

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 1 Meisjes, 100m vlinderslag Minioren 5 en later  
20-12-2014 Resultaten

| Rang   |                      |                | In.tijd |            | 50m   | 100m    |
|--|----------------------|----------------|---------|------------|-------|---------|
| 1.   | Lianne Beekman       | Zw             | 1:48.50 | 200500124  | 40.79 | 1:30.18 |
| 2.   | Dana Kuipers         | Het Ravijn     | NT      | 200401454  | 42.10 | 1:36.00 |
| 3.   | Iris Timmermans      | Het Ravijn     | NT      | 200500172  | 49.19 | 1:44.61 |
| 4.   | Jolieke van den Berg | Het Ravijn     | 1:48.26 | 20040081*) | 47.33 | 1:46.52 |
| 5.   | Ally Geers           | Wzv            | 2:07.31 | 200400346  | 48.26 | 1:47.07 |
| 6.   | Amber Kanis          | Swol 1894      | NT      | 200402156  | 53.71 | 2:00.81 |
| 7.   | Myrthe Bosman        | De Eerste Kolk | NT      | 20050083*) | 57.44 | 2:05.67 |
| DIS  | Roos Arnold          | Het Ravijn     | NT      | 200500060  | 55.65 |         |
| <i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i> |                      |                |         |            |       |         |
| DIS  | Iris Markslag        | Het Ravijn     | 1:49.16 | 200400500  | 47.66 |         |
| <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i>  |                      |                |         |            |       |         |
| AFGEM  | Demi Westendorp      | Deltasteur     | NT      | 200500262  |       |         |
| AFGEM  | Lieke de Groot       | Het Ravijn     | 1:57.92 | 200403056  |       |         |

Programmanr. 2 Jongens, 100m vlinderslag Minioren 5 en later  
20-12-2014 Resultaten

| Rang   |                    |                | In.tijd |           | 50m   | 100m    |
|--|--------------------|----------------|---------|-----------|-------|---------|
| 1.   | Jort van der Vlag  | WS Twente      | NT      | 200400335 | 43.20 | 1:34.35 |
| 2.   | Quinn Heederik     | Swol 1894      | 1:41.98 | 200400093 | 42.82 | 1:43.92 |
| 3.   | Robin van den Berg | De Eerste Kolk | NT      | 200400699 | 51.63 | 1:50.87 |
| 4.   | Tygo de Booy       | Het Ravijn     | NT      | 200401305 | 50.06 | 1:51.09 |
| DIS  | Stef Eektimmerman  | Het Ravijn     | NT      | 200400569 | 50.19 |         |
| <i>VA - Na de start en/of keerpunt meer dan één armdoortrekbeweging onder water gemaakt.</i> |                    |                |         |           |       |         |

Programmanr. 3 Dames, 200m vrije slag Senioren Open  
20-12-2014 Resultaten

| Rang |                     |                  | In.tijd |           | 50m   | 100m    | 150m   | 200m    |
|------|---------------------|------------------|---------|-----------|-------|---------|--------|---------|
| 1.   | Naomi Hofsink       | Deltasteur       | 2:12.46 | 199402508 | 30.02 | 1:03.45 | 1:38.2 | 2:13.45 |
| 2.   | Maaïke Doornwaard   | Deltasteur       | 2:20.37 | 199800264 | 31.60 | 1:05.83 | 1:41.2 | 2:17.34 |
| 3.   | Maud Kuipers        | De Grunte        | 2:29.20 | 200201894 | 32.22 | 1:08.22 | 1:45.2 | 2:21.22 |
| 4.   | Annet van Stratum   | Deltasteur       | 2:23.44 | 199003640 | 30.72 | 1:05.59 | 1:44.2 | 2:23.93 |
| 5.   | Laura Krieger       | SV Rheine 68 eV. | 2:28.76 | 275572    | 33.59 | 1:10.55 | 1:48.2 | 2:24.78 |
| 6.   | Hanne te Velthuis   | De Grunte        | 2:29.39 | 200201324 | 32.44 | 1:08.70 | 1:47.2 | 2:25.04 |
| 7.   | Sabine van der Kolk | Deltasteur       | NT      | 200102750 | 33.11 | 1:09.67 | 1:48.2 | 2:25.86 |
| 8.   | Rosanne Schrijer    | Deltasteur       | 2:30.48 | 199702306 | 33.32 | 1:10.77 | 1:49.2 | 2:28.69 |
| 9.   | Lotte Breukelman    | De Grunte        | 2:26.90 | 200001828 | 35.01 | 1:14.60 | 1:54.2 | 2:31.15 |
| 10.  | Nicole Zijlstra     | Zignea           | 2:29.13 | 199905852 | 33.80 | 1:12.79 | 1:53.2 | 2:31.50 |
| 11.  | Marianne Naberman   | De Eerste Kolk   | 2:32.71 | 199701984 | 34.50 | 1:12.49 | 1:52.2 | 2:32.96 |
| 12.  | Louiza Kamp         | Zignea           | 2:23.82 | 199904372 | 34.55 | 1:13.02 | 1:54.2 | 2:34.10 |
| 13.  | Manon de Man        | Deltasteur       | 2:47.88 | 200201458 | 35.36 | 1:15.36 | 1:57.2 | 2:37.51 |
| 14.  | Marie Ewering       | SV Rheine 68 eV. | 2:28.65 | 269521    | 32.20 | 1:09.30 | 1:46.2 | 2:37.75 |
| 15.  | Lena Schulz         | SV Rheine 68 eV. | 2:45.15 | 308595    | 35.39 | 1:15.95 | 1:58.2 | 2:39.57 |
| 16.  | Demi Visscher       | De Eerste Kolk   | 2:50.60 | 200101874 | 37.03 | 1:18.38 | 2:00.2 | 2:40.10 |
| 17.  | Linda Meinders      | Zignea           | 2:52.73 | 200100644 | 36.30 | 1:18.04 | 2:02.2 | 2:42.15 |
| 18.  | Maud Heldoorn       | Deltasteur       | 2:44.51 | 200000564 | 37.50 | 1:19.79 | 2:02.2 | 2:43.09 |
| 19.  | Tessa Maat          | Deltasteur       | 2:50.47 | 200201826 | 38.72 | 1:21.36 | 2:04.2 | 2:45.98 |
| 20.  | Harryelle Eenkhoorn | De Eerste Kolk   | 2:50.36 | 200201736 | 37.95 | 1:20.11 | 2:03.2 | 2:46.12 |
| 21.  | Irene Linderhof     | Hera'11          | 2:45.52 | 199901040 | 38.40 | 1:20.90 | 2:05.2 | 2:47.63 |

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Programmanr. 3, Dames, 200m vrije slag, Senioren Open

| Rang  |                    | In.tijd        |         | 50m       | 100m  | 150m    | 200m         |
|-------|--------------------|----------------|---------|-----------|-------|---------|--------------|
| 22.   | Danique Voortman   | Het Ravijn     | 2:45.52 | 199802918 | 37.53 | 1:20.42 | 2:06.2:48.95 |
| 23.   | Nova Wiersma       | Zignea         | NT      | 200105550 | 37.43 | 1:19.65 | 2:06.0:49.14 |
| 24.   | Naomi Polinder     | Swol 1894      | 2:50.35 | 200300020 | 38.45 | 1:22.72 | 2:09.2:52.90 |
| 25.   | Desi Veldkamp      | Hera'11        | 2:48.29 | 200102010 | 40.25 | 1:24.70 | 2:10.2:53.78 |
| 26.   | Maudy Bergboer     | Het Ravijn     | 3:01.68 | 199803248 | 40.60 | 1:26.52 | 2:12.2:56.63 |
| 27.   | Andrea van Daltsen | De Eerste Kolk | NT      | 200100032 | 40.41 | 1:27.36 | 2:14.3:00.96 |
| 28.   | Lotte de Vente     | Het Ravijn     | 2:54.54 | 199905814 | 43.65 | 1:31.40 | 2:19.3:04.91 |
| 29.   | Maaïke Volkers     | Het Ravijn     | 3:07.62 | 200300066 | 42.29 | 1:29.88 | 2:18.3:05.45 |
| 30.   | Inge Heerink       | Het Ravijn     | NT      | 200201574 | 44.72 | 1:33.13 | 2:23.3:12.11 |
| AFGEM | Brechtje Veneklaas | Het Ravijn     | NT      | 200105826 |       |         |              |
| AFGEM | Mia de Vente       | Het Ravijn     | 3:04.08 | 200300518 |       |         |              |

Programmanr. 4  
20-12-2014

Heren, 200m vrije slag

Senioren Open  
Resultaten

| Rang  |                   | In.tijd          |         | 50m       | 100m  | 150m    | 200m         |
|-------|-------------------|------------------|---------|-----------|-------|---------|--------------|
| 1.    | Kars Veldkamp     | WS Twente        | 2:03.13 | 199700747 | 27.65 | 58.82   | 1:31.2:03.36 |
| 2.    | Jari Hofsink      | Deltasteur       | 2:01.42 | 199700535 | 27.47 | 58.37   | 1:31.2:03.76 |
| 3.    | Hendrik Broekema  | Bubble           | 2:19.64 | 200002205 | 28.16 | 1:00.68 | 1:34.2:06.54 |
| 4.    | Robin Leideman    | De Grunte        | 2:22.66 | 200103137 | 31.08 | 1:05.90 | 1:41.2:15.48 |
| 5.    | Lars Zeggelaar    | TVE Greven       | 2:22.00 | 300606    | 30.68 | 1:04.73 | 1:40.2:15.65 |
| 6.    | Jonathan Hildmann | TVE Greven       | 2:23.00 | 244133    | 30.34 | 1:06.41 | 1:44.2:19.91 |
| 7.    | Yordi Timmerman   | E Z C            | 2:19.11 | 200100727 | 31.64 | 1:07.38 | 1:44.2:20.01 |
| 8.    | Niels Albrecht    | TVE Greven       | 2:27.00 | 267815    | 31.19 | 1:06.93 | 1:44.2:20.38 |
| 9.    | Raymond van Unen  | Deltasteur       | 2:19.62 | 200000523 | 31.62 | 1:07.47 | 1:44.2:20.90 |
| 10.   | Tobias Ramerman   | De Zandstuve     | 2:21.34 | 199800771 | 30.77 | 1:06.49 | 1:45.2:22.78 |
| 11.   | Johannes Post     | Zignea           | NT      | 200203393 | 33.65 | 1:11.68 | 1:51.2:29.67 |
| 12.   | Max Mastebroek    | Zignea           | 2:31.87 | 200101395 | 33.62 | 1:13.27 | 1:56.2:34.91 |
| 13.   | Jarnick Lammerts  | Bubble           | 2:39.70 | 200102671 | 36.20 | 1:16.39 | 1:58.2:35.30 |
| 14.   | Marnix Verhoef    | Wzv              | 2:39.14 | 199900895 | 34.75 | 1:15.69 | 1:59.2:39.89 |
| 15.   | Tom van der Vlag  | WS Twente        | 2:56.68 | 200200391 | 37.14 | 1:20.02 | 2:01.2:40.24 |
| 16.   | Kristian Kiers    | Deltasteur       | 3:09.87 | 200100349 | 37.39 | 1:17.97 | 2:01.2:44.05 |
| 17.   | Stefan Kagenaar   | Zignea           | 2:49.68 | 200101391 | 38.48 | 1:20.73 | 2:04.2:44.72 |
| 18.   | Luc Veenstra      | WS Twente        | 3:00.10 | 200201131 | 38.34 | 1:22.24 | 2:07.2:48.38 |
| 19.   | Declan Drost      | De Hokseberg     | 2:50.00 | 200100203 | 37.65 | 1:20.06 | 2:05.2:50.08 |
| 20.   | Jeroen Smit       | Deltasteur       | 3:02.39 | 200200031 | 38.18 | 1:22.26 | 2:07.2:52.98 |
| 21.   | Koen Koopman      | Zignea           | 2:56.89 | 200005183 | 38.95 | 1:23.81 | 2:11.2:55.41 |
| 22.   | Tim Schulz        | SV Rheine 68 eV. | 3:08.58 | 303433    | 38.97 | 1:27.27 | 2:17.3:01.76 |
| 23.   | Sam Vergunst      | Deltasteur       | 3:16.29 | 200301615 | 41.85 | 1:28.78 | 2:18.3:03.88 |
| 24.   | Lars Koopman      | Zignea           | 3:19.06 | 200202131 | 44.04 | 1:30.32 | 2:20.3:09.10 |
| AFGEM | Floris Nederburgh | Zignea           | 2:32.91 | 200102739 |       |         |              |

Programmanr. 5  
20-12-2014

Dames, 100m schoolslag

Senioren Open  
Resultaten

| Rang |  | In.tijd |  | 50m | 100m |
|------|--|---------|--|-----|------|
|------|--|---------|--|-----|------|

