82	1500m: 21:38.62
AFGEM	Wictoria Diederiks	ZVL-1886	21:06.08	200900758		

18 en ouder

1.	Alinda Dingshoff	De Dolfijn	17:51.47	200000928	17:22.47	+0,79
	50m: 32.08	300m: 3:25.40	550m: 6:18.80	800m: 9:11.83	1050m: 12:06.38	1300m: 15:02.02
	100m: 1:06.59	350m: 4:00.06	600m: 6:53.10	850m: 9:46.77	1100m: 12:41.12	1350m: 15:37.52
	150m: 1:41.55	400m: 4:34.86	650m: 7:27.49	900m: 10:22.03	1150m: 13:15.98	1400m: 16:12.42
	200m: 2:16.27	450m: 5:09.50	700m: 8:02.30	950m: 10:56.96	1200m: 13:51.27	1450m: 16:48.28
	250m: 2:50.78	500m: 5:44.27	750m: 8:37.20	1000m: 11:31.83	1250m: 14:26.88	1500m: 17:22.47
2.	Eline van Winden	Z&PC De Gouwe	NT	200702090	20:48.33	
	50m: 36.05	300m: 4:00.94	550m: 7:31.25	800m: 11:02.32	1050m: 14:33.86	1300m: 18:05.23
	100m: 1:15.89	350m: 4:43.13	600m: 8:13.92	850m: 11:44.86	1100m: 15:16.93	1350m: 18:47.12
	150m: 1:57.12	400m: 5:24.68	650m: 8:56.48	900m: 12:26.52	1150m: 15:59.03	1400m: 19:28.80
	200m: 2:38.20	450m: 6:06.63	700m: 9:38.52	950m: 13:08.88	1200m: 16:41.02	1450m: 20:09.52
	250m: 3:19.35	500m: 6:48.59	750m: 10:20.23	1000m: 13:51.76	1250m: 17:23.20	1500m: 20:48.33
3.	Angelique Roskam	Z&PC De Gouwe	NT	199900222	21:31.48	
	50m: 36.34	300m: 4:08.66	550m: 7:50.09	800m: 11:28.25	1050m: 15:06.58	1300m: 18:44.70
	100m: 1:17.31	350m: 4:52.36	600m: 8:34.27	850m: 12:10.24	1100m: 15:50.58	1350m: 19:28.38
	150m: 1:59.37	400m: 5:36.77	650m: 9:17.98	900m: 12:53.93	1150m: 16:34.07	1400m: 20:10.18
	200m: 2:41.92	450m: 6:21.54	700m: 10:01.71	950m: 13:38.16	1200m: 17:17.79	1450m: 20:51.99
	250m: 3:25.23	500m: 7:05.64	750m: 10:45.59	1000m: 14:22.46	1250m: 18:01.16	1500m: 21:31.48

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 6, Dames, 1500m vrije slag, 18 en ouder

rang	naam	vereniging	intijd		tijd		RT
4.	Feija de Bruin	WVZ	23:03.99	200400106	22:28.73	+0.80	
	50m: 36.89	300m: 4:13.82	550m: 7:57.44	800m: 11:43.93	1050m: 15:32.44	1300m: 19:23.78	
	100m: 1:18.43	350m: 4:58.36	600m: 8:42.08	850m: 12:29.25	1100m: 16:18.54	1350m: 20:09.95	
	150m: 2:01.73	400m: 5:43.07	650m: 9:27.12	900m: 13:14.91	1150m: 17:04.75	1400m: 20:56.38	
	200m: 2:45.55	450m: 6:27.82	700m: 10:12.61	950m: 14:00.70	1200m: 17:50.88	1450m: 21:43.56	
	250m: 3:29.62	500m: 7:12.72	750m: 10:58.40	1000m: 14:47.13	1250m: 18:37.16	1500m: 22:28.73	

