

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 1
12-2-2023 Dames, 4 x 100m vrije slag Junioren 1 en ouder Resultaten

rang vereniging intijd tijd RT
Programmanr. 2
12-2-2023 Heren, 4 x 100m vrije slag Junioren 1 en ouder Resultaten

rang vereniging intijd tijd RT
Programmanr. 3
12-2-2023 Gemengd, 4 x 100m vrije slag Junioren en ouder Resultaten

rang vereniging intijd tijd RT
Programmanr. 4
12-2-2023 Dames, 200m rugslag Junioren 1 en ouder Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-----------------|--------------------|--------------|---------|-----------|----------------|---------|---------|
| Junioren | | | | | | | |
| 1. | Nikki Hofland | MSV-Zeemacht | 2:33.06 | 200900244 | 2:41.96 | 1:20.50 | 2:41.96 |
| 2. | Megan Snoek | Daw | 2:48.75 | 200900888 | 2:52.21 | 1:23.87 | 2:52.21 |
| 3. | Linou van Kampen | Zpch | 2:48.77 | 201000594 | 2:58.50 | 1:28.65 | 2:58.50 |
| 4. | Yanique Bax | Batavia Swim | 3:05.91 | 201001428 | 3:08.81 | 1:33.88 | 3:08.81 |
| 5. | Noëmi Kroon | Zpch | 3:23.94 | 201000596 | 3:10.33 | 1:36.49 | 3:10.33 |
| 6. | Inge Brugman | MSV-Zeemacht | 3:44.33 | 201002102 | 3:25.43 | 1:38.29 | 3:25.43 |
| AFGEM | Romée Smit | MSV-Zeemacht | 2:37.18 | 201100438 | | | |
| AFGEM | Tamira Anna Rasban | Daw | 2:47.46 | 200801810 | | | |

Jeugd

| | | | | | | | |
|-----|------------------|-----------------|---------|-----------|----------------|---------|---------|
| 1. | Melissa Busink | ZPC Watervlo | 2:58.28 | 200704000 | 2:58.71 | 1:28.12 | 2:58.71 |
| DIS | Kirsten Hartwijk | WZ&PC Purmerend | 2:40.81 | 200704194 | | | |

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

Senioren

| | | | | | | | |
|-------|----------------|------|---------|-----------|----------------|---------|---------|
| 1. | Sophie Brouwer | Zpch | 2:37.08 | 200504124 | 2:47.67 | 1:22.49 | 2:47.67 |
| AFGEM | Lianne Dekker | Daw | 2:46.29 | 200305438 | | | |

Programmanr. 5
12-2-2023 Heren, 200m rugslag Junioren 1 en ouder Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-----------------|----------------|-----------------|---------|-----------|----------------|---------|---------|
| Junioren | | | | | | | |
| 1. | Lars Kool | Daw | 2:24.82 | 200700511 | 2:32.24 | 1:15.46 | 2:32.24 |
| 2. | Mika Hebing | WZ&PC Purmerend | 2:40.79 | 200800027 | 2:42.26 | 1:17.11 | 2:42.26 |
| 3. | Mauro Bedeke | Daw | 2:38.47 | 201000537 | 2:45.63 | 1:18.86 | 2:45.63 |
| 4. | Christoph Smit | MSV-Zeemacht | 2:47.82 | 200702629 | 2:54.33 | 628 | 1:24.06 |

Jeugd

| | | | | | | | |
|----|-----------------|------------|---------|-----------|----------------|---------|---------|
| 1. | Jidde Rademaker | De Reuring | 2:37.99 | 200603619 | 2:38.61 | 1:17.10 | 2:38.61 |
| 2. | Twan Nigten | Zpch | 2:35.56 | 200604255 | 2:40.25 | 1:16.85 | 2:40.25 |

Senioren

| | | | | | | | |
|----|------------|------------|---------|-----------|----------------|------|---------|
| 1. | Marc Evers | ZV Haerlem | 2:10.52 | 199107425 | 2:16.91 | 1039 | 1:06.75 |
|----|------------|------------|---------|-----------|----------------|------|---------|

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 6
12-2-2023

Meisjes, 100m schoolslag

Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|-------------------|---------|-----------|----------------|----|
| 1. | Veronika Parkhomenko | De Meeuwen Diemen | NT | 201301610 | 1:51.62 | |
| 2. | Lizzie Plantinga | Kzc | NT | 201301368 | 2:00.60 | |
| 3. | Indy-Louise Bakker | Daw | NT | 201400736 | 2:00.72 | |
| 4. | Kelsey Zechner | Daw | 2:02.38 | 201301142 | 2:00.89 | |

Programmanr. 7
12-2-2023

Meisjes, 100m schoolslag

Minioren 5
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|------------------|-------------------|---------|-----------|----------------|----|
| 1. | Amenah Benkibbou | WZ&PC Purmerend | 1:50.39 | 201201776 | 1:52.30 | |
| 2. | Elisa Obdam | Daw | 1:52.03 | 201201444 | 1:53.02 | |
| 3. | Lois Geerdink | Daw | 1:51.51 | 201201804 | 1:53.13 | |
| 4. | Eloise Gerringa | Batavia Swim | NT | 201200548 | 2:03.98 | |
| 5. | Bente van Lare | De Meeuwen Diemen | 2:13.15 | 201201516 | 2:07.93 | |
| DIS | Julia Yue Wu | Kzc | 2:05.93 | 201201430 | | |

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

AFGEM Abrianna Tia Abraham WZ&PC Purmerend NT 201201774

Programmanr. 8
12-2-2023

Dames, 100m schoolslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-----------------|---------------------|--------------|---------|-----------|----------------|----|
| Junioren | | | | | | |
| 1. | Amber Kunst | Daw | 1:18.37 | 200900680 | 1:18.22 | |
| 2. | Jenny Muntinga | Zpch | 1:19.83 | 200900450 | 1:26.84 | |
| 3. | Bette Peetoom | Daw | 1:25.51 | 200801808 | 1:28.08 | |
| 4. | Chaya Bremer | MSV-Zeemacht | 1:35.57 | 200900372 | 1:32.39 | |
| 5. | Marre Rademaker | De Reuring | 1:29.38 | 200801792 | 1:33.54 | |
| 6. | Elle van Gemeren | Daw | 1:34.16 | 201100428 | 1:36.04 | |
| 7. | Lieve Faber | Batavia Swim | 1:36.64 | 200800016 | 1:37.87 | |
| 8. | Laetitia Brunetti | Daw | 1:45.56 | 201002610 | 1:43.67 | |
| 9. | Romy Duijs | De Reuring | 1:45.88 | 200903602 | 1:49.09 | |
| 10. | Wies Hermans | Zpch | 1:44.02 | 201000452 | 1:49.82 | |
| 11. | Valentina Schippers | ZPC Watervlo | NT | 201102300 | 1:50.50 | |
| 12. | Jayda van Eck | ZPC Watervlo | NT | 201003100 | 1:57.02 | |
| 13. | Sophia Verloop | ZPC Watervlo | NT | 200804784 | 1:57.82 | |
| 14. | Evelien Raat | Daw | NT | 201102486 | 1:58.81 | |
| DIS | Romy Klok | Daw | 1:55.94 | 201003666 | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd., AA - gestart voor het startsignaal (en wel gezwommen)