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 5, Dames, 100m schoolslag

|     |   |                  |         |            |         |         |
|-----|---|------------------|---------|------------|---------|---------|
| 1.  | Désirée Hulsmeyer   | Het Ravijn       | 1:19.16 | 199001656  | 37.80   | 1:20.81 |
| 2.  | Marleen Welten  | Deltasteur       | 1:20.99 | 199701526  | 37.95   | 1:21.00 |
| 3.  | Jia-Ming Shi  | TVE Greven       | 1:23.76 | 249201     | 39.66   | 1:23.81 |
| 4.  | Hadewig Curfs   | Hera'11          | 1:23.30 | 199800492  | 40.22   | 1:23.84 |
| 5.  | Milena Remke  | SV Rheine 68 eV. | 1:28.96 | 259625     | 41.01   | 1:26.92 |
| 6.  | Ilse Valk   | Hera'11          | 1:28.28 | 200000172  | 40.38   | 1:26.97 |
| 7.  | Milou ten Koppel  | Deltasteur       | 1:32.25 | 200302572  | 41.89   | 1:27.21 |
| 8.  | Yente Schreuders  | Wzv              | 1:38.73 | 199906134  | 39.82   | 1:27.28 |
| 9.  | Sarah Kits  | WS Twente        | 1:27.73 | 200101024  | 41.53   | 1:27.82 |
| 10. | Elma Leusink  | Deltasteur       | 1:27.08 | 200001394  | 42.04   | 1:27.90 |
| 11. | Jola Noya   | Deltasteur       | 1:27.67 | 200000880  | 41.25   | 1:29.23 |
| 12. | Ester Schuurman   | Deltasteur       | 1:32.02 | 200201106  | 43.03   | 1:30.45 |
| 13. | Roëlle op de Haar   | WS Twente        | 1:33.54 | 200103428  | 42.65   | 1:30.84 |
| 14. | Loek ten Broeke   | Het Ravijn       | 1:32.16 | 199704754  | 42.65   | 1:31.74 |
| 15. | Myrthe Zuethof  | Swol 1894        | 1:32.29 | 200005380  | 44.59   | 1:32.88 |
| 16. | Hilde Hollander   | Deltasteur       | 1:35.06 | 200000844  | 42.94   | 1:32.91 |
| 17. | Nienke Kroeze   | Deltasteur       | 1:32.69 | 200100488  | 44.36   | 1:34.16 |
| 18. | Merel van Langevelde  | Swol 1894        | 1:36.26 | 200005234  | 44.02   | 1:34.26 |
| 19. | Eline Kasper  | Deltasteur       | NT      | 199901516  | 44.88   | 1:34.95 |
| 20. | Marieke Nijland   | Het Ravijn       | 1:26.77 | 199903962  | 44.92   | 1:35.43 |
| 21. | Ilse Pater  | Bubble           | 1:36.26 | 200101550  | 45.13   | 1:35.60 |
| 22. | Jasmijn van der Ent   | WS Twente        | 1:32.45 | 200302648  | 44.86   | 1:36.40 |
| 23. | Lyanne Eilander   | De Grunte        | 1:37.83 | 200301652  | 45.66   | 1:37.10 |
| 24. | Lummieke Kolk   | De Eerste Kolk   | 1:35.98 | 199800284  | 44.98   | 1:37.63 |
| 25. | Kimberly Liefink  | Hera'11          | 1:36.82 | 200006072  | 47.09   | 1:37.92 |
| 26. | Desiree Rave  | Deltasteur       | 1:37.89 | 199900610  | 46.23   | 1:38.79 |
| 27. | Romee Veldhuis  | Het Ravijn       | 2:00.39 | 200302136  | 48.00   | 1:42.11 |
| 28. | Myrthe Muller   | Swol 1894        | 1:44.73 | 200104430  | 48.48   | 1:43.50 |
| 29. | Esmee van der Tweel   | Deltasteur       | 1:45.14 | 200202870  | 48.81   | 1:43.79 |
| 30. | Tessa Schipper  | Bubble           | 1:45.47 | 200301578  | 50.26   | 1:43.90 |
| 31. | Ellody Ausma  | WS Twente        | 1:44.58 | 200301092  | 48.38   | 1:44.10 |
| 32. | Esmee de Wilde  | Deltasteur       | 1:47.27 | 20030116*) | 50.99   | 1:46.97 |
| 33. | Melany Frikken  | Bubble           | 1:47.86 | 200300770  | 51.48   | 1:47.19 |
| 34. | Inge Drent  | De Hokseberg     | 1:48.49 | 200203966  | 49.57   | 1:47.21 |
| 35. | Noan Steenbeek  | Zignea           | NT      | 200301906  | 49.99   | 1:50.45 |
| 36. | Francesca den Dekker  | Bubble           | 1:46.49 | 199906162  | 53.35   | 1:50.87 |
| 37. | Marrit Otter  | Swol 1894        | 1:46.08 | 200301000  | 53.89   | 1:52.05 |
| 38. | Hilde Visch   | De Hokseberg     | 1:52.32 | 200101308  | 54.25   | 1:52.81 |
| 39. | Yasmine Wilms   | WS Twente        | 1:49.80 | 200301062  | 51.95   | 1:53.19 |
| 40. | Maaïke Prins  | De Hokseberg     | 2:00.06 | 19990456*) | 57.63   | 1:59.32 |
| 41. | Iris Bultman  | De Hokseberg     | 2:01.89 | 200203428  | 53.97   | 1:59.75 |
| 42. | Maud Kolman   | Het Ravijn       | NT      | 200105746  | 57.20   | 2:00.18 |
| 43. | Laura Landman   | Hera'11          | 1:57.80 | 199900486  | 55.27   | 2:00.72 |
| 44. | Lisa Broenink   | Het Ravijn       | 2:08.93 | 200304096  | 59.06   | 2:10.03 |
| 45. | Manon Bultman   | De Hokseberg     | 2:29.51 | 200304214  | 1:05.37 | 2:19.60 |
| DIS | Indy Posthuma   | Swol 1894        | 1:46.11 | 200204672  | 51.26   |         |
|     | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> |                  |         |            |         |         |
| DIS | Corinne Leusink   | De Eerste Kolk   | 1:58.52 | 200103000  | 56.68   |         |
|     | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> |                  |         |            |         |         |

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Nijverdal, 20-12-2014

Programmanr. 6  
20-12-2014

Heren, 100m schoolslag

Senioren Open  
Resultaten

| Rang  |                         |                | In.tijd |           | 50m     | 100m    |
|---|-------------------------|----------------|---------|-----------|---------|---------|
| 1.  | Harm Jan Otter          | De Zandstuve   | 1:15.02 | 198101283 | 34.69   | 1:15.46 |
| 2.  | Luuk ter Mors           | WS Twente      | 1:16.04 | 199801627 | 35.22   | 1:15.51 |
| 3.  | Nick van Scherrenburg   | Zignea         | 1:17.99 | 199902173 | 35.96   | 1:16.09 |
| 4.  | Patrick Kleine Staarman | Het Ravijn     | 1:18.35 | 198000777 | 36.92   | 1:18.24 |
| 5.  | Lars Zeggelaar          | TVE Greven     | 1:19.00 | 300606    | 37.69   | 1:19.39 |
| 6.  | Kevin van Dijk          | Deltasteur     | 1:19.03 | 200101089 | 38.56   | 1:21.48 |
| 7.  | Jonathan Hildmann       | TVE Greven     | 1:21.00 | 244133    | 37.79   | 1:22.66 |
| 8.  | Ruth Vahl               | Deltasteur     | 1:30.49 | 200101087 | 40.43   | 1:25.30 |
| 9.  | Tobias Boers            | WS Twente      | 1:24.51 | 199800185 | 39.58   | 1:26.12 |
| 10.   | Kylian Heederik         | Swol 1894      | 1:28.88 | 200300353 | 40.91   | 1:26.57 |
| 11.   | Hidde Wernsen           | Zignea         | 1:32.01 | 200200697 | 42.25   | 1:28.41 |
| 12.   | Edwin Struyk            | Bubble         | 1:30.53 | 200101159 | 43.17   | 1:29.26 |
| 13.   | Richard Ruijg           | De Eerste Kolk | 1:36.16 | 199800089 | 42.36   | 1:30.94 |
| 14.   | Rinze Kroeze            | Deltasteur     | 1:34.75 | 200300489 | 45.70   | 1:35.68 |
| 15.   | Floris Blaauw           | Bubble         | 1:43.45 | 200003603 | 47.75   | 1:42.30 |
| 16.   | Wouter Landman          | Hera'11        | 1:56.64 | 200001297 | 50.07   | 1:47.56 |
| 17.   | Jochem Nijland          | Het Ravijn     | 1:51.57 | 200203061 | 51.33   | 1:49.28 |
| 18.   | Wout Oldenhof           | Het Ravijn     | 2:21.47 | 200104317 | 1:00.10 | 2:09.29 |
| DIS   | Jasper van Gessel       | Wzv            | 2:21.35 | 200303691 | 1:07.11 |         |
| <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> |                         |                |         |           |         |         |
| AFGEM   | Edwin Kanis             | Deltasteur     | 1:32.92 | 200200505 |         |         |

Programmanr. 7  
20-12-2014

Meisjes, 200m wisselslag

Minioren 5 en later  
Resultaten

| Rang |                   |                  | In.tijd  |             | 50m   | 100m    | 150m   | 200m    |
|------|-------------------|------------------|----------|-------------|-------|---------|--------|---------|
| 1.   | Myrthe Natzijl    | ZC Borger        | 2:47.77  | 200400076   | 36.82 | 1:18.41 | 2:07.2 | 2:45.15 |
| 2.   | Lianne Beekman    | Zw               | 3:20.50  | 200500124   | 42.31 | 1:26.41 | 2:20.3 | 3:01.80 |
| 3.   | Luna Hofmeijer    | WS Twente        | 3:17.23  | 200400006   | 43.38 | 1:29.93 | 2:21.3 | 3:03.01 |
| 4.   | Johanna Krabbe    | SV Rheine 68 eV. | 3:22.44  | 320830      | 45.22 | 1:37.71 | 2:32.3 | 3:17.53 |
| 5.   | Senna Geerdink    | Deltasteur       | 3:16.57  | 200500026   | 45.47 | 1:35.76 | 2:36.3 | 3:24.45 |
| 6.   | Monica Faber      | Deltasteur       | 3:34.82  | 200400388   | 45.77 | 1:35.85 | 2:36.3 | 3:24.79 |
| 7.   | Aniek Mars        | Hera'11          | 3:33.14  | 200400372   | 44.76 | 1:36.61 | 2:37.3 | 3:25.40 |
| 8.   | Denise Dost       | ZC Borger        | 3:35.14  | 200400190   | 51.02 | 1:42.13 | 2:42.3 | 3:26.36 |
| 9.   | Sanne de Wilde    | Deltasteur       | NT       | 200400384   | 51.79 | 1:41.02 | 2:39.3 | 3:29.71 |
| 10.  | Hanna Oving       | ZC Borger        | NT       | 200400738   | 50.79 | 1:46.12 | 2:46.3 | 3:31.02 |
| 11.  | Tara Schuurman    | Deltasteur       | 3:49.07* | 200400386 * | 50.61 | 1:47.44 | 2:44.3 | 3:32.19 |
| 12.  | Famke Wernsen     | Zignea           | 3:56.19  | 200400288   | 53.49 | 1:50.59 | 2:51.3 | 3:37.40 |
| 13.  | Isabel van Gessel | Wzv              | NT       | 200501732   | 54.59 | 1:45.06 | 2:48.3 | 3:37.83 |
| 14.  | Samantha Jongman  | Deltasteur       | NT       | 200401118   | 52.20 | 1:45.66 | 2:52.3 | 3:38.66 |
| 15.  | Maritha de Jager  | De Eerste Kolk   | NT*      | 200500314 * | 53.21 | 1:45.22 | 2:54.3 | 3:41.46 |
| 16.  | Noa van de Beek   | Deltasteur       | NT       | 200500256   | 56.27 | 1:55.44 | 2:57.3 | 3:54.71 |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 8  
20-12-2014

Jongens, 200m wisselslag

Minioren 5 en later  
Resultaten

| Rang |                   | In.tijd    |                   | 50m   | 100m    | 150m   | 200m    |
|------|-------------------|------------|-------------------|-------|---------|--------|---------|
| 1.   | Yanieck Frijstein | Deltasteur | NT 200500329      | 48.58 | 1:37.07 | 2:35.3 | 3:18.42 |
| 2.   | Meindert Dekkinga | Zignea     | 3:43.12 200400377 | 48.56 | 1:38.97 | 2:40.3 | 3:20.04 |
| 3.   | Sven Klink        | Swol 1894  | NT 200500349      | 50.26 | 1:42.60 | 2:42.3 | 3:29.40 |
| 4.   | Max van Ginkel    | Deltasteur | NT 200500133      | 53.38 | 1:47.36 | 2:53.3 | 3:37.13 |
| 5.   | Robert Dragt      | Deltasteur | NT 200400239      | 54.27 | 1:46.08 | 2:49.3 | 3:38.70 |