Programmanr. 7
23-11-2025 - 17:30

Heren, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging			intijd			tijd	RT	
Onder 14										
1.	Toa Jahn	Het Y			10:15.00	201201665			9:34.37	+0,56
	50m: 31.41	200m: 2:19.38	350m: 4:08.16	500m: 5:58.67	650m: 7:48.46	800m: 9:34.37				
	100m: 1:06.60	250m: 2:56.02	400m: 4:44.90	550m: 6:34.92	700m: 8:25.08					
	150m: 1:42.62	300m: 3:32.44	450m: 5:22.11	600m: 7:11.59	750m: 9:01.22					
2.	Finn Ostermann	AZC			10:51.55	201301059			9:50.47	+0,57
	50m: 33.00	200m: 2:23.97	350m: 4:17.71	500m: 6:09.94	650m: 8:01.93	800m: 9:50.47				
	100m: 1:09.38	250m: 3:02.17	400m: 4:55.54	550m: 6:47.12	700m: 8:39.35					
	150m: 1:46.03	300m: 3:39.98	450m: 5:32.61	600m: 7:25.07	750m: 9:15.90					
3.	Loek van Lith	ZVL-1886			11:17.58	201200683			10:57.16	+0,78
	50m: 34.31	200m: 2:35.71	350m: 4:40.41	500m: 6:47.49	650m: 8:53.14	800m: 10:57.16				
	100m: 1:14.21	250m: 3:16.79	400m: 5:22.59	550m: 7:29.72	700m: 9:35.02					
	150m: 1:54.70	300m: 3:58.67	450m: 6:05.21	600m: 8:11.61	750m: 10:16.19					
4.	Jorn Klerk	ZVL-1886			12:22.96	201301277			11:12.12	+0,59
	50m: 36.11	200m: 2:42.22	350m: 4:51.08	500m: 7:00.09	650m: 9:09.50	800m: 11:12.12				
	100m: 1:17.31	250m: 3:24.82	400m: 5:34.02	550m: 7:43.82	700m: 9:51.61					
	150m: 1:58.93	300m: 4:07.41	450m: 6:16.68	600m: 8:26.34	750m: 10:33.44					
5.	Fabian Boom	ZVL-1886			12:26.44	201300469			11:57.54	
	50m: 37.64	200m: 2:54.52	350m: 5:14.23	500m: 7:35.81	650m: 9:54.00	800m: 11:57.54				
	100m: 1:22.03	250m: 3:40.20	400m: 6:02.43	550m: 8:21.44	700m: 10:37.57					
	150m: 2:07.77	300m: 4:27.14	450m: 6:48.87	600m: 9:07.85	750m: 11:18.69					
6.	Carmelo E.	WVZ			14:35.86	201302521			11:57.61	
	50m: 37.59	200m: 2:54.08	350m: 5:12.68	500m: 7:31.37	650m: 9:51.23	800m: 11:57.61				
	100m: 1:21.88	250m: 3:37.99	400m: 5:58.55	550m: 8:19.16	700m: 10:34.76					
	150m: 2:07.72	300m: 4:26.01	450m: 6:44.85	600m: 9:06.26	750m: 11:20.25					
7.	Mick Redegeld	ZVL-1886			NT	201301993			12:44.36	+0,64
	50m: 38.84	200m: 3:04.68	350m: 5:35.49	500m: 8:03.70	650m: 10:29.38	800m: 12:44.36				
	100m: 1:26.02	250m: 3:54.16	400m: 6:24.69	550m: 8:52.08	700m: 11:19.67					
	150m: 2:15.10	300m: 4:44.88	450m: 7:14.49	600m: 9:39.85	750m: 12:03.69					
8.	Tyrus Tai	WVZ			NT	201302569			13:02.54	+0,98
	50m: 38.75	200m: 2:59.74	350m: 5:29.23	500m: 8:02.28	650m: 10:35.49	800m: 13:02.54				
	100m: 1:23.81	250m: 3:48.12	400m: 6:21.04	550m: 8:53.09	700m: 11:23.84					
	150m: 2:11.24	300m: 4:39.10	450m: 7:11.36	600m: 9:44.99	750m: 12:13.22					
9.	Charley de Haan	WVZ			NT	201301119			14:39.92	
	50m: 44.41	200m: 3:31.78	350m: 7:21.87	500m: 9:20.27	650m: 12:13.57	800m: 14:39.92				
	100m: 1:37.75	250m: 4:31.54	400m: 7:24.17	550m: 10:18.08	700m: 13:10.22					
	150m: 2:37.96	300m: 5:29.73	450m: 8:22.99	600m: 11:16.21	750m: 14:06.25					
10.	Joey Groenhorst	WVZ			NT	201202373			14:58.65	
	50m: 46.21	200m: 3:34.96	350m: 6:26.10	500m: 9:20.27	650m: 12:13.57	800m: 14:58.65				
	100m: 1:40.55	250m: 4:31.54	400m: 7:24.17	550m: 10:18.08	700m: 13:10.22					
	150m: 2:37.96	300m: 5:29.73	450m: 8:22.99	600m: 11:16.21	750m: 14:06.25					