AFGEM Flo Streep Daw 1:22.59 200900676

AFGEM Semanure Demirci Batavia Swim NT 200900748

Jeugd

| | | | | | | |
|----|-----------------|--------------|---------|-----------|----------------|--|
| 1. | Rafaela Mulders | De Reuring | 1:16.69 | 200701398 | 1:18.46 | |
| 2. | Dewi ten Have | Zpch | 1:25.15 | 200703738 | 1:30.39 | |
| 3. | Guusje Winkel | Zpch | 1:27.90 | 200704012 | 1:34.01 | |
| 4. | Kyra Mackaaij | ZPC Watervlo | NT | 200704750 | 1:44.30 | |
| 5. | Sara Loonen | ZPC Watervlo | NT | 200704826 | 1:58.70 | |

Limietwedstrijd DAW - LB -3
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Programmanr. 9 Jongens, 100m schoolslag Minioren 3 en 4
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|--------------------|--------------|--------------|----------------|----|
| 1. | Brayden Onstwedder | Batavia Swim | NT 201400395 | 2:03.38 | |

Programmanr. 10 Jongens, 100m schoolslag Minioren 5 en 6
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------|-------------------|-------------------|----------------|----|
| 1. | Jesper Witteveen | De Meeuwen Diemen | 1:56.03 201200129 | 1:52.64 | |

Programmanr. 11 Heren, 100m schoolslag Junioren 1 en ouder
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren

| | | | | | |
|-----|----------------------|---------------------|-------------------|----------------|--|
| 1. | Jelte de Jong | Zpch | 1:17.29 200900975 | 1:21.36 | |
| 2. | Arie Brussaard | Batavia Swim | 1:52.94 200700781 | 1:24.48 | |
| 3. | Yorre van der Wal | SG. Bolsward-Workum | 1:31.46 201000017 | 1:34.63 | |
| 4. | Lucas Schouten | Zpch | 1:29.01 200901925 | 1:34.82 | |
| 5. | Kevin Tambach | De Reuring | 1:30.12 200902125 | 1:35.06 | |
| 6. | Siem Faber | Batavia Swim | 1:48.65 200900065 | 1:38.67 | |
| 7. | Jasper van der Geest | ZPC Watervlo | NT 200803649 | 1:41.25 | |
| 8. | Aaron Martijnse | ZPC Watervlo | 1:52.14 200903531 | 1:49.18 | |
| 9. | Kris Noordover | Kzc | 1:46.37 201000433 | 1:54.76 | |
| 10. | Levy van den Berg | MSV-Zeemacht | 2:06.68 201002219 | 2:01.70 | |
| 11. | Tuna Yucel | ZPC Watervlo | NT 201002677 | 2:06.22 | |
| DIS | Brian Bloemsma | Zpch | 1:20.37 200901155 | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

| | | | | | |
|-------|---------------|-------------------|-------------------|--|--|
| AFGEM | Damien Jansen | De Meeuwen Diemen | 1:21.07 200702487 | | |
|-------|---------------|-------------------|-------------------|--|--|

Jeugd

| | | | | | |
|----|---------------|--------------|-------------------|----------------|--|
| 1. | Joost Bergsma | ZPC Watervlo | 1:24.80 200503653 | 1:26.65 | |
|----|---------------|--------------|-------------------|----------------|--|

Senioren

| | | | | | | |
|-----|-------------------|------------|-------------------|------|----------------|-----|
| 1. | Marc Evers | ZV Haerlem | 1:07.55 199107425 | SB14 | 1:13.06 | 714 |
| DIS | Hans Schoenmakers | Daw | 1:21.94 196900863 | | | |

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

| | | | | | |
|-------|-------------|--------------|--------------|--|--|
| AFGEM | Stijn Craye | ZPC Watervlo | NT 200403359 | | |
|-------|-------------|--------------|--------------|--|--|

Programmanr. 12 Dames, 200m vrije slag Junioren 1 en ouder
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------|------------|--------|------|----|------|------|
|------|------|------------|--------|------|----|------|------|

Junioren

| | | | | | | | |
|-----|---------------------|---------------------|-------------------|----------------|--|---------|---------|
| 1. | Pascal Smal | Daw | 2:16.96 200802958 | 2:22.93 | | 1:08.53 | 2:22.93 |
| 2. | Marre van der Wal | SG. Bolsward-Workum | 2:18.95 201000046 | 2:26.17 | | 1:11.31 | 2:26.17 |
| 3. | Dante van Meene | Daw | 2:28.36 200900678 | 2:28.69 | | 1:11.47 | 2:28.69 |
| 4. | Eva Leuerman | Daw | 2:33.19 200901216 | 2:34.90 | | 1:12.69 | 2:34.90 |
| 5. | Yuna van den Idsert | Daw | 2:49.14 201001196 | 2:42.60 | | 1:20.15 | 2:42.60 |
| 6. | Lieke Kikstra | Batavia Swim | 2:56.20 200900318 | 2:52.99 | | 1:20.24 | 2:52.99 |
| 7. | Sterre Dirar | ZPC Watervlo | NT 200900354 | 2:55.11 | | 1:22.11 | 2:55.11 |
| 8. | Ashley Zechner | Daw | 2:53.01 201000774 | 3:02.19 | | 1:28.69 | 3:02.19 |
| 9. | Laetitia Brunetti | Daw | NT 201002610 | 3:04.41 | | 1:27.13 | 3:04.41 |
| 10. | Benthe Dorrenboom | De Meeuwen Diemen | NT 201003196 | 3:28.16 | | 1:35.78 | 3:28.16 |

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Programmanr. 12, Meisjes, 200m vrije slag, Junioren

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|----------------|---------------------|---------|-----------|----------------|---------|---------|
| 11. | Eline de Boer | SG. Bolsward-Workum | 3:23.02 | 201100256 | 3:30.96 | 1:39.61 | 3:30.96 |
| DIS | Nynke Muntinga | Zpch | 2:42.57 | 201100060 | | | |

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

Jeugd

| | | | | | | | |
|----|----------------|--------------|---------|-----------|----------------|---------|---------|
| 1. | Eline van Rijn | Daw | 2:14.18 | 200700918 | 2:19.33 | 1:07.53 | 2:19.33 |
| 2. | Tara de Jong | Daw | 2:26.41 | 200701574 | 2:30.91 | 1:13.22 | 2:30.91 |
| 3. | Melissa Busink | ZPC Watervlo | NT | 200704000 | 2:42.28 | 1:19.16 | 2:42.28 |

Senioren

| | | | | | | | |
|----|----------------|-----------------|---------|-----------|----------------|---------|---------|
| 1. | Myrthe Natzijl | Orca Leeuwarden | 2:16.69 | 200400076 | 2:16.79 | 1:07.87 | 2:16.79 |
| 2. | Luna Gouwerok | WZ&PC Purmerend | 2:28.98 | 200502600 | 2:35.72 | 1:16.17 | 2:35.72 |

Programmanr. 13
12-2-2023

Heren, 200m vrije slag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-----------------|-----------------------|-------------------|---------|-----------|----------------|---------|---------|
| Junioren | | | | | | | |
| 1. | Rens Noordover | Kzc | 2:05.31 | 200800237 | 2:08.87 | 1:01.15 | 2:08.87 |
| 2. | Joshua van den Idsert | Daw | 2:29.21 | 200801919 | 2:21.86 | 1:08.39 | 2:21.86 |
| 3. | Dinand Kop | Daw | 2:15.24 | 200901001 | 2:22.18 | 1:10.37 | 2:22.18 |
| 4. | Julian Kragten | ZPC Watervlo | 2:42.01 | 200900695 | 2:30.75 | 1:11.25 | 2:30.75 |
| 5. | Baris Tomu | Zpch | 2:39.23 | 201000869 | 2:32.08 | 1:12.89 | 2:32.08 |
| 6. | Filip Minov | ZPC Watervlo | NT | 200703291 | 2:34.30 | 1:14.01 | 2:34.30 |
| 7. | Jelte Boonstra | MSV-Zeemacht | 2:44.41 | 200901867 | 2:41.44 | 1:17.55 | 2:41.44 |
| 8. | Sander Verhoeven | De Meeuwen Diemen | 3:02.71 | 200803653 | 2:42.40 | 1:18.09 | 2:42.40 |
| 9. | Bram Oudendijk | Daw | 2:31.41 | 200900185 | 2:43.86 | 1:18.90 | 2:43.86 |
| 10. | Maxwell Russel | Zpch | 2:52.73 | 201002715 | 2:45.40 | 1:19.15 | 2:45.40 |
| 11. | Emil Fuchs | MSV-Zeemacht | 2:58.24 | 201001135 | 2:51.44 | 1:22.14 | 2:51.44 |