Programmanr. 9  
20-12-2014

Dames, 200m rugslag

Senioren Open  
Resultaten

| Rang  |                      | In.tijd          |                      | 50m   | 100m    | 150m   | 200m    |
|-------|----------------------|------------------|----------------------|-------|---------|--------|---------|
| 1.    | Lieke Oude Lenferink | WS Twente        | 2:42.16 200200068    | 35.75 | 1:15.54 | 1:57.2 | 2:38.95 |
| 2.    | Carlijn Hansté       | WS Twente        | 2:43.69 200201082    | 36.99 | 1:18.58 | 2:00.2 | 2:39.77 |
| 3.    | Lotte Oude Lenferink | WS Twente        | 2:43.74 200000496    | 38.30 | 1:20.21 | 2:03.2 | 2:43.32 |
| 4.    | Milena Remke         | SV Rheine 68 eV. | 2:54.56 259625       | 38.26 | 1:20.39 | 2:04.2 | 2:46.46 |
| 5.    | Aniek van Unen       | Zignea           | 2:42.45 199505016    | 37.46 | 1:20.46 | 2:05.2 | 2:48.44 |
| 6.    | Alien Waaijman       | Swol 1894        | 2:47.74 199606134    | 40.97 | 1:24.93 | 2:09.2 | 2:51.54 |
| 7.    | Roos Oldenhof        | Het Ravijn       | 2:50.55 199605382    | 41.06 | 1:24.87 | 2:09.2 | 2:53.12 |
| 8.    | Amy-Lynn Zweers      | De Grunte        | 2:56.10 200300390    | 41.83 | 1:26.32 | 2:11.2 | 2:54.86 |
| 9.    | Lena Schulz          | SV Rheine 68 eV. | 2:52.28 308595       | 41.06 | 1:25.42 | 2:12.2 | 2:56.69 |
| 10.   | Dorien Bouter        | Swol 1894        | 2:52.17* 200001798 * | 42.66 | 1:28.42 | 2:14.2 | 2:58.95 |
| 11.   | Romee Nijboer        | Het Ravijn       | 2:48.07 199804392    | 44.47 | 1:31.23 | 2:18.3 | 3:03.08 |
| 12.   | Mariska Kagenaar     | Zignea           | 3:06.77 199703972    | 43.14 | 1:29.83 | 2:17.3 | 3:05.08 |
| 13.   | Anouk Boltendal      | Zignea           | 3:15.55 200002518    | 45.34 | 1:33.85 | 2:20.3 | 3:05.59 |
| 14.   | Sophie Zeggelaar     | TVE Greven       | 3:11.08 300605       | 43.47 | 1:32.35 | 2:22.3 | 3:09.60 |
| 15.   | Sanne van Dijk       | Deltasteur       | 3:09.62 200301908    | 46.54 | 1:35.05 | 2:23.3 | 3:09.64 |
| 16.   | Suzanne Schotman     | Zignea           | NT 200300742         | 46.90 | 1:36.95 | 2:29.3 | 3:17.04 |
| 17.   | Joy de Wilde         | De Hokseberg     | 3:18.00 200104022    | 45.24 | 1:35.72 | 2:28.3 | 3:19.37 |
| AFGEM | Mariette Leusink     | De Eerste Kolk   | 3:18.41 200004470    |       |         |        |         |

Programmanr. 10  
20-12-2014

Heren, 200m rugslag

Senioren Open  
Resultaten

| Rang |                        | In.tijd        |                   | 50m   | 100m    | 150m   | 200m    |
|------|------------------------|----------------|-------------------|-------|---------|--------|---------|
| 1.   | Albert Jan van Slooten | Zignea         | 2:34.34 199800049 | 34.11 | 1:12.82 | 1:52.2 | 2:28.57 |
| 2.   | Jesse Zweers           | De Grunte      | 2:33.14 200100399 | 33.33 | 1:11.73 | 1:51.2 | 2:29.24 |
| 3.   | Léon van der Geest     | E Z C          | NT 200201005      | 35.31 | 1:15.49 | 1:55.2 | 2:34.79 |
| 4.   | Matias Jansen          | Zignea         | NT 200300199      | 39.27 | 1:21.26 | 2:04.2 | 2:45.54 |
| 5.   | Ewoud Vos              | Swol 1894      | 2:59.97 199901215 | 39.06 | 1:21.95 | 2:05.2 | 2:49.50 |
| 6.   | Sem de Goei            | WS Twente      | 2:49.14 200200029 | 38.11 | 1:21.15 | 2:05.2 | 2:49.90 |
| 7.   | Jorian Kiela           | De Grunte      | 2:51.39 200100263 | 39.15 | 1:22.17 | 2:06.2 | 2:51.61 |
| 8.   | Lennard Beens          | De Eerste Kolk | 3:20.09 200200099 | 42.30 | 1:29.54 | 2:18.3 | 3:06.03 |
| 9.   | Jordy Koopman          | Zignea         | NT 200200611      | 41.20 | 1:30.34 | 2:22.3 | 3:14.24 |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 11 Dames, 100m vlinderslag Senioren Open Resultaten  
20-12-2014

| Rang  |                     |                  | In.tijd |           | 50m   | 100m    |
|-------|---------------------|------------------|---------|-----------|-------|---------|
| 1.    | Anouk Rekers        | WS Twente        | 1:07.01 | 199703416 | 31.12 | 1:09.67 |
| 2.    | Laura Remke         | SV Rheine 68 eV. | 1:12.50 | 227430    | 33.59 | 1:09.95 |
| 3.    | Jia-Ming Shi        | TVE Greven       | 1:13.29 | 249201    | 33.89 | 1:14.82 |
| 4.    | Marie Ewering       | SV Rheine 68 eV. | 1:14.47 | 269521    | 34.92 | 1:15.72 |
| 5.    | Désirée Hulsmeyer   | Het Ravijn       | 1:14.32 | 199001656 | 34.07 | 1:16.98 |
| 6.    | Lynn Joor           | Het Ravijn       | 1:18.81 | 200300550 | 34.15 | 1:17.77 |
| 7.    | Karin Meinders      | Zignea           | 1:21.31 | 199800758 | 36.49 | 1:20.96 |
| 8.    | Eline Akkermans     | Wzv              | 1:24.43 | 200100588 | 36.76 | 1:22.00 |
| 9.    | Elma Leusink        | Deltasteur       | 1:20.89 | 200001394 | 36.86 | 1:22.87 |
| 10.   | Laura Krieger       | SV Rheine 68 eV. | 1:20.13 | 275572    | 38.80 | 1:24.31 |
| 11.   | Ester Schuurman     | Deltasteur       | 1:26.70 | 200201106 | 40.70 | 1:29.03 |
| 12.   | Lena Nieuwdam       | Zignea           | NT      | 200202806 | 43.52 | 1:34.02 |
| 13.   | Anouk Veldman       | Zignea           | NT      | 199705894 | 43.52 | 1:35.94 |
| 14.   | Myrthe Zuethof      | Swol 1894        | 1:44.34 | 200005380 | 46.73 | 1:42.62 |
| 15.   | Laure Wientjes      | WS Twente        | 1:44.28 | 200001380 | 45.37 | 1:43.52 |
| 16.   | Laura Haan          | De Zandstuve     | 2:03.60 | 199900602 | 45.40 | 1:47.36 |
| 17.   | Jasmijn van der Ent | WS Twente        | 1:44.58 | 200302643 | 50.93 | 1:52.24 |
| 18.   | Esmee van der Tweel | Deltasteur       | 1:53.48 | 200202870 | 48.16 | 1:56.26 |
| 19.   | Romee Veldhuis      | Het Ravijn       | 2:12.61 | 200302136 | 52.36 | 2:02.57 |
| NG.ZA | Maud Heldoorn       | Deltasteur       | 1:34.34 | 200000564 |       |         |
| AFGEM | Brechtje Veneklaas  | Het Ravijn       | NT      | 200105826 |       |         |
| AFGEM | Mia de Vente        | Het Ravijn       | 1:33.71 | 200300518 |       |         |

Programmanr. 12 Heren, 100m vlinderslag Senioren Open Resultaten  
20-12-2014

| Rang  |                   |                | In.tijd |           | 50m   | 100m    |
|---|-------------------|----------------|---------|-----------|-------|---------|
| 1.  | Gert van t Oever  | Deltasteur     | 1:01.21 | 198702403 | 27.07 | 58.83   |
| 2.  | Jari Hofsink      | Deltasteur     | 59.81   | 199700535 | 28.12 | 1:02.14 |
| 3.  | Dominique Sikkema | Zignea         | 1:10.46 | 199500399 | 28.15 | 1:02.24 |
| 4.  | Edwin Kanis       | De Eerste Kolk | 1:07.50 | 199601553 | 28.99 | 1:05.53 |
| 5.  | Bas Hurink        | Swol 1894      | 1:11.86 | 199803861 | 32.42 | 1:12.28 |
| 6.  | Tobias Ramerman   | De Zandstuve   | 1:15.14 | 199800771 | 34.12 | 1:14.37 |
| 7.  | Daniël de Wagt    | Zignea         | 1:08.01 | 199601339 | 31.83 | 1:15.44 |
| 8.  | Mike Müller       | Deltasteur     | 1:29.05 | 200102653 | 34.48 | 1:16.14 |
| 9.  | Niels Albrecht    | TVE Greven     | 1:14.00 | 267815    | 34.03 | 1:16.64 |
| 10.   | Kevin van Dijk    | Deltasteur     | 1:23.29 | 200101089 | 37.23 | 1:23.02 |
| 11.   | Thijs van Erp     | Swol 1894      | 1:35.57 | 200200313 | 44.33 | 1:38.74 |
| 12.   | Stijn Lubbers     | Zignea         | 2:06.01 | 200202133 | 48.44 | 1:52.29 |
| 13.   | Davy Brinkman     | Het Ravijn     | NT      | 200104599 | 52.50 | 1:54.74 |
| DIS   | Jeroen Elsman     | Het Ravijn     | NT      | 200301073 | 50.48 |         |
| <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i> |                   |                |         |           |       |         |
| AFGEM   | Tom Mastebroek    | Zignea         | NT      | 200300201 |       |         |
| AFGEM   | Arie de Jager     | De Eerste Kolk | 1:50.14 | 200300449 |       |         |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 13  
20-12-2014

