

Overzichtslijst volgens programmanrs.

25m bad

Sessie 1 - 4. april 2009

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|-------------|--------------------------|----------------------|----|-----------|----------------------|----|-----------|
| Prog.nr. 1 | 4 x 50m wisselslag Heren | Heren 1 | | | 11-17 | | 2:22.46 |
| | | 1: Hugo BIEMOLD | 94 | 37.87 | 3: Rowan BROUWER | 94 | 33.90 |
| | | 2: Finn van WANROOIJ | 96 | 41.89 | 4: Mike HUISMAN | 92 | 28.56 |
| | | Heren 2 | | | 11-17 | | 2:41.10 |
| | | 1: Sander WALRAVEN | 94 | 45.83 | 3: Marijn van GELDER | 93 | 38.42 |
| | | 2: Bas WALRAVEN | 92 | 41.78 | 4: Koen SPIJKSTRA | 93 | 32.83 |
| Prog.nr. 2 | 4 x 50m vrije slag Dames | Dames 3 | | | 11-15 | | 2:04.04 |
| | | 1: Lotte DUURSMA | 95 | 31.73 | 3: Rosanne JANSMAN | 93 | 31.00 |
| | | 2: Cynthia KRELEGER | 93 | 31.18 | 4: Rieka HELDOORN | 96 | 30.13 |
| | | Dames 4 | | | 11-15 | | 2:13.41 |
| | | 1: Tessa BENJAMINS | 95 | 32.01 | 3: Irma LEISTRA | 97 | 33.17 |
| | | 2: Nada Lisa HUT | 93 | 33.60 | 4: Esmee TUINSTRA | 96 | 34.63 |
| Prog.nr. 4 | 50m vlinderslag Dames : | Anouk de HAAN | 97 | NT | Irma LEISTRA | 97 | 37.88 S |
| | | Anouk HEIZENBERG | 99 | NT | | | |
| Prog.nr. 8 | 200m vrije slag Dames : | Tessa BENJAMINS | 95 | 2:38.56 S | Rieka HELDOORN | 96 | 2:59.81 S |
| | | Lotte DUURSMA | 95 | 2:50.81 S | Esmee TUINSTRA | 96 | 3:09.18 S |
| Prog.nr. 10 | 200m vrije slag Heren : | Lars POMP | 96 | NT | Finn van WANROOIJ | 96 | 2:57.11 S |
| Prog.nr. 12 | 100m wisselslag Dames | Lotte DUURSMA | 95 | 1:25.84 S | Cynthia KRELEGER | 93 | 1:17.96 S |
| | | Rieka HELDOORN | 96 | 1:20.83 S | Iris SPIJKSTRA | 96 | 2:05.37 S |
| | | Rosanne JANSMAN | 93 | 1:21.96 S | Charlotte VISSER | 93 | 1:37.51 S |
| Prog.nr. 13 | 100m wisselslag Heren: | Hugo BIEMOLD | 94 | 1:21.35 S | Koen SPIJKSTRA | 93 | NT |
| | | Rowan BROUWER | 94 | 1:19.11 S | Sander WALRAVEN | 94 | NT |
| | | Marijn van GELDER | 93 | 1:27.32 S | | | |
| Prog.nr. 14 | 100m rugslag Dames : | Marloes BENJAMINS | 91 | 1:21.72 S | Ingrid SUURD | 92 | 1:40.23 S |
| | | Tessa BENJAMINS | 95 | 1:17.76 S | Esmee TUINSTRA | 96 | 1:46.27 S |
| | | Lisa ENTING | 91 | 1:27.19 S | Amanda TWIJNSTRA | 91 | 1:23.13 S |
| | | Samantha de GROOT | 95 | 1:37.02 S | Iris v.d. VEGTE | 92 | 1:30.05 S |
| | | Nada Lisa HUT | 93 | 1:22.81 S | | | |
| Prog.nr. 16 | 100m rugslag Heren : | Hugo BIEMOLD | 94 | 1:19.75 S | Bas WALRAVEN | 92 | 1:35.71 S |
| | | Mike HUISMAN | 92 | 1:19.60 S | | | |
| Prog.nr. 18 | 200m wisselslag Dames | Rebekka BLOMMERS | 90 | 3:02.25 S | Ragna JONKER | 90 | NT |
| | | Annick ENTING | 90 | 2:47.69 S | Iris v.d. VEGTE | 92 | 3:01.80 S |
| | | Manon JELLINEK | 89 | 2:45.96 S | Asja VISKER | 90 | 3:06.30 S |
| | | Monique JONKER | 85 | NT | | | |
| Prog.nr. 20 | 200m wisselslag Heren: | Henry BROUWER | 63 | NT | Marcel JONKMAN | 68 | NT |
| | | Klaas JANS | 85 | 2:46.88 S | | | |
| Prog.nr. 23 | 100m vrije slag Dames: | Myrthe de BRUIN | 98 | NT | Merel van der LINDE | 97 | NT |
| | | Anouk de HAAN | 97 | NT | Michelle STELLER | 99 | NT |
| | | Anouk HEIZENBERG | 99 | 1:25.36 S | Els VEENSTRA | 97 | NT |
| | | Irma LEISTRA | 97 | 1:20.19 S | | | |
| Prog.nr. 25 | 100m vrije slag Heren : | Dennis ANSING | 98 | 1:56.94 S | Marnick MODDER | 99 | NT |
| | | Arjan HELDOORN | 98 | NT | | | |
| Prog.nr. 27 | 50m schoolslag Dames: | Samantha de GROOT | 95 | 46.14 S | Irma LEISTRA | 97 | 40.90 S |
| | | Rieka HELDOORN | 96 | 38.94 S | Iris SPIJKSTRA | 96 | 50.50 S |
| Prog.nr. 28 | 50m schoolslag Heren : | Lars POMP | 96 | 53.24 S | Finn van WANROOIJ | 96 | 41.89 S |
| Prog.nr. 29 | 200m rugslag Dames : | Tessa BENJAMINS | 95 | 2:52.30 S | Cynthia KRELEGER | 93 | 2:59.98 S |
| | | Nada Lisa HUT | 93 | 2:57.02 S | Charlotte VISSER | 93 | NT |
| | | Rosanne JANSMAN | 93 | NT | | | |
| Prog.nr. 31 | 200m rugslag Heren : | Hugo BIEMOLD | 94 | 3:07.04 S | Koen SPIJKSTRA | 93 | NT |
| | | Rowan BROUWER | 94 | 3:01.32 S | Sander WALRAVEN | 94 | NT |
| | | Marijn van GELDER | 93 | NT | | | |