Jeugd

| | | | | | | | |
|----|----------------|--------------|---------|-----------|----------------|---------|---------|
| 1. | Lars ten Katen | Batavia Swim | 2:14.10 | 200600959 | 2:10.18 | 1:02.96 | 2:10.18 |
|----|----------------|--------------|---------|-----------|----------------|---------|---------|

Senioren

| | | | | | | | |
|----|---------------|---------------------|---------|-----------|-------------------|-------------|---------|
| 1. | Robin de Jong | SG. Bolsward-Workum | 2:16.35 | 200101165 | 2:15.33 | 1:03.77 | 2:15.33 |
| 2. | Jesse Bruines | Batavia Swim | 2:44.33 | 200402413 | S9 2:44.52 | 458 1:21.36 | 2:44.52 |

Programmanr. 14
12-2-2023

Meisjes, 50m vlinderslag

Minioren 5
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|---------------|------------|---------|-----------|----------------|
| 1. | Elisa Obdam | Daw | 49.81 | 201201444 | 46.03 |
| 2. | Liv Schoon | Daw | NT | 201202112 | 47.56 |
| 3. | Lois Geerdink | Daw | NT | 201201804 | 59.50 |
| 4. | Julia Yue Wu | Kzc | 1:08.66 | 201201430 | 1:10.86 |

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Programmanr. 15 Dames, 50m vlinderslag Junioren 1 en ouder
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|--|----------------------|-------------------|--------|-----------|----------------|----|
| Junioren | | | | | | |
| 1. | Patricia de Leu | De Reuring | 35.62 | 200900982 | 33.84 | |
| 2. | Marre Rademaker | De Reuring | 35.23 | 200801792 | 36.16 | |
| 3. | Lieve Faber | Batavia Swim | 35.62 | 200800016 | 36.45 | |
| 4. | A. Igorivna Otroshko | Kzc | 43.77 | 201003686 | 39.36 | |
| 5. | Hayleigh Onstwedder | Batavia Swim | NT | 201002902 | 40.21 | |
| 6. | Noëmi Kroon | Zpch | 42.52 | 201000596 | 41.57 | |
| 7. | Isaura van den Brink | Daw | 46.66 | 201102540 | 43.19 | |
| 8. | Meila Broenink | Batavia Swim | NT | 201102332 | 44.39 | |
| 9. | Lenthe Licht | Daw | 51.03 | 201003668 | 47.18 | |
| 10. | Benthe Dorrenboom | De Meeuwen Diemen | 52.66 | 201003196 | 53.29 | |
| 11. | Sofija Stojkovic | De Meeuwen Diemen | NT | 201103258 | 1:04.02 | |
| DIS | Inge Brugman | MSV-Zeemacht | 54.16 | 201002102 | | |
| <i>VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht.</i> | | | | | | |
| AFGEM | Hiba Essataa | MSV-Zeemacht | 44.88 | 201000658 | | |
| AFGEM | Semanure Demirci | Batavia Swim | 53.62 | 200900748 | | |

Jeugd

| | | | | | | |
|----|---------------------|-------------------|-------|-----------|--------------|--|
| 1. | Rafaëla Mulders | De Reuring | 29.79 | 200701398 | 30.85 | |
| 2. | Floortje van Schaik | De Meeuwen Diemen | 32.22 | 200602294 | 32.61 | |
| 3. | Guusje Winkel | Zpch | 35.22 | 200704012 | 36.53 | |
| 4. | Elise Koppijn | ZPC Watervlo | 45.52 | 200603610 | 44.44 | |

Senioren

| | | | | | | |
|-------|------------------|--------------|-------|-----------|--------------|--|
| 1. | Ilona Hogerheyde | Daw | 34.01 | 197400224 | 33.61 | |
| AFGEM | Jet Kleine | MSV-Zeemacht | 33.90 | 199903384 | | |
| AFGEM | Lianne Dekker | Daw | 35.02 | 200305438 | | |

Programmanr. 16 Jongens, 50m vlinderslag Minioren 5 en 6
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------------------------------|------|------------|--------|--|------|----|
| Programmanr. 17 | | | | | | |
| 12-2-2023 | | | | | | |
| Heren, 50m vlinderslag | | | | | | |
| Junioren 1 en ouder | | | | | | |
| Resultaten | | | | | | |

| rang | naam | vereniging | intijd | | tijd | RT |
|-----------------|------------------|-------------------|--------|-----------|--------------|----|
| Junioren | | | | | | |
| 1. | Derek Smit | De Reuring | 31.20 | 200702055 | 30.50 | |
| 2. | Guus Kui | ZPC Watervlo | 32.23 | 200700845 | 32.33 | |
| 3. | Siem Faber | Batavia Swim | 33.52 | 200900065 | 32.52 | |
| 4. | Mika Hebing | WZ&PC Purmerend | 37.35 | 200800027 | 35.39 | |
| 5. | Sander Verhoeven | De Meeuwen Diemen | 37.30 | 200803653 | 37.46 | |
| 6. | Vuc Cerovic | ZPC Watervlo | 39.95 | 200902143 | 37.89 | |
| 7. | Bo de Zoete | Zpch | 40.55 | 201002725 | 40.81 | |

Jeugd

| | | | | | | |
|----|--------------------|-----------------|-------|-----------|--------------|--|
| 1. | Leon van Gelder | WZ&PC Purmerend | 29.57 | 200500621 | 29.59 | |
| 2. | Vincent Schweitzer | Daw | 29.68 | 200601857 | 30.25 | |
| 3. | Sean Lee | ZPC Watervlo | 32.59 | 200602351 | 31.11 | |
| 4. | Twan Nigten | Zpch | 35.18 | 200604255 | 36.38 | |

Senioren

| | | | | | | | |
|----|------------------|------|-------|-----------|-----|--------------|-----|
| 1. | Colin Degenaaars | Zpch | 31.92 | 199505951 | S14 | 31.64 | 499 |
|----|------------------|------|-------|-----------|-----|--------------|-----|

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Alkmaar, 12-2-2023

Programmanr. 18
12-2-2023

Meisjes, 50m rugslag

Miniores 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|-------------------|--------|-----------|--------------|----|
| 1. | Veronika Parkhomenko | De Meeuwen Diemen | 46.10 | 201301610 | 45.91 | |
| 2. | Elize Poot | ZPC Watervlo | NT | 201301408 | 50.36 | |
| 3. | Indy-Louise Bakker | Daw | 51.59 | 201400736 | 52.46 | |
| 4. | Lizzie Plantinga | Kzc | 55.86 | 201301368 | 56.38 | |
| 5. | Kelsey Zechner | Daw | 59.33 | 201301142 | 57.60 | |