Meisjes, 100m vrije slag

Minioren 5 en later  
Resultaten

| Rang  |                      |                  | In.tijd |           | 50m     | 100m    |
|-------|----------------------|------------------|---------|-----------|---------|---------|
| 1.    | Myrthe Natzijl       | ZC Borger        | 1:09.41 | 200400076 | 33.41   | 1:09.20 |
| 2.    | Dana Kuipers         | Het Ravijn       | 1:23.65 | 200401454 | 38.10   | 1:19.89 |
| 3.    | Iris Markslag        | Het Ravijn       | 1:21.45 | 200400500 | 38.46   | 1:20.69 |
| 4.    | Monica Faber         | Deltasteur       | 1:24.80 | 200400388 | 39.10   | 1:21.61 |
| 5.    | Iris Timmermans      | Het Ravijn       | 1:21.03 | 200500172 | 38.30   | 1:23.17 |
| 6.    | Denise Dost          | ZC Borger        | 1:23.19 | 200400190 | 41.31   | 1:24.34 |
| 7.    | Amber Kanis          | Swol 1894        | 1:28.65 | 200402156 | 42.24   | 1:26.49 |
| 8.    | Aniek Mars           | Hera'11          | 1:30.10 | 200400372 | 41.60   | 1:27.01 |
| 9.    | Roos Arnold          | Het Ravijn       | 1:29.10 | 200500060 | 42.91   | 1:28.17 |
| 10.   | Hanna Oving          | ZC Borger        | 1:37.56 | 200400738 | 43.15   | 1:28.92 |
| 11.   | Danique Drost        | De Hokseberg     | 1:32.78 | 200400054 | 42.31   | 1:28.98 |
| 12.   | Jolieke van den Berg | Het Ravijn       | 1:32.10 | 200400810 | 42.58   | 1:29.14 |
| 13.   | Ally Geers           | Wzv              | 1:28.32 | 200400346 | 42.50   | 1:31.23 |
| 14.   | Isabel van Gessel    | Wzv              | 1:31.00 | 200501732 | 45.27   | 1:34.94 |
| 15.   | Samantha Jongman     | Deltasteur       | 1:30.96 | 200401118 | 45.47   | 1:35.02 |
| 16.   | Kim Westerink        | De Hokseberg     | 1:35.00 | 200501078 | 44.35   | 1:36.07 |
| 17.   | Fynette Mensing      | ZC Borger        | NT      | 200500158 | 45.82   | 1:37.03 |
| 18.   | Lieke Rossel         | ZC Borger        | NT      | 20060036* | 44.05   | 1:37.75 |
| 19.   | Esmee van der Hoeven | Swol 1894        | 1:40.53 | 200500322 | 45.05   | 1:38.55 |
| 20.   | Maja Schwert         | SV Rheine 68 eV. | 1:45.62 | 327493    | 47.34   | 1:40.43 |
| 21.   | Naomi Pater          | De Hokseberg     | 1:42.57 | 200400056 | 45.49   | 1:40.51 |
| 22.   | Anouk Bosman         | De Eerste Kolk   | 1:34.69 | 200500836 | 46.94   | 1:41.78 |
| 23.   | Lena Krabbe          | SV Rheine 68 eV. | NT      | 336966    | 47.86   | 1:43.24 |
| 24.   | Pien Gorter          | Het Ravijn       | 1:46.53 | 200600214 | 48.71   | 1:43.50 |
| 25.   | Gernita Rave         | Deltasteur       | 1:45.24 | 200500600 | 47.55   | 1:43.80 |
| 26.   | Carlein Polinder     | Swol 1894        | 1:48.20 | 200600128 | 50.57   | 1:45.88 |
| 27.   | Lieke Visscher       | Swol 1894        | 1:46.11 | 200500226 | 49.20   | 1:45.98 |
| 28.   | Isabell Roß          | SV Rheine 68 eV. | NT      | 326135    | 50.18   | 1:48.88 |
| 29.   | Lisa Lammertink      | Het Ravijn       | 1:47.59 | 200500910 | 48.17   | 1:52.26 |
| 30.   | Nele Schulz          | SV Rheine 68 eV. | NT      | 326132 *  | 52.51   | 1:54.56 |
| 31.   | Sara Metzger         | De Hokseberg     | 1:55.00 | 200600262 | 53.59   | 1:54.78 |
| 32.   | Sarah Schneege       | SV Rheine 68 eV. | NT      | 352507 *  | 57.43   | 2:03.94 |
| 33.   | Esmee de Mink        | Hera'11          | NT      | 200600290 | 1:00.87 | 2:12.14 |
| 34.   | Mila Eektimmerman    | Het Ravijn       | 2:16.57 | 200600358 | 1:01.69 | 2:15.05 |
| 35.   | Jessica Dekkinga     | Zignea           | NT      | 200600180 | 1:03.00 | 2:15.27 |
| 36.   | Renske Willemsen     | Hera'11          | NT      | 200600292 | 1:04.87 | 2:15.86 |
| 37.   | Meike Dijkman        | Het Ravijn       | 2:45.83 | 20040311* | 1:02.47 | 2:27.95 |
| AFGEM | Imre Reijnders       | Swol 1894        | 1:35.33 | 200501870 |         |         |
| AFGEM | Maaïke Kok           | ZC Borger        | NT      | 200402254 |         |         |
| AFGEM | Aletta Nagy          | ZC Borger        | 1:35.56 | 200403036 |         |         |
| AFGEM | Lieke de Groot       | Het Ravijn       | 1:39.01 | 200403056 |         |         |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 14  
20-12-2014

Jongens, 100m vrije slag

Minioren 5 en later  
Resultaten

| Rang |                     |                  | In.tijd |           | 50m     | 100m    |
|------|---------------------|------------------|---------|-----------|---------|---------|
| 1.   | Jort van der Vlag   | WS Twente        | 1:13.11 | 200400335 | 35.98   | 1:13.12 |
| 2.   | Florian Houwen      | Bubble           | 1:16.93 | 200400065 | 35.40   | 1:14.66 |
| 3.   | Niels Epema         | Swol 1894        | 1:20.45 | 200400617 | 37.23   | 1:18.23 |
| 4.   | Sven Klink          | Swol 1894        | 1:21.58 | 200500349 | 38.20   | 1:21.39 |
| 5.   | Stef Eektimmerman   | Het Ravijn       | 1:18.07 | 200400569 | 39.62   | 1:22.60 |
| 6.   | Quinn Heederik      | Swol 1894        | 1:22.59 | 200400093 | 40.36   | 1:24.95 |
| 7.   | Max van Ginkel      | Deltasteur       | 1:27.65 | 200500133 | 41.05   | 1:25.38 |
| 8.   | Thijs ten Koppel    | Deltasteur       | 1:27.16 | 200500357 | 41.05   | 1:26.10 |
| 9.   | Tygo de Booy        | Het Ravijn       | 1:30.12 | 200401305 | 41.12   | 1:27.13 |
| 10.  | Erik Schneege       | SV Rheine 68 eV. | 1:41.46 | 336961    | 47.70   | 1:39.96 |
| 11.  | Jort Hoppenbrouwers | Wzv              | 1:45.02 | 200600239 | 49.49   | 1:45.38 |
| 12.  | Tim Bosman          | De Eerste Kolk   | 1:43.83 | 200402389 | 48.27   | 1:46.56 |
| 13.  | Timo Haas           | Het Ravijn       | NT      | 200402717 | 49.78   | 1:50.46 |
| 14.  | Ruben Filart        | Het Ravijn       | 1:54.67 | 200402557 | 55.20   | 2:00.68 |
| DIS  | Jens Hoppenbrouwers | Wzv              | 2:05.54 | 200600259 | 1:58.74 |         |

VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.

Programmanr. 15  
20-12-2014

Dames, 400m vrije slag

Senioren Open  
Resultaten

| Rang |                     |                |               | In.tijd |               | Tijd    |
|------|---------------------|----------------|---------------|---------|---------------|---------|
| 1.   | Maud Kuipers        | De Grunte      |               | 5:02.67 | 200201894     | 5:05.56 |
|      | 50m: 33.16          | 33.16          | 150m: 1:48.91 | 38.66   | 250m: 3:07.93 | 39.61   |
|      | 100m: 1:10.25       | 37.09          | 200m: 2:28.32 | 39.41   | 300m: 3:47.64 | 39.71   |
|      |                     |                |               |         | 350m: 4:28.49 | 40.85   |
|      |                     |                |               |         | 400m: 5:05.56 | 37.07   |
| 2.   | Beau Rijpers        | Swol 1894      |               | 5:18.00 | 199402638     | 5:13.49 |
|      | 50m: 34.32          | 34.32          | 150m: 1:51.39 | 39.23   | 250m: 3:11.73 | 40.26   |
|      | 100m: 1:12.16       | 37.84          | 200m: 2:31.47 | 40.08   | 300m: 3:52.41 | 40.68   |
|      |                     |                |               |         | 350m: 4:33.29 | 40.88   |
|      |                     |                |               |         | 400m: 5:13.49 | 40.20   |
| 3.   | Marianne Naberman   | De Eerste Kolk |               | NT      | 199701984     | 5:26.74 |
|      | 50m: 35.44          | 35.44          | 150m: 1:57.14 | 41.82   | 250m: 3:22.33 | 42.58   |
|      | 100m: 1:15.32       | 39.88          | 200m: 2:39.75 | 42.61   | 300m: 4:04.73 | 42.40   |
|      |                     |                |               |         | 350m: 4:47.84 | 43.11   |
|      |                     |                |               |         | 400m: 5:26.74 | 38.90   |
| 4.   | Milou ten Koppel    | Deltasteur     |               | 5:59.83 | 200302572     | 5:30.13 |
|      | 50m: 36.12          | 36.12          | 150m: 2:01.45 | 43.94   | 250m: 3:25.84 | 41.92   |
|      | 100m: 1:17.51       | 41.39          | 200m: 2:43.92 | 42.47   | 300m: 4:08.66 | 42.82   |
|      |                     |                |               |         | 350m: 4:51.05 | 42.39   |
|      |                     |                |               |         | 400m: 5:30.13 | 39.08   |
| 5.   | Demi Visscher       | De Eerste Kolk |               | 6:29.37 | 200101874     | 5:44.13 |
|      | 50m: 39.17          | 39.17          | 150m: 2:06.56 | 44.26   | 250m: 3:35.60 | 44.33   |
|      | 100m: 1:22.30       | 43.13          | 200m: 2:51.27 | 44.71   | 300m: 4:19.88 | 44.28   |
|      |                     |                |               |         | 350m: 5:03.24 | 43.36   |
|      |                     |                |               |         | 400m: 5:44.13 | 40.89   |
| 6.   | Harryelle Eenkhoorn | De Eerste Kolk |               | 6:55.50 | 200201736     | 5:50.44 |
|      | 50m: 39.62          | 39.62          | 150m: 2:07.94 | 44.85   | 250m: 3:38.06 | 45.18   |
|      | 100m: 1:23.09       | 43.47          | 200m: 2:52.88 | 44.94   | 300m: 4:23.23 | 45.17   |
|      |                     |                |               |         | 350m: 5:07.52 | 44.29   |
|      |                     |                |               |         | 400m: 5:50.44 | 42.92   |
| 7.   | Noa Boerma          | Het Ravijn     |               | 6:25.35 | 200202736     | 5:54.99 |
|      | 50m: 38.39          | 38.39          | 150m: 2:07.39 | 45.55   | 250m: 3:38.84 | 46.36   |
|      | 100m: 1:21.84       | 43.45          | 200m: 2:52.48 | 45.09   | 300m: 4:25.25 | 46.41   |
|      |                     |                |               |         | 350m: 5:11.65 | 46.40   |
|      |                     |                |               |         | 400m: 5:54.99 | 43.34   |
| 8.   | Hilde Curfs         | Hera'11        |               | 6:11.02 | 199700232     | 6:05.62 |
|      | 50m: 39.87          | 39.87          | 150m: 2:10.59 | 46.35   | 250m: 3:45.41 | 47.48   |
|      | 100m: 1:24.24       | 44.37          | 200m: 2:57.93 | 47.34   | 300m: 4:32.56 | 47.15   |
|      |                     |                |               |         | 350m: 5:19.55 | 46.99   |
|      |                     |                |               |         | 400m: 6:05.62 | 46.07   |
| 9.   | Merith Schumer      | Het Ravijn     |               | NT      | 200202704     | 6:07.33 |
|      | 50m: 41.51          | 41.51          | 150m: 2:16.61 | 47.55   | 250m: 3:51.71 | 47.04   |
|      | 100m: 1:29.06       | 47.55          | 200m: 3:04.67 | 48.06   | 300m: 4:39.57 | 47.86   |
|      |                     |                |               |         | 350m: 5:26.18 | 46.61   |
|      |                     |                |               |         | 400m: 6:07.33 | 41.15   |
| 10.  | Harriët Rave        | Deltasteur     |               | 6:40.76 | 200200872     | 6:16.17 |
|      | 50m: 41.89          | 41.89          | 150m: 2:18.28 | 48.41   | 250m: 3:54.37 | 47.46   |
|      | 100m: 1:29.87       | 47.98          | 200m: 3:06.91 | 48.63   | 300m: 4:43.68 | 49.31   |
|      |                     |                |               |         | 350m: 5:31.07 | 47.39   |
|      |                     |                |               |         | 400m: 6:16.17 | 45.10   |



Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 15, Dames, 400m vrije slag, Senioren Open

| Rang |  |           | In.tijd | Tijd      |
|------|--|-----------|---------|-----------|
| DIS  | Laura Landman  | Hera'11   | 7:37.72 | 199900486 |
|      | <i>AF - De aangegeven afstand niet uitgezwommen.</i> |           |         |           |
|      | 50m:   | 150m:     | 250m:   | 350m:     |
|      | 100m:  | 200m:     | 300m:   | 400m:     |
| DIS  | Yasmine Wilms  | WS Twente | 7:06.78 | 200301062 |
|      | <i>AF - De aangegeven afstand niet uitgezwommen.</i> |           |         |           |
|      | 50m:   | 150m:     | 250m:   | 350m:     |
|      | 100m:  | 200m:     | 300m:   | 400m:     |