Onder 16

1.	Rufus Zorge	De Gooye	11:00.61	201000443	10:21.85	
	50m: 32.17	200m: 2:23.84	350m: 4:22.45	500m: 6:24.55	650m: 8:26.01	800m: 10:21.85
	100m: 1:08.54	250m: 3:02.93	400m: 5:02.83	550m: 7:04.91	700m: 9:05.46	
	150m: 1:45.72	300m: 3:42.54	450m: 5:43.71	600m: 7:45.72	750m: 9:44.64	
2.	Dylan Jooste	GZC DONK	NT	201003759	10:42.09	
	50m: 35.23	200m: 2:36.50	350m: 5:19.63	500m: 7:04.14	650m: 8:52.59	800m: 10:42.09
	100m: 1:15.07	250m: 3:27.80	400m: 5:19.63	550m: 7:04.14	700m: 9:05.46	
	150m: 2:00.99	300m: 4:11.06	450m: 6:21.02	600m: 8:29.05	750m: 10:34.17	
3.	Menno Hakhverdian	Het Y	11:56.41	201100563	11:12.84	+0,72
	50m: 36.42	200m: 2:44.56	350m: 4:54.60	500m: 7:04.14	650m: 9:11.38	800m: 11:12.84
	100m: 1:17.85	250m: 3:27.80	400m: 5:37.74	550m: 7:46.59	700m: 9:52.59	
	150m: 2:00.99	300m: 4:11.06	450m: 6:21.02	600m: 8:29.05	750m: 10:34.17	

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 7, Jongens, 800m vrije slag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
4.	Levi Teng	ZVL-1886	12:26.79	201002351	11:42.92
	50m: 32.91	200m: 2:37.27	350m: 4:52.31	500m: 7:10.17	650m: 9:30.60
	100m: 1:11.30	250m: 3:22.25	400m: 5:38.16	550m: 7:57.42	700m: 10:16.25
	150m: 1:53.67	300m: 4:07.08	450m: 6:23.74	600m: 8:44.46	750m: 11:01.50
5.	Joseph Crott	GZC DONK	NT	201101045	12:14.18
	50m: 36.75	200m: 2:48.05	350m: 5:56.52	500m: 8:00m:	650m: 12:14.18
	100m: 1:19.13	250m: 3:00m:	400m: 5:56.52	550m: 8:00m:	700m: 12:14.18
	150m: 1:53.67	300m: 4:07.08	450m: 6:23.74	600m: 8:44.46	750m: 11:01.50
6.	Enno van der Togt	WVZ	NT	201002643	15:07.61 +0,82
	50m: 40.59	200m: 3:15.02	350m: 6:09.01	500m: 9:11.70	650m: 12:16.50
	100m: 1:27.47	250m: 4:12.47	400m: 7:08.84	550m: 10:14.13	700m: 13:17.39
	150m: 2:19.55	300m: 5:10.19	450m: 8:10.23	600m: 11:15.81	750m: 14:16.17