Programmanr. 19
12-2-2023

Meisjes, 50m rugslag

Miniores 5
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|----------------------|-----------------|---------|-----------|------|----|
| AFGEM | Abrianna Tia Abraham | WZ&PC Purmerend | 1:24.62 | 201201774 | | |

Programmanr. 20
12-2-2023

Dames, 50m rugslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-----------------|---------------------|-------------------|--------|-----------|----------------|----|
| Junioren | | | | | | |
| 1. | Amber Kunst | Daw | 33.35 | 200900680 | 33.91 | |
| 2. | Eva Leuverman | Daw | 37.05 | 200901216 | 37.09 | |
| 3. | Wies Hermans | Zpch | 38.20 | 201000452 | 41.06 | |
| 4. | Laetitia Brunetti | Daw | 46.35 | 201002610 | 45.15 | |
| 5. | Jayda van Eck | ZPC Watervlo | NT | 201003100 | 47.38 | |
| 6. | Benthe Dorrenboom | De Meeuwen Diemen | 47.83 | 201003196 | 48.88 | |
| 7. | Keysha Kasima | Batavia Swim | 58.28 | 201101158 | 51.89 | |
| 8. | Sophia Verloop | ZPC Watervlo | NT | 200804784 | 52.33 | |
| 9. | Valentina Schippers | ZPC Watervlo | NT | 201102300 | 1:02.39 | |

Jeugd

| | | | | | | |
|-------|----------------|-----------------|-------|-----------|--------------|--|
| 1. | Eline van Rijn | Daw | 32.62 | 200700918 | 34.78 | |
| 2. | Kim van Wijk | WZ&PC Purmerend | 39.59 | 200702536 | 38.72 | |
| 3. | Lisa Makking | ZPC Watervlo | 37.07 | 200702712 | 39.42 | |
| 4. | Lucy Tuijp | Daw | NT | 200704816 | 41.00 | |
| 5. | Kyra Mackaaij | ZPC Watervlo | NT | 200704750 | 41.60 | |
| AFGEM | Libhin Boon | Daw | 32.37 | 200701792 | | |

Senioren

| | | | | | | |
|-------|------------------|--------------|-------|-----------|--------------|--|
| 1. | Alina Spijkerman | Daw | 37.63 | 197701220 | 37.11 | |
| AFGEM | Jet Kleine | MSV-Zeemacht | 36.69 | 199903384 | | |

Programmanr. 21
12-2-2023

Jongens, 50m rugslag

Miniores 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|-------------------|--------|-----------|--------------|----|
| 1. | Brayden Onstwedder | Batavia Swim | 59.00 | 201400395 | 54.45 | |
| 2. | Mauro van den Idsert | Daw | 59.95 | 201300559 | 56.35 | |
| 3. | H. de Leeuw | De Meeuwen Diemen | NT | 201400727 | 57.69 | |

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 22
12-2-2023

Jongens, 50m rugslag

Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-----------------------------------|------|------------|--------|------|----|
| Programmanr. 23 12-2-2023 | | | | | |
| Heren, 50m rugslag | | | | | |
| Minioren 1 en ouder Resultaten | | | | | |

| rang | naam | vereniging | intijd | tijd | RT |
|----------|-----------------|--------------|--------|-----------|--------------|
| Junioren | | | | | |
| 1. | Lucas Schouten | Zpch | 35.76 | 200901925 | 36.42 |
| 2. | Maxwell Russel | Zpch | 42.43 | 201002715 | 40.66 |
| 3. | Emil Fuchs | MSV-Zeemacht | 42.56 | 201001135 | 42.47 |
| 4. | Aaron Martijnse | ZPC Watervlo | 46.03 | 200903531 | 47.46 |
| 5. | Tuna Yucel | ZPC Watervlo | NT | 201002677 | 52.10 |

Jeugd

| | | | | | |
|----|-----------------|------------|-------|-----------|--------------|
| 1. | Jidde Rademaker | De Reuring | 33.42 | 200603619 | 33.90 |
|----|-----------------|------------|-------|-----------|--------------|

Senioren

| | | | | | |
|-------|-------------|--------------|-------|-----------|--|
| AFGEM | Stijn Craye | ZPC Watervlo | 35.68 | 200403359 | |
|-------|-------------|--------------|-------|-----------|--|

Programmanr. 24
12-2-2023

Meisjes, 50m schoolslag

Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|------------------|-----------------|---------|-----------|--------------|
| 1. | Elize Poot | ZPC Watervlo | NT | 201301408 | 58.22 |
| 2. | Fleur de Feijter | ZPC Watervlo | 1:00.08 | 201300606 | 58.76 |
| AFGEM | Arella Zandpour | WZ&PC Purmerend | NT | 201301772 | |

Programmanr. 25
12-2-2023

Meisjes, 50m schoolslag

Minioren 5
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------|-----------------|--------|-----------|--------------|
| 1. | Amenah Benkibbou | WZ&PC Purmerend | 51.48 | 201201776 | 49.60 |
| 2. | Liv Schoon | Daw | 51.71 | 201202112 | 54.84 |

Programmanr. 26
12-2-2023

Dames, 50m schoolslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|----------|--------------------|-------------------|---------|-----------|----------------|
| Junioren | | | | | |
| 1. | Romy Klok | Daw | 56.49 | 201003666 | 49.19 |
| 2. | Romy Duijs | De Reuring | 48.36 | 200903602 | 51.22 |
| 3. | Emelie Bertram | WZ&PC Purmerend | 54.77 | 201102536 | 56.69 |
| 4. | Evelien Raat | Daw | 55.62 | 201102486 | 57.05 |
| 5. | Sofija Stojkovic | De Meeuwen Diemen | 56.64 | 201103258 | 59.70 |
| 6. | Keysha Kasima | Batavia Swim | 1:07.06 | 201101158 | 1:02.41 |
| AFGEM | Hiba Essataa | MSV-Zeemacht | 48.20 | 201000658 | |
| AFGEM | Tamira Anna Rasban | Daw | 41.74 | 200801810 | |

Jeugd

| | | | | | |
|----|---------------|--------------|-------|-----------|--------------|
| 1. | Tara de Jong | Daw | 38.80 | 200701574 | 40.21 |
| 2. | Eva Osadceaia | Batavia Swim | NT | 200704832 | 47.52 |
| 3. | Sara Loonen | ZPC Watervlo | NT | 200704826 | 53.38 |

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 26, Dames, 50m schoolslag

Senioren

| | | | | | |
|----|----------------------|---------------------|-------|-----------|--------------|
| 1. | Sterre van der Wal | SG. Bolsward-Workum | 36.59 | 200502356 | 37.25 |
| 2. | Vivian Uijtenbogaart | Batavia Swim | NT | 200403642 | 38.26 |
| 3. | Luna Gouwerok | WZ&PC Purmerend | 39.29 | 200502600 | 39.48 |

Programmanr. 27
12-2-2023

Jongens, 50m schoolslag

Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|-------------|-------------------|--------|-----------|----------------|
| 1. | H. de Leeuw | De Meeuwen Diemen | NT | 201400727 | 1:09.16 |

Programmanr. 28
12-2-2023

Jongens, 50m schoolslag

Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------|-------------------|--------|-----------|--------------|
| 1. | Jesper Witteveen | De Meeuwen Diemen | 50.42 | 201200129 | 53.52 |