Programmanr. 16  
20-12-2014

Heren, 400m vrije slag

Senioren Open  
Resultaten

| Rang |                     |                     |                     | In.tijd             | Tijd            |
|------|---------------------|---------------------|---------------------|---------------------|-----------------|
| 1.   | Harm-Jan Wijnhoud   | Zw                  | 4:25.45             | 199901469           | <b>4:21.27</b>  |
|      | 50m: 29.70 29.70    | 150m: 1:36.13 33.36 | 250m: 2:43.02 32.88 | 350m: 3:49.40 33.27 |                 |
|      | 100m: 1:02.77 33.07 | 200m: 2:10.14 34.01 | 300m: 3:16.13 33.11 | 400m: 4:21.27 31.87 |                 |
| 2.   | Martijn Gerritsen   | De Eerste Kolk      | 4:43.07             | 199600465           | <b>4:38.44</b>  |
|      | 50m: 28.83 28.83    | 150m: 1:36.41 34.39 | 250m: 2:47.51 36.13 | 350m: 4:01.81 37.60 |                 |
|      | 100m: 1:02.02 33.19 | 200m: 2:11.38 34.97 | 300m: 3:24.21 36.70 | 400m: 4:38.44 36.63 |                 |
| 3.   | Marcel Marsman      | Het Ravijn          | 4:41.51             | 199400373           | <b>4:43.25</b>  |
|      | 50m: 29.99 29.99    | 150m: 1:39.34 35.54 | 250m: 2:52.17 36.56 | 350m: 4:06.74 37.20 |                 |
|      | 100m: 1:03.80 33.81 | 200m: 2:15.61 36.27 | 300m: 3:29.54 37.37 | 400m: 4:43.25 36.51 |                 |
| 4.   | Tristan Scholten    | Swol 1894           | 5:10.85             | 200201683           | <b>4:56.88</b>  |
|      | 50m: 32.14 32.14    | 150m: 1:46.64 37.75 | 250m: 3:04.49 38.67 | 350m: 4:21.47 37.89 |                 |
|      | 100m: 1:08.89 36.75 | 200m: 2:25.82 39.18 | 300m: 3:43.58 39.09 | 400m: 4:56.88 35.41 |                 |
| 5.   | Yordi Timmerman     | E Z C               | 5:07.65             | 200100727           | <b>4:57.49</b>  |
|      | 50m: 32.66 32.66    | 150m: 1:48.00 38.45 | 250m: 3:05.89 39.23 | 350m: 4:22.36 37.84 |                 |
|      | 100m: 1:09.55 36.89 | 200m: 2:26.66 38.66 | 300m: 3:44.52 38.63 | 400m: 4:57.49 35.13 |                 |
| 6.   | Jorgen Gerritsen    | De Eerste Kolk      | 5:30.48             | 200000001           | <b>4:58.06</b>  |
|      | 50m: 31.35 31.35    | 150m: 1:45.25 37.81 | 250m: 3:02.98 39.06 | 350m: 4:22.24 39.93 |                 |
|      | 100m: 1:07.44 36.09 | 200m: 2:23.92 38.67 | 300m: 3:42.31 39.33 | 400m: 4:58.06 35.82 |                 |
| 7.   | Julian Reinkingh    | Swol 1894           | 5:30.94             | 200101193           | <b>5:16.79</b>  |
|      | 50m: 34.63 34.63    | 150m: 1:54.69 40.78 | 250m: 3:17.24 41.60 | 350m: 4:38.56 40.22 |                 |
|      | 100m: 1:13.91 39.28 | 200m: 2:35.64 40.95 | 300m: 3:58.34 41.10 | 400m: 5:16.79 38.23 |                 |
| 8.   | Thon Naberman       | De Eerste Kolk      | 6:09.34             | 200000943           | <b>5:20.50</b>  |
|      | 50m: 32.55 32.55    | 150m: 1:51.44 41.19 | 250m: 3:16.12 42.09 | 350m: 4:39.56 42.44 |                 |
|      | 100m: 1:10.25 37.70 | 200m: 2:34.03 42.59 | 300m: 3:57.12 41.00 | 400m: 5:20.50 40.94 |                 |
| 9.   | Frank Beens         | De Eerste Kolk      | NT                  | 200000075           | <b>5:28.16</b>  |
|      | 50m: 34.53 34.53    | 150m: 1:58.77 43.16 | 250m: 3:24.23 42.99 | 350m: 4:51.46 43.32 |                 |
|      | 100m: 1:15.61 41.08 | 200m: 2:41.24 42.47 | 300m: 4:08.14 43.91 | 400m: 5:28.16 36.70 |                 |
| 10.  | Tom van der Vlag    | WS Twente           | 6:02.38             | 200200391           | <b>5:57.12</b>  |
|      | 50m: 36.30 36.30    | 150m: 2:06.97 45.98 | 250m: 3:42.16 47.13 | 350m: 5:13.81 44.78 |                 |
|      | 100m: 1:20.99 44.69 | 200m: 2:55.03 48.06 | 300m: 4:29.03 46.87 | 400m: 5:57.12 43.31 |                 |
| 11.  | Max de Lange        | Deltasteur          | 6:02.41             | 200200675           | <b>5:59.17*</b> |
|      | 50m: 40.12 40.12    | 150m: 2:11.20 44.87 | 250m: 3:42.61 46.08 | 350m: 5:14.65 46.07 |                 |
|      | 100m: 1:26.33 46.21 | 200m: 2:56.53 45.33 | 300m: 4:28.58 45.97 | 400m: 5:59.17 44.52 |                 |
| 12.  | Lennard Beens       | De Eerste Kolk      | 6:05.86             | 200200099           | <b>6:09.27</b>  |
|      | 50m: 42.45 42.45    | 150m: 2:15.78 47.08 | 250m: 3:51.88 47.64 | 350m: 5:26.33 47.23 |                 |
|      | 100m: 1:28.70 46.25 | 200m: 3:04.24 48.46 | 300m: 4:39.10 47.22 | 400m: 6:09.27 42.94 |                 |
| 13.  | Robert Toeter       | Hera'11             | 6:32.23             | 200101779           | <b>6:10.10</b>  |
|      | 50m: 42.12 42.12    | 150m: 2:18.17 48.43 | 250m: 3:54.99 48.61 | 350m: 5:26.75 44.15 |                 |
|      | 100m: 1:29.74 47.62 | 200m: 3:06.38 48.21 | 300m: 4:42.60 47.61 | 400m: 6:10.10 43.35 |                 |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 17  
20-12-2014

Dames, 200m wisselslag

Senioren Open  
Resultaten

| Rang |                      | In.tijd        |         | 50m       | 100m  | 150m    | 200m         |
|------|----------------------|----------------|---------|-----------|-------|---------|--------------|
| 1.   | Jia-Ming Shi         | TVE Greven     | 2:40.00 | 249201    | 35.46 | 1:17.76 | 2:04.2:43.38 |
| 2.   | Hanne te Velthuis    | De Grunte      | 2:44.70 | 200201324 | 36.99 | 1:19.29 | 2:08.2:45.02 |
| 3.   | Lieke Oude Lenferink | WS Twente      | 2:48.95 | 200200068 | 36.08 | 1:17.56 | 2:08.2:47.05 |
| 4.   | Carlijn Hansté       | WS Twente      | 2:50.89 | 200201082 | 40.52 | 1:22.57 | 2:14.2:50.57 |
| 5.   | Nicole Zijlstra      | Zignea         | 2:54.39 | 199905852 | 40.68 | 1:23.73 | 2:17.2:58.82 |
| 6.   | Deborah Wilms        | WS Twente      | 3:05.39 | 199800936 | 37.59 | 1:22.03 | 2:19.2:59.91 |
| 7.   | Hilde Hollander      | Deltasteur     | 3:02.66 | 200000844 | 39.08 | 1:23.91 | 2:18.3:00.72 |
| 8.   | Lotte Pieterman      | Swol 1894      | 3:06.15 | 200301838 | 44.00 | 1:29.53 | 2:21.3:04.78 |
| 9.   | Dorien Bouter        | Swol 1894      | 3:06.96 | 200001798 | 44.62 | 1:30.85 | 2:25.3:07.52 |
| 10.  | Desiree Rave         | Deltasteur     | 3:04.13 | 199900610 | 44.86 | 1:33.38 | 2:28.3:09.90 |
| 11.  | Lummieke Kolk        | De Eerste Kolk | 3:04.03 | 199800284 | 44.72 | 1:37.54 | 2:34.3:20.78 |
| 12.  | Desi Veldkamp        | Hera'11        | 3:12.10 | 200102010 | 46.39 | 1:37.83 | 2:34.3:21.25 |
| 13.  | Laura Haan           | De Zandstuve   | 3:27.48 | 199900602 | 45.80 | 1:38.10 | 2:41.3:31.02 |
| 14.  | Melany Frikken       | Bubble         | 3:29.26 | 200300770 | 50.03 | 1:43.87 | 2:42.3:34.44 |

Programmanr. 18  
20-12-2014

Heren, 200m wisselslag

Senioren Open  
Resultaten

| Rang  |   | In.tijd        |         | 50m       | 100m  | 150m    | 200m         |
|-------|---|----------------|---------|-----------|-------|---------|--------------|
| 1.    | Albert Jan van Slooten  | Zignea         | 2:26.06 | 199800049 | 30.08 | 1:09.89 | 1:53.2:27.83 |
| 2.    | Edwin Kanis   | De Eerste Kolk | 2:35.81 | 199601553 | 31.39 | 1:11.36 | 1:56.2:31.98 |
| 3.    | Nick van Scherrenburg   | Zignea         | 2:38.97 | 199902173 | 32.65 | 1:14.15 | 1:59.2:33.47 |
| 4.    | Lars Zeggelaar  | TVE Greven     | 2:39.00 | 300606    | 36.01 | 1:17.29 | 2:03.2:38.69 |
| 5.    | Jonathan Hildmann   | TVE Greven     | 2:40.00 | 244133    | 34.22 | 1:15.23 | 2:02.2:38.78 |
| 6.    | Robin Leideman  | De Grunte      | 2:42.41 | 200103137 | 36.39 | 1:16.40 | 2:05.2:39.23 |
| 7.    | Raymond van Unen  | Deltasteur     | 2:54.26 | 200000523 | 35.62 | 1:16.49 | 2:04.2:40.44 |
| 8.    | Sem de Goei   | WS Twente      | 2:45.76 | 200200029 | 35.04 | 1:20.13 | 2:09.2:47.10 |
| 9.    | Ewoud Vos   | Swol 1894      | 2:45.01 | 199901215 | 35.34 | 1:18.84 | 2:08.2:47.17 |
| 10.   | Douwe Beunk   | Zignea         | 2:54.05 | 199903575 | 35.23 | 1:16.51 | 2:11.2:51.04 |
| 11.   | Kylian Heederik   | Swol 1894      | 2:54.99 | 200300353 | 38.04 | 1:23.43 | 2:13.2:53.63 |
| 12.   | Rinze Kroeze  | Deltasteur     | 3:02.69 | 200300489 | 42.65 | 1:26.62 | 2:19.3:00.06 |
| 13.   | Johannes Post   | Zignea         | NT      | 200203393 | 40.01 | 1:26.58 | 2:21.3:00.50 |
| 14.   | Stefan Kagenaar   | Zignea         | 3:13.98 | 200101391 | 42.34 | 1:29.61 | 2:24.3:03.74 |
| 15.   | Hidde Wernsen   | Zignea         | 2:54.56 | 200200697 | 42.86 | 1:31.49 | 2:24.3:05.83 |
| 16.   | Kristian Kiers  | Deltasteur     | 3:18.81 | 200100349 | 44.13 | 1:30.37 | 2:26.3:06.78 |
| 17.   | Thijs van Erp   | Swol 1894      | 3:09.79 | 200200313 | 46.29 | 1:32.16 | 2:27.3:07.52 |
| 18.   | Luc Veenstra  | WS Twente      | 3:05.55 | 200201131 | 43.98 | 1:35.00 | 2:31.3:16.29 |
| 19.   | Lars Koopman  | Zignea         | 3:49.16 | 200202131 | 54.16 | 1:50.36 | 2:47.3:35.14 |
| DIS   | Koen Koopman  | Zignea         | NT      | 200005183 | 42.39 | 1:34.46 | 2:29.76      |
|       | <i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>         |                |         |           |       |         |              |
| DIS   | Jeroen Smit   | Deltasteur     | 3:34.16 | 200200031 | 49.78 | 1:42.45 | 2:42.66      |
|       | <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i> |                |         |           |       |         |              |
| AFGEM | Lukas Binnekamp   | WS Twente      | 3:00.42 | 200300107 |       |         |              |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 19  
20-12-2014