Onder 18

1.	Sverre van der Zwaan	WVZ	9:06.14	200900737	8:51.12	
	50m: 28.41	200m: 2:06.43	350m: 3:45.29	500m: 5:26.87	650m: 7:09.47	800m: 8:51.12
	100m: 1:00.65	250m: 2:39.28	400m: 4:19.00	550m: 6:00.89	700m: 7:43.79	
	150m: 1:33.53	300m: 3:12.68	450m: 4:52.73	600m: 6:35.07	750m: 8:18.17	
2.	Adriaan Coppelmans	AZC	8:58.62	200903243	9:00.88	+0,38
	50m: 29.54	200m: 2:07.45	350m: 3:49.28	500m: 5:34.66	650m: 7:19.87	800m: 9:00.88
	100m: 1:01.55	250m: 2:40.74	400m: 4:24.21	550m: 6:10.14	700m: 7:55.76	
	150m: 1:34.32	300m: 3:14.68	450m: 4:59.19	600m: 6:45.11	750m: 8:29.46	
3.	Sven Mulder	WVZ	9:26.35	200901655	9:28.49	+0,68
	50m: 29.54	200m: 2:12.35	350m: 4:00.54	500m: 5:49.77	650m: 7:40.75	800m: 9:28.49
	100m: 1:02.61	250m: 2:48.28	400m: 4:36.71	550m: 6:26.92	700m: 8:17.64	
	150m: 1:37.06	300m: 3:24.60	450m: 5:13.26	600m: 7:03.81	750m: 8:53.67	
4.	Thomas Braat	AZC	10:18.69	200802269	S14 10:06.81	+0,67 457
	50m: 31.90	200m: 2:22.16	350m: 4:19.87	500m: 6:16.38	650m: 8:13.51	800m: 10:06.81
	100m: 1:07.34	250m: 3:00.88	400m: 4:58.68	550m: 6:56.05	700m: 8:51.81	
	150m: 1:44.33	300m: 3:39.91	450m: 5:37.43	600m: 7:35.57	750m: 9:30.57	
5.	Jochem Evers	ZVL-1886	10:27.52	200903423	10:26.55	
	50m: 31.82	200m: 2:24.65	350m: 4:21.93	500m: 6:22.69	650m: 8:24.47	800m: 10:26.55
	100m: 1:08.30	250m: 3:03.59	400m: 5:02.27	550m: 7:03.34	700m: 9:05.42	
	150m: 1:46.15	300m: 3:42.67	450m: 5:42.24	600m: 7:44.07	750m: 9:46.29	
6.	Dj Nobel	De Gooye	11:37.79	200901539	11:24.79	+0,58
	50m: 35.81	200m: 2:43.09	350m: 4:54.51	500m: 7:07.26	650m: 9:20.39	800m: 11:24.79
	100m: 1:16.97	250m: 3:26.44	400m: 5:38.24	550m: 7:51.81	700m: 10:04.08	
	150m: 1:59.48	300m: 4:10.51	450m: 6:22.40	600m: 8:36.15	750m: 10:46.67	