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| Prog.nr. 33 100m vrije slag Dames: | Marloes BENJAMINS | 91 | 1:09.37 S | Cynthia KRELEGER | 93 | 1:09.34 S |
| | Lotte DUURSMA | 95 | 1:13.63 S | Ingrid SUURD | 92 | 1:24.03 S |
| | Lisa ENTING | 91 | 1:08.94 S | Amanda TWIJNSTR | 91 | 1:12.46 S |
| | Samantha de GROOT | 95 | 1:33.51 S | Iris v.d. VEGTE | 92 | 1:11.48 S |
| | Rosanne JANSMAN | 93 | 1:10.10 S | | | |
| Prog.nr. 34 100m vrije slag Heren : | Rowan BROUWER | 94 | 1:07.66 S | Koen SPIJKSTRA | 93 | 1:20.09 S |
| | Marijn van GELDER | 93 | 1:17.02 S | Bas WALRAVEN | 92 | 1:16.32 S |
| | Mike HUISMAN | 92 | 1:05.22 S | | | |
| Prog.nr. 35 50m vrije slag Dames : | Rebekka BLOMMERS | 90 | 34.28 S | Monique JONKER | 85 | NT |
| | Annick ENTING | 90 | 30.88 S | Ragna JONKER | 90 | NT |
| | Manon JELLINEK | 89 | 29.56 S | Asja VISKER | 90 | 33.37 S |
| Prog.nr. 36 50m vrije slag Heren : | Henry BROUWER | 63 | NT | Marcel JONKMAN | 68 | NT |
| | Klaas JANS | 85 | 28.22 S | | | |
| Prog.nr. 39 8 x 50m vrije slag Gemengd | Gemengd 5 | | | 6-99 | | 4:04.92 |
| | 1: Finn van WANROOIJ | 96 | 34.52 | 5: Rowan BROUWER | 94 | 30.16 |
| | 2: Rieka HELDOORN | 96 | 30.13 | 6: Rosanne JANSMAN | 93 | 31.00 |
| | 3: Hugo BIEMOLD | 94 | 29.88 | 7: Klaas JANS | 85 | 28.22 |
| | 4: Lotte DUURSMA | 95 | 31.73 | 8: Manon JELLINEK | 89 | 29.56 |
| | Gemengd 6 | | | 6-99 | | 4:17.62 |
| | 1: Lars POMP | 96 | 38.84 | 5: Bas WALRAVEN | 92 | 30.51 |
| | 2: Irma LEISTRA | 97 | 33.17 | 6: Cynthia KRELEGER | 93 | 31.18 |
| | 3: Sander WALRAVEN | 94 | 32.74 | 7: Marcel JONKMAN | 68 | 30.00 |
| | 4: Tessa BENJAMINS | 95 | 31.73 | 8: Annick ENTING | 90 | 29.17 |