Dames, 100m vrije slag

Senioren Open  
Resultaten

| Rang  |                      |                  | In.tijd           | 50m   | 100m    |
|-------|----------------------|------------------|-------------------|-------|---------|
| 1.    | Naomi Hofsink        | Deltasteur       | 59.77 199402508   | 28.85 | 1:00.34 |
| 2.    | Annet van Stratum    | Deltasteur       | 1:02.97 199003640 | 30.12 | 1:02.80 |
| 3.    | Anouk Rekers         | WS Twente        | 1:01.43 199703416 | 29.88 | 1:02.99 |
| 4.    | Laura Remke          | SV Rheine 68 eV. | 1:03.13 227430    | 30.02 | 1:03.81 |
| 5.    | Maaïke Doornwaard    | Deltasteur       | 1:02.38 199800264 | 30.40 | 1:04.03 |
| 6.    | Roëlle op de Haar    | WS Twente        | 1:05.62 200103428 | 31.46 | 1:04.61 |
| 7.    | Marie Ewering        | SV Rheine 68 eV. | 1:05.75 269521    | 30.64 | 1:04.85 |
| 8.    | Laura Krieger        | SV Rheine 68 eV. | 1:05.28 275572    | 31.98 | 1:06.03 |
| 9.    | Désirée Hulsmeyer    | Het Ravijn       | 1:04.91 199001656 | 31.02 | 1:06.13 |
| 10.   | Loek ten Broeke      | Het Ravijn       | 1:08.28 199704754 | 31.17 | 1:06.35 |
| 11.   | Jia-Ming Shi         | TVE Greven       | 1:06.23 249201    | 32.08 | 1:06.95 |
| 12.   | Ilse Valk            | Hera'11          | 1:07.39 200000172 | 31.78 | 1:07.47 |
| 13.   | Lotte Breukelman     | De Grunte        | 1:06.05 200001828 | 30.16 | 1:07.78 |
| 14.   | Marleen Welten       | Deltasteur       | 1:08.16 199701526 | 33.46 | 1:08.26 |
| 15.   | Rosanne Schrijer     | Deltasteur       | 1:08.43 199702306 | 33.55 | 1:08.31 |
| 16.   | Yente Schreuders     | Wzv              | 1:10.19 199906134 | 32.52 | 1:08.53 |
| 17.   | Elma Leusink         | Deltasteur       | 1:07.95 200001394 | 32.99 | 1:08.76 |
| 18.   | Lotte Oude Lenferink | WS Twente        | 1:10.13 200000496 | 33.47 | 1:09.59 |
| 19.   | Annemijn Spohr       | Wzv              | 1:08.51 200000548 | 31.93 | 1:09.63 |
| 20.   | Lena Schulz          | SV Rheine 68 eV. | 1:09.19 308595    | 33.01 | 1:10.20 |
| 21.   | Eline Akkermans      | Wzv              | 1:11.20 200100588 | 33.75 | 1:10.79 |
| 22.   | Inge Trip            | Hera'11          | 1:09.44 200001098 | 34.85 | 1:11.16 |
| 23.   | Marieke Nijland      | Het Ravijn       | 1:10.77 199903962 | 34.09 | 1:11.37 |
| 24.   | Nienke Kroeze        | Deltasteur       | 1:09.12 200100488 | 33.82 | 1:12.22 |
| 25.   | Deborah Wilms        | WS Twente        | 1:10.32 199800936 | 34.84 | 1:12.87 |
| 26.   | Karin Meinders       | Zignea           | 1:08.92 199800758 | 34.18 | 1:12.97 |
| 27.   | Sophie Zeggelaar     | TVE Greven       | 1:15.01 300605    | 34.84 | 1:14.07 |
| 28.   | Lynn van Es          | Wzv              | 1:14.49 199901462 | 35.79 | 1:14.94 |
| 29.   | Eline Kasper         | Deltasteur       | NT 199901516      | 36.14 | 1:15.05 |
| 30.   | Maud Heldoorn        | Deltasteur       | 1:14.47 200000564 | 35.97 | 1:15.40 |
| 31.   | Ilse Pater           | Bubble           | 1:15.31 200101550 | 36.62 | 1:15.47 |
| 32.   | Ester Schuurman      | Deltasteur       | 1:15.17 200201106 | 36.47 | 1:15.80 |
| 33.   | Naomi Polinder       | Swol 1894        | 1:16.95 200300020 | 35.87 | 1:16.54 |
| 34.   | Kimberly Liefink     | Hera'11          | 1:18.73 200006072 | 36.96 | 1:17.07 |
| 35.   | Ellody Ausma         | WS Twente        | 1:18.13 200301092 | 36.41 | 1:17.75 |
| 36.   | Merel van Langevelde | Swol 1894        | 1:20.29 200005234 | 36.33 | 1:18.16 |
| 37.   | Maudy Bergboer       | Het Ravijn       | 1:20.92 199803248 | 38.24 | 1:21.19 |
| 38.   | Romee Veldhuis       | Het Ravijn       | 1:29.72 200302136 | 39.06 | 1:23.15 |
| 39.   | Maaïke Prins         | De Hokseberg     | 1:26.03 199904560 | 41.04 | 1:24.81 |
| 40.   | Joy de Wilde         | De Hokseberg     | 1:22.59 200104022 | 40.74 | 1:25.36 |
| 41.   | Sanne van Dijk       | Deltasteur       | 1:25.48 200301908 | 42.08 | 1:25.55 |
| 42.   | Tessa Schipper       | Bubble           | 1:28.80 200301578 | 40.68 | 1:25.65 |
| 43.   | Maaïke Volkers       | Het Ravijn       | 1:27.18 200300066 | 41.94 | 1:28.26 |
| 44.   | Noan Steenbeek       | Zignea           | 1:30.65 200301906 | 40.71 | 1:28.55 |
| 45.   | Inge Heerink         | Het Ravijn       | 1:31.09 200201574 | 43.36 | 1:28.88 |
| 46.   | Inge Drent           | De Hokseberg     | 1:37.77 200203966 | 43.74 | 1:32.35 |
| 47.   | Marrit Otter         | Swol 1894        | 1:31.84 200301000 | 44.60 | 1:32.99 |
| 48.   | Hilde Visch          | De Hokseberg     | 1:34.82 200101308 | 44.33 | 1:33.07 |
| 49.   | Indy Posthuma        | Swol 1894        | 1:31.31 200204672 | 45.07 | 1:34.52 |
| 50.   | Lisa Broenink        | Het Ravijn       | 1:38.53 200304096 | 44.82 | 1:36.94 |
| 51.   | Maud Kolman          | Het Ravijn       | 1:47.89 200105746 | 46.81 | 1:37.56 |
| 52.   | Iris Bultman         | De Hokseberg     | 1:41.39 200203428 | 46.37 | 1:39.62 |
| AFGEM | Laure Wientjes       | WS Twente        | 1:15.95 200001380 |       |         |

Limiet Nijverdalen  
Nijverdalen, 20-12-2014

Programmanr. 20  
20-12-2014

Heren, 100m vrije slag

Senioren Open  
Resultaten

| Rang  |                         |                  | In.tijd |           | 50m   | 100m    |
|-------|-------------------------|------------------|---------|-----------|-------|---------|
| 1.    | Gert van t Oever        | Deltasteur       | 53.13   | 198702403 | 25.78 | 53.72   |
| 2.    | Kars Veldkamp           | WS Twente        | 55.13   | 199700747 | 26.56 | 55.70   |
| 3.    | Hendrik Broekema        | Bubble           | 59.84   | 200002205 | 27.30 | 57.41   |
| 4.    | Jari Hofsink            | Deltasteur       | 55.02   | 199700535 | 26.90 | 57.86   |
| 5.    | Luuk ter Mors           | WS Twente        | 58.42   | 199801627 | 27.93 | 59.21   |
| 6.    | Tobias Boers            | WS Twente        | 1:00.39 | 199800185 | 29.46 | 1:01.59 |
| 7.    | Niels Albrecht          | TVE Greven       | 1:01.00 | 267815    | 29.71 | 1:02.53 |
| 8.    | Patrick Kleine Staarman | Het Ravijn       | 1:03.20 | 198000777 | 29.96 | 1:02.99 |
| 9.    | Léon van der Geest      | E Z C            | 1:03.29 | 200201005 | 30.02 | 1:03.05 |
| 10.   | Tobias Ramerman         | De Zandstuve     | 1:03.61 | 199800771 | 30.47 | 1:03.15 |
| 11.   | Harm Jan Otter          | De Zandstuve     | 1:02.00 | 198101283 | 29.76 | 1:03.80 |
| 12.   | Bas Hurink              | Swol 1894        | 1:05.41 | 199803861 | 30.04 | 1:03.95 |
| 13.   | Jarnick Lammerts        | Bubble           | 1:08.48 | 200102671 | 32.34 | 1:08.49 |
| 14.   | Richard Ruijg           | De Eerste Kolk   | 1:14.85 | 199800089 | 33.18 | 1:10.18 |
| 15.   | Edwin Struyk            | Bubble           | 1:08.27 | 200101159 | 34.28 | 1:11.00 |
| 16.   | Ruth Vahl               | Deltasteur       | 1:07.06 | 200101087 | 30.38 | 1:12.58 |
| 17.   | Mike Müller             | Deltasteur       | 1:06.39 | 200102653 | 29.59 | 1:13.47 |
| 18.   | Floris Blaauw           | Bubble           | 1:21.64 | 200003603 | 36.51 | 1:20.76 |
| 19.   | Tim Schulz              | SV Rheine 68 eV. | 1:25.65 | 303433    | 37.50 | 1:21.33 |
| 20.   | Jeroen Elsmen           | Het Ravijn       | 1:31.44 | 200301073 | 43.41 | 1:32.46 |
| 21.   | Jochem Nijland          | Het Ravijn       | 1:37.96 | 200203061 | 44.05 | 1:33.16 |
| 22.   | Wouter Landman          | Hera'11          | 1:36.42 | 200001297 | 44.60 | 1:37.98 |
| 23.   | Wout Oldenhof           | Het Ravijn       | 2:12.94 | 200104317 | 49.67 | 1:48.60 |
| 24.   | Jasper van Gessel       | Wzv              | NT      | 200303691 | 53.69 | 1:53.18 |
| AFGEM | Lukas Binnekamp         | WS Twente        | 1:11.34 | 200300107 |       |         |

Programmanr. 21  
20-12-2014

Dames, 200m schoolslag

Senioren Open  
Resultaten

| Rang  |                     |                  | In.tijd |             | 50m   | 100m    | 150m    | 200m    |
|-------|---------------------|------------------|---------|-------------|-------|---------|---------|---------|
| 1.    | Hadewig Curfs       | Hera'11          | 3:02.16 | 199800492   | 41.91 | 1:28.01 | 2:14.02 | 59.99   |
| 2.    | Laura Krieger       | SV Rheine 68 eV. | 3:08.07 | 275572      | 41.46 | 1:27.67 | 2:15.03 | 02.45   |
| 3.    | Lynn Joor           | Het Ravijn       | 3:03.42 | 200300550   | 41.54 | 1:30.32 | 2:18.03 | 05.86   |
| 4.    | Milena Remke        | SV Rheine 68 eV. | 3:13.65 | 259625      | 42.02 | 1:30.34 | 2:20.03 | 09.42   |
| 5.    | Sabine van der Kolk | Deltasteur       | 3:26.10 | 200102750   | 41.81 | 1:29.57 | 2:19.03 | 09.66   |
| 6.    | Jola Noya           | Deltasteur       | NT*     | 200000880 * |       |         |         | 3:10.73 |
| 7.    | Manon de Man        | Deltasteur       | 3:36.70 | 200201458   | 45.18 | 1:37.22 | 2:30.03 | 19.88   |
| 8.    | Tessa Maat          | Deltasteur       | 3:38.60 | 200201826   | 47.60 | 1:39.53 | 2:32.03 | 22.42   |
| 9.    | Jasmijn van der Ent | WS Twente        | 3:21.54 | 200302648   | 46.77 | 1:40.28 | 2:34.03 | 25.44   |
| 10.   | Danique Voortman    | Het Ravijn       | 3:15.58 | 199802918   | 46.32 | 1:39.80 | 2:32.03 | 25.76   |
| 11.   | Suzanne Schotman    | Zignea           | NT*     | 200300742 * |       |         |         | 3:29.22 |
| 12.   | Lyanne Eilander     | De Grunte        | 3:31.02 | 200301652   | 48.39 | 1:43.35 | 2:37.03 | 29.45   |
| 13.   | Mariska Kagenaar    | Zignea           | 3:38.26 | 199703972   | 47.31 | 1:40.87 | 2:36.03 | 30.54   |
| 14.   | Nova Wiersma        | Zignea           | NT*     | 200105550 * |       |         |         | 3:39.76 |
| 15.   | Andrea van Dalfsen  | De Eerste Kolk   | 3:54.50 | 200100032   | 50.79 | 1:48.10 | 2:44.03 | 39.77   |
| 16.   | Myrthe Muller       | Swol 1894        | 3:43.65 | 200104430   | 49.95 | 1:47.58 | 2:46.03 | 40.21   |
| 17.   | Linda Meinders      | Zignea           | 3:46.29 | 200100644   | 49.78 | 1:47.97 | 2:47.03 | 45.14   |
| 18.   | Esmee de Wilde      | Deltasteur       | NT*     | 200301160 * |       |         |         | 3:54.13 |
| AFGEM | Jade Hoppenbrouwers | Wzv              | 3:12.16 | 200301690   |       |         |         |         |
| AFGEM | Mariette Leusink    | De Eerste Kolk   | 3:40.80 | 200004470   |       |         |         |         |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 22  
20-12-2014

Heren, 200m schoolslag

Senioren Open  
Resultaten

| Rang  |                   |                | In.tijd |           | 50m   | 100m    | 150m   | 200m    |
|-------|-------------------|----------------|---------|-----------|-------|---------|--------|---------|
| 1.    | Dominique Sikkema | Zignea         | 2:36.22 | 199500399 | 32.41 | 1:10.70 | 1:50.2 | 2:31.35 |
| 2.    | Jesse Zweers      | De Grunte      | 3:05.98 | 200100399 | 36.75 | 1:19.29 | 2:03.2 | 2:46.36 |
| 3.    | Lars Zeggelaar    | TVE Greven     | 2:58.00 | 300606    | 39.27 | 1:24.38 | 2:10.2 | 2:55.35 |
| 4.    | Thon Naberman     | De Eerste Kolk | 3:12.16 | 200000943 | 40.36 | 1:27.47 | 2:15.3 | 3:02.35 |
| 5.    | Jorgen Gerritsen  | De Eerste Kolk | 2:52.61 | 200000001 | 39.75 | 1:26.59 | 2:15.3 | 3:02.82 |
| 6.    | Matias Jansen     | Zignea         | NT      | 200300199 | 43.08 | 1:31.67 | 2:20.3 | 3:07.85 |
| 7.    | Jordy Koopman     | Zignea         | NT      | 200200611 | 43.00 | 1:33.70 | 2:25.3 | 3:15.34 |
| 8.    | Stijn Lubbers     | Zignea         | 3:34.28 | 200202133 | 45.51 | 1:37.70 | 2:30.3 | 3:22.66 |
| 9.    | Declan Drost      | De Hokseberg   | 3:25.00 | 200100203 | 46.58 | 1:38.77 | 2:31.3 | 3:24.16 |
| AFGEM | Tom Mastebroek    | Zignea         | NT      | 200300201 |       |         |        |         |
| AFGEM | Floris Nederburgh | Zignea         | 3:27.13 | 200102739 |       |         |        |         |