18 en ouder

1.	Lou van Leeuwen	De Dolfijn	9:31.98	200702779	8:53.88	+0,62
	50m: 29.15	200m: 2:07.84	350m: 3:47.74	500m: 5:28.71	650m: 7:11.00	800m: 8:53.88
	100m: 1:01.52	250m: 2:40.67	400m: 4:21.44	550m: 6:02.63	700m: 7:45.47	
	150m: 1:34.55	300m: 3:14.07	450m: 4:55.32	600m: 6:36.70	750m: 8:20.13	
2.	Sem Berckenkamp	GZC DONK	10:18.26	200602229	9:58.66	+0,81
	50m: 32.88	200m: 2:24.73	350m: 4:20.95	500m: 6:15.92	650m: 8:09.94	800m: 9:58.66
	100m: 1:09.20	250m: 3:03.34	400m: 4:59.20	550m: 6:54.04	700m: 8:48.08	
	150m: 1:47.02	300m: 3:42.13	450m: 5:37.39	600m: 7:31.99	750m: 9:24.42	
3.	Renzo Steller	WVZ	10:11.38	200701141	9:59.17	+0,80
	50m: 31.44	200m: 2:20.59	350m: 4:15.85	500m: 6:12.41	650m: 8:09.36	800m: 9:59.17
	100m: 1:06.45	250m: 2:58.63	400m: 4:54.47	550m: 6:51.46	700m: 8:47.69	
	150m: 1:42.88	300m: 3:36.73	450m: 5:33.23	600m: 7:30.53	750m: 9:25.19	
4.	Mark Tang	WVZ	11:00.00	198102647	10:01.40	+0,71
	50m: 32.56	200m: 2:24.95	350m: 4:18.59	500m: 6:12.91	650m: 8:07.27	800m: 10:01.40
	100m: 1:09.29	250m: 3:03.17	400m: 4:56.80	550m: 6:51.19	700m: 8:47.02	
	150m: 1:46.77	300m: 3:40.57	450m: 5:34.81	600m: 7:28.90	750m: 9:24.87	