Programmanr. 29
12-2-2023

Heren, 50m schoolslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren

| | | | | | |
|-------|-----------------|-------------------|-------|-----------|--------------|
| 1. | Lars Kool | Daw | 34.20 | 200700511 | 34.53 |
| 2. | Brian Bloemsma | Zpch | 37.14 | 200901155 | 39.87 |
| 3. | Mauro Bedeke | Daw | 42.36 | 201000537 | 44.83 |
| 4. | Figo van Duuren | Zpch | 45.57 | 200800391 | 46.09 |
| 5. | Jelte Boonstra | MSV-Zeemacht | 48.79 | 200901867 | 48.07 |
| 6. | Emil Fuchs | MSV-Zeemacht | 45.90 | 201001135 | 48.41 |
| AFGEM | Damien Jansen | De Meeuwen Diemen | 35.78 | 200702487 | |

Senioren

| | | | | | |
|----|-------------------|------|-------|-----------|--------------|
| 1. | Remco de Heij | Zpch | 33.96 | 200200161 | 34.46 |
| 2. | Hans Schoenmakers | Daw | 36.19 | 196900863 | 38.69 |

Programmanr. 30
12-2-2023

Dames, 200m wisselslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------|------------|--------|------|----|------|------|
|------|------|------------|--------|------|----|------|------|

Junioren

| | | | | | | | |
|-------|---------------------|---------------------|---------|-----------|----------------|---------|---------|
| 1. | Amber Kunst | Daw | 2:32.99 | 200900680 | 2:37.09 | 1:16.18 | 2:37.09 |
| 2. | Marre van der Wal | SG. Bolsward-Workum | 2:37.91 | 201000046 | 2:46.53 | 1:20.78 | 2:46.53 |
| 3. | Dante van Meene | Daw | 2:52.50 | 200900678 | 2:53.35 | 1:26.97 | 2:53.35 |
| 4. | Nikki Hofland | MSV-Zeemacht | 2:45.50 | 200900244 | 2:54.75 | 1:17.92 | 2:54.75 |
| 5. | Chaya Bremer | MSV-Zeemacht | 3:06.45 | 200900372 | 3:04.09 | 1:28.19 | 3:04.09 |
| 6. | Yuna van den Idsert | Daw | 3:12.79 | 201001196 | 3:09.49 | 1:32.17 | 3:09.49 |
| 7. | Sterre Dirar | ZPC Watervlo | NT | 200900354 | 3:14.35 | 1:34.05 | 3:14.35 |
| 8. | Ashley Zechner | Daw | 3:29.07 | 201000774 | 3:36.91 | 1:44.88 | 3:36.91 |
| 9. | Eline de Boer | SG. Bolsward-Workum | 3:36.10 | 201100256 | 3:52.06 | 1:54.83 | 3:52.06 |
| AFGEM | Romée Smit | MSV-Zeemacht | 2:46.51 | 201100438 | | | |

Jeugd

| | | | | | | | |
|----|---------------|-----------------|---------|-----------|----------------|---------|---------|
| 1. | Dewi ten Have | Zpch | 2:48.66 | 200703738 | 2:58.84 | 1:27.95 | 2:58.84 |
| 2. | Kim van Wijk | WZ&PC Purmerend | 2:59.69 | 200702536 | 3:10.37 | 1:34.79 | 3:10.37 |
| 3. | Elise Koppijn | ZPC Watervlo | 3:54.61 | 200603610 | 3:45.95 | 1:52.29 | 3:45.95 |

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 30, Dames, 200m wisselslag

Senioren

| | | | | | | | |
|----|------------------|-----|---------|-----------|----------------|---------|---------|
| 1. | Ilona Hogerheyde | Daw | 2:50.93 | 197400224 | 2:51.51 | 1:20.68 | 2:51.51 |
|----|------------------|-----|---------|-----------|----------------|---------|---------|

Programmanr. 31
12-2-2023

Heren, 200m wisselslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 100m | 200m |
|-----------------|-------------------|---------------------|---------|-----------|----------------|----|---------|---------|
| Junioren | | | | | | | | |
| 1. | Rens Noordover | Kzc | 2:23.04 | 200800237 | 2:26.77 | | 1:10.30 | 2:26.77 |
| 2. | Dinand Kop | Daw | 2:35.84 | 200901001 | 2:45.94 | | 1:18.64 | 2:45.94 |
| 3. | Derek Smit | De Reuring | 2:47.70 | 200702055 | 2:49.68 | | 1:18.64 | 2:49.68 |
| 4. | Filip Minov | ZPC Watervlo | NT | 200703291 | 2:50.39 | | 1:24.57 | 2:50.39 |
| 5. | Lucas Schouten | Zpch | 2:43.15 | 200901925 | 2:53.01 | | 1:24.17 | 2:53.01 |
| 6. | Tim Meeuwissen | Zpch | 2:51.90 | 200901741 | 2:53.05 | | 1:24.79 | 2:53.05 |
| 7. | Baris Tomu | Zpch | 2:58.57 | 201000869 | 2:53.44 | | 1:24.40 | 2:53.44 |
| 8. | Julian Kragten | ZPC Watervlo | 2:55.76 | 200900695 | 2:55.53 | | 1:25.02 | 2:55.53 |
| 9. | Yorre van der Wal | SG. Bolsward-Workum | 2:56.70 | 201000017 | 3:02.64 | | 1:30.03 | 3:02.64 |

Jeugd

| | | | | | | | | |
|----|----------------|--------------|---------|-----------|----------------|--|---------|---------|
| 1. | Lars ten Katen | Batavia Swim | 2:32.76 | 200600959 | 2:26.61 | | 1:06.88 | 2:26.61 |
| 2. | Joost Bergsma | ZPC Watervlo | 2:51.34 | 200503653 | 2:48.96 | | 1:21.44 | 2:48.96 |

Senioren

| | | | | | | | | |
|----|---------------|---------------------|---------|-----------|----------------|--|---------|---------|
| 1. | Robin de Jong | SG. Bolsward-Workum | 2:28.67 | 200101165 | 2:32.50 | | 1:11.61 | 2:32.50 |
|----|---------------|---------------------|---------|-----------|----------------|--|---------|---------|

Programmanr. 32
12-2-2023

Dames, 100m vlinderslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|--|------------------|------------|---------|-----------|----------------|----|
| Junioren | | | | | | |
| 1. | Bette Peetoom | Daw | 1:12.42 | 200801808 | 1:15.59 | |
| 2. | Nynke Muntinga | Zpch | 1:32.18 | 201100060 | 1:35.02 | |
| DIS | Elle van Gemeren | Daw | 1:28.49 | 201100428 | | |
| <i>AF - De aangegeven afstand niet uitgezwommen.</i> | | | | | | |

Jeugd

| | | | | | | |
|----|---------------------|-------------------|---------|-----------|----------------|--|
| 1. | Floortje van Schaik | De Meeuwen Diemen | 1:14.60 | 200602294 | 1:18.87 | |
|----|---------------------|-------------------|---------|-----------|----------------|--|

Programmanr. 33
12-2-2023

Heren, 100m vlinderslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-----------------|-----------------|--------------|---------|-----------|----------------|-----|
| Junioren | | | | | | |
| 1. | Jelte de Jong | Zpch | 1:08.32 | 200900975 | 1:10.79 | |
| 2. | Christoph Smit | MSV-Zeemacht | 1:17.72 | 200702629 | 1:20.76 | 474 |
| 3. | Figo van Duuren | Zpch | 1:32.01 | 200800391 | 1:37.47 | |
| 4. | Jelte Boonstra | MSV-Zeemacht | 1:35.55 | 200901867 | 1:40.86 | |