Programmanr. 23  
20-12-2014

Meisjes, 100m schoolslag

Minioren 5 en later  
Resultaten

| Rang  |   |                  | In.tijd |           | 50m     | 100m    |  |
|-------|---|------------------|---------|-----------|---------|---------|--|
| 1.    | Johanna Krabbe  | SV Rheine 68 eV. | 1:38.05 | 320830    | 45.65   | 1:36.29 |  |
| 2.    | Luna Hofmeijer  | WS Twente        | 1:38.10 | 200400006 | 46.87   | 1:38.38 |  |
| 3.    | Tara Schuurman  | Deltasteur       | 1:45.89 | 200400386 | 50.38   | 1:46.50 |  |
| 4.    | Sanne de Wilde  | Deltasteur       | 1:44.99 | 200400384 | 50.19   | 1:46.97 |  |
| 5.    | Monica Faber  | Deltasteur       | 1:53.10 | 200400388 | 52.65   | 1:49.87 |  |
| 6.    | Myrthe Bosman   | De Eerste Kolk   | 1:54.32 | 200500838 | 54.98   | 1:53.65 |  |
| 7.    | Famke Wernsen   | Zignea           | 1:52.89 | 200400288 | 54.88   | 1:53.85 |  |
| 8.    | Fynette Mensing   | ZC Borger        | NT      | 200500158 | 53.48   | 1:53.88 |  |
| 9.    | Esmee van der Hoeven  | Swol 1894        | 1:55.17 | 200500322 | 53.73   | 1:53.95 |  |
| 10.   | Noa van de Beek   | Deltasteur       | 1:51.68 | 200500256 | 54.79   | 1:55.21 |  |
| 11.   | Isabell Roß   | SV Rheine 68 eV. | NT      | 326135    | 56.01   | 1:57.04 |  |
| 12.   | Amber Westerink   | De Hokseberg     | 1:58.91 | 200401078 | 57.42   | 1:57.83 |  |
| 13.   | Lena Krabbe   | SV Rheine 68 eV. | NT      | 336966 *  | 55.94   | 1:58.59 |  |
| 14.   | Maja Schwert  | SV Rheine 68 eV. | 1:52.33 | 327493    | 58.95   | 2:01.19 |  |
| 15.   | Lieke Rossel  | ZC Borger        | 2:14.47 | 200600366 | 55.16   | 2:02.48 |  |
| 16.   | Lieke Visscher  | Swol 1894        | 2:04.29 | 200500226 | 1:00.99 | 2:08.20 |  |
| 17.   | Carlein Polinder  | Swol 1894        | 2:11.71 | 200600128 | 1:02.84 | 2:10.19 |  |
| 18.   | Esmee de Mink   | Hera'11          | 2:12.16 | 200600290 | 1:05.35 | 2:15.80 |  |
| 19.   | Sara Metzger  | De Hokseberg     | 2:15.00 | 200600262 | 1:04.45 | 2:17.25 |  |
| DIS   | Ally Geers  | Wzv              | 1:44.17 | 200400346 | 46.69   |         |  |
|       | <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>                                 |                  |         |           |         |         |  |
| DIS   | Renske Willemsen  | Hera'11          | NT      | 200600292 | 1:11.30 |         |  |
|       | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> |                  |         |           |         |         |  |
| DIS   | Naomi Pater   | De Hokseberg     | 1:50.67 | 200400056 | 52.83   |         |  |
|       | <i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>   |                  |         |           |         |         |  |
| DIS   | Kim Westerink   | De Hokseberg     | 1:55.00 | 200501078 | 54.76   |         |  |
|       | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> |                  |         |           |         |         |  |
| DIS   | Sarah Schneege  | SV Rheine 68 eV. | NT      | 352507    | 1:10.99 | 2:31.24 |  |
|       | <i>SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt., tevens DIS SL</i>                     |                  |         |           |         |         |  |
| AFGEM | Imre Reijnders  | Swol 1894        | 1:57.21 | 200501870 |         |         |  |
| AFGEM | Maaïke Kok  | ZC Borger        | NT      | 200402254 |         |         |  |
| AFGEM | Aletta Nagy   | ZC Borger        | 1:51.98 | 200403036 |         |         |  |
| AFGEM | Demi Westendorp   | Deltasteur       | 1:59.11 | 200500262 |         |         |  |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 24 Jongens, 100m schoolslag Minioren 5 en later  
20-12-2014 Resultaten

| Rang |                     |                  | In.tijd |              | 50m     | 100m    |
|------|---------------------|------------------|---------|--------------|---------|---------|
| 1.   | Jort van der Vlag   | WS Twente        | 1:40.03 | 200400335    | 48.22   | 1:39.51 |
| 2.   | Niels Epema         | Swol 1894        | 1:41.46 | 200400617    | 49.13   | 1:43.83 |
| 3.   | Robin van den Berg  | De Eerste Kolk   | 1:49.67 | 200400699    | 50.70   | 1:47.98 |
| 4.   | Yanieck Frijstein   | Deltasteur       | 1:46.00 | 200500329    | 50.67   | 1:48.26 |
| 5.   | Robert Dragt        | Deltasteur       | 1:46.10 | 200400239    | 53.19   | 1:53.05 |
| 6.   | Erik Schneege       | SV Rheine 68 eV. | 1:57.58 | 336961       | 56.46   | 1:55.16 |
| 7.   | Meindert Dekkinga   | Zignea           | 1:55.12 | 200400377    | 57.09   | 1:56.55 |
| 8.   | Jort Hoppenbrouwers | Wzv              | 1:58.90 | 200600239    | 56.39   | 2:00.55 |
| 9.   | Max van Ginkel      | Deltasteur       | 2:05.41 | 200500133    | 59.32   | 2:02.63 |
| 10.  | Jens Hoppenbrouwers | Wzv              |         | NT 200600259 | 1:15.37 | 2:34.26 |

Programmanr. 25 Dames, 100m rugslag Senioren Open  
20-12-2014 Resultaten

| Rang |                      |                  | In.tijd |              | 50m   | 100m    |
|------|----------------------|------------------|---------|--------------|-------|---------|
| 1.   | Anouk Rekers         | WS Twente        | 1:08.06 | 199703416    | 33.63 | 1:09.85 |
| 2.   | Naomi Hofsink        | Deltasteur       | 1:09.88 | 199402508    | 34.20 | 1:10.94 |
| 3.   | Lieke Oude Lenferink | WS Twente        | 1:13.02 | 200200068    | 36.13 | 1:14.13 |
| 4.   | Laura Remke          | SV Rheine 68 eV. | 1:13.85 | 227430       | 36.28 | 1:16.69 |
| 5.   | Loek ten Broeke      | Het Ravijn       | 1:15.06 | 199704754    | 37.19 | 1:17.33 |
| 6.   | Milena Remke         | SV Rheine 68 eV. | 1:16.13 | 259625       | 37.26 | 1:17.50 |
| 7.   | Sarah Kits           | WS Twente        | 1:16.46 | 200101024    | 37.78 | 1:17.51 |
| 8.   | Lena Schulz          | SV Rheine 68 eV. | 1:16.96 | 308595       | 38.17 | 1:18.39 |
| 9.   | Lotte Pieterman      | Swol 1894        | 1:19.07 | 200301838    | 37.60 | 1:18.63 |
| 10.  | Alien Waaijman       | Swol 1894        | 1:17.43 | 199606134    | 38.60 | 1:19.28 |
| 11.  | Lotte Oude Lenferink | WS Twente        | 1:18.12 | 200000496    | 39.27 | 1:19.34 |
| 12.  | Roos Oldenhof        | Het Ravijn       | 1:17.92 | 199605382    | 38.69 | 1:20.47 |
| 13.  | Roëlle op de Haar    | WS Twente        | 1:19.10 | 200103428    | 40.00 | 1:20.96 |
| 14.  | Amy-Lynn Zweers      | De Grunte        | 1:20.24 | 200300390    | 39.34 | 1:21.43 |
| 15.  | Laura Krieger        | SV Rheine 68 eV. | 1:18.09 | 275572       | 40.70 | 1:21.45 |
| 16.  | Annemijn Spohr       | Wzv              | 1:24.54 | 200000548    | 39.88 | 1:22.70 |
| 17.  | Romee Nijboer        | Het Ravijn       | 1:17.60 | 199804392    | 42.19 | 1:24.94 |
| 18.  | Inge Trip            | Hera'11          | 1:23.07 | 200001098    | 42.04 | 1:25.80 |
| 19.  | Lynn van Es          | Wzv              | 1:25.69 | 199901462    | 40.93 | 1:28.19 |
| 20.  | Desiree Rave         | Deltasteur       | 1:19.06 | 199900610    | 42.71 | 1:28.22 |
| 21.  | Merith Schumer       | Het Ravijn       | 1:36.73 | 200202704    | 43.21 | 1:29.24 |
| 22.  | Irene Linderhof      | Hera'11          | 1:27.64 | 199901040    | 44.20 | 1:29.53 |
| 23.  | Kimberly Lieftink    | Hera'11          | 1:29.24 | 200006072    | 45.05 | 1:30.65 |
| 24.  | Anouk Veldman        | Zignea           |         | NT 199705894 | 44.36 | 1:30.70 |
| 25.  | Noa Boerma           | Het Ravijn       | 1:32.13 | 200202736    | 44.48 | 1:32.14 |
| 26.  | Harriët Rave         | Deltasteur       | 1:25.54 | 200200872    | 45.01 | 1:32.33 |
| 27.  | Lena Nieuwdam        | Zignea           | 1:39.20 | 200202806    | 44.83 | 1:32.70 |
| 28.  | Esmee van der Tweel  | Deltasteur       | 1:29.71 | 200202870    | 46.14 | 1:33.41 |
| 29.  | Myrthe Zuethof       | Swol 1894        | 1:33.64 | 200005380    | 45.02 | 1:33.45 |
| 30.  | Marieke Nijland      | Het Ravijn       | 1:29.20 | 199903962    | 46.24 | 1:34.48 |
| 31.  | Naomi Polinder       | Swol 1894        | 1:32.45 | 20030002*)   | 46.43 | 1:34.65 |
| 32.  | Laura Haan           | De Zandstuve     | 1:34.86 | 199900602    | 45.43 | 1:35.00 |
| 33.  | Maaïke Volkens       | Het Ravijn       | 1:39.18 | 200300066    | 47.33 | 1:35.91 |
| 34.  | Corinne Leusink      | De Eerste Kolk   | 1:40.46 | 200103000    | 48.79 | 1:39.29 |
| 35.  | Lotte de Vente       | Het Ravijn       | 1:40.91 | 199905814    | 49.38 | 1:40.22 |
| 36.  | Indy Posthuma        | Swol 1894        | 1:37.57 | 200204672    | 49.52 | 1:41.38 |

Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 25, Dames, 100m rugslag, Senioren Open

| Rang  |                      |              | In.tijd |           | 50m   | 100m    |
|-------|----------------------|--------------|---------|-----------|-------|---------|
| 37.   | Lisa Broenink        | Het Ravijn   | 1:41.75 | 200304096 | 49.09 | 1:42.08 |
| 38.   | Francesca den Dekker | Bubble       | 1:40.78 | 199906162 | 52.96 | 1:44.64 |
| 39.   | Inge Heerink         | Het Ravijn   | 1:43.67 | 200201574 |       | 1:44.84 |
| 40.   | Manon Bultman        | De Hokseberg | 1:50.00 | 200304214 | 51.77 | 1:49.63 |
| 41.   | Marrit Otter         | Swol 1894    | 1:50.39 | 200301000 | 56.21 | 1:51.27 |
| 42.   | Yasmine Wilms        | WS Twente    | 1:40.02 | 20030106* | 55.34 | 1:53.08 |
| AFGEM | Jade Hoppenbrouwers  | Wzv          | 1:28.35 | 200301690 |       |         |
| AFGEM | Brechtje Veneklaas   | Het Ravijn   | 1:48.26 | 200105826 |       |         |
| AFGEM | Mia de Vente         | Het Ravijn   | 1:30.34 | 200300518 |       |         |