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 8
23-11-2025 - 18:25

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd				tijd	RT	
Onder 14									
1.	Boukje de Baedts	Het Y	10:26.35	201300756			9:58.78		
	50m: 33.46	100m: 1:09.70	200m: 2:24.43	400m: 4:57.29	800m: 9:58.78				
2.	Veronika Parkhomenko	Het Y	10:55.00	201301610			10:12.04		
	50m: 33.04	100m: 1:09.36	200m: 2:24.39	400m: 4:58.11	800m: 10:12.04				
3.	Tamara Geuzebroek	AZC	NT	201300894			10:49.04		
	50m: 34.05	200m: 2:35.31	350m: 4:39.92	500m: 6:44.56	650m: 8:49.31	800m: 10:49.04			
	100m: 1:13.26	250m: 3:16.71	400m: 5:21.76	550m: 7:26.44	700m: 9:30.45				
	150m: 1:54.12	300m: 3:58.53	450m: 6:03.50	600m: 8:08.29	750m: 10:10.84				
4.	Julie van Keimpema	Het Y	11:36.58	201201966			11:04.81		
	50m: 36.40	100m: 1:16.61	200m: 2:39.19	400m: 5:28.37	800m: 11:04.81				
5.	Lena van den Berg	Het Y	11:40.00	201302228			11:19.35		
	50m: 37.84	100m: 1:20.96	200m: 2:46.87	400m: 5:41.20	800m: 11:19.35				
6.	Annabelle Dame	Het Y	12:04.84	201201964			11:23.27		
	50m: 35.30	100m: 1:15.41	200m: 2:39.38	400m: 5:32.72	800m: 11:23.27				
7.	Sophie Reniers	WVZ	11:49.08	201200592			11:55.35		
	50m: 37.97	100m: 1:19.60	200m: 2:47.26	400m: 5:48.75	800m: 11:55.35				
8.	Ailyn Turina	GZC DONK	NT	201201264			14:29.56	+0,83	
	50m: 44.75	200m: 3:23.39	350m: 6:09.73	500m: 8:58.93	650m: 11:50.70	800m: 14:29.56			
	100m: 1:35.33	250m: 4:18.26	400m: 7:06.48	550m: 9:55.15	700m: 12:44.12				
	150m: 2:28.79	300m: 5:14.23	450m: 8:02.53	600m: 10:52.62	750m: 13:39.49				
AFGEM	Yeani Dukuray	ZVL-1886	12:55.86	201300684					
AFGEM	Senna van Paridon	ZVL-1886	13:29.23	201201338					
Onder 16									
1.	Nina van der Schrier	AZC	9:14.12	201000444			9:13.90		
	50m: 30.68	100m: 1:04.61	200m: 2:14.26	400m: 4:34.41	800m: 9:13.90				
2.	Sophie Hoogervorst	AZC	10:08.15	201100252			10:01.31		
	50m: 32.89	100m: 1:09.24	200m: 2:24.68	400m: 4:57.13	800m: 10:01.31				
3.	Samantha E.	WVZ	11:38.74	201103862			10:47.39		
	50m: 34.61	100m: 1:14.18	200m: 2:34.95	400m: 5:18.63	800m: 10:47.39				
4.	Lieke Hornes	ZVL-1886	NT	201000482			11:25.70	+0,61	
	50m: 35.37	200m: 2:42.06	350m: 4:53.59	500m: 7:06.63	650m: 9:19.31	800m: 11:25.70			
	100m: 1:15.84	250m: 3:25.66	400m: 5:37.92	550m: 7:50.93	700m: 10:02.29				
	150m: 1:58.97	300m: 4:09.34	450m: 6:22.30	600m: 8:35.47	750m: 10:45.80				
5.	Ties van der Struijs	Het Y	11:30.00	201103492			11:25.76		
	50m: 37.59	100m: 1:19.75	200m: 2:46.74	400m: 5:42.96	800m: 11:25.76				
6.	Eva de C.	Het Y	11:05.00	201102474			11:25.83		
	50m: 36.50	100m: 1:17.92	200m: 2:43.91	400m: 5:38.39	800m: 11:25.83				
7.	Jolie van Ark	AZC	NT	201101644			11:33.99	+0,78	
	50m: 35.88	200m: 2:45.27	350m: 4:56.78	500m: 7:11.25	650m: 9:24.56	800m: 11:33.99			
	100m: 1:17.77	250m: 3:29.13	400m: 5:41.34	550m: 7:55.12	700m: 10:09.13				
	150m: 2:01.49	300m: 4:12.93	450m: 6:25.59	600m: 8:39.97	750m: 10:52.06				
AFGEM	Meike van der Klugt	WVZ	10:34.14	201100808					
Onder 18									
1.	Nadine Kuiper	WVZ	10:19.16	200802372			10:37.05		
	50m: 34.54	100m: 1:13.51	200m: 2:33.62	400m: 5:14.94	800m: 10:37.05				
18 en ouder									
1.	Angelique van Vark	GZC DONK	9:32.94	199701478			9:36.58		
	50m: 31.11	100m: 1:06.38	200m: 2:17.55	400m: 4:42.96	800m: 9:36.58				