Jeugd

| | | | | | | |
|----|--------------------|--------------|---------|-----------|----------------|--|
| 1. | Vincent Schweitzer | Daw | 1:07.04 | 200601857 | 1:08.48 | |
| 2. | Sean Lee | ZPC Watervlo | NT | 200602351 | 1:13.91 | |

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 34 Meisjes, 100m vrije slag Minioren 3 en 4
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|-------------------|---------|-----------|----------------|----|
| 1. | Veronika Parkhomenko | De Meeuwen Diemen | 1:33.62 | 201301610 | 1:35.21 | |
| 2. | Indy-Louise Bakker | Daw | 1:42.75 | 201400736 | 1:41.31 | |
| 3. | Lizzie Plantinga | Kzc | 1:39.94 | 201301368 | 1:44.73 | |
| 4. | Kelsey Zechner | Daw | 1:58.85 | 201301142 | 1:47.95 | |

Programmanr. 35 Meisjes, 100m vrije slag Minioren 5
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-----------------|-------------------|---------|-----------|----------------|----|
| 1. | Elisa Obdam | Daw | 1:35.15 | 201201444 | 1:31.43 | |
| 2. | Eloise Gerringa | Batavia Swim | NT | 201200548 | 1:34.68 | |
| 3. | Lois Geerdink | Daw | 2:10.75 | 201201804 | 1:39.92 | |
| 4. | Bente van Lare | De Meeuwen Diemen | 2:00.27 | 201201516 | 1:49.45 | |
| 5. | Julia Yue Wu | Kzc | 1:50.97 | 201201430 | 1:53.62 | |

Programmanr. 36 Dames, 100m vrije slag Junioren 1 en ouder
12-2-2023 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|------|------------|--------|--|------|----|
|------|------|------------|--------|--|------|----|

Junioren

| | | | | | | |
|-------|----------------------|-------------------|---------|-----------|----------------|--|
| 1. | Jenny Muntinga | Zpch | 1:02.26 | 200900450 | 1:05.32 | |
| 2. | Marre Rademaker | De Reuring | 1:06.26 | 200801792 | 1:05.41 | |
| 3. | Pascalie Smal | Daw | 1:02.56 | 200802958 | 1:05.49 | |
| 4. | Patricia de Leu | De Reuring | 1:08.97 | 200900982 | 1:06.99 | |
| 5. | Megan Snoek | Daw | 1:05.44 | 200900888 | 1:07.20 | |
| 6. | Linou van Kampen | Zpch | 1:06.12 | 201000594 | 1:09.62 | |
| 7. | Lieke Kikstra | Batavia Swim | 1:17.73 | 200900318 | 1:17.27 | |
| 8. | Emilie Thomas | Daw | 1:21.29 | 200903500 | 1:19.33 | |
| 9. | A. Igorivna Otroshko | Kzc | 1:21.10 | 201003686 | 1:20.81 | |
| 10. | Wies Hermans | Zpch | 1:20.92 | 201000452 | 1:21.75 | |
| 11. | Isaura van den Brink | Daw | 1:25.76 | 201102540 | 1:22.72 | |
| 12. | Romy Duijs | De Reuring | 1:28.40 | 200903602 | 1:31.84 | |
| 13. | Sofija Stojkovic | De Meeuwen Diemen | NT | 201103258 | 1:43.88 | |
| AFGEM | Hiba Essataa | MSV-Zeemacht | 1:18.64 | 201000658 | | |
| AFGEM | Flo Streep | Daw | 1:04.34 | 200900676 | | |

Jeugd

| | | | | | | |
|-------|------------------|-----------------|---------|-----------|----------------|--|
| 1. | Rafaela Mulders | De Reuring | 58.48 | 200701398 | 1:01.24 | |
| 2. | Kirsten Hartwijk | WZ&PC Purmerend | 1:07.92 | 200704194 | 1:10.51 | |
| 3. | Guusje Winkel | Zpch | 1:10.03 | 200704012 | 1:14.53 | |
| 4. | Lisa Makking | ZPC Watervlo | 1:38.14 | 200702712 | 1:25.34 | |
| AFGEM | Libhin Boon | Daw | 1:02.30 | 200701792 | | |

Senioren

| | | | | | | |
|-------|--------------------|---------------------|---------|-----------|----------------|--|
| 1. | Myrthe Natzijl | Orca Leeuwarden | 1:01.47 | 200400076 | 1:02.06 | |
| 2. | Sterre van der Wal | SG. Bolsward-Workum | 1:05.19 | 200502356 | 1:07.43 | |
| 3. | Luna Gouwerok | WZ&PC Purmerend | 1:07.33 | 200502600 | 1:09.38 | |
| AFGEM | Jet Kleine | MSV-Zeemacht | 1:08.98 | 199903384 | | |

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 37
12-2-2023

Jongens, 100m vrije slag

Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|----------------------|------------|---------|-----------|----------------|
| 1. | Mauro van den Idsert | Daw | 1:54.30 | 201300559 | 1:45.96 |

Programmanr. 38
12-2-2023

Jongens, 100m vrije slag

Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Programmanr. 39
12-2-2023

Heren, 100m vrije slag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren

| | | | | | | |
|-----|-----------------------|-------------------|---------|-----------|----------------|------|
| 1. | Joshua van den Idsert | Daw | 1:03.27 | 200801919 | 1:02.99 | |
| 2. | Mauro Bedeke | Daw | 1:04.57 | 201000537 | 1:06.12 | |
| 3. | Brian Bloemsma | Zpch | 1:09.35 | 200901155 | 1:12.09 | |
| 4. | Kevin Tambach | De Reuring | 1:22.36 | 200902125 | 1:15.59 | FJ 1 |
| 5. | Maxwell Russel | Zpch | 1:22.32 | 201002715 | 1:15.59 | FJ 2 |
| 6. | Jasper van der Geest | ZPC Watervlo | NT | 200803649 | 1:16.56 | |
| 7. | Vuc Cerovic | ZPC Watervlo | NT | 200902143 | 1:17.19 | |
| 8. | Tuna Yucel | ZPC Watervlo | NT | 201002677 | 1:39.06 | |
| DIS | Sander Verhoeven | De Meeuwen Diemen | 1:16.09 | 200803653 | | |

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

Jeugd

| | | | | | | |
|----|-----------------|-----------------|---------|-----------|----------------|--|
| 1. | Leon van Gelder | WZ&PC Purmerend | 56.65 | 200500621 | 1:00.43 | |
| 2. | Jidde Rademaker | De Reuring | 1:02.41 | 200603619 | 1:01.35 | |

Senioren

| | | | | | | | |
|-------|-----------------|--------------|---------|-----------|-----|----------------|-----|
| 1. | Colin Degenaars | Zpch | 1:00.38 | 199505951 | S14 | 1:04.31 | 395 |
| 2. | Jesse Bruines | Batavia Swim | 1:13.91 | 200402413 | S9 | 1:15.08 | 400 |
| AFGEM | Stijn Craye | ZPC Watervlo | 1:05.00 | 200403359 | | | |

Programmanr. 40
12-2-2023

Dames, 200m schoolslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------|------------|--------|------|----|------|------|
|------|------|------------|--------|------|----|------|------|

Junioren

| | | | | | | | |
|----|---------------------|--------------|---------|-----------|----------------|---------|---------|
| 1. | Hayleigh Onstwedder | Batavia Swim | 3:47.12 | 201002902 | 3:34.40 | 1:40.32 | 3:34.40 |
| 2. | Lenthe Licht | Daw | NT | 201003668 | 3:48.22 | 1:48.28 | 3:48.22 |
| 3. | Meila Broenink | Batavia Swim | 3:48.07 | 201102332 | 3:48.55 | 1:49.87 | 3:48.55 |