Programmanr. 26  
20-12-2014

Heren, 100m rugslag

Senioren Open  
Resultaten

| Rang  |   |                  | In.tijd |           | 50m     | 100m    |
|-------|---|------------------|---------|-----------|---------|---------|
| 1.    | Harm-Jan Wijnhoud   | Zw               | 1:05.04 | 199901469 | 32.60   | 1:07.10 |
| 2.    | Daniël de Wagt  | Zignea           | 1:05.61 | 199601339 | 31.79   | 1:07.30 |
| 3.    | Tobias Boers  | WS Twente        | 1:10.71 | 199800185 | 35.67   | 1:12.83 |
| 4.    | Marcel Marsman  | Het Ravijn       | 1:11.82 | 199400373 | 35.55   | 1:14.07 |
| 5.    | Tristan Scholten  | Swol 1894        | 1:13.75 | 200201683 | 35.92   | 1:14.66 |
| 6.    | Yordi Timmerman   | E Z C            | 1:15.64 | 200100727 | 37.24   | 1:15.89 |
| 7.    | Jonathan Hildmann   | TVE Greven       | 1:13.00 | 244133    | 36.67   | 1:16.12 |
| 8.    | Niels Albrecht  | TVE Greven       | 1:12.00 | 267815    | 36.99   | 1:16.34 |
| 9.    | Julian Reinkingh  | Swol 1894        | 1:18.67 | 200101193 | 39.51   | 1:18.00 |
| 10.   | Jorian Kiela  | De Grunte        | 1:16.58 | 200100263 | 37.75   | 1:18.12 |
| 11.   | Marnix Verhoef  | Wzv              | 1:18.83 | 199900895 | 38.63   | 1:18.37 |
| 12.   | Rinze Kroeze  | Deltasteur       | 1:20.96 | 200300489 | 41.11   | 1:22.92 |
| 13.   | Tom van der Vlag  | WS Twente        | 1:33.15 | 200200391 | 42.73   | 1:25.82 |
| 14.   | Max de Lange  | Deltasteur       | 1:25.64 | 200200675 | 43.61   | 1:26.40 |
| 15.   | Richard Ruijg   | De Eerste Kolk   | 1:32.73 | 199800089 | 42.41   | 1:26.62 |
| 16.   | Jeroen Smit   | Deltasteur       | 1:34.22 | 200200031 | 46.52   | 1:34.70 |
| 17.   | Sam Vergunst  | Deltasteur       | 1:39.44 | 200301615 | 47.24   | 1:36.44 |
| 18.   | Tim Schulz  | SV Rheine 68 eV. | 1:33.97 | 303433    | 49.76   | 1:40.02 |
| 19.   | Jeroen Elsman   | Het Ravijn       | 1:39.72 | 200301073 | 51.26   | 1:41.27 |
| 20.   | Jochem Nijland  | Het Ravijn       | 1:49.37 | 200203061 | 52.53   | 1:46.54 |
| 21.   | Davy Brinkman   | Het Ravijn       | 1:50.67 | 200104599 | 52.39   | 1:46.90 |
| DIS   | Jasper van Gessel   | Wzv              | NT      | 200303691 | 1:09.48 |         |
|       | <i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i> |                  |         |           |         |         |
| AFGEM | Lukas Binnekamp   | WS Twente        | 1:18.67 | 200300107 |         |         |
| AFGEM | Edwin Kanis   | Deltasteur       | 1:22.47 | 200200505 |         |         |
| AFGEM | Arie de Jager   | De Eerste Kolk   | 1:34.30 | 200300449 |         |         |

Programmanr. 27  
20-12-2014

Dames, 200m vlinderslag

Senioren Open  
Resultaten

| Rang |                  |                  | In.tijd |           | 50m   | 100m    | 150m   | 200m    |
|------|------------------|------------------|---------|-----------|-------|---------|--------|---------|
| 1.   | Marie Ewering    | SV Rheine 68 eV. | 2:51.04 | 269521    | 35.57 | 1:20.00 | 2:06.2 | 2:51.31 |
| 2.   | Louiza Kamp      | Zignea           | NT      | 199904372 | 43.43 | 1:31.61 | 2:23.3 | 3:10.68 |
| 3.   | Deborah Wilms    | WS Twente        | NT      | 199800936 | 40.98 | 1:33.89 | 2:29.3 | 3:21.55 |
| 4.   | Aniek van Unen   | Zignea           | 3:25.20 | 199505016 | 38.14 | 1:29.68 | 2:25.3 | 3:21.89 |
| 5.   | Sophie Zeggelaar | TVE Greven       | 3:40.07 | 300605    | 43.99 | 1:37.28 | 2:34.3 | 3:31.94 |
| 6.   | Nicole Zijlstra  | Zignea           | NT      | 199905852 | 47.26 | 1:45.49 | 2:44.3 | 3:43.69 |
| 7.   | Anouk Boltendal  | Zignea           | NT      | 200002518 | 45.77 | 1:46.45 | 2:54.4 | 3:05.48 |

Limiet Nijverdalen  
Nijverdalen, 20-12-2014

Programmanr. 28 Heren, 200m vlinderslag Senioren Open  
20-12-2014 Resultaten

| Rang |                             | In.tijd           | 50m   | 100m    | 150m    | 200m  |
|------|-----------------------------|-------------------|-------|---------|---------|-------|
| 1.   | Gert van t Oever Deltasteur | NT 198702403      | 28.77 | 1:03.64 | 1:40.2  | 19.04 |
| 2.   | Edwin Kanis De Eerste Kolk  | 2:42.84 199601553 | 31.95 | 1:10.92 | 1:53.2  | 37.58 |
| 3.   | Douwe Beunk Zignea          | NT 199903575      | 38.97 | 1:30.26 | 2:24.3  | 15.71 |
| 4.   | Kylian Heederik Swol 1894   | NT 200300353      | 38.47 | 1:28.55 | 2:24.3  | 20.15 |
| 5.   | Max Mastebroek Zignea       | NT 200101395      | 43.50 | 1:38.13 | 2:37.3  | 37.12 |
| DIS  | Hyde Wernsen Zignea         | NT 200200697      | 46.02 | 1:43.09 | 2:36.67 |       |

AF - De aangegeven afstand niet uitgezwommen.

Programmanr. 29 Meisjes, 100m rugslag Minioren 5 en later  
20-12-2014 Resultaten

| Rang  |   | In.tijd           | 50m     | 100m    |  |
|-------|---|-------------------|---------|---------|--|
| 1.    | Myrthe Natzijl ZC Borger  | 1:15.08 200400076 | 36.32   | 1:14.41 |  |
| 2.    | Dana Kuipers Het Ravijn   | 1:34.63 200401454 | 42.41   | 1:27.91 |  |
| 3.    | Iris Timmermans Het Ravijn  | 1:29.32 200500172 | 45.14   | 1:30.64 |  |
| 4.    | Denise Dost ZC Borger   | 1:30.17 200400190 | 45.16   | 1:33.56 |  |
| 5.    | Senna Geerdink Deltasteur   | 1:31.61 200500026 | 46.57   | 1:34.39 |  |
| 6.    | Iris Markslag Het Ravijn  | 1:36.28 200400500 | 46.58   | 1:34.46 |  |
| 7.    | Roos Arnold Het Ravijn  | 1:34.84 200500060 | 48.19   | 1:35.78 |  |
| 8.    | Hanna Oving ZC Borger   | 1:46.04 20040073* | 48.35   | 1:37.81 |  |
| 9.    | Johanna Krabbe SV Rheine 68 eV.   | 1:35.29 320830    | 47.43   | 1:37.89 |  |
| 10.   | Amber Kanis Swol 1894   | 1:39.70 200402156 | 49.37   | 1:38.02 |  |
| 11.   | Aniek Mars Hera'11  | NT 200400372      | 47.68   | 1:38.94 |  |
| 12.   | Maritha de Jager De Eerste Kolk   | 1:38.98 20050031* | 48.76   | 1:39.37 |  |
| 13.   | Isabel van Gessel Wzv   | 2:02.63 200501732 | 50.21   | 1:39.58 |  |
| 14.   | Samantha Jongman Deltasteur   | 1:36.44 200401118 | 48.01   | 1:40.17 |  |
| 15.   | Jolieke van den Berg Het Ravijn   | 1:50.27 200400810 | 48.22   | 1:41.60 |  |
| 16.   | Anouk Bosman De Eerste Kolk   | 1:47.26 20050083* | 52.21   | 1:47.23 |  |
| 17.   | Gernita Rave Deltasteur   | NT 200500600      | 52.57   | 1:50.11 |  |
| 18.   | Fynette Mensing ZC Borger   | NT 200500158      | 55.40   | 1:52.35 |  |
| 19.   | Lieke Rossel ZC Borger  | NT 200600366      | 53.94   | 1:52.42 |  |
| 20.   | Pien Gorter Het Ravijn  | NT 200600214      | 57.75   | 1:58.00 |  |
| 21.   | Maja Schwert SV Rheine 68 eV.   | 1:53.44 327493    | 1:00.38 | 1:58.55 |  |
| 22.   | Lieke Visscher Swol 1894  | 2:03.75 200500226 | 1:00.38 | 2:00.10 |  |
| 23.   | Nele Schulz SV Rheine 68 eV.  | NT 326132 *       | 59.12   | 2:05.96 |  |
| 24.   | Esmee van der Hoeven Swol 1894  | 1:58.59 200500322 | 1:01.91 | 2:09.80 |  |
| 25.   | Jessica Dekkinga Zignea   | 2:38.54 200600180 | 1:06.42 | 2:10.80 |  |
| 26.   | Renske Willemsen Hera'11  | NT 20060029*      | 1:07.90 | 2:18.92 |  |
| 27.   | Esmee de Mink Hera'11   | NT 200600290      | 1:08.64 | 2:20.39 |  |
| DIS   | Isabell Roß SV Rheine 68 eV.  | NT 326135         | 1:03.77 |         |  |
|       | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> |                   |         |         |  |
| DIS   | Danique Drost De Hokseberg  | 1:39.92 200400054 | 49.58   |         |  |
|       | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> |                   |         |         |  |
| DIS   | Meike Dijkman Het Ravijn  | NT 200403114      | 1:12.75 |         |  |
|       | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> |                   |         |         |  |
| DIS   | Mila Eektimmerman Het Ravijn  | NT 200600358      | 1:10.27 |         |  |
|       | <i>RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>                                       |                   |         |         |  |
| DIS   | Lisa Lammertink Het Ravijn  | 1:50.73 200500910 | 56.72   |         |  |
|       | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> |                   |         |         |  |
| AFGEM | Imre Reijnders Swol 1894  | 1:48.89 200501870 |         |         |  |
| AFGEM | Maaïke Kok ZC Borger  | NT 200402254      |         |         |  |



Limiet Nijverdal  
Nijverdal, 20-12-2014

Programmanr. 29, Meisjes, 100m rugslag, Minioren 5 en later

| Rang  |                |            | In.tijd |           | 50m | 100m |
|-------|----------------|------------|---------|-----------|-----|------|
| AFGEM | Aletta Nagy    | ZC Borger  | 1:39.35 | 200403036 |     |      |
| AFGEM | Lieke de Groot | Het Ravijn | 1:45.16 | 200403056 |     |      |

Programmanr. 30  
20-12-2014

Jongens, 100m rugslag

Minioren 5 en later  
Resultaten

| Rang |   |                  | In.tijd |           | 50m     | 100m    |
|------|---|------------------|---------|-----------|---------|---------|
| 1.   | Niels Epema   | Swol 1894        | 1:27.03 | 200400617 | 42.01   | 1:26.92 |
| 2.   | Meindert Dekkinga   | Zignea           | 1:32.13 | 200400377 | 43.58   | 1:27.26 |
| 3.   | Florian Houwen  | Bubble           | 1:36.03 | 200400065 | 46.13   | 1:31.45 |
| 4.   | Thijs ten Koppel  | Deltasteur       | 1:35.05 | 200500357 | 45.14   | 1:31.85 |
| 5.   | Tygo de Booy  | Het Ravijn       | 1:40.74 | 200401305 | 46.82   | 1:35.78 |
| 6.   | Stef Eektimmerman   | Het Ravijn       | 1:37.73 | 200400569 | 48.22   | 1:37.66 |
| 7.   | Erik Schneege   | SV Rheine 68 eV. | 2:00.69 | 336961    | 54.87   | 1:52.50 |
| 8.   | Tim Bosman  | De Eerste Kolk   | NT      | 200402389 | 54.54   | 1:55.57 |
| DIS  | Ruben Filart  | Het Ravijn       | NT      | 200402557 | 59.82   |         |
|      | <i>RF - Bij het loslaten van de wand na het keerpunt de rugligging niet aangenomen., tevens DIS RC en RE</i>      |                  |         |           |         |         |
| DIS  | Timo Haas   | Het Ravijn       | NT      | 200402717 | 1:00.41 |         |
|      | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> |                  |         |           |         |         |