LAC deel 1-1
Zoetermeer, 23-11-2025

Programmanr. 8, Dames, 800m vrije slag

Onder 14

1.	Boukje de Baedts	Het Y	10:26.35	201300756	9:58.78	
	50m: 33.46	100m: 1:09.70	200m: 2:24.43	400m: 4:57.29	800m: 9:58.78	
2.	Veronika Parkhomenko	Het Y	10:55.00	201301610	10:12.04	
	50m: 33.04	100m: 1:09.36	200m: 2:24.39	400m: 4:58.11	800m: 10:12.04	
3.	Tamara Geuzebroek	AZC	NT	201300894	10:49.04	
	50m: 34.05	200m: 2:35.31	350m: 4:39.92	500m: 6:44.56	650m: 8:49.31	800m: 10:49.04
	100m: 1:13.26	250m: 3:16.71	400m: 5:21.76	550m: 7:26.44	700m: 9:30.45	
	150m: 1:54.12	300m: 3:58.53	450m: 6:03.50	600m: 8:08.29	750m: 10:10.84	
4.	Julie van Keimpema	Het Y	11:36.58	201201966	11:04.81	
	50m: 36.40	100m: 1:16.61	200m: 2:39.19	400m: 5:28.37	800m: 11:04.81	
5.	Lena van den Berg	Het Y	11:40.00	201302228	11:19.35	
	50m: 37.84	100m: 1:20.96	200m: 2:46.87	400m: 5:41.20	800m: 11:19.35	
6.	Annabelle Dame	Het Y	12:04.84	201201964	11:23.27	
	50m: 35.30	100m: 1:15.41	200m: 2:39.38	400m: 5:32.72	800m: 11:23.27	
7.	Sophie Reniers	WVZ	11:49.08	201200592	11:55.35	
	50m: 37.97	100m: 1:19.60	200m: 2:47.26	400m: 5:48.75	800m: 11:55.35	
8.	Ailyn Turina	GZC DONK	NT	201201264	14:29.56	+0,83
	50m: 44.75	200m: 3:23.39	350m: 6:09.73	500m: 8:58.93	650m: 11:50.70	800m: 14:29.56
	100m: 1:35.33	250m: 4:18.26	400m: 7:06.48	550m: 9:55.15	700m: 12:44.12	
	150m: 2:28.79	300m: 5:14.23	450m: 8:02.53	600m: 10:52.62	750m: 13:39.49	
AFGEM	Yeani Dukuray	ZVL-1886	12:55.86	201300684		
AFGEM	Senna van Paridon	ZVL-1886	13:29.23	201201338		

Onder 16

1.	Nina van der Schrier	AZC	9:14.12	201000444	9:13.90	
	50m: 30.68	100m: 1:04.61	200m: 2:14.26	400m: 4:34.41	800m: 9:13.90	
2.	Sophie Hoogervorst	AZC	10:08.15	201100252	10:01.31	
	50m: 32.89	100m: 1:09.24	200m: 2:24.68	400m: 4:57.13	800m: 10:01.31	
3.	Samantha E.	WVZ	11:38.74	201103862	10:47.39	
	50m: 34.61	100m: 1:14.18	200m: 2:34.95	400m: 5:18.63	800m: 10:47.39	
4.	Lieke Hornes	ZVL-1886	NT	201000482	11:25.70	+0,61
	50m: 35.37	200m: 2:42.06	350m: 4:53.59	500m: 7:06.63	650m: 9:19.31	800m: 11:25.70
	100m: 1:15.84	250m: 3:25.66	400m: 5:37.92	550m: 7:50.93	700m: 10:02.29	
	150m: 1:58.97	300m: 4:09.34	450m: 6:22.30	600m: 8:35.47	750m: 10:45.80	
5.	Ties van der Struijs	Het Y	11:30.00	201103492	11:25.76	
	50m: 37.59	100m: 1:19.75	200m: 2:46.74	400m: 5:42.96	800m: 11:25.76	
6.	Eva de C.	Het Y	11:05.00	201102474	11:25.83	
	50m: 36.50	100m: 1:17.92	200m: 2:43.91	400m: 5:38.39	800m: 11:25.83	
7.	Jolie van Ark	AZC	NT	201101644	11:33.99	+0,78
	50m: 35.88	200m: 2:45.27	350m: 4:56.78	500m: 7:11.25	650m: 9:24.56	800m: 11:33.99
	100m: 1:17.77	250m: 3:29.13	400m: 5:41.34	550m: 7:55.12	700m: 10:09.13	
	150m: 2:01.49	300m: 4:12.93	450m: 6:25.59	600m: 8:39.97	750m: 10:52.06	
AFGEM	Meike van der Klugt	WVZ	10:34.14	201100808		

Onder 18

1.	Nadine Kuiper	WVZ	10:19.16	200802372	10:37.05	
	50m: 34.54	100m: 1:13.51	200m: 2:33.62	400m: 5:14.94	800m: 10:37.05	

18 en ouder

1.	Angelique van Vark	GZC DONK	9:32.94	199701478	9:36.58	
	50m: 31.11	100m: 1:06.38	200m: 2:17.55	400m: 4:42.96	800m: 9:36.58	