Jeugd

| | | | | | | | |
|----|----------------|--------------|---------|-----------|----------------|---------|---------|
| 1. | Eline van Rijn | Daw | 2:53.95 | 200700918 | 3:01.64 | 1:27.33 | 3:01.64 |
| 2. | Tara de Jong | Daw | 3:02.87 | 200701574 | 3:11.43 | 1:31.86 | 3:11.43 |
| 3. | Melissa Busink | ZPC Watervlo | 3:20.23 | 200704000 | 3:18.91 | 1:34.77 | 3:18.91 |

Senioren

| | | | | | | | |
|----|----------------------|--------------|----|-----------|----------------|---------|---------|
| 1. | Vivian Uijtenbogaart | Batavia Swim | NT | 200403642 | 3:10.84 | 1:32.45 | 3:10.84 |
|----|----------------------|--------------|----|-----------|----------------|---------|---------|

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 41
12-2-2023

Heren, 200m schoolslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-----------------|----------------|-----------------|---------|-----------|----------------|---------|---------|
| Junioren | | | | | | | |
| 1. | Rens Noordover | Kzc | 2:49.36 | 200800237 | 2:53.33 | 1:22.97 | 2:53.33 |
| 2. | Guus Kui | ZPC Watervlo | 2:56.94 | 200700845 | 2:58.95 | 1:26.86 | 2:58.95 |
| 3. | Mika Hebing | WZ&PC Purmerend | 3:13.11 | 200800027 | 3:06.28 | 1:31.29 | 3:06.28 |
| 4. | Arie Brussaard | Batavia Swim | 3:01.01 | 200700781 | 3:19.55 | 1:34.16 | 3:19.55 |
| 5. | Bram Oudendijk | Daw | 3:14.31 | 200900185 | 3:24.65 | 1:38.43 | 3:24.65 |
| 6. | Kris Noordover | Kzc | 3:50.60 | 201000433 | 4:05.38 | 1:59.31 | 4:05.38 |

Jeugd

| | | | | | | | |
|----|--------------------|--------------|---------|-----------|----------------|---------|---------|
| 1. | Vincent Schweitzer | Daw | 2:54.35 | 200601857 | 2:59.57 | 1:26.69 | 2:59.57 |
| 2. | Joost Bergsma | ZPC Watervlo | 3:00.60 | 200503653 | 3:08.00 | 1:31.35 | 3:08.00 |

Senioren

| | | | | | | | |
|----|-------------------|---------------------|---------|-----------|----------------|---------|---------|
| 1. | Robin de Jong | SG. Bolsward-Workum | 2:48.34 | 200101165 | 2:52.91 | 1:21.01 | 2:52.91 |
| 2. | Hans Schoenmakers | Daw | 3:02.82 | 196900863 | 3:09.79 | 1:31.95 | 3:09.79 |

Programmanr. 42
12-2-2023

Meisjes, 100m rugslag

Minioren 5
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|-----------------|--------------|--------|-----------|----------------|
| 1. | Eloise Gerringa | Batavia Swim | NT | 201200548 | 1:45.79 |
| DIS | Liv Schoon | Daw | NT | 201202112 | |

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

Programmanr. 43
12-2-2023

Dames, 100m rugslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-----------------|---------------------|---------------------|---------|-----------|----------------|
| Junioren | | | | | |
| 1. | Bette Peetoom | Daw | 1:11.26 | 200801808 | 1:14.72 |
| 2. | Marre van der Wal | SG. Bolsward-Workum | 1:14.96 | 201000046 | 1:19.12 |
| 3. | Eva Leuerman | Daw | 1:17.06 | 200901216 | 1:21.13 |
| 4. | Emilie Thomas | Daw | 1:31.19 | 200903500 | 1:29.84 |
| 5. | Yanique Bax | Batavia Swim | 1:31.66 | 201001428 | 1:31.82 |
| 6. | Elle van Gemeren | Daw | 1:26.25 | 201100428 | 1:31.90 |
| 7. | Inge Brugman | MSV-Zeemacht | 1:36.74 | 201002102 | 1:36.93 |
| 8. | Hayleigh Onstwedder | Batavia Swim | NT | 201002902 | 1:40.17 |
| 9. | Ashley Zechner | Daw | 1:30.89 | 201000774 | 1:41.84 |
| 10. | Meila Broenink | Batavia Swim | 1:37.36 | 201102332 | 1:41.92 |
| 11. | Emelie Bertram | WZ&PC Purmerend | NT | 201102536 | 1:52.65 |

Jeugd

| | | | | | |
|----|---------------|------|---------|-----------|----------------|
| 1. | Dewi ten Have | Zpch | 1:21.52 | 200703738 | 1:28.54 |
|----|---------------|------|---------|-----------|----------------|

Senioren

| | | | | | |
|-------|----------------|------|---------|-----------|----------------|
| 1. | Sophie Brouwer | Zpch | 1:14.24 | 200504124 | 1:16.89 |
| AFGEM | Lianne Dekker | Daw | 1:17.25 | 200305438 | |

Limietwedstrijd DAW - LB -3
Alkmaar, 12-2-2023

Programmanr. 44
12-2-2023

Jongens, 100m rugslag

Minioren 5 en 6
Resultaten

rang naam vereniging intijd tijd RT

Programmanr. 45
12-2-2023

Heren, 100m rugslag

Junioren 1 en ouder
Resultaten

rang naam vereniging intijd tijd RT

Junioren

| | | | | | |
|----|----------------------|---------------------|---------|-----------|----------------|
| 1. | Lars Kool | Daw | 1:07.07 | 200700511 | 1:10.19 |
| 2. | Jelte de Jong | Zpch | 1:07.42 | 200900975 | 1:12.06 |
| 3. | Figo van Duuren | Zpch | 1:18.41 | 200800391 | 1:22.64 |
| 4. | Yorre van der Wal | SG. Bolsward-Workum | 1:18.94 | 201000017 | 1:24.91 |
| 5. | Siem Faber | Batavia Swim | 1:25.58 | 200900065 | 1:25.61 |
| 6. | Jasper van der Geest | ZPC Watervlo | 1:34.05 | 200803649 | 1:32.55 |
| 7. | Bo de Zoete | Zpch | 2:12.95 | 201002725 | 1:36.64 |
| 8. | Levy van den Berg | MSV-Zeemacht | 1:54.27 | 201002219 | 1:41.69 |

Senioren

| | | | | | |
|----|---------------|------|---------|-----------|----------------|
| 1. | Remco de Heij | Zpch | 1:06.14 | 200200161 | 1:10.15 |
|----|---------------|------|---------|-----------|----------------|

Programmanr. 46
12-2-2023

Meisjes, 50m vrije slag

Minioren 3 en 4
Resultaten

rang naam vereniging intijd tijd RT

| | | | | | |
|-------|------------------|-----------------|---------|-----------|--------------|
| 1. | Elize Poot | ZPC Watervlo | NT | 201301408 | 48.00 |
| 2. | Fleur de Feijter | ZPC Watervlo | 1:00.71 | 201300606 | 52.96 |
| AFGEM | Arella Zandpour | WZ&PC Purmerend | NT | 201301772 | |

Programmanr. 47
12-2-2023

Meisjes, 50m vrije slag

Minioren 5
Resultaten

rang naam vereniging intijd tijd RT

| | | | | | |
|----|------------------|-------------------|-------|-----------|--------------|
| 1. | Amenah Benkibbou | WZ&PC Purmerend | 48.25 | 201201776 | 46.58 |
| 2. | Bente van Lare | De Meeuwen Diemen | 48.81 | 201201516 | 49.39 |

Programmanr. 48
12-2-2023

Dames, 50m vrije slag

Junioren 1 en ouder
Resultaten

rang naam vereniging intijd tijd RT

Junioren

| | | | | | |
|-----|----------------------|-----------------|-------|-----------|-------------------|
| 1. | Megan Snoek | Daw | 29.01 | 200900888 | 29.07 |
| 2. | Pascalie Smal | Daw | 29.01 | 200802958 | 29.56 |
| 3. | Nikki Hofland | MSV-Zeemacht | 29.93 | 200900244 | 31.70 |
| 4. | Lieve Faber | Batavia Swim | 41.65 | 200800016 | 32.32 |
| 5. | Dante van Meene | Daw | 32.35 | 200900678 | 32.38 |
| 6. | Chaya Bremer | MSV-Zeemacht | 31.60 | 200900372 | 33.05 |
| 7. | Noëmi Kroon | Zpch | 34.73 | 201000596 | 34.58 |
| 8. | Sterre Dirar | ZPC Watervlo | NT | 200900354 | 34.61 |
| 9. | Lieke Kikstra | Batavia Swim | 41.26 | 200900318 | 34.97 |
| 10. | Yuna van den Idsert | Daw | 33.04 | 201001196 | 35.01 |
| 11. | Yanique Bax | Batavia Swim | 36.04 | 201001428 | 35.56 |
| 12. | Emilie Thomas | Daw | 38.20 | 200903500 | 36.61 |
| 13. | Isaura van den Brink | Daw | 39.87 | 201102540 | 36.96 |
| 14. | Sophia Verloop | ZPC Watervlo | NT | 200804784 | 39.14 |
| 15. | Romy Klok | Daw | 45.27 | 201003666 | 39.91 |
| 16. | Jayda van Eck | ZPC Watervlo | NT | 201003100 | 42.63 FJ 1 |
| 17. | Valentina Schippers | ZPC Watervlo | NT | 201102300 | 42.63 FJ 2 |
| 18. | Emelie Bertram | WZ&PC Purmerend | 45.97 | 201102536 | 44.03 |

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Programmanr. 48, Meisjes, 50m vrije slag, Junioren

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|--------------------|--------------|--------|-----------|--------------|----|
| 19. | Evelien Raat | Daw | 46.17 | 201102486 | 45.40 | |
| 20. | Keysha Kasima | Batavia Swim | 49.47 | 201101158 | 49.78 | |
| AFGEM | Romée Smit | MSV-Zeemacht | 29.69 | 201100438 | | |
| AFGEM | Tamira Anna Rasban | Daw | 32.72 | 200801810 | | |
| AFGEM | Flo Streep | Daw | 29.08 | 200900676 | | |
| AFGEM | Semanure Demirci | Batavia Swim | 44.96 | 200900748 | | |

Jeugd

| | | | | | | |
|-------|---------------------|-------------------|-------|-----------|--------------|--|
| 1. | Floortje van Schaik | De Meeuwen Diemen | 29.50 | 200602294 | 30.18 | |
| 2. | Kirsten Hartwijk | WZ&PC Purmerend | 30.35 | 200704194 | 31.15 | |
| 3. | Eva Osadceaia | Batavia Swim | NT | 200704832 | 34.10 | |
| 4. | Lucy Tuijp | Daw | 35.37 | 200704816 | 34.47 | |
| 5. | Kim van Wijk | WZ&PC Purmerend | 32.93 | 200702536 | 34.64 | |
| 6. | Kyra Mackaaij | ZPC Watervlo | NT | 200704750 | 35.64 | |
| 7. | Elise Koppijn | ZPC Watervlo | 38.68 | 200603610 | 38.86 | |
| 8. | Lisa Makking | ZPC Watervlo | 37.29 | 200702712 | 39.19 | |
| 9. | Sara Loonen | ZPC Watervlo | NT | 200704826 | 48.10 | |
| AFGEM | Libhin Boon | Daw | 28.43 | 200701792 | | |

Senioren

| | | | | | | |
|----|--------------------|---------------------|-------|-----------|--------------|--|
| 1. | Ilona Hogerheyde | Daw | 31.01 | 197400224 | 30.36 | |
| 2. | Sterre van der Wal | SG. Bolsward-Workum | 29.85 | 200502356 | 30.68 | |
| 3. | Alina Spijkerman | Daw | 31.51 | 197701220 | 31.56 | |

Programmanr. 49
12-2-2023

Jongens, 50m vrije slag

Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|-------------------|--------|-----------|--------------|----|
| 1. | Brayden Onstwedder | Batavia Swim | 50.16 | 201400395 | 48.81 | |
| 2. | Mauro van den Idsert | Daw | 50.55 | 201300559 | 49.75 | |
| 3. | H. de Leeuw | De Meeuwen Diemen | NT | 201400727 | 56.17 | |

Programmanr. 50
12-2-2023

Jongens, 50m vrije slag

Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|------------------|-------------------|--------|-----------|--------------|----|
| 1. | Jesper Witteveen | De Meeuwen Diemen | 42.86 | 201200129 | 43.21 | |

Programmanr. 51
12-2-2023

Heren, 50m vrije slag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-----------------|-----------------------|-------------------|--------|-----------|--------------|-----|
| Junioren | | | | | | |
| 1. | Arie Brussaard | Batavia Swim | 26.65 | 200700781 | 27.10 | |
| 2. | Joshua van den Idsert | Daw | 28.61 | 200801919 | 28.51 | |
| 3. | Derek Smit | De Reuring | 27.93 | 200702055 | 28.77 | |
| 4. | Filip Minov | ZPC Watervlo | 31.99 | 200703291 | 30.19 | |
| 5. | Tim Meeuwissen | Zpch | 31.65 | 200901741 | 31.20 | |
| 6. | Baris Tomu | Zpch | 31.36 | 201000869 | 31.32 | |
| 7. | Julian Kragten | ZPC Watervlo | 35.57 | 200900695 | 31.68 | |
| 8. | Vuc Cerovic | ZPC Watervlo | NT | 200902143 | 33.43 | |
| 9. | Christoph Smit | MSV-Zeemacht | 32.01 | 200702629 | 33.62 | 498 |
| 10. | Kevin Tambach | De Reuring | 34.14 | 200902125 | 35.19 | |
| 11. | Bo de Zoete | Zpch | 36.20 | 201002725 | 37.13 | |
| 12. | Kris Noordover | Kzc | 35.90 | 201000433 | 38.07 | |
| AFGEM | Damien Jansen | De Meeuwen Diemen | 30.93 | 200702487 | | |
| AFGEM | Aaron Martijnse | ZPC Watervlo | 38.81 | 200903531 | | |

Limietwedstrijd DAW - LB -3
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Programmanr. 51, Heren, 50m vrije slag

Jeugd

| | | | | |
|--------------------|-----------------|-------|-----------|--------------|
| 1. Lars ten Katen | Batavia Swim | 27.70 | 200600959 | 26.53 |
| 2. Leon van Gelder | WZ&PC Purmerend | 26.65 | 200500621 | 27.43 |
| 3. Sean Lee | ZPC Watervlo | 29.25 | 200602351 | 28.51 |

Senioren

| | | | | | | |
|--------------------|--------------|-------|-----------|-----|--------------|-----|
| 1. Colin Degenaars | Zpch | 28.99 | 199505951 | S14 | 29.27 | 388 |
| 2. Jesse Bruines | Batavia Swim | 32.87 | 200402413 | S9 | 32.71 | 441 |